



Similkameen News Leader

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Tuesday, March 8, 2011

SAVE 25% OFF WINTER BOOTS? See Below!



Sarah Nelson explored the differences between natural and artificial light in her Grade 8 Science Fair project which was on display last week at Princeton Secondary School. Photo: Des Cosman

Town releases Air show plans

Now entering its fourth year, the Princeton Air Show Committee announced last week this year's featured acts for the Saturday, July 16 show.

Featured, and new to the air show, will be several aerobatics teams including: Team Rocket, Blender Airshows and John Mrazek Airshows. Each of these aerobatic groups brings a unique and exciting routine - from the highly modified Rocket aerobatic planes flown by Team Rocket to the aerobatics purpose built Pitts Special biplane flown by Ron Andrew of Blender Airshows, spectators this year will be thrilled.

In addition to John Mrazek flying his Second World War Harvard trainer in a spectacular aerial ballet, he will also be bringing his jet trainer the Delphin L29. The Delphin L29 is a military jet trainer that became the standard air force trainer for eastern block countries in the 1960s and was used actively until the early 1980s.

Vintage aircraft will be coming from the Canadian Museum of

Flight and the Historic Flight Foundation along with a number of private vintage aircraft. All of these will be part of the static display that the audience will be able to get up close to.

The Princeton Air Show has relaunched its website online at www.princetonairshow.ca with information on all of the performers, static displays and general information for the public. If you are interested in keeping up to date with the show over the next months, you can also follow the Princeton Air Show on a Facebook page.

All of the featured aircraft, along with Air Force and general aviation aircraft are participating in our static displays, providing the public with an up close look at vintage and modern planes.

Children's activities, food vendors, souvenirs and much more are part of the July 16 air show.

Gates open off of Airport Road at 9:45 AM Saturday, July 16 and admission is only \$5 with children 5 and under free.

Racing association sets date

There is a possibility that Princeton may have more than one race meet this year, but the major annual thoroughbred horse racing will take place on Thursday, June 30, beginning at 3:00 PM. This will launch the start of the Canada Day weekend in Princeton.

At the February 24 meeting, members of the Racing Days Association discussed plans. The group will begin seeking sponsors in the next couple of weeks. Sponsors support the purse (prize) money which attracts horse owners to bring their racing stock. The better the purses, the better and more exciting the races.

The rest of the Racing Days celebration has always been built around the races. As Racing Days President John Bey has often said,

Princeton does it right. He is hoping for great support from the senior racing association as well as from local sponsors providing regular support of the annual tradition.

Decisions have been made regarding advertising. Racing Days Association will participate in the website undertaken by Princeton

Fall Fair joins website

At a planning meeting held February 22, Princeton Agricultural Fall Fair discussed participating in the website proposed by Princeton Exhibition Association. Everyone agreed it was a good idea, and will share costs.

Two Fall Fair members will work with the PXA and Up 'n' Adam

Exhibition Association and will advertise in the tourist guide in addition to regular signage, posters and newspaper advertising.

The next meeting will be held March 17 at 7:00 PM at the library. Anyone interested in participating in the plans for Racing Days is invited to attend.

Website Design to include features the Fall Fair would like included. Lisa Carleton offered to share her photo collection for use on the website.

Most of the rest of the meeting was spent on discussion of plans. Racing Days President John Bey reported on the plans for race meets this year and there was discussion of possible changes in the layout of the grounds to reposition the horse shoe tournament. No plans were finalized.

Spring ahead this weekend!

Are you ready to 'spring forward' this weekend? Daylight Saving Time kicks into gear Sunday, March 13th but have you ever wondered why we change our clocks?

Daylight Saving Time (or summertime as it is called in many countries) is a way of getting more light out of the day by advancing clocks by one hour during the summer. During Daylight Saving Time, the sun appears to rise one hour later in the morning, when people are usually asleep anyway, and sets one hour later in the evening, seeming to stretch the day longer.

Daylight saving time begins in the northern hemisphere between March and April and ends between September and November.

Standard time begins in the northern hemisphere between September and

November and ends between March and April.

Many countries in the northern hemisphere may observe DST but in Canada there are exceptions including most of Saskatchewan, a small region in British Columbia as well as a section of Nunavut and an area in Quebec who do not change their clocks.

But to be on track this weekend, be sure to move your clocks and watches AHEAD ONE HOUR when you go to bed Saturday night and when you wake up the following morning you'll be on time.

We get that hour back when clocks revert to Pacific Standard Time on Sunday, November 6th.

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**PSS Class of 2011
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NEW DATE!
7:00 PM Thursday, March 17th
Princeton & District Arena



The Spirit Festival colouring contest allowed a lot of children to express themselves! *

Rodeo Club launches campaign

In the next week or two, Princeton Rodeo Club will be launching a campaign for sponsors for the May 14/15 rodeo. Vendors will be welcomed, and there are already some vendors asking for space. Ruby Bey is handling vendor inquiries.

Princeton Lions Club has offered to run the refreshment garden. This year the Lions' auction will be a week in advance of the rodeo, avoiding last year's conflict of dates.

The rodeo promises to be very good again this year. West Coast Thunder Drill Team will be back, Roy Call with C+ will provide rodeo stock, and Dennis Halstead will be the clown. Junior Queen for the rodeo is Taneesha Beaupre.

A dance is planned following the rodeo events, and some talented local musicians will provide the

tunes. At the February 24 Rodeo Club meeting, members agreed to join with Princeton Exhibition Association in sharing the proposed website. Arrangements are being made to gather information and photographs for all events held at the fairgrounds for placement in

Council wants industrial site changed

The former Mego Wood industrial site located at the west end of Similkameen Avenue (near the tunnel) was a topic at the February 21 Town Council meeting. This land is Crown property.

Town Council does not want the province to lease it for industrial use in the future.

Mayor Randy McLean stated Council is making an effort to have the provincial government under-

the website. Discussion of assignments of duties for the rodeo outlined who would do what. Terry Inglis was asked about some of the work to be done at the grounds, and he told members there will have to be work parties in order to complete the work prior to the rodeo.

stand that the community wants this land to be used for residential development.

Princeton Town Council will be designing a neighbourhood plan for the area.

At this time, there are no plans for the Town acquire this land, as matters are at a preliminary stage. The goal at this time is merely to prevent the land being leased for industrial use.



One of the most spectacular parts of a pow wow is the Grand Entry! Photo: Dawn Johnson

The Spirit Festival: A good spirit for the valley

Organizers of the first (and annual) Spirit Festival can pat themselves on the back for putting together a great event for the Similkameen Valley.

The day began with a craft fair and Reel Roots film show, archaeology

display, face painting, and a display of student art work done as part of the cultural education series prior to the main event. The concession was popular with a high demand for fried bread and Indian tacos. A pow wow ended the day.

The main day was preceded by the unveiling of the pictograph mural which now graces the foyer of the public library. It is an exceptional piece of art work.

It's creator, Ed Staples, is to be commended for an outstanding

artistic vision as well as for the work he has done. Local residents will do themselves a favour by dropping in at the library just to see the ceramic tile mural.

The pow wow was a lot of fun. Following the Grand Entry and prayer, Mayor Randy McLean, Area H representative Charles Webber, the chiefs of both the Upper and Lower Similkameen Indian Bands, and Robin Lowe of the Arts Council were asked to say a few words. Then the mayor, Webber and the chiefs were instructed to dance. This brought a lot of good-natured laughter, but the dignitaries did their part with equal good nature.

Master of Ceremonies John Terbasket loves to keep things entertaining. He called for five dancers of each gender to come forward and dance in a special dance. Then he had them select five non-native spectators to join them in the dance.

When the dancers made their choice, the people selected were abandoned on the dance floor and told they would now dance in a contest. The inexperienced dancers did their part with a lot of enthusiasm. At the end, John Henry and Maggie Desbiens were the winners. Although the pow wow was not a

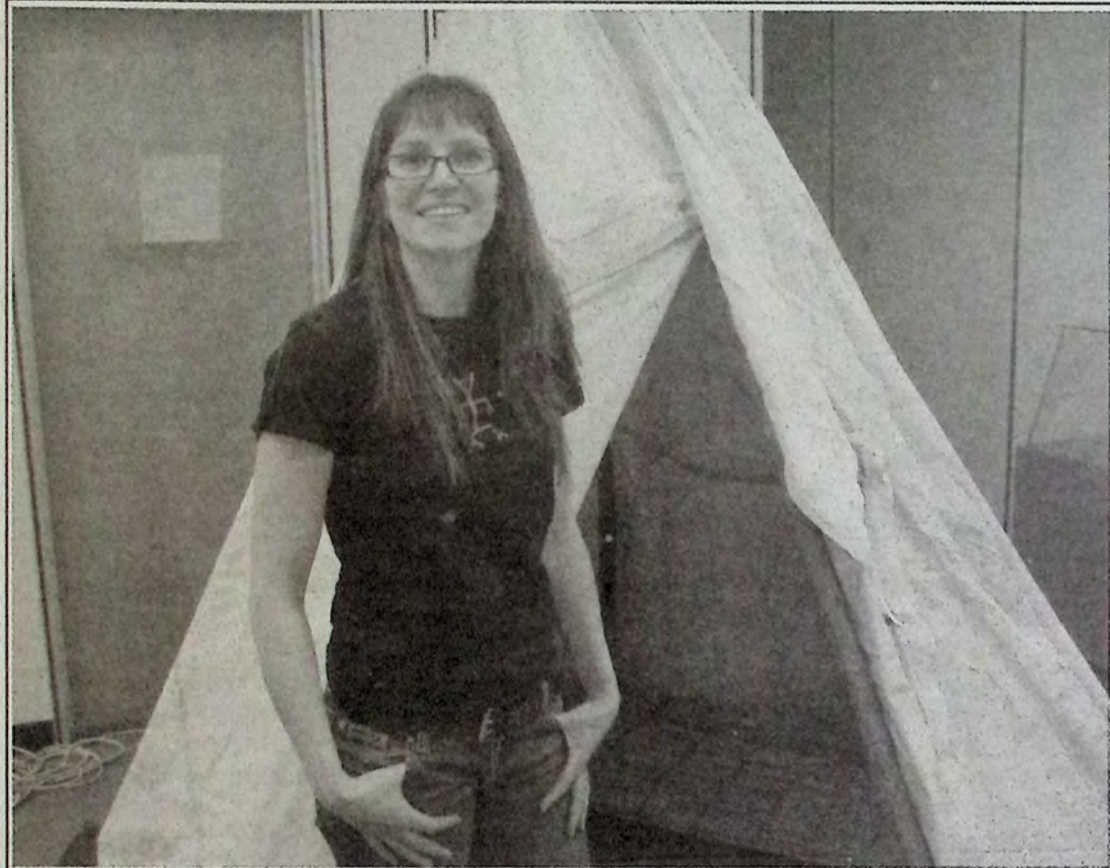
regularly scheduled event on the pow wow trail, it featured nine drums (professional drum groups) which was simply outstanding and a good show of dancers from many locations.

It was surprising how many Indian Bands became involved. In addition to both Similkameen Bands, Penticton was well represented, assisting in the film project, and drums came from several locations. Dancers came from the Okanagan, Merritt and Lytton.

Oli Bent, pow wow organizer, Robin Lowe and her crew of volunteers, the kitchen staff, Brenda Gould and her archaeological team from the Upper Similkameen Band, both Indian Bands, and all of the organizing committee deserve the praise of our community for an event that drew Similkameen Valley citizens together for an event well worth repeating.

