



Similkameen

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Tuesday, March 1, 2011



B. C. Lions safety J. R. LaRose, centre, of Edmonton, Alberta was one of the guest speakers featured February 23rd as part of 'Anti-Bullying Day' activities at Princeton Secondary School. Photo: Morgan Dobbs

Mine construction nears completion

The Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced February 23rd that construction work on the Company's Copper Mountain Project continues to proceed on schedule and as planned.

The overall schedule for the project remains unchanged with construction expected to be completed by the end of April 2011, commissioning of equipment is scheduled to occur during May 2011, and full production scheduled to be achieved by the end of June 2011.

Preproduction mining is advancing with half of the Company's mining fleet in operation. The Company expects the second half of the mining fleet to be in operation by mid April 2011. The Company's main loading unit, the PC 8000 shovel is performing as expected and is loading the 240 ton trucks to make the planned production rate of 90,000 tonnes per day. In addition to the one PC8000 shovel in operation, nine haul trucks have been assembled and commissioned as of last week. Preproduction mining activities commenced in the Pit 3 area and will continue with the push-back on the western wall until the second PC 8000 is in operation, at which time shovel #2 will commence a push back on the eastern wall.

Installation of the grinding mills is proceeding and are expected to be ready for testing by the end of April. Mechanical installation in the con-

centrator is well advanced with the bulk of construction activities directed at piping and electrical activities.

A commissioning team has been established for testing the plant equipment as it is completed by the contractor. The 60 inch gyratory primary crusher and associated conveyor system is virtually completed for turn over to the commissioning team by next week. Similarly, the ore stockpile recovery system and pebble crusher are essentially mechanically completed.

The Company has now concluded multiyear agreements for: the trucking of concentrate to the port, the port storage and loading, and for the ocean freight. The project currently has 534 workers on site, of which 180 are Copper Mountain personnel and the rest associated with the construction activities. At full production, the project will employ 271 personnel.

About Copper Mountain Mining Corporation:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM". Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Project. The 18,000 acre mine site is located 20 km south of Princeton.

SVPS studies water and dam

At the February 16 meeting of the Similkameen Valley Planning Society, representatives of the various constituencies in the valley continued discussions centered on water supply and water sustainability. An assessment of water use in the Similkameen watershed will establish a base line for the future. This assessment will take some time, but will be valuable in years to come.

At the same meeting, FortisBC vice-president Don Desbiens discussed a preliminary feasibility study of placing a dam in the upper Similkameen Valley, in a canyon near Copper Mountain Mine. First Nations are in agreement with the need for a dam, and the Americans are interested in having a dam on the Similkameen River. The next step after the preliminary study is a full-fledged feasibility study, and a great deal of discussion with provincial and federal governments, and state and federal governments in the United States. It will be several years, probably around 10 years, before a dam is constructed if it is permitted.

Background

During the 1990's, Princeton Light & Power tried to launch a dam on the Similkameen River. This initiative met with opposition from First Nations, environmentalists, and the provincial government of the day, although the Americans were very

supportive of the project. As the Similkameen River is one of three rivers shared by both Canada and the U.S.A., the concerns of our southern neighbours must be taken into consideration.

Although electrical power production is part of the dam project, and more power production is welcomed, the primary concern of local citizens is water management. When the spring freshet occurs, usually around the long weekend in May, the river floods as millions of tonnes of water rush downstream. By September, the river is so low it can be crossed on foot without getting wet above the knees.

Right now, a major ice jam blocks free flow of the river. Ice jams occur frequently on the Similkameen and have caused substantial damage to habitat and human development. The jams occur due to the low level of water in the river. With adequate water in winter, the ice would float

away instead of jamming.

The very high water levels in spring, and sometimes during a winter rain event, have caused major flooding in some years. On November 29, 1995, so much water roared downstream that it not only flooded residences in Tulameen, Coalmont and Princeton, but wreaked havoc downstream. The regular maintenance of the generators at Grand Coulee Dam in Washington could not take place due to the high volume of water from the Similkameen River.

Very low water in summer means the water temperature rises. As this warm water flows from the Similkameen River into the Okanagan River at Tonasket, Washington, it impacts the salmon run.

Water management would alleviate all of these environmental problems, and constructing a dam on the upper Similkameen River would manage water flow and water sustainability for the Similkameen Valley in British Columbia and Washington.



Similkameen News Leader THIS WEEK:



Posse Season Ends - Page 9

Mare pleads guilty

Donald William Mare of Princeton entered guilty pleas on three charges in Provincial Court in Penticton February 23rd.

The oldest charge, the making or publishing of child pornography, dates back to September 1, 2003.

The other two charges were secret-

ly observing/recording nudity in a private place (dating back to January 1, 2008) and possession of child pornography (dating back to August 19, 2009).

Mare is to return to Penticton Provincial Court for sentencing on March 16th.

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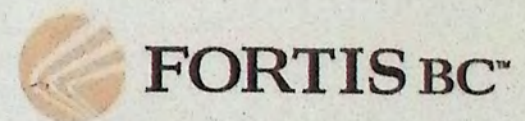


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The Similkameen Valley Planning Society members include, from left, Walter Despot, Gary Thielmann, Brad Hope, Randy McLean, Colleen Christensen, George Hanson and Charles Weber with Ed Minshull, front. All members represent Similkameen Valley governing bodies. Photo: Melanie Bagley

Sustainability plan continues

by Melanie Bagley, SVPS Communications Coordinator

"We're not going to wait until it's too late. We're going to be responsible," said Princeton Mayor, Randy McLean, regarding the new Similkameen Watershed Project at a recent Similkameen Valley Planning Society (SVPS) meeting.

"We want people to work with us." The new initiative to develop a long-term, science-based watershed management planning strategy for the use, development and protection of water resources has been welcomed by many and misunderstood by others.

"There is confusion," said RDOS Director Area B, George Hanson.

"There is a belief that the SVPS is the regional district. It is important

people realize the SVPS is not the RDOS."

The SVPS is unique in that it is a means of uniting the entire valley. Its directors represent the seven jurisdictions within the valley, all working together for the good of all. This includes the Lower Similkameen Indian Band, the Upper Similkameen Indian Band, Keremeos, Princeton and Areas B, G and H.

"It should be called The Voice of the Similkameen," said SVPS secretary Colleen Christensen.

Keremeos Mayor Walter Despot stressed that when it comes to developing the terms for reference for the new Similkameen Watershed Project all stakeholders and special interest groups within

the valley need to be involved. "Everyone should have input in what we're planning for the next several years or longer," said Despot.

"I see the SVPS as taking the interests of these organizations and looking at the big picture. This will be a long-term living project."

The Similkameen Watershed Project has come about as a direct result of the request of valley residents to ensure that there is a sustainable, clean water supply for current residents and generations to come.

The SVPS is acting on the wishes of the valley residents as determined during the 2009-2010 Sustainable Similkameen Project. This was an intense project lasting six months that included over twenty meetings providing information and seeking opinions from the public and community groups to establish priorities for a sustainable socio-cultural, economic and environmental future for the valley.

The full report for the Sustainable Similkameen Project is available the offices of the Village of Keremeos and Town of Princeton. It is also available online at http://www.rdosmaps.bc.ca/min_by_laws/planning/SustainableSimilkameenProject/documents/SSS_Final_Report_04_15_10.pdf

At 204 pages, the full report takes a lot of reading. The SVPS is planning to print a shorter executive summary of the report and make it available at several locations.

Water was one of the important issues that arose from the public consultation process. In many ways it is also one of the most contentious since it affects everyone.

"We're not out to hurt anyone," stressed McLean.

"We're trying to find out what our capacity is before it's too late."

School District announces retirement

The Board of Education of School District No. 58 (Nicola-Similkameen) would like to announce that Secretary Treasurer Bruce Tisdale, will be retiring on September 30th. Tisdale has spent more than 31 years with the district and has been involved in many initiatives during that time including being a part of the team that helped guide the district through the amalgamation process.

Tisdale has been actively involved in all areas of the district with his duties extending much beyond those of the normal Secretary Treasurer position. He has worked hard on building relationships with all stakeholders in the education sector. His knowledge and integrity are recognized not only within the district, but throughout the provincial education sector.

Chairman of the Board Gordon

Comeau stated that "Mr. Tisdale was a highly visible figure in the district and was actively involved in both the communities of Princeton and Merritt. He worked very hard on behalf of the students, parents, and staff of School District No. 58 (Nicola-Similkameen). His extensive knowledge and experience will be difficult to replace. Through his leadership, this district managed to avoid most of the budget peaks and valleys that were experience by other districts. Mr. Tisdale will certainly be missed in the district".

Tisdale and his wife Wendy will continue to reside in Merritt and hope to spend some additional time cruising undiscovered highways on their Harley. The Board would like to thank Tisdale for his contributions to the district and wish both he and Wendy the best of health in their retirement.

- submitted

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KINDERGARTEN 2011 STUDENT REGISTRATION

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



Registration Schedule
Monday to Friday

February 21 - March 4, 2011

Full day kindergarten is offered in British Columbia for all kindergarten-aged children. To assist with the planning and organization of the full day kindergarten program in School District No. 58, it is important that parents register their child early.

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

For September 2011

- To register, a child must be 5 years of age on, or before December 31, 2011.
- Parents/Guardians should bring child's Birth Certificate, Immunization record and Care Card when registering.

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Linda Edwards MSc, an entomologist and orchardist in Cawston answered questions on the Spotted Wing Drosophila fly. The fly came up from California and Oregon in 2009 and is a real threat to backyard fruit trees, wild fruit and commercial orchards. Photo: Arlene Arlow

Similkameen Country hosts speakers

by Arlene Arlow

Similkameen Country Chamber of Commerce in Keremeos knows how to find the experts: Five speakers wowed the audience February 17th at Victory Hall with more information than they bargained for. Even the speakers hung around after their presentations because the topics were too good to pass up. There was plenty of opportunity to ask questions of the five experts, and guests took advantage of the expertise in the room.


