

Similkameen News Leader

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Tuesday, February 11, 2014

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



Mayor Frank Armitage, left, takes notes as Chamber of Commerce President Brenda Crawford looks on during a meeting February 5th of the committee of local business owners/operators. More on Page 18. *

Council approves policy

Princeton Town Council approved a Travel and Conference Policy (No. 015-2014) at their February 3rd regular meeting.

The purpose of the policy is to clarify and simplify the application of council's reimbursement process and procedures.

"The travel policy was updated in early 2013," states Director of Finance Shirley McMahon in her report to council.

"Over the past year it has been increasingly difficult for staff to determine what expenditures were authorized by way of the policy and what expenditures required additional authorization by council."

The end result is an updated policy that clearly states what expenses must be approved by council as a whole.

For example, accommodation costs (based on double occupancy) including taxes can be claimed as well as costs associated with registration to attend an approved event and fees directly related to that event.

When travel requires over 24-hours absence from Princeton, a per diem allowance of \$70.00 will be paid to cover such items as meals, gratuities, parking and local phone calls. When travel is less than 24-hours away from Princeton, meal expenses will be paid to a maximum daily allowance of \$60.00 (\$15.00 for breakfast, \$20.00 for lunch and \$25.00 for dinner).

Expenses cleared defined in the policy as not being allowed for reimbursement include any expenses for a spouse or guest accompanying the town representative, phone calls made for non-town related business and alcohol.

The policy also states that receipts are required for allowable expenses and the failure to provide them will result in claims being refused as not having proper documentation.

Earle resigns council seat

The following letter was read at the February 3rd regular meeting of Princeton Town Council:

"Dear Mayor and Council,
I have been a member of Town Council for 5 years and I have enjoyed serving the Townspeople, as a Councillor and a brief term as Acting Mayor. The work has been challenging, yet very rewarding, some of the milestones and projects that I will remember the most are:

1. The re-instatement of 24/7

Emergency services at Princeton General Hospital;

2. The creation of a framework for sustainable Health Care Service in Princeton;

3. The Riverside Community Centre upgrades;

4. Being awarded the Gold Medal for Gamestown 2010 and;

5. The completion of the Miners Climb rebuild.

However, due to changes in my employment, I find myself now

working out of town on a regular basis. Recently I have relied on the help of my fellow Councillors, Staff and the Chairs of my respective committees, to fulfill the duties and responsibilities of Town Council.

It has become increasingly difficult to balance these responsibilities and work obligations and I am feeling I can no longer effectively fulfill the commitment I have made to the people of Princeton. So, I regret that I must, in the best interest of all concerned, resign my position as a Councillor.

I would like to thank Mayor

Armitage, Councillor Harkness, Councillor Maynard, Councillor Pateman and all of our competent staff for their understanding and support during this time.

I would especially like to thank all of my friends and supporters who have made my experience as Councillor as successful as I believe it has been.

Lastly, on behalf of myself, April, Dallas and Destiny we would like to wish the Town of Princeton all the best and continued success in the future.

Thank You,
Jason Earle"

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CMMC announces crusher on schedule

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced February 4th that construction of the secondary crusher at the Copper Mountain mine located in southern British Columbia is now underway on schedule. The main components of the crusher are now on a ship being transported to eastern Canada for transportation to the mine site. The total cost of construction for the secondary crusher is estimated to be approximately \$40 million and construction is expected to be complete by midsummer. Once installed, 100% of the mill feed will be sized to the 2 inch range. Plant operating results with minus 2 inch material has confirmed that the mill operates at its designed capacity of 35,000 tpd on a consistent basis.

Short term mitigating measures implemented in 2013 to increase mill throughput have proven to be successful. These temporary measures include increased powder factor in the blasting of ore and the addition of three portable crushers. These short term improvements

have proven to enhance mill productivity. At the start of 2013, SAG mill throughput averaged 24,900 tpd, but with the additions of the small portable crushing plants ahead of the SAG mill, average mill productivity increased to 32,767 tpd by year end.

Likewise, mill operating time improved from 86% in the first quarter to 90% in the fourth quarter with December averaging 95%. The combination of improved mill productivity and increased mill operating time resulted in increased copper production quarter over quarter.

In 2013 the mine produced 66.2 million pounds of copper, 21.6 thousand ounces of gold, and 320.4 thousand ounces of silver. The mill averaged 87.8% operating time for the year and a total of 10.1 million tonnes of ore was milled at an average grade of 0.35 % Copper.

Mill throughput is forecast to be 32,000 tpd for the first six months of 2014 and 35,000 tpd after the new permanent crusher is operational.

December and January operational

results are in line with the production forecasts. Forecast average copper head grade and production for the year is approximately 0.375% and 80 to 90 million pounds respectively.

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns 25% of the mine. The Copper Mountain mine commenced production in the summer of 2011 and has continued to improve its operations since start-up.

The 18,000 acre site has a large resource of copper that remains open laterally and at depth. The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the properties full development potential. Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Bylaw receives three readings

Princeton Town Council gave three readings to a new bylaw at their February 3rd regular meeting.

Officially known as the Town of Princeton Fees and Charges Bylaw No. 884, 2014, it came into being to

incorporate charges attached to individual bylaws into a single document.

"This makes it easier to administer all of the various fees that we charge," states Director of Finance Shirley McMahon in her report to council.

"When a rate review is done only one bylaw needs to be amended and all of our information is in one place."

For example, the 2014 water and sewer rates were quickly incorporated in this bylaw later in the meeting.

The town bills users for water and sewer charges annually. Flat rates are in place for various user types with water revenue designed to cover the cost of operations and create a reserve for infrastructure replacement.

A long term action plan continues this year which will see wells 1, 2 and 4 being used as the main municipal supply wells with upgrades and repairs conducted when needed dur-

ing their lifespan to optimize their efficiency.

The project this year for the sewer treatment plant will be to complete the upgrade with the installation of a new aeration system.

The cost will be covered entirely by the Gas Tax Program.

Residential water rates increase to \$279.00 (after discount) with sewer rates bumping up slightly to \$131.00.

"On a monthly basis that works out to just over \$34.00," states Director of Finance Shirley McMahon in her report to council.

"That is less than most outside utility bills, including telephone, power, gas or cable television and far less than residents in our neighbouring communities."

For comparison, the Village of Keremeos water rates are at \$299.50 with sewer costing \$235.00. Summerland charges \$386.86 and \$238.25, with Peachland rates set at \$480.00 and \$318.88.

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.

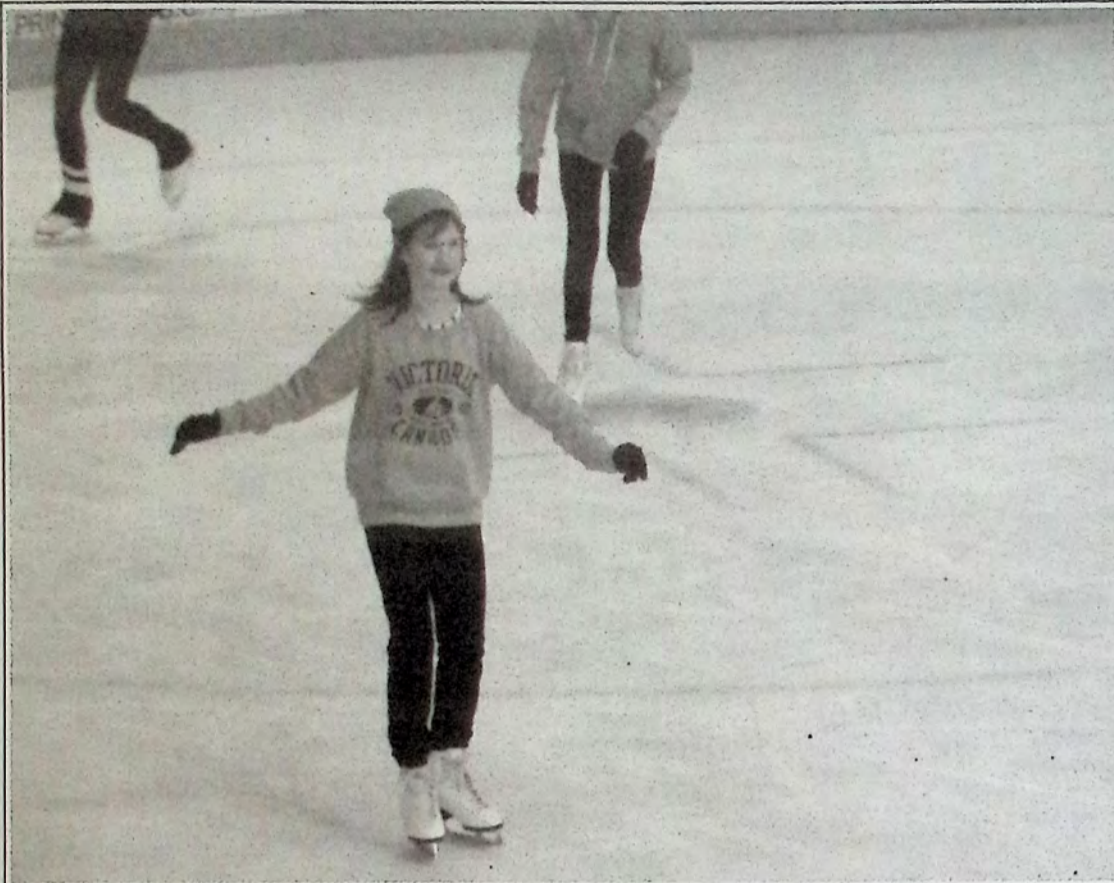


Figure skaters continue to practice in preparation for their annual Ice Show March 9th. *

Flip Of The Coyne

by Spencer Coyne

With everyone trying to figure out how to give Princeton that shot in the arm that it needs to recover from this economic slump it is facing, some of the same questions keep coming up. One of those questions I have heard more than a few times over the last few weeks is how do we attract new people to our community? I don't think this is that hard, in fact when you ask this question how do we attract new people to our community why not just ask why do you live here?

I know why I live here, do you? I live here because I like the lifestyle. I like that I can live out of town and still my commute is only 5 minutes long. I like that when I walk down the street I know the majority of people I meet on the street or see in the shops. I love that if I want to go fishing I have more options than most people can dream about. If fishing isn't your thing, how about skiing? In the area known as the Similkameen we have Manning Park, Apex, China Ridge and Nickel Plate Nordic Centre. I know Apex and Nickel Plate try to claim they are in the Okanagan but they are in our watershed. Or how about hiking? We have some amazing hiking opportunities with Manning Park, the Brigade Trail, and numerous others. We live in a natural wonderland, we are blessed with some of the most amazing outdoor opportunities in the world.

Princeton is also positioned perfectly if you want to enjoy the rural lifestyle but still want access to all those big city perks like concerts. We are 3 hours from the lower mainland, 2 hours from Kamloops and Kelowna. Princeton exists

because of its location. We were the first stop crossing over the mountains from Hope and a great jumping off point for moving goods to and from the interior. We are still in the same place and we can still take full advantage of this geographical position.

So why do you live in Princeton? Is it because of the rural lifestyle, the location to the coast or the cities in the interior, or is it because if you want to go fishing, hunting, kayaking, hiking, cross country skiing or just enjoy the outdoors it is all right at your back door? When we want to market our community to possible investors or new residents look no further than why you love it here. If you love it here and you tell people why you love it here then you sound sincere. Don't try and make something up because it is just that, made up. We know why we live here and we know why we love it here. Use that to our advantage.

Now whose job is it to sell Princeton to the masses? Well that isn't as simple as pointing a finger at someone. It is all of our jobs to sell Princeton. It is your home. You should be proud of it. Tell people how wonderful Princeton is. The Chamber has a role to play. Individual businesses have a role to play in it, and local government has a role to play in it. We as a community need to work together to sell our community to anyone and everyone who will listen to us. If we want new people to move here we need to tell them we want them here. Yes we have problems, but what community doesn't have problems? That being said we over-

come our problems, we don't do it because we yell and scream and continued on Page 22

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Editorial Page News Leader

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My Turn...

Throw Away The Meters

I think everyone has his or her own personal way of recognizing the official start of a new year.

As is customary for most, the calendar indicates the beginning.

For some it's connected to the Chinese New Year celebration, the first this or the first that of the year is the gauge for others.

My official proof of the start of the New Year doesn't usually happen until weeks after January 1st.

When Town Council approves the new annual water and sewer rates I know that the old year is finally in the past and we are embarking on new territory.

The rates, as is normal for every other utility or service I can think of, have gone up. But according to town council, if you are a residential owner it is just a slight increase from 2013.

I liked how they compared it to the monthly rates for phone service, heat, lights and television to make the increase seem less than it really is. The bottom line is that the rates keep going up.

I will say that although it is a slight increase, compared to other communities we have a pretty good deal. For example, Naramata residents pay \$783.00 a year for water and Okanagan Falls charges \$731.00 for sewer. Say what you want about comparing apples to oranges, the fact remains, we have it pretty good in Princeton.

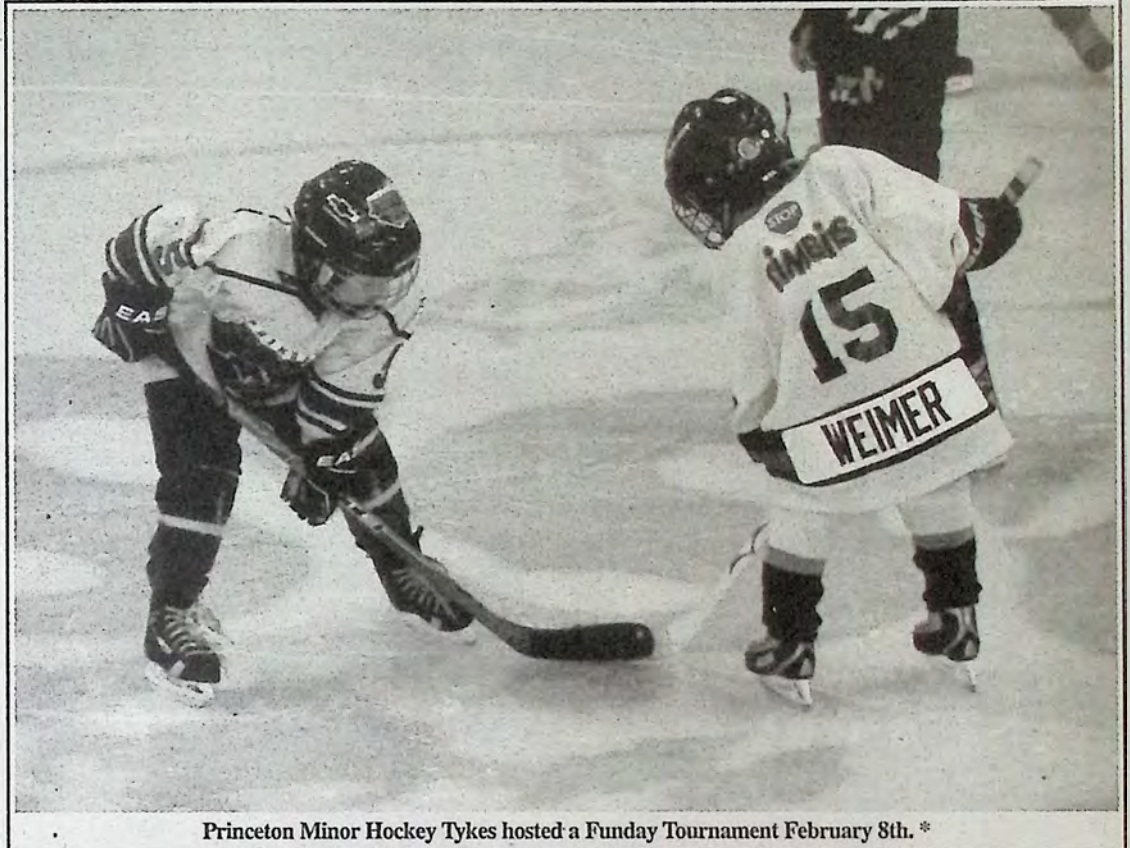
The part of the data shared at the February 3rd Town Council meeting I liked was the fees set for other users in the community.

