



Similkameen

News Leader

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Tuesday, April 7, 2009



The door accessing the hallway between Princeton Arena and the Princeton Posse dressing room area hints at the extent of damage resulting from a fire early in the morning of April 6th. Photo: Brenda Engel

\$50,000+ damage to Princeton Arena

Princeton Volunteer Fire Department crews started the week off with three calls in a matter of hours. The first fire was at a tree located near the Weyerhaeuser 'Roundhouse' on the Trans-Canada Trail. RCMP say the fire was deliberately set.

Then shortly after midnight Monday, April 6th the fire department responded to a call of a grass fire on the hill to the south of The Bridge/Riverside Centre.

The most serious fire later the same morning occurred at the Princeton & District Multi-Purpose Arena.

Princeton RCMP Sgt. M. Savage

reports, "Unknown culprits set fire to the recreational trailer to the east of the Princeton Arena. The fire consumed the trailer and caused damage to the Princeton Arena estimated to exceed \$50-thousand."

The 'trailer' described by RCMP is in reality the Princeton Posse dressing room, coaching staff office, equipment room, storage and the hallway connecting the structure to the Arena building.

Both Princeton Fire Department and the RCMP are investigating the incidents.

If you have any information contact Princeton RCMP at (250) 295-6911.

Fall Fair promotes kids' fair

One of the major topics at the March 31 Fall Fair meeting was the Junior Fair. The number of youngsters participating in the fair has declined in the past two years. To encourage greater participation, Fall Fair members voted to no longer charge an entry fee for Junior Fair exhibits. In addition, prize money for Junior Fair has been increased to one dollar for third, two dollars for second and three dollars for first.

Glow Lemon will contact the community garden group and encourage classes to enter the garden produce they plan to grow this year at John Allison Elementary.

There was a lot of discussion of the exhibitor's booklet and the business directory of those businesses supporting the fair. The directory will be available for residents as a quick reference for trades people and other businesses, such as cottage industries.

Convenors were appointed for various categories. Dan Kastor will take charge of the horseshoe tournament again this year. Jason Earle will manage the pet parade. Lisa Carleton will be in charge of Junior Fair. Shirley Freding will convene Leisurecraft, with Christina Scarisbrick convening needlework. Glow Lemon is convenor for vegetables and fruits, and plans to have some demonstrations going on in regard to gardening. Rose Flegel will manage Canning and Home Baking and has already ordered sponsored prizes for those divisions.

Dawne Graves and April Earle will seek vendors, and April Earle will convene the Eggs and Dairy section.

The Fall Fair Association is confirming a contract with the Appaloosa Band for Saturday, August 29, to be joined by "Elvis" on Sunday, August 30. Lyn Melnechenko will arrange for a Cowboy Church on Sunday morn-

ing.

Vince Milligan and Keith Olsen will be in charge of decorating the grounds for the fair.

A volunteer is needed to convene the Flower category, and a con-

58th annual Family Fair is coming!

The PSS 2009 Grad Class 58th annual Family Fair is Thursday, April 16th starting at 1:00 PM in the High School Gym.

Plans are now underway for the 58th Annual Family Fair which will raise money for Bursaries for the PSS Grad Class of 2009. Community participation has been great in past years and we are asking for you help and participation again.

While you are doing your spring cleaning you may find articles you may wish to donate to the Fair.

We appreciate all "Garage Sale" type items such as toys, household articles, games, puzzles, plants, books, jewelry and handicrafts — preferably in good, clean condition.

venor is needed for Art and Photography sections.

John Bey asked for volunteers to assist with landscaping at the fairgrounds later this month.

The next Fall Fair meeting will

(No used clothing please), as well, we need items of bread, baking and homemade candy.

Articles may be sent to the office of any school from the 9th to the 15th of April, or for pick-up please call at Odelle during the day at (250) 295-3123.

We need all items to be at the high school no later than 6:00 PM Wednesday, April 15th.

The Family Fair will again be offering great prizes and neat buys!

Tickets are also being sold for the popular "Taste of Princeton" raffle, which has One Prize of several gift certificates to almost every restaurant in Princeton. Tickets will be available from any Grad prior to the fair. The draw will be at 3:00 PM on April 16th.

Tea will be served in the PSS lunchroom/cafeteria so you can plan a

take place on April 28 at 6:30 PM at the fairgrounds. This meeting will begin with a tour of the grounds to show the facility to new members and to determine what repairs or renovations are required.

break in your shopping afternoon and meet your friends for refreshments.

Students from the elementary schools are encouraged to display art, poetry and compositions they have produced during the year. Ribbons will be awarded to the 1st, 2nd and 3rd places for each category.

All items must be clearly labeled with the name, age, grade and teacher of the student.

The Baking Contest is a very important part of the Fair. Approximately half of the baking is sold from the baking contest entries. Entry forms are available at each Princeton school.

We look forward to seeing your entries and thank you for your help in making this year's Fair a great success.

-submitted



Similkameen News Leader THIS WEEK:

SHERRI THOMSON RECEIVES AWARD - Page 11, 12 & 24
SUPPORT YOUR LOCAL ROAD RESCUE CREW - Page 8
SUDOKU CHALLENGE - Page 16 - TV GUIDE - Pages 13-18
EDITORIAL - Page 22 - CURRENT COMMENT - Page 23

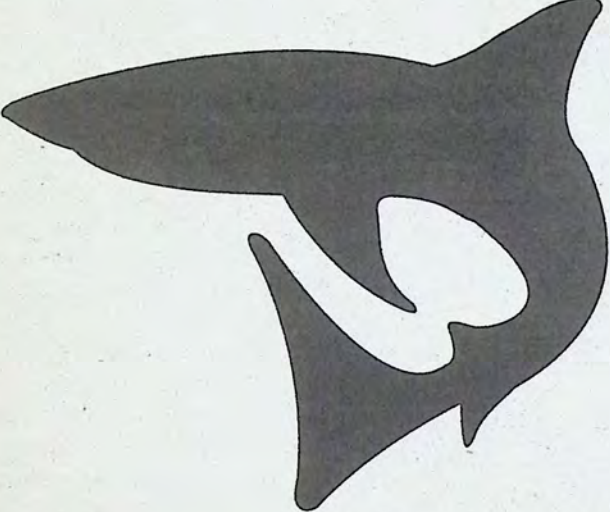
BALLS OR STONES? GOLF SPIEL IS COMING!

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**COMING SOON...
 TO PRINCETON**



Card Shark!



Miranda Newman, left, was recently awarded Gold in Architectural CAD and Mitch Lamoureux earned Bronze in Mechanical CAD as part of the Skills Canada Competition. They will join other PSS students who have already qualified to compete in the Provincial Competition in Abbotsford on April 22nd. *

Details on Momentum 2015

Did you know Canada has one of the highest rates of multiple sclerosis in the world? Multiple Sclerosis is the most common neurological disease affecting young adults in Canada. Every day, three more peo-

ple in Canada are diagnosed with MS. Women are more than three times as likely to develop MS as men. MS is unpredictable, affecting vision, hearing, memory, balance and mobility. Its effects are physical, emotional, financial, and last a lifetime.

Multiple sclerosis is a complex disease. While it is most often diagnosed in young adults, aged 15 to 40, we know that it affects children, some as young as two years old. The impact is felt by family, friends and by the community. The cure has not yet been discovered.

The mission of the Multiple Sclerosis Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

There has been great progress in the fight against multiple sclerosis. The MS Society continues to strive to maximize their efforts in pursuit of their mission, and recently implemented new strategic directions created within a framework called Momentum 2015. Momentum 2015 will guide the work of the MS

Society for the next seven years. The vision of Momentum 2015 is a bold one. It builds on the successes of the last decade. In the vision, by 2015, answers to the fundamental questions of the cause and prevention of multiple sclerosis will be found. Early treatments to repair the nervous system and to recover lost functions in people with MS will be available and accessible. These advances will be meaningful to the quality of life of people affected by MS. Canada will be the world's premier destination for the training and retention of young MS researchers. Collaboration among researchers will be strengthened and accelerated.

People affected by multiple sclerosis will be fully integrated in all aspects of life. They will have access to client-centred, consistently evaluated, and continuously improved programs and services that will enable them to achieve the highest possible quality of life while living with the daily challenges that MS presents.

There is every reason to be optimistic that the end of MS is within grasp. Research, much of it funded by the MS Society of Canada, is helping scientists unlock the mysteries of MS and develop effective therapies.

The MS Society of Canada receives virtually no government funding. None of their initiatives would be possible without the support of donors, sponsors, event participants, and volunteers all across the country. Ultimately, the goal is to increase the pace of discovery and accelerate progress towards ending MS in the shortest possible time frame and this goal will be achieved with the continued support of Canadians.

-submitted

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Septic regulations threaten Coalmont

by Ole Juul

The forgotten little town of Coalmont is being threatened by

the new provincial septic regulations. We are an old community and his-

torically have had little pressure from the outside, but it looks like we're in trouble now.

Coalmont does not have community water or sewerage. For a hundred years we have enjoyed clean water from our own wells and would not willingly switch to a less healthy chlorinated community system.

New septic regulations allow (so called) green septic systems to be placed much closer to wells than previously. These unsustainable systems are a potential hazard. BC health authorities are helpless in preventing problems because the new regulations allocate that job to 'industry.'

We are worried.

As an old mining town, Coalmont is unique in having been laid out in 25 foot legal lots back in 1911.

Nowadays the common property size is 100 feet or more as recommended by the district, yet those properties are actually composed of four or more small legal lots.

It costs money to amalgamate them so few people have bothered. Despite the district not allowing subdivision, the new septic regulations now open the door for developers to build four or more houses on one property.

One such scheme is already underway. Such development is a potential horror for the local people who could be pushed off their property by rising land prices and taxes.

The worst scenario is that the health hazard created by that many septic systems and wells would result in a government mandated community sewerage system.

That could easily cost an extra \$500 per month which would be impossible for many people here who are older and on fixed incomes.

I am writing this as a Coalmont resident, but I am also the editor of a local newsletter so you can find more on the subject there. <http://www.coco.coalmont.net>.



PSS Student of the Month for March is Dillon Jensen. The grade 10 student was recognized for helping peers, for his positive attitude and for his work ethic. Student of the Month is sponsored by PSS PAC. *

**We're different,
and we like that.**

Similkameen
News Leader

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



Princeton Town Hall News

OPEN HOUSE

The Town of Princeton has completed a draft of the Industrial Park Land Use Plan. The plan sets out the strategy for developing a quality business park where business and light industry can flourish. We invite the public to view and comment on this draft.

Date: April 21, 2009 at 7:00 p.m.
Location: Princeton and District Community Skills Centre 206 Vermilion Avenue
For more information call 250-25-3135

Community Clean-up Initiative

Please join us on *Saturday April 25th at 9:30 am* at the arena parking lot for the Second Annual Community Clean-up Campaign. Volunteers will be sent to clean up the litter from our highways and roads. The town will be supplying garbage bags, gloves, "easy reaches" and reflective vests for participants.

Let's show our community pride!
In conjunction with Pitch in week www.pitch-in.ca

INVITATION TO ATTEND

Join members of Council at the Community Skills Centre (206 Vermilion Avenue) Tuesday April 14 at 7:00pm for an Open House to hear about the Town's strategic direction over the next few years and hear about highlights of the draft 2009 - 2013 Financial Plan. The Open House will be an opportunity for the community to ask questions about Town priorities, initiatives and the future for our community.

**ITS COMING !!!
SATURDAY JULY 18TH**

airshow 2009

PRINCETON REGIONAL AIRPORT

CALL FOR VOLUNTEERS

The Town of Princeton Airport Select Committee is hosting the 2nd Annual Princeton Air Show on Saturday July 18, 2009. We would like to invite individuals or groups to volunteer at this spectacular event. Volunteers are needed for the following areas; food services, children's area, front gate, grounds cleaning, crowd control & information, parking, set up & clean up of site and more. Volunteers can contact Nadine at 250-295-6067 or email at recreation@princeton.ca to sign up or to find out more.

We also invite static displays, vendors, artists or groups to submit their proposal to participate at the Princeton Air Show to Town Hall.

TAKE THE HEALTHY LIVING CHALLENGE AT WWW.ACTNOWBC.CA

Tell the world how individuals and organizations in your community are making a difference in supporting sport, healthy living, sustainable development and the Olympic Games spirit. Later this year, three B.C. communities will be picked as the gold, silver and bronze GamesTowns and will receive funds to put towards sports or healthy living facility improvements of their choosing. Many other great prizes, including tickets to the Winter Games will be awarded along the way.

EASTER OFFICE CLOSING

Princeton town hall will be closed Friday April 10 and Monday April 13 for the Easter Holiday. We will resume normal hours on Tuesday, April 14.

EMPLOYMENT OPPORTUNITY

POOL STAFF REQUIRED

The Town of Princeton is accepting application for certified Water Safety Swim Instructors and Lifeguards. If you enjoy working with people of all ages, are a strong swimmer and love being outdoors all summer long why not become certified as a Swim Instructor and/or Lifeguard. WSI and Lifeguard Training Courses are available NOW throughout the Interior of BC. Call Carol at 250-295-7085 to learn more or drop off resumes to Town Hall.

SUMMER RECREATION STAFF

Applications are now being accepted for Summer Recreation Staff. Please drop off resume at Town Hall or call Nadine at 250-295-6067 to learn more.

Princeton is featured on www.PictureBC.ca.
Check it out

TOWN OF PRINCETON
AND REGIONAL DISTRICT AREA "H"
FREE LANDFILL DAYS

FREE DUMPING is being offered once again at the LANDFILL on APRIL 25 & 26, 2009 for Town of Princeton and Regional District Okanagan Similkameen Area "H" residents only.

Free Dumping is an opportunity to drop off trash items that are regularly charged a fee such as:

Home renovation materials
(i.e. floor coverings, drywall, roofing, etc.)

Refrigerators
Air conditioners
Televisions
Old furniture, etc.



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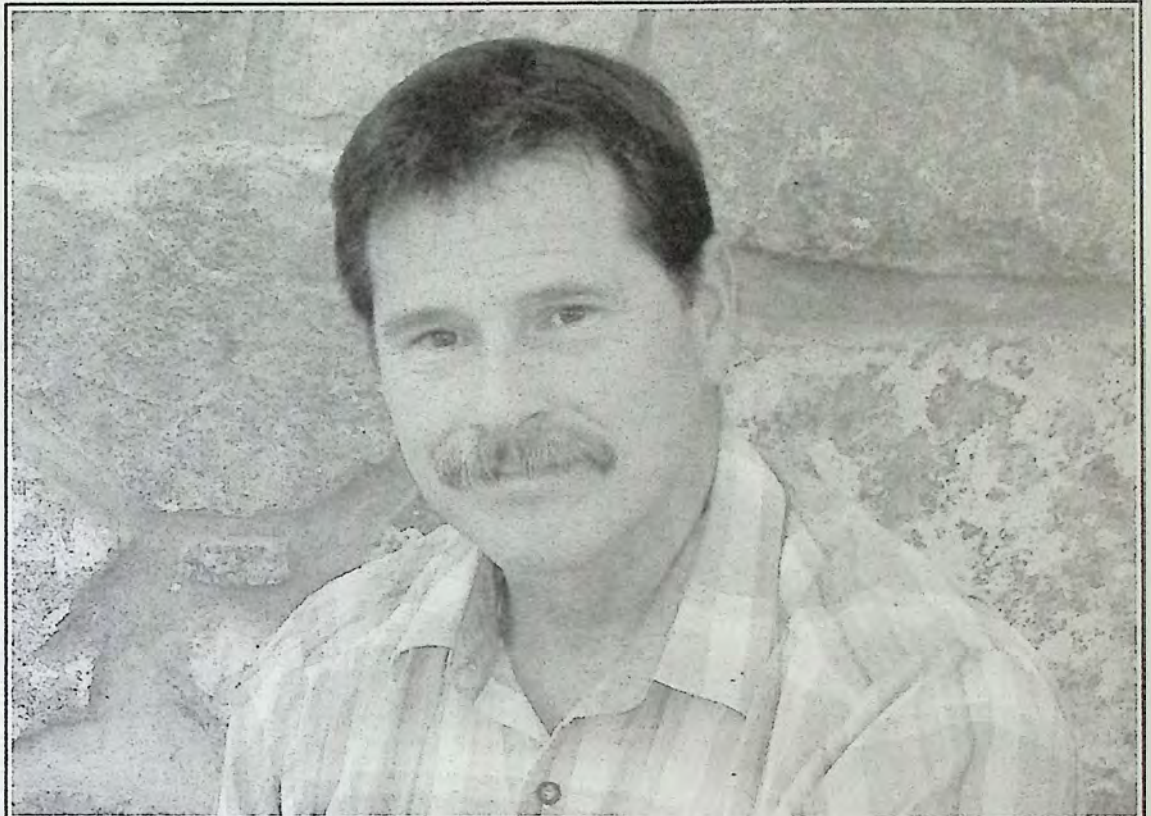
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NAME OUR MARMOT MASCOT CONTEST



WATCH FOR DETAILS COMING SOON ON HOW YOU CAN ENTER TO WIN!

