



USIB hosted the 3rd annual Upper Similkameen Traditional Powwow March 21-23 at Chuchuwayha Hall in Hedley. This young dancer was competing in the Junior Boys Category. *

Want to help Princeton look better?

Constable Mike Leiding decided something should be done about the trash in ditches and on roadsides in Princeton area. On March 17, he attended the Town Council meeting to ask for the Town's cooperation in his project. Cst. Leiding is calling on a number of local groups, including the ATV Club, to turn out at 10:00 AM March 29 at the arena parking lot to do a clean-up. A barbeque will follow at about 12:30 PM.

He asked if the Town would donate garbage bags and pick them up. Council liked the plan, and agreed to provide the bags and pick-up service. In addition, Mayor Randy McLean thought the Town could provide some drinks and snacks. Any group or individual is invited to help with the project, and those with quads are invited to bring them to work the roadsides.

Princeton area arts groups are busy!

Ten groups are members of the Princeton Community Arts Council, and though not all of the member groups sent a representative, there were plenty of reports at the March 19 meeting.

This year, Princeton will send two Arts Council representatives to the annual conference of the Assembly of BC Arts Council, of which Princeton is a member. President Rika Ruebsaat and Dell Hall will attend in May.

Concert Society

Joan Kelly reported that classical pianist Hayley Simons would like to return in late May. Members who heard her last year were enthusiastic. There is a possibility for a jazz concert at a later date.

Community Band

Princeton Community Band had a successful concert and bake sale March 10. This event was held to raise money for a band trip to Barkerville this summer.

Vermilion Forks Field Naturalists

PAGE 16 - IN YOUR TV GUIDE SECTION

After a season of outstanding speakers, members are looking ahead to summer visitors, upgrading the signs at Swan Lake as well as updating flora and fauna information for the area.

Princeton Potters Guild

Sue LePoidevin brought samples of pottery done at the most recent workshop to show the quality of work being done by students. She told the Arts Council there are now 17 members of the Potters Guild, and her April classes for youngsters are full. For adults, every Thursday from 1 - 5:00 PM is drop-in "play with clay". Members come just to work on clay, but non-members are welcome to drop in and see what it is all about.

Princeton Garden Club

This group has new members and a new perspective. The club will continue to give a \$500 bursary to a Princeton student attending college to study sciences, agriculture, horticulture and forestry. Garden Club members are interested in sponsoring a community garden or demonstration garden. One member is building accommodation for bees. These bee houses will be available at the big plant sale planned for

May.

Princeton Writers Group

H.P. Toews reported local writers meet to present their writing. A topic is selected, and members write something about the topic.

Vermilion Artists

Three new members have joined recently. The Pastels Workshop is on track, and Mary Bedford said she is just waiting for some people to pay their workshop fees.

Compliance project remains on hold

Compliance Energy Corporation CEO John Tapics announced March 14 that it is continuing discussions with BC Hydro regarding the Company's Electricity Purchase Agreement with Hydro and the Princeton Power Project will remain on hold until after the results of Hydro's phase one bioenergy power call are publically available.

It is anticipated that the results of the phase one power call will be available by the fall of 2008 at which time a phase two bioenergy call will be launched following the completion of the Ministry of Forests and Range's biomass

Princeton Traditional Music Society

Fifty performers have made a commitment to be part of the Traditional Music Festival to be held in August. One Morris Dance team has agreed to come and two bands are signed up so far.

Arts & Culture Week

Dell Hall has been working hard at the downtown beautification project for Arts & Culture Week. She

reported she had gone to the paint store with one of the downtown shopkeepers to enjoy the fun of selecting a new colour for the front door of the shop. Although this may not sound like art or culture, the Arts Council firmly believes our lives are enhanced when our physical environment is pleasing to the eye and ear. There will be further announcements of Arts & Culture Week activities during the coming month.

inventory and forest tenure analysis.

A study completed on behalf of the Company by the Timberline Natural Resource Group forecasts that there will be ample fuel in the form of roadside residuals from existing logging operations and passed over beetle killed pine in the Princeton region to fuel the plant for over 25 years. Salvaging the standing dead pine for fuel would allow reforestation to be accelerated, would help mitigate the risk of wildfires, benefit the forest industry in the recovery of saw logs from infested areas and enhance economic activities in the woods

industry for local communities. Electricity from a biomass fuelled power plant is available continuously 24 hours per day unlike other forms of renewable electricity which might not be available when the electricity is required. The Princeton Power Project would contribute to the Provincial goal of becoming electricity self sufficient by 2016.

Compliance Energy Corporation's shares trade on the TSX Venture Exchange under the symbol CEC and investor information is available on the Company's web page at www.complianceenergy.com.

- submitted



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There were already signs of new plant life - although very small - along Tulameen River last week. *

Local police need your assistance

Princeton RCMP would like to extend an invitation to concerned

citizens of Princeton and surrounding area to participate in a Community Consultative Group (CCG) that the RCMP is establishing.

"The purpose and objective of the CCG is to promote the ideals of Community Policing through information exchange and cooperation between the community and police," says Princeton RCMP Sgt. Gary Macahonic.

"Further, the CCG will strive to identify policing and crime concerns within the community and work with partners to find solutions for problems and assist with the development of policing strategies."

The group will work to develop, promote and implement Community Policing strategies and related programs. This will be accomplished through planning, acquiring resources and promoting the CCG program in Princeton and area.

"The Community Consultative Group will be chosen from a broad range of citizens; elders, business associates, youth, professionals,

etc.," Macahonic explains.

"These individuals will be responsible to represent their segment of the community by bringing forward their issues and concerns for discussions and resolution."

Group members will liaise with people in the organization or segment of society that they represent to identify policing issues to be tabled at the CCG meetings. They also will be relied upon to keep the people they represent informed of the groups activities and goals.

"Finally, CCG members will be expected to take an active role in finding solutions to problems and furthering the community policing partnership."

The Community Consultative Group will initially meet every second month and then determine their need to meet to keep abreast of concerns and issues that are current.

"If anyone has any questions about the CCG they are invited to contact myself, Sgt. Macahonic, at the Princeton RCMP office."

The phone number is (250) 295-6911.

- submitted

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Sydney Jensen



Sydney is a 17-year old, grade 11 student at Princeton Secondary School. Sydney is highly motivated and goal oriented. Drawing/Painting and Ceramics come in a close second to her love of Theatrics. Sydney's future includes her attending post-secondary school with hopes of making good use of her journaling skills. Sydney is sponsored by Valley First Credit Union. (submitted)

Council rejects bigger region

Victoria is holding a big stick over Okanagan's three regional districts. Town Council does not want a bigger regional district, but it looks as if it will be forced on them. Councillor Jim Manion had attended a governance conference and reported to Council, on March 17, that Municipal Affairs Minister Ida Chong gave three regional districts until March 31 to come up with a plan for amalgamation or Victoria will do it for them.

The plan would amalgamate the regional districts of North Okanagan, Central Okanagan and South Okanagan-Similkameen. According to Mayor Randy McLean, nobody in South Okanagan-Similkameen is in favour of creating a huge new regional district.

Mayor McLean recalled a time when a local Hospital Board ran the hospital and it worked well. Now that hospital boards have been eradicated by the provincial government, he sees a continuation of problems concerning our local hospital. He said he foresees the same sort of thing happening if the size of the regional district expands.

Councillor Manion foresees "a power struggle between three major cities of the area."

What worries Town Council and Regional District Directors is the further erosion of influence from rural communities as a bigger regional district emerges. They see cities promoting their own agendas without regard for the needs or wishes of rural areas.

Council hangs back

Friday, November 15, 2008, has been designated as election day for Town Council, School Board and Regional District. This announcement came at the March 17 Town Council meeting.

At the end of the meeting, the News Leader polled Councillors and Mayor as to whether they

would run again.

Not one of the members of Town Council would make a commitment at this time.

For some reason, they held to June as a time to make a decision, except for Councillor Ray Jarvis, who said it would depend on his health.

NEXT TOWN COUNCIL MEETING
7:30 PM April 7, 2008



Princeton Town Hall News



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website: www.princeton.ca

Princeton Physician Recruitment

The Princeton Physician Recruitment Committee, Princeton Physicians and Interior Health have been working together on strategies to attract physicians to Princeton. The priority is to attract physicians to stay in our community and provide enough locum coverage to keep the Emergency Department open.

The committee invites the Princeton & District community to support the Princeton Medical Recruitment Fund through a tax deductible cash donation or by adding a service or gift to an incentive package. Donations can be made c/o Town of Princeton Box 670.

Many individuals and businesses have made generous offers and donations to the Princeton Medical Fund. The Princeton Physician Recruitment Committee would like to thank the following for their support thus far: RDOS-Area H, Princeton Co-Gen, JR Contracting & Recycling, Dr. Reid, Dan & Helen Ramsay, Dawn Johnson, Billy's Restaurant, Princeton Golf Course, Allison Athletics, Princeton Posse, China Ridge X-Country Ski Trips, Best Western and Overwaitea Foods.

The Town of Princeton is committed to working with partnerships within our community to find innovative ways to keep services viable. Community involvement is key to keeping Princeton Services flourishing.

Reminder

Princeton & District Community Forest Corporation Grant Applications must be received at the Town Office before 4:00pm March 31, 2008.

PUBLIC OPEN HOUSE

You Are Invited to Attend a
Public Open House and Workshop
Wednesday, April 2, 2008
Presentation & Workshop 7:00 pm
Community Skills Centre
The Purpose is to Review the First Draft of the
New Official Community Plan

Community Forest Update

As you may recall the Town of Princeton, Regional District and the Upper Similkameen Indian Band were invited by the Ministry of Forest and Range to apply for a probationary community forest agreement. We are pleased to inform you that the application process is well under way and the partners are currently working on:

- The determination of an appropriate forest tenure area in consultation with existing forestry company license holders;
- Governance model and structure; and
- Business modeling and feasibility.

Community forestry involves the three pillars of sustainable development: social, ecological and economic sustainability. Community forestry is about local control over and enjoyment of the benefits offered by local forest resources.

Community Recreation

AFTER SCHOOL PROGRAMS

Pre-Registration required for all programs
Call 295-6067

COOKING CREATIONS 6 classes/\$36.00
Create yummy treats & healthy stuff too, design your own cookbook and enjoy the fun. Don't forget your apron or shirt for this messy afternoon. Located at Riverside Centre on Tues.
Grade 1-3 3:15-4:15pm April 1 to May 6
Grade 4-7 4:15-5:15pm April 1 to May 6

CLAY FOR KIDS 4 classes/\$40.00
Spring into clay cottages with Sue. Learn basic hand building techniques with clay and glazing. Price includes instruction, clay, glazes and firing. Located at Riverside Centre on Wed.
Age 8-12 3:30-4:45pm April 2 to 23

PRO-D DAYCAMP 1 day/\$15.00
Don't stay home during school breaks! Bring a friend out for a day of crafts, sports, games, hiking and skating. Pack a healthy lunch, bring inside shoes and be prepared for the weather. Located at Riverside Centre.
Age 6-12 9am-3pm April 11 Friday

Community Clean-up Initiative

Please join us on **Saturday March 29 at 10 am** at the arena parking lot for the First Annual Community Clean-up Campaign. Volunteers will be sent to clean up the litter from our highways and roads. The town will be supplying garbage bags, gloves, "easy reaches" and reflective vests for participants.

