



Similkameen

News Leader

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Tuesday, March 15, 2011

SAVE 25% OFF WINTER BOOTS? See Below!



Princeton's Paul Gabriel races down the slopes during the Special Olympics Provincial Winter Games March 3rd and 4th in West Kelowna. Gabriel brought back two medals. Details on Page 9. Photo: Bob Wicks

Bylaw receives three readings

The bylaw formally known as Bylaw No. 851, 2011, and more commonly identified as the Princeton Building Permit Amendment (Building Permit Rate Structure) Bylaw, received three readings at the March 7th meeting of Town Council.

Councillor Marilyn Harkness made the motion, seconded by Councillor Jason Earle, which set the wheels in motion on the bylaw intended to introduce changes to the fees charged for building inspection services.

According to the report prepared by Town of Princeton CAO Patrick Robins, The building bylaw was last updated in 2003.

The update resulted from a report in 2002 by the Municipal Insurance Association of BC, which

addressed concerns with risks undertaken by local governments when they regulate construction in their jurisdiction.

As the RDOS provides building inspection services to the Town of Princeton through a services contract the proposed fee schedule is based on the recently adopted RDOS fee schedule, which provides for a recovery of costs associated with providing the building inspection service.

The financial implications are clearly spelled out in Robins' report to Council.

"In 2010 the town collected \$43,000 in building permitting fees. A single permit in 2010 assessed a fee of \$21,600 and skewed what the typical annual fees would be."

The cost of building inspection services from the RDOS last year totaled \$39,500.

"Based upon the proposed amendments to the fees schedule, the same 2010 permits issued would have collected \$84,000, disregarding the single permit that skewed the 2010 results, the fees collected would have been \$39,000."

The proposed rates in the Amendment Bylaw would see an Application Fee of \$150 with an additional \$10.00 for every \$1,000 in construction value.

For example, a homeowner looking to add a 400 square foot deck to his home valued at \$4,000 would have paid \$60. Under the new fee schedule the same deck, with a proposed valuation of \$12,000 will cost the homeowner a minimum fee of \$150.

The bylaw is intended to standardize fees.

Gregson reviews past year

Princeton Volunteer Fire Brigade Chief Eric Gregson attended the March 7th regular meeting of Town Council.

Gregson explained that 2010 was a transition year following the retirement of 30-year member Tony Kirkland.

"He had been the Secretary Treasurer for the past twelve years and this was the first change in the executive committee in that time," Gregson told Council.

The Fire Department also went from their busiest year in 2009 with 145 calls to "one of the slowest in six years with only 79 calls."

Of those 79 calls 16 were to grass and bonfires and 11 to alarm activa-

tions with three major fire calls (a small pick up fire, a fork lift fire at Weyerhaeuser and the hog building at Weyerhaeuser). In total, the entire year saw 169 man-hours compared to 347 in 2009.

Councillor Frank Armitage made the motion, seconded by Councillor Jason Earle, to ratify the 2011 Election of Officers to the Princeton Volunteer Fire Department, which sees Eric Gregson returned as Fire Chief with Rob Banks Assistant Chief. Frank Harrison, Dan Pippin and John Laursen are Officers with Harold Allison and Kevin Sill Lieutenants. Sue Laursen is Office Assistant and Rob Hicks is Secretary Treasurer.

Accident kills North Vancouver man

A fatal collision occurred 2-kilometres East of Princeton on Highway 3 near Darcy Mountain Road. The crash, at 7:30 AM on Monday, March 7th, happened when a green Pontiac driven by a 23-year old North Vancouver female, heading west on the highway entered a left-hand curve.

"The road was wet with a light covering of snow," says Cpl. B. Petersen of South Okanagan Traffic Services in Keremeos.

"The vehicle lost control and hit the cement barrier on the outside of the curve."

The Pontiac then bounced off the barrier crossing over the centerline, rotating sideways, into the path of

an oncoming white Hummer.

A 23-year old male passenger in the Pontiac, also from North Vancouver, was killed in the accident.

The female driver was air lifted to Kelowna General Hospital and was in critical condition.

The 58-year old female driver of the Hummer, from Penticton, sustained minor injuries and was treated and released from Princeton General Hospital.

Police continued their investigation last week with the BC Coroner's Service.

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Rodeo Club plans day of honour

May 14 will be Stan Thompson Day at Princeton Rodeo. He was the first President of Princeton Rodeo Club, and has continued to work with the club during the past 30 years.

Late in 1981, Thompson met with some of the local cowboys to ask, "Why can't Princeton have a rodeo?"

Those cowboys included Bob Lind, Terry Wright, and John Allison. Nobody could see any reason Princeton could not have a rodeo, so they began building a fine rodeo arena the spring of 1982 and finished it in time for the first rodeo in August. This was the first Princeton rodeo since 1949. It was quite an achievement.

In Laurie Currie's book of Princeton history, he referred to Thompson as "Mr. Rodeo". Stan Thompson worked hard at not only building the arena, but promoting Princeton rodeo, and Princeton. For two years, the fledgling rodeo won the B.C. Rodeo Association award for Most Improved Rodeo.

In 1987, Stan Thompson was recognized by the Chamber of Commerce with another title: Citizen of the Year. Not one to rest on his laurels, Thompson became involved in another major Rodeo Club project that began in the bar-room at the little town of Loomis, Washington.

In March, 1987, at a gathering in Loomis, Tonasket and Princeton agreed to become "sister cities". While Mayor Gloria Stout and Tonasket's officials met in the main room, Thompson was at the bar meeting with Bert Beeman, President of Tonasket Comancheros Rodeo Club.

Out of their discussions came the International Pony Express Friendship Ride which, during its 13 years of annual celebrations, put both Tonasket and Princeton on the map. The ride was featured in major newspapers and on television. It boasted being the fastest international mail delivery in the world, taking letters from Princeton to Tonasket one year, and from Tonasket to



Stan Thompson, Rodeo Club President, presents a certificate to Ann Thomas at a dinner held a few years ago to honour early ranchers of the Princeton area. Photo: Dawn Johnson

Princeton the next. It was a great event.

Tonasket has a Founders Day rodeo on the first weekend of June. For years, Stan Thompson took the Welby Stage coach to Tonasket for the Founders Day parade. One year, he took it to the Chopaka Rodeo to honour the memory of Barney Allison, founder of that rodeo (and still an annual event).

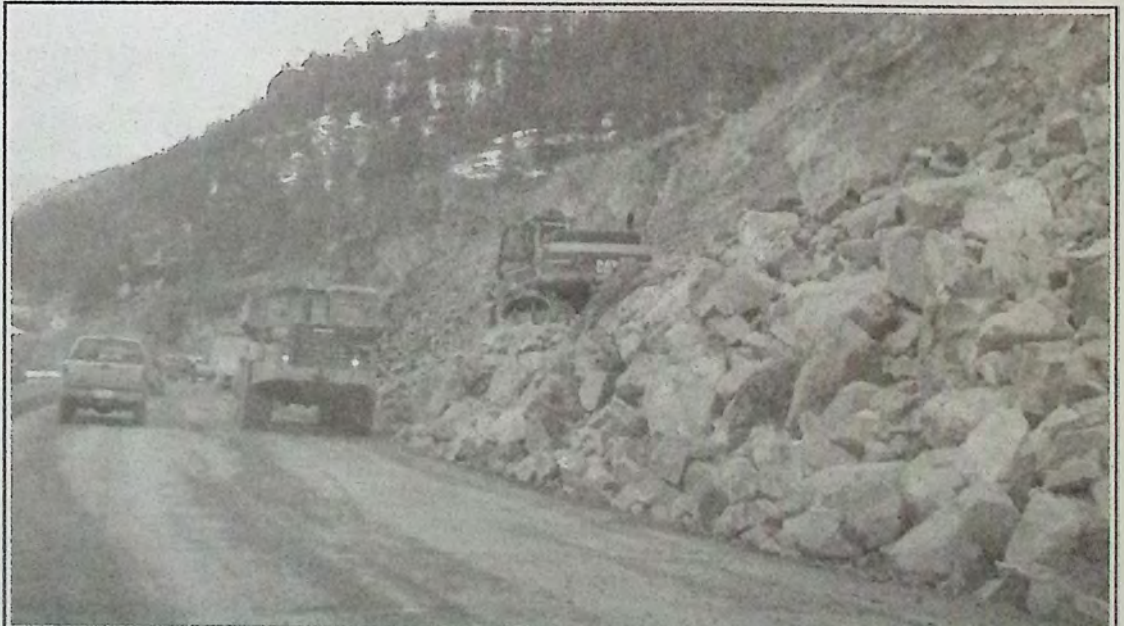
Stan Thompson's friendship with international rodeo champion Kenny McLean resulted in McLean moving to the fairgrounds to run his business, not only bringing revenue to Princeton Exhibition Association, but providing the rodeo celebrity a place for his home and family at reasonable cost. Following McLean's untimely death in Taber, Alberta, the Rodeo Club dedicated a rodeo, and the ag barn, to Kenny's memory.

Thompson has always been more

than just a cowboy. As owner of Model Transfer, he has continued to help build the entire fairgrounds, putting in water lines, digging trenches for power, putting in septic fields, plowing snow, and doing whatever he and his heavy equipment could do. Often, it was difficult to have him accept any payment at all for the time and equipment used to improve the grounds. Occasionally, he would accept payment for the fuel his equipment used.

In addition to his work with Princeton Rodeo Club and as a member of Princeton Exhibition Association, Stan Thompson has helped with the horse races every year.

Plans are afoot to make Stan Thompson Day a very special event. More details will be available as the date draws near.



The Yellow Lake Project is progressing well with minor delays on the highway. Photo: Brenda Engel



PSS Students of the Month for February are Ciara Bamford, left, and Katelin Marshall. Bamford, a Grade 10 student, was nominated for her positive outlook and willingness to help other sport teams. Marshall, a Grade 12 student, was honoured for her social justice presentation. Student of the month is sponsored by PSS PAC.*

Princeton Court News

News Leader Court Reporter - Dawn Johnson

Woman pleads guilty

Nicole Haller, formerly of Princeton, was charged with trafficking of a controlled substance and possession for the purpose of trafficking.

Although charges were laid in Princeton, she is now a resident of a lower mainland community and had her charges waived to the lower mainland where she entered a guilty plea and was sentenced.

Youth enters probation

A Similkameen Valley youth appeared in Provincial Court in Princeton on March 10 to enter a guilty plea to a charge of assault with a weapon. The youth had cut another youth with a crafter's knife during an argument. The youth said he had not intended to harm the other youth.

The youth was sentenced to one year on probation with recommendations for counseling, as well as a weapons prohibition and a compulsory DNA sample.

Man loses driver's licence again

James Ferguson, of Princeton, appeared in Provincial Court in Princeton on March 10 to enter a guilty plea to a charge of driving while prohibited on April 19, 2010.

