



Similkameen

News Leader

\$1
INCLUDES HST!

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Tuesday, January 11, 2011



Jessie Coers, left, tries her hand at reconstructing a human skeleton while Calli Martin watches. The pair, along with their Grade 12 Biology class, went to Science World in Vancouver January 6th. Photo: Des Cosman

Lali tosses hat in ring

Veteran MLA Harry Lali entered the B.C. NDP leadership race last Thursday, January 6th, with some controversial comments.

Lali, the MLA for Fraser-Nicola, kicked off his campaign in Merritt with a long speech where he pointed out he was aware he is not the candidate of the NDP establishment, the pollsters, or the pundits.

An issue of particular concern to Lali is the party's equity quotas for candidates and officials.

One quota that came to light last week demands that at least one among the party's leader, president

and treasurer be a woman.

That would mean the next party leader would have to be female, unless either the president or treasurer — currently men — were to step down.

Other declared candidates in the race so far include Sunshine Coast-Powell River MLA Nicholas Simons and marijuana activist Dana Larsen.

The leadership campaign was triggered by an abrupt resignation announcement by leader Carole James in early December.

The new leader will be elected April 17.

In case you missed it, here's Harry's announcement

The MLA serving Princeton as part of the Fraser-Nicola (formerly Yale-Lillooet) riding made the following announcement in a news conference on Thursday, January 6th:

"Welcome. Thank You for coming. Today I am announcing my candidacy for the position of Leader of the BCNDP.

At the outset I would like to state that I am *not* the Candidate of the establishment of the BCNDP...I repeat, I am *not* the candidate of the establishment of the BCNDP...and *not* have I sought the endorsement of the establishment of the BCNDP.

In the next three months I will provide details of my platform.

My candidacy is about the people, about the rank and file members of the BCNDP.

My candidacy is about change, party renewal and about rebuilding.

My candidacy is about democra-

cy and inclusion, NOT Exclusion — Equity Quotas are an affront to democracy.

My candidacy is about consultation and collaboration — it is time to unite the working people and Small Business in this province based on common values and interests...whether unionized or non-unionized, a worker is a worker is a worker!

Self-employed persons and those owning and operating family-run small businesses, they are workers, too.

There ought to be a natural alliance between workers and small business owners — I intend to reach out to small business in this province to bring them into the NDP family.

My candidacy will be policy-focused, principled, and *not* afraid to SPEAK THE TRUTH.

I will focus on the traditional values of the NDP — compassion, equality of economic opportunity, social justice, and the recognition of the contributions of small-town, rural British Columbia.

I will put *people first*, not pollsters, not political pundits, and certainly *not* Howe Street.

- It is time to elect an NDP Leader and politicians who will listen to the rank and file party members, and speak to the needs of Rural British Columbians.

I am that Leader.

It is time for New Democrats to return to the values and principles of the NDP/CCF and Social Democracy to guide them to victory in the next election.

The reason the NDP have lost the last three elections is because we have failed to capture the imagination of British Columbians through our weak and often confusing positions on major issues...we have failed to articulate a clear vision based on NDP values and principles.

British Columbians desperately want to get rid of the BC Liberals, but they do not trust the NDP enough to vote for us because they *do not* know what we stand for any more.

New Democrat members have quit the Party in the thousands because even *they* do not know what we stand for any more.

My candidacy will also speak to the values of and the importance of rural British Columbia.

I was born and raised in India by parents who were proud farmers in what is now Pakistan and later in India.

I moved to Merritt, the Heart of Interior/rural BC, as a young kid, and appreciate and understand the contributions of proud, hard-working rural British Columbians.

As a Legislator first elected in 1991, Hansard pages are full of Harry Lali speeches, right alongside those of Corky Evans and others, fighting for and defending the rights, the values, and the needs and aspirations of the people of rural British Columbia.

- Economic recovery and job creation is Priority Number One, but NOT at the expense of our precious Environment.

- Forestry is in shambles — We desperately need a workable recovery

plan that protects existing jobs and creates new opportunities as well, - Agriculture and Ranching have been abandoned by the BC Liberals and needs support from Government,

- Transportation Infrastructure in Rural BC is falling apart — an investment in rural transportation is an investment in the economy, - Rural Health Care is being systematic dismantled by the BC Liberals — it needs a major overhaul,

- BC Liberals have closed 100s of schools in Rural BC — Education is a foundation stone of every great civilization and needs to be restored to its proper status,

- Empty Liberal promises and patronizing pronouncements and phony photo-ops are an attack on the dignity of our First Nations' population — we need to take substantive action so that Aboriginal People can eradicate the scourge of poverty on Reserves.

Poverty rates under the BC Liberals for the 8th year in row are continued on Page 5

Similkameen **News Leader THIS WEEK:**



Badger Diet Helps Golf Course - Page 2

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Did you know that you live in badger country?



- Less than 300 badgers are thought to live in grasslands and dry forests of the Similkameen, Okanagan, and other similar places in BC.
- Badgers can help control rodent populations like ground squirrels, pocket gophers and marmots.
- Highways are bad for badgers. Many badgers are killed by vehicles while crossing roads & highways.

You can help by reporting badger sightings and burrow locations to: 1-888-223-4376

Find out more at www.badgers.bc.ca
 For information about species at risk, please visit www.osca.org



Regional District Okanagan-Similkameen

Official Community Plan and Zoning Amendment Bylaw Electoral Areas 'A', 'C', 'D', 'E', 'F', 'G' and 'H'

NOTICE OF PUBLIC HEARING:
 Thursday, January 20, 2011 - 12:00 Noon
 RDOS Boardroom
 101 Martin Street, Penticton, BC

BYLAW:
 The Bylaw that will be considered at this Public Hearing:
 Regional District of Okanagan-Similkameen Textual Amendments to Zoning and Official Community Plan Bylaws, Amendment Bylaw No. 2483, 2010

PURPOSE:
 The intent of the proposed textual amendments to the Official Community Plan Bylaws and Zoning Bylaws is to address a number of typographical errors and omissions that are the result of a formal repeal and re-enactment of the Regional District's land use bylaws undertaken in 2008.

The purpose of the repeal and re-enactment is to make the bylaws more accessible to the general public by facilitating ease of use and to ensure that the policies, guidelines, and regulations contained in the bylaws have been validly enacted and are enforceable.

Due to the accelerated timeframe in which the repeal and re-enactment process transpired, it was anticipated that minor errors in updating the bylaws would occur. As oversights have been identified over the course of the past two years, a draft amendment bylaw has been prepared to address these.

The majority of the proposed amendments are seen to relate to missing or misspelled words, however, there are instances where a site specific zoning was not carried forward, and zone title and regulations were reversed.

It is also being proposed to re-name the Agriculture Two (AG2) zones found in Electoral Areas 'D' & 'F' to Agricultural Three (AG3) as these zones are seen to be separate and distinct from the AG2 Zones found in Electoral Areas 'A' & 'C' and should have been addressed as part of the broader R&R objective of bringing consistency to zone titles across the Regional District.

COPIES OF THE PROPOSED BYLAW & SUPPORTING INFORMATION AND MATERIALS MAY BE VIEWED AT:

Regional District of Okanagan-Similkameen
 101 Martin Street, Penticton, BC
 on weekdays (excluding statutory holidays) from January 4 to January 19, 2011, between the hours of 8:30 AM to 4:30 PM and January 20 between the hours of 8:30 AM to 12:00 Noon.

The public and all persons who believe that their interest in property is affected by the proposed bylaw can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing - Bylaw Repeal and Re-enactment Textual Amendments, c/o Regional District of Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

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

Donna Butler, MCIP
 Manager of Development Services

Bill Newell
 Chief Administrative Officer



Badgers are helping the Princeton Golf Course and RV Park keep ground squirrel numbers low. The helpful carnivores need to eat two rodents a day. That adds up to a lot less pesky rodents digging holes in the local fairways. Photo: Philippe Verkerk

Badgers are a welcome sight

by Chandra Wong,
 OSCA, Okanagan Similkameen Conservation Alliance

It's a simple relationship, really. Ground squirrels like to dig holes in golf courses.

Badgers like to eat ground squirrels.

And so golf course managers like badgers.

A lot.

Ian Elko, Superintendent at the Princeton Golf Course and RV Park described how the recent return of badgers to the golf course after a 15 year absence has helped keep pesky ground squirrels at bay.

"Like the movie, "Caddyshack", we tried different things to control the ground squirrels but none of them ever worked really well," said

Elko. "The badgers do a way better job than we do at controlling populations, and a couple of badger holes is a lot better than a thousand gopher holes."

These stocky carnivorous mammals live in grasslands and dry forests of the Similkameen, Okanagan, and other similar areas in BC. If left undisturbed, they may also use open habitats that support their prey - like ski hills, clearcuts, and of course, golf courses.

Wildlife experts estimate that less than 300 badgers live in our province now. They are listed Federally as Endangered and Red-listed in BC, another way of saying that they are endangered or threatened.

The main threats to badger existence?

Run-ins with vehicles on highways, roads and railway lines; habitat loss as housing and agricultural development become more intense; and shootings and poisoning as badgers are mistakenly persecuted as agricultural pests.

To better understand how to help the badgers at the golf course, Elko said they recently began participating in the South Okanagan Similkameen Stewardship Program. The program provides information, tools and support to private landowners wanting to help wildlife and improve habitat on their property.

Elko said the program helped put continued on Page 19



You've seen the highway signs on Highway 3 just east of Princeton marking 'Badger Crossings' - it's to protect these little guys, badger kits and their parents. Photo: Philippe Verkerk

Bey tired of beating the bushes

John Bey, who resigned in November as President of Princeton Racing Days Association, is growing tired of trying to ensure Princeton will have horse racing this year or in the future. Despite advertising to find people to become the executive of Racing

Days Association, only one person has contacted John Bey to volunteer to help in whatever way she could.

"Does Princeton realize what's at stake?" John Bey asked the News Leader.

"Does Princeton want horse racing? Is there a future for horse racing in Princeton?"

"The economic benefit of Racing Days to Princeton is enormous," Bey says of the more than 40 years of Racing Days.

The annual celebration, with its parade, horse racing, and other fun events has stimulated the local economy from the time the first races were run in 1965. Young people who grew up with Racing Days as a highlight of the year still pick Racing Days weekend as a time to

come back to Princeton for class reunions, because it is a time to celebrate.

As things stand now, there may be no future for horse races in Princeton.

"Are there enough volunteers to organize, manage and conduct such an event?" Bey wonders. "Is their enough support from motel operators, corporations and small businesses?"

That is the question that must be answered on January 20. A public meeting will be held at 7:00 PM at the public library on that date. This will be the last meeting held in an effort to put together a new Racing Days Association executive. Anyone ready to offer their services on the Board of Directors can call Bey at 250.295.3970.



There was a time when horse races did not take place at Sunflower Downs due to a shortage of horses. Now a shortage of volunteers may bring an end to the traditional local event. *



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Town of PRINCETON

Princeton Town Hall News

GET ACTIVE PRINCETON

Princeton Parks, Recreation and Culture Services invites all residents to check out the 2011 Winter/Spring Leisure Guide. Check out the variety of programs, events and activities in Princeton and sign up today. Be active, be healthy and have some fun with others.

Registered programs need participants signed up a minimum of one week before the start date to ensure the program starts on time.

