



All Flip, No Spin - Page 3

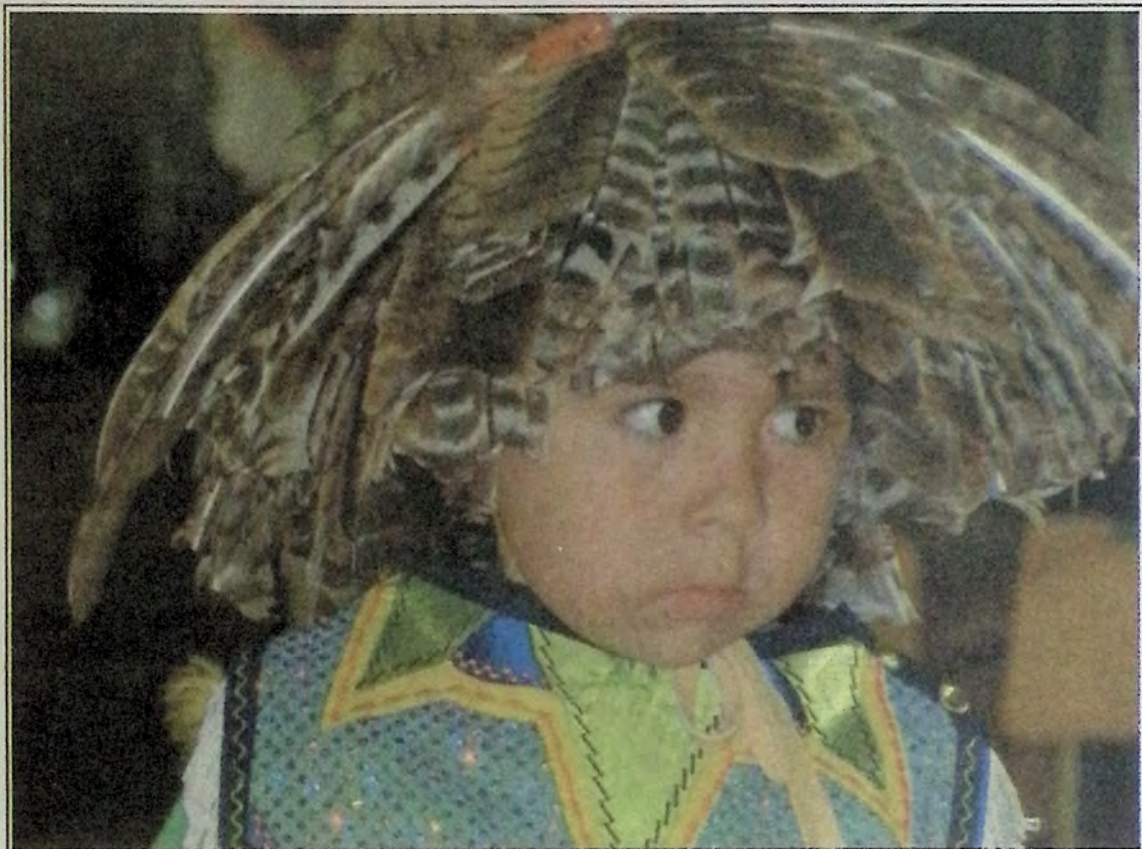
Similkameen

# News Leader

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Volume 15 Issue 15 #727 ISSN 1712-090X

Tuesday, April 10, 2012



A 'Tiny Tot' dancer participates in the Upper Similkameen Spirit Festival held Easter weekend in Princeton. \*

## BC business confidence falls flat in March

BC Business Optimism fell for a second month in a row to 63.8 in March from 64.9 in February. Index levels between 65 and 75 indicate a growing economy.

BC's business confidence level remains below the national average 67.7. BC currently ranks as the eighth most optimistic province in Canada. This is a significant decrease in rank from January when BC was fourth most optimistic province in Canada.

Forty-nine per cent of businesses in BC say the overall state of business is satisfactory, 31 per cent say it is good, and 19 per cent say it is bad.

This is in contrast to other western provinces, where business owners are expressing increased optimism and lead the country overall in optimism. Alberta is the most optimistic province in the country with an index of 74.6, followed closely by Saskatchewan in second place with an index of 72.0, and Manitoba in third place with an index of 69.8.

More highlights:

• 72 per cent of BC employers do not plan to make changes to full-time employment levels while 14 per cent are planning to increase full-time employment and 14 per cent ..... continued on Page 22

## IHA further reduces PGH ER hours

Expect more changes to take place at Princeton General Hospital and expect them to take effect in May.

Susan Brown, Interior Health's Princeton Community Integration Administrator, made a presentation at the April 2nd regular meeting of Town Council.

The presentation, an emergency services update, focused on four key elements: recent emergency services history, upcoming physician on-call availability challenges, an interim plan to address challenges and a working group to explore a longer-term solution.

### Recent Emergency Services History

There have been challenges attracting long-term physicians to

the community and combined with variable on-call availability of community physicians, there has been a heavy reliance on locum physicians.

"We've had challenges every winter for the last several years," Brown stated.

These issues have led to frequent Life, Limb, Threatened Organ, or LLTO, service status and emergency department closures, which were implemented "to ensure we haven't burned out our physicians."

### Upcoming Physician on-call availability challenges

"Moving forward, we will have more challenges," Brown pointed out with the Emergency Department being covered by com-

munity and locum physicians on-call, which will be even more difficult with one community physician reducing on-call availability starting this month.

Brown says the challenge increases in difficulty with several usual locums currently unavailable, which presents an increased risk of uncovered Emergency Department shifts, including during peak times of day and days of the week.

This would create continued instability and uncertainty of Emergency Department service.

"The closures could be a day or a couple of days at a time," Brown said.

"That's the situation we want to avoid."

### Interim Plan

Interior Health took a close, hard look at stats gathered from charting

the total 2011/12 'Unscheduled Emergency Department' visits by day of week and by time of day.

The results led to the creation of an interim plan developed in conjunction with community physicians.

## Pow Wow history continues

The Upper Similkameen Spirit Festival is in its last week, and there is still plenty happening. The Pow Wow, last weekend at the Princeton Secondary School was an amazing event with drum groups and dancers from all over BC.

"We were also excited to host an exhibition of First Nations artists works including paintings by Levi Bent and masks and a carved buffalo skull by Earl Wood," says Spirit Festival Coordinator Vicky Jones.

The plan will provide greater stability of Emergency Department service during peak times (daytime and evening hours plus weekends) and reduces the LLTO status.

..... continued on Page 22

Workshops for children to explore their creativity by painting stones were also held on Saturday and Sunday.

The 'History of the Pow Wow' exhibition runs until Saturday April 14th with the beautiful regalia of Oly Bent and Tinesha Begaye on display. The exhibition looks at the tradition surrounding Pow Wows and runs Wednesday through Saturday, 10:00 AM to 3:00 PM at the Prince- ..... continued on Page 7

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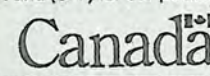
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**BUDGET INFORMATION  
MEETINGS**

In conjunction with the School District's desire to provide information regarding the budget planning process, there will be a budget and enrollment projection presentation for interested stakeholders, including all members of the public. This meeting will review provincial funding, district projections for enrollment and provide more specific information regarding the district's annual budget.

Meetings have been scheduled as follows:

- PRINCETON - 6:00 PM, Wednesday, April 11, 2012 - Princeton Board Office
- MERRITT - 6:00 PM, Thursday, April 19, 2012 - Merritt School Board Office

All interested members of the public are invited to attend

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**TAYLOR GIBB - Cooper's Foods**

Taylor is a 17 year old Princeton Secondary student and is proud to be the first candidate sponsored by Cooper's Foods. She loves riding horses, singing, acting and making friends. Taylor is currently part of the cast working on a school play called Big Bad. She is really excited to be part of the Ambassador program and has had a lot of fun in the short time she has been part of it. After completing school, Taylor plans to move to Vancouver and follow her dream to be involved in movies.\*

**The ER situation according to IHA**

The following is the News Release issued April 2nd by Interior Health explaining the situation at Princeton General Hospital:

**Princeton General Hospital  
Emergency Department Update**

**BACKGROUND**

- Providing consistent emergency service at Princeton General Hospital has become increasingly challenging, in spite of our best efforts to recruit additional doctors and locums.
- The situation has recently worsened due to the fact several of the locums we usually rely on are unavailable, and one of our local doctors is no longer able to provide full emergency coverage as of April 1st.
- The result will be more frequent closures of the Emergency Department, which could be during peak periods, in April and beyond.

**INTERIM PLAN**

- To avoid that scenario, Interior Health has worked with Princeton's community physicians to develop an interim plan that will provide more consistent and reliable service to the residents of Princeton and the

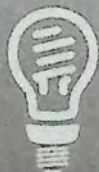
surrounding area.

- This plan provides full, uninterrupted Emergency Department coverage for daytime, evening and weekend hours - the busiest hours for the Department.
  - We are recommending that the Emergency Department at Princeton General Hospital close between 12 Midnight and 8:00 AM four nights a week, Mondays through Thursdays, as of May 1st, 2012. Interior Health data shows the lowest number of patients, and the lowest number with life threatening conditions, present to the ED during these hours. Approximately 6.6% of Princeton ED visits occur between 12 Midnight and 8:00 AM.
  - Interior Health and the community physicians believe this interim plan is a reasonable option which brings certainty to the community and acknowledges the demands placed upon our current physicians.
  - We expect the interim plan may need to be in place for approximately one year while longer term solutions are sought.
- PATIENT CARE**
- Our intention is to install a telephone at the hospital entrance so

anyone arriving at the hospital will have the ability to call 9-1-1. BCAS will continue to have ambulances stationed adjacent to the hospital.

- When the ED is closed, BCAS bypasses Princeton and delivers patients directly to Penticton Regional Hospital (PRH) or another site that can provide a higher level of care. Patients needing life saving care are always transported to a larger centre.
- Interior Health recently established a dedicated high acuity response team (HART) based at Penticton Regional Hospital. BCAS can dispatch this team when they determine it's best for the patient's care. HART members are highly trained critical care nurses who respond with a BC Ambulance Service (BCAS) basic life support team. A respiratory therapist assists as required.
- If community residents have any health concerns when the ED is closed, they should call 8-1-1 (HealthLinkBC) for round the clock health information, or they should call 9-1-1 for an ambulance.
- Interior Health's goal continues to be providing 24/7 coverage at Princeton General Hospital.

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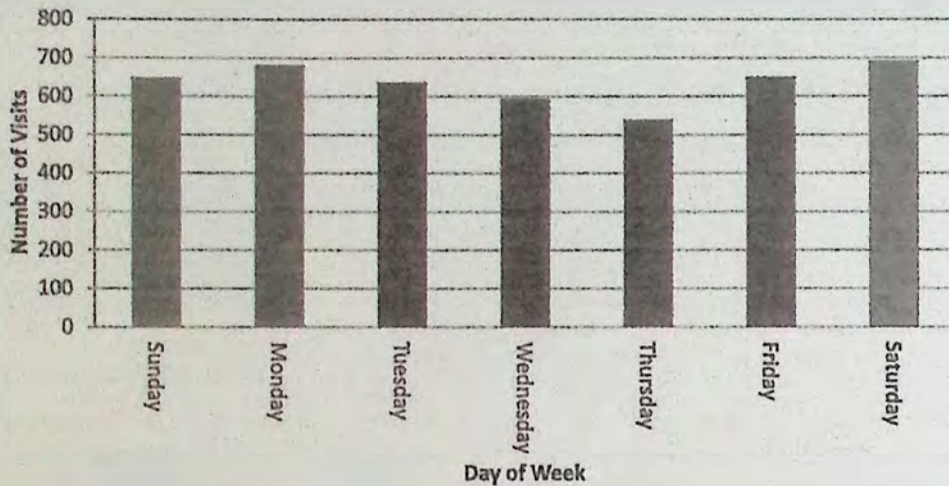
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## Total 2011/12 Unscheduled Emergency Department Visits by Day of Week



This chart shows the total number of unscheduled emergency room visits at Princeton General Hospital for 2011/12 by day of week. The totals range between 500 and 700. Photo: Interior Health

# Flip Of The Coyne

by Spencer Coyne

It's hard to believe that there was a time when Princeton had a functioning hospital. There were surgeries, full emergency services, and our kids were born here. I was born in the Princeton Hospital.

When walking around the hospital today it is pretty hard to believe that we didn't need to travel to Penticton or Kelowna for services. It actually makes me sad when I have to go up there.

I actually looked forward to the idea that my child would be born in our hospital but that didn't happen. My relatives have been born in Princeton since before Princeton existed, but this is not the case with my son's generation. Those times are behind us. They were pre-Interior Health Authority (IHA) days.

I don't blame doctors for not wanting to come to Princeton. Why would they want to come here? Our hospital has been gutted. Local staffing levels are abysmal. We are fortunate that we have the amazing staff that we do. They work tirelessly to ensure that we have the services we do have.

I guess the real question is how did Princeton manage to have a hospital before the IHA if the IHA can't seem to figure it out even with all the consolidated services? I was under the understanding that when the Liberals centralized our services it was supposed to save money and increase services.

I haven't seen how this has worked. All I see is hospitals in the IHA having a hard time maintaining funding and the ability to provide services. I have watched as they cut the beds from our hospital, removed

our operating room, moved the health unit into the basement, closed the maternity ward and turned it into a doctor's office, and that's just on the surface.

Maybe the problem isn't a failing healthcare system. Maybe it is a failing bloated bureaucracy that is out of touch with rural British Columbia.

