



Similkameen

# News Leader

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Tuesday, March 17, 2009



Princeton Posse team captain Kyle L'Arrivee (#24) bats at a bouncing puck March 10th in a game against Kamloops Storm. The game was the last of the season for the community-owned team. \*

## Local schools study each child

What happens in our schools when a child is having problems? On March 11, Principal Barry Clark explained to the Board of Education what local schools do.

Each child attending school in Princeton has a profile telling about their level of academic achievement, any physical problems, how socially and emotionally mature they are, and so on. When a child is having problems, teachers and education specialists put their heads together to determine what services the child may need. Working together, and with parents and perhaps health care providers, they can set up a program that may involve learning assistance, counselling, or special health care provisions.

The child is looked at from the point of view of the whole child, not merely as a child who may have problems reading or doing math. Teachers meet and find out what is working for the child and what is not.

Special Education teacher Julie Haazen told the Board she had begun in Princeton in January and found the student profile information valuable in ensuring students are receiving the services they need.

The goal of this process, which began last year, is to reduce the number of students who may be at risk of failure or eventually dropping out of school.

Trustee Ken Heuser praised the work of teachers and staff for the work they are doing on behalf of local children.

## Ministry issues snowpack bulletin

Snow conditions have remained variable across the province, ranging from well below normal across the South Coast, the Interior and the North and South Thompson, to near normal in the Central Interior, to above normal in the north.

### Synopsis:

Conditions monitored as of March 1st reveal that, on average, over 80 per cent of the peak snowpack across the province is in place. However, there is a disparity in accumulations in different areas, varying from well below normal in the Okanagan, Kettle, Similkameen, Nicola and Kootenay basins, and on Vancouver Island and along the South Coast, to above normal in the Peace, Skeena, Liard and Stikine regions.

### Current Snowpack:

Basin snow water indices across BC at February 1st vary from a low of only 56 per cent of normal on Vancouver Island, to a high of 141 per cent of normal in the Stikine.

Basin snow water indices for individual basins stand at 63 per cent in the South Coast, 76 per cent in the Columbia, 72 per cent in the Okanagan, 59 per cent in the Similkameen, 71 per cent in the Kootenays, 84 per cent in the South Thompson and 88 per cent in the North Thompson, 109 per cent in the Upper Fraser, 104 per cent in the Peace and 112 per cent in the Skeena-Nass.

### Water Supply Outlook:

For the southern half of the province, peak winter snow accumulation usually occurs by mid-April.

This means that areas currently experiencing well below normal snow conditions have very little winter left to accumulate enough additional snow to make a significant difference to their overall basin water supply conditions.

Environment Minister Barry Penner warns that this suggests a strong possibility for below normal streamflow and water supply in those areas during the summer. It

may also translate into lower than normal lake and reservoir levels, lower than normal recharge of groundwater aquifers and the potential for lower than normal river levels during summer.

Conversely, the well above normal snowpacks in some portions of northern BC may result in higher

than normal stream flows during the freshet snowmelt period in late May and June.

For additional information, including a summary of snow pillow data and conditions, and graphs of snow-water equivalents, log on to [www.env.gov.bc.ca/rfc/river\\_forecast/bulletin.htm](http://www.env.gov.bc.ca/rfc/river_forecast/bulletin.htm).

Last summer, Penner released 'Living Water Smart: A Plan For Water Sustainability.' The plan highlights the need for new water conservation measures to ensure adequate supplies of fresh water for British Columbia's future. Details can be found at: [www.livingwatersmart.ca](http://www.livingwatersmart.ca).  
- submitted

## News Leader makes changes

The theme has been a simple one: We're different, and we like that.

"It's sort of our new company focus," says Similkameen News Leader Owner/Publisher George Elliott.

"We've always been different than other newspapers and it's something we've always been proud of. Now we're going to emphasize this difference with a complete face lift."

Over the next few weeks the Similkameen News Leader will slowly transform into a completely different looking newspaper. This week's front page is the first stage

with other elements within the weekly paper to change as well.

"Along with our 'face lift' there will be more interactive elements weaved into our weekly product. We started last month with the announcement of giving away \$2,500 in advertising, we'll be adding more contests and giveaways in the coming months."

The announcement of the winners of \$2,500 in advertising will be made next week.

"That was actually harder than we thought. Our panel of judges ended up splitting the advertising prize into three parts for three different and deserving community groups."

As for why the News Leader is making changes Elliott points out, "It was time for a change. I think our new look will not only be more attractive to the eye, but it should also make for a more interesting read from front to back."

Plans are to continue to provide as much local news on activities going on in and around the Similkameen Valley as possible.

"This seems to be what has attracted a lot of readers to our paper. We stick to the facts and just tell it like it is. We try hard not to go over the top on issues and that seems to be what our readers want and expect from us, so that's what we're going to keep doing."

A sister publication produced by the Similkameen News Leader, Princeton BC News, continues to skyrocket in popularity.

"It's a very nice surprise to see all that effort pay off. I'm very proud of that product and we intend to keep producing it as long as there's interest," Elliott says.

The third issue in less than a year came out earlier this month. Issue #04 is scheduled for publication in June 2009.



## Similkameen News Leader THIS WEEK:

- POSSE SEASON ENDS - Pages 11 & 12 - SUDOKU CHALLENGE - Page 16
- TV GUIDE - Pages 13-18 - EDITORIAL - Page 22 - CURRENT COMMENT - Page 23
- COURT NEWS - Page 8 - MILLS VISITS PENTICTON - Page 2
- AMBASSADORS RECEIVE RECOGNITION - Pages 3 & 10

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Nick Mills of Princeton Museum shares Princeton history in Penticton. - photo submitted

**Mills takes local history on the road**

Last Tuesday, March 10th, an audience approaching one hundred attended the lecture theatre at Penticton Museum on Main Street to hear Nick Mills, Operations Manager at Princeton and District Museum and Archives, give an illustrated lecture on the history of Princeton.

Titled "Princeton - 150 years of Similkameen History - 1860-

2010" the talk not only included many pictures illustrating the area's long history, but some suitably protected documents and photographs were circulated, including a framed photograph of the infamous ghost of the now-gone Princeton Hotel that had been taken back in the 1920's, and which the attentive audience seemed to be particularly fascinated with!

Following the hour long presentation, Mills was asked to return at a future date to continue the interesting story of Princeton's past. He readily admitted, "To condense 150 years in detail into sixty minutes is nigh impossible!"

Many of the audience had past

and current ties to Princeton, but all were quick to point out that Penticton was a "Youngster" by comparison as the City had only celebrated its 100th birthday last year in 2008!

Throughout 2009, Mills, on behalf of the Museum and Archives Society, intends to make similar presentations for any group or society in preparation for Princeton's own 150th birthday celebrations in 2010. Anyone interested can contact him for further details at the Princeton Archives which is situated in the Skills Centre Building on Vermillion Avenue. Phone (250) 295-7588 or send an e-mail to: [princetonmuseum@telus.net](mailto:princetonmuseum@telus.net). - submitted

**CENTURY 21 Princeton Realty**  
**Congratulates Doug Haayer & Marty Gray**



At the Century 21 Awards Gala held at the Surrey Guildford Sheraton on March 4th both Doug Haayer and Marty Gray were recognized for the achievements in 2008.

Marty Gray for the 6th consecutive year has received an award for his outstanding efforts. This achievement is due to Marty's serious commitment to professionalism and quality service to his clients. Marty has consistently throughout the years proven himself to be a dependable team player.



Doug Haayer was awarded a centurion producer award for the third consecutive year. Only 13 of these awards were given out in BC this year. He has also for the second year been within the top 100 C21 agents in Canada by production. This is an incredible accomplishment in a year where the real estate market was 50% down.

Heather is ecstatic that Doug was recognized for his success. His professionalism and dedication has made him a valued and trusted real estate professional.

Heather Johnson is very proud of her entire team for all their accomplishments and their continued commitment to professionalism.

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Princeton BC News, published by Similkameen News Leader, was a popular item at the Princeton history presentation in Penticton. Every copy taken to the event was picked up. - photo submitted

**TWO WEEKS TO THE RCMP REGIMENTAL BALL!**





Youth Ambassador Candidate Karis Bergsma, sponsored by Reichert Sales & Service, proudly displays the certificate she received from Southern Interior MP Alex Atamanenko congratulating her on being selected as a candidate. Atamanenko sent all local candidates a certificate of recognition. \*

## Valley First converts to new banking system

Valley First's 15 branches opened for business as usual on Tuesday, March 10 after being closed for three days while the credit union converted to a new banking system that will allow it to serve members more efficiently, develop products more quickly and increase security.

The conversion, which was completed on time and as planned, saw the credit union move from a 1990s era DOS-based system to iSpectrum, a state-of-the-art, Internet-browser-based system designed specifically for Canadian credit unions by Fiserv Inc. (formerly Summit Systems).

"Converting to the new banking system is one of the biggest projects we have ever tackled, and in the end it will be well worth the effort - the new system is a real step up for us," said Valley First president and CEO Harley

Biddlecombe. "We were fortunate our people and our partners have the skills and experience to make the conversion successful and to ensure the system was built exactly the way it needed to be to serve our members effectively."

Like any major technological upgrade, the banking system conversion did inconvenience some Valley First members. As advised through information mailed to their homes and posted in branches and on the Valley First website, members were unable to access branch services or use the MemberDirect online banking and telephone banking services while the conversion was taking place. They were, however, able to use Valley First's ATMs and debit cards.

"Our members really deserve thanks for their patience as we upgraded our banking system and

as we work through the early days on the new system," said Biddlecombe. "We may see some longer lineups in the next few days, but we know in the long run members will benefit through the advanced capabilities this new system offers."

Biddlecombe also acknowledged the difficulty some members have reported in trying to log in to Valley First's MemberDirect online banking system using temporary passwords.

"We recognize and appreciate the inconvenience not being able to log in to MemberDirect immediately has caused some of our members," he said. "Please know that we are committed to ensuring that each and every member receives the assistance he or she needs to log in so they can continue using our on-..... continued on Page 24



Princeton Youth Ambassador Candidate Makenzie Johnston also received a certificate of congratulations from BC Southern Interior MP Alex Atamanenko. Johnston is sponsored by Princeton Co-Gen. \*

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Rustic Roots Winery of Cawston had this display of their product at the recent Princeton Rotary Club Winefest. The winery is located at Harker's Organics on Highway 3. \*

**Boundary-Similkameen Greens host meeting**

A small contingent from The Boundary Similkameen BC Green Party met in Osoyoos on Saturday, March 7th to strategize around the upcoming Provincial General Election on May 12th.

Green Party Leader, Jane Sterk of Oak Bay has declared that the Green Party will field Candidates in all 85 ridings. The BC Election Act requires that the Party Leader endorse any candidate running under that party's banner.

There is no incumbent MLA for Boundary Similkameen Riding as it is a newly created and draws in parts of the South Okanagan from Kaledan south, includes the Lower Similkameen and extends eastward to Christina Lake.

The Liberal and NDP parties are in the process of selecting their candidates for Boundary Similkameen.

"The Green Party has run candi-

dates in the Southern Interior since 1984 and our members remain committed to giving voters here the option of voting Green", says long-time party activist, Dave Cursons, of Cawston.

At Saturday's Osoyoos meeting it was agreed that the candidate would aim at providing their candidate, presenting him or her at every all candidates' meeting and pledge their candidate to take the high ground in not knocking other candidates or their party.

Attending the Osoyoos meeting was Julius Bloomfield, Green Candidate for Penticton Okanagan Valley and Dan Bouchard who ran in the last Federal General Election and garnered 14% of the popular vote for The Green Party of Canada.

The Greens in BC adhere to the same set of 10 principles that guide Green Parties worldwide.

Environmental sustainability and human rights concerns are in the forefront.

The Election Campaign begins on April 16th when the Lieutenant Governor will drop the writ which calls for a new vote.

The Green Party is squarely behind the proportional representation model proposed in a special referendum, also part of the May 12th election. To enact the Single Transferable Vote option voters must approve it by a wide margin. STV was recommended by the Citizens Assembly on Electoral Reform.

Anyone with an interested in standing for the Green Party in Boundary Similkameen on May 12th can contact Julius Bloomfield in Penticton at (250) 490-7177, Dave Cursons in Cawston at (250) 499-5417 or Donald Pharand in Grand Forks at (250) 442-8342. -submitted

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From left, MLAs Charlie Wyse, Harry Lali and Harry Bains. - photo submitted

## Fraser-Nicola New Democrats acclaim Lali

Surrounded by friends, family and party activists local NDP MLA Harry Lali was acclaimed March 8th as the NDP candidate for the new constituency of Fraser-Nicola.

"It is all about the team," said Lali. "This is the fourth time New Democrats have placed their trust in me to be their provincial candidate, and like the three times before, I intend to deliver! Together, we will not just win this seat, but as part of a Carole James government, we will restore the tools that Rural British Columbians rely on to build their communities, their families and their hopes!"

Lali said the Southern Interior's major industries have been under attack like never before under Gordon Campbell's Liberal government.

"Forestry, ranching and tourism are our major local job providers, and what have Campbell's Liberals done? They've cut funding for all three ministries!" Lali explained.

"Eight years of neglect, contempt and arrogance from the Campbell Liberals is more than our industries, our communities and our local citizens can take," said Lali.

"Gordo's gang has endless dollars for massive cost overruns on the 2010 Olympics, the Vancouver Convention Centre and for pet projects like the \$365 million retractable sun-roof for

Vancouver's BC Place Stadium, but mere pennies to help real families and rural towns in these tough economic times. It just doesn't make sense."