Call Princeton Parks, Recreation and Culture Services at 250-295-6067 or e-mail recreation@princeton.ca to learn more.



OUT DOOR RECREATION

Princeton Parks, Recreation and Culture Services is offering a ski/snowboard trip to Manning Park on Friday, Jan. 28. Youth and Adults are invited to register by January 19th, 2011.

A variety of packages are available to meet your needs. Lift passes, rentals, lessons or bus rides.

Call Princeton Parks, Recreation and Culture at 250-295-6067 or e-mail recreation@princeton.ca to learn more.

WINTER SNOW REMOVAL & PARKING REGULATIONS

It's that time again and we would like to remind residents of winter snow removal regulations.

The Town has a snow removal schedule that is based on a road priority system. Salting and plowing begins on the main arterial roads, followed by collector roads, and then moves onto residential streets and lanes as necessary. Please assist our crew when they are plowing by not parking on streets during snow removal.

Be reminded that unattended vehicles without proper or valid number plates may be towed under the Motor Vehicle Act. Also, vehicles cannot be parked on roads for more than 72 hours, this includes all unhitched trailers.

During snow removal operations, plow operators cannot avoid leaving ridges of snow (called windrows) at the foot of driveways. Residents and business owners are responsible for clearing the windrow from their own driveways and entrances.

Residents and businesses are responsible for removing snow and ice from sidewalks in front of their homes and businesses. Failure to do so can result in a fine of up to \$100.

Thank you for your cooperation in following these simple steps to ensure a safe winter season and remember, if you're out on the roads during a snowstorm, drive with caution and according to road conditions. Stay a safe distance from snow removal equipment. They need room to do the job safely!

REMINDER- 2011 DOG LICENSES

2011 Dog Licenses are due now. All dogs over the age of eight weeks are required to wear a current 2011 license, which can be obtained at Town Hall at a cost of \$10.00 for neutered or spayed dogs and \$30.00 for non neutered animals.

GRANTS IN AID

To support non-profit organizations and agencies that provide programs and services that serves, benefits and/or adds value to the community.

POLICY:

That Council allocates annually a finite sum of money through the Town of Princeton budget for Grants in Aid, up to a maximum of \$10,000 per individual application request.

Applications for Grants in Aid are to be received no later than January 31st of each year in which the grant will be used.

Mayor and Council, as part of the annual Town of Princeton budget process, will review and assess Grant in Aid requests by April 1st of each year.

Application packages are available at Town Hall.

BE FIT LEISURE PROGRAMS FOR KIDS & ADULTS

HIP HOP DANCE

Energize your life with great moves & fun!

Riverside Centre	10 classes/\$37.50	
Thu Jan 20	4:00-5:00 pm	Ages: 7-9 yrs
Riverside Centre	10 classes/\$37.50	
Thu Jan 20	5:00-6:00 pm	Ages: 10-12 yrs

ADULT DANCE CLASS

Enjoy a high energy dance class that is a fusion of jazz and hip hop. This program is great for getting the heart rate up, dancing with friends. Youth welcome.

VFE Gym	10 classes/\$53.00
Tue Jan 18	6:30-7:30 pm

ADULT YOGA CLASSES

Enjoy this low impact workout that increases flexibility, range of motion, strength and balance. Youth welcome.

Riverside Centre	12 classes/\$81.00
Wed Jan 19	10:00-11:30 am
Thurs Jan 20	5:30-7:00 pm

Register in person at Town Hall or call 250-295-6067 or e-mail recreation@princeton.ca



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Explore The History Of Mining - Gold, Copper and Coal

Keremeos News



The Dainard Family of Olalla knows how to make work fun! They will soon be moving to Penticton to be closer to work and were asked by their landlord to clean up the wood and refuse around their property in Olalla. The pile of wood and stumps made a great bonfire for a weiner roast January 5th. Photo: Arlene Arlow

Christmas campaign results

The SOSMF - South Okanagan Similkameen Medical Foundation's goal to raise \$400,000 was reached on January 4th. Penticton Regional Hospital (PRH) will now order the new specialized urology equipment for the operating room.

The list includes ten new flexible cystoscopes, eight new rigid cystoscopes with telescopes, two new flexible ureteroscopes, a radiology apron and a new HD (high definition) video camera system. The total cost of this equipment is \$400,000.

Nearly 2,000 patients from all over the region have urology surgery every year. The surgery is performed to help diagnose and evaluate urinary tract and kidney

disorders. Diagnosis may include bladder and kidney stones, chronic urology abnormalities and cancerous tumors of the prostate, kidney or bladder.

South Okanagan Similkameen Medical Foundation's executive director, Janice Perrino thanks every donor who came into the hospital, phoned or sent in their donations. "The public from all over the region is always there for this hospital, we are very thankful".

Now that the Medical Foundation has completed this phase of the campaign, the second phase is underway to raise an additional \$400,000 for the new urology operating room table. The one PRH currently has is more than 20 years old. Today's new urology tables are state of the art and are used for any procedure that

requires radiographic, fluoroscopic or tomographic imaging. All of the images are digital and reduce the patient's radiation exposure, enhance the quality of the images and can be used digitally off-site for more diagnostic capabilities.

"It will take a few months to complete this phase of the campaign but the equipment is urgently needed so we're pleased to be asked to raise the funds", explains the Medical Foundation's board chair, Jane Drapeau.

If you would like more information or to make a donation, please come to the South Okanagan Similkameen Medical Foundation located at the Penticton Regional Hospital, or mail your donation in to 550 Carmi Avenue, Penticton, BC V2A 3G6 or call 250.492.9027 or toll free at 1-866-771-0994.

- submitted

Winter youth writing contest begins!

The Similkameen youth writing contest is underway at the Keremeos Library! All Youth ages 6-15 are invited to compose a short story on the theme "wintertime."

Ages 6-9 are asked for under 100 words while ages 10-15 are asked for under 500. Prizes include Children's books as well as gift certificates worth up to fifty dollars!

Entering is easy; just submit an original story on letter size paper to the Keremeos library before 5:00 PM Tuesday, January 27th.


Winners will be chosen based on creativity and readability. Check out the display at the Keremeos library for entry forms. For more information contact the Okanagan Regional Library Keremeos Branch (250.499.2313), or Similkameen Family Literacy (250.499.2352).

Prizes will be awarded on January 27th, Literacy Day. Good Luck!

A program of Similkameen Family Literacy and the Lower Similkameen Community services Society.

- submitted

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Enter to win 2 tickets to the next Princeton Posse home game
7:00 PM Friday, January 21 - Posse vs. Kamloops

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Winners will be notified at least one day before scheduled game.

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Fraser-Nicola MLA Harry Lali says he will put people first, particularly those in rural British Columbia if he becomes Leader of the BCNDP. The announcement was made last week. *

..... continued from Front Page a national shame.

I, along with some others, started to push for and speak out for the Minimum Wage to go to \$10 per hour *before* it became official NDP policy.

The fight for the eradication of poverty, child poverty in particular, is a collective responsibility that an *NDP Leader and Premier must lead* through real action and not just mere words.

The Greatest Canadian, Tommy Douglas, once said, and I paraphrase not having the exact quote in front of me:

"The greatness of a civilization is not measured by how well we do for ourselves, rather by how well we treat those less fortunate than ourselves."

If an elected official does not have the courage of his/her convictions to put into action the promises they make *before* an election they have *no* right and *no* claim to run for Leader of *any* political party.

The BC Liberals have systematically undermined the future of this province through their destructive social and economic policies of privatization and corporatization of public programs and assets.

New Democrats and British Columbians are looking toward the NDP to save this province and put it back on track.

But before the NDP can do that New Democrats need to *first* clean up our own house and put IT back on track.

We need to re-democratize the New Democratic Party.

We need to end the control of the Party and party apparatus that is increasingly being concentrated in the urban elites of Vancouver.

We need to end the increasing top-down approach to policy formulation and re-engage our grassroots supporters.

We need to end the increasing

stage-management of conventions and provincial council.

We need to stop evading debate on contentious issues by ending the practice of sending these issues to back-room committees that come back with compromised policy positions that don't speak to the values of Social Democrats.

If there is blood on the NDP convention floor due to full, honest and meaningful debate of contentious issues, then *so be it* – it excites youth who are intimately attracted to open debate.

If you stifle debate and free and full democratic expression, it sends the wrong message to youth that the NDP so desperately needs to attract to our Movement in order to renew and rebuild.

Seniors are our precious resource and we need to retain them and their wisdom by not watering down our policies that do not wish to offend Big Business, but do little to inspire confidence in long-time New Democrats.

We need to empower women and Equity Groups through an incentive-based and target-based approach, but *not* through Equity Quotas.

Equity Quotas are anti-Democratic and discriminate, specifically against older, white males.

As Leader I would welcome back older, white males into our NDP family.

I say to older, white males....don't stand outside the tent and complain....come and join my Campaign Tea...and take back this great Party and Movement that *you* helped to build in the first place.

I know teachers who have left the NDP in droves.

I say to Educators who are standing outside the NDP tent come back home to the NDP and participate in making the necessary change from within...and help to inform the debate and shape New Democrat

Education policy.

You see and hear all the Liberal Candidates talk about change – the new buzz-word for them as if they have come out of decade-long slumber in some dark cave in the mountains.

Talk is cheap...actions speak louder than words.

I am committed to change. I have a vision for this province based on change.

You cannot affect change if you are the candidate of the establishment.

I am *not* a candidate of the establishment of the BCNDP.

All establishments resists change.

Why? Because the establishment are the ones who have the most to lose from change.

I am *not* beholden to any special interest group, nor am I beholden to the Establishment.

I *do not* want, *nor* do I need the help of the establishment in my Campaign.

I am a Social Democrat and very, very proud of my NDP roots, values and principles.

As a true Social Democrat who believes in the will of the people I aspire to serve as Leader, my campaign will reach out to people in every region of this great province, because *everyone matters*.

I make this commitment *mine will not* be a campaign run by the establishment of the Party or the establishment of this province.

Mine will be a campaign run by the rank and file members of the NDP.

I will proudly speak to the values, the aspirations, the hopes and dreams of the lower and middle class.

I will put *people first*.

I ask British Columbians of like mind who agree with my vision for the Province of BC to join with me and my Campaign...*put people first* and "Wear your passion on your sleeve."

Thank you very much."

Similkameen News Leader

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SIMILKAMEEN CONSTITUENTS: YOU ARE INVITED TO

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and Staff**

Friday, Jan. 14th

12:00 noon to 2:00 PM

Keremeos Council Chambers

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Town of Princeton
Official Community Plan Amendment
Bylaw No. 848,2010

Pursuant to the provisions of Section 892 of the *Local Government Act*, notice is hereby given that Town Council will consider amending the Town of Princeton Official Community Plan No. 800, 2008.

The proposed Amendment is as follows:

That Section 9.0 "Environmental Responsibility and Stewardship" of the Official Community Plan, Bylaw No. 800, 2008, be amended by adding section 9.8 "Green House Gas Reduction, Targets and Policies."

This introduces an OCP amendment bylaw that will add Green House Gas (GHG) reduction targets and policies to our current plan. This also includes the adoption of a strategic plan designed to reduce GHGs in the community and the corporation.

The "Climate Action Plan" was presented to Council at the November 8th Committee of the Whole meeting and reviewed with the public at an Open House on November 17th.

