

Similkameen News Leader

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Tuesday, February 25, 2014

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



Princeton Skating Club members Shianne, Danika and Hanna continued practicing last week in preparation for the annual ice show. This year's 'Broadway' event will take place Sunday, March 9th at Princeton Arena. *

Council says no to by-election

Following the resignation of Councillor Jason Earle, Town Council was left with the decision as to whether or not to call for a by-election to fill his position. The earliest Council could hold a by-election would be sometime in April. The new councillor would then serve only five months before the regular municipal elections

would be called.

Council was advised it would be costly to hold two elections in one year, and further, Council is under no obligation to hold a by-election.

At the February 17 Town Council meeting, Council voted that no by-election would be held to replace the Council vacancy created by Jason Earle's resignation.

Koopmans to stand trial

Special to the News Leader
by John Moorhouse
Penticton Herald

The man charged in the shooting deaths of a man and woman and the wounding of a third person last year in Princeton has been committed to stand trial.

The preliminary hearing for John Ike Koopmans wound up Wednesday, February 19th in Penticton provincial court, as Judge Gregory Koturbash ruled there was sufficient evidence for the case to proceed to trial. There is a ban on publication of evidence presented during the six-day hearing which began two weeks ago.

Koopmans, 49, has pleaded not guilty to two counts of murder and one count of attempted murder using a firearm.

The charges stem from a March 30, 2013 incident at a property off Old Hedley Road. Keith Wharton, 44, and Rose Fox, 32, were killed and a 48-year-old Princeton man was wounded in the shooting.

Koopmans has remained in custody since being arrested the following day. Police at the time said they found the suspect inside his truck camper unit which was parked only about 25 metres away from the building where the shootings took place.

The accused, a solidly built man with short cropped hair and a brown goatee, sat quietly in the prisoner's box throughout the hearing.

Wearing glasses, he often took notes during much of the proceedings.

The matter was put over to February 24 to set a trial date for B.C. Supreme Court in Penticton. Defence lawyer Donald Skogstad said afterwards it's expected the jury trial will be held in September and likely last about four weeks.

There were no family members of the victims present in the courtroom for the close of the preliminary hearing. Skogstad gained court approval last summer to have the hearing held in Penticton rather than Princeton, due to security concerns. The Princeton courthouse does not have a secure prisoner bay.

Vern Frolick is Crown counsel in the case.

Council remembers David Brown

The recent death of former mayor David Brown brought forth memories and a tribute to him at the February 17 Town Council meeting.

Mayor Frank Armitage recalled Brown's love of practical jokes, and his own personal good memories of Brown.

"He totally gave back to his community," Mayor Armitage stated during the meeting.

"He was a great mayor."

David Brown was first elected to Council in 1969, and became mayor in 1971.

He served as mayor until 1979, and will be remembered as being instrumental in the construction of a number of public facilities during those years.

Town Council concluded sharing memories by extending condolences on behalf of the people of Princeton.

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PrincetonBCNews

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**KINDERGARTEN 2014
 STUDENT REGISTRATION**

The Board of Education of
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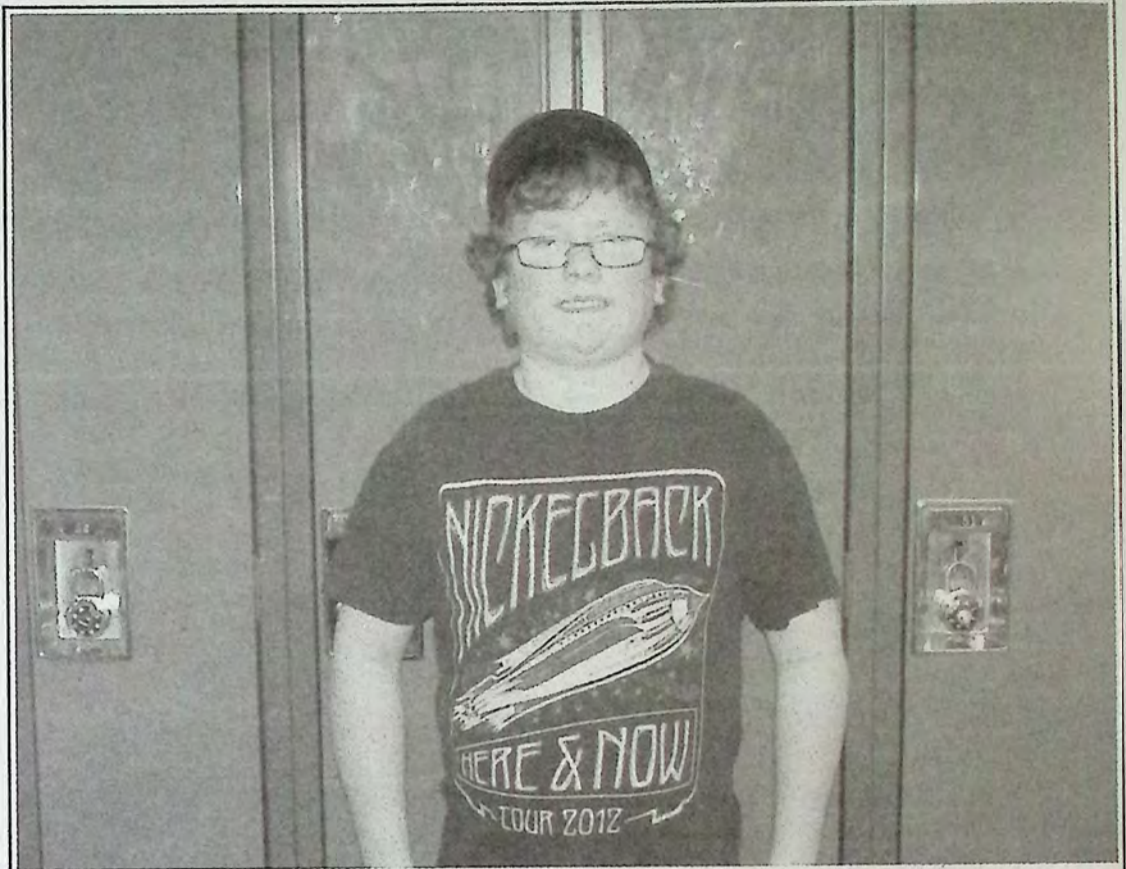
sd
 FIFTY-EIGHT
 Nicola Similkameen

**Registration Schedule
 Monday to Friday
 February 24 - March 7, 2014**

Full day kindergarten is offered in British Columbia for all kindergarten-aged children. To assist with the planning and organization of the kindergarten program in School District No. 58, it is important that parents register their child early.

9:00 - 11:30 AM / 1:00 - 2:30 PM
John Allison Elementary School
250-295-6727

For September 2014
 - To register, a child must be 5 years of age on, or before December 31, 2014.
 - Parents/Guardians should bring the child's Birth Certificate, Immunization record and Care Card when registering.
 - To start your Kindergarten registration form online, visit: www.sd58.bc.ca and click on the Kindergarten Registration link on the main page.
 - Parents interested in a Kindergarten distance education program for their child, can contact the South Central Interior Distance Education School at 250-378-4245 or 1-800-663-3536.



Princeton Secondary School Student of the Month for January is Ryan Francis. The Grade 8 student was nominated for all his "extra work in cafe and foods program." Student of the Month is sponsored by PSS PAC. *

Town Council reports

At each Town Council meeting, Mayor and Councillors give reports on their activities. At the February 17 Town Council meeting, Mayor Frank Armitage reported attending a benefit dinner for Tulameen Fire Department at Coalmont Hotel, a benefit dance at Riverside, and a Senior Citizens tea. He praised the efforts of all groups. He had gone to Snowpatch on Family Day, saying it was a great day for a family. He attended the Pee-wees play-off game on Saturday and cheered for them.

In addition to the social activities, Council completed the budget deci-

sions, and met with the Conservation Branch. Mayor Armitage said he expressed his disappointment at the loss of a resident Conservation Officer, and mentioned the loss of many provincial government services to Princeton, beginning with the loss of Forest Service members.

Councillor Doug Pateman had had an enjoyable activity on Celebrity Reading Day. He read stories to Grade 3 students, with a very able assistant who instructed him as to when and how to show the pictures in the book.

Councillor Kim Maynard reported the Similkameen watershed project is going into Phase 3 this year. He had attended an Okanagan watershed conference, and said Oregon is now checking boats for zebra mussels and many of those boats were heading to southern British Columbia. The threat of zebra mussel invasion is high on the list of Okanagan watershed concerns.

Councillor Marilyn Harkness attended a Healthy Communities conference in Penticton and heard a presentation on healthy playgrounds and playground equipment. She advised Council that a representative from Princeton is needed on the South Okanagan Medical Foundation.

Council supports dementia strategy

In a letter to Town Council, Claude Gravelle, Member of Parliament for Nickel Belt, explained a resolution he plans to take to Parliament requesting that Canada develop a strategy to deal with Alzheimer's and dementia, which now costs \$33 billion a year. Canada will face increasing numbers of people afflicted with Alzheimer's and dementia and does not have a strategy for dealing with this health crisis.

Gravelle's resolutions calls for a

national plan that includes the development of strategies in primary health care, in health promotion and prevention of illness, in community development, in building community capacity and care partner engagement, investment in research, and more.

At the February 17 Town Council meeting, Council agreed to sign the resolution on behalf of residents of Princeton in support of Bill C-356, which Gravelle will present to Parliament.

Council adopts 2014 fees

At the February 17 Town Council meeting, Council voted to adopt a fee schedule for 2014. This fee schedule covers water and sewer services provided by the Town of Princeton. This new schedule is titled Fees & Charges bylaw 884, 2014.

Residential users will pay \$279 for water service and \$131 for sewer service in 2014, if they pay before deadline. The information is very detailed for each type of business.

The bylaw includes charges for maps, copies of bylaws, fees for photocopies and faxes, and Peter Pine pins.

This bylaw will appear soon on the Town of Princeton website.

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Wonders Of Creation

Greg Rutherford - PowerPoint Presentations

Topic 1: Relevance of Genesis 10:30 AM Worship Service Topic 2: Interpreting the Evidence 5:00 PM – 7:30 PM
 Sunday, March 2nd Living Water Community Church 38 Kenley Ave, Princeton, B.C. 250-295-7733

LEARN ABOUT: Days of Genesis • Evolution's Influence • Dino Soft Tissue • Worldviews • Massive Floods
 Join us for an amazing time! Come and bring a friend!

Greg is a retired College instructor whose passion for science began in early childhood and has continued throughout his life. He began his post-secondary education in the field of microbiology and eventually shifted his studies to the physical sciences. He received a Bachelor of Education degree from the University of Alberta with a major in physics and chemistry in 1975.

Flip Of The Coyne

by Spencer Coyne

When we think about job creation usually the first thing that comes to mind is big business, but we should be thinking small. According to an article in Bloomberg Businessweek back in 2012, when the US economic recovery started, small businesses were out hiring big businesses. This isn't a unique situation.

Small business is robust, the foundation of our economy, and something we need to celebrate more.

When we are looking at Princeton there have been suggestions that we need more big business, mines or things of a similar nature. While I agree that it would be nice to see another large-scale operation open

in the area, it would be even better if we saw twenty smaller businesses employing between ten and twenty people, so if one had to close, it wouldn't destroy our economy all at once. We have been down that road once before and it wasn't fun.

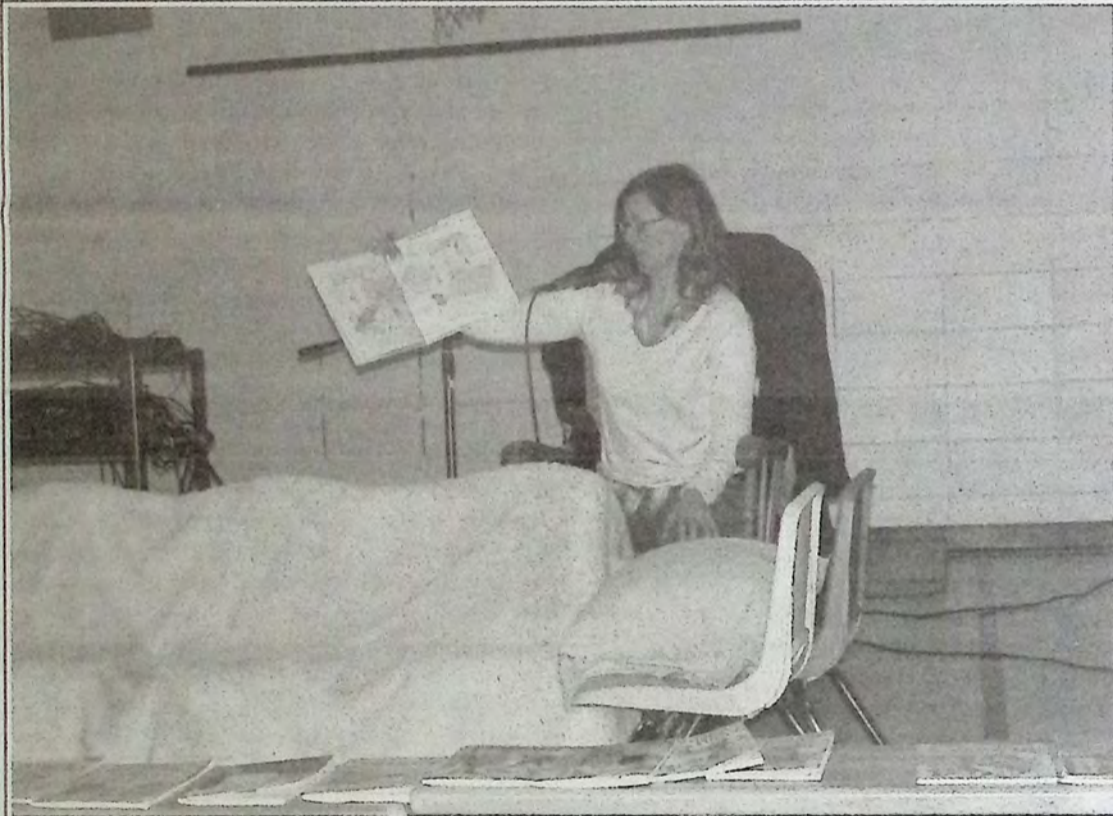
So when we are looking at economic development in the

Princeton area, we need to be looking at how to attract small and mid-sized businesses. We also need to be looking at attracting more than one type of business. We should be looking at a diverse industrial and commercial base that will ensure a more robust local economy. We need to work with our partners in Area H and the Upper Similkameen Indian Band to see what we can offer. Of course our first priority should be to fill the current industrial park, but then we should be looking at what else we can do. Can we set up some type of tourism or cultural attraction with our partners the Upper Similkameen Indian Band? I know we discussed the development of a campsite and interpretive centre down by the Chamber of Commerce building. Is this something we could resurrect? It isn't the silver bullet that will save the local economy, but it would be something that would give people a destination to explore.

Part of rebuilding our economy is accepting that competition is going to be part of it. There will always be someone who wants to open a store that may be similar to one that already exists and this isn't a bad thing. Actually, competition creates a more competitive economy. It drives costs down and it creates better

business. I hear all the time that Town Council has stopped a business from coming to town, and then in the next breath I hear that Town Council should stop another this or that type of store from opening up because we already have one of those. We can't have it both ways. Limiting competition is not healthy for the economy. In most cases, every business in town competes with at least one other business in town and, admit it or not, every single business in Princeton competes with Penticton every single day.

Hopefully as a community we can see that we don't necessarily need another mine. It would be nice, but what we really need is a diverse small and middle sized business community that can supply products to the local economy that can in turn supply other markets. When we supply other markets, we benefit even more because we are growing our local piece of pie. When we spend our money out of town, we shrink our piece of pie because, once that money leaves town it is really hard to bring it back. If we have businesses that bring money into the community from other communities we are growing that piece of pie and we are shrinking someone else's. The more we do
 continued on Page 21



Dierra Maynard of Princeton's Leaders In Literacy group was the guest reader at 'Bedtime and Books' hosted February 19th at John Allison Elementary School. Families got to spend time in their pajamas in the school gym and shared books, snacks and hot chocolate before picking out a book to take home and keep.*

Racing Days plans forward

Princeton Racing Days Association has received verbal confirmation for a race meet on June 28. Sponsorships will be needed to make up the additional \$30,000 required to put on the event, which needs a minimum of \$50,000. Some funding is available from B.C.'s central racing association, but this has yet to be determined.

