

# Similkameen News Leader

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Tuesday, January 28, 2014

Canada WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE GOVERNMENT OF CANADA THROUGH THE CANADA PERIODICAL FUND OF THE DEPARTMENT OF CANADIAN HERITAGE.



Princeton Posse's Dalton Dubetz (#26), centre, in the thick of action in Spokane against the Braves January 18th. Also in this photo are Princeton's Paul Ramsey (#14) and Tyler Ehlers (#16). Photo: Bob Marsh www.marshphotography.ca

## Posse playoffs still within reach

With just ten regular season games left to play, including this Friday's road trip to 100 Mile House, the Princeton Posse has had an interesting 2013/14 KIJHL season.

The team was 13-23-0-4 with 30 points after a loss to North Okanagan Knights January 21st but action on ice, and a number of single goal losses over the season, does not truly reflect the type of play and talent displayed in Posse hockey jerseys.

Following the North Okanagan game January 21st the Posse were

eleven points behind the Knights in their division. The top four teams in each division advance to post-season play. The Knights hold the fourth spot in the Okanagan Division.

If you haven't attended a Princeton Posse game yet this season, there are five home games remaining: February 7 (Osoyoos), February 9 (Chase), February 14 (North Okanagan), February 15 (Summerland) and February 22 (Grand Forks) which is the final game of regular season.

## President outlines PXA '14 plans

Paul Bedard, President of Princeton Exhibition Association (PXA) reported to Town Council on January 20 regarding PXA achievements in 2013 and plans for 2014. Although the fairgrounds complex is owned by the Town, PXA is a group of volunteers who manage the fairgrounds with financial support from the Town.

Bedard reported a long list of work done at the fairgrounds in 2013. Repairs were done to the grand-

stand, with more renovations to the grandstand planned for the coming year. One entire horse barn was totally renovated, and another will be done this year. A major upgrading of the electrical infrastructure was completed, thanks to the effort of Area H Director Brad Hope, who secured a grant for the project. Plans for 2014 include better lighting in the barns area. Promotion of the facility included advertisements in Saddle Up magazine, and a booth

at the annual Cowboy Festival in Kamloops. A project long overdue for completion was finally done: the paving and electrical upgrade of the heritage building. The fence line was extended, and the PXA hopes to put in more fencing this year. New floor covering was put into the indoor arena. The poultry coops were totally renovated and a viewing platform constructed. Numerous small maintenance jobs

were done, such as repairs to the Fall Fair livestock pens, stairs and railings.

For 2014, Bedard outlined the continuing upgrade of the grandstand, the barns, and replacement of all of the toilets in the concession building. Automatic flush toilets with low water use are planned. Repairs to existing tables and the purchase of new chairs is in the budget, and upgrading of the

machine used to groom the race-track (approximately \$10,000). A major project will be eradication of knapweed on the grounds. A long list of minor repairs is in the budget, and an upgrade of coolers in the concession. The total budget is \$60,000. One-third of this amount comes from the Town.

Bedard expressed appreciation to Weyerhaeuser for donations of mat-  
..... continued on Page 2

## Volunteer drivers run ragged

People who volunteered to drive others to doctor appointments are a godsend when no other transportation options are available, and those volunteers are finding there is a big demand. Unfortunately, some people are not considerate, and phone at the last minute. Councillor Marilyn Harkness told Town Council on January 20 that she fears the volunteers may become worn out.

Another concern of the Health Care Steering Committee was the telephone problem at Cascade Medical Clinic.

Councillor Harkness told Council

the problem has been solved, but some members of the public may still be having problems making an appointment because the lines are busy. She explained that most people will call first thing in the morning, creating a situation in which many callers hear only a busy signal. She suggested the best time to call is later, perhaps after lunch hour.

A group of local citizens is planning to do some renovation and upgrade of the hospice rooms at the hospital.

Councillor Harkness said it is probably overdue and welcomed

the interest of the group.

The Health Care Steering Committee is holding meetings by teleconference with people outside the community, avoiding travel when possible.

The committee is seeking money to study life-limiting chronic conditions among Princeton residents.

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Keremeos: Call 250-498-5353 for appointment

Or 1-800-667-2393  
alex.atamanenko.c2@parl.gc.ca

PXA President Paul Bedard, right, speaks to town council January 20th. Photo: Dawn Johnson

Town of  
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Under the supervision of the Foreman, the Utility Operator performs and is responsible for the following duties:

- Operates Town of Princeton equipment including: trucks (water, service, backhoe and loader, mowers and various pick up trucks). May operate grader and sweeper in the absence of the Grader Operator/Utility man.
- Assists in the installation, maintenance and repairs within water, sewer, and road systems.
- Assists with the care and maintenance of parks and cemetery.
- Operates various power tools and equipment while working in the water, sewer, and road systems, parks and cemetery.
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- Performs other duties as required.

## Qualifications:

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3. 5 years or more full time experience with proficiency in operation of municipal equipment (e.g. single axle dump truck/plow, grader, backhoe, loader, rider mowers, etc).
4. Experience and proficiency in water, sewer, road systems and parks maintenance.
5. EOCIP Certification for Water Distribution System Level 1

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Director of Infrastructure and Parks  
Town Of Princeton  
151 Vermilion Ave. Princeton, BC V0X-1W0  
jobs@princeton.ca

# PXA approves Halloween date

At the January 21 meeting, a letter to Princeton Exhibition Association (PXA) from the community Halloween party committee asked for the fairgrounds to be reserved for the annual event on October 25, 2014. The PXA happily agreed.

The PXA has an opportunity to apply for a grant and members gave approval to submission of an application to upgrade accommodation of people using wheelchairs at the fairgrounds.

A group from Summerland contacted PXA President Paul Bedard to ask if Princeton's fairgrounds would be open for a tour. The group wants to begin upgrading Summerland's old rodeo grounds for equestrian events and wants to see what Princeton has done. Bedard arranged for a tour of the grounds on Saturday, January 25.

The \$60,000 budget for 2014 was

reviewed and approved.

Vice-President Dan Kastor reported he has applied to the Ministry of Forests, Land and Resources for the PXA to be part of a pest eradication program being considered by the Ministry. The program was advertised in local newspapers and Kastor was told he was the first to contact the Ministry. The PXA is looking for assistance in eradicating knapweed. Assistance from local groups of volunteers has been offered, and will be implemented as soon as the snow goes. The plan is to burn the old weeds then level the ground and plant grass seed.

Plans for renovation of the barns and pens were discussed and approved. Members are eager to see spring arrive and begin the work. Planning will continue at the February 18 regular meeting which will be held at the library conference room at 7:00 PM.

# President outlines PXA plans for '14

..... continued from Front Page  
-erials, and to local contractors who have done excellent work and found ways to help the PXA save money. Bedard added the work done last year was the first year of a five year plan. He pointed out that the improvements done to the facility should result in more revenue.

Mayor Frank Armitage thanked Bedard for an excellent report, and thanked the PXA for the work done last year.

Bedard told Council, "I have a good team and I feel privileged to work with them."

Councillor Doug Pateman commended the PXA Board for making a five year plan and sticking to it.

**MINING LEASE APPLICATION**

Take notice that North America Mining Inc., 120-4611 Viking Way, Richmond, British Columbia, V6V 2K9, free miner certificate client number 260568, has applied to the Chief Gold Commissioner for the Province of British Columbia, for a mining lease of minerals identified by the mineral claims listed below. The mineral claims have been surveyed by Scott Rhodes, BCLS, whose field notes and plans have been approved by the Surveyor General.

The following mineral claims are subject to the mining lease application:

- Tenure Numbers 842489 and 845885
- Mineral Titles Map Number 092H046
- Plan Number EPC792
- Yale Division Yale District

Posted at the Chief Gold Commissioner's office in Victoria, British Columbia, this 7th Day of January, 2014.

# Flip Of The Coyne

by Spencer Coyne

Princeton is not the only place not seeing a lot of growth these days. Our neighbours on the other side of the mountains, in Summerland,

have seen limited growth and as a result need to find a way to save taxpayers' money or increase rates. Mayor Janice Perrino and her coun-

cil got to work and with staff cuts and attrition have saved the District Municipality \$500,000 per year. Times are getting tough every-

where, and government grants are drying up. For the most part, we have been immune to the global slowdown but things are catching up and municipalities need to adjust to the realities of the day.

When it comes to public money, local governments need to be thrifty. They need to try to get the most bang for their buck because it isn't their money they are spending, it's yours. They spend your tax dollars, be it from direct taxation or grants from other levels of government. At the end of the day it all boils down to a tax collected from you, business, and industry. Local government needs to prioritize where these public funds are spent. It is a balancing act on a good day, but one thing always remains the same. It is the responsibility of government to ensure that there is maintained local infrastructure. This means paved roads, lit streets, and water and sewer systems that keep the public safe. The main job of the municipality is this basic infrastructure that allows business to grow, people to migrate to the community, and industry to develop.

The spending for this basic infra-

structure comes from the very taxes that the municipality collects from residential, commercial and industrial taxes. There are some funds from upper government to the municipality to help offset costs. It is these taxes that pay for the roads that bring goods to and from our community. It is the local government that is responsible for the maintenance of the infrastructure and not the industry that requires the road, because that is why they pay taxes. They pay taxes so there is a road to get to and from their work site. It is part of a bigger social contract we have with government. We provide taxes, and in return government provides services.

Now I know roads and other infrastructure are expensive, but if you don't have a maintenance plan to stay on top of the regular wear and tear, then it only costs more the longer you wait. It's like a rip in your jeans. If you patch it right away, then you can wear them longer. If you don't they will be done before the work week is over.

It's always nice to have all the extras just like in your personal life,

..... continued on Page 18



Cutting carrots for a smoothie involves concentration as demonstrated January 23rd at John Allison Elementary School during a session of the Kitchen Kids program. Any time you get to taste your finished product, it's a fun class. \*

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| Saturday, February 1 | 9:30am - 5:00pm  |
| Sunday, February 2   | 11:00am - 4:00pm |

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334 Main Street Downtown Penticton



# Editorial Page News Leader

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

## My Turn...

### Ten Years Is A Decade, Right?

This week marks a milestone for me.

It was ten years ago on February 1st when I took over the Similkameen News Leader.

I had already been working for the Johnsons for three and a half years by then and they were very good in teaching me much of what I needed to know to prepare me for the change in my career.

My goals then have remained the same to today: to stay 'local' with our content and to do what we could to promote our valley.

It may sound like an easy thing to basically buy out an existing business and run it in a small town but let me share with you what it is really like.

It is the scariest thing I've done in my life and at the same time it's the most rewarding thing I've done in my life.

Being a small business owner in a small town is a challenge. There is no guarantee you will be successful and so many variables come into play which is why I have a tremendous amount of respect for those who are starting a business from scratch.

You can never count on support for your product and you can never depend on seasonal increases. You can never expect that since one year was good, so will be the next.

There is no way I would ever have considered doing that in this or any other community so when the opportunity came my way to buy a business that was already established, I was interested.

I will say I had no idea what it cost to own and operate a small business and that my eyes are often opened to extra and hidden costs to this day.

This is one of the many reasons why I think it is so very important to support your local economy. Each and every owner operated business in our town is struggling. The number of empty storefronts should be a clue that if you don't shop in them, some of them will have to go out of business.

What's that got to do with my business?

Well, believe it or not, when you buy my paper (which only costs a buck, including tax) you are telling me you like what we are doing and it encourages us to keep doing it.

Pretty amazing for costing you a single dollar a week.

So thank you for your support over the past ten years. I appreciate you allowing me to do something I love and hopefully you'll give me the opportunity to keep doing it for a few more years.



Kitchen Kids is the program which took place January 23rd at John Allison Elementary School. \*

## ...Your Turn

### Letters And E-Mails Received This Week

To The Editor:

Regrettably, I missed the Business Forum meeting on January 15th and I want to thank both our newspapers for their excellent coverage. Thanks to them, and lots of chatter around town, I have a decent sense of what transpired.

Though not necessarily new, many good suggestions were made, problems were exposed and, as always, a committee was named - charged with prioritizing the many suggestions arising from the meeting, then developing a plan of action and reporting back to a future meeting of the business community. A tall order, but it sounds like a good start!

In my letter last week I pointed out to everyone, including Town

Council, and now to the new committee, that the Princeton business community is much bigger than the downtown merchants! While the merchants are the most visibly affected, everyone who delivers a service of any sort in the area, including the construction fields and the real estate market, suffers from the same malaise. Their failure to thrive may be a large factor in the decline of successful merchants - the proverbial chicken and egg dilemma!

This problem goes to the very heart of the Princeton community! Perhaps before we go too far into band-aid solutions we need to assess - what is the heart of Princeton - our essence - our individuality - our claim to fame!

Long ago, before the Coquihalla Highway was built, Highway 3 was the main traffic artery for travels going both North and East. I can hardly count the number of times my young family stopped for gas there and snacks at the Taste Freeze at the Vermillion intersection, on our way to Osoyoos or Kelowna and points beyond - happy times! That is what people still do today - just not in such large numbers. We are not, and never have been, a holiday "destination" other than for those with summer homes here, and those bound for places like Otter Lake.

We have bound ourselves to the Okanagan Similkameen Corridor - an area with whom we share little other than a brief stretch of the Similkameen River. How many orchards do you see in Princeton? Our economy is founded on ranching, forestry and mining!

This should be our proud heritage to embrace!

We have far more in common with Merritt and Kamloops than we share with Penticton and Kelowna. Princeton and the Highway 5A route are indeed the "Land of .....

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**News Leader**  
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Dawn Johnson - Reporter  
Lynette Boyd - Office Assistant  
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

## What About Those Radioactive Beaches?



**Dawn Johnson**  
editor@thenewsleader.ca

Earlier this month, there were reports of higher than normal levels of radioactivity on a California beach and the immediate conclusion was that contaminated water from Fukushima had crossed the Pacific Ocean and contaminated Half Moon Bay. You Tube videos showed people with Geiger counters demonstrating the alarming level of radioactivity on that beach. Hundreds of thousands of people saw the videos. Even the television show "The Doctors" advised people to stay away from the beach.

Scientists went in to test a number of California beaches and found the level of radioactivity was higher than normal at Half Moon Bay, but not at other California beaches. The radioactivity at Half Moon Bay had nothing to do with Fukushima. Scientists and EPA investigated the source of the radioactivity and found it was naturally occurring radioactivity as a result of higher than normal levels of radon, a radioactive gas that occurs in nature at varying levels at various locations. The scientists said the higher than normal level of radioactivity at Half Moon Bay was likely due to heavy erosion of

the shoreline along that beach.

While looking up the information on the internet, I made some interesting discoveries. It seems there are a number of radioactive beaches in the world. Brazil, Britain, and India have locations where the level of radioactivity is greatly above normal. The surprising information was that radioactivity on all beaches is higher than normal background radioactivity, so when scientists say a beach has higher than normal levels of radioactivity, they mean higher than normal for a beach. Apparently, some mineral sands found on most beaches are naturally radioactive.

There is one beach along the coast of England which has very high levels of radioactivity caused by a radioactive spill from a nuclear power plant. This contaminated beach is off limits to the public. The radioactive beach in Brazil is still open to the public and has been a popular beach for centuries.

The most interesting radioactive beach in the world is the beach at Kerala, India. The beach is composed of black sand containing two mineral sands that are naturally radioactive. The level of radioactivity at that beach is fifty times higher than normal, yet this is a location where there is a large population. Kerala has been a human settlement for a very long time.

The mitochondrial DNA of the residents of Kerala has been studied to find out whether or not mutations have occurred. What scientists discovered was this: twenty-two mutations had occurred in parts of the DNA known as "evolutionary hotspots". None of the mutations affected

human health. None of the mutations appeared to have increased the chances of having cancer.

According to what I learned in my search for radioactive beaches is that we who live in industrialized nations are exposed to 600 millirems of radioactivity each year, on average. About 200 millirems is from naturally occurring radioactivity in the form of radon, a gas which seeps up through the ground on which we live. The other 400 millirems comes from medical procedures, such as X-rays and radioactive treatments. People who do not receive medical treatments involving radioactivity would be exposed to the normal amount of 200 millirems per year, which is a low level of exposure.

British Columbians are exposed to higher than normal levels of radioactivity if they live in areas where radon levels are high. For example, levels in the Okanagan Valley are considered very high, whereas radon levels in the Lower Mainland are not considered alarming. (Princeton and Merritt areas are moderate, whereas Keremeos tends to be a bit higher, but not as high as Penticton or Osoyoos.) Radon gas exposure is considered second only to smoking as the cause of lung cancer. The only good thing about radon is that it has a short life, but the bad thing is that it is always around. Higher than normal levels of radon occur in basements, underground poorly ventilated spaces of any kind, and in enclosed shower stalls. Some mitigation is required in areas where radon gas is naturally high.

It seems all of us live radioactive lives on planet Earth. Then we make radioactivity worse by creating nuclear power plants.



This NOAA (National Oceanic and Atmospheric Administration) map has been making the rounds on the internet showing radiation travel from Fukushima.

# Similkameen News Leader

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### AND NOW...A LITTLE GOOD NEWS!