Showing support for Lali and his team were his colleagues, MLAs Charlie Wyse from Cariboo-South and Harry Bains from Surrey-Newton.

"We won't change this attitude in Victoria without Harry Lali being re-elected," said Wyse.

"Harry Lali is an articulate, compassionate and straight-shooting MLA," said Wyse.

"Harry is very passionate about his constituents and the rural way of life. The NDP and Rural BC need Harry to be re-elected, and we are counting on all of you to help get that job done!"

Wyse added, "Harry's experience and ability to stand up and say what must be said is a delight in Victoria. The people of Fraser-Nicola do not need a rubber-stamper in Victoria, but a fighter who persistently gets the job done. Very few MLAs do that job better than Harry Lali!"

MLA Bains spoke extensively on the BC Liberal boondoggles of the Vancouver Convention Centre with a \$500 million cost overrun and the Vancouver Olympic Games that are estimated to cost nearly \$7 billion.

"Campbell's pet projects and the massive cost overruns will saddle BC taxpayers for generations," warned Bains.

Bains added an important message: "Candidates alone cannot deliver the facts to voters. We need you to discuss the importance of this election and all that the Liberals have done to squander the good times. The Liberals have left this province unprepared for the tough times ahead, and we need each of you to talk with ten people and make them understand just how horrifically inept this Campbell government has been for the past eight years."

Bains stressed, "In turn, those ten people must tell ten more and continue to explain the story again and again. That is the only way we can get the true story out to the voters in time, because the provincial media will not do it!"

Bains concluded by thanking Lali for sharing his experience and knowledge with new MLAs like himself and Wyse four years ago. He also expressed his eagerness to have Lali back at his side in Victoria after the May 12th election.

"Our team is stronger with Harry in Victoria, and we cannot expect to form government on May 12 without Harry winning here in Fraser-Nicola," said Bains. - submitted

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## news leader health and lifestyle page

### Eating well and staying active as a family helps kids succeed

March is Nutrition Month, and this year's Dietitian's of Canada theme is *Stay Alive, Eat Like A Champion*. How can parents help their children eat for health and success at home, at school and during other activities?

"I encourage parents to take the time to enjoy eating nutritious foods together with their children," said Minister of Healthy Living and Sport, Mary Polak.

"Healthy eating contributes to strong bones and muscles, fewer illnesses, more energy, better learning and a whole range of benefits."

According to IH Community Nutritionists, eating together as a family is one of the best ways to help your child get the nutrients, energy and interpersonal skills they need to succeed.

"Studies show that eating as a family on a regular basis helps children get an increased intake of vegetables, fruit and calcium-rich foods - all of these are the basic building blocks of good nutrition," says Brandie Marcon, Nutritionist with Interior Health.

Iris Say, a mother of two growing boys, knows all about the benefits and challenges of eating together as a family.

"My husband and I both grew up with family meal times, and it is something we want to pass on to our kids," says Iris.

"It can get really challenging to eat together as a family. There are so many demands on your time. But, we make it a priority because it gives us the opportunity to eat well together; as well as a chance to bond as a family and talk about our day."

Keeping kids active is just as important as good nutrition to building healthy self esteem, good behaviour and better learning.

Say says she has observed this first hand. "We definitely notice a difference when our boys get enough exercise. They concentrate so much better, they eat better and there's less need for disciplining. Once they've been active they find it easier to do calm activities, allowing us to get other things done."

Parents can create this healthy and active home environment by keeping mostly nutritious food in their fridge and cupboards, and by making it easy to be active. One example is making sure the family's bikes are tuned up regularly and easy to hop onto for errands and riding to school. A little preparation can ensure healthy choices are also easy choices.

Schools, community centres, sport facilities and city councils also play an important role in creating healthy environments to support families.

*Tips for Ensuring Your Community is Healthy and Safe:*

- Request more healthy food choices be available at concession stands.
- Advocate for playgrounds in your

neighbourhood.

- Praise schools selling milk and water instead of pop, and providing healthy choices for lunch fundraisers.

- Demand safe bike and walking paths that are connected to amenities such as schools, grocery stores, downtown, restaurants, workplaces.
- Advocate for secure bike storage at schools, grocery stores, shopping malls and workplaces.

*Tips for Eating Well as a Family:*

- Plan on family meals at least once a day - it's a family meal if at least one parent is eating with the kids. Turn off the TV, and save difficult conversations for later.

- Plan the week's menu and shopping list in advance. This makes it easier to prepare healthy balanced meals when your days get full.

- Cook larger batches of food when

you have the time. Freeze leftovers for those extra busy days. For example, soup, pasta sauce or chili.

- Try some slow-cooker recipes to have hot, ready-to-eat meals when the family arrives home.

- Keep the kitchen stocked with healthy foods that can boost the nutritional value of quick meals. For example, fresh and frozen vegetables and canned beans.

- Try cutting back on screen time (TV, computer) by an additional hour each day and replace with active play.

- Plan activities the family can enjoy together on a regular basis such as skating, skiing, riding bikes, walking the dog, playing tag...have fun!

For more healthy living tips, visit [www.interiorhealth.ca](http://www.interiorhealth.ca) and follow the *Choose Health* tab. -submitted

## living past 100

### Killing all viruses

Medical researchers have made a breakthrough in understanding Type 1 diabetes. This was always considered to be a genetic problem. Now, they have found it could be a virus.

The repetition of finding a virus for so many of our diseases, including deadly diseases, hints at something that could change the way we view health care.

A virus has been discovered to cause a certain kind of leukemia. A virus is believed to cause breast cancer, and a known virus, HPV, causes cervical cancer. There is now a vaccine to prevent cervical cancer. Viruses cause all kinds of diseases, from the common cold to a certain strain of pneumonia to cold sores, flu and warts. AIDS is a viral infection. The plaque build-up in blood vessels is caused by a virus. Contagious childhood diseases such as measles, mumps, chicken pox (and shingles), diphtheria and scarlet fever are caused by viruses. The list could go on and on.

While some of these viral diseases can be prevented through vaccination. For others, there is not yet a vaccine, but you can do a great deal to protect yourself from viral infections. There are some powerful virus fighters readily available to you.

The strongest virus fighter is selenium. Selenium is fed to our cattle to prevent certain cancers, and it works. We can obtain selenium from beef, whole grains, Brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, liver, molasses, onions, seafood, salmon, and wheat germ. However, the amount of selenium in these foods varies with where they were produced. The surest way to ensure adequate selenium is through a selenium supplement taken daily. Selenium is cheap and effective.

Selenium has been effective in preventing HIV infections. In Africa, in locations where there is a good level of selenium in the soil and drinking water, HIV infections are far less frequent than in those areas (like B.C.) where a selenium deficiency occurs.

Acetylsalicylic acid, commonly called ASA or aspirin, is an excellent virus fighter, but as it acts as a blood thinner and is not recommended for people with certain conditions, it is not available to everyone.

Vitamin C is the third best virus fighter. Unless you eat huge amounts of citrus fruits and berries, you may not get enough Vitamin C in your diet. For Vitamin C to be effective as a virus fighter, you need to take at least 500 mg. a day. **Vitamin C and selenium should not be taken together as they weaken each other.** Vitamin C is not expensive.

The fourth excellent virus fighter is Vitamin D. Canada's national department of health now recommends a daily dose of Vitamin D from October through April. We manufacture Vitamin D from sunlight, requiring a minimum of 15 minutes of full sunlight exposure per day. Vitamin D has been found to cause a significant reduction in the number of viral infections. Vitamin D, in the form of cod or halibut liver oil, is not as inexpensive as Vitamin C or selenium, but is essential for Canadians.

Finally, one of the great virus fighters in your environment is UV rays. Surely you have noticed how colds and flu seem to disappear as the days grow longer. This is due to the effect of UV rays. These rays do not kill every virus, but certainly reduce the number of common viruses.

At this time, we do not know how many viral infections these virus fighters will prevent, but part of staying healthy is the prevention of as many infections as possible. If keeping ourselves healthy prevents Type 1 diabetes, cancer, circulatory disease, and a whole basketful of other viral infections, it makes sense to do it.





BC Special Olympics Princeton curling team includes, from left, Skip Mark Bzdel, Second Cedric Welsh and Third Paul Gabriel. Missing from photo is Lead Dianne Driscoll. Photo: Bob Wicks

## Princeton curlers fair well in Kelowna

The British Columbia Special Olympics Princeton curling team traveled to Kelowna on Saturday, March 7th.

The Kelowna Curling Club and the BC Special Olympics Kelowna hosted a one day funspiel which attracted two teams from Vernon, two from Kelowna and the Princeton foursome.

The Princeton team is made up of Dianne Driscoll (lead), Cedric Welsh (second), Paul Gabriel (third) and Mark Bzdel (skip). The team practiced hard for the past couple months and their efforts paid off.

The six end game was fun for everyone. The Princeton team record in Kelowna was one win (5-3) and one tie (4-4)! Wow!

The highlight of game one was the

number of rocks the team put in the rings in each end. Game two was the most exciting with skip Mark Bzdel making not one but two great shots in the final end to gain the tie with the Kelowna 'B' rink.

The Princeton curlers also had the unexpected surprise in Kelowna of being able to watch Kelly Scott and her 2007 World Champion rink practice and then spend some time with the Special Olympic curlers. Scott was most gracious in her

praise of all the Special Olympic curlers.

Congratulations to all (Kelsey, Gloria and you know who else) for making this year a winner. Your coaches (Ian Elko and Bob Wicks) were very happy at your success and were very proud of the way you represented your town. Prizes and presentations were handed out at the Special Olympic curling wind up in Princeton on Monday, March 9th. - submitted

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Princeton Special Olympic curling Paul Gabriel lines up a shot. Photo: Bob Wicks

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# Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

## Drug dealer pleads guilty

Michael J. Coulter appeared in Provincial Court in Princeton on March 13 to plead guilty to possession of marijuana for the purpose of trafficking. He and co-accused Wayne Sutherland were apprehended on March 10, 2006, in Princeton.

Judge G. Sinclair ordered a presentence report and a technical suitability report be prepared prior to sentencing. Coulter will be sentenced in Abbotsford.

## Judge fines woman for theft

In Provincial Court in Princeton on March 12, Rita Jules entered a guilty plea to theft under \$5,000. Jules had borrowed an iPod from a friend, and did not return it. The friend discovered Jules had pawned the iPod.

Twenty-three year old Jules had a previous record for petty theft. Judge Sinclair ordered her to pay a \$250 fine.

## Peace bond ends case

Michael J. Emary of Princeton, charged with sexual assault, appeared in Provincial Court in Princeton on March 12. He was bound over in a \$1,000 peace bond for one year and was ordered to have no contact with the complainant, and to consume no alcohol or illicit drugs nor enter any business selling alcoholic beverages.

Leonard Liberatore, charged with assault, was bound in a \$500 peace bond with the same conditions.

## Crown condemns vigilantes

In Provincial Court in Princeton on March 12, Jacob A. Blais pled guilty to a charge of assault. The

crime took place in front of a local business on October 4, 2008, when a group of young men decided to impose their own kind of justice on Adam Judd. They believed Judd had stabbed one of their friends. Judd was beaten severely and hospitalized.

Crown Counsel called it "street justice" and "vigilante" action.

Judd had little recollection of the incident, telling police he had been drinking at the time of the attack.

Blais, who had no prior record, was ordered to serve a one year probation, during which he is to have no contact with Judd, and to possess no weapons. Further, he is not to have contact with any other members of the "posse" if the Probation Officer orders it. The 20 year old received a conditional discharge, but must give a DNA sample.

## Donuts lead to court

On December 4, 2008, police saw a vehicle doing "doughnuts" in a parking lot along Highway 3 in Princeton. The driver was promptly approached by police and given a roadside breath test, which he failed.

On March 12, in Provincial Court in Princeton, Brian P. Freeman entered a guilty plea to a charged of driving with over .08 blood alcohol. He had no prior record, so was given the minimum sentence of a \$1,000 fine and a one year driving prohibition.

## Gun leads to court

Gregory Macdonald appeared in Provincial Court in Princeton on March 12 to plead guilty to a

charge of possession of a restricted firearm. Circumstance presented to the court revealed police had followed up a tip of a possible impaired driver. They located a vehicle with the same licence plate number and approached the driver to see if there was an odour of alcohol. Instead, the officer smelled marijuana. Macdonald and his passenger were immediately detained and the vehicle was searched.

Police found a loaded pistol. The two men in the vehicle were not the owners. The owner was contacted. She lived in the Peace River area. She said she had purchased the vehicle for her son, who was neither Macdonald nor his passenger. The son was contacted and said he had loaned the vehicle to Macdonald.

Police never discovered the owner of the handgun, which will be destroyed.

The 27 year old Macdonald was ordered to serve a six month probation as part of a conditional discharge. He is a married man with two children, is steadily employed in the Lower Mainland, and had no prior convictions. He is forbidden to have any weapons in his possession for five years.

## Hedley man loses fight

James R. Beaulieu stood trial in Provincial Court in Princeton on March 12 as a result of charges laid on May 24, 2007.

Testimony revealed Beaulieu had called police for assistance in removing some people from his property. When police arrived, one of those people told police Beaulieu had a marijuana grow op in a garage on the property.

