



Valley First Princeton Posse Coach Dale 'Duner' Hladun, centre, accepts the Eddie Mountain West Division Coach of the Year Award from KIJHL President Bill Ohlhausen, left, and Posse General Manager Blair Noel, right. The presentation was made February 29th at the start of the Posse's first playoff game against Kamloops. Two Posse players also received awards. See story below for details. *

Board okays laptop project

The School Board gave its approval February 27 to a laptop project, but not without some objections from Trustee Dina Slowikowski-Campbell.

The project will put a Toshiba laptop on the desk of students in middle school (grades 7, 8 and 9). Merritt has a middle school, but Princeton does not. In Vermilion Forks Elementary School, grade 7 students will have laptops, but then they will move on to Princeton Secondary School, giving up the laptops.

The goal of the project is to improve student literacy, enhance student communication skills and improve their organizational and

task management skills.

Selecting middle school grades was to keep youngsters interested in school at a time when homework increases. The early teen years are when students begin to slip and lose interest. The laptop project is expected to improve social connections for those students who may otherwise find themselves on the margin of the social structure at school, which will cause further loss of interest.

Trustee Slowikowski-Campbell voiced her concerns about putting the project into Princeton when it will not continue past grade 7. She had other concerns about not buycontinued on Page 2

PSS requires community mentors

by Bill Lawrence, PSS Principal
Next year we are offering our students a slightly different way of earning high school credits.

It's called Independent Directed Studies (IDS) for grades 10, 11 and 12, and it allows our students to co-design and explore their own course, in an area of interest or personal passion.

Working with our teachers, their peers and a Community Mentor, each student creates and carries out an individualized learning project over the course of a semester.

A Community Mentor would be paired with a young learner who shares one of their passions, talents or dreams. Princeton is home to many skilled and talented people with expertise that could enrich the lives of the young people in our community.

The people in our community are a wonderful resource that we would like to tap to help our students follow their passion, and help

show them that learning occurs everywhere.

How does it work?

Our students will identify areas that they are interested in pursuing. Horseback riding, quilting, coaching, animal husbandry, fitness, mechanics, carpentry, photography, dance, gardening, and natural history are just some of the possi-

bilities. As long as we can find one learning outcome from a Ministry approved course that fits, and a Community Mentor who shares that interest, the student can design a course.

Where does it happen?

At school and away from school. Portions of the course design are research based and will be done

here at PSS. Community mentors will most likely work with our students away from here, unless we have specialized equipment required for the skill or talent.

Do you believe in the power of community when it comes to raising happy and healthy young people?

Do you love discussing and shar-

ing your talents, passions and enthusiasm with other interested people? Do you enjoy the energy, wonder and inspiration of being around young learners? If you answered YES to these questions we want YOU to be one of our Community Mentors.

For more information call me at (250) 295-3218.

Posse/Storm start playoffs on 'leap' day

Winning the Eddie Mountain West Division earned the Valley First Princeton Posse a bye into the second round of playoffs, which gave the team a much-deserved rest.

Game #1 of that series was February 29th against Kamloops and for those who are superstitious, there were no shortage of signs to signal the outcome of the game.

First, playing the first game of the series on Leap Day and second, a half hour delay in the start of the game following the shattering of a piece of Plexiglas during the pre-game warm up (in the Kamloops practice end) would have sent some fans running home screaming, but it didn't. In fact, Princeton Arena attracted probably more fans

for this game than any other regular season game.

KIJHL President Bill Ohlhausen was in attendance and assisted Posse General Manager Blair Noel in presenting three awards prior to the opening face off.

Dan Hillman received the Eddie Mountain West Division Most Sportsmanlike Player Award with Brad Goss named the Eddie Mountain West Division Rookie of the Year.

Princeton Posse Coach Dale 'Duner' Hladun was also presented with an award - the Eddie Mountain West Division Coach of the Year.

Ohlhausen also took the opportunity to compliment Noel on his six

years of dedication to the team and league.

Ohlhausen encouraged the crowd

Clocks go ahead this weekend

Spring ahead, Fall back!

Daylight Savings Time goes into effect at 2:00 AM on Sunday, March 9th this year as North America moves clocks *ahead* one hour.

Daylight Savings Time will run for a total of 34 weeks, ending on Sunday, November 4th when

to show their appreciation by giving Noel a round of applause.

..... continued on Page 11

clocks will then go back an hour for Daylight Standard Time.

The easiest way to stay 'on time' this weekend is to change your clocks Saturday night before going to bed.

Spring ahead, means moving clocks *ahead* one hour this weekend.

CARTER'S
Sudoku Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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or

Meet with M.P. Constituency Staff Thursday, March 13th

and

the 2nd Thursday of the month thereafter
(April 10, May 8 etc.)

► In Keremeos, 9:00 am to 11:00 am
Village Council Chambers (702- 4th Street)

► In Princeton, 1:00 pm to 4:00 pm
Princeton Community Skills Centre, 206 Vermillion

Info: 1-800-667-2393 or atamaa1@parl.gc.ca



Copper Mountain as it looked when owned and mined by Similco Mines.

CMMC reviews 2007 in report

Copper Mountain Mining Corporation (CMMC or Copper Mountain or the Company) announced last week its key achievements of the Company's first full year of activities with its financial statements for the year ended December 31, 2007. Copper Mountain was founded in 2006 with the vision of building a mid-tier copper producer within 4 years. *Highlights of 2007:*

On December 22, 2006 the Company acquired all of the issued and outstanding common shares of Similco Mines Ltd., a former producer of just under 2 Billion pounds of Copper. Copper Mountain was successful in retrieving over 400,000 meters of historical drilling, and converted this into a digital geological database.

A diamond drill program was immediately initiated in January 2007 and with successful results was expanded to 44,000 meters - one of the largest exploration drill programs in British Columbia.

Drilling confirmed continuity of mineralization between existing pits and an interim independent NI43-101 compliant resource estimate was completed in September, 2007, based on drilling up to July 20th.

A Summary of this interim resource is:

- Measured and Indicated resources, based on a 0.25% Cu cut-off grade, are 163 million tons grading 0.43% Cu containing 1.4 billion pounds of copper.*
- Inferred resources at 0.25% Cu cut-off grade are 113 million tons grading 0.37% Cu containing 0.8 billion pounds of copper.*
- Gold and silver grades were not reported on, however, historical production records indicate that approximately 12% of the concen-

trate value was from silver and gold credits and data from the current exploration program suggests that future production will have similar credits.

- A Preliminary Assessment Report (PA Report) completed by Merit Consultants International Inc confirmed the Super-Pit concept and contained production parameters, operating costs, capital costs and financial projections.

- The PA Report has attractive economics with anticipated production of more than 100 million lbs Cu per year with production beginning in late 2010.

- The PA Report base case pretax net present value (NPV) with a capital cost of \$366 million, a long term copper price of US\$1.80/lb, and a 5% discount rate over the 15 year mine life is Cdn\$406 million. The pre tax internal rate of return (IRR) is 25.56% for the project with a capital payback of 2.69 years and the project exceeded the Company's investment hurdle rate.

- In November Hatch Engineering was contracted to complete a detailed Feasibility Study as recommended by the PA Report which is expected to be completed in early 2008.

- A deep penetration geophysical

survey completed near year end identified several large chargeability anomalies, both near surface and at depth. These anomalies provide large Blue Sky targets which will be drill tested starting in early 2008.

Financial Results

All of the expenditures relating to the acquisition and exploration of the Copper Mountain Project have been deferred during the year. A total of \$7,244,592 in exploration expenditures on the property were incurred during the year ended, December 31, 2007, as compared to \$1,224,361 in acquisition and exploration expenditures for the prior period.

The Company now has total assets of \$18.9 million at year end December 31, 2007 as compared to \$7 million for the comparative period.

The Company recorded a loss of \$837,560 or \$0.05 per share for the period ended December 31, 2007 as compared to a loss of \$236,593 for the comparative period last year. The increase in loss is attributable to the increased activity at head office that has lead to the significant advancement of the Copper Mountain Project during

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District approves laptops

..... continued from Front Page
ing Mac laptops, which she considers much more reliable in performance and having better software. She was told the Toshiba's have a more desirable program for education purposes, and are less costly (about \$300 cheaper) and come with a three year mechanical warranty along with a three year accidental breakage warranty.

Trustee Slowikowski-Campbell pointed out that licensing of the

Toshibas will cost \$5,000 a year every year, whereas the Macs have a one-time licence fee of \$250.

The single opposing voice did not deter the vote in favour of the project as presented.

Teachers will receive the first laptops and will be trained on them this spring.

A mobile cart carrying 30 laptops will be in schools in September, and the students will receive laptops in December.



Although there were no shortage of fishermen ice fishing at the other end of McCaffrey Lake February 24th, the Alan F. Gill Public Fishing Pier was hidden under a blanket of snow. *

Fair Board looks at fun events

A number of entertainment possibilities were presented to members of Princeton & District Agricultural Fall Fair Association. The recent meeting, held at Town Hall on February 26, had excellent attendance, with 23 present.

Lawnmower races, monster truck rides, horse massage, horse demonstrations, and musical entertainment are under consideration. The decisions on what to bring to the fair on September 6 and 7 will depend on the budget, which is not firm at this point.

There was more discussion about a community mobile bandstand. The Fair Association cannot afford to buy this big ticket item on its own, but is willing to spearhead a committee to approach the Forest Corporation for assistance in purchasing this item if other community groups are willing to join in the

application. This type of bandstand could be set up for the use of any group in town at any location in town or in the area. Fair Board President Linda Allison said she will contact heads of other community groups to see if there is interest in a mobile bandstand for Princeton area.

The Fair Board is applying for a BC 150 grant to upgrade the heritage building at the fairgrounds for display of antique farm equipment.

Nearly every crew needed for the fair has a convenor now, with a few exceptions. Lyn Melnechenko is Head Convenor. Convenors are still needed for the refreshment and concession area, gate, security, and parking or camping.

Terry Inglis asked convenors to advise him as to what maintenance, repairs or upgrades are required for the fair.

President Linda Allison reviewed the 2007 BC Fairs Association evaluation of Princeton's fair, and noted where the improvements can be made. More signage is required on the grounds.

The number of people attending Fall Fair meetings is growing, a clear sign that the interest in being part of the fair and its plans is attracting new members. The next meeting will be at Town Hall on March 25.

Students fly to Spain

A group of 10 students from Princeton Secondary School will leave for Spain on March 12, and will not be home until March 24, after visiting both Spain and France. The tour will include visits to famous landmarks in cities included in the tour.

Students begin the tour in Costa del Sol, then go on to Seville where they will take a walking tour. The following day, they will travel to Cordoba and on to Madrid, where they will visit the Royal Palace, The Prado, and enjoy an orientation tour of the city.

The students will tour Barcelona and Carcassone before going on to Toulouse, France, where they will take an overnight train to Paris, where they will spend three days sight-seeing. The trip to Paris

includes the Arc de Triomphe, Eiffel Tower and Notre Dame Cathedral.

Tour chaperones are Patrick and Jessica Kaiser, Lori and Dan Dodds, and a contract tour guide.

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keremeos and area news

The view of Keremeos from the intersection of Highway 3 and Highway 3A will soon include a new 'Welcome to Keremeos' sign. The site offers a beautiful view of the Village. *

Memorial Park includes Spirit Square

The Village of Keremeos will develop its very own B.C. Spirit Square thanks to \$62,500 from the provincial government, Rick Thorpe, Minister of Small Business and Revenue and MLA for the riding of Okanagan Westside, announced last week.