Linda Edwards MSc, an orchardist and entomologist from Cawston informed the audience that the Spotted Wing Drosophila fly attacks raspberries, blackberries, blueberries, cherries, grapes, strawberries, peaches, apricots, elderberry, snow berry and a host of other domestic and wild fruits. The difficulty in controlling the fly is that culls, fruit on the tree, fruit on the vine and compost piles with fruit-based waste are all perfect environments for larvae to hatch.

Commercial fruit growers are not permitted to spray fruit crops later than 7 days before harvest, but eggs laid in fruit as late as 4 days prior to harvest readily hatch. The result is that the fruit literally becomes mush on the tree, on the vine, or after it has been harvested. Over a million pounds of cherries were discarded in the Okanagan and Similkameen valleys in 2010 because of this fly.

Linda advises gardeners not to compost fruits. Research is ongoing in the Okanagan and Similkameen valleys. Cold temperatures seem to kill the larvae including storing fruit at a temperature of 0 degrees Celsius for up to 3 days. The fly over-wintered in the Okanagan-Similkameen region in 2010 and is expected to over-winter this year. Her recommendation: bury it, bag it or freeze it.

Phillis Zella of Predator Pest Management in Penticton amazed participants with her slides of pests that can invade buildings. Included in her talk were pests that we don't

..... continued on Page 19



Natalie Ferebee FMA of RBC Dominion Securities spoke on Personal and Business Succession Planning. Her advice: To keep your estate away from lawyers and the tax man, get help from a professional to plan your will and protect your assets. Photo: Arlene Arlow



Walter Despot won golf balls and John Bachewich won a cap at the Expert Information Series sponsored by Similkameen Country February 17th in Keremeos. The sessions were planned for the general public in an effort to show that the chamber isn't just about networking. Photo: Arlene Arlow

Keremeos Village Council news

by Arlene Arlow

Highlights from February's Keremeos Village Council meetings include the status-quo (\$135. per household) for domestic garbage rates for 2011 and a possible decrease of household garbage from 2 bags to one bag per week. Council is also considering pursuing a heritage preservation plan for older buildings within the village. Councillor Thielmann reported that over 1,000 circa-1920 films that were shot in the South Similkameen were recently donated to the Keremeos Museum.

The Village is accepting proposals for contracted bylaw enforcement for the coming year. Council voted to adopt the village and community climate action plan. The plan targets improvements for buildings,

vehicles and infrastructure to reduce carbon emissions.

Draft audited financial statements for 2010 were reviewed. There are three principal funds in the Village budget each year: the General Fund, the Sewer Fund and the Water Fund. Both the General Fund and the Sewer Fund have overall surpluses for 2010 totalling \$137,000.00. Increases in revenues were seen in business licenses (up \$3,000.00) and building permits (up \$17,000.00). Expenses that came in under budget included travel and promotion; administration; development; equipment maintenance; downtown beautification; and wages.

The Village faces an estimated expense of \$4,000.00 to promptly draft a Confined Space Policy for

each its confined spaces (such as manholes and pump stations). A qualified specialist will be contracted to review the confined spaces within the parameters of Public Works and develop a policy for each individual space.

A recent visit by a Workers Compensation Board of BC Inspector resulted in a failing grade for the Village confined space policy. The WCB order states that Village Public Works staff cannot enter any confined spaces until the policy is in place.

One property owner will receive a Note Against Land Title for failing to complete his home within the Building Code. The property has been under development since 2003 and has yet to see proper continued on Page 19



Geronimo the horse looks for treats as Collin and Scott Gibson cut pine trees on Collin's acreage along Highway 3A. Collin is a retired entomologist and cuts 20 to 30 trees each year that have been damaged by the mountain pine beetle or stressed by the exhaust fumes from the hundreds of vehicles that pass by his property every day. Trees that harbor bugs are burned, the rest are cut up for firewood. Collin's property is chemical-free, a big reason why he decided to purchase the property. He admits that the pheromone traps would have minimized the damage to his pine trees, but he still has some healthy trees to enjoy. He believes that the pine beetle has passed through his property and thus, the healthy trees that remain won't fall victim. Photo: Arlene Arlow

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Q: I am a ten year old boy with a lot of video games. My mom says that playing them all of the time will ruin my eyes. Is this true?

A: It sounds like you enjoy playing your gaming systems and I am certain you are spending copious amounts of time playing them (which might be annoying your mom). In terms of the effect of video games on the eyes, it varies with how long you play it and how close you hold it.

Playing video games will not create a prescription...it will not make you farsighted, nearsighted or create astigmatism. It can create dry eyes because long periods of staring at the screen with reduced blinks (because you are concentrating so hard on getting to the next level) can be an issue. Holding the game too close to your eyes can create focusing problems which can lead to blurring of vision and/or headaches.

Taking breaks from playing the game every 20-minutes and looking away at a distance to refocus can help. Also, keep yourself hydrated by drinking water instead of soda pop or sugared drinks. This helps to keep the moisture levels up in your tear film.

Gaming systems have some good effects on the eyes...they help with visual-motor integration and spatial resolution. This helps with processing of information (reading) and hand-eye coordination (writing/sports).

Health / Lifestyle News

Don't ignore the signs of prostate problems

(NC)—Prostate cancer is the most common cancer in Canadian men. This type of cancer usually grows slowly and can often be cured or managed successfully. Many men with this disease never have symptoms, do not receive therapy, and eventually die of other causes. The cancer grows slowly near the bladder and when detected early, can be cured or managed successfully. Therefore, the most important health responsibility for men is to know their own body, recognize signs of change, and speak up about it to a medical professional.

"It is quite natural for men over 60 to experience physical changes," says Dr. Doug Tkachuk at LifeLabs, a leading diagnostic test centre.

"Most discomforts are not life-threatening, but it is important to monitor even minor changes. Expert

opinion is required because some of the symptoms of prostate cancer are similar to those of normal aging.

"Urination is a good illustration of this. As a man gets older, the prostate may become enlarged and block the urethra, or bladder. An enlarged prostate is a common condition called BPH (benign prostatic hyperplasia), but BPH is not cancer. On the other hand, a tumour on the prostate can also press on the urethra making it difficult to pass urine, so medical testing is required to confirm a diagnosis."

The prostate gland is part of the male reproductive system. It's about the size of a plum located close to the rectum just below the bladder. The main function of the gland is to make part of the seminal fluid that mixes with sperm to make semen. When problems arise, the key

prostate symptoms to monitor are: inability to urinate; intensely needing to urinate; a sense of incompletely emptying the bladder; the need to urinate often, especially at night; blood in the urine or semen; weak, decreased, or interrupted urine stream, and painful ejaculation.

Reduce your risk

You can't change some of the risk factors for prostate cancer such as your age, ancestry, or family history, but what you can control is how you take care of yourself with food and exercise. Obesity is being studied as a possible risk for prostate cancer, but even so, insisting on a program of regular aerobic exercise plus a nutritious daily diet—low in saturated fat and high in fibre, vegetables and fruit—is a smart thing to do for overall good health.

Artery inflammation signals risk for heart attack

(NC)—Cholesterol measurement is important for preventing heart attack, but it's not the last word. In fact, studies show that for nearly half of all heart attack victims, the cholesterol level was in the normal range. Health specialists suggest that in addition to blood cholesterol measurement, individuals should

also test for inflammation in the arteries.

"Inflammation can occur at any stage of heart disease and detecting it early can save your life," says Dr. Doug Tkachuk at LifeLabs, a leading diagnostic centre.

"If ignored, the inflamed artery walls can weaken and rupture let-

ting plaque seep into the bloodstream. In an effort to mend this injury, your arteries send out sticky cytokines to capture the leaking blood cells. As they clump together however, a clot can form large enough to block the artery and cause a heart attack."

Medical science can determine artery inflammation many ways and now with two diagnostic tests well established: 1. Measure the blood for the enzyme Lp-PLA, which is produced when inflammation begins; or 2. Measure the amount of vulnerable plaque with the MPO test (myeloperoxidase) to determine if, and when, the artery will rupture. Since this type of damage can occur with no symptoms at all, many doctors across Canada are adding these inflammation tests to their patients' cholesterol screening.

Heart attack awareness is heightened at this time of year as organizations remind us of best prevention practices. Current data indicates that heart disease and stroke are two of the three leading causes of death in Canada.

Indeed, there are more than 50,000 strokes nationwide every year. Someone has a stroke every 10 minutes.

Seniors are not the only demographic group who are advised to pay attention to good heart health. General aging puts us at risk and so do smoking, alcohol consumption, physical inactivity, obesity, high blood pressure, high blood cholesterol, diabetes, and family history. In fact, as many as 90 percent of Canadians are shown to have at least one of these risk factors.

"Annual checkups are a good start," Dr. Tkachuk continued, "and if you feel you may be at risk for developing heart disease, your doctor can determine which test will give the most information."

Living Past 100

Lifestyle Changes Your Genes

Everybody thinks their genes determine how long they will live. That is true, but you can change your genes by your lifestyle. The latest gene research says so.

This sounds really far-fetched until you understand your genes react differently to different conditions. Genes are grouped along a spiral chain known as the chromosome chain. Within this structure of genes are genes having telomeres which determine how long you live. The shorter the telomeres, the shorter your life.

Researchers have discovered that people who change their lifestyles for the better effect a change in the length of the telomeres: they become longer. In short, clean up your lifestyle and your genes decide to let you live longer.

