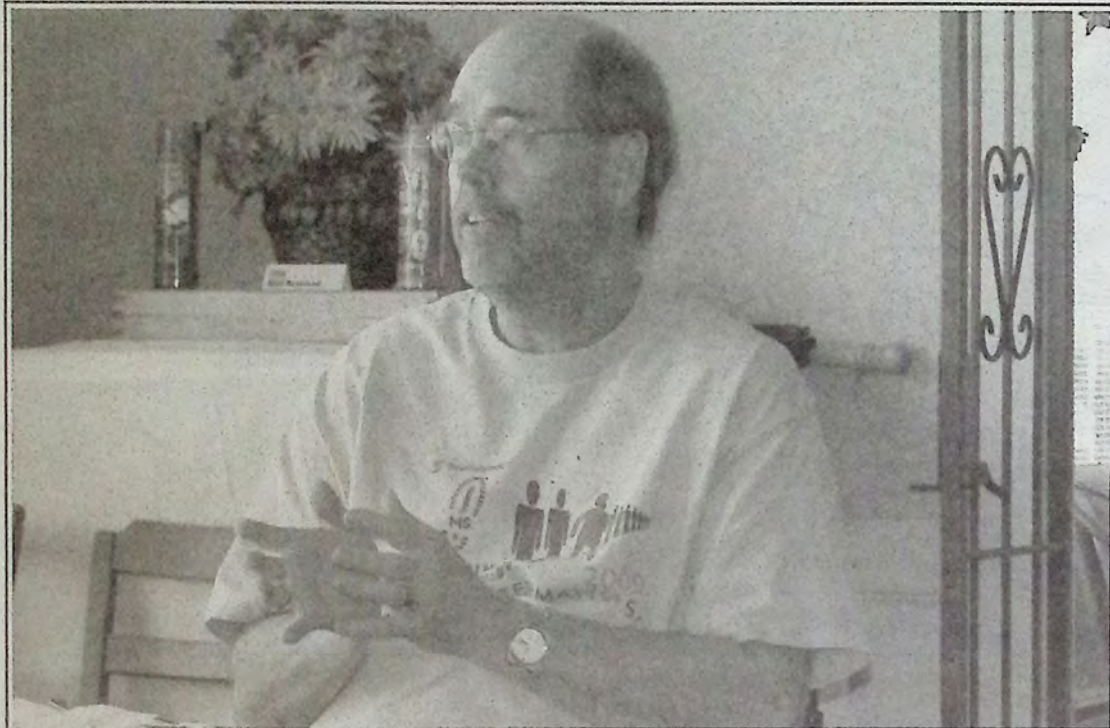




Similkameen News Leader ^{75¢}

Volume 13 Issue 13 #623 ISSN 1712-090X

Tuesday, March 30, 2010



Ken Carlson spoke at the March 23 Rotary Club luncheon meeting. Carlson, who has MS, is chair of the Accessibility Awareness Committee which has lobbied for changes in and around Princeton to provide better access throughout the community. The Highway 3/Burton Avenue crossing continues to be a concern. *

Mayor reviews local projects

by Mayor Randy McLean

At this time it seems most appropriate to bring up to date the status of projects which are in front of our council and the community. This is an extensive list, and although I intend to be very concise, it will require some length.

Aquatic Centre

The first is to explain where we are with the aquatic centre proposal. We have finally received the breakdown of the financial implications for regional district homeowners and what the capital repayment and operating costs will be.

At this time we are receiving information on what would be the

most equitable and appropriate form of taxation for municipal and Area H residents to consider in a referendum. It would seem that an average parcel tax per household of \$18 a month would be an approximate cost, dropping to \$8 a month once the capital was repaid.

This does not include any assistance we may receive from outside funding sources; this would of course reduce those payments although those funding sources are not in the most favorable of times. Those difficult times however have led to a million dollar reduction in the projected cost as a result of a continued on Page 8

Arts Council reviews busy schedule

Princeton's Community Arts Council is neck deep in plans this year. The Arts Council is hosting Arts and Culture Week, beginning with an art show at 5:00 PM. April 18, where local artists' work will be on display at Riverside Centre. A design of the clay mural to be created for Princeton's 150th anniversary will be presented at that time in the foyer.

Following the art show that evening, Kelowna Ballet will perform. This is the third time Kelowna Ballet has come to Princeton, with a different program each year. Princeton receives a special reduced admission: \$5.00 for dance students, \$15 for students and seniors, and \$20 for everyone else. Tickets may be obtained from Arts Council members or at the Chamber of Commerce office located in the Tourist Information Centre.

Arts and Culture week ends with a

watercolour workshop on Saturday and Sunday.

Men of the Deeps will perform at Riverside Centre on May 7. The first four tickets were sold to people from Mission. Tickets are \$39 each and can be obtained as above.

The Princeton 150 committee has received a Heritage Canada grant for the September 4 festivities. On September 5, in the morning, the clay mural will be unveiled. In the afternoon, Myrna Bosomworth will present a ballad she wrote, and John Bosomworth will play the piano in a benefit concert at Riverside Centre.

Bunchgrass Quilters are hosting a quilt show for the 150 celebration. They are also making a strip quilt which will decorate one wall of the Arts Council room at Riverside.

Princeton Garden Club is holding a plant sale at Princeton Plaza on May 8. They will be planting flowers this spring at the Seniors Centre, and are sponsoring a pumpkin growing contest at local schools.

The Potters Guild is holding a workshop in April. They are providing goodies for intermission at the ballet as a fundraiser.

On June 4, 5 and 6, and again on June 11, 12, and 13, Princeton

Museum members see plans

The architect's drawings of the new museum layout were on display at the Museum Society meeting March 23. Lyle Thomas asked for input regarding what changes the society might want. Two changes were suggested for the main floor: an elevator and a staff washroom. The plans will go back to the architect. As soon as the plans are approved, the process leading to a tender and construction contract will begin. The renovation project is expected to begin in October.

The museum will open on the Saturday of the May long weekend, and will close in September, when furnishings will be moved out in

Performing Arts is presenting a play called Dirty Work at the Crossroads. This is a western comedy, and their contribution to Princeton's list of 150 anniversary events.

preparation for the renovation and expansion project.

Events important to Museum Society members were announced. The first is two reunions organized by Lillian Young are planned. A Blakeburn reunion is slated for July 10 and a Copper Mountain/Allenby reunion will happen September 11. The Great Copper Rush Geocache Event will take place July 31 to August 1.

The Voight family graveyard will receive a dedication plaque donated by Allen Gill. A brief ceremony will be held on site sometime in the late spring. Brian Ferguson has built a fence around the site and Copper Mountain Mining has cleaned up the property.

Museum Society members have found a possible craftsperson to repair the stagecoach wheels, which are in poor condition. The society will work with the Town of Princeton, owners of the stagecoach, to discuss repairs. The old Welby Stage coach is one of the

On April 13, Vermilion Forks Field Naturalists presents a documentary premier called Lords of Nature. This film explores the crucial role of large predators in our continued on Page 2

very few authentic coaches left in North America. It has been used in parades, in the film series "Red Serge" and was featured in bringing Premier William Vander Zalm to the celebration of Princeton's downtown revitalization. At that time, several local cowboys staged a hold-up and robbed the Premier. The Museum Society has a development fund for refurbishing the updated museum when renovations are complete. Anyone wishing to donate to this fund can contact Nick Mills.

The next meeting of the Museum Society takes place April 27, 2:00 PM at the Chamber of Commerce meeting room. New members are always welcome.

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Similkameen News Leader THIS WEEK:

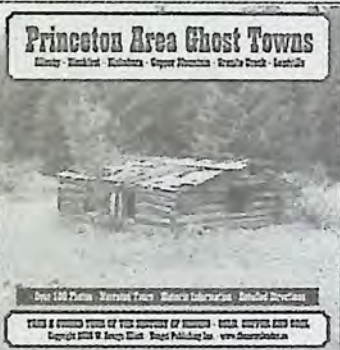
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A PRESENTATION OF SIMILKAMEEN NEWS LEADER
EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE EIGHT CANDIDATES

Meagan Haayer - Royal Canadian Legion



Meagan is a grade 11 student at Princeton Secondary School who works hard to exceed expectations. Born and raised in Princeton, she naturally loves the town and all of the people who come with it. You can find Meagan playing a game of volleyball or cheerleading on the sidelines of Princeton's high school basketball games. She also enjoys skidooning and quadding in Tulameen, but will undoubtedly trade either for a sunny day at Bromley Rock. Meagan is actively involved in an Environmental Club and Student Leadership and hopes to (as cliché as it sounds) change the world some day. Meagan is proud to be sponsored by the Princeton Legion. - submitted



Easter Brunch Buffet

11:00 AM - 2:00 PM
Sunday, April 4th

WE WILL ALSO BE SERVING:
Eggs Benedict - \$ 9.99
Steak & Eggs - \$12.99

BRUNCH BUFFET PRICES:
Adults \$13.99 - Seniors (60+) \$11.99
Children \$1/year
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..... continued from Front Page ecosystem. There is no charge to attend this special event held at Riverside Centre.

The Traditional Music Festival will be held August 20 - 22. Invitations have gone out and several performers have already indicated they will attend. The opening ceremony this year will have a special feature: BC Horsemen's Association is doing a trail ride on the Trans Canada Trail and will take part in the opening ceremony, along with MLA Harry Lali and MP Alex Atamenenko. The ceremony will be followed by dancing in the street.

The Similkameen Branch of Okanagan Historical Society is holding its annual general meeting on April 11. They have presented successful lectures during their first year.

Princeton's Community Band will be playing for the dedication ceremony for the Bridge of Dreams, to

be held at 10:00 AM April 15.

Princeton's Arts Council will not receive a grant from the BC Arts Council this year. The Arts Council will receive \$500 from the Forest Corporation, and hopes grants will come from the Town and RDOS.

The Arts Council room at Riverside Centre has become so

popular that there is a problem with finding a time to use it. Anyone wishing to use the room must now book well in advance with Nadine McEwen.

The next Arts Council meeting is scheduled for April 21 at 11:00 AM at Riverside Centre. Anyone interested in the arts is invited to join.

Recent news from RDOS

DEVELOPMENT SERVICES

The owners of 1306 Highway 3, Electoral Area 'H' have requested to apply to the Agricultural Land Commission for a two-lot subdivision.

The future lots don't meet the minimum size requirements of the Zoning Bylaw and the Board resolved to "not authorize" the application to proceed to the ALC.

The Board gave the Regional Growth Strategy (RGS) Bylaw third reading on March 18th and it

is anticipated that the RGS would be brought before the Board for final adoption at its meeting of April 1, 2010.

Provided the RGS document is adopted, the implementation phase will begin.

FOLLOW THE News Leader ONLINE AT: www.thenewsleader.ca

Burn It Smart Workshop - Thursday, April 8

Princeton & District Community Skills Centre - 206 Vermilion Avenue

HEATING WITH WOOD?
Learn how to make less smoke...more heat

WORKSHOP:
6:30 - 8:30 PM

Come early and see the
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Chimney smoke from wood burning is a sign of inefficient burning which creates air pollution and affects health. Wood smoke contains the fire hazard creosote and particulate matter small enough to settle in the deepest part of the lungs. Smoke seeps into your neighbour's ventilation system and in around doors and windows. Wood smoke contains over 100 known toxins.

GOOD NEWS - Wood smoke pollution can be minimized by updating burning practices. This year the BURN IT SMART Workshop will be held in Princeton at the Princeton & District Community Skills Centre at 206 Vermilion Avenue.

EACH WORKSHOP COVERS - Planning an effective wood heat system, purchasing and preparing wood, proper moisture content, loading the firebox, burn techniques, chimney pointers, wood heating options, maintenance and certification.

"There is nothing dry about this workshop except the wood"
Come early and see the display of working stoves; one efficient and one inefficient. Reid Harvey, WETT expert will answer your questions.