The Council of the Town of Princeton will meet and hold a Public Hearing January 17th, 2011 at 6:00 pm at The Library Board Room, 107 Vermilion Avenue, to consider the following proposed OCP Bylaw amendments.

All persons who believe their interest is affected by the proposed bylaw amendment will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on the bylaw after the close of the Public Hearing.

A copy of the subject Bylaw No. 848, 2010 is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the public hearing on January 17th, 2011.

Given under my hand this 21st day of December, 2010.

Patrick Robins
CAO
Town of Princeton

Health / Lifestyle News

Are you ready to quit smoking for good?

(NC)—Just because you've contemplated giving up smoking doesn't mean you're ready to butt out today, or tomorrow or even the day after.

Based on years of experience in smoking cessation practices, nurses will tell you that people who take the time to assess their willingness or readiness to quit are the most successful at doing so.

Nurses provide help to patients by engaging in discussion to determine where they might be on the readiness index, based on the "stages of change model." This type of screening with patients helps nurses to provide the best smoking cessation support.

"The kinds of support a smoker

needs will differ for each stage," explains Margie Kvern, a registered nurse associated with the Registered Nurses' Association of Ontario (RNAO)'s National Smoking Cessation Initiative and Program Specialist, Tobacco Reduction with Winnipeg Regional Health Authority in MB.

Here's a quick primer to determine your readiness, and the kind of support that works best, based on RNAO's best practice guideline for integrating smoking cessation into nursing practice.

• Pre-contemplation:

You are not thinking about quitting within the next six months. Support that helps you consider your feelings

about quitting smoking, and assessing the pros and cons is most helpful.

• Contemplation:

You are ambivalent, but thinking about quitting within the next six months. Support that can reinforce the reasons for change, and help you think about cutting back often works best.

• Preparation:

You are getting ready to quit in the next 30 days and have set a date. It is helpful to have a health care provider to ask about concerns, and seek out assistance including nicotine replacement therapies.

• Action:

You quit smoking within the past six months. Support that helps you keep managing triggers, explore rewards and focus on relapse prevention strategies will be useful here.

• Maintenance:

You've been smoke-free for six months. It is time to congratulate yourself, and celebrate while at the same time reinforce the need to manage risky situations.

No matter where you are at in the stages of change, you can speak with a nurse for support to develop and reinforce cessation strategies, as well as inspire and motivate you towards a smoke-free life.

Leaving a legacy

(NC)—What do you want people to say about you after you are gone? We all want to lead a life worth remembering, but creating a lasting legacy is about more than just money — but it's the monetary aspect that requires careful attention and planning.

"No matter the size, leaving an inheritance behind for your loved ones gives you the comfort in knowing that your family is in good hands," says Patricia Lovett-Reid, senior vice president at TD Waterhouse. "But leaving a legacy that is sustainable has many considerations that should be built into retirement plans early." Lovett-Reid offers the following tips:

Manage your estate

One of the biggest challenges to creating a sustainable legacy is the tax implications upon death. Speak with an expert who will help you determine the best strategy for your personal situation. One of the first things is to designate a beneficiary for your registered accounts which allows your Registered Retirement Savings Plan (RSP) or Registered Retirement Income Fund (RIF) to pass directly to the chosen person, in most provinces. (The exception is Quebec). If you own property outside your principle place of residence, learn about the implications of capital gains tax and ensure your beneficiaries also understand.

Share your wishes

The key to creating a sustainable legacy is ensuring that your family understands your wishes. Have "the talk" with your family about what you would like to have happen once you are gone — share what is important to you and explain how and why you have made the decisions you have. This eliminates all of the second guessing and ensures your legacy is in fact your legacy.

Instill your values

An important aspect to creating a

legacy is philanthropy. Make it a family affair by instilling values in your children about the importance of giving back, which can be financial, but it can also be a donation of your time. Consider volunteering as a way to share your expertise. Set an example for your children that they can follow throughout their lifetimes.

Information about planning a legacy is also available online at www.tdretirement.com.

Living Past 100

Preserving Life In Your Cupboard

It was just a small head of cauliflower, but the elderly woman put it back on the produce shelf. She could not afford the nearly \$5.00 price.

The high cost of fresh fruit and vegetables is a concern these days. Although some people blame the greed of supermarket owners, they would be well advised to blame the greed of oil companies. As the cost of transportation increases, the cost of produce will increase. Fresh produce in winter travels a long way before it hits the supermarket shelves.

There is an alternative. It is called canning or freezing. You preserve the food when it is in season and is cheaper.

Fresh produce grown locally has the highest nutritional value, but do not discount totally the food value of frozen or canned foods. These still have nutritional value, especially the frozen foods. In fact, frozen berries lose very little food value and are easy to freeze. You just pop them in a freezer bag and put them in the freezer.

Some foods, such as carrots and cabbage, last a long time kept in the refrigerator. Carrots will stay fresh for months in those green bags. They really do work.

Broccoli, cauliflower, peas, corn and string beans freeze well with little loss of nutrients or flavour. They must be blanched first. Grated zucchini can be placed directly into the freezer and is a great thing to add to your home made soups.

If you like tomato sauce, make it when tomatoes are cheap, then can it or freeze it. It will cost one-third of the tomatoes you buy at the supermarket. If you like the fresh tomato flavour, freeze Roma tomatoes whole, without blanching, in a two kilo bag, which is enough to make a sauce to serve four.

Squash keeps for months at room temperature, or you can bake it, then freeze or can the cooked squash.

Beets do not taste good after freezing, but they make great pickles.

Buy when food is in season, buy in bulk, and preserve it for the winter. If you can grow your own food, do it, and save money.

If you need instruction on how to can or freeze produce, go to your local library and borrow a book on the subject, or ask one of the older women who have done it for years, or go to the Internet and look it up. There are some great recipes on the 'net.

www.upnadam.me

This Week - 13 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - January 13, 1998

Similkameen News Leader

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THE SIMILKAMEEN

NEWS LEADER

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VOLUME 1 ISSUE 2 Published Weekly in Princeton, B.C., Canada TUESDAY, JANUARY 13, 1998



The front page of the second issue published by the Similkameen News Leader featured the candidates for 1998 Miss Princeton and Princess. From left they were: Tina Costa, Trish McElhinney, Laine Westran, Lauren Gibson, Amber Swanson, Renee Roche and Alison Aspinall. - News Leader Archives

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Road access and icy roads top issues

The very second issue ever published by the Similkameen News Leader - Volume 1 Issue 2 - was dated January 13, 1998.

In addition to featuring seven local Grade 11 girls seeking the titles of Miss Princeton and Princeton Princess, the front page outlined a story on Similkameen Avenue once again gaining access to Highway 3.

The east end of Similkameen Avenue had been closed to all traffic several years before.

"Residents lobbied Town Council for an exit to the highway from Similkameen Avenue, pointing out the possible hazard of having no exit during a flood situation" the story stated.

After consultation with Ministry of Transportation and Highways officials, Council received an approval to proceed with providing access to the highway via the old road, but only for the purposes of

leaving Similkameen Avenue.

"No access from the highway to Similkameen Avenue will be granted. Vehicles leaving Similkameen Avenue must turn right onto the highway."

Councillor Dan Sulentic noted at the time that highway signage would cost about \$100.

Icy roads in the area claimed one life on January 12, 1998.

Princeton RCMP were called to the scene about 12 Noon at a location 25-kilometres West of Princeton on Highway 3.

An eastbound vehicle lost control on the icy roadway and began fishtailing. Police said the eastbound vehicle swung into the path of an oncoming westbound vehicle and the collision carried both vehicles into the ditch.

The occupants of the westbound vehicle were transported to Princeton hospital with undetermined injuries.

The victim in the eastbound vehicle was pronounced dead at the scene of the accident. She was later identified as 58-year old Marie Bogie of Vancouver.

The Chamber of Commerce canvassed members to determine interest in a workshop they were planning for January 28, 1998.

One of the major topics to be discussed at the workshop was the potential that existed locally in developing a marketing plan to promote Princeton as being a winter destination for snowmobilers.

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Town of PRINCETON
Town of Princeton
Zoning Amendment Bylaw No. 845, 2010

Pursuant to the provisions of Section 892 of the Local Government Act, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylaw No. 646, 1994.

The proposed Amendment is as follows:

To provide text amendments to the Princeton Zoning bylaw in order to accommodate secondary suites and carriage houses in the RD Two-family residential zone.

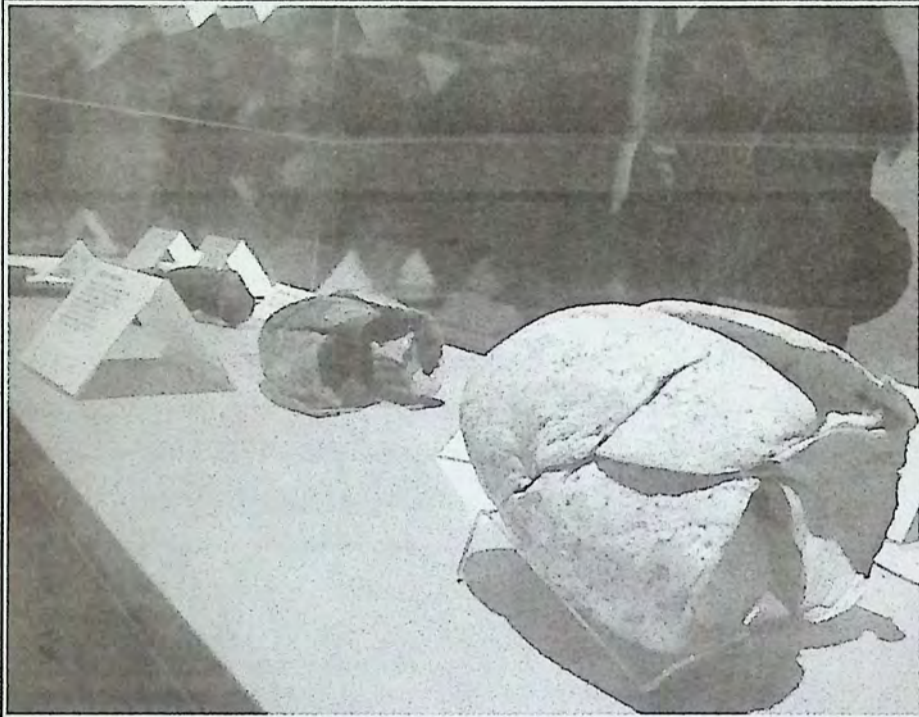
The Council of the Town of Princeton will meet and hold a Public Hearing January 17th, 2011 at 6:00 pm at The Library Board Room, 107 Vermilion Avenue, to consider the following proposed Zoning Bylaw amendments.

All persons who believe their interest is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on these bylaws after the close of the Public Hearing.

A copy of the subject Bylaw No. 845, 2010 (Secondary Suites & Carriage Houses) is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the public hearing on January 17th, 2011.

Given under my hand this 21st day of December, 2010.
Patrick Robins
CAO
Town of Princeton

PSS Grade 12 Biology Field Trip



Healthy lungs in the foreground with lungs from a smoker and coal miner behind. One of many displays at Science World, Vancouver. Photo: Des Cosman



Grade 12 Biology students from Princeton Secondary were part of a field trip to Science World. Here the group enjoys a movie in the IMAX theatre. Photo: Des Cosman

The Human Body more than skin deep

by Des Cosman

On Thursday January 6th Crystal Larsen and her Grade 12 Biology class were astounded by the content of a field trip.

