Volume 15 Issue 7 #719 ISSN 1712-090X

All Flip, No Spin - Page 3



Similkameen

Tuesday, February 14, 2012

INCLUDES HSTI

## students learn new tricks

**COURT NEWS - PAGE 7** 

Students in Princeton have acquired new learning skills thanks to a grant that brought them seven laptops with some new software designed to make learning easier.

At the February 8 Board of Education meeting, teacher Candace Osterthag explained how the Kurzwell 3000 programming helps teach reading and writing on a computer.

The laptops came with three digital cameras which the children use to take video film and load it into the computer to edit. They have headphones, too, so they can hear information as well as see it.

Designed for Special Education learners, the programs are not limited to that group.

All students can use it. Currently, they are engaged in a project to study Ancient Civilizations. Osterthag told the Board the students adapted quickly to the new technology.

We're going to say that when you see Princeton Town Crew scraping ice build up off of Vermilion Avenue it could very well be a sign of Spring! Photo: Brenda Engel

## short for emerge

It is hard to give a speech to Town Council when your pager sounds a loud alarm and you have to attend to an emergency. Ask Doug Pateman. Princeton and District Extrication Team attended the February 6 Town Council meeting to ask for money to assist in buying a proper equipment box for a new truck. Doug Pateman, speaking on behalf of the team, said they had enough money to buy the cab and chassis, at \$47,000, but they needed a lot more money to buy a proper box for the vehicle. The old highway rescue truck (1995 Ford Supercab) is fad-

ing fast, and it must be replaced. If you were in a motor vehicle accident where you could not remove yourself from the vehicle, you

would depend on the extrication

team and their expertise and special equipment to safely remove you from the vehicle. The ambulance crew would not be equipped to do that job.

In our area, you would depend on 17 volunteers who buy most of their equipment. Provincial own Emergency Program awards \$125 for each call-out. The team raises money on its own by providing first aid presence at special events such as Fall Fair and the Air Show.

In other areas, highway extrication is part of the fire department. Pateman said Princeton is one of 11 districts where the highway rescue crew is not part of the municipal funding, and Princeton has the second largest area of responsibility in B.C., responding to calls from

Hedley, Manning Park, Tulameen, Osprey Lake and Highway 5A, and all rural and backroad areas within the district.

To emphasize their 24/7 responsibility, Pateman's presentation was interrupted by an alarm and a callout to report immediately to the fire hall.

Council referred the request to budget. If you would like to make a contribution to the fund, send it to Princeton & District Extrication Team, Box 2098, Princeton. If you belong to a group that might sponsor a fund raising event for the team, contact Doug Pateman at 250.295.4347.



Rod Miller, a teacher who helps other teachers in Princeton's elementary schools, is involved in teaching students how to learn with an iPad 2.

Thirty of these computers were bought for the use of elementary students, and Miller is very satisfied with the way these computers can be used to help students learn.

Miller finds the computers reliable, and have no program conflicts. Download is rapid, updates are

of Apps to choose from. New Apps are inexpensive or free. There is instant feedback on some Apps and the material can be printed on equipment the schools own already.

Miller is working with students learning math. With this system and the right software, he can have students working on math problems at their desks, and on his computer he can check each student's progress and see who is having difficulty. The teacher can pull the student's

monitor the student's work instantly. This enables him to go to the student having difficulty and provide assistance immediately.

Students can work at their own pace. If they need to do some work from a previous year's math lessons, they can go back to that year and review lessons. If a student is doing very well, the student can move ahead to more advanced math.

Miller says, "The goal is to make



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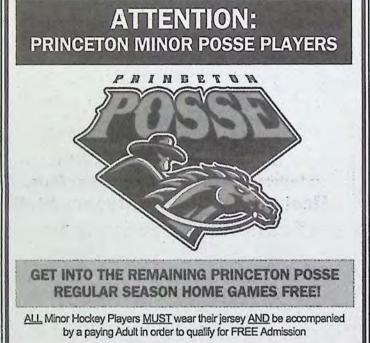
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meeting, staff presented a review of the situation with a recommendation that current practice be continued. The recommendation was based on availability of town workers and equipment, and the added cost of \$2,000 per snow event if overtime were required.

The original directive from Council had been to arrange a meeting of Council with the Town Works manager to discuss alternatives. Councillor Frank Armitage was

Councillor Jason Earle added his favorable comments about ATV-BC, and noted other groups had not been a problem.

Mayor Fred Thomas noted that organized, controlled groups did not appear to be a problem.

ing views on the matter of motorized trail traffic, Council has drafted a letter to be sent to any individual or group with a response to Council's decision. The letter states that the ban of motorized traffic on the trail within Town boundaries

quick to point out this meeting had

not taken place. He was not pre-

pared to endorse the staff recom-

"There has been a safety issue this

Councillor Armitage said he

believes the priority should be more

flexible depending on circum-

Mayor Fred Thomas commended

the Town crew for the work they

had done this winter in coping with

snow removal, saying he had heard

many comments in praise of the

Council decided to adopt an alter-

native to the recommendation that

the snow removal policy not be

changed. Council voted that the Town of Princeton Snow Removal

Policy and Procedure be modified

to include removal of snow from the

downtown core area as a priority

area contingent on sufficient per-

sonnel and equipment availability.

mendation as presented.

winter," he stated.

stances.

crew.

will remain due to past experience with individuals using the trail irresponsibly. At the same time, Council will give consideration to an application by any large motorized group that wishes to hold an event in Princeton and would like access to the downtown area. The group must make application through Cascades District RSTBC Recreation Officer.

d not die

## Local sports earn praise

At the February 6 meeting, Town Council offered praise for several sports groups. A recent curling bonspiel has earned the praise of Town Council. Participants from other communities expressed their appreciation of the great hospitality of Princeton.

Councillor Frank Armitage said he and his wife had attended basketball games in January and were impressed with the ability of Princeton's players. He praised the coaches for putting together an excellent basketball program at Princeton Secondary School.

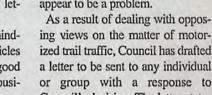
Councillor Kim Maynard said he had been impressed by the skills of Princeton's youngest hockey players in a recent minor hockey tournament. Princeton's young skaters had beaten teams from big communities in which there are many more players to fill out the team rosters.

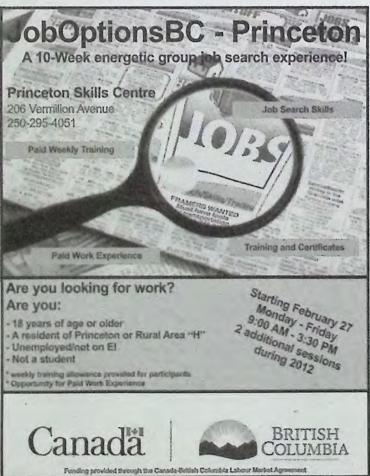


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Councillor Frank Armitage reminded Council of the parade of vehicles by ATV-BC and how much good that group had brought to local businesses. He noted there had been no problems with the parade, which









How do you see your community? Do you see Princeton as everything that it lacks or everything it has? We have had a couple of really great conversations online lately about our community. There are those who see what we lack and others who see what we have and then others who see opportunity.

I like to think I am a little of the latter two. Although I notice what our community lacks when someone says there is nothing to do in Princeton, I always want to correct them. Princeton is not what we don't have. It is what it has and what we can make of it.

I agree we could always use a few new things but at the end of the day I feel as though Princeton is and always has been what you are willing to make of it. I love the fact that if I want to take a walk that there are miles upon miles of trails. Be it the Trans Canada Trail, Swan Lake or China Ridge there is always some place that I can go.

I love driving by the arena in the summer and seeing the kids using the skate and bike park that they helped create. I know that if I want to go fishing I can go behind my house or to one of the numerous lakes and streams in the area. To me Princeton is more than a facility. It is an opportunity.

That is why I moved back to Princeton and was lucky enough that my wife agreed with me that this would be a great place to raise a child. I might not be able to give my son a day at the zoo every week or a trip to Science World daily but Princeton can offer him something that he might not ever get in the city, a chance to grow and explore without it all being served to him on a platter.

I grew up here and so did my Dad, and his Dad, and so on. When we were kids we would climb the mountains and build forts and when we would come across an old fort I remember running home and telling my Dad about it and he would just laugh and tell me a story about when they were kids and built it.

Growing up on a farm I guess some things you just take for granted. My mom would have the school kids out to our farm when we were little and we would show all the kids the chickens, cows, goats and whatever other critter we had at the time. Living in a small rural town takes some of that pioneer spirit even today as some things always seem out of reach. That is when you need to try a little harder, or ask your friends and neighbours to help out and together we usually get to where we want to go.

I guess what I am trying to say is rather than looking at what we don't have in our little piece of rural paradise we need to see all the great things we have. The natural world around us and the way we get to live is the envy of a lot of people. I know it's hard to believe but it's true and we need to accept that and embrace it.

We need to work as a community to overcome our problems and support each other when we try new things. Together we have made it this far. Together we can make it just about anywhere.



School District #58 (Nicola-Similkameen) Board Chair Gordon Comeau, left, presents former Trustee Ken Heuser, right, with a gift in recognition of his 25 years of service. Photo: Dawn Johnson

## ard honours Heuser

Ken Heuser, a former school in November 2011. trustee, was honored on February 8 by the Board of Education.

Heuser was a school trustee for 25 years, serving first on the Board for School District #17 (Princeton) before the district was amalgamated with Merritt to form School District #58 (Nicola-Similkameen). Heuser opted not to seek re-election

School trustees took Heuser and his wife to dinner on February 8, then later, during the Board meeting, he was presented with a gift an old-fashioned teacher's bell on a pedestal with a brass plaque recognizing his long service. Board Chair Gordon Comeau noted the additional work Heuser did in the com-

munity on benair of young people in Princeton.

Heuser estimated he had attended more than 400 public meetings of the Board of Education and, in addition, all of the committee meetings and public information sessions. He praised the current Board for stepping up to run for office, and told them he is "really proud" of them.



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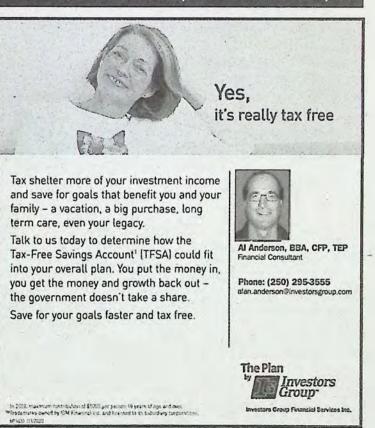
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#### Tuesday, February 14, 2012

**Editorial Page** 

Similkameen **News Leader** 



More Work Than Hobby, I Guess

My TUM\_

Data released last week concerning the 2011 Census revealed some interesting information about changes in population in the Princeton area. After what was considered quite an increase from the 2001 to 2006 figures, there has since been a significant change from 2006 to 2011.

For example: The population of Princeton dropped from 2,780 (2006) to 2,724 (2011). That's a decrease of 2%.

Area H figures are more dramatic.

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The 'rural Princeton' population was pegged at 2,105 in 2006 and has since dipped to 1,768 (2011). That's a drop of 16%.

While demographics, including age, income and other details will slowly be released I think it's safe to say that there's something happening here.

Breaking those figures down even further shows that a total of 56 people left the Town of Princeton over five years, or 11.2 per year. In Area H it's 337 people leaving the area at a rate of 67.4 per year.

Why are people leaving the area after so many appeared to be attracted to this part of the Similkameen Valley only five years before the 2006 Census?

Some blame the lack of amenities.

I have a very different theory and it involves hobby farms.

Call me crazy, but I think the average person who has lived most of their life in an urban environment has only a slight idea of what rural living is all about. If you like to dine out and had hundreds of restaurants to choose from in The City, you'll find that your rotation gets a bit smaller when you move to The Country.

If your plan years ago was to escape the rat race and take up space in the country, the Similkameen was a prime location for that and figures showed it was happening.

I'm just thinking rural life turned out to be a bit more work than a number of city folk were expecting, with daily farm chores eating up valuable relaxing time and the old hobby farm needing more attention that a fulltime job in The City.

