

Similkameen News Leader

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Tuesday, March 19, 2013

Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND OF THE DEPARTMENT OF CANADIAN HERITAGE.



PSS Grade 12 students Kirsten Haayer, left, and Ciara Bamford make it clear that they mean business at the annual Grad Hockey Game held March 12th at Princeton Arena. The fundraiser supports Grad activities. *

L. A. enjoys success

"Pat yourselves on the back," President Charlene Longdo told Legion Ladies Auxiliary members at the March 12 meeting. She congratulated everyone on the success of the spaghetti dinner held February 23 to raise bursary funds. The Auxiliary has been asked when they will do another dinner. Members decided they will wait until September.

Applications for the bursary must be received by May 15 for the 2013 graduation awards. Students wishing to apply will receive the information at Princeton Secondary School.

The Legion Zone meetings went

well. Princeton's Branch 56 hosted the meetings. Auxiliary members helped prepare the luncheon for those attending the meetings.

Eleanor Sinclair was presented with a long service pin. She has been a member for 35 years. Laurel Johnson applied for membership and will be initiated at the April meeting.

Auxiliary members formed the committee that will cater the Fish and Game banquet this weekend, and arranged for a committee to make sandwiches for a birthday celebration booked for May.

Members were advised about the continued on Page 7

Province announces rural doctor incentive

The provincial government of British Columbia and the BC Medical Association are partnering to establish a new incentive that will help improve access to primary and specialist physician care in rural communities.

The Rural Physicians for British Columbia incentive, which was implemented March 13th, aims to fill 20 pre-designated family physician and specialist positions. The incentive will provide each physician with a one-time payment of \$100,000 when they commit to a three-year return of service in 17 designated rural communities.

The 17 communities are Bella

Coola, Burns Lake, Chetwynd, Clearwater, Cranbrook, Galiano Island, Hazelton, Kitimat, Nakusp, Pemberton, Port Alberni, Port Hardy, Princeton, Quesnel, Terrace, Tofino and Tumbler Ridge.

"Helping to fill much-needed rural family physician and specialist positions not only benefits local families, but also provides additional support for physicians and other health-care professionals in the community," said Health Minister Margaret MacDiarmid.

"We often hear about the challenges rural doctors face, but having worked as a family physician in rural B.C., I can tell you that there

are many rewards to rural practice from a diverse practice to a unique connection with patients and families."

The Rural Physicians for British Columbia incentive was developed by the Joint Standing Committee on Rural Issues, a committee comprised of the government and the BCMA. The Joint Standing Committee develops programs that strengthen rural health care and encourage physicians to live and

practice in rural and remote areas of the province.

"This initiative will be a boost to many patients living in areas of the province that just don't have enough physicians to take care of them," said Dr. Shelley Ross, president of the BC Medical Association.

"The BCMA is committed to providing British Columbians with the highest standard of health care, so if we can make it more attractive for physicians to set up practice in rural

areas, we should."

Participating physicians will receive \$50,000 when they begin working in the community. The remaining \$50,000 will be paid once they have completed one year of service.

All applicants must commit to a three year return of service and the full amount must be repaid if this commitment is not fulfilled.

Primary and specialist physicians continued on Page 2

Businesses prepare for GST/PST return

With the transition back to GST and PST just around the corner, small businesses across B.C. are preparing for the re-introduction of the two-tax system.

Ahead of the April 1, 2013 change, the Ministry of Finance has been contacting businesses previously registered under the old GST/PST system. According to Jon Milligan of White Kennedy LLP, Chartered Accountants, many established companies are familiar with GST and PST—it is new companies that may face greater challenges.

"A lot of new businesses have opened since the HST introduction

on July 1, 2010 and they still need to register for PST," says Milligan.

"It's these businesses that could potentially fall through the cracks during the transition process.

"Most established businesses have the information to ensure they re-program their cash registers, point-of-sale systems and bookkeeping procedures to change back to the two tax rate system. However, new businesses that are unfamiliar with the PST system may face some additional challenges."

While the April 1 return to GST and PST has been well documented, being unprepared may mean poten-

tially missing out on tax breaks allowed under the HST system. For example, Milligan advises small business owners to review any capital purchase requirements and consider whether it makes sense to buy before April 1.

"After March, the seven per cent continued on Page 7

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From Fur Traders to Miners to the Railroad



Morgan Dobbs, a PSS Grade 12 student, was in goal for the Grads during the March 12th Grad Hockey Game. *

Province announces rural doctor incentive

..... continued from Front Page
are eligible to apply for the incentive, as well as medical school residents who transition to full-time practice in one of the designated rural communities.

Other eligibility requirements include:

* Being recruited to and residing in one of the eligible rural communities.

* Moving from outside B.C. or from a non-rural community within B.C.

* Residing and practising in the community for a minimum of nine months each year.

* Full or provisional registration and licensure from the College of Physicians and Surgeons of B.C.

* General practitioners must provide full-service family practice in addition to comprehensive care services

required by the community, such as support for hospital emergency department, hospital inpatient care, support for residential care and outreach for First Nations or other communities.

* Specialists must provide the full scope of speciality work as required by the regional health authority.

The Joint Standing Committee worked with health authorities to select underserved communities based on those in most urgent need. The committee will provide oversight and incentives will be administered by regional health authorities.

In February 2013, government and the BCMA announced a suite of new physician incentives and supports to improve primary care services and ensure all B.C. citizens who want a family doctor are able to access one by 2015. The provincewide program, A GP for Me, is based on successful pilots in three communities, which have matched approximately 9,400 patients with family doctors since 2010.

Learn More:

* For more information on Rural Physicians for British Columbia and other programs to support rural health care in B.C., visit: www.health.gov.bc.ca/pcb/rural_jsc.html. For more information on A GP for Me, visit: www.agpforme.ca.

Rural doctor distribution plan

The Rural Physicians for BC incentive will provide a one-time payment to physicians recruited to 20 identified positions in designated rural communities.

The positions are allocated as follows:

Interior Health

Clearwater: two general practitioners

Cranbrook: one anesthesiologist

Nakusp: one general practitioner

Princeton: two general practitioners

Northern Health

Burns Lake: one general practitioner

Chetwynd: one general practitioner

Hazelton: one general practitioner

Kitimat: one general practitioner

Quesnel: one internist (internal medicine)

Terrace: one anesthesiologist

Tumbler Ridge: one general practitioner

Vancouver Coastal

Bella Coola: one general practitioner

Pemberton: one general practitioner

Vancouver Island Health Authority

Galiano Island: one general practitioner

Port Alberni: one emergency physician

Port Hardy: two general practitioners

Tofino: one general practitioner

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Flip Of The Coyne

by Spencer Coyne

Have you been hit with the power utilities' "conservation" rate yet? People around the province are being hit pretty hard. I have heard

first hand from people who have seen a 45% increase in their billing from the previous month. There have been stories on the news of

people receiving bills that are out of this world. I want to know why. Why do we have to pay a conservation rate? Are the Americans we sell

10.8 million kilowatt hours of domestic electricity to paying a conservation rate too?

I wonder because it seems we are selling a lot of electricity to the United States, and if we are being forced to use less so the utility companies can sell more to foreign or even interprovincial markets, then we have a problem. I am all for free market and all that jazz, but we don't really have a free market system when it comes to energy. We have some big monopolies, one of which is a crown corporation, which means it belongs to you and me. If we are being punished for using electricity in our own market so these monopolies can sell more expensive electricity or electricity that is in peak demand hours to external markets, then one really needs to wonder about the ethics behind the practice.

We don't really have a lot of options in BC. We can buy our electricity from BC Hydro if we are in a BC Hydro service area, or we can buy it from Fortis if we are in a Fortis service area. If we don't like it we can get off their grid and that's about all we have for options. We have to buy it from one of the two

monopolies whose service areas don't overlap. It's kind of funny when you think about it. Apparently we live in a free market society, yet we have so many monopolies like power, natural gas, bus service etc. that you wonder how free market we really are.

So if you haven't been hit by the spike in your bill yet, be warned. Every indication is that we are all going to be hit soon enough. I don't want to see what my next bill will be. I have already reduced my usage over and over again yet you would never know it with the increasing fees. It even says on my bill that I am 22 kilowatt hours per day less than I was last year but you wouldn't know it looking at my last bill.

I don't agree with this tiered billing system. It's like going to the gas station and saying because you need more than "X" amount of litres of gas to fill your vehicle then you will pay more for everything past that point. If you use it, pay for it, but don't install tiered billing so if you use this much here and that much later then we will punish you. I know there is a lot of fear that with

..... continued on Page 22



PSS Senior Girls Basketball Team was honoured at the high school gym March 13th for their 3rd place (Bronze Medal) finish in the Provincial Tournament held in Prince George the previous weekend. *



OFFICIAL COMMUNITY PLAN AMENDMENT PUBLIC HEARING APRIL 2, 2013 7:15 pm PRINCETON REGIONAL LIBRARY, 107 VERMILION AVENUE

Pursuant to the provisions of Section 892 of the *Local Government Act*, notice is hereby given that Town Council will consider amending the Town of Princeton Official Community Plan Bylaw No. 808, 2008. The boundary of the Town of Princeton was extended and the Official Community Plan designation of those parcels of land brought into the Town were those of the Regional District of Okanagan Similkameen and it is desirable to assign a land use classification under the Town of Princeton Official Community Plan.

The Council of the Town of Princeton will meet and hold a Public Hearing on Tuesday, April 2nd, 2013 at 7:15 pm at the Princeton Regional Library, 107 Vermilion Avenue to consider the following proposed Official Community Plan Bylaw amendments.

All persons who believe their interest in property is affected by the proposed bylaw will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on this bylaw after the close of the Public Hearing.

A copy of the subject Bylaw No. 870, 2013 (Boundary Expansion) which is a bylaw to amend the Town of Princeton Official Community Plan Bylaw No. 808, 2008 is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the public hearing on April 2nd, 2013.

Given under my hand this 7th day of March, 2013.
Bob Wilson, Interim CAO, Town of Princeton

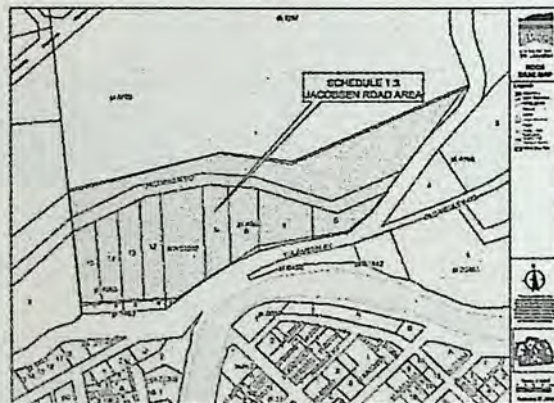
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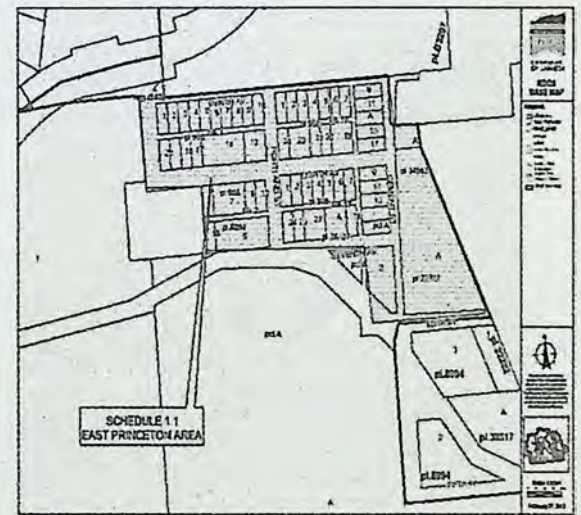
JACOBSEN ROAD AREA—COUNTRY RESIDENTIAL

Civic Address as follows: 112, 134, 156, 176, 200, 208 all Jacobsen Road.



EAST PRINCETON AREA—LOW DENSITY RESIDENTIAL

Civic Address as follows: 230, 260, 293, 301, 302, 303, 305, 306, 307, 308, 309, 310, 311, 313, 314, 315, 318 Eighth Ave and; 236, 242, 247, 248, 250, 254, 263, 268, 270, 274, 282 Cement Street and; 302, 310, 314 Seventh Ave and; 301, 303, 305, 307, 309, 311, 313 Ninth Ave and 305 Portland.





Editorial Page News Leader

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

My Turn

Parking Up The Wrong Tree

Last week a number of downtown side streets received 'no parking' signs.

Since most of them are too narrow to park on and to allow traffic safely past those parked vehicles, I say thank you to the Town Crew for making it clear to all of us.

However, most of those signs are mounted on tall metals poles that may present a problem.

The example I like to use is the yellow zone in front of the post office.

Sure, you aren't going to see the yellow curb during winter, that's a given. But since the tiny 'no parking' sign rests well over seven feet in the air, do you see it?

Did you even know you shouldn't park there at all?

Now add to that the side streets marked as no parking zones and where will you park next time you run downtown for a quick stop? Ideally you'd park on Bridge Street to do your business at the bank or drugstore or wherever.

With the main street parking spots filled by those of us who work downtown and can't park on the side streets, where will you go?

Sure, you could park behind the drugstore or in the old Overwaitea parking lot (until that is sold and the free parking spots are taken away from the general public) or behind Town Hall but I'm just as lazy as you and I'm not going to walk a block somewhere if I can't park in front of where I want to go.

What Town Council should have done was ban parking of any kind on Bridge Street and Vermilion Avenue forcing everyone to park in the downtown parking lots and turn the main streets into a foot and bicycle only walking plaza.

Imagine how successful that would have been.

With the wonderful job done on Veterans Square a pedestrian-friendly environment for the rest of the two main streets downtown would have made sense.

And it would have cut the job of enforcing the no parking and two-hour parking zones to a point where the focus could shift to other bylaws requiring attention such as ones related to air quality and building code infractions.

At least with a walking plaza downtown I know I can jaywalk all I want and not worry about getting a ticket for it.



Most downtown side streets are now marked as 'No Parking Zones' after signs were posted last week. Photo: Brenda Engel

Your Turn

Letters And E-Mails Received This Week

To the Editor:

The Fourth Estate: "Many people generally agree that the fourth estate (the news media) has immense political and social power, thanks to the fact that the press can be used to shape societies while imparting news of note and commentary of interest." - WiseGeek.org/

When I read your "Agenda 21 and Conspiracy: Watch Out!" editorial, I couldn't help reflecting on the Fourth Estate, the power it wields, and the responsibilities that come with that power. Is an editorial presented as fact or conjecture? Are facts accurate? Are contentions supported by data? Are sources primary or secondary? Are secondary sources reputable? Is the

presentation balanced?

