



The Valley First Princeton Posse had to fight and claw their way into the first playoff round this year. *

Victory puts Posse in playoffs

There was a lot on the line when the Revelstoke Grizzlies rolled into town to take on the Valley First Princeton Posse Saturday, February 14th.

A victory for the home team would give them enough points to earn a playoff spot in the Okanagan Division of the Okanagan/Shuswap Conference of the KIJHL.

Both teams came out swinging and battled hard in the first period.

Princeton scored first with a tip in off a low shot in front of the Grizzly net. Nate Rempel was credited with the power play goal with assists

going to John Minot and Dan Hillman.

The Posse added another power play goal at 2:42 (Matt Chomyc from Jason Alessio and Kyle L'Arrivee) to close the period with a 2 to zip lead.

Revelstoke managed to capitalize on a mistake by Posse goalie Tanner Sheridan at 16:58 of the middle frame. Sheridan had stopped the puck and held it behind the net for a teammate where he lost his footing and couldn't get back in position in time to stop Revelstoke's Caleb Roy

..... continued on Page 8

Miner Mountain project update

There's been a lot of interest in the Copper Mountain mining project, which will ultimately lead to the re-opening of the open-pit facility in late 2010, but did you know that's not the only mining going on near Princeton?

A company called Sego Resources Inc. just released an exploration update on their Miner Mountain porphyry copper-gold project.

During the 2008 exploration season drilling, trenching and sampling, defined large areas of copper-gold mineralization.

Highlights include:

Trench 22 (19m)

1.03% Cu 0.25 G/T Au

Trench 30 (23m)

0.50% Cu 0.21 G/T Au

Trench 59 (11m)

1.75% Cu 0.11 G/T Au

Trench 14 (22m)

0.62% Cu 0.27 G/T Au

Trench 01 (23m)

0.46% Cu 0.08 G/T Au 3.39 G/T Ag

Trench 01 (3m)

1.17% Cu 1.68 G/T Au 28.67 G/T Ag

DDH-MM-08-04: From 24.46 to 88.7m (64.24m - 210.7 feet) 0.46% Cu, 0.14 G/T Au and 2.58 G/T Ag. Including 18.07m (59.27 feet) of 0.65% Cu, 0.26 G/T Au, 3.33 G/T Ag and 15.25m of 0.63% Cu, 0.18 G/T Au, 3.19 G/T Ag. Hole lost at 88.7m due to poor ground final two intervals (5m) 1.22% copper and 0.5% copper.

DDH-MM-08-09: From 26.17 to 78.64 (52.47m - 172.1 feet) 0.41% Cu, 0.12 G/T Au and 2.11 G/T Ag. Hole lost at 78.64m due to poor ground final two intervals (4.42m) 1.39% copper and 0.38% copper.

Sego plans to advance exploration on the property by using the Titan 24 Deep IP geophysical survey, in Spring of 2009 and follow up with further drilling in the Summer.

Sego Resources Inc. is a mineral exploration company, exploring a large scale porphyry copper-gold target northeast of Princeton. Exploration to date has located zones of high grade surface copper-gold mineralization and drilling has

confirmed the presence of significant copper-gold grades at depth.

Sego has signed an MOU with the Upper Similkameen Indian Band which provides a constructive framework for future development and exploration.

Company Management Team information - experienced in Wealth Building, CEO J. Paul Stevenson has many years of experience in the mining industry and is a leader in aboriginal engagement in the resources sector.

President Chris Sampson, P.Eng., has extensive experience in porphyry copper exploration and J. Allan Hilton is a well known mine finder and prospector. Shelley Hallock has extensive experience in corporate governance and a background in media. This team has worked

together for 20 years. Qualified Person Vic Preto Ph.D., P.Eng. is a recognized authority on the geology of the Nicola Belt and associated mineral deposits.

Sego Resources Inc. trades on the TSX-V under the symbol SGZ. For more information about the company, or it's exploration projects, visit the company website at www.segoresources.com.

Survey says labour a challenge

With the Okanagan/Similkameen's thriving tourism industry, attracting and keeping labour is a challenge. This is the focus of a recent study released by the Okanagan Partnership, partnered with Okanagan College and Service Canada.

"Employers are finding it harder to attract and retain skilled employees," said Brad Clements of Okanagan Partnership. "The target age for workers in the tourism sector, of the ages 15 to 29, is decreasing, and is not projected to increase."

Because of this, some companies have begun targeting other sources. Recently retired or semi-retired,

recent immigrants, women returning to the workforce and foreign workers have all been identified as important sources of labour that were not a priority two years ago.

The study found that employers believe there are roles for government to play in providing more low-income housing, expanding the availability of rent subsidies and improving public transportation.

While not unique to the tourism sector, recommendations from the study include advocating for affordable housing and public transportation.

"Many tourist jobs require transportation to get to them. The result is that potential employees are pre-

vented from going to work for a tourism business because they can't live close by the place of employment, or they can't commute easily or cheaply," said Clements.

When asked about HR practices, the study found the community resources available are under-utilized. Only 21 percent of respondents said that someone from their organization had participated in HR training or development.

The Tourism Cluster is recognizing that additional knowledge and strategies will be received to deal with HR challenges.

"Because of the shortage of skilled labour, HR management will play a

..... continued on Page 8

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

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Regional District Okanagan-Similkameen

Rural Land Use Bylaw Application
(km 27.5) Summers Creek Road, Electoral Area 'H'
Lot 3, Plan KAP85391, District Lot 3345, KOYD

NOTICE OF PUBLIC HEARING:
Monday, March 2, 2009 - 6:00 pm
Riverside Wellness Centre
149 Old Hodley Road, Princeton, BC

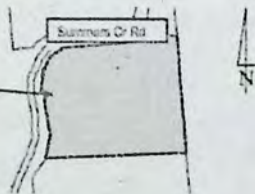
PURPOSE:
Proposal: amend the Official Community Plan Bylaw and Zoning Bylaw to facilitate a four (4) lot subdivision of the subject property with each lot to be approximately 2 hectares (ha) in size.

Amendment Bylaw No. 1725/23, 2009: to amend the Official Community Plan Bylaw by changing the land use designation of the subject property from Resource Area (RA) to Small Holdings (SH) and to amend the Zoning Bylaw by changing the zoning from Resource Area (RA) to Small Holdings 2 (SH2)

SH2 zone permitted uses include: agriculture, single family dwellings, or mobile homes or travel trailers; home occupation, care centre, public parks, buildings and structures auxiliary to the uses permitted, including roof shelters over travel trailers.

Amend Official Community Plan Bylaw No. 2463, 2003
from Resource Area (RA)
to Small Holdings (SH)

Amend Zoning Bylaw No. 2454, 2003
from Resource Area (RA)
to Small Holdings Two (SH2)
indicative only



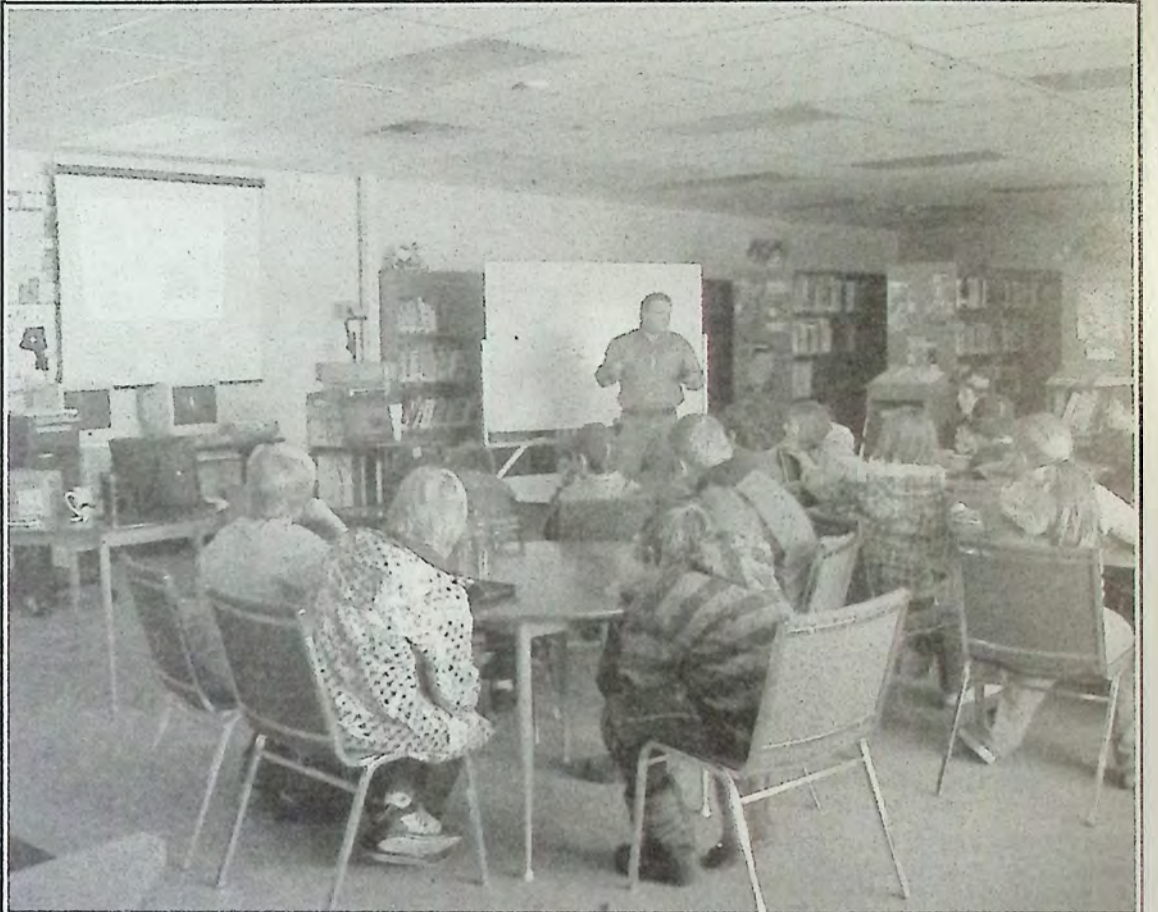
VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:
Regional District Okanagan-Similkameen
101 Martin Street, Penticton, BC
Monday to Friday - 9:30 a.m. to 4:30 p.m.

Princeton Town Hall
169 Bridge Street, Princeton, B.C.
Monday to Friday - 9:30 a.m. to 4:30 p.m.

Anyone who considers themselves affected by the proposed Bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 1725/23, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:
Telephone: 250-490-4107 Fax: 250-492-0663 Email: planning@rdos.bc.ca Web: www.rdos.bc.ca

Tracy Bottom, BBA
General Manager of Administration Services



Weyerhaeuser Princeton Unit Manager Jeff Larsen was invited into Princeton Secondary School recently as part of the post activity for the 'Yes2It' Project. Larsen addressed both students and invited parents on the opportunities of trades people working in the forestry and mill industries. The cafeteria provided a lunch and gifts and draws were part of the celebration. - photo submitted

Macahonic speaks on victim services

Princeton RCMP Detachment Sgt. Gary Macahonic sees a need for the Victim Services Program in the community.

"The RCMP views Victim Services as an integral component of the policing services we deliver to the citizens of Princeton and we remain committed to, and fully supportive of, the delivery of police-based victim services."

Macahonic adds, "We know that our police and the community rely on our Victim Services personnel to provide much needed support and crisis intervention to victims and witnesses of crime and trauma."

Princeton's RCMP Detachment provides space, equipment and day-to-day operational supervision to the Victim Services program, given that the legal employer and contract holder does not work within the Detachment.

"The contract holder - in this case, Interior Health Authority - and the Detachment work to ensure that the VS service delivery obligations are met."

The bottom line?

Princeton Detachment Victim Services Manager Rosemary Doughty's contract will not be renewed at the end of March, or at least not by Interior Health.

"This difficult decision was made by the RCMP in conjunction with Interior Health," Macahonic points out.

"The RCMP would like to thank Rosemary for her years of service and dedication to the Princeton victim service program and community of Princeton. We realize it is a difficult time for Rosemary and are happy to see she has such support."

