



Similkameen

News Leader

75¢
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Tuesday, February 23, 2010



The PSS Senior Girls hosted the Valley Championships last week. The Rebels met Barriere in Game 1. *

Mayor quells rumour mill

Referring to Princeton's "rumour mill", Mayor Randy McLean decided to throw a monkey wrench into the rumour mill gears.

At the February 15 Town Council meeting, Mayor McLean explained what is happening with the Copper Mountain Mining construction workforce.

Mayor McLean said the number of

workers has been temporarily cut back due to the completion of Phase 1 of the construction. There are still around 60 workers at the site.

At the end of March, Phase 2 will begin and the number of construction workers will climb again. He said there could be as many as 300 workers on site before construction is completed.

Couple faces house woes in Princeton

A couple who bought their retirement home in Princeton have found themselves in a nightmare situation.

Last year, Barry Parker and his wife bought a home at 351 Tulameen Avenue. It was an older home that the previous owner had completely renovated. The lower Mainland couple love the house but are now facing a Notice on Title imposed by Town Council, and are involved in a lawsuit against the former owner and the realtor who sold them the house.

The couple appeared before Council on February 15 to tell Council about their situation. What started the nightmare was a violation of a building permit taken out by the previous owner.

He had applied for, and received, a permit for attic rafter reframing including installation of insulation and vapour barrier between the main floor ceiling and the attic

space. In a letter dated February 15, 2008, the previous owner stated the attic space would not be converted to living space.

The following month, an inspection confirmed framing was in progress and was approved to proceed. On April 24, 2008, a framing and insulation inspection was conducted.

No other inspections were undertaken until the new owner contacted the Town of Princeton building inspector regarding renovations they wanted to make. An inspection was conducted on May 20, 2009, and the inspector discovered the attic had been converted to living space, a master bedroom and bath. As a result, the original building permit remains outstanding as the work does not conform to the approved permit plans.

The new owners had kept the final disclosure documents which said all permits had been inspected. They did not know final inspection had not taken place. The couple wondered why the building inspec-

tor had not done the inspection before the house was sold.

The building inspector told them it is the responsibility of the home owner to call the building inspector when the work is finished. There

was no time limit on the work being done. Council is legally bound to put a notice on the land title indicating the problem with the house. The new owners cannot sell their house

except to anyone willing to undertake the expense of correcting the problem, which the new owners say may cost as much as \$150,000. They have hired an engineer to come up with a solution.

Princeton Attainable Housing Society wants Town Council to take action now. Rosemary Doughty, President of the society, attended the February 15 Council meeting to request a site for low cost housing.

Doughty explained to Council the need for a designated parcel of land in order to go to the next step in the process, which is a feasibility study. Without a site, the low cost housing project is at a standstill. What the society wants is a location downtown within easy walking distance of amenities.

The society had provided Council with a lengthy document outlining all of the information gathered by the society through research and

surveys. The surveys point out the need for low cost housing in the near future. Doughty offered some of the facts from the surveys which show an aging population, many of whom live alone and may need a smaller, more manageable residence in the not too distant future. She had no idea whether the Town had any suitable land holdings for the housing project.

Doughty concluded by thanking Councilors Frank Armitage, Marilyn Harkness and Jason Earle for their participation in the society.

"I want us to move forward on this," Doughty said.

Mayor Randy McLean responded by saying Council has been looking at a property on Allison Flats and hopes to negotiate an exchange with the school district. Councillor Armitage mentioned there had been some negotiations and Council would do a follow-up.

Mayor McLean said Council has set aside \$30,000 for the purchase of land adjacent to Vermilion Court in case Community Services wanted to expand the current housing facility.

There was no immediate resolution of the problem facing the Housing Society. They continue to wait for action by Council.

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Go, Posse, Go!

Housing group asks for action

Go, Posse, Go!

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Similkameen
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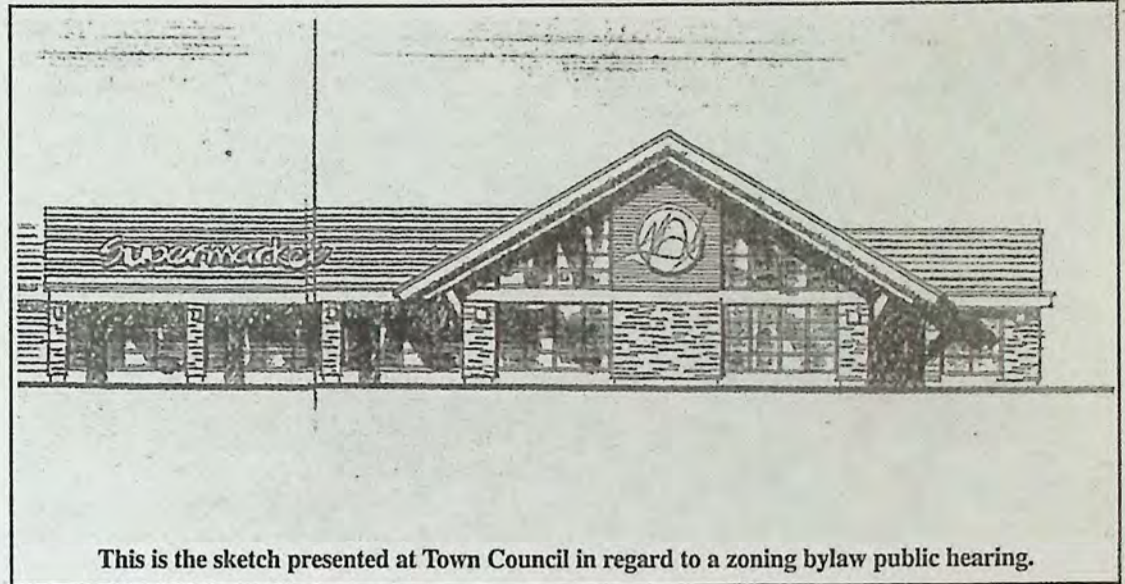
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This is the sketch presented at Town Council in regard to a zoning bylaw public hearing.

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Public did not oppose


On February 15, Town Council held a public hearing on a proposal for rezoning property located to the rear of Fields Store.

The hearing asked for anyone opposed to the rezoning to speak

out and give the reason for opposition. There were a number of questions in regard to the use of the lot for parking and some concerns about noise. There was no major opposition to the rezoning. The

proposal was made by the owner of the land along Bridge Street between Harold Avenue and Angela Avenue where the construction of a supermarket is in the planning stage.

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Council refuses objection letter

A local group known as Save Our Similkameen (SOS) appealed to Town Council to sign a letter directed to PetroBank expressing opposition to further coal bed methane exploration. Council refused to sign the letter SOS had prepared.

The reasons for the refusal had nothing to do with Council's opinion on the matter of coal bed exploration. Council would not sign any

letter not written on Town of Princeton letterhead, and did not believe it was appropriate to send a letter to PetroBank.

As Councillor Frank Armitage pointed out, PetroBank is just doing business. The letter should go to the Ministry of Mines and Energy who sell the permits. It is up to Council to contact the Ministry to voice any opposition to continued coal bed methane explo-

ration in the Similkameen Valley. Council unanimously supported a motion to do that, with a copy to the Ministry of Environment and PetroBank. In addition to sending the letter, Council will take the matter to the Similkameen Valley Planning Society to see if Indian Band Councils, Regional Directors and the Village of Keremeos will support similar action on behalf of Similkameen Valley residents.

KINDERGARTEN 2010 STUDENT REGISTRATION

The Board of Education of School District No. 58 (Nicola-Similkameen)



Registration Schedule
Monday to Friday
February 15-26, 2010

Full day kindergarten is being offered in British Columbia for up to fifty percent of eligible students in the fall of 2010, and for all kindergarten-aged children in September 2011. To assist with the planning and organization of the full day kindergarten program in School District No. 58, it is important that parents register their child early.

9:00 - 11:30 AM / 1:00 - 2:30 PM
John Allison Elementary School
(250) 295-6727

For September 2010
- To register, a child must be 5 years of age on, or before December 31, 2010.
- Parents/Guardians should bring child's Birth Certificate, Immunization record and Care Card when registering.

Council praises youth

Princeton's young people must know their town is watching with pride when their success is a topic for discussion at a Town Council meeting.

At the February 15 meeting, Councillor Frank Armitage expressed pride in the achievement of the Junior B hometown hockey team, The Posse.

He remarked on the large number of people attending the home games to cheer for the team, and how pleased everyone should be at The Posse standing, taking them to the play-offs.

Councillor Jason Earle told Council about the Junior Girls basketball team who won the Valley Championship and moved on to regional play-offs. The senior girls competed in the Valley Championship last week, and Councillor Earle urged everyone to take some time to attend the games.

Mayor Randy McLean spoke about the high numbers of Princeton Secondary School students involved in sports and cultural activities. He said they help make Princeton the real GamesTown BC.

Further to this topic, the News Leader asked whether Council

plans to make GamesTown BC a part of the message format for the new electronic message board that

has been ordered for Princeton. "Yes, it will probably be the first message to light up the board."

Council likes the calendars

The 2010 calendars prepared by Princeton's 150th anniversary committee are going to be used to promote the town and the area. Town Council voted February 15 to purchase 100 calendars for distribution to visiting dignitaries and for giveaway items when Councillors or Mayor go to conferences, out of town events, and so on, starting with BC Street, a promotional site during the Olympics.

Mayor Randy McLean remarked on the rarity of the old photographs that decorate the calendar.

"I thought I had seen all of the old photographs of Princeton, but I had never seen these before," he said, adding praise for Nick Mills and

Lori Thomas for the work they did in researching the photographs and incorporating them into the souvenir calendar.

The 150 committee has run into a financial squeeze. Money they expect from the federal government for the anniversary celebration will not be available until April.

Councillor Marilyn Harkness asked Council to provide some interim cash.

Councillor Harkness said the committee would appreciate Council forming a policy on public buildings. The 150 committee is considering a mural on the walls of the fire hall.

www.princetonposse.org

Arts energy is high in Princeton

Art and cultural activities are going full tilt in Princeton. At the February 17 meeting of Princeton District Community Arts Council,

Nadine McEwen, coordinator of activities at Riverside Centre, began the meeting with an announcement that Riverside

Centre is very busy. Art classes are going well, kids enjoyed a session making murals, children's dance classes are lively, and 40 young-

sters attended the Saturday matinee movie "Where the Wild Things Are".

The Arts Council has installed new storage cupboards in the Arts Council room.

Robin Lowe plans to start mosaic workshops on Arts & Culture Week in April. The mosaic mural will be a tree representing the community, showing roots, trunk, branches and individualized leaves.

The entire mosaic, 60 square feet, will be done in colours proposed by the Upper Similkameen Indian Band: red, yellow, black and white, the colours of the four quadrants of the Medicine Wheel. The mosaic mural will be installed on the wall of Riverside Centre, and it is hoped to have it unveiled on September 5 as part of the 150th anniversary celebrations.

The mosaic mural is the first big project in the Art in Public Places initiative of the Arts Council.

Other planned activities include a Community Band concert March 4, the Denton group of musicians

March 14, Kelowna ballet April 18 to launch Arts & Culture Week, art show for the same week, and Men of the Deeps on May 7.

The Traditional Music Festival will take place August 20, 21 and 22.

The official celebration of Princeton's 150th anniversary of founding will take place on September 4.

At Riverside Centre on September 5, during the afternoon, Myra Bosomworth will present a ballad she has written, and John Bosomworth will give a piano concert as a benefit for the Arts Council.

Princeton Writers Group held their first scrabble tournament and it was a success, although the turnout was low.

The Pat Weber pottery workshop is full but names are being accepted for a waiting list.

The next Arts Council meeting will be held at 11:00 AM Wednesday March 24 at the Arts Council room at Riverside Centre.



Princeton Rotary Club President Randy Clark welcomes new member Joan Bauman. Bauman is the new Branch Manager at Valley First Credit Union. Clark is wearing an 'End Polio' hockey jersey presented to him last week by the Twin Cities Northern Lights junior hockey team who played Princeton Posse. *

Similkameen
News Leader
WE'RE DIFFERENT, AND WE LIKE THAT.

Town of PRINCETON
Princeton
Town Hall News

WANTED OLD WOOD STOVES

The wood stove change out program is running again this year from March 1, 2010 to April 30, 2010. New technology wood stoves burn up to 90% cleaner than old stoves. Exchange old wood stoves for a \$250 rebate. Call 1-800-610-3737 ext 4212 for a list of local retailers.

