



Similkameen

# News Leader

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All Flip, No Spin - Page 3

Volume 15 Issue 9 #721 ISSN 1712-090X

Tuesday, February 28, 2012



Vital Link and Good Samaritan Awards were presented February 24th at Princeton Ambulance Station. From left, Allana and Mason Michaud (accepting behalf of their father, Ray), Maurice and Shane Chartrand, Diane and Bob Sterne, Mike Chartrand and Jody Woodford. Photo: Brenda Engel

## Local heroes receive awards

The Chartrand family of Coalmont was honoured with Vital Link and Good Samaritan awards by BC Ambulance Service paramedics for saving the life of their neighbour, Robert Sterne. The awards were presented at a ceremony in Princeton on Friday, February 24th. On December 30, 2011, Robert Sterne was shovelling snow when he collapsed from cardiac arrest. Next-door neighbours, Maurice Chartrand, and sons Shane and Mike Chartrand, ran to help but could see no vital signs.

Robert's wife, Diane, called 911 while Maurice, Shane and Mike Chartrand applied cardio-pulmonary resuscitation (CPR). Diane retrieved her home defibrillator and together, they followed the machine's instructions and administered shocks and compressions to Robert's heart.

"My dad died suddenly from a heart attack," said Diane.

"I bought a home defibrillator as kind of an insurance policy for us. I was in shock when Robert was not responding but the voice prompts from the machine helped us focus and I held my phone so the 911 operator could hear the voice from the machine and relay information

to the ambulance paramedics while they were en route. The doctors were just blown away that he survived and had no brain damage."

"We thought he was gone," said Shane Chartrand.

"Once we had the defibrillator, we never missed a beat with the compressions. When he gasped for air, it was amazing."

"When bystander CPR and an automated external defibrillator (AED) are used together, a patient's chances of survival increase by as much as 75 per cent," said BCAS Okanagan South Superintendent Norm Matheson.

"Robert is a lucky man. This is a textbook case of how knowing what to do during a medical emergency saves lives."

Shane Chartrand received a Vital Link Award at the ceremony, while Maurice, Mike, and Raymond Michaud, Diane Sterne and first responder Jody Woodford received Good Samaritan Awards for their selfless teamwork in resuscitating Robert Sterne.

BC Ambulance Service attends between 2,400-2,800 cardiac arrest calls each year. Fewer than 10 per cent of people who have a cardiac arrest survive. -submitted

## PXA describes future plans

Paul Bedard, President of Princeton Exhibition Association (PXA) and Dawn Johnson, Secretary, attended the February 20 Town Council meeting to seek continuation of the Town grant and to update Council on ongoing maintenance. The Association manages the fairground facility and received \$30,000 last year from the Town.

Johnson filled in background information about the crises the PXA faced in 2010, when key people resigned due to health problems and nobody was willing to fill their shoes.

Problems with filling positions on

the Board of Directors continued through 2011 and last September a crisis committee worked hard at finding solutions to problems. This year, the PXA began with a full slate on the Board of Directors. Presidents of Racing Days, Rodeo and Fall Fair are now automatically members of the Board, although they may appoint an alternate.

Council was given financial information about income and maintenance projects that must be completed this year. President Bedard outlined the top priority projects: improvements to the grandstand to meet current regulations, wheel-

chair access to the washrooms, and fixing underground water pipes which are leaking.

There are many more projects that need doing, such as improvements to the rodeo facility, to the race track and to the barns.

Council thanked the PXA members for the presentation, adding praise for the work done through the years. The funding request will be considered in the budget process.

## Council denies 'exclusive use'

Council received a request from the Traditional Music Society to grant them 'exclusive use' of Veterans Square for the annual music festival. Councillor Jason Earle pointed out that the festival had shared Veterans Square last year with the Rotary Taste of Ales. He suggested the music festival not be granted 'exclu-

sive use' and Council agreed.

The music festival organizers had asked for a number of other things

such as portable washrooms and garbage cans, and those requests were granted.

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Published Weekly in Princeton, BC by Bengel Publishing Inc. 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0  
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Just a small sampling of the stamps collected at the News Leader office. \*

# Eastern Star collects stamps

by Eva Mitrovitz

The seasonal holidays have come and gone and spring is on her way. It is time to think of our cancer work and report on our most recent ways of helping those who need it most.

In 1954 we began making bandages for cancer victims free-of-charge using donated white sheets in good condition. On the advice of the B.C. Cancer Agency we graduated to the gauze material you see today. This material had to be purchased from the Cancer Agency and we began collecting stamps to pay for it. This system has worked well for us over the years with the community responding to our request to harvest the stamps from their mail and save them for us. The stamps

were collected, trimmed, sorted and delivered to the stamp committee in Vancouver, who then found the market for them. Then the money raised from the stamps was paid directly to the Cancer Agency and we had a credit for whenever we required the material.

Now, things have changed again. The B.C. Cancer Agency wants the bandages to be sterilized before shipping to them. We do not have a way to comply with this order and so are only making bandages for those who ask for them. But, we have now turned our attention to making crib-size quilts, knitting afghans, and sewing those interesting bandana hats for chemo patients. These quilts and afghans

are given to the babies and small children when they enter the hospital for treatment and are theirs to keep and take home with them. These brightly coloured quilts are a favourite with the children and parents alike and quickly become the little tykes "security blankets".

Another project for the new year is to sew personal item bags for anyone who is undergoing treatment; such bags can be stocked with the necessities of a patient and can be kept with that patient during their stay in the Clinic or accompany them if they are an out-patient. Freda Hope handed over the position of "Stamp Lady" to me in 1998 and not once has the community of Princeton wavered in their support for our projects.

Not long ago when we were sorting stamps we noticed a small white paper and thinking it was a return address label, our group was very touched to find a local business had prepared a request for her customers to collect stamps and mail them with their cheques when paying her account. She told them she would see that the stamps would reach their destination and she has passed them on to us.

And so, again, we ask you to collect all the used stamps from your ..... continued on Page 21

**Interior Health**

**EMERGENCY DEPARTMENT**  
**Temporary Service Changes**

Due to limited physician availability in March, there will be times when only the most urgent cases will be seen by the physician on call.

Patients with less urgent matters will be assessed by our trained nurses but, depending on their condition, may be transferred to a nearby hospital for care or offered appropriate options.

If this is the case, it's important to come prepared: Bring your wallet, shoes, clothes and make arrangements for the return home.

Times when patients can anticipate this adjusted physician response are:

- Friday, March 2 - 12:00 AM (Midnight) to 8:00 AM
- Saturday, March 3 - 12:00 AM (Midnight) to 8:00 AM
- Sunday, March 4 - 12:00 AM (Midnight) to 8:00 AM
- Monday, March 5 - 12:00 AM (Midnight) to 8:00 AM
- Friday, March 9 - 12:00 AM (Midnight) to 8:00 AM
- Saturday, March 10 - 12:00 AM (Midnight) to 8:00 AM
- Sunday, March 11 - 12:00 AM (Midnight) to 8:00 AM
- Thursday, March 15 - 12:00 AM (Midnight) to 8:00 AM
- Tuesday, March 20 - 12:00 AM (Midnight) to 8:00 AM
- Wednesday, March 21 - 12:00 AM (Midnight) to 8:00 AM
- Thursday, March 22 - 12:00 AM (Midnight) to 8:00 AM
- Monday, March 26 - 8:00 AM to 8:00 AM
- Tuesday, March 27 - 8:00 AM to 8:00 AM
- Wednesday, March 28 - 8:00 AM to 8:00 AM
- Thursday, March 29 - 8:00 AM to 8:00 AM

Interior Health will post further dates as they are available.

# Council stands up for rural services

Town Council has passed a resolution demanding better services for rural communities.

The resolution states that centralization has caused specialized services to locate in larger centers with the result that there is an unacceptable cost of travel for residents of rural communities.

The resolution points out that the rural communities are frequently the source of major provincial revenues from natural resources such as mining and the forest industry, and the personnel and their families require access to services close to their work, especially in case of accidents.

**All Flip...No Spin!**

Read Spencer Coyne's "Flip of the Coyne" weekly in the News Leader



Mayor Fred Thomas signs a proclamation stating March is "Community Social Services Awareness Month." The proclamation outlines the services which improve the quality of life for communities. These services include services for children, families, the disabled, those needing mental health support, victims of crime, employment training and many other services to community residents. The proclamation states there is a need for greater recognition for the value of these services in order to ensure continued accessibility, availability and improvements. Photo: Dawn Johnson

## Flip Of The Coyne

by Spencer Coyne

I am afraid, afraid for my country and afraid for my son. We live in a country that has always embraced freedom and liberty. Canadians have answered the call to defend democracy in both World Wars, Korea, countless United Nations operations, the first Gulf War and Afghanistan, yet today our government and an ideology is threatening that very thing that we have always been so quick to defend.

In last week's column I touched on Bill C-30. Since I submitted that piece we have learned that the Minister who tabled the bill did not even know everything that was contained within that piece of legislation. The government is backtracking a little by sending the bill to committee after the first reading rather than second reading which is traditional but they are not removing it from the agenda. This is just a small part of what the government

has been up to. In August of 2010 the same Minister Vic Toews claimed that the internet was radicalizing Canadians and that we need to be vigilant of these homegrown terrorists. Did he say that people were becoming radicalized by the internet? Didn't the government just recently label a large group of people as radicals?

Minister of Natural Resources, Joe Oliver labeled those opposed to Enbridge's Northern Pipeline as radicals. Furthermore, the conservatives stopped the sole Green Party MP Elizabeth May from speaking in the House of Commons on February 6. Maybe she was too radical for the other side of the House to listen to. The Conservatives are setting dangerous precedent with this labeling of organizations as radical and putting them in the same category as terrorists. If you limit discussion and debate, you eliminate the ability for

the populace to have a voice. Since Conservative MPs are for the most part controlled by the party they very seldom speak up against the Prime Minister or top ministers.

We are witnessing the real danger of a majority parliament right now. The government has no checks. There are no balances to their power and we have seen them pass bills with limited discussion. They are pushing their weight around at committee and with control of the Senate. There is little Canadians can do but stand up and yell. That too is at danger as we are seeing with the Northern pipeline where the government is labeling protesters as radicals.

When a government has no checks and balances, it can run roughshod over the country. I don't know if it is a good thing or not but Canada is not alone in this new society that the ..... continued on Page 21

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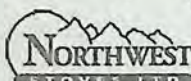
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# Editorial Page News Leader

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## My Turn

### Bylines Are Bylines

Journalism is an interesting game. You find interesting news, write about it and publish it so others can read it.

Sometimes it's good news; sometimes it's bad news. I was always under the impression that a good journalist told the story as neutral as possible. Sure, there's always a juicy nugget in most stories that you want to focus on but for the most part you tell the story as objectively as you can.

I've always thought of ourselves as the eyes and ears of those who didn't attend Town Council, School Board, Provincial Court or any of the many other meetings we attend. As the eyes and ears of those who were not there, we try to tell you what you missed focusing on fact and trying as hard as possible to present the story in a neutral light.

I think for the most part we've done that. I never went to journalism school, so I have no idea what the basis of teaching is these days so you can imagine my surprise when an eagle-eyed reader pointed something out to me last week.

A number of sports stories I had written and published in the News Leader, as well as shared online with a sports-oriented website were appearing (un credited) on the website of a large newspaper corporation – which happens to be our competitor.

Those who think I should be flattered don't seem to realize that no matter how you look at this it's still theft.

But since I never went to journalism school I don't know if that's now part of the curriculum, or if it always was.

When I got into the newspaper business I already had 23+ years in the Media under my belt. I had already attended hundreds and hundreds of local meetings and provided coverage of some kind on them – keeping in mind – we were the eyes and ears of those who were not in attendance and that we had an obligation to tell the stories as we heard them rather than stealing them from somewhere else and pretending we were there.

Although the stealing part would have cut down on a lot of extra work, I sort of thought theft was a bad thing.

