

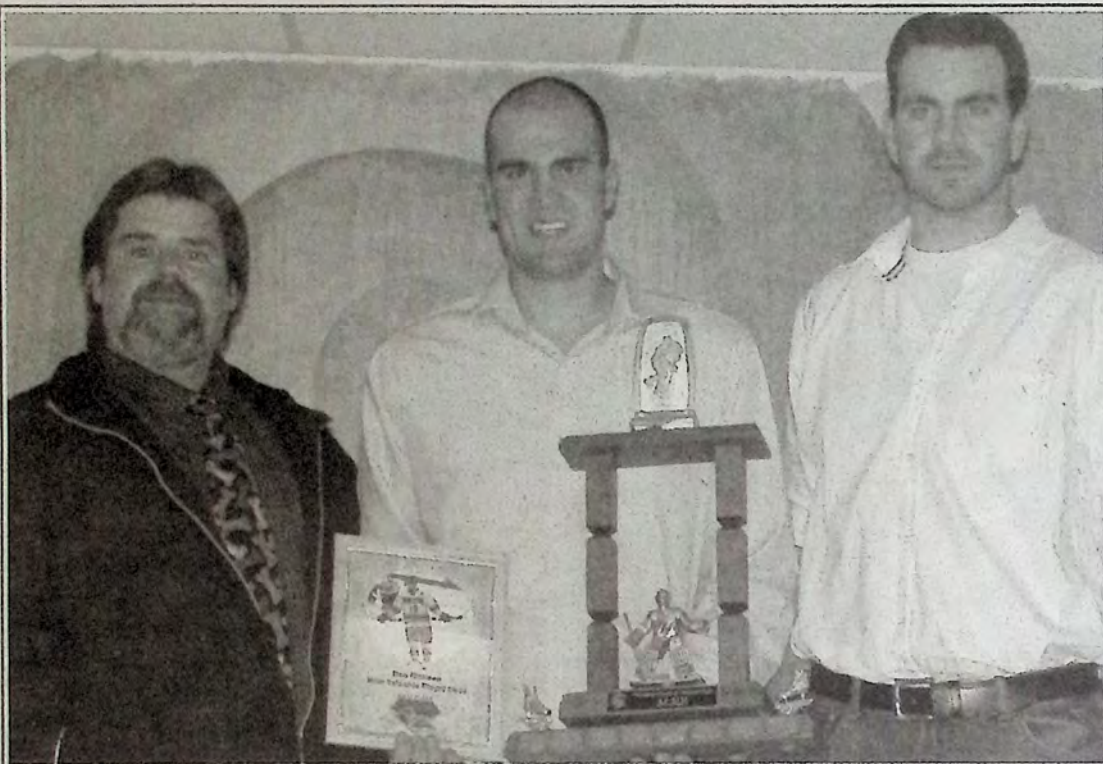


# Similkameen News Leader

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Volume 13 Issue 12 #622 ISSN 1712-090X

Tuesday, March 23, 2010



Princeton Posse team captain Dan Hillman receives the Most Valuable Player Award from Head Coach Dale Hladun and Assistant Coach Tyler Gunn during the March 17th Posse Awards Night. \*

## Princeton challenges Keremeos

Town Council is very concerned that Keremeos will win the FortisBC challenge.

"We have to beat them," Councillor Jason Earle declared at the March 15 Council meeting.

Fortis BC is challenging their customers to cut electricity consumption during Earth Hour, Saturday, March 27, from 8:30 PM to 9:30 PM. You could turn off your lights, turn down your furnace, or do something else to save on electricity.

Princeton's Town Council mem-

bers are concerned because they told Keremeos there will be more Princeton area residents making the pledge than there will be from the south end of the valley. Amid a lot of laughter at the Council table about how badly Princeton will beat Keremeos, there was a shadow of doubt. At that time, most of the pledges had come from Keremeos.

If you want to enter your pledge to participate in Earth Hour (and beat Keremeos), go to fortisbc.com website.

## Hospital closes Emergency Room

Councillor Marilyn Harkness told Town Council at the March 15 meeting that the Emergency Department at Princeton General Hospital would be closed from 8:00 PM Friday, March 19, to 8:00 AM Saturday, March 20. She had attended a meeting to discuss partial and full day closures expected at the hospital due to a shortage of physicians.

Councillor Harkness stated that the closures might have been worse but Dr. Michael Jeanes of Keremeos would be covering a few days.

She exhibited a poster which advised people to call 911 if the local Emergency Department is closed, or visit the Emergency Department in Penticton Regional Hospital. The poster recommends calling 250.295.3233 to be sure there is no assistance in Princeton before driving to Penticton. The poster further advises calling 811

(HealthLink BC) if you are unsure of the services you need. The 811 service is available 24/7.

Mayor Randy McLean added comments about the high cost of bringing in locum physicians,

which has been going on for the past couple of years. He said Interior Health is doing all it can to recruit more physicians for Princeton but suggest now is the time for every Princeton area resi-

dent to try to recruit physicians through personal contacts.

He said people who know of a doctor looking for a rural practice, or just about to finish medical training, should encourage that

doctor to consider moving to Princeton.

In the meantime, Princeton area residents are left wondering whether a doctor will be on duty if there is an emergency.

## TOPS asks for aquatic centre

At the March 15 Town Council meeting, Mayor Randy McLean responded to a letter sent to Town Council requesting construction of an aquatic centre for Princeton. He says he hears this request verbally from at least one person every week.

TOPS (Take Off Pounds Sensibly) is one of the many local groups encouraging Council to go ahead with the construction of an aquatic centre. Their letter cited many benefits to the health of local residents. Council did not disagree with any of the contents of the letter but felt people did not understand the process Council must follow

before any construction could begin.

Some people thought the \$100,000 GamesTown prize would guarantee the construction of the aquatic centre. That money is just a drop in the pool.

Councillor Frank Armitage noted the aquatic centre proposal had been reviewed and a cost estimate puts the project between \$6 million and \$10 million. Debt repayment and operating costs would amount to \$1.6 million a year. This could raise property taxes by as much as \$100 a year.

Town Council would have to go to referendum to find out whether

local property owners would be willing to have their taxes raised to that extent. If local property owners voted in favour, then Town Council would have to secure a

loan, go to tender and select a contractor before construction could begin.

"It doesn't happen overnight," Councillor Armitage stated.



### Posse thank bus driver

Calling it "the best gig a bus driver can ask for" Steve Rose of Merritt accepted a framed team photo from Posse Head Coach Dale Hladun during the March 17th Awards Night.

Rose, one of four drivers on call this season, has logged more kilometres with the Posse than all the other drivers combined.

Similkameen News Leader  
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## Similkameen News Leader THIS WEEK:

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## Meet The Youth Ambassadors!

A PRESENTATION OF SIMILKAMEEN NEWS LEADER  
 EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE EIGHT CANDIDATES

### Calli Martin - Valley First Credit Union

Calli Martin is seventeen years old and was born in Surrey, BC but has lived in Princeton for most of her life. She enjoys being active and works out several times a week. Calli's favourite subjects in school are biology, math and especially art. She likes to travel and has been very fortunate to visit several different places. She has been working part-time since she was 14, and has been employed at a local gym, two fast food restaurants and most recently as a housekeeper at a local motel. Although Calli has not yet discovered her passion, she has participated in numerous activities including ballet, soccer, 4-H and karate. She has taken swimming, piano and English horse riding lessons and has competed on the high school basketball and cross-country teams. She also has her CPR and Food Safe certification. She has not decided on a career yet, but she's leaning towards an occupation helping people, working with animals or possibly in design or graphics. Valley First Credit Union is sponsoring Calli in the Ambassador Program.

# GE seeds hurting exports

Canada's flax industry is scrambling to repair damage to our export markets because of contamination by unapproved genetically engineered (GE) flax. This problem will reoccur as more genetically engineered crops are approved without rules that consider existing regulations in export markets and the potential negative impacts on trade, says New Democrat Agriculture Critic Alex Atamanenko (BC Southern-Interior).

Atamanenko's Bill C-474 seeks to fill the regulatory gap which led to

the rejection of Canadian flax shipments to Europe after widespread contamination by genetically engineered (GE) "Triffid" flax unapproved in our export markets. It calls for an analysis of potential harm to export markets to be conducted before the sale of any new genetically engineered seeds is permitted. Presently, Canadian approvals of new GE seeds are based on environmental and health assessments, but ignore the question of any potential harm to export markets.

Maureen Bostock from the

National Farmers Union agrees, saying that C-474 is essential to protecting farmers from the release of GE seeds not regulated in export markets. "The recent damage to our flax export markets from GE contamination clearly illustrates the degree of risk," said Bostock. "The government has an obligation to protect farmers from the interruption of markets and, by so doing, protect the economic interests of all Canadians."

"This Bill would fill a gaping hole in Canada's regulations. The government risks economic harm to farmers by permitting GE seeds that are not approved in our export markets," said Lucy Sharratt, Coordinator for the Canadian Biotechnology Action Network (CBAN). "Bill C-474 is immediately needed to address the foreseeable economic threat posed by GE alfalfa, for example."

## Council approves bike track

Town Council received a letter from Princeton and District Recreation Commission and Arena Board asking the Town to acquire a piece of Crown land to use as a bike track. Director Lyle Thomas explained the land is adjacent to the arena land and

the project is low upkeep. Council agreed to apply to the Crown for use of the land for that purpose. Town insurance will then cover both track users and volunteers working on the project.

Similkameen

# News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

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

Similkameen News Leader

Monsanto has already been given the necessary approvals for GE alfalfa, with only variety registration left to go before it can be legally sold. "If GE alfalfa is commercialized, it will only be a matter of time before GE contamination spreads to non-GE alfalfa and we begin to see serious economic consequences to Canadian farmers who grow for domestic and international markets," said Deputy Agriculture Critic Malcolm Allen.

Bill C-474 was up for debate on March 17 and will likely come to a vote sometime this spring.





Former Princeton resident Jennifer Gillcash is the new pharmacist in town. \*

## Former local girl comes home to Princeton

Jennifer Gillcash, formerly known as Bertrand and McConnell, was born and raised in Princeton.

She was involved in local sports and the ambassador program and worked for a number of Princeton area businesses, including Pharmasave. After graduating from Princeton Secondary School in 2000, she obtained her Bachelor of

Science in Pharmacy (BSP) degree from the University of Saskatchewan in 2005, then completed a hospital residency in Prince George.

Gillcash spent the last three years at BC's Children's & Women's Health Centre in Vancouver, specializing in neonatal critical care in the Special Care Nursery. She has also worked

in several Shoppers Drug Mart pharmacies as a pharmacy student and new pharmacist.

Gillcash returns to her hometown with her husband, David, and their daughters, Gwynyth (2 years) and Gracie (4 months). She is excited to work with the wonderful staff at Shoppers Drug Mart and to assist you with your medication needs.

## Fortis BC urges you to 'shut off'

For one hour on Saturday, March 27, do something in the dark. Anything. And let us know about it.

FortisBC PowerSense invites customers to switch off, unplug and join millions of people around the world participating in Earth Hour. Go to the FortisBC website and share your plans for that hour in the dark. You'll be entered to win a weekend getaway at the Manteo Resort in Kelowna.

Several communities, including Trail, Castlegar, Princeton, Keremeos, Penticton and Kelowna, have issued challenges to see which area achieves the most participation by its residents in switching off for one hour. The winners will each receive the Earth Hour Cup, sponsored by FortisBC. And pledges are starting to pour in with plans varying from playing board games by candlelight to going for a walk in the dark to count the stars.

"FortisBC customers have shown a real interest in this international initiative, one that we are proud to support because it's a positive way to conserve electricity," says Michael Mulcahy, FortisBC's Vice President of Customer and Corporate Services. "Last year during Earth Hour, electricity usage was reduced by nine megawatts over a comparable Saturday. We'd like to beat that record this year."

FortisBC will monitor the amount of energy used during Earth Hour

and compare the results to an average day for the same time period to calculate the savings. However, what's more important than the actual energy saved for one hour by residents and businesses who turn off their lights is the exercise of thinking about energy that's used regularly, but perhaps unnecessarily, and starting to think about conservation every day.

Earth Hour is gaining momentum from year to year, as awareness grows of the need to conserve energy. Individuals, communities and businesses are finding a variety of ways to get involved.