REMINDER- DOG LICENSES

2010 Dog Licenses are due NOW. All dogs over the age of eight weeks are required to wear a current 2010 license, which can be obtained at Town Hall. Dogs that do not have a 2010 license are subject to fines.

2010 WATER & SEWER BILLS

2010 Water and sewer notices have been mailed to property owners. If you did not receive your notice please contact the town office at 250-295-3135. To receive a 10% discount, full payment must be received in the town office by 4:30pm on Friday, February 26, 2010. Postmarks on mailed remittances will not be considered as date of payment.

Payment Options

Payments can be made by cash, cheque, debit card, telephone banking or online through your bank's website.

PRINCETON RECREATION & CULTURE

Town of Princeton Community Recreation and Culture Services offer unique activities for all ages. Sign up today for the following programs beginning in February:

Yoga Classes

Drop in/\$6.50 or 5 day pass/\$31.50

Bring your mat or blanket, wear loose fitting clothing and be prepared for a great workout in a stress free environment.

Wed Riverside Centre Ongoing 9:15am-10:45am

Mosaic Workshop

Adult/Youth Mosaic Workshop 2 Days/\$94.50
Sat/Sun Riverside Centre Feb 27 & 28 10am-2pm

Registration is required a minimum of one week prior by calling the Princeton Community Recreation and Cultural

COUNCIL MEETING SCHEDULE

The next regular meeting of Princeton Town Council will be Monday, March 1, 2010, in council chambers of Princeton Town Hall.

Meeting Schedule

March 1, 2010	March 15, 2010
April 6, 2010	April 19, 2010
May 3, 2010	May 17, 2010
June 7, 2010	June 21, 2010

AREA H RESIDENTS

2010 Landfill stickers are available at Town Hall for pick up by Regional District Area H property owners. Tenants wishing to pick up stickers require written permission from the landowner.

RIVERSIDE 'MOVIE' THEATRE

Experience a small town theatre with BIG sound & screen.

Upcoming Friday Night Movies Family Time: 6:00pm

Planet 51 Feb 26
Astronaut Captain 'Chuck' lands on Planet 51 only to find the planet inhabited by little green people who's only fear is being invaded by aliens...such as Chuck!
Rated: PG

Alvin & The Chipmunks: The Squeakquel March 5
The World famous singing pre-teen chipmunk trio return to contend with the pressures of school, celebrity and a rival female group known as the Chipettes.
Rated: PG-

Doors open 1/2 hour before show times listed.
Price is \$5.00 per person aged 3 & up.

Riverside Centre 148 Old Hedley Road

Call the movie hotline at 250-295-6067 line 2

Watch for the blockbusters
BLINDSIDE and SHERLOCK HOLMES later in March 2010.

MEETINGS WITH COUNCILLOR ARMITAGE

Councillor Armitage will be at Town Hall on Tuesdays from 2pm to 4pm. Please drop by to share your thoughts with him.

Princeton is GamesTown

2010 PRINCETON



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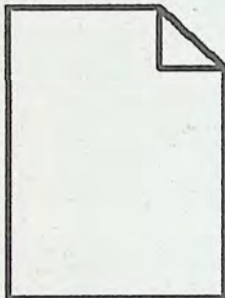
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Keremeos News



A look at work being done during the interior renovations. - photo submitted

Work continues at Cawston Hall

A volunteer crew was hard at work renovating the Women's Institute Room at the Cawston Community Hall February 13th and 14th.

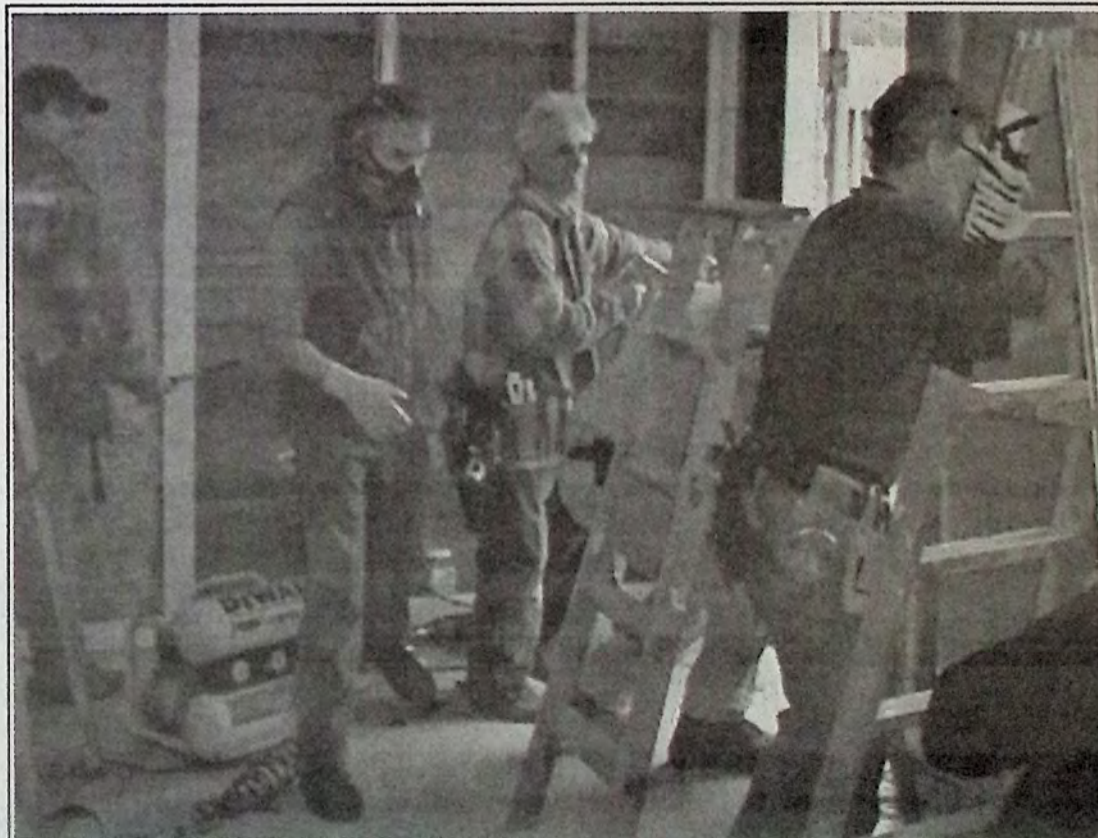
Movie Night fundraisers happen at the Cawston Hall on Thursday night February 18th and again on Thursday, March 18th with proceeds to assist with the project.

The Annual General Meeting and Election of Officers for the Cawston Community Hall Society is set for 7:00 PM on Tuesday, March 16th in the WI Room at the Cawston Hall.

Membership inquiries can be directed to Dave Cursons at 250.499.5417. - submitted



John Hutchinson (foreground) Robert Mennell and Christopher Mennell (top) work on Cawston Hall renovation project.



More renovation work at Cawston Hall. - photo submitted



The hottest girls in town last week were the 2010 PSS Runnin Rebels. Front row, from left: Frankie Reichert, Madeson Salway, Ashlee Cathro, Katelin Marshall. Back row, from left: Milen Wilkinson, Rachel Halipcuk, Keley Banks, Marlee Rice, Karis Bergsma, Makenzie Johnston, Caitlin Merenick. They hosted the Senior Girls Valley Championships at Princeton Secondary School. - photo submitted

PM's response upsets MP

Canada and the United States have given Canadian companies a very brief opportunity to compete for US stimulus package dollars worth \$4 - \$5 Billion. According to BC Southern Interior MP, Alex Atamanenko, this is a lop-sided deal.

"Limited access to US stimulus funding for Canadian companies while guaranteeing US firms access to provincial and municipal infrastructure spending worth \$25 Billion does not sound like a fair agreement", stated Atamanenko. "It is unconceivable that in these difficult economic times we are not

trying to protect Canadian jobs. There should be no question that local firms and contractors should be given preference in any of our local infrastructure spending projects".

In Atamanenko's words, this agreement has set a precedent for further erosion of our sovereignty. "The European Union (EU) would dearly love to get its hands on Canadian building projects. Our PM is hoping to offer provincial and municipal contract as an incentive to the EU to sign a free trade agreement with Canada", said the BC MP.

"As our Leader Jack Layton has stated, given the potential job losses across Canada, there needs to be discussion and a vote in the House of Commons before proceeding with this agreement. The fact that this was signed during the prorogation of Parliament is not acceptable. The sovereignty of our country is at stake", concluded Atamanenko.

Where the 'O' tickets went

If local residents were wondering what became of the Olympic event tickets issued to GamesTown BC, we have the answer. One pair of tickets was drawn during the events at China Ridge following the torch relay on February 7. The winners were Mr. and Mrs. Glover, who were very happy to have the tickets. The other tickets were awarded to

people who had done an outstanding job of promoting Princeton leading to Princeton's selection for the GamesTown title.

At the February 15 Town Council meeting, all members of Council remarked on the excellent turnout for the torch relay, the pancake breakfast, and the day's events at China Ridge.

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Thank you

Okanagan Falls Parks and Recreation Commission



Bob Daly, Mike Pearce and other volunteers in Okanagan Falls developed the Kenyon Park playground through the "Let Them Be Kids" program to ensure that children have a safe and imaginative place to play and simply "be kids". FortisBC supports over 100 community initiatives each year like the Okanagan Falls Parks and Recreation Commission. We appreciate Bob and the volunteers for making our community a brighter place.

Volunteer: Mike Pearce

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Health / Lifestyle News

Staying active with nerve pain

(NC)—As the temperature falls during the winter months, it's tempting to stay inside and hibernate instead of getting exercise on a regular basis. Only three out of 10 Canadian adults gets enough physical activity on a regular basis. In the winter months, that becomes even more difficult.

For many Canadians living with neuropathy, getting regular exercise is nearly impossible. The burning, shooting and tingling sensations of nerve pain can make it difficult to stand or walk to the car, let alone exercise five times a week.

"I had burning and stabbing pain sensations on the pads of my feet just behind my toes. I couldn't feel anything when walking and I couldn't bend my toes. Nerve pain like that is especially difficult because it never really goes away," said Janet Brown, a Kingston, Ontario resident who suffers from nerve pain associated with

Stay active, keep fit with asthma

(NC)—Did you know that several of Canada's Olympic athletes have asthma and can still successfully compete in their sports? Having asthma doesn't mean you can't exercise, but people with asthma are often afraid of experiencing exercise-induced flare ups. This can result in tightening of the airways and shortness of breath.

Follow these five tips to help prevent shortness of breath when exercising:

1. Develop a written asthma action plan with your doctor. This will map out how to adjust your treatment based on how well your asthma is under control. An asthma action plan is available for download at www.on.lung.ca.
2. Warm up before exercise and cool down afterward. This includes stretching and starting at a slower pace.
3. If you typically experience asthma symptoms from exercising, take your reliever inhaler 5-10 minutes before starting.
4. Cover your nose and mouth with a scarf when exercising outdoors in cold weather.
5. Move your work-out inside if air pollution or cold winter air aggravates your asthma when you exercise. Recreational swimming is especially suited for people with asthma because indoor pools have warm, moist environments. Some people are bothered by pool chemicals. However, the benefits of swimming generally outweigh the risks.

If symptoms such as coughing or wheezing continue, your asthma may not be well controlled. Speak with your doctor to learn more about leading an active, healthy lifestyle with asthma.

The Lung Association's Asthma Action Helpline is available toll-free at 1-888-344-LUNG (5864) or online at www.on.lung.ca.

diabetes. "Especially as a diabetic, I know it's important to get regular exercise, but it just wasn't possible because it hurt to use my feet at all."

But relief is available at your nearest drug store. Neuragen, an over-the-counter topical pain reliever, offers instant temporary relief for sufferers of nerve pain.

Neuragen is a homeopathic drug that can be applied at the site of the pain. Over 70 per cent of people who use Neuragen experience rapid temporary pain relief, and one out of two of those people benefit from a remarkable level of pain relief — a reduction of pain of half or better. Usually pain reduction happens within 30 minutes of application. "Suddenly the pain was gone and I could bend my toes again," adds Brown.