Plans are in the works for another Spirit Festival next February 2012, but everyone says the pow wow portion must be held in a larger venue.

The pow wow was such a success there was standing room only for the first couple of hours. One of the promises announced at the pow wow was that it will be bigger and better next year.



Spirit Festival Co-ordinator Robin Lowe stopped moving around long enough for us to capture this shot. *

Town of PRINCETON

Princeton Town Hall News

CAREER OPPORTUNITY

Public Works Foreman

Reporting to the Manager of Public Works, the Working Foreman is responsible for the supervision and work co-ordination for Works Crew involved in the operation and maintenance of water and sewer systems; general maintenance of Town utilities, properties, roads and parks; and operation and maintenance of all equipment.

The successful applicant will have a municipal public works background and be a seasoned supervisor and leader. The ideal applicant will possess EOCP certifications in water and waste water management and have a Class 3 license with air endorsement..

The position falls within the CUPE 608 Collective Agreement with a wage rate of \$30.89.

Applications are invited in the form of a detailed resume with a covering letter detailing your qualifications and experience relative to the position. Applications, clearly stating the title of the position for which you are applying, will be accepted by the undersigned until 4:30 p.m. on Friday March 25th, 2011.

Andrew Reeder, Manager of Public Works
Town of Princeton
PO Box 670, 169 Bridge Street
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E-mail: areeder@princeton.ca
Phone : 250-295-3135

2011 WATER & SEWER BILLS

2011 Water and Sewer invoices have been mailed to property owners. If you did not receive your invoice please contact the town office at 250-295-3135.

To receive a 10% discount, full payment must be received in the town office by 4:30 pm on Friday, March 18th, 2011. Postmarks on mailed remittances will not be considered as date of payment.

Payments can be made by cash, cheque, debit card, telephone banking or online through your bank's website.

MOVIES AT RIVERSIDE CENTRE

Riverside Centre Theatre Presents:
NARNIA: The Voyage of the Dawn Treader
Rated: PG

Friday, March 18
Evening Show: 7:00 pm
\$5.00 at the door

Located at 148 Old Hedley Road in the retired school just down the road from the arena.
Watch for movie listings at www.princetonarts.ca or call the theatre hotline at 250-295-6067 line 2

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.

ITS COMING !!!
SATURDAY JULY 16TH



princetonairshow.ca

The Town of Princeton Airport Select Committee is hosting the 4th Annual Princeton Air Show on Saturday, July 16th, 2011.

We would like to invite individuals or groups to volunteer at this spectacular event. Volunteers are needed for the following areas; food services, children's area, front gate, grounds cleaning, crowd control & information, parking, set up & clean up of site and more. Volunteers can We also invite static displays, vendors, artists or groups to submit their proposal to participate at the Princeton Air Show to Town Hall.

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Volunteer register on-line at
www.princetonairshow.ca
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2011 BUSINESS LICENSE

Business licence renewal invoices have been mailed and are due upon receipt. Business license application forms are available at town hall.

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Keremeos News



Elim Tabernacle in Keremeos hosted the 'Healing for our Stories' Women's Conference February 24th to 26th. Each day included fun activities between sessions. The News Leader's Brenda Engel, left, one of many Princeton women in attendance, assists artist Diane Smith. Photo: Helga Pehkonen

Event features Similkameen wines

Princeton Rotary Club will host their annual Winter Wine Fest Saturday, March 12th at Riverside Centre, Princeton.

The event has annually featured wines from a number of Keremeos and Cawston area wineries.

Participants over the years include St. Laszlo's Winery, Crowsnest Winery, Rustic Roots Winery and Seven Stones Winery.

The Rotary Club has always recognized the tremendous quality of the wines produced in the Similkameen and has always attempted to include as many as possible in the event promoted as offering "wine tasting from the

Okanagan/Similkameen Wine Country."

The Wine Fest is a fundraiser for Princeton's Rotary Club which uses the proceeds on a local community project.

This year the club has initiated a project to refurbish, re-equip and expand the kitchen facilities at Riverside Centre in Princeton.

"It is considered that increased use of the facility would help to keep the centre economically healthy and an enhanced kitchen facility would provide an opportunity for dinner theatre productions, weddings, community concerts and a variety of fundraising activities that would

benefit the whole community," explains Rotary President Ken Blower.

The seventh annual Wine Fest will mark the official start of the Riverside Kitchen Project. Other projects to be supported by the WineFest include the Rotary Exchange Student Program and Graduation Scholarships.

Tickets for the event are \$30.00 each and are available from Rotarians and various Princeton businesses.

The event runs from 7:00 - 10:00 PM this Saturday and will feature wines from eight different Okanagan/Similkameen wineries.



This giant rhubarb leaf is a cement garden stepping stone created by artist Diane Smith of Keremeos. She shared her talent and tricks with women in attendance at the 'Healing for our Stories' Women's Conference held February 24th to 26th at Keremeos Elim Tabernacle. Photo: Helga Pehkonen



Justin Garner of Option One Exteriors in Kelowna performs roof clean-up duty for the Lower Similkameen Indian Reserve near Keremeos. A total of five homes are being built through joint funding with CEAP and CMHC. Photo: Arlene Arlow

Spirit Festival organizers say thanks

"It is with great pride and tremendous gratitude that we wrap up the First Annual Upper Similkameen Spirit Festival. Riverside Centre was the home of Princeton's first ever Pow Wow, and saw 200 out of town guests who traveled here to perform, share traditions and celebrate this amazing event," says Robin Lowe, Festival Co-ordinator.

Riverside Centre saw hundreds of people come through the door all day on Saturday, February 26 and the feedback from everyone was very positive.

"The importance of a festival like this for the Town of Princeton, and the surrounding aboriginal communities is enormous. It is clear to me that this is something that is both needed, and welcomed by our community," Lowe adds.

"We really look forward to the 2nd annual event in 2012."

It was with the support of many local businesses, and 22 volunteers that made the event a success.

Although, far too many volunteers to list, there was a small group of organized tenacious women, and one very wise man who really put their energy, hearts and enormous amounts of time into this event: Christine Allison, Brenda Gould, Vicky Jones, Nadine McEwen, and Oli Bent.

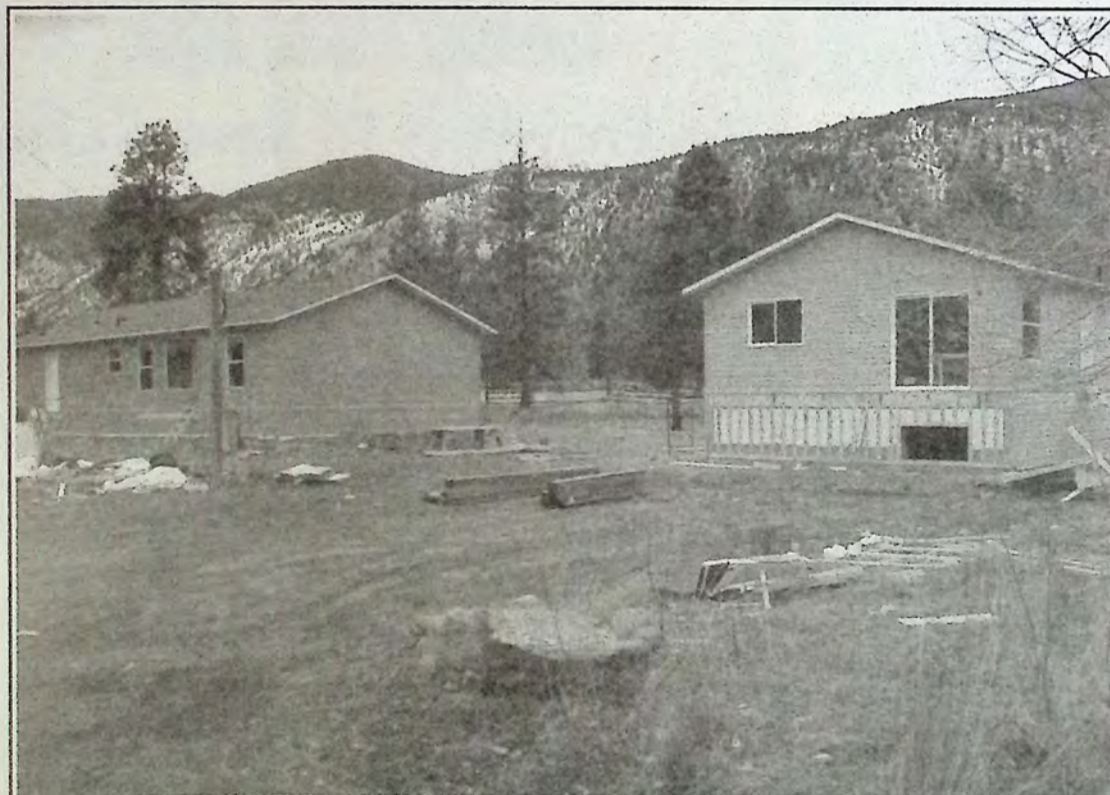
"Without this group of individuals, this event would never have come to be. Our event sponsors and local businesses showed their generous spirits as well: The Province of BC, FortisBC, the RDOS, The Town of Princeton, the Princeton Arts Council and the Upper Similkameen

Band and Lower Similkameen Band in donating funds and resources, and local businesses who donated door prizes and support for the event."

Accommodation sponsors included: Best Value Inn, the Sandman Inn, and the Princeton Castle Resort. Door Prize donors were: Everything Pets, Bugnut Toys, The Source, Work n Play Clothing, Billy's Restaurant, The Hitching Post Restaurant, Home Hardware, Shoppers Drug Mart, Irlly Bird and Dairy Queen, and for the use of their kitchen, Paul Huycke and the Princeton Baptist Church.

Again the festival committee extends our sincerest thanks for the support and involvement of the entire community – and we look forward to seeing you at Spirit Festival 2012!

- submitted



Trudy Peterson, Capital Housing & Public Works Manager with the LSIB says the homes should be ready for occupancy mid-March. The LSIB is still facing a housing shortage; 72 applicants are being screened for the five available houses. The LSIB hopes to pursue additional funding in 2012. Photo: Arlene Arlow

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Health / Lifestyle News

Is your fatigue caused by a hectic life or an iron deficiency?

(NC)—In North America, one in four women struggles with iron deficiency. And according to the World Health Organization, so do as many as five billion people or up to 80 per cent of the world's population.

Iron deficiency is the leading cause of fatigue among women between menstruation and menopause. Women need twice as much iron as men due to its loss during menstruation, but the average consumption of iron in the diet is only 8 to 10 mg per day. This is suitable for men, but may leave women deficient as they need 15 to 18 mg daily.

To get more iron in one's diet, eat dark, leafy greens such as kale, bok choy, Swiss chard, and spinach. Consume dried fruits such as raisins, prunes and apricots. Seaweed is a great source of iron, as is blackstrap molasses and eggs contain iron too. Kidney, Lima and soy beans also are

a great source of iron. Eat one portion of lean meat two times a week if you are not a vegetarian. Finally, Vitamin C, found in peppers, broccoli and citrus fruits improves iron absorption, so combine meals with one or more of these items.

Some of the symptoms of iron deficiency include fatigue, decreased ability to concentrate, decreased endurance during exercise, increased frequency of infection, paleness, dark circles under the eyes, brittle hair and nails, and cold hands and feet.

