



After struggling to find employees in the local market, Princeton Dairy Queen owner John Babiak (third from right) searched out of country for nearly two years and became the first business in the fast-food industry in British Columbia to hire foreign workers. Babiak's story is part of a feature published this week by a Vancouver daily newspaper. Some of Babiak's Dairy Queen staff from the Philippines include, from left, Wendy, Marilou, Khan, Rowena, (John), Dian and Grace. *

RCMP seize pot plants

Princeton RCMP report the execution of a CDSA (Controlled Drug & Substances Act) search warrant at a residence on Darcy Mountain Road at 12:45 PM on Monday, February 23rd.

"In total, 101 marihuana plants were seized along with equipment to facilitate the illegal grow," says Sgt. Gary Macahonic of Princeton RCMP Detachment.

A local resident of Princeton is facing charges for cultivation and possession under the CDSA and will be appearing in Court at a later date.

Anyone with information in relation to illegal activity is encouraged to contact Princeton Detachment at (250) 295-6911 or if you wish to remain anonymous you can call information in to CrimeStoppers at 1-800-222-TIPS (8477).

Fall Fair board works on plans

Members of the Fall Fair Association met February 24 to continue the planning process for the August 29/30 fair. The first item under discussion was the budget.

Members agreed to welcome back the Appaloosa Band, which played at the fair last year. Along with the band "Elvis" will be on hand to put on a second performance in Princeton. This is the band playing at the RCMP Regimental Ball to be held this month.

Vice-President Lyn Melnechenko volunteered to organize a Cowboy Church for Sunday morning. This was popular last year.

A fundraiser to support the Fall Fair exhibitor's booklet was explained. The booklet committee will produce a business directory featuring local businesses, both home based and storefront. These directories will be available throughout the community. Glow Lemon and Dawn Johnson are contacting

advertisers.

John Bey, President of Princeton Exhibition Association, stressed the need for Fall Fair members to attend the PXA meetings to be aware of what is happening at the grounds.

As soon as the snow is gone, a lot of grounds work will be done to clear up the disturbed ground from water and electrical trenches done last fall. Work parties will be needed. The PXA hopes to plant grass to make

the grounds more appealing. Fall Fair President Keith Olsen offered to donate some grass seed.

Fair Board Directors will hold an executive meeting on March 10 at Town Hall to brainstorm what they

want to happen at the fair, and will stay on for the PXA meeting.

The next Fall Fair meeting takes place at Town Hall on March 31 at 6:30 PM. New members are welcome.

Doughty slated for award

The South Okanagan Women in Need Society has nominated Rosemary Doughty, of Princeton, for an award in the category of Community Contribution.

The society recognizes excellence of service to women in the South Okanagan-Similkameen region.

Doughty has managed the Cindy Parolin Safe Home Program for the past 12 years, and as well as the Victim Assistance Program in Princeton.

The awards will be presented at the fourth annual Women Front and Center dinner and gala to be held Saturday, March 7.

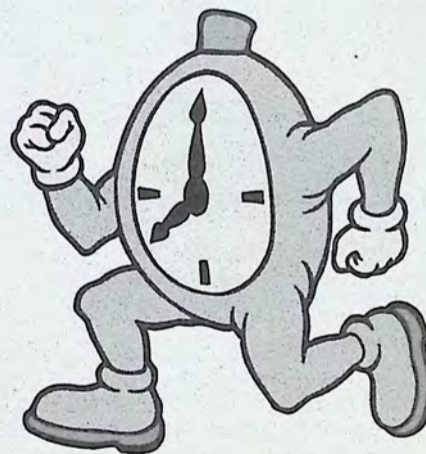
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SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

NOTICE OF PUBLIC CONSULTATION

PROPOSED SALE OF 0.885 HECTARES OF KENGARD SCHOOL PROPERTY

The Board of Education of School District No. 58 (Nicola-Similkameen) will be holding a Public Consultation hearing on the sale of 0.885 hectares of the northern portion of the Kengard School property.

A map outlining the proposed portion of the property to be sold is available for inspection at the School Board office, 1550 Chapman Street, Merritt, during regular business hours of 8:30 AM to 12:00 PM and 1:00 PM to 4:30 PM and also on the district's website at www.sd58.bc.ca.

The sale of the property would be to the City of Merritt to be used for the development of a new production well and pump station for the municipal water distribution system.

If you wish to address the Committee or have questions regarding the sale, please attend the Public Consultation meeting at the School Board office on:

Monday, March 9, 2009 at 6:00 PM

Your comments/concerns may also be presented in writing by addressing them to the undersigned on or before March 16, 2009, or at the public consultation in person, by petition or by agent. No letter, report or representation from the public will be received by the Board after March 16, 2009.

H. Bruce Tisdale,
Secretary Treasurer

Note: This is the first of two consecutive Public Notices.

Dated this 23rd day of February, 2009 at Merritt, BC



Just a couple examples of what you'll find at Jennica Maxfield's website (www.peekabookidsgear.com). The Princeton mother of four established the online children's consignment retail business in 2005.

Local service saves moms \$\$\$

It's called Peekaboo Kids Gear, an online children's consignment retailer, and was founded in 2005 by Princeton resident - and busy mom - Jennica Maxfield.

This month, as a special thank you to new and existing customers, the store launches its Peekaboo Kids Bucks Buyer Rewards Program.

When spending one dollar or more on the site, moms who shop at Peekaboo Kids Gear can earn valuable points, and save even more on top quality merchandise for kids from the convenience of their personal computer.

"Raising children requires a lot of love, support, prayer and resources and it's my hope that my website helps moms and kids, and makes their journey a little easier," said Maxfield.

While motherhood is its own reward, Peekaboo Kids Gear is committed to valuing and rewarding moms who support its website. The company's new Buyer Rewards Program issues points for every dollar spent on the site, which can be redeemed for future purchases. The program features four membership levels ranging from bronze to platinum, based on the dollar amount spent, and it's just one of the many ways the site makes it easy for moms to save on

the items they and their children love most.

"In addition to helping families save money on clothing and other items, my website offers a positive and encouraging online environment for moms, and a place for them to share not only their challenges, but also the fun and excitement that motherhood adds to their daily lives," Maxfield adds.

Maxfield, a mother of four children, launched Peekaboo Kids Gear to give moms a one-stop-online-shop for affordable clothing and other necessities for babies and children up to the age of 12. She travels to a variety of cities and regions to find must-have kids' items.

Her site features a contemporary selection of adorable onesies, tops and bottoms, as well as affordably priced linens, bottles, carriers and other items starting at just one dollar.

Peekaboo Kids Gear is handy for busy moms who don't have time to dig through brick-and-mortar consignment stores, or travel to multiple stores to find the premium items they're looking for. Moms enjoy the convenience of 24/7 online access, and the store also saves them from having to shop with boisterous kids in tow.

In addition to being a saving grace for frugal moms who love to shop online, Peekaboo Kids Gear donates a portion of all profits to missionaries working in Kenya. The company also gives opportunities to work-at-home moms who are launching their own collections of children's clothing and merchandise by featuring and selling their items on the site. Additionally, because the store has low overhead, it pays a higher commission than most consignment stores.

"Motherhood is by far the most exciting and rewarding experience there is, but I think having the opportunity to help other mothers and children is a close second," said Maxfield.

"Peekaboo Kids Gear has afforded me the opportunity to bless others, and I look forward to continuing to be a resource for families who visit and benefit from the website."

To learn more about Peekaboo Kids Gear, or to shop for kids' clothing or other items, including gift certificates, visit www.peekabookidsgear.com. The store accepts PayPal, cheques, money orders and cash at pickup. Customers who leave feedback are eligible to receive \$5.00 off their next purchase. -submitted

Vermilion Court Report

by Dorothy Stenvold

A beautiful, bright sunny morning with clear blue skies - oh, when I glanced at the thermometer was shocked to see -20C. But I still am hopeful Spring is coming.

As usual we have been busy. We together with Aida made up a schedule for March. So as the time passes you will learn of our deci-

sions.

Thursday morning brings other activities. Our local papers are searched and important items are read. We all feel that it was a terrible mistake for Rosemary to have her position terminated.

A game we played was to be given four small cards face down. Each person in turn would turn her first card over. The Captain would say, "Tell us a fruit or vegetable beginning with the letter Z" seemed difficult but zucchini or zinnia soon came out.

We of course found many words

from a phrase printed on our blackboard - usually over 100.

Our exercises done to tunes played by our organist Ruth helps limber us up. It's really appreciated.

And now we have a new game donated by Lynn. It has just arrived so has not been fully understood but looks most interesting. We've tried bowling on it.

Mary Agnes looks elderly - but imagine her having a baby - yes, a baby. Now she's put it out for adoption. This, of course, all fantasy.

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Makenzie Johnston is a 16-year old currently enrolled in her grade 11 year at Princeton Secondary School. She moved to Princeton from Gibsons at the age of four. Makenzie loves all sorts of sports including volleyball, baseball and especially basketball. Makenzie enjoys dirt biking during the summer and skiing throughout the winter. She enjoys spending time with her friends and family. Makenzie is proud to be sponsored by Princeton Go-Gen. *

The 'Green' Corner

Are You Prepared For 2015?

by Dawn Johnson

Six years from now, the world's oil supply will reach its peak. Every year after 2015, the production of oil will decline. Are you preparing now for the change in your lifestyle?

What will it mean to you? The first thing likely to happen, other than sky-high gasoline and diesel prices, is fuel rationing. You may think this is unlikely, but anyone who lived through World War II will tell you gasoline rationing is not a pipe dream.

Motor vehicle fuel will be allocated to where it is needed most: the transportation industry, agriculture, and manufacturing. The family car used for pleasure driving will probably be so far down on the list you can forget it.

Living in the city may be your worst option. Transportation is required to supply cities with food. If the transportation system breaks down, food will be scarce. In any case, food from other lands may become so expensive that only the wealthy will be able to afford it.

City dwellers will be smart to cultivate community gardens. Small towns will be much better places to live as most small towns are closer to agriculture. In small towns in

Europe, residents have not only gardens, but raise rabbits, goats, pigs, chickens and cows as food sources. Small towns in Canada would have to change bylaws to achieve this. However, these animals must have hay and/or grain, and on a town lot, owners would have to buy hay and grain from farmers, and that would require transportation of some kind.

Those city dwellers who drive to work by the thousands will find commuting is no longer an option unless it is by train, bus, bicycle, boat or dogsled. They are unlikely to receive a gas ration unless they are employed in emergency services. Maybe we will see a return to horses for transportation in rural areas, but even suburban lots will not support a horse, even if city bylaws would change to allow horses.

Taking all those cars off the highways will be good for the environment, but it will not do much for businesses depending on the tourist trade. Tourism has always been a kind of iffy sort of business, quick to react to economic changes. With

few tourists on the highways, these businesses will have to turn to something else.

Even the trucking industry may have to make big changes. Trains are far more fuel efficient than trucks for long haul transportation. Truckers may find themselves out of luck for fuel unless they service an immediate area where they load from trains. Places where rails have been pulled up may see rails laid again to carry goods to communities.

Before city dwellers conclude they can simply turn to electricity or natural gas, they should consider there may be a shortage of both by 2015. Our governments, at all levels, are not acting quickly enough on solar, wind, dams or bio-based electricity to supply major cities. In fact, governments have taken the position of ostriches and refused to face the reality of the reduction of oil only six years from now.

This is the real picture. All of us must face it in the coming decade, whether our heads are in the sand or not.

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KINDERGARTEN 2009 STUDENT REGISTRATION

School District No. 58 (Nicola-Similkameen)



Registration Schedule
Monday to Friday
March 2 - 13, 2009

9:00 - 11:30 AM / 1:00 - 2:30 PM
John Allison Elementary School
(250) 295-6727

For September 2009

- To register, a child must be 5 years of age on, or before **December 31, 2009**.
- Parents/Guardians should bring child's **Birth Certificate, Immunization Card and Care Card** when registering.

For further information, contact John Allison Elementary School. It is important that parents register their child early to assist with planning at the school.

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Members of the Red Hat Society assemble outside the Keremeos Seniors Centre last week in preparation for a bus tour over the border. We can only imagine how much fun that would have been! - photo submitted

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

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

RDOS promotes wood stove program

It's that time of year again; time to change out the old wood stoves for the new efficient ones! With the incentives being offered, it truly does pay to change out your wood heating appliances.

The Great Okanagan and Similkameen Wood Stove Change Out Program is underway as of March 1st and runs through to April 30, 2009. The first 75 change outs will be given a \$250 cash rebate from the Regional District Okanagan Similkameen (RDOS). This offer is available to all residents and businesses that change out their wood stoves for more efficient models in the South Okanagan and Similkameen areas.

Dealers in the area are also running discounts starting at \$150 depending on the make and model of the stove.

In addition, the Live Smart Program offers federal and provincial rebates to get you even more money back when you do upgrades to your home; those upgrades include your wood heating appliances. With the \$250 RDOS rebate, the Live Smart Program at \$150 (after Energy Advisor Fee) plus the dealer discounts starting at \$150 you could save a minimum of \$550! Ask your retailer for information on how to apply for the Live Smart Program with the federal government's Home Improvement Incentive Guide.

Retailers have all the information needed and have documentation

that shows the emission ratings of all the new stoves. With today's new technology, they can burn up to 90% cleaner than old wood heating appliances.

It's not just the new stoves that help you burn more efficiently, it's also how and what you burn. Burning wet wood sends an increase in harmful toxins into the air. It is important to ensure the moisture content of your wood is around 16 to 18%. Different types of wood require different lengths of time to dry. All wood should be cut and split in the early spring for optimum drying. Spruce and pine take approximately six months to dry. Fir around one year and hardwoods like fruit trees, Birch and Maple take two to three years to properly dry out.