Princeton has shared a starting gate with Osoyoos, as well as the starting gate truck. The truck belonged to John Bey. The Bey family will donate the truck to the PXA for use

by Racing Days Association, but the truck will be repainted in John Deere green as a memorial to Bey, who was Racing Days president for a number of years.

Plans for the race meet are coming together well. There will be an opening ceremony at noon, followed by the first race at 1:00 PM. When the races are over, there will be music and dancing to the Dale Seaman Highway 97 band.

Posters for the event will be available soon and new highway signs will replace the old signs. Vendors

will be welcome to attend the event, and vendor forms will be distributed at the Cowboy Festival in Kamloops in March.

Volunteers are needed for a number of positions: the gate, the fifty-fifty draw, and at the pari-mutual area, as well as a person capable of handling some of the paperwork. Anyone wishing to assist can contact President Karrie Crucil by email: karriecrucil@hotmail.com or by attending the March 20 Racing Days meeting at the library at 6:30 PM.

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Editorial Page

News Leader

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

My Turn...

Anti-Social Media and Business

It's tough enough running a small business in Princeton. What makes it even rougher is getting butchered by angry customers in social media.

I'm not referring to any particular incident as I see bad reviews all the time at online places such as TripAdvisor and FourSquare.

The sad reality is that while some of the reviews are legitimate complaints about bad service, high prices, low quality or pick a complaint, many of them are also just missives fired out of anger and fueled by jealousy or a disgruntled ex-employee.

Although I'm speaking in generalities here, it is often hard to separate fact from fiction when reading a review on a business that appears online.

I'm always scouring sites to see what people are saying and I'm sure there's a fair deal of negative postings about my business but I haven't seen many.

That's probably because we aren't as high on the radar as restaurants, hotels/motels and grocery store/gas stations. I have always known those are tough industries to work in and according to some of the things I've read online about these types of places, I'd be wise to never support any of them in Princeton or most anywhere else I travel.

It reminds me of an old saying that was around long before Mr. Google and the inter-web: An angry customer will tell ten friends where a happy customer may only tell two.

It's not a written in stone formula, but you get the idea that there's a lot more mileage being gained by angry customers.

We hear about it every now and then with a phone call, e-mail or conversation in our office. There is no doubt that all business people need to work on this, but what if the complainer getting all the hits online is one of those you can never satisfy? Damage control is far more difficult in these cases and sometimes it's probably best to just let their rant fizzle out.

That doesn't mean business owners should slack off either. I get treated in a very unusual way in a few local businesses. When I'm on a sales call I sometimes get ignored. The funny thing about that is I'm also a customer so I don't understand the point in ignoring me when I'm in a place of business to do some of my business, but it does happen.

The point is, I'm not going to rant about it because my experience will probably not be yours and why should you not shop somewhere because you read online that they ignore an advertising salesman?

Which is the reason why I don't put a lot of weight in such online complaints and bad reviews. I will keep them in mind as a head's up, but I won't stay away from a business just because it scored 2 out of 10 on a scale designed to allow tampering by those with a personal beef.

I judge businesses solely on my experience and I suggest you do the same. If your experience is less than you expected, take it up with the manager or owner for correction.

They may even thank you for informing them of a problem they weren't aware of.



Princeton Posse Assistant Coach Dave Clare spoke February 21st at his final Awards Banquet with the team. *

...Your Turn

Letters And E-Mails Received This Week

To The Editor;

Of course I'm happy and proud that the Canadian women's hockey team has brought home the gold medal at the Sochi Olympic Winter Games, and that the men's team made the finals. I love hockey and this country. However, the entire Olympic Games will be forever marred by the current events that are truthfully in my mind and heart: the intolerable actions of the Yanukovych government in Kyiv, and those of their supporters, both in Ukraine and in Moscow.

It has been ten years now since I lived in Ukraine. I'd never been overseas before. I went as a very young and naive volunteer. In my time there, the huge majority of people I met in my travels around the country earned nothing but my

admiration and respect. I was welcomed into the homes of glowing strangers whose language I didn't speak and whose culture I could never fully understand, a culture that's traditions go back more than a dozen centuries. I made friends turned brothers and sisters I will have for life. I fell in love for the first time. I shattered my personal comfort level more than once and was changed for the better for the experience. I will never forget the rolling green countryside of Rivnens'ka, Volyns'ka, Lviv, the feeling of deep history, the food, or the smiles. I never want to.

Snap back to reality.

Live-round sniper-fire, arson, and grenades? No government on Earth, whether in Ukraine, Syria, Venezuela, or here at home, has

the right to use deadly force against peaceful citizens who are searching for nothing more than the rights that should be guaranteed to everyone: the right to a say in their own governance; the right to a modicum of economic prosperity for themselves and their families; the right to have hope that their children's lives will be better.

Over the past three months, the Ukrainian government of Viktor Yanukovych and the Russian government of Vladimir Putin by proxy have shown the entire world their true colours, and those are the same unwashed colours that violent criminals and petty oligarchs have worn throughout history. They are no better than bullies on the playground who feel the extorted milk money slipping away.

It appears the tense situation in Kyiv may get worse before it gets better; I have hope that right will win.

Peace, love, prosperity, and solidarity to the loving, shining, RISING people of Ukraine. This is your time. You're in my heart for the rest of my life.

- Jason P. Yates, Princeton

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EDITORIAL GUIDE

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Current Comment

Demand More From Health Canada



Dawn Johnson
editor@thenewsleader.ca

The announcement that the fast food chain Subway had agreed to stop putting a chemical into its buns caught me by surprise. I looked up the various news articles about this chemical called azodicarbonamide, more commonly referred to as ADA. It is added to plastic to make it into foam plastic that will hold its shape. It was added to flour for the same reason, to make the buns puff up nicely and hold their shape.

The Food and Drug Administration (FDA) of the United States allowed this additive despite the fact that ADA is carcinogenic, that is, it causes cancer. ADA is not permitted in food in the European Union, the United Kingdom and Australia, but in good old North America, it is allowed. Why? We should be asking our Members of Parliament to demand that Health Canada explain why this substance is permitted in our country.

Subway agreed to stop putting ADA in its buns, not because it was the right thing to do, nor because it was the healthiest thing to do. Subway stopped putting ADA in its buns because a woman on an internet site called FoodBabe.com began a complaining campaign. She managed to inspire 67,000 people to complain about Subway putting ADA in its buns.

Subway is not the only fast food company using ADA in its bread products. McDonalds and Arby's use it, too. Probably countless other restaurants use it and who knows how many bread manufacturers are using it? What about commercial producers of cakes, doughnuts, cookies and other pastry products? Is it being put into

flour for everything?

When was the last time you bought a loaf of bread or a bag of hamburger buns and carefully read the list of ingredients required on all labels? When you bake your own bread, you put in flour, yeast, water, sugar and salt, and maybe some oil, lard, butter and eggs. These are all simple, straightforward ingredients requiring no science reference dictionary to decipher what these ingredients really are.

Because I have little tolerance for gluten and soy, I read labels. I know that can be difficult because sometimes the print is so small you need a magnifying glass to read the label. In that case, I do not buy the product. If a product contains gluten and/or soy, I don't buy it. My doctor told me to stay away from hydrogenated products, so I do not buy products with hydrogenated fats in them. As a result of all of this avoidance, I read the labels very carefully. As you can imagine, there are an awful lot of products I do not buy.

If you are not in the habit of reading food labels carefully, I suggest you now start looking for ADA or azodicarbonamide in food products involving flour, and I suggest you read the ingredients in your flour, as well. Flour should contain only flour, nothing else.

Unfortunately, restaurant food does not come with a detailed list of ingredients in each product, so if you have been eating at fast food outlets, you might ask whether ADA is an ingredient in their hamburger and hot dog buns. Do not blame your local fast food restaurant owner for what has happened, and be very polite when you ask. Your local fast food producer probably has no idea whether ADA is in the hamburger and hot dog buns served at the local restaurant. The products sold are part of the franchise contract. The real culprit is Health Canada for allowing additives that can harm us.

Most of us know little about what goes into our commercial food products until we hear something on the news broadcasts or read it in the paper or on internet. For example, McDonalds recently announced it would stop using ammonium hydroxide to clean its hamburger products. I bet you had

no idea this was standard practice at McDonalds. Recently, a number of Uncle Ben's flavored rice products were recalled due to children becoming ill after eating them. I bet you did not hear about that, either. I bet the beer drinkers of our nation did not know breweries have been putting high fructose corn syrup into the beer. This product is not dangerous in itself, but what it does is stimulate the appetite, so after one beer, the drinker wants to eat and eat and eat. That is where the danger lies, but I would bet the beer label does not include a warning about the dangers of overeating after having a beer.

We are increasingly victims of our own eating and drinking habits. The watchdog we count on to keep us informed of hazards is not doing its job, in my opinion. There is one group responsible for ensuring we are protected from food additives that can be harmful, and that group is the people we elect to make sure our government agencies are doing their job.

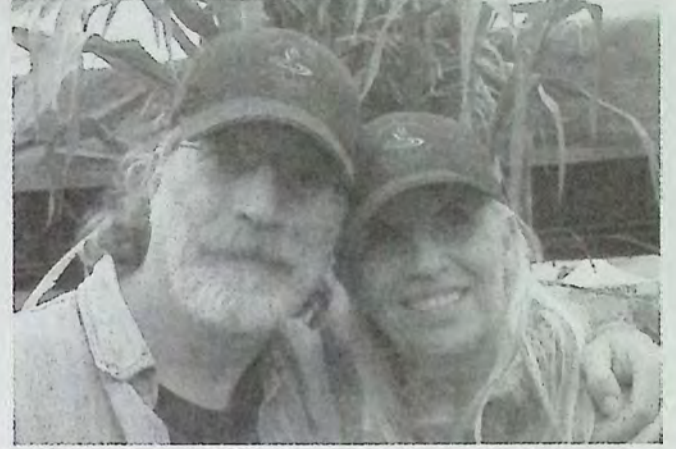
When your government is not doing its job, what can you do? I can tell you now: you can't do much alone. Learn a lesson from FoodBabe. Encourage thousands of people to complain at once. Complain via mail, email and fax, but make sure you complain. Do you know what happens to a fax machine or a computer when there are thousands of messages coming in? Do you know what happens when our Prime Minister receives thousands of letters in the mail? There is a very annoying traffic jam of messages, but there is more than that: every message is from a voter, and every voter can influence other voters.

When Subway received so many complaints, the company knew there were 67,000 customers who were not going to eat at Subway. Every one of those customers had the potential of influencing at least one more customer. We are talking about a potential avalanche of people who would not eat at Subway.

FoodBabe is still waiting for the all-clear on Subway buns. It takes time to shift gears in a big corporation like Subway. It has to get rid of the old bun flour and buy new, but at least the corporation has agreed to do that. The others who put ADA into their bread products are not yet on the firing line, but I am sure they will be.

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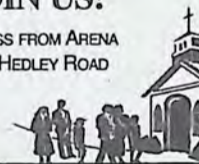
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Lower Valley News

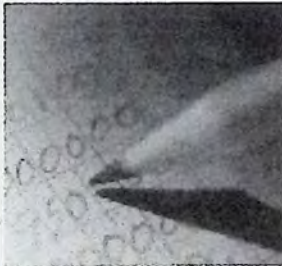
Keremeos - Cawston - Olalla



The view of Olalla from overhead - a view you don't normally see of the tiny little village. Photo: Myrl Stus

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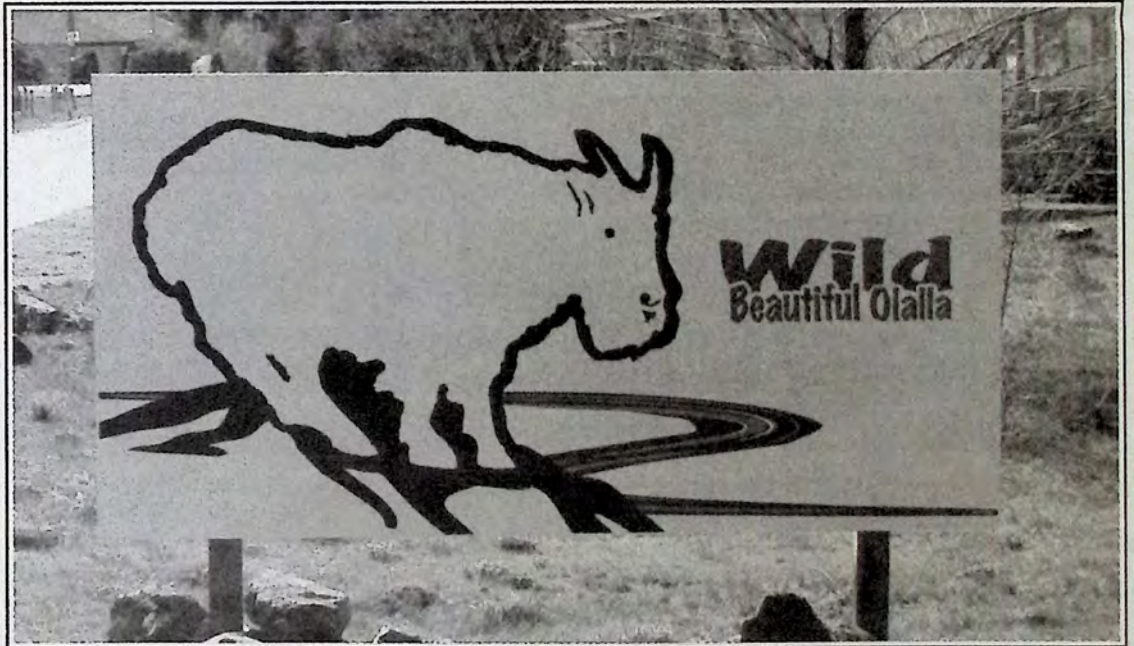
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Princeton Secondary

Term 2 - Honour Roll

Princeton Secondary School (PSS) released the Term 2 Honour Roll February 14th.

Students must be enrolled in at least three courses at the school to qualify for Honour Roll status.