After all, why would we want to fund resource communities like ours that have the majority of the working population working in resource extraction and support? It's not like mining, logging, and value-added provide much needed tax revenues to the Province. It's time that the government gets over the idea that we can better provide services to rural communities by centralizing those services an hour and a half to two hours away and start focusing on providing services to rural communities.

The current closure of the Princeton Emergency Room might seem like a prudent business decision as long as the service is not needed, but what happens if there is an emergency? What happens if, God-forbid, there is a major traffic accident or an accident at one of our main employers? The critical minutes that it may take to get someone from the mine or out on Highway 3 to the hospital may mean the difference between life and death. I know I wouldn't want to be the person sitting behind the desk who made the decision to close the Princeton ER if that day comes.

I hope that the Minister of Health or the bosses over at IHA head office never have to spend the night in a remote rural community like ours that has limited paramedic services

and no Emergency Room. I hope their kids or grandkids never have to be in one of our communities because as a parent I can tell you there are nights I stay up hoping that nothing goes wrong.

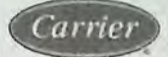
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# Editorial Page News Leader

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

## My Turn

### The Business Of Health Care

I sat through the presentation made at last week's town council meeting by Interior Health. I listened to what they were saying and watched their PowerPoint slides flash by.

I also asked for a copy of the presentation so I could look it over more closely.

There's no denying that the data and charts support the move to close emergency services for the part of four nights a week.

I tried to find a loophole, some little nugget of information that I could write about to give you a bit of fuel to start your own letter writing campaign, but could not find it.

The Interior Health mindset is clear.

If you own and operate a 24-hour business and your receipts show you that after trying various ways of saving money to keep the business open that you have to cut back, you cut back.

If the receipts gathered from the 24-hour business show no more than two customers come in mid-week between 12 Midnight and 8:00 AM, it would make sense that the first shift you cut would be that one.

It all makes very good business sense, if you are running a business.

Since when did a hospital become a business rather than a service?

Interior Health wants you to think that this 4-night per week closure is temporary. Their paperwork shows it is expected to last a 'temporary' time frame of a year.

Trust me, after you're used to the ER not being open Monday to Thursday, it's probably unlikely that after a year it might open one or two more nights a week.

I will say Interior Health has found a way to eliminate the uncertainty of what night the ER might be open, regardless of advance notices published and posted. They have also found a way to avoid complete daylong closures, so in a way they did accomplish something.

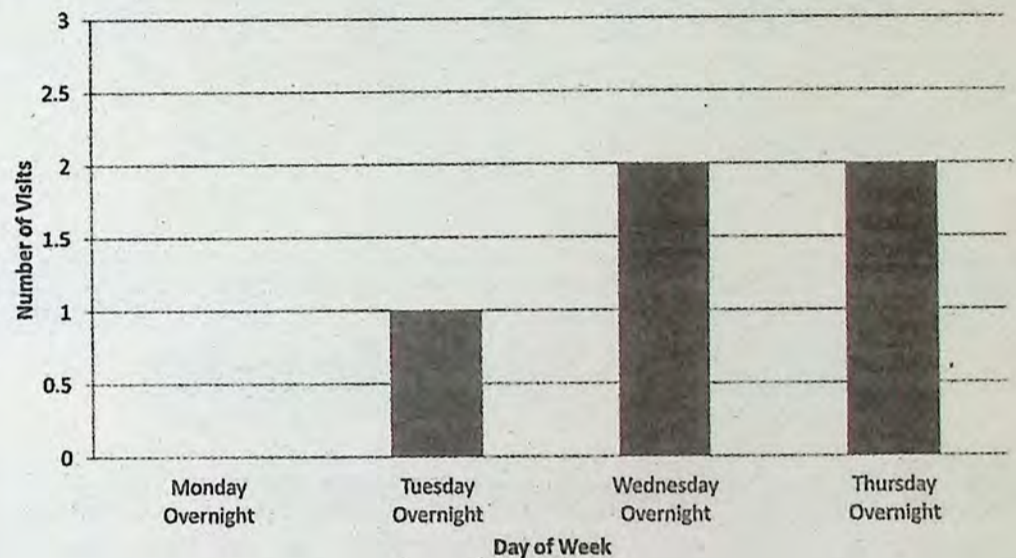
What concerns me most is the likelihood of an industrial accident or major highway collision happening after midnight on one of the nights the ER is closed.

I know, they have a plan for that, but I would rather we didn't have to go there.

As one of our customers pointed out to me last week, we (Similkameen Valley residents) pay the same BC Medical premiums as those who live in the big cities with all the services.

After last week's presentation by Interior Health it's obvious to me we are not getting our money's worth.

### Total 2011/12 Unscheduled Emergency Department Visits Midnight-8am, Monday-Thursday (Canadian Triage and Acuity Scale Level 1 & 2)



According to these stats, Princeton General Hospital sees no more than two emergency visits between 12 Midnight and 8:00 AM. This helped direct the decision to close the ER four nights a week starting in May. Chart: Interior Health

## Your Turn

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

#### The Editor:

The question of Princeton's "town" deer and wildlife in general, really comes down to personal attitudes and perceptions! Attitudes color our perception of events!

I was astonished by the reference in one of last week's letters to a "brutal" attack of an elderly man by a deer. Brutal is a powerful, emotional adjective, normally reserved for a heinous attack – deliberate, cruel and coldhearted. If some people truly believe that deer are capable of such malice, there is little to one can say to change these attitudes.

Animals attack because they are hunting for food, protecting their territory, protecting their young or because they fear for their own safety. Under the veneer of social behavior, humans still have these same instincts – BUT – only humans are capable of "brutality"

for its own sake – as we witness all too often in our News!

Blame Walt Disney if you wish, but we have come to anthropomorphize our animal friends and credit them with human traits. We forget that they do not see the world through human eyes and their emotional responses remain based on their survival instincts. Our pets are imprinted with human socialization – wild animals are not!

A picture is worth a thousand words! This is the canine/dog and deer relationship in the natural world. It should explain why deer, when faced with an aggressive sounding dog, may respond with defensive behavior – seen by humans as hostility.

Much as I am ambivalent about hunting – the introduction of controlled hunting seasons and regulations – and use of firearms, has allowed wildlife populations everywhere to recover after

decades of unbridled hunting and times when eagles and ospreys fetched a bounty! Wildlife has not merely increased within Princeton; it has increased everywhere. Wildlife populations are simply returning slowly of their former abundance.

We once more have eagles soaring in our skies, ospreys on our rivers; and deer are again a presence in our valley – their rightful home.

Feeding the deer is a red herring. I love the deer but I don't feed them – nor do I know of anyone else who does.

To establish harmony, wild animals need our understanding and empathy – not our wrath!

Fortunately, the world view on nature and wildlife has come a long way since the "good" old days when many people felt free to kill anything that created an annoyance or minor financial loss. The prevailing world view on wildlife has become one of appreciation, protection and preservation – the view that guides my attitudes and perceptions.

Karin Green, Princeton

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#### EDITORIAL GUIDE

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



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# Current Comment

## Does The Lame Budget Show Direction?



**Dawn Johnson**  
editor@thenewsleader.ca

It is important to look at the federal budget as a three year budget, because a lot of what they say they will do is spread over the next three years. The reduction of civil service jobs is one example, and although the nearly 20,000 jobs that will be cut seems a lot, keep in mind that the Conservatives, when they were first elected, expanded the bureaucracy by nearly twice as much as what they intend to cut. This is like saying 'we overspent for awhile, now we're cutting back'.

Of course, cutting 20,000 jobs rather contradicts the government's stated goal of increasing employment, doesn't it?

The reduction in the cost of elected officials' pension plans does not mean the politicians will be getting lower pensions, it means they will pay more now toward those pensions.

One of the cuts is kind of funny. Canada plans to close some consulates in the United States and Europe. In addition to saving the cost of diplomat expenses, there is a further reduction through the cost of the mansions they occupy and the bureaucracy of the consulate operation. I have no idea what this will mean in terms of trade, but Canada is so tied up in free trade negotiations in both the United States and Europe, maybe our government sees no further use for the consulate presence.

Allowing more duty free spending in the United States seems a contra-

diction of what Conservatives have always stood for: the encouragement of Canadian business. The cross border shopping is not going to help retailers located near the border. It is ironic that so many small retailers are ardent supporters of the Conservatives when, between free trade and the duty free shopping now available, it is the Conservative supporters who are going to bite the bullet. Let's face it: the greatest majority of Canadian consumers live within easy driving distance of the border.

I personally have no intention of helping American retailers become richer. In fact, I know some Canadians who do not want to cross that border for any reason. The border is no longer the friendly line across the continent that it was before the attack on the World Trade Towers in 2001. The American focus on 'security' has resulted in many laws that run counter to the Canadian sense of justice.

There are some things in the federal budget that bear watching. The feds intend to spend less on health care, and plan to make young Canadians ineligible for Old Age Security until they are 67 years old. We can easily assume the present government is a lot less concerned with the welfare of the average Canadian than governments of the past have been.

I am more concerned about the health care spending reduction than the age 67 for the old age pension. It seems there are continuing small changes that push us closer and closer to American-style health care, the for-profit medical program. There is a part of the Bible that asks what it profits a man if he loses his soul. To me, our universal health care is part of the soul of being Canadian.

Within the budget there are definite threats to our environmental protection legislation. This government plans to "cut the red tape" on environmental issues. To me, that is not reassuring. I am not a rabid environmentalist, and I like to hear

all sides of an environmental issue before I decide. At the same time, I do want clean air, clean water, and reduction of garbage and other wastes. I believe good environmental protection legislation is essential if we want to live on this planet. I do not want to see any of our existing laws eroded, but when I hear 'cutting red tape' I fear it means pushing things through without adequate environmental safeguards.

The least thing on the budget was the abolition of the penny. I will have to take my pennies to the bank and turn them in, I guess. I will not really miss them, but I will save a few for my great grandchildren so they can see the kind of money we once used. I suppose the banks can sell them to dealers in copper, or maybe we will see them punched to be used as buttons. I guess we will have to put nickels in our penny loafers, too.

### Provincial budget

I have little to say about the provincial budget except for the big announcement that we senior citizens will get a whole 10 percent rebate on construction projects meant to make it easier/safer for us to remain in our own homes. I had a good giggle over that one. It tells me first of all that it will not even cover the cost of sales taxes. Secondly, it tells me Christy Clarke has little contact with the average senior citizen.

If I spend \$5,000 on renovations, I will get back \$500. The big question for most of us seniors is this: where do I get the \$5,000 to do the renovations? This is a real issue for any senior who is single and living on a single pension. Money is tight. Going into debt is out of the question. Savings are reserved primarily for things like dental care, hearing aids, eye care and probable cataract surgery.

Ten percent rebate is no incentive to me to make any renovations. Or is that the real goal: offer us something we probably won't use, but make it sound like a real blessing? That's politics.

# Similkameen News Leader

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- 1 Samuel 2:7









Alan Leask tried out her pitching skills with Sydne Crow catching at Kobau Park in Cawston March 30th. Both girls play for the Kobau Koyotes, and both will be playing on the Pee Wee BC Summer Games team the third week of July in White Rock. "Go Cawston Go!" Photo: Arlene Arlow

## SESS principal's April message

From the SESS April Newsletter:  
Principal's Message

It appears spring has finally arrived here in the Similkameen Valley and with it comes this last stretch of our school year. Our first big event back from spring break will be our parent/teacher interviews on April 10th.

We would love to see all our parents come out to this event to discuss your children's education and share a meal with us as we will be

having a BBQ on this same day. We will also be showcasing student work for everyone's enjoyment.

As we are starting our scholarship and bursary process for this year's graduates, I would like to thank all of our donors in the community that help give our young people heading off to post-secondary studies a little financial help. This is very important for these students as the first year of studies is often the most difficult to finance.

If you are currently not a part of our scholarship and bursary program but are interested, please give us a call at the school to get more information.

What's new at SESS:

**SESS Facebook Page**

Go to: Similkameen Elementary Secondary School

If you use Facebook, please "Like" us to follow current events at SESS.

**SESS Twitter Page**

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One-to-One Reading program for Elementary students is all set to start Tuesday April 10th and will run through to the end of May. If you would like to volunteer for one-to-one reading, we are still looking for a couple of more individuals.

You can contact Karen Duff 250.499.7171.

- Principal Marcus Toneatto

## History continues

..... continued from Front Page -ton & District Museum & Archives on Vermilion Avenue. Entry by donation.

"For the close of the Upper Similkameen Spirit Festival, we are excited to announce a special performance by Tiinesha Begaye at Riverside Centre on April 15th at 3:00 PM," Jones adds.

Tiinesha, whose heritage is Navajo

and Similkameen, plays a blend of Canadian style hand drumming with elements of Diné social singing and presents songs that capture the excitement and energy of native youth today.

Tickets will be available at the door at \$5 each.

For more details on events, including the Pow Wow schedule, visit [www.princetonarts.ca](http://www.princetonarts.ca).