A police officer who knew Ferguson was prohibited saw him driving and stopped him. Ferguson was ordered to pay a \$500 fine and is prohibited from driving for one more year.

Drugs lead to fine

A 34 year old Abbotsford resident, Gordon M. Threlfal, appeared in Provincial Court in Princeton on

March 10 to plead guilty to a charge of possession of a controlled substance.

On October 3, 2010, local police had observed him speeding. When he was stopped, he complained of not feeling well but did not ask for medical assistance.

His vehicle was searched, and small containers of hallucinatory mushrooms and marijuana were discovered. When questioned by police, Threlfal admitted he had smoked marijuana just one-half hour before police stopped him. Threlfal was fined \$750 plus a 15 percent victim fine surcharge.

Judge issues warrant

Glen A. Renaud failed to appear in Provincial Court in Princeton on March 10. He was scheduled to appear to confirm his trial would commence on April 7. Judge G. Sinclair issued a warrant for his arrest and cancelled the trial date.

Man pleads guilty to breach

In Provincial Court in Princeton on March 10, Donald M. Neumann entered a guilty plea to a breach of a recognizance under which he was to have had no contact with Rebecca Williams. While under the recognizance, Neumann and Williams had been together on several occasions, resulting in other charges.

As a result of the combined charges, Neumann had served 21 weeks in custody and four months in an alcohol rehabilitation center. Neumann was sentenced to time served plus one day, with an additional six months probation, with a

six month weapons prohibition and was ordered not to consume alcohol or illegal drugs.

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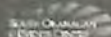
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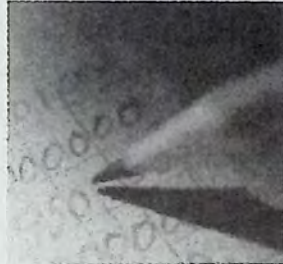
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Keremeos News



Bill Lindley congratulated his girlfriend Tracey Matkovich at the annual sportsmen's awards night and banquet in Keremeos. Tracey won a diamond and sapphire ring donated by the Keremeos-Cawston Sportsmen Association and Marion Blakeborough. Over 150 prizes were donated by individuals and businesses throughout the region. Bill's reaction was, "Great! Now we can get married!" Photo: Arlene Arlow

RDOS announces OCP committee

A total of 16 individuals will provide direction to the Regional District of Okanagan-Similkameen (RDOS) on the suitability of an Official Community Plan (OCP) for Electoral Area B (Cawston).

"The OCP Advisory Committee was appointed by the Regional District Board on March 3rd, and will assist in identifying the issues facing the community and ensure a draft OCP reflects the community's ideas and values," says RDOS Board Chair Dan Ashton.

Members of the OCP Advisory

Committee are: Bob Bergen, Celia Bush, George Bush, Dave Cursons, Tony Dawson, Paul Dhaliwal, Pard Hogeweide, Kevin Klippenstein, Gurpreet Lidder, Al McCormick, Lee McFadyen, Brian Mennell, Lesley Pendleton, Donna Stocker, Andrea Turner and Lee Vesper.

"The Board wishes to thank all those residents who put their name forward for consideration and encourages interested community members to visit the Regional District's web site located at www.rdos.bc.ca for more informa-

tion on the drafting of the plan, as well as future opportunities for public input," Ashton adds.

An OCP Bylaw is a policy document that can be used to provide the Regional District as well as the community with a general direction on land use matters such as environmental protection, growth management, parks and recreation, community servicing and land use.

To find out more contact Electoral Area B Director George Hanson at 250.499.0376 or Regional District Planner Christopher Garrish at 250.492.0237.



Shawn Young and Sandy Sladen displayed true sportsmanship by donning their door prizes at the annual sportsmen's banquet March 5th at Victory Hall. More photos on Page 8. Photo: Arlene Arlow



Kathaleen Gibbs was named "Sportsperson Of the Year" at the annual Keremeos-Cawston Sportsmen Association awards night in Keremeos. Doug Boulton, club President presented the award. Photo: Arlene Arlow

RDOS Board meeting highlights

ELECTORAL AREA 'G' STREET LIGHTING SYSTEM ESTABLISHMENT AMENDMENT BYLAW

Due to an increase in cost to the service, Bylaw No. 1097 was amended in 2003 to increase the tax requisition. The amendment bylaw implemented a tax requisition increase of the greater of \$1,000 or \$0.45/1,000 on land and improvements.

As all properties within the service benefit equally, the cost recovery mechanism for this service is through a parcel tax. Bylaw No. 1097.02 amends section 5 by removing reference to \$0.45/1,000 on land and improvements and implements a requisition limit of one thousand dollars.

The Board adopted Bylaw No. 1097.02.

2011 REGIONAL DISTRICT OF

OKANAGAN-SIMILKAMEEN TEMPORARY BORROWING BYLAW

In 2010 the Loan Authorization Bylaw 2525, 2010 was adopted for Okanagan Falls Recreation service area in order to acquire parkland through the purchase of property. The amount of borrowing as prescribed in the loan authorization bylaw is \$1,320,000.

At this time the purchase of the property has not completed and it is not known if the transaction will be finalized before the spring debentures are acquired from the Municipal Finance Authority. The RDOS Temporary borrowing bylaw was adopted securing short term borrowing for the purchase.

BC HYDRO FAIR COMPENSATION

Crown Corporations are expected to pay their fair share of property taxes by providing a grant-in-lieu. Private utilities pay property taxes to municipalities and regional districts on property including right-of-way for distribution and transmission lines, and private utilities and BC Hydro provide municipalities a 1% tax on gross sales revenues within their jurisdiction.

It was resolved that the SILGA and the UBCM lobby the Province of BC to explore the taxation of BC Hydro and implement a fair and equitable method of compensation for all local government for the provision of local and regional services. The Regional District will be submitting this resolution to the SILGA Convention for consideration by its members.

- submitted



Windows were smashed sometime late Saturday, March 5th and early Sunday, March 6th at Keremeos Community Church. If you have any information you are asked to contact RCMP. Photo: Brenda Engel

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Health / Lifestyle News

Travellers' First Aid Kit: Everything you need!

(NC)—With many Canadians set to trade frightful weather for fun in the sun down south this winter, it's the perfect time for a refresher on what should be included in your travellers' first aid kit.

Visiting your family physician or a travel medicine specialist six to eight weeks prior to departure is the best plan for avoiding unwanted health issues while travelling. They can give you travel health advice for destinations you may not even realize require some careful planning, including sun spots like the Caribbean. They can also give you important vaccinations, such as ones against hepatitis A and B, which you may need before you leave.

In addition, here are some basics you should consider having on-hand:

• Prescription Medications:

Be sure to bring any personal pre-

Meds Check: Have your prescriptions had their annual checkup?

(NC)—Keeping track of medications and when to take them can be tricky at the best of times, but for the hundreds of thousands of Ontarians who live with a chronic disease such as diabetes, asthma, heart disease, arthritis or cancer, managing multiple medications can be a complicated task.

The Ontario Pharmacists' Association suggests people give their prescriptions an annual check-up by taking advantage of MedsCheck - a free provincial program in which Ontarians can receive an annual 30-minute one-on-one review of their medications by their pharmacist.

"MedsCheck helps ensure people are taking medications properly and safely so they get the best results," says pharmacist Cathy Schill. "During a private consultation, we can help patients understand the drugs they take. We can make sure the medications won't interact with each other and find out if the patient is having any problems with them - such as side effects, mixing with

prescription medications you are already taking, as well as a note from your prescribing physician on letterhead for controlled substances and injectable medications. Also, your physician may prescribe you anti-malarial medication, some of which can be started just days prior to departure, if you're travelling to areas where malaria is present. Malaria is a serious and sometimes fatal disease spread through the bite of infected mosquitoes and it is present in some popular tourist spots in the Caribbean.

A current travel health notice listing the specific areas of concern for malaria is available in the Travel Health section of the Public Health Agency of Canada's website. For more information talk to your doctor or visit MalariaFacts.ca.

• Over-The-Counter Medications:

Take a look at what's in your med-

icine cabinet at home and be sure to bring along any you rely on regularly in case they're not available where you're headed.

Some important over-the-counter medications to include are those that treat headaches, aches and pains, diarrhea, stomach upset, and allergies.

• Other Supplies:

Beyond medication, there are other key supplies you should include in your suitcase. Sun protection is essential no matter your destination, so consider sunscreen with a minimum of SPF 30, zinc cream, and aloe gel for sunburns.

If travelling to malaria-endemic areas, bring insect repellent with DEET to help ward-off mosquitoes. And alcohol swabs, topical antibiotic cream, and bandages are always helpful in case of minor cuts and scrapes.

- www.newscanada.com

over-the-counter items or other medications, or issues with the dosing times."

Since the launch of the MedsCheck program in 2007, pharmacists across Ontario have conducted more than 841,000 such medication reviews. The MedsCheck program is available to people who take three or more prescription medications for chronic conditions, residents of long-term care homes, people with diabetes, and those who are housebound.

"I take several medications for diabetes and after prolonged periods of high blood sugar and pain in my

stomach, I met with my pharmacist for help," says Sheila Hannah. "He showed me how and when each medication should be taken and developed a new dosing regimen for me. Thanks to the MedsCheck program, my blood sugar levels have regulated and the discomfort I was experiencing in my stomach disappeared. It is very reassuring to know that my diabetes can be kept under control and that my pharmacist is so easily accessible and able to help."

Patients are encouraged to ask their pharmacist whether they would benefit from a MedsCheck medication review.

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Living Past 100

How To Handle Sore Throat

There are a lot of things that can give you a sore throat, from dust, smoke, too hot a drink, cheering loudly for your favourite team. Generally, the cause of a sore throat is due to infection from a cold, tonsillitis or sinus infection. The soreness can last from a few days to a few weeks.

One of the ordinary home remedies is garlic, preferably raw. You can take it as a tea, or just chew it thoroughly. It is a natural antibiotic.

Take Vitamin C, preferably the chewable kind. You can take up to 10,000 units a day. Vitamin C is a virus fighter.

To coat a sore throat, make up a hot drink of honey and lemon juice (don't drink it too hot - just warm will do). Never give this to children under the age of two. To clear the throat, gargle with salt water several times a day.

Another thing you can try is eating salsa. The peppers in salsa can wipe out a lot of bacteria. If you like salsa, this will be a pleasurable treatment.

March is a month notorious for communicable diseases. If your sore throat persists and you develop a fever, it is time to see a doctor. You might have something more serious than just a sore throat.

If you frequently suffer from a dry cough and itchy throat, you probably have an allergy. If you frequently have a sore throat, you are probably being infected by your toothbrush. Remember to throw away your old toothbrush once a month and start using a new one.

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This Week - 4 Years Ago

Celebrating Princeton's History

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News Leader - March 13, 2007



It was four years ago that the Town of Princeton purchased this Vermilion Avenue property. *

Building up the downtown core

It was four years ago this week, in the March 13, 2007 Similkameen News Leader, that the Town of Princeton announced they had purchased the former Goldion Restaurant building.

