



The MVB - Most Valuable Bra - at the third annual Bra Auction on March 15th was the Captain Camo Bra that Spencer Clarke, left, won with a high bid of \$260.00. Clarke, from Vancouver, pledged \$500.00 when it was time to pay for the bra which made it an all-time record spent on any bra in the history of the event. Clarke was presented with his prize by one of the event organizers, Tammy Holland. \*

## BCPB Finals move to Princeton

Princeton Rodeo Club voted March 14th to host the British Columbia Professional Bullriders Association (BCPB) Finals in September.

This means the top 20 point earners in the province will appear at Princeton Rodeo Grounds in a two-evening event which will see the riders in two rounds both nights for a total of 40 rides per performance.

The BCPB has been looking for a new location to move the Finals and Princeton Rodeo Club pounced on the opportunity.

This is not a one-time event. The

plan is to host the BCPB Finals each year in Princeton, in addition to the annual Rodeo in May.

Final dates have not been confirmed for the BCPB Finals, but will likely be in mid-September.

The event will feature no less than \$10,000 in prize money (provided by BCPB) with additional prize money coming from sponsorships.

The Rodeo Club is also finalizing plans for a fundraising Trail Ride, the selection of the 2008 Rodeo Queen and pursuing Sponsorships for the upcoming BCRA Princeton Rodeo on May 10th and 11th.

## Interior Health issues another update

*Health Services in Princeton and Surrounding Areas - A Community Update from the Princeton Recruitment Committee and Interior Health - March 2008*

Dear Community Members of Princeton and Area: The Princeton Physician Recruitment Committee, Princeton physicians and Interior Health have been working together on strategies to attract physicians to Princeton. This Update will inform you on progress since the last community update in February. Today, with many health care workers nearing retirement and our population growing, physician and other professional staff shortages mean that we have to find ways to deliver health care differently. Working together in partnerships to find innovative ways to keep services viable is what will get results and is where we need to focus as a community. So far that seems to be working well in Princeton. Many good ideas have surfaced and there is a renewed

enthusiasm in collaboration. Community involvement is the key to keeping Princeton a vital community and the Committee welcomes your ideas and input.

### Recruitment Update:

Princeton physicians are committed to providing emergency and weekend coverage with the assistance of visiting locum physicians. The priority has been to get enough locum

coverage in place to keep the Emergency Department open. We are pleased to say that we have firmed up plans for the month of April and most of May. (We are still working on coverage for one week-end in May.) We broadened our search by sending letters to all family physicians and ER physicians in the Okanagan to see if they can help out with weekend coverage for the

ER. This will provide the short term relief we need as we work on plans for permanent physician coverage.

We are pleased to announce that Dr. Brian MacLeod has arrived in Princeton as a locum physician for an indefinite period. Dr. MacLeod began work March 11 and his office is in the newly renovated space at Princeton General Hospital.

We are also awaiting confirmation from a physician from South Africa in the next 2 to 3 months and discussions are ongoing with two others. More information will be provided when details firm up. We are optimistic that more physicians will follow when they know that there is back-up physician support available for them in the community.

.....continued on Page 24

## Keremeos police report incidents

### SUBJECT: Flight from Police Suspect Arrested

On Tuesday, March 11th, 2008, RCMP in Penticton had stopped a driver for motor vehicle act offences.

The 34-year old male from Westbank, fled the scene in his vehicle, a white Honda Prelude with expired plates, towing a trailer with an ATV on it.

The male then refused to stop, and the information was relayed to Oliver, Osoyoos and Keremeos RCMP Detachments. The suspect vehicle was sighted on Highway 3A southbound near Yellow Lake and the driver still refused to stop.

He then proceeded to throw marijuana plants and pots out the sunroof of the vehicle. A sawed off shotgun was recovered after the male discarded his knapsack in Penticton.

RCMP air section and two dog units, as well as several South Okanagan Traffic Units attended the area, west of Keremeos on Highway 3. The suspect attempted to flee on the ATV but ended up abandoning it, he then attempted to hitch hike.

The male was located with the help of an RCMP dog - he was hiding on the mountainside above the highway. The male was arrested

and was held in custody and faced several charges under the Criminal Code in Penticton Court last week.

### SUBJECT: Impaired Driver Motor Vehicle Collision

On Saturday morning, March 8th, 2008, at approximately 8:00 AM, RCMP in Keremeos attended to a single vehicle collision that occurred on Coulthard Avenue in the Cawston area.

On arrival the investigating police officer noted the driver was under the influence of alcohol and was detained for investigation of that offence. The vehicle had moderate damage and was towed and

impounded for 24 hours.

The driver was issued a 24 hour driving prohibition, and provided samples of his breath which were 160 and 160 mg of alcohol per 100 ml of blood (breath to blood alcohol ratio).

Charges of impaired driving and driving while over .08 are pending against the 18-year old male from Penticton.

RCMP in Keremeos and area are committed to ensuring our roads and communities are safe from impaired drivers who cause risk of injury and death to other motorists and pedestrians.

- submitted by Keremeos RCMP

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PAGE 16 - IN YOUR TV GUIDE SECTION



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Princeton Hospital Auxiliary members joined Grace Gaythorpe in celebrating her 90th birthday at a luncheon that was held on March 11th. The wonderful luncheon was followed by a decadent cake made by fellow member and close friend, Betty Reheis. Grace is a lifetime member of the Hospital Auxiliary and still works once a week in the Thrift Shop. Thank you, Grace, for allowing us to share in your celebration, and on behalf of the members of the Princeton Hospital Auxiliary we wish you many more 'Happy Birthdays' to come! - submitted by Princeton Hospital Auxiliary

## Museum prepares for new season

The past and the future run together at any Museum Society meeting.

On March 11, members and three Missezula Lake residents reviewed the budget for the coming year.

The museum has a new toll-free number: 1-866-582-7632 and a new email address: princetonmuseum@telus.net. The website needs modernizing and should be updated by tourist season.

### Opening date

Princeton Museum will be open to the public on April 26. The foyer of the building will play music from the Traditional Music Society and feature a display in celebration of 50 years since Princeton Museum Society was established. August is Heritage Month in Princeton, and the museum will be involved in displays in local shops. Nick Mills is writing articles for the News Leader about B.C. history as part of the province-wide 150th anniversary.

A new rack card was approved. The new card advertises the Traditional Music Festival to be held in August. The 6,000 cards will be distributed in a variety of locations.

### Princeton's music

Rika Ruebsaat reported the Traditional Music Festival has now confirmed nearly half of the performers expected to fill two downtown stages. In addition, the Traditional Music Society has applied to the Community Forest Corporation for money to produce a CD of Princeton's traditional music. The society has accumulated 27 songs and several poems from the Princeton area for the CD and will produce 1,000 copies. The

CDs will be available to the public for a \$20 donation. The proceeds will be split between the Museum Society and the Traditional Music Society.

### Learn to research

Princeton Museum Operations Manager Nick Mills will run a course at the Skills Centre on May 7 to show people how to research the museum archives for information about the past. Many people want to know about their family history, and this is one way to learn how to do the research. The evening course costs \$20, and the proceeds go to Princeton Museum.

### Wonderful Hedley visitors

School children from Hedley were special visitors to Princeton Museum this winter. Nick Mills said they were "absolutely charming" and "one of the nicest groups of children ever to visit the museum".

### Tulameen Treasures

A booklet titled "Treasures of the Tulameen" is being produced this year. A lot of information has been obtained from the Hudson Bay Company archives as well as from Princeton Museum. This has been a project of Kelley Cook. On July 26, there will be a celebration at Jacobsen Lake and a hike to Palmer's Pond. Look for more information later this spring and perhaps plan an outing on the old Hudson Bay Trail.

The next meeting will take place on the second Tuesday of April (April 8) at 2:30 PM at the Chamber of Commerce meeting room (downstairs at the Tourist Information Centre).

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## Kristy Jack



Kristy is an outgoing 16-year old girl attending Princeton Secondary School as a grade 11 student. She enjoys most aspects of Fine Arts, especially painting, drama and textiles. Kristy's future plans include traveling Europe for a year, and then coming home to Vancouver to continue her post-secondary education where her love of textiles and design will be refined to eventually own her own small business in Victoria.

With great pride Kristy is sponsored by SBC Firemasters Ltd. (submitted)

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## Committee prepares draft report

A consensus is forming within the committee that is studying possible governance options for the three regional districts in the Okanagan Similkameen.

More than 70 local government elected officials from throughout the region met March 8th in Kelowna. They received an update on the consultation process conducted last month and have provided feedback to the 12-member Okanagan Similkameen Regional Governance Working Committee.

Committee Chair Robert Hobson, who also chairs the Regional District of Central Okanagan says, "The main findings of the local government consultation process were further confirmed by participants in today's Council of Councils meeting. There's wide support from local elected officials to seek more specific details and information regarding the idea of what's presented as Option 3. It would see the three regional districts remain, but one or more special purpose authority or authorities could be created to manage specific issues that are common to the three regional districts." Hobson adds, "There's also support among some local political leaders for Option 1, the possible amalgamation of the three existing regional districts into one new governance body for the Okanagan-Similkameen."

Over the next week and a half,

senior Administrators from the three regional districts will prepare a draft report recommending further analysis of those two options. It will be presented for consideration of the Working Committee at its next meeting in Penticton.

Hobson says, "Once the committee has had a chance to review the draft, if necessary, revisions will be made and a final report will be presented to Ida Chong, the Minister of Community Services before her requested deadline of March 31st." He adds, "The committee also sees this as the first step in a longer process. Local government officials unanimously agree that more specifics are required about these possible governance options and future public involvement and we would hope this could be done some time in the future."

The Minister addressed the Council of Councils meeting. She told them that the Province is looking forward to receiving the report, outlining a new collaborative and cohesive approach to managing growth and the larger issues that cross existing regional district boundaries. She encouraged local politicians to take up the challenge now by presenting innovative and visionary governance solutions that will meet the needs of the entire Okanagan-Similkameen region for the next 20 or 30 years.

Residents may visit the Working Committee website: www.valley-

govern.ca to view information from past committee meetings and for upcoming ones. - submitted

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## keremeos and area news



Minister Rick Thorpe, MLA for Okanagan-Westside, visits with Pet Mitchell in her newly renovated suite at Mountain View Manor. (photo submitted)

## Housing program debuts in Keremeos

Provincial and community partners gathered March 7th to celebrate the \$1.1-million renovation of the 26-unit Mountain View Manor, the first development that has been upgraded under the Province's new Seniors' Supportive Housing program.

"Mountain View Manor gives seniors the support and services they need to maintain their independence," said Rick Thorpe, MLA for Okanagan-Westside.

"The Seniors' Supportive Housing program adds features to developments that make apartment-style living easier and safer for seniors in Keremeos."

The program focuses on converting existing seniors' housing to enhance accessibility and improve safety systems and also introduces support services such as 24-hour

response, light housekeeping, meals, and social and recreational activities. The modifications and services allow low-income seniors to continue to live independently.

Mountain View Manor is directly managed by the Province through BC Housing. Hospitality services at the development will be managed and administered by the Lower Similkameen Community Services Society.

"There is a need for more affordable housing and different levels of care options for seniors all across the province, including right here in the Similkameen," said Walter Despot, mayor of the Village of Keremeos and chair of the Lower Similkameen Community Services Society.

"We're pleased that we can offer our seniors the opportunity to

remain in the community as their care needs change, close to family and friends."

The Seniors' Supportive Housing program is part of government's Budget 2007 commitment of \$45 million over four years to upgrade or convert up to 750 subsidized housing units to supportive housing.

The program combines accessible housing with a support services package that enables seniors and people with disabilities to maintain their independence and remain in their homes and communities longer.

Budget 2008 increased the amount the Province invests in affordable housing and shelters to more than \$380 million a year, more than three times as much as in 2001.

- submitted



On Friday, March 7th, 2008, at approximately 2:00 PM RCMP from Keremeos responded to a complaint of a single vehicle collision West on Highway 3 near Sunkatchers Mobile Home Park. On arrival at the scene police determined that the lone occupant of the vehicle, a 30-year old male from White Rock, had failed to negotiate the curve in the single lane, and over-corrected his vehicle into the oncoming eastbound lane. The blue Mazda went off the road and over a steep embankment where it got stuck. The male driver provided two samples of his breath which were 280 and 280 mg of alcohol per 100 ml of blood, well over the 80 mg legal limit. The driver was issued a 24 hour prohibition, his vehicle was towed and impounded for 24 hours, also issued was an Administrative Driving Prohibition which takes effect in 21 days from the date of issue and is an automatic 90 day driving prohibition. Charges of Impaired Driving and Driving While Over .08 are pending at this time.

- submitted by Keremeos RCMP



# We have YOU to thank for our success this year!

Heather Johnson  
would like to congratulate  
her team on their successes for 2007!



Our office attended the CENTURY 21 Annual Awards Gala March 10th in Surrey  
Awards were presented by Don Lawby, President and CEO of CENTURY 21 Canada.



DEAN STINSON

Dean Stinson - as a result of a very successful real estate career - was inducted into the CENTURY 21 Masters Hall of Fame after five consecutive centurion awards and has become a member of the CENTURY 21 Honour Society.

For 2007 Doug Haayer was one of the top 100 sales agents in both production and in units sold in all of Canada for CENTURY 21. He also received a Centurion Award.

Marty Gray was recognized with a Masters Ruby Award.

Lee Mowry and Carol Bertrand also received awards for their outstanding achievements.

In total, our office came away with more than five awards.



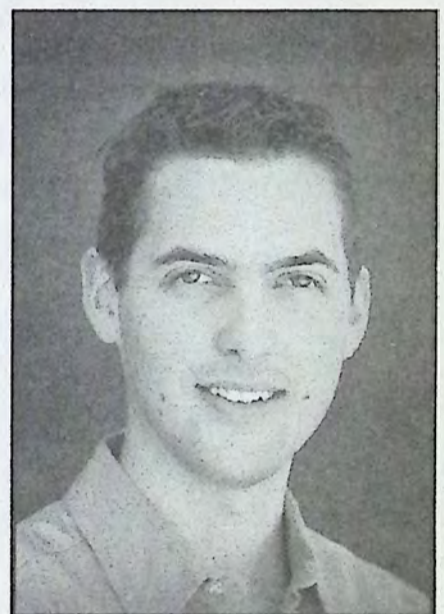
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## news leader health and lifestyle page

### Public Safety Canada - Shopping for safety tips

(NC)—In the time it takes to shop for a few basic items, you can create an emergency preparedness kit that will help you cope during an emergency and will make you and your family safer.

Public Safety Canada is encouraging Canadians to either buy or build a kit using these guidelines:

- A basic kit should have drinking water and food that won't spoil for three days per person, a manual can opener, flashlight and batteries, candles and matches or a lighter, battery-powered or wind-up radio (and extra batteries) and a first aid kit. Other items to consider include prescription medications, infant formula, special equipment for people with disabilities, extra keys for your car and house, cash in smaller bills or travellers cheques and change for payphones. The kit should also include a copy of your emergency plan, which can be made at [www.getprepared.ca](http://www.getprepared.ca).

- Extra supplies for each member of the family could include a change of clothes and footwear, sleeping bags and blankets, a whistle to attract attention, garbage bags, toilet paper, safety gloves, basic tools, a small camping stove and fuel, and extra water for cooking and cleaning.

- Car kits are a good idea if an emergency strikes while you're on the road. Make sure it has energy bars, water, blankets, extra clothing and shoes, candles in deep cans with matches, a first aid kit, warning light or flares, shovel, scraper and snowbrush, jumper cables, sand, salt or kitty litter for traction, tow ropes, a whistle, a fire extinguisher, road maps and a flashlight.

- Special supplies for children and seniors are critical in your kit. As Les Johnson, Director of Client Services, St. John Ambulance says, "Many of the things we take for granted such as drug stores and bank machines might be closed in an emergency so it's vital to have a back-up plan just in case." Make a note of any special medical conditions, medical history, medications and special needs that first responders could see at a glance. It's also a good idea to have photos of family members in the kit in case they become lost or separated from you.

You can protect your family in an emergency just by following these

simple steps, and creating your own emergency plan. You could have the whole thing wrapped up in under an hour. Visit [www.getprepared.ca](http://www.getprepared.ca) for everything you need to know about

planning for an emergency. You can also call 1 800 O-Canada (1 800 622-6232) to order a copy of the federal government's emergency preparedness guide. - News Canada

## Pets and emergencies

(NC)—Before an emergency strikes, prepare an emergency kit for your pet that includes:

- Food, water, bowls and a manual can opener, if required.
- Blanket and small toy.
- Sturdy leash or harness.
- Litter pan, plastic bags and paper towels.
- Carrier.
- Medications and medical records.
- Current photo.
- Fact sheet on feeding schedules, medical or behavioural problems in case of boarding.