For more information: RDOS Air Quality 1-877-610-3737 (ext. 4212)





Her name is Similkameen! - photo submitted

A girl named Similkameen

by Bronwyn Preece

If I ever have a little girl, I am going to name her Similkameen... At the age of five, I was captivated by a complete sense of magic that I was overcome with around the headwaters of the Similkameen.

As my parents and I would follow the river, descend into the valley, and then continue traveling through, my heart remained with the river, with the valley.

Words could not describe the stirrings inside me. I was mesmerized.

My best way to try to share this sense of awe and wonder was the thought that I may be able to convey these sentiments to a child I might one day birth. By naming a daughter Similkameen, my five-year old mind was marrying the qualities of a child with those of the

Similkameen: wonder, mystery, fragility, strength, freedom, wildness, beauty, movement, spirit, enchantment...magic.

I did not know what Similkameen officially meant, but at the same time I knew exactly what the name meant.

Then and there, I announced out loud to my parents, and I remember it clearly to this day that it was my intention to bestow the name of Similkameen to a future daughter.

And that is exactly what I did.

On April 13, 2001 Similkameen Shannon O'Rourke was born at home on Lasqueti Island, British Columbia.

Her name accurately captures the magnificence of her being: at times wild and frenzied, at times calm and peaceful; possessing a balance between strength and determina-

tion, and tranquility and pensiveness. Above all a unique child, with a unique name.

We do not live in or near the Similkameen, but my daughter holds a special connection, unique to herself, to the place of her namesake.

The Similkameen First Nations are the People of the Eagle. In our home on the coast, eagles circle us, and come to rest on an old snag beside the cabin where Similkameen was born.

The connection extends beyond the place, beyond the name, and into the essence.



Similkameen Shannon O'Rourke. - photo submitted

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K'uSuk'na?qinx Canoe Family



Volunteer Billie Kruger and the K'uSuk'na?qinx Canoe Family step forward and lead by example in their aim to show the world and other indigenous youth that "impossible is nothing". FortisBC supports over 100 community initiatives each year like K'uSuk'na?qinx Canoe Family. We appreciate Billie and the youth volunteers for making our community a brighter place.

Volunteer: Billie Kruger

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Keremeos News



Dr. Moss explains the process that led to the scenario chosen for the Sustainable Similkameen Project at the final public meeting held March 20th at Victory Hall, Keremeos. Photo: Melanie Bagley

Hard work brings hope

by Melanie Bagley
Community Liaison and Project Manager

The final Sustainable Similkameen meeting held in Keremeos Victory Hall on Saturday, March 20th was the culmination of six months planning and public consultation. Almost fifty people from throughout the valley attended to provide input into the draft strategy.

Starting from a blank sheet, a panel of 16 people representing the diverse interests throughout the valley and facilitated by Strategic Planning Consultants, Dr. Laurence Moss and Dr. Romella Glorioso, has strived to develop a vision for the future. Their mission statement, developed at the first meeting, was "to establish a socio-cultural, economic and environmental sustainability strategy for the Similkameen Valley that will maintain and enhance the quality of our rural and small town lifestyle."

Through the course of the last six months there have been two public meetings with the Strategic Planning Consultants and 25 meetings with diverse community groups and representatives to tease out what are the most important issues which will influence the success of this mission statement.

The public consultation process has confirmed that the valley is not isolated or insulated from the outside world and many external factors have an influence on us, which at a local level it is hard for us to change. Global climate change, the current world economic situation and an increasing

trend towards centralized government is the framework which we all live in. Some of these factors will threaten the success of a sustainability strategy, whilst others may present opportunities which we can turn to our advantage.

The valley has many strengths, including our air quality, water quality, good quality agricultural land and a willingness amongst the community to commit to volunteer activities. Perceived weaknesses are a lack of reasonably paid employment opportunities, a lack of affordable housing and a demographic change as a result of young people leaving the valley and an ageing population.

Analysis of these strengths, weaknesses, opportunities and threats resulted in three strategic aims: sustain and strengthen the valley's socio-cultural integrity; sustain and rehabilitate the valley's environmental and natural resources health; increase the valley's sustainable economic activity. Eleven mechanisms were identified as means to achieve the aims and these were discussed at length during the meeting. It was a reflection of the importance of these issues to the community that the discussion period, scheduled to finish at 8:30 PM was still in full swing when the meeting closed at 9:30 PM, and even then small groups remained animatedly discussing ways to carry this process forward.

Throughout the last six months, water supply and quality has been the most widely discussed topic as a strength for the moment but increasingly threatened. Lee McFadyen quoted a study which suggested that in 50 years the

Similkameen River volume will be less than 30% of its current level. Because the source of the river is in the United States there are international treaties in place which limit our control over the river, though several suggestions were made which could help secure the supply within the terms of these treaties.

Several people in the audience raised concerns about the lack of employment and affordable housing. Young people are struggling to earn enough money to enable them to take the first step on the housing ladder and the high cost of farmland makes viable farming activity harder.

Several solutions to these problems were discussed. Joan McMurray advised that in the Village of Keremeos if there is densification of housing within the existing residential area, it might be possible to have additional land within the village boundaries released from the ALR, though several people expressed concerns that if we lose any ALR land then our ability to provide a sustainable food supply becomes diminished.

Attracting in-migration of young people who could contribute to the local economy was one of the stated aims of the action plan, which was more feasible with modern technology allowing tele-working. Though it was pointed out that in-migration in itself places increased demands on resources and infrastructure and a sustainability strategy needs to consider the capacity of the local system to support its population.

It was generally agreed that continued on Page 5



Sustainable Similkameen Project panel members Nancy Allison and Chris Garrish. *

..... continued from Page 4 whilst developing a strategy had been a valuable process, it was only the start, and it was now up to local government, individuals and community groups to carry the process forward. Whilst the task might seem daunting if it is broken into small steps it becomes achievable.

Joan McMurray reported that there was a meeting scheduled in Penticton this week to discuss "economic gardening", which is a tool by which local businesses can be helped to expand and provide one new job at a time. Dr.

Laurence Moss described a scheme in the Victoria region in which the local population, following consultation and a referendum, agreed to pay \$20 each in additional property taxes for five years into a fund targeted at sustainable development - "less than a case of beer".

The mood of the meeting was

summed up by Randy McLean, Mayor of Princeton who, despite the magnitude of the task ahead stated "I never see the point of doom and gloom" and was optimistic that with a positive attitude and public participation the goal of a sustainable future for the valley could be achieved.

TO FIND OUT MORE ON THE SUSTAINABLE SIMILKAMEEN PROJECT VISIT THIS WEBSITE:

www.rdos.bc.ca/ssp



Sustainable Similkameen Project panel members Marilyn Harkness and Duncan Baynes. *

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Flowers In Motion

Brad Den Boer

Wildfire Fuel Management Project Operations Commencing

A Fuel Management Project will be commencing along Snowpatch Rd immediately north of Bonlin Rd. Hand fallers and heavy machinery will be used to remove dead and dying trees from this site as a means to reduce the wildfire risk associated with this interface fuel hazard. All large, live healthy trees will be left on site as will a number of smaller, healthy understory trees.

Work will not commence before 0730 and will end by 1730. There will be no work on weekends except under extenuating circumstances and then only with advance notice. The project duration is anticipated to be around 3 weeks or longer. All work has been approved by the Ministry of Forests and Range who have granted a license to cut timber on crown land. Harvested material will be decked on site and auctioned off by the MoFR after operations are complete.



We ask for your cooperation with this community protection project by avoiding work sites during the above hours for your own safety and that of the work crew.

If you require further information regarding this Wildfire Fuel Management Project please forward your request to john@valhallaConsulting.ca.

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Your Doctor Recommends

DR. JILL SLYWKA, Doctors EyeCare

Q: What are cataracts, and how do I know if I need surgery?

A: A cataract is a clouding of the eye's natural lens, which lies behind the iris and the pupil. The lens is made mostly of water and protein. As we age, some of the protein may clump together and start to cloud a small area of the lens. UV rays contribute to cataract development. Over time, the cataract can grow. Your vision becomes blurred, like looking through a cloudy piece of glass, and light from the sun or a lamp seems too bright. Also, you notice when you drive at night that oncoming headlights cause more glare than before. When cataracts reduce your vision to the point that they interfere with your daily activities, then it's time to have them removed. If you think you have a cataract, come see me for an exam and find out for sure.



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Vitamins And Your Eyes

DR. JILL SLYWKA, Doctors EyeCare

EAT CARROTS FOR YOUR EYES?

Well, it's not quite as simple as that, although Grandma had the right idea - nutrition and vitamins play an important role in your vision and eye health.

In a recent study, scientists found that people who ate at least three daily servings of bananas, oranges and other fruits had a 36% lower risk of developing age-related macular degeneration (AMD) than people who ate fewer than one and a half servings. The more fruit people ate, the less likely they seemed to develop AMD.

But are you one of those busy people on the run who don't eat as many fruits and vegetables as you should?

Consider taking nutritional supplements that contribute to healthy eyes.

Look for ingredients such as beta-carotene, lutein, zinc, selenium and vitamins B, C and E for extra protection from conditions such as glaucoma and AMD.



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Health / Lifestyle News

Ask The Expert: Actinic Keratosis

(NC)—Leading dermatologist and skin expert Dr. Kirk Barber answers Canadians' questions on a common pre-cancerous skin condition - actinic keratosis (AK).

Q: I have some red, scaly spots on my scalp. I think it's just a rash, but my wife says I should get it checked out because I'm fair skinned and balding and could be at risk for skin cancer. Should I be worried?

A: Your wife was right to suggest getting these suspicious spots checked out. While you'd have to see a doctor to know for sure, it's possible that you could have actinic keratosis, or AK, which is a skin condition caused by over-exposure to and damage by the sun. Early detection of AK is important because if left untreated it can lead to squamous cell carcinoma, the second most common form of skin cancer.

Q: I've been doing some research and I think I might have actinic keratosis.

Breakfast is a great way to start the day

(NC)—A healthy breakfast provides many benefits.

For kids, it helps them to concentrate better, improve their problem solving skills, be more alert, and have more energy.

For adults, it helps ensure you are getting more vitamins and minerals, have better concentration and productivity, have lower blood cholesterol levels and helps to control your weight.

Who knew that doing something as simple as eating a healthy breakfast could be so good for you?

So what is a healthy breakfast? Start by ensuring you have servings from three or more food groups.

Grain Group - Aim to have whole grains - including hot or cold whole grain cereals, whole grain breads, bagels, pancakes...

Meat and Alternatives; Milk and Alternatives - Include lower fat protein choices - such as a hard-cooked egg, peanut butter, lean slices of meat, lower fat yogurt, or sliced cheese.

Vegetables and Fruit - Aim for a couple of servings - include fresh, frozen or canned (without added sugar) fruits and vegetables or 100% fruit juice. Select whole fruits and vegetables as often as possible.

Some quick and easy breakfast ideas:

- Hot oatmeal cooked with milk, topped with raisins and cut-up apples.
- Whole grain cereal, vanilla yogurt and frozen berries.
- A smoothie made with fresh or frozen fruit, low fat yogurt and milk, with a slice of whole grain bread.

More information on the benefits of a healthy breakfast can be found online at www.breakfastforlearning.ca.

- News Canada

What are my treatment options?

A: AK can be treated in many ways. The newest treatment available for AK is called Zyclara. It's a cream that's just been approved by Health Canada. Some of the benefits of Zyclara include that it's well tolerated, is easy to use and can be applied in the comforts of your own home and it not only targets visible lesions, but also treats lesions that are not yet visible but are developing within your skin. There are also several other options available including other topical creams and topical chemotherapy, cryotherapy (freezing), curettage (scraping), lasers (burning) and photodynamic therapy. Speak with your dermatologist to determine what treatment options are best for you.

Q: I'm a male in my late forties - I always use sunscreen and am sure to cover up any exposed skin. Am I at risk for developing AK?

A: People who are most at risk for developing AK are those who have light-coloured skin, hair and eyes. AK is found more often in older men than women, and fair skinned people over the age of 50. AK is caused by chronic exposure to sun over the years, so in addition to protecting yourself from the sun, it's also important that you do spot checks regularly to make sure you identify suspicious

spots before they turn into skin cancer.

