

Princeton Figure Skating Club hosted their annual Carnival Sunday, March 8th at Princeton Arena. \*

## Police report two fires

At 10:10 PM on Sunday, March 1st Princeton RCMP and Princeton Fire Department responded to a report of a fire deliberately set in a garbage dumpster.

The dumpster was located behind Princeton Petro-Can on Bridge Street and was fully engulfed in flames when the fire department arrived. Crews managed to quickly extinguish the fire and there was no damage to the building.

On March 2nd Princeton RCMP were called to the Living Water Foursquare Church on Kenley

Avenue. Someone had set fire to a number of signs on the building. The signs were melted but there was no further damage to the church.

Police speculate that since the church is located only a couple blocks from the Petro-Can gas station that the fires could be linked.

If you have any information regarding these two incidents you are asked to contact Princeton RCMP at (250) 295-6911 or call CrimeStoppers at 1-800-222-TIPS (8477).

# Sgt. Gary Macahonic retires

Sgt. Macahonic of the Princeton RCMP is retiring.

In light of the recent Victim Services controversy there is sure to be those who want to say he was forced to retire, or he is retiring because of the unsubstantiated allegations and insinuations of wrong doing. This is simply not true.

Sgt. Macahonic has been involved in policing for over twenty-eight years and in so doing has often encountered individuals who do not agree with his actions. This does not mean that the actions that were taken were incorrect. There are courts and internal investigations to address disagreement. Sgt. Macahonic has withstood the scrutiny of any investigation and has never been found to be of wrong doing or have intent to be malicious.

Sgt. Macahonic's transfer to Princeton was promotional recognizing his diligence and dedication to his duties. He has enjoyed his two

years as the Princeton Detachment Commander and has accomplished many positive things, internal and external to the office.

Princeton detachment members and staff are of the absolute highest

calibre and character and Princeton is very fortunate to have them providing their policing service.

Macahonic thanks them for their support.

Sgt. Macahonic was enroute to

retirement in the near future and has taken a business opportunity offered to him before it passed. It should be said Sgt. Macahonic and his wife Kim have appreciated the huge support shown to them by many people

in Princeton especially recently.

They look forward to their upcoming long planned trip to Europe, spending more time on their motorcycle and relaxing at their new vacation home in Arizona.

## Town passes clean-up bylaw

If you have a messy lot in the Town of Princeton, you may receive a warning to clean it up. Town Council has approved Bylaw 813 regarding the maintenance of property.

The bylaw is enforceable under the regulations of the Community Charter, which allows municipal governments the right to issue warnings followed by fines.

The new bylaw states no person shall cause or permit refuse or noxious, offensive or unwholesome matter to collect or accumulate around lands or buildings owned or occupied by them. The word "refuse" includes food waste, combustibles like paper and yard trimmings, ashes, bulky wastes such as old furniture and appliances, tires,

stumps, construction and demolition wastes, and unlicensed, unused or stripped motor vehicles, trailers, boats, machinery, and mechanical or metal parts.

In addition, stagnant water accumulation is not permitted due to attracting mosquitoes. In short, if you have a pond, hot tub or swimming pool, it must be kept very clean and free of mosquito larvae.

People are not permitted to throw bottles, broken glass or any refuse in any open place.

Any accumulation of building materials must be kept in a covered building unless the resident has a valid building permit.

This bylaw treats graffiti as an offense, and the graffiti must be removed from private property.

The bylaw addresses fences: "No person shall cause or permit a fence to become unsightly, unstable or unsafe."

The bylaw deals with vacant property and specifies it must be clear of brush, trees, noxious weeds, or other growths that become unsightly, and any grass over 30 centimeters (1 foot) tall.

If property becomes infested with caterpillars or any noxious or destructive insect, the property is to be cleared of these.

The Town bylaw officer has the

right to enter and inspect any property in Town to ascertain whether or not Town requirements are being met. If not, the officer may issue an order to comply within 14 days.

If nothing is done to correct the situation in 14 days, the Town may fine the owner or resident \$100. A ticket, something like a traffic ticket, will be issued.

Failure to comply following the first fine will result in higher fines. Property owners should make themselves familiar with the details of this bylaw.

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Challenge  
PAGE 16 - IN YOUR TV GUIDE SECTION

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The children of Sylvia Joan Bailey and Leonard Grover Fowle are pleased to announce their parent's engagement on January 21, 2009. The wedding will be on June 27, 2009 at Living Water Foursquare Church in Princeton. The couple will most likely reside equally in Princeton and Tonasket, Washington, Princeton's 'Sister City.' They hope to revive, at some point, the Pony Express ride between Princeton and Tonasket. Photo: Gerri Logan

## The 'Green' Corner

### 2015 Oil Shortage - Part 2

The prospect of oil shortages after 2015 will mean a reorganization of our society, particularly in cities. Most of us will be primarily concerned with motor vehicle fuel, because that is what will affect us

first. Although the oil production peak will be reached in 2015, and production will drop after that date, we can expect to feel the shortage first in the form of higher fuel rates, resulting in higher food costs due to increased costs of both food production and the cost of transporting food.

There has been talk of hydrogen fuel cell power for our automobiles but most scientists feel this will be inefficient. Solar powered vehicles are much more efficient, as the energy of the sun goes directly into batteries which then power the vehicle. No companies and no governments are pushing for the production of solar powered vehicles, despite the fact that such vehicles have been built and proven. Support still goes to the inefficient #1 polluters, the internal combustion engine. Much has been publicized about bio-gasoline and bio-diesel, but these alternative fuels are tied to internal combustion engines, and in terms of energy efficiency, are no more efficient than petroleum products, as it takes a lot of energy to produce the fuel.

There is an old truth taught to every physics student: *energy cannot be created nor destroyed, only altered.* With all of our technology, we ought to be able to convert more non-petroleum energy for practical uses. Unfortunately, too few researchers are working on these forms of energy, and hardly any manufacturers are re-tooling to produce what we will need. Conversions are expensive and the marketplace is not yet demanding them.

When it comes to vehicular conveyances, pedal power will probably be the first alternative. A manufacturer who can come up with a

good four-wheel pedal powered vehicle able to carry two people and the groceries will probably find a ready market as fuel prices climb.

Air transportation will become increasingly expensive, and may disappear. Aircraft cannot be easily converted to solar power unless we can invent a better form of capturing solar power than our present solar panels. Having aircraft grounded will be excellent for air quality, but those who rely on rapid transportation over great distances will have to change or pay unbelievable prices for a seat on a plane. Last year was a good example of what happens to airlines when the cost of fuel increases. Several airline companies died.

Space travel as it is today guzzles so much fuel that it may be impossible to maintain any space program based on fossil fuel.

The lack of petroleum will result in a shortage of plastics and asphalt. The plastics industry makes carpets, linoleum, roofing, containers of all kinds, tubing, and many kinds of clothing materials. Replacing plastics will not be difficult except in the case of medical uses, where plastics have been a boon. Plastics, like fuel, will be reserved for the most important uses. We can substitute wool for carpets, tin and concrete for roofing materials and cotton, silk, wool and rayon for nylon, dacron etc. If you read between these lines correctly, you will see the need for increased production of silk and sheep farming, more aluminum for roofing, and more rubber to replace plastics used for footwear and tubing. The end of cheap petroleum products means a return to traditional products. Whether the stock market will get wise and shift investment is another story.

FORTISBC

## Public Information Session

### Net Metering Application

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

FortisBC invites you to attend public information sessions in Castlegar and Kelowna to learn more about the proposed net metering tariff supplement application.

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

**Location:** Manteo Resort  
3762 Lakeshore Road, Kelowna

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netmetering@fortisbc.com

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# Council honours Comeau

Gordon Comeau, Chair of the Board of Education for School District #58 (Nicola-Similkameen) received special recognition from Town Council at the March 2 meeting. Mayor Randy McLean presented Comeau with a jacket embroidered with a Princeton logo.

Comeau is the recipient of the 2009 BC Community Achievement Award in recognition of his contributions to education for 26 years.

Comeau has been a school trustee for 27 years, 23 of which he served as Chair.

He was President of the BC School Trustees Association and President of the Canadian School Boards Association during those years.

Mayor McLean asked Comeau to comment on his experiences. Comeau said he had seen a lot of changes, including going from 1,000 students in Princeton to the present 400, a province-wide trend.

His term as President of the Canadian School Boards Association presented challenges, including persuading the New Brunswick government it should not dismiss a locally elected school board.

He added he learned a lot about Canada, from the fact that Canada's public education system is one of the top systems in the world, and that BC and Alberta are at the top of the scale in Canada.

Comeau spoke of the closure of Tulameen Elementary and Riverside Elementary.

He said Riverside is now a great community asset thanks to the sup-

port of the community. He gave full credit to Community Service Director Lyle Thomas for the work done to make Riverside Centre a place for community benefit.

## Earle praises user groups

Councillor Jason Earle gave his activity report on March 2 at the Town Council meeting. He had attended the meetings of the three big user groups who put on events at Princeton's fairgrounds.

Councillor Earle said he was amazed at the events being planned by these groups.

The Rodeo Club will host the annual BCRA rodeo on May 9 and 10, then will host, with 4-H, a Little Britches Rodeo on July 18 and 19. In September, the Rodeo

Club will host the BC Bullriding Finals.

Racing Days Association plans the annual horse racing meet on June 26, and will once again host a Klootchman Race. This is a traditional race in which only women may compete.

On August 29 and 30, the annual Princeton and District Fall Fair will take place.

Earle was pleased to announce the return of the Appaloosa Band for Saturday, and "Elvis" on Sunday.

## Girls raised travel money

Princeton's Grade 8 Girls Basketball Team had a request before Town Council for financial support. The team was successful in the regional playoffs and won a spot in the provincial tournament held last weekend in Pitt Meadows.

The team asked for enough money to cover the cost of attending the tournament.

Mayor Randy McLean announced the request for funds had been withdrawn. The team raised \$1,200 in a bottle drive.



Gordon Comeau, left, receives a gift from Mayor Randy McLean at the March 2nd regular meeting of Town Council. - photo submitted

**TOWN OF PRINCETON WEBSITE:**  
**www.princeton.ca**



## Princeton Town Hall News

### PROPERTY MAINTENANCE BYLAW

At the March 2, 2009 regular meeting Princeton Town Council gave first readings to an updated Property Maintenance Bylaw.

During 2006 and 2007 strategic planning and priority setting sessions, Council identified the need to update and modernize the Town's bylaws with particular attention to bylaw enforcement legislation. In 2007 council endorsed a pilot project for the updating of our bylaw enforcement program. The pilot included providing an appropriate legislative framework for our bylaw officer.

In 2008 the Town introduced bylaw infraction warning tickets and based on the outcomes of this component of the pilot project, Council endorsed the issuing of fines starting in 2009.

The updating of the unsightly premises bylaw provides the appropriate means with which bylaw enforcement may now issue violation tickets (fines) under what's known as "Municipal Ticketing Information". The bylaw follows the provisions within Part 8 of the *Community Charter* and is part of the municipality's fundamental powers under Section 8 of the *Community Charter*.

This bylaw will replace Bylaw No. 523 that was adopted in 1988.

### PRINCETON & DISTRICT COMMUNITY FOREST CORPORATION. 2009 GRANT PROGRAM

Interested non-profit organizations are invited to obtain a Grant Information Package for the upcoming 2009 Grant Program of the Princeton and District Community Forest Corporation (PDCFC).

The 2009 Grant Program's objective is to make financial contributions to eligible *recreation and cultural* programs, services or capital projects within Princeton and Area 'H' of the Regional District. Eligible organizations are encouraged to pick up an information package (including guidelines to eligibility and application process) from the Secretary-Treasurer, PDCFC, at Town Hall, 169 Bridge Street during regular business hours.

Preference will be given to applications that have additional or matching funding. In-kind contributions may be considered as part of matching funding.

Grant applications from eligible organizations are to be received no later than March 16, 2009 for consideration for the 2009 grant allocation year. Eligible grant applications will be reviewed and evaluated by the Board of Directors at their second quarter meeting in 2009 with awarding of successful application(s) in late spring 2009. Please refer to the information package for evaluation criteria used by the PDCFC Board of Directors.

### RIVERSIDE 'MOVIE' THEATRE

#### RIVERSIDE THEATRE

Experience a small town theatre with Big sound & screen. Doors open 1/2 hour before show times listed. Price is \$5.00 per person aged 3 & up.

#### 007 Quantum of Solace

Join 007 James Bond as he once again leads you through a high action adventure. Rated:PG

Friday, March 13 Showtime: 7:00pm,  
Marley & Me

The heartwarming & unforgettable story of a family & their wondrously neurotic dog who taught them what really matters in life. Rated: PG

Friday, March 27 Showtime: 7pm

Call 250-295-6067 for more information.

