Similkameen 75° OHS LOADS

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Tuesday, March 2, 2010

Grade 7 Girls basketball action from a game against Merritt on February 25th. **

Old budget, new budget

School district budget process never seems to end. On February 24, the Board of Education gave final approval for the current budget, a total operating expense of \$26,687,315, down slightly from last year.

Work will begin shortly on next year's budget. The first step in this process will be a public budget review conducted in both Merritt and Princeton. Princeton stakeholders will have an opportunity to review the proposed budget on April 13 at 6:00 PM at the Board office located on Tapton Avenue.

Representatives from school PAC's, teacher and support staff unions, administrative officers and

members of the public are invited to attend. The purpose will be to discuss priorities and concerns about school district funding. Stakeholder groups are welcome to outline their priorities to the Board.

The Board will provide information on provincial government funding, district projections for enrollment, and specific information related to the district's budget. For example, student enrollment at the end of September has a big impact on what the provincial government will provide for the operation of district schools. The Board will adopt next year's budget late in May or early June after considering input from all the stakeholders.

CMMC receives 'strong buy' rating

In a 56-page report on Copper Mountain Mining Corporation's Similco Mines project near Princeton dated February 24th, Raymond James Equity Research recommends buying shares in the company.

The report gives CMMC a Strong Buy rating with a six to twelve-month target price of \$3.50 Canadian per share (at the time of last week's report they were trading at 0.36).

The detailed analysis of the project includes the following highlights:

- CMMC is the operator and 75% owner of the Copper Mountain project in British Columbia, Canada. The company is currently re-starting a brownfield mine by creating one Super Pit from three historic open pits.
- Positive investment attributes:
 i) Value enhancement with project progression "We expect value

accretion to CMMC's shares as the project is advanced;"

ii) Low technical risk - "In our view the technical risks are relatively low given the similarity of the planned operation to the site's past-producing mine;"

iii) Monetization of existing infrastructure – "In our opinion the opportunity to utilize significant existing infrastructure increases the project attractiveness as it reduces development time and the risk of capital cost inflation;"

iv) Consolidation candidate – "As a meaningful size, advanced copper project we believe that CMMC could be attractive to larger mining entities;"

and v) "The project is located in mining friendly Canada."

- Near-term potential catalysts for the shares:
- i) Securing the project loan;

Similkameen

ii) Receipt of the reclamation permit:

iii) Progress updates on the construction and development; and iv) Exploration. The positive investment case for Copper Mountain's shares is supported in the report by the following:

- Value enhancement with project progression – "We expect CMMC's advancement of the project to provide value accretion. In our opinion, concluding the project loan and the permitting are the key milestones to removing the remaining uncertainty. Additionally, construction progress will reduce the risk of delays and capital cost inflation."

- Low technical risk – "We believe that the technical risks of the project are relatively low given the similarity of the planned operation and the management team to those of the site's past-producing Similco mine. The metallurgical test results and the processing flowsheet are consistent with the historical operations of the Similco mine."

- Monetization of existing infrastructure - "In our view, the opportunity to utilize significant existing infrastructure increases the attractiveness of the project as it reduces the development time, and it lowers the risk of capital cost inflation."

- Consolidation candidate – "We believe that CMMC's attributes as the majority owner of a meaningful size copper project in miningfriendly Canada places the company in the crosshairs of larger mining entities."

- Attractive valuation — "At a 2010E PINAV of 0.36x CMMC's shares trade at a discount to base metal development companies and producer peers in our research universe at 0.80x, and 0.63x, respectively. We believe that the low valuation is symptomatic of limited awareness of the project on the part of the investment community, and cautiousness regarding the ability of the company to secure the project financing."

- Low political risk - "The Copper Mountain project is located in the attractive mining jurisdiction of

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British Columbia, Canada."

The report also outlines details of the Copper Mountain Project:

The Copper Mountain project is located in south central British Columbia and is focused on a porphyry copper deposit with gold and silver by-products. The project is a mine rehabilitation that aims to expand upon three existing, past producing open pit copper mines to create one large Super Pit through a series of push-backs of the pit walls.

The historical production at the property by previous operators began in 1923 and continued intermittently through 1996, and significant infrastructure remains available from past operations.

The mine will be an open pit, truck and shovel operation, and the plant will use conventional crushing, grinding, and flotation to produce copper concentrates. The company is currently in the process of constructing a 35,000 tonnes/day concentration plant.

..... continued on Page 2

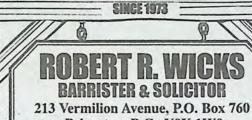
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On February 25th Caitlynn Pateman, Bailey O'Donnell and Danika Whelpton were presented awards for their work in creating and updated the 2010 Olympic Medal Chart at Vermilion Forks Elementary School. Missing from the photo is Zoe Douglas who was also involved in the project. *

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...... continued from Front Page

"We forecast the mine starting full production in 4Q11, and averaging 39,800 tonnes/year of copper over a 16.5 year mine life. We estimate the capital cost for the development to be US\$452 million, and our expectation is for a life-of-mine cash cost of US\$1.11/lb of copper." Importantly, Copper Mountain has the support of a strong partner for the project in Mitsubishi Materials Corp. Mitsubishi has a 25% equity

interest in the project, has agreed to purchase all of the copper concentrate produced life-of-mine (at market rates for treatment charges/refining charges), and intends to pursue arranging a minimum C\$330 million project loan. CMMC, as the 75% owner, will be the operator of the mine.

The Copper Mountain property consists of 135 Crown mineral claims, 132 located mineral claims, 14 mining leases, and 12 fee simple properties. Overall, the property totals 6,702.1 hectares (67 square km). Approximately 10% of the claims are subject to production royalties of 1% to 5%, however, these claims are primarily in the northeastern portion of the property area where exploration is not currently planned.

The existing timeline on the project is as follows:

CMMC intends to begin construction of the mill building in the spring of 2010. The critical path long-lead time items have been ordered: a 34 foot (10.36 metre) diameter, 17,000 hp SAG mill, and two 20 foot (7.32 metre), 17,000 hp ball mills.

Additionally, in November 2009 the company placed orders for C\$70 million worth of its Komatsu (6301-TO) mining equipment fleet. The semi-autogenous (SAG) mill and ball mills are scheduled to be delivered in mid-2010. Management's objective is to commission the plant in May 2011 and begin production in June 2011.

"The history of mining in the Princeton area pretty much starts at Mountain," Copper says Similkameen News Leader owner/publisher George Elliott.

"Copper was first discovered in the late 1880s and Granby Consolidated Mining started production from the deposits, through underground mining, in 1923 and

By this time the communities of Copper Mountain and Allenby existed built primarily as 'mine towns' and contained all the modern conveniences one would expect in a small town.

Closures took place throughout the long history of Copper Mountain with the first significant one to take place between 1930 and 1936.

"In 1947 the mine peaked at milling 5,500 tons of ore a day and was the first of the large-tonnage, continued on Page 22



To establish a socio-cultural, economic and environmental sustainability strategy for the Similkameen Valley that will maintain and enhance the quality of our rural and small town lifestyle.

This project, which started at the end of September and will be finished at the end of March, is for all communities within the Similkameen Valley.

The public has been kept informed and encouraged to contribute ideas throughout this project.

Work on this project so far:

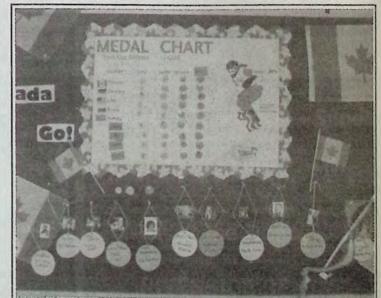
- 19 presentations at public/community meetings held throughout the valley

- 17 volunteer panel members (including residents from the municipalities of Keremeos and Princeton,

the Lower Similkameen Indian Band, the Upper Similkameen Indian Band and RDOS (Electoral Areas B, G and H) - 7 panel meetings - 9 media releases - 7 radio interviews

Also: advertisements on the television info station - Flyers - Website: www.rdos.bc.ca/ssp (with public input form) More advertisements and media releases leading up to the public meeting on March 20th.

> FINAL PUBLIC MEETING: 7:00 - 8:30 PM Saturday, March 20 Victory Hall, Keremeos HAVE YOUR SAY!



The 2010 Olympic Medal Chart at Vermilion Forks Elementary is updated daily and also celebrates Canadian medal winners.



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Rebels win 2nd!

by Dean Johnston

Thanks to everyone who came and cheered us on or sent thoughts to pass on to the team. We may have came up flat in the final, losing to #1 Kelowna Christian 74-42 but of all the remaining games we have, if we were to have an off game that was the one to do it.

We go through as the #2 seed from Okanagan and we have ten days to heal and return to full strength in time for Fernie. The photo above shows us holding the 2nd place trophy and banner!

It looks like we will leave on

Tuesday, March 2nd returning on Sunday, March 7th. We look to refocus after lowering our guard having qualified for the Provincials by the win over Immaculata in the semi final.

The Junior girls also earned the #2 Okanagan seed in the Jr. Provincials, and will also have time to heal after being similarly beat on by the #1 Provincial ranked team. Both Princeton teams had similar let downs against good teams and hope to be stronger as a result. (The Jr. girls will compete in Abbotsford March 4th to 6th).

RDOS meeting highlights

From the Regional District of Okanagan-Similkameen Board Meeting held on February 18th: SOUTH OKANAGAN SIM-ILKAMEEN INVASIVE PLANT SOCIETY

The Board endorsed the letter of support for the South Okanagan Similkameen Invasive Plant Society's application to Shell Environment Fund.

REGIONAL DISTRICT OF OKANAGAN-SIMILKAMEEN 2010 – 2014 FIVE YEAR FINAN-CIAL PLAN

The Board passed 1st Reading of the 2010 – 2014 Five Year Financial Plan and set a Special Board Meeting for February 25, 2010 to discuss the Financial Plan for the years 2010 – 2014. REGIONAL DISTRICT OF OKANAGAN-SIMILKAMEEN REGIONAL BOARD PROCE-DURE BYLAW

The RDOS Board adopted an updated Board Procedure Bylaw. The RDOS Board Procedure Bylaw sets out the regulations for scheduling and notification of Regular, Special and Committee Meetings; procedures for the public to follow at Board meetings; the rules of procedures (agenda preparation, quorum, voting, points of order, conduct and debate, motions, etc.). Furthermore, the RDOS Board Procedure Bylaw sets out the regulations of minutes, bylaws, resolutions and Board committees.

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Public open house

PowerSense Program Plan for 2011

Your views are important to us

FortisBC is seeking public input as we update our PowerSense demand side management program which helps customers manage their electricity bills through energy efficiency improvements. Since it began in 1989, the PowerSense program, has helped customers save more than 360 million kilowatt hours — enough electricity to power about 27,700 homes each year.

Over the next few months, FortisBC will be completing a review of existing PowerSense programs and planning for new and enhanced programs for 2011. We invite you to learn more about demand side management and share your thoughts on the topic with us. Examples of program options include residential heat pumps, commercial lighting, low income programs, as well as general energy efficiency education.

Feedback received from customers and stakeholders will be considered, along with technical and financial information, as FortisBC prepares to file the 2011 Demand Side Management Plan with the BC Utilities Commission, as part of the FortisBC Capital Expenditures Plan.

Please drop by any of the following open houses – project information panels will be on display and a presentation is scheduled for 6:30 p.m.

Creston: Monday, March 22, 2010 | 6 – 8 p.m.

Adam Robertson Elementary School, 421 9th Ave N.

Castlegar: Tuesday, March 23, 2010 | 6 – 8 p.m.

Sandman Hotel, 1944 Columbia Ave

Osoyoos: Wednesday, March 24, 2010 | 6 – 8 p.m.

Osoyoos Seniors Centre, 17 Park Place

Kelowna: Thursday, March 25, 2010 | 6 - 8 p.m.

Holiday Inn Express, 2429 Highway 97 N.

For more information, call 1-866-4FORTIS (1-866-436-7847) or visit www.fortisbc.com

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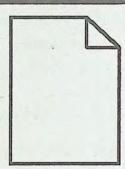
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Keremeos News



Rustic Roots Winery of Cawston attended Princeton Rotary WineFest February 27th. *

Similkameen project shifts up valley

A day-long panel session for the Sustainable Similkameen Project committee members took place February 27th in Princeton.

A total of five Keremeos-area panel members made the trip to Riverside Centre to continue work on the strategy to assist in directdevelopment in the

By the end of the day the group took the eight strategic thrusts and plotted them on a SWOT matrix based on level of impact on the Mission Statement that the group originally developed and the Probability of Development within the Similkameen Valley.

The strategic thrusts identified were: Climate Change, Migration, Key Resources, Economic Development, Public Participation, Housing Development, Valley Community and Community Development of Indian Bands.

The work, which began last September, will be presented at a final public meeting March 20th from 7:00 to 8:30 PM in Victory

For more information on the project, the Mission Statement and various news releases related to the Sustainable Similkameen Project visit the website located at www.rdos.bc.ca/ssp.

Sustainable Similkameen Project **Final Public Meeting**

> 7:00 - 8:30 PM Saturday, March 20 Victory Hall, Keremeos



Dr. Moss facilitating a meeting of the Sustainable Similkameen Project February 27th in Princeton. *



Georgina Tarswell, left, and Sue Ash accept the Royal Canadian Legion School Program Poppy Appreciation Award from Jim Turner of Branch 56 recognizing the school's Remembrance Day Program. The presentation was part of a school assembly February 25th at Vermilion Forks Elementary School. *

Students plan own studies

What can a student do if what he or she really wants to learn is not available?

Students at Princeton Secondary School may have no interest in the elective courses presented to them. Due to the size of the student population at Princeton Secondary, the number of elective courses are limited. Elective courses are not mandatory for graduation but do make up the number of credits required for graduation.

Students who have a passion to learn something not offered as an elective may choose Independent Directed Studies (IDS). To follow this route, a student must prepare his or her own lessons, and must learn what the course requires. If a student who has a passionate interest in a subject, the student will learn

Principal Bill Lawrence attended the February 24 Board of Education meeting to describe the success of IDS to the trustees. Levi Dubé, a student who completed an IDS course last year, was with him.

Lawrence described how Dubé found a mentor from the community to teach him all about the guitar, not only how to play it, but the history and construction of the guitar. Dubé was not the only student taking a course under the IDS program. Another student elected barrel racing as a course.

Students follow their independent studies under the supervision of a teacher.

Levi Dubé spoke with enthusiasm about IDS from his own experience. He was able, through his mentor, to not only learn, but to participate in community functions he would not have pursued on his own. He said his mentor encouraged him to enter a talent contest, where he won a prize and went on to perform at the 2009 Fall Fair. He learned how to conduct a talent contest and arrange a musical performance. He is now a mentor to another student who is studying guitar. In addition, he has made a friend, his mentor, professional musician Dan Davidson.

Superintendent R. Peacock recommended continuing IDS at Princeton Secondary. The trustees voted in favour.

If you would like to be a mentor, contact Principal Lawrence at 250.295.3218.