[www.gotpeppers.info](http://www.gotpeppers.info)

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1826 - 1926

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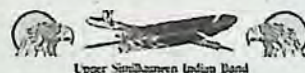
HISTORY OF THE  
POW WOW

Exhibit open 10am-3pm  
until Sun. 14<sup>th</sup> April  
at the Princeton Museum

Info: [similkameenspirit@gmail.com](mailto:similkameenspirit@gmail.com) - [www.princetonarts.ca](http://www.princetonarts.ca)

CONCERT  
TIINESHA BEGAYE

Singer & Hand Drummer  
3pm, SUN. 15<sup>th</sup> APRIL  
at Riverside Centre  
\$5 ON DOOR





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## Prince Town 1826-1926

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 1826 - 1926

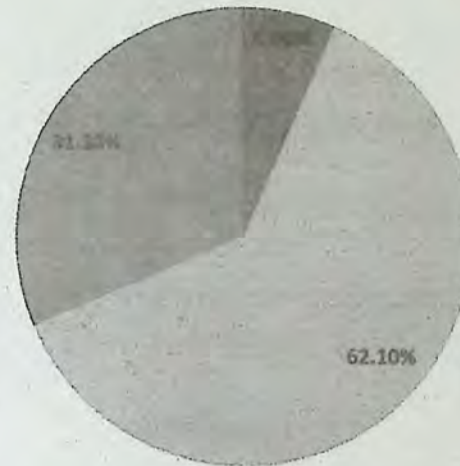
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**From Fur Traders to Miners to the Railroad**

## Total 2011/12 Unscheduled Emergency Department Visits by Time of Day



This chart breaks down 2011/12 unscheduled emergency department visits at Princeton General Hospital by time of day. Less than 7% of them are between 12 Midnight and 8:00 AM. Chart: Interior Health

## Health/Lifestyle News

### What Is An Adverse Drug Reaction?

(NC)—By definition, an adverse reaction to a health product is an undesirable side effect from ingesting or using health products. Health products include both prescription and non-prescription pharmaceuticals, biologically-derived products such as vaccines, serums, and blood-derived products; cells, tissues and organs; disinfectants; and radioactive

pharmaceuticals.

Even though health products are tested and approved for use in Canada, reactions can occur under normal use of the product and anyone can develop a reaction. The degree to which a person reacts differs between individuals. Be on the lookout if you or someone you care for reacts within minutes after expo-

sure or if the symptoms have developed over time. Reactions can range from minor skin rashes to more serious and life-threatening events, such as a heart attack or liver damage.

Before you get too concerned, keep in mind that all health products can have risks and benefits. Before a product is marketed, it's tested under very controlled conditions in clinical trials. However, these initial clinical trials mostly detect common and frequent adverse reactions, not rare reactions or ones that may happen after a product is used outside of the controlled settings of a clinical trial, under "real life" circumstances.

Health Canada continually monitors health products for side effects with help, in part, from its MedEffect Canada system, an initiative that enables easy reporting of adverse reactions to the Canada Vigilance Program. It also provides access to new product safety information.

If you or someone you care for experiences a serious and unexpected side effect, seek medical advice right away and ask your doctor or pharmacist about reporting the reaction to Health Canada. You can also report it by visiting [www.health.gc.ca/medeffect](http://www.health.gc.ca/medeffect), or by calling 1-866-234-2345 toll free.

MedEffect Canada uses a variety of mechanisms to share information and to help Canadians stay informed about advisories and recalls that are issued by Health Canada, as well as by industry, for health products, such as pain relievers, cold medicines, prescription drugs, medical devices, vaccines and natural health products.

The more we report adverse reactions, the greater the pool of information that can be shared with all Canadians.

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 to think about a charitable legacy

You've always been known for your generosity to your family, friends and especially to your favourite charities. As you consider the legacy you wish to leave, the desire to continue your tradition of charitable giving becomes an even more important consideration.

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Al Anderson, BBA, CFP, TEP  
 Financial Consultant

Phone: (250) 295-3555  
[alan.anderson@investorsgroup.com](mailto:alan.anderson@investorsgroup.com)



Investors Group Financial Services Inc.

Details of the Investors Group Charitable Giving Program, including eligible funds, current fees and expenses, and other requirements, are available upon request in the Program Guide. Donations under the Program are deductible and meet with the Strategic Charitable Giving Foundation—a registered charitable foundation which is responsible for making all arrangements and operates independently from Investors Group. All investments owned by IGI Financial Inc. and licensed to its subsidiary corporations.

MS110 10/2011

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## Living Past 100

### Building Bones For A Long Life

One of the most painful and disabling conditions of old age is bone density loss, commonly known as osteoporosis. Most people will have this condition before they die, but those who will suffer worst are those who have a deteriorating spine. There is no cure for this condition, but it can be prevented by proper diet and exercise, and supplementing with Vitamin D and calcium.

Calcium supplements come in many forms, but the best source of calcium comes from plants and dairy products and beans. Broccoli, milk, yogurt, garbanzo beans, white beans, pinto beans and lima beans are among the best sources in your diet. You should be eating beans at least twice a week, and you should be eating broccoli, yogurt and cheese on a regular basis.

The older you become, the more difficult it is for your body to absorb calcium, and a lack of calcium means your body will turn to your bones and extract calcium. Your body needs calcium for more than bone density: calcium feeds your nerves and muscles. As the nervous system is more crucial to body function than bones, your body will feed your nervous system first, even if it means losing calcium from the bones.

The next most important element of retaining bone density is exercise, and not just any exercise. You must jostle your bones, which means you must engage in high impact exercise for at least a few minutes a day. The best way to do this is run, just for a few minutes at a time. Ordinary walking is good exercise, but only if you are walking over rough ground for a half hour or more. This is why taking a hike in the country is better for your bones than a walk on a paved surface.

When should you start taking calcium supplements? Some medical researchers say you should start as young as 40 if female and 50 if male. According to the latest research, all people over age 60 should be taking calcium supplements. However, before you launch into calcium supplementation, have your doctor refer you for a bone density scan. If you do not need supplements, do not take them. If you have maintained good bone density through your diet, you are not going to need a supplement yet.





News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - April 10 - 16, 2012



It's still winter at the Dixon Ranch with snow piled up everywhere, but that didn't stop an enthusiastic group from starting riding lessons with Lorraine Stubbins last week. - photo submitted

## Park proposal returns

There is no denying that one of the most talked about issues in the Similkameen Valley in recent years has been the national park proposal.

Chloe O'Loughlin of CPAWS (Canadian Parks and Wilderness Society) made a presentation at the April 2nd Town Council meeting as well as the following day at Riverside Centre.

Regardless of what side of the issue you sit on, there is a lot of information being issued on the matter.

In a 4-page information hand out titled 'What You Need To Know' about the South Okanagan-Similkameen National Park Reserve dated February 20, 2012 CPAWS covers a lot of details.

The park establishment process and current approval status:

- In 2003, the BC and federal governments agreed to consider if a national park was feasible in the

South Okanagan-Similkameen. The study is co-managed by a Federal-Provincial Steering Committee, and funded and staffed by Parks Canada plus 'locals' Bruno Delesalle and Debbie Clark and Richard Carson from the Gulf Islands.

- A national park concept plan was introduced in 2006 and revised in 2010 to address local concerns.

- In December 2010, after 8 years of study costing millions of dollars, the Federal-Provincial Steering Committee submitted a report to both governments.

- The conclusion of the report is that the national park is feasible and it has a number of recommendations about how best to move forward.

- In December 2011, the Province of BC publicly stated that, despite the recommendations of the feasibility study, there was not enough local support at this time to move

forward.

- The federal government, who cannot legally establish a national park without the Province, honours that position, and as a result they are not currently engaging with the public. (First Nations consultations continue.)


- But the federal government maintains their commitment to this national park. The National Parks System Plan cannot be completed without a national park representing this unique ecosystem.

- The Province of BC has publicly stated that they need to hear support for the park from local mayors/town councils, business/tourism, and First Nations.


"If a national park was established, this is what you will get," O'Loughlin told town council.

She reviewed the business case, ..... continued on Page 23

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I couldn't find enough Easter Eggs in town for everyone, so I'd like to treat everyone to a 20 ounce hot beverage for the price of a 16 ounce!



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# Tuesday Movies

**EVENING**

9:00 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.  
 KNOW ch.5 "Marwencol" (2010, Documentary) After recovering from a brutal attack

that left him in a coma, Mark Hogencamp builds a miniature World War II-era town in his backyard and creates photographic stories of its intrigues. (CC)  
 11:00 pm WTBS ch.3 "Cellular" (2004, Suspense) Kim Basinger. A young man tries to help a kidnapped stranger after she contacts him on a cell phone.

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# News Leader Horoscopes

April 11 - 18, 2012

**ARIES** - You feel many changes taking place as a result of things going on in your own mind. You have a lot of bright ideas, and you are incorporating more different modes of thought into your way of seeing things. This is part of a revitalizing trend that will last many years.

**TAURUS** - You may be experiencing a number of health or employment challenges. You need to identify what is stressing you and deal with it. If it seems like things are changing all around you and you can't get a grip on things, it could be that you need to shift the way you see the world.

**GEMINI** - Career plans you made a month ago get the green light now. Move ahead, but be sure you communicate with all people who will be affected by your plans. Groups you associate with are changing and introduce new elements into your life. Expect the unexpected from them.

**CANCER** - Career matters seem to be in an uproar or constantly shifting. You may have to sit back and let things work themselves through. Do not let the situation stress you. Enjoy groups you associate with and spend time at home looking after property and family matters.

**LEO** - Travel can be educational at this time, exposing you to many unexpected or mind-expanding experiences. If not traveling, you may be widening your knowledge of the world through studies, research, or meeting people different from those you usually encounter.

**VIRGO** - You may have been feeling you were locked into a phase and things were at a standstill, but you are now going to be able to move forward. Now is a good time to express yourself, show others how strong you are, or take the lead in some way. Stand tall, go for it!

**LIBRA** - This is a time for a lot more one on one interaction with others. Employment matters are moving ahead, partnerships can be stabilized and relationships are rewarding. You are still serious and steady, but making good progress now. Conserve as much as you can for the future.

**SCORPIO** - Others are very good to you and you may receive unexpected gifts. Plans made with groups you belong to can go ahead now, but there may be some conflict. These associates will keep you busy and tend to be unpredictable. Focus on work and health. Talk to youngsters.

**SAGITTARIUS** - Plans at home can move ahead. Spend some time with loved one, good friends, and make room for more pleasure in your relationships with others. People you consult will give you good advice and if you want to sell something, this is a great time to do so.

**CAPRICORN** - Home and family occupy your interest and your time now. This is a good time to do spring cleaning and spruce up your home environment. If you are on the job, you can enjoy people you work with. Your health should be good now. If single, find romance next week.

**AQUARIUS** - Spend some time being creative. You need to create beauty around you, perhaps in your home or garden. Spend more time communicating with others, go for walks, take short trips, expand your daily life to include other people. Home is where the heart is this month.

**PISCES** - You derive a lot of pleasure out of daily contacts with people, short trips, and doing errands. Your greatest pleasure is at home, enjoying your own comforts. This is a good time to beautify your home, perhaps through redecorating or just doing a clean-up. Enjoy flowers.