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." - John 10:10

# Lower Valley News

Keremeos - Cawston - Olalla



Farmers use fire to burn up pruned clippings from the trees. This farm north of Keremeos was needing some TLC January 23rd. With snow and moisture abounding this time of year, there is no risk of the fire spreading. Photo: Arlene Arlow

## RDOS meeting highlights

Selected highlights from the regular meeting of the Board of Directors of the Regional District of Okanagan-Similkameen held Thursday, January 23. Complete minutes of the meeting will be made available to the public following adoption at the next scheduled Board meeting February 6,

2014.

The Board of Directors received as information a Regional Snapshot document that tracks the implementation of the 2007 Sub-regional Growth Strategy. The snapshot is a collection of performance indicators that can be used to show trends and conditions.

This is the fourth year a Regional Snapshot was produced for the Board of Directors.

The Thompson Okanagan Tourism Association's Simone Carlyse-Smith provided the Regional District with an opportunity to participate in a community tourism development program. The Board of Directors voted to form an ad hoc committee to work with the tourism association on this program.

The Board of Directors approved a motion to support a provincial

investigative permit allowing the temporary erection of meteorological towers within Electoral Area "F" provided the operator, SB Hedley Holdings Corporation, obtained a Temporary Use Permit from the Regional District prior to development.

The Corporate Services Committee welcomed MP Dan Albas for a visit to discuss shared issues of concern, including changes to medical marijuana regulations, federal grant opportunities, reduction in Canada Post ser-

vice and First Nations Addition to Reserve legislation.

The Okanagan-Similkameen Regional Hospital District Board gave first reading to the 2014 - 2018 five-year financial plan. It deferred a decision to select a funding model to top up reserves for the Penticton Regional Hospital's Patient Care Tower.

## Clinic addresses phones

To Princeton area residents; We are currently experiencing temporary administrative staffing shortages at Cascade Medical Clinic, making it difficult for staff to answer phone calls during busier times of the day.

Interior Health has installed a new phone system and is in the process of recruiting additional staff. To further improve response time, we suggest trying to call mid-morning or mid-afternoon when call volume is the lowest.

In the interim, we ask for your patience while staff work to ensure your health care needs are met in a timely manner.

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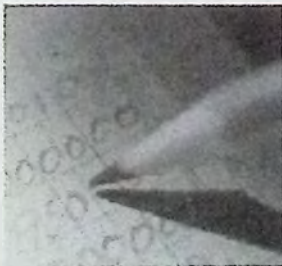
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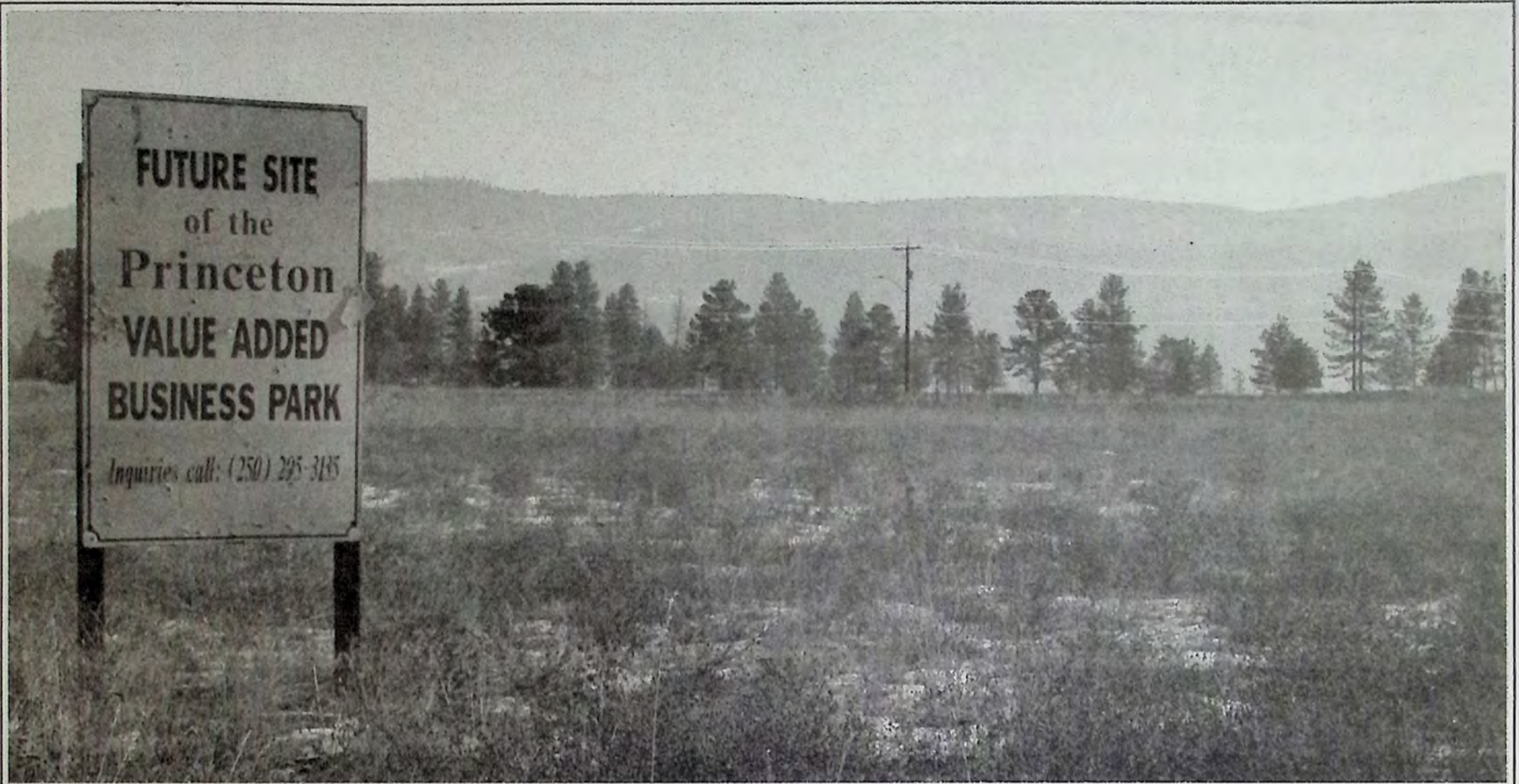
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It may not look like it now, but we are convinced this group of properties are one of the keys to saving downtown Princeton. \*

# Saving Downtown Princeton...

...An Ongoing Series by George Elliott

There's been a lot said recently about the Town of Princeton hosting a Downtown Business Forum earlier this month.

While there has been much speculation on how much good will come out of it, the fact remains that something has happened and a committee is now in place faced with the task of setting goals and priorities based on information shared at the meeting held January 15th. As a downtown business owner I am glad to see the majority of that job will be left to the committee, which is mostly fellow business owners.

Who better to try to put together a plan than people directly affected by some of the issues?

That being said, I have to side with Spencer Coyne on his thoughts related to development of the business/industrial park. The potential of those sites have barely

been realized with the few lots that have been sold and developed.

I have a theory on how the business/industrial park will not only help save downtown Princeton, but save Princeton as well.

My concept of the business/industrial park goes back to a year before the copper mine closed in the late 1990s. I always thought that anywhere from a half dozen to a dozen small value-added type businesses located there would become a huge benefit to the community.

Let me explain why.

Suppose a total of ten small to medium-sized manufacturing-type businesses set up shop there. Of those businesses let's imagine each of them creating under 25 jobs each. We'll say an average of 20 jobs for easy math. Ten times twenty is 200.

You now have two hundred people working at smaller manufactur-

ing businesses. If one goes under, for whatever the reason, it's not as big a hit as when the mine closed.

Sure, the two hundred people working full-time in my imaginary business park aren't making 25 or 30 dollars an hour, but they aren't making minimum wage either.

The 'somewhat better than minimum wage' job could be attractive to that 25 to 35 year old age demographic that seems to be a bit on the invisible side in today's Princeton.

Even if some of those jobs go to local residents, it still puts to work another two hundred people.

Because it's my imaginary business park, I'm going to say that each of those two-hundred workers have a 5-day work week as opposed to say, a 4-on and 4-off schedule and because they are making a fair wage, yet not a high wage, they will likely spend a good chunk of it in downtown Princeton.

Because my imaginary business park has attracted people in the 25 to 35-age bracket, there will be other benefits to the community. The majority of them in that age group will be at that point where there should be a number of married couples in the mix as well as many with a young family.

Those families will have the disposable income that will allow for spending in downtown Princeton and because of the unique demands of that age group, we will see a few new businesses popping up in town to meet their needs.

If the right businesses open to serve that demographic, that disposable income stays in town and downtown businesses will succeed.

But there's even more bonuses to my imaginary business park.

The age demographic of those two hundred workers, plus spouses (let's suppose just half of them are

married), will be feeding our school district with children.

Out of those one hundred young families, even if just half of them have school age children, that means there are another fifty kids attending local schools (assuming the fifty couples with children only have one child per household).

But there is still more!

Because my imaginary business park has two hundred workers, one hundred of which are married, and they fall into the 25 to 35 year old age bracket, there will be some new members to our community who will want to become an active part of Princeton's arts, cultural and social community groups.

How many local community groups have you read about in recent weeks, months and years right here in the News Leader who are struggling with a shortage of ..... continued on Page 18

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# Similkameen News Leader



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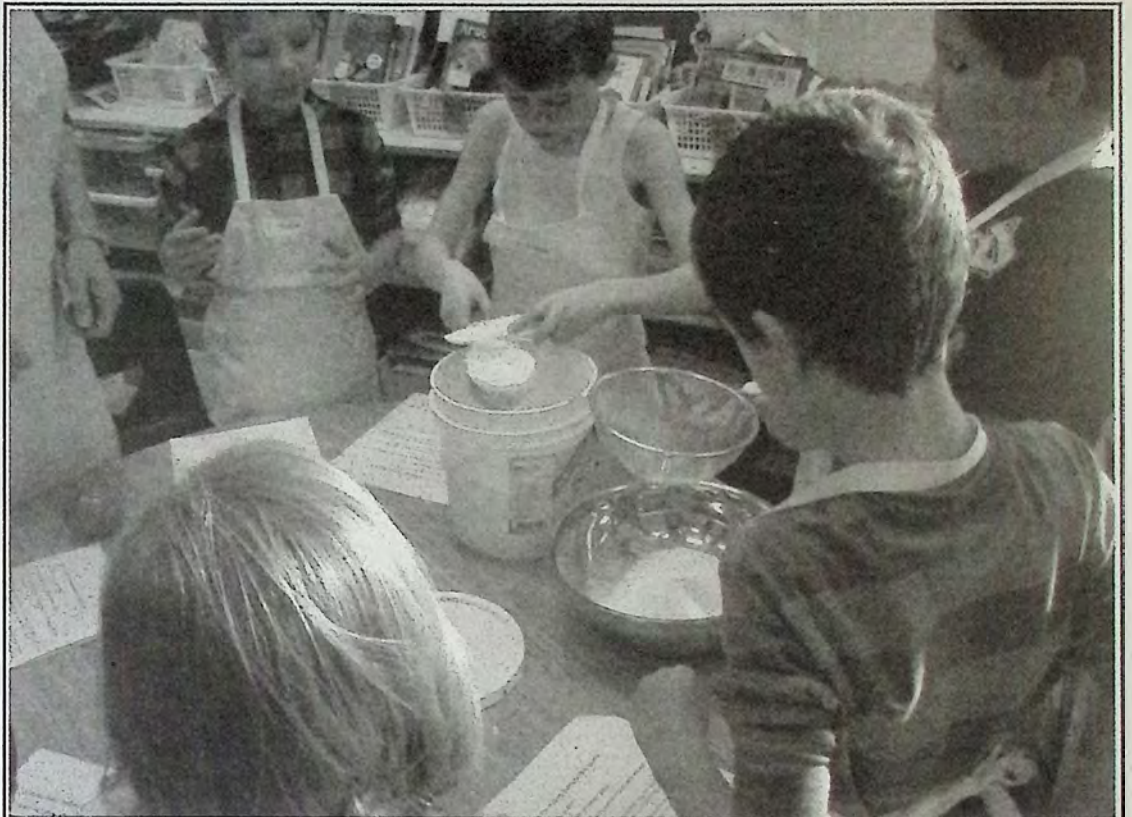
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Students at John Allison Elementary School measure out ingredients January 23rd in preparation for a session of the Kitchen Kids program. They made buttermilk biscuits, butter and fruit smoothies when we were there last week. \*

**Saddles 'n' Spurs**  
by Pastor George Donovan

I had a big black gelding and he was our best jumper but he had two bad habits.

Our hitching post was a long cedar pole where we could tie up most of our horses ready for the guest riders. He would often just pull back and snap the reins and take off. A couple of times he pushed his way all the way down the hitching post and broke every bridle along the way creating chaos in the process.

I took a strong chain and put it around his neck and clamped it so it would not slide over his head or tighten and choke him. I chained him to a large cedar tree.

As I expected, he pulled back with all his might, his hind feet tucked under him and fought for a few minutes and then gave up. He was very sore for some time but we tied him up this way a few more times until he learned not to pull.

It worked! His other habit was cribbing or chewing on the stall door. So I decided to put a metal cap on his door to stop him. I was just about finished when he let me have both back hooves right in the solar plexus.

It lifted me clear off the floor and slammed me against the wall on the other side. It took me a minute to get myself together and realize I had no broken ribs and got my breath back. I must have been tough back then but not patient. I went to the tack

room and got an axe handle and gave the horse a lickin'.

Any horse trainer knows a late pun-

ishment is ineffective. We didn't do that again either.

..... continued Next Week

**Living Past 100**

**Raw Beet Juice: Almost A Miracle**

Canadian and Russian medical researchers have been paying more attention to the effects of raw beetroot juice on our health, and evidence is mounting that the lowly beet is somewhat a miracle worker.

Beetroot juice (always assume 'raw') increases nitric oxide molecules in the blood vessels, allowing more oxygen to reach the tissues and reducing blood pressure, thereby reducing cardiovascular risk.

Beetroot juice lowers the incidence of metabolic syndrome, a condition characterized by high blood sugar, high blood pressure and high cholesterol. Studies show a 30 point reduction in systolic blood pressure when beetroot juice is taken daily, a 30 percent reduction in the bad cholesterol, along with a 40 percent reduction in triglycerides and an increase in the 'good' cholesterol.

Dr. Mikhail Tombak, a Russian researcher, has found that raw beetroot juice purifies the blood and helps in the creation of healthy red blood cells.

Long term research in Hungary in the 1950's is backed up by recent research that shows beetroot juice breaks down cancerous tumors and fights colon cancer.

Glutathione is a substance our bodies make to decontaminate our bodies. Glutathione actually pulls environmental chemicals into the colon to be flushed down the toilet, in the meantime fighting colon cancer cells.

Beetroot juice relieves not only the health problems mentioned above, but improves liver health, thereby improving the immune system. Beetroot juice also relieves arthritis, eye problems and varicose veins. This juice promotes healthy hair and skin, and helps to prevent birth defects.

Beetroot juice is sold in health food stores for up to \$10 a bottle, but the best source of raw beetroot juice is your own kitchen. Use a juicer and collect the juice. You may find some of the beets in the supermarket are very hard and quite dry, so they do not juice well. The best beets for juicing are young, tender beets. If you grow them in your garden, you can make a lot of juice and freeze it in small containers. Use the harder beets to make a raw beet salad - mix grated beet with grated carrot, chopped onion and chopped celery, and your favourite dressing.

You can drink up to two cups of beetroot juice a day, but you should start with no more than a quarter cup and gradually increase. Some people have to avoid beets due to a particular tendency to produce kidney stones. When you drink beet juice or eat beets, your urine and stool may appear red. This is natural and no cause for concern.

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# Entertainment

Similkameen News Leader TV Guide Listings - January 28 - February 3, 2014



Princeton Posse's Dalton Dubetz (#26) wins a face-off against North Okanagan Knights. \*

## Knights slay Posse

With the Princeton Posse nine points below North Okanagan Knights and the final play-off spot in their division, the January 21st game between the teams had a great deal riding on it.

The unusual Tuesday night match was a 'make up' game from the previously postponed New Year's Day event and attracted probably as many spectators as it would have if it were played January 1st.

The majority of the first half of the first period was mostly uneventful until 8:39 when Princeton's Andrew Stack swooped through the neutral zone after picking up a loose puck. He sailed along the boards and let go of a line drive after crossing the blue line. The puck tore through the air with such velocity that some say they heard a sonic boom.

In actual fact, the puck drifted over the left shoulder of Knight goalie Zach Dymant and bounced off the crossbar and into the goal.

The Knights gave Princeton a gift with 2:26 left in the period in the form of a two-man advantage. The Posse could not capitalize on that for the 1:21 it was in effect, nor when the balance of the second penalty was being served.

Princeton scored their second goal at 4:33 of the second period.

The short-handed marker was credited to Destin Robinson with help from Kurtis Klinger.

North Okanagan responded twice in the balance of the period (15:08 - Jeff Bochon from Dryden Profeit and Paul Biegl and on the power play with 59.3-seconds left - Logan Geefs from Ryan Kelm and Jeff Bochon) to tie the game at 2-all.

The third period saw Princeton take back the lead with an unassisted goal scored by Eric Schmidt at 4:05.

The Posse returned the earlier favour by giving the Knights a two-man advantage for 12-seconds at 11:32 and the Knights tied the game near the end of the second penalty at 13:12 (Ryley Booth from Logan Geefs and Blaine Caton).