The Ministry of Public Safety and Solicitor General who establishes,

Princeton RCMP Detachment funds and manages all VS contract in the province, is currently working to ensure there will be no interruption of victim services in the community.

"Again, the Princeton RCMP will continue to house and support

police-based victim services as an integral component of our police service delivery to the citizens of Princeton," Macahonic states.

"We apologize for any alarm caused by any perception that the program was not to be continued."

Lions set auction date

May 2, 2009 will be the date for this year's Lions New and Improved Auction event.

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

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

out of date electronics.

"We will gladly come out and pick up your used furniture or any new items that you wish to donate," says Lions Club President Wayne Passey.

"But we will be choosy about what we take. We will not be taking flea market items either, as we will no longer be having a flea market."

Anyone with items to donate can call Passey at (250) 295-7161 to arrange for pick up. - submitted

Rotary hosts 5th annual event

With record attendance, last year's Rotary Mid-Winter Wine Fest was well attended and raised over \$6,500.00.

"These funds were used to support our many community based projects," explains Rotary President Randy Clark.

Committee Chair Rob Marshall is looking forward to a repeat of last year's event.

"With the introduction of wineries from the Similkameen Valley we had a record number of wineries last year," Marshall says.

"The wineries were all very happy with the event and look forward to returning to Princeton and supporting the work of the local Rotary Club."

In addition to showcasing wineries from the Similkameen Valley, including Forbidden Fruit, Rustic

Roots and K Mountain Wineries, Hester Creek, Geringer Brothers, Tin Horn Creek and Wild Goose Wineries will once again be attending the event with some of their high quality product.

According to Marshall, his committee has received tremendous support from area merchants. New for this year will be the opportunity to take home either Diamond Cluster earrings or a Diamond Cluster brooch provided by Rodan Jewelers.

Other major items in the silent auction and raffles include a wooden swing chair, one night accommodation for two at the Lakeside Delta Hotel and a wrought iron garden trellis by artisan Mark Wong.

Local restaurants and Overwaitea continued on Page 27

Meet The Youth Ambassadors!

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

Karis Bergsma - Reichert Sales & Service



My name is Karis Bergsma and I am in Grade 11. I happen to be one of the very few who can say I have attended every school in Princeton as well as the one-roomed elementary school in Tulameen! I am very involved in sports and activities, but I especially enjoy basketball. My future goals include going to university to pursue my dream of becoming a reporter. Some of my favourite things to do are travel and to meet new people. These are a few of the reasons I am running for Princeton Youth Ambassador. I was born and raised in Tulameen - I have spent every winter on a snowmobile which is why I am very proud to be sponsored by Reichert Sales & Service. *

PXA looks at busy year ahead

Princeton Exhibition Association (PXA) met on Tuesday, February 10, following the winter recess. The year is shaping up to be very busy.

The first event at the grounds is the rodeo on May 9 and 10. In June, ATV/BC will use the grounds from Wednesday, June 17 to Monday, June 22. Approximately 250 ATV enthusiasts are expected. The PXA is currently negotiating a contract for use to total \$4,800 without a mud bog.

The price will go up if a mud bog pit is built.

After the ATV event, horse racing takes place at the end of June. Princeton 4-H has requested July 18 and 19 for a Little Britches rodeo. The annual Fall Fair will take place on August 29 and 30. Princeton Rodeo Club has applied for the BC Bullriding Championships for September.

PXA members approved an advertisement in the BC Horse Racing Stakes booklet. This

booklet goes out to all BC Interior horse racing associations and to racehorse owners.

The advertisement by the PXA gives information about the rodeo and fall fair as well as local horse races.

Princeton Rodeo Club is working on plans for the rodeo. They have a surprise music package coming from Tonasket this year. Watch for an announcement at a later date.

The PXA has a lot of work to do as soon as the snow melts. The portable bleachers need new

planks for seating, and so does the grandstand.

The official survey of the grounds has been completed, but the electrical upgrade will continue this spring. The front of Fall Fair Building #1 requires reinforcement for safety. Work parties will be organized as soon as weather permits.

The next PXA meeting takes place at Town Hall on March 10 at 7:00 PM. President John Bey has requested as many user group members as possible attend this meeting.



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February 19th, 7 pm

Riverside Centre
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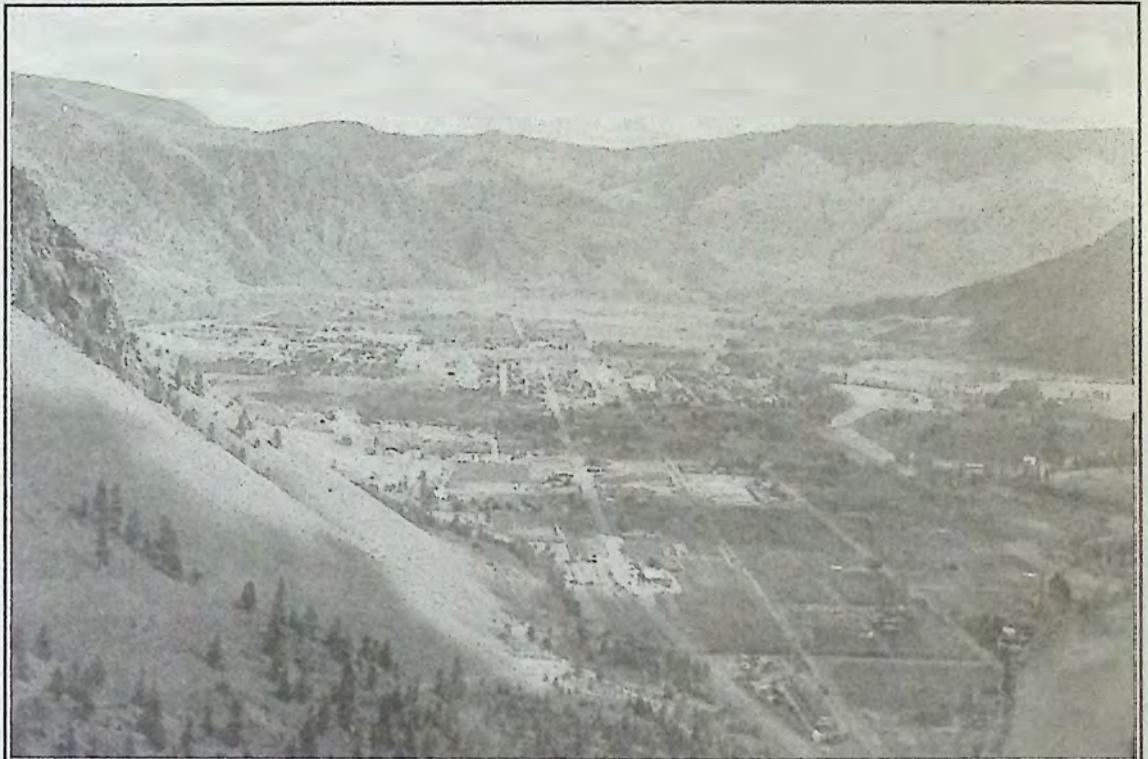
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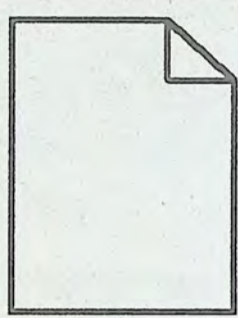
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keremeos and area news



This great aerial photo of Keremeos was taken some time ago by RCMP Cst. Myrl Stus while riding in a helicopter. We rarely see this angle - looking from the west over Keremeos. Photo: Cst. Myrl Stus



RESUME

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- Available to consistently attend regular weekly training sessions?
- Willing to attend Justice Institute of BC Certification in Ground Search & Rescue and other SAR related disciplines and get a First Aid ticket?
- Prepared to represent the 'Team' in a professional and proficient manner and accept direction and guidance?
- Prepared to have a Criminal Record Background Check done?

THEN YOU:

- Should join the Princeton Ground Search and Rescue Team

HOW YOU CAN JOIN:

- Call Arnie at (250) 295-8482 or Randy at (250) 295-5364
- Leave a message at (250) 295-7216
- e-mail pgars@telus.net for more information

Princeton Ground Search & Rescue Society
is now accepting applications for the
Spring 2009 Training Session

RDOS announces new depots

The Regional District of Okanagan-Similkameen (RDOS) is now providing free household battery recycling at select local businesses in Oliver and Penticton.

Batteries contain corrosive acids and a number of toxic metals such as lead, cadmium and mercury. Batteries make up only a small part of the waste stream but can potentially pollute soil and water for hundreds of years. Recycling

allows the valuable materials in batteries to be re-used rather than lost in the landfill.

Currently the RDOS accepts all batteries free of charge at:

- Campbell Mountain (Penticton) Landfill
- Oliver Landfill
- Okanagan Falls Landfill
- Keremeos Landfill

Household batteries include those lettered batteries labeled AAAA to

D and any other battery roughly the size of your fist. Larger batteries, such as automotive batteries, should be taken directly to a landfill for recycling. Residents can drop off household batteries at the locations above during business hours.

Place batteries in bags and try to separate rechargeable batteries from non-rechargeable batteries when possible. - submitted

Keremeos RCMP investigate incidents

Keremeos RCMP report that on Thursday, February 5th at approximately 11:00 AM they executed a search warrant on a residence in the 900 block of 10th Avenue in Keremeos.

Two males were detained at the scene and a small amount of

marihuana was seized from the residence.

Police located an inactive grow room in the home.

Anyone with information on indoor marihuana grow operations or illicit drug activity is asked to contact the Keremeos RCMP Detachment office at (250) 499-5511 or CrimeStoppers at 1-800-222-8477.

Police also report later the same day at approximately 12:50 PM they received a call to a vehicle collision with two pedestrians at the intersection of 7th Street and 7th Avenue.

Keremeos Volunteer Fire

Department and BC Ambulance also responded to the call.

Two pedestrians were crossing the street in a designated crosswalk when they were struck by a vehicle. The driver admitted to not seeing the two women crossing the street until it was too late.

Both pedestrians, residents of Keremeos, were transported to Penticton Regional Hospital for examination and treatment. Their injuries were considered non-life threatening.

The driver of the vehicle was charged under the Motor Vehicle Act and will answer to the offence of 'Fail to Yield to Pedestrian.' - submitted by RCMP

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Sharon Minshull, Sharon Hildebrandt and Jaquie Manet-Bobier unfold some of the beautiful oriental fans collected by Manet-Bobier and displayed at the recent Chinese dinner at Hedley Museum. The facility will be hosting an open house February 21st. - photo submitted

Hedley celebrates Heritage Week

There have been several changes at the Hedley Museum and you are invited to an open house on Saturday, February 21st from 11:00 AM to 3:00 PM to come and see for yourself.

There is a new upstairs office, a new media room, and the tea room is back. The museum gallery has new displays (some still in progress).

BC Heritage Week is being celebrated with coffee, tea and squares in the tea room, an open gallery and an opportunity to view recent new museum acquisitions in the media room. If the weather permits the spotting scope will be out on

the porch for visitors to peer at the Mascot Mine buildings.

Opening day for the Hedley Museum is officially April 1st. Chuck Schmidt will be running the tea room for the tourist season, and offering assistance to visitors as well. Officially retired from the Mascot Mine tours he has gone on to be Hedley's official host at the museum.

Gerry Wilkin is fielding archival and research enquires, and there is a dedicated group of volunteers.

To make enquires about events - the open house on February 21st, Murder Mystery on March 14th or to arrange group tours or receive a

newsletter e-mail hedleymuseum@nethop.net and Lorraine will assist you. You can also leave a message at (250) 292-8572.

Come for a cup of coffee and baking treats at the Hedley Museum on February 21st and browse among the photo collection afterward. There are several new acquisitions for the museum such as items from the Hedley Elementary School and the altar cloth from St. John's Church that will be laid out for a closer look.