**TUESDAY, APRIL 10, 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	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N) Ⓢ	Arthur Ⓢ	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds Ⓢ Ⓢ	News	(5:30) Morning News (N) Ⓢ	(4:30) Morning News (N) Ⓢ	CBC News Now Ⓢ	Kid vs. Kat Super Evil	SportsCentre Ⓢ	(5:30) CTV Morning Live (N) Ⓢ	Junk Raiders	Henry's Phineas	CityLine (N) Ⓢ	Auction	Debt/Part
7 AM	Cosby		Hi-5 Ⓢ	Arthur	Today Carole King; Christina	CBS This Morning (N) Ⓢ	Criminal Minds Ⓢ Ⓢ	Good Morning America (N) Ⓢ			Turbo	Sidekick	SportsCentre Ⓢ		Mayday "Dead Tired"	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY Ⓢ	Deck Wars Ⓢ
8 AM	Excused		WordWorld	Curious	Applegate. (N) Ⓢ Ⓢ		CSI: Miami Ⓢ Ⓢ			100 Huntley Street Ⓢ	Bo On/Go	Pokémon	SportsCentre Ⓢ		Bering Sea Gold Ⓢ	ANT Farm Phineas	Rachael Ray Ⓢ Ⓢ	CSI: Crime Scene	Four Weddings Canada
9 AM	Family Fd	100 Huntley Street Ⓢ	Wibbly Pig	Super Why!		The 700 Club Ⓢ	CSI: Miami "Kill Clause"	Live! With Kelly (N) Ⓢ	100 Huntley Street Ⓢ	World Vision Ⓢ	Super Why! News	Rescue Berenstain	SportsCentre Ⓢ	Live! With Kelly (N) Ⓢ	Cash Cab	Doc McSt.	Access Hollywood Live	CSI: Crime Scene	Four Weddings Canada
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street Ⓢ (E)		The Price Is Right (N)	Criminal Minds Ⓢ Ⓢ	The View (N) Ⓢ Ⓢ	World Vision	Sarah	Poko Ⓢ	Little Bear	Triathlon	The View (N) Ⓢ Ⓢ	Mighty Planes Ⓢ	Mickey Manny	The Chew Ⓢ Ⓢ	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Sarah	Save Ums	Sid	The Doctors Ⓢ	Young & Restless	Criminal Minds Ⓢ Ⓢ	Paid Prog.	Sarah	Noon News Hour (N)	Animal	G. Shrinks	Billiards	Marilyn Denis	Mayday Ⓢ	Phineas Suite/Deck	The Revolution	CSI: Crime Scene	Frasier Ⓢ
12 PM	Law Order: CI	Noon News Hour (N)	Pingu Ⓢ	Charlie Ross (N) Ⓢ	Grt Pillow	News	The First 48 Ⓢ	The Chew Ⓢ Ⓢ	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) Ⓢ	Puppies Almost	Women's Hockey	CTV News (N) Ⓢ Ⓢ	Natural Born Dealers	Wizards Hannah	General Hospital (N) Ⓢ	Jail Ⓢ	Frasier Ⓢ
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Paint	Days of our Lives (N)	The Talk Ⓢ Ⓢ	The First 48 Ⓢ	The Revolution	Days of our Lives (N)	The Talk Ⓢ Ⓢ	This Beat Goes On	Kid vs. Kat Super Evil		The Dr. Oz Show Ⓢ	Bering Sea Gold Ⓢ	Sonny Zoey 101	CityLine Ⓢ Ⓢ	Jail Ⓢ	3rd Rock
2 PM	King	The Talk Ⓢ Ⓢ	Franklin Ⓢ	Barney	Pearlie (E)	Let's Make a Deal (N)	The First 48 Ⓢ	General Hospital (N) Ⓢ	The Talk Ⓢ Ⓢ	The Doctors Ⓢ	Steven and Chris (N) Ⓢ	Sidekick Squirrel	Interruption	Anderson (N) Ⓢ Ⓢ	Myth-Busters Ⓢ Ⓢ	So Raven Ned's	CityNews at 5 (N) Ⓢ	Jail Ⓢ	Gold Girls
3 PM	The Office	The Doctors Ⓢ	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil (N) Ⓢ Ⓢ	Storage	Rachael Ray Ⓢ Ⓢ	The Doctors Ⓢ	Young & Restless	Recipes Stefano	Almost Sidekick	SportsCentre (N) Ⓢ Ⓢ	Dr. Phil (N) Ⓢ Ⓢ	Cash Cab	Wizards Suite/Deck	CityNews at 6 (N) Ⓢ	Jail Ⓢ	Four Weddings Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur Ⓢ	Jdg Judy	The Dr. Oz Show Ⓢ	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mercer	SpongeBob Penguins	NHL	Ellen DeGeneres Show	Daily Planet (N) Ⓢ	Phineas	How I Met 30 Rock	Jail Ⓢ	Four Weddings Canada
5 PM	Browns	News (N) Ⓢ	Jack (N)	News	News	News	Storage	News	Early News	News Hour (N) Ⓢ	News	Parents	NHL	CTV News at Five (N)	How/Made	Wingin' It	Last Man	Jail Ⓢ	Frasier Ⓢ
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N) Ⓢ	News	KREM 2 News at 6 (N) Ⓢ	Storage	News	(5:59) News Hour (N)	ET Canada	News	iCarly Ⓢ	NHL on TSN Stanley Prev.	CTV News (N) Ⓢ Ⓢ	Sons of Guns (N)	Suite/Deck Wizards	New Girl	Jail Ⓢ	Frasier Ⓢ
7 PM	Seinfeld Ⓢ	Ent	Hope for Wildlife Ⓢ	Titanic-Len	Jeopardy!	Inside Ed.	Storage	Ent	Ent	NCIS (N) Ⓢ (DVS)	Coronation Street (N)	iCarly Ⓢ	SportsCentre (N) (Live) Ⓢ	etalk Ⓢ	Auction	Shake It	(7:01) Body of Proof Ⓢ	Big Easy	3rd Rock
8 PM	Family Guy	Glee "Big Brother" (N)	Myths and Heroes	Saving the Titanic Ⓢ	The Biggest Loser (N)	NCIS (N) Ⓢ (DVS)	Storage	Last Man	Glee "Big Brother" (N)	Glee "Big Brother" (N)	Hockey Night	iCarly Ⓢ	Off Record	Missing (N) Ⓢ (DVS)	Daily Planet Ⓢ (DVS)	Jessie Ⓢ	News	Big Easy	Debt/Part
9 PM	Movie: "Biker Boyz" (2003)	NCIS: Los Angeles (N)	Movie: "Marwencol" (2010) Ⓢ	Frontline	The Voice Ⓢ Ⓢ	NCIS: Los Angeles (N)	Storage	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Just for Laughs (N) Ⓢ	Funnest Home Videos	High Stakes Poker	The Voice Ⓢ Ⓢ	Sons of Guns	Suite/Deck Wingin' It	Seinfeld Ⓢ	Jail Ⓢ	Roseanne
10 PM	Derek Luke	NCIS (N) Ⓢ (DVS)	Snapshot	Moyers & Company Ⓢ	Fashion Star (N) Ⓢ	Unforgettable (N) Ⓢ	Storage	(10:01) Body of Proof	NCIS (N) Ⓢ (DVS)	News Hour Final (N)	National	Boys	SportsCentre (N) Ⓢ	Unforgettable (N) Ⓢ	Auction	Zoey 101	The Nate Berkus Show	Jail Ⓢ	Gold Girls
11 PM	Movie: "Cellular" (2004)	CHBC News Final (N)	Hope for Wildlife Ⓢ	Charlie Ross (N) Ⓢ	News	News	Storage	News	News Hour Final (N)	Ent	Stromboli-topoulos	Splat!ot	SportsCentre Ⓢ	CTV News	How/Made	Ned's	Paid Prog.	Entourage	Frasier Ⓢ



# News Leader Recipe 497

## Easy Mushroom & Cheese Frittata

### Ingredients:

- 8 eggs
- 1/4 cup 2% milk
- 1/4 cup grated Parmesan cheese
- 1 tsp dried sage leaves
- 1/4 tsp ground pepper
- 2 tbsp olive oil or butter
- 1 medium onion, diced
- 1/2 cup red pepper, diced
- 8 oz sliced small mushrooms
- 2 cloves garlic, minced
- 2 tbsp minced parsley (optional)
- 3/4 cup shredded Provolone, Swiss or Jarlsberg cheese

### Directions:

In a large bowl or measuring cup whisk eggs, milk, Parmesan cheese, sage and pepper together until well mixed, set aside. Preheat oven to 350°F (180°C).

In a 10" (25 cm) non-stick skillet heat oil over medium-high heat; sauté onion and red pepper 2-3 minutes or until softened. Add mushrooms and sauté 4-5 minutes or until lightly browned; add garlic and cook 1 minute. Pour egg mixture into skillet mixing lightly to incorporate mushrooms; sprinkle with parsley if desired. Bake in oven about 12-15 minutes or until just set in the centre and no longer moist on top. Sprinkle with cheese and return to oven for 2 minutes to melt cheese. Loosen around the edges with a rubber spatula and slide out onto serving plate. Cut in wedges to serve. Serve hot or at room temperature. Makes 4 servings

Variation: Instead of cooking the frittata in oven it may be cooked on top of stove over medium-low heat; lifting outer edges of omelet to allow uncooked portion to run underneath, then cover and cook until just set. Turn off heat. Sprinkle with cheese and cover to melt cheese.

Tip: Substitute 4 eggs and 4 egg whites for the 8 eggs to lower fat.

### Nutritional Information:

Calories: 346, Sodium: 416 mg, Protein: 22.9 g, Fat: 24.6 g, Carbohydrates: 8.7 g, Dietary Fibre: 1.7 g.

For more great mushroom recipes, tips and information visit Mushrooms Canada online at [www.mushrooms.ca](http://www.mushrooms.ca)

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## Wednesday Movies

### EVENING

9:00 pm WTBS ch.3 "Cellular" (2004, Suspense) Kim Basinger. A young man tries to help a kidnapped stranger after she contacts him on a cell phone.

### 11:00 pm WTBS ch.3 "Head of State"

(2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running

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## WEDNESDAY, APRIL 11, 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	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat	SportsCentre	(5:30) CTV Morning Live (N)	Breakout	Henry's	CityLine (N)	Auction	Debt/Part
7 AM	Cosby		Hi-5	Arthur	Today	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday	Suite/Deck	The Nate Berkus Show	CSI: NY	Wipeout Canada
8 AM	Excused		WordWorld	Curious			CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Junk Raiders	ANT Farm	Rachael Ray (N)	CSI: Crime Scene	Intervention Canada
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	CSI: Miami	Livel With Kelly (N)	100 Huntley Street	World Vision	Super Why! News	Rescue	SportsCentre	Livel With Kelly (N)	Cash Cab	Mickey	Access Hollywood Live	CSI: Crime Scene	Intervention Canada
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street		The Price is Right (N)	Criminal Minds	The View (N)	World Vision	Sarah	Poko	Little Bear	Motorcycle	The View (N)	Canada's Worst Driver	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Sarah	Save-Ums!	Sid	The Doctors	Young & Restless	Criminal Minds	Paid Prog.	Sarah	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Inventions That Shook	Phineas	The Revolution	CSI: Crime Scene	70s Show
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Rated A		CTV News (N)	Mayday	Wizards	General Hospital (N)	CSI: Crime Scene	70s Show
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Oil Painting	Days of our Lives (N)	The Talk	The First 48	The Revolution	Days of our Lives (N)	The Talk	Coronation	Kid vs. Kat	NHL	The Dr. Oz Show	Auction	Sonny	CityLine	CSI: Crime Scene	3rd Rock
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Sidekick	Off Record	Anderson (N)	Myth-Busters	So Raven	CityNews at 5 (N)	Auction	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil "Mad Men" (N)	Storage	Rachael Ray (N)	The Doctors	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil "Mad Men" (N)	Cash Cab	Wizards	CityNews at 6 (N)	Am Digger	Intervention Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Auction	Intervention Canada
5 PM	Browns	News (N)	Jack (N)	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	Parents	NHL Hockey (N Subject to Blackout) (Live)	CTV News at Five (N)	Bering Sea Gold	Wingin' It	The Middle	Auction	70s Show	
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Dog	News	(5:59) News Hour (N)	ET Canada	iCarly			CTV News (N)	Sons of Guns	Suite/Deck	Mod Fam	Auction	70s Show
7 PM	Seinfeld	Ent	Frontiers-Const	Nature	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Titanic (N)	News	iCarly "IQ"	SportsCentre (N) (Live)	etalk	Sons of Guns	Shake It	Revenge (N)	Am Digger	3rd Rock
8 PM	Family Guy	Survivor: One World (N)	Bombay Railway	NOVA (N) (DVS)	Betty	Survivor: One World (N)	Duck D.	The Middle	Survivor: One World (N)	Survivor: One World (N)	Dragons' Den (N)	iCarly	Off Record	American Idol The remaining finalists perform.	Daily Planet (DVS)	Austin	News	Repo	Debt/Part
9 PM	Movie: "Cellular"	Rookie Blue	Tribute to Gustav Mahler (N)	America Revealed	Rock Center	Criminal Minds (N)	Storage	Mod Fam	Rookie Blue	Divorced Daughter	Republic of Doyle	Funnest Home Videos	Fight Sports	Sons of Guns	Shake It	Seinfeld	Auction	Roseanne	
10 PM	Movie: "Head of State"	CHBC News-Final (N)	Frontiers-Const	Charlie Rose (N)	News	News	Duck D.	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	CTV News	Bering Sea Gold	Zoey 101	The Nate Berkus Show	Am Digger	Gold Girls
11 PM				Jay Leno	Letterman	Duck D.	Nightline	News Hour Final (N)	ET Canada		Weird			CTV News	Sons of Guns	Ned's	Paid Prog.	Entourage	70s Show



# Around The Similkameen



Although it's hard to tell from this photo, there was a great support March 31st by local residents choosing to mark Earth Hour away from home and with friends at Veterans Square. \*



Cooper's Foods Manager Rob Bett manned the grill during Earth Hour celebrations March 31st at Veterans Square on Vermilion Avenue. \*



The Upper Similkameen Spirit Festival starts each pow wow with a Grand Entry. This year's event was held in PSS gym over Easter weekend. \*



A dancer participating in the 'Junior Boys' event puts a ton of effort into his moves during the Upper Similkameen Spirit Festival held April 6th to 8th at Princeton Secondary School gym. \*

