



Similkameen News Leader

\$1 INCLUDES HST

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Tuesday, May 3, 2011

Who's Working For You? See Below!



Following a rock blast, the loader operator piles up the rock and rubble while the hoe operator starts loading the heavy trucks. To witness the activities first-hand, you will want to arrive at the west end of the Yellow Lake Highway Improvement Project (eastbound) about four minutes after ten weekday mornings. You will experience a total delay of about an hour. More photos on Page 8. Photo: Arlene Arlow

Council approves travel expenses

When traveling on Town Council business, Mayor Randy McLean and Councillors will receive \$70 a day for every 24 hour period they are absent from their homes.

This is to cover the cost of meals, gratuities, parking, local phone calls.

When travel requires less than 24 hours away from home, members of Town Council will receive \$15 for breakfast, \$20 for lunch and \$25 for dinner, for a maximum of \$60.

For using their own vehicles for traveling on official Town business,

each member of Council will be reimbursed 52 cents per kilometer.

Speaking of the subject of travel, Princeton's Sister City sent an invitation to Town Council and the people of Princeton to attend their annual Founders Day parade on Saturday, June 4.

This is a special occasion full of fun, and Princeton generally enters the parade.

Mayor Randy McLean said he would not be able to attend this year, but Councillor Jason Earle will go to Tonasket.

Arts Council welcomes new group

Princeton Arts Council welcomed a delegation from Hedley at the April 20th meeting. They represented Central Station Retreat Society, a group with interests in Nickel Plate history. They are guardians of a leased area at the top of the old tramway that linked Nickel Plate and Hedley. They asked if they could join Princeton Arts Council, and were assured they would be most welcome.

They plan a walkabout of the area for May 28.

Princeton Arts Council memberships have been restructured to include individual memberships from each member group. Total membership of the Arts Council has grown to 275 with this restructuring, putting the Arts Council in a

much more favorable position to receive provincial arts grants.

President Del Hall, Treasurer Marjorie Holland, Vicki Jones and Robin Lowe will be attending the April 30/May 1 conference of the Assembly of B.C. Arts Councils to be held in Kelowna. Princeton is part of the Thompson-Okanagan Arts Council region. Del Hall will continue to serve as a Director.

The Arts Council is planning a tea and goodies event on their next meeting date, May 18 at 4:30 PM. This is a volunteer tea to welcome people who may not be members of the Arts Council but would like to volunteer some time to help out with arts and culture activities in the community. Representatives from all of the Arts Council groups

will be present to provide information and perhaps inspiration. Anyone new to the community will be able to find what activities they can be involved in.

Robin Lowe gave her final report on the highly successful Spirit Festival. Plans are being roughed out for next year's Spirit Festival.

Jon Bartlett gave a short report on the progress of plans for this year's Traditional Music Festival. Forty performers have been booked to

date. The Nankama drum group enjoyed the response from their April 16 workshop and concert and expressed an interest in coming for the music festival.

Nankama was the only performance this year for Arts and Culture Week. Next year, the Arts Council plans for a bigger celebration of Arts and Culture Week starting with three performances - the ballet (who want to come back, please!), a harp concert, and one

more performance, as yet undetermined.

Cathy Yingling gave an update on Vermilion Forks Field Naturalists. They are doing a hike on May 7 around a proposed regional park which would join the Swan Lake preservation area to Martin's Lake. The Naturalists are involved in the Meadowlark Festival, a South Okanagan-Similkameen celebration of our environment. On the continued on Page 22

Council names referendum group

Princeton Town Council has named the group of citizens given the task of preparing the community for the aquatic centre referendum on September 24.

This committee is to provide the community with information that supports an informed decision.

Members of the committee are as follows:

Town staff: Lyle Thomas, Pool Supervisor Carol Mack, Recreation Coordinator Nadine McEwen, Public works employee Bob Coyne

RDOS staff: Community Services Director Mark Woods, and Cathy Cowan

Swim Club: Suzanne Holland
Medical Profession: Dr. Eva, Tanya Ter Kers

School District: Gordon Comeau

RCMP: Sgt. Dave Clare
Local Business: Barry Cook, Dierra Maynard

Area H residents: Kelly Cook, John Akerley, Bob Reichert, Charles Weber

Princeton residents: Kirk McConnell, Judy Short, Kevin Sill

Seniors Branch: Keith Parsons or designate

Youth: Scott Musgrove

Similkameen News Leader
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PRINCETON RODEO

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PHOTO: W. George Elliott

STOCK CONTRACTOR: C+ RODEOS - CLOWN: DENNIS HALSTEAD
RODEO ANNOUNCER: AL PARSONS

1:30 PM MAY 14 & 15
PRINCETON FAIRGROUNDS

Saturday: Stan Thompson Day / Sunday: Tough Enough To Wear Pink
West Coast Thunder Drill Team - Wild Horse Race - Halftime Kids Games



RODEO ADMISSION
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KIDS (13-18) \$10 day / \$17 weekend
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The travelling window artist

His name is Bernie Bates and up until last month you may have only seen his artwork in Keremeos windows.

Bates popped into Princeton to see if anyone would be interested in his window art and after receiving a couple of bites, he jumped into his job with both feet, a black felt pen

and a number of paint brushes and containers of paint.

Once one window was near completion someone else would stop and ask him to paint theirs. Bates told the News Leader that's typically how it goes.

So a stop in Princeton to do only two or three windows turned into

almost a week long stay resulting in a lot of dry felt tipped markers.

Bates' biography says: *Originally from Williams Lake, British Columbia - writer, cartoonist, poet and entrepreneur B. H. Bates is a person of native heritage, who grew up on a ranch. And as he liked to quip: "I was the only kid I knew that*

could play cowboys and Indians all by myself!"

He has been a professional bull-rider, dance choreographer, logger and advertising manager. He contends that it was seeing the highs and lows of life, through the eyes of a native, that have given him his unique perspective.

"He obviously likes what he's doing now the best," says the News Leader's George Elliott, who, along with his wife, Brenda, had Bates at their home for Easter dinner.

Bates is currently painting windows in Keremeos and can be reached at 250.681.8063 - you will not be disappointed.



Window artist Bernie Bates of West Kelowna works on the outline of a Rodeo Queen in the Similkameen News Leader window April 21st. Photo: Brenda Engel



From the outside looking in - Bernie Bates adds more detail to the Similkameen News Leader window display April 21st. Photo: Brenda Engel

Town of PRINCETON

Princeton Town Hall News

EMPLOYMENT OPPORTUNITY

Princeton Parks, Recreation and Culture Department is accepting resumes for the following positions:

POOL STAFF REQUIRED

Lifeguards/Swim Instructors who hold current certifications in NLS, WSI and CPR/First Aid. Employment from May 20 to Sept. 5, 2011. Only successful applicants will be notified for an interview. Call Carol at 250-295-7085 to learn more or drop off resumes to Town Hall.

AEROBIC & YOGA INSTRUCTORS REQUIRED

Certified instructors required to teach fitness programs at Riverside Centre. CPR/First Aid and appropriate certifications are required. Individuals interested in this position should drop off a resume at Town Hall 169 Bridge Street (Box 670) Princeton, BC V0X 1W0. Closing date is May 13, 2011.

NO FIRES!

A reminder that fires are not permitted within the town limits from April 15 to October 15.

The Town of Princeton thanks you for your cooperation in this matter.



WATER RESTRICTIONS

Water Restrictions will be in effect May 15, 2011.

By conserving today, we reduce the need for expanded facilities and costly upgrades to the water system.

What are the rules?

- Lawn sprinkling regulations are in effect from May 15 to September 30 every year.
- There are four stages of restrictions, each stage allowing less water use.
- Stage 1 comes into effect automatically on May 15 of every year unless more stringent water conservation measures are needed. Stages 2, 3 and 4 are implemented according to the severity of the water shortage. Each level requires increasingly larger reductions in water use.
- Residential, multi-family, commercial, Industrial, institutional and public properties are all required to follow the regulations.

Stage 1 Restrictions will be in effect May 15th.

- Even numbered civic addresses may water on Wednesdays, Friday and Sundays.
- Odd numbered civic addresses may water on Tuesdays, Thursdays and Saturdays.
- No watering is permitted between Noon and 6:00 pm.
- Watering is not permitted on Mondays.
- Washing of boats or motor vehicles with a hose is permitted only if using a hose with an automatic shut-off device.
- Public sector entities are restricted to three days per week at any time.

Bylaw Enforcement Officers will enforce all levels of the water restrictions bylaw. A person who contravenes the bylaw commits an offence under the Offence Act and is subject to a fine.

For more information visit Town hall during regular business hours.

ITS COMING !!!
SATURDAY JULY 16TH



princetonairshow.ca

CALL FOR VOLUNTEERS

VOLUNTEERS NEEDED

The Princeton Air Show is looking for dynamic volunteers to assist in a variety of positions. Security, parking, gate, children's area, lunch hosts, program seller, volunteer host, aircraft ramp/hanger, entrance greeter and more.

VENDORS WELCOME

Vendors and community organization are a welcomed addition to the Princeton Air Show each year. Sell your wares, advertise your organization, promote upcoming events or perform.

Check out our website at www.princetonairshow.ca to learn more about the variety of opportunities available at the Princeton Air Show or to register as a volunteer or vendor. Call the Princeton Parks, Recreation and Culture Department at 250-295-6067 to discuss air show opportunities further.

FINANCIAL PLAN

The 2011 - 2015 Financial Plan has been sent out in the mail. Please come into Town Office and pick up a copy if you have not yet received one.

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FLOWERS IN MOTION

PRINCETON PLAZA PARKING LOT

Keremeos News



The Easter Bunny made an appearance Easter Sunday at Don & Anna's in Keremeos. Photo: Dawn Johnson

Keremeos library improve hours

Resulting from customer input, the Keremeos Branch of the Okanagan Regional Library (ORL) will change their hours of operation.

Many comments were received which helped the branch set new hours to better serve library cus-

tomers in the region. The Keremeos Branch, located at 638 7th Avenue, will begin its new schedule on Tuesday, May 24, as follows: Tuesdays from 10:00 AM to 5:00 PM, Wednesdays from 1:00 PM to 7:00 PM, Thursdays from

1:00 PM to 5:00 PM, Fridays from 1:00 PM to 5:00 PM and Saturdays from 10:00 AM to 2:00 PM.

For further information contact Community Librarian Debra Holley at 250.499.2313.