Annual memberships will be available, but none required to just come and have an interesting afternoon. - submitted

Vermilion Court Report

by Dorothy Stenvold

The lovely aroma of pies, cakes and cookies are all about us as we prepare for our Tea on Saturday the 14th. By the time you read this it will be over, of course.

Many friends have contributed - among those is the Special Olympics group under the leadership of Pat Taylor who donated bouquets of flowers. Thank you so much, Pat.

A group of children ages 0-6 years accompanied by their mothers visited one morning. They were so good and so interested as they each made Valentines for their parents, friends or relatives.

And, yes, you guessed it! We also made cards and then the group enjoyed small assorted pieces of fruit and cookies.

I understand these children were

from the John Allison school and under the leadership of Pam Thomas.

Our word making from 'President Obama' was interesting. Playing 'Five In A Row' (a card game) was also played and, of course, exercises done while Ruth played the organ. Now we're waiting for Spring although we know it will take a few more weeks.

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**HARRY
LALI**
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**Harry Lali hosts
MLA David Chudnovsky's free public screening of the
documentary short film on homelessness in British Columbia
"The Way Home"**

**1:00 PM Thursday, February 26th
Riverside Wellness Centre Theatre - 148 Old Hedley Road, Princeton**



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news leader health and lifestyle page

Don't stop it now! Ways to stay active

by Jill Rhynard, BScN, MPH
Coordinator of Health Promotion
for Population Health
Interior Health

Need a little 'pick-me-up' to keep yourself motivated towards participating in daily physical activity? Some of the following tips take just seconds to do, while others might require you to make minor adjustments to what you are already doing.

Schedule your day to include some physical activity, and guard it religiously.

Try to be physically active at roughly the same time each day. Your body will respond favourably to habit.

If you're in a rut try something different! This can keep things fresh and your attitude about physical activity will remain positive.

Keep a progress chart of your activities. Reminding yourself of what you've done is great motivation to keep at it. It also helps you establish a pattern.

Do activities with friends and try to match their total participation time. Don't measure who is stronger or faster, but establish a friendly rivalry over commitment.

If you're intimidated about joining in a group activity, go watch a class first, and even meet with the instructor.

Plan social gatherings around physical activity. Visit with a friend and hike at the same time.

Set realistic goals.

Listen to music that keeps pace

with your body.

If your day is so hectic that you can't get in your standard block of activity time, try splitting it into smaller and more frequent portions of time. You will still receive many benefits.

Don't lie down when you can sit; don't sit when you can stand; don't stand when you can walk. Little, normal day to day activities you take for granted can actually provide you with a day chock-full of physical activity!

Take occasional stretch breaks to relieve muscle tightness and recharge your batteries.

When you are out for a walk, put the wind in your favour. Try to start

out by having the wind at your back, when you're not as warmed up. Return facing the wind when you're feeling stronger and more flexible.

Be your own best friend. Be supportive of your efforts and forgiving of your errors. Never criticize yourself for failing to meet all your physical activity goals.

If your goal is to walk the recommended 10,000 steps a day, consider these counting tips:

One mile = 2,000 to 2,100 steps
Nine holes of golf without a cart = 8,000 steps

Ten minutes of non-brisk walking = 1,200 steps

Two hours of watching TV = 0 steps.

- submitted

living past 100

Take inflammation out of your life

Inflammation is one of the things that can kill you. It will not kill you fast, except in heart attack, but it will kill you.

The word "inflammation" comes from the same source as the word "flame". It means hot spots in the body, where the body is fighting off some kind of infection.

Inflammation of the blood vessels is the primary cause of plaque build-up. Inflammation of the joints is known as arthritis. When you have a cut or scrape on your skin and infection begins, you will see the skin turn pink and swell. That's inflammation. You can have inflammation anywhere in your body, and if it persists, you will have a disease.

Fortunately, our bodies are good at getting rid of infections, for the most part. It is when our bodies have to fight inflammation day after day that we become diseased.

Keeping inflammation away is difficult, despite many medications to reduce inflammation.

The best way to prevent inflammation is to eat a "clean" diet. That means a whole lot of raw foods, such as salads, along with very few fats. Acceptable fats are olive oil and butter. Unacceptable fats are those found in deep-fried foods, and corn oil and some other vegetable oils.

Exercise is a good way to stop inflammation. When you exercise, your brain releases its own anti-inflammatory compounds that work far better than any medications you can buy. What's even better, you don't have to process the brain compounds through your stomach the way you do when you take a medication.

Reducing inflammation includes taking good care of your teeth and keeping your mouth very clean. Chronic inflammation can result from a dirty mouth. The high level of bacteria in the mouth can be a source of inflammation for the rest of the body.

Believe it or not, adding fibre to your diet reduces inflammation conditions. Add Vitamin C at 500 mg. a day, and Vitamin D at 500 IU a day, and you are really getting rid of inflammation.

Add red onions to your daily salad, and get even more benefits from a compound called quercetin.

If you want to live a long healthy life, the only way to do it is through eating a healthy diet and doing plenty of exercise. Go for it, and keep the inflammation away.

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Overwaitea Manager Mike Talarico, Deb Hearty and Mac MacDonald pose in front of the waffle bed and big screen TV donated to PGH from funds raised from the annual Show 'n' Shine Car Show. Accepting the gift is PGH/Ridgewood Lodge Manager Peter Donohoe. *

Car show provides hospital equipment

A total of \$3,282.53 was raised over the past two Overwaitea/A&W Show 'n' Shine Car Shows in support of Princeton General Hospital and Ridgewood Lodge.

The funds were used to purchase a waffle bed - which is used in a variety of ways for bedridden patients -

and a 32-inch Sony flat screen TV. The items were donated to PGH and Ridgewood Lodge last fall.

Fundraising coordinator Ellen 'Mac' MacDonald credits a small committee of dedicated volunteers, including Overwaitea Store Manager Mike Talarico, co-worker

Deb Hearty and fundraiser John Draper for making the equipment donations possible.

Draper also deserves extra mention for his continued contributions to the event as well as A&W owner Otto Coers for enabling the group to hold the successful car shows.

We're different, and we like that.

Similkameen News Leader

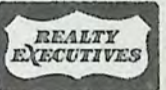
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- Prepared to represent the 'Team' in a professional and proficient manner and accept direction and guidance?
- Prepared to have a Criminal Record Background Check done?

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HOW YOU CAN JOIN:

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- Leave a message at (250) 295-7216
- e-mail pgsrs@telus.net for more information

Princeton Ground Search & Rescue Society is now accepting applications for the Spring 2009 Training Session



The Vermilion Court Valentine tea and bake sale featured strawberry shortcake. The event was organized as a fundraiser for expansion of the facility. Above, patrons enjoy tea and cake. Photo: Dawn Johnson

Labour a challenge in tourism sector

..... continued from Front Page much larger role in the tourism sector, where historically it hasn't," said Clements.

"The study shows that employers are looking at ways to find good workers."

Clements adds, "It used to be a higher end hotel in the South Okanagan would run an ad and get thirty to sixty applications. Now they are getting very few and resorting to targeting people from

other organizations."

The study shows that businesses in the tourism sector are finding they are having greater than 20 percent turnover in year-round and seasonal workers.

"Now with the slow down in the economy the pool of available employees is growing due to the increase in unemployment. It was four percent at the start of summer and now it is six percent," said Clements.

"The challenge is that those people have come from manufacturing and construction jobs and there is a substantial wage difference between these industries and tourism."

Wages however, are increasing in the tourism sector. The majority of respondents indicated that entry-level wages in the tourism cluster in the Okanagan are above BC's minimum wage. The most common range is \$10 to \$12. Forty five percent of employers indicated that their wage rates are increasing faster than revenues.

The survey was conducted with businesses in the Okanagan/Similkameen tourism industry. Information was gathered from employers, destination market operations and associations. Responses from the tourism operators throughout the region resulted in 236 completed surveys, a 28 percent response rate.

Recommendations by the Partnership include creating a feedback loop where information from visitors about their experience of the Okanagan/Similkameen can help businesses to continuously improve both products and service levels and to enhance operating margins.

"Such information can then be used in hiring and training programs to ensure the labour force meets the demands of the tourists. Such a program will be crucial to long term success if the region wishes to remain a tourist destination," said Clements.

"We hope that this study helps shed some light on the challenges the tourism industry is facing so that they can be addressed by streamlining, adapting and expanding existing programs to serve the sector better," said Clements.

Posse make the playoffs

..... continued from Front Page from scoring.

The home team kept putting pressure on the Grizzly goal and at 4:28 Matt Chomyc wound up and blasted a shot from just inside the blue line that zipped down low and through the legs of Grizzly goalie Jordan Barry as he hit the ice on his knees. Barry looked as if he thought he stopped the shot but discovered the puck was behind him when he took a peek.

Assists on that goal went to John Minot and Kyle L'Arrivee.

Revelstoke came back at 6:33 and

added another goal to narrow the gap and pulled their goalie for an extra man in the final 40-seconds of play. The move almost backfired as Posse players got at least two shots on the empty net but either hit the outside post or couldn't get the puck past fast-thinking Revelstoke defenders blocking their net.

Final score: Princeton 3, Revelstoke 2. Shots on goal: Princeton 32, Revelstoke 25. The Princeton Dairy Queen/Overwitea Foods players of the game were: #3 - Nate Rempel, #2 - Dan Hillman and #1 - Matt Chomyc.

Princeton Area Ghost Towns - The DVD

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Residents enjoyed the first annual Winter Celebration at China Ridge on February 8th. - photo submitted

Princeton Court News
EXCLUSIVE TO THE NEWS LEADER
News Leader Court Reporter Dawn Johnson

Impaired drivers pay

In Provincial Court in Princeton on February 12, drivers charged with over .08 blood alcohol faced the new stiffer penalties.

Sean M. Fox was apprehended near Princeton on September 1, 2008, while speeding on Blackmine Road.

Although he had no prior impaired driving convictions, he had a lengthy record of other driving convictions. When he was charged with impaired driving, the Superintendent of Motor Vehicles seized his driver's licence. Fox pleaded guilty to the current charge, and will be prohibited from driving for the coming year. In addition, he must pay a \$1,000 fine.

Patrick E. Hurley drove into the ditch near Popkum, B.C. on October 21, 2008. He was taken for a breath test, and readings of .280 and .270 were obtained. He entered a guilty plea in Princeton, and due to the high readings, he is prohibited from driving for 18 months and will pay a \$1,200 fine.

Dog dislike ends in court

In Provincial Court in Princeton on February 12, Richard S. Derish entered a guilty plea to a charge of assault.

On January 19, 2009, a woman residing at the same motel was

walking her dog. Derish approached her, complaining about the dog. He pushed her down in the snow and attempted to hold her down, but she was able to get away.

Judge G. Sinclair sentenced the 42 year old Princeton resident to nine months probation. He is to have no contact with the woman, and is to write a letter of apology to her.

Local man pleads to drug charge

Robert L. Gold, age 48, of Princeton, appeared in Provincial Court on February 12 to plead guilty to a charge of possession of a controlled substance. Police apprehended Gold on another matter, and searched him following his arrest. They found crystal meth and cocaine on him. He was ordered to pay a \$250 fine and serve a nine month probation.

Man charged in brawl

Shaun Ortwein, of Princeton, appeared in Provincial Court on February 12 to plead guilty to a charge of causing a disturbance. Information provided to the court revealed that Ortwein was charged as a result of a brawl in a local watering hole.

On July 5, 2008, patrons of the establishment were watching a martial arts program on television. Some patrons from Princeton took

exception to some from Prince George and a brawl ensued, involving at least 20 people. Ortwein was charged as the instigator.

As Ortwein had a prior conviction for impaired driving, Judge Sinclair concluded alcohol was a problem.

Ortwein was ordered to serve a 12 month probation with the conditions that he consume no alcohol, take counselling, and not enter any place where alcohol is sold. In addition, he must serve 16 hours of community service.

Girl scrap leads to court

A female youth appeared in court on February 12 to plead guilty to a charge of common assault. Information presented in court indicated the victim of the assault had telephoned her mother to say some girls were bullying her. The mother went to the location and saw her daughter on the ground with three or four other girls there. One girl was hitting and kicking the victim.

