



Similkameen

News Leader

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All Flip, No Spin - Page 3

Volume 15 Issue 18 #730 ISSN 1712-090X

Tuesday, May 1, 2012



Warmer temperatures and high rainfall amounts filled Otter Lake causing flooding and forcing some Tulameen residents from their homes last week. An evacuation alert was issued by RDOS April 25th and this was the scene at Otter Creek the following morning. Photo: Nadine McEwen

Lali tackles PGH ER issue in Victoria

Fraser-Nicola MLA Harry Lali launched right into a debate with the Minister of Health last week regarding cuts to Princeton Hospital.

The entire exchange, recorded in the Legislative Assembly follows: *Debates of the Legislative Assembly Wednesday, April 25, Afternoon Sitting, Oral Questions.*

EMERGENCY SERVICES IN PRINCETON AREA

H. Lali: Lytton, Logan Lake, Ashcroft and Princeton all have one thing in common: repeated ongoing

emergency room closures by this government. This Liberal government is closing the ER in Princeton and compromising patient health, because starting on May 1, the Liberals are closing the Princeton ER from midnight to 8:00 AM four days a week.

My question is to the Minister of Health. How can the B.C. Liberals actually justify closing the emergency room in Princeton and compromising public health care?

..... continued on Page 7

Dr. Smith discusses local healthcare issues

Similkameen News Leader thanks Dr Smith for providing us with this interview.

Dr. Smith: It is indeed a pleasure and I hope that this will go some way towards providing some insight into the present medical and hospital problems we are experiencing in Princeton at the moment.

News Leader: Dr. Smith, before we start, would you please tell us whether there is any truth in the rumor that you are leaving?

Dr. Smith: I'm pleased you asked the question as numerous patients have asked me a similar question. The answer is a categorical NO, in that both my wife and I are extremely happy here and there is absolutely no immediate urgency to leave or to even think of retiring soon. My

wife Mez, has retired from her Massage Therapy practice due to arthritis in her hands.

NL: Please explain to us about the hospital closures and what it means to the community.

Dr. Smith: In a nutshell, the hospital is going to be closed during the week nights (Monday to Thursday) after midnight only. On weekends it is going to be open fully 24 hours a day for the entire weekend (Friday evening to Monday morning), on the condition that we are able to get Locum doctors to help us. We are struggling at the moment to even find weekend locums so there might very well be more closures.

NL: Are we unique in the situation here?

Dr. Smith: Definitely not. Let me

name some of the communities in "dire need of locums and doctors" as per the official list from the Rural Locum Program that I received this week. These are just some of the names - Nakusp, Clearwater, Bella

Coola, Bella Bella, Lytton, 100 Mile House, Port Hardy, Barriere, Enderby, Hazelton, Pemberton, etc., etc., to name a few. There are many more.

NL: How is this going to impact on

the community?

Dr. Smith: What this essentially means is that between the hours of midnight and 8 AM in the morning patients are going to have to phone

..... continued on Page 18

Air quality forum is May 8

Residents of Princeton and Area H are invited to attend the Air Quality Public Forum to be held on May 8th at Riverside Theatre beginning at 7:00 PM.

Recent results released by the BC Ministry of the Environment on the 2011 Air Quality Monitoring Program show that Princeton has dangerously high levels of air pollution especially during the winter months. This forum will provide residents with factual information on this important issue along with

proposed strategies for making improvements to the air we breathe. There will also be an opportunity for the public to ask questions.

For this event, the Princeton and District Air Quality Coalition has assembled the following panel of speakers:

- Dr. Michael Brauer is a Professor in the School of Environment Health at the University of British Columbia. Drawing on up to date

research, he will be providing information on the health impact of woodsmoke.

- Ralph Adams has worked as an Air Quality Meteorologist with the British Columbia Ministry of the Environment since 1999. He will be presenting a detailed report on the results of the Princeton Air Quality Partisol Monitoring which began in January of 2011.

..... continued on Page 21

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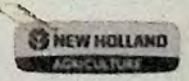
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Flip Of The Coyne

by Spencer Coyne

With May 1st quickly approaching and the regularly scheduled Emergency Room closures from 12 Midnight to 8:00 AM Monday to Thursday, the community has been hit with another hard reality: if you

live in the rural area, you may be waiting a while for an ambulance to arrive at your door step if you need emergency assistance. According to BC Ambulance, if you live in Coalmont, Tulameen and Hedley it

could take over 40 minutes for an ambulance to pick you up and get you back to an emergency room. Take into consideration the so called "Golden Hour Rule" and by the time you have arrived from

Tulameen. Coalmont or one of our other rural areas you could be looking at a nearly two hour wait before receiving a doctor's care. This is not the time frame you want to hear about when after the Golden Hour survival rates for traumatic patients fall off drastically.

We need to be thankful for the wonderful First Responders we have in our community. They are a wonderfully dedicated group of people and we will become more and more dependent upon them as IHA continues to hack away at local health services. Do you think I am exaggerating? We used to have 22 beds in our hospital before IHA came in and removed them. Princeton General Hospital not only had a fully functioning operating room we also had a maternity ward. I know that because like many of you I was born there. Princeton also had a 24/7 emergency room. Can we claim to have any of these anymore? Our hospital was a place to be proud of. You could be born there, your medical needs could be attended to, and when the day came you could even end your days there with dignity.

Someone said to me that we should

be grateful for what we have when so many in the world don't even have that. I am grateful. I am grateful for the few doctors we have, the professional and dedicated nursing staff, the support staff that keep the day to day operations moving along and the paramedics who are there to bring us to the hospital or transfer us when needed. I am grateful and proud of the work that the medical staff and all the support workers do every single day to keep the doors open at our hospital. What I am not so keen on is that continuous attack on our hospital by the Interior Health Authority.

I hope that I am not alone in my anger towards the cuts to our once wonderful hospital. I don't think I am since the petition circulating around town now has over 1,500 signatures. I am energized by the people who are working tirelessly to keep the petition moving forward. I am excited that they are planning a gathering at Veterans Square at noon on May 1st to get people's attention to the closures and the attack on our community's hospital. I hope everyone who has a few minutes will join them and show the IHA that we as a continued on Page 21



The view of the Nicola Avenue/6th Street intersection from Coalmont Road in Tulameen the morning of April 26th. Otter Lake flooded a portion of the community forcing some residents from their homes. Photo: Nadine McEwen

Town of PRINCETON

Princeton Town Hall News

ZONING AMENDMENT BYLAW NO. 859, 2012

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

In general, the proposed Amendments include the following: Introduce a new zone RS1-2 Single Family Residential with Secondary Suite. The creation of this zone would permit a secondary suite in a single family residential neighbourhood.

That Lot 10, District Lot 277, Yale Division Yale District, Plan KAP87501, PID 011-687-142 is rezoned from RS1 Single Family Residential to RS1-S Single Family Residential with Secondary Suite. The rezoning of this property at 216 Westridge Court would facilitate the development of a basement secondary suite in the single family residence.

The Council of the Town of Princeton will meet and hold a Public Hearing on May 7th, 2012 at 6:00 pm in the Okanagan Regional Library Meeting Room, 107 Vermilion Avenue, Princeton, B.C. to consider the following proposed Zoning Bylaw amendments.

All persons who believe their interest in property is affected by the proposed bylaws will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on these bylaws after the close of the Public Hearing. A copy of the subject Bylaw No. 859, 2012 (Rezoning

Application & Introduction of New Single Family Residential with Secondary Suite Zone) is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday except statutory holidays in the Town Office, 169 Bridge Street, Princeton, B.C. up to the date of the public hearing on May 7, 2012.

Patrick Robins
CAO
Town of Princeton



Given under my hand this 7th day of May, 2012.

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EMPLOYMENT OPPORTUNITY

The Town of Princeton has an opportunity for a full-time Labourer for the Public Works Department. The position is suited for a self-motivated, well organized individual that can work with minimal supervision. Excellent communication and team skills are a must.

Reporting to the Public Works Foreman, the person will be responsible for maintaining a high standard of quality and will perform and be responsible for a number of public works functions. General labouring responsibilities include manual tasks involving considerable physical effort and general maintenance work. You must be physically fit for manual labour and capable of using power tools. Public relations and interpersonal skills are essential.

Grade 12 and a valid BC driver's license Class 5 with a safe driving record is required. A driver's extract may be requested. A valid first aid certificate is an asset.

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement. The rate of pay is \$23.32 (January 1, 2012). Successful candidates will be selected based on their education, experience and skills related to the job.

Please forward your resume by 2 p.m. May 7, 2012 to:
Town of Princeton, PO Box 670, 169 Bridge Street
Princeton, BC V0X 1W0 Attention: Henry Rykers

RICK HANSEN RELAY CELEBRATION

The Town of Princeton & the Rick Hansen Celebration Committee welcomes everyone to the End of Day Celebration of the Rick Hansen 25th Anniversary Relay Day #260. Join in the fun as we welcome and cheer on local medal bearers into the park with music, dancing, barbeque, family fun, dunk tank, rodeo games and more.

Wed. May 9 Veterans Square

3:00—5:30 pm





Editorial Page News Leader

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

My Turn

What I've Learned From Dr. Smith

If you haven't read the interview in this issue of the News Leader with Dr. Smith, you should. It's a very clear reality check on the local health care/hospital situation.

He says very clearly that the days of delivering babies and a full operating room in small hospitals are gone.

In a way, he is saying we are hanging on to something in the past that will never, ever come back.

Dr. Smith explains that doctors trained in General Practice are no longer trained in Anesthesiology which means your GP will not be administering anesthetic medication (the drugs that 'put you to sleep' before an operation) for any form of surgery.

That's pretty clear to me.

If you need any kind of surgery you won't be getting it in Princeton. I know, you already know that, but Dr. Smith has explained why.

While I fully support the Save Our Hospital movement, maybe we should be looking at this just a bit differently.

If Dr. Smith's explanation is taken into account, instead of fighting IHA to bring back a fully functioning OR to PGH, maybe we should be fighting IHA to stop whittling anything else away from PGH.

At this moment I'm sort of glad it's been called Save Our Hospital Coalition rather than Save Our Operating Room Coalition.

There is no doubt that citizens have a desire to fight to save the facility. With over 1,600 signatures (and counting) on a petition, this supports a message that is hard to ignore.

Dr. Smith also states that without locums (doctors who are basically fill-ins without an established practice of their own) there will be more closures at PGH.

While all this makes sense, what bothers me is reduced ER hours of any kind. I've seen the stats, and can't argue against figures that show an average of one emergency patient per night.

What I can argue is emergencies are called emergencies, as they are unplanned events. I think it's dangerous to not have 24-hour ER service in a community with the potential of a major heavy industrial accident or severe highway accident at any given time.

What the Save Our Hospital movement has done so far is demonstrated to those who live outside our area that we are passionate about our community and the services we still have access to.

Let's hope IHA hears that message and finds the right kinds of incentives to attract locums to our hospital so we can at least rest at night knowing the ER will always be open if you need it.

PRINCETON AIR QUALITY PUBLIC FORUM

Tuesday, May 8, 7:00 pm
Riverside Community Centre

Photograph by Alicia Klover

Speakers:

Dr. Michael Brauer, University of BC
Ralph Adams, Ministry of the Environment
Glenn Smith, President CoGen Industries
Jason Earle, Acting Mayor of Princeton
Brad Hope, Area H Director

Information will be presented on the results of the 2011 Princeton Air Quality Monitor Program. Residents of Princeton and Area H are invited to attend. There will be an opportunity for the public to ask questions.

Similkameen News Leader

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Arlene Arlow - Lower Valley Reporter

Spencer Coyne - Columnist

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

Man's Best Friend Helped Build Civilization



Dawn Johnson
editor@thenewsleader.ca

On May 12 and 13, we will see man's best friend at work. Oh, I know you think I'm talking about dogs, but I'm not. I am talking about horses. Horses have helped shape our civilization. Horses have been a friend to mankind for thousands of years.

Horses have pulled the ploughs to help feed us, and pulled the wagons for our harvests. Horses have pulled the carriages of the rich and the carts of the poor. I would bet as many horses as men died in wars. Horses from our area went to war in World War I. Horses carried Napoleon and his enemies in wars across Europe. Arab horses helped the Moors conquer Spain. Genghis Khan conquered most of southern Asia, all of China, and half of Europe on those little Mongolian horses that could live off almost any feed and were bred for stamina. Horses have been a part of shaping history on every continent except Antarctica.

We are going to see horses at work in our upcoming rodeo. Most people think a rodeo is about cowboys and cowgirls, but when I go to a rodeo, I like to watch the horses, because they are among the few working horses left in the world. In North America, horses made the opening of the West possible. Without horses, the big cattle ranches could not have existed. Without horses, the great grain farms would never have come into being. Without horses, the forests could not have been logged and the homes and businesses built.

Only a small percentage of the world's population today uses horses for anything but show or entertainment. Horses draw royal coaches, race around tracks, compete in jumping events, or are kept as a hobby for those who like to ride. In much less than 100 years, the working horse has disappeared, except in the west, and even in cattle country, few horses are used for work

these days. The well-trained horses of the rodeo arena are the last working horses most people will ever see.

If you watch the horses instead of the cowboys in a calf roping event, you will see a horse using its training and its brains. The horse knows what to do and does his share.

When the calf is roped, the horse comes to a full stop and keeps the rope taut. The minute the rope slacks, the horse backs up to hold the rope taut. If you watch team roping, you will see experienced horses moving in on the steer. If you watch barrel racing, you will see it is the rider on the experienced horse who makes the best time. In team penning, another horse sport, the experienced horse knows exactly what to do. A good cutting horse can move in on a particular cow and herd her into the right spot without too much direction from the rider. Yes, the cowboys and cowgirls train their horses, but they will tell you that having the right horse, the smart horse, makes all the difference.

I have seen good cowhorses put a herd together and drive it around just for the fun of it, no rider needed. A good cowhorse may feel bored one day and decide it is time to work those cattle, cutting some from the herd, driving them back, moving the herd around the field. The good cowhorse actually likes the work. This is not merely the result of training. It is the result of the horse using its brain.

Horses are quite intelligent. I recall one horse we had on our farm who was just plain too smart. We had to keep inventing new ways to lock doors and gates. The usual method on farm doors and gates was a sliding bar, but that horse could figure out a sliding bar in no time flat. He would just put a good bite on the bar and slide it out. Then he went where he pleased. We then switched to drop bars, but he soon learned how to lift them and go where he pleased. One morning we found him in the feed shed eating to his heart's content, having figured out our new steel latch set-up.

My great uncle Jim ran freight wagons before the railroad came. He would drive the four-horse team from Princeton to Penticton and back. On the final stretch of the road home, from Hedley to the ranch, Jim would tie the reins loosely to a short post behind the driver's seat, and he would go to sleep. The horses would continue until they parked the wagon beside

the barn. Jim would then wake up and take care of the horses for the night. The horses knew exactly what they were doing.

Horses have individual personalities, too. While a smart horse learns fast, you can never be sure just what that horse has learned about whether or not he likes what he is being trained to do. Some horses go so far as to have to like the trainer before they will learn anything. We had a wonderful horse named Nellie who would do just any job.

She would pull a wagon, or a piece of machinery, or switch to saddle horse and drive cattle, but she would do it only for my father. We did not know this about her until we loaned her and her work mate to a neighbour to pull a wagon. She was fine until he shook the reins to urge them to pull. At that point, she sat down on her haunches and refused to do anything. Finally the neighbour came to fetch my father to take the horse home. When she heard my father's voice, Nellie stood up and was ready to work. She had decided who she would work for, and that was that. Horses have minds of their own.

Anybody who has ever worked with horses has countless stories about one horse or another. At a rodeo, you see bucking horses, which are selected for their unwillingness to have anybody ride them. What you may not know is there are some horses who will have to do a few fancy kicks and bounds every morning, just to let the rider know it is not a truly tame horse. That is where horse personality comes in. No two are alike.

The fact that each horse has a personality is what makes the cowboy's horse so important in a rodeo. In a highly competitive sport, the cowboy has to be sure the horse will do its job right every single time it is in the rodeo arena. Any horse can be trained, but no cowboy or cowgirl wants a temperamental horse who may decide it is not in the mood for calf roping or barrel racing that day. Yes, it can happen.

Some horses are moody. Some horses take notions, too, and nobody really knows what may set it off on any given day. That is not the kind of horse a cowboy wants to take to a competition.