### RECREATION PROGRAMS

#### REDCROSS BABYSITTING COURSE

This course will prepare new babysitters for the challenges of childcare including snacks, games & activities. Learn basic first aid & emergency procedures including CPR. Instructor: Carol Mack Note: If you will be 12 this year you may register. Ages: 12 & up Cost: 5 classes/\$50 includes manual Where: VFE 3:15-6:00pm Tues/Thurs April 7-20

#### RED CROSS STANDARD FIRST AID

A comprehensive course for people wanting to learn the first aid skills & knowledge necessary to deal with first aid situations. CPR C is also included. Instructor: Carol Mack Ages: 14 years & older Cost: 5 classes/\$90 youth/\$95 Adult Where: TBA 3:30-7:30 pm Mon to Thurs March 30 - April 20

#### RECREATION LEADERS REQUIRED

The Town of Princeton invites you to share your special talents & expertise with Princeton & District residents of all ages. We are looking for skilled, dynamic individuals to facilitate safe & fun programs.

Contact the Community Recreation & Culture Office  
250-295-6067



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**ARE YOU:**

- 18 years of age or older and self-motivated (16 with parents' signatures)
- Available to consistently attend regular weekly training sessions?
- Willing to attend Justice Institute of BC Certification in Ground Search & Rescue and other SAR related disciplines and get a First Aid ticket?
- Prepared to represent the 'Team' in a professional and proficient manner and accept direction and guidance?
- Prepared to have a Criminal Record Background Check done?

**THEN YOU:**

- Should join the Princeton Ground Search and Rescue Team

**HOW YOU CAN JOIN:**

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

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

## keremeos and area news



The view of Victoria Estates as seen from K-View Estates in Keremeos. Victoria Estates has just over 20 lots and has just recently been developed. These subdivisions signal growth in the community. \*

## Hall celebrates 86 years of service

The annual general meeting of the Cawston Community Hall Society takes place at 7:00 PM on Tuesday, March 24th at the Cawston Hall.

The Cawston Community Hall has been the hub of community life in the community of Cawston

for the past 86 years.

Regular users of the Cawston Hall include the Lower Similkameen Indian Band, carpet bowlers, yoga practitioners and the Cawston Players.

The hall is also the scene of receptions, celebrations, public meetings, weddings and funerals throughout the year.

Present efforts of the hall board and committees have been directed to hall improvements such as

better insulation, lighting and heating, a front patio and renovations including an addition for storage and stage.

A motion to increase Annual Dues for membership in the Hall Society is on the agenda for the 2009 annual general meeting. Membership is open to residents of Area B of the Regional District of Okanagan Similkameen.

To find out more call (250) 499-5417.

- submitted

## Accident closes highway

Keremeos RCMP report that on February 25th at about 6:00 PM they responded to a report of a single vehicle roll over along Highway 3 near the Nighthawk Border Crossing turnoff.

"A Grey SUV that was travelling west along Highway 3 had flipped over on a slippery section of highway injuring the driver," explains Keremeos Detachment Cst. Myrl Stus.

"The female driver, a North Vancouver resident, was transported by ambulance to the Oliver Hospital for medical treatment of her injuries."

Weather and road conditions were described as "less than desirable" at the time of the accident, and alcohol was not a factor in the accident.

Highway 3 was closed for about two hours as weather conditions slowed the removal of the vehicle which was damaged beyond repair.

- submitted



The scene of a single vehicle roll over near the Nighthawk turnoff on Wednesday, February 25th. Photo: Cst. Myrl Stus, Keremeos RCMP





Calving season signals Springtime! Here's a mother tending to her newborn near Keremeos.\*

## School District appoints new Superintendent

The Board of Education of School District No. 58 (Nicola-Similkameen) announced last week that Bob Peacock has been appointed as Superintendent of Schools for the district for the 2009/10 school year.

Peacock has most recently been the Superintendent of Schools for School District No. 22 (Vernon) for the past four years. He has helped in the development of leadership programs, an expansion of the distributed learning program, and the acquisition of new technology.

Prior to his time in Vernon, Peacock was the Superintendent for School District No. 58 (Nicola-Similkameen). While with the local school district, Peacock was a strong educational leader in the district, was actively involved in advancing First Nations education programs, developed leadership initiatives and training programs, and facilitated positive working relationships with stakeholders in education.

He is also the BC School Superintendent's Association representative on the BC School Sports Association Board of Directors and sits on the Board of Directors for the teacher education programs at Thompson Rivers University.

Peacock is a strong believer in the concept that success for students is built on relationships and as such, has always been very approachable by staff, students and parents in the district. He maintains a high profile as an education leader and spends a significant amount of time in schools and attending various student and community events

## Minor ball appeals to Council

Members of Princeton Minor Ball Association attended the March 2 Town Council meeting to explain their situation and to ask for financial support. The group has been holding bingos to raise funds, but these bingos are not as lucrative as the Association had hoped.

Princeton's Branch of the Royal Canadian Legion guaranteed money to pay for an upcoming coaching clinic, but said the Association should raise money from other sources.

The goal of the Association is to make playing ball an opportunity for every child. To do so, the Association is raising money to offset the cost of fees and need to raise \$60 per child. A recent registration drew more children than expected from the youngest children, but this means more money must be raised.

throughout the district.

Peacock succeeds Dr. Byron Robbie who is retiring from the district as of July 31, 2009.

The Board is excited to attract a Superintendent with the outstanding experience and record of Bob Peacock and is looking forward to an exciting education future for the students in the district. - submitted

Mayor Randy McLean said the Town and volunteers had worked hard to expand the number of ball diamonds at Memorial Park, but since that time, there has been a decreasing amount of use of the diamonds. He said he would be glad to see more tournaments in Princeton.

There is a cost to being part of the regional youth ball playing circuit, and making minor ball more affordable means a huge effort in fundraising.

Mayor McLean suggested the Association apply to the Forest Corporation for a grant to cover costs, as well as to appeal to the public and charitable groups for support.

If you would like to help a youngster play ball, send your cheque to Princeton Minor Ball Association, Box 1575, Princeton.

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Similkameen News Leader

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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.*

## news leader health and lifestyle page

### Living organ donation: A true gift of life for kidney patients

(NC)—National Organ Donor Week (April 19-25, 2009) encourages Canadians to sign their health insurance cards to raise awareness of the pronounced lack of available organs for transplantation. This year, 4,200 Canadians remain on a waiting list for an organ transplant—a surgical procedure that's vital to their survival. In 2007, 193 patients died while on a transplant waiting list.

"For several years, more than 75% of people whose names are on waiting lists are in need of a new kidney. This need outweighs the availability of organs which is why living donation is often vital to many patients awaiting a kidney transplant," explained Claude Proulx, Organ Donation Resource Nurse at Maisonneuve-Rosemont Hospital in Montreal.

#### Why waiting hurts

(NC)—Mélanie is a welcoming young woman with glowing brown eyes and a jovial personality. Unlike many kidney patients who perform dialysis in a hospital for long stretches three to four times a week, she performs her own peritoneal dialysis four times a day, once while on her lunch break where she works. A virus that Mélanie contracted when she was two years old led to kidney failure. Three years later, she received a kidney transplant from a deceased donor. Now in her thirties, she's on peritoneal dialysis awaiting another transplant and she finds the waiting hard, very hard. "There are people who die waiting ... personally, it's my greatest fear. Sure, I'm doing well right now. But that could change. It's already starting. I get sick more often."

Mélanie's fear is not unfounded. Studies show that kidney failure patients are more likely to die of complications related to their disease than from renal failure itself.

"Dialysis is a treatment, not a cure," notes Dr. Copland, a kidney specialist and chair of the Kidney Foundation of Canada's Public Policy Council. "For some, the likelihood of infection or chronic inflammation is high, so is the incidence of malnutrition."

Mélanie admits that she lacks an appetite and that keeping food down is a real challenge. "Thank goodness for soda crackers!" she laughs, but her natural good humour is cut short.

She remembers life before dialysis and knows that an organ donation would make the difference. Like the Kidney Foundation, for whom she was a child spokesperson, she urges everyone to make a positive decision in support of organ donation and to share their wishes with their loved ones. "An organ donation would so change my life. Just not having to do dialysis anymore. Just ..... continued on Page 24

two kidneys and because one kidney can adequately perform the necessary functions of both, donors can live a normal life after surgery without compromising their health and well-being," she added.

In addition to its altruism, living organ donation has a number of reported psychological benefits with many living donors stating the donation of an organ to be the most important humanitarian contribution of their lives.

*Resources for donors and recipients*  
St. Michael's Hospital in Toronto has experienced a spectacular growth in its Living Donor Renal Transplant Program. Since its launch in 1996, the program has recorded a 242% increase in living donation procedures. With many of its transplant-related activities centred on living donation, the hospital now runs Canada's largest living donor kidney program.

"There are numerous benefits to receiving an organ through living organ donation," stated Galo Meliton, Renal Transplant Nurse Coordinator at the St. Michael's Hospital transplant clinic.

"Receiving a kidney from a living donor results in a significantly reduced 'waiting' time for the recipient, who might also be able to avoid the toll of dialysis treatments. When retrieved from a living donor, the kidney is transplanted immediately, thus potentially increasing the chance that it will begin functioning right away", he continued.

In order to inform patients awaiting a kidney transplant and their

loved ones about living organ donations, St. Michael's Hospital is one of 13 Canadian hospital centres offering access to Transplant Companions workshops. Transplant Companions is a comprehensive program, offered free of charge, set up through an educational grant from Astellas Pharma Canada, Inc.

The program, which is based on a small group learning model, revolves around interactive workshops led by both a health care professional specializing in transplantation and a post-transplant kidney patient. This two-pronged approach—education and support—was designed specifically for patients awaiting a kidney transplant. The Transplant Companions program offers a component on living donation and provides patients awaiting a kidney transplant, as well as potential organ donors, with information. Participants can register online at [www.transplantcompanions.ca](http://www.transplantcompanions.ca) or by calling 1-866-446-3030.

#### Statistics

- 548 organs used in transplant procedures in Canada in 2007 were provided by living donors
- 2,252 organ transplants were carried out in Canada in 2007, of which 1,243 were kidney transplants
- A 90-95% one-year success rate for kidney transplants involving living donors was recorded; on average, these transplanted organs continued to function for 15 to 20 years—almost double the time achieved with organs from deceased donors.

## living past 100

### The link between alcohol and cancer

Information recently released from a medical research study has linked the consumption of alcoholic beverages to the development of breast cancer in women. There is no clear answer as to why women are more affected by alcohol than men are. There are studies which have linked over-consumption of alcohol to some cancers, but the study done on alcohol and breast cancer was specific, and alarming.

The younger the woman, the more likely she is to develop breast cancer by consuming alcohol on a frequent basis. As young women tend to have the highest levels of estrogen, one might speculate that alcohol and estrogen do not mix. The study results are a warning to young women who go out and get drunk, as binge drinking would no doubt increase the body's reaction to alcohol. While the study examined the drinking patterns of women who were not alcoholics, the results still raised the alarm.

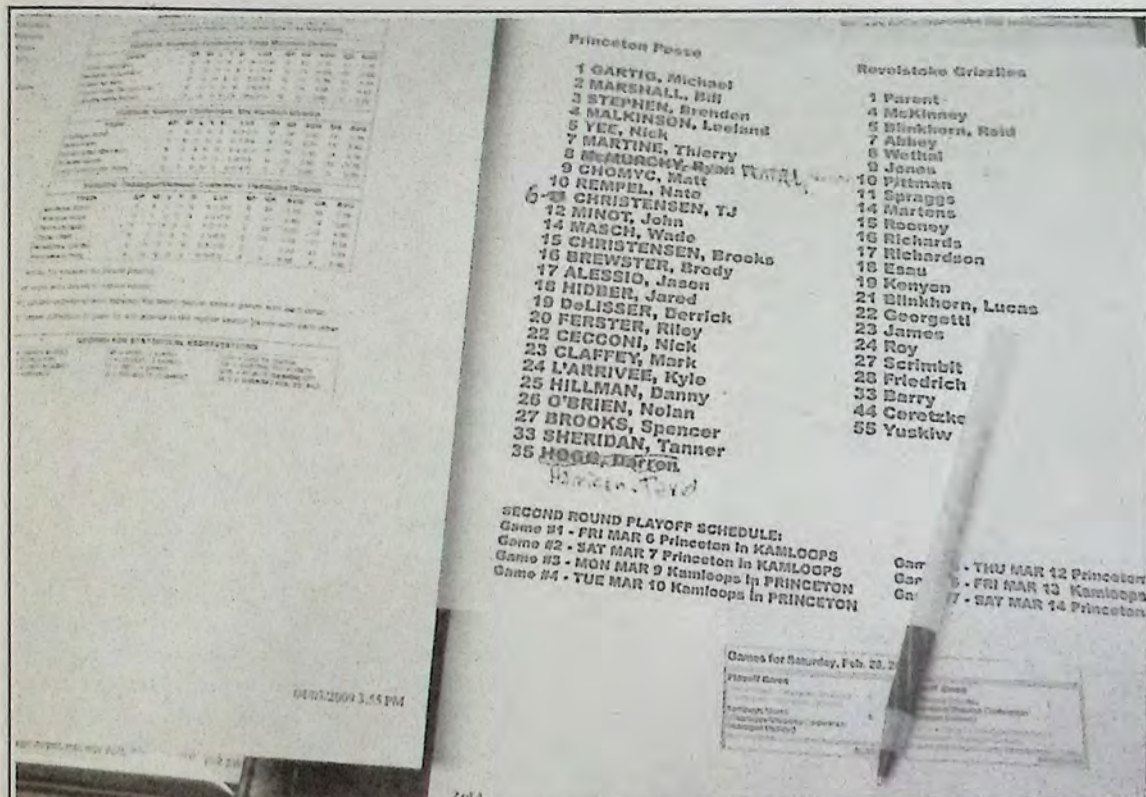
There are some people whose bodies do not deal with alcohol well. Among those are all people with blood type O. The body chemistry of blood type O individuals reacts to alcohol as if it were a poison (toxic substance) in any amount. Not only is intoxication faster in type O people, the effects within the body are more toxic than with other blood types. Of course, binge drinking has toxic effects on anyone's body.