Many women who suspect an iron deficiency will go for a hemoglobin test. But a more sensitive indicator of iron deficiency is a serum ferritin test. Once an iron deficiency is diagnosed, often solid iron and vitamin tablets will be recommended. However, one of the side effects of these tablets is constipation.

"Solid tablets first need to be broken down by the body before their iron becomes available for absorption," says Dr. Cathy Carlson-Rink, a licensed naturopathic physician and registered midwife. A non-constipating, vegetarian, liquid iron formula can provide the necessary tools for the prevention of common iron deficiency," she adds.

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

More information can be obtained from your local natural health product retailer, at 1-888-436-6697, or online at www.requiredforlife.com.

Eliminating epilepsy myths

(NC)—What do Napoleon Bonaparte, Vincent Van Gogh and Joan of Arc have in common? They are all believed to have been afflicted by a disorder shrouded by misunderstanding: epilepsy.

March is Epilepsy Awareness Month, and despite being one of the most common chronic neurological disorders, misconceptions surrounding epilepsy mean those living with the disorder are hesitant to speak of it publicly.

"Epilepsy is not contagious, or a disease or a psychological disorder, but these myths have created a culture of secrecy," says Gail Dempsey, president of the Canadian Epilepsy Alliance. "Through Epilepsy Awareness Month, it is our goal to educate the general public so we can eradicate these myths and advocate for improved care and treatment."

Seizures are caused by abnormal, excessive electrical discharges of the nerve cells, or neurons, in the brain. Epilepsy is characterized by a tendency to have recurrent seizures and defined by two or more unprovoked seizures. There are many different seizure types and epileptic syndromes.

Though one in ten people will experience at least one seizure in their lifetime, just one seizure does not constitute epilepsy.

"Another misconception is that

seizures only consist of convulsions," says Dempsey. "In reality, a seizure can consist of a blank stare, odd sensations, muscle spasms, uncontrolled movements or altered awareness." Among the 50 million people worldwide who have epilepsy, over 300,000 are Canadian. Despite its prevalence, epilepsy is still misunderstood and people with epilepsy can face social stigma and discrimination.

There is currently no cure for epilepsy. While many patients achieve seizure control through surgery or treatment, one third of Canadians with epilepsy do not have seizure control. New medications, such as Vimpat, offer hope to

Canadians still experiencing seizures.

The focal point of Epilepsy Awareness Month is Purple Day, held on March 26. Individuals with epilepsy, their families, schools, businesses, politicians and supporters wear purple, the internationally-recognized colour for epilepsy. It is the hope of Purple Day for Epilepsy that these efforts to improve awareness will ensure a higher level of acceptance and understanding of the disorder.

More information and ways to get involved in Epilepsy Awareness Month and Purple Day for Epilepsy can be found at www.epilepsymatters.com or www.purpleday.org.

Living Past 100

An Easy Way To Save A Life

Did you know there is a very easy way to save the life of a person who may just seem a little off one day?

This article is about saving the life of a person who may have had a stroke. Often, a stroke is not really visible to others. The person having the stroke may not realize it is a stroke. For example, a person may have a dizzy spell, fall, and then get up and appear to be all right. If you question that person, he or she will say there is nothing wrong, but that person could be dead the next day.

The simple way to ascertain whether a person has suffered a stroke is to ask the person to stick out his tongue, straight out. A person who has had a stroke cannot do this simple thing. The tongue will go to one side or another, even if you emphasize the tongue must stick straight out. If the person cannot do it, call for medical assistance immediately, as most people can recover from a stroke if treated within three hours of having the stroke.

If you experience some difficulty doing something, such as talking, picking up and holding a cup, or walking around objects such as a chair, or if you have a dizzy spell, go to the mirror and try to stick your tongue straight out. If you cannot do this simple thing, then call for medical assistance.

If you tend to forget important instructions like this, place a little note on your bathroom mirror saying, "Stick out your tongue!" This will remind you at least once a day. If others using your bathroom ask you what the sign is about, then you can give them this valuable information, and maybe they will save a life someday.

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This Week - 5 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 7, 2006



BC Southern Interior MP Alex Atamanenko, left, and Sensei Paul Bedard of the Princeton Shotokan Karate Club. Atamanenko was in Princeton Wednesday, March 1, 2006 and joined the club for their evening class. Photo: Similkameen News Leader Archives

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An end of a era, start of another

A piece of Community Services history came to an end March 20, 2006 when ownership of the house on Haliford Avenue transferred to new owners.

Community Services purchased the house in 1987 and under the skilled supervision of Austin Fraser and the visionary talents of Joyce Fraser, the house was transformed into administration offices for Community Services programs.

A huge number of individuals and businesses volunteered their time during the transformation and it was a true community project that took several months to complete.

"The building has served us well for the past 18 years," stated Community Services Executive Director Lynn Pelly.

It was five years ago this week that dedicated Heart & Stroke Foundation supporter Doug Ricketts announced his retirement. Ricketts, who had turned 70 on February 8, 2006, raised money for the charity through his annual one-man walkathons.

Ricketts had completed a 40-kilometres trip from Sterling Creek Bridge to Princeton along Old Hedley Road but had to stop due to pain in his hip. He did raise \$2,000.00 for his efforts.

"I think I'm going to hang up my shoes," he told the News Leader at the time - but we were correct in assuming it really wasn't his last walk.

Local rancher Linda Allison stepped forward and became

President of Princeton & District Agricultural Fall Fair Association at the February 28, 2006 meeting of the group.

The club was struggling to find someone to take the top position.

The rest of the executive for 2006/07 included Anne Bateman Vice President, Ruby Bey Treasurer, Dawn Johnson Secretary and Directors Ross Chaston, Don Mare, Dan Kastor, Glow Lemon, Terry Inglis and Patty Harrower.

Princeton Town Council spent \$275.00 on artwork and a tourism concept created by local resident Michael Bunn. The concept was base on the theme, "Welcome to Princeton - where two rivers and friends meet."

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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

PRICE INCLUDES:

Your own crystal wine glass,
wine tasting,
hors d'oeuvres and auctions



TICKETS AVAILABLE FROM:

Rotary Members, Home Hardware,
Realty Executives, Overwaitea,
Shoppers Drug Mart,
Mac's Auto Parts and at the door.

ALL PROCEEDS TO BENEFIT: PRINCETON ROTARY YOUTH EXCHANGE, RIVERSIDE KITCHEN IMPROVEMENT AND OTHER LOCAL PROJECTS

Upper Similkameen Spirit Festival



The Grand Entry officially starts any pow wow and the pow wow held in conjunction with the February 26th Spirit Festival featured this popular element. Photo: Dawn Johnson



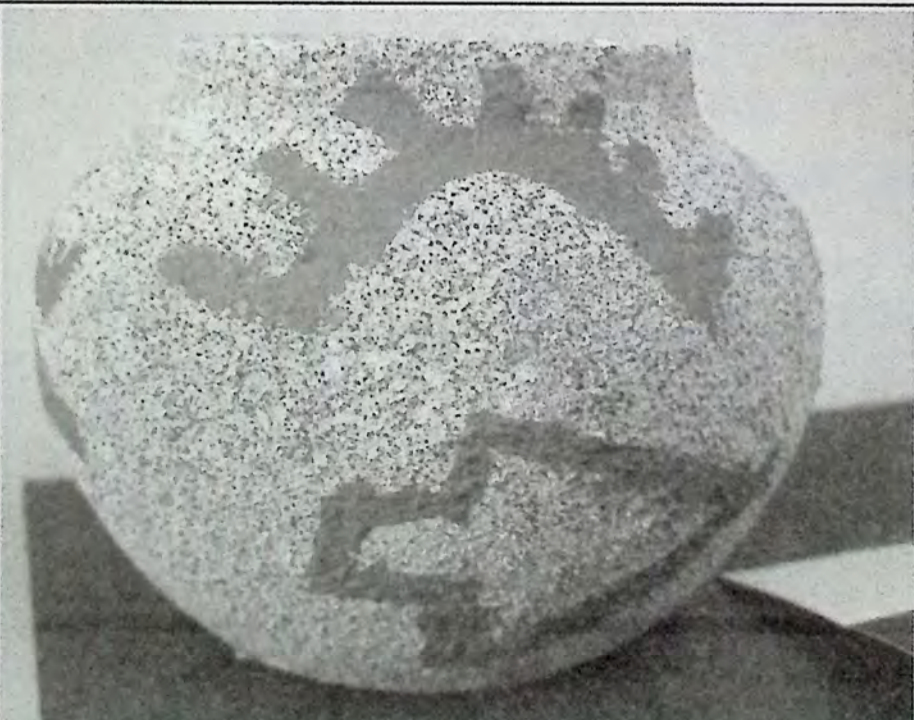
Displays filled virtually every room at Riverside Centre celebrating First Nations history, art and much more including two teepees for everyone to examine. *



Youngsters had many opportunities to work on their artistic talent during the Upper Similkameen Spirit Festival February 26th in Riverside Centre. *



Drum and dance competitions, typically held during major pow wows were also part of the Spirit Festival. Children of all ages danced during the event. Photo: Dawn Johnson



Speaking of artistic talent - although the volume of entries was not high, the quality of the work was! The art displays during the Spirit Festival were incredible! *



What is a pow wow without vendors and traditional foods? Organizers of the Spirit Festival made the February 26th event as authentic as possible. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - March 8 - 14, 2011



Bob and Diane Sterne. - photo submitted

Local author celebrates Coalmont

Most people think Coalmont is just a place they pass through on the way to Tulameen. Author Diane Sterne, who lives in Coalmont and loves it, has written a book to prove there is a lot more to Coalmont than meets the eye.

Diane Sterne, with the assistance and encouragement of her husband, Bob, has delved into the past lives of Granite Creek, Coalmont and Blakeburn as a project to celebrate 100 years since Coalmont was founded. Her book, *White Gold and Black Diamonds*, talks about the natural treasures of the place she calls home, but it soon becomes clear to the reader that the most valuable treasures are not the gold or the coal, but the people.

Sterne has done a lot of research through documents, but she has interviewed people whose families lived the history of the Coalmont area. Her book is itself a treasure trove of stories of people making history, and an amazing collection of historic photographs, many of them published for the first time.

Did you know there was a local woman tried for murder way back when? Did you know citizens chased robbers and gunmen clear to the U.S. border to see justice done? Did you know there were

nearly two dozen saloons at Granite Creek? Did you know that Coalmont once had a district of houses filled with shady ladies?

Perhaps the most interesting tidbits are the names of people who owned businesses or in some way were part of the fabric of the com-

munity. Their descendants are still living in our area. For those who are no longer youngsters, the book will bring back many memories. This book is a keeper.

To purchase this book, contact Diane Sterne at 250.295.4355, or go to diane@mozey-on-inn.com

White Gold and Black Diamonds

Coalmont Centennial 1911-2011

The History of
Granite Creek and Coalmont
by Diane Sterne

www.similkameenteen.com

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11:00 AM - 4:00 PM Holidays

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Princeton Area Ghost Towns
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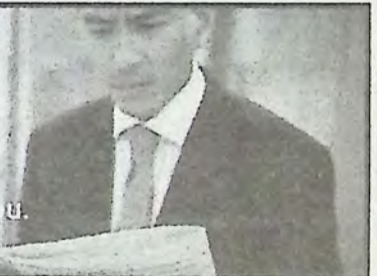
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For Jean Trewella, retirement gives her freedom to do whatever she pleases. - photo submitted

NINTH ANNUAL
Ladies Diamond Dinner
Saturday, April 2nd
 Hosted by: Princeton Legion - Br. 56

\$1,000 WORTH OF DIAMONDS
Plus Door Prizes to be Won!
 NON-WINNERS QUALIFY FOR EXTRA DIAMOND DRAW
LADIES: ENJOY A SEMI-FORMAL CATERED EVENING
 (Dinner & Refreshments - Served by Men!)
 MUSIC TO FOLLOW IN THE LOUNGE FEATURING 'Diane Ball'

TICKETS
\$30.⁰⁰
ONLY 100 TICKETS TOTAL



LIMIT 6 TICKETS PER PERSON - DUE TO DEMAND
 TICKETS ON SALE 9:00 AM Tuesday, March 1st AT LEGION - NO RESERVES

What Is Retirement?