Another thing horses will do at a rodeo is take a dislike to some other continued on Page 21

Similkameen
News Leader
WE'RE DIFFERENT, AND WE LIKE THAT.

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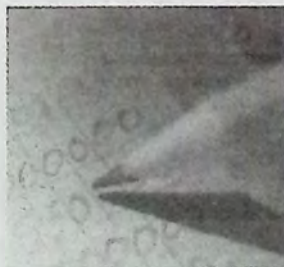
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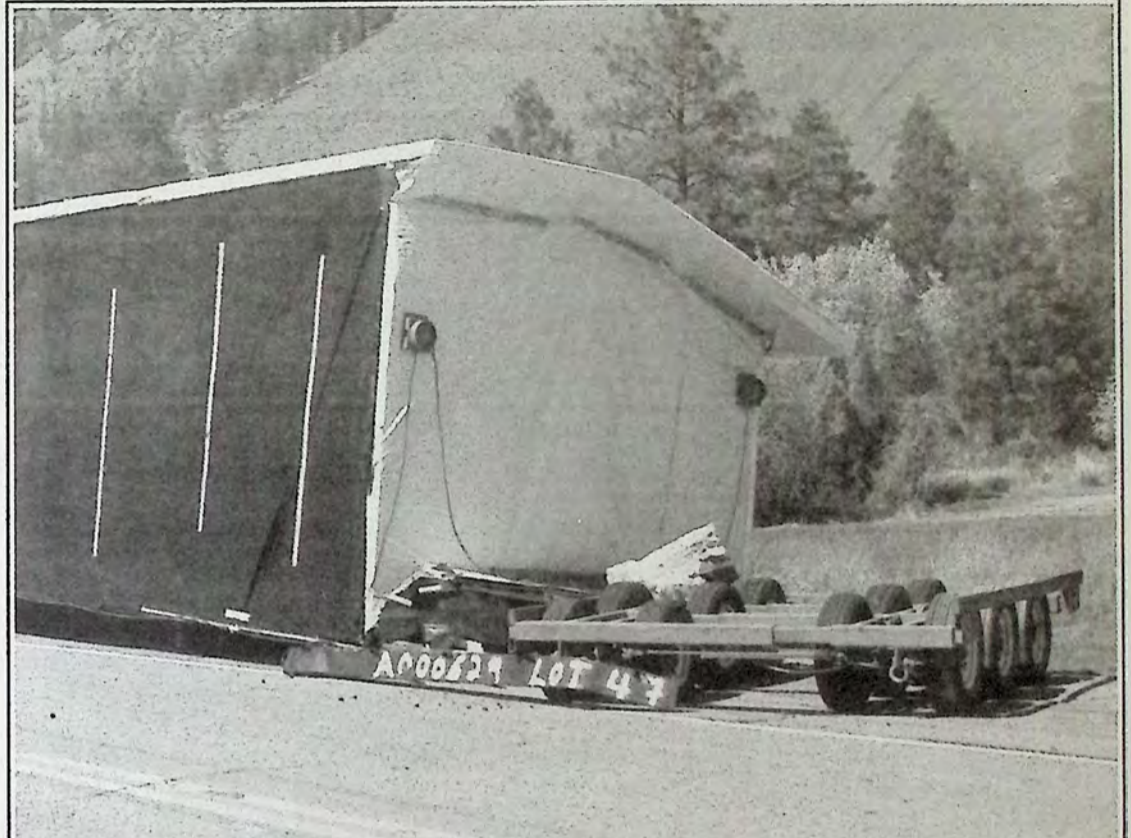
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Keremeos - Cawston - Olalla



This half of a Moduline home being hauled through the Similkameen got only as far as Keremeos April 23rd. This was the scene as soon as the load came to a stop at around 1:00 PM that afternoon. No one was hurt in the incident. *

Society AGM hears about improvements

Members attending the Annual General Meeting of the Cawston Community Hall Society were delighted to learn that in addition to a hall improvement grant of \$6,300.00 from the Community Foundation of the South Okanagan, that a \$2,000.00 grant has been received from FortisBC.

Both grants will be directed to renovating washrooms including a wheelchair access, radiant floor heating and baby change table as well as new toilets and sinks.

First funding community charitable enterprises in 1994, the Community Foundation of the South Okanagan has a mission to enrich the quality of life by connecting the generosity of people with evolving community needs. The Cawston Community Hall Society qualified for the foundation's support to install energy saving insulation and floor heating in 2011.

In 2012 FortisBC is a partner with the Community Foundation of the South Okanagan in support of the

Cawston Community Hall. It is part of a declared Fortis initiative to give back to the people and communities where it operates.

Newly elected Cawston Community Hall Society Directors for 2012-13 are Cory van Heck, Robert Mennell, Bob MacAtamny, James Duperron, Doc Gregoire, Kaaaly Levan and Richard Charbonneau.

Renovations to the Cawston Hall washrooms is expected to be complete by Dec 31, 2012. -submitted



Telus was busy April 24th installing new line to a subdivision just south of Olalla. Safety first: obey all flagpersons. Photo: Arlene Arlow



Half a home being transported along Highway 3 ended up losing part of the trailer it was being hauled on last week. The incident, which took place at around 1:00 PM on April 23rd, was just at the West end of Keremeos. *

Lali tackles PGH ER issue in Victoria

..... continued from Front Page
Hon. M. de Jong: First of all, let's ensure that the facts are straight. The health authority, in conjunction with the folks in Princeton, has been working diligently to ensure that there is sufficient medical team coverage to continue to operate the emergency room. There are three physicians. Two have agreed to provide emergency room coverage.

As a result, the decision was made, until additional doctor coverage has been secured, to close the ER on those four evenings when, on average, a single citizen appears for treatment — and generally in non-urgent circumstances.

The government has provided 10 million additional dollars to assist with the recruitment of physicians to rural ERs. It provides incentives to attract doctors to rural settings. Perhaps if the government — the honourable member — had been a part of it, had had the vision to actually increase the number of physicians being treated in British Columbia the way this government has, we wouldn't be facing the shortage in places like Princeton that we face today.

Mr. Speaker: Member has a supplemental.
H. Lali: Yes, I do, honourable Speaker.

How typical of Liberals to pass on the blame to somebody else and not take any responsibility.

The Interior Health Authority communiqué says that the Liberals' interim plan for

Princeton "may need to be in place for approximately one year, while longer term solutions are sought." In community after community in my area this Liberal government is closing emergency room after emergency room, while they wait for a year to bring in longer-term solutions.

Here's the kicker. In the same communiqué, it also says that the Liberal government "intends to install a telephone at the hospital entrance so anyone arriving at the hospital will have the ability to call 911." That's from their communiqué.

Again, to the Minister of Health: how can the B.C. Liberals justify replacing an emergency room in Princeton with a lousy telephone booth?

Hon. M. de Jong: We have, as I mentioned a moment ago, created a whole series of incentives and provided additional resources to health authorities in local communities to attract physicians to places like Princeton, where the thousands of people in the surrounding area want to ensure that they have the kind of coverage that we would all expect.

But let me repeat the fact that confronted by a temporary shortage, the health authority, in conjunction with the folks at the Princeton Hospital, has said they will close the ER for that period of time, for those four evenings — those nights when they, on average, receive one patient visit per night.

Now, I have searched in vain. If the member has a magical solution

today for producing the physicians that we need in rural British Columbia I'd be interested to hear it.

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Access Gas Services Inc.	1-877-519-0862 accessgas.com	\$3.89	\$4.64	\$4.89	\$5.39	\$5.64
Active Renewable Marketing Ltd.	1-866-628-9427 activerenewable.com					\$8.99
FireFly Energy	1-888-780-3298 fireflyenergy.ca	\$4.29		\$5.33		
Just Energy	1-866-587-8674 justenergy.com	\$3.99			\$4.60	\$4.60
Planet Energy	1-866-360-3193 planetenergyhome.ca			\$4.69		\$5.19
Summitt Energy BC LP	1-877-222-9520 summittenergy.ca					\$6.99
Superior Energy Management	1-866-872-2991 superiorenergy.ca			\$5.20		

Local natural gas utility	Contact info	Residential variable rate (per GJ)**
FortisBC	fortisbc.com/choice	\$2.977

For more information, visit fortisbc.com/choice.

*Chart shows gas marketers' rates for a range of fixed terms, valid as of May 1, 2012. Marketers typically offer a variety of rates and options. Check gas marketers' websites or call to confirm current rates.
 **Residential variable rate valid as of April 1, 2012. FortisBC's rates are reviewed quarterly by the British Columbia Utilities Commission.
 A gigajoule (GJ) is a metric measurement of energy used for establishing rates, sales and billing. One gigajoule is equal to one billion joules (J) or 948,213 British thermal units (Btu).
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Health/Lifestyle News

Here Is Your Healthy Home Checklist

(NC)—The more you know about the hidden hazards that may be present in your home, the better you can protect your health and the health of your family. After all, there is a direct link between hazards at home and poor health. Now before you call in the cavalry to check your home for contaminants, there are a few easy and inexpensive things you can do yourself:

• Check for carbon monoxide (CO).

Carbon monoxide is a harmful gas with no colour, smell or taste. It forms whenever you burn fuel such as propane, natural gas, gasoline, oil, coal and wood. At low levels, CO can cause headaches and make you feel tired. The health effects at higher levels can be much more serious and even lead to death. Having your fuel-burning appliances (e.g. furnaces, fireplaces) inspected each year and installing a CO detector is your best defence.

• Check for radon gas.

Radon gas is a natural part of our environment. It comes from the ground and is found in most homes in Canada. Long-term exposure increases your risk of developing lung cancer—in fact, it is the second leading cause after smoking. Radon is colourless, odourless and tasteless, and the only way to measure levels in your home is to do a test. You can buy do-it-yourself kits at home improvement stores or hire a certified radon measurement professional.

• Check for mould.

Mould is a type of fungus that can grow in areas where there is too much moisture or humidity from water leaks, cooking, showering or flooding. Mould can grow on wood, paper, fabrics, drywall, insulation, inside walls or above ceiling tiles and can cause a variety of health problems from coughing and wheez-

ing to triggering asthma. Repair water leaks right away, scrub away mould with clean, soapy water and keep your humidity levels at 50 per cent in summer and 30 per cent in winter.

• Check for lead.

Lead is a metal that occurs naturally in the earth's crust and has many industrial uses. Lead can cause many harmful health effects, especially to the nervous, cardiovascular and reproductive systems, and the kid-

neys. Exposure to even low levels of lead can cause learning disabilities and other harmful effects on children's development.

Check Health Canada's booklet, Lead in Your Home at www.healthy-canadians.gc.ca/hazardcheck for a variety of easy, helpful tips for dealing with lead.

Health Canada has posted more tips for ridding your home of these common hazards at www.healthy-canadians.gc.ca/hazardcheck. www.newsleader.ca

Living Past 100

Beat Inflammation For A Longer Life

Inflammation is one of the things that can shorten your life and make your later years full of pain. Inflammation of the arteries is one of the main factors in the build-up of plaque. The rough spots caused by arterial inflammation are where cholesterol begins to collect. For those people suffering from arthritis, the painful inflammation is a constant source of discomfort.

Medical research has discovered a number of foods that prevent inflammation, or at least tone it down. Omega 3, found in salmon and grass fed beef, is the top anti-inflammatory food. Despite the warnings against eating red meat, the warnings apply primarily to grain fed animals. Grass fed beef and buffalo (bison) do not carry the hazard due to the content of Omega 3.

Extra virgin olive oil is another top anti-inflammatory food. If you make your own salad dressing using this oil, you can reduce inflammation.

That miracle vegetable, broccoli, is another food that provides protection against inflammation. In fact, all of the cabbage family have this gift, but broccoli is the best. This does not mean you should give up kale, cauliflower, Brussels sprouts, cabbage or kohlrabi, it just means broccoli has more of the good stuff. All dark green leafy vegetables help prevent inflammation.

Cherries and blueberries are another source of anti-inflammatory substances. When they are in season, eat all you can of these wonder fruits. When they are not in season, blueberries can be found in the frozen food section and they are nearly as good as the fresh berries. Cherries do not freeze well, but they can be preserved by canning, and lose little of their anti-inflammatory value. Cherry juice can be frozen, just as blueberry juice can be frozen, and still retain the anti-inflammatory quality.

You may not be partial to curry, but the turmeric in curry has long been known to reduce inflammation. If you like the taste of curry, use it frequently. Another tasty food is ginger, which has the same anti-inflammatory influence. Ginger can spice up both sweets and savouries, so look for recipes for meat dishes and desserts that can include ginger. Fresh ginger can be found in most produce sections, and the fresh food is always preferable to the powdered form.

Everybody knows garlic is good for a lot of what ails us, but few people consider it as a food to fight inflammation. Garlic is excellent for fighting inflammation. Use it liberally in sauces, stews, soups and salad dressings. Again, the fresh garlic is superior to the powdered garlic. Avoid using garlic salt, as it is more salt than garlic.

Finally, turn from black tea to green tea. Green tea is excellent for fighting inflammation, and has no caffeine. It is a soothing drink, and can be made into iced tea. Try a double good drink: grate a little ginger into a pot of green tea. For a nice iced drink, before you chill your ginger tea, add a little lemon and honey. This is a refreshing, soothing drink on a hot day, and it is good for you.

If you suffer from inflammation, you might want to avoid the foods from the nightshade family: potatoes, tomatoes, peppers and eggplant. You should also avoid sweets, poultry and processed foods, particularly processed foods made from pork. Avoid eating any form of old fat such as on potato chips, deep fried foods, and cheeses. The more a fat ages, the worse it is for you.

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News Leader Entertainment

Similkameen News Leader TV Guide Listings - April 24 - May 7, 2012



Princeton Community Band during the April 21st concert at Riverside Theatre. Photo: Dawn Johnson

They just get better!

Princeton Community Band presented a concert on April 21 at Riverside Community Centre, and proved once again how much the band members have achieved. Led by band leader Myrna Coates, the first half of the concert featured the newest members of the band. Coates said it had been a challenge to find music which gave the diverse instruments a part to play. There were more strings and a keyboard to accommodate. What Coates found for the newest group were selections reminiscent of old English country music, pieces like Caprice, St. Anthony's Chorale and The Road to Dundee.

After a break, the novice members of the band took their place in the audience and the more expert members took the stage. This group has a strong brass section. They opened with Neil Diamond's Sweet Caroline, Coates' favourite, followed by the best of the Beatles, a medley including themes from Hey Jude, Michelle and Ticket to Ride.

The pace changed with Fly Me to the Moon, words sung by Larry Saidman. Then the mood changed again with Someone to Lean On, Night Train, and Georgia, with another vocal by Saidman and the sweet trumpet of Corry Oerlemans.

There was a special piece dedicated to a band member whose husband had recently passed away, then the band swung into Alley Cat.

The audience had to participate in Minnie the Moocher, then the mood switched again with Time after Time and a rock number.

Coates introduced all of the band members, but was surprised when Joan Kelly made a short speech of tribute to Myrna Coates, noting that Coates has traveled to Princeton every Monday and Thursday evening for the past seven years, taking any adult who wished to play in the band, whether that person could play an instrument or even read music. The audience gave Coates a long round of applause.

Following the applause, Coates told the audience she is still taking people who want to play.

The concert ended with an old rock/blues tune, and the audience was treated to a drum solo by Lyle Zimmerman which brought back memories to older folks of the great Gene Krupa or Stan Kenton.

The end of the concert also brought a standing ovation but, despite prolonged applause, there was no encore. Everyone left with a smile anyway. It was a great evening, thanks to the Community Band. Their next concert is on June 4, the first Monday of June, but you can hear them play at the Rick Hansen anniversary celebration on May 9 at Veterans Square.

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Princeton Posse
Junior B Hockey Club
ANNUAL GENERAL MEETING

Election of Officers

The Posse also need more volunteers to assist in the operation of Princeton's community-owned KJHL hockey team.

If you are interested, come out and see what you can do to help make next season new and exciting!

7:00 PM Tuesday, May 8
Meeting Room, Riverside Centre

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Tuesday Movies

EVENING

8:00 pm **KNOW ch.5** "Stephen Fry: Wagner & Me" (2010, Documentary) Stephen Fry explores his passion for the world's most controversial composer, Richard Wagner. (CC)

KSPS ch.6 "Signs of the Time" (2008, Documentary) Narrated by Richard Dreyfuss. Filmmaker Don Casper examines the origins of hand signals during the early days of baseball.