Can it be that, like blood type O individuals, the bodies of women with higher levels of estrogen, such as young women are likely to have, react to alcohol as if it were poison? Or does the combination of alcohol and estrogen interfere with the immune factors that protect the body from cancer? This is pure speculation, because we do not have answers to those questions.

The only conclusion we can draw from the link between alcohol and breast cancer is that women should avoid alcoholic beverages at all times. Even the advice on drinking red wine once daily for heart health is not to be followed, as it is the frequency as well as the volume of alcohol consumption that affects women.

Thousands of women die each year from breast cancer. Giving up alcohol entirely is a small price to pay if it prevents breast cancer.





Call their cheat sheets if you like, but Princeton Posse internet play-by-play announcer George Elliott swears by them. "The afternoon before each game I'm putting together players names, some stats and schedule information I use during each webcast," Elliott says. "Usually by part way through the game I've got most of the visiting teams players memorized and just keep going." \*

### Posse webcasts - linking families and hockey fans together

It was at the beginning of the 2007/08 KIJHL season when the Princeton Posse first approached Similkameen News Leader Owner/Publisher (and former radio broadcaster) George Elliott to see if he was interested in providing play-by-play coverage of Posse home games on the internet.

"I was pretty excited to be asked to be honest with you," he says.

"However, it didn't happen until a year later and they asked me again and assured me all I had to do was talk into a mic so I thought, hey, why not? I'm at the games anyway."

In his radio career that spanned 23 years, Elliott had done just about everything one could do in the industry except sports play-by-play.

"I think that's what made the offer

so much more attractive to me."

After a few webcasts early in the season Elliott started requesting e-mails from viewers inviting feedback and suggestions.

"I wasn't sure what to expect. At first I didn't really know if anyone was even watching them then I started getting e-mails from parents of players - not just Posse players, but from family members from visiting teams as well and what they said made me realize we were part of something bigger than just sharing local hockey."

The webcasts were bringing families together, even miles away parents are able to 'visit' their son in the comfort of their home.

"I can't always travel 16 hours to watch a game," says Al Masch who's son Wade wears jersey #14.

"The webcasts are the next best

thing to being there and if work won't allow me to watch the game, I pull it out of the archives so webcasts are huge to me."

The KIJHL website provides an archive file of all webcasts aired over the season and many of them are viewed regularly.

Princeton Recreation and Culture Director Lyle Thomas shares Al Masch's feelings.

"Sometimes I'm out of town at conferences or meetings and it is so nice when I can open my laptop and catch the game on the internet."

Elliott says he's been pretty lucky this season having the assistance of some great volunteers.

"Des Cosman does the camera work and she's simply awesome. She follows the play, zooms in on stuff and sucks you right into the

..... continued on next page



Posse webcast camera girl Des Cosman received a treat last week when she discovered the arena crew had built a camera stand and mounted the camera tripod to it. The new apparatus enables Cosman to get better angle footage when play takes place in corners and allows her to be seated if she wants any time during the game. "The staff here spoil us," says webcast crew member George Elliott. \*

www.princetonbcnews.com




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I, Sandra Lorraine Dixon and Julie Marie Spencer of Box 837, Princeton BC VOX 1W0 and 109 Queens Street, New Westminster BC V3L 1J4

Intend on making application pursuant to Section 30 (1) of the *Agricultural Land Commission Act* to exclude from the Agriculture Land Reserve the following property which is legally described as,

Part of District Lot 1506 Kamloops Division Yale District except:  
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Regional District Okanagan Similkameen, 101 Martin Street, Penticton, BC V2A 5J9 by April 1, 2009



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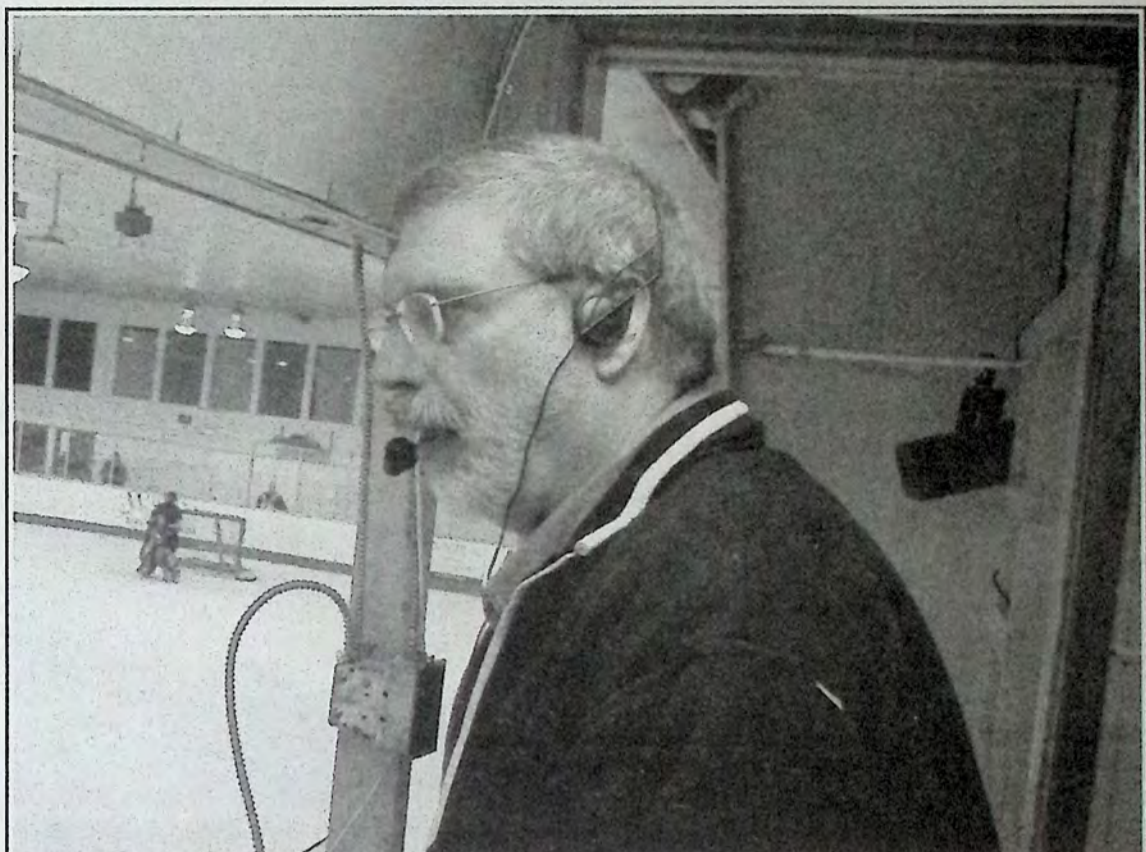
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---	---

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Princeton Posse internet play-by-play announcer George Elliott during a game. "I've got the easy job, I just have to describe the game and try to keep up with what's actually happening on ice." Photo: Brenda Engel

..... continued from Page 7 action."

Then there's that extra voice in the booth, often called a colourman.

"Each colourman I've had up here has added insight from a slightly different perspective. Kevin Robillard shared insight from the Assistant Coach's point of view; Kevin Darcy helped on a few games and shared observations from a player's point of view and now Clint Clifton provides a completely different view seeing the game through the eyes of a referee and I think each has added a unique dimension to the webcasts."

"I like to hear from the game broadcasters some of the background knowledge they can give to us as viewers because I am not with the team," explains Bill McCance, who's son Mike plays with the Kamloops Storm, and tunes into

the Posse webcasts from his home in Vancouver.

"They hear or see a lot of things they report which helps me understand situations. It is of tremendous use as a parent to have these broadcasts."

McCance also echoes Al Masch's thoughts.

"Webcasts allow me to view the players and follow the team progress. Following my son is of great importance to me as a Dad and as a coach I can stay attached to his life in the game. Watching games (via the internet) gives me attachment to a family member who is far away and I cannot get to many games because of time and geography."

Although Elliott understands how the Posse webcasts link families together, he sees it as a much bigger tool.

"We talk up Princeton every chance we get. We're also fans of the team, so I'm sure that leaks through our coverage but first and foremost we're proud to be part of our community and hopefully that comes across."

Lyle Thomas agrees.

"I think the webcast is a huge opportunity for the Posse to market themselves and generate revenue through advertising. It's one more thing that positively showcases our community."

Elliott says there are usually between 300 and 500 viewers per live webcast with each webcast being viewed an additional 200 times once it's archived.

"I really believe there's a lot more we can be doing with the webcasts, but for now I'm thrilled to be doing what we're doing and I hope to be part of it as it evolves."



Princeton Posse Assistant Coach Kevin Robillard 'multi-tasks' in the webcast booth during a game. Robillard is responsible for getting the webcast program up and running at Princeton Arena. \*





From this...Princeton as it appeared in the 1880's. Photo: Princeton Museum

## Princeton 1860 - 2010

### 150 Years of Similkameen History

Following on from 2008's successful series of illustrated articles, by Nick Mills' of Princeton and District Museum and Archives, which traced 150 years of British Columbia history, a new series starts in next week's edition (March 10th) of the Similkameen News Leader.

The prepared articles will be titled "Princeton - 1860 to 2010 - 150 Years of Similkameen History" and will appear in the paper during 2009 for thirty weeks.

2010 is Princeton's 150th birthday and indeed it is a fact that the town is older than Canada itself! Similar to last year's articles about British Columbia's first 150 years written by Mills, the weekly subject matter will cover many historical facets of Princeton and the surrounding area starting at the beginning with the naming of the community, through to modern-

day events.

The early pioneers and characters that forged the town into what it is today, even a not often heard slant on Bill Miner's friend and long time cohort, Jack Budd, will all be written about.

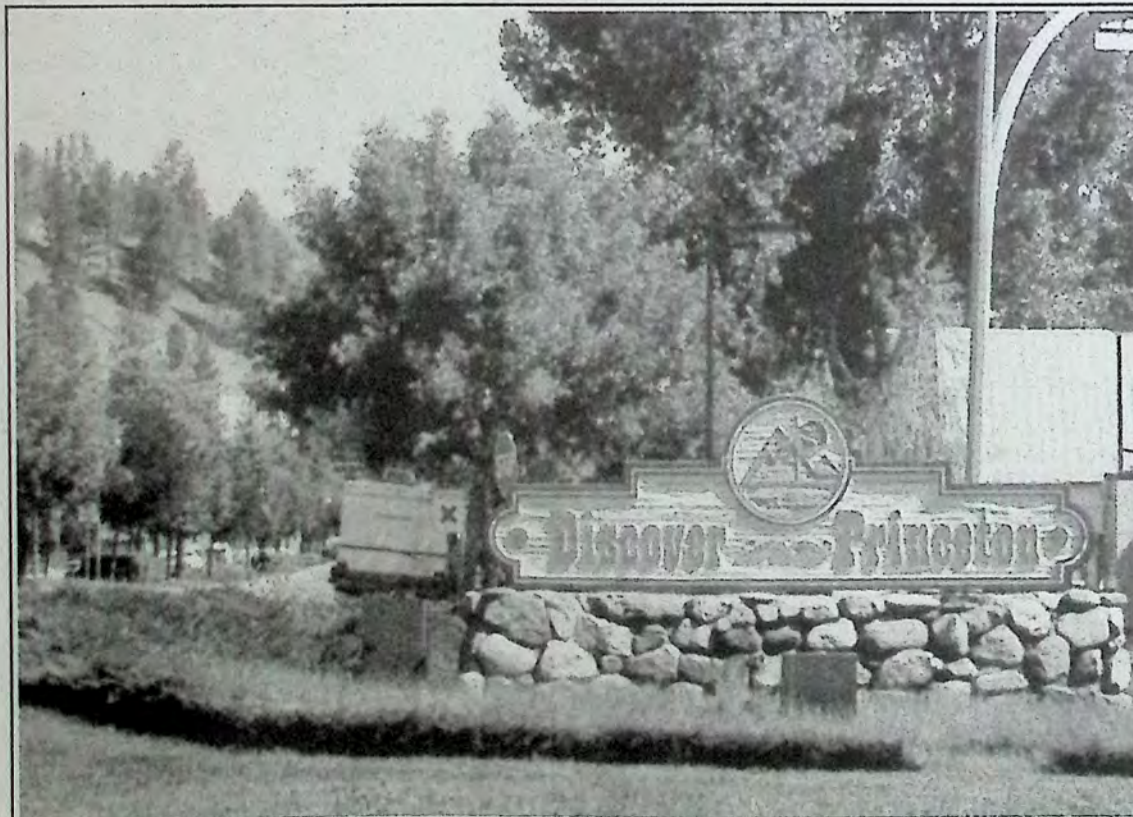
The coming of Princeton's two railways and the three main industries that have been in the valley from the beginning: *ranching*, *mining* - coal, gold and copper, and *forestry* all have a part to play in the story. The modern era has seen the development of the fourth economic pillar in Princeton's history in *tourism* and all will be written about over the weeks.