Dr. Barber's four steps to AK prevention and detection

According to new research, Canadians are spending an average of 15 hours per week outdoors. Here are a few tips Canadians should know and follow when it comes to AK and the sun:

1. Use appropriate clothing to reduce sun exposure.

- Wide-brimmed hats / clothing that covers at-risk areas

- Sunglasses with 100% UV protection

2. Avoid excess exposure to the sun.

- Avoid sun exposure during peak hours (11:00 AM - 3:00 PM)

3. Use a sunscreen lotion with an SPF of 30 or higher that protects against UVA and UVB rays.

- The Canadian Dermatology Association logo on the product is a good guide to choosing an effective sunscreen.

- Look for one that is water-resistant and reapply after swimming or heavy sweating.

- Use lip sunscreen or zinc oxide.

4. Detection, detection, detection

- Check your skin regularly for any suspicious spots.

- If you think you might have AK, see a dermatologist to get it checked out.

- www.newscanada.com

Living Past 100

What? No Low Fat Diet?

There is a new wrinkle in the low fat versus high fat diet (or just plain ordinary eating). No, this is not about some special diet, it is about what you eat every day.

There has been an ongoing debate about eating fats. A study done by a nurses association in the United States revealed there was little difference in cholesterol levels between women who ate the ordinary meat and potatoes diet and those who ate a low fat diet. This is a turnaround, as people with high cholesterol are told to eat a low fat diet.

Dr. W.C. Douglass, a noted rebel in the field of traditional medicine, has maintained for years the real problem is not so much a diet including saturated fats, but a diet of too much sugar and starch. Sugar and starch (carbohydrates) become blood sugar in the body. This blood sugar is what is known as glucose or glycogen. It is the sugar that diabetics measure daily.

Glucose does not come from just sugar. Carbohydrates such as bread, cake, pancakes, muffins, potatoes, and pasta turn into glucose when digested. The presence of glucose turns on the flow of insulin.

Insulin is a hormone your body produces to burn up the blood sugar and turn it into energy. Insulin does something else: it stops your body from burning fat. If you consume more sugars and starches than you need for immediate energy, your body will store it. If this goes on day after day, Dr. Douglass says, it will block your arteries, raise your blood pressure and give you high cholesterol. When you are not getting enough sugars and starches, your body starts to burn fat for energy. That is a fact any diabetic will tell you. At the onset of diabetes, many diabetics can control their blood sugar by eating fewer sugars and starches. On this low carbohydrate diet, they lose weight, and usually feel more energetic. They are burning fat.

There have been studies done in the past that compared athletic performance between groups who ate a lot of sugars and starches, and those who ate few sugars and starches but ate a lot of protein. These studies found that those who ate the least sugar and starches performed better.

Perhaps we are going to have to re-think everything we have heard about the dangers of eating meat, butter and eggs. After all, it is our lives these diets are playing with!

This Week - 12 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 31, 1998

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VOLUME 1 ISSUE 13

Published Weekly in Princeton, B.C., Canada

TUESDAY, MARCH 31, 1998

Drills strike gold at Aspen Grove

An exploration company drilling near Aspen Grove has found gold. The property, formerly owned by Placer Dome as a potential copper project, has turned into a gold project.

Brian Higgs, President and Chief Executive Officer of Christopher James Gold Corp., told the News Leader that the company will go into a second drill project in May or June. Drillers found gold ore on a claim called Big Kidd. The company has several other claims located in the same area, adjacent to each other, and Higgs says it

may take up to two years to prove up the entire ore body.

This will not be a development project for the company, as it is not in the mine development business, but Higgs feels there is an ore body in the area big enough and rich enough to take to production. In the meantime, his company will continue to map it. The claims are located just east of Aspen Grove, and west of Kentucky and Alleyne Lakes.

Higgs has a number of concerns about the future of mining in

Continued on page 2



That's Kenny McLean presenting a framed certificate to the Trehearnes at a Rodeo Club party.

RCMP seek Peeping Tom

Two female residents of the 300 block of Fenchurch Avenue in Princeton report seeing a man looking in their windows about 9:15 p.m. Friday night, March 27. The male was described as a middle-aged man wearing a ball cap and a plaid shirt or coat. The man

identifies him so far.

Residents of the Second Bench area of Princeton including Fenchurch Avenue are advised to ensure their curtains are closed at night and doors locked.

Any suspect persons should be reported to police immediately by

There was gold in them thar hills according to Brian Higgs, President and CEO of Christopher James Gold Corporation.

Higgs told the News Leader that his company had found gold at Aspen Grove and planned to enter into a second drill project in May or June of 1998.

The news was big enough to take the main headline in the March 31, 1998 Similkameen News Leader.

Probably the biggest story in that issue was the Rodeo Club Dinner held on March 24th of that year. The event was organized to honour longtime ranchers and cowboys for their "years of contribution to the western heritage of the upper Similkameen Valley."

The list of those honoured read like a book of history and included Ev Beale, Doug and Edie Currie, Brenda Crimmon, Abe and Mona Willis, Bill and Ester Shopshire, Pat Wright, Len and Leona Brewer, Lorna Allison, Bill and Etta Ferguson, Ralph and Lois Williams, Ralph Robson, Bob Lind, Bob and Betty Pelly, Marg Anderson, William 'Pinky' Foster, Anne Thomas, Dick and Margaret Trehearne, Anne Cappos, Garth Carmichael and Karl and Margaret Freding.

Each received framed certificates, presented by Kenny McLean and Steve and Carol Brodie provided the buffet. The Rodeo Club event filled the Princeton Hotel's Gold

Nugget Pub to capacity.

Another event from late March 1998 that filled a local venue was not a happy occasion. The funeral of 26-year old Kurt Krenn took place in Princeton Arena and attracted hundreds.

Eric Goodfellow, the officiant at the memorial service, remarked on the arena as a fitting place for a tribute to Krenn as "it was a second home to him."

Imperial Metals Corporation and Princeton Mining Corporation announced in the March 31, 1998 News Leader that they had signed an Arrangement Agreement.

It wasn't until last year when Copper Mountain Mining Corporation announced that Mitsubishi had purchased a 25% share of the company and committed to taking all the ore produced at the site that mining copper took on a new life in the Similkameen Valley.

Two local students were looking forward to participating in the Rotary Exchange: Erik Laursen was heading to Denmark for a year

on July 12, 1998. Sarah Broad was planning on finishing her grade 12 in the Philippines.

The SPCA commended Princeton's Highway Rescue team on March 26, 1998. A fatal accident three months before left a dog seriously injured and without a home.

"It would have probably been put down if it wasn't for the rescue crew," Princeton RCMP Cst. Gilles Gosselin said at the time.

Princeton's rescue team members who responded to the accident call were Dave Hanik, Lloyd Allen, Nick Goreas and Shelby Smith. They took the dog from the wreckage and transported it to a veterinarian in Merritt treatment. When the dog recovered a home was found for it.

The SPCA presented the rescue society with a plaque and the four rescue team members received certificates.

Bob Ogden, SPCA Regional Manager praised the crew for efforts, which "exceeded usual service provided by a highway rescue team."



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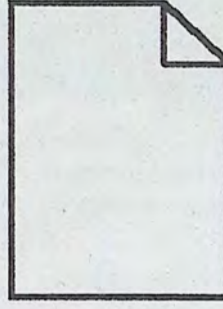
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The new electronic message board was installed outside Town Hall last week. *

..... continued from Front Page
 shortage of work for construction companies.

We are formulating a timeline which would lead up to the referendum later this year.

Funding: Community Forest Corporation - \$1 million.

Library

We are nearing completion on the new library building, we would hope to be finished within a few weeks and the library will be able to move from the museum building following that. Although there has been a multitude of difficulties with the renovation of the building we believe the new facility will greatly enhance our downtown core.
 Funding: Province - \$400,000.

Museum

We received preliminary designs for the museum. Council and staff together with the museum society are working towards an appropriate design for the facility.

The process of considering how the facility will look in the future is an exciting one, Council has always considered that the museum is the anchor of our tourism industry and we are anxiously awaiting the answers to our funding inquiries.

Industrial Park

The roadwork, street lighting, water, sewer, power and gas for the 24 parcel-Phase 1 development is nearing completion, although an exact date is still unclear. Council has employed a marketing firm and we are finalizing both the pricing and the scope of industry that the park will include.

Although clients can begin to construct while the development is finishing up, council must have the bylaws and pricing in place before the first sale and we believe we have a number of serious clients that are waiting for that to be done.

The estimate of the consultants was that we would sell 3-5 lots a year, however with the mine and

associated industry that could well increase.

Funding: Federal - \$450,000.

Water Project

The final stages are taking place with the water line, reservoir and water service to our new Princeton residents in East Princeton, the Airport subdivision and Jacobson Road. Once the final steps are completed then testing will begin that will lead to water finally being turned on.

We are also obtaining crown easements in order to run water from our line to connect with Deerview residents; as a result of our airport reservoir this will provide adequate supply to those residents as well as any future residential development in that area.

Funding: Federal and Provincial - \$1.7 Million.

Airport fuel system and building

The fuel system is up and running, it brought us in a \$30,000 profit last year and we are making changes to our mobile equipment registration that could increase that amount in the event of forest fires in our area.

The airport building is receiving the final touches with paneling, heating and painting which should be completed within a month.
 Funding: Province - \$100,000.

Town Hall

For a number of years our council has been aware of the deterioration of our town hall, we have been putting money into reserves and have reached a point where we are loath to put any more money into repairs.

We hired a building engineering consultant who made us aware of the electrical, mechanical and structural defects of the building and Council determined that we would proceed with a new building design which would incorporate enough office space to relieve the overcrowding we now experience.

We purchased the lot next door which will allow us to demolish the

present building and rebuild on the present site thereby creating sufficient office space.

An architectural firm has been hired and we are working together to find a design that meets our needs as well as addresses the environmental requirements of civic buildings.

Funding: Town Reserves - with Upper Level Government Funding being applied for.

Overwaitea construction

As previously mentioned we are in discussions with Overwaitea with regard to their new building. They have acquired all the necessary property and are now waiting for a lease to expire in June, with construction scheduled to begin sometime in August/September.

We are working to ensure that the building aligns with our Official Community Plan requirements as well as any public concerns and is an aesthetically pleasing addition to our downtown and we are confident that that is Overwaitea's desire as well.

Community Events sign

Our events sign is here and has been erected. The present location will be on municipal hall property with operation of the signage to begin once staff has mastered all the functions.

The operating procedure and rules are being designed but this will be a community oriented service which will enhance public participation at local events and should greatly increase public awareness.
 Funding: Forest Corp - \$35,000.

Veterans Square

We are finished with all but some very minor finishing touches on Veterans Square. We are very pleased with the final product and we believe that the beauty of the square shone through in such events as the Torch Relay, Remembrance Day, Christmas Light-Up and the Traditional

..... continued on Page 19



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - March 30 - April 5, 2010



A number of Princeton Posse players attended the Dawson Creek Rage Evaluation Camp March 26-28 at Princeton Arena including Dayton Shaw, left, who wore #23 as a Posse player. *

Princeton hosts hockey camp

Many Princeton Posse hockey fans had never heard of the Dawson Creek Rage prior to the weekend of March 26-28.

The Rage is the newest team to join the 34-year old North American Hockey League. The Junior A league has a total of 25 teams, with Dawson Creek being the only Canadian franchise. The

league is based in the United States with the closest team to Princeton in Wenatchee, Washington.

The expansion Dawson Creek Rage will play their inaugural season starting September 2010 and will host at least three camps before the first face off in the season.

The first camp, an Evaluation Camp, was held this past weekend

in Princeton with upcoming camps planned for Abbotsford and Dawson Creek.

Princeton Posse Head Coach Dale 'Duner' Hladun conducted the local camp, which included 70 registered players. Of that total there were 10 Princeton Posse players listed with eight of them on ice during the weekend.