9:00 pm **WTBS ch.3** "Crocodile Dundee in Los Angeles" (2001,

Comedy) Paul Hogan. Mick and his girlfriend return to America and link the mysterious death of a reporter to a movie studio. **KNOW ch.5** "Family Matters: Surviving the Bipolar Journey" Four families find ways to cope with a loved one's mental illness. (CC)

11:00 pm **WTBS ch.3** "Cop Land" (1997, Crime Drama) Sylvester Stallone. The sheriff of a small New Jersey police community confronts key men on both sides of a law-enforcement cover-up.

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News Leader Horoscopes

May 2 - 9, 2012

ARIES - There is a turbulent quality to your job these days, and you could have problems with your health, particularly from injuries that can be blamed on carelessness. Burns, cuts, scrapes and other such injuries result from an underlying impatience or dissatisfaction. On the job, ego may overpower good sense. Speak out if you must, but do so graciously. One on one relationships seem full of problems, but this begins to clear up in October.

TAURUS - You still just want to have fun. Your job may seem full of unwanted burdens and responsibilities, or it may seem just too routine and boring, but you have to stick to it. Part of the problem may be lack of exercise or too much weight gain over the winter. Maybe it is time to be more responsible about your health? You tend toward being creative and full of original ideas. If you have a creative hobby, you should spend more time on it. It could bring you money in the future. Make real plans, not dreams.

GEMINI - Life at home is hectic, there are problems in the family, and things around your property need fixing. All this could overwhelm you, but there are people or influences in the background which can assist you in smoothing things. The present turmoil will be finished in July. In fact, you are headed for a good year, starting in mid-June. Use your insight to work your way through your problems. Spend some time alone to try to see clearly what the correct solution may be. Find the answers by thinking.

CANCER - Make a firm plan to get things done around home that need doing, and stick to the plan. Give yourself an October first deadline, and break your plan into months. When the plan is complete, get to work. If you do not get it done this year, you will be working on it for the next 30 years! Good influences are there to aid you behind the scene. Open your heart and mind to the creative side of yourself and you can find things moving along much more smoothly. Ignore chaotic influences on the job.

LEO - Career continues under positive influences, although it may seem there is too much pressure. You can make plans for a vacation period in mid or late June. Creativity is working for you now, and will continue for a year. If you want to create something beautiful that will last, now is the time to plan it. Money problems may seem to interfere, but do all you have to do to clear up the problems by mid-July, and you will be able to move ahead. Develop plans for future according to who you really are.

VIRGO - Ego problems may cause you to be irritable, and money problems may hold you back. What you need to do is look inside your spiritual self and decide what it is that is missing from your life, then move toward a specific goal. Your financial situation tends to be unpredictable, so compensate by conserving your resources. Career prospects improve in mid-June. In the meantime, use your energies, which are high, to achieve immediate goals to solidify your position. Clear up and clear out the past.

LIBRA - Life just keeps moving along at a steady pace, and you seem to be at peace with it. Travel for pleasure interests you now, but could result in health problems or problems on the job. This is no time to slack off. Maintain high ambition and watch out for people or situations that can trip you up. Benefits from investments, government or inheritance can work in your favour now. This situation will not continue past mid-June, so make the most of it while you can. Partners are unpredictable.

SCORPIO - Employment seems difficult, health is not as good as it should be, and you need to bolster your life to avoid limitations. Others continue to be good to you and you gain from the goodwill of friends, partner. Plans do not work out as you hope they would, and need constant re-adjustment. At the same time, your plans with groups you belong to can now move ahead and you can achieve a great deal before mid-July. There may be conflicting ideas in these groups, but you can bring them to agreement.

SAGITTARIUS - Your career will continue to demand a lot of you for two months, but your efforts will be rewarded. Very soon, some good things are going to come your way. Partner and close friends are on your side and generous toward you at this time, and this influence will be with you for the coming year. Working with partner and close friends can bring a lot of benefits. Express your creative goals now and bring them into the work you do. Face and conquer home improvement and beautification now.

CAPRICORN - Spring cleaning and property improvement must be completed this week. You move into a new short creative phase, then into a period of good health and happy work situation. This will last for one year. Your career may seem humdrum and boring, but it can change abruptly, so stick with it and make it solid as you can for now. Home life is full of ups and downs and surprises. Contacts with siblings, neighbours, may be confusing or vague. Focus your attention on what is possible immediately.

AQUARIUS - Home and family mean more now, but things are going to change in the near future. Siblings and neighbours bring unexpected news or seem unpredictable. Clear up matters around home, such as improvements and beautification projects, and get set for more fun in your life and more creativity. Your creative nature is going to become strong and remain strong for the next year. Make the most of it. If you want a child, now is the time to try. Otherwise, hone those creative impulses to a fine point.

PISCES - You are becoming far more involved in the community around you. You can achieve a great deal in improving your immediate environment both at your own residence and neighbourhood, and in your community. At home, you focus more on making it a beautiful, soothing place to be, and your feelings for family grow stronger in a positive way. You may have difficulty with a partner or close friend who does not see things your way, but this will change in three months, so be patient. Laugh!

TUESDAY, MAY 1, 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	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) CTVMorning Live (N)	Junk Raiders	Henry's	CityLine (N)	Auction	Debt/Part
7 AM	Cosby		HI-5	Arthur	Today Author	CBS This Morning (N)	Criminal Minds	Good Morning (N)			Turbo	Sidkick	SportsCentre		Mayday	Suite/Deck	The Nate Berkus Show	CSI: NY	Deck Wars
8 AM	Excused		WordWorld	Curious	Frankel; bulk bargains. (N)		CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Bering Sea Gold	ANT Farm	Rachael Ray	CSI: Crime Scene	Four Weddings 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!	Rescue	SportsCentre	Livel With Kelly (N)	Cash Cab	Mickey	Access Hollywood Live	CSI: Crime Scene	Four Weddings 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	Lumber	The View (N)	Greatest Know-It-All	(10:14) Handy 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	Extreme Arctic	Marilyn Denis	Mayday "Flipped Apart"	Phineas	The Revolution	CSI: Crime Scene	Frasier
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)	Puppies	Prizefighter Boxing tournament.	CTV News (N)	Hogs Gone Wild	Wizards	General Hospital (N)	Jail	Frasier
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Day	Paint	Days of our Lives (N)	The Talk	The First 48	The Revolution	Days of our Lives (N)	The Talk	Coronation	Kid vs. Kat		The Dr. Oz Show	Bering Sea Gold	Sonny	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	Sidkick	Off Record	Anderson	Myth-Busters	So Raven	CityNews at 5 (N)	Jail	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Doctors	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Wizards	CityNews at 6 (N)	Jail	Four Weddings Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Semifinal: Teams TBA. (N) (Live)	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Jail	Four Weddings Canada
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News	News Hour (N)	Semifinal: Teams TBA. (N) (Live)	SpongeBob	Hockey (N Subject to Blackout) (Live)	CTV News at Five (N)	Pyros:Guys	Wingin' It	Last Man	Big Easy	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		ICarly		CTV News (N)	Sons of Guns (N)	Suite/Deck	New Girl	Big Easy	Frasier
7 PM	Seinfeld	Ent	Hope for Wildlife	Jesse Owens	Jeopardy!	Inside Ed.	Storage	Ent	Ent	NCIS (N) (DVS)	News	ICarly	SportsCentre (N) (Live)	etalk	Deadliest Catch (N)	Shake It	(7:01) Private Practice	Big Easy	3rd Rock
8 PM	Family Guy	Glee "Choke" (N)	"Wagner & Me"	"Signs of the Time"	The Biggest Loser	NCIS (N) (DVS)	Storage	Last Man	Glee "Choke" (N)	Glee "Choke" (N)	Mercer	ICarly	Off Record	Missing "Answers" (N)	Daily Planet (DVS)	Jessie	News	Repo	Debt/Part
9 PM	Movie: "Crocodile Dundee in Los Angeles"	NCIS: Los Angeles (N)	"Family Matters"	Frontline Strategy over Wall Street. (N)	The Voice	NCIS: Los Angeles (N)	Storage	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Comedy	Funnest Home Videos	E:60 (Taped)	The Voice	Sons of Guns	Suite/Deck	Seinfeld	Jail	Roseanne
10 PM		NCIS (N) (DVS)	Not Just a Bad Day		Fashion Star (N)	Unforgettable (N)	Storage	(10:01) Private Practice	NCIS (N) (DVS)	News Hour Final (N)	National	Boys	SportsCentre (N)	Unforgettable (N)	Deadliest Catch	Zoey 101	The Nate Berkus Show	Big Easy	Gold Girls
11 PM	Movie: "Cop Land"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatatol	SportsCentre	CTV News	Pyros:Guys	Ned's	Paid Prog.	Big Easy	Frasier

South Okanagan **PLUS**



Photo submitted
Michelle Sinclair from Okanagan College begins preparations to get the Trades Discovery Trailer on the road to meet students at Similkameen Secondary School in Keremeos.

College road trip

Okanagan College and its Trades Discover Trailer are heading to the South Okanagan.

Students from schools throughout the region will have the chance to get a practical picture of working in the trades industry through a series of demonstrations arranged by members of the college's trades and apprenticeship department at the Similkameen Secondary School in Keremeos from 10 a.m. - 2 p.m. on Wednesday, May 9.

The trailer will give students

from Keremeos, Osoyoos, Princeton and Merritt a chance to explore activity stations on the following trades: aircraft maintenance engineering, carpentry, plumbing, electrical, automotive, and heavy duty mechanics.

"This is the biggest event we've done so far," said John Haller, dean of trades and apprenticeship at the college.

Students will also see a cooking demonstration from the college's culinary arts department and have the chance to experience virtual reality simulation activities

with the computer-based collision repair paint trainer and the arc welding trainer, which are the latest in trade education technology.

The trainer includes a specially designed helmet with an integrated face-mounted display which projects students onto a scaffold or bridge, hundreds of feet in the air as they practice their welding skills.

Haler said the simulators and work stations provide students with a greater understanding of the trades.

—South Okanagan Plus Staff

NATIONAL PARK DEBATE

RDOS wants province to reopen discussions

BY JOHN MOORHOUSE
South Okanagan Plus

The regional district wants the province to get back into discussions with Ottawa over the proposed national park for the South Okanagan-Similkameen.

With a packed public gallery looking on and following an hour-long debate, Regional District of Okanagan-Similkameen directors recently voted to ask Victoria to re-engage in formal discussions with the federal government over the controversial Interior grasslands park.

The RDOS also wants the results of a feasibility study report that was submitted to the provincial government in December 2010 to be released to the regional district and the public. As well, it wants to be briefed during and after any formal park discussions between the two senior governments.

Last December, B.C. Environment Minister Terry Lake revealed that the province no longer supports the designation of a national park in the South Okanagan-Similkameen.

In a letter to the B.C. Wildlife Federation, Lake said the government is not convinced there is enough local support for the park proposal.

However, Parks Canada has continued its discussions with ranchers, First Nations and others which could be affected by a park designation.

Osoyoos Mayor Stu Wells, who represents his town on the regional board, said Thursday the RDOS motion is an innocuous move designed to reopen dialogue on the park plans.

"Personally, I would like to see this go to a referendum, but it's

too early yet," he said. "There's some questions there that have to be answered."

Wells said the public has a right to see the results of the feasibility study into the park, as well as input from First Nations.

Tom Siddon, RDOS director for Area D (Okanagan Falls-Kaleden), said he has been a strong supporter of the national park ever since it was first proposed nearly 10 years ago.

He pointed to the economic benefits stemming from creation of the Haida Gwaii national park.

However, other RDOS directors said it's much too soon for the RDOS to come out pro or con on the issue.

Allan Patton, director for Area C (Oliver rural), opposed the regional district's call for the province to get back to the table.

"It's taking the side that we approve of the national park and we want to move to go down that road, but I'm not going there," he said.

Opponents fear the park will eliminate ranchers' rights to graze cattle on Crown lands, hunters fear they will be barred from the area, and companies such as Canadian Helicopters wonder what impact the park might have on their operations.

The RDOS board voted 13-3 in favour of calling on the province to re-engage in park discussions with the federal government, with Pendergraft, Cawston director George Bush, and Keremeos Mayor Manfred Bauer opposed.

Patton and Keremeos rural director Angelique Wood both walked out of the boardroom prior to the vote, but returned to support the unanimous call for release of the feasibility study.

Opinion in the public gallery appeared to be evenly split.



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Community Foundation founding members Charles Armstrong and Allan Markin.

Community Foundation achieves huge milestone

The Community Foundation of the South Okanagan announced that it has surpassed a major milestone in its history.

During its recent volunteer appreciation breakfast in recognition of Volunter Week, it was revealed as of the 2012 granting cycle the foundation has now granted \$1,046,000 to charities throughout the regional district.

Executive director Aaron McRann said that \$192,000 is being granted to local charities in 2012. This is an increase from \$169,000 in 2011 and is the largest amount ever granted in a single year by the foundation.

More than 60 local charities receive support from the foundation each year. This support is funded from investment income on the \$6-million endowment fund. Donations are held within this endowment fund forever, thereby ensuring that charities continue to receive funding from the Foundation in perpetuity.

The Community Foundation of the South Okanagan has served the region for 20 years, working with donors to create legacies in the form of permanent endowment funds. Grants are distributed from income earned, preserving the capital to ensure a perpetual stream of funds.

—South Okanagan Plus

Keremeos wants WorkZone restored

Full provincial employment office services in Keremeos should be restored, says the Regional District of Okanagan-Similkameen.

RDOS directors want the provincial government to re-establish the Keremeos WorkZone office to its previous service levels, following the contracting out of the service to the YMCA last fall.

The regional district board also says Cawston should be included with the Keremeos office, rather than force clients to travel to Osoyoos instead. The province hired a separate contractor to operate the Osoyoos office, which includes Oliver and Cawston.

Keremeos village council recently wrote a letter to Boundary-Similkameen MLA John Slater bemoaning the service reduction.

"There will be no job board, computers, drop-in services, or daily office hours here in the village," said Mayor Manfred Bauer. "In fact, the services will be offered only to EI (employment insurance) clients by referral and appointments have to be made to meet with the consultant.

Bauer noted Princeton and Summerland both maintain full WorkZone offices, yet Keremeos has a higher percentage of residents requiring service.

"The reduced services do not meet the needs of our community. We feel that it is especially important to have 'full service' rather than 'satellite service' offered in Keremeos," he said.

Robert Bryce, manager of YMCA services for the Okanagan area, explained to the RDOS board that the YMCA was awarded a contract to operate provincial employment services for Penticton, Summerland, Keremeos and Princeton. It has subcontracted its work in Keremeos to On Your Mark Employment Services.

The new WorkZone office in Penticton opened April 2 at 50 Calgary Ave. and includes 20 staff members.

However, he admitted that no drop-in "storefront" office is now available in Keremeos. Instead, clients are booked with the On Your Mark consultant who operates in the Similkameen community.

Bryce said the YMCA does not have funding in its contract to subsidize a storefront operation in Keremeos.

"We were awarded the contract to deliver a certain way," he said. "We have to meet those obligations."

Bryce agreed to meet separately with village council and local RDOS directors to further discuss their concerns.

—South Okanagan Plus

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Photo submitted

Mike Wanchic, right, has played with legendary rocker John Mellencamp, centre, for 35 years. The two will be performing at the South Okanagan Events Centre, June 14. Also pictured is drummer Dane Clark.

35 years with Mellencamp

By JAMES MILLER
South Okanagan Plus

Mike Wanchic well remembers the recording of American Fool, the 1982 breakthrough album by John Mellencamp.

"It was our fourth record and we thought that was it," recalls the guitarist and co-producer. "We were sure we were going to be dropped (by the label). A record company exec came in and listened to it and made an absolutely inane comment. 'It could use horns.' John slammed the door on the guy. 'If you don't want to release it, then release us.' Lo and behold, look who the cool guys are now."

American Fool hit No. 1 on the Billboard album charts, was nominated for Album of the Year at the Grammy Awards (losing to Toto IV) and spawned three mega-hits -- Hurt So Good, Jack and Diane and Hand to Hold On To.

"Don Gehman as co-producer went with two guitars, bass and drums and we played as well as we could play. We wrote as well as we could write. After that album, no one has ever dictated to us. We allowed ourselves to be in Bloomington away from the music industry (expletive deleted) in trendy L.A."

Looking back, some 30 years later, Wanchic admits he was shocked by its success.