Notable dates and events in the community's history will be noted, from 1912 when the first Princeton Hospital was built and the Royal Bank opened its doors in town; through 1926 when "Podunk" Davis famously rescued Nurse Warburton from the bush,

1929 and the building of the long gone Capitol Theatre and the mining disasters of 1928 and 1930 at Copper Mountain and Blakeburn respectively, through to relatively more modern day events such as the opening of the Hope-Princeton Highway in 1949, the arrival of the first television in town during 1959 and the first Princeton Fall Fair in 1967, all these and much more will be covered in our tribute to 150 years of Princeton's history.

At the end of 2009 the pictures and stories depicting the rich past of the area will be put together in a book form that will be published early in 2010, marking the 150 birthday of the community.

The first of these articles appears in the News Leader next week and like all good stories it will start at the beginning with *John Fall Allison* and from there on we start the fascinating journey that in 2010 will total 150 years.



To this...a more modern view as you enter Princeton on Highway 3. Photo: Princeton Museum



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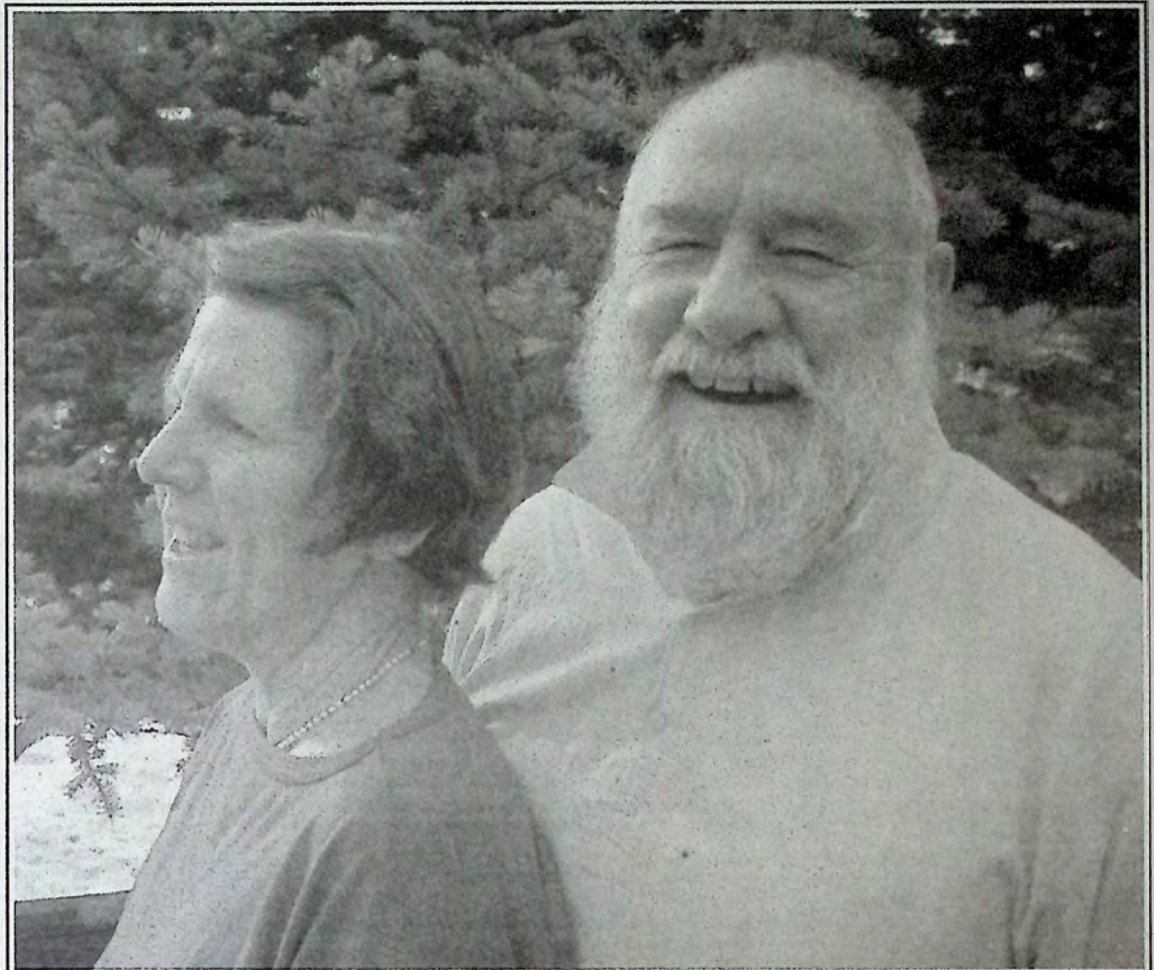
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Rika Ruebsaat and Jon Bartlett invite you to celebrate Princeton's, BC's and Canada's history in song during a benefit concert planned for March 15th at Riverside Centre. - photo submitted

## Group hosts fundraising concert

Those of you who were in town last August will remember the first annual Princeton Traditional Music Festival. Plans are already afoot for this year's festival and it should be even bigger and better than last year's.

As you know, the festival is free

## Eagles plan to fly in Princeton

Wayne Cummings attended the March 2 Town Council meeting to present a plan to initiate the formation in Princeton of a chapter of the Fraternal Order of Eagles. The motto of this group is "People helping people".

Begun in western U.S.A. 110 years ago, the primary purpose was to assist members who had become unemployed due to illness or injury. The Eagles now support charities of many kinds, but their focus is on the

and the organizers plan to keep it that way. There are, however, expenses such as publicity, sound system rental, performer transportation and food, etc. To help cover some of these expenses the Princeton Traditional Music Society is hosting a special festival

community, with emphasis on youth.

Cummings, along with two Eagles members from Penticton, asked for Council's approval and support for the formation of a chapter in Princeton.

Mayor Randy McLean thanked them for considering Princeton, and said any group dedicated to helping the community would be welcomed. Council voted to give Cummings a letter of support.

fundraising concert.

The concert will take place on Sunday, March 15th at Riverside Centre. Jon Bartlett and Rika Ruebsaat will be performing songs of Princeton and of other places in BC and Canada.

Come prepared to sing along on the choruses of sea shanties or on such songs as "The Black Fly" and "Now It's Called Princeton" (which contains the history of Princeton in four verses).

Jon and Rika, the founders of the Princeton Traditional Music Festival, have been singing together for over 30 years. They've sung at festivals, coffee houses, conferences and concerts across North America. Their passion is the songs of BC. After weeks of research in the Princeton Museum Archives looking at old copies of the Similkameen Star they found lots of songs made up by Princeton's pioneers.

Last year they released a CD of these songs entitled "Now It's Called Princeton: Songs and Poems from the Upper Similkameen." On Sunday they will be singing some of these songs as well as many others from all across Canada.

The concert takes place Sunday, March 15th at 2:00 PM in the lounge at Riverside Centre. Admission is \$10.00 and \$8.00 (seniors and PTMS members). All money raised will support this summer's second annual Princeton Traditional Music Festival.

This is the third in a series of monthly concerts presented by the Princeton Traditional Music Society. Next month's concert will be on April 26th and will feature Appalachian songs with Simon Trevelyan and Steve Quattrochio.

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# weekly entertainment guide

TUESDAY, MARCH 10, 2009 THROUGH MONDAY, MARCH 16, 2009



The Posse's Michael Garteig is the league leading goalie so far during the KIJHL 2008/09 playoffs. \*

## Posse keep Eagles grounded

When the Valley First Princeton Posse hosted Sicamous Eagles March 2nd it was a match between the top two teams in the round-robin series.

Princeton had recorded a 3-1-1 win-loss-tie record after five games and Sicamous had a 3-2-0 record. On paper the teams were evenly matched which made for an exciting game.

A huge crowd filled Princeton Arena, affectionately called The Vault in honour of the Posse's major sponsor, Valley First Credit Union, and they were thoroughly entertained with a great hockey game.

Sicamous got on the scoreboard first at 17:31 of the first period and although the home team out shot the Eagles 13-11 in the opening frame, they could not get the puck past Sicamous goalie Chad Ketting.

Sicamous got on the scoreboard again at 16:26 of the second period and although the home team out shot the Eagles 15-6 in the middle frame, they could not penetrate the invisible force field controlled by Sicamous goalie Chad Ketting.

The Posse played a heck of a game completing passes, setting up plays, applying pressure on the Eagle goal, killing penalties and firing shots that hit their target with the accuracy of trained snipers.

It wasn't until the third period when Princeton lit up the scoreboard with a goal. Only 24-seconds into the period Matt Chomyc rifled a shot past the Sicamous goalie. The power play goal was the result of persistence and solid play making. Assists went to Jason Alessio and Kyle L'Arrivee.

The home team tied the game at 2-all at 7:24 when Dan Hillman found a hole in the invisible force field in front of the Sicamous goal. Assists went to Brooks Christensen and Wade Masch.

Both teams virtually thawed out every puck that was used in the final 12:36 in the game smacking, passing, shooting and flipping them every which way possible. The stats sheet verifies this with Sicamous recording 20 shots on goal in the third period alone - more than they had managed in the first two-thirds of the game.

Princeton added another 18 shots to their game total and possibly set a season record earning only four penalties in the game.

And then the final buzzer sounded.

Final score: Princeton 2, Sicamous 2 (tie). Shots on goal: Princeton 46, Sicamous, 37. Penalties: Sicamous 7 for 14-minutes, Princeton 4 for 8-minutes.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Mike Collins (Sicamous), #2 - Wade Masch and #1 - Dan Hillman.



Princeton's Nolan O'Brien (#26) tries to wrestle the puck away from Sicamous players in action March 2nd at Princeton Arena. \*

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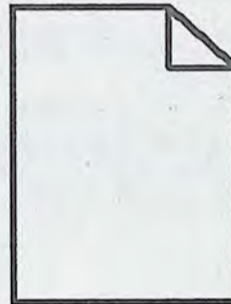


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A puck flies past Princeton's Tanner Sheridan and Riley Ferster.\*

# Posse finish series with a win

The Valley First Princeton Posse hosted Revelstoke Grizzlies March 4th in the final game of an eight games in nine nights round-robin series that was jokingly referred to by internet webcaster George Elliott as "the pre-series series" and the "ironman series" where only the strongest would survive.

The Posse proved to many that they were certainly up for the challenge and basically pummeled Revelstoke throughout the entire game.

Players did find the ice surface at Princeton Arena challenging - at times slipping and sliding in pools of water that gathered in various locations around the facility but managed to play a good game of hockey.

Princeton opened the scoring at 4:14 of the first period when John Minot took the puck behind the Revelstoke goal. He was going to come out the other side but turned on a dime and weaved his way past opponents gathered behind the net.

He went back and forth again then finally fed the puck out to Nolan O'Brien who was in front of the net on the glove side. O'Brien batted at the puck and Revelstoke netminder Andrew Parent kicked it away. Derrick DeLisser was on the stick side of the net and popped the rebound in for the goal.

Princeton hammered the Revelstoke goal throughout the period but could not add to their score due to the incredible play of their goalie.

The second period saw Princeton add their second goal of the night at 12:00. Wade Masch got the score with Brooks Christensen adding an assist.

Half way through the period Princeton switched goalies, resting Michael Garteig and giving Tanner Sheridan some time between the pipes.

Princeton added their third goal of the game with just 58.4-seconds left to play. Quinn Rempel scored the

power play goal, his first KIJHL point, with an assist by Brenden Stephen.

Princeton had a total of four APs dressed and on the ice including local boy Nick Yee, David Harrison, T. J. Christensen (Posse player Brooks Christensen's younger brother) and Quinn Rempel (Posse player Nate Rempel's younger brother). All four of them made huge contributions to the game.