Board secures health grant

The local school district will be hiring a health coordinator for the next school term. Assistant Superintendent Stephen McNiven applied for a \$30,000 grant from Interior Health to fund the coordinator, who will serve Merritt and Princeton schools. The funding will be in place this August.

In the letter McNiven received advising him of the grant approval, Heather Allen and Carol Todd, Project Co-Sponsors of the Healthier Schools Healthier Students Project, stated evidence has shown "a comprehensive school health approach can be more effective and have greater impact on lifelong health" than programs that just address a single health problem such as substance abuse, early school leaving, violence and other concerns.

The health coordinator will be hired for the semester beginning in September.

Board praises students

School trustees at the February 24 Board of Education meeting had some proud words to say about students at Princeton Secondary School.

Board Chair Gordon Comeau remarked on the number of musically talented students at the school.

Superintendent R. Peacock commented with pride on the achievement of both the senior and junior girls' basketball teams, both of whom won the Valley Championship and went on to compete in the Provincials.

PUBLIC NOTICE

Copper Mountain Mine Permit Amendment Application Mines Act Permit M-29

A public information Open House will be held on Thursday, March 11, 2010 From 2:30 PM to 8:30 PM, at the

Princeton & District Community Skills Centre 206 Vermilion Avenue, Princeton, B.C.

regarding the proposed Restart of Open Pit Mining Operations at the existing Copper Mountain Copper Gold Mine located about 20 km south of Princeton, B.C

> For further information contact: Similco Mines Ltd. 250-295-0123

Anyone interested in this Amendment Application is invited to attend.



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Health / Lifestyle News

Living donors define selflessness

(NC)—It's not always easy being selfless, particularly when you have agreed to undergo major surgery to save someone else's life. But that's exactly what 1,084 living donors did in Canada between 1995 and 2008. Individuals in good health, who would otherwise have not needed surgery, defined selflessness by donating an organ (or part of an organ) to either a related or unrelated recipient.

As public awareness of living donation grows, more individuals are beginning to consider being a live donor. In the majority of the cases individuals know the recipient. It's usually someone who they are emotionally attached to such as a parent, child, sibling, spouse or even a good friend. And in some cases, living donors agree to donate an organ to a complete stranger.

In fact, the Living Donor Paired Exchange Registry launched by Canadian Blood services in February 2009 is designed to optimize the use of organs from living donors. The mechanism creates the opportunity where an individual who is willing to donate an organ, primarily a kidney, but is incompatible with the intended recipient may nonetheless be a possible match for someone already in the registry, along with a family member or friend who also wants to be a donor. By agreeing to be included in the registry and be part of a paired exchange, living donors can then be matched with other compatible recipients. A form of "swapping" occurs that maximizes the chances of finding a donor - recipient

Living donation also has additional advantages. The actual logistics of the transplantation process are simpler. In many cases, the convenience of a living donation enables the transplant to take place at an acceptable time for both donor and recipient and when they are both in optimal health, while waiting time for a transplant tends to be reduced to a matter of months rather than years for deceased donation. The organ donated by a living donor also tends to be healthier at the time of the operation and works right away, leading to a better-functioning organ after transplantation, and longer graft survival. Potential

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donors can also be tested ahead of time. This not only allows for the most compatible recipient to be found, but it also lessens the risk of rejection because living donor transplants are usually done between family members, ensuring a better chance of a genetic match between donor and recipient.

No one knows or understands how important the benefits of living donation are more than Toronto, Ontario resident Pamela Mitchell. "In my mind, only a sibling or a close relative could be a viable candidate to donate a kidney, and it had never crossed my mind to ask any of my other loved ones. I began to mention it in passing to relatives and friends. Much to my great surprise the responses were overwhelmingly positive. Even coworkers sent emails offering me their kidney. I was amazed at everyone's generosity!"

Ms. Mitchell's cousin's daughter, Debra, became her donor in September 2001. The transplant was performed and worked perfectly. Since then she's continued to travel to places like Nepal, Thailand, France and Cuba. She runs optimizing health groups in patient self-management for people with chronic conditions, and does

donors can also be tested ahead of volunteer work by offering peer time. This not only allows for the most compatible recipient to be found, but it also lessens the risk of she states.

Ms. Mitchell is also a frequent contributor to the Transplant Companions (www.transplantcompanions.ca) and Transplant Adherence Programs (www.transplantadherence.ca). These two national programs, funded by Astellas Pharma Canada are designed to educate pre and posttransplant kidney patients. The Transplant Companions program is aimed at pre-transplant kidney patients and follows an interactive workshop model. The program is now offered at 14 Canadian transplant and care centres, seven of which have made attendance at the program's workshops compulsory for their pre-transplant patients.

Its sister program, the Transplant Adherence Program focuses on life after transplantation, and provides transplant recipients with information and resources, including newsletters, a DVD and an interactive web-site, which encourage and support adherence to their treatment regimens. More information is available at www.transplantcompanions.ca and www.transplantadherence.ca.

News Canada

Living Past 100

Is It Really Depression?

More and more people are using anti-depressant medication, but some health experts are wondering if these drugs are over-prescribed. People who feel tired, anxious or emotionally numb, people who feel irritable or sleep too much or too little, may be diagnosed as depressed. There could be other factors causing these symptoms.

The further north you live, the more likely you are to suffer from lack of sunshine. This can bring on symptoms of depression when all you really need is Vitamin D or a vacation in the sun.

Feelings of fatigue, lack of motivation, unhappiness and irritability are often signs of iron deficiency. This is easily discovered through a simple blood test. Sometimes these same symptoms can result from taking other medications. Your physician should take all aspects of your health into consideration before prescribing anti-depressants. Anti-depressants should never be prescribed without a thorough medical check-up, as the symptoms may result from an underlying physical condition which anti-depressants will not fix,

A prolonged period of stress can wear you down until you have symptoms of depression. Grief can have the same effect. Dissatisfaction with your job, your life in general, can lead to feelings of depression. Your physician needs to know about everything going on in your life that affects your emotional well-being.

Hormone changes that accompany growing older can bring on symptoms that mimic depression. A man over 50 years of age may begin to feel angry because he cannot play sports he used to, or he may be anxious about his sexual prowess. He may not want to talk about these feelings, but he may exhibit signs of depression. What he needs is some good counselling.

Women may show symptoms of depression when their children leave home. Suddenly a woman's major job is done and she may feel useless. Combined with declining estrogen, a general malaise becomes evident.

These examples are not clinical depression. One doctor said hidden anger is often diagnosed as depression. Anti-depressants were not produced to clear up problems stemming from dissatisfaction or anger. It is important for you and your doctor to review everything that could be the cause of how you feel before a diagnosis of depression is made. All anti-depressants can have side effects.

This Week - 8 Years Ago

Celebrating Princeton's 150th W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 5, 2002

An end, and a beginning



aurie Currie loved



Business group strengthens structure

-former publisher, radio station owner, and Princeton "booster" dies

When a gird "community" turn passes away, he leaves a legacy to renember Laurie Gerre has left a large legacy for Poweron. Curie was boan April 28, 1928, in Chilliwach and moved to Princeton as a youth. He manifed Songa in 1952, in Patriction, and the newlyweds traved to Ocean Edlis BC, where he worked as a steam enquieer. Both daughters LaVerne and Arlene, were born there.

there. The family moved back to Processor in 1935, and Corne became the third owner of the Similkaneon Spotlight. He owned the community newspaper.

unit 1981, when he sold it is his beginne employee. Fird Hext.

In the measure, in 1972. Carrie had established Princeton's first, and only, level reduced, later obserbed by the parent company in 1999, when Cuttie finally returned.

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postpones hospital report

Interior Health is delaying the release of the Acute Care Role Review for several weeks. The complexity of assessing the roles and function of each of the 32 hospitals and five diagnostic and treatment certies in Interior Realth and the question of how we deliver tertiary services mean changes are being made constantly to the role review. Interior Health wants to ensure the data being collected accurately reflects the

The Business Enhancement Committee, long and there should situation analysis of Princeton's Group, un organization of be training for people in the hosp-stronglys, weatheress and theans. Princeton user trainings people, tally and service industry, including the property that Princeton entitle that a resistance loss hard the property of the property Oops! The masthead on the March 5, 2002 News Leader didn't get changed from the previous week and says the issue was dated February 26, 2002! The date was corrected on all the rest of the pages.

The front page headline of the March 5, 2002 Similkameen News Leader said it all: Laurie Currie loved 'this town' - former publisher, radio station owner and Princeton 'booster' dies.

Currie not only invested in local businesses, at one time owning a local newspaper and the local radio station simultaneously - he also invested himself in the community. He had a hand in many community projects ranging from establishing Princeton Racing Days and Snowpatch Ski Hill to his involvement in Princeton Golf Club expansions and assisting new businesses through his involvement in Community Futures Development Corporation.

Similkameen News Leader Publisher/Owner George Elliott worked with Currie for a dozen years.

"Laurie was my boss at the radio station and one thing he always emphasized was the importance of working within your community. He's the guy who got me interested in a lot of different organizations I may never have considered joining had it not been for his philosophy that if I planned to stay in Princeton, I better get involved in Princeton."

Elliott was the person who lobbied the Town of Princeton in 2002 to name the road that passes by Princeton Fairgrounds 'Laurie Currie Way.'

"I wanted a lasting reminder

somewhere to honour Laurie and his contributions and couldn't think of a better place than near the race track," Elliott explains.

"I thought it was going to be a lot of work, but everyone concerned obviously felt the way I did and the road was named after Laurie only weeks after his passing. I still smile whenever I pass by one of the road signs."

A new group formed eight years ago this week. The Business Enhancement Group, which later became Princeton Area Business Enhancement Association, established an organizational structure February 26, 2002.

A total of nine committees were formed, some with longer-term goals than others. The BEA folded a few years later.

Local doctors were in the news eight years ago this week speaking out about their concerns over possible cutbacks in the x-ray department at Princeton Hospital.

Dr. Sue Erasmus, Chief of Medical Staff at the time, wrote a letter to then Health Administrator Marilyn Harkness expressing the concern on behalf of all local doc-

Erasmus argued that Princeton's geographic location was reason enough to reconsider a one-day per week closure of the x-ray depart-

"Such a cut in services would severely limit our ability to deliver a safe level of service, let alone

quality service, to accident victims. We strongly object to even considering such a step, which would endanger patients' lives and expose physicians and the hospital to medico-legal action."

Real estate prices in March 2002 were worth noting. An ad from this week eight years ago for a 3-bedroom, 2-bath home located downtown with a fenced yard, large deck, workshop and lane access was worth \$66,000 and included \$2,000 cash back on purchase!

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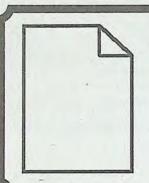
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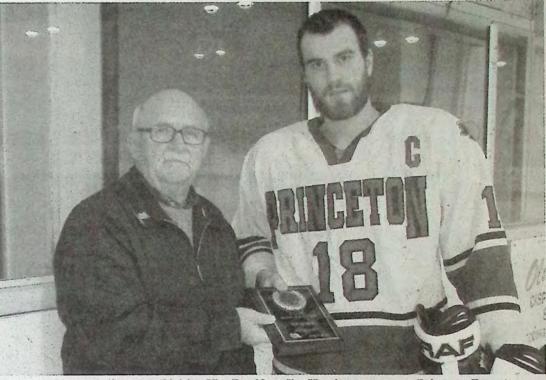
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KIJHL Okanagan/Shuswap Division Vice President Jim Harrington presents Princeton Posse team captain Dan Hillman with the Top Scorer Award prior to the February 26th playoff game. *

Nervous energy nets playoff win

Princeton Posse entered the second round of KIJHL playoffs February 27th hosting Sicamous Eagles in the first game of a best of seven series. Having finished the regular season in second place in their division, the Posse earned a bye, which allowed them to rest and heal sitting out of the first round.

Okanagan/Shuswap Division Vice President Jim Harrington presented Posse team captain Dan Hillman with the Top Scorer Award just prior to the opening face off.

Hillman finished the season in fifth place overall in the league with 70 points (18 goals and 52 assists) collected over 48 games played but his stats gave him the top spot in the division.

The game itself saw the Posse full of energy. Nervous energy (in the words of Assistant Coach Kevin Robillard) which kept the boys on their toes and also cost them a few

Princeton scored first at 15:19 when Ben Reinbolt popped a rebound into the Eagle goal. Assists went to Dayton Shaw and Brendan Stephen.

Sicamous snatched control of the game and scored three unanswered goals in 5-minutes and 19-seconds which sent a message to the home team and saw Princeton shift into gear and add three goals of their own in only 5-minutes and 27-seconds (5:39 – Chard Brears from Ben Morgan, 3:05 – Spencer Kristensen from Brendan Stephen and Dan Hillman and on the power play with 12.5-seconds left – Spencer Kristensen from Brendan Stephen and Lee Muir).

"The two teams took advantage of the intermission to tighten the defense systems," Robillard stated on the Posse website (www.princetonposse.org).

"Both teams looked to reduce the scoring chances that dominated the first period."

Princeton scored twice in the sec-

ond. The first goal, at 9:52 (Brooks Christensen from Lee Muir and Chad Brears) was on the power play and the second at 1:16 (Chard Brears from Brooks Christensen) was short handed.

The third period saw Sicamous rally back with three goals of their own to tie the game at 6-all.

At 8:27 Princeton's Brendan Stephen chipped a puck away from the Sicamous defense in the neutral zone and created a 2-on-1 once past the defensemen.

"Using the Posse forward as a decoy Stephen sniped a wrist shot over the Eagle goalie to give the Posse a 7-6 lead," Robillard described the play online.

Final score: Princeton 7, Sicamous 6. Shots on goal: Princeton 27, Sicamous 23. Penalties in minutes: Sicamous 6 for 12-minutes, Princeton 5 for 10-minutes.

Game Two turns physical

Princeton Posse hosted Sicamous Eagles February 28th in the second game of their best of seven second round series.

Both teams pushed their weight around in a very physical sixty-minutes of hockey.

In fact, the first period finished with no scoring and only two penalties were assessed although there was no shortage of pushing and shoving and plenty of hard checking going on.

Princeton got on the scoreboard first at 15:13 of the second with a goal scored by Evan Stack. A single assist went to Spencer Kristensen.

Princeton's Ben Morgan scored the second goal of the game only 35-seconds later at 14:38 with an assist going to Brendan Stephen.

Princeton finished the period with a three-goal lead with Brody Brewster adding one of his own at 7:01. Assists went to Devon Grossler and John Minot.

The third period saw Sicamous attempt to chip away at Princeton's lead scoring their first goal at 16:17 on the power play. Princeton responded at 13:35 with a goal by Ben Morgan with assistance from Chase Salisbury and Brooks Christensen. Morgan had just lost his stick in a freak collision that saw it spin out of his hands and over the plexiglass into the first row of seats. Without missing a beat, a second stick was handed to the player who

finished the play with a goal.

Only 30-seconds later Sicamous added their second goal of the game, once again on the power play.

