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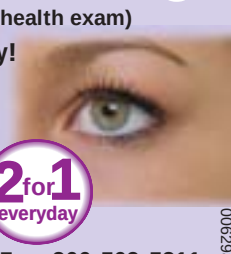
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CANADIAN POST CANADA

WORD OF THE DAY

berserk

ber-SERK (adjective)

DEFINITION: frenzied, crazed – usually used in the phrase go berserk

Fans went berserk as they watched the running back dive in for the winning touchdown in the final seconds of the game.

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LOTTO BC, LOTTO 6/49 SUPER 7

0042007

Friday's Super 7 draw winning numbers were 01 02 08 20 33 35 42 The bonus number was 15
Friday's Super 7 EXTRA winning numbers for British Columbia were 06 26 89 92
Saturday's Lotto-6/49 winning numbers were 14 15 20 28 34 39 The bonus number was 31
Saturday's BC-49 lottery winning numbers were 05 09 10 22 31 32 The bonus number was 07
Saturday's EXTRA winning numbers for British Columbia 07 44 47 65

In the event of a discrepancy between this and the official winning numbers list, the latter shall prevail.

lifestyles



Professional organizer Sara Bereika, left, works with client Christina Del Bueno as she does a check up in Del Bueno's home office in Glenn Allen, Va. Bereika tells her clients to create file names that mean something to them, rather than using conventional labels. AP photo

Tax time perfect time to organize

Melissa Kossler Dutton
The Associated Press

Determined to bring order to your home office this year?

Tax season is the perfect time to do it because you'll already be combing through financial records and sorting paperwork.

"Just having a plan can save hours of searching," said Debra Pankow, a family economics specialist with the North Dakota State University Extension Service.

The first step is determining which documents should be saved and which can be tossed.

Things to keep include tax records; paperwork related to a divorce, adoption, lawsuit or military service; and documents on a vehicle and insured items or your home. It's OK to dispose of paperwork that can be obtained easily from another source, such as cancelled cheques, credit card statements and utility bills.

Home management expert Deniece Schofield will send people to a government tax information website for some

details about what to keep.

"Armed with that information, you can tackle that pile of stuff and make safe, active decisions," said Schofield, of Cedar Rapids, Iowa, who has written four books about home organization.

Professional organizer Sara Bereika tells clients to create file names that mean something to them, rather than using conventional labels.

She also suggests minimizing the stream of paperwork flowing into your house to begin with. Get off mailing lists, she says.

"Junk mail is a big problem," said Bereika, owner of Neat, an organizing service in Richmond, Va. "Prevention is the first thing I recommend. You've got to keep the junk from coming to your home."

Some more of the pros' tips for creating an organized home filing system:

1. Start by sorting paperwork into four categories:
 - a. Household goods: owners manuals, receipts, warranties and other papers for appliances, computer equipment, yard equipment, etc.

- b. Family business: identification documents, insurance policies, car titles, etc.
- c. Financial papers: bills, bank statements and receipts.
- d. Reference materials: articles torn from newspapers or magazines, travel brochures, etc.

2. Once you have the paperwork sorted, you can start breaking out categories within each group.
3. Buy an expandable filing folder to store the household goods paperwork. Label the pockets A to Z, and file by the first letter of the appliance.
4. For the family business files, consider creating a file for every member of the family or every type of information: birth certificates, social insurance cards, etc.
5. Make a tax file. Fill it with receipts from charitable donations, proof of purchases or travel that you intend to claim and other tax-related information.
6. If you opt to save receipts and bills, file them by month.
7. The family business files and monthly financial files will likely fit in the same file-cabinet drawer. Put the monthly files at the front as you will access them more often.

Recreation spotlight

Volunteer nominations needed by city

by Prince George Leisure Services

The City of Prince George is once again hosting the annual volunteer awards.

Volunteers are the heart of our community and we need your help in recognizing those that give so much of themselves for others.

The City of Prince George annually recognizes the outstanding contributions of individuals in our community. Several awards are bestowed on volunteers that contribute so much and make a difference in our community. These individuals are recognized and honoured at the Mayor's Volunteer Appreciation dinner. If you know a volunteer who has made a significant contribution please let us know.

There are four types of awards, the Recreation Award, Community Service Award, Youth of the Year Award and the Outstanding Volunteer Award.

Nominations are due by 4:30 p.m. on Mar. 2 and can be submitted to city hall.

For more information or a nomination package please contact Community Services at 561-7640 or check out our website at www.city.pg.bc.ca, click on Residents Information, click on Awards & Recognition.

GARDENING WORKSHOP

The Winter City and WinterLights committees are co-hosting a Winter Gardening Workshop presented by Cynthia Rebman, Landscape Horticulturist. This workshop will be presented during the 2009 WinterLights Symposium and Awards on Saturday, Feb. 21 at 10:30 a.m. at the Coast Inn of the North.

Cynthia has over 20 years experience with both municipal and

residential landscaping. She is excited to share her knowledge and enthusiasm for winter landscaping. Cynthia has great ideas that will enhance both your yard and home in the winter.

Three demonstrations of indoor and outdoor décor and lighting will be offered.

This workshop is guaranteed to delight and inspire!

Only a limited number of tickets are available and can be purchased for \$10 at the French Community Centre, located at 1752 Fir For more information contact Renee at (250) 561-2565.

AQUATICS

In Celebration of the upcoming 2010 Winter Games, the Prince George Aquatic Centre and Four Seasons Leisure Pool will host a special monthly Water Sport and Games Swim, where children can participate in fun sport and recreational activities which build spirit and pride forward to the upcoming Winter Olympics.

Sport activities will include introductory diving, water polo, snorkeling, speed swimming along with fun games and prizes that have an Olympic theme.

This exciting Sport and Games Swim will take place on the last Saturday of each month from 1:30 – 3:30 p.m. Feb. 28 marks the launch of the first of twelve Sport and Games Swims.

Free Swim: The City of Prince George Aquatic Division and Canadian Tire are hosting a Free Swim event on Sunday, Feb. 22 from 4 to 6:00 p.m. at Four Seasons Leisure Pool, 700 Dominion St.

For more information or to register for an aquatics program please call the City of Prince George at 561-7600 or visit: www.pgleisure.princegeorge.ca.

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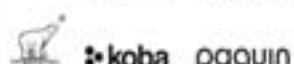


On Sale Now

Wednesday, March 18, 2009 at 7:00 PM

CN Centre, 2187 Ospika Blvd South

Tickets \$25.50 (+s/c) at **250-614-9100** or visit www.ticketmaster.ca

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