Now that Neuragen is widely available in the U.S. and Canada, people with neuropathy can get back on their feet again. But exercising doesn't always mean a gym membership or regular running. Here are some other ways to build exercise into your life during the winter months:

Walk indoors. Don't let bad weather stop you. Go for a walk at an indoor location, like a shopping mall. If you need extra motivation, join a walking group.

Create a home gym. You can set up a

great workout routine with just a set of dumbbells, an exercise ball and a jump rope.

Get up and dance. Put on some music and dance in your living room.

Enjoy winter sports. If you have snow and ice, you can get exercise by shoveling, tobogganing, having a snowball fight or skating on a local pond.

Take the stairs. If you have stairs near you, spend as little as 20 minutes at a time climbing up and down for an intense and efficient workout. Try taking the stairs to and from your office for a daily dose of activity.

Pool your resources. Find a local pool and try swimming, water aerobics, or even just walking or running laps in the water.

Visit a library. Many libraries offer workout videos you can check out for free. Choose a new one each week to keep your exercise routine interesting.

"For people who use Neuragen, it's like they've got a piece of their life back. They want to get out and be active again," said Dr. Alex MacLellan, a Halifax-based naturopathic physician. "I recommend patients look for fun ways to build exercise into their life. Just because it's winter doesn't mean it's time to slow down."

More information on this topic is available at www.neuragen.com.

Living Past 100

Relieve Lung Disorders

The majority of lung disorders originate with breathing pollutants, whether from smoking, air pollution, long term infections or, in the case of asthma, extreme sensitivity to airborne irritants of any kind. There are nutritional ways to reduce the impact on the body.

The increase in the number of asthma patients has been linked to excessive intake of polyunsaturated fatty acids (Omega 6 fats). The typical North American diet has an estimated 10 times more omega 6 than omega 3 fatty acids. This is believed to lead to an excess production of substances that contribute to asthma. The best solution to the problem is a diet rich in chlorophyll (plant greens) and drinking a juice made from carrots, celery, parsley and wheatgrass. Chlorophyll as a supplement purifies the blood and helps the blood carry more oxygen. Chlorophyll also acts as a chelation agent, taking toxic minerals out of the body. Radishes, horseradish and lemon juice are beneficial for the lungs and should be consumed frequently. Onions, garlic, ginger, cardamom, cumin, cloves and cayenne are good to use while cooking.

Do check with an allergist to identify any food allergies as an allergic reaction may trigger asthma.

Many patients suffering from problems of inadequate breathing have shown benefits from taking a teaspoon of cold-pressed olive oil first thing in the morning. Cold-pressed flax seed oil can be used, too. These oils clean toxins from the intestines, and in patients with respiratory problems, digestive problems are common. Other helpful nutrients include bee pollen, honey and bromelain, an enzyme found in pineapple. Bromelain eases inflamed bronchial tubes. Insufficient stomach acid may lead to an asthmatic attack: bromelain, taken with Vitamin C and quercetin, often relieves the problem.

Respiratory patients often lack magnesium, which helps relax the airways, making breathing easier. Do not take a big dose of magnesium at once: it acts as a laxative. Take a small amount at mealtime. Magnesium is excellent for those who are exposed to chemical toxins on a regular basis.

Vitamin E is beneficial. So are selenium and zinc.

There are some foods you should not eat if you have respiratory problems. You should avoid dairy products as they are mucous-forming, and you should avoid salt and salty foods. Some respiratory patients have tried magnet therapy and encountered problems. This therapy should be avoided.

This Week - 7 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - February 25, 2003

Gas prices, airport security in the news



It was the 'Ike and Tina Show' everyone talked about as part of the annual Ladies Curling Bonspiel 'Lip Sync Contest' in February of 2003. The event attracted many out of town rinks for the weekend.

Seven years ago this week the front page of the Similkameen News Leader featured a story on security breaches at Princeton Airport.

An unofficial delegation attended the Town Council meeting that week regarding use of the facility.

A member of the delegation explained that a local snowmobile club had cleared the runway of snow and nobody informed air traffic control about vehicles on the runway.

Other forms of breaches included people walking dogs or just crossing the runway.

"They think they will hear an aircraft coming, but not if it is behind them," the unidentified person explained.

"A lot of people have been killed that way."

Councillor Ray Jarvis suggested all concerned form a committee with him to discuss possible solutions.

The price of gas in Princeton was in the news this time seven years ago.

Local people in attendance at the February 17, 2003 Town Council meeting launched into a complaints session at the end of the meeting. One comment was that the price of gas in Princeton was not good for tourism.

"What we need is for somebody to bring in a Super Save station," commented Mayor Keith Olsen.

Cheryl Kuhn, Lynn Holland and John Babiak attended the same

Town Council meeting on behalf of their company, Tokn Productions, which had plans for a large scale outdoor music festival in June of that year.

In other news from seven years ago this week, School District 58 had a \$190,000 shortfall in their annual budget and was looking at the possibility of a four-day school week.

Local partners Troy Esselink and Brett Bottcher appeared on the Vicki Gabereau show during the 'Good Idea' segment of the program in late February 2003. The pair had invented an Extended Throttle System for snowmobiles, which basically allowed a snowmobile to be moved without a driver sitting on it.

The pair said at the time that their invention was intended mainly for use while loading and unloading snowmobiles from trailers or pick up trucks.

A total of twenty dead cattle were dumped near Chopaka this time seven years ago. Concerns were many, including a fear of disease, but authorities could do nothing at the time as brands and ear tags were removed from the animals.

The annual Ladies Curling Bonspiel attracted many rinks from out of town.

And finally, seven years ago this week, Princeton Figure Skating Club was preparing for their 29th annual show, "Country Skatin' Round-Up" featuring all 44 skaters in the Club.

**We're different,
and we like that.**

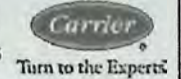
Similkameen News Leader

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Princeton Rotary Club Proudly Presents:



Midwinter Wine Fest 2010



Saturday, February 27th
7:00 - 10:00 PM - Princeton Legion

- * Wine tasting from the Okanagan-Similkameen Wine Country
- * International Hors D'oeuvres
- * Bid for great items in the Silent Auction and Raffle
(CASH OR CHEQUE ONLY)

Tickets:
\$30.⁰⁰ per Person

PRICE INCLUDES:
Your own crystal wine glass,
wine tasting, hors d'oeuvres
and auctions

TICKETS AVAILABLE FROM:
Rotary Members, Shoppers Drug Mart,
Irlly Bird Building Centre, Princeton
Brewing Co., and at the door



All proceeds to benefit: Princeton Rotary Youth Exchange, Haiti Disaster Relief and other local projects

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NOTICE OF PRUNING

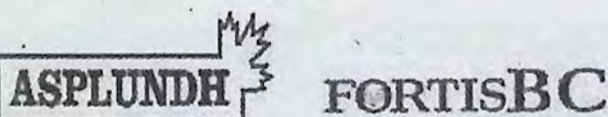
FortisBC Inc. has contracted Asplundh Canada ULC to manage vegetation near power lines within its service area. This work is necessary to reduce safety hazards near electrical wires and to prevent power outages caused by trees or tree limbs making contact with the lines.

Clearing around the low voltage lines that deliver power to individual residences remains the responsibility of the property owner. For safety reasons, FortisBC encourages homeowners to enlist the help of a qualified professional when pruning near low voltage lines.

Over the next few weeks, Asplundh Canada ULC crews will be pruning, treating and removing hazard trees in the FortisBC service area of **PRINCETON**. The work location is described as - **Princeton town site**. Every effort will be made to minimize disturbance to local property owners. If you have any questions about this project, please call Asplundh Canada ULC at 1-800-663-5860.

As a by-product of this work, free wood chips will be available in 8 cubic metre loads. If you are interested please call 1-800-663-5860.

Thank you for your cooperation.



Princeton Rotary Club hosts their first major fundraiser of the year on February 27th. *

Rotary hosts 6th WineFest

The Princeton Rotary Club is once again putting on the Mid-Winter WineFest. This is the 6th annual year for this event and it will be held in the Legion Hall on Saturday, February 27 from 7:00 to 10:00 PM.

Once again, several wineries from the Similkameen and South Okanagan Valleys will be at the event to showcase different varieties

of wine.

If you are looking for a fun night out, this event is for you. Local restaurants will be there to provide tasty appetizers to go along with your wine sampling.

People who attend get a souvenir wine glass to use for their sampling, and there will be lots of other silent auctions, raffles and other fun

events throughout the evening.

Tickets are available at Shopper's Drug Mart or can be purchased from local Rotarians. Cost is \$30 per person and all proceeds will go to local Rotary projects and the Haitian relief fund.

Call Judy Short (250.295.0217) or Rob Marshall (250.295.4223) for more information.

Can you make it happen?

Vermilion Trails Society is hosting a dedication ceremony for the Bridge of Dreams scheduled for the afternoon of April 15.

The society is inviting people from the community to participate in the dedication by putting on some kind of small event or display

to go along with the customary speeches from dignitaries.

What are they looking for?

Maybe two or more people might want to re-enact the driving of the last spike, or sing a song about rail-roading, or put on a skit about the

TransCanada Trail.

If you have an idea to make the dedication ceremony more lively and would like to participate, contact Judy Short at 250.295.0217 or any member of Vermilion Trails Society.

Booze truck goes missing

Princeton RCMP report a 2007 white Great Dane 53-foot commercial van-style semi-trailer was stolen near Sunday Summit, west of Princeton on Highway 3. The incident occurred sometime between Saturday, February 6th and Monday, February 8th.

"This trailer was carrying a load of liquor and its final destination

was Langley," says Princeton RCMP Detachment Sgt. Dave Clare.

The unit has Alberta plates W15179.

Anyone with information related to this incident is asked to contact Princeton RCMP at 250.295-6911 or CrimeStoppers at 1-800-222-TIPS.

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- Home Hardware: 493-1233 ext. 120
- Okanagan Home Centre: 492-7771
- Princeton Builders Mart: 295-6938
- Ok Falls Red Barn: 497-5552

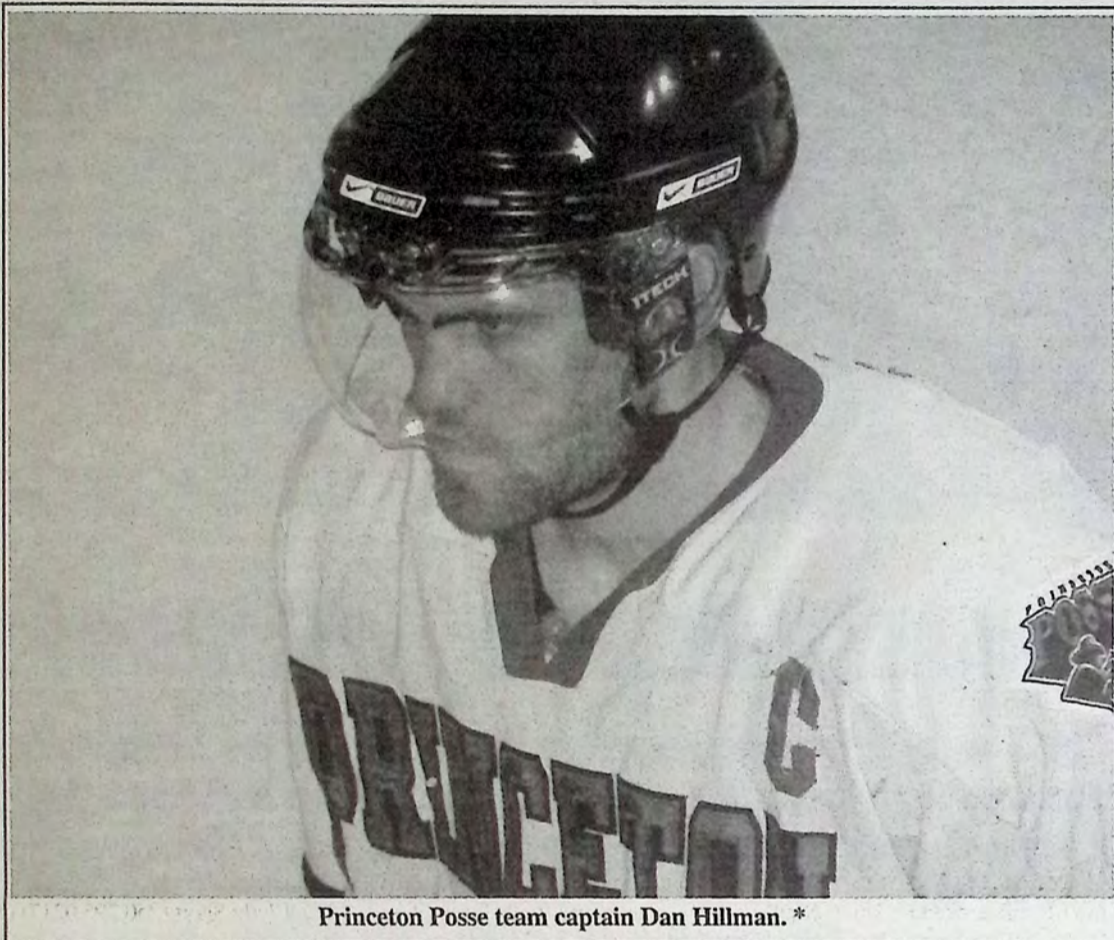


For more information please contact a participating retailer or the RDOS @ 250-490-4212



News Leader Entertainment

Similkameen News Leader TV Guide Listings - February 24 - March 2, 2010



Princeton Posse team captain Dan Hillman.*

Posse lose exhibition game in OT

The Twin Cities Northern Lights, a Tier III Junior A team in the MJHL (Minnesota Junior Hockey League) played Princeton Posse in an exhibition match February 15th in Princeton Arena.