I also thought theft of intellectual property was a bad thing.

I guess it all comes down to what rules you intend to follow.

I've always liked the mindset we've had at the News Leader, and hopefully you do too. We don't need to steal news, as we go out and get it ourselves. Sure, we can't attend everything and never plan on it. We have people who send us articles so that we can still spread their news with our readers and we appreciate their trust in us.

We take that seriously and would never purposely violate your trust. And that includes stealing news. We never have and, we never will.



The first major event at Princeton Fairgrounds this year will be the Princeton Rodeo. <sup>25</sup>

## PXA advances plan for 2012

A lengthy meeting of Princeton Exhibition Association (PXA) held February 21 addressed a multitude of action items and forward planning for 2012.

Problems with a leaking barn roof, leaking underground pipes and tractor repair will be taken care of as soon as possible. Committees were assigned and will be reviewed at the March 20 meeting for possible changes.

Racing Days President Karrie Crucil outlined progress and hopes to have the race meet dates confirmed this week. Sue Gereau reported the Rodeo Club has their plans set for May 12 and 13. The question of Little Britches Rodeo is still not settled. Jen Bernard is trying to find people to run the event, as Princeton put on such an excellent Little Britches last year and the Rodeo Club would be dis-

appointed if it could not be held this year. There is a possibility that there will be a chuck wagon event at this year's rodeo.

Fall Fair President Keith Olsen said the Fall Fair will be more of a family event this year. There will be no beer garden, and no race meet going on. The Saturday evening of the fair will feature a family dinner, music and dance at a reasonable price. Laser tag has been booked again for this year.

A work party is planned for April. This is a general clean-up event that will involve all of the PXA members and all of the user group members.

Repairs that must be done, painting, and projects will be discussed and planned at that time.

Town Council will be invited to tour the entire facility in the spring and will be accompanied by PXA President Paul Bedard and the presidents of the user groups.

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# Current Comment

## Do Governments Fear The People?



**Dawn Johnson**  
editor@thenewsleader.ca

I have come to the conclusion that governments are increasingly afraid of the people. Nowhere is this more evident than in the Middle East, at the moment, but I am seeing major signs of it in the United States and a few in Canada. The most recent indication in Canada was a Bill that would allow our internet correspondence to be hacked without a search warrant. The justification for this Bill was the need to catch child pornographers. In an online CBC survey, 88 percent of Canadians were opposed to the Bill, saying it was not needed as the RCMP and other police forces already had the ability to catch child pornographers.

Several nations have attempted to pass legislation allowing police to freely hack into anyone's internet activity. Most nations justified the invasion of privacy by saying it would be an anti-terrorist measure. Canada is the only country to say it would help catch child pornographers.

In countries where personal freedom is less honored than in our country, governments have simply shut down the internet to prevent protesters from being able to access information or communicate with each other.

Before Arab Spring in 2011, none of this was a big issue except in China, where internet was limited to what the government approved. However, the overthrow of governments during Arab Spring showed how computerized com-

munications could play a major role in helping protesters organize.

Occupy Wall Street was an exercise in civil liberty in the United States, where the Constitution guarantees the right of the citizens to assemble freely and to freely express what they think. I did not expect to see protesters badly treated by the police. Yes, protesters do have to avoid being confrontational in a physical way, and they should not block traffic or damage property. At the same time, if they are doing none of these things, they should be left to do their protest. I saw television news footage from several cities showing police abusing protesters.

I have seen this sort of thing before. During the 1960's, black people doing nothing illegal were nevertheless attacked, sometimes murdered, to prevent them from speaking out against unfair laws and unequal opportunities. Those of us who watched television during the 1960s and early 1970s saw a lot of protests and a lot of police and military aggression in the United States. The world saw the government of a free nation afraid of its own people speaking out against the government.

If you look up 'how to spot a terrorist' on the internet, you will find numerous sites. Some reflect the government position, but a lot make fun of the government position. Although there is some justification in showing people how to spot suspicious activity, some of the methods of identifying a terrorist are just plain silly.

As an example of silly instructions about suspicious activity, below is a list of what to watch for if you are visiting a national monument.

1. A person taking photos or an 'inappropriate' video of the monument.
2. A person taking notes.
3. A person consulting a map and making notes on it.
4. A person drawing diagrams of the monument.

Avoid these behaviours if you are visiting an American national monument such as the Custer bat-

tlefield or Mount Rushmore.

Do not loiter near a government building, or in a parking lot, or near a school, as this might mean you are a terrorist. Do not overload your vehicle or wear too many clothes for the type of weather. Do not pay cash. Do not avoid eye contact. Do not leave in a hurry, and do not avoid being approached. Do not keep unusual hours. Do not ask a lot of questions about traffic routes, loading zones, or other directional information. Any of these things could mark you as a possible terrorist.

In the United States, people are being asked to watch their neighbours and report any activity they think is suspicious or unusual. I thought that kind of thing went out with the Nazis. I could really have a field day in my neighbourhood. One neighbour has a high fence and two dogs behind it, another works in his garage at odd hours, and there are others who go out late at night or very early in the morning (I know it's shift work).

Of course, with every advisory on terrorists, there is the warning that you cannot spot a terrorist by his or her appearance, it is the suspicious activity that identifies the potential terrorist. This means everyone is automatically a possible terrorist and needs to be watched.

I do not know why the American government is so afraid of the American people. Could it be that the government keeps doing things that make the people angry? Is it possible the government is mis-managing tax dollars and passing laws that are unfair? Could it be that the government has made it hard for the people to find jobs? Perhaps the people are angry because they cannot afford health care or they lost their homes through crooked mortgage brokers? Are the people angry because 40 million of them depend on food stamps?

Good government never needs to be afraid of the people. In my view, the minute a government starts cracking down on the freedom of the people, it is an admission that the government is not doing a good job.

At least, that is the case in a democracy. In non-democratic nations, the government just runs the country as it feels like running it, and anybody who disagrees can be dealt with by getting rid of the protesters.

# News Leader

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**Lower Valley News**

Keremeos - Cawston - Olalla



A total of eight Keremeos/Cawston wineries make up the Similkameen Wineries Association. - photo submitted

**Similkameen wine takes gold!**

The competition was fierce and the determination was evident as nine of Canada's best chefs competed for top honours during the coveted Gold Medal Plates Canadian Culinary Championships on February 10th and 11th in Kelowna. The Grand Finale at the Delta Grand Okanagan was the hottest ticket in town, featuring the nine chefs competing in an all-out slamdown competition.

The Similkameen was well represented at the event, as the Similkameen Wineries Association was selected to be the featured wine region at a special VIP reception for over 300 people just prior to the final competition.

Sara Harker, President of the Similkameen Wineries Association explained, "The Gold Medal Plates Canadian Culinary Championships is such an incredible event. We were thrilled to be a part of such a special fundraising event for our Canadian Olympians. In addition, we were absolutely honoured to showcase the Similkameen wine region to all of these food and wine lovers. We received tremendous feedback on our wines, including great comments from many that had not heard of our very special wine region."

As part of the final awards ceremony, bronze, silver and gold

medals were also awarded for the wines. A trio of esteemed wine judges evaluated the 29 wines involved in the CCC events and judged Orofino's 2009 Syrah to be the top wine of the weekend, awarding it with a Gold Medal!

"It is quite an honour for our Similkameen winery to be chosen as the gold medalist at this event, especially knowing that it was judged by some of the best palates in the country," said John and Virginia Weber, owners and wine-makers.

"We'd like to congratulate Murray and Maggie Fonteyne of Cawston's Scout Vineyards for their terrific work in growing these grapes for us. This was their first crop of Syrah so we are very excited about Syrah and its potential here in the Similkameen. These types of accolades bode well on future vintages!"

This is Orofino's second win at the Gold Medal Plates, as their 2009 Riesling won top wine of the

night in the Saskatchewan regional competition held last October.

"We like to think of the Similkameen wine region as a hidden gem," explained Harker.

With wins like this, expect this hidden gem to be discovered by a lot more people!

*About the Similkameen Wineries Association*

The Similkameen is one of the grape growing hot spots in British Columbia. It was named by enRoute Magazine as one of the world's 5 Best Wine Regions You've Never Heard Of!

The Similkameen Wineries Association is a collective of eight wineries located in Cawston and Keremeos in the Similkameen Valley. For more information on the Similkameen Wineries Association or any of its fine award-winning wineries and wines, visit their website at www.SimilkameenWine.com, call 250.488.0878 or follow them on Facebook and Twitter. - submitted

**SESS marks anti-bullying day**

Anti Bullying Day is on Wednesday, February 29th.

On that day Similkameen Elementary Secondary School (SESS) in Keremeos will use the day to promote awareness about

bullying and share in a commitment to eliminate the problem.

SESS students will wear pink t-shirts to school on that day. The school has a supply of anti bullying pink t-shirts for sale in various sizes (including very small sizes for young children from K-Grade 4). The cost is \$5.00 each. The shirts will be on sale at recess and lunch daily until Tuesday, February 28.

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Area H (Princeton Rural) Director Brad Hope spoke at the February 24th ceremony at Princeton Ambulance Station where Vital Link and Good Samaritan Awards were presented. Photo: Brenda Engel

## Workshop features wood heat

If you use an old wood burning stove or wood fireplace insert, here's a chance for you to upgrade to a cleaner burning unit and save some money while improving local air quality!

From March through April 30th, municipal and regional area residents of the RDOS region can receive a \$250 rebate when they replace and render unusable their old wood stove or wood insert with a new EPA/CSA emission-approved wood, gas, pellet or electric appliance. But don't delay as this offer is good only to the first 60 exchanges.

Participating retailers are also offering upfront a discount of \$150 or more. They have all the information needed as well as documentation that shows the emission ratings of all the new stoves.

In many valley communities in

BC, smoke from wood burning units is the greatest source of particulate matter next to open burning. Particulate matter is one of the main pollutants that leads to poor air quality and can have serious health impacts.

Upgrading is important, but equally important is the operation of a wood stove, the firewood used, and the chimney. New EPA wood stoves when operated correctly will reduce smoke pollution by 90% and use 1/3 less wood. Chimney smoke is a sign of an inefficient burn, producing unnecessary air pollution, and wasting wood.

To learn more about achieving an efficient burn with a wood stove or wood insert, attend the Wood Heating Workshop on March 1st, at the Community Skills Centre, 206 Vermilion Avenue in Princeton. Workshop starts at 6:30 PM and

ends at 8:30 PM. Come early (anytime between 5:30 - 6:30 PM) and see the outdoor burn display where an old inefficient wood stove is compared to the technology of a new wood stove. Witness the difference. There will be prizes courtesy of Mr. Fireplace and North West Stoves. There will be nothing dry about this workshop except the wood.

For more information on the Great Okanagan Similkameen Wood Stove Exchange Program visit one of the participating retailers: Princeton Builders Mart, Bob's Stove Repair, Accent Living, Okanagan Home Centre, Penticton Home Hardware, and OK Falls Red Barn. You can also obtain information on the RDOS website: [www.rdos.bc.ca](http://www.rdos.bc.ca) (click on Departments - Air Quality - Wood Heating). - submitted



A closer look at the Good Samaritan Awards prior to presentation February 24th in Princeton. Photo: Brenda Engel

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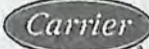
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Similkameen News Leader  
250.295.4149**Health/Lifestyle News****12 Tips to Assist with Joint Pain Relief**

(NC)—National Hockey League (NHL) Hall-of-Famer Paul Coffey, now 50 years old, sometimes experiences joint pain in his knees, hips and lower back as a result of many years of training on and off the ice. For Coffey, and many other Canadians 50-plus, the limiting effects of joint pain and stiffness may prevent them from performing daily tasks and enjoying the activities they love to do.

"When I retired from hockey, sometimes my pain prevented me from participating in the activities I really enjoyed such as golfing and coaching youth hockey," said Coffey.