Final score: Princeton 3, Revelstoke 0. Shots on goal: Princeton 42, Revelstoke 27. Penalties: Princeton 5 for 10-minutes, Revelstoke 4 for 8-minutes.

The Valley First Princeton Posse finish the round-robin series with a 4-2-2 record and advance to the second round playoffs, a best-of-seven series against Kamloops Storm.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Andrew Parent (Revelstoke), #2 - Quinn Rempel and #1 - David Harrison.

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Princeton Posse 'APs' assisted with the lucky puck toss during the March 4th game against Revelstoke. They were: David Harrison (#8), Princeton's Nick Yee (#5), T. J. Christensen (#6) and Quinn Rempel (#35).\*



TUESDAY, MARCH 10, 2009

Grid of TV schedules for Tuesday, March 10, 2009, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs (e.g., Jeffersons, News (N), The Sopranos, etc.) with time slots.

WEDNESDAY, MARCH 11, 2009

Grid of TV schedules for Wednesday, March 11, 2009, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs (e.g., Jeffersons, News (N), The Sopranos, etc.) with time slots.



# News Leader Horoscopes

March 11 - 18, 2009

**Aries** - You really do not like to look into yourself, but this is a good time to take stock of who you are and how you got to where you are. Image shown others depends on self-image.

**Taurus** - You make progress by planning ahead. Career remains source of upsets, but will iron out end of the week. Talk with groups you belong to. Being determined, steady, pays off now.

**Gemini** - Happy plans you made early this month have to be put on hold but can get going in May. Career becomes hectic end of this week. Check parent's, elder's health. Alert!

**Cancer** - You need to check your vehicle and drive very carefully until mid-April. Career runs smoothly. Health is good. Avoid argument with sibling, neighbour. Windfall is possible.

**Leo** - Others are being good to you these days, but could be too demanding. Keep working on saving money and get taxes done! Travel plans can go awry: delay if possible.

**Virgo** - Friends, partner, could be source of problems beginning this weekend. Play it cool, don't over-react, be sensible. Work on financial picture, do taxes. Don't believe all you hear.

**Libra** - Love seems to wax and wane these days. It has nothing to do with you, so don't worry. Pay attention to job and health. Take some time to be peacefully alone to recharge.

**Scorpio** - Take care of relationship with kids, young people. Job and health are good. Disruption on home front is gone this week. Take time for physical activity, but don't overdo sports!

**Sagittarius** - Focus now is on home and personal property. Should you be doing an assessment? Career is demanding, news from parent may cause worry. One thing at a time!

**Capricorn** - Plans for home and property are on hold. Attention shifts to short trips, errands, talking with siblings and neighbours. Tip: time to clear up debts, invest, improve finances.

**Aquarius** - Financial problem shows up at end of week. Do taxes, take care of debts. Maintain good relationship with siblings. Improve health, personal appearance. Optimism!

**Pisces** - By the end of week, you will have a surge of energy, but beware of inflating your ego. Money plans have to be put on hold. Smooth way for partner, friends. Peace of mind increases.

## News Leader Recipe Corner (Recipe #262)

Brought To You By: Similkameen News Leader

### Tex-Mex Turkey Pizza Pancake

A great Mexican-style breakfast.

#### Ingredients

- 2 1/2 cups cooked rice (625 ml)
- 2 eggs, beaten
- 2 tbsp margarine, melted (25 ml)
- 2 cups cooked turkey, shredded (500 ml)
- 1/2 cup onion, thinly sliced (125 ml)
- 16 oz jar chunky style salsa, mild (500 g)
- 4 oz jar black olives, drained (125 g)
- 1 cup non-fat Cheddar cheese, grated (250 ml)
- 1/4 cup cilantro, chopped (50 ml)

#### Directions

In a medium bowl, combine rice, eggs and margarine. In a 12 inch (31 cm) non-stick skillet, over medium-high heat, cook mixture 2-3 minutes or until mixture starts to set. Do not stir. Reduce heat to low and cook 25 to 30 minutes or until mixture looks dry over the top.

Over egg mixture, layer turkey, onion, salsa, olives, cheese and cilantro. Cover skillet and cook 10 to 12 minutes or until cheese has melted.

Serves: 6. Nutrient Analysis per serving: Calories 326, Protein 24g, Fat 10g, Carbs 32g.

- Recipe courtesy of Manitoba Turkey Producers [www.turkey.mb.ca](http://www.turkey.mb.ca)

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### tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (E)

EVENING

9:00 pm WTBS (3) ★★ "200 Cigarettes" (1999, Romance-Comedy) Ben Affleck. On New Year's Eve 1981, young adults seek belonging, a big party, romance and answers. (E)

### wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (E)

EVENING

9:00 pm WTBS (3) ★★★ "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (E)

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### thursday movies

EVENING

7:00 pm WTBS (3) ★★ "The Man" (2005, Comedy) Samuel L. Jackson. A case of mistaken identity leaves an ATF agent squabbling with a talka-

tive salesman in his custody. (E)  
10:00 pm WTBS (3) ★★ "The Man" (2005, Comedy) Samuel L. Jackson. A case of mistaken identity leaves an ATF agent squabbling with a talkative salesman in his custody. (E)

### friday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (E)

9:00 pm WTBS (3) ★★ "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (E)

EVENING

7:00 pm YTV (18) ★★ "What a Girl Wants" (2003, Comedy-Drama) Amanda Bynes. A vivacious teenager leaves New York in order to meet her estranged father in London. (In Stereo) (E)

FAM (26) ★★ "3 Ninjas Knuckle Up" (1995, Comedy) Victor Wong. Three boys stop a polluter's henchmen with martial arts learned from their Asian grandfather. (E)

7:30 pm FAM (26) "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain. (E)

10:00 pm KNOW (5) ★★ "From Mao To Mozart: Isaac Stern in China" (1980, Documentary) Chronicles a three-week tour of Peking, Shanghai and other Chinese cities by musicians Isaac Stern and David Golub. (N) (E)

10:30 pm FAM (26) ★★ "Holes" (2003, Adventure) Sigourney Weaver. A boy and his friends question the motives of a woman who forces them to dig holes at a detention camp. (E)



THURSDAY, MARCH 12, 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 ⑮	TSN ⑰	VTV ⑲	DISC ⑳	FAM ㉑	CITY ㉒	SPIKE ㉓	TROP ㉔
6 AM	Jeffersons Sanford	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentr e	Canada AM	Daily Planet	Henrys King	CityLine	Married... Married...	Traders Spin
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Today's Health; selecting a nursing home; Mario Batalli; beauty sleep. (N)	The Early Show (N)	American Justice	Good Morning America (N)									The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			Cold Case Files										Rachael Ray	Unsolved Mysteries	North of 60 "The Road"
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Rolie Polie		Regis and Kelly	Daily Planet	Feat	News (N)	Unsolved Mysteries	Make What
10 AM	Trivial Trivial	The Mom Show	Sid (10:35)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	World Vis House	Wilbur	George S.		The View (N)	Austin Stevens	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Dewitt Willia		Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Chef	Babar	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Mr. Men George S.		etalk	Mayday	(11:49)	CityLine	CSI: NY	Seinfeld
1 PM	Still Stud	Home to Parents	Maggie Daniel	Visions: The Great Cities of Europe	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 Erly Perky	Draw 16. (Live)	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER	CSI: NY	Raymond Just Shoot
2 PM	King	Guiding Light (N)	(1:59) 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		General Hospital (N)	MythBuster s	(1:54) K. Possible	News (N)	CSI: NY	Just Shoot Family Guy
3 PM	Seinfeld	Clean	Zoboomafo "Bears" (DVS)	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What
4 PM	Payne	Debt Part		Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. 22 Minutes	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Make Fashion
5 PM	Friends	News (N)	Martha (5:33)	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	Curling: Tim Hortons Brier --	News (N)	Investigatio n X	Suite Life Montana	Ugly Betty (N)	CSI: Crime Sen	Family Guy Seinfeld
6 PM	Friends	Global	Creatures Working	News- Lehrer	News	News (N)	The First 48 (N)	News	News (N)	ET Canada Entertain	News	Drake iCarly	Draw 17. (Live)	News (N)	Investigatio n X	Zoey 101 Life Derek	30 Rock (6:31) 30	TNA IMPACT! (N)	Seinfeld Raymond
7 PM	Movie: "The Man" (2005)	El News The Insider	Eden Big Ideas	Daniel O'Donnell: Hope and Praise	Jeopardy!	The Doctors	The Beast (N)	Entertain The Insider	Entertain ET Canada	Life "Shelf Life" (N)	Coronatr Jeopardy!	Jackson H2O Just		etalk	MythBuster s	Wizards Montana	Hell's Kitchen (N)	Family Guy Married...	
8 PM	Family Guy	Name Earl Kath &	Myths and Heroes	Name Earl Kath &	Survivor: Tocantins (N)	The Beast (N)	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	Doc Zone "Wild Horse Redemption" (N)	Malcolm Futurama	SportsCentr e (Live)	CSI: Crime Sen	Daily Planet (N)	Suite Life Buzz	News (N) (8:35) News	Ways Die	Seinfeld	
9 PM	Family Guy	Movie	Architectur e	My Music: My Generation -- The 60s	The Office (9:31) 30	CSI: Crime Sen	The First 48 (N)	Grey's Anatomy (N)	The Office Kink	The Office Kink	In Real Life (N)	Score Golf Motorcycle	Grey's Anatomy (N)	Deadliest Catch	Wizards Life Derek	(9:06) Jimmy Kimmel	MANswers MANswers	Just Shoot Just Shoot	
10 PM	Movie: "The Man" (2005)	Genius, Photo.		ER "Old Times" (N)	ER "Old Times" (N)	(10:01) Eleventh Hour (N)	The First 48 (N)	Life "Shelf Private Practice" (N)	News Hour Final (N)	National	Falcon Beach	Poker Night (Taped)	ER "Old Times" (N)	Investigatio n X	School Cory	Flavor of Love	Married... Married...	Raymond	
11 PM	Montel W.	News (N)	Me, My Brother	Charlie Rose (N)	News (N)	News (N)	The Beast (N)	News	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentr e (Live)	News (N)	Investigatio n X	Suite Life Life Derek	Judge Paid Prog.	MXC MXC	Just Shoot Just Shoot

FRIDAY, MARCH 13, 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 ⑮	TSN ⑰	VTV ⑲	DISC ⑳	FAM ㉑	CITY ㉒	SPIKE ㉓	TROP ㉔
6 AM	Jeffersons Sanford	News (N)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentr e	Canada AM	Daily Planet	Henrys King	CityLine	Married... Married...	Adventures of Sinbad
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Ian McShane; Today's Fashion; Barbara Corcoran; warning signs for women over 40. (N)	The Early Show (N)	American Justice	Good Morning America (N)									The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			Cold Case Files										Rachael Ray	Unsolved Mysteries	North of 60 "The Cold"
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	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	Feat	News (N)	Unsolved Mysteries	Tube Tales What
10 AM	Trivial Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (El)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	World Vsn House	Wilbur	George S.		The View (N)	Blueprint for Disaster	Mickey Handy	The O.C. "The O.Sea"	Unsolved Mysteries	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Dewitt Willia		Twice in a Lifetime	Super Ships	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Eat, Shrink	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian		etalk	Investigatio n X	(11:49)	CityLine	CSI: NY "Admissions"	Seinfeld
1 PM	Still Stud	Home to Parents	Maggie Daniel	Highland Heartbeat	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 Erly Perky	UEFA Champs	Sue Thomas: F.B.Eye	Investigatio n X	Dragon Emperor	ER	CSI: NY	Raymond Frasier
2 PM	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		General Hospital (N)	MythBuster s	(1:54) K. Possible	News (N)	CSI: NY "Taxi"	Frasier
3 PM	Seinfeld	Clean House	(3:01) Zoboomafo "Buddies" (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Hostage"	What
4 PM	Payne	Debt Part		Biz Kid\$	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Air Farce	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Tube Tales
5 PM	Movie: "Tommy Boy" (1995)	News (N)	Martha (5:35)	BBC News	News (N)	News (N)	CSI: Miami "Legal"	News	News (N)	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	Curling: Tim Hortons Brier -- Page 2. (Live)	News (N)	Heli- Loggers (N)	Suite Life Montana	Man Tracker	CSI: Crime Sen	Family Guy
6 PM	Chris Farley.	Global	Beats Up Time	News- Lehrer	News (N)	News (N)	CSI: Miami "Hell Night"	News	News (N)	ET Canada Entertain	News	iCarly Family Biz	Playoff 1 vs. 2. (Live)	News (N)	Man vs. Wild (N)	Zoey 101 Buzz	Survivorm n	DEA	Seinfeld Family Guy
7 PM	Cheers	E News	Martin Clunes	Wash Wk McLaughlin	Jeopardy!	The Doctors	CSI: Miami	Entertain The Insider	Entertain ET Canada	NUMB3RS "12:01 AM"	Coronatr Jeopardy!	Movie: "What a Girl Wants" (2003)		etalk	Deranged (N)	Wizards "Wendy Wu: Homecomin g Warrior"	Out There	Real Vice	Family Guy
8 PM	Family Guy	To Be Announced	Poirot (N) (Part 1 of 2)	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		SportsCentr e (Live)	Ghost Whisperer (N)	Daily Planet (N)	News (N) (8:35) News	Disorderly Con.	Seinfeld
9 PM	Movie: "Tommy Boy" (1995)	Friday Night Lights (N)	Life Begins (N)	NOW Served	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami "Legal"	Supermanny (N)	Dollhouse (N) (PA)	Dollhouse (N) (PA)	fifth estate	Prank Ptr Prank Ptr	UEFA Champs	Flashpoint (N)	Man vs. Wild	Movie: "3 Ninjas Knuckle Up" (1995)	(9:06) Jimmy Kimmel	MANswers MANswers	Family Guy
10 PM	Chris Farley.	20/20	"From Mao To Mozart"	The Vicar of Dibley	Dateline NBC	NUMB3RS "12-01 AM"	CSI: Miami "Hell Night"	20/20	NUMB3RS "12-01 AM"	News Hour Final (N)	National	Family Biz Adrenaline	Billiards	Raising the Bar (N)	Heli- Loggers	Movie: "Holes" (2003)	Judge Paid Prog.	MXC	Raymond
11 PM	Sanford	News (N)		Austin City Limits	News (N)	News (N)	CSI: Miami	News	News (N)	(11:03) ECW (N)	(11:05) The Hour	Mystery Ghost	SportsCentr e (Live)	News (N)	Deranged (N)			MXC	Frasier