Another thing researchers have learned is this: you have genes that cause inflammation and cellular stress from oxidation. When you clean up your lifestyle, you activate genes that prevent this from happening. It is these disease-preventing genes that extend your life.

When the "bad" genes are turned off, chronic ailments are reduced, the chances of heart disease and cancer are reduced.

So, what is this optimum lifestyle?

What you want is a low fat, low carbohydrate diet, lean meat, loads of vegetables and fruit, and very few sweets. You want low stress, plenty of exercise (preferably outdoors), and somebody to love and be loved by.

Give yourself a great lifestyle for six months and you will change your genes and live a long, healthy life.

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This Week - 6 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 1, 2005

Wheels of progress move slowly

Princeton Town Council came under fire from Weyerhaeuser Princeton Mill Manager Fred Kuhn at the February 21, 2005 Town Council meeting.

Kuhn criticized the lack of progress in Princeton and pointed the finger directly at Council.

He had received a glossy pamphlet for the Similkameen Valley and discovered Princeton was not in it, which inspired his visit to Council.

"People can't seem to work together to get things done in this town," he said.

Kuhn asked if a long-term plan for growth existed as he was seeing other communities grow but not Princeton.

Mayor Keith Olsen admitted there was no long-term plan on paper.

"Are we moving ahead? Are we falling behind?" Kuhn asked Council.

Mayor Olsen responded by saying the town is not moving ahead, but is in the process of moving ahead.

Other members of Council were not so positive. Councillor Lorne Esselink thought industry was moving ahead slowly, but not tourism. Councillor Kathy Clement said "there is lots of room to grow," Councillor Ray Jarvis said there were small businesses moving to Princeton, and that the Chamber of Commerce reports a lot of interest in Princeton. Councillor Spencer Coyne said the town is not moving ahead, as there are roadblocks in need of removal.

It was six years ago this week that news of a possible expansion to

Princeton's Arena hit the front page of the Similkameen News Leader.

An application to the Canada British Columbia Infrastructure Program had been submitted which detailed a project, which would include mostly local contractors and cost \$528,000.00.

The project would include a 109' x 24' steel addition erected at the North end of the existing building totaling \$233,000; a new roof worth \$150,000 and an 108' x 15' addition to the East wall to accommodate additional seating worth \$145,000. The construction timeline was April to September 2006 and a grant from the Infrastructure Program would cover 2/3 of the cost with reserves from the Arena Operational Budget and a Community Forest Corporation grant covering the balance.

A public meeting was planned for March 7, 2005 looking for local support for the project.

Town updates building fees

The Town of Princeton has been losing money on building inspection. The Town pays the inspector and needs to recover the cost through charging inspection fees. The Town is working on a more modern version of the existing building permit bylaw. The updated bylaw will be available in a month.

At the February 21 Town Council meeting, the new bylaw was given first, second and third reading. Schedule A, the new building permit and building inspection fees, are attached to the bylaw. The minimum fee is \$150 for a permit or series of permits on the same parcel of land, and a fee of \$150 will be charged for plan processing.

Town Council praises Posse

One of the topics at the February 21 Town Council meeting was the sixth game the Posse was playing in the finals the same evening as the Council meeting. In fact, Mayor Randy McLean and Councillor Frank Armitage had broken away from the game to attend the meeting.

appointment. Councillor Frank Armitage commended the team on doing an excellent job of representing Princeton.

"Thanks is due the Posse and all of the volunteers for doing a good job of representing Princeton," Councillor Armitage said.

Although there was some regret that the Posse had not done better in the finals, there was no real dis-

Congratulations on a great hockey season!



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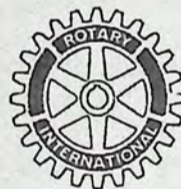
ICE SHOW 2011



2:00 PM Sunday, March 13 - Princeton Arena

Featuring Canadian Novice Competitors:
Graeme Gordon and Desiree Bortollussi

Princeton Rotary Club Proudly Presents:



Winter Wine Fest 2011

Saturday, March 12th
7:00 - 10:00 PM - Riverside Centre

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

Tickets: \$30.00 per Person

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Final Notice: Hired Equipment Registration Okanagan Shuswap District

The Okanagan Shuswap District of the Ministry of Transportation and Infrastructure is creating its list of registered Equipment For Hire for the fiscal year of 2011/2012, which begins April 1, 2011. This area geographically covers the area from the United States border, east to Osoyoos, west of Princeton and north of Salmon Arm.

All individuals or companies registered in 2010 will have received invitations by mail to re-register hired equipment for 2011. If you have new equipment to be added to your profile, you can register online at www.bcbid.ca or contact the District Office in Kelowna to obtain the appropriate forms. Any individuals who were not registered in 2009/2010, but wish to have equipment listed are hereby invited to contact the District Office, either in person or by phone, to obtain the appropriate registration forms.

Note that while you do not need to have Commercial (Comprehensive) General Liability Insurance, or up-to-date WorkSafe BC coverage to register, you will have to meet these requirements prior to working on any ministry projects.

Only owned or leased-to-own equipment is eligible for registration. Equipment may only be registered in one area in any given year. Seniority is not transferable area to area.

The deadline for new registrations for the 2011/2012 fiscal year is midnight on Friday, March 18, 2011. Late registrations will be accepted, but may appear at the bottom of the open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment information already listed.

Register through the Okanagan Shuswap District Office
at 1358 St. Paul Street, Suite 300, Kelowna
or call 250 712-3660 or send a fax to 250 712-3669
to have the forms mailed or faxed to you.



The long awaited renovation to the Princeton Museum building began Friday, February 18th. This is how the space formerly occupied by the library looked last Wednesday. Photo: Terry Malanchuk

Hedley Community Club Report by Angelique Wood

The Hedley Community Club membership strives to create fun and engaging activities for families and youth in the area around Hedley.

Coming up quickly on March 16th at 7:00 PM is the Community Club AGM. All members are encouraged to attend and see the developments we have been working on. Much planning needs to be done in order for our group to remain productive and "in sync" with what the community members are looking for, so the executive asks that you pencil in that night as a "DATE".

Please consider bringing a friend to the meeting as well as anyone you know who may be interested in social or recreational events, dances, or get-togethers - either as a planner or a participant - you are welcome to join us in making Hedley an even better place to be.

The Hedley Community Club is located at 956 Scott Avenue; please

direct any inquiries to the President Doug Bratt at 250.292.8600.

Many locals fondly remember the ball tournaments held in Hedley and it is among the Society's goals to re-establish those fun-filled events. About five years ago, legal issues surrounding the ownership of the land where third base sits, and therefore liability issues related to that ownership, brought ball games to a stand-still. In order to deal with the costs related to putting on ball games and solving the land-use issues, the Hedley Community Club is undertaking a number of fundraising activities.

On Saturday, February 12th the Community Club celebrated a very successful Valentine's Day by hosting a gourmet dinner event which featured cooking by Doug Bratt and Tom Leslie.

Participants raved about the Santa Fe Chicken, which consisted of

chicken thighs pounded out and stuffed with prawns, spinach, ricotta with a bit of "heat" to take off the winter chill. Other highlights included baby back ribs served Greek or Barbecue style, and pork tenderloin marinated in red wine and rosemary, with a cream sauce made with the marinade and drizzled with roasted pistachios. Yum! Rice pilaf, potatoes and lots of great veggies accompanied this delightful meal.

Diners felt that they received their money's worth and more, with everybody who attended asking "When is the next dinner?"

At this point, mark your calendars for the Fool's Dinner, on Friday April 1st. We promise no bad jokes but we hope to provide lots of fun, great food, and laughs.

Tickets will be available through the Hedley Country Market or call 250.292.8600 for further details.



The Princeton Museum renovation project involves local contractors Fred & Company, Hayes Creek Electric and Ty French Heating. This is a look at the Pollard Wing last week. Photo: Terry Malanchuk



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - March 1 - 7, 2011



Princeton's Derrick DeLisser (#19) takes on a Chief February 21st in Game 6. *

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Posse series comes to an end

The Princeton Posse/Kelowna Chiefs best-of-seven series went the full seven. One of only two First Round Playoffs to do so (the other being the Nelson/Beaver Valley series in the Kootenay Division) and the only series to go the maximum games in the Western (Okanagan/Shuswap) Division.

Game 6 in Princeton on February 21st saw the complete domination of the Similkameen Valley team by the much stronger Kelowna Chiefs.

The battle had seesawed back and forth with the Posse taking the first two games on the road and giving up the third at home. By Game 5 Princeton had a commanding 3-1 lead in the series. Kelowna fought hard and took that game.

Game 6 saw Kelowna hit their stride scoring first at 14:30 (on the power play). Jordan Wood got the marker with Landon Andrusiak earning an assist.

Tanner Clarkson scored at 9:51 (assists from Dane Rupert and Brandon Redschlag), with Jordan Wood adding his second power play goal at 8:05 (assisted by Brandon Redschlag and Brett Laird).

Brandon Briere got another Kelowna goal at 6:29 with help from Brandon Redschlag and Josh Ellis.

Kelowna trailed on shots on goal in the first period but finished the twenty-minute period with a 4-0 lead.

The second period was more the same with Kelowna adding two more goals, (8:51 - Colten DeFrias from Brett Laird and at 4:20 - Dane Rupert from Jordan Wood and Jordan Bytelaar).

It wasn't until mid-way through the third that Princeton managed to get one past Chief goalie Jordan Bytelaar. The goal, scored by Keenan Fordy at 11:26, and assisted by Adrian Coulter, was too late for a surge and Kelowna finished the Posse off scoring once more in an empty net (4:36 - Jordan Wood from Brett Laird) taking the game 7-1 and pushing the series to 3-3.