Jacinda Esselink and Colby Williams recently ended their season with the Kamloops Mystix. - photo submitted

Similkameen News Leader

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Land Act:

Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Erris Volunteer Fire Association of Princeton BC, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Thompson Okanagan Service Centre, Crown Land Adjudication office, for a licence for Firehall purposes covering All that unsurveyed Crown land in the vicinity of District Lot 937, Kamloops Division Yale District and containing 0.69 hectares more or less situated on Provincial Crown land located in the vicinity of Princeton.

The Lands File Number that has been established for this application is 3412152. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 441 Columbia Street, Kamloops, BC V2C 2T3. Comments will be received by ILMB until May 7, 2010. ILMB may not be able to consider comments received after this date.

Please visit our website at: <http://www.arfd.gov.bc.ca/ApplicationPosting/index.jsp> --> Search --> Search by File Number: insert Lands File Number for more information.

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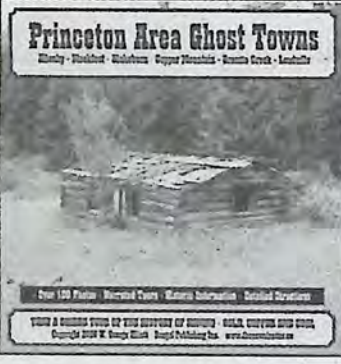
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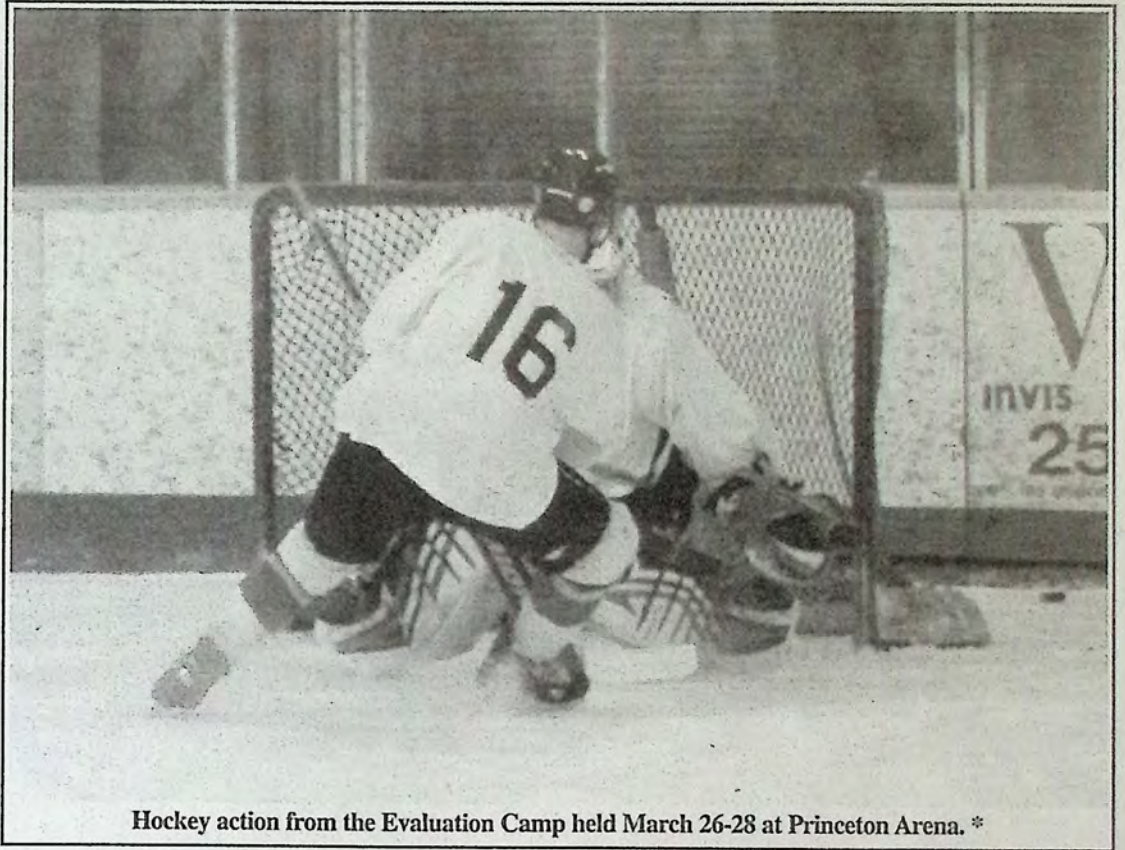
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Hockey action from the Evaluation Camp held March 26-28 at Princeton Arena. *



TUESDAY, MARCH 30, 2010

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6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	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 "Blink"	Inside-Box That News
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Jeff Goldblum and Saffron Burrows. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl Animal	SpongeBob League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show (N)	CSI: NY	End Leash Last 10
8 AM	Harvey		Sid the Science Kid (DVS)	Curious Sid			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go Busytown	Pokemon Rollbots	SportsCentre		Motor City Motors	Handy Handy	Rachael Ray	CSI: NY	Tube Tales
9 AM	Fam. Feud	100 Huntley Street	(DVS) Super Why! Dinosaur			The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	Timber SnowTrax	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: NY	Colin-Justin
10 AM	Reba	PLAN Canada	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View	PLAN Canada	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Billiards: Mosconi Cup.	The View	How-Made	Phineas Phineas	The O.C.	CSI: NY "Blink"	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. Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	George S. (11:40) Erky	Poker	Fashion Fashion	License to Drill	So Raven Suite Life	CityLine	CSI: NY	Golden Golden
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Paid Prog. 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 Rollbots	ATP Tennis: Sony Ericsson	etalk Bold	Canada's Worst Driver	Zoey 101 Zoey 101	The Bonnie Hunt Show	CSI: Crime Scene	Fresh Pr. Frasier
1 PM	King The Office	As the World Turns (N)	(1:02) Wibbly Pig	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	China Rises	(12:55) Viva Jacob	Open: Early Round.	Sue Thomas: F.B. Eye	Motor City Motors	So Raven Wizards	Judge J. Judge J.	CSI: Crime Scene	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 Interruptio	Dr. Phil	MythBusters	Montana School	CityLine	CSI: Crime Scn	Golden Golden
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Visiting the North Pole.	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Mercer	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Destroyed Destroyed	Montana Suite/Deck	CityNews at 6 (N)	CSI: Crime Scene	End Leash Last 10
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyber	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey Interruptio	Ellen DeGeneres Show	Daily Planet (N)	Suite/Deck Wizards	Law & Order: SVU	UFC: Best of 2009	The Celebrity Apprentice (N)
5 PM	Payne	Early News	(4:57) BBC World	BBC World	News (N)	News	Criminal Minds	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	NHL Hockey: Chicago	CTV News at Five (N)	How/Made	Montana Jonas	The Biggest Loser Eliminated		
6 PM	Law & Order: SVU	Global Nat. News	Taste Buds Dogs	PBS NewsHour (N)	Millionaire	Access H.	Criminal Minds	News	(5:59) News Hour (N)	Ent	Coronation	iCarly	Blackhawks at St. Louis Blues.	CTV News (N)	Destroyed	Zoey 101 Zoey 101	contestants return.		Dog Whisperer
7 PM	Seinfeld Name Earl	Ent ET Canada	Frontiers of NOVA "Rat Attack"	Jeopardy! Wheel	The Doctors	CSI: Miami	Ent	Ent	The Good Wife	The Good Wife	Wheel Jeopardy!	iCarly Scorpion	SportsCentre (Live)	Lost "The Package" (N)	Swamp Loggers (N)	Montana Suite Life	Parenthood (N)	BlueMount BlueMount	End Leash Last 10
8 PM	Movie "Endgame"	NCIS "Endgame"	Man Who Found Titanic	Hawaiian Monk Seals	The Biggest Loser Eliminated	contestants return.	NCIS: Los Angeles	NCIS: Los Angeles	NCIS: Los Angeles	NCIS: Los Angeles	Mercer Malcolm	22 Minutes Chris	American Idol 10 finalists compete.	Daily Planet	Sonny Montana	News EP Daily	UFC Unleashed	ET Canada	
9 PM	Movie: "Dumb & Dumber"	The Good Wife	Friedmans (2003)	Independen t Lens (N)	Parenthood (N)	The Good Wife	(10:01) Criminal Minds	(10:02) V (N)	The Good Wife	News Hour Final (N)	National	Family Biz Indie	Boxing	Law & Order: SVU	Swamp Loggers	School Cory	King of Hill Bernie Mac	BlueMount BlueMount	The Celebrity Apprentice
11 PM	(1994) Jim Carrey.	CHBC News Final (N)	Movie: "Broke" (1992)	Charlie Rose (N)	News (N) Jay Leno	News Letterman	(11:01) CSI: Miami	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News CTV News	How/Made	So Raven Life Derek	Coach Judge	Star Trek: Voyager	

WEDNESDAY, MARCH 31, 2010

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7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Furniture; Barbara Hannah. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl Animal	SpongeBob Penguins	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: NY "Outside Man"	Project Runway Canada
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9 AM	Fam. Feud	100 Huntley Street	(DVS) Super Why! Dinosaur			The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	PLAN Canada	Super Why! News	Rolie Polie Timothy	Drag Racing: NHRA Four-	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: NY	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Wide Nationals, Final	The View	How-Made	Phineas Phineas	The O.C. "The SnO.C."	CSI: NY "A Man a Mile"	What What
11 AM	Jim Name Earl	Canada	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog. Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	George S. (11:40) Erky	Eliminations Score Golf	Fashion Fashion	Destroyed	Zoey 101 Zoey 101	CityLine	CSI: NY "Outside Man"	Golden Golden
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1 PM	King The Office	As the World Turns (N)	(1:02) Wibbly Pig	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	China Rises	(12:55) Viva Jacob	Sue Thomas: F.B. Eye	Swamp Loggers	Montana Suite Life	Judge J. Judge J.	CSI: Crime Scn	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 Interruptio	Dr. Phil	MythBusters	So Raven Stone	CityLine	CSI: Crime Scn	Golden Golden
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear Visiting the North Pole.	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Mosque	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Canada's Worst Driver	Wizards Montana	CityNews at 6 (N)	CSI: Crime Scn	Project Runway Canada
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Carolina Hurricanes at Montreal Canadiens.	CTV News at Five (N)	I Could Do I Could Do	Zoey 101 Zoey 101	Mercy	UFC Fight Night (Live)	Hoarders Hoarders
5 PM	Movie: "Dumb & Dumber"	Early News	(4:57) BBC World	BBC World	News (N)	News	Dog	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob		CTV News (N)	Howe & Howe Tech (N)	Wizards Cougar	Family		
6 PM	(1994) Jim Carrey.	Global Nat. News	Creatures Dogs	PBS NewsHour (N)	Millionaire	Access H.	Dog	News	(5:59) News Hour (N)	Ent	Coronation	iCarly	SportsCentre (Live)	etalk	Solv.History	Wingin' It Suite Life	(7:01) Ugly Betty (N)	The Ultimate Fighter (N)	Parking Parking
7 PM	Seinfeld Name Earl	Ent ET Canada	Man Who Found Titanic	Tavis Smiley Reports	Jeopardy! Wheel	The Doctors	Dog Billy	Ent The Insider	Ent ET Canada	Melrose Place (N)	Wheel Jeopardy!	iCarly	Hockey	Access H.		Suite Life			
8 PM	Law & Order: SVU	Bones (N)	Ten Road to the Sky	American Masters (N)	Mercy	Christine Purpose	Billy Billy	Easter Bgl. The Middle	Bones (N)	Bones (N)	Stars Ice	Malcolm Chris	Sports Off-Record	Criminal Minds	Daily Planet	Sonny Montana	News EP Daily	The Ultimate Fighter	Spoiled ET Canada
9 PM	Movie: "Phantoms" (1998) Peter O'Toole.	Kitchen Nightmares	Haydn's Creation (N)	The Street Stops Here (N)	Law & Order: SVU	Criminal Minds	Dog	Family Cougar	Kitchen Nightmares	Kitchen Nightmares	Republic of Doyle (N)	8 Rules What I Like	Global Golf Adventures	American Idol	Solv.History	Wizards Buzz	For the Love of Ray J	Deadliest Warrior	Seinfeld Seinfeld
10 PM	TBA	Melrose Place (N)	Ladies High	Charlie Rose (N)	News (N) Jay Leno	News Letterman	CSI: NY	Dog (10:01) Ugly Betty (N)	Melrose Place (N)	News Hour Final (N)	National	Family Biz Indie	Poker	CSI: NY	I Could Do I Could Do	School Cory	King of Hill Bernie Mac	CSI: Crime Scn	Hoarders Hoarders
11 PM	TBA	CHBC News Final (N)	Movie: "Broke" (1992)	Charlie Rose (N)	News (N) Jay Leno	News Letterman	(11:01) CSI: Miami	News (11:35)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News CTV News	Howe & Howe Tech	So Raven Life Derek	Coach Judge	Star Trek: Voyager	

Similkameen News Leader - Horoscopes

April 1 - 7, 2010

Aries - Your energy boost continues. Your thoughts turn to what you own and what you owe, and how you can balance income and outgo. Establish your personal value system, pick priorities.

