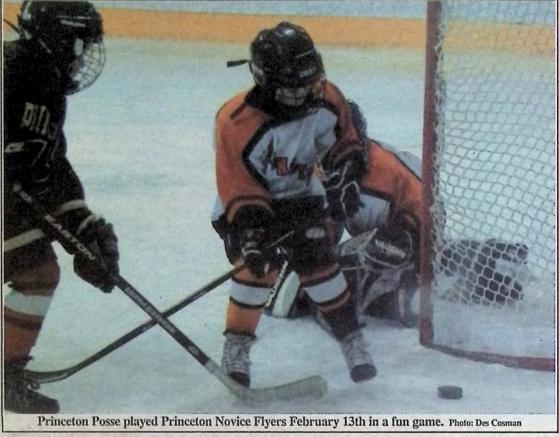
Similkameen INCLUDES HSTI

Volume 14 Issue 8 #669 ISSN 1712-090X

Tuesday, February 22, 2011



fund

Copper Mountain Mining Corporation (CMMC) is working with the Museum Society to host a celebration for mining week. The joint effort will be a way to raise funds for the Museum Society, which is still looking for money to complete the renovation project, and a way to mark Mining Week. The celebration will be held May 3.

This news was a good counterpoint to other news at the February 16 Museum Society meeting, in which members learned their application to Vancouver Foundation was rejected. Other fund raising efforts will have to be made. The Chamber of Commerce has agreed to split the profits on a unique Princeton area history calendar for 2012, but this is a long way off.

The renovation project has been awarded to three local contractors. Heating and ventilation will be done by Ty French, electrical work will be done by Hayes Creek

Electric, and Fred and Company will do the rest of the work. The project began last week, and is expected to be completed by May

Following completion of the project, Museum Society members will have to put all the displays back in the museum before it can open for visitors. Volunteers from the community will be needed to assist, as there are a lot of furnishings to move back into the muse-

A portion of the expanded space will be designated the Stout Wing, in memory of Tom and Gloria Stout. A plaque will be mounted on the wall outlining the contributions of the late couple.

At the meeting, members took a minute of silence to remember the Stouts, who worked so hard to establish the museum, and who are remembered with fondness by longstanding museum members.

The next meeting of the Museum Society will be the annual general meeting, to be held at the library on

A full slate of nominees is in place, showing there is no reluctance of members to serve on the new Board of Directors.

The following is a statement issued February 17th by Fraser-Nicola MLA Harry Lali:

"Today I am removing my name from the New Democrat Leadership race and will not be filing my papers.

"I can give you a dozen excuses why I am withdrawing from the leadership race, but they would be just that - excuses -or an easy way

"That's not my style ... and I think you already know that. In all honesty, and politics aside, to paraphrase what my good friend Rich Coleman said in December, 'The money's all there, the team's there...but my heart's not in it.'

"Well, for me, it is the opposite my heart's definitely there, but the money and the resources are not. In order to run a competitive NDP

leadership campaign one needs to spend well over \$100,000...which means one has to raise at least \$215,000 - that isn't going to happen for me.

"In talking to members around the province, and meeting with supporters, I have determined that this is not my time.

"To my family, relatives and friends, to all those people who have supported my leadership bid and volunteered for my campaign, and especially to the thousands of people who took up NDP memberships to support me, I thank you.

"And I wish all the remaining candidates well in their efforts to become leader of this great party they are all great people and each of them would make a great Leader and Premier."

partnersh

The Upper Similkameen Spirit Festival announced last week a partnership with the "2011 Reel Roots Film Festival", featuring works from Penticton's En'owkin Centre National Aboriginal Professional Artists Training Program (NAPAT).

Reel Roots 2011 is a series of events such as screenings, workshops and artist talks to be held throughout the Okanagan Valley, and on February 26th, the festival comes to Princeton to join the local program in celebration of the Upper Similkameen Spirit Festival.

Reel Roots Film Festival coordinator, Tracey Kim Bonneau says "We are excited about our 10th anniversary and this year's programming theme. The digital

videos will showcase modern methods of storytelling, sharing real stories about real indigenous people."

On Saturday February 26th, the Upper Similkameen Spirit Festival events will kick off at 10:00 AM with feature artist Levi Bent hosting screenings of short film and documentary presentations. The film festival will run from 10:00 AM to 12 Noon in the Riverside Theatre. Admission is free and everyone is welcome to attend. The Traditional Mini Pow Wow will follow in Riverside Theatre, beginning at 12:45 PM with traditional Pow Wow Dancing, Drumming and Storytelling.

The Upper Similkameen Spirit Festival's Celebration of First Nations and Mini Pow Wow is on Saturday February 26th, at Riverside Centre.

This full day family event runs 10:00 AM to 5:00 PM and will feature traditional Pow Wow dancing, drumming, singing and storytelling performances, Audio Visual and documentary presentations, student art show, a crafts bazaar, archaeological artifact displays, real tulemat teepees, food concession, and free door prize draws.

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Posse Playoff Results - Page 9, 10

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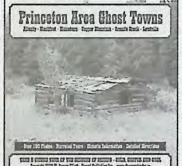
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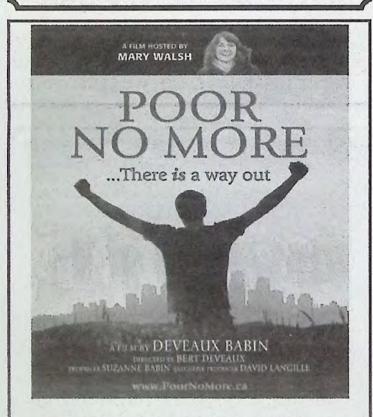
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Explore The History Of Mining - Gold, Copper and Coal



Thursday, February 24 7:00 pm St. Paul's United Church Hall, 190 - 1st St.

EVERYONE WELCOME! FREE!
GUEST PANELLISTS:

Allan Kovaltsenko, Princeton Crisis Assistance Society Solana Allison, Save Our Silmilkameen Ray Jarvis, Princeton Town Councillor Rhonda Bruce, Hospital Employees' Union Harry Lali, MLA Fraser-Nicola Alex Atamanenko, MP BC Southern Interior

MODERATOR: Cathie Yingling, St. Paul's United Church

Refreshments at 6:30 pm with donations of non-perishable food for the Food Cupboard gratefully accepted!

HOSTED BY: St. Paul's United Church & Alex Atamanenko, MP

FOR INFO: 250-295-0176 / 1-800-667-2393 atamaa1@parl.gc.ca or www.alexndp.ca



Carrera Winterlik, above, was guest speaker at the February 14 Heart Fund Dinner, arranged by local campaign chair Barbara Ryan. Winterlik emphasized the importance of Heart & Stroke Foundation programs to bring public awareness to current heart disease indicators: 25 percent of Canadians are obese, most do not exercise enough, do not eat enough fruits and vegetables, and today's youth may be the first generation not to outlive their parents. Films were shown about the work of the Heart Fund. This was the official launch of the local fundraising campaign. Volunteers will go door to door seeking funds for the Heart & Stroke Foundation. Photo: Dawn Johnson

PXA plans online website

Princeton Exhibition Association (PXA) welcomed Adam Gullason, owner of Up 'n' Adam Website Design, to the February 15 meeting. Gullason gave a presentation showing a prospective version of a PXA website, and outlining costs of building and maintaining the website.

Following the presentation, PXA members voted to employ Up 'n' Adam to build and update a PXA website. As well as featuring the facilities of the fairgrounds and rental rates, user groups will have a section to advertise what they are doing. Each user group will be asked to submit information and photographs to Up 'n' Adam for use on the website. Appropriate

links will be established for the completed website.

A request by Evan Howarth to hold a horse clinic at the fair-grounds on the June 24 weekend was approved. Locally, Paul Bedard and Glenn Krupnik will be working with Howarth to facilitate the clinic. Howarth hopes to present a clinic annually at Princeton's fairgrounds.

Dates are being reserved for other events. May 14 and 15 is reserved for Princeton Rodeo. Fall Fair Flea Market is May 28. The horse clinic is June 24 and 25. Racing Days has tentatively reserved June 30, August 20 and 21, and August 27 and 28 for horse racing. Little Britches Rodeo will be held July

23 and 24. September 10 and 11 are reserved for the Fall Fair.

Members discussed rates for groups who wish to attract vendors. The Fall Fair has increased two categories of vendor rates, those using power. PXA members recommended that all user groups charge the same rates for vendors. Rental rates for the fairgrounds or equipment owned by the PXA are going to be reviewed in the next month because changes are required in some rental prices.

The next meeting of the PXA will be held at the library on March 15 at 7:00 PM. Anyone having questions about holding an event or renting equipment should attend that meeting.



After an exhibition game February 13th which saw the Princeton Posse take on Princeton Novice Flyers everyone gathered for a group photo. Goalie Kyle Cosman, front left, enjoys the moment. Photo: Des Cosman

Council works on hall, praises Stout and health care

Council works on new Town Hall Although no date has been set for constructing a new Town Hall, Council is working with an architect and considering blueprints. The new Town Hall will include adequate Council Chambers as well as adequate office space. The new Town Hall will be built on the existing site, and during construction, Town Hall staff will be deployed to another location not

specified at this time. Town Council meetings now take place at the library conference room.

Mayor praises Stout

Mayor Randy McLean took a few minutes at the February 7 Town Council meeting to express his sadness at the passing of Tom Stout. Mayor McLean recalled many good things Stout had done for the community, including driving his equipment onto an ice jam to try to free the ice, and bringing the original Princeton Museum building to town.

"Tom Stout was a good community citizen," Mayor McLean said. "He will be missed."

Jarvis praises health care

Councillor Ray Jarvis says he hears all kinds of complaints about our health care system, but he had a personal sample of it during the past two months, and has nothing but praise. At the February 7 Town Council meeting, he expressed his

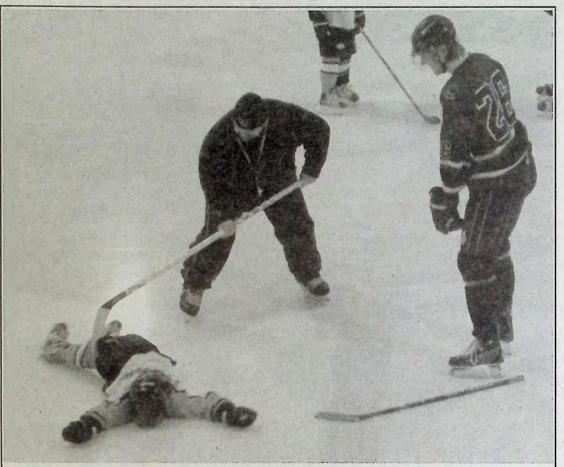
appreciation.

Councillor Jarvis spent 13 days in Kelowna Hospital in December and another few days in the same hospital last month. While admitting the travel to and from Kelowna is not pleasant, "I was well looked after," he said.

Council approves suites

Council approved a secondary suite bylaw at the February 7 public meeting. In the bylaw, a secondary suite is an accessory dwelling unit that is located within a single family or duplex dwelling, is located in and part of a building which is a single real estate entity, and meets all applicable requirements of the BC Building Code.

At the same meeting Council approved an amendment to the water rates bylaw which now states property owners having a secondary suite will pay \$138 for water and sewer rate is an added \$66 per year for that suite.



Princeton Posse Head Coach Dale 'Duner' Hladun, centre, uses a hockey stick to spin a Novice player around on the ice while Posse player Keenan Fordy watches. This was just a small portion of the fun shared in the exhibition game February 13th in Princeton Arena. Photo: Des Cosman

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Princeton Town Hall News

MAY RECREATION PROGRAMS

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MOSAIC BIRDHOUSE WORKSHOP

In this fun workshop students will get creative decorating their own beautiful, colourful birdhouse. All materials, instruction included. \$72.00 Riverside Centre

March 153:30-5:30 pm 7-12 yrs

Weekend Workshop/\$119 S/Su

COOKING FOR KIDS

Surprise your family with dinner once a week as you learn meal preparation, kitchen safety and cooking for a family of 4. All food is for you to take home. Gr. 3-7 Arena 4 classes/\$105.00 W March 30 3:30-5:30 pm

YOUTH/ADULT CULTURAL PROGRAMS
MIRROR MOSAIC WEEKEND WORKSHOP
Skillfully design your own mirror with stained glass on a solid surface. Come interested and leave inspired. Age: 16-99

March 12-13

YOGA CLASSES—DROP IN WELCOME
Yoga is a fantastic low impact workout that increases flexibility, range of motion, strength and more. \$7.00 Drop in
W 10:00-11:30 am Riverside Centre
Th 5:30-7:00 pm Riverside Centre

DANCE CLASS-DROP IN WELCOME

Enjoy a high energy dance class that is a fusion of jazz and hip hop. Great for getting the heart rate up and having fun.

Drop in/\$6.00 T 6:30-7:30 pm VFE Gym

Register in person at Town Hall or call the PPRC Office at 250-295-6067 or e-mail recreation@princeton.ca

UPPER SIMILKAMEEN SPIRIT FESTIVAL

SPIRIT FESTIVAL

FEBRUARY 26TH
10 AM - 5 PM
RIVERSIDE CENTRE

FREE COMMUNITY EVENT OPEN TO EVERYONE

Please join us for traditional dancing, singing & drumming, hands on workshops, artifact displays, Reel Roots Film Festival, Student Art Show, Native village and Lodge displays & craft fair. Traditional foods available for purchase at the Concession.

This fantastic community event is sponsored by Princeton Community Arts Council, Upper Similkameen Indian Band, Fortis BC, Town of Princeton, RDOS, and the Provincial Government.

For more information contact: similkameenspirit@gmail.com or the PPRC Office at 250-295-6067.

MOVIES AT RIVERSIDE CENTRE

Riverside Centre Theatre Presents:
THE FIGHTER
Oscar nominated film
Rated: 14A
Friday, March 4
Evening Show: 7:00 pm
\$5.00 at the door

Located at 148 Old Hedley Road in the retired school just down the road from the arena.

Watch for movie listings at www.princetonarts.ca or call the theatre hotline at 250-295-6067 line 2.

WATER SYSTEM PARCEL TAX REVIEW

East Princeton, Jacobson Road and Airport Road Specified Area Tax Roll will be open for inspection at the Princeton Municipal Hall, 169 Bridge St, Princeton BC, between the hours of 8:00 am and 4:30 pm, Monday to Friday.