The Northern Lights are on a 'goodwill tour' of British Columbia promoting the 'End Polio' Rotary project.

The team is using the tour to experience the Olympic Spirit and to assist in their goal of raising \$30,000 for polio vaccines in support of Rotary International's ongoing Polio Plus program designed to eradicate polio from all countries in the world.

Princeton scored first at 16:24 of the first period with a goal from Brendan Stephen who was assisted by Brooks Christensen.

The Americans tied the match at 8:20 (Cody Mickelson from Brandon Carlson and Josh Shingler).

The Northern Lights took the lead at 10:45 of the second period with a goal scored by Tyler Pace. Cody Mickelson earned his second point of the game with an assist.

Princeton came back and tied the game at 4:22 with a goal scored by

Brooks Christensen (his second point of the night) with assists going to Chad Brears and Ben Morgan.

The back and forth play of the game shifted back in favour of the Northern Lights at 13:40 of the third period when they once again took the lead with a power play goal by Josh Shingler - his second point of the game. Assists went to Cody Hans and Jon Barrick.

Princeton responded at 9:56 to tie the game once more.

The goal was scored by Chad Brears, his second point of the game, with assists going to John Minot and Brooks Christensen (his third point of the game).

Both teams battled to the final buzzer, which pushed the game into overtime.

Only 1:08 into the extra frame the pride of Minneapolis took the win with a goal scored by Cody Mickelson (his third point of the night) with an assist going to Jon Barrick (his second point of the game).

Final Score: Twin Cities 4, Princeton 3 OT. Shots on goal: Twin Cities 30, Princeton 24. Penalties in minutes: Princeton 6 for 12-minutes, Twin Cities 5 for 10-minutes.

The Twin Cities Northern Lights went on to play Revelstoke the following evening.

www.princetonposse.org

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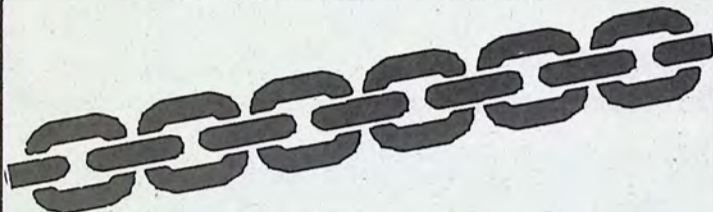
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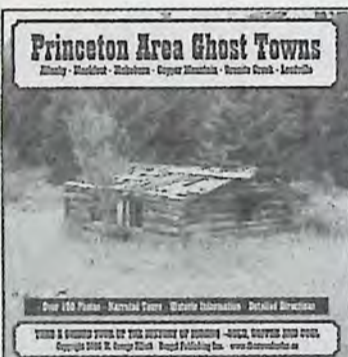
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Sr. Girls Basketball



Warm up before the start of the Valley Championships at PSS. *

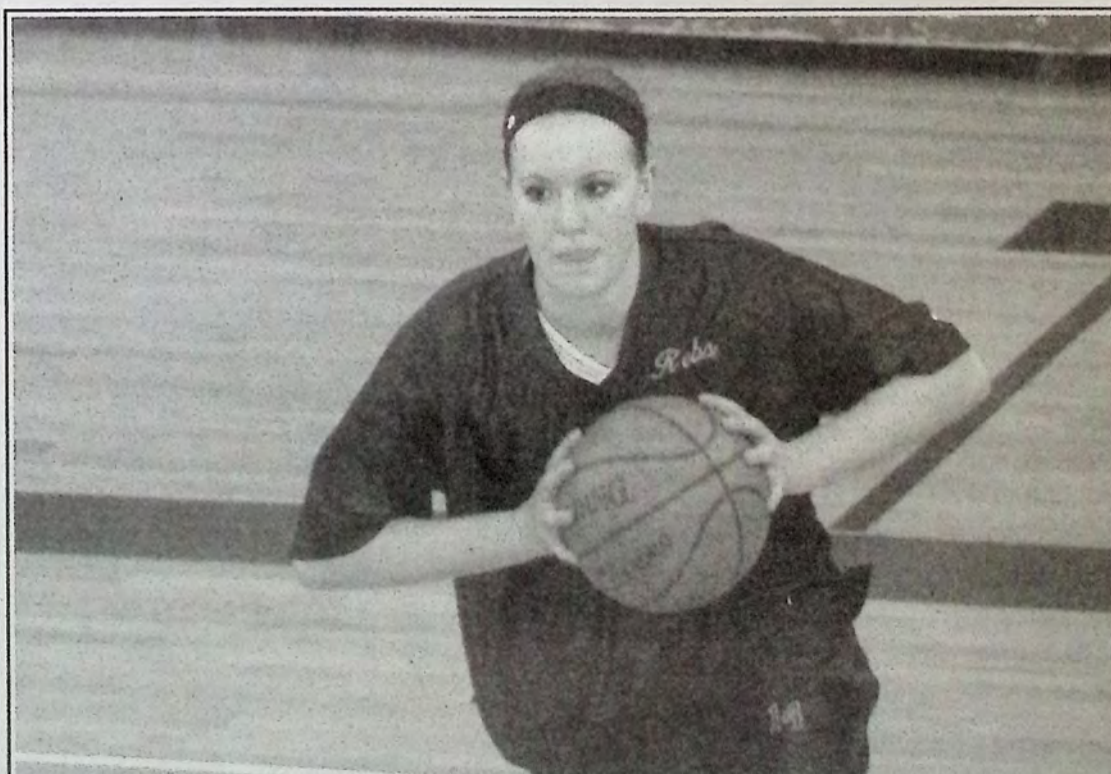
Runnin Rebels Advance!

In a gutsy effort the Runnin Rebels displaced the Immaculata Mustangs from Kelowna - defending 2009 Provincial A Senior Girls Champions - in the Valley Championship semi final Friday night, February 19th.

The Rebels closed the first half on a 9-2 run to take a 35-29 lead into halftime. The third quarter proved interesting as the Rebels stretched their lead to 12 before the #9 Provincially-ranked Mustangs showed the strength of their program coming back to tie after the quarter, and further take a 5-point lead in the 4th. But the Runnin Rebels showed their experience and dominated the last few minute.

Final score: Princeton 69, Immaculata 61

The victory earned the Rebels an automatic berth to the Provincials in Fernie, March 3-5!
- Runnin Rebels' Dean Johnston



The Valley Championships started with an intense warm up session. *

TUESDAY, FEBRUARY 23, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (14)	TSN (15)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Thomas	News (N)	News	CSI: Miami "Driven"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentre	(3:00) XXI Olympic Morning (Live)	Daily Planet	Henry's Feet	CityLine	CSI: NY "Silent Night"	Inside Box That News
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Cooking for Mardi Gras; toy fair. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Animal	Invasion League	XXI Olympic Morning		Mayday "Dead Weight"	Mickey Mickey	The Tyra Show	CSI: Crime Scn	End Leash Last 10
8 AM	Harvey		Sid the Science Kid (DVS)	Curious			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55)		Dirty Jobs Leeches.	Handy Handy	Rachael Ray	CSI: Crime Scn	Tube Tales	
9 AM	Fam. Feud	100 Huntley Street	Super Why! (DVS)	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	XXI Winter Olympics: Curling, Ski	Daily Planet	Feet	Role	CSI: Crime Scn	Colin/Justin	
10 AM	Reba	PLAN Canada	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	PLAN Canada	Debt Part	Poko	Berenstein	Cross-Curling, Women's	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever	
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	U.S.A. vs. China; Ski Cross	Toughest Race: Iditarod	Phineas Suite Life	Friends UEFA	CSI: NY "Silent Night"	Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Paid Prog. Penguins	News The Bold	CSI: Miami "Driven"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Flamingo	Ladies; Curling, Men's	Deadliest Catch	Wizards Montana	Champions Soccer: Teams TBA.	CSI: Crime Scn	3's Co. Ellen	
1 PM	King The Office	As the World Turns (N)	(1:02) Dinosaur	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Jacob	Canada vs. China. (Live)	Dirty Jobs Leeches.	Cory Recess	Friends	CSI: Crime Scn	Seinfeld	
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Judge J. Judge J.	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion		MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Little Bear makes a mask.	WordGirl Electric	XXI Winter Olympics	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Mercer	(2:50) Kid League	XXI Winter Olympics: Curling, Hockey, Speed	Destroyed	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	End Leash Last 10	
4 PM	Family Guy	Oprah Winfrey	George S. Cyberchase	Fetch! Ruff	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent		Bobsledding, Hockey, Medal Ceremonies.	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	Deadliest Warrior	Parking	
5 PM	Payne	Early News	(4:57) Martha	BBC News Business	News NBC News	News CBS News	Criminal Minds	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News Vancouver (N)	OddParent	Skating, Men's; Bobsledding; Women's; Hockey.	How-Made	Suite/Deck Zoey 101	How I Met Purpose	Deadliest Warrior	Rescue Ink	
6 PM	Law & Order: SVU	Global Nat. News	Taste Buds Dogs	PBS NewsHour (N)	Millionaire	Access H.	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Women's; Hockey.	Destroyed	Montana Wizards	Scrubs Better Off	Deadliest Warrior	Dog Whisperer Chip.	
7 PM	Seinfeld Name Earl	Ent ET Canada	Frontier of Construction	NOVA (DVS)	Jeopardy! Wheel	The Doctors	Criminal Minds	Ent The Insider	Ent ET Canada	The Good Wife	Wheel Jeopardy!	Fries That? Prank Ptrl	Mens; Playoff; Speed Skating: 10,000m, Men's. (Live)	Swamp Loggers (N)	Sonny Suite Life	Dark Blue	BlueMount	End Leash Last 10	
8 PM	Movie: "Batman & Robin" (1997)	NCIS: Los Angeles	Rebellion: The Litvinenko Case	Frontline (N) (DVS)	Skating, Bobsled, Freestyle	NCIS: Los Angeles	(9:01) Criminal Minds	Lost "Lighthouse" (N)	NCIS: Los Angeles	NCIS: Los Angeles	Kids in-Hall Comedy	Fries That? Prank Ptrl	Skating: 10,000m, Men's. (Live)	Daily Planet	Overruled! Montana	News EP Daily	UFC Unleashed	Tube Tales ET Canada	
9 PM	Arnold Schwarzenegger	The Good Wife		Independent Lens (N)	Skating. (Same-day Tape)	The Good Wife	(10:01) Criminal Minds	the forgotten (N)	The Good Wife	News Hour Final (N)	National	Family Biz Indie		Destroyed	Wizards Buzz	Chopping Block	UFC Unleashed	Parking	
10 PM	Movie: "Dumb & Dumber" (1994)	CHBC News Final (N)	Black Coffee	Remember		News Letterman	(11:01) Criminal Minds	News	News	Ent	City-Inn	Prank Ptrl	Olympics	Swamp Loggers	School Gory	Coach Judge	BlueMount	Rescue Ink	
11 PM														How-Made	So Raven	Home Imp.	Unsolved Mysteries	Dog Whisperer Chip.	