Located in Memorial Park, the centre of the community and the site of almost all community events, the funding will help create a central gathering place featuring educational resources that highlight the importance of the Great Northern Railway in Keremeos's history.

The project will incorporate First Nations culture, native plantings, and water conservation landscaping techniques, as well as incorporating new trail networks and the history of valley's farming communities. It will also enhance the children's playground and create a stage area for community events. "The Keremeos Spirit Square is a great example of the Province and community creating a legacy that celebrates British Columbia's

150th anniversary and this community's history," said Thorpe.

"This project will enrich the community by providing a gathering place for special events and celebrations for current and future generations to enjoy."

This year, B.C. will celebrate BC150, the 150th anniversary of the founding of the Crown Colony of British Columbia in 1858. Every community in the province is invited to participate in this year-long celebration of B.C.'s cultural diversity, community strength and achievement.

"The village of Keremeos is very enthusiastic about participating in the Spirit Square program with the provincial government," said Keremeos Mayor Walter Despot.

"The emphasis the railway played in our history is an ideal focal point for our square. The community looks forward to developing this space to supply a historical presentation as well as a place of relaxation for young and old, whether a resident or visitor to our valley."

"Through the B.C. Spirit Squares program, we are helping to enhance the heart of B.C.'s communities," said Ida Chong, Minister of Community Services.

"By revitalizing public spaces, we are supporting walkable, livable, healthier places to live that encourage people to become more connected with their communities and their neighbours."

The \$20-million B.C. Spirit Squares program is helping to create or improve outdoor public meeting/celebration spaces based on 50/50 cost-sharing with local governments, to a maximum provincial contribution of \$500,000. It is one of four programs announced by Premier Gordon Campbell at the 2006 Union of BC Municipalities convention, aimed at making B.C. communities greener and healthier places to live, with reduced greenhouse gases, improved air quality and increased energy conservation.

The other programs are LocalMotion, Towns for Tomorrow, and the Green City Awards. For more information about B.C. Spirit Squares, and for links to these other programs, please visit this website: www.spiritsquares.gov.bc.ca. To learn more about BC150, please visit www.bc150.ca. - submitted

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Princeton Posse hosted a fundraising hot dog sale at Overwaitea February 27th. *

Hedley receives Spirit Square

The Regional District of Okanagan-Similkameen (RDOS) will develop a B.C. Spirit Square in Hedley's Woodlie Park thanks to \$25,000 from the Province's B.C. Spirit Square program, Rick Thorpe Minister of Small Business and Revenue and MLA for Okanagan-Westside announced last week.

Located in the centre of Hedley, the funding for Hedley's Spirit Square will help upgrade the existing community park by building a portable stage for community events with picnic tables and benches, creating a playground, and installing water lines for wash-room facilities and fountains.

"The Hedley Spirit Square showcases this community's rich gold mining and First Nations history and provides opportunities for residents to celebrate this heritage," said Thorpe.

"This project is a great example of true community spirit and one way for the community to commemorate BC150 while improving facilities for our children and grandchildren."

This year B.C. will celebrate BC150, the 150th anniversary of the founding of the Crown Colony of British Columbia in 1858. Every community in B.C. is invited to participate in this year-long celebration of B.C.'s cultural diversity, community strength and achievement.

"With the generous contribution of the Province of BC, the people of Hedley will now be able to revitalize Woodlie Park and provide both residents and future residents with a space they can be proud of," said Dan Ashton, RDOS Chairman of the Board.

"This Spirit Square will provide the people of Hedley with an enhanced meeting place in the

heart of their community."

"Woodlie Park will be a place where young and old can enjoy the outdoors in a safe and inviting setting. We are excited about the opportunity to have a location for hosting community events and celebrations," said Electoral Area 'G' Director Joe Nitsch.

"Playground equipment, seating and washroom facilities will make this a central gathering area. This is one of the initiatives that is happening in Hedley to move the community forward and make it an even better place for families."

The \$20 million B.C. Spirit Square program is helping to create or improve outdoor public meeting/celebration spaces based on 50/50 cost-sharing with local governments, to a maximum provincial contribution of \$500,000.

It is one of four programs announced by Premier Gordon Campbell at the 2006 Union of BC Municipalities convention, aimed at making B.C. communities

Council budgets for doctors

At the February 18 Town Council meeting, Mayor Randy McLean announced a new section of the Town budget has been created. The Town will allocate 2.5 percent of the budget for doctor recruitment and retention.

This will not be a large sum, about \$34,000.

greener and healthier places to live, with reduced greenhouse gases, improved air quality and increased energy conservation.

The other programs are LocalMotion, Towns for Tomorrow, and the Green City Awards. For more information about B.C. Spirit Squares, and for links to these other programs, please visit this website: www.spiritsquares.gov.bc.ca. To learn more about BC150, please visit www.bc150.ca - submitted

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For September 2008

- To register, a child must be 5 years of age on, or before December 31, 2008.
- Parents/Guardians should bring child's Birth Certificate, Immunization Card and Care Card when registering.

For further information, contact John Allison Elementary School. It is important that parents register their child early to assist with planning at the school.

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news leader health and lifestyle page

Preparing for a busy tax season

(NC)—Each year, you vow to be more organized, only to find that by tax time your desk is cluttered with tax forms, papers and to-do lists. With a little guidance and some helpful tools, you'll be organized throughout the year, making typically hectic tax time a breeze.

Step 1: Designate a place for all your home office files & equipment. Disorganized rooms can be distracting, leading to lost documents and wasted time looking for them. Avoid this by labeling folders, bins, shelves and drawers, so you have a dedicated place for all your supplies and files. While you're at it, you can also label your CDs, DVDs, USB drives, and portable electronic devices. Remember to include your contact information on higher-value items such as your laptop and per-

Beware of over-payment scams

Have you ever been contacted by a person offering what seems to be an excessive amount for goods that you intend to sell? An overpayment that is worth more than what is being asked? You feel like you've hit the jackpot, however, you should use CAUTION when this happens. The old saying 'if it sounds too good to be true - it probably is' applies.

Criminals will send the payment to you, usually by a fraudulent cheque. The sender will normally request that you send back the surplus funds after taking a 'finder fee' cut for yourself.

You send the surplus by using your chequing account or by other payment (money order), by the time you realize their cheque is fraudulent or has insufficient funds, you are out the money you sent back to them.

Ask yourself: "Why would someone send me more money than I am asking or is required?" It is not normal - and certainly not the way a shrewd business person operates, no one gives away money, when this happens, you should be thinking 'Scam.' *What happens if you are the victim of a scam?*

In both these examples, you become a party to the offence by depositing the fraudulent cheque into your account. The bank will not cover the loss and will hold you responsible for the fraudulent amount that was deposited. It puts you in an awkward position to explain your actions.

This scam and others are ever evolving and changing, the end result is that money is the goal, it is used to entice you, and then get you separated from it. The scammer makes you believe you made a profit, which is usually the scam, fraud, or con, there is no profit and you end up losing.

To Report Fraud:

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- Contact your credit bureau
- Contact PhoneBusters National Crime Center Toll Free: 1-888-495-8501.

- submitted by Keremeos RCMP

sonal digital assistant (PDA), in case they are lost. To help avoid theft, Brother P-touch labellers can use a special security tape that leaves a checkerboard if tampered with.

Step 2: Sort, file, and toss. Now that your work space is in order, you're ready to begin organizing your papers and labeling file folders. For each document, ask yourself the following questions: Do I need to keep this? If I need to keep it, where does it make sense to file it? What might I need it for later - tax purposes, warranty, budgeting, etc.? Do I need to make a copy/copies? Brother multi-function centres have copy and scan features so you can keep electronic and hard copies of important documents.

Step 3: Categorize your records for tax purposes. While you're sorting documents and receipts, be sure to make a copy and keep a separate file for papers you'll need for your tax return. Don't miss out on claiming expenses and deductions because you misplaced or don't

have a copy of a key invoice. Sort your bills by subject, such as; office expenses, home improvements, health expenses, donations, credit cards, investments, etc. Label folders and files using a range of colours so you can colour-code for easy reference.

Step 4: Assemble your records for this year's return. With your files now in order and up to date, it's much easier to gather what you need for this year's return - whether you are preparing the return yourself, or sending your documents to an accountant who will do it for you.

Step 5: Don't forget your promise! You want to stay organized throughout the year, right? The best way is to schedule a regular time and day each week, or each month, to sort through new documents. A good rule of thumb is to schedule about one hour a week for record-keeping.

For more home business advice and tips visit Brother's Web site: www.brother.ca/smb. - News Canada

living past 100

Beets: A power-packed life saver

Whether you want to prevent birth defects or cancer, the lowly red beet root has a lot to recommend it. Pregnant women should eat beets often, as beets contain a lot of folate, which prevents certain birth defects. Some research has shown the dark red beet juice prevents cell mutation, which helps prevent cancer, too.

Beet juice has been used in Europe for a long time as a treatment for cancer. A Dr. Alexander Ferenczi, treating cancer patients in Hungary during the 1950's, discovered beet juice could throw a number of cancers into remission very quickly. He treated patients with raw red beet roots, and noted the rapid reduction of lung, breast and prostate tumors.

The raw beets worked so quickly Dr. Ferenczi learned not to proceed too aggressively with the treatment because the beets blasted the tumors so rapidly his patient's livers could not remove the tumor toxins quickly enough. Dr. Ferenczi claimed raw beets were as good a treatment as chemotherapy. His work with raw beets was forgotten, or unheard of, by most of the world, until published in an Australian journal in 1986.

An American doctor learned of Dr. Ferenczi's work and decided beets would be good preventive therapy to ward off cancer. He advised making a salad using one cup of grated raw beet as the basis for the salad. You clean the beet root thoroughly, but do not peel it before grating it. He suggested mixing it with a chopped cucumber, ripe tomatoes, a chopped clove of garlic, coarsely chopped celery, and dress it with lemon juice. As for the individual who wants to try this salad, you might start with the cup of grated raw beet and choose to mix it with other salad ingredients, and perhaps make a different dressing.

Dr. Ferenczi, and a number of nutritionists and medical researchers, have concluded it is the dark red coloring of the beet that does the job, and is unaffected by the digestive system. As anyone who has eaten beets knows, the powerful beet colorant goes right through the kidneys and bladder, and through the bowels, coloring everything it contacts. Therefore, do not substitute golden or white beets if you want an effective preventative.

As we know today, cancers are likely caused by viral infections. Perhaps beets work on other viruses besides cancer. After all, the Russians have long claimed their beet and cabbage soup, called borscht, is really a medicine that keeps them healthy.

Beets are a good source of iron, and are strongly recommended for young women as a vegetable they should eat weekly.

Beets are inexpensive medicine, but if you want to really save money, buy a packet of seed (Detroit Dark Red are great) and plant around May 1. Beets are hardy, and one packet of seed should yield enough beets for one person for the entire season from the end of June to the end of September. Mature beets keep well if trimmed and kept in a vegetable bag in the refrigerator, so you may be able to enjoy raw beet salad from your garden up to Christmas time.

NESIKA AWARDS

Nominate the person, organization or community whose exceptional work is bringing B.C.'s diverse cultures together.

This year, British Columbia marks 150 years of cultural diversity, community strength and widespread achievement since the founding of the colony in 1858. To celebrate, the Province and B.C.'s Multicultural Advisory Council have created a new award to recognize outstanding contributions to cultural diversity. Winners will receive \$5,000 to recognize and support their achievements.