Let's show our community pride!

Office Hours: 8:30 am to 4:30 pm Monday to Friday

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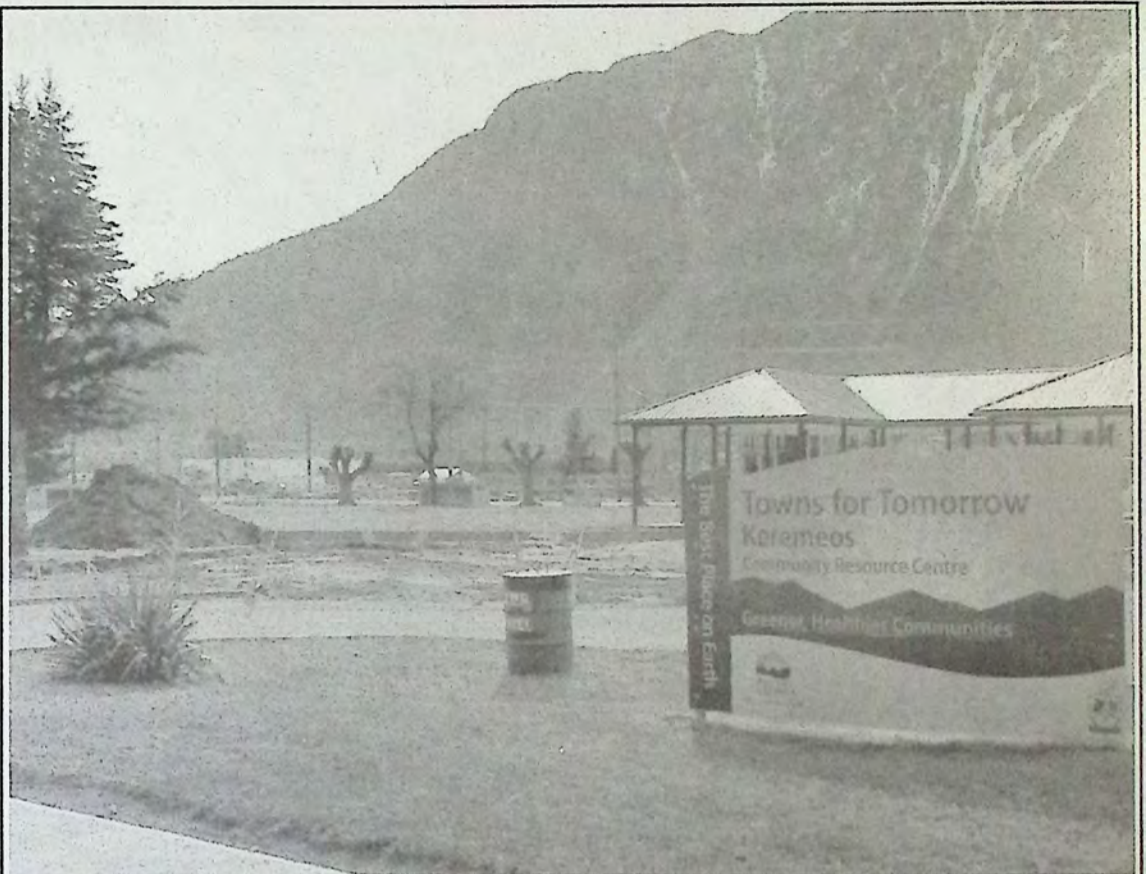
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keremeos and area news



Work started on the new Community Resource Centre in Memorial Park last week with the removal of grass and the old concrete foundation the Similkameen Country InfoCentre sat on. *

Village Council meeting highlights

The Village of Keremeos provided the News Leader with the following 'Media Highlights' from the March 17th regular meeting of Village Council.

- Doreen Smith, President of the South Similkameen Museum Society was in attendance - she had supplied a letter to Council asking for support in principle for their proposal to acquire the Old RCMP Building in Keremeos.

- While Council agrees that the Museum's current building is no longer adequate to house their collection, Council was reluctant to give support without seeing a financial and business plan, as

- well as a traffic plan for entrance and exit from the Old RCMP Building site. Concerns were raised by Council about the safety of access to that property.

- Hanging baskets in the downtown were discussed, and it was noted that the Garden Club will not be assisting with these in 2008, but will still be providing plants for the planters in the downtown area. Council asked for more information from staff regarding the costs for baskets and staff time required to maintain them, for a discussion at their Committee of the Whole meeting on March 31, 2008.

- Council has been discussing the provision of golf shirts with a new logo to identify the Council and staff of the Village. While the golf shirts are not cost prohibitive staff has indicated some interest in the purchase of jackets or vests rather than golf shirts. Council asked for further information before proceeding.

- The Mayor and Council Remuneration Bylaw was adopted that gives an increase to Mayor and Council remuneration equivalent to that received by Village staff in their recently negotiated wage settlement.

- submitted by Village of Keremeos



Construction on the expansion project at Orchard Haven continues to make progress in Keremeos. *



Here's proof that it's pretty dry out there - this grass fire, just three kilometres East of Hedley, started during the afternoon of March 22nd possibly from a cigarette tossed from a passing vehicle. *

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Policing costs released

BC Police Services Division released the costs of policing in British Columbia last week.

Princeton RCMP Sgt. Gary Macahonic provided the following information to the News Leader:

Southeast BC: There are some interesting figures of note posted on the provincial government's website about the cost of policing around the Province of British Columbia.

The statistics refer to the document titled, '2006 Police Resources in British Columbia' which can be located under the title 'Police Services Branch' on the government website.

The figures tell a story of the RCMP delivering services to the general public at a very fair rate in comparison to the Independent Municipal Detachments. Here, in the southeast portion of the Province, the RCMP have the responsibility and the fortune of being the safe keepers of almost all those communities within the region.

We feel a strong sense of pride in the policing services we provide and are encouraged that the statistics show the true nature of policing costs for the vast number of communities we serve.

The 2006 report reveals that, in British Columbia, the RCMP provide policing to:

- 2,036,569 people in communities

of 15,000 and larger;
- 332,241 people in communities of 5,000 to 15,000;
- 730,345 people in Provincial areas.

The RCMP police a grand total of 3,099,155 citizens in the Province, compared with the 1,208,064 citizens policed by Municipal Police Forces. The cost associated to RCMP policing services is shown to be marketably lower than our Municipal Force counterparts due to the cost sharing between the federal and provincial governments under the terms of the Provincial Police Services Agreement. According to the report, "the province pays 70% of the contract costs while the federal government pays the remaining 30%." This occurs when the population centre is under 15,000 citizens. Communities with over 15,000 citizens pay 90% of the policing costs while the federal government pays 10%.

RCMP municipal costs per capita - \$170 for population over 15,000 and \$146 for population between 5,000 and 15,000.

Municipal Police Department cost per capita - \$273.

For a breakdown of policing costs per community you can visit the government website at: http://www.pssg.gov.bc.ca/police_services/publications/index.htm

- submitted by Princeton RCMP

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.

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



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news leader health and lifestyle page

Eating well and aging - for COPD patients

(NC)—Healthy living is a priority for everyone - making good food choices and maintaining a healthy body weight are important steps to living a healthy life.

For those who suffer from a chronic disease, such as Chronic Obstructive Pulmonary Disease (COPD), being healthy is an important element to the management of the disease.

COPD is a serious lung disease primarily caused by smoking and is

Feeling down? Check your thyroid

(NC)—It's easy for those who are feeling tired, sad or depressed to brush it off. After all, who isn't busy and stressed out these days? Blame it on the job, the flu, or even the winter blahs.

But dismissing persistent symptoms of fatigue or depression, however vague, could mean you are ignoring a condition that may be at the root of these symptoms: a thyroid disorder called hypothyroidism.

Some studies estimate that almost 50 per cent of thyroid disorders go undiagnosed because the symptoms are easily attributable to other causes. Although thyroid disorders are more common in women, especially those over age 50, they can affect men also.

Located in your neck, the small thyroid gland is responsible for your metabolism, thus affecting your weight, energy level, heart rate, body temperature and mood.

An under-active thyroid gland (hypothyroidism) produces insufficient thyroid hormones and may cause feelings of depression. It accounts for the majority of thyroid disorders.

An over-active thyroid gland

currently the fourth leading cause of death in Canada. Activities that were once part of a daily routine can become almost impossible.

But eating a well balanced diet nourishes the body and provides much-needed energy.

Taking the time to improve your diet can:

- Improve activity tolerance
- Improve resistance to infections
- Increase ability to prevent illness
- Reduce hospitalizations

(hyperthyroidism), on the other hand, over-produces thyroid hormones, and may cause nervousness, anxiety and irritability.

The good news is that hypothyroidism can easily be diagnosed with a simple blood test called a TSH (Thyroid Stimulating Hormone) test. The disorder is usually treated with thyroid-hormone replacement therapy.

The first and most important step is to listen to your body and note any changes in weight, mood and energy levels. Even vague symptoms should be discussed with your doctor who may then prescribe a TSH test for you.

- News Canada

- Improve general physical and emotional well-being

Nutritionist Helene Charlebois advises COPD patients that: "Although diet can't improve your COPD it can help make your day-to-day life more productive, manageable, and most importantly, enjoyable."

The following tips can help COPD patients when preparing and eating meals:

- Choose meals that are easy to prepare
- Cook in batches, frozen dinners, meal delivery services, commercial nutrition supplements
- Take time to eat without rushing
- Use breathing techniques while eating
- Eat five to six smaller meals a day
- Avoid temperature extremes
- Avoid gas forming foods such as raw onions, cabbage, brussel sprouts, cauliflower, peppers, radishes
- Avoid drinking with a straw as it can cause additional air-trapping in the lungs

For more information on COPD please visit www.copdhelp.ca.

- News Canada

living past 100

Fatigue and the food you eat

Everybody knows there are times when you feel like you just can't move. You feel so tired you want to sit and do nothing or just fall asleep. When this happens while you are at work, it can be dangerous if you work at some jobs, and certainly it will cut into your productivity. That is why we have coffee breaks.

Most people will go into a slump late in the day, or near the end of a shift. This is when the body cries out for a boost, usually coffee and sugar. These are not the best answers to the problem.

Certain foods contain an amino acid called tyrosine, which your body turns into brain chemicals that create a "wake up" effect. A sandwich containing chicken or salmon would be better than a chocolate bar, and so would a small container of low fat yogurt. Don't wait until you feel tired to take these foods: take them at lunch or coffee break. A hard boiled egg can do the trick, too. Be careful not to load your sandwich with fat, such as cheese and mayonnaise, because the fat is hard to digest and will draw blood away from the brain.

There are problems with starchy foods, too. For example, a side order of French fries added to a hamburger bun will make you tired. Research has shown that people are more alert on a low fat, low starch, high protein meal such as grilled chicken strips on a salad.

