Volume 14 Issue 13 #674 ISSN 1712-090X

Tuesday, March 29, 2011

Who's Working For You? See Below!



#### **Fall Fair accepts** concession plan

Jen Bernard attended the March 22 Fall Fair meeting to present a proposal to run the concession at the fair. She covered every aspect of running the concession, and Fall Fair members were really pleased with the proposal, voting in favour of having Bernard and her crew take charge of the concession. John Bey, President of Racing Days, said he liked the proposal as well.

A drill team made up of young riders from the Okanagan will be featured at the Fall Fair on Sunday, September 4. The annual Fall Fair horseshoe tournament will be held on Sunday this year so as not to conflict with horse racing. A children's activity area is being planned for both days. It will be free to the children.

A survey done by Director Destiny

Cell: 250.295.1990

224 Bridge Street, Princeton

Earle among teens showed teenagers find there is little about the fair that appeals to them. They would like a carnival, laser tag, or games. Earle's report is under consideration. However, a carnival at the fair is not possible due to carnival owners having other commit-

Both Racing Days and Fall Fair will jointly hire Saturday evening entertainment. In discussion, it was generally agreed to hire a local band and keep the music playing until late in the evening. There was some discussion of putting on a special meal on Saturday evening, but no detailed plans were made.

The Fall Fair will hold a flea market on Saturday, May 28. Members agreed to reduce the cost of tables to \$5.

People doing arts and crafts, bake sales, rummage sales and yard sales are invited to rent a table by calling 250.295.6063 for that date.

## Arts Council continues busy season

Princeton Community Arts Council and its member groups continue to provide arts and cultural activities for the people of Princeton. For information on the organizations below, consult Princeton Recreation Guide. Arts in the Park - A \$5,000 grant will be used to develop an Arts in the Park program for August 18 at Manning Park. This is part of a provincial celebration marking 100 years of provincial parks.

Drummers - A drumming workshop will be held April 16. See Nadine McEwen at Riverside Centre for details.

Arts & Culture Week is April 10-16 this year. Delegates for Princeton - Vicky Jones, Robin Lowe, President Del Hall and Treasurer Marjorie Holland will attend the assembly of BC Arts Councils in May to represent Princeton and to learn what is new in regard to organizations and government grants.

Contest for young gardeners -Princeton Garden Club is sponsoring a contest for youngsters to encourage them as gardeners. This year, they

Services at Keremeos RCMP

"The road was wet with a light

covering of snow. The vehicle lost

control and hit the cement barrier

Detachment.

will be asked to grow big squash and pumpkins.

Traditional Music - The Traditional Music Festival will take place August 19 to 21. Although it is months away, 30 musicians have said they are coming. The Traditional Music Festival AGM takes place at Riverside Centre on March 24. Everyone is welcome to

Clean-up - The Historic Similkameen Branch of Okanagan Historical Society holds its annual general meeting on March 31 at Riverside Centre. This year, the members will hold a work party on April 16 to 17 to clean up the stamp mill site in Hedley. If you would like to be involved, contact Jon Bartlett. Performing Arts - The youth group will be presenting Hansel and

Gretel, May 6 to 8. The adult group will present Bill W. and Dr. Bob in Field Naturalists - Two hikes are

planned. The first is Tanglewood Territory on March 26 and the second is Vermilion Bluffs and the hoodoos on April 9. Contact Vermilion Forks Field Naturalists for further details.

Community Band - The Senior Band will hold a concert on May 4. They will play at the Bridge of Dreams dedication on June 8 and Arts in the Park on August 18.

Potters - Princeton Potters Guild will host a Raku firing workshop on June 11 and 12 led by Michael Giles. The workshop is suitable for beginner and more experienced potters.

The next Arts Council meeting will be held at Riverside Centre, the Arts Council room, on April 20 at 4:30

Similkameen News Leader

Bengel Publishing Inc.

RCMP report that as a result of the fatal collision that occurred on March 7th, 2 kilometres east of Princeton on Highway 3, the driver of the green Pontiac, Kelly Pockett age 23 of North Vancouver, succumbed to her injuries and died in Kelowna hospital on March 15th.

The passenger of the Pontiac, Michael Gibson age 25 of North Vancouver died on Marth 7th.

Highway 3 when it entered a lefthand curve," says Cst. J. L. Peters of (SOTS) South Okanagan Traffic

"The Pontiac was westbound on on the outside of the curve." The Pontiac bounced off the barrier crossing over the center line rotating sideways into the path of an oncoming white Hummer. The driver of the Hummer, a 58year old Penticton resident was

PLEASE RECYCLE

treated and released from Princeton Hospital. The investigation is continuing along with BC Coroner's Service.

"Working For You...Always!" www.rrincetonkealEstate.ca Office: 250.295.6977 MASTERS

EMERALD

**Princeton Realty** 

We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities.

`anadä

Canadian Publications Mail Agreement No. (1299263) • websites: www.thenewsleader.ca • www.thenewsleader.info • www.thenewsleader.net

#### **OUTBACKJACKS HORSE RESCUE** THRIFT STORE & TACK

OPEN: 10 AM - 4 PM Tuesday - Thursday / 10 AM - 7 PM Friday This business is solely donation driven!

Visit us on Facebook or www.outbackjacks.ca PHONE: 250.295.0775 - 250.438.0062

226B Bridge Street, Princeton

(DOWN THE HALLWAY NEXT TO THE NEWS LEADER)

AIR CONDITIONING HIGH EFFICIENCY HEATING - COMPLETE GAS FITTING WATER PURIFICATION

FOR MELIABLE QUALITY SERVICE CALL Doug GRIGG 250.295.3966

Carrier Turn to the Experts. SALES, SERVICE & INSTALLATION

**LICENSED - BONDED - INSURANCE** 

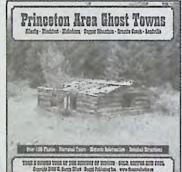


Renovations - Boilers - Repairs Hot Water Tanks - Sewer and Drain Cleaning Fireplaces (Wood or Gas) - Gas Fitting - Furnaces Gas BBQ Outlets - Back Flow Prevention

Licensed, Bonded & Insured

Rob Leenhouts - 250,809,8196

#### Princeton Area Ghost Towns - The DVD



**INCLUDES HST** 

Available at: Similkameen **News Leader** www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



### \$1,000 WORTH OF DIAMONDS

Plus Door Prizes to be Won!

NON-WINNERS QUALIFY FOR EXTRA DIAMOND DRAW LADIES: ENJOY A SEMI-FORMAL CATERED EVENING (Dinner & Refreshments - Served by Men!)

MUSIC TO FOLLOW IN THE LOUNGE FEATURING 'Diane Ball'

ONLY 100 TICKETS TOTAL



LIMIT 6 TICKETS PER PERSON - DUE TO DEMAND TICKETS ON SALE AT LEGION - NO RESERVES



New Museum Society Board of Directors, left to right, standing: Manager Sharon Anderson, Directors Diane Sterne and Lori Thomas, Past President Kathy Clement. Seated, Vice President Terry Malanchuk, President Bob Wicks, Secretary Jon Bartlett. Missing from photo: Treasurer Jerome Tykstra and Director Evelyn McCallum. Photo: Dawn Johnso

### Museum Society elects new executive

Thirty-one members turned out for the annual general meeting of Princeton Museum and Archives Society on March 23. The meeting began with a review of 2010 by outgoing President Kathy Clement. She commented on Princeton's 150th anniversary celebration and its success, and noted 2010 set a record for the number of visitors to the museum.

Councillor Frank Armitage conducted the election of a new Board of Directors. Bob Wicks was elect-President, with Terry Malanchuk as Vice-President. Jon Bartlett is Secretary and Jerome Tykstra is Treasurer. Directors are Evelyn McCallum, Diane Sterne and Lori Thomas.

President Wicks took the chair to conduct the rest of the meeting, which dealt with current and future activities. He began by saying, "This will be an exciting year."

Speaking of the renovations and development plans in the works, President Wicks stated, "I see a museum the community can be proud of. I think our museum will be a place people will want to come and see."

The Museum Society was asked to participate in the 20th anniversary of Backcountry Horsemen and the 100th anniversary of B.C. provincial parks. The occasion is the opening of a new facility for horsemen at Manning Park on July 30. The matter was deferred to the April 13 museum meeting for further consideration.

The renovation of the museum is going well and slightly ahead of schedule. Robin Lowe outlined a

floor plan for displays, which will include a prehistoric cave entry, a log cabin, and special displays of the history of logging and mining. The museum staff have had the assistance of the curator of Kamloops Museum, Thompson River University, and movie set designers from Vancouver.

The design and layout was estimated to cost approximately \$110,000, but the Museum Society has only the \$50,000 Stout legacy fund. This amount is not sufficient to complete even the first phase of display plans. Our local mine management has a plan for Mining Week festivities which will include

fundraising for the museum, but more fundraising must be done. Anyone wishing to make a financial contribution to the museum can send a cheque to Princeton Museum Society, P.O. Box 281, Princeton. Museum staff and members will be seeking whatever sources of funding they can appeal

Terry Malanchuk explained an opportunity for a movie to be made of the local historic trails. Kelley Cook will assist the production company, and the museum will receive a DVD of the movie. Members agreed to participate in the project.

### Committee completes plan

The Princeton Cultural Plan is now ready for action after almost a year of research and months of community consultation. The final plan identifies key arts, culture and heritage issues within Princeton and Area H and proposes a way forward through the accompanying implementation plan.

The five goals identified to address these key issues were to: increase visibility of arts and culture in Princeton; ensure sustainable events and organizations; showcase and celebrate our community heritage; reinforce arts, culture and heritage's importance to the growth and appeal of Princeton; and to improve inclusivity and accessibility.

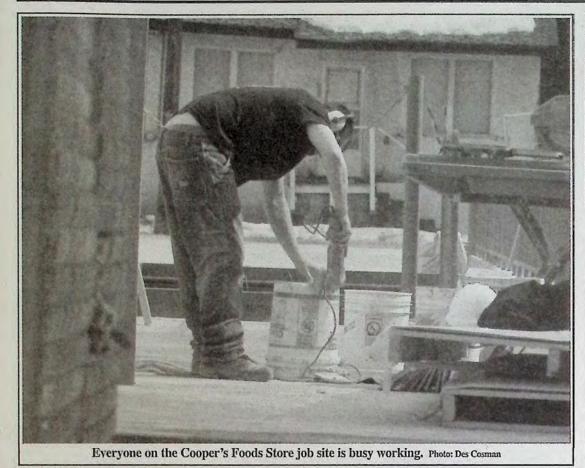
The community will now move forward in achieving these goals through a number of strategies and actions that will increase people's awareness of arts and culture activities as well as improving communication and accessibility.

A key element of the plan is to bring arts, culture and heritage groups together to share ideas and resources to ensure better functionality. One of the ways this will be achieved is by establishing a biyearly festival and events committee to discuss organizational and support questions.

The plan committee feel that this is a great time to take a look at the future with the town's expansion, the renovation of the Museum and the establishment of exciting new events in the community. The Princeton Community Arts Council will continue to lead the process and will oversee imple-

The document, including the ...... continued on Page 22

www.thenewsleader.biz



### **News from Princeton Town Council**

Town Council has entered into an agreement with Argo Road Maintenance to exchange winter and summer road maintenance services.

This works well, as both the Town and Argo use many of the roads in the same area.

The Town has agreed to allow Barry Beecroft Fuel Distributors

Ltd. the right to level some of the industrial park area. Beecroft will use the moved material to fill a depression in the area Beecroft will use to construct a new cardlock facility.

Patrick Robins has been appointed Chief Election Officer for the civic elections to be held November 19 this year. Shirley

## **Murder AND mayhem?**

www.thenewsleader.net

NEED A WEBSITE AND ON A BUDGET?

Call Adam Gullason 250.295,4320

e-mail: info@upnadam.me

AFFORDABLE LOCAL WEB DESIGN

www.upnadam.me

It's being billed as "Manslaughter, mayhem and madness" and it's all about the mystery of the murder of Anita Budde.

The summer of 1958 was a typical Okanagan scene. Warm weather, festivals, visiting royalty and bombings. Yes, bombings. By the end of summer, three policemen would die, one man would be blown to pieces, a German tourist would never see her homeland again, and Buckingham Palace almost had a princess on the bottom of Okanagan Lake.

More interestingly, how did a Summerland politician become embroiled in the shooting of RCMP Officer Brown? What did John Morrison and Olin Prage have in common?

Find out what happened that fine summer 53 years ago in the sunny Okanagan, where "nothing exciting ever happens".

On Thursday, March 31st Randy Manuel, President of the Okanagan Historical Society and former Director of the Penticton Museum, will give a presentation on this fascinating story.

The presentation is sponsored by the Similkameen branch of the Okanagan Historical Society and takes place at Riverside Centre at 7:00 PM.

It's free and everyone is welcome. The presentation will be preceded by the Annual General Meeting of the Similkameen Branch. For further information contact Jon or Rika at 250.295.6010. -submitted

McMahon has been appointed Deputy Chief Election Officer. They will organize the civic election procedure and secure additional staff for election day.

Members of Town Council were pleased to volunteer to participate in the Keremeos Rodeo parade to be held May 23. They enjoyed themselves last year at this event.

Councillors agreed to participate in Earth Hour (March 26th).

Councillor Marilyn Harkness has volunteered to serve on the Board of Education Health Promoting Schools Committee in Princeton. The committee will address the health needs of school children, and develop a plan of action to be implemented through education.

Councillor Frank Armitage reported on the progress being made in the renovation of the museum building. He had been given a tour, and was impressed with the plans and the adherence to a deadline.

Are you a home-based or small to medium sized business? A Farmer, Orchardist, Winery Vineyard or Retailer? Are you frustrated with NO VALUE for your TAX dollars?

With your membership in the CFIB you will have a voice and gain access to our partners to help you save money:

\*No Contract \*Cheapest in the industry!
\*Long Vistance: \*The best value for business
and cell phones in North America.

\* Free Online Business Courses
\* Small Business Banking Services with
20% discount on monthly transaction fees

\* Group Insurance plans to bring you the lowest fees available \* 30-70% off of shipping from Major Carriers

CFIB

CANADIAN FEDERATION
OF INDEPENDENT BUSINESS

1-888-808-8635





New Fixtures Supplied and Installed Drain and Sewer Cleaning - Service Repair Hot Water Tanks - Hot Water Heating

**Emergency Service Fully Licensed** 

295-7085 Dave Mack





Come see the wide variety of fresh-cut flowers, house plants and outdoor plants at our family-owned and operated business.



We welcome you to visit us every Saturday from April 2 through October 8:30 AM to 3:30 PM at Princeton Plaza Parking Lot.

Hope to see you there!

Flowers In Motion

Brad Den Boer

## NOWS Loader

www.thenewsleader.info

## Keremeos.net

(Keremeos on the web)

Web page design • POP3 e-mail accounts
Desktop publishing • Computer repair and servicing
Computer tutoring • CD creation
Custom graphic artwork and logos • photographic services

Bryan - webmaster@Keremeos.net

NEED A WEBSITE AND ON A BUDGET? Call Adam Gullason 250.295.4320

e-mail: info@upnadam.me

AFFORDABLE LOCAL WEB DESIGN

www.upnadam.me

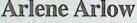
## MAR-KING VAC TRUCK SERVICE

(250) 378-5640 John Webber (250) 378-6007 Scott Webber (250) 318-5340 cell (250) 318-1361 cell

SEPTIC SERVICE - RESTAURANT SERVICE

#### **NEED A QUALIFIED BOOKKEEPER?**

- Effective with Simply Accounting & QuickBooks
- On-site set up
- Tutouring
- Troubleshooting
- Bookkeeping & Income Tax



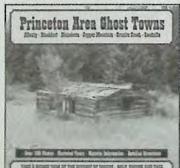
Author of Canada's best QuickBooks resource book

Addventive Bookkeeping Ltd.

250.499.5121

www.addventive.com

#### Princeton Area Ghost Towns - The DVD



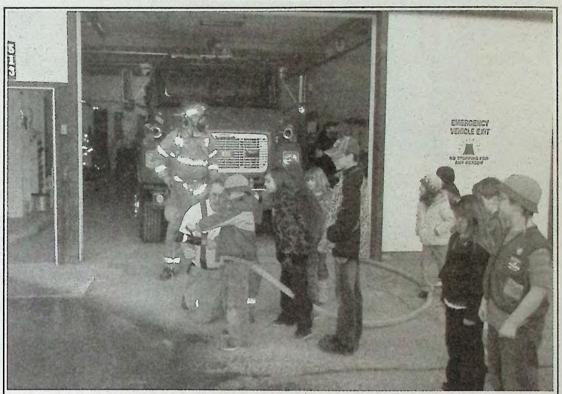
\$20.00 INCLUDES HST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

## Keremeos News



Recently beavers, cubs and scouts toured the Keremeos fire hall. From left to right: Firefighter Jo Cottrill, firefighter Jim Murphy, Patrick Passmore, Chase Franklin, Avery Lepage, Jarod Smith, Hailey Smith, Riley Franklin, Elijah Rabe, Zack Riegling, Leah Riegling, Blayre Bittner, Mark Riegling (in back by truck). The tour and demos were enjoyed by all. Photo: Melanie Bagley

### **RDOS** announces April collection dates

Yard waste collections will occur in Okanagan Falls, Twin Lakes, Oliver, Osoyoos, Keremeos and Electoral Areas 'A' (Osoyoos Rural), 'B' (Cawston), 'C' (Oliver Rural) and 'G' (Keremeos Rural/Hedley) the week of April 4 to 8

Homes in Penticton, Naramata, Kaleden, West Bench, Heritage Hills and Carmi will get yard waste collected the week of April 11 to 15.

Residents are asked to place yard waste out by 7:00 AM on their regular garbage collection day during their scheduled week.

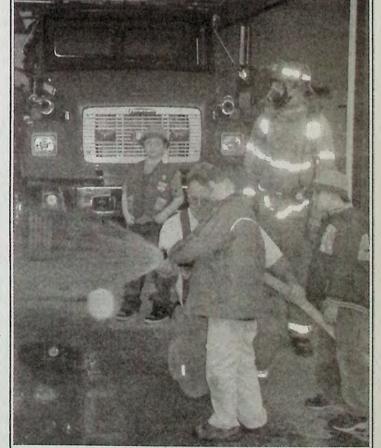
Yard waste can now be placed out in clear bags, in compostable kraft paper yard waste bags or in clearly identifiable regular garbage cans. Small branches must be 7.5cm/3-inches or less in diameter and shorter than 1 metre/3-feet in length. Branches can be bundled

with twine or string or placed in clearly identifiable regular garbage cans.

Bags, containers and bundles should weigh a maximum of 25 kilograms/55-pounds. Food waste, large branches and lumber are not included in this service and should not be mixed in with yard waste.

During the month of April, the RDOS will be hosting a series of composting events. On April 9 and 10, the RDOS will host a free Master Composting/Recycling workshop. This is a two-day intensive composting session for residents interested in teaching composting and recycling in their community. Pre-registration is required.

For more information on composting, curbside collection or the different events planned you are asked to contact the Regional District Solid Waste Department at 250.490.4129, or by calling toll free at 1-877-610-3737 ext. 4129, or via e-mail at info@rdos.bc.ca.



Recently beavers, cubs and scouts toured the Keremeos fire hall. From left to right: Elijah Rabe, Firefighter Jim Murphy, Zack Riegling, Firefighter Jo Cottrill, Patrick Passmore. Photo: Melanie Bagley

#### **Cut Your Debt**

### **By Up To 70%**

Canada's Debt Diet®

- Avoid bankruptcy
- 0% Interest
   Know your options
- Relieve stress
- Low monthly payments
   Rebuild your credit

- Nobalia your creat

Specializing in Personal & Corporate Financial Restructuring

CONSULTING GROUP-

Free No Obligation Consultation 250.499.7126 · www.cutyourdebt.co



Three retired Keremeos volunteer firefighters with 50 years firefighting experience between them were presented with awards for their dedicated service. Shown here with their wives (from left to right):

Tammy and Evin Hartfield, Judy and Ed Minshull, Jenna and Bill Keyes. Photo: Melanie Bagley

## Sego announces positive results

Sego Resources reports that rock geochemistry results from phase one of the percussion drilling program on at Miner Mountain have been received for 22 of 34 drill holes.