Taurus - This is a good time to look into yourself and find out what you really want out of life. Job runs smoothly, you can make plans. You could do an update to improve your appearance, wardrobe.

Gemini - Discuss job with others. You may find there is help to do a better job, possible training. Your health is good, but you can make it better with more walking, biking or running.

Cancer - This is a month when you can make plans and carry them out without too much interference. Your career is going well, home life is better. Pay attention to home's comfort and appearance.

Leo - Your career can benefit by adopting an attitude of gracious goodwill. You have a lot of charm now and know the right thing to say. Others are willing to share their resources with you.

Virgo - Talk to somebody who can help you with your taxes or finances. Short trips are fun and can bring you benefits. Work at self-improvement. Pay attention to what good things others say about you.

Libra - If you want a favour from a bank or you want a good investment, this is the month to do it. Talk to those who can help you improve your financial position. Listen and learn expertise.

Scorpio - Pleasant conversation with friends and opposite sex could lead to romance. Scorpio men who listen to women have a big advantage. Job is busy, career is hectic. Health is good. Work hard.

Sagittarius - Take your creativity to work this month. You can enjoy making your work environment more inviting, or if you work in a creative field, you can exhibit genius. Impress others.

Capricorn - Home is where the heart is this month and you want to make your home as beautiful and peaceful as possible. This is a good time for spring cleaning, redecorating and renovating.

Aquarius - This month you can enjoy good times with friends at your home. You benefit by talking to friends, siblings and neighbours. Take time to beautify your home and property.

Pisces - This month is a good month for making friends or just being a lot more outgoing. Express yourself from the goodness of your heart. You will be rewarded for the good you do for others.

We're different, and we like that.

Similkameen News Leader

Tuesday Movies

EVENING

9:00 pm KNOW (5) ★★½ "Capturing the Friedmans" (2003, Documentary) Arnold Friedman. Premiere. In 1987, teacher Arnold Friedman and his son Jesse stand trial for sex crimes against minors.

10:00 pm WTBS (3) ★★½ "Dumb &

Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (E) 11:00 pm KNOW (5) "Broke" (1992, Drama) Timothy Spall. A woman plans revenge when her husband's extravagant friend jeopardizes their home and business. (E)

Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Dumb & Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (E)

EVENING

9:00 pm WTBS (3) ★★ "Phantoms" (1998, Horror) Peter O'Toole. A British professor comes to the aid of vacationing sisters who discover eerie killings in a Colorado ski town. (E)

Similkameen News Leader

Similkameen News Leader - Recipe Corner

Recipe #316

Spiced Almonds

Developed by Ellie Krieger, R.D. for the Almond Board of California

Makes: 8 servings Active time: 10 minutes Total time: 30 minutes

Ingredients:

- 1 large egg white
- 2 teaspoons (10 mL) sweet paprika
- 2 teaspoons (10 mL) dark brown sugar
- 3/4 teaspoon (3 mL) salt
- 1/2 teaspoon (2 mL) Worcestershire sauce
- 1/4 teaspoon (1 mL) cayenne pepper
- 2 cups (500 mL) natural almonds
- Cooking spray

Directions:

Preheat the oven to 350°F (180°C) degrees. Line a baking sheet with parchment paper. Spray with cooking spray as necessary.

In a large bowl whisk together the egg white, paprika, sugar, salt, Worcestershire sauce, and cayenne pepper until well combined. Add the almonds and toss until evenly coated.

Transfer the almond to the parchment lined baking tray spread out to form a single layer. Bake for 20 minutes, until the coating is crisp. Almonds will continue to crisp as they cool. Allow to cool completely then break up any nuts that are stuck together. Nuts will keep up to 5 days in an airtight container.

Nutritional analysis per serving, 1/4 cup (50 mL) Calories: 210 kcal, Fibre: 4.4 g, Total Fat: 18 g, Cholesterol: 0 mg, Saturated Fat: 1.5g, Sodium: 230 mg, Monounsaturated Fat: 11 g, Calcium: 96 mg, Polyunsaturated Fat: 4.3 g, Magnesium: 97 mg, Protein: 8 g, Potassium: 264 mg, Carbohydrates: 9 g, Vitamin E: 9.4 mg

- News Canada

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Thursday Movies

EVENING

8:00 pm WTBS (3) ★★ "Above the Rim" (1994, Drama) Duane Martin. A high-school basketball star is torn by loyalties to a drug dealer and an ex-player. (E) 10:00 pm WTBS (3)

★★ "Paycheck" (2003, Science Fiction) Ben Affleck. After learning his memory has been erased, a technical wizard goes on the run to piece together clues from his past. (E)

Friday Movies

MORNING

11:00 am 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)

AFTERNOON

12:55 pm YTV (18) ★★½ "Jonah: A VeggieTales Movie" (2002, Adventure) Voices of Phil Vischer. Animated. A fussy asparagus makes his way across deserts and seas to deliver a message from God to a sinful city. (In Stereo) (E)

EVENING

7:30 pm FAM (29) "Starstruck" (2010, Drama) Sterling Knight. A Midwestern girl visits Los Angeles and spends time with a rising Hollywood pop star. (In Stereo) (E) 8:00 pm WTBS (3) ★★ "Paycheck" (2003, Science Fiction) Ben Affleck. After learning his memory has been

erased, a technical wizard goes on the run to piece together clues from his past. (E)

9:30 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (In Stereo) (E)

10:00 pm SPIKE (44) ★★ "The People vs. Larry Flynt" (1996, Drama) Woody Harrelson. Arrested on obscenity charges, the publisher of Hustler magazine, with the help of his lawyer, fights for his First Amendment rights all the way to the Supreme Court. (In Stereo) (E)

10:30 pm WTBS (3) ★★ "200 Cigarettes" (1999, Romance-Comedy) Ben Affleck. On New Year's Eve 1981, young adults seek belonging, a big party, romance and answers. (E)

10:58 pm FAM (26) ★★½ "Sally Marshall Is Not an Alien" (2000, Comedy) Helen Neville. An Australian loner must prove a new girl is not an extraterrestrial or else lose her telescope to a bully. (In Stereo) (E)

THURSDAY, APRIL 1, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	The First 48	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 "Officer Blue"	Inside Box Reality
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Holly Robinson Peete; Dame Edna. (N)	The Early Show (N)	The First 48	Good Morning America (N)			Dirtgirl Animal	SpongeBob Invasion	SportsCentre		Mayday	Mickey Mickey	The Tyra Show (N)	CSI: NY "Night, Mother"	Soap Reality
8 AM	Harvey		Sid the Science Kid (DVS)	Sid			The First 48		100 Huntley Street		Bo on Go Busytown	Pokemon Rollbots	SportsCentre	Forensic Factor	Handy Handy	Rachael Ray	CSI: NY "Tri-Borough"	Comeback	Whatever
9 AM	Fam. Feud	100 Huntley Street	Spider (DVS)	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	Motoring Motorcycle	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: NY "Recycling"	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View	World Vision	Debt Part ET Canada	Poko Doodlehop	Berenstain Willa's	Billiards: Moscom Cup	The View	How-Made	Phineas Phineas	The O.C.	CSI: NY "Officer Blue"	What
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit Be Fit	Ellen DeGeneres Show	Young & Restless	The First 48	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	George S. (11:40) Erky	Poker	Fashion I Could Do	Suite Life Wizards	CityLine	CSI: NY "Night, Mother"	Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie Rose (12:36)	Charlie Rose	Reshape Paid Prog.	News Bold	The First 48	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Rollbots	ATP Tennis	etalk Bold	Howe & Howe Tech	So Raven Suite Life	The Bonnie Hunt Show	CSI: Crime Scn	Fresh Pr. Frasier
1 PM	King The Office	As the World Turns (N)	(1:01) Wilby Pig	Simp Paint Quilting	Days of our Lives (N)	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	China Rises	(12:55) Viva Jacob		Sue Thomas: E.B. Eye	Solv. History	Montana Suite Life	Judge J. Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Pearlie (N) Invasion	Around Interruption	Dr. Phil	MythBuster's Ninjas	So Raven Suite Life	CityLine	CSI: Crime Scn	Golden
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes 22 Minutes	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Cash Cab How-Made	Wizards Wizards	CityNews at 6 (N)	CSI: Crime Scn	Soap
4 PM	Family Guy	Oprah Winfrey	George S.	Cyberchase	Judge J.	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Buffalo Sabres at Toronto Maple Leafs.	Ellen DeGeneres Show	Daily Planet (N)	Montana Wingin' It	Law & Order: SVU	CSI: Crime Scn	Reality
5 PM	Payne	Early News	(4:58) News	BBC World Business	News (N) NBC News	News CBS News	The First 48	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob Fanboy	Sabres at Toronto Maple Leafs.	CTV News at Five (N)	Who Framed Jesus? (N)	Montana	30 Rock Parks	CSI: Crime Scn	Family Guy
6 PM	Law & Order: SVU	Global Nat. News	Heads Up Dogs	PBS NewsHour (N)	Millionaire Access H.	News	The First 48 (N)	News	(5:59) News Hour (N)	ET Canada	Coronation	Drake	SportsCentre (Live)	CTV News (N)	So Raven Suite Life	30 Rock	Purpose	Wild World	Seinfeld
7 PM	Seinfeld Name Earl	Ent ET Canada	Frontiers of Depression	Jeopardy! Wheel	The Doctors	Fugitive Chronicles (N)	The Insider	ET Canada	90210 (N)	Wheel Jeopardy!	Prank Ptrl Hockey	The Vampire Diaries (N)	MythBuster's	Montana Suite Life	The Marriage Ref (N)	Iceman: Chuck Liddell	'70s Show King		
8 PM	Movie: "Above the Rim" (1994)	Survivor: Hero	Going to Extremes	Sherlock Holmes	The Office "Niagara"	Survivor: Hero	Fugitive Chronicles	FlashForward (N)	Survivor: Hero	Survivor: Hero	The Nature of Things	Prank Ptrl	Sports Off-Record	CSI: Crime Scene	Daily Planet	Sonny	News EP Daily	The Ultimate Fighter	ET Canada
9 PM	Duane Martin	The Office Tucson	Broadway: Musicals	MI-5	The Office	CSI: Crime Scene	(9:01) The First 48	Grey's Anatomy (N)	The Office Tucson	The Office Tucson	Love, Hate	8 Rules What I Like	Boxing	Grey's Anatomy (N)	Who Framed Jesus?	Wizards Buzz	Accrd/Jim	MANswers	Family Guy
10 PM	Movie: "Paycheck" (2003) Ben Affleck	90210 (N)	Snapshot	Soundstage	The Marriage Ref (N)	The Mentalist (N)	(10:01) The First 48	(10:01) Private Practice (N)	90210 (N)	News Hour Final (N)	National	Family Biz Indie	Boxing	The Mentalist (N)	School Cory	King of Hill	Bernie Mac	CSI: Crime Scn	Seinfeld
11 PM	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N) Jay Leno	Letterman	News	(11:01) Fugitive Chronicles	News	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	MythBuster's	So Raven Life Derek	Coach Judge	The Ultimate Fighter	'70s Show King