I'm sure people aren't running away from the area, at a combined rate of 78.6 per year, because there's no door-to-door mail delivery, an indoor pool or a Wal-Mart, not to mention downtown is virtually deserted Sundays. I think they are discovering that rural life is maybe not their cup of tea after all and decided to get out and move to a place that was closer to a smaller version of The City without actually being The Country.

Then again, what do I know? I've lived here 25 years and think I'm pretty used to how things go around here. But we have started locking our doors since we discovered so many city folk were living here.



#### Letters and E-Mails Received This Past Week

To The Editor;

It was 1941 when we drove down from our home in Copper Mountain and Dad carried Mom's limp form into the old Princeton Hospital placing the trust and hope into the hands of the caregivers, all strangers. Later that season my sister Mary was also brought down in the old (1929 Chevy?) solid wheeled ambulance to the hospital. She slipped off some cut off saplings we were standing on in a grove of Alder while making a fort out of potato sacks and one of them punctured her lower abdomen. Both Mom and Mary were treated and fully recovered in the Princeton Hospital. Where else was there to go? They had doctors.

No doubt there are thousands of similar stories including very happy ones in the maternity ward, now closed. All you can say to the many faceless care people past and present in the hospital or Ridgewood is a "profound thank you" but it seems so very inadequate. Now Princeton Hospital and health care itself is on life supports almost to the point of "passing on". This is progress over the last seventy years? What happened? What can we do?

The practice of medicine is more specialized today and the "Specialists" practice in cities where the facilities and hi-tech equipment and amenities are,

also the clientele, the opportunity to upgrade their skills, and make more money. So if we have to go to Penticton or Kelowna maybe have shorter safe first class roads. Upgrade Old Hedley Road from Princeton to Sterling Creek Bridge as it receives more sun and less ice. The same upgrade for the Chain Lake Road to Summerland and Peachland. Added to the search for permanent Princeton doctors consider putting any P.S.S. graduate through medical school cost free if they in turn practice for five (?) years in Princeton upon graduation. Perhaps the same for "Nurse Practitioners".

The ideal health program is a healthy lifestyle. The deadly results from smoking is not if but when, and its cost to society staggering. A tough expensive addiction to overcome the smoker is unfortunately a real stinker. You can smell them within twenty feet. The smoke fouls the pores, hair, clothes, air, furniture, room, apartment block and relationships. Raising money for various health causes and research cannot be overstated. Noble efforts by Ms. Frankie Reichert and fellow students in shaving off their hair for cancer are to be applauded. Hopefully she will author the novel "Last Hair Standing" and it's sequel "Legends Of The Bald". Research and new technology

D

has prompted scientists to say health care will be cheaper, will soon be able to read minds (if you have one) and that people will be living to nine hundred years of age. (That will surely be the death of the bus service into the next world.) We suggest how technology might bring this about. There will be not an iPad or Smart Phone but a "Med Pad." It will be hand held, voice responsive, read your blood work, do your MRI'S, Scans, X-Ray's and Sensor work besides answering critical questions.

Examples: Med Pad is activated and is asked a question. My fortynine year old Sweetie is going to work on a skate board wearing a basketball muscle shirt in -7C weather, a ring in his nose and tongue and sporting a deep purple mohawk hair piece (he's actually bald). He acts funny and when talking to him he says "butt out."

I'm finding this terribly stressful. Med Pad reply: Your Sweetie is experiencing a mid-life crises A.K.A. "male menopause", common among men ages forty thru sixty. This occurs when he feels aging occurring and sees youth slipping by. This clash in the brain causes hot flashes which manifest itself in Sweeties peculiar behavior in regaining his youth. This phenomenon can on occasion produce "brain burnout" which doesn't last long unless he's a natural.

You can send him to a psychiatrist who might shrink the problem or to a Buddhist Monk and they can sit on the problem and meditate it out. The best solution is an ice cold twenty minute shower three times a day, and your patience, that only a daughter of Eve could endure.

As far as Sweetie saying "butt out". Forget it. The butt is that part ..... continued on Page 21



Tuesday, February 14, 2012



#### News Can Be Disturbing



**Dawn Johnson** editor@thenewsleader.ca

I like knowing the news. I read it, hear it or see it, look it up, and occasionally report it. Some weeks, the news is disturbing.

One bit of news which may have disturbed a lot of people was in newspapers and on television for months: the Shafia trial. The father, mother and son of the Shafia family were convicted of murdering the three daughters and their stepmother after a lengthy trial. Some might brush it off as an "honour" killing, some might dismiss it as a peculiarity of another culture, but few of us would see it as a murder for greed. I firmly believe greed was the motive.

The Shafia family came to Canada from Afghanistan. Among the less educated, more common folk of Afghanistan, girls are valued if they remain pure (virginal) and obedient to their fathers or the elder male of the family. The value of the girls to the family is immense if they can be sold to a prospective husband for a high price. The impure, disobedient girl is of no value at all.

Shafia's daughters had become

Community Futures representatives attended the February 6 Town Council meeting to report on the Economic Gardening Project.

Community Futures is a government agency representing the interests of business in Okanagan-Similkameen.

The Economic Gardening Project is not about growing vegetables or flowers, it is about helping businesses grow. Community Futures was asking Town Council to support their request to Regional District for \$95,000 and a request to Similkameen Valley Planning Society (SVPS) for a \$7,500 grant. SVPS gave an original \$4,000 to Canadian. They no longer wore traditional dress, they had boyfriends, and one dared to marry the husband of her choosing without the consent of the father. In short, these girls had no sale value. To make matters worse, they would not have consented to be sold, and selling one's children is illegal in Canada.

In Afghanistan, among poor folk, a girl is sold in her early teens, some are sold as young as age 10. The girl has no say in the transaction, and merely goes to who buys her. She may not like it, but she has no rights. This is not the case in Canada.

I believe Mr. Shafia had to face the fact that his potential assets had become merely more mouths to feed. Rather than a source of future money in his pocket, Shafia's investment (years of feeding and clothing), his daughters are now liabilities.

What does one do with a liability which is also a social embarrassment? I believe he did what most people do with a liability: he disposed of it.

Maybe I am way out in left field with my belief. Maybe he just hated his daughters and first wife. Maybe his "honour" was truly destroyed. I have to wonder whether so-called honour killings of disobedient daughters has more to do with sale value than real honour. I think 'loss of family honour' is just double talk for loss of money. The idea that women can be bought and sold disturbs me a lot more than the notion of family honour being smudged.

Cancer cure ignored?

Another piece of news I read on

internet (naturalnews.com) made me see red.

In 2007, Evangelos Michelakis at the University of Alberta, was doing research that proved cancer is a metabolic malfunction, not a genetic error. To treat cancer, he used a pharmaceutical called dichloroacetate, used to treat metabolic problems. He tested it outside the body on human cancer cells and tested it on cancerous laboratory mice. His tests revealed rapid destruction of cancerous cells through a process that restored cell mitochondria and prevented cancer cells from breaking away from tumors and spreading. Until his research, it was believed damaged mitochondria could not be restored to health.

Wouldn't you think this discovery would be immediately followed by a pharmacetical company jumping at the chance to produce dichoroacetate and promote a cancer cure around the world? The patent had run out on this medication, nobody had to be bought out, nothing had to be done except produce it. Not one pharmaceutical company was interested. Not one government or medical society, nor even the Canadian Cancer Society, insisted this medication must be made available to everyone as cheaply as possible.

I heard on television on Cancer Awareness Day, that 75,000 Canadians die every year from cancer. In the five years since this research was done, did 375,000 Canadians die of cancer because nobody gave a damn?

If you want to look up this information, go to www.dca.med.ualberta.ca/Home/donations.

#### Garden ect business oro

launch the pilot project.

The pilot Economic Gardening Project was a success. The goal was to assist businesses to expand their market and increase their revenue.

During the first 18 months of the project, Community Futures met with 53 businesses, recommended 42 new markets, two new products and provided 14 business marketing lists.

Using software more commonly used by major corporations, Community Futures is able to feed information into the software on behalf of small businesses. For example, a business with a product meant to be sold to ski resorts was given a list of all such resorts in southern B.C. with contact information.

Another business hoping to launch a sales brochure for custom windows was assisted in defining a target market in the Okanagan region, saving the business a lot of money. Instead of a shotgun approach to mailing the brochures, the business was given postal codes that fit the target market profile.

Other businesses were helped with website design and maintenance as well as the use of social media.



Similkameen

**George Elliott** 

**OWNER/PUBLISHER** 

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"Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and be at peace with one another." - Mark 9:50

Brenda Engel

OFFICE ADMINISTRATOR

brenda@thenewsleader.ca

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News Leader







#### Foundation boosts hall renovations

The Community Foundation of the South Okanagan is supporting ongoing renovations at the Cawston Community Hall.

Challenges in ongoing renovation arise from the "cobbled" nature of the hall building which is a combination three structures; the original hall and dance floor, the old Cawston Elementary School moved from across the street in the 1950's and the additional Women's Institute Room which is a meeting place for many local clubs and visiting groups.

1974 renovations with volunteer labor assembled a new roof structure and entrance lobby. Further work in 2010 spruced up the meeting room interior.

Lately, with the help of an \$8,600.00 grant from the Community Foundation of the South Okanagan, the Hall Society completed heating and insulation work in the Women's Institute Room that has kept the wind and cold at bay for local yoga classes and other community groups.

Members of the LSIB (Lower Similkameen Indian Band) have been major users and a principle support to the Cawston Community Hall and in September LSIB Band Council received a delegation from the Cawston Community Hall Society to take their suggestions on improvements.

The next project is a plumbing re-fit and renovation of the washroom facilities at the hall. Kitchen upgrades will follow that.

Also in the works is a covered patio on the Main Street entrance to the hall.

The Community Foundation of the South Okanagan grants over \$100,000 annually in the South Okanagan and Similkameen to groups like the Cawston Community Hall Society. It builds funds through contributions of individuals and organizations that show special interest in their community through their charitable contributions to the Foundation.

**REAL ESTATE IN WINE COUNTRY!** 



## **News Leader Court Reporter - Dawn Johnson**

#### Man sentenced for theft

Raymond J. Witzke appeared in Provincial Court in Princeton on February 9 for sentencing on a charge of theft, to which he had entered a guilty plea at an earlier date. A pre-sentence report had been prepared before sentencing.

In September 2010, Troy Shenton and his girlfriend, Teresa Baird, were awakened by Shenton's truck alarm. Shenton found his truck door open and signs somebody had been moving things around. He called the police.

While police officers were investigating, Witzke staggered out of some bushes on a property across the street. Police questioned him and saw he had Baird's wallet in his possession along with cheques belonging to Shenton.

Witzke had a long record, but the pre-sentence report indicated he has been making progress. He is unable to work, but is maintaining a residence. Crown Counsel requested a jail term for Witzke, but his lawyer asked for one more chance. Judge G. Sinclair was impressed with the pre-sentence report and ordered a one year probation with condition that Witzke stay away from alcohol and drugs.

Judge orders probation

On August 27, 2009, three males were accosted in a service station parking lot in Princeton. A young woman demanded they give her money. When they refused, she assaulted them, punching them in the face. On February 9, 2012, Heaven-Leigh Costa, age 21, of Maple Ridge, appeared in Provincial Court in Princeton to be sentenced.

Testimony given to the court indicated Costa had been drunk at the time of the assault but no longer drinks. She is now a mother, and has changed her lifestyle. She apologized to the court for her past behaviour. Judge G. Sinclair ordered her to serve a one year probation.

Man enters guilty plea

In Provincial Court in Princeton on February 9, a lawyer acting for Brian Crites entered a guilty plea on his behalf to a charge of communicating via computer to lure a child under age 18. Judge G. Sinclair ordered a pre-sentence report along with a psychiatric/psychological assessment and report. Sentencing is set for April 12, 2012. Man pleads guilty

James B. Dunford of Princeton appeared in Provincial Court in Princeton on February 9 to enter a guilty plea to a charge of trafficking. He was in custody on other charges, and was released on bail with conditions including curfew and a restriction against possessing any illegal drugs or drug paraphernalia. Judge G. Sinclair ordered a pre-sentence report. Dunford will appear again on April 12.



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#### File # 105-949-12/17

Gorman Bros. is developing an Integrated Pest Mgmt Plan under the BC Integrated Pest Management Act and associated regulations. The plan will describe a pest management program using Integrated Pest Management techniques.