Keremeos News



Bob Grieve, Green Party Candidate for Boundary Similkameen Photo: Linda Grieve

Green Party names Boundary-Similkameen candidate

Members of the Green Party in the new electoral district of Boundary Similkameen have chosen their candidate for the May 12th Provincial General Election.

Bob Grieve of Grand Forks will represent the party in a riding that extends from Hedley to Christina Lake, Kaledan to Osoyoos.

Grieve is 55 years of age and resides just east of Grand Forks with his wife, Linda, of 30 years. The couple have two dogs, three goats and one cat. Their two grown sons live in Edmonton and Toronto.

Grieve grew up on a family farm in Aldergrove raising Aberdeen Angus breeding stock and horses. He graduated from Aldergrove Secondary School in 1971 and moved to the Kootenays in 1973. He attended the Kootenay School of Art from 1973 to 1975 specializing in Graphic Arts.

Grieve's first printing job was for the Grand Forks Gazette in 1975, as a pressman. In the following year he moved to Toronto to attend Ryerson University where he graduated with a Bachelor of Technology in Graphic Arts

Management.

During the summer months he returned to the Boundary to work cutting fence posts and also with the railway as the CPR still ran a schedule through the area.

"Other than one very cold winter as a faller, my working career has been equally divided between Graphic Arts and Education," said Grieve. "And the highlight of my Graphic Arts days was being the Quality Assurance manager for Maclean Hunter Printing in Toronto in 1987."

..... continued on Page 5

Province seeks intervenor status on Shanker's Bend

The B.C. government has filed a request for intervenor status with the Federal Energy Regulatory Commission (FERC) in the United States regarding the proposed Shanker's Bend water storage project.

Environment Minister Barry Penner, on behalf of the B.C. government, is seeking to have the Province added as a party to any future proceedings concerning the proposed Shanker's Bend development, when and if those proceedings take place, to express B.C.'s position on the proposed options.

A preliminary permit was issued by FERC on December 18, 2008 to allow the study of three proposals for the construction of a water storage and hydroelectric dam at Shanker's Bend on the Similkameen River, less than two

kilometres south of the Canada-U.S. border. These include an 80-metre-high dam, a lower height dam and a run-of-the-river project.

The B.C. government supports the responsible use and development of hydropower when such projects are appropriately sited and designed to avoid unacceptable environmental impacts. However, the government opposes construction of the 80-metre-high dam because of the anticipated environmental and community impacts in British Columbia. It has been estimated that the high dam proposal could flood an area covering more than 9,000 acres in British Columbia, including sensitive habitat.

The flooded area would impact First Nations lands southeast of Keremeos, two provincial protected areas, Snowy Protected Area

and South Okanagan Grasslands Protected Area, at least 20 provincially declared blue- and red-listed species, a potential national grasslands park and valuable agricultural land.

The potentially flooded area is home to 16 listed species at risk as defined by the Canadian federal Species at Risk Act. The act prohibits any action that threatens, damages or destroys a threatened or endangered species or its habitat.

In its intervention motion, the B.C. government says the impacts of the high dam on Aboriginal communities in British Columbia must also be considered. The Province has an obligation to consult and accommodate, as appropriate, any potentially affected Aboriginal group who may be

..... continued on Page 5



On Saturday, March 28th in Oliver there was a good turn out of New Democratic Party members to vote on their candidate for the new constituency of Boundary-Similkameen. The party members are happy to introduce Lakhvinder Jhaj, who will represent the New Democratic Party in the next provincial election. Lakhvinder is vibrant and energetic and will make an excellent representative. Offices will be opening in Grand Forks, Oliver and Keremeos. Lakhvinder will be pleased to meet with people for coffee and conversation over the next few weeks and times and places will be announced. - photo submitted

Keremeos performing arts group hosts reception

The feasibility study prepared by Proscenium Architecture and Interiors will be the feature item at a reception at The Keremeos Visitors' Centre on April 16th.

In 2004 Similkameen Performing Arts Centre Enterprise began its long range effort to build a auditorium and theatre on a site provided by School District #53.

The feasibility study was funded largely through a grant from the School Community Connections program of the Union of BC

Municipalities and the BC Ministry of Education.

Along the path to building the facility, SPACE has had the support of local RDOS directors, The Mayor and Council of The Village of Keremeos, the Upper Similkameen Indian Band (USIB) and the Lower Similkameen Indian Band (LSIB), MP Alex Atamanenko and MLA Harry Lali as well as other individuals and organizations in the community.

SPACE is welcoming the community to drop by The Visitors'

Centre on Thursday, April 16th between 5:00 PM and 7:00 PM and enjoy some refreshments, look at the study and ask question of the committee members on hand.

Shanker's Bend

..... continued from Page 4 adversely affected.

Penner noted the Okanagan-Similkameen Regional District is a high-value agricultural area with product sales throughout British Columbia and the world.

Careful consideration and environmental scrutiny are necessary before a decision is made regarding the other two, smaller options being considered.

Penner has already engaged his counterpart in Washington state, the director of the Department of Ecology, about the potential development at Shanker's Bend, to express British Columbia's concerns.

"Simply, if our society is to continue to prosper both economically and socially, in the generations to come, we must foster sustainable policies that prioritize the environment," says Grieve.

"The Green Party is the only political party that has consistently upheld this position." - submitted

Green Party names candidate

..... continued from Page 4 Currently, Grieve teaches Adult Education for School District 51 in Grand Forks where he is also a Teacher on Call.

This is Grieve's first venture into provincial politics and he says he chose to seek the Green Party nomination for good reason.

We're different, and we like that.

Similkameen News Leader

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MLA

PUBLIC TOWN HALL MEETING
7:00 PM - 9:00 PM Thursday, April 9th

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Health / Lifestyle News

Website helps Canadians facing end-of-life concerns

(NC)—"My elderly father was terminally ill but he didn't understand what was wrong with him...he would get depressed...I was searching for answers to try and help him..." - Christine, caregiver

Supporting someone's terminal illness can be one of the most significant experiences of our lives, providing both challenges and some of life's most meaningful moments.

During this complex time, many Canadians simply don't know where

to turn for help.

"Canadians need to know there's a place where they can turn for support and information when a loved one is seriously ill, no matter where they live," says Shelly Cory, Executive Director of the Canadian Virtual Hospice.

"Canadian Virtual Hospice is unique because it provides practical information and support to patients, caregivers and healthcare professionals twenty-four hours a day."

With funding from the Canadian Partnership Against Cancer, Health Canada and the Winnipeg Regional Health Authority, the Canadian Virtual Hospice recently launched an updated and expanded version of its website at www.virtualhospice.ca.

One valuable resource on the website is Ask a Professional, which allows visitors to ask questions online to a team of experts in end of life care and receive a detailed, confidential response.

The team includes physicians, nurses, a social worker and a spiritual care adviser.

Physical, emotional, spiritual and financial issues are explored in detail in the Topics and Asked and Answered sections, with subjects ranging from managing symptoms, to providing care, to making difficult decisions, to communicating with family members and dealing with loss.

"I found Canadian Virtual Hospice and was able to ask a professional about how to speak with my dad about his illness," says Christine, the caregiver whose father was terminally ill.

"The advice I received was invaluable and helped both my dad and me through his final days."

More information as well as local hospice and palliative care resources in your area can be found at www.virtualhospice.ca.

- News Canada

- News Canada

Allergy myths dispelled

(NC)—Think you know everything about seasonal allergies? Here are some popular myths - debunked.

Myth: You can't develop allergies as an adult.

Fact: Allergies are inherited, although they can also develop on their own in later life. A newly introduced allergen can trigger an allergic reaction in an adult that can often be confused with a cold, so it's important to know the difference. Seasonal allergy symptoms occur all at once, while cold symptoms appear one at a time. Another important difference is that colds tend to last up to ten days, while allergic reactions will remain until the allergen is removed.

Myth: Taking one brand of allergy medicine will build up intolerance.

Fact: There is no reason to change allergy medication if you have found one that works. You cannot build up a tolerance to antihistamines like Reactine, which is proven effective in relieving both indoor and outdoor allergy symptoms.

Myth: Hayfever is caused by flowering plants

Fact: Hayfever, also known as sea-

sonal allergic rhinitis, is caused by an allergy to airborne pollen from wind pollinated grass, weed and tree species. The pollen from flowering plants is large and sticky, meaning it does not blow very far and generally does not cause an allergic reaction. When people complain about scented flowers irritating them, it is usually due to a chemical reaction from the perfume rather than pollen.

Myth: Allergies are annoying but are generally harmless to your health.

Fact: If left untreated, allergies can disrupt sleep, learning, and possibly result in chronic respiratory problems like asthma or sinusitis. Non-drowsy antihistamines like Reactine relieve allergy symptoms for a full 24 hours.

Living Past 100

Can't lose weight? Read this!

With obesity identified as North America's #1 health problem, the flood of advertisements for diets is almost overwhelming. There is diet advice everywhere, and anyone wanting to lose weight may not know where to turn.

There was a study done in the United States on the success or failure of several diets. In a sense, all of the diets failed, because those following the diets lost only a few pounds, then levelled off. The initial weight loss was followed by a frustrating plateau which every dieter knows all about. What do you do after you hit the plateau?

The only good thing about the plateau is that, if you stick to the diet, you are not gaining weight. You still want to lose more weight, and you become increasingly frustrated. The study showed what it takes to break through that plateau.

Diets do not work in the long term if you do not exercise. Your body has glands in your fat that will maintain your body weight if at all possible. At the same time, these glands will raid the fat cells for energy if you need it.

The key is to burn more calories. Let's say you are on a diet and limited to 1,200 calories a day, which is pretty strict for an average woman's size. Then you lose 10 pounds, and suddenly you level off. You stay at the plateau for days. What has happened is your body can maintain itself at 1,200 calories a day until you demand more energy.

There is only one way to demand more energy: exercise. You do not necessarily need to do a lot of typical gym exercises. You could wash walls or paint them, clean out all of your closets, move furniture, or dig up your flower beds. What you need to do is demand more energy from your body through physical activity. There is an old saying that goes "if you're not sweating, you're not working". Sweat is a good sign you are burning fat.

There are foods you can eat that help you stay full and supply energy, too. These are protein foods, such as eggs, meat, fish, and if you can tolerate it, soy. These foods turn off your "eat now" switch. Other foods, such as raw vegetables, need a lot of calories just to digest them. These should be part of a balanced diet.

So, stay on your diet, and make a point of working up a sweat once a day every day. You will break through that plateau and keep losing weight.

We're different, and we like that.



Similkameen News Leader

177 BC SCHOOLS CLOSED 10,000 OVERCROWDED CLASSES SPECIAL NEEDS NEGLECTED

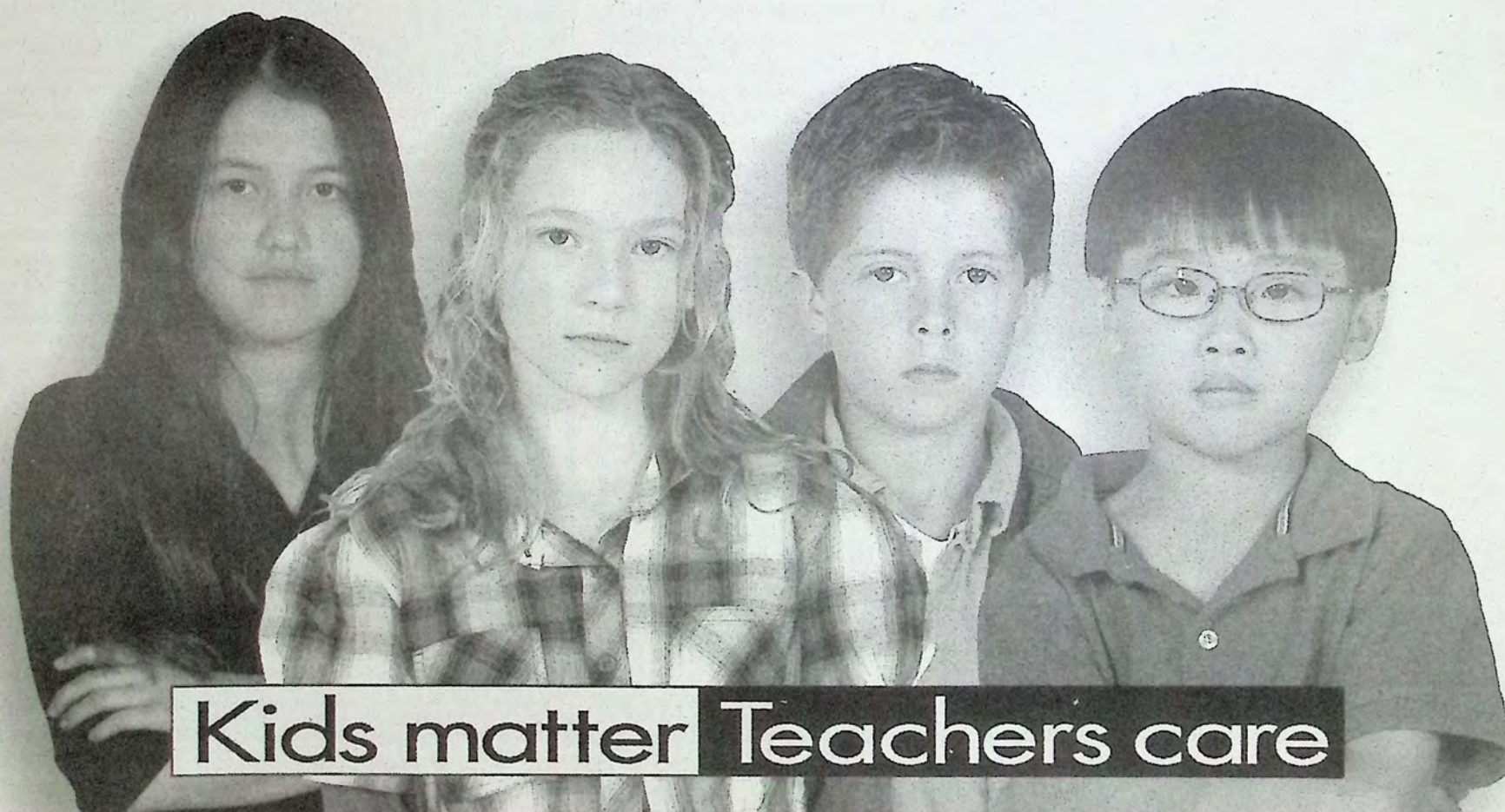
The current provincial government promised to fix class-size problems for BC students and improve support for children with special needs.

But things are worse today. Too many students in our community are still waiting for the support they need.

And this September, students and parents should brace for more cuts because this government's budget failed to make public education a priority.

When will they learn?

On May 12, vote to end the cuts. Vote for a real investment in public education.



Kids matter Teachers care

A message from the Princeton District Teachers' Union
WhenWillTheyLearn.ca

SOCCER

ARE YOU READY TO RUN?

Soccer Registration - Riverside Centre
4:00 - 6:00 PM Wednesday, April 15
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Support your local road rescue crew!