For nomination forms, visit: www.WelcomeBC.ca



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615 Cedar Creek
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1260 Highway 3
2,500 ft of riverfront. MLS 43252
\$1,450,000



260 Penryn Avenue
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\$189,900



230 Moody Street
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The Royal Engineers
 INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

In 1858 the Colony of British Columbia was proclaimed at Fort Langley, Governor James Douglas immediately sought help from the British Government to keep law and order because of the gold rush in the Fraser Canyon and the influx of miners.

On August 2, 1858, by an act of the British Parliament, the Columbia Detachment of the Royal Engineers was created. The cost of the detachment was borne by the Colony and was commanded by one Colonel Richard Moody, who from 1841 until 1849 had served as Governor of the Falkland Islands.

Initially the corps consisted of one hundred and fifty sappers (with thirty two wives and thirty four children); this total was later increased to one hundred and seventy two sappers.

The Royal Engineers arrived in British Columbia in October and November of 1858, just in time to respond to an incident known as "Ned McGowan's War." Moody and Douglas' friend, Judge Matthew Baillie, accompanied by twenty two Engineers, made their way to Yale to face a rebellious group of American miners. Once there, order was restored without further violence. Failing intervention by the Royal Engineers it had been feared that BC would be quickly annexed to the US, but Matthew Begbie, who in later years was the so-called "Hanging Judge," in his first ever BC Court case fined McGowan the small amount of \$5 for assault, after which McGowan sold his gold-rush stake and promptly returned to California.

Moody's men were specially



The bright red uniform of the Royal Engineers - on display at Princeton Museum. * - photo submitted

trained in surveying, reconnaissance and the construction of roads, bridges and fortifications. They represented many trades such as printers, draught men, photographers, carpenters, blacksmiths and masons.

Colonel Moody personally chose the site of BC's first Capital, New Westminster, but the Royal Engineers contribution to BC as we know it today were many including the building of Christ Church at Hope, the Hope-Princeton Road, Stanley Park, the Alexander Bridge at Spuzzum, part of the Dewdney Trail, the Cariboo Road, New

Westminster City Hall, the town site of Yale, and St. Mary the Virgin at New Westminster, the list seems endless.

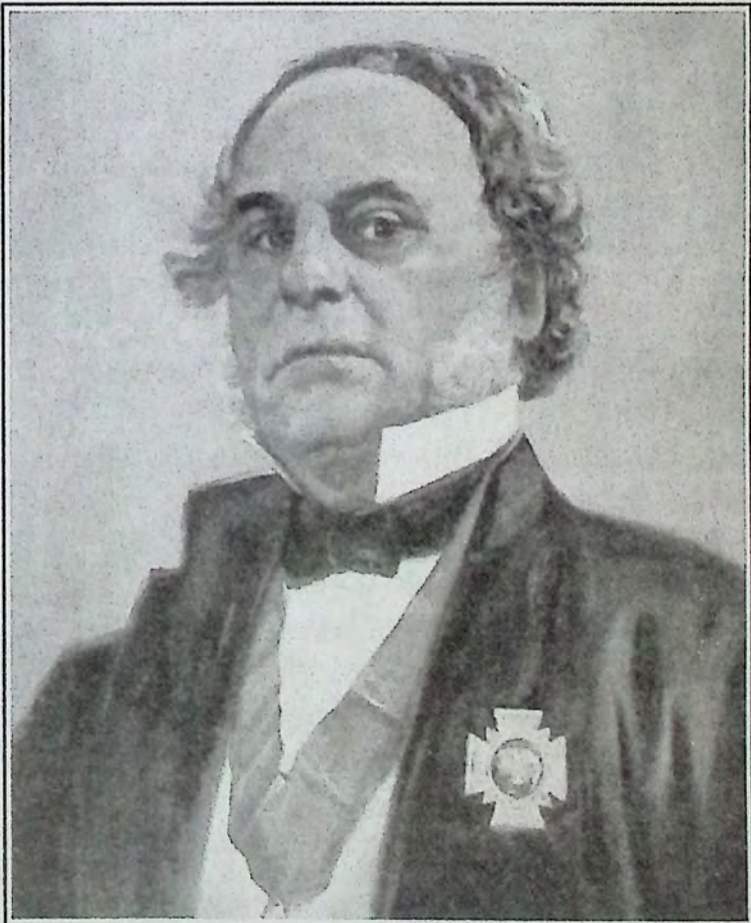
Perhaps the most interesting of their achievements for local residents was the laying out of the original townsite of Princeton - in the area now known as East Princeton. A copy of the map in Princeton Archives shows the original area surveyed by one Sgt. McColl of the Royal Engineers.

Governor Douglas ordered the Royal Engineers to survey a route to Rock Creek to stop the evasion of duties and mining fees by miners, mostly from the US, who were using the old north-south trade routes to avoid payment. In 1860 the responsibility for building the trail was given to a young civil engineer, Edgar Dewdney.

He started work at Hope early in 1860 and almost immediately ran into trouble with the Royal Engineers, as in their opinion his plans did not agree with their idea of an adequate trail. Because of these problems Dewdney left the project, forcing the Royal Engineers to complete the work to Princeton on their own. Today, many of Princeton's street names reflect the past connection of the town to the Royal Engineers.

In the spring of 1861, Dewdney returned, joined by another engineer, Walter Moberley. The Royal Engineers left the project, to be replaced by civilians and the trail progressed quickly to Rock Creek.

The Detachment was disbanded in July 1863. Apart from the Moody family only twenty two men and eight wives returned to England, while the rest, 130 sappers, elected to stay in BC.



Governor James Douglas. - photo submitted



If you haven't already done so, a visit to the temporary home of Princeton Museum Archives in the Skills Centre building on Vermilion Avenue is well worth a stop. Items that were hidden away and hard to access are now available for viewing and reference. The volume of archives is also amazing! *

Regional Governance Committee forms focus

The committee studying possible area-wide governance options in the Okanagan Similkameen is moving forward and forming a focus in its work.

It's planning to complete a report for the Minister of Community Services by March 31st.

At a meeting last week in Vernon, the Regional Governance Study Working Committee received the results from consultations with all local governments in the North, Central and South Okanagan Similkameen regional districts. Consultant Allan Neilsen-Welch presented a report based on the sessions that were held during the past three weeks.

The consultation process has found the most support from elected local government officials for a strong inter-regional authority or authorities within the governance study area. Neilsen-Welch says there was little support from municipal and regional district politicians for a single area-wide regional district model.

His report also says local elected officials want more information and details regarding the proposed governance model options. In particular, they'd like specifics on the cost benefits for each option as well as voter representation and any voting structure.

Working Committee Vice-Chair Jerry Oglow, who chairs the Regional District of North Okanagan welcomed the consultant's report.

It showed some common themes and focus developing on the part of local elected officials throughout the Okanagan Similkameen as the discussion continues regarding possible region-wide governance

options.

More than 120 elected officials representing municipal councils and regional district boards in the Okanagan Similkameen have been invited to a 'Council of Councils' meeting.

At the session in Kelowna on March 7th they'll be asked to provide the Working Committee with feedback on the various governance options that are under consideration.

This information will be used by the Working Committee to guide its recommendations in a report to the Minister of Community Services by the end of March.

A link to the consultants report will be available in the next few days on the Okanagan Similkameen Regional

Governance Working Committee website: www.valleygovern.ca.

Residents may also go there to view information from past committee meetings and for upcoming ones. A direct email contact form is also available online for residents to complete, so that their thoughts, ideas and suggestions can be considered by the Governance committee.

After the March 7th 'Council of Councils' session, the next regular Regional Governance Study Working Committee meeting is scheduled for Wednesday, March 19th at 1:00 PM at the Regional District of Okanagan-Similkameen office, 101 Martin Street in Penticton. The meeting will be open for residents to view the proceedings.

-submitted



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Vermilion Forks Field Naturalists' gather for a group photo following their AGM. - photo submitted

Group elects 2008/09 executive

Vermilion Forks Field Naturalists held their annual general meeting February 12th where they elected the 2008/09 executive.

The results were: President - Joan Gariel, Vice President - Blaine Marsel, Treasurer - Linda Neumann, Recording Secretary - Joan Kelly, with Directors Ken and Cathie Yingling, Madelon

Schouten, Cora Cherry, Shirley Campbell and Marion Marsel.

The March 11th evening program will feature Dr. Chris Purton as guest speaker. His presentation is titled: "You are a Node of the Universe!" Dr. Purton has spent a lifetime in astronomy, studying the universe in general and doing research in radio astronomy.

He has a wonderful talent in bring huge concepts down to an interesting and understandable level. He has lived in and worked in the Okanagan for the past 26 years at the White Lake Observatory. Chris' talk will be out of this world! The public is invited to attend at 7:30 PM at the Wellness Centre.

- submitted by Cathie Yingling

MP Alex Atamanenko

BC Southern Interior monthly report

Devastating Repercussions on Health Policy

The Conservatives are leading Canada in the wrong direction on health policy. Instead of repairing the damage to public health care wrought by Liberal cutbacks and neglect, this government is inappropriately imposing its minimalist-government template to health care with potentially devastating repercussions.

Nowhere is this more evident than in health human resources. Health human resourcing (HHR) should be at the heart of our national challenge to preserve and strengthen our health care system. Our future depends on a national strategy to foster and secure an uninterrupted supply of skilled health providers.

The skill shortage facing Canada's health care system is critical and it is growing. The extent of the problem is daunting, reaching into virtually every corner of care delivery and leaving no region immune. Canada is producing only 8,000 of the 12,000 nursing graduates it needs each year to keep up with attrition and population growth. More worrisome still is the fact that younger nurses are leaving the profession.

It is estimated that 5 million Canadians currently do not have a family physician and 4,000 more doctors are expected to retire within the next two years. As in many of our rural communities, this crisis is currently affecting the town of Princeton, which is facing the loss of 3 physicians by the end of April 2008. Soon to Retire, Dr. Doug Reid states that he and his fellow physicians, along with Interior Health and Health Match BC, the government

recruiting agency, have been aggressively looking for physicians to come to Princeton. They are currently in discussions with a doctor in South Africa and with another currently working in BC.

Regrettably, this bleak scenario is also evident in other health fields. For instance, 50% of Canada's medical lab technologists are eligible to retire by 2016. One hundred full-time radiology positions are already vacant with an expected shortfall of 500 radiologists by 2024, and maintaining a predictable health workforce is further complicated by workers migrating from province to province, approximately 600 to 700 physicians every year.

None of these figures take into account the huge competition from the US as their shortfalls continue to increase. And yet, the federal government remains unwilling to change its course of action. Their policy of offloading its responsibility onto the provinces is inadequate and irresponsible. Just as negligent is its continued sabotage of the health care system through increased privatization coupled with the huge corporate tax giveaways and inappropriate surplus spending.

Starting with the massive cuts to health care transfers in the mid 1990s, there has not been a concerted effort on the part of the federal government to address the crisis in our Health Care system. It is almost as if by doing nothing, the problem will go away. Due to the lack of federal funding, provinces have been left scrambling. Some, such as Manitoba, have managed to main-

tain an adequate health care system. Others, such as BC have used the lack of federal funding to conduct a cut and slash campaign which has especially affected our rural communities.

During the last election, the NDP campaigned on a national human resources strategy supported by a Health Care Provider Training Fund aimed at adding 16,000 health care workers to the public system as quickly as possible.

One thing is clear; the surest route to disaster lies in the Conservatives current path to a parallel private system.