Beaulieu had an Manitoba outstanding warrant for his arrest, so police arrested him and took him to Princeton around 11:00 AM. Seven hours later, police returned to Beaulieu's property, located three kilometres west of Hedley, to execute a search warrant on the garage.

Beaulieu's former business partner, Lee Simpson, provided police with a key to the garage.

Police found evidence of a dismantled grow op and returned to Princeton to arrest Beaulieu.

During the trial, Beaulieu maintained he did not own the marijuana refuse found in the garage, and tried to prove that Lee Simpson had planted the material during the time Beaulieu was in custody in Princeton.

Judge G. Sinclair did not buy Beaulieu's story, and found him guilty of possession of marijuana. Beaulieu was ordered to pay a \$750 fine.

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# Princeton 1860 - 2010

## 150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

### John Fall Allison - Part 1

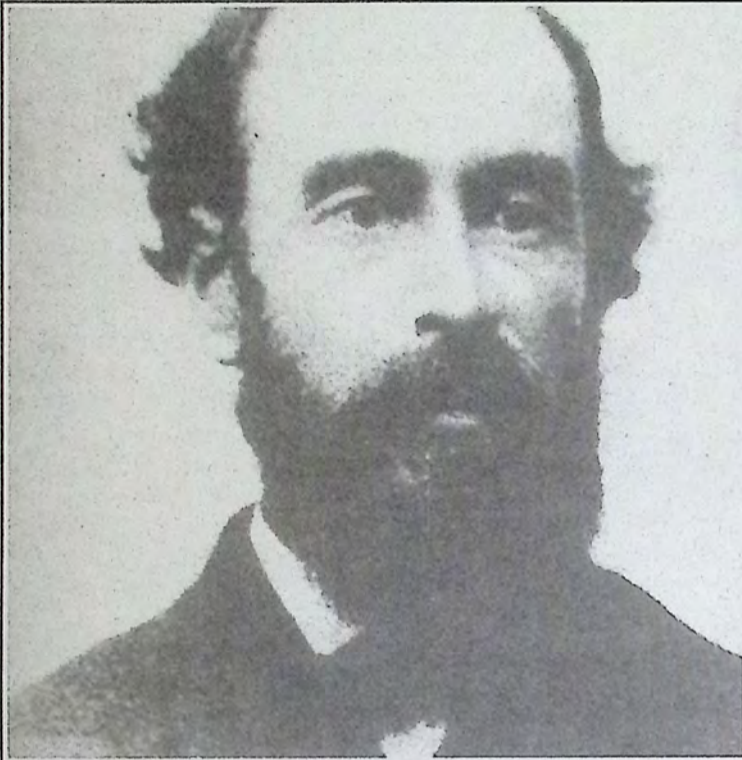
In 1846, after the boundary with the United States was established, the development of the Upper Similkameen around Princeton was brought about mostly by the search for an access to the Pacific Coast on the Canadian side of the border. Previous to this, David Stuart had been through the Okanagan to Kamloops and Alexander Ross had made a rough, hard trip to Kamloops and back into the Similkameen Valley in mid-winter. Around 1854, many gold seekers traveled from the South to the Fraser River through the Similkameen, but there were no settlers.

In 1858 James Douglas, Governor of the newly formed Crown Colony of British Columbia saw the need for a road to the interior. He employed one John Allison, a native of Leeds, England, to go and look for the lowest pass over the mountains south of the rough Fraser Canyon.

John Fall Allison's parents had operated a pharmacy, but whilst he was still young the family emigrated from the UK to the United States.

Taking the commission from Douglas, the low elevation route he found led up the Fraser River to a creek near Hope which took him in a south easterly direction until reaching the head waters of the Sumallo River, from there he followed downstream until meeting the Skagit River. From here Allison moved onto a creek which ran into the Roche River and into the Pasayten; this is today's Similkameen River which in turn he followed downstream to the confluence with the Tulameen River and an area where Princeton presently stands.

After returning to New



John Fall Allison (1825 - 1897). Photo: Princeton Museum

Westminster and reporting to James Douglas, Allison and a partner called Hayes came back to this area and built a cabin on the flat on the North side of the river, close to where the Tulameen and Similkameen Rivers meet. Here they both wintered and according to a letter sent home to his parents who were now living in Oriskany, New York State, Allison said "I do not know how we will like it, but we will be the first whites to winter in the district."

In the year 1860, Douglas, a busy man with two Crown Colonies to administer, decided to ride over the mountains into the Interior and visit Rock Creek. Gold had been discovered there and the miners, mainly from the US, were getting their supplies from south of the border and refusing to pay duty. The Governor talked to the miners and

promised to arrange for the building of a road from the Coast - in return they agreed to the duties and the miner's licenses. On his return journey, the Governor and his company stopped over at the Allison place, where Douglas envisioned a Town on his proposed road.

Engineer Edgar Dewdney was hired, together with a Company of Royal Engineers, to construct the new route from Hope to Rock Creek. On reaching the area, by now called Vermillion Forks, in the December and November of 1860, a town site (where present day East Princeton stands) was surveyed by Sergeant McColl of the Royal Engineers using "Compass and Chain". In honor of the visit that year to Eastern Canada of Queen Victoria's eldest son, HRH Edward, the Prince of Wales, the new settlement was named Prince Town, this was subsequently abbreviated, Princeton had been born.

The story of the trail, which was impassable in winter and the Royal Engineers, will be covered in a future article, but what of John Fall Allison?

In his new place of settlement he found locations for placer gold, good grazing land and a plentiful supply of fish and game.

In 1867, with a license issued by then Governor Seymour, Archdeacon Woods journeyed to Hope to officiate at John Allison's wedding ceremony to Susan Louisa Moir on September 18th, her sister being already married to engineer Edgar Dewdney.

After the wedding, accompanied by three Indian men, Johnny Suzan, Yacum Tecum and Coqshist, they set out back over the Hope trail to start their new life together in Princeton.



Edgar Dewdney in 1889. Photo: Princeton Museum

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Youth Ambassador Candidate Danielle Hassell, sponsored by Princeton Redi-Mix, proudly displays the certificate she received from Southern Interior MP Alex Atamanenko congratulating her on being selected as a candidate. Atamanenko sent all local candidates a certificate of recognition. \*



Youth Ambassador Candidate Kael Glowacki, sponsored by Princeton Lions Club, was thrilled to receive a certificate from BC Southern Interior MP Alex Atamanenko in Ottawa. \*



Youth Ambassador Candidate Alyssa Larsen, shares her certificate of congratulations with us in the school library at PSS. The certificate came from BC Southern Interior MP Alex Atamanenko. Larsen is representing Weyerhaeuser throughout the ambassador program. \*



# weekly entertainment guide

TUESDAY, MARCH 17, 2009 THROUGH MONDAY, MARCH 23, 2009



Princeton's goalie Michael Garteig appeared to be a target in Game #3 on March 9th. \*

## Posse fall behind in series

The second round playoffs between the Valley First Princeton Posse and Kamloops Storm have been close at times and not without it's share of surprises.

Game three of the best of seven was in Princeton March 9th and at the time the Storm had a 2-0 lead in the series.

Both teams muscled their way with each other from the opening face off which set the tone for the rest of the game.

The first penalties called were only 1:09 into the game (Roughing for Princeton's Matt Chomyc, Cross Checking for Jose Reyes of Kamloops) and although there were only a few more issued in the game, there was a lot of physical play throughout the match.

The first period ended in a scoreless tie.

Kamloops lit up the scoreboard first at 9:32 of the second period and added a second goal at 3:54 (both on the power play).

A time out was called by Princeton Arena staff at 3:34 to allow for repairs to a loose pane of plexiglass and when it was determined that the job would require more than a few minutes to fix, the teams went to their dressing rooms for the second intermission.

The second period was completed, followed instantly with an end change and the start of the third period.

Princeton scored their first goal of the game at 14:39 (Nolan O'Brien from Nick Cecconi and Thierry

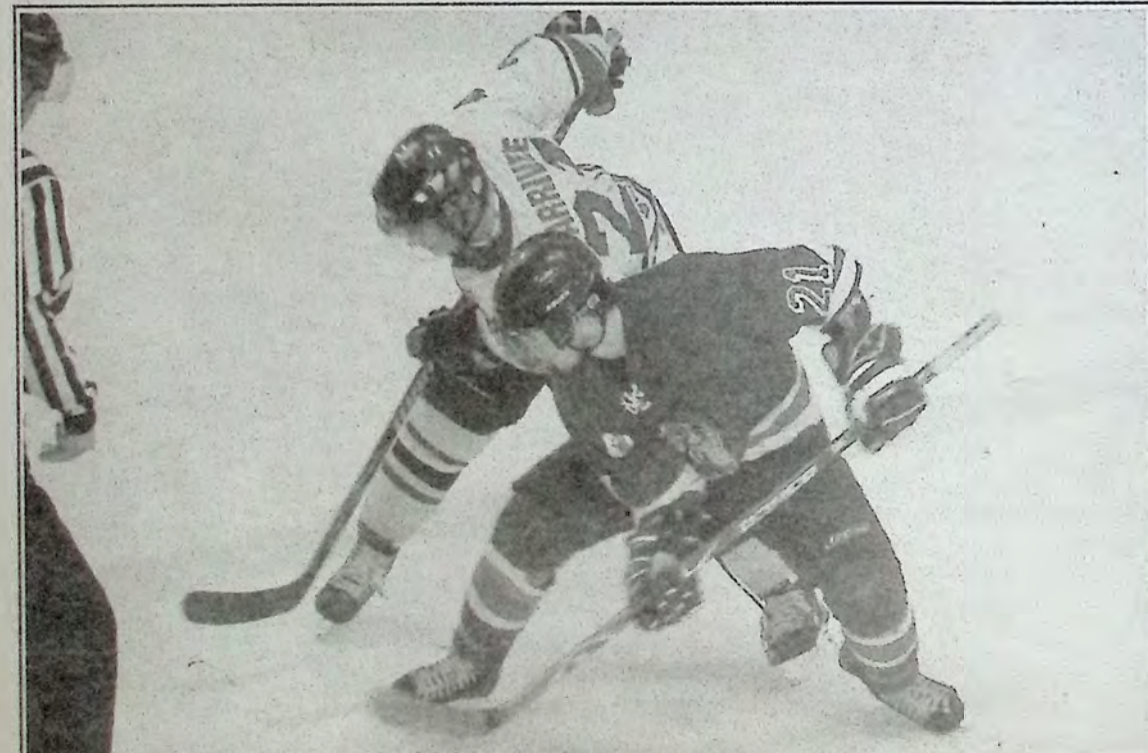
Martine).

The score filled the arena with electricity and fired up the home team to the point where it created an obvious shift in the game's momentum.

Kamloops scored again at 10:44 and although Princeton pulled goalie Michael Garteig for an extra man in the last 1:20 of the game, Princeton could not regain any ground.

Final score: Kamloops 3, Princeton 1. Shots on goal: Kamloops 40, Princeton 24. Penalties: Princeton 8 for 16-minutes, Kamloops 4 for 8-minutes.

The Princeton Dairy Queen/Overwaita Foods players of the game were: #3 - Nolan O'Brien, #2 - Justin Palazzo (Kamloops) and #1 - Austin Goode (Kamloops).



Princeton's Kyle L'Arrivee wins a face off in Game #3 on March 9th. \*

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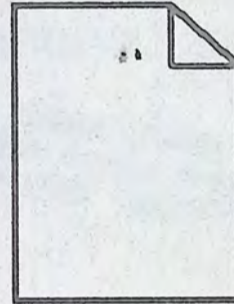


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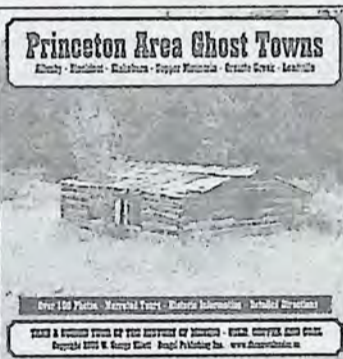
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Hockey action from Game #4 March 10th. \*

# Sweep ends Posse season

The Valley First Princeton Posse needed a win March 10th against Kamloops Storm in order to keep their playoff hopes alive. The Storm was leading the best of seven series 3-0 and a win would move them into the third round.

Both teams started the game in top gear and never let up.

Kamloops scored first at 11:56 and Princeton tied the game at 7:37 (Jason Alessio from Matt Chomyc).

Kamloops took the lead again with a power play goal at 2:51.

The intensity continued into the second period and after numerous tries Princeton tied the game at 15:53 (Matt Chomyc from Jason Alessio).

Kamloops scored another goal at 4:42 and credit was given to Scott Kirkham with an assist to Bill Garnett but referee Kris Hartley reversed his call and waved it off

after listening to his linesmen (Peter Rasmussen and Richie Rogers) who explained that the puck had been played in front of the Princeton net with a glove hand pass.

Credit goes to both goalies (Princeton's Michael Garteig and Alex Christianson of Kamloops) for creating some of the most exciting hockey action ever seen in Princeton Arena. Both played incredible games with diving saves, lightning fast glove saves and stopped almost everything coming at them.

The third period started with both teams locked in a 2-all tie. Kamloops fought hard to break the tie where Princeton worked equally hard for the same result and when it looked as if the game could go into overtime Kamloops scored a power play goal at 2:49.

With one minute left to play

Princeton pulled Michael Garteig from the net for an extra man and continued to pressure the Kamloops goal but could not tie the game.

The Storm finished the series with a 4-0 record and move on to the Okanagan Conference Finals against the winner of the Chase/Sicamous Semi-Final Round.