"For us, it's a fun way to engage and entertain our guests, while doing something good for the environment," says Heather Schroeder of the Manteo Resort in Kelowna. "As a hotel that prides itself in its environment status, this goes hand in hand with our other initiatives."

In addition to offering Earth Hour gift packs to guests, the Manteo Resort has asked Wild Apple chef Bernard Casavant to prepare a special candlelight menu that can be served without firing up the grills and stoves. The Manteo Resort is also encouraging neighboring resorts and restaurants to get involved.

FortisBC PowerSense is committed to helping customers conserve energy and get the most out of their ..... continued on Page 22

### Town of PRINCETON Princeton Town Hall News

#### WANTED OLD WOOD STOVES

A clean air program of the RDOS & Ministry of Environment - Help clean up our Air!

#### The Great Okanagan and Similkameen Wood Stove Change Out Program

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- And, receive a \$250 cash rebate from the Regional District Air Quality Program (trade-in early as rebate funds are limited)

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- Princeton Builders Mart: 295-6938
- Ok Falls Red Barn: 497-5352

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

#### EASTER OFFICE HOURS

Princeton Town Hall will be closed Friday April 2, 2010 and Monday April 5, 2010 for the Easter Holiday. Regular office hours will resume on Tuesday, April 6, 2010.



#### EMPLOYMENT OPPORTUNITY

##### POOL STAFF REQUIRED

The Parks, Recreation and Culture Department is accepting application for certified Water Safety Swim Instructors and Lifeguards for employment this spring and summer. If you would like to learn how to become a swim instructor or lifeguard call Carol Mack at 250-295-7085. Resumes will be accepted at Town Hall until April 30.



#### RIVERSIDE MOVIES

The Parks, Recreation and Culture Department is hosting pre-released movies at Riverside Centre to great audiences who appreciate the big screen and surround sound. Upcoming Blockbusters include:

Sherlock Holmes Friday, March 19 Doors open at 6:30pm  
Avatar Friday, April 16 Doors open at 6:30pm

\$5.00 at the door Concession Open  
Call the Movie Hotline at 250-295-6067 line 2.

#### YOGA CLASSES

Yoga classes are being offered at Riverside Centre each Wednesday morning from 9:15-10:45 am. Join Dell or Lynn for a great workout that stretches and relaxes your body, mind and soul. Purchase a 5 visit punch card for \$31.50. Call Parks, Recreation and Culture Office at 250-295-6067 to learn more.

#### EARTH HOUR

Turn your lights off on March 27th from 8:30 pm to 9:30 pm for earth hour. Remember to register for the municipal challenge on FortisBC's website. Princeton has challenged Keremeos. Let's show the world that Princeton is power smart.

#### FREE LANDFILL DAYS

FREE DUMPING is being offered once again at the LANDFILL on APRIL 24 & 25, 2010 for Town of Princeton and Regional District Okanagan Similkameen Area "H" residents only.



Free Dumping is an opportunity to drop off trash items that are regularly charged a fee such as:

- Home renovation materials (i.e. floor coverings, drywall, roofing, etc.)
- Refrigerators
- Air conditioners
- Televisions
- Old furniture, etc.



#### TREE REMOVAL

As part of the Town of Princeton's Wildfire Management Program the Town of Princeton will be removing trees on Crown Land along Airport Road. Removal of trees along Bonlin Road and West China Creek are also part of this program and this will be treated later this spring.

## Princeton is GamesTown

2010 Town of PRINCETON





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## Keremeos News



"Oh Jack, why have you been so distant of late," pleads the crafty, Anna Alverado (Gabi Cursons). "Hmm. I'd love to chat, Anna but I have some papers to attend to," replies Jack Dalton (Jacob Matte). Will our hero, Jack, overcome the evil doers? Find out this weekend as the Cawston Players present, Curse You, Jack Dalton!, an old fashioned melodrama March 26, 27 and 28 at the Cawston Hall. - photo submitted

## Trails society on the move

by Dave Cursons

The Similkameen Trails Society met at a regular meeting March 11th at the Keremeos Village Council Chambers.

The society is a Stewardship Partner to the Regional District of Okanagan Similkameen which works for Trails Development in concert with the provincial government at the Ministry of Transportation and Infrastructure Finance (Highways) and the Ministry of Tourism Culture and The Arts.

The March 11 meeting approved release of society funds for some improvements to the Keremeos Promenade. These will be completed by Brian Dunn with volunteer labour.

The Keremeos Promenade runs from the Red Bridge through to a dead end at the undeveloped Becks Road right-of-way by the Rocking Chair Ranch. It was decided to work with the RDOS for trails fencing and works on the undeveloped Becks Road right of way to extend the promenade to emerge at Highway 3.

A Cawston Committee has submitted a proposal through the Trails Society to the RDOS that

would see a walking trail in a circle route from Kobau Park, around the Keremeos Creek-Wainwright Nature reserve, over Daly Drive to the rail bed and back to Kobau Park via Coulthard Road.

Diane Vaykovich is the RDOS

## Hall society hosts AGM

The Annual General Meeting of the Cawston Community Hall Society met Tuesday, March 16th to review the year's business and to elect a new Board of Directors.

The seven directors for 2010-2011 are Cory Van Heck, Gerald Sanderson, Robert Mennell, James Duperron, Doe Gregoire, Kaaaly Levan and Dave Cursons.

The Cawston Community Cemetery has been managed by the Cawston Hall Society since 1936. New signage at the cemetery outlines rules about use of the internment site.

RDOS Director, George Hanson, has invited the hall society to enter into discussions with RDOS officials concerning future management and care of the Cawston Cemetery.

The Cawston Hall Improvements

official on point for trails in the Lower Similkameen. Her department is working with the Ministry of Transport and Infrastructure Finance (Highways) regarding the abandoned Burlington Northern Railway bed extending south through Cawston.

Committee, headed by Kaaaly Levan, described work done on energy retrofits and renovation of the Women's Institute Room and hall washrooms, door replacements and painting. Future renovation and building plans were discussed.

Monthly Cawston Hall Movie Nights begun in January have been well-attended.

Loaned equipment will be replaced by new digital projection equipment purchased by the hall society from Movie Night revenues.

Membership in the Cawston Hall Society is open to any resident of Area B (Cawston) RDOS and Associate (non-voting) memberships are available to anyone. Dues for each are presently \$2 per year.

- submitted

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

Similkameen News Leader





"How dare you, a mere serving maid, question me?" scolds Anna Alverado (Gabi Cursons) while Bertha Blair (Sarah Martin) retorts that "Many a heart that beats beneath calico is more worthy than that beneath silk and jewels." It is part of this weekend's old fashioned melodrama, 'Curse you, Jack Dalton!' onstage at the Cawston Hall Friday, Saturday and Sunday, March 26, 27 and 28. Advance tickets are at the Cawston Marketplace and Similkameen Agencies. Proceeds go to purchasing theatre equipment.

## Melodrama hits the stage in Cawston

The Cawston Players present their Spring play this coming weekend, March 26, 27 and 28 at the Cawston Community Hall.

It's called 'Curse You, Jack Dalton!' - an old fashioned melodrama written by Wilbur Braun back in 1936.

As with all melodrama there is a somewhat hapless hero, a sweet heroine, assorted quirky relatives and, of course, the villains.

The crafty Anna Alvarado and her accomplice, Egbert Van Horne, seek to get away with the Dalton Family fortune through charm and sculduggery.

The audience may boo and hiss at the evil ones, cheer and applaud the virtuous but it is impossible not to smile and laugh at the heart-rending sincerity of old fashioned melodrama.

A non-profit production, proceeds will go to purchase stage equipment for the players. The Cawston Players have periodically presented their work to area audiences over the past eight years.

General Admission is \$10. Advance tickets are at the Cawston Marketplace and Similkameen Agencies in Keremeos.

Doors open at 6:30 PM, showtime

is 7:00 PM, Friday, Saturday and Sunday March 26, 27 and 28. For more information about this show call 250.499.5417. - submitted



"Oh, Anna. We are so alike, you and I" coos Mother Dalton (Jaquin Manet-Bobier) as Anna Alvarado (Gabi Cursons) chimes in "Of course we are...dear...dear Mrs. Dolt...er...Dalton." Will Anna and her accomplice, Egbert Van Horne, steal the Dalton fortune? Find out this weekend as the Cawston Players present an old fashioned melodrama. Photos and article submitted by Dave Cursons

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What would you  
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(Let us know and you could win a weekend stay at the Manteo Resort)

On Saturday, March 27, 8:30pm, join millions of people around the world who are switching off for Earth Hour. Participation is easy. Turn off your lights and electronics for one hour. That's it. In fact, log onto [www.fortisbc.com](http://www.fortisbc.com) or call 1-888-4FORTIS and tell us what you'll do with that hour in the dark. You might win a weekend for two to the Manteo Resort in Kelowna and the coveted Earth Hour Cup for your community.

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# Health / Lifestyle News

## Iron deficiency is not anemia

(NC)—Iron deficiency and anemia are not the same. In fact, it is estimated that 40% of childbearing women are iron deficient while only 4% are actually anemic. (Danish Food Directorate)

But iron deficiency can lead to anemia, and unfortunately, unless those with iron deficiency are also anemic, they tend to fall through a major crack in the medical system.

Despite the fact that one woman in four suffers from iron deficiency, it is not routinely tested for during medical examinations.

"The message is clear: pick up on the deficiency before anemia develops, and it is safer to treat and easier to correct," says Dr. Cathy Carlson-Rink, a licensed naturopathic physician and registered midwife. "A serum ferritin test is the best way to identify iron deficiency."

## Are you kidney clever?

(NC)—Most Canadians know that the kidneys remove waste from the body. But a recent survey found most don't know four important facts:

- Kidneys produce hormones that regulate essential body functions like blood pressure.
- Diabetes and high blood pressure are the two most common, and often preventable, causes of end-stage kidney disease.
- Treatments exist for kidney failure, but they are not cures. A person on dialysis must get treatment three to four times per week, which takes up to five hours each time. And kidney transplants don't typically last a lifetime.
- 70% per cent of people on Canada's organ donor transplant waiting list need a kidney. Some die

waiting.  
The failure to catch iron deficiencies during the preliminary stages of the disease, a stage called pre-anemia, is so prevalent that more than half the women in a study of 136 women between 18 and 55 with unexplained fatigue had low serum ferritin levels. (British Medical Journal, 2003) Consequently, many exhausted women put up with the needless fatigue and associated symptoms of iron deficiency by blaming it on our fast-paced lifestyle.

"As a doctor, I know how much this can affect women's lives," says Dr. Cathy Carlson-Rink, a licensed naturopathic physician and registered midwife. "I watch women crawl into my office so exhausted they feel they have had the joy of life zapped right out of them. I also

know, as someone who has personally been affected by iron deficiency, how much this simple problem can wipe out your quality of life. However, the problems do not end with exhaustion, as iron deficiency has been linked with PMS, depression, decreased fertility, pregnancy complications and, more recently, postpartum depression."

Three main symptoms are present with mild iron deficiency or low iron stores: poor concentration, difficulty exercising and mental and physical fatigue. Others symptoms may include increased frequency of infection, paleness, dark circles under the eyes, brittle hair and nails, shortness of breath, heart palpitations, dizziness, restless legs, and cold hands and feet.

"For years, I have recommended Salus Floradix," adds Dr. Carlson-Rink, a liquid iron supplement that has been in use worldwide for more than 60 years. It is non-heme (plant-based), so it does not lead to iron overload. It is additive and preservative free, non-constipating, contains vitamins B and C to maximize absorption, and is clinically proven to normalize low iron levels."

More information can be found online at [www.requiredforlife.com](http://www.requiredforlife.com) or toll-free at 1-888-436-6697.

## Living Past 100

### Put Food Safety First

Warnings about unsafe foods seem to be in the news more often. Since the listeria episode last year when 16 people died from eating prepared packaged meats, we have heard of contaminated produce, listeria in milk products and salmonella in a protein added to foods as a flavour enhancer. How can we feel more secure about our foods?

There is a simple rule about food safety: foods that you thoroughly cook at home are generally safe. Cooking all the way through will kill bacteria that can cause illness.