WEDNESDAY, FEBRUARY 24, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (14)	TSN (15)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	CSI: Miami "Free Fall"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentre	(3:00) XXI Olympic Morning (Live)	Daily Planet	Henry's Franny	CityLine	CSI: NY "Obsession"	Inside Box Spoiled
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Access Andie MacDowell. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Animal	Invasion League	XXI Olympic Morning		Mayday	Mickey Mickey	The Tyra Show	CSI: Crime Scn	Project Runway Canada
8 AM	Harvey		Sid the Science Kid (DVS)	Curious			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55)		Worst Handyman	Handy Handy	Rachael Ray	CSI: Crime Scn	Are You Smarter	
9 AM	Fam. Feud	100 Huntley Street	Super Why! (DVS)	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Where Courage Lives	Super Why! News	Rolie Polie Timothy	XXI Winter Olympics: Curling, Hockey, Speed	Daily Planet	Feet	Role	CSI: Crime Scn	Colin/Justin's Heist	
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part	Poko	Berenstein	Cross-Curling, B.C.	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever	
11 AM	Jim Name Earl	Canada	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Curling; Tie-Breakers, Men's and Women's; Skiing; Giant	Destroyed	Phineas Suite Life	Friends UEFA	CSI: NY "Obsession"	Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Paid Prog. Turbo	News The Bold	CSI: Miami "Free Fall"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Flamingo	Ladies; Curling, Men's	Monster Moves	Wizards Montana	Champions Soccer: Teams TBA.	CSI: Crime Scn	3's Co. Ellen	
1 PM	King The Office	As the World Turns (N)	(1:02) Dinosaur	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	Jacob	Slalom, Ladies. (Live)	Swamp Loggers	Cory Recess	Friends	CSI: Crime Scn	Seinfeld	
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Judge J. Judge J.	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion		MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear	WordGirl Electric	XXI Winter Olympics: Hockey.	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Mosque	(2:50) Kid League	XXI Winter Olympics: Curling, Short Track Speed Skating, Bobsledding, Freestyle	Canada's Worst Driver	Life Derek Suite Life	CityNews at 6 (N)	DEA	Project Runway Canada	
4 PM	Family Guy	Oprah Winfrey	George S. Cyberchase	Fetch! Ruff (Same-day Tape)	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent		Skating, Hockey, Medal Ceremonies.	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	Ways Die	Rescue Ink	
5 PM	College Basketball: Arkansas at LSU. (Live)	Early News	(4:57) Martha	BBC News Business	News NBC News	News CBS News	Dog the Bounty Hunter	News	Global Nat.	(4:59) News Hour (N)	CBC News Vancouver (N)	OddParent	Skating, Bobsledding, Freestyle	The Colony (N)	Suite/Deck Zoey 101	How I Met Ways Die	Ways Die	Hoarders "Augustine"	
6 PM		Global Nat. News	Creatures Dogs	PBS NewsHour (N)	Millionaire	Access H.	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Women's; Hockey.	Man vs. Wild "Namibia"	Montana Wizards	Family Family	Die Die	Hoarders	
7 PM	Seinfeld Name Earl	Ent ET Canada	Blue Realm	Faces of America	Jeopardy! Wheel	The Doctors	Bounty Dog	Ent The Insider	Ent ET Canada	The Deep End (N)	Wheel Jeopardy!	Fries That? Prank Ptrl	Mens; Quarterfinal; Skiing; Giant Slalom, Ladies. (Live)	Daily Planet	Overruled! Montana	News EP Daily	BlueMount	Spoiled	
8 PM	Law & Order: SVU	Bones	Made in China (N)	The National Parks: America's Best Idea	Skating, Bobsled, Speed	Christine Gary	Seagal The Middle	Family Kitchen Nightmares	Kitchen Nightmares	Republ of Doyle	Fries That? Prank Ptrl		Skating; Medal Ceremonies.	Solv.History	Wizards Buzz	TO Show TO Show	MANswers Die	Parking	
9 PM	Movie: "Suspect Zero" (2004)	Kitchen Nightmares	Swan Lake (N)	Documenting the Face	Skating. (Same-day Tape)	CSI: NY "Epilogue"	(10:01) Dog the Bounty Hunter	Cougar	The Deep End (N)	News Hour Final (N)	National	Family Biz Indie		The Colony	School Gory	Coach Judge	CSI: Crime Scn	Hoarders "Augustine"	
10 PM	Aaron Eckhart	The Deep End (N)				News Letterman	Bounty Dog	News	News	Ent	City-Inn	Prank Ptrl	Olympics	Man vs. Wild "Namibia"	So Raven	Home Imp. Paid Prog.	Unsolved Mysteries	Hoarders	
11 PM														How-Made	Life Derek	Role	Unsolved Mysteries	Dog Whisperer Chip.	

Similkameen
News Leader - Horoscopes
February 24 - March 3, 2010

Aries - Your health remains good. Focus on job. Aries people with children will find the kids settling down into a new routine. Mates of Aries may feel neglected and give cold shoulder.

Taurus - This is an excellent time to improve health, gain vitality. Time spent with groups of friends will make you feel better. Do some private planning for year ahead. Take care of your back.

Gemini - Your career is your best source of satisfaction now. Parents and elders may be generous now. You are learning to speak with wisdom instead of ego. Siblings may be problem.

Cancer - Opportunities for travel, learning, training or spiritual experience offer lasting benefits. Problems with home and family ease, but solve problems now or they come back later. Think!

Leo - Until March 20, your greatest benefits can come through dealings with banks, insurance, estates, taxes. You are reaching a turning point. Clear out any backlog. Take needed action.

Virgo - People you consult now give you good advice. All one-to-one relationships are a source of benefit this year but especially for this week and next. People are good to you. Enjoy yourself!

Libra - Put your plans on a solid basis. Your plans now are the foundation for future action and the action opportunity is coming next week. Health is good, job brings rewards. Move ahead!

Scorpio - Career is about to demand more action. Clear out any unfinished projects, prepare to move into high gear. Romance can come your way. Expect big changes to start happening soon.

Sagittarius - You need to go into learning mode now. Travel may be required, but could be full of problems. Home life is happy. Your energy level starts to climb. Take care of business now.

Capricorn - Messages, information, short trips and errands seem to take up all your time. Prepare for a lot of activity related to financial security, taxes, insurance, estate matters. Stay focused. Attention!

Aquarius - Yes, you have a strong urge to spend but do not spend money you don't have. Things you splurge on now will be gaudy and tasteless. Keep your money in your wallet or bank.

Pisces - You're about to go into high gear, but remember health problems. You are in the mood for fun and may feel resentful at having to work. See balance between work and play if you want peace.

Similkameen
News Leader - Recipe Corner
Recipe #311

Slow Cooker Vegetable Beef Soup

All You Need:

- 1 lb (500g) boneless stewing beef, cut into 1/2 inch (1 cm) cubes
- 1 can (14 fl oz/398 mL) diced tomatoes with juice
- 1 cup (250 mL) each 1/2 inch (1 cm) cubed potatoes and carrots
- 1 cup (250 mL) frozen cut green beans
- 1/2 cup (125 mL) chopped onion
- 3 cups (750 mL) water
- 1 packet Club House Slow Cooker Vegetable Beef Soup Seasoning

All You Do:

1. Place beef, tomatoes and vegetables into slow cooker.
 2. Combine Club House Slow Cooker Soup seasoning mix and water. Pour over meat and vegetables. Stir together.
 3. Cover. Cook 8 hours on Low or 4 hours on High.
 4. Stir before serving.
- Makes 8 servings.

Tip:

- Replace potatoes and carrots with 2 cups (500 mL) frozen mixed vegetables.
- Replace stewing beef with 1 lb (500 g) ground beef, browned. Stir in 1 tbsp (15 mL) Worcestershire sauce (optional).
- For a Mexican flair, replace green beans with frozen corn. Stir in 1-2 tbsp (15-30 mL) Club House One Step Tex Mex Seasoning.

More information is available online at www.clubhouse.ca or toll free at 1-800-265-2600.

- News Canada

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Similkameen
News Leader

Tuesday Movies

EVENING

8:00 pm WTBS (3) ★★ "Batman & Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking

revenge upon the world. (R)
10:30 pm WTBS (3) ★★ "Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (R)

Wednesday Movies

EVENING

9:00 pm WTBS (3) ★★ "Suspect Zero" (2004, Suspense) Aaron

Eckhart. With help from his former partner, an FBI agent searches for a man who is hunting and murdering serial killers. (R)

Thursday Movies

EVENING

8:00 pm WTBS (3) ★★ "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their

lives. (R)
10:00 pm WTBS (3) ★★ "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their lives. (R)

RESUME

NEED SOME WORK?

SEE BRENDA AT:

Similkameen News Leader
226A Bridge Street

Phone: (250) 295-4149
Fax: (250) 295-4103

Friday Movies

EVENING

7:30 pm FAM (26) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo) (R)

8:00 pm WTBS (3) ★★ "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth. (R)

KXLY (10) ★★ "Blades of Glory" (2007, Comedy) Will Ferrell. Premiere. Several years after being banned from men's singles competition, two rival skaters exploit a loophole that allows them to compete as a pair. (In Stereo) (R)

9:02 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into a swine his sister

and best friend race to find the cure. (In Stereo) (R)

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

KNOW (5) ★★ "Dying at Grace" (2003, Documentary) Filmmaker Allan King documents the final hours of five terminally ill people at a health center. (R)

10:30 pm SPIKE (44) ★★ "Predator 2" (1990, Science Fiction) Danny Glover. Local and federal police hunt a sneaky alien creature, now skinning drug dealers in 1997 Los Angeles. (In Stereo)

10:34 pm FAM (26) ★★ "Mr. Wonderful" (1993, Romance-Comedy) Matt Dillon. A man tries to marry off his ex-wife to escape alimony. (In Stereo)

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

THURSDAY, FEBRUARY 25, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Thomas	News (N)	News	CSI: Miami "Dead Air"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian	SportsCentre	(3:00) XXI Olympic Morning	Daily Planet	Henry's	CityLine	CSI: NY	Inside
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur	Today Guys tell all; winter food and wine. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	Invasion	XXI Olympic Morning	(Live)	Mayday	Mickey	The Tyra Show	CSI: Crime Scn	Soap
8 AM	Harvey		Sid the Science Kid (DVS)	Martha			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	Super Evil		Forensic Factor	Handy	Rachael Ray	CSI: Crime Scn	Comeback	
9 AM	Fam. Feud	100 Huntley Street	Spider (10:36)	Curious	Super Why!	The 700 Club	The First 48	Live With Regis & Kelly	World Vision	World Vision	Super Why!	Rolie Polie		XXI Winter Olympics: Curling	Daily Planet	Feet	Role	CSI: Crime Scn	Colin-Justin
10 AM	Reba	World Vision	Sesame Street (EI)	Ellen DeGeneres Show	Young & Restless	The Price Is Right (N)	The First 48	The View	World Vision	Debt Part	Poko	Berenstain	XXI Winter Olympics: Nordic	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever	
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S.	Combined, Hockey, Curling.	The Colony	Phineas	CityLine	CSI: NY	Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:36)	Charlie Rose	Paid Prog. Sheldon	News	CSI: Miami "Dead Air"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	(Live)	Man vs. Wild "Namibia"	Wizards	The Bonnie Hunt Show	CSI: Crime Scn	3's Co.	
1 PM	King The Office	As the World Turns (N)	(1:01) Dinosaur	Simp Paint	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Canadian Experience	(12:55) Viva Jacob		Solv.History	Cory	Judge J.	CSI: Crime Scn	Seinfeld	
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Judge J.	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby		MythBusters	Replace	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Owl is grumpy.	WordGirl Electric	XXI Winter Olympics	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	XXI Winter Olympics: Curling, Hockey, Figure Skating.	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Soap	
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchase	XXI Winter Olympics: Figure Skating.	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Figure Skating, Hockey, Medal Ceremonies.	Daily Planet (N)	Phineas	Law & Order: SVU	UFC Fight Night	Reality	
5 PM	Payne	Early News	(4:58) News	BBC News	News	News	The First 48	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	Men's: Semifinal; Hockey; Medal Ceremonies.	Storm Chasers Greatest	Suite/Deck	How I Met Zoey 101	Parks	Family Guy	
6 PM	Law & Order: SVU	Global Nat. News	Heads Up Dogs	PBS NewsHour (N)	Millionaire	Access H.	The First 48	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Figure Skating: Free Skate, Ladies; Hockey, Women's: Gold Medal Game. (Live)	Storms	Montana	30 Rock	TNA Wrestling (N)	Seinfeld	
7 PM	Seinfeld Name Earl	Ent	Frontiers of Parks	Profiles	Jeopardy!	The Doctors	Manhunter	Ent	90210	Wheel	Fries That?	Prank Ptrl	Ladies free skate; Medal Ceremonies. (Live)	MythBusters Sayings.	Sonny	Dark Blue		'70s Show	
8 PM	Movie: "Poseidon" (2006) Josh Lucas.	Survivor: Hero	New York: A Documentary Film (DVS)	Sherlock Holmes	XXI Winter Olympics: Figure Skating.	Survivor: Hero	Manhunter	The Deep End (N)	Survivor: Hero	Survivor: Hero	The Nature of Things	The Next Star	Gold Medal Game. (Live)	Daily Planet	Overruled!	News	Police Chases	Comeback	
9 PM	Lucas.	The Office	The Office	MI-5 (DVS)	Skating, Freestyle Skiing.	The Mentalist	(9:01) The First 48	Grey's Anatomy	The Office	The Office	Carbon Hunters	Fries That?		Storm Chasers Greatest	Wizards	Celebrity Fit Club	MANswers	Family Guy	
10 PM	Movie: "Poseidon" (2006) Josh Lucas.	90210	Soundstage (N)	(Same-day Tape)	CSI: Crime Scn	(10:01) The First 48	Private Practice	90210	News Hour Final (N)	National	Family Biz	Indie		Storms	School	Coach	CSI: Crime Scn	Seinfeld	
11 PM	Lucas.	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	Letterman	Manhunter	(11:35) Manhunter	News	O Show	ET Canada	(11:35) The	Fries That?	SportsCentre (Live)	CTV News (N)	MythBusters Sayings.	So Raven	Home Imp.	Unsolved Mysteries	'70s Show