- Current ID tag with your phone number.

- Copy of license, if required.

- Muzzle, if required.

Remember that pets are not allowed in some public shelters or hotels. During an emergency, plan to take your pets with you to a relative or friend's home, or identify a 'pet-friendly' hotel or boarding facilities in advance.

You can find useful tips on preparing all members of your family for an emergency at [www.getprepared.ca](http://www.getprepared.ca). - News Canada

## living past 100

### Do you need all those veggies?

These days almost every bit of health advice tells you to eat a lot of vegetables. If you are not accustomed to eating five to nine servings of vegetables every day, you may find it quite a chore to put all of those veggies into your daily fare. Why is every health professional pushing all those vegetables at you?

The simple answer is: they're medicine.

Vegetables contain compounds called phytonutrients. These special nutrients are the best medicine you can take. There are quite a large number of different phytonutrients, and each plays a part in keeping you healthy.

Some phytonutrients fight off free radicals, preventing cholesterol from becoming dangerous. These phytonutrients help ward off cancer. Many of the medicinal properties of vegetables come from the ability of phytonutrients to flush toxic chemicals from our bodies, another way of preventing cancer. Some phytonutrients help balance estrogen levels in women, which helps prevent breast and ovarian cancers.

Vegetables are such good medicine that they help prevent aging. For example, onions can help prevent cholesterol build-up in the arteries. Carrots, tomatoes and other red vegetables and fruits keep our eyes healthy. Green, leafy vegetables, like spinach and kale, have phytonutrients that protect eyesight and improve the functioning of the heart. They also prevent cancer of the stomach.

Vegetables are good for your blood. If you want to live a long, healthy life, you have to keep your circulatory system healthy. Plant foods contain just the thing to keep your blood flowing smoothly.

What is the best way to take this medicine?

Vegetables are damaged by over-cooking, and by too much processing. The best way to eat most vegetables is to eat them raw. Salads are a great way to eat vegetables raw and have the added advantage of providing a wide variety of vegetables in one bowl. Some vegetables must be cooked, and the best method is steaming, except for potatoes, which are best baked. Stir frying vegetables is another good way to cook them.

Not everyone can eat every vegetable. Some people cannot properly digest plants in the cabbage family. Others have problems with certain kinds of beans (notably kidney beans). Others have problems with avocado. It is not necessary to eat every kind of vegetable known to mankind, but it is important to eat as wide a variety as possible. Among the many kinds of phytonutrients, there are nine distinct classes. In order to get some from each class, you need to eat a broad selection of vegetables.

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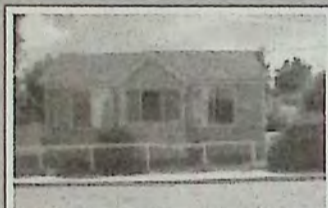
**114 Deerview Crescent**  
Listen to the creek from the patio. MLS 43708  
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**84 Tapton Avenue**  
4-bedroom, 4-bathroom home. MLS 43658  
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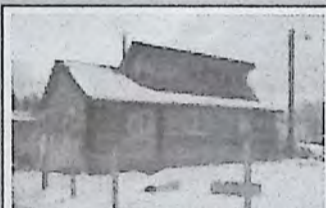
**230 Moody Street**  
Cozy 3-bedroom rancher. MLS 43653  
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**168-2nd Avenue**  
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**237 Moody Street**  
Renovated home on private street. MLS 43816  
**\$259,900**



**24 Aspen Street**  
3-bedroom/1-bath/wood finish. MLS 43633  
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**368-400 Rainbow Lake Road**  
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**1110 Highway 5A**  
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<b>Lot 6 28 Km Summers Creek Road</b> , Last chance, big lot near lake.	MLS 41545	<b>\$349,000</b>
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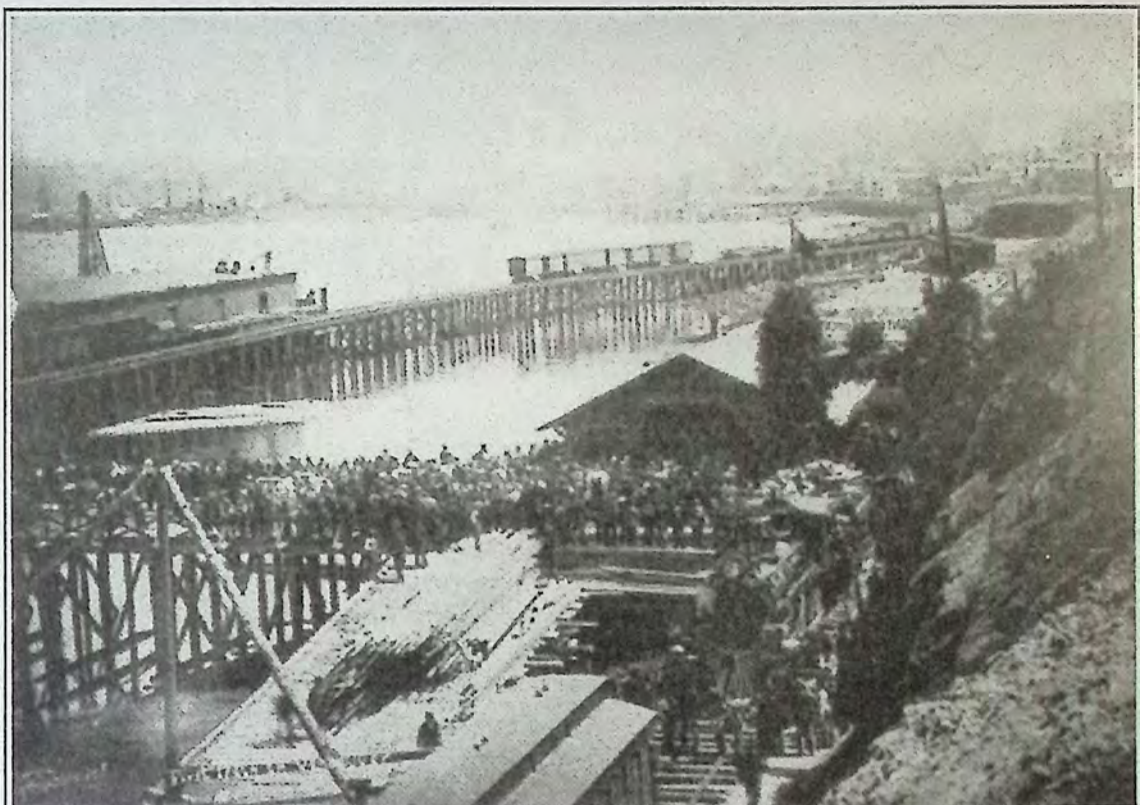
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Queen Victoria's 50th anniversary - arrival of CPR in Vancouver. - photo submitted

**BC 150 YEARS** The Best Place on Earth

**The Arrival of the Canadian Pacific Railway**  
INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

Canadian Pacific Railway was founded in 1881 to link the population centres of the East with the vast potential of the relatively unpopulated West. This incredible engineering feat was completed six years ahead of schedule on November 7th, 1885, when the last spike was driven at Craigellachie, British Columbia.

The Company had been formed to physically unite Canada and Canadians from coast to coast. Confederation in 1857 had brought four eastern provinces together to form a new Country and as part of that deal Nova Scotia and New Brunswick had been promised a railway to link them with Quebec and Ontario, the two central Canadian provinces.

Manitoba joined the confederation in 1870 and British Columbia was enticed to join the new confederation in 1871, but only with the promise that within ten years a transcontinental railway would be built to link the West with the East.

The railway's early construction was filled with many controversies which, in 1873, led to the toppling of the Conservative government of John A. McDonald, thereby causing a general election. By the time McDonald was returned to power in 1878, the massive project was seriously behind schedule and in danger of stalling completely.

On October 21st, 1880, a group of Scottish businessmen finally formed a viable syndicate to build the transcontinental route and so, incorporated in February, 1881, the Canadian Pacific Railway was born.

The 1881 construction season was not good and the railway's chief engineer and general superintendent ended the year by being fired after only building 130 miles of track. Syndicate member and direc-

tor James Jerome Hill suggested William Cornelius Van Horne as the man who would get the job done.

Van Horne, a US citizen by birth, was lured across the Border by a sizeable salary to become the CPR's General Manager; his brief was to oversee the construction of the transcontinental route over the prairies and through the mountains to the coast.

He boasted he would build 500 miles of main line railway in his first year. In 1882 floods delayed the start of construction, but at the end of the season 418 miles of main line and 100 miles of branch lines had been laid, therefore making the vision of a transcontinental link more of a reality.

On November 7th, 1885 the eastern and western portions of the Canadian Pacific Railway met at Craigellachie in the mountains of British Columbia, where Donald A. Smith drove the last spike. The cost of construction almost broke the syndicate, but within three years the first transcontinental train had left Montreal and Toronto for Port Moody. Departing June 28th, 1886, it arrived six days later on July 4th,

and by now the railway's financial house was again in order and CPR began paying dividends to its shareholders.

Van Horne felt that Port Moody had limitations, there wasn't much flat land and the waters were not deep enough, so started the search for a new western terminus for the railway, on reaching Burrard Inlet he began looking for an exact site, finally choosing land near "Gastown" called Granville. Being a history buff, he decided then and there to name it after 18th century European explorer Captain George Vancouver - Van Horne's thinking was that he was well known, had visited the area and had a few Pacific Coast geographic features named after him, not the least being nearby Vancouver Island.

The choice of name caused much concern with Canada's Postmaster General who thought that mail for Vancouver City would end-up on Vancouver Island and vice versa!

The Canadian Pacific Railway's first train to cover the additional 12 miles from Port Moody officially arrived in Vancouver on Queen Victoria's 50th Golden Jubilee on May 23rd, 1887.



The first Canadian Pacific trans-continental train arriving in Port Moody on June 28, 1886. - photo submitted





FortisBC worked all night and for most of the day March 14th to replace and repair a power pole that had been smashed in a single vehicle accident at the top of the 'zig zag' walk from First Bench to downtown. A portion of Bridge Street was without power (including the News Leader office) but crews restored it at exactly 9:00 AM to aid businesses affected by the outage. \*



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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.

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# Princeton Court News

EXCLUSIVE TO  
THE NEWS LEADER  
News Leader Court Reporter Dawn Johnson

## Judge jails 'poster girl'

In Provincial Court in Princeton on March 14, Karen Haynes appeared for sentencing. Haynes had been charged with break and enter of the Rory Mervyn home on October 3, 2005. Haynes entered a guilty plea to the charge months ago, but the court awaited a presentence report.

Crown Counsel advised Judge Sinclair of the circumstances of the crime. Haynes had been in the company of two males. One male had gone to the door of Mervyn's home and asked to use the phone. He discovered Mervyn's wife and 15 year old daughter in the home. He went back to Haynes to say the two were there, then returned to the home and asked to use the phone again.

The male pulled out a knife and herded mother and daughter into the bathroom where he tied them and put duct tape over their eyes and mouths. Then Haynes entered the home and she and the male ransacked the place, stealing \$800 cash, some jewelry and drugs, as well as house keys and keys to the family vehicle, which Haynes drove away. The loot was split three ways between Haynes and the two males.

Two younger children came home

from school and released their mother and sister. The family then fled, and did not return home until Mervyn was released from jail.

Haynes had had a dispute with Mervyn. She had been buying drugs from him and he accused her of stealing some perfume from the home.

Haynes admitted being under the influence of drugs at the time she was involved in this crime. The court was informed the 49 year old Haynes had had a drug addiction problem since she was age 15. She had numerous theft charges, and a record of not complying with court orders.

Before sentencing Haynes, Judge Sinclair said her role in planning the home invasion type robbery was unclear, but the circumstances were aggravated by violence. The judge said Haynes is a "considerable danger to the community" until she receives effective rehabilitation.

"She is certainly a poster girl for everything that is wrong with drugs," Judge Sinclair said.

He ordered Haynes to serve 18 months in jail followed by two years on probation, with a number of conditions. Haynes has a 10 year weapons prohibition.

# New Tobacco Laws Take Effect March 31, 2008

As of March 31, 2008, improvements to B.C.'s tobacco control laws will reduce exposure to second-hand smoke and place important limits on how tobacco is sold and promoted in B.C. This protects the health of all British Columbians and their communities.

**Smoke-free changes mean:**

- All indoor public places and work places in B.C. will be smoke-free. Bars, restaurants, pubs, clubs and casinos will no longer allow indoor smoking or have designated smoking rooms.
- Common areas in apartment buildings, such as hallways and laundry rooms, must be smoke-free. Smoking is also banned in the common area of hotels. While smoking is permitted inside the private accommodation rooms, hotel proprietors are free to designate rooms as non-smoking.
- There will be a 3 metre smoke-free zone around most public and workplace doorways, opening windows and air intakes, and smoking is permitted on un-enclosed hospitality patios. (Proprietors and local governments can set more restrictive requirements.)
- All transit shelters must be smoke-free.

**Tobacco sales, display and promotion changes mean:**


- Tobacco retailers cannot display or promote tobacco products if minors are allowed in their store.
- Retailers cannot display or promote tobacco in such a way that anyone can see it easily from outside their store.
- New limits apply to retail signs that describe the tobacco products for sale.
- Tobacco products will not be sold in hospitals, public post-secondary institutions, provincial government buildings and local government recreational facilities.

Provincial tobacco laws will continue to be enforced by local health authorities.

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**For more information of the Tobacco Control Act and Regulations or for the telephone number of your health authority, please visit: [www.health.gov.bc.ca/tobacco](http://www.health.gov.bc.ca/tobacco)**

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Chuck Holmes, Herman Edward and David Yamelst proudly stand beside the slowly shaping canoe behind Chuchuwayha Hall. Photo: Lorraine Lance

## Upper Similkameen tackles canoe project

mlxwiwl - It's the Okanagan word for what's happening behind Chuchuwayha Hall in Hedley this week. Not just a canoe shaped out of a raw log, but it's the word for 'cottonwood that is transportation' according to project leader Herman Edward.

Herman has been working on canoes for seven of the last eight years, and today was the beginning of something he has long hoped for - the making of canoes by the Upper Similkameen Indian Band.

Years ago Louise Gabriel had a vision, and bands from both sides of the Canada - US. border started to make canoes and then paddle them on ceremonial occasions. In total Herman Edward recounts, "there were seven feathers for

bands on this side of the border and fourteen for those in the US. I put a feather in at that time for this band (USIB), and now they are making their canoes."

When asked about the significance of the event Charlotte Mitchell offered this insight: "We are doing this for our kids. We are losing the knowledge of how to do these things, and by doing them now we get people together."

The project began with a tall cottonwood being cut down clean and quickly by David Yamelst, and then transported to Hedley. Cottonwood as a choice of wood is taken from the plains tribes, and gets light and hard when dry.

Christine Squakin remembers when she and Terry McFarland

helped with the first canoe project Herman was working on, and how they came on weekends to learn and work.

Elder Marylou Louie has seen several of these canoes in progress over the last decade, and had some advice. "They need to get a shelter over it soon," she said, "and he'll need a place for a fire, too."

Over the next few weeks, these two logs from the same tree will be transformed into a way of transportation.

Even if there is no trek to the lake with the canoe now, Herman Edward hopes that the canoes will provide outings for the band youth to enable them to enjoy the water in other ways.

- submitted by Lorraine Lance, Hedley

## Family donates in memory of Diane

A cash donation worth \$6,000 dollars on behalf of the late Diane Smith, her family, and her friends was handed over to Princeton General Hospital last week.

Smith's son, Justin, says the funds "are majority of what was donated by the citizens of the Similkameen valley during fundraiser's held at the Princeton Chevron, Chuchuwayha Hall and the Princeton Legion. The donation is on behalf of Mom, her colleagues at Princeton Chevron, and friends and family of the Smiths."

Justin adds, "Today's date (March 13) would've been Mom and Dad's 38th anniversary. We've asked that the funding be put specifically towards special air mattresses in palliative care that prevent bed sores (ulcers) from patients unable to leave the bed, thus providing more comfort to those in palliative care and to make their journey easier." The donation comes with a stipulation.

"We've also asked that at least one mattress remain in the Palliative Care room at Princeton General Hospital at all times. With the help

of the nurses, we've been able to determine what special mattress would be best suited for patient care at PGH."

Smith says, "It's the generosity of the people in Princeton, Hedley, Keremeos, Cawston, Tulameen, and Coalmont that have made this possible as well as the continued contributions from The News Leader and Giant-FM."

A Celebration of Life for Diane Smith will be held at the Hedley Community Hall on Saturday, March 22. It will start at 1:00 PM and go until 4:00 PM.

Refreshments as well as sandwiches, veggie plates, and desserts will be served. Any acquaintances, friend, or family, or anybody who knew Diane is welcome to attend and share in some laughs, some memories, and smiles!