Have you lived up to those responsibilities regarding this editorial? For example;

1) Your opening paragraphs suggest a causal link between Agenda 21 and supporters of global "depopulation" - by any means necessary. Actually, Agenda 21 was written 21 years ago (fulltext available at

<http://habitat.igc.org/agenda21/>), at the 1992 Earth Summit in Rio De Janeiro (http://en.wikipedia.org/wiki/Earth_Summit), while the "depopulation" spin has been added in the last ten years or so by conspiracy theorists like Alex Jones, Glenn Beck and Rush Limbaugh. http://rationalwiki.org/wiki/Depopulation_Co

<http://www.penttilinkola.com/penttilinkola/ecofascism/>

2) The man who coined the "Gaia" hypothesis is James, not John Lovelock. A minor slip, but one that put what follows in question. Lovelock's current thinking, including his new embracing of nuclear energy is at: <http://ecolo.org/media/articles/articles.in.english/love-indep-24-05-04.htm>

3) Pentti Linkola is a man, not a woman. Another small error, but suggestive of superficial research. His views are radical, extreme, and not demonstrably in support of anything proposed in Agenda 21. <http://www.penttilinkola.com/penttilinkola/ecofascism/>

4) Erik Pianka (aka "Dr. Doom") has taken pains to try to counter the sensationalization of his speech (and off-the-cuff responses to questions) at the Texas Academy of Sciences which earned him the title. He claims his intention was to forewarn of an inevitable natural consequence of unchecked population growth, rather than to propose planned "depopulation". A transcript of his actual speech is at: http://www.pearceyreport.com/archives/2006/04/transcript_dr_d.php.

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Current Comment

Don't Improve Our Health Care Any More!



Dawn Johnson
editor@thenewsleader.ca

teered to serve on the Health Council and went through endless steps to satisfy bureaucracy with a pile of paperwork that outlined strategies for providing health care in the community. This went on for about two years.

One day, the provincial government shut down Health Councils. There had been no warning, just as there had been no warning, or justification, for shutting down the hospital boards.

Local Health Councils were replaced by a regional health service provider called Interior Health Authority. This body was funded by the provincial government and had a mandate to provide health care services on a regional basis. Nobody locally had any real input to this Health Authority, which we now know as IHA. We were still so trusting then, even though we objected to the change and wondered why it was happening.

We were reassured by the provincial government and by IHA that it was in our best interests so we would have better health care.

In the interests of improving Princeton's health care, our obstetric unit was dismantled. The special bed for delivering babies, paid for by our Hospital Auxiliary, was removed to Penticton. In the interests of improved health care, one of our local babies was delivered on the side of the highway on the way to Penticton. Many Princeton mothers had to stay with friends in other communities or rent a motel room as delivery time came closer. This was considered a big improvement.

The next thing to go was our surgical facility. Our surgeons naturally found other places to go where their skills would be welcomed.

We did put up a big protest over that health care improvement, but it had no effect on the goals of IHA.

Our hospital, which had been built in 1911, had belonged to us. Our Hospital Board, representing the citizens of our community, had

owned the land and the building, by deed. Sometime in the course of the IHA takeover, the deed was appropriated by IHA.

Then our "hospital" was revamped to be a sort of health care facility, and our Public Health Unit was moved into the hospital building.

Two of our physicians left, one to retirement, the other to a different community. Suddenly, we could hardly keep a physician in town and nurses were in short supply.

Then we had another health care improvement: our Emergency Room service was being provided by physicians who came in temporarily and provided service on weekends. This proved to be an expense to the Town, as an apartment was provided for these locums by local tax funds, not from money allocated by the government to IHA.

Even our local Hospital Foundation, money donated to our hospital by local people, was taken over by the regional hospital foundation.

Our final health care improvement came with the closure of the ER from midnight to 8:00 AM, and you had to be very ill or seriously injured if you needed a physician immediately. Otherwise, you called 911 and relied on paramedics to figure out what to do with you (I am not knocking paramedics, they are wonderful).

Out on the highway, there are fraudulent signs, the blue signs with a big white H in the middle. Those signs should be removed and replaced with signs that say, "for health emergency, phone 911".

The old signs are fraudulent because we no longer have a hospital, and even members of our Town Council advertise advice telling us we should phone 911 if we have a health emergency.

In the meantime, our other health care provider, Community Services, underwent some improvements in health care delivery. They could no longer assist the elderly or disabled by doing household chores and helping with shopping. Their home support workers were limited to assisting with bathing, checking on medications, and little else.

I am really fed up with all of these improvements to our local health care. I sincerely hope IHA is not planning any more improvements.

There has been a lot said and written about our health care situation in Princeton, and I am really fed up with the whole thing. It has become so bad here that we now have two organizations working on health care, one is SOS, run by a dedicated volunteer, Solana Allison and a small group, and Save Our Hospital Coalition. SOS is working to get our hospital back, and SOHC seems to be working to ensure we maintain what we've got now.

When I first began working as a reporter in Princeton, 31 years ago, I went to the monthly Hospital Board meetings which were held at Princeton General Hospital. I should explain that we had a fully functioning hospital at that time - obstetrics, surgery, acute care beds, just about everything you would expect in a hospital, including physicians who could perform most surgeries. In fact, I had had major surgery in that hospital in 1974. In case you are not aware of it, our hospital is no longer ranked among hospitals, it is now a primary care facility. It is still called Princeton General Hospital but that is like calling a fake fur a mink coat.

One day, the government disbanded our Hospital Board. Yes, just like that, our provincial government announced there would be no more hospital boards. Hospital boards were replaced by Health Councils funded by the provincial government. Local citizens volun-

Similkameen News Leader

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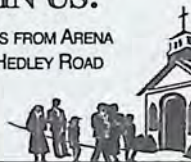
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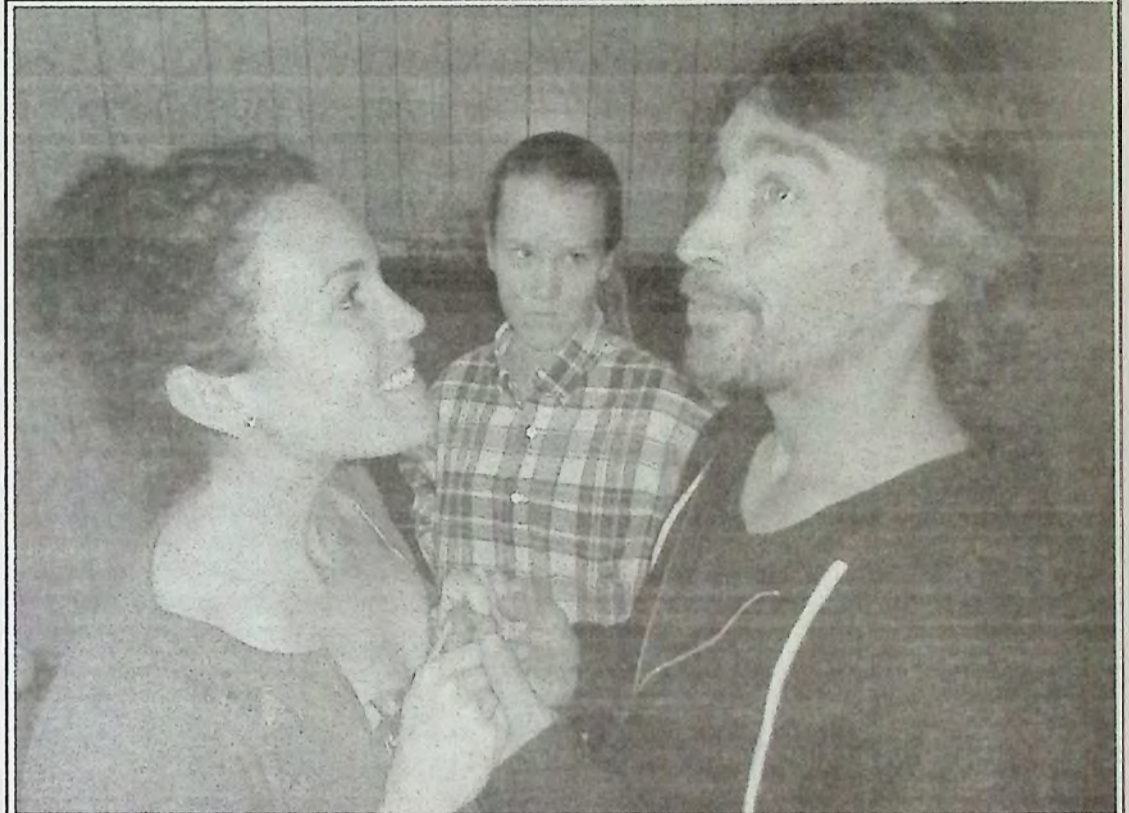
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Lower Valley News

Keremeos - Cawston - Olalla



Cawston Players Amanda Elyzen, Jenna Sipponen and Corentin Caro-Chambard in rehearsal at the Cawston Hall.

Players present comic farce

The Cawston Players will present *Barely Heirs* by David Lassig on Friday, Saturday and Sunday afternoon April 12, 13 and 14 at the Cawston Community Hall stage.

Directed by Bob McAtamney this outrageous adult comedy brings the audience a fun filled session of laughs, frantics, chaos, and confusion as the main character, Jane, played by Amanda Elyzen, is a career minded woman who tries desperately to find a way to get her inheritance despite the many unexpected obstacles being thrown at her at the worst possible time, pay-day.

Jane's uncle passed away nine months ago and now it's time for her inheritance cheque to be deliv-

ered by the attorney since she met the one requirement of being married for six months. However, Jane is "not really technically married, just kinda sorta of married" to her best friend's husband, Tom, played by Corentin Caro-Chambard.

The plotting duo has devised the perfect plan to get the inheritance cheque; the only problem is that nothing is going according to the master plan.

Jane's uncle's attorney, William, played by Eban McKiblin, calls and is on his way, but Tom is nowhere to be found.

So Jane convinces her best friend and Tom's real wife, Claire, played by Jenna Sipponen, to dress up like a man and "start acting like her hus-

band" in order to convince William that they are married and thus give over that inheritance cheque.

To complicate matters even worse, Jane's ex-boyfriend, Paul, played by Guy Sasseville comes over to make a surprise announcement that he wants to rekindle his relationship with Jane and is moving back in today.

But that's not the only surprise visitor. Jane's mother, Betty, played by Gabriele Villecourt, arrives and wants to spend time with the newlyweds.

Then to make matters even worse, Officer Hanes, played by Taina Sipponen, gets a call of some suspicious activity in the neighborhood and comes to investigate.

RDOS addresses protocol agreement with First Nations

The Regional District of Okanagan-Similkameen has committed to discuss the resolution of an outstanding agreement with its First Nations neighbours within 60 days.

Dan Ashton, Chair of the Regional District Board, made the commitment during a Community to Community forum March 14 that involved the Regional District, its municipal partners, three of the First Nations — the Penticton, Osoyoos and Lower Similkameen Indian Bands and Grand Chief Stewart Phillip of the Okanagan Nation Alliance.

"We set that timeline purposefully so that we can get back either through a working group or directly to establish a protocol agreement with the original signatories," Ashton said following the full-day

session at the Spirit Ridge Vineyard Resort and Spa in Osoyoos.

The Regional District negotiated the agreement with its First Nations neighbours in 2006; however, it was never ratified.

"I was on the Board of the Regional District when the Protocol Agreement was initially developed," Ashton said at a press conference, with Penticton Indian Band Chief Jonathan Kruger and Osoyoos Indian Band Chief Clarence Louie at his side.

"The intention of all parties was honourable, but we still have some issues to resolve. It hasn't stopped us from working together over that period, but the Protocol will take us to the next level."

Reigniting discussion about the protocol agreement was the focus

during a good portion of the forum, which was set up by the Regional District to renew dialogue between various levels of government and First Nations in the South Okanagan-Similkameen region.

Senior political leaders from the Regional District, City of Penticton, the towns of Osoyoos, Oliver, Summerland and Princeton and the Village of Keremeos participated in last week's forum.

The protocol agreement commits the parties to, among other things, a shared stewardship of regional resources for the benefit of future generations, building a trusting relationship to develop future agreements on social, economic and environmental goals and establishing a working relationship that respects the governance structure of each organization.

-submitted

Businesses prepare for GST/PST return

..... continued from Front Page
 PST will be non-recoverable on capital purchases, so there is a substantial savings on the bigger ticket items if bought in March under the HST system. It's also good to review your product line and ensure you know what will be PST taxable after March and what will be PST exempt. The provincial government has provided some good resources in this regard, such as www.pstin-bc.ca.

Valley First's assistant vice-president of commercial banking Roger Houle believes the transition back to GST and PST has come about rapidly for small business owners.

"Small business owners face many challenges larger companies can avoid," says Houle.

"They are often the bookkeeper, sales force, HR and IT departments all rolled into one. With all the demands on the small business owner, while it may have an impact on the business, it is understandable that the switch back to GST and PST has crept up on many people."

"At Valley First, we encourage all our small business members to work closely with their accountants, especially during tax time and when there are significant market changes. We also partner with many other professionals, such as accountants and lawyers, to ensure our small business owners have access to the information they need to make their companies successful."

Milligan offers a final piece of advice to small business owners. "We've been asked a lot about whether one pro-rates the tax for services that span the change-over date," says Milligan.

"The short answer is, no. The date on an invoice, or when the invoice should have been issued, dictates whether HST or GST and PST are payable. If you are a small business owner, it's important to speak to your accountant to ensure you are ready for the April 1 transition."

Valley First is a division of First West Credit Union, B.C.'s third-largest credit union, which has 39 branches and 29 insurance offices

throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys.

Led by Launi Skinner, First West has approximately \$6.6 billion in assets under administration, more than 169,000 members and close to 1,300 employees. For more information on Valley First, visit valley-first.com.

- submitted

L. A. enjoys success

..... continued from Front Page
 Legion and Auxiliary convention to be held in Whistler the last weekend in May, but none are attending due to the high cost, as commitments for other expenditures take priority. The Legion has agreed to share the cost of a new cooler for the kitchen. The old cooler, if it is still operating, will be kept for extra cooling space as needed.

Princeton Exhibition Association was selected by FortisBC as a recipient for \$4,000 toward an electrical

upgrade if Princeton residents pledge the most support for shutting out lights and electronic equipment on the evening of March 23. Auxiliary members were asked to make their pledge so Princeton wins the money.

The usual meeting dates for April and May have been changed. The April meeting will be held April 16, and the following month the meeting will be on May 7.

Following the meeting, members enjoyed the customary social hour.



