

# Similkameen News Leader

INCLUDES GST! \$1

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Tuesday, March 11, 2014

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



Larissa Simon examined the effect different liquids had on an expandable 'dinosaur' in her Grade 8 Science project. The annual Science Fair was held early last week in the cafeteria at Princeton Secondary School. \*

## Unsolved murder now a year old

March 6th marked one year since friends located Doug (Douglas) Smith murdered inside his trailer on a property located on Cawston Avenue in Hedley. Smith had been killed between March 5th and March 6th, 2013.

"Doug's family talked about him, reminiscing about life growing up with their father, learning about his murder and the effect it's had on their entire family," stated RCMP Cst. Lesley Smith last week.

"The family is making a plea to the person(s) responsible to come forward and confess to the offense."

The South East District Major

Crime Unit is asking anyone who had contact with Doug Smith on either Tuesday, March 5th or Wednesday, March 6th, 2013 and have not yet spoken to police, to contact investigators.

"Anyone with information pertaining to the murder of Doug Smith is asked to contact Cst. Mike Kube at 250-300-1369 or e-mail: michael.kube@rcmp-grc.gc.ca or Cpl. Joelle Scriver at 250-469-2241 or email: joelle.scriver@rcmp-grc.gc.ca," added Cst. Smith.

If you have information and would like to remain anonymous, you can call CrimeStoppers at 1-800-222-8477.

## MP hosts forums

BC Southern Interior MP Alex Atamanenko is hosting MP Community Forums this month in Princeton and Midway.

The Forum being held in Midway is a joint meeting for both the area

communities of Greenwood and Midway.

Since his election eight years ago Atamanenko has regularly hosted meetings in communities throughout his riding in cooperation with

MLAs, locally elected officials and other stakeholders involved with issues of concern. He favours the forum format because it provides an opportunity for panelists to briefly address the audience and then the meeting is opened to questions from the floor.

"Our Forums are a perfect example of elected officials from all levels of government cooperating in the best interests of their community."

"Folks can express their concerns and ask questions of all the representatives," said the NDP MP.

"Personally I find that these meetings give me a better idea of what issues are important to constituents and how different areas of my riding are affected," added Atamanenko.

The Princeton Forum will be held Wednesday, March 19th from 7:00 to 9:00 PM at the Princeton Legion (170 Bridge Street).

The confirmed Princeton Panelists will be, Alex Atamanenko, MP, Jackie Tegart, MLA, Fraser-Nicola, Frank Armitage, Mayor of Princeton and Brad Hope, RDOS Area H Director.



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## Police release stabbing update

On February 26th Princeton RCMP responded to a report of a male stabbing a female in the parking lot of a local restaurant.

"Upon arrival, police located a male holding a knife and in the process of cutting his own throat," states Princeton RCMP Sgt. Barry Kennedy.

"Police also located two females who were the victims of multiple stab wounds. The females had fled into the restaurant in an effort to escape the male."

The male was subsequently airlifted to hospital, in critical condition, and the females were transported by ground to hospital where they underwent surgeries for their wounds.

"As of March 4th, police have charged 52-year old James Buhler

of Princeton with one count of Attempted Murder and two counts of Aggravated Assault with a Weapon," Sgt. Kennedy adds.

Buhler remains in police custody and is still undergoing medical treatment.

Both victims are undergoing continued medical treatment for their injuries and have been released from the hospital.

There was no indication in the police statement of when the charges will go to court.

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Princeton Community Band filled Riverside Theatre with sound! Photo: Dawn Johnson

## Community band shows its talents

The community band concert on March 3 began with the usual rousing rendition of O Canada! which finished with well-deserved applause.

New Beginnings bell players began the evening performances with Puff the Magic Dragon, which

they played and sang. Then began a series of musical pieces from the adults, then the students of the Junior Band, Intermediate Band and Senior Band, alternatively and sometimes combined.

The adults entertained with Old Devil Moon, House of the Rising Sun, Spinning Wheel and Tequila!

The Senior Band performed the music of Jurassic Park, My Heart Will Go On, a march, and Rubesque, which is considered their "signature" piece.

A group of Seniors call themselves the Burnt Jazz Rats. They played a Beatles tune, I Want to Hold Your Hand and That's How Rock Rolls. They had toes tapping with the rhythm. Haruka Abe, from the Senior Band, did a great job of a Paganini flute solo.

The Intermediate Band has come a long way this year, and impressed everyone. They joined the Senior Band at times, and were joined by the Junior Band at other times.

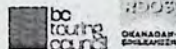
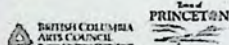
They played one of their favourites, Star Wars theme, as well as other pieces.

The Junior Band shows a lot of promise. They played Hard Rock Blues, a Scottish dance, and Surprise Symphony. One of the Juniors did an commendable solo on flute: Music Box Dancer, written by Frank Mills.

The concert ended with all musicians joining together for one of their favourite pieces, Louie Louie.

Princeton can be proud of the community band, and should be grateful to the talented and dedicated band teacher, Myrna Coates. Ms. Coates drives to Princeton from Keremeos every week to teach band to students and adults.

Ms. Coates hopes to take the Senior Band to Seattle next year on a field trip to a music museum. She advised parents there would have to be a fundraiser if the trip is to become a reality. Approximately \$400 per student is required.



### WHEAT IN THE BARLEY

**7:30 PM Friday, March 14**  
**Riverside Theatre**

Tickets at Sunflower Gallery, Thomasina's or at the door  
\$30 Adults - \$20 Students/Seniors - \$10 Under 17

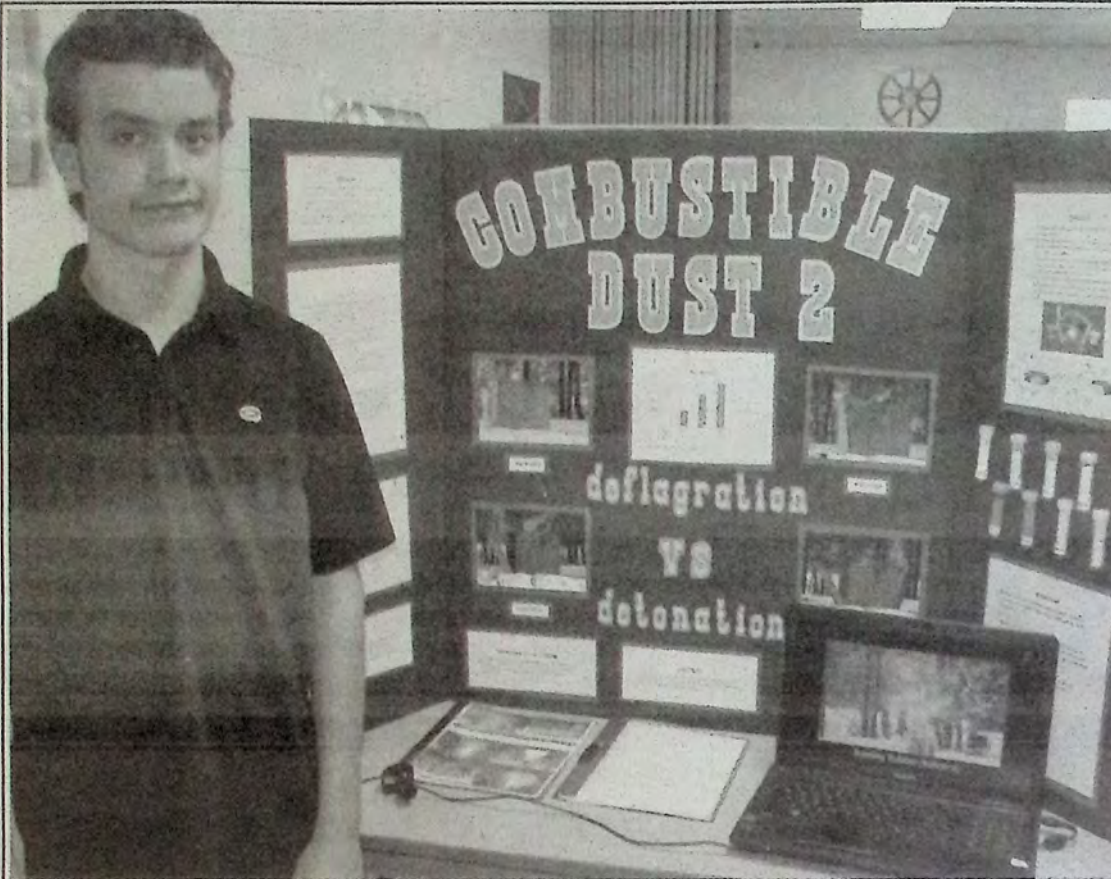


This is Canadian roots music with a major make-over. Crack songwriting and stunning instrumental solos unite under the banner of a savvy eclecticism that's always been the band's guiding light. The Wheat in the Barley pulls together a lot of great influences into one package: Celtic, Slavic, French Canadian, Yiddish, Cajun and more. With an impressive array of instruments at their command, the band puts on a show that's as danceable as it is listenable.



Princeton Community Band at Riverside. Photo: Dawn Johnson





Eric Holland's Grade 8 science project looked at the combustibility of dust. The annual Science Fair was last week. \*

## Flip Of The Coyne

by Spencer Coyne

As most of you may know by now there is talk about having another pool referendum. This time around it has nothing to do with local government. There are no bureaucrats just a citizens' initiative. The last referendum was painful for our community. There are still people who talk about the pool referendum with such passion and emotion that a heated debate can be started just by mentioning the word "pool." The last referendum failed both in Area H and inside the town boundaries.

I don't want to say yay or nay. I don't want to encourage or discourage anyone from exploring the idea of constructing a new pool in town. What I want to do is ask that, if there is going to be a pool committee, that it takes everyone's feelings and opinions seriously. Do not brush people off because their opinion differs from your own. Do not brush people off because they are worried about an increase in taxes. Taxation may not be on the top of your priority list, but to many in our community, any increase to the cost of living is a concern. If you are a landlord and the costs go up above what you can raise rentals for, it makes no business sense to support the proposal. If the committee is going to be a serious citizen initiative, then it must take into account what its neighbours are thinking and feeling.

I know this will not sit well with some of the pro-pool people, but let's be honest, do you want a pool or do you want to waste your time and taxpayer money on a referendum? There are people in this community that may be brushed aside

because their voice may sound harsh or negative, but this is not our first time down this road, and while people can claim that the last round was just flawed and not worth talking about, that is flawed thinking. If you cannot learn from the past, your are destined to repeat it. If you wish to alienate people, then by all means do not listen to the concerns of your neighbours.

I am not writing this to make you mad or make you think I am trying to pick on anyone. On the contrary, I have talked to dozens of people since the talk of the pool has started again and many people are turned off by the tone of the current conversation taking place online. The problem isn't that people are talking about a pool, it is that people are already forming into camps on either side and I for one think that our community has been divided over this issue long enough. If all this talk about building an indoor

pool is going to make people feel alienated or divide the community again then it needs to stop or change pace. This may be hard to hear but we cannot be a community divided.

Learn from those who have been down this road before. Listen to both sides of the debate. There are a lot of emotions over this issue and you have to be ready to hear the bad as well as the good. People have a lot of concerns and money is a big concern, not only the cost of building but ongoing costs and how it will impact their bottom line. You need to consider Area H residents as well as Town residents. If you plan on trying to take it to the Town on a go it alone project then you need to consider all the factors there as well. Make sure your figures are solid, and if you are going to use other communities as your examples, then make sure they are comparable in demographics, property values and employment levels.

## Council discusses upcoming projects

The condition of Old Hedley Road was discussed at the March 3rd regular meeting of Princeton Town Council.

Mayor Frank Armitage stated that the 'hot patching' repair work on the piece of the road near the Weyerhaeuser mill "has been pounded out and it's worse than ever."

The Town of Princeton has been gathering quotes for repair work for the past two months with a project

slated for Old Hedley Road this year.

"It will be repaired to the best of our financial ability," Mayor Armitage added.

In regard to development of the industrial/business park, the Town of Princeton has reached out for professional advise from Vancouver.

"We've got to get the expertise we require to get it (the industrial park) moving forward," Mayor Armitage explained.

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Princeton Area Residents

## MP COMMUNITY FORUM

Wednesday March 19th

7:00—9:00 PM

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**Frank Armitage, Mayor of Princeton**  
**Brad Hope, Area H Director RDOS**

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alex.atamanenko.c1@parl.gc.ca



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**Monday, March 10, 2014**  
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**Wednesday, April 9, 2014**  
9:00 AM - 1:00 PM

Thank you for your patience during this time.





Editorial Page

# News Leader

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

## My Turn...

### How To Build An Indoor Pool

Nobody has asked my opinion on the subject of how to build an indoor pool in Princeton, so I figured I'd share it anyway.

That's how I am sometimes.

The key component to building an aquatic centre in Princeton is target marketing. It worked when the need for doctors was the hot issue of debate and since I'm in the advertising business I can tell you it works on a lot of things in a lot of ways.

But what is the target to getting a pool built in Princeton? I will be the first to say the approach being made to sell residents on the need for such a facility is totally wrong and aimed at the incorrect target.

Pools don't attract families, they attract lifeguards.

Considering there is a serious need for lifeguards in Princeton (how many do you know in town?) then I would use the pool to attract them. I'm pretty sure there is a whole lot of unemployed lifeguards in British Columbia, maybe even all of Western Canada, just waiting for full-time opportunities to pop up in small towns across the entire Pacific Northwest.

Building an aquatic centre in Princeton will attract lifeguards to our community like the Granite Creek gold rush created a burst in local population in the 1880s.

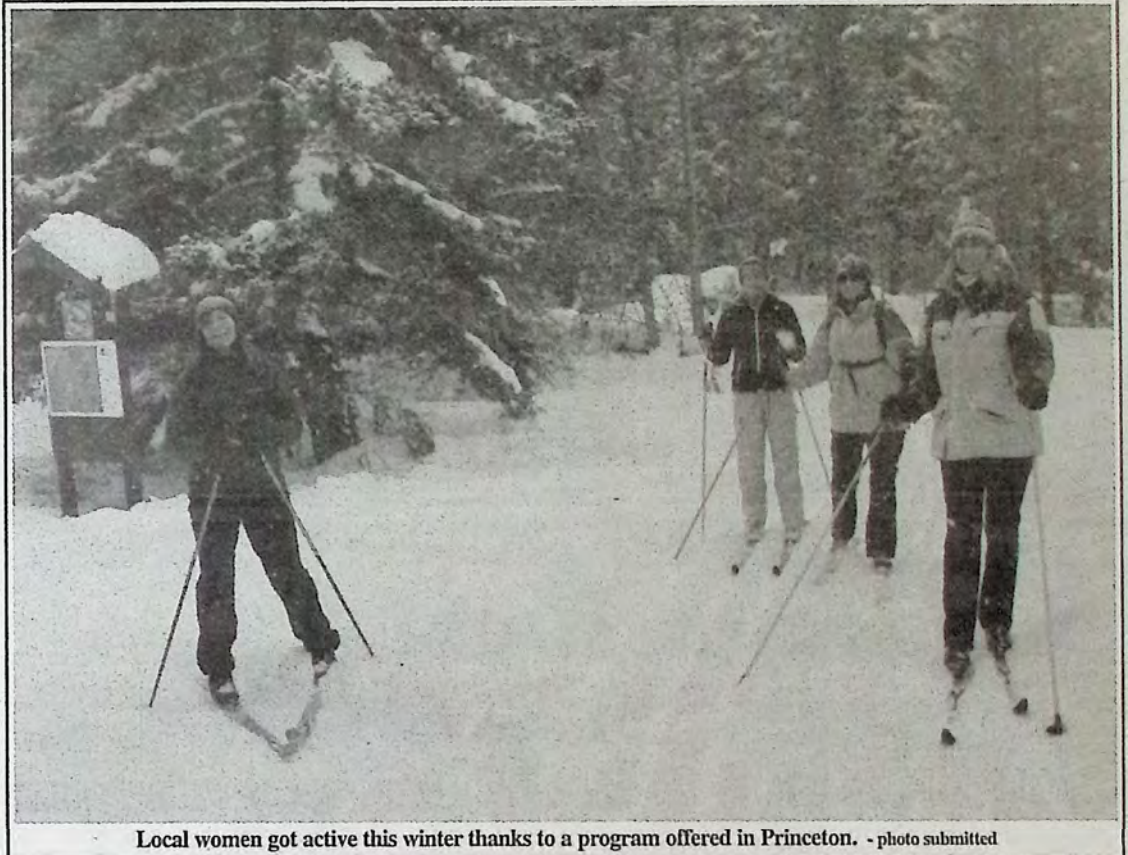
I can see it now. Princeton will have so many lifeguards wandering the downtown streets that businesses will pop up in most of the current empty storefronts selling everything from zinc oxide and SPF 75 sun block to bikinis and neon pool noodles.