You are probably thinking, "But I can't eat just cooked food!" This is quite true. You are not going to cook your cheese or lettuce or apple. Again, in general, a thorough washing in chlorinated water will probably prevent any contaminants from fruit or vegetables.

A lot of people carry sandwiches to work or send kids to school with sandwiches. A roast beef sandwich you made with beef sliced from a roast you cooked at home and properly refrigerated is probably safe. The same is true for a ham sandwich, and canned sandwich meats or fish are probably safe because canning kills bacteria.

The real key to food safety is in the handling of food. All utensils must be clean, surfaces the food touches must be clean, and hands must be clean before touching food.

Foods that are not properly stored, particularly raw meats and fish, can be contaminated. Any food you buy packaged that has "Best before" on the label means it's good until that date as long as it has not been opened.

Foods can be contaminated in your refrigerator. Keep it clean, all the time, to ensure your food is fresh, and to prevent possible contamination.

If you really want to know how food should be handled, take a Food Safe course. These are offered at a nominal fee in most communities.

There is little you can do to ensure food you buy is not contaminated. If you have a lot of concerns, contact your Member of Parliament or Health Canada, the agency responsible for having food inspected.

There is a little ray of sunshine in all of this: when food is ordered taken from grocery store shelves, it shows the food inspectors are on the job. They are working to protect you from contaminated food.



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Similkameen  
**News Leader**



# This Week - 11 Years Ago

Celebrating Princeton's 150<sup>th</sup>

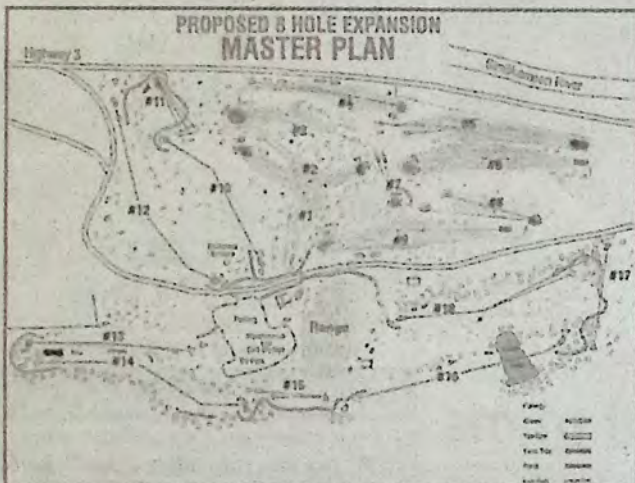
W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 23, 1999

## Expansion and growth in 1999



### Golfers must vote on expansion



#### To grow or not to grow

PRINCETON - Members of Princeton Golf Club will meet Sunday night to decide whether to proceed with expansion of the course to nine holes. This project, better known as the "back 9", will cost an estimated \$780,000, and will include a clubhouse expansion.

"The course is crowded now," says club president Glenn Weissbach. "We need more space."

Weissbach expects the Sunday evening meeting to be "pretty exciting."

"A lot of members want the back nine, but they don't want to pay," Weissbach told the News Leader. The sticky wicket is an additional \$100 per year per member for three consecutive years. This levy would be required to finance the expansion.

According to Weissbach, Princeton Golf Club has moved into big business in the past two years, with total revenue of \$425,000 in 1998. He follows

Elk Foundation sponsors resource management group

The March 23, 1999 front page of the Similkameen News Leader.

The March 23, 1999 Similkameen News Leader featured a huge local project on the front page - the proposed 9-hole expansion plan for Princeton Golf Club. The project, better known simply as the 'back 9,' had an estimated cost of \$780,000, which included an expansion of the clubhouse.

"The course is crowded now," Club President Glenn Weissbach told the News Leader at the time.

"We need more space." Members of the club were to vote on the proposal the following Sunday night in a meeting Weissbach expected to be "pretty exciting."

Weissbach indicated a lot of the members wanted the back nine but were not anxious to pay for the project. The issue for golfers at the time was an additional \$100 per year per member for the following three years required to finance the project.

Weissbach told the News Leader that the back nine project would benefit the Princeton area by attracting golfers to the area.

"Three times as many people golf 18-hole courses compared to a 9-hole course," he said.

"On an 18-hole course you can have more people golfing at the same time and it's not crowded."

The back nine project was approved and created one of the better courses in the region and increased Princeton Golf Club rev-

enues into the stratosphere. It also pushed the club in later years to expand other parts of the course and to develop an RV campground.

Speaking of growth, an open house on March 17, 1999 attracted 60 people who poured over maps and details on the Trans-Canada Trail.

Jim Stolth, representing the Vermilion Trails Society, said at the time he would have liked to have seen more interest but those who were in attendance were keenly interested in the project.

Princeton RCMP Cst. Mike Fox and Cst. Steve Barton told Town Council at the March 15, 1999 meeting that the RCMP bicycle patrol started the year before had continued to be successful.

In a total of 67 hours of patrolling they logged 1,319-kilometres and attended 29 calls, did 281 street checks and 77 vehicle checks. They issued 36 violation tickets, 83 warnings, made 70 liquor seizures, laid 8 liquor charges, made 11 drug seizures and laid 4 drug charges.

The bike patrol constables admit-

ted they are most effective at night, riding quietly up to people on the street.

"We can sneak up," Cst. Fox stated.

The PXA continued to expand with a change in the rental rate structure at Princeton Fairgrounds.

Diane Huey presented a draft of 'unit' rental rates at the March 9, 1999 PXA Meeting which "inspired a great deal of heated discussion for and against."

Huey presented her draft explaining other facilities scale rentals according to the type of use intended and the items required. Her plan included rental rates for the use of one building, another for renting tables and chairs, another for the concession stand and a general fee for the use of the grounds and washrooms.

The meeting marked the start of years of changes in how the site was rented out and attracted many different user groups such as RV and ATV jamborees, private family reunions and celebrations to name a few.

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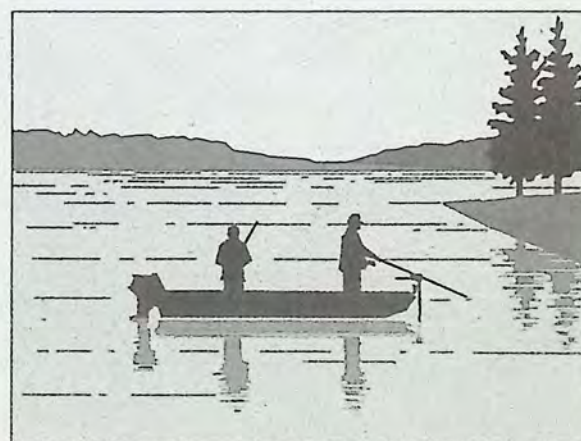
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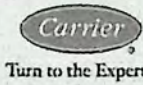
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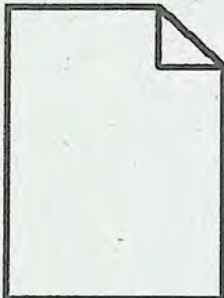
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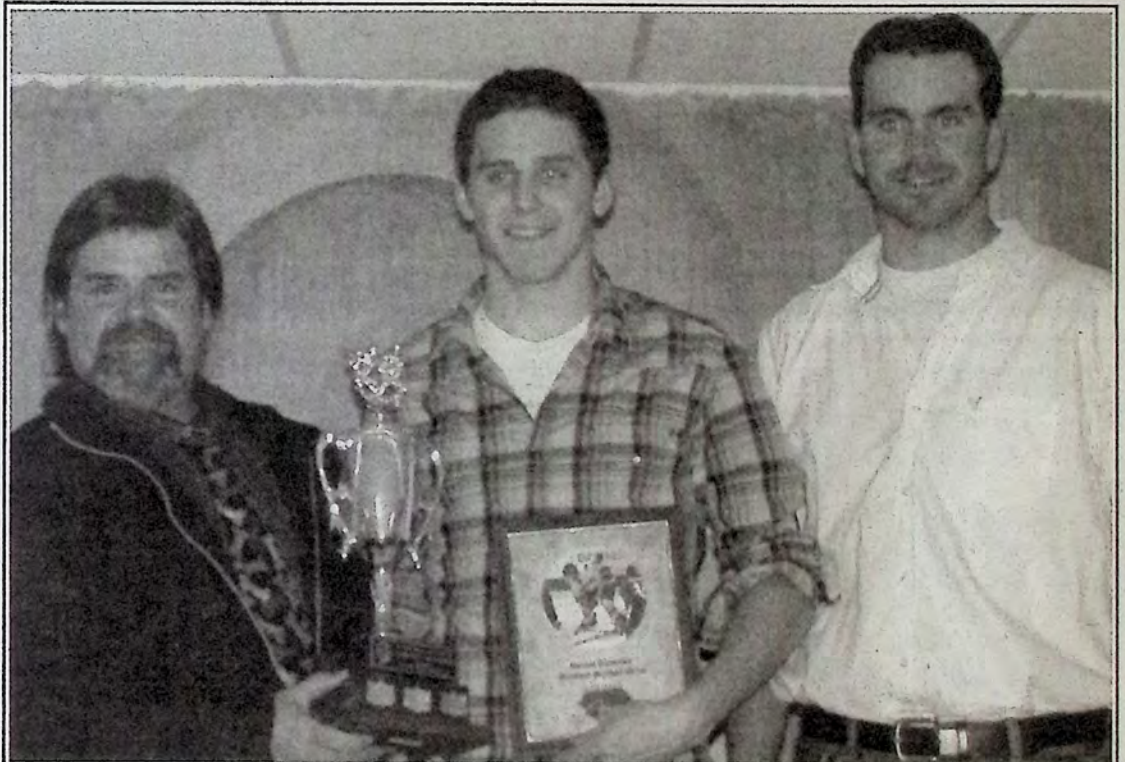
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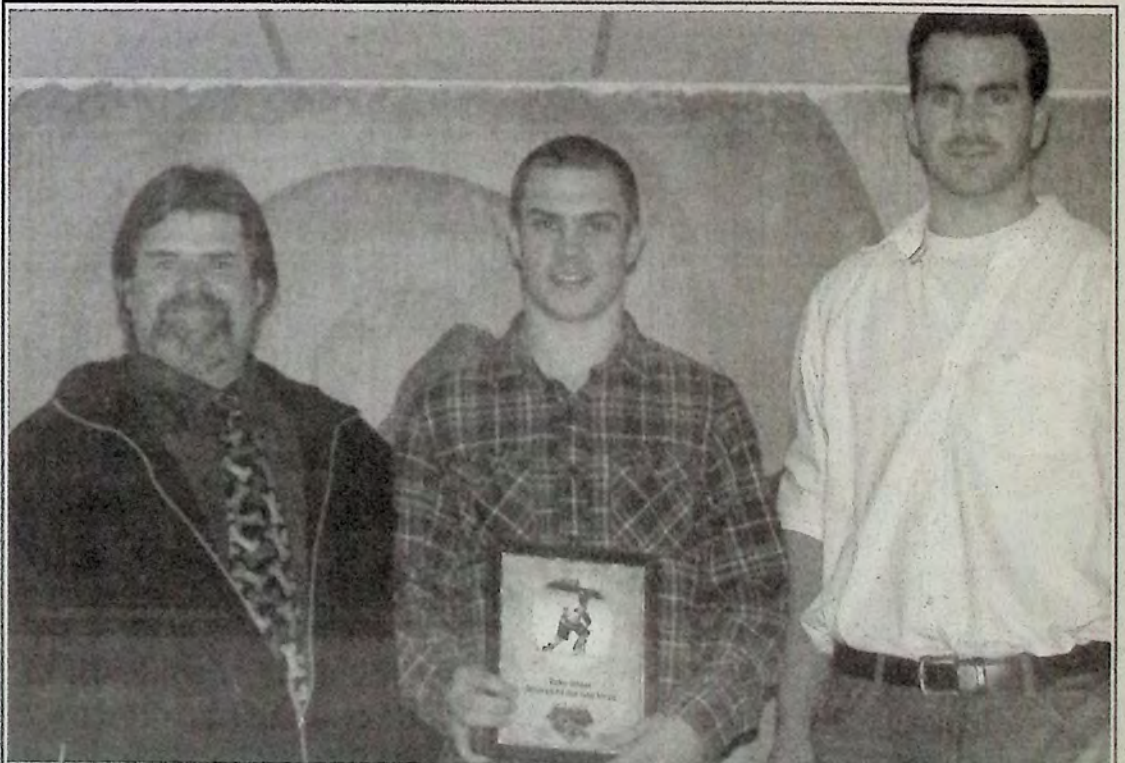
# Princeton Posse Awards