A quiet Saturday morning in downtown Keremeos. Photo: Brenda Engel



BUDGET 2013

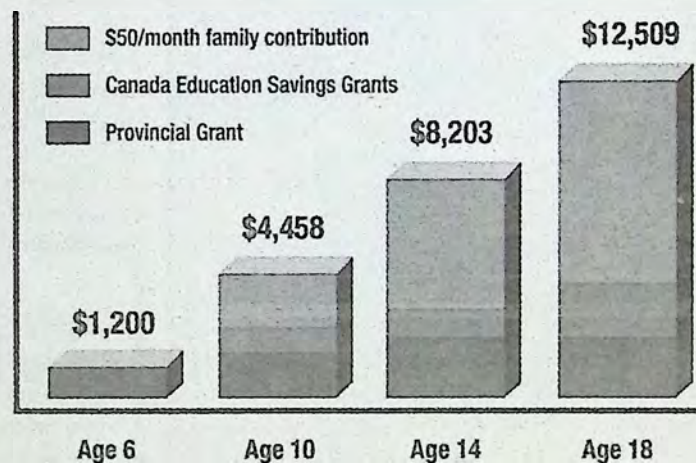
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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)



BUDGET INFORMATION MEETINGS

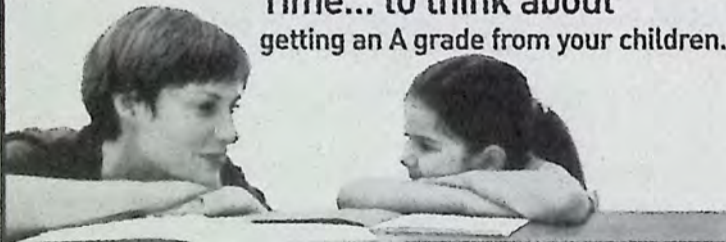
In conjunction with the School District's desire to provide information regarding the budget planning process, there will be a budget and enrollment projection presentation for interested stakeholders, including all members of the public. This meeting will review provincial funding, district projections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

Meetings have been scheduled as follows:

- MERRITT - 6:00 PM, Wednesday, April 3, 2013 - Merritt School Board Office
- PRINCETON - 6:00 PM, Thursday, April 4, 2013 - Princeton Board Office

All interested members of the public are invited to attend

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Players prepare for a tough battle March 12th as part of the annual Grad Hockey Game at Princeton Arena. *

Saddles 'n' Spurs

by Pastor George Donovan

The summer of 1953 was a summer I will never forget. My Dad had a friend named Mr. Hutchinson who owned the Lac la Hache Guest Ranch and Dad arranged for me to stay there for a couple of weeks and help out where needed. I'm not sure how much help I was at 13 years old but I remember a few of the chores. The highlight was that I went out on all the trail rides. It was the first time I had ever been in the Cariboo and the first time I had ridden in such a beautiful place, riding through the aspens and open fields, by lakes and ponds and old homesteads. I was where I wanted to be someday when I grew up.

One day after the horses were put away I was walking back to the lodge and I had something irritating in my boot so I sat down on a mound that was several feet high to take off my boot.

I had made a big mistake. I sat right on top of a large ant hill! You've never seen anyone get all his clothes off faster than I did! I just yanked my clothes off and threw them as the ants were biting me everywhere as I frantically swiped at them. Good thing I was by myself! I

found out what an ant hill looks like so won't be doing that again.

The next day I was allowed to go for a ride by myself. It felt so good to explore my new surroundings. The trouble is I am directionally challenged and got lost. Eventually I found my way to Highway #97 and was a few miles from the ranch. I saw a barn off in the distance and my curiosity got the better of me and I

just had to go see it. It was an old homestead.

When I looked in the barn there was several dead cows still tethered in there. What a sad sight for my young eyes. After hours passed I finally made it back to the ranch where I was severely chastised for going so far away. All the same it was memorable.

..... continued Next Week

Living Past 100

Winter's Lowly Food Helps The Heart

Believed to be fit food for only lowly peasants and livestock, the rutabaga, or Swede turnip, is a good food for your heart. The rutabaga has a strong flavour, yellow flesh and a purple top, and among foods that store well for winter, the rutabaga is a treasure. Like the carrot, the rutabaga will dry out so it should be kept cool and prevented from drying.

If you have a high blood cholesterol reading, rutabaga should be your favourite vegetable. One cup of mashed rutabaga every week will help you reduce your cholesterol count. In addition to lowering blood cholesterol, the rutabaga, like prunes, will keep you from constipation.

Rutabaga can be eaten raw in cubes or sticks, and if you like raw rutabaga, you are doing your teeth and gums a favour. Chewing raw rutabaga cleans the teeth and massages the gums.

Raw rutabagas can be grated coarsely and served in a salad, adding a tangy taste. Dipped in a cream cheese vegetable dip, raw rutabaga's flavour is a nice contrast to the dip. Good dip flavours are garlic, chive or onion.

A soup of mashed rutabaga, onion and garlic in chicken broth is an old-fashioned cure for the common cold, flu, and fevers.

Fresh turnip juice applied lightly to the armpit is a good deodorant, being strong enough for men even when the temperatures climb high. One application works up to 10 hours, and you will not suffer from smelling like a rutabaga, nor will you be exposed to some of the least desirable effects of commercial deodorants.

If your family really hates the taste of cooked rutabaga, try cooking one root with two or three carrots. When soft, mash them and add a little salt and butter. They may change their minds.

If you are a gardener, you could grow rutabagas. They are easy to grow in a mixture of regular soil and gravel. They do better in marginal soil than in rich soil. They like a regular amount of water but do not like being really wet.

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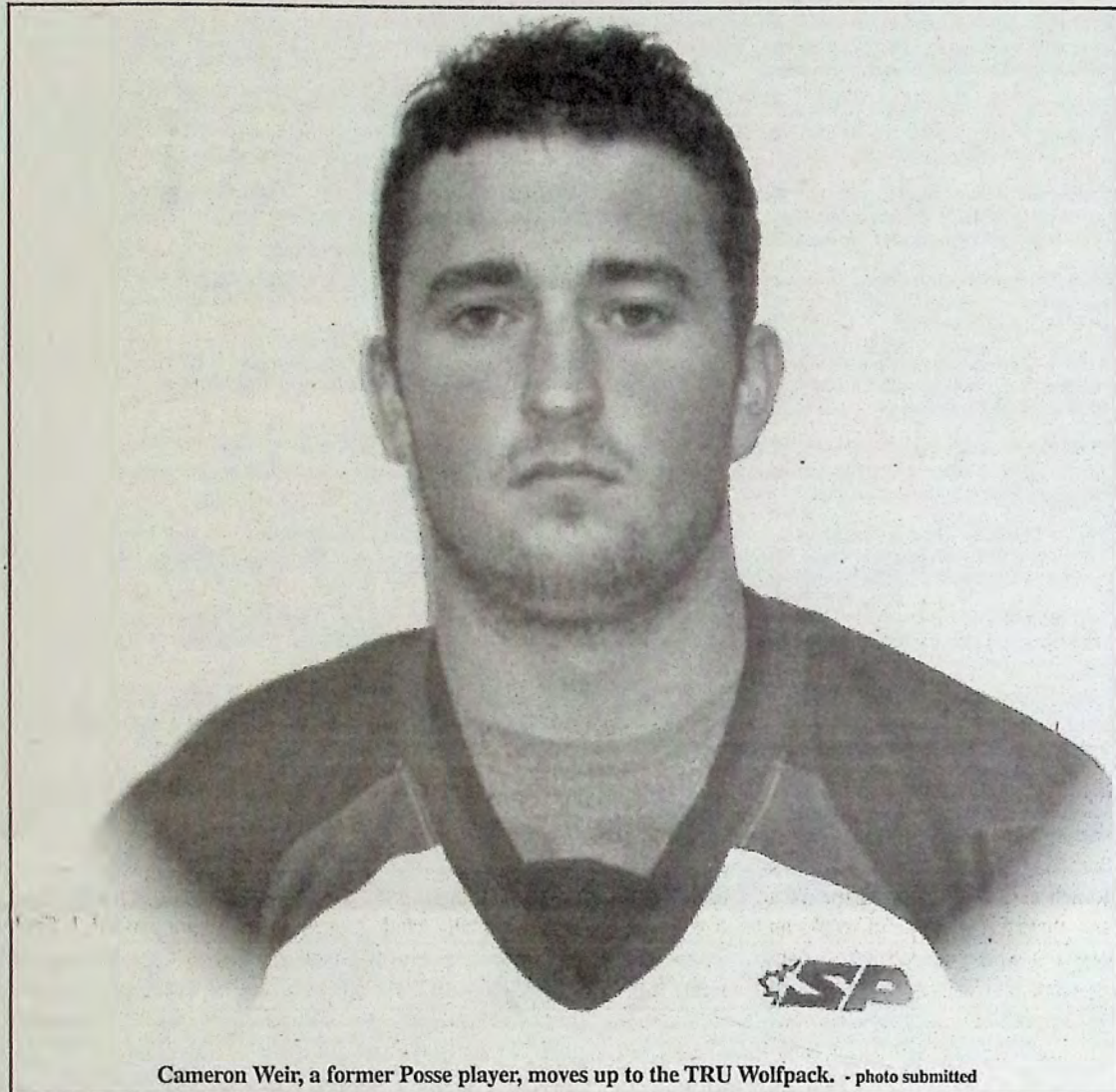
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - March 18 - 24, 2013



Cameron Weir, a former Posse player, moves up to the TRU Wolfpack. - photo submitted

Former Posse player joins TRU 'Pack

The Thompson Rivers University WolfPack have solidified their blue line for the 2013-14 BC Intercollegiate Hockey League season.

General manager Chris Hans and head coach Don Schulz announced March 14th their fourth recruit for the coming campaign.

Cameron Weir of Kelowna becomes the third defenseman to sign a BCIIHL letter of intent to play for Thompson Rivers.

Weir played for the Nelson Maple Leafs of the Kootenay International Junior Hockey League.

He had spent the previous two seasons with the KIJHL Princeton Posse.

The 6'1", 200 pound native of Kelowna had a goal and 53 penalty minutes in 38 games this season with the Leafs, who were coached by Frank Maida.

"Cam was very steady for us this year," he said.

"He was a team leader on and off the ice, he makes a good pass and should do well moving to the next level."

Weir will be enrolled in courses leading towards a Bachelor of Business Administration degree.

"I was looking at a few schools but after talking to Don (Schulz-head coach) and Chris (Hans-general manager), it felt like a great fit committing to Thompson Rivers."

Weir says he has played against a number of the current members of the WolfPack in minor and junior hockey.

"I am a player who hates to lose. My compete level has always been high and I hope to bring that to the 'Pack."

"We are most fortunate to acquire a defenseman of Cam's caliber," says Schulz.

"He's a consistent performer who can play in all situations. He doesn't shy away from physicality, is mobile and moves the puck well. Cam's not a big time point getter, but a dependable D who can play against other team's top offensive players. He'll fit in nicely with our returning veterans and provide some needed depth at his position."

Says Hans: "Cameron is a big,

mobile defensive minded defenseman who has a good shot and is someone who is a steady influence on the ice. While Cameron's offensive numbers have been modest we are more interested in his ability to stop the other team from scoring. Offense will win you a few games but defense wins championships. Adding players like Cameron makes the 'Pack a better more complete hockey team."

Weir joins Alex Martin (20, 6'2" 200 lbs, defence, Delta Ice Hawks (PIJHL), Surrey, BC), Ryan Cuthbert (20, 6'2" 200 lbs, defence, Delta Ice Hawks (PIJHL), Richmond, BC) and Brandon Watson (20, 6'1" 185 lbs, forward, Osoyoos Coyotes (KIJHL), Keremeos, BC) as players committing to the WolfPack for 2013-14.

The hockey team plans to make some more signing announcements in the coming weeks.

Weir played 24 games in a Princeton Posse jersey in 2010/11 (0G, 1A, 1 point, 58 PIM) and 42 games in 2011/12 (4G, 5A, 9 points, 115 PIM).

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Tuesday Movies

MORNING

11:30 am SPIKE ch.44 "The Transporter 2" (2005, Action) Jason Statham. A former Special Forces operative springs into action to save the kidnapped son of an anti-drug czar. (In Stereo)

EVENING

9:00 pm KNOW ch.5 "The Topp Twins: Untouchable Girls" (2009, Documentary) Premiere. A profile

of lesbian twin sisters who sing country.

9:30 pm WTBS ch.3 "Delta Farce" (2007, Comedy) Larry the Cable Guy. An Army officer mistakes three buddies for Army Reservists and deploys them to Iraq, but their vehicle is prematurely ejected over Mexico.

11:30 pm WTBS ch.3 "Drillbit Taylor" (2008, Comedy) Owen Wilson. Three friends hire a homeless soldier-of-fortune to protect them from the school bully.

News Leader Horoscopes

March 20 - 27, 2013

ARIES - You are in your own element now, feeling fully charged and filled with zest. Some of this energy is from the ego, so you assert yourself very well. You can use this energy to create the environment you want for yourself in the best way. Be sure to use energy through physical activity.

TAURUS - You feel healthier now, and your mind is very active. You can work behind the scenes to achieve goals you set for yourself. You may have to take a second look at plans you made and perhaps change them to meet your goals. Put energy into your job to make a good impression. Work hard.

GEMINI - You can work successfully with groups now, and could develop goals and plans for the future. Use your energy to expand your scope of experience in a positive way. You could work effectively now as a leader in some project to make life better for yourself and/or others for the coming month.

CANCER - You have entered a phase when you must put a lot of energy into your career, and you will be happy to do this. Older people or people in authority will be willing to help you achieve your goals if you make clear the positive outcomes. Events challenge your relationships with friends, partner. Be positive.

LEO - For the next month, focus on your goals for the future. If you take a long journey now, it could be exciting and beneficial as long as you don't indulge in excesses. This is an excellent time to plan for retirement or to make a major shift in the direction of your life, perhaps register for higher learning.

VIRGO - In the coming weeks, focus on resources you share with others. Do your taxes, check your insurance, deal with your financial situation in a constructive way. There may be hidden benefits. Your career can make some gains now if you demonstrate a positive outlook and work effectively.

LIBRA - The coming month will demonstrate to you the importance of one to one relationships. You need to find a balance in your relationships, working with the other person. You need to listen to others, and be understanding and cooperative. You can gain a lot of goodwill by a receptive attitude.

SCORPIO - Good health, positive energy flow, and effectiveness on the job highlight this week and weeks to come. Decide what you want to achieve and work at it. You can accomplish a great deal now without a struggle. Benefits come through shared resources, investments, government. People take you seriously.

SAGITTARIUS - The coming month will increase your creativity, and could also bring a lot of romance into your life. Friends and anyone you deal with on a one to one basis will be in the mood for fun, so make room in your life to enjoy some fun. However, you could go too far with gambling, booze or indulgences.

CAPRICORN - Devote yourself to your home and family for the coming few weeks. This is a good time to clean and beautify your home and to spend good times with family. By making your immediate environment more attractive, you will feel better. Health can improve substantially by activity. Work!

AQUARIUS - Going places and doing things will give you the most fun this week and next. Short trips, doing errands, going to local events and participating with others will make you feel better and more confident. You could have fun doing creative projects or taking part in sports. Enjoy social life.

PISCES - Evaluate what you own. Go through your possessions, take an inventory of your assets. This may be the perfect time to clean your home and/or rejuvenate your possessions. Improvements to home and property will make you feel better, even though you have to expend a lot of energy doing the work.