North Okanagan took the lead at 17:49 with a goal scored by Blake Culbert. Assists went to T. J.

Christensen and Reece Steenson.

The Posse called a time out with 1:40 left to play and pulled goalie Spencer Huff for an extra man but they had trouble keeping the puck in Knight territory.

After several attempts, T. J. Christensen added an empty net goal to the Knights side of the scoreboard with 1.3-seconds left in the game. Assists went to Ryan Kelm and Ryley Booth.

Huff finished the final tick and a bit back in the Posse goal.

Final score: North Okanagan 5, Princeton 3. Shots on Goal: North Okanagan 37, Princeton 31. Penalties in Minutes: Princeton 7 for 14-minutes, North Okanagan 3 for 6-minutes.

The win widens the gap to 11 points to the final play-off spot for Princeton with a dozen games left to play in the season.

**Princeton Posse**  
**2013/14**  
Clip 'n' Save Game Schedule

Similkameen  
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| Date                     | Time         | Away                             | Home            |
|--------------------------|--------------|----------------------------------|-----------------|
| <b>Exhibition Season</b> |              |                                  |                 |
| Sat Aug 31               | 7:30 PM L    | Princeton 3                      | Summerland 5    |
| Sat Sep 7                | 7:00 PM L    | 100 Mile House 7                 | Princeton 0     |
| Sun Sep 8                | 2:00 PM W    | Grand Forks 1                    | Princeton 2     |
| <b>Regular Season</b>    |              |                                  |                 |
| Fri Sep 13               | 7:00 PM W    | Kelowna 3                        | Princeton 4     |
| Sat Sep 14               | 7:00 PM OT L | N Okanagan 4                     | Princeton 3     |
| Wed Sep 18               | 7:35 PM L    | Princeton 1                      | Osoyoos 6       |
| Fri Sep 20               | 7:00 PM L    | Kamloops 5                       | Princeton 4     |
| Sat Sep 21               | 7:00 PM L    | Princeton 0                      | Kelowna 6       |
| Sun Sep 22               | 3:00 PM      | CANCELLED Princeton @ N Okanagan |                 |
| Fri Sep 27               | 7:30 PM L    | Princeton 3                      | Summerland 4    |
| Sun Sep 29               | 2:00 PM W    | Osoyoos 2                        | Princeton 4     |
| Fri Oct 4                | 7:00 PM L    | Kelowna 4                        | Princeton 1     |
| Sat Oct 5                | 7:00 PM L    | Summerland 4                     | Princeton 1     |
| Fri Oct 11               | 7:35 PM L    | Princeton 2                      | Osoyoos 6       |
| Sat Oct 12               | 7:00 PM OT W | Sicamous 4                       | Princeton 5     |
| Tue Oct 15               | 7:00 PM L    | Princeton 4                      | Kelowna 5       |
| Sat Oct 19               | 7:00 PM OT W | Spokane 2                        | Princeton 3     |
| Fri Oct 25               | 7:00 PM W    | Revelstoke 0                     | Princeton 6     |
| Sun Oct 27               | 2:00 PM L    | Kelowna 6                        | Princeton 4     |
| Sat Nov 2                | 5:00 PM L    | Summerland 4                     | Princeton 2     |
| Sun Nov 3                | 3:00 PM W    | Princeton 8                      | N Okanagan 4    |
| Fri Nov 8                | 7:00 PM OT W | Princeton 6                      | Nelson 5        |
| Sat Nov 9                | 7:00 PM L    | Princeton 3                      | Castlegar 5     |
| Fri Nov 15               | 7:00 PM L    | Nelson 7                         | Princeton 4     |
| Sat Nov 16               | 7:00 PM OT L | Beaver Valley 4                  | Princeton 3     |
| Sun Nov 17               | 5:00 PM OT L | Princeton 4                      | Kamloops 5      |
| Fri Nov 22               | 7:00 PM L    | Princeton 2                      | Kelowna 4       |
| Sat Nov 23               | 7:30 PM L    | Princeton 1                      | Summerland 5    |
| Wed Nov 27               | 7:00 PM L    | Osoyoos 6                        | Princeton 2     |
| Fri Nov 29               | 7:00 PM L    | 100 Mile House 4                 | Princeton 3     |
| Fri Dec 6                | 7:00 PM W    | Princeton 4                      | N Okanagan 2    |
| Sat Dec 7                | 7:00 PM L    | Castlegar 3                      | Princeton 2     |
| Fri Dec 13               | 7:00 PM W    | Princeton 5                      | Chase 3         |
| Sat Dec 14               | 7:00 PM W    | Princeton 3                      | Sicamous 2      |
| Sun Dec 15               | 2:00 PM W    | Princeton 8                      | Revelstoke 4    |
| Wed Dec 18               | 12 Noon W    | Osoyoos 0                        | Princeton 5     |
| Fri Dec 20               | 7:00 PM L    | Kelowna 5                        | Princeton 3     |
| Fri Jan 3                | 7:30 PM L    | Princeton 2                      | Summerland 6    |
| Sat Jan 4                | 7:35 PM L    | Princeton 1                      | Osoyoos 7       |
| Tue Jan 7                | 7:00 PM W    | Summerland 2                     | Princeton 6     |
| Fri Jan 10               | 7:00 PM L    | Princeton 5                      | Grand Forks 7   |
| Fri Jan 17               | 7:30 PM L    | Princeton 0                      | Beaver Valley 7 |
| Sat Jan 18               | 7:00 PM OT L | Princeton 2                      | Spokane 3       |
| Tue Jan 21               | 7:00 PM L    | N Okanagan 5                     | Princeton 3     |
| Fri Jan 24               | 7:30 PM      | Princeton @                      | Summerland      |
| Sat Jan 25               | 7:00 PM      | N Okanagan @                     | Princeton       |
| Fri Jan 31               | 7:00 PM      | Princeton @                      | 100 Mile House  |
| Sun Feb 2                | 3:00 PM      | Princeton @                      | N Okanagan      |
| Tue Feb 4                | 7:00 PM      | Princeton @                      | Kelowna         |
| Fri Feb 7                | 7:00 PM      | Osoyoos @                        | Princeton       |
| Sun Feb 9                | 2:00 PM      | Chase @                          | Princeton       |
| Wed Feb 12               | 7:35 PM      | Princeton @                      | Osoyoos         |
| Fri Feb 14               | 7:00 PM      | N Okanagan @                     | Princeton       |
| Sat Feb 15               | 7:00 PM      | Summerland @                     | Princeton       |
| Wed Feb 19               | 7:00 PM      | Princeton @                      | N Okanagan      |
| Sat Feb 22               | 7:00 PM      | Grand Forks @                    | Princeton       |

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# Tuesday Movies

**EVENING**

7:00 pm **CITY ch.12** "Thor" (2011, Action) Chris Hemsworth. After his reckless actions reignite an ancient war, the Norse god is stripped of his powers, cast out of Asgard and forced to live among humans. (CC) (DVS)  
 8:00 pm **CHBC ch.4 BCTV ch.11** "Thor" (2011, Action) Chris Hemsworth. After his reckless actions reignite an ancient war, the Norse god is stripped of his powers, cast out of Asgard and forced to

live among humans. (CC) (DVS)  
 9:30 pm **WTBS ch.3** "Beverly Hills Chihuahua" (2008, Comedy) Piper Perabo. A pampered pooch from Beverly Hills must rely on help from scrappy Mexican street dogs after she is accidentally separated from her caretaker.  
 11:30 pm **WTBS ch.3** "Year One" (2009, Comedy) Jack Black. Two lazy primitives begin an epic journey through the ancient world after they are banished from their village.

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# News Leader Str8ts

## STR8TS

No. 162

Medium

Previous solution - Easy

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|   |   | 1 |   |   |   | 7 |   |
| 9 |   |   | 2 |   |   | 4 | 5 |
|   | 7 |   |   |   | 2 |   |   |
| 7 | 5 |   |   | 8 |   | 1 |   |
|   |   |   | 8 |   |   |   | 1 |
|   |   |   |   |   |   | 9 |   |
| 3 |   |   |   |   |   | 7 |   |
|   |   | 9 |   |   | 5 |   | 3 |

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

**How to beat Str8ts -**  
 Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help and strategies at [www.str8ts.com](http://www.str8ts.com) along with more puzzles, Apple apps and books.

**THIS WEEK'S**  
**News Leader Str8ts**  
**SOLUTION WILL APPEAR**  
**IN NEXT WEEK'S ISSUE**

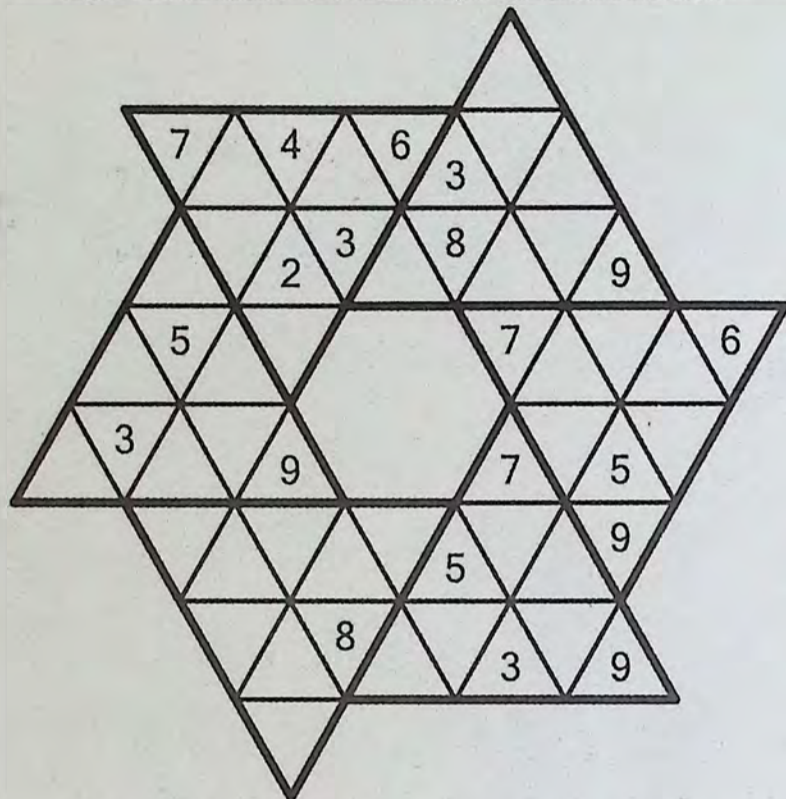
**TUESDAY, JANUARY 28, 2014**

|           | 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    | DTOUR ch.45           |
|-----------|----------------------------------|---|---------------------|------------------------------------|--|---------------------------------|------------------------|---------------------------------|---|---|--------------------------|------------------------|---|--------------------------|-------------------------|--------------------|--------------------------|----------------|-----------------------|
| 6 AM :30  | In the Heat of the Night         | Morning News (N) [D]                            | Wibbly Pig          | Clifford                           | KHQ News 6AM (N)                               | KREM 2 Morning News             | Criminal Minds [D]     | Morning Northwest               | Morning News (N) [D]                            | (5:00) Morning News (N)                         | CBC News Now (N) [D]     | Kid vs. Kat Rescue     | SportsCentre [D]  | CTV Morning Live (N) [D] | Airplane Repo [D]       | Stella-Sam Phineas | CityLine (N) [D]         | Bar Rescue [D] | Eat St. [D]           |
| 7 AM :30  | Law & Order: SVU                 |   | Ella the EI         | Arthur                             | Today "The Biggest Loser" contestants. (N) [D] | CBS This Morning (N) [D]        | Criminal Minds [D]     | Good Morning America (N) [D]    |   |   | Tiger                    | Super Evil             | SportsCentre [D]  |                          | Mighty Ships [D]        | Shake It           | Let's Make a Deal [D]    | Bar Rescue [D] | Disaster              |
| 8 AM :30  | Law & Order: SVU                 |   | Magic Bus           | Curious                            |  |                                 | CSI: Miami "G.O." [D]  |                                 | Morning Huntley                                 |   | Bo On/Go                 | Pokémon                | SportsCentre [D]  |                          | Bering Sea Gold: Under  | Jessie [D]         | The Price Is Right (N)   | Bar Rescue [D] | Security              |
| 9 AM :30  | Millionaire                      | Morning Huntley                                 | Dragon              | Peg                                |  | The 700 Club [D]                | CSI: Miami "Mayday"    | Livel Kelly and Michael         | Morning Huntley                                 | The Doctors [D]                                 | Super Why! Napkin        | Monster Squirrel       | SportsCentre [D]  | Livel Kelly and Michael  | Overhauled [D]          | Strawberry         | Jdg Judy                 | Bar Rescue [D] | Bggg Bttls            |
| 10 AM :30 | Divorce                          | The Doctors [D]                                 | Poppy Cat           | Sesame Street [D]                  |  | The Price Is Right (N)          | Criminal Minds "Doubt" | The View [D]                    | The Doctors [D]                                 | World Vision [D]                                | Bookaboo                 | Invasion               | Fishing   | The View [D]             | Auction                 | Never Land         | The Chew [D]             | Bar Rescue [D] | Security              |
| 11 AM :30 | Judge Alex                       | World Vision [D]                                | Rolie Polie         | Tiger                              | Jdg Judy                                       | Young & Restless                | Criminal Minds [D]     | Paid Prog.                      | World Vision [D]                                | Noon News Hour (N)                              | Heartland "The Fix" [D]  | Flamingo               |   | Marilyn Denis            | Myth-Busters [D]        | Phineas            | General Hospital (N) [D] | Bar Rescue [D] | Airport               |
| 12 PM :30 | King                             | Noon News Hour (N)                              | Dino Dan            | Charlie Rose (N) [D]               | Paid Prog.                                     | News                            | After the First 48 [D] | The Chew [D]                    | Noon News Hour (N)                              | Days of our Lives (N)                           | CBC News Now (N) [D]     | Kid vs. Kat Sidekick   | English Premier League Soccer                           | CTV News (N) [D]         | Auction                 | Wizards            | Katie [D]                | Bar Rescue [D] | Eat St. [D]           |
| 1 PM :30  | Community                        | Days of our Lives (N)                           | Dragon              | Painting                           | Days of our Lives (N)                          | The Talk [D]                    | The First 48 [D]       | General Hospital (N) [D]        | Days of our Lives (N)                           | The Talk [D]                                    | Republic of Doyle [D]    | Rated A                |   | The Social [D]           | Bering Sea Gold: Under  | Wizards            | CityLine (N) [D]         | Tattoo         | Bizarre Foods America |
| 2 PM :30  | Seinfeld [D]                     | The Talk [D]                                    | Big Bear            | Thomas                             | Katie [D]                                      | Let's Make a Deal [D]           | The First 48 [D]       | Queen Latifah                   | The Talk [D]                                    | Queen Latifah                                   | Steven and Chris (N) [D] | Kid vs. Kat Super Evil | Off Record  | Dr. Phil [D]             | Highway Thru Hell       | Shake It           | CityNews at 5 (N) [D]    | Tattoo         | Coaster               |
| 3 PM :30  | The Middle                       | Queen Latifah                                   | Clifford            | Sid                                | Ellen DeGeneres Show                           | Dr. Phil [D]                    | Storage                | Rachael Ray [D]                 | Queen Latifah                                   | Young & Restless                                | Recipes                  | Sidekick               | SportsCentre (N) [D]                                    | Bethenny [D]             | How/Made                | Jessie [D]         | CityNews at 6 (N) [D]    | Tattoo         | Disaster              |
| 4 PM :30  | Big Bang                         | Young & Restless                                | Maya Bee            | Wild Kratts                        | Jdg Judy                                       | The Dr. Oz Show [D]             | Storage                | The Doctors [D]                 | Young & Restless                                | Early News                                      | Dragons' Den [D]         | SpongeBob              | NHL Hockey: Tampa Bay Lightning at Toronto Maple Leafs. | Ellen DeGeneres Show     | Daily Planet (N)        | ANT Farm           | Mod Fam                  | Tattoo         | Security              |
| 5 PM :30  | Browns                           | News (N) [D]                                    | Martha              | News                               | News   | News                            | Storage                | News                            | Early News                                      | (4:59) News Hour (N)                            | News                     | Parents                |   | CTV News at Five (N)     | Gold Rush: Pay Dirt (N) | Austin             | Dads (N)                 | Repo           | Treasures Decoded [D] |
| 6 PM :30  | Browns                           | Global Nat. News                                | Hope for Wildlife   | State of the Union 2014 (N) (Live) | State of the Union 2014 (N) (Live)             | State of the Union 2014 (N) [D] | Storage                | State of the Union 2014 (N) [D] | (5:59) News Hour (N)                            | ET Canada                                       | News                     | Japanizi               |   | CTV News (N) [D]         | Gold Rush (N) [D]       | Good Luck          | New Girl                 | Repo           | Monumental Mysteries  |
| 7 PM :30  | Mod Fam                          | Ent   | Frontiers of        |                                    |  |                                 | Storage                |                                 | Ent   | Movie: *** "Thor" (2011) Chris Hemsworth. (DVS) | George S                 | Boys                   | NHL Hockey: Chicago Blackhawks at Calgary Flames. [D]   | etalk-Bell Let's Talk    | Yukon Men (N) [D]       | Shake It           | Body of Proof [D]        | Repo           | Mysteries-Museum      |
| 8 PM :30  | Family Guy                       | Movie: *** "Thor" (2011) Chris Hemsworth. (DVS) | The First World War | The Amish: American                | The Biggest Loser (N)                          | NCIS [D]                        | Storage                | Agents of S.H.I.E.L.D.          | Movie: *** "Thor" (2011) Chris Hemsworth. (DVS) | Hemsworth. (DVS)                                | Mercer                   | Funnlest Home Videos   |   | Agents of S.H.I.E.L.D.   | Dangerous Flights       | Good Luck          | CityNews-Tonight (N)     | Repo           | Museum Secrets [D]    |
| 9 PM :30  | Amer. Dad                        | Hemsworth. (DVS)                                | Emergency           | Frontline [D]                      | KHQ  | Two Men                         | Storage                | Goldbergs                       | Hemsworth. (DVS)                                | Security  | Arctic Air (N) [D]       | Babysitting            | SportsCentre (N) [D]                                    | Goldbergs                | Gold Rush [D]           | Wingin' It         | Jimmy Kimmel Live (N)    | Ways Die       | Monumental Mysteries  |
| 10 PM :30 | "Beverly Hills Chihuahua" (2008) | Security  | Do It Yourself (N)  | Frontline [D]                      | Jeopardy!                                      | Paid Prog.                      | Storage                | Killer Women [D]                | Security  | News Hour Final (N)                             | The National (N) [D]     | Splatalot              | SportsCentre (N) [D]                                    | Person of Interest [D]   | Yukon Men [D]           | Good Luck          | EP Daily                 | Ways Die       | Mysteries-Museum      |
| 11 PM :30 | "Year One"                       | News Hour Final (N)                             | Frontiers of        | Charlie Rose (N) [D]               | News   | News                            | Storage                | KXLY 4                          | News Hour Final (N)                             | ET Canada                                       | CBC News                 | Mr. Young              | SportsCentre [D]  | News-Lisa                | Dangerous Flights       | Wizards            | Paid Prog.               | Ways Die       | Museum Secrets [D]    |

# News Leader Sudoku 490

## HOSHI SUDOKU - About The Puzzle

Sudoku - also known as "Number Place" - is a logic-based, combinatorial number-placement puzzle. The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number. This Sudoku variant is called "Hoshi Sudoku". It contains six large triangles. The numbers 1 to 9 must be placed into the cells of each large triangle. Every line of any length - even uncontinuous - must contain every number not more than once.