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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 #173 - Rated Easy

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

#### CHALLENGE #174 - Rated Hard

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

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 "Jurassic Park III" (2001, Adventure) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. [E]

11:00 am SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets. (In Stereo) [E]

#### AFTERNOON

12:00 pm FAM (26) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the

crotchety fellow who lives next door. [E]

1:36 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. [E]

2:00 pm SPIKE (44) ★★ "Sniper" (1993, Action) Tom Berenger. A lone Marine sharpshooter goes on a Panama mission with a Washington bureaucrat accustomed to paper targets. (In Stereo) [E]

4:00 pm YTV (18) ★★ "Rugrats Go Wild" (2003, Comedy) Voices of Bruce Willis. Animated. The toddlers meet the Thornberry family after an accident leaves them stranded on a tropical island. (In Stereo) [E]

5:00 pm WTBS (3) ★★½ "Two for the Money" (2005, Drama) Al Pacino. A former college athlete joins forces with a sports consultant to handicap football games for high-rolling gamblers. [E]

SPIKE (44) ★★½ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo) [E]

#### EVENING

6:00 pm CITY (29) ★★½ "The Uncles" (2000, Comedy-Drama) Chris Owens. The Italian manager of a restaurant in Canada has an affair with the owner's wife. [E]

7:30 pm WTBS (3) ★★ "From Dusk Till Dawn" (1996, Action) Harvey Keitel. Desperado brothers kidnap a preacher and his kids, commandeering their RV and wind up in a Mexican strip joint where vampires lurk. [E]

8:00 pm CHBC (4) "Lies and Crimes" (2007, Suspense) Estella Warren. After the death of her husband, a woman moves to his hometown and takes a stand against corruption. [E]

YTV (18) ★★½ "Gremlins" (1984, Fantasy) Zach Galligan. An inventor gives his son an odd little creature which multiplies into monsters which wreck the town. (In Stereo) [E]

SPIKE (44) ★★ "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) [E]

9:00 pm FAM (26) ★★½ "Beetlejuice" (1988, Comedy) Michael Keaton. A ghoul helps a newly dead couple haunt the tasteless new owners of their beloved home. [E]

10:00 pm WTBS (3) ★★ "From Dusk Till Dawn" (1996, Action) Harvey Keitel. Desperado brothers kidnap a preacher and his kids, commandeering their RV and wind up in a Mexican strip joint where vampires lurk. [E]

10:32 pm FAM (26) ★★ "Space Jam" (1996, Comedy) Michael Jordan. Live action/animated. NBA star Michael Jordan helps the good Looney Tunes take on the bad Monstars in a basketball game. [E]

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### sunday movies

#### MORNING

9:00 am WTBS (3) ★★ "Starship Troopers 3: Marauder" (2008, Science Fiction) Casper Van Dien. Soldier Johnny Rico battles giant man-eating insects while leading a rescue mission to a hostile planet. [E]

11:00 am WTBS (3) ★★½ "Deuce Bigalow: European Gigolo" (2005, Comedy) Rob Schneider. Deuce meets a series of unusual women when a pimp uses him as bait to find a killer. [E]

#### AFTERNOON

12:00 pm FAM (26) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. [E]

SPIKE (44) ★★½ "Star Wars V: The Empire Strikes Back" (1980,

Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo) [E]

12:30 pm WTBS (3) ★★½ "Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. [E]

1:35 pm FAM (26) "The Luck of the Irish" (2001, Fantasy) Ryan Merriman. A teenager must battle for a gold charm to keep his family from being controlled by an evil leprechaun. [E]

2:00 pm CHBC (4) ★★½ "The Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up. [E]

2:30 pm WTBS (3) ★★½ "Two for the Money" (2005, Drama) Al Pacino. A former college athlete joins forces with a sports consultant to handicap football games for high-rolling gamblers. [E]

3:00 pm VTV (22) "Black Widow" (2006, Suspense) Kelly McGillis. Authorities become suspicious about a man whose wives have died under mysterious circumstances. (In Stereo) [E] (DVS)

4:00 pm YTV (18) ★★ "Kangaroo Jack" (2003, Comedy) Jerry O'Connell. Two friends must catch a kangaroo in Australia after it steals money that belongs to a gangster in New York. (In Stereo) [E]

5:00 pm WTBS (3) ★★½ "The Haunting" (1999, Horror) Liam Neeson. A parapsychologist and three others stay in a house reputed to be the site of many awful tragedies. [E]

CBC (13) ★★½ "Sleeping Beauty" (1959, Fantasy) Voices of

Mary Costa. Animated. Three good fairies and a handsome prince save Princess Aurora from a bad fairy's spinning-wheel curse. (In Stereo) [E]

#### EVENING

6:00 pm YTV (18) ★★½ "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler. (In Stereo) [E]

7:30 pm WTBS (3) ★★½ "The Haunting" (1999, Horror) Liam Neeson. A parapsychologist and three others stay in a house reputed to be the site of many awful tragedies. [E]

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

10:00 pm WTBS (3) ★★ "Starship Troopers 3: Marauder" (2008, Science Fiction) Casper Van Dien. Soldier Johnny Rico battles giant man-eating insects while leading a rescue mission to a hostile planet. [E]

10:31 pm FAM (26) ★★ "Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to his former team and resurrects their spirit. [E]

11:00 pm SPIKE (44) "Depth Charge" (2008, Suspense) Eric Roberts. The American captain of a nuclear submarine demands a ransom of \$1 billion from the United States. (In Stereo) [E]

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## Similkameen News Leader



SATURDAY, MARCH 14, 2009

Table of TV programming for Saturday, March 14, 2009. Columns include channel numbers (3-29) and program titles such as 'Paid Prog.', 'News (N)', 'Martha', 'MotorWeek', etc.

SUNDAY, MARCH 15, 2009

Table of TV programming for Sunday, March 15, 2009. Columns include channel numbers (3-29) and program titles such as 'Sports', 'News', 'Hunter', 'Martha', 'Raggs', etc.



MONDAY, MARCH 16, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentr	Canada AM	Daily Planet	Henrys	CityLine	Married...	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks	SportsCentr		Cash Cab	(6:56)	The Tyra Banks Show	Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files				Bo On Go	Pokemon	SportsCentr		How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60 "Ghosts"
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!	Barnyard	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	TV Made
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	World Vis House	Wilbur	SpongeBob	Bowling	The View (N)	Air Dogs	Mickey	The O.C.	Unsolved Mysteries	Whatever
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	Kid vs. Kat	ATP Tennis: Pacific Life Open --	Twice in a Lifetime	Megabuilders	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries	Grace
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	iCarly	Early Round.	etalk	Super Ships	Life Derek	CityLine	CSI: NY "Blink"	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Movie: "Over the Hedge" (2006)	Wells, Calif. (Live)	Sue Thomas: F.B.Eye	Dirty Jobs	Suite Life	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	Ruby	Interruption	General Hospital (N)	MythBusters	Suite Life	News (N)	CSI: NY	Raymond
3 PM	Seinfeld	Split Ends	(3:01) Zoboofa o Zoboo	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Neutron	Off-Record	Dr. Phil	Worst Handyman	Buzz	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	wants to fly.	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	NBA	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Zoey	Law & Order: SVU	CSI: Crime Scn	Vanity
5 PM	Movie: "Men in Black" (1997)	News (N)	Martha (5:35)	BBC News	News (N)	News (N)	Intervention "Brad"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Raptors at Charlotte Bobcats.	News (N)	MythBusters	Montana	Chuck	CSI: Crime Scn	Reality
6 PM	Tommy Lee Jones.	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention "Sandy"	News	News (N)	ET Canada	News	Break	Break	News (N)	Dirty Jobs	Montana	Less-Kind	CSI: NY	Ground Up
7 PM	Brother	E! News	Undersea	To Be Announced	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes	Coronatn	Karnoke	Jeopardy!	etalk	Explosion Gone	Wizards	Mantracker	CSI: Crime Scn	Are You Smarter
8 PM	Family Guy	The Soup	Museum		Chuck	Big Bang	Paranormal	Dancing With the Stars	House "Here Kitty" (N)	House "Here Kitty" (N)	Mosque	Malcolm	Sports	Big Bang	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Make
9 PM	Movie: "Men in Black" (1997)	Rules	Robert Motherwell		Heroes	Two Men	Intervention "Brad"	(Same-day Tape)	Heroes	24 (N) (PA)	Comedy	League	Boxing: Alfredo Angulo vs. Ricardo Mayorga.	Two Men	Dirty Jobs	Wizards	(9:06) Jimmy Kimmel	CSI: NY "Blink"	Seinfeld
10 PM	Tommy Lee Jones.	Snoop	Commandin g Heights	American Experience	Medium "Car Trouble"	CSI: Miami (N)	Intervention "Sandy"	(10:02) Castle (N)	24 (N) (PA)	News Hour Final (N)	National	Falcon Beach	Ricardo Mayorga.	CSI: Miami (N)	Explosion Gone	School	Rock of Love	Disorderly Con.	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	SportsCentr	News (N)	MythBuster s	Suite Life	Judge	Most Amazing Videos	Married...

monday movies

AFTERNOON

1:00 pm YTV (18) ★★★"Over the Hedge" (2006, Comedy) Voices of Bruce Willis. Animated. An opportunistic raccoon teaches fellow animals about the edible treasures that the new humans in the neighborhood conveniently leave outdoors.

5:00 pm WTBS (3) ★★★"Men in Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

EVENING


9:00 pm WTBS (3) ★★★"Men In Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

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### 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: hid@nethop.net  
Or fax to: (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

10 Mar 10

#### Small Water Systems Operator

The Hedley Improvement District requires a small water systems operator. This will be a contract position. For contract requirements please contact the HID Office at (250) 292-8637 or e-mail hid@nethop.net.

Tenders will be accepted until 12:00 Noon on Thursday, March 26, 2009.

The lowest bid will not necessarily be accepted.

10 Mar 24

Seeking persons with an E.C.E. certificate or E.C.E. Assistant certificate to work as a substitute teacher at Little Folks Nursery School. Please contact Sandy Yee at (250) 295-3083.

Mar 10 24

### notices

### notices

#### To: Property Owners Hedley Improvement District

The trustees of the Hedley Improvement District regret to inform you that Michael Currie, Public Fire Protection Specialist, has notified us that because of the age of our fire truck, the status of the fire protection for Hedley has gone from semi-protected to unprotected. This change is effective immediately. All property owners should immediately contact their insurance company and inform them of the change of status of their property from semi-protected to unprotected.

The Hedley Improvement District will still be providing fire protection but due to budget constraints it is unable at this time to provide fire protection/suppression services within the District at a level that would qualify as a semi protected status as determined by Fire Underwriter's Survey.

Board of Trustees  
Hedley Improvement District

11 Mar 17

### 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

1 1/2 year old custom LaZBoy rocker/recliner (like new). Top grade fabric (soft sage velour). 10-year fabric treatment warranty. (New \$1,179.00) Asking \$500.00. Call (250) 295-6052.

Mar 10 24

XPEED - black full face motorcycle helmet. DOT approved, size XG. New \$350.00. Asking \$110.00. Call (250) 295-3215.

Mar 10 24

Gen/Set Diesel 6000 LE - electronic start (new). New value: \$6,500.00. Asking: \$3,500.00 OBO per gen. Gas-powered Pressure Washer - 2,500 PSI capacity, New value: \$700.00. Asking: \$400.00 OBO. Call (250) 295-6198 or 295-8288.

