



Similkameen

News Leader

FILL UP ON LOCAL NEWS FOR JUST A BUCK \$1.00 INCLUDES TAXES

Volume 13 Issue 18 #628 ISSN 1712-090X

Tuesday, May 4, 2010



Alyssa Larsen sings her heart out during the Grad Talent Show April 28th at Riverside Centre. *

School District news

The April 28 meeting of the Board of Education began with an informative presentation by Jane Kempston on providing services students need. This is a highly complex function as each student is unique. There are many different services required, from counseling on learning needs to support for health or emotional issues.

The code of conduct has become a hot issue provincially as many schools were not in compliance with the most recent legislation. Most of the local district schools are in compliance, or need minor additions to the existing code of conduct.

Students may have an extra week off next spring following the Easter long weekend. The usual spring break will occur March 21 - 25, 2011, then there will be an additional four days April 26 - 29. This time is allocated to com-

pensate teachers for professional development days proposed for late August this year. The decision will be final after the draft has been reviewed and approved by all affected. The Board has approved it.

Cullen Smart won gold in a skills competition in welding and goes on to the national competition.

School District 58 did well in the regional science fair, with students winning five gold medals, and two students from the district going on to compete in the national finals.

Local people interested in how the school district budget will be spent can attend a public presentation at the school administration office in Merritt (1550 Chapman Street) at 5:30 PM May 10. Those traveling from Princeton area will be compensated for travel costs through a mileage rate.

CMMC closes 'bought deal' financing

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced April 26th that it has closed its Cdn \$34.5 million bought deal financing announced on April 5, 2010. The syndicate of underwriters was co-led by Wellington West Capital Markets Inc. and BMO Nesbitt Burns Inc., and includes Raymond James Ltd., Canaccord Financial Ltd. and Jennings Capital Inc. (collectively the "Underwriters").

The offering consisted of the issue of 11,327,500 common shares, including an overallotment option of 1,477,500 common shares which has been exercised in full by the Underwriters, at a price of Cdn \$3.05 per share, resulting in Cdn \$34.5 million in gross proceeds to the Company.

Copper Mountain plans to use the net proceeds of this financing to fund its 75% share of any working

capital required for the Copper Mountain Project near Princeton and for general corporate purposes.

John O'Rourke, Chief Executive Officer of the Company stated: "I am extremely pleased that our existing and new institutional shareholders have shown such strong confidence in the Copper Mountain project and management of the Company. With this financing complete, the Company is well positioned to meet our financial obligations in bringing the Copper Mountain mine to production by mid 2011."

This press release is not an offer to sell or the solicitation of an offer to buy the securities, nor shall there be any sale of the securities in any jurisdiction in which such offer, solicitation or sale would be unlawful prior to qualification or registration under the securities laws of such jurisdiction.

The securities being offered have not been, nor will they be, registered under the United States Securities Act of 1933, as amend-

ed, and such securities may not be offered or sold within the United States or to, or for the account or benefit of, U.S. persons absent registration or an applicable exemption from U.S. registration requirements.

About Copper Mountain Mining Corporation:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM".

Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Project. The 18,000 acre mine site is located 15 km south of Princeton.

The Copper Mountain Project is a past producer of 1.7 billion pounds of Copper that closed in 1996, and therefore, there is significant developed infrastructure on site that the Company can build upon.

The Copper Mountain Project has a current resource of approximately 5 billion pounds of copper and it is Copper Mountain's goal to develop the Copper Mountain Project as a mid tier copper and

150 group talks plans

The Princeton 150 Committee hosted an information meeting April 27, with 29 people attending. Nadine McEwen, Assistant to the Recreation and Culture Director, led the discussion of what has been planned to date for the Labour Day holiday.

The committee applied for a major grant but received much less. The \$16,700 will be used for a commemorative plaque on the Bridge of Dreams, a Fire Hall mural and a historic trail mural and signage. Some of the grant will pay for marketing. A festival event guide will be printed, along with posters and a festival banner, which is available now to be shown at any 150 event. The historic trail ride will receive \$1,500, and festival entertainment and activities will absorb the remainder of the grant.

The 150 festival will be held September 4 & 5, Labour Day weekend. A pioneer reception will be held for people who have lived in the Princeton area for 75 years or

precious metal mine to produce approximately 100 million pounds of copper per year by mid 2011. Additional information is available on the Company's web page at www.CuMtn.com. - submitted

more. Susan Allison will receive the designation as a person of national significance. This designation will mean a representative of the federal government will attend. There must be involvement by First Nations and an RCMP honour guard. This, and most of the festival activities, will take place at Veteran's Square.

Bunchgrass Quilters are hosting a quilt show at the United Church Hall with the church ladies organization hosting a tea. Bob Hart offers gold panning at Two Rivers Park. The Fire Hall mural will be unveiled and the volunteer firefighters offer tours of the fire trucks and hall and some fun. Vermilion Forks Field Naturalists will offer tours of

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Similkameen **News Leader THIS WEEK:**

Grad Talent Show - Page 10

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REMEMBER MOM

Mother's Day Brunch Buffet

11:00 AM - 2:00 PM
Sunday, May 9th

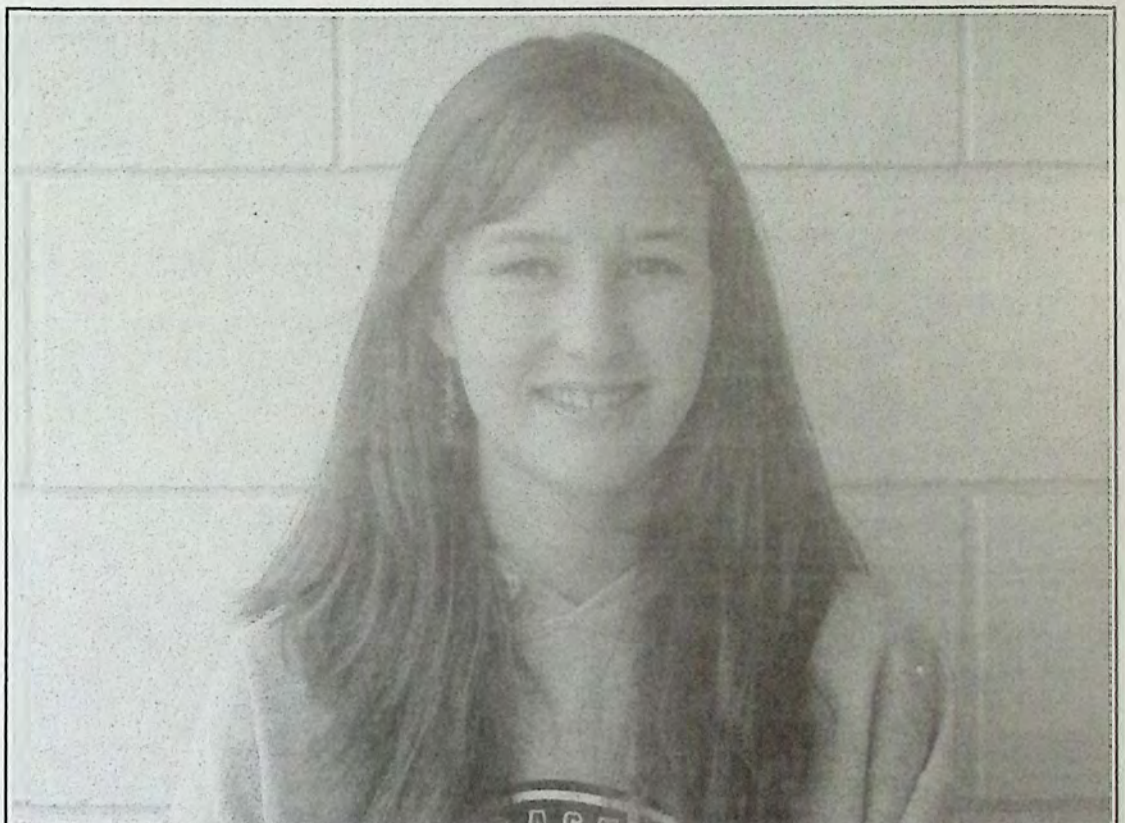


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Katelin Marshall is Princeton Secondary School's Student of the Month for April. The grade 11 student was nominated because, "she is very selfless with her time and does many things for others to benefit." Her involvement with the Outdoor Adventure Environmental Club was also noted. PSS PAC sponsors SOTM. *

MP Alex Atamanenko
BC Southern Interior Monthly Report

MP Challenge To Support Mental Health

I was recently challenged by Carrie-Ann Dambrowitz, a constituent whose daughter suffers from schizophrenia, to donate the price of one restaurant meal to a Mental Health Service Provider of my choice and to encourage five others to do the same. She also issued the same challenge to over 300 other federal and provincial elected officials and was very encouraged by the positive response she received.

In writing this column I am hoping to get as many people as possible to take up Carrie-Ann's modest challenge. I have come to realize that we owe a great deal to the many professionals and volunteers in our communities who go well beyond ordinary efforts, with very limited resources, to advocate for and improve the lives of those who suffer from mental distress. With only a little bit of help from each

us they could do so much more.

One organization I am inspired to recommend for your donation is the Canadian Mental Health Association (CMHA). They have developed a wide range of specialized services and programs tailored to maximize available resources in communities across the country. They can also connect people to many other organizations and programs that deal with specific challenges such as housing, employment and entrepreneurial training. Their website provides a wealth of information that will not only enhance your understanding of mental health issues but I feel sure will inspire you to find a way to support their efforts.

A breakdown in mental health, whether mild or severe, can strike any one of us, or someone close to us, at any time. It can present itself in the form of depression, anxiety,

addiction, eating disorder, a number of phobias and although rare, as schizophrenia. We can take comfort in knowing that most mental health issues are entirely treatable if help is first sought and then obtained. Modern medicine provides many safe and effective treatments and with many conditions counseling is all that is required. There is absolutely no need for anyone to hide from this illness and attempt to go it alone anymore!

May 3rd marks the beginning of Mental Health Awareness Week with this year's theme being 'Building Your Mental Health Support One Step at a Time.' This presents a great opportunity to have an open dialogue with neighbours, friends and family about an illness with many faces which has the capacity to touch lives in unexpected ways. This is also a great continued on Page 23

150 group talks plans

..... continued from Front Page

Swan Lake, and there will be a last spike reenactment at the Weyerhaeuser Round House, hosted by Vermilion Trails Society. Red Rock Productions offers a historical families movie at Riverside Centre. The big birthday party takes place in the early evening with a barbecue.

Arts and crafts displays will be welcomed and tables will be available for groups wishing to do sales or demonstrations or concessions.

On Sunday, September 5, the celebration continues at 2:00 PM with

the unveiling of the glass and clay mosaic tree which is to be mounted on the north wall of Riverside Centre. There will be an art show, and at 2:30 PM Myrna and John Bosomworth host a concert. These events are sponsored by Princeton Community Arts Council.

Nadine McEwen closed the discussion with an appeal for assistance. The committee needs somebody to organize local entertainment at Veterans Square. A person is needed to organize logistics: e.g. how many tables, chairs, tents, are needed, how to get them to and

from the site, and so on. Another organizer is needed to recruit and organize the volunteers. Somebody is needed to contact and organize local artists and crafts people who may wish to display their work or give a demonstration. Vendors will want to be part of the event, and a person is needed to organize vendors. All these people will work with the committee, so it is not a matter of taking on the whole job alone. Anyone interested in helping should contact McEwen at her office at Riverside Centre or e-mail her at recreation@princeton.ca.