The loss ends a very long hockey season for the Princeton Posse who played a record 64 games.

Final score: Kamloops 3, Princeton 2. Shots on goal: Kamloops 36, Princeton 31. Penalties: Princeton 5 for 18-minutes, Kamloops 2 for 4-minutes.

The Overwaitea Foods/Princeton Dairy Queen players of the game were: #3 - Sean Menton (Kamloops), #2 - Michael Garteig and #1 - Alex Christianson (Kamloops).



Posse players view a video presentation featuring moments from the past hockey season at the end of the March 10th game. Many fans stayed to share in the celebration to mark the end of the season. \*



TUESDAY, MARCH 17, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) George S.	(6:12) George S.	Thomas Lions	News (N) Lions	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentre	Canada AM	Daily Planet King	Henry's King	CityLine	Married... Married...	Power Play
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today Reports from Ireland; Drew Pinsky; The Script. (N)	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry Animal	Hawks Rollbots	SportsCentre		What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magic Bus	Curious Sid			Cold Case Files		100 Huntley Street		Bo On Go Busytown	Pokemon Rollbots	SportsCentre		Explosion Gone K. Possible	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud Fam. Feud	Three Takes Clifford	Berenstain Clifford	Super Why! Clifford		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! Gofrette	Barnyard Mighty B	Off-Record Motoring	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: Crime Scn	Soap What
10 AM	Trivial Trivial	The Mom Show	Sid (10:36)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Vision House	Wilbur Razzberry	SpongeBob OddParent	Bowling	The View (N)	How Do How Do	Mickey Handy	The O.C.	CSI: Crime Scn	What The Nanny
11 AM	Harvey Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Paid Prog.	Hospital-Sick	(10:59) News (N)	Dinner Antiques	Kid vs. Kat SpongeBob	Poker	Twice in a Lifetime	Really Big Things	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Grace NewsRadio
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:39)	Charlie Rose	Paid Prog. Paid Prog.	News (N) Bold	The Sopranos	All My Children	News (N)	Days of our Lives (N)	News CBC News	iCarly Drake	Luge ATP Tennis: BNP Paribas Open	etalk	Man vs. Wild "Mexico"	Life Derek Life Derek	CityLine	CSI: NY "A Man a Mile"	Seinfeld Seinfeld
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Painting Quilt	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: "Son of the Mask" (2005) Jamie Kennedy.	Sue Thomas: F.B. Eye	Explosion Gone	Suite Life Suite Life	ER	CSI: NY "Outside Man"	Raymond King	
2 PM	King King	Guiding Light (N) BluesClues	Franklin WordWorld	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Neutron	Horn Interruption	General Hospital (N)	MythBusters Buzz	Suite Life Buzz	News (N)	CSI: NY "Rain"	King Family Guy
3 PM	Seinfeld Friends	How Do I Look? Debt Part	(3:01) Zoboomafo	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Neutron Pokemon	Off-Record Sports	Dr. Phil	Destroyed Destroyed	Buzz (3:40) Zoey	News (N)	CSI: NY	What What
4 PM	Payne Payne	Deal No Deal No	"Powerhouse" George S.	Fetch! Ruff Cyberchase	Judge J. Judge J.	Oprah Winfrey	CSI: Miami	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Mercer	SpongeBob OddParent	Hockey NHL Hockey: Toronto Maple Leafs at Tampa Bay Lightning.	Ellen DeGeneres Show News (N)	Daily Planet (N)	(4:08) Zoey (4:36) Zoey	Law & Order: SVU	CSI: Crime Scn	Vanity Tube Tules
5 PM	Movie: "Star Trek: Insurrection" (1998)	News (N) News	Martha Mechanics Heads Up	BBC News News-Lehrer	News (N) News (N)	News (N) News (N)	The First 48 Millionaire	News Hollywood	News (N) News	(4:59) News (N) ET Canada Entertain	Simpsons Fortune	OddParent SpongeBob	ATP Tennis: BNP Paribas Open - From Indian Wells, Calif.	News (N) etalk	How-Made How-Made	Montana Montana	Privileged Scrubs	CSI: Crime Scn Ultimate Knockouts 4	Tube Tules Seinfeld Raymond
6 PM	Fresh Pr. Seinfeld	Et News The Insider	Gardens Eden	Travels Europe	Jeopardy! Fortune	The Doctors Fortune	The First 48 Cabdriver.	Entertain The Insider	Entertain ET Canada	90210 Jeopardy!	Coronatn Jeopardy!	Adrenaline Prank Ptrl	NHL Hockey: Dallas Stars at Vancouver Canucks. (Live)	etalk Hollywood	Combat School (N)	Wizards Montana	Primetime: What Would	DEA (N)	Family Guy Married...
8 PM	Family Guy Family Guy	The Biggest Loser (N) Documentary Film (N) (DVS)	New York: A Patterson	Hope and Praise Patterson	The Biggest Loser (N) The Mentalist (N)	NCIS The Mentalist (N)	Manhunter The First 48	Dancing With the Stars Dancing With the Stars	NCIS 90210	NCIS Project Runway Canada	Mercer Wild Roses (N)	Malcolm Family Biz	at Vancouver Canucks. (Live)	American Idol Finalists compete.	Daily Planet Buzz	Suite Life (8:35) News	News (N)	Real Vice Real Vice	Seinfeld Seinfeld
9 PM	Movie: "Star Trek: Insurrection" (1998)	Dr. 90210	Belfast Girls	Ireland: Roads Taken	Law & Order: SVU	(10:01) Without a Trace (N)	The First 48 Cabdriver.	Primetime: What Would	Project Runway Canada	News Hour Final (N)	National	Falcon Beach	Billiards	Law & Order: SVU	Combat School Cory	School Jimmy Kimmel	(10:06) Make Me a Supermodel	Disorderly Con.	King Married...
11 PM	Sanford Montel W.	News (N) At My Mother's Breast	Ireland-Roads Taken	News (N) Tonight	News (N) Late Show	The First 48 Cabdriver.	News (11:35)	Entertain ET Canada	News (N) ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N) News (N)	How-Made How-Made	Suite Life Life Derek	Judge Body Tech	Real Vice Real Vice	Raymond King	

WEDNESDAY, MARCH 18, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N) George S.	(6:12) George S.	Bob Build Lions	News (N) Lions	News (N)	The Sopranos "Boca"	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	SportsCentre	Canada AM	Daily Planet King	Henry's King	CityLine	Married... Married...	Crow- Stairway
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today Martha Stewart;	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo Animal	Hawks Skunk Fu!	SportsCentre		Naked Science	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Magic Bus	Curious Sid	Anthony Bourke; John		Cold Case Files		100 Huntley Street		Bo On Go Busytown	Pokemon Rollbots	SportsCentre		How-Made How-Made	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud Fam. Feud	Three Takes Clifford	Berenstain Clifford	Super Why! Clifford	Rendall; Bill Paxton. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Barnyard Mighty B	Off-Record SnowTrax	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: Crime Scn	Reality What
10 AM	Trivial Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	World House	Wilbur Razzberry	SpongeBob OddParent	Bowling	The View (N)	Destroyed Time Warp	Mickey Handy	The O.C.	CSI: Crime Scn	What The Nanny
11 AM	Harvey Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Kid vs. Kat SpongeBob	ATP Tennis: BNP Paribas Open -	LG Fashion Week	Mayday	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Grace NewsRadio
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:38)	Charlie Rose	P90X Paid Prog.	News (N) Bold	The Sopranos "Boca"	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	iCarly Drake	Early Round. From Indian Wells, Calif.	etalk Bold	Blueprint for Disaster	Life Derek Life Derek	CityLine	CSI: NY "Officer Blue"	Seinfeld Seinfeld
1 PM	Still Std Still Std	Home to Parents	Maggie Daniel	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Movie: "Casper's Scare School"	Sue Thomas: F.B. Eye	Combat School	Suite Life Suite Life	ER	CSI: NY "Night, Mother"	Raymond 70s Show	
2 PM	King King	Guiding Light (N) BluesClues	Franklin WordWorld	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Seinfeld Seinfeld	The Doctors	Steven and Chris Ruby	School	Horn Interruption	General Hospital (N)	MythBusters Buzz	Suite Life Buzz	News (N)	CSI: NY "Tri-Borough"	Family Guy
3 PM	Seinfeld Friends	The Big Party Plan-Off	(3:01) Zoboomafo smart ani-	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Seinfeld Seinfeld	Living Food	Neutron Pokemon	Off-Record Sports	Dr. Phil	How-Made How-Made	Buzz (3:40) Zoey	News (N)	CSI: NY "Recycling"	What What
4 PM	Payne Payne	Deal No Deal No	"Powerhouse" George S.	Fetch! Ruff Cyberchase	Judge J. Judge J.	Oprah Winfrey	CSI: Miami	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Laughs	SpongeBob OddParent	Hockey Boxing	Ellen DeGeneres Show News (N)	Daily Planet (N)	(4:08) Zoey (4:36) Zoey	Law & Order: SVU	CSI: Crime Scn	Vanity Ad Pers
5 PM	Movie: "Galaxy Quest" (1999) Tim Allen.	News (N) News	Martha Think Big Into Wild	BBC News News-Lehrer	News (N) News (N)	News (N) News (N)	Dog Dog	News News	News (N) News	(4:59) News (N) ET Canada Entertain	Simpsons Fortune	OddParent SpongeBob	NHL Pre NHL Hockey: Dallas Stars at Calgary Flames. (Live)	News (N) etalk	Dirty Jobs "Tar Rigger"	Montana Montana	The Chopping Block (N)	CSI: Crime Scn	Ad Pers Seinfeld
6 PM	Fresh Pr. Seinfeld	Et News The Insider	Great Canadian Parks	Journey to Planet Earth	Jeopardy! Fortune	The Doctors Fortune	Dog Extern	Entertain The Insider	Entertain ET Canada	(7:02) Life on Mars (N)	Coronatn Jeopardy!	In Real Life Jeopardy!	NHL Hockey: Dallas Stars at Calgary Flames. (Live)	etalk Hollywood	Mayday	Wizards Montana	Murdoch Mysteries	Family Guy Married...	
8 PM	Family Guy Family Guy	Knight Rider Asia	Marvels-Asia	American Masters	The Chopping Block	Christine Gary	Extern Extern	Scrubs (N) Better Off	Lie to Me (N)	Lie to Me (N)	Prime Minister	Malcolm Futurama	SportsCentre (Live)	Criminal Minds (N)	Daily Planet	Suite Life Buzz	News (N) (8:35) News	CSI: Crime Scn	Seinfeld Seinfeld
9 PM	Movie: "Galaxy Quest" (1999) Tim Allen.	J. Dickinson Janice Dickinson Story	A Mozart Gala From Berlin Mozart pieces.	Pioneers of Primetime Mike Nenn	Life "3 Women" (N)	Criminal Minds (N)	Dog Dog	Last "Namaste" (N)	Life "3 Women" (N)	Life "3 Women" (N)	Being Erica (N)	Karaoke Star Junior	Score Golf	American Idol	MythBusters Life Derek	Wizards Jimmy Kimmel	(9:06) CSI: NY "Officer Blue"	Family Guy 70s Show	
10 PM	Sanford Montel W.	News (N) Montreal Jazz	Charlie Rose	News (N) Tonight	News (N) Late Show	The First 48 Cabdriver.	News (11:35)	Entertain ET Canada	News (N) ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N) News (N)	How-Made How-Made	Suite Life Life Derek	Judge Paid Prog.	Disorderly Con.	Raymond 70s Show	



# News Leader Horoscopes

March 18 - 25, 2009

**Aries** - You are now beginning one of the most positive times of this year. It is time to pay attention to your looks and the impression you make on others. What do they see and hear?

**Taurus** - Career success can be yours if you give up playing for the next six months and focus on working hard, fast and smart. Actively plan for your future, set goals, achievement timetable.

**Gemini** - Career is hectic, full of problems. You can overcome by working with a group of associates and developing a plan of effective action. Don't expect immediate results.

**Cancer** - Your focus should be on career. You can make a good impression on boss this spring, right through til June. Remain cautious about travel until end of April. Elders are good to you.

**Leo** - Partner smiles on you, helps you gain. You may need expert help with taxes, finances, or investments. Get it. If planning a vacation, wait until May. Life's too chaotic now.

**Virgo** - Problems may come from friend, partner, spouse. Ego arrogance is behind it. Stand your ground very gently, and don't arouse any antagonism. Speak gently or bite your tongue.

**Libra** - This may be your best time for romance. Partner, friend or spouse feels loving. Guard your health against infection, burns or cuts. Creative endeavours bring benefits.

**Scorpio** - Home is your favourite place now, but you need to focus on your job and your health. This is a good time to improve your health. Being creative is a hassle, so are kids.

**Sagittarius** - Home, property and family can be a source of problems now. You can be very creative and gain benefits from it. Older person may be source of tension or worry.

**Capricorn** - This time of year is usually quite challenging, but you get a break this year. Work on solid plan for home improvements, work out budget. Guard tongue: keep foot from mouth.

**Aquarius** - Tension arises due to your desire to expand and limited resources. Face fact: you can't have it all. Short trips prove beneficial. Money problems continue through April.

**Pisces** - Now is a time you can find ways to bring in money and resources you need. Your energy is high now, and you want to expand your mind. Do not operate out of ego or you'll fail.