Chad Brears and Dan Hillman share the Fan Favourite Award presented March 17th. They were presented their awards by Head Coach Dale Hladun, far left, and Assistant Coach Tyler Gunn, far right.\*



Devon Grossler was named Hardest Working Player.\*



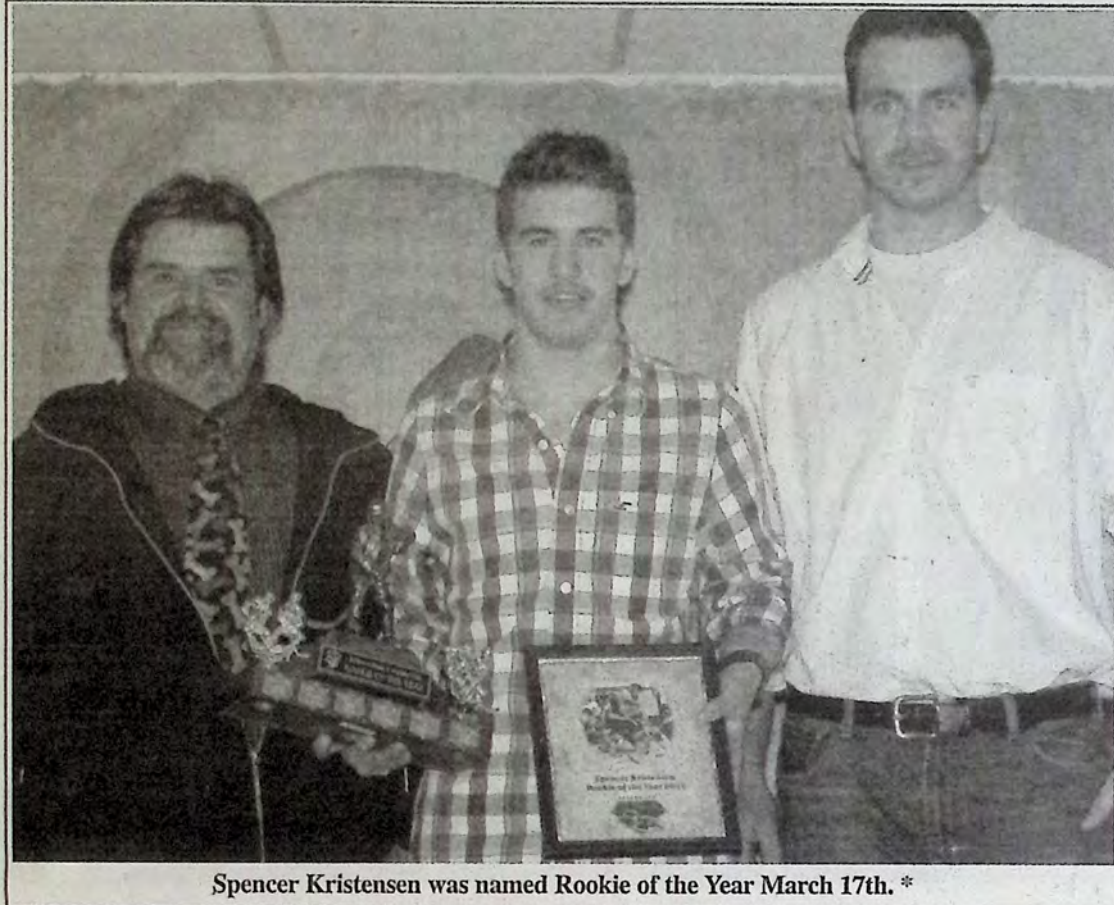
John Minot was named Hitman of the Year at the March 17th awards night.\*





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - March 23 - 29, 2010



Spencer Kristensen was named Rookie of the Year March 17th. \*

## Posse award effort and talent

How do you say goodbye to a team you've grown close to over the past few months?

In Princeton the traditional way of closing the KIJHL season is with a final gathering of players, coaches, executive members, volunteers, billet families and fans to visit, eat and share stories with annual award presentations added for flavour.

The March 17th Posse Awards Night was one such event.

To coach a team into the Conference Finals has got to be a highlight of anyone's career and Head Coach Dale 'Duner' Hladun put it in perspective.

"I can't believe it's been five years I've been here. It has moved along and I'm proud of the progress. There are a lot of franchises who envy who we are."

Looking at stats alone, it doesn't take long to figure out there's something about the Princeton hockey program players want to be a part of. The 2009/10 team included a total of nine veterans from the previous season. Of those, three played the season before that and one, team captain Dan Hillman, started his Posse career in the 2006/07 season.

The 2009/10 Posse also set a fran-

chise record with their regular season totals of 31 wins, 13 losses and 6 overtime losses for a record 68 points for the season - which put the team at 4th overall in the 17-team KIJHL.

Add to that personal stats including Dan Hillman's All-Time Posse Points Leader record and Spencer Kristensen's franchise rookie record of 55 points and you get the feeling there is something brewing in the Similkameen.

"I'm really proud of a small town like this being able to run a team that has become a flagship for the league," stated Area H Regional District Director Brad Hope.

Mayor Randy McLean was also full of praise for the Posse.

"Any successful businessman needs a successful product and did we ever have a great product."

Volunteers were recognized as an essential part of the organization ..... continued on Page 10



Lynda and Herb Hodgson were honoured at the awards banquet. \*



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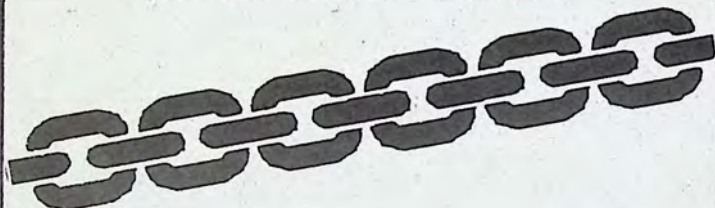


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**Princeton Posse Awards**



Dayton Shaw was presented the Unsung Hero Award by Coaches Dale Hladun and Tyler Gunn. \*

..... continued from Page 9  
and each in attendance received a postcard-sized team photo as thanks for their support over the past season.

"If it wasn't for volunteers we wouldn't be where we are today," Posse Club President Jim Manion said.

"The thing that makes a community work is volunteers," Mayor McLean added.

Before player awards were presented two special awards were handed out.

Bus driver Steve Rose was honoured for his dedication to the

team, as were Billet Coordinator Lynda Hodgson and her husband Herb. Herb has coordinated the bottle return fundraiser, which has been very successful for the team.

Out of the ten player awards presented two players were honoured twice and two players shared three awards.

The winners were:

**Best Defensive Player**

Jared Hidber

**Most Improved Player**

Tylar Bestward

**Hardest Working Player**

Devon Grossler

**Unsung Hero**

Dayton Shaw and Bill Marshall

**Best Offensive Player**

Ben Morgan and Evan Stack

**Most Sportsmanlike Player**

Spencer Kristensen

**Hitman of the Year**

John Minot

**Fan Favourite**

Chad Brears and Dan Hillman

**Rookie of the Year**

Spencer Kristensen

**Most Valuable Player**

Dan Hillman



Bill Marshall shares the Unsung Hero Award honours. \*



TUESDAY, MARCH 23, 2010

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

WEDNESDAY, MARCH 24, 2010

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



# Similkameen News Leader - Horoscopes

March 24-31, 2010

- Aries** - You meet any opposition with fighting spirit now, especially if somebody is trying to hold you back. This is most likely a person trying to stop you from having fun. Cool it!
- Taurus** - Problems may erupt at home. You may have to make repairs, buy new appliances, or contend with somebody who makes problems for you. Job runs smoothly. Don't expect help with problems.
- Gemini** - You want to express your ideas sincerely and seriously, but try not to be too set on your own ideas. It pays to listen. If others disagree, wait, find an expert to back up your side.
- Cancer** - Problems can arise on the job. Career may conflict with needs at home, or money issues related to career and job affect home. With hard work and determination, you can improve your home.
- Leo** - A trip somewhere new can teach you a lot of things, and may change how you see yourself. Take time to check your health for subtle changes. Work at exercise, do a lot of walking.
- Virgo** - Let your money worries ease up a bit! You have hidden resources others share with you. Subtle changes are taking place. Be an observer. Conserve cash, work on budget. Be patient and prudent.
- Libra** - Plans and more plans keep you very busy, but if you're single, look for that special someone. If married, show appreciation for your partner's efforts to be romantic. Take a day off.
- Scorpio** - This week is all about work but it should flow smoothly. Career is busy, lots of demands. Look after health through discipline and rest. Don't overwork. Daydreams must be kept at home.
- Sagittarius** - Business and pleasure can mix now. Travel is inconvenient, full of problems. You enjoy your home. Siblings, neighbours, mean well. You are highly creative now. Go for it!
- Capricorn** - Redecorating, and/or renovating are probably your biggest concerns now. You can make your home beautiful but it calls for hard work and persistence. Family is kind. Watch out for debts.
- Aquarius** - You need to learn a lot now but you may resist, or others may get in the way of your pursuit of knowledge. Be persistent in finding out what you need to know. Talk eases problems.
- Pisces** - This is an excellent time to sort out your values and decide what is right for you. Hidden resources can be converted to cash. Check out assets around home. Work is full of problems. Ignore.

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Similkameen News Leader

### Tuesday Movies

**EVENING**

8:00 pm WTBS (3) ★★ "Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. (E)

9:00 pm KNOW (5) ★★½ "My Kid Could Paint That" (2007,

Documentary) Filmmaker Amir Bar-Lev examines the talents of a 4-year-old girl whose paintings sell for big money in the art world. (E)

10:00 pm WTBS (3) ★★ "Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. (E)

### Wednesday Movies

**AFTERNOON**

5:00 pm WTBS (3) ★★ "Fire Down Below" (1997, Action) Steven Seagal. A lone agent tackles toxic-waste dumping in Kentucky. (E)

9:00 pm WTBS (3) ★★ "Executive Decision" (1996, Action) Kurt Russell. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas. (E)

**EVENING**

## Similkameen News Leader

# Similkameen News Leader - Recipe Corner

Recipe #315

## Rose's Light Nut & Dried Fruit Granola

(NC)—A well balanced breakfast sets you up for the day ahead. This delicious recipe comes from Rose Reisman, a health and wellness consultant and national spokesperson for Breakfast for Learning. Substituting orange juice for part of the oil, this healthy granola recipe is an excellent way to start your day off right. If you want the granola crisper, leave it in the oven with the heat off for another two hours. Feel free to substitute any dried fruit you like.

- 2 cups rolled oats
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar, packed
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 3 tbsp vegetable oil
- 1/4 cup orange juice
- 3 tbsp pure maple syrup
- 1/2 cup chopped nuts of your choice
- 1/4 cup diced dried apricots
- 1/4 cup diced dried cranberries

Preheat the oven to 300°F. Line a baking sheet with aluminum foil and spray with vegetable oil. Combine the oats, flour, sugar, cinnamon, ginger, oil, orange juice, maple syrup and nuts in a mixing bowl; mix thoroughly. Place on the prepared baking sheet and bake for 35 minutes, tossing once to prevent burning. Add the dried fruit. Serve immediately or store in an airtight container.

**Nutritional Analysis per Serving**  
 Calories, 250, Protein, 6g, Fat, 9g, Saturated Fat, 0.9 g, Carbohydrates, 36 g, Cholesterol, 0 mg, Sodium, 5 mg, Fibre, 4g Prep Time: 10 minutes Cook Time: 35 minutes Make Ahead: Keep up to 1 month in an airtight container. Serves 8 For more great recipes, and tips on eating a healthy breakfast visit [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca) and [www.artoflivingwell.ca](http://www.artoflivingwell.ca).

