



Similkameen

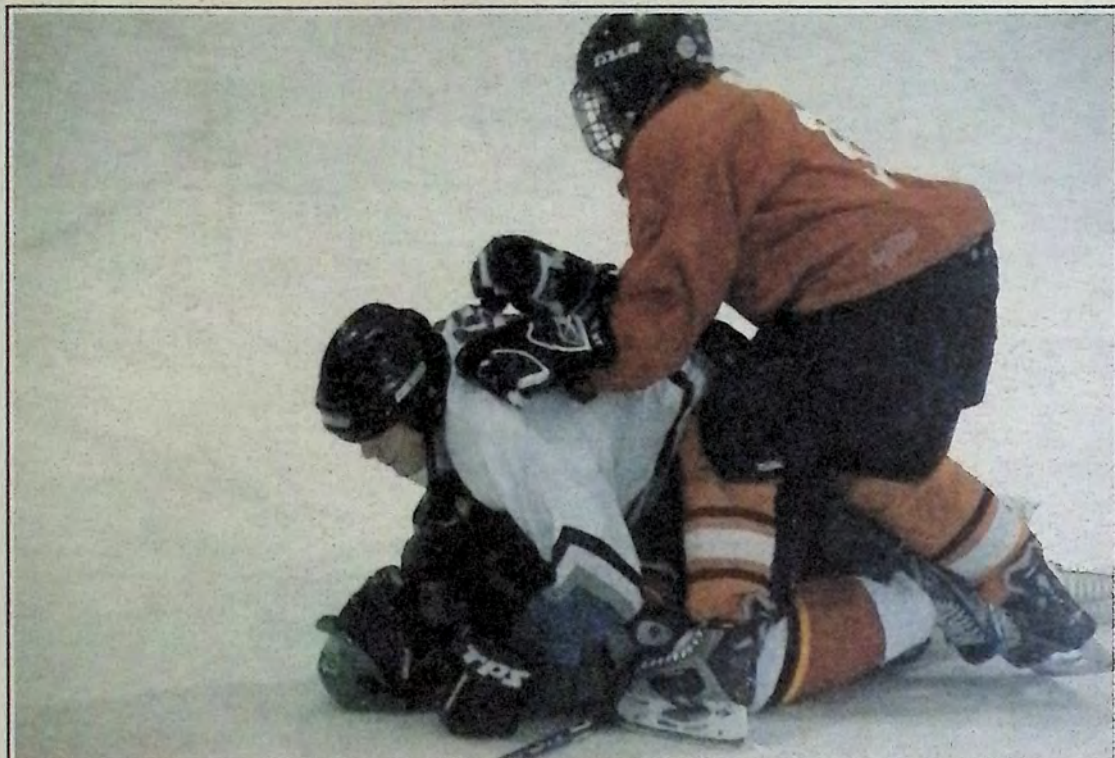
News Leader

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Volume 14 Issue 12 #673 ISSN 1712-090X

Tuesday, March 22, 2011

Who's Working For You? See Below!



The annual Grad hockey game saw lots of strange activity. More photos on Page 10. Photo: Morgan Dobbs

Arts Council applauds Lowe

Robin Lowe received a vote of thanks and a round of applause at the March 16 Arts Council meeting for the stunning success of the Spirit Festival. Giving her report of the event, Lowe said she and her committee were surprised at the big turnout from the community. The concession made more than \$1,200, and the supper fed 200 people.

There was an excellent level of participation from the First Nations people, not only from the partners, the Upper Similkameen Band, but from many other areas. She praised Oly Bent for the great job he did organizing the powwow. The Arts Council plans to hold a Spirit Festival again next year.

In less uplifting news, President

Del Hall stated Princeton Writer's Club is now defunct, having been reduced to only two members.

Sunflower Gallery, the Arts Council project to provide a venue for local artists to sell their work, has sold \$9,406 worth of art objects in the past five months. The Arts Council earns a percentage on the sales, and this pays the rent for the space.

This is a highly successful venture by the Arts Council, particularly in consideration of the time frame, which has been outside the tourist season. Sunflower Gallery also serves as a ticket office for anyone putting on an event, receiving a small percentage of the value of ticket sales.

Members heard a proposal for a

new level of membership which gives each member of one of the member groups a personal membership in the Arts Council, and therefore a vote. Businesses can also become members of the Arts Council, and will share in the benefits through promotional opportunities.

The matter of privacy of member information was discussed. A request from a local non-member group to have a list of phone numbers of members was denied, as personal information of individual members is not available to other organizations or businesses.

The Arts Council has a number of projects coming up, such as Arts and Culture Week next month, and Arts in the Parks in August. More information will be available closer to the dates of those events.

Police nab spray paint artists

Princeton RCMP received a report of spray paint damage in a back alley behind the commercial buildings on Vermilion Avenue.

Police attended the scene at 8:15 AM on Monday, March 14th and launched an investigation.

At 11:30 PM the following evening Princeton RCMP observed and arrested four individuals who were in the process of spray painting buildings off of Bridge Street in downtown Princeton.

The two adults and two youths

were held overnight at the Princeton RCMP Detachment.

"One male youth and one female youth have been charged with mischief and were released to their guardians," says Princeton RCMP Cst. C. Shiell.

"These arrests are believed to be related to the recent incidents of spray painting in the area."

If you have any information regarding these incidents you are asked to contact Princeton RCMP at 250.295.6911 or CrimeStoppers at 1-800-222-8477.

PXA partners Earth Hour

Princeton Exhibition Association (PXA) is partnering with FortisBC to encourage everyone to turn off their lights for Earth Hour on March 26.

On that day, those who have taken the pledge will turn off their lights at 8:30 PM. The PXA has a chance, if Princeton wins, to receive \$5,000 worth of electrical upgrades, which would be a real boon to the PXA.

Who wins? The community with the highest percentage of citizens taking the pledge.

As one PXA member put it, "we can win Gamestown, we can win this."

To pledge to turn off your lights, go to www.FortisBC.com/earthhour and click on the sidebar item that says 'take the pledge.' Taking the pledge could also win you a weekend at a lodge near Kelowna.

At the March 15 meeting of the PXA, Terry Inglis submitted his resignation as a Director, citing the need to take care of personal matters. His resignation was accepted

with regret, and thanks for the dedication he has shown during the past several years. He will continue as an ordinary member. Paul Bedard will be Chair for the coming months.

Clean-up is underway at the grounds. Thanks went to Linda Gould for the work she has begun despite snow, melt and other problems. A small lake of melt water has impeded road travel near the barn. Plans were made to dig a drainage ditch.

A committee was struck to work with Adam Gullason on the contents of the PXA website. Another committee was struck to develop a new rental policy and a new rental agreement for those persons or groups using the grounds.

Future meetings of the PXA will be held at the fairgrounds office. The next meeting will be April 19 at 7:00 PM.

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Town of
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Town of Princeton
 Zoning Amendment Bylaw No. 852, 2011

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

The proposed Amendment is as follows:

Parcel F (Plan B5676) of District Lot 706, Yale (Formerly Osoyoos) Division, Yale District, Except Such Under Surface Rights as are Registered in Absolute Fees Book Volume 18, Folio 123, No. 9729D; and

That Part of District Lot 706 Shown Red on Plan Attached to DD2 2645, Yale Division, Yale District, Except: (1) Such Under Surface Rights as are Registered in Absolute Fees Book Vol 18, Fol 123, No. 9729D DD 155391F (2) Plans B4502, H6, 27898, 27899, 33600, 35042 and 39991, be rezoned from Heavy Industry (M2) to Single Family Residential (RS1).

The purpose of which is to articulate the policies within the Town of Princeton Official Community Plan to encourage the transition of properties from industrial to residential in the Burton Flats area.

The Council of the Town of Princeton will meet and hold a Public Hearing April 4, 2011 at 6:00 pm in the multi-purpose room of the Okanagan Regional Library (107 Vermillion Avenue, Princeton BC) to consider the proposed zoning bylaw amendment.

All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall (PO Box 670, 169 Bridge Street, Princeton BC V0X 1W0). Council will receive no representations on this bylaw after the close of the Public Hearing.

A copy of the subject Bylaw No. 852, 2011 (Mego/Crown, 680 River Road) is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. commencing on March 8, 2011 and up to and including April 4, 2011.



Given under my hand this 8th day March of 2011.
 Patrick Robins
 CAO



Gena Sandli has dedicated herself to rescue horses and has had a great deal of success in doing so. You can assist by visiting Outbackjacks Horse Rescue Thrift Shop located behind the News Leader. Photo: Brenda Engel

School Board okays project

At the March 16 Board of Education meeting, Superintendent Dr. Robert Peacock presented a project to the Trustees.

He proposed the development of a program of earth sciences in the school district's aboriginal languages.

The program would combine language skills with exploration of the plants of the local area. Students would learn to identify plants commonly used by aboriginal people of this area, along with information

about the use of the plant.

Trustee Troy Hunter, who represents the First Nations people of the school district, said the project sounds good, but those involved in development of the program should consult with the Indian Bands.

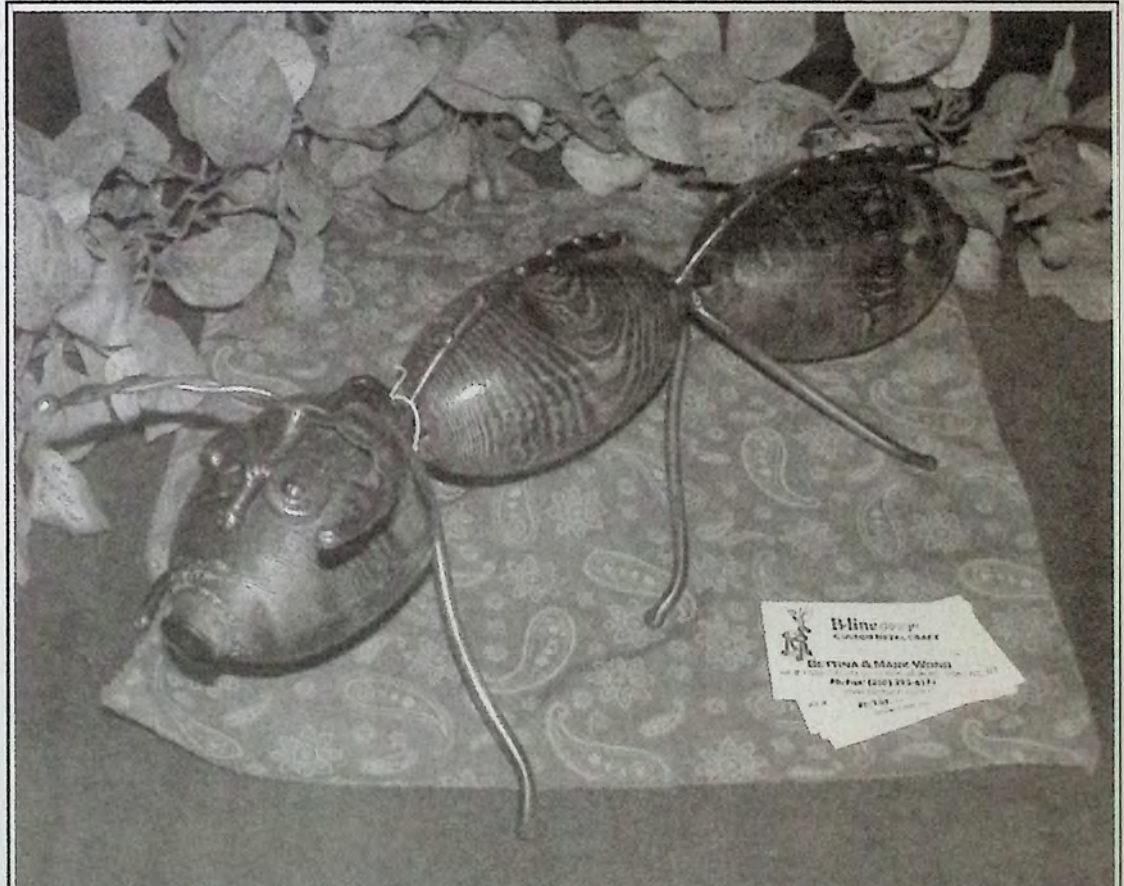
The Board gave Dr. Peacock permission to explore the project and to find whether there is a cost associated with it.