## tuesday movies

### AFTERNOON

1:00 pm YTV (18) ★½ "Son of the Mask" (2005, Comedy) Jamie Kennedy. Chaos reigns when a cartoonist's son is born with extraordinary powers and the god Loki returns to retrieve his mask.

5:00 pm WTBS (3) ★★½ "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold

the principles of his Starfleet oath and save an alien race, Capt. Picard defies Federation orders. (E)

### EVENING

9:00 pm WTBS (3) ★★½ "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold the principles of his Starfleet oath and save an alien race, Capt. Picard defies Federation orders. (E)

## wednesday movies

### AFTERNOON

1:00 pm YTV (18) "Casper's Scare School" (2006, Adventure) Jim Belushi. Animated. Casper wants to learn how to be a hobgoblin but returns to his friendly ways after learning about a diabolical plot. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "Galaxy Quest" (1999, Science Fiction) Tim Allen. Believing them to be real

heroes, aliens enlist cast members of a sci-fi TV series to help save their people. (E)

### EVENING

9:00 pm WTBS (3) ★★½ "Galaxy Quest" (1999, Science Fiction) Tim Allen. Believing them to be real heroes, aliens enlist cast members of a sci-fi TV series to help save their people. (E)

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## thursday movies

### AFTERNOON

1:00 pm YTV (18) ★★½ "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratopolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat.

### EVENING

7:00 pm WTBS (3) ★★½ "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan. (E)

10:30 pm WTBS (3) ★★½ "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours outback Australia with a crocodile hunter, then brings him to Manhattan. (E)

## friday movies

### AFTERNOON

1:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip.

5:00 pm WTBS (3) ★★½ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader. (E)

### EVENING

7:00 pm YTV (18) ★★ "New York Minute" (2004, Comedy) Ashley Olsen. An uptight teenager and her laid-back twin spend a wild day on the streets of Manhattan. (In Stereo) (E)

FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. Premiere. A

girl springs into action when fans kidnap her father, a famous author. (E)

8:30 pm FAM (26) "Roxy Hunter: The Myth of the Mermaid" (2008, Mystery) Aria Wallace. A girl realizes that a mysterious amnesiac is a mermaid who needs to find her way home.

9:00 pm WTBS (3) ★½ "Dreamcatcher" (2003, Horror) Morgan Freeman. While staying at a cabin in the woods, telepathic friends confront aliens that are being hunted by the military. (E)

10:00 pm KNOW (5) ★★½ "Touch the Sound" (2004, Documentary) Premiere. Filmmaker Thomas Riedelsheimer follows Scottish percussionist Evelyn Glennie as she performs around the world.

FAM (26) ★★ "The Baby-Sitters Club" (1995, Drama) Schuyler Fisk. Seven girls balance the growing pains of adolescence with the demands of operating a daycare camp for children. (E)

# News Leader Recipe Corner

(Recipe #263)

Brought To You By: Similkameen News Leader

## Hazelnut-Brown Butter Trout

### Ingredients:

- 4 10- to 12-oz. pan-dressed trout
- 3/4 to 1 tsp. ground cumin
- 3/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 Tbsp. olive oil
- 1 bunch green onions, cut into thin strips
- 4 Tbsp. butter
- 1/4 cup hazelnuts, coarsely chopped
- 2 Tbsp. lemon juice
- 2 Tbsp. balsamic vinegar

### Directions:

1. Spread trout open; sprinkle meaty side with cumin, salt, and 1/8 teaspoon of the pepper. Heat oil in large nonstick skillet over medium-high heat. Add two trout, skin-side-up; cook for 2 minutes. Turn skin-side-down; cook 2 to 3 minutes more or until fish flakes easily when tested with fork. Line 4 plates with green onion tops. Transfer fish to plates, skin-side-down. Cover; keep warm. Add additional oil, as needed, to fry remaining fish. Cook as above. Transfer to plates. Cover; keep warm.
2. Reduce heat to medium. Add butter and hazelnuts to skillet; cook, stirring often, 1-1/2 to 2 minutes, until butter and nuts begin to brown. Stir in lemon juice and vinegar; cook for 30 seconds until slightly thickened (aroma will be strong). Add remaining 1/8 teaspoon pepper. Pour nut mixture over trout; serve immediately. Makes 4 servings.
3. TEST KITCHEN TIP: To substitute pork chops in this recipe, use four 3/4-inch thick boneless or bone-in pork chops. Reduce salt to 1/2 teaspoon. Cook over medium-high heat 8 to 10 minutes, until browned and slightly pink in center (or desired doneness) turning once.

- Recipe courtesy of Better Home & Gardens

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THURSDAY, MARCH 19, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N)	(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	SportsCentre	Canada AM	Daily Planet	Henrys King	CityLine	Married... Married...	Traders "Home Office"
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Stephen Colbert; Today's Health; spring style trends; Jeremy Irons; Joan Allen. (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)			Razzberry Animal	Hawks Kid vs. Kat	SportsCentre		Megabuilders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:55) Hi-5	Curious			Cold Case Files		100 Huntley Street		Bo On Go Busytown	Pokemon Rollbots	SportsCentre		Combat School	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		College Basketball: NCAA	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Barnyard Mighty B	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: Crime Scn	Make What
10 AM	Trivial	The Mom Show	Sid (10:36)	Sesame Street (El)		Tour. 1st Rd. -- Teams TBA	The First 48	The View (N)	World Vision	World Vsn House	Wilbur Razzberry	SpongeBob OddParent	Bowling	The View (N)	Dirty Jobs "Tar Rigger"	Mickey Handy	The O.C.	CSI: Crime Scn	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show		Crossing Jordan	Juicing Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Kid vs. Kat SpongeBob	Poker	LG Fashion Week	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Grace NewsRadio
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Paid Prog.		The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	iCarly	Poker	etalk	Mayday	Life Derek	CityLine	CSI: NY "Tanglewood"	Seinfeld
1 PM	Still Stud	Home to	Maggie	Landscape	Days of our Lives (N)		Amer. Justice	One Life to Live (N)	Malcolm	Malcolm	Martha Stewart	Movie: "Flushed Away" (2006)	ATP Tennis: BNP Paribas Open	Sue Thomas: F.B.Eye	Deadliest Catch	Suite Life	ER	CSI: NY	Raymond Just Shoot
2 PM	King	To Be Announced	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Dr. Phil	Cold Case Files	General Hospital (N)	Seinfeld	The Doctors	Steven and Chris	Movie: "Ruby"	In Corner	General Hospital (N)	MythBusters	Suite Life Buzz	News (N)	CSI: NY	Just Shoot Family Guy
3 PM	Seinfeld	Clean	(3:01) Zoboomafo o "Lids"	Big World WordGirl	Judge	Oprah Winfrey	The First 48	Rachael Ray	The Doctors	Seinfeld	Living Food	Neutron	Off-Record	Dr. Phil	How-Made	Buzz (3:40) Zoey	News (N)	CSI: NY "Hush"	What
4 PM	Payne	Debt Part	(DVS)	Fetch! Ruff	Judge J.	College Basketball: NCAA	The First 48	Deal No	Oprah Winfrey	(3:59) News	Fashion F. 22 Minutes	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Zoey (4:36) Zoey	Law & Order: SVU	CSI: Crime Scn	Vanity Inside Hollywood
5 PM	Friends	News (N)	Martha	BBC News	News (N)	Tour. 1st Rd. -- Teams TBA	The First 48	News	News (N)	(4:59) News (N)	Simpsons Fortune	OddParent	NBA Basketball: Portland	News (N)	Raging Nature	Montana	Ugly Betty (N)	CSI: Crime Scn	Seinfeld
6 PM	Friends	Global	Creatures	News-Lehrer	News		The First 48	News	News (N)	ET Canada	News	Break	Trail Blazers at Cleveland Cavaliers.	News (N)	Raging Nature	Montana	30 Rock (6:31) 30	TNA IMPACT! (N)	Seinfeld Raymond
7 PM	Movie: "Crocodile Dundee"	E! News	Eden	Health Matters	Jeopardy!		The Beast "Til" (N)	Entertain	Entertain	The Unit "Switchblade"	Coronatn	Jackson	Jeopardy!	etalk	MythBusters	Wizards	Hell's Kitchen (N)		Family Guy
8 PM	(1986) Paul Hogan.	Name Eat	Francesco's Italy	New Tricks	Name Earl		The Beast "Til" (N)	Ugly Betty (N)	Bones (N) (PA)	Bones (N) (PA)	Doc Zone (N)	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life Buzz	News (N) (8:35) News	Ways Die	Seinfeld	
9 PM	Family Guy	Movie: Musical	Broadway: MI-5	MI-5	The Office (9:31) 30	Hollywood	The First 48	Grey's Anatomy (N)	The Office Kink	The Office Kink	In Real Life	Motorcycle	Grey's Anatomy (N)	Deadliest Catch	Wizards Life Derek	Jimmy Kimmel	(9:06) Flavor of Love	MANswers	Family Guy Just Shoot
10 PM	Seinfeld	Movie: "Crocodile Dundee"	Genius, Photo.	Soundstage	ER (N)	Paid Prog. Extra (N)	The First 48	(10:02) Private Practice (N)	The Unit "Switchblade"	News Hour Final (N)	National	Falcon Beach	Series of Poker	ER (N)	Raging Nature	School Cory	Flavor of Love	Married... Married...	Just Shoot
11 PM	(1986)	News (N)	To Dublin With Love	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	The Beast "Til" (N)	News (11:35)	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Raging Nature	Suite Life Life Derek	Judge Paid Prog.	MXC	Raymond Just Shoot

FRIDAY, MARCH 20, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Sanford	News (N)	(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	SportsCentre	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 Jaime Pressly; dry skin;	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo Animal	Hawks Pretty Cure	SportsCentre		Mayday	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:55) Hi-5	Curious	Barbara Corcoran; Jason Segel.		Cold Case Files		100 Huntley Street		Bo On Go Busytown	Pokemon Rollbots	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		College Basketball: NCAA	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Barnyard Mighty B	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: Crime Scn	Tube Tales
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (El)		Tour. 1st Rd. -- Teams TBA	CSI: Miami	The View (N)	Hospital-Sick	Vision	Wilbur Razzberry	SpongeBob OddParent	Bowling	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	CSI: Crime Scn	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show		Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Kid vs. Kat SpongeBob	Poker	LG Fashion Week	Super Ships	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: Crime Scn	Grace NewsRadio
12 PM	Fresh Pr.	Eat, Shrink	(12:01)	Charlie Rose	Skin		The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	iCarly	Motorcycle	etalk	Raging Nature	Life Derek	CityLine	CSI: NY "The Fall"	Seinfeld
1 PM	Still Stud	Home to	Maggie	Painting	Days of our Lives (N)		Amer. Justice	One Life to Live (N)	Malcolm	Malcolm	Martha Stewart	Movie: "Are We There Yet?" (2005)	ATP Tennis: BNP Paribas Open	Sue Thomas: F.B.Eye	Raging Nature	Suite Life	ER	CSI: NY	Raymond Frasier
2 PM	King	To Be Announced	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Dr. Phil	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Ice Cube.	General Hospital (N)	MythBusters	Suite Life Buzz	News (N)	CSI: NY	Frasier	Family Guy
3 PM	Seinfeld	Clean House	(3:01) Zoboomafo o "H2O"	Big World WordGirl	Judge	Oprah Winfrey	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Neutron	Off-Record	Dr. Phil	How-Made	Buzz (3:40) Zoey	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	The rain	Biz Kid\$	Judge J.	College Basketball: NCAA	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F. Air Farce	SpongeBob	NBA Basketball: Charlotte	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Zoey (4:36) Zoey	Law & Order: SVU	CSI: Crime Scn	Vanity TV Made
5 PM	Movie: "Droneline" (2002) Nick Cannon, Zoe Saldana.	News (N)	Martha	BBC News	News (N)	Tour. 1st Rd. -- Teams TBA	CSI: Miami "Pirates"	News	News (N)	(4:59) News (N)	Simpsons Fortune	OddParent	Bobcats at Toronto Raptors.	News (N)	Heli-Loggers (N)	Montana	Mantracker	CSI: Crime Scn	TV Made
6 PM		Global	Heads Up	News-Lehrer	News (N)		CSI: Miami	News	News (N)	ET Canada	News	Break	Break	News (N)	Man vs. Wild "Oregon"	Montana	Survivorman	DEA	Seinfeld
7 PM	Seinfeld	The Insider	In Korea	Wash Wk	Jeopardy!		CSI: Miami "Addiction"	Entertain	Entertain	NUMB3RS "Harvest"	Coronatn	Movie: "New York Minute" (2004)	Jeopardy!	etalk	Deranged (N)	Movie: "Dadnapped" (2009)	Out There	Real Vice	Family Guy
8 PM	Family Guy	To Be Announced	Poirot (N) (Part 2 of 2)	Bill Moyers Journal (N)	Howie Do		Criminal Minds	Wife Swap (N)	Howie Do	Howie Do	Howie Do	Marketplc	Off-Record	Sports	Criminal Minds	"Roxy Hunter: Myth"	News (N) (8:35) News	Disorderly Con.	Seinfeld
9 PM	Movie: "Droneline" (2003).	Friday Night Lights (N)	Life Begins	NOW Served	Friday Night Lights (N)	Hollywood	CSI: Miami "Pirates"	Supernanny (N)	Dollhouse (N) (PA)	Dollhouse (N) (PA)	Easton Meets West (N)	Prank Ptrl	Boxing: Friday Night Fights. (Same-day Tape)	CSI: Crime Scn	Man vs. Wild "Oregon"	Movie: "The Baby-Sitters Club"	PartyPoker	MANswers	Family Guy
10 PM	Horror Morgan Freeman.	20/20	Movie: "Touch the Sound" (2004)	Vicar-Dbly	Dateline NBC	Paid Prog. Extra (N)	CSI: Miami	20/20	NUMB3RS "Harvest"	News Hour Final (N)	National	Family Biz Adrenaline	CSI: Crime Scn	Heli-Loggers	Game	Game	Married...		
11 PM	Montel W.	News (N)	Premiere.	Austin City Limits	News (N) Tonight	News (N) Late Show	CSI: Miami "Addiction"	News (11:35)	News (N)	(11:03) ECW (N)	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Deranged	Life Derek	Judge Paid Prog.	MXC	Raymond Family Guy



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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 #175 - Rated Easy

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

#### CHALLENGE #176 - Rated Hard

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

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) ★ "Baby Geniuses" (1999, Comedy) Kathleen Turner. Evil partners experiment on an infant and send his twin to a reputable research nursery.