The \$270,000 purchase was described at the time as "part of a plan to expand cultural services for Princeton residents."

The article stated, "The restaurant section will be renovated for an expanded library at an estimated cost of \$350,000. The Regional Library will rent the space from the Town."

In making the announcement at the March 5, 2007 Town Council meeting, Mayor Randy McLean said, "This is a super location. It lends itself to the upgrading of our downtown."

That remark referred to ongoing plans to re-align Vermilion Avenue and create a new 'town square' concept.

The new location of the library opened up space at the Museum building.

Mayor McLean stated four years ago, "I believe Princeton Museum is the anchor of our tourism."

Renovations for the new library were to start in 2008 with relocation of the library in late 2008 or 2009.

Following on the news that the Regional Library's Princeton Branch was going to relocate Princeton and District Museum and Archives Society revealed plans for an expanded and improved facility.

"When the Library moves premises it is proposed that long overdue renovations be carried out on the

complete Museum/Library building. This will include electrical, heating and air conditioning, flooring, washrooms including disabled facilities and a staff room," is how the news was reported in the News Leader four years ago.

Overall costs for building renovations and alterations, together with new and improved display facilities were estimated at the time to be about \$300,000.

The museum building renovations only started this month.

It was also four years ago this week that Princeton Town Council announced plans to upgrade Princeton Airport.

Avcon Consulting Ltd. was hired on to coordinate a grant application to the Transportation Partnerships program.

The grant money would be used for surveying, a fuel system, runway lighting, taxiway reflectors, ramp floodlights, ramp enlargement, more fencing and a modular trailer.

2011 marks 60th Family Fair

Plans are now underway for the 60th Annual Family Fair, which raises funds for bursaries for the Graduating Class of 2011.

The first Family Fair was held in 1951, put on by the PTA to raise funds for equipment for the school. It has evolved to be an annual fundraiser for bursaries for each year's graduating class at Princeton Secondary School. Last year the committee was able to award over 25 students with a \$230 bursary to help further their education.

Community participation has been great in the past years and once again they are calling on the community for support with this annual event.

While you are doing your spring cleaning you may find articles that you may wish to donate to the Fair. The Family Fair appreciates all "garage sale" items (no used clothing please), toys and puzzles, plants, books, jewellery and hand-crafts - preferably in good clean condition. As well they need donations of breads, buns and baking.

Articles may be dropped off at Princeton Secondary School or call Pam for pick-up at 250.295.3321.

Tickets are also being sold for the popular "Taste of Princeton" raffle. Tickets will be available from any grad or at the Fair. The draw will be 3:00 PM on April 21st.

Remember to mark April 21st on your calendar and come to the Fair and support the Graduating Class of 2011.

Group announces Tea & Bake Sale

The Ladies Auxiliary held their monthly meeting March 8th. The next ways and means project scheduled is the Spring Tea and Bake Sale to be held Saturday April 9th in the hall.

Cost will be \$3.50 per person. The raffle baskets have been put together by Anne Bauder and tickets are available in the lounge or from any Ladies Auxiliary Member.

The short meeting was then concluded and the ladies then gathered for refreshments and desserts.

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Explore The History Of Mining - Gold, Copper and Coal

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

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Keremeos-Cawston Sportsmen's Banquet



Guests were treated to the standard buffet fair plus wild deer, bison, bear, salmon and moose at the recent Keremeos-Cawston Sportsmen Association banquet and awards night at Victory Hall, Keremeos. Club members and wives baked up 27 different homemade desserts to tantalize the taste buds. Photo: Arlene Arlow



Heinz Kurtenbach, Heinz Schmid and Doug Wiech cooked up a wonderful array of wild meat at the annual Keremeos-Cawston Sportsmen Association banquet and awards night March 5th in Keremeos. Photo: Arlene Arlow



Pat Brunton, left, and Doug Boulton, right, of the Keremeos-Cawston Sportsmen Association presented Past President Jim Guthrie, centre, with a commemorative plaque at the annual banquet March 5th. In honor of Jim's efforts to build the association's clubhouse and range near Cawston, the club facilities will henceforth be called "The Guthrie Range". Photo: Arlene Arlow



Gary Stump received the "Senior Big Game" award at the annual banquet and awards night for the Keremeos-Cawston Sportsmen Association. Photo: Arlene Arlow



Pictured at the annual Keremeos-Cawston Sportsmen Association banquet and awards night are President Doug Boulton, left, award winners Matthew Campbell, Jetson Gibbs, Liam Hiebert, Tyrell Sladen, Jordan Lion and event MC Cliff Last. Photo: Arlene Arlow



Don Barker, left, received the "Senior Club Champion" award from President Doug Boulton, right, at the annual Keremeos-Cawston Sportsmen Association banquet and awards night March 5th in Victory Hall, Keremeos. The competition covered six disciplines of gun and archery skills. Photo: Arlene Arlow



News Leader Entertainment

Similkameen News Leader TV Guide Listings - March 15 - 21, 2011



Paul Gabriel proudly shows off his two Special Olympic Winter Games medals. *

Gabriel brings home gold (and bronze)

by Bob Wicks, Coach

Princeton welcomes home Paul Gabriel from the Special Olympics Winter Games.

Some 150 athletes and coaches and support persons travelled to West Kelowna for the Special Olympics Provincial Winter Games. The featured events were Alpine skiing, snowshoeing, and cross-country ski racing. The Games ran two days over March 3rd and 4th.

Paul returns with a Gold Medal for Alpine Skiing Intermediate Giant

Slalom and a Bronze Medal for Alpine Skiing Intermediate Slalom.

His times were: 1:17.56 Giant Slalom (gold) 1:32.51 Slalom (bronze).

Paul, and Special Olympics Princeton, wish to thank the many people who helped him achieve success: Shelby Smith for getting him to Manning Park for race training; the great folks at Manning Park Ski Resort who helped him in many ways this season; the Apex Mountain community who helped in 2010; the community of

Princeton for all of the support he has received, including the generous fund raising contributions of so many, and Gloria Gagnon for her tireless efforts for Special O and Paul.

Last but not least, Paul gives a big thank you to his coach, Bob Wicks. Fun skiing, Regional Games in Vernon (2010), and the Provincial Winter Games in West Kelowna (2011). A great ride and lots of fun.

Congratulations, Paul (Gabby) Gabriel. You trained hard and are very deserving of your medals.

Williams contributes to final season game

The Thompson Okanagan Female Midget AAA Rockets travelled to the lower mainland on the weekend of March 5 and 6 to play their final league games of the season. The opponent was the Vancouver Fusion. The Rockets dominated most of the play and the first game ended in a 5-1 score.

Scoring for the Rockets was Colby Williams (assists Rebecca Blinkhorn and Cora Sutton), Janessa Jenkins (assists Cora Sutton and Shylah Gibb), Kelsey Freudenberger (assist Chloe Kennedy), Kelsey Freudenberger (assists Colby Williams and Rebecca Blinkhorn) and Cora Sutton (assist Bre Frasca). Tara

Bouvette played a strong game in net.

Sunday morning's game saw some great play from Fusion goaltender and despite 31-17 shots in favour of the Rockets, just one shot went past the Fusion goaltender and the game ended 1-0. Scoring for the Rockets was Cora Sutton (assist Kelsey Freudenberger, Janessa Jenkins).

Shelby Tse earned the shutout in net.

The Rockets ended their regular season in first place, winning the BC Female Midget AAA league. The Rockets have earned a bye through the first round of playoffs.

Playoff action for the Rockets starts March 18 in Kelowna where they will face the winner of Round 1.

-submitted

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Congratulations, Paul Gabriell



Princeton's Paul Gabriel takes a break before his ski run. Photo: Bob Wicks



Gabriel at the starting gate on Crystal Mountain in West Kelowna. Photo: Bob Wicks



Paul celebrates his victory on the award podium. Photo: Bob Wicks



One race down and one medal won. Day One in West Kelowna. Photo: Bob Wicks



Coach Bob Wicks, right, shares in Gabriel's victory. Photo: Bob Wicks



An action shot of Gabriel sailing down the slopes on his way to Gold. Photo: Bob Wicks