There is a new Parent Advisory President at John Allison

Elementary School. Sandy Yee has stepped down after many years, and Tanya Lawes is the new President.

The school district budget was presented, totaling nearly \$25 million. The budget benefits by funding protection for the district, but Secretary-Treasurer Bruce Tisdale told Trustees the funding protection is not sustainable past 2012.

He said the district could use 65 more students. Enrolment is down, and funding depends on enrolment.



If you attended the WineFest March 12th, hosted by Princeton Rotary Club, you'd know what this was. *

www.thenewsleader.biz

Japan earthquake has no affect on Copper Mountain Project

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced March 17th that after fielding a number of calls from the investment community, the Company thought it would be pru-

dent to reassure investors that the weeks recent earthquake in Japan has not impacted the Company's Copper Mountain Project. All major equipment is on site and being assembled and is on schedule. Likewise, the Company believes

that the Company's plans for delivery of copper concentrate commencing this summer remain unaffected.

Mitsubishi Materials Corporation (MMC) announced on March 11th that they have suspended operations

at its Onahama copper smelter because of the terrible damage by the earthquake and tsunami, as well as the damages to the infrastructures and logistics for the smelter. MMC is currently evaluating the situation and yet to have an estimate of when the Onahama copper smelter will resume its operation. MMC operates three copper smelters, two in Japan, Onahama (subsidiary of MMC) with annual copper cathode production capacity of 258,000 tons and Naoshima with capacity of 225,000 tons, and the PT smelting (subsidiary of MMC) in Indonesia with 300,000 tons. MMC has contracted to purchase 100% of the copper concentrate produced by the Copper Mountain Project. In accordance with the contracts, MMC will implement necessary actions to fulfill its obligations in good faith. MMC's commitment to the Project is unchanged.

According to the "International Copper Study Group," Global smelting capacity will expand by 14 percent to 20.68 million tons by 2014, while mining capacity will only reach 18.98 million tons. According to an article by Reuters on Mar 11, 2011 they reported that Japan was expected to produce 1.6 million tonnes of refined copper in 2011, about 7.6 % of world output. Currently there is excess smelter

capacity, the majority of which is in China as the country continues to feed its need for raw materials and refined copper in particular. The Copper Mountain concentrate is very clean and an acceptable concentrate at most smelters.

Construction work on the Company's Copper Mountain Project continues to proceed on schedule and as planned. The overall schedule for the project remains unchanged with construction expected to be completed by the end of April 2011, commissioning of equipment is scheduled to occur during May 2011, and full production scheduled to be achieved by the end of June 2011. Preproduction mining activities are well underway and the Company's new mining fleet is operating as expected. Commissioning of the primary crusher, ore stockpile recovery system and pebble crusher is now underway, while installation of the grinding mills is proceeding and are expected to be ready for testing by the end of April. Mechanical installation in the concentrator is well advanced with the bulk of construction activities directed at piping and electrical activities.

The project currently has 557 workers on site, of which 180 are Copper Mountain personnel and continued on Page 22



Princeton 2010 Youth Ambassador Taylor Kostiuk greeted all who attended the Princeton Rotary Club WineFest March 12th at Riverside Centre with a welcoming smile. *

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
Princeton, BC V0X 1W0
E-mail: areeder@princeton.ca
Phone : 250-295-3135

SPRING RECREATION PROGRAMS

Register in person at Town Hall (169 Bridge St) or call PPRC at 250-295-6067. REGISTRATION is required a minimum of one week prior to start date to avoid cancellation or delay.

COOKING FOR KIDS 4 classes/\$105 Arena
Learn to prepare a meal menu, kitchen safety & cook a meal for 4. Price includes 4 full meals for a family of 4 each week.
Grade 3-7 W March 30 3:30-5:30 pm

BABYSITTING TRAINING 4 classes/\$50 VFE
Learn to be a confident babysitter, basic first aid & CPR, & skills needed when alone or babysitting.
Age 11 & up M,T,W,Th April 4-7 3:15-6:00 pm

MOSAIC BIRDHOUSE WORKSHOP 1 class/\$72 Riverside
This fun morning workshop allows students to be creative using small tiles, beads and gems with professional mosaic artist Robin Lowe. Price includes instruction, materials and grout for weather proofing.
Age: 7-12 W April 27 10:00-noon

LAMP MOSAIC WORKSHOP- ADULT/YOUTH \$156.00
Create your own beautiful stained glass mosaic lamp during this weekend workshop with professional mosaic artist Robin Lowe. Price includes instruction and all materials needed. Located at Riverside Centre
Adult/Youth Sa/Su April 2 10:00 am-2:00 pm

MOVIES AT RIVERSIDE CENTRE

Harry Potter: The Deathly Hallows -Part 1

Friday, April 1 Evening Show: 7:00 pm

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ENTER TO WIN A \$100 PPRC GIFT CERTIFICATE

Princeton Parks, Recreation and Culture Department is seeking input from all residents of Princeton and Area H regarding recreational program interests.

To complete this 3 minute survey on line go to www.princeton.ca select the Community & Area menu bar & select the recreation and events page. Surveys are also available at Town Hall, Riverside Centre and the Arena.

For further information contact Nadine McEwen at 250-295-6067 or e-mail recreation@princeton.ca

Winter/Spring Leisure Guide
available at

www.princeton.ca

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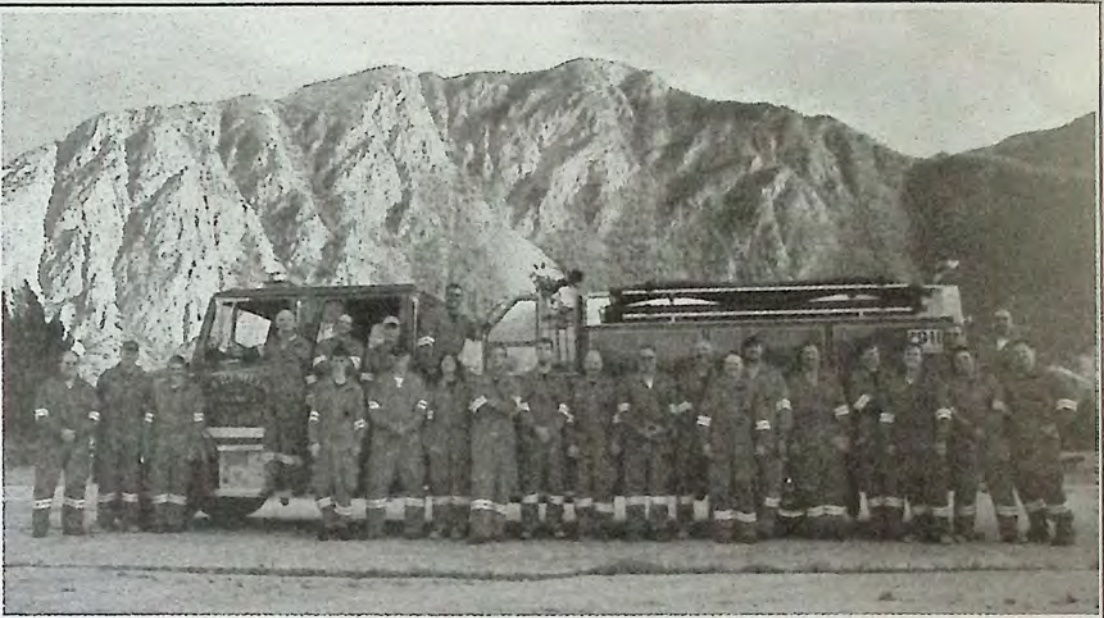
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Explore The History Of Mining - Gold, Copper and Coal

Keremeos News



The Keremeos Volunteer Fire Department. - photo submitted

Keremeos VFD needs you!

The Keremeos Volunteer Fire Department (KVFD) is actively seeking new recruits. Previous training or experience in emergency response is not required as every new recruit brings valuable previously acquired skill and enthusiasm to the team. Firefighters are given training in a variety of skills and tasks, many of which contribute to their per-

sonal life and careers. Being a Keremeos volunteer firefighter is a unique and worthwhile experience. If you are interested in contributing to your community in an exciting and positive way contact any firefighter or drop by on Tuesday practice night. Application forms can be picked up at Keremeos Village Office, during office hours. Forms can

also be downloaded at the KVFD website (see under Membership). The KVFD website is www.keremeosfire.ca. For further information, phone Fire Chief Jordy Bosscha at the Fire Hall (250.499.2200). Return the completed application to the Village Office, to the Fire Hall, or post to Keremeos Fire Hall, Box 17, Keremeos, B.C., VOX 1N0.

Water planning makes headway

by Melanie Bagley
Communications Coordinator,
Similkameen Valley Planning Society

Water license holders and other interested groups are invited to meet with the Similkameen Valley Planning Society (SVPS) directors

and water study consultant, Hugh Hamilton PhD from Summit Environmental Consultants Inc. to offer suggestions for the Similkameen Watershed Project. The meeting is going to be held at 2:00 PM on Friday March 25 in the Keremeos Village Office, 702-4th

Street. As there is limited space in the Council Chambers, anyone planning to attend must let the SVPS know that they are coming either by emailing similkameen@nethop.net or phoning 250.499.5566. Summit Environmental (located online at www.summit-environmental.com) has recently been awarded the \$15,000 contract for the initial phase of the Similkameen Watershed Project. As Principal Investigator and Project Manager, Hamilton will be leading a team of technical experts

..... continued on Page 22

SD FIFTY-EIGHT Nicola Similkameen

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 multi-cultural 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.

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Yasmin and Rick Thorpe enhance their support for South Okanagan-Similkameen students. - photo submitted

Thorpes add \$50,000 in support

Following the recent \$37,000 donation from Okanagan College students to the Centre of Excellence on the Penticton campus of Okanagan College, the Rick and Yasmin Thorpe & Friends Scholarship Fund is enhancing its commitment to supporting students of the South Okanagan and Similkameen.

The Thorpes are announced March 17 their scholarship fund will award a further \$50,000 in scholarships to first-year trades and technology students at the new Centre of Excellence in Penticton.