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### Thursday Movies

**EVENING**

8:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. (E)

10:00 pm WTBS (3) ★★ "I Spy" (2002, Comedy) Eddie Murphy. A special agent and a boxing champion travel to Budapest, Hungary, to locate an arms dealer and a stealth bomber. (E)

### Friday Movies

**EVENING**

7:00 pm YTV (18) ★★ "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo) (E)

7:30 pm FAM (26) "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (E)

8:00 pm WTBS (3) ★★ "Sliding Doors" (1998, Romance-Comedy) Gwyneth Paltrow. After a series of misfortunes, a woman with an unfaithful boyfriend experiences an alternate reality. (E)

9:00 pm FAM (26) ★★½ "Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class snowboarder. (In Stereo) (E)

10:00 pm WTBS (3) ★★ "Sliding Doors" (1998, Romance-Comedy) Gwyneth Paltrow. After a series of

misfortunes, a woman with an unfaithful boyfriend experiences an alternate reality. (E)

KNOW (5) ★★ "Theremin: An Electronic Odyssey" (1994, Documentary) Clara Rockmore. Filmmaker Steven M. Martin profiles Russian Leon Theremin, inventor of the world's first electronic musical instrument. (E)

KSPS (6) ★★½ "Swimming In Auschwitz" (2007, Documentary) Six women discuss their experiences in Nazi concentration camps. (In Stereo) (E)

10:31 pm FAM (26) ★★½ "Magic In the Water" (1995, Fantasy) Mark Harmon. A local sea-monster legend entrances a divorced radio psychologist and his kids while they vacation on a Canadian lake. (In Stereo) (E)

10:58 pm SPIKE (4) ★★ "Kung Pow: Enter the Fist" (2002, Comedy) Steve Oedekerk. New footage is inserted and dialogue re-dubbed in this comedic re-working of a 1970s martial-arts movie. (In Stereo)



THURSDAY, MARCH 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 :30	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami "Killer Date"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside-Box
7 AM :30	Cosby	Cosby	Clifford the Big Red Dog	Arthur (El) Martha	Today Suzz Orman; Kimora Lee Simmons (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	SpongeBob	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: NY	Soap
8 AM :30	Harvey	Fresh Pr.	Sid the Science Kid	Sid	Curious		The First 48		100 Huntley Street		Bo on Go	Pokemon	SportsCentre		Forensic Factor	Handy Handy	Rachael Ray	CSI: NY	Comeback
9 AM :30	Fam. Feud	100 Huntley Street	Super Why!	Super Why!		The 700 Club	The First 48	Regs and Kelly	100 Huntley Street	World Vision	Super Why!	Rolie Polie	p. Canada vs. Russia (Live)	Regis and Kelly	Daily Planet	Feet	Role	CSI: NY	Colin-Justin
10 AM :30	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Debt Part	Poko	Berenstain		The View (N)	How-Made	Phineas	The O.C.	CSI: NY	Whatever
11 AM :30	Jim Name Earl	World Vision	Rolie Polie Berenstain	Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S.	Darts: 2009 Grand Slam (Taped)	Fashion	I Could Do	Phineas	CityLine	CSI: NY	Golden
12 PM :30	Just Shoot King	Noon News Hour (N)	Maggie Rose (12:36)	Charlie Rose	Naked	News	CSI: Miami "Killer Date"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid	30 for 30	etalk	Howe & Howe Tech	Wizards	The Bonnie Hunt Show	CSI: Crime	Fresh Pr.
1 PM :30	King The Office	As the World Turns (N)	(1:01) Wibbly Pig	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)	Recipes	(12:55) Viva		Sue Thomas: F.B. Eye	Solv.History	Cory	Judge J.	CSI: Crime	Seinfeld
2 PM :30	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Dr. Phil	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Pearlie	Around	Dr. Phil	MythBusters	Replace	CityLine	CSI: Crime	Golden
3 PM :30	Friends Seinfeld	The Doctors	(3:01) Little Bear	WordGirl	Judge	Oprah Winfrey	The First 48	Rachael Ray	The Doctors	Young & Restless	Figure Skating	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime	Soap
4 PM :30	Family Guy	Oprah Winfrey	George S.	Cyberchase	Judge J.	College Basketball	The First 48	Deal-Deal	Oprah Winfrey	(3:59) Early	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order: SVU	CSI: Crime	Reality
5 PM :30	Payne	Early News	(4:58) News	BBC World	News (N)	News (N)	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	Series of Poker	CTV News at Five (N)	Man vs. Wild	Suite/Deck	Community	CSI: Crime	Family Guy
6 PM :30	Law & Order: SVU	Global Nat. News	Heads Up	PBS NewsHour (N)	News	College Basketball	The First 48	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Curling: 2010 World Women's Championship p. Canada vs. Scotland (Live)	CTV News (N)	Man vs. Wild	Montana	Purpose	CSI: Crime	Seinfeld
7 PM :30	Seinfeld Name Earl	Ent	Frontiers of	Jeopardy!	Wheel	Manhunter	Ent	Ent	90210 (N)	Wheel	ICarly	ICarly	Jeopardy!	The Vampire Diaries (N)	MythBusters	Sonny	The Marriage Ref (N)	Disorderly	70s Show
8 PM :30	Movie: "I Spy" (2002) Eddie	Bones	Going to Extremes	Sherlock Holmes	Community	Parks	Manhunter	FlashForward (N)	Bones	Bones	The Nature of Things	Malcolm	Malcolm	CSI: Crime Scene	Daily Planet	Overruled!	News	MANswers	Comeback
9 PM :30	Murphy	The Office	Empire of the Word	MI-5 Terror threat.	The Office	Access H.	(9:01) The First 48	Grey's Anatomy (N)	The Office	The Office	Love, Hate	8 Rules	Grey's Anatomy (N)	To Be Announced	Wizards	Accrd/Jim	Action:	Family Guy	
10 PM :30	Movie: "I Spy" (2002) Eddie	90210 (N)	Snapshot	Soundstage	The Marriage Ref (N)	The Doctors	(10:01) The First 48	(10:01) Private Practice (N)	90210 (N)	News Hour Final (N)	National	Family Biz	World Series of Poker	(10:01) Flashpoint (DVS)	School	King of Hill	CSI: Crime	Seinfeld	
11 PM :30	Murphy	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	Manhunter	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl	SportsCentre (Live)	CTV News	MythBusters	So Raven	Coach	UFC 111	70s Show

FRIDAY, MARCH 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 :30	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	CSI: Miami "Recoil"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside-Box
7 AM :30	Cosby	Cosby	Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Spring fashion; James Spader (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl	SpongeBob	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: NY	Deal-No Deal
8 AM :30	Harvey	Fresh Pr.	Sid the Science Kid (DVS)	Sid	Curious		CSI: Miami		100 Huntley Street		Bo on Go	Pokemon	SportsCentre		MythBusters	Handy Handy	Rachael Ray	CSI: NY	6 Degrees
9 AM :30	Fam. Feud	100 Huntley Street	Super Why!	Super Why!		The 700 Club	CSI: Miami	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Rolie Polie	Boxing: Deandre Latimore vs. Sechew Powell.	Live With Regis & Kelly	Daily Planet	Feet	Role	CSI: NY	Colin & Justin
10 AM :30	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part	Poko	Berenstain		The View (N)	How-Made	Phineas	The O.C.	CSI: NY	Whatever
11 AM :30	Jim Name Earl	World Vision	Rolie Polie Berenstain	Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S.	Motoring 2010	Fashion	Mayday	Phineas	CityLine	CSI: NY	Golden
12 PM :30	Just Shoot King	Noon News Hour (N)	Maggie Rose (12:38)	Charlie Rose	Paid Prog.	News	CSI: Miami "Recoil"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid	NASCAR Racing	etalk	To Be Announced	Wizards	The Bonnie Hunt Show	CSI: Crime	Fresh Pr.
1 PM :30	King The Office	As the World Turns (N)	(1:02) Go, Diego, Go!	Wyland's Scrapbook	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Recipes	(12:55) Viva		Sue Thomas: F.B. Eye	Cory	Judge J.	CSI: Crime	Seinfeld	
2 PM :30	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Dr. Phil	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Pearlie	Around	Dr. Phil	MythBusters	Replace	CityLine	CSI: Crime	Golden
3 PM :30	Friends Seinfeld	The Doctors	(3:02) Little Bear	WordGirl	Judge	Oprah Winfrey	CSI: Miami	Rachael Ray	The Doctors	Young & Restless	Figure Skating	(2:50) Kid	Off-Record	(2:59) The Dr. Oz Show (N)	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime	Deal-No Deal
4 PM :30	Family Guy	Oprah Winfrey	George S.	Cyberchase	Judge J.	College Basketball	Criminal Minds	Deal-Deal	Oprah Winfrey	(3:59) Early	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Murdoch Mysteries	CSI: Crime	6 Degrees
5 PM :30	Payne	Early News	(4:58) News	BBC World	News (N)	News (N)	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Hockey: Ottawa Senators at Buffalo Sabres. (Live)	CTV News at Five (N)	Man vs. Wild (N)	Suite/Deck	Who Do You	CSI: Crime	Family Guy
6 PM :30	Law & Order: SVU	Global Nat. News	Animals	PBS NewsHour (N)	News (N)	College Basketball	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Curling: 2010 World Women's Championship p. Playoff: Canada vs.	CTV News (N)	Man vs. Wild (N)	Zeke	Murdoch Mysteries	CSI: Crime	Cleveland
7 PM :30	Seinfeld Name Earl	Ent	Tutshenshin i-Alselt	Wash. McLaughlin	Jeopardy!	Wheel	Criminal Minds	Ent	Ent	NUMB3RS	Wheel	Movie: "A Cinderella Story" (2004) Hilary Duff.	Curling: 2010 World Women's Championship p. Canada vs.	etalk	Explorer: First	Sonny	Mercey	(7:13) CSI: Crime Scene	Tooned
8 PM :30	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	X-Weighted "Kyla"	Poirot	Bill Moyers Journal (N)	Who Do You		Criminal Minds	Jamie Oliver's Food	X-Weighted "Kyla"	X-Weighted "Kyla"	Mercer	M'ketplace	Human Target	Medium	Daily Planet	Movie: "Minutemen" (2008)	News	Investigation	6 Degrees
9 PM :30	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	Shark Tank	Dalziel and Pascoe	NOW, PBS Moment	Dateline NBC	Access H.	(9:01) Criminal Minds	Jamie Oliver's Food	Shark Tank	Shark Tank	fifth estate	10 Things	TBA.	Human Target	Man vs. Wild	Movie: "Johnny Tsunami" (1999)	Real Chance of Love	UFC	Family Guy
10 PM :30	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	NUMB3RS	"Theremin: An Electronic Odyssey"	Globe Trekker	News (N)	News	(10:01) Criminal Minds	20/20 (N)	NUMB3RS	News Hour Final (N)	National	Prank Ptrl	SportsCentre (Live)	The Bridge (N)	Dirty Jobs	King of Hill	Malice In	Seinfeld	
11 PM :30	Movie: "Sliding Doors" (1998) Gwyneth Paltrow.	CHBC News Final (N)	Still Life	Jay Leno	Letterman	Letterman	(11:01) Criminal Minds	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl	Formula One Racing	CTV News	Explorer: First	Movie: "Magic in the Water"	Coach	"Kung Pow: Fist"	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 #279 - Rated Easy

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

#### CHALLENGE #280 - Rated Hard

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

THIS WEEK'S SOLUTIONS:  
Page 18

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

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Similkameen News Leader

## Saturday Movies

### MORNING

- 7:00 am A&E (9) ★★★ "A Bronx Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (E)
- 8:30 am WTBS (3) "Get Smart's Bruce and Lloyd Out of Control" (2008, Comedy) Masi Oka. Two technical wizards search for a missing invisibility device. (E)
- 9:30 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)
- 10:00 am WTBS (3) ★★ "Old School" (2003, Comedy) Luke Wilson. Three friends try to recapture the fun of their college years by starting their own off-campus fraternity. (E)

### AFTERNOON

- 12:00 pm A&E (9) ★★★ "Lethal Weapon" (1987, Action) Mel Gibson. A detective with a family hunts drug smugglers with his new partner, a loner with a death wish. (E)
- FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (E)
- 1:35 pm FAM (26) "Motocrossed" (2001, Adventure) Alana Austin. Feeling responsible for her twin brother's injury, a teenager pretends to be him and competes in a series of motocross races. (In Stereo) (E)
- 2:30 pm A&E (9) ★★★ "Lethal