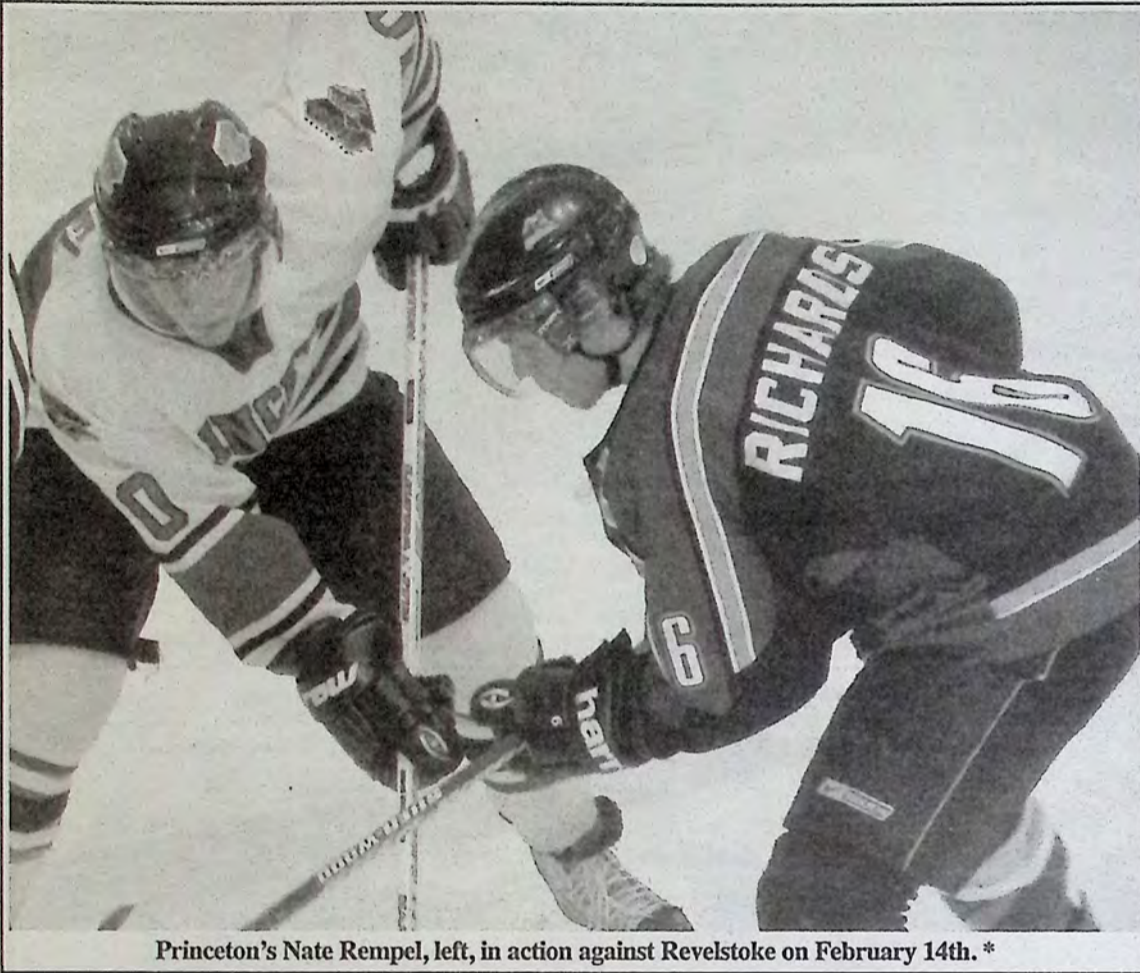
The youth admitted the fight was about a boyfriend.

Judge G. Sinclair sentenced the youth to 12 months probation, 10 hours of community work service, and ordered her to write a letter of apology to the victim.

Princeton Court News
EXTENSIVE ARCHIVE OF PAST COURT REPORTS
Available at our website: www.thenewsleader.ca

weekly entertainment guide

TUESDAY, FEBRUARY 17, 2009 THROUGH MONDAY, FEBRUARY 23, 2009



Posse soar over Eagles

The Valley First Princeton Posse hosted Sicamous Eagles in a rare afternoon game February 15th.

Both teams played a fast-paced, hard-hitting 60-minutes of hockey to the delight of a huge crowd in Princeton Arena.

Just as it was looking as if the first period was going to end scoreless, Brenden Stephen sent a low shot on goal, which was deflected by Derrick DeLisser and sent it up high and over the left shoulder of the Eagle goalie. The power play goal was scored with just 9.2-seconds left in the period.

Sicamous came back and tied the game at 13:00 of the second period.

The Posse added their second goal at 4:03 (Jason Alessio from John Minot and Kyle L'Arrivee).

Princeton added another marker with just 12.7-seconds left in the period (Brenden Stephen from Matt Chomyc and Jason Alessio).

The third period saw Princeton continue to control the play and add their fourth goal of the game at 17:07 (Kyle L'Arrivee from Jason Alessio).

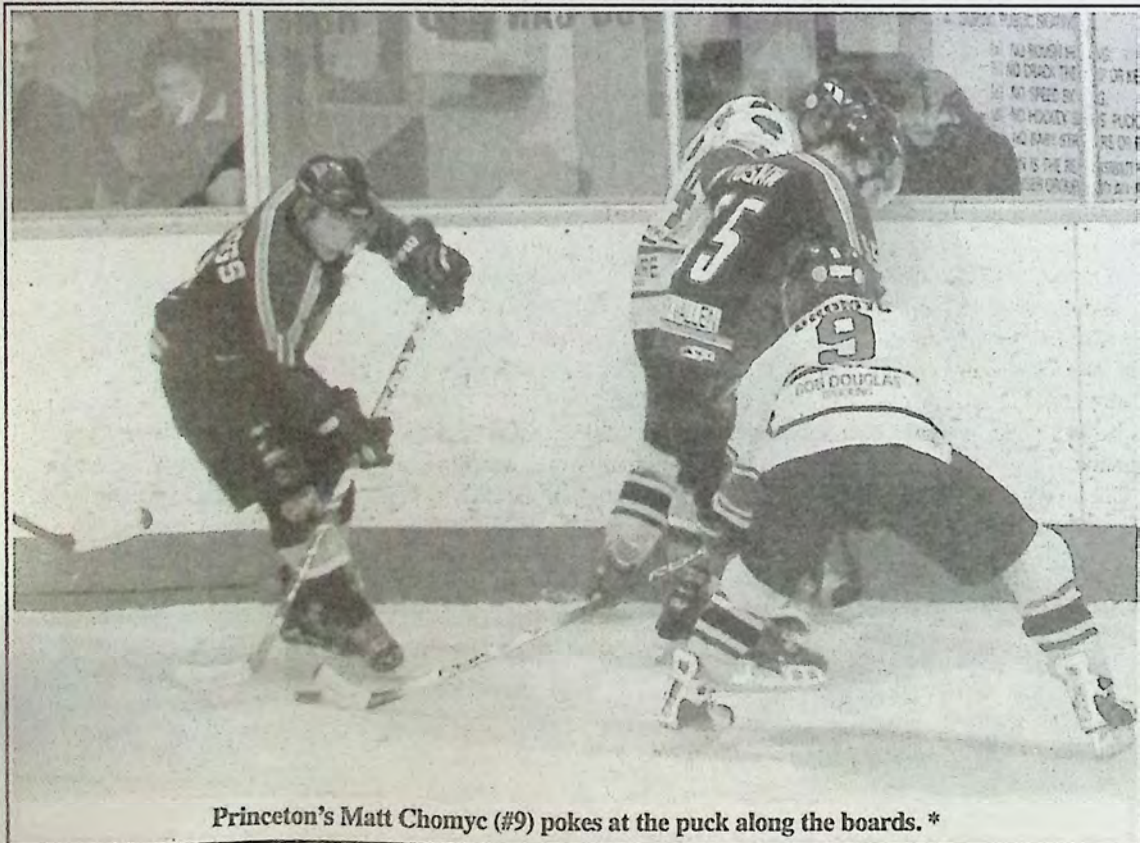
Sicamous did not let up and

added another goal of their own at 2:06, but by then there was no hope of them coming back strong enough to force a tie.

Jason Alessio totaled three points in the game with Brenden Stephen and Kyle L'Arrivee both adding two points each to their stats.

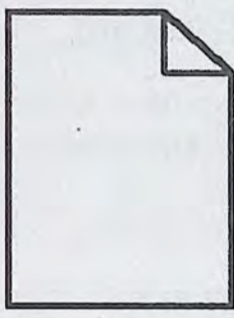
Final score: Princeton 4, Sicamous 2. Shots on goal: Princeton 30, Sicamous 28.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Michael Gartieg, #2 - Kyle L'Arrivee and #1 - Jason Alessio.




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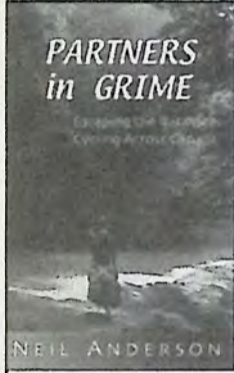
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Princeton Posse player Derrick DeLisser caught in action during the Revelstoke match February 14th. *

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A traffic jam in front of the Posse goal. *

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Princeton's Nate Rempel takes control during the February 14th game against Revelstoke. *

TUESDAY, FEBRUARY 17, 2009

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6 AM	Jeffersons	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Power Play
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Razberry Animal	Hawks Rollbots	SportsCentre		What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)	100 Huntley Street (N)	Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre		To Be Announced	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!			The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why! Gofrette	Berenstain Timothy	Off-Record Motoring	Regis and Kelly	Daily Planet	Foot Tigger	News (N) City	Unsolved Mysteries
10 AM	Trivial	The Mom Show	Sid (10:35)	Sesame Street (El)			The Price Is Right (N)	CSI: Miami "Payback"	The View (N)	World Vision	World Vision House	Wilbur	George S. Jane	Bowling	The View (N)	How Do How Do	Mickey Handy	The O.C.	Unsolved Mysteries
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Flag Football	Twice in a Lifetime	Really Big Things	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Diner	(11:59) Charlie Rose	Painting	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	Billiards: WPBA	etalk	Man vs. Wild Panama.	(11:49) Weekend	CityLine	CSI: NY "The Fall"	Seinfeld
1 PM	Still Std	Home to	Maggie Daniel	Painting	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Winter X Games	Sue Thomas: F.B.Eye	Verminator	Dragon Emperor	ER "Status Quo"	CSI: NY	Raymond King
2 PM	King	Guiding Light (N)	(1:59) Barney	The Bonnie Hunt Show	Guiding Light (N)	Dr. Phil	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	King Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o Meeting smart animals.	Big World WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	Canada's Worst Driver	Replace Emperor	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Payback"	Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Mercer	SpongeBob OddParent	NHL Hockey: Buffalo Sabres at Toronto Maple Leafs.	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn
5 PM	Movie: "Just Cause"	News (N)	Martha (5:33)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48	News ABC News	News (N) Global	(4:59) News (N) Global	Simpsons Fortune	OddParent SpongeBob	Sabres at Toronto Maple Leafs.	News (N)	How-Made	Suite Life Montana	Privileged	CSI: Crime Scn	Family Guy Seinfeld
6 PM	Connery	Global News	Mechanics Reach	News-Lehrer	News (N) Millionaire	News (N) Hollywood	The First 48	News	News (N)	ET Canada	News (N)	Drake iCarly	SportsCentre (Live)	etalk	Destroyed Time Warp	Zoey 101	Scrubs	Ultimate Knockouts 5	Seinfeld Raymond
7 PM	Harvey	El News	Gardens Edén	Nova (DVS)	Jeopardy! Fortune	The Doctors	Manhunter	Entertain	Entertain	90210	Coronatn Jeopardy!	Adrenaline Frank Ptrl	Hockey	Hollywood	Extreme Loggers (N)	Wizards Montana	Primetime: What Would	DEA (N)	Family Guy
8 PM	Family Guy	The Biggest Loser (N)	Stephen Fry in America	Wild (DVS)	The Biggest Loser (N)	NCIS "Bounce" (N)	The Beast	Homeland Security USA	NCIS "Bounce" (N)	NCIS "Bounce" (N)	Mercer 22 Minutes	Malcolm Futurama	Sports In Corner	American Idol Twelve semifinalists	Daily Planet	Suite Life Buzz	News (N) (8:35) News	Real Vice	Seinfeld
9 PM	Movie: "Just Cause"	News (N)	Martha (5:33)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48	News ABC News	News (N) Global	(4:59) News (N) Global	Simpsons Fortune	OddParent SpongeBob	Sabres at Toronto Maple Leafs.	News (N)	How-Made	Suite Life Montana	Privileged	CSI: Crime Scn	Family Guy Seinfeld
10 PM	Connery	Global News	Mechanics Reach	News-Lehrer	News (N) Millionaire	News (N) Hollywood	The First 48	News	News (N)	ET Canada	News (N)	Drake iCarly	SportsCentre (Live)	etalk	Destroyed Time Warp	Zoey 101	Scrubs	Ultimate Knockouts 5	Seinfeld Raymond
11 PM	Sanford	News (N)	Teeth	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Manhunter	News (11:35)	News (N)	ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Most Amazing Videos	King