The class attended a movie and tour of the 'Body Worlds' exhibit at Vancouver's Science World. The movie explained, in astonishing graphics, the inner workings of the human body and covered topics as simple as hair growing to things as complex as the formation of a baby.

By entering the body with a fibre optic camera students were able to see how the inside of the body really looked instead of views presented in a text book.

Astonishing as the movie may have been - the best was yet to come. Students then were given a tour of 'Body Worlds 2' (created by Gunther

von Hegens).

Here students observed plastersized humans and were excited for what lay before them. Students were shown what healthy lungs looked like compared to smoker's lungs and those compared to the lungs of a miner, which looked like coal themselves.

They explored the inner workings of muscles and skeletons and how our body looks in action. They were shown the inner workings of the brain and the difference after a stroke and the affect of Alzheimer's.

Their knowledge of the human body was expanded vastly that day. When students are asked about the tour they will tell you "it's hard to explain it to you, you have to see it to believe it."



The human body as a giant puzzle. Another interactive display at Science World, Vancouver. PSS Biology 12 students visited the attraction last week. Photo: Des Cosman



PSS Biology 12 student Bobby Gibb tries his hand at an interactive display at Science World. The students also toured the 'Body Worlds' exhibit. Photo: Des Cosman



A few of the PSS Biology 12 students take a break during a field trip last week to Vancouver's Science World. Photo: Des Cosman



News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 11 - 17, 2011



Participants in the first annual Rebel Alumni game pause for a photo. -submitted

Players start new tradition

by Dean Johnston

Two days before Christmas the Senior Rebels Girls team hosted the First Annual Rebel Alumni game at the PSS Gym. Spectators were entertained with a wide open end-to-end game that eventually saw the older squad pull away to a comfortable 75-45 victory.

While this may give the Alumni the early series edge, those present will most remember the fun atmosphere that radiated off the floor.

Make no mistake the intensity was there but the smiles and chuckles all over the floor were what added to the special atmosphere. The long anticipated lung collapse for the veteran squad never materialized. Rather, they seemed to shrug off the oxygen starvation and gel over the course of the game.

To be fair, the Seniors were without two key players, but until next Christmas the series stands at 1-0 in favour of the Alumni. Thanks to all the returning Alumni

that saw five of the seven suit up after just returning home for the holidays. A huge thanks to Coach Jesse McLean who arrived in town just ten minutes prior to tipoff and Referees Bill Lawrence and Rob Marshall.

Alumni Roster - Jesse McLean (Coach), Adrea McLean (Assistant Coach), Jana Mackenzie, Carley Brewer, Caitlin Merenick, Milen Wilkenson, Ashlee Cathro, Makenzie Johnston and Kyla Coyne.

Williams scores over holiday

The Thompson Okanagan Rockets Female Midget AAA team recently attended the Mac's Tournament in Calgary in between Christmas and New Year's.

Coach Mark Elder is very proud of his team as they set a new standard for BC Female teams attending this prestigious tournament. The T.O. Rockets were the first female team to ever achieve more than one win at the Mac's and they surpassed this milestone by earning three wins and a berth in the semi-final round of the tournament.

In the first game the opponent was the local Calgary Bruins. The Rockets showed up to play and beat the home team 6-2. Scoring for the Rockets was Emily Gervais (assist

Steph Schaupmeyer), Janessa Jenkins (Bre Frasca) for 2, Emily Gervais (assist Bre Frasca), Nicole Case (assist Emily Gervais) and Cora Sutton (assist Bre Frasca). Shelby Tse had a strong game in net.

Game #2 was against a very strong Red Deer Sutter Fund Chiefs team. Despite a good effort from the Rockets, three power play goals put the Red Deer Chiefs ahead and the end score was 4-1 for Red Deer. Scoring the lone goal for the

Rockets was Maggie Shykula-Ross. Tara Bouvette played a strong game in net for the Rockets.

Game #3 saw the Rockets face the Regina Rebels. Strong physical play and an awesome penalty killing unit helped the Rockets defeat the Regina team by 5-2.

Scoring the Rockets was Cora Sutton (assist Steph Schaupmeyer), Janessa Jenkins (unassisted), Bre Frasca (assist Janessa Jenkins), Colby Williams (Assist Stephcontinued on Page 10

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Princeton Posse / Pentticton Lakers



The view of a goal scored by Princeton's Connor Patchett during the January 7th game. Patchett zipped out of view just before this photo was taken. *



The January 7th game between Princeton Posse and Pentticton Lakers featured lots of action near the net. Before and after the whistles! *

Posse Lose 3-1 Lead To Pentticton

Princeton Posse hosted Pentticton Lakers January 7th in what turned out to be a tougher game than expected.

The home team hit the scoreboard first at 9:38 of the first period.

Nick Cecconi scored the goal with assists going to Derrick DeLisser and Spencer Kristensen.

Pentticton tied the game at 3:30 when Jordan McCallum snapped a shot at Brett Patchett in Princeton's net. The puck bounced off of Patchett's equipment, sailed over his head and rolled down his back into the goal.

Assists went to Zach Urban and Brandon Halls.

Princeton snatched the lead back with 1:43 left in the period. It was a short-handed goal scored by Connor Patchett with an assist

going to Alex Demchuk. Princeton's Adrian Coulter was in the box serving the Posse's first penalty of the night (cross-checking).

Princeton took some control of the game in the second period scoring their third goal of the night at 14:54. Derrick DeLisser got the unassisted marker giving his team a comfortable 3-1 lead.

Pentticton bounced back and scored at 5:41 (Grant Nicholson from Mike Pond) then tied the game at 3-all with 1.6-seconds left in the period (Adriano Mungoli from Grant Nicholson and Mike Sandor).

Early in the third the Lakers took the lead with a goal at 19:21 (Mike Sandor from Brandon Halls) but the Posse was far from dead.

Princeton regrouped and tied the game at 10:09 on the power play.

Dylan Beston got the marker with assists going to Connor Patchett

and Ben Reinbolt.

Both teams battled to take the win but time ran out forcing overtime.

Pentticton sealed the deal at 2:05 of the extra frame with a goal scored

by Dylan Burton with an assist going to goalie Jesse Gordichuk.

Final score: Pentticton 5, Princeton 4 OT.

Shots on goal: Pentticton 32,

Princeton 27 (only two in the second period).

Penalties in minutes: Princeton and Pentticton tied at 5 for 10-minutes each.

Williams scores over Christmas holiday

..... continued from Page 9 Schaupmeyer, Mackenzie Barrie), Sam Fieseler (assist Colby Williams/Steph Schaupmeyer).

In the final round robin game, the Rockets kept up their strong offence and defeated the Westman Wildcats 6 - 1.

Scoring for the Rockets was Colby Williams (unassisted), Bre Frasca (assist Colby Williams, Steph Schaupmeyer), Janessa Jenkins (assist Bre Frasca, Steph Schaupmeyer), Steph Schaupmeyer (assist Maggie Shykula-Ross), Sam Fieseler (assist Emily Gervais/Bre Frasca), Colby Williams (assist Shylah

Gibb).

The round robin record earned the Rockets a berth in the semi-finals and their opponent was the Saskatoon Stars. In a very exciting games, the Stars capitalized early and scored 2 goals in the first period.

This score remained until 5 minutes left in the third period. Despite some very good chances,

the Rockets could not put one past the Stars goalie.

The Stars scored a power play goal with 5 minutes left in the third and then another quick goal and the game ended 4-0 for the Stars who went on to become the 2011 Mac's tournament champions.

The Rockets next action will be in the 2011 San Jose MLK Tournament January 13-18.

Follow the Posse on Twitter @PosseWebcrew



Princeton's Jaden Janzen (#15) puts the muscle on a Laker player January 7th. *



Princeton's Nick Cecconi (#22) in the thick of things in front of the Laker goal. *

TUESDAY, JANUARY 11, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM). Each cell contains program titles and channel information.

WEDNESDAY, JANUARY 12, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM). Each cell contains program titles and channel information.

Similkameen News Leader - Horoscopes

January 12 - 19, 2011

Aries - Your career zone will be demanding until the weekend, then will smooth out. Avoid group activities unless they involve sport. If not, the group will just annoy you. Wait until March. Spend this month learning new stuff.

Taurus - You still have a strong urge to travel or do something different. Try traveling in your armchair, it will be safer. After this weekend, put real effort into your career but avoid conflict. Speak your mind softly. Ignore ego, smile.

Gemini - You may have trouble with insurance, investments, or estate matters. This will clear up next week, so postpone if possible. If not, read fine print, avoid pride, seek good advice from expert. Find hidden resources, use them.

Cancer - This is likely to be a crappy week until the weekend. Pay attention to debts, loans, insurance. Stand your ground, but listen carefully to complaints of others. Pay close attention to any expert advice. Keep a low profile until March.

Leo - The fun is over for awhile. You could run into opposition from others whose egos are in high gear, starting this weekend and lasting until March. Listen to criticism on the job, and take good advice. Be serious about health.

Virgo - You have been actively having fun, but that phase ends this weekend. You need to focus on your job and your health until March. Money is still tight. Save, conserve. Family life and home bring the most pleasure this month.

Libra - You are going through a phase in which you must look into yourself and find out what you want out of life. Know yourself, but don't judge yourself harshly or you will not gain the benefits from self-knowledge. Learn and plan.

Scorpio - Control your urge to spend money. If you are extravagant now, the things you buy will give you no pleasure later. Instead, do window shopping and decide where true value is. Finish errands and correspondence now.

Sagittarius - This is a good time to update your appearance and your public image. You can make yourself much more attractive now. Speak graciously, put your best foot forward. You make gains all month. Collect money owed to you.

Capricorn - This is a happy time for you. Your life seems to suit you. You have a lot of energy, so you can clear up a backlog. Speak your mind clearly. Be cautious when driving, as your high energy can cause speeding accidents.

Aquarius - Contentment and fun comes from spending time with groups you belong to. Both men and women will be more pleased with groups of women. You have some worries, so try to resolve them in your mind. Speak out later.

Pisces - Groups you belong to may be too full of activity, or too critical or aggressive. This weekend, spend quality time alone. Career runs smoothly. Clear up old projects or matters from years past. You go into new phase soon.

Small Business 101

CFIB Business Barometer Release: BC Business Confidence Lower

Confidence among British Columbia's small- and mid-sized business owners fell again in November, sticking BC in the middle of the pack as the 5th most optimistic province in Canada. The BC barometer index fell to 67.5 from 68.1 in November (and 70.0 in October).

The uncertainty in provincial politics, the HST referendum, and provincial regulatory changes (such as the impaired driving rules and potential increase in the minimum wage) have not helped to create an environment that supports business optimism in British Columbia.

The national average was up this month, to 69.3, more than 5 points above November's level. Higher levels of optimism in manufacturing, natural resources, financial services and personal services helped push the national average higher. Retail exhibited higher optimism than in previous months, but the retail sector was still below the national average.

With respect to employment plan in

British Columbia, most employers do not plan to make changes to full-time employment levels (75 per cent), while 10 per cent plan to increase full-time employment, while 15 per cent plan to decrease.