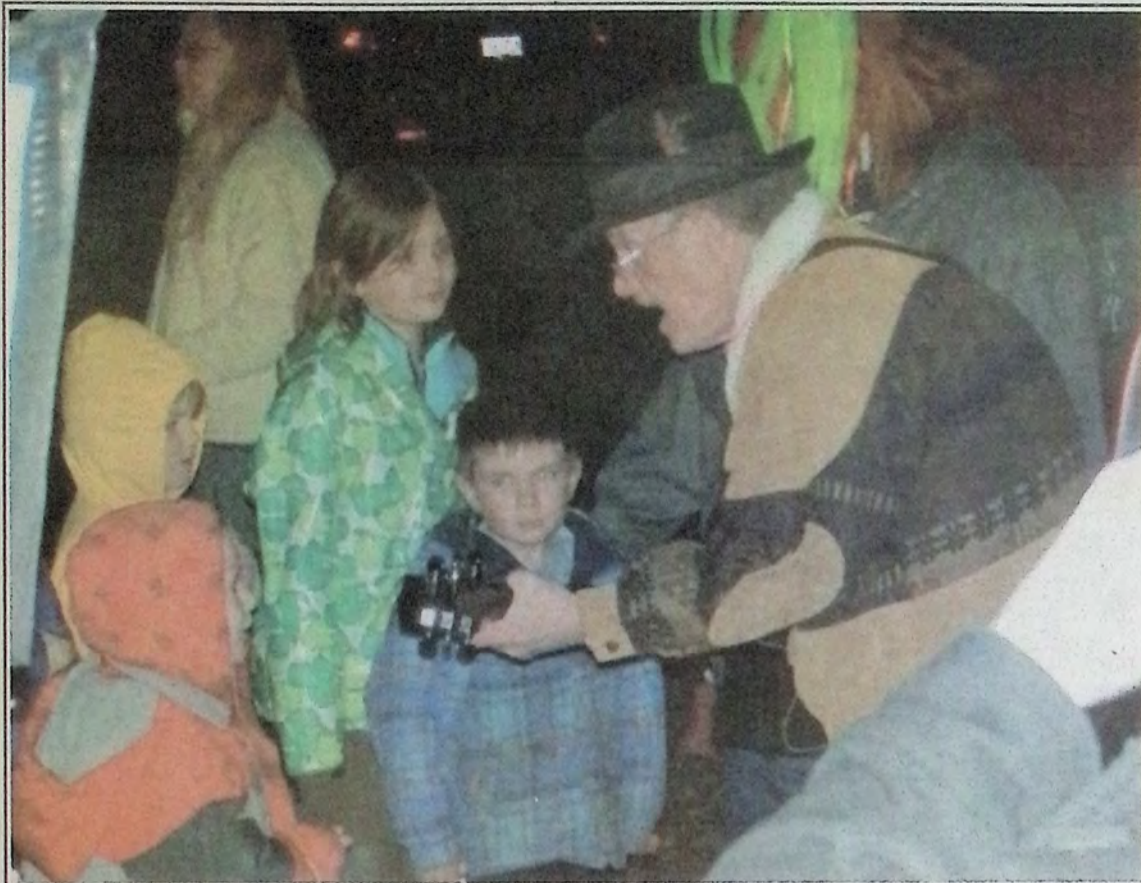


The South Similkameen Museum Society held a Tea and Social March 31st at the Ecumenical Church in Keremeos. The event brought together close to 30 people who shared stories, looked at artifacts, and witnessed how a picture can be scanned into a computer to be saved in the Museum's database. Photo: Arlene Arlow



Did the picture get scratched or is that white stuff falling at Twin Lakes? This picture taken March 31st shows the Twin Lakes Golf Resort will soon be open for golf and good food (if that white stuff stops falling). Photo: Arlene Arlow





Al Kovaltsenko provided live entertainment as part of the Earth Hour celebration March 30th at Veterans Square. \*

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## Thursday Movies

**EVENING**

9:00 pm WTBS ch.3 "Head of State" (2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running mate.

10:00 pm KNOW ch.5 "Water on the Table" (2010, Documentary) Maude Barlow. An exploration of water and the right to access it. (In Stereo) (CC)

11:00 pm WTBS ch.3 "The Holiday" (2006, Romance-Comedy) Cameron Diaz. Two women, one from America and one from England, swap homes at Christmastime after bad breakups with their boyfriends.

KNOW ch.5 "Dirt! The Movie" (2009, Documentary) Bill Logan. Premiere. The relationship between humans and dirt is examined. (CC)

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### THURSDAY, APRIL 12, 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
6 AM	In the Heat of the Night	(5:30) Morning News (N) [RE]	Arthur [RE] Rob Robot	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	News	(5:30) Morning News (N) [RE]	(4:30) Morning News (N) [RE]	CBC News Now [RE]	Kid vs. Kat Super Evil	SportsCentre [RE]	(5:30) CTV Morning Live (N) [RE]	Licence to Drill	Henry's Phineas	CityLine (N) [RE]	Auction	Debt/Part
7 AM	Cosby		Hi-5 [RE] Magic Bus	Arthur Martha	Today Today's Health;	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Turbo Cat in the Hat	Sidekick Beyblade	SportsCentre [RE]		Mayday [RE]	Sulte/Deck Hannah	The Nate Berkus Show	CSI: NY [RE]	Deck Wars [RE]
8 AM	Excused		WordWorld Dinosaur	Curious	singer Adam Levine. (N) [RE]		CSI: Miami [RE]		100 Huntley Street [RE]		Bo On/Go Busytown	Pokémon Kid vs. Kat	SportsCentre [RE]		Machines I Could Do	ANT Farm Phineas	Rachael Ray (N) [RE]	CSI: Crime Scene	Instant
9 AM	Family Fd	100 Huntley Street [RE]	Wibbly Pig Princess	Super Why! Dinosaur		The 700 Club [RE]	CSI: Miami [RE]	Live! With Kelly (N) [RE]	100 Huntley Street [RE]	World Vision [RE]	Super Why! News	Rescue Berenstain	SportsCentre [RE]	Live! With Kelly (N) [RE]	Cash Cab Cash Cab	Mickey Doc McSt.	Access Hollywood Live	CSI: Crime Scene	Instant
10 AM	Millionaire	World Vision [RE]	Numbjack Mr. Moon	Sesame Street [RE] (E)		The Price Is Right (N)	Criminal Minds [RE]	The View (N) [RE]	World Vision [RE]	Sarah Debt/Part	Poko [RE] Doodlebop	Little Bear Big-Small	Lumber Motoring	The View (N) [RE]	Worst Handyman	Mickey Manny	The Chew [RE]	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Sarah Debt/Part	Save-Ums! [RE] Rolie Polie	Sid Sit & Be Fit	The Doctors [RE]	Young & Restless	Criminal Minds [RE]	Paid Prog. Paid Prog.	Sarah Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue	Billiards	Marilyn Denis	Mayday "Bad Attitude"	Phineas Suite/Deck	The Revolution	CSI: Crime Scene	Friends [RE]
12 PM	Law Order: CI	Noon News Hour (N)	Pingu [RE] Peep, Big	Charlie Rose (N) [RE]	Paid Prog. Paid Prog.	News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Pupples Almost	E:60 [RE]	CTV News (N) [RE]	Sons of Guns [RE]	Wizards Hannah	General Hospital (N) [RE]	DEA [RE]	Friends [RE]
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Zoboom	Painting Knit	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	The Revolution	Days of our Lives (N)	The Talk [RE]	Coronation Jeopardy!	Kid vs. Kat Super Evil	High Stakes Poker	The Dr. Oz Show [RE]	Sons of Guns	Sonny Zoey 101	CityLine [RE]	DEA "Deadly Chase"	3rd Rock
2 PM	King	The Talk [RE]	Franklin [RE] Little Bear	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	The First 48 [RE]	General Hospital (N) [RE]	The Talk [RE]	The Doctors [RE]	Steven and Chris (N) [RE]	Sidekick Squirrel	Off Record Interruption	Anderson (N) [RE]	Myth-Busters [RE]	So Raven Ned's	CityNews at 5 (N) [RE]	DEA [RE]	Gold Girls
3 PM	The Office	The Doctors [RE]	Rob Robot Berenstain	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil (N) [RE]	The First 48 [RE]	Rachael Ray (N) [RE]	The Doctors [RE]	Young & Restless	Recipes Wheel	Almost Sidekick	SportsCentre (N) [RE]	Dr. Phil (N) [RE]	Cash Cab How/Made	Wizards Suite/Deck	CityNews at 6 (N) [RE]	DEA "Up the Ladder"	Instant
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur [RE]	Fetch! With Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show [RE]	The First 48 [RE]	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Conference Quarterfinal: Teams TBA. (N) [RE] (Live)	SpongeBob Penguins	Hockey NHL Hockey (N Subject to Blackout) (Live) [RE]	Ellen DeGeneres Show	Daily Planet (N) [RE]	Phineas Phineas	How I Met	DEA "Deep Cover" [RE]	Instant
5 PM	Browns	News (N) [RE]	Jack (N) Martha	News Business	News NBC News	News CBS News	The First 48 [RE]	News ABC News	Early News Global Nat.	News Hour (N) [RE]	Conference SpongeBob [RE]	Parents SpongeBob (Live) [RE]	CTV News at Five (N)	Frozen Planet [RE]	Shake It Shake It	Community 30 Rock	Big Easy	Friends [RE]	
6 PM	Browns	Global Nat.	Parks Undersea	PBS News-Hour (N) [RE]	News Millionaire	KREM 2 News at 6 (N)	The First 48 (N) [RE]	News	(5:59) News Hour (N)	ET Canada	ICarly [RE]	Zoink'd! [RE]	CTV News (N) [RE]	Frozen Planet "Winter"	Shake It Shake It	Raising Broke Girl	IMPACT Wrestling (N) [RE]	Friends [RE]	
7 PM	Seinfeld [RE]	Ent	Great Canadian Parks	Iceberg Sank	Jeopardy! Wheel	Inside Ed. Accese H.	The First 48 (N) [RE]	Ent	Ent	Awake "Ricky's Tacos"	News Laughs	ICarly [RE]	SportsCentre (N) (Live) [RE]	etalk [RE]	Myth-Busters [RE]	Shake It Good Luck	(7:02) Scandal (N) [RE]	3rd Rock	
8 PM	Family Guy	The Exes	The Story of Science	Prime Suspect [RE]	Community 30 Rock	Big Bang Rules	(8:01) The First 48 [RE]	Missing (N) [RE]	The Exes	The Exes	The Nature of Things	Victorious	Off Record	Two Men	Good Luck	News	MMA	Debt/Part	
9 PM	Movie: "Head of State"	Touch "Entanglement"	"Dirt! The Movie" [RE]	Mi-5 [RE]	The Office All Night	Big Bang Broke Girl	(9:01) The First 48 [RE]	Grey's Anatomy (N) [RE]	Touch "Entanglement"	Touch "Entanglement"	Rise Up! [RE]	Funnlest Home Videos	Magazine Rally	Grey's Anatomy (N) [RE]	Frozen Planet [RE]	Really Me Wingin' It	Seinfeld [RE]	BlueMount	Roseanne
10 PM	(2003) Chris Rock.	Awake "Ricky's Tacos"	"Water on the Table"	Independent Lens (N)	Awake "Ricky's Tacos"	Person of Interest [RE]	(10:01) The First 48	(10:01) Scandal (N) [RE]	Awake "Ricky's Tacos"	News Hour Final (N)	National	Boys Mr. Young	SportsCentre (N) [RE]	(10:01) Criminal Minds	Frozen Planet "Winter"	Zoey 101 So Raven	The Nate Berkus Show	GTTV	Gold Girls
11 PM	Movie: "The Holiday"	CHBC News Final (N)	Berlin "Ruined Visions"	Charlie Rose (N) [RE]	News Jay Leno	News Letterman	(11:01) The First 48	News Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Zoink'd! [RE] Weird	SportsCentre [RE]	CTV News CTV News	Myth-Busters [RE]	Ned's Princess	Paid Prog. Entourage	MMA	Friends [RE]



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# Friday Movies

**EVENING**

8:00 pm YTV ch.18 "Picture This!" (2008, Comedy) Ashley Tisdale. A grounded high-school senior must outsmart her father to attend a party. (In Stereo) (CC) FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo) (CC) 9:30 pm SPIKE ch.44 "American Pie Presents: The Book of Love" (2009, Comedy) Eugene Levy.

Three high-school buddies use a legendary sex manual to lose their virginity. (In Stereo) 10:13 pm FAM ch.26 "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Jungle 2 Jungle" (1997, Comedy) Tim Allen. A tribal boy leaves the Venezuelan jungle for the first time to visit his father in New York City.