"I am a long-time supporter of Okanagan College, having attended the College myself, and this partnership seems right," said Yasmin John-Thorpe.

"It is fantastic to see Okanagan College students contributing to the Centre of Excellence and we are pleased to provide further support for our local students."

"I have always believed in supporting those who want to help themselves and I applaud the students of Okanagan College for showing their support of higher education, especially to our students of the future," said Rick Thorpe.

"Yasmin and I are very proud to partner with Okanagan College and assist students from the South Okanagan and Similkameen with scholarships."

With this announcement there will be four new annual \$1,500 awards to students of the South Okanagan-Similkameen region who will be entering the first year of a trades or technology program at the new Centre of Excellence.

"This donation underscores the importance of community participation in the campaign and the project," said Penticton Mayor Dan Ashton.

"The Centre of Excellence will have significant impact on opportunities for our communities and our young people for decades to come. Rick and Yasmin, who continue to show incredible support for the community, clearly understand that."

"Well done, Rick and Yasmin Thorpe; your gift helps all of our communities by providing the opportunity to train students throughout the region at the new Penticton Centre of Excellence," said Janice Perrino, Mayor of Summerland.

"You continue to inspire giving in every community; we are grateful for all of your dedication and support."

"Yasmin and Rick clearly understand how important it is to create

opportunities for higher education close to home and I have to commend them on their commitment to this notion, which goes far beyond the financial commitment that is being made," said Princeton Mayor Randy McLean.

"We need to work together to build those programs and places for the young people of our region to prepare themselves for a changing economy. Clearly, the Thorpes are hoping to communicate that message, and to build on the message that the College's own students themselves have sent."

The new awards are in addition to the existing six scholarships valued at \$12,500 awarded annually by the Rick and Yasmin Thorpe & Friends Scholarship fund to Okanagan College and UBC Okanagan.

RCMP look back on cold case

Keremeos RCMP are asking for the public's assistance in the disappearance of a local resident.

Miguel Goncalves, 49 years of age, 5'6" (165cm) tall, 150 pounds (68 kgs) with black ear length hair and brown eyes went missing during November 2007.

He walked most places and hung around the downtown area of Keremeos and Upper Bench along Highway 3A where he lived at the Oasis Motel.

Goncalves usually wore a baseball cap. He spoke with a Portuguese accent and had a mustache and usually a short beard. He was also known to frequent the Penticton area and usually in the downtown

core. If anyone has seen this individual or has information about his current whereabouts, you are asked to contact CrimeStoppers at 1-800-222-8477 or visit their website at www.southokanagancrimestoppers.ca for other Anonymous ways of passing on information.

Should your information lead to the location of this individual or what happened to him, you may qualify for a cash reward up to \$2,000.00. CrimeStoppers is not a police program and does not subscribe to call display.

We don't want your name, just your info. Keremeos RCMP File 2007-4588.

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Bring a lawn chair, lunch, pen and paper. Coffee, tea and a snack provided. Six inch leather leash preferred.

Health / Lifestyle News

Uncomfortably numb: The difficulties of life with narcolepsy

(NC)—Imagine having to live a life without laughter, tears or anger, where a funny joke from a friend can render you lifeless and numb in an instant. This is the all too common reality for people who suffer from narcolepsy.

Narcolepsy is a rare sleep disorder that causes overwhelming and severe daytime sleepiness that can occur at inappropriate times and places. These daytime sleep attacks may occur with or without warning, and can occur repeatedly in a single day. Persons with narcolepsy often have fragmented night time sleep with frequent brief awakenings. According to Dr. Rachel Morehouse, Director of the sleep center in St. John New Brunswick, Narcolepsy is a condition where REM or dream sleep intrudes into wakefulness.

"So these people have the weakness of REM sleep while they're awake. It could be sleep paralysis, where they're just waking up but they can't move. Or it could be cataplexy where they have this sudden onset of weakness while they're awake and it seems to be promoted by laughing, anger or surprise. They become

weak and they could fall. Then they could also have the dreams of REM when they're awake and those are experienced like hallucinations."

It has been recently found that people with narcolepsy have low levels of a brain protein called hypocretin. This protein is involved in controlling wakefulness and without it, people have a hard time staying awake. Castleton, Ontario native Lindsey Di Stasi, 32 has lived with narcolepsy with cataplexy for over seven years and can attest to its difficult life-changing consequences.

"It affects you a great deal. You walk around like a zombie because you're afraid to laugh or cry or get mad at someone. You basically just stay by yourself so that nothing happens," she explained. Di Stasi is on disability because her narcolepsy prevents her from working.

"It's hard to find a job that will let you take a nap during the day when you're tired," she added.

Like most narcolepsy patients, Di Stasi's condition was unrecognized and misdiagnosed early on. Medical experts say there could be a delay of 10 years between the onset of the condition and the correct diagnosis.

Dr. Morehouse explains: "Narcolepsy usually begins in the late teens early twenties although it could be later before patients actually present with their symptoms to be diagnosed."

One thing is certain for Di Stasi, from the onset of her disease her quality of life has never been the same.

"I don't see my family and friends as much as I'd like because when you get together with them, you laugh, you cry, you know, you have a good time, and I'm afraid to have a good time with my condition," she admitted.

About 1 in 2,000 people in North America suffer from this syndrome, which tends to be a lifelong condition. For Di Stasi she looks forward to the day where she could return to a normal life with friends and family.

"It's definitely not a disease that I would wish on anyone, and I wish more people knew about it, so that we could find something to help us function better in society."

More information on narcolepsy can be found at www.narcolepsynow.com. - www.newscanada.com

Dental decorum: How to handle sensitive situations

(NC)—Would you tell your boss she has something stuck in her teeth? Or tell a pal her garlic-laden lunch is lingering? As polite Canadians, "sorry" and "excuse me" may be part of our national lexicon, but when it comes to addressing sensitive situations of dental decorum, we're often at a loss for words. Pointing out a 'dental disaster' such as situational bad breath, or having food stuck in the teeth may be uncomfortable, but according to etiquette experts Ceri Marsh and Kim Izzo, co-authors of *The Fabulous Girls Guide to Decorum*, it doesn't have to be.

"Knowing if you should speak up can be determined by putting yourself in the other person's shoes," says Marsh.

"Would you want to know, and how would you like to receive this information?" The Canadian duo who have been helping women make good manners modern have developed the three Ps to help navigate sensitive dental situations:

- Be Polite – There's an etiquette to telling others of any oral offences they may be committing. Remember, a healthy dose of tact and honesty go a long way – it can be sensitive but we all want to know.

- Be Proactive – No matter how well or how little you know someone, it is always polite to inform him or her when anything is stuck in their teeth – be it a poppy seed or spinach.

- Be Prepared – Be a model of oral-care excellence. Always keep a toothbrush and an all round protective toothpaste, like Sensodyne iso-active, on hand to freshen up at work, home or play.

- Sense and Sensitivity – Another situation that 44% of Canadians face is the awkward cringing of tooth sensitivity. Be it water cooler wincing or coffee break shuddering, according to Dr. Jordan Appel a Toronto-based dentist, it's one of the most common complaints he hears from patients.

"Sensitivity can be prevented with a regular dental hygiene routine," recommends Dr. Appel.

"Start by flossing, then brush your

teeth for two minutes with a specially formulated toothpaste like Sensodyne iso-active. With twice the foam of a regular toothpaste, it penetrates hard to reach places to soothe the nerves without giving up on the benefits of cavity protection or plaque removal with brushing."

No matter the situation, good oral hygiene is synonymous with good decorum, according to etiquette experts Marsh and Izzo.

Living Past 100

Don't Believe The Water Myth

There are a lot of people who really believe they need eight cups of water a day to stay healthy. They try to drink the full 64 ounces (eight ounces per cup) every day. This is nonsense.

One of the sure things this abundance of water causes is overworked kidneys and possible water retention, both of which are not good for anyone.

How did this myth begin? Who said people needed so much water every day?

The myth goes back to a study of the water consumption needs of laboratory rats. These are the rats used to evaluate the effects of medications on humans because these rats have many bodily indicators very close to that of humans. Researchers watched how much water the healthy rats consumed in a day, then translated this amount, via body weight comparisons, into an amount recommended for humans.

It is important to remember the lab rats did not start the day with a glass of juice and a cup of coffee, and they did not have soup for lunch, nor a milkshake, nor any other liquid.

Humans consume many liquid items other than water. Coffee, tea, soft drinks, juices, milk, fruit and vegetables, soups and stews, all are basically sources of liquid. All contain water. Yes, it is important to drink enough water, but remember, we are not talking about pure water, we are talking about liquids, because all liquids we eat and drink are basically water.

Having enough liquids is essential for good health. When you are exercising, if the weather is hot, if you are ill with flu or a fever, you need extra liquids. What you don't need is excess liquids. Drink when you are thirsty, when your mouth is dry, when you feel too warm or too cold, but don't feel you have to drink a lot of extra water.

This Week - 3 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - March 18, 2008



The MVB - Most Valuable Bra - at the third annual Bra Auction on March 15, 2008 was the Captain Camo Bra that Spencer Clarke, left, won with a high bid of \$260.00. Clarke, from Vancouver, pledged \$500.00 when it was time to pay for the bra, which made it an all-time record spent on any bra in the history of the event. Clarke was presented with his prize by one of the event organizers, Tammy Holland.

Bulls, a donation and hockey

Princeton Rodeo Club voted March 14, 2008 to host the British Columbia Professional Bullriders Association (BCPB) Finals in September that year.

The BCPB had been looking for a new location to move the Finals and Princeton Rodeo Club pounced on the opportunity. The Club planned to host the event annually in addition to their regular BCRA Rodeo in May.

A cash donation worth \$6,000.00 on behalf of the late Diane Smith, her family and her friends was handed over to Princeton General Hospital three years ago this week. Smith's son, Justin said at the time the funds, "are the majority of what was donated by the citizens of the Similkameen Valley during fundraisers held in various locations."

The donation was presented on March 13, 2008 which would have been "Mom and Dad's 38th anniversary," Justin added.

The donation was specifically earmarked to be spent on special air mattresses in palliative care, which prevent bedsores developing on patients who are unable to leave their beds.

Smith added, "It's the generosity of the people in Princeton, Hedley, Keremeos, Cawston, Tulameen and Coalmont that have made this possible as well as the continued contributions from the News Leader and Giant-FM."

A Celebration of Life for Diane, a long-time employee of Princeton Chevron, was held in the Hedley Community Hall the following week.

Princeton Overwaitea Bantam Flyers wrapped up their season March 1, 2008 winning the South Central Super League. The team had a record 17 wins and one loss in league play, 25 and 4 in tournament play, which put the Flyers at

the number one spot in the ten-team 'super' league.

Princeton Traditional Music Society held their first Annual General meeting March 26, 2008. The group was busy organizing their first-ever Traditional Music Festival for Princeton later that year before an executive had been put in place. Just an indication of the faith volunteers had at the time in the event they were working on.