They are local men and women who may be coworkers or part of your social network. They are also people you can depend on when there's trouble on the highway or any location that requires a specialized team of experts to get the job done.

Their official name is Princeton & District Highway Extrication Society, but for most Princeton area residents they are the people who drive the Rescue Truck and appear on the scene to do things BC Ambulance attendants can't such as scale down an embankment to rescue a driver who's gone off the road.

They are often confused with Princeton Ground Search & Rescue who typically are called out to locate missing persons.

The 'Road Rescue Crew' needs to raise some money (which local non-profit group doesn't?) and they have come up with a very creative fundraising idea.

It's called 'Golfspiel' and to the average sports fan a name like that would conjure up thoughts of two different sports: golf and curling.

Golfspiel is set to take place this Saturday, April 11th and according to organizers, response has been pretty good with teams entering the golf portion and some entering the curling portion of the fundraiser.

Golfspiel offers participants the opportunity to play 9 holes of golf (registration fee is \$25.00) or 4-ends of curling (registration fee is \$25.00) or the option of a combo play of both (registration fee is \$40.00).

Golf registrations will be collected Saturday morning starting at 11:00 AM at the Golf Course with a shotgun start for the event at 12 Noon. Curling registration fees will be collected at 1:00 PM at Princeton Curling Club. A dance is also planned for the

evening at the Curling Club starting at 8:00 PM.

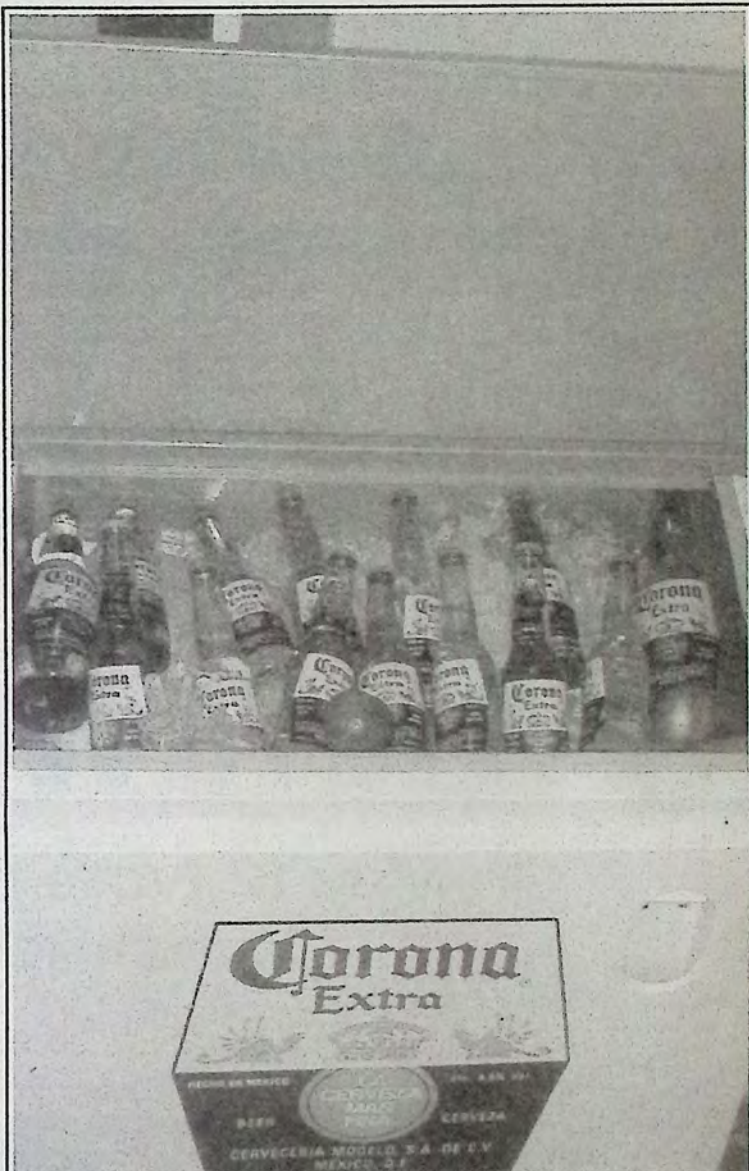
To register for the 'Balls or Stones' fundraiser call (250) 295-1427 or (250) 295-8416.

One of the raffle prizes being featured as part of Golfspiel is a retro Corona Cooler valued at \$400.00 (hint: it'll be filled with a particular brand-named beverage). The cooler has been donated by Molson Breweries and only

those participating in Golfspiel will be eligible to win.

All proceeds collected from the Golfspiel event will go to support Princeton & District Highway Extrication Society.

The group has also partnered with Princeton Rotary Club and will be one of the recipients of funds raised from a golf tournament, scheduled to take place later this year.



This 'retro' Corona Cooler, donated by Molson, is one of the raffle prizes up for grabs as part of the upcoming 'balls or stones' Golfspiel fundraiser in support of Princeton Highway Extrication Society. The cooler is valued at \$400.00. - photo submitted

ELECTIONS BC

ELECTIONS BC NEEDS YOU.

Elections BC is looking for reliable and enthusiastic people to work as election officials on General Voting Day, May 12, 2009. These positions are required to assist voters at voting locations throughout B.C. during the Provincial General Election and Referendum on Electoral Reform.

Most positions are paid \$200 for the day. Previous experience is not required.

If you can provide excellent service to a variety of people during a long day, and you have the ability to be a non-partisan representative of Elections BC, APPLY NOW!

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STONES?

Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

Princeton's Schools



Moving the old Court House to the school grounds, Summer 1930. Photo: Princeton Museum

There is some doubt as to when the first school opened in Princeton. There is evidence that shows there was competition between Princeton and the new Allison town site situated five miles downstream on the Similkameen, as to who should open the first school and thus obtain the Government grant.

In Princeton, there appears also to be some doubt to claims of who the first school teacher was. Sam Spencer is credited by some, starting a school at around the turn of the century; he taught from his own house and lived in the back, whilst classes were held in the living room.

This School was to offset Mrs. Allison's down river operation. The dates can be verified as there is evidence available in the form of a school report dated 1900 from Allison and signed by S. L. Allison.

Without doubt, around 1900, Miss Jessie Murray arrived in the Town to teach, to be followed in 1901 by a Miss Dunlop.

The first register available is dated 1902, by then the teacher was Miss Colina Black, her total registration was eleven pupils - three Gullifords, four Murdochs, one Aldous, two Schislars and one Finlay. She taught in a one room single-gabled building which acted as the core of the school until burning to the ground in 1925. By the end of 1916 the registration had increase to 110 when two additional rooms were built.

According to the register of that

year, on August 25th, Perry Hall was whipped for putting a yellow jacket down Carl Gibson's back!

By 1918 there were four teachers, two more rooms had been added, and total attendance stood at 147. In 1922 a High School was added, thus making five divisions, and Mr. Cornish became the first High School teacher, holding classes in the front hall of the Elementary School. In 1924 Mr. Dyson took over the teaching role in the High School, classes being held in the girls' basement of the Elementary School and later in 1927 in the new High School.

In 1928, two High School Divisions were in operation and five Public School Divisions. In 1931 the old Court House was moved to the School grounds for Primary School use and East Princeton School closed.

Former Princeton teacher Gladys Thomas wrote that when she came to Princeton in 1934 there were three buildings. grades One and Two were in the old Court House, grades Three to Six in the four room Elementary School beside it and Grades Seven to Twelve in the four room High School behind. An addition was built to the High School in 1938 and this contained a Library-Auditorium which was two class rooms with huge folding doors in-between.

She adds "This was hailed as wonderful progress and we put on many a concert with Glee Club and Band here."

During 1950 a new school was

built and several classes had to go on a shift basis. Some came in the morning 8:30 AM until 12:30 PM and some in the afternoon from 12:30 PM until 4:30 PM. This situation took some arranging with the School buses and also with where pupils were meant to keep their books because the desk would only be theirs for a half a day!

The result was the children all had shopping bags where they kept their books at the back of the room. Gladys Thomas writes "I had the morning shift and Miss Garrat had the afternoon. We liked it. It meant I had my afternoons to do what I wanted and she could sleep in the morning."

She sounded disappointed, writing "This arrangement only went on for a month!"

On Tuesday, 12th September, 1950, the Official Opening and Dedication of the new Princeton School Buildings took place in front of a host of guests, including Hon W. T. Straith KC, Minister of Education. The old High School wing was redecorated and refurbished on the inside and the exterior was finished similar to the addition so the whole School stood as a uniform modern structure in one complete unit.

To cope with the growing school population, in the ensuing years there were openings of additional Schools in Princeton, in 1971 Vermillion Forks Elementary, 1972 John Allison Elementary and in 1975 Riverside Elementary, later in continued on Page 24



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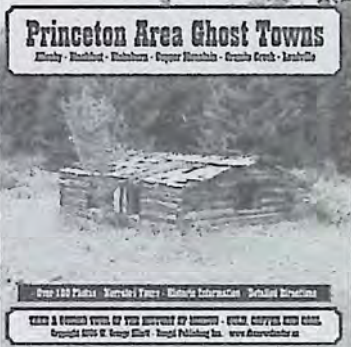
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Carol Suhan FortisBC's PowerSense Manager, left, assists members of Town Council (Councillors Frank Armitage and Marilyn Harkness, Mayor Randy McLean and Councillor Ray Jarvis) decorate the town Christmas tree with new lights from the utility company. Shortly after this photo was taken March 31st a freak storm passed through the region dumping snow in it's wake. *

The Green Corner

Make Every Day 'Earth Day'

by Dawn Johnson

There was a lot of excitement a couple of weeks ago over the third annual Earth Day. The goal of Earth Day was to have people turn off their electric lights for an hour. In places where electricity is provided through burning fossil fuels, such as coal and diesel, this really makes sense in the battle against global warming. In areas where electricity is supplied by dammed water, the goal is conservation, which is a good goal in itself.

We North Americans are gluttons for electricity. We use a lot in our households and in our businesses.

Electricity is "clean" energy, except when it is supplied by burning fossil fuels and by releasing atomic energy. Electric power seemed to be the answer to so many air pollution problems, but we have learned it comes at a price.

We should try to make every day Earth Day by conserving electricity any way we can. The simple way to conserve electrical energy is to turn off lights, not for one hour a year, but whenever we can. Leaving lights burning in office buildings after everyone has gone home makes no sense at all. Even in your own home, turn off every light you are not using. When you leave a room, turn off the light. If there is nobody in a room, the light should be out. When it comes to outdoor lighting, use solar lights as much as possible. They may not work in the dead of winter, but as soon as they get enough sunlight, they are back on the job. They are an inexpensive way to provide lighting outdoors.

Television sets are another form of wasted electricity in most homes. The TV stays on, hour after hour, even when nobody is watching it. Make it a household rule that if nobody is watching television, the set is turned off. The same goes for those home computers. If it is not in

use, turn it off.

If you own a clothes dryer, why not turn it off for the summer months and hang clothes to dry outdoors? The Ontario government is encouraging everyone to do that, to conserve electricity.

In the summer months, do everything you can to keep your house cool so you will not have to use the air conditioner so much. Open all your windows early in the morning, or leave them open all night, to cool off the house. Leave doors and windows closed during the day. Pull heavy drapes shut over your windows during the day. Serve salads and quick-cook meals so cooking does not heat up your house.

Use every trick you can think of to save electricity, and you may notice some savings on your power bill, too. To really make a difference, and move us closer to Every Day is Earth Day, lobby politicians to support the use of government funds to help convert homes to solar power, particularly in those areas of Canada where sunlight is plentiful, such as the prairie provinces and BC Interior. Governments can spend billions of dollars on building dams. They could supply as much electrical energy by using those billions of dollars to convert homes to solar power.

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Similkameen News Leader

Princeton & District Highway Extrication Society's 1st Annual

GOLF SPIEL

BALLS OR STONES FUNDRAISER

Shotgun Start 12 Noon - Saturday, April 11

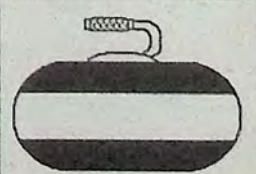
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 GOLF/CURLING COMBO \$40.00





News Leader Entertainment

Similkameen News Leader TV Guide Listings - April 7-13, 2009



Sherri Thomson, centre, is flanked by riding student Kerry Dyson and client Sharon Russell. Thomson was recently presented with the Bobbie Steen Award of Excellence. - photo submitted

Thomson receives award

On Tuesday, March 24th, ProMOTION Plus honoured Sherri Thomson and Amber Zirnelt, this year's Bobbie Steen Award of Excellence recipients at the annual ceremony, held in conjunction with Sport BC President's Awards at the River Rock Casino in Richmond, BC. Congratulations to everyone who was nominated for the phenomenal work that you do for women and girls in sport.

The Career Achievement Award recognizes outstanding role models who have, over the course of their career championed women in sport and physical activity.

2009 CAREER ACHIEVEMENT AWARD: SHERRI THOMSON

Sherri was drawn to the grace and power of horses early in her life. Over the course of her extensive career as an athlete, coach and trainer, Sherri has become a magnet for young female riders and loves to share her knowledge and passion for the sport of Reining with these young competitors. Sherri's phenomenal work ethic makes her an amazing role model who has had a profound impact on the lives of her young protégés. This is evidenced by the love and dedication of her students to

Reining, and by the fact that they spend most of their free time working with Sherri and the horses.

The Development Award of \$1,500 is given to an individual or organization for a new or existing program or for professional development which champions women in sport and physical activity.

2009 DEVELOPMENT AWARD: AMBER ZIRNELT

Amber has been running Girl Power programs for adolescent females since 2002. She has delivered Girl Power workshops in Vancouver and Williams Lake, BC as well as in Edinburgh, Scotland where she studied community planning and recreational management in 2005. The development award will support Amber's goal to create a culturally relevant model of her program for aboriginal women in BC. Once the pilot program is complete, Amber will work with and train young women from the Tseshah First Nation as Girl Power facilitators. With Amber's support, these women will then be able to deliver the program in their own community.

Congratulations Sherri and Amber!

The Bobbie Steen Awards of

Excellence are presented annually by the following partners: BC Games Society, BC Sport and Recreation Branch, Sport BC and ProMOTION Plus. The Bobbie Steen Awards of Excellence were created to recognize outstanding individuals or organizations who demonstrate exemplary leadership in sport and recreation, promoting access and opportunity for girls and women in the province of British Columbia. The next nomination deadline will be February 2010.

The nomination for Thomson appears on Page 12. - submitted

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FINANCIAL FOCUS

Give Your Investment Portfolio A Spring Cleaning

With the arrival of spring, it's time to tidy up your investment portfolio. Here are three financial spring cleaning tips you might want to consider.

Get rid of what you no longer need - When you clean your home thoroughly, you end up disposing of all kinds of things - some of which you may have even forgotten you own. The same principle might apply to some of your investments. Speak with your financial advisor to see if you still have some holdings that are no longer appropriate for you and are best moved from your portfolio.

Trim back your duplicates - If you went through your house carefully, you might be surprised at how many items serve the same purpose. For example, do you really need two toasters? There may be similar redundancies with your investment portfolio. For example, you may have two stocks issued by different companies that sell similar products. Instead, you might find it's much better to exchange one of those for a different company in a different sector to boost your diversification. While diversification cannot guarantee a profit or protect against a loss, it may help reduce the effects of market volatility.

Put things back in order - Many of us tend to have messy closets and storage sheds because over time we've haphazardly tossed item after item into them. There may not be anything that has to be thrown out, but a good clean-up is needed to organize everything properly. Similarly, your portfolio may need a good spring shake-out. For instance, you could have too much of one investment and too little of another. This could mean you are taking on too much risk or, conversely, that your holdings have become too conservative to provide the growth you need. As a result, some important re-balancing could be required to get your relative weightings back in tidy order, especially in light of the market changes we have seen in recent months.

By working with your financial advisor for your portfolio's spring cleaning, you can help make sure your investment holdings are up-to-date, appropriately suited to your needs and well-positioned to help you make progress toward your long-term financial goals.