Following a rock blast at the Yellow Lake Highway Improvement Project, the hydraulic hammer breaks up the larger boulders while the hoe operator piles up the rubble for hauling. Follow the entire process from the beginning on Page 8. Photo: Arlene Arlow

www.upnadam.me

AFFORDABLE LOCAL WEB DESIGN
Contact Adam - info@upnadam.me

Princeton Museum members view construction

The renovations to Princeton Museum are coming along very well. Museum Society members went to view the progress being made and were quite impressed. There is so much more space now, and the new

stairs, washroom facilities and reception areas are excellent. The walls have been painted and hardwood flooring is being laid. The log cabin will be moved in soon.

When construction is finished, the

next step will be to move the contents of the museum back into the new space. This will be a major project in itself, as there is so much to move. This is physically demanding work and the aid of muscular volunteers

will be appreciated during this move. A new website is being prepared. It is princetonmuseum.org.

The Museum Society was pleased to have Stan Turner launch the Sustaining Membership campaign with \$100. A sustaining membership gives the museum a stronger base of financial support, but all memberships are welcome.

A life membership was awarded to Evelyn McCallum. The certificate of life membership states "In recognition and appreciation for her years of dedication and service as a member, volunteer, and Director." McCallum is still an active member of the society.

When the museum opens to visitors this year, volunteers will be needed to give a tour of the museum. This is a very pleasant, often rewarding, way to meet people. Volunteer museum guides greet visitors, show them around, answer questions, and make visitors feel welcome to the museum and to Princeton.

Anyone who would like to spare three or four hours a week showing

off our museum, please contact Kathy Clement at 250.295.3952. She will be delighted to put you on her list. At the end of the tourist season, the Museum Society holds a special gathering in appreciation for volunteers.

The Skinner family offered to give a printing press to the museum. It had belonged to an early newspaper called the Similkameen Star, run by Dave Taylor. With some regret, Museum Society members voted to turn down the offer by the Skinners. The museum building does not have a suitable space for the machine due to its size and weight.

The next meeting of the Museum Society will be held at the library conference room on May 25 starting at 7:00 PM. At that time, plans for the Museum Society's participation in the Manning Park celebration will be discussed. This year marks the 100th anniversary of BC Parks, and the Museum Society has been asked to do a historical presentation at the opening of the new equestrian centre at the park.



Museum President Bob Wicks presents Evelyn McCallum with a Life Membership. Photo: Lori Thomas



**An Application by FortisBC Inc.
for Approval of a Residential Inclining Block Rate**

NOTICE OF APPLICATION AND PROCEDURAL CONFERENCE

Date:	Tuesday, May 10, 2011
Time:	1:00 pm
Location:	Delta Grand Okanagan Resort 1310 Water Street, Kelowna, BC

THE APPLICATION

On March 31, 2011, FortisBC filed its Residential Inclining Block (RIB) Rate application (Application) with the British Columbia Utilities Commission (Commission), pursuant to subsections 58 and 61 of the *Utilities Commission Act*.

On October 19, 2010, the Commission issued Order G-156-10, which directed FortisBC to develop a plan for introducing residential inclining block rates that also incorporate a lower Basic Charge (Customer Charge) in the immediate future and to file a RIB rate application with the Commission no later than March 31, 2010. The Application proposes to implement a default mandatory RIB rate for FortisBC's residential customers. The RIB rate is composed of a Customer Charge and two rate blocks separated by a threshold level of consumption of 1,600 kWh per two-month billing period. The Block 1 and Block 2 rates are set such that 95 percent of customers will experience annual bill impacts of less than 10 percent.

THE REGULATORY PROCESS

A Procedural Conference will be held at the Delta Grand Okanagan Resort, in the City of Kelowna, on the afternoon of Tuesday, May 10, 2011 to discuss procedural matters related to the Application.

PUBLIC INSPECTION OF THE APPLICATION

The Application is available for inspection at the following locations:

FortisBC Inc.
Suite 100 - 1975 Springfield Road
Kelowna, BC V1Y 7V7
Telephone: 1-866-436-7847

BC Utilities Commission
Sixth Floor, 900 Howe Street
Vancouver, BC V6Z 2N3
Telephone: 604-660-4700

The Application is also available for viewing on the following web sites:
<http://www.fortisbc.com> <http://www.bcuuc.com>

REGISTERING TO PARTICIPATE

Those who expect to actively participate in the review process or processes should register as Interveners with the Commission. Interveners will receive copies of the Application, all correspondence and filed documents. Those not expecting to actively participate should register with the Commission as Interested Parties and will receive a copy of the Application's summary, all Orders issued, and the Commission's Decision.

Interveners and Interested Parties should inform the Commission Secretary, in writing, by May 4, 2011 of their intention to become Interveners or Interested Parties, and their intention to attend the Procedural Conference.

All submissions and/or correspondence received from active participants or the public relating to the Application will be placed on the public record and posted to the Commission's web site.

PARTICIPANT ASSISTANCE/COST AWARDS

Any party intending to apply for a Participant Assistance/Cost Award is advised to review the Commission's Guidelines with respect to the requirements for eligibility. The Participant Assistance/Cost Award Guidelines may be obtained by writing to the Commission Secretary, or online at http://www.bcuc.com/Documents/Guidelines/2010/DOC_5014_G-72-07_PACA_2007_Guidelines.pdf

FURTHER INFORMATION

For further information, please contact Ms. Erica Hamilton, Commission Secretary as follows:

Telephone: (604) 660-4700
B.C. Toll Free: 1-800-663-1385
Facsimile: (604) 660-1102
Email: Commission.Secretary@bcuc.com

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 my investments
 or stay put?**

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Health / Lifestyle News

When should you visit a sleep lab?

(NC)—Not sleeping well? After trying many different sleeping methods at home (dark room, comfortable mattress, soothing music) many people still experience sleep problems. When nothing will work, it's time to visit your doctor, who may give you a prescription or a referral to a sleep lab for additional testing.

In a sleep lab, sleep can be recorded through observation and testing, where recordings of brain, breathing and heart activity are taken to identify a person's sleep pattern and other conditions such as sleep apnea. Each room provides an environment free from disruptions such as light and noise.

Dr. Douglas Bradley, director of the Centre for Sleep Health and Research at the Toronto General

Hospital, explains that studies seek to understand what is happening during the entire sleep cycle, and what may be causing your sleep problems.

"At the Sleep Country Canada Sleep Medicine Labs, the electrodes attached to the body record brain, muscles, respiratory system and heart activity. Patients also fill out questionnaires that allow specialists to evaluate how the problem is affecting their long-term health."

He emphasizes that although it may seem uncomfortable and stressful, the majority of his patients have no problem sleeping in this setting.

Common sleep problems include:

- Sleep apnea – when an individual regularly stops breathing during sleep for 10 seconds or longer. The patient suffers from poor sleep

because he or she must wake up in order to start breathing after an apnea, which can occur hundreds of times during the night.

- Sleepwalking or night terrors.
- Insomnia which may be caused by stress, depression, hunger, physical discomfort, or other issues.

- Narcolepsy, where people have problems staying awake.

- Having trouble sleeping during the day because you work at night or work rotating shifts – called shift work sleep disorder.

- Conditions such as restless leg syndrome or periodic limb movement disorder, which is repeated muscle twitching of the feet, arms, or legs during sleep.

Many people have found that the diagnosis and recommendation for treatment following their visit to a sleep lab improved their sleep and changed their lives. For others, evaluation has lessened their anxiety when they realize they are in fact getting more sleep than they thought.

Most people experience the occasional sleepless night, but if you find this is a recurring and persistent issue, visit your doctor.

Save with annual maintenance

(NC)—Central air conditioning can account for up to half of your summer electricity bill.

In fact, households now use more electricity in the summer months than they do in the winter months, in part due to the operation of their central air conditioning unit. Despite this large amount of energy consumption, only 16 per cent of home air conditioning owners have a recommended yearly maintenance check performed, according to a recent survey by the Heating, Refrigeration and Air Conditioning Institute (HRAI).

Ensuring your central air conditioning system is operating to its peak potential and using it wisely can contribute greatly to energy conservation and potentially a reduction in cooling costs. Before switching on a central air conditioning unit for the summer, get it into tiptop shape with a visit from an air conditioning service technician who can do annual pre-season check-ups to ensure that it is running as efficiently as possible.

A technician will check thermostat settings, tighten electrical connections, measure voltage and current on motors, lubricate all moving parts, inspect drainage, check system controls for safety, clean condenser coils, check refrigerant pressures and clean and adjust blower components for proper system air flow.

They will also inspect, clean and change air filters—a dirty filter causes higher energy costs and can damage equipment. Some government agencies and utilities have recognized the importance of maintaining equipment for better energy efficiency and offer incentives and rebates for homeowners to maintain or replace their units.

To locate a rebate program available in your area, a qualified air

conditioning service company or for more information on air conditioning maintenance and energy conservation, visit this webpage: <http://www.hrai.ca/rebatesincentives.html>, where you can also find an industry-qualified contractor in your area.

Living Past 100

Magnesium Makes You Younger

Magnesium is making the news these days due to studies done by medical researchers in Russia, Egypt, Britain and the United States. As it turns out, these medical professionals are beginning to advocate that physicians check their patients' magnesium levels.

Anyone taking calcium supplements to prevent osteoporosis may have increased their risk of heart problems if their magnesium levels are too low, say British researchers. At the cellular level, the human body works hard to get calcium out of the cells, because calcium is a factor in causing cells to harden, as in hardening of the arteries and gall or kidney stones. Magnesium is the mineral that balances the calcium and prevents it from causing problems.

Research has shown that most North Americans over age 50 have a magnesium deficiency. British researchers say calcium should not be recommended for patients until a magnesium test is done. If the patient has low magnesium levels, then magnesium should be supplemented until an optimum level is reached.

Russian researchers and Egyptian researchers have found magnesium plays a part in preventing cancer. In an area of Egypt where the soil, and therefore the grains and the water, are exceptionally rich in magnesium, the people in that area do not suffer from cancer. A healthy level of magnesium seems crucial to preventing cancer. In laboratory rats suffering from magnesium deficiency, cancerous cells developed rapidly.

Russian researchers studied the way radiation affects those who have low levels of magnesium. They learned radiation damage is worse in those lacking healthy levels of magnesium, because radiation further depletes magnesium. It seems the human body uses magnesium to fight the effects of radiation.

Magnesium is a factor in distributing 300 different enzymes throughout the body, and a low level of magnesium can therefore impede all kinds of body functions. One researcher is convinced low levels of magnesium is the primary cause of cellular aging.