Mar 10 24

### card of thanks

Warm and loving thanks to my family (immediate and extended), and the many friends for all the support, cards, calls and visits. Special thanks to Princeton RCMP Cst. Daigle, Rosemary Doughty of Victim Services, Port Hardy RCMP and Ambulance Service, Coroner and Island Funeral Services. Heartfelt thanks to all Athans' friends for their help and continued support.

- Ev Vergides

### notices

ANNUAL GENERAL MEETING  
Cawston Community Hall Society (inc. 1922)  
7:00 PM Tuesday, March 24th  
Cawston Community Hall  
Membership open to residents of Area B RDOS. \$2.00 per annum

### BINGO!

Thursday Nights

Hosted by:  
Valley First Princeton Posse Hockey Club  
Princeton Elks Hall  
4:00 PM - Doors Open/Sales Start  
5:30 PM - Numbers Called

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Nov 05th

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

Nov 20th

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

Call (250) 295-7988.

Nov 25th

### wanted

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Oct 29th

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Mar 10 24

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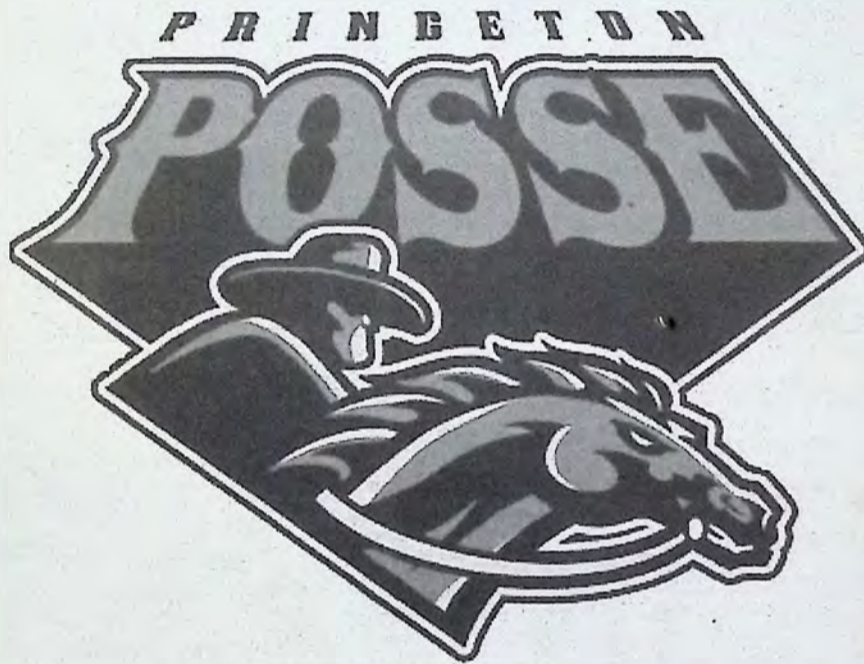
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## Princeton Posse

sudoku

**CARTER'S**  
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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #173 - Easy

321	879	645
564	321	978
987	456	231
843	967	512
216	584	793
795	132	864
472	618	359
659	243	187
138	795	426

CHALLENGE #174 - Hard

158	967	324
429	318	675
763	245	198
981	432	567
376	851	942
245	796	831
692	584	713
537	129	486
814	673	259

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Narcotics Anonymous

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160 OLD HEDLEY ROAD  
**Baptist Church Basement**  
(USE BACK DOOR)

Sundays 7:30 PM

Living Water Foursquare Church, Kemley Avenue

Info: (250) 295-7919 OR 295-6531, 295-6723

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Fred 295-7272/Marena 295-7663

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# editor@thenewsleader.ca

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

## my turn

### Yep, there's something going on.

What makes you proud to say you're from Princeton?  
I have a long list of things that make me proud to be a resident of the Similkameen Valley.

In no particular order: no stop lights in town, an incredibly hard working and dedicated pool of volunteers, low taxes and relatively low rents, an incredible amount of history to explore, nature out our back door, fishing lakes galore, clean air and clean water, we're far enough away from the lower mainland and Okanagan that it takes effort to go in either direction, there's a relatively well defined downtown core, lots of activities all year long, a solid population base with little fluctuation, a pretty good Junior B hockey team, plenty of youth activities to attract families and I could go on and on.

So when things around town sort of go haywire and all that seems to go to the regional and national media is the negative and bad things about our small town and the valley we call home I have to remind myself there's a lot of good things here we need to be thankful for.

And normally when I go over that list it makes me proud to be a resident of Princeton.

Where else does a half block walk to pick up the mail take you an hour because you keep bumping into people who want to visit?

Speaking of visiting, our office is located where we attract a lot of visitors. I like that.

Our town is far enough away from the next town that if you stop here, chances are you're going to stick around a while. I like that.

There's deer and marmots to either enjoy or complain about. I like that.

We have a lot of good things going for us in our community and I've barely scratched the surface. If you are new to this area, believe me, there's a lot of good stuff going on here. And maybe you'll feel some civic pride once you experience some of it.

Myself personally, I'm looking forward to rodeo season. I don't follow the sport in the way a fanatic would, but I know enough about it that I can explain it to someone who's never been to one before.

And what I like about rodeos is competitors are regular folks with regular jobs who travel from rodeo to rodeo like a big family and just do their best to beat the clock and move on to the next town.

They leave some money behind and come back every year. They appreciate the things our residents do to prepare the rodeo grounds, they appreciate the fact that the event gets promoted enough to attract fans and they appreciate the fans in the stands cheering them on.

And the cowboys don't care about what's going on in town other than rodeo. I like that.

And that's why I'm proud to say I'm from Princeton.

### EDITORIAL GUIDE

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

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

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

## Similkameen News Leader

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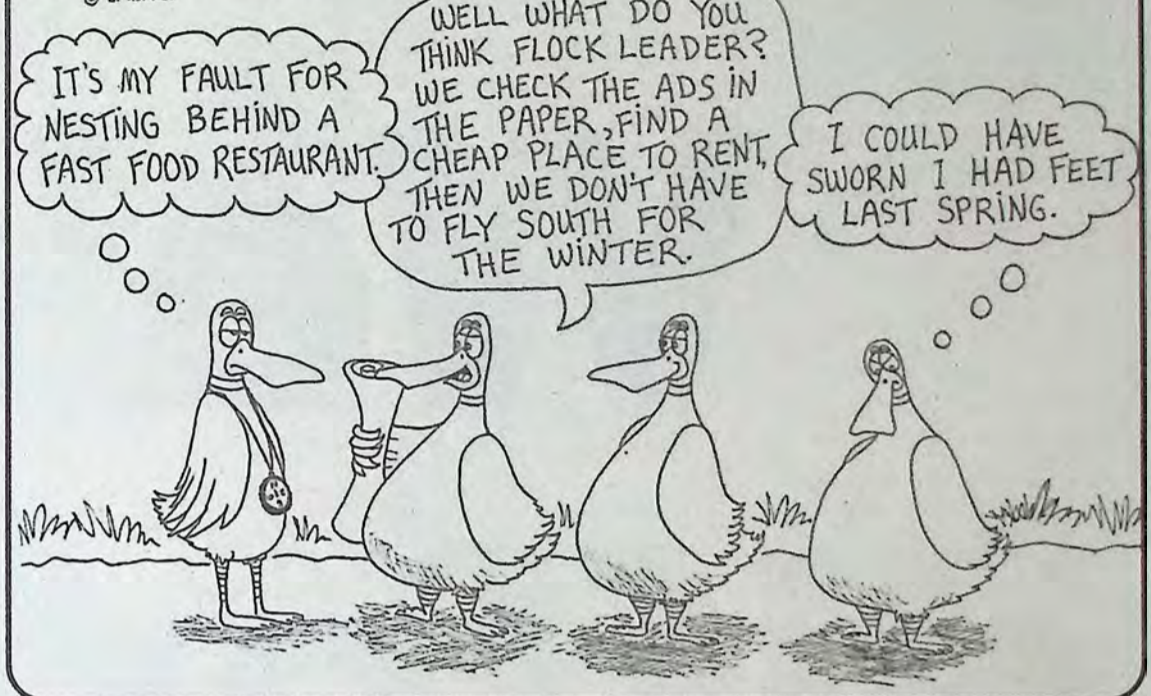
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Office Administrator:  
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George Elliott  
Brenda Engel  
Dawn Johnson

## TIS TOONS



## your turn

### Let's just call it Protestor's Corner

To The Editor:

Last week I cancelled our subscription to one of our local papers. I do not wish to subsidize the persecution of local officials such as the attack done on Sergeant Macahonic. Can we not convince government officials of our reasoning without resorting to personal condemnations?

In the space of two weeks and by excavating up past events, some people have decided that Sergeant Macahonic is unfit to protect our town, and unfit to decide who he wants working for his detachment.

To save one person's job it was decided by a few to tear down another's. What a sad reflection on our town.

Letter To The Editor

### Reader also supports Macahonic

To The Editor:

RE: In Support of Sgt. Gary Macahonic

Mr. Hope does not speak for myself or my family, who are all residents of Area H. Not all of his constituents 'share' his concerns and he had better be very mindful of that.

This incident between Sergeant Macahonic and Rosemary Doughty has now morphed itself into a despicable personal attack and Mr. Hope should not be expressing his views on behalf of us. We want nothing to do with this witch hunt.

Sergeant Macahonic is still commanding this detachment and by attacking him a clear signal is being sent to the rest of the detachment. Get out of line and we will dig up everything we can find on

you and we will do our best to ruin your life.

Who's name is next to go up on cardboard signs to be carried around our cenotaph? Hell, let's just rename the Cenotaph Protestor's Corner and be done with it. The tourists will flock here just to see who's is being drawn and quartered. I am thinking one of those old wooden stockades might be a drawing card as well.

At this point it would seem that there are certain shrill voices in our community that are rising above the silent majority. Enough is enough.

Let's make sure our voices are heard as well.

- Gerri Logan, Princeton

Kudos to George Elliott and Geri Swanson for standing up for what is right.

Sgt. Macahonic is probably not solely responsible for not renewing Rosemary Doughty's contract, but even if he was, if I was to list here all the good things Sgt. Macahonic has done during his career as a respected officer in the RCMP would that make the decision okay?

Sgt. Macahonic's record has absolutely nothing to do with the decision not to renew Ms. Doughty's contract.

The kind of reporting that appeared in the recent article (not this paper) results in things like Mayerthorpe.

Our RCMP officers put their lives on the line for us daily and they deserve better.

- Wayne Passey, Tulameen

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Similkameen News Leader



**Current Comment:**

**Two kinds of advice from men to women**



**Dawn Johnson**  
editor@thenewsleader.ca

What kind of advice would men give to women about relationships?

Recently I watched two different television shows on this topic and they could not have been more different.

The first show was on Oprah, and involved a marriage counsellor who had written a book about why men cheat on their wives or girlfriends. According to this expert, one out of every three men cheat. Twelve percent of those who cheat are incurable, he said, and suggested women with such men just give up and move on. The rest, says the expert, cheat because they feel unappreciated by their wives or girlfriends.

The author of the book says men are emotional but do not know how to express their emotions. They want to be winners, and if life at home makes them feel like they can't win, they will seek the woman who makes them feel valued, makes them feel like winners.

The expert admitted most of the other women are not better looking than wives or girlfriends, they are just more admiring of the man.

There was a lot more along this line, and a number of women, including Oprah, questioned this whole approach. I thought the expert showed a distinct bias toward the male point of view, and so did a lot of women in the audience. Oprah questioned whether the blame for cheating husbands rested with the wives. Several women in the audience

wanted to know how it is that women can be under-appreciated and taken for granted, yet not go out and have affairs.

I did not hear an acceptable answer to that question. What I heard, in the back of my mind, was my mother telling me "men have very delicate egos". As well, I recalled the old Chinese saying: "If a married woman is tempted by another man, she puts up a wall of stone. If a married man is tempted by another woman, he puts up a wall of paper."

What I heard the expert saying, when I boiled it down, is that men are in need of constant admiration or they become insecure and will go looking for a woman who will give them the admiration they crave.

This is the kind of advice, in my opinion, that does nothing to resolve many problems within relationships. There is no man I ever heard of who behaved in a manner worthy of praise 100 percent of the time (nor woman either). People in a relationship can be hard to live with for any number of reasons at various times. They cannot be objects of constant admiration no matter how much their partners love them. That's reality, isn't it?

The other reality is that marriage is not a bed of roses for most women. They often feel unadmired, devalued, and taken for granted in marriage. I wondered whether the expert was telling us that men are too weak to survive the rough patches, too weak to remember their marriage vows.

The other, different point of view came from Steve Harvey on the Ellen De Generes Show. Harvey has written a book called

*Act Like a Lady, Think Like a Man*. He says women give each other a lot of stupid information about men, so he decided to write a book to tell women how to handle men. He was a hoot, but he had some good, clear advice.