It will not only boost the local economy quicker than waiting for a new mine to open, as has been suggested by at least one member of Town Council, it will also bring Princeton a new industry.

Think of it. Princeton's new aquatic centre can be used in the downtime between January and March to train new lifeguards to fill those important Walter Safety jobs in all the new aquatic centres being built across our province.

That's where the new pool committee is missing the boat. They have the energy and the purpose but they need the perfect target to aim their kick boards and water rings at and to put lifeguards to work is not only sensible, it's Princeton doing it's part to create jobs and feed the local economy.

Expect to see giant banner ads in this paper soon proclaiming the new focus (borrowed from the Field of Dreams concept of if you build it, they will come): Build a new pool, put a lifeguard to work!



Local women got active this winter thanks to a program offered in Princeton. - photo submitted

## Successful winter program ends

Sixteen active women spent their final day in the snow on Saturday, March 1 on snow shoes and cross country skies on the groomed and tracked trails of China Ridge. Fresh deep snow, -10 degree weather and a light snowfall did not stop these 'snow bunnies' from enjoying a day being healthy; which included healthy snacks around a warm fire in the back-country.

With support and funding from the Province of BC, ViaSport BC, Town of Princeton Parks, Recreation and Culture Department, China Ridge Trails and a nominal registration fee; the Active Winter Womens program had 35 ladies take part since November 2013. This program encouraged women to learn two new winter sports; snow shoeing and cross country skiing; so they can be active during Princeton's

winter months for years to come.

"I am not good at getting out on my own so the program has been excellent for me. Kelley; our program leader; looked after us so well, providing some education about being in the bush as well as getting to try cross country skiing and my favorite, snowshoeing...the snacks were the best..." writes Virginia Brock, participant.

"Thanks for all your efforts. They really were appreciated."

This program was designed to give women the 'tools' to become comfortable and active in our local outdoor wilderness, participating in two life long winter sport opportunities.

"Many of the women have since purchased their own equipment, have organized additional outings on their own with fellow participants and have introduced the sport to their families," says

Nadine McEwen, Recreation Coordinator.

"This was our goal; to see women become comfortable in Princeton's backcountry on their own."

### About viaSport

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

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

For more information visit [viasport.ca](http://viasport.ca) or follow us on Twitter at @viasport. - submitted

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



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# Current Comment

## Do You Understand Agriculture?



Dawn Johnson  
editor@thenewsleader.ca

For years I have had a bumper sticker that says "if you eat you're involved in agriculture". This was a reminder to everyone about the importance of agriculture as a basic industry keeping us from starving. What everybody knows is this: we go to the grocery store and we buy food, and that's agriculture. We need to be aware of everything and anything that could affect our food supply, but few of us are aware of the other forms of agriculture that improve our lives.

Agriculture is the mother of many industries. When you buy cotton socks or cotton towels or a cotton shirt and a pair of jeans, you are buying an agricultural product. Growing cotton crops is agriculture. Flax is another agricultural product you might wear in the form of linen, or you might buy linen sheets or canvas. A farmer raised the flax.

Have you ever worn silk? If you have, you were wearing another kind of agricultural product, as silk worms eat only mulberry bushes and somebody must grow and care for those bushes or there is no silk.

Do you like the warmth of a nice cashmere sweater? Have you worn a mohair coat? These are agricultural products from the fleece of sheep and goats. If you have a felt hat, it comes from the fleece of agricultural animals.

Do you think about agriculture when you buy nice leather shoes, a leather coat or a leather sofa? I would bet you do not, but these are agricultural products, made from the hides of farm animals.

When you buy new tires for your vehicle, I would be surprised if you think of them as agricultural products. Rubber is the basis of good tires and good garden hoses, and rubber is an agricultural product derived from plantations of rubber trees.

Old-fashioned rope, still used for any number of jobs, is an agricultural product.

Many cosmetics contain animal fat, particularly lanolin, which is derived from sheep.

When you buy plants for your garden, whether it is a bush, your Christmas tree, a flower or a vegetable, you are dealing with agricultural products. Plant nurseries are agricultural products.

Perfumes are often derived from plant sources such as jasmine, roses, lavender and lily of the val-

ley. Farmers grow these flowers for the perfume trade.

When you add ginger, pepper, coriander, bay leaf, basil, or any other plant based flavouring to your soups and stews, you are dealing with agricultural products. People grow ginger, coriander, pepper trees, bay bushes and basil plants just for the spice or herb trade.

You would be surprised at how many medicines have a base of an animal or plant substance from an agricultural source.

Fish farming is big business around the world. Shellfish are farmed, and oysters are farmed in some places for the purpose of harvesting not only the oyster, but cultured pearls.

When you wear a down jacket or snuggle under a down comforter, the warmth is provided from feathers. Perhaps you sleep on a feather pillow. These feathers are derived from birds raised for their feathers, and it is another form of agriculture.

Many people are avid gardeners, and they are probably more aware than most of the value of agriculture. The bone meal, blood meal, oyster shell and a variety of manures put into the soil are all derived from agriculture. Even the harvesting of peat moss is considered an agricultural industry. The seeds they plant in spring are the result of another branch of the agricultural industry.

Our society has increasingly become ignorant of the many forms of agriculture that sustain us, not only for food, but for many other products we take for granted. While food is the most important and essential agricultural product, we are not likely to want to do without rubber, cotton, wool, and the rest of the products mentioned above.

I belong to the Fall Fair Association, and one of the things we try to do is encourage people to grow food, flowers, and raise animals and birds.

We try to encourage people to be aware of agriculture and appreciate how important agriculture is to our valley.

Now that spring is on its way, we will see calves, lambs, ploughed fields, blooming fruit trees, and busy nurseries, and I hope you take a moment to see what agriculture is doing right here in the Similkameen Valley.

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

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'" - John 14:6



# Lower Valley News

Keremeos - Cawston - Olalla



The Annual Game Banquet Dinner & Fundraiser for the Keremeos-Cawston Sportsmen Association was a sold-out success again this year. The annual event at Victory Hall in Keremeos features home-made fixins' prepared from wild game. The tickets for this year's event held March 1st were sold out a mere three days after they went on sale. Photo: Arlene Arlow

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## Workshops coming soon!

Working with a series of business and municipal partners, the Regional District of Okanagan-Similkameen invites residents to pre-purchase compost bins and attend free workshops on composting and rainwater harvesting across the RDOS.

Residents can pre-purchase compost bins or Green Cones from participating locations from March 1 to 23. Pre-purchased bins will then be available for collection by April 22, Earth Day.

In Penticton, residents can pre-purchase compost bins at Art Knapp's Plantland and Florists, Canadian Tire Penticton, Giardino Penticton Nursery, RONA Penticton and Whole Foods Market.

The Summerland Municipal Hall, Oliver Landfill, Osoyoos Sonora Community Centre, Village of Keremeos Municipal Office and the Princeton Town Office are also set up to pre-sell compost bins.

Note: some smaller government offices involved in the sale may not be equipped to accept all credit or debit cards. Residents are advised to call ahead for payment options if purchasing bins at local government sites.

This year, two different compost bins are on sale. The FreeGarden Earth Compost Bin will be sold for \$44 plus taxes. An attractively curved black container, the FreeGarden Earth Compost Bin helps break down garden waste, leaves, uncooked fruits and vegetables. It is a great system for creating valuable compost.

The Green Cone, capable of breaking down cooked food waste and meat, will be sold for \$105.15 plus taxes.

This system is buried partially in the ground where it breaks down waste directly in the soil. Every few years the leftover sludge is removed and buried in a different section of your property. The

Green Cone is not used to break down yard waste so it is a great compliment to an existing compost bin.

To learn more about both units, everyone is invited to local, free composting workshops. Residents can learn how each system works before purchasing a compost bin or, if they already have a bin, how to compost simply and easily.

This year Zoe Kirk, RDOS Water Conservation Ambassador, will be providing free workshops on rainwater harvesting using rain barrels. When done correctly, rain barrels are a cheap and effective way to collect water, save money and divert water away from foundations. Kirk will lead participants through the simple steps of thinking where to place bins, how to divert water from ease troughs and how to winterize. The workshop will help homeowners understand what set up would work best for their specific home.

Rain barrels will not be sold as part of this pre-sale, but Kirk will provide information on what to look for if buying or building a rain harvesting system.

For more information, contact the RDOS Solid Waste Division at 250-490-4129, or you can connect via e-mail at [info@rdos.bc.ca](mailto:info@rdos.bc.ca) or visit the RDOS website for this and other information on what the RDOS does at [www.rdos.bc.ca](http://www.rdos.bc.ca).

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The annual dinner and fundraiser of the Keremeos-Cawston Sportsmen Association isn't all about food. Guests can participate in silent auctions and door prizes. The volunteers of the association do their utmost to make the evening a fun time for the whole family. Dozens of items are donated by the businesses in the Similkameen and South Okanagan. Photo: Arlene Artlow

## Highways promises work

The Town of Princeton received a response to a letter sent to the Ministry of Transportation and Infrastructure requesting information on proposed capital and rehabilitation projects for Highway 3 in the Princeton area in 2014.

District Manager W. Murray Tekano provided a list of projects which includes a hot in place recycle paving project which will run for 9.45-kilometres between Bromley Rock and Sterling Creek bridge.

Tenders have closed on the project, which is expected to take place in early spring.

There is also a project planned to complete the four-laning work at Friday Creek as well as an upgrade to warning signs on Highway 3 at Whipsaw Creek and the recently completed sign upgrades at intersections with Bridge Street and Highways 3 and 5A.

Another signage project will see the consolidation of signs located at those intersections to "improve sight lines" and will "focus on

incorporating Service and Attraction signs using internationally recognized symbols," Tekano explained in his letter.

"I am also happy to advise that design for future improvements to address large commercial vehicle

movements at the intersection of Highway 5A and Bridge Street is underway," Tekano added.

"Completion of this engineering work and cost estimate will assist us in prioritizing delivery in the future."

## Council continues with ATV plan

The Town of Princeton sent a letter to Minister of Forests, Lands and Natural Resource Operations Steve Thomson February 6th. In it they requested a prohibition of motorized vehicles on trails located within the municipal boundaries.

The Minister responded February 20th with a letter thanking the town for sharing their concerns.

"In order to provide you with a thorough and comprehensive response, I have asked ministry staff to compile the necessary information for my review," Thomson

wrote.

In speaking to the original letter, Town of Princeton CAO Rick Zerr explained at the March 3rd regular meeting of Town Council that, "we don't want motorized vehicles on the trail for the health and safety of others who use the trail."

The limitation is to just be in effect on the stretch of the Trans-Canada Trail and other trails that fall within the Town of Princeton boundary.

It has also become a 'hot button' issue for many users of the trail system through the community.



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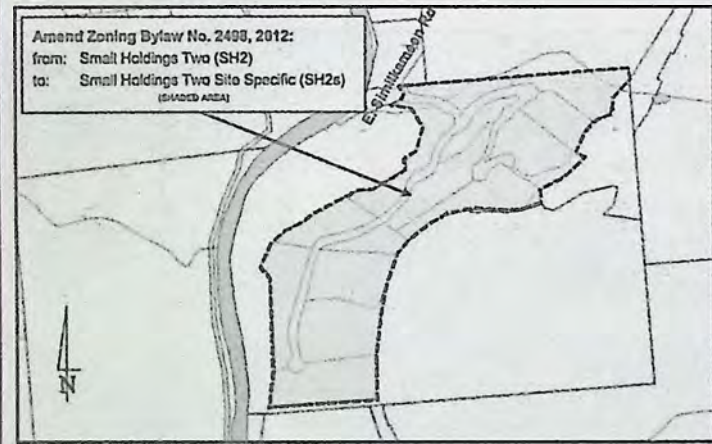
**NOTICE OF PUBLIC HEARING**  
Zoning Bylaw Amendment Application  
Lots 1-12, Plan KAS3856, District Lot 709, SDYD  
590 East Similkameen Road, Electoral Area 'H'

**Date:** Thursday, March 13, 2014  
**Time:** 7:00 PM  
**Location:** Riverside Centre, Lounge Area  
148 Old Hedley Road, Princeton

**PURPOSE:** to amend the Electoral Area 'H' Zoning Bylaw No. 2498, 2012, in order to introduce "carriage house" as a permitted "accessory use" on the subject parcels.

Amendment Bylaw No. 2498.02, 2014: seeks to amend the Zoning Bylaw by:

- introducing a new definition of "carriage house" at Section 4.0 (Definitions);
- introducing a new set of regulations pertaining to "carriage house" development at Section 7.0 (General Regulations); and
- changing the zoning designation of the subject property from Small Holdings Two (SH2) to Small Holdings Two Site Specific (SH2s).



VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION AT:

Regional District of Okanagan-Similkameen  
101 Martin Street, Penticton, BC  
on weekdays (excluding statutory holidays)  
between the hours of 8:30 AM to 4:30 PM

Anyone who considers themselves affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 2498.02, c/o Regional District of Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:

Telephone: 250-490-4107 Fax: 250-492-0063  
e-mail: [planning@rdos.bc.ca](mailto:planning@rdos.bc.ca) Web: [www.rdos.bc.ca](http://www.rdos.bc.ca)

Donna Butler, MCIP  
Manager of Development Services  
Bill Newell  
Chief Administrative Officer



Trey Smith smashed glass for his Grade 8 science project. The annual Science Fair was last week at PSS. \*

# Saddles 'n' Spurs

by Pastor George Donovan

One day I got a surprise phone call from a rep of RCA Victor. This was the time when TVs, radios, and record players were built in one console. They told me that they had the thoroughbred of consoles and wanted to know if they could come and use our riding stable facilities to film a horse jumping over their TV console.

I was game for anything so said to come on over and we would try it. They arrived in a large van with lots of camera equipment as well. They set the console in the middle of the training ring. I said I would get a horse ready and come and do it.

When I came back with the horse they told me that they did not want a cowboy riding but someone with English gear as it looks more dignified.