"At times, the pain I was experiencing made me feel defeated. But I soon realized that I shouldn't let pain kick me out of the game and stop me from doing the things I love to do most."

According to Coffey, a four-time Stanley Cup champion, you are never too young or too old to start taking care of your joints. Tips such as eating well and exercising can

help Canadians break away from pain and play an important role in maintaining a healthy and active lifestyle.

Don't let your pain skate circles around you!

Here are 12 tips to assist with your joint pain relief:

**1. Stick with your exercise routine.**

Exercise can improve overall health and help you effectively manage pain. Start with a few minutes of exercise in the morning and before bed.

**2. Focus on your personal needs.** Team-up with your doctor and develop a pain relief plan that's right for you in order to put joint pain in the penalty box!

**3. Proper rest is important.** Daytime naps and a good night's sleep can help to restore your energy.

**4. Simplify your daily routine.** Don't over-exert yourself—proactively reduce fatigue and stress on joints by simplifying your daily tasks, chores and schedule.

**5. Protect against pain.**

Saving energy and avoiding painful activities can help to reduce stress and defend against pain.

**6. Know when your joints need rest.**

Recognize the signs of stress on your body and know when your joints require a break.

**7. Active pain relief.**

Speak to your doctor about an exercise plan that doesn't aggravate your symptoms.

**8. Seek support in your daily routine.**

Ask family and friends for help with difficult tasks.

**9. Proactively prevent joint stiffness.**

Avoid staying in one position for a long time to help reduce stiffness and pain in joints.

**10. Maintain your overall health.** A proper diet and healthy weight can help maintain your good health.

**11. Knowledge is key.**

Keep up-to-speed with pain relief strategies and effective treatment options that can allow you to play at full-strength.

**12. Take an assist from Aleve.**

To see if Aleve or new Aleve Liquid Gels are right for you always read and follow the product label. For more information, be sure and visit [www.aleve.ca](http://www.aleve.ca). Ask your doctor or pharmacist if you have further questions.

- [www.newscanada.com](http://www.newscanada.com)

**Living Past 100****Is Food Really Medicine?**

Many cultures treat food as if it were medicine. One nation noted for its perception of food as medicine is India. Meals are cooked with Indian ideas of healthy eating, which is quite different from our ideas.

When people are not well, their diet is changed to foods most likely to cure the problem. People are encouraged to eat according to how they are built, too. For example, a tall thin person would be fed more oily and wet foods, whereas a short plump person would be fed drying foods, and a medium built muscular person would be fed fewer spicy foods.

The study of medicine in India goes back thousands of years, just as it does in China, another country where food is considered medicine. Neither of those countries has the kind of health problems we do. India has the lowest cancer rate in the world. China's cancer rate is higher, but far fewer people die from cancer in China than in Canada.

Physicians in both China and India treat their patients with modern medicines when it is needed, but they will recommend foods and herbal combinations as well as medications. Physicians in India and China spent much of their studies on learning the medically beneficial qualities of herbs and foods. Before they can begin a medical practice, they must pass tests of their knowledge of natural substances such as herbs and foods which can be used along with medications. In Canada, our physicians know a great deal more about pharmaceuticals, diagnostic machinery and surgery than they do about herbs and diets for healing.

However, research into lifestyles, diet and exercise is changing the picture for Canadian physicians. The bad effects of diet, food additives and food excesses are changing how our physicians look at their patients and what they recommend for treatment. Canada's physicians are far more likely than ever before to start investigating patients' eating habits, because food is not only a source of healing, the wrong foods are a source of illness.

**Council agrees to wheelchairs**

Princeton Accessibility Awareness Committee has invited members of Town Council to participate in the Rick Hansen activities scheduled for May 9 in Princeton. Council has agreed to be part of the fun.

Local business owners, members of the public, Rick Hansen Foundation members and the media are invited to participate.

The Committee has developed three short downtown circuits which will include some sidewalks, public areas, and businesses. Participants will be asked to propel themselves in wheelchairs and then assist others who are doing the circuit in wheelchairs.

Town Council members wasted no time in passing a motion to participate.

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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - February 28 - March 5, 2012



Princeton Posse's Tim Martens displays his play-off haircut. \*

## Posse take 1-0 series lead

To say you could feel the tension in the air around Princeton Arena the past few days would be an understatement.

The talk around town for many revolved around The Playoffs.

Princeton Posse hosted Penticton Lakers February 24th in Game 1 of the Divisional Semi-Final Best-of-Seven Series, or commonly known in the coffee shops nearby as simply Round One.

To say both teams were evenly matched would be putting it mildly.

When it came to passing, play making, shooting and skating it was hard to pick a winner.

Princeton's Eric Kubis scored the first goal of the series at 14:42 of the

first period with a pass from Jaden Janzen. Kubis was just to the left of Penticton goalie Austin Buzzell when Janzen's pass hit his stick. Buzzell slid over and snuggled up against the left goal post thinking his glove arm was blocking the corner. Kubis chose not to one-time the puck opting to stop the pass, get the puck under control then let go with a snap shot that must have sailed in on it's edge as it found a tiny crack between the goal post and Buzzell's left wrist and plopped into the back of the net. Curtis Bellamy earned an assist on the play.

There were no other goals scored in that period. Or in the second.

And no scoring in the third period,

either.

What fans in the packed Princeton Arena got to see was an incredible defense on both sides of the rink. More than once during the game both goalies were beat, leaving gaping holes to one side of their nets and players getting in position quick enough to pull pucks out of goal creases. It happens no less than three times during the game and at crucial points in the match.

Penticton pulled their goalie in the final few seconds of the game for an extra man and Laker Assistant Captain Derek Grimm drilled a rocket of a shot at the Princeton net which was ruled 'No Goal' by

..... continued on Page 22

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# Tuesday Movies

**EVENING**

9:00 pm WTBS ch.3 "Surf's Up" (2007, Comedy) Voices of Shia LaBeouf. Animated. Followed by a documentary film crew, a teenage penguin heads to Pen Gu Island for his first professional surfing competition.  
9:05 pm KNOW ch.5 "Herb and Dorothy" (2008, Documentary)

Dorothy Vogel. A couple redefined what it means to be an art collector. (CC)  
10:45 pm WTBS ch.3 "Surf's Up" (2007, Comedy) Voices of Shia LaBeouf. Animated. Followed by a documentary film crew, a teenage penguin heads to Pen Gu Island for his first professional surfing competition.

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# News Leader Horoscopes

February 29 - March 2, 2012

**Aries** - It is time for you to start talking about what is really on your mind. Speak clearly, try not to shock others. Do some creative thinking, too. News you hear could shake you to your foundations. Face opposition logically.

**Taurus** - This week is the beginning of a really lazy time for you. You lack motivation and will have to kick your own butt to get going. The best way to overcome this problem is to do some serious planning for a later date. Enjoy!

**Gemini** - Stay focused on your career throughout March. Things will go well for you in most areas of your life but there may be conflict between home and family and your career. This is an ongoing situation. Find possible balance.

**Cancer** - You can have a lot of fun making plans these days, but spend time researching background information about those plans. Don't forget the details! Talk to employers, older folks about your career. Advice may surprise you.

**Leo** - If you make travel plans now, you may have to re-think those plans in a couple of weeks. Be sure to keep your tax situation in order, and double check financial picture. Career is going well. Use charm. Older woman can help.

**Virgo** - You have seemed to be in a holding pattern for months, but things are going to start happening in a good way now. Relationships are more important now, especially relationships between you and your partner and you and your friends. Travel can bring benefits and will be fun, but you may need to wait.

**Libra** - You need to focus on your job now, and on your health. Do an evaluation of your health: enough exercise? The right foods? Friends are in a position to give you information that may surprise you. Double check.

**Scorpio** - You long to have more fun in your life now but plans you make have to be put on the back burner until mid-April. Look to good friends and partner to bring fun to you. If single, romance could surprise you in the coming week.

**Sagittarius** - Look for more fun on the job now. Creativity rises. You need to guard against being so pleased with everything that you become lazy. Home life is good. Be cautious about sports, there could be accidents this weekend.

**Capricorn** - This weekend, you may learn something at home or about your property that is unexpected. Youngsters will bring you great pleasure. Career continues to be a burden and major responsibility, older folks depend on you.

**Aquarius** - Pay surprise visits to friends and family this weekend, but don't spend money you can't afford. Spend some time cleaning and decorating your home for the next three weeks. Spruce it up for spring. It will be fun!

**Pisces** - Short trips, such as shopping, can be a lot of fun this month. You may have a sudden unexpected expense this weekend. This is a good time to speak your mind. You make great gains by exercising outdoors, walking is excellent.

**TUESDAY, FEBRUARY 28, 2012**

	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 of the Night	(5:30) Morning News (N)	Arthur	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News-Now	Kid vs. Kat Super Evil	SportsCentre	(5:30) CTV Morning Live (N)	I Could Do	Henry's	CityLine (N)	Auction	TV-Torrans
7 AM	Cosby		HI-5	Arthur	Today Grilled cheese; Art Smith. (N)	CBS This Morning (N)	Breakout Kings	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY	Earth: Final Conflict
8 AM	Excused		WordWorld	Curious			CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Greatest Know-It-All	ANT Farm	Rachael Ray	CSI: Crime Scene	Debt/Part
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	CSI: Miami "Killer Date"	Livel With Kelly (N)	100 Huntley Street	World Vision	Super Why! News	Rescue	SportsCentre	Livel With Kelly (N)	Auction	Mickey	Access Hollywood Live	CSI: Crime Scene	Debt/Part
10 AM	Millionaire	Operation Smile	Numbjack	Sesame Street		The Price Is Right (N)	The First 48	The View (N)	Operation Smile	Blg Flip Debt/Part	Poko	Little Bear	SnowTrax	The View (N)	Dirty Jobs	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N)	Young & Restless	The First 48	Heal Power-Julcing	Blg Flip Debt/Part	Noon News Hour (N)	Animal	G. Shrinks	Marilyn Denis	Nerve Center	Suite Life	The Revolution	CSI: Crime Scene	3rd Rock	
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)	Paid Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	Boxing: Juan Carlos Burgos vs. Cristobal Cruz.	CTV News (N)	Desert Car Kings	Wizards	General Hospital (N)	CSI: Crime Scene	3rd Rock
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Paint	Days of our Lives (N)	The Talk	Criminal Minds	The Revolution	Days of our Lives (N)	The Talk	Heartland (DVS)	Kid vs. Kat Super Evil		The Dr. Oz Show	Greatest Know-It-All	Sonny	CityLine	CSI: Crime Scene	Frasier
2 PM	King	The Talk	Franklin	Barney	Jeopardy!	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors (N)	Steven and Chrls (N)	Monster	Off Record	Anderson	Myth-Busters	Suite/Deck Ned's	CityNews at 5 (N)	Ink Master	Gold Girls
3 PM	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors (N)	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Life Derek	CityNews at 6 (N)	Ink Master	Debt/Part
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ink Master	Debt/Part
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	NBA Basketball: Toronto Raptors at Houston Rockets.	CTV News at Five (N)	How/Made	Wingin' It	Last Man	Ink Master "Game On"	3rd Rock
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada		iCarly	Boys	CTV News (N)	Gold Rush (N)	Suite/Deck	New Girl	Ink Master	3rd Rock
7 PM	Seinfeld	Ent	Hope for Wildlife	The Amish: American Experience (N) (DVS)	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Parenthood	Jeopardy!	Boys	SportsCentre (N) (Live)	The River "Peaches"	Flying Wild Alaska (N)	Shake It	Body of Proof (N)	Ink Master (N)	Frasier
8 PM	Family Guy	NCIS "Need to Know"	Monty Don's Italian		The Biggest Loser (N)	NCIS "Need to Know"	Storage	Last Man	NCIS "Need to Know"	NCIS "Need to Know"	Mercer	iCarly	22 Minutes	American Idol The male semifinalists perform.	Daily Planet (DVS)	Suite/Deck	News	Ink Master	Instant
9 PM	Movie: *** "Surf's Up" (2007)	NCIS: Los Angeles (N)	(9.05) Movie: "Herb and Dorothy" (2008)	Frontline (N)		NCIS: Los Angeles (N)	Storage	The River "Peaches"	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Arctic Air (N) (DVS)	Funnest Home Videos	High Stakes Poker		Gold Rush	Debra! O	Seinfeld	Auction	Roseanne
10 PM	(10:45) Movie: *** "Surf's Up"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weird	SportsCentre	CTV News	How/Made	Ned's	Paid Prog.	Ink Master	3rd Rock
11 PM				Jay Leno	Letterman	Storage	Nightline		ET Canada			Mr. Young		CTV News	How/Made	Zoey 101	Paid Prog.		3rd Rock

# News Leader Recipe 491

## Caramelized Onion Grilled Cheese Panini

Grown-up grilled cheese is all the rage

By John Placko, Director of culinary excellence, Dempster's

(NC)—While the grilled cheese sandwich is nothing new, it's enjoying a huge resurgence in popularity across North America. Grilled cheese restaurants, specialty grilled cheese food trucks, and gourmet recipes are turning up everywhere. In fact, Canadians eat over 200 million grilled cheese sandwiches a year. That's 400 million slices of bread!