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Bobbie Steen Award of Excellence recipients Amber Zirnhelt (Development Award) and Princeton's Sherri Thomson (Career Achievement Award) during a ceremony March 24th in Richmond, BC. - photo submitted

Sherri Thomson Nomination and Letter of Support for Bobbie Steen Award of Excellence

Presented by Isabella MacQuarrie

I am pleased and honored to write this letter of support for Sherri Thomson in recognition of her ongoing and continuous dedication to her chosen sport of Reining. I would like to put forth her name for recognition in both a Career Achievement Award, as well as a Program Development Award.

2009 CAREER ACHIEVEMENT AWARD

I first met Sherri about 12 years ago when she was recommended to me as a potential trainer to whom I could take my newly purchased horse. At that time, Sherri was single handedly running a large resort/dude ranch/training facility, and I was amazed to think that this one person was doing everything, from book keeping, to taking out trail rides (often at the spur of the moment), to arranging retreats for groups of people wanting a dude ranch experience, to managing a large herd of dude horses, as well as running her own training program for outside clients!

It was Sherri's influence that focused our interest in breeding and raising horses for the discipline of reining. Over the years, we continued to take our horses to Sherri for training, and watched with enthusiasm as Sherri went on to develop her own business, "Sherri Thomson Training". She quickly moved up the ranks to open level competition with her Quarter Horse "Genuine Jeeps", working along side professional trainers to develop her own skills as well as the talents of her charismatic horse, Jeepsers.

When we first met Sherri, we began to see that she was a magnet for young girls, who always seemed to be hanging around the barn. Sherri always took the time to engage them in whatever was happening, and to whatever extent they

were interested in becoming involved. It seemed that she was a local "baby sitter" too! But in reality, she was much more than that. The girls that "hung around" were increasingly impacted by Sherri's influence. She was a role model for all things that "girls" could accomplish. She was independent, a hard worker-could drive a truck, tractor, or back hoe, fix a fence, doctor a horse, as good as any guy, and didn't ask anyone to work any harder than she herself worked. She had a great depth of knowledge that she didn't push on anyone, but was more than willing to share. She was competitive, but appreciative and supportive of her competition. She had integrity, was tough, but quick to hand out praise where it was merited. Indeed, Sherri was a mentor, as I was to discover, as my own daughter, Casandra, began to spend more and more time in Sherri's company. Sherri's relationship with my daughter continued to grow, and eventually, Casandra was spending all her free time at Sherri's. That included all school breaks-Christmas, Easter, and all of summer vacation. Sherri became a second mom to Casandra and as Casandra's skills developed, Sherri gave her more and more responsibility. She accompanied Sherri on the show circuit, warming up horses, and acting as groom. She also started to show her own horse that Sherri started and trained along with mentoring Casandra in the training process. Casandra and her horse achieved success in their first two years of showing, winning high point awards in the beginner and youth reining classes on the Western Canadian Reining Circuit, and by qualifying for the BC Summer Games. It was because of Sherri's direct influence that Casandra is now in her third year at Olds College pursuing her own career in the horse industry by tak-

ing the highly competitive Equine Science Diploma, with a focus on training and Equine Business.

But it was not only Casandra that Sherri has influenced. I was soon to learn that Casandra was only one in a long succession of girls that Sherri had "taken under her wing" Sherri is now mentoring another young girl, who has replaced Casandra and is following closely in Casandra's footsteps, spending all her extra time at Sherri's and competing in the highly disciplined sport of reining. If one is to go to a reining competition, it is easy to spot Sherri, as she is the one who has a contingent of young girls following after her. Sherri often will incorporate her young protégés into her highly entertaining freestyle reining classes, either on the ground (as she did in her rendition of "The Devil Went Down to Georgia") or on horse back (as when she and Casandra collaborated as "John Travolta" and "Olivia Newton John" in "Grease").

Sherri is a truly amazing woman. She is hugely successful in a field that is traditionally dominated by men, in the upper levels of competition. She is one of the hardest working people you will ever meet. She continues to look to other professionals in her field to hone her craft and has recently traveled to Arizona to work under the direction of Al Dunning, universally recognized as one of the top reining trainers in the world. She also acted as a participant in a Stacy Westfall demonstration in the recent "Mane Event", the premiere equestrian event in Western Canada.

Stacy has won international acclaim for her freestyle bridleless/saddleless reining demonstrations, as well, Sherri continues to develop and expand her own business, taking in client horses for training, conducting clinics, and continued on Page 24

TUESDAY, APRIL 7, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	Curling: 2009 Ford World Men's	Canada AM (N)	Daily Planet	Henry's King	CityLine	Married... Married...	Power Play
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today Dara Torres; Curtis Stone; Rascal Flatts; Jillian Michaels; an anniversary celebration. (N)	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Neutron	Championship -- Canada vs. Switzerland.		What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files		100 Huntley Street		Bo On Go	Pokemon		The Detonators	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Rolie Polie	Fishing	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Soap
10 AM	Trivial	The Mom Show	Sid (10:36)	Sesame Street (E1)		The Price Is Right (N)	CSI: Miami "Burned"	The View	World Vision	Debt Part House	Wilbur	George S.	Augusta Mstrs.	The View	Monster Moves	Mickey Handy	The O.C.	Unsolved Mysteries	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	Dewitt	UEFA	Twice in a Lifetime	Really Big Things	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	GRC	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Mr. Men	Champions League Soccer: Quarterfinal	etalk	Man vs. Wild "Zambia"	(11:49) Weekend	CityLine	CSI: NY	Seinfeld
1 PM	Still Stnd	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	Jacob Erky Perky		Sue Thomas: F.B. Eye	The Detonators	Dragon Emperor	ER "Out of Africa"	CSI: NY	Raymond King
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) K. Possible	News (N)	CSI: NY	King Family Guy
3 PM	Seinfeld	How Do I Look?	(3:01) Zoboofa o (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Sports	Dr. Phil	Destroyed	Replace Emperor	News (N)	CSI: NY	What
4 PM	MLB Baseball: Atlanta Braves at Philadelphia Phillies.	Debt Part	Deal No	George S.	Cyberchas	Judge J.	CSI: Miami "Burned"	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	2009 Ford World Men's Championship -- Canada vs. Norway.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	UFC Unleashed	Vanity Tube Tales
5 PM	Braves at Philadelphia Phillies.	News (N)	Martha (5:35)	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	News (N)	News (N)	How-Made	Suite Life	Friends	UFC Unleashed	Tube Tales
6 PM	(Live)	Global	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News (N)	Drake	SportsCentre (Live)	News (N)	Destroyed	Zoey 101	Rita Rocks	UFC Unleashed (N)	Seinfeld
7 PM	Videos	EI News	Gardens	Nova "Doctors' Diaries"	Jeopardy!	The Doctors	Manhunter	Entertain	Entertain	Make It Right	Coronata	Adrenaline		etalk	Combat School (N)	Wizards	Curb	Deadliest Warrior (N)	Family Guy
8 PM	Family Guy	The Biggest Loser (N)	New York: A Documentary Film (N) (DVS)	Wild! (DVS)	The Biggest Loser (N)	NCIS "Toxic" (N)	Manhunter	It's the Easter Beagle	NCIS "Toxic" (N)	NCIS "Toxic" (N)	Mercer	Malcolm	Sports	American Idol	Daily Planet	Suite Life	News (N)	The Ultimate Fighter	Seinfeld
9 PM	Cheers	Cheers	Frontline (N) (DVS)	The Mentalist (N)	The Mentalist (N)	The First 48	Dancing With the Stars	Make It Right	Project Runway Canada	Project Runway Canada	Ron James	Family Biz	UEFA Champions League	(9:01) Fringe "Inner"	Time Warp	Wizards	Jimmy Kimmel	CSI: NY	Family Guy
10 PM	Friends	Dr. 90210	Movie: "Examined Life" (2008)	Independent Lens (N)	Law & Order: SVU	(10:01) Without a Trace (N)	The First 48	(10:02) Cupid (N)	Project Runway Canada	News Hour Final (N)	National	Falcon Beach	Soccer: Quarterfinal	Law & Order: SVU	Combat School	School	(10:06) Make Me a Supermodel	Deadliest Warrior	Married...
11 PM	Movie: "Critters 4" (1992, Horror)	News (N)	Hardwood	Charlie Rose (N)	News (N)	News (N)	Manhunter	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Disorderly Con.	Raymond

WEDNESDAY, APRIL 8, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	Curling: 2009 Ford World Men's	Canada AM (N)	Daily Planet	Henry's King	CityLine	Married... Married...	Crow-Stairway
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Neutron	Championship -- Canada vs. Finland.		Megaworld "U.S. West"	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files		100 Huntley Street		Bo On Go	Pokemon		How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60 "Spin Dry"	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Rolie Polie	Women's Hockey: 2009 World	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries	Reality
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (E1)		The Price Is Right (N)	CSI: Miami "Kill Switch"	The View	Hospital for Sick Kids	Debt Part House	Wilbur	George S.	Championship (Live)	The View	Destroyed	Mickey Handy	The O.C. "The Journey"	Unsolved Mysteries	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Dinner	Dewitt	UEFA	Twice in a Lifetime	Mayday "Blow Out"	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Trainer	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	2009 Ford World Men's Championship -- Canada vs. United States.	etalk	Super Ships "Top Ten"	(11:49) Weekend	CityLine	CSI: NY "Cold Reveal"	Seinfeld
1 PM	Still Stnd	Home to Parents	Maggie Daniel	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky		Sue Thomas: F.B. Eye	Combat School	Dragon Emperor	ER "The Greater Good"	CSI: NY	Raymond
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Golf: The Masters -- Par 3	General Hospital (N)	MythBusters Whirlpools.	(1:54) K. Possible	News (N)	CSI: NY "Snow Day"	Family Guy
3 PM	Seinfeld	The Big Party Plan-Off	(3:01) Zoboofa o "Creature Neighbors"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	Deal No	George S.	Cyberchas	Judge J.	CSI: Miami "Kill Switch"	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	NHL Hockey: Buffalo Sabres at Toronto Maple Leafs.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Sen	Vanity Ad Pers
5 PM	Movie: "The Matrix" (1999)	News (N)	Martha (5:35)	BBC News	News (N)	News (N)	Dog	News	News (N)	(4:59) News (N)	Simpsons	OddParent	News (N)	News (N)	Dirty Jobs	Suite Life	Scrubs (N)	CSI: Crime Sen	Ad Pers
6 PM	Keanu Reeves.	Global	Think Big	News-Lehrer	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	ET Canada	News (N)	Drake	Maple Leafs	News (N)	Deadliest Catch	Zoey 101	Nip/Tuck "Budi Sabri"	UFC Unleashed (N)	Seinfeld
7 PM	Seinfeld	EI News	Great Canadian Parks	JM Cousteau: Ocean	Jeopardy!	The Doctors	Dog Extern	Entertain	Entertain	Make It Right	Coronata	In Real	SportsCentre (Live)	etalk	Mayday	Wizards	Murdoch Mysteries (N)	The Ultimate Fighter (N)	Family Guy
8 PM	Family Guy	Knight Rider	Man Made Marvels (N)	American Masters (N)	Law Order: CI	Christine	Extern	Scrubs (N)	Lie to Me (N)	Lie to Me (N)	Just for Laughs 25th Anniversary	Malcolm	UEFA	Criminal Minds (N)	Daily Planet	Suite Life	News (N)	Deadliest Warrior	Seinfeld
9 PM	Movie: "The Matrix" (1999)	J. Dickinson	Ode to a Requiem		Life (N)	Criminal Minds (N)	Dog	Lost "Dead Is Dead"	Make It Right	(9:02) The Unusuals "Pilot"	Karaoke Star Junior	Champions League Soccer: Quarterfinal	American Idol	MythBusters Whirlpools.	Wizards	Life Derek	(9:06) Jimmy Kimmel	CSI: NY "Cold Reveal"	Family Guy
10 PM	Keanu Reeves.	Run Heels	Partia White	Betty Ford-Real	Law & Order	CSI: NY "Prey" (N)	Dog the Bounty Hunter	(10:02) The Unusuals "Pilot"	(10:02) The Unusuals "Pilot"	News Hour Final (N)	National	Falcon Beach	Quarterfinal	CSI: NY "Prey" (N)	Dirty Jobs	School	(10:06) I Love New York	The Ultimate Fighter	Married...
11 PM	Montel W.	News (N)	Montreal Jazz	Charlie Rose (N)	News (N)	News (N)	Dog	News	News (N)	ET Canada	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Mayday	Suite Life	Judge	Disorderly Con.	Raymond

Similkameen News Leader - Horoscopes

April 8 - 15, 2009

Aries - Your focus shifts to a desire to spend, but this is not in your best interest if you rack up debt. Nobody will pay your bills but you. Enjoy groups of friends, plan for future.

Taurus - Suddenly, you feel better. You are happier, but you may feel lazy. Your health is improving, your energy will begin to climb. It is time to improve your appearance. Enjoy life.

Gemini - Career still keeps you hopping, and there may be problems with older folks. Crisis could occur. Stay on your toes this week. Health is good: you make a good impression.

Cancer - Watch out for unexpected problems with travel this week, or with something you need to learn. Students should study well. Focus on achieving plans, making career a priority.

Leo - Something unexpected crops up in regard to debt, mortgage, insurance, investment. Review these matters before end of week. Try to make your budget bomb-proof.

Virgo - Friend, partner, or somebody you consult can surprise you by words or actions. Watch out for others bringing conflict to you. Focus on job, health. Positive information re money.

Libra - Crisis at job site could upset your life this week. Check everywhere for safety problems as week starts. Partner or friend can help you. Take chance on prize money.

Scorpio - Beware of sports injury this week, and/or problems with young people. Creative projects can have unexpected results, or just be unusually innovative. Plans go awry now.

Sagittarius - Check your home for possible safety hazards, remove any fire hazards. There is likely to be some kind of trouble at home or with real property you own. Be alert!

Capricorn - Sibling may give you big surprise or have crisis. Drive very carefully after weekend until following weekend. You may have vehicle problems or problems in neighborhood.

Aquarius - You may have financial problems this week as a result of equipment breakdown, or as a result of not sticking to budget. Talk about situation with sibling or neighbour.

Pisces - Be very cautious now, as you are strung too tight. You could have an accident due to a spirit of rebellion or a need for excitement. Get rid of excess energy by hard physical work.

Similkameen News Leader - Recipe Corner

Recipe #266

Honey Ginger Grilled Salmon

(NC)—Honey and ginger provide a sweet and spicy flavour combination for salmon. The marinade is just as delicious on boneless skinless chicken breast halves.

Ingredients

- 1/3 cup (75 mL) orange juice
- 1/3 cup (75 mL) soy sauce
- 1/4 cup (50 mL) Billy Bee honey
- 1 teaspoon (5 mL) ground ginger
- 1 teaspoon garlic powder (5 mL)
- 1 green onion, chopped
- 1 1/2 pounds (750 g) salmon fillets

Directions

1. Mix all ingredients, except salmon, in small bowl. Place salmon in large resealable plastic bag or glass dish. Add marinade; turn to coat well.
2. Refrigerate 15 minutes or longer for extra flavour. Remove salmon from marinade. Discard any remaining marinade.
3. Grill over medium-high heat 6 to 8 minutes per side or until fish flakes easily with a fork.

Makes 4 servings. Prep Time: 5 minutes Refrigerate Time: 15 minutes Cook Time: 16 minutes

- News Canada

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Tuesday Movies

EVENING

10:00 pm KNOW (5) "Examined Life" (2008, Documentary) Premiere. Some of today's most-influential thinkers discuss their thoughts.

10:30 pm WTBS (3) ★★ "Critters 4" (1992, Horror) Don Opper. Space salvagers find an earthman in suspended animation, sharing a pod with alien eggs.

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Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (G)

EVENING

9:00 pm WTBS (3) ★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (G)

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Thursday Movies

EVENING

7:00 pm WTBS (3) ★★½ "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a

bizarre 24 hours in New York City. 10:30 pm WTBS (3) ★★½ "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City.