Sicamous pulled goalie Tyler Steel with 1:57 remaining for an extra man creating a 6 on 4 with Princeton's John Minot called one second before for high sticking. Princeton's Bill Marshall was sent to the box at 1:29 for slashing which gave Sicamous a 6 on 3 which they dominated on and added a goal at 1:14

Princeton cleared the puck a number of times, but couldn't find the empty net in the final seconds of the game.

An emotionally charged Princeton Posse Head Coach Dale 'Duner' Hladun was handed a game miscounduct after coming out on the ice after the final buzzer and shouting criticism at the officials.

Final score: Princeton 4, Sicamous 3. Shots on goal: Sicamous 26, Princeton 13. Penalties in minutes: Princeton 9 for 26-minutes, Sicamous 2-for 4-minutes.

Game #3 moves to Sicamous on Monday, March 1st with Game #4 the following night in Sicamous. If needed, Game #5 will be Thursday, March 4th in Princeton with Game #6 (if needed) set for Friday, March 5th in Sicamous. If the series goes the full seven, the final game will be Saturday, March 6th in Princeton.

News Leader

Similkameen News Leader TV Guide Listings - March 3 - 9, 2010



ocal girls assist winning team

On February 14th Colby Williams and Jacinda Esselink, along with their Kamloops Mystics team, started their playoff run against Kelowna for the right to be league champs.

This was going to be a hard fought battle with both teams being fairly equal. Kamloops opened the scoring when Emily Gervais banked home a rebound. Kelowna was not to be out done; they scored their first to tie the game.

After the break the game went back and forth with both goalies making some excellent saves. In the third period Colby Williams gave Kamloops their second goal and the lead. Kelowna never gave up but with a minute left Jordan Finnie scored an open net goal to seal the game. This meant they

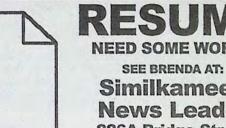
were off to Kelowna for their second game.

This game was no contest with the Kamloops girls looking to win the championship - they came to play. Emily Gervais scored 4 goals, Colby Williams scored 1 along with Michelle Fortier for a 6-0 win.

Great job team, for it was because of the whole team's effort that they are now OMAHA Champions!



Many families in Princeton have curled together over the last 80 years and this year's Ladies 'spiel was no exception. Mona Willis led her granddaughters Amy, Hallie and Darcy to a semi final game. The girls drove from Alberta to play with their grandmother. Sharon Beausoleil and her daughter played together, Marg Johnson and her sister-in-law Val were on another team, Tara Atkinson and her aunt Lynda Hodgson teamed up with friends Donna and Tisha to win the A event. - photo submitted



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Grade 7 Girls Basketba



Vermilion Forks hosted Merritt February 25th. *



Action under the net - Vermilion Forks vs. Colletteville Middle School. *



TUESDAY, MARCH 2, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV (22)	DISC	FAM (26)	CITY 29	SPIKE	TROP
6	AM :30	In the Heat of the Night	Morning	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)		SportsCentr e Œ	Cunada AM	Dally Planet	Henrys Feet	CityLine III	CSE NY "The Ride-	Inside Box That News
7	AM :30	Cosby	E	Clifford the Big Red Dog (E)	Arthur (Ei) Martha		The Early Show (N)	Cold Case Files (E)	Good Morning America (N)	©	News (N)	Dirtgiri Animal	Spongellob League	SportsCentr e 📧		Mayday "Fire Fight"	Mickey Mickey	The Tyra Show (N)	In" CSI: Crime Sen	End Leash Last 10
8		Harvey Fresh Pr.		(DVS) Sid the	Curious	Cassidy. (N)	dia .	The First 48			100 Huntley Street Œ	Bo on Go Busytown	Pokemon Rollbots	SportsCentr e 🖭		Motor City Motors	Handy	Ruchael	CSI: Crime Sen	Tube Tales
9		Fam. Feud	100 Huntley Street [6]	Science Kid	Super Why! Dinosaur		The 700 Club (E)	The First 48	Regis &	100 Huntley Street [E]	World Vision [6]	Super Why! News		Timber Darts: 2009	Live With Regis &	Daily Planet	Feet Agent Oso	Role	CSI; Crime Sen	Colin-Justi
10	AM	Reba [6]	Hospital for Sick Kids	Spider (10:36)	Sesame Street (EI)		HATCH STREET, THE STREET, ST.	Criminal Minds (6)	Kelly The View (N) (E)	Hospital for Sick Kids	Debt Part ET Canada	Poko	Berenstain Willa's	Grand Slam.	Kelly The View (N) (E)	How-Made	Mickey	The O.C.	CSI; Crime Sen	Whatever
11		Jim	World Vision (E)	Rolie Polie Berenstain	Clifford Sit-Be Fit	A STATE OF THE PARTY OF THE PAR	Young & Restless	The Sopranos	Paid Prog.	World Vision [8]	(10:59) Noon News	Gofrette Dirtgirl	George S.	Boxing	Fashion Fashion	License to	Phineas Suite Life	CityLine [ff]	CSI: NY "The Ride-	Golden
12		Just Shoot	Noon News	Maggie (12:37)	Charlie Rose [f]		News The Bold	CSI: Mlami	All My Children	Noon News Hour (N)	Hour (N) Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Mr. Men	Boxing: Antonio	etalk @	Deadliest Catch (f)	Wizards Montana	A THE CONTRACTOR OF THE CONTRACTOR	In" CSI: Crime Sen	3's Co.
1	PM	King The Office	As the World	(1:02) Dinosaur	Your Brush Quilting	Days of our Lives (N)	Table to be to be a first of the	Cold Case Files [E]	(N) (E) One Life to Live (N)	As the World	As the World	Doc Zone	(12:55) Viva Jacob	Escalante vs. Miguel Roman.	Sue Thomas:	Motor City Motors	Cory	Judge J. Judge J.	CSI: Crime Sen	Seinfeld Seinfeld
2	PM	The Office	Postlese	Franklin BluesClues	Barney WordWorld	The Bonnie	Turns (N) Let's Make a Deal (N)	The First 48	Charles of the Control of the Contro	Turns (N) Young & Restless	Turns (N) The Doctors	Steven and Chris [ff]	Pearlie Garfield	Around Interruptio	F.B.Eye Dr. Phil (6)	MythBuster s [tt]	Replace School	CityLine [#]	CSI: Crime Sen	Golden Golden
3		Friends Seinfeld	The Doctors	(3:01) Little Bear 🚱	WordGirl Electric	Judge Judge	Dr. Phil 📧	The First 48	Rachael Ray @	The Doctors	Young & Restless	Recipes Mercer	(2:50) Kid League	Record Sports	(2:59) The Dr. Oz Show (N)	Destroyed Destroyed	Life Derek Suite Life	CityNews at 6 (N) @	CSI: Crime Scn	End Leash Last 10
4	PM :30	Family Guy Family Guy	Winters Feel	George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey @	Criminal Minds 🖽	Deal No Deal No	Oprah Winfrey 🕮	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Parking Parking
5		Payne Payne		(4:57) Martha	BBC World Business	News (N) NBC News	News CBS News	Criminal Minds 🖽	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver	OddParent SpongeBob	Hockey: Philadelphia Flyers at	CTV News at Five (N)	How-Made How-Made	Suite/Deck Zoey 101	The Biggest Loser (N)	UFC Unleashed	Rescue Inl
6	PM:30	Order SVII		Taste Buds Dogs	PBS NewsHour	College Basketball	News Access H.	Criminal Minds [E]	News	(5:59) News Hour (N)	ET Canada Ent	Coronation	iCarly (5)	Tampa Bay Lightning.	CTV News (N) [6]	Destroyed Destroyed	Montana Wizards		UFC Unleashed	Dog Whisperer
7	PM:30	Seinfeld	Ent ET Canada	Frontier of Constructio	50425 E26 TECH		The Doctors	Criminal Minds (E)	Ent The Insider	Ent ET Canada	The Good Wife "Bang"	Wheel Jeopardy!	iCarly Œ	SportsCentre (Live) 低	"Sundown"	Swamp Loggers (N)	Sonny Suite Life	Parenthood "Pilot" (N)	BlueMount Players (N)	End Leash
8	PM:30	Movie: "Good Will	NCIS "Mother's	Billy Connolly:	(N) Wild Lives	Loser (N)	NCIS "Mother's	Criminal Minds (E)	Lost "Lighthouse	NCIS "Mother's	NCIS "Mother's	Mercer 22 Minutes	Malcolm	2009 World	(N) American Idol (Same-	Daily Planet	Overruled! Montana	News EP Daily	UFC Unleashed	Tube Tales
9	PM:30	(1997, Drama) Matt	Day" NCIS: Los Angeles (N)	Journey Movie: "Alice Neel"	Frontline (N)	©	Day" NCIS: Los Angeles (N)		" EE Lost "Sundown"	Day" NCIS: Los Angeles (N)	Day" NCIS: Los Angeles (N)	Kids in-Hall	8 Rules What I Like	Series of Poker Main Event, from	day Tape)	Destroyed Destroyed	Wizards Buzz	Chopping Block (ff)	UFC Unleashed	Parking Parking
10	PM	Damon.	The Good Wife "Bang"	(2007) Premiere.	(DVS) Independen t Lens (N)	Parenthood "Pilot" (N)	The Good Wife "Bang"		(N) 20/20 (N) (E)	The Good Wife "Bang"	News Hour Final (N)	National	Family Biz	Las Vegas.	Law & Order: SVU	Swamp Loggers	School Cory	Coach (f)	BlueMount Players	Rescue In
11	PM	"Feeling	CHBC News Final	Radical Dreamer	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Minds (E) (11:01) Criminal	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour [#]		SportsCentre (Live)	CTV News	How-Made	So Raven Life Derek	Home Imp.	Unsolved Mysteries	Dog Whisperer

WEDNESDAY, MARCH 3, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY 10	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6	:30	n the Heat of the Night	(5:30) Morning News (N)		Bob Build Lions	News (N)	News	CSI: Miami		Committee of the commit	(4:30) Morning News (N)	CBC News Now (N)	Being Ian Viva Piñata	(5:00) NHL on TSN: TradeCentr	Canada AM	Daily Planet	Henrys Franny	CityLine [#]	CSI: NY Œ	Inside Box Spoiled
7	AM (Cosby	•	Clifford the Big Red Dog @	Martha	7 400000 200000	The Early Show (N)	Files (#)	Good Morning America (N)	Œ		Dirtgirl Animal	SpongeBob Penguins	e '10 News and analysis of deals at		Mayday 🖭	Mickey Mickey	The Tyra Show (N)	CSI: Crime Scn	Project Runway Canada
-	AM I	Harvey Fresh Pr.		(DVS)	Curious	Lady Antebellum. (N)		The First 48			100 Huntley Street 🖽	Bo on Go Busytown	Pokémon Rollbots	the NHL's 2010 trade deadline.		Worst Handyman	Handy Handy	Rachael Ray @	CSI: Crime Scn	
		Fam, Feud	100 Huntley Street [6]	(CC)	Super Why! Dinosaur		The 700 Club 🔃		CONTRACTOR OF THE PARTY OF THE		Hospital for Sick Kids	Super Why! News	Rolie Polie Timothy	deadine.	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: Crime Scn	Colin-Just
	AM I	Reba 🖭	World	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	Criminal	The View	World Vision 🕮	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's		The View	How-Made How-Made	Mickey Handy	The O.C.	CSI: Crime Scn	Whatever Whatever
1.4	AM .	Jim	Hospital for	Rolie Polie	Clifford Sit-Be Fit		Young & Restless	The Sopranos	Paid Prog.	Hospital for Sick Kids	(10:59) Noon News	Gofrette Dirtgirl	George S.		Fashion Fashion	Destroyed Destroyed	Phineas Suite Life	CityLine 6	CSI: NY 📧	Golden Golden
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4	PM		As the World	(1:02) Dinosaur	Art Work Sewing	Days of our Lives (N)	As the World	A SAME SEASON SERVICES	(N) (E) One Life to Live (N)	As the World	As the World	Doc Zone	(12:55) Viva Jacob	NHL on TSN: TradeCentr	Sue Thomas:	Swamp Loggers [tt]	Cory	Judge J. Judge J.	CSI: Crime Scn	Seinfeld Seinfeld
0	PM	The Office	Turns (N) Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie	Turns (N) Let's Make a Deal (N)	The First 48	Contract of Chicago, exc.	Turns (N) Young & Restless	Turns (N) The Doctors	Steven and Chris @	Pearlie Garfield	e '10	Dr. Phil @	MythBuster s @	Replace School	CityLine @	CSI: Crime Sen	Golden Golden
3	PM	Friends		(3:01) Little Bear Waiting for	WordGirl Electric	Jeopardy! Wheel	Dr. Phil 🔃	The First 48	Rachael Ray @	The Doctors	Young & Restless	Recipes Mosque	(2:50) Kid League	SportsCentr e @	(2:59) The Dr. Oz Show (N)	Canada's Worst Driver	Life Derek Suite Life	CityNews at 6 (N) @	DEA "Up the Ladder"	Project Runway Canada
4	PM	Family Guy	Oprah	snow. (E)	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey (#)	Criminal Minds @	Deal No Deal No	Oprah Winfrey 🖭	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show	Daily Planet (N) @	Phineas Wizards	Law & Order: SVU	Die Die	Rescue Ink
5	PM	College Basketball: Kentucky at	Enrly News News	(4:57) Martha	BBC World Business	News (N) NBC News	News CBS News	Dog the Bounty Hunter	News ABC News	Early News Global Nat.	(4:59) News Hour (N)		OddParent SpongeBob	Hockey: Vancouver Canucks at	CTV News at Five (N)	The Colony (N) 🖫	Suite/Deck Zoey 101	Mercy (N)	Die Die	Hoarders
6	PM	Georgia.	Global Nat. News	Creatures Dogs	PBS NewsHour	News (N) Millionaire	News Access H.	Dog the Bounty Hunter	News News	(5:59) News Hour (N)	ET Canada Ent		iCarly @	Detroit Red Wings. [f]	CTV News (N) [E]	Man vs. Wild @	Montana Wizards	Family Cougar	Die Die	Hoarders "Patty; Bill
	PM	Seinfeld	(a	Billy Connolly:	(N) © Fuces of America	Jeopardy! Wheel	The Doctors	Dog the Bounty	Ent The Insider	Ent ET Canada	The Deep End "Pilot"	Wheel Jeopardy!	iCarly (E)	SportsCentr e (Live) 🖭	etalk (E) Access H.	Solv.History	Sonny Suite Life	(7:01) Ugly Betty (f)	1,000-Lie MANswers	Parking Parking
8	PM	Law & Order: SVU	Bones 🖭	Journey Mekong: Soul	The National	Mercy (N)	Chris Unmarried	Hunter Seagal Seagal	Family The Middle	Bones @	Bones @	Dragons' Den (N) Œ	Malcolm Chris	Record	American Idol (Same-	Daily Planet	Overruled! Montana	News EP Daily	BlueMount Players	Spoiled ET Canad
9	-	Movie	Kitchen Nightmares		Parks: America's Best Idea	Law & Order:	Criminal Minds (N)	(9:01) Dog the Bounty	Family	Kitchen Nightmares	Kitchen Nightmares	150-100-120-120-20-20-1	8 Rules What I Like	24/7 Speed	day Tape)	Solv.History	Wizards Buzz	TO Show	1,000-Lie Die	Parking Parking
10	PM :30		The Deep End "Pilot"	Régiment" (1996) Ewa Podles.	Forever Wild (E)		CSI: NY (N) Œ	Hunter (10:01) Dog the Bounty		The Deep End "Pilot"	News Hour Final (N)	National		World's Strongest	CSI: NY (N) @	The Colony	School Cory	Coach (E)		
11	PM	ТВА ТВА	CHBC News Final	Premiere.	Charlie Rose (N) IE	Savior" News (N) Jay Leno	News Letterman	Hunter (11:01) Dog the Bounty	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour @	Prank Ptri	Man SportsCentr e (Live) @	CTV News	Man vs. Wild (ff)	So Raven Life Derek	Home Imp.	Unsolved Mysteries	Hoarders "Patty; Bill"

HOWS Leader - Horoscopes

March 3 - 10, 2010

Aries - You are now in a new phase. Try to express more affection. Look into yourself. What motivates you? Your energy level is high, your health is good. Your career demands hard work.