When drying your wood it is important to keep the wood covered while giving it plenty of ventilation. A roof with open walls works well. There are also reasonably priced moisture meters on the market to test your wood. This year the RDOS is giving away a moisture meter with every \$250 rebate cheque.

An easy way to check if your wood appliance is working properly is to go outside and check your chimney. If smoke is pouring out - you aren't burning efficiently. The wood may be too wet, the appliance may be too big for the home, the chimney may not be working properly, the size of the wood may hinder efficient burning

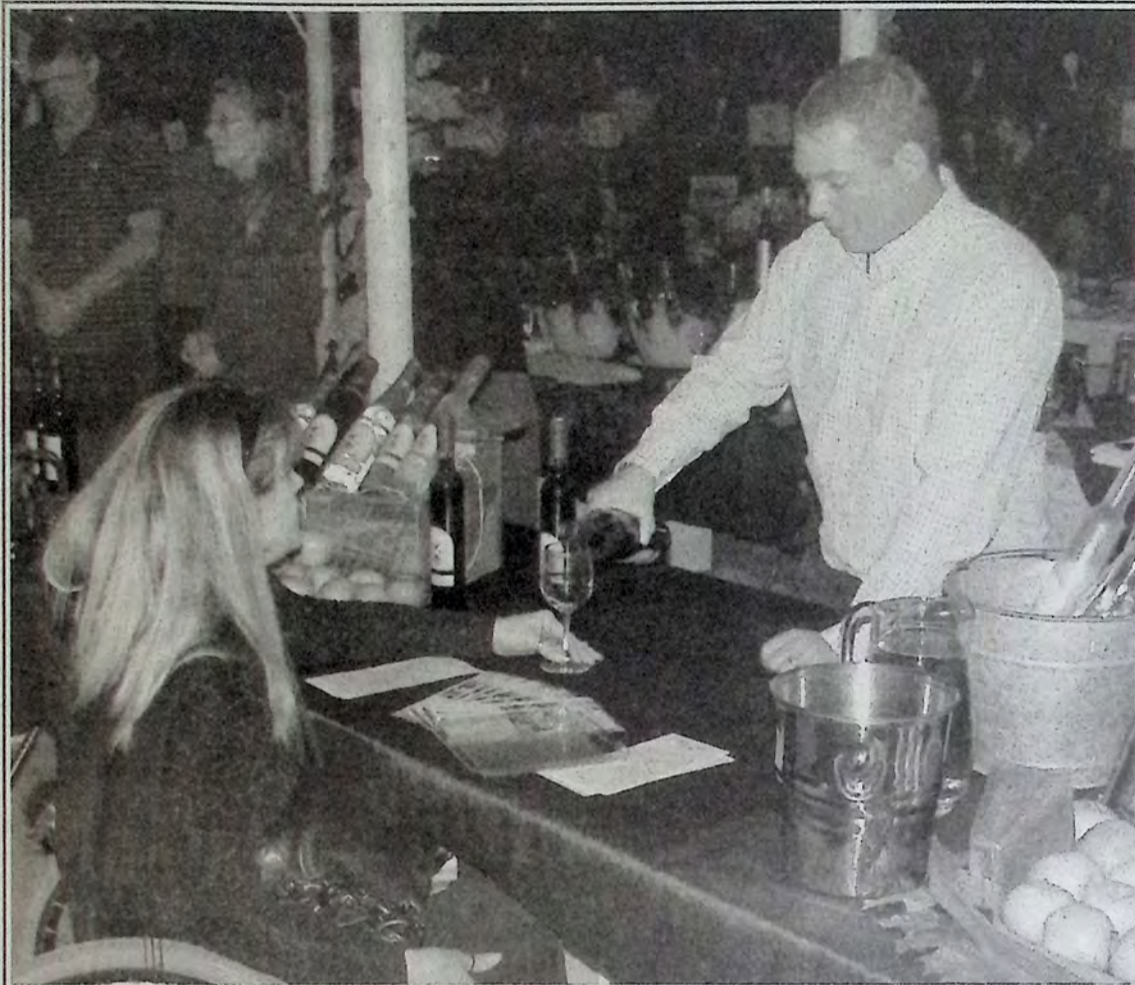
or the box may have been loaded incorrectly.

Ernie Lawrence of Princeton Builders Mart has this advice: "If there is continual smoke coming from your chimney, then something is wrong. Where there's a reason, there's a solution. It is possible to burn throughout the day and night without the smoke." Should you be unable to discover the source of your smoke, Lawrence says that wood heating retailers are always happy to help solve the problem.

Janice Johnson, the Air Quality Coordinator with the RDOS encourages those burning with wood to view the entertaining and informative home heating videos at the RDOS website, located at www.rdos.bc.ca (click on air quality, then wood heating). The first video on wood stove technology will help you understand how these new stoves work more efficiently. The second video on firewood has some great tips on cutting, storing and using wood and the third video on efficient wood stove operation will teach you how to get the best performance out of your wood stove, including how to build a fire from the top down!

More information on the Great Okanagan Similkameen Wood Stove Change Out Program is available by dropping by the RDOS office at 101 Martin Street, Penticton, by calling the RDOS at (250) 490-4212 or by visiting www.rdos.bc.ca. - submitted

www.princetonbcnews.com



Troy Harker, right, of Rustic Roots Winery in Cawston serves up a taste of their organic fruit wine as part of the 5th annual Princeton Rotary Club Mid-Winter Winefest on February 21st. *

Mountain pine beetle and wildfire: reducing the risk

That icon of forest fire prevention, Smokey the Bear, may have had it wrong when it comes to stamping out wildfires in mountain pine beetle territory.

Research suggests wildfire and mountain pine beetle may have been altering BC's forests for a long time resulting in forest ecosystems that are adapted to periodic fires.

"The thick bark of Ponderosa pine and Douglas-fir show that we live in fire-maintained ecosystems. Saying no to fire is not a practical option," said Chandra Wong, coordinator for the Okanagan Similkameen Pine Beetle Outreach Pilot Project.

"Wildfires will happen, but that doesn't mean we can't protect our homes and property, particularly if mountain pine beetle kills pine trees in your neighbourhood."

One of the goals of the outreach project is to help residents of the Regional District of Okanagan Similkameen (RDOS) decide how best to prepare for the effects that mountain pine beetle will bring to the area.

The project is sponsoring an information session for RDOS residents on how to reduce the risk of destructive fires near

homes in mountain pine beetle territory. Local experts from Ministry of Forests, Ministry of Environment and RDOS will speak on topics that include:

- how to manage wildfire fuel around homes and property
- updates on the state of mountain pine beetle in the RDOS
- information about the mountain pine beetle's environmental impacts
- details on how the RDOS and BC Parks are working to reduce fire risks

The information session will take place on Tuesday, March 4th from 7:00 - 9:00 PM at the Penticton Lakeside Resort (21 Lakeshore Drive) in Penticton. There is no charge to attend.

For more information about the session contact Chandra Wong at (250) 770-1516.

While mountain pine beetle is a natural part of many forests in North America, the current epidemic is the largest-ever recorded in British Columbia.

Epidemic outbreaks have happened before in BC. Outbreaks will likely happen again after the pine forests recover from the current epidemic.

The Okanagan Similkameen Pine Beetle Outreach Pilot

Project was initiated by the BC Ministry of Environment in 2007, and currently supported financially and administratively by the Southern Interior Beetle Action Coalition (www.sibacs.com) in partnership with the BC Conservation Society. The project is intended to encourage communication and partnerships among those affected by mountain pine beetle in the Regional District of Okanagan Similkameen.

The project consists of an outreach steering committee, which is developing an information package to help landowners who may have mountain pine beetle infested trees on their properties. The community stakeholder interviews identified concerns and questions RDOS residents have about mountain pine beetle.

Two separate information sessions will help explain links between mountain pine beetle and environmental impacts to fuel management issues and water quality and quantity issues.

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Don't let the medicine cabinet overwhelm you

(NC)—Over 55% of women and 40% of men over the age of 65 are on more than five drugs.* With statistics like that, it's clear many boomers and elderly people already have their hands full simply managing their often complicated medication regimens, let alone cleaning out the medicine cabinet. But some may be surprised to learn that unused, expired or improperly stored medications stockpiled in our homes can actually be a major source of danger to you, our families and even the environment.

With spring just around the corner, adding the medicine cabinet to your spring cleaning checklist will help you stay healthier. Checking your medicine cabinet regularly helps you ensure all the contents are up-to-date and stored safely so next time your arthritis starts acting up, your medication can really be effective!

"Knowing what to look for is the first step in keeping a safe medicine cabinet and your local pharmacist is a great resource," explains Tracey Phillips, Director, Pharmacy, Rexall. "Your pharmacist can advise you on what you should have in your medicine cabinet year round, how to spot expired medications, explain proper storage and help you dispose of your medications properly."

During the months of March and April, Rexall pharmacies are offering medication disposal for free and a handy medicine disposable bag and check list to help you keep your medicine cabinet and your health in tip top shape. Here are some tips from Rexall to help you get started:

- Store your medication in a large Tupperware container in a cool, dry place out of reach of children and

pets.

- The bathroom and kitchen are not the best places to keep your medication because of the heat and humidity.

- Don't throw your medication down the drain or in the garbage — take your unused or expired medication to your local Rexall pharmacy for environmentally safe disposal.

- Use your local pharmacy for all your medication needs. This will help minimize the risk of meds being taken in unsafe combinations.

- Keep medication in its original labeled container, so you know

what's in the bottle, the expiry date and how to use it.

- The top 5 most important items to have your medicine cabinet are: assorted bandages, short acting allergy relief medication, such as Rexall Allergy Relief, Acetaminophen, motion sickness medication, and anti-diarrheal medication.

Speak with your pharmacist or visit www.rexall.ca/medicinecabinet for more information on the dos and don'ts of medicine cabinet clean up. Happy cleaning!

* Canadian Association of Naturopathic Doctors, 2008

living past 100

The danger of salt

There is a link between high blood pressure and salt in half the people who have high blood pressure. The condition is dangerous as it can lead to stroke. Monitoring salt intake is important because it affects the pancreas as well as blood pressure, and anyone with diabetes knows the dangers of too much salt.

Sodium is the medical term for salt, and as important as salt is for health, it does not take very much to stay healthy. Today, most of us consume too much sodium, and most of the time, we do not know it!

Sodium intake is related to obesity as well as to diabetes and high blood pressure. Sodium causes your body to act like a sponge, soaking up water in the tissues. Too much sodium can damage the blood vessels, scarring the blood vessels and increasing clogging.

Even if you do not use salt in your cooking, and do not add salt to your meals, you can be consuming too much salt in processed foods.

Foods containing a lot of sodium include ice cream, dried fruit, pickles, processed meats such as ham and garlic sausage, cheese, butter, potato chips, and pastries containing baking soda or baking powder. Ketchup is high in sodium, and watch out for instant puddings: a typical serving contains one-fifth of the total recommended daily allowance of salt! Watch out for vegetable juice, too, and soy sauce, teriyaki sauce, and most crackers. Most canned meals, such as soups, pastas, and beans contain more sodium than you want to eat.

Avoiding excess sodium means reading labels. Look for *Sodium free* and *Low Sodium* on the labels. The recommended daily allowance of sodium for an adult is 2,400 milligrams, less for small adults and children. Start adding up the sodium content of having a half cup of instant pudding (470 mg) plus a tablespoon of ketchup (156 mg), plus a half cup of cottage cheese (425 mg.) and a fruit Danish pastry (333 mg). This is not a lot of food, but it is more than half the recommended daily amount of sodium!

To balance the salt intake, you need to eat plenty of fruits and vegetables. Fruits and vegetables contain potassium and calcium, which help you get rid of the sodium from your body. Foods rich in potassium include beans, potatoes, avocados, seamed clams, lima beans, bananas, apples and dried apricots. For calcium, drink milk and eat broccoli. Low calcium has been tied to higher blood pressure, so you may want to take a calcium supplement to ensure you are getting enough.

Losing weight often goes with reducing salt intake, but weight loss helps reduce blood pressure. If you are thinking of going on a diet, look at your salt, potassium and calcium, and go for a good balance of these first before you worry about calories.