Do not rush out and buy magnesium supplements, although small doses probably will not do you any harm. However, if you have kidney malfunction problems, do not take magnesium supplements under any circumstances. Before taking a magnesium supplement, ask your physician to have your magnesium level tested. Each person is unique, and there is no "one size fits all" when it comes to magnesium.

This Week - 10 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - May 1, 2001

THE SIMILKAMEEN **NEWS LEADER** 75 Cents INCLUDES GST
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Chutter opens office see page 2
 Priest gives message see page 9

Hedley School expands

Hedley Elementary School will go from its present K-grade 4 level to K-grade 6 in the next two years. Recommendations made to the Board of School Trustees by a special committee for Hedley School were approved by the Board last week. Students in Grade 4 now will not travel to the South Similkameen in September. They will attend Grade 5 in Hedley, and go on the following year to Grade 6 in Hedley. Students residing in the area...

Election fever hits B.C.



RCMP Constables Chris Newell and Mike Sughlin tend to injured accident victim following a simple vehicle crash (see inset photo top left) on Copper Mountain Road near the cemetery turn-off. Three youths were in the car when the driver failed to negotiate a curve, crossed over to the opposite side and went off the road and 25 metres down a steep embankment. The male passenger, of the roadside, was thrown from the vehicle and sustained serious injuries. Alcohol was not a factor in this accident.

Liberals open Princeton campaign headquarters

Liberal Party candidate Dave Chutter officially opened his campaign headquarters in Princeton on April 24. He is the first, and perhaps only, candidate to do so. Approximately 50 people attended the opening, where Chutter cut a ribbon for the official opening, after giving a short speech about Liberal objectives. The Liberals' main objective, Chutter said, is to put more money in people's pockets to stimulate the economy. "You have to have a healthy economy to afford all the other things," Chutter stated. He told the gathering to expect a dramatic cut in personal income taxes if the Liberals are elected.

Princeton jobs go to Okanagan

The May 1, 2001 front page of the Similkameen News Leader.

Schooling in Hedley to 200 pairs of jeans

It was ten years ago when the Similkameen News Leader announced on the front page that Hedley Elementary School was expanding.

The school, which had been providing K-grade 4 classes, was going to move up to K-grade 6 over the following two years. A special committee for Hedley School made the recommendations to the Board of School Trustees in late April of 2001.

The plan was to keep students completing grade 4 in June 2001 and introduce them to grade five in Hedley that September rather than having them travel to Keremeos. They would then enter grade six in September 2002.

Students residing from Standing Rock west to Bromley Rock would attend Hedley Elementary School up to grade 6 while students already in grades 5 and 6 in Cawston Elementary School would remain there. The School Board reported at the time plans to replace the old Hedley School with a newer building on the same property.

Twenty jobs intended for Princeton went to the North Okanagan ten years ago this week.

When Dr. Anam Kour applied for re-zoning in Area H, on Medallion Farms property, his application was opposed by neighbouring landowners and the Regional District denied the application.

Dr. Kour had planned to build an abattoir (slaughterhouse and processing plant). Objections were

mainly to the location and he was invited to present an alternative plan for a different location of the farm.

Some residents of the North Okanagan heard of the denial for re-zoning, contacted Dr. Kour, and invited him to build in their area. Dr. Kour looked into the prospects and decided to build an abattoir in a location between Westwold and Falkland.

He told the News Leader at the time that he had had "nothing but cooperation and a good reception" in that area.

Thieves made off with 200 pairs of blue jeans and jackets from Fields Store in a break-in that took place April 27, 2001. Police reported they believed a late model tan vehicle with a white vinyl roof might have been involved in the incident.



Actor, Patrick Bouillet, works out a scene with stage director, Bob MacAtamney, in rehearsal for this weekend's production of Limbo at The Cawston Community Hall. Advance Tickets are available at the Door. Curtain Time is 8:00 PM May 6, 7 and 8. Photo: Dave Cursons

Similkameen **News Leader**
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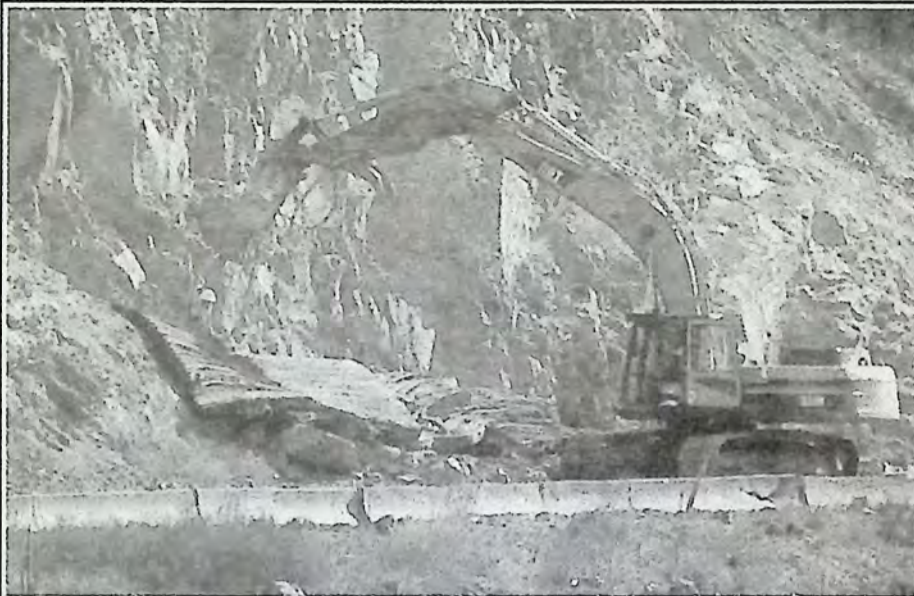
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From Fur Traders to Miners to the Railroad

Yellow Lake - Anatomy of a Rock Blast



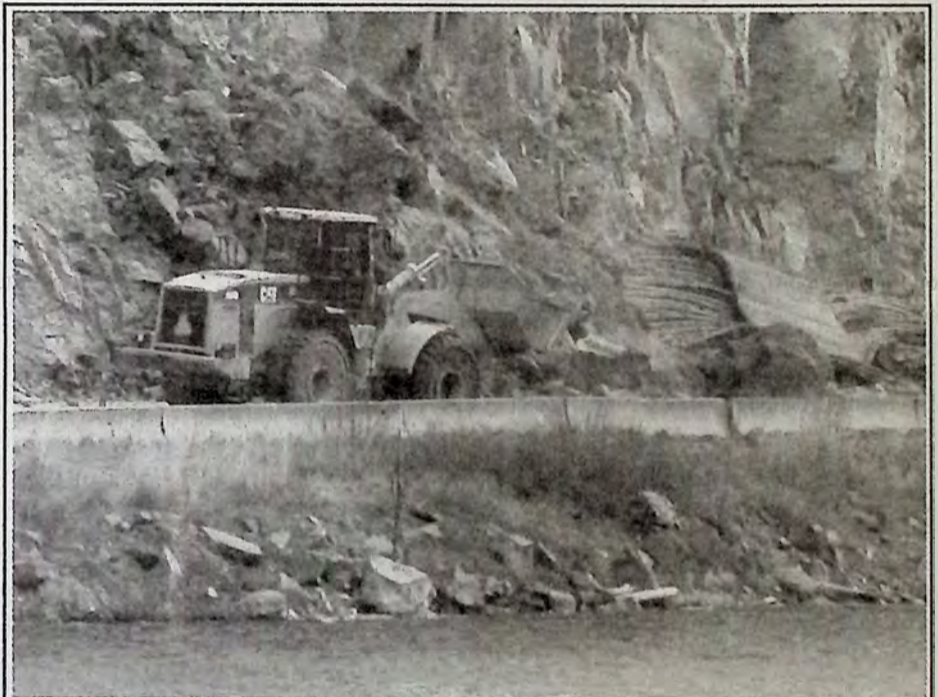
Once the explosive is in place within the rock face, the hoe operator takes the huge 'mats' made of truck tires and places them at the end of the blast section. The mats absorb the power of the blast at the end of the blast section where the energy would otherwise be dispersed (and boulders would be tossed around). All personnel and equipment are removed from the blast area to a distance of about 100 yards. A warning siren sounds about 30 seconds prior to the blast as a final reminder to stay clear. Photo: Arlene Arlow



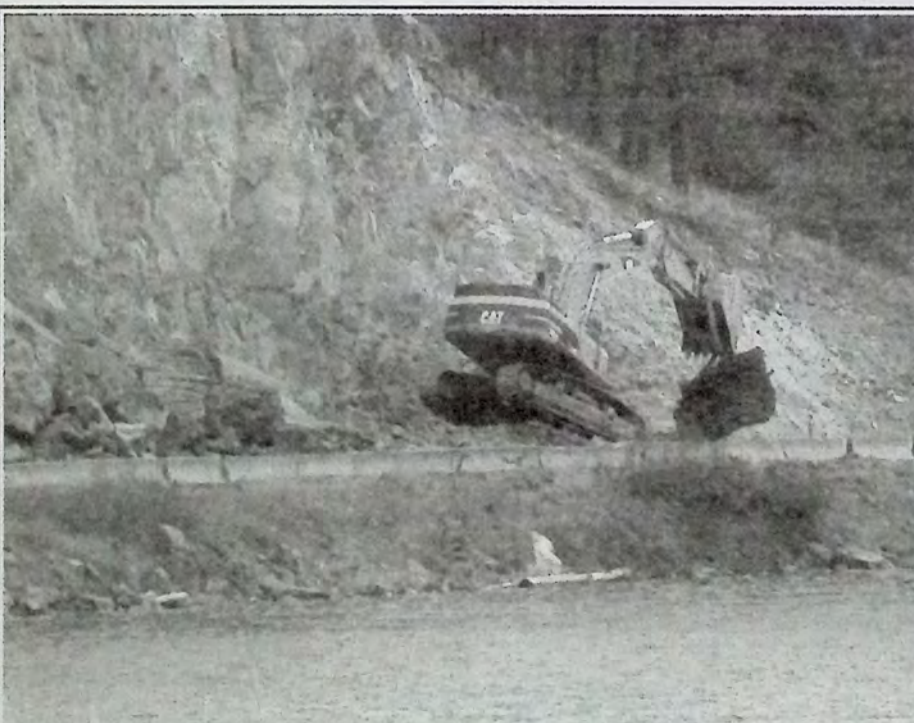
The explosive is set off. This photo was taken about a second after the explosive charge while the rock face was suspended in the air (up and to the left of the blast mats). Notice a couple of plumes of dust rising up within the rock face to the left and upward from the blast mats. Photo: Arlene Arlow



Dust fills the air after the displaced rock settles back down to earth. Notice that the bulk of the dust has been pushed "out" where the blast mats were placed. Photo: Arlene Arlow



The loader operator moves into place to remove the rock that has been pushed out onto the highway. The loader also pushes displaced rock into piles so that the hoe operator can retrieve the rock within its reach. Photo: Arlene Arlow



"Easy does it!" The hoe operator removes the blast mats from the pile of rock and rubble. Photo: Arlene Arlow



Site staff climb up onto the blast zone to analyze the success of the blast. The planning for the next blast and how much explosive will be needed starts all over again. Photo: Arlene Arlow



News Leader Entertainment

Similkameen News Leader TV Guide Listings - May 3 - 9, 2011



Ernie Willis and Rod Louis team roping at the Chopaka Easter Sunday Rodeo. Photo: Dawn Johnson

What Princeton offers for kids and parents

Princeton has many organizations offering support, information and activities for children, youth and their parents. The following is an overview of what is available.