The grid drilling was over a gossan cap and a Titan 24 IP anomaly (2km x 250m) known as the Cuba Zone. These preliminary results indicate that at the east end of the grid the mineralized zone is open to the North, East and South. Results for the holes at the west end are pending.

Highlights include:

- Percussion Drill Hole 9-with 24 metres of greater than 10,000 ppm

copper and including one 2 metre section of 10,597 ppb gold (10.597 grams/t) the hole was very well mineralized, top to bottom.

- Percussion Drill Hole 21 was also mineralized top to bottom with 4 metres of greater than 10,000 ppm copper.

- Percussion Drill Holes 2, 8, 12, 13, 14, and 15 also bottomed in significant copper and/or gold mineralization.

These preliminary results indicate that at the east end of the grid the mineralized zone is open to the North, East and South. All results over 1,000 ppm copper are being

sent for fire assay.

Sego Resources Inc.'s sole project is the Miner Mountain Project, a Copper Gold Porphyry project near Princeton, 15 kilometres north of Copper Mountain Mining Corporation's former copper producer, which closed in 1996.

CMMC (Copper Mountain Mining Corporation) is planning to restart full production in June 2011. The Miner Mountain Project is situated within the Traditional Territory of the Upper Similkameen Indian Band, with whom Sego has a Comprehensive Memorandum of Understanding.



Stephen Hill, Conservative Candidate for the riding of BC Southern Interior will be campaigning March 31st in the Keremeos area. Included in the itinerary is an evening visit to the clubhouse of the Keremeos-Cawston Sportsmen Association where Stephen has an opportunity to speak and answer questions posed by the members of the association. The BC Southern Interior riding is one of the largest in BC, encompassing Princeton, Keremeos, Osoyoos, Oliver, Grand Forks, Castlegar, Trail, Nelson and Kaslo. It takes over 10 hours to travel from the west boundary of the riding to the east boundary. Stephen is a 47-year old businessman and has been instrumental in efforts to reopen the Midway sawmill. Photo: Arlene Arlon











### FAX SERVICE



SENDING OR RECEIVING

CONFIDENTIALITY GUARANTEED -AVAILABLE AT:

226A Bridge Street, Princeton

Phone: 250.295.4149 - Fax: 250.295.4103



PRINCETON 131 Vermilion Avenue 250.295.6640

MERRITT 2177 Quilchena Avenue 250-378-2020

1-877-222-2020

#### THE DOCTORS EYECARE PROMISE

Doctors Evecare has created a new standard in eye care in Canada, A group of leading Canadian optometrists including Dr. Carrie-Lynn Snee have committed to a higher level of technology and treatment that will deliver the best vision for each and every patient. Every Canadian deserves the best eye care and Doctors Eyecare is dedicated to delivering the highest level of cost effective service available. YOUR EYES DESERVE THE BEST!

#### YOU'VE GOT THE LOOK

Your eyes are one of the first things people notice, so accessorizing your eyes makes fashion sense. Explore all the choices in coloured lenses and unique eyewear to discover the look that works for you. Whether updating your look, matching your mood or protecting your eyes...we have all your fashion needs. Everyone's demands are different, facial features are important and can be highlighted to enhance your image. Colours compliment skin tone

Our staff, are trained to bring out the best in your eyes. Looking good while enjoying the best vision is our goal for every patient. Ask our staff to help you find the right match!

## PRINCET

Town of Princeton Zoning Amendment Bylaw No. 852, 2011

Pursuant to the provisions of Section 892 of the Local Government Act, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylav No. 646, 1994.

The proposed Amendment is as follows:

Parcel F (Plan B5676) of District Lot 706, Yale (Formerly Osoyoos) Division, Yale District, Except Such Under Surface Rights as are Registered in Absolute Fees Book Volume 18, Folio 123, No. 9729D; and

That Part of District Lot 706 Shown Red on Plan Attached to DD2 2645, Yale Division, Yale Dis-trict, Except: (1) Such Under Surface Rights as are Registered in Absolute Fees Book Vol 18, Fol 123, No. 9729D DD 155391F (2) Plans B4502, H6, 27898, 27899, 33600, 35042 and 39991, be rezoned from Heavy Industry (M2) to Single Family Residential (RS1).

The purpose of which is to articulate the policies within the Town of Princeton Official Commu-nity Plan to encourage the transition of properties from industrial to residential in the Burton Flats area.

The Council of the Town of Princeton will meet and hold a Public Hearing April 4, 2011 at 6:00 pm in the multi purpose room of the Okanagan Regional Library (107 Vermillion Avenue, Prince ton BC) to consider the proposed zoning bylaw amendment.

All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall (PO Box 670, 169 Bridge Street, Princeton BC VOX 1WO). Council will receive no representations on this byla

A copy of the subject Bylaw No. 852, 2011 (Mego/Crown, 680 River Road) is available for exami-nation during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. commencing on March 8, 2011 nd up to and including April 4, 2011.



Given under my hand this 85 day March of 2011.

## Health / Lifestyle Ne

### How do Canadians sleep at nig

(NC)-There are many reasons why it's important to get a good night's sleep. When we don't get enough sleep, our productivity and behaviour are affected. This in turn affects our quality of work, and the quality of our family and personal life.

Sleep also plays an important role when it comes to our health and wellbeing. Lack of sleep is associated with increased risk of heart disease, stroke, diabetes, obesity and depression.

But how much sleep is enough? Experts say that most adults need somewhere between 7 and 9 hours of sleep every night. However we all know that simply going to bed doesn't necessarily guarantee a good nights rest. In 2009, a reported 34% of Canadians suffered from sleeping problems at one point during the

Studies have shown that there are many factors that affect our sleep patterns. The study, "Who gets any sleep Canadians," showed that on the whole, women get more sleep than men. However, women also have a tougher time getting to sleep and staying asleep.

A study, published in the Spring 2008 edition of Canadian Social Trends, used data from the 2005 General Social Survey (GSS) on time use to explore what affects our sleep pat-

Children: Canadians with no children in the household got more sleep than in households with children under the age of 15. The more children they had, the less sleep they got. Those with at least two children slept 25 minutes less, while parents with only one child slept 17 minutes less. Marital status: Married Canadians and those in common-law unions sleep less than others. Specifically, single people (never married) slept 24 minutes longer than people living with a partner.

these days? Sleep patterns of Commuting: People with long commutes of an hour or more per day reported that their sleep lasted about 7 hours and 41 minutes. People with short commutes, 1 to 30 minutes, slept on average 22 minutes longer. Income: On average, someone who made \$60,000 or more a year slept 40 minutes less on any given day in 2005 than someone who made \$20,000.

Stress: Stress reduces the amount of sleep that everyone gets. Men who felt that they were constantly under stress slept 35 minutes less than those who report little stress. Stressed out women slept 25 minutes less than their stress free counterparts.

Work: Overall, the more we work, the less we sleep. People who had worked for more than 9 hours on the day slept for only 7 hours and 32 minutes. This was 41 minutes fewer per night than people who had worked for less than 4 hours, and 55 minutes fewer per night than people who did not work any paid hours at all.

#### smobriety tor road

(NC)—The journey to quit-smoking is different for every smoker. Whether you're thinking about quitting or have made the decision to quit, making a commitment to becoming 'smober', or smoke-free, can be rewarding for your personal health, the health of your friends and family, and your wallet. The first step towards smobriety is to set a goal, whether it's to simply cut down or quit altogether.

Having a plan to help you stick with your commitment, can also keep you motivated along the way. To help you get started, here are a few tips from former smokers who have successfully quit:

#### 1. Pick a quit date.

Set yourself up for success. Pick a realistic quit date that's not too soon or too far in the future. Mark it on your calendar to help you prepare.

#### 2. Find a support system.

Sharing your experiences with others going through similar quit-journeys can help keep you motivated to achieve your goals. Online communities like Smober Up (www.facebook.com/smoberup) give you the chance to share and support with other smokers throughout your journey.

3. Arm yourself with the right tools.

You may crave a cigarette but don't give up. There are more nicotine replacement therapy options than ever, including the patch, gum or inhaler, so you can find the method that works best for you to fight cravings. Not only will these tools help you on your quit-journey, they can also increase your chances of quitting successfully.

4. Avoid triggers.

Try to steer clear of people, places or

activities that make you feel like smoking - at least until you feel confident enough to fight off cravings. Alcohol and coffee are usually strong triggers for smoking. Change your routine and try to avoid alcohol if it weakens your willpower, and limit tea and coffee to a few cups a day.

5. Celebrate your achievements. Celebrate each milestone you achieve along the way. Whether you've made it through your first day without a cigarette, or your first year, it's important to recognize and celebrate your achievements, no matter how big or small.

As you begin your quit-journey, share you quit-goals with loved ones and, think of all the reasons you want to quit smoking.

And for more information or tips, visit www.activestop.ca.

## Living Past 100

### **Put Some Ginger In Your Life**

The healing power of ginger has been proclaimed by experts for thousands of years. Although ginger is not used a great deal by North Americans, it is an ingredient in a high number of Asian dishes. Asians have always used food as medicine, and ginger is a very tasty medicine.

Ginger can help prevent motion sickness. In studies done in the USA and the Netherlands, those who took ginger pills actually suffered much less motion sickness than those who took a widely used patent medicine. If you suffer from motion sickness, try taking a 1/4 teaspoon of powdered ginger 20 minutes before going on an automobile journey or boarding a ship. You can stir the ginger into a cup of hot water or tea.

Ginger is very effective for nausea, too. Just follow the instructions above to settle an upset stomach.

If you suffer from migraines, ginger could be your best friend. If you feel a headache coming on, take 1/3 teaspoon of powdered ginger in your tea or hot water. You may find it helps ward off the headache.

Ginger provides relief for most people suffering the pain of rheumatoid arthritis. Those who suffer from osteoarthritis will find some relief, too. Put a few slivers of fresh ginger in a cup of boiling water and drink it. If you must use powdered ginger, take 1/2 teaspoon in a cup of boiling water.

For those who have problems with blood clots, ginger may be the answer to your problems (unless you are taking anti-clotting medication). Ginger thins the elements in the blood that cause clotting. Ginger stops blood platelets from sticking to artery walls, and thus wards off clots that could cause a stroke or heart attack.

If you have never used fresh ginger, which is the best form of ginger to add to your food, simply peel it and grate it. A small amount of ginger goes a long way. Crystallized ginger is nearly as good, and is easier to store.

Ginger is good in cakes, cookies, chicken dishes, seafood dishes, stir fry, and goes well with pork and in some beef dishes. If you are over 60 years of age, try to use ginger in your food at least once a week.

## This Week - 2 Years Ago

**Celebrating Princeton's History** 

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 31, 2009



Princeton RCMP Sgt, Gary Macahonic shared a dance with his wife Kim at the Regimental Ball held March 28, 2009 at RockRidge Canyon. The event supported the DARE Program. News Leader Archives.

## ball at RockRidge

The head table list read like a who's who in BC policing and politics. Deputy Commissioner Gary Bass, Chief Superintendent Don Harrison, Solicitor General John van Dongen, Mayor Randy McLean, Sergeant Gary Macahonic and respective spouses. The Master of Ceremonies was Constable Mike Leiding and other notable guests included Area H Director Brad Hope, Yale-Lillooet MLA Harry Lali and many present and retired RCMP officers for the first-ever Regimental Ball held in

Princeton.

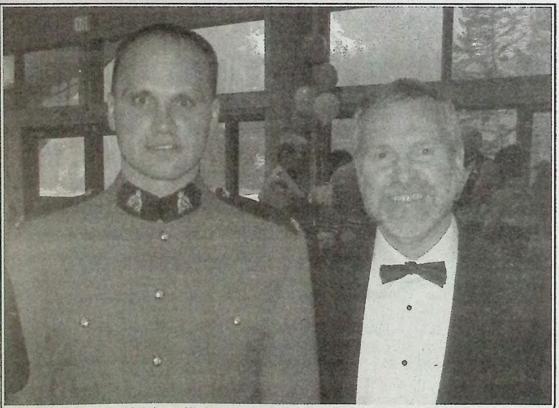
The RCMP Regimental Ball held March 28, 2009 at RockRidge Canyon was a first for Princeton Detachment members to organize in their community. It was also an 'alcohol-free' event with proceeds to support the youth DARE Program.

Campsites, trails and recreation areas east of Princeton were upgraded two years ago by five forest workers employed by the Upper Similkameen Indian Band, as a result of \$61,397.00 from the

Community Development Trust's Job Opportunities Program.

Community Development Minister Kevin Krueger and Forests and Range Minister Pat Bell made the announcement on March 27, 2009.

New picnic tables, fire rings and other infrastructure were installed at the Dewdney Trail Forest Service Recreation site and at the Old Hedley Road East and West sites. The project also included silviculture work, such as the removal of noxious weeds and brush.



Cst, Mike Leiding and Minister of Public Safety and Solicitor General John van Dongen. News Leader Archives.



Power Equipment



Mac's Auto Parts Ltd.

193 Vermilion Avenue, Princeton Phone: (250) 295-6944 Fax: (250) 295-7344 HOURS OF OPERATION: 7:00AM - 5:30PM MONDAY - FRIDA 8:00AM - 5:00PM SATURDAY

WATER PUMPS TILLERS - GENERATORS SNOWBLOWERS

#### **Princeton Area Ghost Towns - The DVD**



**INCLUDES HST** 

Available at: Similkameen **News Leader** www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)



#### BUDGET INFORMATION **MEETINGS**

In conjunction with the School District's desire to provide information regarding the budget planning process, there will be a budget and enrollment projection presentation for interested stakeholders, including all members of the public. This meeting will review provincial funding, district projections for enrollment and provide more specific information regarding the district's annual budget.

Meetings have been scheduled as follows:

- PRINCETON 6:00 PM, Monday, April 11, 2011 -Princeton Board Office
- MERRITT 6:00 PM, Tuesday, April 12, 2011 -Merritt School Board Office

All interested members of the public are invited to attend

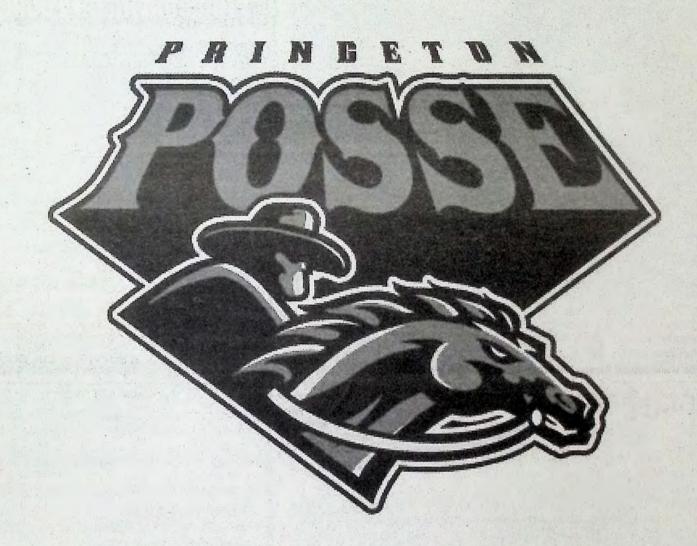
### IS IT TIME TO SUBSCRIBE TO THE NSLEADE

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00) ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) ALL PRICES INCLUDE TAXES

**CALL FOR DETAILS** Similkameen News Leader 250.295,41

## Princeton Posse Junior 'B' Hockey Club



Annual General Meeting 7:00 PM Tuesday, April 12 Riverside Centre

Election of Officers
2010/11 Hockey Season in Review

**EVERYONE WELCOME!** 

## **News Leader** Engalla in Anti-

Similkameen News Leader TV Guide Listings - March 29 - April 4, 2011



Princeton's Colby Williams has had an incredible season with the Thompson Okanagan Female Midget AAA Rockets. The team battled for the BC Championships over the weekend. \*

### Princeton player keeps adding points

The Thompson Okanagan Female Midget AAA Rockets won a hard fought battle against a determined Prince George Cougars team over the weekend of March 19 and 20 and came out on the winning side to continue in their quest to be the BC Hockey Female Midget AAA Champions.

Game #1 ended in a 3-1 win for the Rockets. Goals were scored by Janessa Jenkins (assist Bre Frasca), Steph Schaupmeyer (assist Cora Sutton) and Colby Williams (assist Chloe Kennedy). Saturday's game saw the Rockets down 3-1 by the end of the second period.

The Rockets came out strong in the third and tied the game with 40 seconds left but with thoughts of overtime in everyone's mind, a shot from the Cougars found the back of the net with 19 seconds left in the game and the Rockets lost the game 4-3. Scoring for the Rockets was Cora Sutton (assist Bre Frasca), Mackenzie Barrie (assist Steph Schaupmeyer) and Cora Sutton (assist Shylah Gibb).

Game #3 on Sunday saw the Rockets come out strong and Colby Williams (assist Steph Schaupmeyer) scored the first goal of the game at the 19 minute mark of the first period. A second goal came at the start of the second period from Steph Schaupmeyer (assist Colby Williams/Shylah Gibb). The Cougars were able to get one goal past the Rockets netminder

but Bouvette didn't let anything else past her and the Rockets were victorious in the end by a score of

Follow the Posse on Twitter @PosseWebcrew

## TO SUBSCRIBE TO THE

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00)
ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) ALL PRICES INCLUDE TAXES

CALL FOR DETAILS Similkameen News Leader 250.295.4149

### www.similkameenteen.com



OKAHADAN

Regional District Okanagan-Similkameen

#### NOTICE OF PUBLIC HEARING

**Zoning Amendment Application** 743 Highway 3, 4.4 KM East of Princeton, Electoral Area 'H'
Lot 2, Plan KAP 64782, DL 404, SDYD

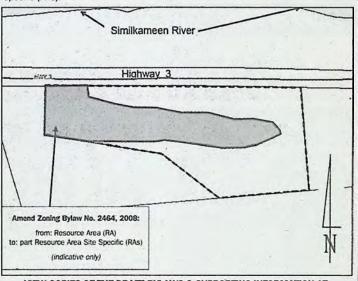
Date: Wednesday, April 13, 2011 Time: Location:

7:00 PM **Riverside Centre** 

148 Old Hedley Road, Princeton, BC

PURPOSE: Amend the Zoning Bylaw with a site specific rezone to permit the permanent use of the developed portion of the property for rental, repair, sales and servicing of vehicles, machinery, equipment, heavy equipment and sales of steel and other industrial metals.

Amendment Bylaw No. 2464.08, 2011.: to amend the the Zoning Bylaw by changing the zoning designation of the subject property from Resource Area (RA) to Resource Area Site Specific (RAs).



VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:

Regional District Okanagan-Similkameen 101 Martin Street, Penticton, BC on weekdays (excluding statutory holidays) between the hours of 8:30 AM to 4:30 PM

Anyone who considers themselves affected by the proposed bylaw amendment can present writ-Anyone who considers themselves affected by the proposed bylaw amendment can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 2464.08, c/o. Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES: Telephone (250) 490-4107 - Fax (250) 492-0063 - e-mail; planning@rdos.bc.ca - Web; www.rdos.bc.ca

Donna Butler, MCIP Manager of Development Services Bill Newell Chief Administrative Officer

Phone: 250.295.4149 • 1-888-350-9969 • Fax: 250.295.4103 • e-mail: george@thenewsleader.ca

## Bob's Stove Repair

SALES • SERVICE • INSTALLATION PELLET • WOOD • GAS

250.295.2214

271B Bridge Street, Princeton

#### Quality Engineered Pre-fabricated Packages



Whether you're building around the corner or around the world, Pacific Homes' high quality home, cottage, and commercial packages make building your project easy. We can assemble or do it yourself. Any design; yours, ours or start from scratch and create something truly custom.