The sewer fee set for local schools is \$290.51 per classroom and restaurants pay \$3345.91 plus \$7.89 per seat for water service. Churches pay \$295.20 for water and \$386.24 for sewer.

It sort of makes my measly contribution of \$279.00 (after discount) for water and \$131.00 for sewer a screaming deal. Comparing that to last year shows me an overall increase of a few dollars a month.

It also makes me think I shouldn't take things like water and sewer service for granted which is why I'm going to put a jar next to our toilet at home so each time we flush we can deposit a dime.

That way we'll be ready for when the rates take another increase next year.



Princeton Minor Hockey Tykes hosted a Funday Tournament February 8th. *

Chamber announces 'think local' program

by Spencer Coyne
*Marketing and Economic
Development Committee Chair
Princeton & District Chamber of
Commerce*

The Princeton & District Chamber of Commerce is excited to announce the kickoff of its Think Local campaign. Think Local is not just another shop local campaign. It is far bigger than that. Think Local is about changing the way people think about our community.

We are starting Think Local with Think Shop Local February. Shop Local February is about encouraging local consumers to buy as much product locally as possible, helping to keep local businesses in the black during one of the slowest months of the year. With Valentine's Day right in the middle of the month, we get to kick off, not only Think Shop Local, but Think Eat Local and Think Listen

Local.

Think Shop Local is as the title implies, an initiative to get local consumers to shop locally. Shop local is not just for consumers. It is about business to business or B2B transactions as well. If local businesses can find what they need from computer ink to fresh vegetables locally, then we encourage that type of commerce to take place.

When we shop locally, we keep more money in our economy, which in turn supports local charities and events and employs more people who in turn pay taxes, rents, and more money within the local economy.

Think Eat Local is for all the foodies out there. Think Eat Local encourages local consumers to eat at local restaurants. This is why we felt that February was the perfect time to launch Think Local. Why not make reservations today to

take your partner out for dinner on Valentine's Day? Eat Local is also about sourcing more of your food locally. Supporting local agriculture from the farmer's field to your table, be it beef, lamb, eggs or vegetables, encouraging locally sourced food encourages growth in agriculture and healthier lifestyles.

Think Listen Local is about supporting the local arts and entertainment community. Again when thinking of February there are options for restaurants to have dinner and live music on Valentine's Day. The idea behind Think Listen Local was to get people to think about where they go and spend their money for entertainment. When people want something to do on a Friday night we want them to ask themselves who is playing at the Legion on Friday night or is there a concert or play at Riverside this weekend?

There is one more part to the initial release of Think Local and that is Made in Princeton. The Princeton & District Chamber of Commerce will be rolling out a Made in Princeton initiative that will help showcase local artisans, craftspeople and other made in Princeton talents.

The Princeton & District Chamber of Commerce is committed to building a stronger business community within Princeton.

Similkameen
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Arlene Arlow - Lower Valley Reporter
Spencer Coyne - Columnist

EDITORIAL GUIDE

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



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Current Comment

Authoritarianism Is Dangerous



Dawn Johnson
editor@thenewsleader.ca

World War II is probably the best example of what happens when an extreme authoritarian government is in operation, but the Soviet government is another good example. Authoritarian governments want all of the people under constant control. If possible, an authoritarian government wants the entire world under its control. You might call an authoritarian government a 'control-freak' government.

An authoritarian government is one that has rules for everyone's life, from the simplest form of rules originally based on respect for one another, down to rules about how people should dress. Many of the rules have no basis in common sense, they are imposed just to make sure nobody is the least bit different from anyone else.

World War II linked the Nazi regime to the Italian regime and then to the Japanese regime. All three were governed by rules about one's position in society and were highly structured as to who obeyed whom. Even the social customs became highly regulated. I remember how rigid the social customs were in Europe back in the 1960s. For example, North American

women living in Italy were considered of loose morals because they wore slacks!

In Soviet Russia, the Communist dream of replacing a government run by nobility and creating a society based on equality fell apart by the need of those in control to control everything, whether their rules made any sense at all. The worst case of nonsense was demanding farmers produce a certain quota of crops regardless of the weather. If adverse weather caused crop failure, the farmers were punished for not producing their quota of crops.

One of the surest ways to identify an authoritarian government is its need to spy on ordinary citizens, and we are seeing a lot of that going on today. Our own government, despite a rule that said 'no spying on Canadians' was shown to have been spying on ordinary citizens through the wizardry of wireless telecommunications. Americans, living in 'land of the free' have learned they have been spied on for years under some mandate to discover terrorists among them. To date, not one terrorist has been identified early enough to prevent the bombing at the Boston marathon nor the shootings at Sandy Hook school. Yet Edward Snowden, who blew the whistle on both the American and Canadian government's spying on citizens, is considered a traitor to his nation, at least by his government.

The Nazis used incentives to have one neighbour spy on another, and this same thing was encouraged by Homeland Security after the attack on the World Trade Towers. The Nazis did not allow any criticism of government to go unpunished, and now we are seeing governments that punish people for

protests because they did not obtain a permit to protest.

I would be the first to say we need laws to help us live together peacefully. Good laws protect good citizens from bad citizens. Good laws should also protect us from governments who want to control everything we do and everything we think or say.

One of the things North America proved in the early days was what happens when people are freed from an authoritarian system. Europeans were governed by nobility and by the church. There were rules for every aspect of one's life. Some of the punishments were extremely harsh. When immigrants began to enter North America, they discovered they no longer had to be confined by these rules if they did not like the rules or the rules were unfair. Not everything those early settlers did was right, but the concept of being free to express one's own ideas led to an explosion of creative activity that left the rest of the world gasping in amazement.

Authoritarian governments tend to stifle the creativity and energy of all of its citizens. When the primary goal of a government is to control the people rather than protect them, feed them, encourage them and provide them with opportunity, then the people tend to lose faith in the government, fear for the future, and lose faith in their own ability to make life better.

An authoritarian government defeats the purpose of democracy.

In approximately one year, we are going to be asked to elect a new government. Are we going to be able to elect a government that has our best interests at heart or a government that believes it is all right to exert greater control over us?

Local governments request utility answers

Four South Okanagan - Similkameen governments are calling on the Province of British Columbia to better explain the necessity of increased utility rates undertaken by FortisBC earlier this month.

In a letter to Premier Christy Clark, signed by the chair of the Regional District of Okanagan-Similkameen and the respective

Chiefs of the Penticton, Osoyoos and Lower Similkameen Indian Bands, the Joint Council expressed concern "regarding the current and proposed rate increases, the British Columbia Utilities Commission's reaction and the lack of response from Fortis regarding requests for consultation and referral."

"Due to the challenge customers face with rising energy costs, heat

and electricity have become a luxury in British Columbia," the letter reads.

The Joint Council also expressed concern about a proposed dam to be located near the Similkameen community of Princeton.

The Joint Council was established in 2013 as a result of a Protocol Agreement signed by the Regional District with the three Indian Bands. It provides a vehicle for consultation, communication, information sharing, education and cooperation among the member governments. -submitted

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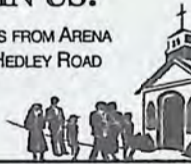
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AND NOW...A LITTLE GOOD NEWS!

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." - Romans 8:28

Lower Valley News

Keremeos - Cawston - Olalla



This was the view residents saw at the Princeton end of the section of Highway 3 that was closed to all traffic following a rock slide January 27th. Only two of the four lanes are open at this time. *

RDOS issues meeting highlights

These are selected highlights from the regular meeting of the Board of Directors of the Regional District of Okanagan-Similkameen held Thursday, February 6. Complete minutes of the meeting will be made available to the public following adoption at

the next scheduled Board meeting February 20, 2014.

The Board of Directors met with representatives from FortisBC to discuss a number of issues raised by RDOS ratepayers. Those issues included the introduction of Smart Meters in the South Okanagan and Similkameen; the two-tiered Residential Conservation Rate; and, a proposal to build a hydro dam on the Similkameen River near Princeton.

Earlier this week, the Regional District, in partnership with the Osoyoos, Penticton and Lower Similkameen Indian Bands, sent a letter to Premier Christy Clark seeking additional information on these issues.

The Board of Directors gave three readings to and adopted security issuing bylaws that complete borrowing processes for the Frank Venables Auditorium in Oliver, the Apex Water System and the Okanagan Falls Wastewater Treatment Plant. The three projects, until now funded with temporary borrowing, will now be financed under long-term debt programs.

Alternate directors attending meetings within an Electoral Area on behalf of the Area Director can now receive compensation at the rate of \$108.35 per eight-hour meeting day — with compensation prorated for shorter meetings.

The Board of Directors approved the amendment to the Board Remuneration Bylaw. Compensation will be at the discretion of the Area Director.

Two Naramata developers who contributed to a covenant reserve held as part of a twinning project for the Naramata Water Reserve will receive a combined refund of \$168,388 and interest.

The Board of Directors' decision to refund the money follows an earlier determination not to move forward with a twinning of a system that would have provided for separate treated and irrigated water lines. A feasibility study conducted in 2013 concluded that not completing the twinning would save ratepayers \$3.3 million.

The funds held in the covenant reserve are separate from reserve funds set aside for the capital project.

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The funds held in the covenant reserve are separate from reserve funds set aside for the capital project.

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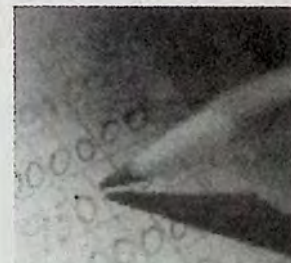
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Share your historical stories and pictures this Saturday at the Anglican Church in Keremeos. The South Similkameen Museum Society invites you to their annual Museum Social from 1:00 to 3:00 PM, February 15th at the corner of 5th Street and 6th Avenue. Old-fashioned, home-baked cookies popular in the early 1900's will be offered with refreshments. Pictured here are members of the "Interior Board of Trade" from 1937. The group shot is a feature in the museum. Photo: Arlene Arlow

Keremeos museum hosts annual social

The South Similkameen Museum Society is pleased to invite you to its annual Museum Social this coming Saturday. The annual event is a chance for folks both young and old to share stories, look at old pictures and learn some history of the South Similkameen. The museum building itself is open June through August each year, staffed by a university summer student. On the off-season, the museum can be visited by appointment. The museum building has a bit of history: it was built in 1907 as a BC Provincial Police office and jail. It first located in Keremeos

Center, approximately three kilometres north of the present village. The jail had three cells, one of which was used to store court records. The front part of the building was the Police office, which doubled as the Law Court when required. The Hedley Gazette reported that "the first to occupy a jail cell was Lamb - not the innocent, but one full of booze." In the jail cells, both the outer and cell walls were built of 2x6-inch lumber laid flat and nailed together. The floor was similar but the boards were laid on edge to form a 6-inch thick floor. The ceiling was

constructed of 2x4-inch lumber laid on edge. The building was moved to its present site in 1917 using horses as motive power. The BC Provincial Police used this building until they became the Royal Canadian Mounted Police in 1950. The RCMP continued to use the site until a newer brick building was completed in 1959. The museum building was unused from 1959 until 1962. From 1962 to 1970 the Village of Keremeos occupied the building. In 1972 the South Similkameen Museum Society leased the building from

the Provincial Government for use as a museum. It was eventually discovered that the Provincial Government did not own the building or if it had, the records of the purchase had been lost. The Village of Keremeos purchased the property for back taxes in 1991 and the Museum Society negotiated a lease agreement with the Village of Keremeos in 1993. The museum building was designated as a heritage building in 1991. The Museum Society meets at 7:00 PM on the first Thursday of

each month. New members are welcome. The Society is always pleased to receive donations of artifacts or photos. If you are cleaning your attic or basement and happen upon historic items that you no longer want, feel free to contact President Judy Chisholm at 250-499-2883. The annual Museum Social will be from 1:00 to 3:00 PM this coming Saturday at the Anglican Church. Invited guests include three long-time residents of the valley: Carl Kickbush, Gordon Kickbush and Wally Curr. -submitted



The South Similkameen Museum was built as a police office and jail in 1907. Heat was provided by a wood stove. The wooden floor still shows signs of wood-splitting that would have been required to keep the fires burning. In cold weather, the fire needed to be attended around the clock to prevent a mishap. Photo: Arlene Arlow

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Princeton Minor Posse Tykes hosted a Funday Tournament February 8th at Princeton Arena. Their morning game (above) was against Merritt. They also played South Okanagan later in the afternoon. *

Saddles 'n' Spurs
by Pastor George Donovan

We rented to many who were very capable riders and didn't require having a guide. But most needed supervision and guidance.

One day I took two young ladies on a trail ride up Grouse Mountain. They were riding two horses that I had just recently trained and although they were new they were very gentle.

I wasn't always the one that did the saddling and it seemed that as we were coming back down off the mountain that the girth wasn't tight enough on both of the girls' saddles.

The trail was narrow and steep at this point and I was at the rear so it was difficult for me to pass. One of the girls asked me a question, "Mr. how come these saddles are right up to the horse's ears?"

When I looked ahead and saw the saddles right up to the ears as they had said I tried not to freak out, I had to be cool because this could be very dangerous, the horses could have flipped out, bucked them off and ran through the trees. So I said, "It's okay, we're just about to a flat spot and I'll check things."

Fortunately I was finally able to get past them without spooking the horses. Trying not to look shocked, I took hold of both horses and helped lift the girls off because if they stepped in the stirrups the saddle would have

slipped under the horse's belly and we could have had even more trouble.