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# News Leader Sudoku 397

by Carter Boswell

## HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

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

**THIS WEEK'S SOLUTION:**  
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News Leader Sudoku grids, puzzles and solutions  
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**FRIDAY, APRIL 13, 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
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	(5:30) CTV Morning Live (N)	Nerve Center	Henry's Phineas	CityLine (N)	Gangland	Debt/Part
7 AM	Cosby		Hi-5	Arthur	Today Author William Bratton; real estate. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Yu-Gi-Oh!	SportsCentre		Mayday	Suite/Deck Hannah	The Nate Berkus Show	Surviving Disaster	Wipeout Canada
8 AM	Excused		WordWorld	Curious			CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Myth-Busters	ANT Farm Phineas	Rachael Ray (N)	Surviving Disaster	Canadian Pickers
9 AM	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	CSI: Miami	Live! With Kelly (N)	100 Huntley Street	World Vision	Super Why! News	Rescue Berenstain	SportsCentre	Live! With Kelly (N)	Cash Cab	Mickey Never Land	Access Hollywood Live	MMA	Canadian Pickers
10 AM	Millionaire	Operation Smile	Numbrjack	Sesame Street		The Price is Right (N)	Criminal Minds "P911"	The View (N)	Operation Smile	Sarah	Poko	Little Bear	Lumber	The View (N)	I Could Do	Doc McSt.	The Chew	Surviving Disaster	Roseanne
11 AM	Law Order: CI	Sarah	Save-Ums!	Sid	The Doctors	Young & Restless	Criminal Minds	Paid Prog.	Sarah	Noon News Hour (N)	Animal	G. Shrinks	Billiards	Marilyn Denis	Mighty Ships	Phineas	The Revolution	Surviving Disaster	Married
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose (N)	Paid Prog.	News	The First 48 "Blackout"	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Rated A	Women's Hockey: IIHF World Championships: Semi-Final (N)	CTV News (N)	To Be Announced	Wizards	General Hospital (N)	Surviving Disaster	Married
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Color	Days of our Lives (N)	The Talk	The First 48	The Revolution	Days of our Lives (N)	The Talk	Coronation	Kid vs. Kat	Championships: Semi-Final (N)	The Dr. Oz Show		Sonny Zoey 101	CityLine	Surviving Disaster	3rd Rock
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Sidekick	Interruption	Anderson (N)	Myth-Busters	So Raven	CityNews at 5 (N)	Surviving Disaster	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil (N)	The First 48	Rachael Ray (N)	The Doctors	Young & Restless	Recipes	Monster High	SportsCentre (N)	Dr. Phil (N)	Cash Cab	Wizards	CityNews at 6 (N)	Surviving Disaster	Canadian Pickers
4 PM	Big Bang	Young & Restless	G. Shrinks	Biz Kids	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Surviving Disaster	Canadian Pickers
5 PM	Baseball: Milwaukee Brewers at Atlanta Braves (N) (Live)	News (N)	Jack (N)	News	News	News	Storage	News	Early News	News Hour (N)	Parents	SpongeBob	NHL Hockey (N) Subject to Blackout (Live)	CTV News at Five (N)	Frozen Planet (N)	Random Good Luck	Tough Choices	Surviving Disaster	Married
6 PM	Braves (N) (Live)	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	Ent	iCarly	Boys		CTV News (N)	Unusual	Shake It	Fringe (N)	Surviving Disaster	Married
7 PM	Seinfeld	Aboriginal Achievement Awards	Marine Machines	Wash.	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Aboriginal Achievement Awards	News	Victorious	SportsCentre (N) (Live)	etalk	Mayday (N)	Jessie	Mantracker (DVS)	Surviving Disaster	3rd Rock
8 PM	Family Guy	Awards	Doc Martin	Doc Martin	Who Do You	Undercover Boss (N)	Storage	Shark Tank (N)	Ringer (N)	Ron James	Movie: "Picture This!" (2009)	Ashley Tisdale.	Off Record	Undercover Boss (N)	Daily Planet (DVS)	Movie: "Lemonade Mouth" (2011)	EP Daily	Blg Easy	ET Canada
9 PM	Seinfeld	Harry's Law (N)	Peiot Hastings needs help in solving a death.	Art in the 21st Century	Grimm "Love Sick" (N)	Lionel Richie and Friends -In Concert	Storage	Primetime: What Would	Harry's Law (N)	Harry's Law (N)	fifth estate	E:60	Grimm "Love Sick" (N)	Unusual		Seinfeld	"American Pie Presents: The Book of Love"	Roseanne	
10 PM	Browns	Ringer (N)		Titanic-Len	Dateline NBC (N)		Storage	20/20 (N)	Ringer (N)	News Hour Final (N)	National	Mr. Young	SportsCentre (N)	CSI: Miami "L.A."	Frozen Planet	(10:13) Movie: "Read It and Weep"	Brandy & Ray J	Gold Girls	
11 PM	** "Jungle 2 Jungle"	CHBC News Final (N)	Marine Machines	Charlie Rose (N)	News	News	Storage	Sports	News Hour Final (N)	Ent	Stroumbouloupoulos	The Next Star	Formula One Racing	CTV News	Mayday	Princess	The Nate Berkus Show	Ways Die	Married







# News Leader Weekend - Sunday Movies

**MORNING**

8:00 am WTBS ch.3 "An Unfinished Life" (2005, Drama) Robert Redford. Old wounds get a chance to heal when a Wyoming rancher shelters his abused daughter-in-law and her child.  
A&E ch.9 "Independence Day"

(1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities. (CC)  
10:00 am WTBS ch.3 "Laws of Attraction" (2004, Romance-Comedy) Pierce Brosnan. Two successful attorneys fall in love despite battling each other in

high-profile divorce cases.

**AFTERNOON**

12:00 pm WTBS ch.3 "Rush Hour 3" (2007, Action) Jackie Chan. The assassination of a Chinese ambassador reunites Lee and Carter, who tangle with Triad gangsters in France.  
FAM ch.26 "Den Brother" (2010, Comedy) Hutch Dano. Suspended from his hockey team, a teenager becomes a substitute leader for his sister's Girl Scout troop. (In Stereo) (CC)  
2:00 pm YTV ch.18 "Air Bud: Golden Receiver" (1998, Comedy-Drama) Kevin Zegers. A golden retriever with a flair for sports helps a boy handle football and the new boyfriend of the boy's widowed mother. (In Stereo) (CC)  
3:00 pm VTV ch.22 "Spirit Bear: The Simon Jackson Story" (2005, Docudrama) Ed Begley Jr. A Canadian teenager leads a campaign to save an endangered bear. (In Stereo) (DVS)  
4:00 pm YTV ch.18 "Air Buddies" (2006, Comedy) Patrick Cranshaw. Five talking puppies band together to save their kidnapped parents. (In Stereo) (CC)  
5:00 pm WTBS ch.3 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment.

**EVENING**

6:00 pm YTV ch.18 "Cloudy With a Chance of Meatballs" (2009, Comedy) Voices of Bill Hader. Animated. When hard times hit the town of Swallow Falls, a failed inventor constructs a device that turns water into delicious food. (In Stereo) (CC)  
SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)  
6:10 pm CITY ch.29 "City Slickers" (1991, Comedy) Billy Crystal. On vacation, three men get to play cowboy on a dude-ranch cattle drive, but unexpected circumstances test their skills and stamina. (CC)  
6:45 pm WTBS ch.3 "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S. Customs agent to indict a launderer in Miami.  
8:00 pm CBC ch.13 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (CC)  
SPIKE ch.44 "Red Dragon" (2002, Suspense) Anthony Hopkins. Premiere. A former FBI agent asks Dr. Hannibal Lecter for help in stopping a serial killer who slaughters families. (In Stereo)  
9:00 pm FAM ch.26 "The Suite

Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)  
CITY ch.29 "Demolition Man" (1993, Science Fiction) Sylvester Stallone. The police defrost an imprisoned ex-officer to catch an escaped convict in 2032 San Angeles. (CC)  
9:30 pm WTBS ch.3 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza.  
10:30 pm FAM ch.26 "Opal Dream" (2005, Drama) Vince Colosimo. An Australian girl, who is overly attached to a pair of imaginary friends, reacts badly when her father tells her he lost them in a mine. (In Stereo) (CC)  
11:00 pm KNOW ch.5 "Dirt! The Movie" (2009, Documentary) Bill Logan. The relationship between humans and dirt is examined. (CC)  
KSPS ch.6 "Irena Sendler: In the Name of Their Mothers" (2010, Documentary) Polish social worker Irena Sendler and other women save thousands of Jewish children during World War II. (In Stereo) (CC)

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**SUNDAY, APRIL 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	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	Sports	Angler	To School	Mr. Rogers	Today (N)	Paid Prog.	The Sopranos	Paid Prog.	Angler	Canada	Super Why!	Kid vs. Kat	SportsCenter	Road to Avonlea	Gold Rush	Jungle	Tow Biz	Auction	Paid Prog.
6:30 AM	Mad About	Fishful	Dinosaurs	Signing	Today (N)	Paid Prog.	The Sopranos	Wall Street	Fishful	TribalTrail	Artzooka	Super Evil	Reporters	Marilyn Denls	Frozen Planet	Manny	Eye/Asla	Auction	Four Weddings Canada
7 AM	Career Day	Driving TV	Rob Robot	Wild	KHQ News	CBS News Sunday Morning	The Sopranos	Good Morning America	Driving TV	Sunday Morning News (N)	Coronation Street	Rated A	Reporters	Marilyn Denls	Frozen Planet	Manny	Eye/Asla	Auction	Four Weddings Canada
7:30 AM	P. Affairs	Canada	Magic Bus	Clifford	Invest	CBS News Sunday Morning	The Sopranos	This Week	Canada	Sunday Morning News (N)	Coronation Street	Kid vs. Kat	Reporters	Marilyn Denls	Frozen Planet	Manny	Eye/Asla	Auction	Four Weddings Canada
8 AM	Movie: "An Unfinished Life" (2005)	Sunday Morning News (N)	Dino Dan	Curious	Meet the Press (N)	The Nation	Movie: "Independence Day" (1996) Will Smith, Bill Pullman.	This Week	Sunday Morning News (N)	Block	Coronation Street	SpongeBob Almost	SportsCenter	Hobo	Frozen Planet "Winter"	Phineas	Pakistan	Xtreme 4x4	3rd Rock
8:30 AM			Upside	Cat in the Hat	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Paid Prog.		Matthews	Sunday Morning News (N)	Block	Coronation Street	SpongeBob Squirrel	NHL Hockey (N Subject to Blackout) (Live)	PLAN Canada	Mighty Planes	Wizards	Italiano di Johnny Lombardi (In Italian)	Trucks	'70s Show
9 AM			Arthur	Everyday	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Paid Prog.		NBA	Block	Hour of Power	Coronation Street	SpongeBob	NHL Hockey (N Subject to Blackout) (Live)	Operation Smile	Prank Sci	Warhogs!	ANT Farm	Big Easy	Frasier
9:30 AM			Hedgehog	The Impact	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Paid Prog.		NBA	Context	Hour of Power	Coronation Street	Squirrel	NHL Hockey (N Subject to Blackout) (Live)	Question Period	Flying Wild Alaska	Austin	cooking	Xtreme 4x4	King
10 AM	Movie: "Laws of Attraction" (2004)	Block	Wild Kratts	Inside Olympia	Motorcycle Racing	Bull Riding	Driving	NBA Basketball: Miami Heat at New York Knicks. (N)	Hour of Power (N)	Simpsons	Coronation Street	ICarly	Blackout (Live)	Question Period	Flying Wild Alaska	Austin	cooking	Xtreme 4x4	King
10:30 AM		Context	Little	Inside	Motorcycle Racing	Bull Riding	Driving	NBA Basketball: Miami Heat at New York Knicks. (N)	Hour of Power (N)	Simpsons	Coronation Street	Mr. Young	Blackout (Live)	Question Period	Flying Wild Alaska	Austin	cooking	Xtreme 4x4	King
11 AM		Hour of Power (N)	Little	Europe Jrnl	Motorcycle Racing	Bull Riding	Driving	NBA Basketball: Miami Heat at New York Knicks. (N)	Hour of Power (N)	Simpsons	Coronation Street	Victorious	Blackout (Live)	Question Period	Flying Wild Alaska	Austin	cooking	Xtreme 4x4	King
11:30 AM			Little	Europe Jrnl	Motorcycle Racing	Bull Riding	Driving	NBA Basketball: Miami Heat at New York Knicks. (N)	Hour of Power (N)	Simpsons	Coronation Street	Blg Time	Blackout (Live)	Question Period	Flying Wild Alaska	Austin	cooking	Xtreme 4x4	King
12 PM	Movie: "Rush Hour 3" (2007) Jackie Chan.	News	Dogs	Moyers & Company	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
12:30 PM		PGA Tour Golf: RBC Heritage, Final Round. (N)	Dogs	The Forgetting: A Portrait of Alzheimer's	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
1 PM		PGA Tour Golf: RBC Heritage, Final Round. (N)	Undersea	The Forgetting: A Portrait of Alzheimer's	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
1:30 PM		PGA Tour Golf: RBC Heritage, Final Round. (N)	Undersea	The Forgetting: A Portrait of Alzheimer's	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
2 PM	The Closer		Hope for Wildlife		NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
2:30 PM			Hope for Wildlife		NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Parking	NBA Basketball: Dallas Mavericks at Los Angeles Lakers. (N)	News	PGA Tour Golf: RBC Heritage, Final Round. From Hilton Head, S.C. (N)	Land/Sea	Boys	NHL Hockey (N Subject to Blackout) (Live)	SportsCenter	Mounted	Movie: "Den Brother" (2010)	Travels	Trucks	Drew
3 PM	Big Bang	Simpsons	Marine Machines	Looking for Lincoln	Paid Prog.	Paid Prog.	Storage	Your Home	Simpsons	Family Guy	Dragons' Den	Receiver	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
3:30 PM	Big Bang	Simpsons	Marine Machines	Looking for Lincoln	Paid Prog.	Paid Prog.	Storage	Your Home	Simpsons	Family Guy	Dragons' Den	Receiver	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
4 PM	Big Bang	Family Guy	Great Canadian Parks	Looking for Lincoln	NUMB3RS	Backroads	Storage	Heartland	Family Guy	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Air Buddies" (2006)	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
4:30 PM	Big Bang	Family Guy	Great Canadian Parks	Looking for Lincoln	NUMB3RS	Backroads	Storage	Heartland	Family Guy	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Air Buddies" (2006)	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
5 PM	Movie: "The Fast and the Furious"	Family Guy	Henry VIII: The Mind	Hometime	News	News	Storage	News	Family Guy	(4:59) News Hour (N)	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
5:30 PM		News	Henry VIII: The Mind	Hometime	News	News	Storage	News	Family Guy	(4:59) News Hour (N)	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
6 PM		Global Nat.	Ancient Clues	Doc Martin	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	The Good Wife (N)	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
6:30 PM		News	Ancient Clues	Doc Martin	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	The Good Wife (N)	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
7 PM	Movie: "2 Fast 2 Furious" (2003, Action) Paul Walker, Tyrese.	Family Guy	National Geographic	Finding Your Roots	Dateline NBC (N)	60 Minutes	Breakout Kings (N)	Funnest Home Videos	Family Guy	NYC 22 "Pilot" (N)	Jeopardy!	Wheel	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
7:30 PM		Cleveland	National Geographic	Finding Your Roots	Dateline NBC (N)	60 Minutes	Breakout Kings (N)	Funnest Home Videos	Family Guy	NYC 22 "Pilot" (N)	Jeopardy!	Wheel	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
8 PM		Simpsons	Monarch of the Glen (N)	Masterpiece Classic: Choirmaster's obsession.	Harry's Law (N)	The Amazing Race (N)	(8:01) Breakout Kings	Once Upon a Time	Simpsons	Simpsons	Movie: "Mrs. Doubtfire" (1993)	Boys	World, Poker	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
8:30 PM		Burgers	Monarch of the Glen (N)	Masterpiece Classic: Choirmaster's obsession.	Harry's Law (N)	The Amazing Race (N)	(8:01) Breakout Kings	Once Upon a Time	Simpsons	Simpsons	Movie: "Mrs. Doubtfire" (1993)	Boys	World, Poker	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
9 PM		The Good Wife (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
9:30 PM		NYC 22 "Pilot" (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
10 PM		NYC 22 "Pilot" (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
10:30 PM		NYC 22 "Pilot" (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
11 PM		NYC 22 "Pilot" (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
11:30 PM		NYC 22 "Pilot" (N)	Lewis "Your Sudden Death Question" (N)	MI-5	"Puppet Up" (N)	NYC 22 "Pilot" (N)	Storage	(9:01) Titanic (N)	The Good Wife (N)	Family Guy	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	Movie: "Cloudy With a Chance of Meatballs"	SportsCenter	Movie: "Spirit Bear: The Simon Jackson Story"	Cash Cab	Good Luck	CityNews	Jesse	Four Weddings Canada
		News Final	"Irena Sendler"	News	News	(11:01) Breakout Kings	Storage	Van Impa	News Final	Paid Prog.	News	In Real Life	SportsCenter	Movie: "Opal Dream" (2005)	Departures	Ways Die	3rd Rock		
		News Final	"Irena Sendler"	News	News	(11:01) Breakout Kings	Storage	Van Impa	News Final	Paid Prog.	News	In Real Life	SportsCenter	Movie: "Opal Dream" (2005)	Departures	Ways Die	3rd Rock		





Similkameen News Leader thanks Noreen Pringle for sharing another one of her photos with our readers. Do you recognize this local sports team and any of the players? Drop us a line at Similkameen News Leader, P. O. Box 956, 226A Bridge Street (next to CIBC), Princeton.