I told them, "this cowboy doesn't wear jodhpurs and little black helmets with a riding crop." They insisted that's what they wanted so I told them I would phone our best rider that rides English and get her down.

She arrived, looking just the way they had hoped. She got her gear on with the camera ready to go. They didn't want any fencing on either side of the console to take away from the look. So the horse kept dodging around the console every time she tried to get it to jump. So I told her to get off the horse and I would jump it over a couple times and then she could try it again.

I got on, dug my spurs in, headed for the TV with the horse fully collected. There was no way I was letting it turn from side to side and WHAM! Both back feet went right through the TV screen and knocked it over, smashing the glass. The crew didn't seem too upset about it because they were taking it from a side angle and the broken screen wouldn't show up. We stood it up again and I jumped the horse over it without a problem and gave it back

to the girl.

After several fruitless efforts they gave up, packed up their stuff, disappointed and I gave them a name of a man who rode English who I knew could jump the horse over the con-

sole. He obviously took my advice and it wasn't long before I saw on TV a great rider that I knew well gliding over the top of the thoroughbred of TV consoles.

..... continued Next Week

# Living Past 100

Live Long In The Blue Zone

There is a book called The Blue Zone written by Dan Buettner, who traveled the world to find places where people live the longest. He talked to many people over age 100 and discovered they had many things in common. Out of this research has emerged the Blue Zone diet, considered very healthy. It is based on natural, unprocessed foods, plenty of legumes (beans, peas, lentils), frequent eating of nuts, and little meat in the diet.

There is nothing wrong with this diet, but it may not be the entire answer to why the people Buettner studied live so long. In each Blue Zone area, people led a rural life far away from the daily pollutants of the large centers. They walk or ride bicycles, but spend most of the day doing moderate physical activity according to the needs of their rural life. They are outdoors a great deal of every day, absorbing Vitamin D from the sun, breathing clean air and keeping fit.

In addition to what they eat and what they do to stay physically fit, they have a strong sense of community. They live in villages where they know the other villagers and share the good times and the problems. They have a lifelong sense of belonging. They share the same beliefs, the same religions. This is low stress living at its best.

The lives of people in the Blue Zones of the world are far removed from the way people live today. While a healthy diet does much to extend life, it cannot compensate entirely for a life of stressful living. To achieve the same social and spiritual level of well-being as those Blue Zones people, we would have to live in a small rural community and depend to a large extent on what we could produce ourselves. We would have to give up our dependence on electricity, automobiles, and instant communication with everywhere.

The other thing worth noting about the Blue Zones is that they tend to be in similar latitudes where the weather is good most of the year, allowing them to produce their own food most of the year, and exposing them to sunshine most of the year.

Perhaps the real method of living past 100 is to find a small rural community, grow most of your own food, and live a low stress lifestyle removed from pollutants and modern conveniences, and have a good social and spiritual life surrounded by people who are supportive. For the vast majority of the world's population, this is not possible.

Our best way of living a long life is to eat a similar diet, reduce stress as much as possible, be outdoors as much as possible, make good friends, and develop a spiritual life that gives meaning to our existence.





News Leader

# Entertainment

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



The ice bear helps introduce CBC's Wild Canada series. The series was created by Tulameen's Jeff and Sue Turner. - photo submitted

## Turner series to debut on CBC

From the filmmakers of the acclaimed series "Human Planet," "Nature's Great Events" and "Planet Earth" comes "Wild Canada", an epic four-part series taking place through time and across the vast scale of the Canadian landscape, revealing the country as it has never been seen before.

Like the groundbreaking Planet Earth series, Wild Canada takes an awe-inspiring look at the world around us shot with ultra-high-definition cameras that capture both the sweeping panoramas and extraordinary close-ups of Canada's majestic and diverse terrain. Unlike any nature documentary series before it, Wild Canada puts people back in the picture - exploring the ways humans have influenced ecosystems since the land first emerged from the last ice age eons ago.

From the spectacle of massive humpback whales feeding off the coast of Newfoundland to ice-covered grizzly bears living near the Arctic Circle to pronghorn antelope - the fastest hooved animals on earth - racing across the prairies, the scope of this television series is unequalled. The stunning visuals are

matched by a dramatic narrative, which tells the story of how humans have made their mark over millennia in often-surprising ways, like the early indigenous practice of controlled burning of forests and prairies.

A truly massive endeavor, the Wild Canada team shot close to 500 hours of footage on almost twenty different cameras to capture the images that comprise the three-hour duration of the series. Those images were composed in 4K resolution on the same Red Epic cameras used to shoot The Hobbit. Some sequences were shot at 10,000 frames per second to capture details never before seen in a nature documentary. The spectacular landscape shots were created with a gyro-stabilized aerial

camera system and small cameras were rigged on drone helicopters to enable access to remote locations. All this equipment allowed the filmmakers to capture nature and wildlife images never seen before.

Wild Canada is produced and directed by Canada's foremost leaders in the nature documentary field, Jeff and Sue Turner. Across a three decade-long career, the Turners have created multiple award-winning nature documentaries including Cold Warriors and The Edge Of Eden, as well as some of the most epic sequences in the BBC's Planet Earth and Frozen Planet series.

"We are excited and proud to debut this series on the CBC," comments Mark Starowicz, Executive Director of Documentary Programming at

the CBC.

"It's an incredible example of what the network has always excelled at - world-class documentary storytelling that turns the lens on Canadian stories and subjects. In

this case I think we are really going to fill Canadians with wonderment at the beauty, diversity, and majesty that the Canadian landscape has to offer."

..... continued on Page 21

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# Tuesday Movies

**AFTERNOON**

12:00 pm YTV ch.18 "Monsters vs. Aliens" (2009, Comedy) Voices of Reese Witherspoon. Animated. A giant woman, a bug-headed scientist and a gelatinous mass are among the ragtag monsters that must defend Earth from a rampaging alien robot. (In Stereo) (CC)  
 5:00 pm SPIKE ch.44 "Tattoo Nation" (2012, Documentary) Narrated by Corey Miller. Premiere. Tattoo artists Charlie Cartwright, Jack Rudy and Freddy Negrete revolutionize the world of body ink, producing tattoos with incredible detail and realism. (In Stereo)

(2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism.  
 11:30 pm WTBS ch.3 "Drillbit Taylor" (2008, Comedy) Owen Wilson. Three friends hire a homeless soldier-of-fortune to protect them from the school bully.

**EVENING**

9:30 pm WTBS ch.3 "Anchorman: The Legend of Ron Burgundy"

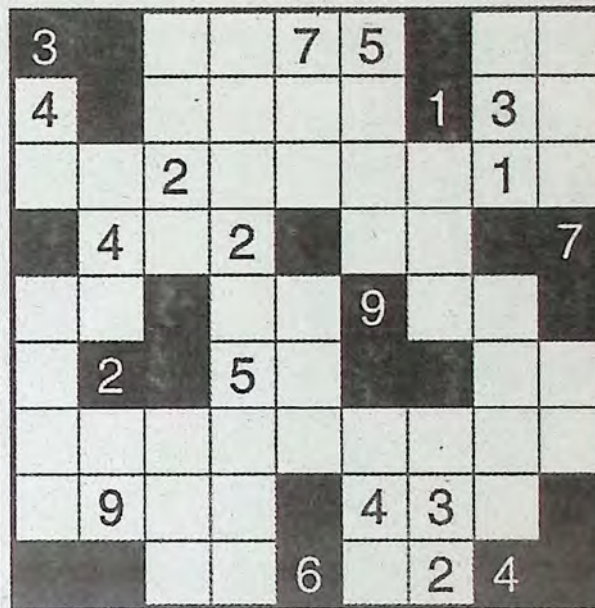
# News Leader Str8ts

## STR8TS

No. 168

Medium

Previous solution - Tough



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

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

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

**TUESDAY, MARCH 11, 2014**

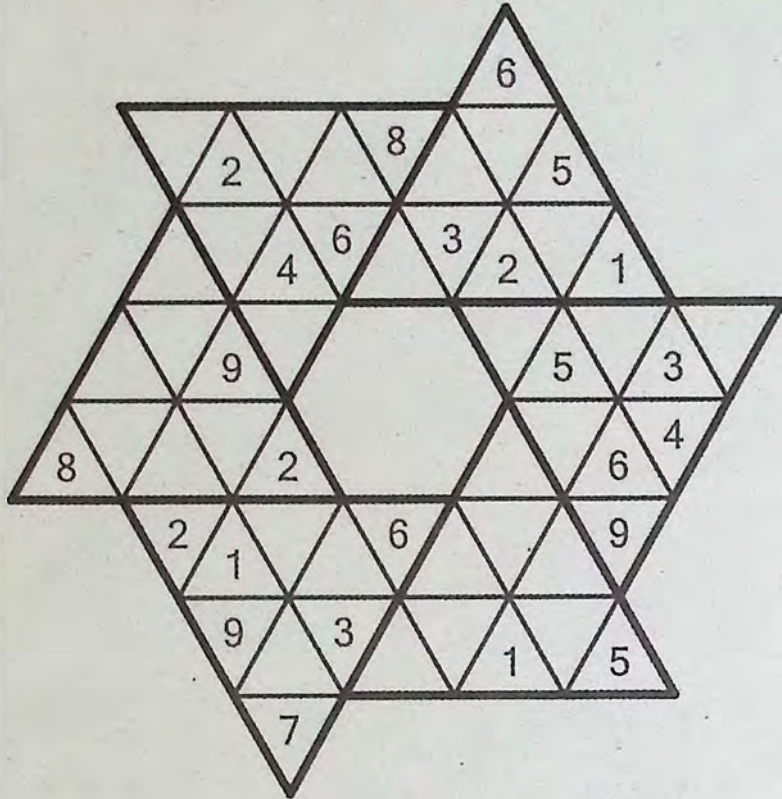
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	In the Heat of the Night	Morning News (N) ☺	Wibbly Pig	Clifford	KHQ News GAM (N)	KREM 2 Morning News	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) ☺	Junk Raiders	Stella-Sam Phineas	CityLine (N) ☺	Tattoo	Eat St. ☺	
7 AM	Law & Order: SVU		Ella the EI	Arthur	Today Kyle MacLachlan, Billy Eichner. (N) ☺ ☺	CBS This Morning (N) ☺	Criminal Minds ☺ ☺	Good Morning America (N) ☺			Tiger Arthur ☺	Super Evil Sidekick	SportsCentre ☺		Mighty Ships	Gravity Wander	Let's Make a Deal ☺	Ink Master ☺	Disaster	
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami ☺ ☺			Morning Huntley	Bo On/Go	Pokémon Rabbids	SportsCentre ☺		Bering Sea Gold ☺	Wizards	The Price Is Right (N)	Ink Master ☺	Security	
9 AM	Millionaire	Morning Millionaire	Dinosaurs	(9:11) Peg Plus Cat ☺			The 700 Club ☺ ☺	CSI: Miami ☺ ☺	Livel Kelly and Michael	Morning Huntley	Super Why! Napkin	Monsters	SportsCentre ☺	Livel Kelly and Michael	Salvage Hunters	Shake It	Jdg Judy	Ink Master ☺	Bggg Bttls	
10 AM	Divorce	The Doctors ☺ ☺	Ella the EI	Dinosaur			The Price Is Right (N)	Criminal Minds ☺ ☺	The View ☺ ☺	The Doctors ☺ ☺	AnnaOlson	Bookaboo	Monsters	E:60 ☺	The View ☺ ☺	Auction	ANT Farm	The Chew ☺ ☺	Ink Master ☺	Security
11 AM	Judge Alex	AnnaOlson	G. Shrinks	Sesame Street	Jdg Judy	Young & Restless	Criminal Minds ☺ ☺	Richest	AnnaOlson	Noon News Hour (N)	Heartland "Graduation"	Monsters		Marilyn Denis	How/Made	Jessie ☺	General Hospital (N) ☺	Ink Master "Game On"	Airport	
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) ☺	Movie: *** "Monsters vs. Aliens" (2009) ☺	World Poker Tour	CTV News (N) ☺ ☺	Myth-Busters ☺ ☺	Austin	Katie ☺ ☺	Ink Master ☺ ☺	Eat St. ☺	
1 PM	Community	Days of our Lives (N)	Rob Robot	Painting	Days of our Lives (N)	The Talk ☺ ☺	The First 48 ☺ ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺ ☺	Republic of Doyle ☺		That's Hockey 2 Nite	The Social ☺ ☺	Bering Sea Gold	Lab Rats Kickin' It	CityLine ☺ ☺	Ink Master ☺ ☺	Bizarre Foods America	
2 PM	Seinfeld	The Talk ☺ ☺	Ella the EI	Thomas	Katie ☺ ☺	Let's Make a Deal ☺ ☺	The First 48 ☺ ☺	Queen Latifah	The Talk ☺ ☺	Queen Latifah	Steven and Chris (N) ☺	Rabbids	Off Record	Dr. Phil ☺ ☺	Highway Thru Hell	Good Luck Dog	CityNews at 5 (N) ☺	Ink Master ☺ ☺	Coaster	
3 PM	The Middle	Queen Latifah	Dive, City	Sid	Ellen DeGeneres Show	Dr. Phil ☺ ☺	Storage	Rachael Ray ☺ ☺	Queen Latifah	Young & Restless	Recipes Stefano	Rabbids	SportsCentre (N) ☺	Bethenny ☺ ☺	How/Made	Liv-Mad. I Didn't	CityNews at 6 (N) ☺	Ink Master "Earn It"	Disaster	
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show ☺	Storage	The Doctors ☺ ☺	Young & Restless	Early News Global Nat.	Paralympics	Chucks	That's Hockey! (N) ☺	Ellen DeGeneres Show	Daily Planet (N)	Shake It Up! ☺ ☺	Mod Fam	Ink Master "Bug Out"	Security	
5 PM	Browns	News (N) ☺	Jack ☺	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News	Chucks	NHL Hockey: Edmonton Oilers at Minnesota Wild. (Live) ☺	CTV News at Five (N)	Good Luck	Good Luck	Glee "City of Angels"	Movie: *** "Tattoo Nation" (2012)	Treasures Decoded ☺	
6 PM	Browns	Global Nat. News	Hope for Wildlife ☺	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Cache	Oilers at Minnesota Wild. (Live) ☺	CTV News (N) ☺ ☺	Gold Rush: Pay Dirt (N)	Good Luck	Good Luck	New Girl Brooklyn	Monumental Mysteries	
7 PM	Mod Fam	Ent	Ultimate Engineering	Magic Moments: The Best of 50s	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Chicago Fire (N) ☺	George S. Coronation	The Next Star - Super	SportsCentre (N) (Live) ☺	etalk (N)	Cold Water Cowboys	Good Luck	Good Luck	Murdoch Mysteries ☺	Ink Master (N) ☺	America Declassified
8 PM	Family Guy	NCIS: Los Angeles ☺	WWI From Above	Pop ☺ ☺	The Voice (N) ☺ ☺	NCIS ☺ ☺ (DVS)	Storage	Agents of S.H.I.E.L.D.	NCIS: Los Angeles ☺	NCIS: Los Angeles ☺	Mercer	Mr. Young	Agents of S.H.I.E.L.D.	Dangerous Flights	Good Luck	ANT Farm	CityNews-Tonight (N)	Tattoo	Museum Secrets ☺	
9 PM	Amer. Dad	NCIS ☺ ☺ (DVS)	Emergency	Great Performances ☺ ☺	About-Boy Fisher	NCIS: Los Angeles ☺	Storage	Goldbergs	NCIS ☺ ☺ (DVS)	NCIS ☺ ☺ (DVS)	Arctic Air (N) ☺ ☺ (DVS)	Gags	That's Hockey 2 Nite	Goldbergs	Gold Rush	Wingin' It	Jimmy Kimmel Live (N)	Tattoo	Monumental Mysteries	
10 PM	The Legend of Ron Burgundy	Chicago Fire (N) ☺	Viest ☺		Chicago Fire (N) ☺	Person of Interest ☺	Storage	Mind Games (N) ☺	Chicago Fire (N) ☺	News Hour Final (N)	The National (N) ☺	Babysitting Splatalot	SportsCentre (N) ☺	Person of Interest ☺	Cold Water Cowboys	Good Luck	Jessie ☺	Ink Master ☺	America Declassified	
11 PM	"Drillbit"	News Hour Final (N)	Ultimate Engineering	Charlie Rose (N) ☺	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre ☺	News-Lisa	Dangerous Flights	Wizards	Paid Prog.	Tattoo	Museum Secrets ☺	



# News Leader Sudoku 496

## 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

12:00 pm YTV ch.18 "The Tale of Despereaux" (2008, Adventure) Voices of Matthew Broderick. Animated. In the faraway kingdom of Dor, a misfit mouse must find his inner knight in order to rescue a kidnapped princess. (In Stereo) (CC) (DVS)

### EVENING

6:00 pm YTV ch.18 "The Smurfs" (2011, Comedy) Hank Azaria. Premiere. Live action/animated. A

magic portal transports the little blue people to Manhattan, where they must find a way back to their village before evil wizard Gargamel can find them. (In Stereo) (CC)  
11:30 pm WTBS ch.3 "Ghosts of Girlfriends Past" (2009, Romance-Comedy) Matthew McConaughey. Spirits of jilted lovers take a photographer on an odyssey through his many failed relationships to find out what made him such a cad, and if there is any hope for true love.