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Explore The History Of Mining - Gold, Copper and Coal

Town of PRINCETON Zoning Amendment Bylaw No. 847, 2011

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

The proposed Amendment is as follows:

Text amendment to the Town of Princeton Zoning Plan Bylaw No. 646, 1994 with the introduction of a new zone "Business Transitional (C3)"; and

Lot 8 District Lot 706 Yale Division Yale District Plan 39924 Except Such Undersurface Rights as are Registered in Absolute Fees Book Vol 18 Fol 123 No. 9729D (DD155391F), PID 011-687-142, be rezoned from "Heavy Industry (M2) to "Business Transitional (C3)".

The purpose of the zoning bylaw amendment is to introduce a new zone "Business Transitional (C3)" and to facilitate the redevelopment of the subject property from heavy industrial to a mixed used commercial/residential development.

The Council of the Town of Princeton will meet and hold a Public Hearing April 4, 2011 at 6:00 pm in the multi-purpose room of the Okanagan Regional Library (107 Vermillion Avenue, Princeton BC) to consider the proposed zoning bylaw amendment.

All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall (PO Box 670, 169 Bridge Street, Princeton BC V0X 1W0). Council will receive no representations on this bylaw after the close of the Public Hearing.

A copy of the subject Bylaw No. 847, 2011 is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. commencing on March 8, 2011 and up to and including April 4, 2011.



Given under my hand this 8th day March of 2011.
Patrick Robins
CAO
Town of Princeton

Happenings Around The Valley



Tracey Borquest, TCP (Traffic Control Person) wears many hats - and many radios - for the Yellow Lake road project. Tracey is the Traffic Supervisor, keeping all the trucks and equipment as well as motorists moving safely around the site; she is the Site Safety Coordinator; plus she has First Aid Level III. She slings up to three radios around her neck at a time, listening to/communicating with the equipment operators and her counterpart Garry Lokstet (Traffic Control Person) who controls westbound traffic at the other end of the site. She takes her job seriously, but has had a few light moments, such as when a motorist tried to give her a 9-month old Siamese kitten recently. The motorist was trying to find the kitten a home. Photo: Arlene Arlow



Garry Lokstet TCP (Traffic Control Person) controls westbound traffic through the Yellow Lake site. You will see a lot of Garry in the coming weeks: the project is anticipated to continue until late May. Give Garry a wave - he will always oblige with a wave and a smile if he isn't busy with traffic or on the radio. Photo: Arlene Arlow



Gena Sandli, centre, hosted a hot dog sale Saturday, March 19th as a fundraiser for her Bridge Street business Outbackjacks Horse Rescue Thrift Shop. Photo: Brenda Engel



About 50 people from Penticton to Oliver to Hedley and points in-between enjoyed the home made fixins' at the Order of Eastern Star Annual Celtic Chicken Pie Dinner March 18th in Keremeos. A vote was taken for what meal to prepare next year: liver and giblets; sauerkraut and corned beef; or chicken pie. The latter won out. Photo: Arlene Arlow



Linda and Dave Boot donned green clothes, green bow ties and green earrings (Linda, not Dave) for the Order of Eastern Star Annual Celtic Chicken Pie Dinner held March 18th in Keremeos. Photo: Arlene Arlow

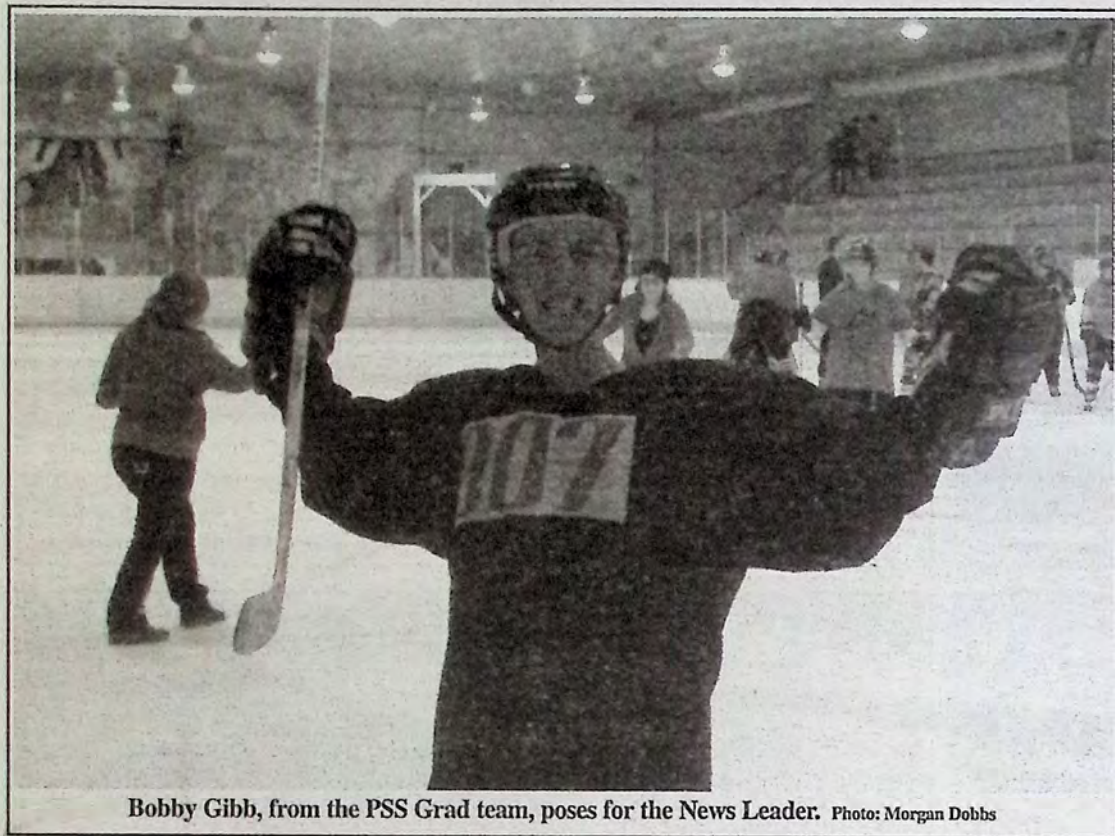


Ron Farrell (event MC) and his wife Kathy wore something green March 18th at the Order of Eastern Star Celtic dinner March 18th in Keremeos. Ron touted himself as the largest leprechaun in the place! Those not wearing green were the minority. Photo: Arlene Arlow



News Leader Entertainment

Similkameen News Leader TV Guide Listings - March 22 - 28, 2011



Bobby Gibb, from the PSS Grad team, poses for the News Leader. Photo: Morgan Dobbs

Film Festival March 26 in Cawston

The Cawston Community Hall will be the venue for a Film Festival in the Lower Similkameen this coming Saturday, March 26th.

Films on offer will feature themes such as poverty, globalization, peace issues, and sustainability in agriculture. The first film will be presented at 11:00 AM and there will be a luncheon at 1:00 PM.

Attendees are welcome to bring

and display their literature on health, social welfare, peace and development issues.

Feel free to bring a pillow for your comfort on the wooden hall chairs.

Films include Water Under The Hammer, Poor No More, Dirt and short films are Oil in Eden, Myths for Profit, Work for Peace.

Note: The film Poor No More, featuring Mary Walsh of CBC's This Hour Has 22 Minutes, will be

featured at both 11:00 AM and 4:00 PM.

There is a fee to attend. The proceeds from the event will go to The Grandmothers to Grandmothers campaign of the Stephen Lewis Foundation directed to assisting grandmothers caring for children orphaned by the Aids epidemic in Sub Saharan Africa.

For further information call 250.499.5417 or 250.499.2371.



PSS Grads at the start of the horse race during the Grad Hockey Game. Photo: Morgan Dobbs

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2011 Grad Hockey Game



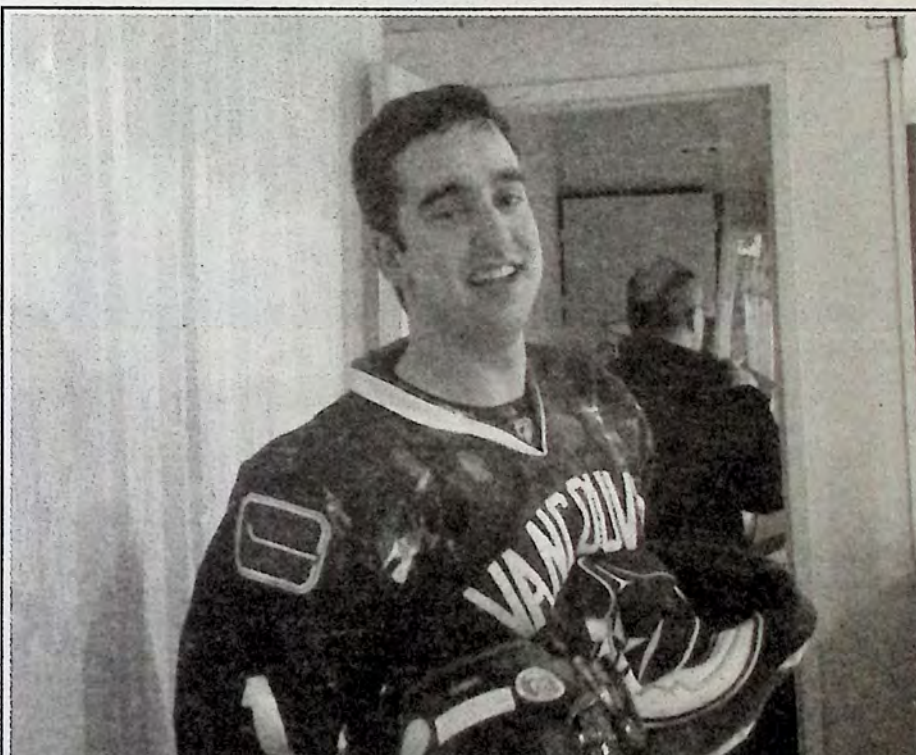
PSS Grad Rachel Halipchuk, foreground, gets ready to rumble. Photo: Des Cosman



By the looks of PSS Grad Megan Haayer, she was having fun. Photo: Morgan Dobbs



Katelin 'Muscular Meat' Marshall, centre, doesn't look THAT mean. Photo: Morgan Dobbs



Someday Mr. Lopes will look at this as being a learning experience. Photo: Morgan Dobbs



PSS Grad Jessica Dennis celebrates winning the horse race. Photo: Morgan Dobbs



Teacher Kirk McConnell, left, and PSS Grad Frankie Reichert. Photo: Morgan Dobbs

TUESDAY, MARCH 22, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing TV schedules for Tuesday, March 22, 2011.

WEDNESDAY, MARCH 23, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing TV schedules for Wednesday, March 23, 2011.

Similkameen News Leader - Horoscopes

March 23 - 30, 2011

Aries - Talk openly about your concerns. What you hide can trip you up. At the end of this week, question your own thinking. It may be chaotic and based on ego needs you have not expressed. Think carefully, focus your mind on goals.

Taurus - Your friends and groups of people you associate with may seem a bit daft at times. Be patient and listen. What you really think might be better kept under wraps for a week or two. Pay attention to health, employment.

Gemini - This is the last week you have to endure problems with parents or with career. Authorities may be troublesome until April. You can voice your thoughts when among groups of people you belong to. Be steady, work hard.