In keeping with this hot food trend, here is a gourmet grilled cheese sandwich recipe you can make at home. The caramelized onion combined with fresh tomatoes, cheese and basil on fresh bread, makes a delicious meal and can even be used as an appetizer if cut up into bite size sandwiches:

**Ingredients:**

- 1 tbsp (15 mL) olive oil
- 1 medium red onion, peeled and thinly sliced
- 1 tsp (5 mL) brown sugar
- 2 tsp (10 mL) balsamic vinegar
- 1 tbsp (15 mL) butter, softened
- 8 slices Dempster's Stays Fresh white bread
- 2 small tomatoes, thinly sliced
- Thin slices Mozzarella cheese
- 1/2 cup (125 mL) fresh basil leaves
- Salt and pepper to taste

**Directions:**

Heat oil in a non-stick frying pan over medium. Add onion and sugar and sauté for 10 minutes, stirring often. Reduce heat to medium low and add balsamic vinegar. Sauté 2 minutes more, remove from heat and set aside. Preheat Panini press on high. Spread butter on one side of each slice of bread and place butter side down.

Layer 4 slices of bread with tomato and Mozzarella cheese. Top with equal amounts of basil and caramelized onions and season with salt and pepper. Top with the remaining slices of bread. Place sandwiches on Panini press and close. Cook for 3 to 4 minutes or until cheese is melted and bread is golden. Sandwiches can also be cooked in a large non-stick frying pan at medium heat for 2-3 minutes per side. Serve warm.

Canada's Food Guide recommends that we should eat six to eight servings of grains per day. Additional recipes to achieve this are available online at [www.dempsters.ca](http://www.dempsters.ca).

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## Wednesday Movies

**AFTERNOON**

4:00 pm SPIKE ch.44 "Seven" (1995, Suspense) Brad Pitt. A meticulous detective and the young officer about to replace the veteran probe serial murders based on the seven deadly sins. (In Stereo)

**EVENING**

7:30 pm YTV ch.18 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the trea-

sure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (CC)  
 9:00 pm SPIKE ch.44 "Jaws" (1975, Horror) Roy Scheider. A New England police chief, a shark hunter and a scientist have a showdown with a huge white shark.  
 11:00 pm WTBS ch.3 "Shattered" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to comply with a series of daunting tasks.

## Prince Town 1826-1926

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1826 - 1926

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From Fur Traders to Miners to the Railroad

### WEDNESDAY, FEBRUARY 29, 2012

	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 of the Night	(5:30) Morning News (N)	Arthur	Bob Bulld	KHQ News GAM (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat	SportsCentre	(5:30) CTV Morning Live (N)	Breakout	Henry's	CityLine (N)	Auction	TV-Torrens
7 AM	Cosby		Hi-5	Arthur	Today Gray: beauty products; Pamela Drukerman. (N)	CBS This Morning (N)	Breakout Kings	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday "Fire Fight"	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY	Earth: Final Conflict
8 AM	Excused		WordWorld	Curious			CSI: Miami "Recoil"		100 Huntley Street		Bo On/Go	Pokémon	SportsCentre		Natural Born Dealers	ANT Farm	Rachael Ray	CSI: Crime Scene	Intervention Canada
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	CSI: Miami	Live! With Kelly (N)	100 Huntley Street	Operation Smile	Super Why!	Rescue	SportsCentre	Live! With Kelly (N)	Auction	Mickey	Access Hollywood Live	CSI: Crime Scene	Intervention Canada
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street		The Price Is Right (N)	The First 48	The View (N)	World Vision	Big Flip	Poko	Little Bear	Sportfish	The View (N)	Dirty Jobs	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N)	Young & Restless	The First 48	Paid Prog. Wen Hair!	Big Flip	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Breakout	Suite Life	The Revolution	CSI: Crime Scene	Raymond
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)	Butt Lift	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Rated A	International Friendly: England vs. Netherlands. (N)	CTV News (N)	Gold Rush	Wizards	General Hospital (N)	CSI: Crime Scene	Raymond
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Oil Painting	Days of our Lives (N)	The Talk	Criminal Minds	The Revolution	Days of our Lives (N)	The Talk	Heartland	Kid vs. Kat		The Dr. Oz Show	Flying Wild Alaska	Sonny	CityLine	CSI: Crime Scene	Roseanne
2 PM	King	The Talk	Franklin	Barney	Pearlie (E)	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors (N)	Steven and Chris (N)	Monster	Off Record	Anderson	Myth-Busters	Suite/Deck Ned's	CityNews at 5 (N)	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors (N)	Young & Restless	Recipes	SpongeBob	SportsCentre	Dr. Phil	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Intervention Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Movie: "Seven"	Intervention Canada
5 PM	College Basketball: Auburn at	News (N)	Jack	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	NHL Hockey: Toronto Maple Leafs at Chicago Blackhawks.	CTV News at Five (N)	Gold Rush	Wingin' It	The Middle	(1995) Brad Pitt, Morgan Freeman.	Raymond
6 PM	Alabama (N) (Live)	Global Nat.	Parks	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	Ent	SpongeBob		CTV News (N)	American Chopper	Suite/Deck	Family		Raymond
7 PM	Seinfeld	Ent	Frontier of Construction	Nature (DVS)	Jeopardy!	Inside Ed.	Dog the Bounty Hunter	Ent	Ent	Kitchen Nightmares	Jeopardy!	Parents		etalk	Sons of Guns (N)	Shake It	Revenge "Scandal" (N)	Ways Die	Roseanne
8 PM	Family Guy	Survivor: One World (N)	Marco Polo Reloaded	Rumrun-	Chelsea	Survivor: One World	Dog the Bounty Hunter	The Middle	Survivor: One World (N)	Survivor: One World (N)	Dragons' Den (N)	Movie: "The Goonies" (1985) Sean Astin.	SportsCentre (N) (Live)	American Idol The female semifinalists perform.	Sons of Guns	Shake It	Seinfeld	Movie: "Jaws" (1975, Horror) Roy Scheider, Robert Shaw.	Raymond
9 PM	Browns	Chelsea	Rigoletto from Mantua Placido Domingo stars as court jester. (N)	History of Science	Law & Order: SVU	CSI: Crime Scene	Dog the Bounty Hunter	Revenge "Scandal" (N)	Kitchen Nightmares	News Hour Final (N)	National	Laughs	SportsCentre (N)	CSI: Crime Scene	Gold Rush	Princess	The Nate Berkus Show		Gold Girls
10 PM	Browns	Kitchen Nightmares		Charlie Rose (N)	News	News	Dog the Bounty Hunter	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weld	SportsCentre	CTV News	American Chopper	Ned's	Paid Prog.		Raymond
11 PM	Movie: "Shattered"	CHBC News Final (N)			Jay Leno	Letterman		Nightline		ET Canada		Mr. Young		CTV News		Zoey 101	Paid Prog.		Raymond

# Around The Similkameen!



On the endangered list only to return next Winter, an Argo sanding truck made its way to the Twin Lakes highways sand storage yard on February 23rd. There wasn't a speck of snow or ice on Highway 3A at the time: temperatures were about +5 Celsius. Likely the driver was dropping off or retrieving sand or aggregate. Photo: Arlene Arlow

## More earthquakes?

There have been more little earthquakes in the Princeton area beginning on February 14, when there were two quakes, one at 2:00 PM at magnitude 2.4 located 5 kilometres south of Princeton along the Similkameen River.

Forty minutes later there was a 4.2 quake off Vancouver Island due west of Campbell River. On February 16, there was a 2.6 quake in the

Similkameen between Ollala and Yellow Lake.

The following day there was a 2.2 quake south of Princeton between Copper Mountain and the Similkameen River.

On the 20th there was a 2.5 quake near the confluence of the Tulameen and Similkameen Rivers closer to the sawmill.

## Council gives Halloween blessing

Responding to a letter from Jennifer Bernard requesting support for the October 28 community Halloween Party, Council was quick to okay the request. Councillor Frank Armitage commented, "This is a wonderful event."

Bernard asked for use of the water truck, the garbage truck and grounds upkeep before the event. Council passed the motion to grant the request providing there was nothing more urgent happening at the time.

Dale McKinnon of the South Okanagan Big Band was totally absorbed in his sax playing February 15th in Keremeos. Dale's band as well as members of the Similkameen Elementary Secondary School Band performed to an appreciative audience at the SESS school gym. The evening of entertainment was a fundraiser for the SESS Band who is off to Moscow, Idaho to perform. Help for the evening was provided by the Music Under The K Society. Photo: Arlene Arlow

# Similkameen News Leader



Also on the endangered list until next Winter are these ice fishing huts. This picture was taken on February 23rd at Yellow Lake. Undoubtedly the huts will be replaced by small boats before the end of April. Photo: Arlene Arlow

A cap of icy snow persists on this 6-foot boulder in the middle of the Similkameen River: notice the icicles. The river water and outside temperatures are whittling away at the icy hood. For now, the hardness of the ice on the edge of the cap enables it to exceed the perimeter of the rock. Voila: a short-lived Hoo Doo. Photo: Arlene Arlow

# Council offers praise

Town Councillors had a lot of praise to offer at the February 20 meeting. Councillor Frank

Armitage commented on the loss of Janine Terbasket, whose funeral he attended. He praised the work she

had done for the Lower Similkameen Indian Band and said, "She was a good citizen of our valley."

Councillor Armitage added more praise for the excellent performance of the Posse hockey team and urged everyone to go out to watch the playoffs. He added praise to Princeton Curling Club for the way they have hosted some excellent bonspiels.

Councillor Jason Earle praised the Legion for their ongoing series of poker tournaments on Wednesday evenings, and for their hosting Youth Night for young people aged 10 to 18, offering games, snacks and soft drinks free. Councillor Earle went on to encourage people to help Princeton Rotarians raise funds for a proper concession kitchen at Riverside Centre.

A Wine Fest fundraiser for the project took place at Riverside Centre on March 3.



This is probably the best looking snowman we've seen this winter! He sits outside a home on Corina Avenue, Princeton. Photo: Brenda Engel

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## Thursday Movies

### EVENING

9:00 pm WTBS ch.3 "Shattered" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to comply with a series of daunting tasks.  
9:05 pm KNOW ch.5 "Super Size Me" (2004, Documentary)

Filmmaker Morgan Spurlock conducts an experiment in which he only eats food from McDonald's for 30 days. (CC)  
11:00 pm WTBS ch.3 "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their lives, seeking safety through an upside-down maze.