Princeton fans got a chance to salute Posse team captain Derrick DeLisser partway through the game when he was presented with the Fan Favourite Award.

Game 7 in Kelowna was the decider and the home team took it with a 6-4 score to earn entry into the Second Round against Osoyoos

Coyotes.

The Posse/Chiefs series was a lot more than just seven games of sometimes so-so and sometimes incredible hockey with a number of great, career-defining moments for players on both sides of the rink.

The stats sheet actually tells a slightly different story.

Princeton out shot Kelowna 245-231 in the complete series and had more shots on goal in four of the games.

Princeton also had the lead after the first period in four of the games, two games were tied after the first frame and Kelowna had the lead only once after one.

Although Kelowna scored more power play goals (14), Princeton was not far behind with 10 of their own. Penalties were also close with Princeton collecting 67 to Kelowna's 63.

Princeton players will spend the rest of the week packing and traveling home with most of them joining family long before the Kelowna/Osoyoos series is completed.

Follow the Posse on Twitter
@PosseWebcrew

FINANCIAL FOCUS

Pay Yourself First

Are you falling behind on your Registered Retirement Savings Plan (RRSP) or other financial goals?

The solution to the problem may be simpler than you think. It's possible to increase savings and investments just by ensuring that you set aside money before it's used for other purposes. This technique, often called "paying yourself first," is a simple and painless way to boost savings.

Paying yourself first means committing a portion of your regular pay cheque to savings before you meet other financial obligations. This strategy works best when you use a preauthorized contribution (PAC) plan that automatically transfers money from your pay or financial institution account to savings or investments.

Most financial institutions offer preauthorized investment plans for RRSPs, TFSA and non-registered investments. Money is automatically deducted from your banking account and transferred into common stocks, mutual funds or other investments. PAC plans let you transfer funds at a frequency you choose—typically weekly, bi-weekly, monthly or quarterly. However, some plans may offer limited options.

In some cases, you can even invest regularly through workplace payroll deductions that shift money into a group RRSP, company stock purchase plan or other vehicle. If your company offers match or contributes to your group RRSP take advantage of it as it is essentially free money.

You'll discover that regularly putting money aside throughout the year is easier than finding large lump sums to invest. And there's a bonus at least part of your money goes to work sooner, increasing your wealth potential. This is particularly important in an RRSP and TFSA, where tax-deferred and tax-free growth makes it paramount to invest as soon as you can.

Of course, if you don't have the money to pay yourself first, you'll have to find it. This may also be easier than you think. With a little financial repositioning you can strike a happy balance between today's needs and tomorrow's goals.

First, figure out how much you can afford to regularly save and invest. The best way to do that is through a budget that lists your monthly income and expenses. You can put together a budget with a computer spreadsheet program, personal finance software or just a pen and paper.

By subtracting your expenses from your income, you'll see how much you have left over for savings. But don't stop there. Take a second look. Where can you cut down on expenses to divert more to savings and investments? Almost everybody can make changes to free up cash—for example, by cutting down on restaurant meals or paying off debt quickly.

Once you've figured out a way to pay yourself first, stick with it. Don't skip payments or abandon your strategy. It's better to pay yourself first and then find money for expenses elsewhere. It just means you may have to trim spending a little more.

To be sure you stay on track, work with a financial advisor who can show you how to boost your savings and investment potential.



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Princeton Ladies Curling Bonspiel



Winners of the 2011 Ladies Bonspiel were the local team of Darlene Ibey, Beth Scott, Monique Carlson and skip Elaine Miller in the A Event at the Princeton Curling Club February 19 and 20. Teams came from Hope, Penticton and Kamloops to enjoy the fast ice and small town hospitality. Photo: Sharon Paterson



Winners of the B Event – Kamloops team of Sharon Beausoleil and her daughter Stacy both former Princeton residents. Photo: Sharon Paterson



Runners up in "A" Ladies Curling 'Spiel are Marg Wilson, Sharon Blower, Barb Fraser and Steph Palmar. Photo: Sharon Paterson



Winner in the C Event: Pam McKenzie, Carol Macdonald, Marg Ovington and Mez Smith. Thanks to Carol and Marg for organizing this popular community event. The theme this year was "Queens" and teams were seen in many innovative costumes from the Queen Mom, to Queensland natives, and Queen Bees. The Princeton curling club depends on incredible volunteer support from generous sponsors to kitchen and bar staff, ice men and community helpers. See you next year. Photo: Sharon Paterson

Councillors praise junior girls

Flu defeated them. Princeton's Junior Girls Rebels basketball team hosted the Valley Finals February 18-19, but placed third after winning consistently for the past season. They were ranked fifth in the province. Had they placed first or second in the Valley Finals, they would have gone on to the provincial finals. Unfortunately, half the members of the small team struggled with illness while they played.

At the February 21 Town Council meeting, members of Council praised the

team for an outstanding season. Councillor Frank Armitage congratulated the team for their great season, and Councillor Jason Earle remarked on how well they played despite having the flu. Mayor Randy McLean expressed Princeton's pride in having a team that did so well against schools with three times the Princeton school population. "The Junior Girls had an incredible year," Mayor McLean said. "Getting sick just doesn't seem fair. It was an amazing season for them."

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TUESDAY, MARCH 1, 2011

Table with 20 columns (ch.3 to ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Tuesday, March 1, 2011.

WEDNESDAY, MARCH 2, 2011

Table with 20 columns (ch.3 to ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Wednesday, March 2, 2011.

Similkameen News Leader - Horoscopes

March 2 - 9, 2011

Aries - You may experience health problems for the next few weeks, especially problems related to feet, legs and respiratory system. Try to take good care of yourself. Pleasure comes from plans with groups you associate with and from love and romance. Try not to let worries and angry thoughts ruin your life.

Taurus - You have a lot of action these days involving groups, possibly sports groups. Your career runs smoothly with good relationships on the job. Home life is happier, too. You feel more optimistic these days. Stabilize health regimen to avoid health problems, and take job seriously. Don't play at work.

Gemini - Your career is your main focus now, but you can have a lot of fun making big plans for the future, or with groups you belong to. Older folks in your life may need attention due to problems. Balance their needs with your own. Conditions affect your home and property. Be safety conscious now.

Cancer - Your career can expand now. Home life is happier. Travel is not in the cards and if you must travel, there will be problems. Banks, tax department, and estate matters can smile on you now. You can solve problems at home by making a solid plan and sticking to it. Expect career change soon.

Leo - Ah, how love and romance can bring you great pleasure this month! You may have to focus on your income tax picture as there could be some problems. Clear them as quickly as possible. You may dream of traveling for fun, but it's not in the stars before May. Single men: look for that special lady now.

Virgo - Your focus is on relationships of all kinds, but especially spousal relationships. Others may appear to be aggressive toward you, but it is probably their ego problems. Be patient. Job runs smoothly, and there may be other job opportunities. You may receive unexpected benefits from shared resources.

Libra - Good luck comes in the form of things other people do for you or give to you. You may receive benefits from well-to-do people you know, or from people of influence. Single people will have an opportunity to date more, and could meet somebody exciting in the near future. Take care of health.

Scorpio - Making home and property look good is a source of pleasure for you now. Sports activities could involve injuries. Be careful, but get out and enjoy more exercise. Job and health are good at this time. You may have worries, or serious concerns about some matter. Try to plan for effective resolution.

Sagittarius - Nobody enjoys daily life more than a Sagittarius, but home life may be demanding and disruptive this month, a situation that causes you stress. Focus on clearing up problems with home and property to get back your cheery self. Pleasure now comes from interaction with local people.

Capricorn - Home is still the place where you enjoy yourself most, but expect changes in your home and property that will renew and rejuvenate your daily life, but which you may experience as major upheaval. Right now, curb a desire to buy things you think are beautiful. Your taste is not reliable before April.

Aquarius - You feel good now, and you look good. Focus on what you value, not just material things, but what you establish as personal values. This month, you are more charming and full of fun. Take a look at your spring wardrobe, spruce up your appearance, but spend cautiously. Enjoy close friends.

Pisces - You are busy and tend to be egotistical this month, all wrapped up in personal concerns. Take time to see the best in others. This is a good time of year to update your appearance as you probably feel a little negative. Give yourself a break. Don't overspend as money will be an issue in April.

Small Business 101

Turn Your Idea Into A Profitable Business

by Nicole d'Entremont

(NC)—You have a brilliant idea for a business and you want to get it off the ground—quickly. Before you do, here are some important questions you should consider to ensure your venture is both successful and profitable:

1. Is the idea original?

Now is the time to evaluate your idea and find out if it really has legs. Survey the market to see if someone else has a similar business. For tips on conducting market research, visit this helpful website: www.CanadaBusiness.ca.

2. Who are you selling to?

Study your potential customers, interview them and find out whether your product or service is something they are willing to pay for. Get to know their needs, likes and spending habits.

3. How do you stack up to your competitors?

What makes you different? If your products or services are of a higher quality than your competitors, cheaper, or better, that's your competitive advantage. Maximize it.

4. Have you taken steps to protect your idea or invention?

Intellectual property (IP) protection prevents others from copying, manufacturing or selling your idea or service. Investigate your IP options, including trademarks, patents and copyright at www.cipo.ic.gc.ca.

5. Are you ready to launch?

If you haven't already done so, pre-

pare a business plan that will guide you as you begin your entrepreneurial journey. Look into your marketing and distribution options. Find out what permits or licenses you'll need to launch your business by visiting www.bizpal.ca.

More information is available online at www.CanadaBusiness.ca or by calling 1-888-576-4444 (TTY 1-800-457-8466).