"For Some, It Is Freedom" by Dawn Johnson

Jean Trewella took early retirement 19 years ago, and has no regrets. After a long career in nursing, from 1960 to November 1991, moving frequently with her son, she looked forward to freedom from being tied down to the demands of the job. She had no real plans for retirement, just being free. She has no regrets about giving up regular

employment and being able to pursue her many interests. Jean is a pianist, playing frequently at the United Church and is a member of the United Church Women's Group. She plays golf as long as the season lasts, and loves to play bridge. She enjoys her friends and her social life. Jean Trewella has had no big challenges to face since she retired. She

is in good health, likes to walk, enjoys working in her garden and her home. The advice Jean would give to anyone facing retirement in the next few years is this: make sure you have interests that keep you active. Keep doing things with other people. Don't withdraw into your home and do nothing. Stay socially active.

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Similkameen News Leader

Princeton will join relay

In celebration of the 25th anniversary of the Rick Hansen Man in Motion World Tour. The goal of the Rick Hansen Foundation is to have a Man in Motion World Tour Relay in 2012. The Princeton Accessibility Committee has asked that the Town Parks, Recreation and Culture Department chair a committee to help celebrate the anniversary. The vision of the relay is to have a community end of day celebration at the relay participants arrive. This is similar to the original Rick

Hansen World Tour when Hansen arrived in Princeton on his way to Vancouver. Although Hansen will not be present at next year's celebration, Town Council agreed to have a committee arrange for a celebration. The committee will work from a community participation guideline provided by the Rick Hansen Foundation. A sponsorship package will have to be developed for this End of Day community event as the Rick Hansen Foundation has no funding for the event.

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TUESDAY, MARCH 8, 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	CITY 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	Thomas	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	Real Renos
7 AM	Cosby		HI-5	Arthur	Today Martha Stewart, "The Biggest Loser" (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Sidekick	2011 Tim Hortons		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM	Cash Cab		Magie Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil	Brier, Draw 9. From London, Ont. (Live)		How/Made	Suite/Deck	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	Cash Cab	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	Home to Agent	Poko	Little Bear	Darts: 2010 Grand Slam (Taped)	The View (N)	Junk Raiders	Mickey	EP Daily	CSI: NY	The Nanny
11 AM	Forensics Evidence	World Vision	Rolle Polle	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	George S.		Marilyn Denis	Mayday	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Slim Down	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	2011 Tim Hortons	etalk	Salvage Code Red	Wizards	General Hospital (N)	UFC Unleashed	Funny Kids
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Landcape	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata	2011 Tim Hortons	Marilyn Denis	Oddities	Cory	Jdg Judy	Movie: "Lucky Number Slewin" (2006) Josh Hartnett.	Kitchen Nightmares (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	Off Record	Dr. Phil	Myth-Busters	Replacemn	Access Hollywood Live	Gold Girls	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	Cash Cab	Life Derek	CityNews at 6 (N)	Disorderly Conduct	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Disorderly Conduct	Buy Me
5 PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	2011 Tim Hortons	CTV News at Five (N)	How/Made	Wizards	The Biggest Loser (N)	Ways Die	Funny Kids
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada	Ent	ICarly	11. From London, Ont. (Live)	CTV News (N)	Gold Rush: Alaska (N)	Suite/Deck	Wizards	Movie: "Swordfish" (2001) John Travolta.	Kitchen Nightmares
7 PM	Seinfeld	Ent	Hope for Wildlife	Órla Fallon's My Land	Jeopardy!	The Dr. Oz Show (N)	Breakout Kings "Pilot"	Ent	Ent	The Good Wife	Wheel	Weird		etalk	Flying Wild Alaska (N)	Sonny	Parenthood	Family Guy	Pawn
8 PM	Movie: "Eddie" (1996) Frank Langella	Glee "Sexy" (N)	Warren Buffett	Suze Orman's Money	The Biggest Loser (N)	NCIS	The First 48	No Ordinary Family	Glee "Sexy" (N)	Glee "Sexy" (N)	Mercer	ICarly	SportsCentre (Live)	No Ordinary Family	Daily Planet	Suite/Deck	News	Ways Die	ET Canada
9 PM	NCIS: Los Angeles	Doris Day Superstar	Class Financial strategies.		NCIS: Los Angeles	(9:01) The First 48	V (N)	NCIS: Los Angeles	NCIS: Los Angeles	Hockeyville on CBC	8 Rules	Indie	North American Tour	Law & Order: SVU	Gold Rush: Alaska	Wingin' It	The Flavor of Love	UFC Fight Night	Family Guy
10 PM	Movie: "Eddie" (1996) Frank Langella	The Good Wife	Rock Hudson	Independent Lens	Parenthood	The Good Wife	(10:01) The First 48	(10:01) Detroit 1-8-7 (N)	The Good Wife	News Hour Final (N)	National	Family Biz	North American Tour	The Listener (N)	Flying Wild Alaska	Ned's	Justice	Funny Kids	Funny Kids
11 PM	CHBC News Final (N)	Coast Salish Knitters	Charlie Rose (N)	News (N)	News	Letterman	(11:01) Breakout Kings	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (Live)	CTV News	How/Made	So Raven	Paid Prog.	Disorderly Conduct	Kitchen Nightmares

WEDNESDAY, MARCH 9, 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	CITY 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 Bullid	News (N)	News	Breakout Kings "Pilot"	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	Bootcamp
7 AM	Cosby		HI-5	Arthur	Today Cooking fish; collage scholarships. (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Beyblade	2011 Tim Hortons		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	End/Leash
8 AM	Cash Cab		Magie Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil	Brier, Draw 12. From London, Ont. (Live)		How/Made	Suite/Deck	Rachael Ray	CSI: Crime Scene	Whatever
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	Dog	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	To School		Live With Regis & Kelly	Cash Cab	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Franklin Spider	Sesame Street (E)		The Price Is Right (N)	Dog	The View (N)	World Vision	Big Flip	Poko	Little Bear	Billiards	The View (N)	Breakout	Mickey	EP Daily	CSI: NY	Roseanne
11 AM	Forensics Evidence	Canada	Rolle Polle	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Get Hot!	Canada	Noon News Hour (N)	Gofrette	George S.	Motorcycle	Marilyn Denis	Gold Rush: Alaska	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	Breakout Kings "Pilot"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil	2011 Tim Hortons	etalk	Breaking Point	Wizards	General Hospital (N)	Ways Die	Fear Factor
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata	2011 Tim Hortons	Marilyn Denis	Flying Wild Alaska	Cory	Jdg Judy	Ways Die	Fear Factor
2 PM	Friends	Young & Restless	Charlie	Mr. Moon	Willia's	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacemn	Access Hollywood Live	Ways Die	Gold Girls
3 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	Dog	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	Ways Die	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With	Jdg Judy	Oprah Winfrey	Dog	Seinfeld	Oprah Winfrey	Early News Global Nat.	Ghost Whisperer	SpongeBob	NHL Hockey: Edmonton Oilers at Washington Capitals. (Live)	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Reality
5 PM	Movie: "Never Back Down" (2008, Action)	Early News	Dino Dan	BBC World	News (N)	News	Dog the Bounty Hunter	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	2011 Tim Hortons	CTV News at Five (N)	Mighty Ships (N)	Wizards	Minute to Win It	Ways Die	Fear Factor
6 PM		Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	Ent	ICarly	(Live)	CTV News (N)	Flying Wild Alaska	Suite/Deck	Family	Ways Die	Fear Factor
7 PM	Seinfeld	Ent	Rescue	Celtic Thunder Heritage	Jeopardy!	The Dr. Oz Show	Storage	Ent	Ent	Off the Map (N)	Wheel	Weird		etalk	Storm Chasers (N)	Sonny	Harry's Law	Ways Die	Family Guy
8 PM	Law & Order: SVU	Survivor: Redemption	The Story of India	Ed Sullivan's Rock and Roll Classics	Minute to Win It	Survivor: Redemption	Storage	Better With	Survivor: Redemption	Survivor: Redemption	Dragons' Den (N)	ICarly	Sports	American Idol Finalists perform live.	Daily Planet	Suite/Deck	News	Ways Die	Reality
9 PM	Movie: "Never Back Down" (2008, Action)	NCIS	La Boheme (N)		Minute to Win It (N)	Criminal Minds	Dog the Bounty Hunter	Family	NCIS	NCIS	Republic of Doyle (N)	8 Rules	30 for 30	Storm Chasers	Hannah	Overruled!	Law & Order: UK	UFC Fight Night	Family Guy
10 PM		Off the Map (N)		Lodge	Law & Order: SVU	C.M.: Suspect	Dog the Bounty Hunter	Off the Map (N)	Off the Map (N)	News Hour Final (N)	National	Family Biz	Billiards	C.M.: Suspect.	Mighty Ships	Ned's	Justice	Funny Kids	Fear Factor
11 PM	The Investigators	CHBC News Final (N)	Kids Took Over	Charlie Rose (N)	News (N)	News	Storage	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (Live)	CTV News	Flying Wild Alaska	So Raven	Paid Prog.	Disorderly Conduct	Fear Factor

Similkameen News Leader - Horoscopes

March 9 - 16, 2011

Aries - You should be able now to openly express your worries and concerns. You may feel frustrated by certain conditions in your life. The solution to your problems is realistic planning. Beware of hazy, erratic or grandiose thinking.

Taurus - Problems can arise from groups you associate with, and from younger family members. Too much ego is the real problem. This is not a good time to gamble or take any risks. You may feel like you can achieve anything, but no.

Gemini - Your career is so busy you can hardly keep up with it and you may be having problems with people in authority. Take some time to enjoy the company of people you like. They could give you some good advice.

Cancer - You need to talk to your boss so you can make your career run more smoothly. Your career is going to become more hectic and maybe even chaotic in the near future. You may even want to quit. Make the best of it for now.

Leo - You would really like to be somewhere else these days, probably doing something else or just taking life easy. Dream on. Your best use of your time for the next few weeks is to learn something new, new ideas, new skills.

Virgo - You are still under the influence of people in opposition to you in some way, or others testing your ego strength. Stand up for your rights when you must. Lady Virgos may have somebody lusting after them: move cautiously.

Libra - Some exciting times are ahead and you will hear opportunity knocking if you are ready to listen. Right now, work hard, be safety conscious and health conscious. You tend to be careless right now due to job demands. Avoid stress.

Scorpio - This is a busy time for you socially, but it could become too much. Romance can enter your life, but it can be full of problems. Pay great attention to improving health through exercise, especially walking or cycling.

Sagittarius - Uproar at home and in the family could be a sign of too much ego or a need to solve structural problems in your home and family. Household items may need repair. Pay attention to safety hazards in home and office.