TUESDAY, MARCH 15, 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 "Backfire"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday "Falling Fast"	Henry's	CityLine	CSI: NY	Real Renos
:30			Arthur	Lions							Rollbots					Franny			Real Renos
7 AM	Cosby		Hi-5 Food	Arthur	Today Ted Danson; Tom Colicchio (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Sidekick	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Buy Me
:30	Cosby		Pinky	Martha							Animal	Pokémon		How/Made	Suits/Deck				Buy Me
8 AM	Cash Cab		Magie Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil	SportsCentre		Oddities	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
:30	Lyrics!		Poppet	Cat in the			Dog				Busytown	Kid vs. Kat		Oddities	Phineas				Whatever
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48 "Gone"	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Parents	SportsCentre	Live With Regis & Kelly	Cash Cab	Good Luck	Role	CSI: Crime Scene	Restaurant Makeover
:30	Family Fd		G. Shrinks	Dinosaur							News	Parents		Cash Cab	Wingin' It	Amazing			
10 AM	The Investigators	World Vision	Franklin	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Home to Agent	Poko	Parents	Global Golf	The View (N)	Junk Raiders	Wingin' It	EP Daily	CSI: NY "Officer Blue"	The Nanny
:30			Spider	(EI)							Doodlebop	OddParent	Score Golf		I'm in the Band	Out There			The Nanny
11 AM	Forensics	World Vision	Rolie Polle	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	Parents	Preview	Marilyn Denis	Mayday "Cold Case"	Wizards	CityLine	CSI: Crime Scene	Gold Girls
:30	Evidence		Berenstain	Sit & Be Fit							dirtgirl	Parents	ESPNU All Access	etalk	Salvage Code Red	Hannah Montana	General Hospital (N)	UFC Unleashed	Funny Kids
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami "Backfire"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Parents	UEFA Champions League Soccer	Bold	Oddities	Suite Life	Jdg Judy		Funny Kids
:30			Dinosaur	Smile!				One Life to Live (N)				Parents			Oddities	Suite Life	Jdg Judy		Kitchen Nightmares
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Landscape	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	OddParent		Marilyn Denis	Oddities	Suite Life	Jdg Judy	Movie: *** "Man on Fire" (2004) Denzel Washington, Dakota Fanning	Restaurant Makeover
:30			Wibbly Pig	Quilting								OddParent			Oddities	Suite Life	Jdg Judy		Buy Me
2 PM	Friends	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash Debt/Part	Steven and Chris (N)	Parents		Dr. Phil	Myth-Busters	Wizards-Place	Access Hollywood Live		Gold Girls
:30	Friends		Mr. Moon	WordWorld	Judge B.		Dog					Parents							Gold Girls
3 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48 "Gone"	Rachael Ray	The Doctors	Young & Restless	Recipes	SpongeBob	SportsCentre (Live)	(2:59) The Dr. Oz Show	Cash Cab	Hannah	CityNews at 6 (N)		Restaurant Makeover
:30	The Office		WordWorld	Electric							Mercer	Fanboy		How/Made	Wizards				Buy Me
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	NHL Hockey: Washington Capitals at Montreal Canadiens.	Ellen DeGeneres Show	Daily Planet (N)	The Suits	How I Met Two Men		Buy Me
:30	Family Guy		G. Shrinks	Wild Kratts	Jdg Judy			Seinfeld		Global Nat.		Parents							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)	Splatat	Capitals at Montreal Canadiens.	CTV News at Five (N)	How/Made	Wizards	The Biggest Loser (N)	Movie: **** "Unforgiven" (1992) Clint Eastwood, Gene Hackman	Funny Kids
:30	Payne	News	Martha	Business	NBC News	News		ABC News	Global Nat.			SpongeBob		How/Made	Hannah				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		ICarly		CTV News (N)	Gold Rush: Alaska	Suite/Deck			Kitchen Nightmares
:30		News	Parks	Millionaire	Access H.					Ent	Coronation	Mr. Young	NHL Hockey: Phoenix Coyotes at Calgary Flames. (Live)	etalk	Flying Wild Alaska (N)	Sonny	Parenthood		Family Guy
7 PM	Seinfeld	Ent	Hope for Wildlife	Great Performances	Jeopardy!	The Dr. Oz Show (N)	The First 48	Ent	Ent	The Good Wife	Wheel	Splatat		Big Bang	Flying Wild Alaska (N)	Hannah			Pawn
:30	Seinfeld	ET Canada			Wheel			The Insider	ET Canada		Jeopardy!	Indie							
8 PM	Movie: *** "Father of the Bride Part II"	Glee "Original Song"	The Love of Money (N)		The Biggest Loser (N)	NCIS	The First 48	No Ordinary Family	Glee "Original Song"	Glee "Original Song"	Mercer	ICarly		No Ordinary Family	Daily Planet	Suite/Deck	News	UFC 120 Countdown (N)	Buy Me
:30											InSecurity	Chris				Kings	EP Daily		ET Canada
9 PM		NCIS: Los Angeles	Daniel Ellsberg-Pentagon Papers	The Big Band Years (My Music)	Parenthood	NCIS: Los Angeles	(9:01) The First 48	V "Mother's Day"	NCIS: Los Angeles	NCIS: Los Angeles	Winnipeg Comedy	8, Rules	Sports	Law & Order: SVU	Gold Rush: Alaska	Wingin' It	The Flavor of Love	UFC Fight Night	Family Guy
:30				Big Band hits.							Indie		E:60 (N)			Overruled!			Pawn
10 PM	Movie: *** "Father of the Bride Part II"	The Good Wife	Landscape			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		The Listener (N)	Flying Wild Alaska	Ned's Stone	Justice		Funny Kids
:30											Weird		Classix						Funny Kids
11 PM		CHBC News Final (N)	Picturing A People (N)	Charlie Rose (N)	News (N)	News	(11:01) The First 48	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (Live)	CTV News	How/Made	So Raven	Paid Prog.	Disorderly Conduct	Kitchen Nightmares
:30					Jay Leno	Letterman		Nightline		ET Canada	Ron James	Prank Ptrl		CTV News	How/Made	Life Derek	Paid Prog.		

WEDNESDAY, MARCH 16, 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 Build	News (N)	News	CSI: Miami	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 "Night, Mother"	Bootcamp
:30			Arthur	Between							Rollbots					Franny			Bootcamp
7 AM	Cosby		Hi-5	Arthur	Today Publicity; peanut butter sandwich. (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Beyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	End/Leash
:30	Cosby		Pinky	Martha							Animal	Pokémon		How/Made	Suits/Deck				End/Leash
8 AM	Cash Cab		Magie Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil	SportsCentre		License to Drill	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
:30	Lyrics!		Poppets	Cat in the			Dog				Busytown	Kid vs. Kat			Wizards-Place				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!	Movie: *** "Dr. Seuss' Horton Hears a Who!"	SportsCentre	Live With Regis & Kelly	Cash Cab	Wizards	Amazing		Restaurant Makeover
:30	Family Fd		G. Shrinks	Dinosaur							News	Hears a Who!"		Cash Cab					
10 AM	The Investigators	World Vision	Franklin	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Big Flip	Poko		SnowTrax	The View (N)	Breakout	Wizards	EP Daily	CSI: NY Murder victims.	Roseanne
:30			Spider	(EI)						Stagers	Doodlebop		Drag Racing: NRHA Gatornationals. From Gainesville, Florida. (Taped)			So Raven	Out There		Roseanne
11 AM	Forensics	Canada	Rolie Polle	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Canada	Noon News Hour (N)	Gofrette	Movie: "Garfield Gets Real" (2007)	Marilyn Denis	Gold Rush: Alaska	Suite Life	CityLine	CSI: Crime Scene		Gold Girls
:30	Evidence	Canada	Berenstain	Sit & Be Fit				Memory	Canada		dirtgirl			etalk	Breaking Point	Hannah			Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)			Bold	Sonny	General Hospital (N)	Ways Die		Fear Factor
:30			Dinosaur	Smile!											Sonny				Ways Die
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	Movie: *** "Open Season 2" (2008)	Marilyn Denis	Flying Wild Alaska	Good Luck	Jdg Judy	Ways Die		Fear Factor
:30			Wibbly Pig	Sewing								Motoring			Wizards	Jdg Judy	1,000 Ways to Die		Ways Die
2 PM	Friends	Young & Restless	Charlie	Barney	Willa's	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash Debt/Part	Steven and Chris (N)		Off Record	Dr. Phil	Myth-Busters	Wizards-Place	Access Hollywood Live	Ways Die	Gold Girls
:30	Friends		Mr. Moon	WordWorld	Judge B.		Dog						Interruption						Gold Girls
3 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	House	Recipes	SpongeBob	SportsCentre (Live)	(2:59) The Dr. Oz Show	Cash Cab	Hannah	CityNews at 6 (N)	Ways Die	Restaurant Makeover
:30	The Office		WordWorld	Electric							Mercer	Pengulins		How/Made					
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With G. Shrinks	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	NHL Hockey: Toronto Maple Leafs at Carolina Hurricanes.	Ellen DeGeneres Show	Daily Planet (N)	(4:10) Phineas and Ferb	How I Met Two Men	Ways Die	Reality
:30	Family Guy		G. Shrinks	Wild Kratts	Jdg Judy			Seinfeld		Global Nat.		Parents							
5 PM	Talladega Nights: The Ballad of Ricky Bobby	Early News	Dino Dan	BBC World	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Splatat		CTV News at Five (N)	Mighty Ships (N)	Wizards	Minute to Win It (N)	1,000 Ways to Die	Fear Factor
:30		News	Martha	Business	NBC News	News	Dog	ABC News	Global Nat.			SpongeBob		CTV News (N)	Flying Wild Alaska	Suite/Deck	Family	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		ICarly		CTV News (N)	Flying Wild Alaska	Suite/Deck	Family	Ways Die	Fear Factor
:30		News	Parks	Millionaire	Access H.					Ent	Coronation	Weird	SportsCentre (Live)			Wizards	Cougar	Ways Die	Fear Factor
7 PM	Seinfeld	Ent	Rescue	Celtic Thunder Heritage	Jeopardy!	The Dr. Oz Show (N)	Storage	Ent	Ent	Off the Map (N)	Wheel	Splatat		etalk	Mayday (N)	Sonny	Minute to Win It	Ways Die	Family Guy
:30	Seinfeld	ET Canada	Ol Pejeta		Wheel		Storage	The Insider	ET Canada		Jeopardy!	Indie	Hockey	Big Bang		Hannah		3 Sheets	Parking
8 PM	Law & Order: SVU	Survivor: Redemption	The Story of India	When Irish Eyes Are Smiling: Irish	Minute to Win It (N)	Survivor: Redemption	Storage	The Middle	Survivor: Redemption	Survivor: Redemption	Dragons' Den	ICarly	Sports	American Idol The finalists perform.	Daily Planet	Suite/Deck	News	Auction	Reality
:30							Storage	The Middle			Chris		Off Record			Wizards	EP Daily	Auction	ET Canada
9 PM	Talladega Nights: The Ballad of Ricky Bobby	NCIS	Giselle Romantic ballet		Law & Order: SVU	Criminal Minds (N)	Dog	Family	NCIS	NCIS	Republic of Doyle (N)	8, Rules	Global Golf	Mayday	Hannah	Law & Order: UK "ID"	UFC Fight Night		Family Guy
:30							Dog	Sunshine				Indie	Speed		Overruled!				Parking
10 PM		Off the Map (N)	Profiles	Law & Order: SVU	C.M.: Suspect	Dog the Bounty Hunter	Off the Map (N)	Off the Map (N)	News Hour Final (N)	News Hour Final (N)	National	Family Biz	Billiards	C.M.: Suspect	Mighty Ships	Ned's Stone	Justice		Fear Factor
:30			Walk, Park								Weird								Fear Factor
11 PM	The Investigators	CHBC News Final (N)	Branded	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
:30					Jay Leno	Letterman	Storage	Nightline		ET Canada	22 Minutes	Prank Ptrl		CTV News		Life Derek	Paid Prog.	</	

Similkameen News Leader - Horoscopes

March 16 - 23, 2011

Aries - You come into your own sign at the end of this week. This is a good time to think about your public image. How do people see you? Are you well-groomed? How are your social skills? Focus on best foot forward.

Taurus - Guard against colds and flu now. Your health should be generally good, but you can have respiratory problems. Avoid crowds, large groups of people. Career runs smoothly, relationships with elders is helpful.

Gemini - Your career continues hectic. Old folks demand attention, or are a problem in some way. People in authority may have a negative attitude if they think you are stepping into their territory. Situation clears in two weeks.

Cancer - Career continues to be positive but holds elements of surprise, and the surprising elements grow stronger. You may want freedom from your career, but don't move too quickly. You can seek a new, more interesting career now.

Leo - Relationships continue to please you - others are good to you. Your urge to travel grows stronger. You need to see new places, experience new things, learn new attitudes. If you can't travel, study new concepts, take short trips.

Virgo - You are very busy with one to one relationships, such as good friends, or a spouse. You may have problems with a spouse's ego. Stand up for yourself but don't overreact. Job and health are good. You may have tax refund soon.

Libra - Many new elements come into your relationships very soon. Many surprises are in store for you. Look around to see what is new in your life. New friends may introduce some exciting changes in your life very soon. Be ready!

Scorpio - Changes are in the works for your job and your health, none of them bad. Things start happening in two weeks. Expect to work hard, but don't expect to keep things under control or going on as they were. Let go the old.