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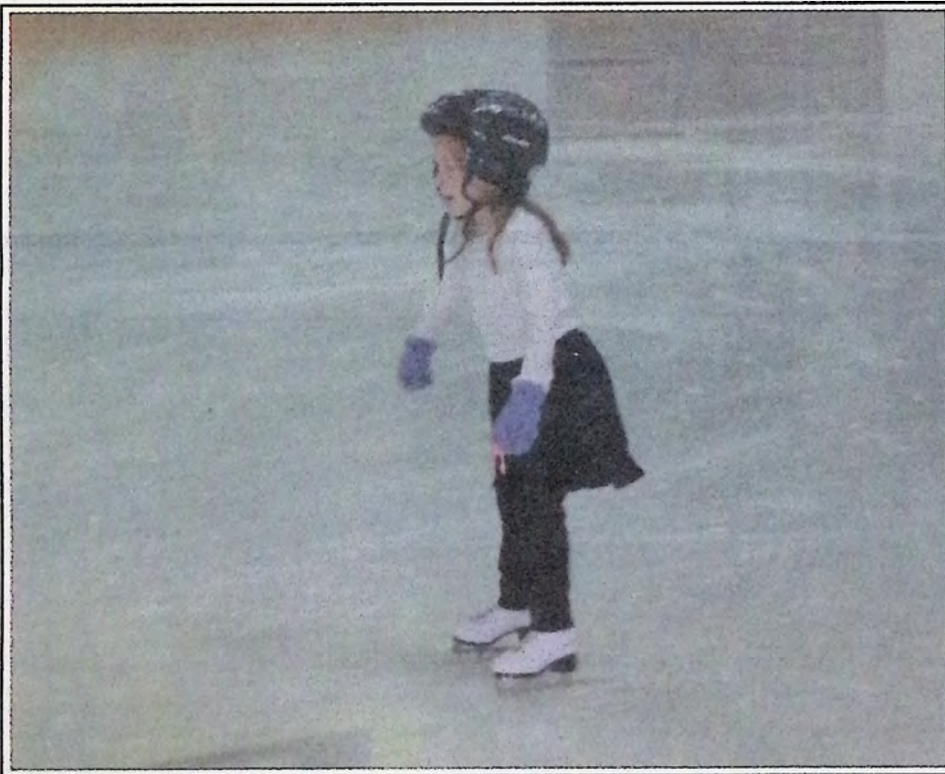
### WEDNESDAY, MARCH 12, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☑	Wibbly Pig 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) ☑ ☑	Junk Raiders	Stella-Sam Phineas	CityLine (N) ☑	CSI: NY "Outside Man"	Eat St. ☑
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Shailene Woodley and Theo James. (N) ☑	CBS This Morning (N) ☑	Criminal Minds ☑ ☑	Good Morning America (N) ☑			Tiger Arthur ☑	Super Evil Sidekick	SportsCentre ☑		Mighty Ships	Gravity Wander	Let's Make a Deal ☑	CSI: NY "Rain" ☑ ☑	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious Cat in the			CSI: Miami ☑ ☑			Morning Huntley	Bo On/Go Busytown	Pokémon Rabbids	SportsCentre ☑		Dangerous Flights	I Didn't Wizards	The Price is Right (N)	Tattoo	Money
9 AM	Millionaire	Morning Millionaire	Dinosaurs	(9:11) Peg Plus Cat ☑		The 700 Club ☑ ☑	CSI: Miami ☑ ☑	Livel Kelly and Michael	Morning Huntley	The Doctors ☑ ☑	Super Why! Napkin	ICarly ☑	SportsCentre ☑	Livel Kelly and Michael	Salvage Hunters ☑	Shake It	Jdg Judy	Tattoo	Museum Secrets ☑
10 AM	Divorce	The Doctors ☑ ☑	Ella the El Jelly Jamm	Dinosaur (10:23) Sesame Street	Jdg Judy	The Price is Right (N)	Criminal Minds ☑ ☑	The View ☑ ☑	The Doctors ☑ ☑	AnnaOlson	Bookaboo Doodlebop	ICarly ☑	E:60 ☑	The View ☑ ☑	Auction	ANT Farm	The Chew ☑ ☑	Tattoo	Monumental Mysteries
11 AM	Judge Alex	AnnaOlson	G. Shrinks	Sit-Be Fit	Jdg Judy	Young & Restless	Criminal Minds "100"	Paid Prog.	AnnaOlson	Noon News Hour (N)	Heartland ☑ (DVS)	ICarly ☑	World Poker Tour	Marilyn Denis	Gold Rush	Jessie ☑	General Hospital (N) ☑	Tattoo	America Declassified
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose ☑ ☑	Pain Free Hate Hair?	News Bold	The First 48 "Silenced"	The Chew ☑ ☑	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☑	Movie: ★★ "The Tale of Despereaux" ☑	30 for 30 ☑	CTV News (N) ☑ ☑	Gold Rush	Austin	Katie ☑ ☑	Ink Master "Earn It"	Eat St. ☑
1 PM	Community	Days of our Lives (N)	Rob Robot Dragon	Oil Painting Sewing	Days of our Lives (N)	The Talk ☑ ☑	The First 48 ☑ ☑	General Hospital (N) ☑	Days of our Lives (N)	The Talk ☑ ☑	Republic of Doyle ☑	Turtles	That's Hockey 2 Nite	The Social ☑ ☑	Cold Water Cowboys	Crash Kickin' It	CityLine ☑	Ink Master "Bug Out"	Bizarre Foods America
2 PM	Seinfeld	The Talk ☑ ☑	Ella the El Wibbly Pig	Thomas Super Why!	Katie ☑ ☑	Let's Make a Deal ☑ ☑	The First 48 ☑ ☑	Queen Latifah	The Talk ☑ ☑	Queen Latifah	Steven and Chris (N) ☑	Turtles	Off Record Interruption	Dr. Phil ☑ ☑	Dangerous Flights ☑	Good Luck Dog	CityNews at 5 (N) ☑	Ink Master ☑ ☑	Coaster
3 PM	Big Bang	Queen Latifah	Dive, Oily	Sid Peg	Ellen DeGeneres Show	Dr. Phil ☑ ☑	Wahlburgr	Rachael Ray ☑ ☑	Queen Latifah	Young & Restless	Recipes Stefano	Turtles	SportsCentre (N) ☑	Bethenny ☑ ☑	How/Made	Liv-Mad. Austin	CityNews at 6 (N) ☑	Cops ☑	Disaster
4 PM	College Basketball	Young & Restless	Maya Bee Arthur ☑	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show ☑	Duck D.	The Doctors ☑ ☑	Young & Restless	Early News Global Nat.	Paralympics	Turtles	Hockey NHL	Ellen DeGeneres Show	Daily Planet (N)	(4:15) Phineas and Ferb	Mod Fam	Cops ☑	Money
5 PM		News (N) ☑	Jack ☑	News	News	News	Duck D.	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Turtles	Hockey: Vancouver Canucks at Winnipeg Jets. (Live)	CTV News at Five (N)	Bear Grylls:	Good Luck	Revolution (N) ☑ ☑	Cops ☑	Collectors
6 PM	College Basketball	Global Nat.	Ultimate Engineering	PBS News-Hour (N) ☑	Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Movie: ★★ "The Smurfs" (2011) Hank Azaria.	SportsCentre (N) (Live) ☑	CTV News (N) ☑ ☑	Salvage Hunters ☑	Good Luck	Mod Fam	Cops ☑	Extreme Restaurants
7 PM		Ent	Canada: Over the Edge	Nature Ireland's Shannon River. ☑	Jeopardy!	Inside Ed.	Wahlburgr	Ent	Ent	Chicago PD (N) ☑	George S Coronation	Super Evil		Big Bang	Myth-Busters ☑ ☑	Good Luck	Nashville (N) ☑ ☑	Cops ☑	Extreme Resorts ☑
8 PM		Survivor (N) ☑	Wild China ☑ ☑	Joe Bonamassa: Tour de Force	Revolution (N) ☑ ☑	Survivor (N) ☑ ☑	Wahlburgr	The Middle Suburg.	Survivor (N) ☑ ☑	Survivor (N) ☑ ☑	Dragons' Den (N) ☑	Boys	Hockey	Arrow ☑ ☑	How/Made	Good Luck	CityNews-Tonight (N)	Cops ☑	Extreme Survival Bunk
9 PM	Amer. Dad	Engels	Music and Monarchy	Law & Order: SVU	Criminal Minds "Rabid"	Duck D.	Mod Fam	Engels	Engels	Recipe to Riches (N) ☑	Gags	Gags	Motoring 24 CH (N)	Criminal Minds "Rabid"	Bear Grylls:	Wingin' It Next Step	Jimmy Kimmel Live (N)	Jail ☑	Extreme Restaurants
10 PM	Family Guy	(10:01) Chicago PD (N)	Handel's Water Music	Nature ☑ ☑ (DVS)	(10:01) Chicago PD (N)	CSI: Crime Scene	Duck D.	Nashville (N) ☑ ☑	(10:01) Chicago PD (N)	News Hour Final (N)	The National (N) ☑	Babysitting Splatatol	SportsCentre (N) ☑	CSI: Crime Scene	Salvage Hunters ☑	Good Luck	Reviews on	Jail ☑	Extreme Resorts ☑
11 PM	Seinfeld ☑	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N) ☑	News J. Fallon	News Letterman	Wahlburgr	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre ☑	News-Lisa	Myth-Busters ☑ ☑	Wizards Life Derek	Paid Prog.	Jail ☑	Extreme Survival Bunk



# Princeton Skating Club

“Broadway” Ice Show - March 9





# SO COUNTRY INTERNET RADIO

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What's that? An old table top? Nope, it's the view looking out and upward through the windshield of a car February 26th in Keremeos. Mother Nature pasted some nifty frost stick-ons onto the outside of the windshield. Kinda looks like the arborite table top from a 1950's kitchen table. Perhaps nature is the inspiration for a lot of things we didn't know about?! Photo: Arlene Arlow

## Thursday Movies

### AFTERNOON

12:00 pm YTV ch.18 "The Smurfs" (2011, Comedy) Hank Azaria. Live action/animated. A magic portal transports the little blue people to Manhattan, where they must find a way back to their village before evil wizard Gargamel can find them. (In Stereo) (CC)

constant attacks on their colony, ants shrink a destructive boy to their size and sentence him to live among them until he learns the errors of his ways. (In Stereo) (CC)  
9:05 pm KNOW ch.5 "Touching the Void" (2003, Adventure) Brendan Mackey. British mountain climbers Joe Simpson and Simon Yates try to scale Andean peaks in 1985. (CC)

### EVENING

6:00 pm YTV ch.18 "The Ant Bully" (2006, Adventure) Voices of Zach Tyler Eisen. Premiere. Animated. Tired of weathering