Rebekahs host Homecoming Luncheon in Princeton

Many members of the Odd Fellows and Rebekahs of British Columbia greeted this year's Rebekah Assembly President at her Homecoming luncheon held April 24th at the Royal Canadian Legion. Sister Terri Commandeur was

welcomed home after her year of travelling throughout the province making official visits to the twenty lodges we still have in our jurisdiction. These lodges reach from Cranbrook in the east, Prince

George in the north, Port Alberni in the west and Oliver to the south. Although, like other fraternal organizations, we are not getting enough new members, those of us who belong enjoy our work with the Children's Hospital in

Vancouver, the Ophthalmology department of the VGH/UBC Foundation, the Arthritis Society, and many local groups in Oliver, Osoyoos and Princeton.

Food banks, women's groups and bursaries receive donations from Sister Commandeur's home lodge, Golden Heart # 60 of Oliver. Her special project this year was Sunny Hill Health Centre for Children - Autism, and her flower, the lavender rose was in memory of her mother, Rita Scott, who was also a Rebekah.

Sister Commandeur was joined by the Grand Master of BC, Brother Allan Smith of Ladner, several members of both the Grand Lodge and Rebekah Assembly executives, lodge members, family and friends. They all braved the terrible weather

both east and west of Princeton later in the afternoon.

Our thanks go to Randy McLean, our Mayor, who welcomed us and bragged "just a little" about our great town; Judy Short who spoke on the Vermilion Trail Society; and the Legion Auxiliary ladies for a most delicious luncheon. Thanks also to the Princeton Highland Dancers who entertained us so beautifully as they practiced for their upcoming competitions where they should do very well; to Glen, Steve, Janet and Amy, and all the parents who gave up their Saturday afternoon.

Vermilion Rebekah Lodge # 24 was closed in 2005, but three of its former members travel to Oliver for lodge meetings twice a month.

- submitted by Pamela Ottas



From left, Town of Princeton Mayor Randy McLean, Deputy Grand Master of the Odd Fellows of BC Gordon Moffat, Assembly President of BC Terri Commandeur and guest speaker Judy Short. Missing from photo: Assembly Marshall Rose Moldowan and Grand Master of the Odd Fellows of BC Allan Smith.*

BC High School Rodeo News

Taylor Schneider of Hedley scored well at the recent BC High School Rodeo in Deadman's Creek. Schneider finished first in Goat Tying and second in Breakaway Roping.

The BC High School Rodeo

Association is a non-profit organization formed to support youth, education, the great sport of rodeo and the North American Western Heritage.

It hosts rodeo events for students in grades 9, 10, 11 and 12.

VISIT THE TOWN OF PRINCETON WEBSITE AT:
www.princeton.ca

Princeton Town Hall News

SPRINKLING REGULATIONS

Effective May 15, 2010 and continuing until September 30, 2010 water sprinkling is restricted.

Sprinkling is prohibited between noon and 6:00 pm. ODD numbered houses may water on ODD numbered days. EVEN numbered houses may water on EVEN numbered days.

Water conservation means controlling, protecting, managing and planning for the wise use of our water resources. Economically speaking, it makes sense. Not only do we have to think about using our existing supplies wisely; we also have to consider costs. Water is getting more expensive. It's costing us more to supply, to treat, to dispose of, and to treat again. The energy required to meet these demands is enormous and also carries with it an environmental price tag.

Some helpful watering hints:

- When watering your lawn on the permitted day, do it in the cool morning to avoid evaporation.
- Clean your sidewalks and driveway with a broom. Using a broom instead of a hose can save 200 litres of water each time.
- Don't water your lawn on windy days.
- All your lawn really needs is 2-5 cm of water a week.
- Keep your grass longer than usual (about 6 cm); taller grass holds the water better.



Mayor and Council thank you for your cooperation.

SIDEWALK SAFETY

Motorized wheelchairs and mobility assist devices can be used on sidewalks or roads, following the same rules as pedestrians.

- Use courtesy and think safety.
- Drive at the same speed as pedestrian traffic.
- Be extra cautious of possible traffic as you approach driveways and lanes.
- Try to avoid sudden turns.
- Do not drive on bridge decks, use pedestrian walk ways.

Cycles of any kind, skateboards, in-line skates, roller-skates or other similar means of transportation cannot be used on sidewalks.

When cycling remember, always wear your helmet, it's the law.



RIVERSIDE MOVIES

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

THE SPY NEXT DOOR

7:00 pm Friday, May 14th Doors open at 6:30pm
\$5.00 at the door Concession Open

If you enjoy a good movie and popcorn call the Riverside Centre Movie Hotline for upcoming blockbusters.

Call the Movie Hotline at 250-295-6067 line 2.

GREEN UP CLEAN UP

Please join us on Saturday May 8th, 2010, 9:30 am at the arena parking lot for the third Annual Community Clean-up Campaign. Volunteers will be sent to clean up the litter from our highways and roads. The town will be supplying garbage bags, gloves, "easy reaches" and reflective vests for participants.

Let's show our community pride!

PRINCETON GAMESTOWN PUBLIC MEETING

The Princeton GamesTown Committee would like to invite residence of Princeton and Area H to a community meeting to discuss Princeton's plans for our \$100,000 GamesTown Winnings.

Princeton 2010 GamesTown Community Meeting
Wednesday, May 12th, 2010
6:00 pm to 7:00 pm

Princeton & District Community Skills Centre
For more information contact the Town of Princeton 250-295-3135.

MEETINGS WITH COUNCILLORS

Councillor Earle will be at Town Hall on Friday mornings from 9:00 am to 11:00 am. Councillor Armitage will be at Town Hall on Tuesdays, from 2:00 pm to 4:00 pm. Please drop by to share your thoughts with them.

2010-2014 FINANCIAL PLAN HIGHLIGHTS

The Town of Princeton's 2010-2014 Financial Plan Highlights are available at Town Hall

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WWW.PRINCETONAIRSHOW.CA



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Keremeos News



Keremeos Mayor Walter Despot spoke at the April 24th Sustainable Similkameen Project wrap-up social at Snaza'ist Discovery Centre in Hedley. He thanked panel members for their participation. *

Council issues meeting highlights

Media Highlights from the April 19, 2010 regular meeting of Keremeos Village Council:

Council was presented a trophy from FortisBC¹ for winning the 2010 Earth Hour Challenge with the Town of Princeton. The trophy will be on display at the Village office until the 2011 Earth Hour. Council noted that it is looking forward to Princeton's Council buying the Village Council dinner sometime in May.

Council heard from Ron Shonk, Victim Services Coordinator regarding the Proactive Violence Prevention Program underway in the Similkameen. Shonk noted

that the project is focusing on broad community support, involvement, programs, education and partnerships.

Council received a power point presentation from Anna Milner, the Environment Planner shared between Keremeos, Oliver and Summerland, in conjunction with the South Okanagan Similkameen Conservation Program. Milner highlighted important aspects of the Similkameen Valley including the fact that rare species of plants and animals exist in this area and nowhere else in Canada, and that she is assisting the municipalities of Summerland, Oliver and

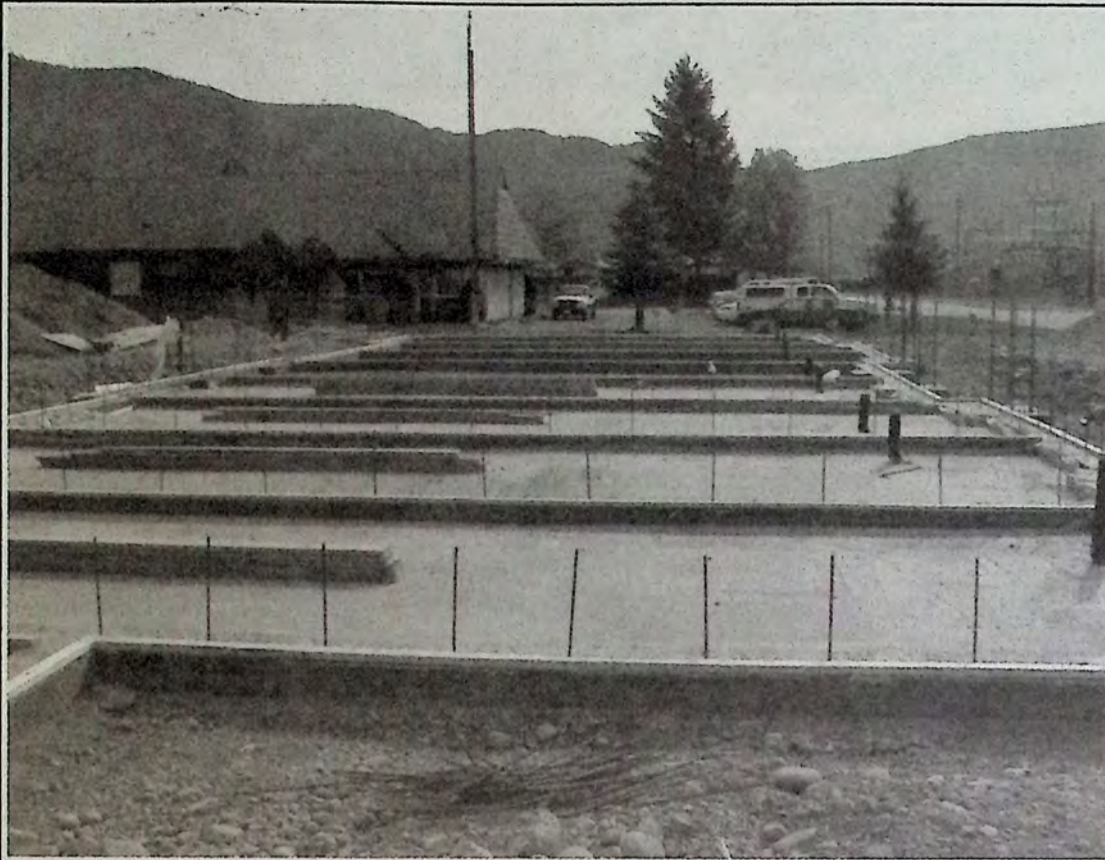
Keremeos in developing language for their Official Community Plans that will respect the natural environment in relation to new development.

Council agreed to support the Phase II of the Environmental Planner program with a contribution of \$3,000.

Council denied the request from the Keremeos Elks to utilize the Village's backhoe for works on the Rodeo Grounds due to a policy not to donate the use of Village equipment on privately owned property. However, Council agreed that it would give favour-
..... continued on Page 5



RDOS Area H Director Brad Hope attended the April 24th Sustainable Similkameen Project wrap-up social. Hope praised all Similkameen Valley panel members for working together on the project. *



Construction is well underway on an affordable housing project in Keremeos. Two buildings of eight single-storey rental units will be available through Lower Similkameen Community Services. Photo: Brenda Engel

..... continued from Page 4
-able consideration to a request from the Elks for a cash donation towards the cost of a private contractor to do the works.

Council agreed to the removal of 2 trees on the 5th Street boulevard between 9th and 10th Avenues. The trees are a Mountain Ash and a Chinese Elm and cause regular damage to underground as well as overhead infrastructure.

Council discussed banner designs provided by a local sign company. During discussions it was suggested that the banners display pictures of scenes from inside the Village. Further proposals went to the Committee of the Whole meeting scheduled for Monday, April 26, 2010.