It is imperative that we implement a comprehensive federal strategy that contains adequate funding tied to clear, accountable targets. Targets that include elements to recruit and retain workers, to encourage full skill utilization, to increase use of multi-versatile personnel, support for additional education and training spaces, measures to help incorporate qualified foreign-trained workers and greater arrangements offering bursaries, loan relief, lower or free tuition fees to students or trainees. It should also build on the exciting successes of innovative recruiting, training and mentoring programs, and use EI funds to support skill development within the health care system.

There are no quick fixes or single solutions in this complex area of health care. However, there are building blocks that help support the structures we build and, health human resourcing is one.

It is time the federal government started treating this vital area as a priority. Canadians deserve no less.

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weekly entertainment guide

TUESDAY, MARCH 4, 2008 THROUGH MONDAY, MARCH 10, 2008



KJHL Eddie Mountain Division West Vice President Jim Harrington, centre, presents Posse Captain Brett Van Riper, right, and Assistant Captain Dan Hillman, left, with the Championship Banner prior to the start of Game #2 of the Posse Kamloops Storm playoffs on March 1st. *

Posse/Storm playoff review

..... continued from Front Page
Then it was on to hockey.

And was it ever a fast-paced, end-to-end exciting game to watch.

Kamloops opened the scoring at 1:40 with a blazing fast shot out of a face off in Posse territory.

Princeton's Logan Johnston responded at 9:06 when he one-timed a pass from Randall Groot and sent it deep into the Kamloops goal from just inside the blue line.

The arena was crackling with electricity and lit the goal lights brighter than ever when Princeton's Brad Goss poked at a rebound to score with 37.7-seconds in the frame. Taylor Stuart received an assist on the power play goal.

The second period was just as exciting, just as fast and just as electrifying except for one huge difference - no scoring.

Princeton did not shoot Kamloops 20 to 12 in shots on goal for the period but both goalies played career-defining games.

The third period saw a continuation of the momentum until 6:42 when Kamloops called a time out.

Then at exactly the half way point of the period Kamloops tied the game.

Princeton hung on, but started to run out of gas. The Storm added their third goal at 17:02 and following another time out with less than a minute the play, Princeton pulled their goalie for an extra

man, but by then the game was over.

The Princeton Dairy Queen/Finning Tractor Kamloops Three Stars were #3 Jeremy Wagner (Posse), #2 Scott Kirkham (Storm) and #1 Anthony Manfredi (Storm).

Shots on goal: Princeton 46, Kamloops 36. Final score: Kamloops 3, Princeton 2. Kamloops leads the series 1-0.

Game #2 - March 1

Game #2 of the Valley First Princeton Posse and Kamloops Storm playoffs started March 1st in Princeton Arena with a special presentation.

Jim Harrington, Eddie Mountain West Division Vice-President presented the Posse with their First Place Division Banner.

Team Captain Brett Van Riper and Assistant Captain Dan Hillman accepted the banner on behalf of the team and quickly got into the purpose of the gathering - to play a game of hockey.

And did both teams play a game! Princeton scored first at 6:51 when David Smith fed the puck to Kyle L'Arrivee deep in the Posse zone. L'Arrivee then stick handled his way along the boards past the players boxes, behind the Kamloops goal and with one hand on his stick and crouched down low to the ice to keep balance, slipped the puck out around the glove side of the net to an awaiting Brett Van Riper who

blasted it into the net.

Then Princeton scored again at 9:38 on the power play.

Wade Masch took a shot on goal from inside the blue line, which was deflected into the goal by Jeremy Wagner. Brett Van Riper also received an assist on the play.

The second period saw Kamloops score at 1:31 and 3:58 to tie the game.

The third period was dominated by Kamloops, although the Posse did not look as tired as they did in the third period of Game #1. The period also saw a number of questionable calls made by the officials, although both penalty boxes did seem full for most of the period.

Kamloops nailed two fast goals at 8:13 and 8:46, and pretty much sealed the deal with another power play goal with only 1:57 left to play.

The stats sheet tells a slightly different story, however. While Kamloops outshot Princeton 32 to 22, the Storm collected 75-minutes in penalties versus Princeton's 62-minutes (which included two bench minors four minutes apart in the second period).

The Princeton Dairy Queen/Finning Tractor Kamloops Three Stars were #3 Brett Van Riper (Posse), #2 Broc Backus (Storm), #1 Jassi Sangha (Storm).

Final score: Kamloops 5, Princeton 2. Kamloops leads the series 2-0.

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Crystal lived and worked at the hostel and gave it a complete overhaul. Peeling paint, rotten deck boards, transients, even an escaped convict, were replaced with fresh paint, new decking and enthusiastic world travelers through elbow grease, vision and determination.

Now, the hostel is a flourishing international travelers hostel with an incredibly bright, clean and cozy atmosphere! The Kelowna Int'l Hostel is even mentioned in the Lonely Planet guidebook as a recommended hostel for travelers.

Crystal is a regular entrepreneurial instructor for Community Futures Corporation, delivering business plan training as a part of the Self Employment program for many years. She is highly experienced, knowledgeable and anyone who has met Crystal will say dynamic and entertaining.

Crystal is partnering with the Princeton Skills Centre to provide a business planning/entrepreneurial weekend May 24, 2008. If you are thinking about going into business for yourself and are looking for solid information and inspiration, invest in this workshop and your dream.



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FINANCIAL FOCUS

Be Wary Of Investing In Gold

With the price of gold reaching an all-time high in early 2008, a new frenzy predictably emerged for the precious metal.

Unfortunately, over the long term, gold has a track record of disappointing investors, so caution is warranted if you're considering the addition of either gold stocks or the bullion itself to your portfolio.

Three reasons are typically cited in support of investing in gold, and each should be challenged and critically analyzed.

The first reason is to protect against inflation. Yet in reality, the recent rise in gold occurred while inflation has been generally low and expectations about future inflation have also remained low.

As a result, instead of gold, which doesn't always move with inflation, you might want to consider owning inflation-protected real-return bonds. As their name suggests, these bonds pay interest rates that adjust with inflation, thereby minimizing the impact of any increase in inflation.

The second reason people invest in gold is to benefit from a falling US dollar. Because gold is priced in US dollars, it historically has tended to move in the opposite direction of the US dollar. That occurred last September, when the US dollar dropped as gold rose. However, the price of gold has risen more than the dollar has declined, suggesting that its movements are affected by more than the US dollar.

With that in mind, you may find that investing in a global portfolio of stocks and bonds is a more prudent option. That portfolio could hold its value even if the US dollar declines further.

It's also important to understand that stocks and bonds have historically provided better returns than gold. Consider what would have happened had someone bought gold and the stocks of the TSX at the beginning of any month since 1970 and held those investments for a period of 10 years. That person would have found that stocks outperformed gold eight per cent to five per cent. In addition, gold punished investors with a negative rate of return 38 per cent of the time, while stocks did not produce a negative rate of return.

The third reason for investing in gold relates to diversification, and the ability to offset declines in other investments. However, there is no proof that gold provides this advantage. In recent market declines, gold prices have dropped along with global stocks.

It's true that gold could regain its position as an 'unrelated asset,' but you may find your best option is to stick with a wide variety of investments. While diversification does not guarantee a profit or protect against a loss in declining markets, if you're a disciplined, long-term investor, you may discover diversification is a much better strategy for the long haul than counting on gold.

Before you invest or make any changes to your portfolio, speak with your financial advisor to determine which investments would be appropriate to help you reach your long-term goals.

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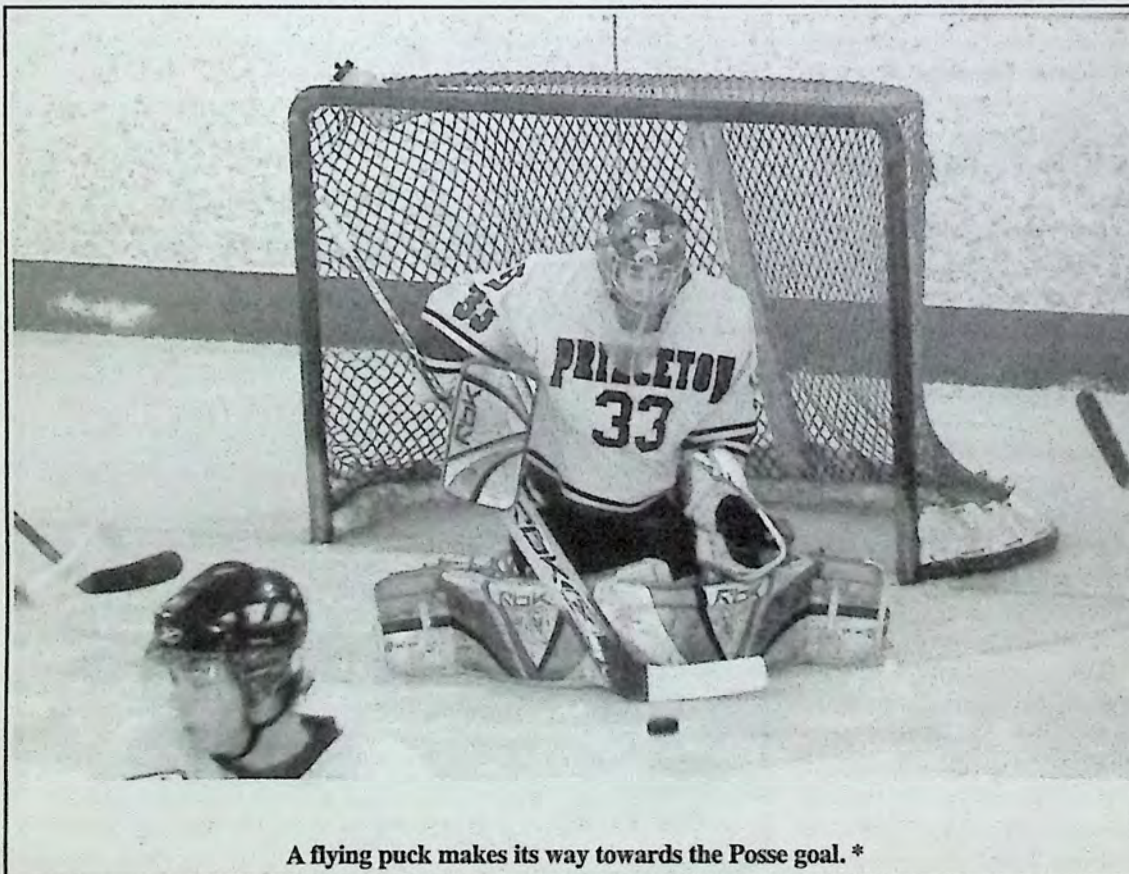
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Princeton's Kyle L'Arrivee, right, battles to control the face off. *

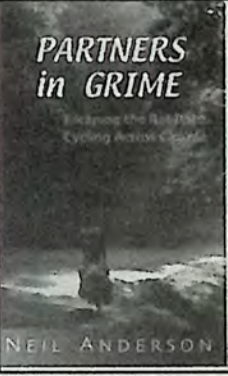


So the plexiglass isn't bulletproof after all! *



A flying puck makes its way towards the Posse goal. *

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WEDNESDAY, MARCH 5, 2008

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

Horoscopes

March 5 - 12, 2008

Aries - You need to look inside yourself and do some self talk about your goals in life, but you may not have time due to all of the activity around home and with family. Look for change.

Taurus - You can still work wonders with charm, but you are going to have to be really mobile and adaptable. Focus on plans for future. Watch out for injuries to hands, avoid catching colds.