Princeton Family Place - Princeton Child Care Services Society provides a safe, supportive atmosphere for parents of children birth to five years to play, create nutritional meals, and share time with other parents discussing healthy child development. Many teen mothers attend. Contact Heather Eriksen.

Ready, Set, Learn - Preschoolers and infants with parent or care giver join John Allison Elementary School drop-in on Wednesdays for activities to develop literacy, motor skills and social skills. Contact the school.

Therapy for kids - OSNS Child Development Centre (Penticton) can be referred for speech and language therapy, physiotherapy, child psychology and autism treatment for children from infancy to pre-kindergarten.

Prenatal Services - A gathering is held Thursday mornings for expectant mothers to exchange ideas and experiences relating to pregnancy and parenthood. Contact Princeton Child Care Services or Interior Health.

Infant Development Program - Princeton Child Care Services provides support for families with infants or children up to age 3.

Strong Start Early Learning Centre - Infants and children to age 6 are encouraged to explore and play

safe in a nurturing, supportive environment. Contact John Allison Elementary or Princeton Child Care Services.

Mother Goose - This is a singing and rhyme time activity for parents with preschool children. Contact Princeton Child Care Services.

Nobody's Perfect - A program for parents run by Princeton Child Care Services. Parents share ideas, questions and concerns about parenting, child development, health and behaviour.

Parenting Wisely - This program is for parents of young children and teens. It teaches methods of improving family relationships. Contact Princeton Child Care Services.

Little Folks Nursery School - This is an early learning facility for children age 3-5. Contact Sandy Yee.

Public Health - Public Health services operates out of Princeton General Hospital (east wing, bottom floor). Provides home visits for mother and new baby, breast feeding support (provides breast pumps), prenatal classes, child health clinics on Tuesday afternoons, home visiting on request, and drop-in services at the Health Clinic. Contact Public Health.

Community Garden - Education for healthy living through teaching children how to grow fresh garden produce. John Allison Elementary School and Community Garden Angels.

WITS program - John Allison Elementary School offers an anti

bullying program for children. It is supported by RCMP, Ambulance Service and Fire Department. Contact school.

DARE - This is a program offered to school age children by trained members of RCMP. It teaches children how to stay drug-free and how to recognize, avoid and report situations which may endanger their personal healthy and/or safety.

Fruit on the Counter - A healthy eating initiative at John Allison Elementary School provides free fruit and/or vegetables during the school day.

Roots of Empathy - A program at John Allison Elementary School that teaches students to be caring, and teaches how to deal with tension and emotions.

Children who witness abuse or violence - For children age 5-8, Princeton Child Care Services provides education and awareness of healthy and unhealthy relationships.

Mentorship program - For youth age 9-13, Debbie Cappos and Laurence Newman provide small group sessions once a week in art and shop activities.

First Nations Tutoring Program - Christine Squakin and Dina Slowikowski-Campbell provide academic and cultural support for students of aboriginal ancestry.

Study Hall/Toast - Barry Clarke supervises a noon hour program for students to catch up on their studies, and another noon hour program for

..... continued on Page 22

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Your Insurance Checklist

Financial security is important-not just for you, but for your family. Don't let unforeseen circumstances jeopardize that security. Make sure you have adequate insurance coverage in case of an emergency that could otherwise cause financial hardship.

Most people think of life insurance when they consider insurance coverage. But there's more to consider. You can benefit from other types of protection, including disability insurance, critical illness insurance and long-term care insurance.

Life insurance provides security for your family in the event of your death. But other insurance can help if you become ill or incapacitated. An illness or disability could leave you with little or no employment income, as well as mounting bills. In just a short time a serious illness or disability can drain bank accounts, investments and even your Registered Retirement Savings Plan (RRSP).

Here's a look at the four basic types of insurance and what they can do for you.

Life insurance: Life insurance protection can provide funds to offset the financial loss created by the death of a breadwinner. It can provide cash to replace lost income, provide education funding and eliminate debt. Proceeds from life insurance policies are tax-free.

In addition, life insurance proceeds can be used to offset potential tax liabilities on investments that can result from a death. Or you can use life insurance to leave more money to heirs or charity.

Disability insurance: This type of coverage replaces a portion of your income if a serious illness or injury prevents you from working. Payments provided by your policy can be used to cover regular household expenses.

Why do you need disability insurance? Because you have a one-in-three chance of becoming disabled for 90 days or more before age 65. In fact, a Canadian is three times more likely to suffer a long-term disability than to die before age 65.

Critical illness insurance: If you're diagnosed with a serious medical condition, advances in medical science mean your chances of survival are greater than ever. But recovery can result in significant costs. Critical illness insurance provides a tax-free lump sum, usually 30 days after you are diagnosed with a covered condition such as a heart attack, stroke or cancer. You can use the money for whatever purpose you choose.

Long-term care insurance: A serious injury, or just growing older, can prevent you from enjoying the things you enjoy today. Long-term care insurance provides tax-free income to help offset the costs of long-term care services, whether they're provided by a facility or in your own home. Long-term care insurance can help cushion the financial, emotional and physical costs associated with chronic care.

How do you know what insurance coverage is suitable for you and your family? It depends on factors such as your financial situation, savings and investments, and current and future financial requirements. Your financial advisor can help assess your situation and assist in determining your personal insurance needs.

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Wild cow milking at Chopaka Rodeo. Is it fair to bulldog a cow to the ground to milk her? Photo: Dawn Johnson

Princeton: The Little Town That Could

Bob Lind's memories of rodeo in Princeton...

Growing up in the 1930's not far from the Princeton airport found Bob walking to catch a ride home on one of the work horses his dad was using to help build the first small airport. Bob was five or six years old.

The teams were being used with slip scrapers for leveling. On the east end, not far from the present rodeo grounds, was Princeton's first rodeo grounds, complete with a race track and infield used for ball games. There were no bleachers. People sat on the top rail or stood looking over the fence.

Bob's maternal grandfather was a race horse man, so Bob was used along with his older brother Jim to walk the horses before and after the races, quite a handful for little guys. There was an equally exciting rodeo that followed the races. The only thing that preceded that rodeo was held on the streets of town and included the famous Klootchman Race in which First Nations girls raced bareback. That event is depicted today on the west end of Highway 3 by life size steel

cut-outs. This was before Bob's time.

At the start of World War II, the rodeo grounds and race track were torn down to accommodate lengthening the airport to its present size for use as an emergency military landing strip. This time the work was done with Cats and wheel scrapers.

During war time, there was a lack of contestants for most rodeos in the country, so it was not until the late 1940's when local cowboys and ranchers decided to rebuild a rodeo ground.

Bob has the original deed in which his paternal grandfather bought 240 acres just west of town at a cost of \$1.00 an acre. He had sold most of it by the time a new rodeo ground was planned, and the new owner gave permission to build a new rodeo set-up and short round track for stock horse races. So, with a borrowed D4Cat and lots of volunteer help, new grounds were built with Bob and the younger guys peeling logs for fence posts and rails.

The new grounds were built at the bottom of a bench, which allowed

ample parking on the bench above and a natural side hill for great viewing from a seat scratched out of the dirt.

Local ranchers supplied the timed event stock which included horned cattle for the steer decorating event, which was much like bulldogging except the steer was not thrown to the ground. The bucking horses were trailed from south of Keremeos by the great Hans Richter, a two day trip each way - no stock trucks those days.

Bob remembers trying out the horses the night before the rodeo to pick which horse would suit either the bareback or saddle bronc event. "Damn, the ground was hard!"

Bob placed second in steer riding the next day but was bucked off in bareback long before the 10 second whistle (it is eight seconds today).

It was a good day for Bob, despite hitting the ground. He was introduced to his future wife by a friend who was sitting on the top rail with her. Bob says she must have been impressed by the way he bounced off the hard packed arena. They were married a couple of years later.continued next week



The beautiful setting of the Chopaka Easter Sunday Rodeo. Photo: Dawn Johnson

TUESDAY, MAY 3, 2011

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

WEDNESDAY, MAY 4, 2011

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

Similkameen News Leader - Horoscopes

May 4 - 11, 2011

Aries - You are very verbal, very charming and very full of yourself these days, but you feel like you are struggling against opposition all the time. You push against any kind of restriction, but you need to recognize you must accept responsibility.

Taurus - Your health is pretty good right now, but you may be subject to accidents such as burns and cuts. Be safety conscious. Things on your job may annoy you, but take it in stride. Things settle down next week. Look at how others see you.

Gemini - Your job and health are no cause for worry. This is a good time to look into yourself in relation to groups you associate with. Are they good for you, or just a source of fun and activity? People we associate with can inspire us, lead us.

Cancer - If your job got any more hectic, you just couldn't stand it. Spend time with folks you like so as to ease your focus on career. The pressure eases off next week. You need to catch up on work at home and put your life in order.

Leo - You really want to get away from it all, and that should be possible in two weeks. You may feel a lot of restrictions or problems with siblings or in your own neighbourhood. Life is going to offer some challenges during the next month.

Virgo - If things have been worrying you, they are going to ease up now and you are going to feel much better about your life. This is a good time to put energy into learning new things. Money situation remains tight - stick to strict budget.

Libra - the same old problems crop up again this week - others seem to be pushing at you to further their own agendas. Keep your chin up and stand firm. Matters will change next week. Be very alert to possible losses due to actions of others.

Scorpio - You want to be in a good relationship now, but while others are good to you, you are too distracted by your job and some minor health problems. Look for the lusty, romantic life next week. Meantime, cheer up! Stop worrying, take action.