Council gave first, second and third readings to the 2010-2014 Financial Plan Bylaw and the Village's 2010 Tax Rates Bylaw. Highlights of the 2010 budget include:

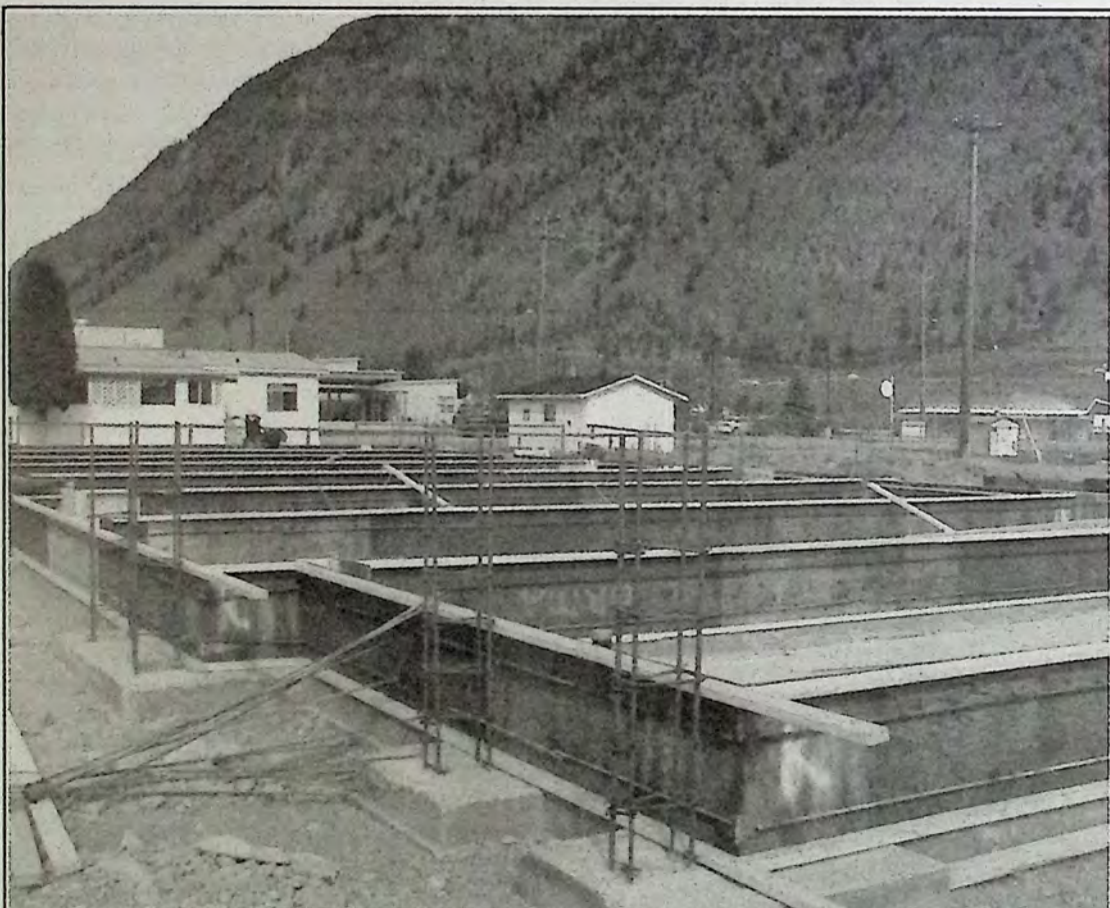
- The Village residential taxpayers will see an AVERAGE municipal tax increase of 2.6% in 2010.
- The Village's business taxpayers will see an AVERAGE municipal tax decrease of 1%.
- The business tax rates have been decreased annually for the past 3 three years by 9.5%.
- Sewer user fees are being increased by 10% to cover increasing costs to maintain aging infrastructure.
- Cemetery fees are being increased as the costs to provide this service

are still more than the revenue generated.

Capital projects for 2010 include upgrading of Veterans Avenue between 3rd and 4th Streets in conjunction with BC Housing's Low Income Housing development, lift station and sewer plant upgrades, and improvements to Pine and Memorial Parks.

Finally, Council appointed Dr. Rich Becker, retired forester, to replace Paul Kuster as the Village's representative to the Lower Similkameen Community Forest Partnership.

This appointment will take effect immediately following the AGM which was held on April 27, 2010 at the Lower Similkameen Indian Band offices.



Another view of the Lower Similkameen Community Services affordable housing project. For more information on eligibility requirements contact LSCS at 250.499.2352. Photo: Brenda Engel

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BEDDING PLANTS

FLOWERS IN MOTION

PRINCETON PLAZA PARKING LOT

Health / Lifestyle News

Keep your kitchen free of harmful bacteria

(NC)—It's impossible to see, taste or smell harmful bacteria that could be present in food. Cooking does not necessarily kill bacteria, and eating food with harmful bacteria can lead to illness that causes symptoms like nausea, vomiting, diarrhea and abdominal pain.

Foodborne illness (also called "food poisoning") can be very dangerous for some people, especially young children, the elderly, preg-

Does your home have a dirty little secret?

by Gillian Birch

(NC)—There are certain things that homeowners love to talk about and sewage back-up isn't one of them. Yet as spring showers pour, unsuspecting homeowners all over Canada will experience this often-ignored problem. This time of year ushers in an increased number of sewage back-up related insurance claims, making water-related damage one of the most common homeowner claims in Canada.

"The number of sewage back-ups and accompanying floods increases with the frequency of significant rainstorms," states Wayne Ross, insurance expert at Aviva Canada. "Being proactive to avoid a back-up can save homeowners not only thousands of dollars but a great deal of stress and aggravation."

Ross offers four simple tips to help reduce the headaches related to sewage back-up in your home:

- Check your insurance policy: Damages from sewer back-ups are not covered by most standard home insurance policies, but can be added to your home insurance coverage for as little as \$20 per year. When you consider the amount of money many families are putting into their finished basements, the added cost is worth the piece of mind.
- Install a backwater valve: These tools close automatically if the sewer backs-up and can prevent thousands of dollars in damage. The installation costs can be quite reasonable when you consider the aggravation involved in having your basement cleaned and repaired. Some cities (including Toronto) even have subsidy programs for the installation of back-

nant women and those with weakened immune systems.

What's more, bacteria and other harmful organisms can be present anywhere in your kitchen—from knives and cutting boards to countertops.

And you can also pick up bacteria from contact with other people.

Many cases of food poisoning can be prevented through proper food handling and preparation. Follow

water valves and sump pumps. But make sure you check with your municipality before moving ahead with an installation, as some areas do not allow backwater valves due to the strain they put on the infrastructure.

• Watch what you pour: Dumping fats, oils or grease in the drain can cause blockage in your pipes.

• Garden carefully: If planting trees on your property, find out from the municipality where your sewer lines are and plant away from the area. Tree roots are known to crack pipes. More information is available from your insurance broker or online at avivacanada.com and at 1-866-My Aviva (692-8482).

these important safe food handling tips below to keep harmful bacteria out of your kitchen.

Clean

Bacteria can easily spread throughout the kitchen. Before and after preparing each type of food, wash hands, cutting boards, knives and countertops with warm soapy water.

Separate

Harmful bacteria can spread when different types of food mix together. Keep raw meat, poultry, seafood and their juices separate from foods that won't be cooked.

Cook

Improper heating can allow harmful bacteria to grow. Prepare foods quickly, cook them to a safe internal temperature, and serve them immediately.

Chill

Keeping food cold is extremely important to help reduce risk of foodborne illness. Put leftovers in the refrigerator within two hours to help keep harmful bacteria from growing.

For more information, visit the Food Safety website at www.HealthyCanadians.gc.ca or call 1-800-O-Canada (1-800-622-6232).

Living Past 100

The Trendy Foods Coming Soon

Produce promoters are talking about some new "trendy" vegetables and fruits we can expect to see on our supermarket shelves. One of these foods is fennel, which for many of us is nothing new or trendy. Fennel may not be on everyone's grocery list, but for people from southern Europe, there is nothing new about eating fennel. Not only do the people eat it, but they feed it to livestock.

Fennel plants look something like a celery with a fern-like top. The plant has a pleasant mild licorice flavour that enhances soups, stews, and salads. On its own, fennel can be braised, roasted, barbecued in slices, and served with meat or fish. Fennel is the secret ingredient in really good chicken soup. This plant is easily grown in the home garden.

Another trendy food is celery root. On the supermarket shelf it will look like a knobby turnip. It has a distinctive flavour, and should be tried in small amounts before you decide whether it is for you and your family. It can be used in soups and stews or eaten raw.

A so-called trendy food is an export from California, the persimmon. There is really nothing new about persimmons, but there has not been a big production of this fruit, and no promotion of it for supermarket sales. Persimmons originated in the Orient, and are picked rather green for commercial sales. Like avocados, these fruits must be left to soften before eating. They have an astringent quality as well as sweetness and a rich flavour. The acorn-shaped persimmon is called the Hachiya and the tomato-shaped persimmon is called the Fuyu. The hachiya must not be eaten until the skin begins to wrinkle but the Fuyu can be eaten when the flesh is still firm.

Persimmons are well-known as a hangover cure (make one ripe fruit into a tea by mashing it up in boiling water). It is also good to drink this tea if you eat spoiled seafood. Eating persimmons is great for getting rid of candida.

Persimmons are not grown in Canada, so expect to pay higher prices for this fruit. Warning: it may not be your cup of tea. Persimmons are also noted for making you pucker up just like when you eat a lemon.

Trying vegetables and fruits your family is not familiar with can have some negative effects. Always have them sample just a small amount of any new food item and do not buy more than just enough to sample. Not everyone likes every food, and children are notorious for rejecting unfamiliar foods. In addition, there is always the possibility that one family member may find the new food hard to digest.

We're different, and we like that.



Similkameen News Leader

This Week - 7 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - May 6, 2003

Governing bodies dominate news

Seven years ago this week the May 6, 2003 Similkameen News Leader had a lot of news about federal, provincial and local elected officials.

One article focused on Okanagan-Coquihalla MP Stockwell Day challenging Prime Minister Jean Chrétien on matters related to NATO.

Closer to home Yale-Lillooet MLA Dave Chutter announced earlier in the week that Peter's Brothers Construction Ltd. of Penticton had been awarded the contract to repave a 13.5-kilometer stretch of Highway 3 between Whipsaw Creek Bridge and Princeton.

The \$2.7-million dollar contract was due, as Chutter noted, "the

pavement on that portion of the highway is 24-years old."

Meanwhile, a \$150-million four-lane highway project from the toll booth on the Coquihalla Highway to Princeton did not receive support from Princeton Town Council.

Costs were one of the reasons, "The feasibility study would cost the Regional District \$25,000 and \$5,000 to Princeton. In addition to the initial cost, Council was not sure Area H residents would want such a venture," the story pointed out.

Town Council refused to send a letter of support to Western Canada Wilderness Committee to prevent logging of an area near Chilliwack. Councillor Kathy Clement stated at the Town Council meeting at the

end of April 2003 "she would have to have a request from the Mayor of Chilliwack before supporting this project."

Stamp Mill Days were revived in 2003, which included a parade, and plenty of activities in Woodlie Park and at Hedley Museum. Plans were set in motion for a bigger celebration the following year, May 1, 2004, which would mark the 100th year since the stamp mill first dropped to break up the gold-bearing ore that brought settlers to Hedley.