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

## Wednesday Movies

EVENING

washing and assassination plot.

11:30 pm WTBS ch.3 "Zoolander" (2001, Comedy) Ben Stiller. A super-model befriends a rival while becoming mixed-up in a brain-



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### WEDNESDAY, JANUARY 29, 2014

|           | 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   | DTOUR ch.45           |
|-----------|---|------------------------|-----------------------|----------------------|------------------------------------|------------------------|------------------------|----------------------------|------------------------|-------------------------|------------------------|------------------------|--|-------------------------|----------------------|-----------------------|------------------------|---------------|-----------------------|
| 6 AM :30  | In the Heat of the Night                          | Morning News (N) ☑     | Wibbly Pig            | Clifford             | KHQ News 6AM (N)                   | KREM 2 Morning News    | Criminal Minds "Doubt" | Morning Northwest          | Morning News (N) ☑     | (5:00) Morning News (N) | CBC News Now (N) ☑     | Kid vs. Kat Rescue     | SportsCentre   | CTV Morning Live (N) ☑  | Airplane Repo ☑      | Stella-Sam (N) ☑      | CityLine (N) ☑         | Bar Rescue ☑  | Eat St. ☑             |
| 7 AM :30  | Law & Order: SVU                                  |                        | Ella the El           | Arthur               | Today Joy Bauer; Beth Stern. (N) ☑ | CBS This Morning (N) ☑ | Criminal Minds ☑       | Good Morning America (N) ☑ |                        |                         | Tiger                  | Super Evil             | SportsCentre   |                         | Mighty Ships ☑       | Shake It              | Let's Make a Deal      | Bar Rescue ☑  | Disaster              |
| 8 AM :30  | Law & Order: SVU                                  |                        | PAW Patrol            | Wild Kratts          |                                    |                        | CSI: Miami ☑           |                            |                        | Morning                 | Bo On/Go               | Pokémon                | SportsCentre   |                         | Don't Drive Here     | Jessie ☑              | The Price Is Right (N) | Bar Rescue ☑  | Money                 |
| 9 AM :30  | Millionaire                                       | Morning                | Dragon                | Peg                  |                                    | The 700 Club ☑         | CSI: Miami "Stiff" ☑   | Livel Kelly and Michael    | Morning                | The Doctors ☑           | Super Why!             | Monster                | SportsCentre   | Livel Kelly and Michael | Overhaul'n "Rustang" | Strawberry            | Jdg Judy               | Bar Rescue ☑  | Museum Secrets ☑      |
| 10 AM :30 | Divorce   | The Doctors ☑          | Poppy Cat             | Sesame Street ☑ (EI) |                                    | The Price Is Right (N) | Criminal Minds ☑       | The View ☑                 | The Doctors ☑          | Operation Smile ☑       | Bookaboo               | Invasion               | 30 for 30 ☑  | The View ☑              | Auction              | Never Land            | The Chew ☑             | Bar Rescue ☑  | Monumental Mysteries  |
| 11 AM :30 | Judge Alex  | Operation Smile ☑      | Rolle Polle           | Tiger                | Jdg Judy                           | Young & Restless       | Criminal Minds ☑       | Paid Prog. Hate Hair?      | Operation Smile ☑      | Noon News Hour (N)      | Heartland ☑ (DVS)      | Flamingo               |  | Marilyn Denis           | Gold Rush: Pay Dirt  | Phineas               | General Hospital (N) ☑ | Bar Rescue ☑  | Mysterie-Museum       |
| 12 PM :30 | King  | Noon News Hour (N)     | Dino Dan              | Charlie Rose (N) ☑   | Paid Prog. Pain Free               | News                   | The First 48 ☑         | The Chew ☑                 | Noon News Hour (N)     | Days of our Lives (N)   | CBC News Now (N) ☑     | Kid vs. Kat Sidekick   | Premier League Soccer: Chelsea vs West Ham United    | CTV News (N) ☑          | Gold Rush ☑          | Wingin' It            | Katie ☑                | Bar Rescue ☑  | Eat St. ☑             |
| 1 PM :30  | Community   | Days of our Lives (N)  | Dragon                | Oil Painting         | Days of our Lives (N)              | The Talk ☑             | The First 48 ☑         | General Hospital (N) ☑     | Days of our Lives (N)  | The Talk ☑              | Republic of Doyle ☑    | Rated A                | English Premier League                               | The Social ☑            | Yukon Men ☑          | Wizards               | CityLine (N) ☑         | Bar Rescue ☑  | Bizarre Foods America |
| 2 PM :30  | Seinfeld ☑  | The Talk ☑             | Big Bear              | Thomas               | Katie ☑                            | Let's Make a Deal ☑    | The First 48 "Ditched" | Queen Latifah              | The Talk ☑             | Queen Latifah           | Steven and Chris (N) ☑ | Kid vs. Kat Super Evil | Off Record   | Dr. Phil ☑              | Dangerous Flights    | Shake It              | CityNews at 5 (N) ☑    | Bar Rescue ☑  | Coaster               |
| 3 PM :30  | The Middle  | Queen Latifah          | Clifford              | Sid                  | Ellen DeGeneres Show               | Dr. Phil ☑             | The First 48 ☑         | Rachael Ray ☑              | Queen Latifah          | Young & Restless        | Recipes                | Sidekick               | SportsCentre (N) (Live) ☑                            | Bethenny ☑              | How/Made             | Jessie ☑              | CityNews at 6 (N) ☑    | Bar Rescue ☑  | Disaster              |
| 4 PM :30  | Big Bang  | Young & Restless       | Maya Bee              | Wild Kratts          | Jdg Judy                           | The Dr. Oz Show ☑      | Duck D.                | The Doctors ☑              | Young & Restless       | Early News              | Dragons' Den ☑         | SpongeBob              | NHL Hockey: Chicago Blackhawks at Vancouver Canucks. | Ellen DeGeneres Show    | Daily Planet (N)     | Liv-Mad.              | Mod Fam                | Cops ☑        | Money                 |
| 5 PM :30  | College Basketball: Mississippi at Tennessee. (N) | News (N) ☑             | Martha                | News                 | News                               | News                   | Duck D.                | News                       | Early News             | (4:59) News Hour (N)    | News                   | Parents                | CTV News at Five (N)                                 | Dude, You're Screwed    | Jessie ☑             | Revolution (N) ☑      | Cops ☑                 | Collectors    |                       |
| 6 PM :30  | Mod Fam   | Global Nat. News       | Frontiers of          | PBS News-Hour (N) ☑  | News                               | KREM 2 News at 6 (N)   | Duck D.                | News at 6                  | (5:59) News Hour (N)   | ET Canada               | News                   | Hathaways              | CTV News (N) ☑                                       | Salvage Hunters ☑       | Austin               | Mod Fam               | Cops ☑                 | Extreme RVs ☑ |                       |
| 7 PM :30  | Seinfeld ☑  | Ent                    | Waterfront Cities     | Nature (N) ☑ (DVS)   | Jeopardy!                          | Inside Ed.             | Duck D.                | Ent                        | Ent                    | Chicago PD (N) ☑        | George S               | Boys                   | Sports   | The Tomorrow People     | Close                | Austin                | Nashville (N) ☑        | Cops ☑        | Extreme Collections ☑ |
| 8 PM :30  | Family Guy  | Bomb Girls ☑ (DVS)     | Asla's Monarchies     | NOVA (N) ☑           | Revolution (N) ☑                   | Super Bowl's Greatest  | (8.01) Wahlburgers ☑   | The Middle Suburg.         | Bomb Girls ☑ (DVS)     | Bomb Girls ☑ (DVS)      | Dragons' Den (N) ☑     | Funniest Home Videos   | NHL Hockey: Chicago Blackhawks at Vancouver Canucks. | Arrow "Tremors" (N) ☑   | How/Made             | Good Luck             | CityNews-Tonight (N)   | Cops ☑        | Extreme Competitions  |
| 9 PM :30  | Amer. Dad   | Canadian Docs ☑        | Rolando Vil-lazón     | Hawking (N) ☑        | Law & Order: SVU                   | Criminal Minds ☑       | Duck D.                | Mod Fam                    | Canadian Docs ☑        | Canadian Docs ☑         | Republic of Doyle (N)  | Babysitting            | Criminal Minds ☑                                     | Dude, You're Screwed    | Wingin' It           | Jimmy Kimmel Live (N) | Jail ☑                 | Extreme RVs ☑ |                       |
| 10 PM :30 | Payne   | (10:01) Chicago PD (N) | Opera Under the Stars | Make Me ☑            | (10:01) Chicago PD (N)             | CSI: Crime Scene       | Duck D.                | Nashville (N) ☑            | (10:01) Chicago PD (N) | News Hour Final (N)     | The National (N) ☑     | Splatalot              | SportsCentre (N) ☑                                   | CSI: Crime Scene        | Salvage Hunters ☑    | Good Luck             | EP Daily               | Jail ☑        | Extreme Collections ☑ |
| 11 PM :30 | Payne   | CHBC News Final (N)    | Waterfront Cities     | Charlie Rose (N) ☑   | News                               | News                   | Duck D.                | KXLY 4                     | News Hour Final (N)    | ET Canada               | CBC News               | Mr. Young              | SportsCentre   | News-Lisa               | Close                | Wizards               | Paid Prog.             | Jail ☑        | Extreme Competitions  |

# Around The Similkameen!

## What's Happening in Your Neighbourhood



Signs of winter are all around us - for now. The forecasted cold snap hadn't yet transpired when this picture was taken near Twin Lakes January 23rd. Night time temperatures were dipping below zero along Highway 3A last week but the daytime thermometer was registering above zero. Photo: Arlene Arlow

# Coalmont's Woodford - a Caring Canadian

On behalf of His Excellency the Right Honourable David Johnston, Governor General of Canada, the Honourable Judith Guichon, Lieutenant Governor of British Columbia, presented the Governor General's Caring Canadian Award to 24 volunteers from British Columbia on January 24th, during a ceremony at Government House.

One of the recipients was Jody Woodford of Coalmont.

Following the ceremony, recipients and their guests had the opportunity to visit *It's An Honour!*, a new travelling exhibit about the Canadian Honours System that is now making its way across the country.

### About the Caring Canadian Award

Created in 1995, the Governor General's Caring Canadian Award recognizes living Canadians and permanent residents who have made a significant, sustained, unpaid contribution to their community, in Canada or abroad. Often working behind the scenes, these individuals volunteer their time and efforts to help their fellow citizens.

### About *It's An Honour!* travelling exhibit

Mounted in a specially designed 1,000 square foot vehicle, the exhibit showcases stories of great Canadians who have been recognized for their extraordinary

achievements with national honours such as the Order of Canada, Decorations for Bravery and Military Valour Decorations. Featuring interpretative panels, multimedia elements and artifacts, this unique space provides an opportunity for visitors to learn more about these honours through an interactive learning experience.

The single Similkameen recipient was Jody Woodford of Coalmont.

Woodford joined the Coalmont Tulameen Volunteer Fire Department in 1998 and became fire chief in 2008. Through her work, she has put the department on a sound financial footing and enabled it to respond to a variety of

crisis situations.

It was noted that, "Her unpaid efforts as a volunteer firefighter lift spirits in times of crisis."

### THE GOVERNOR GENERAL'S CARING CANADIAN AWARD

When the Right Honourable Roméo LeBlanc became Governor General of Canada, he was determined to thank the thousands of caring people who give so much to their fellow citizens - the unsung heroes who volunteer their time, their efforts and a great deal of their lives to helping others, and who ask for nothing in return. In 1995, the Governor General's Caring Canadian Award was created.

The award recognizes individuals who volunteer their time to help others and to build a smarter and more caring nation. The award also highlights the fine example set by these volunteers, whose compassion and engagement are so much a part of our Canadian character.

### Eligibility criteria

The award recognizes living Canadians and permanent residents who have made a significant, sustained, unpaid contribution to their community, in Canada or abroad.

### Nomination process

Nominations can be made directly through the Office of the Secretary to the Governor General. They will be received by the Chancellery of Honours and reviewed by the advisory committee which will make recommendations to the governor general. There is no deadline for submissions. Nominations are accepted throughout the year.

If you know a friend, neighbour or member of your community who deserves this unique award, you are asked to share their stories by completing a nomination form online at: [www.gg.ca/caring](http://www.gg.ca/caring).

### Description of the award

The award's emblem represents Canadians who selflessly give of their time and energy to others. The maple leaf symbolizes the people of Canada and their spirit; the heart depicts the open-heartedness of volunteers; and the outstretched hand portrays boundless generosity.

## SWING INTO SPRING SPECIALS



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| Grilled Ham & Cheese Sandwich<br>Tomato Soup | TWO Sliders with French Fries | Crispy Chicken Burger<br>Curry Chicken Soup | Seafood Croissant<br>Potato Bacon Soup | Chicken Wings and Veggies | Spicy Chicken Burger<br>Chicken Noodle Soup | Taco Salad<br>Spicy Chicken OR Taco Seasoned Hamburger |
| MONDAY                                       | TUESDAY                       | WEDNESDAY                                   | THURSDAY                               | FRIDAY                    | SATURDAY                                    | SUNDAY   |

# SO COUNTRY INTERNET RADIO

FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - [www.socountry.ca](http://www.socountry.ca)



Jessica Lehtonen proudly displays the trophy she won January 17th in Keremeos. She won it for beating her High Average in Special Olympics Bowling. She rushed over to the News Leader office to show us as soon as she could. \*

## Thursday Movies

### EVENING

9:00 pm KNOW ch.5 "Only the Strong Survive" (2002, Documentary) William Bell. Filmmakers Chris Hegedus and D.A. Pennebaker showcase performers of R & B and soul from the 1950s to the 1970s.  
9:30 pm WTBS ch.3 "Transporter 3" (2008, Action) Jason Statham. Mob

courier Frank Martin and the subject of his assignment, a cynical Ukrainian woman, are fitted with shackles that will explode if they wander too far from his car.  
11:30 pm WTBS ch.3 "Step Up 3" (2010, Drama) Rick Malambri. Street dancers team with a freshman from New York University for a high-stakes showdown against the world's best hip-hop dancers.