Cancer - Problems at home conflict with career expansion or high activity. Try to balance the two demands. Career becomes increasingly chaotic. Too many new things come into play. Take trip away from home if possible at month end.

Leo - Travel plans may be totally disrupted by conditions beyond your control, or you may find what you thought you knew is no longer valid. You may begin to seek new spiritual truths because the old truths no longer satisfy you.

Virgo - Problems arise with debts, payments, benefits you receive from others. At the same time, you may reap benefits from people with whom you share living space or from an employer or national revenue. Money is unpredictable.

Libra - Other people may seem quite odd these days, unsettled or unreliable. Depend on your own resources, keep your feet on the ground. Matters related to employment are coming to a head. Guard against cuts, burns, colds.

Scorpio - Your job seems to fill up your life, giving you ample rewards but being very demanding and hectic. Focus on communicating with friends, partner. Do not let self-doubt interfere with doing a good job. Patience!

Sagittarius - Learn to live with the unpredictability of things you plan to do for fun. New elements enter your life, briefly, then move on. You may have problems with children and/or youngsters. Strive to meet schedules.

Capricorn - You may feel your home is in upheaval these days, but with the right attitude it could be fun. Don't be too fixed in what you believe. Things are changing rapidly. You must adapt and change with them. Speak gently.

Aquarius - You must drive, walk, bicycle and talk with care and caution for the next few years. Matters in your neighbourhood may grow disruptive or hectic. Siblings may introduce new elements into your life. News shocks you.

Pisces - Prepare for an upheaval in your sense of values. You may want to spend on new things, or you may be forced to buy new things due to breakage or theft. Plan to update your wardrobe and your appearance during next weeks.

Small Business 101

CFIB - BC Business Confidence Stable

Confidence among British Columbia's small- and mid-sized business owners was stable in February. The BC barometer index dropped slightly from its level in January at 71.1 in January to 70.0 in February. The index was at 67.5 in December and 68.1 in November.

The national average was up slightly this month, to 69.4 from its January level of 68.9. This makes three straight months that the national index has been in the healthy part of the index range (index levels between 65 and 75 indicate a growing economy).

With respect to employment plan in British Columbia, most employers do not plan to make changes to full-time employment levels (72 per cent), while 14 per cent plan to increase full-time employment and 14 per cent plan to decrease.

More highlights:

· 54 per cent of businesses in BC say the overall state of business is satisfactory, 29 per cent say it is good, and 17 per cent say it is bad.

· Tax and regulatory costs continue to be the most significant cost pressure in BC, with 65 per cent of business owners saying these costs are causing difficulties for their business.

· 55 per cent of BC small businesses say that insufficient domestic demand is their greatest business constraint, followed by management skills and time constraints (38 per cent).

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Tuesday Movies

MORNING

10:09 am SPIKE ch.44 "Urban Justice" (2007, Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo)

AFTERNOON

3:30 pm SPIKE ch.44 "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. (In Stereo)

5:45 pm SPIKE ch.44 "On Deadly Ground" (1994, Action) Steven Seagal. An oil-company trouble-shooter must blow up his employer's unsafe refinery to protect Inuit land in the far

North. (In Stereo)

EVENING

8:00 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.
9:00 pm KNOW ch.5 "Taxi to the Dark Side" (2007, Documentary) Filmmaker Alex Gibney examines the beating death of an Afghan cabdriver at an Air Force base. (CC)
10:00 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.

Wednesday Movies

MORNING

9:00 am SPIKE ch.44 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (In Stereo)

AFTERNOON

5:00 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971

London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

EVENING

9:00 pm WTBS ch.3 "The Postman" (1997, Drama) Kevin Costner. Seeking refuge from a post-apocalypse dictator, a wayfarer gives others hope by taking on the role of postmaster.

Thursday Movies

MORNING

6:00 am SPIKE ch.44 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (In Stereo)

9:00 am 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 "Mortal Kombat" (1995, Action) Robin Shou. Three martial artists are

forced to battle demonic adversaries with the fate of the world hanging in the balance.
9:00 pm KNOW ch.5 "Yoga, Inc." (2006, Documentary) Filmmaker John Philp examines the Westernization of yoga. (CC)
10:00 pm WTBS ch.3 "Mortal Kombat" (1995, Action) Robin Shou. Three martial artists are forced to battle demonic adversaries with the fate of the world hanging in the balance.
KNOW ch.5 "Greenpeace: Making a Stand" (2006, Documentary) The history of the the movement started by people who banded together to fight for what is right. (CC)

Friday Movies

EVENING

7:00 pm YTV ch.18 "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo) (CC)

8:00 pm WTBS ch.3 "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold the principles of his Starfleet oath and save an alien race, Capt. Picard defies

Federation orders.
FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. Premiere. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)
8:56 pm SPIKE ch.44 "Days of Thunder" (1990, Action) Tom Cruise. An upstart stock-car driver goes to the edge for his manager, his brain-surgeon girlfriend and himself. (In Stereo)

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THURSDAY, MARCH 24, 2011

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

FRIDAY, MARCH 25, 2011

Table with 18 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) showing TV schedules for Friday, March 25, 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 #343 - Rated Medium

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

THIS WEEK'S SOLUTION:
Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2011 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Galaxy Quest" (1999, Comedy) Tim Allen. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people.
A&E ch.9 "City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-ranch cattle drive, but unexpected circumstances test their skills and stamina. (CC)
10:00 am WTBS ch.3 "Deep Impact" (1998, Drama) Robert Duvall. A reporter stumbles upon a story about a massive comet on a collision course with Earth.
A&E ch.9 "City Slickers II: The Legend of Curly's Gold" (1994, Comedy) Billy Crystal. Three grown men follow a trail guide's map to buried treasure near Las Vegas. (CC)

AFTERNOON

12:00 pm A&E ch.9 "Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father. (CC)
FAM ch.26 "102 Dalmatians" (2000, Adventure) Glenn Close. Released from prison, Cruella De Vil teams with designer Jean Pierre Le Pelt in resuming her quest for a Dalmatian coat. (In Stereo) (CC)

1:40 pm FAM ch.26 "Motocrossed" (2001, Adventure) Alana Austin. Feeling responsible for her twin brother's injury, a teenager pretends to be him and competes in a series of motocross races. (In Stereo) (CC)
5:00 pm WTBS ch.3 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure.

EVENING

6:00 pm CITY ch.29 "Owning Mahowny" (2003, Drama) Philip Seymour Hoffman. A casino manager preys on a compulsive gambler who had kept his obsession a secret from his girlfriend. (CC) (DVS)
7:00 pm WTBS ch.3 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking.
CITV ch.12 "XIII" (2009, Suspense) Val Kilmer. An amnesiac faces accusations of assassinating the first female U.S. president. (CC) (DVS)
8:00 pm CHBC ch.4 BCTV ch.11 "XIII" (2009, Suspense) Val Kilmer. An amnesiac faces accusations of assassinating the first female U.S. president. (CC) (DVS)
KSPS ch.6 "Exodus" (1960,

Historical Drama) Paul Newman. An Israeli nationalist, a U.S. nurse and 611 Jewish refugees break a 1947 British blockade. (In Stereo) (CC)
VTV ch.22 "Celine: Through the Eyes of the World" (2010, Documentary) Celine Dion. Singer Celine Dion performs her greatest hits during a 2008-2009 world tour. (In Stereo) (CC)
9:00 pm WTBS ch.3 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking.
FAM ch.26 "Mighty Joe Young" (1998, Adventure) Charlize Theron. A rampage ensues when a zoologist brings a noble 15-foot gorilla from Africa to California with the woman who raised him. (In Stereo) (CC)
10:54 pm FAM ch.26 "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)
11:00 pm WTBS ch.3 "Galaxy Quest" (1999, Comedy) Tim Allen. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people.

Sunday Movies

MORNING

7:00 am A&E ch.9 "Analyze This" (1999, Comedy) Robert De Niro. To get a handle on his insecurities, a powerful New York gangster sees a therapist. (CC)
8:00 am WTBS ch.3 "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel.
10:00 am WTBS ch.3 "Sliding Doors" (1998, Romance-Comedy) Gwyneth Paltrow. After a series of misfortunes, a woman with an unfaithful boyfriend experiences an alternate reality.

AFTERNOON

12:00 pm FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)
1:30 pm YTV ch.18 "Chestnut: Hero of Central Park" (2006, Comedy) Makenzie Vega. Two adopted sisters try to conceal a puppy in a New York building where dogs are prohibited. (In

EVENING

Stereo) (CC)
1:40 pm 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)
3:00 pm VTV ch.22 "Confessions of a Sociopathic Social Climber" (2005, Comedy) Jennifer Love Hewitt. A San Francisco advertising executive hatches a scheme to go to the party of the year. (In Stereo) (CC) (DVS)
3:30 pm YTV ch.18 "Because of Winn-Dixie" (2005, Drama) Annasophia Robb. A Florida girl and her canine pal befriend misfit souls and begin to soften her father's brittle exterior. (In Stereo) (CC)
5:00 pm WTBS ch.3 "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.
CBC ch.13 "Earth" (2007, Documentary) Narrated by James Earl Jones. A polar bear, an elephant and humpback whale all struggle to raise their young and keep them safe from predators. (In Stereo) (CC)

6:00 pm YTV ch.18 "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo) (CC)
7:00 pm WTBS ch.3 "My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.
9:00 pm FAM ch.26 "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four teens aim to take the world by storm with their music. (In Stereo) (CC)
10:00 pm WTBS ch.3 "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel.
10:33 pm FAM ch.26 "Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his adorable adopted daughter. (In Stereo) (CC)
11:00 pm KNOW ch.5 "Yoga, Inc." (2006, Documentary) Filmmaker John Philp examines the Westernization of yoga. (CC)

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SATURDAY, MARCH 26, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing program schedules for Saturday, March 26, 2011.

SUNDAY, MARCH 27, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 19 rows (6 AM to 11 PM) showing program schedules for Sunday, March 27, 2011.