I got them straightened around, the

girths tightened and we had an uneventful and pleasant ride back to the barn.

..... continued Next Week

Living Past 100

Fight Cold Sores With Food

Cold sores are caused by a virus called herpes simplex. When a person is infected with this virus it can crop up any time your resistance goes down, as cold sore sufferers know. There are cold sore remedies on pharmacy shelves, but there are foods that can prevent outbreaks of cold sores.

Lysine is an amino acid that is the enemy of herpes simplex. Lysine is found in many ordinary foods and a sufficient amount of lysine can keep the herpes simplex virus under control. Meat, particularly pork, contains a lot of lysine. Beans and eggs contain lysine. So does milk. Eating a bowl of pork and beans followed by a milk pudding is a great boost of lysine. Bacon and eggs for breakfast is another way of keeping levels of lysine high enough to prevent cold sores.

Certain other foods encourage the herpes simplex virus to grow and thrive. These foods contain a different amino acid called arginine. A diet high in arginine will guarantee cold sore development. These arginine foods are poultry, chocolate, peas, nuts and beer. Avoid them as much as possible if you tend to suffer from cold sores. You do not have to give up these foods entirely, but make sure they are balanced by foods high in lysine.

Foods containing a lot of Vitamin C, such as sweet red peppers and oranges, will help prevent cold sores. Fruits and vegetables contain substances called bioflavonoid, and these help prevent any viruses by strengthening your immune system.

To make a cold sore heal quickly, try a milk compress. Take a gauze pad or a small piece of cloth, soak it in milk, and press it to the cold sore for 5 seconds.

Remove it for 5 seconds, and keep doing this for 5 minutes. Repeat the treatment four times a day. The sooner you begin treatment, the sooner you will be healed.

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News Leader Entertainment

Similkameen News Leader TV Guide Listings - February 11 - 17, 2014



It was one of those nights for the Princeton Posse February 7th against Osoyoos Coyotes. *

Coyotes prey on Posse

Princeton Posse hosted Osoyoos Coyotes February 7th in what turned into a high-scoring, non-physical game.

High scoring in that a total of 13 goals were scored and non-physical in that just eight penalties were called.

The Coyotes scored first at 4:57 (Troy Maclise from Colin Chmelka and Aaron Azevedo).

Princeton responded at 6:30 when Eric Kubis fed the puck to Devan Suidy who was racing on the Osoyoos goal. Suidy took a shot from out front of the net that Coyote goalie Lawrence Langan stopped but ended up sending a rebound out to the stick side where Curtis Sexsmith was skating. Sexsmith lost his balance and popped the puck up high as he was falling to a sliding position. The pop was enough to get the puck in the net.

The Posse took the lead at 13:03 with a power play goal scored by Eric Schmidt. Assists went to Eric Kubis and Devan Suidy.

Osoyoos came back to tie the game at 2-all with a power play goal of their own at 15:55 (Luc Gradisar from Rainer Glimpel and Cameron Dobransky).

The second period saw a total of six goals scored with Osoyoos starting with their third goal of the night

at 1:32 (Colten Braid from Wyatt Trumbley and Rory Neary).

Princeton tied the game at 4:19 with a power play goal scored by Trevor Pereverzoff. He had assistance from Dalton Dubetz on the play.

Then Osoyoos added three more goals (5:48 - Troy Maclise from Tyler Ostrom, 11:52 - Brock McDonald from Brock Anderson and Brendan Smith and at 15:33 - Rory Neary from Michael Crawford and Cameron Dobransky).

The Posse did get another goal, scored at 17:12 by Paul Ramsey with help from Trevor Beaton and Dalton Dubetz.

After two periods Osoyoos had a

6-4 lead in a game where Princeton played well in the first 20-minutes, and not so bad in the second 20-minutes although the scoreboard told a different story.

The third period saw Princeton struggle as the Coyotes capitalized scoring three unanswered goals (3:46 - Aaron Azevedo from Troy Maclise and Colin Chmelka, 6:56 - Liam Neary from Brock MacDonald and Brock Anderson and at 7:17 - Troy Maclise from Aaron Azevedo and Colin Chmelka).

Final score: Osoyoos 9, Princeton 4. Shots on Goal: Osoyoos 35, Princeton 21. Penalties in Minutes: Princeton 4 for 16-minutes, Osoyoos 4 for 8 minutes.

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Princeton Posse
2013/14
Clip 'n' Save Game Schedule
Similkameen
News Leader

Date	Time	Away	Home
Exhibition Season			
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
Regular Season			
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 2	Kamloops 5
Fri Nov 22	7:00 PM L	Princeton 4	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 OT L	Princeton 2	Summerland 3
Sat Jan 25	7:00 PM L	N Okanagan 10	Princeton 3
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

Tuesday Movies

AFTERNOON

2:00 pm SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman. Premiere. Professor Xavier leads Wolverine and other superheroes against Magneto, a mutant who would rule humanity. (In Stereo)

SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)
 11:30 pm WTBS ch.3 "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts.

EVENING

7:00 pm SPIKE ch.44 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Head of State" (2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running mate.

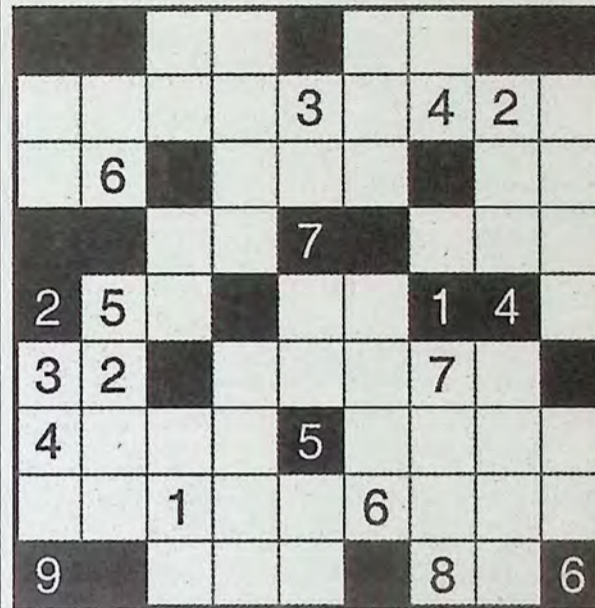
News Leader Str8ts

STR8TS

No. 164

Medium

Previous solution - Tough



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 along with more puzzles, Apple apps and books.

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

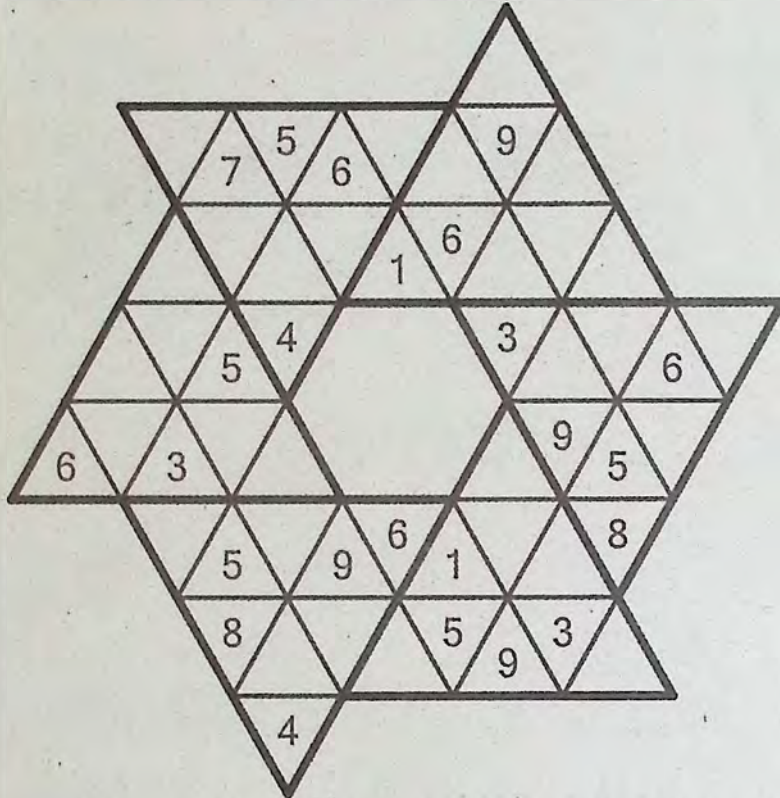
TUESDAY, FEBRUARY 11, 2014

	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)	XXII Winter Olympics	Kid vs. Kat Rescue	(4:30) XXII Winter Olympics: Speed Skating (N)	CTV Morning Live (N)	Dangerous Flights	Stella-Sam Phineas	CityLine (N)	Tenants	Eat St. (N)
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Michael J. Fox; All	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			XXII Winter Olympics: Luge, Speed Skating, Snowboarding, Ski Jumping, Figure Skating (N)	Super Evil Sidekick			Mighty Ships	Shake It ANT Farm	Let's Make a Deal	Tenants	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious	Fedotovskiy (N)		CSI: Miami		Morning Huntley		Skating, Snowboarding, Ski Jumping, Figure Skating (N)	Pokémon Beyblade	XXII Winter Olympics: Luge (N)	Bering Sea Gold: Under	Jessie Wizards	The Price Is Right (N)		Tenants	Security
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley	The Doctors	Jumping, Figure Skating (N)	Monster		Livel Kelly and Michael	Salvage Hunters	Little Manny	Jdg Judy	Tenants	Bggg Bttls
10 AM	Divorce	The Doctors	Ella the EI	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds (N)	The View	The Doctors	World Vision	Squirrel	Invasion	XXII Winter Olympics: Ski Jumping	The View	Auction	Never Land	The Chew (N)	Tenants	Security
11 AM	Judge Alex	World Vision	G. Shrinks	Tiger	Noodle	Young & Restless	Criminal Minds (N)	Derm	World Vision	Noon News Hour (N)	Flamingo	Sports		Marilyn Denis	How/Made	Phineas	General Hospital (N)	Tenants	Airport
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose	Fix Hair	News	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	XXII Winter Olympics	Kid vs. Kat Sidekick	English Premier League Soccer	CTV News (N)	Myth-Busters	Wingin' It	Katie	Tenants	Eat St. (N)
1 PM	Community	Budget	Rob Robot	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Budget	Budget	CBC News Special (N)	Rated A		Budget 2014 (N)	Bering Sea Gold: Under	Wizards	CityLine	Tenants	Bizarre Foods America
2 PM	Seinfeld	Days of our Lives (N)	Ella the EI	Thomas	Katie	Let's Make a Deal (N)	The First 48	Queen Latifah	Days of our Lives (N)	The Talk	George S	Kid vs. Kat Super Evil	Off Record	Dr. Phil	Highway Thru Hell	Shake It ANT Farm	CityNews at 5 (N)	Movie: *** "X-Men" (2000) Hugh Jackman. Premiere.	Sand M.
3 PM	The Middle	The Talk	Olga, Oily	Sid	XXII Winter Olympics	Dr. Phil	Storage	Rachael Ray	The Talk	Young & Restless	CBC News	Sidekick	SportsCentre (N)	The Social	How/Made	Jessie	CityNews at 6 (N)	Disaster	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News	Global Nat.	CBC News	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Tenants	Security
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	XXII Winter Olympics: Hockey. From Sochi, Russia. (N Same-day Tape)	Parents		CTV News at Five (N)	Gold Rush: Pay Dirt (N)	Liv-Mad.	Dads (DVS)	Tattoo	Treasures Decoded (N)
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS NewsHour (N)	Millionaire	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	Japanzi	Sam & Cat		CTV News (N)	Gold Rush - The Dirt (N)	Jessie	Brooklyn	Tattoo	Monumental Mysteries
7 PM	Mod Fam	Ent	Frontiers of	Billy the Kid: American	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Vikings (DVS)	Boys			etalk (N)	Yukon Men (N)	Shake It	Killer Women (N)	Movie: *** "RoboCop" (1987) Peter Weller.	Mysteries-Museum
8 PM	Family Guy	NCIS: Los Angeles	From Defeat to Victory	Butch Cassidy	XXII Winter Olympics: Snowboarding, Figure Skating, Freestyle Skiing, Ski Jumping	NCIS: Los Angeles (DVS)	Storage	Goldbergs	NCIS: Los Angeles	NCIS: Los Angeles	Mr. Young	Mr. Young	SportsCentre (N)	Goldbergs	Dangerous Flights	Good Luck	CityNews-Tonight (N)		Museum Secrets
9 PM	Amer. Dad	NCIS (DVS)	Emergency	Frontline (N)	ing, Figure Skating, Freestyle Skiing, Ski Jumping	NCIS: Los Angeles	Storage	Goldbergs	NCIS (DVS)	NCIS (DVS)	Gags	Gags	XXII Winter Olympics: Alpine Skiing, Nordic Combined. (N) (Live)	Goldbergs	Gold Rush - The Dirt (N)	Wingin' It	Jimmy Kimmel Live (N)	Movie: ** "Doom" (2005) The Rock.	Monumental Mysteries
10 PM	** "Head of State" (2003) Chris Rock.	Vikings (DVS)	Pornographer	Extraordinary Women	Person of Interest	Storage	Storage	Killer Women (N)	Vikings (DVS)	News Hour Final (N)	Splatdown	Zoink'd!	From Sochi, Russia. Curling. (N) (Live)	Person of Interest	Yukon Men (N)	Good Luck	EP Daily	Reviews on	Mysteries-Museum
11 PM	"Hardball"	News Hour Final (N)	Frontiers of	Charlie Rose (N)	News	Letterman	Storage	KXLY 4	News Hour Final (N)	ET Canada	Mr. Young	Boys		News-Lisa	Dangerous Flights	Wizards	Paid Prog.	Ways Die	Museum Secrets

News Leader Sudoku 492

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

MORNING

6:00 am SPIKE ch.44 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)
 8:30 am SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman. Professor Xavier leads Wolverine and other superheroes against Magneto, a mutant who would rule humanity. (In Stereo)
 11:00 am SPIKE ch.44 "Doom"

(2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)

EVENING

11:30 pm WTBS ch.3 "The Women" (2008, Comedy-Drama) Meg Ryan. A grave betrayal causes cracks in the friendship between two women, while the rest of those in their circle begin to question their own relationships.