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### THURSDAY, JANUARY 30, 2014

|       | 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           | DTOUR ch.45           |
|-------|--------------------------------|-----------------------|---|-------------------|--|------------------------|-------------------------|--------------------------|-----------------------|-------------------------|----------------------|------------------------|---|-------------------------|----------------------|--------------------|------------------------|-----------------------|-----------------------|
| 6 AM  | In the Heat of the Night       | Morning News (N)      | Wibbly Pig                              | Clifford          | KHQ News 6AM (N)                       | KREM 2 Morning News    | Criminal Minds          | Morning Northwest        | Morning News (N)      | (5:00) Morning News (N) | CBC News Now (N)     | Kid vs. Kat Rescue     | SportsCentre  | CTV Morning Live (N)    | Alprane Repo         | Stella-Sam Phineas | CityLine (N)           | Wildest Police Videos | Eat St.               |
| 7 AM  | Law & Order: SVU               |                       | Ella the Elf                            | Arthur            | Today Barry Gibb; Fran Drescher. (N)   | CBS This Morning (N)   | Criminal Minds          | Good Morning America (N) |                       |                         | Tiger Arthur         | Super Evil Sidekick    | SportsCentre  |                         | Mighty Ships         | Shake It ANT Farm  | Let's Make a Deal      | Wildest Police Videos | Disaster              |
| 8 AM  | Law & Order: SVU               |                       | Magic Bus                               | Curious           |  |                        | CSI: Miami              |                          | Morning Huntley       |                         | Bo On/Go             | Pokémon                | SportsCentre  |                         | Fantom-Works         | Jessie             | The Price Is Right (N) | Wildest Police Videos | Collectors            |
| 9 AM  | Millionaire                    | Morning               | Dragon                                  | Peg               |  | The 700 Club           | CSI: Miami              | Livel Kelly and Michael  | Morning Huntley       | The Doctors             | Super Why! Napkin    | Monster Squirrel       | SportsCentre  | Livel Kelly and Michael | Overhauled           | Strawberry Manny   | Jdg Judy               | Wildest Police Videos | Extreme RVs           |
| 10 AM | Divorce                        | The Doctors           | Poppy Cat                               | Sesame Street (N) |  | The Price Is Right (N) | Criminal Minds          | The View                 | The Doctors           | World Vision            | Bookaboo Doodlebop   | Invasion Almost        | E:60 (N)  | The View                | Auction              | Never Land Sofa    | The Chew               | Wildest Police Videos | Extreme Collections   |
| 11 AM | Judge Alex                     | World Vision          | Rolie Polle                             | Tiger             | Jdg Judy                               | Young & Restless       | Criminal Minds          | Wen Hair                 | World Vision          | Noon News Hour (N)      | Heartland            | Flamingo Squirrel      | World Poker Tour  | Marilyn Denis           | How/Made             | Phineas ANT Farm   | General Hospital (N)   | Wildest Police Videos | Extreme Competitions  |
| 12 PM | King                           | Noon News Hour (N)    | Dino Dan                                | Charlie Rose (N)  | Paid Prog.                             | News                   | The First 48            | The Chew                 | Noon News Hour (N)    | Days of our Lives (N)   | CBC News Now (N)     | Kid vs. Kat Sidekick   | SportsNation (N)  | CTV News (N)            | Dude, You're Screwed | Wingin' It Wizards | Katie                  | Cops                  | Eat St.               |
| 1 PM  | Community                      | Days of our Lives (N) | Dragon                                  | Painting          | Days of our Lives (N)                  | The Talk               | The First 48            | General Hospital (N)     | Days of our Lives (N) | The Talk                | Republic of Doyle    | Rated A Monster        | Hockey  | The Social              | Salvage Hunters      | Wizards Good Luck  | CityLine (N)           | Cops                  | Bizarre Foods America |
| 2 PM  | Seinfeld                       | The Talk              | Big Bear                                | Thomas            | Katie                                  | Let's Make a Deal      | The First 48            | Queen Latifah            | The Talk              | Queen Latifah           | Steven and Chris (N) | Kid vs. Kat Super Evil | Off Record Interruption                                 | Dr. Phil                | Close                | Shake It ANT Farm  | CityNews at 5 (N)      | Cops                  | Waterparks            |
| 3 PM  | The Middle                     | Queen Latifah         | Clifford                                | Sid               | Ellen DeGeneres Show                   | Dr. Phil               | The First 48            | Rachael Ray              | Queen Latifah         | Young & Restless        | Recipes Stefano      | Sidekick Squirrel      | SportsCentre (N)  | Bethenny                | How/Made             | Jessie             | CityNews at 6 (N)      | Cops                  | Disaster              |
| 4 PM  | Big Bang                       | Young & Restless      | Maya Bee                                | Wild Kratts       | Jdg Judy                               | The Dr. Oz Show        | Duck D.                 | The Doctors              | Young & Restless      | Early News Global Nat.  | Dragons' Den         | SpongeBob Rabbids      | Hockey Top NFL  | Ellen DeGeneres Show    | Daily Planet (N)     | Austin             | Mod Fam                | Cops                  | Museum Secrets        |
| 5 PM  | Browns                         | News (N)              | Martha                                  | News              | News                                   | News                   | Duck D.                 | News                     | Early News            | (4:59) News Hour (N)    | News                 | Parents SpongeBob      | NBA Basketball: Cleveland Cavaliers at New York Knicks. | CTV News at Five (N)    | Last Frontier        | Dog                | Community              | Cops                  | Bizarre Foods America |
| 6 PM  | Browns                         | Global Nat.           | Waterfront Cities                       | PBS News-Hour (N) | News                                   | KREM 2 News at 6 (N)   | Duck D.                 | News at 6                | (5:59) News Hour (N)  | ET Canada               | News                 | Thunder                | Cavaliers at New York Knicks.                           | CTV News (N)            | Moonshiners: Outlaw  | Shake It           | Crazy                  | IMPACT Wrestling (N)  | Brew Dogs "Seattle"   |
| 7 PM  | Mod Fam                        | Ent                   | Park                                    | NW Prof           | Jeopardy!                              | Inside Ed.             | Crazy Hearts: Nashville | Ent                      | Ent                   | Elementary (N)          | The Nature of Things | Boys                   |   | etalk (N)               | Moonshiners (N)      | Shake It           | Suburg.                |                       | Sturgis Raw (N)       |
| 8 PM  | Family Guy                     | Howie Do              | Joanna Lumley Greek                     | Father Brown      | Community                              | Big Bang               | Crazy Hearts: Nashville | The Taste "Go Green" (N) | Howie Do              | Howie Do                | Doc Zone (N)         | Funniest Home Videos   | NBA Basketball: Clippers at Warriors                    | Big Bang                | How/Made             | Good Luck          | CityNews-Tonight (N)   | Cops                  | Extreme Wild Rides    |
| 9 PM  | Amer. Dad                      | Rake "A Close Shave"  | Movie: "Only the Strong Survive" (2002) | Foyle's War       | Saturday Night Live-Sports Spectacular | Crazy                  | Duck D.                 | Rake "A Close Shave"     | Rake "A Close Shave"  | NHL-A Season            | Babysitting          | Splatatlot             | SportsCentre (N)  | Saving Hope (N)         | Last Frontier        | Wingin' It         | Jimmy Kimmel Live (N)  | Jail                  | Bizarre Foods America |
| 10 PM | "Transporter 3" (2008, Action) | CHBC News Final (N)   | Park                                    | Charlie Rose (N)  | News                                   | News                   | Crazy Hearts: Nashville | KXLY 4                   | News Hour Final (N)   | ET Canada               | CBC News             | Mr. Young              | SportsCentre  | News-Lisa               | Moonshiners: Outlaw  | Wizards            | Paid Prog.             | Jail                  | Sturgis Raw           |
| 11 PM | "Step Up"                      |                       | Our Part                                |                   | Jay Leno                               | Letterman              |                         | J. Kimmel                |                       | The Test                | George S             | Boys                   |   | CTV News                | Princess             | Paid Prog.         | Jail                   |                       |                       |

## Friday Movies

### EVENING

7:00 pm YTV ch.18 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (CC)

8:00 pm FAM ch.26 "The Adventures of Sharkboy and Lavagirl" (2005, Adventure) Taylor Lautner. Premiere. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Nothing Like the Holidays" (2008, Comedy-Drama) John Leguizamo. Secret revelations, major life-changes and inevitable bickering mark a Chicago family's Christmas reunion.

10:01 pm FAM ch.26 "Read It and

Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Swing Vote" (2008, Comedy) Kevin Costner. A precocious adolescent sets off a chain of events that leads to her beer-slugging dad holding the outcome of an election in his hands.

# News Leader Recipe 597

## Baked Feta with Spicy Thyme Mushrooms

by The Gouda Life. Serves 4-6 as an appetizer.

### Ingredients

- 1 1/2 cups spicy mushrooms, recipe to follow
- 1 8-10 oz block of feta
- 2 tbsp scallions or chives, sliced thin or minced
- 2 tsp high olive oil
- fresh ground pepper
- 1 tbsp fresh parsley, minced bread, crackers, chips, sliced cucumbers etc, for serving

### Spicy Thyme Mushrooms

- 1 tbsp unsalted butter
- 1 tbsp olive oil
- 1/2 lb cremini mushrooms, sliced thin (cleaned\* + stems removed)
- 2 cloves garlic, sliced thin
- 1/4 - 1/2 tsp red pepper flakes
- 1/4 tsp fresh thyme
- 2 tbsp brandy, optional
- zest from 1/2 lemon
- 1 tbsp fresh lemon juice
- 1 tbsp fresh parsley, minced generous pinch seal salt
- few pinches of fresh ground pepper

### Method

Preheat the oven to 375.

Place the feta, sliced into two pieces lengthwise, into a baking dish or oven-safe skillet. Top the feta with the thyme mushrooms, drizzle with the olive oil and bake for 20 minutes or until everything is warmed through and feta is softened slightly. Garnish with parsley and fresh ground pepper. Serve right from the pan with thinly sliced toasted baguette, crackers or slices of cucumber.

### Spicy Thyme Mushrooms

Preheat oven to 400.

Place butter and olive oil in a large skillet over med-high heat. When hot, add the sliced mushrooms and let them sit without stirring for 5-8 minutes [note: do not salt them until they are crisped up]. They'll release their moisture and might look watery, but it will evaporate. They should be beautifully golden on the one side by after 5-8 minutes. Let them sit a little longer if not. Stir them around and let sit for another few minutes. Add the garlic, red pepper flakes and thyme leaves and cook for another 2 minutes. Add the brandy, if using, and cook until fully reduced, 1 minute. Remove from heat, add the lemon zest + juice and parsley. Add ground pepper. Taste for seasoning and add more salt if needed.

\*Clean mushrooms by dampening a clean towel or paper towel and gently wiping the caps of the mushroom. Don't submerge or rinse them in a colander as the water will mess with the texture.

For more delicious recipe ideas visit Mushrooms Canada at [www.mushrooms.ca](http://www.mushrooms.ca).

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[www.thenewsleader.net](http://www.thenewsleader.net)

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### Hedley/Keremeos

Country Store, Hilltop Esso, Valu-Plus Foods, Pharmasave, Fas Gas

## FRIDAY, JANUARY 31, 2014

|           | 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        | DTOUR ch.45              |
|-----------|---|-----------------------|-------------------------------------|-------------------------------------|------------------------------|---------------------------|------------------------|-----------------------------|---------------------------|---------------------------|-------------------------|-------------------------------------|--|---------------------------|-----------------------|-----------------------------------|--------------------------|--------------------|--------------------------|
| 6 AM :30  | In the Heat of the Night                            | Morning News (N) 30   | Wibbly Pig<br>G. Shrinks            | Clifford<br>Martha                  | KHQ News 6AM (N)             | KREM 2 Morning News       | Shipping<br>Shipping   | Morning Northwest           | Morning News (N) 30       | (5:00) Morning News (N)   | CBC News Now (N) 0      | Kid vs. Kat<br>Rescue               | SportsCentre 30  | CTV Morning Live (N) 0 30 | Airplane Repo 30      | Stella-Sam<br>Phineas             | CityLine (N) 30          | Bar Rescue         | Eat St. 0<br>Eat St. 0   |
| 7 AM :30  | Law & Order: SVU                                    |                       | Ella the EI<br>PAW Patrol           | Arthur<br>Wild Kratts               | Today Ballet; Gabby Douglas; | CBS This Morning (N) 0 30 | Shipping<br>Shipping   | Good Morning America (N) 30 |                           |                           | Tiger<br>Arthur 30      | Yu-Gi-Oh!<br>Sidekick               | SportsCentre 30  |                           | Mighty Ships 30       | Shake It<br>ANT Farm              | Let's Make a Deal 30     | Bar Rescue         | Disaster<br>Disaster     |
| 8 AM :30  | Law & Order: SVU                                    |                       | Magic Bus<br>Dinosaur               | Curious<br>Cat in the Hat           | Regina King. (N) 0 30        |                           | Shipping<br>Shipping   |                             |                           | Morning<br>Huntley        | Bo On/Go<br>Busytown    | Pokémon<br>Beyblade                 | SportsCentre 30  |                           | Flying Wild Alaska 30 | Jessie 30<br>Wizards              | The Price Is Right (N)   | Bar Rescue         | The Dead Files 0 30      |
| 9 AM :30  | Millionaire<br>Millionaire                          | Morning<br>Huntley    | Dragon<br>Dinosaurs                 | Peg<br>Dinosaur                     |                              | The 700 Club 0 30         | Shipping<br>Shipping   | Livel Kelly and Michael     | Morning<br>Huntley        | The Doctors 0 30          | Super Why!<br>Napkin    | Monster<br>Squirrel                 | SportsCentre 30  | Livel Kelly and Michael   | Overhaul'n "4-4-New"  | Strawberry<br>Manny               | Jdg Judy                 | Bar Rescue         | Bizarre Foods America    |
| 10 AM :30 | Divorce<br>Divorce                                  | The Doctors 0 30      | Poppy Cat<br>Pajanimals             | Sesame Street 0 (EI)                |                              | The Price Is Right (N)    | Shipping<br>Shipping   | The View 0 30               | The Doctors 0 30          | Operation Smile 30        | Bookaboo<br>Doodlebop   | Invasion<br>Almost                  | 24 CH 30<br>Premier  | The View 0 30             | Auction<br>Auction    | Never Land<br>Sofia               | The Chew 0 30            | Bar Rescue         | Brew Dogs "Seattle" 0    |
| 11 AM :30 | Judge Alex<br>Judge Alex                            | Operation Smile 30    | Rolle Polle<br>Thomas               | Tiger<br>Sit & Be Fit               | Jdg Judy                     | Young & Restless          | Shipping<br>Shipping   | America<br>Paid Prog.       | Operation Smile 30        | Noon News Hour (N)        | Heartland 30 (DVS)      | Flamingo<br>Squirrel                | World Poker Tour   | Marilyn Denis             | How/Made<br>How/Made  | Phineas<br>ANT Farm               | General Hospital (N) 0   | Bar Rescue         | Extreme Wild Rides       |
| 12 PM :30 | King<br>King  | Noon News Hour (N)    | Dino Dan<br>Making                  | Charlie Rose (N) 30                 | Pain Free<br>Wen Hair        | News<br>Bold              | Shipping<br>Shipping   | The Chew 0 30               | Noon News Hour (N)        | Days of our Lives (N)     | CBC News Now (N) 0      | Kid vs. Kat<br>Sidekick             | SportsNation (N) 30  | CTV News (N) 0 30         | Last Frontier         | Wingin' It<br>Wizards             | Katie 0 30               | Cops 30<br>Jail 30 | Eat St. 0<br>Eat St. 0   |
| 1 PM :30  | Community<br>Community                              | Days of our Lives (N) | Dragon<br>Pajanimals                | Color<br>Scrapbook                  | Days of our Lives (N)        | The Talk 0 30             | The First 48 30        | General Hospital (N) 0      | Days of our Lives (N)     | The Talk 0 30             | Republic of Doyle 0     | Rated A<br>Monster                  | That's Hockey 2 Nite   | The Social 0 30           | Moonshiners: Outlaw   | Wizards<br>Good Luck              | CityLine (N) 30          | Cops 30<br>Jail 30 | Bizarre Foods America    |
| 2 PM :30  | Seinfeld<br>The Middle                              | The Talk 0 30         | Big Bear<br>PAW Patrol              | Thomas<br>Super Why!                | Katie 0 30                   | Let's Make a Deal 30      | The First 48 30        | Queen Latifah               | The Talk 0 30             | Queen Latifah             | Steven and Chris (N) 0  | Kid vs. Kat<br>Super Evil           | Off Record<br>Interruption                                   | Dr. Phil 0 30             | Moonshiners 0 30      | Shake It<br>ANT Farm              | CityNews at 5 (N) 30     | Cops 30<br>Cops 30 | Waterparks<br>Waterparks |
| 3 PM :30  | The Middle<br>Mod Fam                               | Queen Latifah         | Clifford<br>G. Shrinks              | Sid<br>Peg                          | Ellen DeGeneres Show         | Dr. Phil 0 30             | The First 48 30        | Rachael Ray 0 30            | Queen Latifah             | Young & Restless          | Recipes<br>Stefano      | Sidekick<br>Squirrel                | SportsCentre (N) 30  | Bethenny 0 30             | How/Made<br>How/Made  | Jessie 30<br>Austin               | CityNews at 6 (N) 30     | Cops 30<br>Cops 30 | Disaster<br>Disaster     |
| 4 PM :30  | Big Bang<br>Big Bang                                | Young & Restless      | Maya Bee<br>Arthur 0                | Wild Kratts<br>WordGirl             | Jdg Judy                     | The Dr. Oz Show 30        | The First 48 30        | The Doctors 0 30            | Young & Restless          | Early News<br>Global Nat. | Dragons' Den 0 30       | SpongeBob<br>Kung Fu                | Hockey<br>NHL on TSN Pregame                                 | Ellen DeGeneres Show      | Daily Planet (N)      | Phineas<br>Good Luck              | Mod Fam<br>Mod Fam       | Bigfoot Bounty     | Weird or What?           |
| 5 PM :30  | Browns<br>Payne                                     | News (N) 30           | Martha<br>Wild Kratts               | News<br>Business                    | News<br>NBC News             | News<br>CBS News          | The First 48 30        | News<br>ABC News            | Early News<br>Global Nat. | (4:59) News Hour (N)      | News<br>SpongeBob       | Parents<br>SpongeBob                | NHL<br>Hockey: Vancouver Canucks at Winnipeg Jets. (Live) 30 | CTV News at Five (N)      | Salvage Hunters (N)   | Dog<br>Jessie (N)                 | Last Man<br>Last Man     | Bigfoot Bounty     | Murder In Paradise 0     |
| 6 PM :30  | Browns<br>Payne                                     | Global Nat.<br>News   | Park<br>Our Part                    | PBS News-Hour (N) 30                | Millionaire                  | KREM 2 News at 6 (N)      | The First 48 30        | News at 6<br>News           | (5:59) News Hour (N)      | ET Canada                 | News<br>Mercer          | SpongeBob<br>SpongeBob              | Hockey: Vancouver Canucks at Winnipeg Jets. (Live) 30        | CTV News (N) 0 30         | Dangerous Flights (N) | Liv-Mad.<br>Austin                | Raising<br>Enlisted 0    | Bigfoot Bounty     | The Dead Files 0 30      |
| 7 PM :30  | Mod Fam<br>Seinfeld 0                               | Ent<br>ET Canada      | Coast<br>Moyers                     | Wash<br>Wheel                       | Jeopardy!<br>Access H.       | Inside Ed.<br>Access H.   | The First 48 30        | Ent<br>The Insider          | Ent<br>ET Canada          | Fanomenon 30 (DVS)        | George S<br>Coronation  | Movie: *** "Aquamarine" (2006) 0 30 | SportsCentre (N) 30  | etalk (N)<br>Big Bang     | Close<br>Close        | ANT Farm<br>Good Luck             | Family<br>Liquidator     | Bigfoot Bounty     | The Dead Files (N) 30    |
| 8 PM :30  | Family Guy<br>Family Guy                            | Bones (N) 30 (DVS)    | The Village (N)                     | Call the Midwife 30                 | Hollywood Game Night         | Undercover Boss (N) 0     | (8:01) The First 48 30 | Last Man<br>Neighbors       | Bones (N) 30 (DVS)        | Bones (N) 30 (DVS)        | M'ketplace<br>Mercer    |                                     | SportsCentre (N) 30  | Mike<br>Neighbors         | Mayday 30             | "Adventures of Sharkboy"          | News<br>Liquidator       | Cops 30<br>Cops 30 | The Dead Files 0 30      |
| 9 PM :30  | Amer. Dad<br>Movie: *** "Nothing Like the Holidays" | Hawaii Five-0 (N) 30  | Lewis<br>A young woman is murdered. | Great Performances "Barrymore" 0 30 | Dateline NBC (N) 0 30        | Hawaii Five-0 (N) 30      | (9:01) The First 48 30 | Shark Tank (N) 0 30         | Hawaii Five-0 (N) 30      | Hawaii Five-0 (N) 30      | the fifth estate (N) 30 | Weird<br>Splatalot                  | Motoring 2014  | Law & Order: SVU          | Dangerous Flights     | Dog                               | Jimmy Kimmel Live 0      | Cops 30<br>Cops 30 | The Dead Files 0 30      |
| 10 PM :30 |   | Fanomenon 30 (DVS)    | Weaver<br>Architect                 |                                     |                              | Blue Bloods (N) 0 30      | (10:01) The First 48   | (10:01) 20/20 0 30          | Fanomenon 30 (DVS)        | News Hour Final (N)       | The National (N) 30     | Splatalot<br>Zolnk'dl 0             | SportsCentre (N) 30  | Blue Bloods (N) 0 30      | Salvage Hunters       | (10:01) Movie: "Read It and Weep" | EP Daily<br>Reviews on   | Bigfoot Bounty     | The Dead Files 0 30      |
| 11 PM :30 | "Swing"   | CHBC News Final (N)   | Architects of Change                | Charlie Rose (N) 30                 | News<br>Jay Leno             | News<br>Letterman         | (11:01) The First 48   | IXLY 4<br>J. Kimmel         | News Hour Final (N)       | ET Canada                 | CBC News<br>George S    | Mr. Young<br>Boys                   | SportsCentre 30  | News-Lisa<br>CTV News     | Close<br>Close        | Princess                          | Paid Prog.<br>Paid Prog. | Cops 30<br>Cops 30 | The Dead Files 0 30      |