An owner of a parcel of land within East Princeton, Jacobson Road and Airport Road Specified areas may make a request to have the Parcel Tax Roll amended on one or more of the following grounds:

- there is an error or omission respecting a name or address on the parcel tax roll;
- there is an error or omission respecting the inclusion of a parcel;
- there is an error or omission respecting the taxable area or the taxable frontage of a parcel;
- an exemption has been improperly allowed or disallowed.

A request to amend the Parcel Tax Roll must be submitted in writing to the undersigned by 1:30 pm, March 10, 2011 in order to be considered.

Shirley McMahon Deputy Treasurer/Collector Town of Princeton 169 Bridge St PO Box 670 Princeton BC VOX 1W0 Ph 250-295-3135 Email smcmahon@princeton.ca

LANDFILL STICKERS

2011 Landfill stickers are available at Town Hall for pick up by Regional District Area H property owners. Tenants wishing to pick up stickers require written permission from the landowner.





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Keremeos News



Local girl guides recently toured the Keremeos Fire Hall. Back row, from left, Jazmyne Bittner, Michelyn Lepage, Sammy Passmore, Kalyx Malek-Parker, Nicole Matthews, Brendalyn Hubick, Cindy Bittner, Connie Passmore. Front row, from left, Brody Erikson, Keith Erikson, Gwen Erikson, Jake Haamers. Photo: KVFD

Cawston Players prepare for 'Dry Streak'

Dry Streak by Saskatchewan playwright Leeanne Minogue is the Cawston Players Spring 2011 production.

Auditions happen this Friday evening and Saturday morning at The Cawston Community Church, 2146 Main Street, Cawston.

There are 7 parts for 4 men and 3 women of various ages.

Needed to fill out the team are Stage Manager, Lighting and Sound, Set Construction, Publicity, Make-Up and Costumes.

The Cawston Players welcome all comers to share their talent and experience or to come and learn the ropes.

The players club has been presenting for local audiences for the past nine years. Last year's Spring play was the 30's melodrama, Curse You Jack Dalton.

Acting coach, Bob McAtamney, associate Producer Wilfrid Mennell and Producer / Director, Dave Cursons, team up to produce this comic romp.

Dry Streak concerns a young woman who has travelled the world and moves with her boyfriend to work on a Saskatchewan farm operated by his parents.

After months of unrelenting heat, dust, and the endless complaints of everyone around her, she makes a very public promise: If only the drought will break, she'll run naked through the streets of the town

Inquiries, contact Dave Cursons at 250-499-5417.

RDOS invites Cawston residents to participate

Residents of Electoral Area 'B' (Cawston) in the Regional District of Okanagan-Similkameen (RDOS) are invited to participate in an Official Community Plan (OCR) Committee.

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Free No Obligation Consultation 250.499.7126 · www.cutyourdebt.c An OCP Bylaw is a policy document that can be used to provide the Regional District as well as the community with a general direction on land use matters such as environmental protection, growth management, parks and recreation, community servicing, and land use.

At present, Electoral Area 'B' (Cawston) does not have either a Zoning or OCP Bylaw, and one of the purposes of the Committee will be to provide direction to the Electoral Area Director, George Hanson, on the suitability of a Plan for the Cawston area.

Electoral Area 'B' Director George Hanson said, "Now is the time for our community to be proactive and take responsibility for our future. We want to preserve our community and our lifestyle, and have a say on future development. A community plan will assure this."

Cawston residents interested in serving on the Committee are encouraged to complete an application form, copies of which are being delivered to households in the coming week, or which can be downloaded from the Regional District's website at www.rdos.bc.ca.

A Community Meeting has been scheduled for February 21st, at the Cawston Hall at 7:00 PM, with RDOS staff available to answer questions regarding Community Planning (other agenda items also include RDOS Budget Review and Priorities for the Electoral Area).

www.upnadam.me

AFFORDABLE LOCAL WEB DESIGN Contact Adam - info@upnadam.me



Bill MacFarlane took early retirement from a sawmill in Prince George where he had been employed for most of his working life. His main concern had been to work long enough to ensure enough to live on in retirement. He and his wife planned to do some traveling and just enjoy life.

The plan fizzled not too long after Bill retired. His wife had diabetes, and had some problems. They moved to Squamish to be near spe-

They lived in Squamish four years, in an apartment, then were able to move to Princeton. They rented a place on Old Hedley Road, and thoroughly enjoyed the warm, dry climate and being out in the coun-

Two years later, they had to move to Penticton because his wife's kidneys were failing. She had to go on dialysis. They were back to apartment living.

She passed away three years ago, and Bill moved back to Princeton. Bill kept busy working around his home, and joined Vermilion Trails Society.

He enjoyed doing woodwork and going fishing. He acquired a cat, then a dog, but he was still lonely.

After two years in Princeton, he met his present wife. They became engaged about a year ago, and despite being in a serious motor vehicle accident, they followed through on their wedding plans and were married last September.

What advice would Bill give anyone facing retirement?

Stay active. Don't be a couch potato. Go for a walk, find things to do, take care of your health."

A lot has happened to Bill during his 11 years of retirement, none of it in his original plan, but he is still active and he is a happy man. CORRECTION

In the article last week about

Richard Lubiak's retirement, there was an error. The Lubiak's own their home at Chuchuwaya Reserve #2, and lease the land.

We apologize for the error.

ews Leader

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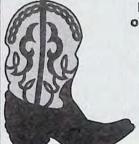
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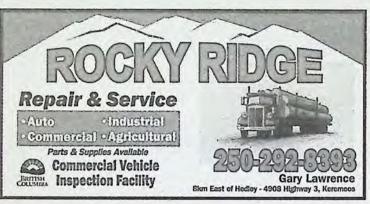
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Ith / Lifestyle No

(NC)-Colon health is probably not the first thing you talk about when you get together with family or friends. But it's better to talk about getting checked now, than it is to talk about having colon cancer later. Unfortunately, colon cancer is the second leading cause of deaths caused by cancer - and affects both men and women in equal numbers. If caught early, it is highly treatable.

"We want to ensure Canadians 50 and over make colon cancer screening a regular part of a healthy wellness approach," says Dr. Heather Bryant, vice-president, cancer control for the Canadian Partnership Against Cancer. "Canadians should not be waiting until they get symptoms to go in and talk with their doctor. This is why we encourage

Colonversation 101 — Tips on how to start a life saving conversation

own colonversation and not be embarrassed about this important topic."

It is imperative Canadians not let the possible 'ick' factor associated with this part of their anatomy to get in the way of a life-saving conversation. Here are some tips on how to have a colonversation with family and friends and start talking about colon cancer.

Share what you know with someone you care about.

· Start the conversation by saying you have an appointment with your doctor soon and that you are going to ask about colon cancer screening. Then share what you know about getting checked.

· Mention that your health routine

families and friends to start their includes getting checked for colon cancer. Tell them about the test and how you found out about it.

Tell them that you got the fecal occult blood test (FOBT), a simple, at-home screening test which can be done in the privacy of your home. Tell your family and friends about www.colonversation.ca.

· If your friend or relative likes to use the Internet, say you saw an interesting website and send them the link to colonversation.ca.

Getting checked for colon cancer is the single most important thing you can do to prevent colon cancer. Make colon cancer screening part of your regular health routine. It could save your life. You can visit www.colonversation.ca for more information.

lips for dea

(NC)-Eczema is increasingly becoming a common skin condition, with 15 to 20 per cent of the population suffering from this disease. Symptoms of eczema include very dry, flaky skin, red rashes and constant itching. Symptoms can range from mild to severe, where in the

most severe cases the skin is so inflamed that it becomes irritated and bleeds.

Managing eczema is more than dealing with dry, itchy skin. It's about developing a treatment regime that lets sufferers feel in control of eczema-prone skin. Here are some

simple tips and facts to help you become more proactive with the condition:

Bathe and Moisturize

Bathing is the first line of defense in managing eczema-prone skin. Prepare a bath with lukewarm water, add an emulsifying oil and soak for five minutes or apply moisturizing wash directly to the skin and gently rinse-off.

The skin will actually absorb some of the water and oil. Gently dry off excess water with a soft towel, or briefly air dry if air is warm. Moisturizing the skin is a necessary final step which will help protect the skin's natural moisture barrier.

There are over the counter products available, such as Cetaphil Restoraderm Eczema Moisturizing Wash and Lotion which are clinically proven to restore the skin's moisture barrier with essential skin emollients.

Avoid the Triggers

Harsh soaps and detergents, fragrances and perfumes and certain foods may cause eczema occurrences. Heat and sweating cause irritation, and can worsen eczema. Staying in a cool place during hot weather will help prevent itching. Consider wearing loose, 100 per cent cotton clothes so as not to irritate the skin.

Excessive heat and low humidity creates an environment with reduced moisture content in the air. Consider using a humidifier in the house or bedroom.

Educate Yourself and Seek Support

Know you are not alone. There are many others out there that share the frustration of eczema. If you think you or a family member might be suffering from eczema, consult your doctor or dermatologist before starting any treatment.

For more information on eczema, visit the Eczema Society of Canada's website at www.eczemahelp.ca.

Living Past 100

What Your Eyes Need

If you want to live a long life, you would prefer to do it without going blind. Most people do not know what can help them prevent blindness in old age. All of us are likely to have cataracts, but cataracts can be fixed. Other forms of blindness in the elderly cannot. Prevention is the best solution, and prevention should begin when you are still young. Prevention is essential if you are over 40 years of age.

Your eyes need a carotenoid substance called lutein. Another is zeaxanthin. In case you're wondering what a carotenoid is, think of carrots. Carotenoids are what give plants the red, orange or yellow colouring. You probably have heard carrots are good for your eyesight. It is true. So are a lot of other brightly colored fruits and vegetables good for your eyesight.

There are a number of medications that can cause eyesight problems, such as anticoagulants (blood thinners), diuretics, antihistamines, sulfa drugs, tetracycline, streptomycin, and a few others. Marijuana can affect the eyes by disturbing the ability to see colours correctly. Too much sunlight affects

Eating a healthy diet with plenty of brightly colored vegetables is a good way to prevent deterioration of your sight. If you suffer from a loss of night vision, you can try taking bilberry extract. Preventing cataracts requires thiamine and riboflavin, two of the B vitamins, plus antithetic acid, zinc and

Berries, squash, red lettuce, tomatoes, beets, carrots, purple broccoli, peaches, apricots, cherries, red or purple plums, watermelon and cantaloupe are great for your eyes. So are red, orange and yellow sweet pep-

If you want to make sure you will keep your eyesight, you can take a good supplement that includes lutein and zeaxanthin, along with other essential nutrients. You should wear sunglasses in the sunshine, even in winter, and you should be taking Vitamin D in winter.

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This Week - 7 Ye Celebrating Princeton's History W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - February 24, 2004

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motorsports planning

Business



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Local business people like the plan to expand motor sports in Princeton.

At the February 17 meeting of Princeton Area Business Enhancement Association, George Elliott introduced Lane Catter, President of Princeton Motorsports Clob, who presented the business plan of the club to build a motocross track at Princeton Estabbition grounds.

Carter said motorsports provide a place for young people to learn safe driving skills and life skills Money raised from events can be returned to the community, and the events build emminously pride.

The club's objective for 2014 is to raise enough money to pay for the same from the control of the community of the control of the control of the community pride.

The February 24, 2004 Similkameen News Leader front page. - News Leader Archives.

sports

Princeton Posse hosted their second annual Awards Banquet February 20, 2004, which recognized top players during the 2003/04 season.

A total of nine awards were presented. Nick Stermer received Most Valuable Player and Best Defensive Player awards, Sandy Tyler was Top Offensive Player, Mike Rosett was named Hardest Working with J. J. Holmes honoured as Most Improved. Tony Johnston was selected Fan Favourite, Seth Armitage was Most Sportsmanlike with Brandon Ingraham named Rookie of the

In presenting the Unsung Hero Award, Posse Head Coach Craig Einfeld got emotional in describing a game where one player broke a skate and another player gave up his skates - along with a chance to play in that game - to the first player. Einfeld was visibly impressed with the action and proudly named Steven Brush the receipt of the award.

The Princeton Area Business Enhancement Association threw its support behind a plan to expand motorsports in the area.

At the February 17, 2004 meeting of the BEA, group President George Elliott introduced Princeton Motorsports Club President Lane Carter.

Carter spoke about a plan that would eventually see a motorcross

track at Princeton Fairgrounds. The plan was to build a multi-use track and Carter stressed how the Princeton Fairgrounds were an excellent place to host the events.

He explained where other tracks in the region were located and pointed out they did not have the facilities that Princeton Fairgrounds offered.

Following Carter's presentation, BEA members decided to write a letter to Town Council encouraging them to support the Motorsports Club because of the economic benefits their plans would bring to Princeton.

Princeton Rodeo Club President Stan Thompson attended the February 16, 2004 Town Council meeting and made an appeal to

He reminded them that they had committed to a five-year support for the Canadian Pro Rodeo, beginning with a \$5,000 grant, reduced by \$1,000 per year. Thompson further reminded Council they had given the club only \$3,000 last year, instead of \$4,000, and asked Council to make the 2004 Grant \$3,000 to make up for the missing thousand in 2003.

"Sponsorship from the Town makes it easier to get corporate sponsorships when they see the Town is behind us," Thompson explained.

Mayor Keith Olsen told Thompson, "We're working on the budget and it's looking very good for the rodeo."

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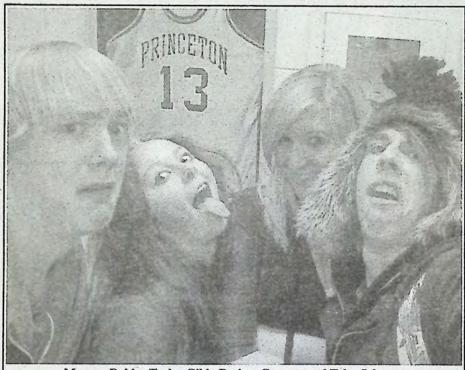
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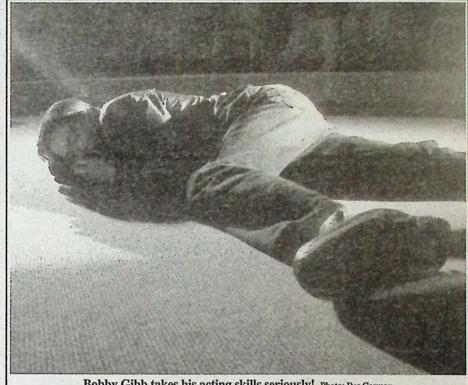
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PSS Students - Full of Dramal



Morgan Dobbs, Taylor Gibb, Desiree Cosman and Tyler Johnson 'ham it up' while waiting for the new Drama Club to start their first session.