WEDNESDAY, FEBRUARY 18, 2009

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7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Home improvements; Mark Bittman; Today's	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Skunk Fu!	SportsCentre		Naked Science	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)	100 Huntley Street (N)	Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre		How-Made	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Kitchen; Molly Sims. (N)		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record SnowTrax	Regis and Kelly	Daily Planet	Foot Tigger	News (N) City	Unsolved Mysteries
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (El)			The Price Is Right (N)	CSI: Miami "The Score"	The View Bonnie Hunt.	World Vision	World Vis House	Wilbur	George S. Jane	Bowling	The View Bonnie Hunt.	Destroyed Time Warp	Mickey Handy	The O.C.	Unsolved Mysteries
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Juicing Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Pop Warner	Twice in a Lifetime	Mayday	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	(12:01) Charlie Rose	Art Work	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	Billiards: WPBA	etalk	Blueprint for Disaster	(11:49) Weekend	CityLine	CSI: NY "On the Job"	Seinfeld
1 PM	Still Std	Home to	Maggie Daniel	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Winter X Games	Sue Thomas: F.B.Eye	Extreme Loggers	Dragon Emperor	ER	CSI: NY "The Closer"	Raymond 70s Show
2 PM	King	Guiding Light (N)	(1:59) Barney	The Bonnie Hunt Show	Guiding Light (N)	Dr. Phil	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	70s Show Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo o "H2O"	Big World WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "The Score"	Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Laughs	SpongeBob OddParent	NHL Hockey: Montreal Canadiens at Washington Capitals.	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn
5 PM	Movie: "The Hand That Rocks the Cradle"	News (N)	Martha (5:34)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48 "Silenced"	News ABC News	News (N) Global	(4:59) News (N) Global	Simpsons Fortune	OddParent SpongeBob	Sabres at Toronto Maple Leafs.	News (N)	Austin Stevens	Suite Life Montana	To Be Announced	CSI: Crime Scn	Family Guy Seinfeld
6 PM	Connery	Global News	Think Big Water	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Dog	News	News (N)	ET Canada	News (N)	Drake iCarly	SportsCentre (Live)	etalk	Deadliest Catch	Zoey 101	Chris Friends	UFC's Ultimate Fight Night	Seinfeld Raymond
7 PM	(7:15) The Insider	El News	Canadian Waterways	Monarchy-Royl	Jeopardy! Fortune	The Doctors	Dog Exterm	Entertain	Entertain	(7:02) Life on Mars (N)	Coronatn Jeopardy!	Prank Ptrl	SportsCentre (Live)	etalk	Mayday "Ghost Plane"	Wizards Montana	I Love Money	Family Guy	
8 PM	(8:15) Knight Rider (N)	Man Made Marvels	American Masters (N)	Knight Rider	Christine Gary	Exterm	Lost	Lie to Me (N)	Lie to Me (N)	Week Women	Malcolm Futurama	SportsCentre (Live)	American Idol	Daily Planet	Suite Life Buzz	News (N) (8:35) News	EA Gillette	Seinfeld	
9 PM	Movie: "The Hand That Rocks the Cradle"	Party Monsters: Cabo	Suzie LeBlanc	Life "I Heart Mom" (N)	Criminal Minds (N)	The First 48 "Silenced"	Lost "316"	Bones (N) (PA)	Bones (N) (PA)	Being Erica (N)	Adrenaline Prank Ptrl	NFL Films Motorcycle	Criminal Minds	MythBusters	Wizards Life Derek	(9:08) Jimmy Kimmel	CSI: NY	70s Show "On the Job"	70s Show
10 PM	Sanford	News (N)	Teeth	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Manhunter	News (11:35)	News (N)	ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Most Amazing Videos	King

News Leader Horoscopes

February 18 - 25, 2009

Aries - You are entering a month when you need to look into yourself and try to find what makes you tick. What works well in your life and what does not? This is the time to do it.

Taurus - Career demands continue to keep you hopping. Older members of the family may demand more of your time, and home, family and career need balancing. Try to make it work.

Gemini - This week your focus shifts to career. You are in a year where you have an easy time learning new things, and you can apply this to career. Join a group to learn more.

Cancer - You may have a strong urge to travel now. Career runs smoothly, but you need to focus on taxes, debt reduction. You could benefit by financial planning. Look for hidden assets.

Leo - You could have a big fight with a partner, or have a lot of fun with friends. You might even have an exciting romantic interlude. Watch out for egomaniac getting in your face.

Virgo - Work and health are your focus for things that go well. Job will demand a lot from you, but there will be rewards. If you need a new job, now is the time to find one. Don't overindulge.

Libra - You feel very creative. You want more beauty, more fun in your life. Young people are source of action and good news. Partner and friends are good to you. Focus on job.

Scorpio - Family life is full of fun and activity. Work on home is productive, brings improvements. You would like to have more fun. Job runs smoothly, health is good. Groups are burden.

Sagittarius - Messages are important, may required instant action. Quick response can bring benefits. You want to have a lot of fun, but duty first. Look for opportunity from youth.

Capricorn - Your focus shifts to siblings, neighbourhood. Pay attention to letters, phone calls, messages. Good time to work on improving beauty of home, and sending greetings to family.

Aquarius - You may feel you can do anything you want now, but curb that ego! Good news comes, but you can't afford to splurge. Stick to budget. Have fun in inexpensive ways.

Pisces - This is your time to focus on how others see you. Maybe you need a makeover? This is the time to put your best foot forward til April 21. Others don't see you in the best light.

Princeton Area Ghost Towns - The DVD

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tuesday movies

AFTERNOON

5:00 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. (E)

EVENING

9:00 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. (E)
10:00 pm KNOW (5) "Dreams With Sharp Teeth" (2007, Documentary) Premiere. (E)

wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "The Hand That Rocks the Cradle" (1992, Suspense) Annabella Sciorra. To carry out her plan of revenge, an unhinged woman charms a Seattle couple into hiring her as a nanny. (E)

EVENING

8:45 pm WTBS (3) ★★★ "The Hand That Rocks the Cradle" (1992, Suspense) Annabella Sciorra. To carry out her plan of revenge, an unhinged woman charms a Seattle couple into hiring her as a nanny. (E)

News Leader Recipe Corner

(Recipe #259)

Brought To You By: Similkameen News Leader

Butter Chicken

4 Servings

Claims

- No Trans Fat
- No Artificial Colours
- No Artificial Flavours

All You Need

- 2 tbsp (30 mL) vegetable oil
- 3/4 cup (175 mL) finely diced onion
- 1 lb (500 g) chicken, cubed
- 1 can (7.5 fl oz / 213 mL) tomato sauce
- 1 cup (250 mL) half and half cream (10 %)

All You Do

1. In wok or large skillet heat vegetable oil over medium-high heat
2. Add onion and chicken. Stir-fry 6 minutes or until chicken is no longer pink.
3. Add Club House Butter Chicken seasoning mix, tomato sauce and cream stirring constantly until sauce is thickened. Simmer 5 minutes, stirring occasionally.
4. Serve over basmati rice.

Tip: For lighter recipe, substitute 1 cup (250 mL) cream with 3/4 cup (175 mL) milk.

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Princeton Posse 2006/07 - The DVD



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thursday movies

EVENING

7:00 pm WTBS (3) ★½ "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim. (E)
9:00 pm CHBC (4) "Blind Trust"

(2007, Suspense) Jessica Capshaw. An innocent woman learns sinister secrets about her lawyer after he defends her for murder. (E)
10:30 pm WTBS (3) ★½ "I Know What You Did Last Summer" (1997, Horror) Jennifer Love Hewitt. A killer stalks North Carolina teens who disposed of an auto accident's live victim. (E)

friday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Sahara" (2005, Adventure) Matthew McConaughey. A treasure hunter and his sidekick join forces with a doctor to search for a Confederate ship in Africa. (E)

EVENING

7:00 pm YTV (18) ★ "Spice World" (1997, Musical Comedy) The Spice Girls. An all-girl musical group prepares for a live performance at London's Royal Albert Hall. (In Stereo) (E)

7:30 pm FAM (26) ★★ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months.
9:00 pm WTBS (3) ★★½ "Sahara"

(2005, Adventure) Matthew McConaughey. A treasure hunter and his sidekick join forces with a doctor to search for a Confederate ship in Africa. (E)
9:03 pm FAM (26) ★★★ "My Dog Skip" (2000, Drama) Frankie Muniz. In 1942 a shy boy receives an exuberant Jack Russell terrier that plays matchmaker and helps protect him from bullies.
10:00 pm KNOW (5) "Time Indefinite" (1993, Documentary) Premiere. Filmmaker Ross McElwee's "Sherman's March" personal treatise on life, love, marriage and family tragedy. (E)
10:39 pm FAM (26) ★★½ "Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class snowboarder. (E)

THURSDAY, FEBRUARY 19, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henrys King	CityLine	Married... Married...	Traders
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Suzz Orman; color therapy	The Early Show (N)	The First 48	Good Morning America (N)			Razberry Animal	Hawks Monster	SportsCentre		Mega Builders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Curious		The First 48		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		Extreme Loggers	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Kardashian. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record Motorcycle	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Make What
10 AM	Trivial	The Mom Show	Sid	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	World Vis House	Wilbur	George S. Jane	Bowling	The View (N)	Austin Stevens	Mickey Handy	The O.C.	Unsolved Mysteries	The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The First 48	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Boxing: Ruslan Chagaev vs.	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	(11:59)	Charlie Rose	Money	News (N)	The First 48	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	Carl Davis Drummond.	etalk	Mayday "Ghost Plane"	(11:49) Weekend	CityLine	CSI: NY	Seinfeld
1 PM	Still Stud	Home to	Maggie	Landscape	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Winter X Games	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER "Atonement"	CSI: NY "Zoo York"	Raymond Just Shoot
2 PM	King	Guiding Light (N)	(1:59)	Barney	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	Just Shoot Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo "Animal Daycare"	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	Deal No	George S.	Cyberchas	Judge J.	The First 48	Inside	Oprah Winfrey	(3:59) News Global	NHL Hockey: Canadiens at Pittsburgh Penguins.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Make Fashion
5 PM	Friends	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Canadiens at Pittsburgh Penguins.	OddParent	Westminster Kennel Club Dog Show	News (N)	Machines of Malice	Suite Life Montana	Ugly Betty (N)	CSI: Crime Sen	Family Guy Seinfeld
6 PM	Friends	Global	Creatures	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	Drake	Erky Perky	"Closing Night" (Taped)	News (N)	Ancient World	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld Raymond
7 PM	Movie: "I Know What You Did"	El News	Eden	Health Matters	Jeopardy!	The Doctors	The Beast "Hothead"	Entertain	Entertain	Life	News	H2O Just	Jeopardy!	etalk	MythBusters	Wizards	Hell's Kitchen (N)	Family Guy	
8 PM	Last Summer	Name Earl Kath &	Myths and Heroes	Poirot	Name Earl Kath &	Survivor: Tocantins	The Beast "Hothead"	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	Coronatn Fortune	Malcolm Futurama	CSI: Crime Sen	Daily Planet	Suite Life Buzz	News (N) (8:35) News	CSI: Crime Sen	Seinfeld	
9 PM	Family Guy	Movie: "Blind Trust" (2007)	Architecture	New Tricks	The Office (9:31) 30	CSI: Crime Sen	The First 48	Grey's Anatomy (N)	The Office Kink	The Office Kink	Year of the Hunter	Zixx Level Prank Ptr	Score Golf Motoring	Grey's Anatomy (N)	Deadliest Catch	Wizards Life Derek	(9:06) Jimmy Kimmel	MANswers	Just Shoot
10 PM	Seinfeld	"I Know What You Did Last"	Vertical	Soundstage	ER (N)	(10:01) Eleventh Hour (N)	The First 48	(10:02) Private Practice (N)	Life "I Heart Mom" (N)	News Hour Final (N)	National	Falcon Beach	Winter X Games	ER (N)	Machines of Malice	School Cory	Flavor of Love	UFC 95 Countdown	Married... Raymond
11 PM		News (N)	FASD: Finding Hope	Charlie Rose (N)	News (N) Tonight	News (N)	The Beast "Hothead"	News (11:35)	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Ancient World	Suite Life Life Derek	Judge Paid Prog.	Disorderly Con.	Just Shoot