News Leader Weekend - Saturday Movies

AFTERNOON

12:00 pm FAM ch.26 'The Adventures of Sharkboy and Lavagirl' (2005, Adventure) Taylor Lautner...

death leads him to a ruthless businessman who is plotting to seize control of a valuable resource. (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 'Fair Game' (2010, Drama) Naomi Watts. Valerie Plame's life becomes front-page news...

8:00 pm KSPS ch.6 'Run Silent, Run Deep' (1958, War) Clark Gable. Despite his lieutenant, a submarine commander hunts the Japanese destroyer...

innocent rancher is saved from the noose and deputized to hunt down the men who tried to hang him. (In Stereo) (CC)

9:00 pm WTBS ch.3 'Fracture' (2007, Suspense) Anthony Hopkins. A hotshot prosecutor squares off against a cunning engineer...

10:00 pm FAM ch.26 'Eddie's Million Dollar Cook-Off' (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs...

11:00 pm WTBS ch.3 'Bolt' (2008, Comedy) Voices of John Travolta. Animated. Thinking he has real superpowers...

from Hollywood to New York to rescue his owner and co-star.

DTOUR ch.45 'Hang 'Em High' (1968, Western) Clint Eastwood. An innocent rancher is saved from the noose...

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SATURDAY, FEBRUARY 1, 2014

Grid of TV programming for Saturday, February 1, 2014, listing times, channels, and program titles across various stations.

# News Leader Weekend - Sunday Movies

### MORNING

7:00 am DTOUR ch.45 "Hang 'Em High" (1968, Western) Clint Eastwood. An innocent rancher is saved from the noose and deputized to hunt down the men who tried to hang him. (In Stereo) (CC)

8:00 am WTBS ch.3 "Pirates of the Caribbean: Dead Man's Chest" (2006, Action) Johnny Depp. Capt. Jack Sparrow must find a way to avoid the clutches of ghostly pirate Davy Jones and his crew or be damned for all eternity. A&E ch.9 "Liar Liar" (1997, Comedy) Jim Carrey. A boy's birthday wish comes true that his neglectful father, a fast-talking lawyer, will not be able to tell a lie for 24 hours. (CC)

10:30 am YTV ch.18 "Open Season" (2006, Comedy) Voices of Martin Lawrence. Animated. Stranded in the wilderness, a mule deer and a domesticated bear try to make their way back to the safety of a town preserve before a hunter catches them. (In Stereo) (CC)

### AFTERNOON

12:00 pm FAM ch.26 "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (CC)

12:30 pm YTV ch.18 "Open Season 2" (2008, Comedy) Voices of Mike Epps. Animated. Animals band together to rescue a kidnapped dachshund from a group of domesticated pets. (In Stereo) (CC)

2:00 pm CITV ch.12 "Night at the Museum" (2006, Comedy) Ben Stiller. A night watchman at a museum of natural history discovers that exhibits come alive after the building closes. (CC)

2:15 pm YTV ch.18 "Open Season 3" (2010, Comedy) Voices of Matthew J. Munn. Animated. After Boog switches places with a circus bear, Elliott and the gang must rescue him before the circus returns home to Russia. (In Stereo) (CC)

3:00 pm CHBC ch.4 BCTV ch.11 "Night at the Museum" (2006, Comedy) Ben Stiller. A night watchman at a museum of natural history discovers that exhibits come alive after the building closes. (CC)

4:00 pm YTV ch.18 "Madagascar" (2005, Comedy) Voices of Ben Stiller. Animated. Zoo animals must learn to survive in the wild after they wash ashore on an exotic island. (In Stereo) (CC)

5:00 pm CBC ch.13 "Gnomeo and Juliet" (2011, Comedy) Voices of James McAvoy. Animated. Love-struck garden gnomes become part of a feud between rival neighbors in Stratford-Upon-Avon, Shakespeare's birthplace. (In Stereo) (CC)

### EVENING

6:00 pm WTBS ch.3 "Lord of War" (2005, Drama) Nicolas Cage. A relentless Interpol agent tracks an arms dealer trying to stay one step ahead of his business rivals. YTV ch.18 "Furry Vengeance" (2010, Comedy) Brendan Fraser. Premiere. The fur flies when forest

animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC)

8:15 pm YTV ch.18 "Groundhog Day" (1993, Romance-Comedy) Bill Murray. February 2nd keeps repeating for a cynical TV weatherman sent to watch the groundhog in Punxsutawney, Pa. (In Stereo) (CC)

9:04 pm KHQ ch.7 "Little Fockers" (2010, Comedy) Robert De Niro. As two clans descend on the scene of young twins' birthday, Greg Focker's moonlighting at a pharmaceutical company threatens to derail his position of trust with Jack, his uptight father-in-law. (CC)

10:00 pm FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A

promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.



Princeton Peewees hockey team took the A Division Championship on January 19 at a tournament held in Princeton. Princeton beat second place Grand Forks 6 - 4. Grand Forks won the Fair Play Award for the tournament. Above, Princeton Peewees (light shirts) harass Grand Forks at their end of the ice. It was a good tournament. Catch more youngsters' hockey with the Novice tournament the February 1 weekend and the Tykes tournament February 8 at Princeton Arena. Photo: Dawn Johnson

### SUNDAY, FEBRUARY 2, 2014

|       | 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           | DTOUR ch.45                      |
|-------|---|---|-------------------------------------|--|---|--|--|---|-------------------------|---|--|--------------------------------------|---|--|------------------------------|------------------------------|-----------------------|-----------------------|----------------------------------|
| 6 AM  | On Spot   | In a Name   | Wibbly Pig                          | Mr. Rogers                               | Today (N)   | Paid Prog.   | Criminal Minds (N)                       | Paid Prog.                                  | In a Name               | Sunday Morning News (N)                             | Super Why!   | Sidekick                             | Curling: 2014 Scotties  | Canada AM Weekend  | Pyros (DVS)                  | Slug Terra                   | R Schuller            | Off Road              | Fishful                          |
| 7 AM  | P. Affairs  | Sunday Morning News (N)                             | Ella the EI                         | Barney                                   | KHQ News  | CBS News Sunday Morning  | Criminal Minds (N)                       | Good Morning America                        | Sunday Morning News (N) |   | News   | Squirrel                             | Tournament of Hearts: Draw 3. (N) (Live)                        | Operation Smile  | River Monsters               | Gravity                      | Eye/Asia              | Muscle                | Movie: ★★ "Hang 'Em High" (1968) |
| 8 AM  | Movie: ★★ "Pirates of the Caribbean: Dead Man's Chest" (2006) |   | Jelly Jamm                          | Clifford                                 | Invest  | (N)  | Movie: ★★ "Liar Liar" (1997) Jim Carrey. | This Week                                   |                         |   | Coronation   | Pet Shop                             | Question Period (N)   | River Monsters   | Phineas                      | Pakistan                     | Wildest Police Videos | Clint Eastwood (N)    |                                  |
| 9 AM  |   |   | Upside                              | Curious                                  | Meet the Press (N)                                    | The Nation   |  | Hollywood                                   | Block                   | Coronation  | SpongeBob  | Top 100 Plays of 2013                | Road to the Super Bowl  | Highway Thru Hell  | Good Luck Liv-Mad.           | Johnny Lombardi (In Italian) | Cops                  | Airport               |                                  |
| 10 AM |   | Block   | Wild Kratts                         | Inside Olympia (N)                       | Hockey: Detroit Red Wings at Washington Capitals. (N) | College Basketball: Michigan at Indiana. (N)                   | Mayne                                    | Paid Prog.                                  | Block                   | J. Osteen   | NHL: Winnipeg Jets at Montreal Canadiens. (N) (Live) | Chucks                               | Top 100 Bloopers  | Football America (N)   | Dangerous Filings            | ANT Farm                     |                       | Cops                  | Bggg Bttls                       |
| 11 AM | Women's College Basketball: Gatons at Rebels                  | J. Osteen   | Little                              | Moyers                                   | Europe Jrnl   |  | Mayne                                    | Gilligan                                    | J. Osteen               | 16x9  |  | "Open Season" (2006)                 | Curling: 2014 Scotties Tournament of Hearts: Draw 4. (N) (Live) | Super Bowl XLVIII Pre-game (N) (Live)                              | Gold Rush                    | Austin                       | Shopping Channel      | Cops                  | Extreme Collections (N)          |
| 12 PM | Browns  | Moves   | Can. Rivers                         | The Diamond Queen                        | Red Bull Signatures Series (N)                        | PGA Tour Golf: Waste Management Phoenix Open, Final Round. (N) | Crazy Hearts: Nashville                  | Brady                                       | Noon News Hour (N)      | Moves   | Simpsons   | Our Vancouver (N)                    | Movie: ★★ "Open Season 2" (N)                                   | Bering Sea Gold: Under   | Movie: "Life Is Ruff" (2005) | Travels                      | Get Stuffed           | Cops                  | Extreme Competitions             |
| 1 PM  | King  | Simpsons  | Park                                | The Diamond Queen                        | Dog Challenge   |  | Wahlburgers                              | The Bachelor "Sean and Catherine's Wedding" | Simpsons                | Movie: ★★ "Night at the Museum" (2006) Ben Stiller. | Land/Sea   | (2:15) Movie: "Open Season 3" (2010) | Myth-Busters (N)  | Phineas  | Mod Fam                      | Cops                         | Bggg Bttls            |                       |                                  |
| 2 PM  | King  | Simpsons  | Our Part                            |  |   |  |  |   | Simpsons                | Movie: ★★ "Night at the Museum" (2006) Ben Stiller. | One/One  |                                      | Auction   | ANT Farm   | Mod Fam                      | Cops                         | Bggg Bttls            |                       |                                  |
| 3 PM  | Big Bang  | Movie: ★★ "Night at the Museum" (2006) Ben Stiller. | Hope for Wildlife                   | The Diamond Queen                        | English Premier League                                | Whacked  | Wahlburg                                 | Cash Cab                                    | Duck D.                 | Hometime  | Recipes  | Stefano                              | Jan. Plays  | Super Bowl XLVIII: Denver Broncos vs. Seattle Seahawks. (N) (Live) | Cash Cab                     | Liv-Mad.                     | CityNews              | Cops                  | Disaster                         |
| 4 PM  | Big Bang  | The First World War                                 | Royal Memories                      | Soccer (N)                               |   | Backroads  | Duck D.                                  | Inside Edit.                                | Duck D.                 | Estate  | Mosque   | Movie: ★★ "Madagascar" (2005)        | Curling: 2014 Scotties Tournament of Hearts: Draw 5. (N) (Live) | Manufact.  | Jessie                       | Funnest Home Videos          | Cops                  | Collectors            |                                  |
| 5 PM  | Mod Fam   | News  | WarTime Farm                        | Lark Rise to Candleford                  | News  | News   | Crazy Hearts: Nashville                  | ABC News                                    | Global Nat.             | (4:59) News Hour (N)                                | Movie: ★★ "Gnomeo and Juliet" (2011)                 | Movie: ★★ "Furry Vengeance" (2010)   | To Be Announced   | Shake It   | Storage                      | Cops                         | Extreme Survival Bunk |                       |                                  |
| 6 PM  | Movie: ★★ "Lord of War" (2005)                                | Global Nat.   | Park                                | Doc Martin (N)                           | News  | KREM 2 News at 6 (N)   | Crazy Hearts: Nashville                  | News at 6                                   | (5:59) News Hour (N)    | Canadian Docs                                       | Heartland (DVS)                                      | SportsCentre (N) (Live)              | To Be Announced   | Good Luck  | Scandal (N)                  | Cops                         | Extreme Towns (N)     |                       |                                  |
| 7 PM  | Drama: Nicolas Cage.  | Canadian Docs                                       | Mystery Gorilla                     | Masterpiece Classic (N)                  | Dateline NBC (N)                                      | 60 Minutes (N)   | Crazy Hearts: Nashville                  | Funnest Home Videos                         | Canadian Docs           | Canadian Docs                                       | Four Rooms (DVS)                                     | MasterChef Canada (N)                | Last Frontier   | Wizards  | New Girl                     | Cops                         | Extreme Wild Rides    |                       |                                  |
| 8 PM  | Seinfeld (N)  | Canadian Docs                                       | Foyle's War (A murder. Part 2 of 2) | Masterpiece Classic (N)                  | (8:58) Masterpiece Mystery! (N) (DVS)                 | The Good Wife (N)  | Crazy Hearts: Nashville                  | Funnest Home Videos                         | Canadian Docs           | Canadian Docs                                       | Dragons' Den (N)                                     | Big Bang                             | To Be Announced   | Shake It   | CityNews Weekends            | Cops                         | Collectors            |                       |                                  |
| 9 PM  | The Closer  | Canadian Docs                                       | Park                                | (9:04) Movie: ★★ "Little Fockers" (2010) | NCIS "Once a Crook"                                   | The Mentalist (N)  | Crazy Hearts: Nashville                  | Shark Tank (N)                              | Canadian Docs           | Canadian Docs                                       | The National (N)                                     | NFL Prime-Time (N)                   | The Mentalist (N)   | To Be Announced  | Really Me                    | The Office                   | Jail                  | Extreme Survival Bunk |                                  |
| 10 PM | Seinfeld (N)  | Canadian Docs                                       | Silk                                | Hawking (N)                              | News  | News   | Crazy Hearts: Nashville                  | KXLY 4                                      | News Final              | Paid Prog.  | CBC News   | SportsCentre                         | Motive (N) (DVS)  | Last Frontier  | Movie: "Jump In!" (2007)     | The Office                   | Jail                  | Extreme Towns (N)     |                                  |
| 11 PM | Block   | News Final  | Easter Island Mysteries.            | Paid Prog.                               | Family Guy  | News   | Crazy Hearts: Nashville                  | Van Impe                                    | Block                   | Paid Prog.  | Secrets  | Boys                                 | CTV News  | To Be Announced  | Princess                     | Paid Prog.                   | Jail                  | Extreme Wild Rides    |                                  |



# News Leader Monday Movies

**AFTERNOON**

1:30 pm SPIKE ch.44 "Kick-Ass" (2010, Action) Aaron Johnson. Despite a complete lack of extraordinary powers, a teenager reinvents himself as a superhero and, together with a father/daughter

team of vigilantes, takes on a mob boss. (In Stereo)  
4:00 pm SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. Premiere. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)

**EVENING**

6:30 pm SPIKE ch.44 "2 Fast 2 Furious" (2003, Action) Paul Walker. Premiere. A former policeman and his friend work with a U.S. Customs agent to indict a laun-

derer in Miami. (In Stereo)  
9:00 pm SPIKE ch.44 "Joy Ride" (2001, Suspense) Steve Zahn. A trucker terrorizes a collegian, his brother and a young woman after being the victim of a practical joke. (In Stereo)  
9:30 pm WTBS ch.3 "Righteous Kill" (2008, Crime Drama) Robert De Niro. Two veteran detectives hunt a vigilante whose crimes resemble those of a killer they put behind bars long ago.  
11:30 pm WTBS ch.3 "Shaft"

(2000, Action) Samuel L. Jackson. A detective and a narcotics cop track a sociopath out to kill a woman who can testify that he committed murder.