Later that evening, a family only gathering will be held at the ranch.

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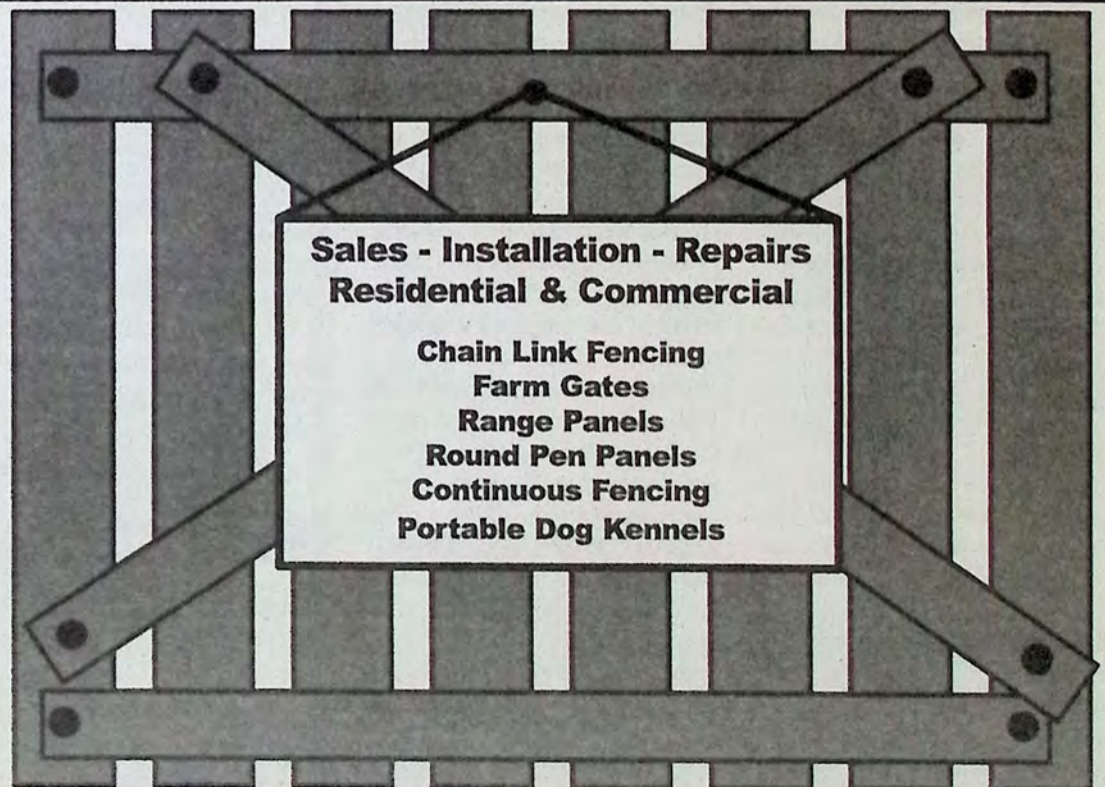


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# weekly entertainment guide

TUESDAY, MARCH 18, 2008 THROUGH MONDAY, MARCH 24, 2008



Princeton Overwaitea Bantam Flyers celebrate their accomplishment. \* Photo: Crystal Larsen

## Bantam Flyers take banner

The Princeton Overwaitea Bantam Flyers have had a banner year this year ending the season on Saturday March 1 winning the South Central Super League.

The team had a record 17 wins and 1 loss in league play, 25 and 4 with tournament play, this put the Flyers in number 1 spot of a ten team league, with Summerland not far behind with only four losses.

Princeton's first playoff game was scheduled for February 3 against Penticton 1, this was an easy win for the players and goalie Drayden Larsen once again looked like he had been playing net for a number of years. Bradley Palumbo, brought up from Pee Wees, was also an asset to the team.

The following weekend the Flyers traveled to Merritt for their second playoff game. With Drayden unable to make the game Ian McKenzie strapped on the goalie gear, and Bradley once again helped fill the roster. Once again Princeton dominated the play and secured their spot in the finals. Bradley scored his first goal as a Bantam and Ian earned a win for his first time in net.

After a weekend off the Flyers met the Summerland Jets on February 24 in Princeton for the first of best of three. When the puck dropped you could tell Summerland had come to play hockey but it wasn't long before Princeton scored their first goal and never looked back ending the game 7-1.

It was then off to Summerland the following weekend for what could be the final game of the season. Although this game saw more penalties for both teams, Princeton had no trouble killing penalties and

capitalized on the power plays.

After 3 periods of play Princeton came out on top 9-1. The Summerland Jets manager presented Princeton's captain Jonas Montgomery with the A Division Banner.

The Bantam Flyers should be very proud of their accomplishments, as they have had only 11 players on the roster for the last two months, they have not had a regular goalie since mid November and still continued to dominate the league. Kraig Leochko, Keaton Ashley, Justin Gill, Cody Wharton, Ian McKenzie and Drayden Larsen, who played 3 out of 4 playoff games, have shown true sportsmanship by filling in the goalie spot.

This year was not possible without the remarkable scoring skills of the forward lines of Jonas Montgomery, Keaton Ashley, Justin Milligan, Kraig Leochko, Drayden Larsen, Cody Wharton and Brandt Fennrick.

Adding to the strength of the team with great defensive skills is Josh

Coyne, Justin Gill, Jordan Palumbo and Ian McKenzie. We must also not forget Kiel Liberatore and Taylor Esselink who helped the team get to the finals but were unable to finish the year. The team was very disciplined on the ice taking relatively few penalties all year.

First time head Coach Gerad Norman said, "the kids were awesome and I had a great year with them, they showed great sportsmanship."

"They showed a number of improvements this year and I am very proud of them", said Asst. coach Logan McKenzie.

Congratulations to the Overwaitea Bantam Flyers, coaches Gerad Norman and Logan McKenzie. Congratulations must also go out to the Midgets on their win in their Division, the Pee Wees on winning the B Division, and the Atoms on a hard fought playoff run.

The Bantams and parents would like to thank all the fans that came out to support the team this year.

-submitted



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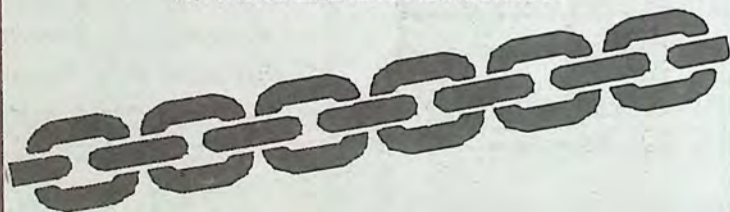
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Princeton Weekend to End Breast Cancer walker Barb Gagnon models the Sponge Bob Square Party Bra, which went for \$200.00 at the 3rd annual Bra Auction March 15th. A total of 16 of the 30 donated bras were auctioned off by MC and Similkameen News Leader Owner/Publisher George Elliott, right, collecting a total of \$1,560.00. The remaining bras sold for no less than \$30.00 each. Two 50/50 draws saw the winners donate back their winnings and just about everyone in attendance received a door prize, all generously donated by local businesses. The event was a success! Photo: Brenda Engel

## Hedley Museum continues preparations

Hedley Museum's two Katimavik volunteers have injected a lot of much needed energy into the preparation of the museum for its spring opening.

The floor in the main gallery has now been rebuilt and the museum would like to thank George and Lyle for their efforts to build a wheelchair accessible gallery in such a short time.

With the floor finished the Katimavik volunteers (Laurence Messier and Taylor Booth) have

been busy sanding and varnishing it.

The new hardwood looks great, and should last the lifetime of the building as it can withstand lots of foot traffic.

Next on the list is preparation for painting the room white next week. It has been more than fifteen years since the last facelift was given to the museum's main gallery. The new look should be well worth a visit.

All of these efforts have been to

get ready for the museum's spring opening on April 17th.

There will be a farewell party on Friday, March 28th at Victory Hall in Keremeos. It is hoped that the Hedley Museum members will take the opportunity to attend and personally thank the group of young people for their contributions to the community.

Everyone from Hedley and Keremeos are invited. It will be the occasion to say bye to Katimavik participants of this rotation. - submitted

## Group plans AGM

The Princeton Traditional Music Society will hold its first Annual General Meeting on Wednesday, March 26th at 7:00 PM at Riverside Centre. The Society has already begun organizing the first annual Princeton Traditional Music Festival to be held in August in Princeton.

If you'd like to get involved in the Society you are invited to attend the Annual General Meeting. For more information, call Jon Bartlett or Rika Ruebsaat at 295-6010.

The First annual Princeton Traditional Music Festival is set to take place August 16 and 17. Two days of music and dance right in town and it's free! Performers and volunteers - are asked to contact Ruth Hooper (Volunteer Coordinator), e-mail: tulawu@telus.net, phone: (250) 295-7164; John Henry (Site Manager), e-mail: therealjohnhenry@telus.net, phone:(250) 295-7427, or Rika Ruebsaat (Artistic Director), e-mail: Jon\_Bartlett@telus.net, phone: (250) 295-6010. - submitted

## Police report incidents

At 1:00 AM March 13th a Princeton RCMP member, while on routine patrol, observed a man attempting to steal a vehicle.

"The male was using a hammer to smash the steering column of a Chevrolet pick-up truck," says Princeton RCMP Detachment Sgt. Gary Macahonic.

"Police approached the suspect who tried to flee on foot and after a short foot pursuit, he was apprehended."

Police say the vehicle suffered considerable damage and 41-year old Kevin Thomson of Princeton has been charged with attempted theft

of a motor vehicle, possession of a concealed weapon and mischief to private property.

Later the same day Princeton RCMP received a complaint of ten rolls of asphalt felt roofing material left at a residence in the Tunnel area.

"Police believe the rolls might either have been delivered in error to the residence, or perhaps the proceeds of a theft," says Sgt. Macahonic.

Police are asking anyone with information or knowledge about the circumstances or ownership of the asphalt rolls, to give the local office a call at (250) 295-6911.

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# Horoscopes

March 19 - 26, 2008

**Aries** - There is a change in your home and family situation this week, but the change is positive. Keep emotions balanced. Take action to correct problems, check home safety.

**Taurus** - Things go on in the back of your mind that need to be examined. Sun shines on your health, but that cold or flu could still hang on. Talk about your problems now, don't hide them.

**Gemini** - You may have money problems from overspending or as a result of theft from your home. Positive planning and maybe some expert advice can help solve the problems.

**Cancer** - Any travel you undertake now will be hectic, but will work out well. What you say, or don't say, could be a source of tension between you and others. Get to the point nicely.

**Leo** - You can go into action this weekend and take care of a lot of things bothering you. You could take a trip, but if you haven't done your taxes, you could do them easily now.

**Virgo** - You may feel tension, even sadness or regret this weekend, but you could have a lot of fun talking and doing things with young people. Do not make plans for other people now.

**Libra** - This is not your best time of year. You may feel tired and less than happy. Career matters may make you angry, or health problems could worry you. Take time for fun.

**Scorpio** - Health problems may bother you at this time. Improvements come through finding creative outlet, or providing more information. Having more fun can help ease health.

**Sagittarius** - Pay attention to home. Be creative. Maybe do spring cleaning this weekend. Be aggressive about doing what must be done. You will feel much better by doing this.

**Capricorn** - Your sense of humour is in full flower now, and you can entertain others with gracious wit. You also have the capacity to be determined to solve relationship problems.

**Aquarius** - Look for good news concerning health, finances, this weekend and coming week. You may receive money from secret or unexpected source as reward for past favour.

**Pisces** - You are still charming and gracious, and improving in your outlook on life, but you may feel like others don't see you the way you want to be seen. Stop fretting. Change happens.

## 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 CITY (29) ★½ "Hope Floats" (1998, Romance) Sandra Bullock. After learning about her husband's infidelity, a woman returns to her hometown and finds romance with a handyman. [E]

### EVENING

6:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber.

9:00 pm CHBC (4) "Lesser Evil" (2006, Drama) Thea Gill. A rape victim tries to bring her attacker to justice after local police prove ineffective. [E]

9:30 pm WTBS (3) ★★ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber.

10:06 pm CITY (29) ★★½ "Romeo Must Die" (2000, Action) Jet Li. While seeking vengeance for his brother's murder, a former Hong Kong policeman falls for his foe's daughter. [E]

11:30 pm WTBS (3) ★★ "High School High" (1996, Comedy) Jon Lovitz. A perky administrator helps a naive inner-city teacher when a gang steals his class's college-entrance exams. [E]

## Princeton Area Ghost Towns - The DVD



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## friday movies

### MORNING

10:00 am CITY (29) ★½ "Head Over Heels" (2001, Romance-Comedy) Monica Potter. A New Yorker living with four models falls for a neighbor who may be a murderer. [E]

### AFTERNOON

1:00 pm YTV (18) ★★½ "Jonah: A VeggieTales Movie" (2002, Adventure) Voices of Phil Vischer. Animated. A fussy asparagus makes his way across deserts and seas to deliver a message from God to a sinful city.

### EVENING

6:00 pm WTBS (3) ★★ "Dangerous Minds" (1995, Drama) Michelle Pfeiffer. An ex-Marine English teacher uses karate, drug talk and bribes to get through to her class of urban delinquents.

7:30 pm FAM (26) ★★ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time.

8:00 pm VTV (22) "Plain Truth" (2004, Drama) Mariska Hargitay. A cynical lawyer defends an Amish teenager who is accused of murdering an infant. (In Stereo) [E]

9:00 pm WTBS (3) ★★ "Dangerous Minds" (1995, Drama) Michelle Pfeiffer. An ex-Marine English teacher uses karate, drug talk and bribes to get through to her class of urban delinquents.

9:03 pm FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain.

10:06 pm CITY (29) ★★½ "Bruce Almighty" (2003, Comedy) Jim Carrey. After a bad day at work, a frustrated reporter meets God, who endows him with divine powers for one week. [E]

10:39 pm FAM (26) ★★ "Rudy" (1993, Drama) Sean Astin. With heart and determination an Illinois youth tackles shortcomings to play Notre Dame football. [E]

11:30 pm WTBS (3) ★½ "Kickboxer III: The Art of War" (1992, Adventure) Sasha Mitchell. A champion kickboxer enters Rio de Janeiro's underground fight circuit to save a woman from white slavers.

## Similkameen News Leader

Recipe Corner (Recipe #210)

Brought To You By: Similkameen News Leader

# 1-Dish Peach Streusel

Prep Time: 20 minutes / Bake Time: 30 minutes / Serves: 9

### Ingredients

#### Batter

- Mazola Simplicity Canola or Olive Oil Cooking Spray
- 1-1/2 cups (375 mL) all-purpose flour
- 2 envelopes Fleischmann's Quick-Rise Yeast
- 1/3 cup (75 mL) sugar
- 1/2 teaspoon (2 mL) salt
- 6 tablespoons (90 mL) butter OR margarine, melted
- 1/2 cup (125 mL) very warm milk (120° or 130° F)
- 1 egg
- 1/4 teaspoon (1 mL) almond extract (optional)

#### Peach Filling

- 1 can (570mL) peach pie filling

#### Streusel Topping

- 1/3 cup (75 mL) all-purpose flour
- 1/3 cup (75 mL) sugar
- 2 tablespoons (30 mL) butter OR margarine, softened

### Directions

- MIX batter ingredients together in a pre-sprayed 8x8-inch (20 cm), baking dish. - TOP batter with peach pie filling. Mix streusel topping in small bowl with a fork until uniform consistency; sprinkle over peach filling. - BAKE by placing in a COLD oven; set temperature to 350° F (180 C°). Bake for 30 minutes or until done. - RECIPE NOTE: If desired, batter may be mixed in a separate bowl. Proceed as directed above.