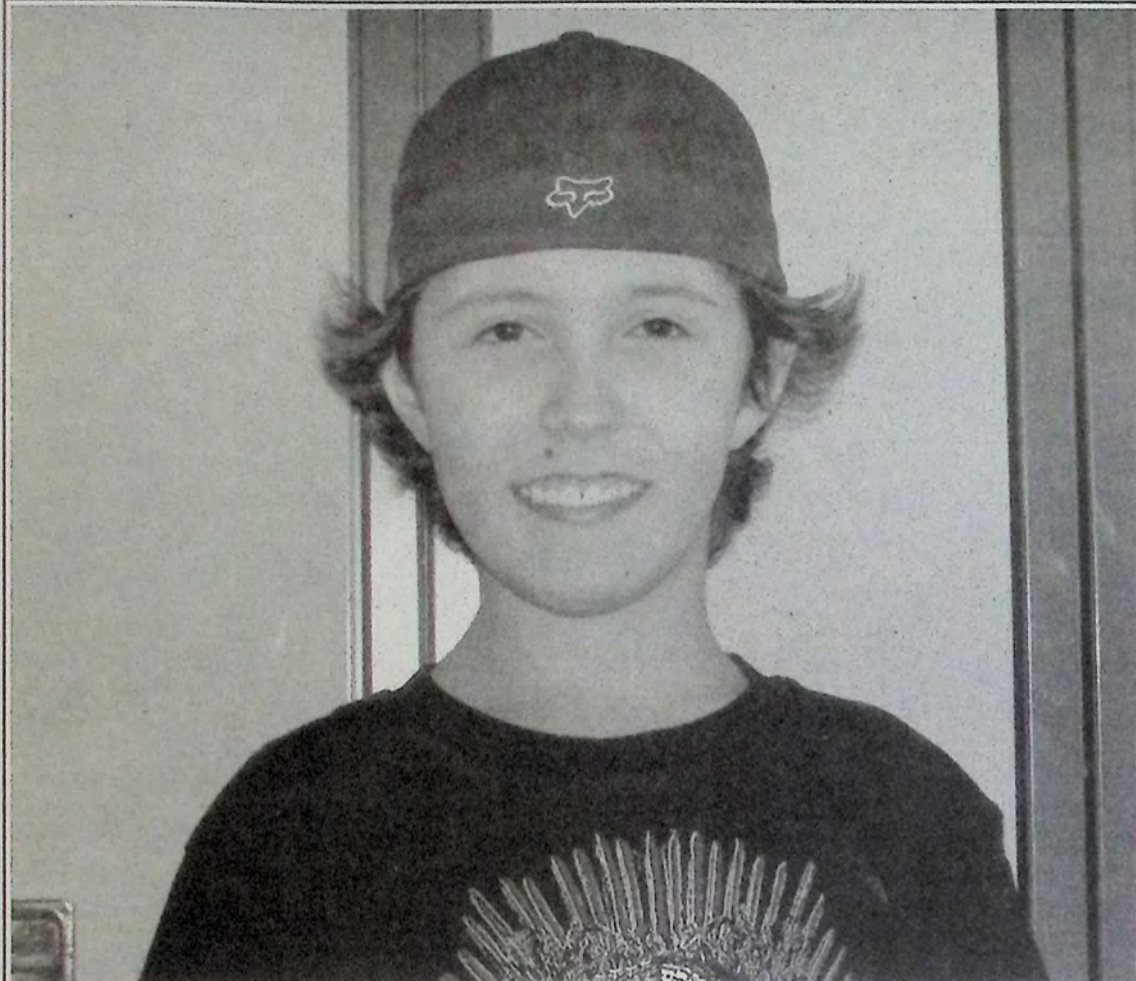
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PSS Student of the Month for February is Jade Wasylenchuk. The Grade 10 student was nominated for a variety of reasons including his positive attitude, good inter-personal skills, encouragement to others and willingness to try new things. PSS PAC sponsors the Student of the Month program. *

MP Alex Atamanenko

BC Southern Interior monthly report

Genetically Modified Plants - Science Uncertain

The following is the first of a three-part series

We have had more than a decade of corporate manipulation and political collusion that has allowed unlabeled and ill tested genetically modified (GM) organisms into our environment and our food supply. GM plants are those that have been created in a laboratory which have had their genes spliced with those from other plant species, viruses, bacteria, insects, animals or fish.

More than 75% of genetically modified edible plants have been designed to tolerate high levels of Monsanto's Roundup formulations. These plants are able to spread their GM traits and Roundup resistance to related weeds and plants through pollination.

The central dogma of molecular biology has been that each gene in living organisms carries the information needed to construct one protein making it possible to predict and control the character and traits of the plants and animals being engineered. Industry research has provided assurances that the chemicals used along with these genetically engineered products are safe for human consumption and pose no harm to the environment if used according to recommended applications.

These are the scientific presumptions upon which the entire economic and regulatory foundation was built to govern this powerful technology.

In 2007 a consortium of scientists published findings stating that

genes operate in a very complicated and complex network, as they interact and overlap not only with one another but with other components in very complicated ways. For instance, one strain of a virulent Malaria virus was found to interact with over 500 genes. *About the only thing scientists say they know with certainty about this science is how very little they actually do know.*

In January 2009, the American Chemical Society released an independent research paper which studied, for the first time, the toxicity mechanisms of four different Roundup formulations in human cells. More than 75% of edible GM crops are designed to tolerate high levels of Roundup.

Scientists, Nora Benshour and Gillies-Eric Seralini, from the Committee of Independent Research and Information on Genetic Engineering (CRIIGEN) recorded that at doses well below the recommended dilutions there was inhibited cell respiration, membrane and DNA damage with cell death occurring within a few hours.

It was found that the toxic effects depended on and were multiplied by the combination of compounds used in the Roundup mixtures currently in the market. Currently the rules are designed around single compounds and not by how these compounds interact with each other.

The amount of herbicides used by farmers to kill weeds has risen fif-

teen fold since biotech crops were first planted and we are now seeing the emergence of many superweeds that have developed a resistance to these chemicals.

..... continued on Page 26



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Two occupants of this vehicle suffered only minor injuries after colliding with a semi. The vehicle was dragged down the street before the semi driver could stop his truck. Photo: Cst. Myrl Stus, Keremeos RCMP

Impaired driver hits semi in Keremeos

Keremeos RCMP, BC Ambulance and Keremeos Volunteer Fire Department attended the scene of an accident in downtown Keremeos just after midnight on Saturday, February 28th.

"A 28-year old male driver and his passenger collided with a semi truck trailer unit at the intersection

of Main Street and 5th Street after the driver of the car failed to stop at the stop sign," explains Cst. Myrl Stus of Keremeos RCMP.

The car 't-boned' the trailer and was dragged half a block before the semi truck came to a stop.

"Given the extensive damage to the car, a 1990 Chev Cavalier, both occupants suffered only minor injuries and were treated at the scene, refusing to attend the hospital."

The driver was detained and

investigated for impaired driving, providing samples of his breath that were 70 and 60 milligrams of alcohol per 100 milliliters of blood, under the legal limit.

The driver was issued a 24-hour driving prohibition as well as a violation ticket for driving contrary to restrictions and failing to stop at the stop sign.

"The driver of the car involved is a 'Novice Driver' and is to have zero alcohol in his system," Stus adds.

FORTISBC

Public Information Session

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Net metering supports the BC Energy Plan goal of supporting independent clean energy sources within the province.

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The net metering program is intended for residential and commercial customers to offset part or all of their electrical needs up to a 50 kW capacity by generating electricity with systems that produce clean energy. The project team will be on hand to discuss the program and to encourage input on the draft application.

Date: Thursday, March 19, 2009

Time: Open House – 5:30 to 6:00 pm
Presentation – 6:00 to 6:30 pm
Questions and Answers – 6:30 to 7:00 pm

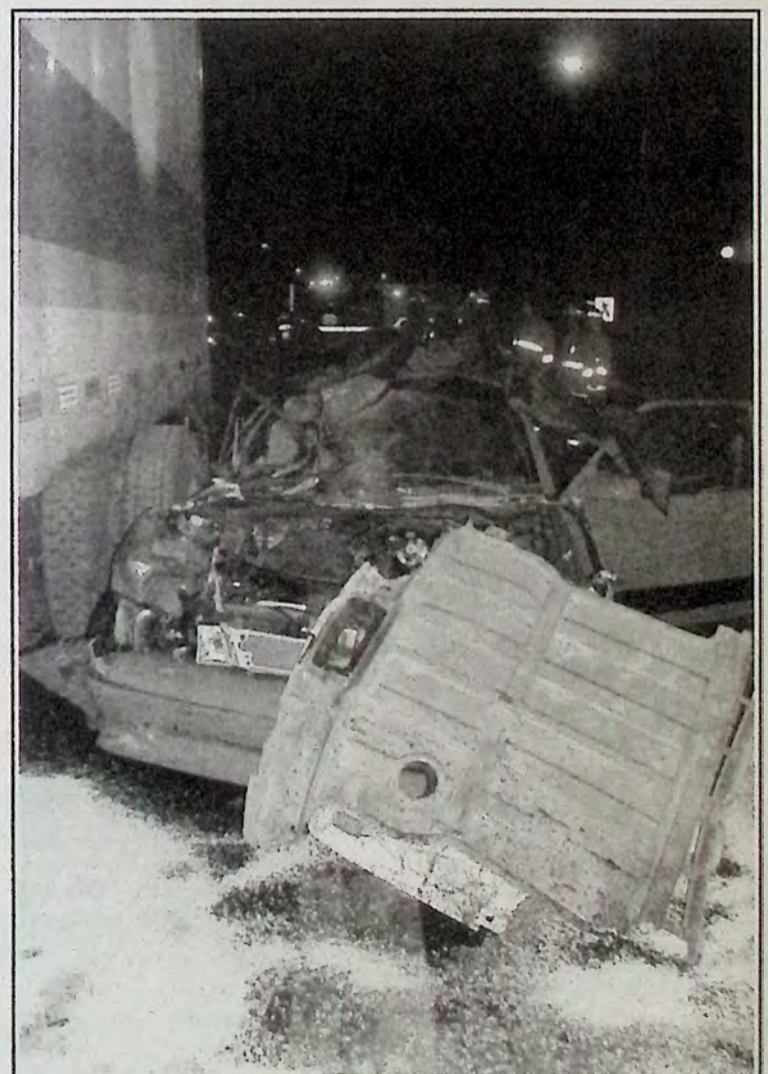
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Another view of the accident scene in Keremeos early Saturday morning, February 28th where a vehicle collided with a semi-tractor trailer. Details above. Photo: Cst. Myrl Stus, Keremeos RCMP

Princeton BC News

The History of Princeton, British Columbia - In Print! FREE!



Early Mining Exploration

It was rough, and it was tough. Early mining exploration was a gamble and the history of the Princeton area includes a lot of mining. Some of the operations did well, where others, well, didn't do much of anything. Here we see early exploration at Copper Mountain, one of the best known sites. Photo: Princeton Museum

Early mining on Copper Mountain

by Nick Mills, Princeton & District Museum & Archives
Copper Mountain shares its name with four other mountain peaks in British Columbia and the table topped lump, situated twelve miles south of Princeton, and is indeed a mountain of copper.
Credit for the actual discovery of the ore deposits on Copper Mountain goes to James Jameson Sr from Kentucky and his son James Jr. In 1912, a 62 year old James Jr recalled that it was October 1894 when he and his father were out hunting and a deer that they had both hit ran a little and fell. It was lying right on some outcroppings of copper on what was to become the "Sunset Claim". Having initially filed their claim no one showed interest, but it was the time of the Granite Creek stampede, gold was the only attraction to those that prospected throughout the Similkameen Valley. It remained for R. A. Volcanic Brown, one of the most colorful prospectors to be found in BC, to start the ball rolling at Copper Mountain.
Like the Jamesons years before, Brown discovered unmistakable signs of an extensive copper deposit on the mountain near 2

The history of coal mining in Princeton

by Nick Mills, Princeton & District Museum & Archives
John Fall Allison had first discovered coal just above the forks on the right bank of the Similkameen in 1910 of the Vancouver, Victoria and Eastern (VV&E) Railway, a subsidiary of James Jerome Hill's Great Northern, the company resolved itself into the Princeton Canadian Pacific's Kettle Valley Railway, which had first arrived in Princeton on November 15, 1915, built the "Charlie Hunter Spur" to the mine. By the end of 1924 they the daily output was 200 tons.
Others were to follow, including the Lynden Coal Mine Ltd. at Nine Mile Creek (Blue Flame Colliery), where production started in 1927.
from Charlie Hunter's mine, W. R. Wilson founded the Pleasant Valley Mines, where, in 1947 the Pleasant Valley No. 4 was one of only two outfits working in the area.

The third issue of 'Princeton BC News' will be published this week. This issue centres on the history of mining in and around the Princeton area and will become a collectors item. *

Third historic guide hits street this week

The concept is simple - publish stories about local history in a newspaper format and include photos of historic significance.

That's the incentive that launched the first issue of 'Princeton BC News' in July of last year. Public requests for more led to the second issue published in October and the third issue will be available this week.

"We've published 'touristy' information guides in the past, but they never really caught on," says Similkameen News Leader Owner/Publisher George Elliott.

"So we eventually phased that product out opting to concentrate on the Ghost Town DVD I produced almost three years ago."

The popularity of that item, and ongoing requests from locals and tourists alike for more local history gave Elliott an idea.

"I wasn't sure how to do it, but I knew there was a hunger for history in this area and I know we are blessed to have such an extensive collection of documents and photos in the Princeton Museum and archives it was just a matter of piecing it all together."

Elliott discussed the possibility of

publishing an 'information guide with a twist' with Nick Mills of Princeton Museum in hopes of gaining access to the archives and support of the project.

Mills was keen to get involved and suggested the 'old style newspaper format' the Princeton BC News product has adopted.

"It suddenly took off from there," Elliott says.

The News Leader's Advertising Salesman John Gillis took the concept on the street and received overwhelming support for the first issue.

"That pretty much told us we were on to something and we printed 7,500 copies of the first issue and gave away all but a few."

Elliott says the product had to be free of charge in order to gain wide distribution and requests are still received in his office for additional copies to be sent to various locations across Canada.

"We came out with the second issue in October of last year and it was as popular as the first, which again confirmed for us we were on the right track with this marketing tool for Princeton," Elliott says.

The third issue, which centres

around the mining history in and around Princeton, contains photos that have rarely been seen and a few surprises.

"Nick Mills provided the majority of the text and photos and managed to find some incredible information about copper and coal mining in the region."

There are plans for a full-blown website where past copies of Princeton BC News will be available for download, which has become an attractive bonus for businesses advertising in the guides.

"We couldn't produce this without advertising support, so being able to provide advertisers with a little more exposure through the website has made many of them very happy with the product."

Plans are to produce at least two more issues in 2009.

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



The Princeton Posse found it hard to get shots on goal when the Kamloops netminder was in his net. *

Crib tournament results

The Betty Preston Doubles Memorial Cribbage Tournament was held Sunday, February 8th in the Legion Hall.

Twenty-eight teams turned out for the event which saw a total of ten games of crib played in the morning. All participants were treated to a wonderful lunch with two types of soups (made by Jean Borud) and sandwiches which were prepared by Jean Borud, Jan Terepocki and Gloria Miller.