Bobby Gibb takes his acting skills seriously! Photo: Des Cosman

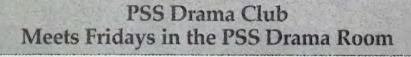
PSS students welcome new Drama Club

by Des Cosman

Now that first semester is over at Princeton Secondary School, so is drama...but it doesn't stop there. Jessica Dennis officially opened her drama club last month. Every Friday students of all ages show up to the P.S.S drama room to play improve games and show off their dramatic talents.

Jessica's plan for the drama club is not officially clear - all she knows is she wants to have fun and keep drama going all year round. In the future she wishes to have a goal for the club, much like a short play or a year end performance.

Some members include Bobby Gibb, Taylor Gibb, Morgan Dobbs, Jesse Badger and Des Cosman. There are many more members and others are welcome to come out and join. Good luck to Jessica and her new Drama Club, break a leg!







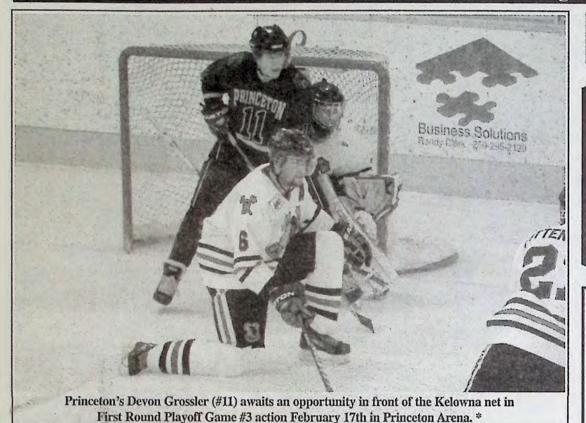
Jolene Goodman and Taylor Gibb get into their roles. Photo: Des Cosman



Vice Principal Patrick Kaiser and Jessica Dennis work on some improv. Photo: Des Cost

News Leader

Similkameen News Leader TV Guide Listings - February 22 - 28, 2011



Princeton Posse hosted Kelowna Chiefs February 17th in Game #3 of the First Round Playoffs in the Okanagan Division of the Okanagan/Shuswap Conference.

The Posse soundly beat Kelowna in the first two games to take a 2-0 lead in the best of seven series and was very much in control of the series before the opening face-off of the third game.

Princeton capitalized on that momentum scoring first at 18:06. Keenan Fordy got the unassisted goal, which filled the building with electricity.

Princeton's Devon Grossler scored the team's second goal on the power play at 12:32 with assistance from Derrick DeLisser and Spencer Kristensen.

Kelowna responded at 7:54 with a power play goal scored by Jordan Wood while Princeton's Cole Horn served a high sticking call.

Assists on the goal went to Darren Pittendreigh and Brett Laird.

Princeton out shot Kelowna 11-6 in the first frame and looked to be in control of most of the first half of the period.

The Posse widened their lead to 3-1 at 17:06 on the power play (Cole Horn from Tylar Bestward and Keenan Fordy) and then the Chiefs took over scoring three unanswered goals (13:07 - Turner Lawson from Brandon Briere and Dane Rupert,

11:26 - Dane Rupert from Jeremy Wiebe and Branden Redschlag, 8:33 - Jordan Wood from Landon Andrusiak).

That gave Kelowna a 4-3 lead after two periods of play.

The third period was much of the same - Kelowna scoring and Princeton trying but hitting crossbars and goal posts.

The Chiefs extended their lead at 17:20 (Landon Andrusiak from Jordan Wood and Dane Rupert) and added another at 6:58 (Branden Redschlag from Jordan Wood).

Princeton pulled goalie Brett Patchett with six minutes remaining in the game and the Posse did a good job of pressuring the Chief goal but Kyle Clerke got enough lumber on the puck to score on the empty net.

Final score: Kelowna 7, Princeton

Shots on Goal: Kelowna 30, Princeton 28.

Penalties in Minutes: Kelowna 10 for 36-minutes (including two game misconducts), Princeton 6 for 12-



Princeton's Jaden Janzen (#15) muscles his way through the play, February 17th against Kelowna Chiefs. *

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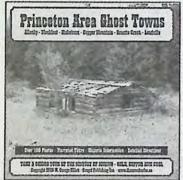
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KINDERGARTEN 2011 STUDENT REGISTRATION

The Board of Education of School District No. 58 (Nicola-Similkameen)



Registration Schedule Monday to Friday ebruary 21 - March 4, 2011

Full day kindergarten is offered in British Columbia for all kindergarten-aged children. To assist with the planning and organization of the full day kindergarten program in School District No. 58, it is important that parents register their child early.

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

For September 2011

- To register, a child must be 5 years of age on, or before December 31, 2011.
- Parents/Guardians should bring child's Birth Certificate, Immunization record and Care Card when registering.



The officials sorted this out quickly. Game 4, Princeton vs. Kelowna February 18th. *

Princeton extends series

When you're leading a best-ofseven series two games to one, the fourth game is pivotal, and that's exactly what Princeton Posse Colour Commentator Clint Clifton said during the Posse webcast prior to the opening face-off in the February 18th match with Kelowna

A win by Kelowna could have tied the series at 2-all putting both teams on even footing or a win by Princeton would give them a commanding 3-1 lead.

It took almost half a period before the teams settled down and got to play some serious hockey.

Princeton's Devon Grossler set the pace with a power play goal at 11:18. Assists went to Cole Horn and Lee Muir.

The home team added their second goal at 6:41 (Ben Reinbolt from Devon Grossler and Cole Horn) and appeared to have the game pretty much in control.

That was until near the end of the period when Kelowna's Dane Rupert scored a power play goal with just 1:33 left. Assisting on the play was Darren Pittendreigh.

Princeton ended the period with a strong 3-1 lead once Jaden Janzen zipped a goal past Kelowna's Jordan Bytelaar with only 18.8seconds to play. Ben Reinbolt had the assist and the building virtually exploded when the goal light started flashing.

The second period saw Princeton continue to dominate scoring again at 18:07 (Ben Reinbolt from Lee Muir)

Kelowna's Tanner Clarkson responded with an unassisted goal at 16:26.

At 16:05 the brute force of the physical power between the teams became evident with players piling on each other after the whistle in front of the Kelowna net.

Two roughing penalties. crosschecking and game misconduct combination later and it was back to hockey.

And that was when Princeton's Spencer Kristensen bagged a power play goal at 14:43 with help from Devon Grossler and Derrick DeLisser.

Kelowna did give the home team a few gifts along the way, including 1:08 of 5-on-3 hockey and a 5minute power play, but managed to kill most of the time without much damage.

Princeton did end up scoring on the power play (when it was 5-on-4) at 8:01. Cole Horn got the marker with Devon Grossler helping out.

After two the Posse were enjoying a 6-2 lead.

The third period saw the Chiefs claw their way back up the scoreboard scoring three goals (12:40 -Kyle Clerke from Dane Rupert, 8:47 - Jordan Wood from Landon Andrusiak and Colten DeFrias and 7:20 - Landon Andrusiak from Brett Laird) to come within one with still plenty of time left in the

Princeton's Dylan Beston gave the Posse some insurance with a goal at 3:23. Alex Demchuk earned the assist, and Kelowna responded at 2:21 (Colten DeFrias from Jordan Wood and Dane Rupert) but could not tie the match to force overtime.

There was no doubt both teams had their best players on ice with four Princeton players sharing 12 points and four Kelowna players earning nine points in the game.

Final score: Princeton 7, Kelowna 6. The win gives Princeton a 3-1 lead in the best-of-seven series.

Shots on Goal: Princeton 38, Kelowna 35.

Penalties in Minutes: Kelowna 8 for 35-minutes, Princeton 7 for 16-

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	PM	Earl	Young &	Charlle	Barney	Judge B.	Let's Make	Dog the	General	Young &	End/Leash	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	Ways Die	Gold Girls
2		King	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Bounty Hunter	Hospital (N) O	Restless	Debt/Part	Chris (N) O	Garfield	Interruption	0.30	Busters 0 80	Ned's	Hollywood Live	Ways Die	Gold Girls
_	PM	The Office	The Doc-	Mirabelle	WordGlrl	The Doc-	Dr. Phil	The First	Rachael	The Doc-	Young &	Recipes	Kld vs. Kat	Sports	(2:59) The	Cash Cab	Life Derek	CityNews at	Ways Die	Restaurant
3	:30	The Office	tors DC	WordWorld	Electric	tors and	0 22	48 00	Ray O E	tors &C	Restless	Mercer	Super Evil	Curling:	Dr. Oz Show	How/Made	Sulte Life	6 (N) BE	Ways Die	Makeover
	1930	Family Guy	Oprah	Rob Robot	Fetch! With	Jdg Judy	Oprah	The First	Seinfeld 0	Oprah	Early News	Ghost	SpongeBob	2011 Scotties	Ellen	Dally Planet	Phineas	How I Met	Ways Die	Reality
4	:30	Family Guy	Winfrey	George S.	Wild Kratts	Jdg Judy	Winfrey	48 30	Seinfeld O	Winfrey	Global Nat.	Whisperer	Penguins	Tournament	DeGeneres Show	(N) 86	Phineas	The Office	Ways Die	Reality
-	PM	College	Early News	Dino Dan	BBC World	News (N)	News	Dog	News	Early News	(4:59) News	CBC News:	OddParent	of Hearts. (Live) 38	CTV News	Mighty	Wizards	Minute to	Ways Die	Fear Factor
5	:30	Basketball: Auburn at	Nows	Martha	Business	NBC News	News	Dog	ABC News	Global Nat.	Hour (N)	Vancouver (N) EC .	SpongeBob	(Live) and	at Five (N)	Ships (N)	Hannah	Win It (N)	Ways Die	O SC
	PM	Alabama.	Global Nat.	Dogs	PBS News-	News (N)	News	Dog	News	(5:59) News	ET Canada	(14) ac .	ICarly BE		CTV News	Flying Wild	Suite/Deck	Family	Ways Die	Fear Factor
6	:30	(Live)	News	Parks	Hour (N) (SE	Stand	Access H.	Dog	News	Hour (N)	Ent	Coronation	Weird	NHL	(N) O 80	Alaska	Wizards	Cougar	Ways Die	0.00
	PM	Seinfeld 0	Ent	Rescue	Nova scien-	Against Violence	The Dr. Oz	Storage	Ent	Ent	Off the Map	Wheel	Weird	Hockey: Edmonton	etalk ac	Storm	Sonny	Minute to	Ways Die	Family Guy
7	:30	Seinfeld O	ET Canada	Ol Pejeta	ceNOW (N)	Wheel	Show IRC	Storage	The Insider	ET Canada	(N) O Bet	Jeopardy!	Indie	Oilers at	Big Bang	Chasers (N) 3C	Hannah	Win It (N)	3 Sheets	Parking
-	PM	Law & Or-	Survivor:	The Story	NOVA (N) O	Minute to	Survivor:	Storage	The Middle	Survivor:	Survivor:	Dragons'	iCarly 30	Colorado Avalanche.	Ameri-	Daily Planet	Suite/Deck	News	Ways Die	Reality
8	:30	der: SVU	Redemp-	of India O	(DVS)	Win It (N)	Redemp-	Storage	Better With	Redemp- tion	Redemp-	Den O BC	Chris	(cc)	can Idol Performing	361	Wizards	EP Daily	Ways Die	ET Canada
	PM	Movie: **	NCIS Kill	Elizabeth	Secrets of	Minute to	Criminal	Dog	Family	NCIS KIII	NCIS Kill	Republic of	8 Rules	Sports	songs by the	Storm	Hannah	Law & Or-	UFC's Ulti-	Family Guy
9	:30	"Walking Tail" (2004)	Screen* (N)	R Queen can't marry	the Dead O	Win It (N)	Minds "Coda"	Dog	Sunshine	Screen" (N)	Screen" (N)	Doyle (N)	Indle	30 for 30 se	Beatles.	Chasers (C)	Overruled!	der: UK Rd	mate Fight Night O	Parking
	PM	Tail (2004)	Off the Map	Leicester.	Lost Land-	Law & Or-	C.M.: Sus-	Dog	Off the Map	Off the Map	News Hour	National	Family Biz	X1	C.M.: Sus-	Mighty	Ned's	Justice	Mgm V	Fear Factor
10	:30	Movie: **	(N) O SE	(N) REI	scape	der: SVU	pect	Dog	(N) () (KE)	(N) () (Set	Final (N)		Weird		pect	Ships	Stone	Judge B.		0.80
	PM	"Walking Tail" (2004)	CHBC News	The Rock	Charlle	News (N)	News	Storage	News	News Hour	Ent	George S	Prank Ptri	SportsCen-	CTV News	Flying Wild	So Raven	Paid Prog.	Ways Die	Fear Factor
19		Tell (2004)	Final (N)	and Roll	Rose (N) ME	Jay Leno	Letterman	Storage	Nightline	Final (N)	ET Canada	The William		tre (Live) sc	CTV News	Alaska	Life Derek	Paid Prog.	Ways Die	0 20

OWS Leader - Horoscopes

February 23 - March 2, 2011

Aries - You may be feeling the pressure of a lot of unexpressed concerns. At the same time, you could be feeling optimistic and/or lazy. You need to sort out your priorities, make plans for the future. Look ahead. Find time to do some intelligent, practical planning. Action speaks louder than

Taurus - Life is handing you a good year. Make the most of good health, good spirits, and a year with more happiness. Look at the bright side of things this year. Talk to family and friends about things you would like to achieve: get them working with you. You can do a lot and achieve a great deal.

Gemini - Your career has suddenly become hectic and demanding, but go with it. Things are progressing. Parents may be a source of concern now, but it is temporary. They may need to talk to you, so ask questions and listen carefully to the answers. Don't make any big plans you can't afford.