PrincetonBCNews

### THURSDAY, MARCH 13, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [RE]	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	SportsCentre [RE]	CTV Morning Live (N) [RE]	Junk Raiders	Stella-Sam Phineas	CityLine (N) [RE]	Bar Rescue [RE]	Eat St. [RE]
7 AM	Law & Order: SVU		Ella the Elf Wild Kratts	Arthur Wild Kratts	Today Ashley Judd; Christian Slater. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds "100" [RE]	Good Morning America (N) [RE]			Tiger Arthur [RE]	Super Evil Sidekick	SportsCentre [RE]		Mighty Ships [RE]	Gravity Wander	Let's Make a Deal [RE]	Bar Rescue "Bar Fight" [RE]	Disaster [RE]
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami "Fallen" [RE]			Morning Huntley	Bo On/Go Busytown	Pokémon Rabbids	SportsCentre [RE]		Myth-Busters [RE]	Wizards Wizards	The Price is Right (N) [RE]	Bar Rescue [RE]	Collectors [RE]
9 AM	Millionaire	Morning Millionaire	Dinosaurs Rob Robot	(9:11) Peg Plus Cat [RE]		The 700 Club [RE]	CSI: Miami [RE]	Livell Kelly and Michael [RE]	Morning Huntley	The Doctors [RE]	Super Why! Napkin	Victorious	SportsCentre [RE]	Livell Kelly and Michael [RE]	Salvage Hunters [RE]	Shake It Shake It	Jdg Judy	Bar Rescue [RE]	Extreme Restaurants [RE]
10 AM	College Basketball	The Doctors [RE]	Ella the Elf Jelly Jamm	Dinosaur (10:23) Sesame Street	Jdg Judy	The Price is Right (N) [RE]	Criminal Minds [RE]	The View [RE]	The Doctors [RE]	AnnaOlson Debt/Part	Bookaboo Doodlebop	Victorious	E:60 [RE]	The View [RE]	Auction Auction	ANT Farm	The Chew [RE]	Bar Rescue [RE]	Extreme Resorts [RE]
11 AM		AnnaOlson Debt/Part	G. Shrinks Clifford	Sit-Be Fit	Jdg Judy	Young & Restless	Criminal Minds [RE]	Paid Prog. Paid Prog.	AnnaOlson Debt/Part	Noon News Hour (N)	Heartland [RE] (DVS)	Victorious	World Poker Tour	Marilyn Denis	How/Made How/Made	Jessie [RE]	General Hospital (N) [RE]	Bar Rescue [RE]	Extreme Survival Bunk [RE]
12 PM	College Basketball	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose (N) [RE]	Wrinkles? Pain Free	News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Movie: * * * "The Smurfs" (2011) Hank Azaria.	30 for 30 [RE]	CTV News (N) [RE]	Bear Grylls: Austin	Austin	Katie [RE]	Bar Rescue [RE]	Eat St. [RE]
1 PM		Days of our Lives (N)	Rob Robot Dragon	Painting Knit	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Republic of Doyle [RE]		Hockey Hockey	The Social [RE]	Salvage Hunters [RE]	Lab Rats Kickin' It	CityLine [RE]	Contractor Contractor	Bizarre Foods America [RE]
2 PM	The Middle	The Talk [RE]	Ella the Elf Wibbly Pig	Thomas Super Why!	Katie [RE]	Let's Make a Deal [RE]	The First 48 [RE]	Queen Latifah	The Talk [RE]	Queen Latifah	Steven and Chris (N) [RE]	Parents Parents	Off Record Interruption	Dr. Phil [RE]	Myth-Busters [RE]	Good Luck I Didn't	CityNews at 5 (N) [RE]	Cops [RE]	Coaster [RE]
3 PM	Big Bang	Queen Latifah	Olve, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil [RE]	Duck D. Duck D.	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes Stefano	Parents Parents	SportsCentre (N) [RE]	Bethenny [RE]	How/Made How/Made	Liv-Mad. Austin	CityNews at 6 (N) [RE]	Cops [RE]	Disaster [RE]
4 PM	College Basketball	Young & Restless	Maya Bee Arthur [RE]	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show [RE]	Duck D. Duck D.	The Doctors [RE]	Young & Restless	Early News Global Nat.	Paralympls	Parents Parents	Hockey NHL Pro	Ellen DeGeneres Show	Daily Planet (N)	Jessie "G.I. Jessie" [RE]	Mod Fam	Cops [RE]	Museum Secrets [RE]
5 PM		News (N) [RE]	Jack [RE] Wild Kratts	News Business	News NBC News	News CBS News	Wahlburgr Wahlburgr	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents Parents	NHL Hockey: Edmonton Oilers at St. Louis Blues. (Live) [RE]	CTV News at Five (N)	Cold Water Cowboys	Good Luck Good Luck	Community Parks	Cops [RE]	America Declassified [RE]
6 PM	College Basketball	Global Nat.	Canada: Over the Edge	PBS News-Hour (N) [RE]	Millionaire	KREM 2 News at 6 (N)	Wahlburgr Wahlburgr	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Coronation	Movie: * * * "The Ant Bully" (2006) [RE]		CTV News (N) [RE]	Rods N' Wheels (N)	Good Luck Good Luck	(6:01) Seed Crazy	IMPACT Wrestling (N) [RE]	Places [RE]
7 PM		Ent ET Canada	Park Foncie's	Father Brown [RE]	Jeopardy! Wheel	Inside Ed. Access H.	Breaking Boston [RE]	Ent The Insider	Ent ET Canada	Elementary (N) [RE]	Doc Zone (N) [RE]			etalk (N)	Amish Mafia (N) [RE]	Good Luck Good Luck	Scandal (N) [RE]		Sturgis "Wild Ride" [RE]
8 PM	Mod Fam	The Millers	Attenborough: 60 Years	Father Brown [RE]	Community Parks	Big Bang (8:01) Breaking Boston	The Millers	Once Wonderland	Fisher The Millers	Fisher The Millers	The Nature of Things	Mr. Young Boys	Hockey: Toronto Maple Leafs at Los Angeles Kings. [RE]	Big Bang Two Men	How/Made How/Made	The Next Step [RE]	CityNews-Tonight (N)	Contractor Contractor	When Vacations Attack [RE]
9 PM	Amer. Dad Family Guy	Bake [RE] (DVS)	(9:05) Movie: * * * * "Touching the Void"	Foyle's War "The French Drop" [RE]	Hollywood Game Night	Two Men Crazy	Wahlburgr Wahlburgr	Grey's Anatomy (N) [RE]	Rake [RE] (DVS)	Rake [RE] (DVS)	NHL-A Season	Gags Gags	SportsCentre (N) [RE]	Motive (N) [RE] (DVS)	Rods N' Wheels [RE]	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cops [RE]	America Declassified [RE]
10 PM	Family Guy	(10:01) Elementary (N)		Well Read	Parenthood "Limbo" (N)	(10:01) Elementary (N)	Wahlburgr Wahlburgr	Scandal (N) [RE]	(10:01) Elementary (N)	News Hour Final (N)	The National (N) [RE]	Babysitting Splatalot	SportsCentre (N) [RE]	Motive (N) [RE] (DVS)	Rods N' Wheels [RE]	Good Luck Jessie [RE]	Reviews on	Ways Die	Places [RE]
11 PM	Seinfeld [RE] Divorce	CHBC News Final (N)	Park Foncie's	Charlie Rose (N) [RE]	News J. Fallon	News Letterman	(11:01) Breaking Boston	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News Games	Mr. Young Boys	SportsCentre [RE]	News-Lisa CTV News	Amish Mafia [RE]	Wizards Life Derek	Paid Prog.	Ways Die	Sturgis "Wild Ride" [RE]



# Friday Movies

**AFTERNOON**

12:00 pm YTV ch.18 "The Ant Bully" (2006, Adventure) Voices of Zach Tyler Eisen. Animated. Tired of weathering constant attacks on their colony, ants shrink a destructive boy to their size and sentence him to live among them until he learns the errors of his ways. (In Stereo) (CC)  
 1:45 pm YTV ch.18 "Hoodwinked Too! Hood vs. Evil" (2011, Comedy) Voices of Hayden Panettiere. Animated. Red cuts short her training with covert group Sisters of the Hood to help save Hansel and Gretel from a wicked witch. (In Stereo) (CC)  
 4:00 pm YTV ch.18 "Alvin and the Chipmunks" (2007, Comedy) Jason Lee. Live action/animated. Musical but mischievous chipmunks Alvin, Simon and Theodore wreak havoc in the life of songwriter Dave Seville. (In Stereo) (CC)

Comedy) Ciara Bravo. Premiere. With help from her younger brother, a teen embarks on an adventure to break her family's curse of never-ending bad luck. (In Stereo) (CC)  
 8:20 pm FAM ch.26 "Good Luck Charlie, It's Christmas!" (2011, Comedy) Bridgit Mendler. Chaos strikes when a woman and her daughter get separated from their family during the holidays. (In Stereo) (CC)  
 9:45 pm FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC)  
 11:30 pm WTBS ch.3 "The Last Castle" (2001, Suspense) Robert Redford. A court-martialed general leads a revolt against a corrupt warden in a military prison.

**EVENING**

6:00 pm YTV ch.18 "Jinxed" (2013,

# News Leader Recipe 603

## Yummy Macaroni, Cheese and Mushrooms

Prep Time: 5 mins. Cook Time: 15 mins.

**Ingredients**

- 2 1/2 cups plain or multi-coloured macaroni
- 8 oz pre-sliced fresh Mushrooms
- 1 cup frozen peas
- 1 tbsp butter
- 1/4 tsp garlic, onion or plain salt
- 1/4 tsp pepper
- 8 oz processed cheddar cheese slices (8- 12 slices)
- 1/4 cup 2% milk
- Ketchup, salsa or cherry tomato halves (optional)

**Method**

1. In large saucepan, cook macaroni according to package directions until it is desired doneness (to test remove one piece from the saucepan with a slotted spoon and bite into it – the centre should be soft and not chewy). Place a colander in the sink and using oven mitts carefully pour water and cooked macaroni into colander to drain off water.
2. Meanwhile tear cheese slices into large bite size pieces; set aside on a plate. If mushrooms are quite large break in half and set aside.
3. In 2 qt (2L) microwavable bowl or casserole combine mushrooms, peas, salt and pepper; cover with lid or wax paper and cook on High power 4-6 minutes; with oven mitts carefully remove cover.
4. Stir cooked macaroni, cheese pieces, and milk into mushroom mixture. Cover with same lid or wax paper and microwave on Medium- high power for 5 minutes or until hot and cheese is melting. Using oven mitts remove lid and stir to blend with large spoon.
5. Serve with ketchup, salsa or tomatoes

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

## FAX SERVICE

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**FRIDAY, MARCH 14, 2014**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Beyond Scared Straight	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Rescue	SportsCentre 30	CTV Morning Live (N) 0 30	Greatest Know-It-All	Stella-Sam Phineas	CityLine (N) 30	Repo	Eat St. 0
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Gillian Anderson; Ben Pollinger. (N) 0 30	CBS This Morning (N) 0 30	Beyond Scared Straight	Good Morning America (N) 30			Tiger	Yu-Gi-Oh! Sidekick	SportsCentre 30		Greatest Know-It-All	Gravity Wander	Let's Make a Deal 30	Repo	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			Beyond Scared Straight			Morning Huntley	Bo On/Go	Pokémon	SportsCentre 30		Flying Wild Alaska 30	Good Luck	The Price Is Right (N)	Repo	The Dead Files 0 30
9 AM	Millionaire	Morning	Dinosaurs	(9:11) Peg Plus Cat 0		The 700 Club 0 30	Beyond Scared Straight	Livel Kelly and Michael	Morning Huntley	The Doctors 0 30	Super Why! Napkin	SpongeBob	SportsCentre 30	Livel Kelly and Michael	Salvage Hunters 30	Good Luck	Jdg Judy	Repo	America Declassified
10 AM	Divorce	The Doctors 0 30	Ella the El	Dinosaur		The Price Is Right (N)	Beyond Scared Straight	The View 0 30	The Doctors 0 30	AnnaOlson	Bookaboo	SpongeBob	24 CH 30	The View 0 30	Auction	Good Luck	The Chew 0 30	Tattoo	Places
11 AM	Judge Alex	AnnaOlson	G. Shrinks	Sesame Street	Jdg Judy	Young & Restless	Beyond Scared Straight	America	AnnaOlson	Noon News Hour (N)	Heartland "Jackpot!"	SpongeBob	World Poker Tour	Marilyn Denis	How/Made	Good Luck	General Hospital (N) 0	Tattoo	When Vacations Attack
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 30	Pain Free	News	Beyond Scared Straight	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Movie: ** "The Ant Bully" 0	30 for 30 30	CTV News (N) 0 30	Cold Water Cowboys	Good Luck	Katie 0 30	Tattoo	Eat St. 0
1 PM	Community	Days of our Lives (N)	Rob Robot	Color	Days of our Lives (N)	The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Republic of Doyle 0	(1:45) Movie: "Hoodwinked Too! Hood vs. Evil"	That's Hockey 2 Nite	The Social 0 30	Roda N' Wheels 30	Good Luck	CityLine 30	Cops 30	Bizarre Foods America
2 PM	Seinfeld 0	The Talk 0 30	Ella the El	Thomas	Katie 0 30	Let's Make a Deal 30	The First 48 0 30	Queen Latifah	The Talk 0 30	Queen Latifah	Steven and Chris (N) 0	Off Record	Dr. Phil 0 30	Amish Mafia 0 30	Good Luck	CityNews at 5 (N) 30	Jail 30	Coaster	
3 PM	Big Bang	Queen Latifah	Dive, Oily	Sid	Ellen DeGeneres Show	Dr. Phil 0 30	The First 48 0 30	Rachael Ray 0 30	Queen Latifah	Young & Restless	Recipes Stefano	Chucks	SportsCentre (N) 30	Bethenny 0 30	How/Made	Good Luck	CityNews at 6 (N) 30	Cops 30	Disaster
4 PM	College Basketball	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	The First 48 0 30	The Doctors 0 30	Young & Restless	Early News Global Nat.	Paralympics	Movie: ** "Alvin and the Chipmunks" (2007)	NBA Basketball: Memphis Grizzlies at Toronto Raptors. 30	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	Mod Fam	Cops 30	Welrd or What?
5 PM		News (N) 30	Jack 30	News	News	News	The First 48 0 30	ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Chipmunks" (2007)	CTV News at Five (N)	Salvage Hunters (N)	Good Luck	Murdoch Mysteries 0	Cops 30	Murder in Paradise 0	
6 PM	College Basketball	Global Nat.	Park	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	After the First 48 (N) 0	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Movie: "Jinxed" (2013) Ciara Bravo.	SportsCentre (N) (Live) 30	CTV News (N) 0 30	To Be Announced	Good Luck Charlie (N)	Enlisted 0	Bellator MMA Live (N) 0 (Live)	The Dead Files 0 30
7 PM		Ent	Coast 30	Wash	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	Parenthood "Limbo" (N)	George S	The Next Star - Super	etalk (N)	Mayday (N) 30	I Didn't	(7:01) Hannibal (N) 0	Jail 30	The Dead Files (N) 30	
8 PM	Mod Fam	Kitchen Nightmares (N)	(8:05) New Tricks 30	Titanic: Band of Courage 0 30	Dateline NBC (N) 30	Undercover Boss (N) 0	(8:01) Those Who Kill	Last Man Standing	Kitchen Nightmares (N)	Kitchen Nightmares (N)	M'ketplace	Assembly	Poker Aussie Millions	Spun Out	Mayday 30	"Good Luck Charlie"	CityNews-Tonight (N)	(8:15) Cops	The Dead Files 0 30
9 PM	Amer. Dad	Hawaii Five-0 (N) 30	(9:05) Lewis "Your Sudden Death	Wild West	Grimm (N) 30 (DVS)	Hawaii Five-0 (N) 30	(9:01) The First 48 30	Shark Tank (N) 0 30	Hawaii Five-0 (N) 30	Hawaii Five-0 (N) 30	the fifth estate (N) 30	Assembly	World Poker Tour	Grimm (N) 30 (DVS)	To Be Announced	(9:45) Movie: ** "High School Musical" 0	Jimmy Kim-mel Live 0	Jail 30	The Dead Files 0 30
10 PM	Family Guy	Parenthood "Limbo" (N)	Question" 30	Unusual Buildings	(10:01) Hannibal (N) 0	Blue Bloods (N) 0 30	After the First 48 30	(10:01) 20/20 0 30	Parenthood "Limbo" (N)	News Hour Final (N)	The National (N) 30	Babysitting Spitalat	SportsCentre 30	Blue Bloods (N) 0 30	Salvage Hunters 30		Reviews on	Wildest Police Videos	The Dead Files 0 30
11 PM	Seinfeld 0	CHBC News Final (N)	Architects of Change	Charlie Rose (N) 30	News	News	Beyond Scared Straight	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	Formula One Racing	News-Lisa	Mayday 30	Life Derek	Paid Prog.	Wildest Police Videos	The Dead Files 0 30







# News Leader Weekend - Sunday Movies

## MORNING

7:00 am DTOUR ch.45 "National Lampoon's Vacation" (1983, Comedy) Chevy Chase. The Griswolds and family head by station wagon for the California fun park Walley World. (In Stereo) (CC)

8:00 am WTBS ch.3 "Rush Hour 3" (2007, Action) Jackie Chan. The assassination of a Chinese ambassador reunites Lee and Carter, who tangle with Triad gangsters in France.

10:00 am WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death.