Ken Thiessen
1.800.667.7880 Ext 327
ken.thiessan@pacificbuildingsystems.com
www.pacific-homes.com

**Pacific Homes** 

Canadian Owned & Operated Since 1959



### ROBERT R. WICKS BARRISTER & SOLICITOR

213 Vermilion Avenue, P.O. Box 760 Princeton, B.C., V0X 1W0 Fax: 295-7000 Phone: 295-3123

## **Princeton History Collection**



**5 OUT OF PRINT TITLES ON A SINGLE CD!** 

Similkameen News Leader

### Princeton Area Ghost Towns - The DVD

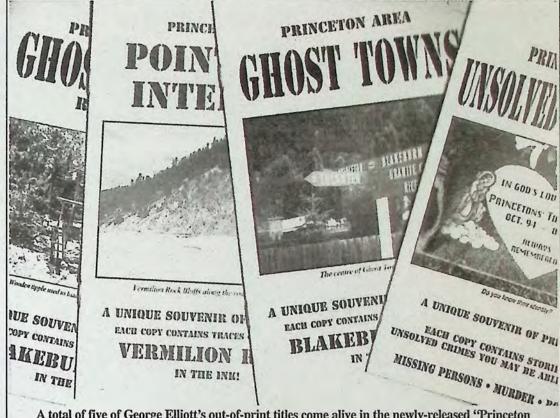


\$20.00 INCLUDES HST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal



A total of five of George Elliott's out-of-print titles come alive in the newly-released "Princeton History Collection" CD. Priced at \$10.00 each, they will likely be very popular this tourist season.

### Out-of-print booklets come back to life

Years after the majority of his history/information booklets have disappeared, Similkameen News Leader Owner/Publisher George Elliott has brought them back.

"I guess you can say we are recycling them," Elliott says.

"As the demand continues to be high for historic information about this area I decided to pull out the original booklets I released a number of years ago and repackage them."

The complete "Princeton Area..." series is now available on a single

CD for \$10.00, including HST.

The collection contains "Princeton Area Ghost Towns" which was first published in 1998 along with it's companion booklet "Princeton Area Points of Interest." The CD also contains the 1999 release "Princeton Area Unsolved Mysteries" and "Princeton Area Ghost Towns Revisited" from 2000 and the 2001 release titled, "Princeton Area Historic Buildings & Landmarks."

Elliott says the first two titles sold out long ago and that only a few

PPRC announces opinion survey

Princeton Parks, Recreation and Culture (PPRC) welcome your opinion through a recreation and culture survey currently underway for Princeton and Area H residents. "Recreation is an important part of everyday life," states Nadine

We're different.

and we like that.

McEwen, Town of Princeton's Community Recreation and Culture Coordinator.

"This survey will help PPRC develop programs for all ages that meet residents recreational needs."

The survey takes under three minutes to complete and allows individuals a choice to enter a chance to win a \$100 gift certificate from PPRC that can be utilized for recreational programs offered by PPRC. Check out www.princeton.ca community and events page to complete your survey. Surveys can also be picked up at Town Hall and Riverside Centre.

Surveys were also given to all Princeton Elementary School children to bring home. Completed surveys can be returned to Schools, Town Hall or Riverside Centre.

For further information contact Nadine McEwen at 250.295.6067 or e-mail her at recreation@princeton.ca copies remain of the last title.

"I still get requests for copies of the earlier versions and up until recently there had never been a cost effective way to reproduce them and make them available to the public," Elliott adds.

The CD, which is available exclusively at the Similkameen News Leader office at 226A Bridge Street or through the website at www.thenewsleader.info, also includes a complete copy of the layout draft of the very first booklet.

"I thought it may be interesting to some readers to see how the first 'Ghost Towns' booklet looked after the design draft was finished. It was the very same format I used in all the titles I published and it seemed to work out just fine."

Elliott says there will be more history-related CDs available by this summer.

"I'm currently finishing another project which covers one-hundred years of history of the area, but it starts back at 1826 and moves forward from there. It basically goes from fur traders to prospectors to the railway."

The CD released this week with a total of five of Elliott's out-of-print history/information booklets is called the "Princeton History Collection."

"There is no shortage of interesting historic facts about the Princeton area available and we intend to continue to release products promoting the history of this region as long as we can and as long as there's interest," Elliott adds.

be picked up at Town Ha
Riverside Centre.
Surveys were also given
Princeton Elementary School

Hews Leade

FREE ONLINE CLASSIFIED ADVERTISING

www.thenewsleader.biz

#### TUESDAY, MARCH 29, 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	M In the Hea		Wibbly Pig	Thomas	News (N) 80	News	CSI: Miami	News	(5:30) Morn	Later and the second		Being lan	THE RESERVE AND THE PERSON NAMED IN	Canada AM	Breakout 140	Henrys	CityLine BC	DEA O	Real Renos
0 :	30 of the Mig	ht ing News (N) su	Arthur	Lions			0 26		ing News (N) III	Ing News	Now RE	Rollbots ()	tre 30	OBE		Franny			Real Renos
7 A	M Cosby		HI-5 000	Arthur	Today	The Early	Criminal	Good Mom-			Artzooks	Sidekick	SportsCen-		How/Made	Phineas	The Nate	DEAO	Buy Me O
1 :3	0 Cosby		Pinky	Martha	Author	Show (N)	Minds O SE	Ing America			Animal	Pokemon	tre at		How/Made	Sulte/Deck	Show		Buy Mo O
8 4	M Cash Cab		Magle Bus	Curious	Haag, chat		Dog			100 Huntley	Bo On/Go	Super Evil	SportsCen-		Junk Rald-	Hannah	Rachael	DEAO	Whatever
0 :	10 Lyrics!	1	Poppets	Cat In the	Sandra Lee.		Dog			Street ##	Busytown	Kid vs. Kat	tre so		ers 2	Phineas	Ray O SE		Whatever
o A	M Family Fd	100 Huntley	Clifford	Super Whyl		The 700	The First 48		100 Huntley		Super Why!	To School	SportsCen-	( Table 2000 ( Part 10)	Cash Cab	Mickey	Role	DEA O	Restaurant
9 :	60 Family Fd	Street EE	G. Shrinks	Dinosaur	1	Club 🖾	"Blackout"	Regis & Kelly	Street 50	sion to	News	Berenstain	tre su	Regis & Kelly	Cash Cab	Manny	Amazing		Makeover
	M The Inves		Franklin	Sesame	1	The Price Is	11 SANS SANS AND A STREET	The View	World Vi-	To Be An-	Poko ()	Little Bear	Darts: 2010	The View	Super	Mickey	EP Daily	DEA	The Nanny
10 :	gators	sion se	Spider	Street ()		Right (N)	48 %	ONE	sion III	nounced	Doodlebop	Fly Rhino	Grand Slam. (Taped)	O RE	Ships NC	Manny	Out There	"Deadly Chase"	The Nanny
4 4 A	M Forensics	World Vi-	Rolle Polie		Ellen	Young &	The Sopra-	Pald Prog.	World VI-	Noon News	Gofrette	George S.	(ispes)	Marilyn	License to	Suite Life	CityLine 10	Ways Die	Gold Girls
11 :3	0 Evidence	sion to	Berenstain	Sit & Be Fit	DeGeneres Show	Restless	nos O an	Pald Prog.	sion 38	Hour (N)	dirtgirl	Erky Perky		Denis	Dritt xe	Sulte Life		Ways Dio	Gold Girls
10 P	M Jim	Noon News	Arthur	Charlle	Pald Prog.	News	CSI: Miami	All My	Noon News	Days of our	CBC News	Pupples	Boxing:	etalk	Mighty	Wizards	General	Ways Die	Funny Kids
12 13	0 King	Hour (N)	Dinosaur	Rose O S	Pald Prog.	Bold	020	Children (N) ac	Hour (N)	Lives (N)	Now (N) O	Kid vs. Kat	Friday Night	Bold	Ships "Becrux"	Hannah	Hospital (N) O	Ways Die	Funny Klds
4 P	M King	Days of our	Dinosaurs	Landscape	Days of our	The Talk	Criminal	One Life to	Days of our	The Doc-	Dragons'	Viva Piñata	rights, at	Marityn	Junk Rald-	Cory	Jdg Judy	Ways Die	Kitchen
1 :3	0 Earl	Lives (N)	Wibbly Plg	Quilting	Lives (N)	0 20	Minds O RE	Live (N) O	Lives (N)	tors RO	Den O SQ	Kid vs. Kat		Denis	ers 2	Recess ()	Jdg Judy	Ways Die	Nightmares (N)
o P	M Friends O	Young &	The Ocean	Barney	Judge B.	Let's Make	Dog	General	Young &	Unsellable	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	Ways Die	Gold Girls
2 :3	Friends (	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Dog	Hospital (N) O	Restless	Debt/Part	Chris (N) O	Garfield	Interruption	O RE	Busters 0 80	Ned's	Hollywood	Ways Die	Gold Girls
P	M The Office	The Doc-	Mirabelle	WordGlrl	The Doc-	Dr. Phil	The First 48	Rachael	The Doc-	Young &	Recipes	Kld vs. Kat	SportsCen-	(2:59) The	Cash Cab	Life Derek	CityNews at	Ways Die	Restaurant
3 ,	The Office	- tors an	WordWorld	Electric	tors #0	0.00	"Blackout"	Ray O SO	tors so	Restless	Mercer	Super Evil	tre (Live) 30	Dr. Oz Show	How/Made	Suite Life	6 (N) 30	Ways Die	Makeover
, P	M Family Gu	y Oprah	Rob Robot	Fetch! With	Jdg Judy	Oprah	The First	Seinfeld 0	Oprah	Early News	Ghost	SpongeBob	Hockey	Ellen	Daily Planet	Phineas	How I Met	Ways Die	Buy Me O
4 :3	Family Gu	Winfrey	George S.	Wild Kratts	Jdg Judy	Winfrey	48 80	Seinfeld	Winfrey	Global Nat.	Whisperer	Fanboy	Interruption	DeGeneres Show	(N)	Phineas	Two Men	Ways Die	Buy Me O
_ P	M Browns	Early News	Dino Dan	BBC World	News (N)	News	The First	News	Early News	(4:59) News	CBC News:	Parents	Oil Change	CTV News	How/Made	Wizards	The Biggest	Ways Die	Funny Klds
5 .	0 Payne	News	Martha	Business	NBC News	News	48 20	ABC News	Global Nat.	Hour (N)	Vancouver (N) 30	SpongeBob	"Deadline"	at Five (N)	How/Made	Hannah	Loser (N)	Ways Die	Funny Klds
P	M Law & Or-	Global Nat.	Dogs/Jobs	PBS News-	News (N)	News	The First	News	(5:59) News	ET Canada	(14) 26	ICarly ®©	NHL Pre	CTV News	Hogs Gone	Suite/Deck	0 30	Ways Die	Kitchen
6 .3	der: SVU	News	Parks	Hour (N) an	Millionaire	Access H.	48 RG	News	Hour (N)	Ent	Coronation	Mr. Young	NHL	(N) O EE	Wild (N)	Wizards		Ways Die	Nightmares
_ P	M Seinfeld	Ent	Hope for	NOVA BID	Jeopardyl	The Dr. Oz	The First	Ent	Ent	The Good	Wheel	(Carly RC)	Hockey:	etalk #0	Flying Wild	Sonny	Body of	Ways Die	Family Guy
7 :3	Seinfeld	ET Canada	Wildlife EE		Wheel	Show (N) O	48 RG	The Insider	ET Canada	Wife (N) ISC	Jeopardy!	Indle	Los Angeles Kings at	Big Bang	Alaska (N)	Hannah	Proof "Pilot"	3 Sheets	Pawn
- P	M Movie: **	k Glee O SG	The Love of	Secrets of	The Biggest	NCIS Tell-	The First	Dancing	Glee O RC	Glee O SE	Mercer	ICarly Rd	Edmonton Oilers. (Live)		Dally Planet	100	News	Auction	Buy Me O
8	The Mexi-		Money (N)	the Dead O	Loser (N)	AIT (N) O	48 BC	With the	1		InSecurity	Chris	Oliels. (Live)	Family ()	,,,,,,,	Kings	EP Dally	Auction	ET Canada
P	Can (2001	NCIS: Los	* * *Shake	Frontilne	O SE	NCIS: Los	(9:01) The	Stars	NCIS: Los	NCIS: Los	Winnipeg	8 Rules	Sports	Dancing	Hogs Gone		The Flavor	UFC Fight	Family Guy
Q	10	The second second second	Hands With	(N) O 30		Angeles (N)		With the	Angeles (N)	10-750-000475-01-75-4742	Comedy	Indie	Sports	With the	Wild	Overruled!	of Love RG	Night: Fight	Pawn
-	M Movie: **	h The Good	the Devil*	Indepen-	Parenthood	The Good	(10:01) The	Stars (10:01)	The Good	News Hour	National	Family Biz	30 for 30 80	Stars Law & Or-	Flying Wild	Ned's	Justice	for the Troops 2. 0	
10	The Mexi-	Wife (N) BE	Landscape	dent Lens	(N) O 80	Wife (N) RC	First 48	Body of	Wife (N) BC	Final (N)	- Julio Jiui	Weird	50 10, 00 18	der: SVU	Alaska	Stone	Judge B.		
P	Can (2001	CHBC News		0.30	News (N)	News	(11:01) The	Proof News	News Hour	Ent	George S	Prank Ptrl	SportsCen-	CTV News	How/Made	So Raven	Paid Prog.		Funny Kids Kitchen
11	10	Final (N)	Rise Again	Fort	Jay Leno	Letterman	First 48	Nightline	Final (N)	ET Canada	Ron James	Prank Ptrl	tre (Live) 33	CTV News	How/Made	Life Derek	Paid Prog.	Supe	Nightmares
	NESD	1			ouy Lond	Lotterman		mgmmid		Li Canada	non vames	Frankrut	-3-	OT V News	now/wade	mie nelek	raid Prog.	W. 10	who to

:30	half or a 17 f	Final (N)	rise Again	Fort	Jay Leno	Letterman	FIFST 48	Nightline	Final (N)	ET Canada	Ron James	Prank Ptrl	tre (Live) ss	CTV News	How/Made	Life Derek	Paid Prog.	1116	Nightma
EDN	IESDA'	Y, MAR	CH 30	2011						A.					ir - 4			-	-
	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	TRO
AM		(5;30) Morn-	Wibbly Pig	Bob Bulld	News (N) 80	News	CSI: Miami	News	(5:30) Morn-	(4:30) Morn-	CBC News	Being lan	SportsCen-	Canada AM	Breakout 35	Henrys	CityLine 30	UFC's-Sub-	Bootca
30	of the Night	Ing News (N) 30	Arthur	Between		1 1	U 380		ing News (N) 36	ing News (N) tel	Now (C)	Rollbots 0	tre RC	0 30		Franny		missions	Bootca
_ AM	Cosby	2.5	HI-5 BC	Arthur	Today Pub-		Criminal	Good Morn-	-		Artzooka	Beyblade	SportsCen-		How/Made	Phineas	The Nate	Ultimate	End/Le
:30	Cosby		Pinky	Martha	licity; Russell Brand; Mark		Minds O EC	ing America (N) ﷺ			Animal	Pokemon	tre (C)		How/Made	Suite/Deck	Berkus	Knockouts	End/L
AM	Cash Cab		Magle Bus	Curlous	Bittman. (N)	10.00	Dog			100 Huntley	Bo On/Go	Super Evil	SportsCen-		License to	Hannah	Rachael	Ultimate	Whate
30	Lyricsi		Poppet	Cat In the	() 20		Dog		-	Street III	Busytown	Kid vs. Kat	tre RC		Drill 20	Phineas	Ray O SC	Knock- outs 2	Whate
AM	Family Fd	100 Huntley	Clifford	Super Why!		Tho 700	The First	Live With	100 Huntley	A CONTRACT WHEN THE PARTY OF	Super Why!	To School	SportsCen-	Live With	Cash Cab	Mickey	Role	Ultimate	Resta
9 :30	Family Fd	Street (85	G. Shrinks	Dinosaur	1	Club &C	48 RE	Regis & Kelly	Street [2]	sion 🖾	News	Berenstain	tre 30	Regis & Kelly	Cash Cab	Manny	Amazing	Knock- outs 3	Maked
AM	The Investi-		Franklin	Sesame		The Price Is	The First	The View	World VI-	Blg Flip	Poko n	Little Bear	Motoring	The View	Breakout 30	Mickey	EP Dally	Ultimate	Rosea
0 :30	gators	sion an	Spider	Street ()		Right (N)	48 80	U BC	sion III	Stagers	Doodlebop	Fly Rhino	Motorcycle	0 000		Manny	Out There	Knock- outs 4	Rosea
, AM	Forensics	Canada	Rolle Polle	Sid	Ellen	Young &	The Sopra-	Pald Prog.	Canada	Noon News	Gofrette	George S.	Billiards	Marilyn	Hogs Gone	Suite Life	CityLine 20	Ultimate	Gold (
1 :30	Evidence	Canada	Berenstaln	Sit & Be Fit	DeGeneres Show	Restless	nos o ss	Pald Prog.	Canada	Hour (N)	dirtgirl	Erky Perky		Denis	Wild	Suite Life		Knock- outs 5	Gold
PM	Jim	Noon News	Arthur O	Charlle	Smile	News	CSI: Miami	All My	Noon News	Days of our	CBC News	Super Evil	Win. X	etalk 🕬	Breaking	Wizards	General	Ultimate	Fear F
2 :30	King	Hour (N)	Dinosaur	Rose O IC	Pald Prog.	Bold	0.35	Children (N) @2	Hour (N)	Lives (N)	Now (N) O	Kid vs. Kat	Games Classix	Bold	Point "Boat"	Hannah	Hospital (N) O	Knock- outs 7	(33)
, PM	King	Days of our	Dinosaurs	Oil Painting		The Talk	Criminal	One Life to	Days of our	The Doc-	Dragons'	Viva Piñata	Year/Quar-	Marityn	Flying Wild	Cory	Jdg Judy	Ultimate	Fear I
7 :30	Earl	Lives (N)	Wibbly Pig	Sewing	Lives (N)	0 36	Minds O 20	Live (N) O	Lives (N)	tors 🕬	Den o RC	Kld vs. Kat	terback	Denis	Alaska	Recess 0	Jdg Judy	Knock- outs 8	0 30
	Friends 0	Young &	Charlle	Barney	Judge B.	Let's Make	Dog	General	Young &	Unsellable	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	UFC Un-	Gold (
2 :30	Friends O	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Dog	Hospital (N) O	Restless	Debt/Part	Chris (N) O	Garfield	Interruption	0 25	Busters 0 30	Ned's	Hollywood Live	leashed ()	Gold (
PM	The Office	The Doc-	Mirabelle	WordGirl	The Doc-	Dr. Phil	The First	Rachael	The Doc-	Young &	Recipes	Kid vs. Kat	SportsCen-	(2:59) The	Cash Cab	Life Derek	CityNews at		Resta
3 :30	The Office	tors se	WordWorld	Electric	tors IC	0.30	48 RC	Ray O BO	tors ICC	Restless	Mercer	Super Evil	tre (Live) RE	Dr. Oz Show	How/Made	Suite Life	6 (N) 30	Night O	Maked
, PM	Family Guy		Rob Robot	Fetch! With	Jdg Judy	Oprah	The First	Seinfeld O	Oprah	Early News	Ghost	SpongeBob		Ellen	Daily Planet	Phineas	How I Met		Reality
4 :30	Family Guy	Winfrey	G. Shrinks	Wild Kratts	Jdg Judy	Winfrey	48 RC	Seinfeld ()	Winfrey	Global Nat.	Whisperer	Penguins	Hockey: Montreal	DeGeneres Show	(N)	Phineas	Two Men		Reality
PM	Movie:	Early News	Dino Dan	BBC World	News (N)	News	Dog	News	Early News		CBC News:	Parents	Canadiens	CTV News	Mighty	Wizards	Minute to	UFC .	Fear F
5 :30	*% "An American	News	Martha	Business	NBC News	News	Dog	ABC News	Global Nat.	Hour (N)	(N) kg	SpongeBob	at Carolina Hurricanes.	at Five (N)	Ships (N) &C	Hannah	Win It (N) O	Unleashed (N) RG	*0
PM	Werewolf in	Global Nat.	Dogs	PBS News-	News (N)	News	Dog the	News	(5:59) News	ET Canada		iCarly (60)		CTV News	Flying Wild	Sulte/Deck	Family	The	Fear F
6 :30	Paris"	News	Parks	Hour (N) XX	Millionaire	Access H.	Bounty Hunter	News	Hour (N)	Ent	Coronation	Welrd	NHL	(N) O se	Alaska	Wizards	Cougar	Ultimate Fighter (N)	0 80
PM	Seinfeld 0	Ent	Rescue	Educating	Jeopardyl	The Dr. Oz	Storage	Ent	Ent	Off the Map	Wheel	(Carly tee)	Hockey: Anaheim	etalk 🚾	Mayday	Sonny	Murdoch	Coal ()	Family
:30	Seinfeld ()	ET Canada	Ol Pej	Spokane	Wheel	Show (N) (	Storage	The Insider	ET Canada	(N) O IN	Jeopardyl	Indie	Ducks at	Big Bang	(N) 3C	Hannah	Myster- les O		Parkin
PM	Law & Or-	Survivor:	The Story	NOVA (N) O		Survivor:	Storage	The Middle	The transport of the control of the	Survivor:	Dragons'	iCarly 35	Calgary Flames.	American	Daily Planet	Suite/Deck	News	Coal ()	Realit
8 :30	der: SVU	Redemp- tion	of India ()	at (DVS)	Win It (N) O	Redemp-	Storage	The Middle	Redemp- tion	Redemp- tion	Den () at	Chris	(Live)	Idol The finalists		Wizards	EP Daily		ET Ca
PM	Movie:	NCIS "Tell-	The Fireblin		Law & Or-	Criminal	Dog	Family	NCIS Tell-	NCIS "Tell-	Republic of	8 Rules	Sports	perform. O	Mayday Iti	Hannah	Law & Or-	The	Family
9 :30		AIF (N) O	S.C	to Planet Earth (N)	der: SVU	Minds (N)	Dog	Sunshine	AIT (N) O	All (N) O	Doyle (N)	Indie	Sports	(Live) 35		Overruled!	der: UK %	Ultimate Fighter ()	Parkin
O PM	Werewolf in Paris*	Off the Map	The Four Seasons (8)	O ac	Law & Or- der: SVU	C.M.: Sus- pect	Dog the Bounty	Off the Map	Off the Map	News Hour Final (N)	National	Family Biz	Into the Wind 30	C.M.; Sus-	Mighty Ships IC	Ned's	Justice	UFC Unleashed	Fear F
.00		13.5		Considered			Hunter		07.7.2			Weird		peot.	Ompa ac	Stone	Judge B.	O 35	
1	The Investi- gators	CHBC News Final (N)	Circumci-	Charlie Rose (N) MC	News (N)	News	Storage	News	News Hour Final (N)	Ent ET Canada	George S	Prank Ptri	SportsCentre (Live) ≥	CTV News	Flying Wild Alaska	So Raven	Paid Prog.	Most Amaz- ing Videos	Fear F
1 PM	The Investi- gators	CHBC News Final (N)	ł	It's a Boy Circumci- sion.	Circumci- Rose (N) list	Circumci- Rose (N) (c)	Circumci- Rose (N) sc	Circumo: Rose (N) (c)	Circumo:- Rose (N) %0	Circumo: Rose (N) 80 Final (N)	Circumo: Rose (N) sc   Lautana   Lautana   Circumo: Final (N)	Circumor- Rose (N) SC Final (N)	Circumci- Rose (N) 80 Final (N)	Circumo: Rose (N) SE Trul and Live See (Live) XE	Circumor- Rose (N) 80 trules   trules	Circumor- Roso (N) 80   Indiana   In	Circumor- Rose (N) 80 Indian Later Company Final (N) Final (N) Itre (Live) 80 Process Alaska	Circumo: Rose (N) 80 Instance   I	Circumci- Rese (N) No. 1 Letters 1 - 11 - 12 - 13 - 14 - 14 - 15 - 15 - 15 - 15 - 15 - 15