Sagittarius - Life around home has been hectic, but that is about to clear up. Be prepared to be more physically active in the coming weeks. Spend less time with groups you belong to, more time adhering to plans for yourself.

Capricorn - You are entering a phase when home and family life become much more exciting and full of change and surprises, as well as fun. These changes could demand much of your time and energy, but prove beneficial over time.

Aquarius - Plan to work around your home and neighbourhood. Be socially active, communicate with others. The more you communicate, the more interesting your life becomes, and the more fun you have. Be thrifty now.

Pisces - Energy levels continue high. Word of warning: double check everything related to your finances, put a tight rein on spending. Clear up financial matters, organize budget, take stock of where savings are.

Small Business 101

Can e-business Boost Your Bottom Line?

by Nicole d'Entremont

(NC)—Like most other small and medium-sized businesses, you're no doubt using email and other web-based tools to keep in touch with clients and suppliers, as well as run your operation. But are you doing everything you can to leverage technology?

The right e-business tools and strategies can help you stay ahead of the competition by supporting your efforts to offer better customer service, streamline processes, increase your sales, and lower your costs.

Take a look at the current Top 10 e-business tips:

1. Conduct your banking, pay your bills, and manage your payroll online.
2. Use purchasing and restocking software to manage your supply chain.
3. Build supplier and partner relationships through email and professional e-networking.
4. Use the Internet to market your products and services to a global audience without leaving your

home base.

5. Create and grow a customer relationship platform that builds your client base and tracks interactions for more personalized service.
6. Stay in touch with your customers through your website, email and text messaging.
7. Set up an online storefront and payment system to sell your products on the Web.
8. Use your company intranet to

manage human resources.

9. Build stronger internal relations with staff through your intranet or e-newsletter.
 10. Automate order taking, logistics, billing and file-sharing with customers and suppliers through a password-protected extranet.
- More information is available online at www.CanadaBusiness.ca or by calling 1-888-576-4444 (TTY 1-800-457-8466).

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Tuesday Movies

AFTERNOON

1:30 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
5:00 pm SPIKE ch.44 "Unforgiven" (1992, Western) Clint Eastwood. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey. (In Stereo)

EVENING

8:00 pm WTBS ch.3 "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.
10:00 pm WTBS ch.3 "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.

www.upnadam.me

Wednesday Movies

MORNING

9:00 am YTV ch.18 "Dr. Seuss' Horton Hears a Who!" (2008, Adventure) Jim Carrey. Animated. Horton the elephant's friends and neighbors think he has gone crazy when he claims that a tiny community lives on a speck of dust. (In Stereo) (CC)
11:00 am YTV ch.18 "Garfield Gets Real" (2007, Comedy) Voices of Jason Marsden. Animated. Tired of life as a comic strip, Garfield comes into the real world to live as an ordinary house cat. (In Stereo) (CC)

together to rescue a kidnapped dachshund from a group of domesticated pets. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Talladega Nights: The Ballad of Ricky Bobby" (2006, Comedy) Will Ferrell. NASCAR driver Ricky Bobby faces his greatest challenge ever when French Formula One driver Jean Girard roars onto the scene.

EVENING

9:00 pm WTBS ch.3 "Talladega Nights: The Ballad of Ricky Bobby" (2006, Comedy) Will Ferrell. NASCAR driver Ricky Bobby faces his greatest challenge ever when French Formula One driver Jean Girard roars onto the scene.

AFTERNOON

1:00 pm YTV ch.18 "Open Season 2" (2008, Comedy) Voices of Mike Epps. Animated. Animals band

Thursday Movies

EVENING

9:00 pm WTBS ch.3 "Kiss Kiss, Bang Bang" (2005, Suspense) Robert Downey Jr. Hoping to land a movie role, a thief learns investigative techniques from a detective.

KNOW ch.5 "Theremin: An Electronic Odyssey" (1994, Documentary) Clara Rockmore. Filmmaker Steven M. Martin profiles Russian Leon Theremin, inventor of the world's first electronic musical instrument. (CC)

Friday Movies

EVENING

8:00 pm WTBS ch.3 "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. YTV ch.18 "The Parent Trap" (1998, Comedy) Lindsay Lohan. Premiere. An 11-year-old meets her California twin, and they plot to reunite their divorced parents. (In Stereo) (CC)

10:00 pm FAM ch.26 "Spymate" (2003, Comedy) Chris Potter. A former agent and his onetime chimpanzee partner reunite for a final mission to save the man's brilliant daughter from a villainous scientist. (In Stereo)
10:30 pm WTBS ch.3 "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance.

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THURSDAY, MARCH 17, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Thursday, March 17, 2011.

FRIDAY, MARCH 18, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Friday, March 18, 2011.

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 #342 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

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

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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Muppets From Space" (1999, Comedy) Jeffrey Tambor. After learning about his origins, Gonzo must decide whether to seek his own kind or stay with friends.
10:00 am WTBS ch.3 "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band.
10:30 am A&E ch.9 "Broken Arrow" (1996, Action) John Travolta. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (CC)

AFTERNOON

1:30 pm FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)
5:00 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-artists free the Monkey King.

EVENING

6:00 pm CITY ch.29 "Murder 19C: Detective Murdoch Mysteries - Except the Dying" (2004, Mystery) Peter Outerbridge. A principled detective relies on his innate abilities to sort through a crime involving a woman of the street. (CC) (DVS)
7:00 pm WTBS ch.3 "Stealth" (2005, Action) Josh Lucas. Three naval pilots must stop a fighter jet controlled by artificial intelligence that has run amok.
CITV ch.12 "A Stranger at the Door" (2004, Suspense) Linda Purl. Premiere. A couple's adopted son returns home with evil intentions after many years away. (CC)
8:00 pm CHBC ch.4 BCTV ch.11 "A Stranger at the Door" (2004, Suspense) Linda Purl. Premiere. A couple's adopted son returns home with evil intentions after many years away. (CC)
9:00 pm KXLY ch.10 "Norbit" (2007, Comedy) Eddie Murphy. Though married to a terrible shrew, a man tries to figure out a way to be with his childhood sweetheart, who has just moved back into town. (In Stereo) (CC)
YTV ch.18 "Knights of

Bloodsteel" (2009, Fantasy) (Part 2 of 2) David James Elliott. Four ordinary citizens battle an evil warlord who tries to take over their kingdom. (In Stereo) (CC)
FAM ch.26 "The Bridges of Madison County" (1995, Romance) Clint Eastwood. Memoirs tell a deceased woman's children of her four-day affair in 1965 with a photographer on assignment. (In Stereo) (CC)
9:30 pm WTBS ch.3 "The Forbidden Kingdom" (2008, Action) Jackie Chan. A teenage fan of Hong Kong cinema finds a Chinese relic and travels back in time to help legendary martial-artists free the Monkey King.
9:45 pm SPIKE ch.44 "The Hunted" (2003, Action) Tommy Lee Jones. Aided by the FBI, a retired combat-trainer searches for a former student who is killing civilians in Oregon. (In Stereo)
11:11 pm FAM ch.26 "Driving Miss Daisy" (1989, Comedy-Drama) Morgan Freeman. An Atlanta widow and her chauffeur reflect the changing times, from 1948 to 1973. (In Stereo) (CC)

Sunday Movies

MORNING

7:00 am A&E ch.9 "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies. (CC)
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 "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning.

AFTERNOON

12:00 pm FAM ch.26 "Agent Cody Banks" (2003, Adventure) Frankie Muniz. Recruited by the CIA, a teen works under cover to befriend a girl whose father is a pawn for an evil organization. (In Stereo) (CC)
1:00 pm YTV ch.18 "Home Alone" (1990, Comedy) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house. (In Stereo) (CC)
1:42 pm FAM ch.26 "Agent Cody Banks 2: Destination London" (2004, Adventure) Frankie Muniz. A 16-year-old

CIA agent poses as a clarinet prodigy while trying to recover stolen mind-control software. (In Stereo) (CC)
3:00 pm YTV ch.18 "Home Alone 2: Lost in New York" (1992, Comedy) Macaulay Culkin. Once again left behind by his family, the boy hero lands in Manhattan and battles two burglars he faced before. (In Stereo) (CC)
VTV ch.22 "Luna: Spirit of the Whale" (2007, Docudrama) Adam Beach. Aborigines try to prevent a government official from transporting a stray killer whale. (In Stereo) (CC) (DVS)
3:10 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
5:00 pm WTBS ch.3 "Elizabethtown" (2005, Comedy-Drama) Orlando Bloom. In Kentucky to bury his father, a troubled man gets his life on track with the help of a free-spirited flight attendant.

EVENING

6:00 pm YTV ch.18 "Home Alone 3" (1997, Comedy) Alex D. Linz. A clever boy stymies spies seeking a toy car with a top-secret computer chip hidden inside. (In Stereo) (CC)
6:40 pm SPIKE ch.44 "Star Wars

VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
7:30 pm WTBS ch.3 "Elizabethtown" (2005, Comedy-Drama) Orlando Bloom. In Kentucky to bury his father, a troubled man gets his life on track with the help of a free-spirited flight attendant.
10:36 pm FAM ch.26 "Ernest Goes to Jail" (1990, Comedy) Jim Varney. A case of mistaken identity lands a bumbling bank janitor in the slammer and his criminal look-alike on the streets. (In Stereo) (CC)
11:00 pm KNOW ch.5 "Theremin: An Electronic Odyssey" (1994, Documentary) Clara Rockmore. Filmmaker Steven M. Martin profiles Russian Leon Theremin, inventor of the world's first electronic musical instrument. (CC)

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SATURDAY, MARCH 19, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