Cancer - Your career is going smoothly and parents or old folks in your life are good to you. You could have travel problems or vehicle problems during the next few weeks, or have problems with appliances breaking down. Friends and spouse are good to you. Focus on actively learning something new

Leo - You may want to travel this year, or may be required to do so to learn, and it will be fun. You may have the opportunity to teach others. Your horizons are beginning to expand. Your consciousness is expanding this year. Right now, deal with debt, insurance, estate or banking matters.

Virgo - People may want your company and have a lot to say to you these days. Friends, spouse, or others you meet may not always say what you want to hear. Some may be aggressive. Stand your ground, don't be pushed around verbally. At the same time, do listen to others. Some will give good advice.

Libra - Take good care of your health for the next few weeks. Watch out for colds and flu. Anything related to relationships with others will run smoothly for the next four months. People will offer opportunities, be ready to take them. If you're single, you will have plenty of dating oppor-

Scorpio - You move into a phase where your focus is on having fun. If you like sports, go for it but watch out for injuries. Your health is good, and your job runs smoothly. You will have to be careful not to gain weight because your sweet tooth is activated. This is a good time to charm people by what you

Sagittarius - Home can be a place of a lot of action this week, and maybe some problems. You may have to do repairs or renovations, or you may have safety concerns. You may want to spend more time at home for a few weeks. Right now, you can gain through association with sports activ-

Capricorn - Drive carefully, have your vehicle checked if you have concerns about it. Be diplomatic in what you say for the coming few weeks, as you ssive way. Home and family will bring you joy for the next few months, and keep your life full of activity.

Aquarius - You will get a lot of pleasure now out of talking to people, going on short trips, walking, and keeping in contact with others. You will also enjoy reading, writing and music. Your mind is more at peace these days. You will have to focus on balancing your budget for the next few

Pisces - Your energy levels climb, your mood is excellent, and you feel like having a lot of fun. Focus on being charming, or you could come on too strong, especially if you are angry about something. Don't let your ego run you. If you are normally a shy Pisces, this coming month could boost confidence

Small Business 101

CFIB: Eliminating the Deficit Faster Than Planned Should Be Top Budget Priority

CFIB released new poll results February 15th showing that 60 percent of small businesses want the BC government to get back to balanced budgets faster than the targeted 2013/14 date.

"Today's budget is expected to show a deficit lower than originally forecast, that's a good start," said Laura Jones, Vice-President for Western Canada.

"But the government should be more aggressively targeting the deficit by controlling spending. If we had held the line on spending at 2009 levels, there would be no deficit today-that's hardly a draconian ask," she continued.

The latest updated financial forecast shows the government is expected to spend \$41.1 billion this year up from its on original budget estimate of \$40.6 billion.

"Just sticking to the governments own spending targets would have had us \$500 million closer to getting us out of deficit," said Jones. The majority of small businesses

(89 per cent) want the government to bring public sector wages in line with the private sector. Currently provincial public sector employees earn an average of 22 per cent more in salaries and benefits than their counterparts in the private sector.

"This is a hugely unfair discrepancy. Public sector wages and benefits should be frozen until they are within 5 per cent of the private sector. This is an obvious place to control spending," said Jones.

The survey results also show that lowering the total tax burden is a high priority for 66 per cent of BC small businesses and a medium priority for another 30 per cent. The tax cuts most favoured by small businesses are cuts to the personal income tax rate (45 per cent) and a cut to the provincial portion of the HST (43 per cent).

"Leaving more money in the pockets of job creators is the most sensible strategy to grow the economy and will help us get out of deficit," said Jones.

CFIB is looking for three things in the budget: a more aggressive timetable to get out of deficit, a commitment to stick with previously announced tax cuts and a spending freeze.

The Similkameen News Leader is one of hundreds of small businesses in the Similkameen Valley with a CFIB Membership.

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Tuesday Movies

AFTERNOON 12:00 pm SPIKE ch.44 "Blade:

Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (In Stereo) 3:00 pm SPIKE ch.44 "On Deadly Ground" (1994, Action) Steven Seagal. An oil-company trouble-shooter must blow up his employer's unsafe refinery to protect Inuit land in the far North. (In Stereo)

6:00 pm SPIKE ch.44 "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. (In Stereo)

Stereo)
8:00 pm WTBS ch.3 "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young prot/g/ to find a mole within the organization. 10:00 pm WTBS ch.3 "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young prot/g/ to find a mole within the organization.

Weinesiay

EVENING 9:00 pm WTBS ch.3 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs.

10:30 pm WTBS ch.3 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs.

Thursday Movies

EVENING 8:00 pm WTBS ch.3 "XXX: State of the Union" (2005, Action) Ice Cube. In Washington, D.C., the new XXX agent must eliminate a threat to the president from within the U.S. government. 10:00 pm WTBS ch.3 "Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mob-ster sought by the FBI.

EVENING

7:00 pm YTV ch.18 "Material Girls" (2006, Comedy-Drama) Hilary Duff. Two sibling cosmetics heiresses must grow up quickly when a company scandal leaves them penniless. (In Stereo) (CC) 8:00 pm WTBS ch.3 "Celtic Pride" (1996, Comedy) Damon Wayans. After the Boston Celtics

lose game six of the NBA Finals, two blue-collar fans kidnap the opposition's star player.
FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo) (CC) 9:00 pm SPIKE ch.44 "Cobra"

(1986, Crime Drama) Sylvester Stallone. A Los Angeles detective and his partner protect a model from a night slasher and his neo-fascist army. (In Stereo) (CC) 9:45 pm WTBS ch.3 "Celtic Pride" (1996, Comedy) Damon Wayans. After the Boston Celtics lose game six of the NBA Finals lose game six of the NBA Finals, two blue-collar fans kidnap the opposition's star player.

10:09 pm FAM ch.26 "Cadet
Kelly" (2002, Comedy-Drama)
Hilary Duff. A new cadet at a
military academy must prove that she is stronger than the upperclassman who wants to break her. (In Stereo) (CC)

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Similkameen News Leader

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News Leader THURSDAY, FEBRUARY 24, 2011

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	Ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
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U	:30	gators	nola	Spider	Street ()		Right (N)	48 80	(N) O 25	sion	Brides	Doodlebop	Fly Rhino	Curling.	(N) O SC	Point *Bus*	Manny	Out There	0.00	Real Renos
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4	:30	Family Guy	Winfrey	George S.	Wild Kratts	Jdg Judy	Winfrey	48 20	Seinfeld O	Winfrey	Global Nat.	Whisperer	Fanboy	Tournament	DeGeneres Show	(N) BE	Phineas	The Office	Joes O	Real Renos
-	PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	The First	News	Early News	(4:59) News	CBC News:	Parents	of Hearts. (Live) &C	CTV News	Auction	Wizards	Community	Pros vs.	Friends ()
5	:30	Payne	News	Martha	Business	NBC News	News	48 RC	ABC News	Global Nat.	Hour (N)	Vancouver (N) &C	SpongeBob		at Five (N)	Auction	Hannah	Couples	Joes ()	Friends O
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0	AM	Cash Cab		Magle Bus	Curlous	Festival. (N)		Criminal		3	100 Huntley	Bo On/Go	Kld vs. Kat	SportsCen-		Myth-	Hannah	Rachael	Pros vs.	Whatever
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0	AM	Family Fd	100 Huntley	Clifford	Super Why!		The 700	Criminal	Live With		World VI-	Super Why!	To School	SportsCen-	Live With	Cash Cab	Mickey	Role	Pros vs.	Restaurant
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12	:30	King	Hour (N)	Dinosaur	Rose O Bil	Pald Prog.	Bold	U test	Children (N) 841	Hour (N)	Lives (N)	Now (N) O	Kid vs. Kat		Bold	Auction	Hannah	Hospital (N) O	Joes: All Stars	70s Show
-	PM	Friends O	Days of our	Dinosaura	Painting	Days of our	The Talk	Criminal	-	Days of our	The Doc-	Life &	Viva Piñata		Marllyn	Auction	Cory		Pros vs.	King
7	:30	Friends O	Lives (N)	Wibbly Pig	Scrapbook	Lives (N)	U 360	Minds O 30	Live (N) n	Lives (N)	tors ac	Times (cc)	Kld vs. Kat	Classix	Denis	Auction	Recess 0	Jdg Judy	Joes: All Stars	King
_	PM	Earl	Young &	Charlle	Barney	Judge B.	Let's Make	Criminal	General	Young &	End/Leash	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	Disorderly	Gold Girls
2	:30	King	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Minds O se	Hospital (N) O	Restless	Debt/Part	Chris (N) O	Garfield	Interruption		Busters O 36	Ned's	Hollywood Live	Con.	Gold Girls
-	PM	The Office	The Doc-	Mirabelle	WordGlrl	The Doc-	Dr. Phil	Criminal	Rachael	The Doc-	Young &	Recipes	Kld vs. Kat	Sports	(2:59) The	Cash Cab	Life Derek	CityNews at	Gangland	Restaurant
3	:30	The Office	tors 🕬	WordWorld	Electric	tors 👀	0 300	Minds O BC	Ray O Bell	tors 🗺	Restless	Mercer	Sidekick	Curting:	Dr. Oz Show	How/Made	Suite Life	6 (N) 80	30	Makeover
-	PM	Family Guy	Oprah	Rob Robot	Blz Kid\$	Jdg Judy	Oprah	Criminal	Seinfeld O	Oprah	Early News	Ghost	SpongeBob	2011 Scotties		Daily Planet	Phineas	How I Met	Ways Dle	TV-Torrens
4	:30	Family Guy	Winfrey	George S.	Wild Kratts	Jdg Judy	Winfrey	Minds O III	Seinfeld 0	Winfrey	Global Nat.	Whisperer	Penguins	Tournament	DeGeneres Show	(N) (cc)	Phineas	The Office	Ways Die	TV-Torrens
-	PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Criminal	News	Early News	(4:59) News	CBC News:	Parents	of Hearts. (Live) 350	-	Auction	Wizards	Who Do You	Ways Die	'70s Show
5	:30	Payne	News	Martha	Business	NBC News	News	Minds A XC	ABC News	Global Nat.	Hour (N)	Vancouver (N) 30	SpongeBob		at Five (N)	Auction	Hannah		Ways Die	'70s Show
	PM	Law & Or-	Global Nat.	Dogs	PBS News-	News (N)	News .	Criminal	News	(5:59) News	ET Canada	.,,	(N)			An Idiot	Suite/Deck	Fringe "Sub-	Ways Die	King
6	:30	der: SVU	News	Parks	Hour (N) 160	Millionaire	Access H.	Minds O (82)	News	Hour (N)	Ent	Coronation	Victorious	SportsCen-	(N) O 80	Abroad (N)	Shake It	ject 13" (N)	Ways Die	King
	PM	Seinfeld ()	Ent	Battlefield	Wash.	Jeopardy!	The Dr. Oz	Criminal	Ent	Ent	Haven "Fur"	Wheel	Movie: *	tre (Live) 🕮	etalk ka	The Colony	Good Luck	Mantracker	1,000 Ways	Family Guy
7	:30	Seinfeld 0	ET Canada	Myster- les O	News	Wheel	Show #4	Minds O 24	The Insider	ET Canada	(ce)	Jeopardy!	"Material Girls" (2006)	Hockey	Big Bang	"Defense"	Wizards	IC (DVS)	to Die O	Family Guy
	PM	Movie: *%	Kitchen	Bleak	Need to	Who Do You			Supernanny		Kitchen	M'ketplace	Hilary Dull.	Sports	The Defend-			News	CSI: Crime	TV-Torrens
8	:30	"Cellic Pride" (1996)	Nightmares (N)	House (N) sc	Know (N) as		ers (N) 30	Minds O Ec		Nightmares (N)	Nightmares (N)	Mercer	0 20	Off Record	ers (N) 30	ite:	"High School Musical	EP Dally	Scene	ET Canada
-	·PM	(1000)	90210 "it's	Rebus A	Lark Rise to	Dateline	CSI: NY (N)	(9:01)	Primetimo:		90210 'It's	fifth estate		Boxing:	CSI: NY (N)	An Idlot	2.0	Without a	Movie: *	Family Guy
9		(9:45)	High Time"	Kosovar man's	Candleford	NBC O BE	O test	Criminal Minds	What Would	High Time*	High Time*		Gigantic	Friday Night Fights.	0 25	Abroad RE	Connor	Trace (cc)	"Cobra" (1986)	Family Guy
	PM	Movie: * 1/2 "Celtic Pride"	Haven 'Fur'	murder.	Doc Martin		Blue	(10:01)		Haven 'Fur'	News Hour	National	Life	(Same-day	Blue	Auction	(10:09)		Sylvester	'70s Show
10	:30	(1996)	000	The Mu	"Movement"		Bloods 0 85	Criminal Minds	O per	(CC)	Final (N)		Unexpected (N) 0	Tape)	Bloods (N)	Auction	Movie: * * 5 "Cadet Kelly"	Judge B.	Stallone.	'70s Show
	PM		CHBC News	Snapshot	Charllo	News (N)	News	(11:01)	News	News Hour	Ent	George S		SportsCen-	-	The Colony	(2002) A	Pald Prog.		King
11		Heat	Final (N)	Snapshot	Rose (N) BE	Jay Leno	Letterman	Criminal Minds	Nightiine	Final (N)	ET Canada	Mercer	Prank Ptrl	tre (Live) 🕮	CTV News	"Defense"		Pald Prog.	MANswers	King

Puzzio Pago



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 #339 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

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CALL FOR DETAILS Similkameen News Leader

Saturday Movies

MORNING

9:00 am SPIKE ch.44 "Striking Distance" (1993, Suspense) Bruce Willis. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. (In Stereo) 11:00 am SPIKE ch.44

"Breakdown" (1997, Suspense) Kurt Russell. A man's wife disappears in the desert Southwest after accepting a trucker's help with car trouble. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absentminded inventor's flying rubber creation and his fiancee. (In Stereo) (CC)

1:30 pm SPIKE ch.44 "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gang-sters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss. (In Stereo) 1:33 pm FAM ch.26 ``16 Wishes" (2010, Comedy) Debby Ryan. The wishes of a teenager

magically come true on her 16th birthday. (In Stereo) (CC)
4:30 pm SPIKE ch.44 "A Bronx
Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (In Stereo) 5:00 pm WTBS ch.3 Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the millennium.