Except for a one-album break in the 1970s, Wanchic has been there every step of the way playing with Mellencamp for the past 35 years in both concert and in the

studio.

As Mellencamp's band prepares for a North American tour, which includes a stop in Penticton, Wanchic shared stories of his life on the road in a phone interview from Bloomington, Indiana where he and Mellencamp both live.

"It's my legacy too. It was built on the bonds of brotherhood," said Wanchic. "There's a loyalty -- a small town loyalty and a commitment to family and friends which is part and parcel to who we are. I've dedicated my life to it and we've had blessings of success."

Mellencamp and his band, of course, were far from one hit wonders.

The list of hits continued well after American Fool with Uh-Huh (The Authority Song, Tumbling Down, Pink Houses), the critically acclaimed Scarecrow (Small Town, Lonely Old Night, R.O.C.K. in the USA), The Lonesome Jubilee (Paper in Fire, Pink Houses), Big Daddy (Jackie Brown, Pop Singer) right up to 1994's Wild Night, a remake of a Van Morrison classic which hit No. 3 on the pop singles charts.

Although the days of producing top 10 singles are long gone (Mellencamp had 22 different songs land on the Billboard Top 40 in the States), his recent albums are receiving some of the best reviews of his career including No Better Than This, the most recent release.

No Better Than This was recorded at the First African Baptist Church in Savannah,

Georgia.

Surprisingly, the front-man and guitarist don't pick one of the hits as their favourite song.

Wanchic's favourite song is Minutes to Memories from Scarecrow and Mellencamp's is Theo and Weird Henry from 1989's Big Daddy.

"The first time I met John, I knew he had this intangible star quality. He's a dedicated, hard-working man who's not driven by the hit record or commercial success. He's not out to impress Jennifer Lopez, Randy (Jackson) and Stevie (Tyler)."

Wanchic was recruited by Mellencamp to play on his first album.

"He knew who I was."

Wanchic's mother was a radio programmer in Lexington, Kentucky and he said it's scary how similar his taste in early music was to Mellencamp's. Wanchic said his guitar idol was Jimi Hendrix but there was a period in his teens when he discovered Frank Zappa.

In addition to music, Wanchic grew up in an athletic family. He received a football scholarship to DePaul University where he played outside linebacker. His father played collegiate football for the legendary Bear Bryant. The best man at Wanchic's wedding was Jim Irsay, owner of the Indianapolis Colts.

Wanchic said the team-work required in sports is identical to playing in a successful band.

"You're only as good as the guy standing beside you."

MAMMA MIA COMING

My my, how can I resist you?

The North American tour of Mamma Mia! is coming to the South Okanagan Events Centre for two performances on Saturday, August 18.

The global smash, which has over 4,000 consecutive performances on Broadway plus an additional 5,000 in London, is scored with the greatest hits of ABBA. It first appeared in Canada on the Toronto stage (where it received an opening night standing ovation which lasted over 10 minutes) and since that time has grossed over \$600-million world-wide.

With a soundtrack featuring such chestnuts as Take A Chance on Me, Does Your Mother Know, The Winner Takes It All, Dancing Queen and I Have A Dream, it

was later reworked for a theatrical version in 2007 starring Meryl Streep and Colin Firth.

The production is produced by Judy Craymer, Richard Easter and Bjorn Ulvaeus for Littlestar in association with Universal

Tickets for the two performances (a 2 p.m. matinee and an 8 p.m. evening performance) go on sale to the general public May 4 at 10 a.m. Tickets range in price from \$59 to \$100, plus applicable service charges and are available at www.ValleyFirstTix.com, by phone at 1-877-SOEC-TIX or in person at the SOEC box office or Penticton and Wine Country Visitors Centre.

On the net: www.mammamiainorthamerica.com.

SOEC goes electronic

Canada Day has just become a lot more hip in the Peach City.

Grammy-nominated DJ and producer AVICII is taking his club anthems on the road with the AVICII-LE7ELS tour, which stops at the South Okanagan Events Centre on Sunday, July 1.

AVICII will be playing a set featuring all his smash hits.

The show has an age restriction, and patrons must be at least 16 years of age.

Tickets for the Penticton show go on sale at 10 a.m. Friday for \$94 and \$80 plus all applicable service charges. Buy tickets at the SOEC and Penticton and Wine Country Visitor Centre box offices, or at 1-877-SOEC-TIX.

Celebration of Mexico planned

Royal Canadian Legion Branch 40 is again celebrating Cinco de Mayo 2012 with a Mexican celebration, Friday, May 4 at 502 Martin Street in Penticton.

Entertainment will be provided by mariachi singer Diego Alcaraz

with special appearances by Gillian Russell, Eric Wood, Brian Russell, Cliff Brownlee and dancers Graham and Sandra Whiting. Tickets are \$13 which includes a Mexican meal. Non-members call 250-492-2882.

Pig out this weekend in Oliver

Here's an event pork lovers don't want to miss.

The Oliver Osoyoos Wine Country will be hosting Pig Out at Covert Farms on May 5 from 1-4 p.m.

The event is presented by Destination Osoyoos and the Oliver Tourism Association and hosted by Covert Farms. It features chefs from local winery

restaurants, each preparing and presenting pork in a variety of ways.

Enhancing the food will be representatives from 24 members of the Oliver Osoyoos Winery Association who will be on hand to pour samples of their wines.

Tickets are available on-line at www.banepigout.eventbrite.com for \$65 each/.

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News Leader Recipe 500

Mushroom Layered Salad

Ingredients:

- 4 cups mixed salad greens OR spinach (1 L)
- 1 cup thinly sliced carrots (250 mL)
- 1 lb. sliced fresh Mushrooms (500 g)
- 1 cup cooked fresh OR frozen green peas (250 mL)
- 1 cup chopped mixed sweet peppers (250 mL)
- 1 cup chopped red onion (250 mL)

Dressing:

- 1/2 cup light mayonnaise (125 mL)
- 1/4 cup 2% yogurt (50 mL)
- 1/4 cup lemon juice or white wine vinegar (50 mL)
- 1/4 cup grated Parmesan cheese (50 mL)
- 1/4 tsp ground pepper (2 mL)

Method:

In 3.5 qt /3.5L salad bowl, arrange layers, starting with salad greens, carrots, mushrooms, peas, peppers and onion. In small bowl, combine mayonnaise, yogurt, lemon juice, Parmesan and pepper. Spread over top of salad. Cover with plastic wrap and store in refrigerator several hours or overnight. Toss before serving. Makes 8 servings.

Tip: Vary the vegetables according to the summer season and add cooked bacon bits with onions if desired.

Nutritional Information Per Serving:

Calories: 123, Sodium: 190 mg, Protein : 5.7 g, Fat: 6.7 g, Carbohydrates: 12.3 g, Dietary Fibre: 3.4 g

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Wednesday Movies

EVENING

9:00 pm WTBS ch.3 "Cop Land" (1997, Crime Drama) Sylvester Stallone. The sheriff of a small New Jersey police community confronts key men on both sides of a law-

enforcement cover-up.

11:00 pm WTBS ch.3 "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée.

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WEDNESDAY, MAY 2, 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 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)	Greatest Know-It-All	Henry's	CityLine (N)	Auction	Debt/Part
7 AM	Cosby		Hi-5	Arthur	Today Lisa Rinna and Ian Kerner; Anne Geddes. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday	Suite/Deck	The Nate Berkus Show	CSI: NY "Enough"	Wipeout Canada
8 AM	Excused		WordWorld	Curious			CSI: Miami		100 Huntley Street		Bo On/Go	Pokémon	SportsCentre		Junk Raiders	ANT Farm	Rachael Ray	CSI: Crime Scene	Intervention Canada
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	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	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	Unsellable	Poko	Little Bear	Fishing	The View (N)	Canada's Worst Driver	(10:14) Handy Manny	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Unsellable	Save-Ums!	Sid	The Doctors	Young & Restless	Criminal Minds	Paid Prog.	Unsellable	Noon News Hour (N)	Animal	G. Shrinks	E:60	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	Prizefighter Boxing tournament	CTV News (N)	Mayday "Flying Blind"	Wizards	General Hospital (N)	CSI: Crime Scene	"70s Show
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Day	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	Jeopardy!	The Dr. Oz Show	Deadliest Catch	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	Sidekick	Off Record	Anderson	Myth-Busters (N)	So Raven	CityNews at 5 (N)	Auction	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Doctors	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Wizards	CityNews at 6 (N)	Auction	Intervention Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	NHL Hockey: Conference Semifinal: 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	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)	Deadliest Catch	Suite/Deck	Mod Fam	Auction	"70s Show
7 PM	Seinfeld	Ent	Frontiers of	Use Your Brain to Change Your Age	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Cleveland	News	ICarly	SportsCentre (N) (Live)	etalk	Sons of Guns	Shake It	Revenge "Absolution"	Am Digger	3rd Rock
8 PM	Family Guy	Survivor: One World (N)	Tailor Made		Betty	Survivor: One World	Duck D.	The Middle	Survivor: One World (N)	Survivor: One World (N)	Dragons' Den	ICarly	Victorious	American Idol The finalists perform.	Daily Planet (DVS)	Austin	News	Am Digger	Debt/Part
9 PM	Movie: *** "Cop Land" (1997)	Rookie Blue (N)	Sacred Music	America Revealed (N)	Rock Center	Criminal Minds (N)	Storage	Mod Fam	Rookie Blue (N)	Rookie Blue (N)	Republic of Doyle	Funnest Home Videos	2010 Poker		Sons of Guns	Shake It	Seinfeld	Auction	Roseanne
10 PM	Ray Liotta	Cleveland Simpsons	Suzie LeBlanc Musical	Pacific Heartbeat	Law & Order: SVU	CSI: Crime Scene	Dog	Revenge "Absolution"	Cleveland Simpsons	News Hour Final (N)	National	Boys	SportsCentre (N)	CSI: Crime Scene	Bering Sea Gold	Zoey 101	The Nate Berkus Show	Am Digger	Gold Girls
11 PM	Movie: ** "Flubber"	CHBC News Final (N)	Frontiers of	Charlie Rose (N)	News	News	Duck D.	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	CTV News	Deadliest Catch	Ned's	Paid Prog.	Repo	"70s Show

6th Annual PSS Family Fair



Roya Massoudi and Courtney Hassell watched over games of skill at the April 26th Family Fair at PSS. All funds raised will go toward bursaries for 2012 graduates. *



A young participant watches his ball navigate through the Plinko grid at the Family Fair. *



The White Elephant table is always a popular element during any Family Fair. *



Princeton Youth Ambassador Candidates were the perfect hostesses during Family Fair on April 26th. They are, standing from left, Emily Allison, Ciara Bamford and Taylor Gibb. Seated from left, Megan Pateman and Keisha Miller. *



Angie Marshall and Kendra Leiding sold 'bricks' in support of school construction in Third World countries. They raised funds during the April 26th Family Fair. *



One of the popular stops in the Family Fair is the Balloon Pop! *



A female Downy Woodpecker discovers a new place to feed in South Princeton. *

Princeton Town Council news briefs

Council received an Environmental Application Notice from Ledcor Resources and Transportation, asking the Minister of Environment to authorize the discharge of air particulate emissions from a log chipping facility to be located at 201 Old Hedley Road. The application specifies an operation running 18 hours a day, five or six days a week.

This application is under review by the ministry. Anyone wishing to intervene may do so by contacting Environmental Protection at 201 - 3547 Skaha Lake Road, Penticton, B.C. V2A 7K2.

On another matter, Princeton Secondary School 2012 graduating class has a new plan for a prom. They have asked Town Council for

use of Veterans Square on June 23. The class plans a Grand March and dance with parents as their celebration of graduation, and their prom night.

Council did not hesitate to grant approval for the 2012 grad plan. Details for street closures and other features will be worked out between the Town and the planning group.

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Thursday Movies

EVENING

9:00 pm WTBS ch.3 "Poseidon" (2006, Adventure) Josh Lucas. Survivors aboard a capsized ocean liner band together in a fight for their lives, seeking safety through an upside-down maze.
 KNOW ch.5 "Woodstock" (1970, Documentary) Richie Havens. Premiere. Performers at the 1969 outdoor rock concert include Joan

Baez, Ten Years After, the Who, Joe Cocker, Arlo Guthrie, Jefferson Airplane, Jimi Hendrix. (CC)
 11:00 pm WTBS ch.3 "Dreamer: Inspired by a True Story" (2005, Drama) Kurt Russell. A racehorse trainer and his daughter nurse a gravely injured filly back to health and aim for a slot in the Breeders' Cup Classic.

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THURSDAY, MAY 3, 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) 30	Arthur 30 Rob Robot	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 30	News	(5:30) Morning News (N) 30	(4:30) Morning News (N) 30	CBC News Now 30	Kid vs. Kat Super Evil	SportsCentre 30	(5:30) CTV Morning Live (N) 30	Licence to Drill	Henry Phineas	CityLine (N) 30	Auction	Debt/Part
7 AM	Cosby		Hi-5 30 Magie Bus	Arthur Martha	Today Detroit student choir, Giuliano Hazan. (N) 30	CBS This Morning (N) 30	Criminal Minds 30	Good Morning America (N) 30			Turbo Cat in the Hat	Sidekick Beyblade	SportsCentre 30		Mayday 30	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY "Dead Inside"	Deck Wars 30
8 AM	Excused		WordWorld Dinosaur	Curious Cat in the Hat			CSI: Miami "Caged" 30		100 Huntley Street 30		Bo On/Go Busytown	Pokémon Kid vs. Kat	SportsCentre 30		Machines I Could Do	ANT Farm Phineas	Rachael Ray 30	CSI: Crime Scene	Instant
9 AM	Family Fd	100 Huntley Street 30	Wibbly Pig Princess	Super Why! Dinosaur		The 700 Club 30	CSI: Miami 30	Live! With Kelly (N) 30	100 Huntley Street 30	World Vision 30	Super Why! News	Rescue Berenstain	SportsCentre 30	Live! With Kelly (N) 30	Cash Cab Cash Cab	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Instant
10 AM	Millionaire	Operation Smile 30	Numbrjack Mr. Moon	Sesame Street 30 (EI)		The Price Is Right (N)	Criminal Minds 30	The View (N) 30	Operation Smile 30	Unsellable Debt/Part	Poko 30 Doodlebop	Little Bear Big-Small	Boxing	The View (N) 30	Worst Handyman	(10:14) Handy Manny	The Chew 30	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Unsellable Debt/Part	Save-Ums! Rolle Polle	Sid Sit-Be Fit	The Doctors 30	Young & Restless	Criminal Minds 30	Paid Prog. Paid Prog.	Unsellable Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue		Marilyn Denis	Mayday	Phineas Suite/Deck	The Revolution	CSI: Crime Scene	Friends 30
12 PM	Law Order: CI	Noon News Hour (N)	Pingu 30 Peep, Big	Charlie Rose (N) 30	Grt Pillow Paid Prog.	News Bold	The First 48 30	The Chew 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Puppies Almost	2012 CFL Draft (N) (Live) 30	CTV News (N) 30	Deadliest Catch 30	Wizards Hannah	General Hospital (N) 30	Jail 30	Friends 30
1 PM	Amer. Dad Earl	Days of our Lives (N)	Doggy Day Zoboom	Painting Knlt	Days of our Lives (N)	The Talk 30	The First 48 30	The Revolution	Days of our Lives (N)	The Talk 30	Coronation Jeopardy!	Kid vs. Kat Super Evil		The Dr. Oz Show 30	Sons of Guns 30	Sonny Zoey 101	CityLine 30	Jail 30	3rd Rock
2 PM	King	The Talk 30	Franklin 30 Little Bear	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	The First 48 30	General Hospital (N) 30	The Talk 30	The Doctors 30	Steven and Chris 30	Sidekick Squirrel	Off Record Interruption	Anderson 30	Myth-Busters 30	So Raven Ned's	CityNews at 5 (N) 30	Jail 30	Gold Girls
3 PM	The Office	The Doctors 30	Rob Robot Berenstain	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil 30	The First 48 30	Rachael Ray 30	The Doctors 30	Young & Restless	Recipes Wheel	Almost Sidekick	SportsCentre (N) 30	Dr. Phil 30	Cash Cab How/Made	Wizards Suite/Deck	CityNews at 6 (N) 30	Jail 30	Instant
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur 30	Fetch! With Wild Kratts	Jdg Judy	The Dr. Oz Show 30	The First 48 30	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Semifinal: Teams TBA. (N) 30 (Live) 30	SpongeBob Penguins	Hockey NHL Hockey (N) Subject to Blackout (Live) 30	Ellen DeGeneres Show	Daily Planet (N) 30	Phineas Phineas	How I Met 30 Rock	Jail 30	Instant
5 PM	Browns Payne	News (N) 30	Jack 30 Martha	News Business	News NBC News	News CBS News	The First 48 30	News ABC News	Early News Global Nat.	News Hour (N) 30	NHL Hockey: Conference Semifinal: Teams TBA. (N) 30 (Live) 30	SpongeBob Parents	Hockey (N) Subject to Blackout (Live) 30	CTV News at Five (N)	Bigfoot: The Definitive Guide 30	Austin Austin	Community 30 Rock	Jail 30	Friends 30
6 PM	Browns Payne	Global Nat. News	Parks Undersea	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N)	The First 48 (N) 30	News News	(5:59) News Hour (N)	ET Canada Ent		ICarly 30 Zoink'd! 30		CTV News (N) 30		Austin Austin	Person of Interest (N) 30	IMPACT Wrestling (N) 30	Friends 30
7 PM	Seinfeld	Ent	The Rapidly Changing	Reinventing Yourself 30	Jeopardy! Wheel	Inside Ed. Access H.	The First 48 (N) 30	Ent The Insider	Ent ET Canada	Awake "Slack Water"	News Gags	ICarly 30 Boys	SportsCentre (N) (Live) 30	etalk 30 Big Bang	Unchained Reaction 30	Shake It Good Luck	(7:01) Scandal (N) 30		3rd Rock
8 PM	Family Guy	The Exes	Horse Power	New Tricks 30	Community 30 Rock	Big Bang Rules	(8:01) The First 48 30	Missing "Answers" (N)	The Exes The Office	The Exes The Office	The Nature of Things	ICarly 30 Victorious	24/7 Sports	etalk 30 Big Bang	Daily Planet 30 (DVS)	Good Luck Wingin' It	News EP Daily	MMA Ways Die	Debt/Part
9 PM	Movie: ** "Poseidon" (2006) Josh Lucas.	Touch (N) 30	Movie: *** "Woodstock" (1970) Richie Havens. Premiere. 30	MI-5 30	The Office Parks	Person of Interest (N)	(9:01) The First 48 30	Grey's Anatomy (N) 30	Touch (N) 30	Touch (N) 30	Doc Zone 30	Funniest Home Videos	24/7 Sports	Grey's Anatomy (N) 30	Bigfoot: The Definitive Guide 30	Really Me Wingin' It	Seinfeld 30	Mix Payne	Roseanne
10 PM		Awake "Slack Water"	(1970) Richie Havens. Premiere. 30	Independent Lens (N)	Awake "Slack Water"	The Mentalist (N) 30	(10:01) The First 48	(10:01) Scandal (N) 30	Awake "Slack Water"	News Hour Final (N)	National	Boys Mr. Young	SportsCentre (N) 30	The Mentalist (N) 30		Zoey 101 So Raven	The Nate Berkus Show	GTTV	Gold Girls
11 PM	"Dreamer: True Story"	CHBC News Final (N)		Charlie Rose (N) 30	News Jay Leno	News Letterman	(11:01) The First 48	News Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	Zoink'd! 30 Weird	SportsCentre 30	CTV News	Unchained Reaction 30	Ned's Princess	Paid Prog. Paid Prog.	MMA Entourage	Friends 30