Taurus - You derive pleasure from time spent with groups you belong to. This is a good time for planning ahead. Talk to others about your plans. Continue to take care of the health of your back. Rest.

Gemini - Career matter surge to the top of your list. Career is rewarding. Remember to keep your voice moderate and speak graciously. Problems occur from lack of self-discipline.

Cancer - You have an urge to travel and learn, but you are still having money problems. Changes are taking place in partner, friends. Pay attention. Don't take any relationships for granted. Be alert.

Leo - You move into high gear again. Keep ego under control. Use high energy to achieve goals and accomplish what must be done. Job may produce tension. Watch your health. Changes!

Virgo - Relationships of one-on-one are where your interest is focused this year and highlighted until March 20. You can enjoy a lot of pleasant interaction with others. People see you and approve.

Libra - You are busy, busy, busy and enjoying your work. Health is good. Things are changing at home. Continue planning. You are developing a new maturity. Work hard and achieve.

Scorpio - This is a good time to have some fun, but don't forget about work. Watch out for colds, flu. Career demands pick up pace. Older folks may need your help. Pay attention to incoming info.

Sagittarius - You enter a couple of months of doing some training, learning new things. Home life is happy, could be the center of activity. Change finances through knowledge, information.

Capricorn - This week is all about errands, short trips, messages. You are on the move. Do taxes, pay attention to finances, investments. You may want to spend time at home and improve your home.

Aquarius - Partnership or one-on-one disputes you faced last year may come back now if you did not solve problem first time around. You are tempted to overspend: control yourself. Wait.

Pisces - You need to restore your health. You are full of energy and enjoy life. Be more physical, starting now. Your job may drive you up the wall but do the work now or face future problems.

HOWS Loadel - Recipe Corner

Citrus Salmon with Orange Relish

(NC)—Fresh oranges and ground ginger pair to make a bold and nutrient-packed accompaniment to salmon fillets. Serve this antioxidant-rich relish with any kind of fish, or with shrimp or scallops.

Prep Time: 20 minutes / Marinate: 30 minutes / Cook Time: 15 minutes

Citrus Salmon:

- 1/4 cup orange juice
- 2 tablespoons olive oil
- 1 1/2 teaspoons McCormick Gourmet thyme leaves, divided
- 4 salmon fillets (about 1 pound)
- tablespoon brown sugar
- 1 teaspoon McCormick Gourmet paprika
- 1/2 teaspoon salt

Orange Relish:

- 1/2 teaspoon grated orange peel
- 2 seedless oranges, peeled, sectioned and cut into 1/2-inch pieces
- 2 tablespoons chopped red bell pepper
- 1 tablespoon honey
- tablespoon chopped red onion
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon McCormick Gourmet ground ginger

SALMON: Mix orange juice, oil and 1 teaspoon of the thyme in small bowl. Place salmon in large resealable plastic bag or glass dish, Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavour. For the Relish, mix all ingredients in medium bowl. Cover. Refrigerate until ready to serve. RELISH: Mix brown sugar, paprika, remaining 1/2 teaspoon thyme and salt in small bowl. Remove salmon from marinade, Discard any remaining marinade, Rub salmon evenly with paprika mixture. Place salmon on foil-lined baking pan. BAKE in preheated 400°F oven 10 to 15 minutes or until fish flakes easily with a fork. Serve salmon with Orange Relish. Makes 4 servings.

Nutrition Information Per One Serving: Calories 283, Fat 11g, Protein 25g, Carbohydrates 21g, Cholesterol 62mg, Sodium 354mg, Fibre 3g More easy tips and specially designed recipes packed with flavourful, antioxidant-rich super spices can be found online at www.spicesforhealth.ca.

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226A Bridge Street, Princeton

News Leader

Tuesday Movies

EVENING

8:00 pm WTBS 3 ***"Good Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ.

a dog flee with loot to Las Vegas with angry people on their trail.

Régiment" (1996, Comedy) Ewa Podles. Premiere. (61)

9:00 pm KNOW 5 "La Fille du

EVENING 8:00 pm WTBS ③ ★★¼"Murder at 1600" (1997, Suspense) Wesley Snipes. A homicide detective and a Secret Service agent investigate a secretary's murder in the White House.

10:00 pm WTBS 3 **"Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler.



NEED SOME WORK?

SEE BRENDA AT: Similkameen News Leader 226A Bridge Street

> Phone: (250) 295-4149 Fax: (250) 295-4103

Friday Movies

EVENING
7:00 pm YTV (18) ***"Hairspray"
(2007, Musical Comedy) John
Travolta. Premiere. In 1960s
Baltimore a plump teen becomes an
overnight celebrity after she wins a
spot on a local dance program called
"The Corny Collins Show." (In Stereo)

7:30 pm FAM (26) "Free Style" (2009, Drama) Corbin Bleu. Premiere. A young man bucks the odds as he tries to win a coveted slot on the Grand National motocross racing team. (In Stereo)

8:00 pm WTBS 3 **"Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hus-

9:00 pm FAM ② ** "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the

same day. (In Stereo) (E)

9:30 pm YTV (B) ** * "Grease" (1978, Musical) John Travolta. Nice Sandy and greaser Danny try to be like each other in their 1950s high school. (In Stereo) (E)

10:30 pm WTBS (3) * * "Gothika" (2003, Horror) Halle Berry. A criminal psychologist awakens to find herself confined in a penitentiary, accused of murdering her husband. (E)

FAM (26) * * * * "Willy Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candymaker's marvelous factory. (In Stereo) (E)

11:00 pm SPIKE (44) * "Lake Placid" (1999, Horror) Bill Pullman. A New York paleontologist goes to the backwoods of Maine and teams up with the local game warden to stop a 35-foot killer crocodile. (In Stereo)

the local game warden to stop a 35-foot killer crocodile. (In Stereo)

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THURSDAY, MARCH 4, 2010

		WTBS	CHBC	KNOW	KSPS 6	KHQ (Z)	KREM 8	A&E	KXLY	BCTV	CITV (12)	CBC	YTV (B)	TSN	VTV 22	DISC 24	FAM 26	CITY	SPIKE	TROP
6	AM :30	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian Viva Piñata	SportsCentr e 🕮	Canada AM	Daily Planet	Henrys Feet	CityLine III	CSI; NY Œ	Inside Box Reality
7		Cosby	(E)	Clifford the Big Red Dog @	Arthur (EI) Martha	Today Jerry Seinfeld and Tom Papa.		Cold Case Files 🖭	Good Morning America (N)	Œ	E	Dirtgirl Animal	SpongeBob Invasion	SportsCentr e 🕮		The state of the state of	Mickey Mickey	The Tyru Show (E)	CSI: Crime Sen	Soap Reality
8		Harvey Fresh Pr.		(DVS) Sid the	Curious Sid	(N) 📵 ·		The First 48			100 Huntley Street @	Bo on Go Busytown	Pokemon Rollbots	SportsCentr e 📧		Forensic Factor [E]	Handy Handy	Rachael Ray [6]	CSI: Crime Sen	Comeback Whatever
9	AM :30	Fam. Feud Fam. Feud	100 Huntley Street [E]	Science Kid Science tools.	Super Why! Dinosaur		The 700 Club (E)	The First 48	Regis &	100 Huntley Street @	World Vision 📧	Super Why! News	Rolie Polie Timothy	Drag Racing: NHRA	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amaring	CSI: Crime Sen	Colin-Justi
10	100	Reba 🖭	World Vision @	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	The First 48	Kelly The View (N) 6	World Vision 📧	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Kragen O'Reilly	The View		Mickey		CSI: Crime Sen	Whatever
11	1000	Jim Name Earl	World Vision @		Clifford Sit-Be Fit	20 240 240 25 24 24	Young & Restless	The Sopranos	Paid Prog.	World Vision [6]	(10:59) Noon News	Gofrette Dirtgirl	George S. (11:40) Erky	Winternation als, Final Eliminations	Fashion Fashion	The Colony	Phineas Suite Life	CityLine [ff]	CSI: NY (80)	Golden
12	PM	Just Shoot	Noon News Hour (N)	Maggie (12:36)	Charlie Rose [II]	Show Naked Shelldon	News The Bold	CSI: Miami	All My Children	Noon News Hour (N)	Hour (N) Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Mr. Men	Billiards: Mosconi	etalk [E]	Man vs.	Wizards Montana	Committee of the Commit	CSI: Crime Sen	
1	PM	King The Office	As the . World	(1:01) Dinosaur	Simp Paint Quilting	Lives (N)	As the World	Cold Case Files (E)	(N) [E] One Life to Live (N)	As the World	As the World	CBC News Special [8]	(12:55) Viva Jacob	Cup. World Poker	Budget 2010 (Live) [E]		Cory	Judge J. Judge J.	CSI: Crime Sen	Seinfeld Seinfeld
2	PM	The Office	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie	Turns (N) Let's Make a Deal (N)	The First 48	General Hospital (N)	Turns (N) Young & Restless	Turns (N) The Doctors	Steven and Chris [8]	Pearlie Garfield	Around Interruptio	Dr. Phil 🔞	MythBuster s [6]	Replace School	CityLine [E]	CSI: Crime Sen	Golden Golden
3	PM	Friends Seinfeld	The Doctors	(3:01) Little Bear (6)	WordGirl Electric	Judge Judge	Dr. Phil (E)	The First 48	Rachael Ray [6]	The Doctors	Young & Restless	Recipes 22 Minutes	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Cash Cab How-Made	Life Derek Suite Life	CityNews at 6 (N) [E]	CSI: Crime Scn	Soap Comeback
4	MARK!	Family Guy	Oprah Winfrey (6)	George S.	Fetch! Ruff Cyberchas	Judge J.	Oprah Winfrey 🖭	The First 48	Deal No	Oprah Winfrey 📧	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Toronto	Ellen DeGeneres Show	Daily Planet (N) 📧	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Reality Whatever
5	PM :30	Payne Payne	Early News	(4:58) Martha	BBC World	News (N)	News CBS News	The First 48	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver	OddParent SpongeBob	Maple Leafs at Boston	CTV News nt Five (N)	Dirty Jobs	Suite/Deck Zoey 101	Community Parks	UFC Unleashed	Family Gu
6	PM :30	1000	Global Nat.		PBS NewsHour	News [E]	News Access H.	The First 48	News	(5:59) News Hour (N)	ET Canada Ent	(N) (E)	iCarly (E)	Bruins. @	CTV News (N) @	Dirty Jobs	Montana Wizards	Purpose Family	TNA Wrestling	Seinfeld Seinfeld
7	PM :30	Seinfeld Name Earl	Ent ET Canada	Frontiers of	Apple	Jeopardy! Wheel		Manhunter	Ent The Insider	Ent ET Canada	90210 @	Wheel Jeopardy!	iCarly @	e Œ	CSI: Crime Scene	MythBuster s 谜	Sonny Suite Life	The Marriage	(N) (E)	'70s Show King
8	PM	Movie: "Murder at	Survivor: Hero	Going to Extremes	Awards Sherlock Holmes	Community	Survivor: Hero	Manhunter Manhunter	Grey's Anatomy	Survivor: Hero	Survivor: Hero	The Nature of Things	Malcolm Chris	Hockey: Montreal Canadiens at	American Idol &	Daily Planet		Ref (N) News EP Daily	Players 1,000-Lie	Comeback ET Canad
9	:30 PM :30	(1997) Wesley	The Office	Empire of the Word	MI-5 [6]	The Office (N) [6]	CSI: Crime Scene	(9:01) The First 48 (6)	Grey's Anatomy	The Office (N) [E]	The Office	Love, Hate	8 Rules What I Like	San Jose Sharks. @	Grey's Anatomy	Dirty Johs	Wizards Buzz	Celebrity Fit Club @	MANswers Trailers	Family G
10	PM	Movie: "Trading	90210 🖫	Movie: "Naked	Soundstage @	The Marriage	The Mentalist	(10:01) The First 48 (E)	(N) (10:01) Private	90210 🔃	News Hour Final (N)	National	Family Biz	SportsCentr e (Live) 🗷	Mentalist	Dirty Jobs	School	Coach [5]	(10:04)	Seinfeld Seinfeld
11	100	Places" (1983) Dan Aykroyd.	CHBC News Final (N)	States" (2000) 🖾 Landscape	Charlie Rose (N) [6]	Ref (N) News (N) Jay Leno	(N) (E) News	Manhunter	Practice (N) News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour @	Prank Ptri Fries That?	SportsCentr e (Live) [6]	(N) (E) CTV News	MythBuster s	So Raven Life Derek	Home Imp.	Unsolved Mysteries	'70s Show King