Sagittarius - Life is still full of fun and lots of activity, but you need to turn your attention to your work and establish some routine. The demands of group activities must be limited to your work schedule. Look for ways to work creatively.

Capricorn - Life around home continues to be fun, and you may have a problem balancing work and home life. Watch out for conflict due to your efforts to make everything beautiful in your home and on your property. Take time for youth.

Aquarius - This is a great time to go outdoors and enjoy where you live. You can achieve a great deal if there are improvements you want to make to your home. Family can be a source of enjoyment, especially time spent with siblings.

Pisces - You are going to enjoy time spent in your own neighbourhood. You would like to go out and spend a lot of money, but recognize some limitations. Buy only what is necessary, and make a point of being practical. Look for money problems.

Small Business 101

CFIB - Rate Cut Might Sweeten HST Deal

by Laura Jones, Vice-President
Western Canada CFIB

What is the spoonful of sugar that will help the Harmonized Sales Tax medicine go down? That's effectively the question Finance Minister Kevin Falcon is posing to British Columbians in the HST consultation announced last week. It's a question to consider carefully, because rejecting the HST in the June referendum would have serious consequences. Ottawa would want its \$1.6 billion back, delaying B.C.'s ability to balance its budget and reduce spending on other priorities.

There is the headache and cost of going back to the GST/ PST system. It would cost \$30 million a year to reinstate the infrastructure to collect a tax that one senior bureaucrat described as a "broken" and "beyond repair." Apparently, administering the tax was about as much fun as complying with it.

Small-business owners saddled with the task of figuring out the complicated PST rules often called our office in fits of frustra-

tion. You needed a PhD in deciphering confusing language to figure out many of the rules, and 59 per cent said it was their top provincial regulatory headache.

There is also the not-so trivial matter of what an HST flip-flop would mean to B.C.'s investment climate. Ontario is sticking with the HST. Everything else being equal, a manufacturer looking to set up in B.C. with PST/GST or Ontario with HST would choose Ontario.

None of this is to suggest that the HST's critics don't have some excellent points. It's inexcusable that the government foisted this tax change on British Columbians with zero consultation.

It's also true that because the PST had a lot of exemptions that the HST doesn't, prices on some goods and services such as restaurant meals and haircuts have gone up. Instead of paying only the GST of five per cent on such items, consumers now pay a combined rate of 12 per cent.

This has hurt some businesses and

consumers. It should be noted, however, that rebates make many low income families better off under the HST system.

How can the government make the HST a win for businesses and consumers that oppose it? Cut the rate by a point now and a point once the economy is in better shape. This would take the HST down from 12 per cent to 10 per cent, which is plenty high enough for a consumption tax.

A recent Canadian Federation of Independent Business survey shows this creates majority support for the HST even among businesses most likely to be opposed. It would also be a real win for consumers, especially lower and middle income families hit disproportionately hard by consumption taxes.

That's a spoonful of sugar that would help the medicine go down in the most delightful way.

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

Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "Family Matters: Surviving the Bipolar Journey" Premiere. Four families find ways to cope with a loved one's mental illness. (CC)

Wednesday Movies

NO MOVIES LISTED

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Joan Baez: How Sweet the Sound" (2009, Documentary) Premiere.

Filmmaker Mary Wharton examines the life and career of Joan Baez, singer and human-rights activist.

Friday Movies

AFTERNOON

4:00 pm SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

EVENING

7:00 pm SPIKE ch.44 "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)
8:00 pm WTBS ch.3 "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (CC)

FAM ch.26 "16 Wishes" (2010, Comedy) Debby Ryan. The wishes of a teenager magically come true on her 16th birthday. (In Stereo) (CC)

10:00 pm FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars.
SPIKE ch.44 "The Scorpion King 2: Rise of a Warrior" (2008, Adventure) Michael Copon. To avenge his father's death, a young man embarks on a quest against a king. (In Stereo)

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THURSDAY, MAY 5, 2011

Table with 20 columns (channels WTBS ch.3 to TROP ch.45) and 24 rows (times 6:30 AM to 11:30 PM). Contains program listings for Thursday, May 5, 2011.

FRIDAY, MAY 6, 2011

Table with 20 columns (channels WTBS ch.3 to TROP ch.45) and 24 rows (times 6:30 AM to 11:30 PM). Contains program listings for Friday, May 6, 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 #349 - Rated Medium

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

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 "Twister" (1996, Action) Helen Hunt. Storm-chasers finalizing their divorce try to place equipment inside a tornado on the Oklahoma plains.

10:00 am WTBS ch.3 "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (CC)

SPIKE ch.44 "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo) (CC)

1:00 pm SPIKE ch.44 "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)

1:30 pm FAM ch.26 "The Kid" (2000, Drama) Voices of Edward Asner. Animated. A 10-year-old boy lives a carefree existence. Based on characters created by Gahan Wilson. (In Stereo) (CC)

4:30 pm SPIKE ch.44 "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)

5:00 pm WTBS ch.3 "Kill Bill: Vol. 1" (2003, Action) Uma Thurman. Awakening from a coma, an assassin seeks vengeance against her former boss and his ruthless gang. (CC)

EVENING

6:00 pm CITY ch.29 "Margaret's Museum" (1995,

Drama) Helena Bonham Carter. A Nova Scotia woman fights the tyranny of a coal mine where accidents have killed loved ones. (CC)

7:00 pm CITY ch.12 "Summer House" (2008, Suspense) Lindsay Price. Premiere. A series of strange events leads an artist to believe that a cottage has a restless spirit. (CC)

7:15 pm WTBS ch.3 "Kill Bill: Vol. 2" (2004, Action) Uma Thurman. Before confronting her former boss, an assassin goes after the man's younger brother and her one-eyed counterpart. (CC)

8:00 pm CHBC ch.4 BCTV ch.11 "Summer House" (2008, Suspense) Lindsay Price. A series of strange events leads an artist to believe that a cottage has a restless spirit. (CC)

KSPS ch.6 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children.

SPIKE ch.44 "Star Wars: Episode III - Revenge of the Sith" (2005, Science Fiction) continued on Page 19

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Sunday Movies

MORNING

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

8:00 am WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. (CC) (DVS)

10:00 am WTBS ch.3 "Code Name: The Cleaner" (2007, Comedy) Cedric the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Den Brother" (2010, Comedy) Hutch Dano. Suspended from his hockey team, a teenager becomes a substitute leader for his sister's Girl Scout troop. (In Stereo) (CC)

12:30 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

1:30 pm FAM ch.26 "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected prob-

lems when they use a time machine to change the past. (In Stereo) (CC)

2:00 pm YTV ch.18 "Yours, Mine & Ours" (2005, Comedy) Dennis Quaid. A household threatens to burst at the seams when the marriage of two widowed parents creates a family of 18 children. (In Stereo) (CC)

3:00 pm VTV ch.22 "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) (CC) (DVS)

4:00 pm YTV ch.18 "Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker discovers old rival Jimmy Murtaugh and his family are also there; the Bakers and Murtaughs find themselves in less-than-friendly competition. (In Stereo) (CC)

5:00 pm WTBS ch.3 "What Women Want" (2000, Romance-Comedy) Mel Gibson. A freak accident gives a Chicago advertising executive the ability to read women's minds. (CC)

CBC ch.13 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Nanny

McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (CC)

7:30 pm WTBS ch.3 "What Women Want" (2000, Romance-Comedy) Mel Gibson. A freak accident gives a Chicago advertising executive the ability to read women's minds. (CC)

9:00 pm FAM ch.26 "Stuck in the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (In Stereo) (CC)

10:30 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)

11:00 pm WTBS ch.3 "Code Name: The Cleaner" (2007, Comedy) Cedric the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring. (CC)

KNOW ch.5 "Joan Baez: How Sweet the Sound" (2009, Documentary) Premiere. Filmmaker Mary Wharton examines the life and career of Joan Baez, singer and human-rights activist. (CC)

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SATURDAY, MAY 7, 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 their channels.

SUNDAY, MAY 8, 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 their channels.

MONDAY, MAY 9, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45	
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	CSI: Miami "Bombshell"	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	Spilled	
7 AM :30	Cosby		Arthur	Between								Rollbots				Franny		Spilled		
8 AM :30	Cash Cab		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Bayblade	Hockey		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned	
9 AM :30	Lyrics!		Pinky	Martha			Dog				Animal	Pokemon		How/Made	Suite/Deck				Tooned	
10 AM :30	Family Fd	100 Huntley Street	Magic Bus	Curious			Dog				Bo On/Go	Super Evil		I Could Do	Hannah	Rachael Ray	CSI: Crime Scene	Whatever		
11 AM :30	Family Fd		Poppet	Cat in the			Dog				Busytown	Kid vs. Kat		I Could Do	Phineas				Whatever	
12 PM :30	The Investigators	World Vision	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy		Live With Regis & Kelly	Canada's Worst Driver	Mickey	Rofe	CSI: Crime Scene	Restaurant Makeover	
1 PM :30	Forensics Evidence	World Vision	George S.	Dinosaur							News	Berenstain	Sports			Manny	Amazing			
2 PM :30	Jim King	Noon News Hour (N)	Meg Fero	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	World Vision	X-Weighted	Poko	Little Bear	To Be Announced	The View (N)	Breaking Point	Mickey	EP Daily	CSI: NY	Just Shoot	
3 PM :30	King Earl	Days of our Lives (N)	Spider								Doodlebop	Fly Rhino				Manny	Out There		Just Shoot	
4 PM :30	Friends	Young & Restless	Rollie Polie	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	Babar	Hockey	Marilyn Denis	Breakout	Suite Life	CityLine	CSI: Crime Scene	Gold Girls	
5 PM :30	Friends		Borenstain	Sit-Be Fit				Paid Prog.			dirtygirl	Erky Perky		etalk	Mayday	Suite Life			Gold Girls	
6 PM :30	King Earl	Days of our Lives (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami "Bombshell"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Slidekick		Bold		Hannah	General Hospital (N)	Jail	Wipeout	
7 PM :30	King Earl	Days of our Lives (N)	Dinosaurs	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Wheel	Viva Piñata	To Be Announced	Marilyn Denis	Breakout	Cory	Jdg Judy	Jail	Wipeout	
8 PM :30	Friends	Young & Restless	Wibbly Pig	Sewing							Jeopardy!	Kid vs. Kat		Dr. Phil	Myth-Busters	Recess	Jdg Judy	Jail	Wipeout	
9 PM :30	Friends		The Ocean	Barney	Willa's	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End/Leash Debt/Part	Steven and Chris	Monster		Dr. Phil			Access Hollywood Live	Jail	Gold Girls	
10 PM :30	Family Guy	The Doctors	Mr. Moon	WordWorld	Judge B.		Dog				Garfield			(2:59) The Dr. Oz Show	Worst Handyman	Life Derek	CityNews at 6 (N)	Jail	Restaurant Makeover	
11 PM :30	Family Guy		Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat		Ellen DeGeneres Show	Daily Planet (N)	Suite Life	Phineas	How I Met	Jail (N)	Instant
12 AM :30	The Office	Oprah Winfrey	WordWorld	Electric				Coronation			Super Evil			CTV News at Five (N)	Myth-Busters	Hannah	How I Met	Jail (N)	Wipeout	
1 AM :30	The Office		WordWorld	Electric										CTV News at Five (N)						Wipeout
2 AM :30	Browns	Early News	WordWorld	Electric										CTV News at Five (N)						Wipeout
3 AM :30	Payne	News	WordWorld	Electric										CTV News at Five (N)						Wipeout
4 AM :30	Law & Order: SVU	Global Nat. News	WordWorld	Electric										CTV News at Five (N)						Wipeout
5 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
6 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
7 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
8 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
9 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
10 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout
11 AM :30	Law & Order: SVU		WordWorld	Electric										CTV News at Five (N)						Wipeout

Monday Movies

EVENING

8:00 pm WTBS ch.3 "Mirrors" (2008, Horror) Kiefer Sutherland. A former cop must protect his family from an evil force that uses mirrors to cross over into their home.