Gemini - You need to look after your budget now. You may have to spend more than you planned. Career keeps you busy, but you would rather travel. Do so from armchair!

Cancer - Now you speak up about all of your worries, frustrations, anger. Energy sweeps across you. Don't bottle it up or you will make yourself sick. Speak your mind, keep active on chores.

Leo - Others are still being very nice to you, but you are starting to stick your foot in it. This comes from subconscious sense of anger. Check health for hidden problems.

Virgo - Problems may arise with children, young folk, pets. Or, you may spend time with them in a very active way. Mentally, you are planning for future. Friend, partner, lover wants more.

Libra - Career matters become very active, and you may feel pressured. Family, parents may need attention. Keep your balance. Health remains good. Lover is romantic.

Scorpio - Sports, youngsters and creativity motivate action now. You may have to travel for business, and it will be stressful. Proceed with caution. Singles may find romance with fun!

Sagittarius - You must start taking care of the big picture of business - taxes, assets, investments. This will be a long process up to the second week of May. Focus on family.

Capricorn - Sense of humour and gracious speech bring rewards now. Problems with partner will last about two months. Keep active this weekend doing errands, communicating.

Aquarius - You are still very charming, but health concerns may get you down. Guard against cuts, burns, infections. Expect surprise this weekend - plans change suddenly.

Pisces - Pets, young folk, may prove troublesome. Your best activity is something creative that satisfies a need in you and requires a lot of physical effort. Don't fight partner, think compromise.

Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall, Rocklin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

10:00 am CITY (29) ★★½ "The Hitchhiker's Guide to the Galaxy" (2005, Science Fiction) Martin Freeman. A human and his extraterrestrial friend begin an interstellar journey after the destruction of Earth. [E]

EVENING

6:00 pm WTBS (3) ★★ "Starship Troopers" (1997, Science Fiction) Casper Van Dien. Members of Earth's space fleet battle large,

vicious insects from outer space bent on destroying humanity. [E]
 9:00 pm WTBS (3) ★★ "Starship Troopers" (1997, Science Fiction) Casper Van Dien. Members of Earth's space fleet battle large, vicious insects from outer space bent on destroying humanity. [E]
 10:06 pm CITY (29) ★½ "Anna and the King" (1999, Historical Drama) Jodie Foster. The King of Siam hires an English widow to teach the ways of the Western world to his many children. [E]

Princeton Area Ghost Towns - The DVD

Princeton Area Ghost Towns



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Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

10:00 am CITY (29) ★★ "The Beautician and the Beast" (1997, Comedy) Fran Drescher. A wacky beautician leaves Queens, N.Y., to tutor a European tyrant's children in Slovetzia. [E]

AFTERNOON

5:00 pm WTBS (3) ★★½ "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. [E]

EVENING

7:25 pm FAM (26) ★★ "The Country Bears" (2002, Comedy) Christopher Walken. Premiere. A runaway cub and his new friends attempt to reunite the former members of a once-popular all-bear band.
 8:00 pm YTV (18) "Superman: Doomsday" (2007, Action) Voices of Adam Baldwin. Animated. The Man of

Steel battles an intergalactic killer, accidentally unearthed by a corporation.
 9:00 pm FAM (26) ★★ "Buffalo Dreams" (2005, Drama) Reiley McClendon. A Navajo teen and a mountain-biker from Chicago must bridge a cultural gap to become friends and preserve tribal land.
 10:00 pm WTBS (3) ★★½ "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. [E]
 10:06 pm CITY (29) "Love Letters" (2001, Drama) Brian Frank. Premiere. A successful writer asks her friends to share stories about intimacy. [E]
 10:30 pm FAM (26) ★★ "Spy Hard" (1996, Comedy) Leslie Nielsen. A bumbling secret agent and his lovely partner try to foil a madman's world-takeover scheme.

Similkameen News Leader

Recipe Corner (Recipe #208)

Brought To You By: Similkameen News Leader

Kid-Approved Dinner:

A NUTRITIOUS MEAL WITH A TASTE THEY'LL LOVE

(NC)—Fast, family-friendly and a taste they are sure to love! Try this kid-approved meal. And look for more kid-approved dinner recipes at www.smartpasta.ca.

Cheeseburger Mac and Cheese

Prep Time: 25 minutes Serves: 4

- 2 cups Catelli Smart Macaroni
- 1 cup seasoned diced tomatoes
- 1/3 cup ketchup
- 1/4 cup finely chopped onion
- 2 tbsp sweet green relish
- 2 tsp yellow mustard
- 1/4 tsp each salt and pepper
- 2 cups frozen prepared meatballs (about 16)
- 2 cups shredded Cheddar cheese
- 1/3 cup light sour cream

1. Stir the diced tomatoes and their juices with the ketchup, onion, relish, mustard, salt and pepper in a large saucepan or Dutch oven. Bring to a boil. 2. Reduce the heat to medium-low. Add the meatballs to the tomato sauce. Simmer for 15 minutes. 3. Meanwhile, cook the macaroni according to package directions. Drain well. 4. Stir the hot pasta into the tomato sauce. Stir in the sour cream until combined. Adding a handful at a time, stir in the Cheddar until melted.

Tip: For households that prefer hot dogs to burgers, 2 cups of chopped wieners can be substituted for the meatballs.

- News Canada

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

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THURSDAY, MARCH 6, 2008

TV schedule for Thursday, March 6, 2008. Grid with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and rows for time slots (6:00 AM to 11:30 PM). Shows include All-Family, News, Bali, Caillou, The First 48, Good Morning America, etc.

FRIDAY, MARCH 7, 2008

TV schedule for Friday, March 7, 2008. Grid with columns for channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and rows for time slots (6:00 AM to 11:30 PM). Shows include All-Family, News, Bali, Caillou, American Justice, Jeopardy!, CSI: Crime Scn, etc.

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #69 - Rated Easy

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

CHALLENGE #70 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

- 6:00 am SPIKE (44) ★★★ "The Naked Gun 2 1/2: The Smell of Fear" (1991, Comedy) Leslie Nielsen, Frank and Ed of "Police Squad" blunder through another case, an energy-related plot in Washington, D.C. (In Stereo)
- 8:00 am WTBS (3) ★★★ "Casper" (1995, Fantasy) Christina Ricci. A teen who lost her mother befriends friendly ghost Casper while staying at a mean heiress's haunted mansion.
- 10:00 am WTBS (3) ★★★ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook.
- 11:30 am SPIKE (44) ★★★ "City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-ranch cattle drive, but unexpected circumstances test their skills and stamina.

(In Stereo)

AFTERNOON

- 12:00 pm FAM (26) ★★ "Pixel Perfect" (2004, Comedy) Ricky Ullman. A technical wizard creates a hologram that becomes a singer for his friend's struggling band.
- 1:00 pm WTBS (3) ★★½ "The Quick and the Dead" (1995, Western) Sharon Stone. A cowgirl enters a quick-draw contest to get revenge on an outlaw in a town called Redemption.
- 1:30 pm FAM (26) ★★½ "The Swan Princess" (1994, Musical) Voices of Jack Palance. Animated. A vengeful wizard curses a princess to exist as a swan by day until her prince declares his undying love.
- 2:30 pm A&E (9) ★★★ "Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman.

- 4:00 pm YTV (18) ★★ "Casper: A Spirited Beginning" (1997, Comedy) Steve Guttenberg. The lovable apparition is aided by a 10-year-old boy in his quest to save an old mansion from being demolished.
- 5:00 pm WTBS (3) ★★★ "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage.
- A&E (9) ★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.

EVENING

- 6:00 pm CITY (29) "One Way Out" (2002, Suspense) James Belushi. Premiere. Casino owners order a policeman posing as a hit man to kill a married woman who happens to be his lover. (DVS)
- 8:00 pm KXLY (10) ★★★ "Road to Perdition" (2002, Crime Drama) Tom Hanks. During the Depression, a mobster takes his son along as he seeks to avenge the murders of his wife and younger child. (In Stereo)
- 9:00 pm A&E (9) ★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.
- FAM (26) ★★★ "Rudy" (1993, Drama) Sean Astin. With heart and determination an Illinois youth tackles shortcomings to play Notre Dame football.

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sunday movies

MORNING

- 8:00 am WTBS (3) ★★★ "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook.
- 10:30 am SPIKE (44) ★★½ "Beverly Hills Cop II" (1987, Comedy) Eddie Murphy. A clever detective from Detroit shows Los Angeles how to stop a hit woman's so-called Alphabet Crimes. (In Stereo)
- 11:00 am WTBS (3) ★★½ "The Quick and the Dead" (1995, Western) Sharon Stone. A cowgirl enters a quick-draw contest to get revenge on an outlaw in a town called Redemption.

AFTERNOON

- 12:00 pm FAM (26) ★★★ "Madeline" (1998, Comedy-Drama) Frances McDormand. A fearless French orphan involves her schoolmates and headmistress in a series of misadventures.
- 12:30 pm SPIKE (44) ★★★ "Beverly Hills Cop" (1984, Comedy-Drama) Eddie Murphy. A hip Detroit detective drives out to Los Angeles and shows local police how to catch a killer. (In Stereo)
- 1:00 pm WTBS (3) ★★★ "Titanic" (1997, Drama)

Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage.

- 1:30 pm FAM (26) ★★ "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors.
- 3:00 pm YTV (22) "Crazy Canucks" (2005, Docudrama) Lucas Bryant. Five daring Canadian athletes achieve fame while competing in alpine skiing in Europe in the 1970s. (In Stereo) (DVS)
- 4:00 pm YTV (18) ★★½ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (In Stereo)
- CITY (29) ★★★ "Cinderella Man" (2005, Biography) Russell Crowe. Despite a string of losses and injuries, boxer Jim Braddock makes a dramatic comeback and faces champion Max Baer.
- 5:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy.
- CBC (13) ★★ "Snow Dogs" (2002,

Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs.

EVENING

- 6:00 pm YTV (18) ★★ "Fat Albert" (2004, Comedy) Kenan Thompson. Live action/animated. A lonely teen's tears create a portal through which the 1970s cartoon character and his pals emerge into flesh-and-blood reality. (In Stereo)
- 7:00 pm WTBS (3) ★★½ "Bridget Jones: The Edge of Reason" (2004, Romance-Comedy) Renée Zellweger. An attractive lawyer and Bridget's former boss threaten her newfound happiness with Mark Darcy.
- 8:00 pm CBC (13) "The Englishman's Boy" (2008, Drama) (Part 2 of 2) Michael Theriault. A movie producer asks a young writer to track down a former actor.
- 9:00 pm FAM (26) ★★½ "First Kid" (1996, Comedy) Sinbad. A loud Secret Service agent understands the president's teenage son, though most consider him difficult.
- SPIKE (44) ★★★ "Beverly Hills Cop" (1984, Comedy-Drama) Eddie Murphy. A hip Detroit detective drives out to Los Angeles and shows local police how to catch a killer. (In Stereo)

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SATURDAY, MARCH 8, 2008

TV schedule grid for Saturday, March 8, 2008. Columns include channel numbers (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and program titles.

SUNDAY, MARCH 9, 2008

TV schedule grid for Sunday, March 9, 2008. Columns include channel numbers (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and program titles.