While we are talking about coffee breaks, try to avoid coffee as the day wears on. Two cups of coffee or any caffeine drink will keep you alert, but the effect goes down and a caffeine crash sets in the more you drink. Switch to a juice drink fortified with Vitamin C. Having higher levels of Vitamin C can increase energy. Eating fruits helps, or take a Vitamin C supplement up to 500 mg. a day. Fruits rich in Vitamin C include strawberries and oranges, and if you like peppers, both sweet green peppers and red peppers are excellent sources of Vitamin C.


Chronic (24/7) tiredness can be caused by a number of conditions. One of the most common is insufficient iron. This is easily detected through a blood test. Another is a low level infection with no other obvious symptoms. Sometimes our bodies are so busy fighting the infection there is little energy left for keeping us energized.

Sometimes chronic tiredness has nothing to do with infection, low iron or what you eat. Sometimes this "too tired" feeling originates from feeling too stressed or depressed. Depression is often the result of poor eating habits. A diet lacking in Vitamin B6 can throw a body into a slump. Fish, poultry, whole grains, beans, and green leafy vegetables such as spinach help the body avoid depression. Selenium and folic acid supplements can help.

If tiredness persists for a more than a couple of weeks, and for no apparent reason, consult your physician.

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4039 Princeton-Summerland
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\$275,000



543 San Ang Way
Highly efficient home. MLS 43289
\$349,900



615 Cedar Creek Road
145 acre ranch minutes from town. MLS 43301
\$1,388,300



119 Towers Road
Log cabin with 160 ft of riverfront. MLS 44186
\$399,900



B-76 Kenley Avenue
Clean 2-bedroom strata unit. MLS 44199
\$103,800



511 Similkameen Avenue
Includes 4 appliances, tenant in place. MLS 43447
\$145,000



121 Halliford Avenue
Character home with wood accents. MLS 43469
\$189,900



2207 Princeton-Summerland
63 acres zoned for 5 acre parcels. MLS 43452
\$629,900

LAND ONLY

- 2244 Bromley Crescent**, .62 acre lot on Old Hedley Road.
- Fenchurch Avenue**, Don't overlook the potential here!
- 189 Angela Avenue**, 2 duplex zoned lots.
- Lot 3 Highway 3**, Contingent. Nearly 3 acres on highway.
- 2661 Nicola Avenue**, Tulameen! Almost waterfront!
- Lot 2 Summers Creek Road**, 20 acres with mountain view.
- Lot B Coalmont Road**, 4.25 acres, perfect for hobby farm.
- Lot A Coalmont Road**, Superior acreage near town.
- 28KM Summers Creek Road**, Water ski, hunt, quad, etc.
- Coalmont Road**, 8.60 acres, come build your dream home!
- Lot 3 Victoria Avenue**, Tulameen development property.

- MLS 43626 **\$120,000**
- MLS 42913 **\$129,500**
- MLS 42666 **\$129,900**
- MLS 42537 **\$179,900**
- MLS 43623 **\$189,900**
- MLS 41541 **\$199,900**
- MLS 40077 **\$230,300**
- MLS 40078 **\$245,300**
- MLS 43383 **\$279,000**
- MLS 40081 **\$438,300**
- MLS 43817 **\$699,900**

Heather Johnson 295-8591	Doug Haayer 295-1585	Dan Pippin 295-6977	Dean Stinson 295-8537	Marty Gray 295-5044	Carol Bertrand 295-5341	Lee Mowry 295-1990
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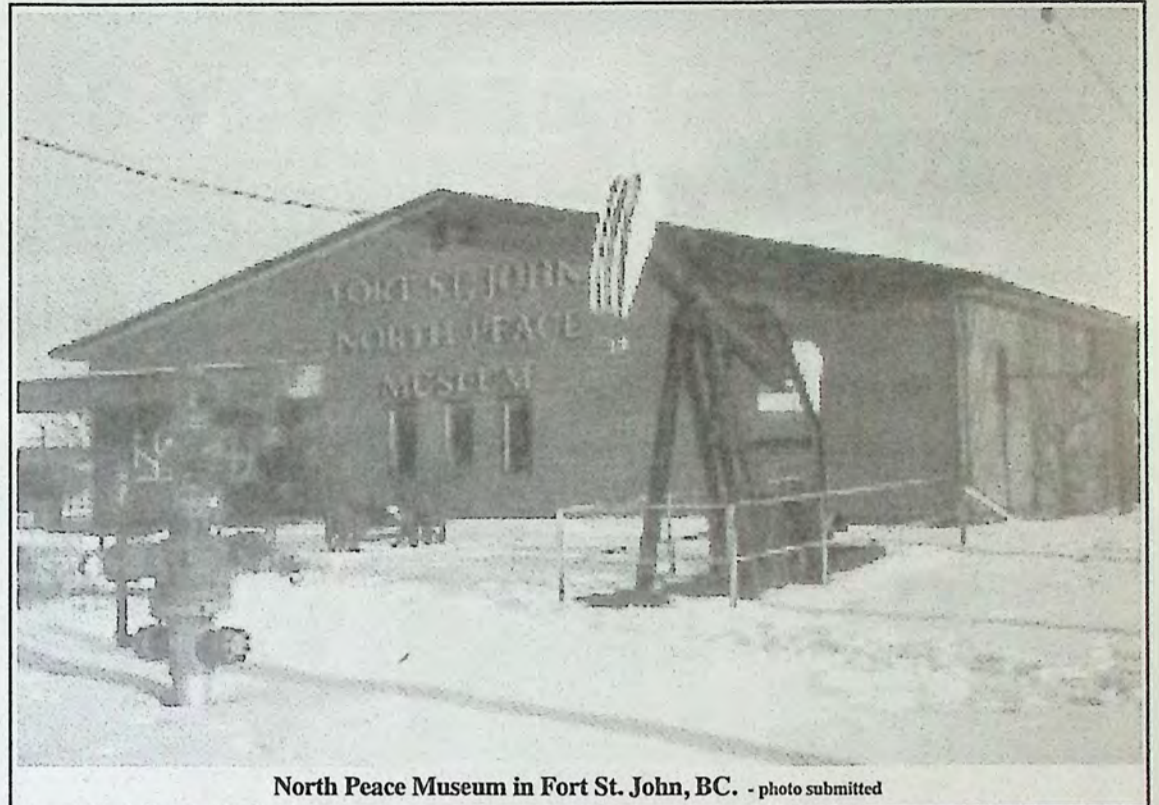
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North Peace Museum in Fort St. John, BC. - photo submitted

BC
50 YEARS
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A Fort And A Highway INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

It surprises most people that Fort St John is the oldest non-native settlement in British Columbia. There were at least seven separate trading

posts built near the present location of Fort St John.

Established in 1794, one year after Sir Alexander McKenzie had explored the area, it was established as one of a series of Forts along the Peace River constructed to service the fur trade. Originally called Rocky Mountain House, it was the first white settlement on the mainland of British Columbia. The location was southwest of the present day City on the Peace River and just upstream from Moberly River; it closed in 1805.

Fort d'Epinette followed in 1806, built by the North West Company, it was renamed Fort St John in 1821 when the Company was bought by the Hudson's Bay Company. It was located about 500 yards downstream from the mouth of the Beatton River and was closed in 1823.

After a lapse of nearly forty years, Fort St John was rebuilt in the 1860's on a site that was located on the South side of the Peace River and directly South of the present Community, but this suffered the same fate as its predecessors and was closed in 1872.

Built the same year, the replacement Fort St John was located on the North side of the Peace, across from the previous Fort. It was again closed in 1925, this time due to a wagon trail being built through it on the way North to Fort Nelson. It was rebuilt on the new route at Fish Creek which is northwest of the present City.

In 1913 the first land settlers arrived to take up land in the Peace River Block. These 3.5 million acres had been given to the federal government by British Columbia in 1883, to be sold to pay for the construction of the BC portion of the national railway. This major influx of people was followed in the 1920's by another when the 2nd

Homesteaders Act allowed prairie farmers to settle in the Peace District of BC after drought had wiped out their farms.

Fort St John is situated at mile 47 of the Alaska (Alcan) Highway, construction of which began on March 8th, 1942 and ended eight months later on October 25th, 1942. After the bombing of Pearl Harbor at the end of 1941, Alaska was considered vulnerable to a Japanese Invasion and the Americans became greatly concerned. An overland route was planned following a line of airfields from Edmonton, Alberta, through BC, to Fairbanks, Alaska. The urgency for the whole project to be completed increased in June, 1942, when the Japanese invaded Attu and Kiska in the Aleutians, but by then more than 10,000 American troops had passed mile "0" at Dawson Creek, Alberta, along the Alaska Highway, through Fort St John and BC on their way to the frozen North and mile 1,520 in Fairbanks, Alaska.

America paid for the construction, but Canada furnished the right of way, waived import duties, sales taxes, immigration regulations and provided construction materials along the route. After the war ended America turned over the Canadian portion of the highway to the Canadian Government.

1951 marked the beginning of the regions fame as a major producer of oil and gas. In that year "Fort St John No 1" well hit gas at a depth of 1,524 meters. A few months later in January, 1952, the first deep well hit gas at 4,118 meters. Following these discoveries transportation to that isolated part of North Eastern BC rapidly improved and in 1952 the Hart Highway finally connected the region to the rest of BC and in 1958 the Pacific Great Eastern Railway arrived in Fort St John.

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Sometimes, water is produced along with the natural gas found in coal seams. This type of water is found hundreds of metres below domestic water wells. Naturally, we understand that water is one of the most valuable assets in the community, and we are committed to employing the highest standards in water management.

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



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Petrobank Energy and Resources Ltd. attention: CBG Information Request
2600, 240 - 4th Avenue SW Calgary, AB Canada T2P 4H4



It may not look like much is going on at the moment, but Hedley's Woodlie Park is the site the Province of BC has designated grant money to become the local Spirit Square. *

Chamber changes member focus

Keith Olsen, Princeton Chamber of Commerce President, gave an annual report to Town Council on March 17. He reported a good year, and some changes planned for the future. The new Board of Directors plans greater involvement of members.

Olsen said he wants to start a networking group of local business people who would meet occasionally to share ideas and perhaps initiate projects of benefit to downtown businesses.

Councillor Maria Sadegur reminded Olsen of a past Chamber initiative awarding honours to a volunteer of the year. She asked if such a program could be brought back to life. Olsen said it could.

The Tourist Information Centre showed an 11 percent increase in visitors last year.

Three local volunteers did a good job of providing assistance, along with students who were employed through HRDC, Weyerhaeuser and Tourism BC grants.

Promoting Princeton is always a top priority of the Chamber, and Chamber members have gone to trade shows on the Lower Mainland to give out hundreds of Princeton brochures. Knowledge Network will feature Princeton scenes on BC Moments and Picture BC this year.

Through Chamber Manager Lori Thomas, the Chamber is involved in a number of Princeton activities such as medical personnel recruitment and the heritage activities scheduled for later this year.

Family Fair returns

Once again it is Family Fair time. The 57th Annual Family Fair will be Thursday, April 17th at 1:00 PM in the Princeton Secondary School Gym.

The first Family Fair was held in 1951, put on by the PTA to raise funds for school equipment. It has evolved to be an annual fundraiser for bursaries for each year's graduating class.