EVENING

6:00 pm CITY ch.29 "Deluxe Combo Platter" (2004, Romance-Comedy) Marla Sokoloff. A mysterious beauty disrupts the lives of a small-town waitress and the hunk she pines for. (CC) (DVS) 7:00 pm WTBS ch.3 "Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a thief try to recover stolen diamonds and the latter's kidnapped daughter. CITV ch.12 "A Life Interrupted" (2007, Docudrama) Lea Thompson. Suburban housewife Debbie Smith campaigns for stronger anti-rape legislation after surviving a brutal

attack. (CC)
7:30 pm SPIKE ch.44 "Days of
Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself. (In Stereo) (CC) 8:00 pm CHBC ch.4 BCTV ch.11 ``A Life Interrupted" (2007, Docudrama) Lea Thompson. Premiere. Suburban housewife Debbie Smith campaigns for stronger anti-rape leg-islation after surviving a brutal

attack. (CC)
KSPS ch.6 "Look Back in
Anger" (1958, Drama) Richard
Burton. A man vents his rage
against society by lashing out at
his demoralized wife, his best friend and his eager mistress. (In

Stereo) (CC) KXLY ch.10 "The Pursuit of Happyness" (2006, Drama) Will Smith. Premiere. A single father and his young son endure many hardships as the father struggles to provide a better future for both of them. (In Stereo) (CC) 9:00 pm WTBS ch.3 "The Devil's Advocate" (1997, Suspense) Keanu Reeves. After moving to New York, a lawyercontinued on Page 19

MORNING

7:00 am A&E ch.9 "Road House" (1989, Action) Patrick Swayze. Hired to tame a rowdy Missouri bar, a Ph.D. bouncer romances a doctor and tames the whole town. (CC)

8:00 am WTBS ch.3 "Monsterin-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiance's shrewish mother tries to destroy their relationship. 10:00 am WTBS ch.3 "A Lot Like

Love" (2005, Romance-Comedy) Ashton Kutcher. Casual friendship turns into something more as two people struggle with careers and relationships through the years.

SPIKE ch.44 "Breakdown" (1997, Suspense) Kurt Russell. A man's wife disappears in the desert Southwest after accepting a trucker's help with car trouble. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a coun-try club. (In Stereo) (CC) SPIKE ch.44 "A Bronx Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (In Stereo)

1:45 pm FAM ch.26 "Den Brother" (2010, Comedy) Hutch

Dano. Suspended from his hockey team, a teenager becomes a substitute leader for his sister's Girl Scout troop. (In Stereo) (CC) 2:00 pm YTV ch.18 "Babe"

(1995, Drama) James Cromwell. A piglet unexpectedly becomes a champion sheepherder with training from his adoptive canine mother. (In Stereo) (CC)

3:00 pm SPIKE ch.44 "Star Wars: Episode III – Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

4:00 pm YTV ch.18 "Babe: Pig in the City" (1998, Fantasy) Magda Szubanski. A farmer's wife and her young porker are detained in a city rooming house with a menagerie. Live action/animatronics. (In Stereo)

CITY ch.29 "Murder 19C: Detective Murdoch Mysteries --Poor Tom Is Cold" (2004, Mystery) Peter Outerbridge. Det. Murdoch does not believe the coroner's conclusion that his

young friend and protege committed suicide. (CC) (DVS)
5:00 pm WTBS ch.3
"Phenomenon" (1996, Drama)
John Travolta. An amiable, smalltown Everyman is inexplicably transformed into a genius with

telekinetic powers. CBC ch.13 "Eight Below" (2006, Adventure) Paul Walker. Members of a scientific expedition must leave their beloved

sled dogs behind in the frozen wilderness of Antarctica. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Charlotte's Web" (2006, Drama) Voices of Julia Roberts. After learning that a young pig's days are num-bered, a literate spider weaves an elaborate plan to save her friend from the butcher's block. (In Stereo) (CC) CITY ch.29 "Murder 19C:

Detective Murdoch Mysteries -Except the Dying" (2004, Mystery) Peter Outerbridge. A principled detective relies on his innate abilities to sort through a crime involving a woman of the

6:30 pm SPIKE ch.44 "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth

Vader. (In Stereo)
7:30 pm WTBS ch.3
"Phenomenon" (1996, Drama) John Travolta. An amiable, smalltown Everyman is inexplicably transformed into a genius with telekinetic powers. 8:00 pm CBC ch.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) (CC) 9:00 pm FAM ch.26 "Grumpier

. continued on Page 19

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SATURDAY, FEBRUARY 26, 2011

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6	MA	Juicer	Driving TV	Dinosaur	America	Today (N)	(5:00) The	Sell House	Pald Prog.	DrivingTV	Fishing	Jungle	Grossology	SportsCen-	Kids	Canada's	Jungle	Kitchen	UFC 127	TV-Torrens
0 :	30	Paid Prog.	Better	Rolle Polle	FlyTylng	O ten	Early Show	Sell House	Pald Prog.	Better	Fish'n	Busytown	Invasion	tre as	Kingdom	Worst	Waw Wow	Dharti	Countdown	Pald Prog.
7	MA	Paid Prog.	Saturday	HI-5 III	MotorWeek	1	Busytown	Sell House	Good	Saturday	Saturday	Animal	Super Evil	Sportfish	Anne	Man vs.	Mickey	Eye on Asia	Xtremo 4x4	Friends O
1 :	30	Pald Prog.	Morning News (N) 80	George S.	Avlators		Busytown	Sell House	Morning America	Morning News (N) Ist	Morning News (N) 30	Super Why!	Super Evil	Motoring	Anne	Wildao	Manny		Horse.	Friends ()
0	MA	Movie		Rob Robot	Woodsmith	News (N)	Doodlebop	Flip This	Emperor			Doodlebop	Fanboy	Curling:	Kingdom	The Colony	Fish Hooks	Polish	Trucks! O	70s Show
8	30			Dino Dan	Hometime		Trollz No	House EC	Replacemn			Goldfish	Fanboy	2011 Scotties	Hobo	"Defense"	Sulte/Deck	Studio Mil	MuscleCar	'70s Show
0	MA	1		Magic Bus	Rough Cut		College	Filp This	So Raven		Driving TV	Diet Confi-	Parents	Tournament	Suo		I'm In Band	Travels	Movie: **	Family Gu
9	30			Arthur	Old House		Basketball: Syracuse at	House au	So Raven		Fishing	dential ()	OddParent	of Hearts. (Live) #6	Thomas F.B.Eye	tors 20	Wizards	Planet	"Striking Distance"	Family Gu
10	M	Jim	Fish'n	Hedgehog	Old House	Willa's	Georgetown.	Hoarders	Hannah	Fish'n	Powerboat	Breeze (N)	SpongeBob		SickKids	Destroyed	Wingin' It	Spirit for	(1993) 0	Frasier O
10		College	Fishing	Martha	Kitchen	Pearlie		"Adella; Teri"	Suite Life	Fishing	Tradition	Antiques	SpongeBob		Founda- tion O	Destroyed	Sonny	Survival No		Frasler O
/		Basketball: Arkansas	Powerboat	Wild Kratts	TBA	PGATour	College	Hoarders Em	To Be An-	Powerboat	PGATour	Snowboard-	Sidekick		la Written	River Mon-	Kings	cooking	Movie: ***	King
17,	30	at Auburn,	Tradition	Taste Buds	Sara	Golf: WGC Accenture	Basketball: BYU at San		nounced	Tradition	Golf: WGC Accenture	Ing	Sidekick	30 for 30 ftt	Car Bnss	sters ac	Hannah	Reviews	"Breakdown" (1997) Kurt	King
F	M	(Live)	News	Gardens	Cook's	Match Play	Diego State.	Hoarders 100		News	Match Play		Beyblade		Canada's	License to	Movie: **	Amazing	Russell. O	Friends O
12	30		PGATour	Gardens	Victory	Champion- ship, Quar-				PGA Tour	Champion- ship, Quar-	Bobsled-	Pokemon		Worst	Drill to	"Flubber" (1997) O	Role		Friends O
, F		College	Golf	Parks	Antiques	terfinals. O	College	Hoarders Et	XTERRA	Golf	terfinals. O	ding	Yu Gl Oh	Curling:	Worst	Auction	(1991) (1	Paid Prog.		Fraster O
1.		Basketball: Alabama at	1	Parks	Roadshow	(Live) 50	Basketball: Florida at		World Champ.		(Live) BE	Skling	Three	2011 Scotties	Handyman	Auction	(1:33)	Pald Prog.	Movie: **1	Frasier O
_ F	M	Mississippi.	1	Rivers	American		Kentucky.	Hoarders	ESPN			7	OddParent	Tournament	Austin	Myth-	Movle: *16 Wishes*	Travels	"Lucky Num-	'70s Show
2	30		Rivers	Masters O BB			"Glen & Lisa"	Sports Saturday				Parents	of Hearts, Semifinal.	Stevens	Busters	(2010) O	Reviews	ber Slevin" (2006) Josh	'70s Show	
_ F	M	Amer, Dad	Simpsons	Meerkat		Judge J.	Light Relief	Heavy *Ron-	Sports an-	Simpsons	Simpsons	National	Parents	(Live) RC	etalk &c	Cash Cab	Suite Life	Planet	Hartnett. O	TV-Tomens
3	30	Amer. Dad	Simpsons	Ol Pejeta	Travel	Turbo	Pald Prog.	nie; Debble*	thology. (N)	Simpsons	Family Guy	HNIC	Parents		etalk Rü	How/Made	Sulte/Deck	Out There		TV-Torrens
_ F	M	King	Simpsons	Perfect	Steves	Shelldon	Access Hol-	Heavy ss	To Be An-	Simpsons	Family Guy	NHL	SpongeBob		Corner Gas	Cash Cab	I'm in Band	cooking		Family Guy
4		King	Family Guy	Swarm @	Field Guide		lywood (N)		nounced	Family Guy	Global Nat.	Hockey:		Sports	Corner Gas	Cash Cab	Wizerds	Amazing	Movie: * * *	Family Guy
F	200	Movie: **	BC Hydro	Islands of	Last/Wine	News (N)	News	Heavy	Seinfeld 0	BC Hydro	(4:59) News	Regional Coverage. 0	SpongeBob		CTV News	Auction	Hennah	Music	*A Bronx	Pawn
5	30	"Entrapment"	Maria	Britain 🐯	Old Guys	NBC News	CBS News	"Sharon;	ABC News	Global Nat.	Hour (N)	(Live) ®0	SpongeBob		(N) O RE	Auction	Good Luck	Awards	Tale* (1993) Robert De	Pawn
	16.51	(1999) Sean Connery.	Global Nat.	Hope for	Lawrence	College	News	Ashley" Heavy	News	(5:59) News	16:9		Indle	Crashed		Gold Rush:	Jonas (C)	Movie: **	Niro, Chazz Palminteri.	Worked
6	30		News	Wildlife III	Welk	Basketball:	Scrubs 0	"Kevin; Flor"	Oscara	Hour (N)	Family		Prank Ptrl	(Taped)		Alaska	Sulte/Deck	*Deluxe	n	Worked
		Movie: **	To Be An-	National	My Family	Gonzaga at San Diego.	Grey's	Heavy Tra-	Entertain-	To Be An-	Movie:	NHL Hock-	In Real Life	SportsCen-	W5 O BC	American	Wingin' It	Combo Plat- ter (2004)		Family Guy
7	00	"Cradle 2	nounced	Geographic	As Time	(Live)	Anatomy and		ment	nounced	"A Life	ey: Boston	0 80	tre (Live) Bc	0.0000000000000000000000000000000000000	Chopper	Wizards		Movie: * * >	Family Guy
	20/5-1	the Grave" (2003) Jet Li	Movie	Heartbeat	Movie: **	Harry's Law	Hawali Five	Heavy *Ron-	Tonight Movie: ***	Movie:	Interrupted" (2007) #0	Bruins at Vancouver	Funnlest		To Be An-	An Idiot	Jones L.A.	Crusoe	*Days of	Instant
8	30		"A Life	BO	*Look Back	OM	0000 -	nie; Debbie"	"The Pursuit	"A Life		Canucks, Ra	Home	Premier	nounced	Abroad 80	Baxter O	"Gunpow-	Thunder* (1990) Tom	Instant
	100	Movle: ★★%	Interrupted" (2007) Pre-	George	in Anger" (1958) O	Law-Order	The Mental-	(9:01)	of Happy- ness" (2006)	(2007) Pre-	The Guard		Videos	League	Law-Order	Gold Rush:	Movie: **	der" Without a	Cruise.	Friends O
q	20	"The Devil's Advocate"	mlere. 00	Gently "Gently Evil"	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	LA.	Ist O BE	Heavy Rd	Will Smith. Premiere. 0	miere, 🖾	"At Sea"	HNIC: After	Weird	Poker	LA.	Alaska	"Gotta Kick	Trace se		Friends O
10		(1997)	The Guard	(N) III	Ebert	Law & Or-	48 Hours	(10:01)		The Guard	News Final	Hours	Indie		Law & Or-	Auction		Home Imp.	Movie: **	Frasier O
10	30	Reeves, Al	"At Sea"	(10:45)	NW Profi	der: SVU	Mystery 80	Heavy 20		"At Sea"	(10:35)	News	Indle	Motoring	der: SVU	Auction	Movie: ★★%	Home Imp.	"Lucky Num- ber Slevin"	Frasier O
4-4	PM	Pacino.	News Final	Battlefield Mysteries	Austin City	News (N)	News	(11:01)	Storms	News Final	Saturday Night Live	NHL	Prank Ptrl	SportsCen-	CTV News	American	"Double Teamed"	Paid Prog.	(2006)	King
11.	30		SNL	0 22	Limits 200	SNL	The Closer	Heavy (%)	Pald Prog.	SNL	0 85	Hockey	Prank Ptrl	tre (Live) RO	CTV News	Chopper	- January	Pald Prog.		King