Grade 8
Principal's List (86-100%)

- Gabe Oliver
- Miranda Crucil
- Nathan Silbernagel
- Marcus Brodie
- Nicholas Cimbaro
- Haley Anderson

Grade 8
Gold List (73-85%)

- Trey Smith
- Megan Mintzler
- Madison Hassell (tie)
- Ashlin White (tie)
- Shelby Bothe-Nylund
- Jake McCutcheon

Grade 8
Honourable Mention (67-72%)

- Hannah Fidler
- Dillon Marsel
- Ryan Francis
- Blake Herrick

Grade 9
Principal's List

- Taylor Sanderson
- Eric Holland
- Michael White
- Isabella Brodie
- Hanna Gould
- Saki Irie
- Shayna Thompson
- Bethany Herting

Grade 9
Gold List

- Eric Ogrinc
- Chase Rempel
- Adam Kastor
- Gale Hatchen
- Corey Thompson
- Samantha McEwen
- Kyle Baird
- Kyley Barbeler
- Travis Fedun

Grade 9
Honourable Mention

- Kodi Lindley
- Zane Gibson
- Larissa Lukosevicus

- Kate Hamilton
- Cody Fidler
- Shayna Krenn
- Vance Goodman
- Amika Caruso
- Jodi McIntosh

- Grade 10**
Principal's List
- Tristen VanderMeulen
 - Zoe Douglas
 - Jacob Mintzler
 - Bailey O'Donnell
 - Cache Cook
 - Danika Whelpton

- Grade 10**
Gold List
- Parker Thibert
 - Cassidy Westran
 - Dayton Wales
 - Emily McConnell
 - Jessica Musgrove
 - Bret Shields

- Grade 10**
Honourable Mention
- Caitlynn Pateman (tie 1)
 - Tyler Warner (tie 1)
 - Alexia Boyd (tie 2)
 - Tanner Sulentic (tie 2)

- Grade 10**
Principal's List
- Will Zheng
 - Abby Phillips
 - Darby Adams
 - Connor Clarke

- Grade 10**
Honourable Mention
- Hayden Zieske
 - Brolin Antonick
 - Sabrina Harris-Kobelsky
 - Taydra Reichert
 - Seth Cathro

- Grade 10**
Principal's List
- Brooke Bottcher (tie 1)
 - Reuben Howarth (tie 1)
 - Shaylyn Douglas (tie 2)
 - Morgan Grigg (tie 2)
 - Ryan Grgich

- Brynn Johnson
- Stacey Hunt
- Morton Johnston
- Alex Burke

- Grade 11**
Gold List
- Justeen McIntosh
 - Kyla Coyne (tie)
 - Kennady Holland-Krenn (tie)
 - Cooper Prechel
 - Bree Lindley
 - Trysten Drewes
 - Cameron Vinthers]
 - Kassidy McCutcheon
 - Brooke Kassa
 - Breeanna Hyslop
 - Nick Nasz

- Grade 11**
Honourable Mention
- Jes Sandli
 - Marley Thair
 - Mason Michaud
 - Delaney Folk
 - Leigha Driver

- Grade 11**
Principal's List
- Kassandra Montgomery
 - Destiny Earle
 - Hillary Riel
 - Andrew Silbernagel

- Grade 11**
Honourable Mention
- Layne Robillard
 - Tierra McIvor

- Grade 11**
Gold List
- Trista Draeger
 - Carmen Brodie
 - Shania Bertucci
 - Curtis Sexsmith
 - Jeannine McIntosh
 - Chance Clarke

- Grade 11**
Honourable Mention
- Grayson Antonick
 - Quinn Murray

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PSS Class of 2014

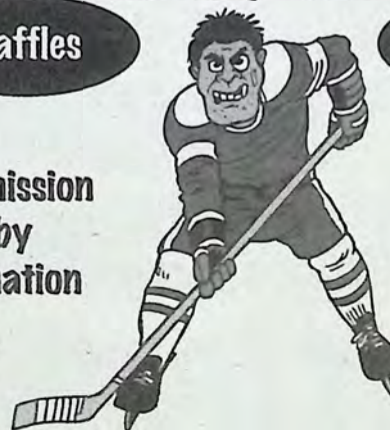
Grads vs Emergency Services/Parents Hockey Game

Raffles

50/50

Admission
by
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Fun for the
Whole
Family!



7:30 PM Wednesday, March 5th
Princeton Arena

You Tube **PrincetonBCNews**

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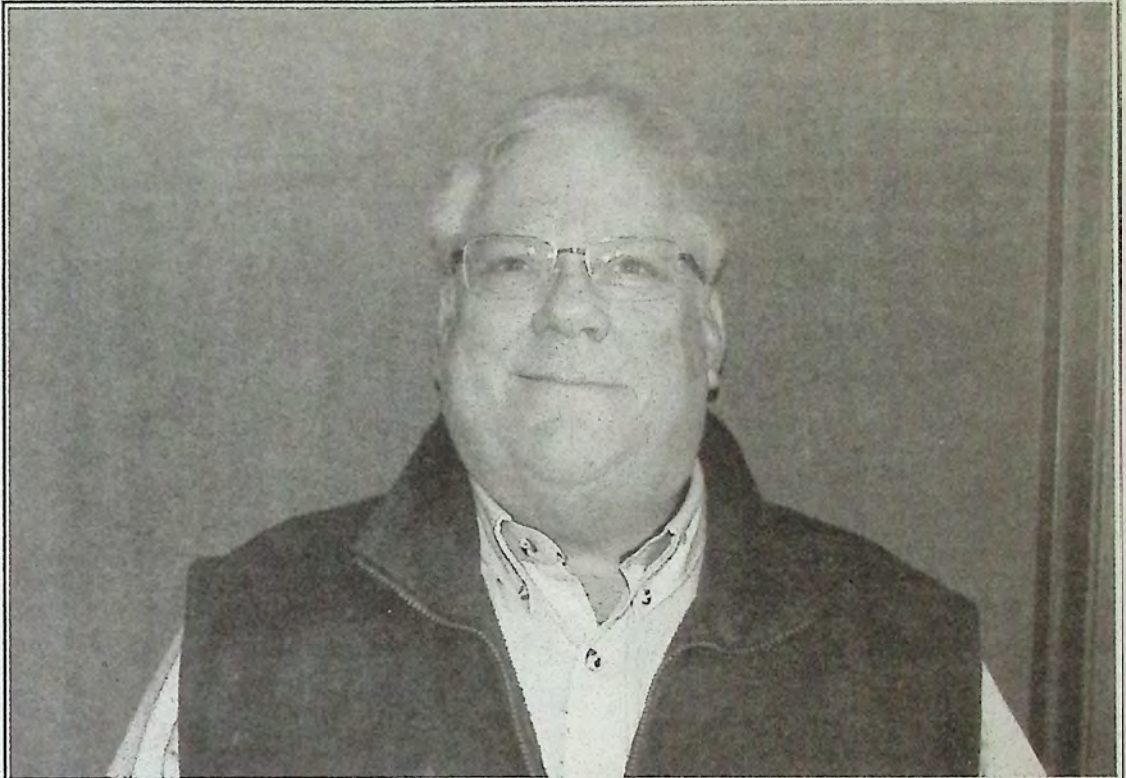
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This is Bob Riley. He's the Princeton and Area Director for South Okanagan Similkameen CrimeStoppers. He stopped into the News Leader office last week to introduce himself. If you have tips on a crime call it in to 1-800-222-8477.*

Saddles 'n' Spurs
by Pastor George Donovan

Last week you heard about a horse that got caught up in a log jam in a small creek so here he is again.

A friend of mine and I decided we'd like to ride up to Alta Lake, north of Squamish. This was before anybody ever thought of Whistler and there was no road from Squamish to Alta Lake, just the railroad.

So we took our truck with the horses as far as we could drive and it was already getting late in the day so decided to camp where we were before we started the journey up the valley. I tied my horse to the truck and put some hay out. The other horse being kind of skittish, I looked for a safer place to tie him.

There was a tree just up a steep bank and I tied the rope to it and down to the halter of the horse knowing the horse couldn't climb the bank but had room to move around on the flat ground. So we cooked supper over the campfire, laid out a tarp and sleeping bags, made sure the horses had some feed and went to sleep.

Morning came, a cold frosty one, and I crawled out of the sleeping bag to find the skittish horse was in a terrible situation and almost dead. He had got the rope wrapped around his neck and around his hind legs and kicked and struggled so much that he cut right into the tendon on his back leg and the rope around his neck was so tight that it was sunk in and swollen up all around it.

The horse's legs were sticking straight out and stiff so I called my friend and told him to hurry and get some firewood and paper while I proceeded to cut the tangled ropes and to sit between the horse's legs and jump up and down on his chest with my butt to keep it breathing. It's tough to give CPR to a horse!

My friend brought a bunch of sticks and paper and we set a fire between it's legs because it couldn't move. We got some heat on him and kept jumping on him and in time we got

him loosened up and on his feet, walked him around awhile and put him back on the truck. We loaded the second horse and headed home

..... continued on Page 21

Living Past 100
Food Affects Your DNA

There is a myth in circulation that says what you eat can change your DNA. This is not true, because what you eat does not change your DNA. However, what you eat does have an effect on how your DNA expresses itself. This is how what we eat affects how we feel.

DNA is a highly complex chain of information contained in organic particles called genes. If you have inherited the gene for blue eyes, you will have blue eyes. If you inherited a gene for a rare blood disorder, you might find yourself being treated for that disorder. This is how genes express themselves.

That sort of information about our genes is simple and straightforward, but science is discovering that all of us carry far more genetic material than is actually expressed, and what we eat can actually influence which genetic information will be expressed. The genes respond to what we eat because what we eat offers different information to the genes.

The majority of us think of food in terms of what we see on our dinner plates. Your DNA looks at what you eat from the perspective of one molecule looking at another. You see a potato on your dinner plate but after you eat it, it becomes broken down into what it is made of on the molecular scale, and your body identifies 'potato' as a complex carbohydrate molecule. This is true for everything you eat.

Because DNA has a variety of ways of expressing itself, each person has a unique response to foods. For example, there is a tribe living in the southernmost region of South America whose food intake has been very limited over many centuries. As a result, they are not able to digest many foods we eat. Their bodies will respond by vomiting or loose bowels or highly allergic reactions.

This new understanding of the relationship between DNA and the foods we eat should make us conscious of what goes into our food. What are the molecular effects on our genes when we consume foods containing herbicides, pesticides, or hormones? How do our genes see food that is genetically modified?

For science, the discovery that DNA can express itself in many ways and is affected by what we eat may lead to many profound changes in our approach to our daily food intake. What we put into our bodies includes not only food but pharmaceuticals of all sorts, and we may see many future modifications in how diseases are treated.



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - February 25 - March 3, 2014



Oops! It was that sort of game at times February 15th against Summerland Steam. *

Steam burns Posse

Princeton Posse hosted Summerland Steam February 15th in their second to last home game of the season.

Summerland scored first at 17:21 just as the Posse's first penalty of the game was ending. Andrew Stack was finishing a 2-minute stint in the box for slashing when the Steam power play kicked into gear. The goal was scored by Daylon Robertson with assists going to Rylan Sideroff and Michael

Winnitoy.

Shots on goal for the period were close with Princeton edging out Summerland 18-16.

The second period saw Princeton tie the game at 6:42 (Dalton Dubetz from Tyler Ehlers) with Summerland snatching back the lead at 8:08 (Dylan Burton from Jordan Boultee and Gordon Walters).

The Steam widened their lead to 3-1 with just 1:46 left in the period with

a power play goal scored by Josh DaCosta. Assists were awarded to Easton Bodeux and Jordan Boultee.

Shots on goal were far fewer in the middle frame with Princeton still slightly ahead of Summerland 7-6.

The third period saw Summerland add to their lead at 7:56 (Daylon Robertson from Josh DaCosta and Easton Bodeux) and again at 11:01 (Reid Brown from Michael Winnitoy and Jordan Boultee).

Summerland out shot Princeton 16-9 in the final 20-minutes of play.

Final score: Summerland 5, Princeton 1. Shots on Goal: Summerland 38, Princeton 34. Penalties in Minutes: Princeton 5 for 10-minutes, Summerland 5 for 18-minutes.



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 4	Kamloops 5
Fri Nov 22	7:00 PM L	Princeton 2	Kelowna 4
Sat Nov 23	7:30 PM L	Princeton 1	Summerland 5
Wed Nov 27	7:00 PM L	Osoyoos 6	Princeton 2
Fri Nov 29	7:00 PM L	100 Mile House 4	Princeton 3
Fri Dec 6	7:00 PM W	Princeton 4	N Okanagan 2
Sat Dec 7	7:00 PM L	Castlegar 3	Princeton 2
Fri Dec 13	7:00 PM W	Princeton 5	Chase 3
Sat Dec 14	7:00 PM W	Princeton 3	Sicamous 2
Sun Dec 15	2:00 PM W	Princeton 8	Revelstoke 4
Wed Dec 18	12 Noon W	Osoyoos 0	Princeton 5
Fri Dec 20	7:00 PM L	Kelowna 5	Princeton 3
Fri Jan 3	7:30 PM L	Princeton 2	Summerland 6
Sat Jan 4	7:35 PM L	Princeton 1	Osoyoos 7
Tue Jan 7	7:00 PM W	Summerland 2	Princeton 6
Fri Jan 10	7:00 PM L	Princeton 5	Grand Forks 7
Fri Jan 17	7:30 PM L	Princeton 0	Beaver Valley 7
Sat Jan 18	7:00 PM OT L	Princeton 2	Spokane 3
Tue Jan 21	7:00 PM L	N Okanagan 5	Princeton 3
Fri Jan 24	7:30 PM OT L	Princeton 2	Summerland 3
Sat Jan 25	7:00 PM L	N Okanagan 10	Princeton 3
Fri Jan 31	7:00 PM L	Princeton 1	100 Mile House 2
Sun Feb 2	3:00 PM W	Princeton 5	N Okanagan 3
Tue Feb 4	7:00 PM L	Princeton 1	Kelowna 3
Fri Feb 7	7:00 PM L	Osoyoos 9	Princeton 4
Sun Feb 9	2:00 PM OT L	Chase 6	Princeton 5
Wed Feb 12	7:35 PM L	Princeton 5	Osoyoos 7
Fri Feb 14	7:00 PM	N Okanagan @	Princeton
Sat Feb 15	7:00 PM	Summerland @	Princeton
Wed Feb 19	7:00 PM	Princeton @	N Okanagan
Sat Feb 22	7:00 PM	Grand Forks @	Princeton

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Tuesday Movies

EVENING

8:00 pm TSN ch.19 "Catching Hell" (2011, Documentary) Citizens of Chicago blame baseball fan Steve Bartman for interfering with a crucial play during a Cubs playoff game.

9:30 pm WTBS ch.3 "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investigate.

11:15 pm WTBS ch.3 "Observe

and Report" (2009, Comedy) Seth Rogen. A mall security officer tries to impress his dream girl and prove his worthiness for a coveted spot at the police academy by collaring a flasher.

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News Leader Str8ts

STR8TS

No. 166

Medium

Previous solution - Easy

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

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

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

You can find more help and strategies at www.str8ts.com along with more puzzles, Apple apps and books.