## NOWS Leader - Horoscopes

March 30 - April 6, 2011

Aries - Now is a good time for you to think about the way others see you. You might have too high an opinion of yourself right now, but you are full of bright ideas and Mars and Jupiter in your sign means take positive action now.

Taurus - A new phase develops. You may become very worried about things but not want to talk about them. Spending time with friends can help you feel better. Remember, you like to think things through before taking action.

Gemini - The pressure of career eases off, and you need to turn to groups you associate with. There is an element of activity involved in your group. Go with it, as it will be a source of inspiration, planning, and positive developments.

Cancer - Career activity increases and may become hectic. There may be conflict related to your career, or conflict with authority. Maintain a positive outlook to defeat the negativity on the home front. Work for balanced life.

Leo - Either you are forced to travel and endure multiple hardships on the way, or you are involved in a lot of learning, and perhaps are taking your church activities very seriously. Use your wits and natural good spirits to achieve.

Virgo - Be sure you handle your money well for the next month. You cannot afford to be careless about your spending. Look for a balance between spending and income. Avoid any debts. Do not expect benefits from others, even loans.

Libra - Relationships with friends, partner, spouse, grow much more active. Others may make bigger demands on you, but they are still seeing you in a friendly way. Watch out for ego conflicts. Be steady, conservative. Work!

Scorpio - You employment becomes very demanding. You may have to deal with health problems or accidents such as burns, cuts, infections. Be very safety conscious. Be very open and honest on the job. Beware employer's ego.

Sagittarius - You may be involved in some kind of very active relationship with youth or sports figures. If you do sports, be wary of injuries. If you have pets, make sure they are in good health, and watch them for cuts, infections.

Capricorn - Activity around home picks up dramatically. You need to do a lot of cleaning, repairs, and general maintenance. Watch out for safety hazards in your home. Conflict may develop due to egos or imbalance of home and career.

Aquarius - You will be tempted to take short journeys for fun, but you could encounter problems in doing so. You are inclined this month to put your ego or anger into words. This is all right if you don't injure others' egos. Be kind.

Pisces - Focus on your money situation, both income and spending. You are entering a period of unpredictability where your money and values are concerned. Do some creative thinking about what you value and need.

## Small Business 101

#### Women Leading The Way As Canada's New Entrepreneurs

(NC)—Women entrepreneurs are one of the fastest growing segments of the Canadian economy and represent a growing economic force according to recent findings. A report on Canada's business scene by the Canadian Imperial Bank of Commerce shows a 50 percent increase in the number of self-employed women in Canada over the last 15 years.

According to Statistics Canada there are now more than 826,000 women entrepreneurs in Canada who annually contribute in excess of \$18 billion to Canada's economy. The rate of growth of businesses run by women entrepreneurs is 60 per cent faster than those run by men, as 4 out of 5 new businesses are now started by women.

According to Ross Creber, President of the Direct Sellers Association of Canada, a lot of women are choosing to branch out on their own in an effort to find a better balance between the demands of work and family. Many of them, he says, are choosing to start a new business in the direct selling industry

so they can enjoy the flexibility of being their own boss and setting their own hours.

When Courtney Haanen's husband was laid off for the second time, she turned to direct selling to help support her family. With a two-year-old to care for, Haanen needed to be able to work from home with flexible hours. After drawing up a list of requirements, she chose Avon due to the low start-up fee and potential for sales due to the variety of customers she could approach with the Avon brochure.

Within a month, Courtney saw that her Avon business was meeting her high expectations. "I started telling girlfriends who were home with their kids about what I was doing and I started building my team."

Avon Sales Representatives are self-employed and receive up to 50 per cent earnings on the goods they sell. Some choose to just sell the products for extra money and often work around part-time jobs. Others, like Haanen become Leadership Representatives, recruiting and training other Sales Representatives.

"My bonus arrived at the perfect time. It paid for our family's Christmas. Running my own Avon business allows me to support my family when my husband is out of work.

Avon has helped Haanen and others meet their financial goals while working from home. "No matter what happens in the economy I know that with my Avon business I have something I can control. With a second baby on the way, I'm confident we'll be okay." More information on women entrepreneurs is available at www.avon.ca.

#### NEWSPAPER ADVERTISING WORKS...

OR YOU WOULDN'T BE READING THIS!

Similkameen News Leader

Phone: 250.295.4149 1-888-350-9969 Toll Free

## Tuesday Movies

#### EVENING

8:00 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (CC)
9:00 pm KNOW ch.5 "Shake Hands With the Devil" (2007, Drama) Roy Dupuis. Lt. Gen.

Rom/o Dallaire witnesses atrocities while leading a U.N. peace-keeping mission to Rwanda. (CC)

10:00 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (CC)

## Wednesday Hovies

#### **AFTERNOON**

5:00 pm WTBS ch.3 ``An American Werewolf in Paris'' (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret. (CC)

#### EVENING

9:00 pm WTBS ch.3 "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret. (CC)

## Thursday Hovies

#### EVENING

8:00 pm WTBS ch.3 "Delta Farce" (2007, Comedy) Larry the Cable Guy. An Army officer mistakes three buddies for Army Reservists and deploys them to Iraq, but their vehicle is prematurely ejected over Mexico. (CC) 9:00 pm KNOW ch.5 "Winged Migration" (2001, Documentary) Narrated by Jacques Perrin. Filmmaker
Jacques Perrin follows migratory birds as they fly thousands of miles away, then
return. (CC)
10:00 pm WTBS ch.3 "Delta
Farce" (2007, Comedy) Larry
the Cable Guy. An Army officer mistakes three buddies for
Army Reservists and deploys
them to Iraq, but their vehicle
is prematurely ejected over
Mexico. (CC)

## Friday Movies

#### **EVENING**

7:00 pm YTV ch.18 "Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father. (In Stereo) (CC) 8:00 pm WTBS ch.3 "Deuce Bigalow: European Gigolo" (2005, Comedy) Rob Schneider. Deuce meets a series of unusual women when a pimp uses him as bait to find a killer. FAM ch.26 "Hatching Pete" (2009, Comedy) Jason Dolley. A

teenager becomes a big hit when he dons a chicken suit to become a high-school mascot. (In Stereo)

9:30 pm WTBS ch.3 "Deuce Bigalow: European Gigolo" (2005, Comedy) Rob Schneider. Deuce meets a series of unusual women when a pimp uses him as bait to find a killer. 10:00 pm FAM ch.26 "The Neverending Story II: The Next Chapter" (1990, Fantasy) Jonathan Brandis. A boy hero and a boy warrior try to rescue a princess from an ivory tower in the land of Fantasia. (In Stereo)

## www.upnadam.me

## FAX SERVICE



SENDING OR RECEIVING
- CONFIDENTIALITY GUARANTEED AVAILABLE AT:

AVAILABLE AI:

226A Bridge Street, Princeton Phone: 250.295.4149 - Fax: 250.295.4103

FREE ONLINE CLASSIFIED ADVERTISING

www.thenewsleader.biz

### THURSDAY, MARCH 31, 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	AM	In the Heat	(5:30) Morn-	Wibbly Pig	Thomas	News (N) III	News		News	(5:30) Morn	(4:30) Morn	CBC News	Baing lan	SportsCen-	Cenada AM	Breakout III	Henrys	CityLine NO	CSI: NY	6 Degrees
0	:30	of the Night	(N) ME	Arthur	Lions			O Ed		Ing News	Ing News	Now at	Rollbots ()	tre ac	0.80		Franny		"The Closer"	6 Degrees
7	AM	Cosby		HI-5 800	Arthur	Today	The Early	Criminal	Good Morn-		10.7	Artzooka	Sideklek	SportsCen-		How/Made	Phinoas	The Nate	CSI: Crime	Tracked
-	:30	Cosby		Pinky	Martha	E-readers; meals under	Show (N)	Minds () RE	Ing America			Animal	Pokemon	tre Ist		How/Made	Sulte/Deck	Berkus Show	Scene	Switch O
0	AM	Cash Cab		Magic Bus	Curlous	300 calories, (N) O No		Dog			100 Huntley	Bo On/Go	Super Evil	SportsCen-		Breaking	Hannah	Rachael	CSI: Crime	Whatever
0	:30	Lyricsi		Poppet	Cat in the	(14) (1 112		Dog			Street Ind	Busytown	Kld vs. Kat	tre ad		Point 30	Phineas	Ray o se	Scene	Whatever
9	AM	Family Fd	100 Huntley	Clifford	Super Why!	-	The 700	The First	Live With	100 Huntley		Super Why!	To School	SportsCen-	Live With	Cash Cab	Mickey	Role	CSI: Crime	Restauran
J	:30	Family Fd	Street III	G. Shrinks	Dinosaur		Club III	48 100	Regis & Kelly	Street at	sion BC	News	Berenstaln	tre Rd	Regis & Kelly	Cash Cab	Manny	Amazing	Scene	Makeover
10	AM	The Investi-		Franklin	Sesamo		The Price Is	The First	The View	World VI-	Dead	Poko O	Little Bear	Lumberjek	The View	License to	Mickey	EP Dally	CSI: Crime	Real Reno
10	:30	gators	sion SD	Spider	Street O		Right (N)	48 100	O se	sion 🕊	Brides	Doodlebop	Fly Rhino	Speed	ORE	Drill ac	Manny	Out There	Scene	Real Reno
14	AM	Forensics	World VI-	Rolle Polle	Sld	Ellen	Young &	The Sopra-	Pald Prog.	World Vi-	Noon News	Gofrette	George S.	Billiards	Marilyn	Mighty	Suite Life	CityLine 300	CSI: Crime	Gold Girls
11	:30	Evidence	sion to	Berenstaln	Sit & Be Fit	DeGeneres Show	Restless	nos o ke	Pald Prog.	sion (ct)	Hour (N)	dirtgirt	Erky Perky		Denis	Ships be	Sulte Life		Scene	Gold Girls
10	PM	Jim	Noon News	Arthur O	Charlie	Paid Prog.	News	CSI: Miami	All My	Noon News	THE CONTRACTOR AND THE	CBC News	Pupples	Win. X	etalk (##	Flying Wild	Wizards	General	CSI: Crime	Friends 0
12	:30	King	Hour (N)	Dinosaur	Rose O SE	Paid Prog.	Bold	Otto	Children (N) %C	Hour (N)	Lives (N)	Now (N) O	Kld vs. Kat	Games Classix	Bold	Alaska	Hannah	Hospital (N) O	Scene	Friends O
4	PM	King	Days of our	Dinosaurs	Painting	Days of our		Criminal	One Life to	Days of our	The Doc-	Dragons'	Viva Piñata		Marilyn	Mayday RE	Cory	Jdg Judy	CSI: Crime	Friends ()
1	:30	Earl	Lives (N)	Wibbly Pig	Quilting Art	Lives (N)	0 800	Minds O &C	Live (N) A	Lives (N)	tors &C	Den O Ro	Kld vs. Kat		Denis -		Recess O	Jdg Judy	Scene	Friends ()
2	PM	Friends O	Young &	Charlie	Barney	Judge B.	Let's Make	Dog	General	Young &	Unsellable	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	CSI: Crime	Gold Girls
2	:30	Friends O	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Dog	(N) O	Restless	Debt/Part	Chris (N) O	Garfield	Interruption	O RE	Busters 0 89	Ned's	Hollywood Live	Scene	Gold Girls
2	PM	The Office	The Doc-	Mirabelle	WordGirl	The Doc-	Dr. Phli	The First	Rachael	The Doc-	Young &	Recipes	Kid vs. Kat	SportsCen-	(2:59) The	Cash Cab	Life Derek	CityNews at	Pros vs.	Restaurant
3	:30	The Office	tors and	WordWorld	Electric	tors 80	O MG	48 100	Ray O RG	tors IC	Restless	Mercer	Super Evil	tre (Live) RE	Dr. Oz Show	How/Made	Suite Life	6 (N) IE	Joes: All Stars	Makeover
А	PM	Family Guy	Oprah	Rob Robot	Fetch! With	Jdg Judy	Oprah	The First	Seinfeld 0	Oprah	Early News	Ghost	SpongeBob		Ellen	Daily Planet	Phineas	How I Met	Pros vs.	Real Renos
4	:30	Family Guy	Winfrey	G. Shrinks	Wild Kratts	Jdg Judy	Winfrey	48 80	Seinfeld O	Winfrey	Global Nat.	Whisperer	Fanboy	ey: Toronto Maple Leafs	DeGeneres Show	(N)	Phineas	Two Men	Joes: All Stars	Real Renos
E	PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	The First	News	Early News	(4:59) News	CBC News:	Parents	at Boston	CTV News	Bermuda	Wizards	Community	Pros vs.	Friends O
5	:30	Payne	News	Martha	Business	NBC News	News	48 20	ABC News	Global Nat.	Hour (N)	Vancouver (N) 30	SpongeBob	Bruins. (Live)	at Five (N)	Triangle	Hannah	Rules	Joes: All Stars	Friends ()
-	PM		Global Nat.	Dogs	PBS News-	News (N)	News	The First	News	(5:59) News	ET Canada		iCarly &c		CTV News	Finding	Suite/Deck	Couples	TNA Wres-	Friends O
6	:30	der: SVU	News	Parks	Hour (N) RC	Millionaire	Access H.	48 80	News	Hour (N)	Ent	Coronation	Indle	SportsCen-	(N) O 50	Atlantis	Wizards	Parks	tling (N)	Friends 0
7	PM	Seinfeld O	Ent	Marine	Courage In	Jeopardy!	The Dr. Oz	Manhunter	Ent	Ent	The Office	Wheel	iCarly IC	tre (Live) 30	CSI: Crime	Myth-	Sonny	30 Rock		Family Guy
1	:30	Seinfeld O	ET Canada	Machines "War"	Corsets:	Wheel	Show (N) O	Manhunter	The insider	ET Canada	Outsourced	Jeopardy!	Indle	Hockey	Scene	Busters O Ed	Hannah	Curb		Worked
0	PM		Wipeout (N)	Earth	Hustle O 30	Community	Blg Bang	Manhunter	Wipeout (N)	Wipeout (N)	Wipeout (N)	Doc Zone	Carly (80)	Sports	Big Bang	Dally Planet	Suite/Deck	News	Coal ()	Real Renos
8	:30	"Delta Farce" (2007, Com-	O IND	Changed History		Couples	Rules	Manhunter	O RG	O sec	0 85	(N) O Rec	Chris	Off Record	Cleveland		Good Luck	EP Daily	y man	ET Canada
0	PM	edy) No	The Office	Movie: ***	MI-5	The Office	CSI: Crime	(9:01) The	Grey's	The Office	The Office	Doc Zone	8 Rules	Boxing:	Grey's	Bermuda	Wingin' It	Royal Pains	MANswers	Family Guy
9	:30		Raising	"Winged Migration"	Kidnapped baby.	Parks	Scene	First 48 80	Anatomy (N) O	Raising	Raising	(N) 0 1660	Indie	Montiel vs. Donaire,	Anatomy (N) O	Triangle	Overruled!	160	MANswers	Worked
40	PM		The Office		Augusta's	30 Rock	The Mental-	(10:01) The	(10:02)	The Office	News Hour	National	Family Biz	Jones vs.	The Mental-	Finding	Ned's	Justice	Trailers	Friends O
10	:30	"Delta Farce" (2007, Com-	Outsourced	Landscape	Master Plan	Outsourced	ist (N) RE	First 48	Private Practice	Outsourced	Final (N)		Weird	Karass.	ist (N) III	Atlantis	Stone	Judge B.	MANswers	Friends O
4.4	PM	edy) IFE	CHBC News	A STORY OF THE STO	Charlie	News (N)	News	Manhunter	News	News Hour	Ent	George S	Prank Ptrl	SportsCen-	CTV News	Myth-	So Raven	Amazing	(11:10) The	Friends O
11	:30		Final (N)	the Word	Rose (N) 20	Jay Leno	Letterman	Manhunter	Nightline	Final (N)	ET Canada	Comedy	Prank Ptrl	tre (Live) RE	CTV Mouse	Busters O 80	Life Derek	Pald Prog.	Shield &	Friends ()