The purpose of this IPMP is to ensure effective and safe vegetation control within an integrated pest management program on crown land within the Southern Interior Forest Region, Forest Licenses FLA18671 and Forest Permit A18669. This region includes Gorman Bros. operations on crown land and includes but is not limited to the surrounding areas of Penticton, Kelowna, Keremeos, Summerland and Lumby BC.

Under this IPMP, the following are a combination of selectively applied techniques or methods that will be used alone or in combination with one another to suppress and control competitive vegetation. Our approach to prompt site prep and planting with quality seedlings on the best microsites enhances our efforts towards reducing the number of instances where there will be the need for vegetation control. Preventive measures, minimizing soil disturbance, and early recognition of vegetation problems are essential. Mechanical & Manual applications such as Hand Girdling, Brush and Chain saws, (brushing & weeding), Burning, Site Preparation, biological product Chontrol Peat Paste, Herbicide Application with ground foliar spraying, selective or spot treatment and basal bark. Herbicides proposed for use include, glyphosate (Vantage Forestry / VisionMax), and triclopyr (Garlon RTU / Release XRT).

The proposed effective term of this IPMP is from May 30, 2012 to May 29, 2017.

The proposed IPMP, diagrams and map(s) may be viewed at the Gorman Bros. offices at 3900 Dunfield Road, West Kelowna, BC V4Y 2G3. If you wish to review the document please phone Ray for an appointment at 250-768-6242 or you may request to receive further information in regards to this IPMP from the following contact:

E-Qwest Consulting Ltd. e-qwest@shaw.ca Phone number 250-766-2677 Fax number 250-766-2677

A person wishing to contribute information about a proposed treatment site, relevant to the development of the Pest Management Plan, may send copies of the information to the applicant at the address above within 30 days of the publication of this notice.

## Hoalth/Lifestyle News Binge Eating Is A Serious Health Concern

#### by Jean Gottlieb

(NC)—Despite—or because of diet resolutions, junk foods and fast foods can be immensely satisfying. For many though, it goes beyond a few cookies or burgers, into the realms where eating is a source of shame and distress.

While many individuals binge on occasion, especially after not eating for a while, or on special occasions when delicacy-laden tables are irresistible, there is a group for whom bingeing is almost a way of life.

Bram Hotes is one of these people. In an evening Hotes regularly drives to three or four different fast food outlets, piling bags of fries, burgers, donuts and bagels onto the passenger seat. Sometimes he makes it home before beginning to consume the food. Mostly he doesn't.

Binge eating disorder (BED) is rec-

ognized by healthcare providers as affecting a large number of people, almost evenly divided between men and women.

Individuals with BED are often genetically predisposed to weigh more than the "average" person, let alone the unrealistic cultural ideal. There are two distinctive kinds of bingeing: bingeing caused by restrictive eating; and bingeing used to comfort oneself emotionally as a distraction or as a numbing tactic.

"Body dissatisfaction is huge, and many people diet, making themselves hungry, and then binge in response to that hunger," says Merryl Bear, director of the National Eating Disorder Information Centre (www.nedic.ca), which helps find local supports for individuals struggling with disordered eating. "The person may also eat for emotional reasons: to soothe themselves, to avoid uncomfortable situations or to numb uncomfortable feelings." Feelings of shame and embarrassment are common among people who binge-eat.

Overcoming binge eating is largely dependent on understanding why it happens, says the clinical director at Sheena's Place in Toronto, which offers support groups for binge eaters.

Therapists work on helping binge eaters to become aware of feelings that accompany the urge to binge. Approaches to dealing with bingeing include teaching individuals to examine relationships with family and friends, and the way in which they respond to difficult situations. Planned and balanced meals and snacks throughout the day can also help binge eaters normalize their eating. - News Canada

#### **Teach Your Daughter Real Beauty Secrets**

(NC)—Feeling good about your body is one of the best ways to increase self-esteem and face the world with confidence.

But with so many pressures to look a certain way, younger girls can have an especially difficult time feeling happy with their body.

That's why specialists agree that it is so important for parents to have an open and honest conversation with their daughter to ensure she is comfortable with the way she looks. With approximately seven per cent of adult females and adolescent girls being affected by eating disorders, there's no better time to discuss the topic of body image and self-esteem.

Dr. Leslie Sim, clinical director of the Mayo Clinic Eating Disorder Program, suggests the following topics as starting off points to explore the various factors that play a role in how body image is formed:

#### • Explain the effects of puberty and genetics.

Make sure your daughter understands that weight gain is a normal part of her development, especially during puberty. Explain that body

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**Bad Body Odour Means Bad Health** 

There are some people who have very bad body odour. Most of us believe such

people do not take a shower or bath for months, but that may not be the case.

Like bad breath, bad body odour generally means something foul is going on

in the digestive tract. To get rid of the problem, the person who has it must clean

The main cause of intestinal problems is lack of green vegetables in the diet.

Not only are green vegetables good for you, the cholorophyll that makes them

green is a great deodorant for your body. If you really hate spinach and chard,

You may need to take probiotics, a supplement that puts good bacteria into your

intestines. This is extremely important if you have been taking antibiotics, as

most anitbiotics kill off the good bacteria needed for proper digestion and reduc-

Certain physical conditions can cause people to smell bad despite a recent show-

er or bath. If you or somebody you know has persistent bad body odour despite

Bad body odour can be a sign of bad health not yet diagnosed.

out the intestinal tract. This means a big change in what you eat.

take cholorphyll tablets as directed on the label.

shape also is largely influenced by genetic factors.

#### • Discuss media messages.

TV, movies, music videos, magazines and even some children's toys may send your daughter the message that only a certain body type is acceptable. Check out what your daughter is reading or watching and discuss it with her. Encourage her to talk about and question what she's seen or heard.

Discuss self-image.

Talk to your daughter about her self-image and offer reassurance that healthy body shapes vary. Ask her what she likes about herself and explain what you like about her, too. Your acceptance and respect can help her build self-esteem and resilience.

#### • Use positive language.

Rather than talking about "fat" and "thin", encourage your daughter to focus on maintaining a healthy weight by eating right and staying active. Encourage family and friends to refrain from using hurtful nicknames and joking about people who are overweight or have a large body frame.

As importantly, make sure your daughter knows that she can always come to you with questions or concerns about her body or self-image. More health-related information is available online at www.mayoclinic.org/canada. -www.newscanada.com

> www.outbackjacks.ca OR FIND US ON FACEBOOK

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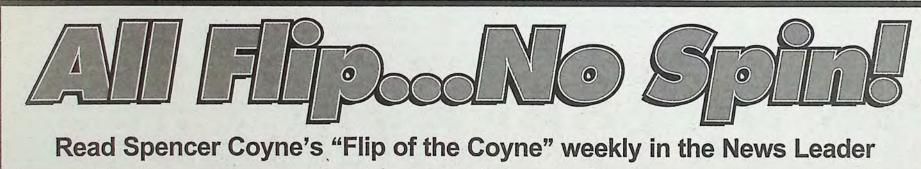
tion of body odour.

Horse Rescue Thrift Store & Tack

#1-225 Bridge Street (Corner of Bridge Street & Billiter Avenue) OPEN 10:00 AM - 4:00 PM Tuesday - Friday

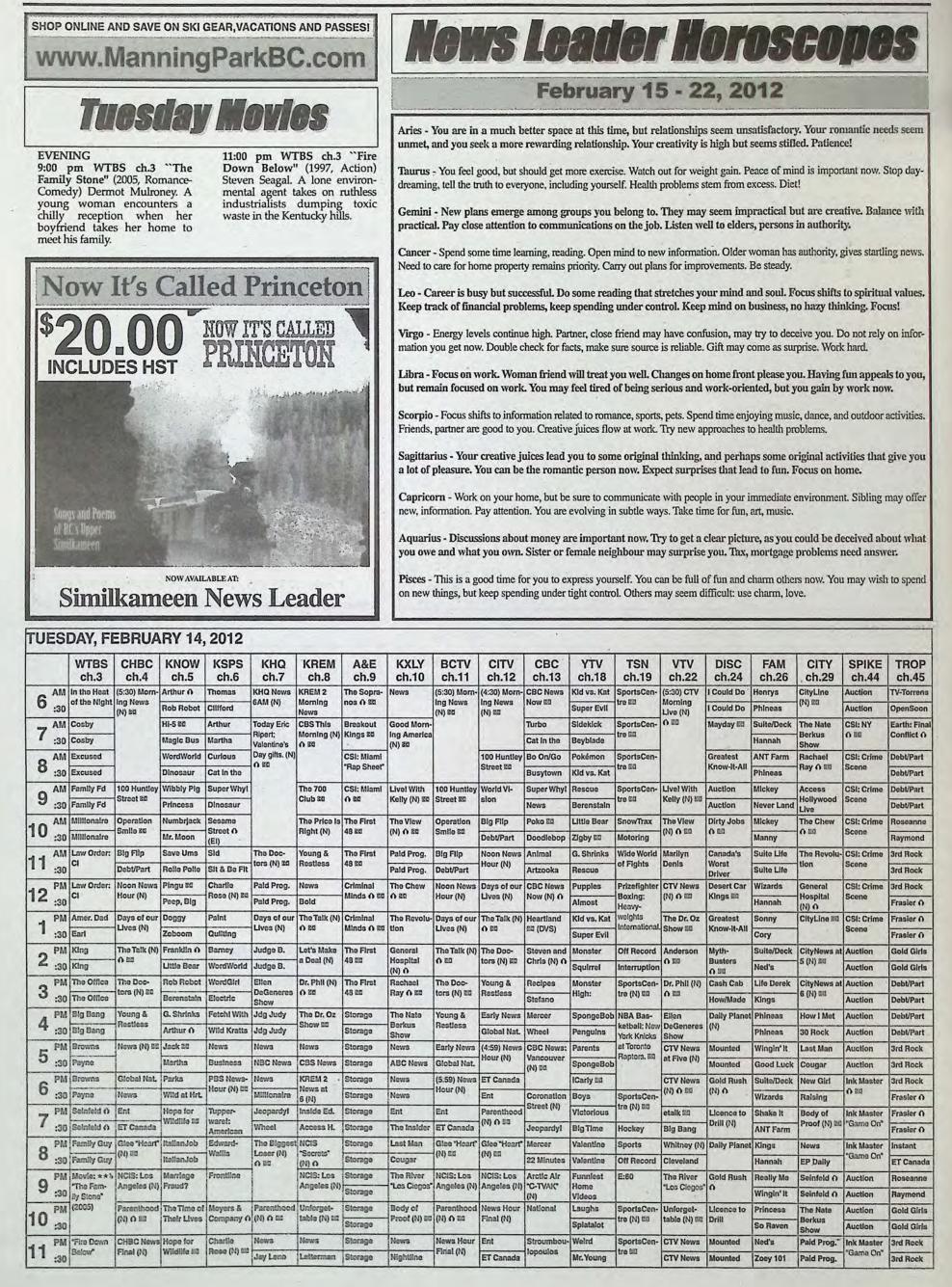
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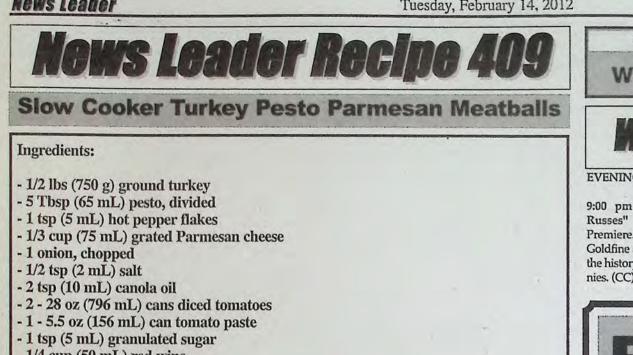


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Tuesday, February 14, 2012







- 1/4 cup (50 mL) red wine

#### Directions:

12

In a large bowl, combine ground turkey, 4 Tbsp (60 mL) of pesto, hot pepper flakes, Parmesan cheese, onion and salt. Shape mixture into 30 - 1 1/2 inch (3.5 cm) meatballs.

In a large non-stick skillet, heat oil. Place meatballs in skillet and cook 1-2 minutes per side, until lightly browned.