	10000	TBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6	M In the	Night A	5:30) forning		Bob Build		Contract of the second	CSI: Miami		(5:30) Morning		CBC News Now (N)	Being Ian Viva Piñata	SportsCentr e @	Canada AM	Daily Planet	Henrys Feet	CityLine @	CSI: NY Œ	Inside Box MakeBreal
_ ^	M Cosby		E (N)	Clifford the	Arthur (El)		The Early	CSI: Miami		News (N)	News (N)	Dirtgirl	SpongeBob	SportsCentr		Mayday	Mickey	The Tyra	CSI: Crime	124 Table 4000000
	30 Cosby			Big Red Dog 🖫	Martha	Curtis Stone.	Show (N)		Morning America (N)	in .	****	Animal	Garfield	e @		"Ghost Plane"	Mickey		Scn CSI: Crime	Deal
	M S. Ha			Sid the	Curious	(N) (E)		CSI: Miami	[60]		100 Huntley Street (K)	Bo on Go Busytown	Pokemon Rollbots	SportsCentr e 🖾		MythBuster s 🖽	Handy	Rachael Ray @	Scn Scn	Switch
- 1	AM Fam.	Fend 1	00 Huntley	Science Kid	Super Why!		The 700 Club 🔃	CSI: Miami "Bloodline"	Live With Regis &		Hospital for Sick Kids	Super Why!	Rolie Polie	2009 World Series of	Live With Regis &	Daily Planet	Franny	Role	CSI: Crime Scn	Colin-Just
	30 Fam.	Feud	Vorld	Spider	Dinosaur Sesame				Kelly The View	World		News Poko	Timothy Berenstain	Poker Main	Kelly The View	How-Made	Agent Oso Mickey	Amazing The O.C.	CSI: Crime	Whatever
	AM Reba		Hatam 7000		Street (EI)				(N) @	Vision @		Doodlehop	Willa's		(N) E		Handy	D2007-100-0-03-1110	Sen	Whatever
1-1	AM Jim	1	Stelan TEL	Rolle Polle		Ellen DeGeneres	Young & Restless	The Sopranos	Paid Prog.	World Vision @	(10:59) Noon News	Gofrette	George S.		Fashion	Junk Raiders	Phineas Suite Life	CityLine (ff)	CSI: NY [E]	Golden Golden
- 1	30 Name	e Earl		Berenstaln Maggie	Sit-Be Fit	Show Paid Prog.	News	CSI: Miami		Noon News	Hour (N) Days of our	Dirtgirl CBC News	(11:40) Erky (12:05) Kid	Billiards:	Fashion etalk Œ	Dirty Jobs	Wizards	The Bonnie		3's Co.
2	30 King	1		(12:38)	Rose @	Paid Prog.	The Bold	Œ	Children (N) @	Hour (N)	Lives (N)	Now (N)	Mr. Men	Cup.	The Bold	Œ	Montana		Scn	Ellen @
	M King	Office	World	Go Diego Dinosaur	Wyland's B Organic	Days of our Lives (N)		CSI: Miami	One Life to Live (N)	TOTAL STREET,	As the World	Heartland	(12:55) Viva Jacob	Speed 24/7 Jim	Sue Thomas:	Dirty Jobs	Cory	Judge J. Judge J.	CSI: Crime Sen	Seinfeld
0	PM The C	Office	Young &	Franklin	Barney	WTHICK SCHOOL PROMOTED IN	Turns (N) Let's Make	CSI: Miami		Turns (N) Young &	Turns (N) The Doctors		Pearlie		F.B.Eye Dr. Phil @	MythBuster s [#]		CityLine @	CSI: Crime Sen	Golden
	30 Frien	nds	Manager Land	BluesClues (3:02) Little	WordWorld	Hunt Show Judge	a Deal (N)	CSI: Miami		Restless The Doctors	Woung &	Chris @	Garfield (2:50) Kid	Interruptio Off-Record	(2-59) The	Cash Cab	School Life Derek	CityNews at		Golden Deal-No
	PM Frien		配	Bear Imitation.		Judge	Dr. Phil @	"Bloodline"	Ray @	Œ	Restless	Red Green	League	Sports	Dr. Oz Show [ff]	How-Made	Suite Life	6 (N) E	Sen	Deal
n 1	PM Fami	fly Guy	Oprah	Œ			Oprah Winfrey @	Criminal Minds (6)	Deal No	Oprah Winfrey @	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NBA Basketball:	Ellen DeGeneres	Daily Planet	Phineas Wizards	Murdoch Mysteries	UFC Fight Night	6 Degrees Switch
	:30 Fami PM Payn	ny Guy		George S. (4:58)	Cyberchas BBC World	Judge J. News (N)	News	Criminal	Deal No News	Early News	(4:59) News	Œ	OddParent	New York Knicks at	Show CTV News	Dirty Jobs	Suite/Deck	Who Do		Family Gu
6	:30 Payn		News	Martha	Business	NBC News	CBS News	Minds 🖾	ABC News	Global Nat.	Hour (N)	(N) Œ	SpongeBob	Toronto Raptors. [6]	at Five (N)	[cc]	Zoey 101	You		Family Gu
G	PM Law Orde	evre	Global Nat. News	Animals Dogs	PBS NewsHour	News (N) Millionaire	News Access H.	Criminal Minds "Lo-	News	(5:59) News Hour (N)	ET Canada Ent	Coronation	iCarly III	SportsCentr	(N) W	Man vs. Wild [6]	Zeke Jonas (ff)	Supernanny (N) 🕮	PRIDE Fighting	Cleveland Seinfeld
	PM Seinf	feld	Ent	Shadow- Chief	(N) (E) Wash.	Jeopardy!	The Doctors	Criminal Minds (E)	Ent	Ent	NUMB3RS (N) @		Movie: "Hairspray"	e (Live) [8]	etalk 📧	Machines of Malice	Sonny	Murdoch Mysteries	Best of PRIDE	'70s Show
	:30 Nam PM Movi	1000000	ET Canada X-Weighted		McLaughlin Bill Moyers		Ghost	Criminal		ET Canada X-Weighted	X-Weighted	Jeopardy! Mercer	(2007) John Travolta.	Hockey Sports	Access H. Ghost	Daily Planet	Movie: "Free Style"	News	Fighting Ways Die	King 6 Degrees
(3)	:30 Place	diam'r.		速	Journal (N)	2005 - NO. CO.		Minds @	(N) E	"Daniel"	"Daniel"	M'ketplace	Premiere.	Off-Record	Whisperer (N)	Œ	(2009) Premiere.	EP Daily	Ways Die	ET Canada
9	:30 Com Dan	(3, nedy)		Daiziel and Pascoe	NOW, PBS Moment	Dateline NBC [6]	Medium (N)	Criminal Minds [6]	20/20 @	Shark Tank	GE)		Movie: "Grease"	Boxing	The Bridge Frank orga- nizes a walk-	Man vs. Wild @	"Eddie's Million Dollar Cook-		MANswers	Family Gu
	PM Aykn	royd. 🖭	NUMB3RS (N) Œ	Elizabeth Smart: Angels	At Close Range	1	NUMB3RS	(10:01) Criminal Minds "Lo-	20/20 [@]	NUMB3RS (N) (E)	News Hour Final (N)	National	(1978, Musical)	Boxing	out strike. (N)	Dirty Jobs	Off" "Willy	Coach [E]	CSI: Crime Sen	Cleveland Seinfeld
4.4	"Got	thika"		Hands of History (6)	Globe Trekker	News (N) Jay Leno	News Letterman	(11:01) Criminal Minds (6)	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour 📧	John Travolta, [ff]	SportsCentre (Live) [ff]	CTV News	Machines of Malice	Wonka & Chocolate"	Home Imp. Paid Prog.	Movie: "Lake Placid"	'70s Show King

News Leader Puzzle Page

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 #273 - Rated Easy

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

CHALLENGE #274 - Rated Hard

				8		5		
	6	4			7			
	8	7			9			
1			7		6	4		
	2			9			3	
		6	2		5			1
						8	7	2030040
			5			1	5	
		3		1				

THIS WEEK'S SOLUTIONS: Page 18

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

We're different, and we like that.

Similkameen News Leader

MORNING

6:00 am SPIKE (44) "Today You Die"
(2005, Action) Steven Seagal. A
world-class thief escapes from
prison to exact revenge on the partners who doubled-crossed him. (In
Stereo) (£5)
8:30 am WTBS (3) ** * * * "Blue
Chips" (1994, Drama) Nick Nolte.
Corrupt recruiting practices cast a
cloud over a college basketball
coach's discovery of three amazing
players.

AFTERNOON

12:00 pm FAM 26 "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpect-

ed problems when they use a time machine to change the past. (In Stereo) 🖾

1:00 pm A&E ① * * "Striking Distance" (1993, Suspense) Bruce Willis. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer.

hiller. [6]

1:30 pm FAM ②5 "Stuck in the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (In Stereo) [6]

5:00 pm WTBS ③ ★★"The Patriot" (2000, War) Mel Gibson. A pacifist farmer of South Carolina reluctantly joins the Revolutionary War and fights alongside his son. [6]

EVENING

6:00 pm CITY 29"Butterfly on a Wheel" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to comply with a series of daunting tasks. 50 (DVS)
7:00 pm CITV 12"A Woman's Rage" (2008, Suspense) Brandy Ledford, Premiere, Jilled by her latest head one woman yows revended.

Ledford. Premiere. Jilted by her latest beau, one woman vows revenge against another by stealing away the latter's teenage son.
8:00 pm WTBS 3 ** "The Patriot" (2000, War) Mel Gibson. A pacifist farmer of South Carolina reluctantly joins the Revolutionary War and fights alongside his son.
CHBC 4 BCTV 11"A Woman's Rage" (2008, Suspense) Brandy Ledford. Premiere. Jilted by her latest beau, one woman vows revenge against another by stealing away the

est beau, one woman vows revenge against another by stealing away the latter's teenage son.

9:00 pm FAM (2) ** **Michael" (1996, Drama) John Travolta. Tabloid employees investigate a rumor about an angel and find a surprising creature with healing powers and a lot of sex appeal. (In Stereo)

10:45 pm FAM 26 * "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (In Stereo) E

11:00 pm WTBS 3 * "Hard Rain" (1998, Action) Morgan Freeman. A thief, a sheriff and the nephew of an armored-truck driver seek money bags in a flooding Indiana town. E

in a flooding Indiana town. 😅

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MORNING

8:00 am WTBS ③ ★★"Man of the House" (2005, Comedy) Tommy Lee Jones. A tacitum Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who witnessed a murder.

10:00 am WTBS ③ ★★*Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an account accompany to the cookies cause and account accompany to the cookies cause and accompany to the cookies cause and account acco

engaged psychotherapist and her teenage daughter to magically exchange bodies. (ES)

AFTERNOON

12:00 pm YTV [i] "Spectacular!" (2009, Drama) Nolan Gerard Funk. A teen joins a band that competes in a national championship. (In Stereo)

FAM 26 * * "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors. (In Stereo) [6]

Stereo) [6]
1:30 pm FAM [2] "The New Adventures of Spin and Marty" (2000, Adventure) David Gallagher. Two newfound friends spy on a pair of creepy neighbors in this updated version of the 1950s serial. (In

Stereo) (£)
2:00 pm WTBS (3) *%"Boat Trip"
(2003, Comedy) Cuba Gooding Jr.
Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise.

YTV (18) ** "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo)

4:00 pm WTBS 3 ***300"

(2007, Action) Gerard Butler. Badly outnumbered Spartan warriors clash with the Persian army at the Battle of Thermopylae. E

YTV 18 **"Sister Act 2: Back in the Habit" (1993, Musical Comedy) Whoopi Goldberg. Premiere. A Las Vegas singer teaches a mother superior's flock how to rock and save the school from closure. (In Stereo) E

5:00 pm CBC 13

***"Enchanted" (2007.

sure. (In Stereo) (CBC pm CBC (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairytale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lack-

ing. (In Stereo) [6]

EVENING

6:30 pm WTBS 3 ** "The Devil's Advocate" (1997, Suspense) Keanu Reeves. After moving to New York, a lawyer and his wife gradually learn his new employer's true identity.

YTV 18 ** "Hairspray" (2007, Musical Comedy) John Travolta. In 1960s Baltimore a plump teen becomes an overnight celebrity after she wins a spot on a local dance program called "The Corny Collins Show." (In Stereo) E

8:00 pm CBC 13 "Marple: They Do It With Mirrors" (2009, Mystery) Julia McKenzie. Miss Marple investigates the murder of a man during a dress rehearsal. (In Stereo) E

8:30 pm KHQ 7 ** "Bad Boys II" (2003, Action) (PA) Martin Lawrence. Two detectives uncover a conspiracy involving a drug kingpin while trying to stop the trafficking of Ecstasy in Miami. (In Stereo) E

9:00 pm FAM 26 ** "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (In Stereo) E

9:30 pm WTBS 3 * "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddles discover too late that their travel agent has booked them on an all-gay cruise.

booked them on an all-gay cruise.

10:34 pm FAM (26) *x"Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring. (In Stereo) (62)