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Tuesday Movies

AFTERNOON

12:00 pm SPIKE ch.44 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (In Stereo)

3:30 pm SPIKE ch.44 "Grindhouse Presents: Planet Terror" (2007, Horror) Rose McGowan. A one-legged go-go dancer and her ex-lover join forces with other survivors to battle a horde of flesh-eating zombies invading their Texas town. (In Stereo)

EVENING

6:00 pm SPIKE ch.44 "Grindhouse Presents: Death

Proof" (2007, Suspense) Kurt Russell. A veteran stuntman uses his car to stalk and kill unsuspecting young women in the South. (In Stereo)

8:00 pm WTBS ch.3 "Deuce Bigalow: European Gigolo" (2005, Comedy) Rob Schneider. Deuce meets a series of unusual women when a pimp uses him as bait to find a killer.

9:00 pm KNOW ch.5 "Genius Within: The Inner Life of Glenn Gould" (2009, Documentary) The life of pianist Glenn Gould.

9:30 pm WTBS ch.3 "Deuce Bigalow: European Gigolo" (2005, Comedy) Rob Schneider. Deuce meets a series of unusual women when a pimp uses him as bait to find a killer.

Wednesday Movies

AFTERNOON

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

EVENING

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

Thursday Movies

EVENING

8:00 pm WTBS ch.3 "Man of the House" (2005, Comedy) Tommy Lee Jones. A taciturn Texas Ranger goes under cover as a coach to protect a group of college cheerleaders who wit-

nessed a murder.
10:00 pm WTBS ch.3 "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success.

Friday Movies

EVENING

7:00 pm YTV ch.18 "Hairspray" (2007, Musical Comedy) John Travolta. In 1960s Baltimore a plump teen becomes an overnight celebrity after she wins a spot on a local dance program called "The Corny Collins Show." (In Stereo) (CC)

8:00 pm WTBS ch.3 "The Sixth Man" (1997, Comedy) Marlon Wayans. A college athlete returns from the dead to help his brother's basketball team win the NCAA title.

FAM ch.26 "Mr. Magoo" (1997, Comedy) Leslie Nielsen. Government agents and a beauti-

ful thief pursue a myopic millionaire who unknowingly possesses a valuable gem. (In Stereo) (CC)

10:00 pm WTBS ch.3 "The Sixth Man" (1997, Comedy) Marlon Wayans. A college athlete returns from the dead to help his brother's basketball team win the NCAA title.

FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)

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THURSDAY, MARCH 3, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

FRIDAY, MARCH 4, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and their corresponding channels.

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 #340 - Rated Medium

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

6:00 am SPIKE ch.44 "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) (CC)

8:00 am WTBS ch.3 "The Associate" (1996, Comedy) Whoopi Goldberg. A Wall Street whiz invents a male partner to attract clients for her fledgling investment business.

8:30 am A&E ch.9 "Broken Arrow" (1996, Action) John Travolta. Premiere. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (CC)

11:00 am A&E ch.9 "Troy" (2004, Adventure) Brad Pitt. Premiere. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (CC)

AFTERNOON

12:00 pm FAM ch.26 "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-

year-old boy in a predicament at a new school when he accepts the challenge of a bully to eat 10 worms in a single day. (In Stereo) (CC)

1:30 pm FAM ch.26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Aliens" (1986, Science Fiction) Sigourney Weaver. The survivor of a horrific alien attack returns to planet LB 426 with Marines sent to check out the situation.

EVENING

6:00 pm CITY ch.29 "Long Life, Happiness and Prosperity" (2002, Comedy-Drama) Sandra Oh. A child unwittingly wreaks havoc around her when she tries magic spells to find a new husband for her divorced, overworked mother. (CC) (DVS) SPIKE ch.44 "Unforgiven" (1992, Western) Clint Eastwood. Premiere. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey. (In Stereo)

7:00 pm CITY ch.12 "Blind Trust" (2007, Suspense) Jessica Capshaw. An innocent woman learns sinister secrets about her lawyer after he defends her for murder. (CC)

8:00 pm WTBS ch.3 "Aeon Flux" (2005, Science Fiction) Charlize Theron. In the last city on Earth, underground rebels dispatch their top assassin to kill a government leader.

CHBC ch.4 BCTV ch.11 "Blind Trust" (2007, Suspense) Jessica Capshaw. Premiere. An innocent woman learns sinister secrets about her lawyer after he defends her for murder. (CC)

KXLY ch.10 "King Kong" (2005, Adventure) Naomi Watts. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island. (In Stereo) (CC)

9:00 pm FAM ch.26 "Houseguest" (1995, Comedy) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. (In Stereo) (CC)

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

..... continued on Page 19

Sunday Movies

MORNING

7:30 am A&E ch.9 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (CC)

8:00 am WTBS ch.3 "Daddy Day Care" (2003, Comedy) Eddie Murphy. After company downsizing, two former executives decide to open a day-care center for kids in their neighborhood.

10:00 am WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot.

SPIKE ch.44 "The Longest Yard" (1974, Comedy) Burt Reynolds. A warden forces an ex-football star to lead fellow inmates in a game against the guards. (In Stereo) (CC)

AFTERNOON

12:00 pm FAM ch.26 "Mr. Magoo" (1997, Comedy) Leslie Nielsen. Government agents and a beautiful thief pursue a myopic millionaire who unknowingly possesses a valuable gem. (In Stereo) (CC)

SPIKE ch.44 "Unforgiven" (1992, Western) Clint Eastwood. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey. (In Stereo)

1:30 pm FAM ch.26 "Spymate" (2003, Comedy) Chris Potter. A

former agent and his onetime chimpanzee partner reunite for a final mission to save the man's brilliant daughter from a villainous scientist. (In Stereo)

2:00 pm YTV ch.18 "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratopolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat. (In Stereo) (CC)

3:00 pm VTV ch.22 "Murder 19C: Detective Murdoch Mysteries: Under the Dragon's Tail" (2004, Mystery) Peter Outerbridge. Detective William Murdoch investigates the murder of an underground abortionist. (In Stereo) (CC)

SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

4:00 pm YTV ch.18 "Space Chimps" (2008, Comedy) Voices of Andy Samberg. Premiere. Animated. A fun-loving chimpanzee has to get serious when he becomes an astronaut and he and his shipmates become stranded at the other side of a black hole. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of

travel. CBC ch.13 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Kung Fu Panda" (2008, Comedy) Voices of Jack Black. Animated. Chosen to fulfill an ancient prophecy, a clumsy panda must become a martial-arts master and defend his people from a villainous snow leopard. (In Stereo) (CC)

SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

7:00 pm WTBS ch.3 "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel.

8:00 pm CBC ch.13 "Inside Hana's Suitcase" (2009, Documentary) Two children grow up in Czechoslovakia and endure extreme hardships for being Jewish. (In Stereo) (CC)

9:00 pm FAM ch.26 "Bailey's Billions" (2005, Comedy) Dean Cain. Two embezzlers plot to continued on Page 19

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SATURDAY, MARCH 5, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM). Each cell contains program names and channel numbers.

SUNDAY, MARCH 6, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM). Each cell contains program names and channel numbers.

MONDAY, MARCH 7, 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	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	Sports	Canada AM	Mayday	Henry's	CityLine	CSI: NY "Redemption"	Spoiled	
7 AM	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Boyblade	Curling: 2011 Tim Hortons Brier, Draw 6. From London, Ont. (Live)		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned	
8 AM	Cash Cab		Magic Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil			Salvage Code Red	Hannah	Rachael Ray	CSI: Crime Scene	Whatever	
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy		Live With Regis & Kelly	Canada's Worst Driver	Mickey	Role	CSI: Crime Scene	Restaurant Makeover	
10 AM	The Investigators	World Vision	Franklin Spider	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	World Vision	X-Weighted "Amy"	Poko	Little Bear	PBA Bowling	The View (N)	Worst Handyman	Mickey	EP Daily	CSI: NY	Graco	
11 AM	Forensics Evidence	World Vision	Rolle Polie	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	Babar		Marilyn Denis	Mighty Ships "Faust"	Suite Life	CityLine	CSI: Crime Scene	Gold Girls	
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick		etalk	License to Drill	Wizards	General Hospital (N)	Jail	Wipeout (N)	
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Hockey	Viva Piñata		Marilyn Denis	License to Drill	Cory	Jdg Judy	DEA "Up the Ladder"	Wipeout (N)	
2 PM	Friends	Young & Restless	The Ocean	Mr. Moon	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash	Steven and Chris (N)	Monster		Dr. Phil	Myth-Busters	Replacemn	Access Hollywood Live	DEA "Deep Cover"	Gold Girls	
3 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek	CityNews at 6 (N)	DEA	Restaurant Makeover	
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	UFC Fight Night: Diaz vs. Guillard	Instant	
5 PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention "Darick"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Curling: 2011 Tim Hortons Brier, Draw 8. From London, Ont. (Live)	CTV News at Five (N)	Myth-Busters	Wizards	The Bachelor "The Women Tell All" (N)	UFC Unleashed	Wipeout	
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Intervention "Jamie" (N)	News	(5:59) News Hour (N)	ET Canada	Coronation	Big Time		CTV News (N)	Dirty Jobs (N)	Suite/Deck	Wizards	UFC Unleashed	Wipeout	
7 PM	Seinfeld	Ent	Be the Creature (N)	Great Performances	Jeopardy!	The Dr. Oz Show	Heavy "Stacia; Tim" (N)	Ent	Ent	Hawaii Five-0 "Heihei"	Wheel	Weird		etalk	Oddities	Sonny	Harry's Law (N)	Ways Die	Instant	
8 PM	Movie: "Phenomenon" (1996, Drama) John Travolta.	House "Bombshells"	Seven Ages of Britain		The Event Thomas launches a surprise attack. (N)	How I Met Mad Love	Heavy "Jill; Johnny"	The Bachelor "The Women Tell All" (N)	House "Bombshells"	House "Bombshells"	Mosque	ICarly		Sunshine	Daily Planet	Suite/Deck	Fish Hooks	EP Daily	Jail	ET Canada
9 PM		The Chicago Code (N)	Power of Art	ADD and Loving It?!		Two Men Mike	(9:01) Intervention	Tell All (N)	The Chicago Code (N)	The Chicago Code (N)	Village on a Diet (N)	Kyle XY	North American Tour	Two Men Mike	Myth-Busters	Sonny	The Flavor of Love	DEA Undercover missions	Parking	
10 PM	Movie: "A Lot Like Love"	Hawaii Five-0 "Heihei"	Death in the Forest	Bombeck	Harry's Law (N)	Hawaii Five-0 "Heihei"	(10:01) Intervention	(10:01) Castle	Hawaii Five-0 "Heihei"	News Hour Final (N)	National	Family Biz	North American Tour	(10:01) Castle	Oddities	Ned's	Justice	DEA	Wipeout	
11 PM		CHBC News Final (N)	Branded	Charlie Rose (N)	News (N)	News	(11:01) Heavy	News	News Hour Final (N)	ET Canada	George S	Frank Ptrl	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.	Life Derek	Wipeout	