Interior Health launched a surgical review eight years ago this week. The goal of the assessment was to develop a surgical system that ensured patients receive the surgery they needed, when they needed it.

The CPRA-sanctioned Princeton Pro Rodeo announced in the May 6, 2003 News Leader that the annual event, set for the following weekend, was dedicated to the memory of Kenny McLean.

McLean, a well-known Similkameen Valley cowboy, lived in Princeton for many years with his wife, Paula. The Princeton Rodeo was to be the first of ten rodeos that season in the Kenny McLean Bronc Riding Series.

Princeton Figure Skating Club presented their annual awards April 23, 2003. The Skater of the Year Award went to Rachel Jung for, "all-around attitude, commitment, skill achievement and perseverance."

The May 6, 2003 News Leader contained a section on National Forest Week and featured an article on the partnership between Princeton Forest Products and Upper Similkameen Indian Band.

It was titled, "They struggle to survive and build for the future."

Some may say that still describes the hope of many in the Similkameen Valley today.



The parents of Terry Fox (seated right) visited Vermilion Forks Elementary on May 1. Julia Crimmon, above, welcomed them with a speech "What Terry Fox means to me." Teacher Kathy Froese told of her memories and Terry Fox Runs she had attended and Betty Fox spoke to the children about her son's strong will.

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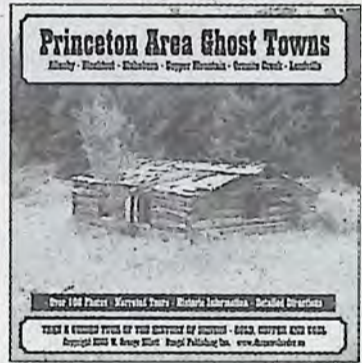
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - May 4 - 10, 2010



It was called interpretive dance and it brought down the house during the Grad 2010 Talent Show April 28th. *

Statue honours Kenny McLean

On Saturday, May 8th the fans, friends family and dignitaries from across the country and the world of professional rodeo will gather to honour the memory of one of their most beloved athletes, Kenny McLean.

Born in Okanagan Falls in 1939, McLean, a world class competitor who dominated the sport throughout the 1960s, will be memorialized in a spectacular life sized bronze statue depicting him as fans of the sport knew him - competing as one of the greatest saddle bronc riders of all time.

McLean passed away in 2002 at the age of 63, on his saddle while waiting his turn at a Senior Pro Rodeo Association event. Named 1961 RCA Rookie of the Year, a distinction he followed by winning the 1962 World Saddle Bronc Championship.

McLean is the only rodeo cowboy named an inductee to the Canadian and British Columbia Sports Hall of Fame; he is also the only rodeo athlete to belong to the prestigious Order of Canada.

Many local rodeo fans will remember McLean not only from his rodeo days, but for his years in Princeton during the 1980s when he lived on site at Sunflower

Downs with his wife, Paula, and trained in the indoor arena which now bears his name.

In honour of the contribution McLean made not only to the sport of rodeo, but to the western way of life, the community of Okanagan

Hikers visit Cow Pad Park

A group of nine people and two dogs enjoyed a hike from Princeton's Bridge of Dreams to Cow Pad Park on Saturday, April 17th.

The sun broke through the clouds as the group started out and good weather remained in place for the three-hour trip, which was led by Tim and Del Hall.

The hikers trekked past the sawmill and through a massive railway cutting to continue along the rail bed, benefiting from better views as they traveled north. A detour was made to Swan Lake to view an interpretive sign made by VFFN member Bob Cormack, and to use and admire Don Burbidge's memorial bench.

As lunch was eaten at Cow Pad Park, Meadowlarks were heard and Turkey Vultures seen, while one blossoming Arrow-leaved Balsamroot was spotted, as were

Falls commissioned the spectacular statue, designed by renowned artist Lois Hannah.

The statue unveiling will take place at 11:00 AM on Saturday, May 8th in Centennial Park, Okanagan Falls. - submitted

an abundance of Buttercups.

Many new wild flower shoots were in evidence, which should present a spectacular display in a few weeks!

Members of the public are welcome to participate in VFFN field trips and to attend our monthly meetings at Riverside Centre. Our next meeting is May 11th at 7:00 PM, and the presentation for the evening will be "Birds of Arizona" by Bob Handfield.

- submitted by Janis Wright, with assistance from Tim & Del Hall



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Similkameen News Leader

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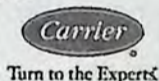
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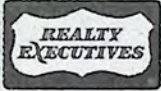


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Grad 2010 Talent Show



The 'Spice Girls' made an appearance during the April 28th Grad Talent Show at Riverside Centre. *

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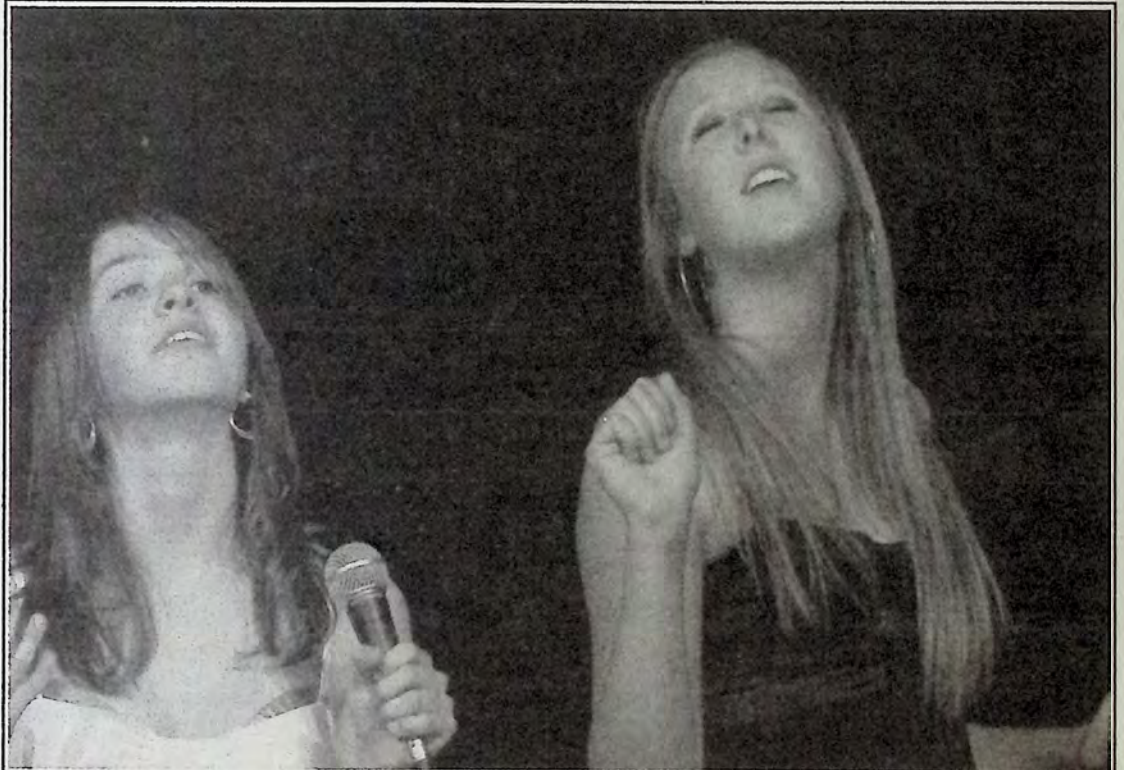
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Alyssa Larsen and Karis Bergsma perform as part of the Grad Talent Show. *



Sam Kastor and Adam Dobbs rock the theatre during the Grad Talent Show. *

TUESDAY, MAY 4, 2010

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

WEDNESDAY, MAY 5, 2010

Table with 20 columns (WTBS to TROP) and 24 rows (6:30 AM to 11:30 PM) listing TV programs and channels for Wednesday, May 5, 2010.

Similkameen News Leader - Horoscopes

May 5 - 12, 2010

Aries - You have the ability this week to be both gracious and firm. You may feel like making jokes, too. This is probably a good thing as work seems difficult if not dull. Don't overdo fun on the weekend. Stick to duty.

Taurus - Things around home may need attention, repairs or just sprucing up. Your possessions give you a lot of pleasure now so enjoy them. You can be very creative around home now. You may want to visit older folks this weekend.

Gemini - You really want to express yourself now, and the best people you could talk to would be your siblings. They know you best. You may be tempted to slack off on the job and just have more fun out of life. Don't. Wrong time.

Cancer - You have a lot of pleasant thoughts now. Your job runs smoothly, your health improves, and your financial position could ease up suddenly this weekend. Through a smart deal or unexpected windfall. Look for advantages.

Leo - Your life is all about planning, whether for tomorrow or next month. Groups you associate with may call on you for special favours or some kind of contribution. You have plenty of energy now and your health is good. Enjoy.

Virgo - Things are better on the job, and at home. You still may have some worries about your job and health, but these should ease off soon. You are actually doing quite well now, although money is still tight. Wait for gifts.

Libra - You don't know whether to expand or go back and it troubles you. You need to focus on your job and your health. If you are in business, watch out for the competition or having somebody blindside you. Situation eases soon. Work.

Scorpio - You would like to focus on relationships with partner, friends, but your energies are going to be scattered and you must adapt to a lot of different demands. Financial situation is due to improve soon. Take care of business.

Sagittarius - Work goes smoothly, health is good. You would like to have a lot more fun right now, but keep your nose to the grindstone for two more weeks. Work seems difficult now. You may need more balance between work and play.

Capricorn - Your work and health are good. Financial concerns are still important to you, so keep track of bank account, debt, budget. You may make a financial gain this weekend through a good deal or special opportunity.

Aquarius - Financial difficulties must be solved. Do your best to find money-making opportunities. This weekend, invite friends to enjoy your company at home, maybe a potluck supper or barbecue? Enjoy simple pleasures.

Pisces - You may want to make home a lot more attractive this weekend. Some older person may give you a gift or do something to make your life easier. You feel good these days, but don't overdo having a good time. Find balance.

We're different, and we like that.

Similkameen News Leader

Tuesday Movies

EVENING

8:00 pm WTBS (3) ★★ "Galaxy Quest" (1999, Comedy) Tim Allen. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people.

10:00 pm WTBS (3) ★★ "Galaxy Quest" (1999, Comedy) Jack Black. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people.

Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler.

EVENING

9:00 pm WTBS (3) ★★ "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler.

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Thursday Movies

AFTERNOON

4:00 pm SPIKE (44) ★★ "The Transporter" (2002, Action) Jason Statham. Premiere. A mercenary changes his mind-set after the package he is supposed to deliver turns out to be a gagged woman. (In Stereo)

Peter O'Toole. A British professor comes to the aid of vacationing sisters who discover eerie killings in a Colorado ski town.

9:13 pm SPIKE (44) ★★ "The Transporter" (2002, Action) Jason Statham. A mercenary changes his mind-set after the package he is supposed to deliver turns out to be a gagged woman. (In Stereo)

EVENING

7:00 pm KSPS (5) "Row Hard No Excuses" (2007, Documentary) Tom Mailhot. Two men try to win a Trans-Atlantic rowboat race. (In Stereo) (3)
8:00 pm WTBS (3) ★★ "Phantoms" (1998, Horror)

10:00 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.