- Weapon 2" (1989, Action) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)
- 5:00 pm WTBS (3) ★★★ "Midnight in the Garden of Good and Evil" (1997, Drama) Kevin Spacey. A reporter covering a society Christmas party in Savannah, Ga., stays for the host's murder trial. (E)
- A&E (9) "The Andromeda Strain" (2008, Science Fiction) Benjamin Bratt. A reporter uncovers a government conspiracy when a deadly pathogen from a U.S. satellite spreads through Utah. (E)

### EVENING

- 6:00 pm CITY (29) "The Rival" (2006, Suspense) Tracy Nelson. A woman gets married after losing her baby during a robbery. (DVS) (E)
- 7:00 pm CITY (12) "The Bad Son" (2007, Suspense) Catherine Dent. Premiere. A Seattle policewoman searches for a serial killer whose mother helps him commit the crimes. (E)
- 8:00 pm WTBS (3) ★★★ "L.A. Confidential" (1997, Crime Drama) Kevin Spacey. Policemen become immersed in corruption, scandal, politics and prostitution in 1950s Hollywood. (E)
- CHBC (4) BCTV (11) "The Bad Son" (2007, Suspense) Catherine Dent. Premiere. A Seattle policewoman searches for a serial killer whose mother helps him commit the crimes. (E)
- KSPS (6) ★★★ "The Madness of King George" (1994, Historical Drama) Nigel Hawthorne. The 18th-century British monarch loves his

- devoted queen but illness dramatically affects his mind. (In Stereo) (E)
- 9:00 pm FAM (26) ★★★ "Superman III" (1983, Science Fiction) Christopher Reeve. Ersatz kryptonite laced with tobacco tar splits Superman in two: good Clark Kent and bad Man of Steel. (In Stereo) (E)
- 9:01 pm A&E (9) "The Andromeda Strain" (2008, Science Fiction) Benjamin Bratt. A reporter uncovers a government conspiracy when a deadly pathogen from a U.S. satellite spreads through Utah. (E)
- 11:00 pm WTBS (3) ★★ "Man of the House" (2005, Comedy) Tommy Lee Jones. A taciturn Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who witnessed a murder. (E)
- KNOW (5) ★★★ "Theremin: An Electronic Odyssey" (1994, Documentary) Clara Rockmore. Filmmaker Steven M. Martin profiles Russian Leon Theremin, inventor of the world's first electronic musical instrument. (E)
- 11:03 pm FAM (26) ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) (E)

## Sunday Movies

### MORNING

- 8:00 am WTBS (3) ★★ "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée. (E)
- 10:00 am WTBS (3) ★★½ "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City. (E)
- A&E (9) ★★★½ "Lethal Weapon 2" (1989, Action) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (E)

### AFTERNOON

- 12:00 pm WTBS (3) ★½ "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth. (E)
- FAM (26) ★★ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp. (In Stereo) (E)
- 1:35 pm FAM (26) ★★½ "First Kid" (1996, Comedy) Sinbad. A loud Secret Service agent understands the president's teenage son, though

- most consider him difficult. (In Stereo) (E)
- 2:00 pm WTBS (3) ★★ "The Pink Panther" (2006, Comedy) Steve Martin. A bumbling French inspector investigates the murder of a famous soccer coach and the theft of his priceless pink diamond. (E)
- YTV (18) ★★★ "Babe" (1995, Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion herder of sheep. Live action/animatronics. (In Stereo) (E)
- 3:00 pm VTV (22) "Spirit Bear: The Simon Jackson Story" (2005, Docudrama) Ed Begley Jr. A Canadian teenager leads a campaign to save an endangered bear. (In Stereo) (E) (DVS)
- 4:00 pm WTBS (3) ★★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)
- YTV (18) ★★★ "Charlotte's Web" (2006, Drama) Voices of Julia Roberts. After learning that a young pig's days are numbered, a literate spider weaves an elaborate plan to save her friend from the butcher's block. (In Stereo) (E)
- 5:00 pm CBC (13) ★★★ "Snow White and the Seven Dwarfs"

- (1937, Fantasy) Voices of Adriana Caselotti. Animated. A wicked queen casts a spell upon a beautiful young girl in this Disney adaptation of the classic fairy tale. (In Stereo) (E)

### EVENING

- 6:00 pm YTV (18) ★★½ "The Last Mimzy" (2007, Fantasy) Joely Richardson. Premiere. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (E)
- 6:30 pm WTBS (3) ★★★ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)
- 8:00 pm CBC (13) "Keep Your Head Up Kid: The Don Cherry Story" (2010, Docudrama) (Part 1 of 2) Jared Keeso. Premiere. Hockey player Don Cherry spends years in the minor leagues, then lands a job as coach of the Boston Bruins in the 1970s. (In Stereo) (E)
- 9:00 pm WTBS (3) ★★ "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée. (E)
- FAM (26) ★½ "Batman & Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking revenge upon the world. (In Stereo) (E)
- 9:09 pm SPIKE (44) ★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (In Stereo) (E)
- 11:03 pm FAM (26) ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) (E)

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SATURDAY, MARCH 27, 2010

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 11 rows (6 AM to 11 PM) listing TV programs and their details.

SUNDAY, MARCH 28, 2010

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 11 rows (6 AM to 11 PM) listing TV programs and their details.



MONDAY, MARCH 29, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (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 George S.	Bob Build Lions	News (N)	News	CSI: Miami "Whacked"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henrys Feet	CityLine	CSI: NY "Yahrzeit"	Inside Box Switch
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (E) Martha	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl Animal	SpongeBob OddParent	SportsCentre		Mayday "Gimli Glider"	Mickey Mickey	The Tyra Show	CSI: NY "Greater Good"	Carlawood Parker
8 AM	Harvey		Sid the Science Kid	Sid			The First 48		100 Huntley Street		Bo on Go Bystown	Pokemon Rollbots	SportsCentre	Canada's Worst Driver		Handy Handy	Rachael Ray	CSI: NY	Re-Vamped
9 AM	Fam. Feud	100 Huntley Street	Inclined planes.	Super Why! Dinosaur			The 700 Club	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	Sportfish PBA Bowling	Live With Regis & Kelly	Daily Planet	Agent Oso	Amazing	CSI: NY "Pay Up"	Colin & Justin
10 AM	Reba	Hospital for Sick Kids	Spider (10:36)	Sesame Street (E)			The Price Is Right (N)	The View	Hospital for Sick Kids	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's		The View	How-Made	Phineas Phineas	The O.C.	CSI: NY "Yahrzeit"	Whatever 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 Dirtgirl	George S. (11:40) Erky	Poker	Fashion	Forensic Factor	School So Raven	CityLine	CSI: NY "Greater Good"	Golden Golden
12 PM	Just Shoot King	Noon News Hour (N)	Maggie Rose (12:37)	Charlie Rose	Paid Prog.	News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Mr. Men	ATP Tennis: Sony Ericsson	etalk	Breaking Point "House"	Suite Life Zoey 101	The Bonnie Hunt Show	CSI: Crime Sen	Fresh Pr. Frasier
1 PM	King The Office	As the World Turns (N)	(1:02) Wibbly Pig	Fine Art 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)	China Rises	(12:55) Viva Jacob	Open, Early Round.	Sue Thomas: E.B. Eye	Dirty Jobs	Montana Recess	Judge J. Judge J.	CSI: Crime Sen	Seinfeld 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 (N) Invasion	Around Interruption	Dr. Phil	MythBusters	Montana	CityLine	CSI: Crime Sen	Golden Golden
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Learning	WordGirl Electric	Judge Judge	Dr. Phil	The First 48 "Hard Fall"	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life on Deck Montana	CityNews at 6 (N)	CSI: Crime Sen	Carlawood Parker
4 PM	Family Guy	Oprah Winfrey	patience. George S.	Fetch! Ruff Cyberchase	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NBA Toronto Raptors at Charlotte Bobcats.	Ellen DeGeneres Show	Daily Planet (N)	Wizards Wizards	Law and Order	UFC Unleashed	Re-Vamped
5 PM	Payne	Early News	(4:57) Martha	BBC World Business	News (N) NBC News	News CBS News	Intervention "Allison"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob		CTV News at Five (N)	MythBusters	Wizards	How I Met How I Met	UFC Unleashed	Wipeout (N)
6 PM	Monica	Global Nat.	Mechanics Dogs	PBS NewsHour (N)	News (N) Millionaire	News Access H.	Intervention "Chris"	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Dirty Jobs (N)	Montana Montana	Trauma "Targets" (N)	TNA Wrestling (N)	Wipeout (N)
7 PM	Seinfeld Name Earl	Ent ET Canada	Eden Landscape	'Allo, 'Allo! Europe	Jeopardy! Wheel	The Doctors	Hoarders "Tra; Jill"	Ent The Insider	Ent ET Canada	(7:01) Brothers & Sisters	Wheel Jeopardy!	iCarly Scorpion		etalk	Motor City Motors (N)	Suite/Deck Suite Life	Chuck (N)		Parking Parking
8 PM	Law & Order: SVU	House "Brave Heart"	Art of the Heist	Antiques Roadshow (N)	Chuck (N)	How I Met Rules	Mrs. Menendez (N)	Dancing With the Stars (Same-day Tape)	House "Brave Heart"	House "Brave Heart"	"Keep Your Head Up Kid: The Don Cherry Story"	Malcolm Chris	Sports Off-Record	Hiccups (N) Dan-Mayor	Daily Planet	Sonny Montana	News EP Daily	(8:08) (8:38)	Parker ET Canada
9 PM	Movie: "Stomp the Yard" (2007)	24 (N) (PA)	Power of Art	American Experience The battle of Okinawa.	Trauma "Targets" (N)	Two Men Big Bang	Intervention "Allison"	(9:01)	24 (N) (PA)	24 (N) (PA)	Don Cherry Story	8 Rules 10 Things	Boxing: Steve Cunningham vs. Matt Godfrey.	Two Men Big Bang	MythBusters	Wizards Buzz	The AFI Life Achievement Award	(9:08) DEA	Seinfeld Seinfeld
10 PM	Columbus Short.	Brothers & Sisters	Movie: "Broke" (1992)	Okinawa.	Law & Order "Brazil"	CSI: Miami	Intervention "Chris"	(10:01)	Brothers & Sisters	News Hour Final (N)	National	Family Biz Indie		Motor City Motors	School Cory			CSI: Crime Sen	Wipeout
11 PM	TBA	CHBC News Final (N)	Tatshenshin I-Alek	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Hoarders "Tra; Jill"	(11:01)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven Life Derek	Coach Judge	(11:08) Star Trek: Voyager	Wipeout

# Monday Movies

**EVENING**

8:00 pm CBC (13) "Keep Your Head Up Kid: The Don Cherry Story" (2010, Docudrama) (Part 2 of 2) Jared Keeso. Hockey player Don Cherry spends years in the minor leagues, then lands a job as coach of the Boston Bruins in the 1970s. (In Stereo)

9:00 pm WTBS (3) ★★½ "Stomp the Yard" (2007, Drama) Columbus Short. A troubled street dancer enrolls

in a Georgia college and finds himself in the middle of a tug-of-war between fraternities, who want to use his talents in a dance competition.

10:00 pm KNOW (5) "Broke" (1992, Drama) Timothy Spall. A woman plans revenge when her husband's extravagant friend jeopardizes their home and business.

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Saturday March 27  
11:00 AM — 2:00 PM  
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Mar 16/23

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Feb 16/Mar 23

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Mar 16/Mar 20

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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  
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Nov 23-1fn

3-bedroom house, newly reno'd, available now! Large fenced yard, all appliances included. No pets, no smoking. References required. \$1,200/month. Call 250.770.4762 and leave a message.  
Mar 23/Apr 06

Available March 15, 3-bedroom house on Taptan Avenue. 1,150 sq ft on main floor, large kitchen, 4 appliances, partial basement with lots of storage space. New gas furnace, small fenced yard, \$800/month. References required. Call 604.853.3410 or email wkrueger@shaw.ca.  
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### notice

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Mar 09-1fn

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Mar 09-23

3-bedroom house downtown available immediately. Asking \$750 per month. No smoking, no pets. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977.  
Mar 09-1fn

### help wanted

Full-time and part-time employees wanted starting April 15 at Doug's Homestead Meats. E-mail resume to doughomestead@gmail.com or snail mail to PO Box 219, Hedley, BC V0X 1K0.  
Mar 09-23

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**Dr. Barry Cook is pleased to announce Dr. Greg Gill will commence practice at our office as of March 8, 2010.**  
**Dr. Gill practiced with our office from 1973 to 1976.**  
Please phone 250.295.6212 for appointments.