Cecil Anderson checked all the scores on the crib to make sure there were no mistakes made.

Jeanette Lee and Cam Powley spent the day (8:30 AM to 3:00 PM) selling raffle tickets during the tournament. Organizers thank Swany Bernier, Dave Rainer and Norma Jean Krenn for their donations to the raffle table.

Kim Herzig also thanks everyone for participating and special thanks to her helpers. "Without you, we

couldn't have these tournaments," she says.

Organizers also thank Chuck Whitlock, Jean Borud, Jan Terepocki, Cecil Anderson, Jeanette Lee, Cam Powley, Gloria Miller and the Legion. A special thanks to Cliff and Marlene Robinson and Ron White who helped set everything up on Saturday night.

After nineteen games the final re-
..... continued on Page 27



Powwow season is approaching and both USIB and LSIB have events planned for 2009. *

weekly entertainment guide

TUESDAY, MARCH 3, 2009 THROUGH MONDAY, MARCH 9, 2009



Michael White celebrated his 10th birthday February 24th skating with the Princeton Posse. *

Posse set record with playoff win

The KIJHL playoffs have not been kind to the Valley First Princeton Posse in the past. When the Princeton team qualifies for post-season play, they get beat four games straight. With the unusual round-robin format in the first round of playoffs this season it puts the Posse in a position where they will be playing a total of eight games in nine nights.

Game #1 was February 24th against Chase Chiefs.

Both teams were playing playoff hockey from the opening face off which saw a very fast paced, hard hitting and well played sixty minutes of hockey between two very evenly matched teams.

Princeton scored first at 18:37 of the first period (Brooks Christensen from Brenden Stephen).

Chase tied it up at 7:08 on the power play and took the lead with just 1:39 left in the period.

The middle frame saw more of the same and some clean checks that pleased the crowd immensely.

The game came to a screeching halt at 15:25 when Princeton's Mark Claffey followed Chase's Kris Glinsbockel into the boards behind the Chiefs net. The hit earned Claffey 5-minutes for Checking From Behind and a 10-minute Game Misconduct. The resulting hit left Glinsbockel on the ice for a considerable amount of time. Scott Jackson vocalized his displeasure over the circumstances and the officials gave him a 10-minute Misconduct to cool him down.

BC Ambulance personnel present at the game went out to assist and clearance was made for a transport by ambulance, but it wasn't needed

as Glinsbockel managed to get back on his skates and headed back to the dressing room to cheers from everyone in the building. It turned out that his injury only required stitches.

The second period ended with no further scoring.

The third period was an even faster 20-minute than the first frame with both teams battling for a victory.

At 19:24 Kyle L'Arrivee lined up for a face off in the circle to the right of the Chase goal, kicked the puck back to Brenden Stephen who juggled to control the chunk of rubber along the boards and ripped off a 'snap' shot that sailed deep in the far corner of the goal to tie the game at two-all.

Then at 15:04 Matt Chomyc flipped a rebound into the Chase goal to take the lead. An assist went to Jason Alessio.

Chase called a time out with less

than a minute to play and pulled their goalie for an extra man. Princeton did everything to get the puck out and finally Jason Alessio sent a shot in from the blue line but time had expired by the time the puck crossed the goal line.

And Princeton won their first ever playoff game.

Although there were some hard hits and a few missed calls, it was a pretty clean game with only nine penalties assessed in the entire match – sort of a rarity when these two teams meet each other.

Final score: Princeton 3, Chase 2. Shots on goal: Princeton 31, Chase 28. Penalties: Princeton 6 for 23-minutes, Chase 3 for 14-minutes.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 – Brandon Mistal (Chase), #2 – Michael Garteig and #1 – Brenden Stephen.



Princeton's Nate Rempel in action from the February 24th First Round playoff game against Chase Chiefs. *

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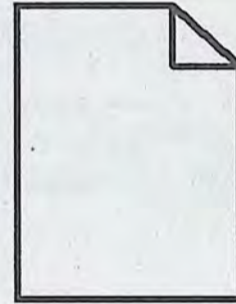


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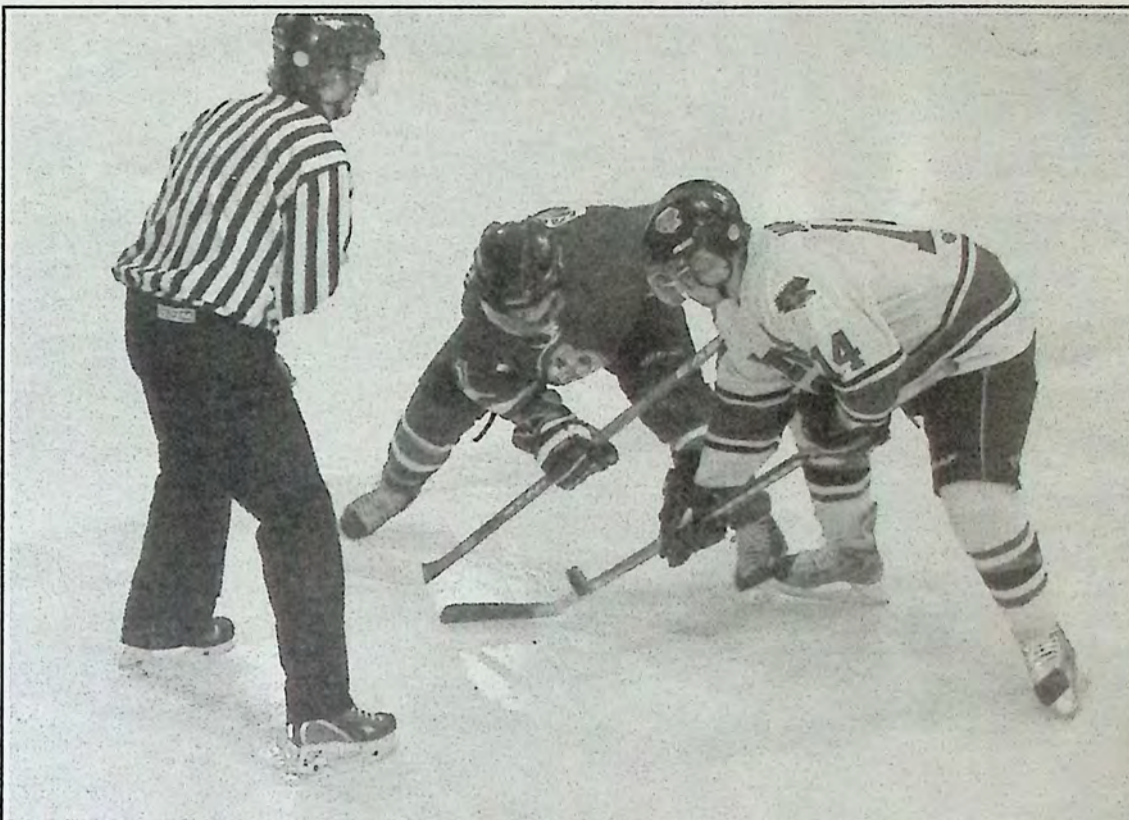
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Princeton's Wade Masch (#14) wins a face off during the February 26th game against Kamloops.*

Posse tie up Storm

The Valley First Princeton Posse hosted Kamloops Storm February 26th in their third round-robin match in the first round of KIJHL playoffs.

The home team entered the game with 2 points (one win and one loss) for a second place tie thus far in the series while Kamloops was leading the division with 3 points (one win and one tie).

Webcast fans missed an incredible game due to a massive internet outage, but a huge crowd in Princeton Arena shared in the excitement that saw a goal scored by Justin Palazzo of Kamloops just 35-seconds into the game disallowed due to an off-side call.

Princeton capitalized on the error and scored first at 12:52 when Kyle L'Arrivee took the puck into the

Storm zone along the boards in front of the player's benches and passed across the goal crease to Jason Alessio who backhanded a shot into the net. The short handed goal was the only one to make it onto the scoreboard that period.

The second frame saw Princeton add their second goal at 5:08 (Leeland Malkinson from Wade Masch and Brooks Christensen).

The period ended with Princeton leading two to zip.

Kamloops narrowed the gap finally getting on the scoreboard at 18:27 of the third.

Both teams battled from whistle to whistle not letting up and the home team scored again at 6:51 (Dan Hillman from Derrick DeLisser and Nate Rempel).

Kamloops continued to press the

home team and added another goal at 4:09.

In the final minute of play Kamloops pulled their goalie for an extra man and tied the game with only 38.4-seconds to play.

The score did not change at the end of regulation play and in the playoffs there is no overtime period so the stats show both teams earned a point from the game.

Final score: Princeton 3, Kamloops 3 (tie). Shots on goal: Kamloops 38, Princeton 30. Penalties: Princeton 7 for 14-minutes, Kamloops 5 for 10-minutes.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Dan Hillman, #2 - Jamie Galbraith (Kamloops) and #1 - Tanner Sheridan.



Action along the boards during the February 26th game against Kamloops.*

TUESDAY, MARCH 3, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) George S.	(6:12) Thomas	News (N) Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentre	Canada AM	Daily Planet King	Henry's King	CityLine	Married... Married...	Power Play
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today Online etiquette; stay-at-home beauty; the anti-aging diet; Tyson Beckford; Asian animals. (N)	The Early Show (N)	American Justice	Good Morning America (N)				Razzberry Animal	Hawks Rollbots	SportsCentre	What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:59) Hi-5 Magic Bus	Curious Sid			Cold Case Files		100 Huntley Street (N)		Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre	Austin Stevens	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60	
9 AM	Fam. Feud Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Rolie Polie Timothy	Off-Record UEFA	Regis and Kelly	Daily Planet Tigger	Feet City	News (N) City	Unsolved Mysteries	Soap What
10 AM	Trivial Trivial	The Mom Show	Sid (10:35)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Dead Air"	The View Fashion. (N)	World Vision	World Vis House	Wilbur Doodlebop	George S. Berenstain	Bowling	The View Fashion. (N)	How Do How Do	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit and Be Fit Special	Ellen DeGeneres Show Paid Prog.	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Billiards: WPBA	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. Fresh Pr.	Chef Design U	(12:37) Babar	Charlie Rose	Paid Prog.	News (N) Bold	The Sopranos (N)	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Mr. Men George S.	Boxing: Friday Night Fights.	etalk Bold	Man vs. Wild	(11:49) Weekend	CityLine	CSI: NY "Sweet 16"	Seinfeld
1 PM	Still Stnd Still Stnd	Home to Parents	Maggie Daniel	Moveable Feast Chfs	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 Erky Perky	Jacob Erky Perky	Sue Thomas: F.B.Eye	Austin Stevens	Dragon Emperor	ER	CSI: NY	Raymond King	
2 PM	King King	Guiding Light (N) BluesClues	(1:59) BluesClues	The Bonnie Hunt Show	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 Interruption	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Silent Night"	King Family Guy
3 PM	Seinfeld Friends	How Do I Look? Friends	Zoboomafo o "Snake Bellies"	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	Destroyed Emperor	Replace Emperor	News (N)	CSI: NY "Obsession"	What What
4 PM	Payne Payne	Debt Part Deal No	George S. Cyberchas	Judge J. Judge J.	Oprah Winfrey	CSI: Miami "Dead Air"	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Mercer	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show Hockey: Pittsburgh Penguins at Tampa Bay Lightning.	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Soap Big Screen	
5 PM	Movie: "The Ice Harvest" (2005) John Cusack.	News (N) Global	Martha Mechanics	BBC News News-Lehrer	News (N) College Basketball: USC Upstate at Gonzaga.	News (N) Hollywood	The First 48 News	News News	News (N) ET Canada	(4:59) News (N) Global	Simpsons Fortune	OddParent SpongeBob	News (N) News (N)	Destroyed Time Warp	Suite Life Life Derek	Privileged Scrubs	CSI: Crime Sen	Family Guy Seinfeld	
6 PM	Harvey Seinfeld	El News The Insider	Gardens Eden	The Brain Fitness Program	The Doctors Manhunter	The Doctors Manhunter	Entertain The Insider	Entertain ET Canada	90210	Coronatn Jeopardy!	Adrenaline Prank Ptr	SportsCentre (Live)	etalk Hollywood	Extreme Loggers (N)	Wizards Montana	The Bachelor (N)	DEA (N)	Family Guy Married...	
7 PM	Family Guy Family Guy	The Biggest Loser (N) The Choir	Stephen Fry Carnegie	Heart Healthy	The Biggest Loser (N)	NCIS "Capitol Offense"	Manhunter Manhunter	Homeland Security USA	NCIS "Capitol Offense"	NCIS "Capitol Offense"	Mercer 22 Minutes	Malcolm Futurama	In Corner perform.	American Idol Semifinalists	Daily Planet Buzz	Suite Life (8:35) News	News (N)	Real Vice Real Vice	Seinfeld
8 PM	Movie: "The Ice Harvest" (2005) John Cusack.	Ruby Kimora	Soweto Strings (N)	Independen t Lens	Law & Order: SVU	(10:01) Without a Trace	The First 48 The Bachelor (N)	Project Runway Canada	News Hour Final (N)	National UEFA	Wild Roses (N) Prank Ptr	Prank Ptr Prank Ptr	Boxing: Berto vs. Collazo	Law & Order: SVU	Extreme Loggers Cory	School Judge	(10:06) Make Me a Supermodel	Disorderly Con.	Married... Raymond
9 PM	Sanford Montel W.	News (N) Hardwood	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Manhunter Manhunter	News (11:35)	News (N)	Entertain ET Canada	(11:05) The Hour Ghost	Mystery SportsCentre (Live)	News (N) News (N)	How-Made Life Derek	Suite Life Paid Prog.	Life Derek	News (N)	Most Amazing Videos	King King	