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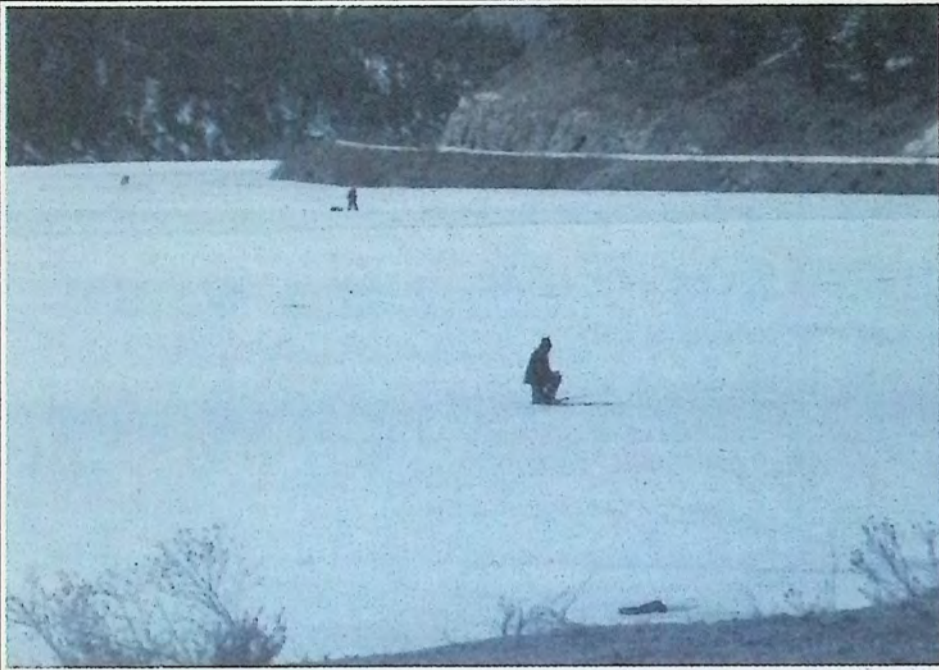
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TUESDAY, MARCH 19, 2013

	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	Law Order: CI	Morning News (N) 30	Timothy HI-5 0	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 0 30	News	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Super Evil	Curling	CTV Morning Live (N) 0 30	Strip the City "Toronto"	Dinosaurs Hannah	CityLine (N) 30	Repo	Canadian Pickers 0
7 AM	Justice		Arthur 0	Arthur	Today La Toya Jackson;	CBS This Morning (N) 0 30	Criminal Minds 0 30	Good Morning America (N) 30			Tiger	Sidekick			Mighty Ships 30	Shake It	Let's Make a Deal (N)	CSI: NY "Green Piece"	Earth: Final Conflict 0
8 AM	Judge Alex		Tree Fu	Curious	"The Biggest Loser" (N) 0 30		CSI: Miami 0 30			Morning	Bo On/Go	Pokemon			Auction	Jessie 30	The Price Is Right (N)	CSI: NY 0 30	Canadian Pickers 0
9 AM	Millionaire	Morning	Pinky	Super Why!		The 700 Club 0 30	CSI: Miami "Chip/Tuck"	Livel Kelly and Michael	Morning	The Doctors 0 30	Super Why!	Rescue		Livel Kelly and Michael	Mighty Ships 30	Phineas	Access Hollywood Live	CSI: Crime Scene	Canadian Pickers 0
10 AM	SEC Post Preview	The Doctors 0 30	Doggy Franklin	Sesame Street 0		The Price Is Right (N)	Criminal Minds 0 30	The View 0 30	The Doctors 0 30	Eat, Shrink Debt/Part	Poko 30	Squirrel Puppies	Women's World Championship: Canada vs. Sweden. (N) (Live) 30	The View 0 30	How/Made	Phineas	The Chew 0 30	CSI: Crime Scene	Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rollo Polle	Tiger	Judge B.	Young & Restless	Criminal Minds 0 30	Paid Prog. Anti-Aging	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris 30	G. Shrinks Rescue		Marilyn Denis	Strip the City "Toronto"	ANT Farm	General Hospital (N) 0	Movie: *** "The Transporter 2" (2005) 0	Friends 0
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rosa (N) 30	Facelift?	News	The First 48 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Super Evil		CTV News (N) 0 30	Auction Kings 0 30	Jessie 30	CityLine 30	Drew	Drew
1 PM	There Yet?	Days of our Lives (N)	Save-Umal	Paint	Days of our Lives (N)	The Talk 0 30	The First 48 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Heartland 30 (DVS)	Squirrel	Motoring	Anderson Live (N) 30	Auction	Good Luck	Katie 0 30	CSI: Crime Scene	3rd Rock
2 PM	King	The Talk 0 30	Big Bear	Barney	Katie 0 30	Let's Make a Deal (N)	The First 48 30	The Jeff Probst Show	The Talk 0 30	The Ricki Lake Show	Steven and Chris (N) 0	Almost Super Evil	Off Record	Dr. Phil 0 30	Driving Wars 30	Shake It	CityNews at 5 (N) 30	Deadliest Warrior	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil 0 30	Storage	Rachael Ray 0 30	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) 30	The Dr. Oz Show 30	How/Made	Austin	CityNews at 6 (N) 30	Ways Die	Canadian Pickers 0
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	Storage	The Doctors 0 30	Young & Restless	Early News Global Nat.	Dragons' Den 0 30	Parents	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Tenants	Canadian Pickers 0
5 PM	Browns	News (N) 30	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour	News	Parents	NHL Hockey: Buffalo Sabres at Montreal Canadiens. (Live)	CTV News at Five (N)	How/Made	Austin	Hell's Kitchen (N)	Tenants	Friends 0
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	Marvin		CTV News (N) 0 30	Yukon Men (N) 0 30	Austin	New Girl	Tenants	Drew
7 PM	Seinfeld 0	Ent	Be the Creature	Great Performances 30	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Vegas 0 30	George S	Mr. Young	NHL Hockey: St. Louis Blues	Big Bang etalk (N)	Bering Sea Gold (N) 0	Next Step	Body of Proof (N) 30	Tenants	Roseanne
8 PM	Family Guy	NCIS "Seek" (N) 0	China: Triumph		Betty	NCIS "Seek" (N) 0	Storage	Splash 0 30	NCIS "Seek" (N) 0	NCIS "Seek" (N) 0	Mercer	Splatalot	at Vancouver Canucks. (Live)	Cleveland	How/Made	Jessie 30	CityNews-Tonight (N)	Tenants	Debt/Part
9 PM	Amer. Dad	NCIS: Los Angeles (N)	"The Topp Twins"	Frontline 0 30	Go On 0	NCIS: Los Angeles (N)	Storage	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Cracked (N) 30 (DVS)	Gags		Criminal Minds (N) 0 30	Yukon Men 0 30	Next Step	Jimmy Kimmel Live (N)	Tenants	Friends 0
10 PM	"Delta Farce" (2007) Bill Engvall	Vegas 0 30	Landscape	Moyers & Company 0	Smash (N) 0 30	Golden Boy (N) 0 30	Storage	(10:01) Body of Proof	Vegas 0 30	News Hour Final (N)	National	Boys	SportsCentre (N) 30	Golden Boy (N) 0 30	Bering Sea Gold 30	Lizzie	Maury 0 30	Tenants	Drew
11 PM	"Drillbit"	CHBC News Final (N)	Be the Creature	Charlie Rosa (N) 30	News	News	Storage	News	News Hour Final (N)	ET Canada	CBC News	Weird	Sports	CTV News	How/Made	Cory	Paid Prog.	Ways Die	3rd Rock

Around the Similkameen!



Are ice fishermen solitary creatures by nature? Or perhaps when ice is thin it is safer to spread out?!!! Four lonely fishermen braved the melting waters of Yellow Lake the morning of March 13th. The temperature at the time of this picture was 12 degrees celsius. Open water was clearly visible along the shore (see the companion picture taken from the same spot). Photo: Arlene Arlow



That would be OPEN WATER along the banks of Yellow Lake March 13th. It begs the question: "At what point do die-hard ice fishermen consider it unsafe to go ice fishing?" Judging by the fact that at least four guys were seen on the ice that day, it would appear that ice fishermen can indeed jump (see the companion picture taken from the same spot). And the situation would beg another question relative to the ability of ice to distribute force: "Is it more perilous to jump from shore onto thin ice or to jump from thin ice onto shore?!" Photo: Arlene Arlow



"Sweep! Sweep!" That which gets spread on Similkameen highways in the winter to make it safe for the motoring public must be retrieved in the spring (to make it safe for the motoring public). Argo Road Maintenance staff were busy sweeping the cob webs of winter aside March 13th at the intersection of Highway 3A and the Green Mountain Road. The unidentified driver of the sweeper shall remain unidentified: a query with the pilot truck driver as to the identity of the crew members resulted in a polite, "I am sorry but you will need to contact the office in Penticton. I am not permitted to speak to the media." Kudos just the same for doing such good work! Photo: Arlene Arlow



Signs of spring: yup, spring is the traditional time for "For Sale" signs to crop up on homes and vehicles that are no longer wanted. The black, white and red combo of the car is mirrored in the same colors of the real estate sign along Highway 3A. Photo: Arlene Arlow

BINGO

MONDAY NIGHT BINGO

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Bonanza - Odd/Even - Lucky 7

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..... continued from Page 4

Again, there are few traceable links between his views and Agenda 21.

5) "Some who have spoken out in favor: Ted Turner, David Rockefeller, Hillary Clinton and the Royal Family of England." In favor of what? Agenda 21 objectives, or depopulation by any means? Footage of their actual statements on the issues is readily available. e.g. David Rockefeller on human population management: <http://www.youtube.com/watch?v=ClqUcScwnn8>, Ted Turner on population management: <http://www.youtube.com/watch?v=KMd0mGKDEw>

6) "Has Prince Charles ever gone out and cleaned crude oil off a duck?" I could not find footage of him actually cleaning an oil-spill duck, but here he is working at traditional hedge-laying on his "old-fashioned" English farm. http://www.youtube.com/watch?v=Mj-gUH_ij3M.

For my money, he's the real deal: a poor choice if you wish to denigrate environmentalists. Readers of your "Agenda 21 and Conspiracy" editorial would be advised to access some of this primary source material and to decide for themselves if they find "sinister intent" (New World Order, Global Domination, Enslavement of the Masses, Global Depopulation, etc) or if these concepts are only in the minds of conspiracy theorists - or in the society-shaping words of the Fourth Estate.

- Rob Rubis, Princeton

To The Editor;

Everyone saw the "Sistine Chapel Seagull" sitting on the Sistine chimney shortly before the white smoke billowed out signifying the election of Pope Francis. Birds don't like smoke. What's the symbolism?

Noah sent out the Raven during the flood to look for dry land. He never came back.

No trust. The dove, a symbol of gentleness was sent and returned. A symbol of trust also used in Jesus time. Why a seagull on the Sistine chimney?

When St. Peter, a simple fisherman

looked down and saw those who were selecting his replacement in their tasseled finery amid all the pomp, dogma and scented in corruption and mistrust, he sent his friend the seagull as a message. The seagull, a thinker with a memory and a symbol of freedom.

The message, very simple.

If the Conclave of Cardinals was just going to blow smoke the seagull would do one of his famous numbers on them. It will be extremely interesting to see what the future in Christendom holds.

- Joe Schwarz, Penticton

SO COUNTRY INTERNET RADIO

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Stellar's Jays have amused many backyard bird watchers in Princeton over the winter. *

Thursday Movies

AFTERNOON

2:08 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

only eats food from McDonald's for 30 days.

9:30 pm WTBS ch.3 "Ghosts of Girlfriends Past" (2009, Romance-Comedy) Matthew McConaughey. Spirits of jilted lovers take a photographer on an odyssey through his many failed relationships to find out what made him such a cad, and if there is any hope for true love.

EVENING

9:00 pm KNOW ch.5 "Super Size Me" (2004, Documentary) Filmmaker Morgan Spurlock conducts an experiment in which he

11:30 pm WTBS ch.3 "The Invasion" (2007, Science Fiction) Nicole Kidman. A psychiatrist discovers that an epidemic altering the behavior of human beings is extraterrestrial in origin.