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SATURDAY, MARCH 6, 2010

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ (Z)	KREM (8)	A&E	KXLY (10)	BCTV	CITV (12)	CBC	YTV	TSN	VTV	DISC (24)	FAM (26)	CITY 29	SPIKE	TROP (45)
	AM	Paid Prog.		Wibbly Pig			(5:00) The	Sell House	Paid Prog.	Hunter	Fishing	News	Grossology	SportsCentr	Color Front Control of Control	Canada's	Agent Osn	CHIN	Movie:	TBA
6	:30	Paid Prog.	That News	Franklin	Fly Tying		Early Show	Sell House	Hometime	That News	Fishn	Busytown	Rollbots	e III	Kingdom	Worst Driver	Agent Oso	Dharti	"Today You Die" (2005)	Paid
_	AM	Paid Prog.	Saturday	(7:05) Little	MotorWeek	News (N)	Busytown	Sell House	Good	Saturday	Saturday	Animal	OddParent	Sportfish	Anne	Man vs.	Agent Oso	Eye on Asia	Steven	Friends
7	:30	Paid Prog.	Morning News (N)	Clifford	Travels		Noonbory	Sell House	Morning America	Morning News (N)	Morning News (N)	Super Why!	OddParent	Motoring	Anne	Wild III	Agent Osn		Seagal.	Friends
	AM	Jim	Sea Transfer Maria	George S.	Woodsmith		Busytown	Flip This	Emperor	Œ.	30	Razzberry	SpongeBob	Snow Trax	Kids	Naked	Phineas	Polish	Xtreme 4x4	Family Gny
8	:30	Movie:		Bus	Hometime		Sabrina	House (E)	Replace			Goldfish	Kid vs. Kat	Motorcycle	Hobo	Science [15]	Suite/Deck	Studio [6]	Horse.	Family Guy
0	AM	"Blue Chips"		(8:58)	Woodshop		College	Flip This	Rangers		Driving TV	Kilimanjaro	Penguins	Yachting	Hobo	Cash Cab	I'm in Band	Travels	Trucks!	'70s Show
9	-20	(1994.		Arthur [6] (DVS)	Old House		Basketball: West	House [tt]	Rangers		Fishing		Penguins		Inst't Star	How-Made	Wizards	Planet	MuscleCar	King
10	AM	Drama) Nick Nolte.	Fishn		Old House	a department of the	Virginia at	Flip This	Montana	Fishn	Powerboat	Fashion	SpongeBob	Targa	Amnesty	Canada's	Zeke	Hockey	Ways Die	Parking
10	:30	College	Fishing	Splder	Kitchen	American Cup. (Live)	Villanova,	House (C)	Suite Life	Fishing	Tradition	Antiques	SpongeBob	Speed	Internation al	Worst Driver	Sonny	Tow Biz	Ways Die	Parking
44	AM	Basketball: Auburn at	Powerboat	Rolle Polle	Christina	(ED)	College	Flip This	Rangers	Powerboat	Simpsons	Skiing	OddParent	Curling:	Is Written	Junk	Zocy 101	EP Weekly	Xtreme 4x4	Launch My
11	:30	Alabama,	Tradition	Olie [[]]	Food		Basketball: Kansas at	House [6]	Rangers	Tradition	Simpsons		League	2010 Tim Hortons	Pringle	Raiders	Montana	Reviews	Horse.	Line [ff]
10	PM	(Live)	News	(12:01)	Cook	PGA Tour	Missouri. [6]	Purely School and Property	Paid Prog.	News	PGA Tour Golf: Honda		OddParent	Brier, Draw	To Be	Destroyed	Movie: "Minutemen	Amazing	Trucks!	Hipping Out [8]
12	:30		PGA Tour Golf: Honda	(12:32) Zoboomafo	Garden	Golf: Honda Classic,		House [6]	Paid Prog.	PGA Tour	Classic,		OddParent	1. From Halifax.	Announced	Destroyed	" (2008) (E)	Role	MuscleCar	COUL TREE
1	PM :30	College Basketball: Mississippi	Classic, Third	o "Families" (配 (DVS)	Antiques Roadshow (N)	Third Round. (Live) 👀	College Basketball: UCLA at	Movie: "Striking Distance"	NASCAR The Insider	Golf: Honda Classic, Third	Third Round. (Live) @	Skiing	The Fairly OddParents	(Live)	Living Life Life Trip	Dirty Jobs	Movie:	Kaya Kaya	Ways Die Ways Die	Survivor: Hera
-	PM	at Arkansas,	Round. [6]	Franklin	The New	(Live) Us	Arizona	(1993) Bruce		Round. [62]	(Live) as		SpongeBob	SportsCentr	Car Bnss	MythBuster	"Stuck in the Suburbs" [6]	Travels	Disorderly	Parking
2	:30			(2:35) Little	Affluence: Money Help		State. (B)	Willis.	(II)				SpongeBob	e (Live) [f]	Frisky	s (E)	District (gg	Role	Con.	Parking
-	PM	The Office	Simpsons	Bear [6]	Is on the	Athlete	Paid Prog.	CSI: Miami	Madness	Simpsons	Family Guy	National	SpongeBob		Sue	Cash Cab	Suite Life	Amazing	Disorderly	Re-Vamped
3	:30	The Office	Simpsons	Martha	Way	Turbo	Paid Prog.	Œ		Simpsons	Family Guy	HNIC	SpongeBob	Curling:	Thomas: F.B.Eye	How-Made	Suite/Deck	Travels	Con.	(60)
A	PM	Payne	Family Guy	Arthur	European	Shelldon	Busytown	CSI: Miami	Awards	Family Guy	Family Guy	A STATE OF THE STA	Drake	2010 Tim Hortons	Madonna	Cash Cab	Stone	Cooking	UFC 89:	Survivor: Hero
4	:30	Payne	Family Guy	(4:35)	Visions of	Penguins	Noonbory .	"Inside Out"	Academy	Family Guy	Global Nat.	Hockey: Toronto	Drake	Brier, Draw	Madonna	Cash Cab	Wizards	Amazing	Bisping vs Leben	nero
700	PM		Family Guy	George S.	Canada [6]	News (N)	News	CSI: Miami	Awd.	Family Guy	(4:59) News	Maple Leafs	Drake	2. From Halifax.	etalk Oscar	Destroyed	Sonny	G. Martin	Bisping	Friends
5	:30	Patriot" (2000, War)	News	(5:26) Art		NBC News	CBS News	(6)	ABC News	Global Nat.	Hour (N)	at Ottawa Senators.	Drake	(Live)	etalk 🔃	Destroyed	Montana	Out There	takes on Leben, From	Friends
6	PM :30	Mel Gibson, Heath Ledger, [8]	Global Nat. News	Profiles of Nature	Pat Boone: Love Letters	News Paid Prog.	News Scrubs	CSI: Miami	News Oscars	(5:59) News Hour (N)	renegade Jane Show	(Live) [#]	iCarly (C)	SportsCentr	(N) (E)	Dirty Jobs	(6:01) Jonas (6:27)	Movie: "Butterfly on a Wheel"	England.	Family Guy
	PM	Leoger, Mi	renegade	National	Letters	CSI: NY	Grey's	CSI; Miami	Entertainm	renegade	Movie: "A	NHL	iCarly [6]	e (Live) [W5 [6]	Verminator	Suite/Deck	(2007) (E)	UFC: Best	6 Degrees
7	:30		Jane Show	Geographic	Rain: A	"The Ride- In"	Anatomy	"Chip/Tuck"	ent Tonight	Jane Show	Woman's Rage"	Hockey: Montreal	iCarly 📧		(DVS)	s (N) @	(7:19) Zoey	(DVS)	of 2009	Torrens
8	PM	Patriot"	Movie: "A Woman's	Heartbeat	Tribute to the Beatles	Parenthood "Pilot" [6]	NCIS Citywide	CSI: Miami	20/20 [6]	Movie: "A Woman's	(2008) Premiere.	Canadiens at Los Angeles	Funniest Home	Westminste r Kennel	Law & Order Œ	Ghost Lab	Suite Life Montana	Crusoe [tt]		Bob-Doug Bob-Doug
	:30 PM	(2000, War) Mel Gibson,	Rage" (2008)	Midsomer	SCTV	Law &	blackout.	(9:01) CSI:	Oprah	(2008)	Love-Death	Kings. [cc]	Videos Weird	Club Dog Show:	The Bridge	Criss Angel	Movie:	Real		Friends
9	:30	Heath Ledger. [8]	Premiere.	Murders "Small	Golden Classics [E]	Order 📧	(E)	Miami (E)	Winfrey	Premiere.	G-Spot	HNIC:	Prank Ptrl	Opening Night.	Frank orga- nizes a walk-	Mindfreak	"Michael" (1996) @	Chance of Love		Friends
10	PM		Love-Death	Digital Control of the		Law &	48 Hours	(10:01) CSI:	The second second	Love-Death	News Final	After Hours	Survive	(Taped)	out strike.	Destroyed		Amazing	UFC 89: Bisping vs	Family Guy
10	:30	-	The G-Spot	匣	Mike Neun	Oracr: SVU	Mystery (N)	Maint (cs)	"Deep in Death"	The G-Spot	Driving TV	News	Ghost			Destroyed	(10:45) Movie:	Role	Leben	Family Guy
11	PM	Movie:	News Final	Elizabeth	Austin City	News (N)	News	(11:01) CSI: Miami	Inside Edit.	News Final	(10:58) J.R.	Hockey Night:	Adrenaline	SportsCentr	467 843 22	Verminator s @	"Vegas	Role		'70s Show
11	:30	"Hard Rain"	SNL	Smart: Angels	Limits [f]	SNL	(11:35) Cold	"Chip/Tuck"	Paid Prog.	SNL	SNL	Replay	Mystery	e (Live) (tt)	CTV News	3 100	Vacation"	Reviews		King

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY 10	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
	AM	Sports	World		Mr Rogers	Today (N)	Paid Prog.	Private	Paid Prog.	World	Hunter	Super Why!	Grossology	Sports	Daily Planet	Control of the Contro	Agent Oso	Travels	MuscleCar	TBA
		13th annual of	Fishful	Franklin	Augelina	(E)	Paid Prog.	Sessions (E)	Paid Prog.	Fishful	Fishn	Coronation	Rollbots	Curling:	[66]	Ghost Fleet	Agent Oso	Planet	MuscleCar	Paid Prog.
	5000		Fishing	(7:05) Little	Zula Patrol	News (N)	CBS News	The	Good	Fishing	Canada	Coronation	Casper	2010 Tim Hortons	Sue	Cash Cab	Agent Oso	Eye on Asia	MuscleCar	Friends
7		JJ Atlanta	Canada	Clifford	Big World	Northwest	Sunday Morning	Sopranos	Morning America	Canada	(Off Air)	Coronation	Pearlie	Brier, Draw	Thomas: F.B.Eye	Cash Cab	Agent Oso		Unique	Friends
		Movie:	Sunday	George S.	Dragonfly	Meet the	(N) (E)	The	This Week	Sunday	TribalTrail	Coronation	Garfield	3. From Halifax.	Inst't Star	Cash Cab	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld
8			Morning News (N)	Bus	Fetch! Ruff	Press (N)	Nation	Sopranos	(N) (E	Morning News (N)	Living	Coronation	Kid vs. Kat		Is Written	Cash Cab	Suite/Deck	Festival	Horse.	Seinfeld
	AM	(2005,		(8:58)	Animalia		College	The	Mtthws	Œ	Hour of	NBA	Barnyard		Nature	Mayday [tt]	I'm in Band	Italiano di Johnny	Trucks!	'70s Show
9	:30	Comedy)		Arthur Stage fright;	Biz Kid\$	NHL	Basketball: Florida at	Sopranos [E]	Wall Street		Power (C)	Basketball: Philadelphia	SpongeBob	Reporters	Sick Kids		Wizards	Lombardi	MuscleCar	King
	AM		Driving TV	argument.	Design		Kentucky.	Billy	Kitchen	Driving TV	Listen Up	76ers at	Mighty B	Billiards:	Jeff's Adv.	Breaking	Zeke	(In Italian)	MuscleCar	Shark Tan
	1000	"Consta	Listen Up	Spider	Travel	Coverage.	Œ	Billy	Paid Prog.	Listen Up	Foodies	Raptors. [t]	Drake	Trick	Travel	Point "House"	Sonny		Unique	Œ
	AM	(2003) Jamie	Hour of	Rolie Polie	Life	(Live) [E	College	Billy-	NBA.	Hour of	Simpsons	,	iCarly [tt]	Curling:	Question	The Baby	Montana	Hockey	Xtreme 4x4	1000
11	:30	Lee Cunis.	Power (C)	Olie (ff)	Europe Jrnl		Basketball	Billy	NBA	Power [Simpsons	Skiing	iCarly [tt]	2010 Tim Hortons	Period @	Mammoth	Montana	Tow Biz	Horse.	Whisperer
	PM	King	News	(12:01) Lilly		PGA Tour	1 -	Billy	Basketball: Los Angeles	News	PGA Tour		Movie:	Brier, Draw	W5 [£]	Canada's	Movie:	Ed's Up	Trucks!	Rescue Ink
12	:30	King	PGA Tour	(12:31)	Trekker	Golf: Honda Classic,		Billy	Lakers at	PGA Tour	Golf: Honda Classic,	Land Sea	"Spectacular !" (2009)	4. From Halifax.	(DVS)	Worst Driver	"Max Keeble's Big	I-Cook	MuscleCar	Œ
		Seinfeld	Golf: Honda Classic,	o A wolver-	То Ве	Final Round.	THE COURSE WAS ASSESSED.	Billy	Orlando Magic. (ff)	Golf: Honda Classic,	Final Round.	One/One	Nolan	(Live)	etalk Oscar	Funniest	Move"	Without a	Disorderly	Hoarders
1	:30	Seinfeld	Final Round.	ine moves	Announced	(Live) @	Basketball: Michigan at	Billy		Final Round.	(Live) [ff]	Steven and	Gerard Funk.		Special	Animals	"New	Trace (E	Con.	(e)
	PM	Movie:	Œ	Franklin	Christiane		Michigan	Billy	Celebty.com	[66]		Chris [6]	Movie:	SportsCentr	In Fashion	MythBuster	Adventures- Spin"	Without a Trace "Buit"	Disorderly Con.	Shark Tan
2	:30	"Boat Trip" (2003) Cuba		(2:35) Little	Northrup: Menopause		State.	Billy				Doc Zone	"Raise Your Voice"	e (Live) [tt]	Fashion	s Œ		Trace Buit	Con.	[60]
-	PM	Gooding Jr	Simpsons	Bear [and Beyond	Paid Prog.	Paid Prog.	Dog	Bsktbl	Simpsons	Family Guy	[66]	(2004)	1	etalk Oscar	Cash Cab	Suite Life	Role	Die	Project
3	:30	Œ	Simpsons	Martha		Paid Prog.	Paid Prog.	Dog	At-Movies	Simpsons	Family Guy	Breeze (N)	Hilary Duff.	Curling:	etalk at the	How-Made	Suite/Deck	Cooking	Die	Runway Canada
-	PM	Movie:	Family Guy	Arthur	Italy	CSI: NY 🖭	Busytown	Dog	ABC News	Family Guy	Family Guy	Jeopardy!	Movie:	2010 Tim Hortons	Oscars (Live) [C]	MythBuster	Stone	Murdoch	Die	Hoarders
4	:30	"300" (2007, Action)	Family Guy	(4:35)	Celtic		Noonbory	Bounty	News	Family Guy	Global Nat.	Fortune	"Sister Act 2: Back in	Brier, Draw		s Œ	Wizards	Mysteries (DVS)	Die	761
-	PM	Gerard	Family Guy	George S.	Thunder:	News [80]	News	Dog	Oscars	Family Guy	(4:59) News	Movie:	the Habit"	5. From Halifax.	Oscars	To Be	Sonny		Die	Rescue Ink
5	:30	Butler, Lena Headey. @	Global Nat.	(5:26) Art	Entertainm	NBC News	CBS News	Dog	The 82nd	Global Nat.	Hour (N)	"Enchanted" (2007) Amy	(1993) Premiere.	(Live)	The 82nd	Announced	Montana		Die	35
-	PM		(5:59) News	Frontier of	Visions of	News	KREM 2	Dog	Annual	(5:59) News	16:9	Adams. 🕾	Œ		Annual Academy		(6:01) Jonas		Die	Flipping Out [6]
6	:30	Movie: "The	Hour (N)	Construction	Canada 3	Fortune	News at 6 (N)	Dog	Awards	Hour (N)	King of Hill		Movie:	SportsCentr	75254604559		(6:27)	Mysteries	Die	Out (S)
Miles	PM	Devil's Advocate"	16:9	National		Dateline	60 Minutes	Dog the	(Live) [16:9	Simpsons	Heartland	"Hairspray" (2007) John	e (Live) [ff]	(Live) (6)	MythBuster s @		Hot Toxic Love	Entourage	Big Flip
1	:30	(1997,	Simpsons	Geographic	When trisu	NBC I	(N) III	Bounty Hunter		Simpsons	Simpsons	(N)	Travolta,		*	S (EL	(7:19) Zoey	Love	(7:32)	Mansions
-	PM	Suspense) Keanu	Simpsons	The Royal	Eyes Are Smiling:		The	Dog		Simpsons	Family Guy		Nikki Blonsky. [6]	Westminste r Kennel		Bourdain: Reservation	Suite Life	Crusoe III	(8:04)	Project Runway
8	:30	Reeves, Al	Walters	(N) 🕮	Irish	Movie: "Bad	Amazing Race 16	Dog	Walters	Walters	Walters Spcl	"Marple: They Do It		Club Dog	The Amazing	s	Montana		(8:36)	Canada
-	PM	Pacino.	Spel	Prime	Roy	Boys II" (2003) (PA)	Undercover	Dog	Spcl	Spel	эрсі	With Mirrors"	Fries That?	Show: Closing	Race 16	To Be Announced	Movie: "Richie	To Be Announced	Disorderly Con.	Friends
9	:30	Movie:	Simpsons	Suspect The case of a	Orbison: In Dreams	Martin.	Boss (N)	Dog	On the Red	Simpsons	Family Guy	(2009)	Fries That?	Night.	The Vampire	Amounced	Rich" (1994)	Amounced		Friends
10	PM	1(2003) C004	A STATE OF THE STA	child-moles-	MI-5 (6)	Lawrence.	Cold Case	Dog	Carpet at the Oscars	Family Guy		National	Survive	(Taped)	Diaries		Œ	Amazing	Disorderly Con.	Seinfeld
10	:30	Gooding Jr.		ter. (N)			"One Fall"	Dog		Family Guy	16:9		Ghost		Christine		(10:34) Movie:	Role	Con.	Seinfeld
4.4	PM	200	News Final		Justice:	(11:08)	News	(11:01) Dog	News	News Final	Paid Prog.	News	Adrenaline	SportsCentr	CTV News	MythBuster	"Lost &	Role	Disorderly	'70s Show
17	:30	Chopper	16:9	the Word	Right	Paid Prog.	Legend	the Bounty Hunter	J. Kimmel	16:9	Paid Prog.	Doc Zone	Mystery	e 🔢	CTV News	s Œ	Found"	Body Tech	Con.	King