Much help is still needed for this year's Family Fair and if anyone can volunteer please call Heather Musgrove at (250) 295-7945, Carol Johnston at (250) 295-0022

or Sandee Blair at (250) 295-3218.

While you are doing your spring cleaning you may find items that you may wish to donate to the Fair. We are looking for books, plants, white elephant items, jewelry, handicrafts, doll clothes and toys, preferably in good, clean condition. As well we need donations of bread, buns, home made candy and baking.

Please send your donations to Princeton Secondary School by Wednesday, April 16 or call Heather, Carol or Sandee for pick up.

- submitted

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- Liquids, gels and aerosols must be in containers with a capacity of 100ml/100g (3.4oz.) or less.
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- One 1 litre bag per passenger.
- To speed up the screening process, place all liquids, gels and aerosols from your carry-on bags into the tray provided.

For packing tips and further details on security requirements, please visit our website:
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Canada

www.thenewsleader.ca



This dancer competed in the Grass Dancing Competition during the 3rd annual Upper Similkameen Traditional Powwow hosted by USIB March 21-23 at Chuchuwayha Hall in Hedley. *

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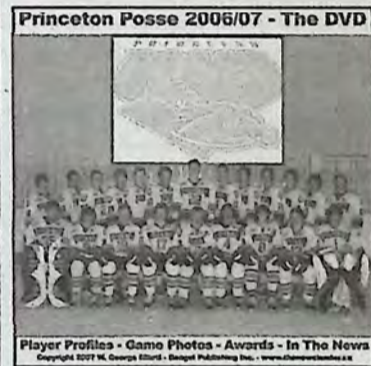
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Chamber needs help!

The Princeton & District Chamber of Commerce needs help - volunteer help.

The Chamber is looking for volunteers to work in the Visitor Centre located on Highway 3, just East of Princeton.

Hours and days are negotiable.

All volunteers have to take Travel Counsellor training but Chamber Manager Lori Thomas is said to spread the training out making it as

painless as possible.

If you are interested in full or part days, weekly or a few times a week, all you have to do is give the Chamber of Commerce a call.

Contact Manager Lori Thomas at (250) 295-3103 (phone) or 295-3255 (fax) or if you'd rather speak to her in person, drop into the Visitor Centre.

If e-mail is your preferred form of communication, drop Thomas a

line at chamber@nethop.net.

The Chamber is gearing up for another busy Summer of meeting and greeting visitors to our area and you can be part of this very important 'first impression' many visitors will form as they stop for a break or more information about our area or other parts of British Columbia.

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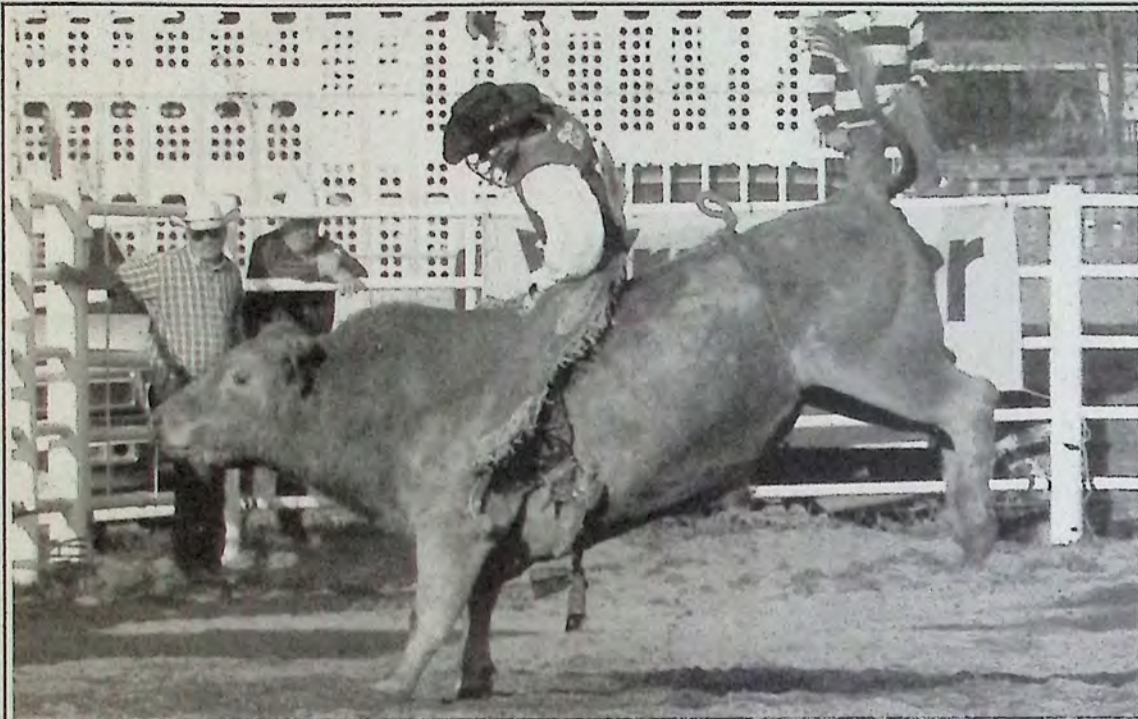
Dave and Lynda invite you to 'come check us out!'

For Appointments Call: (250) 295-6808

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weekly entertainment guide

TUESDAY, MARCH 24, 2008 THROUGH MONDAY, MARCH 31, 2008



Action like this will take place in Princeton thanks to the Rodeo Club. The Princeton BCRA Rodeo is scheduled for Saturday and Sunday, May 10th and 11th with a 1:00 PM start both days. The club will also host the BCPB Provincial Bullriding Finals in September. That two day event will feature the top bullriders in the province. The exact dates for the BCPB Final have not been finalized. *

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Skills Centre promotes courses

The Winter/Spring Calendar is now available. The calendar can be picked up at the Skills Centre or check out the website at www.princetoncsc.com and click on the link to "onsite training" for courses held at the Skills Centre.

If "online" is your thing, www.ed2go.com/princetoncsc will provide you with access to our online training portal which you can also access from the main website and clicking on the link to "online courses."

A sample of some of the training offered in the upcoming calendar include:

Occupational First Aid Level 1
- Next offering is April 1, 2008 and May 31, 2008, 8:00 AM - 4:00 PM. Cost: \$125.00.

These dates were reported incorrectly in the Town of Princeton Leisure Guide.

Foodsafe Level 1
- January 25, 2008 was successfully held and the next offering is April 26, 2008, 8:00 AM - 4:00 PM. Cost: \$85.00.

Alternatively this can be completed via distance if you can not make the class. Call our office for instructions on how this can be done.

Traffic Control Person (Flagging)
- April 10 & 11, 2008, 8:00 AM - 4:00 PM. Cost: \$300.00.

Transportation Endorsement
- April 2, 2008, 8:00 AM - 5:00 PM. Cost: \$115.00.

Airbrakes Endorsement
- March 29 & 30, 2008, 8:00 AM - 5:00 PM. Cost: \$200.00.

Transportation of Dangerous Goods
- April 3, 2008, 12 Noon - 4:00 PM. Cost: \$80.00.

WHMIS
- April 3, 2008, 9:00 AM - 12 Noon. Cost: \$60.00.

Basic GPS Use
- April 9, 2008, 6:00 - 9:00 PM. Cost \$20.00.

Conversational Spanish
- February 26-March 13, 2008, 6:30-8:30 PM. Cost: \$80.00.

Beginner French
- April 1-17, 2008, 6:30-8:30 PM. Cost: \$80.00.

Researching History Using Museum Archives
- May 7, 2008, 6:30-8:30 PM. Cost: \$20.00.

Basic Car Care
- April 5, 2008, 1:00 - 4:00 PM. Cost: \$25.00.

Health with Nutrition
Interior Health Nutritionist provides good advice
- March 11, 2008, 6:30-8:30 PM. Cost \$10.00.

Getting Started with Ebay Internet Auctions
- April 22 & 24, 2008, 6:30-8:30 PM. Cost: \$35.00.

Business Planning Workshop
Start that Small Business the Right Way, Crystal Flaman-Facilitator
- May 2, 3, & 4, 2008. Cost: \$200.00

Online Courses
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Velvet Elvis does his thing at the 3rd annual Bra Auction, March 15th. * Photo: Brenda Engel



Bidders were serious at the 3rd annual Bra Auction, March 15th. * Photo: Brenda Engel



Darrell Tompkins entertained those in attendance at the March 15th Bra Auction. * Photo: Brenda Engel

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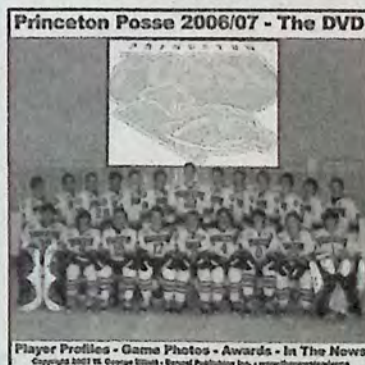


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TUESDAY, MARCH 25, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM). Each cell contains a time slot and a program name.

WEDNESDAY, MARCH 26, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM). Each cell contains a time slot and a program name.

Horoscopes

March 26 - April 2, 2008

Aries - You are really in your element now, and this will give you good health and maybe too much energy. You need to talk about what you think, and you need to keep active.

Taurus - You may be feeling secretly aggressive and maybe frustrated or resentful. It's no secret, because it will come out your mouth and make others unhappy. Be gracious and kind.

Gemini - You can do some good work with groups you belong too, and you can plan effectively now. Money problems will continue for a month, but you can deal with it.

Cancer - You are still on your high energy kick, and you can accomplish a lot if you have a plan. Keep busy, use the energy productively or it will spill out as aggressive behaviour.

Leo - You need to guard against infections, burns or cuts. Be very safety conscious for the next month. A lot of pent-up frustration could be a source of trouble. Stay balanced.

Virgo - You need to do your taxes and balance your bank account this week. You are changing into a more self-directed person, but may feel the loss of youth and creativity. Relax!

Libra - Your job and health are a plus now, but you may have a lot of challenges from other people in your career. Parents may need special attention. Home life is changing.

Scorpio - Health improves, sense of humour is on the rise. You need a lot more fun. Do not overdo strenuous activity this week or next. Take one day at a time. Make firm plans for future.

Sagittarius - Creative activity around home will make you feel better. You need to make financial plans now, and pay attention to investments. Do taxes. Career demands work.

Capricorn - Work around home can bring you pleasure. Others may express aggressive feelings toward you, especially spouse or close friend. This is temporary. Give it a month, then resolve.

Aquarius - Debt or estate problems may weigh heavily on you, but there will be good news in the future. Hang in there. Action takes place on job, in health matters. Keep busy.

Pisces - Your career is evolving, and change may make you irritable at times, but moods are not permanent. Focus on possessions which may cause problems at this time. Stay cheerful.