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. (CC)

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Bring your resume in person to 301 Vermilion Avenue.

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On Highway 5A by 7 Mile on April 7th

Answers to 'Lulu' 250.295.4801

to give away

Free to good homes - 2 kittens. Call 250.295.6833. Apr 05-19

yard work

Yard clean up, and will haul your junk to the dump. 250.293.1895

looking to rent

50+ lady looking for a 1-bedroom, unfurnished, upper level suite with utilities and storage for \$567.50/month for non-smoker, non-drinker with no pets. Please leave a message for Glenda Jones at 250.295.6936.

for sale

3 1/2 year old home, gas fireplace, 3-bedroom, 2-bathroom on large fenced lot and private backyard. One car garage and crawlspace. Situated behind Countryside Inn in small subdivision, #9. \$320,000.00. Call 250.295.6568. Apr 19-May 03

1995 31-foot Savanna 5th wheel with slide out. Big enough to live in. \$7,000.00. Located in Chilliwack. Pictures available via e-mail. claytonmcmunn@hotmail.com or call 604.931.7559. Apr 19-May 03

27-foot 5th wheel. 1990 Okanagan with 4 burner stove, oven, microwave, stereo, queen bed, tons of storage and sleeps 6. No hitch. Asking \$6,500.00 OBO. Phone 250.295.7814. Apr 26-May 10

Fit 1985-1992 Ford Ranger - canopy with boat rack, slide-in bedliner, etc. OBO Call 250.295.6507 and leave a message. Apr 26-May 10

Golf Clubs - full set of irons and 4 woods, golf cart, electric wok. Call 250.295.6129. May 03-17

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2-bedroom mobile on river in PMHP. \$775.00. Available May 1st. Phone 250.295.5429 or 250.295.3532. Apr19-May 03

2-bedroom renovated furnished apartment located in downtown Princeton. Includes W/D, dishwasher. No smoking, no pets. Prefer quiet professionals. \$1,150.00/month plus utilities. Available June 1st. References required. Call Lisa or Marshall 250.860.1667. Apr 26-May 10

2-bedroom renovated furnished apartment located in downtown Princeton. Includes W/D. No smoking, no pets. \$875.00/month plus utilities. Available June 1st. Prefer quiet professionals. References required. Call Lisa or Marshall 250.860.1667. Apr 26-May 10

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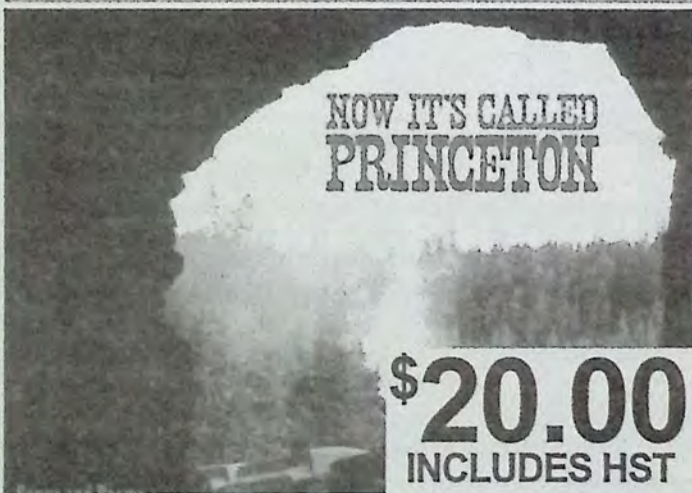
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SOLUTIONS TO PUZZLES ON PAGE 14

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738 216 459
526 794 318

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Similkameen News Leader - 2010



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**Similkameen
News Leader - Recipe Corner**

Recipe #371

**Almond Fresh Cinnamon-Spiced
French Toast with Maple Apples**

(NC)—Treat yourself to a hearty French toast breakfast this weekend. More great recipes can be found online at www.almond-fresh.com. Makes 4 servings.

Ingredients:

- 2 apples, peeled
- 1 squeeze lemon juice
- 1/2 cup (125 mL) water
- 1/3 cup (80 mL) maple syrup
- 1/4 tsp (1 mL) cinnamon
- 3 eggs
- 1 cup (250 mL) Almond Fresh original or vanilla
- 1 tbsp (15 mL) brown sugar
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) nutmeg
- 1/4 tsp (1 mL) ginger
- 1/4 tsp (1 mL) cinnamon
- 4-6 slices Italian, brioche or sourdough bread
- 1 tbsp (15 mL) butter
- 1 tbsp (15 mL) icing sugar

Directions:

1. Core and cut apples into wedges. Place in medium saucepan with lemon juice and 1/2 cup (125 mL) water. Cover and gently simmer to soften (2-3 minutes). Drain.
2. Toss with maple syrup and cinnamon. Set aside.
3. Whisk eggs, Almond Fresh, sugar, salt and spices in a bowl.
4. Soak each slice of bread, turning to soak both sides.
5. Melt butter in non-stick fry pan. When bubbling, add soaked bread in batches. Turn part way through until golden brown on both sides. Keep warm.
6. Divide among 4 plates, drizzle with apple-syrup mixture, sprinkle with icing sugar and serve.

- www.newscanada.com

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

226A Bridge Street, Princeton

Weekend Movies

..... continued from Page 14

SATURDAY MOVIES

Ewan McGregor. Seduced by the dark side, Anakin Skywalker turns against his mentor, Obi-Wan Kenobi and becomes Darth Vader. (In Stereo)
 9:00 pm KXLY ch.10
 "Madagascar" (2005, Comedy) Voices of Ben Stiller. Animated. Zoo animals must learn to survive in the wild after they wash ashore on an exotic island. (In Stereo) (CC)
 FAM ch.26 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. Premiere. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. (In Stereo) (CC)

10:00 pm WTBS ch.3 "Twister" (1996, Action) Helen Hunt. Storm-chasers finalizing their divorce try to place equipment inside a tornado on the Oklahoma plains.
 10:43 pm FAM ch.26
 "Grumpier Old Men" (1995, Comedy) Jack Lemmon. The wedding of their children and the arrival of a romantic prospect preoccupies bickering Minnesota retirees John and Max. (In Stereo) (CC)

Fall Fair expands plans

Fall Fair members met at the fairgrounds on April 26 to continue planning for this year's fair on September 3rd and 4th. The first day of the fair will feature horse racing for the first time, working in conjunction with Racing Days Association for the first time. This has changed the way some of the planning is done, but the fair will be on during the horse racing.

Kaylie Gibb and Fran Murphy are working together to create a special play area for small children, while Lisa Carleton is negotiating to bring special games for older children to the fair. Lisa is hoping to be able to bring laser tag this year.

A work party is planned for May 8, when Fall Fair members will help with grounds clean-up for the rodeo, and will look at some of the repairs and renovations required in

the Fall Fair buildings. The Junior Fair building is scheduled for an upgrade this year, and some work will be done on Building #1.

Dan Kastor has been successful in booking Marion Valley Drill Team for the Sunday of the fair. This group of young riders, age 7 to 15, will put on drill riding performances and a team penning competition. Young local riders will be welcome to enter the team penning contest. There will be prizes.

On May 28, the Fall Fair will be holding a flea market at the fairgrounds for sales of just about anything anybody wants to sell. Proceeds from the flea market support the Junior Fair and children's activities. Look for advertisements around town and in local newspapers.

Tables are \$5, contact Dawn at 250.295.6063 to reserve a table. The flea market goes, rain or shine.

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN) SURPLUS GOODS SALE

Offers are invited for the purchase of used surplus goods including 3 vans, table saws, a 1998 GMC 72 passenger school bus on propane, an inside jungle gym/climbing apparatus, and various miscellaneous items.

Items will be on display beginning **April 20, 2011**, on School District #58 (Nicola-Similkameen) website (www.sd58.bc.ca) and click on Auction for a list of inventory and for placing bids. All bids will be in accordance with School District #58 (Nicola-Similkameen) regulations as indicated on the bid site.

The surplus goods auction closes **May 7, 2011**. Surplus goods items are purchased on an 'AS IS-WHERE IS' basis and are to be picked up as per their location. For further information, please contact (250) 315-1100.

[help wanted](#) [help wanted](#)

SD FIFTY-EIGHT Nicola Similkameen

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN) SUMMER STUDENT WORKER

School District No. 58 (Nicola-Similkameen) requires Summer Students.

The worker will provide assistance in the normal maintenance tasks involved with maintaining playgrounds, playing fields and School District sites. A valid driver's license is required.