MONDAY, MARCH 28, 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 "Rio"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Breakout	Henry's	CityLine	DEA	Spoiled
7 AM	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Bayblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	DEA	Tooned
8 AM	Cash Cab		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Animal	Super Evil	SportsCentre		How/Made	Suite/Deck			Tooned
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! News	To School	SportsCentre	Live With Regis & Kelly	Canada's Worst Driver	Mickey	Role	DEA	Restaurant Makeover
10 AM	The Investigators	World Vision	Franklin Spider	Sesame Street (E)		The Price Is Right (N)	The First 48	The View	World Vision	X-Weighted "Valencia"	Poko	Little Bear	Fishing	The View	Worst Handyman	Mickey	EP Daily	DEA "Flip The Stripper"	Grace
11 AM	Forensics Evidence	World Vision	Rolle Polle Berenstain	Sid Sit & Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	Babar		Marilyn Denis	Breakout	Suite Life	CityLine	UFC Unleashed	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur	Charlie Rose	Paid Prog.	News	CSI: Miami "Rio"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidkick	30 for 30	etalk	Mayday	Wizards	General Hospital (N)	UFC Unleashed	Wipeout (N)
1 PM	King Earl	Days of our Lives (N)	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata		Marilyn Denis	License to Drill	Cory	Jdg Judy	UFC Unleashed	Wipeout (N)
2 PM	Friends	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	Unsellable	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacemn	Access Hollywood Live	UFC Unleashed	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 5 (N)	UFC Unleashed	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	UFC Unleashed	Instant
5 PM	Browns	Early News	Dino Dan	BBC World	News (N)	News	Intervention "Jimmy"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Boxing: Friday Night Fights	CTV News at Five (N)	Myth-Busters	Wizards	How I Met	UFC Unleashed	Wipeout
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Intervention "Jimbo"	News	(5:59) News Hour (N)	ET Canada		ICarly		CTV News (N)	Dirty Jobs (N)	Suite/Deck	The Event "Face Off"	UFC Unleashed	Wipeout
7 PM	Seinfeld	Ent	Be the Creature	Old Guys	Jeopardy!	The Dr. Oz Show	Heavy "Sally; Chad"	Ent	Ent	Hawaii Five-0	Wheel	Splatlot	SportsCentre (Live)	etalk	Junk Raiders 2 (N)	Sonny	Harry's Law (N)	UFC Unleashed	Instant
8 PM	Movie: "Phantoms" (1998) Peter O'Toole.	House (PA)	Seven Ages of Britain	Antiques Roadshow	All Together Now	How I Met Mad Love	Heavy "Mark; Patty"	Dancing With the Stars	House (PA)	House (PA)	Mosque	ICarly	Off Record	Dancing With the Stars	Daily Planet	Suite/Deck	News	Ways Die	Tooned
9 PM	Movie: "Phantoms" (1998) Peter O'Toole.	The Chicago Code	To Dublin With Love	American Experience (DVS)	The Event "Face Off"	Two Men Mike	(9:01) Intervention	(Same-day Tape)	The Chicago Code	The Chicago Code	Comedy	Kyle XY	Wide World of Flights	(Same-day Tape)	Myth-Busters	Sonny	The Flavor of Love	UFC Fight Night	Parking
10 PM	Movie: "Phantoms" (1998) Peter O'Toole.	Hawaii Five-0	Movie: "Under Our Skin" (2008) Premiere.	Morrystown	Harry's Law (N)	Hawaii Five-0	(10:01) Intervention	(10:01) Castle	Hawaii Five-0	News Hour Final (N)	National	Family Biz	30 for 30	(10:01) Castle (N)	Junk Raiders 2	Ned's	Justice		Wipeout
11 PM		CHBC News Final (N)	Charlie Rose (N)	News (N)	News	(11:01) Jay Leno	(11:01) Letterman	Nightline	News Hour Final (N)	ET Canada	George S	Prank Ptr	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.	Ways Die	Wipeout

Monday Movies

EVENING

8:00 pm WTBS ch.3 "Phantoms" (1998, Horror) Peter O'Toole. A British professor comes to the aid of vacationing sisters who discover eerie killings in a Colorado ski town.

10:00 pm WTBS ch.3 "Phantoms" (1998, Horror) Peter O'Toole. A British professor comes to the aid of

vacationing sisters who discover eerie killings in a Colorado ski town.
 KNOW ch.5 "Under Our Skin" (2008, Documentary) Premiere. Lyme disease and the controversies surrounding it. (CC)

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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 Japan 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

2 love seats with large chair (matched set), cushions and floor lamp. Very good quality, in like new condition, \$500.00 OBO. 200 sq ft new in box tile patterned laminate, neutral colour, \$200.00. Call 250.295.3876 or 250.293.6030. Mar 15-29

1995 Ford F-150. Excellent condition. Asking 2,250.00 OBO. Call 250.295.6124. Mar 22-Apr 05

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Room in Tulameen. Private entrance, HDTV and WiFi \$600.00/month, arrangements for extra meals available. Call 250.295.6197. Feb 22-Mar 29

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(NICOLA-SIMILKAMEEN)**

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Applications are invited for the position of Relief Janitor with School District No. 58 (Nicola-Similkameen) in Princeton schools only.

This is an on-call position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

Applicants are required to have a minimum Grade 10 education and a valid BC Driver's License.

The district has a high percentage of First Nations and other multi-cultural 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. Applications, including a detailed resume with a minimum of three references, will be accepted until April 1, 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.

notices

Notice of change of date of the Princeton Legion Branch General meeting.
New date is April 13th at 1:00 PM.

Sunny Needs Our Help

Sunny is a two year old colt and we are coming to his rescue. We need immediate assistance with sponsoring and funding. All money will be going to vetting, and his hauling and feed.

We know that he needs to be gelded immediately and have care for his feet. He has been standing in mud for a long time and is believed to have thrush. We do not know as of yet how bad his feet are until the vet see's him. We are hoping to have funding for him no later than the 26th of this month. Every day will count for this little guy's future.

He will be picked up and taken to the vet in south Langley, after his surgery he will be cared for by Sharon at the Horse Protection Society of B.C. There he will be cared for up to two weeks if all goes well. After healing he will be sent to us at Outbackjacks Horse Rescue. Please help us help Sunny have a future. All monies will go to vet bills, nursing, straw for dry bedding, hay and grain for feed, worming, blankets and hauling. We are estimating around \$2500.00 for this rescue. Contact Gena at 250.295.0775 or outbackjacks@telus.net or see us on Facebook.

yard work

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card of thanks

New Beginnings, a day program for persons with developmental disabilities and amazing abilities, wishes to thank Walter Hogg and Dorothy Westfall for their very generous donation of "delightful delicacies" to their pantry.

The participants, management and staff are overwhelmed by their continued generosity to our programs. It is greatly appreciated!

We would also like to take this opportunity to thank our anonymous benefactor, who faithfully donates Overwaitea gift certificates to our program every month. This is a kind and thoughtful gesture and very useful!

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

lots for sale

Will build to suit. 2 lots 15 and 16 Westridge Court, Princeton. New subdivision. Construction starts on first home (Lot 15) late March 2011. Call now to pick your home. 1,400 sq ft, full basement, 2-car garage. Starting at \$389,000.00. Call Garry at 250.485.2730. Mar 15-29

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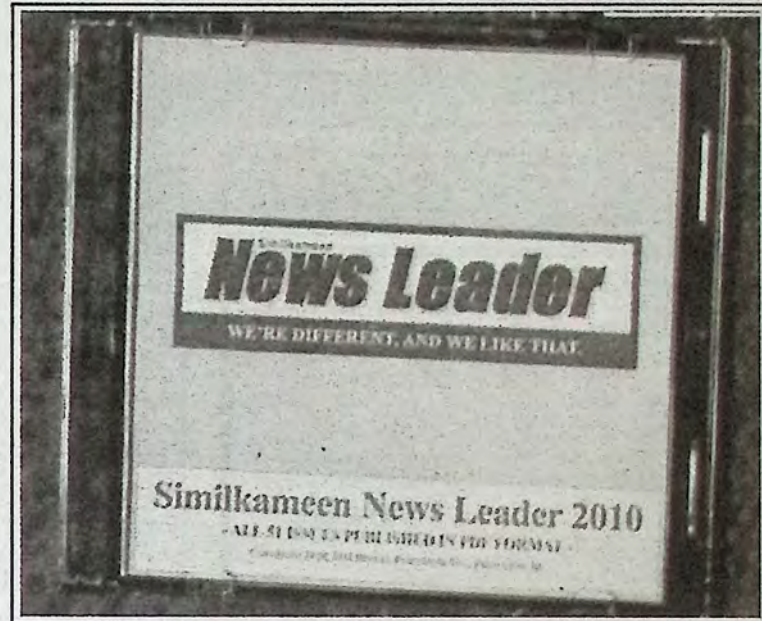
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**Similkameen
News Leader - Recipe Corner**

Recipe #365

Mixed Mushroom and Spinach Tortilla

(NC)—This easy to prepare and tasty recipe contains a good balance of the food groups in Canada's Food Guide. It can be prepared ahead and re-heated for lunch or served hot for dinner with roasted sweet potato wedges. Preparation Time: 20 minutes. Cooking Time: 15 minutes.

- 2 tbsp (25 mL) vegetable oil
- 3/4 cup (175 mL) diced sweet onion
- 4 oz. (120 g) fresh shiitake mushroom caps, sliced 1/2"/1 cm thick
- 1 pkg (227g) sliced fresh crimini mushrooms
- 1 pkg (227g) sliced fresh white mushrooms
- 5 cups (1.25 L) packed spinach leaves (no stems)
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 3/4 cups (425 mL) chopped fresh cilantro
- 1 3/4 cups (425 mL) shredded Monterey Jack cheese (with jalapeno if desired)
- 5 large spinach or whole wheat tortilla shells
- cooking oil spray
- 1 1/4 cups (300 mL) salsa

1) In large non-stick skillet or wok heat oil over medium heat; add onions and cook until transparent, 2-3 minutes. Increase heat to medium - high and add mushrooms; sauté until mushrooms are slightly browned and have released their juices, 5-7 minutes. Stir in spinach just until wilted; remove from heat and stir in salt, pepper and cilantro. 2) Place 1/5 of cheese in the middle of each tortilla; top with 1/5 of mushroom mixture. Roll tortilla snugly around the filling. 3) Heat a large clean non-stick skillet over medium heat; spray with cooking spray. Place 2-3 tortillas seam side down and cook to lightly brown on both sides. Remove from pan and keep warm on baking sheet in a low oven; repeat with remaining tortillas, spraying pan as needed. 4) Remove to cutting board and slice in half on diagonal and serve with salsa on side. Makes 5 servings

Tip: These can be made one day ahead, wrap in plastic wrap and chill. Reheat in oven tented with foil or microwave uncovered until warm. Recipe from Fleming Colleges' entry into the "Make it with Mushrooms Student Chef Challenge," Fall 2008. Additional recipes are available online at www.mushrooms.ca.