WEDNESDAY, MARCH 4, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) George S.	(6:12) Bob Build	News (N) Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	(5:00) NHL on TSN: Trade Centre '09	Canada AM	Daily Planet King	Henry's King	CityLine	Married... Married...	Crow- Stairway
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)				Turbo Animal	Hawks Skunk Fu!	Breaking news and analysis of deals at the NHL's 2009 trade deadline. (Live)	Naked Science	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:59) Hi-5 Magic Bus	Curious Sid			Cold Case Files		100 Huntley Street (N)		Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre (Live)	How-Made How-Made	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60	
9 AM	Fam. Feud Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why! Gofrette	Rolie Polie Timothy	Regis and Kelly	Daily Planet Tigger	Feet City	News (N) City	Unsolved Mysteries	Reality What	
10 AM	Trivial Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Dead Air"	The View (N)	World Vision	World House	Wilbur Doodlebop	George S. Berenstain	The View (N)	Destroyed Time Warp	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny	
11 AM	Harvey Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show Paid Prog.	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Twice in a Lifetime	Mayday	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210	
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:38)	Charlie Rose	Money Paid Prog.	News (N) Bold	The Sopranos (N)	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Being Ian George S.	etalk Bold	Blueprint for Disaster	(11:49) Weekend	CityLine	CSI: NY	Seinfeld	
1 PM	Still Stnd Still Stnd	Home to Parents	Maggie Daniel	Daniel O'Donnell: Hope and	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 Erky Perky	Jacob Erky Perky	Sue Thomas: F.B.Eye	Extreme Loggers	Dragon Emperor	ER	CSI: NY	Raymond '70s Show	
2 PM	King King	Guiding Light (N) BluesClues	Franklin BluesClues	Praise WordWorld	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	General Hospital (N)	MythBusters K. Possible	(1:54) K. Possible	News (N)	CSI: NY	'70s Show Family Guy	
3 PM	Seinfeld Friends	The Big Party Plan-Off	(3:01) Zoboomafo o "Talk To Me"	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	SportsCentre (Live)	Dr. Phil	How-Made How-Made	Replace Emperor	News (N)	CSI: NY "The Ride-In"	What What
4 PM	Payne Payne	Debt Part Deal No	George S. Cyberchas	Judge J. Judge J.	Oprah Winfrey	CSI: Miami "Dead Air"	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Laughs	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show Hockey: Montreal Canadiens at Buffalo Sabres.	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Reality Ad Pers	
5 PM	Movie: "Payback" (1999) Mel Gibson.	News (N) Global	Martha Think Big	BBC News News-Lehrer	News (N) Millionaire	News (N) Hollywood	Dog Dog	News News	News (N) ET Canada	(4:59) News (N) Global	Simpsons Fortune	OddParent SpongeBob	News (N) News (N)	Deadliest Catch	Zoey 101 Life Derek	Nip/Tuck	UFC's Ultimate Fight Night	Seinfeld Raymond	
6 PM	Harvey Seinfeld	El News The Insider	Wilderness The Insider	Celtic Woman: The Greatest Journey	Jeopardy! Fortune	The Doctors Christine	Dog Extern	Entertain The Insider	Entertain ET Canada	(7:02) Life on Mars (N)	Coronatn Jeopardy!	In Real Life (N)	SportsCentre (Live)	etalk Hollywood	Mayday Montana	Wizards Murdoch Mysteries	Family Guy Married...		
7 PM	Family Guy Family Guy	Knight Rider (N) Man Made Marvels (N)	Man Made Marvels (N)	Greatest Journey	Knight Rider	Christine Gary	Extern Extern	Lost House	House	House	Week Women Futurama	Malcolm Off-Record	American Idol	Daily Planet Buzz	Suite Life (8:35) News	News (N)	UFC 96 Countdown	Seinfeld	
8 PM	Movie: "Payback" (1999) Mel Gibson.	Party Monsters: Cabo	The Barcelona Concert	Bruce Springsteen	Life "Jackpot"	Criminal Minds	Dog Dog	Lost "LaFleur" (N)	Lie to Me "Unchained"	Lie to Me "Unchained"	Being Erica (N)	Adrenaline Prank Ptr	Motoring 2009	Criminal Minds	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY	'70s Show '70s Show	
9 PM	Movie: "Payback" (1999) Mel Gibson.	Missy Elliott: True Story	Missy Elliott: True Story	Monarchy-Royl	Law & Order	CSI: NY "Turbulence"	Dog Dog	(10:02) Life on Mars (N)	(10:02) Life on Mars (N)	News Hour Final (N)	National Falcon Beach	Billiards	CSI: NY "Turbulence"	Austin Stevens	School Cory	(10:06) The Flavor of Love	Disorderly Con.	Married... Raymond	
10 PM	Sanford Montel W.	News (N) Hardwood	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Dog Extern	News (11:35)	News (N)	ET Canada Irish Poker	(11:05) The Hour Ghost	Mystery SportsCentre (Live)	News (N) News (N)	Mayday Life Derek	Suite Life Paid Prog.	Life Derek	News (N)	Most Amazing Videos	'70s Show '70s Show	

News Leader Horoscopes

March 4 - 11, 2009

Aries - You may feel a kind of vague discontent to begin the week, or you may have some kind of upset in your health. This will clear up by the end of the week. It's not serious!

Taurus - Career matters may not run smoothly this week. Look for signals saying somebody is not being honest. They may avoid going along with plans, or dodge issues. Wait a week.

Gemini - Travel now is not easy. Stay home if possible. Focus shifts to career. Pay attention to what is said. Plans for your own life can stall now. Workplace becomes hectic next week.

Cancer - Focus is on travel, spiritual renewal. Find time for personal solitude and introspection. You may want to spend time with older sibling or neighbour, or think about renovations.

Leo - You are probably getting bored with all of the advice to take care of debts, taxes, but it's still a need. Get it done! Partner, friend may seem vague, elusive or evasive. Wait.

Virgo - The week begins with some disturbing news related to job or health. Double check source of information. There could be no truth, or a big error. Don not act on info before Monday.

Libra - Promise made by partner may take months to materialize. Youngsters or lover seem to avoid you. It's not your problem. Focus on job and health. Ignore others' moods.

Scorpio - Youngsters may create disruption this week by behaving out of character. Be patient, they aren't thinking clearly. Avoid sports ailments. Situation clears up next week.

Sagittarius - Double check source of information your receive this week. Do not let it affect home life or property. Somebody is jerking your chain. Find facts before Monday.

Capricorn - Focus is on siblings, immediate neighbourhood. You may have unexpected expense this week. Shop around for best deal. Do not act too fast. Wait a week before spending.

Aquarius - You may have a health setback this week if you are not careful. Avoid drugs, alcohol, and foods cooked by others. Situation clears up next week. Focus on saving.

Pisces - You may have some memory lapses this week that cause problems, or you may give out inaccurate information because you are annoyed. Good week to say little. Be patient.

News Leader Recipe Corner

(Recipe #261)

Brought To You By: Similkameen News Leader

Grilled Haddock Greek Salad

Prep Time: 20 minutes / Servings: 2 / Total Time: 25 minutes

Ingredients

- 2 BlueWater Grill Haddock Fillets
- 1 package prepared mixed greens
- 1/2 cup dressing (Greek, Italian, etc.)
- 10-15 grape, cherry, or pear tomatoes cut into halves
- 1/4 cup crumbles feta cheese
- 1/4 cup Kalamata (Greek) olives
- 1/4 cup sliced red onion
- 1/4 cup pine nuts (optional)

Preparation

Bake the Grill Fillets according to package. In a bowl, toss lettuce and dressing. Once the fillets are fully cooked cut them into bite size pieces. Top the dressed lettuce with remaining ingredients, including the cut fillets and serve immediately.

- News Canada

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tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "The Ice Harvest" (2005, Comedy-Drama) John Cusack. A mob lawyer tries to keep his cool after he and his pornographer partner steal a small fortune from a powerful figure. (E)

EVENING

9:00 pm WTBS (3) ★★ "The Ice Harvest" (2005, Comedy-Drama) John Cusack. A mob lawyer tries to keep his cool after he and his pornographer partner steal a small fortune from a powerful figure. (E)

wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E)

EVENING

9:00 pm WTBS (3) ★★½ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E)

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thursday movies

EVENING

7:00 pm WTBS (3) ★★ "Monster-In-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiancé's shrewish mother tries to destroy their relationship. (E)

10:30 pm WTBS (3) ★★ "Monster-In-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiancé's shrewish mother tries to destroy their relationship. (E)

friday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight and, with the help of friends, competes against nobles in 14th-century France. (E)

"Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight and, with the help of friends, competes against nobles in 14th-century France. (E)
FAM (24) ★★½ "Magic in the Water" (1995, Fantasy) Mark Harmon. A local sea-monster legend entrances a divorced radio psychologist and his kids while they vacation on a Canadian lake.

EVENING

7:00 pm YTV (18) ★★ "Fat Albert" (2004, Comedy) Kenan Thompson. Live action/animated. A lonely teen's tears create a portal through which the 1970s cartoon character and his pals emerge into flesh-and-blood reality. (In Stereo) (E)

10:00 pm KNOW (5) ★★ "The Wild Parrots of Telegraph Hill" (2004, Documentary) Premiere. A San Franciscan cares for a flock of more than 40 wild parrots that roosts on his doorstep. (E)

7:30 pm FAM (24) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (E)

10:40 pm FAM (24) ★★½ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (E)

9:00 pm WTBS (3) ★★½ "A Knight's

THURSDAY, MARCH 5, 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 Sanford	News (N) George S.	(6:12) Lions	Thomas Lions	News (N) Lions	News (N) Lions	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Traders	
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today Today's Health; green house-hold cleaners; the Scotto's; African animals. (N)	The Early Show (N)	Amer. Justice Cold Case Files	Good Morning America (N)				Razberry Animal	Hawks Kid vs. Kat	SportsCentre		Megabuilders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magic Bus	Curious Sid						100 Huntley Street (N)	Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre		Extreme Loggers	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60	
9 AM	Fam. Feud Fam. Feud	Three Takes Clifford	Berenstain Clifford	Super Why! Clifford		The 700 Club	The First 48 "Torched"	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Rolie Polie Timothy	Off-Record SnowTrax	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Make What	
10 AM	Trivial Trivial	The Mom Show	Sid (10:35)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Vision House	Wilbur Doodlehop	George S. Berenstain	Bowling	The View (N)	Austin Stevens	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny	
11 AM	Harvey Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit and Be Fit Special	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Billiards: WPBA	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210	
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	Babar (12:37)	Charlie Rose	Bootcamp	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Mr. Men George S.	Hockey: Pond Champ.	etalk	Mayday	(11:49)	CityLine	CSI: NY	Seinfeld	
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Heart Healthy	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Motorcycle X Games	Sue Thomas: F.B. Eye	Deadliest Catch	Dragon Emperor	ER	CSI: NY	Raymond Just Shoot	
2 PM	King King	Guiding Light (N)	(1:58) BluesClues	WordWorld	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 Interruption	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	Just Shoot Family Guy	
3 PM	Seinfeld Friends	Clean Clean	Zoboomafo o "Pets" (DVS)	Big World WordGirl	Judge Judge	Dr. Phil	The First 48 "Torched"	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made How-Made	Replace Emperor	News (N)	CSI: NY	What What	
4 PM	Payne Payne	Debt Part Deal No	George S. Cyberchas	Judge J. Judge J.	Oprah Winfrey	The First 48	Deal No Deal No	Oprah Winfrey	(3:59) News	Fashion F. 22 Minutes	SpongeBob OddParent	Hockey Interruption	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Make Fashion		
5 PM	Friends Friends	News (N) News (N)	Martha Business	BBC News NBC News	News (N) CBS News	News (N) CBS News	The First 48 ABC News	News Global	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	World Extreme Cagefighting (Taped)	News (N) News (N)	Journey to the Edge of the Universe	Suite Life Montana	Ugly Betty (N)	CSI: Crime Scn	Family Guy Seinfeld	
6 PM	Friends Friends	Global News	Creatures Animals	News-Lehrer	News Millionaire	News Hollywood	The First 48 (N)	News News	News (N) Entertain	ET Canada Entertain	News iCarly	Drake iCarly	News News	News (N) News (N)	Universe	Zoey 101 Life Derek	30 Rock (6:31) 30	TNA IMPACT! (N)	Seinfeld Raymond	
7 PM	Movie: "Monster-in-Law" (2005)	E! News The Insider	Eden e2 (N)	Great Scenic Railway	Jeopardy! Fortune	The Doctors	The Beast "Mercy" (N)	Entertain The Insider	Entertain ET Canada	Life "Jackpot"	Coronatn Jeopardy!	Jackson H2O Just	SportsCentre (Live)	etalk Hollywood	MythBusters	Wizards Montana	Hell's Kitchen (N)	Married...	Family Guy	
8 PM	Jennifer Lopez.	Name Earl Kath &	Myths and Heroes	Journeys Great Scenic Railway	Name Earl Kath &	Survivor: Tocantins	The Beast "Mercy"	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	Doc Zone "Shock Wave" (N)	Malcolm Futurama	Off-Record	American Idol	Daily Planet	Suite Life Buzz	News (N) (8:35) News	CSI: Crime Scn	Seinfeld	
9 PM	Family Guy Family Guy	Movie Architecture	Architectur e	Journeys	The Office (9:31) 30	CSI: Crime Scn	The First 48	Grey's Anatomy	The Office Kink	The Office Kink	Doc Zone "Shock Wave" (N)	In Real Life	Score Golf Motorcycle	CSI: Crime Scn	Deadliest Catch	Wizards Life Derek	(9:06) Jimmy Kimmel	Spike MANswers	Just Shoot Just Shoot	
10 PM	Seinfeld Movie: "Monster-in-Law" (2005)	Genius, Photo. Landscape Revealed	To Be Announced	ER "What We Do" (N)	(10:01) Eleventh Hour (N)	News (N) News (N)	The First 48 News	(10:02) Private Practice	(10:02) Life "Jackpot"	News Hour Final (N)	National Falcon Beach	Poker Night (Taped)	ER "What We Do" (N)	Journey to the Edge of the Universe	School Cory	Flavor of Love	MANswers Married...	Married... Raymond		
11 PM	News (N) Montel W.	News (N) Landscape Revealed	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	News (N) Late Show	The Beast "Mercy"	News (11:35)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N) News (N)	Suite Life Life Derek	Judge Paid Prog.	UFC 96 Countdown	Just Shoot Just Shoot			