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WEDNESDAY, FEBRUARY 12, 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)	XXII Winter Olympics	Kid vs. Kat Rescue	XXII Winter Olympics	CTV Morning Live (N)	Dangerous Flights	Stella-Sam Phineas	CityLine (N)	Movie: *** "RoboCop" (1987) Peter Weller. (N)	Eat St. (N)
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Show: Olympics; Kit	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			XXII Winter Olympics: Speed Skating, Snowboarding, Figure Skating. (N) (Live)	Super Evil			Mighty Ships (N)	Shake It ANT Farm	Let's Make a Deal (N)		Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious	Harrington. (N)		CSI: Miami (N)		Morning Huntley			Pokémon	XXII Winter Olympics: Figure Skating. (N) (Live)	Don't Drive Here	Jessie (N)	The Price Is Right (N)		Movie: *** "X-Men" (2000, Action) Hugh Jackman. (N)	Money
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club (N)	CSI: Miami (N)	Livell Kelly and Michael	Morning Huntley	The Doctors (N)		Monster		Live! Kelly and Michael	Salvage Hunters (N)	Little Manny	Jdg Judy		Museum Secrets (N)
10 AM	Divorce	The Doctors (N)	Ella the EI	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds "Lo-Fi"	The View (N)	The Doctors (N)	Operation Smile (N)		Invasion		The View (N)	Auction	Never Land Sofia	The Chew (N)		Monumental Mysteries
11 AM	Judge Alex	Operation Smile (N)	G. Shrinks	Tiger	Chica	Young & Restless	Criminal Minds (N)	Paid Prog.	Operation Smile (N)	Noon News Hour (N)		Flamingo	Sports	Marilyn Denis	Gold Rush: Pay Dirt	Phineas ANT Farm	General Hospital (N)	Movie: ** "Doom" (2005) The Rock. (N)	Mysteries-Museum
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose (N)	Paid Prog. News	The First 48 (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	XXII Winter Olympics: Luge, Nordic Combined.		Kid vs. Kat	English Premier League Soccer	CTV News (N)	Gold Rush - The Dirt (N)	Wingin' It Wizards	Katie (N)		Eat St. (N)
1 PM	Community	Days of our Lives (N)	Rob Robot	Oil Painting	Days of our Lives (N)	The Talk (N)	The First 48 (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)		Rated A	Soccer	The Social (N)	Yukon Men (N)	Wizards	CityLine (N)	Bar Rescue	Bizarre Foods America
2 PM	Seinfeld (N)	The Talk (N)	Ella the EI	Thomas	Katie (N)	Let's Make a Deal (N)	The First 48 (N)	Queen Latifah	The Talk (N)	Queen Latifah	George S	Kid vs. Kat	Off Record	Dr. Phil (N)	Dangerous Flights	Shake It ANT Farm	CityNews at 5 (N)	Bar Rescue	Waterparks
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	XXII Winter Olympics: Nordic Combined. (N)	Dr. Phil (N)	Duck D.	Rachael Ray (N)	Queen Latifah	Young & Restless	CBC News	Sidekick	SportsCentre (N)	Bethenny (N)	How/Made	Jessie (N)	CityNews at 6 (N)	Cops (N)	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Combined. (N)	The Dr. Oz Show (N)	Duck D.	The Doctors (N)	Young & Restless	Early News	CBC News	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Cops (N)	Money
5 PM	College Basketball: Kentucky at Auburn. (N)	News (N)	Jack	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	XXII Winter Olympics: Hockey. (N) Same-day Tape) (N)	Parents	XXII Winter Olympics: Hockey. (N) Same-day Tape) (N)	CTV News at Five (N)	Dude, You're Screwed	Shake It	Mike	Cops (N)	Canadian Pickers (N)
6 PM		Global Nat. News	Frontiers of	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada		Hathaways		CTV News (N)	Salvage Hunters (N)	Dog	Mod Fam	Cops (N)	Extreme RVs (N)
7 PM	Mod Fam	Ent	Waterfront Cities	Nature (N) (DVS)	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Vikings "Dispossessed"		Boys		otalk (N)	Close	Dog	Nashville (N) (DVS)	Cops (N)	Extreme Pools (N)
8 PM	Family Guy	Bomb Girls (DVS)	Wild China	NOVA (N) (DVS)	XXII Winter Olympics: Alpine Skiing, Figure Skating, Snowboarding, Speed Skating. (N)	Undercover Boss (N)	(8:01) Wahlburgers (N)	The Middle Suburg.	Bomb Girls (N) (DVS)	Bomb Girls (N) (DVS)		Mr. Young	Sports	Arrow (N)	How/Made	Good Luck	CityNews-Tonight (N)	Cops (N)	Extreme Pig Outs (N)
9 PM	Amer. Dad	Yukon Gold (DVS)	Waldubhne 2010 With Renee Fleming	Super Skyscrapers (N)	Stonehenge	Criminal Minds (N)	Duck D.	Mod Fam	Yukon Gold (N) (DVS)	Yukon Gold (N) (DVS)	XXII Winter Olympics: Curling, Skeleton, Freestyle Skiing. (N) (Live)	Gags	Motoring	Criminal Minds (N)	Dude, You're Screwed	Wingin' It	Jimmy Kimmel Live (N)	Jail (N)	Extreme RVs (N)
10 PM	Payne	Vikings "Dispossessed"				CSI: Crime Scene	Duck D.	Nashville (N) (DVS)	Vikings "Dispossessed"	News Hour Final (N)		Splatat	SportsCentre (N)	CSI: Crime Scene	Salvage Hunters (N)	Good Luck	EP Daily	Jail (N)	Extreme Pools (N)
11 PM	Payne	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N)	News	Letterman	Duck D.	KXLY 4	News Hour Final (N)	ET Canada		Mr. Young	Sports	News-Lisa	Close	Wizards	Paid Prog.	Jail (N)	Extreme Pig Outs (N)

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Princeton Minor Posse Tykes hosted a Funday Tournament February 8th at Princeton Arena. The team took on Merritt that morning and South Okanagan in the afternoon. The Arena parking lot was full all day as a result as players and families came and went throughout the tournament game schedule. *



A lone Argo Road Maintenance employee was given the task of directing eastbound and northbound traffic around Keremeos the evening of February 1st. His post was temporarily located at the corner of the Bypass Road and Highway 3. The highway was closed just after 8:00 PM while firefighters attended to a suspicious fire at the Riverbed Bistro. Traffic resumed by 9:40 PM when fire trucks and emergency vehicles had finished their efforts. An unrelated fire at 8:00 AM February 11th completely destroyed a home in Cawston. RCMP say it started in the carport Photo: Arlene Arlow

Interior Health named one of BC's top employers for second year in a row

Once again, Interior Health has been named one of BC's Top Employers, a designation recognizing B.C. employers that lead their industries in providing exceptional workplaces.

"As I tour facilities throughout the region I am impressed by the professional and collaborative attitudes of employees I meet," said Minister of Health Terry Lake.

"It is clear that the health authority's efforts to build an engaged workforce, along with the satisfaction gained from helping people, make Interior Health a great place to work."

The competition considers various criteria, such as recruitment and retention, high employment standards, physical workplace, work and social atmosphere, benefits, time off, employee communications, performance management, training and skills development, and community involvement.

"Never did I realize, when I was hired 10 years ago, that I would look back with such pride and emotion. Interior Health has fostered personal and professional growth, has opened doors to education and collegial mentorship and most importantly, has ensured that I know my work matters. I am so thankful that I 'actually get paid to

do this!'" said Jessi Minnabarriet, a public health nurse in Ashcroft.

Interior Health employs more than 18,000 people across a region that spans about 215,000 km. The geography offers a wide range of lifestyle and recreational options. From an active urban way of life to a quiet rural setting, there is something for everyone.

"I have worked for Interior Health for 22 years. Interior Health is innovative and progressive – for me that has meant having the opportunity to constantly learn new things and move into different roles within my profession," said Cathy Hanson, a pharmacy technician at Kelowna General Hospital.

"It feels good to know that my role contributes to good patient care."

In addition to providing a culture of achievement, collaboration and teamwork, Interior Health offers benefits that are among the highest in Canada to help employees balance work and personal life.

"Staying focused and engaged is a choice we all must make, because the outcome is better patient care," said Interior Health Board Chair Norman Embree.

"We appreciate the efforts being made and are proud of what employees across Interior Health achieve each day."

- submitted

SO COUNTRY INTERNET RADIO

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Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Paul Goodman Changed My Life" (2011, Documentary) The life and work of the philosopher.
 9:30 pm WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot.
 11:30 pm WTBS ch.3 "Lucky Number Slevin" (2006, Crime

Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss.

Look carefully at this picture (hint: notice the "Firehall" sign on the right). The Riverbed Bistro building in Keremeos suffered a suspicious fire in the upstairs living quarters shortly after 8:00 PM Saturday February 1st. Fire crews only had to roll the fire trucks out the front door of the fire hall: the bistro is located directly across the street. This picture was taken at 9:00 PM. The fire had been put out and cleanup efforts were underway. In another ironic twist a previous owner, Inderjit Chima, was arrested in May of 2011 after he dispensed gasoline around the exterior of the building in an attempt to set the bistro on fire. He was later found guilty of several charges in the incident including assault, arson and uttering threats. Photo: Arlene Arlow

THURSDAY, FEBRUARY 13, 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 Monkey	Cifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Lo-FT"	Morning Northwest	Morning News (N) ☑	(5:00) Morning News (N)	XXII Winter Olympics	Kid vs. Kat Rescue	XXII Winter Olympics	CTV Morning Live (N) ☑	Dangerous Flights	Stella-Sam Phineas	CityLine (N) ☑	Bar Rescue ☑	Eat St. ☑ Eat St. ☑
7 AM	Law & Order: SVU		Ella the EI Wild Kratts	Arthur Wild Kratts	Today Noelle Pikus-Pace; Joel Kinnaman. (N) ☑	CBS This Morning (N) ☑	Criminal Minds ☑	Good Morning America (N) ☑			XXII Winter Olympics: Speed Skating, Biathlon, Hockey. (N) ☑ (Live) ☑	Super Evil Sidekick	XXII Winter Olympics: Figure Skating. From Sochi, Russia. Figure skating: men's short program. (N) ☑ (Live) ☑		Mighty Ships ☑	Shake It ANT Farm	Let's Make a Deal (N)	Bar Rescue ☑	Disaster Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the			CSI: Miami ☑			Morning Huntley		Pokémon Beyblade		Fantom-Works ☑	Jessie ☑ Wizards	The Price Is Right (N)	Bar Rescue ☑	Canadian Pickers ☑	
9 AM	Millionaire Millionaire	Morning Huntley	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club ☑	CSI: Miami ☑	Live! Kelly and Michael	Morning Huntley	The Doctors ☑		Monster Squirrel		Level Kelly and Michael	Salvage Hunters ☑	Little Manny	Jdg Judy Jdg Judy	Cops ☑ Cops ☑	Extreme RVs ☑
10 AM	Divorce Divorce	The Doctors ☑	Ella the EI Jelly Jamm	Sesame Street ☑ (EI)		The Price Is Right (N)	Criminal Minds ☑	The View ☑	The Doctors ☑	World Vision ☑		Invasion Almost		The View ☑	Auction Auction	Never Land Sofia	The Chew (N) ☑	Cops ☑ Cops ☑	Extreme Pools ☑
11 AM	Judge Alex Judge Alex	World Vision ☑	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds ☑	Paid Prog.	World Vision ☑	Noon News Hour (N)		Flamingo Squirrel	SportsCentre ☑	Marilyn Denis	How/Made How/Made	Phineas ANT Farm	General Hospital (N) ☑	Disorderly Conduct	Extreme Pig Outs ☑
12 PM	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rosa ☑	Paid Prog.	News Bold	The First 48 ☑	The Chew (N) ☑	Noon News Hour (N)	Days of our Lives (N)	XXII Winter Olympics	Kid vs. Kat Sidekick	24 CH ☑	Dude, You're Screwed	Wingin' It Wizards	Katie ☑	Disorderly Conduct	Eat St. ☑ Eat St. ☑	
1 PM	Community Community	Days of our Lives (N)	Rob Robot Dragon	Painting Knit	Days of our Lives (N)	The Talk ☑	The First 48 ☑	General Hospital (N) ☑	Days of our Lives (N)	The Talk ☑		Rated A Monster	SportsNation (N) ☑	The Social ☑	Salvage Hunters ☑	Wizards Good Luck	CityLine ☑	Disorderly Conduct	Bizarre Foods America
2 PM	Seinfeld ☑ The Middle	The Talk ☑	Ella the EI Wibbly Pig	Thomas Super Why!	Katie ☑	Let's Make a Deal (N)	The First 48 ☑	Queen Latifah	The Talk ☑	Queen Latifah	George S Coronation	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil ☑	Close Close	Shake It ANT Farm	CityNews at 5 (N) ☑	Cops ☑ Cops ☑	Waterparks Waterparks
3 PM	The Middle Mod Fam	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	XXII Winter Olympics: Biathlon, Luge. ☑	Dr. Phil ☑	The First 48 ☑	Rachael Rey ☑	Queen Latifah	Young & Restless	CBC News CBC News	Sidekick Squirrel	SportsCentre (N) ☑	Bethenny ☑	How/Made How/Made	Jessie ☑ Austin	CityNews at 6 (N) ☑	Cops ☑ Jail ☑	Disaster Disaster
4 PM	Big Bang Big Bang	Young & Restless	Maya Bee Arthur ☑	Wild Kratts WordGirl		The Dr. Oz Show ☑	Duck D. Duck D.	The Doctors ☑	Young & Restless	Early News Global Nat.	CBC News CBC News	SpongeBob Rabbids	TBA XXII Winter Olympics: Hockey. (N Same-day Tape) ☑	Ellen DeGeneres Show	Daily Planet (N)	ANT Farm ANT Farm	Mod Fam Mod Fam	Cops ☑ Cops ☑	Museum Secrets ☑
5 PM	Browns Payne	News (N) ☑	Jack Wild Kratts	News Business	News NBC News	News CBS News	Duck Dynasty ☑	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	XXII Winter Olympics From Sochi, Russia. (N Same-day Tape) ☑	Parents SpongeBob		CTV News at Five (N)	Last Frontier	Jessie ☑ Jessie ☑	Mike Broke Girl	Cops ☑ Cops ☑	Bizarre Foods America
6 PM	Browns Payne	Global Nat. News	Waterfront Cities	PBS News-Hour (N) ☑	College Basketball: Pepperdine at Gonzaga. (N)	KREM 2 News at 6 (N)	Wahlburgers ☑	News at 6 News	(5:59) News Hour (N)	ET Canada Ent		Thunder Sam & Cat		CTV News (N) ☑	Moonshiners: Outlaw	Austin Austin	Crazy Mother Up!	IMPACT Wrestling (N) ☑	Brew Dogs "Portland"
7 PM	Mod Fam Seinfeld	Ent ET Canada	Park Our Part	Pictured		Inside Ed. Access H.	Wahlburg Wahlburg	Ent The Insider	Ent ET Canada	Vikings "Trial"		Boys Japanzi Mr. Young	SportsCentre (N) ☑	etalk (N) Big Bang	Moonshiners (N) ☑	Shake It Good Luck	Suburg. The Middle		Sturgis Raw (N) ☑
8 PM	Family Guy Family Guy	Howie Do The Millers	Joanna Lumley Greek	Father Brown ☑	XXII Winter Olympics: Figure Skating, Freestyle Skiing, Speed Skating, Skeleton. ☑	Big Bang The Millers	Bad Ink Bad Ink	The Taste "Good With Beer" (N) ☑	Howie Do The Millers	Howie Do The Millers		Boys Boys	Sports Two Men	Saving Hope (N) ☑	Last Frontier	Wingin' It Debral ☑	Jimmy Kimmel Live (N)	Jail ☑ Jail ☑	Bizarre Foods America
9 PM	Amer. Dad Movie: ★ "Elvis Streak" (1999) Luke Wilson	Rake "Carnibal" (N) ☑	"Paul Goodman Changed My Life"	Foyle's War ☑		Crazy Two Men	(9:01) Duck Dynasty	(10:01) Elementary	Rake "Carnibal" (N) ☑	Rake "Carnibal" (N) ☑	XXII Winter Olympics	Gags Gags	World Poker Tour	Law & Order: SVU	Moonshiners: Outlaw	Good Luck Jessie ☑	EP Daily	Jail ☑ Jail ☑	Brew Dogs "Portland"
10 PM		Vikings "Trial"	African Americans			News Letterman	Wahlburg Wahlburg	Scandal "YOLO" ☑	Vikings "Trial"	News Hour Final (N)		Splatalot Zolnk'd ☑	SportsCentre (N) ☑	News-Lisa	Moonshiners: Outlaw	Wizards Princess	Paid Prog.	Jail ☑ Jail ☑	Sturgis Raw ☑
11 PM		CHBC News Final (N)	Park Our Part	Charlie Rose (N) ☑		News Letterman	Wahlburg Wahlburg	KXLY 4	News Hour Final (N)	ET Canada The Test		Boys	SportsCentre ☑	News-Lisa CTV News	Moonshiners ☑	Wizards Princess	Paid Prog.	Jail ☑ Jail ☑	Sturgis Raw ☑