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### THURSDAY, MARCH 1, 2012

	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	CITY 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 of the Night	(5:30) Morning News (N) 30	Arthur 0	Thomas Clifford	KHQ News GAM (N) 30	KREM 2 Morning News	The Sopranos 0 30	News	(5:30) Morning News (N) 30	(4:30) Morning News (N) 30	CBC News Now 30	Kid vs. Kat Super Evil	SportsCentre 30	(5:30) CTV Morning Live (N) 30	Natural Born Dealers	Henry's Phineas	CityLine (N) 30	Auction	TV-Torrens
7 AM	Cosby		Hi-5 30	Arthur	Today Curtis Stone, Kelsey Nixon. (N) 30	CBS This Morning (N) 30	Breakout Kings 30	Good Morning America (N) 30			Turbo	Sidekick	SportsCentre 30		Mayday 30	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY "The Ride-In"	Earth: Final Conflict 0
8 AM	Excused		WordWorld	Curious			CSI: Miami "Whacked"			100 Huntley Street 30	Bo On/Go	Pokémon	SportsCentre 30		Oddities	ANT Farm	Rachael Ray 0 30	CSI: Crime Scene	Instant
9 AM	Family Fd	100 Huntley Street 30	Wibbly Pig	Super Why!		The 700 Club 30	CSI: Miami "10-7" 30	Livel With Kelly (N) 30	100 Huntley Street 30	World Vision 30	Super Why! News	Rescue Berenstain	SportsCentre 30	Livel With Kelly (N) 30	Auction	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Instant
10 AM	Millionaire	World Vision 30	Numbrjack	Sesame Street 0 (EI)		The Price Is Right (N) 30	The First 48 30	The View (N) 0 30	World Vision 30	Big Flip	Poko 30	Little Bear	Billiards	The View (N) 0 30	Dirty Jobs 0 30	Mickey Manny	The Chew 0 30	CSI: Crime Scene	Roseanne Raymond
11 AM	Law Order: CI	Big Flip	Save-Umal	Sid	The Doctors (N) 30	Young & Restless	The First 48 30	Paid Prog.	Big Flip	Noon News Hour (N)	Animal	G. Shrinks	NHRA Drag Racing: Arizona Nationals. From Phoenix. (Taped) 30	Marilyn Dents	Gold Rush	Suite Life	The Revolution	CSI: Crime Scene	Friends 0
12 PM	Law Order: CI	Noon News Hour (N)	Pingu 30	Charlie Rose (N) 30	Paid Prog.	News	Criminal Minds 0 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Puppies	Arztooka	CTV News (N) 0 30	American Chopper	Wizards Hannah	General Hospital (N) 0	Jail 30	Friends 0
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Paulson	Days of our Lives (N)	The Talk 0 30	Criminal Minds 0 30	The Revolution	Days of our Lives (N)	The Talk 0 30	Coronation Street (N)	Kid vs. Kat Super Evil		The Dr. Oz Show 30	Sons of Guns	Sonny Cory	CityLine 30	Jail 30	3rd Rock
2 PM	King	The Talk 0 30	Franklin 0	Barney	Sheldon	Let's Make a Deal (N)	The First 48 30	General Hospital (N) 0	The Talk 0 30	The Doctors (N) 30	Steven and Chris (N) 0	Monster Squirrel	Off Record	Anderson 0 30	Myth-Busters 0 30	Suite/Deck Ned's	CityNews at 5 (N) 30	Jail 30	Gold Girls
3 PM	The Office	The Doctors (N) 30	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil 0 30	The First 48 30	Rachael Ray 0 30	The Doctors (N) 30	Young & Restless	Recipes	Almost	SportsCentre (N) 30	Dr. Phil 0 30	Cash Cab	Life Derek	CityNews at 6 (N) 30	Jail 30	Instant
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur 0	Jdg Judy	The Dr. Oz Show 30	The First 48 30	The Nate Berkus Show	Young & Restless	Early News	NHL Hockey: Minnesota Wild at Montreal Canadiens. (N) 0 (Live) 30	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N) 30	Phineas	How I Met	Jail 30	Instant
5 PM	Browns	News (N) 30	Jack 30	News	News	News	The First 48 30	News	Early News	(4:59) News Hour (N)	Parents	SpongeBob	NBA Basketball: Oklahoma City Thunder at Orlando Magic. (N) 30	CTV News at Five (N)	Mighty Planes "Orbis"	Jessie 30	30 Rock	Jail 30	Friends 0
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	The First 48 30	News	(5:59) News Hour (N)	ET Canada	ICarly 30	Weird	City Thunder at Orlando Magic. (N) 30	CTV News (N) 0 30	Mighty Planes	Jessie 30	Person of Interest 30	IMPACT Wrestling (N) 0 30	3rd Rock
7 PM	Seinfeld 0	Ent	Canada: Over the Edge	Chihuly In the Hot-shop	Jeopardy!	Inside Ed.	The First 48 30	Ent	Ent	Awake "Pilot" 0	News	Weird		etalk 30	Myth-Busters 0 30	Shake It	(7:02) Private Practice		3rd Rock
8 PM	Family Guy	The Exes	The Queen's Palaces	Prime Suspect 30	30 Rock	Big Bang	The First 48 30	Wipeout 0 30	The Exes	The Exes	The Nature of Things	ICarly 30	NBA Basketball: Miami Heat at Portland Trail Blazers. (N) 30	Big Bang	Daily Planet 30 (DVS)	Suite/Deck	News	MMA	Instant
9 PM	Movie: "Shattered" (2007)	Bones 0 30	(9:05) Movie: *** "Super Size Me" (2004)	MI-5 30	The Office	Person of Interest 30	(8:01) The First 48 30	Grey's Anatomy 30	Bones 0 30	Bones 0 30	Cat Crazy 30 (DVS)	Funnest Home Videos	Criminal Minds 0	Mighty Planes "Orbis"	Really Me	Seinfeld 0	Jail 30	Roseanne	
10 PM	Pierce Brosnan.	Awake "Pilot" 0		The Golden Apple Awards 30	Awake "Pilot" 0	The Mentalist 0 30	(10:01) The First 48	(10:02) Private Practice	Awake "Pilot" 0	News Hour Final (N)	National	Laughs	SportsCentre (N) 30	The Mentalist 0 30	Mighty Planes	Princess	The Nate Berkus Show	GTTV	Gold Girls
11 PM	Movie: "Poseidon"	CHBC News Final (N)	Cola Conquest 30	Profiles	Jay Leno	Letterman	(11:01) The First 48	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weird	SportsCentre 30	CTV News	Myth-Busters 0 30	Ned's	Paid Prog.	MMA	Friends 0

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# Friday Movies

### EVENING

8:00 pm YTV ch.18 "The Longshots" (2008, Docudrama) Ice Cube. Under her uncle's tutelage, young Jasmine Plummer becomes the quarterback of a Pop Warner football team and inspires hope in her poor Illinois town. (In Stereo) (CC)  
 FAM ch.26 "High School Musical 3: Senior Year" (2008, Musical Comedy) Zac Efron. Troy, Gabriella and the rest of the Wildcats plan an elaborate spring musical to express their experiences, hopes and fears for their futures. (In Stereo) (CC)  
 9:00 pm WTBS ch.3 "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their lives, seeking safe-

ty through an upside-down maze.  
 10:15 pm FAM ch.26 "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (CC)  
 11:00 pm WTBS ch.3 "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart.

# News Leader Sudoku 391

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.

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

THIS WEEK'S SOLUTION:  
 Page 20

News Leader Sudoku grids, puzzles and solutions  
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### FRIDAY, MARCH 2, 2012

	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	CITY 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 of the Night	(5:30) Morning News (N) Ⓢ	Arthur Ⓢ Rob Robot	Bob Bull Clifford	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos Ⓢ Ⓢ	News	(5:30) Morning News (N) Ⓢ	(4:30) Morning News (N) Ⓢ	CBC News Now Ⓢ	Kid vs. Kat Super Evil	SportsCentre Ⓢ	(5:30) CTV Morning Live (N) Ⓢ	Junk Raiders Ⓢ	Henry's Phineas	CityLine (N) Ⓢ	MMA Jail Ⓢ	TV-Torrens OpenSoon
7 AM	Cosby		Hi-5 Ⓢ Magic Bus	Arthur Martha	Today Important information about teens. (N) Ⓢ Ⓢ	CBS This Morning (N) Ⓢ	Breakout Kings Ⓢ	Good Morning America (N) Ⓢ Ⓢ			Turbo Cat in the Hat	Sidekick Beyblade	SportsCentre Ⓢ		Mayday Ⓢ	Suite/Deck Hannah	The Nate Berkus Show	Bar Rescue Ⓢ	Earth: Final Conflict Ⓢ
8 AM	Excused		WordWorld Dinosaur	The Cat in the Hat-athon Ⓢ Ⓢ (DVS)			CSI: Miami Ⓢ Ⓢ			100 Huntley Street Ⓢ	Bo On/Go Busytown	Pokémon Kid vs. Kat	SportsCentre Ⓢ		Myth-Busters Ⓢ Ⓢ	ANT Farm Phineas	Rachael Ray Ⓢ Ⓢ	Bar Rescue "Bar Fight"	Canadian Pickers Ⓢ
9 AM	Family Fd	100 Huntley Street Ⓢ	Gerth-Bev Princess			The 700 Club Ⓢ	CSI: Miami Ⓢ Ⓢ	Live! With Kelly (N) Ⓢ	100 Huntley Street Ⓢ	World Vision Ⓢ	Super Why! News	Rescue Berenstain	SportsCentre Ⓢ	Live! With Kelly (N) Ⓢ	Auction	Mickey Never Land	Access Hollywood Live	Bar Rescue "Chumps"	Canadian Pickers Ⓢ
10 AM	Millionaire	World Vision Ⓢ	Numbrjack Mr. Moon	Sesame Street Ⓢ (EI)		The Price Is Right (N)	The First 48 Ⓢ	The View Ⓢ Ⓢ	World Vision Ⓢ	Big Flip Debt/Part	Poko Ⓢ Doodlebob	Little Bear Fly, Rhino	Motoring Billiards	The View Ⓢ Ⓢ	Dirty Jobs Ⓢ Ⓢ	Mickey Handy	The Chew Ⓢ Ⓢ	Bar Rescue Ⓢ	Roseanne Raymond
11 AM	Law Order: CI	Big Flip Debt/Part	Save-Ums! Rolle Polle	Sid Sit-Be Fit	The Doctors (N) Ⓢ	Young & Restless	The First 48 Ⓢ	Let's Talk Joint	Big Flip Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue	Magazine	Marilyn Denis	Mighty Ships Ⓢ	Suite Life Suite Life	The Revolution	Bar Rescue Ⓢ	'70s Show '70s Show
12 PM	Law Order: CI	Noon News Hour (N)	Pingu Ⓢ Peep, Big	Charlie Rose (N) Ⓢ	Paid Prog. Paid Prog.	News	Criminal Minds Ⓢ Ⓢ	The Chew Ⓢ Ⓢ	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) Ⓢ	Rated A Almost	2011 Presidents Cup	CTV News (N) Ⓢ Ⓢ	Mighty Planes "Orbis"	Wizards Hannah	General Hospital (N) Ⓢ	Bar Rescue Ⓢ	'70s Show King
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Zoboom	Color Scrapbook	Days of our Lives (N)	The Talk Ⓢ Ⓢ	Criminal Minds Ⓢ Ⓢ	The Revolution	Days of our Lives (N)	The Talk Ⓢ Ⓢ	Heartland "Quarantine"	Kid vs. Kat Super Evil	High Stakes Poker	The Dr. Oz Show Ⓢ	Mighty Planes	Sonny Cory	CityLine Ⓢ	Bar Rescue Ⓢ	King
2 PM	King	The Talk Ⓢ Ⓢ	Franklin Ⓢ Little Bear	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	The First 48 Ⓢ	General Hospital (N) Ⓢ	The Talk Ⓢ Ⓢ	The Doctors (N) Ⓢ	Steven and Chris (N) Ⓢ	Monster Squirrel	Off Record Interruption	Anderson Ⓢ Ⓢ	Myth-Busters Ⓢ Ⓢ	Suite/Deck Ned's	CityNews at 5 (N) Ⓢ	Ink Master Ⓢ	Gold Girls Gold Girls
3 PM	The Office	The Doctors (N) Ⓢ	Rob Robot Berenstain	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil Ⓢ Ⓢ	Parking Parking	Rachael Ray Ⓢ Ⓢ	The Doctors (N) Ⓢ	Young & Restless	Recipes Stefano	Almost Sidekick	SportsCentre (N) Ⓢ	Dr. Phil Ⓢ Ⓢ	Cash Cab How/Made	Life Derek Kings	CityNews at 6 (N) Ⓢ	Ink Master Ⓢ	Canadian Pickers Ⓢ
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur Ⓢ	Biz Kid\$ Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show Ⓢ	Parldng Wars Ⓢ	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer Wheel	SpongeBob Squirrel	NHL Hockey: Chicago Blackhawks at Ottawa Senators. (N)	Ellen DeGeneres Show	Daily Planet (N) Ⓢ	Phineas Phineas	How I Met 30 Rock	Ink Master Ⓢ	Canadian Pickers Ⓢ
5 PM	Browns	News (N) Ⓢ	Jack Ⓢ Martha	News Business	News NBC News	News CBS News	Parldng Parking	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N) Ⓢ	Parents SpongeBob		CTV News at Five (N)	Greatest Know-It-All	Phineas Phineas	Who Do You	Ink Master "Game On"	'70s Show '70s Show
6 PM	Browns	Global Nat.	Parks Can. Rivers	PBS News-Hour (N) Ⓢ	Millionaire	News KREM 2 News at 6 (N)	Parking Parking	News News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Boys Victorious	NHL Hockey: Dallas Stars at Edmonton Oilers. (N) (Live) Ⓢ	CTV News (N) Ⓢ Ⓢ	Man vs. Wild Ⓢ	Phineas Austin	Tough Choices	Ink Master Ⓢ	'70s Show King
7 PM	Seinfeld Ⓢ	Ent	A History of Scotland Need	Wash. Wheel	Jeopardy! Access H.	Inside Ed. Parking	Parking The Insider	Ent ET Canada	Ent ET Canada	House Ⓢ Ⓢ	Jeopardy! Big Time	Movie: *** "The Longshots" (2009) Ⓢ Ⓢ	SportsCentre (N) Ⓢ	etalk Ⓢ Big Bang	Mayday "Turning Point"	Jessie Ⓢ ANT Farm	Mantracker Ⓢ (DVS)	Ink Master Ⓢ	King
8 PM	Family Guy	House Ⓢ Ⓢ	Ballykissangel (N) Ⓢ	Great Performances: Andrea	Who Do You	Undercover Boss (N) Ⓢ	Parking Parking	Shark Tank (N) Ⓢ Ⓢ	House Ⓢ Ⓢ	Ringer (N) Ⓢ Ⓢ	Marketplace (N) Ⓢ	Movie: *** "The Longshots" (2009) Ⓢ Ⓢ	SportsCentre (N) Ⓢ	Undercover Boss (N) Ⓢ	Daily Planet Ⓢ (DVS)	Movie: "High School Musical 3: Senior Year" Ⓢ	News EP Daily	Auction Auction	Instant ET Canada
9 PM	Movie: ** "Poseidon" (2006) Josh Lucas.	A Gifted Man (N) Ⓢ	Polrot Mr. Shaitana, a rich man in London. Ⓢ	Bocelli Live in Central Park Ⓢ	Grimm (N) Ⓢ	A Gifted Man (N) Ⓢ	Parking Parking	Primetime: What Would	A Gifted Man (N) Ⓢ	A Gifted Man (N) Ⓢ	fifth estate		SportsCentre (N) Ⓢ	Grimm (N) Ⓢ	Man vs. Wild Ⓢ	(10:15) Movie: "Gotta Kick It Up" Ⓢ	Brandy & Ray J	Auction Auction	Roseanne Raymond
10 PM		Ringer (N) Ⓢ		Dateline NBC (N) Ⓢ	Blue Bloods (N) Ⓢ		Parking Parking	20/20 (N) Ⓢ	Ringer (N) Ⓢ	News Hour Final (N)	National	Mr. Young Boys	SportsCentre (N) Ⓢ	Blue Bloods (N) Ⓢ	Greatest Know-It-All			Auction Auction	Gold Girls Gold Girls
11 PM	Movie: "Wimbledon"	CHBC News Final (N)	Ancient Clues Ⓢ	Charlie Rose (N) Ⓢ	News Jay Leno	News Letterman	Parking Parking	Sports Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	In Real Life Ⓢ	SportsCentre Ⓢ	CTV News	Mayday "Turning Point"	Zoey 101	The Nate Berkus Show	Auction	'70s Show