		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	AM :30	In the Heat of the Night	(5:30) Morn- Ing News (N) 38	Wibbly Plg Arthur	Bob Bulld Lions	News (N) IIC	News	CSI: Miami	News	(5:30) Morn- Ing News (N) &c	(4:30) Morn- Ing News (N) (CC	CBC News Now sc	Being lan	SportsCen- tre 30	Canada AM	Breakout (4)	Henrys Franny	CityLine (62)	Pros vs. Joes O	Comebaci
7	AM	Cosby		H1-5 ati	Arthur	Today Meryl		Criminal	Good Morn-		(11)	Artzooka	Beyblade	SportsCen-		How/Made	Phineas	The Nate	Pros vs.	Torrens
1	:30	Cosby		Pinky	Martha	Davis and Charlie	Show (N)	Minds O	Ing America (N) &C			Animal	Pokemon	tre Rd		How/Made	Suite/Deck	Berkus Show	Joes ()	Torrens
8	AM	Cash Cab		Magic Bus	Curlous	White. (N)		Criminal Minds 0			100 Huntley Street &c	Bo On/Go	Super Evil	SportsCen-		Myth-	Hannah	Rachael	Pros vs.	Whatever
0	:30	Lyricsl		Poppet	Cat in the							Busytown	Kld vs. Kat	tre 30		Busters 0 kg	Phineas	Ray O RE	Joes ()	Whatever
9	AM	Family Fd	100 Huntley Street 800	Clifford	Super Why!		The 700 Club №	Criminal Minds O	Live With Regis &	100 Huntley Street ™	World Vi-		100000	SportsCen- tre 30	Live With Regis &	Cash Cab	Mickey	Role	Pros vs. Joes ()	Restauran
_	:30	Family Fd	14-1310	G. Shrinks	Dinosaur				Kelly			News	Berenstain		Kelly	Cash Cab	Manny	Amazing		
10	AM :30	The Investi- gators	World VI- slon III	Mag Fero Spider	Sesame Street 0		The Price Is Right (N)	Criminal Minds O	The View	World Vi- sion (4)	Handyman	Poko O	Little Bear	Dog Chal- lenge	The View	Mayday 🖾	Mickey	EP Daily	Pros vs. Joes n	Torrens
	AM	Forensics	PLAN	Rolle Polle	(EI)	Ellen	Young &	The Sopra-	Paid Prog.	PLAN	Big Flip Noon News	Doodlebop	Fly Rhino Babar	Billiards -	Marilyn	Deadliest	Manny Suite Life	Out There	Dana a sa	Torrens
11		Evidence	Chef	Berenstaln	Sit & Be Fit	DeGeneres	Restless	nos o se	Paid Prog.	Chef	Hour (N)	dirtgirl	Erky Perky	Billiarus -	Denis	Catch (#0	Suite Life	CityLine 300	Pros vs. Joes ()	Gold Girls
-		Jim	Noon News	Arthur O	Charlle	Show Pald Prog.	News	CSI: Mlami	All My	Noon News	Days of our	CBC News	Almost Na	The Fab	etalk 30	Bermuda	Wizards	General	Pros vs.	70s Show
12	:30	King	Hour (N)	Dinoseur	Rose O M	Shirt Offi	Bold	O BE	Children (N) Rei	Hour (N)	Lives (N)	Now (N) O	Kid vs. Kat	Five	Bold	Triangle	Hannah	Hospital	Joes ()	'70s Show
-	PM	King	THE REAL PLANS OF THE PARTY OF	Dinosaurs	Painting	Extra 2011 (0.00)	The Talk	Criminal		Days of our	The Doc-	Dragons'	Viva Piñata		Marilyn	Finding	Cory	(N) O Jdg Judy	Pros vs.	King
1	:30	Earl	Lives (N)	Wibbly Plg	Scrapbook	Lives (N)	O Test	Minds O	Live (N) O	Lives (N)	tors (cc)	Den A 80	Kid vs. Kat		Denis	Atlantis	Recess ()	Jdg Judy	Joes ()	King
0	PM	Friends O	Young &	Charlle	Barney	Judge B.	Let's Make a Deal (N)	Criminal	General	Young &	Unsellable	Steven and	Monster	Off Record	Dr. Phil	Myth-	Replacemn	Access	Pros vs.	Gold Girls
4	:30	Friends O	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	Minds O	(N) O	Restless	Debt/Part .	Chris (N) O	Garfield	Interruption	0 88	Busters 0 30	Ned's	Hollywood Live	Joes ()	Gold Girls
3	PM		The Doc-	Mirabelle	WordGlrl	The Doc-	Dr. Phil	Criminal Minds O	Rachael Ray O to	The Doc- tors ##	Young & Restless	Recipes	Kld vs. Kat	SportsCen- tre (Live) &	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N) ©C	Pros vs. Joes ()	Restaurant
0	:30	The Office			Electric							Mercer	Sidekick	tre (Live) ac		How/Made	Suite Life			makeover
4		Family Guy	Winfens		Blz KidS Wild Kratts	Jdg Judy	Oprah Winfrey	Criminal Minds O	Seinfeld 0	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob		Ellen DeGeneres	Daily Planet (N)		Murdoch Myster-	Ways Die	Torrens
-		Family Guy Browns	Early News	G. Shrinks Dino Dan	BBC World	Jdg Judy News (N)	News	Criminal	Seinfeld O News	Fb-N	Global Nat.	BC	Squirrel	MLS Soc- cer: FC	Show		Phineas	ies ()	Ways Die	Torrens
5	:30	Payne	News	Martha	Business	NBC News	News	Minds O	ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver	Penguins	Dallas at Columbus	PARTY OF CANADATA	Junk Raid- ers 2	Washanal	Who Do You	Ways Die Ways Die	'70s Show
	PM	Law & Or-		Dogs		News (N)	News	Criminal	News	(5:59) News	FT Canada	(N) 3cc	SpongeBob iCarly (N)	Crew. (36)	CTV Nows	Man vs.	Warthogs! Suite/Deck	Fringe 'The		King
6	:30	der: SVU	News	Parks	Hour (N) ad	Millionaire	Access H.	Minds O	News	Hour (N)	Ent	Coronation	Big Time	SportsCen-	100 100 200 200 200 100	Wild (N)	Shake It	Firefly*	Ultimate	King
pen	PM	Seinfeld O	Ent	In Korea	Wash.	Jeopardy!	The Dr. Oz	Criminal	Ent	Ent	Haven	Wheel	Movie:	tre (Live) to	etalk Icc	American	Good Luck	Mantracker	Fighter () Coal ()	Family Guy
1	:30	Seinfeld O	ET Canada		News	Wheel	Show Inc.	Minds ()	The Insider	ET Canada	(N) (E)	Jeopardy!	*** *Ferris	Hockey	Big Bang	American	Wizards	(DVS)		Family Guy
8	PM	*Deuce	Chaos "Pilot" () 3d	Garrow's	Need to Know (N) BC	Who Do You	Chaos "Pilot" () Isti	Breakout		Chaos	Chaos	Marketplace	Day Off*	Sports		Daily Planet		News	Auction	Torrens
0	:30	Bigatow: European	Phot () At	LEW () ME	Know (N) sc		Phot () ist	Kings 🎮	(N) O BE	"Pilot" () tet	"Pilot" () too	(N) O	(1986)	Off Record	Listener Sti (DVS)		"Hatching Pete" (2009)	EP Daily	Auction	ET Canada
9	PM :30	"Dauce	90210 O HS	Rebus "Res- urrection Men" #6	Lark Rise to Candleford		CSI: NY "Identity Crists"	(9:01) Criminal Minds	Primetime: What Would	90210 () [85]	90210 O KE	fifth estate	SpongeBob Gigantic	Friday Night		Man vs. Wild	Connor	Without a Trace (tt)	MANswers MANswers	Family Guy
10	PM :30	Bigalow: European Gigolo"	Haven III	The Mu	Doc Martin		Blue Bloods 0 50	(10:01) Criminal	20/20 (N) O RE	Haven 3C	News Hour Final (N)	National	Life Unexpected	(Same-day Tape)	Blue Bloods (N)	Junk Rald- ers 2	"Neverend- ing Story II"	Justice Judge B.	Coal O	'70s Show
		The Investi-		Genlus,	Charlie	News (N)	News	Minds (11:01)	News	News Hour	Ent	George S	(N) O		CTV News	American		Pald Prog.	Auction	King
77	:30	gators	Final (N)	Photo.	Rose (N) III	Jay Leno	Letterman	Criminal Minds	Nightline	Final (N)		Mercer	Star O St	tre (Live) to	-		Life Derek	Pald Prog.	Auction	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 #344 - Rated Medium

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

#### THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2011 Carter Boswell, Princeton, BC and published by Similkameen News Leader

### **IS IT TIME** TO SUBSCRIBE TO THE **NEWS LEADER?**

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00)
ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00)
ALL PRICES INCLUDE TAXES

CALL FOR DETAILS Similkameen News Leader

## Saturday Hoyl

#### MORNING

8:00 am WTBS ch.3 "Boat Trip" (2003, Comedy) Cuba Gooding Jr. Two skirt-chasing buddies discover too late that their travel agent has booked them on an all-gay cruise. (CC) 10:00 am WTBS ch.3 "The Prince & Me" (2004, Romance-Comedy) Julia Stiles. A premedical student falls in love with a Danish prince who keeps his identity a secret. (CC) 11:30 am 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.

#### **AFTERNOON**

12:00 pm FAM ch.26 "Ernest Goes to Camp" (1987, Comedy) Jim Varney. Kamp Kikakee jani-tor Ernest finally gets to be coun-selor, for a bunch of juvenile delinquents. (In Stereo) (CC)
1:30 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.

1:31 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) 4:00 pm SPIKE ch.44 "Exit

Wounds" (2001, Action) Steven Seagal. Premiere. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a

drug ring.
5:00 pm WTBS ch.3 "Blue
Streak" (1999, Comedy) Martin
Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (CC) (DVS)

#### **EVENING**

6:00 pm CITY ch.29 "Crash" (1996, Action) Michael Biehn. An underworld figure joins a lovely undercover agent against drug lords and corrupt police. (CC) (DVS)

SPIKE ch.44 "Executive Decision" (1996, Action) Kurt Russell. Premiere. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas. 7:00 pm WTBS ch.3 "Blue

Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (CC) (DVS) CITV ch.12 "XIII" (2009, Suspense) Val Kilmer. An amne

siac faces accusations of assassinating the first female U.S. president. (CC)

8:00 pm CHBC ch.4 BCTV ch.11 "XIII" (2009, Suspense) Val Kilmer. Premiere. An amnesiac faces accusations of assassinating

the first female U.S. president.

(CC) KSPS ch.6 "Heaven Can Wait" (1943, Fantasy) Gene Tierney. Ernst Lubitsch's fanciful tale of a Casanova who looks back upon his carefree lifestyle as he awaits his eternal fate. (In Stereo) (CC) KXLY ch.10 VTVch.22

Transformers" (2007, Action) Shia LaBeouf. Humanity's fate rests in the hands of a youth when two races of warring robots make Earth their final battleground. (In Stereo) SPIKE ch.44 "Exit Wounds" (2001, Action) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a

drug ring.
9:00 pm WTBS ch.3 "Boat Trip"
(2003, Comedy) Cuba Gooding
Jr. Two skirt-chasing buddies
discover too late that their travel agent has booked them on an all-gay cruise. (CC)
FAM ch.26 "Father of the
Bride" (1991, Comedy) Steve
Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding. (In Stereo) (CC)

10:00 pm SPIKE ch.44 Executive Decision" (1996, Action) Kurt Russell. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas. 10:45 pm FAM ch.26 "Cadet

.. continued on Page 19

#### MORNING

7:00 am A&E ch.9 "The Lost World: Jurassic Park" (1997, Adventure) Jeff Goldblum. Mercenaries and scientists pursue genetically engineered dinosaurs inhabiting a Costa Rican island.

8:00 am WTBS ch.3 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absentminded inventor's flying rubber creation and his fiancee. (CC) 10:00 am WTBS ch.3 "Rat Race" (2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million. (CC) 11:00 am SPIKE ch.44 "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (In Stereo)

#### **AFTERNOON**

12:00 pm FAM ch.26 `The Mighty Ducks" (1992, Comedy) Emilio Estevez. To get out of trouble, a hotshot lawyer opts for community service coaching rowdies in peewee hockey. (In

1:43 pm FAM ch.26 `The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (CC) 2:00 pm YTV ch.18 "Chicken Run" (2000, Comedy) Voices of

Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England. (In Stereo) (CC) SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)

3:00 pm VTVch.22 "Elijah" (2007, Biography) Billy Merasty. Elijah Harper becomes an aboriginal politician who changes the course of Canadian history. (In Stereo) (CC) (DVS)

4:00 pm YTV ch.18 "Barnyard" (2006, Comedy) Voices of Kevin James. Animated. Otis the bull would rather sing and dance with the other farm animals, but somehow he must find the courage to lead when responsibility is thrust upon him. (In

Stereo) (CC) 5:00 pm WTBS ch.3 "Forrest Gump" (1994, Drama) Tom

Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75.

CBC ch.13 "The Incredibles" (2004, Adventure) Voices of Craig T. Nelson. Animated. Now fighting boredom in suburbia, a former superhero and his family get a chance to save the world. (In Stereo) (CC)

SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo) Stereo)

#### EVENING

6:00 pm YTV ch.18 'Madagascar: Escape 2 Africa" (2008, Comedy) Voices of Ben Stiller. Premiere. Animated. Zoo animals from New York meet others of their species for the first time after crash-landing on the time after crash-landing on the Dark Continent. (In Stereo) (CC) 8:00 pm CBC ch.13 "Bon Cop, Bad Cop" (2006, Comedy) Colm Feore. Two policemen from different Canadian provinces must work together to solve a crime. (In Stereo) (CC) continued on Page 19

FREE CLASSIFIED ADVERTISING ONLINE?