FRIDAY, FEBRUARY 20, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	Jeffersons	News (N)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henrys King	CityLine	Married... Married...	Adventures of Sinbad	
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Today's Pets; gardening; Barbara Corcoran; Tony Danza.	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentre		Monster Moves	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits	
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Curious		Cold Case Files		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60 "Tango"	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Kardashian. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record Score Golf	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Tube Tales What	
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (El)		The Price Is Right (N)	CSI: Miami "Fade Out"	The View (N)	World Vision	World Vis House	Wilbur	George S. Jane	In Corner NHRA Drag	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	Unsolved Mysteries	The Nanny	
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Hospital-Sick	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Basketball: Toronto Raptors at New York Knicks.	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210	
12 PM	Fresh Pr.	Eat, Shrink	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	Winternationals. From Pomona, Calif. (Taped)	etalk	Machines of Malice	(11:49) Weekend	CityLine	CSI: NY "YoungBlood"	Seinfeld	
1 PM	Still Stud	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Winter X Games	Sue Thomas: F.B.Eye	Ancient World	Dragon Emperor	ER	CSI: NY	Raymond	
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Bad Beat"	Frasier	
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo "Families" (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What	
4 PM	Payne	Debt Part	Deal No	George S.	Cyberchas	Judge J.	CSI: Miami "Fade Out"	Inside	Oprah Winfrey	(3:59) News Global	Fashion F. Air Farce	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Tube Tales	
5 PM	Movie: "Sahara" (2005)	News (N)	Martha	BBC News	News (N)	News (N)	CSI: Miami "Rush"	News	News (N)	(4:59) News (N)	Simpsons Fortune	OddParent	Basketball: Toronto Raptors at New York Knicks.	News (N)	Discovery Project Earth	Suite Life Montana	Mantrucker	CSI: Crime Sen	Family Guy	
6 PM	Mathew McConaughy	Global	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami	News	News (N)	ET Canada	News	iCarly	Prank Ptr	News (N)	Man vs. Wild (N)	Zoey 101	Survivorman	DEA	Seinfeld	
7 PM	Seinfeld	E News	Aretic Mission	Wash Wk	Jeopardy!	The Doctors	CSI: Miami "Burned"	Entertain	Entertain	NUMB3RS	Coronatn Jeopardy!	Movie: "Spice World" (1997) The Spice Girls.	SportsCentre (Live)	etalk	Deranged	Wizards	Crusoe	Real Vice	Family Guy	
8 PM	Family Guy	True Hollywood Story	Poirot	Bill Moyers Journal	Howie Do	Howie Do	Criminal Minds	Wife Swap	Howie Do	Howie Do	Mercer	Marketple	Off-Record	Ghost Whisperer	Daily Planet	"Around the World in 80 Days"	News (N) (8:35) News	Disorderly Con.	Seinfeld	
9 PM	Movie: "Sahara" (2005)	Friday Night Lights (N)	Dalziel and Pascoe (N)	NOW	Friday Night Lights (N)	Flashpoint	CSI: Miami "Rush"	Supernanny (N)	Dollhouse "The Target"	(9:01) Dollhouse "The Target"	fifth estate	Falcon Beach	Boxing: Friday Night Fights. (Same-day Tape)	Flashpoint	Discovery Project Earth	Man vs. Wild	(9:03) Movie: "My Dog Skip" (2000)	(9:06) Jimmy Kimmel	MANswers	Family Guy
10 PM	Mathew McConaughy	20/20	Movie: "Time Indefinite" (1993)	The View of Dibley	Dateline NBC	NUMB3RS	CSI: Miami	20/20	NUMB3RS	News Hour Final (N)	National	Ghost	Mystery	Discovery Project Earth	Deranged	(10:39) Movie: "Johny Tsunami"	(10:06) Party Poker	EA Gillette	Raymond	
11 PM	Montel W.	News (N)	(1993) Premiere	Austin City Limits (N)	News (N) Tonight	News (N)	CSI: Miami "Burned"	News (11:35)	News (N)	(11:03) ECW (N)	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Deranged	Judge Paid Prog.	MXC	Frasier		

We're different, and we like that.

Similkameen News Leader

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 #167 - Rated Easy

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

CHALLENGE #168 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2009 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

9:00 am WTBS (3) ★★½ "Simone" (2002, Comedy) Al Pacino. A filmmaker tries to fool the public by creating a computer-generated actress to star in his latest movie. (E)

AFTERNOON

12:00 pm WTBS (3) ★★½ "Moonstruck" (1987, Romance-Comedy) Cher. An Italian-American widow, engaged to a reticent suitor, falls in love with his brother. (E)

FAM (26) "Stuck in the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (E)

1:00 pm A&E (9) ★★½ "Fight Club" (1999, Suspense) Brad Pitt. Two young professionals create an underground club where men can compete in hand-to-hand combat. (E)

1:30 pm FAM (26) ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation. (E)

4:00 pm YTV (18) ★★½ "Pinocchio 3000" (2004) Voices of Whoopi Goldberg. Animated. A child-hating mayor tricks an innocent android boy into helping him turn the city's children into robots. (In Stereo) (E)

5:00 pm WTBS (3) ★½ "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E)

EVENING

6:00 pm CITY (29) "Murder 19C: Detective Murdoch Mysteries: Under the Dragon's Tail" (2004, Mystery) Peter Outerbridge. Detective William Murdoch investigates the murder of an underground abortionist. (E)

7:00 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. (E)

8:00 pm CHBC (4) "Obituary" (2006, Suspense) Josie Bissett. People question the sanity of an obituary writer as she investigates a murder. (E)

8:05 pm KSPS (6) ★★½ "Rain Man" (1988, Comedy-Drama) Dustin Hoffman. A wheeler-dealer meets his brother, an institutionalized autistic-savant, heir to \$3 million. (In Stereo) (E)

8:30 pm KXLY (10) ★★½ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (In Stereo) (E)

9:00 pm FAM (26) ★★ "Strange Brew" (1983, Comedy) Dave Thomas. The Canadian McKenzie brothers cork a beer-factory brewmeister who's out to rule the world. (E)

10:00 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. (E)

10:30 pm FAM (26) ★★½ "Innerspace" (1987, Comedy) Dennis Quaid. Premiere. A grocery clerk gets jabbed with a hypodermic holding a miniaturized Air Force pilot and craft. (E)

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sunday movies

MORNING

8:30 am WTBS (3) ★★½ "Moonstruck" (1987, Romance-Comedy) Cher. An Italian-American widow, engaged to a reticent suitor, falls in love with his brother. (E)

9:00 am A&E (9) ★★½ "Turner & Hooch" (1989, Comedy-Drama) Tom Hanks. Premiere. A drooling dog helps a tidy detective link California beach-town foul play to a drug-money laundry. (E)

10:30 am WTBS (3) ★★½ "Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A housekeeper brings joy to a Jewish widower and his young daughter in 1959 Los Angeles. (E)

AFTERNOON

12:00 pm YTV (18) ★★½ "Babe: Pig in the City" (1998, Fantasy) Magda Szubanski. A farmer's wife and her young porker are detained in a city rooming house with a menagerie. Live action/animatronics. (In Stereo) (E)

FAM (26) "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (E)

1:00 pm WTBS (3) ★★½ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. (E)

1:35 pm FAM (26) ★★½ "Zenon: The Zequel" (2001, Science Fiction) Kirsten Storms. The 21st-century girl makes the most of a dull assignment by lending a hand to some homeless aliens. (E)

2:00 pm YTV (18) ★★ "Racing Stripes" (2005, Comedy) Bruce

Greenwood. A former horse trainer prepares his daughter to race a baby zebra against Thoroughbreds. (In Stereo) (E)

3:00 pm WTBS (3) ★½ "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (E)

4:00 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. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)

CBC (13) ★★½ "Chicken Little" (2005, Comedy) Voices of Zach Braff. Animated. A young fowl and his friends flock together to save skeptical townfolk from an alien attack. (In Stereo) (E)

EVENING

6:00 pm YTV (18) ★★ "Garfield: A Tail of Two Kitties" (2006, Comedy) Voices of Bill Murray. Premiere. Garfield follows Jon to England and gets the royal treatment after he is mistaken for the heir to a grand castle. But the feline will need all nine lives to foil the plans of evil Lord Dargis, who wants to turn the castle into a resort. (In Stereo) (E)

7:00 pm WTBS (3) ★★ "A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)

8:00 pm CHBC (4) ★★½ "L.A. Confidential" (1997, Crime Drama)

Kevin Spacey. Policemen become immersed in corruption, scandal, politics and prostitution in 1950s Hollywood. (E)

CBC (13) "Marple: A Pocket Full of Rye" (2009, Mystery) Julia McKenzie. Premiere. Miss Marple investigates the poisoning death of a wealthy businessman. (In Stereo) (E)

9:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. (E)

FAM (26) ★★½ "Oh, God!" (1977, Comedy) George Burns. Premiere. God comes to Earth as an elderly man with a twinkle and picks a supermarket produce manager to spread his word. (E)

10:15 pm KNOW (5) "Dalziel and Pascoe: The Wood Beyond" (1998, Mystery) (Part 1 of 2) Detectives Dalziel and Pascoe try to solve recent murders with evidence found in the headband of a long-forgotten army hat from World War I. With Warren Clarke, Colin Buchanan. (E)

10:30 pm FAM (26) ★★½ "Dancer, Texas" (1998, Comedy) Breckin Meyer. Four teens rile residents of a tiny town off Highway 91 with their decision to relocate in Los Angeles. (E)

11:00 pm SPIKE (44) ★★½ "Christine" (1983, Horror) Keith Gordon. Premiere. When a gawky teen restores a 1958 Plymouth Fury, the car takes on a life of its own and begins terrorizing those in its way. (In Stereo) (E)

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Similkameen News Leader

SATURDAY, FEBRUARY 21, 2009

Table of TV programming for Saturday, February 21, 2009. Columns include channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP), time slot, and program title.

SUNDAY, FEBRUARY 22, 2009

Table of TV programming for Sunday, February 22, 2009. Columns include channel (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP), time slot, and program title.