Capricorn - Doing things around home, such as spring cleaning, will actually make you feel good now. Talking to others may be stressful. Neighbours may be troublesome in some way. Work on your home and property for next two weeks.

Aquarius - Pay close attention to finances this month. You can't afford to spend, but you may be forced to. Look for realistic solutions to money troubles. You can hear good advice from siblings, neighbours. Treat self well now.

Pisces - Your're full of energy these days and it has to go somewhere constructive or you will be moody and frustrated. You want to spend money, too, but be cautious: you are likely to regret buying anything you buy now.

Small Business 101

Spring Cleaning The Home Office

(NC)—For many people, spring cleaning is a rite of passage. However, spring cleaning is not just for the kitchen, garage and shed.

For the approximately 2.5 million Canadians who work from home or maintain a home office, this area should be of special consideration. Documents piled up? Dying plants? Important papers in disarray? It is now time to put things in order and implement a system that will keep this space organized until spring 2012 and beyond.

Before starting this year's spring cleaning, it is important to consider the following tips:

Keep, file, shred:

Start by sorting through your papers and making three distinct piles: what you keep, what you file (and keep organized for later use) and what you shred. Whatever you decide to shred get rid of right away. It will make an immediate difference in the amount of space you have.

File and organize:

Once you've decided on what

papers you will keep, set up a filing system that will be easy for you to follow. Hanging or regular file folders can be an easy and convenient way to keep your papers organized and within easy reach. Avoid misfiling by using a colour-coding system that assigns a different colour to different file categories like green for financial documents and red for personal folders.

For an even cleaner look, you can also invest in a labeller that has tapes with different colour options such as the PT-2730 P-Touch labelling machine from Brother. You are not limited to using this labeller just in the office. Since it is portable, you can use it everywhere: in the kitchen, the garage and even in the shed out back.

Another way to stay organized is to create digital versions of your

hard copy documents by using a multi-function centre such as the MFC-J6510DW from Brother. These all-in-one machines can scan, fax, print and copy and are a smart investment for organizing a home office. They take up very little room in comparison to all of the functions they can perform.

Get organized, stay organized:

Having your office in order and tidy creates a pleasant work environment, so why not stay organized throughout the year. Schedule a designated day each month to sort through new documents and items. Having better organization will make you feel great and will save you precious time everyday. You will feel more in control and spend less time sifting through papers and more time getting outside because it is spring after all.

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Tuesday Movies

AFTERNOON

1:00 pm SPIKE ch.44 "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss. (In Stereo)

EVENING

6:00 pm SPIKE ch.44 "Swordfish" (2001, Suspense) John Travolta. A spy working for the CIA forces a computer

hacker, who was recently released from prison, to help steal unused government funds. (In Stereo)

8:00 pm WTBS ch.3 "Eddie" (1996, Comedy) Whoopi Goldberg. An avid basketball fan becomes head coach after a Texas tycoon buys the New York Knicks.

10:00 pm WTBS ch.3 "Eddie" (1996, Comedy) Whoopi Goldberg. An avid basketball fan becomes head coach after a Texas tycoon buys the New York Knicks.

Wednesday Movies

AFTERNOON

5:00 pm WTBS ch.3 "Never Back Down" (2008, Action) Djimon Hounsou. A rebellious teenager learns to fight from a veteran of mixed martial arts after joining an underground fight club.

EVENING

9:00 pm WTBS ch.3 "Never Back Down" (2008, Action) Djimon Hounsou. A rebellious teenager learns to fight from a veteran of mixed martial arts after joining an underground fight club.

Thursday Movies

AFTERNOON

* No Movies Listed

EVENING

* No Movies Listed

Friday Movies

EVENING

8:00 pm FAM ch.26 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée. (In Stereo) (CC)

10:00 pm FAM ch.26 "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. A teenage vocal group attends a music festival in Spain. (In Stereo) (CC)

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THURSDAY, MARCH 10, 2011

Table of TV schedules for Thursday, March 10, 2011. Columns include channel numbers (WTBS ch.3 to TROP ch.45) and program titles. Rows represent time slots from 6 AM to 11 PM.

FRIDAY, MARCH 11, 2011

Table of TV schedules for Friday, March 11, 2011. Columns include channel numbers (WTBS ch.3 to TROP ch.45) and program titles. Rows represent time slots from 6 AM to 11 PM.

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 #341 - Rated Medium

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

THIS WEEK'S SOLUTION:
Page 18

Carter's Sudoku Challenge
grids, puzzles and solutions
copyright 2010 Carter Boswell, Princeton, BC
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Saturday Movies

MORNING

8:00 am WTBS ch.3 "The Legend of Bagger Vance" (2000, Drama) Will Smith. A golf caddy shows a disillusioned young war veteran how to master challenges and find meaning in life.
10:30 am WTBS ch.3 "Eight Legged Freaks" (2002, Suspense) David Arquette. Toxic waste produces a horde of giant spiders that terrorizes residents in a small Arizona town.

AFTERNOON

12:00 pm CITY ch.12 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (CC)
FAM ch.26 "George of the Jungle" (1997, Romance-Comedy) Brendan Fraser. A man raised by apes in fictional Bukuvu saves an heiress from death and travels with her to the United States. Keith Scott narrates. (In Stereo) (CC)
1:00 pm CHBC ch.4 BCTV ch.11 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Premiere. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (CC)

1:30 pm FAM ch.26 "101 Dalmatians" (1996, Adventure) Glenn Close. London fashion maven Cruella DeVil steals pups for her newest creation, a Dalmatian coat. (In Stereo) (CC)
5:00 pm WTBS ch.3 "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole within the organization.

EVENING

6:00 pm CITY ch.29 "Murder 19C: Detective Murdoch Mysteries - Poor Tom Is Cold" (2004, Mystery) Peter Outerbridge. Det. Murdoch does not believe the coroner's conclusion that his young friend and protege committed suicide. (CC) (DVS)
7:00 pm WTBS ch.3 "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole within the organization.
CITY ch.12 "The Suspect" (2005, Suspense) Jamie Luner. Premiere. A bail bondsman helps a young woman wrongfully accused of murdering her husband. (CC)
8:00 pm CHBC ch.4 BCTV ch.11 "The Suspects" (1974, Suspense) Mimsy Farmer. Premiere. The investigation of the murder of an American

tourist in the South of France reveals a madness-inducing web of terror. (CC)
9:00 pm WTBS ch.3 "Eight Legged Freaks" (2002, Suspense) David Arquette. Toxic waste produces a horde of giant spiders that terrorizes residents in a small Arizona town.
YTV ch.18 "Knights of Bloodsteel" (2009, Fantasy) (Part 1 of 2) David James Elliott. Premiere. Four ordinary citizens battle an evil warlord who tries to take over their kingdom. (In Stereo) (CC)
FAM ch.26 "The Greatest Game Ever Played" (2005, Drama) Shia LaBeouf. Premiere. An amateur golfer from a working-class family takes on the reigning champion at the 1913 U.S. Open. (In Stereo) (CC)
10:30 pm FAM ch.26 "Black Beauty" (1994, Adventure) Sean Bean. Based on Anna Sewall's novel about a horse in Victorian England and its often cruel treatment by various owners. (In Stereo) (CC)
11:00 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 witnessed a murder.

Sunday Movies

MORNING

8:00 am WTBS ch.3 "Brother Bear 2" (2006, Adventure) Voices of Patrick Dempsey. Animated. A bear helps a childhood friend travel through the wilderness to burn a powerful amulet.
10:00 am WTBS ch.3 "Zathura" (2005, Adventure) Josh Hutcherson. Two young brothers play a mysterious game that propels them into an outer-space adventure.

AFTERNOON

12:00 pm CITY ch.12 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution. (CC)
FAM ch.26 "Hoot" (2006, Comedy) Luke Wilson. After moving from Montana, a youth and his new friends in Florida take on corrupt politicians and greedy developers in a fight to protect endangered owls. (In Stereo) (CC)
1:00 pm CHBC ch.4 BCTV ch.11 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Premiere. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution. (CC)
1:30 pm FAM ch.26 "Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an

angel. (In Stereo) (CC)
1:45 pm YTV ch.18 "Neverending Story II" (1990, Fantasy) Jonathan Brandis. A boy hero and a boy warrior try to rescue a princess from an ivory tower in the land of Fantasia. (In Stereo) (CC)
2:15 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)
3:00 pm VTV ch.22 "Zeyda and the Hitman" (2004, Comedy) Judd Hirsch. Denied access to his grandson, a man hires a gangster to kill his mouthy son-in-law. (In Stereo) (CC)
3:45 pm YTV ch.18 "Zathura" (2005, Adventure) Josh Hutcherson. Two young brothers play a mysterious game that propels them into an outer-space adventure. (In Stereo) (CC)
5:00 pm WTBS ch.3 "The Terminal" (2004, Comedy-Drama) Tom Hanks. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport.
CBC ch.13 "Bolt" (2008, Comedy) Voices of John Travolta. Animated. Thinking he has real superpowers, the canine star of a hit TV show travels cross-country from Hollywood to New York to rescue his owner and co-

star. (In Stereo) (CC)
5:40 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)

EVENING

6:00 pm YTV ch.18 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. Premiere. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface. (In Stereo) (CC)
7:45 pm WTBS ch.3 "The Terminal" (2004, Comedy-Drama) Tom Hanks. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport.
8:00 pm CBC ch.13 "Force of Nature: The David Suzuki Movie" (2010, Documentary) David Suzuki. The life and work of an environmentalist. (In Stereo) (CC)
9:00 pm FAM ch.26 "An American Girl: Chrissa Stands Strong" (2009, Drama) Joanne Baron. Bullies torment a fourth-grade student at her new school. (In Stereo) (CC)
10:30 pm FAM ch.26 "The Secret Garden" (In Stereo) (CC)

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SATURDAY, MARCH 12, 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 channels.

SUNDAY, MARCH 13, 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 channels.