More highlights:

- 49 per cent of businesses in BC say the overall state of business is satisfactory, 30 per cent say it is good, and 21 per cent say it is bad.
- Tax and regulatory costs continue to be the most significant cost pressure in BC, with 62 per cent of business

owners saying these costs are causing difficulties for their business.

• 55 per cent of BC small businesses say that insufficient domestic demand is their greatest business constraint, followed by management skills and time constraints (35 per cent).

The Canadian Federation of Independent Business (CFIB) has hundreds of members in the Princeton and Keremeos area - including the Similkameen News Leader.

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Tuesday Movies

EVENING
8:00 pm WTBS ch.3 "Prime" (2005, Romance-Comedy) Meryl Streep. A recently divorced woman faces numerous challenges when she starts dating the son of her therapist. (CC)
9:00 pm KNOW ch.5 "The Art Star and the Sudanese Twins"

(2007) Jeffrey Deitch. Premiere. (CC)
10:00 pm WTBS ch.3 "Prime" (2005, Romance-Comedy) Meryl Streep. A recently divorced woman faces numerous challenges when she starts dating the son of her therapist. (CC)

Wednesday Movies

EVENING
9:00 pm WTBS ch.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.

Thursday Movies

EVENING
8:00 pm WTBS ch.3 "The General's Daughter" (1999, Suspense) John Travolta. Army investigators probe an officer's brutal slaying. (CC)
9:00 pm KNOW ch.5 "Murderball" (2005, Documentary) Filmmakers Henry Alex Rubin and Dana

Adam Shapiro profile members of paraplegic rugby teams in the United States and Canada. (CC)
10:00 pm WTBS ch.3 "The General's Daughter" (1999, Suspense) John Travolta. Army investigators probe an officer's brutal slaying. (CC)

Friday Movies

EVENING
8:00 pm WTBS ch.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. (CC)
FAM ch.26 "Den Brother" (2010, Comedy) Hutch Dano. Suspended from his hockey team, a teenager becomes a substitute leader for his sister's Girl Scout troop. (In Stereo) (CC)
10:00 pm FAM ch.26 "Roxy

Hunter and the Secret of the Shaman" (2008, Mystery) Aria Wallace. A girl believes the town's old vagrant is a shaman in disguise. (In Stereo) (CC)
10:30 pm WTBS ch.3 "The Out-of-Towners" (1999, Comedy) Steve Martin. An Ohio couple reinvigorate their passionless marriage during a bizarre 24 hours in New York City. (CC)

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THURSDAY, JANUARY 13, 2011

Table with 20 columns (channels WTBS ch.3 to TROP ch.45) and 24 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

FRIDAY, JANUARY 14, 2011

Table with 20 columns (channels WTBS ch.3 to TROP ch.45) and 24 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

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 #333 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2010 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Meet the Robinsons" (2007, Adventure) Voices of Angela Bassett. Animated. A mysterious time-traveler named Wilbur Robinson takes a boy genius on a trip to the future to spend a day with Wilbur's eccentric family.
10:00 am SPIKE ch.44 "Striking Distance" (1993, Suspense) Bruce Willis. Premiere. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. (In Stereo)
11:00 am CITY ch.12 "Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) (CC)
SPIKE ch.44 "Breakdown" (1997, Suspense) Kurt Russell. Premiere. A man's wife disappears in the desert Southwest after accepting a trucker's help with car trouble. (In Stereo)
1:00 pm CHBC ch.4 BCTV ch.11 "Seabiscuit" (2003, Drama) Tobey Maguire. Premiere. A jockey, an automo-

bile magnate and a trainer lead a racehorse to glory during the Great Depression. (CC)
1:30 pm FAM ch.26 "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (CC)
2:00 pm SPIKE ch.44 "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (In Stereo) (CC)
4:00 pm SPIKE ch.44 "The Hunted" (2003, Action) Tommy Lee Jones. Premiere. Aided by the FBI, a retired combat-trainer searches for a former student who is killing civilians in Oregon. (In Stereo)
5:00 pm WTBS ch.3 "We Are Marshall" (2006, Drama) Matthew McConaughey. Jack Lengyel, the new coach at West Virginia's Marshall University, vows to rebuild the school's football program after a plane crash claims the lives of 75 players, staff and fans.

EVENING

6:00 pm CITY ch.29 "The Interrogation of Michael Crowe" (2002, Docudrama) Ally Sheedy. A woman tries to help her 14-year-old son after police coerce him into confessing to

murdering his sister. (CC) (DVS)
7:30 pm WTBS ch.3 "King's Ransom" (2005, Comedy) Anthony Anderson. An obnoxious businessman arranges his own kidnapping to foil his wife's impending divorce settlement.
8:00 pm KSPS ch.6 "The Night They Raided Minsky's" (1968, Musical Comedy) Jason Robards. A young Amish woman rebels against the constraints of her upbringing by joining New York's burlesque scene. (CC)
8:30 pm SPIKE ch.44 "Waterworld" (1995, Science Fiction) Kevin Costner. Premiere. A web-footed loner navigates a landless Earth, while a ruthless gangster chases him, a woman and their young companion. (In Stereo)
9:00 pm FAM ch.26 "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo) (CC)
9:30 pm WTBS ch.3 "Varsity Blues" (1999, Comedy-Drama) James Van Der Beek. A second-string quarterback is propelled to sudden glory.
11:01 pm FAM ch.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) (CC)

Sunday Movies

MORNING

6:00 am SPIKE ch.44 "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself. (In Stereo) (CC)
8:00 am WTBS ch.3 "King's Ransom" (2005, Comedy) Anthony Anderson. An obnoxious businessman arranges his own kidnapping to foil his wife's impending divorce settlement.
11:00 am CITY ch.12 "Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Ernest Goes to Camp" (1987, Comedy) Jim Varney. Kamp Kikakee janitor Ernest finally gets to be counselor, for a bunch of juvenile delinquents. (In Stereo) (CC)
1:00 pm CHBC ch.4 BCTV ch.11 "Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. Premiere. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas. (CC)
1:32 pm FAM ch.26 "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe

their parents into sending them to an unsupervised summer camp. (In Stereo) (CC)
1:45 pm YTV ch.18 "Muppet Treasure Island" (1996, Adventure) Tim Curry. Kermit, Long John Silver and Young Jim Hawkins set sail for riches using a dead pirate's treasure map. (In Stereo) (CC)
2:00 pm KXLY ch.10 "21" (2008, Drama) Jim Sturgess. Students from the Massachusetts Institute of Technology become experts at card-counting and use the skill to win big at Las Vegas casinos.
4:00 pm YTV ch.18 "Mr. Magorium's Wonder Emporium" (2007, Fantasy) Natalie Portman. An ominous change creeps over the world's most incredible toy store after its eccentric owner bequeaths the business to his mousy manager. (In Stereo) (CC)
5:00 pm WTBS ch.3 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. (CC)
CBC ch.13 "Enchanted" (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairy-tale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Golden Compass" (2007, Fantasy) Nicole Kidman. In a parallel world, a girl sets out on an epic quest to save her best friend and other kidnapped children from the magisterium's evil experiments. (In Stereo) (CC)
7:00 pm WTBS ch.3 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. (CC)
8:00 pm CBC ch.13 "Keep Your Head Up Kid: The Don Cherry Story" (2010, Docudrama) (Part 2 of 2) Jared Keeso. Hockey player Don Cherry spends years in the minor leagues, then lands a job as coach of the Boston Bruins in the 1970s. (In Stereo) (CC) (DVS)
9:00 pm FAM ch.26 "Super Mario Bros." (1993, Fantasy) Bob Hoskins. Based on the popular video game that takes two plumbers on a perilous mission to rescue a parallel-world princess. (In Stereo)
10:00 pm WTBS ch.3 "Freedomland" (2006, Crime Drama) Samuel L. Jackson. A detective investigates a carjacking that resulted in the abduction of the young son of a troubled woman.

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SATURDAY, JANUARY 15, 2011

Table with 19 columns (channels WTBS ch.3 to TROP ch.45) and 19 rows (times 6:00 AM to 11:30 PM). Each cell contains program titles and channel numbers.

SUNDAY, JANUARY 16, 2011

Table with 19 columns (channels WTBS ch.3 to TROP ch.45) and 19 rows (times 6:00 AM to 11:30 PM). Each cell contains program titles and channel numbers.

MONDAY, JANUARY 17, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	Intervention	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday "Blow Out"	Henry's Feet	CityLine	CSI: Crime Scene	Spilled
7 AM	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	Intervention "Kristen"	Good Morning America (N)			Artzooka	Beyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM	Cash Cab		Pinky	Martha			Intervention "Greg"		100 Huntley Street		Animal	Super Evil			How/Made	Suite/Deck		CSI: Crime Scene	Tooned
9 AM	Family Fd	100 Huntley Street	Magic Bus	Curious		The 700 Club	Intervention	Live With Regis & Kelly	100 Huntley Street	World Vision	Bo On/Go	Kid vs. Kat	SportsCentre		Auction	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
10 AM	Family Fd		Poppet	Cat in the							Busytown	Kid vs. Kat		Auction	Phineas			CSI: Crime Scene	Whatever
11 AM	Forensics	World Vision	Clifford	Super Why!							Super Why!	Timothy	Tennis: Australian Open, Day 1. From Melbourne, Australia. (Taped)	Live With Regis & Kelly	Canada's Worst Driver	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
12 PM	Evidence	World Vision	George S.	Dinosaur		The Price Is Right (N)	Intervention "Shane"	The View (N)	Hospital for Sick Kids	X-Weighted "Jocelyn"	Poko	Little Bear		The View (N)	Worst Handyman	Mickey	EP Daily	CSI: Crime Scene	Grace
1 PM	Jim King	Noon News Hour (N)	Franklin Spider	Sesame Street (E)	Ellen DeGeneres Show			The View (N)			Doodlebob	Fly Rhino		Marilyn Denis	Junk Raiders	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
2 PM	Friends	Days of our Lives (N)	Rolle Polle	Sid	Young & Restless	Intervention "Marie"	Paid Prog.	World Vision	Noon News Hour (N)	Noon News Hour (N)	Gofrette	Babar		etalk	Swamp Loggers	Wizards	General Hospital (N)	CSI: Crime Scene	Wipeout (N)
3 PM	Friends	Days of our Lives (N)	Berenstain	Sit & Be Fit							dirtgirl	Erky Perky		Bold		Hannah		CSI: Crime Scene	Wipeout (N)
4 PM	Earl King	Young & Restless	Arthur	Charlie Rose	Paid Prog.	News	Intervention "Jill"	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata		Marilyn Denis	Breakout	Cory	Jdg Judy	CSI: Crime Scene	Wipeout (N)
5 PM	Earl King	Young & Restless	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	Intervention "Brittany"	General Hospital (N)	Young & Restless	End Leash	Steven and Chris (N)	Monster	Off Record			Recess	Jdg Judy	CSI: Crime Scene	Wipeout (N)
6 PM	Earl King	Young & Restless	Mr. Moon	WordWorld	Judge B.	Let's Make a Deal (N)				Debt Part	Garfield		NFL Films					CSI: Crime Scene	Gold Girls
7 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	Intervention "Angelina"	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Machines	Life Derek	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
8 PM	The Office	The Doctors	WordWorld	Electric							Mosque	Super Evil		Machines	Suite Life			CSI: Crime Scene	Restaurant Makeover
9 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With	Jdg Judy	Oprah Winfrey	Intervention "Robby"	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	CSI: Crime Scene	Tooned
10 PM	Family Guy	Oprah Winfrey	George S.	Wild Kratts	Jdg Judy			Seinfeld		Global Nat.	Penguins		NHL	Phineas	The Office			CSI: Crime Scene	Tooned
11 PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention "Joe"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	30 for 30	CTV News at Five (N)	Myth-Busters	Wizards	The Bachelor (N)	CSI: Crime Scene	Wipeout
12 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Intervention "Cassie"	News	(5:59) News Hour (N)	ET Canada	Coronation	Big Time	Tennis: Australian Open, Day 2. From Melbourne, Australia. (Live)	CTV News (N)	Dirty Jobs (N)	Suite/Deck		Movie: *** "A Bronx Tale" (1993)	Wipeout
1 PM	Seinfeld	Ent	Be the Creature	Old Guys	Jeopardy!	The Dr. Oz Show	Heavy "Tom, Jodi"	Ent	Ent	Hawaii Five-0 (N)	Wheel	Weird		etalk	Brew Masters	Sonny	Harry's Law "Pilot"	Robert De Niro, Chazz Palminteri.	Are You Smarter
2 PM	Seinfeld	ET Canada	ET Canada	Europe	Wheel			The Insider	ET Canada		Jeopardy!	Indie		Big Bang	Hannah				Are You Smarter
3 PM	Movie: *** "The Bank Job" (2008)	House (N)	Russia: Journey	Antiques Roadshow (N)	Chuck (N)	How I Met Rules	Heavy "Tom, Jodi"	The Bachelor (N)	House (N)	House (N)	Mosque	Unnatural History (N)		Behind the Hotness (N)	Daily Planet	Suite/Deck	News		Tooned
4 PM	Movie: *** "The Bank Job" (2008)	House (N)	Mona Lisa Curse	American Experience	The Cape (N)	Two Men Mike	(9:01) Intervention	Lie to Me (N)	Lie to Me (N)	Village on a Diet (N)	Kyle XY			Two Men Mike	Myth-Busters	Sonny	Daisy of Love	Movie: **** "GoodFellas" (1990)	Parking
5 PM	Movie: *** "The Bank Job" (2008)	Hawaii Five-0 (N)	The Corporation	After the Wall	Harry's Law "Pilot"	Hawaii Five-0 (N)	(10:01) Intervention	(10:01) Castle "3XK"	Hawaii Five-0 (N)	News Hour Final (N)	National	Family Biz		(10:01) Castle "3XK"	Brew Masters	Ned's	Justice	Robert De Niro, Ray Liotta.	Parking
6 PM	Movie: *** "The Bank Job" (2008)	CHBC News Final (N)	Economy	Charlie Rose (N)	News (N)	News	(11:01) Heavy	(11:01) Heavy	News Hour Final (N)	Ent	George S	Prank Ptrl		CTV News	Dirty Jobs	So Raven	Paid Prog.		Wipeout
7 PM	Movie: *** "The Bank Job" (2008)	CHBC News Final (N)	Economy	Charlie Rose (N)	News (N)	News	(11:01) Heavy	(11:01) Heavy	News Hour Final (N)	ET Canada	Mercer	Prank Ptrl		CTV News	Life Derek	Life Derek	Paid Prog.		Wipeout