Place meatballs in slow cooker. Add diced tomatoes, remaining 1 Tbsp (15 mL) of pesto, tomato paste, sugar and red wine, stir carefully to combine.

Cook on high 4-6 hours or until meatballs are cooked through. Serve over hot cooked pasta.

Recipe courtesy of Turkey Farmers of Ontario.



#### EVENING

9:00 pm KNOW ch.5 "Ballets Russes" (2005, Documentary) Premiere. Filmmakers Dayna Goldfine and Dan Geller document the history of various dance companies. (CC)

11:00 pm WTBS ch.3 "Jack" (1996, Fantasy) Robin Williams. A 10-yearold whose body ages at four times the usual rate longs for a normal existence while struggling to fit in.



Sue had a service and Bob had a business.

They both decided to advertise in the News Leader.

Funny thing happened...both of their businesses saw an increase in business.

#### Advertising works. Call us for details.



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WEDNESDAY, FEBRUARY 15, 2012

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
C F			(5:30) Morn-	Arthur O	Bob Build	KHQ News	KREM 2	The Sopra-	News	(5:30) Morn-	(4:30) Morn-	CBC News	Kid vs. Kat	SportsCen-	(5:30) CTV	Mighty	Henrys	CityLine	Auction	TV-Torrens
6	30	of the Night	Ing News (N) DC	Rob Robot	Clifford	6AM (N)	Morning News	nos A 🛤		Ing News (N) Bt	Ing News (N) ISS	Now Be	Super Evil	tre Ito	Morning Live (N)	Ships 80	Phineas	(N) 88	Auction	OpenSoon
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Small pockets of open water were visible on Skaha Lake near Penticton on February 3rd. By February 7th, Skaha Lake had frozen over, only to begin melting the next day as temperatures increased. In recent years, Skaha Lake has been known to freeze over as early as the first week in January - a sight watched carefully in the Winter by Similkameen Valley residents. Photo: Arlene Arlow Mother Nature threw a curveball - er, a snowball across from - and a bit west of - Yellow Lake on February 3rd. The snowball pictured here was about 24 inches in diameter and resulted from a chunk of melting snow falling off the top of a wooden power pole (power pole is visible in the upper left). The chunk of snow began its journey about 7 inches across upon first impact. Fortuitously, the underlying bank of sticky melting snow was steep enough to cause the original chunk of snow to start rolling instead of skidding or sliding. And then, fortuitously, the snow was sticky enough to adhere to the rolling snowball. And then, fortuitously, the slope of the bank leveled out, just in time for the snowball to slow and stop. Voila! A perfect snow roll that had the makings of a giant cinnamon roll, minus the dough! Photo: Arlene Arlow

## A Decade of Diamonds

#### **The Story Behind Princeton Legion's Diamond Dinner - by John Haayer**

In the fall of 2002 we came up with a fundraising idea for the local Legion Branch. It seemed the ladies of Princeton needed an event to attend that they could dress up for and have a good time. This came to fruition in March of 2003.

Enter the first annual, hopefully, Diamond Dinner. We knew what they wanted; a semi-formal affair with entertainment and perhaps a bit of class.

#### Enter the Legion Hunks.

To put on this event we needed at least 24 male volunteers. Originally we were going to put the obligation of feeding 100 ladies in someone else's hands but as fate had it this was going to be on the onus of the guys and they came through. Sixteen on the floor to serve, another six in the kitchen to put together a gourmet meal and let's not forget the bartenders and runners.

We all met two days before not having a clue what we were going to do. We set up the tables, decorated the hall and came up with a plan of action. The guys knew their stations and what was expected of them to treat the ladies to what we hoped would be a first class evening.

And everybody came through! 100 ladies, sixteen servers (hunks), eager bartenders and a crew in the kitchen (playing it by ear), 100 roses, lots of door prizes and \$1,000 worth of diamonds up for grabs. And it worked!!! Never have I seen such a motley crew put on such a fantastic evening for our ladies.

We behaved; they didn't!! A party that is hard to describe unless you were there. Lest I forget: \$1,500 profit for our Branch to help us maintain our worthwhile assistance to our Veterans and our community.

Here we are ten years later and this event appears to be as popular as ever. A few things have changed over the years. Better prizes, bigger raffle. A 50/50 draw and live music to follow in the Lounge. As this is the 10th Annual Diamond Dinner we wanted to do something special so have increased the value of the diamonds and added a

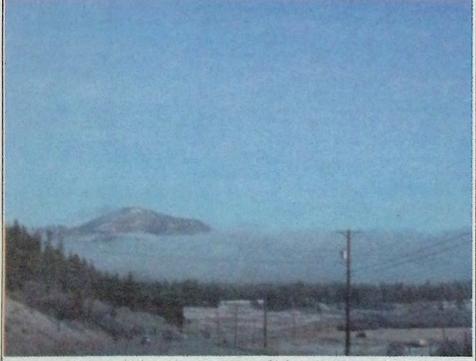
\$1,000.00 trip to the prizes. Because of this the ticket price will be \$40 this year, which still includes two beverages, but be assured the increase has all gone to fund the extra prizes.

As always you cannot reserve tickets but due to demand we have increased the number of tickets from 100 to 120. In fairness to all waiting in line to purchase tickets this year there will be a limit of 4 tickets per person.

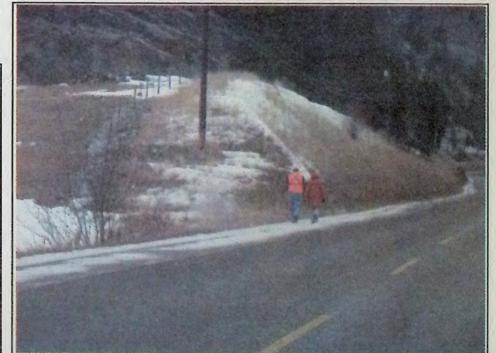
Thank you all for your ongoing support and special thanks to our corporate sponsors, The Gold Room Jewellers, Safeway Floral (New Westminster), and Expedia Cruiseship Center (Penticton).

Great for the Guys. Grand for the Gals. Good for the Legion.

The 10th annual event is set for April 14th. I hope to see you there. Tickets on sale March 1st at 9:00 AM in the Legion office.



Fog was a daily and nightly problem along Highway 3A the week of February 7th. During late winter and late fall, fog can make driving extremely tricky along the four-mile stretch east of the Twin Lakes Store. This photo was taken eastbound at 11:19 AM on February 7th. Photo: Arlene Arlow



Folks getting exercise is a common morning sight along highway 3A north of Olalla. For those who don't know better, this picture shows how one is supposed to walk along a highway: Rule #1. Ensure you are visible. The lady (on the right) is wearing an orange jacket, a color that will definitely be seen by motor vehicle drivers. The gent is wearing an orange reflective jacket. Night or day, this couple will be seen by oncoming traffic. Rule #2. Walk against the traffic so that traffic passes you on your right. Presuming you are paying attention (maybe that should be rule #3), you will be able to react should you need to get off the road to save yourself. If you have your back to oncoming traffic, you won't see a vehicle bearing down on you. Photo: Arkene Arlow



2012 Princeton Curling Club Mens Bonspiel winners: the Bambi Rink (Brendan Willis, Howard Maisey, Mike Munsie and Gord White). Bob and Sharon Paterson organized the February 4 & 5 event. Photo: Shirley Campbell

## **Club hosts Mens Bonspiel**

A total of 20 teams entered the February 4th and 5th 2012 Mens Bonspiel hosted by Princeton Curling Club. Of that total, 14 teams came to Princeton from Penticton, Vancouver, Midway, Osoyoos, Abbotsford and Chilliwack.

"Visiting teams loved our small town hospitality, and were amazed at the great ice conditions provided by volunteer ice men Lloyd Wilson,

#### THURSDAY, FEBRUARY 16, 2012

Wayne Anderson, John Haigh, BobIsPaterson, Stan Smith, Daron HiebertFigand Greg Palmar," reports Shirley2mCampbell of the Curling Club.M'A' Event Winners:CaIst - Bambi Rink (photo above),'C

2nd - Graham Lyle, Steve Clement, Glen Brennan, Rob Guido 3rd - Dale Abrey, 4th - Rob Evans Calcutta - Cooper 'B' Event Winners: 1st - Cy Gladish, Kim Dickson, Tyler Figitt, Bruno St. Martin 2nd - Sheldon Frank, 3rd - Randy McLean, 4th - Charles Beamin Calcutta - Legault 'C' Event Winners: 1st - Larry Legault, Al Vanderveen, Bobby Neid, Adam Dyble 2nd - Ron Fell, 3rd - Robert Beausoleil, 4th - Bill Stewart Calcutta - Boss Hog (Gordy)



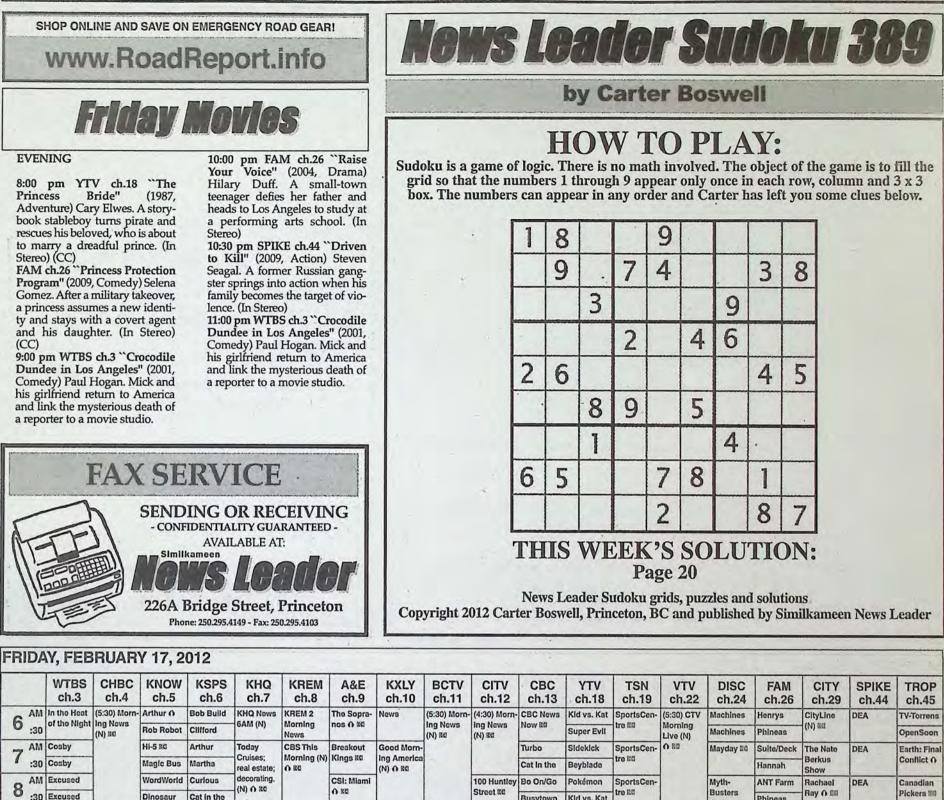


Award-winning filmmaker Michael Moore creates a searing examination of the Bush administration, its