# Similkameen Souvenirs

Available at the News Leader Office

## Prince Town 1826-1926

The History of Princeton from fur traders to the railway

### Prince Town 1826 - 1926

W. George Elliott

Trace the history of development in the Pacific Northwest from the Oregon Treaty to the arrival of the Royal Engineers followed quickly by prospectors. Contains many photos from the Royal British Columbia Museum.

# \$20.00

## Princeton Area Ghost Towns

The History of Mining in the area - copper, gold and coal

### Princeton Area Ghost Towns

Alamy - Woodford - Malheur - Upper Malheur - Middle Creek - Leahol



A total of six local ghost towns are featured with history on each, detailed directions to the ruins of three you can still visit plus guided photo tours of what you'll still find there today! Perfect for weekend prospectors and local history buffs.

# \$20.00

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## Monday Movies

EVENING

7:30 pm SPIKE ch.44 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (In Stereo)

9:00 pm WTBS ch.3 "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0

grade average.

11:00 pm WTBS ch.3 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée.

# Similkameen News Leader

[www.thenewsleader.net](http://www.thenewsleader.net)

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### MONDAY, MARCH 5, 2012

	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	CITY 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 of the Night	(5:30) Morning News (N) ☺	Arthur ☺ Rob Robot	Bob Bulld Clifford	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos ☺ ☺	News	(5:30) Morning News (N) ☺	(4:30) Morning News (N) ☺	CBC News Now ☺	Kid vs. Kat Super Evil	Sports	(5:30) CTV Morning Live (N) ☺	Mighty Ships ☺	Henry's Phineas	CityLine (N) ☺	Auction Auction	TV-Torrans Opening
7 AM	Cosby	Cosby	Hi-5 ☺ Magic Bus	Arthur Martha	Today (N) ☺	CBS This Morning (N) ☺	CSI: Miami ☺ ☺	Good Morning America (N) ☺						Tim Horton's Brier, Draw Six. (N) (Live) ☺	Mayday ☺	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY ☺	Earth: Final Conflict ☺
8 AM	Excused	Excused	WordWorld Dinosaur	Curious Cat in the			CSI: Miami ☺		100 Huntley Street ☺		Bo On/Go Busytown	Pokémon Kid vs. Kat			Licence to Drill ☺	ANT Farm Phineas	Rachael Ray ☺	CSI: Crime Scene	Wipeout Canada ☺
9 AM	Family Fd	100 Huntley Street ☺	Garth-Bev Princess	Super Why! Dinosaur		The 700 Club ☺	CSI: Miami ☺	Live! With Kelly ☺	100 Huntley Street ☺	World Vision ☺	Super Why! News	Rescue		Live! With Kelly ☺	Auction	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Wipeout Canada ☺
10 AM	Millionaire	World Vision ☺	Numbrjack Mr. Moon	Sesame Street ☺ (EI)		The Price Is Right (N)	The First 48 ☺	The View ☺	World Vision ☺	Big Flip	Poko ☺	Little Bear		The View ☺	Dirty Jobs ☺	Mickey Manny	The Chew ☺	CSI: Crime Scene	Roseanne Raymond
11 AM	Law Order: CI	Big Flip	Save-Umsl Rolie Polle	Sid Sit-Be Fit	The Doctors ☺	Young & Restless	The First 48 ☺	Paired Prog.	Big Flip	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue	SnowTrax	Marilyn Denis	Worst Handyman	Phineas Suite/Deck	The Revolution	CSI: Crime Scene	King King
12 PM	Law Order: CI	Noon News Hour (N)	Pingu ☺ Peep, Big	Charlie Rose ☺	Paired Prog. Paired Prog.	News Bold	Criminal Minds "Jones"	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Rated A Almost	Tim Horton's Brier, Draw Seven. (N) (Live) ☺	CTV News (N) ☺	Mighty Ships ☺	Wizards Hannah	General Hospital (N) ☺	CSI: Crime Scene	King Drew
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Day Zoboom	Paint This 3 Steps to Incredible Health!	Days of our Lives (N)	The Talk ☺	Criminal Minds ☺	The Revolution	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Kid vs. Kat Super Evil		The Dr. Oz Show ☺	Auction	Sonny Good Luck	CityLine ☺	CSI: Crime Scene	Drew Drew
2 PM	King	The Talk ☺	Franklin ☺ Little Bear	Willie's Judge B.	Let's Make a Deal (N)	The First 48 ☺	General Hospital (N) ☺	The Talk ☺	The Doctors ☺	Steven and Chris (N) ☺	Monster Squirrel		Off Record	Anderson ☺	Myth-Busters (N) ☺	Suite/Deck Ned's	CityNews at 5 (N) ☺	CSI: Crime Scene	Gold Girls Gold Girls
3 PM	The Office	The Doctors ☺	Rob Robot Berenstain	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Rachel Ray ☺	The Doctors ☺	Young & Restless	Recipes Stefano	Almost Sidekick	SportsCentre (N) ☺	Dr. Phil ☺	Greatest Know-It-All	Life Derek Kings	CityNews at 6 (N) ☺	CSI: Crime Scene	Wipeout Canada ☺
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur ☺	Fetch! With Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	The First 48 ☺	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer Wheel	SpongeBob Penguins	Hockey	Ellen DeGeneres Show	Daily Planet (N) ☺	Phineas Phineas	Canada's Got Talent (N)	CSI: Crime Scene	Wipeout Canada ☺
5 PM	Browns	News (N) ☺	Jack ☺ Martha	News Business	News NBC News	News CBS News	Hoarders ☺	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N) ☺	Parents SpongeBob	Tim Horton's Brier, Draw Eight. (N) (Live) ☺	CTV News at Five (N)	Myth-Busters ☺	Wingin' It Good Luck	Alcatraz (N) ☺	Surviving Disaster King	
6 PM	Browns	Global Nat.	Parks Dogs	PBS News-Hour (N) ☺	News Millionaire	KREM 2 News at 6 (N)	Hoarders (N) ☺	News News	(5:59) News Hour (N)	ET Canada Ent	Coronation Street (N)	Mr. Young Mr. Young		CTV News (N) ☺	Dirty Jobs (N) ☺	Suite/Deck Wizards		Surviving Disaster ☺	Drew
7 PM	Seinfeld ☺	Ent	Rescue Our Part	Dr. Wayne Dyer: Wishes	Jeopardy! Wheel	Intervention "Courtney"	Access H.	The Insider	Ent ET Canada	Hawaii Five-0 ☺	Jeopardy!	Mr. Young	SportsCentre (N) (Live) ☺	etalk ☺	Greatest Know-It-All	Shake It Good Luck	How I Met Broke Girl	Ways Die	Drew
8 PM	Family Guy	ET Canada	House "Changes" ☺	The Queen's Palaces	Fulfilled Getting the most out of life. ☺	How I Met Broke Girl	Intervention "Zeinah"	The Bachelor "The Women Tell All" (N) ☺	House "Changes" ☺	House "Changes" ☺	Mr. D (N)	iCarly ☺		The Voice Choosing which vocalists will advance.	Daily Planet ☺ (DVS)	ANT Farm Wizards	EP Daily	Movie: "The Fugitive" (1993, Suspense) Harrison Ford. ☺	Instant ET Canada
9 PM	Movie: ** "Dead Man on Campus" (1998)	NCIS: Los Angeles ☺	(9:05) The Last Supper	Leading With Kindness	Smash "Let's Be Bad"	Hawaii Five-0 ☺	(10:01) Hoarders ☺	(10:01) Castle ☺	Hawaii Five-0 ☺	News Hour Final (N)	National	Laughs Splatalot	Win. X Games Classix	Smash "Let's Be Bad"	Mighty Planes	Warthogs! Wingin' It	Seinfeld ☺ Seinfeld ☺	Roseanne Raymond	Gold Girls
10 PM	Movie: ** "Flubber"	CHBC News Final (N)	John McCrae's War	Charlie Rose (N) ☺	News Jay Leno	News Letterman	(11:01) Intervention ☺	News Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Weird Mr. Young	SportsCentre ☺	CTV News	Dirty Jobs (N) ☺	Ned's Princess	Out There	Ways Die	King

# The Wish List

Princeton Highway Extrication Society is currently raising funds for various supplies required for use when responding to a recovery call. The Society does not expect donors to 'pick and choose' what they want to contribute, but have provided a 'Wish List' to demonstrate some of the tools required for replacement/upgrade. All funds collected during fundraising will be put into the Society's bank account and used when purchasing of new equipment is required. The Society holds no loans and only buys items when it can afford to do so.