- www.newscanada.com

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

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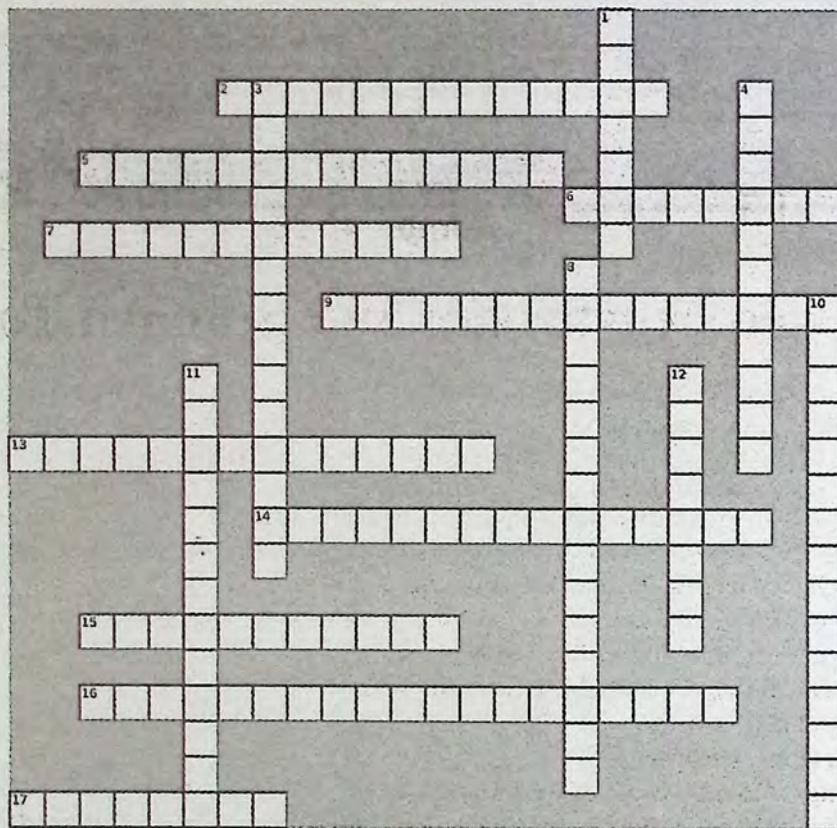
Explore The History Of Mining - Gold, Copper and Coal



It was called a 'hallway sale' and it was a fundraiser March 22nd at Outbackjacks Horse Rescue Thrift Shop behind the News Leader office. Find out more by visiting www.outbackjacks.ca. Photo: Brenda Engel

Similkameen
News Leader Puzzler

Use the March 15th News Leader to find Answers Below...



- | | |
|---|--|
| <p>Across</p> <p>2 News Leader Sudoku creator</p> <p>5 Penticton South Okanagan Events Centre event starts June 29</p> <p>6 Paul Gabriel's Coach</p> <p>7 One of the PSS Student(s) of the Month for February</p> <p>9 Similkameen News Leader's Twitter user name</p> <p>13 Who was named "Sportsperson Of The Year" at the annual Keremeos-Cawston Association awards night?</p> <p>14 The other PSS Student of the Month for February</p> <p>15 Who won Gold and Bronze Medals in the Special Olympics?</p> <p>16 FortisBC is raising their rates by 44.5% by 2016</p> <p>17 Who is raising the residential rates by 51.8% over the next 6 years?</p> | <p>Down</p> <p>1 What was the name of the restaurant that used to be in the new Library location?</p> <p>3 BC Southern Interior MP</p> <p>4 Who is our Fire Chief?</p> <p>8 Who wrote the book 'Life, Inc. How the World Became a Corporation and How to Take It Back'?</p> <p>10 May 14th will be called _____?</p> <p>11 Who from Princeton plays for the Thompson/Okanagan Female Midget AAA Rockets?</p> <p>12 Who is our Assistant Fire Chief?</p> |
|---|--|

Lali throws support behind Horgan

NDP leadership candidate and Juan de Fuca MLA John Horgan announced March 16th that Fraser-Nicola MLA, and former cabinet minister, Harry Lali has joined his campaign.

"I sought the leadership of the NDP because I wanted to make sure that the issues important to my constituents and to rural British Columbia were placed front and centre in the debate," said Lali.

"John Horgan understands rural BC and I believe he can best articulate a vision for our province that will appeal to rural voters. He truly represents real change that puts people first. John is passionate, outspoken and believes that good public policy requires healthy and open debate," said Lali.

Horgan welcomes Lali, an MLA from the Interior of BC, to Team Horgan.

"Harry is the longest serving Indo-Canadian and rural MLA in the BC Legislature today," said Horgan.

"He brings with him sixteen years of experience, ten of them in government, and I am looking forward

to working with Harry on issues important to rural BC and to our multicultural communities."

Lali was born in Jullundur District, Punjab, and currently lives in Merritt. He was educated at the University of Victoria and the University of British Columbia and is a four-term MLA.

He was first elected as a Merritt councillor in 1988, and then elected MLA for Yale-Lillooet in 1991, re-elected in 1996 and again in 2005. Lali was re-elected for his fourth term as MLA for the newly-created Fraser-Nicola constituency in 2009. From 1998-2001, Lali served as the Minister of Transportation and Highways.

"John knows how to encourage discussion and debate and I am confident he will include all British Columbians in his government – not just special friends and insiders as we have seen in the last ten years. John is a man of integrity and possesses the necessary skills, passion and energy New Democrats need to win the next election."

- submitted

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My Turn...

The Accidental Senior

This week Brenda became a senior.

The funny thing is, she is technically not a senior in age.

Let me explain.

A few weeks ago I was on the phone making reservations for a night out-of-town to celebrate Brenda's birthday.

We try to get away every so often just for a break and with the work schedule both of us have in our very busy little downtown office sometimes all we can manage is a single night not far from home.

So I'm on the phone trying to find a hotel room and I'm already on my second attempt as it just happens to be a busy hotel weekend the same time I'm trying to make arrangements.

Finally I score the last room available.

Part of me thinks this is a good thing while another part nags at me that it could be problematic depending on what age group has filled the rest of the hotel, restaurant, lobby, parking lot, pool, hot tub and surrounding amenities.

The girl on the phone tries very hard to get me to say the reason for the trip is business rather than pleasure. I know she wants to give me a discount rate but I'm not going to lie about my plans with my wife in a hotel room.

I insist that the trip is of a pleasurable nature and fess up that it's Brenda's birthday and that she's going turn 54.

For those of you who think I may have just committed a serious sin by revealing her age, don't worry. The copy of the News Leader we'll take home this week will somehow have this page missing. And I'd also appreciate it if you keep that our little secret.

Back to my story.

I tell the girl on the phone Brenda's age.

She tells me their seniors rate starts at 55, "But what the heck, she's close enough," and she proceeds to tell me I just received a hefty discount on the room.

Part of me thinks this is a good thing while another part nags at me that it could be problematic depending on whether or not I tell Brenda she's a senior only because I wasn't going to lie about the trip being for business or pleasure.

So I do what any other guy in my position would do.

I keep it secret until the right time presented itself.

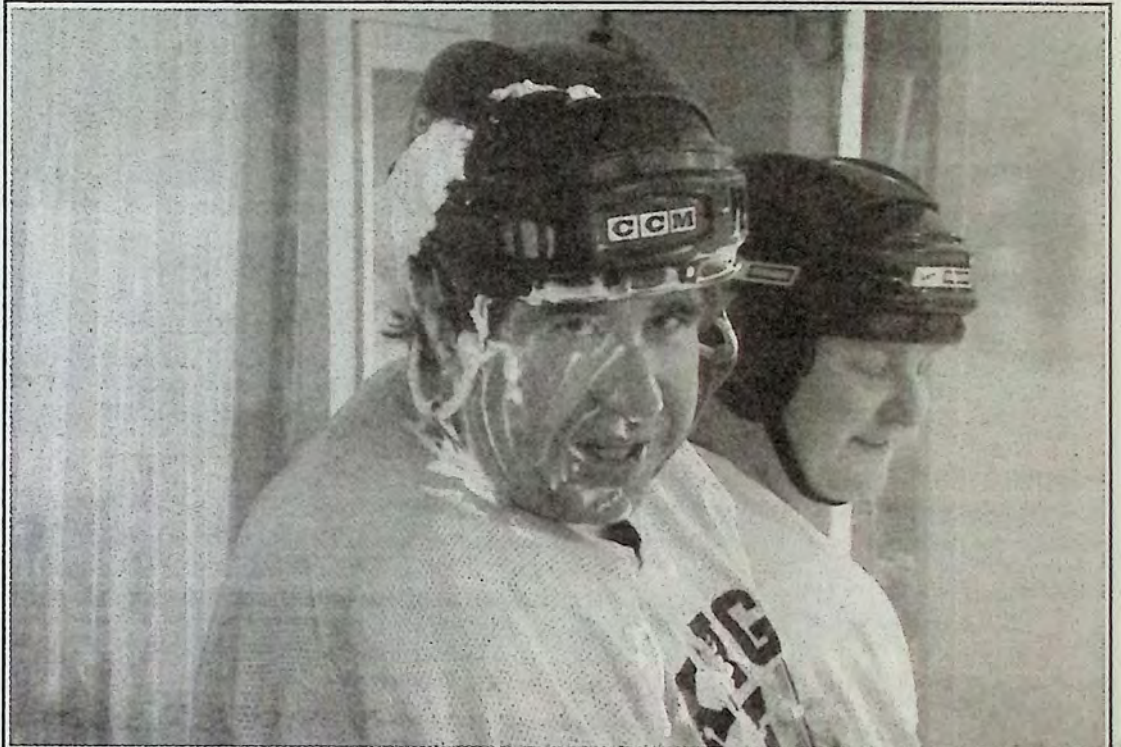
That took about a week.

Then I tried to tell the story as if it were a joke.

She took it far better than I thought.

In fact, she ended up telling about as many people as I have so chances are you've already heard the story.

And if you haven't, remember, you didn't read it here.



PSS teacher Kirk McConnell shows his game face during time in the penalty box at the March 17th Malicious Grads vs. Society hockey game. Funds collected go to support Grad activities. Photo: Morgan Dobbs

...Your Turn

Joe Looks At War

To The Editor,

Maybe, pre-war WWII - World depression. U.S. Democratic President, World turmoil.

Along came Poland and WWII.

Pre-war WWII - World depres-

sion. U.S. Democratic President, World turmoil.

Along came Libya, Bahrain and WWII? (with the U.S./NATO forces surrounded and trapped in Afghanistan and Iraq?)

War is an enticing waltz with the devil and in this case the tune seems to be beckoning from an ever increasing ancient desert sinkhole.

- Joe Schwarz, Princeton B.C.

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Happy Birthday!
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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 in proper language.

Current Comment

Who Creates Wealth For Us?



Dawn Johnson
editor@thenewsleader.ca

As gas prices soar and we face the certainty of rising food prices, I thought I would take time to explain how this is happening. You need to understand the difference between the real world and the stock market of today.

The majority of us live in the real world of rents, mortgages, groceries, fuelling the car, heating our homes, paying for telephones and electricity.

These are the essentials today, and they tie us to our jobs and to corporations.

Stock markets are about speculation. Our food, mortgages, home heating, gasoline, land and dozens of other things are commodities traded on the stock market. We think the stock market is controlled by supply and demand, but not necessarily.

There are gamblers betting on what will be scarce and demand the highest prices. This is the futures market, all part of the speculation on what things will be scarce in the future.

The rise in the cost of a barrel of oil today does not reflect today's supply or today's demand for oil. What it represents is what the gamblers think the cost will be in the future.

Unrest in the Middle East drives up the price of a barrel of crude because speculators think oil

may be scarce in the near future. The refinery companies start charging more for gasoline right now because they are guessing they will need more money in the future to buy a barrel of oil. (Actually, nobody buys oil by the barrel, that's just a measurement tool.)

If a corporation has value items on hand, but wants a higher price, it can hold back the desired goods. This is what happened a few years ago with oil. Tankers were held offshore and wells remained capped to create artificial scarcity, driving up the price of oil and gas prices.

Only the biggest corporations with lots of spare cash can play the gambling game on the commodities market. They can also lose a lot of money, just like any gamblers.

That is how a big insurance company like AIG could suddenly go broke: it lost money gambling.