Monday Movies

EVENING

8:00 pm WTBS ch.3 "Phenomenon" (1996, Drama) John Travolta. An amiable, small-town Everyman is inexplicably transformed into a genius with telekinetic powers.

10:30 pm WTBS ch.3 "A Lot Like Love" (2005, Romance-Comedy) Ashton Kutcher. Casual friendship turns into something more as two people struggle with careers and relationships through the years.

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for rent

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- Take customers orders
- Prepare food such as sandwiches, hamburgers, salads, milkshakes and ice cream dishes
- Portion and wrap food or place it directly on plates for service to patrons, and package take-out food
- Serve customers at counters
- Stock refrigerators and salad bars and keep records of the quantities of food used
- May receive payment for food items purchased

Permanent, Full-Time, Shift, Weekend, Day, Evening
\$11.31 Hourly for 40 Hours per week
Some high school education needed - No experience needed (employer will train)

How To Apply:

By Mail: 158 Tapton Avenue, PO Box 1078, Princeton, B. C., VOX 1W0
By e-mail: dqpbcc@yahoo.com John Babiak, Dairy Queen, Princeton, BC

38 Billiter Avenue. 3-storey, river view. Asking \$220,000.00. Call Dave at 604.599.1406 or Tamaryn at 250.328.4891. Feb 22-Mar 29

4-bedroom house on a lake. 2-bath, fully furnished. Includes utilities and weekly house-keeping. Asking \$2,400.00 per month. Call 250.295.7988. Feb 22-Mar 08

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Studio and 1-bedroom apartment. Downtown location. Also Commercial office space downtown. Available March 15th. Call 250.295.1681. Feb 22-Mar 08

Fridge and stove (white), \$100.00 each. 2002 diesel 4x4 3/4-ton truck, \$21,000.00 OBO. Also 4 Chihuahua puppies. Call 250.295.3048. Feb 15-Mar

2-bedroom home, washer/dryer, fenced yard, woodstove, shed and pet possible. Asking \$800.00 per month. Call Bronwyn Royal LePage 250.497.5541. Mar 01-15

Will move irrigation hand lines once a day, in the afternoon. Must be very close to Princeton. Call 250.295.4149 and ask for Brenda.

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- Unpack and store supplies in refrigerators, cupboards and other storage areas
- Sweep and mop floors and perform other duties to assist cook and kitchen staff

Permanent, Full-Time, Shift, Weekend, Day, Evening
\$11.31 Hourly for 40 Hours per week
Some high school education needed - No experience needed (employer will train)

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sudoku

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #340

135	286	497
246	791	583
987	534	612
691	475	238
735	928	164
428	613	975
512	867	349
869	342	751
374	159	826

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**Similkameen
News Leader - Recipe Corner**

Recipe #362

**Risotto with Lemon Rinds,
Shrimp and Seeds of Pomegranate**

Ingredients

- Shrimp 200 g
- Carnaroli or Arborio rice 240 g
- Dry white wine 2 tbsp
- Parmesan cheese 50 g
- Butter 40 g
- Lemons 2
- Onion 30 g
- Pomegranate (seeds) 1
- Vegetable broth 1 ltr
- Extra virgin olive oil 1 tbsp

Preparation:

Warm the oil in a pan and add the chopped onions. Now add the cleaned and peeled shrimps. Cook for about 5 minutes, then add the rice, cooking it for approximately 3 minutes more.

Add the white wine and let it vaporize then add the lemon rinds and hot vegetable stock. While cooking the rice, stir continuously

Once rice is cooked, remove the pan from the flame and let it rest for 2 minutes.

Add the butter, the parmesan, the lemon juice, half of the pomegranate seeds and stir quickly. Serve on plates garnished with the rest of the pomegranate seeds.

- www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

Weekend Movies

..... continued from Page 14

SATURDAY MOVIES

gambling and murder. (In Stereo)
 10:00 pm WTBS ch.3 "The Associate" (1996, Comedy) Whoopi Goldberg. A Wall Street whiz invents a male partner to attract clients for her fledgling investment business.
 10:30 pm FAM ch.26 "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (In Stereo) (CC)

..... continued from Page 14

SUNDAY MOVIES

steal money from a talking dog that has inherited a fortune. (In Stereo) (CC)
 SPIKE ch.44 "The Longest

Yard" (1974, Comedy) Burt Reynolds. A warden forces an ex-football star to lead fellow inmates in a game against the guards. (In Stereo) (CC)
 10:00 pm WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot.
 10:32 pm FAM ch.26 "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors. (In Stereo) (CC)
 11:00 pm KNOW ch.5 "Lost in La Mancha" (2002, Documentary) Narrated by Jeff Bridges. Production comes to a halt on Terry Gilliam's film "The Man Who Killed Don Quixote." (CC)



Brian Pawluk CFP with Edward Jones in Oliver offered an entertaining and informative look at RRSP'S, RESP'S And TFSP'S. Photo: Arlene Arlow

..... continued from Page 4 normally associate with our region such as the Norway Rat. This pest entered the Okanagan-Similkameen a couple of years ago on freight truck from Vancouver. Moles are another pest that we don't associate

with our region, but her experience suggests that they are invading gardens and golf courses in our region of BC. They aren't easily trapped, and eradication can take a few weeks.

Phillis cautioned that compost piles with fruit are guaranteed to attract ants and flies.

Perhaps the most personal topic was bedbugs. This insect can be found in any hotel (price doesn't matter to bedbugs). Egg casings appear as dark sand on the seams of sofas and mattresses and along and behind headboards. The eggs stick to shoes and suitcases and can easily be brought home. If you awake in the morning to pinkish welts on your body, chances are the suspect is bedbugs. Find other accommodations, but not before laundering and cleaning all of your clothes, shoes, luggage and clothing.

Natalie Ferebee, FMA of RBC Dominion Securities in Penticton reminded guests that if your estate is worth over \$50,000.00, it automatically is processed through probate. Probate fees and lawyer fees can eat away at your estate ever before your heirs get their part. By moving bank accounts and securities to joint ownership between your respective heir and yourself, you guarantee that they will receive the inheritance in its full value without probate. This is ensured through "right of survivorship". Natalie also advised guests that Power Of Attorney is only in effect while you are alive.

Businesses can increase their chance of survival beyond by developing benefit programs for the employees to ensure loyalty and using "Key Person Insurance" in

case a key person in the organization falls ill or passes on.

Brian Pawluk CFP with Edward Jones in Oliver reminded guests that if you expect to retire with low income, your income supplements are reduced when you cash in an RRSP. His advice: Know what financial picture you are shooting for at retirement because RRSP's are not for everybody. Brian's recommendation on the new Tax-free Savings Plan introduced by the federal government: If you withdraw funds from the account, do not place those funds back into the TFSP until the next calendar year, otherwise you will face unwanted tax consequences. Unlike RRSP's, if you withdraw from a TFSP while retired, the monies will not impact your income supplements such as Old Age Security and Canada Pension.

Charles Cornell, BComm and Business Analyst with Community Futures in Penticton spoke about some of the programs that his non-profit organization has for entrepreneurs. Loans, mentoring advice, market statistics, and self-employment programs that allow you to remain on EI and start your business are some of what Community Futures offers. Community Futures is funded by the private, provincial government and federal government initiatives.

On a closing note, Similkameen Country offered to keep up-to-date information on the Spotted Wing Drosophila fly including the results of ongoing research conducted by the BC Ministry of Agriculture. Visit the chamber's website www.similkameencountry.org for information.

Keremeos Village Council News

..... continued from Page 5 exterior access stairs and an appropriate access landing at the rear entrance. Both the property owner and the Building Inspector presented their position to Council.