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
-	AM	Sports	Hunter	Zoboo	Mr Rogers	Today (N)	Back Help	Private Ses-	Pald Prog.	Hunter	Better	Razzberry	Grossology	SportsCen-	Sue	I Could Do	Jungle	Travels	Trailers	Fish TV O
6	:30	Mad	Fishful	Rolle Polle	Angelina	O tres	Pald Prog.	slons &C	Pald Prog.	Fishful	Canada	Poko O	Zeke's Pad	tre ke	Thomas F.B.Eye	I Could Do	Wow Wow	Planet	3 Sheets	Paid Prog.
7	AM	Career Day	Fishing	HI-5	Wild	News so	CBS News	Movle:	Good	Fishing	PLAN	News	Kid vs. Kat	Reporters	Sue	Breaking	Mickey	Eye on	Auction	Friends ()
-	:30	JJ Atlanta	Canada	G. Shrinks	Cilfford	Northwest	Sunday	** "Road House"	Morning America	Canada	Canada O 89	Coronation	Garfield	Reporters	Thomas F.B.Eye	Point so	Mickey	Asla 🚾	Hunters O	Friends O
0	AM	Movie: **	Sunday	Rob Robot	Sld	Meet the	(N) 20	(1989) Pat-	This Week-	Sunday	TribalTrail	Coronation	Almost Na	NASCAR	Instant	Mayday 🐯	Fish Hooks	Eye-Asia	Xtreme 4x4	'70s Show
8	:30	"Monster-in- Law" (2005)	Morning News (N) Res	Dino Dan	Cat in the	Press (N) R	The Nation	rick Swayze.	Amanpour	Morning News (N) 20	Blg Coast	Coronation	Kld vs. Kat	Now &C	Is Written		Sulte/Deck	Festival	Horse.	'70s Show
0	AM			Magle Bus	Design	Babar 🚾	Fighting for		Mtthws		Hour of	Coronation	SpongeBob	Canada	PLAN	Mighty	I'm in Band	Italiano di Johnny	Trucks! ()	Roseanne
9	:30			Arthur	Blz Kld\$	Fast Meals	Life	The First 48	Wall Street		Power (N)	Coronation	SpongeBob	Winter	Canada O 80	Ships Rd	Wizards	(In Italian) 80	MuscleCar	Roseanne
10	AM	Movie: **	Foodles	Hedgehog	Inside	First Tee	Supercross	Kansas City serial killer.	Hometime	Foodies	Listen Up	AHL	Parents		Jeff's Adv.	Canada's	Wingin' It	(in ttalian) se	Movie: ***	King
10	:30	"A Lot Like Love" (2005)	Listen Up	Martha	Olympia 550	Global Golf			Your Home	Listen Up	Foodles	Hockey: Manitoba	Carly &C	Curling:	Travel	Worst Driver	Sonny		"Breakdown" (1997) Kurt	King
44	AM		Hour of	Wild Kratts	Impact	PGA Tour	College	The Sopra-	NBA	Hour of	PGA Tour	Moose at	BigTime	Scotties Tournament	Question	Salvage	Kings	Out There	Russell.	Friends O
11	:30		Power III	Prime	Europe Jrnl	Golf: WGC Accenture	Basketball: Pittsburgh at	nos n att	NBA	Power (60)	Golf: WGC Accenture	Toronto Marlies. 20	Victorious	of Hearts, Bronze	Period 30	Code Red হব	Hannah	Pald Prog.		Friends O
10	PM	Browns	News	Dogs	Great Per-	Match Play Champion-	Louisville. RE	The Sopra-	Basketball: Lakers at	News	Match Play Champion-		Aquateam	Medal. (Live)	W5 0 80	Storm	Movie:	cooking	Movie: ***	Bad Girls
12	:30	Browns	PGA Tour	Dogs	formances at the	ship, Final.		nos O RG ,	Thunder	PGA Tour	ship, Final.	One/One	Sci Q Bd	(66)	(DVS)	Chasers &	*High School Musical	I Cook	"A Bronx Tale" (1993)	Bad Girls
4	PM	Payne	Golf	Undersea	Met Boris Godunov	O (Live) 80	College	The Sopra-		Golf	O (Live) RE	Dragons'	Welrd		Pharma	Motor City	20	Law Order:	Robert De Niro, Chazz	Wipeout (N)
1	:30	Payne		Undersea	Mussorg-		Basketball	nos n sa				Den O BE	Welrd		Sutra 0	Motors as	(1:45)	CI	Palminteri.	O MG
0	PM	Seinfeld 0	Godun	sky's "Boris Godunov." Bil			Criminal	Academy			Steven and	Movie:	SportsCen-	First Story	River Mon-	Movie: "Den Brother"	Friends O	0	Fear Factor	
-	:30	Seinfeld O		Ol Pejeta				Minds () RE	Awd.		A	Chris KG	**** "Babe"	tre (Live) &C	In Fashlon	sters zo	(2010) Hutch Dano.	Friends O		O SC
2	PM	The Office	Simpsons	Be the		Back Pain	Paid Prog.	Criminal	ABC News	Simpsons	Simpsons	Recipes	(1995) James		Fashion	River Mon-	Dano.	G. Martin	Movie:	Instant
3	:30	The Office	Simpsons	(N)	NW Profi	Pald Prog.	Pald Prog.	Minds O SE	News	Simpsons	Family Guy	Mercer	Cromwell.	Curling:	etalk at the Oscars ()	sters O EE	Suite/Deck	cooking	**** *Star Wars:	Instant
Л	PM	The Closer	Simpsons	Hope for Wildlife 80	Doc Martin	NUMBORS	Horseland	Criminal	Oscar's	Simpsons	Family Guy	Jeopardy!	Movie: ***	Scotties Tournament	(Live) EC	River Mon- sters #0	I'm in Band	*Murder 19C: Detec-	Episode III Revenge	Wipeout O 35
4	:30	"Live Wire"	Family Guy	Wilding as:	One	"Guilt Trip"	Horseland	Minds O Kt	Red Carpet	Family Guy	Global Nat.	Wheel	"Babe: Pig in the City"	of Hearts, Final, From		Sters i.e.	Wizards	tive Murdoch	of the Sith"	1) 46
5	PM		Family Guy	Seven Ages	Hometime	News (N)	News	Criminal		Family Guy	(4:59) News	Movie:	(1998) O	Charlotte-	Red Carpet	River Mon-	Hannah	Mysteries*	(2005) 0	Funny Kids
5	:30	*Phenom- enon* (1996,	Global Nat.	of Britain	Old House	NBC News	News	Minds O ISS	The 83rd Annual	Global Nat.	Hour (N)	Below*		town, P.E.I. (Live) %5	The 83rd Annual	Sters av	Good Luck			Funny Kids
G	PM	Drama) John Travolta.	(5:59) News	Marine Ma- chines ™	Lark Rise to Candleford	News (N)	KREM 2	Criminal Minds 0 Kg	Academy	D. Rosensky Philippinsky	Simpsons	(2006) Paul Walker.	Movie: * * * "Charlotte's		Academy	River Mon- sters RC	Jonas 86	*Murder 19C: Detec-		Kitchen
6	:30	mayona.	Hour (N)	Chines by	Candielord	Mark Few	News at 6 (N)	Minus () KG	Awards ()	Hour (N)	Amer. Dad	Transi.	Web* (2006,		Awards () (Live) 80	Sters at	Sulte/Deck	tive Murdoch	Movie:	Nightmares O
7	PM		Simpsons	National	Nature O IX	Dateline NBC o as	60 Minutes (N) O III	Criminal Minds O St	(Cic)	Simpsons	Brothers & Sisters &	Heartland "The River"	O RE	SportsCen- tre (Live) 🖾	(2.70)	River Mon- sters #6	Wingin' It	Mysteries*	*Star Wars:	Buy Me ()
-	:30	Movle: **>	Amer. Dad	Geographic	(005)	NOC () ES	(N) C) use	Minds () sc		Amer. Dad	Sisters ac	The river		tre (Cive) ac		sters and	Wizards		Episode III Revenge	Buy Me ()
0	PM	"Phenom- enon" (1996,	Simpsons	Born and Bred (N) 102	Masterplece Classic	Minute to Win It list	The Amaz- Ing Race	Criminal Minds O RM		Simpsons	Simpsons	Movie: "Marple:				River Mon- sters 80	Jonas L.A.	Crusoe "Sacrifice" ()	of the Sith*	Restaurant Makeover
8	:30	Drama) John Travolta.	Burgers	Bred (N) 112	(N) no	WHITH IL III	mg nace	Milius () au	On the Red	Burgers	Cleveland	They Do It	Indie	That's	CTV News	Sters ac	Baxter ()	Sacrince (1	(2005)	makeover
0	PM	nevola.	Family Guy		1	(9:03) Minute to	Undercover Boss 25	(9:01) Criminal	Carpet at the Oscars	Family Guy	Family Guy	With Mirrors* (2009)	In Real Life	Hockey 2 Nite (Live)	The Amaz- ing Race	River Mon-	Movie: *Grumpier	Without a		Friends ()
9	:30		tina .	Law (N) 85	Remember	Win It	DOSS &	Minds		Desi.		,	- AN		mg nace	SIGIS AV	Old Men*	11200 00	Movie: **% "Waterworld"	Friends 0
10	PM	The Closer	Brothers & Sisters 50	Cracker tot	MI-5 "Love and Death"	(10:05) Minute to	CSI: Miami	(10:01) Criminal		Brothers & Sisters #2	Nows Final	National	Survive		Big Bang	River Mon- sters 0 80	(1995)	Home Imp.	(1995) Kevin	Frasier ()
10	:30	CW .	SISTERS AN		and Death	Win It	(IV) IV IIV	Minds		Sisters se	16:9	Politician	Survive		Big Bang	21012 (1 0)	(10:40) Mov- le: "Mighty	Home Imp.	Costner: 0	Frasier ()
11	PM	"A Thousand	News Final		Evening- Smokey	News	News	(11:01) Criminal	News	News Final	Paid Prog.	News	Prank Ptrl	SportsCen- tre (Uve) 20	CTV News	River Mon-	Joe Young*	Pald Prog.		King
100	:30	Acres"	16:9	1	amokey	Pald Prog.	The Unit	Minds	Van Impe	16:9	Not Not	Whisperer	Prank Ptrl	are (Cive) as	CTV News	Store at		Pald Prog.		King >