SUNDAY, MARCH 20, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

MONDAY, MARCH 21, 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 Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry's	CityLine (N)	CSI: NY	Spilled
7 AM	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	Cash Cab		Magic Bus	Curious			Dog			100 Huntley Street	Bo On/Go	Super Evil	SportsCentre		Salvage Code Red	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Franklin Spider	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	World Vision	X-Weighted "Angela J."	Poko	Little Bear	Sportfish	The View (N)	Worst Handyman	Mickey	EP Daily	Investigation	Grace
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	Babar	Curling: 2011 Capital One	Marilyn Denis	Mighty Ships	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jlm King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick	World Cup: Canada vs. Scotland	etalk	Mayday	Wizards	General Hospital (N)		Wipeout
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata		Marilyn Denis	License to Drill	Cory	Jdg Judy	(1:01) DEA	Wipeout
2 PM	Friends	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash Debt/Part	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacem	Access Hollywood Live	(2:04) DEA	Gold Girls
3 PM	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek	CityNews at 6 (N)	(3:15) DEA High-grade marijuana.	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With George S.	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	(4:26) UFC Fight Night: Marquardt vs. Palhares.	Instant
5 PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Oil Change "Deadline"	CTV News at Five (N)	Myth-Busters	Wizards	How I Met	Wipeout	
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Intervention "Michael"	News	(5:59) News Hour (N)	ET Canada	Coronation	ICarly	NBA Basketball: Toronto Raptors at Denver Nuggets. (Live)	CTV News (N)	Dirty Jobs	Suite/Deck	The Event	Wipeout	
7 PM	Seinfeld	Ent	Be the Creature	Old Guys	Jeopardy!	The Dr. Oz Show	Heavy "Mark; Patty" (N)	Ent	Ent	Hawaii Five-0 (N)	Wheel	Splatalot		etalk	Junk Raiders 2	Sonny	Harry's Law (N)	Instant	
8 PM	Movie: "Walking Tall" (2004)	House (N)	Seven Ages of Britain	Antiques Roadshow	Chuck (N)	How I Met Mad Love	Heavy "Stacia; Tim"	Dancing With the Stars	House (N)	House (N)	Mosque	ICarly		Dancing With the Stars	Daily Planet	Suite/Deck	News	Movie: "Unforgiven" (1992, Western) Clint Eastwood, Gene Hackman.	Tooned
9 PM	Movie: "Walking Tall" (2004)	The Chicago Code (N)	Power of Art	American Experience	The Event (N)	Two Men	(9:01) Intervention		The Chicago Code (N)	The Chicago Code (N)	Comedy 22 Minutes	Kyle XY			Myth-Busters	Sonny	The Flavor of Love	Parking	
10 PM	Movie: "Walking Tall" (2004)	Hawaii Five-0 (N)	It's a Boy	Way of the Warrior	Harry's Law (N)	Hawaii Five-0 (N)	(10:01) Intervention	(10:01) Castle	Hawaii Five-0 (N)	News Hour Final (N)	National	Splatalot	Billiards	(10:01) Castle (N)	Junk Raiders 2	Ned's	Justice	UFC Fight Night	Wipeout
11 PM	The Investigators	CHBC News Final (N)	Sombrio	Charlie Rose (N)	News (N)	News	(11:01) Heavy	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.		Wipeout

Monday Movies

EVENING

6:30 pm SPIKE ch.44
 "Unforgiven" (1992, Western) Clint Eastwood. An old gunslinger, his ex-partner and a quick-draw kid go bounty hunting in a town called Big Whiskey. (In Stereo)
 8:00 pm WTBS ch.3 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs.

9:30 pm WTBS ch.3 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs.

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Lance Marsel
February 2, 1952 - March 3, 2011

Lance passed away suddenly in Vancouver on March 3rd, 2011 after complications following heart surgery. Predeceased by his father Sandy Marsel (1978) and his sister Sandra Turner (1968). Survived by his mother Marion Marsel of Princeton, his brother Bob (Colleen) Marsel of Duncan, his brother Blaine (Arlene) Marsel of Princeton and numerous aunts, uncles, cousins, nieces and nephews. Lance was born in Penticton, BC on February 2nd, 1952. He loved music, playing the piano, and his friends and helpful caseworkers at Coast in Vancouver. His Buddhist Faith helped him through the tough times in his life. He especially enjoyed his trip to China where he learned more about Buddhism. The family would like to thank all his friends for their love and support. Donations in his name to the Heart & Stroke foundation, #303 — 1212 West Broadway, Vancouver, BC V6H 3V1 or to the charity of one's choice. Private family memorial to be held in Princeton in the summer of 2011.

Rec room furniture for sale call 250.295.3468. All proceeds to the 2011 Family Fair Bursary Fund. Couch and chair, 2 recliners, coffee table, 27" TV, 7 drawer solid wood student desk, stereo system with speakers, entertainment wall unit (46 x 44 x 15), lamp, adjustable metal bed frame, china cabinet, portable basketball frame with base. All items by donation. Mar 15-Apr 19

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

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**Similkameen
News Leader - Recipe Corner**

Recipe #364

**Parmesan Basket
(WITH PORCINI MUSHROOM SALAD)**

Ingredients:

- Grated parmesan 200 g
- Shaved parmesan 50 g
- Porcini mushrooms 200 g
- Arugula 100 g
- Lemon 1 piece
- Garlic 1 clove
- Parsley 20 g
- Extra virgin olive oil 1 tbsp

Preparation:

1. Heat a Teflon pan and pour the grated parmesan to cover the pan evenly, cook for about 1 minute and pull over a cappuccino cup to make form. Let cool.
2. Cut the porcini mushrooms into small slices, add the chopped garlic, lemon juice and the chopped parsley and some salt and pepper.
3. Mix arugula with olive oil and salt
4. Put the parmesan basket on plate, arrange arugula in it and the porcini mushrooms on top
5. Garnish with olive oil and shaved parmesan. Serves 4.

- www.newscanada.com

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

Similkameen
News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

help wanted

help wanted

Kitchen Helper

Kitchen helpers perform some or all of the following duties:

- Wash and peel vegetables
- Wash work tables, cupboards and appliances
- Remove trash and clear kitchen garbage containers
- Unpack and store supplies in refrigerators, cupboards and other storage areas
- Sweep and mop floors and perform other duties to assist cook and kitchen staff

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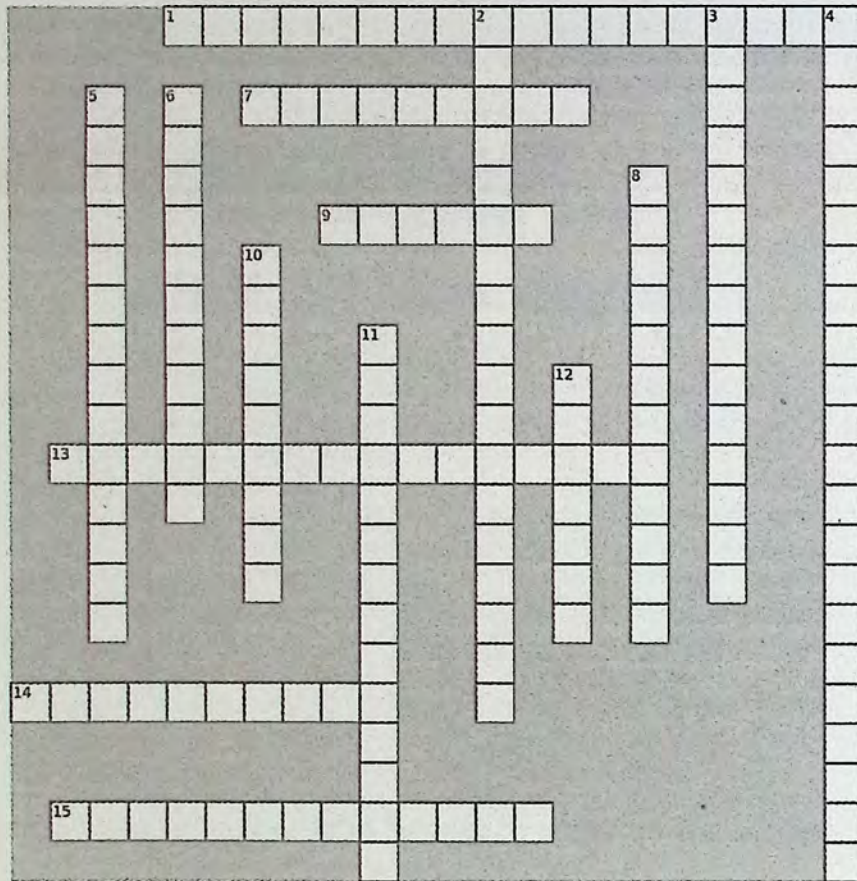
By Mail: 158 Tapton Avenue, PO Box 1078, Princeton, B. C., VOX 1W0
By e-mail: dqpbce@yahoo.com John Babiak, Dairy Queen, Princeton, BC



Brynn Johnson prepares before a performance of the Community Band March 9th. Photo: Adam Gullason

Similkameen
News Leader Puzzler

Use the March 8th News Leader to find Answers Below...



- | | |
|--|---|
| 1 Across | 2 Down |
| 1 March 13th is D _____ S _____ T _____ | 2 Any Easy Way To Save A Life |
| 7 Who owns Advanced Comfort? | 3 Princeton Rodeo Junior Queen |
| 9 What is the News Leader mascot | 4 March is E _____ A _____ M _____ |
| 13 July 16th is P _____ A _____ S _____ | 5 May 14th and 15 is P _____ R _____ |
| 14 June 30th is R _____ D _____ | 6 Author of White Gold and Black Diamonds |
| 15 Master of Ceremonies of The Spirit Festival | 8 Who is featured in What Is Retirement? |
| | 10 March 26th is P _____ D _____ |
| | 11 Princeton Rodeo Clown |
| | 12 Racing Days President |

Atamanenko says Canada needs a food strategy

As Canadians brace themselves for another round of rising food prices New Democrats are calling on the Conservative Government to help Canadians get food they need at an affordable price. Sky-rocketing oil prices brought on by Middle East unrest and the global economic crisis is impacting every link in the food production chain.

"There has been a nine percent increase in food bank use since 2009, 38% of these are children, 11% are working poor, 15% are on some form of disability income support, 7% are seniors, and 12% are aboriginal," said Tony Martin New Democrat poverty critic.

"Even so, most of the government's largesse is going to the wealthiest among us."

Food Banks Canada reports in its HungerCount 2010 that "867, 948 Canadians walked through the front door of a food bank in March 2010 asking for help. That's the highest level of food bank use on record."

"Conservatives keep looking to trade

deals which only serve to make our food system dangerously vulnerable to the price of oil," said BC Southern Interior MP Alex Atamanenko.

"It is time we look at ways to strengthen our domestic markets and local economies as a way to reduce our dependence on imported food so that we become less vulnerable to the energy hikes and other economic shocks that lie ahead."

They believe there is an urgent need for the Federal government to develop a national food strategy that will:

- Ensure all Canadians have access to adequate amounts of healthy food;
- Empower farmers to earn a decent living producing quality food for Canadians; and establish a stable and sustainable agriculture sector for future generations.

"This government cannot keep ignoring the fact that food is basic to the health of any society," said Fin Donnelly. "By failing to act now we just put ourselves in tougher situation later on as people are forced to turn to social assistance."

help wanted

help wanted

Front Counter Attendant

Food service counter attendants and food preparers perform some or all of the following duties:

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

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Editorial Page News Leader

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My Turn...

Rebalancing My Life

I attended the March 7th regular meeting of Town Council.

In the 25 years I've lived here I've been to well over 400 meetings of our elected officials. It's never boring.

Last week I learned a new way to creatively finance my future.

FortisBC made a small presentation on the upcoming rate changes to customers in the years up to and including 2016.

I have to say that I wasn't surprised at all that we were going to see an increase. What caught me off guard was the size of the increase. According to my figuring Residential customers, of which I think most of us are, will see an 11.1% increase this year alone.