Monday Movies

EVENING

6:00 pm SPIKE ch.44 "A Bronx Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (In Stereo)

8:00 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

9:00 pm SPIKE ch.44 "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (In Stereo)

10:00 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

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**Similkameen
News Leader - Recipe Corner**
Recipe #356

Double Almond Breakfast Muffins

(NC)—These scrumptious muffins taste great and are filled with essential nutrients to help jump start your day. Whip up a batch to get your morning going and triple the almond ante by spreading almond butter on half a freshly baked muffin. Makes 15 muffins.

Ingredients:

- 1/4 teaspoon (1 mL) lemon juice
- 1/4 cup (50 mL) low fat or skim milk
- 1 1/4 cups (300 mL) whole wheat pastry flour
- 1/2 cup (125 mL) almond flour
- 1 1/2 teaspoon (7 mL) baking powder
- 1 teaspoon (5 mL) baking soda
- 1/2 teaspoon (2 mL) salt
- 1/2 teaspoon (2 mL) ground cinnamon
- 2/3 cup (150 mL) granulated sugar
- 2 egg whites
- 1/4 cup (50 mL) canola oil
- 1 large whole egg
- 1/3 cup (75 mL) water
- 1/2 teaspoon (2 mL) vanilla extract
- 1 cup (250 mL) mashed banana (abt. 3 medium)
- 1/4 cup (50 mL) sliced almonds (for topping)
- 1/2 cup (125 mL) chocolate chips (optional)
- Cooking spray

Preparation:

- Preheat oven to 350°F (180°C).
- In a large bowl, combine lemon juice and milk and set aside (Note: Buttermilk may be used in place of lemon juice and milk mixture).
- Measure flours into a medium bowl; add baking powder, baking soda, salt and cinnamon and set aside.
- Add sugar, egg whites, oil and whole egg to the milk mixture; beat at high speed until well blended. Add water, vanilla and banana and mix at low speed until combined. On low speed, slowly add flour mixture to banana mixture until just combined.
- Spray muffin tins with cooking spray and spoon batter into cups 3/4 full. Sprinkle sliced almonds (and chocolate chips, if desired) over each muffin.
- Bake at 350°F (180°C) for about 20 minutes or until a wooden pick inserted in centre comes out clean. Cool muffins in pan for 10 minutes then remove from pan and cool on wire rack.

This recipe was developed for the Almond Board of California by Bonnie Taub-Dix, R.D.
www.AlmondBoard.com
www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

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Badgers assist golf club

..... continued from Page 2
up badger crossing signs on Highway 3 and Darcy Mountain Road in hopes of getting drivers to slow down for badgers crossing roads. As well, the program will help the golf course improve badger habitat and reestablish native plant species by getting rid of invasive weeds.

Public response to the golf course badgers has been limited only because of the badgers' recent return, said Elko.

"We haven't heard a whole lot except for golfers who have seen the badgers and tell us how neat it was to see such a rare animal," said Elko.

If you see a badger or badger den, you are encouraged to report your sighting to the Badger Hotline 1-888-223-4376. You can find out more about the status of badgers in BC by visiting www.badgers.bc.ca.

More information on badgers will be available at a Princeton commu-

nity stewardship event organized by The Land Conservancy. The event will take place on Thursday, January 13th from 1:00 to 4:00 PM at The Riverside Centre, 148 Old Hedley Road.

If you would like to help with conservation efforts for badgers and

other species at risk, here are a few suggestions for actions you can take: donate to a local land trust; get involved with the Vermilion Forks Field Naturalists club; participate in the Meadowlark Festival; and volunteer on habitat restoration projects.

Vermilion Court News

by Edna Blomme

The year 2010 will hold countless memories for us at Vermilion Court.

Red mittens adorned our hands as we cheered on the Olympic torchbearers running through Princeton in February.

Many of us were glued to our television sets watching Canadians win medals for Canada. When Canada's Men's Hockey team took to the ice, to win the Gold medal, everyone turned into a hockey fan. The activity room television had several non-hockey fans sitting amongst the die-hard fans watching and cheering on Canada. The popcorn sure did taste good after that game.

One day in April the word was to wear pink. It was anti-bully day and we seniors believe that no one should be bullied. Word spread throughout the building and at the noon meal; every one of us had something pink on.

In our Adult Day Center Program we are always celebrating something or going somewhere. We've had trips to Merritt and Penticton, sightseeing tours, picnics and dining out. We went to the Bridge of Dreams opening ceremony and to local eateries for lunch.

There are special days every month. Everyone is made to feel special on their birthday. We like

to celebrate Robbie Burns Day, Chinese New Year, Mardi Gras etc. We had a special day we called the Oscars where everyone was honored and made to feel special.

Many guests come to entertain us. We have poetry read to us. The line dancers come and kick up their heels as we tap our toes to the lively music. Pat is trying to teach us how to play chimes and we all like to sing along with Alan. Ms. Campana's grade three class come to see us once a month. They read to us, ask us questions and at Christmas, entertained us with song. We look forward to these days.

We would like to thank the Intermediate Band and the New Beginnings Chime Choir for entertaining us in December. Thank you to the Legion for the basket of fruit and assorted goodies. These are always a treat for us and are enjoyed by everyone.

A very special thanks goes to Santa Bill. You are the best and you made our party a very special one.

There are many in our town that need to be thanked, whether it is for donating puzzles, supporting our annual bazaar or volunteering time.

To all you wonderful people, from all of us at Vermilion Court, we thank you and wish you all the best in 2011.

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Princeton Posse 2010/11

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HOME

- 5-3 L SUN SEP 12 - vs Kelowna 2:00 PM
- 2-1 W SAT SEP 18 - vs Spokane 7:00 PM
- 5-3 W FRI SEP 24 - vs Kamloops 7:00 PM
- 6-6 T FRI OCT 01 - vs Osoyoos 7:00 PM
- 4-2 L SAT OCT 16 - vs Sicamous 7:00 PM
- 4-1 L TUE OCT 19 - vs Osoyoos 7:00 PM
- 5-4 L FRI OCT 22 - vs Beaver Valley 7:00 PM
- 4-0 L SUN OCT 24 - vs Creston 2:00 PM
- 5-2 L FRI OCT 29 - vs Kelowna 7:00 PM
- 6-5 OTL SAT OCT 30 - vs Penticton 7:00 PM
- 6-4 L FRI NOV 05 - vs Golden 7:00 PM
- 4-0 L SUN NOV 07 - vs Osoyoos 2:00 PM
- 4-1 L FRI NOV 12 - vs Revelstoke 7:00 PM
- 5-4 L SAT NOV 13 - vs Revelstoke 7:00 PM
- 6-5 OTW SUN NOV 21 - vs Osoyoos 2:00 PM
- 5-2 W FRI NOV 26 - vs Kelowna 7:00 PM
- 5-1 W FRI DEC 03 - vs N Okanagan 7:00 PM
- 4-1 L SUN DEC 05 - vs Kelowna 2:00 PM
- 6-2 W FRI DEC 10 - vs Columbia Valley 7 PM
- 5-0 W WED DEC 15 - vs Penticton 7:00 PM
- 6-3 W SAT JAN 01 - vs Penticton 7:00 PM
- 5-4 OTL FRI JAN 07 - vs Penticton 7:00 PM
- FRI JAN 21 - vs Kamloops 7:00 PM
- FRI FEB 04 - vs N Okanagan 7:00 PM
- FRI FEB 11 - vs Sicamous 7:00 PM

AWAY

- 5-1 L SAT SEP 11 - at Kamloops 7:00 PM
- 6-3 L FRI SEP 17 - at Sicamous 7:00 PM
- 8-3 L SUN SEP 19 - at Osoyoos 2:00 PM
- 7-0 L TUE SEP 21 - at Kelowna 7:00 PM
- 5-0 L FRI OCT 08 - at Fernie 7:30 PM
- 5-3 W SAT OCT 09 - at Kimberley 7:30 PM
- 2-0 L SUN OCT 10 - at Nelson 1:00 PM
- 5-4 L FRI OCT 15 - at N Okanagan 7:30 PM
- 4-1 W WED NOV 03 - at Penticton 7:00 PM
- 6-4 W SAT NOV 06 - at N Okanagan 7:30 PM
- 6-2 L FRI NOV 19 - at Kelowna 7:00 PM
- 3-3 T SAT DEC 04 - at Kelowna 7:00 PM
- 5-2 W SAT DEC 11 - at Kamloops 7:00 PM
- 3-3 T SUN DEC 12 - at Osoyoos 2:00 PM
- 5-1 L FRI DEC 17 - at Revelstoke 7:00 PM
- 3-2 OTL SAT DEC 18 - at Revelstoke 7:00 PM
- 4-0 L FRI DEC 31 - at Osoyoos 7:00 PM
- 5-1 L TUE JAN 04 - at Kelowna 7:00 PM
- SAT JAN 08 - at Penticton 7:00 PM
- WED JAN 19 - at Osoyoos 7:00 PM
- SAT JAN 22 - at Sicamous 7:00 PM
- SAT JAN 29 - at Castlegar 7:30 PM
- SUN JAN 30 - at Grand Forks - 1:00 PM
- SAT FEB 05 - at Penticton 7:00 PM
- SAT FEB 12 - at Penticton

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My Turn...