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

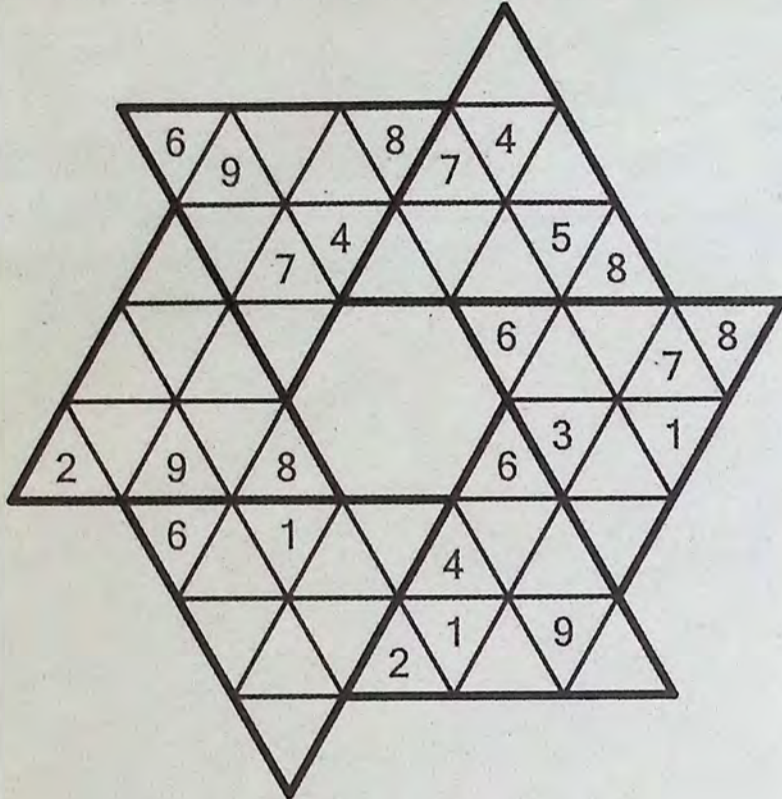
TUESDAY, FEBRUARY 25, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N)	Wibbly Pig Monkey	Clifford Martha	KHQ News GAM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Dangerous Flights	Stella-Sam Phineas	CityLine (N)	Ink Master (N)	Eat St. (N)
7 AM :30	Law & Order: SVU		Ella the EI Wild Kratts	Arthur Wild Kratts	Today Jenna Elfman; the Rockettes. (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger Arthur	Super Evil Sidekick	SportsCentre		Mighty Ships "Umlak I"	Shake It ANT Farm	Let's Make a Deal	Ink Master (N)	Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curious Cat In the Hat			CSI: Miami (N)			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre		Bering Sea Gold	Jessie Wizards	The Price Is Right (N)	Ink Master (N)	Security
9 AM :30	Millionaire	Morning Huntley	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club (N)	CSI: Miami (N)	Livel Kelly and Michael	Morning Huntley	The Doctors (N)	Super Why! Napkin	Monster Squirrel	SportsCentre	Livel Kelly and Michael	Salvage Hunters	Little Manny	Jdg Judy	Ink Master (N)	Bggg Bttls
10 AM :30	Divorce	The Doctors (N)	Ella the EI Jelly Jamm	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds (N)	The View (N)	The Doctors (N)	World Vision (N)	Bookaboo Doodlebop	Invasion Almost	PBA Bowling: USBC Masters. (Taped)	The View (N)	Auction	Never Land Sofia	The Chew (N)	Ink Master (N)	Security
11 AM :30	Judge Alex Judge Alex	World Vision (N)	G. Shrinks Clifford	Tiger Sit & Be Fit	Noodle Noddy	Young & Restless	Criminal Minds (N)	Hate Hair? AntiAging	World Vision (N)	Noon News Hour (N)	Heartland (DVS)	Flamingo Squirrel		Marilyn Denis	How/Made	Phineas ANT Farm	General Hospital (N)	Ink Master (N)	Airport
12 PM :30	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose (N)	Larry King Paid Prog.	News Bold	The First 48 (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat Sidekick	SportsNation (N)	CTV News (N)	Myth-Busters (N)	Wingin' It Wizards	Katie (N)	Ink Master (N)	Eat St. (N)
1 PM :30	Community Community	Days of our Lives (N)	Rob Robot Dragon	Painting Quilting	Days of our Lives (N)	The Talk (N)	The First 48 (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Republic of Doyle (N)	Rated A Monster	Billiards: Trick	The Social (N)	Bering Sea Gold	Wizards Good Luck	CityLine	Ink Master (N)	Bizarre Foods America
2 PM :30	Seinfeld (N) The Middle	The Talk (N)	Ella the EI Wibbly Pig	Thomas Super Why!	Katie (N)	Let's Make a Deal (N)	The First 48 (N)	Queen Latifah	The Talk (N)	Queen Latifah	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil (N)	Highway Thru Hell	Shake It ANT Farm	CityNews at 5 (N)	Ink Master (N)	RIDE.
3 PM :30	The Middle Mod Fam	Queen Latifah	Diva, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil (N)	Storage	Rachael Ray (N)	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N)	Bethenny (N)	How/Made How/Made	Jessie Austin	CityNews at 6 (N)	Ink Master (N)	Disaster
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Beo Arthur (N)	Wild Kratts WordGirl	Jdg Judy Jdg Judy	The Dr. Oz Show	Storage	The Doctors (N)	Young & Restless	Early News Global Nat.	Dragons' Den (N)	SpongeBob Chucks	NBA Basketball: Toronto Raptors at Cleveland Cavaliers.	Ellen DeGeneres Show	Daily Planet (N)	Phineas Phineas	Mod Fam	Ink Master (N)	Security
5 PM :30	Browns Payne	News (N)	Jack Wild Kratts	News Business	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News SpongeBob	Parents SpongeBob		CTV News at Five (N)	Gold Rush: Pay Dirt (N)	Liv-Mad. Liv-Mad.	Glee "Frenemies" (N)	Ink Master Is crowned.	Treasures Decoded (N)
6 PM :30	Browns Payne	Global Nat. News	Hope for Wildlife	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Storage	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Mercer	Japanizl Sam & Cat		CTV News (N)	Gold Rush (N)	Jessie Jessie	New Girl Brooklyn	Ink Master (N)	Monumental Mysteries
7 PM :30	Mod Fam Seinfeld (N)	Ent ET Canada	Frontiers of Experience	American Experience	Jeopardy! Wheel	Inside Ed. Access H.	Shipping	Ent The Insider	Ent ET Canada	Chicago Fire (N)	George S Coronation	Boys Mr. Young		etalk (N) Big Bang	Cold Water Cowboys	Shake It Good Luck	Mind Games "Pilot" (N)	Ink Master (N)	America Declassified
8 PM :30	Family Guy Family Guy	NCIS "Bulletproof" (N)	Churchill's World War	Sculpted by Floods (N)	The Voice (N)	NCIS "Bulletproof" (N)	Shipping	The Bachelor (N) (Part 2 of 2)	NCIS "Bulletproof" (N)	NCIS "Bulletproof" (N)	Mercer 22 Minutes	Mr. Young Boys	Movie: *** "Catching Hell" (2011)	Agents of S.H.I.E.L.D.	Dangerous Flights	Good Luck ANT Farm	CityNews-Tonight (N)	Tattoo Tattoo	Museum Secrets
9 PM :30	Amer. Dad Movie: "Domestic Disturbance"	NCIS: Los Angeles (N)	Emergency	Frontline "Secrets of the Vatican"	About-Boy Fisher	NCIS: Los Angeles (N)	Storage		NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Arctic Air (N) (DVS)	Gags Gags		Goldbergs Trophy	Gold Rush	Wingin' It Baxter (N)	Jimmy Kimmel Live (N)	Tattoo Tattoo	Monumental Mysteries
10 PM :30	"Observe and Report"	News Hour Final (N)	Frontiers of Experience	Charlie Rose (N)	News J. Fallon	News Letterman	Shipping	KXLY 4	News Hour Final (N)	ET Canada The Test	CBC News George S	Mr. Young Boys	SportsCentre	News-Lisa CTV News	Dangerous Flights	Wizards Princess	Paid Prog. Paid Prog.	Tattoo Tattoo	Museum Secrets

News Leader Sudoku 494

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

AFTERNOON

a murderous thug. (In Stereo)

1:00 pm SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of a murderous thug. (In Stereo)
 4:00 pm SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of

EVENING

11:30 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

Now It's Called Princeton

\$20.00
INCLUDES GST

NOW IT'S CALLED PRINCETON



Similkameen News Leader

WEDNESDAY, FEBRUARY 26, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Dangerous Flights	Stella-Sam (N)	CityLine (N)	Cops	Eat St.
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Kerl Russell; The Fray (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Super Evil	SportsCentre		Mighty Ships	Shake It	Let's Make a Deal (N)	Cops	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami			Morning Huntley	Bo On/Go	Pokémon	SportsCentre		Dangerous Flights	Jessie	The Price Is Right (N)	Cops	Money
9 AM	Millionaire	Morning Millionaire	Dinosaurs	Peg		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors	Super Why! Napkin	Monster Squirrel	SportsCentre	Live! Kelly and Michael	Salvage Hunters	Little Manny	Jdg Judy	Cops	Museum Secrets
10 AM	Divorce	The Doctors	Ella the El Jelly Jamm	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Operation Smile	Bookaboo	Invasion	Boxing: Friday Night Fights	The View	Auction	Never Land	The Chew	Cops	Monumental Mysteries
11 AM	Judge Alex	Operation Smile	G. Shrinks	Tiger	Chica	Young & Restless	Criminal Minds	Paid Prog.	Operation Smile	Noon News Hour (N)	Heartland (DVS)	Flamingo	Boxing: Tournament	Marilyn Denis	Gold Rush: Pay Dirt	Phineas ANT Farm	General Hospital (N)	Cops	America Declassified
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat Sidekick	SportsNation (N)	CTV News (N)	Gold Rush	Wingin' It	Katie	Cops	Eat St.
1 PM	Community	Days of our Lives (N)	Rob Robot	Oil Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A Monster	Billiards: Trick	The Social	Cold Water Cowboys	Wizards	CityLine	Movie: "The Marine" (2006) John Cena.	Bizarre Foods America
2 PM	Seinfeld	The Talk	Ella the El	Thomas	Katie	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record	Dr. Phil	Dangerous Flights	Shake It	CityNews at 5 (N)	Cops	RIDE.
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	Ellen DeGeneres Show	Dr. Phil	Wahlburgr	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N)	Bethenny	How/Made	Jessie	CityNews at 6 (N)	Tattoo	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Movie: "The Marine" (2006) John Cena.	Money
5 PM	College Basketball	News (N)	Jack	News	News	News	Duck Dynasty	News	Early News	(4:59) News Hour (N)	News	Parents	NHL Hockey: Detroit Red Wings at Montreal Canadiens.	CTV News at Five (N)	Bear Grylls: Shake It	Shake It	Revolution (N)	Canadian Pickers	
6 PM		Global Nat. News	Frontiers of	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	Hathaways		CTV News (N)	Salvage Hunters	Dog	Mod Fam	Deadliest Warrior	
7 PM	Mod Fam	Ent	Canada: Over the Edge	Nature (N) (DVS)	Jeopardyl	Inside Ed.	Duck D.	Ent	Ent	Chicago PD (N)	George S	Boys	SportsCentre (N) (Live)	Big Bang	Close	Dog	Nashville (N)	Deadliest Warrior	
8 PM	Family Guy	Survivor Contestants face important decisions.	Wild China (N)	NOVA	Revolution (N)	Survivor Contestants face important decisions.	Wahlburgr	The Middle	Survivor Contestants face important decisions.	Survivor Contestants face important decisions.	Dragons' Den (N)	Mr. Young	Hockey	Arrow "Time of Death"	How/Made	Good Luck	CityNews-Tonight (N)	Deadliest Warrior	
9 PM	Amer. Dad	Browns	Music and Monarchy	Super Skyscrapers (N)	Law & Order: SVU		(9:01) Duck Dynasty	Mod Fam	Mixology		Recipe to Riches	Gags	World Poker Tour	Bear Grylls: Wingin' It	Wizards	Jimmy Kimmel Live (N)	Deadliest Warrior		
10 PM	Payne	(10:01) Chicago PD (N)	(10:05) Our Queen	Warriors	(10:01) Chicago PD (N)	Criminal Minds (N)	Duck D.	Nashville (N)	(10:01) Chicago PD (N)	News Hour Final (N)	The National (N)	Splatalot	SportsCentre (N)	Criminal Minds (N)	Salvage Hunters	Good Luck	EP Daily	Deadliest Warrior	
11 PM	Payne	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N)	J. Fallon	Letterman	Wahlburgr	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre	News-Lisa	Close	Princess	Paid Prog.	Deadliest Warrior	

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Fan Favourite - Curtis Sexsmith



Most Improved Player - Trevor Pereverzoff

Princeton Posse present year-end awards

Princeton's KIJHL Junior 'B' Hockey Club celebrated a number of 'in-house' accomplishments February 21st with their annual Awards Banquet.

Although the team did not make the play-offs this season, there was still a lot to celebrate.

Club President Dean Johnston did a review of the previous sea-

son as did Mayor Frank Armitage, Area H RDOS Director Brad Hope and Assistant Coach Dave Clare.

Each briefly touched on the fact that eight months ago there was not much certainty that the community would still have the team following mass resignations of the Head Coach and the entire Board

of Directors.

A whole new executive came on board, hired a new Head Coach/General Manager and went about the chores required to keep the organization afloat.

In retrospect it is a true 'underdog' story movies are made of but instead of the happy ending with a championship, the Princeton

Posse reality is that they made it through the season with some scrapes and bruises but are well enough to play another day.

The word 'rebuilding' was carefully used and honestly describes the state the club, from the boardroom to the dressing room, has been going through.

With one season under their belt

as the 'new kids on the block' the new coaching staff promise bigger and better things to come in the next season and have already started working on solidifying commitments of players and scouting for additions five months before training camps will take place.

..... continued on Page 22



Most Sportsmanlike Player - Destin Robinson



Hardest Working Player - Bryan Kromm

SO COUNTRY INTERNET RADIO

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The skies around Princeton were "Blue On Blue" February 8th. Some folks might see the emissions from the mill as a negative factor. Others see it as their meal ticket. In addition to deep blue skies on winter mornings, our little town has a lot to offer... Photo: Arlene Arlow

Thursday Movies

MORNING

6:00 am SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of a murderous thug. (In Stereo)

9:00 am SPIKE ch.44 "The Marine" (2006, Action) John Cena. A discharged soldier returns home from Iraq and finds that his wife has been kidnapped by the gang of a murderous thug. (In Stereo)

11:00 am SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)

AFTERNOON

1:30 pm SPIKE ch.44 "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S. Customs agent to indict a lauder-

er in Miami. (In Stereo)

EVENING

9:00 pm KNOW ch.5 "A Matter of Taste: Serving Up Paul Liebrandt" (2011, Documentary) Filmmaker Sally Rowe follows New York chef Paul Liebrandt as he discusses his creative process, the hard work and long hours it takes to be a culinary artist. (CC)

9:30 pm WTBS ch.3 "Beverly Hills Chihuahua" (2008, Comedy) Piper Perabo. A pampered pooch from Beverly Hills must rely on help from scrappy Mexican street dogs after she is accidentally separated from her caretaker.

11:30 pm WTBS ch.3 "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic widow assists the police in a missing persons case.

THURSDAY, FEBRUARY 27, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N)	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Dangerous Flights	Stella-Sam Phineas	CityLine (N)	Movie: ★★ "The Marine" (2006) John Cena.	Eat St.
7 AM :30	Law & Order: SVU		Ella the El Wild Kratts	Arthur Wild Kratts	Today Naomi Campbell; Nick Lachey. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Arthur	Super Evil Sidekick	SportsCentre		Mighty Ships	Shake It ANT Farm	Let's Make a Deal (N)		Disaster Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami		Morning Huntley		Bo On/Go Busytown	Pokémon Beyblade	SportsCentre		Myth-Busters	Jessie	The Price Is Right (N)	Tattoo Tattoo	Canadian Pickers
9 AM :30	Millionaire Millionaire	Morning Huntley	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors	Super Why! Napkin	Monster Squirrel	SportsCentre	Live! Kelly and Michael	Salvage Hunters	Little Manny	Jdg Judy	Movie: ★★ "The Marine" (2006) John Cena.	Bggg Bttls Bggg Bttls
10 AM :30	Divorce Divorce	The Doctors	Ella the El Jelly Jamm	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View	The Doctors	World Vision	Bookaboo Doodlebop	Invasion Almost	NHRA Drag Racing: CARQUEST	The View	Auction Auction	Never Land Sofia	The Chew		Bggg Bttls Bggg Bttls
11 AM :30	Judge Alex Judge Alex	World Vision	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds	Hate Hair? Paid Prog.	World Vision	Noon News Hour (N)	Heartland "Spin Out!"	Flamingo Squirrel	Marilyn Denis From Phoenix.	CTV News (N)	How/Made How/Made	Phineas ANT Farm	General Hospital (N)	Movie: ★★ "The Fast and the Furious" (2001) Action	Bggg Bttls Bggg Bttls
12 PM :30	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose	PAID Prog.	News BOLD	The First 48 "Blackout"	The Chew	Noon News Hour (N)	Days of our Lives	CBC News Now (N)	Kid vs. Kat Sidekick		Bear Grylls:	Wingin' It Wizards	Katie		Eat St.	Eat St.
1 PM :30	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	Republic of Doyle	Rated A Monster	Hockey Hockey	The Social	Salvage Hunters	Wizards Good Luck	CityLine	Movie: ★★ "2 Fast 2 Furious" (2003) Paul Walker.	Bizarre Foods America RIDE.
2 PM :30	Seinfeld	The Talk	Ella the El Wibbly Pig	Thomas Super Why!	Katie	Let's Make a Deal (N)	The First 48 	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil	Close Close	Shake It ANT Farm	CityNews at 5 (N)		RIDE. RIDE.
3 PM :30	The Middle Mod Fam	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil	The First 48 	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N)	Bethenny	How/Made Once More	Jessie	CityNews at 6 (N)		Disaster Disaster
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show	Duck D. Duck D.	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Rabbids	NBA Basketball: Washington Wizards at Toronto Raptors.	Ellen DeGeneres Show	Daily Planet (N)	ANT Farm ANT Farm	Mod Farm Mod Farm	Cops	Museum Secrets
5 PM :30	Browns Payne	News (N)	Jack 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)	News News	Parents SpongeBob		CTV News at Five (N)	Last Frontier Last Frontier	Jessie	Community Parks	Cops	America Declassified
6 PM :30	Browns Payne	Global Nat. News	Canada: Over the Edge	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	News Coronation	Thunder Sam & Cat	NHL Hockey: Los Angeles Kings at Calgary Flames.	CTV News (N)	Moonshiners: Outlaw	Austin Austin	Crazy Mother Up!	IMPACT Wrestling (N)	Places Places
7 PM :30	Mod Fam Seinfeld	Ent ET Canada	Park Take Me	Northwest Profiles	Jeopardy! Wheel	Inside Ed. Access H.	Wahlburg Wahlburg	Ent The Insider	Ent ET Canada	Elementary (N)	The Nature of Things Boys	Boys Japanzi	Kings at Calgary Flames.	etalk (N) Big Bang	Moonshiners (N)	Shake It Good Luck	Scandal (N)		Sturgis Raw (N)
8 PM :30	Family Guy Family Guy	About-Boy The Millers	Joanna Lumley	Potrot	Community Parks	Big Bang The Millers	Bad Ink	Count-Downs Bad Ink	About-Boy The Millers	About-Boy The Millers	NHL-A Season Boys	Mr. Young Boys	Mr. Young Boys	Big Bang Two Men	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Rampage Ink Master	Extreme Terror Rides America Declassified
9 PM :30	Amer. Dad Movie: ★★ "Beverly Hills Chihuahua" (2008)	Rake "Mammophile" (N)	"Matter of Taste: Serving Up Paul"	Foyle's War	Hollywood Game Night	Two Men Crazy	Duck D. Duck D.	Grey's Anatomy (N)	Rake "Mammophile" (N)	Rake "Mammophile" (N)	NHL-A Season	Gags Gags	SportsCentre (N)	Grey's Anatomy (N)	Last Frontier Baxter	Wingin' It Good Luck	Jimmy Kimmel Live (N)	Cops	Places Places
10 PM :30		(10:01) Elementary (N)	Foncie's	African Americans	Parenthood (N)	(10:01) Elementary (N)	Duck D. Duck D.	Scandal (N)	(10:01) Elementary (N)	News Hour Final (N)	The National (N)	Splatalot Zolink'd!	SportsCentre (N)	Saving Hope	Moonshiners: Outlaw	Good Luck Jessie	Reviews on	Cops	Places Places
11 PM :30		CHBC News Final (N)	Park Take Me	Charlie Rose	News J. Fallon	News Lettenman	Wahlburg Wahlburg	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Mr. Young Boys	Mr. Young Boys	News-Lisa CTV News	Moonshiners	Wizards Princess	Paid Prog. Paid Prog.	Jail	Sturgis Raw