If that's not enough, thanks to something called rebalancing, which I think was explained as making rates fairer based on the amount of usage, Residential customers will see their power bills increase a total of 51.8% by 2016. I guess it's a good thing they are stretching it out over a few years rather than nailing us all in the next six months.

And, while I must agree to a point with Mayor Randy McLean about how generous FortisBC has been in providing a lot of funding within the community for various events and projects (and they have been pretty generous on advertising in this paper) it's still a hefty increase.

They do deserve credit for coming to town with the news, and maybe someone in their marketing department thought packaging increases in a bundle and explaining it as a rebalance of costs related to consumption would soften the blow.

Myself, personally I would have rather had them tell me that due to the cost of doing business all of us are going to have to pay some more. I may have cringed a bit, but I would have at least come to the conclusion they were giving me the straight goods.

I guess I get a strange feeling when bad news is candy-coated and dished out in small portions.

And maybe I'm supposed to take home the bad news of a 51.8% increase in our power bill over the next six years and mull it over until I realize I actually have six years to practice a rebalancing in how I use energy at home.

Maybe FortisBC did us all a favour by giving us six years to get our houses in order and take the simple things like shutting off a light in an empty room a tad more seriously.

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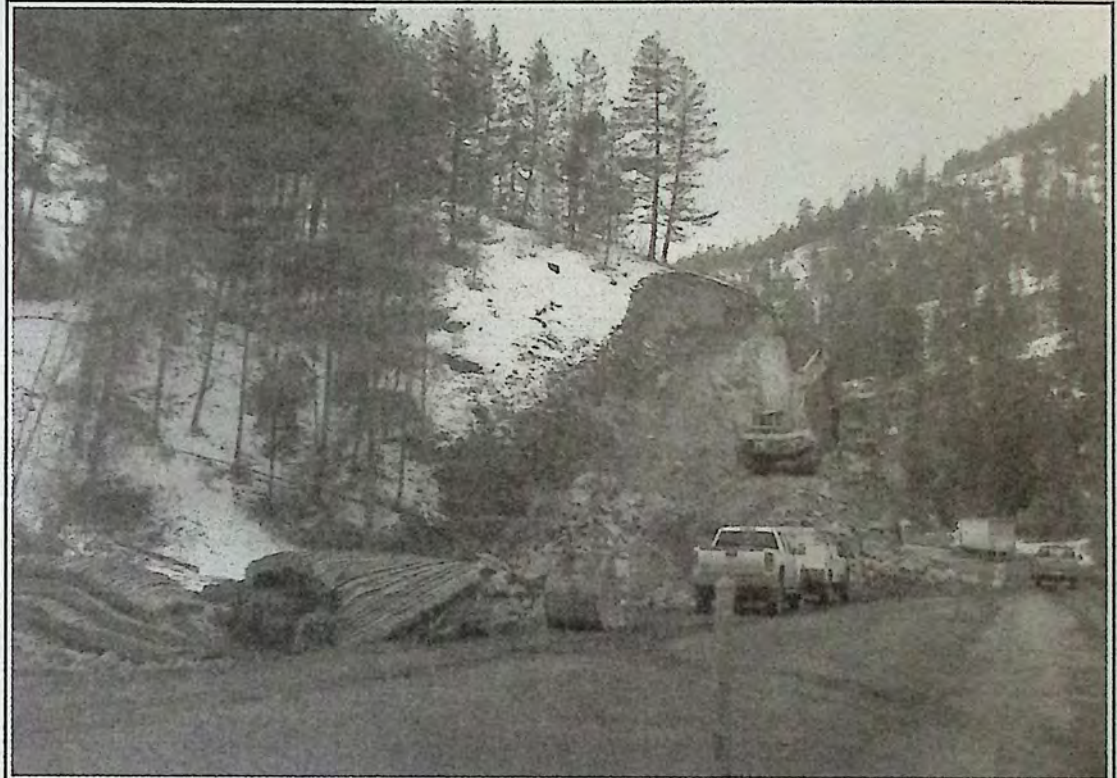
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EDITORIAL GUIDE

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



Continue to expect delays on Highway 3 at Yellow Lake as work continues on the project. Photo: Brenda Engel

..Your Turn

Simple Advice: Vote!

To The Editor;

Are you a somebody, a nobody or are you anybody at all or does it really matter and if it does where or how can you express it?

This seems to be the question that is being played out in the remarkable spontaneous Arab uprisings presently taking place. People simply want their freedom, dignity and a say, a voice, a "vote" in shaping their destiny and if achieved could turn North Africa and the middle east into a "Garden Of Eden" and highly develop it's culture. They want a "vote".

We have that in Canada and with a looming possible Federal, Provincial, and municipal election, do we really appreciate this: our very own precious "vote"?

Recently we were invited by Princeton's New Beginnings members and privileged to take part in their day program in a lively learning discussion on the meaning and importance of the "vote". Make no mistake, they appreciate their vote and very much like exercising it. We were impressed as to how well informed they were. The whole event in such a cheerful warm atmosphere was delightful.

These happenings bring to mind

a recent all inclusive trip to Cuba, a one party communist state. The day we arrived the Egyptian protests started and we did wonder if that was going to happen in Cuba, but it didn't. We were primarily in a large tourist complex although there was no problem touring the country if you wished. Cuban relations with the U.S. are nil.

There are no American tourists. Our limited impression of Cuban living standards were given by the employees or those we met. The people are very friendly and warm.

There has to be a two generation gap between the young and ruling Castro regime and you can sense the urge for change by the young and it will come.

Their salaries are about a dollar a day. Unemployment is high, people are poor, although millions are being poured into tourism. Basic compulsory education is to grade six.

To be a waitress or other venues of work requires an additional two years of schooling regardless of age.

You cannot leave the country without being penalized. Housing is to be desired.

You do not rent. Medical care is very good and many come from outside Cuba for treatment. We had about 27 T.V. channels in our room. English, French, Italian, Russian, 3 Chinese and others.

However the Cuban citizen only has four channels, two sports and two political.

There is no internet for the Cuban people. There is a close relationship between Cuba and China as can be seen by their buses, scooters and equipment and yes their quality questionable.

The beaches are beautiful and can be endless and surprising. We ran into a couple of young men who asked if we were coming back if we could bring some clothes for them, later was the first time we ever saw topless women bathers -- no big deal -- a boob's a boob.

As pleasant as it is for the tourist in Cuba, it makes you feel uncomfortable that the people are considered a nobody and held down by a small group.

The Cubans have no voice, no "vote" as to their destiny, something precious we have and could remind ourselves by visiting Princeton's Veterans Square.

- Joe Schwarz, Princeton

Current Comment

Are Corporations Dangerous To The Economy?



Dawn Johnson
editor@thenewsleader.ca

There are books that change my view of the world. Douglas Rushkoff's book, *Life, Inc. How the World Became a Corporation and How to Take It Back*, is a mind-boggling book.

I learned so much more than I ever knew before about how big corporations, banks, and government affect our daily lives.

For example, I did not know that the first corporations were monopolies backed by the military strength of monarchs.

In return for the corporate charter, the corporation shared its profits with the monarch and later, with the government. The idea of profit-sharing was to keep the monarch solvent and stabilize the nation's wealth. This gives more reason why corporations should pay more taxes today, as it is government that issues the charter, and the mandate of the corporation is to extract wealth from us and centralize it in a few hands.

This is accomplished by government protection and backing by banks and currency.

A few weeks ago I wrote about how creating abundance for all of us would change everything. I suggested corporations might be able to assist in doing this. Wrong! I know now their mandate is only to create wealth for the corporation.

I realize that many corporations

provide us with good jobs, pensions, health benefits, and donations to worthy causes (all of which are tax deductible). Many corporations produce things we need: food, lumber, electricity and clothing.

However, through reading Rushkoff's book, I learned there are increasing numbers of corporations who produce nothing. Rushkoff gives an example of a major American television brand he investigated.

He found out the television company does not actually manufacture television sets. Those are manufactured in Korea. The company does not market television sets, either.

That is the job of a marketing firm. The company does not transport or distribute TV sets: other companies do that. In fact, this supposed manufacturer of TV sets does not even do its own accounting.

I put the book down a minute or two to contemplate. I thought about the CEO of this corporation going to work every day to do nothing but maintain the public perception that the corporation actually does something. I added the thought that the CEO is probably paid a million buck a year to keep us believing the brand name means something!

Life, Inc. taught me something really important: corporations are dangerous to our economy. Rushkoff's book was written after the big economic meltdown of 2008.

What happened was the result of too much capital floating free and being used to speculate on all kinds of unrealistic things, high risk mortgages included. Corporations were trying to make their accounts appear to have added value.

Corporations are created to extract value from any place they can. They will continue this pattern because that is how they are

set up.

The corporate system will fail again and again because it is not geared to create wealth for any but the few who run it or own the most shares.

The goal is always to extract wealth, or appear to have value, not to create abundance.

I thought about how lucky I am to live in a small community where we know and care about each other. Rushkoff explains that one corporate goal is to disconnect us from each other and from our environment.

When we are disconnected, we are weaker and more vulnerable to corporate manipulation of our minds and our economy. Rushkoff encourages such things as community gardening, buying locally, buying goods from people who actually produce them.

There is more to be concerned about than repeated economic recessions and depressions. We need to be concerned about how our governments dole out our money to failing corporations and then give them big tax breaks. That is one part of the cycle we should insist comes to an end.

There is a lot more to learn from Rushkoff's book, and I recommend you read it. You will find it at your local library.

I emailed Douglas Rushkoff to tell him how much I appreciated this eye-opening book. Rushkoff, who has written more than a dozen books, replied saying he considers this the most important book he has written.