Friday Movies

EVENING

8:00 pm WTBS (3) ★★ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (3)

(1978, Documentary) Robbie Robertson. Premiere. The Band's 1976 farewell concert includes Joni Mitchell, Bob Dylan, Neil Young, Van Morrison, Eric Clapton, Muddy Waters. (3)

FAM (28) "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) (3)

10:55 pm FAM (28) ★★ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo)

9:31 pm FAM (29) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (3)

10:00 pm WTBS (3) ★★ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (3)
KNOW (5) ★★ "The Last Waltz"

Similkameen News Leader - Recipe Corner

Recipe #321

Orange Dream Smoothie

(NC)—This refreshing smoothie can be blended up by the kids in a snap and enjoyed by the whole family.

- 1 bottle (400 mL) Dairyland Fat Free Creama
- 3 cups (750 mL) orange sherbert
- 1 cup (250 mL) vanilla frozen yogurt
- Combine all but 2 tbsp (30 mL) Creama with the orange sherbert and frozen yogurt in a blender; blend until smooth.

Fill six serving glasses with the Creama mixture. Spoon a small amount of the remaining cream on each glass and swirl with a knife tip. Serve immediately.

Makes 6 servings.

Tip: Orange sherbert can be replaced with raspberry or lime sherbert.

More recipes can be found online at:
www.dairyland.ca/ProductFamily_Creama.aspx.

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THURSDAY, MAY 6, 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 of program listings for Thursday, May 6, 2010.

FRIDAY, MAY 7, 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 of program listings for Friday, May 7, 2010.

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 #291 - Rated Easy

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

CHALLENGE #292 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 18

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

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Similkameen News Leader

Saturday Movies

MORNING

- 8:00 am WTBS (3) ★★ "Arlington Road" (1999, Suspense) Jeff Bridges. A U.S. history professor, obsessed with radical groups, thinks his new neighbors may be domestic terrorists.
- 10:00 am WTBS (3) ★★ "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook.
- KREM (8) ★★ "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks.
- A&E (9) ★★ "The Lost World: Jurassic Park" (1997, Adventure) Jeff Goldblum. Premiere. Mercenaries and scientists pursue genetically engineered dinosaurs inhabiting a Costa Rican island.

AFTERNOON

- 12:00 pm FAM (26) ★★ "Max Is Missing" (1995, Adventure) Charles Napier. A 12-year-old's vacation includes exploring Inca ruins, possessing a priceless mask and fleeing from grave robbers. (In Stereo)
- 1:00 pm A&E (9) ★★ "Top Gun" (1986, Adventure) Tom Cruise. Premiere. A hot-shot Navy jet pilot tangles with MiGs and flirts with a civilian astrophysicist.
- 1:35 pm FAM (26) "Class President"

- (2002, Comedy) Sam Poppen. A shifty campaign manager helps a 10-year-old boy run for class president against a girl. (In Stereo)
- 4:00 pm 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)
- 5:00 pm WTBS (3) ★★ "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane.

EVENING

- 6:00 pm CITY (29) ★★ "Citizen Duane" (2006, Comedy-Drama) Douglas Smith. A high-school student seeks to restore his father's honor by toppling the man's nemesis, the longtime mayor of their small town. (DVS)
- 7:00 pm CITY (12) "A Daughter's Conviction" (2006, Mystery) Brooke Nevin. The only person who believes a woman is innocent of murder is the daughter, and she turns amateur sleuth to clear her mother's name.
- 7:30 pm WTBS (3) ★★ "Stealth" (2005, Action) Josh Lucas. Three naval pilots must stop a fighter jet controlled by artificial intelligence that has run amok.
- 8:00 pm CHBC (4) BCTV (11) "A Daughter's Conviction" (2006, Mystery) Brooke Nevin. The only

- person who believes a woman is innocent of murder is the daughter, and she turns amateur sleuth to clear her mother's name.
- KSPS (6) ★★ "Gaslight" (1944, Suspense) Charles Boyer. A Scotland Yard detective figures out why a schizoid Victorian is trying to drive his wife mad. (In Stereo)
- 9:00 pm FAM (26) ★★ "Strange Brew" (1983, Comedy) Dave Thomas. The Canadian McKenzie brothers cork a beer-factory brewmeister who's out to rule the world. (In Stereo)
- 10:00 pm WTBS (3) ★★ "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane.
- 10:30 pm FAM (26) ★★ "City Slickers II: The Legend of Curly's Gold" (1994, Comedy) Billy Crystal. Three grown men follow a trail guide's map to buried treasure near Las Vegas. (In Stereo)
- 11:00 pm KNOW (5) ★★ "The Last Waltz" (1978, Documentary) Robbie Robertson. The Band's 1976 farewell concert includes Joni Mitchell, Bob Dylan, Neil Young, Van Morrison, Eric Clapton, Muddy Waters.

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Sunday Movies

MORNING

- 8:30 am WTBS (3) ★★ "Conspiracy Theory" (1997, Suspense) Mel Gibson. An obsessive New York cabbie, in love with a government worker, learns that one of his suspicions is justified.
- 10:00 am KREM (8) ★★ "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other.
- A&E (9) ★★ "Top Gun" (1986, Adventure) Tom Cruise. A hot-shot Navy jet pilot tangles with MiGs and flirts with a civilian astrophysicist.
- 11:00 am 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)
- 11:30 am WTBS (3) ★★ "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.

AFTERNOON

- 12:00 pm KREM (8) ★★ "Good Night, and Good Luck." (2005, Historical Drama) David Strathairn. CBS newsmen Edward R. Murrow criticizes Sen. Joseph McCarthy's tactics in the 1950s, with the backing of producer Fred Friendly.
- FAM (26) "Roxy Hunter and the Mystery of the Moody Ghost" (2007, Mystery) Aria Wallace. With help from her best friend, a 9-year-old tries to solve an enigma related to the supernatural. (In Stereo)

- 1:30 pm WTBS (3) ★★ "Runaway Bride" (1999, Romance-Comedy) Julia Roberts. A New York reporter travels to Maryland to profile a woman who left three bridegrooms at the altar.
- 1:32 pm FAM (26) ★★ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (In Stereo)
- 2:00 pm YTV (18) ★★ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (In Stereo)
- 3:00 pm YTV (22) "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) (DVS)
- 4:00 pm WTBS (3) ★★ "Pretty Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills.
- YTV (18) ★★ "Yours, Mine & Ours" (2005, Comedy) Dennis Quaid. A household threatens to burst at the seams when the marriage of two widowed parents creates a family of 18 children. (In Stereo)
- 5:00 pm CBC (13) ★★ "Mouse Hunt" (1997, Comedy) Nathan Lane. Brothers inherit a dilapidated mansion inhabited by a resourceful rodent that refuses to leave. (In Stereo)

EVENING

- 6:00 pm YTV (18) ★★ "Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker discovers old rival Jimmy Murtaugh and his family are also there; the Bakers and Murtaughs find themselves in less-than-friendly competition. (In Stereo)
- 6:30 pm WTBS (3) ★★ "Pretty Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills.
- 9:00 pm WTBS (3) ★★ "Runaway Bride" (1999, Romance-Comedy) Julia Roberts. A New York reporter travels to Maryland to profile a woman who left three bridegrooms at the altar.
- KREM (8) "Jesse Stone: No Remorse" (2010, Crime Drama) Tom Selleck. Premiere. The lawman links a series of murders in Boston to mob boss Gino Fish. (In Stereo)
- FAM (26) ★★ "Akeelah and the Bee" (2006, Drama) Laurence Fishburne. An 11-year-old girl in South Los Angeles discovers she has a talent for spelling. (In Stereo)
- 10:52 pm FAM (26) ★★ "Hero at Large" (1980, Comedy) John Ritter. An actor costumed as Captain Avenger foils a grocery-store robbery and becomes a sensation. (In Stereo)

SATURDAY, MAY 8, 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 various TV programs and their corresponding channels.

SUNDAY, MAY 9, 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 various TV programs and their corresponding channels.

MONDAY, MAY 10, 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)	CBC News Now (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Franny	CityLine	CSI: Crime Scn	Inside Switch	
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl	Invasion League	SportsCentre		Nighty Ships	M. Mouse Mickey	The Tyra Show (N)	CSI: Crime Scn	Carlawood Parker	
8 AM	Harvey		Sid the Science Kid Sense of vision.	Sid			Cold Case Files		100 Huntley Street	100 Huntley Street	Bo on Go	(8:15) Kid	SportsCentre		Canada's Worst Driver	Handy Handy	Rachael Ray	CSI: Crime Scn	Re-Vamped	
9 AM	Fam. Feud	100 Huntley Street	Spider-Man	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	ATP Tennis	Live With Regis & Kelly	Daily Planet	Feet Agent Oso	Role Amazing	CSI: Crime Scn	Colin-Justin	
10 AM	Reba	Hospital for Sick Kids	Spider-Man (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Hospital for Sick Kids	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 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 Dirtgirl	George S. (11:40) Erky	Hockey: IIHF World Championship: Canada vs. Latvia. (Live)	Fashion	License to Drill	Phineas Suite Life	CityLine	CSI: Crime Scn	Golden Golden	
12 PM	Just Shoot King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Paid Prog.	News Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Rollbots		etalk	Worst Handyman	Wizards Montana	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)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Wheel Jeopardy!	(12:55) Viva (1:20)	Speed	Sue Thomas: F.B. Eye	Forensic Factor	Cory Recess	Jdg Judy	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)	Cold Case Files	General Hospital (N)	Young & Restless	The Doctors	Ghost Whisperer	Monster Invasion	Around Interruption	Dr. Phil	MythBusters	Replacemn School	CityLine	CSI: Crime Scn	Golden Golden	
3 PM	Friends Seinfeld	The Doctors	(3:01) Little Bear	WordGirl Electric	Jane Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Coronation	(2:50) Kid Super Evil	Off-Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	Carlawood Parker	
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	NHL Hockey: Playoffs: Teams TBA. (Subject to Blackout) (Live)	SpongeBob OddParent	Teams TBA. (Subject to Blackout) (Live)	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	The Ultimate Fighter	Re-Vamped	
5 PM	Payne	Early News	(4:57) News	BBC News	News (N)	News	Intervention "Sandy"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Teams TBA. (Subject to Blackout) (Live)	SpongeBob iCarly	Teams TBA.	CTV News at Five (N)	MythBusters	Suite/Deck Zoey 101	How I Met How I Met	TNA Wrestling (N)	Wipeout (N)	
6 PM	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N)	News (N)	News	Intervention "Richard"	News	(5:59) News Hour (N)	ET Canada	News	Indie	CTV News (N)	CTV News (N)	Dirty Jobs (N)	Montana Wizards	Chuck (N)	Wipeout (N)		
7 PM	Seinfeld Name Earl	Ent ET Canada	Eden Landscape	'Allo, 'Allo! Europe	Jeopardy! Wheel	The Doctors	Hoarders	Ent The Insider	Ent ET Canada	NCIS: Los Angeles	News To Be Announced	Survive	SportsCentre (Live)	etalk	Worst Handyman	Sonny Suite Life	Curb	Jail (N)	Parking	
8 PM	Movie: "Snake Eyes" (1998)	House "Baggage" (N)	First Australians (N)	Antiques Roadshow (N)	Chuck (N)	How I Met Rules	Paranormal	Dancing With the Stars (Same-day Tape)	House "Baggage" (N)	House "Baggage" (N)	Survive	In Real Life	Off-Record	CSI: Miami (N)	Daily Planet	Overruled! Montana	News EP Daily	UFC Unleashed	Parker ET Canada	
9 PM	Nicolas Cage	24 (N) (PA)	"China Power"	American Experience (N)	Law & Order	Two Men Big Bang	(9:01) Intervention "Sandy"	(10:02) Castle "Overkill"	NCIS: Los Angeles (N)	News Hour Final (N)	National	Indie Family Biz	Ricardo Escalante vs. Castillo.	(10:02) Castle "Overkill"	Worst Handyman	School Cory	King of Hill Bernie Mac	CSI: Crime Scn	Wipeout	
10 PM	Movie: "Snake Eyes" (1998)	NCIS: Los Angeles (N)	Mom's Home (N)	(DVS)	Law & Order (N)	(10:01) CSI: Miami (N)	(11:01) Intervention "Richard"	(11:01) Hoarders	News (N)	News (N)	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre	CTV News	Dirty Jobs	So Raven Life Derek	Coach Paid Prog.	Star Trek: Voyager	Wipeout	
11 PM	Nicolas Cage	CHBC News Final (N)	Asahi Baseball	Charlie Rose (N)	News (N)	News Letterman	(11:35)		News (N)	News (N)	ET Canada									