This high stakes gambling does not create wealth, it creates scarcity, because limiting supply forces up the price, and whether the gambler makes money or loses it, the results affect all of us. We pay the price for the profits, and we pay the price for the losses. For example, if the people with whom we have invested our pension funds start gambling on the commodities market and lose, our pension plan is worth a lot less than we counted on.

Another technique is to control supply through mergers. In a merger, two corporations put all their eggs in the same basket in an attempt to control supply and at the same time add assets to their corporate holdings. A study done in the United States showed mergers cost more than they are worth in actual money, but the mergers increased the company assets. None of this manipulation added any real value to either corporation.

One of the worst types of corporation we support today is the credit card company. Sure, those plastic cards are handy, but when you use one, you are paying a corporation for a temporary loan, and so is the place you did your shopping. As you probably know, people are building up too much private debt through credit cards. They are paying high interest to a company that makes its living off consumer debt.

The company does not do one other useful thing.

The real world of you and me is where we can create abundance and put a stop to a lot of the misuse of our money. Some of it has to start with legislation, meaning we have to elect people who do not dance to a corporation's tune. Other than that, we can create local abundance by doing things locally, such as growing our gardens, swapping with our neighbours, buying our goods locally whenever possible, hiring local trades people to do our work for us.

As for the hike in gas prices and anything else, let's start being rebellious consumers. I hear there is a plan to have April 15 a world-wide day of not buying gas. That's good, but how about one day a week of not buying gas? How about walking a lot more, or riding a bicycle, or driving an electric scooter?

How about refusing to buy anything on a credit card? How about objecting strongly to every increase in the cost of anything?

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Saturday, April 2nd

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NON-WINNERS QUALIFY FOR EXTRA DIAMOND DRAW

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\$30.00

ONLY 100 TICKETS TOTAL

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TICKETS ON SALE 9:00 AM Tuesday, March 1st AT LEGION - NO RESERVES



The Malicious Grads pose for a group shot following the March 17th annual Grad Hockey Game. The team included Fast Feet Keat, Jiggilin' Milligan, Iron Face, BOSS, Joe Dirt, Muscular Meat Marshall, Union Jack, DJ Pauly D, Mad Dawgs, Tinki, Titan Teeks, The Enforcer, Monster Montgomery, Tevis The Tub, The Destroyer, Doomsday DaPonte, Kelly B, Rachelle, The Annihilator, Colossal Calli, Thrasher, Frank The Tank, Reckless Rach and Bullseye. The Grad Hockey Game is an annual 'fun game' used to generate funds to be spent on a variety of Grad activities and has been a tradition in Princeton for many, many years. Photo: Morgan Dobbs

Mine program still on track

..... continued from Page 3
the rest associated with the construction activities. At full production, the project will employ 271 personnel.

About Copper Mountain Mining Corporation:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of exploration and development success.

The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM". Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Project.

The 18,000 acre mine site is located 20 km south of the town of Princeton.

The Copper Mountain Project has a current resource of approximately

5 billion pounds of copper, the Copper Mountain Project is fully financed (\$438M) and in construction and on schedule for the mine to produce approximately 100 million

pounds of copper per year by mid 2011.

Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Racing Days makes plans

Princeton Racing Days Association met at the library on March 17 to proceed with plans for the coming year.

They have been granted two dates this year, June 30 and September 3.

On the September date, the races will be held in conjunction with the Fall Fair.

Hastings Park has indicated its staff will be ready to assist Princeton in any way it can. President John Bey has applied to John Deere for two sponsored quarter horse races.

Bey said the company took a positive view of his request. If the com-

pany comes through, the purse will be very good for these races.

There will be seven thoroughbred races at each meet.

The June 30 start time is 3:00 PM, and the September 3 start time is 1:00 PM. The races will be followed by an evening of entertainment featuring local musicians.

Committee chairs are already at work lining up their volunteers, and sponsorship request letters will be in the mail soon.

The next Princeton Racing Days Association meeting will be April 14 at the library.

Water planning makes headway

..... continued from Page 4
who will be working on the project which should be completed by the summer.

The initial phase is a first step guide on how to develop a science based water management plan. The key tasks in the initial phase will be to identify current and potential future water usage related to quantity and quality, potential for water pollution from ground and industrial sources and technical and other information needed for a short and long range planning strategies for the Similkameen Watershed.

"We're providing advice on the technical aspects that the planners will use to make plans for the watershed," says Hamilton.

The first task will be to review recent and ongoing initiatives especially in dry areas where there is stress related to climate change. Hamilton and his team will also be looking at the unique aspects of a watershed with an international river, identify recent and ongoing academic research in the area and identify data gaps.

According to Hamilton, the Similkameen has four stream flow stations which, compared to much of B.C., is good plus there are other studies which can supply information.

"It may be this perceived lack of information may not be as bad as people think," says Hamilton.

Once all the facts are gathered

there will be a meeting to brainstorm and come up with terms of reference for the watershed planning strategy.

Hamilton says the scope of a technical assessment can vary considerably.

"There are lots of different views and values associated with water," says Hamilton.

"These include practical, cultural and spiritual aspects."

Having stakeholders input at the beginning of the planning process is potentially very positive.

"I think that it's terrific because it will perhaps save some time and effort later," says Hamilton. "I see this meeting as me listening rather than me talking."

Rotary Winter WineFest



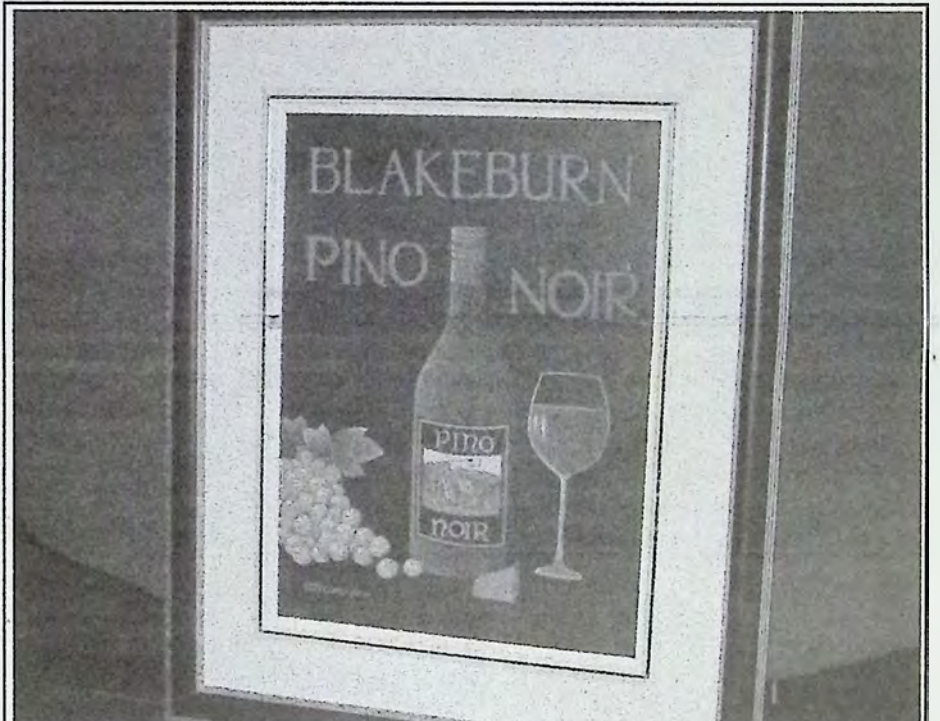
Rotary Club volunteers converted the Riverside Theatre into a festive location for wine tasting, restaurant treats, silent auction and raffles for the March 12th WineFest. *



Princeton Vice Ambassador Katelin Marshall, left, was sponsored by Rotary last year. She was joined by new Rotary Ambassador Candidate Roya Massoudi-Lawrence. *



Wineries from throughout the South Okanagan and Similkameen participated during the annual Rotary WineFest March 12th at Riverside Centre. *



Bob Cormack made his annual contribution to the Rotary Club WineFest with this beautiful piece of art. It was one of many prizes offered in the silent auction. *



Happy volunteers having fun helped set the mood at the Rotary WineFest. Town Councillor Jason Earle, left, shares a moment with Rotarian Judy Short. *



Jerome and Thomasina from Thomasina's Tea Room provided some snacks along with many other local restaurants during the March 12th Rotary WineFest. *

Brenda Crawford

Susan Collins

April Earle

Sandra Simpson



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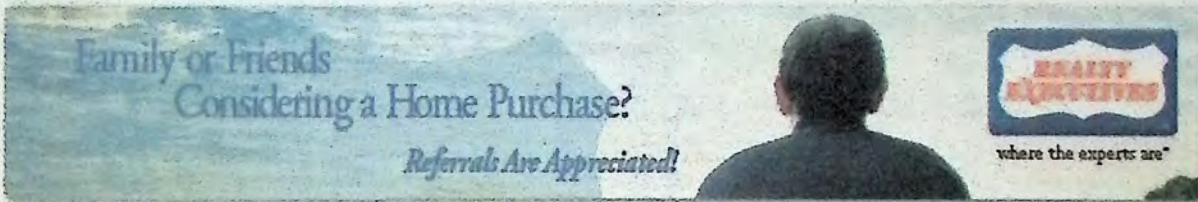


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NEW!

Completely private, but only minutes to Princeton, this unique home sits on over 2 acres hugging the Similkameen River and surrounded by Crown Land. If you are ready to slow the pace down a bit, this is the property for you! The house is well designed with an open layout, a great livingroom with 18-foot ceilings. MLS ©113164 \$499,000

179 Link Lake Road



NEW!

DON'T MISS THIS ONE! Run, don't walk, you will want to be here first or it will be too late! Turn key recreation property within one minute of both Link Lake and Osprey Lake and the KVR! Totally private 1.24 acres with paths for strolling through the trees by two streams, and several sitting areas for enjoying the great outdoors. MLS © 113258 \$399,000

172-2nd Street



NEW!

Don't miss this gem of a home in much sought after Tulameen! Engineered flooring is great for easy clean up and maintenance. Vinyl windows, open livingroom/kitchen area with gas stove for chilly evenings. The 17x8 enclosed porch lets you enjoy Mother Nature while staying warm and dry. MLS ©113257 \$349,000

#23-263 Highway 3



Very well kept mobile in 'The Pines' situated within easy access to the pool, tennis, playing fields, golf and the Similkameen River! This two bedroom, one bath mobile has a 96-square foot addition currently used as a third bedroom. Laminate in the main living areas and newer appliances in the kitchen. MLS © 110678 \$ 79,900

#2-263 Highway 3



There aren't many mobile homes like this one in our area - just 3 years old and shows like new! An open layout with plenty of large windows makes this one bright and feeling spacious - the skylight in the bathroom is another note of quality throughout. You will appreciate the coziness of this home with warm colours. MLS © 110726 \$107,900

379 Burton Avenue



With this lot you can have the best of both worlds: live within walking distance to downtown and all amenities it has to offer, while partaking in the many activities permitted on the Trans-Canada Trail or slip down the Similkameen River for a blissful afternoon of tubing, fishing or R 'n' R. This lot is perfect for your dream home. MLS © 110473 \$ 79,900

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