YTV ch.18 "The Adventures of Sharkboy and Lavagirl" (2005, Adventure) Taylor Lautner. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness. (In Stereo) (CC) (DVS)

## AFTERNOON

12:00 pm YTV ch.18 "Spy Kids" (2001, Adventure) Antonio Banderas. When a technical genius kidnaps retired spies, only their children can save them. (In Stereo) (CC) (DVS)

VTV ch.22 "Divine Secrets of the

Ya-Ya Sisterhood" (2002, Comedy-Drama) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook. (In Stereo) (CC)

FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)

2:15 pm YTV ch.18 "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth. (In Stereo) (CC)

4:00 pm YTV ch.18 "Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) (CC)

5:00 pm CBC ch.13 "Tangled" (2010, Musical Comedy) Voices of Mandy Moore. Animated. Crowned with 70 feet of magical golden hair, Rapunzel strikes a deal with a charming thief to spring her from her prison tower. (In Stereo) (CC)

## EVENING

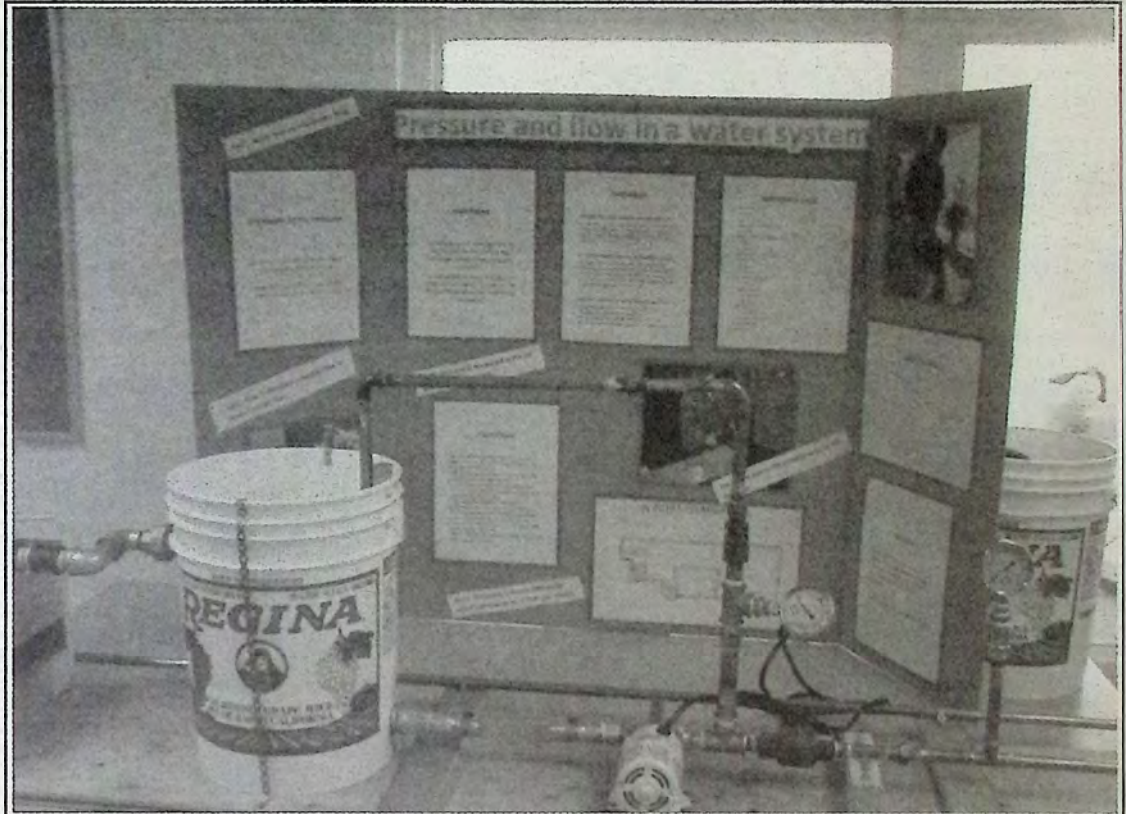
6:00 pm WTBS ch.3 "300" (2007, Action) Gerard Butler. Sparta's King Leonidas and his badly outnumbered warriors fight to the death against King Xerxes' massive Persian army at the Battle of Thermopylae.

YTV ch.18 "Spy Kids: All the Time in the World in 4D" (2011, Adventure) Jessica Alba. Premiere. Upon learning that their stepmother is a retired spy, twins step up to help save the world from an evil maniac known as Timekeeper. (In Stereo) (CC)

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)

10:30 pm WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith.

Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death.



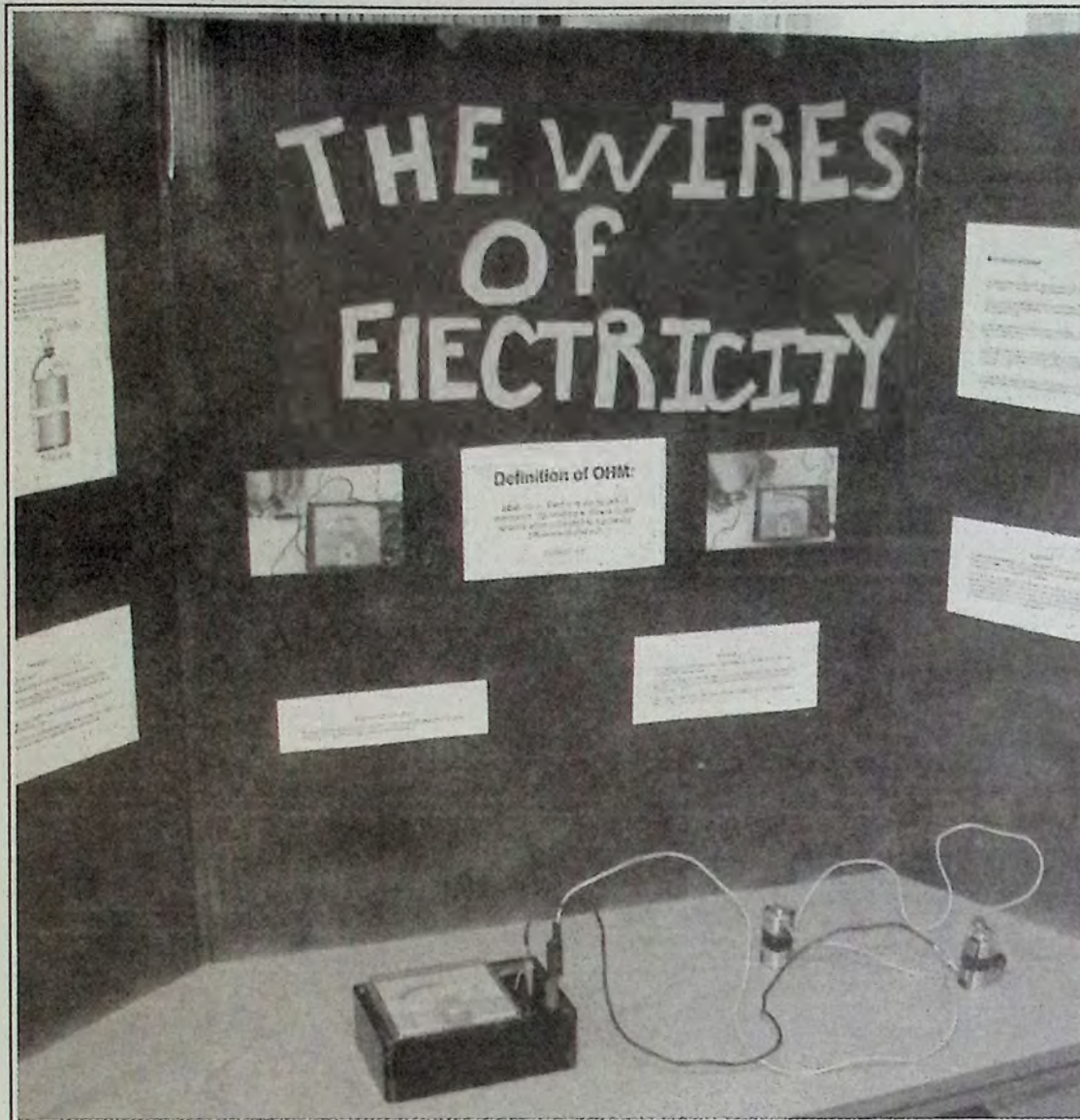
Science projects of all size and description filled the cafeteria at Princeton Secondary School last week as part of the annual Grade 8 Science Fair. Some of them were simply amazing like this one on water pressure. \*

**You Tube** **PrincetonBCNews**

## SUNDAY, MARCH 16, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	In a Name	Wibbly Pig	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds "Proof"	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Slidekick	Curling	Canada AM Weekend	Pyros "Congo"	Slug Terra	R Schuller	Off Road	Fishful
6:30	Cooldest	World	Monkey	WordWorld	Paid Prog.	Paid Prog.			World		Poko	Super Evil				Wingin' It	ChurchRek	Engine	Paid Prog.
7 AM	P. Affairs	Sunday Morning News (N)	Ella the El	Barney	KHQ News	CBS News Sunday Morning (N)	Those Who Kill "Pilot"	Good Morning America	Sunday Morning News (N)		News	Squirrel		App	Naked and Afraid "Double Jeopardy"	Gravity	Eye/Asla	TruckTech	Movle: *** "National Lampoon's Vacation"
7:30	Att. Eats		Jelly Jamm	Clifford	Invest		Those Who Kill "Pilot"	This Week			Artzooka	Pet Shop		The Social		Phineas	Dharti	Muscle	
8 AM	Movle: ** "Rush Hour 3" (2007)		Upside	Curious	Meet the Press (N)	The Nation	Those Who Kill "Pilot"				Coronation	Pet Shop		Question Period (N)		ANT Farm	Pakistan	Contractor	
8:30	Jackie Chan.		PAW Patrol	Cat in the							Coronation	Slidekick	SportsCentre		Shake It	Festival Italiano di Johnny Lombardi (In Italian)	Contractor		
9 AM			Dino Dan	Blz Kids	NHL Hockey: Philadelphia Flyers at Pittsburgh Penguins. (N) (Live)	Road to the Final Four	Bates Motel "Pilot"	Wildlife Expedition		Block	Coronation	SpongeBob	NASCAR Racing: Sprint Cup Food City 500. From Bristol Motor Speedway in Bristol, Tenn. (N)	World Vision	Licence to Drill	Good Luck	Johnny Lombardi (In Italian)	Bar Rescue	Airport
9:30			Arthur	The Impact						Context	Coronation	SpongeBob			Good Luck				Airport
10 AM	Movle: *** "Shark Tale" (2004, Comedy)	Block	Wild Kratts	Inside Olympiads	Flyers at Pittsburgh Penguins. (N) (Live)	College Basketball	Bates Motel "Pilot"	Paid Prog.	Block	J. Osteen	Coronation	"The Adventures of Sharkboy and Lavagirl"		Worst Handyman	Licence to Drill	Good Luck	Shopping Channel	Bar Rescue	Bggg Bttls
10:30		Context	Little	Moyers				Focus T25	Context	Canadian	M'ketplace			Kevin Newman Live	Good Luck	Good Luck			Bggg Bttls
11 AM		J. Osteen	Little	Europe Jrm		Shipping	Shipping	Paid Prog.	J. Osteen	16x9	Our Vancouver				Licence to Drill	Good Luck	Bar Rescue	America Declassified	
11:30		Paid Prog.	Marco Polo			Shipping	Shipping	Hollywood	Paid Prog.						Good Luck	Good Luck	Bar Rescue		
12 PM	Community	News Hour	Dogs	To Be Announced	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)	Shipping	Shipping	NBA	News Hour	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)	Recipe to Riches	Movle: *** "Spy Kids" (2001) (DVS)		Movie: ** "Divine Secrets of the Ya-Ya Sisterhood" (2002)	Licence to Drill	Movie: "Teen Beach Movie" (2013)	Toronto Boomers	Bar Rescue	Airport
12:30	Community	PGA Tour Golf: Valspar Championship, Final Round. (N)	Dogs/Jojs			Shipping	Shipping	NBA Basketball: Houston Rockets at Miami Heat. (N)	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)		2014 Paralympic Winter Games: Closing Ceremony. From Sochi, Russia.	(2:15) "Spy Kids 3-D: Game Over"	Poker Aussie Millions	Movie: ** "Divine Secrets of the Ya-Ya Sisterhood" (2002)	Licence to Drill	Wander	Mod Fam	Bar Rescue	Bggg Bttls
1 PM	King	PGA Tour Golf: Valspar Championship, Final Round. (N)	Rivers	To Be Announced		Shipping	Shipping	Shipping	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)				Sports		Licence to Drill	Phineas	Murdoch Mysteries	Bar Rescue	Security
1:30	King		Rivers			Duck D.	Duck D.	Duck D.							Licence to Drill	ANT Farm	Mod Fam	Bar Rescue	Bggg Bttls
2 PM	King		Foncle's	To Be Announced		Duck D.	Duck D.	Duck D.							Licence to Drill	ANT Farm	Mod Fam	Bar Rescue	Bggg Bttls
2:30	King		Foncle's	To Be Announced		Duck D.	Duck D.	Duck D.							Licence to Drill	ANT Farm	Mod Fam	Bar Rescue	Bggg Bttls
3 PM	Big Bang	Ice Pilots (DVS)	Hope for Wildlife	To Be Announced	2014 Paralympic Winter Games	Selection Show	XTERRA World	Ice Pilots (DVS)	TV-Torrens	TV-Torrens	Speed Skating	Movie: *** "Spy Kids 3-D: Game Over"	Sports	First Story	Licence to Drill	Good Luck	CityNews	Bar Rescue	Disaster
3:30	Big Bang					Changers	Wahlburgers	Hometime	TV-Torrens	Simpsons	Speed Skating	Movie: *** "Spy Kids 3-D: Game Over"	Women's World Championship: Canada vs. Switzerland. (N)	Steele	Licence to Drill	The Next Step	CityNews	Bar Rescue	Disaster
4 PM	Big Bang	TV-Torrens	Lost Kingdoms	To Be Announced		Inside Edit.	Wahlburgers	Estate	Simpsons	Simpsons	Global Nat.	Movie: *** "Spy Kids 3-D: Game Over"	W5 (DVS)	W5 (DVS)	Licence to Drill	Dog	Funniest Home Videos	Bar Rescue	Collectors
4:30	Big Bang	Simpsons					Wahlburgers		Simpsons	Simpsons	Global Nat.	Movie: *** "Tangled" (2010)	Canada vs. Switzerland. (N)	W5 (DVS)	Licence to Drill	Dog	Funniest Home Videos	Bar Rescue	Collectors
5 PM	Mod Fam	Simpsons	Tudor Monastery Farm	To Be Announced	News	News	Wahlburgers	News	Simpsons	Simpsons	(4:59) News Hour (N)	Movie: *** "Tangled" (2010)	MasterChef Canada (N)	MasterChef Canada (N)	To Be Announced	Shake It	Murdoch Mysteries	Bar Rescue	Ext. Superstructures
5:30	Mod Fam	News			NBC News	CBS News	Wahlburgers	ABC News	Global Nat.	Global Nat.					To Be Announced	Austin	Murdoch Mysteries	Bar Rescue	Ext. Superstructures
6 PM	Movie: *** "300" (2007) Gerard	Global Nat.	Park	Doc Martin: Revealed	News	KREM 2 News at 6 (N)	Wahlburgers	News at 6	(5:59) News Hour (N)	The Good Wife (N)		"Spy Kids: All the Time in the World in 4D"	CTV News (N) (Live)	CTV News (N) (Live)	Naked and Afraid (N)	Good Luck	Resurrection "Unearth"	Bar Rescue (N)	Extreme Wild Rides
6:30		News	Foncle's		Mark Few		Wahlburgers	Red Carpet							Liv-Mad.	Good Luck	Resurrection "Unearth"	Bar Rescue (N)	Extreme Wild Rides
7 PM	Butler, Lena Headey.	Burgers	N. Geographic Specials	To Be Announced	The Voice	60 Minutes (N) (Live)	Wahlburgers	Funniest Home Videos	Burgers	Burgers	Heartland (N)			Once Upon a Time (N)	To Be Announced	I Didn't	(7:01) Revenge (N)	Contractor	Extreme Terror Rides
7:30		Amer. Dad					Wahlburgers		Amer. Dad	Amer. Dad					ANT Farm	ANT Farm	Revenge (N)	Contractor	Extreme Terror Rides
8 PM		Simpsons	Foyte's War	To Be Announced	The Amazing Race (N)	The Amazing Race (N)	(8:01) Wahlburgers	Once Upon a Time (N)	Simpsons	Simpsons	Four Rooms (N)	Chucks	30 for 30	The Amazing Race (N)	Bear Grylls:	Shake It	CityNews Weekends	Bar Rescue	Collectors
8:30	Seinfeld	Family Guy					Wahlburgers		Family Guy	Family Guy	Cache				Austin	Shake It	CityNews Weekends	Bar Rescue	Collectors
9 PM	The Closer	Cosmos-Space	Foyte's War	To Be Announced	Belleve (N)	The Good Wife (N)	Wahlburgers	Resurrection "Unearth"	Cosmos-Space	Cosmos-Space	Dragons' Den	The Next Star - Super	E:60	Castle (N)	To Be Announced	Next Step	The Office	Bar Rescue	Ext. Superstructures
9:30							Wahlburgers								Wingin' It	Wingin' It	The Office	Bar Rescue	Ext. Superstructures
10 PM	Seinfeld	The Good Wife (N)	Silk (N)	Civilization: The West and the Rest	Crisis "Pilot"	The Mentalist (N)	Wahlburgers	(10:01) Revenge (N)	The Good Wife (N)	News Final	The National (N)	Mr. Young	SportsCentre	The Mentalist (N)	Naked and Afraid	Movie: *** "Dadnapped" (2009)	The Office	Contractor	Extreme Wild Rides
10:30	Movie: *** "Shark Tale" (2004)	News Final	N. Geographic Specials				Wahlburgers		News Final	News Final	Paid Prog.	Boys	SportsCentre		To Be Announced	Life Derek	Paid Prog.	Bar Rescue	Extreme Terror Rides
11 PM		Block			Paid Prog.	Family Guy	Wahlburgers	Van Impe	Block	Paid Prog.	Block	Boys					Paid Prog.	Bar Rescue	Extreme Terror Rides