MONDAY, FEBRUARY 28, 2011

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	CKLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
0	AM	In the Heat		Wibbly Pig	Bob Build	News (N) BE	News	CSI: Miami	News	(5:30) Morn-	(4:30) Morn-		Being lan	(5:00) Tra-	Canada AM	Mayday NG	Henrys	CityLine #6	CSI: NY	Spolled
0	:30	of the Night	Ing News	Arthur	Lions			"Identity"		Ing News (N) RE	ing News	Now tell	Rollbots 0	deCentre Coverage	0 30		Franny		0 36	Spolled
7	AM	Cosby		HI-5 (80)	Arthur '	Today (N)	The Early	Criminal	Good Morn-			Artzooka	Beyblade	of the NHL trade		How/Made	Phineas	The Nate	CSI: Crimo	Tooned O
-	:30	Cosby		Pinky	Martha	0 32	Show (N)	Minds O	Ing America (N) (88)			Animal	Pokemon	deadline.		How/Made	Sulte/Deck	Berkus Show	Scene	Tooned O
0	AM	Cash Cab		Magic Bus	Curious			Dog			100 Huntley	Bo On/Go	Super Evil	(Live) (sc)		Salvage	Hannah	Rachael	CSI: Crime	Whatever
8	:30	Lyrics!		Poppets	Cat in the		-	Dog			Street 34	Busytown	Kld vs. Kat	-		Code Red	Phlneas	Ray O SE	Scene	Whatever
-	AM	Family Fd	100 Huntley	Clifford	Super Whyl		The 700	The First	Live With	100 Huntley	World VI-	Super Whyl	Timothy		Live With	Canada's	Mickey	Role	CSI: Crime	Restaurant
9	:30	Family Fd	Street 30	George S.	Dinosaur		Club 30	48 30	Regis & Kelly	Street IX	sion 30	News	Berenstaln		Regis & Kelly	Worst Driver	Manny	Amazing	Scene	Makeover
10	AM			Franklin	Sesame		The Price Is		The View	World Vi-	X-Weighted	Poko O	Little Bear		The View	Worst	Mickey	EP Dally	CSI: NY	Grace
10	:30	gators	sion 30	Spider	Street ()		Right (N)	48 20	(N) O 30	sion 🖾	"Michelle"	Doodlebop	Fly Rhino		(N) O (60	Handyman	Manny	Out There	O RE	Grace
4.4	AM	Forensics	World Vi-	Rolie Polie	Sid	Ellen	Young &	The Sopra-	Pald Prog.	World Vi-	Noon News	Gofrette	Babar		Marilyn	Mighty	Suite Life	CityLine 100	CSI: Crime	Gold Girls
11	:30	Evidence	sion 🕮	Berenstain	Sit & Be Fit	DeGeneres Show	Restless	nos n sc	Pald Prog.	sion 30	Hour (N)	dirtgirl	Erky Perky		Denis	Ships	Sulte Life ·		Scene	Gold Girls
10	PM	Jìm	Noon News	Arthur	Charlie	Paid Prog.	News	CSI: Miami	All My	Noon News	Days of our	CBC News	Sidekick	=	etalk 🕬	License to	Wizards	General	DEA DEA	Wipeout
12	:30	King	Hour (N)	Dinosaur	Rose O KC	Pald Prog.	Bold	0.30	Children (N) EG	Hour (N)	Lives (N)	Now (N) O	Kld vs. Kat		Bold	Drill	Hannah	Hospital (N) O	vs. Heroin Kingpin" O	U SH
-	PM	Friends ()	Days of our	Dinosaurs	Paint This	Days of our	The Talk	CSI: Miami	One Life to	Days of our	The Doc-	Life &	Viva Piñata	TradeCen-	Marilyn	License to	Cory	Jdg Judy		Wipeout
1	:30	Friends ()	Lives (N)	Wibbly Pig	Sewing	Lives (N)	O RC	"Identity"	Live (N) O	Lives (N)	tors ICC	Times 6 20	Kld vs. Kat	tre Cover- age of the	Denis	Drill ss	Recess 0	Jdg Judy	DEA Stand-	0.20
_	PM	Earl	Young &	The Ocean	Barney	Judge B.	Let's Make	Dog	General	Young &	End/Leash	Steven and	Monster	NHL trade	Dr. Phil	Myth-	Replacemn	Access	off with drug dealers. O	Gold Girls
2	:30	King	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Dog	Hospital (N) O	Restless	Debt/Part	Chris (N) O	Garfield	deadline.	0 30	Busters (N) 20	Ned's	Hollywood Live	douloid. Tr	Gold Girls
_	PM	The Office	The Doc-	Mirabelle	WordGirl	The Doc-	Dr. Phil	The First	Rachael	The Doc-	Young &	Recipes	Kld vs. Kat	SportsCen-	(2:59) The	Worst	Life Derek	CityNews at	DEA O	Restaurant
3	:30	The Office	tors 30	WordWorld	Electric	tors 🔞	0 (80	48 80	Ray O KG	tors 30	Restless	Mercer	Super Evil	tre (Live) 20	Dr. Oz Show	Handyman	Sulte Life	6 (N) Rd		Makeover
-	PM	Family Guy	Oprah	Rob Robot	Fetch! With	Jdg Judy	Oprah	The First	Seinfeld 0	Oprah	Early News	Ghost	SpongeBob	Hockey	Ellen	Dally Planet	Phineas	How I Met	UFC Fight	Instant
4	:30	Family Guy	Winfrey	George S.	Wild Kratts	Jdg Judy	Winfrey	48 (60	Seinfeld O	Winfrey	Global Nat.	Whisperer	Pengulns	Wide World	DeGeneres Show	(N) 350	Phlneas	The Office	Night O	Instant
	PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention	News	Early News	(4:59) News		Parents	of Fights	CTV News	Myth-	Wizards	The Bach-		Wipeout
5	:30	Payne	News	Martha	Business	NBC News	News	"Kristine"	ABC News	Global Nat.	Hour (N)	Vancouver (N) 30	SpongeBob	Boxing	at Five (N)	Busters O EG	Hannah	elor (N)-		O Md
	PM	Law & Or-	Global Nat.	Dogs	PBS News-	College	News	Intervention	News	(5:59) News	ET Canada	(14) 20	iCarly (c)		CTV News	Dirty Jobs	Sulte/Deck		Movle:	Wipeout
6	:30	der: SVU	News	Parks	Hour (N) Rd	Basketball	Access H.	"Cassie"	News	Hour (N)	Ent	Coronation	Blg Time		(N) O 350	"Hair Fairy"	Wizards		***%*The Fugitive*	0 232
	PM	Seinfeld ()	Ent	Be the	Old Guys	-	The Dr. Oz	Heavy "Jill;	Ent	Ent	Hawali Five	Wheel	Weird	SportsCen-	etalk 30	Odditles	Sonny	Harry's Law	(1993,	Instant
7	:30	Seinfeld O	ET Canada	Creature	Europe		Show (cc)	Johnny" (N)	The Insider	ET Canada	0 "Po'ipu"	Jeopardy!	Indie	tro (Live) (60	Blg Bang	Odditles	Hannah	(N) O 101	Suspense) Harrison	Instant
	PM	Movie: *>	House (N)	(N) Seven Ages	Antiques	Chuck (N)	How I Met	Heavy *Ron-	The Bach-	House (N)	House (N)	Mosque	Unnatural		Sunshine	Daily Planet	Suite/Deck	News	Ford. O	Tooned O
8	:30	"Down to	0 80	of Britain	Roadshow	O REI	Mad Love	nie; Debbie"	elor (N)	O KE	0 80	18 to Life	History	Off Record	Mad Love	1863	Fish Hooks	EP Daily		ET Canada
	PM	Earth"	The Chi-	Power of	(N) American	The Cape	Two Men	(9:01) Inter-	O REC	The Chi-	The Chi-	Village on a	(N) O	Motoring	Two Men	Myth-	Sonny	Love	UFC Fight	Parking
9	:30	Movie: *%	cago Code	Art	Experience	"Razer" (N)	Mike	vention &c		cago Coda	cago Code	Diet (N) O	0 80	Speed	Mike	Busters	Overruledi	Money	Night O	Parking
	PM	"Down to	(N) Hawali Five-	Polygamy's	Alan K.	Harry's Law	Hawali Five-	(10:01)	(10:01)	(N). Hawaii Five	(N) News Hour	National	Family Biz	Billiards	(10:01)	Oddities	Ned's	Justice		Wipeout 5
10	:30	Earth"		Lost Boys	Simpson- Else	(N) O RG	0 "Po'ipu"	Interven-	Castle (N) (cd)	0 "Po'ipu"	Final (N)		Welrd		Castle (N) RE	Oddities	Stone	Judge B.		0 80
4-4	PM		CHBC News		Charlie	News (N)	News	(11:01)	News	News Hour	Ent	George S	Prank Ptrl	SportsCen-	CTV News	Dirty Jobs	So Raven	Pald Prog.	Disorderly	Wipeout
11	:30	gators	Final (N)	Over	Rose (N) BE	Jay Leno	Letterman	Heavy (co	Nightline	Final (N)	ET Canada	Mercer	Prank Ptrl	tre (Live) RC	CTV News	"Hair Fairy"	Life Derek	Paid Prog.	Con.	0 00 .

Monday Movies

EVENING

6:00 pm SPIKE ch.44 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (In Stereo) 8:00 pm WTBS ch.3 "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him.

9:30 pm WTBS ch.3 "Down to Earth" (2001, Comedy) Chris Rock. Accidentally sent to Heaven, a comic returns to Earth in the body of a Manhattan mogul whose family is plotting to kill him.

Koks Loador

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Community Literacy Now Facilitator **Job Posting**

The Princeton Leader's for Literacy Task Group is a community group made up of representatives from many community organizations. The goal of the group is to promote literacy through awareness and advocacy, and to initiate and support learning opportunities to increase the literacy levels of children, youth and adults within the community of

Under the leadership of the Princeton Leader's for Literacy Now Task Group with support from School District No. 58, the Community Literacy Now Facilitator will work to continue to implement the Community/District Literacy Plan.

Roles & Responsibilities

The facilitator will be responsible for building positive relationships with community groups, local government, educational institutions, businesses and other non-profit groups. As well, s/he will report at Task Group meetings and organize and host round table discussions with a variety of focus groups and service providers to facilitate both the goals of community plan "vision statement" and to identify and evaluate the current literacy assets and needs in the community. This position requires report writing, grant application and event planning skills and experience. application and event planning skills and experience.

Skills & Qualifications

- The individual we are looking for will have the following skills and qualifications:

 Proven ability to organize and manage projects, develop partnerships and a sense of community, consult and collaborate with others, and facilitate groups and build a team

 Exceptional communication and outreach skills (oral, written, email, word processing)

 Be self-motivated, take initiative and work independently

- The successful applicant must;
 Hold a valid driver's license and have own transportation, travel will be required
- Provide his/her own computer and telephone, access to fax, etc. as required
 Pass a criminal record check.

This is a flexible, contract position. The contract is negotiable, commensurate with qual-

Please drop off a cover letter with targeted resume no later than March 3rd, 2011 to Work

We wish to thank all applicants, however, only those candidates selected for an interview

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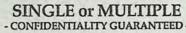
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looking to rent

50+ lady looking for a 1-bedroom, unfur-nished, upper level suite with utilities and stor-age for \$567.50/month for non-smoker, non-drinker with no pets. Please leave a mes sage for Glenda Jones at 250.295.6936.

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NOWS LOadel - Recipe Corner

Recipe #361

Vegetable Pad Thai

(NC)—Whether you are carting the kids to soccer tryouts or band practice, when it comes to preparing weekday meals, time is usually limited. For many families on the go, home-cooked meals have been replaced with take-out menus and drive-through windows. But with a few basic ingredients and flavourful sauces, busy moms can whip up tasty family favourites with time to spare.

Consider trying the Vegetable Pad Thai recipe below with VH Pad Thai Sauce, a quick and delicious meal idea for hectic households.

Prep Time: 20 minutes - Total Time: 30 minutes - Makes: 4 servings

- PAM Cooking Spray
- 2 cups (500 mL) onions, finely slivered
- 4 cups (1 L) napa cabbage, finely sliced
- 2 cups (500 mL) red pepper, coarsely chopped
- 1 cup (250 mL) carrots, peeled and finely sliced
- 2 cups (500 mL) snow peas
- 1 bottle (355 mL) VH Pad Thai sauce
- 1/2 package Pad Thai noodles (prepared as directed on package)

Spray a large pan with cooking spray.

Over medium-high, sauté onions, cabbage, red pepper, carrots and snow peas until tender, about 12 minutes.

Add VH Pad Thai sauce and noodles to pan and toss until heated through. To avoid noodles from sticking to the pan turn off heat while tossing with sauce.

Additional recipes ideas are available online at www.vhsauces.com. To view hands-on recipe demonstrations or to watch episodes of VH's new webseries, Life Unjarred, visit www.lifeunjarred.com.

www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

Weekend Movies

.. continued from Page 14

Saturday Movies and his wife gradually learn his new employer's true identity. FAM ch.26 "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (CC)

10:00 pm SPIKE ch.44 "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss. (In Stereo) 10:30 pm FAM ch.26 "Double Teamed" (2002, Docudrama) Poppi Monroe. Twins Heather and Heidi Burge develop a rival-ry in high school and make it to the WNBA. (In Stereo) (CC)

... continued from Page 14

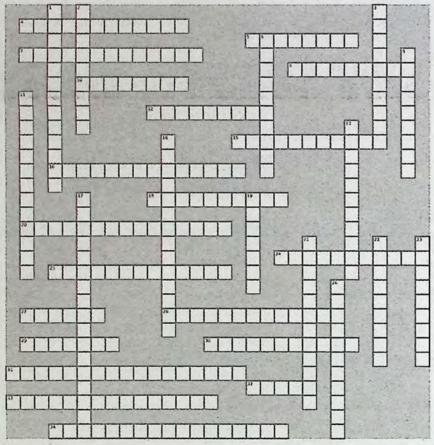
Sunday Movies Old Men" (1995, Comedy) Jack Lemmon. The wedding of their children and the arrival of a romantic prospect preoccupies bickering Minnesota retired

John and Max. (In Stereo) (CC) 9:30 pm SPIKE ch.44 "Waterworld" (1995, Science Fiction) Kevin Costner. A webfooted loner navigates a landless Earth, while a ruthless gangster chases him, a woman and their young companion. (In Stereo) 10:40 pm FAM ch.26 "Mighty Joe Young" (1998, Adventure) Charlize Theron. A rampage ensues when a zoologist brings a noble 15-foot gorilla from Africa to California with the woman who raised him. (In Stereo) (CC) 11:00 pm WTBS ch.3 "A Thousand Acres" (1997, Drama) Michelle Pfeiffer. An aging farmer's irrational actions lead to revelations and divisions among his three daughters.



11-year old Lane French of Princeton poses with his first Bull Elk. French, who has been on many previous hunts with his father, won a Limited Entry Draw tag for Elk in the Ft. St. John area. He shot the Elk from one hundred yards late Saturday, February 12th. French is an avid hunter and thanks both his father and Scott Musgrove for their combined encouragement and support. - photo submitted

Use the February 15th News Leader to find Answers Below...



- Across
 What are the two rescue suits called that the
 PGSAR received for ice rescue?
 Who is encouraged to submit art pieces for the
 Spirit Festival?
 Who is President of Goldcliff Resource
 Corporation?
 Who were the "C" Event winners of the Men's
 Bonspiel?

- Who were the 'C' Event White Bonspiel?
 What is the Miracle Excercise?
 What is the Miracle Excercise?
 Who came in 2nd in the "A" Event Men's
 Bonspiel?
 Mischief cost \$3000.00 Where was this?
 What is the name of the film showing on
 February 24th at 7:00pm?
 Who is January's Student of the Month?
 Who was named the Most Imporved Player of the
 Posse Awards?
 Who is the second named Unsung Here of the
 Posse Awards?
 Who will be judging the art entries at the Spirit
- 25
- Posse Awards? Who will be judging the art entries at the Spirit Festival? 27

- Festival?
 Who received the Best Defensive Player Award?
 Which area is the highest priority target for porphyry copper deposit?
 Who were the "B" Event winners of the Men's Bonspiel?
 Who was also named the Posse's Best Offensive Player?
 How many myths are listed in the article about teenage depression?
 Where is the Spirit Festival being held?
 What is the key to retirement?

- Down Who was named the Hardest working Player of the

- Who was named the Hardest working Player of the Posse Awards? Who is the Manager, Corporate Services and Aboriginal Affairs with FortisBC? Who were the "A" Event winners of the Men's Bonsple!? Who was named Hitman of the Year of the Posse Awards? Who was the replacement goalie for the Posse on February 11th? December Student of the Month? Who is the first named Unsung Hero of the Posse Awards?

- Awards?
 Who was named the Most Sportsmanlike Player of the Posse Awards?
 Who was named MVP of the Posse Awards?
 Where did the kidnapping take place?
 December Student of the Month?
 Who is the Spirit Festival Coordinator?
 Who is the Assistant Coach of the Posse?
 Who was named Rookie of the Year of the Posse Awards?

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Program requires local caregivers

An innovative educational program starting in early March will help caregiving family members from Princeton deal with the loss and grief issues associated with dementia.

"The dementia journey requires ongoing adjustment to many changes over a long period of time that result in feelings of loss," explains project leader Dr. Penny MacCourt, from the Centre on Aging at University of Victoria.

"You are witnessing the progression of your family member's dementia. The progression results in many changes: in your relationship, in shared activities, in roles and responsibilities, in dreams and plans for the future, and in living circumstances, to name just a few." The new Coping with Transitions program will connect residents with a skilled registered coach with extensive knowledge and experience in counselling caregivers of people with a dementia. Coaching is being offered in both online and telephone group formats, allowing participants to share experiences and to learn from each other, says MacCourt.

The choice or phone or online groups provides convenience, since participants don't have to leave their homes, and accessibility, which is vital for those living in rural areas.

The format also provides participants with choice of location; they can work from anywhere that has a telephone or an internet connection. And they are assured of full anonymity and confidentiality.

Interested caregivers in the Princeton area can choose from four options:

- A telephone group running Mondays from March 14 through April 18, from 1:30 to 3:00 PM;
- A telephone group running Thursdays from March 17 through April 24, from 7 to 8:30 PM;
- An online group running Tuesdays from March 8 through April 12 from 9:30 to 11:00 AM;
- An online group running Tuesdays from March 8 through April 12 from 7 to 8:30 PM.

Interested residents must pre-register for the program by contacting MacCourt toll-free at 1-877-244-0419. She will explain the research project, answer any questions, and provide assessment forms that are required before the first meeting.