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THURSDAY, MARCH 21, 2013

	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	Morning News (N) RE	To School HI-5 RE	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Doubt"	News	Morning News (N) RE	(5:00) Morning News (N)	CBC News Now (N) RE	Kid vs. Kat Super Evil	Curling	CTV Morning Live (N) RE	Dangerous Flights	Dinosaurs Hannah	CityLine (N) RE	Jail RE (6:38) Jail	Deal/No Deal
7 AM	Justice	Justice	Arthur RE	Arthur	Today Easter crafts; Easter baskets. (N) RE	CBS This Morning (N) RE	Criminal Minds RE	Good Morning America (N) RE			Tiger	Sidekick			Highway Thru Hell	Shake It	Murdoch Mysteries RE	(7:15) Jail RE	Earth: Final Conflict RE
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami RE		Morning Huntley	Bo On/Go	Pokemon			Cash Cab	Jessie RE	The Price Is Right (N)	(7:52) Jail RE	Wipeout Canada RE	
9 AM	Millionaire	Morning	Pinky	Super Why!		2013 NCAA Basketball Tournament	CSI: Miami RE	Live! Kelly and Michael	Morning Huntley	The Doctors RE	Super Why!	Rescue	2013 NCAA Basketball Tournament (N) (Live) RE	Livel Kelly and Michael	Mounted	Phineas	Access Hollywood Live	(9:06) Jail RE	Deal/No Deal
10 AM	Law Order: CI	The Doctors RE	Doggy Franklin	Sesame Street (N) RE			Criminal Minds RE	The View RE	The Doctors RE	Eat, Shrink Debt/Part	Poko RE	Squirrel		The View RE	How/Made	Phineas	The Chew RE	(9:43) Jail RE	Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle	Tiger	Judge B.	2013 NCAA Basketball Tournament	Criminal Minds RE	Paid Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris RE	G. Shrinks		Marilyn Denis	Mighty Planes RE	ANT Farm	General Hospital (N) RE	(10:58) Jail RE	Friends RE
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N) RE	Paid Prog. Facelift?		The First 48 RE	The Chew RE	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) RE	Super Evil	2013 NCAA Basketball Tournament (N) (Live) RE	CTV News (N) RE	Alien Mysteries RE	Jessie RE	CityLine RE	(12:15) Jail RE	Frasier RE
1 PM	There Yet?	Days of our Lives (N)	Save-Ums! Wibbley Pig	Painting	Days of our Lives (N)		The First 48 RE	General Hospital (N) RE	Days of our Lives (N)	House RE	Heartland "Quarantine"	Squirrel		Anderson Live (N) RE	Alien Mysteries RE	Good Luck	Katie RE	(12:54) Jail RE	3rd Rock
2 PM	King	House RE	Big Bear	Barney	Katie RE	Dr. Phil RE	The First 48 RE	The Jeff Probst Show	House RE	The Ricki Lake Show	Steven and Chris (N) RE	Almost		Dr. Phil RE	Myth-Busters RE	Shake It	CityNews at 5 (N) RE	(2:08) Movie: *** "The Fast and the Furious: Tokyo Drift" (2006) RE	Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	The Dr. Oz Show RE	The First 48 RE	Rachael Ray RE	The Ricki Lake Show	House "Bombshells" RE	Recipes	Squirrel	2013 NCAA Basketball Tournament (N) (Live) RE	The Dr. Oz Show RE	How/Made	Austin	CityNews at 6 (N) RE	Wipeout Canada RE	
4 PM	Big Bang	House "Bombshells" RE	G. Shrinks	Wild Kratts	Jdg Judy	2013 NCAA Basketball Tournament	The First 48 RE	The Doctors RE	House "Bombshells" RE	Early News Global Nat.	Dragons' Den RE	Parents		Ellen DeGeneres Show	Daily Planet (N)	Jessie RE	How I Met	30 Rock	Deal/No Deal
5 PM	Browns	News (N) RE	Martha	News	News		The First 48 RE	News	Early News Global Nat.	(4:59) News Hour	News	Parents		CTV News at Five (N)	Property	Good Luck	Community	IMPACT Wrestling (N) RE	Friends RE
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) RE	News	2013 NCAA Basketball Tournament	The First 48 (N) RE	News	(5:59) News Hour (N)	ET Canada	News	Marvin	2013 NCAA Basketball Tournament (N) (Live) RE	CTV News (N) RE	Fast N' Loud (N) RE	ANT Farm	Person of Interest RE		Frasier RE
7 PM	Sinfeld RE	Ent	Going to Extremes	Health Matt.	Jeopardy!		After the First 48 (N)	Ent	Ent	Hawaii Five-0 RE	George S	Mr. Young		Big Bang	The Devils Ride RE	Next Step	(7:02) Scandal (N) RE	Bellator MMA Live (N) (Live)	Roseanne
8 PM	Family Guy	King RE	Brazil With Palin	New Tricks RE	Community		(8:01) Bates Motel RE	Wife Swap RE	King RE	King RE	The Nature of Things	Splatalot		American Idol RE	Amish Mafia	Good Luck	CityNews-Tonight (N)		Debt/Part
9 PM	Amer. Dad	Glee "Guilty Pleasures"	Movie: *** "Super Size Me" (2004)	Foyle's War RE	The Office	Access H.	(9:01) The First 48 RE	Grey's Anatomy (N) RE	Glee "Guilty Pleasures"	Glee "Guilty Pleasures"	Doc Zone "Dog Dazed"	Gags	SportsCentre (N) RE	Grey's Anatomy (N) RE	Fast N' Loud RE	Next Step	Jimmy Kimmel Live (N)	Bellator MMA Live RE	Friends RE
10 PM	"Ghosts of Girlfriends Past" (2009)	Hawaii Five-0 RE		Keeping Score	Law & Order: SVU	Paid Prog. Inside Ed.	(10:01) The First 48 RE	(10:02) Scandal (N) RE	Hawaii Five-0 RE	News Hour Final (N)	National	Boys	SportsCentre (N) RE	Motive RE (DVS)	The Devils Ride RE	Lizzie	Maury RE		Frasier RE
11 PM	"Invasion"	CHBC News Final (N)	Going to Extremes	Charlie Rose (N) RE	News	News	After the First 48 RE	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre RE	CTV News	Property	Cory	Paid Prog.	Ways Die	3rd Rock

Friday Movies

AFTERNOON

5:00 pm SPIKE ch.44 "Scarface" (1983, Crime Drama) Al Pacino. A Cuban immigrant from Castro's jails cuts a violent path of destruction on his way to the top of Miami's drug trade. (In Stereo) (CC)

EVENING

6:00 pm FAM ch.26 "The Wizards Return: Alex vs. Alex" (2013, Comedy) Selena Gomez. Premiere. While visiting Tuscany, Italy, a young wizard accidentally creates an evil version of herself.

(In Stereo) (CC)
 8:00 pm YTV ch.18 "Princess" (2008, Fantasy) Nora Zehetner. A young man falls in love with a mysterious princess who heals mythical creatures. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Kicking & Screaming" (2005, Comedy) Will Ferrell. A vitamin salesman and his overly competitive father go head-to-head as coaches of children's rival soccer teams.
 11:30 pm WTBS ch.3 "Into the Blue 2: The Reef" (2009, Suspense) Chris Carmack. Two professional divers fight for their lives when they encounter criminals in Hawaiian waters.

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News Leader Sudoku 445

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.

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

THIS WEEK'S SOLUTION:
 Page 20

News Leader Sudoku grids, puzzles and solutions

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FRIDAY, MARCH 22, 2013

	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	Morning News (N) 80	Timothy HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Beyond Scared Straight	News	Morning News (N) 80	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Super Evil	SportsCentre 80	CTV Morning Live (N) 80	Salvage Hunters 80	Dinosaurs Wizards	CityLine (N) 80	DEA 0	Security Security
7 AM	Justice	Justice	Arthur 0	Arthur	Today Spring fling: wedding registries. (N) 0 80	CBS This Morning (N) 0 80	Beyond Scared Straight	Good Morning America (N) 0 80			Tiger	Yu-Gi-Oh!	SportsCentre 80		Final Offer 0 80	Wizards	Murdoch Mysteries 0	(7:15) DEA "Deadly Chase" 0	Earth: Final Conflict 0
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			Beyond Scared Straight			Morning Huntley	Bo On/Go	Pokemon Super Evil	SportsCentre 80		Myth-Busters 0 80	Wizards	The Price Is Right (N)	(8:27) DEA 0	Outlaw Bikers 0 80
9 AM	Millionaire	Morning Millionaire	Pinky	Super Why!		2013 NCAA Basketball Tournament	Beyond Scared Straight	Livel Kelly and Michael	Morning Huntley	The Doctors 0 80	Super Why! Cat in the	Rescue Cat in the	SportsCentre 80	Livel Kelly and Michael	Highway Thru Hell	Wizards	Access Hollywood Live	(9:40) DEA Undercover missions. 0	Security
10 AM	Law Order: CI	The Doctors 0 80	Doggy Franklin	Sesame Street 0			Beyond Scared Straight	The View 0 80	The Doctors 0 80	Eat, Shrink Debt/Part	Poko 80	Squirrel G. Shrinks	Curling: Women's World Championship: Page Playoff. (N) (Live) 80	The View 0 80	How/Made	Wizards	The Chew 0 80		Gold Girls Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle Dive, Oily	Tiger Sit & Be Fit	Judge B.	2013 NCAA Basketball Tournament	Beyond Scared Straight	Paid Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris 80	G. Shrinks Rescue	Marilyn Denis	Hillbilly Handfishin' 80	Wizards	General Hospital (N) 0	(10:53) DEA 0	Friends 0	Friends 0
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N) 80	Paid Prog.		Beyond Scared Straight	The Chew 0 80	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Super Evil Kid vs. Kat		CTV News (N) 0 80	Fast N' Loud 0 80	Wizards	CityLine 80	(12:06) DEA Capturing a dops dealer. 0	King King
1 PM	There Yet?	Days of our Lives (N)	Save Ums	Painting	Days of our Lives (N)		Beyond Scared Straight	General Hospital (N) 0	Days of our Lives (N)	House 0 80	Heartland 80 (DVS)	Squirrel Sidekick	2013 NCAA Basketball Tournament (N) 80	Anderson Live (N) 80	The Devils Ride 80	Wizards	Katie 0 80	(1:20) DEA 0	3rd Rock 3rd Rock
2 PM	King	House 0 80	Big Bear	Barney	Katie 0 80	Dr. Phil 0 80	Beyond Scared Straight	The Jeff Probst Show	House 0 80	The Ricki Lake Show	Steven and Chris (N) 0	Almost Super Evil		Dr. Phil 0 80	Property	Wizards	CityNews at 5 (N) 80	(2:33) DEA 0	Roseanne Roseanne
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	The Dr. Oz Show 80	Beyond Scared Straight	Rachael Ray 0 80	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel Sidekick	2013 NCAA Basketball Tournament (N) (Live) 80	The Dr. Oz Show 80	How/Made	Wizards	CityNews at 6 (N) 80		Outlaw Bikers 0 80
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	2013 NCAA Basketball Tournament	Storage	The Doctors 0 80	Young & Restless	Early News Global Nat.	NHL Hockey: Washington Capitals at Winnipeg Jets. (N) 0 (Live) 80	Kung Fu		Ellen DeGeneres Show	Daily Planet (N)	Wizards	How I Met 30 Rock 0 80	(3:47) DEA 0	Security Security
5 PM	Browns	News (N) 80	Martha	News	News		Storage	News	Early News	(4:59) News Hour		Kung Fu		CTV News at Five (N)	Oddities	Wizards-Place	Last Man Malibu	Movie: *** "Scarface" (1983, Crime Drama) Al Pacino, Michelle Pfeiffer, Steven Bauer. 0 80	Friends 0
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) 80	News		Storage	News	(5:59) News Hour (N)	ET Canada		SpongeBob	2013 NCAA Basketball Tournament (N) (Live) 80	CTV News (N) 0 80	Finding Bigfoot (N) 80	"Wizards Return: Alex"	1600 Penn Seed 0	King	King
7 PM	Seinfeld 0	Ent	Coast (Part 2 of 8)	Wash	Jeopardy!		Storage	Ent	Ent	16x9 (N) 80	News	SpongeBob		Big Bang	Breakout (N) 80 (DVS)	Next Step Wizards	Mantracker 80 (DVS)	Roseanne	Roseanne
8 PM	Family Guy	Kitchen Nightmares	Return to Cranford (N)	Martin Clunes	Fashion Star (N)		Storage	Last Man	Kitchen Nightmares	Kitchen Nightmares	M'ketplace Mercer	Movie: "Princess" (2008) Nora Zehetner. 0 80	SportsCentre (N) 80	Grimm "Mr. Sandman"	Cash Cab	Wizards	CityNews-Tonight (N)	Ways Die	Debt/Part ET Canada
9 PM	Amer. Dad	Touch "Reunions" (N)	Peirot A gym teacher is found dead. 80	American Masters Life of composer Philip Glass.	Grimm "Mr. Sandman"	Access H. Paid Prog.	Storage	Shark Tank 80 (DVS)	Touch "Reunions" (N)	Touch "Reunions" (N)	fifth estate			Grimm "Mr. Sandman"	Wizards	Wizards	Jimmy Kimmel Live (N)	(9:05) Bel-lator MMA Live 0	Friends 0
10 PM	Movie: *** "Kicking & Screaming" (2005)	16x9 (N) 80		Rock Center	Rock Center	Inside Ed.	Storage	(10:01) 20/20 0 80	16x9 (N) 80	News Hour Final (N)	National	Mr. Young	SportsCentre (N) 80	Blue Bloods 0 80	Oddities	Wizards	Maury 0 80	Ways Die	King
11 PM		CHBC News Final (N)	Black Coffee 0 80	Charlie Rose (N) 80	News	News	Storage	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 80	CTV News	Breakout 80 (DVS)	Wizards	Paid Prog.	Ways Die	3rd Rock 3rd Rock

News Leader Weekend - Sunday Movies

MORNING

7:00 am TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

8:00 am WTBS ch.3 "Hannah Montana and Miley Cyrus: Best of Both Worlds Concert Tour" (2008, Documentary) Miley Cyrus. The young performer does a musical tour in 2007, with special backstage footage and guests, the Jonas Brothers.

9:00 am TROP ch.45 "Airplane II: The Sequel" (1982, Comedy) Robert Hays. The first commercial space shuttle sends loony Ted and his former girlfriend on a trip to the moon. (In Stereo) (CC)

10:00 am WTBS ch.3 "Hannah Montana: The Movie" (2009, Musical) Miley Cyrus. Miley's father takes her home for a reality check when the teen's soaring popularity threatens to take over her life.

A&E ch.9 "The Negotiator" (1998, Suspense) Samuel L. Jackson. A framed police negotiator takes hostages and demands to speak with a counterpart from another precinct. (CC)

11:00 am TROP ch.45 "The Naked Gun: From the Files of Police Squad!" (1988, Comedy) Leslie Nielsen. A blundering Los Angeles detective and his boss foil a plan to assassinate Queen Elizabeth. (In Stereo) (CC)

AFTERNOON

12:00 pm WTBS ch.3 "Little Man" (2006, Comedy) Shawn Wayans. A very small fugitive from the law poses as a toddler to gain access to the stolen gem he stashed in a woman's purse.

FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC)

1:00 pm TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

2:00 pm YTV ch.18 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death. (In Stereo) (CC)

2:30 pm VTV ch.22 "The Prince & Me" (2004, Romance-Comedy) Julia Stiles. A pre-medical student falls in love with a Danish prince who keeps his identity a secret. (In Stereo) (CC) (DVS)

4:00 pm YTV ch.18 "Cloudy With a Chance of Meatballs" (2009, Comedy) Voices of Bill Hader. Animated. When hard times hit the town of Swallow Falls, a failed inventor constructs a device that turns water into delicious food. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Fool's Gold" (2008, Action) Matthew McConaughey. A treasure hunter

drags his estranged wife and her boss on a quest to find 40 chests of lost Spanish gold.

CBC ch.13 "Cinderella" (1950, Fantasy) Voices of Ilene Woods. Animated. With a wicked stepmother and two jealous stepsisters who keep her enslaved and in rags, Cinderella stands no chance of attending the royal ball, until her fairy godmother appears. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Despicable Me" (2010, Comedy) Voices of Steve Carell. Animated. As he tries to execute a fiendish plot to steal the moon, a supervillain meets his match in three little orphan girls who want to make him their dad. (In Stereo) (CC)

TROP ch.45 "The Naked Gun: From the Files of Police Squad!" (1988, Comedy) Leslie Nielsen. A blundering Los Angeles detective and his boss foil a plan to assassinate Queen Elizabeth. (In Stereo) (CC)

7:30 pm WTBS ch.3 "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

8:00 pm KSPS ch.6 "Sisters of War" (2010, Docudrama) Claire van der Boom. In 1942, Japanese forces hold Australian nurses and nuns as prisoners of war on the island of New Britain.

TROP ch.45 "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stew-

ardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) (CC)

9:00 pm FAM ch.26 "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (CC)

10:00 pm CITY ch.29 "Knowing" (2009, Science Fiction) Nicolas Cage. A professor and his son obtain an encoded time-capsule document that lists every major disaster over the past 50 years and predicts a future global calamity.