Friday Movies

EVENING

6:00 pm YTV ch.18 "Flick vs. Flick" Viewers' choice. (In Stereo) (CC)

8:00 pm FAM ch.26 "Beverly Hills Chihuahua 2" (2011, Comedy) Voices of Odette Yustman. Papi and Chloe's lives turn upside down when they have a litter of puppies. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Lucky Number Slewin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss.

10:00 pm FAM ch.26 "Geek Charming" (2011, Comedy) Sarah

Hyland. A teen films a documentary about the most popular student at his high school. (In Stereo) (CC)
11:30 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.

News Leader Recipe 599

Crispy Panko Turkey Cutlets with Asian Slaw

Ingredients - Turkey Cutlets:

- 4 turkey breast cutlets OR 1 boneless, skinless turkey breast (approx. 500g/1 lb), cut into 4 cutlets
- 1/2 cup (125 mL) flour
- 1 large egg
- 2 Tbsp (25 mL) milk
- salt and pepper
- 2 cups (500 mL) Panko bread crumbs
- 1/2 cup (125 mL) vegetable oil

Ingredients - Asian Slaw:

- 2 cups (500 mL) shredded Napa cabbage
- 2 cups (500 mL) shredded Red cabbage
- 1 red bell pepper, thinly sliced
- 1 small red onion, thinly sliced
- 2 carrots, julienned
- 6 scallions, chopped
- 1/2 cup (125 mL) fresh cilantro
- 1/2 cup (125 mL) crushed peanuts

Ingredients - Dressing:

- 1/4 cup (60 mL) rice wine vinegar
- 2 Tbsp (25 mL) canola or vegetable oil
- 2 Tbsp (25 mL) soy sauce
- 1 Tbsp (15 mL) brown sugar
- 1 Tbsp (15 mL) grated fresh ginger
- 2 tsp (10 mL) sesame oil

Cutlets: Place flour in a shallow dish or plate. Mix together egg, milk, salt and pepper in another shallow dish or plate. Place Panko bread crumbs in a third shallow dish or plate. Dredge each cutlet in flour and shake off excess. Proceed to the next plate and cover with beaten egg mixture. Proceed to the last plate with Panko crumbs and coat turkey, pressing lightly. When all four cutlets are prepared, heat pan to medium high and sauté two cutlets at a time in vegetable oil for 3-5 minutes each side. Place in a 200F (93C) oven to keep warm and to ensure that they are fully cooked (cook until met reaches an internal temperature of 170F (77C)). Asian Slaw: Assemble this slaw and toss with dressing. Refrigerate until cutlets are cooked, then serve on top. Nutritional Information (per serving): Calories 770; Protein 21 g; Fat 50g; Carbohydrates 59 g.

Recipe and photo courtesy of Turkey Farmers of Canada

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FRIDAY, FEBRUARY 14, 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) 30	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	The First 48 "Gone"	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	XXII Winter Olympics	Kid vs. Kat Rescue	XXII Winter Olympics	CTV Morning Live (N) 30	Dangerous Flights	Stella-Sam (N) 30	CityLine (N) 30	Bar Rescue	Eat St. 30
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Bode Miller and Ted Ligety. (N) 30	CBS This Morning (N) 30	The First 48 30	Good Morning America (N) 30			XXII Winter Olympics: Skeleton, Hockey. From Sochi, Russia.	Yu-Gi-Oh! Sidekick	XXII Winter Olympics: Figure Skating. From Sochi, Russia. Figure skating: men's free skate. (N) (Live) 30		Mighty Ships 30	Shake It	Let's Make a Deal (N)	Bar Rescue	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			The First 48 30			Morning Huntley	Hockey. From Sochi, Russia. Skeleton; hockey: men's. (N) (Live) 30	Pokémon Beyblade		Flying Wild Alaska 30	Jessie 30	The Price Is Right (N)	Deadliest Warrior	The Dead Files (N) 30	
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club (N) 30	The First 48 30	Livel Kelly and Michael	Morning Huntley	The Doctors (N) 30	Monster Squirrel			Lival Kelly and Michael	Salvage Hunters 30	Little Manny	Jdg Judy	Deadliest Warrior	Bizarre Foods America
10 AM	Divorce	The Doctors (N) 30	Ella the EI	Sesame Street (E)		The Price Is Right (N)	The First 48 30	The View (N) (N) 30	The Doctors (N) 30	Operation Smile 30		Invasion		The View (N) (N) 30	Auction	Never Land	The Chew (N) (N) 30	Deadliest Warrior	Brew Dogs "Portland"
11 AM	Judge Alex	Operation Smile 30	G. Shrinks	Tiger	Jdg Judy	Young & Restless	The First 48 30	Paid Prog.	Operation Smile 30	Noon News Hour (N)		Flamingo		Marilyn Denis	How/Made	Phineas	General Hospital (N) (N) 30	Deadliest Warrior	Extreme Wild Parties
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose (N) 30	Jeopardy!	News	The First 48 30	The Chew (N) (N) 30	Noon News Hour (N)	Days of our Lives (N)	XXII Winter Olympics	Kid vs. Kat Sidekick		CTV News (N) (N) 30	Last Frontier	Wingin' It	Katie (N) 30	Deadliest Warrior	Eat St. 30
1 PM	Community	Days of our Lives (N)	Rob Robot	Color	Days of our Lives (N)	The Talk (N) 30	The First 48 30	General Hospital (N) (N) 30	Days of our Lives (N)	The Talk (N) 30	George S	Rated A	SportsNation (N) 30	The Social (N) 30	Moonshiners: Outlaw	Wizards	CityLine 30	Deadliest Warrior	Bizarre Foods America
2 PM	Seinfeld (N) 30	The Talk (N) 30	Ella the EI	Thomas	Katie (N) 30	Let's Make a Deal (N)	The First 48 30	Queen Latifah	The Talk (N) 30	Queen Latifah	Coronation	Kid vs. Kat Super Evil	Off Record	Dr. Phil (N) 30	Moonshiners (N) 30	Shake It	CityNews at 5 (N) 30	Cops 30	Waterparks
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	XXII Winter Olympics: Biathlon, Freestyle Skiing.	Dr. Phil (N) 30	The First 48 30	Rachael Ray (N) 30	Queen Latifah	Young & Restless	CBC News	Sidekick	SportsCentre (N) 30	Bethenny (N) 30	How/Made	Jessie 30	CityNews at 6 (N) 30	Cops 30	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	The Dr. Oz Show 30	The First 48 30	The Doctors (N) 30	Young & Restless	Early News	Global Nat.	CBC News	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops 30	Weird or What?
5 PM	Browns	News (N) 30	Jack	News	News	News	The First 48 30	News	Early News	(4:59) News Hour (N)	XXII Winter Olympics: From Sochi, Russia. (N) Same-day Tape) (N) 30	Valentine	Valentine	CTV News at Five (N)	Salvage Hunters (N)	ANT Farm	Last Man	Cops 30	Murder In Paradise (N) 30
6 PM	Browns	Global Nat.	Park	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	The First 48 30	News at 6	(5:59) News Hour (N)	ET Canada		Movie: "Flick vs. Flick" Viewers' choice. (N) 30		CTV News (N) (N) 30	Dangerous Flights (N)	ANT Farm	Enlisted (N) 30	Cops 30	The Dead Files (N) 30
7 PM	Mod Fam	Ent	Coast	Wash	Jeopardy!	Inside Ed.	The First 48 30	Ent	Ent	Vikings "Raid"				etalk (N)	Close	ANT Farm	Family	Bigfoot Bounty	The Dead Files (N) 30
8 PM	Family Guy	Bones 30 (DVS)	The Village (N) 30	Call the Midwife 30	XXII Winter Olympics: Figure Skating, Alpine Skiing, Freestyle Skiing, Skeleton. (N) 30	Hawaii Five-0 (N) 30	(8:01) The First 48 30	Charlie Brown Valentine	Bones 30 (DVS)	Bones 30 (DVS)		Valentine	Valentine	Mike	Mayday 30	Movie: "Beverly Hills Chihuahua 2" Liv-Mad.	CityNews-Tonight (N)	Cops 30	The Dead Files (N) 30
9 PM	Amer. Dad	Hawaii Five-0 (N) 30	Lewis "The Point of Vanishing" 30	Great Performances (N) (N) 30		Hawaii Five-0 (N) 30	(9:01) The First 48 30	Shark Tank 30 (DVS)	Hawaii Five-0 (N) 30	Hawaii Five-0 (N) 30	XXII Winter Olympics: Curling, Alpine Skiing, Hockey. (N) (Live) 30	Gags	World Poker Tour	The Following (N) (PA)	Dangerous Flights	ANT Farm	Jimmy Kimmel Live (N)	Cops 30	The Dead Files (N) 30
10 PM	"Lucky Number Slewin" (2006)	Vikings "Raid"	The Forest			Hawaii Five-0 (N) 30	(10:01) The First 48 30	(10:01) 20/20 (N) 30	Vikings "Raid"	News Hour Final (N)		Splatalot	SportsCentre (N) 30	Blue Bloods (N) 30	Salvage Hunters 30	Movie: "Geek Charming" (N) 30	EP Daily	Wildest Police Videos	The Dead Files (N) 30
11 PM	"Mexican"	CHBC News Final (N)	Architects of Change	Charlie Rose (N) 30	News	News	(11:01) The First 48 30	KXLY 4	News Hour Final (N)	ET Canada		Mr. Young	XXII Winter Olympics	News-Lisa	Close	Princess	Paid Prog.	Wildest Police Videos	The Dead Files (N) 30

News Leader Weekend - Saturday Movies

AFTERNOON

12:00 pm FAM ch.26 "Frenemies" (2012, Drama) Bella Thorne. Three sets of friends deal with the ups and downs of their ever-changing relationships. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "American Wedding" (2003, Comedy) Jason Biggs. A young couple prepares to marry, while an obnoxious friend plans to throw a bachelor party. YTV ch.18 "Radio Rebel" (2012, Drama) Debby Ryan. Two worlds collide when a shy teenager develops an alter ego that becomes popular on the radio. (In Stereo) (CC) CITY ch.29 "Live Once, Die Twice" (2006, Suspense) Kellie

Martin. A woman searches for her unfaithful husband after learning about his involvement in an embezzling scheme. (CC) (DVS) 8:00 pm KXLY ch.10 "Dreamgirls" (2006, Musical) Jamie Foxx. After an ambitious manager gives them a shot at stardom, three singers learn that fame can carry a high personal cost. (In Stereo) (CC) DTOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC) 9:00 pm WTBS ch.3 "A Beautiful Mind" (2001, Biography) Russell Crowe. Mathematics genius John Forbes Nash Jr. has paranoid schizophrenia but becomes a Nobel laureate late in life.

10:00 pm FAM ch.26 "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. Members of a teenage vocal group find adventure while participating in a music festival in Barcelona, Spain. (In Stereo) (CC) 10:35 pm CITV ch.12 "Superbad" (2007, Comedy) Jonah Hill. Separation anxiety poses a problem for two co-dependent high-school seniors who hope to score booze and babes at a party. 11:00 pm DTOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC) 11:30 pm WTBS ch.3 "D.O.A.: Dead or Alive" (2006, Action)

Devon Aoki. Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat. 11:34 pm CHBC ch.4 BCTV ch.11 "Superbad" (2007, Comedy) Jonah Hill. Separation anxiety

poses a problem for two co-dependent high-school seniors who hope to score booze and babes at a party.