- News Canada

## Princeton Posse 2006/07 - The DVD



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226A Bridge Street, Princeton



THURSDAY, MARCH 20, 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 (E)	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	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Pros vs. Joes (E)	F/X: The Series (E)
6:30 AM	All-Family	2nd Chuce	George S.	Thomas	(E)							Viva Pinata							
7 AM	Temptation	Body	Clifford	Barney	Today	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentre (E)	Canada AM (N) (E)	American Shark (E)	K. Possible (7-24)	CityLine (E)	Pros vs. Joes (E)	Due South "Flashback" (E)
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)	Preparing lawn for spring; out-witting the appetite. (N) (E)						Curious	Team							
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Daniel		Amer. Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		MythBusters	Weekend	The Tyra Banks Show	Pros vs. Joes (E)	North of 60 (E)
8:30 AM	Jeffersons	Vanity	Magic Bus	Clifford	Boulud; Jack LaLanne; (E)						Busytown	Flamingo			Mega Builders (E)	Lloyd			
9 AM	Sanford	Inside Box	Berenstain	Super Why!	Matthew Rettick. (N) (E)	College Basketball: NCAA	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	Hospital for Sick Kids	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
9:30 AM	Sanford	Antique	(9:34)	Dragon		Tournament First Round					Gofrette	George S.	WGC Pre		Tigger	City			What
10 AM	Harvey	PopQ (Live)	Franklin Go-karts. (E)	Sesame Street (E)			CSI: Miami (E)	The View (N) (E)	World Vision	Room House	Wilbur (E)	Erky Perky	NHRA Drag Racing: ACDelco	The View (N) (E)	Really Big Things	Mickey Sprites	Movie: "Hope Floats" (1998)	Most Amazing Videos	Videos Grace
10:30 AM	Harvey										Doodlebop	Jane							
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	College Basketball: NCAA	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Gatomations: Is. From Gainesville, Fla. (Taped)	eTalk (E)	MegaWorld: Sweden	Benj Bear (11:25) King	Pros vs. Joes (E)	The Nanny	
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit		Tournament First Round						Jacob		FashionTel					Frasier
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.		Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian		Degrassi	Megabuilders (E)	Life Derek	CityLine (E)	Disorderly Con.	Seinfeld
12:30 PM	Still Std		Scattering									Grossology				Life Derek			Seinfeld
1 PM	Fresh Pr.	Design	Planet	Simply	Days of our Lives (N)		American Justice	One Life to Live (N)	Malcolm	Malcolm	Living	George S.	Tennis: Pacific Life Open	Sue Thomas: F.B. Eye	Dirty Jobs (E)	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
1:30 PM	Fresh Pr.	Vanity	Homes	Quilting							Dinner	Viva Pinata		General Hospital (N)	Last One Standing (E)	Cory	News (E)	Star Trek: Voyager (E)	Fresh Pr.
2 PM	King	The Steve Wilkos Show	Avventura	Word	Millionaire	Dr. Phil (E)	American Justice	General Hospital (N)	'70s Show	'70s Show	Steven and Chris (E)	Ruby		UEFA		(2:36) Zoey			Family Guy
2:30 PM	King		Undersea	Lions	Millionaire				'70s Show	'70s Show		Flamingo							
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Oprah Winfrey (E)	Cold Case Files (E)	Rachael Ray (E)	Seinfeld	Seinfeld	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	Zoey 101	News (N)	CSI: Crime Scn	Inside Box
3:30 PM	Seinfeld	Daily 10		Arthur (E)	Judge				Seinfeld	Seinfeld	Miracles	Phantom	Sports		How-Made	Suite Life			Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	College Basketball: NCAA	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News	Frasier	SpongeBob	NHL Hockey: Montreal	Daily Show	Daily Planet (N) (E)	Suite Life	Friends	CSI: Crime Scn	Big Screen
4:30 PM	Family Guy	Judge J.	(4:35) Little Bear (E)	Fetch! With	Judge J.	Tournament First Round		Cops (E)		Global	22 Minutes	OddParent		Colbert		Suite Life	Hollywood		Big Screen
5 PM	Friends	News (N)	Gregg	Charlie Rose (E)	Paid Prog.		The First 48 (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	OddParent	Canadiens at Boston Bruins. (E)	News (N)	MythBusters	Montana	Smartest Model	CSI: Crime Scn	ET Canada
5:30 PM	Friends		(5:35)	Business	NBC News			ABC News	Global		Arrested	SpongeBob		News (N)	"Supersized Myths" (E)	Montana			What
6 PM	Movie: "I Spy" (2002, Comedy)	Ad Pers	Mentors	News-Lehrer	News (N)		The First 48 (N) (E)	News (N)	News (N)	ET Canada	News (N)	Drake		News (N)	Myths" (E)	Zoey 101	Reaper "Unseen" (N)	TNA IMPACT! (N)	Family Guy
6:30 PM	Movie: "I Spy" (2002, Comedy)	News	Reach-Top		Raymond	College Basketball: NCAA				Entertain	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	MythBusters (E)	So Raven	Murdoch Mysteries (N)		Seinfeld
7 PM	Eddie Murphy	E! News	Profiles of Nature (E)	Health Matters	Jeopardy!	Tournament First Round	Crime 360 (N) (E)	Entertain	Entertain	Big Love "Eviction" (N)	Project X	Prank Ptrl		Hollywood		Smart Guy			Frasier
7:30 PM	Eddie Murphy	Jeopardy!			Fortune			The Insider	ET Canada										
8 PM	Seinfeld	You Smarter?	Big Ideas	New Tricks (E)	Deal or No Deal (N)		The First 48 (E)	MissGuide	Deal or No Deal (N)	Deal or No Deal (N)	Wine Confidential (N)	Fries That?		CSI: Crime Scn	Daily Planet (E)	Suite Life	News (N)	Pros vs. Joes (N) (E)	Family Guy
8:30 PM	Frasier		Design e2					MissGuide			Monster		Tennis: Pacific Life Open	Lost (N) (E)	Dirty Jobs (E)	Montana	(9:06) Jimmy Kimmel	MANswers	Seinfeld
9 PM	Frasier	Movie: "Lesser Evil" (2006)	India	Globe Trekker (E)	Cel. Apprentice	Hollywood	The First 48 (E)	Lost (N) (E)	Cel. Apprentice	Cel. Apprentice	Doc Zone: Dubai	Futurama		Lost (N) (E)	Dirty Jobs (E)	Phil		MANswers	Seinfeld
9:30 PM	Movie: "Lesser Evil" (2006)	"Lesser Evil" (2006)				Paid Prog.						Shadow							
10 PM	Eddie Murphy	Thea Gill. (E)	Looking-Revolution	Soundstage (E)	(10:01) Lipstick Jungle (N)	Friends	The First 48 (E)	(10:02) Eli Stone (N) (E)	(10:01) Big Love "Eviction" (E)	News Hour Final (N)	National	Falcon Beach	Poker Night (Taped)	(10:02) Eli Stone (N)	MythBusters "Supersized Myths" (E)	School	(10:06) Movie: "Romeo Must Die" (2000) Jet Li. (E)	MXC	Married...
10:30 PM	Eddie Murphy															Cory		Sports	Fresh Pr.
11 PM	"HighSchl"	News (N)	For King and Country	Charlie Rose (N) (E)	Tonight	News (N)	Crime 360 (E)	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	Suite Life	Life Derek		Pros vs. Joes (E)	Frasier
11:30 PM	"HighSchl"	Guy Stuff			Late Show			(11:35)		ET Canada		Ghost		News (N)					The Nanny

FRIDAY, MARCH 21, 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 (E)	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	SportsCentre (E)	Jeff	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build	(E)							Viva Pinata		Jeff					
7 AM	Temptation	Body	Clifford	Barney	Today	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentre (E)	Canada AM (N) (E)	American Shark (E)	K. Possible (7-24)	CityLine (E)	MXC (E)	Due South (E)
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)	Preparing lawn for spring; out-witting the appetite. (N) (E)						Curious	Team							
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Daniel		Amer. Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		MythBusters	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60 (E)
8:30 AM	Jeffersons	Vanity	Magic Bus	Clifford	Boulud; Jack LaLanne; (E)						Busytown	Flamingo			Mega Builders (E)	Lloyd			
9 AM	Sanford	Inside Box	Berenstain	Super Why!	Matthew Rettick. (N) (E)	College Basketball: NCAA	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada
9:30 AM	Sanford	Antique	(9:34)	Dragon		Tournament First Round					Gofrette	George S.	Score Golf		Tigger	City			What
10 AM	Harvey	PopQ (Live)	Franklin (E)	Sesame Street (E)			CSI: Miami (E)	The View (N) (E)	World Vision	Room House	Wilbur (E)	Erky Perky	Wtr. X-Games	The View (N) (E)	Greatest Ever... (E)	Mickey Handy	Movie: "Head Over Heels" (2001)	Most Amazing Videos	Videos Grace
10:30 AM	Harvey										Doodlebop	Dragon							
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	College Basketball: NCAA	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Premier League Poker	eTalk (E)	Air Dogs	Benj Bear (11:25) King	Pros vs. Joes (E)	The Nanny	
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit		Tournament First Round						Dewitt	(Taped)	FashionTel	How Do				Frasier
12 PM	Still Std	News (N)	Gregg	Charlie Rose (E)	Paid Prog.		Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian		Degrassi	MythBusters	Life Derek	CityLine (E)	Most Amazing Videos	Seinfeld
12:30 PM	Still Std	That News	Edge									Grossology		Degrassi		Life Derek			Seinfeld
1 PM	Fresh Pr.	Design	SportFish	Watercolor	Days of our Lives (N)		American Justice	One Life to Live (N)	Malcolm	Malcolm	Living	"Jonah: A VeggieTales Movie"	Tennis: Pacific Life Open	Sue Thomas: F.B. Eye	MythBusters "Supersized Myths" (E)	Cory	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
1:30 PM	Fresh Pr.	Vanity	Animals	Beads Bbl							Dinner			General Hospital (N)		Cory	News (E)	Star Trek: Voyager (E)	Family Guy
2 PM	King	The Steve Wilkos Show	Dotto Tech	Word	Millionaire	To Be Announced	Amer. Justice	General Hospital (N)	'70s Show	'70s Show	Steven and Chris (E)	Flamingo		In Corner		(2:36) Zoey			Family Guy
2:30 PM	King		Animals	Lions	Millionaire				'70s Show	'70s Show									
3 PM	Friends	Big Screen	Blue's Clues (E)	WordGirl	Judge	Oprah Winfrey (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
3:30 PM	Seinfeld	Daily 10		Arthur (E)	Judge				Young and the Restless	Young and the Restless	Miracles	Neutron	Sports		How-Made	Suite Life			Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	College Basketball: NCAA	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet (N) (E)	Suite Life	Friends	CSI: Crime Scn	Tribute Bands (E)
4:30 PM	Family Guy	Judge J.	(4:35) Little Bear (E)	Biz Kid\$	Judge J.	Tournament First Round		Cops (E)		Global	Air Farce	OddParent	NBA Basketball: Toronto Raptors at Cleveland Cavaliers. (E)	Colbert		Suite Life	Hollywood		Big Screen
5 PM	Friends	News (N)	Gregg	Charlie Rose (E)	Paid Prog.		CSI: Miami (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	OddParent	Canadiens at Boston Bruins. (E)	News (N)	Storm Chasers (N)	Montana	Battlestar Galactica	CSI: Crime Scn	ET Canada
5:30 PM	Friends		(5:35)	Business	NBC News			ABC News	Global		Arrested	SpongeBob		News (N)		Montana			What
6 PM	Movie: "Dangerous Minds" (1995, Drama)	Ad Pers	Fetch! With	News-Lehrer	News (N)		CSI: Miami "Darkroom" (E)	News (N)	News (N)	ET Canada	News (N)	Prank Ptrl	Endurance	News (N)	Bone Detectives (N)	Zoey 101	Stargate SG-1	When Stunts Go Bad	Family Guy
6:30 PM	Movie: "Dangerous Minds" (1995, Drama)	News	Creatures		Raymond	College Basketball: NCAA				Entertain	Coronatn	Ghost	SportsCentre (Live) (E)	eTalk (E)	What's That About? (N)	Wizards	The Collector	Most Amazing Videos	Seinfeld
7 PM	Eddie Murphy	E! News	Emily of New Moon	Wash Wk	Jeopardy!	Tournament First Round	CSI: Miami (E)	Entertain	Entertain	NUMB3RS (N) (E)	Skating	Adrenaline		Hollywood		Movie: "The Cheetah Girls" (2003)	News (N)	Disorderly Con.	Family Guy
7:30 PM	Eddie Murphy	Jeopardy!		McLaughlin	Fortune			The Insider	ET Canada										
8 PM	Seinfeld	Life Is Wild	North and South (E)	Foreign	Amne\$ia (N) (E)	Hollywood	The Sopranos (E)	Grey's Anatomy (N) (E)	Amne\$ia (N) (E)	Amne\$ia (N) (E)	Air Farce	Naruto	Off-Record	Movie: "Plain Truth" (2004)	What's That About? (E)	Party			Married...
8:30 PM	Frasier		NOW								Mercer	Avatar							
9 PM	Movie: "Dangerous Minds" (1995, Drama)	20/20 (E)	Pain's Europe	Bill Moyers Journal (N)	Dateline NBC (E)	Hollywood	CSI: Miami (E)	20/20 (E)	House (E)	House (E)	Figure Skating	Futurama	Boxing: Friday Night Fights. (Same-day Tape)	(2004) Mariska Hargitay. (N) (E)	What's That About? (E)	Jimmy Kimmel	(9:06) Movie: "The Cheetah Girls 2" (2003) Jim Carrey. (E)		



# CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

## 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 #73 - Rated Easy

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

### CHALLENGE #74 - Rated Hard

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

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) ★★★ "The Thomas Crown Affair" (1999, Suspense) Pierce Brosnan. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen. (In Stereo)
- 8:30 am WTBS (3) ★★★ "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold.
- 10:30 am WTBS (3) ★½ "Heavyweights" (1995, Comedy) Tom McGowan. Chubby children descend on a summer camp for the overweight that has just been purchased by a greedy fitness guru.

### AFTERNOON

- 12:00 pm FAM (26) ★★★ "Buffalo Dreams" (2005, Drama) Reiley McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land.
- 12:30 pm WTBS (3) ★★ "The Mothman Prophecies" (2002, Suspense) Richard Gere. A reporter investigates the sightings of a strange creature and other strange phenomena in a small town.
- A&E (9) ★★½ "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.

- 1:30 pm FAM (26) ★★★ "Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures.
- 2:30 pm A&E (9) ★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.
- 4:00 pm YTV (18) ★★½ "Teenage Mutant Ninja Turtles" (1990, Fantasy) Judith Hoag. The four superturtles team up with a TV newswoman and her boyfriend against the ninja Foot Clan.
- 5:00 pm WTBS (3) ★★ "I Am Sam" (2001, Drama) Sean Penn. A man with the mental capacity of a child hires a lawyer to regain custody of his daughter.
- A&E (9) ★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence.

### EVENING

- 6:00 pm CITY (29) ★★★ "The Saddest Music in the World" (2003, Musical) Mark McKinney. During the Great Depression, a beer baroness holds a competition to find the saddest music in the world. (DVS)

- 7:00 pm KXLY (10) ★★½ "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Moses leads an exodus from Egypt to the Promised Land, complete with parting of the Red Sea. (In Stereo)
- 7:30 pm WTBS (3) ★★½ "Groundhog Day" (1993, Romance-Comedy) Bill Murray. February 2nd keeps repeating for a cynical TV weatherman sent to watch the groundhog in Punxsutawney, Pa.
- 8:00 pm CHBC (4) "Wide Awake" (2007, Drama) Missy Peregrym. A lab researcher suspects sabotage when drug trials result in unexpected deaths.
- KSPS (6) ★★ "One, Two, Three" (1961, Comedy) James Cagney. A company man in West Germany panics when the Coca-Cola heiress marries a communist.
- 9:00 pm A&E (9) ★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence.
- FAM (26) ★★ "My Favorite Martian" (1999, Comedy) Christopher Lloyd. A befuddled martian crash-lands on Earth, assumes human form and befriends a TV-news producer.
- CITY (29) ★★ "The Ten Commandments" (2006, Historical Drama) (Part 1 of 2) Dougray Scott. Moses frees the Israelites from slavery in Egypt and leads them to the Promised Land.
- 10:00 pm SPIKE (44) ★★★ "The Thomas Crown Affair" (1999, Suspense) Pierce Brosnan. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen. (In Stereo)
- 10:33 pm FAM (26) ★½ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA recruit an oil driller and his team of mavericks to save Earth from an oncoming asteroid.

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## sunday movies

### MORNING

- 7:00 am A&E (9) "Behind Enemy Lines II: Axis of Evil" (2006, Action) Matt Bushell. Navy SEALs fight for their lives after a top-secret mission in North Korea goes awry.
- 8:00 am WTBS (3) ★½ "Heavyweights" (1995, Comedy) Tom McGowan. Chubby children descend on a summer camp for the overweight that has just been purchased by a greedy fitness guru.
- 9:00 am A&E (9) ★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.
- 10:00 am WTBS (3) ★★ "The Mothman Prophecies" (2002, Suspense) Richard Gere. A reporter investigates the sightings of a strange creature and other strange phenomena in a small town.

### AFTERNOON

- 12:00 pm FAM (26) ★★★ "Dancer, Texas" (1998, Comedy) Breckin Meyer. Four teens rile residents of a tiny town off Highway 91 with their decision to relocate in Los Angeles.
- 12:30 pm WTBS (3) ★★ "I Am Sam"

(2001, Drama) Sean Penn. A man with the mental capacity of a child hires a lawyer to regain custody of his daughter.