MONDAY, MARCH 10, 2008

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their details.

monday movies

MORNING
10:00 am CITY 29 ★★½ "One Fine Day" (1996, Romance-Comedy) Michelle Pfeiffer. On a hectic day, architect Melanie, single mom of a small boy, meets news columnist Jack, divorced dad of a little girl.
AFTERNOON
1:00 pm YTV 18 ★★ "Fat Albert" (2004, Comedy) Kenan Thompson. Live action/animated. A lonely teen's tears create a portal through which the 1970s cartoon character and his pals emerge into flesh-and-blood reality.
5:00 pm WTBS 3 ★★ "The Peacemaker" (1997, Action) George Clooney. A scientist and an Army Special Forces colonel travel the globe in pursuit of stolen nuclear weapons.
EVENING
6:00 pm SPIKE 44 ★★½ "The Thomas Crown Affair" (1999, Suspense) Pierce Brosnan. Premiere. A billionaire looking for new challenges attracts the attention of an investigator when a priceless Monet is stolen. (In Stereo)
9:00 pm WTBS 3 ★★ "The Peacemaker" (1997, Action) George Clooney. A scientist and an Army Special Forces colonel travel the globe in pursuit of stolen nuclear weapons.
10:06 pm CITY 29 ★★½ "One Fine Day" (1996, Romance-Comedy) Michelle Pfeiffer. On a hectic day, architect Melanie, single mom of a small boy, meets news columnist Jack, divorced dad of a little girl.

There's A Different Posse In Town
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POSSIE
Image of a horse head logo.

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NEED A PICK-UP?

Ideal for going fishing, hunting, to the dump, gathering firewood or a second farm vehicle. 1990 Ford Ranger, in good running condition. lined box. \$1,900. (250) 295-6063 evenings.

Grandpa built Captain's bed - 6 full width drawers - clean mattress - ideal for small bedroom or cabin. \$150.00. Phone (250) 295-3669. Feb 19-Mar 04

Fertilizer spreader. 2-point hitch. 3 1/2 feet in diameter, in good working condition. Asking \$750.00. 3-point hitch John Deere snow plow, 6-foot. Asking \$500.00. Call (250) 295-7692. Feb 26-Mar 11

Washer/dryer combo. Suitable for small home or apartment. Asking \$150.00. View at News Leader office. Feb 26-Mar 11

Large 3-piece reclining sectional sofa and love seat. Matching rocker/recliner sandy brown colour. Excellent condition. \$400.00. (250) 295-7828. Mar 4

Set of metal bunk beds. Call (250) 295-7020. Mar 4

Beautiful antique China/Liquor cabinet. Measures 8 feet wide by 7 1/2 feet tall. (a must see!) Asking \$3,500.00. Queen size brass bed (mattress not included), asking \$350.00. Call (250) 295-7692. Mar 4-18

LOST

Reward for cat lost between Princeton and Twin Lakes on Saturday, February 23rd. He is black and white, wearing a red body harness with black clips.

He is all white on his underside right to his chin and almost goes around his neck. If you see him, his name is No Neck.

Call Gord or Sharon COLLECT at (250) 493-6890 or (604) 326-0082. Mar 4-18

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for rent

Bachelor suite for rent in downtown Princeton. \$350.00 per month including utilities. Need excellent references, etc and be very quiet. Damage deposit required. No pets. Phone (604) 484-2783 and leave a message. Mar 11

Bright and clean 2-bedroom, 2-bathroom s/w modular home, 5 appliances, on its own lot. Non-smoking. \$700.00/month plus utilities. (250) 295-3419. Mar 04-25

2,500 sq ft for lease. Zoned C2, on-site parking, lots of windows, single wash-room, perfect for retail. Located in high traffic location downtown on Bridge Street. Available immediately. Call Lee Mowry at (250) 295-1990. Feb 19-tfn

Apartments for rent. 1-bedroom and 2-bedroom. Call (250) 295-4113. Feb 26-Mar 11

Three bedroom, 2 bath family townhouses with enclosed yards available at Aspen Court for qualified applicants. BC housing offers affordable rents based upon 30% of your gross income. Please contact Princeton & District Community Services at (250) 295-6666 for application and information. Feb 26-Mar 11

For Rent/For Lease. Office space ideal for small business. View at 117 Vermilion Avenue (rear entrance) or call (250) 295-4113. Feb 26-Mar 11

WANTED TO RENT: 3-bedroom home with fenced yard for working mom of 2 with house-trained puppy (will provide pet deposit). Call (250) 863-9863 and leave a message or call (250) 295-4370. Feb 26-Mar 11

found

Womens watch, found at Post Office. Ask for Debbie or Sharon. Describe to claim. Mar 4-18

lost

Keys with Budget car sales tag. Call (250) 295-3579. Mar 4-18

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Where Humans Learn Tricks!

Belly Dancing Classes with Linnea Cappos

Will begin on Tuesday, March 11 at 6:30 PM
in the Christian Education Building. Cost \$10.00 a lesson.
For information or registration phone Ruby at (250) 295-3273.

Mar 11

Gel Tax

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Apr 29

notices

Chuchwayha Bingo
Every Sunday in Hedley

There will be NO Bingo on
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Pow Wow March 21, 22, 23
Chuchwayha Hall - all welcome

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help wanted



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for sale

Side by side fridge/freezer. 2-years old, excellent condition. Self defrost, on wheels. Paid \$1,400.00 will sell for \$700.00 FIRM. Call (250) 295-3683 or 6717. Feb 26-Mar 11

help wanted

help wanted

Would you like to assist a local company in promoting a drug and alcohol free workplace? We are looking for people to train as mobile breath alcohol technicians. No experience necessary and we will pay you to complete our certification training. We also offer a guaranteed on-call fee. Ideal position for someone with a flexible schedule, who does not want to work outside the home on a regular basis, but who would like to make a little extra income. Must have a car and must be willing to be on call 24/7 for two weeks out of every month.

Fax your resume or a letter of introduction to Traci Beirnes, Drug and Alcohol Program Manager for Denning Health Group at (604) 572-4488, or e-mail your information to tbeirnes@denninghealth.ca

Junior Bookkeeper wanted, Similkameen office. You will have: 1) exceptional accuracy, 2) experience working without supervision, 3) high school diploma, 4) exceptional computer knowledge, 5) customer service etiquette. Your resume will list your formal accounting training, computer programs and experience level, administrative courses (if any), related employment, manual bookkeeping experience, secretarial experience (if any), references, high school attended and post secondary education. Microsoft Excel would be a plus. Must be bondable. Wage subject to negotiation. Please indicate your desired hourly wage rate. Vehicle required. Fax or e-mail your cover letter and resume to:

Arlene Arlow
Axis Office Services
Fax: (250) 499-5121 - e-mail: axisoffice@usa.net - Cell: (250) 488-0316 Mar 04-Apr 29

card of thanks

I would like to thank the doctors and nurses at the hospital for the great care after my accident. Also, thank you to the Legion, OAP and all my friends for the flowers, cards, phone calls, food and visits. Thanks to Al for making me the bridge tray, awesome! A special thanks to Cal and Betty for being there!

- Laura Haw

Part-time Marketing position. Must have office experience and be proficient with computers. Must work well in a team and have a flexible schedule. Please send resumes to: PO Box 880, Princeton, BC V0X 1W0. Attention: Sarah. Mar 04-11

Community Services has a cook position available in their assisted living program. Preferred applicants will have training and experience in food preparation and delivery, a food safe certificate, good organizational skills, the ability to work as part of a team and enjoy interacting with seniors.

Rate of pay is \$14.40, plus benefits. Application forms are available at 47 Harold Avenue. Call (250) 295-6666 for further information. Deadline for applications is March 14, 2008. Mar 04-11

The News Leader was saddened to hear of the recent passing of Ron Armstrong, who will always be remembered by us as 'Mr. Buttercup' - his Buttercup Patrol signalled the start of Spring each year!

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 165 872 349
 526 148 937
 934 726 581
 817 935 624
 793 461 852
 251 461 852
 648 259 713

CHALLENGE #70 - Hard

381 276 495
 496 581 372
 752 394 618
 215 937 864
 963 458 721
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obituary

obituary

Elizabeth (Betty) Terbasket



Elizabeth (Betty) Terbasket, a much loved and respected Elder of the Similkameen Valley, passed away February 19th at the age of 91 years. Betty was born and raised in Chuchwayha in the Hedley area in 1916 to Dan and Millie Allison. Her paternal grandparents were Pacis Batiste and Nora Xayxalk. Her maternal grandparents were Mary Skius and Barrington Price (founder of Gristmill).

Betty grew up immersed in the Okanagan culture, speaking Okanagan as her first language, gathering and preparing traditional foods, connected to her heritage through the many stories shared by the old people. Upon her marriage to Paul Terbasket in 1939, she moved to the Blind Creek ranch in Cawston, BC, where she spent the rest of her life raising children and grand-children, taking care of many ranch hands and Elders and helping with the many hard demands of ranching life. She often reminded her grandchildren that life was not easy in the old days when everything was done by hand, nothing was instant, water and wood had to be hauled, no buttons to push or taps to turn on. She was a hardworking, dedicated mother right until her last days living at home, she always made sure to have a hot meal prepared for anyone who might stop by to visit.

Betty was predeceased by her husband Paul Terbasket when she was widowed in 1976; two of her children David (Chief) and August Terbasket, and all 3 siblings, Edward (Slim), Charlie, and Katherine Allison and one grandson, Chad Terbasket. She is survived by 7 children - Alec (Theresa), Jim (Brenda), Eliza, Millie, Fred (Rosella), Kenny (Debbie) and Pauline; 15 grandchildren - Willy, Kelly, Lisa, Lance, Kim, Ranae, Tara, Tanya, Candace, Justin, Carrie, Amanda, Alexander, Paul and Daniel; and 16 great grand-children - Madeline, Sofia, Jasmine, Morgan, Kaleb, Allyssa, Tessa, Jade, Sahia, Coven, Eden, Treyton, Peter, Noah, Britini, and Madison.

The impact Betty had on the lives of many is evident in the number of visitors she had at the hospital, as well as the many expressions of condolences through cards, letters, faxes and phone calls. Over 200 people came to see her and say their good-byes and give support to her family at the hospital and her Celebration of Life was attended by over 500 friends, family and community members paying their last respects to her and her family. The family would like to express their gratitude for all the support, the hugs, flowers and donations from family, friends and community members through this difficult time.

Like the spectacular eclipse that took place several days after her passing, Betty was rare and beautiful, she will be missed greatly, but her legacy will remain in the hearts of her loved ones forever.

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my turn

Score one for the little guy

On February 25th the CRTC released Broadcasting Decision 2008-44. To many it may not mean much of anything, but to me it made a lot of sense. Decision 2008-44 basically said no to a big huge corporation that was trying to buy up the last of the independents.

What I'm talking about goes back to last August when the announcement was made that the Jim Pattison Group had purchased Giant-FM (Great Valleys Radio) of Penticton.

It was a sad moment for me in many ways. Part of me was saddened by the fact that when the station first went on the air in 1981, it was the first independent FM station in Western Canada – if not all of Canada.

Prior to CIGV-FM, all of the FM stations in business had an AM station in the same building that basically made all the money and paid the bills. I worked at stations like that in Kelowna and Penticton in the 1970s and '80s. It was also at a time when large corporately owned and operated radio stations were located mostly in Ontario or based in the larger cities across the country.

Rural British Columbia had a lot of smaller companies with radio stations and when you scanned up and down the dial you heard a lot of small town local radio. It was a format that connected people to their community and identified the community.

It also saddened me because when I was in Radio in the Okanagan, there were five companies running seven radio stations in the big three cities up and down Okanagan Lake. There were a lot of creative people moving up and down the valley and companies willing to try different things to sound different from the signal you could pick up in the next community.