Monday Movies

EVENING

8:00 pm WTBS (3) ★ 1/2 "Snake Eyes" (1998, Suspense) Nicolas Cage. A corrupt detective and his Navy friend probe a U.S. official's assassination at an Atlantic City boxing match. (E)
 9:00 pm KNOW (5) "China Power: Art Now After Mao" (2009, Documentary) Premiere. A history of

contemporary art reveals its key movements and events in China. (E)
 10:00 pm WTBS (3) ★ 1/2 "Snake Eyes" (1998, Suspense) Nicolas Cage. A corrupt detective and his Navy friend probe a U.S. official's assassination at an Atlantic City boxing match. (E)

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 COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

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John Robert Sano

1932 - 2010



John Sano passed away peacefully on April 22, 2010 at the Marjorie Willoughby Snowden Hospice Home in Kamloops with his loving family by his side. John is survived by his son Robert (Kelly) Sano of Calgary and daughter Roberta Friars of Edmonton, his grandchildren; Meghan and Sean Sano, Derek, James, and Mitchell Friars, his brother Peter (Jean) Sano and family, and John's four legged companion Mya. John was predeceased by his wife Miyo in 1999.

John spent 50 years as a Master Builder and General Contractor in Princeton and the BC Interior. John will be fondly remembered by all his family and friends.

A Celebration of John's Life will be held at 11:00am on Saturday May 8th, 2010 in the Chapel of Personal Alternative Funeral Services in Kamloops, 177 Tranquille Rd. In lieu of flowers donations may be made to the Marjorie Willoughby Snowden Hospice Home, 72 Whiteshield Cr. South Kamloops, BC V2E 2S9.

Personal Alternative Funeral Services 250-554-2324
Toll Free 1-866-664-9646

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Portable, stackable washer/dryer by Sears. 6' high, 220 volt. Good condition. Asking \$200.00. Used gas heater, \$50.00. Can be seen at 51 Kenley Avenue, afternoons between 4:00 and 7:00 PM. May 04-18

Bonanza Bingo machine with extra motor and balls. Asking \$100.00. Phone Seniors' Branch #30 at 250.295.7515 and ask for Keith or Lynn or call 250.295.5550 and ask for Gayle. May 04-11

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594 Auburn Crescent. 4 bedroom, one level home on double lot in Princeton. Large fenced yard. Lots of room for RV. \$220,000. Call 250.295.4003. May 04

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

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Luxury rooms, own jacuzzi tub, fridge and microwave, \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort. (250) 295-7988. May 22-28th

Available May 1st. 1-bedroom apartment. Comes partially furnished with 32" TV, 200 channels, utilities and access to washer and dryer. Sundeck and greenhouse. Country setting. You pay for pellet heat. 5 minutes from town. \$600/month. Call 250.295.6026 and ask for Dano. Apr 20-May 04

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help wanted

Housekeeper required at Evergreen Motel in Princeton. Call 250.295.7179. May 04-18

card of thanks

Sincere thank you to the Doctors, Nurses and all the Staff at Princeton and Penticton Hospitals for the month long TLC. Thank you to the Paramedics for the interesting ride. Special thanks to Damella and Jerry and our family for being here. Our Community Services girls for looking after Bert and Lady Lola. Thank you for the beautiful flowers, phone calls and cards from friends.
- Grace Lawrence

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #291 - Easy

186 534 729
923 876 415
754 912 638
871 345 296
562 189 347
349 627 851
438 791 562
295 468 173
617 253 984

CHALLENGE #292 - Hard

742 681 953
563 497 281
198 352 476
219 865 347
456 713 829
837 249 615
984 576 132
371 928 564
625 134 798

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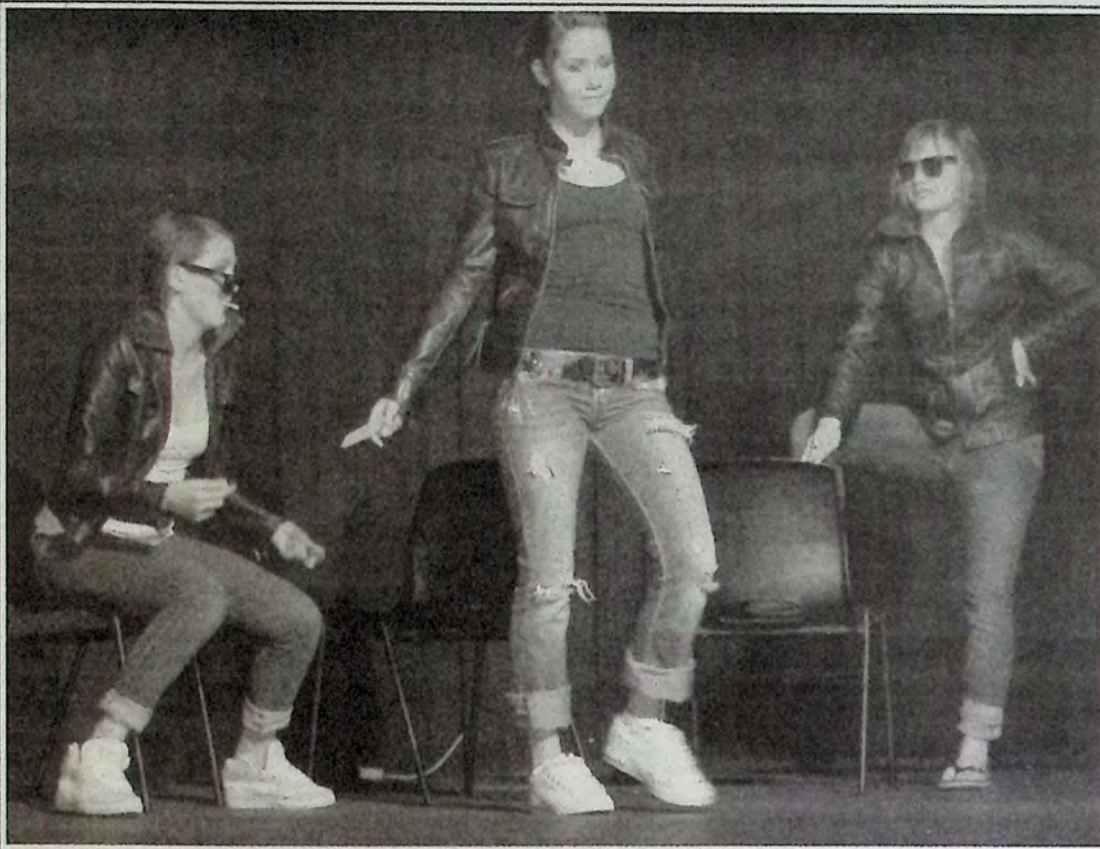
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CELEBRATE PRINCETON'S 150th WITH THIS UNIQUE SOUVENIR



Grads visited 'Grease' during the April 28th Talent Show at Riverside Centre. *

Local group receives Heritage Grant

The Princeton 150 Society has been awarded a \$16,700 Canadian Heritage grant from the Building Communities Through Arts and Heritage (BCAH) – Community Historical Anniversaries program to host Princeton's 150th Anniversary-Celebration throughout 2010.

The Government of Canada's Building Communities Through Arts and Heritage program supports activities that celebrate local historical heritage as well as local artists and artisans. Its objective is to engage citizens in their communities through performing arts and visual arts, as well as through the expression, celebration, and preservation of local historical heritage.

The Community Historical

Anniversaries component of this grant funds non-recurring events that commemorate major anniversaries such as Princeton's 150th year.

This funding will support small legacy projects and the Princeton 150 Festival being organized for September 4 and 5, 2010. BCAH will be utilized to support local artists, musicians, artisans and performers, volunteer support and logistical activities required to help Princeton celebrate our 150th birthday.

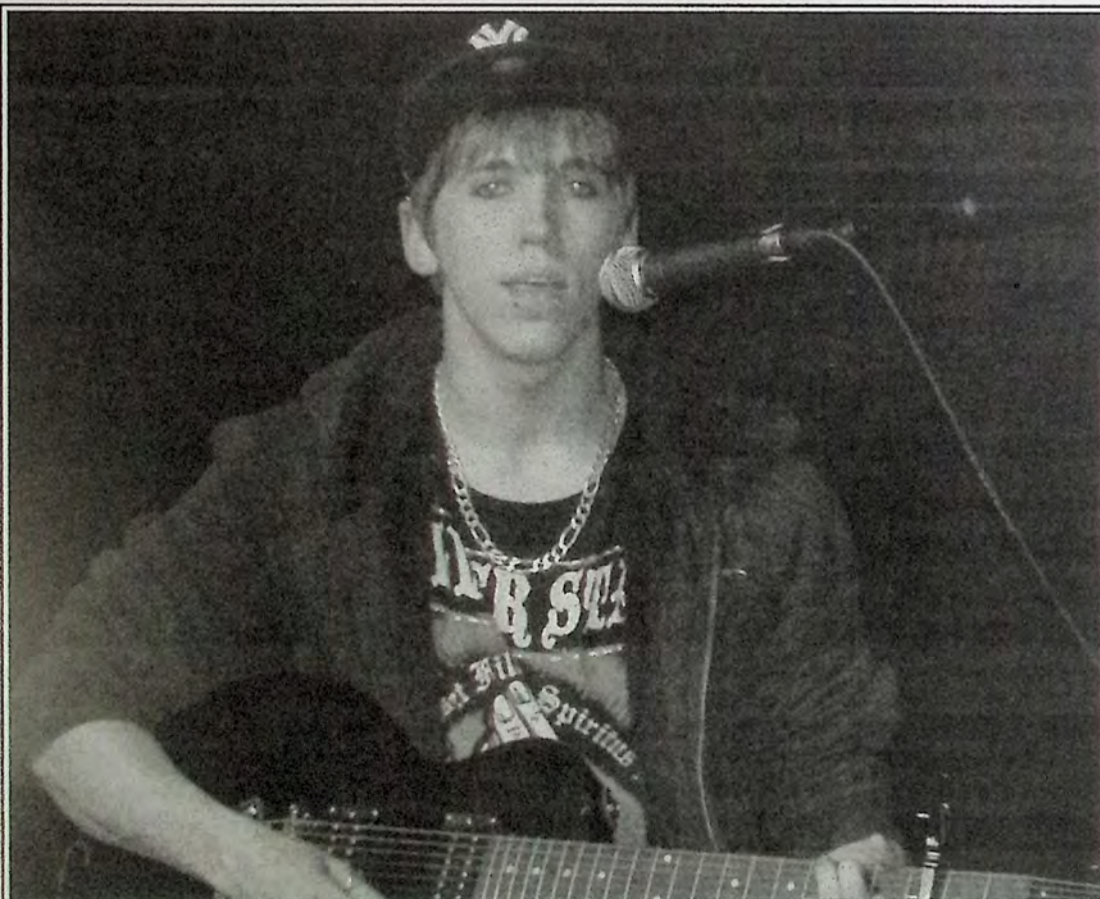
Saturday activities planned for the community include the Pioneer reception with the dedication of Susan Allison as a national figure of historical significance, performances all day, storytelling, gold

panning, last spike reenactment, Fire Hall commemorative mural dedication with fire hall fun, BBQ, evening street party and so much more.