# Monday Movies

**AFTERNOON**

4:00 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

**EVENING**

9:00 pm WTBS ch.3 "Wimbledon" (2004, Romance-Comedy) Kirsten Dunst. An English tennis player reinvigorates his game after finding romance with an American counterpart.  
11:00 pm WTBS ch.3 "Mr. 3000"

(2004, Comedy) Bernie Mac. Arrogant and out of shape, a baseball star comes out of retirement after learning he is three hits shy of 3,000.

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**MONDAY, APRIL 16, 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	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Bob Build	KHQ News GAM (N)	KREM 2 Morning News	Criminal Minds	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	(5:30) CTV Morning Live (N)	Deadliest Catch	Henry Phineas	CityLine (N)	Auction	Debt/Part
7 AM	Cosby		Hi-5	Arthur (N)	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Slidekick	SportsCentre		Mayday	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY	Wipeout Canada
8 AM	Excused		WordWorld	Curious			CSI: Miami "L.A."				Cat in the Hat	Beyblade			Licence to Drill	ANT Farm Phineas	Rachael Ray	CSI: Crime Scene	Bubble Wrap Kids
9 AM	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	CSI: Miami	Live! With Kelly	100 Huntley Street	World Vision	Super Why! News	Rescue Berenstain	SportsCentre	Live! With Kelly	Cash Cab	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Bubble Wrap Kids
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street (E)		The Price is Right	Criminal Minds	The View (N)	World Vision	Sarah	Poko	Little Bear	Sportfish	The View (N)	Breakout	Mickey Manny	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Sarah	Save-Ums!	Sid	The Doctors	Young & Restless	Criminal Minds "Jones"	Paid Prog.	Sarah	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Worst Handyman	Phineas Suite/Deck	The Revolution	CSI: Crime Scene	King
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Rated A	Boxing: Michael Katsidis vs. Albert Mensah	CTV News (N)	Mighty Ships	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	King
1 PM	Amer. Dad Earl	Days of our Lives (N)	Doggy Day Zboom	Paint This Sewing	Days of our Lives (N)	The Talk	The First 48	The Revolution	Days of our Lives (N)	The Talk	Coronation Jeopardy!	Kid vs. Kat Super Evil		The Dr. Oz Show	Auction	Sonny Zoey 101	CityLine	CSI: Crime Scene	3rd Rock
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Slidekick Squirrel	Off Record Interruption	Anderson	Myth-Busters	So Raven Ned's	CityNews at 5 (N)	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil (N)	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Wheel	Almost Sidekick	SportsCentre (N)	Dr. Phil (N)	Cash Cab	Wizards Suite/Deck	CityNews at 6 (N)	CSI: Crime Scene	Bubble Wrap Kids
4 PM	Blg Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Quarterfinal: Teams TBA. (N) (Live)	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met 30 Rock	Movie: "Rambo" (2008)	Bubble Wrap Kids
5 PM	Browns	News (N)	Jack (N)	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	Parents	SpongeBob	NHL Hockey (N) Subject to Blackout (Live)	CTV News at Five (N)	Toughest Trucker	Wingin' It	How I Met Broke Girl	Sylvester Stallone	King
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6	Duck D.	News	(5:59) News Hour (N)	ET Canada	ICarly	Mr. Young		CTV News (N)	Dirty Jobs (N)	Suite/Deck	Talent	CSI: Crime Scene	King
7 PM	Seinfeld	Ent	Rescue Walt...	Jeopardy!	Insider Ed.	Duck D.	Ent	Ent	Hawaii Five-0	News	ICarly	SportsCentre (N) (Live)	etalk (N)	Bering Sea Gold (N)	Shake It Good Luck	Shameless	Jesse James-Man	3rd Rock	
8 PM	Family Guy	Bones (N) (PA)	Coast (Part 1 of 8)	Antiques Roadshow (N)	The Voice "Live Quarter-Final"	How I Met Broke Girl	Duck D.	Dancing With the Stars (N) Same-day Tape	Bones (N) (PA)	Bones (N) (PA)	Mercer Ron James	Victorious	Off Record	The Voice "Live Quarter-Final"	Daily Planet (DVS)	ANT Farm	News	Ways Die	Debt/Part
9 PM	Movie: "Wimbledon" (2004) Sam Neill	House (N) (PA)	Fake or Fortune?	Antiques Roadshow	Performances	Two Men Mike	Storage	Storage	House (N) (PA)	House (N) (PA)	Winnipeg Comedy	Funniest Home Videos	E:60	Performances	Toughest Trucker	Warthogs!	Seinfeld	Ways Die	Roseanne
10 PM		Hawaii Five-0	Diamond Road	America Revealed	Smash (N)	Hawaii Five-0	Duck D.	(10:01) Castle (N)	Hawaii Five-0	News Hour Final (N)	National	Boys	SportsCentre (N)	(10:01) Castle (N)	Bering Sea Gold	Zoey 101	The Nate Berkus Show	Ways Die	Gold Girls
11 PM	Movie: "Mr. 3000"	CHBC News Final (N)	For King and Empire	Charlie Rose (N)	News	News	Duck D.	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	CTV News	Dirty Jobs	Ned's	Paid Prog.	Ways Die	King



# The National Park Proposal

Letters and E-Mails Received This Past Week



## The 'Yes' Side...

Dear Editor:

Re: CPAWS Presentation

April 3, I attended the CPAWS (Canadian Parks & Wilderness Society) Presentation at the Riverside Centre regarding the possibility of a National Park in the Similkameen and left the presentation with whole bunch of unanswered questions. Foremost, what does this community really want and what do we want this community to look like?

It is clear we do not want an aquatic centre and that is reiterated with a nauseating regularity in letters to the editor. At the April 3rd meeting a number of people spoke against the national park. Foremost, among the nay sayers was a lobby from a group of cattle ranchers. Cattle ranchers are known for there resistance to change. They are a stoic, self made breed of cat that do not want change at any cost. And in another world that might work, but today in a community that is at risk of dying that is not possible.

People are not flocking or relocating to Princeton and Area H in record numbers. As a matter of fact the population is decreasing. In all other jurisdictions in the southern Okanagan the population is on the increase. Small business is having difficulty, schools are facing declining enrolment, and need I mention health care? Every other evening the Princeton Hospital is featured

on the news describing the latest emergency closure. This community is desperate for growth in order to maintain the few amenities we have and not lose more. We need to attract and keep the young families we have in this community, but our collective actions continue to do the exact opposite. Younger folks - those under 50 - that I talk to are just shaking there collective heads. "If this is the wisdom of the elders, (saying "NO" to everything) I want nothing of it and will be leaving".

A community with a future is not possible without young families. They make possible the sustainability of a community, plain and simple. With all due respect, retired and ageing folks, even though we would like to believe the opposite, do not foster tremendous growth in a community. Communities grow when schools grow, when hospital have obstetric capabilities, when recreational facilities are supported, and on and on. I believe we need to make a few decisions that will inspire some growth in this community, so as to be able to afford a few amenities. We then may be able to attract some of the health care professionals we are in desperate need of and perhaps keep this hospital open.

There is a bigger picture here than just the needs of a few cattle ranchers objecting to change. We are talking about the survival of a com-

munity. We can keep saying "No" to every initiative that comes through our valley and our population will continue to slowly disappear. WE are at risk of becoming the "endangered species" if we do not make

some progressive moves.

I am supporting the National Park initiative because of the potential positive spin offs it can bring to the region, in addition to projected annual revenues of 37 million dol-

ars. I urge the rest of you to speak up and do the same. I am proud of this community and want it to grow and realize its potential.

Local rancher,  
Charles Weber, Princeton

## ...The 'No' Side

Honourable Terry Lake  
PO BOX 9047 Stn Prov Govt  
Victoria BC V8W 9E2

Dear Mr. Lake,

Thank you for withdrawing your support for the National Park. I am a newly elected Director for RDOS, Regional District of Okanagan Similkameen and I represent Area B, Cawston Rural. We are an agricultural based community and the National Park would consume close to 50% of our Area. I'm told that the Park area would be taking approximately 2,000 acres away from the Agriculture Land Reserve; close to 1,000 acres is prime agriculture land in our Area B from the USA border up to the Richter Pass of Highway 3. Removal of this land from the ALR would be devastating to B.C.'s agriculture industry and devastating to the ranching industry for the South Okanagan and Similkameen region. This is the one main ranch affected but there are 11 more ranches affected also. Ranching and agriculture in general have a tough time already competing with the desire for residential land and with the inflated land prices of the Okanagan and South Similkameen Valleys. The

National Park would create more economy for the tourism industry but only by taking it away from the agriculture industry. It would also create more competition for the land surrounding the park which in turn makes all agriculture less economical.

While I was campaigning for the Director's position I found out that the National Park was a major concern for our residents. It turned out that about 90% of the locals did not want a park and the few that did was only because they didn't want to see the land chopped up for residential lots. I began to campaign against the National Park and the removing of the ALR lands. My opponent who avoided the Park issue, also had done an extensive door to door campaign and she later told me that she found 60 residents who were pro-park. This would be about 5% of our population in favour of the Park. I have attended all of Chloe O'Loughlin's speeches on benefits of the National Park and she states that only 21% in our area strongly oppose the park. This could be somewhat true but she fails to say that the other 75% are opposed to

the park.

I also work with and have had meetings with some of the First Nations People who are strongly opposed to the Park and it saddens me to see Parks Canada offer them a lot of money to see if they will change their minds. I don't see any money offered for a study on the Agricultural lands or with the ranchers in general. I don't think people understand how devastating the effect is to all the other ranchers, to lose the major beef production of our area. Already auction yards and machinery dealerships are moving farther away creating more expenses for our ranchers.

In summary, along with the lack of funding for our National Parks due to our increasing National Debt, the lack of business and local government support, the lack of First Nations Support, the lack of local resident support and the devastation of the agriculture industry, I commend you and the BC Government on their decision not to support the National Park.

Sincerely,  
George Bush,  
Director RDOS Area B





# News Leader Classified Ads

25 Words - \$8.00 (includes taxes) - Pay for two weeks, the third week is FREE!

**For Sale**

4.5 HP Johnson outboard, \$650.00. Recent tune up. Runs good. Call 250.295.7480. Apr 1-24

1990 Okanagan 5th wheel trailer, 27-feet, sleeps 6, new batteries, near-new rubber, 3-way power, nicely decorated, lots of storage, some water damage. \$4,000.00 OBO. Call 250.295.7814. Apr 1-24

2000 GMC Sierra 2500 pick up truck, 254,310 km, new tires, canopy, excellent condition. \$8,500.00 OBO. For more info call 250.295.6349. Apr 1-24

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

**For Rent**

Apartment for rent in Princeton. Available now. Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave a message with the best time to call back. Apr 03-17

3-bedroom home in quiet location, fenced yard, clean, good family home. References and damage deposit required. \$750.00/month plus utilities. Call 250.809.4254. to Apr 17

**For Rent**

2,400 sq ft commercial space for lease 301 Bridge Street, price negotiable, good commercial exposure. Available immediately. Call Heather Johnson at Century 21 Princeton Realty 250.295.6977. Apr 10

Clean apartment, modern, 3-piece bathroom. #101-301 Bridge Street, \$680.00/month plus utilities. Available April 1st. Call Heather Johnson at Century 21 Princeton Realty 250.295.6977. Apr 10

**For Rent**

Clean apartment, modern, 3-piece bathroom #401-301 Bridge Street. \$680.00/month plus utilities. Available April 1st. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Apr 10

Cute 1 bedroom house, downtown, 83 Harold Avenue, \$650.00/month plus utilities. Available May 1st. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Apr 10

2-bedroom, 123B Vermilion Avenue, 2nd floor apartment overlooking downtown, yard, in-suite laundry, garage parking and driveway parking. \$900.00/month plus utilities. Available April 1st. No dogs or children please. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Apr 10

Like new home on acreage, ground floor suite, 2 bedrooms, full bath with Jacuzzi Tub, gas fireplace, laundry, dishwasher and all appliances. Available May 1st, \$750/month plus utilities. Call 250.295.3966. Apr 10

2-bedroom, 2-bath private suite. Clean, quiet, energy efficient. Includes washer and dryer. Downtown location. \$850.00 plus utilities and D.D. No pets. Must have good references. Available May 1. Phone 250.295.6408. Apr 03-17

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**Wanted To Rent**

Shed with electricity in or out of town for hobby upholstery. Call Dave at 250.295.1616. Apr 03-17

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**GUITAR LESSONS**  
Looking for guitar lessons that are affordable and deliver results? Accredited music teacher available for private guitar lessons. Reasonable rates, electric or acoustic. All ages; most genres. Detailed lesson plans tailored to your specific skill level. Conveniently located in town. 10+ years of local references available. Call Daniel (Mr. D) at 250.295.0418 for more information. to Apr 10

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**For Rent**

3-bedroom, 2 1/2 bath, 2,800 sq. ft. ranch house on the Similkameen River, 10 kms East of Princeton. \$1,400.00/month utilities included, pets on approval, references required. Farm chores required as part of rent. Available immediately. Call Raymond 604.671.3282. Apr 3-17

Advertising works...or you wouldn't be reading this! Similkameen News Leader classifieds can help you rent, lease, sell or find just about anything. Call Brenda at 250.295.4149.