www.thenewsleader.biz

### SATURDAY, APRIL 2, 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	Paid Prog.	Driving TV	Dinosaur	America	Today (N)	(5:00) The	Sell House	In Kitchen	Driving TV	Fishing	Jungle	Grossology	SportsCen-	Kids	Salvage	Jungle	Kitchen	CSI; NY	Torrens
6	:30	Paid Prog.	Big Coast	Rolle Polle	Fly Tying	0.00	Early Show	Sell House	Your Home	Blg Coast	Fishn	Busytown	Invasion	tre tit	Kingdom	Code Red	Wow Wow	Dharti	OIE	Paid Prog
7	AM	Paid Prog.	Saturday	HI-5	MotorWeek		Busylown	Sell House	Good	Saturday	Saturday	Animal	Super Evil	Sportfish	Anno	Man vs.	Mickey	Eye on Asla	CSI: NY	Friends ()
-	:30	Paid Prog.	Morning News (N) III	G. Shrinks	Greener	1	Busytown	Sell House	Morning America	Morning News (N) so	Morning News (N) III	Super Why!	Super Evil	Motoring	Anne	Wild	Manny		O SEE	Friends (
8	AM	Movie: +h		Rob Robot	Woodsmith	News (N)	Doodlebop	Flip This	School	1,5115 (1,17-1		Doodlebop	SpongeBob	Classix	Kingdom	American	Fish Hooks	Pollsh	Xtreme 4x4	70s Show
0	:30	"Boat Trip" (2003, Com-		Dino Dan	Hometime		Horseland	House III	Replacemn			Goldfish	Kld vs. Kat	Motorcycle	Hobo	American	Sulte/Deck	Studio ad	Horse.	'70s Show
9	AM	edy) ED		Magle Bus	Rough Cut		Fight Camp		So Raven		Driving TV	Sneaker	SpongeBob	30 for 30 RG	Sue	Salvage	I'm in Band	Travels	Trucks! (N)	Family G
9	:30			Arthur	Old House		ATP Tennis:	House Em	So Raven		Fishing	Confidential	Almost Na		Thomas F.B.Eye	Code Red	Wizards	Planet	MuscleCar	Family G
10	AM	Movie;	Fishn	Hedgehog	Old House	Willa's	Sony Erics- son Open,	Billy	Hannah	Fishn	Powerboat	Breeze (N)	Fanboy	MLS Soccer	Nature	Destroyed	Wingin' It	Spirit for	Coal O	Frasier O
10	:30	** "The Prince & Me"	Fishing	Martha	Kitchen	Pearlie (EI)	Women's	Bllly	Sulte Life	Fishing	Tradition	Antiques	Sidekick		Nature	Destroyed	Sonny	Survival 20		Frasier (
1-1	AM	(2004) 88	Powerboat	Wild Kratts	A'Field	Heal Power-	Final. (Uva)	Billy	Pald Prog.	Powerboat	Simpsons	To Be An-	Parents		ls Written	River Mon-	Kings	cooking	Jall Be	King
11	:30		Tradition	Babar	Sara	Juicing		Billy	Pald Prog.	Tradition	Simpsons	nounced	Super Evil		Car Bnss	sters RC	Hannah	Reviews	Movie:	King
10	PM	Cheers O	News'	Gardens	Cook's	PGA Tour	Moments	Billy	TBA	News	PGA Tour		Beyblade	Sports	Canada's	Mighty	Movie: "Er-	Amazing	* * * "Under Siege"	Friends 6
12	:30	Jim	PGATour	Gardens	Victory	Golf: Shell Houston	Reel	Billy	Hometime	PGA Tour	Golf: Shell Houston		Pokemon	Curling:	Worst Driver	Ships RE	nest Goes to Camp* O	Role	(1992, Ac-	Friends
4	PM	Amer. Dad	Golf: Shell Houston	Parks	Antiques	Open, Third	The Final	BIlly	Jamle	Golf: Shell Houston	Open, Third	Swimming:	Yu GI Oh	2011 Ford World Men's	Worst	Junk Rald-	January 17	Paid Prog.	tion)	Fraster e
1	:30	Amer. Dad	Open, Third Round, 60	Parks	Roadshow	Round. () (Live) EE	Four Show	Billy	Oliver's Food	Open, Third	Round. (Live) ISS	FINA World Champion-	Three	Champi-	Handyman	ers 2	(1:31)	Pald Prog.	Movie: **	Frasler (
2	PM	King	nound, we	Rivers	Whiz Kids			The First	ESPN	Round, 80		ship Trials.	Carty BE	onship: Canada vs.	Ultimate	Myth-	Movie: ** "Flubber"	Friends ()	"On Deadly Ground"	70s Sho
2	:30	King		Rivers	0 110			48 80	Sports Saturday			ac.	ICarty 80	Switzerland.	Africa O 383	Busters O RE	(1997)	Friends ()	(1994) Ste-	'70s Sho
0	PM	Amer, Dad	Cavalia	Meerkat		Judge J.	College	The First	Sports an-	Cavalla	Simpsons	National	ICarly III		Sue	Cash Cab	Suite Life	CityNews	ven Seagal.	Torrens
3	:30	Amer. Dad	Simpsons	Ol Pej	Fifteen	Turbo	Basketball	48.00	thology. (N)	Simpsons	Family Guy	HNIC	Carty #0	Sports	Thomas F.B.Eye	How/Made	Suite/Deck	Out There		Torrens
1	PM	Family Guy	Simpsons	Alexander	Steves	Shelldon		The First	Storms	Simpsons	Family Guy	NHL	Mr. Young	Boxing:	Corner Gas	Cash Cab	I'm in Band	cooking	Movie:	Family G
4	:30	Family Guy	Family Guy	the Great	Field Guide	Magic Bus		48 RU	Storms	Family Guy	Global Nat.	Hockey: Regional	Mr. Young	Montiel vs. Donaire,	Comer Gas	Cash Cab	Wizards	Amazing	* "Exit Wounds"	Family G
E	PM	Movie:	Family Guy	Earth -	Last/Wine	News (N)		The First	Stories	Family Guy	(4:59) News	Coverage. (Live) 83	Mr. Young	Jones vs. Karass.	etalk Kö	Flying Wild	Hannah	G. Martin	(2001) Ste-	Pawn
5	:30	Streak"	News	Changed History	Old Guys	NBC News	College	48 00	ABC News	Global Nat.	Hour (N)	(Live) ass	Mr. Young	Narass.	etalk BC	Alaska	Good Luck	Out There	ven Seagal.	Pawn
6	PM	(1999) ME (DVS)	Global Nat.	Hope for	Lawrence	News	Basketball	The First	News	(5:59) News	16:9		Indie	Curling:	CTV News	Junk Rald-	Jonas 30	Movie: **	Movie: ***	Worked
0	:30	(5,5)	News	Wildlife III	Welk	Wheel		48 20	Seinfeld 0	Hour (N)	Family		Mr. Young	2011 Ford World Men's	(N) O EQ	ers 2	Suite/Deck	"Crash" (1996)	"Executive Decision"	Worked
7	PM	Movie:	16:9	Eco Engl-	My Family	Criminal		The First	Entertain-	16:9	Movle: "XIII"	111111111111111111111111111111111111111	Splatalot	Champi- onship:	W5 0 88	American	Wingin' It	Michael Biehn.	(1996)	Family G
1	:30	Streak"	Family	neering 20	As Time	Minds O III		48 20	ment Tonight	Family	(2009, Sus- pense) Val	Hockey: Edmonton	Splatalot	Canada vs.	(DVS)	Chopper	Wizards	Dietiii.		Family G
8	PM	(1999) IIII (DVS)	Movie: "XIII" (2009) Val	Heartbeat	Movie:	Harry's Law	To Be An- nounced	Purgatory	Movie: ***	Movie: "XIII" (2009) Val	Kilmer. 🖾	Oilers at Vancouver	Funnlest	Denmark. (Live)	Movie: ***	To Be An-	Jonas L.A.	CityNews	Movie:	Instant
0	:30	(,	Kilmer. Pre-	0.54	Heaven	4) 650	nounced	Manhunter	formers"	Kilmer, Pre-		Canucks. RO	Videos		"Trans- formers"	nounced	Baxter ()	EP Weekly	* "Exit Wounds"	Instant
0	PM	Movie: */s "Boat Trip"	mlere. III	A Touch of Frost Frost's	Can Wait*	Law-Order L.A.		(9:01) The First 48 EU	(2007) Shia LaBeouf,	miere, Eti	Dual Sus-		Weird	Sports	(2007) Shia LaBeouf.	Junk Raid-	Movie: ***	Without a	(2001) Ste- ven Seagal.	Friends (
3	:30	(2003, Com-		informant Is	, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	L.A.		FIIST 48 60	Tyrese		pects 🕮	HNIC: After	Welrd	Sports	Tyrese	ers 2	"Father of the Bride"	Trace &G	Ton Geayal.	Friends (
10	PM	edy) EE	Dual Sus- pects Ed	murdered.	Ebert	Law & Or- der: SVU		(10:01) The First 48	Gibson. n	Dual Sus- pects &fi	News Final	Hours	Indie	30 for 30 EC	Gibson, O	Flying Wild Alaska		Home Imp.	Movie: ***	Frasier (
10	:30		pecta ne		Toolbox	uer: avu		FRSt 40		pects au	(10:35)	News	Indle			Alaska	(10:45)	Home Imp.	"Executive Decision"	Frasler (
11	PM	"The Prince & Me" IIII	News Final	In Korea	Austin City Limits EX	News (N)	News	(11:01) The First 48	Storms	News Final	Saturday Night Live	NHL Hockey	In Real Life	SportsCen-	CTV News	American	Movie: "Cadet Kelly"	Paid Prog.	(1996)	King
11	:30	CL IVIO UM	SNL		Pillints and	SNL	The Closer	1 1181 40	Pald Prog.	SNL	0 000	O Ed	49 850	tre (Live) 🔯	CTV News	Chopper	(2002)	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
6	AM	Sports	Hunter	Zoboo	Mr Rogers	Today (N)	Easy Clean	Private Ses-	Pald Prog.	Hunter	Aviators	Razzberry	Grossology	SportsCen-	Sue	I Could Do	Jungle	Travels	Auction	Fish TV O
0	:30	Mad	Fishful	Rolie Polle	Angelina	0 🖾	Pald Prog.	sions 85	Wall Street	Fishful	Canada	Poko n	Zeke's Pad	tre 82	Thomas F.B.Eye	I Could Do	Wow Wow	Pald Prog.	Auction	Pald Prog
7	AM	Career Day	Fishing	HI-5 000	Wild	News III	CBS News Sunday	Movie: **>	Good Morning	Fishing	PLAN Canada	News	Kld vs. Kat	Reporters	Sue Thomas	Bermuda Triangle	Mickey	Eye on Asia 30	Coal ()	Friends ()
-	:30	JJ Atlanta	Canada	G. Shrinks	Clifford	Northwest	Morning	World: Ju-	America	Canada	O EE	Coronation	Casper's	Reporters	F.B.Eye	Triangle	Mickey	Asia su		Friends ()
8	AM	Movie: ** "Flubber"	Sunday Morning	Rob Robot	Sid	Meet the Press (N) ED	(N) EE	rassic Park* (1997) Jeff	This Week- Amanpour	Sunday Morning	TribalTrail	Coronation	Garfield	Speed	Inst't Star	Finding Atlantis	Fish Hooks	Eye-Asla	Xtreme 4x4	70s Show
0	:30	(1997) Robin	News (N) III	Dino Dan	Cat in the		The Nation	Goldblum.		News (N) (50	Blg Coast	Coronation	Almost Na	NASCAR Now (N) 80	Is Written	Auditio	Sulte/Deck	Festival Italiano di	Horse.	703 Show
9	AM	Williams.		Magic Bus	Design	Pald Prog.	Motorcycle Racing		Mtthws		Hour of Power EC	Coronation	SpongeBob		PLAN Canada	Mighty Ships 🖾	I'm In Band	Johnny	Trucks! ()	Roseanno
9	:30			Arthur	APPLICATION ST.	NHL Hockey:			NBA		1000	Coronation	Squirrel	NHL Hockey:	ORE	Omposio	Wizards	Lombardi (In Italian) BC	MuscleCar	Roseanna
10	AM	Movie: ** "Rat Race"	Foodies	Hedgehog	Inside Olympia III	New York	ATP Tennis: Sony Erics-	Breakout Kings 🛍	NBA Basketball:	Foodles	Listen Up	AHL Hockey:	Parents	New York	Jeff's Adv.	License to	Wingin' It		Coal O	King
10	-	(2001)	Listen Up	Martha		Rangers at Philadelphia	son Open,		Phoenix	Listen Up	Foodles	Manitoba	Carty &	Rangers at Philadelphia	Travel	D1111 411	Sonny			King
11	~	Rowan Atkinson.	Hour of Power ISS	Wild Kratts	Impact	Flyers. 🖾	Men's Final, From Miami,	The Sopra-	Suns at San Antonio	Hour of Power 00	Simpsons	Moose at Toronto	Blg Time	Flyers, &C	Question Period (\$2)	Ocean &	Kings	Out There	Movie: * * * The Perfect	Friends ()
	:30			Prime	Europe Jrnl				Spurs. 🖾		SImpsons	Marlies. 🖾	Victorious				Hannah	Pald Prog.	Storm*	Friends 0
12	2000	Payne	News	Dogs	Great Per- formances	PGA Tour Golf: Shell		The Sopra-		News	PGA Tour Golf: Shell		Splatalot	Curling: 2011 Ford	(DVS)	1	Movle: * * The Mighty	cooking	(2000, Suspense)	Bad Girls
12		Payne	PGA Tour Golf: Shell	Dogs	at the Met	Houston	Dunks of the Year (N)		NBA Basketball:	PGA Tour Golf: Shell	Houston	One/One	Splatalot	World Men's			Ducks" ()	I Cook	George	Bad Girls
1		Browns	Houston	Undersea	Puccini's "Manon	Open, Final Round. 0		The Sopra-	Denver	Houston	Open, Final Round. 0	Dragons'	Weird	Champi- onship:	To Be An- nounced	Motor City Motors		Law Order: CI	Clooney. 0	Wipcout (I
	.00	Browns	Round, 50	*	Lescaut."	(Live) RD	High School		Nuggets at Los Angeles	Open, Final Round. 図	(Live) 😂		Weird	Canada vs. Germany.	100000000000000000000000000000000000000		(1:43) Movie: **			
2		Seinfeld 0					Basketball	Criminal Minds O	Lakers. 🕮			Steven and Chris &	Movie: *** *Chicken	(Live)	In Fashion	Myth- Busters	The Thir-	Friends O	Movie: **% "Man on	Fear Facto
-		Seinfeld 0		Ol Pej									Run" (2000)		First Story	"Ninjas 2"	teenth Year* (1999)	Friends O	Fire* (2004)	
3		The Office	Simpsons	Be the Creature ER	Augusta's Master	Pald Prog.	Pald Prog.	Criminal Minds O	Paid Prog.	Simpsons	Simpsons	Recipes	O RC	NBA Basketball:	Movie: "Elijah"	Cash Cab		CityNews	Denzel Washing-	Instant
-	100	The Office	Simpsons		Plan	Babar 20	Meaningful		Pald Prog.	Simpsons	Family Guy	Mercer		Orlando	(2007) Billy	Cash Cab	Suite/Deck	cooking	ton. O	Instant
4	:30	The Closer	Simpsons Family Guy	Hope for Wildlife BG	O Ed	NUMB3RS "Traffic" O	Extra (N)	Criminal Minds O	Heartland ac	Simpsons Family Guy	Family Guy Global Nat.	Jeopardy! Wheel	Movie: **% "Barnyard" (2006) O Rd	Magic at Toronto Rap- tors. Itel	Merasty. O	Myth- Busters	I'm in Band Wizards	Funniest Home Videos		O so
per	PM	Movie:	Family Guy	THE RESERVE OF THE PARTY OF THE	Hometime	News (N)	News	Criminal	The Insider	Family Guy	(4:59) News	Movie:			First Story	Rise of the	Hannah	Secret Mil-	Movie: ★★%	Wipeout
5	:30	***%*For- rest Gump*	Global Nat.	of Britain	Old House	NBC News	News	Minds "100"	ABC News	Global Nat.	Hour (N)	*** The Incredibles		30 for 30 KG	Fashlon	Jellyfish (N)	Good Luck	Ilonaire (N)	"Man on Fire" (2004)	Canada 20
6	PM:30	(1994) Tom Hanks, Robin	(5:59) News Hour (N)	Marine Machines 'War'	Lark Rise to Candleford	News (N) Pald Prog.	KREM 2 News at 6 (N)	Criminal Minds O RG	News Storles	(5:59) News Hour (N)	The Celebrity Apprentice	(2004) 0	Movie: *** "Madagas- car: Escape		CTV News (N) O BC	Inside Perfect Predator	Jonas 🐯 Suite/Deck	The Beat The Beat	Denzel Washing- ton, O	Kitchen Nightmare (N)
7	PM :30	Wright. 80	Cleveland Amer. Dad	Bear Island	Walk In Park	Dateline NBC () III	60 Minutes (N) O BE	Breakout Kings (N) III	Funnlest Home Videos	Cleveland Amer. Dad	"The Art of the Deal"	The Nature of Things	2 Africa*	SportsCen- tre (Live) #4	Undercover Boss &C	Myth- Busters	Wingin'tt Wizards	Body of Proof (N) 88		Buy Me O
-	PM	The Closer	Simpsons	Born and	The Civil	Next Great	The 46th	Breakout	Secret Mil-	Simpsons	Simpsons	Movie: Bon	Super Evil		Blg Bang	Rise of the	Jonas LA	CityNows	Disorderly	Wipeout
8	:30	Est	Family Guy	Bred (N) Es	War Abra- ham Lincoln,	Restaurant	Annual Academy	Kings 35	tionaire (N)	Family Guy	Amer. Dad	Cop, Bad Cop* (2006)	Mr. Young	Motoring	Two Men	Jellyfish	Baxter O	EP Weekly	Conduct	Canada BC
9	PM :30	Movie: *** For-	The Celebrity	Datzlei and Pascos (N)	Robert E. Lee.	The Celebrity	of Country Music Awards	(9:01) Criminal	Desperate Housewives		Family Guy	Colm Feore.	Splatalot Splatalot	Boxing	Desperate Housewives	Inside Perfect	Movie: "The Greatest	Without a Trace &£	Coal O	Friends O
		rest Gump" (1994) Tom	Apprentice The Art of	Datzlet and	MI-5	Apprentice "The Art of	(Same-day	Minds (10:01)	(10:01)	*The Art of	News Final	National	Surviva		(10:01)	Predator Myth-	Game Ever Played*	Home Imp.	Movie: **	Frasier O
10		Hanks, Robin	the Deal*	Pascoe (N)	Kidnapped baby.	the Deel*	Tape) O	Criminal Minds	Body of Proof	the Deal*	16:9		Survive		Flashpoint	Busters O 10	(2005)	Home Imp.	"Man on	Frasier O
	PM	Wright. 883	News Final	"Winged	Augusta's	News	News	(11:01)	News	News Final	Paid Prog.	News	In Real Life	SportsCen-	CTV News	Rise of the	Movie: "City	Paid Prog.	Fire* (2004)	King
11	:30		16:9	Migration"	Master Plan	Pald Prog.	The Unit	Breakout . Kings	Van Impe	16:9	Pald Prog.	Whisperer	0 22	tro sc	CTV News	Jellyfish	Slickers*	Paid Prog.		King

#### MONDAY, APRIL 4, 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
-	AM	In the Heat		- Wibbly Pig	Bob Build	News (N) It	News	Intervention	News	(5:30) Morn-	(4:30) Morn-	CBC News	Being lan	SportsCen-		Breakout 30	Henrys	CityLine 80	CSI: NY "A	Spoiled
6	:30	of the Night	Ing News (N) 38	Arthur	Between			"Miriam"		Ing News (N) 30	Ing News (N) 35	Now 90	Rollbots O	tre se	O MG		Franny		Man a Mile"	Spoiled
-	AM	Cosby	(14) 20	HI-5 RC	Arthur	Today (N)	The Early	Intervention	Good Morn-	(N) ASI	(14) 34	Artzooka	Beyblade	Sports	1	How/Made	Phineas	The Nate	CSI: Crime	Tooned O
1	:30	Cosby		Pinky	Martha	0.80	Show (N)	"Jackie"	Ing America			Animal	Pokemon	Curling:		How/Made	Suite/Deck	Berkus Show	Scene	Tooned O
	AM	Cash Cab		Magic Bus	Curlous			Intervention	(N) 30		100 Huntley	Bo On/Go	Super Evil	2011 Ford World Men's		I Could Do	Hannah	Rachael	CSI: Crime	Whatever
8	:30	Lyrics!		Poppets	Cat in the	100		"Marci"			Street 20	Busytown	Kid vs. Kat	Champi-		I Could Do	Phineas	Ray O EQ	Scene	Whatever
	AM	Family Fd	100 Huntley	Clifford	Super Why!		The 700	Intervention	Live With	100 Huntley	World VI-	Super Whyl	Timothy	onship: Canada	Live With	Canada's	Mickey	Role	CSI: Crime	Restaurant
9		Family Fd	Street 84	G. Shrinks	Dinosaur		Club RO	"Sarah"	Regis &	Street Rd	sion 85	News	Berenstaln	vs. South	Regis &	Worst	Manny	Amazing	Scene	Makeover
	-	The Investi-	World Vi-	Mag Fero	Sesame		The Price Is	Intervention	The View	World VI-	X-Weighted		Little Bear	Korea.	The View	Driver Worst	Mickey	EP Dally	CSI: NY "A	Just Shoot
10	:30	gators	sion RC	Spider	Street 0	-	Right (N)	"Amy P:"	(N) O IEI	sion 30	"Nicole" O	Doodlebop	Fly Rhino	To Be An-	(N) O 20	Handyman	Manny	OutThere	Man a Mile*	Just Shoot
		Forensics	World VI-	Rolle Polle	(EI)	Ellen	Young &	Interven-	Paid Prog.	World VI-	Noon News	Gofrette	Babar	nounced	Marilyn	Breakout 🖾	Suite Life	CityLine 50	CSI: Crime	Gold Girls
11		Evidence	sion 🕫	Berenstain	Sit & Be Fit	DeGeneres	Restless	tion RO	Pald Prog.	sion @g	Hour (N)	dirtgiri	Erky Perky		Denis		Suite Life		Scene	Gold Girls
-	PM	district the sea	Noon News	Arthur	Charlie	Show . Paid Prog.	News	Intervention	1000000	Noon News	Days of our	CBC News	Sidekick	The state of	etalk su		Wizards	General	Jail RD	Wipeout (N)
12	200	King	Hour (N)	Dinosaur	Rose O Ka	Pald Prog.	Bold	"Miriam"	Children	Hour (N)	Lives (N)	Now (N) O	Kld vs. Kat		Bold	"Flying	Hannah	Hospital	Jail tid	O SIS
		King	Days of our	Dinosaurs	Paint This	Days of our	The Talk	Intervention	(N) EC	Days of our	The Doc-	Dragons'	Viva Piñata	TBA	Marilyn	Blind*	Cory	(N) O Jdg Judy	Jall 20	Wipeout (N)
1	Ding.	Earl	Lives (N)	Wibbly Pig	Sewing	Lives (N)	0.80	"Jackie"	Live (N) O	Lives (N)	tors 🗺	Den O SCI	Kld vs. Kat	To Be An-	Denis	Drill Rtl	Recess 0	Jdg Judy	Jail Md	O ES
		Friends ()	Young &	The Ocean	Barney	Judge B.	Let's Make	Intervention	General	Young &	Unsellable	Steven and	Monster	nounced	Dr. Phil	Myth-	Replacemn	Access	Jail ag	Gold Girls
2		Friends O	Restless	Mr. Moon	WordWorld	Judge B.	a Deal (N)	"Marci"	Hospital	Restless	Debt/Part	Chris (N) O	Garfield		O RC	Busters	Ned's	Hollywood	Jail III	Gold Girls
-		The Office	The Doc-	Mirabelle	WordGirl	The Doc-	Dr. Phil	Intervention	(N) O Rachael	The Doc-	Young &	Recipes	Kld vs. Kat		(2:59) The	Worst	Life Derek	CityNews at	Jall 800	
3		The Office	tors 30	WordWorld	Electric	tors ac	0 80	"Sarah"	Ray o se	tors ac	Restless	Mercer	Super Evil		Dr. Oz Show		Suite Life	6 (N) #0	Jall 20	Restaurant Makeover
	-	Family Guy	Oprah	Rob Robot	Fetch! With	Jdg Judy	Oprah	Intervention	Salatald A	Oprah	Early Name	Ghost			Ellen	Dally Planet				
4		Family Guy	Winfrey	G. Shrinks	Wild Kratts	Jdg Judy	Winfrey	"Amy P."	Seinfeld ()	Winfrey	Early News	Whisperer	SpongeBob	T- D- A-	DeGeneres	(N) &D	Phineas	How I Met	Jail #d	Instant
		Browns	Early News	Dino Dan	BBC World		Maura	Interval		Fach Name	Global Nat.	200 N	Penguins	To Be An- nounced	Show		Phineas	Two Men	Jail Mil	Instant
5		Payne	News	Martha		News (N) NBC News	News	Interven- tion:	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver	OddParent	7. 7. 4.	at Five (N)	Myth- Busters	Wizards	How I Met	Jali 80	Wipeout O RII
	-				Business		News	Pregnant	ABC News	Global Nat.		(N) EC	SpongeBob	To Be An- nounced		0 30	Hannah	Rules	Jail Rid	
6		Law & Or- der: SVU	Global Nat. News	Dogs Can. Parks	PBS News- Hour (N) RC	News (N)	College Basketball:	Relapse O Ed	News	(5:59) News Hour (N)	ET Canada		ICarly ®		(N) O BE	Dirty Jobs (N) O	Sulte/Deck	The Event	Jall (N) O	Wipeout O NO
	-				0140	Millionaire	NCAA		News		Ent	Coronation	The Next Star "Finale"	Curling: 2011 Ford			Wizards	1	Jall (N) O	
7			Ent	Be the Creature RC	Old Guys	Jeopardy!	Tournament, Final: Teams	Heavy (N)	Ent	Ent	Hawall Five-		0 86	World Men's	etalk #0	Junk Rald- ers 2 (N)	Sonny	Harry's Law	Jail (N) O	Instant
			ET Canada		Europe	Wheel	TBA.		The Insider	ET Canada		Jeopardyl		Champi- onship:	Blg Bang		Hannah		Jail (N) O	Instant
8	100		House "Of- fice Politics"	Seven Ages of Britain	The Civil War Eman-	Chuck O EG		Heavy "Sal- lie; Chad"	Dancing With the	House "Of- fice Politics"	House "Of- fice Politics"	Spelling Night	SpongeBob	Canada vs. United	Dancing With the	Dally Planet	Sulte/Deck	News	Jail tro	Tooned O
	_	Man* (2006)			cipation		Big Bang		Stars				Chris	States.	Stars		Fish Hooks	EP Dally	Jall 88	ET Canada
Q			The Chicago	The Satanic Verses Af-	Proclama- tion. () (c)	The Event	Rules	Interven- tion:	(Same-day Tape) ∩ Rd	The Chicago	The Chicago	Comedy	8, Rules		(Same-day Tape) O RM	Myth- Busters	Sonny	The Flavor	CSI: Crime Scene	Parking
	:30		Code 🗯	fair (CO			To Be An- nounced	Pregnant		Code &C	Code IC	Laughs	Indle	SnowTrax		O RE	Overruledi	OI LOVE RE	GCETTE	Parking
10		ACCESSED TO THE RESERVE OF THE PARTY OF THE	Hawali Five-		13	Harry's Law		(10:01) Relapse	(10:01) Castle	Hawali Five-	News Hour Final (N)	National	Splatalot	The Great Tourna-	(10:01) Castle	Junk Rald- ers 2	Ned's	Justice	UFC Fight	Wipeout
-	:30	(2004) Ben		12 Takes	Fort			0 30	(N) (G)	, , , , , , , , , , , , , , , , , , ,	(14)	7	Splatalot	ment	(N) ISI	C15 Z	Stone	Judge B.	Night: Florian vs.	OHO
17			CHBC News Final (N)	The Golden Bridge (83)	Charlie Rose (N) EQ	News (N)	News	(11:01) Heavy &	News	News Hour	Ent	George S	Prank Ptri	SportsCen-	CTV News	Dirty Jobs	So Raven	Paid Prog.	Gomi. O	Wipeout
H H	:30	1941Sec	. mar (ra)	Dilugo Int	11000 (14) 00	Jay Leno	Letterman	neavy ac	Nightline	Final (N)	ET Canada	Mercer	Prank Ptrl	tre ad	CTV News	0	Life Derek	Pald Prog.	H THE P	0 80