FRIDAY, MARCH 6, 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 Sanford	News (N) George S.	(6:12) Lions	Bob Build Lions	News (N) Lions	News (N) Lions	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Adventures of Sinbad	
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today Today's Pets;	The Early Show (N)	American Justice Cold Case Files	Good Morning America				Turbo Animal	Hawks Pretty Cure	SportsCentre		Monster Moves	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magic Bus	Curious Sid	Barbara Corcoran; ambush					100 Huntley Street (N)	Bo On Go Busytown	Pokemon Viva Pinata	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60	
9 AM	Fam. Feud Fam. Feud	Three Takes Clifford	Berenstain Clifford	Super Why! Clifford		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Rolie Polie Timothy	Off-Record Score Golf	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Tube Tales What	
10 AM	Trivial Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Shock"	The View	Hospital for Sick Kids	World Vis House	Wilbur Doodlehop	George S. Berenstain	Bowling	The View	Blueprint for Disaster	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny	
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Billiards: WPBA	Twice in a Lifetime	Super Ships	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210	
12 PM	Fresh Pr. Fresh Pr.	Eat, Shrink Design U	(12:01) (12:39)	Charlie Rose	Paid Prog. Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Being Ian George S.	In Corner Boxing: Berto vs. Collazo	etalk	Journey to the Edge of the Universe	Weekend	CityLine	CSI: NY "Cold Reveal"	Seinfeld	
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Best of Red Skelton	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	Sue Thomas: F.B. Eye	Universe	Dragon Emperor	ER	CSI: NY	Raymond Frasier		
2 PM	King King	Guiding Light (N)	Franklin BluesClues	WordWorld	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 Interruption	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Snow Day"	Frasier	
3 PM	Seinfeld Friends	Clean House	(3:01) Zoboomafo o "Pop Goes	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pretty Cure	Off-Record Sports	Dr. Phil	How-Made How-Made	Replace Emperor	News (N)	CSI: NY	What What	
4 PM	Payne Payne	Debt Part Deal No	George S. Cyberchas	Judge J. Judge J.	Oprah Winfrey	CSI: Miami "Shock"	Deal No Deal No	Oprah Winfrey	(3:59) News	Fashion F. Air Farce	SpongeBob Mighty B	NBA Basketball: Miami Heat	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Tube Tales Tube Tales		
5 PM	Movie: "A Knight's Tale" (2001)	News (N) News (N)	Martha Business	BBC News NBC News	News (N) CBS News	News (N) CBS News	CSI: Miami "Pro Per"	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	at Toronto Raptors. (Live)	Discovery Project Earth	Suite Life Montana	Mantracker	CSI: Crime Scn	Family Guy Family Guy		
6 PM	Heath Ledger.	Global News	Hends Up Time	News-Lehrer	News (N) Millionaire	News (N) Hollywood	CSI: Miami	News News	News (N) Entertain	ET Canada Entertain	News iCarly	Family Biz SportsCentre (Live)	News (N) News (N)	Man vs. Wild "Belize"	Zoey 101 Buzz	Survivorman	DEA	Seinfeld Family Guy		
7 PM	Seinfeld The Insider	E News The Insider	Martin Clunes McLaughlin	Wash Wk Fortune	Jeopardy! Fortune	The Doctors	CSI: Miami	Entertain The Insider	Entertain ET Canada	NUMB3RS "First Law"	Coronatn Jeopardy!	Movie: "Fat Albert" (2004)	Hockey	etalk Hollywood	Deranged (N)	Wizards Movie: "Life Is Ruff" (2005)	Out There	Real Vice Real Vice	Married...	
8 PM	Family Guy Family Guy	Friday Night Lights (N)	Poirot "The Dream" (N)	Bill Moyers Journal (N)	Howie Do Howie Do	Ghost Whisperer (N)	Criminal Minds	Wife Swap (N)	Howie Do Howie Do	Howie Do Howie Do	Mercer Marketple	Kenan Thompson.	Off-Record	Ghost Whisperer (N)	Daily Planet	News (N) (8:35) News	Disorderly Con.	Seinfeld		
9 PM	Movie: "A Knight's Tale" (2001)	20/20 (N) "Wild Parrots"	Life Begins	Great Performances	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami "Pro Per"	20/20 (N)	Dollhouse "Gray Hour"	Dollhouse "Gray Hour"	fifth estate	Frank Ptl Frank Ptl	Boxing: Friday Night Fights. (Same-day Tape)	Flashpoint (N)	Man vs. Wild "Belize"	Movie: "Magic in the Water" (1995)	PartyPoker	MANswers Game	Family Guy Family Guy	
10 PM	Heath Ledger.	20/20 "Wild Parrots"	"Wild Parrots"	Dateline NBC	NUMB3RS "First Law"	CSI: Miami	20/20	NUMB3RS "First Law"	News Hour Final (N)	National	Family Biz Adrenaline	Raising the Bar	Discovery Project Earth	Deranged	Movie: "You've Got Mail" (1998)	Judge Paid Prog.	MXC	Frasier		
11 PM	News (N) Montel W.	News (N) Landscape Revealed	Idenllst	Austin City Limits	News (N) Tonight	News (N) Late Show	CSI: Miami	News (11:35)	News (N) ET Canada	(11:03) ECW (N)	Mystery Ghost	SportsCentre (Live)	News (N) News (N)	Suite Life Life Derek	Judge Paid Prog.	UFC 96 Countdown	Just Shoot Just Shoot			

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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 #171 - Rated Easy

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

CHALLENGE #172 - Rated Hard

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

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

- 10:00 am WTBS (3) ★½ "National Lampoon's Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (E)
- 11:14 am A&E (9) ★★½ "The Shining" (1980, Horror) Jack Nicholson. A writer goes mad while serving as caretaker with his wife and clairvoyant son at a snowbound Colorado hotel. (E)

AFTERNOON

- 12:00 pm FAM (26) ★★ "The Baby-Sitters Club" (1995, Drama) Schuyler Fisk. Seven girls balance the growing pains of adolescence with the demands of operating a day-care camp for children. (E)
- 1:34 pm FAM (26) ★★ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp. (E)
- 2:30 pm A&E (9) ★★½ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (E)
- 4:00 pm YTV (18) "Casper's Scare School" (2006, Adventure) Jim Belushi. Animated. Casper wants to learn how to be a hobgoblin but returns to his friendly ways after learning about a diabolical plot. (In Stereo) (E)

- 5:00 pm WTBS (3) ★★½ "Kill Bill: Vol. 1" (2003, Action) Uma Thurman. Awakening from a coma, an assassin seeks vengeance against her former boss and his ruthless gang. (E)
- A&E (9) ★★ "Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (E)
- SPIKE (44) ★★½ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

EVENING

- 6:00 pm CITY (29) "Android Apocalypse" (2006, Science Fiction) Scott Bairstow. A man and an android must put aside their prejudices to survive in a forbidding wilderness. (E)
- 7:15 pm WTBS (3) ★★½ "Kill Bill: Vol. 2" (2004, Action) Uma Thurman. Before confronting her former boss, an assassin goes after the man's younger brother and her one-eyed counterpart. (E)
- 8:00 pm CHBC (4) "Cleaverville" (2007, Suspense) Ever Carradine. On the lam from police and gangsters, a woman seeks refuge with her estranged mother. (E)
- YTV (18) ★★½ "Ferris Bueller's Day Off" (1986, Comedy) Matthew

- Broderick. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father. (In Stereo) (E)
- 9:00 pm A&E (9) ★★ "Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (E)
- FAM (26) ★★½ "The Mighty" (1998, Drama) Sharon Stone. Premiere. Friendship develops as a physically handicapped youngster teaches a fellow outcast how to read. (E)
- 10:30 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The masked swordsman and his wife fight a European count plotting to block California's statehood. (E)
- SPIKE (44) ★★½ "Wolf" (1994, Horror) Jack Nicholson. Bitten by a wolf in Vermont, a middle-aged Manhattan editor feels sudden vitality and begins turning into a werewolf. (In Stereo)
- 10:40 pm FAM (26) ★★½ "Doc Hollywood" (1991, Romance-Comedy) Michael J. Fox. An upstart plastic surgeon gets stuck in a one-doctor Southern town and falls in love with a local. (E)

sunday movies

MORNING

- 8:00 am WTBS (3) ★★½ "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (E)
- 10:00 am WTBS (3) ★★½ "Shanghai Knights" (2003, Comedy) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (E)
- 10:30 am A&E (9) ★★½ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (E)

AFTERNOON

- 12:00 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The masked swordsman and his wife fight a European count plotting to block California's statehood. (E)
- FAM (26) ★★½ "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (E)
- SPIKE (44) ★★½ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)
- 1:00 pm A&E (9) ★★ "Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (E)
- 1:51 pm FAM (26) "Bailey's Billions" (2005, Comedy) Dean Cain. Two

- embezzlers plot to steal money from a talking dog that has inherited a fortune. (E)
- 2:30 pm WTBS (3) ★★ "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination. (E)
- 3:00 pm VTV (22) ★★ "Love & Murder" (2000, Mystery) Wendy Crewson. Childhood friends whose lives diverged radically try to renew their relationship as adults. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★½ "The Manchurian Candidate" (2004, Suspense) Denzel Washington. A troubled Gulf War veteran becomes suspicious after a powerful senator's son becomes a candidate for vice president. (E)
- CBC (13) ★★ "The Princess Diaries 2: Royal Engagement" (2004, Romance-Comedy) Anne Hathaway. While living with her royal grandmother, a young princess must find a suitable husband in 30 days or give up the throne. (In Stereo) (E)

EVENING

- 6:00 pm YTV (18) ★★½ "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-year-old boy in a predicament at a new school when he accepts the challenge of a bully to eat 10 worms in a single day. (In Stereo) (E)
- 7:30 pm WTBS (3) ★★½ "The Manchurian Candidate" (2004,

- Suspense) Denzel Washington. A troubled Gulf War veteran becomes suspicious after a powerful senator's son becomes a candidate for vice president. (E)
- 8:00 pm CBC (13) "Diverted" (2009, Docudrama) Shawn Ashmore. Premiere. Planes bound for the U.S. must land in Newfoundland after the terrorist attacks on Sept. 11, 2001. (In Stereo) (E) (DVS)
- 9:00 pm FAM (26) ★★ "Stepmom" (1998, Drama) Julia Roberts. A New York fashion photographer contends with her boyfriend's children and ex-wife. (E)
- 10:00 pm WTBS (3) ★★½ "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (E)
- 11:00 pm SPIKE (44) ★★½ "Shade" (2003, Suspense) Stuart Townsend. Two grifters join forces with two cardplayers to swindle a legendary gambler in a high-stakes poker game. (In Stereo) (E)
- 11:05 pm FAM (26) ★★½ "My American Cousin" (1985, Comedy-Drama) Margaret Langrick. Summer-of-'59 boredom ends for a British Columbia girl when her handsome cousin arrives in a red Cadillac. (E)

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Similkameen News Leader

SATURDAY, MARCH 7, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (AM 6:30 to PM 11:30) listing TV programs and their corresponding channels.

SUNDAY, MARCH 8, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (AM 6:30 to PM 11:30) listing TV programs and their corresponding channels.