Then something happened in the 1990's and the corporate giants were swallowing up smaller radio stations.

I was the Assistant Manager of Princeton's radio station from October 1986 until it closed its downtown studio in April 1999. It was a day Princeton lost its ability to share a form of its identity outside the Town Limits.

Giant-FM continued to represent the Okanagan and Similkameen Valleys without ignoring what kept people tuning in – being real and connecting with it's listeners whether they were commuters on the Okanagan Lake Bridge, tourists on the beach in Penticton or a rancher surveying the herd in Keremeos or Princeton.

They did it without converting into the homogenized, formula-laden, uninspired radio formats of today where all you know is it's either Fred-FM, Smooth-FM or Light-FM with no other form of identity. You could tune into Blah-FM in Osoyoos and be able to hear it all the way to Kamloops because the same company owned a handful of them.

CRTC Decision 2008-44 goes against the trend as it denies the application by Jim Pattison's radio empire to acquire the assets of radio stations in Vernon and Giant-FM in Penticton.

The main reason for the denial?

"The Commission notes that although the licensing of new entrants might aid in the preservation of the diversity of voices, the region (Okanagan-Similkameen) would be served almost entirely by two operators."

The last time I counted, that would be in the neighbourhood of ten radio stations and as many repeater transmitters. Talk about monopolizing the media!

As the owner of one of only a handful of independently owned newspapers left in British Columbia, I applaud the CRTC's decision to deny the Pattison Group from eating up another part of our local and regional identity.

We need to support our independent voices in whatever way possible because without them, we end up losing our voice and sadly, part of the identity that separates us from the others.

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws.

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

The Editor reserves the right to condense any letter or to substitute proper language for improper language.

Similkameen News Leader

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Dawn Johnson



your turn

Less service means...?

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Gentlemen;

I am receipt of your billing for medical coverage for three months for the amount of \$162.00.

Being a resident of Princeton, we have seen our medical coverage reduced severely, while your premiums remain the same or increase.

At this time, our community has less than one-third medical coverage than large communities enjoy.

With a population of 6,000, we are left with one local doctor, and minimal emergency services. As you can see from the information sent out by Interior Health, this situation is not likely to change soon.

The nearest hospital is a 100-kilometre trip, which would also be the nearest physician. Imagine in this day and age a four hour round trip for a senior just to retain their driving license, of which the examination is not covered by MSP. Imagine the same trip for a child with a broken limb or childhood illness, going to emergency, and after traveling two hours still getting to wait in the emergency room for 45-minutes to three hours to be attended to.

To make matters worse, physicians in Penticton are overbooked and refuse to take patients from Princeton, so the nearest family doctor is in Westbank, only 2 1/2 hours by vehicle. An average round trip to Westbank with today's gasoline prices and a small car costs about \$40.00.

In April, when Mr. Campbell's tax comes into effect, \$50.00 or better?

The point of my letter is that since I am not receiving the same level of service as the rest of BC or what I previously enjoyed, YOU are not entitled the full premium.

Therefore, I enclose a cheque in the amount of \$18.00 to cover March 1 to March 31.

Letter To The Editor

Don't blame the cats!!!

To The Editor;

RE: Feral Cats - the perceived problem

The perceived feral cat problem has been caused by inconsiderate humans that are either too irresponsible or too lazy to get their cats spayed or neutered, and then abandon them to wander around, trying to survive on their own.

Additionally, there are the humans that just dump kittens anywhere because they don't want to deal with them properly. If these kittens survive, they eventually begin to have kittens themselves.

By the time an abandoned unspayed female cat is having her third litter of kittens, her other kittens are having kittens. All because a human decided they didn't have time, or energy, or whatever, to care for the cat that they originally agreed to take care of!

So don't blame the cats! People need to be educated about taking responsibilities more seriously, especially when caring for living creatures.

In Keremeos we have recently

If this is not acceptable I suggest you fix the problem, or start covering transportation charges fully.

Sincerely yours,
Corry Oerlemans, Princeton
(Editor's Note: Corry sent this letter February 24th and thought it would be a good idea if other residents responded in the same manner).

formed the Similkameen Feral Cat Rescue Team. We raise funds by donations and fundraising events. We attempt to educate people to properly care for their pets, and educate them about what happens if they don't.

With our donations, we live trap the feral cats (you know, the cats that were originally owned by someone but then dumped to fend for themselves), have them spayed or neutered, and then release them back to where they were caught, and provide food and shelter for them.

This way they cannot reproduce and when they are altered and regularly fed, the cats are better mousers, helping keep the mice and rat population down.

- Betty Hansen, Keremeos

**MORE
LETTERS TO
THE EDITOR
ON
PAGE 24**

Current Comment:

What women really want



Dawn Johnson
editor@thenewsleader.ca

Mel Gibson made a hilarious movie about what women want, but it was made from a standpoint that told the old story of what women really want is a man to love. To be fair, the Gibson movie did say some things about men from a woman's point of view. The movie that did justice to women was the Dustin Hoffman movie "Tootsie", in which the female character he played wanted respect and fair treatment.

Our society has spent a lot of time trying to define women's role, as if somehow women must be ascribed a place in society into which they must fit. When I was a teenager, girls my age were taught about our potential for a career (office worker, teacher, nurse) and were trained for our most likely career: wife and mother.

I have nothing against being a wife and mother, but even way back then, fifty years ago, I was determined there had to be more to life than serving a man and raising a brood of children. I opted for having a career and being a wife and mother. My choice preserved my sanity, I'm sure. My choice might not have been every woman's choice, but the key element is this: I had a choice.

This Saturday is International Women's Day. It was established many years ago to recognize that women have a lot more going for them than the traditional patriarchal society gave them credit for. Women are more than wives, mothers and housekeepers.

When I think back to the women of my mother's generation, I remember how limited their choices were. For most women, their economic dependence on a man kept them tied to home and family, whether that was the best place for them or not. Economic indepen-

dence gives women real choices. Economic dependence limits a woman's freedom.

When I was a teenager, we seldom saw women driving a vehicle. Most women did not drive. Those women who did drive suffered a lot of jokes about women drivers.

Fifty years ago, there were no women in the RCMP, or in police forces. There were women in the army and air force, in non-combat positions, and there were no women in the navy. I do not recall women in the forest service and most government jobs were held by men. There were few women in politics at any level.

Forty years ago, I saw an advertisement for a person to lay tiles in some new homes under construction. The job paid \$10 an hour, really excellent wages in those days. Having laid tiles in my own home, I felt confident I could do the job. I applied and was turned down. The reason? "A woman on a construction site would be too much of a distraction to the men."

The company hired a man they had to train. My guess is they would not want to pay a woman good wages when there were men out of work. That is the way they thought in those days.

During the 1970's, I saw women go to work for good wages in jobs

in mines and sawmills. Women took over many lines of work that had been primarily reserved for men. The biggest difference I have seen is women owning their own businesses, often fully supported by their husbands.

People forgot, for a long time, what women did to help build this nation. I grew up on a farm, where women shared the work and the responsibilities. Farms and ranches are businesses, so I learned about business. I learned a lot of skills, like driving a tractor, firing a rifle, doing carpentry, building things, repairing things, and being safety conscious. I learned rudiments of veterinary medicine, and some butcher's skills. This was on top of all of those so-called "domestic" arts.

I watched a Dr. Phil show the other day and listened to a man who obviously did not understand what women want. He treated his wife as if she were a slave and mentally challenged. Dr. Phil called the man an abuser. There was a time when we could have called him a male chauvinist pig, but abuser is closer to the mark. This is not what women want.

International Women's Day is about what women want: respect for the work they do in this world, and the freedom to choose who and how they want to be.

Similkameen News Leader

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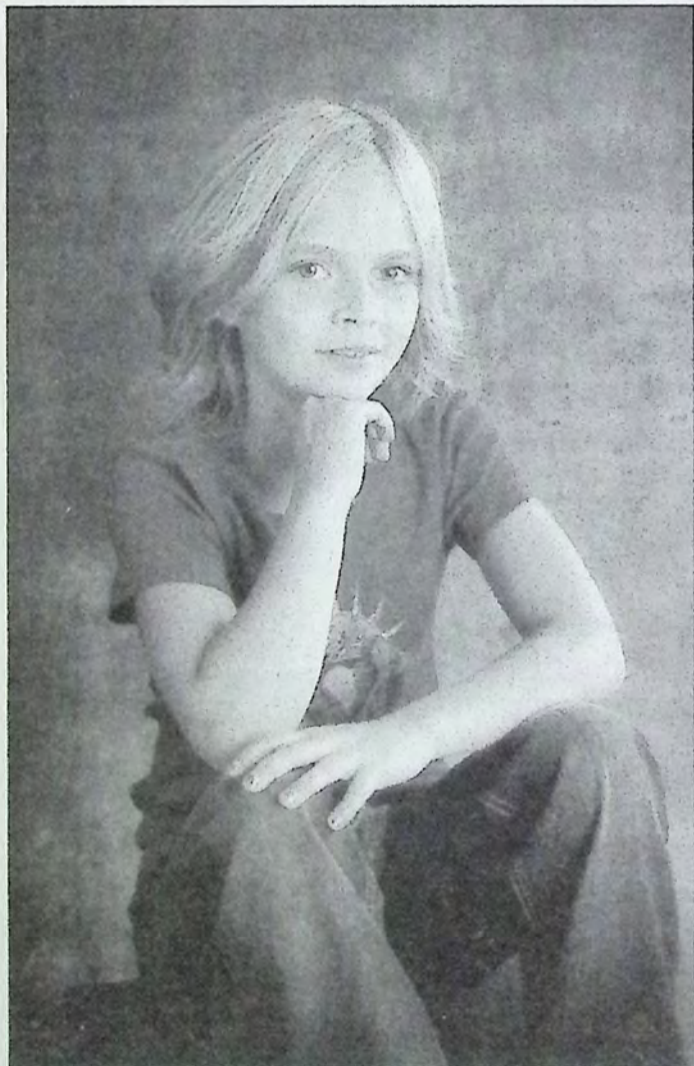
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George Anderson and Lyle Hembruff have been renovating the Hedley Museum. - photo submitted

Renovated museum opens in April

The Hedley Museum continues renovations that are due to be completed in time for its reopening in April.

The main gallery is getting completely refurbished so as to be wheelchair accessible. All objects have been documented, photographed and moved into storage in the many outbuildings around the museum.

As part of the museum's renovation, work will be done to curate the main gallery with an eye to greater community involvement. If you are interested in history, or in creating meaningful exhibits, drop by the Hedley Museum with your contact information. A group will be formed to work on the curation of the main space together.

With all objects safely moved out of the way, work has commenced to raise the floor. Two locals have been contracted to complete the job. George Anderson and Lyle Hembruff have gotten an amazing amount of work done, with the sub-floor already being completed in fewer than three days. By the end of next week the new hardwood floor should be finished and then painting can begin.

Finally, the main gallery needs to be reassembled to allow people in wheelchairs to easily navigate the room. A grand opening is being planned which will welcome community members for a sneak preview of the new space. It is hoped that many of the original founding members, as well as others who have been involved over the years, will come out to this event.

The Hedley Heritage Museum Society would like to create a commemorative photograph including as many of the past and present volunteers and members as possible, to hang in the entrance of the museum.

All this work should be completed in time for the museum's reopening

in April. If anyone is interested in helping prepare the museum for its reopening or helping out during the

summer months they should contact the museum at (250) 292-8787.

- submitted

Yes, we have no potatoes!