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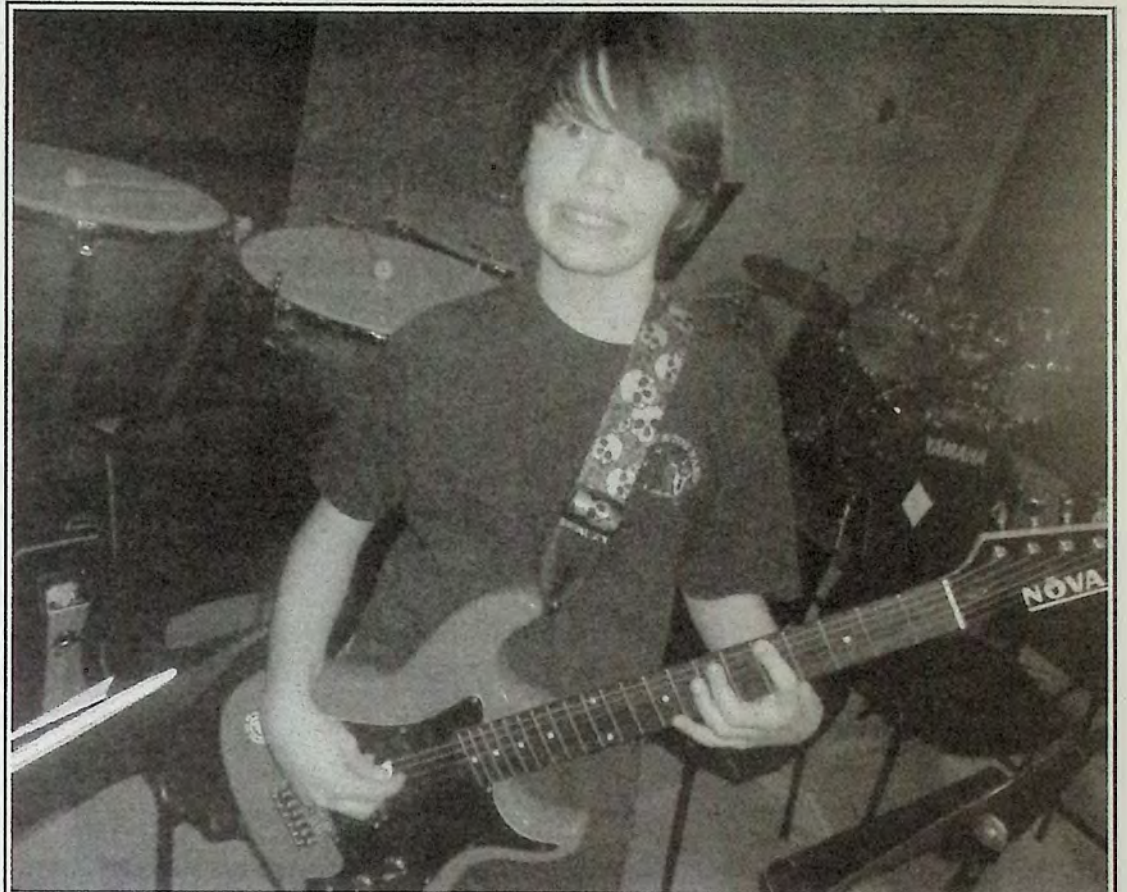
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For further information, contact Mr. Jim Garfield at 250-315-1113. Only those applicants being interviewed will be contacted.



Nicholas Nelson prepares for his big solo prior to a concert last week at Riverside Centre. Photo: Adam Gullason

Fortis rates will be going way up

A presentation at the March 7th regular meeting of Town Council by FortisBC representatives left Princeton Mayor Randy McLean and fellow Councillors shaking their heads.

Using a method described as 'rebalancing,' rates for the next six years were discussed. In general terms, a rebalancing of the rate structure puts weight on usage. In recent years, heavy industrial customers were paying the largest portion and with rebalancing, these customers will experience smaller increases.

For example, a Small General Service customer will see a rebalance of their rate structure in 2011 which will amount to a decrease of 5.5% which totals an overall

increase of 3.1%.

In comparison, a Residential customer will see a rebalance of an increase of 2.5% in 2011 for a total increase this year of 11.1%.

Looking down the road, Residential customers will see a total increase of 51.8% in the next

six years. General Service customers will enjoy a 21.5% increase by 2016 with Small General Service customers seeing their bills increase 37% over the same time frame. Irrigation customers will experience a 44.5% increase up to and including 2016.

Racing combines with Fair

Princeton Racing Days Association has been granted a second day of horse racing this year. The first day is June 30.

The second day is September 3, the Saturday of the Labour Day weekend.

At a Fall Fair meeting held February 22, Racing Days President John Bey explained that

Princeton might be granted September 3 and asked if the Fall Fair would like to combine with Racing Days this year.

Fall Fair members liked the idea. This year, one of the features of Fall Fair will be thoroughbred racing.

This changes the Fall Fair dates to Labour Day weekend.

RDOS releases bylaw amendment

TULAMEEN RECREATION SERVICE ESTABLISHMENT AMENDMENT BYLAW

When elector assent was received for Tulameen Recreation Service it was proposed that the funding

would be on the net taxable value of improvement.

However, section 5 of the bylaw did not stipulate that the cost recover method was to be based on the net taxable value of improvement. If the cost recovery method does not indicate how much funds are to be col-

lected it defaults to being collected on the net taxable value of land and improvements.

To bring the service into compliance, section 5 of the bylaw has been amended to allow for funds to be collected on the net taxable value of improvement only.

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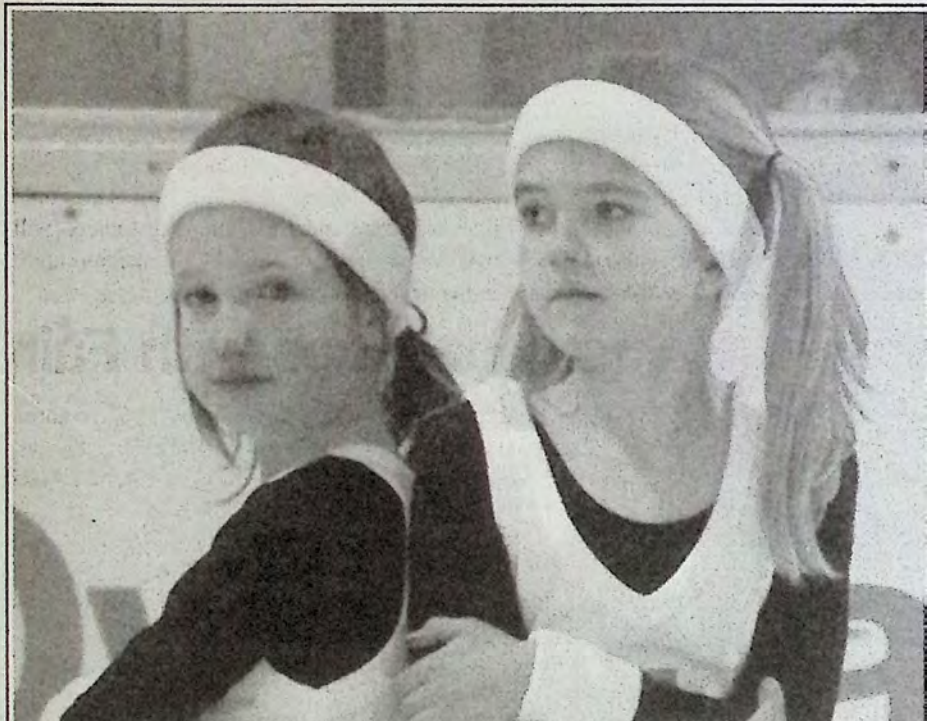
Figure Skating Club - Game On!



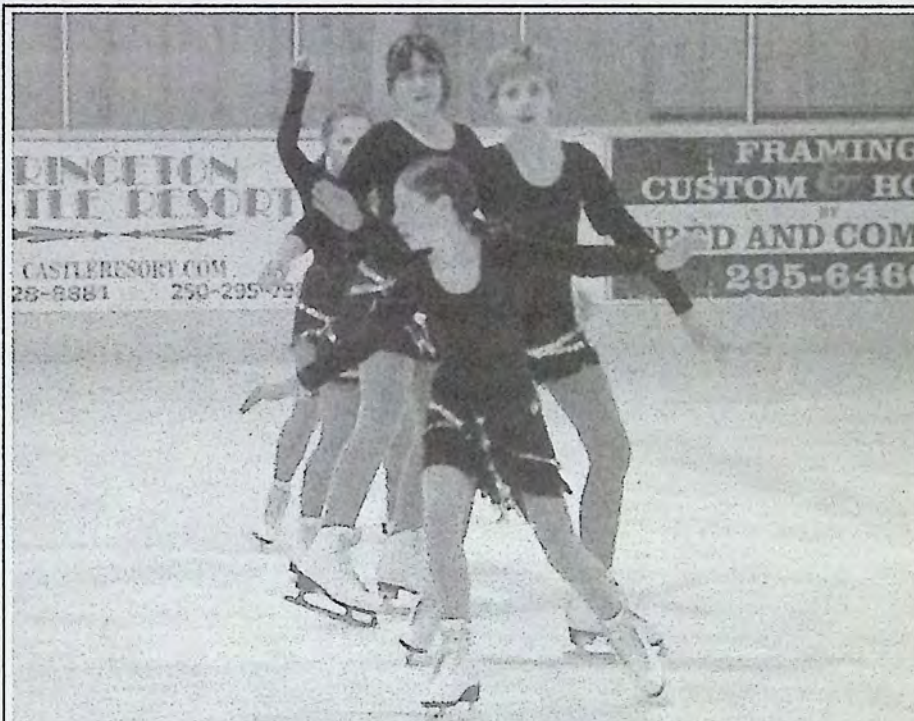
The 2011 Princeton Figure Skating Club Ice Show 'Game On' followed a theme which revolved around having fun and playing games. Photo: Des Cosman



The annual Ice Show not only features all program participants from the previous season, it also showcases outstanding talent and skills. Photo: Des Cosman



From the 'Good Ole Hockey Game' to 'Gonna Make You Sweat' the annual Ice Show included many changes in tempo and costume! Photo: Des Cosman



While the annual Ice Show officially marks the end of the figure skating season, many participants will spend the off-season with friends made during class. Photo: Des Cosman



It was a hard decision for us to pick just one 'cutest picture' from the Ice Show. But this one did make that list! The Mario Kart Love Song featured Junior skaters. Photo: Des Cosman



Alexia Boyd performed a solo, as did Jessica Musgrove, Hanna Gould and Janelle Morcombe during the Ice Show on March 13 at Princeton Arena. Photo: Des Cosman

Brenda Crawford

Susan Collins

April Earle

Sandra Simpson



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3478 Princeton/S'land Rd



Here is a golden opportunity to own 6.20 acres at Chain Lake! Beautiful lake views from every angle on the property gives you lots of places to build your dream home or that perfect cozy cabin. All the hard work is done as the well, septic and driveway are in place. There is even serviced RV sites to bring in some extra cash! **MLS © 105003 \$345,000**

5293 Princeton/S'land Rd



Get away from the grind and off the grid! A rare opportunity to own this beautiful 20 acre parcel off the Princeton-Summerland back road. A drilled well with 5 GPM, septic, driveway and 32 foot travel trailer all were installed in 1995. Smaller trailer and metal storage container are also included. Three lakes just minutes away! **MLS © 109668 \$214,900**

840 Cawston Avenue



This is truly a worry-free home with a newer metal roof and consistent updates where the yard is easily maintained as well as very private. New laminate floors throughout. Each of the upper bedrooms have a deck to let you absorb the beauty and majesty of the surrounding mountains and the sounds of 20 Mile Creek! **MLS © 107870 \$155,900**

428-7th Avenue



Originally built in 1908 and now rebuilt and renovated inside and out within the last 2 years, this home boasts many fine features for your enjoyment. Including a 600 sq ft enclosed porch with ramp access for your private viewing pleasures with another 300 sq ft deck for those BBQ get-togethers. The home has an open floor plan. **MLS © 108301 \$443,600**

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