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 ★★ "Dr. Dolittle" (1998, Comedy) Eddie Murphy. Premiere. A 20th-century San Francisco doctor rediscovers his ability to communicate with animals. [E]

EVENING

6:00 pm WTBS 3
★ ★ "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brainwashing and assassination plot. [E]

9:00 pm WTBS 3
★ ★ "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brainwashing and assassination plot. [E]

CHBC 4 "The Last Trimester" (2006, Suspense) Chandra West. A couple tries to adopt a baby, but the mother who wants to blackmail them ends up dead. [E]

10:06 pm CITY 29 ★ ★ ½ "Girl, Interrupted" (1999, Drama) Winona Ryder. A young woman with a borderline personality disorder stays in a 1960s mental institution for 18 months. [E]

11:30 pm WTBS 3 ★ ★ ½ "Stone Cold" (1991, Action) Brian Bosworth. An unorthodox policeman joins and then destroys a crazed biker's gang for the FBI. [E]

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friday movies

MORNING

10:00 am CITY 29 ★ ★ ★ "Car Wash" (1976, Comedy) Richard Pryor. A preacher, a cabbie, other customers and employees mingle to disco music at a Los Angeles car wash. [E]

EVENING

7:30 pm FAM 26 ★ ★ "The Babysitters Club" (1995, Drama) Schuyler Fisk. Seven girls balance the growing pains of adolescence with the demands of operating a day-care camp for children. [E]

8:00 pm VTV 22 "Mind Over Murder" (2005, Suspense) Tori Spelling. A prosecutor places herself in danger when she tries to use her newfound telepathy to investigate a crime. (In Stereo) [E]

9:04 pm FAM 26 ★ ★ ½ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day.

10:06 pm CITY 29 "Sex Surrogate" (2003, Adult) Chloe. A husband and wife get help from an expert in their quest to put the spark back in their marriage. [E]

10:30 pm FAM 26
★ ★ ½ "Phenomenon" (1996, Drama) John Travolta. An amiable,

small-town Everyman is inexplicably transformed into a genius with telekinetic powers.

11:00 pm SPIKE 44 ★ "Pootie Tang" (2001, Comedy) Lance Crouter. Although he speaks an indecipherable language, a superhero protects children from a mogul who encourages smoking, drinking and eating fast food. (In Stereo)

11:30 pm WTBS 3 "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians.

Similkameen News Leader

Recipe Corner (Recipe #212)

Brought To You By: Similkameen News Leader

Lemon Chiffon Pie

Prep Time: 20 minutes / Chill Time: 2 hours, total / Yield: 1 pie

- 1/2 cup (125 mL) lemon juice
- 1/2 cup (125 mL) cold water
- 1 envelope unflavored gelatin
- 1/4 cup (50 mL) sugar
- 1 teaspoon (5 mL) grated lemon peel
- 1/4 cup (50 mL) Crown Lily White Corn Syrup
- 2 drops yellow food coloring, optional
- 2 cups (500 mL) nondairy whipped topping, thawed
- 1 (23cm/9-inch) graham cracker crust

Pour lemon juice and water into a small saucepan. Sprinkle gelatin over juice mixture; let set 5 minutes. Add sugar; bring to a simmer over medium heat, stirring constantly. Remove from heat; stir in lemon peel, corn syrup, and food coloring, if desired.

Chill until slightly thickened, about 45 minutes, or until consistency of pudding, stirring occasionally. Fold whipped topping into gelatin mixture. Pour into pie crust. Chill until served.

POMEGRANATE CHIFFON PIE: Replace lemon juice and water with 1 cup (250 mL) pomegranate juice. Omit food coloring.

ORANGE CHIFFON PIE: Replace lemon juice and water with 1 cup (250 mL) orange juice. Replace lemon peel with orange peel. Add 1 drop red food coloring, if desired.

- News Canada

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

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THURSDAY, MARCH 27, 2008

TV schedule grid for Thursday, March 27, 2008. Columns include station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and time slots (6 AM to 11 PM). Rows show program titles, hosts, and other details.

FRIDAY, MARCH 28, 2008

TV schedule grid for Friday, March 28, 2008. Columns include station (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and time slots (6 AM to 11 PM). Rows show program titles, hosts, and other details.

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 #75 - Rated Easy

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

CHALLENGE #76 - Rated Hard

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

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

- 8:00 am WTBS (3) ★★★ "In Good Company" (2004, Comedy-Drama) Dennis Quaid. Demoted from his corporate job, a man learns his new, younger replacement is also dating his daughter.
- 11:30 am A&E (9) ★★★ "Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman. (E)

AFTERNOON

- 12:00 pm FAM (26) ★★½ "First Kid" (1996, Comedy) Sinbad. A loud Secret Service agent understands the president's teenage son, though most consider him difficult.
- 1:00 pm WTBS (3) ★★½ "Above the Law" (1988, Action) Steven Seagal. A Chicago policewoman helps her cynical partner rid his working-class neighborhood of cocaine dealers.
- 1:40 pm FAM (26) ★★ "Slappy and the Stinkers" (1998, Comedy) B.D. Wong. Second-graders save a sea lion from their principal, an animal thief, and a groundskeeper who mistakes it for an oversized gopher. (E)
- 2:00 pm A&E (9) ★★★ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (E)
- 4:00 pm YTV (18) "Casper's Scare

- School" (2006, Adventure) Jim Belushi. Animated. Casper wants to learn how to be a hobgoblin but returns to his friendly ways after learning about a diabolical plot. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★★ "Ali" (2001, Biography) Will Smith. Muhammad Ali battles Sonny Liston, Joe Frazier and George Foreman and raises controversy outside the ring.
- A&E (9) ★★★ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)

EVENING

- 6:00 pm CITY (29) "Thralls" (2005, Horror) Siri Baruc. Premiere. A teenager moves to the city to stay with her sister, not knowing that she belongs to a gang of female vampires. (E) (DVS)
- 7:30 pm WTBS (3) ★★★ "Ali" (2001, Biography) Will Smith. Muhammad Ali battles Sonny Liston, Joe Frazier and George Foreman and raises controversy outside the ring.
- 8:00 pm CHBC (4) "Second Sight" (2007, Drama) Lexa Doig. A woman who has visions of murders tries to prevent a killer from striking again. (E)
- KSPS (6) ★★½ "On the Beach" (1959, Science Fiction) Gregory Peck. Nuclear-war survivors wait in a U.S. sub off the coast of 1964

- Australia. KXLY (10) ★★★ "Catch Me if You Can" (2002, Comedy-Drama) Leonardo DiCaprio. An FBI agent pursues Frank Abagnale Jr., a con man who assumes various identities and commits forgery. (In Stereo) (E)
- 9:00 pm A&E (9) ★★★ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)
- FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger.
- CITY (29) ★★★ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader. (E)
- 10:30 pm FAM (26) ★★ "Spy Hard" (1996, Comedy) Leslie Nielsen. A bumbling secret agent and his lovely partner try to foil a madman's world-takeover scheme.
- 11:00 pm SPIKE (44) ★★½ "Samourais" (2002, Action) Cyril Mourali. A Tokyo police commissioner must travel to Paris to kill his daughter and her demonic fetus. (In Stereo) (E)
- 11:30 pm CITY (29) ★ "The Forsaken" (2001, Horror) Kerr Smith. Three young people try to kill a band of murderous vampires in the Arizona desert. (E)

sunday movies

MORNING

- 6:00 am SPIKE (44) "Sniper 3" (2004, Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend.
- 8:00 am A&E (9) ★★★ "Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman. (E)
- 8:30 am WTBS (3) ★★★ "Sneakers" (1992, Suspense) Robert Redford. An ex-'60s-radical computer hacker and his company are tapped for a shady black-box job.
- 10:30 am A&E (9) ★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (E)
- 11:00 am WTBS (3) ★★½ "Above the Law" (1988, Action) Steven Seagal. A Chicago policewoman helps her cynical partner rid his working-class neighborhood of cocaine dealers.

AFTERNOON

- 12:00 pm YTV (18) ★★ "Alvin and the Chipmunks Meet the Wolfman" (2000) Animated. Alvin tries to convince everyone that the neighbor from a creepy old house is a werewolf. (In Stereo) (E)
- FAM (26) ★★★ "The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress.
- 1:00 pm WTBS (3) ★★ "Just Cause" (1995, Drama) Sean Connery. A law professor tries to prove a death-row inmate did not rape or murder a girl in small-town Florida.

- 1:30 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. (E)
- 1:34 pm FAM (26) ★★½ "The Swan Princess" (1994, Musical) Voices of Jack Palance. Animated. A vengeful wizard curses a princess to exist as a swan by day until her prince declares his undying love. (E)
- 2:00 pm YTV (18) ★★ "Alvin and the Chipmunks Meet Frankenstein" (1999, Adventure) Voices of Ross Bagdasarian. Animated. While working at a theme park, the Chipmunks discover that Dr. Frankenstein and his monster are living in one of the attractions. (In Stereo) (E)
- 3:00 pm WTBS (3) ★★½ "Crocodile Dundee II" (1988, Comedy) Paul Hogan. Colombian drug dealers pursue the outback he-man and his Manhattan girlfriend in Australia.
- VTV (22) "Plague City: SARS in Toronto" (2005, Drama) Kari Matchett. Canadian health-care workers are on the front line in a battle against the deadly disease when it spreads to Toronto. (In Stereo) (E) (DVS)
- 4:00 pm YTV (18) ★★½ "Tim Burton's Corpse Bride" (2005, Fantasy) Voices of Johnny Depp. Animated. In 19th-century Europe, a gifted pianist mistakenly weds a dead woman who takes him to the underworld. (In Stereo) (E)
- 4:30 pm CITY (29) ★★ "Stealth" (2005, Action) Josh Lucas. Three naval pilots must stop a fighter jet controlled by artificial intelligence that has run amok. (E)
- 5:00 pm WTBS (3) ★★½ "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel.
- CBC (13) ★★★ "Eight Below" (2006, Adventure) Paul Walker.

Members of a scientific expedition must leave their beloved sled dogs behind in the frozen wilderness of Antarctica. (E)

EVENING

- 6:00 pm YTV (18) ★★ "Garfield: The Movie" (2004, Comedy) Breckin Meyer. Live action/animated. An orange cat tries to save his owner's new dog after a television personality kidnaps it.
- 7:00 pm WTBS (3) ★★½ "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel.
- SPIKE (44) "Crash and Burn" (2008, Suspense) Erik Palladino. Premiere. An FBI agent works under cover to infiltrate a group of car thieves.
- 8:00 pm CBC (13) "The Trojan Horse" (2008, Suspense) (Part 1 of 2) Paul Gross. Premiere. The former Canadian prime minister takes revenge against his enemies. (E)
- 9:00 pm WTBS (3) ★★ "Critters 4" (1992, Science Fiction) Don Oppen. A new horde of pint-sized eating machines terrorizes a group of unwary space travelers.
- FAM (26) "The Penny Promise" (2001, Comedy) Scott Christopher. An honest teacher must save \$10,000 to marry his sweetheart and please her father. (E)
- 10:30 pm FAM (26) ★★★ "The Associate" (1996, Comedy) Whoopi Goldberg. A Wall Street whiz invents a male partner to attract clients for her fledgling investment business.
- 11:00 pm SPIKE (44) "Crash and Burn" (2008, Suspense) Erik Palladino. An FBI agent works under cover to infiltrate a group of car thieves.