## Monday Movies

#### **EVENING**

8:00 pm WTBS ch.3 "Little Man" (2006, Comedy) Shawn Wayans. A very small fugitive from the law poses as a toddler to gain access to the stolen gem he stashed in a woman's purse.

10:00 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth. (CC)

## Hows Loader

WE'RE DIFFERENT, AND WE LIKE THAT.

www.thenewsleader.info

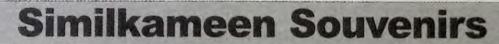
NEED A WEBSITE AND ON A BUDGET? Adam Gullason - 250.295.4320 info@upnadam.me

AFFORDABLE LOCAL WEB DESIGN

www.upnadam.me

## www.thenewsleader.ca

LOCAL NEWS/SPORTS - LETTERS TO THE EDITOR - EDITORIALS COURT NEWS - CLASSIFIEDS - WEATHER - ROADS





## **News Leader**

25 Words - \$8.00 (includes taxes) - Pay for two weeks, the third week is FREE!

help wanted

help wanted

moving sale

Rec room furniture for sale call

250,295,3468. All proceeds to the

2011 Family Fair Bursary Fund.

Couch and chair, 2 recliners, coffee

table, 27" TV, 7 drawer solid wood

student desk, stereo system with

speakers, entertainment wall unit

(46 x 44 x 15), lamp, adjustable

metal bed frame, china cabinet,

portable basketball frame with base.

notices

Notice of change of

date of the Princeton

**Legion Branch** 

General meeting.

New date is April 13th at 1:00 PM.

yard work

Yard clean up,

and will haul your

junk to the dump.

250.295.1357

Mar 15-Apr 19

All items by donation.

for sale

(matched set), cushions and floor lamp. Very good quality, in like new condition, \$500.00 OBO. 200 sq ft new in box tile patterned laminate, neutral colour, \$200.00. Call 250.295.3876 or 250.293.6030.

1996 Dodge Ram 1500 V8 Automatic Club Cab Deluxe with matching canopy, limited slip drive, trailer towing special, seat belts for 6, good rubber, wellmaintained, 86,000km. Asking \$6,000.00, Call to view.

BEEF - ground beef in 1-pound

250.295.6124.

250.295.8121.

lots for sale

at 250.328.4891.

Will build to suit. 2 lots 15 and 16 Westridge Court, Princeton. New subdivision. Construction starts on first home (Lot 15) late March 2011. Call now to pick your home. 1,400 sq ft, full basement, 2-car garage. Starting at \$389,000.00. Call Garry at 250.485.2730.

child care

Child Care Services in my home Monday-Friday Downtown 250.295.1240

wanted

#### MANAGER - Princeton Castle Resort

Must have accounting and computer experience and excellent customer services skills. Hotel experience is beneficial but not necessary. Salaried position.

> Please e-mail resumes to: princetoncastleresort@gmail.com

> > Mar 29-Apr 05

help wanted

help wanted



SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

#### RELIEF JANITOR

Applications are invited for the position of Relief Janitor with School District No. 58 (Nicola-Similkameen) in Princeton schools only.

This is an on-call position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

Applicants are required to have a minimum Grade 10 education and a valid BC Driver's License.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, BC, or you can apply online at www.sd58.bc.ca, click on Jobs, Support Positions, Job Postings. Applications, including a detailed resume with a minimum of three references, will be accepted until April 1, 2011. Please forward to:

> Attn: Secretary Treasurer School District No. 58 (Nicola-Similkameen) P.O. Box 4100, 1550 Chapman St. Merritt, BC V1K 1B8 Fax: (250) 378-6263

For further information, contact Mr. Jim Garfield at 250-315-1113. Only those applicants being interviewed will be contacted.

wanted - scrap vehicles

SCRAP CARS, TRUCKS, SCRAP METAL

SCRAP METAL & VEHICLES CAN BE DROPPED OFF AT: 680 Old Mill Road, Princeton

Will start hauling again April 1st - Get your name on the list early!

CASH FOR SOME! CALL: 250.295.5102

NEED A WEBSITE? AFFORDABLE LOCAL WEB DESIGN

www.upnadam.me

ADAM GULLASON info@upnadam.me

looking to rent

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

LOANS ON

JEWELLERY, NUGGETS, BROKEN, UNWANTED

**SILVER COINS \*** IMMEDIATE CASH

**GARY - Bridge Street Family Pawn** 302 Bridge Street, Princeton 250.295.7900

Classified Ad Deadline: 12 Noon Fridays • All Classified Ads MUST be paid in advance Payment Options: Cash, Cheque, Debit, Visa, Mastercard

Phone: (250) 295-4149 • 1-888-350-9969 • Fax: (250) 295-4103 • e-mail: george@thenewsleader.ca

for rent

4-bedroom house on a lake, 2-

bath, fully furnished. Includes

utilities and weekly house-

keeping. Asking \$2,400.00 per

month. Call 250.295.7988. ca

Room in Tulameen. Private

entrance, HDTV and WiFi

\$600.00/month, arrangements for

extra meals available. Call

Luxury rooms, own jacuzzi tub, fridge and microwave, \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort. (250)

house for sale

38 Billiter Avenue. 3-storey, river

view. Asking \$220,000.00. Call

Dave at 604.599.1406 or Tamaryn

Feb 22-Mar 29

250.295.6197.

2 love seats with large chair

1995 Ford F-150. Excellent condition. Asking 2,250.00 OBO. Call

250.295.6003. Mar 29-Apr 12

packages. \$2.25 per pound. Call

for rent

3-bedroom mobile in Hedley, \$875/month. Includes utilities, no pets, damage deposit required. Small 1-bed-room mobile in Hedley, suitable for pers-son, fully furnished, no pets, \$675/month includes utilities deposit perid includes utilities, damage deposit req'd. Call 250.292.8131. Mar 29-Apr 12

### RESUME SERVICE



**NEW or UPDATING** CONFIDENTIALITY GUARANTEED -AVAILABLE AT: 226A Bridge Street, Princeton

wanted

Phone: 250.295.4149 - Fax: 250.295.4103

notices

#### MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue
4:30 PM Sales Start
5:30 PM 1st 47 Bonanza #'s
SPECIALS, REGULAR GAMES, ODD &
EVEN, PROGRESSIVE SNOWBALL &
LOONIE POT, "LUCKY 7" WON EVERY
MONDAY (MIN. \$50.00 GUARANTEED) BC Gaming License #25784 "Know Your Limit. Play Within It"

Narcotics Anonymous

## OPEN MEETINGS Wednesdays 7:30 PM

160 OLD HEDLEY ROAD Baptist Church Basement (USEBACKDOOR) Sundays 7:30 PM Water Foursquare Church, Kenley

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

#### INDIVIDUALLY PREPARED HOROSCOPE

Natural character chart - \$25. Basic chart plus predictive -\$50.

Phone 295-6063 Completely confidential

help wanted

sudoku



**CHALLENGE #344** 

#### **ADVERTISING** WORKS...

OR YOU WOULDN'T BE READING THIS

Similkameen News Leader Phone: (250) 295-4149 1-888-350-9969 Toll Free Fax: (250) 295-4103

#### Drinking a problem?

Alcoholics Anonymous Meets 7:30 PM Thursdays Princeton Baptist Church 160 Old Hedley Road Fred 295-7272/Marena 295-7663

help wanted

#### Is debt turning your world **Euwob** abisqu Relief is only a call away!

Call Anne Hamilton, Estate Administrator (12 years experience) at 1-800-661-3661 today to set up your <u>FREE</u> consultation.

Jim Gilchrist, CA, CIRP, KPMG Inc. Trustee in Bankruptcy, #300-1674 Bertram Street, Kelowna, BC V1Y 9G4

www.thenewsleader.info

### YARD WORK - PLUS MORE

Raking - Snow Shoveling - Snow Removal - Weeding Cutting Lawns - Gardening (Planting) - Maintenance **Watering - House Sitting - Painting** 

Call Paul 295-7820 or 295-1687 and leave message

NEED A WEBSITE AND ON A BUDGET? Adam Gullason - 250.295.4320 info@upnadam.me

AFFORDABLE LOCAL WEB DESIGN

www.upnadam.me

souvenirs

souvenirs

souvenirs

### Similkameen News Leader - 2010



ALL 51 weekly issues of the Similkameen News Leader published in 2010 in PDF format on a CD

AVAILABLE EXCLUSIVELY AT: Similkameen News Leader - 226A Bridge Street, Princeton

## OWS Leader - Recipe Corner

### **Mushroom Empanadas**

(NC)—These tasty bites make a great hors d'oeuvres, or a light supper when eaten alongside a green salad. They can be prepped the night before you plan on serving them (just bake them the next day) and they also reheat well.

Empanada dough:
- 2 cups (500 mL) all-purpose flour
- 1/2 cup (125 mL) whole wheat flour
- 1 tsp (5 mL) salt
- 1/2 cup (125 ml) all-vegetable shortening, cold & cut into cubes

- 1 large egg - 1/3 cup (75 mL) ice water - 1 tbsp (15 mL) vinegar

Mushroom filling:

- 1 tbsp (15 mL) unsalted butter - 1 tbsp (15 mL) olive oil - 2 fat cloves garlic, minced - 1/2 small red onion, minced

1/4 cup (50 mL) fresh thyme, stems removed
1 lb (500 g) button mushrooms, sliced & roughly chopped
1/2 tsp (2 mL) kosher salt
1/2 tsp (2 mL) freshly ground black pepper

- 1/4 cup (50 mL) white wine - 2 tbsp (25 mL) heavy cream - 1 cup (250 mL) Asiago cheese, grated - 1 large egg, lightly beaten with 1 tsp (5 mL) of water

Combine flours and salt in a large bowl and stir. Add shortening and use your fingers to blend until the mixture resembles coarse crumbs.

In a small bowl, whisk the egg with the ice water and add in the vinegar. Slowly pour into the flour mixture and use a fork to gently incorporate it. Gently knead the dough until it comes together into a ball - two or three times should do it.

Wrap the dough in plastic wrap, flatten it slightly with the palm of your hand, and chill in the fridge for at least 1 hour.

Heat oil and butter in a large skillet over medium heat. Add garlic and onion and saute until soft, Add mushrooms, thyme, salt and pepper and cook until the ingredients start to turn golden and fragrant. Add wine, stirring, until it evaporates. Turn down heat and add cream, stirring until it absorbs into the mixture. Remove from heat and let cool. Preheat oven to 400F.

Roll out dough to 1/8 inch thick on a floured surface. Use a 3 1/2-inch circle cutter to cut out circles of dough. Scraps can be collected, re-rolled and cut into circles.

Place about a teaspoon of the mushroom mixture onto each circle, topping with some cheese, while leaving a half-inch border around the filling. Brush the egg wash on the empty side of the circle and fold dough over to create a semi-circle. Use a fork to press the edges tightly together. Brush the egg wash over the tops of all of the completed empanadas and place on cookie sheets lined with parchment or silpat, Bake for 20-25 minutes, or until the empanadas are golden brown and flaky. Let cool slightly before serving.

This recipe was created by Jeannette Ordas of Everybody Likes Sandwiches for the Mushroom Masters: A Tournament of Taste Button Battle. For more recipes visit Jeannette's blog at www.everybodylikessandwiches.com and also at www.nushrooms.ca.

- www.newscanada.com

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

226A Bridge Street, Princeton

## Weekend Movies

Saturday Movies

....... continued from Page 14
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)
11:00 pm WTBS ch.3 "The
Prince & Me" (2004, RomanceComedy) Julia Stiles. A premedical student falls in love with a
Danish prince who keeps his
identity a secret. (CC)

**Sunday Movies** 

9:00 pm WTBS ch.3 "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (CC)

FAM ch.26 "The Greatest Game Ever Played" (2005, Drama) Shia LaBeouf. An amateur golfer from a working-class family takes on the reigning champion at the 1913 U.S. Open. (In Stereo) (CC) 10:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo) 11:00 pm KNOW ch.5 "Winged

11:00 pm KNOW ch.5 "Winged Migration" (2001, Documentary) Narrated by Jacques Perrin. Filmmaker Jacques Perrin follows migratory birds as they fly thousands of miles away, then return. (CC)

FAM ch.26 "City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-ranch cattle drive, but unexpected circumstances test their skills and stamina. (In Stereo) (CC)

### MP says budget fails to address farmers' priorities

New Democrat Agriculture Critic Alex Atamanenko (BC Southern Interior), says he's disappointed but not surprised that the Conservatives failed to make agriculture a priority in last week's budget.

"Those of us who have to work with Conservatives and their antics at the Standing Committee on Agriculture can tell you that this government isn't interested in acting on the real concerns facing farmers in a future filled with uncertainties," said Atamanenko.

"Nothing in this budget will take the country even one step closer to having the comprehensive national food strategy that most farm organizations and civil society groups are calling for."

According to Atamanenko the Conservatives remains oblivious to the fact that, for many food growers, income stabilization programs are still failing to be bankable and responsive. "I know farmers will be disappointed that, once again, the federal government is refusing to include Business Risk Management as an eligible component of the Agri-Flex program," said Atamanenko.

"It is also abundantly clear that the much needed costing review of railway charges that are gouging farmers is never going to happen under a Conservative government."

Atamanenko says he would have liked to see much more in the budget to nurture the local food movement that is gaining in strength as Canadians try to do more to support farmers and eat healthier food.

"There is nothing in the budget to address the dire situation facing Okanagan fruit growers in BC who have lost so much money due to the yearly dumping into our markets at harvest time by the US and China as a result of trade agreements. All in all, what is clearly indicated in this budget is that Conservatives are determined to stay the course with the same failed policies and lack of vision that will ensure the number of family farms in Canada will continue to decline," concluded Atamanenko.

## www.upnadam.me

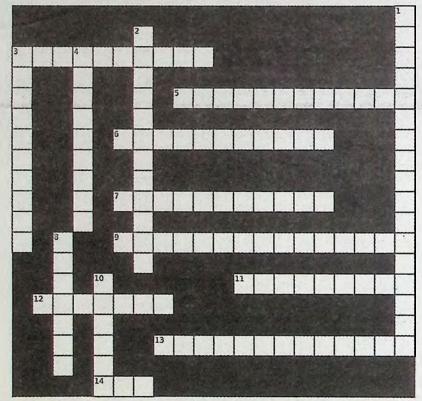
## PRINCETON TAXI

Quick Service Jumpstart Service Home Delivery Service

250-295-2727

## Hews Leader Puzzler

Use the March 22nd News Leader to find Answers Below...



Across

3 Rare sleep disorder that causes overwhelming sleepiness?

5 Keremeos Fire Chief

- 6 The star of The Deathly Hollows
- 7 Who resigned as PXA Director?
- 9 Keremeos RCMP have opened a cold case for
- 11 What is the name of Princeton's Art Gallery?
- 12 Who donated \$50,000 in support of the Centre of Excellence?
- 13 1-800-222-8477
- 14 Winefest picture of a ?

Down

The name of the annual Grad Hockey Game team.

What is the only 2 tbsp ingredient in the News Leader recipe corner?

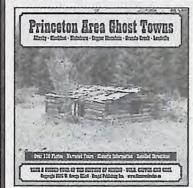
3 Caused by low levels of the brain protein hypocretin.