#### AFTERNOON

12:00 pm FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author.

1:30 pm FAM (26) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.

4:00 pm YTV (18) "Stuart Little 3: Call of the Wild" (2005, Comedy) Voices of Wayne Brady. Animated. A friendly skunk helps a little mouse rescue a cat from a dreaded forest creature. (In Stereo)

5:00 pm WTBS (3) ★★ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader.

SPIKE (4) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

#### EVENING

6:00 pm CITY (29) "Two of Hearts" (1999, Romance-Comedy) Gail O'Grady. Two recently divorced strangers are drawn to each other at their ex-spouses' wedding.

7:30 pm WTBS (3) ★★ "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars.

8:00 pm CHBC (4) "Lost in the Dark" (2007, Suspense) Mae Whitman. Escaped convicts threaten the welfare of a young blind woman in a secluded home.

KSPS (5) ★★½ "A Thousand Clowns" (1965, Comedy) Jason

Robards. A woman convinces an unemployed writer to get his job back and marry her so he won't lose custody of his nephew. (In Stereo)

KXLY (10) VTV (22) ★★ "Flightplan" (2005, Suspense) Jodie Foster. Premiere. A widow becomes frantic when her 6-year-old daughter disappears on an airplane traveling from Berlin to New York. (In Stereo)

YTV (18) ★★ "Beetlejuice" (1988, Comedy) Michael Keaton. A ghoul helps a newly dead couple haunt the tasteless new owners of their beloved home. (In Stereo)

9:00 pm FAM (26) ★★½ "3 Ninjas Kick Back" (1994, Comedy) Victor Wong. Young martial artists face their grandfather's foes when they accompany him to Japan to deliver a priceless dagger.

10:00 pm WTBS (3) ★★ "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales.

10:33 pm FAM (26) ★ "One Small Hero" (1999, Adventure) Nathan Kiley. A diminutive but determined boy secretly follows along after failing to qualify for a wilderness camping trip.

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### sunday movies

#### MORNING

8:30 am WTBS (3) ★★½ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. The bachelors must rethink their joint role of father when Mary's mother decides to marry a stuffy stage director.

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

10:30 am WTBS (3) ★★½ "The Pallbearer" (1996, Comedy-Drama) David Schwimmer. A guy in his 20s has a fling with an older woman while wooing a girl he liked in high school.

#### AFTERNOON

12:00 pm FAM (26) ★★ "Freaky

Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies.

SPIKE (4) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

12:30 pm WTBS (3) ★★ "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales.

1:00 pm KXLY (10) ★★ "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth. (In Stereo)

1:36 pm FAM (26) ★★ "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors.

2:30 pm WTBS (3) ★★½ "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success.

3:00 pm VTV (22) "Mind Over Murder" (2005, Suspense) Tori Spelling. A prosecutor places herself in danger when she tries to use her newfound telepathy to investigate a crime. (In Stereo) (DVS)

5:00 pm WTBS (3) ★★ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antago-

nizes the musical director and its leader.

#### EVENING

6:00 pm YTV (18) ★★½ "Barnyard: The Original Party Animals" (2006, Comedy) Voices of Kevin James. Animated. Otis the bull would rather sing and dance with the other farm animals, but somehow he must find the courage to lead when responsibility is thrust upon him. (In Stereo)

7:30 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army.

8:00 pm KNOW (5) ★★ "The Dead of Jericho" (1982, Mystery) John Thaw. Inspector Morse suspects murder when he investigates a young woman's apparent suicide.

9:00 pm FAM (26) ★★ "The Mighty" (1998, Drama) Sharon Stone. Friendship develops as a physically handicapped youngster teaches a fellow outcast how to read.

10:00 pm WTBS (3) ★★½ "The Pallbearer" (1996, Comedy-Drama) David Schwimmer. A guy in his 20s has a fling with an older woman while wooing a girl he liked in high school.

10:41 pm FAM (26) ★★ "Innerspace" (1987, Comedy) Dennis Quaid. A grocery clerk gets jabbed with a hypodermic holding a miniaturized Air Force pilot and craft.

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## Similkameen News Leader



SATURDAY, MARCH 21, 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	Paid Prog.	News (N)		America	Today (N)	(5:00) The Early Show (N)	Sell House	Paid Prog.	Fishing	Fishing	Super Why!	Being Ian	SportsCentre	OWL/TV	Austin Stevens	Overdrive	About You	TNA	Soap
6:30	Paid Prog.	Powerboat		Fly Tying			Sell House	Paid Prog.	Fishing	Fishn	Busytown	Grossology		Kingdom		Rangers	Dharti	IMPACT!	Paid Prog.
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek	News (N)	Cake	Business	Good Morning America	News (N)	News (N)	Turbo	Pretty Cure	Fishing	Katie-Orbie	Man vs. Wild	(7:04)	Eye on Asia		'70s Show
7:30	Paid Prog.	Big Coast	Clifford	Field Guide		Horseland	Sell House				Animal	Rollbots	Motoring	Anne Grn	"Oregon"	Montana			'70s Show
8 AM	In the Heat of the Night	Foodies	George S.	Woodsmith		Dino	Flip This House	Emperor			Razzberry	SpongeBob	SnowTrax	Kids	Deranged	Suite Life	Polish Studio	Hrsepwer	Raymond
8:30		Driving TV	Magic Bus	Hometime		Sushi Pack		Replace			Goldfish	Kid vs. Kat	Motorcycle	Hobo		Zoey 101		MuscleCar	Raymond
9 AM	Videos	Paid Prog.	(9:00)	Workshop		Road to the Final Four	Flip This House	So Raven		Driving TV	Bold	SpongeBob	NASCAR Race	To Be Announced	How-Made	Cory	Bio.: Laurie	Trucks! (N)	Seinfeld
9:30	Videos	Ten-Trainer	Upside	Old House				So Raven		Fishing	Presents	Casper			How-Made	So Raven		Xtreme 4x4	Seinfeld
10 AM	Movie: "Baby Geniuses" (1999)	Martha Stewart: THS	Maggie-Beast	Ask This	Dragon	College Basketball: NCAA	Hulk Hogan	Montana	Fishn	Guide	Miracles	OddParent	Bowling	Breaking the Silence	Monster Moves	Phil	CityLine	DEA	Family Guy
10:30		Montel: True Story	Rolie Polie	Christina	Snowboarding	Tourn. 2nd Rd. -- Teams TBA	Andre the Giant	Countdown	Fishing	Fishing	Speed Skating: World Distance Champ.	Transform	NASCAR Racing: Nationwide Series -- Scotts Turf Builder 300.	PLAN Canada	Destroyed	School	Paid Prog.	DEA	Amer Dad
11 AM	Friends	Jenny Jones: THS	(12:03) Lilly	Katie	PGA Tour Golf: Transitions Championship p -- Third Round.	College Basketball: NCAA Tourn. 2nd Rd.	Jose Canseco	NASCAR Racing: Nationwide Series -- Scotts Turf Builder 300.	News (N)	Paid Prog.	Whata	Big Coast	Simpsons	Pokemon	Dinosaur	Animals	Movie: "Dadnapped" (2009)	Amazing Role	Friends
12 PM	Scinfeld	Ellen DeGeneres: The El True Story	(1:00) Taste Mechanics	Antiques Roadshow	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	NASCAR	Simpsons	Simpsons	Bobsledding and Skeleton: World Championship	Dragon	Rollbots	Curling: Canada Cup -- Women's	Car	MythBusters	EP Canada	DEA	Raymond
1:30	King	King	(2:00) Hollywood Story	Fetch! Ruff	Fortune	Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Hawks	Monster	Rollbots	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond
2:30	American Chopper	Jane Pauley: True Story	Zoboo	Burt Wolf	Fortune	Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
3:30	Scinfeld	Katie Couric-Story	(4:13) Little	Trek	Penguins	Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
4:30	Payne	Payne	(4:30) Travels	Turbo	Veggie	Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
5:30	Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	E! News	George Shrinks	Summer	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
6:30	Global	Profiles of Nature	Lawrence Welk Show	News (N)	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
7:30	Movie: "Doom" (2005) The Rock.	E News	Heartbeat	Movie: "A Thousand Clowns" (1955)	The Celebrity Apprentice (N)	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
8:30	Movie: "Lost in the Dark" (2007) Mae Whitman.	Midsummer Murders	"Death in a Chocolate Box"	Billy Joel	Law & Order "Pledge"	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
9:30	Family Guy	True Story	(2:02) Fetch! Ruff	Antiques Quest	College Basketball: NCAA Tourn. 2nd Rd.	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
10:30	Movie: "The Pallbearer" (1996)	The Soup	Rolie Polie	Foreign	College Basketball: NCAA Tourn. 2nd Rd.	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	
11:30	News (N)	Montreal Jazz	Globe Trekker	News (N)	News (N)	College Basketball: NCAA Tourn. 2nd Rd.	Manhunter	Storms	Simpsons	Simpsons	Team	Monster	Curling: Canada Cup -- Women's	Ride	MythBusters	Reviews	DEA	Raymond	

SUNDAY, MARCH 22, 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	Sports	News		Maya	Today (N)	Paid Prog.	Private Sessions	Paid Prog.	Is Written	Driving TV	Animal	Being Ian	SportsCentre	Daily Planet	Mayday	Overdrive	Kaya	Married...	Driving TV
6:30	Saved-Bell	Pioneers		Fetch! Ruff		Paid Prog.		Living	Fishful	Whata	Turbo	Grossology				Rangers	Kaya	Married...	Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News Sunday Morning (N)	The Sopranos	Good Morning America	Foodies	Canada	Razzberry	Mr. Men	Reporters	Twice in a Lifetime	Raging Nature	(7:04)	Eye on Asia	Married...	King
7:30	Videos	Going	Clifford	Animalia	Northwest				Canada	Is Written	Coronatn	Casper	Curling: Canada Cup -- Women's	Pringle	Raging Nature	Montana		Married...	King
8 AM	Videos	Fishn	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	This Week With George	News (N)	TribalTrail	Coronatn	SpongeBob	Canada Cup -- Women's	Pringle	Raging Nature	Zoey 101	Festival	MuscleCar	Raymond
8:30	Movie: "Three Men and a Little Lady" (1990)	Neighborhood	(9:00) Upside	Wishbone	Friend	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9 AM	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9:30	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
10 AM	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
10:30	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
11 AM	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
11:30	Movie: "The Pallbearer" (1996)	Going	Maggie-Beast	Place	NHL Hockey	College Basketball: NCAA Tourn. 2nd Rd. -- Teams TBA	Movie: "Turner & Hooch" (1989) Tom Hanks.	NBA Count	Hour of Power (N)	Marriage	Coronatn	League	Final. From Yorkton, Sask. (Live)	Pringle	Raging Nature	So Raven	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld