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Friday Movies

AFTERNOON

4:00 pm SPIKE ch.44 "Jurassic Park" (1993, Science Fiction) Sam Neill. An entrepreneur invites scientists, a mathematics theorist and others to his jungle theme-park featuring dinosaurs regenerated from DNA. (In Stereo)

EVENING

7:00 pm SPIKE ch.44 "Jurassic Park III" (2001, Adventure) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (In Stereo)

8:00 pm YTV ch.18 "Sydney White" (2007, Comedy) Amanda Bynes. A college freshman joins forces with seven misfits to take over the student government

and promote fair treatment for nerd and noted alike. (In Stereo) (CC)

FAM ch.26 "Starstruck" (2010, Drama) Sterling Knight. A Midwestern girl visits Los Angeles and spends time with a rising Hollywood pop star. (In Stereo) (CC)

10:00 pm FAM ch.26 "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot.

News Leader Sudoku 400

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.

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

THIS WEEK'S SOLUTION:

Page 20

News Leader Sudoku grids, puzzles and solutions

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FRIDAY, MAY 4, 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 Ⓢ Rob Robot	Bob Build Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	News	(5:30) Morning News (N) Ⓢ	(4:30) Morning News (N) Ⓢ	CBC News Now Ⓢ Turbo	Kid vs. Kat Super Evil	Hockey: IIHF World Championships: Canada vs. Slovakia. (N)	(5:30) CTV Morning Live (N) Ⓢ	Nerve Center Ⓢ Mayday Ⓢ	Henry Phineas Suite/Deck Hannah	CityLine (N) Ⓢ	Gangland Detroit. Ⓢ	Debt/Part Debt/Part
7 AM	Cosby Cosby		Hi-5 Ⓢ Magic Bus	Arthur Martha	Today Cynthia Sass; home remedies; prom. (N) Ⓢ	CBS This Morning (N) Ⓢ	Dog Dog	Good Morning America (N) Ⓢ				Yu-Gi-Oh! Beyblade					The Nate Berkus Show	Gangland Ⓢ	Wipeout Canada Ⓢ
8 AM	Excused Excused		WordWorld Dinosaur	Curious Cat in the			Dog the Bounty Hunter			100 Huntley Street Ⓢ	Bo On/Go Busytown	Pokémon Kid vs. Kat			Myth-Busters Ⓢ	ANT Farm Phineas	Rachael Ray Ⓢ	Gangland Ⓢ	Canadian Pickers Ⓢ
9 AM	Family Fd Family Fd	100 Huntley Street Ⓢ	Garth-Bev Princess	Super Why! Dinosaur		The 700 Club Ⓢ	Dog the Bounty Hunter	Live! With Kelly (N) Ⓢ	100 Huntley Street Ⓢ	World Vision Ⓢ	Super Why! News	Rescue Berenstain	SportsCentre Ⓢ	Live! With Kelly (N) Ⓢ	Cash Cab Cash Cab	Mickey Never Land	Access Hollywood Live	Gangland Ⓢ	Canadian Pickers Ⓢ
10 AM	Millionaire Millionaire	World Vision	Numbrjack Mr. Moon	Sesame Street Ⓢ (E)		The Price Is Right (N)	Duck D. Duck D.	The View (N) Ⓢ	World Vision	Unsellable Debt/Part	Poko Ⓢ Doodlebop	Little Bear Fly Rhino	Score Golf NHRA Drag Racing: O'Reilly Auto Parts Spring Nationals. (Taped) Ⓢ	The View (N) Ⓢ	I Could Do I Could Do	(10:15) Handy Manny	The Chew Ⓢ	Gangland Ⓢ	Roseanne Roseanne
11 AM	Law Order: CI	Unsellable Debt/Part	Save-Umsl Rolie Polie	Sid Sit-Bo Fit	The Doctors Ⓢ	Young & Restless	Duck D. Duck D.	Let's Talk Paid Prog.	Unsellable Debt/Part	Noon News Hour (N)	Animal Artzooka	G. Shrinks Rescue		Marilyn Denis CTV News (N) Ⓢ	Mighty Ships Ⓢ	Phineas Suite/Deck	The Revolution	Gangland Ⓢ	Married Married
12 PM	Law Order: CI	Noon News Hour (N)	Pingu Ⓢ Peep, Big	Charlie Rose (N) Ⓢ	PaId Prog. PaId Prog.	News Bold	Duck D. Duck D.	The Chew Ⓢ	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) Ⓢ	Rated A Almost		CTV News (N) Ⓢ	Bigfoot: The Definitive Guide Ⓢ	Wizards Hannah	General Hospital (N) Ⓢ	Gangland Ⓢ	Married Married
1 PM	Amer. Dad Earl	Days of our Lives (N)	Doggy Day Zoboom	Color Scrapbook	Days of our Lives (N)	The Talk Ⓢ	Duck D. Duck D.	The Revolution	Days of our Lives (N)	The Talk Ⓢ	Coronation Jeopardy!	Kid vs. Kat Super Evil	24/7	The Dr. Oz Show Ⓢ		Sonny Zoey 101	CityLine Ⓢ	Gangland Ⓢ	3rd Rock 3rd Rock
2 PM	King King	The Talk Ⓢ	Franklin Ⓢ Little Bear	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	Duck D. Duck D.	General Hospital (N) Ⓢ	The Talk Ⓢ	The Doctors Ⓢ	Steven and Chris Ⓢ	Slidekick Squirrel	Off Record Interruption	Anderson Ⓢ	Unchained Reaction Ⓢ	So Raven Ned's	CityNews at 5 (N) Ⓢ	Gangland Ⓢ	Gold Girls Gold Girls
3 PM	The Office The Office	The Doctors Ⓢ	Rob Robot Berenstain	WordGirl Electric	Ellen DeGeneres Show	Dr. Phil Ⓢ	Duck D. Duck D.	Rachael Ray Ⓢ	The Doctors Ⓢ	Young & Restless	Recipes Wheel	Almost Slidekick	SportsCentre (N) Ⓢ	Dr. Phil Ⓢ	Cash Cab How/Made	Wizards Suite/Deck	CityNews at 6 (N) Ⓢ	Gangland "Blood River" Ⓢ	Canadian Pickers Ⓢ
4 PM	Big Bang Big Bang	Young & Restless	G. Shrinks Arthur Ⓢ	Blz Kid\$ Wild Kratts	Jdg Judy Jdg Judy	The Dr. Oz Show Ⓢ	Storage Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Semifinal: Teams TBA. (N) Ⓢ (Live) Ⓢ	SpongeBob Kung Fu Parents SpongeBob	Hockey NHL Hockey (N) Subject to Blackout (Live) Ⓢ	Ellen DeGeneres Show CTV News at Five (N)	Daily Planet (N) Ⓢ How/Made How/Made	Phineas Phineas Random Good Luck	How I Met 30 Rock	Movie: *** "Jurassic Park" (1993) Sam Neill, Laura Dern. Ⓢ	Canadian Pickers Ⓢ
5 PM	Browns MLB Baseball: Atlanta Braves at Colorado Rockies. (N) (Live)	News (N) Ⓢ	Jack Ⓢ Martha	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	News Hour (N) Ⓢ	News ET Canada	Victorious Boys		CTV News (N) Ⓢ	Finding Bigfoot: Austin	Shake It Austin	Fringe (N) Ⓢ	Married Married	
6 PM	Ent ET Canada	Global Nat. News	Parks Rivers	PBS News-Hour (N) Ⓢ Millionaire	News KREM 2 News at 6 (N)	News KREM 2 News at 6 (N)	Storage Storage	News News	(5:59) News Hour (N)	ET Canada Ent	News News	Victorious Big Time	SportsCentre (N) (Live) Ⓢ	etalk Ⓢ Big Bang	Mayday "Bad Attitude" ANT Farm	Jessie Ⓢ ANT Farm	Mantracker Ⓢ (DVS)	Movie: *** "Jurassic Park III" (2001) Ⓢ	3rd Rock 3rd Rock
7 PM	Family Guy	The Finder (N) Ⓢ	Doc Martin Ⓢ	Doc Martin Joe Penhale's amnesia ex-wife visits.	Who Do You Grimm (N) Ⓢ	Undercover Boss (N) Ⓢ	Storage Storage	Shark Tank (N) Ⓢ	The Finder (N) Ⓢ	The Finder (N) Ⓢ	Ron James M'ketplace	Movie: ** "Sydney White" (2007) Ⓢ	Off Record	Undercover Boss (N) Ⓢ	Daily Planet Ⓢ (DVS)	Movie: ** "Starstruck" (2010) Ⓢ	News EP Daily		Debt/Part ET Canada
8 PM	Family Guy	Harry's Law (N) Ⓢ	Polrot Ⓢ			CSI: NY "Unwrapped"	Storage Storage	Primetime: What Would	Harry's Law (N) Ⓢ	Lost Girl Ⓢ (DVS)	fifth estate		World, Poker	Grimm (N) Ⓢ	Finding Bigfoot: Jessie Ⓢ		Seinfeld Ⓢ	Gangland Ⓢ	Roseanne Roseanne
9 PM	Seinfeld Ⓢ	Lost Girl Ⓢ (DVS)	(9:53) Polrot Ⓢ	Wallace Stegner Ⓢ	Dateline NBC (N) Ⓢ	Blue Bloods (N) Ⓢ	Storage Storage	20/20 Ⓢ	Lost Girl Ⓢ (DVS)	News Hour Final (N)	National	Weld Boys	SportsCentre (N) Ⓢ	Blue Bloods (N) Ⓢ	How/Made How/Made	Movie: ** "Raise Your Voice" (2004) Ⓢ	Ochocinco: Ult	Gangland Ⓢ	Gold Girls Gold Girls
10 PM	Movie: "Blue Streak"	CHBC News Final (N)	Marine Machines Ⓢ	Charlie Rose (N) Ⓢ	News Jay Leno	News Letterman	Storage Storage	Sports Nightline	News Hour Final (N)	Ent ET Canada	Stroumbouloupoulos	The Next Star Ⓢ	SportsCentre Ⓢ	CTV News CTV News	Mayday "Bad Attitude"		The Nate Berkus Show	Gangland Ⓢ	Married Married

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "Easy Virtue" (2008, Romance-Comedy) Jessica Biel. A viva-

acious American bride contends with her snooty British mother-in-law's attempts to drive her out of the family.
10:00 am WTBS ch.3 "Daddy

Day Camp" (2007, Comedy) Cuba Gooding Jr. Chaos reigns when two clueless fathers take charge of a dilapidated summer camp and its ill-behaved attendees.

Stereo) (CC)
5:00 pm WTBS ch.3 "King Kong" (2005, Adventure) Naomi Watts. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island.

unfold as a monstrous creature attacks New York, leaving death and destruction in its wake. (In Stereo)

9:00 pm WTBS ch.3 "Rogue" (2007, Action) Jet Li. A federal agent seeks revenge on an elusive assassin after his partner and family are killed, but the target ignites a war between rival Asian mobsters.

FAM ch.26 "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (CC)

CITY ch.29 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (CC)

10:30 pm FAM ch.26 "The Derby Stallion" (2005, Drama) Sarah Blackman. Patrick becomes friends with Houston Jones and the pretty new girl, Jill, but faces a tough challenge in Randy, the town bully who has won the race for five years straight. (In Stereo) (CC)

11:00 pm KNOW ch.5 "Woodstock" (1970, Documentary) Richie Havens. Performers at the 1969 outdoor rock concert include Joan Baez, Ten Years After, the Who, Joe Cocker, Arlo Guthrie, Jefferson Airplane, Jimi Hendrix. (CC)

AFTERNOON

12:00 pm WTBS ch.3 "Trapped" (2002, Suspense) Charlize Theron. A young anesthesiologist and his wife try to turn the tables on three kidnappers who have their 6-year-old daughter.