4 Sudden onset of weakness?

8 Where is the Mitsubishi Materials Corp located?

10 The Accidental Senior.

Princeton Area Ghost Towns - The DVD



\$20.00 INCLUDES HST

Available at: Similkameen News Leader

www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

## IS IT TIME TO SUBSCRIBE TO THE NEWS LEADER?

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00)
ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00) ALL PRICES INCLUDE TAXES

CALL FOR DETAILS Similkameen News Leader 250.295.4149

News Leader

PUZZLER #6 Copyright 2011 - Brenda Engel

# A Feditorial Page OF THE STATE OF THE STATE

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

## My Turn

#### I Like To Call It A Routine

A conversation I was in last week led to a different conversation over breakfast a few days later. The original conversation revolved around ritualistic behaviour. The second conversation revolved around routine actions.

It made me think about both enough to dig into them a little further. By definition, a ritual is "a set of actions, performed mainly for their symbolic value" while a routine is "a course of action to be followed regularly; a standard procedure."

When the discussion on rituals was happening I was trying to sort out whether or not my daily activity list at work could have been perceived as ritualistic. It actually bothered me a little, especially once it was pointed out that I really, really get annoyed if I fall behind or my regular schedule gets knocked slightly by, say, a statutory holiday.

I had to determine if I was being obsessively compulsive in my actions to warrant them being labeled as rituals.

Since the definition of the word ritual I have used here points out that there is some level of symbolic value attached to the actions I can clearly say that my activities at the office are not what I would casually refer to as rituals.

They are what I would definitely consider a routine as the definition of that word I have used here says the actions in such a circumstance would be performed regularly, but in the format of a regular schedule. Very much in the manner I follow my daily list of duties at work.

What does it matter?

Well, it was something I couldn't get out of my head. I needed to properly identify what I was doing daily but needed to first identify the motives behind those actions in order to better understand why I'm so crazy about deadlines and how much I hate it when someone else doesn't have the same amount of concern over them as I do.

Not that everyone should care about deadlines, but what about appointments?

Do you hate having to wait longer than necessary for something you planned your day around so you can fit it in?

That would be me.

While I'm a lot less concerned about others missing appointments with me, I know I'm rarely late for something I said I'd attend.

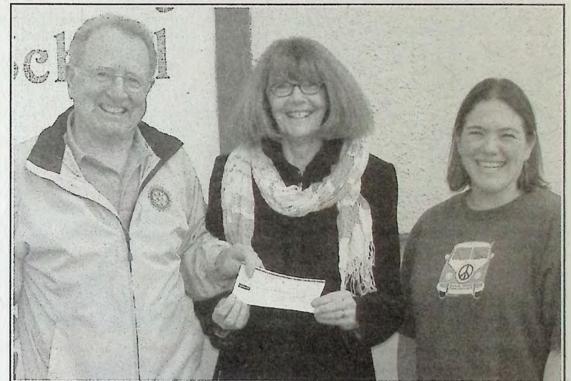
Call it a ritual if you like, but I like my routine just the way it is.

## Hows Leader

W. George Elliott - Owner/Publisher
Brenda Engel - Office Manager
Dawn Johnson - Reporter
John Gillis - Advertising Sales
Lynette Boyd - Office Assistant
Desiree Cosman - Youth Rep
Adam Gullason - Website Development

EDITORIAL GUIDE

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



Princeton Rotary Club President Ken Blower, left, presents Susan Hamilton of Communities For Kids and Nicki Forde of Little Folks Nursery School with a \$1,300.00 cheque March 25th. \*

## Rotary supports pre-school program

Princeton Rotary Club President Ken Blower presented a \$1,300.00 cheque last Friday to Susan Hamilton of Communities For Kids and Nicki Forde from Little Folks Nursery School, but do you know what the pre-school program is all about?

Princeton Communities for Kids Preschool Support Program

Organization Mandate

Communities for Kids is a volunteer organization of parents of preschool children and other interested persons established in each community of the South Okanagan and Similkameen under the direction of Interior Health. The initial organization of the Princeton group took place in the spring of 2003 at two large community meetings and led to the determination of an executive committee referred to as the community table. The mission statement of the Princeton Communities for Kids is, "To create and develop opportunities for children and families to grow mentally, physically, emotionally, and socially within the community of Princeton and district, focusing on childhood development for 0-6 years of age."

Project Rationale

The Preschool Support Program was developed in response to a 2004 Communities for Kids

Princeton needs assessment and in response to the Development Instrument, an early years learning instrument, administered to Princeton kindergarten students. The Early Development Instrument, designed by Dr. Hertzmann of UBC, indicated that many Princeton children enter kindergarten lacking the skills known to support school success. These children lack the background knowledge for developing concepts and vocabulary, not the ability to learn.

Model early interventions; for example, the Abecedarin Project and the Perry Preschool, provide compelling evidence of the significant benefits and longterm savings that preschool programs create for schools and society. Preschool programs address the child characteristics considered necessary for successful school readiness, including knowledge,

skills and dispositions. Preschool programs also facilitate the early identification of students with special needs and the timely referral of these students to professionals.

**Program Description** 

- Objective

Princeton is fortunate to have an established preschool program at Little Folks Nursery School. The Communities for Kids Preschool Support Program was established to financially assist more children to attend Little Folks Nursery School for 2 sessions a week in the year preceding their entry into kindergarten.

- Funding

## **Broadband?**

High-Speed Internet is NOW available in Coalmont and Tulameen!

For Information contact: China Creek Internet Service 250.295.7944

## Current Comment

#### Is Japan The Start Of 2012?



Dawn Johnson editor@thenewsleader.ca

There has been a lot of hype about the Mayan prophecies connected with December 21, 2012. While that date is, in itself, not significant, the earth changes predicted may already be in progress. To understand why 2012 is significant, you really need to understand the position the earth is taking in the Milky Way galaxy. Our solar system spirals through the galaxy at a rate of 25,800 years to complete an entire revolution through the galaxy. The Mayan calendar, which is remarkably accurate, reveals a return to a specific location in the Milky Way galaxy. Due to the slow pace of our solar system through the galaxy, the Mayan prophecies can apply to as much as 20 years before that date and 20 years afterward.

There is no question we are experiencing Earth changes, the least of which is climate change (or, to use the previous term, global warming). Earth's resonance (vibration) has increased from 8 Hz. to 13 Hz. Magnetic north is shifting 40 miles per year closer to Russia. There is a significant increase in earthquakes and volcanic eruptions. For example, in the week before Japan's catastrophic earthquake, there were 12 volcanoes erupting, nine of which were on the Pacific ring of fire.

Although the Mayan prophecies do predict major changes in the form of catastrophic events, those events will not happen just because the date reads December 21, 2012, and will not occur the way Hollywood has shown. Perhaps one of the most significant of the prophecies applies better to what has happened in Japan with the meltdown of the nuclear reactors. This prophecy is interpreted to mean that we will be victims of our own technology and we will have to reconsider the role of technology in our lives. I doubt there is a better example of technological disaster than the meltdown of a nuclear reactor.

In the Book of Revelations in the Bible, there was a hint of a disaster called "wormwood". The translation of the name "Chemobyl" is "wormwood". Many Christians believed the Chernobyl disaster had been predicted in Revelations. Whether or not that is true, it was our first example of an all-out technological disaster. As a result of the Chernobyl disaster, 985,000 people died. Most of them died slowly and painfully, and some are still suffering more than 20 years later. If you would like to know more about that disaster, see nukefree.org website. (Internet coverage of Japan's disaster was far better than television.)

After Chemobyl, many nations began to reconsider the impact of nuclear energy plants on our environment, but long before Chernobyl, a nun, Dr. Rosalie Bertell, wrote a book about the impact on nuclear energy on our planet. Her book is titled No Immediate Danger. The key word is "immediate". She wrote about the danger of increasing background radiation on earth, and predicted a big increase in the number of cancer patients. That prediction proved true in the 35 years since her book was published. After Chemobyl, there was more citizen pressure than ever to stop nuclear weapons proliferation and to stop constructing nuclear power plants. Chernobyl is still a disaster. Experts say the "contained" power plant is still not properly contained. Contamination will continue for several more thousand years.

Despite the Chemobyl disaster, some nations kept trying to tell us how safe nuclear power plants are. Canada has been foremost in promoting so-called "safe" nuclear power plants, because Canada makes money from supplying the basic materials that go into nuclear generators, and from our Candu reactors. In 2010, there was a television advertisement promoting nuclear power. The letters kept rearranging to finally make the word "clean". There has never been anything safe or clean about the production of nuclear power, no matter how much is spent on advertising. The potential always exists for some kind of failure leading to the release of radioactive materials into the air or the water.

Right now, Ontario is considering constructing two more nuclear power plants. President Obama is

busy telling the world nuclear generating plants are safe, and he has a bill before Congress for \$38 Billion to construct two more nuclear power plants in the U.S.A. In fact, the week after the Japan disaster, Obama was busy telling Americans how safe nuclear power plants are. That same week, an "accident" at the Pickering, Ontario nuclear plant dumped radioactive water into Lake Ontario.

What really boggles my mind is how ridiculous it is to say we need more nuclear power plants. Yes, we need more electricity, but have you any idea how much electricity could be generated by spending \$38 billion on solar panels and wind farms? Not only would it generate power, it would be "green" power. We do have alternative sources of power. We do not need more nuclear power.

Why don't governments push for more green power like solar panels? I could not figure this out until I realized that no major utility corporation can see making a profit from solar energy. I don't know why they can't see it, because Sweden is already encouraging people to produce power through solar panels. In fact, some people have been able to retire early on the money they make selling power from solar panels. If everybody converted to solar panels, there would be a lot more electricity available for industry and for places that can't produce solar power very well.

If the Mayan prophecies are true, then we really MUST rethink our technology so it doesn't kill us. To do that, we have to become militant. We have to protest. We have to make our governments, and our world leaders, understand that we will not accept more nuclear power plants, and that we would like the present plants shut down and buried.

While we are protesting, we should also campaign to make the production of nuclear power an international crime, because when a nuclear disaster occurs, there are international consequences. We received radioactive fallout from Chernobyl, and now from Japan. To me, that is an international consequence none of us wants.

#### NEWS

Germany is speeding up its plans to phase out nuclear power.

## Hews Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



George Elliott
OWNER/PUBLISHER
george@thenewsleader.ca

Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

226A Bridge Street
P. O. Box 956, Princeton, B. C., V0X 1W0
Phone: 250.295.4149 • Fax 250.295.4103





38 Kenley Avenue
Join Us for a time of
Contemporary Worship Sundays at 10:30 AM
GOLLOWED NUCOTED
PASTOR DREW & LYNN LACEY
CONTENT OF THE PROPERTY OF THE PROPE

## Princeton Pentecostal Church (The Pentecostal Assemblies of Canada)

Invites you to join us in SUNDAY WORSHIP

10:30 AM - Morning Worship

165 Vermilion Avenue (BESIDE THE MUSEUM)

250.295.7951

#### APTIST CEURCH OF PRINCETON

Family Worship 10:00 AM Praise & Prayer - 7:00 PM Wednesdays

JOIN US!

ACROSS FROM ARENA OLD HEDLEY ROAD

250.295.7752



## St. Paul's United Church

Office Hours Tue / Thu 9:30AM - 12 NOON

Worship Service 10:30 am

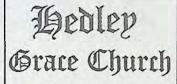
190-1st Street (BEHIND COURT HOUSE)
Phone: 250.295.7714

Also serving the Anglican Community

St. Peter's Roman Catholic Parish

> SUNDAY MASS 6:00 PM - Saturday 11:30 AM - Sunday

43 Billiter Avenue, Princeton 250,295,3541



856 Ellis Avenue Hedley BC

Sunday Service 9:30 AM Pastor Graham Gore (250) 292-8444

www.thenewsleader.net



13 th Annual Gun & Antique Show & Sale PENTICTON CURLING CLUB - 505 Railway Street Saturday & Sunday, April 16 & 17

SHOW TIMES: 9 AM - 5 PM Saturday / 9 AM - 3 PM Sunday sion: \$5.00 / Seniors (Gold Card) \$3.00 / Accompanied Children Under 12 FREE INFO: 250.494.4356 or e-mail: collector0003@gmail.com



**Sales & Installation** Galvanized & Coloured

**METAL ROOFING & CUSTOM FLASHINGS** 

TOIL FREE 250.295.3743

## **Princeton History Collection** POIN 5 OUT OF PRINT TITLES ON A SINGLE CD!

Similkameen News Leader

## IS IT TIME TO SUBSCRIBE TO THE

Similkameen Valley Mail - \$40.00 (Seniors Pay Only \$35.00)
ALL PRICES INCLUDE TAXES

Elsewhere in Canada Mail - \$54.00 (Seniors Pay Only \$48.00)
ALL PRICES INCLUDE TAXES

CALL FOR DETAILS Similkameen News Leader 250.295.4149



The return of our backyard friends signals the arrival of Spring! \*

### Rotary supports pre-school program

continued from Page 20 programs and services, the members of the Princeton Communities for Kids Preschool Support Program committee have approached community groups and businesses for financial contributions.

In the past seven years we have received donations from service clubs, unions, businesses, individual citizens. Princeton town council and Regional District.

Also Communities for Kids has looked for, and will continue to pursue, grant money from outside Princeton to support this most worthwhile program.

Determining Program Participants The Princeton Public Health staff has agreed to determine the children who participate in the Preschool Support Program. As confidentiality is important to us and to the families. only the treasurers of Little Folks Nursery School and the Preschool Support Program know the names of these children. Our financial reports refer only to Student #1, Student #2, etc.

We're different, and we like that. Community Support Little Folks Nursery School Sandee Yee **Princeton Recreation** 

Nadine McEwen **Princeton Family Place** Diana Beaupre

Infant Development Program Susy Johnson

**Princeton Childcare Society** Heather Erickson

**Princeton Teachers' Union** Robert Tarswell

**Town of Princeton** 

Marilyn Harkness **Public Health** 

Beatrice Bibby Conclusion

Communities for Kids has identified a significant issue in our community; that is, Princeton children are not equally prepared for formal instruction in kindergarten.

To translate this issue into mean-

Preschool Support Program to provide early learning opportunities for more four year olds.

Since it began in 2004 the program has paid the full or part tuition of 42

Without the Preschool Support Program these children would not have received the benefits of attending preschool.

However, we need your financial help as we continue to raise funds to enable the Preschool Support Program to continue for the 2011-2012 school year.

Your assistance to this program will be much appreciated by Communities for Kids and by Princeton children.

For further information please contact: Lorna Gregson, 250.295.0110, Susan Hamilton, 250.295.7582 or Sandee Yee, 250.295.7905. - submitted

### Committee completes plan

.. continued from Page 2 implementation plan, is available for review on the Princeton Arts Council website at www.princetonarts.ca or by dropping into the Sunflower Gallery at 105 Vermilion Avenue.

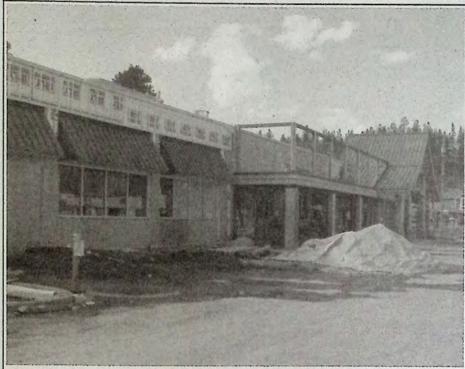
The next stage will be the implementation of the plan by the arts, culture and heritage community in partnership with the town and region. If you would like to be involved in the implementation of the plan or would like more details please e-mail princetonartscouncilbc@gmail.com.

The planning process was made possible by funding from 2010 Legacies Now's Creative Communities program, Princeton Community Arts Council, the Town of Princeton and the Regional District of the Okanagan-Similkameen who see the cultural framework as an important part of Princeton's plan for the future.

Need a daily fix of news?

Follow the News Leader on Twitter @PrincetonBCNews

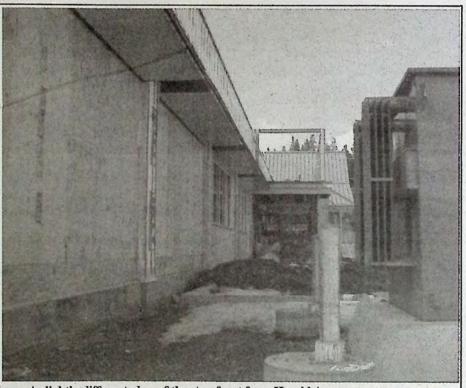
## Princeton Cooper's Foods Store



The view of the new Cooper's Foods Store from across the front from Harold Avenue. Progress continues to be made on the Bridge Street project. Photo: Des Cosm



Norson Construction workers have been on the job for months. Photo: Des Co



A slightly different view of the storefront from Harold Avenue. Photo: Des Co



The rear loading bay looks finished with siding installed. Photo: Des Cosman





The front of the Cooper's Food Store on Bridge Street. Photo: Des Cosman

#### **Brenda Crawford**

#### Susan Collins

**April Earle** 

**Sandra Simpson** 



brenda@bcland.net (250) 295-8182



susan\_collins@nethop.net (250) 295-5359



april@bcland.net (250) 295-5346



sandra@bcland.net (250) 499-9414

## **EXPERIENCE** the advantages...





## ... of working with an EXECUTIVE!

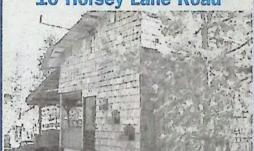
The difference between "FOR SALE" and "SOLD" is just a phone call away!

#### 909 Ellis Avenue



Over 1,000 sq ft of pure 'Home!' Nothing left to do but enjoy fishing, hunting and hiking the Okanagan and Similkameen valleys. Sitting quietly on a corner lot in the village of Hedley, this home boasts updates and detailed finishing that is evident from the foundation to the crown moldings. Hard wood kitchen cabinets and much more! MLS@111174 \$215,000

#### 10 Horsey Lane Road



SOLD!

A sweet cottage on approximately a 5.5 acre lot surrounded by Crown Land at the end of Horsey Lane Road located on leased land at Kennedy Lake...what more could you ask for? Privacy and the peace of the pines whispering around you with easy access to well stocked Kennedy Lake. Only 15-minutes from Princeton. MLS © 113054 \$ 36,500

#11-473 Corina Avenue



Light, bright and roomy describes this spotless mobile. 21x11 addition gives you plenty of space for the kids, or a den. There is even a small workshop for hobbies. 2 good sized bedrooms, the master bedroom with oversized ensuite. A covered 16x11 porch is a great place for morning coffee. Easy care lot.

MLS ® 111284 \$ 87,000

#### Lot 13 Jacobsen Road



Finally what you have dreamed about is available, a 1 acre lot in town limits! Nicely treed for privacy and beautiful mountain and town views make this a great location. South facing affords you the enjoyable and welcoming sun year round. Easy, flat site to build your dream home, while still giving you the yard to play.

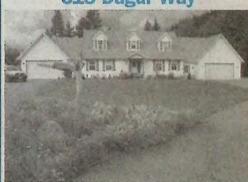
MLS @ 111180 \$197,500

#### 340 Vernon Avenue



Unexpected privacy and lots of room to grow is what you will find with this property located on the first bench in Princeton. On .27 of an acre and completely fenced, this yard will provide you with room for your garden and more than enough play area when friends or family visit. Inside there is an open layout and many updates. MLS @ 111175 \$314,500

#### 518 Dagur Way



This beautiful Cape Cod home is incredibly bright and spacious with many fine features - hardwood floors, fine furnishing, updated countertops and flooring in two of the bathrooms, and owners that take pride at keeping a warm and cozy home throughout. Only four minutes to town, you can still enjoy the peace of rural life. MLS ® 111330 \$519,800

## REALTY EXECUTIVES PRINCETON Gateway to the Okanagan

#8-136 Tapton Avenue (Princeton Plaza)
Office: (250) 295-1811 Fax: (250) 295-1851 www.bcland.net



PRINCETON