One of the annual 'photo-ops' we like to attend is the Grade 8 Science Fair. It took place last week at Princeton Secondary School (in the cafeteria) and we were pleasantly surprised by the quality of the work and the spectrum of projects. This one, dealing with electricity, caught our eye! \*

# Monday Movies

## MORNING

8:00 am SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)  
 10:30 am SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)

## AFTERNOON

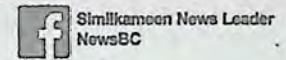
1:30 pm SPIKE ch.44 "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (In Stereo)  
 4:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

## EVENING

6:30 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)  
 9:30 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.  
 SPIKE ch.44 "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (In Stereo)  
 11:30 pm WTBS ch.3 "Witless Protection" (2008, Comedy) Larry the Cable Guy. A small-town lawyer and the FBI witness that he has in custody grapple with crooked federal agents, quack doctors and Chicago high-society.

# Similkameen News Leader

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## MONDAY, MARCH 17, 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) [E]	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Rescue	SportsCentre [E]	CTV Morning Live (N) [E]	Salvage Hunters [E]	Stella-Sam Phineas	CityLine (N) [E]	CSI: NY [E]	Eat St. [E]
7 AM :30	Law & Order: SVU		Ella the El Wild Kratts	Arthur Wild Kratts	Today (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger Arthur [E]	Super Evil Sidekick	SportsCentre [E]		Cash Cab How/Made	Gravity Wander	Let's Make a Deal [E]	CSI: NY "Officer Blue"	Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curious Cat In the			Those Who Kill [E]			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre [E]		Dangerous Flights Wizards	Wizards Wizards	The Price Is Right (N)	Movie: *** "Training Day" (2001)	Are You Fitter
9 AM :30	Millionaire	Morning Huntley	Dinosaurs Rob Robot	Peg Dinossur		The 700 Club [E]	Bates Motel [E]	Livet Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why! Napkin	Monster Squirrel	SportsCentre [E]	Livet Kelly and Michael	Salvage Hunters [E]	Shake It Shake It	Jdg Judy Jdg Judy	Denzel Washington. [E]	Lost-Sold
10 AM :30	Divorce Divorce	The Doctors [E]	Ella the El Jelly Jamm	Sesame Street [E]		The Price Is Right (N)	Criminal Minds [E]	The View [E]	The Doctors [E]	Fresh Debt/Part	Bookaboo Doodlebop	Invasion Spliced (N)	Motoring Curling: Women's World Championship: Canada vs. Denmark. (N) [E]	The View [E]	Auction Auction	ANT Farm ANT Farm	The Chew [E]	Movie: ** "Man on Fire" (2004)	Extreme Wild Rides
11 AM :30	Judge Alex Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit-Be Fit	Jdg Judy	Young & Restless	Criminal Minds [E]	Paid Prog. Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	Our Vancouver [E]	Flamingo Squirrel	Women's World Championship: Canada vs. Denmark. (N) [E]	Marilyn Denis	Airplane Repo [E]	Jessie [E]	General Hospital (N) [E]	Denzel Washington. [E]	Extreme Terror Rides
12 PM :30	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose [E]	Pain Free Sleep Bet.	News Bold	The First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Kid vs. Kat Sidekick	Canada vs. Denmark. (N) [E]	CTV News (N) [E]	Dude, You're Screwed	Austin Austin	Katie [E]	Eat St. [E]	
1 PM :30	Community Community	Days of our Lives (N)	Rob Robot Dragon	Paint This Quilting Art	Days of our Lives (N)	The Talk [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk [E]	Republic of Doyle [E]	Rated A Monster	Shorts	The Social [E]	Deadliest Catch [E]	Lab Rats Crash	CityLine (N) [E]	Movie: *** "Out of Time" (2003)	Bizarre Foods America
2 PM :30	Seinfeld [E] The Middle	The Talk [E]	Ella the El Wibbly Pig	Thomas Super Why!	Katie [E]	Let's Make a Deal [E]	The First 48 [E]	Queen Latifah	The Talk [E]	Queen Latifah	Steven and Chris (N) [E]	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil [E]	How/Made How/Made	Good Luck Dog	CityNews at 5 (N) [E]	Denzel Washington. [E]	Magie Man
3 PM :30	The Middle Mod Fam	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil [E]	The First 48 [E]	Rachael Ray [E]	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	Sports Curling: Women's World Championship: Canada vs. Denmark. (N) [E]	Bethenny [E]	How/Made How/Made	Liv-Mad. Austin	CityNews at 6 (N) [E]	Disaster	
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur [E]	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show [E]	Duck D.	The Doctors [E]	Young & Restless	Early News Global Nat.	Dragons' Den [E]	SpongeBob Bread	Women's World Championship: Canada vs. Denmark. (N) [E]	Ellen DeGeneres Show	Daily Planet (N)	Shake It Shake It	Mod Fam Mod Fam	Movie: *** "Training Day" (2001)	Lost-Sold
5 PM :30	Browns Payne	News (N) [E]	Jack [E] Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob	Canada vs. Denmark. (N) [E]	CTV News at Five (N)	How/Made How/Made	I Didn't Phineas	How I Met Broke Girl	Denzel Washington. [E]	Security
6 PM :30	Browns Payne	Global Nat. News	Animals Animals	PBS News-Hour (N) [E]	News Millionaire	KREM 2 News at 6 (N)	Bates Motel "Caleb" (N)	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Sam & Cat (N) [E]	SportsCentre (N) (Live) [E]	CTV News (N) [E]	Myth-Busters (N) [E]	Phineas Phineas	Miko Mom (N)	Movie: *** "Man on Fire" (2004)	Bggg Bttls
7 PM :30	Mod Fam Seinfeld [E]	Ent ET Canada	Hope for Wildlife [E]	Steves Steves	Jeopardy! Wheel	Inside Ed. Access H.	Those Who Kill (N) [E]	Ent The Insider	Ent ET Canada	The Blacklist (N) [E]	George S Coronation	Assembly Thunder	30 for 30 [E]	etalk (N) Big Bang	Bering Sea Gold (N)	Phineas Phineas	Shameless (N) [E]	Denzel Washington. [E]	Airport
8 PM :30	Family Guy Family Guy	Bones (N) [E] (DVS)	Tudor Monastery Farm	Rick Steves Europe [E]	The Voice Vocallista compete against each other.	How I Met Broke Girl	(8:01) Those Who Kill	Dancing With the Stars [E]	Bones (N) [E] (DVS)	Bones (N) [E] (DVS)	Murdoch Mysteries [E]	Japanzi Babysitting	30 for 30 [E]	MasterChef Canada (N)	How/Made How/Made	Phineas Phineas	CityNews-Tonight (N)	Denzel Washington. [E]	Security
9 PM :30	Amer. Dad Movie: *** "The Time Machine" (2002)	Remedy "DV Expected"	Shakespeare and Us	Steves	Steves	Mike Mom (N)	Duck D.		Remedy "DV Expected"	Remedy "DV Expected"	Mr. D (N) Ron James	Gags Gags		The Following (N)	Myth-Busters [E]	Phineas Next Step	Jimmy Kimmel Live [E]	Movie: *** "Out of Time" (2003)	Bggg Bttls
10 PM :30		(10:01) The Blacklist (N)	Architects of Change	Rick Steves Europe	(10:01) The Blacklist (N)	Intelligence (N) [E]	(10:01) Bates Motel [E]	(10:01) Castle (N) [E]	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N) [E]	Babysitting Splatalot	SportsCentre (N) [E]	Intelligence (N) [E]	Bering Sea Gold [E]	Good Luck Jessie [E]	EP Daily Reviews on	Denzel Washington. [E]	Airport
11 PM :30		CHBC News Final (N)	Hope for Wildlife [E]	Steves	News Steves	News J. Fallon	(11:01) Those Who Kill	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Mr. Young Boys	SportsCentre [E]	News-Lisa CTV News	How/Made How/Made	Wizards Life Derek	Paid Prog. Paid Prog.	Denzel Washington. [E]	Lost-Sold





The final weekly meeting of the business group was held last week. The work is now up to various sub-committees.\*

## ***Saving Downtown Princeton...***

**...An Ongoing Series by George Elliott**

Last Wednesday night's group meeting of local business owners and operators was the last weekly gathering of the group. A number of smaller sub-committees have been formed and each of them has been left to schedule their own meetings and to establish goals and plans.

Everyone will gather again in a month to basically share his or her findings and things will go from there.

It's taken a long time to get to this place.

I sit on two sub-committees, although I still object to being pulled into the active participation part of the exercise when I strongly feel the media's role is to "observe and report" as opposed to "getting involved and working" on the solutions to saving downtown Princeton.

In last week's issue I described what the 'Resources' sub-committee I'm on did in the beginning. We have not been able to physically

meet since then due to conflicting schedules however, I have had short contact with the other sub-committee members on an individual basis, and all of us have been in contact regularly via e-mail.

Our list of local resources was long, and very likely incomplete and could have had two or three times more than the roughly one hundred items we listed. From that list we picked two priority issues: Highway 3 and the Chamber of Commerce. Our next step of action is to determine how both of these items are not reaching their complete potential.

I have to say this at the start. The goal is not to tear these priorities down or to point fingers and lay blame. We intend to see if there are ways both Highway 3 and the Chamber of Commerce can increase their effectiveness in the community.

The other sub-committee I am on met last week. It is for the 'Industrial Park' and I once again dodged the

bullet avoiding getting assigned either the sub-committee chair or secretary tasks. Doug Haayer offered to record the meeting minutes and after I pointed out, yet again, how important I view my position as an 'observer' someone else stepped up the chair the group. Thank you, Murray White for understanding my stance. Since I do own a local, downtown business, I do have contributions to make to both sub-committees, but I still need to have an arm's length relationship with the whole shebang.

So, how is any of this going to save downtown Princeton? Well, first and foremost, the Town of Princeton has done a great job of delegating responsibility to business owners and operators to save the local economy.

That's not a criticism as I have stated from the beginning that I have never viewed this as a problem Town Council should fix, but in

order for the efforts of the sub-committees to succeed the town needs to be onside. Clearly they are as there are people on the Town of Princeton payroll actively participating in the process of defining what issues ended up being themes that the sub-committees were built around.

Each of them, CAO Rick Zerr, Lyle Thomas (Director of Parks and Recreation) and Nadine McEwen (Tourism Director), have sat in on various sub-committee meeting to provide support, some friendly input, and suggestions. Most importantly, they are getting to see first hand what is on the minds of local business. I suspect it has been an educating few weeks for them.

It has also been educating for me as well. If there has been a comfort for me in sitting with other local business owners and trying to solve problems we have no way of fixing on our own is that each and every business is in the same boat. We all

need more business and we all need local residents to provide more of it to us.

That being said, it is also up to local businesses to provide reasons for residents to support them. Education is high on the list of things the group of business owners and operators discuss. Part of it is a need to educate residents on how supporting the local economy is good for everyone. Part of it is a need for some business owners to educate their staff on the importance of customer service.

One of the biggest hurdles that the local economy needs to get over (and I've already written about it) is cleaning up the reputation of the "downtown shopping experience." The world of instant communication with the internet has created a tool that can destroy a business probably quicker than it can build one up.

Complaints don't seem to go to where they should anymore, so they ..... continued on Page 21

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-------------	-------------	----------	----------	----------



**SCHOOL DISTRICT NO. 58  
(NICOLA-SIMILKAMEEN)**

**RELIEF NOON HOUR SUPERVISORS**

School District No. 58 (Nicola-Similkameen) is accepting applications for Relief Noon Hour Supervisors (1 hour per school day). Previous experience dealing with students would be an asset.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, or on-line at [www.sd58.bc.ca](http://www.sd58.bc.ca), click on Jobs, Support Positions, and Current Job Opportunities (Job Code #133684).

Applications, including a detailed resume with a minimum of three references, will be accepted until **March 7, 2014**.

Please forward to:

**Attn: Secretary Treasurer  
School District No. 58 (Nicola-Similkameen)  
P. O. Box 4100, 1550 Chapman Street  
Merritt, BC V1K 1B8  
Fax: (250) 378-6263**

Furnished apartment in Princeton. Available NOW! Excellent references and damage deposit required. No pets, must be quiet. Rent starts at \$530.00/month. Phone 250-295-1006 for details or leave a message with the best time to call back. Jan 29-Mar 25

Like new home on acreage, main floor suite, three bedrooms, two bathrooms, Jacuzzi tub, gas fireplace, laundry, dishwasher, all appliances and utilities included. Asking \$875.00/month. Call 250-295-3966. Feb 11-15

Fully serviced RV site on a private ranch, available March 1st. Asking \$350.00/month not including hydro. Phone 250-295-7861. Feb 24-Mar 11

2-bedroom trailer at #3 Deblyn MHP. Asking \$750.00/month which includes pad rent. Call 250-295-6794 or 250-295-1790. Mar 11-25

Princeton & District Community Services Society is accepting applications for Silvercrest, an affordable housing complex for adults 55 years of age and older, and people with disabilities who can live independently. Please contact Princeton & District Community Services Society at 250-295-6666 for applications and information. Mar 11-Apr 01

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**Similkameen  
News Leader**

226A Bridge Street, Princeton  
Phone: 250.295.4149 - Fax: 250.295.4103

For Sale

Help Wanted

55+ 950 sq ft condo in Penticton. Roomy livingroom, 2 bedrooms, 2 bathrooms, kitchen and dining area. Safe and secure, under building parking, elevator and stairs. 2 bus stops within the block. 2 blocks from south end Okanagan Lake. For more info call 250-499-7046. Mar 04-18

**Ladies Auxiliary  
Spaghetti & Meatball Dinner**  
6:00 PM, March 15,  
Princeton Legion Hall.  
Tickets \$10 at the Legion.