Friday Movies

AFTERNOON

12:45 pm FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (G)

EVENING

7:00 pm YTV (18) "Lovewrecked" (2006, Adventure) Amanda Bynes. Premiere. After saving the life of her favorite rock star, a teenager takes him to a nearby island and tells him that they are castaways. (In Stereo) (G)

7:30 pm FAM (26) "Camp Rock" (2008, Musical Comedy) Joe Jonas. Premiere. A talented singer works in the kitchen at a summer camp for aspiring musicians. (G)

9:05 pm FAM (26) ★★ "Smart House" (1999, Comedy) Jessica Steen. A boy tries to stop his father from dating by programming their

computerized house to be a surrogate mother. (G)

9:30 pm WTBS (3) ★½ "Lucky Numbers" (2000, Comedy) John Travolta. A TV-weatherman in financial trouble teams with his girlfriend to rig the state lottery. (G)

10:00 pm KNOW (5) ★★ "Grey Gardens" (1975, Documentary) Edith Bouvier Beale. Former socialites Edith Bouvier Beale and daughter Edie, 56, become recluses in a decrepit New York mansion. (G) 10:30 pm FAM (26) ★★ "My Favorite Martian" (1999, Comedy) Christopher Lloyd. A befuddled martian crash-lands on Earth, assumes human form and befriends a TV-news producer. (G)

11:00 pm SPIKE (44) ★★ "The Big Bounce" (2004, Comedy-Drama) Owen Wilson. A seductive woman asks a drifter who works for a judge to help her double-cross a shady developer. (In Stereo)

THURSDAY, APRIL 9, 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)	(6:12) George S.	Thomas Lions	News (N)	News (N)	Cold Case Files	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Monster	Curling: 2009 Ford World Men's Championsh p -- Canada vs. Denmark.	Canada AM (N)	Daily Planet (N)	Henrys King	CityLine	Married... Married...	Traders
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Talking to the doctor; Bob Barker; Easter cook- ing; back-to- basics clean- ing. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Razzberry Animal	Neutron Kid vs. Kat			Megabuild- ers	(6:55) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:55) Hi-5 Bus	Curious Sid			Cold Case Files		100 Huntley Street		Bo On Go Bustown	Pokemon Viva Pinata			Combat School	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud Fam. Feud	Three Takes (N)	Berenstain Clifford	Super Why! Clifford		The 700 Club	The First 48 (N)	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Rolie Polie Timothy	Score Golf Spirit Golf	Regis and Kelly	Daily Planet (N)	Feet Tigger	News (N) City	Unsolved Mysteries	Make What
10 AM	Trivial Trivial	The Mom Show	Sid (10:30)	Sesame Street (El)		The Price Is Right (N)	The First 48 (N)	The View (N)	World Vision	Debt Part House	Wilbur Doodlebob	George S. Berenstain	Augusta Mstrs.	The View (N)	Dirty Jobs (N)	Mickey Handy	The O.C. (N)	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Cold Case Files	Paid Prog. Paid Prog.	World Vision	(10:59) News (N)	Dinner Antiques	Dewitt Willa	Augusta Mstrs.	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Grace Videos
12 PM	Fresh Pr. Fresh Pr.	Chef Design U	(12:01) (12:39)	Charlie Rose	Paid Prog. Paid Prog.	News (N) Bold	Cold Case Files	All My Children (N)	News (N)	Days of our Lives (N)	News (N) CBC News	Mr. Men George S.	Masters Golf	etalk Bold	Mayday (N)	(11:49) Weekend	CityLine	CSI: NY "The Deep"	Seinfeld Seinfeld
1 PM	Still Stud Still Stud	Home to Parents	Maggie Daniel	Painting Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Golf: The Masters -- First Round.	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER "Death and Taxes"	CSI: NY	Raymond Just Shoot
2 PM	King King	Guiding Light (N)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors (N)	Steven and Chris	Viva Pinata Ruby	From Augusta National	General Hospital (N)	MythBuster (N)	(1:54) K. Possible	News (N)	CSI: NY "Time's Up"	Just Shoot Family Guy
3 PM	Seinfeld Friends	Clean Clean	(3:01) Zoboomafo "Fast & Slow"	Big World WordGirl	Judge Judge	Dr. Phil	The First 48 (N)	Rachael Ray	The Doctors (N)	Young and the Restless	Living Food	Grossology Pokemon	Golf Club in Augusta, Ga. (N)	Dr. Phil	How-Made How-Made	Replace Emperor	News (N)	CSI: NY	What What
4 PM	Payne Payne	Debt Part Deal No	George S. Cyberchas	Fetch! Ruff Judge J.	Judge J. Judge J.	Oprah Winfrey	The First 48 (N)	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. 22 Minutes	SpongeBob OddParent	Curling: 2009 Ford World Men's Championsh p -- Canada vs. Scotland.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Vanity Inside Hollywood Seinfeld
5 PM	Friends Friends	News (N) (N)	Martha (5:35) Business	BBC News NBC News	News (N) NBC News	News (N) CBS News	The First 48 (N)	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	News (N) StephenHa wk	News (N) StephenHa wk	Suite Life Montana	Mother Parks	CSI: Crime Scn	Seinfeld	
6 PM	Friends Friends	Global News	Creatures Animals	News- Lehrer	News Millionaire	News (N) Hollywood	The First 48 (N)	News News	News (N) Entertain	ET Canada Entertain	News (N) Drake iCarly	Drake iCarly	News (N) StephenHa wk	News (N) StephenHa wk	Life Derek (6:31) 30	TNA Wrestling (N)	Seinfeld Raymond		
7 PM	Movie: "The Out-of- Townners" (1999, Comedy)	El News The Insider	Eden Big Ideas	NW Profil Coming	Jeopardy! Fortune	The Doctors (N)	The Beast (N)	Entertain The Insider	Entertain ET Canada	Harper's Island "Whap"	Coronatn Jeopardy!	Jackson H2O Just	SportsCentr e (Live)	Hollywood Law & Order: SVU	Daily Planet (N)	Suite Life Buzz	News (N) (8:35) News	Ways Die Ways Die	Seinfeld Seinfeld
8 PM	Family Guy Family Guy	Gay Wedding	Broadway: Musical	MI-5 "Traitor's Gate"	The Office (9:31) 30	CSI: Crime Scn	The First 48 (N)	Grey's Anatomy (N)	The Office Kink	The Office Kink	Happen	In Real Life (N)	CSI: Crime Scn	Deadliest Catch	Wizards Life Derek	(9:06) Jimmy Kimmel	MANswers Game	Just Shoot Just Shoot	
9 PM	Seinfeld Movie: "The Out-of- Townners" (1999)	Party Monsters: Cabo	Genius, Photo.	Artists Den "Pilot" (N)	Southland "Pilot" (N)	(10:01) Harper's Island	The First 48 (N)	(10:02) Private Practice	(10:01) Harper's Island	News Hour Final (N)	National Falcon Beach	Falcon Beach	Southland "Pilot" (N)	StephenHa wk Cory	School Cory	(10:06) The Flavor of Love	MANswers Married...	Just Shoot Married...	
11 PM	News (N) (1999)	News (N)	The Lord of the Brush	Charlie Rose (N)	News (N) Tonight	News (N) Golf	The Beast (N)	News (11:35)	News (N) ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentr e (Live)	News (N) StephenHa wk	Suite Life Life Derek	News (N)	MXC MXC	Just Shoot Just Shoot		

FRIDAY, APRIL 10, 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)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos (N)	News	(5:30) News (N)	Diva on a Dime	Poko Doodlebob	Being Ian Monster	SportsCentr e	Canada AM (N)	Daily Planet (N)	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 Nancy O'Dell;	The Early Show (N)	American Justice "Vegas and the Mob"	Good Morning America (N)		Tweens-Fast	Turbo Animal	Neutron Pretty Cure	SportsCentr e		Mayday	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby Cosby	Ad Pers What	(7:55) Hi-5 Bus	Curious Sid	Today's Fashion; real estate; home				100 Huntley Street		Bo On Go Bustown	Pokemon Viva Pinata	SportsCentr e		MythBuster s Ninjas.	Weekend K. Possible	Rachael Ray	Unsolved Mysteries	North of 60 "The Gift"
9 AM	Fam. Feud Fam. Feud	Three Takes (N)	Berenstain Clifford	Super Why! Clifford	decor; Easter cooking; Jason	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Rolie Polie Timothy	Women's Hockey: 2009 World Championsh p (Live)	Regis and Kelly	Daily Planet (N)	Feet Tigger	News (N) City	Unsolved Mysteries	Tube Tales What
10 AM	Trivial Trivial	The Mom Show	Noonbory (10:30)	Sesame Street (El)	Aldean. (N)	The Price Is Right (N)	CSI: Miami (N)	The View (N)	Hospital for Sick Kids	Debt Part House	Wilbur Doodlebob	George S. Berenstain	The View (N)	The View (N)	Naked Science	Mickey Handy	The O.C. (N)	Unsolved Mysteries	What Family Guy
11 AM	Harvey Harvey	One House Guys	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Hip Abs	World Vision	(10:59) Til Debt Do Us Part	Dinner Antiques	Dewitt Willa	Motoring	Twice in a Lifetime	Super Ships (N)	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Family Guy Family Guy
12 PM	Fresh Pr. Fresh Pr.	Eat, Shrink Design U	(12:01) (12:39)	Charlie Rose	Gibbons Paid Prog.	News (N) Bold	The Sopranos (N)	All My Children (N)	News (N)	Days of our Lives (N)	CBC News TBA	Being Ian George S.	Masters Golf	etalk Bold	StephenHa wk	K. Possible (12:45)	CityLine	CSI: NY "Boo"	Family Guy Family Guy
1 PM	Still Stud Still Stud	Home to Parents	Maggie Daniel	Painting Beads Bbl	Days of our Lives (N)	As the World Turns (N)	American Justice "Vegas and the Mob"	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Here Comes Peter Cottontail	Golf: The Masters -- Second Round. From Augusta National	Sue Thomas: F.B.Eye	StephenHa wk	Movie: "Dadnapped (2009)	ER "Freefall"	CSI: NY	Family Guy Family Guy
2 PM	King King	Guiding Light (N)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	The Mob" (N)	General Hospital (N)	Young and the Restless	The Doctors (N)	Steven and Chris	Ruby	From Augusta National	General Hospital (N)	MythBuster s Ninjas.	Wizards Wizards	News (N) (N)	CSI: NY "Buzzkill"	Family Guy Family Guy
3 PM	Seinfeld Friends	Clean House	(3:01) Zoboomafo "Scary- looking ani- mal"	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors (N)	Young and the Restless	Living Food	Grossology Pretty Cure	Golf Club in Augusta, Ga. (N)	Dr. Phil	How-Made How-Made	Wizards Wizards	News (N) (N)	CSI: NY	Family Guy Family Guy
4 PM	Payne MLB	Debt Part Deal No	George S. Cyberchas	Biz Kid\$ Judge J.	Oprah Winfrey	CSI: Miami (N)	Deal No Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Air Farce	SpongeBob Mighty B	Curling: 2009 Ford World Men's Championsh p Page Playoffs. (Live)	Ellen DeGeneres Show	Daily Planet (N)	Wizards Wizards	Law & Order: SVU	CSI: Crime Scn	Family Guy Family Guy	
5 PM	Baseball: Washington Nationals at Atlanta Braves. (Live)	News (N) (N)	Martha (5:35) Business	BBC News NBC News	News (N) NBC News	News (N) CBS News	CSI: Miami (N)	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	News (N) iCarly	News (N) Man vs. Wild	Sonny Sonny	Mantracker (DVS)	CSI: Crime Scn	Family Guy Family Guy	
6 PM	Family Guy Family Guy	Friday Night Lights (N)	Life Begins (N)	NOW Served	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami (N)	Supernanny (N)	(9:01) Dollhouse (N) (PA)	(9:01) Dollhouse (N) (PA)	fifth estate Prank Ptrl	Prank Ptrl Prank Ptrl	Golf: The Masters -- Second Round.	Flashpoint (N)	Man vs. Wild	(9:05) Movie: "Smart House"	(9:05) Jimmy Kimmel	World's Most Shocking	Family Guy Family Guy
7 PM	Seinfeld Family Guy	Are You Smarter	Poirot (N) (N)	Bill Moyers Journal (N)	Howie Do Howie Do	Ghost Whisperer (N)	Criminal Minds "Doubt"	Wife Swap (N)	Howie Do Howie Do	Howie Do Howie Do	Marketple	Amanda Bynes.	Golf: The Masters -- Second Round.	Ghost Whisperer (N)	Daily Planet (N)	Movie: "Camp Rock" (2008)	(8:35) News	Shocking Moments	Family Guy Family Guy
8 PM	Family Guy Family Guy	Friday Night Lights (N)	Life Begins (N)	NOW Served	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami (N)	Supernanny (N)	(9:01) Dollhouse (N) (PA)	(9:01) Dollhouse (N) (PA)	fifth estate Prank Ptrl	Prank Ptrl Prank Ptrl	Golf: The Masters -- Second Round.	Flashpoint (N)	Man vs. Wild	(9:05) Movie: "Smart House"	(9:05) Jimmy Kimmel	World's Most Shocking	Family Guy Family Guy
9 PM	Movie: "Lucky Numbers" (2000) John Travolta.	News (N) (N)	Movie: "Grey Gardens" (1975)	Austin City Limits	News (N) Tonight	News (N) Golf	CSI: Miami (N)	News (11:35)	News (N) ET Canada	(11:03) ECW (N)	The Hour (N)	Mystery Ghost	SportsCentr e (Live)	News (N) StephenHa wk	Forensic Factor	Movie: "My Favorite Martian" (1999)	Judge News	"The Big Bounce"	Family Guy 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 #181 - Rated Easy

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

CHALLENGE #182 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

Saturday Movies

MORNING

- 9:00 am WTBS (3) ★★½ "Freaky Friday" (1977, Comedy) Barbara Harris. A sloppy teenager and her overworked mother magically trade personalities for a day.
- 10:30 am A&E (9) ★★½ "Tombstone" (1993, Western) Kurt Russell. Doc Holliday joins Wyatt Earp and his brothers for an OK Corral showdown with the Clanton gang.
- 11:00 am WTBS (3) ★★ "Man of the House" (2005, Comedy) Tommy Lee Jones. A taciturn Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who witnessed a murder.
- 12:00 pm FAM (26) "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past.
- 1:00 pm A&E (9) ★★½ "Wyatt Earp" (1994, Biography) Kevin Costner. The portrait traces him from Southern boy to Western lawman defending boomtowns with his brothers and Doc Holliday.
- 1:30 pm FAM (26) ★★ "Full-Court Miracle" (2003, Drama) Alex D. Linz. Jewish schoolboys convince a former college-basketball player to coach their winless team.
- 4:00 pm YTV (18) ★★ "Doogal" (2005, Adventure) Voices of Daniel

AFTERNOON

- Tay. Animated. A youngster and her animal friends must stop an evil wizard from creating another ice age. Based on the cult TV series "The Magic Roundabout." (In Stereo)
- 5:00 pm A&E (9) ★★½ "Independence Day" (1996, Science Fiction) Will Smith. Premiere. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities.
- 6:00 pm CITY (29) "Framed for Murder" (2007, Drama) Elisa Donovan. Wrongfully imprisoned, a woman gets out of jail after seven years and faces a new threat from her sister. (DVS)
- 7:00 pm KXLY (10) ★★½ "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Moses leads an exodus from Egypt to the Promised Land, complete with parting of the Red Sea. (In Stereo)
- 8:00 pm WTBS (3) ★★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills.
- CHBC (4) "A Daughter's Conviction" (2006, Mystery) Brooke Nevin. The only person who believes a woman is innocent of murder is the daughter, and she turns amateur sleuth to clear her mother's name.