Coping with Transitions aims to identify tools and strategies for weathering the losses and provide a greater number of options for caregivers to better meet their needs.

"There is relatively little information about grief, or how to address it, associated with progressive cognitive decline or dementia," says MacCourt.

"Unattended caregiver grief can compound other stressors and increase caregiver distress and negative health consequences."

Increased access to support will benefit families and may delay the need for placement for their family members with dementia, she says. The program is supported by the Alzheimer Society of B.C.

www.upnadam.me

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

My Turn

I Lean Towards Softness

Finally I can talk about this.

The 'gag order' has been lifted.

I have discovered the simple solution to save the forestry industry that the pinheads in Victoria don't want you to know.

Think toilet paper.

Let me explain: A private study conducted in an undisclosed location somewhere on the globe at an anonymous time proved that Pine Beetle-infested trees produce the softest toilet paper known to mankind.

I got this from an unconfirmed source that assured me that if I told the masses (we'll start with the pages of the News Leader) I could take credit for saving the entire forestry industry from eminent collapse resulting from the Pine Beetle infestation.

The reason why I hadn't let it slip before now is because I didn't want anyone to think I had suffered the effects of a sharp blow to the head or something.

Oh, and we were pretty much set up for toilet paper at home once we found a place we could get it in town at a reasonable price without sacrificing quality. For me, the quality I measure in toilet paper is directly related to comfort.

In other words, the softer the better.

So when this private, anonymous and somewhat strange message came through my e-mail telling me that scientists not employed by either the Ministry of Forests, Lands, National Holidays and Fisheries or Kimberly-Clark may have confirmed this it got my attention just about immediately, give or take three or four months. So I looked into it.

I asked Mr. Google a lot of questions since the e-mails I sent back to this really well informed, but unconfirmed source kept bouncing back at me.

For example, when I searched for 'toilet paper' I discovered well over a million websites exist on the subject. But, NOT A SINGLE ONE singing the praises of Pine Beetle-infested trees producing the softest T. P. this side of the solar system.

I knew I was not only onto something, but I was onto something that has so far been silenced and kept from consumers, marketers, the forestry industry and guys like me who don't like the feel of sandpaper against sensitive parts of my otherwise pristine form.

The next step is up to you.

Contact your MLA, MP, GP, OB/GYM, or whoever and tell them you demand softer tissue produced by Pine Beetle-infested trees. Together we can wipe this issue out.

Similkameen

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We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, I below or of uncommor sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.



... Your Turn

Cawston man talks agriculture

To The Editor,

Thanks to our BC Southern Interior MP, Alex Atamanenko, and for the first time in Canada's 15-year history with genetically engineered (GE) crops, Parliament did engage in a real debate over the issue.

Atamanenko's Bill C-474 would have required "an analysis of potential harm to export markets be conducted before the sale of any new genetically engineered seed is permitted."

On Wednesday February 9th, 2011 C-474 failed in a 178 to 98 vote in Canada's House of Commons.

Disappointing for sure as a very tough time is upon us and it is all for the sake of corporate profit and big money's moves to own and control the world's food supply.

Again, we see that Canadians cannot be confident that Parliamentary Government will be at once both democratic and responsible. Ottawa proves again and again that we really have only 'the best government that money can buy'.

Our government is a shill for corporations driven solely by the appetite of their shareholders for greater quarterly profit. Over and over again these corporations purchase slack from Canada's Conservative and Liberal parties.

Canada's National Farmers Union noted that instead of being at the C-474 vote in Ottawa, most Agriculture Committee members are actually in Guelph listening to the President of Monsanto Canada.

Monsanto is the leading proponent of genetically modified seed. Monsanto had lobbied to prevent the Commons debate from even occurring.

Genetically Engineered food has won significant global market share through the 'buy in' of massive scale industrial agriculture and laxness of governments. Although very profitable to Monsanto and a few others, GE interference fails in the goal of increasing crop yield.

GE's promise of better crop yield was to save the world from starvation but The Union of Concerned Scientists says that in a nearly 20 year record, genetically engineered crops have not increased US yields substantially.

Genetically Engineered agriculture allows for our reckless abuse of air, water and soil resources and tries to surmount our bad practices through costly technological tinkering. Such Genetic Engineering methods and products are patented for profit.

A better and Greener future in agriculture will be found in continued diversity.

Diversity in agriculture means multitudes of local small scale farms cultivating many varieties of seed. This is a healthy and sustainable agriculture that works with nature's nutrient and water cycles and not against them.

Thanks again to MP Alex Atamanenko for a very good try.

This is a very tough row to hoe.

- Dave Cursons, Cawston

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Current Comment

What Would Change Everything?



Dawn Johnson editor@thenewsleader.ca

Recently, I read a book titled This Will Change Everything. It had one effect: it changed my mind about very well educated "experts".

The book derives from a website called www.edge.org, touted as a place for "a new community of intellectuals in action." They were asked, "What would change everything?" Their answers make up the book,

I read through about to dozen of these answers before I set the book down and wondered on which planet these physicists, mathematicians and other specialist scientists live. Their answers made no practical sense to me.

Their cure for what ails humanity would be contact with extraterrestrial beings, further development of artificial intelligence and quantum physics, and smarter robots. They seemed to think these scientific developments would solve the world's problems.

These intelligent, well educated people have forgotten Maslow's hierarchy of needs. First, we need food and shelter from the elements.

Then we need mates, offspring and some kind of continuing security. After all of these needs are met, then we can concern ourselves with artificial intelligence and quantum physics. Up to that point of security, we are in survival mode.

One professor missed a major clue as he complained about too few bright minds entering science research. Instead, they were turning to the fields which would earn them better incomes. Those bright students are taking care of survival needs, and if you want more of them in scientific research, arrange to pay them more.

The vast majority of the world's people live in survival mode. They

will go to war because they do not have enough to eat, or they fear homelessness or eradication of loved ones. People go to war to secure resources that allow them to thrive, to ensure survival of them and their loved ones. History tells many tales of advanced wealthy societies struck down by so-called "barbarians", the desperate people who wanted the comforts they saw the advanced society enjoying. People don't go to war to gain more quantum physics or artificial intelligence. They go to war to make survival more

I am just a journalist, not an expert at anything, but I do live in the real world and see the problems of ordinary people. I know what would change everything: abundance for everyone. If every person on our planet had food, water and shelter for their families, if they were assured of health care, schools, employment, and security, that would change everything. If we want to change everything, then we need to create abundance for everyone.

I look at politicians' efforts to protect the rich from paying more taxes, and the environmentalists who want to protect the planet by ridding it of livestock, and the military leaders who want more money spent on weaponry, and I think they still don't understand the basics of life on earth.

What we really need is the will to create abundance for everyone. When everyone's needs are met, then we will find the brilliant young students interested in developing quantum physics and artificial intelligence because they are freed from making a living to provide the basics for themselves

and loved ones.

Instead of focusing on creating abundance, we allow our politicians to help the rich get richer and we allow people to live on the streets, die of starvation, we cut back on health care and education, we waste time reporting on the lives of people paid far to much to entertain the masses, and we allow our corporations to have far more say about our future than we do.

Some of my critics will say this sounds too much like communism, but communism was not based on abundance for the whole world, it was based on power and wealth in a few hands, and dictatorship over private lives within affiliated nations.

Others will say it sounds like Christianity in its pure form, but Christianity is based on everyone believing in the same deity and worshipping in the same way. In actual fact, I believe the closest we have come to creating abundance for everyone has been done by highly creative, efficient corporations that manufactured goods at an affordable price for the average person, such as the early Ford corporation and the early Edison and Bell corporations. Until corporations became institutions of greed, and before stock markets became instruments of uncontrolled greed, corporations created abundance such as the world had never seen

Until our world agenda prioritizes creating secure abundance for everyone, our world will not change.

This would mean the rich do not get richer, but all of the poor would be fed, housed, healthy and educated. That really would change everything.

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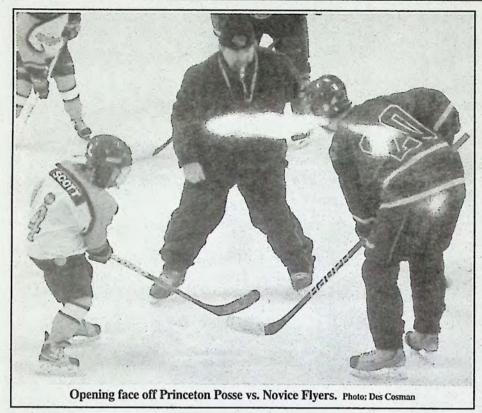
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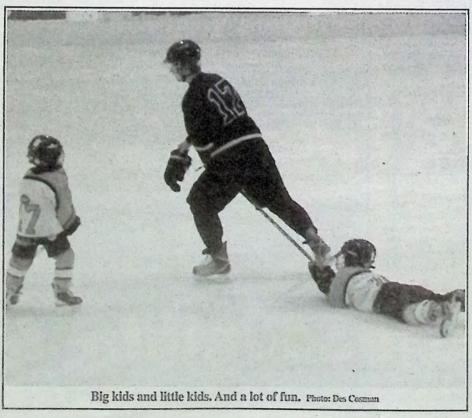
Princeton Posse vs. Novice Flyers

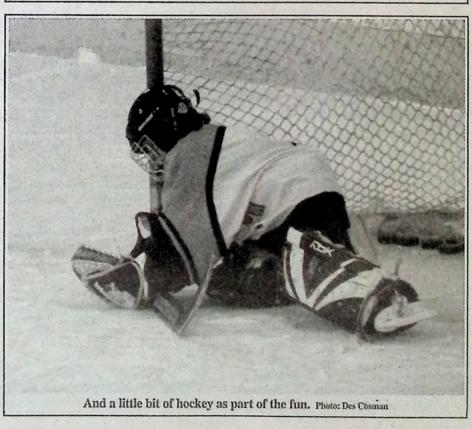


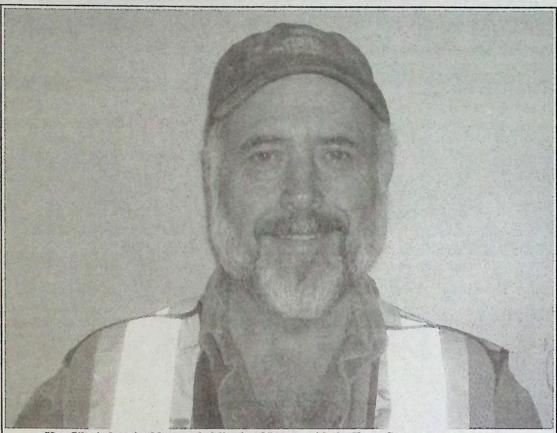












Ken Silovitch retired last week following 35 years with the Town Crew. Photo: Town of Princeton

Mayor reflects on retirement

by Mayor Randy McLean

On Thursday February 17th a luncheon was held to honour the retirement of Ken Silovitch, an employee of the Town of Princeton who was retiring after 35 years of working for our community.

It was only a few months ago we were celebrating the retirement of Henry Rykers, a Town of Princeton employee for over 25 years.

These retirements mark the beginning of the end of an era, the departure of two employees who represent the character of a crew who has served us so very well for so very long. There will be additional retirement luncheons in the next few years and for those of us who have been associated with these workers there is a touch of sadness. A touch of sadness because we are saying goodbye to a group of hardworking and dedicated men.

A group of men who required a minimum of direction, whether they were shoveling snow at 20 below or up to their knees repairing a sewer line, they knew what needed to be done and they did it very well.

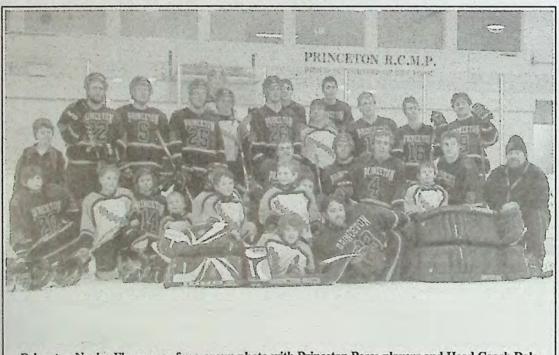
A group of men who were always so conscious of the people they worked for and the value of the tax dollars that they were responsible for. If you ever neglected to take advantage of methods to cut costs, they were immediately there to remind you.

The other advantage of having men like Ken and Henry working for you was the standard that they set served to eliminate anyone that couldn't pull his weight, with the workload the crew was responsible for, it didn't take very long to determine whether a prospective employee was letting the team down.

We have a fine bunch of young industrious crew members coming along; I am confident they will serve the Town of Princeton very well and for years to come. I am also confident that the excellent standard, which our new crew members adopted, was a tradition, which Ken and his fellow workers inherited and cultivated over the years

What I tried to impress on Ken last Thursday was how proud he needs to be when he walks down our community streets because whether he was involved in one stage or another of our various projects or whether the capacity of the work he and the crew delivered that inevitably made the funding of those projects possible, he was enormously responsible.

And as I said on behalf of the community as well as past and present council, "we absolutely know how much your hard work and dedication was responsible for making us look good and making your community a better place to live. You will truly be missed. We wish you all the happiness and contentment in your retirement; you have more than earned it."



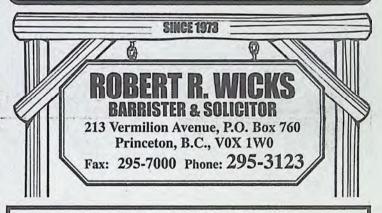
Princeton Novice Flyers pose for a group photo with Princeton Posse players and Head Coach Dale 'Duner' Hladun following a fun exhibition game February 13th at Princeton Arena. Photo: Des Cosman

Helfs Leader

WE'RE DIFFERENT, AND WE LIKE THAT.











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Moving is a great time to sort through and get rid of anything you are no longer using. Not only do you get rid of the excess, it helps show your property better.

This is the perfect opportunity for anyone with their home for sale (or are considering selling) who may be thinking of down sizing, to donate unwanted, good quality, serviceable items for a great cause.

With just a phone call, the Princeton Lions Club will pick up any quality donation you or your clients may have.

Just give us a call at: Gerry 250.295.0871 or Wayne 250.295.3343

All the proceeds from their Auctions over the last 28 years have gone to provide support and services in the Princeton community.

Please help us help others.

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