MONDAY, MARCH 9, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) Tube Tales	(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 Monster	Sports SportsCentre	Canada AM	Daily Planet King	Henry's King	CityLine	Married... Married...	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Hawks	Curling: Tim Hortons Brier -- Draw 6. (Live)		Cash Cab (6:56)	(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				Bo On Go	Pokemon			How-Made	Weekend	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	World Vision	Super Why! Rolie Polie		Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	TV Made What
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)			The Price Is Right (N)	CSI: Miami "Rampage"	The View	World Vision	World House	George S. Berenstain	PBA Bowling: Buckeye State	The View	Ult Cars Destroyed	Mickey Handy	The O.C. "The Rager"	Unsolved Mysteries	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Hospital for Sick Kids	(10:59) News (N)	Dinner Antiques	Dewitt Willa		Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	Curling: Tim Hortons Brier -- Draw 7. (Live)	etalk	Super Ships	(11:49) Weekend	CityLine	CSI: NY "The Deep"	Seinfeld
1 PM	Still Std	Home to Parents	Maggie Daniel	Victor Borge: 100 Years	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		Sue Thomas: F.B. Eye	Dirty Jobs	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		General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Time's Up"	Raymond
3 PM	Seinfeld	Split Ends	(3:01) Zoboofafo o (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Worst Handyman	Replace Emperor	News (N)	CSI: NY	What
4 PM	Payne	Debt Part		Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Rampage"	Deal No Deal	Oprah Winfrey	(3:59) News	Fashion F. Red Green	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	TV Made That News
5 PM	Movie: "Blade: Trinity" (2004)	News (N)	Martha (5:35)	BBC News	News (N)	News (N)	Intervention "Charles"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Curling: Tim Hortons Brier -- Draw 8. (Live)	News (N)	MythBusters	Suite Life Montana	Chuck (N)	CSI: Crime Scn	Tube Tales E News
6 PM	Wesley Snipes.	Global News	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention "Cristy"	News	News (N)	ET Canada	News	Drake iCarly		etalk	Dirty Jobs	Zoey 101	Less-Kind	Movie: "Stripes" (1981)	Make TV Made
7 PM	Brother	E! News	Undersea	Celtic Woman: The	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes (N)	Coronatr	Adrenaline		etalk	Guinea Pig	Wizards	Man Tracker (DVS)	Comedy	Soap
8 PM	Family Guy	The Soup	History of Britain	Greatest Journey	Chuck (N)	Big Bang	Paranormal	Dancing With the Stars	House (N) (PA)	House (N) (PA)	Mosque Sophie (N)	Malcolm Futurama	SportsCentre (Live)	Big Bang Gary	Daily Planet	Suite Life Buzz	News (N)	CSI: NY	Deal-No Deal
9 PM	Movie: "Blade: Trinity" (2004)	Rules	The Chieftains: Water From the Well	Heart Healthy	Heroes (N)	Two Men Rules	Intervention "Charles"	(Same-day Tape)	Heroes (N)	24 (N) (PA)	Comedy	Super Evil	In Corner	Two Men	Dirty Jobs	Wizards	(9:06) Jimmy Kimmel	CSI: NY "The Deep"	Seinfeld
10 PM	Wesley Snipes.	Snoop		Antiques Roadshow	Medium (N)	CSI: Miami (N)	Intervention "Cristy"	(10:02) Castle (N)	24 (N) (PA)	News Hour Final (N)	National	Falcon Beach	Boxing: Margarito vs. Mosley	CSI: Miami (N)	Guinea Pig	School	Rock of Love	Disorderly Con.	Married... Raymond
11 PM	Sanford	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	Most Amazing Videos	Raymond

monday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (E)

9:00 pm WTBS (3) ★★ "Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (E)

EVENING

6:00 pm SPIKE (44) ★★½ "Stripes" (1981, Comedy) Bill Murray. A lazy New York cabbie quits his job and con-

vinces his bored buddy they should join the Army. (In Stereo)

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Nov 04th

1-bedroom suite, downtown. Close to everything. Call Sharon (250) 295-1845.

Nov 25th

Princeton Castle Resort

4-5 bedroom lakefront house for rent. \$2,200.00 per month inclusive.

Luxury chalets for rent. \$1,200.00 and \$1,800.00 per month, includes utilities+.

Call (250) 295-7988.

Nov 25th

3-bedroom, 64 Billiter Avenue. \$800.00 per month. No pets, no smoking, reference required. Available April 1, 2009. Contact Heather Johnson at Century 21 Princeton Realty. Call (250) 295-6977.

Feb 24 th

1-bedroom apartment for rent in Princeton. Available now. Adult-only building. Applicants will need excellent references and damage deposit. No pets. Phone (778) 786-0935 or (250) 295-1130 for details. Leave a message and phone number you can be contacted at.

Feb 17 mar 03

Newly remodeled apartment. All utilities included. Two bedroom, full bathroom and kitchen. Washer and dryer in unit. Nice neighbourhood. Pets and smoking allowed. \$700 per month. e-mail: michealanders1@gmail.com

Feb 10 - Mar 31

Cabin for rent only 5-minutes from town. Needs TLC or handyman. \$500.00 per month plus utilities. Available immediately. Call (604) 275-9036 or (778) 868-6977 or pager (604) 686-3786.

Feb 16 Mar 03

List something you want to sell here for as low as \$7.00 per week (including GST). Call (250) 295-4149 for details.

notices

help wanted

help wanted

Part-time Administrator

Hedley Improvement District has a job opening for the position of part-time Administrator.

The position requires:

- Basic accounting knowledge and experience - Simply Accounting an asset
- Well developed organizational skills
- Ability to work neatly and accurately with limited supervision
- Strong communication skills both written and verbal

The successful candidate will be required to work 20 hours per week. This will include once a month attendance at a Board Meeting on a Thursday evening.

Please mail resume to:

Hedley Improvement District
Box 186
Hedley, BC V0X 1K0

Or e-mail to:
Or fax to:

hid@nethop.net
(250) 292-8637

Or drop-off in person at:

825 Scott Avenue, Hedley, BC
Wednesdays 8:30 AM to 4:30 PM only

Applications for this position will close at 4:30 PM March 13th

for sale

Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988.

Nov 25th

Queen bed, mattress, box spring and roller frame. Asking \$175.00 OBO. Call (250) 499-0168 and leave a message.

Feb 24 Mar 10

Time to do some Spring cleaning? List those items you want to sell right here for as little as \$7.00 per week. Call (250) 295-4149 for details.

Nov 25th

wanted

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Oct 29th

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~~Wednesday, January 25~~

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~~Thursday, January 26~~

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~~Friday, January 27~~

PRINCETON @ TBA

~~Sunday, March 1~~

PRINCETON @ Chase - 7:00 PM

Monday, March 2

Sicamous @ PRINCETON - 7:00 PM

Tuesday, March 3

PRINCETON @ Kamloops - 7:00 PM

Wednesday, March 4

TBA @ PRINCETON - 7:00 PM



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sudoku

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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #171 - Easy

123	689	754
647	153	289
598	427	361
934	278	615
762	591	438
851	346	927
215	934	876
379	865	142
486	712	593

CHALLENGE #172 - Hard

697	158	234
823	794	156
154	362	879
485	623	917
719	845	623
362	917	485
241	539	768
938	276	541
576	481	392

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my turn

I guess I'm stunned

You'd think Sgt. Macahonic was some sort of celebrity or politician with all the mud being thrown and dirt being dug up in his past.

And with all due respect to Ms. Doughty and the service she provided the community I see a very lopsided attack being waged in our community.

Let me explain.

The contract for the services of the Economic Development Officer was not renewed earlier this year. I have yet to see a public protest related to that take place in downtown Princeton nor have I seen any mud being thrown at or dirt being dug up on the past of Mayor Randy McLean and posted somewhere so all can see.

However, in the case of Macahonic vs. Victim Services this appears to be the way some Princeton area residents want to solve the problem, so now we are to believe that incidents in Sgt. Macahonic's police history are why the Victim Services contract did not get renewed?

It's as if saying the prices at the Mayor's restaurant has something to do with the Economic Development Officer contract not being renewed.

There is no connection.

And as much as I try not to pick sides I think the horrible injustice that has truly happened here is the unfair treatment and virtual character assassination of the guy who ultimately controls what really happens in this town. (Hint: He is The Law).

When I was a young boy I was taught to respect figures of authority. Even if I didn't agree with what they were doing. So what I find so strange in the circus that appears to be forming around this issue is that the facts have been discarded and emotion has taken control.

There's no doubt in my mind that Ms. Doughty provided an essential service to the community and Sgt. Macahonic even said in this paper that he views the Victim Services Program as an essential component in community policing. What we need to remember is that the service is not gone.

It reminds me of when the local radio station closed down. I had spent 12.5 years there, and thought I had done a pretty good job. Then one day the parent company shut it down to cut costs. I don't know that I would say I was devastated, but I was disappointed that all the time and effort I had put into what I considered an essential community service was gone.

There's still a radio station, but it's not the way it used to be and that still bothers me, but I know why it happened. The parent company chose to go another direction and that was a decision only they could make.

I think it's fair to say the same thing about Victim Services. There's been a decision to go a different direction. It won't be the same, but there will still be a service we'll all eventually get used to.

Sure, it may hurt and sting right now, but it's also not fair to throw mud and dig up dirt in a feeble attempt to shame or embarrass someone. That's really just dirty and uncalled for.

Especially when you consider the current target is a guy who has the power to write everyone speeding tickets...and a whole lot more.

EDITORIAL GUIDE

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

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

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

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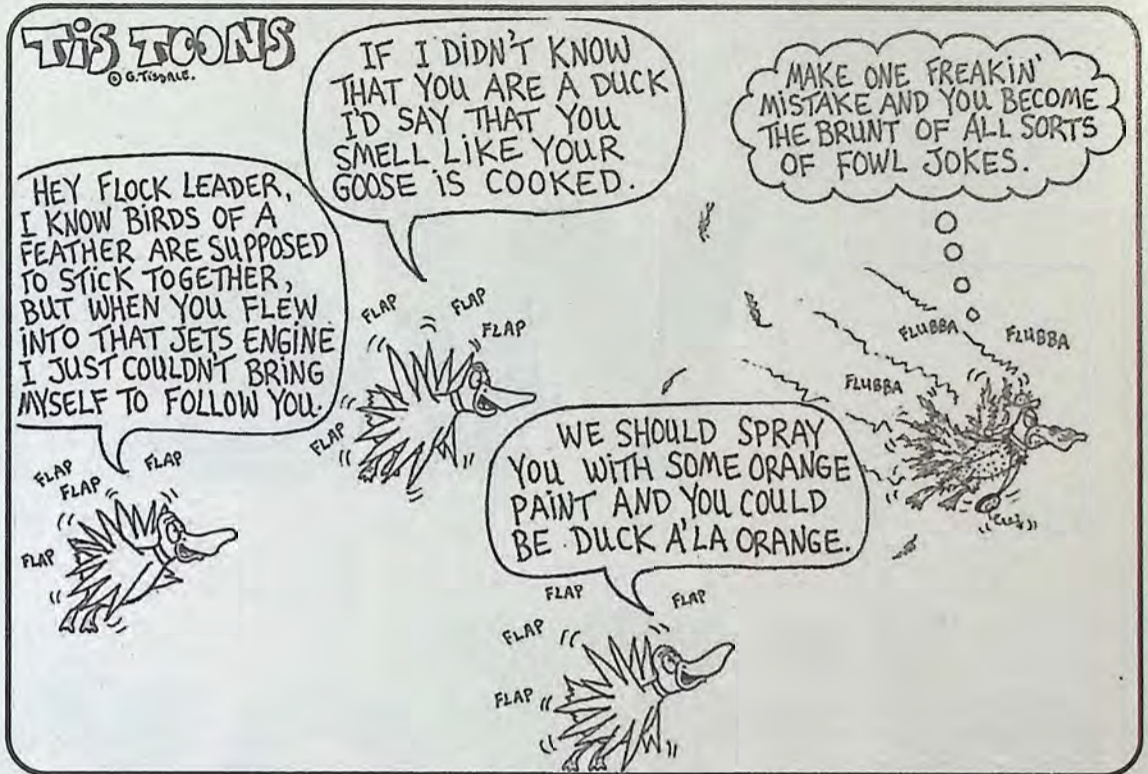
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George Elliott
Brenda Engel
Dawn Johnson



your turn

In support of Sgt. Gary Macahonic

Dear Editor:

In response to the story in a local newspaper on February 25th titled, 'Police history questioned unfairly?'

Why are you attacking Sgt. Macahonic?

While I don't believe in police violence and the use of tasers, what has Sgt. Macahonic's past in Kamloops have to do with Rosemary Doughty?

Letter To The Editor

Reader shares an observation

Dear Editor;

I was surprised when I read the letter from Mr. David Field of the BC Citizens for Green Energy.

Although Mr. Field's letter was a little late in getting here since Rafe Mair was here the week before the letter being published, it was surprising to me to hear that I should have been looking for a group of rowdy out-of-towners who were plants by the former Social Credit Cabinet Minister the speaker from

Some people seem to forget that Rosemary's job is a contract position. Contracts do end and are put out for bid again. We have not been told why Rosemary's position has not been renewed. Therefore, why all the speculation? Because that's what it is: speculation.

Don't get me wrong, I like Rosemary, I just don't like the way this story is being portrayed.

COPE 378.

I am happy to tell you all that there was no such subversive activity.

So who is this watch dog group BC Citizens for Green Energy? According to theTye.ca the steering committee is made up of friends of the BC Liberal Party like Mark MacDonald, a committee member who ran unsuccessfully for the Liberal nomination in 2005 for Nanaimo-Parksville and is part of the riding constituency board.

Robert Ruf was appointed to Premier Campbell's Citizen's Conservation Council on Climate Change for the Thompson Okanagan.

I would think there are a lot more credible stories out there that could be told.

As far as I can see, you are just on a witch hunt.

Shame, shame on you for running such an article.

- Geri Swanson, Princeton
(Editor's Note: Ms. Swanson is making reference to an article that *did not* appear in this paper).

Gene Vickers, according to theTye.ca, also has ties to the BC Liberals.

Before we start believing spokespeople for organizations with fancy names like BC Citizens for Green Energy or fancy acronyms like BCCGE, we need to check the facts on them first. Just because they sound like they are credible doesn't mean they aren't a wolf in sheep's clothing.

Mr. David Field, next time you want to make assumptions about what is happening at events in our community or others you should come on up and visit.

Maybe you might even learn a thing or two.

- Spencer Coyne, Princeton

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Current Comment:

What have women gained?



Dawn Johnson
editor@thenewsleader.ca

This Sunday is International Women's Day, a day to honour the contribution of women to all aspects of our society throughout the world. It would be nice if it were a statutory holiday, but no such luck.

In 1975, the women of the world celebrated the International Year of the Woman. The United Nations declared the year as a time for recognition of women, and encouraged legal and policy recognition of the equality of women in society and in the workplace. Although there are still many places where women struggle just to be free to choose their own style of dress, in most places in the industrial nations, women have seen an improvement in their status. This does not mean women receive full recognition for their contributions to society, but there has been improvement.

I remember reading James Michener's book "Centennial" in which he describes the settlement of the western United States. He tells of the time when more and more women accompanied their husbands to the new communities, and brought civilization with them. The women demanded not only law and order, but the amenities of civilization: schools, hospitals, charitable agencies, libraries, theatres. Even in the early days, women's influence was important.