He Was Speaking To Me!

One of the things I like about Harry Lali is that it's usually black or white with him – very little in the way of grey area.

So when he announced last week his intention to seek the leadership role for the BCNDP I was not too surprised.

We were all given hints during the last Provincial Election when I cracked the Da Vinci-like Code for our riding: Fraser-Nicola.

Nobody listened to me at the time, but now Harry wants me to join the party.

And here's how I cracked that code.

If you jumble the letters, remove a handful, add a bunch, then a few more, erase them all then write the words "Harry Lali BCNDP Leader" it would have spared us all the suspense and concern over which suit he'd be wearing when the announcement was made.

And really, a guy's got to try something to revive the old career and maybe tossing his hat in the ring will remind some parts of BC that the guy who spent part of this current term hidden actually has a voice, opinions and ambition in addition to a great haircut and incredible taste in suits.

What really got my attention about Harry's announcement was how he spoke directly to me.

Sure, he didn't mention me by name as that could have been disastrous for both of us, but he did a pretty good job of describing me as the guy he wants pulling his train up the hill.

That's right, I'm the older white male he was inviting back into the tent.

It almost sounded like he was conducting some sort of revival from deep within that tent as he talked about bucking the establishment and going solo traveling town to town over the next three months with his big ole tent sharing with believers and non-believers his platform over a cup of tea.

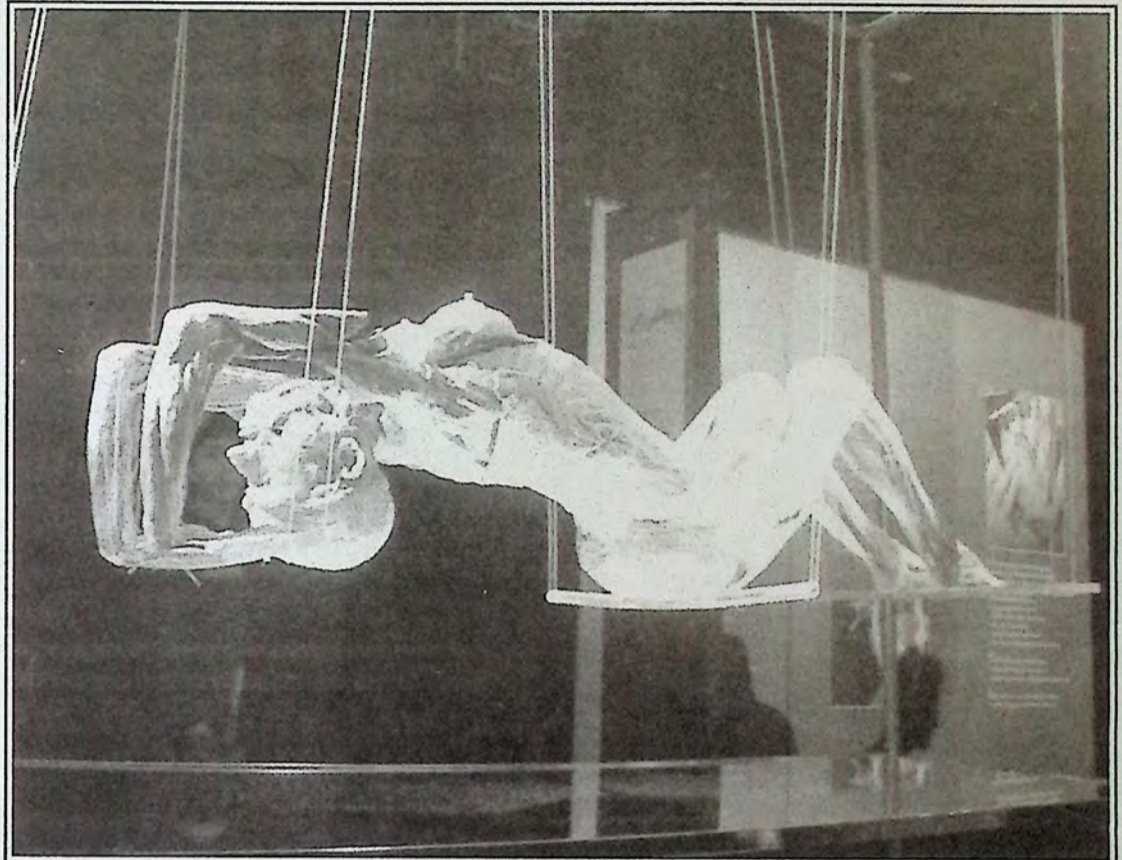
He also hinted that I owned a small business and lived in rural British Columbia.

Good thing he didn't add that I have a beard and married someone slightly older than me and have been known to socialize with known BC Liberal Party members.

Those would have been dead giveaways.

All kidding aside, I give Harry credit for trying to bolster his career and the life of the BCNDP.

Both are going to be a huge job for whoever takes them on.



She's called the "Yoga Lady" and is one of the many amazing displays as part of the Body Worlds 2 Exhibit at Science World in Vancouver. PSS Biology 12 students visited it January 6th. Photo: Des Cosman

...Your Turn

A Little Clarification...

To The Editor;

We are not against the operation of the sawmill, but are against the operation of the chipper in this location.

The chipper at one time operated out of town, west of Princeton which was fine. The timber was

being used. The 8 or 10 jobs were there. Weyerhaeuser got paid for their logs and still paid their \$380,000 in taxes.

The 8 or 10 jobs are not Weyerhaeuser payroll.

The only dust control they have at the present site is on the days it

rains. As for the log berm that was put up for noise reduction, it is no longer there. They have chipped them.

The people responsible for this idea and town council should re-examine the situation.

- Jim Norman Sr., Princeton

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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

The Real Conspiracy



Dawn Johnson
editor@thenewsleader.ca

In my last column of 2010, I wrote about the possible conspiracies of corporate executive clubs. This week, I am going to talk about a real conspiracy that began 200 years ago.

Following the defeat of the English in the American War for Independence, the republic of the United States of America became a reality. The conspiracy against the United States, and against democratic republics, began in the old boys' clubs of London and among the aristocracy. It was a reaction to defeat, and it was mostly talk.

The French people decided the Americans were a good example to follow. After the French Revolution, in which the aristocracy became the enemy, the conspiracy spread throughout Europe's rich and privileged classes. They were united by their fear of being deposed by the common people.

What was most frightening were a few simple words in the American Declaration of Independence.

These were the words that had so inspired the French. Those scary words were "all men are created equal".

Before the French Revolution, those words were pooh-poohed as nonsense. Every person in the privileged classes knew some people were born into a better class, and some were born into the lower classes, and the upper classes

intended to keep the lower classes down. The Americans were fools to think one man might be the equal of another, regardless of birth.

Until the French Revolution, nobles believed they were in charge. Kings decided who lived and died. Suddenly, the social order turned upside down. The common people of France beheaded the king and the queen and anybody else who might want to preserve the old power structure.

The "democratic experiment" of the republic of the United States became a target. Nothing would have pleased the upper class Europeans more than to see the United States fail. The conspiracy that began in Europe was two-fold.

First, keep the masses in their place, and second, defeat America, drive the upstarts into bankruptcy and then move in and take over.

The European aristocracy and the rich did not worry about the flood of emigrants heading to the new land.

After all, it was mainly the poor who were going, the downtrodden ignorant lower classes, and a few adventurers.

They were not important to Europe's social order, and good riddance to them.

What the European upper classes could not understand was the lure of freedom, the lure of opportunity for everyone, regardless of what class they belonged to in Europe.

The democratic experiment worked all too well, and the desire for freedom, and the overthrow of the class system, was the theme of

the next 200 years in Europe. Today, the crowned heads of Europe know they wear their crowns because the general population allows it. They know the people want a figurehead. The former power of the crown is gone.

To those who want absolute power, democracy is frightening. Those people who hold positions of privilege or dictatorship have no desire to let their power go. They will fight as hard to hold on to that power as the people who will fight for freedom. It is too frightening to consider what might happen if everybody can vote for who they want to be in charge of their lives.

Did the European conspiracy succeed? Maybe. If we look at the United States today, it appears corporations buy the government they want.

The corporations drain money from the economy by moving jobs to countries where the people still live in poverty, and where their governments ensure they will continue to live in poverty. They have little influence on who will govern them and even their elections, if they hold elections, are fraught with electoral corruption.

The rich in America grow richer and do not invest in their own economy. They hide their money in foreign banks. Maybe the democracy experiment will fail. Or, maybe the common people will remember what the War of Independence was really all about. Maybe they will remember that war set them free to build what became the richest nation on earth. Maybe the more clever Americans might remember the European conspiracy and its goal, and make sure the conspiracy fails.