- 1:37 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment.
- 3:00 pm WTBS (3) ★★½ "Groundhog Day" (1993, Romance-Comedy) Bill Murray. February 2nd keeps repeating for a cynical TV weatherman sent to watch the groundhog in Punxsutawney, Pa.
- VTV (22) "Selling Innocence" (2005, Drama) Mimi Rogers. The sleazy owner of a modeling agency exploits a young woman on the Internet. (In Stereo)
- 4:00 pm YTV (18) "Here Comes Peter Cottontail: The Movie" (2005, Adventure) Voices of Miranda Cosgrove. Premiere. Animated. A rabbit, a bird and a mouse must stop a plot that would plunge the world into a permanent winter.
- 4:30 pm CITY (29) ★★★ "The 40-Year-Old Virgin" (2005, Romance-Comedy) Steve Carell. Three dysfunctional co-workers embark on a mission to help their newfound friend lose his sexual innocence.
- 5:00 pm WTBS (3) ★★½ "The

Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards.

### EVENING

- 6:00 pm YTV (18) ★★★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory.
- 7:30 pm WTBS (3) ★★½ "The Bodyguard" (1992, Drama) Kevin Costner. An ex-Secret Service agent falls for his client, an actress/singer someone wants dead before the Academy Awards.
- 9:00 pm FAM (26) "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans.
- SPIKE (44) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (In Stereo)
- 10:00 pm WTBS (3) ★★½ "Operation Condor" (1991, Action) Jackie Chan. Hired by a Spanish baron, a mercenary and his entourage seek Nazi gold buried in the Sahara Desert.

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SATURDAY, MARCH 22, 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	Paired Prog.	News (N)		Animal	(5:00) Today (N) [E]	(5:00) The Early Show [E]	Sell House	Good Morning America	Fishing	Fishing	Super Why!	Flamingo	SportsCentre [E]	OWL/TV Kingdom	What's That About?	Overdrive	About You	Movie: "The Thomas Crown Affair" (1999)	That News
6:30	Paired Prog.	Body	Paddington	Fly Tying			Sell House		Hunter	Fishn	Busytown	Viva Pinata				Rangers	Dharti	Paid Prog.	
7 AM	Subaru	Design	Dora	MotorWeek	News (N)	Care Bears	Design	Good Morning Northwest	News (N) [E]	News (N) [E]	Bo On Go	El Tigre	Fishing	Katie-Orbie	Bone Detectives	Yin Yang	Eye on Asia	Ellen [E]	
7:30	Opry Video	Antique	Clifford	Animal		Strawberry	Sell House				Pinky	Urban	Motoring	Kids		(7:20) Pucca		Mad Abl.	
8 AM	Videos	Vanity	George S.	Building		Cake [E]	Flip This House [E]	Saturday [E]			Wilbur [E]	SpongeBob	NASCAR Race	Good Morning Canada [E]	A Haunting	Suite Life	Polish Studio [E]	Brosnan.	Grace
8:30	Movie: "The Goonies" (1985) Sean Astin. [E]	Foodies (9:07)	Magic Bus	Hometime		Horseland	Flip This House [E]				Goldfish	OddParent				(8:43) Zoey		Trucks!	The Nanny
9 AM		Biker TV	Upside	Old House		Sushi Pack	Flip This House [E]	So Raven		Driving TV	Goldfish	Barnyard	Bowling		How-Made	Cory	Bio.: Swank	Hrsepwper	Seinfeld
9:30						Dino	So Raven		Fishing	Magi	Phantom			How-Made	So Raven		MuscleCar	Seinfeld	
10 AM		Bodies	Word	Ask This	Jacob	Road to the Final Four	Dead Men Talking [E]	Montana	Fishn	Energy TV	Figure Skating: ISU World	Legion	Squash	Amnesty International	Mayday [E]	Phil	CityLine [E]	Trucks! (N)	Family Guy
10:30	Movie: "Heavyweights" (1995) Tom McGowan.	Paired Prog.	Little Bear	Test Kitch	Dragon (E)		Suite Life	Fishing	CEO TV			Hawks			Wizards		Xtreme 4x4	Family Guy	
11 AM		E! News	Rolie Polie	Chefs	PGA Tour Golf: WGC CA	College Basketball: NCAA	Crime 360 [E]	Emperor	Fishing	Fishing	Championships. [E]	Transform	PGA Tour Golf: WGC CA	PLAN Canada [E]	Deadliest Catch [E]	School	Leo Laporte	Pros vs. Joes [E]	Fraser
11:30		Daily 10	(11:36)	Gourmet			Replace	CEO TV	Knockout		Fantastic 4			Suite Life				Fraser	
12 PM		Snoop Dogg: True Story	Macphee	Ming	Championship -- Third Round.	Tournament Second Round	Cold Case	Figure Skating: ISU World Championships. From Gothenburg, Sweden.	News (N) [E]	Malcolm Seinfeld	NHL Hockey: Colorado Avalanche at Edmonton Oilers. (Live) [E]	Pokémon Yu-Gi-Oh!	Championship -- Third Round.	Daily Planet [E]	Mega Builders [E]	Movie: "Buffalo Dreams" (2005)	Reviews	Pros vs. Joes [E]	Friends
12:30	Movie: "The Mothman Prophecies" (2002) Richard Gere. [E]	Snoop	Avventura	Antiques Roadshow	From Doral Golf Resort and Spa in Miami.	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Can't Buy Me Love" (1987) [E]		Mining TV	Seinfeld	Simpsons	Shuriken	From Doral Golf Resort and Spa in Miami.	Canada's Greatest Ride	Dirty Jobs	Movie: "Madeline" (1998) [E]	Jack Nation Countdown	Pros vs. Joes [E]	Beverly Hills, 90210
1 PM		Snoop	Entrada	Savage Seas			Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	NBA Acc	Simpsons	Family Guy	Sat. Report	Hawks	SportsCentre (Live) [E]	W-FIVE-As Seen on TV	How-Made	Lizzie	News (N)	CSI: Crime Scn	Family Guy
1:30		Snoop	Go Diego	Swiss Rail Journeys	Athlete	College Basketball: NCAA Tournament Second Round		Entertainment Tonight	Family Guy	Family Guy	NHL Hockey: Bruins at Maple Leafs at Senators	Movie: "Teenage Mutant Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	Sue Thomas: F.B.Eye	What's That About?	Suite Life Proud	Stargate Atlantis	CSI: Crime Scn	Fraser
2 PM		Snoop	Zoboomafo "Superclaw"	Europe Travels	Penguins	Basketball: NCAA Tournament Second Round	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	(4:59) News	Canadiens or	Ninja Turtles" (1990)	First Story	Dirty Jobs [E]	K. Possible	Murdoch Mysteries	CSI: Crime Scn	Friends
2:30		Snoop	Keep Up	Summer	News (N)		ABC News	Global	House				First Story	Dirty Jobs [E]	Montana			Friends	
3 PM	King	Snoop	Dora	Swiss Rail Journeys	Athlete	College Basketball: NCAA Tournament Second Round	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
3:30	Seinfeld	Snoop	Go Diego	Swiss Rail Journeys	Athlete	College Basketball: NCAA Tournament Second Round	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
4 PM	Family Guy	Snoop	Zoboomafo "Superclaw"	Europe Travels	Penguins	Basketball: NCAA Tournament Second Round	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
4:30	Family Guy	Snoop	Zoboomafo "Superclaw"	Europe Travels	Penguins	Basketball: NCAA Tournament Second Round	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
5 PM	Movie: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer. [E]	News (N)	Lemur	Lawrence Welk Show	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
5:30		Sports	George S.	Keep Up	NBC News		ABC News	Global	House				First Story	Dirty Jobs [E]	Montana			Friends	
6 PM		That News	Gardens	Lawrence Welk Show	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
6:30		What	Gardens	Lawrence Welk Show	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "The Matrix" (1999)	News (N)	Family Guy	Family Guy	Canadiens or	Ninja Turtles" (1990)	Tennis: Pacific Life Open -- Semifinal. [E]	First Story	Dirty Jobs [E]	Montana			Friends
7 PM		Next Great Chef [E]	Nat. Geo. Expl.	Burns	CSI: Miami "Innocent"	Tourn. 2nd Rd.	Movie: "The Ten Commandments" (1956) Charlton Heston.	Hijacked-Future	Achievement Awards	NHL Hockey: Minnesota Wild at Calgary Flames. (Live) [E]	Ghost	Championships -- Canada vs. Switzerland	W-FIVE (DVS)	Angel	So Raven	Movie: "The Saddest Music in the World" (2003)	CSI: Crime Scn	Family Guy	
7:30		Movie: "Groundhog Day" (1993) Bill Murray. [E]	Heartbeat [E]	Movie: "One, Two, Three" (1961)	Law Order: CI	Access Hollywood (N)	Movie: "The Biblical hero Moses leads the Israelites to freedom."	Dangerous	Murder	Adrenaline	NASCAR Racing: Nationwide Series -- Pepsi 300.	Law & Order: SVU	Dirty Jobs [E]	Movie: "My Favorite Martian" (1999)	Angel	Movie: "The Ten Commandments" (2006)	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld
8 AM		Movie: "Wide Awake" (2007) Missy Peregrym.	Midsomer Murders "The Maid in Splendour" [E]	Clash Rock	Law & Order [E]	48 Hours Mystery [E]		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
8:30		Movie: "Wide Awake" (2007) Missy Peregrym.	Midsomer Murders "The Maid in Splendour" [E]	Clash Rock	Law & Order [E]	48 Hours Mystery [E]		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
9 AM		Cheers	Missy Peregrym.	Midsomer Murders "The Maid in Splendour" [E]	Law & Order [E]	48 Hours Mystery [E]		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
9:30		King	True Hollywood Story	My Hero	News (N)	News		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
10 AM		King	True Hollywood Story	My Hero	News (N)	News		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
10:30		Seinfeld	Hollywood Story	My Hero	News (N)	News		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
11 AM		24 [E]	The Soup	My Hero	News (N)	News		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	
11:30		On E! [E]	The Whistleblowers	My Hero	News (N)	News		Dangerous	News (N)	After Hours	Mystery	Law & Order [E]	Angel	Movie: "The Thomas Crown Affair" (1999)	Angel	Movie: "The Thomas Crown Affair" (1999)	CSI: Crime Scn	Seinfeld	

SUNDAY, MARCH 23, 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	Animal R.	Pioneers		Pocoyo	Today (N) [E]	Paired Prog.	Private Sessions [E]	Good Morning America	Is Written	Hunter	Nanalan'	Flamingo	SportsCentre [E]	Kingdom	Mega Builders	Overdrive	Mix TV	Xtreme 4x4	Let's Build
6:30	Ultimate	Taste	Paddington	SeeMore		Paired Prog.			Fishful	Let's Build	Lunar Jim	Dewitt		Kids	Rangers		Xtreme 4x4	Paid Prog.	
7 AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News Sunday Morning	Movie: "Behind Enemy Lines II: Axis of Evil"	News (N) [E]	Foodies (N)	Canada	Doodlebop	Winx Club	Reporters	Good Morning Canada [E]	MythBusters "Supersized Myths" [E]	Yin Yang	Eye on Asia	Hrsepwper	Ellen [E]
7:30	Videos	Antique	Clifford	Animalia		Morning (N) [E]			Canada	Is Written	Coronatn	Ruby	Reporters			(7:20) Pucca		Hrsepwper	Mad Abl.
8 AM	Movie: "Heavyweights" (1985) Tom McGowan.	Vanity	George S.	Reading	Meet the Press (N) [E]	Nation	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Paired Prog.	News (N) [E]	TribalTrail	Coronatn	Happy-Bunny	SnowTrax		Suite Life	Eye-Asia	Hrsepwper	Grace	
8:30		Powerboat	Magic Bus	Mama						Marriage	Coronatn	Barnyard	Formula One Racing	PLAN Canada [E]	Funniest Animals	Cory	Festival Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9 AM		Neighborhod	Upside	Coll Frm	Paired Prog.	College Basketball: NCAA Tournament Second Round	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	NBA Count	Driving TV	Listen Up	Marketple	SpongeBob	Malaysian Grand Prix. [E]	Amnesty	Out Cold	Phil		Xtreme 4x4	Seinfeld
9:30																			
10 AM		Dinner	Word	Field Guide	Paired Prog.	Tournament Second Round	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	NBA	Driving TV	Listen Up	Marketple	SpongeBob	Malaysian Grand Prix. [E]	Amnesty	Out Cold	Phil		Xtreme 4x4	Seinfeld
10:30	Movie: "The Mothman Prophecies" (2002) Richard Gere. [E]	Marriage	Little Bear	European	Snowboardng: U.S. Open	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Basketball: San Antonio Spurs at Dallas Mavericks. [E]	Listen Up	Foodies (N)	Figure Skating: ISU World	Barnyard	Championships. [E]	Balance-TV	Out Cold	Wizards		Pros vs. Joes [E]	Fresh Pr.
11 AM		25 Most Stylish [E]	Rolie Polie (11:36)	Ride, Lives Healthy					Hour of Power [E]	Energy TV	Easter Bgl.	Drake	PLAN Canada [E]	MythBusters "Supersized Myths" (N) [E]	School	Movie: "Dancer, Texas" (1998) [E]	World Poker Tour From Las Vegas. [E]	Pros vs. Joes [E]	Are You Smarter
11:30		Celebrity Homes [E]	Mechanics	Health Matters	PGA Tour Golf: WGC CA	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Gene Simmons	News (N) [E]	Malcolm Seinfeld	NBA Basketball: Denver Nuggets at Toronto Raptors. [E]	Fries That?	Championships -- Canada vs. Czech Rep.	W-FIVE (DVS)	Dirty Jobs [E]	Movie: "Read It and Weep"		Pros vs. Joes [E]	Are You Smarter
12 PM		Movie: "I Am Sam" (2001) Sean Penn, Michelle Pfeiffer. [E]	Keep Up	Heads Up	Live From Lincoln Center	Championship -- Final Round.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Simmons	Let's Build	Seinfeld	Simpsons	Fries That?	Championships -- Canada vs. Czech Rep.	W-FIVE (DVS)	Dirty Jobs [E]	Movie: "Read It and Weep"		Pros vs. Joes [E]	Are You Smarter
1 PM		Keep Up	Reach-Top	"New York City Opera: Madama Butterfly" (N)	From Doral Golf Resort and Spa in Miami.	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Simmons	Matthews	Seinfeld	Simpsons	Fries That?	Championships -- Canada vs. Czech Rep.	W-FIVE (DVS)	Dirty Jobs [E]	Movie: "Read It and Weep"		Pros vs. Joes [E]	Are You Smarter
1:30		Keep Up	Profiles of Nature [E]	"New York City Opera: Madama Butterfly" (N)	From Doral Golf Resort and Spa in Miami.	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Simmons	Matthews	Seinfeld	Simpsons	Fries That?	Championships -- Canada vs. Czech Rep.	W-FIVE (DVS)	Dirty Jobs [E]	Movie: "Read It and Weep"		Pros vs. Joes [E]	Are You Smarter
2 PM		Keep Up	Nature [E]	"New York City Opera: Madama Butterfly" (N)	From Doral Golf Resort and Spa in Miami.	College Basketball: NCAA Tourn. 2nd Rd.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	Simmons	Matthews	Seinfeld	Simpsons	Fries That?	Championships -- Canada vs. Czech Rep.	W-FIVE (DVS)	Dirty Jobs [E]	Movie: "Read It and Weep"		Pros vs. Joes [E]	Are You Smarter
3 PM		Keep Up	Go Diego	Chronicles "Lost Son"	CSI: Miami "Lost Son"	Extra (N) [E]	Crime 360 "Fatal Feud"	Ebert	Family Guy	Family Guy		"Here Comes Peter Cottontail:	Curling: 2008 World Women's	(2005) Mimi Rogers.	Daily Planet [E]	Suite Life	Role	CSI: Crime Scn	Are You Smarter
4 PM		Keep Up	Zoboomafo "Grow, Zoboo, Grow"	Workshop	News	News (N)	The First 48 [E]	News (N)	Family Guy	(4:59) News	Wind at My Back [E]	The Movie"	Championships -- Canada vs. Czech Rep.	Sue Thomas: F.B.Eye	The Baby Mammoth (N)	K. Possible	Movie: "The 40-Year-Old Virgin" (2005) Steve Carell. [E]	CSI: Crime Scn	Are You Smarter
5 PM		News (N)	Grow	Workshop	News	News (N)	The First 48 [E]	News (N)	Family Guy	(4:59) News	Wind at My Back [E]	The Movie"	Championships -- Canada vs. Czech Rep.	Sue Thomas: F.B.Eye	The Baby Mammoth (N)	K. Possible	Movie: "The 40-Year-Old Virgin" (2005) Steve Carell. [E]	CSI: Crime Scn	Are You Smarter
6 PM		That News	Emily of New Moon	Heartbeat "Face Value"	News (N)	News (N)	The First 48 [E]	News (N)	Family Guy	(4:59) News	Wind at My Back [E]	The Movie"	Championships -- Canada vs. Czech Rep.	Sue Thomas: F.B.Eye	The Baby Mammoth (N)	K. Possible	Movie: "The 40-Year-Old Virgin" (2005) Steve Carell. [E]	CSI: Crime Scn	Are You Smarter
6:30		What	New Moon	Heartbeat "Face Value"	News (N)	News (N)	The First 48 [E]	News (N)	Family Guy	(4:59) News	Wind at My Back [E]	The Movie"	Championships -- Canada vs. Czech Rep.	Sue Thomas: F.B.Eye	The Baby Mammoth (N)	K. Possible	Movie: "The 40-Year-Old Virgin" (2005) Steve Carell. [E]	CSI: Crime Scn	Are You Smarter
7 PM		E News	National Geographic	Nature [E] (DVS)	Dateline NBC [E]	60 Minutes [E]	The Sopranos [E]	Funniest Home Videos	renegade	King of Hill	Prime Minister	Chocolate Factory" (1971)	SportsCentre (Live) [E]	Law Order: CI	MythBusters Outtakes.	So Raven	Newlyweds	CSI: Crime Scn	Are You Smarter
7:30		About Girl	Geographic	Nature [E] (DVS)	Dateline NBC [E]	60 Minutes [E]	The Sopranos [E]	Funniest Home Videos	renegade	King of Hill	Prime Minister	Chocolate Factory" (1971)	SportsCentre (Live) [E]	Law Order: CI	MythBusters Outtakes.				