Women in the restrictive role of wife and mother has often been overly emphasized in the public eye. Although there is no denying the importance of being a wife and mother, women have handled not only that job, but many others in the community. Women form the backbone of most volunteer organizations in our communities. They continue their volunteer work while being wives, mothers, and workers in our economy.

These volunteers are often the glue that holds the community together. They raise money for minor sports, arts and culture, seniors' residences, libraries, museums, hospitals and any other endeavour they deem important to the life of a community. Their work is invaluable.

Greater participation of women in the workforce was met with resistance from the majority of men when women started to demand better pay, pensions, maternity leave and daycare. Canada is still behind many European nations when it comes to daycare and equal pay. Men felt threatened by women's economic independence. It seemed men were quick to forget the work women did during the war, when they went to work building ships, airplanes, and even explosives. Many women died on the job in their efforts to produce the arms that would win the war.

The key factor in the improvement of the status of women was education. Women had to fight for the right to a good education during the 1800s, and during the early 1900s, women had to fight for the right to vote. Full participation in society was long denied, and women with an education superior to that of most of the men they worked with would take home a lesser pay cheque, and often were denied promotion, or given only the most menial tasks.

During the late 1900s, most women who wanted to work outside the home faced a form of social discrimination. In many ways, men tried to show them their proper place was in the home. Women with ambition were considered a threat in every

industry, and in politics, but they persevered. Countless women proved they had what it takes to succeed in a man's world.

Things are different today. There are not so many barriers in place to prevent women from succeeding in the industrial, professional or political world. Women are free to choose their own paths, for the most part. They have made gains.

However, the demands of women to be treated fairly has come with a high cost. Women have worked as wives, mothers, and full-time workers in industry, carrying the major part of the burden of housework, child rearing and wage earning. Many women have found themselves stripped of home and a major portion of income due to divorce. Many divorces are the result of women not tolerating abuse from husbands, and until women in the 1980s began a campaign against violence against women, the woman who left an abusive relationship had little help from any government agency.

The government of Canada and provincial governments have not made as good a contribution as they could to the lives of working women, especially for single parents, both women and men. There is still a need for inexpensive, reliable daycare. The working poor are most likely to suffer from this neglect, and far too many children in our country live in poverty.

This Sunday, let's take a moment to appreciate women, not for how pretty they are, or because they are a mother or a wife, but for the work they do that keeps our society and our economy functioning.

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Members of Vermilion Forks Field Naturalists on a recent winter hike to the 'hoodoos.' The next evening program hosted by the group will be a discussion on the health of the Tulameen/Similkameen River at Riverside Centre at 7:30 PM on Monday, March 9th. If you are interested, you are welcome to attend.

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Ranching Ain't Easy

Beware Of Hunters

by Lyn Melnechenko

It was a beautiful sunny fall day so I decided to ride up over China Creek mountain to visit friends. After awhile I realized that the shadows were getting pretty long and figured I'd better get home before dark. As I rode over the hill I noticed a hunter in camouflage gear

standing with his rifle at the ready, looking down on my field. I called out a hello just as my dogs started to bark madly. I called them back and rode up to the hunter. I asked him if he had permission to hunt on this property and he answered that the man in the house below had given him the OK. When I looked skeptical he told me the guy had been really nice. "Hm-mm," I thought to myself, "I'd like to meet this nice man who lived in my house when I wasn't home."

Then I asked if the hunter had seen any game. I was told that he had followed a big moose over the hill and he was just waiting for it to step out from behind the buildings down there so he could shoot it.

It took me only a moment to figure out what he was talking about. I let out an ear piercing whistle and watched as my 12,000 pound stallion, Coke, stepped out from behind the house and looked up to see where I was. Then he galloped hell-bent-for-leather and came to a sliding stop just inches from me. He nickered his hello and nuzzled my hand for the treats I always carried.

The hunter looked amazed, and a little embarrassed.

I asked if he had shells in his gun. The guy started to stutter that he had permission from the owner. I stopped him in mid-sentence and explained that 'I' was the owner and I lived alone with no 'nice man' in my house. Then I asked for the shells from the rifle. When he refused, I explained that I could take the rifle and report him to the police, so this was the lesser of his problems. Then I and my 2 dogs and my stallion escorted him off the property.

Now here's a message to all you hunters out there:

Please print out a picture of a moose, a horse and a cow. Then tape it to your truck dashboard. Refer to it frequently, please. Horse meat is rather tasty, but very expensive if you have to pay for shooting someone's \$10,000 prize stallion.

To all my neighbors: If you see my horses wearing a bright pink ribbon, go ahead and laugh. At least they aren't strapped to some hunter's fender.

(Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at lyn@nethop.net to purchase your copy.) copyright 2009 Lyn Melnechenko

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FINANCIAL FOCUS

A Few Things You Need To Know This Tax Season

You know spring is just around the corner when you open your mailbox and find it filled with all those slips and forms related to your personal income tax preparation.

It's also a reminder that the April 30 filing deadline will arrive before you know it. So don't be one of the many Canadians who will end up rushing to get their returns completed in the last couple of days of April. If you file late you could be assessed a penalty. (Note that the deadline is June 15 if you're self-employed).

Starting early and giving yourself ample time to work carefully through the process does more than ensure you won't be late. It also keeps you from rushing so fast that you don't take advantage of all available deductions and credits and you end up missing out on potential tax savings.

In particular, make sure you document and gather your 2008 receipts for any medical, moving, child care and child support expenses you had; any charitable donations you made; the cost of any tuition paid; and all professional fees you paid for legal services. Also keep in mind the tax credit for public transit passes and the child tax credit.

Remember other key deductions as well, such as your Registered Retirement Savings Plan (RRSP) contributions for 2008. In addition, there is an age amount tax credit you may be able to claim if you are 65 or older at the end of the year. And be sure you claim your provincial tax credits, where applicable. You should also ensure you take advantage of any losses on investments you sold in 2008.

Plus, couples shouldn't miss out on potential tax savings allowed by combining certain tax claims. For example, the dividend tax credit may be combined on one spouse's return, which in some cases can increase the benefits of these claims. And don't forget that pensioners may allocate up to half of qualified pension income to a spouse for tax purposes.

Finally, remember that all of this just scratches the surface of what's involved to make sure you minimize the income tax you pay. Although the subject gets a lot of attention in March and April each year, tax planning is actually a year-round process. It requires regular review with key actions being taken before the end of each calendar year. And perhaps most importantly, you might find that it's all handled best with the help of a tax professional such as an accountant.

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Players scramble for the puck following a face-off in the February 26th game against Kamloops.*

Letter To The Editor

Local man shares 'gun' conversation

To The Editor:

I've just had an e-mail discussion with Alex Atamanenko regarding one of what I believe could become many instances of carrying his own agenda to caucus rather than that of his constituents.

I attach the e-mails for your information, as I feel that there are many in this rural riding who support the scrapping of the highly inefficient and wasteful long gun registry.

- Fred Leard, Princeton

E-mail #1

To: Atamanenko, Alex

Subject: Bill C-301

As a constituent, I would like to see you vote in favor of private members Bill C-301 amending the long gun registry, rather than just follow the party line. This should not be too hard for you to do as other NDP MPs have indicated that they will support it and, being a private member Bill does not constitute a confidence vote. Thank you.

Fred Leard, Princeton, BC

Response to E-mail #1

From: Atamanenko, Alex

Sent: February 23, 2009 3:10 PM

Subject: RE: Bill C-301

Dear Mr. Leard:

Thank you for your email. I am copying my reply to Alex's office

in Ottawa so that he can see it at the earliest opportunity.

Sincerely, Laurel Walton
Constituency Assistant to Alex Atamanenko, MP BC Southern Interior NDP Critic for Agriculture, Agri-Food & Food Security

Response to E-mail #1 - Part 2

From: Atamanenko, Alex - M.P.

Subject: RE: Bill C-301

Dear Mr. Leard,

Thank you very much for your letter in which you have expressed your concerns regarding Bill C-301. The federal NDP supports the current gun legislation, although there are members in our caucus who oppose it. During the past two election campaigns, I have supported the gun registry and plan to do so again. In my conversations with police officers, I have found some to be in favour and some against.

I know there is a powerful lobby with strong support by the American NRA that would like us to scrap all gun laws. Personally, I do not want to go down the same

route as our neighbours to the South, and have not found it inconvenient to register my guns. Most complaints in my office have been in regard to the renewal of licenses, which would still exist even if there was no gun registry.

It is my understanding that the gun registry has not been as efficient as it could have been and that efforts are being made to tighten it up. I am very hesitant in scrapping a program that may be working in the best interest of the safety of our citizens. I will not be supporting Garry Breitkruez's Bill. Again, thank you very much for writing.

Sincerely, Alex Atamanenko, MP BC Southern Interior

E-mail #2

To: Atamanenko, Alex - M.P.

I'm sorry sir, but I need to ask you whose concerns are you addressing in caucus, yours or your constituents? I'm sure that the various newspapers in your riding would also be interested in learning the answer to this question. Thank you.

Fred Leard, Princeton

Alex's column - Part 1

..... continued from Page 7

It is critical that we re-examine the validity and thoroughness of the scientific methods used by industry since it is their science upon which our government has always relied to develop regulations.

The biotech industry has failed to provide reasonable certainty that their products and the associated chemicals they require are:

- a) safe for human consumption
- b) have no adverse effects on the natural environment
- c) provide an increase in crop

yields over other methods
d) reduce the need for chemical applications

e) gene-splicing technology and its products is either predictable or controllable.

Given the level of risk that is being posed to our health and our environment by such an extreme lack of scientific knowledge, the time is long overdue for a full re-assessment of the process by which GM products have been and continue to be approved in Canada and throughout the world.

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Princeton Rodeo Club is already working on plans for this year's rodeo in May and bullriding finals in September. To find out more visit their website at www.gotbulls.info. Got Bulls? You bet! *

..... continued from Page 10
-sults were:
(Mary Gunn presented all prizes)
1st - Ron White & Cliff Robinson - 2233 (\$400.00)
2nd - TIE - Marg Weatherup & Bob Huckell and
TIE - Linda Dore & Helen Gallagher - 2224 (\$350.00)
4th - Flossie & Pat Parsons - 2220 (\$100.00)
5th - Norma Jean & Fred Krenn - 2188 (\$60.00)
Free entry into the next tournament - Charlie Weatherbie & Betty Jarvis with low score.
18 Hand - Charlie Weatherbie (\$20.00)

Crib Flush - Betty Jarvis (\$20.00)
4-of-a-kind dealt - Joe Beausoliel (\$20.00)
19 Pot - Ena Weller won \$62.50
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Guy Bruneau's 8th annual Memorial Doubles Crib Tournament on March 22nd.
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One of our favourite events at the annual Fall Fair is the Chariot Races. This year's Fall Fair will take place August 29 and 30, a move from the 'traditional' second weekend in September. *

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 **Interior Health**

DEVELOPMENT OF A PEST MANAGEMENT PLAN

Application #: IHA-WNV (L) - 2009

Applicant: Interior Health Authority, Health Protection Services, 519 Columbia Street, Kamloops, BC V2C 2T8 Phone: (250) 851-7346 Fax: (250) 851-7341

Agent: SMC Consulting, 1582 Lawrence Avenue, Penticton, BC V2A 3C1 Phone/Fax: (250) 492-6193 e-mail: smcconsulting@shaw.ca

The purpose of the proposed Pest Management Plan (PMP) is to control the larval stage of mosquito species that are known or potential vectors of West Nile Virus. Adult mosquito control is excluded from this PMP. The PMP applies to areas located within the Interior Health Authority including: All Municipalities and Electoral Areas within the North, Central, Okanagan-Similkameen, Kootenay Boundary, Central Kootenay and East Kootenay Regional Districts.

The pest management methods proposed for use include water management, source reduction, public education and the application of pesticides by manual placement, backpack sprayer, truck-mounted power hose and nozzle, granular spreader, helicopter and fixed wing aircraft. The common name and trade name of the pesticides proposed for use under this plan include Biological Control Agents: *Bacillus thuringiensis israelensis* (Vectobac 200G, Vectobac 1200L, Aquabac 200G, Aquabac XT, Aquabac II XT, Teknar G, Teknar HP-D) and *Bacillus sphaericus* (VectoLex WSP, VectoLex CG, VectoLex WDG). Insect Growth Regulator: methoprene (Altosid XR Briquets, Altosid Pellets).

The proposed duration of the PMP is from April 15, 2009 to April 14, 2014.

A draft copy of the proposed PMP and maps of the proposed treatment areas may be examined online at <http://www.interiorhealth.ca/health-and-safety.aspx?id=450> or by contacting the Agent listed above.

"A person wishing to contribute information about a proposed treatment site, relevant to the development of the pest management plan, may send copies of the information to the applicant c/o SMC Consulting, Agent, at the address listed above within 30 days of the publication of this notice."



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**SUSAN
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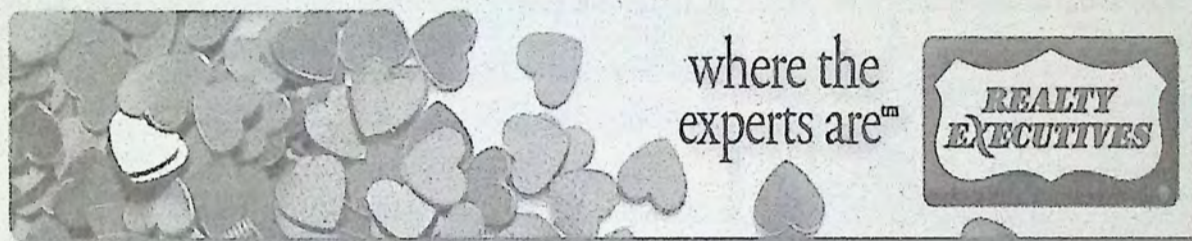
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