FRIDAY, APRIL 2, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	(5:00) Movie: "The Andromeda Strain"	News	(5:30) Morning News (N)	To Be Announced	Nanalan' Poko	Being Ian Viva Piñata	SportsCentre	Degrassi MTV	Daily Planet	Henry's Mickey	CityLine	CSI: NY "Tanglewood"	Inside Box MakeBreak
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Kelsey Grammer, Max Lucado. (N)	The Early Show (N)	Stain" Benjamin Bratt.	Good Morning America (N)			Dirtgirl Animal	SpongeBob Garfield	SportsCentre	Canada AM	Mayday	M. Mouse Mickey's Great	The Tyra Show	CSI: NY	Deal-No Deal
8 AM	Harvey		Sid the Science Kid (DVS)	Sid					100 Huntley Street		Bo on Go Busytown	Pokemon Rollbots	SportsCentre	MythBuster's	Handy	Rachael Ray	CSI: NY	6 Degrees	Tooned (N)
9 AM	Fam. Feud	100 Huntley Street	"Hello Doggie"	Super Why! Dinosaur		The 700 Club	CSI: Miami "10-7"	Regis and Kelly	100 Huntley Street	Nature	Super Why! News	Rolie Polie Timothy	Darts: 2009 Grand Slam.	Regis and Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: NY "Hush"	Colin-Justin
10 AM	Reba	World Vision	Spider (10:36)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View	World Vision	Debt Part ET Canada	Poko Doodlehop	Barbie		The View	How-Made	Phineas Phineas	The O.C. "Family Ties"	CSI: NY "Tanglewood"	What
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Movie: "The Andromeda Strain" (2008)	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	George S. (11:40) Erky	Global Golf Adventures	Fashion Fashion	Mayday "Gimli Glider"	So Raven Suite Life	CityLine	CSI: NY	Golden
12 PM	Just Shoot King	Noon News Hour (N)	Maggie Rose (12:38)	Charlie Rose	Naked Paid Prog.	News Bold	(2008) Science Fiction)	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News	(12:05) Kid Rollbots	ATP Tennis: Sony Ericsson	etalk Bold	Secret Service	Suite/Deck Montana	The Bonnie Hunt Show	CSI: Crime Scn	Fresh Pr. Frasier
1 PM	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)	Benjamin Bratt, Eric McCormack.	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Heartland "Dark Horse"	(12:55) "Jonah: A VeggieTales Movie"	Open, Semifinal.	Sue Thomas: E.B. Eye	Did the Mob Kill JFK?	Wizards Montana	Judge J. Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Invasion Interruption	Prank Ptrl Hockey	Dr. Phil	MythBuster's	Wizards Wizards	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:02) Little Bear Owl is grumpy.	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami "10-7"	Rachael Ray	The Doctors	Young & Restless	Recipes Red Green	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show (N)	Cash Cab How-Made	Montana Sonny	CityNews at 6 (N)	CSI: Crime Scn	Deal-No Deal
4 PM	Family Guy	Oprah Winfrey	George S.	Biz Kid\$ Cyberchase	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Montreal Canadiens at Philadelphia Flyers.	Ellen DeGeneres Show	Daily Planet (N)	Wizards Suite/Deck	Murdoch Mysteries	CSI: Crime Scene	6 Degrees Tooned
5 PM	Payne	Early News	(4:58) News	BBC World Business	News (N) NBC News	News CBS News	Criminal Minds	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	fifth estate	Penguins	Canadiens at Philadelphia Flyers.	CTV News at Five (N)	Dirty Jobs	Montana Sonny	Who Do You	CSI: Crime Scene	Family Guy
6 PM	Law & Order: SVU	Global Nat. News	Animals Dogs	PBS NewsHour (N)	Millionaire Access H.	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	News	iCarly	CTV News (N)	Man vs. Wild	Suite/Deck Montana	Murdoch Mysteries	CSI: Crime Scn	Cleveland	
7 PM	Seinfeld Name Earl	Ent ET Canada	Higher Education in BC	Wash. McLaughlin	Jeopardy! Wheel	The Doctors	Criminal Minds	Ent The Insider	Ent ET Canada	NUMB3RS	Wheel Jeopardy!	Kids' Choice Awards	etalk Hockey	42 Ways to Kill Hitler	Montana	Mercy	CSI: Crime Scn	Tooned	
8 PM	Movie: "Paycheck" (2003) Ben Affleck	X-Weighted "Anthony"	Poirot	Bill Moyers Journal (N)	Who Do You	Ghost Whisperer (N)	Fugitive Chronicles	Wife Swap (N)	X-Weighted "Anthony"	X-Weighted "Anthony"	Mercer	2010	Off-Record	Ghost Whisperer (N)	Daily Planet	News EP Daily	The Ultimate Fighter	ET Canada	
9 PM	Aaron Eckhart	Shark Tank	Dalziel and Pascoe	NOW, PBS Moment	Dateline NBC	Medium (N)	(9:01) Criminal Minds	Jamie Oliver's Food	Shark Tank	Shark Tank	fifth estate	10 Things Weird	ATP Tennis: Sony Ericsson	Medium (N)	Man vs. Wild	(9:04) Movie: "Go Figure" (2005)	Real Chance of Love	Trailers	Family Guy
10 PM	Movie: "200 Cigarettes" (1999)	NUMB3RS	Incident at Restigouche	Out		Miami Medical "Pilot"	(10:01) Criminal Minds	20/20 (N)	NUMB3RS	News Hour Final (N)	National	Prank Ptrl	Open, Semifinal.	The Bridge (N)	Dirty Jobs	King of Hill	Bernie Mac	Movie: "The People vs. Larry Flynt"	Cleveland
11 PM	CHBC News Final (N)	R. Cardinal Canneries	Globe Trekker	News (N) Jay Leno	Letterman	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	42 Ways to Kill Hitler	"Sally Marshall" Judge	Coach Judge	(1996) "70s Show"	King

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 #281 - Rated Easy

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

CHALLENGE #282 - Rated Hard

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

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

We're different, and we like that.

Similkameen News Leader

Saturday Movies

MORNING

8:00 am WTBS (3) ★★ "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their lives, seeking safety through an upside-down maze. (D)

10:00 am WTBS (3) ★★ "Tombstone" (1993, Western) Kurt Russell. Doc Holliday joins Wyatt Earp and his brothers for an OK Corral showdown with the Clanton gang. (D)

A&E (9) ★★ "The Whole Nine Yards" (2000, Comedy) Bruce Willis. A former mob hit man becomes a meek dentist's neighbor. (D)

AFTERNOON

12:00 pm FAM (26) "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspir-

ing musicians. (In Stereo) (D)

1:34 pm FAM (26) ★★ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. The independent-minded Volkswagen helps the feisty daughter of a NASCAR champion find her way to the fast lane. (In Stereo) (D)

5:00 pm WTBS (3) ★★ "Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler. (D)

EVENING

6:00 pm YTV (18) ★★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory. (In Stereo) (D)

CITY (29) "Zacharia Farted" (1998, Comedy-Drama) Colin Cunningham.

Two California pals stumble upon an unmarked headstone with a cryptically inscribed key nearby. (DVS)

7:00 pm KCLY (10) ★★ "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Moses leads an exodus from Egypt to the Promised Land, complete with parting of the Red Sea. (In Stereo) (D)

7:30 pm WTBS (3) ★★ "Tombstone" (1993, Western) Kurt Russell. Doc Holliday joins Wyatt Earp and his brothers for an OK Corral showdown with the Clanton gang. (D)

8:00 pm KSPS (6) ★★ "The Woman in the Window" (1944, Suspense) Edward G. Robinson. A sober professor meets a model and gets mixed up in murder when his family goes away. (In Stereo) (D)

9:00 pm FAM (26) ★★ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (In Stereo) (D)

10:00 pm WTBS (3) ★★ "Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler. (D)

11:00 pm FAM (26) ★★ "A Dog of Flanders" (1999, Drama) Jack Warden. An orphan struggles to become an artist within a society that favors only the upper class. (In Stereo) (D)

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Sunday Movies

MORNING

8:00 am WTBS (3) "Ace Ventura Jr.: Pet Detective" (2009, Comedy) Josh Flitter. The son of a supersleuth comes to the rescue when his mother is the prime suspect in the kidnapping of a baby panda. (D)

10:00 am WTBS (3) ★★ "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (D)

AFTERNOON

12:00 pm WTBS (3) ★★ "Showtime" (2002, Comedy) Robert De Niro. A TV crew follows two real-life police officers on the job. (D)

FAM (26) ★★ "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (D)

SPIKE (44) ★★ "The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarterback on a case of sports gambling and murder. (In Stereo)

1:00 pm VTV (22) ★★ "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Moses

leads an exodus from Egypt to the Promised Land, complete with parting of the Red Sea. (In Stereo) (D)

1:30 pm FAM (26) "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls travel to India to appear in a musical. (In Stereo) (D)

2:00 pm WTBS (3) ★★ "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. An assassin on assignment attends his high-school reunion. (D)

2:30 pm YTV (18) "Here Comes Peter Cottontail: The Movie" (2005, Adventure) Voices of Miranda Cosgrove. Animated. A rabbit, a bird and a mouse must stop a plot that would plunge the world into a permanent winter. (In Stereo) (D)

SPIKE (44) ★★ "Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a thief try to recover stolen diamonds and the latter's kidnapped daughter. (In Stereo)

4:00 pm WTBS (3) ★★ "The Rich Man's Wife" (1996, Suspense) Halle Berry. The unhappy wife of a wealthy television executive meets a sinister stranger with a murderous proposition. (D)

YTV (18) ★★ "The Prince of Egypt" (1998, Musical) Voices of Val Kilmer. Premiere. Animated. Saved from Pharaoh's infanticide,

Israelite Moses grows to manhood and becomes a revered leader. (In Stereo) (D)

5:00 pm CBC (13) ★★ "A Little Princess" (1995, Drama) Eleanor Bron. A British Army captain's 10-year-old daughter irks the headmistress of her girls school in 1914 New York. (In Stereo) (D)

EVENING

6:00 pm WTBS (3) ★★ "The Rich Man's Wife" (1996, Suspense) Halle Berry. The unhappy wife of a wealthy television executive meets a sinister stranger with a murderous proposition. (D)

YTV (18) ★★ "Evan Almighty" (2007, Comedy) Steve Carell. Premiere. A newly elected congressman faces a crisis of biblical proportions when God commands him to build an ark. (In Stereo) (D)

8:00 pm WTBS (3) ★★ "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. An assassin on assignment attends his high-school reunion. (D)

CBC (13) "Ben Hur" (2010, Drama) (Part 1 of 2) Joseph Morgan. Premiere. Jewish prince Judah Ben-Hur faces betrayal from a childhood friend. (In Stereo) (D)

9:00 pm FAM (26) ★★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory. (In Stereo) (D)

10:00 pm WTBS (3) ★★ "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (D)

10:39 pm FAM (26) ★★ "Mr. Wonderful" (1993, Romance-Comedy) Matt Dillon. A man tries to marry off his ex-wife to escape alimony. (In Stereo)