MONDAY, MARCH 23, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	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	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Married... Once a Thief	Once a Thief
6:30	Sanford	Tube Tales	George S.	Lions								Monster				King		Married...	
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Cash Cab	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30		That News	Dora	Martha							Animal	Dinosaur		How Do	Phineas				
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files			100 Huntley Street	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	CSI: Crime Scn	North of 60
8:30	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstein	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Rolie Polie	Oif-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: Crime Scn	TV Made
9:30	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	Fishing		Tigger	City		What	
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View Hot topics (N)	World Vision	World Vsn House	Wilbur	George S.	PBA Bowling	The View Hot topics (N)	Air Dogs	Mickey	The O.C.	CSI: Crime Scn	What
10:30	Trivial		(10:36)								Razzberry	Berenstein		Destroyed	Handy			The Nanay	
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	Dewitt		Twice in a Lifetime	Mega Builders	Benj Bear	The Bonnie Hunt Show	CSI: Crime Scn	Grace
11:30	Harvey	Designer	Berenstein	Sit-Be Fit				Paid Prog.			Antiques	Willa	UEFA		(11:25) King			NewsRadio	
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	ATP Tennis: BNP Paribas Open --	talk	Super Ships	(11:49)	CityLine	CSI: NY "On the Job"	Seinfeld
12:30	Fresh Pr.	Design U	(12:39)		Paid Prog.	Bold					CBC News	George S.		Bold	Weekend			Seinfeld	
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	Men's Final.	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon	ER	CSI: NY "The Closer"	Raymond
1:30	Still Stnd	Parents	Daniel	Sewing							Erly Perky			Emperor	Emperor			Raymond	
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	Raymond
2:30	King		BluesClues	WordWorld							Ruby	Interruptio			K. Possible			Raymond	
3 PM	Seinfeld	Split Ends	(3:01)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	Worst Handyman	Replace	News (N)	CSI: NY	What
3:30	Friends		Zoboomafo	WordGirl	Judge						Food	Pokemon	Sports		Emperor			What	
4 PM	Payne	Debt Part	"Superclaw"	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	NHL Hockey: New Jersey Devils at Philadelphia Flyers.	Ellen DeGeneres Show	Daily Planet (N)	(4:03)	Law & Order: SVU	CSI: Crime Scn	Vanity
4:30	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	OddParent		News (N)	MythBusters	Suite Life	Chuck (N)	CSI: Crime Scn	
5 PM	Movie: "Blade II" (2002)	News (N)	Martha	BBC News	News (N)	News (N)	Intervention: Heroin	News	News (N)	(4:59) News (N)	Simpsons	OddParent		News (N)	MythBusters	Montana		Reality	
5:30	Movie: "Blade II" (2002)		(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		News (N)	Dirty Jobs	Zoey 101	Less-Kind	Movie: "Training Day" (2001)	
6 PM	Wesley Snipes.	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention "Sharon"	News	News (N)	ET Canada	News	Drake		News (N)	Dirty Jobs	Life Derek	Friends	Are You Smarter	
6:30	Wesley Snipes.	News	Mechanics	Millionaire	Hollywood			News	News (N)	Entertain	News	iCarly	NHL Hockey: Detroit Red Wings at Calgary Flames.	News (N)	Dirty Jobs	Wizards	Man Tracker	Denzel Washington, Scott Glenn.	
7 PM	Harvey	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal State (N)	Entertain	Entertain	Heroes "Cold Snap" (N)	Coronatn	Karaoke Star Junior	Hockey: Wings at Calgary Flames.	etalk	The Detonators (N)	Montana	News (N)	Make	
7:30	Seinfeld	The Insider	Landscape	Europe	Fortune			The Insider	ET Canada		Jeopardy!		Wings at Calgary Flames.	Hollywood				Make	
8 PM	Family Guy	The Soup	The Mu	Antiques Roadshow	Chuck (N)	Big Bang	Paranormal	Dancing With the Stars	House "Locked In" (N)	House "Locked In" (N)	Mosque	Malcolm	Wings at Calgary Flames.	Big Bang	Daily Planet	Suite Life	News (N)	Make	
8:30	Family Guy	How I Met	The Mu			How I Met	Paranormal	Celebrities compete.	Heroes "Cold Snap" (N)	24 (N) (PA)	Sophie (N)	Futurama	(Live)	Gary	Buzz	(8:35) News	MANswers	Make	
9 PM	Movie: "Blade II" (2002)	'Til Death	Rothko's Rooms	The Powder & the Glory (N)	Heroes "Cold Snap" (N)	Two Men	Intervention: Heroin		Heroes "Cold Snap" (N)	24 (N) (PA)	Comedy	League	Sports	Two Men	Dirty Jobs	Wizards	(9:03)	CSI: NY "On the Job"	
9:30	Movie: "Blade II" (2002)	Rules				Rules					Comedy	Zixx Level	UEFA	(9:31)	Life Derek			Seinfeld	
10 PM	Wesley Snipes.	Snoop	Commandin g Heights	Europe	Medium (N)	CSI: Miami (N)	Intervention "Sharon"	(10:02) Castle (N)	24 (N) (PA)	News Hour Final (N)	National	Falcon Beach	Poker	CSI: Miami (N)	The Detonators	School	Rock of Love	Disorderly Coa.	
10:30	Wesley Snipes.	Snoop												CSI: Miami (N)		Cory		Married...	
11 PM	Brother	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal State	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	I Bet	
11:30	Montel W.		Landscape		Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)		Life Derek	Body Tech	MANswers	

monday movies

**AFTERNOON**  
 5:00 pm WTBS (3) ★★½ "Blade II" (2002, Horror) Wesley Snipes. Blade forms an alliance with a band of hardened enemies in order to battle powerful vampires. (E)  
 9:00 pm WTBS (3) ★★½ "Blade II" (2002, Horror) Wesley Snipes. Blade forms an alliance with a band of hardened enemies in order to battle powerful vampires. (E)

**EVENING**  
 6:00 pm SPIKE (44) ★★ "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

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### coming events

### coming events

### for sale



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**Happy  
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and  
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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

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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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### in memoriam

### help wanted

### help wanted

### help wanted

### help wanted

## Kenneth T. Caruso

PASSED AWAY MARCH 21, 2009

When we are sad and lonely  
And everything goes wrong,  
We seem to hear you whisper,  
"Cheer up and carry on."  
Each time we see your photo  
You seem to smile and say,  
"Don't cry I'm only sleeping  
We'll meet again someday."

Sadly missed by  
Sheri, Jack,  
Jayson, Arielle & Damian

## 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.

to Mar 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

to Mar 17

## Branch Manager - Princeton



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We invite you to visit our website at [www.valleyfirst.com](http://www.valleyfirst.com) for further details about the responsibilities and requirements for this position.

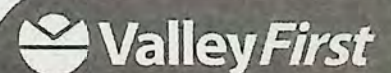
Qualified applicants are invited to forward their resume and cover letter to:

Human Resources Department  
VALLEY FIRST CREDIT UNION  
3rd Floor, 184 Main Street  
Penticton, BC V2A 8G7  
Fax: 250-490-3661  
E-mail: [hr@valleyfirst.com](mailto:hr@valleyfirst.com)

Applications will be accepted until Friday, March 27.

We thank all applicants for their interest in Valley First; however, only short listed candidates will be contacted.

Belong. Be Valued.



### help wanted

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



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Living Water Foursquare Church, Kenley Avenue

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Fred 295-7272/Marena 295-7663

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notices

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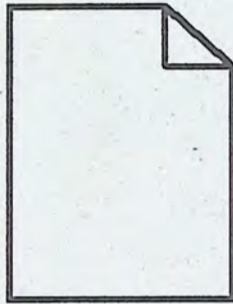


SOLUTIONS TO PUZZLES ON PAGE 16  
CHALLENGE #175 - Easy

167	934	285
528	671	349
943	852	716
439	168	572
615	729	834
872	543	961
354	286	197
796	315	428
281	497	653

CHALLENGE #176 - Hard

879	154	236
263	978	145
514	263	897
946	825	371
321	647	589
785	319	462
157	486	923
698	532	714
432	791	658



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## my turn

### There's the final buzzer

Last week the Princeton Posse hockey season officially came to an end with the final game of a best of seven series.

It was a sad thing to see.

A team of hard working young men, proud to wear the word 'Princeton' across their chests having to pack up their gear and say goodbye to billet families and friends made in a town few of them had ever been to before.

For a handful of them it was the last week they wore the jersey and maybe for some it'll be the last time they'll be in Princeton.

For me it was also sad to a point.

This season will be one I'll remember as being probably the most fun six months I have ever experienced in Princeton Arena.

I went from being a spectator and 'reporter' to being sucked right into the action this year.

It was very different for me.

I remember how the season ended last year. I grumbled about losing interest in the team and that the last couple weeks of the season seemed to drag on. I was ready for the season to end long before it did.

That was not the case this time around.

There were a lot of factors involved for me this year but one that stood out was the fact that the calibre of play and quality of players on our team this year did not come close to previous years. Each year it seems to get a little bit better and I think it shows.

I like the fact that although not a single hometown boy (with the exception of a couple of APs) has been on the team for years, the young men who wear the jerseys do so with pride and view our town as their town.

I like that billet families view these boys as if they were their own boys.

There's a bonding that takes place, which will never leave.

These young men will always be remembered as part of the Princeton Posse and they will always remember being part of our community.

They will become goodwill ambassadors for Princeton wherever they go.

And although I'll now have to fill the sports section with something other than 'Posse stuff' I'll always look back to this season as being one of the better ones.

Thanks guys. It's been great riding with the Posse.



## your turn

# Let's talk about BC's IPPs

To The Editor;

While the spate of protest meetings over Independent Power Projects (IPPs) in British Columbia reflects a growing public concern, citizen demands for environmental review of IPPs do not go to the heart of the matter.

There will indeed be ecological damage, but there are portents of far worse to come.

According to BC Hydro submissions to the BC Utilities Commission, its customers will be paying roughly double current electricity rates for IPP power over the 30-40 year life of the contracts. The 118 licenses already issued (as of January 19), will put more than \$30 billion into the pockets of the private owners, the majority of whom do not live in BC.

Small wonder IPPs have become a gold rush, with something like 700 applications filed for licenses. For \$10,000-\$15,000 investors can buy water rights that will produce electricity worth \$1 million a year. BC Hydro must buy and distribute IPP power but doesn't fix the price. That is set by contracts that are closed to the public, kept secret by the BC government.

When the contracts expire, the people of BC will have paid all the costs of IPP generating stations but will own nothing. The private companies will retain the plants and first dibs on the rights to the water - our water - and be free to sell the

power to the highest bidder, American or Canadian.

Thus we lose both energy security and the cheap power that fuels BC's economy. Electricity is currently selling in San Francisco for four times what we are paying. That's our IPP future.

When the Squamish-Lillooet Regional District smelled this rat behind the baseboard and voted 8-1 to oppose the Ashlu River IPP, the Campbell government passed Bill 30, barring all local governments from the IPP approval process.

Environmental review won't change any of this. But the next provincial election just might.

- Michael Poole, Halfmoon Bay, BC

### Letter To The Editor

## Cawston reader sends letter to MP

Open letter to Alex Atamanenko:

I'm so glad to see that you are speaking out strongly for those who have found themselves out of work and unable to collect EI. This has been on my mind constantly since the budget was put forward.

Why does our federal government clamp down so hard on individuals?

They impose the most stringent rules on people who are scared out of their wits because they're dangerously close to the abyss and could lose everything they have. To impose a waiting period on people who have just lost their jobs is heartless to say the least. An awful lot of people are living one month away from the

streets. How is our government going to deal with this crisis? Make more jails?

Wouldn't it be easier to give them EI rather than pay off GM, Ford and Chrysler for the umpteenth time?

People are forced to go into debt or lose what they have before they are given any help by our government.

Then it's so little that they are kept in poverty while they are on it and then booted off, sometimes before they've paid back the money they had to borrow while they were waiting for EI to start.

To get back on EI the hours of work necessary to get it again are unreasonable, particularly in

these times.

Because our government has been infiltrated by big corporations, and advised by think-tanks that have an agenda of their own and who spread the idea that people who are on 'the dole' are lazy bums, as well as having media who subtly or not so subtly entrench their message, we'll have to squawk loudly to see any changes that are serious.

I'm continuously appalled at our government's callousness and lack of compassion. We can only thank our lucky stars for having representatives such as you and your party to speak out for individuals.

Sincerely,  
Donna Stocker, Cawston

### EDITORIAL GUIDE

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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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Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson



Current Comment:

This recession: A tangled web of debt



Dawn Johnson editor@thenewsleader.ca

As we watch the daily news of businesses collapsing under a huge debt load, we are seeing a picture of unwise and incompetent accounting and banking practices. Let me clarify: Canadian banks are not among the foolish or incompetent banks. Just as in the Dirty Thirties, the solidity of the Canadian commercial banks is keeping this country in better condition than anywhere else in the world during this horrible recession.

The most recent among the struggling corporations is one that held a Virgin franchise for high end retail goods. These stores are closing. I am not surprised. Ten months ago, I heard an American economist on NBC telling a talk show host that the United States could not go on counting on the consumer to buoy up the economy. Just a few months later, it became obvious how right she was.

We keep hearing the most astonishing figures of losses and debt loads. AIG, the insurance giant of the USA, reported another \$30 billion in losses. General Motors is reporting the same thing. Billions of dollars have been lost on the stock market due to selling of shares and loss of share values. What happened?

As I looked at what is going on, I became aware that corporations have been surviving on debt. They have literally been surviving on each other's debt. Now there is a shortage of credit, and they are all falling down like Humpty Dumpty. Can anyone put them back together again?

Let me give you an example of what I think has been going on. Let's start with the little guy. Call him Fred. He wants to buy a house. He goes to his friendly bank, who says, "Sure, Fred, we'll lend you the money."

The truth is, the bank does not have money to lend to Fred, so the bank acts as a go-between and finds an insurance company that wants to buy Fred's mortgage from the bank, and the bank gets a percentage of the mortgage payments as a service charge.

Let's say the insurance company that bought the mortgage was buying thousands of mortgages. To do this, the corporation borrowed money from a mutual fund.

Then credit gets tight, so everybody raises the interest rate right down the line. Poor little Fred can no longer afford his mortgage at higher interest rate. He is foreclosed. End of Fred, and multiply Fred by 1,000. At the same time, the bank is no longer earning any interest, and the insurance company is not able to pay back what it owes to the mutual fund. The insurance company is in big trouble, in debt for 1,000 mortgages, and hardly any money coming in.

Now the mutual fund is in trouble, too, because it cannot pay the kind of dividends its investors expect, so the investors sell the mutual funds short and buy something else. The investors who did not sell out are now earning nothing from their mutual fund, and the value of their mutual fund shares are now almost worthless.

Like a rampaging virus, the disease spreads from one investor to

another.