Friday Movies

MORNING

9:30 am SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S. Customs agent to indict a launderer in Miami. (In Stereo)

EVENING

6:00 pm YTV ch.18 "Flick vs. Flick" Viewers' choice. (In Stereo) (CC)
 8:00 pm FAM ch.26 "Finn on the Fly" (2008, Comedy) Matthew Knight. A science experiment turns a boy's dog into a human. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Daredevil"

(2003, Action) Ben Affleck. A blind man whose other senses are extraordinary works as an attorney during the day and fights crime at night.
 9:45 pm FAM ch.26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (CC)
 11:30 pm WTBS ch.3 "The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community.

News Leader Recipe 601

Santa Fe Style Fresh Mushroom Topping

Marinating Time: 1-8 hours

Ingredients

- 4 oz sliced small fresh mushrooms
- 1/2 cup Each diced red, green and yellow peppers
- 1/2 cup Each diced celery and red onion
- 1/2 cup quartered cherry tomatoes
- 2 tbsp minced jalapeno peppers
- 2 tbsp olive oil
- 1 tbsp lime or lemon juice
- 1 clove garlic, minced
- 1/2 tsp Each cumin and chili powder
- 1/4 tsp Each salt and pepper
- 1/4 cup minced cilantro

Method

In a large bowl combine mushrooms, coloured peppers, celery, onion, tomatoes and jalapeno peppers. In a measuring cup or small bowl whisk together oil, lime juice, garlic, cumin, chili powder, salt and pepper. Pour over vegetables and marinate at room temperature 1 hr or refrigerate to marinate longer. Spoon over omelets, grilled fish or meat. Makes 3 1/2 cups (875 mL)

Tip

4 oz is about (2 cups/500 mL) sliced mushrooms. Jalapenos vary in heat, so taste and adjust accordingly.

Variation

Substitute 1 tsp (5 mL) dried herbs (thyme basil or tarragon) for the cumin and chili powder and parsley for cilantro.

Nutritional Information

Per Serving...Calories: 28, Sodium: 47 mg, Protein: 0.6 g, Fat: 2.1 g, Carbohydrates: 2.3 g, Dietary Fibre: 0.6 g

For more delicious recipe ideas visit Mushrooms Canada at www.mushrooms.ca.

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FRIDAY, FEBRUARY 28, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) Ⓜ	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Bates Motel "Trust Me"	Morning Northwest	Morning News (N) Ⓜ	(5:00) Morning News (N)	CBC News Now (N) Ⓜ	Kid vs. Kat Rescue	SportsCentre Ⓜ	CTV Morning Live (N) Ⓜ	Greatest Know-It-All	Stella-Sam (N) Ⓜ	CityLine (N) Ⓜ	Tattoo	Eat St. Ⓜ
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Ralph Fiennes; Hugh Dancy. (N) Ⓜ	CBS This Morning (N) Ⓜ	Bates Motel Ⓜ	Good Morning America (N) Ⓜ			Tiger	Yu-Gi-Oh!	SportsCentre Ⓜ		Mighty Ships Ⓜ	Shake It	Let's Make a Deal (N)	Tattoo	Disaster
8 AM	Law & Order: SVU		Wild Kratts	Wild Kratts			Bates Motel Ⓜ				Arthur Ⓜ	Sidekick			ANT Farm			Tattoo	Disaster
9 AM	Millionaire	Morning	PAW Patrol	Curious			Bates Motel Ⓜ				Bo On/Go	Pokémon	SportsCentre Ⓜ		Flying Wild Alaska Ⓜ	Jessie Ⓜ	The Price is Right (N)	Tattoo	The Dead Files Ⓜ
10 AM	Divorce	The Doctors Ⓜ	Doozers	Cat In the Hat							Busytown	Beyblade			Wizards			Ink Master Ⓜ	America Declassified
11 AM	Judge Alex	Operation Smile Ⓜ	Clifford	Sit & Be Fit	Jdg Judy	Young & Restless	Bates Motel Ⓜ	AntAging	Operation Smile Ⓜ	Noon News Hour (N)	Heartland Ⓜ (DVS)	Flamingo	World Poker Tour	Marilyn Denis	How/Made	Phineas	General Hospital (N) Ⓜ		Extreme Terror Rides
12 PM	King	Noon News Hour (N)	Clifford	Sit & Be Fit	Jdg Judy	News	Bates Motel "Midnight"	The Chew (N) Ⓜ	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) Ⓜ	Kid vs. Kat Sidekick	SportsNation (N) Ⓜ	CTV News (N) Ⓜ	Last Frontier	Wingin' It	Katie Ⓜ	Movie: ** "2 Fast 2 Furious" (2001, Action) Ⓜ	Eat St. Ⓜ
1 PM	Community	Days of our Lives (N)	Dragon	Scrapbook	Days of our Lives (N)	The Talk Ⓜ	The First 48 Ⓜ	General Hospital (N) Ⓜ	Days of our Lives (N)	The Talk Ⓜ	Republic of Doyle Ⓜ	Rated A	That's Hockey 2 Nite	The Social Ⓜ	Moonshiners: Outlaw	Wizards	CityLine Ⓜ	Movie: ** (2003) Paul Walker. Ⓜ	Bizarro Foods America
2 PM	Seinfeld Ⓜ	The Talk Ⓜ	Wibbly Pig	Super Why!	Katie Ⓜ	Let's Make a Deal (N)	The First 48 Ⓜ	Queen Latifah	The Talk Ⓜ	Queen Latifah	Steven and Chris (N) Ⓜ	Kid vs. Kat Super Evil	Off Record	Dr. Phil Ⓜ	Moonshiners Ⓜ	Shake It	CityNews at 5 (N) Ⓜ	Cops Ⓜ	RIDE.
3 PM	The Middle	Queen Latifah	Jelly Jamm	Peg	Ellen DeGeneres Show	Dr. Phil Ⓜ	The First 48 Ⓜ	Rachael Ray Ⓜ	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick	SportsCentre (N) Ⓜ	Bethenny Ⓜ	How/Made	Phineas	CityNews at 6 (N) Ⓜ	Cops Ⓜ	Disaster
4 PM	Big Bang	Young & Restless	Arthur Ⓜ	WordGirl	Jdg Judy	The Dr. Oz Show Ⓜ	The First 48 Ⓜ	The Doctors Ⓜ	Young & Restless	Early News Global Nat.	Dragons' Den Ⓜ	SpongeBob Kung Fu	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops Ⓜ	Weird or What?
5 PM	Browns	News (N) Ⓜ	Jack	News	News	News	The First 48 Ⓜ	News	Early News	(4:59) News Hour (N)	News	Parents	Poker Aussie Millions	CTV News at Five (N)	Salvage Hunters (N)	Phineas	Last Man	Cops Ⓜ	Murder in Paradise Ⓜ
6 PM	Browns	Global Nat.	Park	PBS News-Hour (N) Ⓜ	News	KREM 2 News at 6 (N)	The First 48 (N) Ⓜ	News at 6	(5:59) News Hour (N)	ET Canada	News	Movie: "Flick vs. Flick" Viewers' choice. Ⓜ	NTL Lacrosse: Toronto Rock at Edmonton Rush.	CTV News (N) Ⓜ	Dangerous Flights (N)	Good Luck	Enlisted Ⓜ	Bellator MMA Live (N) Ⓜ (Live)	The Dead Files Ⓜ
7 PM	Mod Fam	Ent	Our Queen Ⓜ	Wash	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	Parenthood Ⓜ	George S	Coronation	etalk (N)	Mayday (N) Ⓜ	Next Step	(7:01) Hannibal Ⓜ			The Dead Files (N) Ⓜ
8 PM	Family Guy	Kitchen Nightmares	(8:05) The Village	Call the Midwife Ⓜ	Dateline NBC (N) Ⓜ	Undercover Boss (N) Ⓜ	Beyond Scared Straight	Last Man	Kitchen Nightmares Ⓜ	Kitchen Nightmares Ⓜ	M'ketplace	Assembly	Neighbors	Mike	Mayday Ⓜ	Movie: "Finn on the Fly" (2008) Ⓜ	CityNews-Tonight (N)	Cops Ⓜ	The Dead Files Ⓜ
9 PM	Amer. Dad	Hawaii Five-0 "Pale 'la"	(9:10) Lewis' relationship with Hathaway	Jazz and the Philharmonic (N) Ⓜ	Grimm "Revelation" (N)	Hawaii Five-0 "Pale 'la"	(9:01) The First 48 Ⓜ	Shark Tank (N) Ⓜ	Hawaii Five-0 "Pale 'la"	Hawaii Five-0 "Pale 'la"	the fifth estate (N) Ⓜ	Gags	Grimm "Revelation" (N)	Dangerous Flights	Good Luck	Raising	Jimmy Kimmel Live Ⓜ	Cops Ⓜ	The Dead Files Ⓜ
10 PM	Movie: ** "Daredevil" (2003) Ben Affleck.	Parenthood Ⓜ	Artist	Blue Bloods (N) Ⓜ	(10:01) Hannibal Ⓜ	(10:01) The First 48 Ⓜ	(10:01) The First 48 Ⓜ	(10:01) Parenthood Ⓜ	News Hour Final (N)	The National (N) Ⓜ	Splatalot	SportsCentre (N) Ⓜ	Blue Bloods (N) Ⓜ	Salvage Hunters Ⓜ	Movie: * "Camp Rock 2: The Final Jam"	Reviews on	Paid Prog.	Jail Ⓜ	The Dead Files Ⓜ
11 PM	"The Mist"	CHBC News Final (N)	Architects Our Part	Charlie Rose (N) Ⓜ	News	News	Beyond Scared Straight	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	News-Lisa	Mayday Ⓜ	Princess	Paid Prog.	Jail Ⓜ	Jail Ⓜ	The Dead Files Ⓜ

News Leader Weekend - Saturday Movies

MORNING

11:00 am SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Wizards of Waverly Place: The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo) (CC)

2:00 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark

Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)

EVENING

6:00 pm WTBS ch.3 "Red" (2010, Action) Bruce Willis. Retired CIA agents reassemble for survival after the agency sends assassins to silence them and the secrets they carry.

YTV ch.18 "Dear Dumb Diary" (2013, Musical Comedy) Emily Alyn Lind. An imaginative girl pours out her innermost thoughts in her cherished diary, while full-blown musical numbers fill her daydreams about how she wishes

her life could be. (In Stereo) (CC) (DVS)

CITY ch.29 "Thrill of the Kill" (2006, Suspense) Shiri Appleby. A mystery novelist helps a woman investigate the death of her sister. (CC) (DVS)

8:00 pm KXLY ch.10 "The Social Network" (2010, Drama) Jesse Eisenberg. Premiere. Six years after creating Facebook in his dorm room, Mark Zuckerberg becomes a billionaire, but his great success leads to personal and legal complications. (In Stereo)

DTour ch.45 "Police Academy" (1984, Comedy) Steve Guttenberg. The new mayor's policy puts badges on misfits: one has a police record; another does vocal sound effects. (In Stereo) (CC) (DVS)

9:00 pm WTBS ch.3 "Fair Game" (2010, Drama) Naomi Watts.

Valerie Plame's life becomes front-page news when someone leaks her status as a covert CIA operative after her husband, Joseph Wilson, wrote a controversial article for The New York Times.

10:00 pm FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)

DTour ch.45 "Police Academy 2: Their First Assignment" (1985,

Comedy) Steve Guttenberg. The zany graduates attempt to stop rampant acts of vandalism when they take to the meanest beat on the streets. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.