This sign on the Trans-Canada Trail clearly indicates what types of motorized vehicles are not allowed in town limits. \*

## Council will make point about trails

Town Council received a copy of a letter from Vermilion Trails Society to The Hon. Steve Thomson, Minister of Forests, Land and Natural Resource Operations. The letter requested the Minister to pass laws making licensing of off-road vehicles mandatory. The letter went on to say that all communities sharing a portion of the Trans-Canada Trail in

this region have agreed that the trail be designated a shared use travel corridor including motorized all-terrain vehicles. At the January 20 Town Council meeting, Council resolved to send a letter to the Minister advising him that Council requires that the portion of the Trans-Canada Trail within Town boundaries not be open to motorized vehicle use of any sort.

### PrincetonBCNews

**MONDAY, FEBRUARY 3, 2014**

|       | 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 | DTOUR ch.45           |
|-------|-----------------------------------|-----------------------|-----------------------|--|---------------------------------------|------------------------|------------------------|--------------------------|-----------------------|-------------------------|-------------------------|------------------------|--|-------------------------|-------------------|--------------------|------------------------|-------------|-----------------------|
| 6 AM  | In the Heat of the Night          | Morning News (N)      | Wibbly Pig            | Clifford                                   | KHQ News 6AM (N)                      | KREM 2 Morning News    | Criminal Minds (N)     | Morning Northwest        | Morning News (N)      | (5:00) Morning News (N) | CBC News Now (N)        | Kid vs. Kat Rescue     | SportsCentre                                       | CTV Morning Live (N)    | Airplane Repo     | Stella-Sam Phineas | CityLine (N)           | Tattoo      | Eat St. (N)           |
| 7 AM  | Law & Order: SVU                  |                       | Ella the El           | Arthur                                     | Today (N)                             | CBS This Morning (N)   | Criminal Minds (N)     | Good Morning America (N) |                       |                         | Tiger                   | Super Evil             | SportsCentre                                       |                         | Cash Cab          | Shake It           | Let's Make a Deal      | Tattoo      | Disaster              |
| 8 AM  | Law & Order: SVU                  |                       | Wild Kratts           | Wild Kratts                                |                                       |                        | CSI: Miami             |                          |                       | Morning Huntley         | Bo On/Go                | Pokémon                | SportsCentre                                       |                         | How/Made          | ANT Farm           | The Price Is Right (N) | Tattoo      | Are You Fitter        |
| 9 AM  | Millionaire                       | Morning               | Dinosaurs             | Peg  |                                       | The 700 Club (N)       | CSI: Miami             | Livel Kelly and Michael  | Morning Huntley       | The Doctors (N)         | Super Why! Napkin       | Monster Squirrel       | SportsCentre                                       | Livel Kelly and Michael | Dangerous Flights | Jessie Wizards     | The Price Is Right (N) | Tattoo      | Fitter                |
| 10 AM | Divorce                           | The Doctors (N)       | Ella the El           | Sesame Street (N)                          |                                       | The Price Is Right (N) | Criminal Minds "Lucky" | The View (N)             | The Doctors (N)       | Operation Smile         | Bookaboo                | Invasion               | To Be Announced                                    | The View (N)            | Auction           | Never Land         | The Chew (N)           | Tattoo      | Extreme Towns (N)     |
| 11 AM | Judge Alex                        | Operation Smile       | G. Shrinks            | Tiger                                      | Jdg Judy                              | Young & Restless       | Criminal Minds (N)     | Paed Prog.               | Operation Smile       | Noon News Hour (N)      | Our Vancouver (N)       | Flamingo Squirrel      |  | Marilyn Denis           | Airplane Repo     | Phineas ANT Farm   | General Hospital (N)   | Tattoo      | Extreme Wild Rides    |
| 12 PM | King                              | Noon News Hour (N)    | PAW Patrol            | Charlie Rose (N)                           | Paed Prog.                            | News                   | The First 48           | The Chew (N)             | Noon News Hour (N)    | Days of our Lives (N)   | CBC News Now (N)        | Kid vs. Kat Sidekick   |  | CTV News (N)            | Last Frontier     | Wingin' It         | Katie (N)              | Tattoo      | Eat St. (N)           |
| 1 PM  | Community                         | Days of our Lives (N) | Rob Robot             | Paint This                                 | Days of our Lives (N)                 | The Talk (N)           | The First 48           | General Hospital (N)     | Days of our Lives (N) | The Talk (N)            | Republic of Doyle (N)   | Rated A Monster        |  | The Social (N)          | Deadliest Catch   | Wizards            | CityLine (N)           | Tattoo      | Bizarro Foods America |
| 2 PM  | Seinfeld (N)                      | The Talk (N)          | Ella the El           | Thomas                                     | Katie (N)                             | Let's Make a Deal      | The First 48           | Queen Latifah            | The Talk (N)          | Queen Latifah           | Steven and Chris (N)    | Kid vs. Kat Super Evil |  | Dr. Phil (N)            | Manufact.         | Shake It           | CityNews at 5 (N)      | Tattoo      | Extreme Yachts        |
| 3 PM  | The Middle                        | Queen Latifah         | Dive, Oily            | Sid  | Ellen DeGeneres Show                  | Dr. Phil (N)           | Duck D.                | Rachael Ray (N)          | Queen Latifah         | Young & Restless        | Recipes Stefano         | Sidekick Squirrel      |  | Bethenny (N)            | How/Made          | Jessie Austin      | CityNews at 6 (N)      | Tattoo      | Disaster              |
| 4 PM  | Big Bang                          | Young & Restless      | Maya Bee              | Wild Kratts                                | Jdg Judy                              | The Dr. Oz Show        | Duck D.                | The Doctors (N)          | Young & Restless      | Early News Global Nat.  | Dragons' Den (N)        | SpongeBob Sanjay       | NHL Hockey: Ottawa Senators at Pittsburgh Penguins | Ellen DeGeneres Show    | Daily Planet (N)  | Good Luck          | Mod Fam                | Tattoo      | Lost-Sold             |
| 5 PM  | Browns                            | News (N)              | Jack                  | News                                       | News                                  | News                   | Duck D.                | News                     | Early News            | (4:59) News Hour (N)    | News                    | Parents                | Pittsburgh Penguins                                | CTV News at Five (N)    | How/Made          | Dog                | How I Met              | Tattoo      | Security              |
| 6 PM  | Browns                            | Global Nat.           | Animals               | FBS News-Hour (N)                          | News                                  | KREM 2 News at 6 (N)   | Bad Ink (N)            | News at 6                | (5:59) News Hour (N)  | ET Canada               | News                    | Sam & Cat              |  | CTV News (N)            | Myth-Busters (N)  | Phineas            | Mike                   | Tattoo      | Bggg Bttls            |
| 7 PM  | Mod Fam                           | Ent                   | Hope for Wildlife     | 2012                                       | Jeopardy!                             | Inside Ed.             | Mayne                  | Ent                      | Ent                   | Obsessions (DVS)        | George S                | Hathaways              |  | etalk (N)               | Bering            | Phineas            | Shameless (N)          | Tattoo      | Airport               |
| 8 PM  | Family Guy                        | Almost Human (N)      | Warline Farm          | Antiques Roadshow (N)                      | Hollywood Game Night                  | How I Met              | Mayne                  | The Bachelor (N)         | Almost Human (N)      | Almost Human (N)        | Road to the Olympics    | Japanizi               |  | Big Bang                | Sea Gold: Under   | Phineas            | Shameless (N)          | Tattoo      | Airport               |
| 9 PM  | Amer. Dad                         | Parenthood (DVS)      | The Dark Ages: An Age | Antiques Roadshow                          | Sports Illustrated Swimsuit: 50 Years | Mike                   | Duck D.                |                          | Parenthood (DVS)      | Parenthood (DVS)        | The Best Laid Plans (N) | Gags                   |  | MasterChef Canada (N)   | How/Made          | Phineas            | CityNews-Tonight (N)   | Tattoo      | Security              |
| 10 PM | "Righteous Kill" (2008) Al Pacino | (10:01) Obsessions    | Architects of Change  | POV Son's progress through private school. | News                                  | Intelligence (N)       | Bad Ink                | (10:01) Castle (N)       | (10:01) Obsessions    | News Hour Final (N)     | The National (N)        | Splatalot              |  | The Following (N)       | Myth-Busters (N)  | Phineas            | Jimmy Kimmel Live (N)  | Tattoo      | Bggg Bttls            |
| 11 PM | "Shaft"                           | CHBC News Final (N)   | Hope for Wildlife     | (N)  | News                                  | News                   | Mayne                  | KXLY 4                   | News Hour Final (N)   | ET Canada               | CBC News                | Mr. Young              |  | CTV News                | How/Made          | Wizards            | Paed Prog.             | Tattoo      | Lost-Sold             |

# OUTBACK JACKS

## HORSE RESCUE

### 5<sup>th</sup> ANNUAL YEAR-END FLEA MARKET

Now is the time to start planning for the 5th Annual Year-End Flea Market hosted by Outbackjacks Horse Rescue at the ranch on Highway 3. This year's event will take place Saturday, March 15 and Sunday, March 16 from 10:00 AM to 5:00 PM both days. Book your spot at \$20 for the weekend and you can camp at the rescue ranch as well. There will be about 60 tables available and last year 700 people attended. Admission is FREE. Vendors and entertainers welcome. Contact Gena to book your space at 250-295-0775.

# Council approves appointments

Each year, members of Town Council are appointed to serve on various committees. The following is a list of Council members and the duties assigned to them, as approved for 2014.  
Mayor Frank Armitage:

Regional District, Similkameen Valley Planning Society, Vermilion Forks Community Forest Corp., Municipal Insurance Assoc. of BC, Princeton & Dist. Community Forest Corp. (all members of Council), Airport Committee Chair,

Health Care Steering Committee Alternate, Committee for the Approval of Public Events, and liaison with Princeton Golf Club and Princeton Posse.  
Councillor Marilyn Harkness  
Regional District Alternate,

Regional Library, Southern Interior Municipal Employers' Assoc., Municipal Insurance Assoc. Alternate, Airport Committee, Health Care Steering Committee, and liaison with Princeton Arts Council, Princeton Curling Club, and Senior's Centre.

Councillor Kim Maynard  
Similkameen Valley Planning Society, Vermilion Forks Forest Corp., Southern Interior Local Government Assoc., Airport Committee, Health Care Steering

Committee Alternate, and liaison with Accessibility Awareness Committee, Community Skills Centre, and Princeton Museum.

Councillor Doug Pateman  
Regional Library Alternate, Municipal Employers' Assoc. Alternate, Local Government Assoc. Alternate, Princeton Dist. Community Forest Corp., Health Care Steering Committee, and liaison with Chamber of Commerce, Princeton Exhibition Assoc. and Vermilion Trails Society.

# New sarge meets council

RCMP Sgt. Barry Kennedy attended the January 20 meeting of Town Council to introduce himself as the new officer in charge of the Princeton detachment. He told Council he would be reporting quarterly to Council, and would be consulting various groups to set priorities for the kind of policing the

community expects. Sgt. Kennedy was most recently in McBride, B.C., and has seen 24

years of service, including postings in Vancouver and Vernon as well as other locations.

## Saving Downtown

George Elliott

..... continued from Page 7  
volunteers? How many of them have few or no volunteers under the age of 40?

My imaginary industrial park will bring some relief to that situation as well.

Add to that the extra benefits of some of them buying or renting homes and it doesn't take long to see where a vibrant and full business/industrial park can do a lot of good for Princeton.

Is it the one single answer to saving downtown Princeton?

Absolutely not, but I am convinced that if the Town of Princeton comes through on their promise to make Princeton more 'business friendly' as was suggested at the Downtown Business Forum January 15th, it will pave the way for development in the business/industrial park.

Once that happened, a number of the benefits I've discussed here will come true without a doubt.

## Flip of the Coyne

Spencer Coyne

..... continued from Page 3  
but if you can't afford to pay for them or don't have the place to put them, can you really afford it? Local government should be run the same way. If you don't maintain your current infrastructure, should you be building more? This is something that should be discussed.

Is Princeton facing the same financial situation as Summerland? Should council be thinking about ways to save some money to get

caught up on some of the infrastructure maintenance that needs to be happening? How much longer before the Town's section of the Old Hedley Road is impassable? Some of those holes are getting pretty scary. If the Town doesn't have the money to deal with the road out there, then maybe they need to not only look at their priorities, but to start looking at some of the projects they have been spending on.

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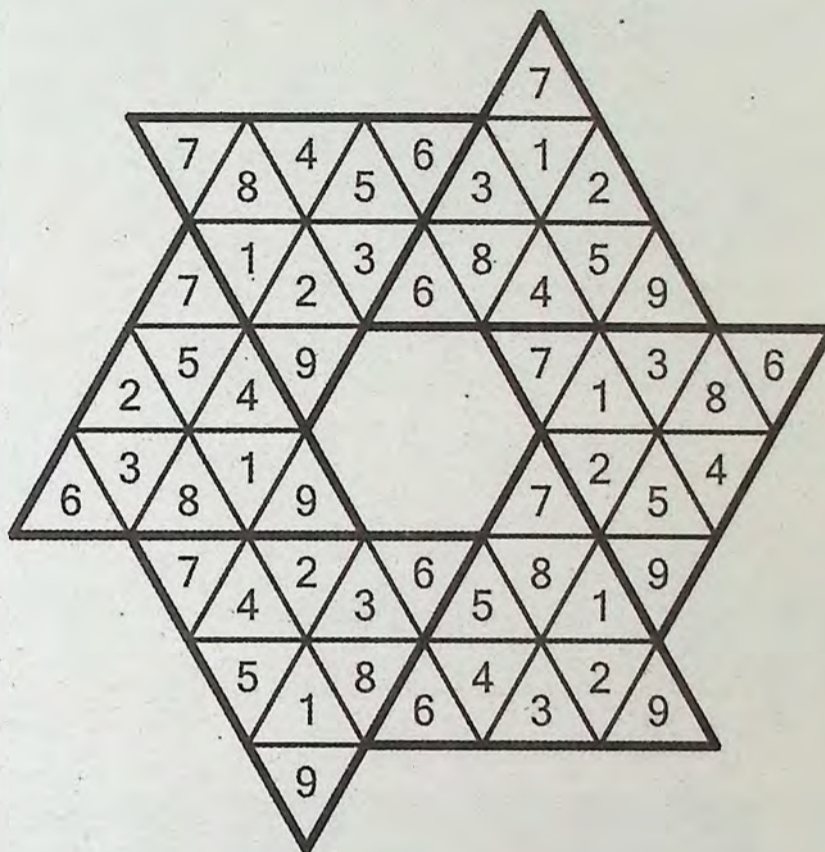
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# What Was Considered News 100 Years Ago

Princeton Museum Archives

Princeton coal high in fixed carbon, sub-bituminous

# SIMILKAMEEN



Love, humility and patience make the plainest faces beautiful

15th Year No. 5

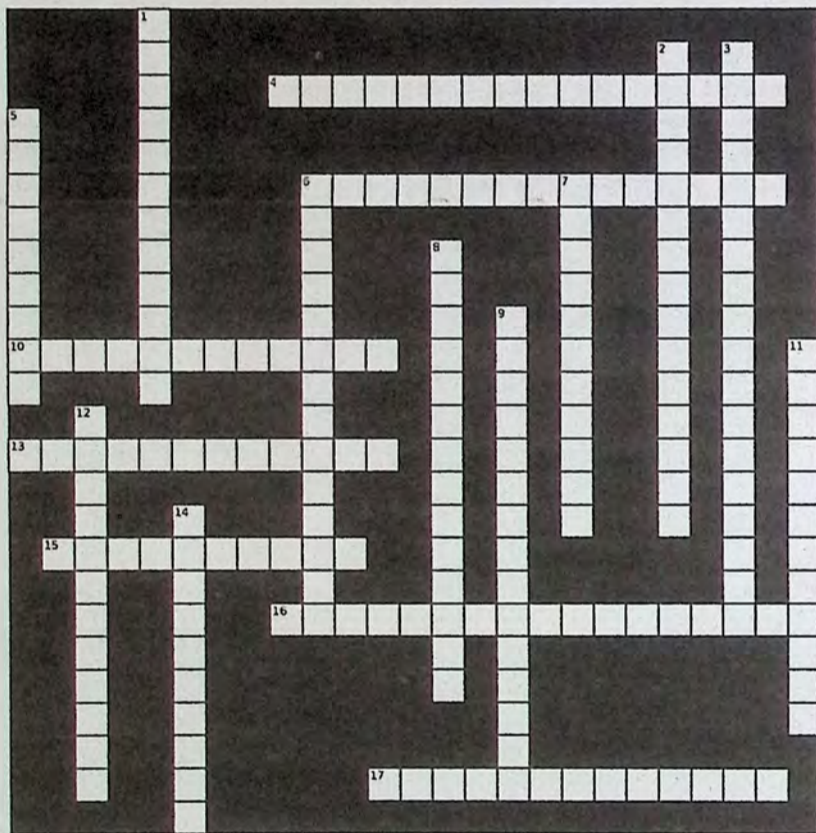
PRINCETON, B.C., FRIDAY, JANUARY 30, 1914.