Look who turned 19,345 days old on March 19<sup>th</sup>!



**Happy Birthday, Brenda!**

### wanted

### wanted

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sudoku

**CARTER'S  
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SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #278 - Easy**

542	861	793
678	923	451
139	574	286
924	638	175
365	217	849
817	459	362
456	382	917
281	796	534
793	145	628

**CHALLENGE #279 - Hard**

643	178	529
598	246	731
217	359	486
456	821	397
879	435	162
132	967	854
985	712	643
321	684	975
764	593	218

**Drinking a problem?**

Alcoholics Anonymous  
Meets 7:30 PM Thursdays  
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160 Old Hedley Road  
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help wanted

**Denton Trio Concert**



Ernie Lawrence displays the plaque commemorating the Rotary Club project to provide a grand piano for the community. The Denton Trio was the first official use of the grand piano during a concert hosted by Princeton Arts Council March 14th at Riverside Centre. Photo: Dawn Johnson

**Local girls share silver victory**

by Kevin Williams

On March 10th the Kamloops Mystix female bantam team hosted their provincials. This is the team for which Jacinda Esselink and Colby Williams of Princeton play for. They would play 6 games in four days and a seventh if they made the top two teams.

Their first game was against Cranbrook. With some sickness hitting the team and Jacinda with a severely bruised wrist the girls still won 4-1. Their next game was against Castlegar Wildcats. Still short benched the team worked hard and won this game 5-3.

On Friday the first game was against Surrey a very strong team with the Mystix up by a goal in the

third, and Surrey pressing. Colby while killing a penalty scored a shorthanded goal to end the game at 4-2. Northshore would be their first loss losing 3-0.

On Saturday they played Kelowna, the girls came out flat, and Kelowna had something to prove. Kelowna would hand the Mystix their second loss of the tournament.

This meant for Kamloops to make a run for gold they would have to beat Prince George. This proved to be an easy feat with Colby, Jacinda, and Emily Gervais all scoring hat tricks to romp Prince George 9-1. This set up the final match between the Mystix and Northshore for gold. After the first period Northshore had a one goal lead.

They then scored their second, but the Mystix kept coming with Colby scoring to cut the gap. Not until half way into the third did Northshore finally dash the hopes of gold for Kamloops who eventually lost 4-1 to win silver.

This would end Jacinda's and Colby's year playing in Kamloops. Colby would lead the team in goals and assists amassing over 60 points for the year and Jacinda averaging over 30 points. The girls should be proud for they won two silver medals and a league banner. It was a pleasure having the girls play in Kamloops.

The parents, coaches and players were great. Once again congratulations Jacinda and Colby.



The Denton Trio, three teenage boys loaded with talent, received a standing ovation at the end of their concert at Riverside Centre March 14th. They gave their audience an hour of great music. Photo: Dawn Johnson



# Posse Awards Night



Tylar Bestward was named Most Improved Player at the March 17th Posse Awards Night. Head Coach Dale Hladun and Assistant Coach Tyler Gunn made the presentation. \*

## Advances continue in MS research

by Ken Carlson

Research into the cause and treatment of Multiple Sclerosis has made much progress over the past several years. There is a much greater understanding of this unpredictable, often disabling disease. Many of these advancements have taken place thanks to the support of the Multiple Sclerosis Society of Canada and MS societies in other countries.

Most people with MS are diagnosed between the ages of 15 and 40, although children, some as young as three years of age, have been diagnosed. Symptoms of MS can include vision problems, extreme fatigue, loss of balance, pain, depression, memory problems, loss of co-

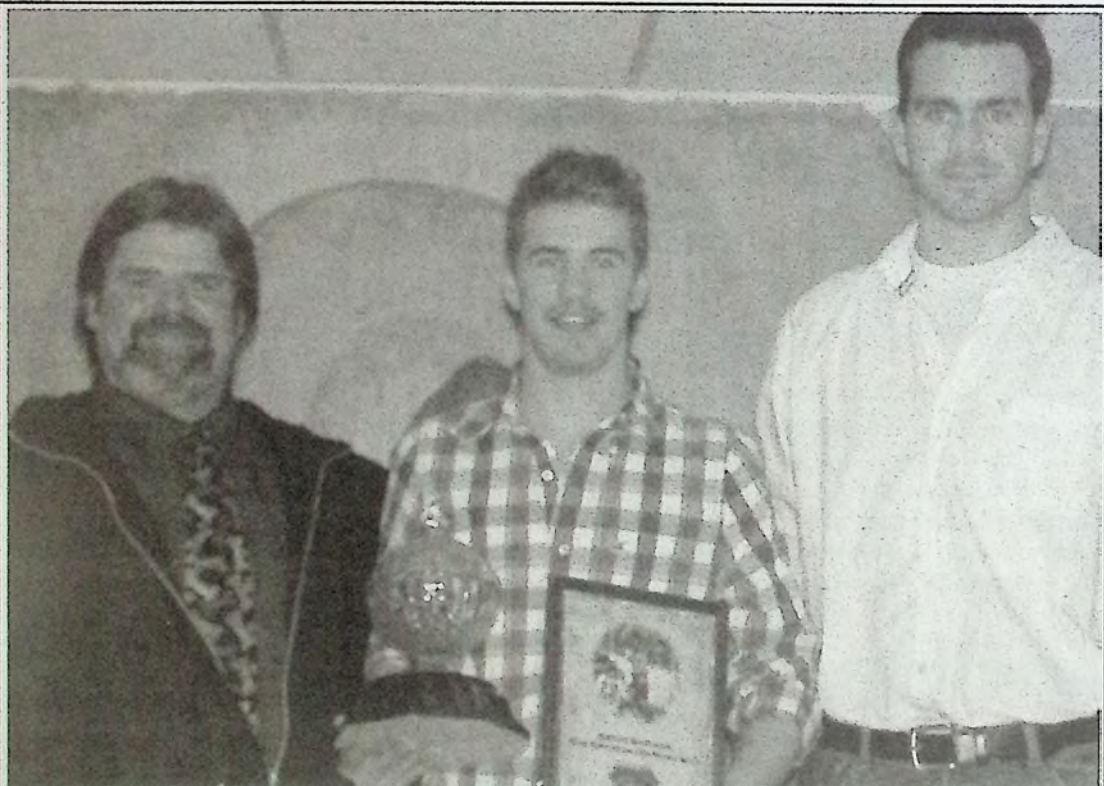
ordination, and paralysis. Canada has one of the highest rates of Multiple Sclerosis in the world and MS is the most common neurological disease of young adults in Canada.

Researchers have a better understanding of the nature of Multiple Sclerosis which means some types of MS can be more effectively managed. These advancements are due to studies of MS tissue (pathology), studies of the immune system (immunology), and studies of the way MS naturally progresses without treatment (natural history studies).

Using technological advances, researchers have developed insights into the disease, for example,

Magnetic Resonance Imaging (MRI) scanning assists doctors in diagnosing MS more quickly. Canadian researchers are leaders in MRI and other magnetic resonance technology to measure disease activity within the central nervous system.

Researchers have identified key molecules responsible for initiating the abnormal immune system response in MS and researchers have also determined that both genetic and environmental factors are important in the cause of MS. This information will lead to better therapies and these factors may be why some families have multiple instances of MS and why Canada ..... continued on Page 22



Spencer Kristensen was named Most Sportsmanlike Player at the March 17th Posse Awards Night. Head Coach Dale Hladun and Assistant Coach Tyler Gunn made the presentation. \*

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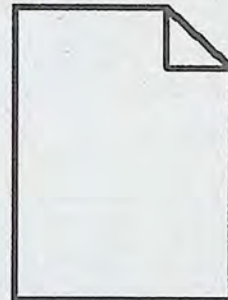
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# Editorial Page News Leader

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

## My Turn...

### A Bitter Pill To Swallow

The 12-hour closure of the Emergency Room at Princeton hospital this past weekend brought two things to my mind.

At first I was reminded of the old joke of the disturbed caller being put on hold after calling a suicide prevention line and secondly it reminded me how grateful I am that I rarely get sick.

We even heard an ambulance siren near the end of the 12-hour closure and noted it took quite some time for it to return to hospital and joked that maybe they were told to have coffee or breakfast before returning as the closure still had ten-minutes remaining.

While I could go on and on about the practical problem with a temporary closure of the ER I'd much rather point out that it's actually turned into the punch line of jokes in our house. That is the disturbing part to me.

Here we are patting ourselves on the back about being named GamesTown 2010 and we can't keep our emergency room open? The money spent on signage on the highway crowing about the ActNowBC victory should be replaced with signs that say: "Doctors needed - apply today" rather than with ones that say: "No stopping - ER closed."

Then there are segments of the population wishing, suggesting and requesting the GamesTown 2010 \$100,000 prize go towards an aquatic centre. Great idea, if you know CPR or how to perform useful tasks when the ER is closed.

How I wish I had paid more attention to MacGyver.

And I don't buy the argument that an aquatic centre will attract doctors in droves to our community to set up practice. Sure, an aquatic centre will create extra work for doctors, but so will the reopening of the mine, straightening out of portions of the Hope-Princeton Highway and many other things real or imagined.

Did I mention that although last weekend's closure of the ER was apparently unavoidable, do we know it won't happen again? Well, we don't.

So how do we get around it?

Simple.

Learn some basis life saving skills and familiarize yourself with the quickest route to Pentiction hospital.

The life you save may be your own.

Canada

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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.

## ...Your Turn

### To ATV Or To Not ATV On TCT

**(Editor's Note: We were asked to publish this letter - an e-mail response to a meeting held recently to discuss and develop an ATV trail from Tulameen to Princeton).**

Hi Jim:

Thanks for sending along the map of the proposed ATV trail from Tulameen to Princeton. I have just had my left knee replaced, and will not be able to attend the meeting, but I want to go on record as COMPLETELY OPPOSED to ANY route which BYPASSES COALMONT.

While the proposed route is a wonderful addition to the existing system of trails, it is located even further north than the Connelly Creek FSR route presently popular.

Coalmont is a large part of the riding experience for ATV and off-road motorcycle users in the Tulameen River Valley. The wealth of trails on the SOUTH side of the Tulameen river is accessed across the bridge at Coalmont, which is the only point between Princeton and several kilometers upstream of Tulameen where the two trail systems connect.

The Forest Services Rec. Site at Granite Creek is a major base for ATV use for the entire area. If it is not connected to the Tulameen-Princeton trail system directly as it is presently by the KVR/TCT, I can envisage huge problems, and also a huge loss in off-road Tourism in the area. Our motel, the Mozey-On-Inn, depends on that business to a large extent, and the ATV page on our website is the most visited page people access when looking for tourism activities in the area.

People are GOING to travel between the vast wilderness of the Lodestone - Blakeburn - Arrastra - Whipsaw areas through Coalmont. They have been doing it for over a century, and aren't going to stop any time soon.

While I realize that the hikers and cyclists who enjoy the TCT don't want their "experience" to be ruined by the sound of a vehicle exhaust or a bit of dust - it does not give them the right to DISCRIMI-

NATE AGAINST those less fit or more elderly. Those with medical conditions preventing them from physical activity over long distances (such as me) have every bit as much right to enjoy the BC Back Country as those fit individuals who don't need vehicular assistance.

Preventing their access to areas which they could previously use is simply DISCRIMINATION, and must be viewed in those terms. I would have thought that the presence of the Paralympic Games currently being hosted in BC would have raised such awareness.

Rather than attempt to eliminate ATV traffic on the TCT, I would suggest that there are several simple steps that could be taken to provide access to BOTH sides of the Tulameen river to everyone. There is an existing trail that climbs the hill from "White Sands Beach" at the trestle 3 km. East of Coalmont. It comes out at the Coalmont Road directly opposite a logging road that climbs the ridge on the North side of the road and connects to the Connelly Creek FSR.

This route is currently marked (partially) as a Snowmobile trail. A simple, marked, ATV crossing (as per the new "recognized ATV crossings rules") at that point on the Coalmont road would allow ATV traffic to LEGALLY get from the TCT to both Tulameen and Princeton from Coalmont.