MONDAY, MARCH 24, 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)	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Erky Perky Viva Pinata (E)	SportsCentre (E)	Canada AM (N)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports	Survivor: All-Stars (E)
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Animalia	Grossology	SportsCentre (E)		How Do They Do It? (7:24)	K. Possible (7:24)	CityLine (E)	MXC (E)	Survivor: All-Stars (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice (E)			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)	How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	Survivor: All-Stars (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 (E)	Super Why! Gofrette	Dewitt	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	Survivor: All-Stars (E)
10 AM	Harvey	PoPQ (Live)	Franklin Franklin is late.	Sesame Street (EI)		The Price Is Right (N)	Intervention (E)	The View (E)	World Vision	Room House	Wilbur (E)	Dewitt	Motoring	The View (E)	Mayday (E)	Mickey Handy	Movie: "Weekend at Bernie's"	MXC (E)	Survivor: All-Stars (E)
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	Dewitt	Tennis: Pacific Life Open --	eTalk (E)	Super Ships (E)	Benj Bear (11:25) King	(1989) Premiere.	Disorderly Con.	Survivor: All-Stars (E)
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	News (E)	Being Ian	Final. (Taped)	Degrassi	Oil, Sweat and Rigs	School	CityLine (E)	Disorderly Con.	Survivor: All-Stars (E)
1 PM	Fresh Pr.	Design	Struggle For Control	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	Ruby	Curling: 2008 Ford World	Sue Thomas: F.B.Eye	Jetstream (E)	School	Ellen DeGeneres Show	Star Trek: Voyager (E)	Survivor: All-Stars (E)
2 PM	King	The Steve Wilkos Show	Macphee Moving On	Word Lions	Millionaire	Guiding Light (N)	American Justice (E)	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris (E)	Ruby	Women's Championships -- Canada vs. Italy. (E)	General Hospital (N)	How-Made	School	News (E)	Star Trek: Voyager (E)	Survivor: All-Stars (E)
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya Arthur (EI)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian		Dr. Phil (E)	Out Cold	School	News (N)	CSI: Crime Scn	Survivor: All-Stars (E)
4 PM	Family Guy	Judge J.	Dora	Cyber	Judge J.	Oprah Winfrey (E)	Intervention (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News	Frasier	SpongeBob	NHL Hockey: Pittsburgh Penguins at New York Islanders.	Friends	Daily Planet (N)	School	Friends	CSI: Crime Scn	Survivor: All-Stars (E)
5 PM	Jermaine Dopri: Brutha	News (N)	(5:35) Business	BBC World	News (N)	News (N)	Intervention (E)	News (N)	News (N)	(4:59) News (N)	Simpsons	OddParent	News (N)	MythBusters (E)	School	My Dad-Better	CSI: Crime Scn	Survivor: All-Stars (E)	
6 PM	Movie: "Getting Played"	Ad Pers	Skooled! renegade	News-Lehrer	News (N)	News (N)	Intervention: Heroin	News (N)	News (N)	ET Canada	News (N)	Drake	Curling: 2008 Ford World	News (N)	Guinea Pig Mean	Movie: "The Cheetah Girls"	Bachelorette	CSI: Crime Scn	Survivor: All-Stars (E)
7 PM	(7:45)	Jeopardy!	History	Served	Jeopardy!	Fortune	Paranormal	Entertain	Entertain	Prison Break (E)	Coronatn	Malcolm	Women's Championships -- Canada vs. Russia.	eTalk (E)	Dirty Jobs "Bell Maker"	(7:33)	Bachelor-Lond	CSI: Crime Scn	Survivor: All-Stars (E)
8 PM	(8:15)	10 Items	Cricket & the Meaning	Antiques Roadshow	My Dad-Better	Big Bang	The First 48 (E)	Dancing With the Stars (Live)	Canterbury's Law (E)	House (E)	Anne Murray: Friends	Fries That? Adrenaline	Dancing With the Stars (Same-day Tape) (E)	Dancing With the Stars	Daily Planet (E)	Movie: "The Cheetah Girls 2" (2006) Raven.	News (N)	CSI: Crime Scn	Survivor: All-Stars (E)
9 PM	(9:15) Movie: "Getting Played"	Deal or No Deal (N)	Embracing Bob's Killer	Frontline "Bush's War" (N)	Deal or No Deal (N)	Two Men Christine	Intervention (E)		New Amsterdam (N)	New Amsterdam (N)	The Border (N)	Futurama	Sports	(10:02) CSI: Miami (N)	Dirty Jobs "Bell Maker"	School	Jimmy Kimmel	Star Trek: Voyager (E)	Survivor: All-Stars (E)
10 PM	(2005) Carmen	Paradise Hotel 2 (E)	RX for Survival (E)	(DVS)	Medium (N)	CSI: Miami (N)	Intervention: Heroin	Bachelor-Lond	The Unit (E)	News Hour Final (N)	National	Falcon Beach	Motoring Motorcycle	(10:02) CSI: Miami (N)	MythBusters (E)	Suite Life	Movie: "Weekend at Bernie's"	Survivor: All-Stars (E)	
11 PM	Cheers	News (N)	Profiles of Nature (E)	Previews	Tonight	Late Show	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Life Derek	Deep Space 9	Survivor: All-Stars (E)	

monday movies

MORNING

10:00 am CITY (29) ★★"Weekend at Bernie's" (1989, Comedy) Andrew McCarthy. Premiere. Two guys party with their bumped-off boss at his Long Island beach house, and no one notices. (E)

EVENING

6:00 pm WTBS (3) "Getting Played" (2005, Romance-Comedy) Carmen Electra. Three friends play a game of seduction on a stranger, but the tables are turned when he finds out about the joke.  
 FAM (26) ★★"The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time.  
 7:33 pm FAM (26) "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain.  
 9:15 pm WTBS (3) "Getting Played"

(2005, Romance-Comedy) Carmen Electra. Three friends play a game of seduction on a stranger, but the tables are turned when he finds out about the joke.  
 10:06 pm CITY (29) ★★"Weekend at Bernie's" (1989, Comedy) Andrew McCarthy. Two guys party with their bumped-off boss at his Long Island beach house, and no one notices. (E)  
 11:30 pm WTBS (3) ★★"The Bouncer and the Lady" (1993, Adventure) Andrew Dice Clay. A model and a bouncer tangle with evil Chinese monks over a red lotus that holds the key to the future of the world. (E)

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Ideal for going fishing, hunting, to the dump, gathering firewood or a second farm vehicle. 1990 Ford Ranger, in good running condition. lined box. \$1,900. (250) 295-6063 evenings.

Treadmill (like new, aren't they all?) Weslo Cadence 1015. Folds up for storage, comes with weights, monitors speed and time. Asking \$375.00. Call (250) 295-6876. Mar 11-25

1995 Jeep YJ hardtop. 4-cylinder, 5-speed. 10,000km on tires. No rust, good paint. \$6,500.00 OBO. Call (250) 295-7814. Mar 18-Apr 01

Beautiful antique China/Liquor cabinet. Measures 8 feet wide by 7 1/2 feet tall. (a must see!) Asking \$3,500.00. Queen size brass bed (mattress not included), asking \$350.00. Call (250) 295-7692. Mar 4-18

12-foot 1999 Jayco Eagle tent trailer w/awning/boat racks/3-way fridge/stove (can be used either inside or out)/furnace. Sleeps 8. Very clean. Kept under cover at all times. Asking \$7,500.00. Call (250) 295-3343. Mar 18-Apr 01

### help wanted

The Princeton Golf Club is now accepting resumes for the 2008 Season for the Restaurant and general clubhouse staff. Please drop off resumes between 9:00 AM and 12 Noon at the Clubhouse (Monday to Friday) or at WorkZone. Mar 18-25

### announcements

Princeton Curling Club would like to congratulate our raffle winners.  
1st Prize - TV - Heinz Ebenau  
2nd Prize - Deep Freeze - Colin Taylor  
3rd Prize - Camera - Shannon Mumaghan

Raffle ticket entered for each book sold for a BBQ - won by Carol McDonald.

services

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for rent

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Bright and clean 2-bedroom, 2-bathroom s/w modular home, 5 appliances, on its own lot. Non-smoking. \$700.00/month plus utilities. (250) 295-3419. Mar 04-25

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-dm

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

Newly renovated 3-bedroom, 2-bath home, 6 appliances, HE furnace, rec room with gas fireplace, no pets, non-smoking. References required. \$825.00/month + utilities. Call Christine (250) 295-7217 or Marie (250) 493-6522. Mar 18-Apr 08

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notices

### 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



### 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](mailto:argosok@argoroads.ca) or by fax to (250) 493-6427.

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

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

[www.thenewsleader.ca](http://www.thenewsleader.ca)

in memory

in memory

### In Loving Memory of Joan Gee March 18, 2007



We thought of you with love today, but that was nothing new  
We thought about you yesterday, and days before that too  
We think of you in silence, We often speak your names  
Now all we have are memories, and your pictures in a frame.  
Your memory is our keepsake, with which we'll never part  
God has you up in heaven, We have you in our hearts.

Always lovingly remembered

Mike, Therese, Tasha, Justin & Ryan

help wanted

help wanted

Would you like to assist a local company in promoting a drug and alcohol free workplace? We are looking for people to train as mobile breath alcohol technicians. No experience necessary and we will pay you to complete our certification training. We also offer a guaranteed on-call fee. Ideal position for someone with a flexible schedule, who does not want to work outside the home on a regular basis, but who would like to make a little extra income. Must have a car and must be willing to be on call 24/7 for two weeks out of every month.

Fax your resume or a letter of introduction to Traci Beirnes, Drug and Alcohol Program Manager for Denning Health Group at (604) 572-4488, or e-mail your information to [tbeirnes@denninghealth.ca](mailto:tbeirnes@denninghealth.ca)

Junior Bookkeeper wanted, Similkameen office. You will have: 1) exceptional accuracy, 2) experience working without supervision, 3) high school diploma, 4) exceptional computer knowledge, 5) customer service etiquette. Your resume will list your formal accounting training, computer programs and experience level, administrative courses (if any), related employment, manual bookkeeping experience, secretarial experience (if any), references, high school attended and post secondary education. Microsoft Excel would be a plus. Must be bondable. Wage subject to negotiation. Please indicate your desired hourly wage rate. Vehicle required. Fax or e-mail your cover letter and resume to:

Arlene Arlow  
Axis Office Services  
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Mar 04 Apr 29



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 678 592 314  
 159 284 763  
 782 936 541  
 463 715 928  
 246 853 179  
 935 147 682  
 817 629 435

**CHALLENGE #74 - Hard**

679 382 145  
 385 149 627  
 412 675 893  
 261 953 784  
 943 827 561  
 857 461 932  
 194 538 276  
 738 216 459  
 526 794 318

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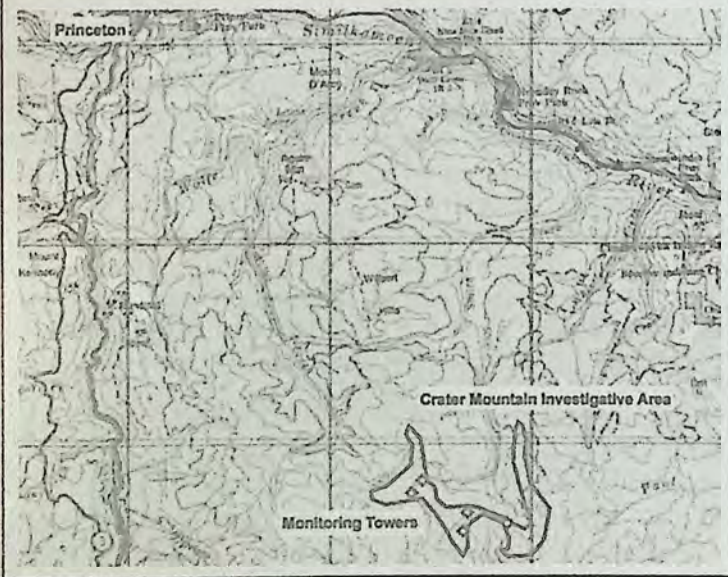
## Notice of Intention to Apply for a Disposition of Crown Land

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.



### Town of Princeton

#### NOTICE

For impounded pets, or to adopt pets please see the Community Bulletin Board at the corner of Bridge Street and Kenley Avenue.

### KEREMEOS ELK'S & ROYAL PURPLE

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The Lands File Number that has been established for this application is 3411753. 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 20, 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.





# editor@thenewsleader.ca

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

## my turn

### I got's me a pet peeve

I still joke around with out of town family members and friends that the pace of life in Princeton is such that the half block trip to the post office from the newspaper office often takes a half an hour.

Locals know that it's not because everyone is so slow, but because everyone says hello, and it's easier to get caught in a conversation than a traffic jam on Bridge Street.

Or that is usually the case.

Recently I've noticed in my twice daily trip to the post office that crossing Bridge Street is getting tricky, competitive, awkward and dangerous.

When I hardly used to look both ways before crossing, I now look back and forth frequently and step out into the crosswalk nervously. Often I just stand in the middle of the crosswalk to watch a vehicle drive by me as if I wasn't there.

I seem to recall that a pedestrian has the right of way once they leave the sidewalk and set foot on the roadway at a painted crossing. I didn't realize that rule had changed and crossing Bridge Street had turned into a sport where pedestrians earned drivers extra points with the values increased by the type of collision and severity of the injuries.

I said video games were a bad idea all along.

From the number of close calls I've encountered I sometimes wonder what the rush is all about. It's not like there's a sale on downtown that'll end in the next 15-seconds, or clipping me in the crosswalk is going to get you into the Bonus Round.

I'm trying to figure out a way to blame it on the recent revelation that the high percentage of non-compliance to seatbelt usage in Princeton is related to the number of 'redneck' drivers in the area, but I'm not so sure that's far off the mark.

By the way, my dictionary defines a redneck as a "working-class white person, especially a politically reactionary one from a rural area" so you may catch my drift after all.

So maybe if we can educate drivers to understand that the crosswalk is actually the safest way for the chicken to get to the other side of the road, we'd all forget what the big rush was to get to the end of Bridge Street just to wait in line for someone else to get across the wooden bridge.

If we all went a little slower and paid attention to what's going on around us we'd all be able to get in touch with our inner redneck and get through the cross walk - either on foot or in a car.