Two property owners at the northwest edge of Keremeos are requesting inclusion in the Village boundary. The proponents are also suggesting that Keremeos extend its boundaries to include an adja-

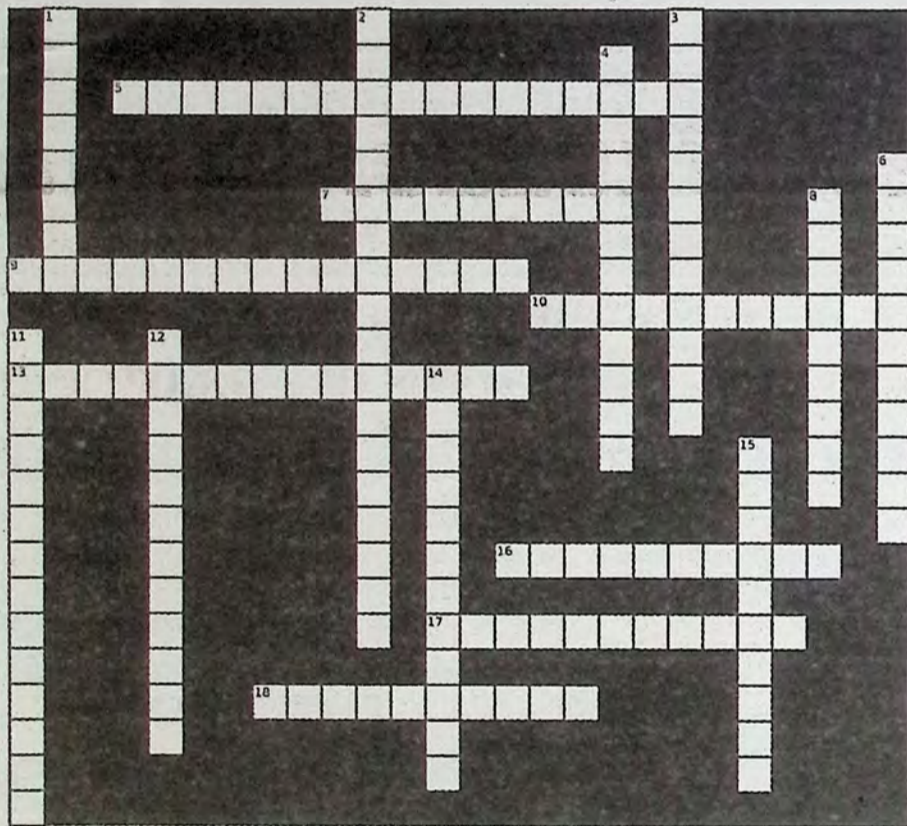
cent piece of Crown Land.

Questions were posed from the gallery regarding installing a potable water station or other water source for the Farm Workers' Campground. Council responded that the campground is in Area G of the Regional District of Okanagan Similkameen.

Suggestions should be forwarded to the area rep Elef Christensen in Hedley.

Similkameen News Leader Puzzler

Use the February 22nd News Leader to find Answers Below...



- | | |
|--|--|
| <p>Across</p> <p>5 Whose name will be on a plaque in the expanded wing of the museum?</p> <p>7 Who pulled out of the race?</p> <p>9 Who was named 2004 Princeton Posse Rookie of the Year?</p> <p>10 What gives plants the red, orange and yellow coloring?</p> <p>13 Where was the Spirit Festival held?</p> <p>16 Who was the 2004 Princeton Posse Hardest Working player?</p> <p>17 Take bilberry extract if you suffer from a loss of _____?</p> <p>18 Who was the 2004 Princeton Posse Top Offensive Player?</p> | <p>Down</p> <p>1 What event is scheduled for September 10th and 11th?</p> <p>2 What event is on May 8th?</p> <p>3 Who was the 2004 Princeton Posse Most Sportsmanlike award winner?</p> <p>4 J.J. Holmes was honored as the 2004 Princeton Posse _____</p> <p>6 Who was the 2004 Princeton Posse MVP award winner?</p> <p>8 Who was the 2004 Princeton Posse GM?</p> <p>11 May 14th and 15th at the PXA grounds are reserved for who?</p> <p>12 Who was the 2004 Princeton Posse Coach?</p> <p>14 Who was the 2004 Princeton Posse Fan Favorite?</p> <p>15 What is the name of the goalie in the picture taken after the February 13th exhibition game?</p> |
|--|--|



Editorial Page News Leader

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

My Turn...

Going Postal In A Small Town

I like to check my mail once a day, usually in the early afternoon. I used to check it earlier, but eventually discovered that there are days when not all mail is out before lunchtime, so I adjusted my schedule.

No big deal. It gets me out of the office and into fresh air and away from my computers for a few minutes.

Of course, you have to remember this is Princeton and often the half block walk from our office to the post office will take a half hour or longer. We're all friendly folk in our town, so it's not uncommon to bump into someone you haven't seen for a while and need to catch up.

So we trade our personal news back and forth somewhere on the street downtown.

Then once you get into the post office there's sometimes a crowd in the box lobby and it's usually people chatting about this or that and in many ways it has become the local community centre.

There's a bulletin board, regular traffic and a counter to lean on.

All that's missing is a coffee machine and freshly baked cookies, but I wouldn't be surprised to find those things there the next time I pop in the see what's been stuffed into my mail box.

The trip to the post office is a lot like Christmas. You never know what you'll find waiting for you in your shiny little metal box.

Sometimes it's full of bad mail (bills, for example) and other times it's magazines or, in our case, a few cheques from customers paying our bills.

Does anyone still write letters anymore? I can't remember the last time I actually saw a letter in our mailbox, and those long-winded stories written about the past year sent at Christmas don't really count as far as I'm concerned.

It makes me think that maybe that's why postage goes up almost every year. Although they are still a delivery service, it's not delivering communication of the personal kind. They are a vital link to reaching those of us who owe money to one utility or other.

Maybe coffee and cookies in the box lobby will take away a bit of the sting and make picking up bills a bit more enjoyable for me.

And it wouldn't hurt me to be of the office a bit more each day.



Phillis Zella of Predator Pest Management in Penticton covered topics ranging from bats (they are a protected species) to how small an ant can be (less than a sixteenth of an inch) to how a Brown Recluse Spider bite will affect you (the symptoms are similar to flesh-eating disease). Zella was one of the guest speakers during the February 17th Similkameen Country Information Series in Keremeos. Photo: Arlene Arlow

...Your Turn

Local man tackles climate change

To The Editor:

Taking climate change seriously, there are many little things we all could do to help improve the situation, and reduce our carbon footprint.

Sometimes if we understand something it may make it easier. Years ago when I was taking my Auto Mechanics pre apprentice training our instructor taught us that a car or truck engine takes on average 12 miles or 16K to warm up thoroughly.

That is not just when your temperature gauge shows warm, it is when the oil temperature, and core temperature of all internal parts reach full operating temperature.

When this is attained condensation is dispelled from the internal parts and the oil.

This is when optimum efficiency and fuel economy are attained, thus if you do a lot of short drives the condensation build up requires more oil changes ie: more of that increasingly precious black gold.

The short drives don't do your car engine much good, and the pollution created doesn't do our atmosphere much good.

This could be called a lose, lose, lose situation, but the oil companies love ya.
- Jim Hodge, Princeton

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EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.

PSS Class of 2011
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Fun for the Whole Family!

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Current Comment

The Guy Who Is Really Romantic



Dawn Johnson
editor@thenewsleader.ca

A few weeks ago I wrote about women complaining that Canadian men are not romantic. Our men don't bring flowers and candy for anniversaries and birthdays, and often forget those important dates. Ladies, while I agree to a point, let me give credit to another kind of romantic man, the kind I call the romantic hero.

This is the guy who may not remember a special anniversary date with flowers, or even a card. He may forget about Valentine's Day. He may rarely say, "I love you." However, women with good sense tend to hang onto a romantic hero.

The romantic hero does things for his woman without being asked. He's the guy who says, "Your car looks kind of dirty, Hon, I'll wash it for you."

He's the guy who makes sure every bill is paid, the cupboards are stocked, and he's on time for dinner 364 days of the year. He carries heavy things for his wife, he puts family first, and takes pride in providing well for his

loved ones.

I'll give you an example of one guy who was NOT a romantic hero. He became very angry with his wife because she spent her pay cheque on winter clothing for their child, money he had counted on to buy a new rifle to go on a hunting trip with his friends. A romantic hero would have been content to use his old rifle, and would have agreed winter clothes for the child are more important.

I have a friend who had a wonderfully romantic boyfriend. He brought her flowers, he took her to romantic tropical places, bought her lovely gifts, and charmed her every day. She was thrilled to move in with him, and they were engaged to be married. She had a wonderful love affair until she contracted hepatitis B from one of their trips to an exotic location. Seriously ill, she faced the possibility of a liver transplant, and she faced it alone. As soon as she was diagnosed with a life-threatening illness, boyfriend became abusive and she had to move out of his apartment. She had nowhere to go, and had no money. She depended on the charity of friends and the social welfare system until

she was well and able to work again. She would take a steady guy any day. He might not seem romantic, but he's a "keeper".

A romantic hero has his priorities right. He is there for his wife and family when they need him. He is the guy who does everything that needs doing when it needs doing. This guy may appear dull, but he's the steady guy a woman can count on. He's not afraid of commitment and he counts his wife and kids as his greatest assets.

I am sorry to say this good guy is often unappreciated by the people he takes care of. He is usually taken for granted, and he may be just the kind of guy women complain about for not being romantic.

If you're one of those women who has been complaining, maybe you need to take another look at this kind of guy. You might discover it is better to have a romantic hero than a guy who brings you flowers but isn't there when you really need him. The romantic hero is the guy who says he loves you and shows he really means it by doing the best he can for you.

If you have a romantic hero in your life, cherish him.

Locum program safe until May

Staffing for Princeton General Hospital Emergency Room is in place until May, Councillor Marilyn Harkness reported to Town Council on February 21. She stated the administration must apply for continuation of the locum program.

Hospital staff identified a need for improvement of the doctors' offices to make seeing patients more efficient. They asked for more examining rooms. Interior

Health has agreed to provide funding for this renovation of the doctors' offices at the hospital.

Councillor Harkness said the Health Recruitment Committee discussed the importance of having an aquatic centre for local people, and as a means of attracting staff. The committee believes an aquatic centre would be beneficial in teaching young people to swim, and educate them about water safety.