The downtown core of Princeton will be full of festival activities great for all ages.

Sunday activities include historical hikes, art in public places dedication and theatre performance at Riverside Centre.

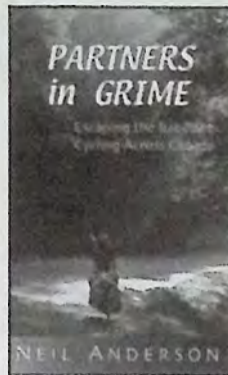
Organizations, performers, artists, vendors and citizens wishing to participate or volunteer at the Princeton 150 Festival should contact the Princeton Community Recreation & Culture Office at Riverside Centre by calling Nadine McEwen at 250-295-6067 or e-mail recreation@princeton.ca.



Kael Glowacki performing during the Grad 2010 Talent Show April 28th. *

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Editorial Page News Leader

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My Turn...

Cutting Jobs Instead Of Trees

Late last week (April 30th) I received a phone call from a disturbed mayor.

He was not what I would call frantic, but rather ticked off about news that he had just heard about the three forestry workers in the field office on Vermilion Avenue being issued their pink slips.

The layoff notices were actually issued April 12th by the provincial government (and reported in a front page story of the News Leader on April 20th) and were part of close to 300 forestry and energy ministry cuts across the province.

The mayor thought he should have found out in a manner other than through conversation with one of the laid off employee, which makes sense to me.

Only the reality is it appears that since Princeton changed it's name to GamesTown 2010 the smart guys in Victoria can't locate us anymore.

And the really sad part about this, aside from Princeton losing three more government jobs, is that another government service is being phased out of our community.

How many more hits are we going to take before someone stands up and says enough is enough?

If we had elected the 'old' Harry Lali to Victoria I could see some smoke and noise being produced on Vancouver Island on our behalf.

If this had happened during former Mayor Gloria Stout's term (may she rest in peace) I could see myself part of a convoy of residents taking a trip to Victoria to bang on some doors and demand some answers.

I'm not blaming our current elected officials but I sort of miss the way things got done in the good old days of say, ten or fifteen years ago in Princeton.

I guess we all got caught up in trying to catch people parking in the yellow zone outside the post office and feeding deer to get back to what built the character of the community - attitude and pride.

You want to build a coal-fired power plant where? Not on my watch, buster.

Have we forgotten the spirit that built this place we call home?

- The drive to push the railway through the community and to the mines.

- The determination to dig coal from underground and drill massive holes in the earth to pull out copper ore.

Have we lost our sense of adventure?

- The exciting rush of establishing a community at the meeting of two rivers in the Similkameen Valley and building ranches and hotels and businesses to attract, service and entertain settlers.

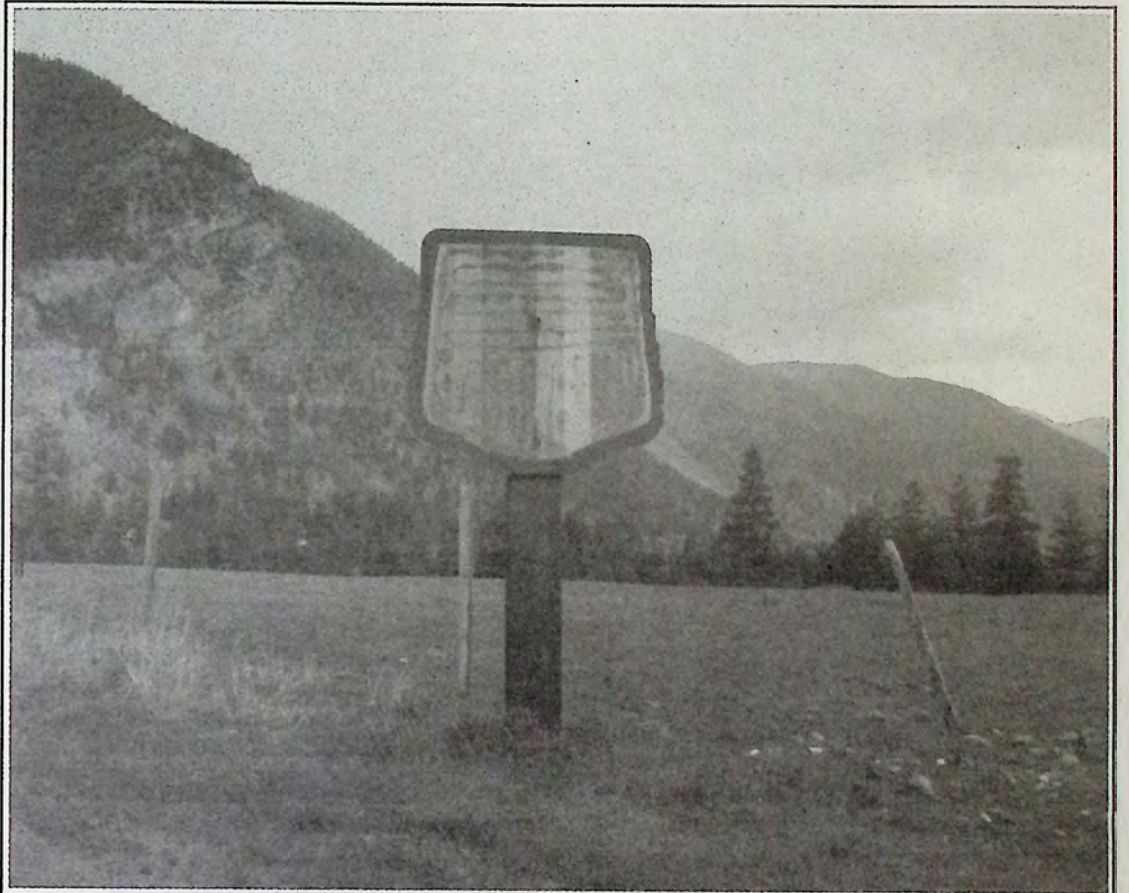
Have we forgotten the sweat, effort and ambition that rebuilt sections of the community after fires and floods so that future generations would have a place to call home?

Have we become so complacent that each time a service gets pulled out from under us it doesn't matter anymore?

I don't plan on living in a ghost town - I want to live in a community that isn't on life support waiting for someone to pull the plug.

I think the time to say enough is enough has arrived.

Call Fraser-Nicola MLA Harry Lali at 250.378.4802 or Town of Princeton Mayor Randy McLean at 250.295.3135 and tell them you've had enough of the gutting and cutting of services to Princeton.



The highway information sign outside Hedley explaining the history of the area disappeared last week. *

...Your Turn

Mayor Shares Frustration

To The Editor;

I find the news of the lay-off of our three forestry staff in Princeton unacceptable and the reasoning impossible to understand.

I am very cognizant of the difficulties in the forest industry as a result of the pine beetle (I am a board member of the Southern Interior Beetle Action Coalition). I realize that if the forest industry revenue is negatively affected then the government needs to move quickly to lower expenses.

This they have done across the province, 204 staff have been given notice across the province, 80 in the southern interior.

What I don't understand is the removal of our total contingent of forestry staff here in Princeton. The majority of the wood in the Merritt Forest District due to be harvested lies in the Princeton area and yet the district office is in Merritt.

Our 15 staff originally in Princeton has dwindled to 3 and are now gone. Merritt forestry staff will travel three hours out of

their day to administer in our area. As landlords, the municipality is aware of the reasonably priced field office costs to the ministry and as a result we have a hard time figuring out where the cost savings will be.

I have been in contact with MLA's John Slater and Bill Barisoff and as a result Council

Letter To The Editor

Keremeos wins again...

To The Editor;

This is actually a small but in my opinion very big and important comment, that directly has issue with the competency of the Town Hall and its officials, (that is if there are any). I moved to Princeton last year to live full time. I have owned property in the rural Princeton area though for 18 years.

I frequently go to the so called "web site" of Princeton, and as per usual get very little information. It is actually funny, as for at least the past four years on the web site for "Princeton", it reads that the Town

will be meeting with regional and district management next week. Someone needs to explain to me why this community should be deprived of three forestry professionals when we live in the middle of the bulk of the timber yet to be harvested.

- Mayor Randy McLean, Princeton

Hall website is "COMING SOON" HAH !!!

It's been four years now, is that what the mayor and council consider soon??? (if there is any, I don't know because I keep on looking at the web site to discover who the town officials are, but it is "coming soon"). I personally think that that is a very poor showing and a direct reflection upon the Mayor who allows the coming soon to go into at least its fourth if not fifth year.

Actually, next time I am in town, I will go to the town hall, to see if continued on Page 22

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

One More Reason To Shop Close To Home



Dawn Johnson
editor@thenewsleader.ca

The recent volcanic ash dilemma over northern European counties pointed out to me the importance of maintaining a strong agricultural economy close to home. We saw, in London and Paris, green-grocers rushing to buy a diminishing supply of fresh vegetables, because the vegetables were flown in from Africa, and with air transportation blocked, nothing was coming through. The news on television showed flowers sitting in Africa, wilting. When I lived in Belgium, there were enough tulips grown in Holland to supply anybody who wanted tulips.

The burgeoning population of Europe has pushed agriculture out of some areas, but part of the problem has been lack of support for local producers. Africa could grow it cheaper, even when air transportation costs were considered. In B.C. we have an agricultural land reserve, which went into effect many years ago. Although there is sometimes conflict between what should be allowed in the land reserve, we have preserved some of the best of B.C.'s small supply of agricultural land.

The third component of the problem is the desire of consumers to buy whatever is cheap and convenient. I buy bananas from Central America, because bananas do not grow here, but I buy B.C. hothouse tomatoes, or Keremeos field

ripened tomatoes, because I believe in supporting local producers. Every summer, I make numerous trips to Keremeos to buy fruit and vegetables I can't grow in my garden. I believe in keeping food producers in business close to home.

More and more exotic fruits and vegetables are available in our supermarkets, and I suppose people living in the city never bother to ask where the food came from.

A few weeks ago, I wrote about the loss of subterranean water in one sector of California's big fruit and vegetable production area. This area now produces one-third the amount of food it did before the wells started going dry. I pointed out this will have an effect on the cost of those foods because food is sold by auction and the highest bidder maintains a supply.

Now imagine what would happen if that same area was hit by a devastating earthquake, which is not beyond the realm of possibility. Under those circumstances, not only would production be interrupted, so would transportation. We would have no way of knowing how long the crisis would last. Many things can happen to interrupt food supplies. As we live on the Ring of Fire, a volcanic eruption

could one day interfere with not only air travel, but ground transportation as well. This has happened before, but only briefly, because the wind blew the ash east.