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2	:30	King	O BE	Little Bear	WordWorld	Judge B.	a Deal (N)	48 63	Hospital (N) O	0 80		Chris (N) O	Squirrel	Interruption	O RO	Busters "Blue Ice"	Ned's	5 (N) 20	Jail se	Gold Girls
	PM	The Office	The Doc-	Rob Robot	WordGirl	Ellen	Dr. Phil (N)	The First	Rachael	The Doc-	Young &	Recipes	Almost	SportsCen-	Dr. Phil (N)	Cash Cab	Life Derek	CityNews at	Jall 80	Instant
3	:30	The Office	tors (N) EE	Berenstaln	Electric	DeGeneres Show	O BE	48 R.C	Ray O KS	tors (N) 80	Restless	Stefano	Sidekick	tre (N) IE	0 88	How/Made	Kings	6 (N) 80	Jail 33	Instant
	PM	Blg Bang	Young &	G. Shrinks	Fetchl With	Jdg Judy	The Dr. Oz	The First	The Nate	Young &	Early News	Mercer	SpongeBob	That's	Ellen	Daily Planet	Phineas	How I Met	Jail 80	Instant
4	:30	Big Bang	Restless	Arthur O	Wild Kratts	Jdg Judy	Show RD	48 50	Berkus Show	Restless	Global Nat.	Wheel	Pengulns	Hockey!	DeGeneres	(N)	Phineas	30 Rock	Jail 80	Instant
-	PM	Browns	News (N) ED	Jack Bl	News	News	News	The First	News	Early News	(4:59) News	CBC News:	Parents	NHL Pre	CTV News	Mummity-	ANT Farm	30 Rock	Jall se	Friends O
5		Payne		Martha	Business	NBC News	CBS News	48 80	ABC News	Global Nat.	Hour (N)	Vancouver (N) 85	SpongeBob	NHL Hock-	at Five (N)	ing Alan: Egypt's	ANT Farm	Parks	Jail 32	Friends O
	PM	Browns	Global Nat.	Parks	PBS News-	News	KREM 2	The First	News	(5:59) News	ET Canada		ICarly Itel	ey: Calgary Flames at	CTV News	Laypra	ANT Farm	Person of	IMPACT	Friends O
6	:30	Payne	News	Undersea	Hour (N) IS	Millionaire	News at 6 (N)	48 50	News	Hour (N)	Ent	Coronation	Weird	Dallas Stars.	(N) A 353	Odditles	ANT Farm	Interest (N)	Wrestling (N) O 30	3rd Rock
	PM	Seinfeld O	Ent	Canada:	Health Matt.	Jeopardyl	Inside Ed.	The First	Ent	Ent	The Firm	Street (N)	Weird	(Live) 🖾	etalk 📾	Myth-	Shake It	(7:02)		3rd Rock
7	:30	Seinfeld O	ET Canada	Over the Edge		Wheel	Access H.	48 36 -	The Insider	ET Canada	0 30	Jeopardy!	Weird		Big Bang	Busters	Good Luck	Private Practice		3rd Rock
	PM	Family Guy	The Exes	Ascent of	Prime Sus-	30 Rock	Big Bang	The First	Wipcout (N)	The Exes	The Exes	The Nature	ICarly 36	SportsCen-	Big Bang	Dally Planet	Sulte/Deck	News	Deadliest	Instant
8	:30	Family Guy	(8:31) Rob	Money O	pect (st)	Parks	(8:31) Rob	48 BC	0.30	(8:31) Rob	(8:31) Rob	of Things	Mr. Young	tre (N) Its	All Night		Good Luck	EP Daily	Warrior 30	ET Canada
	PM	Movie:	Bones O 10	Movie: ***	MI-5 80	The Office	Person of	(9:01) The	Grey's	Bones () ME	Bones O BC	Doc Zona	Funniest	That's	Grey's	Mummify-	Really Me	Seinfeld O	Jail 50	Roseanne
9	:30	*1, "Jack" (1996) Robin	-	"Fahrenheit 9/11" (2004)		All Night	Interest (N)	First 48 bil	Anatomy (N) O			(N) 0	Home Videos	Hockey 2 Nite	Anatomy (N) O	Ing Alan: Egypt's	Wingin' It	Seinfeld O	Jail 20	Raymond
	PM	Williams.	The Firm	0 100	Indepen-	Grimm O SC		(10.01) The	(10:02)	The Firm	News Hour	National	Laughs	SportsCen-	The Mental-		Princess	The Nate	GTTV	Gold Girls
10	:30		(N) O 88		dent Lens (N)		ist (N) be	First 48	Private Practice	(N) 0 55	Final (N)		Splatalot	tre (N) 3d	ist (N) BE	Oddities	So Raven	Berkus Show	Entourage	Gold Girls
	PM	Movie:		(11.02) The	Charlle	News	News	(11:01) The	News	News Hour	Ent	Stroumbou-	Weird	SportsCen-	CTV News	Myth-	Ned's	Paid Prog.	Entourage	Friends A
11	:30	"10,000 B.C.	Final (N)	Corpora-	Rose (N) Est	Jay Leno	Letterman	First 48	Nightline	Final (N)	ET Canada	lopoulos	Mr. Young	tre 80	CTV News	Busters	Zoey 101	Paid Prog.	Entourage	Friends o

#### Tuesday, February 14, 2012

**News** Leader



6		of the Night	Ing News	Rob Robot	Clifford	GAM (N)	Morning	nos o tes		ing News	ing News	Now BO		tre ED	Morning		Them yo	(N) BEI	-	TV-Torrena
	:30	O	(N) [56]				News			(N) (C)	(N) EC		Super Evil		Live (N)	Machines	Phineas		1	OpenSoon
7	1.1.1.1.1.1	Cosby		HI-5 RD	Arthur	Today Cruises;	CBS This Morning (N)	Breakout Kings 80	Good Morn- Ing America			Turbo	Sidekick	SportsCen- tre 80	0.80	Mayday 80	Suite/Deck	The Nate Berkus	DEA	Earth: Final Conflict O
-	:30	Cosby		Magic Bus	Martha	real estate;	O RO		(N) O 82			Cat In the	Beyblade				Hannah	Show		Commerty
8	AM	Excused		WordWorld	Curlous	decorating.		CSI: Miami			100 Huntley	Bo On/Go	Pokémon	SportsCen-		Myth-	ANT Farm	Rachael	DEA	Canadian
0	:30	Excused		Dinosaur	Cat in the			0 15			Street #0	Busytown	Kid vs. Kat	tro RE		Busters O ER	Phineas	Ray O ES		Pickers III
0	AM	Family Fd	100 Huntley	Garth-Bev	Super Why!		The 700	CSI: Mlaml	Live! With	100 Huntley		Super Whyl	Rescue	and the second se	Live! With	Auction	Mickey	Access	DEA	Canadian
9	:30	Family Fd	Street #0	Princess	Dinosaur		Club ist	Legar ISI	Kelly (N) 35	Street #0	Smile set	News	Berenstaln	tre BB	Kelly (N) 80	Auction	Never Land	Hollywood		Pickers III
40	AM	Millionalro	World VI-	Numbrjack	Sesamo	1	The Price Is	The First	The View	World VI-	Big Filp	Poko Bill	Little Bear	Billiards	The Vlew	Dirty Jobs	Mickey	The Chew	DEA	Roseanne
10	:30	Millionaire	slon	Mr. Moon	Street () (EI)		Right (N)	48 80	(N) 6 38	slon	Debt/Part	Doodlebop	Fly. Rhino		(N) O BE	(N) 0 111	Manny	0 100	"Deadly	Raymond
	AM	Law Order:	Big Flip	Save-Ums!	Sid	The Doc-	Young &	The First	Pald Prog.	Big Flip	Noon News	Animal	G. Shrinks	Speed	Marilyn	Mighty	Suite Life	The Revolu	Chase"	'70s Show
111	:30	CI	Debt/Part	Rolle Polle	Sit & Be Fit	tors (N) BE	Restless	48 30	Paid Prog.	Debt/Part	Hour (N)	Artzooka	Rescue	Football	Denis	Ships	Suite Life	tion	Dun	'70s Show
	PM	Law Order:	Noon News	Pingu Rt	Charlie	Paid Prog. News	Criminal	The Chew	Noon News	Days of our	CBC News	Rated A	All-Star	CTV News	"Faust"		Constant	DEL ANI ANI		
12	:30	CI	Hour (N)	Peep, Blg	Rose (N) ISC	Paid Prog.	Bold	Minds O BC	Contraction of the second second	Hour (N)	Lives (N)	Now (N) O		Challenge	(N) O III	Mummify- ing Alan:	Wizards	General Hospital	DEA "Up the Ladder"	'70s Show
		Amer Dad	Davadava		C								Almost			Egypt's	Hannah	(N) 0		King
11		Amer. Dad	Days of our Lives (N)	Doggy	Gary Spetz	Days of our Lives (N)	Tho Talk	Criminal Minds O 80		Days of our Lives (N)	The Talk	Heartland	Kld vs. Kat	Poker 80	The Dr. Oz Show B0		Sonny	CityLine 80	DEA "Deep Cover"	King
	:30	Earl		Zoboom	Scrapbook								Super Evil	in the second		Oddities	Cory	1		King
2		King	The Talk		Barney	Judge B.	Let's Make a Deal (N)	The First	General Hospital	The Talk	The Doc- tors (N) Bt	Steven and Chris (N) O	Monster	Off Record	Anderson	Myth- Busters	Suite/Deck	CityNews at		Gold Girls
6	:30	King		Little Bear	WordWorld	Judge B.	a beat (it)	40 44	(N) O		tors (ra) au	Cima (iv) (i	Squirrel	Interruption	ORS	O EQ	Ned's	5 (N) 120	0 80	Gold Girls
3	PM	The Office	tors (N) se	Rob Robet	WordGirl	Ellen	Dr. Phil Pl	Storage	Rachael	The Doc-	Young &	Recipes	Almost	SportsCen-	Dr. Phil Pl	Cash Cab	Life Derek	CityNews at		Canadian
0	:30	The Office	tors (iv) ac	Berenstain	Electric	Show	Generes Moms" (N)	Storage	- Ray O Rd	ad tors (N) ad	Restless	Stefano	Sideklok	tre (N) III	Moms" (N)	How/Made	Kings	6 (N) 20	"Game On"	Pickers 20
1	PM	Big Bang	Young &	G. Shrinks	Biz Kid\$	Jdg Judy	The Dr. Oz	Storage	The Nate	Young &	Early News	Mercer	SpongeBob	Hockey	Ellen	Dally Planet	Phineas	How I Met	DEA	Canadian
4	:30	Big Bang	Restless	Arthur ()	Wild Kratts	Jdg Judy	Show 30	Storage	Berkus Show	Restless	Global Nat.	Wheel	Squirrel		DeGeneres ( Show	(N)	Phineas	30 Rock		Pickers 80
-	PM	Browns	Nows (N) 20	Jack 86	News	News	News	Storage	News	Early News	(4:59) News	CBC News:	Parents	NHL Hock-	CTV News	Greatest	Random	Tough	Ink Master	'70s Show
5	:30	Payne		Martha	Business	NBC News	CBS News	Storage	ABC News	Global Nat.	Hour (N)	Vancouver	SpongeBob	ey: Boston	at Five (N)	Know-It-All	Good Luck	Choices	0.80	'70s Show
-	PM	Browns	Global Nat.	Parks	PBS News-	News	KREM 2	Storage	News	(5:59) News	ET Canada	(N) 80	ICarly 00	Bruins at Winnipeg	CTV News	Man vs.	Shake It	Edama (ND	Ink Master	70s Show
6		Payne	News	Rivers	Hour (N) 80	Millionalro	News at	Storage	News	Hour (N)	Ent	Coronation	Boys	Jots. (Livo)	(N) O 10	Wild to		Fringe (N)	"Game On"	
		Seinfeld A		A History c	Wach	Jeopardyl	6 (N) Inside Ed.	Shipping	Ent	Ent	King	Street (N)		202			Austin			King
17	C DT	Selnfeld A		Scotland		Wheel					Cameron		Victorious		etalk 20	Mayday (N)	Jessie 20	Mantracker	DEA "Flip The Strip-	King
					Need		Access H.	Shipping	The Insider	ET Canada	Bell" O	Jeopardyl	BigTime	SportsCen- tre (N) (Live)	Blg Bang	in and	ANT Farm	(510)	per"	King
8		Family Guy	King Cameron	Ballykis- sangel	American	The 43rd NAACP Im-	Undercover Boss (N) O	Shipping	Shark Tank (N) & BO	King "Cameron	Ringer (N)	M'ketplace	Movie: ***	883	Undercover Boss (N) O	Dally Planet	A CONTRACTOR OF	News	DEA	Instant
	-	Family Guy	Beil" O	(N) 80	1	age Awards		Shipping		Bell" O		Mercer	cess Brido"		boss (N) (		Protection Program" ()	EP Daily		ET Canada
9	PM	Movie: *Crocodile	A Gifted Man (N) 25	Poirot "Mys- tory of the	American Songbook	0.34	A Gifted Man (N) 80	Storage	Primetime: What Would	A Glited	A Gifted	fifth estate	(1987) 0	High Stakes	Contraction of the second second	Man vs.		Seinfeld O	Ways Die	Roseanne
3		Dundee	trease fiel an	Blue Train"	Congueon		tesent (ra) and	Storage	What Would	ment (re) as	Man (N) 20			Poker	der: SVU	Wild Int	Random	Seinfeld O	Ink Master	Raymond
10	PM	in Los	Ringer (N)	(N) () 22	Edward-	Dateline		Storage	20/20 0 80	Ringer (N)	News Hour	National	Weird	SportsCen-	Blue	Greatest	Movie:	Brandy &	"Game On"	Gold Girls
10	:30	Angeles"	0.85		Wallis	NBC O IS	Bloods (N)	Storage		0 20	Final (N)		Boys	tre (N) 00	Bloods (N)	Know-It-All	** "Raise	Ray J	Movie:	Gold Girls
	PM	*Crocodile	CHBC News	Ancient	Charlie	Nows	News	Shipping	Sports	News Hour	Ent	Stroumbou-	In Real Life	SportsCen-		Your Volce" (2004) O	The Nate-	Driven to	'70s Show	
11	:30	D°	Final (N)	Clues 00	Rose (N) NO	Jay Lono	Letterman	Shipping		Final (N)	ET Canada	lopoulos	0 100	tre ac		1.1.1.1		Berkus	Kill" (2009)	
			·					enipping N	Nightline			and the second		1	arritens	The second se		Show	100000	'70s Show

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## News Leader Weekend - Saturday Movies

#### MORNING

8:00 am WTBS ch.3 "I, Robot" (2004, Science Fiction) Will Smith. In 2035 a Chicago homicide detective tracks a sophisticated robot accused of murdering a visionary scientist.