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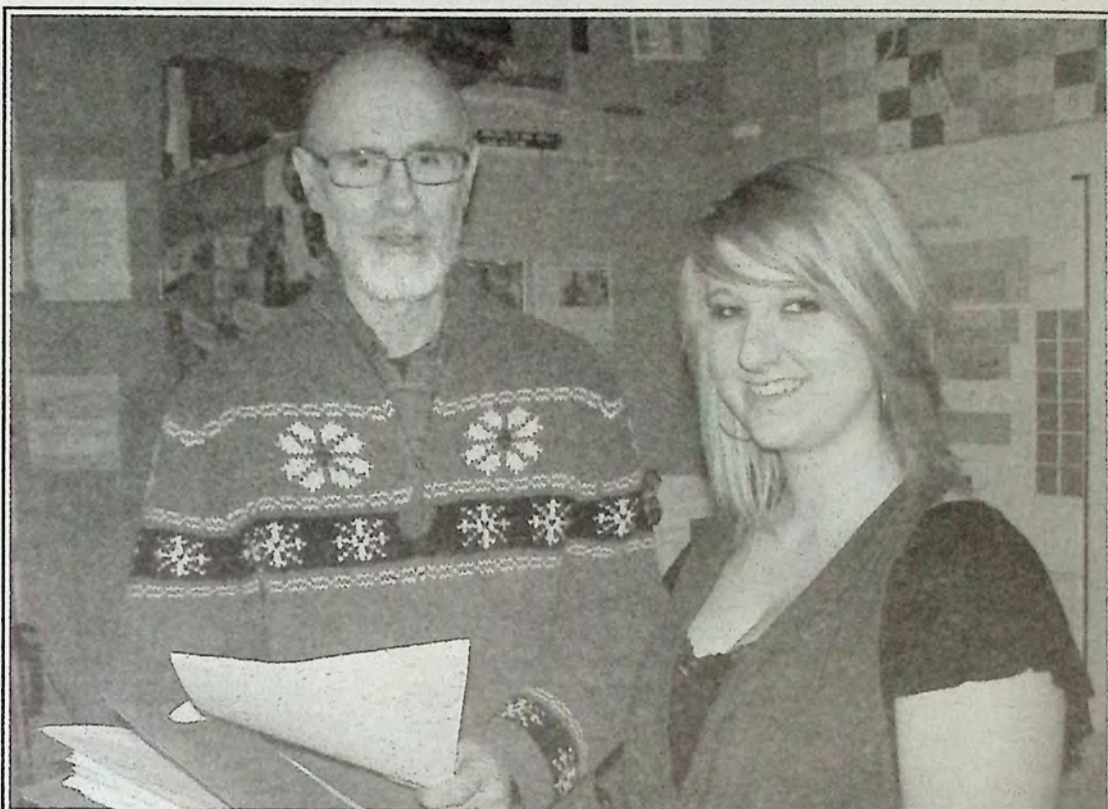
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The News Leader's Des Cosman, right, had an interesting visitor in her Law 12 class February 24th. Southern Interior MP Alex Atamanenko liked her idea of a Bill to lower the voting age and discussed it with her and her class along with explaining the process Bills take before becoming law. *

My right to vote - denied?

by Des Cosman,
 News Leader Youth Rep

About a week ago I wrote a letter to Alex Atamanenko, regarding the right to vote. Recently EI (employment insurance) has had a petition to raise our employment insurance because they are going broke.

am 17 I am not allowed to voice my opinion with a vote because I am too young.

Well, a Bill passed today will affect me tomorrow, and I didn't even get a say in it. I thought, "Canada, was a democracy, where everyone has the right to vote."

where I understand maturity levels and such but I have a solution for that, too. Why doesn't the government come up with a test that asks basic questions about the structure of government and who is running for the position?

Now does this sound fair to you? I

Yes there are certain situations

PSS marks Anti-Bullying Day

by Des Cosman,
 News Leader Youth Rep

On February 23rd all PSS students attended different workshops regarding 'Pink Day'.

For those of you who don't know, Pink Day came to be when a young boy was bullied for wearing a pink t-shirt on the first day of school. Other students witnessed the bullying and wore pink t-shirts to school the next day. This made the student who had been bullied feel accepted and appreciated.

CFL's B. C. Lions.

Both guest speakers left students thinking about how decisions they make (like bullying) can affect them in the future. Pink Day workshops were organized by social justice students. One workshop included finding out what you don't see in a bully or a victim, eventually showing that underneath a bully and a victim have many of the same traits.

This would not only eliminate those who don't have the mentality to vote but those who don't understand who they are voting for. You have to remember here, that this has to stay fair, not only children would have to write the test but everyone young and old. Another factor quickly arising is the baby boomers. They will be retiring soon and as you know they are the majority of our population.

Now every February 23rd students wear pink to show as a society that we will not stand for bullying.

Social justice students wish to work together to make the school a safer place by pledging to not be judgmental and keeping their thoughts to themselves. Students wish to provoke others to sign an existing pledge or make their own.

How come they get the vote when the youth or society has to live with it and have no say? A Bill could be passed regarding employment insurance (something that doesn't affect the retired) and yet those who will struggle to fill the jobs of the baby boomers have no say.

This Year's Pink Day included two guest speakers, Rob 'K.A.S.P' Sawan, an Aboriginal hip hop artist and J. R. LaRose, a safety from the

How are you going to stop bullying?

Also regarding the letter, I invited Mr. Atamanenko to my Law Class to further discuss the letter. On Thursday February 17th I was pleased to be informed that Alex would be attending my law class the following week (February 24th).

Plan final draft online

The Cultural Plan committee announced last week that the final draft version of the 10-year Cultural Plan for Princeton is available for review on the Princeton Arts Council website located at: www.princetonarts.ca.

Since January several changes have been made, including refining the goals and writing an accompanying implementation plan with proposed time lines and responsibilities.

Pleased was a simple term for the feelings I felt when I got the return letter. More like a small heart attack is how I would explain it.

The final draft plan includes information on how the goals were identified by outlining the different stages of community consultation and research.

If you have any comments you can forward them to Vicky Jones at vickyjones5@gmail.com by March 14th so that all input may be reviewed before the final deadline of March 21st.

I am looking forward to my future and along the way I wish to change things that I feel are unjust. I refuse to be pushed around my whole life by things I feel are wrong so I'm starting early.

www.upnadam.me

If no one ever stood up to the government we wouldn't be where we are today. As time moves forward so must the laws and I believe its time for change.

February 23 Anti-Bullying Day



Anti-Bullying or 'Pink Shirt' Day was celebrated at Princeton Secondary School and featured support from students, staff and teachers dressed in pink. Photo: Emily Allison



Classroom doors throughout PSS were decorated featuring many messages and examples of what various forms of bullying can look and feel like. Photo: Des Cosman



One of the guest speakers at PSS during Anti-Bullying Day was Rob 'K.A.S.P' Sawan who is an Aboriginal rap artist from the hip hop group 7th Generation. Photo: Emily Allison



February 27th was proclaimed Anti-Bullying Day in British Columbia in 2008 by then-Premier Gordon Campbell. It is a Canada-wide event. Photo: Des Cosman



Students at Princeton Secondary School participated in many different 'workshops' and demonstrations aimed at identifying actions associated with bullying. Photo: Emily Allison



Anti-Bullying Day at PSS featured J. R. LaRose, of the B. C. Lions who gave an inspirational and informative presentation in the school gym. Photo: Morgan Dobbs

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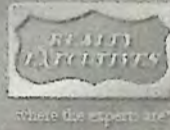
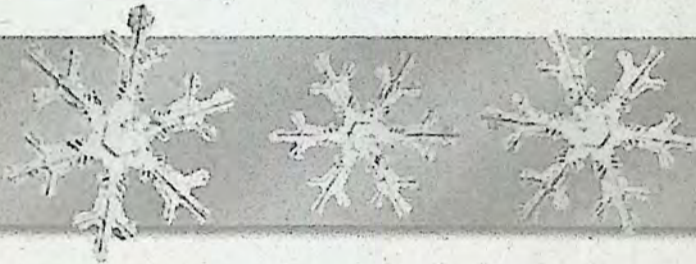
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181 Missezula Lake Rd



Fabulous custom-built home in popular Missezula Lake Subdivision. Incredible landscaping with easy maintenance perennials, wrap-around deck to enjoy morning coffee or evening sunsets. 20x30 garage with skylights, outbuildings, 6 1/2 foot low basement, perfect for storage. This home has been built with the best materials including Nascote Styrofoam insulation walls. **MLS © 104752 \$387,400**

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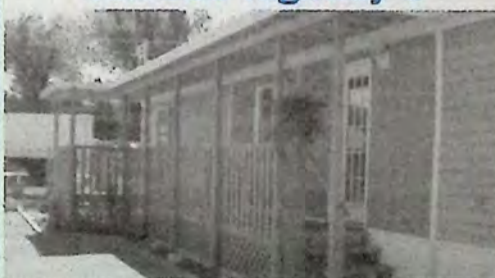
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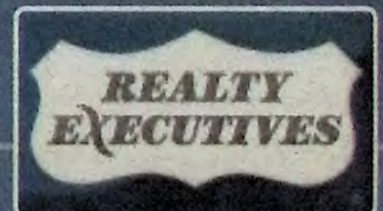


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Enjoy spectacular mountain views from this generous R1 zoned building lot on the "Sunny Beach" in Keremeos. So much has already been done for you all you need is your building plans! Power, water, telephone and cable are at the lot line, gas is close by and there is a registered septic covenant and perk test already approved in Interior Health. Located in a quiet neighbourhood. **MLS © 112786 \$129,900**

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