#### 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.

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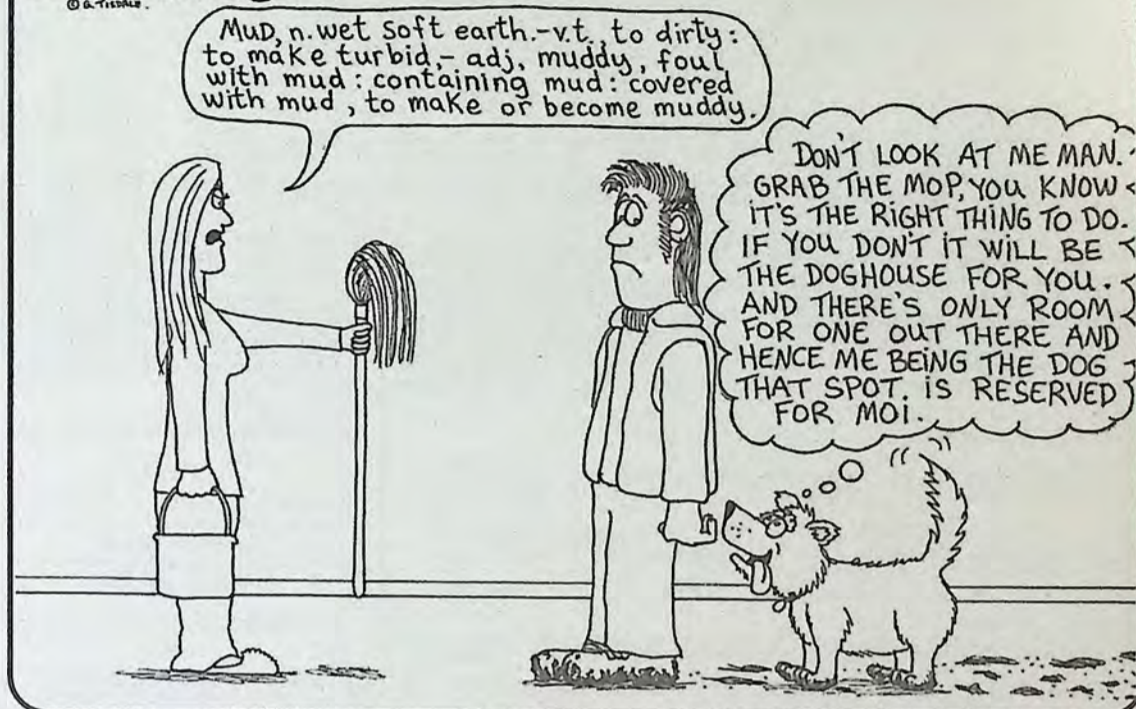
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Publisher:  
Office Administrator:  
Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson

## THE TOONS



## your turn

# More on park plan

To The Editor;

After having read the various letters to the editors in the local papers pro and con the current Kobau national park proposal and having attended the forums in Keremeos and Cawston, I began to suspect that an important piece of a larger truth was missing, and indeed it is.

Are our representatives, elected and otherwise, have not been completely forthcoming and indeed remiss on not reminding their constituents of the historic significance as to what may actually occur if Kobau Mountain is turned into a national park? After having made a few well-placed calls, I was made aware of an American driven park proposal that would take the current parks of Manning through to the Cathedral provincial park system.

I believe the next step would be to absorb the areas to the east of those parks through to Kobau Mountain.

This American proposed park system would go deep into the state bordering BC. This American park initiative would drive the park boundaries from Princeton to as far north as Pike Mountain - that's half way to Merritt! That area is historic summer range for the Similkameen Valley ranchers. Further, the forest industry in that area would be shut down. We all know about the soft wood lumber agreement - it certainly doesn't benefit an already crippled Canadian industry. There would be a blurring of national boundaries in areas already sensitive to illicit activities.

Kobau is just a small foot in the door to a much bigger, more insidious land grab. Keep in mind the most recent American dam proposal of the Similkameen River that has once again been brought to the table. A further example of the arrogance of our neighbours to the south. Having done the calculations, my family farm will be at kilometre 19 of the 23-kilometre flood zone. Currently our farm is situated several kilometres away from the river. I have no interest in waterfront property.

Can you Alex, and you Ross, tell me that you are truly representing Canadian interests and your local

Letter To The Editor

## This project is the pits

To The Editor;

In your edition of the News Leader dated March 11, 2008, you state that I made the 'announcement' at a Chamber of Commerce meeting held the previous week that "Copper Mountain mine will go into production in 2010."

This statement is inaccurate. At the Chamber meeting on February 28, 2008, at the request of our Chamber Manager, I spoke to the press release '2007 Review and Financial Results' issued by CMMC dated February 26, 2008. (This press release ran in both local papers during the week of March 3 and 4, 2008).

I explained that the preliminary assessment indicated good results to date with anticipated production beginning in late 2010.

Also, I made it very clear that I do

constituents welfare or my family directly? Please don't tell me that you are. Please don't tell me that you were not aware of the American parks initiative. It's been on the books for more than 10 years. Drop that paternalistic behaviour and don't tell me that what I may have to 'swallow' is good for me and my family.

I am firmly committed to vote for a different candidate and party at the next election if the park goes through. I am firmly committed to the abolishment of the senate. Now there's an initiative I would definitely back!

- Mary Nash, Cawston

not speak for CMMC and that any announcements come from the principals of the company. I stated that anything I had said was on the Copper Mountain website and insured that all present had the website address (www.CuMtn.com).

While I share the optimism of local citizens regarding the Copper Mountain project, it is absolutely necessary that any information stated in the press be accurate.

- Frank Armitage, Princeton

(Editor's Note: Our reporter got the information from the March 3rd Town Council meeting where a member of council made the announcement. She reported accurately on what that council member said he heard at the Chamber meeting).



Current Comment:

# How people make life happier



Dawn Johnson  
editor@thenewsleader.ca

Some study group in the United States has surveyed the populace every year since 1950 to see how people rate their lives for happiness. I watched a PBS special recently in which this statement was made: "Americans rated themselves happier in 1957 than at any time since."

The program went on to blame lack of happiness on too much materialism, too much consumerism. They said the average American family owned half as much as families do now, and saved twice as much money as families do now.

I thought about this. I am of an age when I can remember 1957. Yes, I own a whole lot more now than my parents owned in 1957, except they owned a farm. In actual value, I probably own about the same, but they had a lot less consumer goods.

My husband and I worked really hard to have so much stuff, but we also raised two children of our own and helped to raise some other people's kids along the way, as well as looking after elderly family members.

Today, now that my husband and I are an old couple, we own far too much "stuff" we have accumulated over the years. I have had two yard sales since I retired, and I have given away all kinds of things, and we still have too much.

When I look back at 1957, I remember going to college on a shoestring, getting married on a shoestring, and later having two babies on a shoestring. In fact, most of our lives were lived with careful consideration about how we spent our money. Our kids learned the meaning of "we can't afford it".

There is another thing I remem-

ber about 1957 and the next few years: we did not have homeless people sleeping in the street in our cities, and we did not have food banks.

The program was about American families who are living with less consumer goods and finding they are happier. These are not poor families, but they are families who have no debts but who do have savings. They do a lot of the things I still do: they grow gardens, they hang their laundry outdoors to dry, they recycle everything they can. Their goal is to make a small footprint on the environment, or as small a footprint as they can in the kind of society we live in. They say they are happier now than when they lived like the majority.

In many of these families, the wives do not work outside the home, and families spend more time together. All of them live in their own homes, and their big expenditure is their mortgage.

When they buy things, it is on the basis of "do we really NEED this?" and "can we buy a used one?"

When my washer broke down, I had it repaired. When my dryer broke down, the repairman came. I have bought only one new major appliance in the past 10 years, and only because I was afraid my 35 year old freezer was becoming a fire hazard.

Everything that can be repaired is repaired.

Everything that can be recycled is recycled.

I buy clothing and other items at thrift shops, and consider these shops a great idea. I donate things to them, too. I shop at yard sales for things I need, thus helping other people recycle.

On an Oprah show, one of her guests told of living on food others had thrown away, and showed a video of dumpster dipping. It was amazing what people had thrown away! We are not talking about real garbage. Much of this free food was still in its original packaging, and the rest of it was fruit and vegetables with nothing wrong with them. This food was thrown out from bakeries, supermarkets and other shops. All of this usable food could have been donated to a food bank or a shelter for the homeless rather than being destined to the garbage

dump.

A group of teens in one school rebelled against having to wear certain labels in jeans and shoes, and decided to make an issue of it.

They did not believe they should be "bought" by certain labels. They did not want to be the victims of advertisers or peer pressure.

These are possibly the grandchildren, but at least the children, of those brave anti-materialists of the Sixties who wanted to live an alternative lifestyle to that imposed by The Establishment. Are we going to see an echo of those years?

One group of teens decided to hold a big sale of all of the things they and their families did not need. After the sale, they donated the proceeds to Habitat for Humanity to build low income housing.

Last winter, I cut up an old tablecloth in which the edges were still very good. It had been made of good quality cotton, and became eight tea towels. These will go to my grand-daughter, who has no extra money for a lavish supply of tea towels. I cut up an old towel and turned it into a dozen face cloths, which are, for some reason, always in demand in our household.

In the past, when an old carpet needed replacing, I cut around the edges and used it for door mats. Eventually, they do end their lives in the landfill, but only when they are falling apart from wear.

My biggest weakness in buying has been books, so I always have a lot of books at my yard sale. Books can be recycled forever, because there is always somebody who has not read the book and would like to own it. Perhaps books are the greatest things we recycle, as we recycle some form of learning and some happiness with each book.

All of this "simple living" as the program called it is a way of getting out of the trap of consumerism and replacing "things" in our lives with people and values.

To live more simply, we must identify what we value. When we identify our values, we are much wiser than when we started out, and perhaps wisdom brings greater happiness.

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LOOK WHO TURNS 50 + 1 ON  
**MARCH 19**



Happy Birthday, Brenda!!!

FROM: **Love Chunk**



For a while at the 3rd annual Bra Auction March 15th there appeared to be a whole lot of Elvis goin' on! Darrell Tompkins, left, and Mike O'Brien donated their time and provided entertainment in support of Princeton Weekend to End Breast Cancer walkers Barb Gagnon and Tammy Holland. To make a cash donation you can contact Gagnon or Holland at (250) 295-4460 or 295-4411. Photo: Brenda Engel

..... continued from Front Page  
**Recruitment and Retention Committee:**

The Princeton Physician Recruitment and Retention Committee has been meeting monthly (or more frequently if needed) to discuss and implement ideas on attracting physicians to Princeton and keeping them here once they arrive.

The Committee Chair is Town Councillor Pam Jones; Secretary is Lori Thomas, Manager of the Chamber of Commerce. Committee members are: Dr. Doug

Reid, Sylvia Adams, Mayor Randy McLean, Councillor Maria Sadegur, senior Monty Raine, Lorraine Ferguson, Health Services Administrator for the South Okanagan Sherry Uribe, Acting Director of Health Services for Princeton/Keremeos. Last meeting Tom Parsons, Lynn Johnson, Mary Masiel and Patty Vinthers of Save our Hospital Group joined our Committee along with Councillors Jarvis & Manion, Lyle Thomas, Director of Community Services and Area H Director Gerri Logan.

Here are some of the things that your Recruitment and Retention Committee is doing:

**Signing Bonus:**

The Doctor Recruitment Fund is considering offering doctors a signing bonus if they agree to stay in Princeton for at least one year.

**Accommodation Options:**

The Town has compiled a list of people that have room to house doctors and nurses if they prefer to stay in someone's home rather than in a motel.

**Mileage Allowance:**

The Town had agreed to pay a mileage allowance for visiting (locum) doctors to come to Princeton. However, we have just discovered that this is already covered in the agreements that locums will sign.

**Vehicle:**

Mayor McLean has generously donated a car and the Town will pay for the license and insurance for locum doctors and temporary nurses to use if they arrive here without a vehicle and need the use of one while they are in Princeton.

**BC Ambulance Training:**

Eight BC Ambulance Emergency Medical Responders (EMRs) are currently receiving training to become Primary Care Paramedics (PCPs). (Seven are from Princeton and one from Keremeos.) This training will upgrade the skill level

of EMRs so that they can provide a higher level of care for patients. In some cases, the PCPs will be able to transport to Penticton Regional Hospital without having to have a doctor or nurse accompany them. Fortis has generously donated the use of their building for training and Princeton EMRs have signed an agreement to stay in Princeton for at least 3 years in order to have their training paid for. The Town of Princeton, South Okanagan Similkameen Medical Foundation and Interior Health have provided the funding to do the training which will complete at the end of April.

**Volunteers Wanted:**

We are looking for someone to organize a Volunteer Drivers Program, similar to what Keremeos has, to take Princeton residents who need transportation to the doctors offices at Princeton General Hospital. The program would be run through the Hospital so drivers can be covered by insurance. If any person or group is interested in helping out, please contact Lori Thomas, Manager of the Princeton & District Chamber of Commerce at 295-3103.

**It's Showtime!**

Representatives of the Chamber of Commerce attended the Vancouver Outdoor Recreation and Golf Show and the Abbotsford Boat and Sportsman Show where they handed out information packages about Princeton and recruitment information to interested doctors. The Chamber is also looking at partnering up with the Penticton Chamber to attend the Rural Physicians Conference in Halifax or to send Princeton information packages with them.

**THANK YOU!!!**

We want to thank the many businesses and individuals that have made generous offers to entice physicians to come to Princeton and ..... continued on Page 26

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Weyerhaeuser BC Forestlands Manager Bob Taylor, centre, was the guest of honour at a casual retirement lunch last week. Taylor retires after 38 years with the company, which included a stint at Princeton's operation. Mayor Randy McLean, left, and Weyerhaeuser Princeton Forestlands Manager Rob Marshall, right, presented Taylor with gifts of appreciation from the Town of Princeton. \*

## There's a lot going on in Hedley!

Mid-March is a time of contrast in Hedley - thick ice still on the banks of the Similkameen while lilacs show buds and some bulbs tip through the thawing ground. We feed the pine siskins, juncos, chickadees and cassin's finches while admiring the flight of bald eagles seeking whitefish along the river. And Hedley keeps busy...

This last week there were several cultural events and some unplanned ones, such as when the RCMP put a roadblock on the west side of the 20 Mile Creek bridge and all that afternoon questioned westbound drivers about a bald-headed hitchhiker. Allegedly such a description was connected with an accident at Ashnola bluff, and all that afternoon customers at the Nickleplate Cafe could watch the activity as traffic on Highway 3 came to a temporary halt. Later that day residents wondered why RCMP were slowly driving around town...perhaps to look for said hitchhiker?

### Retirement Dinner for Ruth

The Nickleplate Restaurant was also the site on Saturday to honour the retirement of Ruth Dunham from their employ. Many of her friends from the community and family from the valley came to celebrate the official end of Ruth's working career.

Ruth has offered excellent food and friendship to many in Hedley through several ownership changes at the Nickleplate Restaurant, the little cafe on the main street Ruth operated with her son David, the old Hedley Elementary school lunch program, the museum tearoom, the One Way Adventure camp and Hedley facilities, church camps at the old Willis Ranch near Princeton and on Keats Island, the Unemployment Insurance complex in Vancouver in the early 80's, and previous to that, her family business at Kanaka Bar.

A trained pastry chef, Ruth's cooking has been enjoyed by many, and her friendship appreciated even more as this gathering portrayed. She was wished many happy days in her garden and with her family by all who attended.

### Nakulumen Perform

Chuchuwayha Hall and the Upper Similkameen Indian Band hosted the First Nations performance group Nakulumen Thursday March 14th. About thirty-five people enjoyed dinner and a short drama about Turtle and Mother Earth. Performers are young people from the Penticon Indian Band.

### Canoe Project Update

Herman Edward and his helpers are still busy behind the hall with the canoe carving. The logs are gaining shape and Herman estimates that no widening will be necessary as the logs are big enough for a single row of paddlers already. With spring break this week more of the youth are expected to join the effort and participate in this historic project.

### Mascot Award

Rick Holmes accepted a special award on March 5th from Aboriginal Tourism BC for 'excellence in customer service.' The award was for the Mascot Gold Mine tours and Snaza'ist Discovery Centre. Derek Lilly is planning to find an excellent location for the plaque in the centre which now has a fascinating display of photos relating to native history.

In one section one could see Annie Holmes as a young woman (Annie Newhimkin) then in others as a young wife and mother, and photos of her mother Arcelle Newhimkin. This exhibit and others in the building show a clean fresh design and attention to detail.

### Randi Baptiste

Randi and selected classmates are leaving March 21 for a great adventure - a trip to Japan. A local fundraising event helped Randi on her way. Randi is only in grade nine, and will be gone for a week.

### Bingo

No Bingo at Chuchuwayha Hall Easter Sunday due to Powwow. A special bingo there on April 13th \$2,000 guaranteed in prize money. Doors open at 9:00 AM, first game at 11:50 AM and there is a \$50 buy-in package.

### Easter Weekend Powwow

Ole Bent, (250) 292-8258 is the person to contact if you are interested in renting a table for \$50 for the Easter Weekend Powwow at Chuchuwayha Hall. Grand entry for the dancers begins Friday, March 21 at 7:00 PM and on Saturday at 1:00 PM and 7:00 PM, and on Sunday at 1:00 PM. There will be breakfast and supper available. This is a beautiful location for such an event, and the opportunity to have a look at the canoe progress in back. Drive slowly...many people cross the highway in front of the hall and there are lots of small children. The Powwow features traditional and jingle dance categories and several drum groups.