#### AFTERNOON

12:00 pm FAM ch.26 "Home on the Range" (2004, Comedy) Voices of Roseanne Barr. Premiere. Animated. To save their owner's farm, three cows try to capture a notorious rustler and collect a \$750

reward. (In Stereo) (CC) 5:00 pm WTBS ch.3 "The Dark Knight" (2008, Action) Christian Bale. Batman has to keep a balance between heroism and vigilantism to fight a vile criminal known as the Joker, who would plunge Gotham City into anarchy.

#### EVENING

6:00 pm CITY ch.29 "Phantom Racer" (2009, Action) Greg Evigan. A race-car driver returns from beyond the grave. (CC) (DVS)

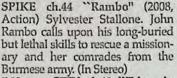
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CATUDDAY CEDDUADY 10 0010



Burmese army. (In Stereo) 7:00 pm CITV ch.12 "Taken in Broad Daylight" (2009, Docudrama) James Van Der Beek. Premiere. The FBI conducts a nationwide search for abducted

teen Anne Sluti. (CC) 8:00 pm WTBS ch.3 "Spider-Man" (2002, Action) Tobey Maguire. Peter Parker uses his superhuman pow-ers to battle his archenemy, the Green Goblin.

CHBC ch.4 BCTV ch.11 "Taken in Broad Daylight" (2009, Docudrama) James Van Der Beek. Premiere. The FBI conducts a nationwide search for abducted

teen Anne Sluti. (CC) KSPS ch.6 "Witness for the Prosecution" (1957, Drama) Tyrone Power. An aging barrister defends a man for murder despite damaging testimony from the accused's wife.

(In Stereo) (CC) YTV ch.18 "Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker dis-covers old rival Jimmy Murtaugh and his family are also there; the Bakers and Murtaughs find themselves in less-than-friendly compe-tition. (In Stereo) (CC) 9:00 pm KXLY ch.10 "Wild Hogs" (2007, Comedy) Tim Allen. Looking

for adventure, frustrated suburbanites hit the open road and encounter rough-and-tumble bikers. (In Stereo)

FAM ch.26 "How to Eat Fried Worms" (2006, Comedy-Drama) Thomas Cavanagh. Bravado lands an 11-year-old boy in a predicament at a new school when he accepts the challenge of a bully to eat 10 worms in a single day. (In Stereo) (CC) CITY ch.29 "Batman Returns"

(1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot. (CC) 10:30 pm WTBS ch.3 "Watchmen" (2009, Action) Billy Crudup. After his former colleague is murdered, a masked vigilante uncovers a plot to discredit and destroy the world's

superheroes. FAM ch.26 "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three

months. (In Stereo) SPIKE ch.44 "Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer. (In Stereo) 11:00 pm KXLY ch.10 "I, Robot" (2004, Science Fiction) Will Smith. In 2035 a Chicago homicide detective tracks a sophisticated robot accused of murdering a visionary scientist.



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	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
	A Paid Prog.	Foodies	Timothy	Heartland	(5:00) Today	(5:00) CBS	Sell House	Secrets	Foodles	Saturday	Razzberry	Kld vs. Kat	SportsCen-	Julcebox	Breakout 80	Jungle	Kitchen	Surviving Disaster O	TV-Torren
6 :3	Paid Prog.	Big Coast	Dinosaurs	Fly Tying	(N) • E3	This Morn- Ing	Sell House	Your Home	Big Coast	Morning News (N)	Poko 🖾	Redakai O	tro BC	0 80		Movers	Aspire TV	Disaster ()	Pald Prog.
AN	A Paid Prog.	Saturday	Arthur O	MotorWeek	KHQ Local	Doodlebop	Sell House	Good	Saturday		Jungle	Rated A	SportsCen-	- 1	Man vs.	Manny	Eye/Asla	Repo	Canadlan
1 :3	Paid Prog.	Morning News (N) III	Dino Dan	Greener	News (N) Ed	Doodlebop	Sell House	Morning America	Morning News (N) 50		Busytown	Kid vs. Kat	tro tto		Wild BD	Never Land	Caribbean	Repo	Pickers &
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8 :3	0 "1, Robot" (2004) Will		Clifford	Hometime		Busytown	House 📾	Ocean	1		Super Why!	Almost	tre RC	Hobo		Fish Hooks	Studio 80	Horse.	Friends O
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9 ;3	0		Mag Fero	Old House		Today	House BD	Health		Fishing	Canadian	Super Evil	NFL Films	Corner Gas	*136th Westminster	Wingin' It	Reviews	MuscleCar	70s Show
A	/ Jim	Fish'n	Rolie Polle	Old House	Willa's	College	Parking	Food	Fish'n	Powerboat	Rude:	T.U.F.F.	Boxing:	SickKids	Kennel Club	ANT Farm	Tow Blz	Repo	Frasler O
10 .3	College	Fishing	Making	Kitchen	Pearlie (EI)	Basketball: UCLA at	Parking	Culture Fishin	Fishing	Tradition	Where	Sidekick	John Molina vs. Marvin	Founda-	Dog Show: Opening	Jessie Bil	Ed's Up	Repo	Frasler O
A	Basketball: Tennessee	Powerboat	Martha	Cooking	Power Of	St. John's.	Parking	Paid Prog.	Powerboat	House "Last	Snowboard-	Kung Fu	Quintero.	Is Written	Night" (N)	Kings	cooking	Xtreme 4x4	King
	o at Alabama.	Tradition	Wild Kratts	Sara's	Julc.	(N) 50	Parking	Pald Prog.	Tradition	Resort*	Ing	Beyblade	(Taped)	Car Bass		Shake It	Role	Horse.	King
PI		News	Gardens	Cook's	Pald Prog.	PGATour	Parking	Wen Hairl	News	PGA Tour	Skling	Pokémon	Curling:	SportsCen-	Hogs Gone	Movie:	Travels	Trucks! O	Friends O
12 .3	10 M	PGA Tour	Gardens	Victory	Snowboard-	Golf: North- ern Trust	Parking	Hometime	PGATour	Golf: North-		Power	2012 Scotties	tro () 32	Wild RC	"Home on the Bange"	Planet	MuscleCar	Friends O
	M College Basketball: Mississippi M at Kentucky.	Golf:	Parks	Antiques	ing	Open, Third	Parking		Golf:	ern Trust Open, Third	Figure	Redakal O	Tournament	Canada's	Greatest	(2004)	Pald Prog.	Repo	Drew
1		Northern Trust Open,	Parks	Roadshow	1	Round. (N) (Live) ED	Parking	TIME (N)	Northern Trust Open,	Round. (N) (Live) ISS	Skating	Redakal O	of Hearts, Draw 1. (N)	Worst Driver	Know-It-All	Good Luck	Pald Prog.	Ways Die	Carey
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2 .3	(N)	((4) 114	Rivers	nounced	Series		Parking	Sports Sat-	(14)	1		Almost		Handyman	Busters	Good Luck	Ed's Up	Disaster A	3rd Rock
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3 .3		Resort"	Our Part	ker O	Zula Patrol	lywood (N)		Resort"	Simpsons	HNIC	Almost	tre (N) BC	Denis	How/Made	Good Luck	cooking	Disaster O	1	
- Pl	The All and the state	Simpsons	Sicily's	Steves	Shelldon	Pald Prog.	Parking	Award	Simpsons	Family Guy		Squirrel	The Dotted	Grammy	Cash Cab	Good Luck	G. Martin	Surviving	King
4		Simpsons	Mummles	Travel	Dragon	Horseland	Parking	Provlew	Simpsons	Global Nat.	ey: Toronto	Squirrel	Line	Арр	Cash Cab	Good Luck	Canadians	Disaster O	King
7 :3		Family Guy	ItalianJob	Last/Wine	College	News	Parking	Made In	Family Guy	(4:59) News	Maple Leafs at Vancouver		Curling:	Movie	Licence to	Jessie 20	Murdoch	Surviving	Drew
5	watt The		ItalianJob	Wait.	Basketball	CBS News	Parking	Hollywood	Global Nat.	Hour (N)	Canucks. (N)	Squirrel	2012	etalk #C	Drill	Really Me	Myster-	Disaster	Carey
	Dark Knight	Global Nat.				News	Parking	(N) News	(5:59) News	16:9 The	A (Live) 80	Weird	Scotties Tournament	CTV News	Greatest	Good Luck	les A Movie:	Movie: **	3rd Rock
6 P	Christian		(6:05) Hope for Wildlife	Lawrence Welk			Parking	The Insider	Hour (N)	Bigger		Weird	of Hearts,	(N) 0 55	Know-It-All	Good Luck	"Phantom	"Rambo"	3rd Rock
94	Bale, Heath	News				Scrubs O		Entertain-	16:9 The	Picture Movie:	NHL Hock-	Weird	Draw 2. (N) (Live) 55	W5 (N) 0 80	American	Good Luck	Racer" (2009) Greg	(2008) Sylvester	Cake Walk
7 P	m	16:9 The Bigger	Human	Keep Up	News	Grey's Anatomy	Billy	ment	Bigger	*** "Taker	ey: Calgary	Weird		(DVS)	Chopper	Really Me	Evigan.	Stallone.	ound train
	0	Picture		As Time	Wheel	Deserved		Tonight Wipeout	Picture Movie:	in Broad Daylight"	Flames at Los Angeles		SportsCen-	Flashpoint	Gold Rush	Jessio 30	CityNews	Surviving	Instant
8	M Movie: *** "Spider-	Movie: *** "Taker	Heartbeat	Movie: * * * "Witness for		Person of Interest BE	Billy	- O RS	*** "Taker	the later of the l	Kings. (N) Z	"Cheaper by		0 25	0	Good Luck	G. Martin	Disaster	Instant
	10 Man" (2002,			the Prosecution" O		1000		Movie: **	in Broad Daylight"	Ultimate		the Dozen 2' (2005)	The Real	Criminal	Greatest	Movie: "How	Movie: ***	Surviving	Drew
9	M Action) Tobey Magu	Daylight" (2009)	Midsomer Murders (N	1	(N) O III	NCIS: Los Angeles Bill	Parking	"Wild Hogs"	(2009)	Engineer-	HNIC After		Rocky	Criminal Minds O	Know-It-All	to Eat Fried	Batman Re-	Disaster O	Carey
	ire.		0.50	1		10.110	Parking	(2007) Tim Allen, O	Ultimate	Ing News Final	Hours	Mr. Young	EnorteCor	The Borglas	Licence to	Worms*	turns" (1992) Michael		3rd Rock
10	M	Ultimate Engineer- ing Over the Worst W		A CONTRACTOR OF	Law & Or- der: SVU	48 Hours Mystery BD	Parking	-	Engineer-		nal		SportsCen- tre RE	ad (DVS)	Drill	*Amural H	Keaton.	Ways Die Movie: *	3rd Rock
	Movie: * *)					Parking		Ing	(10:35)	News	Boys		000111	American	"Around the World in 80	1	"Kill Switch"		
11 P	M (2009)	News Final	Edge	Austin City	1 Derver	News	Billy	"I Robot"	News Final	Inal Night Live	NHL Hockey	Splatalot	SportsCen- CTV New	11-11-11-11-11-11-11-11-11-11-11-11-11-	American Chopper	Days" O		(2008) 0	King
11 :	30	SNL	Rivers		SNL	The Closer	Billy	(2004)	SNL	ar and	0 80	Spistalot	1	CTV News	1.		Ochocinco		King

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#### 16



#### MORNING

8:00 am WTBS ch.3 "The Wedding Planner" (2001, Romance-Comedy) Jennifer Lopez. A lonely organizer falls for an engaged pediatrician while coordinating his wedding and reception. AFTERNOON

12:00 pm FAM ch.26 "16

Wishes" (2010, Comedy) Debby Ryan. The wishes of a teenager magically come true on her 16th birthday. (In Stereo) (CC) 2:00 pm YTV ch.18 "The Land Before Time: The Wisdom of Friends" (2007, Adventure) Voices of Cody Arens. Animated. Littlefoot and friends help two clumsy dinosaurs find their way back home. (In Stereo) (CC) 3:00 pm VTVch.22 "Bailey's Billions" (2005, Comedy) Dean Cain. Two embezzlers plot to steal money from a talking dog that has inherited a fortune. (In Stereo) (CC)

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

4:00 pm YTV ch.18 "Ice Age" (2002, Comedy) Voices of Ray Romano. Animated. A woolly mammoth, a saber-toothed tiger and a sloth find a human baby and try to reunite him with his tribe. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.