MONDAY, FEBRUARY 23, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	Sports	Canada AM	Daily Planet	Henry's	CityLine	Married... Married...	Once a Thief
6:30 AM	Jeffersons	Tube Tales	George S.	Lions								Team	SportsCentre			King			
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Hawks			Cash Cab	(6:58)	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30 AM		That News	Dora	Martha							Animal	Dinosaur	SportsCentre		Out Cold	Phineas			
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon			How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60
8:30 AM	Cosby	Whatever	Magic Bus	Sid							Bustown	Viva Pinata	Curling: 2009 Scotties Tournament of Hearts - Draw 6. From	How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain		Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	TV Made
9:30 AM	Fam. Feud		Clifford	Clifford							Gofrette	Timothy			Tigger	City			What
10 AM	Trivial	The Mom Show Parties.	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Deviant"	The View (N)	World Vision	World Vsn House	Wilbur	George S.		The View (N)	Ult Cars	Mickey	The O.C.	Unsolved Mysteries	What
10:30 AM	Trivial		(10:36)								Doodlebob	Jane		Twice in a Lifetime	Mega Builders	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles	Dewitt		etalk	Super Ships	(11:49)	CityLine	CSI: NY "Jamalot"	Seinfeld
11:30 AM	Harvey	Designer	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Willa	Bowling: Plastic Ball Champ.	Bold	Weekend				Seinfeld
12 PM	Fresh Pr.	Dinner	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian		etalk	Super Ships	(11:49)	CityLine	CSI: NY "Jamalot"	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:38)			Bold					CBC News	George S.		Bold	Weekend				Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	Curling: 2009 Scotties Tournament of Hearts - Draw 7.	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon	ER	CSI: NY "Trapped"	Raymond
1:30 PM	Still Stnd	Buy Me	Daniel	Sewing							Erky Perky	Erky Perky		General Hospital (N)	Emperor				Raymond
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Tournament of Hearts - Draw 7.	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY "Wasted"	Raymond
2:30 PM	King		BluesClues	WordWorld							Ruby	Ruby		Dr. Phil	Worst Handyman	Replace	News (N)	CSI: NY "Risk"	What
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo o "Grow,	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	From Victoria, B.C.	Dr. Phil	Worst Handyman	Emperor			What
3:30 PM	Friends				Judge						Pokemon								What
4 PM	Payne	Debt Part	Zoboo,	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Deviant"	Inside	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Sports	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	TV Made
4:30 PM	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	OddParent	Hockey		Phineas				That News
5 PM	Jermaine Dupri: Brutha	News (N)	Martha	BBC News	News (N)	News (N)	Intervention "Nicole"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Interruptio	News (N)	MythBusters	Suite Life	The Bachelor "The Women"	CSI: Crime Scn	Tube Tales
5:30 PM			(5:34)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob	Poker		Montana				E News
6 PM	The Single: Monica	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention (N)	News	News (N)	ET Canada	News	Drake		News (N)	Dirty Jobs (N)	Zoey 101	Tell All (N)	Movie: "Lucky Number Slevin" (2006) Josh Hartnett.	Make
6:30 PM		News	Mechanics		Millionaire	Hollywood		News		Entertain		iCarly	Curling: 2009 Scotties Tournament of Hearts - Draw 8. From Victoria, B.C.		Life Derek				TV Made
7 PM	Platinum House	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes "Cold Wars" (N)	Coronata	Adrenaline		etalk	Guinea Pig	Wizards	True Beauty "Finale"	Soap	
7:30 PM		The Insider	Landscape	Europe	Fortune		Paranormal	The Insider	ET Canada		Jeopardy!	Prank Ptrl	Tournament of Hearts - Draw 8. From Victoria, B.C.	Hollywood	"Guinea	Montana		Reality	
8 PM	Family Guy	The Soup	History of Britain	Antiques Roadshow (N)	Chuck (N)	Big Bang	Paranormal	The Bachelor "The Women"	House (N) (PA)	House (N) (PA)	Mosque	Malcolm	From Victoria, B.C.	Big Bang	Daily Planet	Suite Life	News (N)	Deal-No Deal	
8:30 PM	Family Guy	How I Met				How I Met	Paranormal				Sophie (N)	Futurama		Gary	Buzz	(8:35) News	MANswers		
9 PM	Seinfeld	Rules	The Life of Errol Flynn	American Experience	Heroes "Cold Wars" (N)	Two Men Christine	Intervention "Nicole"	Tell All (N)	Heroes "Cold Wars" (N)	24 (N) (PA)	Just for Laughs (N)	Prank Ptrl	Sports	Two Men	Dirty Jobs	Wizards	(9:08)	CSI: NY "Jamalot"	Seinfeld
9:30 PM	Movie: "Above the Rim" (1994)	Worst									Zixx Level			(9:31)	Life Derek	Jimmy Kimmel			Seinfeld
10 PM	"Above the Rim" (1994)	Snoop	The Rock and Roll Kid	History Detectives (N)	Medium (N)	CSI: Miami	Intervention	True Beauty "Finale"	24 (N) (PA)	News Hour Final (N)	National	Falcon Beach	Billiards	CSI: Miami	Guinea Pig	School	Rock of Love	Disorderly Con.	Married...
10:30 PM	Duane Martin.	Snoop													"Guinea	Cory			Raymond
11 PM	Montel W.	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	Most Amazing Videos	Raymond
11:30 PM			Landscape		Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)	Life Derek	Paid Prog.			Raymond

monday movies

EVENING

6:00 pm SPIKE (44) ★★½ "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. Premiere. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss. (In Stereo)
 7:30 pm DISC (24) "Guinea Pigs" (E)
 9:30 pm WTBS (3) ★★ "Above the

Rim" (1994, Drama) Duane Martin. A high-school basketball star is torn by loyalties to a drug dealer and an ex-player. (E)
 10:30 pm DISC (24) "Guinea Pigs" (E)

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2008/09 Similkameen News Leader Clip 'n' Save Game Schedule

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AWAY

Wed, Feb 18 - Summerland
Sat, Feb 21 - Revelstoke

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SOLUTIONS TO PUZZLES ON PAGE 16
CHALLENGE #167 - Easy

786	213	594
239	465	781
154	978	326
945	132	867
872	649	135
613	857	942
397	524	618
468	791	253
521	386	479

CHALLENGE #168 - Hard

847	326	591
153	987	462
962	145	387
479	218	635
235	694	178
681	753	924
524	869	713
316	572	849
798	431	256

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

my turn

Blame it on my in-laws

My sister-in-law's husband is to blame.
Or at least that's how I see it from here.

I had pretty much forgotten all about the old radio gear, boxes of parts, antennas, wire, cables, towers and assorted whatnots that I had stashed away from my 'hobby years' as a kid and young adult until he mentioned something the other day that brought it all back.

He expressed interest in obtaining his amateur (ham) radio licence.

Then it dawned on me that so many years ago I had the same dream. I never accomplished that goal as I just couldn't wrap my mind around morse code. Still to this day I only know two letters: CQ, or in proper morse language dah-di-dah-dit, dah-dah-di-dah.

Industry Canada has actually changed the licencing requirements considerable since then and we talked about both working towards the qualifications that would get us 'on the air' and on the ham bands.

It inspired me to reconsider the goal I had given up on so long ago.

I did some research online (finally, I found a really good use for the internet other than killing time poking people on Facebook) and discovered that my knowledge of Canadian Amateur Radio Regulations, theory and propagation was better than I thought.

So basically I need to bone up on my understanding of basic electronics. I remember being quite interested in the subject back in Grade 8 when part of the curriculum included an introduction to electronics, wood work and metal work. I also remember what hurdles I encountered back then - the formulas. How I did not like them.

Now, I'm a lot older and my focus is completely different. I don't have to learn them if I don't want to. Only this time around I'd like to learn them for a different goal.

I've set timelines and deadlines for myself (when you own a newspaper, you get pretty good at that part) so if I can hit them, I'll be happy.

Whether or not I'll actually get to the point where I'll want to write my ham radio licence exam will be determined by the successes I encounter along the way. There's no doubt it would be a great personal achievement to be able to say I went back to something I gave up on and conquered it.

And maybe that's the only hurdle I need to get over.

Imagine if we all just went back to something we gave up on and gave it another try. It could be anything, like learning a new skill or adding to your level of education.

I think my sister-in-law's husband made me realize something I keep forgetting. Anything is possible if you put some effort into it.

So simple a concept but out of reach for those with a hurdle.

I think I've scaled my hurdle.

What's it going to take for you to clear yours?

EDITORIAL GUIDE

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

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

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

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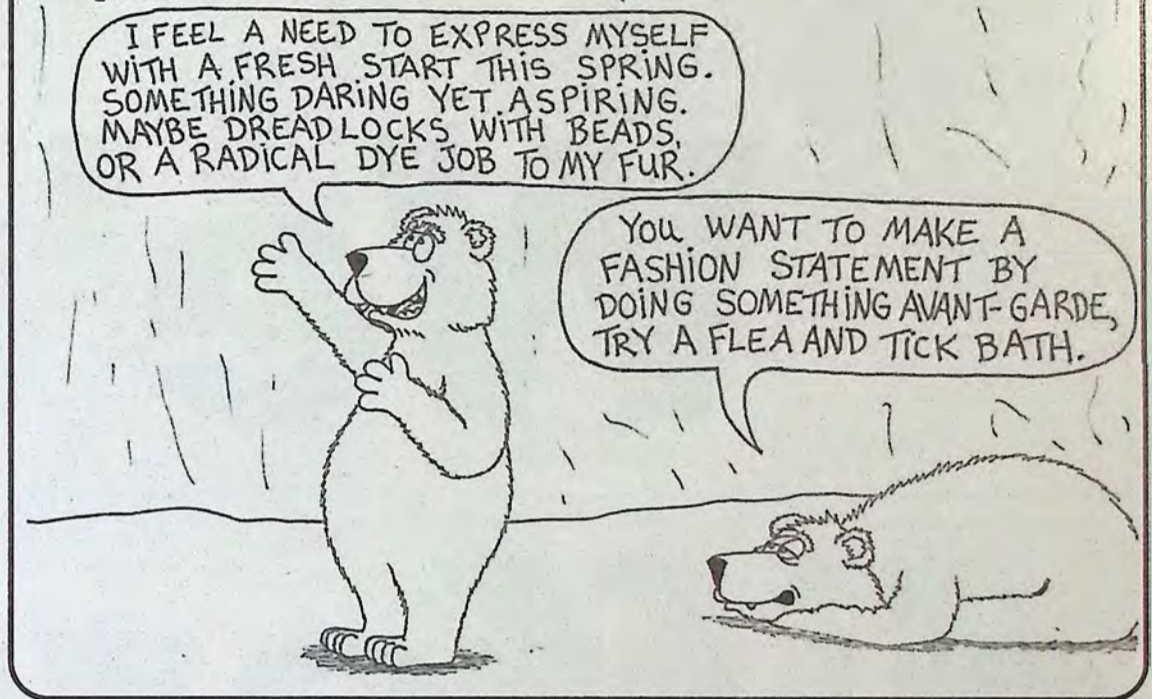
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Publisher:
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George Elliott
Brenda Engel
Dawn Johnson

TIS TOONS



your turn

More on Victim Services Program

This is a copy of a letter sent to Murray Ramsden, Interior Health CEO and MLA Harry Lali:

Mr. Lali;

It is with great dismay and disgust that I write this letter.

In our local papers it was reported that Victim Services will be dropped, cancelled - because it's not a health issue.

It seems to me that in these poor economic times Victim Services is a very critical and very much a health issue.

As frustration over mounting per-

Letter To The Editor

Man looks at old mobile homes

To The Editor;

Here is an idea that might be very timely. It concerns old mobile homes.

Those older mobiles have very poor insulation, unless they have been retro-fitted with newly insulated walls and ceilings. While these units are not large in area they take a lot of fuel to keep warm.

The problem is that many people living in them don't have much income. So if a scrap it program was started with a modest annual budget of about, say, 40-million of those deficit dollars approximately 700-725 of those old energy

sonal debt rises and the inability to repay loans due to job loses, tempers WILL flair. Crime WILL increase. Abuse WILL increase for both spouses and children.

Perhaps though we can set things up so that abuse happens by appointment only, so our FEW doctors can assist victims with a safe house, mental support, injuries, shock and depression.

In these same papers are articles about eleven businesses being vandalized in one night due to this person being mentally disturbed? (Certifiable? Drugs? Alcohol?) If

gluttons could be replaced with new energy efficient models annually.