MONDAY, MARCH 14, 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 :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	Breakout Kings	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry's	CityLine	CSI: NY "Outside Man"	Spilled
7 AM :30	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Beyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM :30	Cash Cab		Magic Bus	Curious			Dog the Bounty Hunter		100 Huntley Street	100 Huntley Street	Bo On/Go	Super Evil	SportsCentre		Salvage Code Red	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
9 AM :30	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!	SpongeBob	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Hannah	Amazing	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vision	Franklin	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	World Vision	X-Weighted "Diane"	Poko	SpongeBob	CFL Football	The View (N)	Worst Handyman	Hannah	EP Daily	(10:15) CSI: NY "Rain"	Grace
11 AM :30	Forensics Evidence	World Vision	Rolle Polie	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	SpongeBob		Marilyn Denis	Mighty Ships	Wizards	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	Breakout Kings	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	SpongeBob		etalk	Breakout	Suite/Deck	General Hospital (N)	(12:22) Jail	Wipeout
1 PM :30	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	Dragons' Den	SpongeBob	TBA	Marilyn Denis	License to Drill	Kings	Jdg Judy	(12:58) DEA	Wipeout
2 PM :30	Friends	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog the Bounty Hunter	General Hospital (N)	Young & Restless	End/Leash	Steven and Chris (N)	SpongeBob	To Be Announced	Dr. Phil	Myth-Busters	Phineas and Ferb	Access Hollywood Live	(2:07) DEA	Gold Girls
3 PM :30	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	SpongeBob		(2:59) The Dr. Oz Show	Worst Handyman	Wingin' It	CityNews at 6 (N)	(3:15) DEA Juarez Cartel	Restaurant Makeover
4 PM :30	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	To Be Announced	Ellen DeGeneres Show	Daily Planet (N)	Wingin' It	The Event "Turnabout"	(4:24) UFC Fight Night: Florian vs. Gomi	Instant
5 PM :30	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	To Be Announced	CTV News at Five (N)	Myth-Busters	Hannah	The Bachelor (Season Finale) (N)		Wipeout
6 PM :30	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Intervention "Tiffany D"	News	(5:59) News Hour (N)	ET Canada	Coronation	Big Time	To Be Announced	CTV News (N)	Dirty Jobs (N)	Suite/Deck		Movie: **½ "Man on Fire" (2004, Crime Drama)	Wipeout
7 PM :30	Seinfeld	Ent	Be the Creature (N)	Steves	Jeopardy!	The Dr. Oz Show	Heavy "Stacia; Tim"	Ent	Ent	Hawaii Five-0	Wheel	Splatalot		etalk	Oddities	Sonny	(7:01) The Bachelor (N)		Instant
8 PM :30	Movie: **½ "The Weather Man" (2005)	House (N)	Seven Ages of Britain	Steves	Chuck (N)	How I Met Mad Love	Heavy "Bill; Julia"	The Bachelor (Season Finale) (N)	House (N)	House (N)	Mosque	ICarly		Sunshine	Daily Planet	Suite/Deck	News	Washington. Premiere.	Tooned
9 PM :30		The Chicago Code (N)	Power of Art	Steves	The Event "Turnabout"	Two Men Mike	(9:01) Intervention		The Chicago Code (N)	The Chicago Code (N)	Village on a Diet (N)	Kyle XY	Speed	Two Men Mike	Myth-Busters	Sonny	The Flavor of Love		Parking
10 PM :30	Movie: **½ "The Weather Man" (2005)	Hawaii Five-0	Corpus	Steves	Harry's Law (N)	Hawaii Five-0	(10:01) Intervention	(10:01) The Bachelor (N)	Hawaii Five-0	News Hour Final (N)	National	Splatalot	The Great Tournament	CSI: Miami	Oddities	Ned's	Justice	(10:02) UFC Fight Night	Wipeout
11 PM :30		CHBC News Final (N)	Corporations	Charlie Rose (N)	News (N)	News	(11:01) Heavy	Nightline	News Hour Final (N)	ET Canada	George S	Prank Ptrl	SportsCentre	CTV News	Dirty Jobs	So Raven	Paid Prog.		Wipeout

Monday Movies

EVENING

6:30 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Premiere. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnapers in Mexico City. (In Stereo)

8:00 pm WTBS ch.3 "The Weather Man" (2005, Comedy-Drama) Nicolas Cage. A Chicago weather forecaster tries to mend relations with his father, his ex-wife and his

two children.
10:00 pm WTBS ch.3 "The Weather Man" (2005, Comedy-Drama) Nicolas Cage. A Chicago weather forecaster tries to mend relations with his father, his ex-wife and his two children.

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Christopher James Carter



We regret to announce the sudden and unexpected passing of Christopher James Carter of Vernon on February 24, 2011, at the age of 25 years. Chris was a resident of Vernon since 1995. He will be sadly missed and lovingly remembered by his mother, Lynn Carter of Lumby; father Peter (Judy) Carter of Williams Lake; brother Dan and sister Victoria, both of Williams Lake. He is also survived by paternal grandmother, Pamela Carter of Vancouver, maternal grandparents, John and Betty Gibbons of Summerland, and a number of extended family members. A Celebration of Life Service was held on Friday, March 4, at 2:00 PM, in the chapel of Pleasant Valley Funeral Home, with Mr. Brian Jackson officiating. A reception followed in the Pleasant Valley Tea Room. Arrangements are in the care of Vernon Funeral Home 250-542-0155. Condolences may be offered at www.vernonfuneralhome.com

Kitchen Helper

Kitchen helpers perform some or all of the following duties:

- Wash and peel vegetables
- Wash work tables, cupboards and appliances
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-------------	-------------

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- 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

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\$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 Taptan Avenue, PO Box 1078, Princeton, B. C., VOX 1W0
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**Similkameen
News Leader - Recipe Corner**

Recipe #363

Zippy Devilled Eggs

(NC)—As delicious as traditional devilled eggs, this version has a bit of "zip" from the chili sauce and Dijon mustard. Make them ahead of time for a great party appetizer or serve them with a green salad and whole grain roll for a light lunch.

Ingredients:

- 12 hard cooked eggs
- 1/3 cup light mayonnaise or salad dressing
- 3 tbsp chili sauce
- 1 tsp Dijon style mustard
- 1/4 hot pepper sauce
- Snipped chives or paprika (for garnish)

Method:

Slice eggs in half lengthwise; remove yolks and set whites aside. Mash yolks in a small bowl. Stir in the mayonnaise, chili sauce, mustard and hot pepper sauce. Next, pipe or stuff egg yolk into the egg whites. Sprinkle with the chives or paprika. Refrigerate until serving.

More delicious, simple devilled eggs recipes can be found online at eggs.ca.

- www.newscanada.com

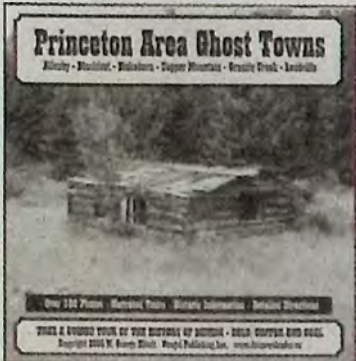
If you have a favourite recipe you would like to share, contact us for details!

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BC Southern Interior Monthly Report

Veterans Health Care Benefits

I am writing today on the subject of bringing Veterans Health Care Benefits up to standard. Our party, the NDP, believes that it is time our federal policies reflected the debt we owe our men and women in uniform. Thanks to the efforts of our New Democrat critic for Veterans Affairs, Peter Stoffer, we have a comprehensive proposal that will go a long way towards fixing the current problems with Veterans health care services.

Existing federal programs for the men and women of our armed forces who have suffered great harm on our behalf in Afghanistan and other modern theatres of action are far less than adequate. At my office, we have heard many stories of a patchwork of services, inadequate

benefits and allowances, and insufficient help to both veterans and their spouses. A recent article (January 4, 2011) in the National Post reads:

"It is not enough to support the troops only while they are in uniform. Our veterans deserve the best in medical care, life-long support for their unique mental and physical health needs, and, at the very least, a warm bed to sleep in at night. It is a sad irony that many of the men and women who defend our way of life should find themselves on our society's margins when their service to the country is done." (National Post editorial board: Yet more proof that veterans deserve better - January 4, 2011).

Clearly, the Conservative government is failing the Canadian Forces and RCMP veterans. New Democrats are asking for a public inquiry to figure out what is preventing this department from improving services and programs for veterans and why confidential medical information of several veterans' advocates was shared with bureaucrats, cabinet Minister's and their staff.

From the time they sign up to serve our country in the Canadian Forces or the RCMP, these members are at risk of losing life and limb - it is the very nature of that work. We must undertake to live up to our responsibility to them in return. Federal New Democrats are proposing legislation that would provide veterans with accessible healthcare options through the creation of Veterans Centres of Excellence, to be set up across the country.

The aim and objective of these cen-

tres will be to provide veterans with a one-stop service centre designed to give back a little of what they have so freely given. This would ensure that the basic needs of veterans and their spouses are noticed and responded to in a timely fashion, while also ensuring that appropriate medical treatment is available to them. This plan would put a stop to those who have served us being pushed to the margins through poverty, aging or ill health.

We would also extend the right to adequate healthcare to the spouses of veterans and members of the RCMP. These men and women serve and support all of us by their willingness to support their partners, to move as the military directs them to, and in many cases, to manage on meagre salaries often in small communities with limited services. Many spouses have, over time, given up their careers completely or have lost opportunities within it due to the demands of military life.

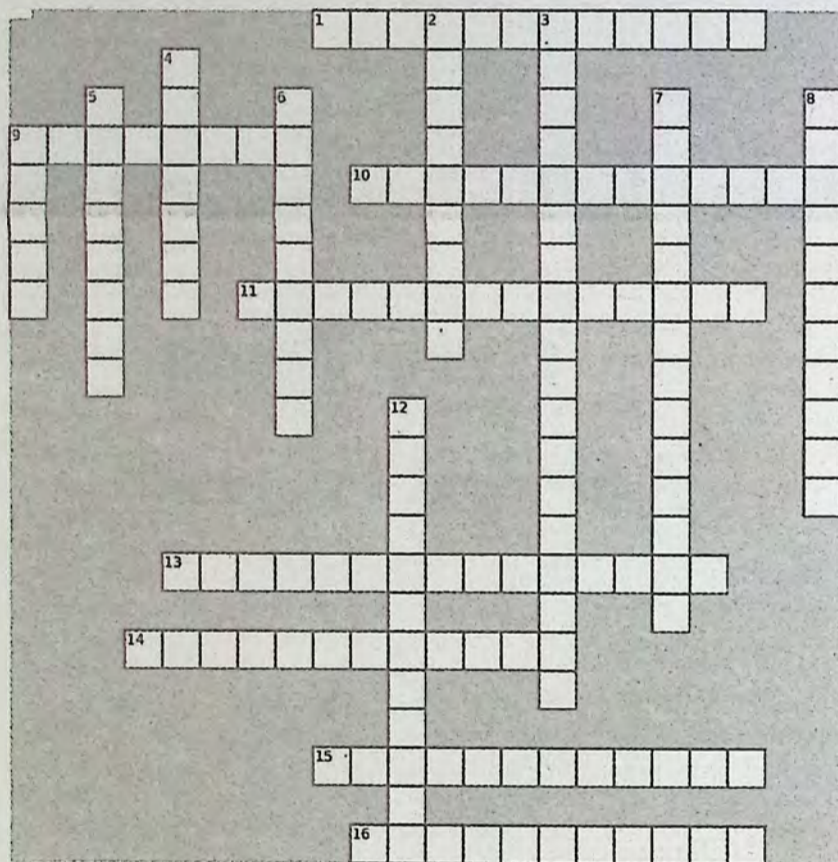
It is disheartening to know that veterans often have to turn to charities in order to keep body and soul together.

As my colleague Peter says, "I cannot help but think that the men and women who served our country should not have to turn to food banks and shelters. The care of veterans and their families is the responsibility of the federal government and they are clearly failing in this regard. No one should be falling through the cracks."

I couldn't agree more and will continue working closely with him in an effort to bring public attention to the issue, in an effort for change.

Similkameen News Leader Puzzler

Use the March 1st News Leader to find Answers Below...



- | | |
|---|--|
| 1 Across | 2 Down |
| 1 School District 58 Chairman of the Board | 2 Who had an interview with MP Alex Atamanenko? |
| 9 the horse looks for treats.... | 3 SVPS secretary |
| 10 RDOS Director Area B | 4 Started when a young boy wore a pink tshirt to school. |
| 11 What is the most common cancer among Canadian men? | 5 BC Lions Safety |
| 13 February 23rd was what day? | 6 President of the Hedley Community Club |
| 14 School District 58 Secretary Treasurer | 7 What is the name of the dam in Washington? |
| 15 Keremeos Mayor | 8 FortisBC Vice-president |
| 16 Princeton Mayor | 9 Lifestyle can change your _____? |
| | 12 _____ of Predator Pest Management |

Similkameen News Leader

PUZZLER #3
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SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

RELIEF BUS DRIVER

Applications are invited for the position of Relief Bus Driver with School District No. 58 (Nicola-Similkameen) in Princeton, BC.