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SATURDAY, MARCH 29, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM) showing TV schedules for Saturday, March 29, 2008.

SUNDAY, MARCH 30, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM) showing TV schedules for Sunday, March 30, 2008.

MONDAY, MARCH 31, 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 (49)
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	SportsCentre (E)	Canada AM (E)	Daily Planet	Henry's King (E)	Rachael Ray (E)	Star Trek: Voyager (E)	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N)	The Sopranos (E)	Good Morning America (N)			Animalia	Grossology	SportsCentre (E)		Daily Planet (N)	K. Possible (7:24)	CityLine (E)	The Shield "Extraction" (E)	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice			100 Huntley Street (N)	Bo On Go	Pokémon	SportsCentre (E)		How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60 (E)
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Super Why!	Dewitt	Record	Regis and Kelly	Daily Planet	Feet	News (N)	Disorderly Con.	Tube Tales
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Wannabe"	The View (E)	World Vision (E)	Room House	Wilbur (E)	Erky Perky	PBA Bowling: Denny's	The View (E)	Mayday (E)	Mickey Handy	Movie: "Dancing at Lughnasa" (1998) (E)	Most Amazing Videos	Videos
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears	U.S. Open.	eTalk (E)	Super Ships (E)	Benj Bear (11:25) King		Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N)	News (N)	Days of our Lives (N)	News (E)	Being Ian	Sony Ericsson	Degrassi	Oil, Sweat and Rigs	(11:49) Weekend	CityLine (E)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	My Healing Journey	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	The Sopranos (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	Viva Pinata	From Miami. (Live) (E)	Sue Thomas: F.B.Eye	Jetstream (E)	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Macphee	Word	Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris (E)	Ruby Flamingo	Timber	General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian	Off-Record	Dr. Phil (E)	Out Cold	K. Possible	News (N)	CSI: Crime Scn	Inside Box
4 PM	MLB Pittsburgh	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami "Wannabe"	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Pittsburgh Penguins at New York Rangers. (E)	Friends	Daily Planet (N)	Emperor	Friends	CSI: Crime Scn	Tube Tales
5 PM	Pirates at Atlanta Braves.	News (N)	(5:35) Little Bear (E)	BBC World	News (N)	News (N)	Intervention "Ashley"	News ABC News	News Global	(4:59) News (N)	Simpsons	OddParent	Penguins at New York Rangers. (E)	News (N)	MythBusters (E)	Suite Life Montana	My Dad-Better	Star Trek: Voyager (E)	ET Canada
6 PM	(Live)	Ad Pers	Skooled!	News-Lehrer	News (N)	News (N)	Intervention "Jason"	News	News (N)	ET Canada	News (N)	Drake	Hockey	News (N)	Guinea Pig	Zoey 101	Pussycat Dolls	CSI: Crime Scn	Family Guy
7 PM	Family Guy	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	The Unit (E)	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	Dirty Jobs (E)	So Raven	The Bachelor: London	CSI: Crime Scn	Seinfeld
8 PM	Seinfeld	10 Items	Captive: Esther	Antiques Roadshow (N)	My Dad-Better	Big Bang	The First 48 (E)	Dancing With the Stars (E)	Canterbury's Law (N)	Canterbury's Law (N)	Kurt Browning-Skate	Fries That? Adrenaline	Off-Record	Dancing With the Stars (E)	Daily Planet (E)	Suite Life	Calling (N)	V.I.P. "Val on Fire" (E)	Family Guy
9 PM	Frasier	Deal or No Deal (N)	Girl Inside (E)	American Experience	Deal or No Deal (N)	Two Men Christine	Intervention "Ashley"	(9:36) The Bachelor: London Calling (N)	New Amsterdam (N)	New Amsterdam (N)	The Border "Blowback"	Futurama	Boxing: Joel Casamayor vs. Michael Katsidis.	(9:36) Machines	Guinea Pig	Montana	(9:06) Jimmy Kimmel	V.I.P. "A.I. Highrise"	Seinfeld
10 PM	"Double Team" (1997).	Paradise Hotel 2 (E)	RX for Survival (E)	Antiques Roadshow (N)	Medium (N)	CSI: Miami "Ambush"	Intervention "Jason"	The Unit (E)	News Hour Final (N)	National	Falcon Beach (E)		Katsidis.	CSI: Miami "Ambush"	Dirty Jobs (E)	School	Movie: "Darkness Falls" (2003)	Star Trek: Voyager (E)	Fresh Pr.
11 PM	Dennis Rodman "Opera"	News (N)	Profiles of Nature (E)	Charlie Rose (N) (E)	News (N)	News (N)	Paranormal	News (11:35)	News (E)	Entertain (11:05) The Hour (E)	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Suite Life	Life Derek	MXC	The Nanny

monday movies

MORNING

10:00 am CITY (29) ★★½ "Dancing at Lughnasa" (1998, Drama) Meryl Streep. Five adult sisters and their missionary brother struggle to survive on a farm in 1936 Ireland. (E)

EVENING

9:30 pm WTBS (3) ★½ "Double Team" (1997, Adventure) Jean-Claude Van Damme. An international spy teams with a flamboyant weapons dealer to escape from a penal colony and save his family.

10:06 pm CITY (29) ★★ "Darkness Falls" (2003, Horror) Chaney Kley. The spirit of a woman who was lynched more than 150 years earlier haunts residents of a New England town. (E)

11:30 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.

buried in the Sahara Desert.

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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.

1-month, 2-month, 3 or 4-month rentals available. Bachelor, 1 and 2 bedroom apartments. Call (250) 295-1845. Mar 11-08

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.

For rent, 1-bedroom, downtown Princeton. Available May 1st. Level access, \$425/month including utilities. Need excellent references and damage deposit. Phone (604) 484-2783 and leave a message.

For Rent - Country Life: cabin-like 2-bedroom mobile home with wood-sided additions, in trees on creek side acreage, 10K East of town, Old Hedley Road. Blaze King stove, wood freely available nearby. Oil furnace backup. Wood shed. Storage shed. Fenced garden. New carpet, counter, etc. N/S. Working or pensioners. \$600/month including electric. Please call Bob or Karen (604) 874-9347. e-mail rob_31@telus.net.

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.

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 Arow
Axis Office Services
Fax: (250) 499-5121 - e-mail: axisoffice@usa.net - Cell: (250) 488-0316

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card of thanks

To all my friends and family who gave me a week to remember: my birthday week - full of lunches, friends and family, hugs and good wishes. I thank you!

To Sandy and Bill who treated us to a family lunch and to my family members who came a long way to be here. I thank you all and hope we can do it again!

Sincerely,
Grace Gaythorpe

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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. \$5,500.00 OBO. Call (250) 295-7814. Mar 18-Apr 01

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

Laying hens for sale. (250) 295-6037. Mar 25-Apr 08

Toshiba 34" TV in very good condition. Asking \$150.00. (250) 295-7828. Mar 25

One Sylvania 100-amp electrical panel, comes with 9 15-amp breakers, 1 15 amp double, 1 20-amp double, 1 40-amp double breaker. This panel was in a summer home for approx. 5 years, used for approx. 5-months. Asking \$150.00. 2 small direct venting propane gas heaters from small trailers, no electrical required. \$80.00 for both. Call (250) 3445. Mar 25-08

looking to rent

Retired couple looking to rent a house or cabin in or around Princeton. Minimum 2-bedrooms, please call Carmela or Paul at (250) 336-8880 or e-mail us at funnypics@shaw.ca. Mar 25-Apr 08

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happy birthday

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GARAGE SALE

9:00 AM - 2:00 PM
March 29

413 Taylor Mill Drive
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Special Olympics

YARD SALE

Fundraising Event
Princeton Curling Club
Saturday, March 29
9:00 AM - ??

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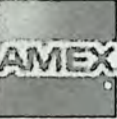
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574 813 692
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832 659 471

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Attention: Jodi Townend and Tim McMullin
171 First Street South East
Salmon Arm, BC
V1E 4H6

The contents of Unit #66 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Three Hundred and Ninety-Eight Dollars and Twenty Cents (\$398.20)**. If you have not paid this outstanding account by Friday, April 4th, 2008, the contents will be sold by auction on Saturday, April 12th, 2008 to cover storage costs.

Attention: Charles Phillips
850 26th Street South East
Salmon Arm, BC
V1E 2H6

The contents of Unit #133 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Three Hundred and Twenty-two Dollars and Sixty-five Cents (\$322.65)**. If you have not paid this outstanding account by Friday, April 4th, 2008 the contents will be sold by auction on Saturday, April 12th, 2008 to cover storage costs.

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Take notice that 6740103 Canada Corporation of 250 Yonge Street, 16th Floor, Toronto, Ontario, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a licence for purpose of placing wind power monitoring towers on unsurveyed Crown land in the vicinity of Lamont Creek, ODYD situated on Provincial Crown land located in the vicinity of Princeton.

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.

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my turn

There's something about those sweaters

I learned something the other day. There's a whole lot of people in Tulameen with bags of money hidden in their homes. It also took a total of 17 women a single day (February 16) to convince a lot of them to give a lot of that money away.

That was when the Sweater Kittens raised a total of \$24,860 through two events held that day – Snow Golf and the Boobie Ball.

The Sweater Kittens raised the money for the Weekend to End Breast Cancer and obviously know how to get people to open their wallets.

First and foremost, they represent a very good cause. Secondly, they have done this before but I can't think of a single fundraiser held in Tulameen that could match that. Barely any fundraising efforts in the entire Similkameen Valley could match that these days. It's a pretty powerful thing they are doing, and most definitely are doing for all the right reasons.

But it makes me wonder. I think it's safe to say the \$24,860 raised in Tulameen did not stay in Tulameen, but if it was raised for local charities can you imagine what it could do?

I'm sure the Tulameen Volunteer Fire Department, or Tulameen Community Club or Library or Otter Valley Fish & Game Club could do some pretty amazing things if they could raise \$24,860 in a single day.

I had no idea there was that kind of money sitting in Tulameen waiting for the right cause to come around.

It also makes me think that other Princeton and Similkameen Valley non-profit organizations have got to start concentrating their fundraising efforts in Tulameen, or should hire the Sweater Kittens to do all the legwork.

In fact, now that I think of it, maybe the Sweater Kittens could partner up with a Tulameen project and do a combined fundraiser.

Once their Weekend to End Breast Cancer goal is reached, the rest goes to (fill in the blank) to build (fill in the blank).

It's a great way for the Sweater Kittens to be able to give back to the community that has been so very generous to them.

And maybe for some residents giving 'til it hurts wouldn't be so painful.