- 6:00 pm CITY (29) "Framed for Murder" (2007, Drama) Elisa Donovan. Wrongfully imprisoned, a woman gets out of jail after seven years and faces a new threat from her sister. (DVS)
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EVENING

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- 7:00 pm KXLY (10) ★★½ "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Moses leads an exodus from Egypt to the Promised Land, complete with parting of the Red Sea. (In Stereo)
- 8:00 pm WTBS (3) ★★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills.
- CHBC (4) "A Daughter's Conviction" (2006, Mystery) Brooke Nevin. The only person who believes a woman is innocent of murder is the daughter, and she turns amateur sleuth to clear her mother's name.

- KSPS (6) ★★½ "Hotel Rwanda" (2004, Drama) Don Cheadle. Paul Rusesabagina saves more than 1,200 Tutsi refugees from genocide by hiding them at his posh hotel in Rwanda's capital city. (In Stereo)
- YTV (18) ★★½ "The Karate Kid, Part Two" (1986, Action) Ralph Macchio. Mr. Miyagi returns to Okinawa with his karate student and meets an old foe's challenge to a duel. (In Stereo)
- 9:00 pm A&E (9) ★★½ "Independence Day" (1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities.
- FAM (26) ★★½ "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it.
- 10:44 pm FAM (26) ★★½ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet.
- 10:45 pm WTBS (3) ★★½ "A Night at the Roxbury" (1998, Comedy) Will Ferrell. Desperate to meet women and open their own dance club, brainless brothers Steve and Doug Butabi cruise Beverly Hills.

Sunday Movies

MORNING

- 9:00 am WTBS (3) ★★ "Man of the House" (2005, Comedy) Tommy Lee Jones. A taciturn Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who witnessed a murder.
- A&E (9) ★★½ "Wyatt Earp" (1994, Biography) Kevin Costner. The portrait traces him from Southern boy to Western lawman defending boomtowns with his brothers and Doc Holliday.
- 11:00 am WTBS (3) ★★½ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance.

AFTERNOON

- 12:00 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger.
- 1:00 pm WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970.
- 1:30 pm FAM (26) "Roxy Hunter and the Secret of the Shaman" (2008, Mystery) Aria Wallace. A girl believes the town's old vagrant is a shaman in disguise.
- 3:00 pm WTBS (3) ★★ "The

- Perfect Man" (2005, Romance-Comedy) Hilary Duff. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship.
- VTV (22) ★★ "Murder in the Hamptons" (2005, Docudrama) Poppy Montgomery. Amid a bitter split from his wife, multimillionaire Ted Ammon is found dead at his East Hampton estate. (In Stereo)
- 4:00 pm YTV (18) "Here Comes Peter Cottontail" (1971, Musical) Voice of Casey Kasem. Animated. Peter Cottontails is named the new Chief Easter Bunny but loses a contest to the evil January Q. Irontail who wants to ruin Easter. With the help of a time machine Peter sets out to make up for his mistake and save Easter from January. (In Stereo)
- 5:00 pm WTBS (3) ★★½ "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights.
- CBC (13) ★★½ "Rookie of the Year" (1993, Comedy) Thomas Ian Nicholas. A boy lands a job with the Chicago Cubs after an arm injury leaves him with major-league pitching talent.
- EVENING
- 6:00 pm YTV (18) ★★½ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene

- Wilder. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory. (In Stereo)
- 7:00 pm WTBS (3) ★★½ "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights.
- 9:00 pm WTBS (3) ★★ "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship.
- CBC (13) "Diamonds" (2009, Drama) (Part 2 of 2) James Purefoy. The African diamond trade affects the lives of a ruthless businessman, his father, a U.S. senator, a model and an orphan. (In Stereo)
- FAM (26) ★★ "Only You" (1994, Romance-Comedy) Marisa Tomei. A Pittsburgh teacher leaves her fiancé for Italy in pursuit of a man with the name of her soul mate.
- 10:48 pm FAM (26) ★★½ "The Mighty" (1998, Drama) Sharon Stone. Friendship develops as a physically handicapped youngster teaches a fellow outcast how to read.
- 11:00 pm SPIKE (44) ★★ "Christine" (1983, Horror) Keith Gordon. Premiere. When a gawky teen restores a 1958 Plymouth Fury, the car takes on a life of its own and begins terrorizing those in its way. (In Stereo)

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Similkameen News Leader

SATURDAY, APRIL 11, 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	Curling: 2009 Ford World Men's	OWL/TV	Austin Stevens	Overdrive	About You	TNA	Soap		
:30	Paid Prog.	Powerboat		Fly Tying			Sell House	Paid Prog.	Fishing	Fishn	Busytown	Grossology	Kingdom		Rangers	Dharti	Wrestling	Paid Prog.			
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek	News (N)	Cake	Sell House	Good Morning America	News (N)	News (N)	Turbo	Pretty Cure	Championship Page Playoffs	Katie-Orbie	Man vs. Wild	(7:04)	Eye on Asia		Raymond		
:30	Paid Prog.	Big Coast	Clifford	Field Guide		Horseland	Sell House				Animal	Rollbots	From Moncton, N.B.	Anne Grn	Wild	Montana		Raymond			
8 AM	Videos	Foodies	George S.	Woodsmlth		Dino	Flip This House	Emperor			Razzberry	SpongeBob	Playoffs	Kids	Megabuilders	Suite Life	Polish Studio	Hrsepwer	Raymond		
:30	Videos	Driving TV	Bus	Hometime		Sushi Pack	House	Replace			Goldfish	Kid vs. Kat	Moncton, N.B.	Luxury	Zoey 101		MuscleCar	Raymond			
9 AM	Movie: "Freaky Friday" (1977)	Paid Prog.	(9:03)	Workshop		Strawberry	Flip This House	So Raven		Driving TV	Bold Presents (N)	SpongeBob	From Moncton, N.B.	Luxury	How-Made	Cory	Biography	Trucks! (N)	Raymond		
:30	Barbara Harris	Paid Prog.	Upside	Old House		Care Bears	House	So Raven		Fishing	Casper		Fishing	Alice	How-Made	So Raven	(DVS)	Xtreme 4x4	Raymond		
10 AM	Movie: "Man of the House" (2005, Comedy)	El News	Maggie-Beast	Ask This	Zula Patrol	Paid Prog.	Flip House	Montana	Fishn	Guide	Dinner	OddParent	Motoring	Justice	Monster Moves	Phil	CityLine	Xtreme 4x4	Raymond		
:30	Barbara Harris	Daily 10	Test Kitch	Friend	Backroads	Movie: "Tombstone" (1993) Kurt Russell, Val Kilmer	Suite Life	Fishing	Disaster	Antiques	League	Spirit Golf	Amnesty	MythBusters	Wizards			UFC	Raymond		
11 AM	Movie: "Man of the House" (2005, Comedy)	Dirty Dancing: The E! True Hollywood Story	Rolie Polie	Christina	Paid Prog.	Catch Fish	Rangers	Energy TV	Fishing	Figure Skating: World Champ.	Transform	Masters Golf	A Plan for the Children	Destroyed	School	EP Weekly	UFC	Raymond			
:30	Barbara Harris	Paddington	Gourmet	Paid Prog.	Stories of Augusta (N)	Russell, Val Kilmer	Rangers	Real Invest	Children	Wolverine				Destroyed	Suite Life	Reviews	UFC	Raymond			
12 PM	King	Sixteen Candles: THIS	(1:10) Taste Popular	Antiques Roadshow	Law & Order: SVU	Movie: "Wyatt Earp" (1994, Biography) Kevin Costner. Portrait traces him from boy to lawman.	Paid Prog.	Golf: The Masters -- Third Round. From Augusta National Golf Club in Augusta, Ga.	Golf: The Masters -- Third Round. From Augusta National Golf Club in Augusta, Ga.	MLS Soccer: FC Dallas at Toronto FC. (Live)	Dragon	Championship Semi-Final. From Moncton, N.B.	Fantasy Lands	Animals	Movie: "Full-Court Miracle" (2003)	EP Canada	The Ultimate Fighter	Raymond			
:30	King	Growing Pains: The E! True Hollywood Story	(2:10) Fetch! Ruff	Spain-On Road	Paid Prog.	From Augusta National Golf Club in Augusta, Ga.	Change for Good	Augusta National Golf Club in Augusta, Ga.	Augusta National Golf Club in Augusta, Ga.	Rollbots	Hawks	Car	MythBusters	Reviews	The Ultimate Fighter	Raymond					
1 PM	American Chopper	Seinfeld	Zoboo	Burt Wolf	Fortune	Veggie	Laughs	Laughs	Laughs	Sat. Report	Team	Twice in a Lifetime	How-Made	Cory	News (N)	The Ultimate Fighter	Raymond				
:30	Family Guy	Fast Times: THIS	(4:14) Travels	Europe	Penguins	Access Hollywood (N)	Entertainment Tonight	Family Guy	Family Guy	NIHL	Movie: "Doogal" (2005)	Poker	First Story	Cash Cab	Suite Life	Without a Trace	The Ultimate Fighter	Raymond			
4 PM	Baseball: Washington Nationals at Atlanta Braves. (Live)	El News	George Shrinks	Summer	News (N)	News (N)	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Storms	Family Guy (4:59) News (N)	(4:59) News (N)	Maple Leafs or Penguins at Canadiens	Voices of Daniel Tay.	etalk	The Detonators	K. Possible	Murdoch Mysteries	The Ultimate Fighter	Raymond			
5 PM	Global	Profiles of Nature	Lawrence Welk Show	News (N)	News (N)	Scrubs	CSI: NY	New Smile	Premiere.	Movie: "The Ten Commandments" (1956) Charlton Heston.	Doc	Doc	Oilers at Calgary Flames. (Live)	HNIC -- After Hours	NASCAR Racing: Nationwide Series -- Pepsi 300.	Without a Trace	Destroyed	Movie: "Jumanji" (1995)	Biography (DVS)	Deadliest Warrior	Raymond
6 PM	Videos	Chef Payne	Into the Lost World	Benny Time Goes	CSI: NY	New Smile	Premiere.	Movie: "The Ten Commandments" (1956) Charlton Heston.	Doc	Doc	Oilers at Calgary Flames. (Live)	HNIC -- After Hours	NASCAR Racing: Nationwide Series -- Pepsi 300.	Without a Trace	Destroyed	Movie: "Jumanji" (1995)	Biography (DVS)	Deadliest Warrior	Raymond		
7 PM	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	
:30	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	
8 PM	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	
9 PM	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	
10 PM	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	
11 PM	Movie: "A Night at the Roxbury" (2006)	Movie: "A Daughter's Conviction" (2006)	Heartbeat	Movie: "Hotel Rwanda" (2004) Don Cheadle.	Southland "Pilot"	Without a Trace	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	Biblical hero Moses leads the Israelites to freedom.	Doc	News (N)	Driving TV	News	Bleach	W-FIVE	Angel	So Raven (7:22) Zoey	Guinea Pig	Life Derek	News (N)	Raymond	

SUNDAY, APRIL 12, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (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	Pascha: Resurrection	Is Written	Driving TV	Animal	Being Ian	SportsCentre	Daily Planet	Mayday	Overdrive	Amazing	Married...	Driving TV
:30	Saved-Bell	Pioneers		Fetch! Ruff		Paid Prog.			Fishful	Whata	Save-Ums!	Grossology			Rangers	In Fashion	Deadliest Warrior	Paid Prog.	
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News Sunday Morning	The Sopranos	Good Morning America	Foodies	Canada	Razzberry	Mr. Men	Reporters	Twice in a Lifetime	Stephen Hawk	(7:04)	Eye on Asia		Raymond
:30	Videos	Fishing	Clifford	Animalia	Northwest				Canada	Is Written	Coronatn	Casper	Reporters		Montana		Machines	'70s Show	
8 AM	Videos	Fishu	George S.	Reading	Meet the Press (N)	Nation	Movie: "The Sopranos" (N)	This Week With George	News (N)	TribalTrail	Coronatn	SpongeBob	Masters Golf	Anne Grn	Stephen Hawk	Suite Life	Eye-Asia	Hrsepwer	'70s Show
:30	Videos	Powerboat	Bus	Electric						Marriage	Coronatn	League		Pringle	Zoey 101	Festival	MuscleCar	'70s Show	
9 AM	Movie: "Man of the House" (2005, Comedy)	Neighborhoo	(9:03)	Wishbone	National Heads-Up Poker	Monster Jam (N)	Movie: "Wyatt Earp" (1994, Biography) Kevin Costner.	Matthews	Hour of Power (N)	Coronatn	OddParent	Women's Hockey: World Championship Gold Medal	A Plan for the Children	Funnist Animals	Cory	Johnny Lombardi (In Italian)	Trucks!	'70s Show	
:30	Barbara Harris	Kurnells	Maggie-Beast	Biz Kid\$	Champlons hip (Taped)	Jim Nantz Remembers	Portrait traces him from boy to lawman.	NBA Basketball: Dallas Mavericks at New Orleans Hornets.	Listen Up	Coronatn	Barnyard	SpongeBob iCarly	Amnesty	I Was Bitten	Phil	Xtreme 4x4	'70s Show		
10 AM	Movie: "Save the Last Dance" (2001) Julia Stiles.	Blossom: True Story	Rolie Polie	Foreign European	NHL Hockey: Detroit Red Wings at Chicago Blackhawks.	Golf: The Masters -- Final Round. From Augusta National Golf Club in Augusta, Ga. (Live)	Portrait traces him from boy to lawman.	NBA Basketball: Boston Celtics at Cleveland Cavaliers.	Listen Up	Coronatn	Jackson	Naked	NHL Hockey: Red Wings at Blackhawks	Question Period	How-Made	Suite Life	Reviews	Video Justice	King
:30	Julia Stiles	Clueless: THIS	(12:04) Lilly	Globe Trekker						Land Sea	Karaoke Star Junior		W-FIVE	Austin Stevens	Movie: "Now You See It..." (2005)	Amazing Role	Video Justice	King	
11 AM	Movie: "Now and Then" (1995) Christina Ricci.	That '70s Show: THIS	(1:10) Think Big	The Story of India	Triathlon: Ironman World Champ.	The BTK Killer Speaks	Serial Killer	Steven and Chris	In Real Life	Steven and Chris	In Real Life	Sports	W-FIVE-Corner Gas	Mayday	Hunter and the Secret	The O.C.	Special Forces	King	
:30	Christina Ricci	Dawson Creek	(2:02) Fetch! Ruff	Steve Bell				Fashion F.	Adrenaline	UEFA Champs	Twice in a Lifetime	Stephen Hawk	Cash Cab	Cory	News (N)	Police Shootout	'70s Show		
12 PM	Movie: "The Perfect Man" (2005) Hilary Duff.	Friends: The E! True Hollywood Story "Friends."	Zoboo	NW Profi	Paid Prog.	CSI: Miami	NASCAR	Doc Zone	Prank Ptrl	Sports	Movie: "Murder in the Hamptons" (2005)	Cash Cab	Cory	News (N)	Police Shoot.	'70s Show			
:30	Hilary Duff	Chronicles	CSI: NY	Extra (N)	CSI: Miami	Paid Prog.	Paid Prog.	Family Guy	Jeopardy!	"Here Comes Peter Cottontail"	Stephen Hawk	Suite Life	Two Men	Prisoners-Ctrl	'70s Show				
1 PM	Movie: "Legally Blonde 2: Red, White & Blonde"	Okanagan	George Shrinks	Workshop	News	News (N)	CSI: Miami	News	News (N)	16:9	Movie: "Willy Wonka and the Chocolate Factory" (1971)	SportsCentre (Live)	Star Wars	MythBusters	So Raven (7:22) Zoey	Crusoe (DVS)	Deadliest Warrior	King	
:30	Red, White & Blonde	News	(5:37) Old House	NBC News	CBS News			ABC News	Global	(1993)	Easter Bgl.	From Moncton, N.B. (Live)	FashionTel	Who Sank the Titanic (N)	Montana	Kings "Judgment Day"	Riots-Control	'70s Show	
2 PM	Movie: "Legally Blonde 2: Red, White & Blonde"	Extreme Makeover: Home Edition (N)	Inspector Morse "The Wolvercote Tongue"	Masterpiece Classic "Little Dorrit"	Kings "Judgment Day"	The Amazing Race 14	CSI: Miami	Desperate Housewives	The Unit "Whiplash" (N)	James Purefoy	Survive	Adrenaline	Star Wars	MythBusters	So Raven (7:22) Zoey	Crusoe (DVS)	Deadliest Warrior	King	
:30	Red, White & Blonde	Inspector Morse "The Wolvercote Tongue"	Masterpiece Classic "Little Dorrit"	Kings "Judgment Day"	The Amazing Race 14	CSI: Miami	Desperate Housewives	The Unit "Whiplash" (N)	James Purefoy	Survive	Adrenaline	Star Wars	MythBusters	So Raven (7:22) Zoey	Crusoe (DVS)	Deadliest Warrior	King		
3 PM	Movie: "The Perfect Man" (2005) Hilary Duff.	The Celebrity Apprentice (N)	Life Begins	MI-5 "Traitor's Gate"	The Unit "Whiplash" (N)	CSI: Miami	Desperate Housewives	The Unit "Whiplash" (N)	James Purefoy	Survive	Adrenaline	Star Wars	MythBusters	So Raven (7:22) Zoey	Crusoe (DVS)	Deadliest Warrior	King		
:30	Hilary Duff	Life Begins	MI-5 "Traitor's Gate"	The Unit "Whiplash" (N)	CSI: Miami	Desperate Housewives	The Unit "Whiplash" (N)	James Purefoy	Survive	Adrenaline	Star Wars	MythBusters	So Raven (7:22) Zoey	Crusoe (DVS)	Deadliest Warrior	King			
4 PM	Cheers	News (N)	Montreal Jazz	Globe Trekker	News (N)	News (N)	The Sopranos	News	News (N)	Paid Prog.	News	Mystery	SportsCentre (Live)	News (N)	MythBusters	(10:48) Movie: "The Mighty"	Role	Movie: "Christina"	'70s Show
:30	Cheers	Montreal Jazz	Globe Trekker	News (N)	News (N)	News (N)	The Sopranos	News	News (N)	Paid Prog.	News	Mystery	SportsCentre (Live)	News (N)	MythBusters	(10:48) Movie: "The Mighty"	Role	Movie: "Christina"	'70s Show