## Tool Wish List

Amkus Ram with Extension Kit AMK-40R	(\$2,500.00)
Ram Accessories Kit	(\$ 162.00)
Amkus Cutter AMK22	(\$7,500.00)
Rescue 42 Tripod Upgrade Kit - CTC-522	(\$1,950.00)
Tool Kit	(\$ 42.00)
Harness (x6) CMC Pro Tech	(\$ 305.00) each
Helmets (x6)	
Tires (x6)	(\$1,800.00)
Boots (x16 pairs) Airpower R1	(\$ 250.00) per pair

If you are interested in making a cash donation of any size to assist Princeton Highway Extrication Society in purchasing any of this equipment, you can deposit it in the bank of your choice but have it directed to the 'Princeton Highway Extrication Society - Savings Account' in the Princeton Branch of Valley First Credit Union.

To find out more about Princeton Highway Extrication Society visit us online at [www.highwayrescue.net](http://www.highwayrescue.net).



# News Leader Classified Ads

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

### Help Wanted

Princeton & District Community Services is in urgent need of qualified home support workers. Prospective home support workers must be registered with the BC Care Aide Community Health Worker Registry. Successful applicants must have access to a vehicle, a clear criminal record check, a TB skin test and an aptitude for working with seniors. Application forms are available at 47 Harold Avenue (Princeton) and resumes may be mailed to Box 1960, Princeton, BC V0X 1W0 or e-mailed to: mail@pdcss.com. Feb 21-Mar 05

Riverside RV Park Resort, Keremeos BC is looking to hire an ambitious, motivated full-time maintenance person. Responsibilities include care and maintenance of park grounds and facilities. Qualified applicant will have experience and training in potable water, waste water treatment and pool maintenance. Please send your resume to riversidesociety2@gmail.com or mail to Board of Directors - Riverside, #134, 4354 Highway 3, Keremeos, BC V0X 1N1 or fax to 250-499-5954. Feb 21-Mar 05

Caretaker position available for responsible couple or person to provide security and maintenance year round for lakeside vacation properties 30K outside Princeton BC. For further info and resumes contact: Mr. Wm Davies, 23 Lakeside Drive, Cultus Lake, BC, V2R 4Z9 wh.davies@telus.net Feb 28-Mar 13

Princeton & District Community Services is accepting applications from experienced cooks. All applicants will be required to have a Food Safe Certificate, a TB skin test and a criminal record check. Application forms are available at 47 Harold Avenue, Princeton, BC. Resumes can be mailed to Box 1960, Princeton, BC V0X 1W0 or e-mailed to mail@pdcss.com. The successful applicant(s) will work in our assisted living program, where we provide two meals per day for residents and also administer the Meals on Wheels program. Hours of work are between 9:00 AM and 7:00 PM. Feb 28-Mar 05

### Notices

## Northern Lights Massage

MEZ SMITH

I am regretfully ceasing to work as a massage therapist as of April 2012. Thank you to all those who have supported me over the years - I have always enjoyed the contact with my clients.

If anyone has a gift certificate that they have not used yet, please do so before the end of March 2012.

### Lost

Ladies Seiko Watch  
250.295.7229

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### Help Wanted

### For Rent

2-bedroom plus den, 123B Vermillion Avenue, 2nd floor apartment overlooking downtown, yard, in-suite laundry, garage parking and driveway parking, \$900.00/month plus utilities. Available April 1st. No dogs or children please. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

5-acre country setting, 2-bedroom trailer, 2 acres fenced for horses or beef. Dog or cat welcome. New wood stove, electric furnace, washer, dryer, hot water tank, fridge, 200 amp service. 20-minutes from Princeton on Summers Creek Road. Only \$850.00/month plus utilities. Damage deposit, references and criminal check required. Available April 19th. Call 250.295.3739 and leave a message. Feb 21-Mar 05

1-bedroom furnished suite in downtown Princeton. Level access, including power and heat. \$500.00/month. References and DD required. Available now! Call 604.484.2783 and leave a message with the best time to call back. Feb 14-28

### Wanted

60-year old semi-retired roofer and home renovator, seeking room or basement suite in the country for April 1st. Must be able to have riding horse. Loves kids, dogs and gardening. I am a smoker and non-drinker. Please contact Art at 403.975.8708. Feb 14-28

FREE ONLINE CLASSIFIEDS  
www.thenewsleader.biz

### Help!

Going skiing at Apex or Manning Park? Paul would like a ride. He is ok to go down the mountain on his own. For more information on how you can assist with this request, call Gloria at 250.295.7218. Jan 17-21

### Lost

Silver hoop pierced earring lost sometime in early January. Has sentimental value to owner. If you have found this, please call 250.295.1416 or drop off at Princeton Medical Centre. Jan 17-21

Blonde male mini poodle, lean, about 14-inches tall. May have been picked up, not by owner. Was wearing a blue collar. If seen please call 250.255.5789. Jan 24-Feb 21

### For Rent

2,400 sq ft commercial space for lease 301 Bridge Street, price negotiable, good commercial exposure. Available immediately. Call Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

Clean apartment, modern, 3-piece bathroom. #101-301 Bridge Street, \$680.00/month plus utilities. Available March 1st. Call Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

Available NOW! 3-bedroom basement home on Halliford. New carpeting throughout. Fully fenced yard. Asking \$950.00/month. Contact Mona Friesen 250.395.2023. Feb 28

### For Sale

Household Sale - Everything we don't need anymore. Lots of giftware. Most items are new. Antiques, collectibles, books, Siruis, clocks, tools, bar fridge, oak bedroom suite and other furniture. Call 250.295.6408. Feb 28-Mar 13

1978 Dodge Aspen, 225 slant 6, running and insured. Best offer. Call 250.295.0280. Feb 28-Mar 13

### For Rent

Apartment in Princeton - available now! Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave message with best time to call back. to Mar 05

Clean apartment, modern, 3-piece bathroom. #301-301 Bridge Street, \$730.00/month plus utilities, includes laundry. Available March 1st. Call Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

3 bedroom house with double garage, 476 Corina Avenue. \$1,000.00 per month plus utilities. Available April 1st. This house is listed for sale. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

2 bedroom house, located at 445 Similkameen Avenue, \$800.00 per month plus utilities. Available March 1st. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Feb 28

2 bedroom suite downtown in quiet area. Suitable for 2 workers sharing or seniors. Very clean, including heat, power and laundry. Asking \$800.00 per month plus damage deposit and references. Call 250.295.6408. Feb 21-Mar 05

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Notices

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4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
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"KNOW YOUR LIMIT. PLAY WITHIN IT"

**TUESDAYS  
SCA Branch #30**

Snooker Tournament  
2nd Tuesday each month - 10 AM  
Pool Tournament  
4th Tuesday each month - 10 AM

OPEN 9:00 AM - 4:00 PM  
Lunch: 11:30 AM - 1:00 PM

**Narcotics Anonymous**

**OPEN MEETINGS  
Wednesdays 7:30 PM**

160 Old Hedley Road  
Baptist Church Basement  
(USE BACK DOOR)  
Sundays 7:30 PM  
Basement, Chamber of Commerce, Highway 3

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

Sudoku

**CARTER'S  
Sudoku  
Challenge**

SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #391**

321 587 946  
957 416 328  
846 329 175  
  
684 751 239  
215 893 467  
793 264 581  
  
172 645 893  
568 932 714  
439 178 652

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**Drinking a problem?**

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

Souvenirs

Souvenirs

Souvenirs

**Similkameen Souvenirs**

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**Prince Town 1826-1926**

The History of Princeton from fur traders to the railway

**Prince Town  
1826 - 1926**

W. George Elliott

Trace the history of development in the Pacific Northwest from the Oregon Treaty to the arrival of the Royal Engineers followed quickly by prospectors. Contains many photos from the Royal British Columbia Museum.

**\$20.<sup>00</sup>**

**Princeton Area Ghost Towns**

The History of Mining in the area - copper, gold and coal

**Princeton Area Ghost Towns**

Alamy - Bunkin - Bunkin - Copper Mountain - Granite Creek - Kestrel



A total of six local ghost towns are featured with history on each, detailed directions to the ruins of three you can still visit plus guided photo tours of what you'll still find there today! Perfect for weekend prospectors and local history buffs.

**\$20.<sup>00</sup>**

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If you live in the Similkameen Valley you can have the Similkameen News Leader mailed to you every week - and it's still cheaper than buying it each week at our office or at your favourite local newsstand. For a few bucks more we'll even send you the Similkameen News Leader anywhere in Canada. Including the prairie provinces and Quebec!

Similkameen Valley Mail - \$40.00  
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Elsewhere in Canada Mail - \$54.00  
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**News Leader**

**250.295.4149**  
TOLL FREE 1-888-350-9969



Princeton Posse team captain Spencer Kristensen ends his KIJHL career this season. The 20-year old from Langley, BC has played three seasons with Princeton. In those seasons he has played 113 regular season games scoring 59 goals and adding 79 assists for 138 points. Of those goals 19 were on the power play and 4 were short-handed. Kristensen has only 62 penalty minutes spread over his career. \*

Similkameen  
**News Leader**  
 www.thenewsleader.net

# Eastern Star collects stamps

..... continued from Page 2  
 mail, being careful to leave 1/2" to 3/4" of paper around the stamp. Any denomination or country of origin is acceptable. If you or a family member has started a collection of stamps and no longer has a use for them, we will be grateful for those stamps as well. We will find the market for them and the money goes to buy more material. For many years now the News Leader newspaper has been our stamp drop-off centre and we appreciate their generosity.

We are dedicating the sewing projects to the memory of Ann Mandich, who was the chair of the Cancer Bandage Station for many, many years. If you have any sewing scraps or material remaining

from a project, we would be delighted to receive them, especially flannelette, coloured cottons, denim, and left-over yarn for afghans. These donations can be left with Mike Mandich, at 57 Halliford Avenue, Princeton, B.C. Telephone 250.295.6335. We DO NOT ask for money, only the stamps and material that you may no longer want.

When we visit these tiny victims of cancer with their bald heads, tubes surrounding them fastened to beeping machines and see their smiles and bravery, we realize that any effort on our part to make a difference to their comfort and see the appreciation on the faces of the parents is worth every moment of our time.

## Flip of the Coyne

..... continued from Page 3  
 government is trying to create for us. The United States, first under Bush and continuing under Obama have seen their liberties infringed upon and we are now seeing similar actions in Britain. The positive part of this is that the people are standing up regardless of the labels the government place on them.