Let's go back to Fred. He was the consumer when he bought his house. Now he has no house, and he's paying rent somewhere. He is now much poorer, so he is not buying so much at the supermarket or the electronics store or the local restaurant or at the car dealership. Fred is hanging on to every cent he can, trying to recoup what he lost on the house deal. Multiply Fred's spending (or not spending) habits by 1,000. Imagine the impact on a community. Then multiply Fred by a million, and you are closer to the truth of what happened in the United States, and what is happening all over the world. Maybe we should multiply Fred by 20 million, because that is how many Americans are out of work this week.

The lesson: you cannot build a strong economy on the back of the consumer unless your financial system is strong enough to carry a million Freds when they cannot pay their mortgages.

Fred did not have enough assets to endure a rise in interest rates. The insurance company did not have enough assets to pay its debts when Fred could not pay his mortgage. The mutual fund did not have any assets to carry it through an economic downturn.

Can you see where the problem is? Too many people were living on borrowed money. As soon as those who could not pay their debts reached critical mass, the system started falling apart.

People criticized or laughed at the Canadian habit of saving money and being conservative in their spending. Maybe a few corporations and banks should come to Canada and take lessons?

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



PSS students who competed March 7th in the Skills Canada Regional Competition in Kamloops were, back row from left, Mitch Lamoureux, Dustin Haigh, Mike Davis, Adam Dobbs and Adam Gullason. Front row from left, Morgan Dobbs, Miranda Newman and Ben Beeler. \*

**Students participate in competition**

A number of Princeton Secondary School students participated in the Skills Canada Regional Competition at Thompson Rivers University in Kamloops.

The event was held on Saturday, March 7th and the list of participants is below:

- Welding - Dustin Haigh
- Cabinet Making - Mike Davis
- Culinary Arts - Adam Dobbs (4th)
- Junior Skills: Mimi sumo Robots - Ben Beeler (1st - Gold), Adam Gullason (2nd - Silver), Morgan Dobbs (3rd - Bronze). Ben moves on to the

Provincial Competition in Abbotsford at the Tradex Centre on April 22nd.

Three Virtual Competitions were held at PSS. Students were to produce a project in a set amount of time. They did not know the topic chosen until time started. Results of the Virtual Competitions will not be known until the end of May.

- Good luck to the following participants:
- Mechanical CAD - Mitch Lamoureux
  - Architectural CAD - Miranda Newman
  - TV & Video Production - Sydney Jensen

The event sponsors, mentors and teachers were:

- Culinary Arts - Mr. O'Mally and Mr. Kaiser
- Mini sumo Robots - Andrew Nordquist
- TV & Video Production - Mr. Kitts
- Welding, Cabinet Making and Drafting - Mr. Newman

**Credit Union makes changes**

..... continued from Page 3 -line banking system."

Members who need assistance with MemberDirect online banking or telephone banking are invited to call Valley First's upgrade member helpline at 1-800-603-6414. Note that high call volumes may mean longer response times.

Valley First is British Columbia's eighth largest credit union, with 15 branches in BC's Similkameen, Okanagan and Thompson regions, \$1.75 billion in assets, 45,000 members and 450 employees. Valley First's subsidiaries include Valley First Insurance Services Ltd. and Valley First Financial Services Ltd. For more information, visit [www.valleyfirst.com](http://www.valleyfirst.com).

**Girls receive praise**

Princeton Secondary School Grade 8 Girls basketball team competed in a provincial meet on March 7 and 8 in the Lower Mainland.

On March 11, the Board of Education praised the team for placing third. Princeton's team was the only Single A team in the meet, and did extremely well considering the kind of competition they faced.

Princeton Secondary School also received an e-mail from Cory Metz, a parent of a player from another team which also praises the local team.

"I just wanted to drop a note to congratulate your school on their third place finish in the Grade 8 girls basketball Provincials. Another honourable mention to

one of your players for making the All-Star Team as well," her e-mail states.

"I'm a parent of a player from Sahali (Kamloops) who participated in the Provincials as well. I would just like to pass on a hefty 'Thank You' to the Princeton girls/coaches that cheered us on in the Finals. It felt like a very hostile crowd/environment to us Interior teams and we appreciated the 'fans' from Princeton."

Metz continues: "I truly wish we had been there to cheer on Princeton during the Provincials as well. I'm sorry this never happened...Your girls were truly great ambassadors to your community and parents/teachers would have been impressed with their court-side behaviour."

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Princeton Special Olympic curler Paul Gabriel shows how it's done. Photo: Bob Wicks

# ATV club hosts AGM

The Similkameen Valley Riders ATV Club had their annual general meeting on February 21st with the election of officers. The executive for the 2009 season are as follows: Mike Jacobs as President, Gordon Blad as Vice President, Lynda Whitta as Secretary, Marie Craig as Treasurer and Jim Bolenback as Director-at-Large.

Richard Lubiak had been club President since July 2004 when the Princeton ATV Club was brought back to life and renamed the Similkameen Valley Riders ATV Club.

We would like to thank Richard for his dedication to the club. Now Richard, all you have to do is what you enjoy most...ride.

The club is in the process of becoming an incorporated society and is hopeful that our present name

be approved. We were hoping to have our business cards and pamphlets ready by early spring. These will be hot off the press and available as soon as our name is approved.

There is a tentative ride schedule planned with the first ride being in

April on the 8th. Anyone interested in our club should come to our next meeting, which will be held at the Princeton Chamber of Commerce building on Saturday, March 21st at 3:00 PM. Our meetings are very informal and everyone is welcome!

Happy Trails!  
 - submitted

# Horse racing returns

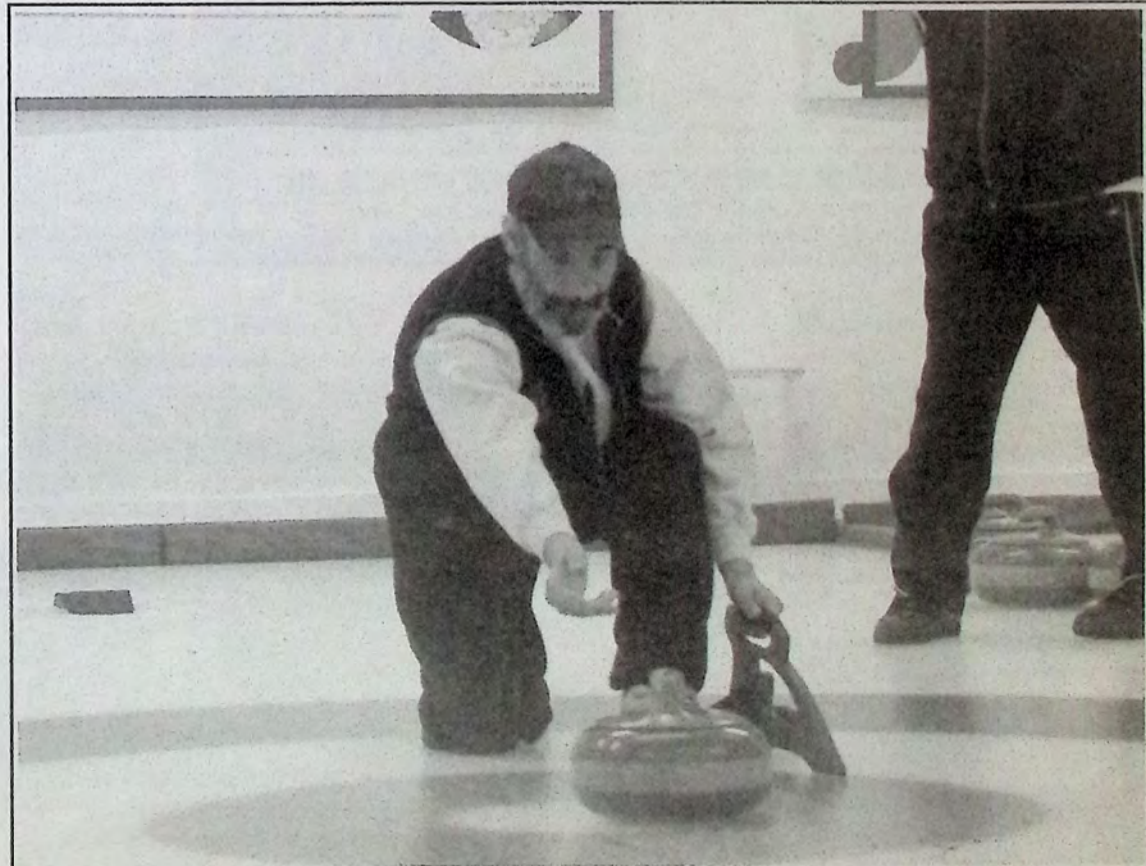
Horse racing returns to Princeton on Friday, June 26th with a post time of 3:00 PM.

The Princeton Racing Days Association says they will once again host a re-enactment of the famous Klootchman Race. This will run at 2:30 PM at Sunflower Downs. The Klootchman Race was the first recorded race held in Princeton on Vermilion Avenue in 1902. Only First Nation maidens

rode in that race. The group expects a full card of races to start the weekend. Horse racing will be followed by the Rotary Parade (along Vermilion Avenue and Bridge Street) on Saturday, June 27th.

The naming of Princeton's Youth Ambassadors will also take place during the weekend.

Other events are still being planned.  
 - submitted



Princeton Special Olympic curler Mark Bzdel displays his winning form. Photo: Bob Wicks





Our thanks to the gang at Princeton Arena for promoting our website. The sign went up last week. \*

## The 'Green' Corner

### Governments Encourage Small Changes

The Ontario government has asked municipalities to change a bylaw requiring people to use a clothes dryer rather than hang clothes outdoors to dry them. The Ontario government wants residents to hang clothes outdoors on clotheslines in order to reduce consumption of electricity. This is a very "green" initiative when you consider the high population in Ontario. For approximately six months of the year, clothes can be dried in sunlight in Ontario. The cost savings to the electricity customer would be a benefit to the household, but even more important, the reduction in consumption of power would be a benefit to the entire province, as electricity consumption is high in Ontario's cities in summer due to the need for air conditioners and dehumidifiers.

The investment in a clothesline is not great, and a line can be strung even on a balcony. The second benefit to the consumer is the positive effect of UV rays on the clothing and especially on bedding. UV rays kill viruses, making the bedding much more hygienic.

On the west coast, Vancouver will change a bylaw forbidding raising chickens in the back yard. Residents will be allowed up to four chickens per residential lot. This is a "green" initiative in two ways. First, chickens will eat kitchen waste and grow healthy on it. Peelings and leftovers can be fed to chickens as they will eat just about anything. Second, the manure from chickens is excellent fertilizer.

Householders wishing to save money by raising their own eggs will be in for a disappointment.

There will be no cost saving. In fact, the eggs may be more expensive. To raise chickens, you must build a house for them, with nests. The house should allow four feet square of floor space per bird, and four cubic feet of air space per bird. You need to put straw or shavings in the nests. You need to put up a pen with wire spaced small enough to prevent the chickens being attacked by cats, skunks, mink and weasels, or raccoons if those are in your neighbourhood. The wire must go over the top of the pen, and must be well anchored at the base to prevent predators from digging under the wire. A pen for four hens should be at least three metres square. Although chickens will eat nearly anything, you will need to feed them grain as well.

There is not a lot of work involved in raising a few hens, but the work must be consistent. The chickens must be fed twice a day, and they must have adequate water, at least two gallons a day, so you must have a drinking fountain. All birds need grit, so you will have to supply fine gravel, or your chickens will not be able to digest their food. If they are laying hens, you

need to buy a bag of oyster shell and sprinkle it around at least once a month, one cup at a time. A dust bat area should be available. Chickens like to ruffle dust through their feathers to keep out parasites such as lice and mites. Without this fine dust, lice and mites will make a home on the skin of the birds and multiply. Lice will weaken the birds substantially, and make them susceptible to other diseases. Manure must be removed at least once a week, and should be dug into a flower bed or garden.

If you are willing to provide all of this for your chickens, it may prove to be a good investment in the long run. Four hens well cared for and well fed will live six or seven years. Do not include a rooster in the mix, as the hens will become broody in the spring and will lay enough eggs to raise young, then stop. Hens will lay unfertilized eggs as long as they live when no rooster is present.

Raising chickens can be fun, and four hens will likely provide you with three eggs a day for years to come. That is nearly two dozen eggs a week, so you had better like eggs or have neighbours to share them with.



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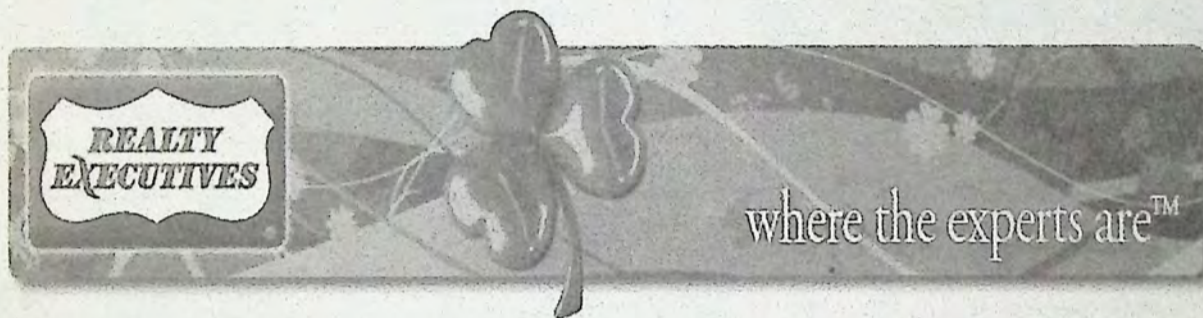
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