MONDAY, APRIL 13, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (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)	Poko	Being Ian	SportsCentre	Canada AM (N)	Daily Planet	Henry's	CityLine	Married... Married...	Once a Thief
6:30	Sanford	Tube Tales	George S.	Lions							Doodlebop	Monster				King			
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Save-Ums!	Neutron	SportsCentre		Mighty Ships	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30											Animal	Casper							
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files				Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60
8:30	Cosby	What	Bus	Sid							Busytown	Viva Pinata		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!							Super Why!	Rollbots	Fishing	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	TV Made
9:30	Fam. Feud		Clifford	Clifford							Gofrette	Rollbots	Motorcycle			Tigger	City		What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (E1)							Wilbur	Rollbots	ATP Tennis: Monte-Carlo Rolex	The View (N)	Air Dogs	Mickey	The O.C.	Unsolved Mysteries	What
10:30	Trivial		(10:36)				CSI: Miami	The View (N)	Hospital for Sick Kids	Debt Part House	Doodlebop	Rollbots	From Monte Carlo, Monaco.	etalk	Blueprint for Disaster	K. Possible	CityLine	CSI: NY	Seinfeld
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog. Detox	World Vision	(10:59) News (N)	Dinner	Kid vs. Kat	Masters - Early Round.	Twice in a Lifetime	Megabuilders	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries	Grace
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Kid vs. Kat				(11:25) King			Videos
12 PM	Fresh Pr.	Chef	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children	News (N)	Days of our Lives (N)	CBC News	Kid vs. Kat	From Monte Carlo, Monaco.	Bold		(12:45) Movie: "Dadnapped" (2009)	ER "Missing"	CSI: NY "Child's Play"	Raymond
12:30	Fresh Pr.	Design U	(12:39)								TBA	Kid vs. Kat							Raymond
1 PM	Still Stnd	Home to Parents	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	League		Sue Thomas: F.B. Eye	Dirty Jobs	Wizards	News (N)	CSI: NY	Raymond
1:30	Still Stnd		Daniel	Sewing								League							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	League	Horn	General Hospital (N)	MythBusters	Wizards	News (N)	CSI: NY	Raymond
2:30	King		BluesClues	WordWorld								League	Interruptio						Raymond
3 PM	Seinfeld	Split Ends	(3:01) Zoboomafo o "Bovine"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	Worst Handyman	Wizards	News (N)	CSI: NY	What
3:30	Friends			WordGirl	Judge						Food	Pokemon	Sports						What
4 PM	Payne	Debt Part	(DVS)	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	NBA Basketball: Toronto Raptors at Washington Wizards.	Ellen DeGeneres Show	Daily Planet	Wizards	Law & Order: SVU	CSI: Crime Scn	Vanity
4:30	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	OddParent				Wizards			Reality
5 PM	Payne	News (N)	Martha	BBC News	News (N)	News (N)	Intervention	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Raptors at Washington Wizards.	News (N)	MythBusters	Sonny	Chuck (N)	Ultimate Fighting Champions	Reality
5:30	Payne		(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		News (N)		Sonny	Less-Kind	hip 70: Nations Collide	E News
6 PM	Movie: "Spider-Man" (2002, Action)	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention	News	News (N)	ET Canada	News (N)	Drake		News (N)	Dirty Jobs	Sonny	Surviving		Ground Up
6:30		News	Mechanics		Millionaire	Hollywood	"Tom"	News		Entertain		iCarly	SportsCentre (Live)	Live etalk		Sonny	Mantracker	(DVS)	Are You Smarter
7 PM	Tobey Maguire	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes "1961" (N)	Coronatr	Karaoke Star Junior (N)	Hockey	Its a Gas	The Detonators	Movie: "Camp Rock" (2008)	News (N)	UFC 97 Countdown	Make
7:30		The Insider	Landscape	Europe	Fortune			The Insider	ET Canada		Jeopardy!								Make
8 PM	Family Guy	The Soup	The Mu	Antiques Roadshow (N)	Chuck (N)	Big Bang	Paranormal	Dancing With the Stars	House "Saviors" (N)	House "Saviors" (N)	Mosque	Malcolm	Sports	Big Bang	Daily Planet	News (N)	UFC 97 Countdown	Make	
8:30		How I Met	The Mu			How I Met					Sophie	Futurama	Off-Record	Gary		(8:35) News		Make	
9 PM	Seinfeld	My Boys	Jack Bush	American Experience (N)	Heroes "1961" (N)	Two Men	Intervention	Surviving	Heroes "1961" (N)	24 (N) (PA)	Comedy	League	Boxing: Friday Night Fights.	Two Men	Dirty Jobs	Wizards	(9:08) Jimmy Kimmel	CSI: NY	Seinfeld
9:30	Family Guy	Rules		(DVS) NW Prof	Medium (N)	Rules				News Hour Final (N)	Comedy	Zixx Level	(Taped)	(9:31)		Life Derek			Seinfeld
10 PM	Movie: "Spider-Man" (2002, Action)	Tori Spelling	Commandin g Heights			CSI: Miami "Chip/Tuck"	Intervention "Tom"	(10:02) Castle (N)	24 (N) (PA)	News Hour Final (N)	National	Falcon Beach		CSI: Miami "Chip/Tuck"	The Detonators	School	Rock of Love	Most Amazing Videos	Raymond
10:30		THS														Cory			Married...
11 PM	Tobey Maguire	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	Disorderly Con.	Married...
11:30			Landscape		Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)		Life Derek	News		Married...

Monday Movies

AFTERNOON

12:45 pm FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author.

EVENING

6:00 pm WTBS (3) ***"Spider-Man" (2002, Action) Tobey Maguire. Peter Parker uses his superhuman powers to

battle his archenemy, the Green Goblin. (E) 7:30 pm FAM (26) "Camp Rock" (2008, Musical Comedy) Joe Jonas. Premiere. A talented singer works in the kitchen at a summer camp for aspiring musicians. (E) 10:00 pm WTBS (3) ***"Spider-Man" (2002, Action) Tobey Maguire. Peter Parker uses his superhuman powers to battle his archenemy, the Green Goblin. (E)

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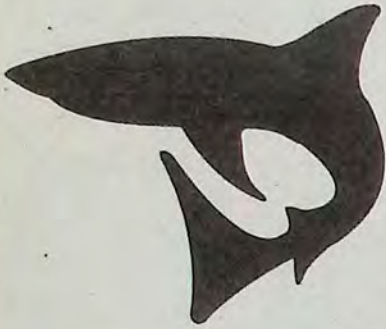
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3-bedroom, 64 Billiter Avenue. \$800.00 per month. No pets, no smoking, reference required. Available April 1, 2009. Contact Heather Johnson at Century 21 Princeton Realty. Call (250) 295-6977. Feb 24 th

2-bedroom house, 81 Kenley Avenue. \$650.00/month plus utilities. No smoking, no pets. References required. Call Century 21 Princeton Realty at (250) 295-6977. Mar 24th

help wanted

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Mar 31 Apr 07

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Similkameen News Leader

NOTICE OF ANNUAL GENERAL MEETING
 PRINCETON POSSE JUNIOR HOCKEY CLUB SOCIETY

7:00 PM
Wednesday, April 15
Riverside Centre

All Season Ticket holders for the 2008/09 Posse hockey season are eligible to vote at the Annual General Meeting.

The prime order of business will be to elect 4 new Directors (2-year term). The existing Directors with one year left on their term are: Ted Coyne, Lorna Coyne, Jim Manion and Rob Hicks.

Stanley G. Turner
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Meets 7:30 PM Thursdays
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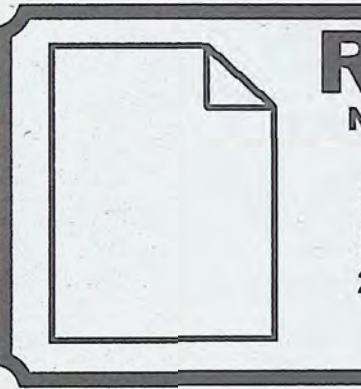
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sudoku

CARTER'S
Sudoku
Challenge
SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #181 - Easy

973	415	268
826	739	451
154	682	379
431	968	725
782	543	916
695	271	834
247	196	583
518	324	697
369	857	142

CHALLENGE #182 - Hard

458	726	193
369	184	572
721	359	864
842	935	617
517	648	239
936	271	458
295	463	781
184	597	326
673	812	945

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Editorial Page News Leader

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My Turn...

You had to be there

I'd be the first to admit I'm a workaholic.

On average I spend 55 to 60 hours a week doing work-related activities. Add the odd evening meeting, special event or general photo-op and the hours increase.

I take one holiday a year and it's usually four or five days at Christmas. Most other holidays or 'stats' I'm in the office. Sometimes those are the only days I can get a lot of work done with minimal distraction or interruption.

I'm in the office typically at 8:00 AM weekdays. I don't normally leave for the day until 5:30 or 6:00 PM. Saturdays or Sundays I go in when I want and stay as long as I have to. I never – and I repeat, never – lock the office when I'm there. As far as I'm concerned, if I'm in the office then we are open for business. That's actually been a good policy for me with a little extra business coming our way on Saturdays and the odd Sunday.

I've kept this schedule for well over five years and I guess you can say it's basically my routine.

A day off for me, unless I scheduled it far in advance, is often an awkward event. That's not always the case, but I find it difficult to just sit and do nothing although I can easily do that following a full day at the office.

So when last Thursday happened, I did not see it coming nor was I prepared.

For some reason I had little motivation – a very rare condition for me.

I wrestled with it for part of the day. I examined the previous hours looking for a clue. I knew I had a good supper the night before. There was a quiet evening spent watching videos with my wife. I had a good night's sleep. I woke up and felt pretty good. I enjoyed my usual breakfast of toast and some fair trade coffee with Brenda before I walked to work.

All the events leading up to the 'crash' was as normal as any other regular weekday for me. Nothing stood out. I could not pin it on anything.

That started to bother me. I mentioned in on Facebook and Twitter. I could not figure out why I was feeling blah. I was running on a full tank. All parts were working. Some were obviously working better than others, though.

It wasn't until late in the afternoon when I decided that these things happen and it's okay to have an off day once in a while. After all, I'm not perfect.

Then my day turned around and everything went back to normal. It was strange, but not too strange. I think I just had to cut myself some slack.

I see a lot of people during the course of a normal day and some of them need to cut themselves some slack. Relax a bit. Take it easy for a while. Smell the coffee.

Like I did the other day. And once I allowed myself to do so, I started to enjoy it without guilt.

Because sometimes it's good to have just one of those days.



Princeton School, 1919 - 1st, 2nd and 3rd High School classes (Miss Sybil Hardwick, teacher).
First Row, front to back: Babbie (Constance) Thomas, Nick Manson, Alfred Thomas, Ida Johnson, Eda Cook, Lucy Boulton, Dorothy Meausette and Maurice Wright. Second Row, front to back: Dolly Waterman, Miller Kirkpatrick, Margaret Hunter, Mildred Logston, May Wells, David Muir, Ida Huston, Bessie Luko and Eric Meausette. Photo: Princeton Museum

...Your Turn

MP objects to card fees

Below is a letter written April 1, 2009 by BC Southern Interior MP Alex Atamanenko regarding credit cards and merchant fees:
Hon. Toney Clement, P.C., M.P.
Minister of Industry
CD Howe Building, East Tower,
11th Floor
235 Queen St.
Ottawa, ON K1A 0H5
Dear Minister Clement,

I write today to bring to your attention concerns that have been expressed by some local business owners in my riding of BC Southern Interior.

For your information, I have taken the liberty of attaching a letter from Mr. Jeff Rowe, owner/operator of Valu-Plus Foods in Keremeos, BC and Mr. Fred Boyd, Manager of Buy-Low Foods in Grand Forks, BC. Please note that I have also received similar letter from many other merchants in my riding.

As you can see by the attached correspondence, both Mr. Rowe and Mr. Boyd are extremely concerned that merchant fees charged by credit card companies and banks are increasingly making it more difficult for small businesses to remain competitive.

Another issue, which the Retail

Council of Canada has also raised, is the proposal to the Competition Bureau by Interac to restructure and move from a non-profit to a profit-making operation.

The end result would be an increase of fees charged to retailers for consumer use of debit cards.

As you are no doubt aware, this will obviously put small independent businesses at a tremendous disadvantage.

Many of our communities have been hit hard by these difficult economic times. Businesses such as Valu-Plus Food and Buy-Low Foods are having a hard time. Therefore, I respectfully urge you to support the "Stop Sticking It to

Letter To The Editor

Ken discusses possibilities

Dear Editor,
Today's accomplishments are yesterday's impossibilities.

Icarus, the tragic flier of Greek mythology, claimed that all limits are self imposed.

Man will fly; impossible - Wright Brothers, 1904.

Man will break the sound barrier; impossible - Chuck Yeager, 1947.

US" coalition representing small and independent entrepreneurs all across Canada.

It is the responsibility of our federal government to ensure a restructuring of Interac will not be allowed to take place and that credit card fees are kept at a reasonable rate.

A low cost debit card system is vital to the survival of many small businesses, and ultimately, to the survival of our rural communities.

Thank you in advance for your consideration on this important matter.

I look forward to hearing from you in the near future.

Sincerely,
Alex Atamanenko, MP
BC Southern Interior

Man will land on the moon; impossible - Neil Armstrong, 1969.
Man will find a cure for Multiple Sclerosis; impossible - TBA.

St. Francis of Assisi wrote: "Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible". Let's do the impossible!

Ken Carlson, Princeton

Canada

PAP Registration No. 11034

We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

EDITORIAL GUIDE

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

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

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

Current Comment

Balls and Stones Work for Us



Dawn Johnson
editor@thenewsleader.ca

ments to pull somebody from wreckage and carry them safely up to the highway where the ambulance was waiting. Ambulance crews do not do embankment work.

Our Highway Extrication volunteers have gone out in snowstorms, thunderstorms and in the middle of the night to rescue drivers. They have gone into the Similkameen River, even in high water, to rescue people. They have gone into the river in the middle of winter, facing the danger of falling through the ice. I am talking about some very brave people who take risks with their own lives to save the lives of others, and they do it as volunteers.