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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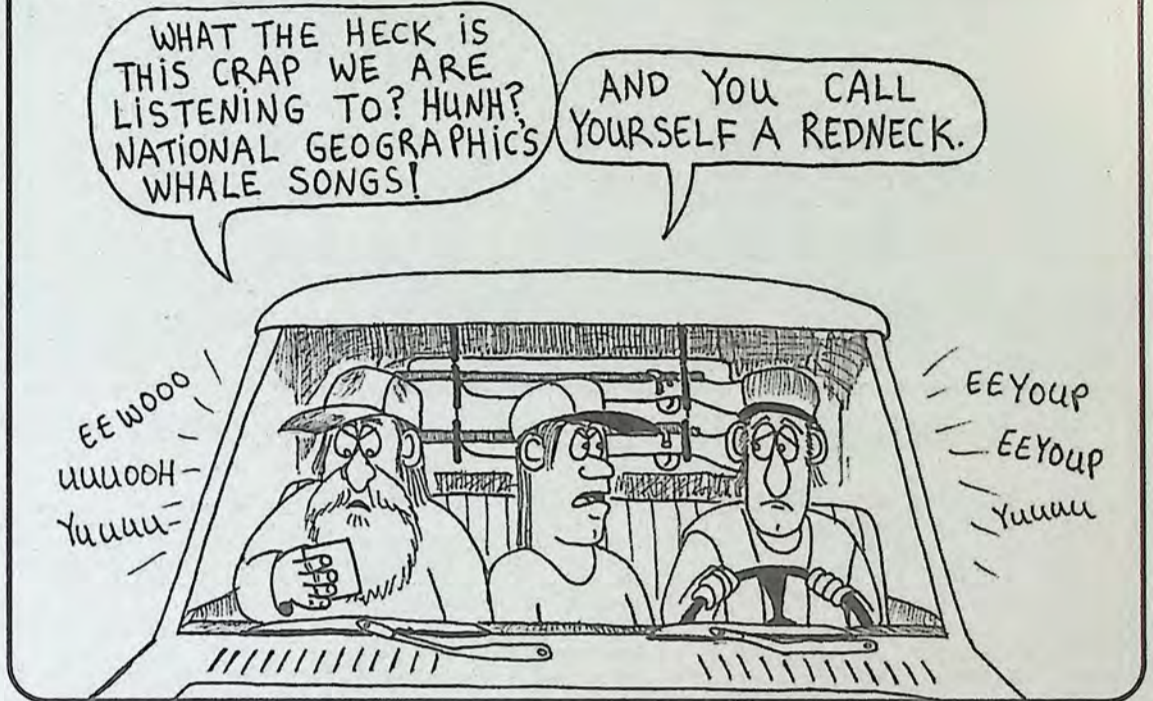
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George Elliott
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Dawn Johnson

TIS TOONS



your turn

National Park - Part 2

To the Editor;
The Victoria, BC company of Gary Roberts and Associates has been hired by Parks Canada to carry out a socio-economic assessment on the impact of a national park on our Similkameen Valley communities.

The members that make up the study group have been appointed by the Community Futures Group to assure non-bias.

I find it incomprehensible that the study will not have bias as Gary Roberts and Associates have been hired by Parks Canada!

This Parks Canada assessment, coyly called a socio-economic study, is a sham. I believe it would be better labeled as a risk assessment. Using the analogy of vaccine testing; if two out of a sample of 1,000 die, I believe the term used when this occurs is casualty or more appropriately – collateral damage. It would appear that it is taken for granted that there will be

casualties in the establishment of the proposed park!

The affected ranchers and farmers of the Similkameen Valley, will, as one speaker said, "be considered a casualty of the National Park Reserve." Finally honesty...but a thoroughly heartless and obscene statement! Is establishing this park really good for the residents of the Similkameen Valley? I think not.

I believe that from all the pro park signatures collected, that there is not one individual who has, or ever will, venture into the proposed park, or choose to live in this valley.

I believe the pro parkers are knee-jerk reactors who have not taken the time to consider the ramifications of their blindly signing a pro park petition. I believe that they are ignorant of the fact that over the past decades, the LRMP has successfully managed the area in partnership with all its constituent stakeholders.

Is it really true that the LRMP is to be dissolved by the government? The audacity of such a decision would be shockingly disrespectful to the dedicated hard working members of the LRMP. Further, I query whether there will be an opportunity for the Similkameen Valley residents to have input? Which groups are involved in the study? Are there any groups excluded? Is the rumour true that the First Nations Peoples are not included in the study?

Ross Fitzpatrick, what a legacy you are leaving for our children. In being pro park, you are making a conscious decision to dismantle the historic and fundamental fabric of the Similkameen Valley. You are making the decision as to which families will be casualties of the National Park Reserve. Collateral damage would seem to be a given in the establishment of any national park. I find that morally abhorrent and obscene. I'm amazed that you would want to be remembered for such a travesty.

Alex Atamanenko, if you choose not to represent your constituents, you are guilty of the same morally obscene choice.

Mr. Atamanenko, just remember that for every one complaint there are more than 100 unvoiced complaints. Alex, I may appear to only be one voice, but take heed, there are many of us who will vote for another candidate in the next election if the proposed park is established.

- Mary Nash, Cawston

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Current Comment:

Who do they really work for?



Dawn Johnson
editor@thenewsleader.ca

This week I am going to level some criticism/advice at elected officials and civil servants at all levels. I feel free to do this, having worked for government (local and federal), and having been an elected official. It's not like I don't know whereof I speak.

I selected this topic because this may be an election year on more than the municipal level. We could have a federal or provincial election, depending on how much dirt the non-ruling parties dig up about the ruling parties.

The first thing I want to talk about is power. The people we elect may think they have power, but it is not their power, it is power we give to them to use on our behalf for however long they can hack it, or for however long we can live with their decisions. I have seen many elected officials who did not understand where their power came from.

Many of them believe the perks they enjoy and the money they spend is something to which they are entitled by some sort of divine right.

Forget that! They would not have any perks nor any appearance of power if they had been the losing candidates, and the money they spend is money we were forced to give them by tax laws.

Real power comes from inside a person. There is a spiritual quality to this kind of power, and it does not need perks nor somebody else's money, nor even a badge of office, to make the power obvious. This quality does not apply to every person who wants a chance to spend my tax dollar.

It is said that governments like to dole out the dollars when an election is in the wind, hoping to win over the voters by this show of

government "generosity". Scrap that notion. That's our money you're doling back to us, and we should not have to beg for it and wait for an election year to be heard.

I suppose I like paying taxes to the same extent that everyone enjoys it, which is not at all, but I am not opposed to taxation. I recognize that all of us need to chip in to keep things going. When those who make the decisions about how to spend my money start to act arrogantly toward me, or anybody like me, I really hate paying taxes. I do not like to pay good money to be treated like dirt.

This attitude of mine seems to be commonplace, but it is easily forgotten by some of those who work for us taxpayers.

Power-tripping is sad enough when elected officials forget who is paying the bills, but absolutely intolerable when the power tripper is hired as a public servant. In actual fact, the elected official is a servant of the people, and so are the people who provide assistance to those who are elected. The elected officials volunteered to serve the people when they presented their nomination papers.

The public servants volunteered to serve the people when they chose to work for some level of government.

Those who do not wish to be servants of the people should go into business for themselves where they don't have to serve anybody they don't like.

The majority of the people who serve us are really great. The majority are friendly, helpful and respectful toward Joe Q. Public. That is as it should be. It is rare to encounter a public servant or elected official who is surly, rude, arrogant or overbearing. In the case of those who are elected, they know if they want to collect a pension they need to be elected a lot of times.

The rest, who hired into a government job, may lose it if there are too many complaints. It does not pay to bite the hand that feeds you, and in the case of public servants, the hand that feeds you is mine, and my neighbour's and all of the other people footing the bills.

This is tax-paying time. I thought I would throw a curve at those who live well because we pay our taxes, just to remind them who they're working for and how important it is to be nice to us.

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One cottonwood tree is providing enough wood for three canoes. The small one in the foreground will be displayed in the Snaza'ist Centre in Hedley. When completed Herman Edward says the large one could hold five women and a few children, the one yet to be carved would have room for a man, his wife and a baby on a babyboard, and the one for Snaza'ist could take a man and his five year old son. The canoes are being deepened and the edges planed. The large canoe itself weighed about four tons, but by the time it has dried will lighten up to only a few hundred pounds. The canoes are being carved behind the Chuchuwayha Hall in Hedley. - submitted by Lorraine Lance

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Keremeos RCMP bust grow-op

On Thursday, March 20th, RCMP served a search warrant at a residence on Middle Bench Road in Keremeos.

"A 33-year old male was arrested and taken into custody while police officers searched the residence and seized evidence," says Keremeos Detachment Cst. Myrl Stus.

"A total of 1,773 marihuana plants in various stages of growth were seized, as well, equipment that was used to produce the marihuana was also seized."

FortisBC also attended the scene to find there was an illegal power hook-up.


The male, the lone occupant residing at the residences, faces several charges including Production of Marihuana, Production for the purposes of Trafficking, and Theft of Electricity, all Criminal Code charges.

"He was released from custody and is to appear in Penticton Court for his first appearance on June 9, 2008."

RCMP point out area residents are most helpful in these incidents. "It is with the assistance of the public, your observations and information that it is possible for police to conduct these types of investigations."

Contact the local police station or CRIMESTOPPERS if you have information on illegal drug activity in your area.

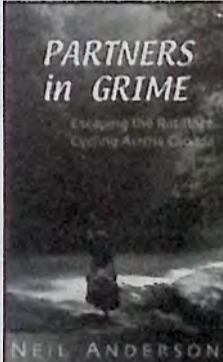
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A 'tiny tot' dancer, right, stands mesmerized by the sounds and voices of the hand drummers during the USIB's 3rd annual Upper Similkameen Traditional Powwow March 21-23rd in Hedley. *



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LET'S TALK!

Council likes Healthy Harvest

Ann Hughes, one of three co-ordinators for Princeton Healthy Harvest Box, attended the March 17 Town Council meeting to explain what the group is doing, and to ask for a little help.

Healthy Harvest Boxes provide about 25 pounds of local fruit and vegetables, mostly organic, to members who pay a monthly fee. The project is supported by the

Legion, who have donated the hall, Princeton Crisis Assistance, and Public Health.

Hughes explained the group needs a financial cushion against price fluctuations, and another set of scales. She asked Council if she could work with them through the Healthy Communities Program.

Council was in favour of the project and offered to help.

To date over 100 Healthy Harvest Boxes have been purchased by local residents. The boxes are not going to be available until May, but you can still order yours at the News Leader office Tuesday to Saturday between 9:00 AM and 4:00 PM.

Drop into the office and Brenda Engel will give you all the details or call Brenda at (250) 295-4149.

AT YOUR SERVICE!

Tax Tips

Keep Your Records To Support Your Tax Return

Ottawa, Ontario, January 25, 2008...Canadians who plan to file their tax returns electronically, or who do not submit information slips and receipts with their paper-filed return, should keep their tax records on hand in case they are contacted by the Canada Revenue Agency (CRA).

Once tax returns are filed, the CRA begins work to verify the income reported, as well as the credits and deductions claimed. These reviews are an important way the CRA ensures that Canadians are paying their taxes. Last year, the tax returns of approximately 2.7 million individuals were reviewed and an additional \$700 million in taxes was assessed by the CRA.

Some initial reviews of deductions and credits are conducted when returns are filed, and before taxpayers receive their Notice of Assessment. However, the majority of reviews take place later in the year, as the CRA works to verify the information on an individual's tax return and compare it with the information provided by other parties, such as an employer or a spouse or common-law partner.