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SATURDAY, FEBRUARY 15, 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	Focus T25	Ancestors	Wibbly Pig	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	XXII Winter Olympics	Sidekick Super Evil	XXII Winter Olympics	Jucebox (N) (CC)	Dangerous Flights	Slug Terra	Kitchen	Auction	Live Here	
6:30	Paid Prog.	Fishful	Monkey	Fly Tying				Paid Prog.	Fishful							Wingin' It	Panorama	Auction	Paid Prog.	
7 AM	The Office	Saturday Morning News Lynn	Ella the El	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Flip This House (N) (CC)	Good Morning America	Saturday Morning News Lynn		XXII Winter Olympics: Speed Skating, Skeleton, Ski Jumping.	Allen			Ice Cold Gold (N) (CC)	Gravity	Eye/Asla	Auction	Security	
7:30	All. Eats	Colliar, Welsa Wong, & Jay Janower. (N)	Jelly Jamm	Greener		Dr. Chris	Flip This House (N) (CC)	Hanna Colliar, Welsa Wong, & Jay Janower. (N)			Parents	SportsCentre (N) (CC)				Phineas	Payko Iran	Auction	Security	
8 AM	Paid Prog.	Colliar, Welsa Wong, & Jay Janower. (N)	Upside	Woodsmith		Reclpe	Flip This House (N) (CC)	Ocean			Chucks		Canada AM Weekend			Phineas	Polish Studio (N) (CC)	Auction	The Dead Files (N) (CC)	
8:30	The Office		PAW Patrol	Rough Cut		J. Oliver					Rabbids	Sports				Shake It		Repo		
9 AM	Paid Prog.		Magic Bus	Hometime		All In	Flip This House (N) (CC)	Explore		Fishn	SpongeBob	XXII Winter Olympics: Hockey (N) (Live)								
9:30	Browns		Maya Bee	Old House		Men		Rescue		Real Fish.	Monsters		Marilyn Denis	2014 Westminster Kennel Club Dog Show "Day 1"		Good Luck	Operation Smile (N) (CC)	Auction	Ghost Adventures (N) (CC)	
10 AM	Paid Prog.	Fishn	Wild Kratts	Old House	LazyTown	College Basketball: Pittsburgh at North Carolina.	Crazy Hearts: Nashville	Wildlife	Fishn	Powerboat	Sanjay						ANT Farm	Travels	Auction	Ghost Adventures (N) (CC)
10:30	College Basketball: Mississippi State at Auburn. (N) (Live)	Powerboat	Marco Polo	Jazzy	Paid Prog.		Shipping	Expedition	Real Fish.	Driving TV	Allen					Jessie (N) (CC)	Ed's Up (N) (CC)	Auction	Security	
11 AM	Mississippi State at Auburn. (N) (Live)	Driving TV	Finding	Chefs Life	Pain Free		Shipping	Shipping	Wagon Train	Driving TV	Turtles					Austin	Shopping Channel (N) (CC)	Cops (N) (CC)	Security	
11:30		News Hour	Animals	Cook's	Jdg Judy	PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live)	Storage	Celebrity Wife Swap (N) (Live)		House "Dead & Buried"	Mr. Young					Dog	Cops (N) (CC)	Cops (N) (CC)	Security	
12 PM	College Basketball: Alabama at South Carolina.	PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live)	Animals	Garden	Paid Prog.		Storage	ESPN Sports Saturday (N)		News Hour	Mr. Young					Movie: "Frenemies" (2012)	Shopping Channel (N) (CC)	Jail (N) (CC)	Security	
12:30		PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live)	Parks	Antiques Roadshow	Jeopardy!		Storage			PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live)	Mr. Young					Phineas	Paid Prog.	Cops (N) (CC)	Airport	
1 PM	College Basketball: Alabama at South Carolina.	Frontiers of	Austria's Influence	Paid Prog.			Storage			Our Vancouver (N) (Live)	Mr. Young					Gravity	Travels	Cops (N) (CC)	Extreme Wild Parties	
2 PM							Storage				Mr. Young					ANT Farm	Ed's Up (N) (CC)	Cops (N) (CC)		
3 PM	Community	House "Dead & Buried"	Waterfront Cities	Easy Yoga Pain	XXII Winter Olympics: Short Track.	Access Hollywood (N)	Storage		House "Dead & Buried"	Simpsons	Mr. Young					Good Luck	CityNews Weekends	Cops (N) (CC)	Disaster	
3:30	Community						Storage			Simpsons	Mr. Young					Liv-Mad.		Cops (N) (CC)	Disaster	
4 PM	Family Guy	Simpsons	Python Wars	John Sebastian Presents:	Folk Re-wind	Cross-Country Skiing, Skeleton.	Paid Prog.	Storage	McCarver	Simpsons	Mr. Young					Jessie (N) (CC)	Murdoch Mysteries (N) (CC)	Cops (N) (CC)	Security	
4:30	Family Guy						Changers	Storage	Beer Geek	Simpsons	Mr. Young					Dog		Cops (N) (CC)	Security	
5 PM	The Middle	Simpsons	Joanna Lumley Greek				News	Storage	News	Simpsons	Mr. Young					Shake It	Murdoch Mysteries (N) (CC)	Cops (N) (CC)	Security	
5:30	The Middle	News					CBS News	Storage	ABC News	Global Nat.	Mr. Young					Austin		Cops (N) (CC)	Security	
6 PM	Movie: "American Wedding" (2003)	Global Nat.	Hope for Wildlife	Oscar Hammerstein - Out	News	News	Storage	News	(5:59) News Hour (N)	16x9 (N) (CC)	Mr. Young					Good Luck	Movie: "Live Once, Die Twice" (2006) (DVS)	Cops (N) (CC)	Ghost Adventures (N) (CC)	
6:30		News			Millionaire	Paid Prog.	Storage	The Insider		Haven "Roots" (N) (CC)	Mr. Young					Wingin' It		Cops (N) (CC)		
7 PM		16x9 (N) (CC)	Bones of Turkana (N) (CC)	Steves	Criminal Minds (N) (CC)	Burn Notice (N) (CC)	Storage	Entertainment Tonight		Haven "Roots" (N) (CC)	Mr. Young					Wizards (N) (CC)		Cops (N) (CC)	Ghost Adventures (N) (CC)	
7:30							Storage				Mr. Young					ANT Farm		Cops (N) (CC)		
8 PM	The Closer "Flashpoint"	Haven "Roots" (N) (CC)	Heartbeat	Great Performances "Tony Bennett: Duets II" (N) (CC)	XXII Winter Olympics: Alpine Skiing, Short Track, Speed Skating, Ski Jumping. (N) (CC)	Person of Interest (N) (CC)	Storage	Movie: "Dreamgirls" (2006, Musical) Jamie Foxx. (N) (CC)		Continuum "Time's Up"	Mr. Young					Shake It	CityNews Weekends	Cops (N) (CC)	Movie: "RoboCop" (1987) (N) (CC)	
8:30							Storage				Mr. Young					Austin		Cops (N) (CC)		
9 PM	Movie: "A Beautiful Mind" (2001) Russell Crowe.	Continuum "Time's Up"	Midsomer Murders "Death and the Divas" (N) (CC)	Live From Artists Den		48 Hours Presents: The Whole Gritty City (N) (N) (CC)	Storage			True Crime Scene (N) (CC)	Mr. Young					Really Me	The Office	Auction		
9:30							Storage				Mr. Young					Wingin' It	The Office	Repo		
10 PM		True Crime Scene (N) (CC)					Storage			News Final (10:35) Movie: "Superbad"	Mr. Young					Movie: "The Cheetah Girls 2" (2006) (DVS)	The Office	Cops (N) (CC)	Airport	
10:30							Storage				Mr. Young					Princess	Paid Prog.	Jail (N) (CC)	Movie: "RoboCop" (N) (CC)	
11 PM		News Final	Waterfront Cities	Austin City Limits (N) (CC)			Storage	Castle "Sull" (N) (CC)		News Final "Super"	Mr. Young							Jail (N) (CC)		
11:30	"D.O.A."	"Super"			News	The Closer	Storage				Mr. Young							Jail (N) (CC)		

News Leader Weekend - Sunday Movies

MORNING

7:00 am D TOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)

7:30 am SPIKE ch.44 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)

8:00 am WTBS ch.3 "Snow Buddies" (2008, Comedy) Dominic Scott Kay. Adorable talking puppies band together to compete in a dog-sled race across Alaska.

10:00 am WTBS ch.3 "Nick and Norah's Infinite Playlist" (2008, Comedy) Michael Cera. A chance encounter leads to two music lovers setting out together on a quest to find a legendary band's secret show.

AFTERNOON

12:00 pm WTBS ch.3 "I Love You, Man" (2009, Comedy) Paul Rudd. As a bridegroom's bond with his new best friend grows, it threatens his relationship with his fiancée.

VTV ch.22 "It's Complicated" (2009, Romance-Comedy) Meryl Streep. A restaurateur falls into an affair with her remarried ex-husband, while an architect that she hired to refurbish her kitchen falls in love with her. (In Stereo) (CC)

FAM ch.26 "Beverly Hills Chihuahua 3" (2012, Comedy) Voices of George Lopez. After moving into a luxurious hotel, canine

Papi tries to help one of his puppies feel more special. (In Stereo) (CC)

1:45 pm YTV ch.18 "Mr. Troop Mom" (2009, Comedy) George Lopez. A lawyer takes his daughter's scout troop on their annual jamboree. (In Stereo) (CC)

3:45 pm YTV ch.18 "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 "S.W.A.T." (2003, Action) Samuel L. Jackson. A Los Angeles Special Weapons and Tactics team must protect a criminal after he offers \$100 million to his prospective rescuers.

YTV ch.18 "Nanny McPhee Returns" (2010, Comedy) Emma Thompson. Magical Nanny McPhee helps a harried mother who is trying to care for five children and tend the family farm while her husband is away at war. (In Stereo) (CC)

7:30 pm SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

8:00 pm KXLY ch.10 "Up" (2009, Comedy) Voices of Ed Asner. Premiere. Animated. A 78-year-old balloon salesman ties thousands of balloons to his house and flies to South America, but discovers too late a young stowaway aboard. (In Stereo)

9:15 pm KSPS ch.6 "Murder on the

Home Front" (2013, Crime Drama) Patrick Kennedy. Premiere. With help from his secretary, a pathologist employs new forensic techniques to help catch a serial killer in 1940s London.

10:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students

form a music group and prepare to compete against a popular rock band. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Race to Witch Mountain" (2009, Adventure) Dwayne Johnson. A Las Vegas taxi driver unexpectedly becomes the guardian of two runaways who possess paranormal

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



Similkameen Valley delegates were at a Watershed Forum at the Quw'utsum Cultural and Conference Centre in Duncan, BC recently. From left, Manfred Bauer (Mayor Village of Keremeos), Brad Hope (RDOS Area H Director), Kim Maynard (Councillor Town of Princeton), Angelique Wood (RDOS Area G Director), Tracy Lawlor (LSIB Environmental Coordinator) and Keith Crow (LSIB Chief). - photo submitted

SUNDAY, FEBRUARY 16, 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	Paid Prog.	In a Name	Sunday Morning News (N)	XXII Winter Olympics	Slidekick	XXII Winter Olympics	Canada AM Weekend	Pyros	Slugg Terra	R Schuller	Engine	Fishful	
6:30	Coolcast	World	Monkey	WordWorld		Paid Prog.		Paid Prog.	World			Super Evil			Wingin' It	ChurchRock	Muscle	Paid Prog.		
7 AM	P. Affairs	Sunday Morning News (N)	Ella the El	Barney	KHQ News	CBS News Sunday Morning (N)	The First 48	Good Morning America	Sunday Morning News (N)		XXII Winter Olympics: Speed Skating, Biathlon, Hockey. (N)	Squirrel	XXII Winter Olympics: Figure Skating. (N)	App	Bering Sea Gold: Under	Gravity	Eye/Asia	Truck Tech	Movie: "RoboCop" (1987)	
7:30	All. Eats		Jelly Jamm	Clifford	Invest			This Week			Pet Shop	Pet Shop	Question Period (N)	The Social	Phineas	Dharti		Movie: "RoboCop" (1987) Peter Weller.		
8 AM	Movie: "Snow Buddies" (2008, Comedy)		Upside	Curious	Meet the Press (N)	The Nation	The First 48			Block	Pet Shop	Slidekick	Operation Smile	Bering Sea Gold: Under	Shake It	Festival Italiano di Johnny Lombardi (In Italian)		Extreme Pig Outs		
8:30			PAW Patrol	Cat in the Hat				Made in Hollywood (N)		Context	SpongeBob	SpongeBob	2014 Westminster Kennel Club Dog Show "Day 2"	Good Luck Liv-Mad.	ANT Farm		Bar Rescue	Bggg Bttls		
9 AM			Dino Dan	DragonFly	Tree Fu	Motorcycle Racing	The First 48				Parents		Worst Handyman	ANT Farm		Shopping Channel	Bar Rescue	Extreme Pools		
9:30			Arthur	The Impact	Paid Prog.						Monsters	Sam & Cat	Kevin Newman Live	ANT Farm		ANT Farm				
10 AM	Movie: "Nick and Norah's Infinite Playlist" (2009)	Block	Wild Kratts	Inside Olympia	Hate Hair?	College Basketball: Wisconsin at Michigan. (N)	The First 48	Paid Prog.	Block	J. Osteen			SportsCentre 30 for 30	Movie: "It's Complicated" (2009) Meryl Streep.	Bering Sea Gold: Under	Movie: "Beverly Hills Chihuahua 3"	Travels	Bar Rescue	Extreme Pig Outs	
10:30		Context	Little		Paid Prog.			Paid Prog.	Context	Canadian				"It's Complicated"	Yukon Men	Phineas	Murdoch Mysteries	Bar Rescue	Security	
11 AM		J. Osteen	Little	Moyers	Paid Prog.		The First 48	Paid Prog.	J. Osteen	16x9			Hathaways	Movie: "Mr. Troop Mom" (2009)	Myth-Busters	Phineas	Mod Fam	Bar Rescue	Bggg Bttls	
11:30		Canadian	Marco Polo	Europe Jml	Paid Prog.			Awards	Canadian		Our Vancouver			Movie	ANT Farm	Mod Fam	Mod Fam	Bar Rescue	Bggg Bttls	
12 PM	Movie: "I Love You, Man" (2009)	News Hour	Doga	Water Blues Green	Wheel	PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)	Bad Ink	Brady	News Hour	PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)	XXII Winter Olympics	Thunder	TBA	Movie: "It's Complicated" (2009) Meryl Streep.	Bering Sea Gold: Under	Yukon Men	Phineas	Murdoch Mysteries	Bar Rescue	Security
12:30		PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)	Dogs	Well Read	Paid Prog.		Bad Ink	Brady	PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)		Assembly	Japanizi	'51 Dona (N)	Movie: "Mr. Troop Mom" (2009)	Myth-Busters	Phineas	Mod Fam	Bar Rescue	Bggg Bttls	
1 PM		Can. Rivers	Can. Rivers	Great Performances	CSI: Miami		Wahburgers	The Taste "Good With Beer"			Japanizi (1:45)	Movie: "Mr. Troop Mom" (2009)	E:60 (N)	Movie	ANT Farm	Mod Fam	Mod Fam	Bar Rescue	Bggg Bttls	
2 PM	King	King	Park				Wahburgers				Our Vancouver				ANT Farm	Mod Fam	Mod Fam	Bar Rescue	Bggg Bttls	
2:30	King	King	Our Part				Wahburgers				CBC News				ANT Farm	Mod Fam	Mod Fam	Bar Rescue	Bggg Bttls	
3 PM	Big Bang	Big Bang	Hope for Wildlife	Peter, Paul & Mary - 25th Anniversary Concert	XXII Winter Olympics: Cross-Country Skiing, Snowboarding. (N)		Wahburgers				CBC News		SportsCentre (N)	First Story	Cash Cab	Good Luck Liv-Mad.	CityNews	Bar Rescue	Disaster	
3:30	Big Bang	Blowdown	Baroque			Butt Lift!	Wahburgers	Blowdown	Simpsons	Simpsons	CBC News		Steele	Cash Cab	Good Luck Liv-Mad.	CityNews	CityNews	Bar Rescue	Disaster	
4 PM	Big Bang	Simpsons				Backroads	Duck D.	Hometime	Simpsons	Global Nat.	George S		NBA Tip-Off (N)	Manufact. How/Made	Jessie	Funniest Home Videos	Bar Rescue	Disaster		
4:30	Big Bang	Simpsons				Inside Edit.	Duck D.	Estate	Simpsons	Global Nat.	George S		2014 NBA All-Star Game (N) (Live)	MasterChef Canada	Yukon Men "Aftermath"	Good Luck Liv-Mad.	Murdoch Mysteries	Bar Rescue	Disaster	
5 PM	Mod Fam	Simpsons	WarTime Farm	Lark Rise to Candleford		News	Duck Dynasty	News	Simpsons	(4:59) News Hour (N)	XXII Winter Olympics From Sochi, Russia. (N Same-day Tapo)		2014 NBA All-Star Game (N) (Live)	CTV News (N)	Yukon Men "Aftermath"	Good Luck Liv-Mad.	Murdoch Mysteries	Bar Rescue	Ext. Hawaiian Escapes	
5:30	Mod Fam	News				CBS News		ABC News	Global Nat.					Once Upon a Time	Last Frontier	Wizards	Murdoch Mysteries	Bar Rescue	Ext. Hawaiian Escapes	
6 PM	Movie: "S.W.A.T." (2003, Action) Samuel L. Jackson.	Global Nat.	Park	Doc Martin	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	Security		Movie: "Nanny McPhee Returns" (2010)		Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
6:30		News	Our Part		Mark Few		Duck D.	Red Carpet		Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
7 PM		Security	Build a Heart	Masterpiece Classic	XXII Winter Olympics: Figure Skating, Alpine Skiing, Snowboarding, Speed Skating, Bobbed. (N)	60 Minutes (N)	Duck D.	Funniest Home Videos	Security	The Good Wife				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
7:30		Simpsons	Foyte's War "Broken Souls"	Masterpiece Classic (N)		Elementary	Bad Ink	Movie: "Up" (2009) Premiere.	Simpsons	Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
8 PM		Simpsons				The Good Wife	Bad Ink		Simpsons	Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
8:30	Seinfeld	Burgers				The Good Wife	Bad Ink		Simpsons	Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
9 PM	The Closer	Family Guy				The Good Wife	Bad Ink		Simpsons	Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
9:30		Amer. Dad				The Good Wife	Bad Ink		Simpsons	Simpsons				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
10 PM	Seinfeld	The Good Wife	Slitk			The Mentalist	Duck D.	Castle "Dreamworld"	The Good Wife	News Final				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
10:30	Movie: "Race to Witch Mountain"	News Final	Bones of Turkana	Super Skyscrapers	News	News	Duck D.	KXLY 4	News Final	Paid Prog.				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
11 PM		Block		NW Prof	Olympics	Family Guy	Duck D.	Van Impe	Block	Paid Prog.				Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	
11:30														Castle (N)	Yukon Men "Aftermath"	Shake It	Storage	Bar Rescue	Miami Hotspots	