Harvey used Ford Motor Company as an example of how to deal with a man. He noted that Ford starts a new employee on a 90 day probation. If the employee does the job right, gets along with other people, and does not appear to have any major flaws, then, and only after 90 days, does the employee receive any fringe benefits. Harvey says women need to do the same with the men they meet. They need to put him on probation and make sure he gets no benefits until he has proven his worth. In a way, Harvey is preventing the problems the other guy is trying to solve.

Harvey said women have to set their standards high and make men climb up there. He gives plenty of advice to help women identify the games men play to reduce the standard, or to fool women into believing the standards are there.

This is the kind of book every mother should buy for her teenage daughter and if the girl won't read it, then mother should read it to her. It was a lot more down to earth and sensible than the marriage counsellor.

Harvey did not come out and say men were weak, but he was saying they can become much stronger if a woman demands higher standards. Maybe, by making them stronger and giving them higher standards, women can turn men into the winners they want to be.

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



This single vehicle accident happened around lunchtime on March 5th on Old Hedley Road. There were no further details available concerning the incident at press time. Photo: Donna Howard

..... continued from Page 6  
that. Not having to get up at five in the morning, then do dialysis again at eleven, then again at four and again before bed. The schedule is demanding."

She recalls the first month she was back on dialysis. It was Friday, the 13th when she got a call at midnight. The hospital had a deceased donor and they needed her on-site within two hours.

She awoke her husband and greatest support, Simon. She called her mother to share the news. She struggled with what it would all mean as she has a great fear of the transplant surgery itself and no

memories of the one she'd undergone as a child. Then her cell phone rang while she was on the land line with her mother. The doctor was calling back to say the match was not the best fit for her.

"I was so disappointed," Mélanie's voice falls as she speaks. "I couldn't get back to sleep. The whole weekend, my husband and I were depressed thinking this could have been it. I felt sick. It was so emotional."

Mélanie lives with constant fear - of declining health, of the possible negative consequences of transplant surgery, but most of all - that the call won't come. She is well

aware that the demand for organs is greater than the supply.

The Canadian Organ Replacement Register latest statistics note that there are over 4,000 Canadians waiting for a transplant and nearly 75% need a kidney. In 2006, 73 people died waiting for a kidney transplant.

The wait could take as long as 10 years and for thousands of Canadians, it hurts - physically and psychologically - which makes Mélanie's plea to make a positive decision toward organ donation all the more poignant. You can find out how you can become an organ donor at [www.kidney.ca](http://www.kidney.ca).

**Princeton Posse**  
SECOND ROUND PLAYOFF SCHEDULE  
Best of Seven Series against Kamloops Storm



~~Game #1~~  
~~Friday, March 6 in Kamloops~~

~~Game #2~~  
~~Saturday, March 7 in Kamloops~~



**Game #3**  
7:00 PM Monday, March 9 in Princeton  
**Game #4**  
7:00 PM Tuesday, March 10 in Princeton

**Game #5 (IF NEEDED)**  
Thursday, March 12 in Kamloops

**Game #6 (IF NEEDED)**  
7:00 PM Friday, March 13 in Princeton

**Game #7 (IF NEEDED)**  
Saturday, March 14 in Kamloops



# Ghost Town

A town that has been abandoned, usually because the economic activity that supported it no longer exists.

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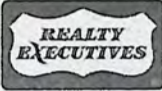
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**Princeton Ground Search & Rescue Society  
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Figure skaters relax during a practice last week at Princeton Arena. The club hosted their very successful 'Carnival' March 8th which typically marks the end of the season for skaters. \*

## Notes from Town Council

### Council commends residents

Most of us do not think about the life of our local landfill. We go about our daily activities, including recycling and taking out the garbage, as part of a routine we have established. On March 2, Town Council had a few words to say about the behaviour of local residents.

In 2001, a report to Council said if local residents did not recycle more, the landfill would not last much longer. Council had to start a reserve fund to replace the landfill, which is expensive, and to close the existing landfill, which is even

more expensive.

Mayor Randy McLean praised residents of Princeton and Area H for their efforts to reduce waste in the landfill. He said he expects the landfill will last longer than predicted due to the high level of recycling.

### Town receives big money

The Town of Princeton will receive \$560,000 from the BC government earmarked for community development. A further substantial grant will be received in July if Princeton enters now into an agreement with the Ministry of Community Development.

This is far more than the BC government has granted in the past. Mayor Randy McLean stated that without this grant, local property taxes would be 24 percent higher.

### W. E. D. gives big grant

The Town of Princeton is entering an agreement with Western Economic Diversification that will bring a non-repayable grant to provide services to 20 industrial lots at the industrial park.

The total cost of infrastructure development in the industrial park will be \$740,000, with \$450,000 coming from Western Economic Diversification.

### Council praises webcasts

At the March 2 Town Council meeting, Community Services Director Lyle Thomas outlined the success of Princeton Posse Junior B Hockey Team, telling Council the Posse wins had guaranteed them a place in Round 2 of the playoff series.

He praised the webcasts done by George Elliott and Clint Clifton, saying up to 800 people watched the webcasts during the games and around 200 people picked up the webcasts after the games.

See pages 7 and 8 of this week's News Leader for a feature on the webcasts.

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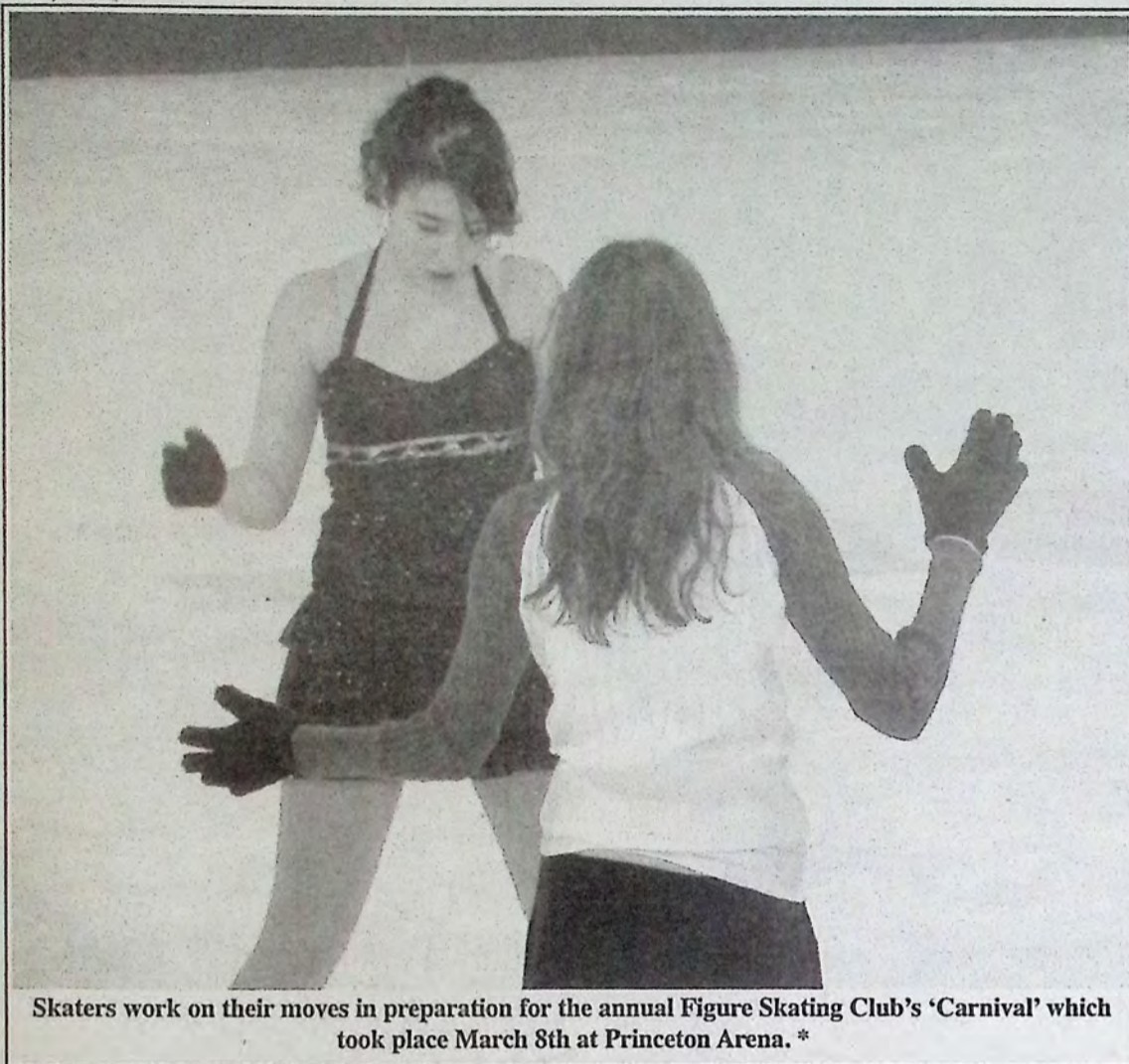
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Skaters work on their moves in preparation for the annual Figure Skating Club's 'Carnival' which took place March 8th at Princeton Arena. \*

## Local midgets place second

The season is over for local boys Bryce Markin and Colton Williams. The South Okanagan REP team for which they played for ended the regular season in third place out of eleven teams. This meant in the first round they would be up against Enderby.

The team handled them easily winning the two games straight. During the last game Justin Fereria, a very important offensive threat suffered a separated shoulder leaving the team short one sniper.

The second round put them up against the second seed team Merritt. This was going to be a challenge, although they split the regular season two wins each the games were always close.

The first game had Merritt with home ice advantage, and a large crowd to support them. Merritt came out strong taking the lead but South Okanagan would not be denied coming back from a two goal deficit, they won the game 6 to 2.

The second game was all South Okanagan winning the game 7 to 3. This win put them up against the number one team Winfield.

Winfield had home ice advantage. The first period saw it end 1-all with both teams skating hard. But in the second and third they found themselves in penalty problems.

Winfield had an excellent passing game which paid dividends for them scoring four power play goals and one short handed goal. This game gave them game one.

Back in Osoyoos with a large crowd of support, the game stayed close. In the second you could tell the players were not going down without a fight. With the score 3-2 for South Okanagan, Bryce got two

back-to-back goals which would eventually give them the win.

Game three was back in Winfield. This started out to be a barn burner and finished that way. Unfortunately, the team fell behind four to two and could not get the puck past Winfield's netminder. The game ended 5-2 dashing hopes of going to Provincials.

It was an excellent experience as neither Colton or Bryce had played contact at such a high level, but the coaches said how well they adjusted

and were very responsive to suggestions from their coaches. The best part was meeting new players and having them accept them as one of their own.

From a parent's standpoint, I found the other parents were fantastic, and coach very good. I am very happy we had made this choice to play at this level although it would have been nice to do the same here at home.

Great job, Colton and Bryce!

- submitted by Kevin Williams

## MP hosts community forum

Alex Atamanenko, MP for BC Southern Interior, will be hosting a special Community Forum the evening of Monday, March 16th at the Tulameen Community Hall.

Atamanenko's special guests that evening will include MLA Harry Lali (Yale-Lillooet) and RDOS Area H Director Brad Hope.

"I have held these forums in a number of communities throughout the riding with my local and

provincial government colleagues," stated the NDP MP.

"So far they have been very well received. People can address their concerns to all three levels of government."

All residents of the Tulameen, Coalmont and Princeton areas are invited to attend this 'town hall' meeting and bring their questions, concerns, comments and suggestions.

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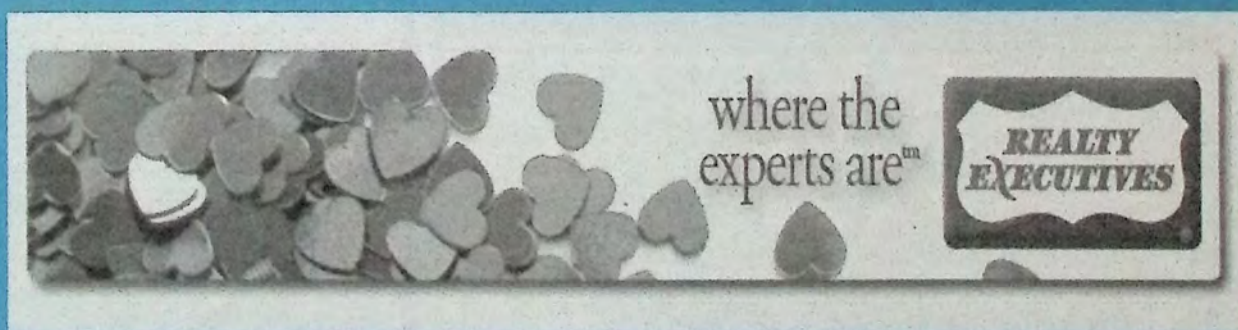
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