Successful applicants will be required to have a Class 2 with air or higher license and provide a Driver's Abstract.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, BC, or you can apply online at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings and follow the prompts provided. Applications, including a detailed resume with a minimum of three references, will be accepted until **March 25, 2011**. Please forward to:

Attn: Secretary Treasurer
School District No. 58 (Nicola-Similkameen)
P.O. Box 4100, 1550 Chapman St.
Merritt, BC V1K 1B8
Fax: (250) 378-6263

For further information, contact Mr. Jim Garfield at 250-315-1113. Only those applicants being interviewed will be contacted.



Editorial Page News Leader

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

My Turn...

Trying Not To Break The Law

Ever since we lost our last dog to health issues back in October there has been an interesting transition in our house.

While I must admit I do miss a lot of the things that used to annoy me every so often about that dog, Brenda shifted her attention in a different direction – feeding birds.

We've been taking care of birds passing by our home in a variety of ways. Brenda hung two bird feeders outside the kitchen window first and it was entertaining to say the least. There's mornings she is up long before me, and although she claims it's to do some chores I think it's so she can watch wildlife zip from branch to branch in our sleeping lilac bushes up to the feeders and back.

She's even done some homework on what the birds are and has pointed out to me more than once that once they pick up a seed from the feeder, they will then spend time banging that seed against a branch in the lilac bush in order to get to the tasty part inside.

It wasn't long before our yard got littered in suet balls hanging from just about every possible location, but high enough to keep these pesky deer at bay.

But then it happened.

One morning, one of the bird feeders was hanging as if it had been bumped by something larger than a chickadee. At first she thought it was a very ambitious jay or maybe one of the woodpeckers deciding to try something other than the suet.

It happened once more and we assumed the same thing as we were certain the feeders were high enough that deer couldn't reach them.

Then one night last week I was in the kitchen alone and the cat jumped when something bumped the side of the house the feeders are on.

The cat looked at me for an answer.

I lied. I told her it was the house settling and was interrupted in my lie by another, more pronounced bump. This time, it was on the window.

I turned out the lights and quickly pulled the kitchen window shade up to find a few deer having a party on the other side of the window. One was just about to give another a boost up to the feeders when I broke up the fun with a rap of my knuckles on the window.

I've never seen deer scatter like that before, but I now know they can do it.

The next morning Brenda and I discussed our options.

I was leaning towards drastic measures like a hot fence or barbed wire with modifications I would rather not get into detail here.

She wanted to move the feeders up a little higher.

Her motivation was clear. She wanted to keep feeding the birds.

I had to explain my motivation.

"If the bylaw enforcement officer saw deer in our yard anywhere near those bird feeders we're toast," I said.

"So build a ten-foot fence around the yard."

"I'd love to," I said. "But there's probably a bylaw about that."

The feeders ended up getting put up much higher than they were and so far the party in our yard only includes the birds although I see the deer in the alley looking over to the feeders regularly.

I'm sure they are up to something.



Samantha Simons, a Grade 8 student at Princeton Secondary School, with her Science project 'The Better Deal' which was on display during last week's Science Fair. Photo: Des Cosman

...Your Turn

A Modest Proposal

To The Editor;

I am nightly affected by television images of Prime Minister Harper pouring over our portfolio and trying to find ways to save Canadians money – perhaps he'll suss out further waste in public programs like social welfare, health care and environmental protection.

Clearly, Canada needs to return to its roots; from what historian Peter C. Newman once described as the "the company that became a country", to revert to "a country that becomes a company".

Let's consider The Canadian Military.

We have plenty of expertise in our Canadian Forces, a proven world-class product marketable to regimes in need of help. Witness companies like Blackwater doing much of the heavy lifting in Iraq where using their own citizens as

soldiers is too awkward and ineffective.

Once privatized and with a diversified mission, unencumbered by Parliament, Canadian security forces could contract with troubled states where resources like oil, gas and other coveted exports can pay for their services.

Supplemented with foreign contracts, an independently chartered corporation, let's call it CanadArms International, could make our military into a for profit global enterprise and thereby less of a burden to Canadians.

With a global mission, CanadArms International would be contracted by Canada itself at less cost to our own taxpayers on account of the profits gleaned from wealthy but besieged clients worldwide.

Enhanced domestic security to

protect us against evildoers from countries where CanadArms International is 'lending a hand' could be managed by a privatized RCMP. Profits from UN contracts in places like Haiti could subsidize policing at home.

The RCMP could do globally what they have always done best at home, defend wealth and suppress troublemakers. This at practically no cost to taxpayers and returning profits to some of our struggling Pension Plans.

A privatized RCMP could, through favorable mergers streamline service and profitability.

These proposals are further to the principle that "if you are not part of the solution, there is good money to be made in prolonging the problem".

These and other responsible initiatives by The Conservative Party of Canada will prove that Canadians don't need more taxes for government programs, just better portfolio management.

- Dave Cursons, Cawston BC

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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.

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Current Comment

Women's Lib Revisited



Dawn Johnson
editor@thenewsleader.ca

March 8 is International Women's Day. It is supposed to be a day to recognize the contribution women make to society and to the economy.

1975 was Year of the Woman. This recognition of women by the United Nations reflected a revolution that had begun many years before. A popular cause that became known as the Women's Liberation Movement began with two major best selling books, one by Helen Gurley Brown and the other by Betty Friedan.

Brown's book, *Sex and the Single Girl*, hit the market in 1962. Brown described the real lives of single working women in the United States, a situation she knew well from personal experience. Brown told working women to be proud of the work they did, proud of themselves, and she urged them to live full lives, be ambitious, and to enjoy their sexuality. This last bit was shocking, as the public myth was that single women were virgins, or supposed to be virgins, just marking time until they could snag a husband. Brown not only talked about the fact that single women had sex lives, she included the fact that it was often with married men.

Friedan's book, *The Feminine Mystique*, talked about the mind-numbing existence of middle class women who stayed home in suburbia and raised children. She was opposed the idea it was the only role women could play.

Basically, both women wanted to change the double standard in which women were seen as inferior to men in our society. Where Gurley chafed at the downgrading of women's skills on the job, having watched less educated, less experienced men be promoted just because they were men, Friedan wanted greater opportunities for

women to participate in society at large.

As Brown stated, "We don't want to live totally through men and children; we don't want to get our identities from these other people. We want to do something on our own. We want to achieve."

Women wanted it all: husband, children, and a job considered valuable. They wanted what men had.

Men laughed off the growing demands of women for equal pay and equal opportunities. At some level, most men found it threatening, and I agree: it was threatening.

A man friend of mine said it threatened the power structure in our society, and anything that threatened the power structure meets with resistance. Men did not want to compete with women in the workforce, and they certainly did not want women earning equal pay. Divorce rates climbed as women broke free of social pressures that kept them "in their place".

No matter who thought what about Women's Lib, it happened. Society changed. The birth control pill speeded the process as women found freedom from the biological trap that had so often made them dependent on men. Suddenly, they had many more choices about how they could live their lives.

The justice of equal pay and equal promotional opportunities has not been achieved yet. In many ways, men saw Women's Liberation as a

way to take less responsibility for women and children, not as a way to achieve social justice. However, in many ways Canada and the United States are better societies for women than they were when I was young.

It has been a long, long time since a boy in high school told me I'd be more popular with the boys if I was less brainy (no, I didn't quit getting high marks so boys would like me). It has been a long, long time since I was referred to as "the little woman". It's been a long, long time since I was refused a highly paid job in home construction, a job I could do, just because I might "distract" the men on the job site. It's been a long time since a man told me I should know my place. It's been a long time since my husband's friends told me to "keep her in line - she's a bad influence on the other wives."

Both my parents believed a woman could do just about anything. They instilled that belief in me. I wanted it all, just like a man: a good job, a spouse, children, and a respected place in society. I did not expect it to be handed to me, I did have it all, but not without working very hard and fighting the social pressures that had kept my mother in her "place". I achieved, and there is no greater satisfaction for a woman, or a man, than to achieve.

International Women's Day should be a reminder that, as the Chinese proverb says, "Women hold up half the sky."

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Application No. 261

ENVIRONMENTAL PROTECTION NOTICE

Application for a Permit Amendment Under The Provisions
of the *Environmental Management Act*

We, Similco Mines Ltd., of P.O. Box 1400, Princeton, B.C., V0X 1W0, intend to submit this amendment application to the Director to amend Waste Management Permit PE-00261, issued January 31, 1969 and last amended October 4, 2007, which authorizes the discharge of effluent from a copper mine-mill complex.

The land upon which the facility will be situated is Mining Lease No. 339 (Tenure No. 250141) at the Copper Mountain Mine located approximately 20km south of the town of Princeton along the Copper Mountain Road, within the Regional District of Okanagan-Similkameen.

The lands upon which the discharge will occur are: DL 52S (PID 011-462-612) and DL 53S (PID 011-462-639) at the existing Tailings Management Facility of the Copper Mountain Mine located approximately 15km south of the town of Princeton along the Copper Mountain Road, within the Regional District of Okanagan-Similkameen.

The amendment requests that the following conditions be changed:

1. From the land from which the effluent originates as Lot 423, Yale District, Crown Grant No. 4521/1116, to Mining Lease No. 339 (Tenure No. 250141) in order to reflect the change in location of the mill complex as approved under Mines Act Permit M-29 issued April 1, 2010.
2. From the current water quality monitoring requirements as set out in the Sampling and Monitoring Program appended to the amendment of June 15, 1979, to new monitoring requirements, in order to modernize permit monitoring requirements and to reflect and be consistent with requirements as developed during the review and approval process for the amendment to Mines Act Permit M-29 as issued April 1, 2010.
3. To include the discharge of treated sewage effluent from the mill facility with the tailings discharge. The type of treatment to be applied to the discharge is secondary sewage treatment in the form of a rotating biological contactor aeration and clarification process. The average daily rate of sewage effluent to be discharged will be 3.8 m³ per day with a peak design hourly flow of 2.3 m³/hr, to be discharged to the tailings management facility along with the 54,600 m³/day of mill process effluent as authorized under the permit. The operating period for this facility will be 24hours/day, 7days/week. The characteristics of the sewage discharge are average monthly means not to exceed: BOD5 15 mg/l, TSS 15 mg/l, fecal coliforms 200/100ml, temperature 10°C.
4. To delete section F of the amendment of June 15, 1979 to remove redundant requirements for draining of the tailings line as the line will no longer cross the Similkameen River on the suspension bridge nor pass through the tunnel. All draining of the tailings line will report directly by gravity to the tailings management facility.
5. Any other such administrative amendments as deemed appropriate by the Ministry of Environment to update the permit to be consistent with modern permit standards.

Any person who may be adversely affected by the proposed amendment and wishes to provide relevant information may, within 30 days after the last date of posting, publishing, service or display, send written comments to the applicant, with a copy to the Regional Manager, Environmental Protection at 102 Industrial Avenue, Penticton, B. C., V2A 7C8. The identity of any respondents and the contents of anything submitted in relation to this application will become part of the public record.

Dated this 1st day of March, 2011

Contact person: Michelle DesJardins Telephone No. 250-295-4746



The project is called 'Mickey Mouse Chemistry' and it is the work of PSS Grade 8 student Megan Liddicoat, left. It was on display during the Science Fair last week. Photo: Des Cosman

MP renews call for action

New Democrat Agriculture Critic, Alex Atamanenko (British Columbia Southern Interior), believes stopping Monsanto from registering its GMO alfalfa, already approved by Canada's Health and Environment agencies should be a top priority.