### OAP (Happy Hall)

There's nothing like the smell of bacon and sausage frying as you come into the Happy Hall in Hedley at the monthly pancake breakfast. A bargain at \$5.00 a plate, and the coffee is excellent. Look for the next notice, and don't forget the Potluck Supper on Saturday March 22. Bring your contribution to the dinner, and \$2 per plate. There'll be tea and coffee and doorprizes. Doors open at 5:00 PM.

### Library Storytime

Janis and Linda have been busy decorating the library part of the Happy Hall with a St. Patrick's Day theme, and Easter eggs. There is plenty of room for books, and even for Spring Storytime. Every Thursday at 5:00 PM sharp from March 20 to April 17 young readers and readers to be will be entertained with stories being read, songs to sing and fun sharing the inviting world of books.

### Linedancing

Margaret Skaar is teaching beginning linedancing at the Happy Hall every Wednesday night at 6:30 PM. The class lasts an hour, costs \$2 (for hall expenses) and is great exercise. Most women love to dance, and this is a good way to get moving. The dancers greatly appreciate the work of Ole and Gary who move the tables and chairs away and back again the next day. That and the poster of Toby Keith on the wall inspire the dancers to give it their best!

- submitted by Lorraine Lance

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### Traffic Control Person

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www.princetoncsc.com

## LOOK WHO TURNS 50 + 1 ON MARCH 19



Happy Birthday, Brenda!!!  
FROM: **Love Chunk**



Two local Youth Groups (Living Water Foursquare and Princeton Baptist) attended a conference in Kelowna last month. They joined 1,800 others from throughout the province at 'Rush.' - photo submitted

..... continued from Page 24  
make them feel welcome when they arrive.

**Cash donations:** RDOS - Area H; Princeton Co-Gen.; JR Contracting & Recycling; Dr. Reid; Dan and Helen Ramsay; and Dawn Johnson **Billy's Restaurant** - a meal a day for locum doctors or nurses;

**Princeton Golf Course** - free golf for the locums and a complimentary corporate membership for new doctors

**Allison Athletics** - free gym pass to weekend locums and a great deal to all other physicians

**Princeton Posse** - free admission to their hockey games

**China Ridge X-Country Ski Trails** - free skiing

**Best Western** - reduced rates

**Overwaitea Foods** - fruit gift baskets

Anyone wishing to make tax deductible cash donations please

send to Princeton Medical Recruitment Fund, c/o Town of Princeton, Box 670. We are also looking for more ideas and donations to add to the incentive packages; how about some volunteers to take our new arrivals skiing? snowshoeing? snowmobiling? fishing? quadding? or ???

### Office Renovations Nearing Completion:

Interior Health is completing renovations to Princeton General Hospital to create office space for physicians. The Cascade Medical Clinic will be relocated to the hospital site by the end of March. This new space will accommodate 4 physician offices and the convenience will help in attracting new physicians to Princeton. As well when a physician needs to go to the ER, they will already be at the site.

### Apartment Rented:

Interior Health has rented an apartment in Princeton to provide a place for locum physicians to stay and the Town of Princeton has helped out by providing some furnishings for the apartment.

### Family Physician Recruitment to Rural BC

Physician recruitment and retention in rural areas is a recognized challenge across B.C. and there are incentives in place at the provincial and health authority level to attract physicians to practice in our rural

communities. Princeton has been identified as an eligible community for funding under the FPs4BC program (Family Physicians for BC); a joint initiative of the Ministry of Health and the BC Medical Association; that encourages physicians to establish a group practice in areas of need by assisting with up to \$100,000 in financial support to pay off student debt and set up their practice.

### Community Involvement:

Interior Health acknowledges the support of Mayor McLean, Councillor Pam Jones, Chamber Manager Thomas, and the Recruitment and Retention Committee who have been meeting regularly to discuss ways that the community can help market Princeton as a place where physicians would want to come and practice.

Also, a special thank you to Dr. Doug Reid who has spent countless hours working on this for Princeton. For that we are truly appreciative. Dr. Reid and Sherry Uribe, the Acting Director of Health Services for Princeton/Keremeos, have worked tirelessly to keep the ER Department open and ensure that Princeton has physician coverage in place. THANK YOU! We will keep you updated as things change, and thank you for your patience and understanding. - submitted by Interior Health

## CENTURY 21 Princeton Realty FEATURE HOME OF THE WEEK



### Deerview Estates



Executive home features over 3,400 square feet perfectly set on .89 of an acre, nicely treed, landscaped, irrigated, totally fenced and backs onto crown land and China Creek. Gorgeous maple floors and cabinets, vaulted ceilings and skylights provide fantastic natural light accented by wood trim windows.



Awesome master bedroom, daylight basement, in-law suite, double garage. New furnace in 2005, new window coverings and washer/dryer. All this in Princeton's premier neighbourhood.

See Heather Johnson for your personal tour today.

**\$489,000** MLS 43708

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## Dorothy sends report

We're all aware that Daylight Savings Time is in effect. I don't believe any of our residents forgot to change their clocks! Who would wish to be late for our delicious meals?

We've enjoyed a few new games recently! "The Price Is Right." Pictures of articles had been cut from a catalogue and passed around. Each person had to say what she thought the price would be. Oh, my! Most of us were far from right!

Word Search was another game - of course we did much better with this game.

As Easter will soon be here we decorated eggs and hung them on

branches along with some petite artificial birds. It makes a colourful bouquet.

We're so pleased to have new Bingo cards - large, clear numbers. New mixing machine and new balls with distinct numbers! Such a treat!

And we know Spring is here as we were presented with a huge armful of daffodils. We have flowers on each table, flowers in our rooms and still one large bouquet on the main table.

This Thursday we celebrate St. Patrick's Day - all residents have been asked to wear green if possible. That's all for this time.

- submitted by D. Stenvold





Dave Howell and Lyn Melnechenko participated in the Kamloops Cowboy Festival Rising Star Competition March 7-9. Lyn took Second Place in Cowboy Poetry with Dave earning Third. \*

## Ranching Ain't Easy

### Avenging Angel

It was an icy spring day. We decided to ride down around the lowlands a few miles away. I put on long-johns under my blue jeans, a wool turtle neck sweater, my down vest, and my down jacket on top of it all. I braided my long hair into a single braid to keep it out of my eyes. I looked like a stuffed toy and walked like a penguin.

I hadn't been on my horse, Chaser, much through the winter and he came charging out of his stall, prancing down the aisle as I led him. He skittered and danced and snorted as I brushed him, like the brush was biting his hide.

Now when you're only five feet tall it's tough enough to place a fifty pound saddle on a fifteen hand horse, but when that horse becomes a moving target it becomes impossible. It was time to resort to my favorite training method, 'Horse Hollering.' Chaser and I had an unspoken agreement that "if he didn't hurt me I wouldn't hurt him." So, with a few well phrased words in a brisk tone, I let him know what I had planned for him if he didn't stand still.

He rolled his eyes and pawed one hoof but stood like a statue until he was saddled, bridled and ready to go. Taking into account Chaser's current attitude, I hung my crop on the saddle horn just in case.

It took a couple of minutes to mount up between the horse's fidgeting and my overstuffed body. Once I finally got my knee bent, I had to hop around in circles a few times following my dancing horse.

My partner, Alf kindly refrained from commenting.

Then we headed down the hill, horses prancing and tossing their heads impatiently until they finally

figured out that a slow jog was all they were going to be allowed on the slippery path.

I began to relax as well and let my mind drift, not paying any mind to Alf ahead of me. When he took a wide detour off the trail I didn't even notice.

Suddenly, out of nowhere, I was attacked from behind by some great winged demon! It hit me with such fury that it nearly knocked me from my saddle.

It had a firm grip on my braid from behind while it beat on my ribs extensively with its feet. All the while its huge wings flapped steadily around my head and shoulders, causing a roaring in my ears. It seemed to have no designs on my horse at all but was intent on destroying me alone.

Not having any experience to equal this, I was taken completely unaware and had no idea what to do.

I swung my horse in a circle, trying to get a glimpse of my 'dragon.' It was firmly attached, still beating and flapping. In spite of my many layers of clothes my ribs hurt like the 'devil' and I was getting dizzy from the flapping in my ears.

Amongst the chaos I remembered the riding crop dangling from my horn. I grabbed it with my right hand and swinging it over my shoulders, tried to beat the 'demon' off.

Chaser, misunderstanding the situation, must have thought the crop was his cue to pick up speed. Fortunately I had a firm grip on the reins and hauled him up short before he bolted. He scooted and skittered trying to get out from under the flapping wings.

Still beating at the monster on my

back, I threw in a few curse words for good measure. I had learned this method from my dad. If all else fails, curse real loud. This, of course had no effect on the 'Demon.' Chaser, however, must have remembered those same words from another time and place when they had been aimed at him. He came to an abrupt, stiff-legged halt, which nearly unseated me. I grabbed the horn with both hands hoping this wasn't the start of one of those great crow-hops that he performed so well. I didn't want to take any chances of being left on foot (or my butt) with this monster after me.

When I looked ahead to Alf, hoping for help, I saw him leaning with his forearms on his saddle horn, doubled up, laughing hysterically.

Now I was really mad! I doubled my efforts to beat this thing off, but my arms were beginning to feel like rubber bands.

Then as suddenly as the attack began, it ended!

I looked over my shoulder just in time to see a large Canada Goose fly back to its mate, sitting on her nest.

Later that night I found that, in spite of the many layers of padding I'd worn, I had several nasty bruises from that goose's wings and feet.

I took a lot of teasing from Alf for several weeks after, as he told the story to anyone who'd listen. He insisted I looked like an 'Avenging Angel on horseback.'

It's always good to have friends to back you up.

(Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at lyn@nethop.net to purchase your copy.) copyright 2008 Lyn Melnechenko

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PO Box 1105, Princeton, BC V0X 1W0  
Phone: (250) 295-2129 Fax: (866) 902-8674  
e-mail: Randy.Clark@telus.net

**LET'S TALK!**

**AT YOUR SERVICE!**

#### Tax Tips

##### Cool Cash for your tools!

Did you know...

That if you are a tradesperson (including an apprentice mechanic) you may be able to deduct part of your tool expenses? The tradesperson's tool deduction provides employed tradespersons with an annual deduction of up to \$500 to help cover the cost of new tools necessary to their trade. The deduction to be claimed on the 2007 tax return applies to the total cost of eligible tools in excess of \$1,000 acquired by an employed tradesperson during 2007.

For more information on the tradesperson's tools deduction, visit [www.cra.gc.ca/individuals](http://www.cra.gc.ca/individuals) and select "T" from the drop-down menu for "Tradesperson's tools deduction."

##### Apprenticeship job creation tax credit

Did you know...

That businesses with an eligible apprentice may be able to claim the apprenticeship job creation tax credit? This is a non-refundable tax credit equal to 10% of the eligible salaries and wages payable to eligible apprentices for employment after May 1, 2006. The maximum credit is \$2,000 per year for each eligible apprentice.

For more information about the credit, visit [www.cra.gc.ca/individuals](http://www.cra.gc.ca/individuals) and select "A" from the drop-down menu for "Apprentice job creation tax credit."

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**

PO Box 1105, Princeton, BC V0X 1W0  
Phone: (250) 295-2129 Fax: (866) 902-8674  
e-mail: Randy.Clark@telus.net



# Share the Power of RE/MAX

### Looking For A Bargain?



**101 Missezula Lk \$257,000**  
Find a bargain in this new 2-bedroom home at Missezula Lake. Comes with porches on 3 sides, travel trailer + sani dump. [mls.ca#41062](http://mls.ca#41062)

### Quality & Comfort



**181 Missezula Lk Rd \$425,000**  
Custom quality-built home at Missezula Lake. Double garage and storage sheds. [mls.ca#37597](http://mls.ca#37597)

### Tulameen Treasure



**163-2nd Street \$349,900**  
Minutes to Otter Lake, this immaculate cabin on a double lot is a rare treat! Storage for the toys and woodstove for cozy nights! [mls.ca#44124](http://mls.ca#44124)

### Golden Opportunity!



**164-6 St., Tulameen \$850,000**  
Don't miss your chance to own this rare CT Zoned property in Tulameen. Run your own business and live in one of the most sought after areas. Previously run as a 16 site RV Park. What's your dream? [mls.ca#41794](http://mls.ca#41794)

### Ideal Start



**916 Cawston \$108,900**  
To your new home in Hedley. Quiet and close to the creek - Call now! [mls.ca#42596](http://mls.ca#42596)

### Cozy & Warm



**981 Cawston Ave \$174,800**  
This home will welcome you with its warmth and open layout! Affordable, too! [mls.ca#44123](http://mls.ca#44123)

### You Want It? You Got It!



**6251 Highway 3 \$375,000**  
Over 200 feet of riverfront on the beautiful Similkameen River - dreams do come true! [mls.ca#42854](http://mls.ca#42854)

### Hobby Farm - Getaway



**2837 Old Hedley Rd \$412,000**  
Room for you, your family and all of your in-laws! And more than 4 acres on the Similkameen River! [mls.ca#43536](http://mls.ca#43536)

### Dreams Do Come True



**772 Scott Avenue \$289,900**  
A step back in time to true craftsmanship and just the right amount of updates! [mls.ca#42031](http://mls.ca#42031)

### Eastgate Opportunity!



**4599 Highway 3 \$650,000**  
Commercial zoned 9-acre parcel perfect for campground. Stylish main residence and 2 cabins. Your future is waiting! [mls.ca#41300](http://mls.ca#41300)

### Need Space?



**215 Fenchurch Ave \$319,900**  
Updated 2,800 total sq ft 3-bedroom home with large yard on quiet street, waiting for you! [mls.ca#43826](http://mls.ca#43826)

### Ideas Anyone?



**142-3rd Street \$325,000**  
5,000 square feet of building waiting for your ideas! Second storey can be added. [mls.ca#41721](http://mls.ca#41721)

### Dreams Calling



**307 & 309 Ninth Av \$159,000**  
Bring your dreams to this location, house is solid and ready for your renovation! [mls.ca#44125](http://mls.ca#44125)

### Put on your thinking cap



**68/74 Billiter Ave \$279,000**  
Great location across from doctor's office and grocery store. 2,294 sq ft building with 18 parking stalls. [mls.ca#42263](http://mls.ca#42263)

### Lakefront Acreage



**4245 Princeton-Summer'd \$1,499,000**  
All services in plus cabins and outbuildings. Fly-in lake (or drive - only 45-mins from Okanagan). Exceptional lake frontage. Swimming, fishing, dock. All seasons! [mls.ca#43985](http://mls.ca#43985)

### Dream Starter!



**279 Bridge Street \$59,500**  
Downtown business with secured major feed suppliers in place. Large new and repeat customer base. [mls.ca#42871](http://mls.ca#42871)

### Central and Private!



**340 Vernon Avenue \$310,000**  
Over 2,500 sq feet of cozy living space for you and your family with a very private yard. Zoned RM3!!! [mls.ca#43879](http://mls.ca#43879)

### Investor Alert!



**185 Luard Avenue \$1,250,000**  
27 unit apartment block on banks of the Tulameen River. 0% vacancy. Call Jim for details. [mls.ca#41482](http://mls.ca#41482)

### Creekfront Acreage



**2255 Highway 40 \$210,000**  
5 level acres backing down to Hayes Creek. Well and driveway in. Minutes to 3 Lakes and KVR across the road. [mls.ca#44096](http://mls.ca#44096)

### Live Life Better!



**450 Ferry Landing \$1,500,000**  
Let your lifestyle work for you! Frontage and the ferry landing gives you unlimited potential! [mls.ca#41771](http://mls.ca#41771)

**It'll open a lot of doors for you!**

### Immaculately finished details



**298 Lachine Avenue \$267,500**  
More than enough room for all of you and finished with a perfectionist eye! [mls.ca#44060](http://mls.ca#44060)

### Warehouse/Shop



**550 Similkameen Av \$295,000**  
6,000 sq ft warehouse/shop. Sale or lease. 16' doors. Lease as 6,000 sq ft or divide it up. Call Jim 295-3222. [mls.ca#43509](http://mls.ca#43509)

### Peaceful & Private!



**135 Pinewood Dr. \$269,000**  
Level 5 acres backing down to Siwash Creek. Mobile has partial remodeling and large double garage for the toys! [mls.ca#44101](http://mls.ca#44101)



**JANICE BARCLAY**  
295-3222  
[janicebarclay@princetonbcproperties.com](mailto:janicebarclay@princetonbcproperties.com)

**BRENDA CRAWFORD**  
295-3222  
[brenda@princetonbcproperties.com](mailto:brenda@princetonbcproperties.com)

**JIM JUNKIN**  
295-3222  
[jimjunkin@princetonbcproperties.com](mailto:jimjunkin@princetonbcproperties.com)

**SUSAN COLLINS**  
295-5359  
[susan\\_collins@nethop.net](mailto:susan_collins@nethop.net)

**STEVE WHITE**  
295-8525  
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