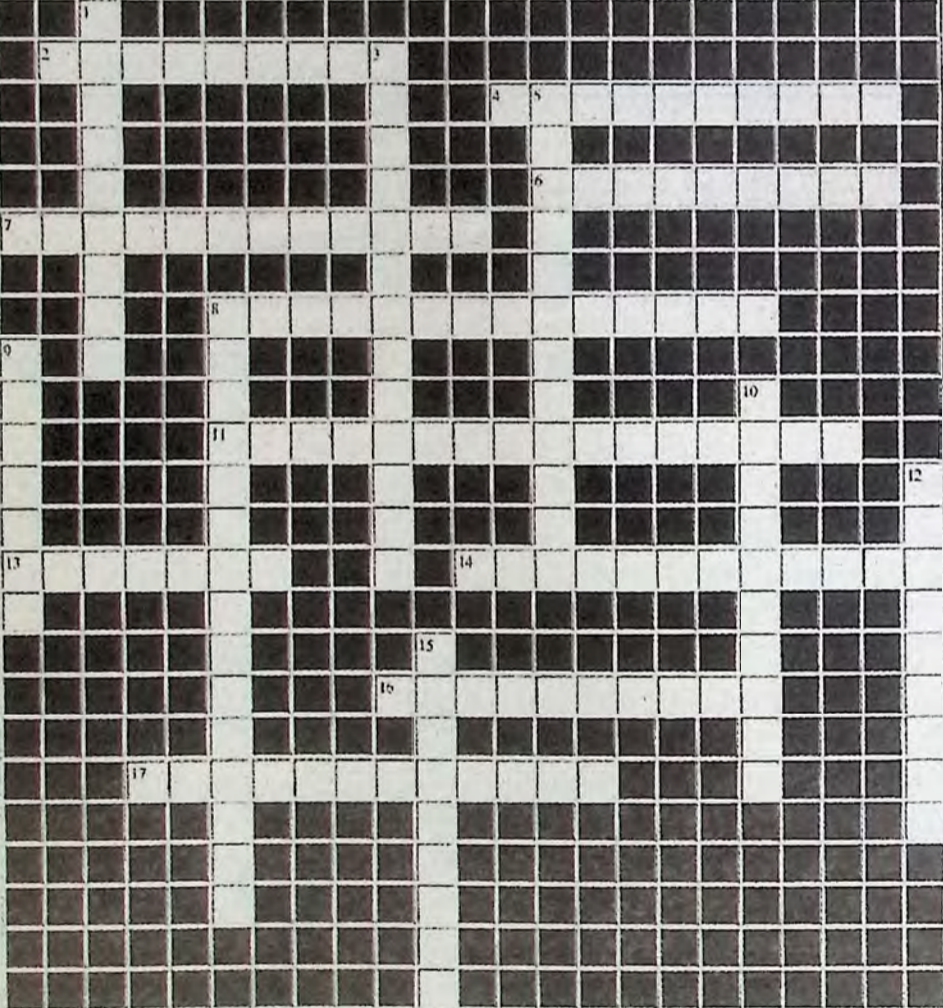
Students must have been enrolled full-time in High School/College in 2010/2011 and must be returning full-time to College/University for the 2011/2012 sessions.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, Princeton Secondary School, 201 Old Merritt Road, Princeton, or on-line at www.sd58.bc.ca, listed under 'Jobs, Support Positions' and returned by **May 13, 2011**.

Only those applicants being interviewed will be contacted.

For further information, please call Jim Garfield at (250) 315-1113.

Similkameen
News Leader Puzzler
 Use the April 26 News Leader to find Answers Below...



Across

- How long is the Town of Princeton Financial Plan?
- Which Town Councillor was the bearer of bad news to the PXA?
- Name the Monday night bowling group in Keremeos.
- PSS April Student of the Month.
- Which project currently has 520 workers on site?
- What opened 11 years ago?
- What was the white buffalo calf named?
- Name the ORL Financial Manager.
- Name the Optometrist at Doctors Eyecare.
- Name Princeton's first Youth Ambassador.

Down

- How long has Melanie Bagley served on KVFD?
- Where can you get a free hot dog on May 7th?
- Who took the Front Page photo of a controlled burn?
- Name the new building zone approved by Town Council.
- Name the drum and dance group featured during Arts & Culture Week.
- What event celebrated it's 60th year?
- Where was the white buffalo calf born?
- Who owns SureCraft Construction Ltd?

Similkameen
News Leader PUZZLER #11
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Editorial Page News Leader

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

My Turn...

Municipal Election Issue #1

Last week's announcement from Town Council stating they were only prepared to provide a bit of support to the Princeton Exhibition Association (PXA) reminded me that there is a civic election in November.

It also reminded me that the more things change, the more they stay the same.

I was involved in the PXA in the 1990s and was the President of that group for most of that decade. One of the biggest issues we had at that time was getting Town Council to take us seriously.

We were a small, but dedicated group of volunteers managing property owned by the Town of Princeton. We had power and utility bills we could barely pay with organizations forced to pay high rental fees in order to keep the facility operating.

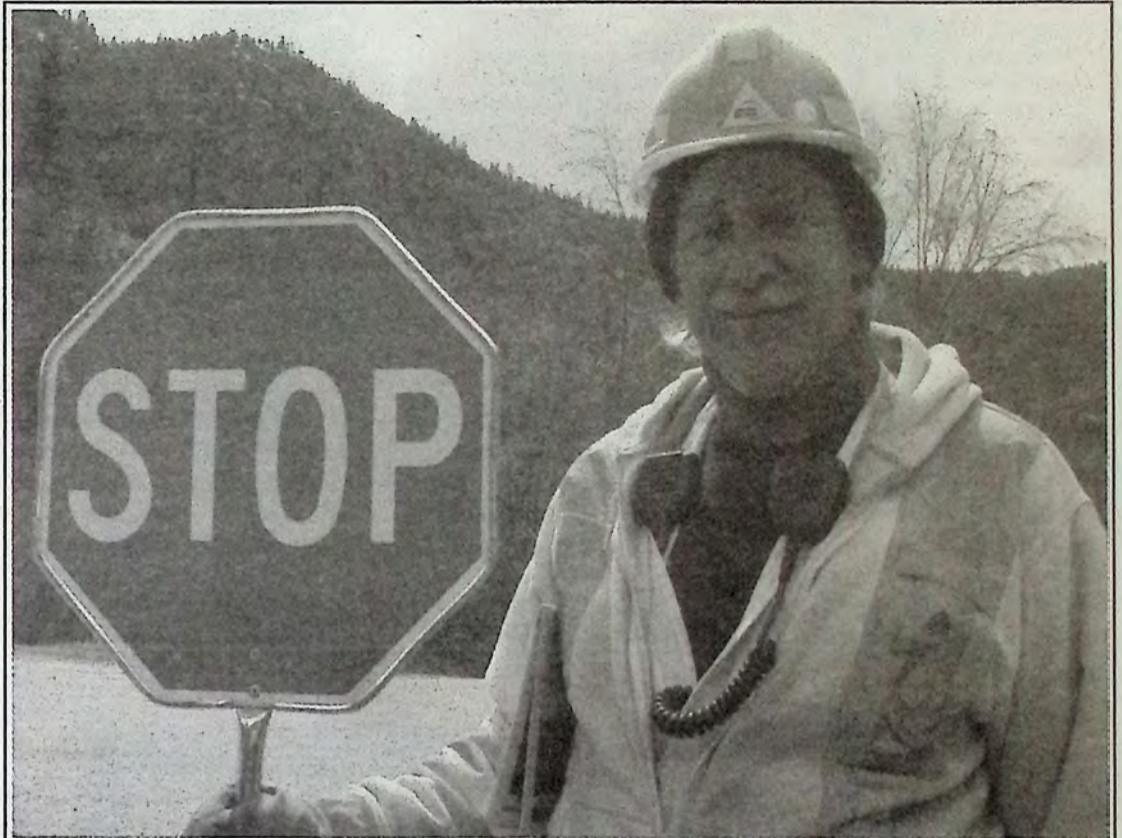
I argued with Town Staff and elected members of Council on a regular basis that we needed more than a token grant each year. The need for a full-time, paid facility manager was obvious even at that time but because volunteers continued to carry the weight, the Town kept getting a deal.

Events held at the site attract visitors to Princeton not once a year, but many times a year. They shop in local stores, eat in local restaurants, stay in local hotels/motels and campgrounds. Easily hundreds of thousands of dollars comes to Princeton each year because of the PXA grounds.

Back in the mid-1990s I suggested the entire PXA Board resign and let the Town run their own property for a while. They didn't and the situation appears to be much the same now as it was before. I still feel the facility should be under the Town of Princeton Parks, Recreation & Culture Department. Just imagine the improvements that could come with that change!

Why do I see the PXA grounds as a local election issue?

Simple, it is Town-owned property managed by volunteers on a shoestring budget. In my book this is just wrong. The situation needs to change and hopefully one or two candidates seeking election to Town Council in November will share the same concern.



The News Leader was lucky enough to get stopped at the head of the line at the Yellow Lake Highway Improvement Project and chatted up Traffic Control Person Garry Lokstet. Photo: Brenda Engel

...Your Turn

Reader Looks At The Frasier Institute

To The Editor,-

Recently the B.C. government announced it was going to increase the minimum wage, which has not been adjusted for almost a decade. In response, the Frasier Institute warned that the increase in the minimum wage could result in 50,000 job losses. Their spokesman cited data from numerous economic studies to backup the claim.

With all this persuasive informa-

tion at their finger tips, I was surprised the Frasier Institute did not make a case for setting a much lower minimum wage. If the wage was set low enough, wouldn't B.C. then be able to compete with China and India for manufacturing jobs?

Why not go a step further. If the Frasier Institute cut the salaries of their staff in half, then they could employ twice as many researchers and double their output of economic warnings.

- Lloyd Atkins, Vernon, B.C.

Similkameen
News Leader

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EDITORIAL GUIDE

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Current Comment

The News Is Full Of Funny Things



Dawn Johnson
editor@thenewsleader.ca

When I read the news these days, I often just chuckle. One of the bits of news out of poor old Japan was the order that TEPCO must pay \$12,000 per single person and \$20,000 per family to those people who have been forced to evacuate the contaminated area around Sendai.

That means TEPCO must shell out to 48,000 people. The government warned TEPCO this is just a down payment, as fishermen, farmers and business people have yet to have a rate set for their compensation. In the meantime, more thousands of people have been asked to move.

This action goes directly to TEPCO's shareholders, who have been selling off their shares and the share value is dropping. Of course, when people realize General Electric is half owner of TEPCO, I suppose GE shares will go into a decline too. I chuckle because it just seems fair, somehow, considering TEPCO declared a \$17 billion profit for 2010 and who knows how much profit in years past.

Another financial doom story that got me laughing was the sad news that Citicorp is not making as much money. Citi, as it is called on Wall Street, is the biggest credit card company in the USA and pretty darned big worldwide. Poor Citi made a profit of only \$3.3 billion in the last quarter, down \$1 billion from the previous quarter. Now, if you want to speculate, what happened to all those borrowers who ran up credit card debt and paid interest? Did they cut up their cards? Did they go bankrupt? Bankruptcy is possible as Citi has complained about the high level of unpaid debts owed them. Citi's shareholders are not going to be happy about this.