It would appear that the glass in this window is blown outward. The top of the window has a purple residue. The powder-like substance on the inside of the glass may be from the use of a fire extinguisher. The fire on the evening of February 1st started in an upstairs suite of the Riverbed Bistro in Keremeos. The fire investigator and an RCMP officer were inspecting the scene during daylight hours the day after the fire. The structural integrity of the building is intact because firefighters contained the blaze quickly. Photo: Arlene Arlow

Monday Movies

EVENING

6:00 pm YTV ch.18 "Flick vs. Flick" Viewers' choice. (In Stereo) (CC)
 8:00 pm FAM ch.26 "Beverly Hills Chihuahua 2" (2011, Comedy) Voices of Odette Yustman. Papi and Chloe's lives turn upside down when they have a litter of puppies. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Lucky Number Slevin" (2006, Crime

Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime boss.
 10:00 pm FAM ch.26 "Geek Charming" (2011, Comedy) Sarah Hyland. A teen films a documentary about the most popular student at his high school. (In Stereo) (CC)

Now It's Called Princeton

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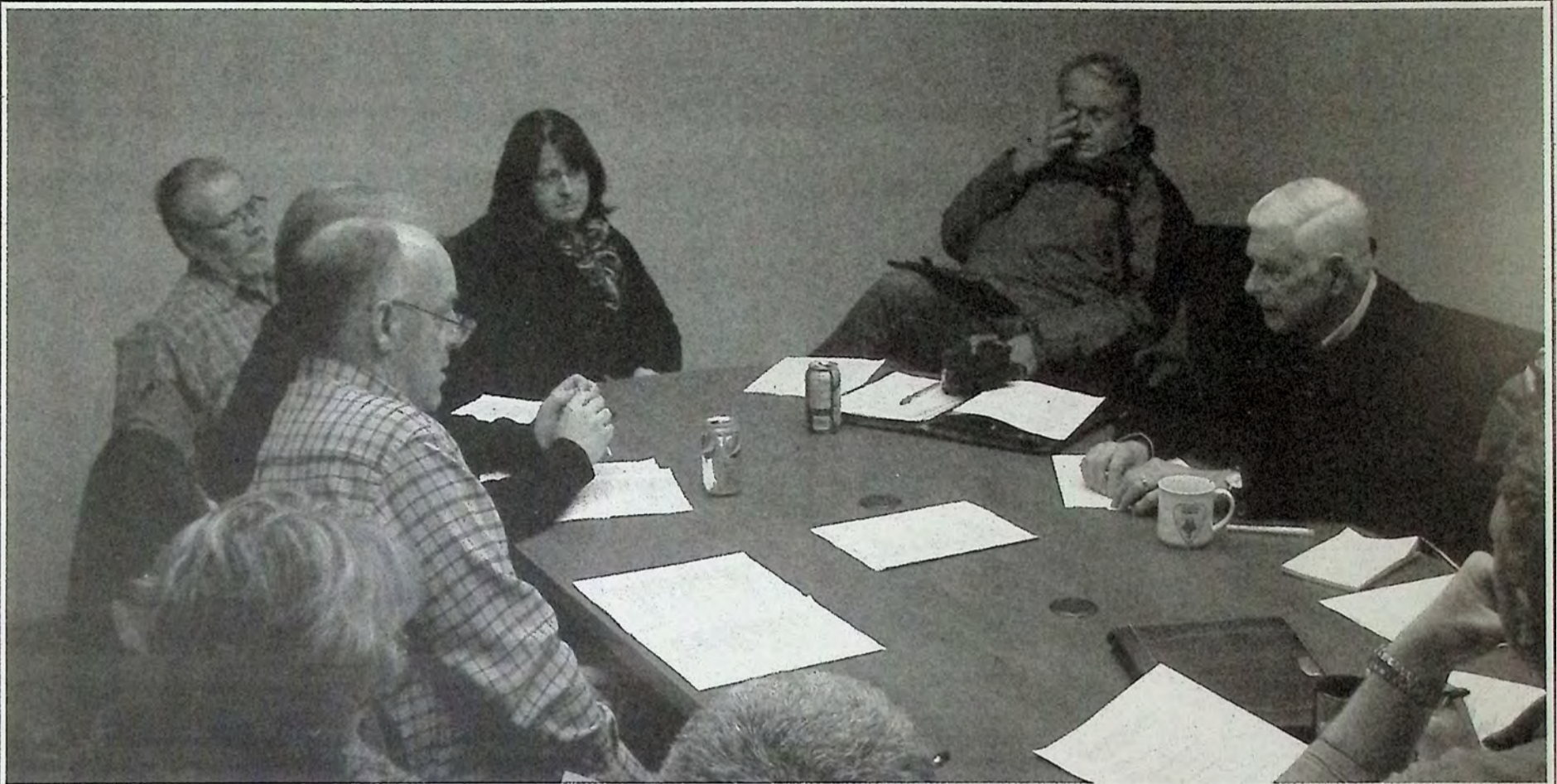


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MONDAY, FEBRUARY 17, 2014

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6 AM	In the Heat of the Night	Morning News (N) (CC)	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter (CC)	Morning Northwest	Morning News (N) (CC)	(5:00) Morning News (N)	XXII Winter Olympics	Kid vs. Kat Rescue	SportsCentre (CC)	CTV Morning Live (N) (CC)	Dangerous Flights	Stella-Sam Phineas	CityLine (N) (CC)	Wildest Police Videos	Eat St. (N)	
7 AM	Law & Order: SVU		Ella the El Wild Kratts	Arthur Wild Kratts	Today (N) (CC)	CBS This Morning (N) (CC)		Good Morning America (N) (CC)			XXII Winter Olympics: Bobsled, Hockey, From Sochi, Russia.	Super Evil Sidekick	(6:55) XXII Winter Olympics: Figure Skating. (N) (Live) (CC)		Cash Cab	Shake It ANT Farm	Let's Make a Deal (N)	Wildest Police Videos	Disaster	
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat In the			Bad Ink Bad Ink		Morning Huntley		Bobsled: two-man heats; hockey. (N) (Live) (CC)	Storm Beyclade		Dangerous Flights	Jessie (CC) Wizards	The Price Is Right (N)	Wildest Police Videos	Killer Beach Houses		
9 AM	Millionaire	Morning Huntley	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club (N) (CC)	Bad Ink Bad Ink	Livet Kelly and Michael	Morning Huntley	The Doctors (N) (CC)		Movie: ** "Curious George" (N)		Livet Kelly and Michael	To Be Announced	Wizards Wizards-Place	Jdg Judy Jdg Judy	Wildest Police Videos	Hotel Impossible (CC)	
10 AM	Divorce	The Doctors (N) (CC)	Ella the El Jelly Jamm	Sesame Street (N) (EI)		The Price Is Right (N)	Bad Ink Bad Ink	The View (N) (CC)	The Doctors (N) (CC)	Operation Smile (CC)			(10:45) "Garfield's Pet Force" (2009)	The View (N) (CC)	Auction	Good Luck	The Chew (N) (CC)	Wildest Police Videos	Miami Hotspots	
11 AM	Judge Alex Judge Alex	Operation Smile (CC)	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Bad Ink Bad Ink	Paid Prog. Paid Prog.	Operation Smile (CC)	Noon News Hour (N)				Marilyn Denis	Airplane Repo (CC)	Good Luck Good Luck	General Hospital (N) (CC)	Wildest Police Videos	Ext. Hawaiian Escapes	
12 PM	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose (N) (CC)	Paid Prog. Paid Prog.	News Bold	Bad Ink Bad Ink	The Chew (N) (CC)	Noon News Hour (N)	Days of our Lives (N)	XXII Winter Olympics: Ski Jumping, Biathlon. (N)	(12:15) Movie: "Dr. Seuss' Horton Hears a Who!"		CTV News (N) (CC)	Last Frontier	Good Luck Good Luck	Katie (N) (CC)	Wildest Police Videos	Waterparks Waterparks	
1 PM	Community Community	Days of our Lives (N)	Rob Robot Dragon	Paint This Why Quilts	Days of our Lives (N)	The Talk (N) (CC)	Bad Ink Bad Ink	General Hospital (N) (CC)	Days of our Lives (N)	The Talk (N) (CC)				The Social (N) (CC)	Deadliest Catch (CC)	Jessie (CC) Jessie (CC)	CityLine (CC)	Wildest Police Videos	Extreme Terror Rides	
2 PM	Seinfeld (N) (CC) The Middle	The Talk (N) (CC)	Ella the El Wibbly Pig	Thomas Super Why!	Ellen DeGeneres Show	Let's Make a Deal (N)	Duck D. Duck D.	Queen Latifah	The Talk (N) (CC)	Queen Latifah	George S Coronation	Movie: *** "Shark Tale" (2004)		Dr. Phil (N) (CC)	Manufact. How/Made	Jessie (CC) Jessie (CC)	CityNews at 5 (N) (CC)	Movie: ** "Rambo" (2008)	Magic Man Best Daym	
3 PM	The Middle Mod Fam	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	XXII Winter Olympics	Dr. Phil (N) (CC)	Duck D. Duck D.	Rachael Ray (N) (CC)	Queen Latifah	Young & Restless	CBC News CBC News	(3:45) Movie: *** "Happy Feet" (2006, Adventure) (N) (CC)		Bethenny (N) (CC)	How/Made How/Made	Jessie (CC) Liv-Mad.	CityNews at 6 (N) (CC)	Sylvester Stallone.	Feed-Bea. Waterparks	
4 PM	Big Bang Big Bang	Young & Restless	Maya Bee Arthur (N)	Wild Kratts WordGirl		The Dr. Oz Show (CC)	Duck D. Duck D.	The Doctors (N) (CC)	Young & Restless	Early News Global Nat.	CBC News CBC News	XXII Winter Olympics: Hockey. (N) Same-day Tape) (CC)		Ellen DeGeneres Show	Daily Planet (N)	Liv-Mad. Liv-Mad.	Mod Fam Mod Fam	Ways Die Ways Die	Lost-Sold Lost-Sold	
5 PM	Browns Payne	News (N) (CC)	Jack (CC) Wild Kratts	News Business	News NBC News	News CBS News	Duck D. Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	XXII Winter Olympics From Sochi, Russia. (N) Same-day Tape) (N) (CC)			CTV News at Five (N)	How/Made How/Made	Liv-Mad. Liv-Mad.	How I Met Broke Girl	Ways Die Ways Die	Security Security	
6 PM	Browns Payne	Global Nat.	Animals Animals	PBS News-Hour (N) (CC)	News Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News at 6 News	(5:59) News Hour (N)	ET Canada Ent				CTV News (N) (CC)	Myth-Busters (N) (CC)	Liv-Mad. Liv-Mad.	Mike Mom (CC)	Ways Die Movie: *** "Bad Boys" (1995, Action) Martin Lawrence, Will Smith.	Bggg Bttls Airport	
7 PM	Mod Fam Seinfeld (N) (CC)	Ent ET Canada	Hope for Wildlife WA. Grown	2012 Wheel	Jeopardy! Wheel	Inside Ed. Access H.	Bad Ink (N) Bad Ink	Ent The Insider	Ent ET Canada	Vikings (CC) (DVS)				To Be Announced	Big Bang	Liv-Mad. Liv-Mad.	Shameless (N) (CC)	Movie: *** "Bad Boys" (1995, Action) Martin Lawrence, Will Smith.	Airport Airport	
8 PM	Family Guy Family Guy	Almost Human (N) (N)	WarTime Farm	Antiques Roadshow (N)	XXII Winter Olympics: Figure Skating, Snowboarding, Freestyle Skiing, Ski Jumping. (N)	How I Met Broke Girl	Mayne Mayne	The Bachelor (N) (N)	Almost Human (N) (N)	Almost Human (N) (N)				Japanizl Spitalot	MasterChef Canada (N)	How/Made How/Made	Liv-Mad. ANT Farm	CityNews-Tonight (N)	Security Security	
9 PM	Amer. Dad Movie: *** "Envy" (2004, Comedy) Ben Stiller.	Parenthood (N) (CC)	The Divine ML	Antiques Roadshow		Mike Mom (CC)	Duck D. Duck D.		Parenthood (N) (CC)	Parenthood (N) (CC)	XXII Winter Olympics: Curling, Alpine Skiing, Hockey, Short Track. (N) (CC)			Gags Gags	The Following (N)	Myth-Busters (N) (CC)	Wingin' It Debral (N)	Jimmy Kimmel Live (N)	Bggg Bttls Bggg Bttls	
10 PM		Vikings (CC) (DVS)	Architects of Change	Independent Lens (N)		Intelligence (N) (CC)	Duck D. Duck D.	(10:01) Castle (N) (CC)	Vikings (CC) (DVS)	News Hour Final (N)				Spitalot Zolink'di (N)	SportsCentre (CC)	Intelligence (N) (CC)	Bering Sea Gold (CC)	Good Luck Jessie (CC)	EP Daily Repo	Airport Airport
11 PM		CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N) (CC)		News Letterman	Bad Ink Bad Ink	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test				Mr. Young Boys	SportsCentre (CC)	News-Lisa CTV News	How/Made Princess	Wizards Paid Prog.	Repo Repo	Lost-Sold Lost-Sold



Local business people discuss ways to save downtown Princeton at a meeting February 5th in the new Town Hall. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

The whole purpose of this series of articles has been to get you thinking about downtown Princeton and not in a bad way.