PER YEAR: \$2 Cash  
Single Copy 5c.

## Plenty of local tonnage for two railroads to coast

### Similkameen News Leader Puzzler

Use the January 21 News Leader to find Answers Below...



- Across
- 4 Fill in the blanks: Weekly. \_\_\_\_\_ Newspaper.
  - 6 Headline: "Racing Days \_\_\_\_\_"
  - 10 The 'RT' in HART.
  - 13 She's a Co-Chair of the Similkameen Sizzle Planning Committee.
  - 15 The 'HA' in HART.
  - 16 According to a headline, what does council want to do?
  - 17 This recipe was Thailicious!

- Down
- 1 Identify the Vice President of Princeton Hospital Auxiliary.
  - 2 Where did the Vermilion Forks Field Naturalists hike January 11?
  - 3 He said "That's the bottom line" at a recent meeting.
  - 5 Identify the President of the Princeton Hospital Auxiliary.
  - 6 She's a new member of the Legion Ladies Auxiliary.
  - 7 To reach Highway 5A you should do this.
  - 8 Identify Princeton Chamber of Commerce President.
  - 9 Where was the Similkameen Hotel located?
  - 11 She's a Co-Chair of the Similkameen Sizzle Planning Committee.
  - 12 Identify Princeton Racing Days President.
  - 14 This local Bantam hockey player was featured on Page 9.

Similkameen News Leader PUZZLER #159  
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### HOCKEY MATCH

The hocky match between Tulameen-Coalmont vs. Princeton on Monday last at the Reno skating rink was the first of the season. The mild winter weather has been a drawback to ice sports but now that the frost king has begun to assert his congealing powers there is good prospects for several hocky matches and excellent skating. The game was clean and manly throughout. If the visitors lost it was because they lacked practise, and not for want of staying qualities. There was a good crowd and no lack of enthusiasm, the ladies showing their interest by cheering as the varying fortunes of their favorites gave inspiration. Ineup:

|   |                       |
|---|-----------------------|
| Princeton   | Tulameen-Coalmont     |
| H. D. Russell   | Point J. C. MacDonald |
| S. C. Brooks  | C. Point M. Gordon    |
| M. Waddell  | Rover A. Cottingham   |
| M. Osborne  | L. Wing H. Holmes     |
| C. Carpenter  | R. Wing G. Clerf      |
| E. C. Chapman   | Center AustinAnderson |
| E. G. Pearson   | Goal R. Hill          |
| Dr. J. T. Campbell, referee. Score, 6-0, in favor of Princeton. |                       |

### Prince Town 1826-1926

Prince Town  
1826 - 1926

W. George Elliott

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## ...You Turn

### Letters And E-Mails Received This Week

..... continued from Page 4  
Lakes and Rivers". Why are we content to be a mere gateway to fun in the Okanagan when we can be the "Cross-Roads" to so much more! People zip through a Gateway but they stop and consider their next step at a Cross Road.

A drive to Merritt along Highway 5A can be delightful; or for a tourist with time to spend, the drive through Coalmont, Tulameen, past Otter Lake Park, along the Coalmont Road to the intersection with Highway 5A and on to Aspen Grove, then to Merritt and the wonders to be found along the Thompson River - all the way to the Shuswap. I used to be a tourist! I know how much I enjoyed all these great places!

We, Princeton, can be the Cross Roads to ALL things wonderful in B.C.

And what should Princeton look like - Memorable, attractive and

unique!

Here we can take a page from history and the wonderful book, "Princeton, B.C." by Laurie Currie, page 115. Everyone should have this book - just to see the dynamic Princeton that once was!

Currie talks about former Mayor, Gloria Stout, elected in 1983. Her slogan was, "If it will be good for Princeton, let's do it." She worked to revitalize Princeton and turn the town from an eyesore into a thing of beauty, encouraging a Western theme. Currie says, "The dynamic Mayor did what few people could do. She brought the community together and gave it pride in itself."

Some of her work lives on, like some of our store fronts - now worn and faded. Surely we are not so poor and bereft of hope that we can not afford a couple of cans of paint and find the energy to wield a paint brush and roller for a few hours! Be brave with period colors! Look at

the restored "new" Town Hall for inspiration!

To give credit where due - we are already on the path to looking good! My favorite thing as I drive into Princeton is the metal art sculpture of racing horses at Vermillion inter-

section with Highway 3 - and at the other end of Vermillion, the beautiful Cenotaph Park and the water sculpture. Our downtown sidewalks are attractive and I love the way we decorate our lamp stands with hanging baskets and banners!

We are doing some things right! We just need to keep up the good work!

Gloria Stout had a noble vision, backed by will and energy! We can not bring Gloria back, but we can aspire to her spirit!

- Karin Green, Princeton

To The Editor;

I wonder how many parents or caregivers are aware of the StrongStart program at John Allison Elementary School? I know I wasn't until recently. The hours are 9:00 AM to 12 Noon Monday to Thursday and 11:00 AM to 2:00 PM on Fridays.

StrongStart is a free program, funded by the BC Government, and is a very good resource for children from babies until 5, providing a safe and fun place to learn social interaction skills with peers and adults so an easy way to prepare for kindergarten if older.

"Teacher Erin" (Williams) is an excellent teacher and the children all respond very well to her,

whether with crafts, learning songs or the use of daily manners. She obviously enjoys her job and is always open to suggestions of new ideas. (No, I didn't know her before now). As a parent or caregiver must be with their child, this is also a good time for adult interaction as well as discussions about parenting if someone has concerns.

Although I was a Pediatric Nurse for over 40 years, I am not a parent so it's good learning for me too as a caregiver. The child I am with loves the structure that the 3 hour sessions have and it makes activity switches much easier for him and others.

How many toddlers do you know that are "eager" to help clean up and

put away toys to get ready for a snack? A (free) healthy snack is provided each day by Erin and many of us love her "Muffin Mondays". On Fridays, a hot lunch, again prepared by Erin, is provided for the children as well as the adults.

Why not come out and try this program? The toddler I am with as his caregiver loves to come to school, play with the trains especially, read books, run in the gym and has learned to speak much better in just a few months.

I can't begin to explain how much he has blossomed since attending. I see the same happy progress in all the children involved.

- Pam Legault, Princeton

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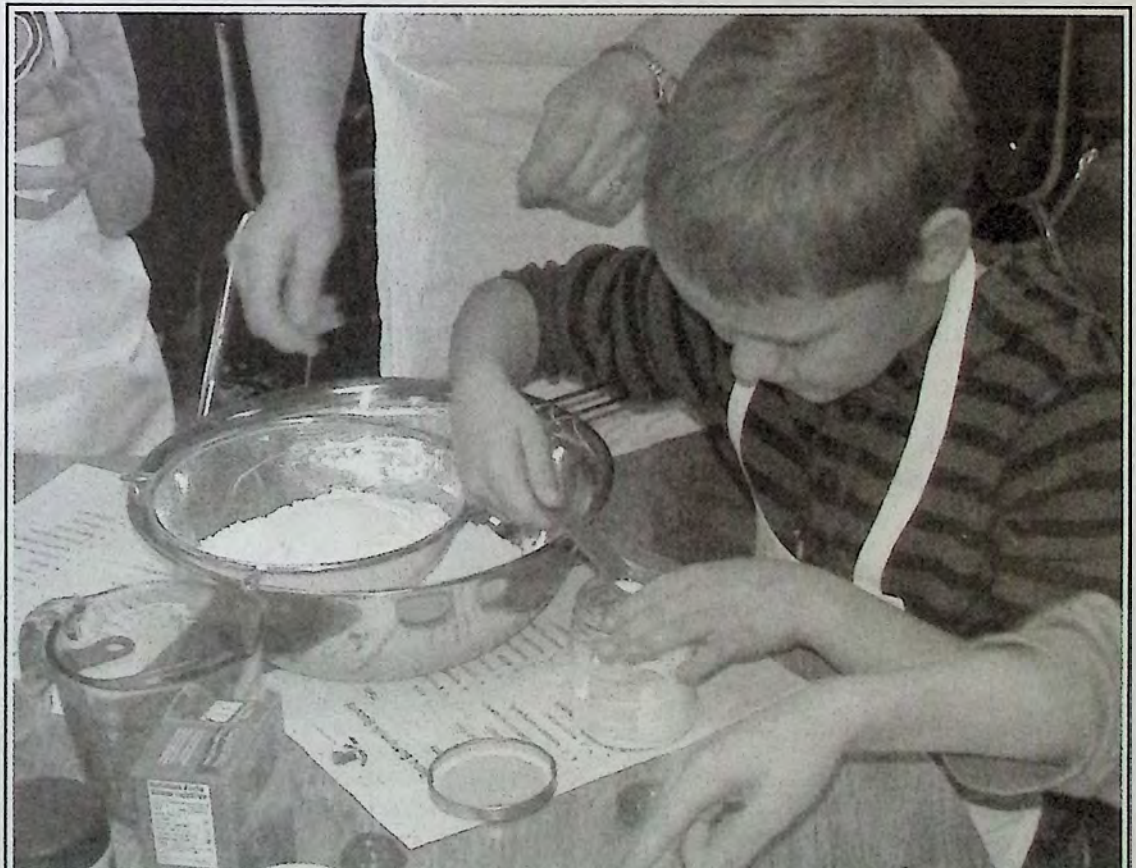
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Kitchen Kids learned a lot about food preparation January 23rd at John Allison Elementary School. \*

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## Arts Council plans busy year

Good news opened the quarterly general meeting of Princeton Arts Council on January 22. The Arts Council has received a \$14,000 operating grant from the BC Arts Council. This grant is based on past performance of the Arts Council in bringing the arts to the community and involving the community in arts projects.

President Marjorie Holland thanked everyone for their work in 2013: the Crimson Tine theatre group, the people who contributed to the success of the Christmas Songfest, those who made Crazy Christmas Trees, and the volunteers who helped at the concerts and Sunflower Gallery. The gallery did well last year, selling a total of \$4,158, of which \$3,105 went directly to the artists.

Planning for 2014 includes tentative plans to use Two Rivers Park for an arts festival, providing the park is improved enough. The summer concerts at the gazebo in Veterans Square will go on this year. The Spirit Festival will not include a powwow this year and activities will be primarily educational centered around Aboriginal

Day.

Look for a ski display at Sunflower Gallery during the Sochi Olympics. This is a combined effort of Princeton Museum Society and the Arts Council. It features memorabilia from the days of Princeton's Amber Ski Club, a club which sent many local skiers to international competitions.

On February 15, there will be a Pie Dance at Riverside Centre. The dance has a Valentine theme and features the music of the Switchmen. In addition to the desserts, there will be a silent auction and a no-host bar. Tickets are \$20. This is a fundraiser to complete the kitchen at Riverside Centre.

Magic comes to Riverside Centre on Sunday afternoon February 23, when Ted Outerbridge will entertain the young at heart with the mysteries of illusion. Tickets are available at Shoppers or at the door.

On March 14, the enchanting folk music of Wheat in the Barley will be a featured concert at Riverside Centre. Wheat in the Barley is a group of musicians who specialize

in folk music from around the world. Tickets will be sold at Shoppers and Thomasina's.

Sunflower Gallery will open again in March.

Crimson Tine Players will do the theatrical production "Our Town" at the end of May.

## RDOS talks budget with council

Sandy Croteau, Finance Manager for Regional District of Okanagan Similkameen (RDOS) met with Town Council on January 20 to outline the budget for 2014. Third reading of the budget will take place before March 31, 2014.

RDOS Area H shares some costs with the Town of Princeton. These include the arena and Riverside Centre (shared by assessment), building inspection (RDOS fee for service), and Area H contributes to the cost of the landfill, fire protection, cemetery, transit, recreation, and a \$1.6 million 911 infrastructure project. RDOS will requisition \$158,179 from Princeton for shared costs. In addition, all local taxpayers contribute to the regional hospital capital project fund. RDOS contributes 40 percent of the Interior

at the end of May.

The Traditional Music Festival will take place August 15 - 17. This is the seventh annual festival, always a successful event.

From September 27 to October 1, Riverside Centre will be the home

of an art show featuring paintings, sculpture, digital art, photography and just about anything considered art. The theme of the show is Earth Alive! An application to enter is on the Arts Council website [www.princetonarts.ca](http://www.princetonarts.ca).

Health capital projects for the area. Most of this money is set aside for the expansion of Penticton Regional Hospital.

There will be a slight increase in the amount going out to RDOS from the Town and Area H. The

total budget for RDOS services is \$45.3 million, with an additional \$7.5 million going to the Regional Health District. The cost to the individual property owner will be itemized on the annual property tax bill which will be due this summer.



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Lost a dog? This red heeler was the second one to be rescued near Yellow Lake in recent days. After a lot of small talk and waving traffic to slow down, our volunteer photographer was able to coax the pooch into her arms January 23rd. At the time of its rescue it was limping badly and had one eye that wasn't quite right. The pooch had no collar when found but after a trip to the Pharmasave in Keremeos and \$11.75 in cash the pooch now has a good collar. If you know whose dog this is call Arlene at 250-488-7567 or the RDOS Dog Catcher at 250-535-0405. The Dog Catcher promised to get its wounds looked at promptly by the SPCA. Photo: Arlene Arlow

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## Grant supports active winter women



With support and funding from the Province of BC, ViaSport BC awarded the Town of Princeton Parks, Recreation and Culture Department

with a \$2,000 grant to support the development of sport opportunities that inspires girls and women to get active in British Columbia.

This grant supports the Active Winter Women Program that began in late November of 2013 and will end in March 2014, offered by Princeton Parks, Recreation and Culture with volunteer support of China Ridge Trails Society. Princeton women are learning to be active in the outdoors; hiking, snowshoeing and cross country skiing.

“One of our goals is to encourage and provide women with the opportunity to become active during Princeton’s long winter months”, says Nadine McEwen, Princeton Recreation, Cultural and Tourism Coordinator.

“Kelley Cook, our program leader, designed this program to give women the ‘tools’ to become comfortable and active in our local outdoor wilderness, participating in two life long winter sport opportunities; snowshoeing and cross country skiing.”

Women are learning about proper gear and equipment required for winter sports, strapping on the snow shoes and cross country skies to be active for 1-2 hour sessions and learning to be safe in the great outdoors. Thirty one women have participated thus far in the Active Winter Womens program with support from the fantastic volunteer women of China Ridge Trails Society.

Contact Nadine McEwen at 250-295-6067 or e-mail her at nmcewen@princeton.ca to learn

more about the Active Winter Women Program.

### About viaSport

A legacy organization of the 2010 Olympic and Paralympic Winter Games, viaSport British Columbia is a not-for-profit organization established in 2011 to provide unified, strategic leadership to sport in BC and increase levels of physical activity in all communities, at every stage of life.

Formed in partnership with the Province of BC and provincial sport sector, viaSport is shaping a new, more effective model for sport delivery and funding support, which drives increased participation, powers sport excellence, and promotes British Columbia as a sport-hosting destination.

-submitted

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