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SATURDAY, APRIL 3, 2010

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

SUNDAY, APRIL 4, 2010

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

MONDAY, APRIL 5, 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	News	(5:30) Morning News (N)	(4:30) Morning News (N)	Nanalan' Poko	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "The Fall"	Inside Box Switch
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (N) Martha	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtygirl Animal	SpongeBob OddParent	SportsCentre		Mayday	Mickey M. Mouse	The Tyra Show	CSI: NY	Carlawood Parker
8 AM	Harvey		Sid the Science Kid (DVS)	Sid			The First 48				Bo on Go Busytown	Pokemon Rollbots	SportsCentre	Canada's Worst Driver	Handy Handy	Rachael Ray	CSI: NY	Re-Vamped	
9 AM	Fam. Feud	100 Huntley Street	Super Why! Dinosaur			The 700 Club	The First 48 "Dan"	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	Role Amazing	CSI: Crime Scn	Colin-Justin
10 AM	Reba	Canada	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	Intervention "Dan"	The View (N)	Canada	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's		The View (N)	How-Made Cash Cab	Mickey Handy	The O.C.	CSI: Crime Scn	What
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirlgirl	George S. (11:40) Erky	2003 Masters Film	Fashion	Forensic Factor	Phineas Phineas	CityLine	CSI: Crime Scn	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 M'ketplace	(12:05) Kid Passover	2005 Masters Film	etalk	Breaking Point	Zeke Wizards-Place	The Bonnie Hunt Show	CSI: Crime Scn	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)	Doc Zone	(12:55) Viva Jacob	Boxing: Mike Amaoutis vs. Delvin Rodriguez.	Sue Thomas: F.B. Eye	Worst Handyman	Buzz	Judge J.	Ways Die	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	Dr. Phil	Worst Handyman	Sonny	CityLine	DEA	Golden	
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Good Luck Phineas	CityNews at 6 (N)	The Unit Hijacked plane.	Carlawood Parker
4 PM	Family Guy	Oprah Winfrey	George S.	Cyberchas	Judge J.	Oprah Winfrey	Intervention "Dan"	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Boston Bruins at Washington Capitals.	Ellen DeGeneres Show	Worst Handyman	Zeke Wizards-Place	Law and Order	UFC Unleashed	Re-Vamped
5 PM	Payne	Early News	(4:57) BBC World	News (N) News	NBC News CBS News	News	Intervention "Brad"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Bruins at Washington Capitals.	CTV News at Five (N)	Worst Handyman	Sonny	How I Met	The Ultimate Fighter	Wipeout
6 PM	Law & Order: SVU	Global Nat.	Mechanics Dogs	PBS NewsHour (N)	News (N) Millionaire	College Basketball: NCAA	Intervention "Rocky"	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	NHL Hockey: Minnesota Wild at Edmonton Oilers.	CTV News (N)	Worst Handyman	Good Luck	Trauma (N)	TNA Wrestling (Live)	Wipeout (N)
7 PM	Seinfeld Name Earl	Ent ET Canada	Eden Landscape	'Allo, 'Allo! Europe	Jeopardy! Wheel	Tournament, Final: Teams TBA.	Runaway Squad (N) The Insider	Ent	Ent ET Canada	Brothers & Sisters	Wheel Jeopardy!	iCarly Scorpion	Hockey: Minnesota Wild at Edmonton Oilers.	etalk	Worst Handyman	"Wizards of Waverly Place"	Chuck (N)	Parking	
8 PM	Movie: "Batman & Robin"	24 Trusted confidantes become enemies. (N)	Empire of the Word	Antiques Roadshow (N)	Chuck (N)	Rules	Hoarders	Dancing With the Stars	24 Trusted confidantes become enemies. (N)	24 Trusted confidantes become enemies. (N)	18 to Life Malcolm	Chris	Winnipeg Comedy	Hiccups (N)	Destroyed	Montana	EP Daily	Ways Die	ET Canada
9 PM	Arnold Schwarzenegger	The Art of Painting	The Mormons	Trauma (N)	To Be Announced	(9:01) Intervention "Brad"	(10:01) Intervention "Rocky"	(10:02) Castle (N)	Brothers & Sisters	News Hour Final (N)	National	Family Biz Indie	World Series of Poker	CSI: Miami	Destroyed	School	King of Hill	CSI: Crime Scn	Wipeout
10 PM	Ventura: Pet Detective (1994)	CHBC News Final (N)	Higher Education in BC	Charlie Rose (N)	News (N) Jay Leno	News Letterman	(11:01) Runaway Squad	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptl Fries That?	SportsCentre (Live)	CTV News	Destroyed	So Raven	Coach	(11:08) Star Trek: Voyager	Wipeout

Monday Movies

EVENING

7:00 pm FAM (26) "Wizards of Waverly Place The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo)

8:00 pm WTBS (3) ★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. (E)

10:30 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot.

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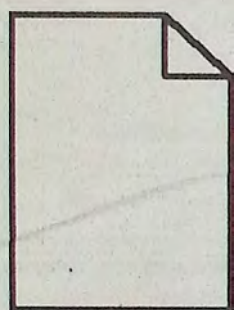
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card of thanks

The McCallum family thanks everyone who sent cards, flowers, delicious food trays and charitable donations of their choice on the sad passing away of Jack, this past February 2010.

real estate

Mobile for sale on 2+ acres, Baker Hill Road on Princeton-Summerland Road. Building permit in place. Hay barn and fenced rail pasture. 15-minutes from town. \$159,000. Call (250) 295-6456. Mar 30-May 25

House for sale, Similkameen Avenue. 3 lots, 4-bedroom, 1 bath, 2 storey, unfinished basement, new furnace. Phone 250.295.6238 or 250.295.1633. Mar 18-Apr 20

Available March 15, 3-bedroom house on Tipton 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. Mar 16-30

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To Dr. Adams and staff at Ridgewood Lodge - "Thank You" for the care and support over the years.

For the kindness of everyone, once again, THANK YOU.

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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.

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CELEBRATE PRINCETON'S 150th WITH THIS UNIQUE SOUVENIR



The view from the Industrial Park over to Sunflower Downs. Water reached the property late last year. *

..... continued from Page 8 Music Festival.

There are so many people to thank for its construction and we intend to do just that at a future time.

Funding: Province - \$200,000.

Vermillion Forks Community Forest

A joint application of the town, Area H and the Upper Similkameen Indian Band is nearing completion and being readied to be put before the Forest Minister.

This will be an area-based license and is a permanent one which will be in perpetual ownership of the three partners. After two years of lobbying we were given an invitation to apply, we have been over a year in completing the submission and it is our intent to be logging by this summer.

Tourism Strategy

We are nearing completion of our tourism strategy conducted by Thompson River University. This involved input from Council, the Chamber, community recreation leaders and the public and will serve as a guide for tourism initiatives that will be undertaken in our community.

There were a number of comments in relation to ways to enhance the impression that we present to visitors including the improvement of signage along our highways, lighting along the trail, enhancing the roundhouse and area as well as marketing the year round attraction of China Ridge.

There were a lot of complimentary aspects presented about our community as well as constructive criticism which will be very useful in the future.

Funding: Southern Interior Beetle Action Coalition.

Residential Development

With the approach of the opening of the mine, we are working to enable as much property as possi-

ble to be ready for development. There are considerations to be addressed however, for instance; the Province is requiring local government to move as quickly as possible to subdivisions on sewer service rather than septic if we wish to qualify for future infrastructure grants.

Council believes that as a result of our being situated at the confluence of two rivers this is a sensible requirement anyway. Another consideration is the employment of our Official Community Plan which we recently completed and the interpretation of those requirements on development.

GamesTown 2010

The tickets which were part of the GamesTown award were distributed to those people denoted by ActNowBC who were most responsible for the win.

The last four of the Paralympics tickets were distributed to the Special Olympic Curling Team from Princeton who won the curling at the provincial play downs. Town Council authorized the purchase of five tickets for the semi finals and ActNowBC also awarded five additional tickets so all the team members could attend the gold medal curling game as well.

Together with ActNowBC we are preparing the membership and guidelines for the committee which will advise Council and Area H Director Hope who will make the decision on the project or projects for the \$100,000.

Priorities that have been suggested to this point recommend that the projects are able to leverage other funds and that they conform to the promotion of healthy living and active lifestyle in our community.

In order to bring this to an end I would briefly sum up some other projects which are:

- The Air Show which is in the midst of planning again with a variety of exciting additions.

- The Municipal Campground which is undergoing some improvements as well as a long term enhancement review.

- We are organizing a real estate working session with Council members, Area H Director, real estate agents, town staff, archeologists, Regional District planners and building inspectors as well as a Real Estate Board official in order to coordinate everyone and streamline the approval processes.

- We are working with a local consultant and Area H to take advantage of wildfire funding in order to move towards protecting municipal and area residents from potential forest fire threats.

- Through the community to community program with the USIB and Area H we are working on a number of projects, one of the exciting ones is the Heritage Park proposal, we are investigating a license of occupation in order to utilize the land near the Chamber office for this future development.

- Work is underway as required by Interior Health to assess our municipal water system and prepare recommendations for the future. Stringent requirements are now the order of the day with the authorities and we are far better to be one step ahead of that process.

- The wooden bridge will be undergoing rehabilitation, again as required by the authorities. The province has provided funding for this.

There are no doubt a number of initiatives I am leaving out and yet you can appreciate the workload the councillors and staff are under. I would ask for patience when you are dealing with either, in my mind they are running flat out and doing an excellent job!

PS: I left out the never-ending battle we are always waging to attract and retain doctors and health care professionals and maintain the level of hospital care that we have.

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Editorial Page News Leader

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My Turn...

A Lighter Shade Of Dark

I'm usually in the dark about a lot of things. I know, probably not a good thing for a newspaper guy to admit, but I find it forces me to ask the right questions in order to get clued in on stuff.

Really.

So when Saturday, March 27th rolled around I found myself contemplating Earth Hour while I was in the shower.

I think I've mentioned once before I do a lot of thinking in the bathroom. If I'm in the shower I'm usually thinking. If I'm not in the shower I'm usually reading – but that's a whole different editorial.

As I'm rinsing the shampoo out of my hair I'm trying to come up with a good reason to spend an hour in the dark with my wife.

Did I forget to mention that in order to properly celebration Earth Hour it's recommended that you turn off the lights and anything else that uses electricity? For just an hour. It's symbolic, but for many it's more than a gesture, it leads to all sorts of things.

Again, possibly fodder for another editorial.

So once out of the shower I confront her in the livingroom and ask the question: What do you want to do for an hour tonight in the dark?

As soon as the words left my lips I realized how it sounded. I thought I might have had more luck with the question had I explained at first why I was asking it.

I could already hear her response before she opened her mouth: "You mean I have to spend it with you?"

Which, in fact, she did not say.

Then she answered.

"We could sit outside next to the fire."

We have an outdoor fireplace in our yard that hasn't been used for well over a year.

"Providing it's not too cold out."

I liked the idea.

I honestly thought we were going to skip Earth Hour and do what we normally do, watch a movie. The idea of getting out of the house, shutting off lights and not turning to the DVD player for entertainment was, well, probably the point of Earth Hour.

It also put us outside, in our yard, so we could enjoy a space we haven't spent much time in lately. We planned ways of improving that space, looked at what small projects needed to be done in the coming weeks and essentially mapped out many hours we will not be wasting electric energy.

So what did you do with Earth Hour at your home?

We used it as the springboard to spending more time outdoors and enjoying life.

And she did end up having to spend it with me after all.



Princeton Posse Head Coach Dale 'Duner' Hladun ran the Evaluation Camp for the North American Hockey League Dawson Creek Rage expansion team at Princeton Arena March 26-28. *

...Your Turn

Putting The Club Before The Cart

To The Editor;

It was a surprise in 2009 when the Princeton Golf Club informed us that we'd have to insure our carts starting 2010 (only in B.C.?) especially when we've never heard of any crash claims involving golf carts.

Now 2010 and it's insurance time -- no insurance -- no cart -- so walk! If a senior, be prepared to insure your walker and your sweetie's pull cart. Now if the club has no claims -- whence the money?

To cut cart costs, Princeton could be the innovating hub, building four passenger environmentally friendly golf carts with trailers.

Diversified industry!!

Break the oil cartel. But don't drive it on the road now. The policeman sadly told me I could be put in the jug if I did and although my friends tell me the food is good in there, it's not recommended.

Who knows. If the insured golf cart were legalized as public transit it could make Princeton devoid of cars and trucks, such a magnet-

ic sparkling attractive, place that it would have to to turn away the hundreds of doctors and others clamouring for permanent resi-

dency in beautiful Princeton. Nothing like insuring the golf cart with good health care! - Joe Schwarz, Princeton

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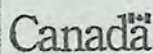
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EDITORIAL GUIDE

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.