What is your life worth? What is the value of your child's life, or your partner's, or your parent's? How many people you care about are driving our highways?

What is it worth to you to give them the best chance of survival if they are in a motor vehicle accident?

The Highway Extrication Society needs a new truck. They need money for gasoline. They need money to make sure their equipment is in top shape. They do not have hidden sources of cash.

They depend on us, the general public, to provide what they need. They are risking their lives for us, they give spare time for us, and we risk nothing but a few dollars from our pockets, maybe fewer beers or fewer dinners out. What we risk if we do not support them is the chance that we lose our lives or the lives of people we care about if we do not support them.

I suggest you get into the Golfspiel. If you cannot do that, how about sending a generous cheque to the Highway Extrication Society?

If you cannot afford a big amount, why not put what you can afford into an envelope and drop it off at the News Leader? One way or another, put some life insurance on our highways.

The upcoming "Golfspiel" deserves our participation and support. This unusual event allows people to golf or curl to help the Highway Extrication Society continue its lifesaving work.

In case you do not know what the Highway Extrication volunteers do, I will remind you: they save the lives of people who are in motor vehicle accidents in our area.

Formerly called Highway Rescue, these volunteers have saved lives on the Hope-Princeton Highway, on that devious road to Tulameen, on Highway 5A, Highway 40, and the Old Hedley Road. Sometimes, a life could not be saved, but the crew did their best to try to prevent death.

You may wonder why I am writing about this in an opinion column. The answer is simple: I have seen these volunteers in action. They deserve the support of every one of us who drives our highways.

I wish our provincial government gave them more support, but that is not in the budget. That means it is up to us to help make our highways safer. We have a personal interest in keeping this service available.

You might think, "Hey, we have the ambulance crew to save lives. Why do we need these volunteers?"

I will tell you. During my 27 years as a local newspaper reporter, I have seen the Highway Extrication volunteers pry open smashed cars to safely remove people trapped inside. The volunteers have special training and special equipment, such as the Jaws of Life, to do this. The ambulance crew does not have the equipment.

I have seen these dedicated volunteers go down steep embank-

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Premier Gordon Campbell with Sherri Thomson. - photo submitted

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Explore The History Of Mining - Gold, Copper and Coal

..... continued from Page 12 adding to her own stable of talented reining horses.

On any given day, if you walk into Sherri's barn, you will be sure to see Sherri working horses, and a large group of people hanging around adults and children alike, trying to absorb every tidbit of information that she so freely dispenses.

DEVELOPMENT AWARD-PROGRAM DEVELOPMENT

As one can imagine, this is not an inexpensive lifestyle to engage in. The cost of travel to compete is enormous, involving trucks and trailers, and lots of gas to maintain a competitive show schedule.

Entry fees and stabling for horses can often run into the thousands of dollars. Sherri covers the cost of the girls who travel with her and unlike many other trainers, does not charge her clients at shows for coaching, warming up horses, or the myriad of other tasks involved in going to a competition.


During the winter months, Sherri conducts her business out of the Princeton Rodeo Grounds, and provides free labour to maintain, oversee, and upkeep the facility while she is there.

In the summer months she works from her home, and is continually upgrading her place in order to make it an inviting place for

clients. The girls that come to stay and mentor with Sherri are given free room and board, and there is a never ending stream of people that she and her husband Walt graciously accommodate when they come to see their horses and ride with Sherri, or "just hang out".

As well, Sherri conducts clinics throughout the province, and travels with her horses to these clinics. The Development Award would provide monetary assistance in enabling Sherri to continue to act as a mentor for the young girls in her charge, a coach to her mainly female client base as well as assist her in continuing to pursue her business and competition goals.

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

THEN YOU:

- Should join the Princeton Ground Search and Rescue Team

HOW YOU CAN JOIN:

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

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 is now accepting applications for the
Spring 2009 Training Session



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Similkameen
News Leader

..... continued from Page 9 1988 to become an Intermediate School. In addition during 1957 four class rooms and a small gym were added to the 1950 Princeton School Buildings.

By the late 1970's it was clear to all that the High School building, still situated on its original downtown site, had had its day the building and fabric were tired and needed replacing and so it was that in October 1981, the new Princeton Secondary School, built on the old Merritt Road, first opened its doors.

Unfortunately, the story of the Princeton School on Vermilion Avenue does not end there. In August, 1982, ironically on Friday

the 13th, the old school spectacularly burnt to the ground. Starting at around 1:00 AM, in the oldest part of the building, around where the old science laboratory had been situated, the fire spread rapidly. By daybreak most of the structure was reduced to a pile of smoking rubble. Visiting the site the next day, Fire Commissioner Hickey, from Kamloops, said the most probable cause of the inferno had been an electrical fault in the old and, luckily, empty building.

The only surviving part left intact was the old small gym and that was eventually sold and moved, with a great deal of difficulty, to the purchasers' property.

Ghost Town

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

There are a total of six such ghost towns in the Princeton area:

Allenby, Blackfoot, Blakeburn, Copper Mountain, Granite Creek and Leadville.

Princeton Area Ghost Towns

Allenby - Blackfoot - Blakeburn - Copper Mountain - Granite Creek - Leadville

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Yale-Lillooet MLA Harry Lali and his wife, Rani, pose for a photo before the start of the RCMP Regimental Ball held March 28th at RockRidge Canyon. *

MP Alex Atamanenko

BC Southern Interior Monthly Report

Unfulfilled Promises of Genetically Modified Crops

The following is the second of a 3 part series...

In part one of this series, GM Science Uncertain, I talked about how the scientific presumptions upon which the entire economic and regulatory foundation was built to govern Genetically Modified Plants and the chemicals that go along with them, are no longer relevant given the science of today.

There have been tens of thousands of articles that have been written which speak of 'miracle crops' engineered to be allergen free or that will combat obesity or could contain edible vaccines to prevent diseases like cancer.

They write glowingly of crops that can be created with increased yields and enhanced appearance, flavor and nutrition. Yet when we look at the genetically modified crops currently available on the world market there is not one that can legitimately claim to have any of these attributes.

In fact most of the GM crops

being grown today are commodity crops used to feed livestock or to create biofuels and highly-processed food products. Many studies continue to find that more often than not there is a lower overall yield than non-GM crops.

Research undertaken by the International Assessment of Agricultural Science and Technology for Development (IAASTD) came to the conclusion that GM crops would not play an important role in solving the global food crisis. Because of this Canada rejected the final report of the IAASTD even though we had played a key role in selecting the 400 leading agricultural scientists for this research project.

According to the report genetically modified crops will not address the challenges of climate change, biodiversity loss, hunger or poverty. Instead it called upon the world's governments to redirect funding and efforts away from the destructive chemical-dependent, one-size-fits-all model of agriculture towards a system which embraces small-scale farmers and agro-ecological methods.

In my opinion it is a national embarrassment that Canada was one of only three countries to refuse to sign a document which was supported by 60 other countries.

Despite the many controversies, Canada continues to pave the way for the introduction of new genetically modified crops such as GM Sugar Beet. There is a campaign underway urging Lantic Inc. (Rogers Sugar and Lantic brands) to maintain its GM free status by rejecting Monsanto's genetically

modified (GM) sugar beet. Lantic Inc. is the only sugar company in Canada that processes sugar beet (grown in Alberta) and the GM sugar beet will only be planted if Lantic allows it. You can sign a petition at www.cban.ca if you would like to join the campaign.

We are also trying to pressure the Canada Food Inspection Agency (CFIA) into rescinding the environmental and health approvals that have been granted to GM Alfalfa before any varieties are registered and released into the marketplace.

If released it will be impossible to prevent the eventual contamination of organic, conventional and even weedy relatives of alfalfa (ie: we now know that GM canola plants have interbred with wild mustard and have proven to be resistant to Monsanto's herbicide Roundup). Alfalfa is used by the majority of organic farmers, whose certification standards prohibit the use of GMO's, to fix nitrogen in the soil during crop rotations. If GM alfalfa is ever released for general use in agriculture, a much valued organic industry will eventually be denied a vital crop as a result of the genetic contamination that will inevitably occur.

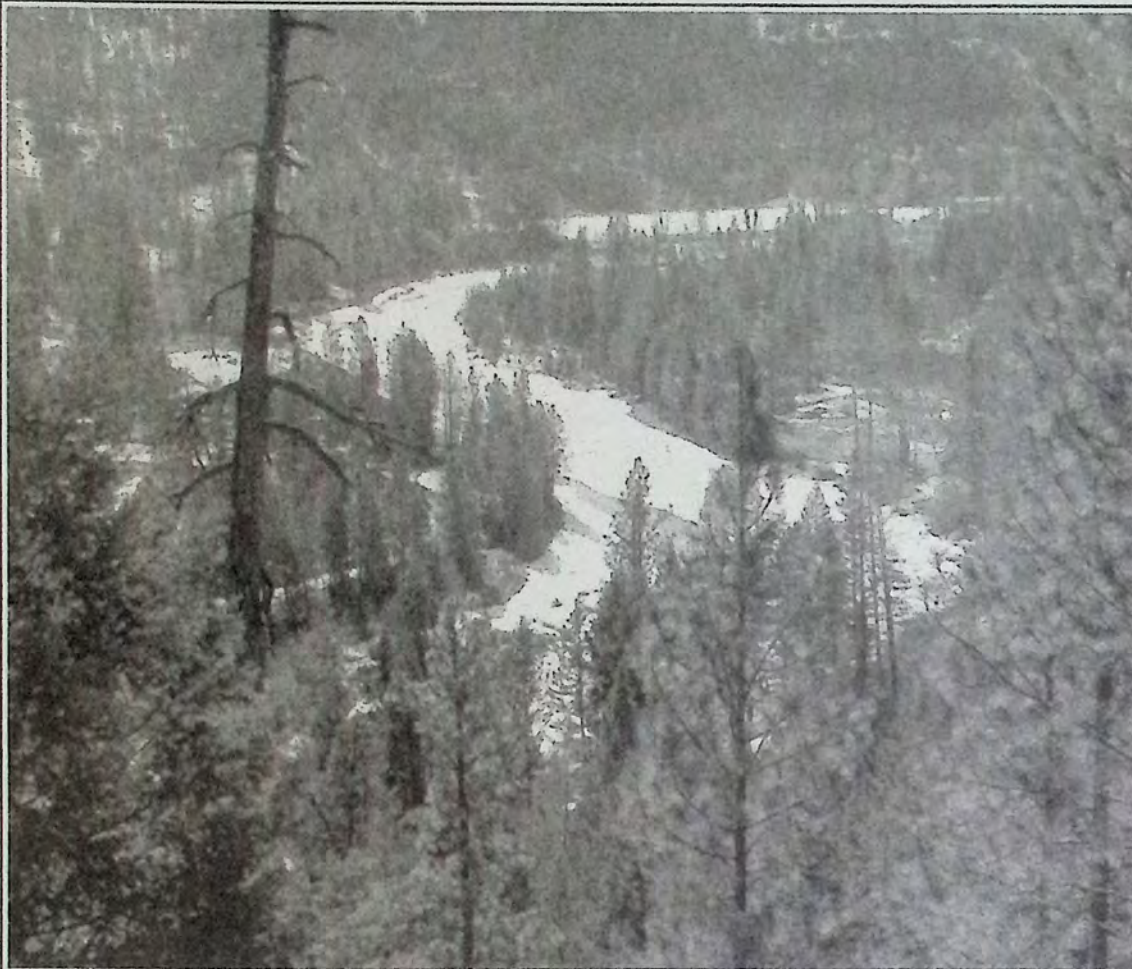
Amidst the growing demand for organic food and the ongoing farm crisis, organic farmers should not have to live under the constant threat of losing crops to contamination from GM plants.

Next month's column will focus on the companies who are trying to force genetically modified food on farmers and eaters around the world.

We're different, and we like that.



Similkameen News Leader



The view of the valley off the deck at Copper Mountain Bar & Grill on Saturday, April 4th revealed a lot of ice still exists on the Similkameen River. *

Ranching Ain't Easy

Help Painting The Stairs

by Lyn Melnechenko

My horses are more than livestock. They are my friends and I prefer to keep them close by, so my horses wander around the yard with the dogs.

While I was painting the stairs one day, I had spectators. I shooed them off before they came too close and became pests. When I was finished painting the stairs they looked like new with their coat of off-white latex.

I tapped the lid firmly onto the paint can and left it in the carport while I went to wash out the brush, then hung it on a peg to dry. Then I went into the house to make tea, satisfied with the job I'd done.

The next morning I went out to start my truck and found the can of paint had been knocked over, thoroughly battered until the lid had popped off and the paint spilled all over the floor of the carport. Fortunately it was still wet, so I hosed it off the floor with ease. Then I went to work. I pondered on who had made such a mess and why.

About half-way through the work day one of my co-workers came up to me and asked who had sabotaged my truck.

Sabotaged my truck?

I ran out to the parking lot and scanned the side of my truck. The driver's side was clear of dents or scratches. I ran around to the other side and stopped dead. Someone had taken a paint brush and smeared white paint all over the side of my lovely red truck. I didn't understand it! I always tried to treat others kindly. I dredged my mind

trying to find a reason for this destruction. My friend thought it might be a random act of vandalism by a wayward youth. I just shook my head in disappointment. The world was in a sorry state indeed.

I finished the last couple of hours at work and stopped by the hardware store on the way home. On the advice of my friend I bought a couple of spray cans of WD40. "Guaranteed to remove paint from your vehicle without damaging the surface," she promised. I sure hoped so.

I took my poor truck home and parked in the carport. I went inside to grab some rags, and change into work clothes, before returning to get the job done. On the way I out I grabbed a cold beer to boost my spirits...or maybe to drown my sorrows.

When I returned to the carport I closely inspected the damages. Whoever had done this had used a huge brush. A really huge brush. I backed up to get a broader view and tripped over the battered paint can from the stair painting. The can rolled over and stopped up against the truck tire. As I reached to pick it up I realized that the paint on the outside of the can was exactly the same color as the paint on my truck. What an incredible coincidence.

I was drinking my beer and pondering this when Hawk, the gelding, walked up behind me and nuzzled my back pocket with his bristly nose looking for treats. He loved beer and often showed up to beg for some. I poured some in my hand and turned to give it to him.

At first glance it looked like he had grown a blaze and a snip on his lower face. On close inspection the marks turned out to be paint. Suddenly the puzzle pieces started to fall into place.

Hawk must have thought that the paint pail had held grain and pawed at it with his hoof until the lid popped off. Once the paint had spilled all over the floor he must have smeared it around with his nose and finding that it didn't feel so good, had tried to wipe it off on the truck. The 'brush strokes' all over the floor and truck had been the exact size of one big fuzzy muzzle. He had tried to get rid of the evidence, but hadn't looked in a mirror. I had found my young vandal all right, but he had four legs and a tail.

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

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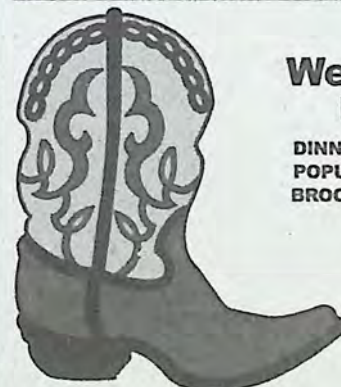
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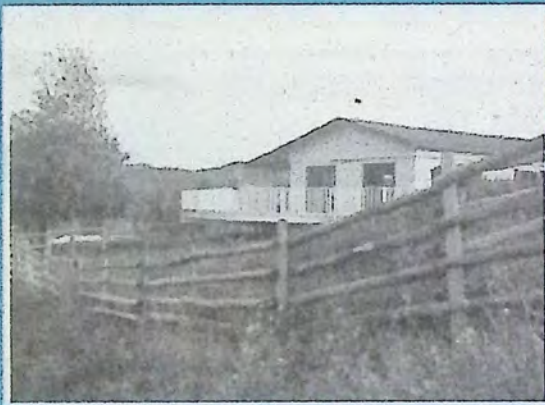
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