TROP ch.45 "Airplane II: The Sequel" (1982, Comedy) Robert Hays. The first commercial space shuttle sends loony Ted and his former girlfriend on a trip to the moon. (In Stereo) (CC)

10:25 pm FAM ch.26 "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting and, with the help of friends, competes against nobles in 14th-century France. (In Stereo) (CC) (DVS)

10:30 pm WTBS ch.3 "Just Like Heaven" (2005, Romance-Comedy) Reese Witherspoon. A San Francisco widower falls in love with a ghostly doctor while subletting her apartment.

11:00 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.

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SUNDAY, MARCH 24, 2013

	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	Think Big	In a Name	Little Bear	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds (N)	Matthews	In a Name	Sunday Morning News (N)	Arzoooka	Kid vs. Kat	Curling: Women's World	Hobo	Licence to Drill	Wingin' It	R Schuller	Xtreme 4x4	Fish TV (N)
7 AM	Mad About	Inventors	WordWorld	Signing	Today (N)	Paid Prog.	Criminal Minds (N)	On Money	Inventors	Sunday Morning News (N)	Poko (N)	Super Evil	Women's World	Hobo	Suite/Deck	ChurchRck	Horse.	Pald Prog.	
8 AM	Career Day	Sunday Morning News (N)	Rob Robot	Wild	KHQ News	CBS News Sunday Morning (N)	Criminal Minds (N)	Good Morning America	Sunday Morning News (N)	Arzoooka	Animal	Mr. Young	Championship: Gold Medal	Lovett-Reid	Allen Mysteries (N)	Hannah	Eye/Asla	Trucks! (N)	Movie: *** "Airplane!" (1980) Robert Hays.
9 AM	P. Affairs	Tree Fu	Prima Princessa	Meet the Press (N)	The Nation	Criminal Minds (N)	This Week	Coronation	Splatalot	Coronation	Coronation	Splatalot	Match. (N)	Question Period (N)	Alien Mysteries (N)	Wizards	Pakistan	Diggers	
10 AM	"Hannah Montana/Miley Cyrus: Best of Both"	Magie Bus	SciGirls (N)	Skilling	2013 NCAA Basketball Tournament	Bates Motel (N)	To Be Announced	Coronation	SpongeBob	2013 NCAA Basketball Tournament (N) (Live)	Operation Smile	Bering Sea Gold: Under	Good Luck	Wingin' It	ANT Farm	Diggers	Movie: ** "Airplane II: The Sequel" (1982) (N)		
11 AM	Movie: ** "Hannah Montana: The Movie"	Context	Wild Kratts	Inside Olympia (N)	Golf Digest Special	Movie: *** "The Negotiator" (1998) Samuel L. Jackson.	Block	Coronation	Parents	Winx Club	Corner Gas	Gold Rush (N)	ANT Farm	Corner Gas	Jessie (N)	Diggers			
12 PM	Movie: *** "Little Man" (2006) Shawn Wayans.	News	Animals	Moyers & Company (N)	PGA Tour Golf: Arnold Palmer Invitational, Final Round. (N) (Live)	2013 NCAA Basketball Tournament	Block	Coronation	Parents	Victorious	App	Dino Gangs (N)	Austin	Shake It	Shopping Channel (N)	Diggers	Movie: *** "The Naked Gun: Police Squad"		
1 PM	The Closer (N)	News	Animals	Health Matt.	PGA Tour Golf: Arnold Palmer Invitational, Final Round. (N)	2013 NCAA Basketball Tournament	Block	Coronation	Parents	Big Time	etalk (N)	Movie: ** "High School Musical" (2006)	Travels	Shake It	Diggers	Movie: *** "Airplane!" (1980) Robert Hays.			
2 PM	Big Bang	Mysteries	Be the Creature	Keeping Score	Figure Skating: World Championships. (Taped) (N)	Backroads	Duck D.	Van Dyke	Mothers	Simpsons	Global Nat.	Movie: *** "The Prince & Me" (2004) Julia Stiles. (N)	How/Made	Next Step	CityNews	Bar Rescue (N)	Weldr or What?		
3 PM	Big Bang	To Be Announced	Coast (Part 2 of 8)	From Dust to Dreams: Opening	Night-Performing	News	News	Duck D.	ABC News	Global Nat.	Hour (N)	Movie: *** "Cinderella" (1950) (N)	Myth-Busters (N)	Dog	Shake It	30 Rock	Instant		
4 PM	Big Bang	Simpsons	Warime Farm	NBC News	CBS News	Duck D.	News	(5:59) News Hour (N)	Simpsons	Cleveland	Movie: *** "Despicable Me" (2010) (N)	2013 NCAA Basketball Tournament (N) (Live)	CTV News (N) (N)	An Idiot Abroad 3 (N)	Good Luck	Revenge "Victory" (N)	Bar Rescue (N)	Movie: *** "The Naked Gun: Police Squad"	
5 PM	Movie: ** "Fool's Gold" (2008) Matthew McConaughey.	Global Nat.	Frontiers of	Doc Martin (N)	News	Wheel	Duck D.	Hollywood	News	News	News	News	News	News	News	News	News	News	News
6 PM	Movie: *** "Hitch" (2005) Will Smith.	Cleveland	Vampires in Venice	Live/Lincoln Center	Dateline NBC (N)	60 Minutes (N) (N)	Duck D.	Funnest Home Videos	Simpsons	The Good Wife (N)	Heartland (N)	Movie: *** "The Prince & Me" (2004) Julia Stiles. (N)	Once Upon a Time (N)	Myth-Busters (N)	Sonny	CityNews	(8:01) Car Lot Rescue	Movie: *** "Airplane!" (1980) Robert Hays.	
7 PM	Movie: *** "Hitch" (2005) Will Smith.	Simpsons	Monarch of the Glen (N)	Movie: ** "Sisters of War" (2010)	All-Star Celebrity Apprentice (N)	The Good Wife (N)	Duck D.	Revenge "Victory" (N)	Amer. Dad	Amer. Dad	Republic of Doyle (N)	Splatalot	SportsCentre (N)	Motive (N) (DVS)	An Idiot Abroad 3	Movie: ** "Read It and Weep"	The Office	(9:01) Bar Rescue (N)	Movie: ** "Knowing" (2009) Nicolas Cage.
8 PM	Movie: *** "Hitch" (2005) Will Smith.	Simpsons	Lewis A botanist accidentally digs up a body. (N)	Foyle's War (N)	The Mentalist (N)	Duck D.	(10:01) Red Widow (N)	The Good Wife (N)	News Final	News Final	News Final	Pick	SportsCentre (N)	The Mentalist (N)	An Idiot Abroad 3	Movie: ** "Knowing" (2009) Nicolas Cage.	(11:01) Car Lot Rescue	Movie: ** "Airplane II: The Sequel" (1982) (N)	
9 PM	Movie: *** "Hitch" (2005) Will Smith.	Family Guy	Lewis A botanist accidentally digs up a body. (N)	Foyle's War (N)	The Mentalist (N)	Duck D.	(10:01) Red Widow (N)	The Good Wife (N)	News Final	News Final	News Final	Splatalot	SportsCentre (N)	CTV News	An Idiot Abroad 3	Movie: ** "Knowing" (2009) Nicolas Cage.	(11:01) Car Lot Rescue	Movie: ** "Airplane II: The Sequel" (1982) (N)	
10 PM	Movie: *** "Hitch" (2005) Will Smith.	The Good Wife (N)	Lewis A botanist accidentally digs up a body. (N)	Foyle's War (N)	The Mentalist (N)	Duck D.	(10:01) Red Widow (N)	The Good Wife (N)	News Final	News Final	News Final	Splatalot	SportsCentre (N)	CTV News	An Idiot Abroad 3	Movie: ** "Knowing" (2009) Nicolas Cage.	(11:01) Car Lot Rescue	Movie: ** "Airplane II: The Sequel" (1982) (N)	
11 PM	Movie: *** "Hitch" (2005) Will Smith.	News Final	Lewis A botanist accidentally digs up a body. (N)	Foyle's War (N)	The Mentalist (N)	Duck D.	(10:01) Red Widow (N)	The Good Wife (N)	News Final	News Final	News Final	Splatalot	SportsCentre (N)	CTV News	An Idiot Abroad 3	Movie: ** "Knowing" (2009) Nicolas Cage.	(11:01) Car Lot Rescue	Movie: ** "Airplane II: The Sequel" (1982) (N)	



New picnic tables were recently installed at Bromley Rock Provincial Campground. BC Parks is giving all parks in the area a facelift with new picnic tables and pit toilet buildings. Photo: Brenda Engel

Monday Movies

AFTERNOON

3:00 pm KSPS ch.6 "Sid the Science Kid: The Movie" (2013, Adventure) Voice of Christopher Lloyd. Animated. Sid and his friends spring into action when a futuristic robot runs amok. (In Stereo) (CC) (DVS)

EVENING

9:30 pm WTBS ch.3 "King Kong" (2005, Adventure) Naomi Watts. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island.

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MONDAY, MARCH 25, 2013

	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	Morning News (N) [E]	Timothy HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	News	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Super Evil	SportsCentre [E]	CTV Morning Live (N) [E]	Mighty Planes	Dinosaurs Hannah	CityLine (N) [E]	CSI: NY [E]	Food
7 AM	Justice	Justice	Arthur [E] Magic Bus	Arthur Martha	Today (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]				Tiger	Sidekick	SportsCentre [E]	Cash Cab	Shake It	Let's Make a Deal (N)	(7:13) CSI: NY "Prey" [E]	Earth: Final Conflict [E]
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat In the			Criminal Minds "Coda"					Morning Huntley	Bo On/Go	Pokemon	SportsCentre [E]	Final Offer "Stoned" [E]	Jessie [E]	The Price Is Right (N)	Eat St. [E]
9 AM	Millionaire	Morning Millionaire	Pinky Peep, Big	Super Why! Dinosaur			The 700 Club [E]	Livel Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why! Cat In the	Rescue Cat In the	SportsCentre [E]	Livel Kelly and Michael	Mayday [E]	Mickey Manny	Access Hollywood Live	(8:26) CSI: NY [E]	Eat St. [E]
10 AM	Law Order: CI	The Doctors [E]	Doggy Day Franklin	Sesame Street [E]			The Price Is Right (N)	Criminal Minds [E]	The View [E]	The Doctors [E]	Eat, Shrink Debt/Part	Poko [E]	Squirrel	Fishing	The View [E]	How/Made Little	Never Land	The Chew [E]	Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle Dive, Oily	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Bates Motel [E]	Paid Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris [E]	G. Shrinks	Boxing: Friday Night Fights.	Marilyn Denis	Auction	Suite Life Suite/Deck	General Hospital (N) [E]	(10:53) Bar Rescue [E]	Friends [E]
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose [E]	Paid Prog.	News	Storage	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Super Evil	Kid vs. Kat	Dangerous Flights	Wizards Hannah	CityLine [E]	(12:01) Bar Rescue [E]	All-Star Celebrity Apprentice [E]	
1 PM	There Yet?	Days of our Lives (N)	Save-Ums! Wibbly Pig	Paint This Sewing	Days of our Lives (N)	The Talk [E]	Storage	General Hospital (N) [E]	Days of our Lives (N)	The Talk [E]	Heartland "Spin Out!"	Squirrel	Table Tennis	Anderson Live (N) [E]	Highway Thru Hell	Sonny Random	Katie [E]	(1:09) Bar Rescue "Empty Pockets"	
2 PM	King	The Talk [E]	Big Bear Dinosaur	Barney WordWorld	Katie [E]	Let's Make a Deal (N)	Storage	The Jeff Probst Show	The Talk [E]	The Ricki Lake Show	Steven and Chris (N) [E]	Almost Super Evil	Off Record	Dr. Phil [E]	Myth-Busters [E]	So Raven Suite/Deck	CityNews at 5 (N) [E]	(2:17) Bar Rescue [E]	
3 PM	The Office	The Ricki Lake Show	Rob Robot Clifford	"Sid the Science Kid: The Movie"	Ellen DeGeneres Show	Dr. Phil [E]	Storage	Rachael Ray [E]	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) [E]	The Dr. Oz Show [E]	How/Made	Wizards ANT Farm	CityNews at 6 (N) [E]	(3:25) Bar Rescue [E]	
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur [E]	Electric	Jdg Judy	The Dr. Oz Show [E]	Storage	The Doctors [E]	Young & Restless	Early News Global Nat.	Dragons' Den [E]	SpongeBob	NHL Hockey: Toronto Maple Leafs at Boston Bruins. (Live)	Ellen DeGeneres Show	Daily Planet (N)	Phineas Austin	The Carrie Diaries (N)	(4:31) Bar Rescue [E]	
5 PM	Browns	News (N) [E]	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News	SpongeBob	SpongeBob	CTV News at Five (N)	Myth-Busters [E]	Good Luck Seed (N)	How I Met	(5:38) Bar Rescue "In a Pinch" [E]	
6 PM	Browns	Global Nat.	Animals Gardens	PBS News-Hour (N) [E]	News Millionaire	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	iCarly [E]	Victorious	CTV News (N) [E]	Auction	ANT Farm Shake It	Broke Girl Mike	All-Star Celebrity Apprentice [E]	
7 PM	Seinfeld	Ent	Rescue The Café	The Café	Jeopardy!	Inside Ed.	Bates Motel (N) [E]	Ent	Ent	Hawaii Five-0 "Hoi Pili"	George S	Victorious	Marvin	Big Bang	Auction	Good Luck Shake It	(7:01) Revolution (N) [E]	(6:46) Bar Rescue [E]	
8 PM	Family Guy	Bones (N) [E] (DVS)	Wartime Farm (N)	Antiques Roadshow (N)	The Voice Vocalists audition.	How I Met Rules	(8:01) Bates Motel [E]	Dancing With the Stars (N) Same-day Tape [E]	Bones (N) [E] (DVS)	Bones (N) [E] (DVS)	Dragons' Den [E]	Cache Craze [E]	Hockey	Anger	Driving Wars (N) [E]	ANT Farm Dog	CityNews-Tonight (N)	(7:54) Bar Rescue [E]	
9 PM	Amer. Dad	Bomb Girls "Party Line"	Shakespeare In Italy (N)	180 Days: A Year Inside an American		Broke Girl Mike	Storage	Storage	Bomb Girls "Party Line"	Bomb Girls "Party Line"	Murdoch Mysteries (N)	Gags	E:60 [E]	The Following "Guilt"	Auction	Wingin' It Warthogs!	Jimmy Kimmel Live (N)	(9:01) Bar Rescue [E]	
10 PM	Movie: King Kong (2005) Naomi Watts.	Hawaii Five-0 "Hoi Pili"	Architects of Change		(10:01) Revolution (N)	Hawaii Five-0 "Hoi Pili"	Storage	(10:02) Castle (N) [E]	Hawaii Five-0 "Hoi Pili"	News Hour Final (N)	National	Boys Mr. Young	SportsCentre (N) [E]	(10:02) Castle (N) [E]	Auction	So Raven	Mauri [E]	(10:07) Bar Rescue [E]	
11 PM		CHBC News Final (N)	Rescue Our Part	Charlie Rose (N) [E]	News Jay Leno	News Letterman	(11:01) Bates Motel	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre [E]	CTV News	Auction	Princess	Paid Prog.	(11:14) Entourage [E]	

Lynda Johnston Tribute

By Lorraine Stubbins

It is with great sadness that I have spent the past week sorting through a lifetime of accumulated possessions and memories of BC horse-woman Lynda Johnston.