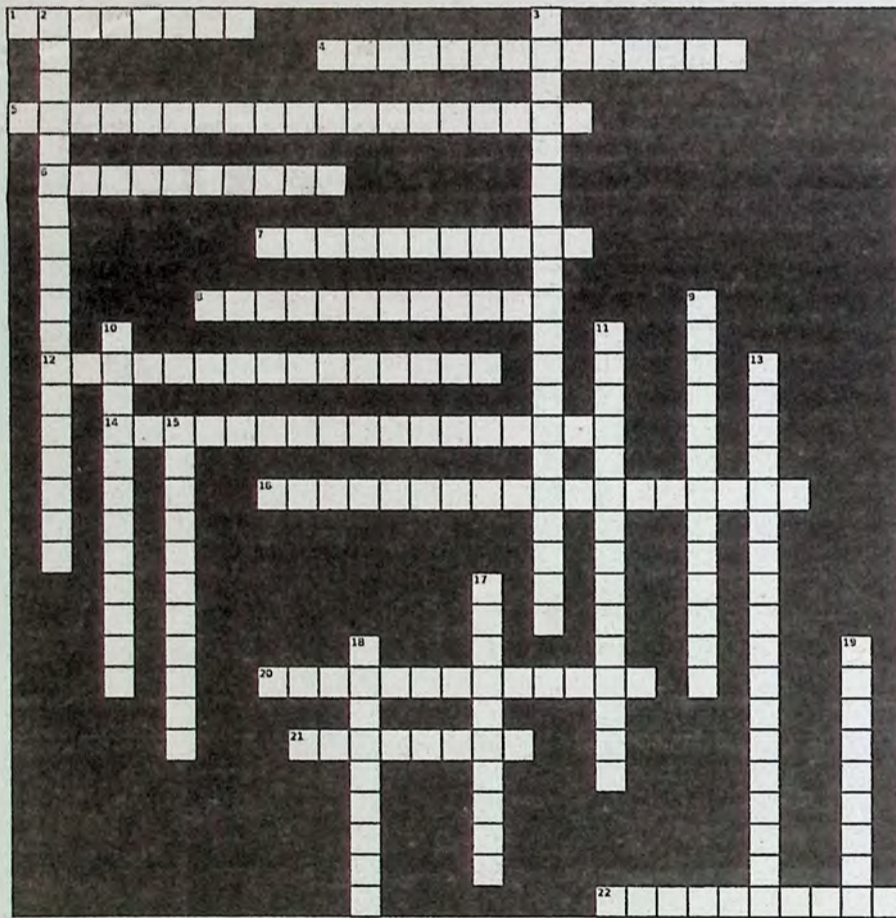
We have seen how Occupy Wall Street started and still today stands firm in its resolve to bring change to America. In Canada despite labels and threats from the government the

pipeline project continues to hear objection from across the country. As Minister Toews learned Canadians were not going to take Bill C-30 lying down.

They started online protests using satire to show the Minister that his Bill is taking surveillance of the population too far. I expect as the government continues to roll out its own agenda the people of Canada will stand and fight it all the way to the next election despite what labels or threats Harper and his band of merry men and women try.

## Similkameen News Leader Puzzler

Use the February 21st News Leader to find Answers Below...



- |   |   |
|---|---|
| <p><b>Across</b></p> <p>1 Her smiling face is on Page 2.</p> <p>4 He's the Most Sportsmanlike Player.</p> <p>5 Adrian Coulter was named this.</p> <p>6 The Hitman of the Year!</p> <p>7 He was named Manager of Princeton Public Works.</p> <p>8 Name the new program offered at Princeton Skills Centre.</p> <p>12 Phoenix Logan-Hill is now better known as this.</p> <p>14 Name the play attended by Princeton Drama students.</p> <p>16 Spencer Kristensen is this. MVP for short.</p> <p>20 Name the award presented to Princeton Posse's Eric Kubis.</p> <p>21 Name the Forest Practices Board chairman.</p> <p>22 In addition to Hardest Working Player, the Posse's Devon Grossler was also named this.</p> | <p><b>Down</b></p> <p>2 The E. P. part of S. T. E. P.</p> <p>3 Who conducted the audit on Weyerhaeuser?</p> <p>9 Better known as Most Improved Player.</p> <p>10 "Police warn of _____" Page 7 headline.</p> <p>11 Committee of the Whole Meetings have a new name. What is it?</p> <p>13 The S. T. part of S. T. E. P.</p> <p>15 He's the Best Offensive Player.</p> <p>17 Which Councillor is designing a pamphlet on urban deer?</p> <p>18 Name the Town of Princeton Works Foreman.</p> <p>19 Name the website dealing with urban deer. www. _____ .org</p> |
|---|---|

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# Princeton Posse - Round 1 Play-Offs



Game 1 (Friday, February 24th) action saw a lot of play in front of both nets as Princeton and Pentiction displayed heavy defensive play which resulted in very few penalties.\*



Sometimes a stoppage in play is the only time you get to catch your breath! Game 2 (Saturday, February 25th) was another fast-paced, action-packed play-off game.\*

## Posse take 1-0 series lead

..... continued from Page 9  
Referee Dave McMahon as it occurred as the time clock read all zeroes.

According to one observer on that side of the Arena, the puck had apparently hit the goal post and sailed across the goal crease.

Regardless of the actual action of the puck, the officials decision was final and Pentiction Laker players, coaches and fans made their opinions known in a variety of methods as they filed out of Princeton Arena.

Final score: Princeton 1, Pentiction 0. Shots on goal: Princeton 38, Pentiction 25. Penalties in minutes: Pentiction 4 for 8-minutes, Princeton 2 for 4-minutes.

# Posse extend series lead

Exactly twenty-four hours after the first face-off to start the Princeton Posse/Pentiction Lakers Best-of-7 Divisional Semi-Finals both teams met again, February 25th, in Princeton Arena for Game #2.

What Game #1 lacked in penalties the teams made up for in Game #2, but otherwise fans got to see a great play-off game.

Princeton scored first when Justin Moltzahn swooped into the Pentiction zone crossing the blue line and heading to the glove side of Pentiction Laker goalie Jessie Gordichuk. Moltzahn zipped off a quick shot just before entering the face-off circle to Gordichuk's left. The puck sailed over the goalie's shoulder, smacked the crossbar and ricocheted into the net. The unassisted, short-handed goal had so

much force that Gordichuk likely heard ringing in his ears for the balance of the period.

Princeton extended their lead at 10:20 when Spencer Kristensen scored on the power play. Assists went to Alex Demchuk and Brett Perrine.

Pentiction pelted Princeton goalie Sky Buller throughout the period out-shooting the home team 16 to 9.

The second period saw what could have been Princeton's third goal at 6:15 when a frenzy of activity in front of the Pentiction net saw players from both teams smacking at just about anything that moved. At one point the puck squirted out of the action and plopped in the goal crease just in front of Princeton's Jaden Janzen. Janzen was positioned right in front of the goal post

and flipped the puck up and over a stretched out Gordichuk.

The Posse skated to their bench in a victory lap, lead by Linesman Austen Baptiste who tried to keep the players calm. There were no flashing lights behind the net and Referee Brent Hazel declared a 'No Goal' as the net had been knocked off it's marsh pegs just before Janzen flipped the puck over Gordichuk's leg.

Pentiction scored with just 1:26 left in the period.

Sean Alldridge got credit for the power play goal with an assist going to Sam Nigg.

The third period saw a continuation of the power struggle on both sides of the ice where Princeton dominated with 13 shots-on-goal to Pentiction's 7.

The Lakers pulled their goalie for an extra man in the last 30-seconds of the game but could not tie the game to force overtime.

Final score: Princeton 2, Pentiction 1. Shots on goal: Both teams tied at 35. Penalties in minutes: Princeton 10 for 31-minutes, Pentiction 10 for 28-minutes.

### Game 3

Monday, February 27 in Pentiction

### Game 4

Tuesday, February 28 in Pentiction

### Game 5\*

Thursday, March 1 in Princeton

### Game 6\*

Friday, March 2 in Pentiction

### Game 7\*

Saturday, March 3 in Princeton

\*If needed



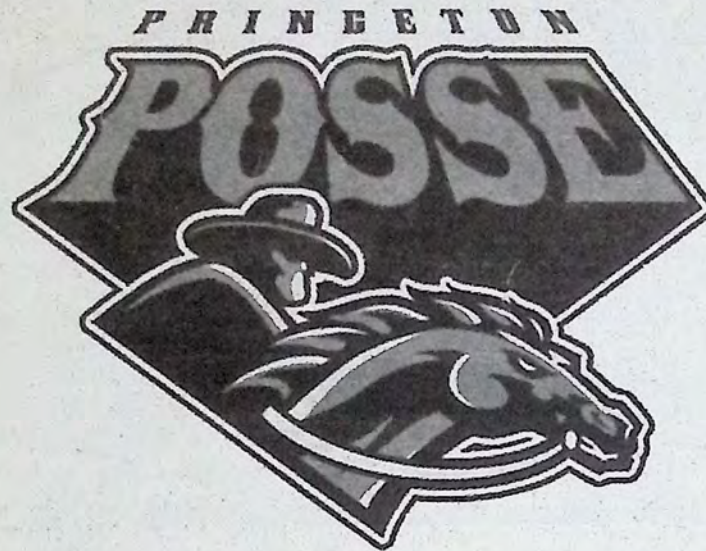
Princeton Posse lead the Best-of-Seven Semi Final Series 2-0.\*



Princeton Posse's Alex Demchuk (#13) almost scores in Game #2.\*

# IT TAKES A TEAM TO KEEP THIS TEAM MOVING AND WE COULDN'T DO IT WITHOUT YOU!

Princeton Posse Junior B Hockey Club  
**THANKS YOU!**



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All Princeton Posse Volunteers including Club Executive, Game Night Volunteers, Billet Families and anyone else we may have missed.  
The Princeton Posse Junior B Hockey Club appreciates your support!  
The use of the Posse Team Bus is made possible by the generous support of the Princeton & District Community Forest Corporation.

# THANK YOU FOR CHOOSING TO... RIDE WITH THE POSSE!

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**NEW! \$315,000**

Wide open spaces and views that go on forever! Just minutes from town, this 7.07 acre parcel is perfect for horses and other animals with the fencing already in place. Spacious, 1,855 sq ft, one level open plan house has large picture windows that bring in the light and views to the surrounding hills. Lovely master suite! **MLS®135401**

**1610 Shinish Creek Road**



**NEW! \$294,900**

Chain Lake, lakefront property! Don't miss this opportunity to own lakefront property at picturesque Chain Lake. Drilled well and electrical service are already in place. Minutes to the KVR, Link and Osprey lakes. Very quiet area, just sit and listen to the loons! Access is off Princeton-Summerland Road which is paved and a school bus route. **MLS®135428**

**154 Edgewood Drive**



**NEW! \$259,000**

Easy care one level living! Lovely home on 3rd Bench area with sunken livingroom, gas fireplace and large picture windows. The open and spacious kitchen has room for a table with sliders to the back deck. Bright dining room with mountain views. 3 bedrooms, 2 full bathrooms, utility room with laundry, sink and shelves. **MLS®135400**

**749 Daly Avenue, Hedley**



A glimpse into history in Hedley! 1910 character home has been carefully tended. New forced air furnace and under floor insulation. Newer additions: fireplace, updated plumbing and electrical, both baths reno'd, new floor coverings. Upper floor refinished fir floors and domer ceilings. Period features are too many to list here! **MLS®132837 \$235,000**

**#2-263 Highway 3**



Clean and bright - you will enjoy many of the details of this newer mobile home in the much desired Pines MHP. Truly just a hop and a skip from the beautiful Similkameen River, this home also boasts a very open concept with large windows, vaulted ceilings, sky lights, a large deck and a well kept private side yard. **MLS®134064 \$105,400**

**4 Bear Beat Rd, Kennedy Lake**



Selling for health reasons only! Sellers motivated. Very well built 2 bedroom cottage at beautiful Kennedy Lake Resort - this bit of peace and serenity was completely built to code with proper permits and inspections. Approx. 3 hours from Vancouver - Kennedy Lake sits about 15 minutes south west of Princeton. **MLS®112350 \$33,900**

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