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SATURDAY, MARCH 1, 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	Paid Prog.	Ancestors	Wibbly Pig	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N)	Paid Prog.	Ancestors	Saturday Morning News (N)	Our Vancouver (N) (CC)	Sidekick Super Evil	Sports	Juicebox (N) (CC)	Dangerous Flights	Slug Terra	Kitchen	Off Road	Moves	
6:30 AM	Paid Prog.	Fishful	Monkey	Fly Tying				Paid Prog.	Fishful							Wingin' It	Panorama	Engine	Paid Prog.	
7 AM	The Office	Saturday Morning News Lynn	Ella the EI	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Flip This House (N) (CC)	Good Morning America	Saturday Morning News Lynn	Jones. (N)	Animal	Allen	English Premier League Soccer		How the Earth Works	Gravity	Eye/Asta	Muscle	Airport	
7:30 AM	Atl. Eats	Colliar, Welsa Wong, & Jay Janower. (N)	Jelly Jamm	Greener		Dr. Chris	Recipe	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)		Super Why!	Parents				Phineas	Payke Iran	Truck Tech	Airport	
8 AM	Paid Prog.	The Office	Upside	Woodsmith		Recipe	Flipping Boston (N) (CC)	Ocean			Artzooka	Chucks		Canada AM Weekend	Mayday (N) (CC)	Phineas	Polish Studio (N) (CC)	Bar Rescue (N) (CC)	Airport	
8:30 AM			PAW Patrol	Rough Cut		J. Oliverr	Flipping Boston (N) (CC)				Cross	Rabbits				Shake It			Airport	
9 AM	Paid Prog.	Browns	Magic Bus	Hometime		All In	Flipping Boston (N) (CC)	Explore		Fishn	Absolutely Canadian (N) (CC)	SpongeBob	Motoring	Marilyn Denis	Airplane Repo (N) (CC)	Good Luck	Liquidator	Bar Rescue (N) (CC)	Airport	
9:30 AM			Maya Bee	Old House		Changers		Rescue		Real Fish.	Monsters		30 for 30 (N) (CC)			Liv-Mad.	Dark Side		Airport	
10 AM	Paid Prog.	Fishn	Wild Kratts	Old House	Gymnas-tics: AT&T American Cup. (N) (CC)	Men	Crazy Hearts: Nashville	Wildlife Expedition	Fishn	Powerboat	Doc Zone (N) (CC)	Sanjay		SickKids Foundation (N) (CC)	Mayday (N) (CC)	ANT Farm	Travels	Bar Rescue (N) (CC)	Airport	
10:30 AM	College Basketball: Mississippi State at Missouri. (N) (Live)	Real Fish.	Martha	Kitchen		Men	Shipping	Real Fish.	Driving TV	House "Bet-ter Half" (N) (CC)	FIFA WC	Turtles	24 CH (N) (CC)	Living	Mayday (N) (CC)	Austin	Shopping Channel (N) (CC)	Movie: **** "Star Wars IV: A New Hope" (1977) Mark Hamill. (N) (CC)	Airport	
11 AM		Powerboat	Marco Polo	Jazzy		College Basketball: Louisville at Memphis. (N)	Shipping	Paid Prog.	Driving TV		FIFA WC	BeyWar.	Boxing: Friday Night Fights: Boccino Tournament.	SportsCentre (N) (CC)	Yukon Men (N) (CC)	"Wizards of Waverly Place"	Shopping Channel (N) (CC)		Airport	
11:30 AM		Driving TV	Finding	Chefs Life		College Basketball: LSU at Florida. (N) (Live) (CC)	Shipping	NASCAR Racing	PGA Tour Golf: Honda Classic, Third Round. (N) (Live) (CC)		FIS Alpine Skiing	Pokemon	Rangers	The Social (N) (CC)	Salvage Hunters (N) (CC)	Phineas	Paid Prog.		Airport	
12 PM	College Basketball: Georgia at Arkansas. (N)	PGA Tour Golf: Honda Classic, Third Round. (N) (CC)	Parks	Antiques Roadshow		Storage	Storage				FIS Alpine Skiing	Yu-Gi-Oh!							Airport	
1:30 PM			Frontiers of	Dr. Wayne Dyer: I Can See		Storage					To Be Announced	Babysitting		MasterChef Canada (N) (CC)	Dangerous Flights	Gravity	Travels	Movie: **** "Star Wars V: The Empire Strikes Back" (1980) (N) (CC)	Airport	
2 PM						Storage						Babysitting		Cash Cab	How/Made	Good Luck	CityNews Weekends	The Empire Strikes Back" (1980) (N) (CC)	Airport	
3 PM	Community	House "Bet-ter Half" (N) (CC)	Canada: Over the Edge	Clearly Now	Wheel	Paid Prog.	Wahlburg	McCarver	House "Bet-ter Half" (N) (CC)	Simpsons	National	Babysitting		Steele	How/Made	Liv-Mad.	Murdoch Mysteries		Security	
3:30 PM	Community			Determining one's life purpose. (N) (CC)	Chica	Focus T25	Wahlburg	Beer Geek	Simpsons	Simpsons	NHL Hockey: Toronto Maple Leafs at Montreal Canadiens. (N) (Live) (CC)	Japanizl		Celebrity	Cash Cab	Jessie (N) (CC)	Dog		Security	
4 PM	Family Guy	Simpsons	N. Geograph-ic Specials		Noodle	Access Hol-lywood (N)	Wahlburg	Awards	Simpsons	Simpsons		Japanizl	Sports		How/Made	Gold Rush	Shake It	Murdoch Mysteries	Cops (N) (CC)	Security
4:30 PM	Family Guy	Simpsons			Justin		Wahlburg	Red Carpet	Simpsons	Global Nat.		Japanizl	Top 10		How/Made	Gold Rush	Austin		Cops (N) (CC)	Security
5 PM	The Middle	Simpsons	Joanna Lumley	60s Pop, Rock & Soul (My Musc) (N) (CC)		News	Flipping Vegas (N) (CC)	ABC News	Global Nat.	News Hour (N)		Japanizl	Poker Aus-sie Millions		How/Made	Bering Sea Gold (N) (CC)	Good Luck	Movie: "Thrill of the Kill"	Auction	Ghost Adventures (N) (CC)
5:30 PM	The Middle	News				News	Flipping Vegas (N) (CC)	ABC News	(5:59) News Hour (N)	16x9 (N) (CC)		Japanizl	Curling: Tim Horton's Brier, Draw 2. (N) (Live) (CC)		How/Made	Bering Sea Gold (N) (CC)	Wingin' It	Repo	Ghost Adventures (N) (CC)	
6 PM	Movie: *** "Red" (2010) Bruce Willis.	Global Nat.	Hope for Wildlife (N) (CC)			News	Flipping Vegas (N) (CC)	The Insider				Japanizl	Ultimate Oscar Guide		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Ghost Adventures (N) (CC)
6:30 PM		News				News	Flipping Vegas (N) (CC)	The Insider				Japanizl	Two Men		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Ghost Adventures (N) (CC)
7 PM		16x9 (N) (CC)	Continents Collide	Celtic Woman: Emerald (N) (CC)		Burn Notice (N) (CC)	Flipping Vegas (N) (CC)	Entertain-ment Tonight	16x9 (N) (CC)	Heaven (N) (CC)	NHL Hockey: Calgary Flames at Edmonton Oilers. (N) (CC)	Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
7:30 PM							Flipping Vegas (N) (CC)					Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
8 PM	The Closer	Haven (N) (CC)	Heartbeat (N) (CC)		KHQ	Two Men	(8:01) Flipping Vegas	Movie: *** "The Social Network" (2010) Premiere. (N) (CC)	Remedy "Bad Blood"	Vikings (N) (CC)		Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
8:30 PM					Jeopardy!	Crazy						Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
9 PM	Movie: *** "Fair Game" (2010) Naomi Watts.	Remedy "Bad Blood"	Midsomer Murders "The Sicilian Defence" (N) (CC)	Great Performances (N) (CC)	CSI: Miami (N) (CC)	Person of Interest (N) (CC)	(9:01) Flipping Vegas	(10:01) Flipping Vegas	Remedy "Bad Blood"	Vikings (N) (CC)		Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
9:30 PM					Criminal Minds (N) (CC)	48 Hours (N) (CC)	(10:01) Flipping Vegas	Goldbergs				Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
10 PM		Vikings (N) (CC)				News			News Final	News Final		Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
10:30 PM						News			News Final	News Final		Japanizl	Mr. Young		How/Made	Bering Sea Gold (N) (CC)	Wizards of Waverly Place	CityNews Weekends	Cops (N) (CC)	Movie: *** "Police Academy" (1984) (N) (CC)
11 PM	"Beyond Doubt"	News Final	Canada: Over the Edge	Austin City Limits (N) (CC)	News	News	(11:01) Flipping Vegas	Castle (N) (CC)	News Final	News Final	NHL Hockey (N) (CC)	Mr. Young	SportsCentre (N) (CC)	Saving Hope (N) (CC)	Cold Water Cowboys	Movie: *** "Dadnapped" (2009)	The Office	Cops (N) (CC)	"Police Academy 2: Their First Assignment" (N) (CC)	
11:30 PM		SNL			SNL	The Closer						Mr. Young	SportsCentre (N) (CC)	News	Gold Rush (N) (CC)	Life Derek	Paid Prog.	Jail (N) (CC)	Jail (N) (CC)	

News Leader Weekend - Sunday Movies

MORNING

7:00 am DTOUR ch.45 "Police Academy" (1984, Comedy) Steve Guttenberg. The new mayor's policy puts badges on misfits: one has a police record; another does vocal sound effects. (In Stereo) (CC) (DVS)
 8:00 am WTBS ch.3 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague trans-

forms Earth's population into blood-thirsty vampires, a lone survivor desperately searches for a cure.
 9:00 am DTOUR ch.45 "Police Academy 2: Their First Assignment" (1985, Comedy) Steve Guttenberg. The zany graduates attempt to stop rampant acts of vandalism when they take to the meanest beat on the streets. (In Stereo) (CC)

10:00 am WTBS ch.3 "Rogue" (2007, Action) Jet Li. A federal agent seeks revenge on an elusive assassin after his partner and family are killed, but the target ignites a war between rival Asian mobsters.
 SPIKE ch.44 "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)
 11:00 am DTOUR ch.45 "Police Academy 3: Back in Training" (1986, Comedy) Steve Guttenberg. The misfits try to stop the penny-pinching governor from shutting down their academy. (In Stereo) (CC)

travel to the Emerald City for help in getting back home. (In Stereo) (CC)
 FAM ch.26 "The Spy Next Door" (2010, Comedy) Jackie Chan. A CIA operative must protect his girlfriend's children from a Russian terrorist after one kid mistakenly downloads a top-secret formula. (In Stereo) (CC)
 1:00 pm SPIKE ch.44 "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo)
 1:30 pm YTV ch.18 "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (In Stereo) (CC)
 3:45 pm YTV ch.18 "Free Willy: Escape From Pirate's Cove" (2010, Adventure) Beau Bridges. With help from her friends, an orphaned girl races to return a baby whale to the open sea. (In Stereo) (CC)
 4:00 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science

Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

EVENING

6:00 pm WTBS ch.3 "Across the Universe" (2007, Musical) Evan Rachel Wood. Songs by the Beatles illustrate a tale of two star-crossed lovers swept up by the 1960s counterculture and the anti-war movement.
 YTV ch.18 "Dolphin Tale" (2011, Docudrama) Harry Connick Jr. A marine biologist, a prosthetics designer and a boy band together to save the life of a dolphin whose tail was severely damaged in a trap. (In Stereo) (CC)
 CITY ch.29 "Blind Trust" (2007, Suspense) Jessica Capshaw. An innocent woman learns sinister secrets about her lawyer after he defends her for murder.
 7:00 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
 10:00 pm FAM ch.26 "Motocrossed" (2001, Adventure) Alana Austin. Feeling responsible for her twin brother's injury, a teenager pretends to be him and competes in a series of motocross races. (In Stereo) (CC)
 10:30 pm WTBS ch.3 "Lakeview Terrace" (2008, Suspense) Samuel L. Jackson. A police officer, the self-proclaimed watchdog of his neighborhood, becomes increasingly hostile toward the interracial couple next door.

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AFTERNOON

12:00 pm WTBS ch.3 "My Mom's New Boyfriend" (2008, Romance-Comedy) Antonio Banderas. An FBI agent must spy on his mother after she becomes involved with a suspected art thief.
 VTV ch.22 "The Wizard of Oz" (1939, Fantasy) Judy Garland. After a tornado whisks Kansas farm girl Dorothy to a magic land, she must