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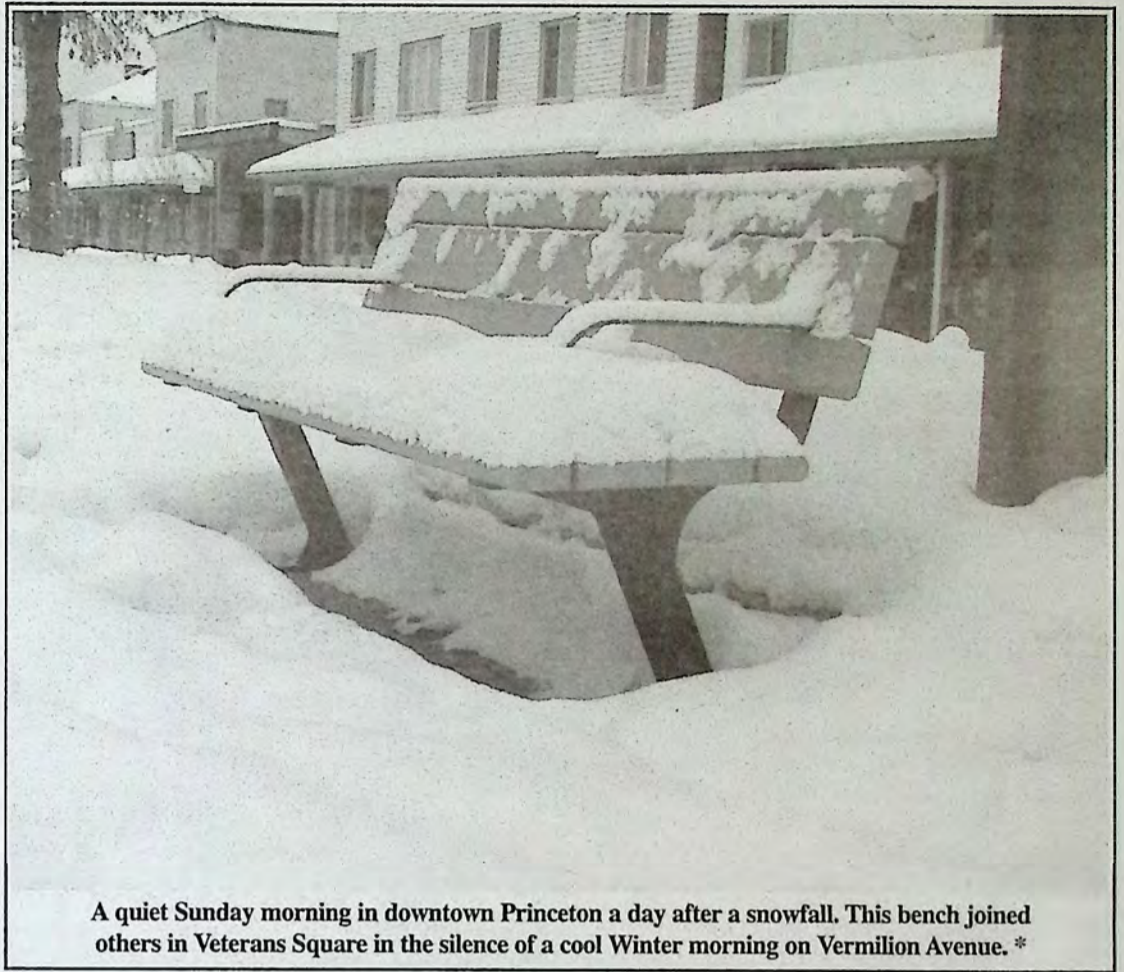
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A quiet Sunday morning in downtown Princeton a day after a snowfall. This bench joined others in Veterans Square in the silence of a cool Winter morning on Vermilion Avenue. *

News Leader joins CFIB campaign

The Canadian Federation of Independent Business (CFIB) announced January 9th the second annual Red Tape Awareness Week will occur from January 10-14, 2011. CFIB is dedicating the week to raise public awareness about the negative impact of excessive regulation on small business and citizens alike and pressure politicians across the country to take action.

CFIB has long championed regulatory reform and estimates the burden of red tape costs Canadian businesses a staggering \$30 billion each year in compliance costs alone. Over the course of Red Tape Awareness Week, CFIB will be

conducting a series of special initiatives to draw attention to the issue and encourage entrepreneurs across Canada to advocate for change, including:

• **Red Tape Diaries**

A compilation of stories from business owners across the country about their frustrating experiences in trying to deal with the confusing array of government rules and regulations

• **2010 Red Tape Report Card**

A review of the regulatory reform efforts by Canada's federal and provincial governments, complete with final grades for 2010

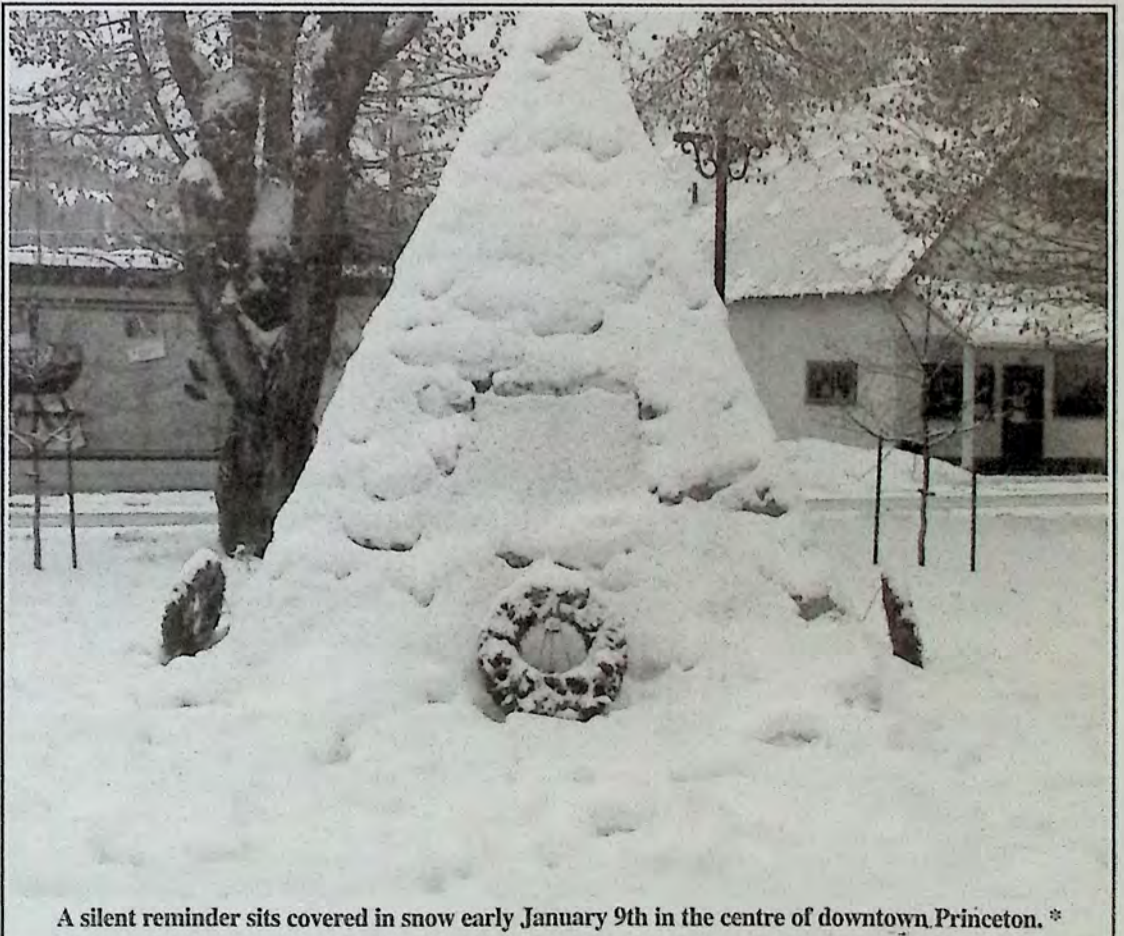
• **CRA evaluation**

Canada Revenue Agency customer service review

As part of the Red Tape Diaries, CFIB is asking small business owners to share their own frustrating experiences by posting stories and comments on CFIB's Facebook page. Throughout the week, CFIB spokespeople will also be using Twitter to circulate information, insights, and updates about the week's events and the impact of excessive regulation on small and medium-sized enterprise.

"Red tape is like death by a thousand paper cuts, leaving far too many entrepreneurs feeling stressed

..... continued on Page 23



A silent reminder sits covered in snow early January 9th in the centre of downtown Princeton. *



The peace and quiet of downtown Princeton as viewed from Bridge Street from the fountain in Veterans Square. About two centimetres of snow had fallen the day before, January 8th. *

..... continued from Page 22 out and frustrated," explained Laura Jones, CFIB's Vice-President of Western Canada, and one of Canada's foremost experts on regulatory reform.

"Red Tape Awareness Week is all about creating hope for business owners that the problem can be fixed, allowing them to shift their focus back to where it should be - building their businesses, creating jobs, and improving the economy."

To find out more about Red Tape Awareness Week, contact Moira Ramley at 604.684.5325 or msbc@cfib.ca.

For more information about CFIB research, news, and analysis, visit

our website at www.cfib.ca.

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

The News Leader will post information regarding Red Tape

Awareness Week on Twitter (@PrincetonBCNews) as well as on the Similkameen News Leader Facebook page. To find the News Leader Facebook page just enter www.facebook.com/newsleader1 into your browser window.

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A fresh snowfall adds to the look of this lamp standard in Veterans Square. *

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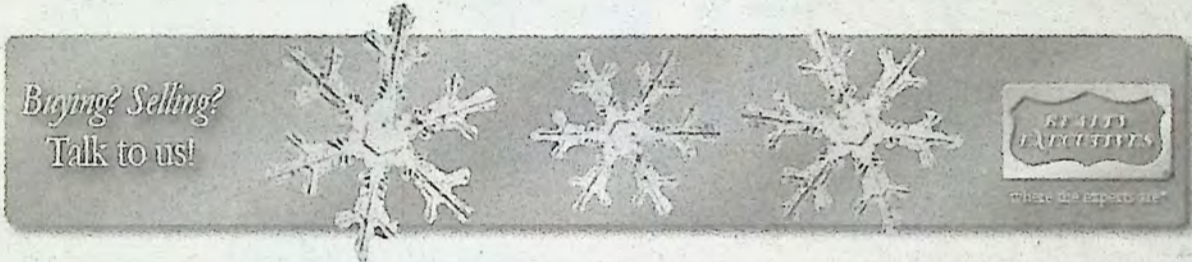
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NEW!

Don't miss out on this beautiful oldtimer tucked in neatly into the historic village of Hedley. Only hours from the rain drenched coast, this beauty boasts original fir floors, doors and the gleaming hardware, too! Built solidly and kept clean to the corners, this home also has many updates including a new septic system, furnace and roof in 2008 saving you many expensive maintenance costs. **MLS @ 112262 \$173,900**

423 Similkameen Avenue



NEW!

This quaint heritage home is located in the quiet neighbourhood of the 'Tunnel' offering easy access to the Trans-Canada Trail, a quick walk into town or to the Similkameen River. Featuring a warm country kitchen with an extra eating area, updated 3-piece bath, large master bedroom and 2 large bedrooms upstairs, you'll find space for the whole family. **MLS @ 112220 \$203,000**

2435 Princeton-S'land Rd



NEW!

Peaceful, private, perfect! Don't miss the opportunity to call this lovely home yours! Remodeled with attention to every detail, easy care laminate floors, new kitchen countertops and breakfast bar, crown mouldings, fresh paint and the list goes on! Spacious new deck off the living room, a great place to enjoy Mother Nature. Park-like setting with mature landscaping. **MLS @ 112219 \$320,000**

125/143 Skye Blue Loop



NEW!

This Allison Lake view home boasts high ceilings, warm colours, rooms that flow and a kitchen with an abundance of oak cabinets. Yearly updates and attention to details has created a home that will let you have the peace and serenity you yearn for - and one you will be proud to own. This home can provide you with a beautifully finished mother-in-law suite or guest accommodations. **MLS @ 112263 \$599,900**

730 Highway 5A



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Approximately 7-kilometres north of Princeton on well-kept Highway 5A - on the way to Merritt, sits just over 20 acres waiting for your dream and your vision. Princeton is a growing community only 2.5 hours from the Fraser Valley and Kelowna with unlimited access to winter or summer outdoor activities - dust off the toys and get started! This property has been empty for some time. **MLS @ 112206 \$332,500**

1041 2nd Street



NEW!

This home sits on a corner lot in a quieter area within the heritage village of Hedley - enjoy the peace, the easy access to nature, and a real sense of community. Hedley is located halfway between Princeton and Keremeos - only a few hours from the coast or from Kelowna and has all the basic amenities within walking distance. Providing you with ease of mind this home has an open layout. **MLS @ 112234 \$168,000**

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