#### EVENING

6:00 pm YTV ch.18 "Ice Age: Dawn of the Dinosaurs" (2009,

Similkameen

Comedy) Voices of Ray Romano. Premiere. Animated. Manny, Diego and the rest of the gang must rescue Sid from an underground world after Sid steals some dinosaur eggs. (In Stereo) (CC)

CITY ch.29 "The Good Shepherd" (2004, Mystery) Christian Slater. A priest enlists his former girlfriend to investigate a social worker's murder and clear an innocent clergyman. (CC) (DVS)

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

7:30 pm WTBS ch.3 "Double Jeopardy" (1999, Suspense) Tommy Lee Jones. While in jail for murdering her husband, a woman discovers he is living under a new identity with their

9:00 pm FAM ch.26 "Life Is Ruff" (2005, Comedy) Kyle

www.thenewsleader.net

Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (CC) CITY ch.29 "Batman Returns" (1992, Action) Michael Keaton.

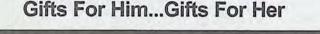
(1992, Action) Michael Keaton. The Caped Crusader clashes with Catwoman and saves gloomy Gotham City from the foul Penguin's plot (CC)

gloomy Gotham City from the foul Penguin's plot. (CC) 9:30 pm WTBS ch.3 "The General's Daughter" (1999, Suspense) John Travolta. Army investigators probe an officer's brutal slaving.

brutal slaying. 10:30 pm FAM ch.26 "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo) (CC)

11:00 pm KNOW ch.5 "Fahrenheit 9/11" (2004, Documentary) Academy Awardwinning filmmaker Michael Moore creates a searing examination of the Bush administration, its words and its actions surrounding the tragic events of Sept. 11, 2001. (In Stereo) (CC)





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#### SUNDAY, FEBRUARY 19, 2012

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	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
	A Sports	Angler	To School	Mr. Rogers	Today (N)	Pald Prog.	"You've Got	Paid Prog.	Angler	Canada	Super Whyl	Kld vs. Kat	SportsCen-	Road to	Gold Rush:	Jungle	Tow Biz	Auction	FishTV O
6 :30	Mad About	Fishful	Dinosaurs	Signing	0 20	Pald Prog.	Mail" 30	Wall Street	Fishful	TribalTrall	Artzooka	Redakal O	tre 1551	Avonlea O	Alaska 📾	Movers	ChurchRck	Auction	Paid Prog.
- AN	A Career Day	Fishing	Arthur O	Wild	KHQ News	CBS News	The Sopra-	Good	Fishing	Sunday	Coronation	Rated A	Reporters	Marilyn	Mummify-	Manny	Eye/Asla	Auction	Intervention
:31	P. Affairs	Canada	Dino Dan	Clifford	Invest	Sunday	nos A Ba	Morning America	Canada	Morning News (N)	Street (kd)	Kid vs. Kat	Curling:	Denis	Ing Alan: Egypt's	Mickey	Dharti	Auction	Canada A
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9 :31			Jack SU		NHL	Today	Billy	NBA		Context	Street Rd	Squirrel	(Live) 🖾	PLAN	*136th Westminster	Warthogs!	Lombardi	MuscleCar	'70s Show
	A The Closer	Block	Wild Kratts	Secrets-	Hockey: Regional	College	Billy	NBA	Block	Hour of	Coronation	ICarly too		Operation	Kennel Club	A.N.T. Farm	(In Italian) 💷	Repo	Frasier O
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1 -1 AN	Women's College	Hour of	Little	Masterplece	30	State at Purdue. (N)	Billy	Mavericks at New York	Hour of	Simpsons	Coronation	Victorious		Question	Night" (N)	Jessie 80	cooking	Xtreme 4x4	King
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## www.UrbanDeer.org

Are Urban Deer a problem for you?

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## **Alex Atamanenko, MP** 2011 - A Federal Year In Review - Part 1

The past year has been a challenging one for many of us. It was difficult for those of us in my party and for many Canadians to lose such a principled leader as Jack Layton. However, life goes on as we work to try and build the country that Jack envisioned.

As a re-elected MP it has been refreshing to work with the new crop of Orange Wave MPs in my party, especially the youth. Their energy and passion has been an inspiration to all of us in Opposition during this current Parliament.

It has also been a pleasure for me to work with Elizabeth May, who seconded my Private Member's Bill to create a Department of Peace. As discussions continue on the renewal of the Columbia River Treaty, I plan to work closely with David Wilkes, the newly elected MP for Kootenay-Columbia to ensure Basin residents' interests are put first. As well, I have given my full support for a Private Member's Bill of Dan Albas, MP for Okanagan-Coquihalla, which would allow citizens to bring wine purchased at local wineries across interprovincial borders.

One issue that has taken much attention this past year has been the requirement of Canadians holding US dual citizenship to report their financial assets to the US government, under the threat of heavy penalties. We have been working with the government to try and resolve this issue. The Americans have made gestures indicating that they are backing down on their threat of heavy penalties, in some cases, but are not willing to change their requirements.

In general, I would say that it has been extremely difficult trying to work under the current federal Conservative majority government. Whether at Committee or in the House, they have limited debate and rammed through legislation at an unprecedented rate.

It doesn't matter, for example, what lawyers, judges and American legislators have said in regard to the Omnibus Crime Bill (C-10). The Conservatives have passed legislation that will put more people in prison, and strain federal and provincial budgets, in spite of the fact that our crime rate is going down and that this approach has failed in the U.S.

Another ideological move has seen the Conservative government gut the Canadian Wheat Board, without allowing farmers to have a say in the future of what is supposed to be a farmer-controlled organization.

I will continue this federal review of 2011 in my next column.

### Valley First celebrates 65 years of service

For 65 years, Valley First has been making a real difference in the lives of its members and communities, building a reputation as one of the region's leading financial institutions and corporate citizens.

Established on February 7, 1947, Valley First's impressive growth often defies its humble beginnings. Starting out as a company with just 51 members and less than \$1,000 in total assets in its first year of operations, Valley First is now a division of B.C.'s third largest credit union – First West Credit Union.

"Over the last 65 years, Valley First has built a reputation as a great place to do business, a great place to work, and a great neighbour," says Valley First president Paulette Rennie. "Throughout our growth, serving our members, caring for our employees and strengthening our communities has remained at the heart of everything we do. We take great pride by being both a responsible corporate citizen as well as the region's most trusted source for financial services."

Serving close to 50,000 members, Valley First has spread throughout the Okanagan, Similkameen and Thompson valleys. While Valley First has grown considerably, it has remained true to its local roots by supporting numerous community programs every year.

As part of its 65th anniversary cel-

ebration, Valley First is challenging members and employees to donate 6,500 pounds of food to Feed the Valley by the end of 2012. The Valley First branch that gathers the largest weight contribution will donate \$6,500 to its local food bank. Donations can be made at any Valley First branch or insurance location.

During 2011, Valley First and its employees donated more than \$320,000 to various charities, events and community organizations as well as volunteering more than 1,000 hours of their own time. Additionally, Valley First strengthened its partnerships with local food banks, raising more than \$100,000 through its Feed the Valley program. It has also continued to sponsor flagship events, such as the Valley First Granfondo Axel Merckx Okanagan, the Okanagan wine festivals and the Interior Provincial Exhibition in Armstrong. Valley First is a division of First West Credit Union, B.C.'s thirdlargest credit union, which has 37 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys. First West has approximately \$6.2 billion in assets under administration, 167,000 members and 1,300 employees.



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Read Spencer Coyne's "Flip of the Coyne" weekly in the News Leader

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		20.00		W 10
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.. continued from Page 4

of the human anatomy that you sit

on and faces out. Hence the term

"butt out". That you're stressed

out is not good. Stress can lower the

immune system and be the basis, of

many illnesses. To relieve it try a

couple shooters and some chicken

wings or a cold beer and munchies

Friday at the Legion or a soup and

sandwich lunch at Seniors club 30.

However the best remedy is a bird-

watchers hike to a Coalmont moun-

tain peak and yodel non-stop for at

least three hours, twice a week. It

each with good companionship.

#### Tuesday, February 14, 2012



#### does wonders.

Example: Question to Med Pad, I feel terrible. What are the results of my checkup?

Med Pad reply: You need a new heart, two knee, and two hip replacements plus a cataract job. You'll be in the body shop for at least seven months, that is if we get all the parts. You should be good till the age three hundred and twenty seven when you're up for a warranty checkup.

We recommend the spruce wooden heart although there is a slight risk of a dormant spruce worm activating itself. It has a lifetime warranty and we support the forestry industry. And if it's any consolation when Sweetie calls you a worm it's justifiable.

Because of the mine we do have a copper heart but because copper is so valuable a Sweetie could steal your heart away and you'd have to go through life known as the heartless one. Certainly not upbeat.

Lastly, once a week a reader should act as "Health Minister" and publish their solution to a relevant health problem.

- Joe Schwarz, Princeton



#### Dear Editor.

I just read your paper, with great interest in the article about ATVs on the KVR.

I would like to mention a user group that not too many people have considered; the handicapped. I have been taking my mother-in-law down the KVR for years, and have

This now clears the confusion about the legalities of quads. To say that this trail should be used only by walkers and bicycles is purely selfish, and I will now ride with a very happy mother-in-law with a clear conscience.

21

- Nick Carras, Princeton

always felt guilty.



Council wants to hear Steelworkers Town Council received a letter from United Steelworkers Union on the question of raw log exports. The union opposes any measures that would increase the export of raw logs from British Columbia. They asked for Council support for their position.

Council decided to invite union representatives to a Council meeting to present their position to Council

Council can build more dikes

Town Council applied two years ago for funding to complete the dike project along the Similkameen River in an area referred to as Burton Flats.

A letter arrived on January 30 advising Council it has been approved up to \$210,000 from the Building Canada Fund, Flood Protection. Council must comply with all necessary permits and authorizations and to meet with funding representatives.

Council defers wedding request

Town Council received a request from Paulette Boyd and Rod Carlson to use Two Rivers Park as the site for their August 4 wedding. This was a first for Town Council. No policy exists for weddings in Town parks.

Several concerns have to be addressed, beginning with liability, possible safety issues, and parking. Two Rivers Park is located at the junction of Tulameen and Similkameen Rivers and is accessible along the TransCanada Trail. Council will respond to the couple

to discuss the concerns before a decision is made. Council will review parking

At the request of Jerome Tjerkstra, proprietor of a business on Bridge Street, Town Council will undertake a review of the parking bylaw. In a letter to Council, Tjerkstra outlined problems he faces as a result of undertaking renovations to his business premises, including the fact that it will cost him \$250 just to request a parking variance.