FRIDAY, FEBRUARY 26, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian	SportsCentre	(3:00) XXI Olympic Morning	Daily Planet	Henry's	CityLine	CSI: NY	Inside
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI)	Today Author Diana Kirschner. (N)	The Early Show (N)	CSI: Miami "Shock"	Good Morning America (N)			Dirtgirl	Invasion	XXI Olympic Morning	(Live)	Mayday	Mickey	The Tyra Show	CSI: Crime Scn	Deal-No Deal
8 AM	Harvey		Sid the Science Kid (DVS)	Martha			CSI: Miami "Rampage"		100 Huntley Street	100 Huntley Street	Bo on Go	Super Evil		MythBusters Sayings.	Handy	Rachael Ray	CSI: Crime Scn	6 Degrees	
9 AM	Fam. Feud	100 Huntley Street	Spider (10:36)	Curious	Super Why!	The 700 Club	CSI: Miami	Live With Regis & Kelly	100 Huntley Street	Spirit for Survival	Super Why!	Rolie Polie		XXI Winter Olympics: Snowboardin	Daily Planet	Franny	Role	CSI: Crime Scn	Colin-Justin
10 AM	Reba	World Vision	Sesame Street (EI)	Ellen DeGeneres Show	Young & Restless	The Price Is Right (N)	Criminal Minds	The View	World Vision	Debt Part	Poko	Berenstain	XXI Winter Olympics: Biathlon, Speed Skating.	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever	
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S.	Combined, Hockey, Curling.	Junk Raiders	Phineas	CityLine	CSI: NY	Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:38)	Charlie Rose	Paid Prog. Sheldon	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	(Live)	Storm Chasers Greatest	Wizards	The Bonnie Hunt Show	CSI: Crime Scn	3's Co.	
1 PM	King The Office	As the World Turns (N)	(1:01) Dinosaur	Simp Paint	Days of our Lives (N)	As the World Turns (N)	CSI: Miami "Shock"	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Heartland "Starstruck"	(12:55) Viva Jacob		Storms	Cory	Judge J.	CSI: Crime Scn	Seinfeld	
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Judge J.	Let's Make a Deal (N)	CSI: Miami "Rampage"	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby		MythBusters Sayings.	Replace	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:02) Little Bear Fishing trip.	WordGirl Electric	XXI Winter Olympics: Hockey.	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	XXI Winter Olympics: Curling, Speed Skating, Hockey, Medal Ceremonies.	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Deal-No Deal	
4 PM	Family Guy	Oprah Winfrey	George S.	Biz Kid\$ Cyberchase	XXI Winter Olympics: Figure Skating.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Figure Skating, Bobsledding, Speed Skating.	Daily Planet (N)	Phineas	Murdoch Mysteries	UFC: Silva vs. Irvin	6 Degrees	
5 PM	Payne	Early News	(4:58) News	BBC News	News	News	Criminal Minds	News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Men's: Semifinal; Hockey; Medal Ceremonies.	Dirty Jobs	Suite/Deck	G. Martin		Family Guy	
6 PM	Law & Order: SVU	Global Nat. News	Animals Dogs	PBS NewsHour (N)	Millionaire	Access H.	Criminal Minds "Lucky"	News	(5:59) News Hour (N)	ET Canada	Coronation	Weird	Speed Skating: Bobsledding; Speed Skating; Men's 500m and 5000m relay; Hockey.	Man vs. Wild	Zeke	Man Tracker	(DVS)	Cleveland	
7 PM	Seinfeld Name Earl	Ent	Landscape Revealed	Wash. McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent	ET Canada	NUMB3RS "7 Men Out"	Wheel	Weird	Skating; Hockey, Men's: Semifinals. (Live)	JFK Ruby Con.	Sonny	Dark Blue	Best of PRIDE Fighting	'70s Show	
8 PM	Movie: "Envy" (2004, Comedy) Ben Stiller.	X-Weighted "Madison"	Poirot (N)	Bill Moyers Journal (N)	XXI Winter Olympics: Speed Skating, Bobsled.	Ghost Whisperer	Criminal Minds	Movie: "Blades of Glory" (2007) Will Ferrell.	X-Weighted "Madison"	X-Weighted "Madison"	Mercer	The Next Star "Finale"		Daily Planet	News	Ways Die		6 Degrees	
9 PM	Ben Stiller.	Shark Tank	Dalziel and Pascoe	NOW, PBS Moment	(Same-day Tape)	NUMB3RS "7 Men Out"	Criminal Minds	20/20	NUMB3RS "7 Men Out"	News Hour Final (N)	National	Prank Ptrl		Man vs. Wild	(9:02) Movie: "My Brother The Pig" (2000)	Real Chance of Love	MANswers	Family Guy	
10 PM	Movie: "Envy" (2004, Comedy) Ben Stiller.	NUMB3RS "7 Men Out"	Movie: "Dying at Grace" (2003)	Globe Trekker	News	Letterman	(11:01) Criminal Minds	News	O Show	ET Canada	(11:35) The	Fries That?	SportsCentre (Live)	CTV News (N)	JFK Ruby Con.	Movie: "Mr. Wonderful" (1993)	Home Imp. Paid Prog.	"Predator 2" (1990)	Seinfeld
11 PM	Ben Stiller.	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	Letterman	Manhunter	(11:35) Manhunter	News	O Show	ET Canada	(11:35) The	Fries That?	SportsCentre (Live)	CTV News (N)	MythBusters Sayings.	So Raven	Home Imp. Paid Prog.	Unsolved Mysteries	'70s Show

News Leader Puzzle Page

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 #271 - Rated Easy

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

CHALLENGE #272 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
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Carter's Sudoku Challenge grids, puzzles and solutions copyright 2009 Carter Boswell, Princeton, BC and published by Similkameen News Leader

**We're different,
and we like that.**

Similkameen News Leader

Saturday Movies

MORNING

- 6:00 am SPIKE 44 "Urban Justice" (2007, Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo) [E]
- 8:00 am WTBS 3 "Maverick" (1994, Western) Mel Gibson. A conniving cardsharp heads for a high-stakes poker game. [E]
- 9:00 am A&E 9 "Shanghai Noon" (2000, Comedy) Jackie Chan. A Chinese Imperial Guardsman teams up with a robber to rescue a princess, taken to the Old West by the guard's former captain. [E]
- 10:00 am SPIKE 44 "Jackass: The Movie" (2002, Comedy) Johnny Knoxville. Nitwits perform outrageous stunts and pull practical jokes on an unsuspecting public. (In Stereo) [E]
- 11:30 am A&E 9 "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness Protection Program agent hides a woman who knows about defense-field traitors planning to sell a super-weapon. [E]

AFTERNOON

- 12:00 pm FAM 26 "Wizards of Waverly Place The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo) [E]
- SPIKE 44 "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo) [E]
- 1:33 pm FAM 26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) [E]
- 2:00 pm A&E 9 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. [E]

- KXLY 10 "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months. (In Stereo) [E]
- 3:00 pm SPIKE 44 "Star Wars: Episode II -- Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo) [E]
- 4:00 pm CBC 13 "Marple: Ordeal by Innocence" (2007, Mystery) Geraldine McEwan. Miss Jane Marple helps a recovering amnesiac who learns he witnessed a murder. (In Stereo) [E]
- 5:00 pm WTBS 3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest. [E]
- A&E 9 "Gone in Sixty Seconds" (2000, Action) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. [E]

EVENING

- 6:00 pm CITY 29 "A Problem With Fear" (2003, Comedy) Paulo Costanzo. A young man in a futuristic Canadian city must overcome his fears in order to end a plot that is causing people to die. [E] (DVS)
- SPIKE 44 "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo) [E]
- 7:00 pm WTBS 3 "He Said, She Said" (1991, Romance-Comedy) Kevin Bacon. After they split up, a newspaperman and a woman journalist each tell about their romance and becoming a Baltimore TV team. [E]
- CITY 12 "Voices" (2007, Suspense) Amy Acker. A recent widow learns she can communicate with the dead. [E]
- 8:00 pm CHBC 4 BCTV 11 "Voices" (2007, Suspense) Amy

- Acker. A recent widow learns she can communicate with the dead. [E]
- KSPS 6 "9 to 5" (1980, Comedy) Jane Fonda. Three fed-up secretaries kidnap their sexist boss and force him to authorize office improvements. [E]
- KXLY 10 "Harry Potter and the Order of the Phoenix" (2007, Fantasy) Daniel Radcliffe. Premiere. When a new professor's inadequacy leaves Hogwarts unprepared to fight the rising tide of evil, Harry teaches a small group of students how to defend against the dark arts. (In Stereo) [E]
- 9:00 pm CBC 13 "Calendar Girls" (2003, Comedy-Drama) Helen Mirren. When older women pose nude for a calendar to raise money for a Yorkshire hospital, the results are a worldwide sensation. (In Stereo) [E]
- FAM 26 "Beetlejuice" (1988, Comedy) Michael Keaton. Two ghosts try to scare away their home's new tenants. (In Stereo) [E]
- SPIKE 44 "Star Wars: Episode I -- The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo) [E]
- 9:01 pm A&E 9 "Gone in Sixty Seconds" (2000, Action) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. [E]
- 10:00 pm WTBS 3 "The Contender" (2000, Suspense) Joan Allen. A vice presidential nominee refuses to testify at her confirmation hearing after an adversary smears her with a college incident. [E]
- 10:31 pm FAM 26 "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo) [E]
- 11:00 pm KNOW 5 "Dying at Grace" (2003, Documentary) Filmmaker Allan King documents the final hours of five terminally ill people at a health center. [E]

Sunday Movies

MORNING

- 8:00 am WTBS 3 "He Said, She Said" (1991, Romance-Comedy) Kevin Bacon. After they split up, a newspaperman and a woman journalist each tell about their romance and becoming a Baltimore TV team. [E]
- 9:30 am A&E 9 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. [E]
- 10:00 am SPIKE 44 "Star Wars: Episode III -- Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo) [E]

AFTERNOON

- 12:00 pm FAM 26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-ropes. (In Stereo) [E]
- 12:30 pm A&E 9 "Gone in Sixty Seconds" (2000, Action) Nicolas Cage. A former thief must agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. [E]
- 1:30 pm FAM 26 "The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) [E]