In another possible scenario, the ash could be driven south or north, interfering with transportation to our area.

The Lower Mainland could have a major earthquake, with the same effect on transportation. Most of what we have in our grocery store reaches us via the big markets in Vancouver. It would take time for us to put a new transportation system in place. In the meantime, we might do without a lot of things.

When we shop close to home, we preserve the food producers in our area. Supporting local producers ensures they stay in business and will be producing food in the future.

It is particularly dangerous to depend on other countries for your food supply, which means it is very important to us, as a nation, to preserve and protect our own food producers. If you feel it won't affect you, don't be surprised if you feel it in your pocketbook the next time those southern countries have some kind of production or transportation problem.

Prepare to close wells

In the near future, a number of people within municipal boundaries will cease using well water and will become serviced by the Town of Princeton. There is a procedure they must follow to ensure no water from an existing well can enter the Town water system. This helps protect community drinking water systems from potential cross contamination.

Prior to connecting to the Town water supply, the Town must confirm that the residence is no longer connected to the well. Town Council has enacted a bylaw (827) establishing rules for well discon-

nection and closure. This bylaw will be available at Town Hall.

The owner of the well may wish to use it for irrigation purposes, and that is quite acceptable. In this case, the owner must submit an application for permission to use the well after the connection to Town water is completed. The application must include a map of the property showing the location of the well in relation to buildings, fences, etc. and must sign a declaration stating the well will be kept in good condition and will not be reconnected to the domestic water supply.

News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



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Pastor Tony Essex 295-7951

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Allen Zirk is completely knowledgeable of all the components of a sewage system and thoroughly understands how they integrate and should perform - in addition to being a proud Princeton resident supporting local business - Allen is familiar with the poop!

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Hedley Stamp Mill Day



Hedley Volunteer Fire Department hosted an open house during Stamp Mill Day, May 1st. In addition to hot dogs and tours of the fire hall, the department provided rides through the streets of Hedley in their new fire truck. Graham Gore, above, provided the rides and information on the equipment received in February. *

..... continued from Page 20
anyone is actually there. Maybe this is all a front, and there is no mayor or anyone else, or maybe, they have all been kidnapped by aliens and no one has noticed.

If that is what the mayor who ever he or she is thinks is progress, they are sadly mistaken. Even a smaller populated town such as Keremeos has a meaningful web-site.

Maybe the town hall doesn't even have a computer, if so, maybe the citizens could band together and buy one for the mayor. Maybe he or she doesn't know how to use it, and in that case, I am sure someone can show him or her how to use it.

In today's technological age, it is really pitiful to see that no one, res-

idents, or visitors alike are unable to find out anything about Princeton town hall and the town's representatives, because the site remains to be "COMING SOON" !!! The town hall and the city officials should be very, very embarrassed.....oh, wait a minute, they're politicians, they don't care.....

Thanks,
- R. Riley, Princeton
(Editor's Note: While it is not our intention to defend the mayor and council, we have to point out that the Princeton website is a product that has been contracted out to a third party to create and update).

We're different, and we like that.

Similkameen News Leader



Doug Bratt nurses BBQ chicken to perfection in Woodlie Park, Hedley as part of Stamp Mill Day on May 1st. Hedley Museum hosted a dinner as well as live entertainment and a silent auction in addition to other activities throughout the community. Our favourite was the fire department open house! *



Adam Dobbs (with Adam Gullason on bass) got everybody on their feet with his rock performance during the Grad 2010 Talent Show April 28th at Riverside Centre. *

Small Business 101

CFIB - Canadian Federation of Independent Business

Give business back the municipal vote

by Brian Bonney

Up until 1993, B.C. small businesses could vote in municipal elections. This ability to vote recognized the contribution small and medium sized businesses make to the economy and to our communities. The decision to rescind the business vote was an historic mistake that must be corrected.

B.C.'s small businesses are being taxed to the breaking point by municipal governments. Businesses pay on average three and up to seven times more property tax than a resident on same value property. To add insult to injury, businesses pay for their garbage collection on top of that.

Yet a January 2007 study by the City of Vancouver shows that businesses use only 24% of municipal services while residents use 76%. If residents were taxed like businesses, there would be a tax revolt.

Over-taxed and under-represented, small and medium sized businesses are the backbone of B.C.'s economy. They account for 98% of all businesses and 34% of our gross domestic product. 82% have fewer than five employees and together they employ 56% of B.C.'s private-sector workforce.

Many small business owners work over 60 hours a week. They take very personal risks like mortgaging their homes in order to help drive our economy and benefit society by keeping staff employed in tough circumstances. In the recent recession, businesses with 1 - 19 employees only laid-off .5% of their staff compared to businesses with more than

500 employees that laid-off 8.8%.

The next time you drive by a soccer field or baseball diamond think about the small business that likely donated the children's uniforms.

So how can we get municipal governments to recognize this vital contribution?

The answer lies in a well-established principle—no taxation without representation. If municipalities are going to tax small businesses on average, three times more than us, fairness requires we grant businesses a single vote.

Then Minister Robin Blencoe repealed the business vote in 1993 claiming that it removes the possibility of people simply leasing storage lockers to vote. Blencoe's flippancy was just one indication of how decision-makers overlook the concerns of small businesses.

In London, England, the birthplace of our democracy, businesses have a number of votes based on their number of employees. CFIB suggests every business would qualify for one vote only, giving them one vote to every 7.7 citizens, whether they own, lease or rent their premises, just as residents qualify regardless of whether they own, lease or rent a home.

In B.C. the business right to vote in municipal elections was removed. This decision reflected widespread ignorance about small businesses owners - the risks they take, their importance to the economy, their contributions to society, their heavy tax burden and their lack of representation. The only thing that will start to grant business owners representation and accountability with their municipal tax masters is

restoration of the municipal business vote.

To View CFIB's full submission, including answers to many questions and objections, go to www.cfib.ca click on Lobbying / British Columbia / Bring Back the Municipal Business Vote.

Brian Bonney is Director of Provincial Affairs, BC for Canadian Federation of Independent Business CFIB is a non-profit, non-partisan business association that seeks to give small independent business a greater voice when it comes to government decision making.

Similkameen News Leader is one of hundreds of businesses in the Similkameen Valley with memberships in the CFIB.

MP challenge

..... continued from Page 2
time to learn some tricks on how to protect your own mental and emotional wellbeing as well. In doing so you may find the inspiration to help others get the support they need to cope with what is a largely treatable and very often preventable illness.

Please take the time to invest in yourself and your community by visiting the Canadian Mental Health Association at www.cmha.ca. I am confident that once you learn about the amazing work being done by the volunteers and professionals at CMHA on a shoestring budget, you too will want to take up Carrie-Ann's challenge. "Feed the Mind, Not the Gut - Donate the price of a meal to mental health" says Carrie-Ann's son Chad. I've got to say - how can anyone say no to that!

Similkameen News Leader

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We'll take a look at all your investments - regardless of where you hold them - to determine if your savings match your plans, or if we can adjust your plans to meet your savings.

A lot went into getting you to this stage in life. Let us help you make sure you get the most out of it.

Call today to schedule a personal financial review.



Edward Jones

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FINANCIAL FOCUS

When Investing, Don't Miss The 'Big Picture'

To be a successful investor, you should take a long-term perspective. Yet that's not always easy, because most of the investment-related news is short-term in nature - one day you hear that the market is up, and the next day you read a negative report on the economy. What can you do to stay focused on the "big picture"?

Here are a few suggestions:

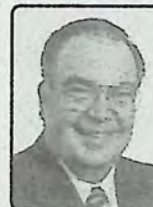
- Know your investment history. When the stock market declines sharply, everyone knows about it. But when the market gradually moves up, it seems much less newsworthy - perhaps because it's so common. In fact, from 1919 through 2009, the S&P/TSX Composite Index (TSX) has shown positive returns 64% of the time over one-year periods, 84% of the time over five-year periods and 90% of the time over 10-year periods. (The TSX is an unmanaged index that cannot be invested into directly). And you can find similar returns in the US and other major stock markets. Of course, as you've no doubt heard, "past performance is not a guarantee of future results," and this is certainly true. But as you invest for your future, keep in mind that the financial markets have historically tended one way - up.

- Stay invested. Even if you know that investment history is on your side, your emotions might lead you to the "sidelines" during the midst of a particularly harsh bear market, such as the one we saw in 2008 and early 2009. But if you had pulled out of the market during that time, you would have missed out on the big rally that began in March 2009. It's not always easy to ignore short-term price drops - especially when that "short term" lasts more than a year - but if you can develop the discipline to stay invested through good times and bad, you may well be rewarded. Keep in mind that the biggest gains are often achieved at the beginning of a market rally, so if you're always invested, you won't miss out on these opportunities.

- Develop a comprehensive strategy. It's important to try to build your savings by contributing to accounts such as your Registered Retirement Savings Plan (RRSP) and Tax-Free Savings Account (TFSA). Yet you just shouldn't simply make these contributions and forget about them. Instead, you have to determine how your RRSP, TFSA and other investment accounts fit into your overall portfolio - your big picture. For example, do the individual investments - such as stocks, bonds and mutual funds - inside your RRSP and TFSA give you adequate Diversification? While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility on your portfolio. You also need to determine if your investment accounts will provide you with the right mix of growth and income opportunities, given your individual risk tolerance and time horizon. To take all these variables into account in developing your comprehensive strategy, you may want to work with a professional financial advisor - someone with the experience and expertise to help you navigate through the investment world, which can be challenging.

In almost all areas of our lives, we can get so caught up in day-to-day activities that we overlook the larger scenario. Don't let that happen to you when it comes to investing. By keeping your eyes on the big picture, you may someday achieve big results.

FINANCIAL FOCUS is a presentation of:



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1-76 Kenley Avenue



SOLD!

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

2531 Coalmont Road



NEW!

This property boasts so many options for you - a neat and tidy 1,240 sq ft mobile with an insulated and wired workshop that you could live in or rent out to help with the mortgage while you park your RV near the small cottage - complete with its own septic system. With 1.5 acres there is solid potential to subdivide - with a location perfect for winter and summer sports activities. **MLS@109075 \$498,700**

4031 Princeton S'land Rd



Lakefront at Osprey Lake! A wonderful opportunity for you and your family to own a cozy log cabin at one of the best fishing lakes around. One bedroom on the main floor complete with double and bunk beds and spacious 4 piece bathroom. The large open loft area, currently used as master bedroom, offers lots of floor space if more beds are needed and has its own 2 piece bathroom. **MLS@105913 \$429,000**

103 Badger Lane



The perfect getaway is having a log cabin 1 block from the beach and here it is! Imagine having your morning coffee while looking at a wonderful view of Allison Lake. This 4 bedroom, 2 bathroom livingroom up and family room down home is a great fit for families and friends. 2 large deck areas and a fenced back yard mean room for everyone! **MLS@106207 \$349,900**

379 Burton Avenue



With this lot you can have the best of both worlds: live within walking distance to downtown and all the amenities it has to offer, while partaking in the many activities permitted on the Trans-Canada Trail or slip down the Similkameen River for a blissful afternoon of tubing, fishing or R&R. This lot is perfect for a duplex or your dream home. Water and sewer connections have been completed. **MLS@106126 \$89,900**

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