In a statement released March 4th Atamanenko stated, "The government needs to put a moratorium in place immediately while there is still a chance to protect what is a vitally important crop to farmers from genetic contamination."

Atamanenko says alfalfa is not only important to conventional farming but it is a particularly valuable crop to organic farmers who use it to fix nitrogen and as a soil-building component in their crop rotations.

"Farmers have been clear - they don't want or need Monsanto's genetic manipulation of one of nature's most perfect crops."

According to Atamanenko Prime Minister Harper has refused to act on his earlier motion calling for a moratorium in Canada as well as his call to urge President Obama to reverse a recent US decision to allow the unrestricted cultivation of Monsanto's Roundup Ready alfalfa in the US.

"It is only a matter of time before unwanted genes from the US will begin to turn up in Canadian fields and Harper's refusal to intervene with the US decision is a complete abdication of his responsibility to protect Canadian farmers," noted Atamanenko.

Atamanenko recently lost the bat-

tle to protect Canadian farmers from the loss of their markets as a result GMO contamination when his private members bill C-474 was defeated in the House of Commons. The Liberals and Conservatives subsequently initiated a Committee study on the biotech industry which is currently ongoing.

"I am encouraged to see at least some signs that the Committee is responding to the many impassioned pleas we have heard from number of witnesses to stop the introduction of Monsanto's Roundup Ready alfalfa," concluded Atamanenko.

"I will certainly be supporting the committee motion just introduced by Liberal Wayne Easter recommending a moratorium on GMO alfalfa until further research is completed."

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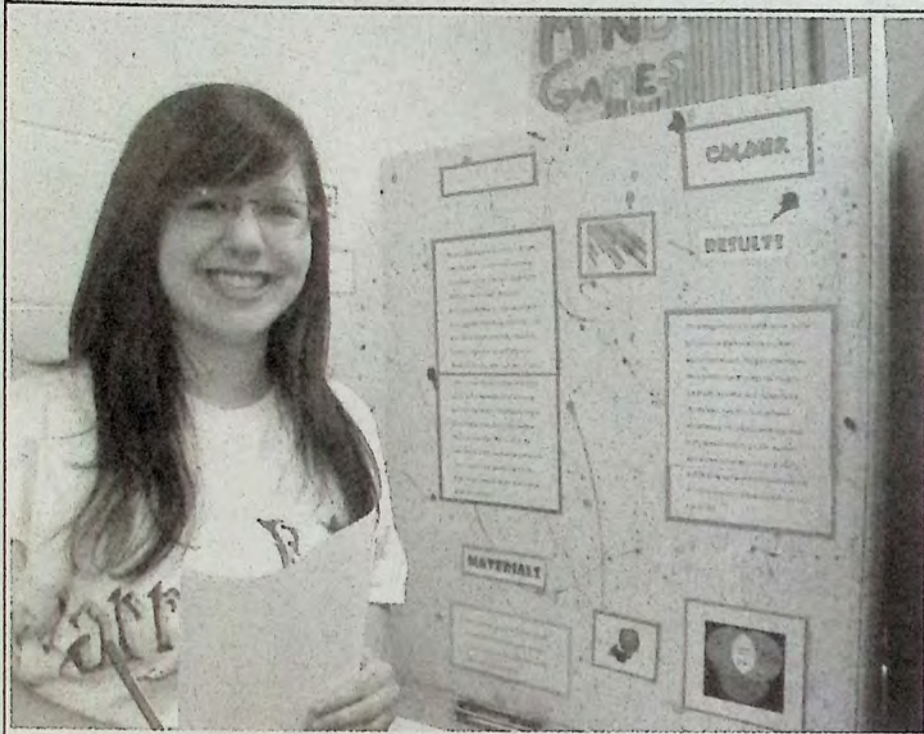
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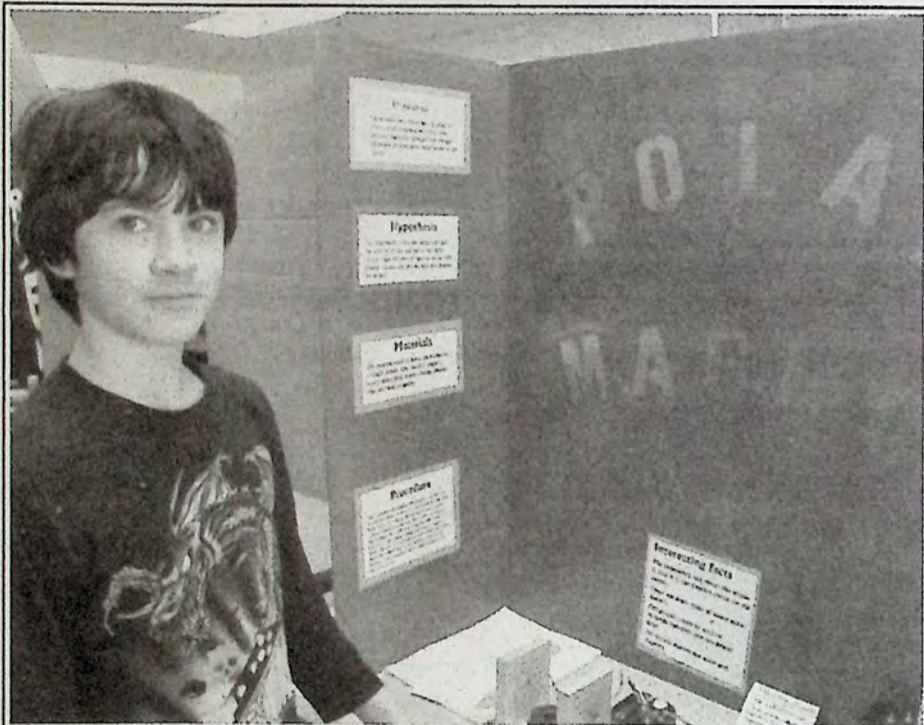
P.S.S. Grade 8 Science Fair



Brynn Johnson with her Grade 8 Science Fair project 'Mind Games' which focused on memory skills of students in timed experiments. Photo: Des Cosman



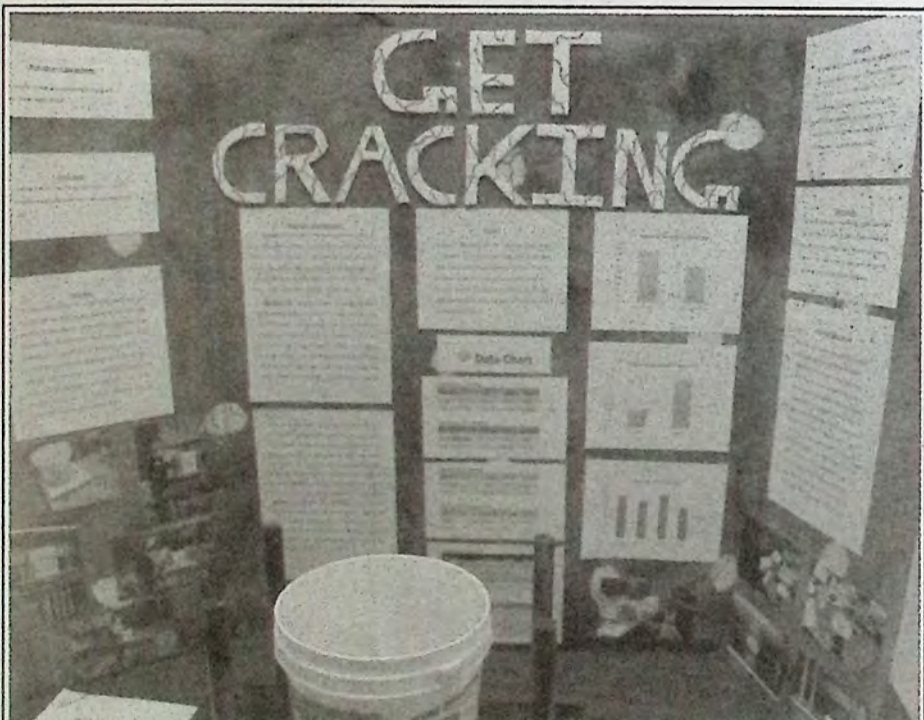
The diversity of subject matter explored was limited only to the imaginations of the Grade 8 Princeton Secondary School students. Photo: Des Cosman



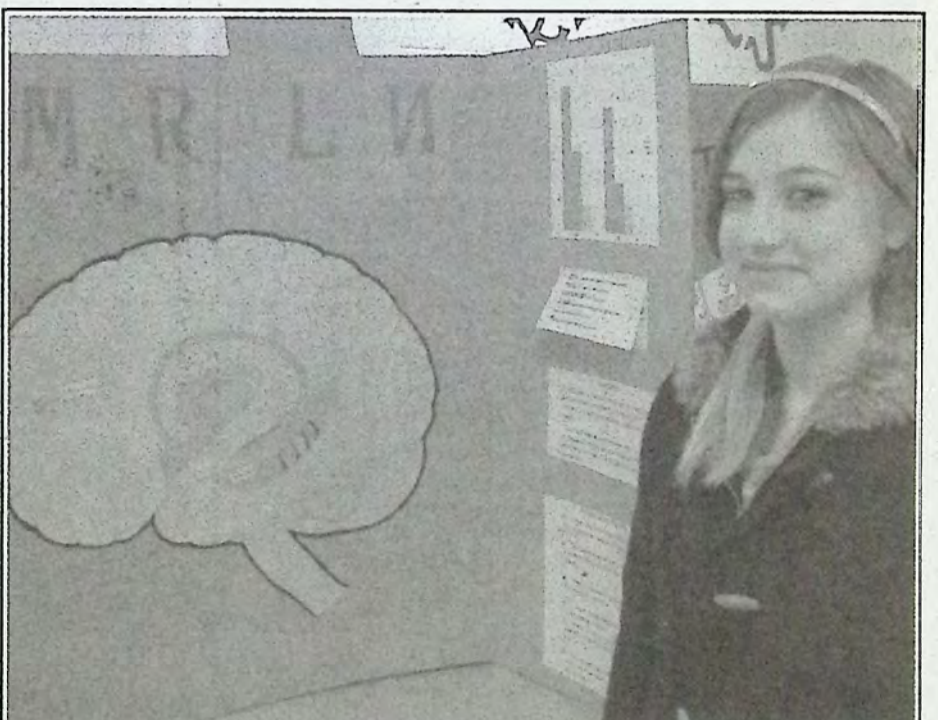
Owen Bartlett determined which material, based on thickness, strength and voltage made the best (or fastest) polar motor with his Grade 8 Science project. Photo: Des Cosman



There are mornings on the walk to work along the snow-covered streets we wished there was more friction keeping us from falling and tripping. Photo: Des Cosman



Kolten Smith put a lot of effort into his Grade 8 Science Fair project titled 'Get Cracking' which determined how much weight eggshells can support. Photo: Des Cosman



Alex Burke examined memory skills with her Grade 8 Science Fair project. The PSS Science Department hosts this event annually at the school. Photo: Des Cosman

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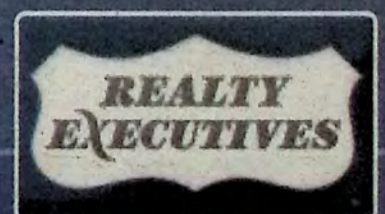
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