- 2:00 pm WTBS 3 "Pride" (2007, Drama) Terrence Howard. In the 1970s an aficionado and a janitor renovate an abandoned pool and establish a swim team in one of Philadelphia's roughest neighborhoods. [E]
- YTV 18 "Like Mike 2: Streetball" (2006, Comedy) Jascha Washington. A pair of lucky sneakers turns a small, untalented basketball player into a star. (In Stereo) [E]
- 4:00 pm WTBS 3 "Take the Lead" (2006, Musical) Antonio Banderas. Renowned ballroom dancer Pierre Dulaine takes a job at a New York City public school and helps his students meld hip-hop and classical styles to create a dance form. [E]
- YTV 18 "Rebound" (2005, Comedy) Martin Lawrence. Suspended after a public outburst, a college basketball coach accepts a short-term job with a team of middle schoolers. (In Stereo) [E]

EVENING

- 6:00 pm WTBS 3 "Take the Lead" (2006, Musical) Antonio Banderas. Renowned ballroom dancer Pierre Dulaine takes a job at a New York City public school and helps his students meld hip-hop and classical styles to create a dance form. [E]
- YTV 18 "Gym Teacher: The Movie" (2008, Comedy) Christopher Meloni. For a coveted award, a gym coach must turn a gangly kid into an athlete. (In Stereo) [E]

- 8:00 pm WTBS 3 "Showtime" (2002, Comedy) Robert De Niro. A TV crew follows two real-life police officers on the job. [E]
- CBC 13 "Marple: 4:50 From Paddington" (2004, Mystery) Geraldine McEwan. Miss Marple investigates when her old friend witnesses a murder aboard a passing train. [E]
- 9:00 pm FAM 26 "Holes" (2003, Adventure) Sigourney Weaver. A boy and his friends question the motives of a woman who forces them to dig holes at a detention camp. (In Stereo) [E]
- 9:09 pm SPIKE 44 "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo) [E]
- 10:57 pm FAM 26 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past

SATURDAY, FEBRUARY 27, 2010

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM) for Saturday, February 27, 2010. Each cell contains a time slot and a program name.

SUNDAY, FEBRUARY 28, 2010

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11 PM) for Sunday, February 28, 2010. Each cell contains a time slot and a program name.

MONDAY, MARCH 1, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin	Bob Build	News (N)	News	CSI: Miami "Rio"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	CSI: NY	Inside-Box
7 AM	Cosby	Cosby	Clifford the Big Red Dog	Arthur (EI)	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	SpongeBob	SportsCentre		Mayday	Mickey	The Tyra Show	CSI: Crime Scn	Carlawood
8 AM	Harvey	Fresh Pr.	Sid the Science Kid	Curious			The First 48		100 Huntley Street		Bo on Go	Pokémon	SportsCentre		Canada's Worst Driver	Handy	Rachael Ray	CSI: Crime Scn	Re-Vamped
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Rolle Polie	Classix	Live With Regis & Kelly	Daily Planet	Feet	Role	CSI: Crime Scn	Colin-Justin
10 AM	Reba	Hospital for Sick Kids	Sesame Street (EI)			The Price Is Right (N)	Criminal Minds	The View (N)	Hospital for Sick Kids	Debt Part	Poko	Berenstein		The View (N)	How-Made	Mickey	The O.C.	CSI: Crime Scn	What
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S.	World's Strongest Man	Fashion	Forensic Factor	Phineas	CityLine	CSI: NY	Golden
12 PM	Just Shoot King	Noon News Hour (N)	Maggie Rose	Charlie Rose	Paid Prog.	News	CSI: Miami "Rio"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Mr. Men	Billiards: Mosconi Cup.	etalk	License to Drill	Wizards	The Bonnie Hunt Show	CSI: Crime Scn	3's Co.
1 PM	King The Office	As the World Turns (N)	Dinosaur	Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Doc Zone	(12:55) Viva Jacob	World Poker	Sue Thomas: F.B. Eye	Dirty Jobs	Cory	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Pearlie Garfield	Around Interruption	Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Chasing dandelion fluff.	WordGirl Electric	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Carlawood
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey 30 for 30	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Chuck (N)	UFC Unleashed	Re-Vamped
5 PM	Payne	Early News	(4:57) BBC News	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Carlawood
6 PM	Monica	Global Nat.	Mechanics	PBS NewsHour (N)	News (N)	News	Intervention "Shane"	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	NBA Basketball: Toronto Raptors at Houston Rockets.	CTV News (N)	Dirty Jobs (N)	Montana	Wings of Love (N)	CSI: Crime Scn	Flipping Out
7 PM	Seinfeld Name Earl	Ent	Eden Landscape	It's Entertainment	Jeopardy!	The Doctors	Hoarders "Claudie"	Ent The Insider	Ent ET Canada	Cold Blood	Wheel Jeopardy!	iCarly	Scorpion	etalk Access H.	Motor City Motors (N)	Sonny	Bachelor-Wings of Love	Wild World BlueMount	Launch My Line
8 PM	Law & Order: SVU	House "Wilson"	Art of the Heist	Antiques Roadshow (N)	Chuck (N)	How I Met Rules	Paranormal State	The Bachelor: On the Wings of Love (N)	House "Wilson"	House "Wilson"	18 to Life	Malcolm	SportsCentre (Live)	Hiccups (N)	Daily Planet	Overruled!	News	BlueMount	Parker
9 PM	Movie: "King Kong"	24 (N) (PA)	Power of Art	American Experience (N)	Law & Order A family is found murdered. (N)	Two Men Big Bang	Intervention "Anthony"	CSI: Miami "L.A." (N)	News Hour Final (N)	News Hour Final (N)	National	Family Biz	Boxing: Antonio Escalante vs. Miguel Roman.	CTV News	Dirty Jobs	So Raven	Home Imp.	Unsolved	Launch My Line
10 PM	Naomi Watts. A beauty tames a savage beast.	CHBC News Final (N)	Landscape Revealed	Charlie Rose (N)	News (N)	News	Letterman	Hoarders "Claudie"	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Life Derek	Role			

Monday Movies

EVENING

9:00 pm WTBS (3) ★★☆☆ "King Kong" (2005, Adventure) Naomi Watts. Members of a film crew encounter prehistoric beasts and a giant ape on mysterious Skull Island.



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1-bedroom suite, downtown. Close to everything. Call Sharon (250) 295-1845. Nov 25/09

1-bedroom house available March 1st. \$700/month, utilities included. References required, no smoking. Call (250) 295-0280. Feb 09/23

notices

Vermilion Trails Society
7:00 PM Wednesday March 10
Chamber Board Room
Election of Officers
Membership dues
All are welcome to attend!

real estate

Mobile for sale on 2+ acres, Baker Hill Road on Princeton-Summerland Road. Hay barn and fenced rail pasture. 15-minutes from town. \$159,000. Call (250) 295-6456. Feb 16/Mar 23

2-bedroom mobile home with addition. 11km Old Hedley Road. Gas heat, A/C, 5 appliances. \$800/month + utilities and D.D., Available March 1st. Call (250) 295-7668. Feb 23/Mar 09

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for sale

Star Choice dish & receiver. \$200.00
OBO Call (250) 295-6833. Feb 09/23

for rent

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Bright clean storefront available immediately. Prime downtown location, monthly rent \$575.00-plus GST or two year lease at \$550.00-plus GST. Contact 250-295-6622. Feb 23/Mar 09

notices **notices**

Horses Rock Tack Shop, 3078 Skaha Lake Road, Penticton. For the month of February, 25% off entire inventory (except consignment) For more information call (250) 492-2025. Feb 09/23

Single room, Hedley, \$400 or \$350/month, hydro included, shared kitchen, bath, living room, washer/dryer. 1032 Mascot Avenue. For information call Jennifer at (250) 292-8097. Feb 23/Mar 09

Hedley house, 2 or 3 bedroom, fenced yard, corner lot, washer/dryer. \$750/month, hydro included, 1032 Mascot Avenue. Call Jennifer at (250) 292-8097. Feb 23/Mar 09

Upcoming Budget Meetings

Budget meetings will be held on Friday, February 19th and 26th, 2010 at 1:00 PM and Monday, March 8th, 2010 at 6:30 PM and are open to the public. The meetings will be held in the Village Office Council Chambers located at 702-4th Street.

Deciding on where to allocate tax dollars to best maximize their use, while keeping increases in check is challenging — we welcome everyone to attend to listen to the discussions.

Hot water tank, electric. Used 3 months, in excellent condition. New! Asking \$350.00 but will take best offer. Power Wheels, Fisher Price Kawasaki, plastic, battery operated quad. In excellent condition. Asking \$300.00. Mig welder — will trade. Call (250) 293-6284. Feb 23/Mar 09

wanted

Young family wants to lease or care take horse acreage near Princeton race track. Train racing QH, operate Wild Horse Power equine medicine and massage. Call (250) 484-5601 or e-mail wildhorsepower@hotmail.com Feb 16/Mar 23

Bachelor suite, 3rd bench area, fully renovated, private entrance, above ground, own laundry facilities, shower, furnishings available, and house-keeping available, great for shift workers. \$500/month includes satellite and utilities. Pick up application #11 at the Similkameen News Leader 226A Bridge Street, Princeton. Feb 23/Mar 09

1999 Plymouth Breeze, loaded, new battery and brakes, BC Certified 1 1/2 years ago. Can be viewed at N&L Auto Service. Feb 23/Mar 09

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sudoku

CARTER'S Sudoku Challenge
SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #271 - Easy

735	489	162
621	735	948
984	261	375
413	892	756
592	617	483
867	543	291
379	156	824
258	374	619
146	928	537

CHALLENGE #272 - Hard

576	324	819
918	756	423
432	981	675
349	217	568
627	538	941
851	469	237
793	645	182
284	193	756
165	872	394

Drinking a problem?
Alcoholics Anonymous Meets 7:30 PM Thursdays
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Fred 295-7272/Marena 295-7663

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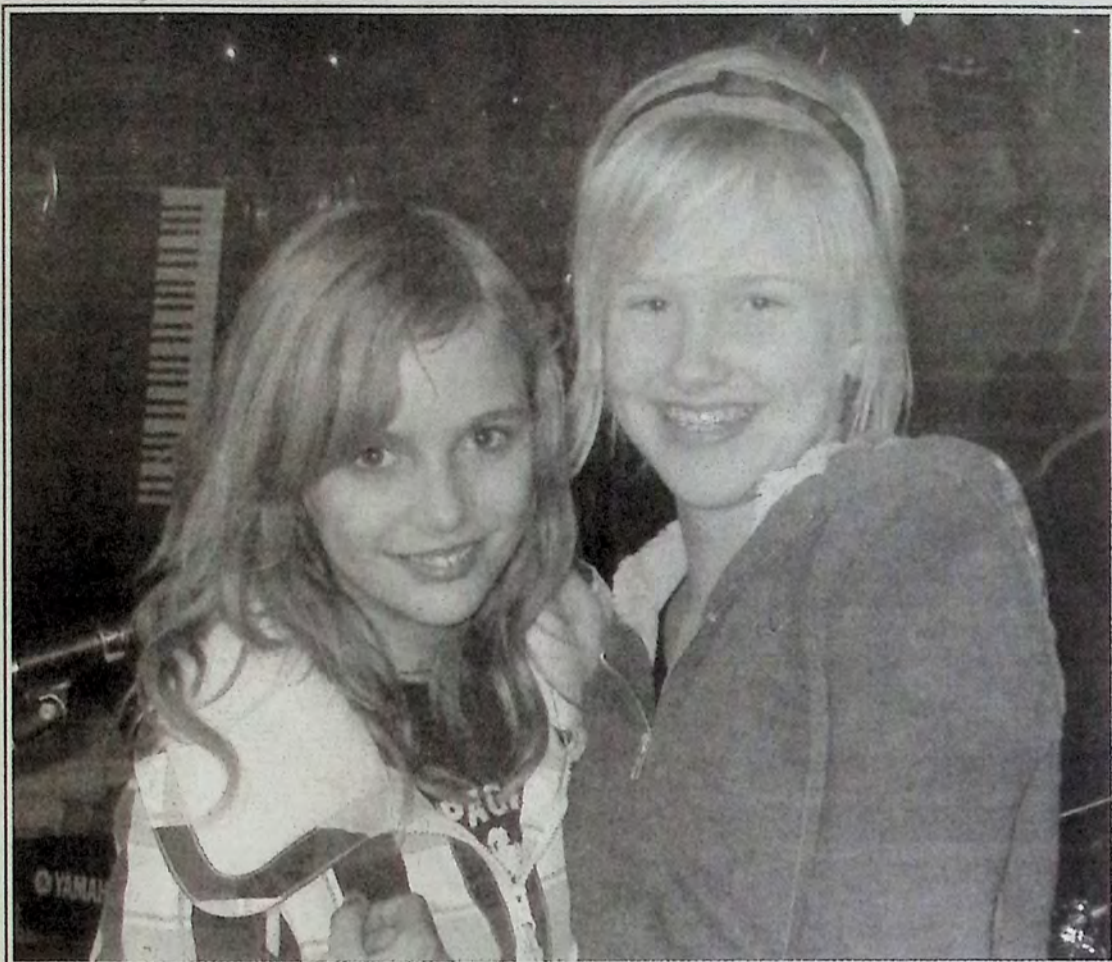
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CELEBRATE PRINCETON'S 150th WITH THIS UNIQUE SOUVENIR



Megan and Samantha are just two of the talented teens who make Coffee House part of their routine. *

SCA Branch #30 Report

by Carol Seaman

Once again we are faced with residential care for a family member. Is this the answer?