Sure, there are a lot of empty storefronts and many (if not all) local small businesses are suffering, but it's also a very complicated issue.

The Town of Princeton recognizes the plight and has taken the initiative to pull business owners together to try to come up with an overall game plan to tackle some of the fixable issues.

The first meeting of the committee representing downtown and highway business operators was held February 5th in the conference room of the new town hall building.

Mayor Frank Armitage described how the town got involved by explaining, "Nothing was happening. A lot of things were being said about the business community and

nobody jumped forward. The Town of Princeton has a strong interest and we want it to work."

The eight-person committee spent an hour discussing various issues with four representatives from the Town of Princeton. Half an hour later a temporary Chairperson was selected to represent the group. It was Susan Robinson (TimberMart).

Another two meetings were planned with Robinson left with the task of facilitating a process where the committee will weave its way through the long list of issues gather at two previous meetings and select five or six top priorities to take on first.

I have copies of the lists compiled at both meetings. The Downtown Business Forum produced a total of 44 issues of concern in the January 15th meeting. The Highway Business Forum on January 29th generated 100 items.

Comparing the lists there are obvious similarities as well as distinct issues that affect either downtown or just highway business.

For example, items concerning both include: the need for locals to support existing business, storefront cleanliness, bylaw issues and improved highway signage.

Downtown issues centre on what merchants need to do to improve business while highway concerns involve getting people to stop in town. Those are broad-brush examples, but there is clearly a great deal of concern from all businesses in the community regarding the current state of the local economy.

There is no doubt that technology has played a role in how business is conducted in today's world and I'd be lying if I said it hasn't had an affect on our business. That being said, we have also embraced most digital offerings in an effort

to stay current and to (at least) appear in tune with the trends of today.

The Similkameen News Leader Facebook Page, as an example, had a lot of traffic during the Keremeos rock slide. We were lucky in many ways with that, but I did not hesitate to post the photos, as I knew it would spark interest somewhere online. What I did not expect was the deluge of bigger market media outlets looking for permission to use photos I had basically 'given away' online.

I actually spend more time with our Facebook Page than our website as it is more immediate but we are connected in other ways as well both professionally and personally. The News Leader has a Twitter feed, a free provincial news Facebook Page, website and Twitter feed and I have a personal Twitter feed and LinkedIn profile.

These are a lot of work to main-

tain, but I know I need to do these things in order to promote the actual product produced by my company.

Does it help our business?

I think it's difficult to measure, but I will say it has at the very least enhanced our overall digital footprint.

If you were starting a new business today I would encourage you to incorporate these tools with your regular print/radio advertising program.

What does this have to do with the Downtown/Highway Business Committee?

In some cases it has a lot to do with it as part of the conversation at the committee meeting last week revolved around the perception outside of Princeton about Princeton.

I know people in my life who think I am nuts living here in what continued on Page 22

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Help Wanted

Home support aide needed to assist man with a physical disability living near downtown Princeton. This is a part time position to begin March 1. Licenced Practical Nurse or Care Aide experience is preferred but not essential as training will be provided. All applicants will be considered. For more information e-mail samnomland@gmail.com or call 250-293-1280. Feb 11-25

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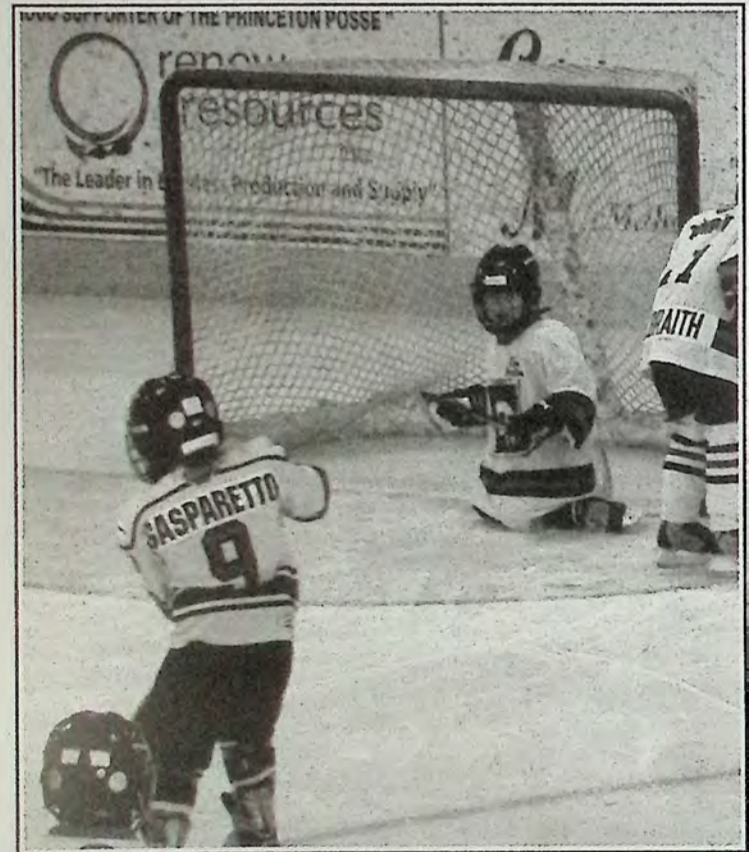
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Similkameen News Leader
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successful Tykes Funday Tournament
held February 8th at Princeton Arena.



Notices

Notices

Notices

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What Was Considered News 100 Years Ago

Princeton Museum Archives

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SIMILKAMEEN



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15th Year No. 7

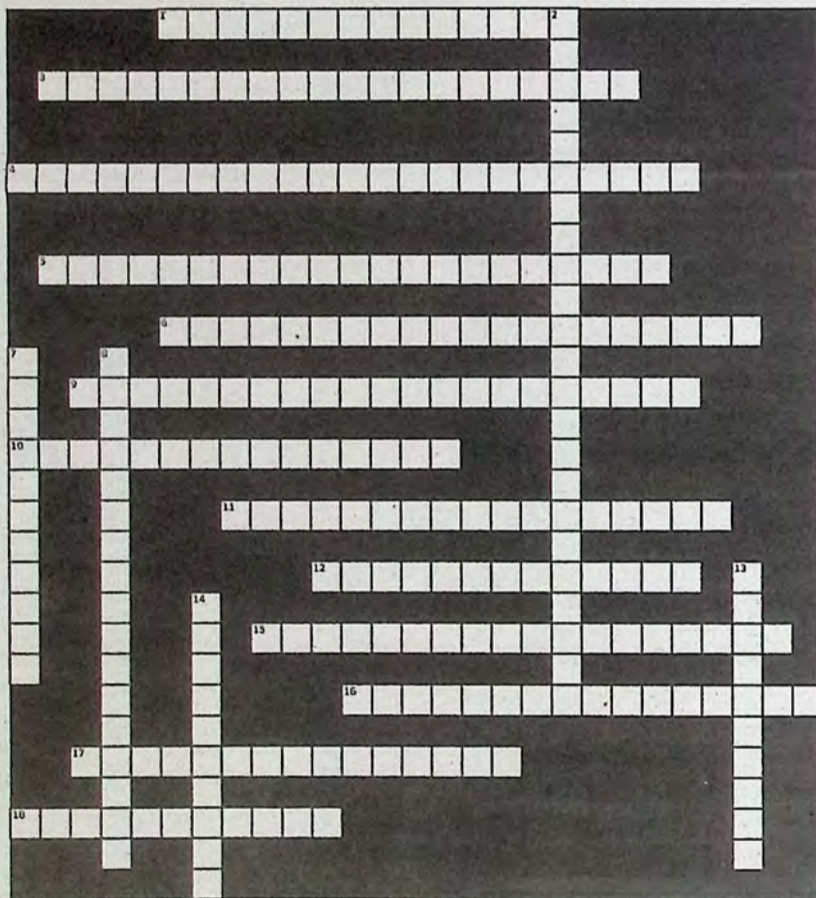
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Similkameen News Leader Puzzler

Use the February 11 News Leader to find Answers Below...



- | | |
|--|--|
| <p>Across</p> <ul style="list-style-type: none"> 1 Identify the MP for BC Southern Interior. 3 According to an ad from IHA, what closed February 10th? 4 Articles about the local economy are known as this. 5 This event is planned for February 15th at Riverside Theatre. 6 What KIJHL team 'thumped' Princeton Posse January 25th? 9 Better known as News Leader Recipe 598. 10 The 'W' and 'N' in our slogan. 11 Name one Princeton skater heading to a competition February 14th. 12 Identify the RDOS Director for Area G. 15 The company name in a mining lease application notice. 16 This ad on Page 21 dates back 100 years. 17 According to Everything Pets, what month is it? 18 Her rock slide photos went all over the place. | <p>Down</p> <ul style="list-style-type: none"> 2 They will host a flea market March 15 and 16. 7 How was the photo on Page 4 labeled? 8 Headline: "Naturalists _____" 13 Name one Princeton skater heading to a competition February 14th. 14 At NewsBC what will you never pay for again? |
|--|--|

NEW POLITICAL BODY WILL ASSIST IN BETTERMENTS

RAILWAY CONNECTION NOW

A political organization, known as the Princeton Electoral and Ratepayers Association, was launched Monday evening last at a meeting held in the Thomas hall. The object of the association is to promote the interests of the town and district in every legitimate way and to use its political influence in securing appropriations for needed public improvements. Resolutions expressing appreciation of the good work being done by Mr. Shatford in securing the route of the Kettle Valley railway to pass where it will be of most public benefit; also one urging assistance in introducing pure bred dairy stock and also asking for a plot of ground for experimental purposes in aid of agriculture; also throwing open lands now idle in possession of companies which have never earned any right to them. S. R. Gibson was elected president and J. J. Priest secretary. A further organization meeting will be held next Monday evening after which monthly and special meetings will be held.



OUTBACK JACKS

HORSE RESCUE

5th 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.

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

..... continued from Page 18 they (and others) have called a hell-hole.

I truly believe the business committee will accomplish big things, and it appears that the Town of Princeton is in full support of the efforts.

What I see as one of the problems

faced by local business is how others perceive us. In other words, the reputation by which we are associated. That comes from something as simple as a bad experience in a local business to a variety of mostly petty issues.

I remember years ago telling my family I was considering moving to

Princeton for work. I was immediately reminded of the one summer trip we took through the area when I was just a kid and while staying at a local hotel gas was siphoned out of the family car's gas tank. That happening sometime in the early 1970s.

We need to clean up how others

see our community and that may assist in attracting new people to the area. How we're going to do that is beyond me.

I do have to give credit to the project spearheaded by Spencer Coyne for the local 'Chamber of Commerce. The idea of Shop Think Local may sound like a 'no-brain-

er' to many, but one look at the downtown core tells you the message isn't being received. That's why I think it's a great idea for the Chamber to work on trying to pound that point across. As I've said before, it's a complex issue but anything that brings the focus on local business and the local economy is going to be a part of the solution.

I see the plight with downtown Princeton and the struggle of the community attracting new residents as a giant puzzle with a number of the pieces missing. Once the missing pieces are identified and locked together with the rest of the puzzle, only then will we be able to solve the problem.

If you have ideas, I encourage you to share them with the committee members. They are: (in addition to the Chairperson mentioned previously) Doug Haayer (Royal LePage), Isabella Shin (Canadas Best Value Inn), Audrey Blanchette (Everything Pets), Corry Oerlemans (Cowboy Coffee), Dawn Gardner, Brenda Crawford (Royal LePage), Murray White (Sears) and Rob Bett (Cooper's Foods). You can also speak to me at my office if you prefer to remain anonymous.

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Flip of the Coyne

Spencer Coyne

..... continued from Page 3 kick our feet. It's because we tackle them head on and buckle down and fix the problem at hand. We eventually got doctors and our Emergency Room back because we sat down at the table and talked and worked out the problems. Yes there are still issues but there is a committee that is working with IHA to try and solve those problems.

I know we don't like lots of change

in this community but we have to believe that if we keep working towards solving problems together then we will solve them. The downtown, the local economy, the need for more people to move here, we can overcome that too. If we all work together we will overcome and we will revitalize our community. It won't be tomorrow but it will happen but we all need to believe in the idea and we all need to Think Local.

YouTube

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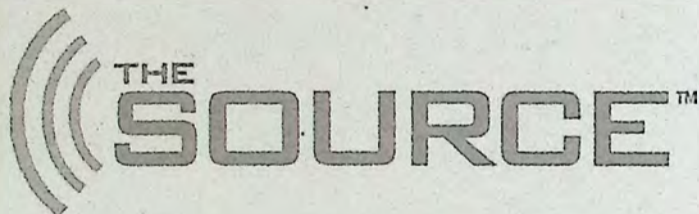


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"BUILD-YOUR-OWN" BRACELETS MAKE A WONDERFUL GIFT!

Holy smokes! That's a hot one.



This surge of flame followed firefighter efforts on the "other" side of these flames at 1:43 AM February 3rd in downtown Keremeos. As water finds the path of least resistance, so too, does fire. The flames shown followed a burst of water coming from fire hoses in the front of the premises. Less than a moment later, there was water dousing the flames from both front and back. Less than a moment after that, the fire was essentially out. The commercial premises where the fire started are attached to two other adjoining buildings - the BC Liquor Store and Ox Yolk Second Hand. The fire did not spread to either of those buildings. The Paw Spa Pet Grooming in the same building as the fire had just opened the first week of December. Photo: Arlene Arlow

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