The big credit agencies that rate

the credit of nations put the United States on their credit watch list recently. I thought this was funny because the United States has been trillions of dollars in debt for the past few years, and somebody finally noticed.

To make that situation even funnier, according to Wall Street, investors show an ongoing optimism about America's ability to improve its economy and recover. This optimism has been going on for three years, despite the growing US debt and an international credit watch.

In Greece, Prime Minister Papandreu lashed out at the credit rating given his country, a rating so low as to be ridiculous. He says he objects to credit rating agencies trying to determine the future of his country. Come on, Prime Minister! They have been doing this for years!

Ireland probably feels much the same way now that Standard and Poor rated Ireland bank bonds as "junk".

Investors are so distrustful of everything these days they are buying gold and silver as a kind of safe investment. Gold is up to \$1,500 an ounce and silver is up to \$45 an ounce. I guess nobody told them you can't eat gold and silver. When the daily news is warning everybody about food shortages, the best investment, in my mind, would be a farm with good soil and water.

China has decided it will not export oil and will keep its supply just for its citizens. Apparently, China saw reason to distrust what's happening in the Middle East and what's happening to Japan and decided to protect its own citizens. Now, that's funny, because everybody thinks China

doesn't give a hoot about its citizens.

Speaking of nations whose reputation says they don't give a hoot, did you know Russia offered the Japanese some territory to escape to if they must evacuate the country? That's not a widely publicized fact, but I respect Russia for the offer. Of course, they offered a big chunk of Siberia, which is like offering a chunk of northern Alberta or Saskatchewan, not the most appealing real estate. However, it is solid ground, and the way Japan is vibrating, they might appreciate solid ground.

Some group in the United States ran a poll to see whether Donald Trump would be preferred as President over Barack Obama. Trump won. That's the silliest thing I have ever heard of. The only thing Trump has going for him is his money and his ability to promote himself. I know the Americans idolize money and the people who make a lot of money, but really, Donald Trump? You just have to laugh.

In 2007, AT&T made a deal to have exclusive handling of iPhone communications. Since then, between iPhone and iPad, AT&T volume had increased 8,000 percent. Now AT&T admits it can't handle the increasing volume. So, if your iPhone or iPad suddenly won't do what you want it to do, it's because AT&T has reached volume maximum. In the meantime, AT&T is trying to buy T-Mobile to increase volume capacity. Isn't that a hoot?

Sometimes the news seem so dire it's depressing, but there are times when you read news that assures you the lunatics are still running the asylum and you are among the few sane people, and that's funny.

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Community Group News

Vermilion Forks Naturalists by Joan Kelley

The spring weather brought out many people to a birding trip to the Vermilion Bluffs. They were not disappointed as many birds were seen. A Field trip to Keremeos and Ginty's Pond was rewarded with six beautiful wood ducks.

The next Field trip will be to Martin's Lake on Saturday, May 7th. The boundaries of the proposed Martin's Lake Preserve will be discussed.

Our next meeting will have as our guest speaker, Madelon Schouten on her trip that took her beyond the

Arctic Circle. This will be on Tuesday, May 10th at Riverside Centre.

We are very fortunate to have Jeff and Sue Turner as our guest speakers at the Meadowlark Festival on Friday, May 20th at 7:00 PM at Riverside Centre. All of our functions are open to the public.

Legion Ladies Auxiliary by Barb Gould

The Legion Ladies Auxiliary held their monthly meeting April 12th. A successful Spring Tea and Bake Sale was held April 9th and the Ladies Auxiliary were thankful for the support of the community. The

LA raised \$632 in total for the Tea and Bake Sale and Raffle. Thank you to everyone that donated items and their time.

The Spring Raffle baskets winners were also drawn and awarded, 1st Sandy Crimmon, 2nd Ron MacDonald and 3rd Freida Schroeder. Congratulations to the winners.

The 2011 LA Bursary requirements remain the same for this year. The contribution amount remain at previous years levels. Applications must be received by May 31st. The next meeting will be held May 10th.

Arts Council welcomes new group

..... continued from Front Page Thursday evening prior to the long weekend there will be a showing of a Jeff and Sue Turner film on grizzly bears. Admission by donation. During the course of the weekend, outdoor activities in the Princeton area include birding along the TransCanada Trail, a hike to Hembre Mountain, a tour of Swan Lake, and a hike to Vermilion Bluffs.

Arts in the Park, a celebration of the 100th anniversary of BC Parks, will find a lot of Arts Council members at Manning Park on August 18. Princeton Community Band will play, Vermilion Artists will participate, the Field Naturalists and Museum Society will have displays, and performers from the Traditional Music Festival, which begins the following day, will be doing their music in the park. It looks like it will be a lot of fun.

Vermilion Artists had a great workshop, and is now planning an art show for the library meeting room on Canada Day weekend. The four students who won arts bursaries will do their show on the July 8 weekend.

Nadine McEwen reported the

Riverside Theatre is booked every weekend for months to come. A jazz concert took place this past Saturday. On May 2, Princeton Community Band puts on a concert. In June, there will be plays by Princeton Performing Arts.

On May 3, there is a fundraiser for the museum and as a celebration of Mining Week. Copper Mountain Mining is involved along with other community groups. The museum will be open temporarily for a casino night. Each person

attending casino night will be given play money, and a special prize will be given to the gambler who accumulates the biggest pot of money. Hors d'oeuvres will be served.

Princeton Garden Club plans a plant sale at Princeton Plaza on May 28 and is looking at the possibility of beginning another community garden near the Similkameen River.

Princeton Potters plan a Raku workshop on June 11.

Princeton offers...

..... continued from Page 9 students to help them deal appropriately with other people.

CYC Drug, Alcohol, tobacco Prevention Program - For students, a straight talk program given in May at schools.

Changing Bodies - This program is for youth age 9-13 to discuss personal health and choices. Sponsored by Public Health, contact Beatrice Bibby. Older students may access free condoms, pregnancy tests, sexual health education and counseling. Drop-ins are welcome. Public Health Unit.

Life saving course - For students age 14 to adult, certified training courses for first aid and water safety. Sponsored by Town of Princeton Parks, Recreation and Culture Department.

Princeton Secondary School programs - Health, safety, counseling, career education, health education days.

Work Zone - Employment support for youth age 15 and older. Youth must be out of school to qualify for support. Training is given to help them find a job and job skills training is offered.

Recreation Organizations for Youth - Princeton Youth Soccer, China Ridge Cross Country Ski Club, Princeton Minor Hockey, Princeton Figure Skating Club, Princeton Basketball Association, Youth Bowling League, Princeton Fish and Game Club, Princeton Highland Dance, Princeton Community Band, Girl Guides of Canada, Karate clubs, Allison Athletics, Princeton Badminton Club, Bike Park, Skateboard Park, school clubs, Youth Drama Club, Princeton Parks, Recreation and Culture (see guide available at Town Hall and Riverside Centre), swimming pool, and numerous other special occasion things for children to do.

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Spring Break - Easter Egg Fun



Even big kids like to hunt for Easter eggs! Photo: Des Cosman



Time to check out all the treats collected. Photo: Des Cosman



A beautiful day to play during Spring Break! Photo: Des Cosman



Doing something other than playing video games. Photo: Des Cosman



Nice pass! Burning off Easter egg energy. Photo: Des Cosman



Time for a break and a snack. Photo: Des Cosman

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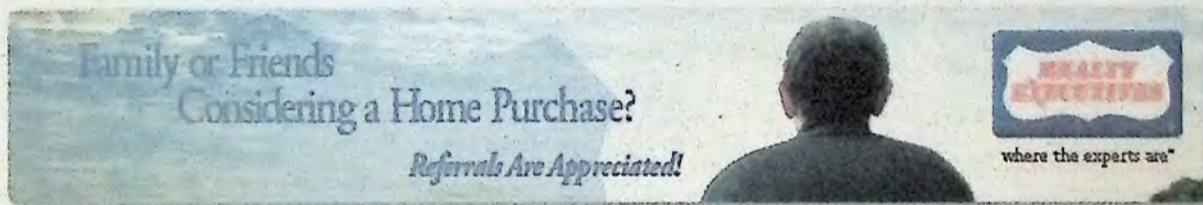
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CREEKFRONT ACREAGE! 5 level acres and all useable only 22KM from Princeton. This property backs down to Hayes Creek, a great place to cool off in the summer heat or try your luck at fishing. Nicely treed with some open areas gives you lots of choice when deciding where to build. A drilled well and driveway are already in place. MLS @ 130203 \$189,000

4 Bear Beat Road



REDUCED! Selling for health reasons ONLY. Sellers motivated. Very well built 2-bedroom cottage at beautiful Kennedy Lake Resort - this bit of peace and serenity was completely built to code with proper permits and inspections. Approx. 3 hours from Vancouver - Kennedy Lake sits about 15 minutes south west of Princeton. MLS @ 112350 \$ 45,900

132 Link Lake Road



NEW!

Osprey Lake steps away, Link Lake and the KVR just around the corner, it doesn't get better than this, but wait, yes it does! Here is a solidly built 5 year old cabin, with all the details well thought out. A wonderful 19x9 covered porch overlooks Osprey Lake, a great place for morning coffee and evening sunsets. MLS @ 130262 \$299,900

4118 Princeton/S'land Rd



NEW!

Lakeview acreage! The one word to describe this beautiful 4 year old, one level home and property is WOW! Vaulted ceilings and large picture windows make the most of spectacular views of Osprey Lake also letting in lots of light. Open plan design for the kitchen and living areas make it the perfect home for entertaining. MLS @ 130358 \$468,000

Lot C 661 Highway 3



CONTINGENT - SUBJECT TO FINAL REGISTRATION. View acreage with riverfront! Priced for quick sale. This is a must see property just outside of Princeton featuring a flat large bench perfect for the dream house, the cabin or simply to park the travel trailer 'til you're ready to build. The site is positioned perfectly to take in the views. MLS @ 112323 \$239,900

53 Billiter Avenue



NEW!

This beautiful heritage home has it all - a wonderful mix of old and new updates that include the electrical and plumbing. Along with a Lennox furnace and a metal roof this home is ready for worry-free living. Sitting firmly on a large corner lot and boasts impressive custom-made kitchen cabinets and 3 new stainless steel appliances. MLS @ 130204 \$286,000

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