This would put a lot of people to work manufacturing new ones. The owners of those old mobiles could apply to the program, and wind up paying no more than they currently are, but each tailored to their individual finances. The old units would have the materials recycled properly, and possibly the frames may be able to be reused.

I see this as a possible win/win situation for everyone, and especially in greenhouse gas reduction.
- Jim Hodge, Princeton

certifiable mentally ill - this person should be monitored and in a program to teach him acceptable social interaction.

If on drugs or inebriated - it was his choice to do drugs and/or drink and therefore should be responsible for his actions. I mention this case because the person responsible was released shortly after his arrest, able to go and cause more mischief and damage.

People in this community should be SCARED. Crime IS escalating and services to aid victims CUT.

Next, I would like to know who is Sherry Uribe - supposedly 'Director Health Services, Interior Health.'

However, a search of Interior Health website and various flow charts therein did not show a 'Director Health Services' and a search of the name 'Director Health Services' came back with several names, but not 'Sherry Uribe.' In fact, a search of 'Sherry Uribe' brought no results.

So is this in fact another hatchet job by Interior Health that can be denied if the situation calls for it? Don't you think another society should be up and running before a program is cancelled?

It certainly disgusts me that these services can be cut by a 'nobody' (see search of 'Sherry Uribe.') It offends me that Princeton counts for so little that anybody can come into town and play havoc with the FEW health and related services we have left. I will greatly appreciate your looking into this matter and look forward to your reply.

Yours truly,
C. Oerlemans, Princeton

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Current Comment:

Making the most of what we have



Dawn Johnson
editor@thenewsleader.ca

"Charity begins at home."

This old saying makes a lot of sense, but more than charity begins at home. What we do for ourselves, right where we are, makes a big difference in how prosperous we become.

The more we do in our own community, and the more we do for our community, the more successful and prosperous we become. Yes, we depend on government grants to assist us, but keep in mind that we earn that money and give it to the government before the government can give us grants. We are not receiving charity from government.

What I am referring to is the amount of money we invest in our own community, in one way or another. For example, when we shop at the Hospital Auxiliary Thrift Shop, we are investing in keeping our local hospital functioning. When we shop at the Crisis Assistance store, we are helping poor families keep their heads above water in our town. When we donate to these organizations, we are doing the same thing.

When we support the activities of our youth, we are investing in the future of our nation. When we go to Family Fair, we are helping our local youth attend post-secondary schools.

When we attend Posse games, we are supporting not only the team, but the recreational facilities they use. The same is true for

all minor sports: when we attend their events, buy a hot dog at their concession, or donate to their operating fund, we are investing not only in our youth and the future, we are ensuring we will continue to have those facilities - arena, ball park, swimming pool - for our future.

The Town (meaning all of us) is making our downtown core prettier. Our tax dollars are funding downtown improvements by creating a new town square, a new library and a bigger museum. These improvements benefit us directly, and indirectly by attracting more people to our town and our area.

Our local performers who put on plays for our enjoyment, and our local arts and culture groups, provide us with an added dimension to our community, for our pleasure as well as theirs. When we attend plays, go to the ballet or an art show, we are supporting not only talent, but the facility we use to put on these events.

When we pay admission to our rodeo, our fall fair, or attend our horse races, we are rewarded by a good show and some fun, but we are also supporting our fairgrounds facility, which we, the citizens of Princeton and Area H, have built over the past 45 years. When we play golf, we are not only having fun, we are ensuring the continued life of our golf club and the golf course. The same is true of paying to go curling. When we attend Music Under the K, or Tulameen Days, the Traditional Music Festival, Stamp Mill Days or any other Similkameen Valley event, we are ensuring the continued progress of our

entire valley.

I must give full credit to local businesses for their support of all of these activities. They have invested in our community, and they continue to support almost every event that takes place in our area.

For this reason, it makes sense to shop in our own community and in our own valley. Shopping close to home ensures these businesses stay in business. Just think how awful it would be to live in a place where you had to drive for an hour just to buy some lumber, or shop for groceries, or buy a pair of socks, or get your prescription filled. We are fortunate to live in a small town with all of the amenities.

Every year, we hear a lot about the tourist trade and the value it adds to our community and to our valley. Yes, the tourist trade is valuable, but what keeps us going in the other months is our support of ourselves.

Recently, I went over my household accounts for 2008. I tend to run my household like a business. I noted how many donations I had made, and how few were to local charities compared with things like the Heart Fund, the Cancer Fund and a few others that go out of town. I thought about all of these, and I made a resolution to contribute only to an isolated few that go out, and contribute instead to more local charities. These days, there are hundreds of worthy causes to donate to, but only a few make an impact close to where I live.

Charity does begin at home, and this town, and this valley, are my home. This is the best place for me to invest my money.

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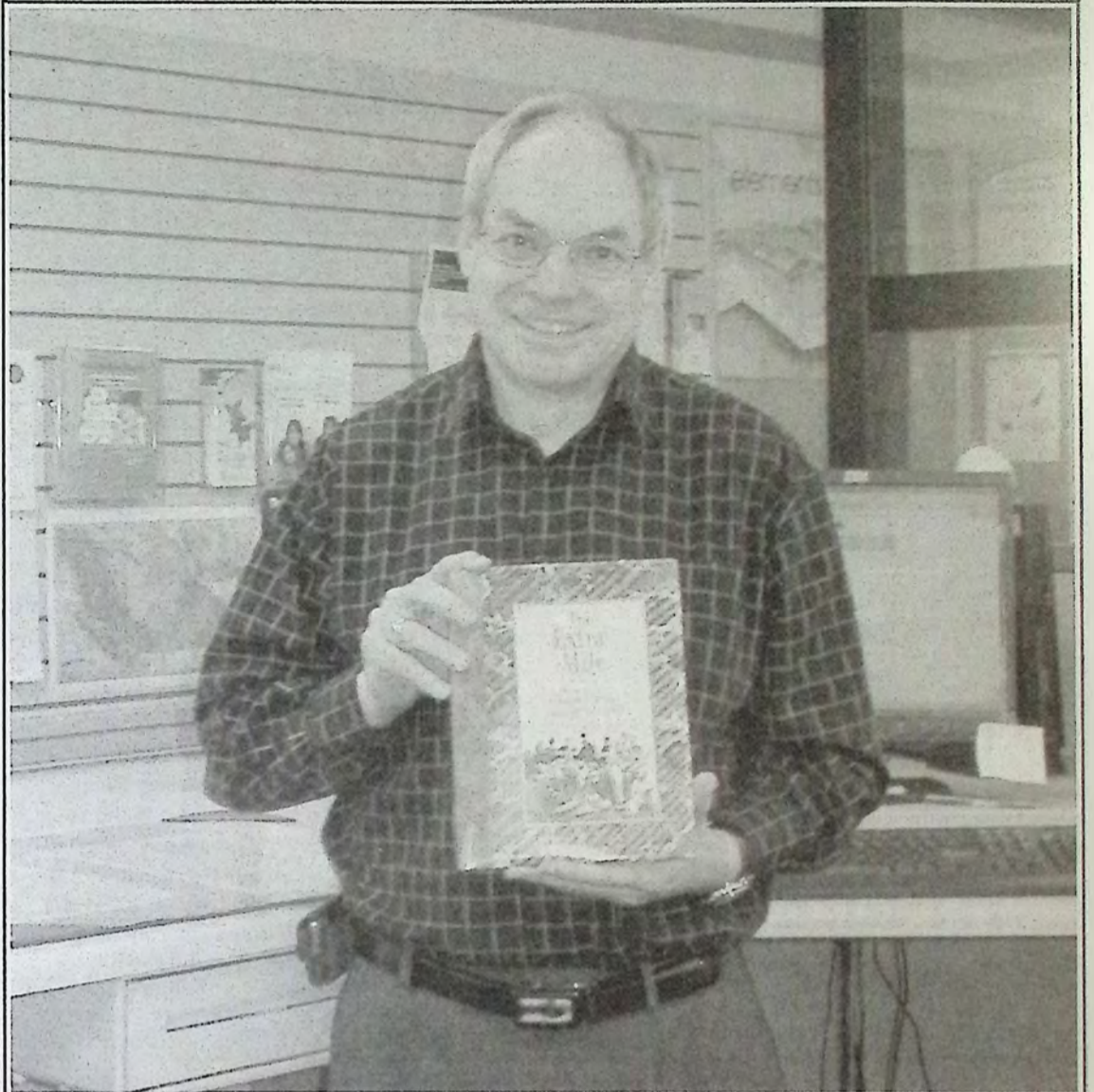


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Gordon Swan, Government Agent for Princeton and Merritt, shows the book he compiled about the history of Government Agents in British Columbia. Photo: Dawn Johnson

They Went 'The Extra Mile'

Book Review by Dawn Johnson

They held British Columbia in a grip of law and order when the Crown Colony began. They served during gold rushes and fought criminals. They collected fees, recorded mineral claims, sent gold to Victoria. They were magistrates, hospital and school inspectors, and conservation officers. They performed marriages, buried the dead, sold liquor licences, took custody of lunatics, checked fence lines, and in one case, delivered a baby. A fascinating part of B.C.'s history

is in a new book. It is called "The Extra Mile", and believe it or not, this book is published by the B.C. Ministry of Labour and Citizens' Services. "The Extra Mile" is the story of Government Agents in B.C. from 1858 - to 2008.

British Columbia's history has always had an element of the unbelievable, the flamboyant and the heroic.

The history of the Government Agents embodies all of these elements. The history includes the story of the first Government Agent to be murdered on the job, and the Government Agent who carried a man's head all the way from the Peace River country to Kamloops.

The book is written in a series of short commentaries and historical records from various parts of the province.

You will find Princeton in it, because the Princeton area has had

a Government Agent since the Granite Creek gold rush. You will find a letter from a local Government Agent requesting a raise in salary.

As a special note, Merritt and Princeton's Government Agent, Gordon Swan (also a district school trustee), is given recognition for the year he spent collecting submissions for the book, and former Princeton Government Agent Cheryl Heroux is a contributor.

The Extra Mile is full of photos from the BC Archives. These show the extremely rough conditions Government Agents suffered as they worked to keep the peace in a rugged land.

The book is a good read, and the kind of book you will want to keep on your shelf and read more than once.

You can buy it from your local Service BC office at a cost of \$27.95 including sales taxes.

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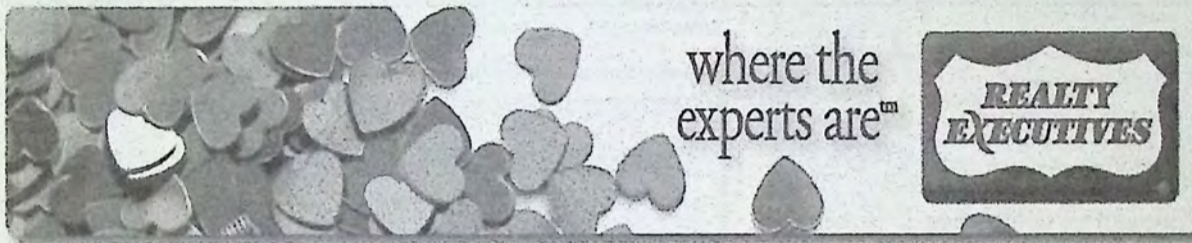
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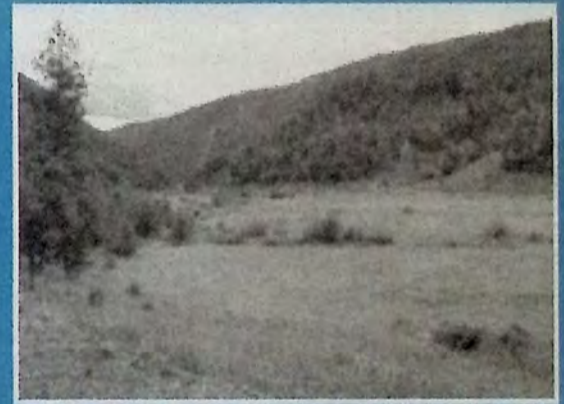


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