Tjerkstra pointed out to Council that Penticton has done away with the old system of allocating a specified number of parking spots per business because there is no guarantee that all of the parking spots are going to be filled at any given time.

Tjerkstra advised that the Chamber of Commerce will issue a letter of support for his request.

Free shower heads and faucet aerators?

Town Council will be talking to an organization that wants to improve the efficiency of hot water use. City Green Solutions, in partnership with FortisBC has received funding for an environmental project in Okanagan-Similkameen to install high efficiency shower heads and faucets in homes with gas hot water tanks.

The goal of the organization is to reduce greenhouse gas emissions. The goal is to install the high efficiency equipment in 3,000 homes to achieve a potential saving of 905 tonnes of carbon dioxide per year. The project will be launched in April.



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News Leader Puzzler Use the February 7th News Leader to find Answers Below ... the finger a Contraction and the second Across The 'cute' nickname of Cowboy Coffee. What kind of exercise did Town Down "Songs and Poems of BC's Upper Similkameen." Our address is 226A \_\_\_\_\_ 3 1 2 5 Council participate in recently? Horse Rescue Thrift Hockey headline on Page 9. What kind of concept is depicted by the hourglass diagram? What kind of display was damaged at Outbackjacks? January 2012 PSS Student of the Month 46 7 Shop. Who is the 'alternate' representing Princeton at the RDOS? 9 8 The PSS Drama Class saw a play 11 here in Kamloops. This diagram illustrates the flow Month He doesn't sell real estate. His smiling face is on the Front Page. What leads to a longer life? There are regional, internal and 12 13 of information at Town Hall. Who was appointed to represent Princeton at the RDOS? They build WA 1200 Loaders and D 375 Dozers. December 2011 PSS Student of 16 appointments on Town 17 18 the Month. He sells real estate. His smiling 19 face is on the Front Page.

- 10



PUZZLER #59

Copyright 2012 - Brenda Engel

Tuesday, February 14, 2012

**News** Leader





South Okanagan Bantams hosted their first play-off game of the opening series February 10th at Princeton Arena. The game, which saw South Okanagan leading Winfield 4-2 at the end of two periods, was well attended since eight Princeton boys play on the team. Only 14-seconds into the third Winfield scored to make it 4-3. South Okanagan won the match 7-3. \*

## More tiny quakes

Princeton area was again the site of two small earthquakes this month, part of a continuing pattern of Okanagan-Similkameen quakes. On February 1, a 2.6 quake struck the Wolf Creek area shortly after 2:00 PM.

On February 2, a 2.4 quake hit Copper Mountain.

These quakes followed a late January quake near Osoyoos, another near Yakima, and then the February 1 1.8 quake near Omak. On February 2, there was a 2.1 quake at Moses Lake shortly after the Copper Mountain quake. All of these quakes are occurring on a north-south line and all of them are very shallow. The quakes in the Princeton area have been less than a kilometer in depth. The quakes along the Okanagan-Similkameen line appear to echo a series of small quakes along the coast from Bellingham to Tacoma, Washington.

#### Council adopts new signage strategy

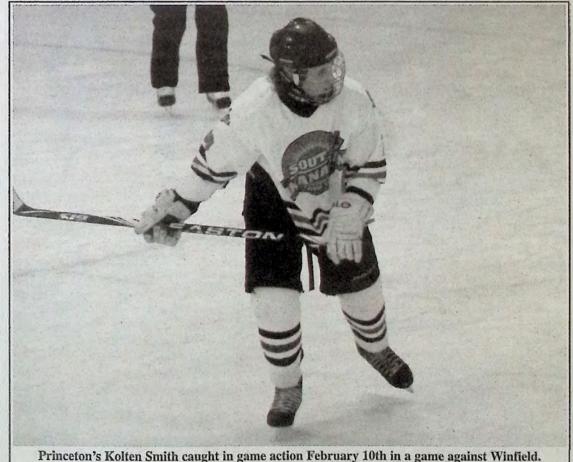
Thompson Rivers University did a sign audit of Princeton in 2010. In July 2011, Town Council met with consultants and decided to develop a strategy for future signage in Town.

The strategy would be developed with input from local businesses and residents. A Signage Strategy and Washington.

V signage strategy
Manual was developed at a cost of

Manual was developed at a cost of \$15,064.

The manual is extensive, consisting of specifications and drawings of acceptable signs and recommendations for correcting inadequacies in present signage as well as recommendations for future signage. The manual is available at Town Hall.



Princeton's Kolten Smith caught in game action February 10th in a game against Winfield. Smith is one of eight Princeton boys playing on the South Okanagan Bantam team. \*

# DO NOT FEED THE DEER!



Someone is leaving hay out for deer near Princeton Airport. The Town of Princeton is requesting whoever is doing it to stop. If you know who may be responsible for this, or may be aware of other residents who are feeding deer you can contact the Princeton Bylaw Enforcement Department at 250.295.3135. Complaint forms are also available at the Town Office. Staff will not take complaints over the phone. The Deer Feeding Bylaw is below spelling out all the details and guidelines for enforcement. Photo: Town of Princeton

## Town of Princeton Bylaw No. 822, 2009

#### TOWN OF PRINCETON BYLAW NO. 822, 2009

A Bylaw to prohibit the feeding of deer within the Town of Princeton. WHEREAS pursuant to the Community Charter, Council may regulate, prohibit and impose requirements respecting the feeding or attracting of members of the family Cervidae primarily deer.

THEREFORE BE IT RESOLVED that the Council of The Town of Princeton in open meeting assembled, enacts as follows: PART 1:

#### TITLE

1. This Bylaw may be known and cited for all purposes as "Town of Princeton Deer Feeding Bylaw No. 822, 2009".

#### PART 2:

DEFINITIONS

2. In this Bylaw unless the context "Bylaw otherwise requires; Enforcement Officer" means a person or persons designated or appointed from time to time by Council to enforce the bylaw or bylaws generally; "Council" means the municipal council of the Town of Princeton; "deer" means any indigenous member of the deer family common to North America, either male, female or offspring; "feed" means to give, place, expose, deposit, distribute, or scatter any food or other substance with the intention of feeding, attracting or

enticing deer; "natural" means food or other substances consumed by deer produced by, or existing in nature, not artificial; "Town" means the Town of Princeton; PART 3:

#### PROHIBITIONS OF FEEDING

3. No owner or occupier of land within the Town of Princeton shall intentionally feed, cause to be fed or provide or make available food or other substances for the consumption by deer within the Town of Princeton, either on private property or on public property. PART 4:

#### EXEMPTIONS

4. This Bylaw shall not apply to any natural product that is growing on a particular land owned or occupied where feeding of deer is occurring. **PART 5:** 

#### INSPECTIONS

5. Bylaw Enforcement Officers of the Town are hereby authorized to enter at all reasonable times upon any property within the Town for the purpose of ascertaining whether the regulations under this Bylaw are being observed, or whether a requirement of the Town is being met.

#### PART 6:

#### OFFENCES AND ENFORCE-MENT

6. Every person who violates any provision of this Bylaw, or who permits, suffers or allows any act to be done in violation of any provision of this Bylaw, or who neglects to do anything required to be done by any provision of this Bylaw, commits an offence punishable upon summary conviction and is subject to a fine not less than \$250 and not more than \$10,000.00.

7. Each day that a violation exists or is permitted to exist is deemed to be a separate offence against this Bylaw.

8. This Bylaw may be enforced by means of a ticket in the form prescribed for the purpose of section 264 of the Community Charter.

9. Pursuant to section 264(1)(b) of the Community Charter, Bylaw Enforcement Officer are designated to enforce this Bylaw.

10. Pursuant to section 264(1)(c) of the Community Charter, the words or expression in Column 2 of Schedule "A" to this Bylaw designate the offence committed under the Bylaw section number appearing in Column 1 opposite the

respective words or expression. 11. Pursuant to section 265(1)(a) of the Community Charter, the fine amount in Column 3 of Schedule "A" to this Bylaw is the fine amount that corresponds to the section number and words or expression set out in Columns 1 and 2 opposite the fine amount. 12. Council hereby delegates the

12. Council hereby delegates the authority to refer any disputed tickets to the Provincial Court to the Town's Chief Administrative Officer and to Bylaw Enforcement Officer.

13. Any person who violates any of the provisions of this Bylaw, or who suffers or permits any act or thing to be done in contravention of any provision of this Bylaw, or who neglects to do or refrains from doing anything required to be done by any provision of this Bylaw is guilty of an offence, and, each day that a violation is caused or allowed to continue shall constitute a separate offence.

14. Every person who commits an offence under this Bylaw shall be liable on summary conviction to the penalty prescribed in the Offence Act.

PART 7:

SEVERABILITY AND REPEAL 15. If a court of competent jurisdiction finds any part, section or subsection of this Bylaw to be invalid or unenforceable, the impugned part, section or subsection shall be severed from the remainder of the Bylaw and the remainder of the Bylaw shall remain valid and in force.

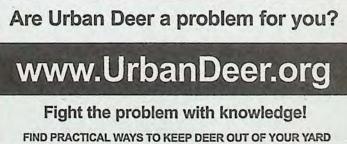
23

16. The Town of Princeton Deer Feeding Bylaw No.756 is hereby repealed.

READ A FIRST TIME this 7th day of December, 2009 READ A SECOND TIME THIS 7th day of December, 2009 READ A THIRD TIME THIS 7th day of December, 2009

ADOPTED this 21st day of December, 2009

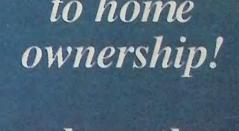
Signed MAYOR Randy McLean CHIEF ADMINISTRATIVE OFFI-CER Patrick Robins



DEER REPELLENTS - DEER REPELLENT PLANTS HOW TO PROTECT YOUR FLOWERS AND GARDEN



## working with an Executive!



## where the experts are



#### **NEW!**

Country living is calling you! 6.83 level acres, fenced and cross fenced, ready for your 4 legged friends. Mountain views and Hayes Creek across the road, minutes to the KVR for unlimited exploring. Oversized garage accommodates all the toys and still leaves plenty of room for a workshop. 3 bedroom, 2 bath mobile! MLS © 135179 \$280,000

#### 5497 Webster Street



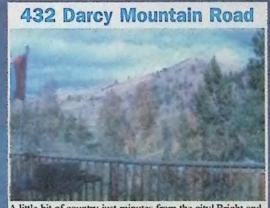
#### **HEDLEY!** Seller is motivated and open to offers! Looking small, yet this home is surprisingly large and bright on a corner lot in historic Hedley with lots of different living space. The foyer is large enough to be an office, the sun room is bright and spacious, the deck boasts over 300 feet of privacy and mountain views! MLS © 133893 \$149,900

55

**103 Ridgewood Drive NEW PRICE!** 

where the experts are<sup>tm</sup>

This 3-level townhouse is located on the 3rd Bench in Princeton - within walking distance to the hospital and Vermilion Forks Elementary and it has had an extensive renovation for your viewing and living pleasures. All the work has been done - new cabinets and counter tops in the kitchen and bathrooms, plus more! MLS @ 134020 \$197,000



A little bit of country just minutes from the city! Bright and open 7 year old Jennish design home nestled on just over half an acre. Treed and open areas, 8x12 shed for storage, gardens in place and some fencing. Home has easy care flooring throughout, denim wood cabinetry and tile entry. Lots of windows let in the light! MLS @133761 \$284,900



**NEW!** 

All the charm of yesteryear with today's conveniences! Lovely cottage style home in town, walking distance to shopping and just a short stroll to the river. This well cared for home sits on a larger corner lot that is all useable and fenced on 3 sides with final fencing to be complete in Spring. Very private! MLS ® 135184 \$183,000 Spring. Very private!

## 5614 Webster Street



HEDLEY!

Don't miss out on the diamond in the rough located in beautiful, peaceful, historic Hedley! Situated on a corner lot with recent updates of some windows and flooring. This home has great bones and the potential to be so much more! With an open layout and plumbing in place for a 3rd bath upstairs, this home is an excellent investment! MLS @ 133885 \$178,000

### **REALTY EXECUTIVES PRINCETON** Gateway to the Okanagan

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