The Healthy Harvest Box program, returning to Princeton in May, is exactly the same as before - only different. There will be no potatoes.

Why no potatoes?

According to one of our suppliers, ravenous yuppies attempting to eat locally have cornered the Grand Forks potato crop this year! But don't worry. You can still get great deals on BC Potatoes to go with all the lovely veggies and fruits you will receive in your May harvest box.

The bottom line is you can buy BC Potatoes at Overwaitea cheaper than we can source them for you.

Please prepay early to ensure getting on the Healthy Harvest Box list for May distribution. We need to plan and order ahead for our May harvest box, so to avoid disappointment, bring your \$20.00 to Brenda at the News Leader office Tuesday to Friday, 9:00 AM to 12 Noon or 1:00 to 4:00 PM. For more information or to volunteer, phone Ann at (250) 295-3941. Together we can make this work!

- submitted

Letter To The Editor

Joe talks elections

To The Editor,

The indelible tragic events of President John Kennedy, Dr. King and Robert Kennedy occurred during our time with a very young family which many times would visit the marvellous west coast of our great neighbour - the USA.

There are some very good candidates in both parties in the present US Presidential race but it is with grave concern we view how Presidential hopeful, Sen. Obama is being denigrated in the media by talk show hosts and others.

Even comedian Mr. Colbert in his 'report' has likened the names of Sen. Obama's children to Saddam Hussein's two notorious deceased sons for a laugh.

All agree Sen. Obama is a gifted,

charismatic, talented individual who has tapped into the highly charged American mind set of suppressed anxiety and frustration.

Undue attacks by the media or others on Sen. Obama could set off an unprecedented fire storm of protests and violence including those who now have I. E. D. experience.

Canada does not have a vote in selecting the next US President, although that President can profoundly affect our economy and will be the defacto 'Commander-In-Chief' of Canadian Forces in Afghanistan.

Wise are those who exercise charity and prudence - a rare phenomenon in politics.

Regards,

- Joe Schwarz, Princeton

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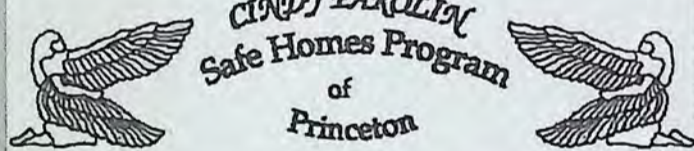
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On International Women's Day, this March 8th, the Cindy Parolin Safe Homes Program of Princeton and District, along with the Stopping the Violence Counsellor and Children Who Witness Counsellor, forward a message of hope that violence against women will stop and women can lead full productive lives as equal members of society.

In the meantime women experiencing abuse can call the 24-hour women's crisis line in Princeton at 295-8211.



Travellers on Highway 3 early Saturday, March 1st would have seen this truck on the side of the road. Details were unavailable from Princeton RCMP at press time. Photo: Brenda Engel

Haiku celebrates literacy

A large number of entries have been received for the Similkameen Family Literacy Haiku Writing Contest.

"The \$100 first prize may be divided, depending upon the quality of the entries," says Dave Cursons, coordinator for Similkameen Family Literacy, a program funded by The Canadian Imperial Bank of Commerce, Provincial Gaming Funds and Literacy B.C.

There is a category of contest winners 15 years and over and 14 years and younger.

Entries need to conform to conventions of the Haiku form.

There are three lines. There are seventeen syllables or beats. There is a feeling evoked. There is an image from nature.

"If the Haiku Writing Contest is a success, we may try a Limerick Writing Contest next," says Cursons.

Similkameen Family Literacy promotes enjoyment and good use of the written, read and spoken word. The program is administered through Lower Similkameen Community Services Society.

- submitted by D. Cursons



Crystal Flaman of Kelowna will host an Entrepreneurial Workshop at the Skills Centre May 2 to 4. News Leader owner/publisher George Elliott says Flaman's first step as an entrepreneur was when she bought an old run down rooming house two doors away from his childhood home in Kelowna and converted it into Kelowna International Hostel. "The transformation was amazing and has enhanced the neighbourhood where my mother still lives," Elliott says. "Crystal's worth seeing if just to feel her energy."

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Where Humans Learn Tricks!



Bobbe Woods gives a special message for women at the Heart Fund dinner. Photo: Dawn Johnson

Women top heart dinner message

Bobbe Woods, CEO of BC & Yukon Heart & Stroke Foundation, brought a special message for women at the 20th annual Heart Fund dinner held February 28.

"Heart disease is the leading cause of death for Canadian women," Woods told the crowd attending the dinner.

Woods showed a short video called The Heart Truth. The video presented personal experiences of women who experienced heart problems.

The sad truth came as Woods described how women are less likely to receive proper medical care because women, and their doctors, tend to see heart disease as

a "man's disease". Women are less likely to survive a heart attack and less likely to become well if they do survive.

A woman's symptoms of heart disease are not as obvious as a man's symptoms. Even heart attack symptoms are not the same. A woman may have what she describes as "chest discomfort" or a back or shoulder ache.

The good news is that 90 percent of heart risks can be modified. There are ways to do this:

1. Do not smoke.
2. Drink no more than one small alcoholic drink per day.
3. Maintain healthy body weight.
4. Reduce high blood pressure.

5. Eat five servings of vegetables per day.

6. Keep waistline below 35 inches Walk 30 minutes a day.

Woods recommended going to website hearttruth.ca and see "questions to ask your doctor". Then go to your doctor and ask the questions.

Woods said, "Coming out to communities is the best part of my job."

She stressed the importance of individual contributions in raising funds.

Suzanne Pugh, Okanagan Region office, attended the dinner, and thanked Maria Sadegur for her many years of raising funds and organizing the dinners.

Sadegur had many thanks to give to all those who had helped her, particularly Gail and George Madill, who stepped in to assist with the dinner.

Very special thanks came from Sadegur and Legion President Sharon Paterson to the six people who shaved their hair to raise money. Paterson explained the group had been sitting in the Legion lounge and began kidding each other. The idea started as a joke and turned serious. The Shave-a-thon yielded \$5,054.45 for the Heart Fund.

The volunteers who go door to door during Heart Month received thanks. Recognition was given to a number of people who had volunteered for 20 years or more. Doug Ricketts received thanks for his 60 mile walks to raise funds. Kim Herzig was thanked for helping organize the event.

The Heart Fund dinner is a community event, with a number of contributors: Heart to Heart Flowers, Sears, Overwaitea, Billy's Restaurant, The Hitching Post and the Similkameen Spotlight. Sadegur thanked all of them.

CMMC reviews 2007

..... continued from Page 2 2007.

At year end the Company had a working capital of \$5.4 million as compared to \$3.3 million for the comparative period. The Company's financial statements are now posted on Sedar and the Company's web page for further viewing.

About Copper Mountain Mining Corp.

CMMC is a new public BC resource company.

The Company owns 100% of the Copper Mountain Project located 15 km south of Princeton. The developed infrastructure, substantial resource, and extensive historical data base provides an exceptional project.

Copper Mountain Mining Corporation's shares trade on the TSX Venture Exchange under the symbol CUM. Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Pet owners beware!

An autopsy has revealed that a dog that died on Princeton's second bench February 14th was poisoned.

The 2-year old Border Collie/Sheltie cross was killed with

strychnine. Although Princeton RCMP responded to the incident, they are not continuing with a further investigation, nor have they issued a warning to dog owners in the area.

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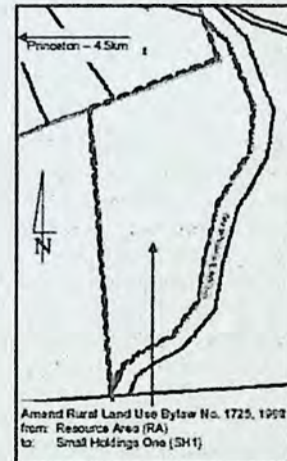
Rural Land Use Bylaw Amendment Application
529 Willies Ranch Road, Rural Princeton, Electoral Area 'H'
Lot A, Plan 32225, District Lot 3528, SDYD

NOTICE OF PUBLIC HEARING:
Wednesday, March 19, 2008 - 6:15 PM
Riverside Wellness Centre
148 Old Hedley Road, Princeton, BC

PURPOSE:

Amendment Bylaw No. 1725.14, 2007: to amend the Rural Land Use Bylaw by changing the designation of the subject property from Resource Area (RA) to Small Holdings One (SH1).

This rezoning will facilitate the subdivision of two new parcels from the 7.4 hectare (ha) subject property measuring approximately 2.0 ha and 3.2 ha in area respectively, while leaving a remainder parcel of approximately 2.0 ha.



VIEW COPIES OF THE DRAFT BYLAW & SUPPORTING INFORMATION AT:

Regional District Okanagan-Similkameen
101 Martin Street, Penticton, BC
Monday - Friday 8:30 AM - 4:30 PM

Princeton Town Hall
169 Bridge Street, Princeton, BC
Monday - Friday 9:00 AM - 4:00 PM

Anyone who considers themselves affected by the proposed bylaw amendment can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 1725.14, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

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

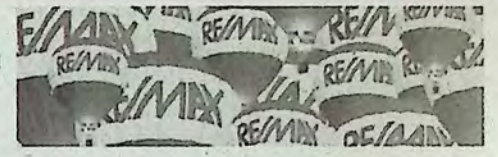
Susanne Theurer, MCIP
Planning Services Manager

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mils.ca#42871

Peace of Paradise



1196 Highway 3A \$669,000
More than 10 acres of everything you might want - fenced, irrigated and a beautiful rancher. mls.ca#43646

Riverfront!



456 Corina Avenue \$239,900
Lovely terraced yard backs down to the scenic Tulameen River. 3-bedroom/2-bath, unfinished basement to do it your way! mls.ca#43584

Relax! It's All Done!



475 Corina Avenue \$325,000
All the hard work is done in this immaculate home! Landscaped and fenced backyard. Lots of storage and single car garage/workshop. mls.ca#43173

Bonus!



#31-263 Highway 3 \$83,900
Neat and tidy with beautiful yard, two full baths and new flooring! mls.ca#43654

Hobby Farm - Getaway



2837 Old Hedley Rd \$412,000
Room for you, your family and all of your in-laws! And more than 4 acres on the Similkameen River! mls.ca#43536

All Done!



36 Aspen Street \$167,000
First time? Or retirement? This home will fit your lifestyle and your budget. mls.ca#43421

Multi-Season Retreat



Lot 3 28k Summers Creek Rd \$279,000
20 acres backing crown land allowing you to water ski, hunt, quad, snowmobile and hike right from your back door. mls.ca#43383

Put on your thinking cap



68/74 Billiter Ave \$279,000
Great location across from doctor's office and grocery store. 2,294 sq ft building with 18 parking stalls. mls.ca#42263

Warehouse/Shop



550 Similkameen Av \$295,000
6,000 sq ft warehouse/shop. Sale or lease. 16' doors. Lease as 6,000 sq ft or divide it up. Call Jim 295-3222. mls.ca#43509

Get Away...Close To Town



576 E. Similkameen \$84,500
.65 acre on East Similkameen Road. Power and septic installed. Great views and total peace and quiet. mls.ca#43563

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JANICE BARCLAY
295-3222
janicebarclay@princetonbcproperties.com

BRENDA CRAWFORD
295-3222
brenda@princetonbcproperties.com

JIM JUNKIN
295-3222
jimjunkin@princetonbcproperties.com

SUSAN COLLINS
295-5359
susan_collins@nethop.net

STEVE WHITE
295-8525
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