FAM ch.26 "Frenemies" (2012, Drama) Bella Thorne. Three sets of friends deal with the ups and downs of their ever-changing relationships. (In Stereo) (CC)

2:00 pm YTV ch.18 "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. (In Stereo) (CC)

3:00 pm YTV ch.22 "Adrift" (1993, Drama) Kate Jackson. Bad things happen after a lawyer and her husband bring a starving couple aboard their sailboat at sea. (In Stereo) (CC)

SPIKE ch.44 "The Day After Tomorrow" (2004, Action) Dennis Quaid. A climatologist tries to locate his son after global warming leads to worldwide natural disasters. (In Stereo)

4:00 pm YTV ch.18 "Kangaroo Jack" (2003, Comedy) Jerry O'Connell. Two friends must catch a kangaroo in Australia after it steals money that belongs to a gangster in New York. (In

EVENING

6:00 pm YTV ch.18 "Tooth Fairy" (2010, Comedy) Dwayne Johnson. Premiere. As penance for dashing a child's hopes, a rough-and-tumble hockey player must serve time as a genuine tooth fairy. (In Stereo) (CC)

CITY ch.29 "Waydowntown" (2000, Comedy) Fabrizio Filippo. Four office workers bet to see who can last the longest without venturing outside Calgary's maze of underground living. (CC)

SPIKE ch.44 "Cloverfield" (2008, Science Fiction) Michael Stahl-David. Premiere. A video camera records the horrific events that unfold as a monstrous creature attacks New York, leaving death and destruction in its wake. (In Stereo)

8:00 pm CBC ch.13 "Nancy Drew" (2007, Mystery) Emma Roberts. Accompanying her father on a business trip to Hollywood, the young sleuth investigates the long-unsolved death of a movie star. (In Stereo) (CC)

SPIKE ch.44 "Cloverfield" (2008, Science Fiction) Michael Stahl-David. A video camera records the horrific events that

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SUNDAY, MAY 6, 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	Timothy	Mr. Rogers	Today (N) 1 2 3	Paid Prog.	The Sopranos 1 2 3	Paid Prog.	Angler	Canada	Super Why!	Kid vs. Kat	SportsCentre 1 2 3	Road to Avonlea 1 2 3	Gold Rush 1 2 3	Jungle	Tow Biz	Auction	TV-Torrens
6:30	Mad About	Fishful	Dinosaurs	Signing		Paid Prog.		Wall Street	Fishful	TribalTrail	Artzooka	Super Evil				Movers	ChurchRock	Auction	Paid Prog.
7 AM	Career Day	Driving TV	Rob Robot	Wild	Bloomsday 2012	CBS News Sunday Morning (N) 1 2 3	The Sopranos 1 2 3	Good Morning America	Driving TV Canada	Sunday Morning News (N)	Coronation	Rated A	Reporters	Marilyn Denis	Toughest Trucker	Manny	Eye/Asia	Auction	Four Weddings Canada
7:30	P. Affairs	Canada	Magic Bus	Clifford							Coronation	Kid vs. Kat	Reporters			Mickey	Dharti	Auction	
8 AM	Movie: ** "Easy Virtue" (2008) Colin Firth	Sunday Morning News (N) 1 2 3	Dino Dan	Curious	Meet the Press (N) 1 2 3	The Nation	The Sopranos 1 2 3	This Week	Sunday Morning News (N) 1 2 3		Coronation	SpongeBob	Motorcycle	Lit. Hobo	Toughest Trucker	Phineas	Pakistan	Xtreme 4x4	3rd Rock
8:30			Upside	Cat in the Hat							Coronation	Almost	Motorcycle	Children		Suite/Deck	Festival Italiano di Johnny Lombardi (In Italian) 1 2 3	Horse.	3rd Rock
9 AM			Arthur 1	Everyday	Babar 1 2 3	Paid Prog.	Billy	Matthews		Block	Coronation	SpongeBob	NASCAR Racing: Sprint Cup: Aaron's 499. From Talladega	PLAN Canada 1 2 3	Breakout 1 2 3	Wizards	Italiano di Johnny Lombardi (In Italian) 1 2 3	Trucks 1 2 3	'70s Show
9:30			Jack 1 2 3	The Impact	Paid Prog.	Landscap	Billy	NBA		Context	Reclpes	Squirrel	Sprint Cup: Aaron's 499. From Talladega	Operation Smile 1 2 3	Prank Sci	Warhogs!	Lombardi (In Italian) 1 2 3	MuscleCar	'70s Show
10 AM	Movie: * "Daddy Day Camp" (2007, Comedy)	Block	Wild Kratts	Inside Olympia 1 2 3	Julca and Losel	The Players Club (N)	Billy	NBA Basketball: First Round: Teams TBA. (N) (Live) 1 2 3	Block	Hour of Power 1 2 3	Reclpes	iCarly 1 2 3	Aaron's 499. From Talladega	Question Period 1 2 3	Auction	ANT Farm	Jessie 1 2 3	Auction	Frasier 1 2 3
10:30		Context	Little	Europe Jrm			Billy	AMA Super-cross	Context	Stefano	Stefano	Mr. Young	Superspeedway in Talladega, Ala. (N) 1 2 3 (Live) 1 2 3	Flying Wild Alaska 1 2 3	Shake It	cooking	Auction	King	
11 AM		Hour of Power (N) 1 2 3	Think Big	Europe Jrm	Cycling: Giro d'Italia. 1 2 3	AMA Super-cross	Billy	AMA Super-cross	Hour of Power (N) 1 2 3	Simpsons	fifth estate	Victorious	Superspeedway in Talladega, Ala. (N) 1 2 3 (Live) 1 2 3	Question Period 1 2 3	Shake It	Austin	cooking	Auction	King
11:30										Simpsons	Big Time	Big Time	Superspeedway in Talladega, Ala. (N) 1 2 3 (Live) 1 2 3	Shake It	Shake It	Paid Prog.	Auction	King	
12 PM	Movie: ** "Trapped" (2002, Suspense)	News	Dogs	Moyers & Company 1 2 3	NHL Hockey: Conference Semifinal: Teams TBA. (N) 1 2 3 (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Billy	NBA Basketball: First Round: Teams TBA. (N) (Live) 1 2 3	News	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Land/ Sea	Boys	The Announcement 1 2 3	SportsCentre 1 2 3	Mounted	Movie: "Frenemies" (2012) 1 2 3	Travels	Auction	Drew
12:30		PGA Tour Golf: Wells Fargo Championship, Final Round. (N)	Dogs/Job	Nobel Concert			Billy	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	One/One	Zoink'd! 1 2 3	Splatalot	The Announcement 1 2 3	W5 1 2 3 (DVS)	Hillbilly Handfishin' 1 2 3	Phineas	Law & Order: SVU	Auction	'70s Show
1 PM		Undersea	Undersea	Great Performances at the Met			To Be Announced	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Q With Jian Ghomeshi	Splatalot	Steven and Chris 1 2 3	Movie: ** "Richie Rich" (1994) 1 2 3	In Fashion	Myth-Busters 1 2 3	ANT Farm	Law & Order: SVU	Auction	3rd Rock
1:30		Undersea	Undersea	Great Performances at the Met			To Be Announced	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Q With Jian Ghomeshi	Splatalot	Steven and Chris 1 2 3	Movie: ** "Richie Rich" (1994) 1 2 3	First Story	Myth-Busters 1 2 3	Suite/Deck	Law & Order: SVU	Auction	3rd Rock
2 PM	The Closer "Blindsided"	Hope for Wildlife 1 2 3	Great Performances at the Met				To Be Announced	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Q With Jian Ghomeshi	Splatalot	Steven and Chris 1 2 3	Movie: ** "Richie Rich" (1994) 1 2 3	First Story	Myth-Busters 1 2 3	Suite/Deck	Law & Order: SVU	Auction	3rd Rock
2:30		Hope for Wildlife 1 2 3	Great Performances at the Met				To Be Announced	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	PGA Tour Golf: Wells Fargo Championship, Final Round. (N) (Live) 1 2 3	Q With Jian Ghomeshi	Splatalot	Steven and Chris 1 2 3	Movie: ** "Richie Rich" (1994) 1 2 3	First Story	Myth-Busters 1 2 3	Suite/Deck	Law & Order: SVU	Auction	3rd Rock
3 PM	Big Bang	Simpsons	Marine Machines 1 2 3	"Satyagraha" Glass' opera "Satyagraha."	Brazil Bum	Paid Prog.	To Be Announced	Made in Hollywood 1 2 3	Simpsons	Family Guy	Dragon's Den 1 2 3		SportsCentre (N) 1 2 3	Movie: ** "Adrift" (1993) Kato	Cash Cab	Good Luck	CityNews Weekends	Movie: ** "The Day After Tomorrow" (2004) Dennis Quaid. 1 2 3	Four Weddings Canada
3:30	Big Bang	Simpsons	Marine Machines 1 2 3	"Satyagraha" Glass' opera "Satyagraha."	Meals!	Paid Prog.	To Be Announced	Made in Hollywood 1 2 3	Simpsons	Family Guy	Dragon's Den 1 2 3		SportsCentre (N) 1 2 3	Movie: ** "Adrift" (1993) Kato	How/Made	Random	Weekends	Movie: ** "The Day After Tomorrow" (2004) Dennis Quaid. 1 2 3	Four Weddings Canada
4 PM	Big Bang	Family Guy	The Rapidly Changing		NUMB3RS 1 2 3	Backroads	Storage	Heartland "Dark Horse"	Family Guy	Family Guy	NHL Hockey: Conference Final: Teams TBA. (N) 1 2 3 (Live) 1 2 3	Movie: * "Kangaroo Jack" (2003)	Sports	Movie: ** "Adrift" (1993) Kato	Myth-Busters 1 2 3	Jessie 1 2 3	Funniest Home Videos	Canada's Got Talent (N)	Frasier 1 2 3
4:30	Big Bang	Family Guy	The Rapidly Changing		NUMB3RS 1 2 3	Backroads	Storage	Heartland "Dark Horse"	Family Guy	Family Guy	NHL Hockey: Conference Final: Teams TBA. (N) 1 2 3 (Live) 1 2 3	Movie: * "Kangaroo Jack" (2003)	Sports	Movie: ** "Adrift" (1993) Kato	Myth-Busters 1 2 3	Jessie 1 2 3	Funniest Home Videos	Canada's Got Talent (N)	Frasier 1 2 3
5 PM	Movie: ** "King Kong" (2005)	News	Coast (Part 3 of 8) 1 2 3	Hometime	News	News	Storage	News	Family Guy	(4:59) News Hour (N)	Final: Teams TBA. (N) 1 2 3 (Live) 1 2 3	Movie: * "Kangaroo Jack" (2003)	SportsCentre (N) (Live) 1 2 3	Movie: ** "Adrift" (1993) Kato	Cash Cab	Good Luck	CityNews Weekends	Movie: ** "The Day After Tomorrow" (2004) Dennis Quaid. 1 2 3	Four Weddings Canada
5:30		News	Coast (Part 3 of 8) 1 2 3	Hometime	News	News	Storage	News	Family Guy	(4:59) News Hour (N)	Final: Teams TBA. (N) 1 2 3 (Live) 1 2 3	Movie: * "Kangaroo Jack" (2003)	SportsCentre (N) (Live) 1 2 3	Movie: ** "Adrift" (1993) Kato	How/Made	Random	Weekends	Movie: ** "The Day After Tomorrow" (2004) Dennis Quaid. 1 2 3	Four Weddings Canada
6 PM	Naomi Watts, Jack Black. A beauty tames a savage beast.	Global Nat.	Ancient Clues 1 2 3	Doc Martin 1 2 3	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	Simpsons		Movie: ** "Tooth Fairy" (2010) Dwayne Johnson. 1 2 3	Movie: ** "Tooth Fairy" (2010) Dwayne Johnson. 1 2 3	CTV News (N) 1 2 3	Good Luck	Movie: ** "Waydowntown" (2000)	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3	
6:30		News	Ancient Clues 1 2 3	Doc Martin 1 2 3	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	Simpsons		Movie: ** "Tooth Fairy" (2010) Dwayne Johnson. 1 2 3	Movie: ** "Tooth Fairy" (2010) Dwayne Johnson. 1 2 3	CTV News (N) 1 2 3	Good Luck	Movie: ** "Waydowntown" (2000)	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3	
7 PM		Simpsons	Ghosts-BlackSea	Finding Your Roots	Dateline NBC (N) 1 2 3	60 Minutes 1 2 3	Duck D.	Funniest Home Videos	Simpsons	NYC 22 (N) 1 2 3	Jeopardy!	SportsCentre (N) (Live) 1 2 3	Once Upon a Time 1 2 3	CTV News (N) 1 2 3	Good Luck	Movie: ** "Waydowntown" (2000)	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Four Weddings Canada	
7:30		Cleveland	Ghosts-BlackSea	Finding Your Roots	Dateline NBC (N) 1 2 3	60 Minutes 1 2 3	Duck D.	Funniest Home Videos	Simpsons	NYC 22 (N) 1 2 3	Jeopardy!	SportsCentre (N) (Live) 1 2 3	Once Upon a Time 1 2 3	CTV News (N) 1 2 3	Good Luck	Movie: ** "Waydowntown" (2000)	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Four Weddings Canada	
8 PM		Simpsons	Monarch of the Glen (N)	Masterpiece Mystery! 1 2 3 (DVS)	Harry's Law (N) 1 2 3	The Amazing Race (Season Finals) (N) 1 2 3	Duck D.	Once Upon a Time (N)	Simpsons	Simpsons	Movie: ** "Nancy Drew" (2007)	Mr. Young	30 for 30 1 2 3	The Amazing Race (Season Finals) (N) 1 2 3	Earth From Space	Sonny	CityNews	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Intervention Canada 1 2 3
8:30		Burgers	Monarch of the Glen (N)	Masterpiece Mystery! 1 2 3 (DVS)	Harry's Law (N) 1 2 3	The Amazing Race (Season Finals) (N) 1 2 3	Duck D.	Once Upon a Time (N)	Simpsons	Simpsons	Movie: ** "Nancy Drew" (2007)	Mr. Young	30 for 30 1 2 3	The Amazing Race (Season Finals) (N) 1 2 3	Earth From Space	Sonny	CityNews	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Intervention Canada 1 2 3
9 PM	Movie: ** "Rogue" (2007, Action) Jet Li.	Family Guy	Elizabeth I The queen has affairs with earls. 1 2 3	Profiles	The Celebrity Apprentice "Blown Away" (N) 1 2 3	NYC 22 (N) 1 2 3	Storage	Desperate Housewives	Family Guy	Family Guy		Boys	Zoink'd! 1 2 3	CTV News (N) 1 2 3	Earth From Space	Random	G. Martin	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3
9:30		Amer. Dad	Elizabeth I The queen has affairs with earls. 1 2 3	Profiles	The Celebrity Apprentice "Blown Away" (N) 1 2 3	NYC 22 (N) 1 2 3	Storage	Desperate Housewives	Family Guy	Family Guy		Boys	Zoink'd! 1 2 3	CTV News (N) 1 2 3	Earth From Space	Random	G. Martin	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3
10 PM		NYC 22 (N) 1 2 3	with earls. 1 2 3	Profiles	The Celebrity Apprentice "Blown Away" (N) 1 2 3	NYC 22 (N) 1 2 3	Storage	Desperate Housewives	Family Guy	Family Guy		Boys	Zoink'd! 1 2 3	CTV News (N) 1 2 3	Earth From Space	Random	G. Martin	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3
10:30		NYC 22 (N) 1 2 3	with earls. 1 2 3	Profiles	The Celebrity Apprentice "Blown Away" (N) 1 2 3	NYC 22 (N) 1 2 3	Storage	Desperate Housewives	Family Guy	Family Guy		Boys	Zoink'd! 1 2 3	CTV News (N) 1 2 3	Earth From Space	Random	G. Martin	Movie: ** "Cloverfield" (2008) Pramlere. 1 2 3	Frasier 1 2 3
11 PM	The Closer 1 2 3	News Final	Movie: "Woodstock"	America In Primetime	News	News	Duck D.	News	News Final	Paid Prog.	News	In Real Life Stunt Pilots.	SportsCentre 1 2 3	CTV News	Earth From Space	Entourage	Frasier	Entourage	Frasier
11:30		Block	Movie: "Woodstock"	America In Primetime	News	News	Duck D.	News	News Final	Paid Prog.	News	In Real Life Stunt Pilots.	SportsCentre 1 2 3	CTV News	Earth From Space	Entourage	Frasier	Entourage	Frasier



Four Princeton boys went gliding with Penticton Air Cadets April 22nd in Oliver, BC. From left, Bryce St. Cyr, Ethan Dore and Haiden Davies. Missing from photo, Nick Cherof. Photo: Dawn Gardner

Locals get a taste of air cadets

A small group of Princeton youth joined almost 30 others from Penticton Air Cadets to ride gliders in Oliver late last month.

New recruits interested in the Air Cadets program can call Dawn at 250.295.0869 or attend May 9th at the Rick Hansen 25th Anniversary

Relay. They'll also be involved in the airshow so watch for them!

Annual inspection will be on May 26th in Penticton, friends and family are invited.

Cadets work towards this event all year, dignitaries attend, the 292 Air Cadet Squadron Band will be play-

ing, the Squadron Drill Team will display their routine, and coffee and goodies are provided.

For more information about the Air Cadet program, or to get involved in bringing the program back to the Princeton area call Dawn at 250.295.0869.

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Monday Movies

EVENING

9:00 pm WTBS ch.3 "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret.