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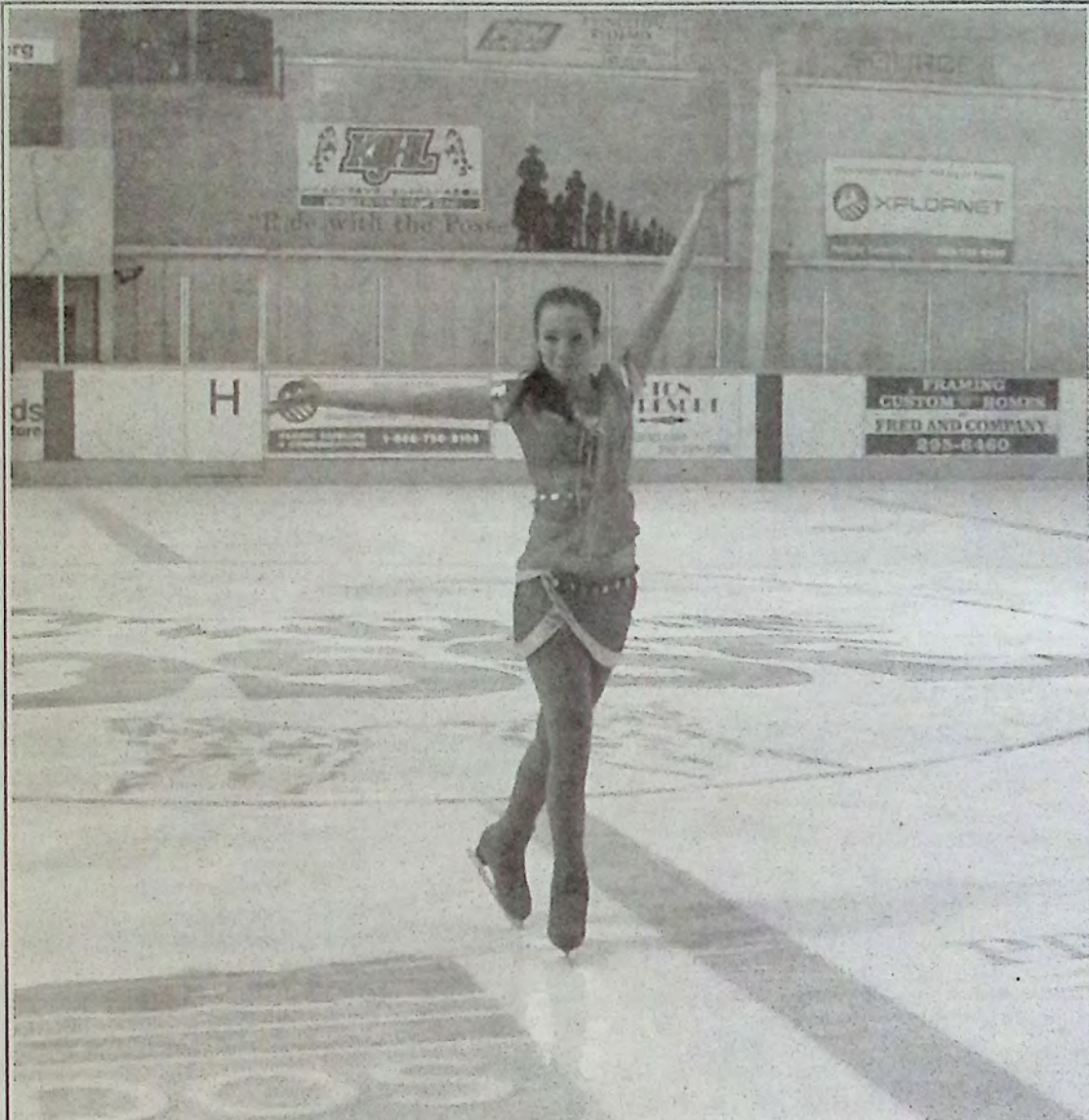
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SUNDAY, MARCH 2, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	In a Name	Wibbly Pig	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Sidekick	SportsCentre	Canada AM Weekend	Pyros	Slug Terra	R Schuller	Bar Rescue	Fishful
:30	Cooldest	World	Monkey	WordWorld	Invest	Paid Prog.	World	Paid Prog.	World	News	Poko	Super Evil	Reporters	Myth-Busters	Wingin' It	ChurchRck	Bar Rescue	Paid Prog.	
7 AM	P. Affairs	Sunday Morning News (N)	Ella the EI	Barney	KHQ News	CBS News Sunday Morning (N)	Bonnie & Clyde	Good Morning America	Sunday Morning News (N)	News	Squirrel	Reporters	The Social	Myth-Busters	Phineas	Dharti	Bar Rescue	Movie: "Police Academy" (1984)	
:30	Atl. Eats	Jelly Jamm	Clifford	Invest	Meet the Press (N)	The Nation	This Week	This Week	This Week	Coronation	Pet Shop	SportsCentre	Question Period (N)	Myth-Busters	Phineas	Pakistan	Bar Rescue		
8 AM	Movie: "I Am Legend" (2007)	Will Smith.	Upside	Curious	Meet the Press (N)	The Nation				Coronation	Sidekick	Curling: Tim Horton's Brier, Draw 3. (N) (Live)	World Vision	Highway Thru Hell	Good Luck	Johnny Lombardi (In Italian)	Bar Rescue	Police Academy 2: Their First Assignment	
:30			PAW Patrol	Cat In the Hat						Coronation	SpongeBob	Worst Handyman	Dangerous Flights	ANT Farm	Phineas		Bar Rescue		
9 AM			Dino Dan	Blz Kid\$	NHL Hockey: Philadelphia Flyers at Washington Capitals. (N) (Live)	Bull Riding	Bonnie & Clyde (Part 2 of 2)	NBA		Block	Coronation	SpongeBob	Parents			Good Luck		Police Academy 2: Their First Assignment	
:30			Arthur	The Impact						Context	Coronation	SpongeBob	Monsters			Shopping Channel			
10 AM	Movie: "Rogue" (2007, Action)	Jet Li.	Wild Kratts	Inside Olympia	Flyers at Washington Capitals. (N) (Live)	Bull Riding	Bonnie & Clyde (Part 2 of 2)	NBA		J. Osteen	Coronation	Parents				Good Luck		Police Academy 3: Back in Training	
:30			Little	Moyers	College Basketball: Marquette at Villanova. (N)	Bates Motel	Hollywood			16x9	Our Vancouver	Sam & Cat				Good Luck		Police Academy 3: Back in Training	
11 AM			Marco Polo	Europa Jrnl	College Basketball: Marquette at Villanova. (N)	Bates Motel	Hollywood			Paid Prog.	Hathaways	E:60 (N)				Good Luck		Police Academy 3: Back in Training	
:30										News Hour	PGA Tour Golf: Honda Classic, Final Round. (N) (Live)	Thunder				Good Luck		Police Academy 3: Back in Training	
12 PM	Movie: "My Mom's New Boyfriend"		Dogs/Jobs	Golden Apple	PGA Tour Golf: Honda Classic, Final Round. (N) (Live)	Bates Motel	Hollywood			PGA Tour Golf: Honda Classic, Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
:30			Dogs/Jobs	Final Round. (N) (Live)	College Basketball: Ohio State at Indiana. (N)	Bates Motel	Hollywood			Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
1 PM	King		Can. Rivers	Jazz and the Philharmonic (N)	College Basketball: Ohio State at Indiana. (N)	Bates Motel	Hollywood			Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
:30	King		Park	Profiles	College Basketball: Ohio State at Indiana. (N)	Bates Motel	Hollywood			Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
2 PM	King		Take Me	Profiles	College Basketball: Ohio State at Indiana. (N)	Bates Motel	Hollywood			Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
:30	King		Take Me	Profiles	College Basketball: Ohio State at Indiana. (N)	Bates Motel	Hollywood			Final Round. (N) (Live)	Hockey: Heritage Classic - Ottawa Senators at Vancouver Canucks.	Japanz!				Good Luck		Police Academy 3: Back in Training	
3 PM	Big Bang		Hope for Wildlife	Suze Orman's Financial	Paid Prog.	Paid Prog.	Bates Motel	ABC News	Ice Pilots	TV-Torrans	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
:30	Big Bang		Hope for Wildlife	Suze Orman's Financial	Pain Free	Focus T25	Bates Motel	KXLY 4	Ice Pilots	Simpsons	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
4 PM	Big Bang		Lost Kingdoms	Solutions For You	CSI: Miami	Backroads	Bates Motel	Oscars Red Carpet Live (N)	TV-Torrans	Simpsons	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
:30	Big Bang		Lost Kingdoms	Solutions For You	CSI: Miami	Backroads	Bates Motel	Oscars Red Carpet Live (N)	Simpsons	Global Nat.	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
5 PM	Mod Fam		Splitfire Women	Easy Yoga: The Secret	News	News	Bates Motel	The Oscars Honors for achievements in film. (N) (Live)	Simpsons	(4:59) News Hour (N)	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
:30	Mod Fam		Splitfire Women	Easy Yoga: The Secret	NBC News	CBS News	Bates Motel	The Oscars Honors for achievements in film. (N) (Live)	Simpsons	Global Nat.	Recipes to Riches	Stefano				Good Luck		Police Academy 3: Back in Training	
6 PM	Movie: "Across the Universe"		Park	3 Steps to Incredible Health!	News	KREM 2 News at 6 (N)	Bates Motel	(5:59) News Hour (N)	Security	Mesqus	Mr. D					Good Luck		Police Academy 3: Back in Training	
:30			Take Me	Joel	Mark Few	Dateline NBC	Bates Motel	Security	The Good Wife	Heartland	(DVS)					Good Luck		Police Academy 3: Back in Training	
7 PM	Security		That Shouldn't Fly	Super Brain With Dr. Rudy Tanzi	The Amazing Race (N)	(8:01) Bates Motel		Security	The Good Wife	Heartland	(DVS)					Good Luck		Police Academy 3: Back in Training	
:30	Amer. Dad		That Shouldn't Fly	Super Brain With Dr. Rudy Tanzi	The Amazing Race (N)	(8:01) Bates Motel		Amer. Dad	The Good Wife	Heartland	(DVS)					Good Luck		Police Academy 3: Back in Training	
8 PM	Simpsons		Foyle's War "The Russian House"	Classical Rewind	(9:04) The Voice "The Blind Auditions Premiere"	The Good Wife	(10:01) Bates Motel	Simpsons	Simpsons	Four Rooms						Good Luck		Police Academy 3: Back in Training	
:30	Seinfeld		Burgers	Classical Rewind	(9:04) The Voice "The Blind Auditions Premiere"	The Good Wife	(10:01) Bates Motel	Burgers	Burgers	Four Rooms						Good Luck		Police Academy 3: Back in Training	
9 PM	The Closer		House	Classical Rewind	(9:04) The Voice "The Blind Auditions Premiere"	The Good Wife	(10:01) Bates Motel	Family Guy	Family Guy	Dragons' Den						Good Luck		Police Academy 3: Back in Training	
:30			House	Classical Rewind	(9:04) The Voice "The Blind Auditions Premiere"	The Good Wife	(10:01) Bates Motel	Amer. Dad	Amer. Dad	Dragons' Den						Good Luck		Police Academy 3: Back in Training	
10 PM	Seinfeld		Silk	Profiles	News	News	(11:01) Bates Motel	Jimmy Kimmel Live (N)	The Good Wife	News Final	The National (N)					Good Luck		Police Academy 3: Back in Training	
:30	Movie: "Lakeview Terrace"		Continents Collide	Super Skyscrapers (N)	News	News	(11:01) Bates Motel	KXLY 4	News Final	Paid Prog.	CBC News	Mr. Young	SportsCentre	News	Bering Sea Gold: Under	Life Derek	Paid Prog.	Cops	Extreme Wild Races
11 PM			Continents Collide	Super Skyscrapers (N)	Pain Free	Family Guy		Van Impe	Block	Paid Prog.	fifth estate	Boys	CTV News	Bering Sea Gold: Under	Life Derek	Paid Prog.	Cops	Extreme Wild Races	
:30			Continents Collide	Super Skyscrapers (N)	Pain Free	Family Guy		Van Impe	Block	Paid Prog.	fifth estate	Boys	CTV News	Bering Sea Gold: Under	Life Derek	Paid Prog.	Cops	Extreme Wild Races	



Princeton Skating Club member Hanna Gould finishes a spin as part of a demonstration videotaped last week to promote the upcoming ice show. Gould, along with two other local skaters took time out of their busy practice to help with the video production. The videos appear on the News Leader YouTube Channel: PrincetonBCNews. *

Monday Movies

AFTERNOON

3:30 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

EVENING

6:30 pm SPIKE ch.44 "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)

9:05 pm KNOW ch.5 "Northwords" (2012, Docudrama) Premiere. In the summer of 2011, five Canadian writers traveled to the harsh and stunning terrain of Tornat Mountain National Park to seek inspiration. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dis-

solves animal feces, brings him wealth.

SPIKE ch.44 "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination. (In Stereo)

11:30 pm WTBS ch.3 "Final Destination 3" (2006, Horror) Mary Elizabeth Winstead. A high-school senior and her friends must deal with repercussions of cheating death when they survive a terrible roller-coaster accident.

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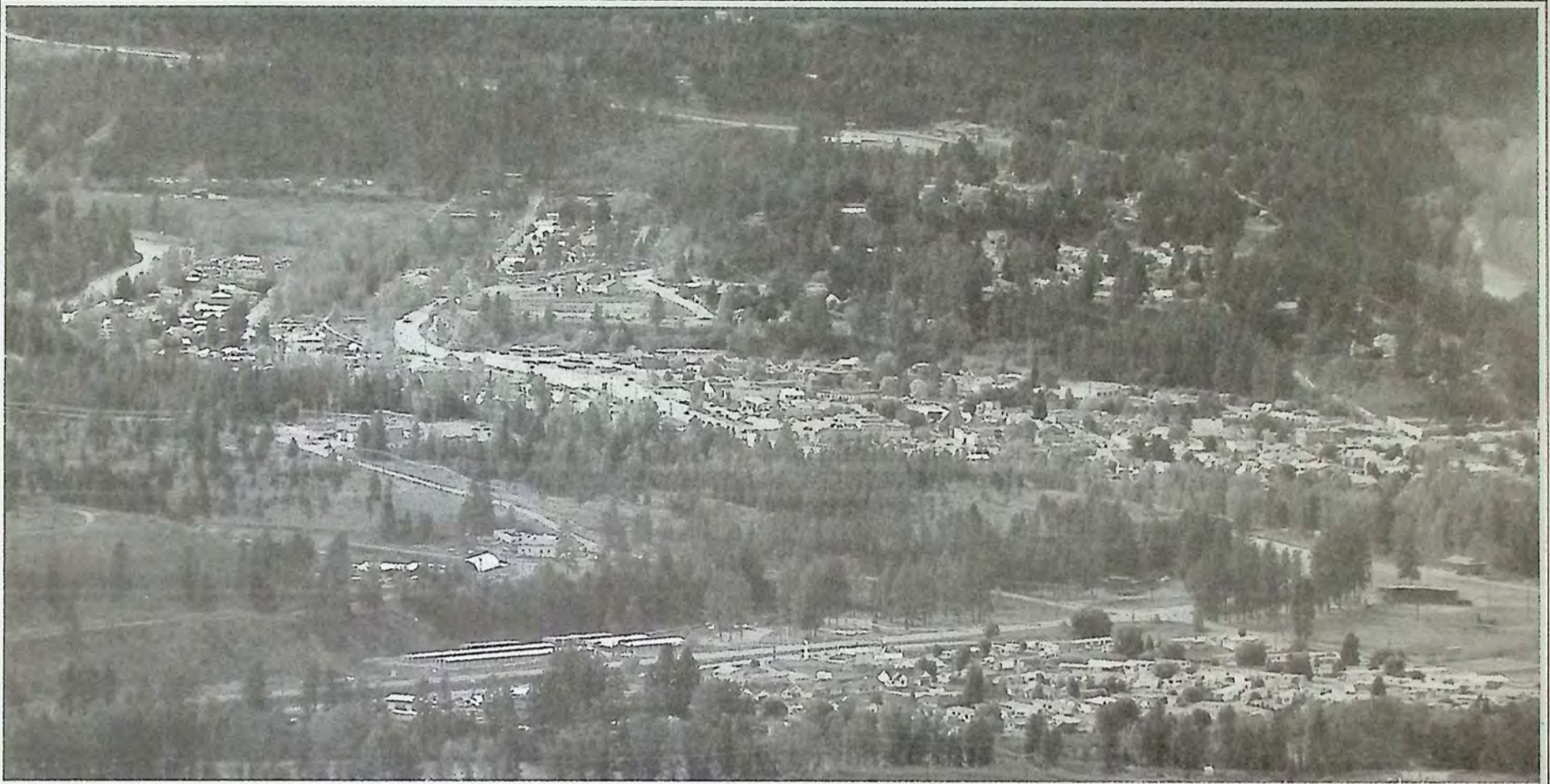
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MONDAY, MARCH 3, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Dangerous Flights	Stella-Sam Phineas	CityLine (N)	Bar Rescue	Eat St.
7 AM	Law & Order: SVU		Ella the El	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger	Super Evil	SportsCentre		Cash Cab	Shake It	Let's Make a Deal (N)	Bar Rescue	Disaster
8 AM	Law & Order: SVU		Wild Kratts	Wild Kratts			CSI: Miami "Chip/Tuck"				Arthur	Sidekick			How/Made	ANT Farm			Disaster
9 AM	Millionaire	Morning	PAW Patrol	Curious						Morning	Bo On/Go	Pokémon	SportsCentre		To Be Announced	Jessie	The Price Is Right (N)	Bar Rescue	Are You Filter
10 AM	Millionaire	Huntley	Doozers	Cat In the Hat						Huntley	Busytown	Beyblade			Wizards				
11 AM	Divorce	The Doctors	Rob Robot	Peg		The 700 Club (N)	CSI: Miami	Liv! Kelly and Michael	Morning	The Doctors	Super Why!	Monster	SportsCentre	Liv! Kelly and Michael	Salvage Hunters	Little	Jdg Judy	Cops	Lost-Sold
12 PM	Divorce	AnnaOlson	Ella the El Jelly Jamm	Sesame Street (E)		The Price Is Right (N)	Criminal Minds (N)	The View	The Doctors	AnnaOlson	Bookaboo	Invasion	To Be Announced	The View	Auction	Never Land	The Chew	Bar Rescue	Extreme Wild Rides
1 PM	Judge Alex	AnnaOlson	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	Paid Prog.	AnnaOlson	Noon News Hour (N)	Our Vancouver (N)	Flamingo		Marilyn Denis	Airplane Repo	Phineas	General Hospital (N)	Bar Rescue	Extreme Conventions
2 PM	Judge Alex	Debt/Part	Clifford	Sit & Be Fit	LazyTown			Ant/Agling	Debt/Part	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat		CTV News (N)	To Be Announced	Wizards	Katie	Cops	Est St.
3 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paid Prog.	News	Criminal Minds (N)	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick		The Social	Deadliest Catch	Wizards	CityLine	Repo	Bizarro Foods America
4 PM	Community	Days of our Lives (N)	Rob Robot	Paint This	Days of our Lives (N)	The Talk	Criminal Minds (N)	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A		Dr. Phil	How/Made	Shake It	CityNews at 5 (N)	Repo	Waterparks
5 PM	Community	Days of our Lives (N)	Dragon	Easy Yoga: The Secret	Katie	Let's Make a Deal (N)	Criminal Minds (N)	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Kid vs. Kat		Dr. Phil	How/Made	ANT Farm		Repo	Waterparks
6 PM	Seinfeld	The Talk	Ella the El	Super Why!										Bethenny	How/Made	Jessie	CityNews at 6 (N)	Repo	Disaster
7 PM	The Middle	Queen Latifah	Dive, Olly	Sid	Ellen DeGeneres Show	Dr. Phil	Duck D.	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Sidekick		Bethenny	How/Made	Austin		Movie: **** "Star Wars VI: Return of the Jedi" (1983) Mark Hamill.	Disaster
8 PM	Mod Fam	Queen Latifah	Jelly Jamm	Peg							Stefano	Squirrel		Ellen DeGeneres Show	Daily Planet (N)	Shake It Up!	Mod Fam	Mod Fam	Lost-Sold
9 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News	Canada Reads	SpongeBob		Ellen DeGeneres Show	Daily Planet (N)	Shake It Up!	Mod Fam	Mod Fam	Lost-Sold
10 PM	Big Bang	Young & Restless	Arthur	WordGirl	Jdg Judy					Global Nat.		Sanjay		CTV News at Five (N)	How/Made	Phineas	How I Met	Broke Girl	Security
11 PM	Browns	News (N)	Jack	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	How/Made	Phineas	Broke Girl		Security
12 AM	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.		News	SpongeBob		CTV News (N)	Myth-Busters (N)	Phineas	Milke		Bggg Bttls
1 AM	Browns	Global Nat.	Animals	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Bates Motel	News at 6	(5:59) News Hour (N)	ET Canada	News	Sam & Cat	To Be Announced	CTV News (N)	Myth-Busters (N)	Phineas	Mom (N)	Movie: **** "Star Wars VI: Return of the Jedi" (1983) Mark Hamill.	Bggg Bttls
2 AM	Payne	News	Animals							Ent	Mercer	Assembly		etalk (N)	Bering Sea Gold (N)	Phineas	Shameless (N)	Rejo	Airport
3 AM	Mod Fam	Ent	Hope for Wildlife	Dr. Wayne Dyer: I Can See	Jeopardy!	Inside Ed.	Those Who Kill "Pilot"	Ent	Ent	The Blacklist (N)	George S	Hathaways		etalk (N)	Bering Sea Gold (N)	Phineas	Shameless (N)	Rejo	Airport
4 AM	Seinfeld	ET Canada			Wheel	Access H.		The Insider	ET Canada		Coronation	Thunder		Big Bang					Airport
5 AM	Family Guy	Almost Human	Tudor Monastery Farm	Clearly Now	The Voice	How I Met	Bates	The Bachelor "The Women Tell All"	Almost Human	Almost Human	Murdoch Mysteries (N)	Japanzi	SportsCentre	MasterChef Canada (N)	How/Made	Phineas	CityNews-Tonight (N)		Security
6 AM	Family Guy	Almost Human		Determining one's life purpose.								Babysitting		MasterChef Canada (N)	How/Made	Phineas			Security
7 AM	Amer. Dad	Remedy (DVS)	"Northwords"								Mr. D (N)	Gags	TBA	The Following (N)	Myth-Busters	Phineas	Jimmy Kimmel Live		Bggg Bttls
8 AM	Movie: "Envy" (2004, Comedy) Ben Stiller.										Ron James	Gags		The Following (N)	Myth-Busters	Phineas			Bggg Bttls
9 AM														Intelligence "Athens"	Bering Sea Gold	Good Luck	EP Daily	Reviews on	Airport
10 AM														Intelligence "Athens"	Bering Sea Gold	Good Luck	EP Daily	Reviews on	Airport
11 AM														CTV News	How/Made	Wizards	Paid Prog.		Lost-Sold
12 AM														CTV News	How/Made	Life Derek	Paid Prog.		Lost-Sold



The view of Princeton from Miner Mountain. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

The second weekly meeting of the joint downtown/highway business committee was held February 19th at Riverside Centre and was attended by fewer than the first one a week ago.