Lynda left this earth on December 27th, 2012 at the age of 67. I was away camping in the desert with my horses this winter and only returned to Princeton a week ago, which is when it really hit home, as Lynda was my neighbour and longtime friend.

Lynda's family came up to Princeton from the Vancouver area for the weekend and together we reminisced and remembered the times we had shared with Lynda. She will be sorely missed.

I wanted to share with you a story I wrote a number of years ago in which Lynda was featured. This story originally appeared in a 2006 Edition of the American Quarter Horse Journal.

For those of you who knew Lynda, this story may add to the many memories of her doing what she loved...spending time with kids and ponies.

I hope you enjoy:

The Adventures of Amy and Brooke

November 24th, 2005
by Lorraine Stubbins

You know, you REALLY have to be careful just WHAT you say to kids...I am a certified Equine Canada Coach and I manage a horse ranch in Princeton, British Columbia, Canada where I look after and ride 10 horses, and teach a few students some dressage and jumping.

Well, two of my very favourite students are an 11 year old, tall, skinny, freckle-faced, pig-tailed kid called Amy and her pony-tailed sidekick Brooke who is 8, short-legged, blond, blue-eyed and fearless. These two kind of remind me of myself in my youth, in that anything to do with horses is (yes, still is!) heady stuff.

Amy and Brooke just can't wait for Wednesdays when they get to come after school for their riding lesson or better yet, on summer holiday Wednesdays, when they come and hang out with us on the ranch for the WHOLE DAY! Heaven!

Sometimes, in the summer mornings before 8, I am still in my bathrobe, hammering out emails or trying to swallow my toast, pull on

my breeches and get out the door to check the horses. I hear my 3 big dogs start to bark madly and I know that Amy's mom is driving up to drop the kids off for the day. The dogs stream out the door, barking, smiling, wiggling and wagging (such good guard dogs...NOT!!!!!!) ...and into the house rush jodphur-clad Amy and Brooke in a flurry of grins, backpacks, half chaps, paddock boots, etc. So much for getting caught up on emails and the idea of a leisurely second cup of tea...Later!

We all pile into the truck, drive up to the grass pasture and take a look at the herd, making sure that all the legs are pointing down and that no mishaps have occurred overnight. We decide which horses we are going to ride first, halter them and lead on up to the tackroom and hitching area.

Our friend Lynda, a retired long-time Vancouver area Southlands Pony Club Instructor and Examiner, who doesn't walk very well anymore, but likes to watch the riding lessons, drives up in her little car. She sits in it in full view of the hitching area, window down, enjoying the scene and waiting for us to get tacked up. She doesn't miss a beat and is a great second set

of eyes and ears to answer the forty questions of my keen small charges. There aren't too many situations that Lynda hasn't seen that involve kids and ponies!

Brooke gets finished grooming and tacked up first because she is newer to riding and so gets lots of advice from me and tons of valuable help from her mentor (and I suspect idol) Amy. I find it amusing to look over and see Amy assisting Brooke to lift the saddle up onto a horse that stands higher than her small friend's head. Brooke is keen to get started and eagerly heads on over to the arena, leading the ancient and trustworthy buckskin mare "Apples". Amy is just finishing up, doing a thorough grooming job of our grey AQHA mare "Quinnella King" who seems to delight in rolling near the pond just before she is caught. This, of course, makes the task a bit more challenging and time-consuming for Amy (who seems not to mind being the last one ready. She's with her favourite horse and that is all that matters right now.)

I am busy tacking up my own horse Griffin and say to Amy "Don't forget your helmet". Then I go into the tackroom to get my dressage whip and bridle. While I am in there I decide to speed things up and take Amy's helmet outside for her. I hang it on our OUTDOOR bridle hook. "Amy," I say, while I am busy bridling my horse, "your helmet is on the bridle hook". "Thanks," says Amy, then a moment later, "I already have Quinn untied so how can I get my helmet?" Without glancing up I say, "Just take her with you!" (meaning: lead the mare over to the outside hook, which is only 10 feet away and grab your helmet.) Now, what you need to picture here is that we have TWO bridle hooks...ONE is inside the tackroom, in a separate laundry room where we clean tack. The OTHER is just outside the tackroom door near where we are grooming.

The tackroom is about 15 feet square but divided into the two little rooms and filled with the tack and stuff for 10 horses...so a pretty confined space.

Well, maybe you already guessed it...Amy does as she (thinks she) is told and TAKES QUINN INTO THE TACKROOM TO GET HER

HELMET from the other bridle hook. YUP that's right!...full-sized Quarter Horse, 15.2 HH, 1,100 lbs, fully shod, saunters right on in, through regular people-sized door, just like she does it every day. Quinn thinks nothing of it and when inside turns on a dime, leaving a perfectly etched pirouette mark on the concrete floor. Apparently she did this without bumping into any saddle racks, light fixtures, bridle hooks, chairs, anyone's prized 11 year-old daughter, one of the dogs, etc....real nice and slow like a sensible Quarter Horse should.

Amy, (who doesn't think there is anything odd about this because "Lorraine said so!" Oh, to hold that trust, for however short a time, is intoxicating) hollers out from INSIDE the tackroom: "I don't see it!"

My head flies up at warp speed from behind the neck of my huge warmblood horse and all of a sudden I turn to stone!

My God! Where is Quinnella? Where are AMY AND QUINELLA? I just know they were both there a moment ago!

Oh NO! NO, this can't be happening!

Didn't I just hear Amy's voice inside the TACKROOM, but that is IMPOSSIBLE because there is no horse out here! WHERE is Quinnella?

Well, out of the tackroom door strode Amy, nonchalantly leading a very relaxed Quinnella (I swear she was licking and chewing!). As Amy emerged through the narrow door with the mare quietly following, she casually reached up to the outside bridle hook, retrieved her helmet, and plopped it triumphantly on her head! "Found it Lorraine!"

Horse and student seemed blissfully unaware of my strangled gasping. Nor did they seem to notice Lynda's eye popping stare as the former Canadian Pony Club District Commissioner watched the entire scene unfold. When I glanced over Lynda's jaw was still working like a blowfish. She was unable to utter a sound!

Me thinks this may well have been a situation they hadn't covered in the Pony Club Manual!

Yes...you have to be REALLY careful just WHAT you say to kids!



Lynda Johnston with her brother Graham Putnam. - photo submitted

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Announcements	Announcements
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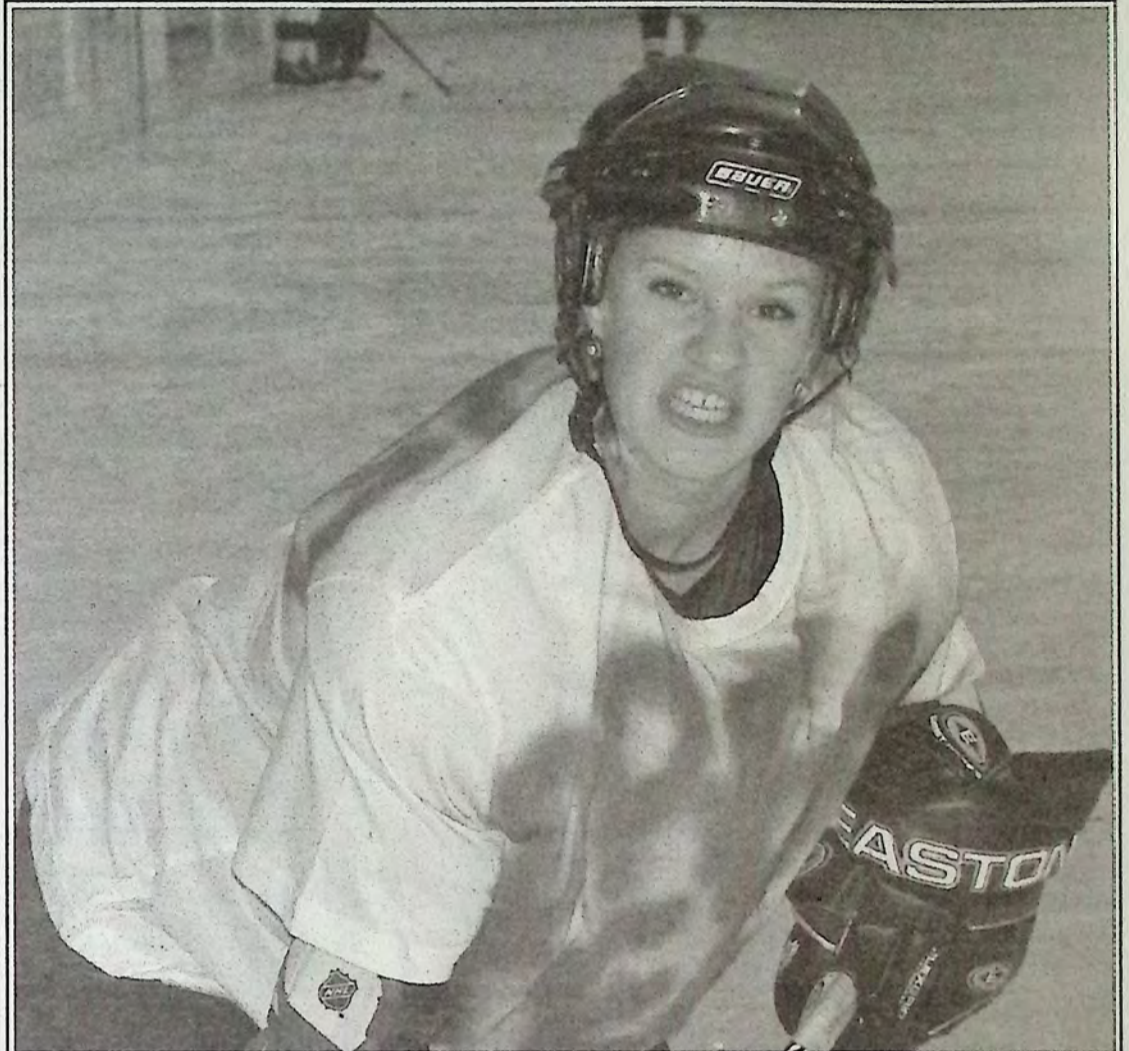
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Notices

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Obviously we weren't taking the Grad Hockey Game seriously enough before this photo was taken! *

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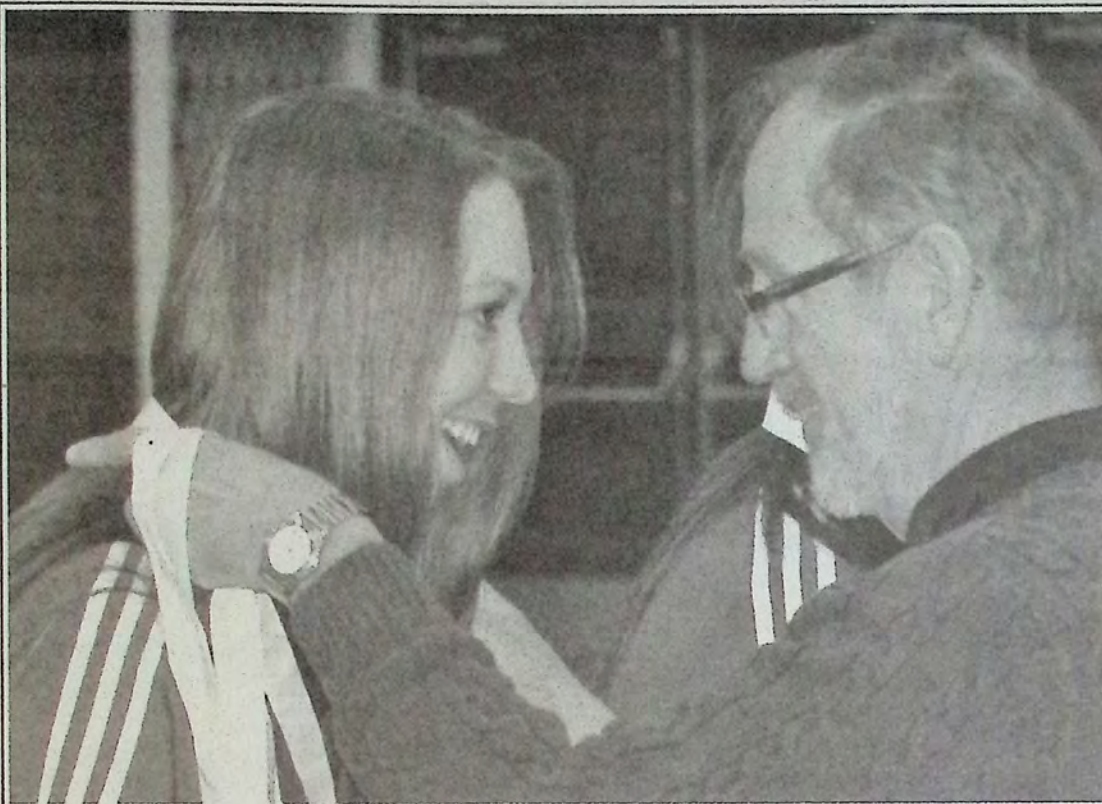
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Ciara Bamford receives her Bronze Medal from School Board Chairman Gordon Comeau. The PSS Senior Girls Basketball team were honoured at an assembly at the school March 13th. They finished 3rd in the province. *

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Feed The Valley nears milestone on anniversary

Valley First employees, members and supporters reached deep into their pockets and pantries during 2012, helping to push Feed the Valley fundraising totals close to half a million dollars.

Over the last 12 months, \$150,000 and 32,000 pounds of food were collected for Feed the Valley. As the Valley First initiative approached its third anniversary on March 16, totals since inception in 2010 stand close to \$465,000 in cash donations and more than 39,000 pounds of food donations. This sets Valley First well on the way to achieving its ambitious goal of raising \$1 million by 2020.

"Over the last three years, our Feed the Valley numbers have been simply incredible," says Valley First president Paulette Rennie.

"The way our employees, members and communities have embraced this terrific hunger-fighting initiative has blown us all away. With the growing support of our regional partners, we are really helping to make a difference in our communities.

"While the results from the first three years are beyond our expectations, we realize we still have a long way to go to achieve our ultimate goal of eliminating hunger in our communities."

Feed the Valley is a community investment program created by Valley First. The program aims to raise food, funds and awareness for food banks throughout the Okanagan, Similkameen and Thompson regions.

The success of Feed the Valley has not gone unnoticed by community and food bank partners. Earlier this year, Valley First joined with Food Banks B.C. to create an online donation portal which allows people to donate directly to a number of

local food banks in Valley First's service area.