Last October a new rate for residential care was imposed, that was to enhance patient care. But what has changed in the service provided?

What is there to enhance? Now everyone needing residential care will pay 80% of their after tax income, leaving the resident a minimum of \$275 per month for personal spending to cover cablevision, telephone, personal items, transportation, all of which will be subject to the HST tax.

Suddenly the \$275 does not seem like much. This HST tax is said to be phased in over a two year period, to reduce the impact on everyone. Or is it already being implemented?

To compare the cost of private care at four to five thousand dollars a month diminishes the needs of the frail and medically fragile individuals on fixed pension incomes.

We first have to determine whether the senior might remain at home with home support, or require 24 hour nursing care, or maybe supportive living, which combines services like housekeeping, emergency response, and meals.

Assisted living the rates vary, and will only be eligible if the health authority deems the support they are receiving is insufficient. Before any residential care such as assisted living, supportive living or residential care is recommended, the senior is put on the wait list matching the level of care the health

authority recommends.

The senior then is expected to accept the first opening that comes available, or may well be placed at the bottom of the list to start the wait again. This may be a problem that many of us have to face, and the decision will affect not only the senior but, the family member who puts them there.

Now I've said all that, let me tell you about our meeting which opened as it always does with O Canada, and the seniors prayer, the treasurers report, and the business. Our membership is smaller than it was last year, but as we look around, we see we have lots of new faces in our midst.

With spring coming upon us we have lots of activities to get orga-

nized.

There was a 95th birthday party for John Sinclair on Saturday afternoon. Congratulations John! Tom and Pat Parsons won the February 23rd pool tournament.

A get well card was to be sent out for Isabelle Johnson, who went back in the Penticton Hospital. Helen brought in just under 60 dollars in the crib and whist game. We have a regional convention coming up in March, and we will send 2 delegates, Carolyn and Allen to represent us along with the regional president Evelyn Cook, and treasurer Dorothy Monkman. If you would like to join us for cards, a game of pool, or just a coffee, we are at 162 Angela Avenue, love to see you there.

On Saturday February 13th the Princeton Interior Bowling Team hosted a Valentine's themed fun night. Prizes were purchased from local businesses along with many donations.

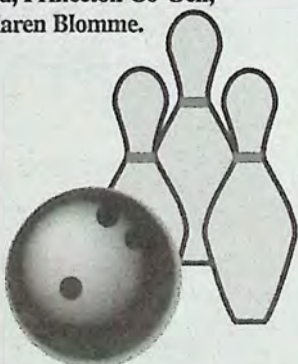
The team was raising money for their annual tournament which will be held in Kamloops on March 19th to 21st.

Many thanks to Dan at Copperhill Lanes for donating the lanes. A fun time was had by all in attendance.

Thank you also to the following businesses: Shirley's Place, Princeton Chevron, Subway, Kal Tire, Princeton Cold Beer and Wine Store, Overwaitea, Princeton Co-Gen, Natalie Young and Karen Blomme.

Princeton Interior Team:

James Hornslien - Ron Graff
Murray White - Dave Shalanski
Josh Scarpelli - Aaron Gould
Rob Young - Barb Gould
Lyn Graff - Christina Kovacs
Karen Blomme - Natalie Young
Denise Lewis - Natalie Ihlen



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Editorial Page News Leader

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My Turn...

Breathe Deeply While You Still Can

What would you say if I told you that with each breath you take in the Princeton area you are taking in some harmful particles? Would you be concerned enough to make a little noise about the (apparently) clean air we have?

What got me thinking a little more about this is the SOS.

Yep, the group known as Save Our Similkameen requested Town Council support their attempts at bringing a screeching halt to coalbed methane exploration in the region. While I think it's commendable that they are standing up for a cause, I think they should be fighting something that is already happening first.

I'm talking about the blue haze in East Princeton.

Local politicians know all about it but have claimed they are powerless to do anything. Regional politicians know all about it but have also claimed they are powerless.

SOS seems oblivious to the blue haze which makes me think all those who claim to be powerless must all own pellet stoves and don't want to rock the boat. One anonymous politician even said as much as the reason why nothing has been done about the blue haze is that the place that produces it has created employment for the community.

So if that's the guideline being used, then I would imagine if by chance the copper mine accidentally spilled something into the river or dumped something toxic in an out of the way location in the hills we'd all pretend we didn't see it because of the jobs being created.

There has to be credibility and a blue haze that even an air quality management department has quietly indicated contains unsafe levels of particulate matter (but won't say it publicly) can't be good for you lungs or mine.

But, since there's jobs...we have to look at it differently. Or do we?

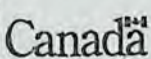
I thought the whole point of developing the industrial park was so that a half dozen or so smaller 'green and clean' businesses would set up shop and not only create employment, but would contribute to the overall community by filling gaps that currently exist in the local job market.

I'm also under the impression that a series of balances and checks are in place so that the 'right' businesses go there.

So you would think those same balances and checks would be used on existing businesses to keep them accountable. This is where the SOS would fit in. They should lobby the politicians, on behalf of the residents of the valley they represent, to keep those polluting our air from continuing to do so by pressuring them to filter, capture and whatever they have to do to keep the blue haze from getting into the air.

Right now the people calling the shots are the business owners.

Someone really needs to take a look at what is happening and put the power back where it belongs, in the hands of those who make and enforce the rules and not those who refuse to follow them.



PAP Registration No. 11034

We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

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.



Player introductions at the Sr. Girls Basketball Valley Championships were worthy of celebration. *

...Your Turn

Dawn's Comment Brings One

Dear Dawn,

Thank you for the first-class Current Comment titled "Please Put Down That Phone" which appeared in the February 16th

issue of the Similkameen News Leader.

I would hope that all drivers read it and pay attention. A couple of weeks ago I received a letter from

a friend with pictures, and it hit the nail on the head HARD!

Some guy was texting while driving, and ran into a freight truck. His small car was demolished, and so was he. He was torn completely in two, and the pictures are very graphic.

Anyone who even thinks about talking or texting while driving, should be forced to look at something like that.

If you are interested in seeing this I could forward them to you.

Best regards,
- Robert J. Whelpton, Princeton

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Go, Posse, Go!

Current Comment

Can We Keep The Spirit All Year?



Dawn Johnson
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I am impressed with Princeton winning GamesTown. We did deserve it, and I was proud so many local residents wrote such good things about my hometown. I was impressed with the number of people who turned out for the Olympic torch relay. It looked like half the town turned out. I was not the only one who was impressed. I understand one of the best turnout they had seen in a small town. The estimate was 1,500 people on the street.

As a member of the Fall Fair Association and Princeton Exhibition Association, I thought, "Why can't the people support our events this way?"

I see the number of hard-working volunteers who do a great job of hosting events such as the rodeo, horse racing and Fall Fair. They work their butts off to put on a really good show when they host an event, yet only a small percentage of the community attends these events.

Princeton never used to be that way. What Princeton used to be was the way we were for the torch relay. If a community event was happening, everybody turned out to support it, and it was lots of fun.

Maybe we have a lot of residents who don't understand what these events are all about. I'll use the rodeo as an example. I have heard people say they are not rodeo fans, but last year I took a couple from Vancouver to our local rodeo, and they loved it. A rodeo is not just about what the cowboys are doing in the rodeo arena. There is the grand entry, which is a great show, and the clown always adds to the fun, but the best part of any rodeo is the socializing. You get to meet people from all over the place, and

you visit with your friends from around here. You have a hotdog or hamburger, listen to or dance to some music, have some refreshments, and just soak up the atmosphere, which includes the wonderful view from our grandstand.

There are lots of misconceptions about rodeo. People tend to think the animals are being abused. It is worth remembering that, pound for pound, cattle and horses are 10 times more powerful than a man. A cowboy has to overcome a big fear factor before he competes in some of the events in rodeo, and in others, he has to train his horse first! It also pays to remember that these animals might be dog food or hamburgers if they did not qualify for rodeo.

Our annual horse racing meet is another example of what people think goes on but what is not really going on. Two summers ago, I took my sister to our races. She had no idea how to read a race form or place a bet. She remained convinced that looking at a horse would give her an idea of how well it would race. I taught her to read the form and explained how to place a bet.

She learned this was only part of the fun. The best part of the fun was seeing old friends, visiting, listening to music, and enjoying the actual race. At the end of the day, as she put her tired feet up, she said, "Oh boy, that was a great day!"

I have taken relatives from England and Australia to one or another of our local events, and they were always impressed with how much fun they had.

I've talked about big city people enjoying our events, but in recent years it has been hard to get our local people to out to these events, despite the excellence of advertising. What's the problem? Have Princeton people lost their enthusiasm for supporting local events?

I wonder. After the torch relay turnout, which was amazing, especially when you consider it was early on a Sunday morning in winter, I wonder why local residents can't turn out to support events taking place on a beautiful sunny day. People attended the torch relay for half an hour but our other events last longer, have more to do and don't require standing around in the cold.

We have a big event April 15, the dedication of our Bridge of Dreams. Vermilion Trail Society members worked many years toward the building of this unique foot bridge for the TransCanada Trail. Can we carry on the Olympic spirit for this event and turn out in big numbers to cheer for our local volunteers?

Can we keep the Olympic spirit all year and celebrate our community?

What about the rest of our big events this year? Are you going to be there?



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Valley First demonstrates commitment

Valley First has reaffirmed its commitment to support the communities it serves by establishing a \$1-million charitable foundation endowment that will provide grants to worthy causes in the Okanagan, Similkameen and Thompson regions.

The endowment was made shortly before Valley First merged with Envision Financial to form First West Credit Union on January 1, 2010. Envision has maintained a charitable foundation since 1996 that has provided more than \$1.5 million in grants in the communities the credit union serves.

The same foundation will hold the Valley First endowment as an enduring gift and distribute only the interest earned as grants beginning in 2011.

"One of the commitments we

made to our members when we sought approval to merge with Envision Financial was that we would continue our tradition of supporting the communities we serve," says Valley First president Paulette Rennie. "This endowment is a significant demonstration of that support, and something that will make a difference for hundreds of good causes for years to come."

Contributions from credit union members and the broader community are welcome to help grow the Valley First endowment and increase the fund's ability to support worthwhile community projects. Since the credit union provides administrative support for the foundation, 100 per cent of donations go directly to the endowment fund.

"As the charitable arm of the credit union, the foundation's mandate is to improve the lives of people living in our communities," says foundation executive director Seline Kutan. "The creation of the Valley First endowment will ensure the Foundation is able to meet the needs of all of the communities served by First West Credit Union."

Valley First is a division of First West Credit Union, B.C.'s third-largest credit union with 37 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Thompson-Okanagan and the Similkameen regions. First West has approximately \$5.6 billion in assets under administration, 167,000 members and more than 1,150 employees.

- submitted

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Sr. Girls Basketball



Action from the Sr. Girls Valley Championships at PSS. *



Players scramble under the net during the Sr. Girls Valley Championship last week. *



The look of concentration during intense play on the court. *

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