That's not a sign of a lack of interest as most of the four not in the room had good reasons for being away.

Following two more exercises intended to demonstrate to the group the importance of communication, work went into examining the list of stakeholders that was constructed a week before. Through e-mails members of the committee had a chance to add or remove some of the 'new additions' made by temporary chair Susan Robinson.

I took particular objection to the naming of three or four non-profit organizations and argued my point by stating they would all fit nicely under a single category identified as

'Non-Profit Organizations' and with support from others in the room, the change was made with the Chamber of Commerce moved from that category to a stand-alone listing.

Why am I telling you this? To show you that a lot of thought is going into 'the process' and while I often felt like it was not going anywhere, all of these sometimes nagging details do fit into a much bigger picture.

The end result was that of the long list of identified stakeholders, three stood out: business, customers and government.

From the list of concerns collected from the original two meetings hosted by the Town of Princeton (one for downtown businesses, the other for highway businesses) a number of themes were clearly revealed and a list of them ended up on the flip chart.

I again took exception to cate-

gories of bylaws, zoning and parking pointing out they all really belonged under an all-encompassing category named 'regulations.' Thanks to some healthy debate, the grouping ended up identified as 'regulations' with a pat on the back to Town of Princeton CAO Rick Zerr who understood my thinking on the subject.

A total of nine themes were whittled down to five: Regulations, Utilizing Resources/Business Support and Education, Packaging/Promotion/Marketing and Signage, Attractions and Industrial Park.

We all were then asked to mark our first and second choices of what themes we'd each like to work on and sub-committees were born.

What does this have to do with saving downtown Princeton?

This is about where I started to get lost in the fog and thanks to a comment CAO Zerr said earlier in the

evening it brought about the focus I needed.

Someone had casually directed a question at Zerr about how cooperative the Town of Princeton intends to be once the wheels on the downtown/highway business committee start spinning.

Zerr said Council was looking at ways to make the community more business friendly and added, "They're worried about you."

Say what you want about it being an election year and that lip service is often just that, but you had to hear the genuine, sincere concern in Zerr's voice when he said those four words.

I'm not sure anyone else quite caught it minutes after a short discussion on the importance of body language and tone of voice.

Zerr later put the evening into perspective by effectively replacing the Mission Statement I still couldn't grasp with the simple Vision

Statement of: To increase the population to 5,000.

He argued that with a population in Princeton (the town and immediate area within 5-kilometres) of 5,000 the tax base could sustain a lot of things such as infrastructure upgrades that currently require reserve building over a period of years.

I was thinking about the life that kind of population increase would bring to the school system, local non-profit organizations and downtown business.

The rough figure is an actual increase in Princeton's population of about 1,700 people which equates to about 600 or 800 homes. Land needs to be made available for that to happen.

You grow your population when there's a need and barriers need to be removed in order to make the area more attractive for investment
..... continued on Page 21

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Harry Lloyd Clarkson



It is with great sadness that our family announces the passing of Harry Lloyd Clarkson in Kelowna on February 17, 2014 at the age of 90.

Lloyd was born on a farm in Saskatchewan in 1923. He was predeceased by his parents, Jim and Dorothy, and four siblings. He is survived by his son Hazen (Laura) and daughter Marliss (Sandy); his grandchildren Scott (Tanya), Kristine (Eric), Jaime (Matt), Robyn (Dave), Stacy and 8 great-grandchildren.

He will be deeply missed and remembered by many people who knew and loved him for his carefree nature. As per his request there will be no service at this time but a family gathering will be held this summer. We would like to thank Dr. Verster and the nursing staff at Kelowna General Hospital for their dedicated care during Lloyd's final days.

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Notices

Notices

Help Wanted

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 sammomland@gmail.com or call 250-293-1280. Feb 11-25

Princeton & District Community Services is in urgent need of qualified home support workers. Prospective home support workers must be registered with the BC Care/Aide Community Health Worker Registry. Successful applicants must have access to a vehicle, a clear criminal record check, a TB skin test and an aptitude for working with seniors. Application forms are available at 47 Harold Avenue (Princeton) and resumes may be mailed to Box 1960, Princeton, BC V0X 1W0 or e-mailed to: mail@pdcss.com. Feb 11-Apr 01

Princeton Museum Membership Drive is on! Clip out this form and submit it with your payment to Princeton Museum at the address noted!

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4th Tuesday each month

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Candice Low competed in the Gelato World Cup 2014 with four other chefs representing Canada in the two-day tournament in Gisepe, Italy last month. They came in 7th overall and first for countries outside of Europe. Candice, the daughter of Wah Fee and Shirley Low, was born and raised in Princeton before becoming a pastry chef at the Pan Pacific Hotel. She currently works as a pastry chef for the Fairmont Pacific Rim Hotel. - photo submitted

Flip of the Coyne

Spencer Coyne

..... continued from Page 3 that, the more of a competitive advantage our businesses have over others because they can then invest more money into their business, in turn creating new products or offering more product to the market. Spending your money locally helps local businesses in the same way. When you spend your money in town, those busi-

nesses you support can put more back into their business which allows them to offer you the consumer more options and more products.

Let's support small and medium size business because, although large scale operations that employ hundreds of people are great, when a number of small businesses employ others, we all benefit.

Saving Downtown

...an ongoing series

..... continued from Page 18 according to Zerr.

And by the sounds of it, Town Council wants to help in any way possible to push away some of the hurdles. Myself personally I'd like to see a symbolic photo-op with Town Council in the middle of the Industrial Park wearing hard hats and someone about to drop the plunger on a massive charge of dynamite.

Across the top of the page in giant letters would be the headline: We're blowing the lid off of Princeton!

The vision statement I can hold on to, share and explain. How the joint committee is going to start the ball rolling remains to be seen, but it is possible now that a group is working towards a goal that will benefit all of us - committee members and community residents.

Saddles 'n' Spurs

by Pastor George Donovan

..... continued from Page 8 as fast as we could to the vet in North Vancouver. We made it as far as Britannia Beach by the old copper mine and the horse fell down in the back of the truck and the other horse was tripping on him so we pulled over, took the upright horse off, tied her to a hydro pole and headed off full speed to the vet in North Vancouver.

The vet rushed out to see what was happening and wanted to start with the wound on the legs with the horse still lying in the back of the truck.

She wanted to deal with the rope wounds in the legs first but the

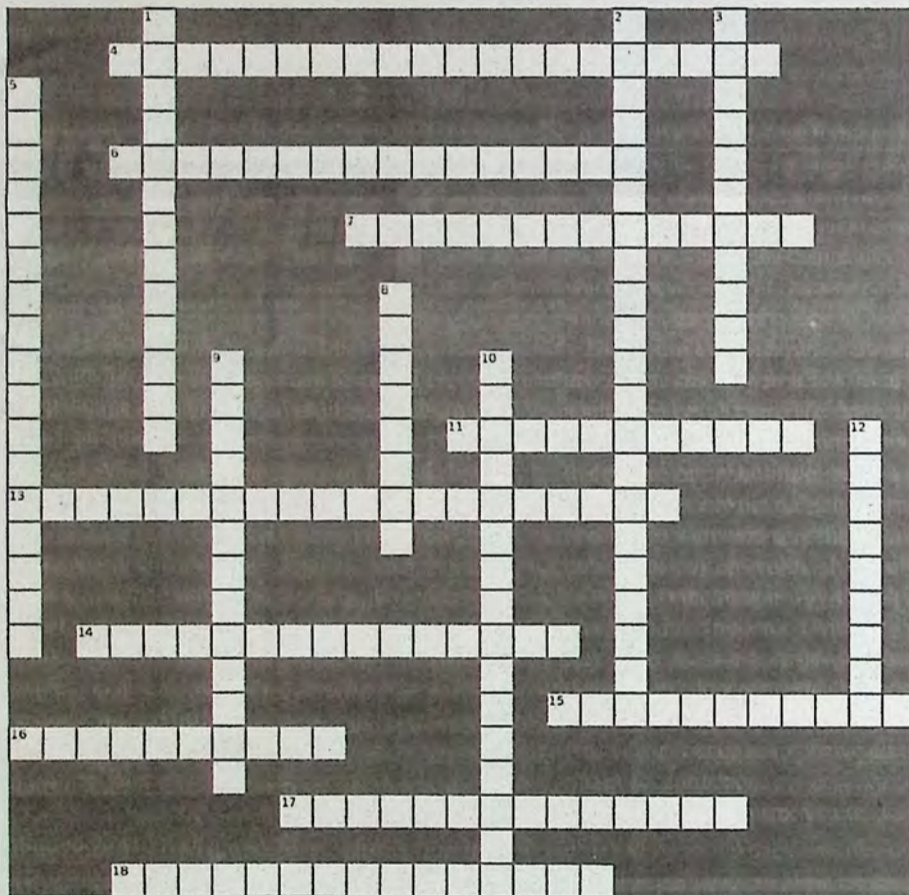
horse was kicking and she couldn't proceed. So I grabbed a saddle and wrapped the legs with the saddle and sat on it to keep the horse from kicking while she attended the wounds. She checked her all over and the other swelling was already going down.

So she gave him some medicine and we put him back into the barn stall and had one of my staff take care of him while we grabbed another horse, loaded up and went up to pick up the horse we had tied to the hydro pole. We went back to start once again on our journey to Alta Lake.

..... continued Next Week

Similkameen News Leader Puzzler

Use the February 18 News Leader to find Answers Below...



- Across
4. Name the team beat February 14th by Princeton Posse.
 6. Decals posted downtown for part of a day said no to this.
 7. The 'B' Event Winners.
 11. According To Dawn Johnson, you should also do this.
 13. John and Carolyn Gillis own this.
 14. What should you feel free to do at Princeton Museum?
 15. He's the Canada Post Local Area Manager.
 16. This appears on the top line of the highway sign
 17. Good luck solving this one!
 18. Good luck solving this one!

- Down
1. The 'C' Event Winners.
 2. The original name of this newspaper.
 3. According to Dawn Johnson, you should first do this.
 5. According to George Elliott, what should we try to save?
 8. She officially retired from Canada Post last week.
 9. The 'A' Event Winners.
 10. Better known as Recipe #600.
 12. Name the team Princeton Posse took to double OT February 9th.

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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. Two action packed days. Over 100 tables. All day entertainment and live music, food vendors and more. Admission is FREE. Unwanted item donations welcome. Volunteers needed! Contact Gena to book your space at 250-295-0775.



Unsung Hero - Destin Robinson



Rookie of the Year - Cooper Prechel

..... continued from Page 12
 The 2013/14 Princeton Posse Award Winners were:
 Fan Favourite - Curtis Sexsmith (#24) who was presented his award by Assistant Coach Dave Clare.
 Hitman of the Year - Eric Schmidt (#18) who was presented his award by Associated Coach Mark

McNaughton.
 Most Improved Player - Trevor Pereverzoff (#28). Assistant Coach Dave Clare presented the award.
 Most Sportsmanlike Player - Destin Robinson (#7) who received his award from Associate Coach Mark McNaughton.
 Unsung Hero - Destin Robinson

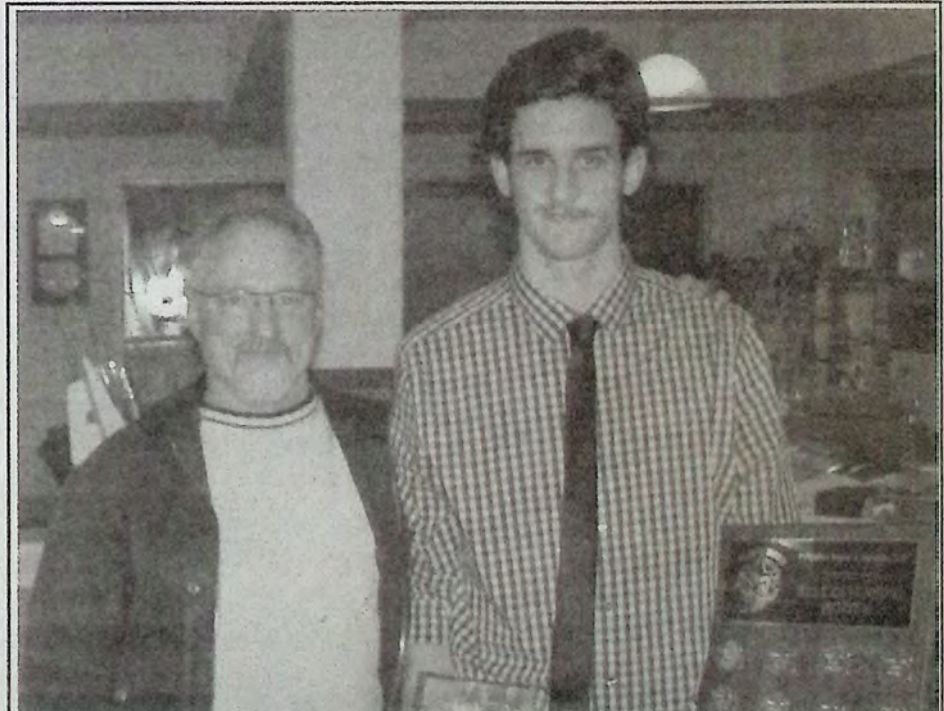
(#7) who was honoured by the presentation made by Assistant Coach Dave Clare.
 Hardest Working Player - Bryan Kromm (#12) who received his award from Associate Coach Mark McNaughton.
 Coaches Award - Eric Schmidt (#18) who was presented his award

by Head Coach/General Manager Bill Rotheisler.
 Rookie of the Year - Cooper Prechel (#3). - presented by Bill Rotheisler
 Top Defensive Player - Estevan Hale (#5). - presented by Mark McNaughton
 Top Offensive Player - Devan Suidy (#15). - presented by Dave

Clare
 Most Valuable Player - Kurtis Klinger (#25). - presented by Bill Rotheisler
 Special Achievement Award (All-Time Posse Points and Assists Records) - Eric Kubis (#8) who was presented his award by the entire coaching staff.



Top Defensive Player - Estevan Hale



Top Offensive Player - Devan Suidy.

THANK YOU!

Throughout February Similkameen News Leader Owner/Publisher George Elliott celebrates TEN YEARS of ownership of this newspaper. He couldn't have done it without support of local businesses including those noted below as well as many others.



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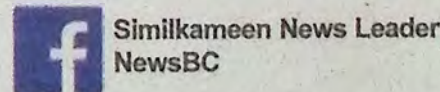
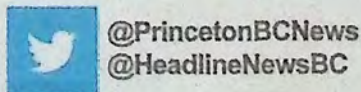
Congratulations, Eric!



Princeton Posse's Eric Kubis (second from right) was presented with a special Achievement Award February 21st during the Princeton Posse Awards Banquet to recognize his All-Time Princeton Posse Points and Assists Records. He was presented the award by, from left, Assistant Coach Dave Clare, Head Coach Bill Rotheisler and Associate Coach Mark McNaughton. *

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