During this review process, the CRA may contact taxpayers to request more information on income sources or dependents, and may ask for copies of receipts or information slips to support claims, including:

- medical expenses;
- charitable donations;
- childcare expenses;
- spousal or child support payments; and
- moving expenses.

Keeping your tax records on hand makes it easier to respond to these requests, and will help you explain your tax situation to the CRA if you do not agree with your reassessment.

Receiving a request for receipts or documentation does not mean you are being audited by the CRA. When an individual is selected for an audit, the CRA advises them that their tax situation is being reviewed and calls to arrange a meeting to begin the audit.

For more information about reviews of tax returns by the CRA, visit cra.gc.ca/reviews

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

Accountant & Business Advisor

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It's Spring! It's Time for the...

EARLY IRLY YARD SALE

TIME TO CLEAR OUT!
TIME TO SPIFF UP!

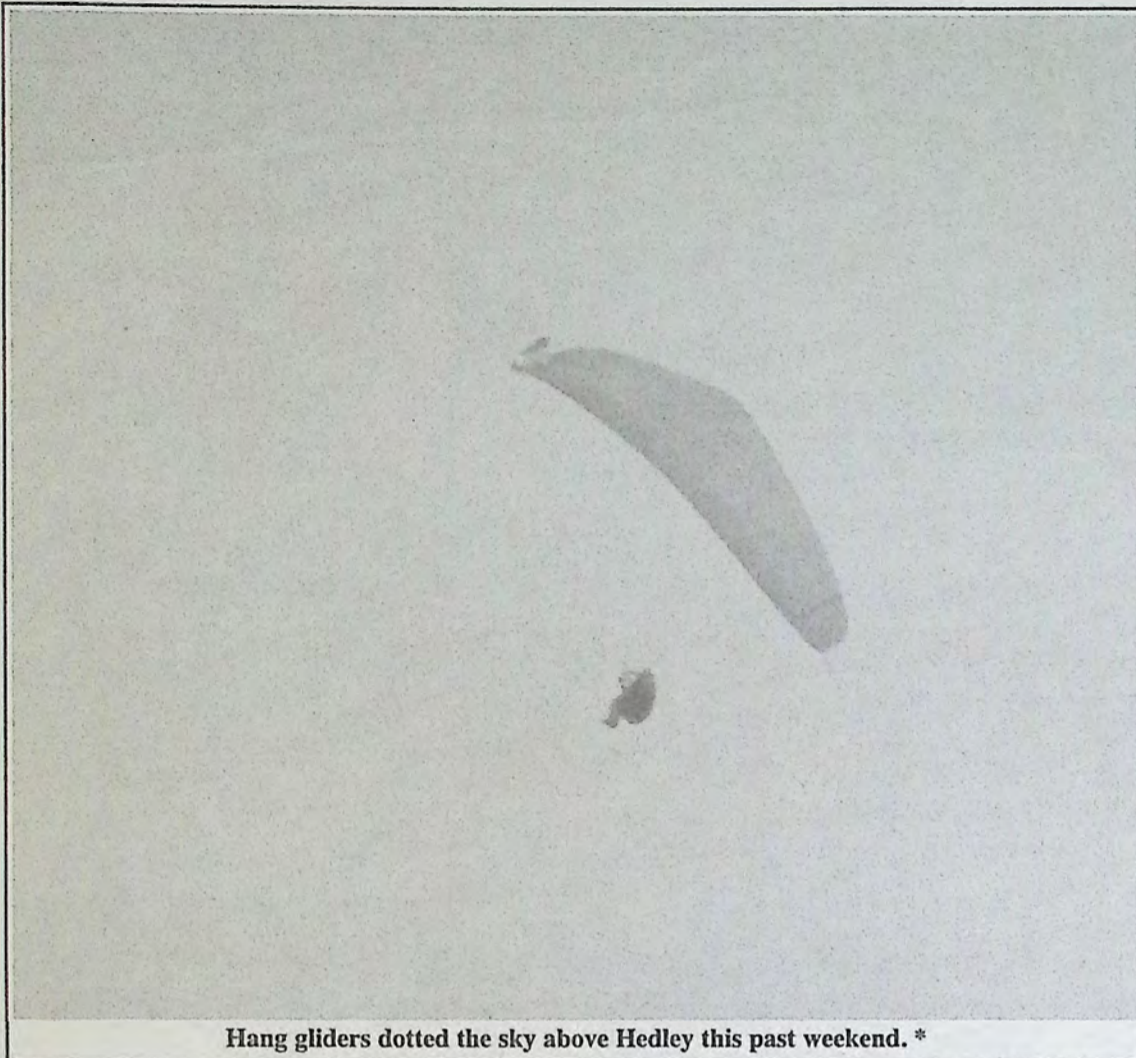
8:00 AM - 12 Noon
Saturday, March 29th

STOCK THAT NEEDS TO GO!
SALE SPECIALS - DISCONTINUED ITEMS
ODDS 'N' SODS
No Taxes - No Returns - No Deliveries
Cash Dollars Only!!!

GET UP EARLY FOR BARGAINS & FUN!!!

REFRESHMENTS - WHILE THEY LAST!
Princeton Builders Mart
222 Burton Avenue
(250) 295-6938





Hang gliders dotted the sky above Hedley this past weekend. *

Dorothy sends update on activities

Spring has sprung! The grass is riz! I wonder where them birdies is?

Yes, Spring officially is here and snow is gradually leaving. And it was such a lovely gesture of a local business to give us so many bright yellow daffodils. Some were kept in the cooler and so we're still enjoying them.

Through the generosity of the

Help Line Society we now have lovely new Bingo balls and cards as well as an Indoor Bowling Set. We are enjoying our new equipment immensely.

Beth had us all thinking as she drew small pictures on our blackboard. Each represented a well known phrase such as 'man overboard.' It caused much laughter and kept us thinking.

We're pleased to have Bob back with us after a few days in hospital. And Ruby S. remains her cheerful smiling personality. Keep up the good health folks!

Last Thursday we had a gold coin toss! Not real gold, just gold wrapped candies or chocolates. Gave us a lot of exercise and laughs!

- submitted by D. Stenvold

Mayor commends IHA

Mayor Randy McLean had words of praise for Interior Health and the provincial government.

Commenting at the March 17 Town Council meeting, Mayor McLean said they had "stepped up to the plate" with money and help. "The dollars are there. They're doing everything they can," he said.

Councillors Pam Jones and Maria Sadegur reported on a meeting

they had attended in Vernon regarding health care.

Councillor Sadegur stated Princeton is at the top of the priority list at this time.

After reporting the doctor situation (as in last week's Interior Health bulletin), Council discussed the need to look for nurses, and to provide upgrade training for some nurses, before too many retire.

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WOOD PELLET SALES

You may now pick up your pellets at our NEW location in East Princeton

331 Old Hedley Road
(Formerly the Lind Trucking Building)

WE ALSO DELIVER
(CALL AHEAD AS WE ARE NOT ALWAYS ON SITE)

THANK YOU!

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PRINCETON PLAZA PARKING LOT

Lakeridge Homes (2007) Ltd. proudly presents:

MARCH MADNESS!

We know its cold so we're heating things up!

For every **Landmark** or **Pacific Park Model** home that is ordered between now and March 28, 2008 there will be a **FACTORY REBATE** cheque paid to the customer for **\$5,000!!!**

All show homes on our Penticton sales lot will also qualify for the \$5,000 rebate if purchased between now and March 28, 2008!

Let the **MARCH MADNESS** begin!



OFFER ENDS MARCH 28, 2008

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Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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Log Cabin At Link Lake!



131 Agur Road \$425,000
Treed 1.69 acres of privacy at Link Lake. Log cabin is warm, cozy with 2-bedrooms, 2 baths. Covered deck, too! [mls.ca#43153](#)

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36 Aspen Street \$167,000
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287 Aspen Street \$279,900
12 year old, 3-bedroom, 2 bath home with fenced backyard, a/c and underground irrigation. [mls.ca#42958](#)

Allison Lake Living..



106 Beaver Lane \$379,000
Entails peace, tranquility and cozy comfort in this 3-bedroom energy efficient residence. 2/3 acre, 2 car garage & shed. [mls.ca#43216](#)

Riverfront!



456 Corina Avenue \$239,900
Lovely terraced yard backs down to the scenic Tulameen River. 3-bedroom/2-bath, unfinished basement to do it your way! [mls.ca#43584](#)

Relax! It's All Done!



475 Corina Avenue \$325,000
All the hard work is done in this immaculate home! Landscaped and fenced backyard. Lots of storage and single car garage/workshop. [mls.ca#43173](#)

Luxury Living..



476 Corina Avenue \$449,000
In this executive home with high-end upgrades. Single and double garage for the 'toys.' [mls.ca#43744](#)

Affordable Mobile!



#7-473 Corina Ave \$33,000
3-bedrooms + den with updated oak cabinets and flooring. Priced to sell! [mls.ca#NEW](#)

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](#)

Peace of Paradise



1196 Highway 3A \$669,000
More than 10 acres of everything you might want - fenced, irrigated and a beautiful rancher. [mls.ca#43646](#)

Bonus!



#31-263 Highway 3 \$83,900
Neat and tidy with beautiful yard, two full baths and new flooring! [mls.ca#43654](#)

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](#)

Heritage Dream (Home)



228 Luard Avenue \$256,000
Without the 'heritage headache.' It's all done from top to bottom! [mls.ca#41728](#)

Elbow room!



2223 Old Hedley Rd \$219,000
Need some space, but not too much? This country-style 4-bedroom home is for you! 1/2 acre yard is landscaped and terraced. Drilled well and septic is in. [mls.ca#42755](#)

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](#)

Private Serenity



2405 Old Hedley Rd \$625,000
Specially designed with you in mind - beautiful home, completely private. The river flows by it! [mls.ca#43399](#)

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](#)

Country Comfort - Horse Heaven



2134 Highway 40 \$315,000
6+ acres of level fenced land for your animals! Extra large double garage for storage, vehicles and the toys! Mobile has addition so everyone has their own space. Minutes to KVR! [mls.ca#42756](#)

Saddle Up!



2166 Highway 40 \$385,000
Spacious mobile on 5 level acres. Hay shed, wood shed and 4 large outbuildings. Bring your horses! [mls.ca#43310](#)

Perfectly Private



2480 Highway 40 \$299,000
Imagine yourself in this immaculate 3-bedroom, 2-bath home on 6+ acres. Unlimited access to recreation w/KVR + 3 lakes. [mls.ca#43309](#)



It'll open a lot of doors for you!

Private, Peaceful, Perfect!



2496/2504 Hwy 40 \$499,000
Almost 20 acres of treed, useable land. Large barn, garage, corral. Home has warm, country feel, 3 bedrooms on one level. Pack up the family and all the animals - there's room for everyone! [mls.ca#42754](#)

Unforgettable view!



3106 Highway 40 \$298,000
5 year old, 2-bedroom home furnished with guest cabin. Large decks and 20' x 24' garage. [mls.ca#42977](#)

Lakefront Acreage



4245 Princeton-Summerl'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](#)




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