The only part of the TCT that would have to be shared use is the 3km. from Coalmont to the trestle. Surely that would not be too big an inconvenience to the more mobile TCT users, and it would accomplish connecting the trail systems on the North and South sides of the Tulameen River. Provision would have to be made for ATVs to legally travel from the TCT through Coalmont to the existing bridge at the foot of Bettles Avenue, of course.

If not, you can rest assured that people will do it anyway, as they have for decades. For the most part, ATV users in Coalmont are well behaved, and well tolerated by the residents, many of whom live in Coalmont for the easy

access to the trails on BOTH sides of the river.

We recently attended a seminar about tourism in the Princeton area. The things that came out of that meeting as the primary focus of Tourism in our area was #1 - History, and #2 - Trails.

These items are further inter-related as it is the trails that provide the access to most of that history. The history of the area between Princeton and Tulameen is focused on the Coalmont - Granite Creek area. It is through this wilderness that the Hudson's Bay Co. Trail of 1849 came, through Lodestone, and crossing the Tulameen River at Collin's gulch.

During the Gold Rush of the 1880s, and the Coal Rush of the early 1900s, many trails opened up on the South side of the Tulameen River. Many of these still exist, and are at least partially in use as ATV trails today.

Without access to these trails, through Coalmont, access to this rich history will be cut off for the thousands who wish to enjoy rediscovering it.

Bypassing Coalmont, and severing access to this rich trail system on the South side of the Tulameen River is both short sighted, and detrimental to the expressed desire to improve and build on existing tourism in the Tulameen River valley.

By the very nature of the distances involved and the time constraints of modern life, the number of people who will travel this area using motorized assistance does, and will always, vastly outnumber those few who can or will hike it. Using the desires of the few who wish to have the TCT set aside as their own private hiking trail to destroy the Tourism of an entire area seems short sighted at best.

I know that there has been talk for quite a while of a "twin" trail to take the ATV pressure off the KVR/TCT. This is the first time that ANYONE has breathed a word that it would bypass Coalmont. Not only is such a solution severely detrimental to off-road tourism in the area, it is a ..... continued on Page 22



# Current Comment

## Get Ready For High Prices



**Dawn Johnson**  
editor@thenewsleader.ca

Everybody who goes to the local grocery at this time of year comments on the high prices of produce. There is nothing unusual about this: it happens every year. What will be unusual will be the higher prices in late spring, summer and fall. There is a crisis in California. The vegetable basket known as Central Valley has depleted its aquifer and water is limited. The valley is drying out.

Thirty percent of field workers are unemployed and the food processing warehouses, where the produce is cleaned, packed and shipped, are working at half the former production rate. This means Canada's food markets will feel the pinch.

To understand why the drought in Central Valley will affect us, you have to understand how produce is marketed. Big long haul trucks deliver the produce to major markets where buyers bid on the produce they want. If there is less produce available, the bid will go higher. By the time it reaches grocery store shelves, the price will be much higher.

We do not know how high the prices will climb. What we do know is Central Valley has provided field crops such as cantaloupe, broccoli, carrots, lettuce, and so on, for not only California, but the west coast of North America. Those fertile fields have been a fruit and vegetable basket for all of us west of the Rockies.

### Fighting back

If you live on a tight food budget, you are going to have to find ways to get fresh produce and you are going to have to find ways to preserve fruit and vegetables for winter.

Those of us who are oldtimers like me will know what to do. We buy produce in season and can it or freeze it. Younger folk may not

know quite how to cope with this, but they can learn.

Fortunately, we live between the Fraser Valley and Keremeos, so we can buy in bulk and preserve foods, but keep in mind that the competition for produce from these areas may increase.

The best thing you can do is grow your own produce, if you have access to some land (like your back yard). Gardening is labour intensive, but it is good exercise, and you can reap a good harvest even from a small space. A package of carrot seed becomes a winter's supply. A package of pea seed becomes many meals. A few pounds of seed potatoes becomes 100 pounds by fall.

Carrots, peas, green beans, corn, asparagus, broccoli, cauliflower and spinach can be frozen. Cabbage keeps for months in a

refrigerator. Potatoes keep for months, and so does winter squash. Beets can be pickled.

Berries freeze very well. Just clean them, put them in a bag with a little sugar, shake the bag, and freeze.

Most soft fruits, such as peaches and plums, are better canned. D'Anjou pears will keep for months in the fridge, and Bartlett's can very well. Apples store well.

Buy in bulk when a fruit or vegetable is in season and cheaper than at any other time. I buy pears, onions and apples in the fall to store in a cool place.

Of course, I am a gardener and I know the value of growing your own produce. Right now, my spinach and green onions are starting to grow, even with the cold nights. Learn to garden and feed yourself.

## Minister turns down Mayor

The Minister of Forests and Range received a request from Mayor Randy McLean to drop the high stumpage rates for timber from the South Okanagan area now that the Okanagan Falls sawmill has been closed and torn down. The issue is the Point of Appraisal (POA) stumpage rate.

The closer the timber is to a sawmill, the higher the stumpage rate. Mayor McLean pointed out

to the Minister that timber from the South Okanagan is now hauled much longer distances.

Mayor McLean's letter made little impact. The appraisal policy requires five years to pass before any changes are made, and the POA for the South Okanagan area in question will not expire until November 30, 2012. The Minister suggested Mayor McLean submit his ideas at that time.

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Explore The History Of Mining - Gold, Copper and Coal

# FortisBC promotes Earth Hour project

..... continued from Page 3 energy dollar by providing both financial incentives and advice on energy efficient technologies and practices. Since its inception in 1989, FortisBC PowerSense has helped southern interior customers save over 360 million kWhs, enough energy to power over 27,700 homes for a year.

Visit [www.fortisbc.com](http://www.fortisbc.com) to share your Earth Hour plans and enter to win a weekend getaway for two at the Manteo Resort. You can also call the FortisBC toll free number at 1-866-4FORTIS (1-866-436-7847).

### About Earth Hour

Earth Hour started in 2007 in Sydney, Australia with 2.2 million homes and businesses turning their lights off for one hour. It has grown into a global symbolic climate change initiative. In 2009, at 8:30 PM on March 27, it's expected that millions of people from more than 92 countries will turn their lights off for Earth Hour.

### About FortisBC

FortisBC Inc. is an integrated regulated electric utility based in Kelowna.

Focused on the safe delivery of reliable and cost-effective electricity, FortisBC serves approximately 159,000 customers directly and indirectly through wholesale utilities in the southern interior of B.C. FortisBC owns and operates four regulated hydroelectric generating



The John Allison Elementary School/Princeton Community Garden annual seed sale fundraiser is now on! Beginning Monday, March 22nd, seed packets will be available for sale. - photo submitted

plants and approximately 7,000 kilometres of transmission and distribution power lines. FortisBC employs over 500 people in British Columbia and is an indirect wholly owned subsidiary of Fortis Inc., the largest investor-owned distribution

utility in Canada. Fortis Inc. shares are listed on the Toronto Stock Exchange and trade under the symbol FTS. Additional information can be accessed at either of these websites: [www.fortisinc.com](http://www.fortisinc.com) or [www.sedar.com](http://www.sedar.com).

# Advances being made in MS research

..... continued from Page 19 has a high incidence of Multiple Sclerosis.

Perhaps some of the most exciting discoveries involve myelin repair. There is evidence myelin can and does regrow spontaneously which indicates repair is possible. Myelin repair and regrowth takes place in the early stages of MS and studies are underway using the body's own cells to repair myelin.

Whether MS be proven controllable through simple preventative measures such as Vitamin D supplements, the cross application use of immuno-suppressive drugs such as mitoxantrone, through the development of improved pharmaceuti-

cal disease modifying therapies, or through greater risk treatments such as bone marrow transplants or even the new Chronic Cerebrospinal Venous

Insufficiency (CCSVI) Liberation Treatment, the discovery of more effective treatments and a cure for Multiple Sclerosis seems to be on the horizon.

# To ATV or not?

..... continued from Page 20 perfect example of a "solution" that will prove to be unworkable - and hence ignored by those who wish to continue to enjoy the area. ATV traffic already represents a bigger boost to the economy of the region that hikers and bikers.

Please do not accept any solution that decreases their use, especially

considering our aging population (of which i am a part)! I request that you present this email in its entirety to the meeting on March 17. I am copying it to individuals, organizations, and government who will undoubtedly have an interest in these proceedings.

Regards.....  
Bob & Diane Sterne, Coalmont

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# Princeton Posse Awards



Jared Hidber was named Best Defensive Player at the Posse Awards Night on March 17th. He was presented his award by Head Coach Dale Hladun, left, and Assistant Coach Tyler Gunn.\*



Ben Morgan with his Best Offensive Player Award.\*



Evan Stack was also named Best Offensive Player during the Posse Awards Night March 17th.\*

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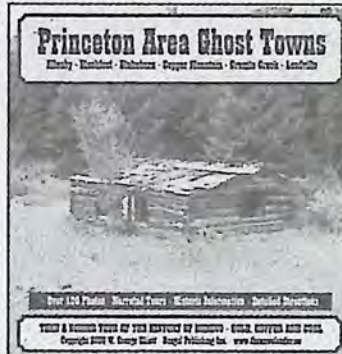
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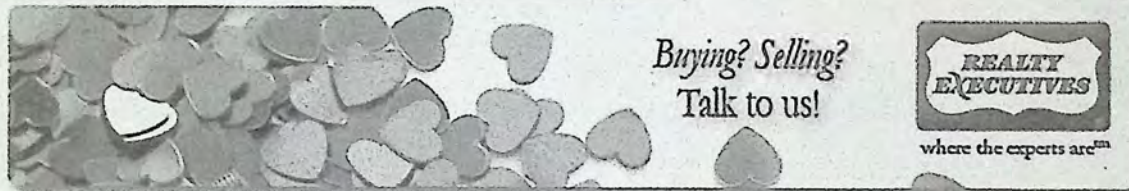
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**17 Lakeview Road**  
**NEW!**  
Peaceful, private and mountain views that go on forever! 5 acres with treed and open areas take advantage of all that Mother Nature has to offer. This property is on a community water system and has the driveway roughed in. Just a few minutes to Link and Osprey Lakes for some great fishing or just a dip to cool off. Recreation opportunities are endless with the Trans Canada Trail close by! MLS@108337 \$189,000



**947 Highway 5A**  
**SOLD!**  
24 acres minutes from Princeton! What a perfect spot to get away from the noise of city life, retire or just come for the recreation opportunities. This acreage is level, with both treed and open spaces and panoramic mountain views all around. It does need a driveway, but there are a few options available as the land is bordered by Highway 5A and Summers Creek Road. This acreage is for you! \$149,900



**428-7th Avenue**  
**NEW!**  
Originally built in 1908 and now rebuilt and renovated inside and out within the last 2 years, this home boasts many fine features for your enjoyment. Including a 600 sq ft enclosed porch for your private viewing pleasures with another 300 sq ft deck for those BBQ get-togethers. An open floor plan and large living areas on the main with laundry on the upper floor. MLS@108301 \$448,900



**1077 2nd Avenue**  
**NEW!**  
This truly unique home sits very privately and serenely above the historic village of Hedley overlooking the entire valley. Enjoy the sunshine streaming through the many wood framed windows with breathtaking views from most everywhere you look out. This home boasts a solid construction, fir floors, stone fireplace and walls, 100 year old beams and much more! MLS@108224 \$319,000



**#1-76 Kenley Avenue**  
**NEW!**  
Located within walking distance to all amenities and a hop and skip from the river, this well-kept strata unit has a unique layout and looks like new! Fresh paint and updated appliances only add to the comfort and security you will enjoy with this property. A new roof in 2006, only 4 units, low strata fees and only one strata meeting per year make this a simple way to live in style! MLS@108164 \$154,000



**862 Highway 5A**  
**NEW!**  
What a find! This spotless home has been well-cared for and it shows. 2 bedrooms with 2 full bathrooms located at either end of the modular gives everyone their own space. The kitchen/eating area and living room have a bright, light open plan. French doors lead off the eating area to a 10x18 deck. There's also a 3-bay 24x36 garage with cement floor, 2x6 walls and a pellet stove. MLS@108065 \$343,000

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