11:00 pm WTBS ch.3 "Dead Man

on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

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MONDAY, MAY 7, 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 :30	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Bob Build	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	Hockey: IIHF World Championships: Canada vs. France. (N)	(5:30) CTV Morning Live (N)	Deadliest Catch	Henry	CityLine (N)	Auction	Debt/Part
7 AM :30	Cosby		HI-5	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Turbo	Sidekick		Mayday "Fire Fight"	Suite/Deck	The Nate Berkus Show	CSI: NY	Wipeout Canada	
8 AM :30	Excused		WordWorld	Curious			CSI: Miami		100 Huntley Street		Bo On/Go	Pokémon		Licence to Drill	ANT Farm	Rachael Ray	CSI: Crime Scene	Kids	
9 AM :30	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	CSI: Miami	Live! With Kelly	100 Huntley Street	World Vision	Super Why!	Rescue	SportsCentre	Live! With Kelly	Cash Cab	Mickey	Access Hollywood Live	CSI: Crime Scene	Bubble Wrap Kids
10 AM :30	Millionaire	World Vision	Numbrjack	Sesame Street		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Unsellable	Poko	Little Bear	Hockey: IIHF World Championships: USA vs. Slovakia. (N)	The View (N)	Breakout	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM :30	Law Order: CI	Unsellable	Save-Ums!	Sid	The Doctors	Young & Restless	Criminal Minds	Paid Prog.	Unsellable	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Worst Handyman	Phineas	The Revolution	CSI: Crime Scene	King
12 PM :30	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		CTV News (N)	Mighty Ships "Umiak I"	Wizards	General Hospital (N)	CSI: Crime Scene	King
1 PM :30	Amer. Dad	Days of our Lives (N)	Doggy Day	Paint This	Days of our Lives (N)	The Talk	The First 48	The Revolution	Days of our Lives (N)	The Talk	Coronation	Kid vs. Kat		The Dr. Oz Show	Auction	Sonny	CityLine	CSI: Crime Scene	3rd Rock
2 PM :30	King	The Talk	Franklin	Barney	Willa's	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris	Sidekick	Off Record	Anderson	Myth-Busters (N)	So Raven	CityNews at 5 (N)	DEA	Gold Girls
3 PM :30	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Wizards	CityNews at 6 (N)	DEA "Deadly Chase"	Kids
4 PM :30	Big Bang	Young & Restless	G. Shrinks	Fetch! With	Jdg Judy	The Dr. Oz Show	Beyond Scared Straight	The Nate Berkus Show	Young & Restless	Early News	NHL Hockey: Conference	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	DEA	Bubble Wrap Kids
5 PM :30	Browns	News (N)	Jack	News	News	News	Beyond Scared Straight	News	Early News	(4:59) News Hour (N)	Final: Teams TBA. (N)	Parents	Hockey (N) Subject to Blackout (Live)	CTV News at Five (N)	Toughest Trucker	Wingin' It	2 Broke Girls	Wildest Police Videos	King
6 PM :30	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Beyond Scared Straight	News	(5:59) News Hour (N)	ET Canada		ICarly		CTV News (N)	Moonshiners (N)	ANT Farm	Talent	Big Easy	King
7 PM :30	Seinfeld	Ent	Rescue	Wait...	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	Hawaii Five-0 (N)	News	ICarly	SportsCentre (N) (Live)	etalk (N)	Bering Sea Gold (N)	Shake It	Shameless	Big Easy	3rd Rock
8 PM :30	Family Guy	Bones (N) (PA)	Coast (N)	Antiques Roadshow (N)	The Voice The remaining contestants perform.	2 Broke Girls	Beyond Scared Straight	Dancing With the Stars (N) Same-day Tape	Bones (N) (PA)	Bones (N) (PA)	Mercer	ICarly	The Voice The remaining contestants perform.	Daily Planet	ANT Farm	News	Wildest Police Videos	Debt/Part	
9 PM :30	Movie: "An American Werewolf in Paris"	House "Post Mortem"	Battle of Wills	Antiques Roadshow	Smash "Previews" (N)	Hawaii Five-0 (N)	Beyond Scared Straight	(10:01) Castle "Always"	Hawaii Five-0 (N)	News Hour Final (N)	National	Boys	SportsCentre (N)	(10:01) Castle "Always"	Bering Sea Gold	Zoey 101	The Nate Berkus Show	Big Easy	Gold Girls
10 PM :30	"Dead-Campus"	CHBC News Final (N)	For King and Empire	Charlie Rose (N)	News	News	Beyond Scared Straight	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Splatalot	SportsCentre	CTV News	Moonshiners	Ned's	Paid Prog.	Wildest Police Videos	King
11 PM :30					Jay Leno	Letterman				ET Canada		Weird		CTV News		Princess	Out There		King



Joyce Fraser receiving her 2012 BC Community Achievement Award from The Hon. Steven L. Point, OBC, Lieutenant Governor of British Columbia (right) and Hon. Ida Chong, Minister of Community, Sport and Cultural Development (left). "Every small community needs a Joyce Fraser with her caring and forward looking attitude. In the early 1970's, aware of serious gaps in social services in the Princeton area, Joyce helped to create the Princeton & District Community Services Society, where she was administrator for close to thirty years. Joyce initiated programs to support seniors and marginalized citizens with adult day care, transit services, meals on wheels and home support. Of particular note is Joyce's strong support for persons with developmental disabilities, which included the establishment of a Mini-Chef Restaurant as a training centre. She also spearheaded one of the first assisted living complexes in BC. Now retired, Joyce continues to take an active role in community events and issues." - photo submitted

Dr. Smith discusses local health care issues

..... continued from Front Page
the ambulance and other emergency numbers that will be provided, so as to be transported by ambulance to the hospital in Penticton. Please note that due to an excellent initiative by Interior Health (IH), that a "Heart Ambulance" is now available and will meet the local ambulance at some point along the way to Penticton, or even come to the Princeton Hospital itself. If one looks back at statistics over the past few years then one realizes that the overwhelming majority of serious cases (99%) are seen before midnight. So that the fact that there will be somebody available on week-days 8 AM to midnight, and week-ends continuously, should be quite reassuring to most patients.

NL: Is there any hope that we will ever get an operating room (OR) back again and the possibility of delivering babies (obstetrics)?

Dr. Smith: Unfortunately, and I would suggest seriously to you, that those days are gone forever. The cause is a very obvious and clear cut reason. Doctors who are trained in General Practice these days, do not get trained in Anaesthesiology any more, so I am afraid that the days of a General Practitioner (GP) administering anaesthetic medication for general anaesthetics has gone forever. In the same vein Obstetrics is no longer allowed to be carried out in a

situation where a Cesarean Section (C-section) cannot be performed within 30 minutes of a decision to do such a procedure. Obviously with no operating room available this would then not be a viable situation in this town, with no anaesthesiologist and no OR. I hope that this fully explains this situation, as this is a commonly asked question by lots of patients wanting to see the good old days back in this town. These are all rules and regulations, plus the different training of doctors these days, that have slowly come into effect over the years, and generally apply to doctors all over the world. We are not in a unique situation here.

NL: Should the general public be worried?

Dr. Smith: Let us look at the positive aspects of the current situation. We have three general practitioners and a nurse practitioner who are seeing patients every day of the week, which includes walk-in clinics and even a walk-in clinic on most Saturday mornings. In other words as far as Clinic care is concerned we have ENOUGH practitioners to look after the needs of all the people in the district (4 practitioners for 5,300 people which is about the optimum number of practitioners per population as suggested by the Medical Association of BC). We have an almost fully operational hospital which is closed only after

midnight during the week. We have excellent Home Care support systems, Mental Health care support systems and a wonderful long term care facility. We have excellent Radiological and Laboratory facilities which are the envy of many small BC towns and we have Dietary services and Physiotherapy services as well. We have lots to be thankful for.

NL: Do you then agree with what Dr. Eva said, when he stated that we have enough doctors for this community?

Dr. Smith: Absolutely yes! What he said was that we have enough doctors to serve the needs of the community at Clinic level which is quite correct. There are no long waiting lists for patients to be seen, as are present in many communities all over BC. What we do NOT have is enough practitioners to serve the community at the Hospital level, as only 2 of the 4 practitioners who work in Princeton actually help at the hospital doing ER call. These are two completely separate issues, and this is where the big problem is at the moment. We need more doctors at the ER not at the Clinics.

NL: Can the situation get worse?

Dr. Smith: If Interior Health do not have the ability to recruit locum doctors for us (to help over weekends and those times when Dr. Eva continued on Page 23

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News Leader

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Obituary	Obituary	Wanted	For Rent	For Rent
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Joan Louise Armstrong (nee Cornett)

July 19, 1926 - April 22, 2012

Joan Armstrong passed away peacefully on April 22, 2012 in Keremeos, B.C. Joan is survived by her children John (Judy), Ann (Larry) and Heather (Murray) and grandchildren Athena, Dominique, Meghan, Marina and Logan. Joan was pre-deceased by her husband George in 2001 and her brother Owen in 2011.

Joan was born in Vancouver B.C. on July 19, 1926 to Jack and Louise Cornett and big brother Owen. She married George Armstrong in 1950 and moved to Keremeos, in 1956, assisting George in running the family orchard. Joan, George and their family moved to Princeton in 1965 where George took up a teaching position. The Armstrongs raised their family in Princeton and in 2001 Joan and George returned to Keremeos where Joan lived until her passing at River Valley Lodge.

Wherever Joan lived she became a valued member of the community, giving her time and energy to many community organizations and made many lasting friendships in both Princeton and Keremeos. Joan was a dedicated member of St. Paul's/St. Cuthberts Church in Princeton and St. John the Divine Church in Keremeos.

Joan's sunny disposition and lovely smile endeared her to many, especially when she entered Orchard Haven in 2009 and River Valley Lodge shortly thereafter.

Joan's family would like to thank all the staff at those facilities for making Joan's last few years safe and comfortable, their care and love in her final days are sincerely appreciated.

A service of remembrance of Joan's life will be held Saturday, May 5, 2012 at St. John the Divine Anglican Church (Ecumenical) 607- 5th Street Keremeos at 11:00 AM. In lieu of flowers, the family ask that donations be made to Orchard Haven Activity Centre.

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130 Edgewood Drive

View home, 4 bedroom, 2 bath, large rec room, fully upgraded, large deck, park-like setting, carport, matching large storage shed.

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For Sale

1969 Villager Mobile Home, 2 bedroom, 12' x 50' \$5,500.00 OBO Call 250.295.3624. May 01-15

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Help Wanted

P/T Retail Merchandiser in Princeton, couple hours per month. We will train. Retail experience is an asset. \$12 per hour. Send your resume via e-mail to swoods@telus.net. May 01-15

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News Leader
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To Buy: Chalet or log cabin in the Princeton area (including Coalmont, Tulameen, Old Hedley Road, etc.) with running water access and hydro. Looking at around \$50,000.00. Call 250.295.1277 (message). Apr 17-May 01

An old kitchen range and/or freezer to donate or cheap cheap to ????. Contact 250.295.6063. May 01-15

Found

On Saturday, April 21, one pair prescription sunglasses on KVR trestle near White Sands Beach. Call Diane or Bob at 250.295.4355 to claim. May 01-15

Yard Sale

NEIGHBORHOOD YARD SALE Rain or Shine Saturday, May 5th 8:00 AM - 2:00 PM with participants on Ridgewood, Glenview, Edgewood, Grove, Tulameen Trail, The Ridgeway, West Place. May 01

Notices

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 May 08

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Black & Decker lawnmower, 18-inch blade, used one year. Asking \$200.00. Call 250.295.6129. Apr 24-May 08

Metal Trundle bed in excellent condition. Asking \$200.00. Call 250.295.6663. Apr 24-May 08

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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. May 01

New, bright, clean, economical and comfortable 3-bedroom home at 31 Kenley Avenue. Natural gas and electric washer/dryer hook-up, fridge and dishwasher included. Close to shopping, parks and Trans Canada Trail. Available May 1st. Asking \$1,050.00/month, utilities extra. References and inquiries to johnsrentals@hotmail.ca. Apr 17-May 01

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-May 08

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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. May 01

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 including utilities. Call 250.295.3966. May 01

Pretty little (400 sq ft) 1-bedroom house in Hedley. Asking \$425.00/month, utilities extra. References and credit check required. Call 604.715.1561 or e-mail gossamersteel@gmail.com. Apr 17-May 01

2-bedroom (123B Vermilion Avenue), 2nd floor apartment overlooking downtown, yard, in-suite laundry, garage parking and driveway parking. Asking \$900.00/month + utilities. Available immediately. No dogs or children please. Contact Heather Johnson Century 21 Princeton Realty 250.295.6977. May 01

Bright, clean 1-bedroom apartment, modern 3-piece bathroom. #401-301 Bridge Street. \$680.00/month, includes utilities. Available immediately. Contact Heather Johnson at Century 21 Princeton Realty. 250.295.6977. May 01

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Wanted

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LUNCH 11:30 AM - 1 PM

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Basement, Chamber of Commerce, Highway 3
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641	572	389
978	463	152
325	918	467
192	736	548
567	284	931
834	195	726
213	849	675
756	321	894
489	657	213

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Notices

Notices

Notices

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If you live in the Princeton area you can drop into our office weekly to pick-up your Similkameen News Leader. You could pay us a dollar each time or you could just pay for a 'Pick-Up Subscription' and spend even less. It's your decision.
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If you live in the Similkameen Valley you can have the Similkameen News Leader mailed to you every week - and it's still cheaper than buying it each week at our office or at your favourite local newsstand. For a few bucks more we'll even send you the Similkameen News Leader anywhere in Canada. Including the prairie provinces and Quebec!
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Similkameen
News Leader

250.295.4149
TOLL FREE 1-888-350-9969



Just before midnight on April 25th, Penticton Towing and Recovery was finally able to haul the tractor and trailer unit away that had prevented traffic from moving along Highway 3 since just after 7:00 PM. The lumber from the trailer unit had been removed from the highway with a front end loader and safely piled along the highway for a stretch of about 100 feet. Some eastbound motorists retreated to the Nickel Plate Road and made their way over to Apex and down the other side. Other motorists were seen embarking on the Nickel Plate Road and retreating backward with their backup lights on, perhaps thinking better of the steep terrain. All in all, the 5 hours of entertainment included cows mooing in the moonlight, coyotes howling close by, and conversation amongst total strangers. Photo: Arlene Arlow

Current Comment

..... continued from Page 5
horse, and start making aggressive noises or moves. Nobody knows when this may occur, but if a horse has that kind of personality, a cowboy or cowgirl does not want that horse waiting in line to enter the rodeo arena. That kind of horse causes trouble for everyone.

When you go to a rodeo, take a good look at the horses. You are seeing some of the smartest, best-trained, most dependable animals you are ever likely to see. These horses work with a human as a man-animal team.

A strong bond has formed between

the rider and the horse, and their ability to work as a team is worth money to the rider when competing. You might even say a love has developed between them, and you would be right. I have seen grown men cry at the death of a beloved horse.

When I go to a rodeo, I often wonder how many more years the sport of rodeo will last. I have seen the end of an era in which most farms had work horses, and I wonder if the end is nearing for the splendid work horses that made cattle ranching possible. I hope that day never comes.

Flip of the Coyne

..... continued from Page 3
community are concerned about what is going on.

I believe that this community is just getting geared up for a fight that the IHA was not expecting when they made their closure announcement. I think they thought that we would just accept them and roll over.

They must have a short memory at the IHA because our community

fought their cuts in the past and that fighting spirit has not faded away and now that we see that not only have they stripped our hospital they are threatening it's very existence people are standing up, we are organizing and this time the IHA bosses in Victoria their jobs are on the line and rural BC is ready to stand up and be noticed.

I hope to see you all on Tuesday May 1st noon at the cenotaph!