"Over the last decade, food bank use in B.C. has increased significantly," says Food Banks B.C. executive director Laura Lansink.

"The work Valley First is doing through Feed the Valley is simply tremendous. By committing to and achieving such lofty goals, they are certainly making a real difference in the communities that need it most.

"As a charitable organization, it is often hard to really explain the importance of the support we get from our community partners. Valley First and Feed the Valley are truly valuable partners. I applaud and congratulate them for their outstanding efforts."

Community members can support the Feed the Valley program by donating non-perishable food items or making cash donations at their nearest Valley First branch. All donations of more than \$20 are tax-deductible. Donations can be made as one-time contributions, through regular, pre-authorized payments or online through the website at www.feedthevalley.ca or through the Food Banks B.C. online donations portal located at: <http://www.foodbanksbc.com/get-involved/feed-the-valley/>.

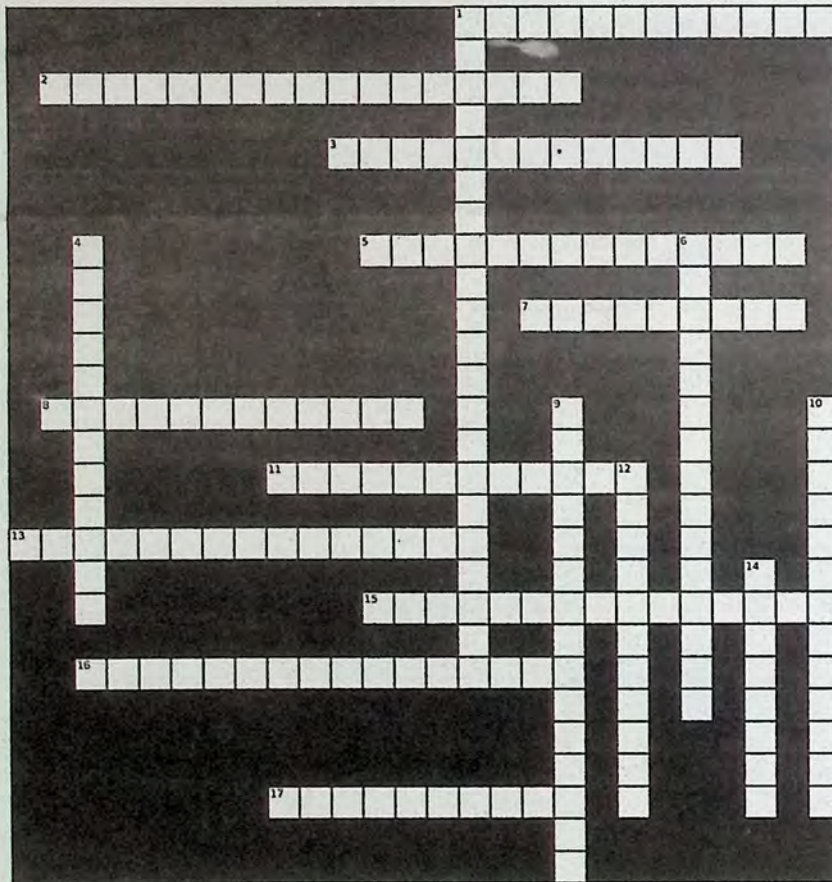
Valley First is a division of First West Credit Union, B.C.'s third-largest credit union, which has 39 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys.

Led by Launi Skinner, First West has approximately \$6.6 billion in assets under administration, more than 169,000 members and close to 1,300 employees. For more information on Valley First, visit valley-first.com.

-submitted

Similkameen News Leader Puzzler

Use the March 12 News Leader to find Answers Below...



- | | |
|---|---|
| <p>Across</p> <p>1 Name the BC Conservative Candidate for Boundary-Similkameen.</p> <p>2 What is targeting valley bottoms?</p> <p>3 Name Princeton's Health Nurse.</p> <p>5 Identify the student on Page 21.</p> <p>7 Name Dennis Walker's internet radio station.</p> <p>8 Headline: "Town amends _____"</p> <p>11 Nicholas Nelson's science project pitted a watermelon against these.</p> <p>13 Name the Princeton Arts Council President.</p> <p>15 They are hosting their AGM March 27th at 7:00 PM.</p> <p>16 What will be located at Veterans Square the evening of March 23?</p> <p>17 Name Princeton's Speech and Language Pathologist.</p> | <p>Down</p> <p>1 Princeton Fire Department responded to 24 call outs for these in 2012.</p> <p>4 What kind of potato salad is Recipe #552?</p> <p>6 Her Science Fair project dealt with paper towel absorbency.</p> <p>9 Name Hanna Gould's Grade 8 Science Fair project.</p> <p>10 Name Princeton's Leaders For Literacy Outreach Coordinator.</p> <p>12 Her smiling face greets you on the Front Page.</p> <p>14 The Rodeo Club Dance will feature this entertainer.</p> |
|---|---|

Similkameen News Leader PUZZLER #115
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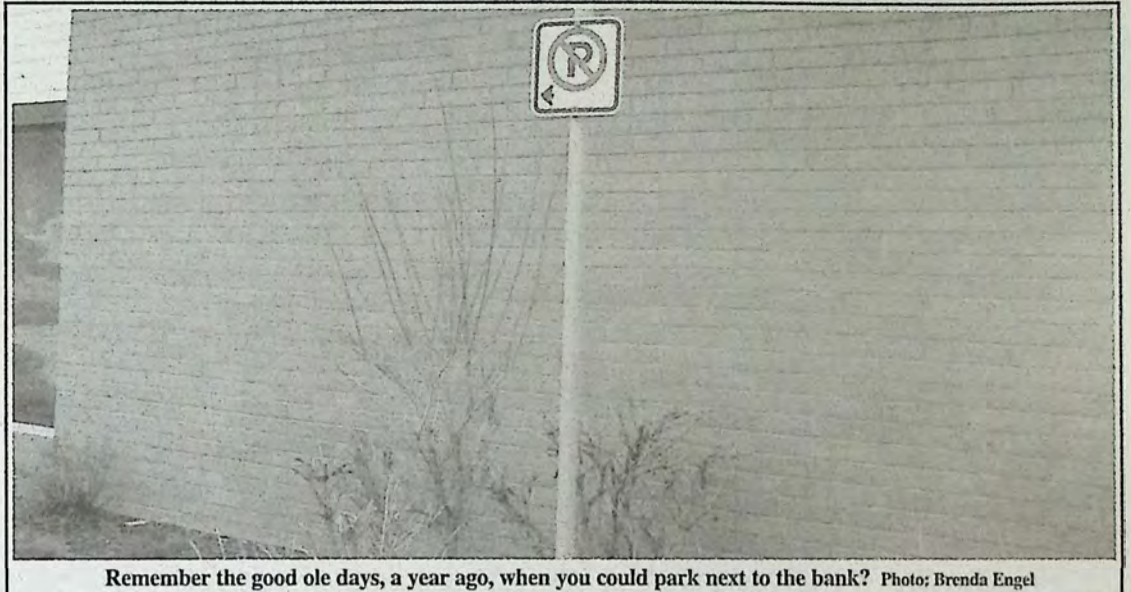
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Remember the good ole days, a year ago, when you could park next to the bank? Photo: Brenda Engel

SOHC announces name change

SOHC has decided to change its name. As of March 18, our new name will be Support Our Health Care instead of Save Our Hospital Coalition. Back in April of 2012, when we first started, we focused on the nighttime ER closures and were concerned that this was indicative of a hospital in decline.

After eleven months working to improve healthcare in our community, we still support the need for 24/7 emergency service. We now realize, however, that this is only one component of a better healthcare system for everyone. SOHC is still SOHC. Our new name retains the same acronym, as we move from a position of rescuing the past to support-

ing the future. We realize that we need to envision a positive future and remain dedicated to the improvement of health care in Princeton and Area with Princeton General Hospital at its core. We have so many positive health care assets in our community. Please join us in support of the future we want. - submitted

Hospital Auxillary Report

Princeton General Hospital

by M. Turner
 The March meeting of the Princeton Hospital Auxillary was opened by President Char Smith at 1:00 PM with 27 members present. It was announced by Thrift Shop Manager Ann Middleton that our spring change over will be on April 5 and 6, so look forward to all our spring and summer fashions on

Wednesday April 10. Dianne Easterling made us a new revised version of Thrift Shop policy and our daily store closing procedure. "Thanks Dianne!" Karen Ayling reported that Keisha Miller is doing a wonderful job as a candy striper at Ridgewood Lodge. We hear the residents love having her around.

We received. Thanks from Community Services for our support of Meals on Wheels, which we hope to continue this year again with their shortfall. We were also asked to consider purchasing a new Community tub for Vermillion Court in the future. Sandy Wilson was awarded her 5 year pin by president Char Smith. Congratulations, Sandy!

Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3
 the new smart meters they are introducing that this tiered billing system will only get worse. Of course the utility companies say no that won't happen, but won't it? Fortis said that they wouldn't raise the cost of power when they took over Princeton Light and Power and guess what? They did it almost right away. They raised the price. If we are paying more to conserve power so we can sell it to external

markets then you have to wonder about the ethics behind these monopolies. Oh wait, did I just say ethics and monopoly in the same sentence? Oops. I hope you don't all get nailed on your next bill. I know I am going to be looking very seriously this summer to further distance myself from the grid and reduce my usage even more, not in the name of conservation, but because I am tired of the never ending cost increases.

Patty Vinthers spoke to us on new criteria for applicants for our \$2,000.00 bursary given out at grad to a deserving student going into the medical field. She also spoke to us with information on Meals on Wheels. Patty seems able to dig up a wealth of interesting and accurate information for us to think about and digest at nearly every meeting. We have such knowledgeable members to keep us on our toes. Thank you, Patty. Betty Reheis was the lucky winner of our monthly prize, a lovely plant. Next meeting is on Monday April 8th at 1:00 PM in the hospital boardroom. Come and join a great group of volunteers. Free coffee.

SOHC is still SOHC...only now it stands for:

Support Our Health Care



Vermilion Forks Field Naturalists visit pictograph sites along Old Hedley Road. Photo: Ed Lahaie

Naturalists host pictograph field trip

by Janis Wright

Vermilion Forks Field Naturalists took great pleasure in a sunny outing on Saturday, March 9, as Charlotte Sellers led a field trip along Old Hedley Road to view some of the First Nations pictographs located along that route.

Sixteen members and guests enjoyed searching for and viewing the intriguing paintings, a process that took a few hours.

Along the way, we spotted a Northern Pygmy-Owl, Canada

Geese, Bald Eagles, American Dippers, as well as the ubiquitous Steller's Jays and Mountain Chickadees. We also managed to spot five Mountain Goats grazing above us on a rocky hillside – a bonus for the day! The weather was the second bonus, and we ate our lunches at a forestry campsite picnic table overlooking the Similkameen River, while basking in the warmth of the sun. It definitely felt like spring!

Our general meeting on April 9th

will feature Dr. Jason Jones, who will speak on the "miracle of migration."

Meetings are held the second Tuesday of each month, 7:00 PM at Riverside Community Centre. The public is welcome to join us for an educational and interesting evening!



A close up view of a pictograph located along Old Hedley Road known as 'The Bug' which is not an easy one to locate. Photo: Brenda Engel

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Notice of Sale of Interest in Reserve Land Pursuant to Section 50 of the Indian Act

OPEN TO ALL MEMBERS OF THE PETERS INDIAN BAND

TAKE NOTICE that the right to possession of an interest in land located on the Peters Indian Reserve No. 1 shall be offered for sale by the Superintendent in accordance with Section 50 of the Indian Act:

Description of interest in land to be sold: The Certificate of Possession to the whole of Lot 13, Plan RSBC 472, Peters Indian Reserve No. 1.

For an information package containing registration and survey information for the interest in land to be sold, please contact Alexis Fells at BCstates@aandc-aadnc.gc.ca or 1.888.917.9977 (toll free within BC).

This sale will conclude on June 26, 2013.

All bids must be delivered to: Superintendent of Indian Affairs
 600 – 1138 Melville Street
 Vancouver BC V6E 4S3

Only bids received by 11:59 p.m. on June 26, 2013 will be considered.

All bids must include the bidder's full name and band membership number, the address and telephone number at which the bidder may be reached, and a 10% down payment (see below).

Payment of the successful bid must be made in the following manner:

1. A down payment of 10% of the offer must be made by cheque dated as of the date bidding closes. The cheque must be forwarded with the bid and made payable to the Receiver-General of Canada.
2. The balance of the offer must be paid by certified cheque, bank draft or money order within 10 days of delivery of notice of acceptance of offer.

In the event that a bidder does not meet the payment requirements as set out above, the sale is null and void.

Dated this 19th day of March, 2013, at Vancouver, British Columbia.

Katherine Blair, Superintendent
 Aboriginal Affairs and Northern Development Canada, BC Region
 600 – 1138 Melville Street
 Vancouver BC V6E 4S3



Brenda Crawford



brenda@bcland.net
(250) 295-8182

April Earle



april@bcland.net
(250) 295-5346

Sandra Simpson



sandra@bcland.net
(250) 499-9414

Princeton Kokanee Swim Club

REGISTRATION AT RIVERSIDE CENTRE

3:00 - 6:00 PM
Tuesday, April 9



PRINCETON

117 Angela Avenue



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2615 Otter Avenue



NEW!

Just a few blocks from Otter Lake you will find this fabulous lot in Tulameen. Known as a year round sports and recreation destination, Tulameen offers the best opportunities to get your family involved with nature. Water ski the lake, relax on the beach, snow mobile the mountains or hop on your bike and ride the Trans Canada Trail. MLS@141838 \$150,000

DL 277 Highway 3



A rare find! 11.90 acres minutes from the town of Princeton! Level, treed and open areas leaves lots of places to build. Spectacular mountain and river views from several locations! All services to lot line. Subdivision potential as well. Very private, and peaceful! Call for details. Neighbouring 2 acres and home for sale also. MLS@140435 \$299,900

379 Burton Avenue



This New Rancher is now finished! Built in a well-established neighbourhood you can live within walking distance to downtown and all the amenities it has to offer, while partaking in the many activities permitted on the Trans Canada Trail or slip down the Similkameen River for a blissful afternoon of tubing, fishing or R&R. MLS@140625 \$314,900

511 Similkameen Avenue



First time buyers or investors look no further! Sturdy and cute as a button, 3 bedroom home loaded with potential in the tunnel area. Newer furnace and hot water tank. Large main floor bedroom doubles as a laundry room but could also be used as an office. Outside boasts a fully fenced, landscaped yard with alley access. MLS@138970 \$169,000

#2-76 Kenley Avenue



Perfect starter, investment property or for those who have a second home elsewhere. This strata is perfect if you like to be walking distance to all the amenities. Next to the Town Hall and post office you could easily enjoy a greener lifestyle with the excellent downtown location. Easy maintenance with a small grass yard in the front. MLS@141886 \$139,000

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