MONDAY, MARCH 8, 2010

		WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
		3	4	5	6	7	8	9	(10)	111	[12]	13	18	19	(22)	24)	26	29	44	45
G	3000	In the Heat of the Night	(5.30)	Franklin	Bob Build	News (N)	News	CSI: Miami "Lost Son"	News	(5:30) Morning	(4:30) Morning	CBC News Now (N)	Being Ian	Sports	Canada AM	Daily Planet		CityLine [6]	CSI: NY IEE	
0	:30	of the Augus	News (N)	George S.	Lions			LUST OUR		News (N)	News (N)		Viva Piñata	Curling: 2010 Tim			Feet			Switch
7		Cosby	Œ	Clifford the Big Red	Arthur (EI)	Today (N)	The Early Show (N)	Cold Case Files (E)	Good Morning	[3]	(II)	Dirtgirl	SpongeBob	Hortons		Mayday (13)			CSI: Crime Sen	Carlawood
-	:30	Coshy		Dog &	Martha	INC	(t)	riies (M)	America (N)			Animal	OddParent	Brier, Draw 6. From			Mickey			Parker
0	AM	S. Harvey		(DVS)	Curious			The First 48	Œ		100 Huntley Street [6]	Bo on Go	Pokemon	Halifax.	3	Canada's Worst	Handy	Rachael Ray @	CSI: Crime Scene	Re-Vamped
8	:30	Fresh Pr.	- 1	Sid the	Sid			Œ		Sec. 1	Street LL	Busytown	Rollbots	(Live)	1-	Driver	Handy	Kuy (15)	Scene	765
-	AM	Fam. Feud	100 Huntley	Science Kid Sid is grow-	Super Why!	1 3	The 700	The First 48	TEACHER TO THE STATE OF THE STA	100 Huntley	And the second second	Super Why:	Rolie Polie	1	A SECURITY OF THE PARTY OF THE	Daily Planet	Feet	Role	CSI: Crime	Colin-Justin
9	:30	Fam. Feud	Street @	ing.	Dinosaur		Club @	Œ	Regis & Kelly	Street (#)	Vision (tt)	News	Timothy	Sportfish	Regis & Kelly	Œ	Agent Oso	Amazing	Sen	
	AM	Reba [ff]	Hospital for	Spider	Sesame		The Price Is		The View	Hospital for	Debt Part	Poko	Berenstain	Dog	The View	How-Made	Mickey	The O.C.	CSI: Crime	Whatever
10	:30	Reba [ff]	Sick Kids	(10:36)	Street (EI)		Right (N)	Minds @	(N) Œ	Sick Kids	ET Canada	Doodlebop	Willa's	Challenge	(N) Œ	How-Made	Handy	100	Sen	Whatever
	AM	Jim	World	Rolie Polie	Clifford	Ellen	Young &	The	Paid Prog.	World	(10:59)	Gofrette	George S.	Curling:	Fashion	Forensic	Phineas	CityLine [6]	CSI: NY 📧	Golden
11	-77.002	Name Earl	Vision [Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Sopranos	Paid Prog.	Vision @	Noon News Hour (N)	Dirtgirl	(11:40) Erky	2010 Tim Hortons	Fashion	Factor [Suite Life			Golden
	PM	Just Shoot	Noon News	Maggie	Charlie	Paid Prog.	News	CSI: Miami	All My	Noon News	Days of our	CBC News	(12:05) Kid	Brier, Draw	etalk [ff]	License to	Wizards	The Bonnie	CSI: Crime	3's Co.
12	1000	King	Hour (N)	(12:37)	Rose [tt]	Willa's	The Bold	"Lost Son"	Children (N) @	Hour (N)	Lives (N)	Now (N)	Mr. Men	7. From Halifax.	The Bold	Drill 🔃	Montana	Hunt Show	Sen	Ellen (Ell
	-	King	As the	(1:02)	Fine Art	Days of our	As the	Cold Case	One Life to	As the	As the	India	(12:55) Viva		Sue	Dirty Johs	Cory	Judge J.	CSI: Crime	Seinfeld
1	:30	The Office	World	Dinosaur	Pat Boone:	Lives (N)	World	Files 🕮	Live (N)	World	World	Reborn 📧	Jacob		Thomas:	Œ	Recess	Judge J.	Sen	Seinfeld
-	PM.	The Office	Turns (N) Young &	Franklin	Love	The Bonnie	Turns (N) Let's Make	The First 48	General	Turns (N) Young &	Turns (N) The Doctors	Steven and	Pearlie	Around	F.B.Eye	MythBuster	Replace	CityLine (E)	CSI: Crime	Golden
2	:30	Friends	Restless	BluesClues	Letters	Hunt Show	a Deal (N)	Œ	Color Carlon Spring Color Co.	Restless	Œ	Chris @	Garfield	Off-Record		e [ff]	School		Scene	Golden
	PM.	Friends	The Doctors	(3:01) Little	WordGirl	Judge	Dr. Phil [cc]	The First 48	Rachael	The Doctors	Young &	Recipes	(2:50) Kld	Sports	(2:59) The	Worst	Life Derek	CityNews at	CSI: Crime	Carlawood
3	:30	Seinfeld		Bear [tt]	Electric	Judge		(E)	Ray [tt]	(E)	Restless	Sophie	League	Curling:	Dr. Oz	Handyman	Suite Life	6 (N) 🚳	Sen -	Parker
		Family Guy	Oprob		Fetch! Ruff		Oprah	Criminal	Deal No	Oprah	(3:59) Early	Ghost	SpongeBob	2010 Tim	Show @	Daily Planet		Law and	UFC Fight	Re-Vamped
4		Family Guy	Winfrey @	George S.	Cyberchas	Judge J.	Winfrey @	Minds (ft)	Deal No	Winfrey @	Global Nat.	Whisperer	OddParent	Hortons Brier, Draw	DeGeneres	(N) (E)	Wizards	Order	Night	(EC)
	.00		Early News	(4:57)	BBC World	News (N)	News	Intervention		Early News	(4:59) News	CBC News:	OddParent	8. From	Show CTV News	MythBuster		The	1	Parking
5		Payne	News	Martha	Business	NBC News	CBS News	"Sandra"	ABC News	Global Nat.	Hour (N)	Vancouver	SpongeBob	Halifax. (Live)	at Five (N)	s [@]	Zoey 101	Bachelor		Parking
_	.00	Payne			Tener line			Intervention			ET Canada	(N) (E)		(Live)	CTV News	Dirty Jobs	Montana	"Jason and Molly's	TNA	Flipping
6	1000	Monica		Mechanics	PBS NewsHour	News (N)	News	(C)		(5:59) News Hour (N)		Comment	iCarly @	SportsCente	(30 50)	(N)	Wizards	Wedding"	Wrestling	Out 🖭
0	.00	Monica	News	Dogs	(N) EE	Millionaire	Access H.		News	(E)	Ent	Coronation	Indie	e (Live)	Company of the Company	N		(N)	(E)	
7		Seinfeld	Ent	Recreating	More	Jeopardy!	The Doctors	Hoarders	Ent	Ent	Cold Blood	Wheel	iCarly 🔃		etalk [6]	Motor City Motors (N)	Sonny	Chuck (N)		Launch My
1	:30	Name Earl	ET Canada	Landscape	Ladies	Wheel				ET Canada		Jeopardy!	Scorpion	Hockey	Access H.		Suite Life			
0	PM	Law & Order: SVU	"Private	Art of the Heist [cc]	Rain: A Tribute to	Chuck (N)	How I Met	Paranormal	The Bachelor	House "Private	House "Private	18 to Life	Malcolm	Sports		Daily Planet		News	(8:08) TNA Epics "X-	Parker
0	:30	Order. 3 v C	Lives"	ricist iss	the Beatles		Rules	Paranormal	"Jason and	Lives"	Lives"	Mosque	Chris	Off-Record	Dan-Mayor	Line .	Montana	EP Daily	Division"	ET Canada
0	PM	Movie:	The state of the s	Power of	(E)	Trauma	Two Men	(9:01)	Molly's	24 (N) (PA)	24 (N) (PA)	Quest for	8 Rules	Boxing: Wilton	Two Men	MythBuster	Wizards	Rock of Love Bus	(9:08) DEA "Deadly	Parking
9	:30	"Minority Report"	Œ	Art		"Tunnel Vision"	Big Bang	"Sandra"	(N)	(E)	(E)	the West	What I Like	Hilario vs.	Big Bang	s Œ	Buzz	Love Bus	Chase"	Parking
10		(2002) Tom Cruise,	Cold Blood	Norm [6]	Beatles Rocked	Law & Order (N)	CSI: Miami (N) [f]	(10:01) Intervention	Castle (N)	Cold Blood	News Hour Final (N)	National	Family Biz Indie	Martin Honorio.	CSI: Miami	Motor City Motors	School	Coach [6]	CSI: Crime Sen	Flipping Out 🖫
		Colin Farrell. @	СНВС	Shadow-	Charlie	News (N)	News	(11:01)	News	News Hour	Ent	(11:05) The	Prank Ptrl	SportsCenti	CTV News	Dirty Jobs	So Raven	Home Imp.	(11:08)	Launch My
11		ranen. GG	AND ADDRESS AND THE SAME	Chief	Rose (N) (C)		Letterman	Hoarders	(11:35)	Final (N)	ET Canada	Hour @	Fries That?	e (Live) (CTV News	- 3003	Life Derek	Role	Unsolved	Line 🖫
	:30		(N)			Jay Leno	Letterman	(3)	(11:35)		Et Canada		Fries Inat?		CIT News	lana mana	Luc Derek	Koie	Mysteries	1

Monday Movies

EVENING

9:00 pm WTBS ③ ★★★; "Minority Report" (2002, Science Fiction) Tom Cruise. A policeman tries to establish his innocence in a future where law enforcement can arrest killers before their crimes. ©

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notices

notices



Upcoming Budget Meetings

Budget meetings will be held on Friday, February 19th and 26th, 2010 at 1:00 PM and Monday, March 8th, 2010 at 6:30 PM and are open to the public. The meetings will be held in the Village Office Council Chambers located at 702-4th Street.

Deciding on where to allocate tax dollars to best maximize their use, while keeping increases in check is challenging — we welcome everyone to attend to listen to the discussions.

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notices

Vermilion Trails Society
7:00 PM Wednesday March 10
Chamber Board Room
Election of Officers
Membership dues
All are welcome to attendi

HEDLEY HERITAGE MUSEUM SOCIETY

Is looking for:
a person/persons to operate
a small Tea Room as an
independent business from
April 1 (weekends only for April)
to September 31, 2010.

FoodSafe Certificate is required and some knowledge of local history would be an asset.

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Mar 02-01

for sale

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1999 Plymouth Breeze, loaded, new battery and brakes, BC Certified 1 1/2 years ago. Can be viewed at N&L Auto Service. Asking \$1,400.00.

1994 Ford Ranger XLT, extended cab, loaded, with matching canopy, 161,000km, 2nd owner. \$4900.00 firm. Call Larry (250) 295-1299. Mag 60:16

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The Tulameen Community Club is looking for a Facilities Maintenance Manager. This position requires the successful candidate handle facility rentals and maintenance, including both the interior and exterior of Community Club properties. The position is a part time, hourly, as required, and is best suited to someone who is a 'handyman' type and resides in the Tulameen area. For full description and more details visit www.tulameenbe.com.

Princeton Golf Club requires the following staff for our upcoming 2010 season, Waitresses/Servers, cooks, pro shop attendants, greenskeepers/course erew, golf cart/driving range attendant. Part-time and full-time positions, Suitable for students, Please send

resumes to: Box 1346 Princeton, BC V0X 1W0 Fax: (250) 295-6246 Email:pgcmgr@eastlink.c. services

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Sudoku Challenge SOLUTIONS TO PUZZLES ON PAGE 14

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734 189 625 851 462 397 926 735 184 463 928 571 572 614 938 198 357 246

217 543 869 689 271 453 345 896 712

CHALLENGE #274 - Hard

931 264 587	482 157 369	567 398 214	-
198 425 376	736 891 245	425 736 981	
619 842 753	524 673 918	873 159 642	

Drinking a problem?

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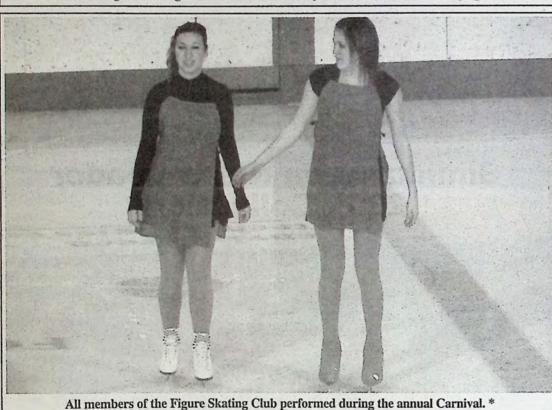
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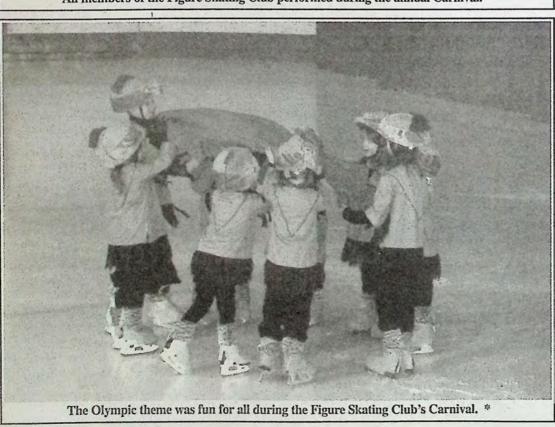
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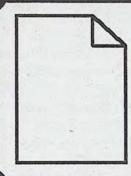
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Editorial Page

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

What If My Crops Wither?

I poke friends every now and then. Sometimes I'll send them a note or post something on their wall. I rarely turn down a friend request, but I'm not much into a lot of different apps.

I suck at Bejeweled Blitz and I suck at it a lot.