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**250.295.8783**  
**Ron Harkness**

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1987 Honda riding lawn mower in excellent condition. Asking \$450.00. Call 250.295.3538. Apr 03-17

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Basement, Chamber of Commerce, Highway 3

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #397

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Notices

Notices

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Councillor Frank Armitage, right, gets ready for the start of Earth Hour celebrations March 31st at Veterans Square in downtown Princeton. A good turn out of residents enjoyed free entertainment and goodies. \*

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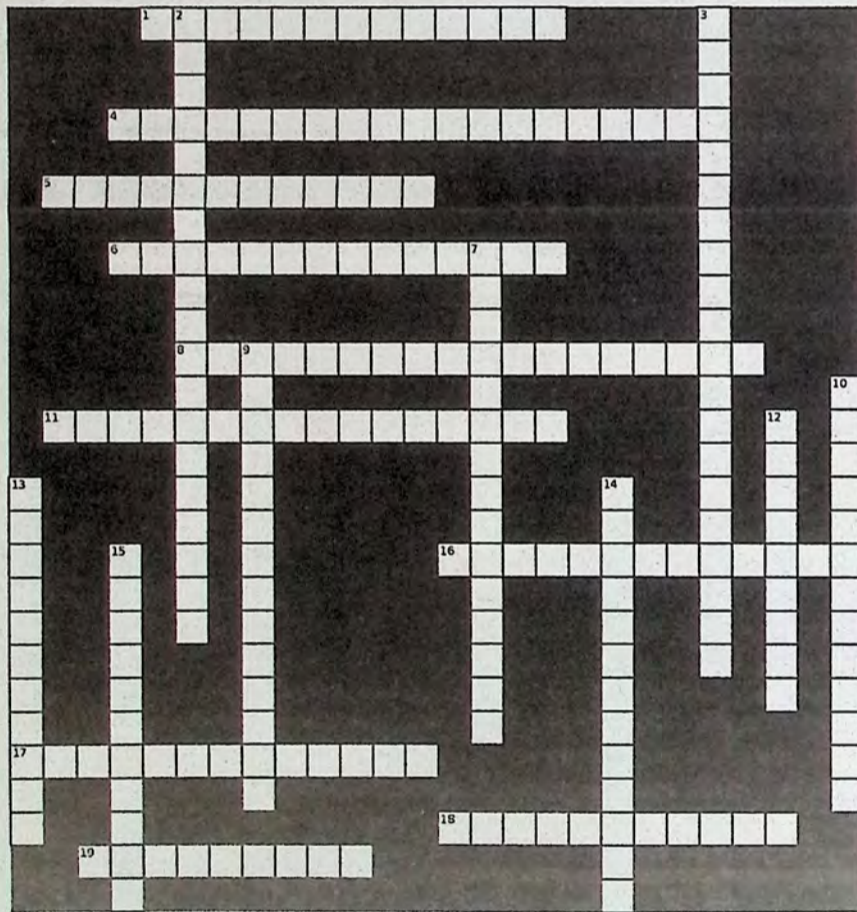
Riding lessons have started early this year at the Dixon Ranch. Shay, Talis, Corey and Kami ride with instructor Lorraine Stubbins. - photo submitted



Here's Shay doing a jumping drill as part of the riding lesson activity at Dixon Ranch. The News Leader thanks instructor Lorraine Stubbins for the photos. - photo submitted

Similkameen **News Leader Puzzler**

Use the April 3rd News Leader to find Answers Below...



- |   |  |
|---|--|
| <p><b>Across</b></p> <p>1 She provided the historic photo of Shorty Williams' Shift.</p> <p>4 Name the business promoted by a 'postcard' in April 3 issue of the News Leader.</p> <p>5 She is featured on Page 2.</p> <p>6 Who shares tax tips for students on Page 22?</p> <p>8 Name the special exhibit at Princeton Museum.</p> <p>11 The 'US' in USSF.</p> <p>16 Spencer Coyne's weekly column is this.</p> <p>17 Name the group in Hedley working on a recycling project.</p> <p>18 Name the park where the 'camp-ing only' photo was taken.</p> <p>19 What kind of suite will be allowed with a new Town Bylaw?</p> | <p><b>Down</b></p> <p>2 Better known as Recipe #496.</p> <p>3 Name the business started by former News Leader Ad Sales Guy John Gillis and his wife Carolyn.</p> <p>7 He is resting on top of a feeder on Page 13.</p> <p>9 The 'SF' in USSF.</p> <p>10 Where was the fence photo taken on Page 12?</p> <p>12 According to Dawn Johnson, what scam is laughable?</p> <p>13 Name the News Leader's long-time reporter and former owner.</p> <p>14 Name the chair of the BC Achievement Foundation.</p> <p>15 Princeton's BC Community Achievement Award winner.</p> |
|---|--|

Similkameen **News Leader**

**PUZZLER #67**  
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Hand drummers perform during the Upper Similkameen Spirit Festival last weekend at PSS gym. \*

**IHA further reduces PGH ER hours**

..... continued from Front Page  
 However, the plan requires closure of the Emergency Department between 12 Midnight and 8:00 AM four nights a week (Monday to Thursday), yet it will provide more certainty and stability for community and locum physicians.

With data to back up the closure, Brown stated, "There are very, very small numbers we are looking at which guided us in choosing the hours for this closure."

Brown also said that two local physicians have committed to the

new service plan (Dr. Eva - 24 hours, Dr. Smith - 16 hours) and that the search continues to find locums to come to the community. There are a couple currently providing weekend coverage but there is still a desire to recruit another full-time community physician.

**Working Group**

In concluding her presentation, Brown indicated IHA would like to explore with Town Council the development of a working group to

examine longer-term solutions to physician sustainability. This would likely involve key community, regional and industry stakeholders with 'out of the box' thinking required.

Acting Mayor Jason Earle made reference to doctor recruitment with the comment, "My biggest fear is we're going to end up working for IHA (recruiting on our own). We want to work with IHA to improve this situation."

**BC business confidence falls**

..... continued from Front Page  
 cent are planning to decrease employment.

Fuel and energy are the largest cost concerns for businesses with 64 per cent of business owners saying these costs are causing difficulties to their businesses. This is up from 51 per cent in February.

59 per cent of BC small businesses say that insufficient domestic

demand is their greatest business constraint. This is up from 47 per cent in February.

The CFIB (Canadian Federation of Independent Business) has hundreds of active members in the Similkameen Valley, including Similkameen News Leader. All CFIB members are sent regular business surveys in the mail and via e-mail.

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Tea, coffee, home baking and raffles were the order of the day at the South Similkameen Museum Society's social March 31st in Keremeos. The society's website is now up and running. Visit <http://www.keremeosmuseum.ca/> to check it out for yourself! Photo: Arlene Arlow

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## Your Turn

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

To The Editor;

Princeton has received some very valuable free television time from Global T.V. especially it's CHBC Kelowna channel on it's focus on Princeton's doctor shortage and resulting hospital care crises.

We moved to Penticton before Christmas to have access to full healthcare. There seems to be no problem to be treated in any number of the walk - in clinics which we've done at least a half dozen times. However to obtain a family physician may be a different story.

A number of doctors we phoned stated they're not taking on new patients at this time. We lucked out when a retiring doctor for thirty-five years was taking on new patients to build up a clientele for

his young replacement. Interesting to note if the retiring doctor started practicing at thirty years of age that would make him sixty-five and he said he was tired (burnt?) out.

This seems to say the two Princeton gentlemen doctors trying their best are heeding a call way beyond duty and no doubt have offered their best ideas to attract young permanent doctors to the area but we are living (so far) in a different era - nothing is a given or secure.

For over seven years we used to drive once a month (many times more) to Penticton to oncology or other appointments even sometimes to Kelowna as other Princeton patients have. Now we are over eighty -years of age and

are not certain how much longer we are able to drive which then puts a burden on your family or friends.

We didn't want this so we moved to Penticton where real estate is in hibernation - a bear (buyers) market. The economy is down and there are many, many seniors. It wasn't that easy leaving friends and family but life has it's stages. Princeton has the amenities, very personal service and no traffic light and is still part of the South Okanagan Similkameen community.

It could well be that when this jewel of an area is discovered by mainland China the next influx of immigrants and new doctors will be from there. Time moves on.

Regards  
Joe Schwarz, Penticton

# Park proposal returns

..... continued from Page 9 stating a national park reserve will:

- Protect and care for this precious and unique landscape that is disappearing at an accelerated rate.
- Help gain international recognition, grow emerging markets, and increase competitive advantage.
- Diversify and strengthen the local economy, enhance tourism and business development and provide increased, long-term steady employment.
- According to the 2010 report, The Economic Value of Parks Canada by the Outspan Group, a national park in B.C. on average:
  - Increases provincial GDP by \$37.1 million per year
  - Increases labour revenue by \$25 million per year

- Increases tax revenue by \$3.5 million per year
- Increases visitor spending by \$49 million per year, "Which is mostly local," O'Loughlin added.
- Develops 20-25 new, permanent park-related jobs
- Develops 570 new, full-time jobs related to the establishment of the national park
- Provides operating capital of \$5-10 million per year
- Provides capital funding: land purchase, world class facilities/services, and supports local facilities
- All costs for national park establishment and management are borne by the federal government
- "The benefits from a financial perspective are tremendous," O'Loughlin stated.

"A national park is significant in job development."

While O'Loughlin's presentation focused entirely on the positive aspect of a national park, which was pointed out by Councillor Marilyn Harkness once it was complete, O'Loughlin did say it sometimes takes fifty to one hundred years to establish a park.

"Why a national park? It protects a portion of this unique, beautiful, endangered landscape so it's not all subdivisions."

O'Loughlin requested Town Council write to the provincial government asking that they resume discussions with the federal government about the matter and "find what they need that makes them comfortable in making the national park."

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**Brenda Crawford**



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**Susan Collins**



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(250) 295-5359

**April Earle**



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**4-459 Huey Road**



One of the nicest mobile home parks in Princeton, surrounded by grassy areas, lots of trees and a creek just down the road. 2 bedrooms and an addition give that bit more space and elbow room. Partially remodeled with demand heater to keep heating costs down. Nice deck area at back facing green space. MLS® 136149 \$34,900

**4350 Princeton/S'land Rd**



Be-wildered! At Osprey Lake. 1,600 sq. ft. newer home. Well built 2-bedroom/2-bath. Huge loft master bedroom with ensuite. Solid teak floors. All living on one floor. Year round living or recreational - either way you will be impressed. Situated on a quiet road less travelled between Summerland and Princeton. MLS® 136148 \$469,000

**457 Pasayten Valley Road**



CONTINGENT. A truly unique property with close to 600 feet of riverfront, up near the Alpine meadows. Just outside your door step you can cast your fly rod for tasty pan fries, collect edible mushrooms, berries or herbs for tea, and if the story be true - just sit on the deck and wait for that buck to make his acquaintance with your rifle! MLS® 136203 \$189,900

**840 Cawston Avenue, Hedley**



This home is Turn Key with most of the furnishings included! It's also worry-free with a newer metal roof and consistent updates with an easily maintained yard that is very private. Both bedrooms have their own deck where you will better absorb the beauty and majesty of surrounding mountains. New laminate throughout. MLS® 136214 \$144,500

**4358 Princeton/S'land Rd**



A home to take your breath away! This one you will definitely want to see. Spacious open plan is perfect for entertaining, not to mention all modern appliances and wine fridge. Picture windows afford wonderful mountain views from all angles. Wood insert in floor to ceiling rock fireplace, hardwood flooring and more! MLS® 136121 \$747,000

**956 Daly Avenue, Hedley**



Hedley is a heritage village between Princeton and Keremeos with breathtaking mountain views and walking distance to nature's hikes, creeks and the Similkameen River - hunt, fish, swim or just relax in your own cozy corner! This sweet getaway, or permanent home, is only a few hours from the Lower Mainland. MLS® 136171 \$123,900

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