Air quality forum is May 8

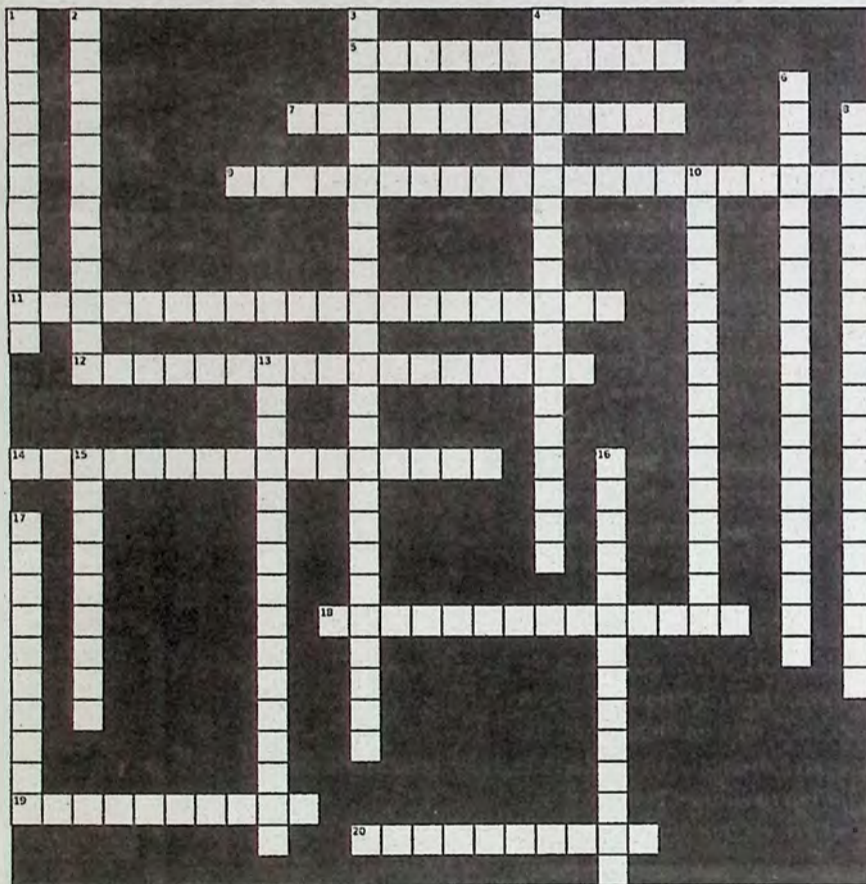
..... continued from Front Page
- Glenn Smith is the President of CoGen Industries, the owner of the Eagle Valley Pellet Plant in Princeton. He will be giving a report on the pellet fuel industry and Eagle Valley's involvement in our community.
- Jason Earle is Acting Mayor of Princeton. He will be representing the citizens of Princeton and report-

ing on the Town of Princeton's involvement in the monitoring of our air quality.
- Brad Hope is the Director of Area H and has a long history of involvement in environmental issues in the province. He will be presenting information from the Regional District of Okanagan Similkameen perspective with a focus on educational programs.

www.thenewsleader.net

Similkameen News Leader Puzzler

Use the April 24th News Leader to find Answers Below...



- Across
- 5 She takes photos in the Keremeos area for the Similkameen News Leader.
 - 7 The front page photo represents one of these.
 - 9 It's better known as a RDC.
 - 11 The 'CA' in CCA.
 - 12 Name the area serviced by School District 58.
 - 14 Headline: "Council declares _____"
 - 18 She performed April 15th at Riverside Centre.
 - 19 He's President of Keremeos Search & Rescue.
 - 20 Name the Princeton Exhibition Association President.

- Down
- 1 He's Vice-President of Keremeos Search & Rescue.
 - 2 She is sponsored by Copper Mountain Mine.
 - 3 Name the group known as SOHC.
 - 4 The former Merritt Fire District is part of this.
 - 6 Name the title of this week's Living Past 100.
 - 8 Better known as News Leader Recipe 499.
 - 10 Name the Okanagan College mobile trailer.
 - 13 Name Princeton Arts Council's storefront business.
 - 15 Name the Chair of Princeton Air Quality Coalition.
 - 16 The Similkameen _____ was on April 14th in Keremeos.
 - 17 People clearing neighbours walks over the Winter are called this.

JOE TOSZAK CONSTRUCTION

JOURNEYMAN CARPENTER

NEW CONSTRUCTION / RENOVATION



250-295-1731
jtosczaconst@hotmail.com



NOTICE OF EXCLUSION APPLICATION REGARDING LAND IN THE AGRICULTURAL LAND RESERVE

I, Geocosa Management Ltd., of 1080 Eyremount Drive, West Vancouver, BC, V7S 2B5 intend on making an application pursuant to Section 30(1) of the *Agricultural Land Commission Act* to exclude from the **Agricultural Land Reserve** the following property which is legally described as, PI: 003-308-677 DL 1199 Kamloops Division Yale District except: Parcel A (DD N27696F) (2) Plans E15671 and 36371 and located at #2692 Highway 5A.

Any person wishing to express an interest in the application may do so by forwarding their comments in writing to, Stephen Juch, 101 Martin Street, Penticton, BC, V2A 5J9 RDOS by March 5, 2012.

Accident Closes Highway 3



It appears that Highway 3 near Keremeos was unkind to heavy trucks this past week. In addition to the incident April 23rd just west of Keremeos, at about 7:15 pm on April 25th, a westbound tractor pulling a load of lumber flipped over at the Lawrence Ranch. A front-end loader is seen here moving the lumber to the side of the highway so that traffic can pass. Photo: Arlene Arlow



The driver walked away from this one and was taken to hospital. A motorcyclist (foreground) peruses the scene along Highway 3 between Keremeos and Hedley, hoping to be let through before other traffic. The truck and trailer flipped over and blocked the entire highway - the trailer was hanging about 12 feet into the ditch on the south side of the highway. There wasn't even sufficient room at the edge of the pavement in front of the unit to let a motorbike creep past. Photo: Arlene Arlow



Highway 3 west of Keremeos was blocked between 7:15 PM and midnight for traffic going both directions. A tractor-trailer unit that had loaded up in Castlegar a few hours before flipped across the highway, dumping its load of lumber. The driver admitted to falling asleep. He walked away from the truck and was taken to hospital by ambulance. Photo: Arlene Arlow



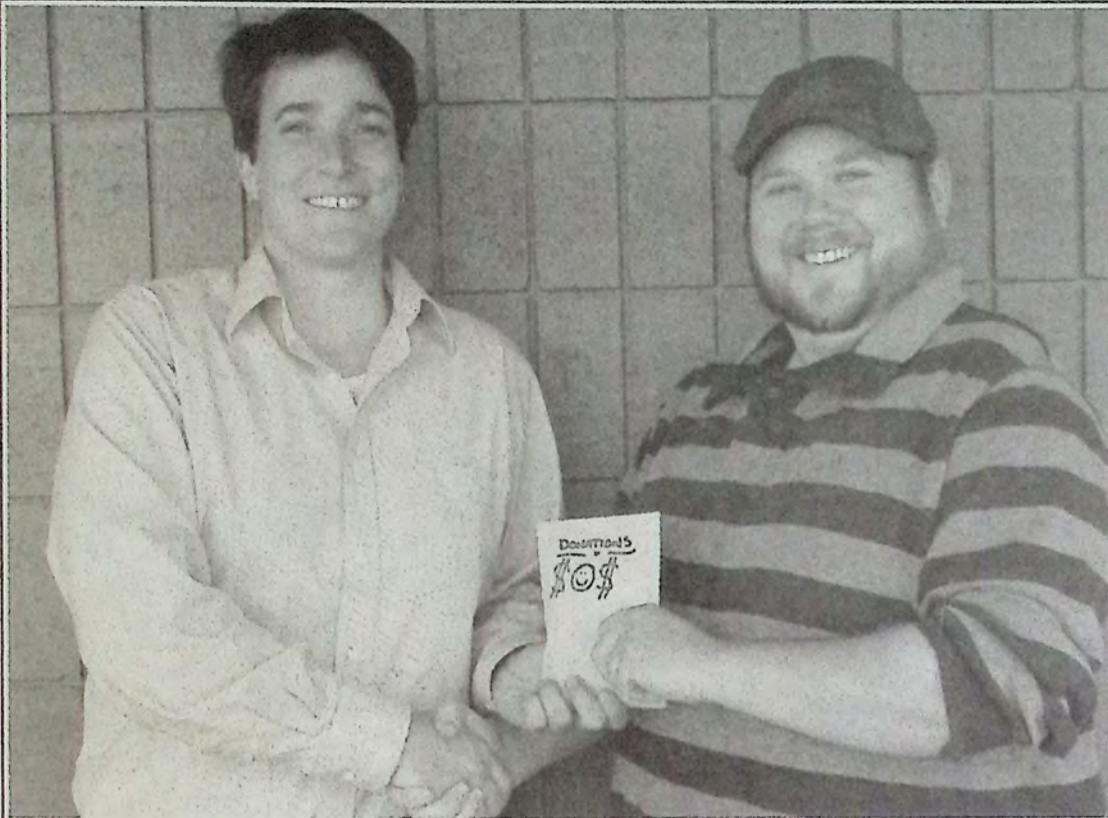
What is missing in this picture? Truck and trailer maintenance has its share of oversights. The single-vehicle accident at the Lawrence Ranch west of Keremeos was driver error. Notice, though, in the top portion of the picture, the shock absorber behind the front set of dual wheels has a shock absorber securely attached. It is missing completely from the front set of dual wheels at the bottom of the picture. Hmmm... Photo: Arlene Arlow



A closer look at the rear dual tires on the trailer that flipped over along Highway 3 west of Keremeos shows a fair bit of wear on the treads. And it would appear that the rust on the shock absorber bracket indicates a shock absorber has been missing for quite some time. Photo: Arlene Arlow



Brody Horrocks was one of the 200 motorists inconvenienced last Wednesday evening west of Keremeos. Brody was on his way from his home in Prince George to spend time with family in Keremeos this past weekend. A family wedding was the drawing card, although Brody planned to take in the warmth, sunshine and fruit tree blooms. He was perhaps the luckiest motorist of those stranded for close to 5 hours: he simply stepped into the back of his camper to get a cup of freshly-made coffee whenever the urge stuck him. Brody hoped all the while that his family wasn't worrying too much (there is no cell phone service between Keremeos and Princeton). Photo: Arlene Arlow



Solana Allison, left, President of SOS (Save Our Similkameen), presents Spencer Coyne, President of Save Our Hospital Coalition, with a cash donation April 27th. A bank account has been set up at Valley First Credit Union for cash donations to assist with costs associated with the SOHC campaign. *

Dr. Smith discusses local health care

..... continued from Page 18 and I are away), then we are definitely going to have some closures over weekends as well. We hope that this does not happen.

NL: Who are these locum doctors and where do they come from?

Dr. Smith: Locum docs are those who do not have practices of their own. They tend to help out all over BC. Many of them are retired docs who want some extra work, but quite a few of them are younger who want to earn some extra bucks over a weekend. They are indispensable to keeping the medical structure going in this province. Without them we would not survive.

NL: Is our local Municipality aware of what is going on?

Dr. Smith: Yes I would say that they are fully aware. The Board have recently had a meeting with Interior Health, and I have personally, only last week, spent more than an hour with them, informing them as to all the aspects of physician recruitment, physician shortage and the problems that we are going to have to face in the future.

NL: What is Interior Health (IH) doing about it?

Dr. Smith: Interior Health have appointed a full time recruitment official. However the crux of the matter is that IH are not allowed to offer one community more than any other. In other words all those communities quoted above who are looking for locums, are all competing against one another. There is no incentive for any physician to go to one particular community more than any other. We also know that IH are desperately short of funds, and cost cutting is evident everywhere.

NL: Do you have any solutions for our problem?

Dr. Smith: The only way that we are going to survive this, is for IH to recognize us as unique (due to our situation) and offer the locums some form of incentive which the other communities do not have. If you look back at 3 years ago, then this is exactly what happened here in Princeton, when we had a complete over supply of doctors. The day that

they stopped that program was the day that the locums dried up and we now sit with this doctor shortage problem. If IH do not do re-instate this program (and with their present cost cutting it is unlikely), then I think that its time for big business to come to the table. I have not seen that happen yet, and it is probably in the long term, the only solution.

Council defers Air Cadet request

A group of young people want to establish an Air Cadet squadron in Princeton. As the Legion is no longer affiliated with Air Cadets, forming a squadron in Princeton requires the support of the Penticton squadron as well as an \$8,000 sponsorship.

Penticton squadron is in no position to come up with the money, so Dawn Gardner sent a letter of appeal to Town Council. In addition

to financial support, there must be 30 young people interested in becoming Air Cadets, and a building and parade ground to accommodate them.

Town Council did not make a decision addressing the various aspects related to the request for Council's support. Instead, Council referred the matter to the Airport Committee to review the situation and make a recommendation to Council.

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Senior Citizens Branch 30
162 Angela Avenue, Princeton

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Bonanza - \$163.00 WON
Odd/Even - \$110.00 WON
Lucky 7 - \$ 93.00 WON



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Cowboy Coffee/CoCo's Bistro
Open 4:30 AM-6 PM 255 Vermillion Avenue, Princeton



Pre-Registration for 2012/13 School Year
Meet & Greet
7:00 PM Thursday, May 24
AT LITTLE FOLKS, OLD HEDLEY ROAD

FREE Back2Basics Skills Classes

Cake Decorating Techniques - May 10th 10:00 AM
Try your hand at making hard icing flowers to decorate a cake!

Painting a Father's Day Gift - May 31st 10:00 AM
Bring along an object to paint such as a hand saw, bucket, or hockey stick, and learn how to paint a beautiful scene on it.

Princeton Pentecostal Church Hall
165 Vermillion Avenue, Princeton
Interested? Call 250.295.7951

NOTICE

PRINCETON FIRE DEPARTMENT
WILL BE CONDUCTING FUEL MANAGEMENT
WITH GRASS FIRE TRAINING
ALONG THE TRANS-CANADA TRAIL
FROM BURTON AVENUE TO THE TUNNEL

7:00 - 9:00 PM
Wednesday, May 2

Brenda Crawford



brenda@beland.net
(250) 295-8182

Susan Collins



susan_collins@nethop.net
(250) 295-5359

April Earle



april@beland.net
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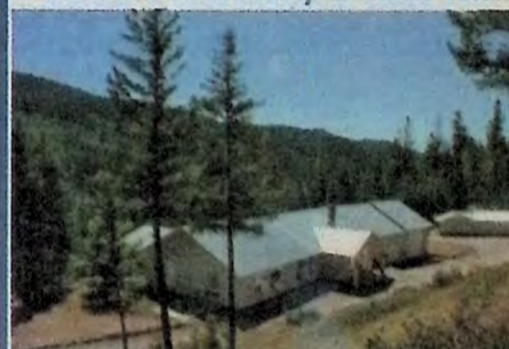
Run don't walk to see this incredible acreage only a few minutes out of town with 180 degree panoramic views! All the work has been done with the driveway in place, drilled well, septic, and power installed. Treed and open areas, so lots of choices to build that home of your dreams. All of this only a few minutes out of town. MLS © 136020 \$384,900

179 Link Lake Road



Run, don't walk, you will want to be here first or it will be too late! Turn key recreation property within 1 minute of both Link and Osprey Lake, and the KVR! Totally private 1.24 acres with paths for strolling through the trees by 2 streams, and several sitting areas for enjoying the great outdoors. Double garage and workshop. MLS © 136215 \$333,000

1698 Princeton/S'land Rd



When only the best will do! Then this luxurious custom built home on 20 private acres is waiting for you! Spectacular open 18 x 17 kitchen with maple cabinetry overlooks Hayes Creek Valley and majestic mountain views. Sliding doors off the dining room lead to a patio/sitting area, a great place for morning coffee. MLS © 136380 \$688,000

440 Corina Avenue



CONTINGENT on Probate. LOCATION PLUS! This spacious rancher is nestled in a quiet cul de sac along the Tulameen River. There are lots of opportunities to get the garden growing with stepped garden beds in the back yard, plenty of storage for the tools! Inside there are 4 bedrooms and 2 bathrooms so no one has to wait. MLS © 136618 \$210,000

Lot 13 Jacobson Road



Finally what you have dreamed about is available, a 1 acre lot in town limits! Nicely treed for privacy and beautiful mountain & town views make this a great location. South facing affords you the enjoyable and welcoming sun year round. Easy, flat site to build your dream home, while still giving you the yard to play. MLS © 136560 \$179,900

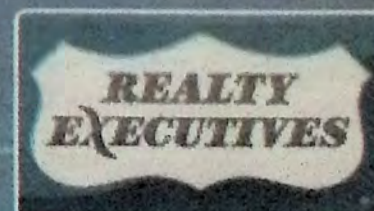
880 Scott Avenue, Hedley



A historical village located between Princeton and Keremeos in the beautiful Similkameen Valley offers you many things on many levels = and this home is one of them! Centrally located and solidly built on one level, this home boasts a "forever" roof and dual paned windows - and the large, 528 sq ft garage out back is a real bonus. MLS © 136588 \$139,900

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