Brenda scores some pretty high points on it, which I often accuse her of cheating but after spending more time trying to score with flaming jewels and hyper jewels I have come to the conclusion it's not that easy to cheat at which makes it all that more obvious to me that I suck at it.

Mind you, I quite like Farkle and find myself usually in the top two of my friends who play that game.

I also find FarmVille interesting enough to work at it long enough to reach level 30 this past week. I showed it to Brenda and now she splits her time between Bejeweled Blitz and FarmVille. She's even gone so far as to manually record when her crops are ready to harvest so that she doesn't miss them and end up losing a crop to two to the dreaded wither fate.

I'm not that into it, but I will make sure to at least plant something that I can still harvest if I get too busy and miss a day or two on the

Did I mention that I also poke people?

I'm not much for the super pokes, but nothing says 'hi, how are you' better than an unexpected poke every now and then.

Brenda doesn't get the whole concept of poking. I tried more than once to explain it to her but she just didn't seem all that interested in any of it until she discovered Bejeweled Blitz. Oh, she also likes Bubble Popp, which I can't bring myself to load.

I also ignore a lot of the daily notifications I get because I view them as an endless stream of spam I can't spend a few minutes on. I'd rather put that time to something like, well, Farkle. That is, unless I get dice that don't roll my way at all. I've quit a game only a few rounds in just because of the bad rolls.

Oh, and I'd rather sell off trees than plant them since I now have more than enough trees on my farm. The same goes for assorted other farm animals and implements I figure already have enough of.

But at least Brenda will check with me in the morning to see what free gift I'd like her to send and she'll also tell me what she'd like me to send back to her.

So far, it's worked out rather well for us.

And we also get a lot of work done at the office between flaming jewels, bonus rounds and harvesting or plowing crops.

Did I mention I also tweet a lot? Probably a lot less than the average but more than Brenda. In fact, I don't think she's tweeted much at all.

Or if she has, it's not to me.

Hmmm. Next time I see her online I'll have to send her an IM or open up a chat window to ask her. I could just go into the next room and ask her, but what's the point in that if I can poke her instead?

PAP Registration No. 11034

Canada

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

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

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



Hiking near Wolfe Lake. Photo: Linda Neumann

Naturalists explore Wolfe Lake

Vermilion Forks Field Naturalists enjoyed a winter hike and cookout to Wolfe Lake Valley. A total of fifteen members enjoyed a warm winter day, hiking through a old logging road over the creek, and up to the next lake.

The sun shone on the snow laying in patches around the trees. The creek bubbled along merrily, breaking through the ice. We even harvested some water cress and we saw signs of animal life.

Elk trails, beaver huts and some birds chirping in the underbrush but we did not have any sightings. Spirits were high and the sun was warm, and we had a great cook out at Wolfe Lake with plenty for all. Thanks to Linda Neumann for organizing a wonderful Saturday ramble.

Our next hike is March 13 organized by Judith and Darrell Tompkins (250.295.6313) and will be from Coalmont to Tulameen along the KVR. Phone to confirm as Judith is planing to serve us lunch. This should be an easy hike.

Our next meeting is March 9th at Riverside Centre.

The program is titled 'Planning For Change' and will feature Bruno De le Salle, Executive Director of B.C. Grasslands Council, who will discuss the above topic, from the species at risk recovery to protection of grasslands on the urban fringes.

Everyone is invited to attend. Meeting begins at 7:00 PM.

- submitted by Cathie Yingling

www.thenewsleader.ca

... Your Turn

Careful What You Wish For

To the Editor,

U.S. T.V. host Mr. Colbert in Vancouver for the Olympics and desperate for a joke [?] may think Canadians are "Ice Holes" but we provide health care for all our citizens without bankrupting them and we do not instigate neverending, everwidening wars breaking our country.

Mr. Colbert should beware, he could well be replaced by the upcoming soundbite comedienne former Alaska Gov. Sarah Palin. Regards,

Joe Schwarz, Princeton

'Nuff Said

To The Editor:

To Whom It May Concern:

There will not be any drilling for Coalbed Methane Gas on Jura Stock Ranch.

- Wayne Crimmon, Manager

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Current Comment

Double Standard Shames Tiger



Dawn Johnson editor@thenewsleader.ca

The controversy over Tiger Woods' extramarital activities has left a sour taste in my mouth. I know a lot of people feel the same way. We think the famous golfer has been hung out to dry in one of the most hypocritical media events we have seen in a long time.

First, let's all agree on one simple fact: Tiger Woods is a golfer. Granted, he may be the greatest golfer to date, but he is a golfer.

The golfer was having a lot of sexual liaisons with several women to whom he is not married.

His private life became very public when he crashed his car after a domestic dispute. He has been more injured by the media than by the crash.

The public shaming of this athlete was nothing short of a feeding frenzy of journalists who learned their trade from pirhanas.

It wasn't enough to see him bleed: they wanted to tear his flesh from his bones. He got more bad press than some of the criminals tried for crimes against humanity.

Then, because of the media siege on Woods, his sponsors began to withdraw their financial support, hitting him in the wallet.

The media dug into the dirt to discover he was taking sex addiction counselling. To my way of thinking, his effort to save his marriage should not have been part of the blood-letting, but the media went on and on about it.

Finally, the man made a public apology and was criticized because he did not invite the pirhanas to participate. Wonder why?

No other famous golfer has ever been humiliated by the media. Why pick on Tiger Woods?

There is a lot of media double

standard evident, especially by the American media. It is not so many years ago President Bill Clinton was caught in a sex scandal, about which he initially lied.

That mess eventually went to court, but the media was much more gentle with Clinton that with Woods. President Clinton did not have to quit his job or suffer loss of income. The whole thing blew over and the media made a big fuss over the book he worte.

Back in the days when John Kennedy was President, it was widely known that he had extramarital affairs, yet the media ignored his philandering. Nobody said anything publicly until long after he was assassinated.

Kennedy was a popular president, but Woods is a popular golfer. Why the different treatment?

When Woods made his apology, he said, "I thought the rules didn't apply to me."

What about the presidents who thought the rules didn't apply to them? Both Kennedy and Clinton had made a vow before God to remain faithful to their wives.

Then they both made a vow before God to protect their country. Can you trust a president who breaks one vow to uphold the other?

Princeton Area Ghost Towns

It seems the media expects more of a golfer than of a president.

After being so thoroughly shamed and humiliated by the media, Woods stopped golfing competitively. The guy doesn't want to do what he loves, at least not in the public eye.

Now the networks are complaining only half as many people watch golf tournaments as when Tiger Woods was playing. The golf and country clubs, and the sponsors of the major tournaments, are complaining they are losing revenue because far fewer spectators are paying those handsome fees that they paid when Tiger Woods was playing.

The sponsors and networks have nobody to blame but themselves. Either could have put a stop to the media overkill, but the Tiger Woods story was boosting the ratings by broadcasting all the details, day in and day out.

Let's look at what Tiger Woods is not. He is not the President of the United States. He is not a priest who molested children. He is not a serial killer. He has not defrauded old age pensioners of their investments. He is not a member of Al Quaeda or the Taliban.

Tiger Woods is simply a man who plays a great game of golf.

Did he deserve what the media did to him?

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George Elliott
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Princeton Rotary Club hosted another successful WineFest February 27 in the Legion Hall. *

......continued from Page 2 low-grade copper mines in British Columbia," Elliott says.

Citing low ore prices and the cost of transporting ore by rail to the concentrator in Allenby as reasons, Granby suspended operations in 1957.

Newmont Mines Limited reactivated the site as an open-pit mine in 1970 creating 250 jobs. A conveyor system high above the Similkameen River was used to transport ore from the pits to the mill.

Cassiar Mining Corporation took over the operation, eventually changing its name to Princeton Mining Corporation and operated the Copper Mountain site under the name Similco Mines Limited.

Once again metal prices dictated the life of the mine with it dropping down to 'care and maintenance' status in late 1993 but went back to production by the following summer. The open-pit operation finally closed in 1996, falling victim to market conditions.

Imperial Metals Limited purchased the property from Princeton Mining Corporation in 1996 and started an exploration project the following year. In 2000 Leader Mining International Inc. of Calgary began negotiations to purchase Similco from Imperial with plans to re-open the open-pit operation, which never happened.

The property sat quietly until late in 2006 when Copper Mountain Mining Corporation (CMMC) purchased 100% of Similco from 3983714 Canada Inc.

Board changes record check

Anyone who poses a physical or sexual abuse risk to children will not be hired by the school district nor permitted to work with students as a volunteer.

On February 24, the Board of Education updated the Criminal Record Check regulation for the school district.

A criminal record check will be required for teachers, registered students in a post-secondary course who will work with children, all school staff, volunteers in child care facilities and licensed after school programs. Volunteers whose participation in a school activity may involve unsupervised access to students, or individuals who volunteer on a regular basis, are required to complete the district "Police Criminal Record Check" form.

Volunteers will not be permitted to provide services to students until the record check has been completed and reviewed.

The record check will apply to exchange teachers, service contractors, student practicum placement or work experience students.

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February Students of the Month are Kraig Leochko and Mitch Sheridan. Leochko was nominated for his honesty and Sheridan for setting a good example with other students. PSS PAC sponsors the program. *



Megan Liddicoat sang her heart out at the February 25th assembly at Vermilion Forks Elementary. *

MP Alex Atamanenko

BC Southern Interior Monthly Report

Selling Our Sovereignty In 'Buy American' Negotiations

With Parliament prorogued the Harper government has been busy wrapping up a last minute and lopsided deal with the U.S. on how to handle the 'Buy American' provisions in their 2009 stimulus legislation. With just a few days left before the bidding was closed on the \$275 billion U.S. stimulus fund, 98% which was already committed, the deal was finally signed on February 12. With very little time for Canadian companies to bid on the few remaining contracts worth up to \$5 billion the deal did not even provide any guarantee or mechanism to enforce Canadian access to these funds. In return Canadian provinces and municipalities are obliged to provide U.S. companies access to infrastructure procurement projects, valued at \$25 billion, until September 2011. Another consequence of this deal is that we have agreed to let the World Trade Organization (WTO) Agreement on Government Procurement dictate forever how procurement and purchasing is to be handled by our provincial and municipal governments.

For little more than a symbolic gesture on the part of the Americans and without any debate or a vote in the House of Commons, Stephen Harper is unilaterally giving up our sovereign right to give preference to local goods and suppliers on local infrastructure projects. In doing so he is setting the precedent for further erosion of our sovereignty as provincial and municipal contracts are offered up to the European Union in an incentive to sign a free trade agreement with Canada.

Across the country infrastructure procurement projects have been effectively used by provincial and municipal governments to create jobs and stimulate sustainable economic development. Unlike B.C.'s Gordon Campbell who has one of the worst records when it comes protecting procurement rights, Manitoba and Nova Scotia NDP governments have taken some steps to protect certain sectors of their economies, as have some other provinces.

With no Buy Canadian Act of our own similar to the Bill introduced by federal New Democrats in the House of Commons, our country will be deprived of a key economic tool to provide the same leverage that Americans and every other industrial economy have developed in order to ensure jobs are created and stay at home.

After selling out our softwood lumber and manufacturing sectors Harper is tying the hands of provincial and municipal governments so they can't give preference to local businesses even though the US has found ways to exclude American policies from its own WTO commitments. Let us also not forget that we have made it almost impossible for our fruit and vegetable producers to compete with cheap subsidized American produce.

It's difficult to imagine how any of this works in favour of our sovereignty, especially as we try to create jobs for Canadians in these difficult economic times.

In the 2006 Speech from the Throne, Stephen Harper promised that "significant international treaties will be submitted to votes in Parliament." In other speeches he has promised transparent and accountable government. What we have instead are broken promises, a padlocked Parliament, the HST

and a brand new trade arrangement that was negotiated in secret. Rest assured that New Democrats will be taking this government to serious task when the doors of Parliament are finally open to us once again on March 3rd.



Lions Auction Saturday, May 15th

Princeton Lions are now accepting donations of 'new and in good condition' items for their 2010 Auction.

For pick up contact Wayne Harrop (250.295.3343) or Penny Lott (250.295.7088).



HONDA

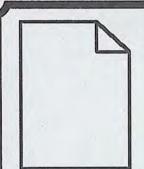
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RESUME

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> Phone: (250) 295-4149 Fax: (250) 295-4103



PRESENTS:

Community Band - Thursday, March 4 - 7 PM

Denton Piano Trio - Sunday, March 14 - 2 PM

"Ballet Kelowna" - Sunday, April 18 - 7:30 PM

Patrick LePoidevin - Wednesday, May 5 - 8 PM

"Men of the Deeps" - Friday, May 7 - 7:30 PM

RIVERSIDE CENTRE - Tickets at the Door

Brenda Crawford

Susan Collins

Steve White

April Earle



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Do a good deed and help fill the need!

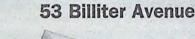


Buying? Selling? Talk to us!



Crisis Centre always needs non-perishables and staple items

YES WE CAN PROGRAM!





Beautiful heritage home with a wonderful mix of old and new updates including electrical and plumbing. Along with a Lennox furnace and a metal roof this home is ready for worry-free living. On a large corner lot and expertly painted inside and out. This home boasts impressive custommade kitchen cabinets with easy care laminate and hard-wood flooring. MLS @ 107726 \$294,500



Absolutely sparkling clean and squeaky new! This one is just waiting for your signature style-colours are warm with earth tones and an open floor plan, with plenty of room for all your furniture and big screen TV, too! Pad sites are disappearing fast so don't miss out on this 2008 moduline home with almost every warranty imaginable. Yes, you can be worry-free! MLS@46788 \$89,900



Spacious, clean and bright! Mobile with addition on large lot in Lynnwood MHP. Easy care laminate flooring, bright garden window in living room, laundry has floor to ceiling shelving so everything has a place to go. 24x11 addition currently used as a family room has limitless potential. 2 covered porches for enjoying mountain views year round, fenced back yard. MLS @107683 \$74,500



This home is absolutely amazing. In 2008 it received a complete update including a 264 sq ft family room, new kitchen, bath, windows, flooring, you name it and it has been done! Natural light, open floor plan, kitchen island and quality lighting and plumbing fixtures, Private back yard with deck, 10x14 workshop wired for 220! Located in quiet Lynnwood MHP. MLS @107745 \$122,800 quiet Lynnwood MHP.



2-bedroom, 1-bath totally remodeled mobile in Pines MHP. Ceramic tile floors with laminate. Sliding doors off master leads to covered deck with mountain views. Bright open floor plan in kitchen/livingroom. Heat pump/air conditioner controls the atmosphere. Comes with many appliances, garden beds and a shed/garage just a short walk to town.

MLS @105940 \$69,900



Lovely remodeled 2-3 bedroom home in Hedley. Level lot that is fully fenced and landscaped. Natural gas heatilator, laminate floors and air conditioning. This home has fresh paint, is very warm and inviting. Located on a flat, landscaped site with mountain views. If you are looking for a lifestyle change or considering retirement, don't miss this MLS@107690 \$179,000

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