Current Comment

Where Is A Doctor For Our Town?



Dawn Johnson
editor@thenewsleader.ca

Once again, Princeton is faced with a physician shortage. Emergency room treatment at our local hospital is not going to be available on some days.

This is really scary. I fear somebody may die because of this situation.

Interior Health has struggled to find physicians willing to come to Princeton. Locum physicians have been paid higher than usual rates to come here on a month to month basis.

This solution has proven very costly. Our one downtown physician, Dr. Adams, has done his utmost to stay on the job but cannot cover emergency. His own health would be at risk. Retired physician John Bosomworth does a shift in emergency on many occasions, but he cannot do it full time.

Our Town Council has worked on the physician problem for years. In short, everybody here is doing everything they can to provide us with medical care when we need it.

Now Town Council is asking us, the ordinary citizens of our community, to pitch in to find physicians interested in rural practice. When Town Council refers to personal effort from us, they mean identifying anybody with an M.D. who might possibly be recruited for Princeton.

What would you say to a physician to persuade him or her to come here?

First, I would appeal to their sense of adventure in the medical field. A rural community offers a big variety of patients with a big variety of ailments. There is nothing routine about a rural practice here.

Our industries – the forest industry, ranching, mining – have all sorts of minor and major accidents

in the course of a year. Add to that our highways, and the usual ailments of young and old, and a physician here will not find medical practice just another day on the job.

I am sure any physician considering a move to our area would be interested in what we have to offer in recreation for all ages. We have trails to walk, trails to ski, lakes for fishing, an arena for skating, a curling rink, tennis courts, and a swimming pool for summer. If the physician wants to ride horse, we have that opportunity, too.

Cultural recreation includes music, performing arts, pottery, painting, Highland dancing, and anything else anybody chooses to organize. We have churches, a library and a museum. We have clubs and charitable organizations of all sorts, from sports groups to conservation groups to business groups and service clubs.

Our schools are good. They may not offer the widest range of sub-

jects, but with distance education our students have access to a lot of courses, and they can find a mentor and learn something not on any curriculum. We have a Skills Centre, too.

We offer small town amenities such as not having to fight city traffic for an hour to and from the hospital.

We offer a community that has supported a hospital for 100 years. We have a Hospital Auxiliary that will buy just about anything a physician wants, and a community that will support their efforts.

We have an excellent public health service, community care nurses, home support, and a community bus service for the elderly and handicapped. We have a chiropractor and dentists.

This is our home, one of the oldest in western Canada. It has lasted 150 years because it is a good place to live. Tell those physicians this is the kind of place they would like to come home to.

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CELEBRATE PRINCETON'S 150th
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The annual general meeting of Princeton Traditional Music Society was held Wednesday, March 24. The new Board of Directors is, seated from left, Treasurer Marjorie Holland and President Rika Ruebsaat. Standing, from left, Secretary Jon Bartlett and Vice President Stuart James. Photo: Dawn Johnson

Valley First wants to feed the valley

On March 29, Valley First and the Princeton Food Bank will hold a bake sale to launch the Feed the Valley initiative in Princeton. The event will be held at the Valley First Princeton branch between 11:00 AM and 2:00 PM. Developed by Valley First, Feed the Valley is an innovative community program aimed at eliminating hunger by raising food, funds and awareness for food banks throughout the Okanagan, Similkameen and Thompson valleys.

"Valley First and local food banks have the shared goal of supporting and strengthening our communities," says Valley First president Paulette Rennie.

"The Feed the Valley program is an excellent extension of that support and will allow us to contribute to ongoing well being throughout the area. This program also represents a long-term commitment for us and we believe over the next decade we can help raise more than \$1 million for local food banks."

Launched to coincide with national hunger awareness month, Feed the Valley was developed as a corporate citizenship program at Valley First and will be run in conjunction with the organization's already well-established community support initiatives. Details about the planned Feed the Valley program have spread quickly and the program also includes other partners committed to reducing hunger in the region.

Community members can support the Feed the Valley program by donating non-perishable food items or making cash donations at their nearest Valley First branch. All donations are tax-deductible and can be made as one-time contributions, through regular, pre-authorized payments or online through

www.feedthevalley.ca.

One of the most important elements of Feed the Valley is that all funds raised in Princeton will stay in Princeton and go directly to the local food bank. Additionally, Valley First will cover all administrative costs of the program so all donations get to those in the community who need it most.

Valley First is a division of First

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

SCA Br. 30 Report

A Tribute To Isabelle Johnson (1919 - 2010) by Carol Seaman

Who can sum up a life in only a few words, not me for sure. But I can share with you, a small portion of her life, that touched our hearts. Her articles were plentiful in the local papers, her voice was heard in many groups here in town.

Isabelle descended from a British mother and a Scottish father, who married during the first world war. Isabelle was born June 11, 1919, in Vancouver at the St Paul's Hospital. Her father, Robert Young only lived two years into the marriage, leaving her and her mother on their own.

Back then it was a struggle for any woman, but being an only child did nothing to put a damper on Isabelle's spirit. Growing up she had to attend resident school run by nuns.

Looking back it was an unhappy time, not ever getting to know her father, and remembering how hard it was for her mother to be a single parent. Putting her whole self into her studies, mastering typing, and learning all she could about world events.

Isabelle - now sixteen, travelled with her mother to Sechelt for the summer. It was on one of these trips

she met Marshal, the man she would spend the rest of her life with. By seventeen her and Marshal were married and moved to Britannica beach where Marshal worked in the mine.

Their first child, Bert, was born followed by Lynne five years later, and Phil, and his twin Glen, were born five years after Lynne. So over the next few years Isabelle stayed at home to raise her family while Marshal went to work in real estate. It was then he noticed some land on the water for sale on Vancouver Island.

So convincing his sister and brother-in law to invest, they opened a restaurant, called "Chicken & Steak on the Lake". While Isabelle and her in-laws cooked, cleaned, served and managed the restaurant, Marshal stayed working in real estate. Lynne played out front calling out the news of every arrival coming to the restaurant.

As time passed, Isabelle's mother came to live with them, while Isabelle went to work as a switch board operator, for the telephone Company in Burnaby. Both Marshal and Isabelle were avid readers and keep up with world continued on Page 23



Dr. Jill Slywka is the optometrist working out of the Doctors EyeCare Princeton office on Vermilion Avenue. She contributes an article every other week to the News Leader concerning eyecare matters. *

..... continued from Page 22 events. Marshal could see something that had not caught on yet in the world, trade with China. They formed the company, East West Export Import. Now for Marshal to travel back and forth to China he needed someone to run the business.

So now Isabelle was secretary, keeper of the records and ran the business, along with her home. Although Isabelle never learned Chinese, she keep everything in tow. Eventually Marshal got a partner, foraging ahead to promote trade, and on one trip took the opportunity to walk the Great Wall of China.

Isabelle and Marshal started taking trips to southern California, in the desert by the Mexican border. They took delight in the desert heat and the hot springs. Over the next twenty years they enjoyed camping, meeting lots of people, some staying friends. This is where they met their adopted son, Ed, who quickly became part of the family.

Over time their home always needed upkeep, and it was getting to be too much to travel. By 1981 they sold their home and went searching for a place to put down roots. They bought a house trailer in Slesse near Hope.

In 1982 Isabelle's eldest son, Bert was killed in a motorcycle accident. Their life would never be the same again. It was soon after they moved their trailer to Princeton and it was their home for the next 28 years.

Sixteen years ago, Isabelle became secretary for the seniors Branch #30. She was also a member of the Old Age Pensioners, and an active member with the Legion Ladies Auxiliary, later joining Red Hat ladies with daughter Lynne. Isabelle always had time to volunteer whether it be in the kitchen, selling bingo tickets, singing in the choir, hooking rugs, painting, or

gardening. Her plants were everywhere, inside and out.

She played in pool tournaments a game she loved, and finally a computer wiz with her very own e-mail address. This was incredible, now she could keep in touch with family members in England. Little Max was a part of Isabelle's life for twelve years.

Family Fair is April 15

The 59th Annual Family Fair is Thursday, April 15th, starting at 1:00 PM at the Princeton Secondary School Gym.

The first Family Fair was held in 1951, put on by the PTA to raise funds for equipment for schools. It has evolved to be an annual fundraiser for bursaries for each year's graduating class.

While you are doing your spring cleaning you may find articles that you may wish to donate to the fair.

RDOS Meeting News

March 18 RDOS Meeting News PRINCETON EMERGENCY SERVICE CENTRE

The Board will be forwarding a letter to the Minister of Health, the MLA and Interior Health to encourage ceasing the sporadic closures of the Princeton Emergency Service Centre as the closest medical assistance is 1 1/2 hours away during the closures.

ELECTORAL AREA "B" & "G"

Her trusted pet dog, laid beside her bed the day she passed away, that day Max howled for her as if he knew.

Isabelle never stopped learning. She always spoke her mind. She had a good sense of humor and had many great friends who adored her. Goodbye, Isabella, we will truly miss you!

The Family Fair committee are looking for books, plants, white elephant items, jewellery, hand-crafts, doll clothes and toys, preferably in good, clean condition. As well they need donations of bread, buns, home-made candy and baking.

Send your donations to Princeton Secondary School by Wednesday, April 14th. Or call Holly Fenrick at 250.295.7051 or call Heather Musgrove at 250.295.7945.

UNTIDY/UNSIGHTLY PREMISES

The Board gave three readings to the Electoral Area B & G Untidy/Unsightly Premises Control Service Establishment Bylaw. Prior to forwarding the bylaws to the Ministry of Community and Rural Services for approval, a thirty-day public consultation process will be undertaken to receive comments from residents.



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Realty Executives Princeton would like to extend our utmost "Thanks" and appreciation to the members of the community who have donated to our "Yes We Can Program."

Our program gathers clothing, staple items and non-perishable food items for the Crisis Assistance Society and runs from February to March in order to help replenish the 'cupboards' after the Christmas season has come and gone.

Well done, Princeton! We'll look forward to your continued support next year! President of Crisis Centre, Allan Kovaltsenko accepts with much appreciation for your support!



Creekfront Acreage! 5 level acres and all useable only 22 km from Princeton. This property backs down to Hayes Creek, a great place to cool off in the summer heat or try your luck at fishing. Nicely treed with some open areas gives you lots of choice when deciding where to build. A drilled well and driveway are already in place. Access is off the Princeton-Summerland Road which is paved. MLS@108419 \$189,000



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. For those who like to tinker there is a 3-bay, 24x36 garage with cement floor. MLS@108065 \$343,000



Country living is calling you! 6.83 level acres, fenced and cross fenced, ready for your 4 legged friends. Mountain views and Hayes Creek across the road, minutes to the KVR for unlimited exploring. Oversized garage accommodates all the toys and still leaves plenty of room for a workshop. 3 bedroom, 2 bathroom mobile has a large addition so there is elbow room for all. MLS@100955 \$315,000



Well loved and it shows! A chance for you to own this 5 bedroom, 2 bath home just steps from sought after Missezula Lake! 3 levels in the home means space for everyone and all their stuff. The main floor has access to one of 3 decks from French doors in the living room and a side entrance off the kitchen. 2 bedrooms on the upper level have their own deck access! MLS@108395 \$349,000



New price! Now is the time to buy 17 acres on Osprey Lake Road. 30 km from Princeton, 8 more to Chain Lake. Trans-Canada Trail runs through - the old Kettle Valley Rail line. Beautiful view, subdivision possibilities. Many good building sites. MLS@103702 \$152,000



Subdividable! Over 40 acres near the recreational haven of Missezula Lake. This is the perfect area to quad, snowmobile, waterski and get away from it all. This property is out of the ALR and zoned for 20 acre parcels. Beautiful meadows and creek frontage all set approximately 2 kilometres to the lakeshore and even closer to access crown lands. MLS@108380 \$349,900

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