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](mailto:mail@pdcss.com). Feb 11-Apr 01

Card of Thanks

Notices

Thank you to our family, friends and neighbours for their caring, kindness and thoughtfulness. We are so appreciative of all that has been done on our behalf. Your consideration has helped so much to ease our dismay and distress and we are more grateful than words can express. Thank you so much.

Larry and Kathi Koller

Vermilion Trails AGM March 11, 7:00 PM in the Chamber building basement. Mar 11

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BE READING THIS!  
**250.295.4149**

In Memoriam

In Memoriam

In Memoriam



It is with great sadness that we mark the passing of a kind and generous man, George Kassa, who had become an extremely valuable volunteer and friend here at the Princeton Museum. On behalf of our board of directors, staff and volunteers we would like to offer our deepest sympathies to George's family, and acknowledge his tremendous impact on our organization through his great wisdom and donation of time. George, you will be deeply missed, and you time here will never be forgotten.

**Similkameen  
News Leader**

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

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**Hedley/Keremeos**  
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Notices

**MONDAY NIGHT BINGO  
IN PRINCETON  
SENIOR CITIZENS BR. #30**

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
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EVEN, PROGRESSIVE SNOWBALL &  
LOONIE POT, "LUCKY 7" WON EVERY  
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BC Gaming License #109667  
"KNOW YOUR LIMIT. PLAY WITHIN IT"

**THURSDAYS  
SCA Branch #30**

**Crafts 10:00 AM  
Music 10:00 AM**  
Cards, Pool all day  
**OPEN 9:00 AM - 4:00 PM  
Membership \$15/year**

**Narcotics Anonymous**

**OPEN MEETINGS**  
7:30 PM  
Wednesdays & Sundays  
at the InfoCentre on  
Highway 3  
Info: (250) 295-7919 OR 295-6531, 295-6723

Notices

**INDIVIDUALLY  
PREPARED  
HOROSCOPE**

Natural character chart - \$25.  
Basic chart plus predictive - \$50.  
**Phone 295-6063  
Completely confidential**

**Drinking a problem?**

Alcoholics Anonymous  
Meets 7:30 PM Thursdays  
Princeton Baptist Church  
160 Old Hedley Road  
Fred 295-7272/Marena 295-7663

**Weekly.**

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If you live in the Princeton area you can drop into our office weekly to pick-up your Similkameen News Leader. You could pay us a dollar each time or you could just pay for a 'Pick-Up Subscription' and spend even less. It's your decision.

**Princeton/Area H Pick-Up - \$30.00**  
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If you live in the Similkameen Valley you can have the Similkameen News Leader mailed to you every week - and it's still cheaper than buying it each week at our office or at your favourite local newsstand. For a few bucks more we'll even send you the Similkameen News Leader anywhere in Canada. Including the prairie provinces and Quebec!

**Princeton/Keremeos (VOX) Mail - \$45.00**  
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# What Was Considered News 100 Years Ago

Princeton Museum Archives

The chef's tried friend: Princeton coal.

# SIMILKAMEEN



Post Nubila Phoebus: Clouds roll by, lol the sun of prosperity

15th Year No. 11

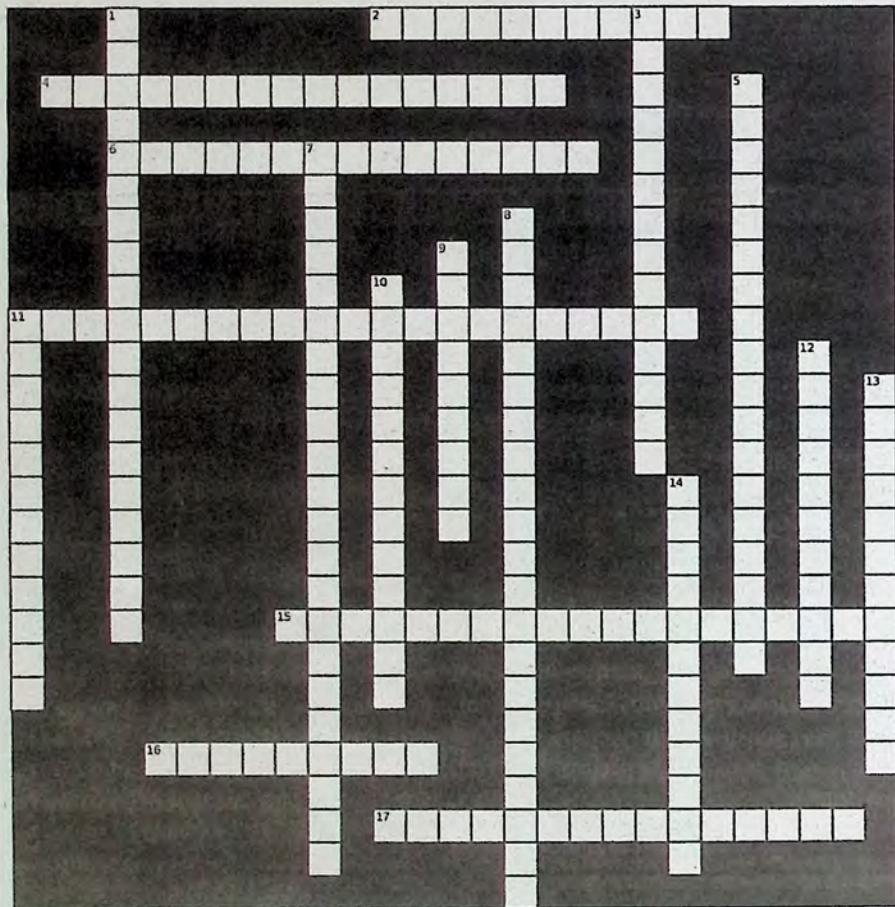
PRINCETON, B.C., FRIDAY, MARCH 13, 1914.

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

## Mining and land investors, buy now

### Similkameen News Leader Puzzler

Use the March 4 News Leader to find Answers Below...



- |   |   |
|---|---|
| <p><b>Across</b></p> <p>2 Name a 20-year old 'vet' on the Princeton Posse.</p> <p>4 They perform March 14th at Riverside Theatre.</p> <p>6 These birds are currently feeding on the road near Tulameen.</p> <p>11 A major headline.</p> <p>15 The corporate name of the company that owns this newspaper.</p> <p>16 Name a 20-year old 'vet' on the Princeton Posse.</p> <p>17 One hundred year old headlines from from this paper.</p> | <p><b>Down</b></p> <p>1 The 'PS' in GCPS.</p> <p>3 Name the MP for BC Southern Interior.</p> <p>5 A not-so-major headline.</p> <p>7 Name the last team Princeton Posse played this season.</p> <p>8 They raised the roof over an outdoor ice rink.</p> <p>9 Name a 20-year old 'vet' on the Princeton Posse.</p> <p>10 Headline: "Arts Council _____"</p> <p>11 What is celebrated February 26th?</p> <p>12 Name a 20-year old 'vet' on the Princeton Posse.</p> <p>13 The 'GC' in GCPS.</p> <p>14 Who's busting through the corn in Cawston?</p> |
|---|---|

### Turners debut new show

..... continued from Page 9

Starowicz adds, "Only Jeff and Sue Turner could have created this series. Few people in the world have the experience and ability to create a nature documentary of this scope. Our partnership has been incredible and enabled us to do something truly unprecedented in Canadian television."

Another first for a CBC series, Wild Canada will be accompanied by an interactive book app, which will roll out in advance of the broadcast. Additionally, a content rich Wild Canada website will feature behind-the-scenes stories of the skill (and endurance!) of the film-

makers devoted to getting close to Canada's amazing animals. And DVDs of the series will be available, in French and English, after the broadcast.

Wild Canada is produced by Jeff Turner and Sue Turner of River Road films in association with Brian Leith Productions and the Canadian Broadcasting Corporation.

The Turners also wrote and directed the series, which will air as a special event series premiere on Thursday, March 13th at 8:00 PM ET (8:30 NT) on CBC Television's landmark program, The Nature Of Things.

- submitted


### Saving Downtown

...an ongoing series

..... continued from Page 18

end up getting aired out online where it can cause the most damage in the least bit of time. I'm considering creating a dozen 'phony' online profiles so I can go to various websites and post only upbeat, positive things about Princeton where there are less than complimentary comments. Say what

you want about that being a 'cheat' of sorts, but it happens all the time. If I just gave you a good idea to flood the internet with Princeton's good news, then go for it. It wasn't my idea, either as it came out of casual conversation in last Wednesday's meeting. It may not be a big deal, but it will have some effect on saving downtown Princeton.

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# OUTBACK JACKS

NEW DATES!  
May 3 & 4

## HORSE RESCUE

NEW DATES!  
May 3 & 4

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

Now is the time to start planning for the 5th Annual Year-End Flea Market hosted by Outbackjacks Horse Rescue at the ranch on Highway 3. This year's event will take place NEW DATE! Saturday, May 3 and Sunday, May 4 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.



Five Princeton boys who play on the South Okanagan Midget Rep team won the Playoff Championship March 1-2 which takes them to Provincials! The final round of playoffs started in Osoyoos with a 3-4 loss in double overtime. Mort Johnson, Craig Thompson, Brett Herrick, Parker Thibert and Tristan VanderMeulen all played there hearts out on Saturday in Kelowna winning 2-1 then again Sunday winning 3-2 in a hard fought battle. Nerves were high battling wanting to win and wanting not to lose. Provincials will be hosted in 100 Mile House March 16-21. Congratulations Boys! photo submitted

## Hedley citizens plan healthy community

Building a Healthier Hedley was the subject of a March 4 workshop facilitated by Betty Brown of Interior Health Authority. Second of a year long series sponsored by Angelique Wood, RDOS Area G representative, the session dealt with Five Pillars: physical activity, healthy eating, tobacco reduction, healthy built environment and priority populations. Wood said "the purpose is to examine ways for us

to live healthier, more fulfilling lives in our community."

Brown, an experienced discussion leader with an effervescent personality, skillfully guided the group of about two dozen in an animated exchange of suggestions, ideas and questions.

It was suggested at the outset there is a need for a better understanding of the make up of the Hedley population. Some of the people, it was

observed, may come to the community because they want to be left alone. Others may not know how to participate in community life. To engage people effectively, it would be beneficial to have a greater awareness of the demographic breakdown.

Several individuals expressed a desire for more interaction with the Upper Similkameen Indian Band. Discussion revealed considerable consensus on this and it was suggested community leaders initiate discussions with band leaders to foster cooperation on issues of common concern and interest.

Another item that generated a good deal of discussion was the need for a community newsletter. Interest was strong and there is certain to be further consideration of this idea.

There was also general agreement that community organizations such as Hedley Historical Museum, Seniors Centre, the Community Club, Hedley Grace Church and Fire Department could work together to achieve common objectives such as generating income and attracting members.

In the committee discussions, two groups argued for a paid or volunteer coordinator to assist the community to achieve important objectives. It was agreed that community organizations would be asked to send a representative to the next meeting. One subject to be discussed is the former ball park, now Unity Park. Work is needed to develop it into a community park with a walking trail and green space.

A pleasant surprise for participants

was the presence of Sergeant Barry Kennedy of the Princeton RCMP Detachment. He answered a number of questions, including what the force will do when small medical grow ops become illegal at the end of this month. He replied that direction on this will have to come from Health Canada.

Angelique Wood commented after the workshop, "it is important that we come together as a group and share our resources, ideas and brilliance to create a new future for the health of our children and planet. Although we didn't agree on everything today, we listened to each other and as a group, we took some substantive steps in a positive direction."

Everyone is invited to the next meeting, 6:00 PM April 14, at the Hedley Seniors' Centre. -submitted



OPEN  
9:00 AM to 5:00 PM  
Monday  
to Saturday

#4-136 Iapton Avenue (Princeton Plaza) Princeton  
250-295-7381 epets1@telus.net



# LIMITED TIME COMPOST BIN PRE-SALE MARCH 1 to 23, 2014! Composting and Rain Harvesting

Pre-purchase a Green Cone or Compost Bin at Keremeos or Princeton Municipal Halls until March 21. Free composting and rain harvesting workshops! Visit [www.rdos.bc.ca](http://www.rdos.bc.ca) for details.

### Pre-purchase locations

- Art Knapp's Plantland and Florists, Penticton
- Canadian Tire, Penticton Location Only
- Giardino Penticton Nursery, Penticton
- RONA, Penticton Location Only
- Whole Foods Market, Penticton
- Keremeos Municipal Office
- Princeton Municipal Hall
- Summerland Municipal Hall
- Osoyoos Sonora Community Centre
- Oliver Sanitary Landfill

### Free Composting and Rain Harvesting Workshops Throughout March

- Saturday March 15, Princeton Riverside Centre  
10 am Rain Harvesting & 11 am Composting Workshop
- Saturday March 15, Hedley Community Club Hall  
1 pm Composting Workshop & 2 pm Rain Harvesting
- Saturday March 29, Keremeos Victory Hall  
1 pm Rain Harvesting & 2 pm Composting Workshops
- Tuesday April 1, Whole Foods Penticton  
7 pm Sustainable Backyards using Water and Waste

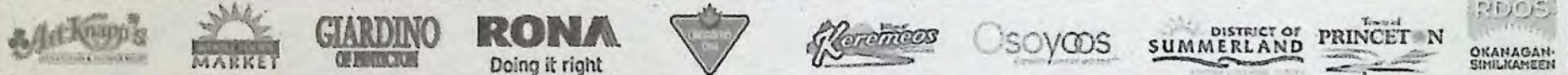
The Green Cone:  
\$105.15 (plus tax)  
Breaks down all cooked  
foods and meat



Compost Bin: \$44.00  
(plus tax)  
Helps create compost  
from yard waste, fruits  
and vegetables



For more information on  
upcoming workshops visit:  
[www.rdos.bc.ca](http://www.rdos.bc.ca) or call  
250-490-4129



## Hospital Auxiliary News

### Doreen Poulsen

What a great Year! In 2013 the Hospital Auxiliary donated over \$52,000.00 to many worthy causes in Princeton and area. We can only do this because of the wonderful people of Princeton who support us in so many ways!

Contributing their good used clothing and other miscellaneous items. By coming into the shop and purchasing these items. By attending

our other fundraisers throughout the year. And last but not least by volunteering their valuable time and energy to become members and work at the Thrift Shop.

We had a great start to the New Year, as a number of new members have joined us. We are always looking for volunteers who would like to give three hours a week to assist in the Thrift Shop. There is of course

the opportunity to make new friends and get some great bargains in the store. Give us a call if your interested and we'll find something for you to do at a time convenient for you.

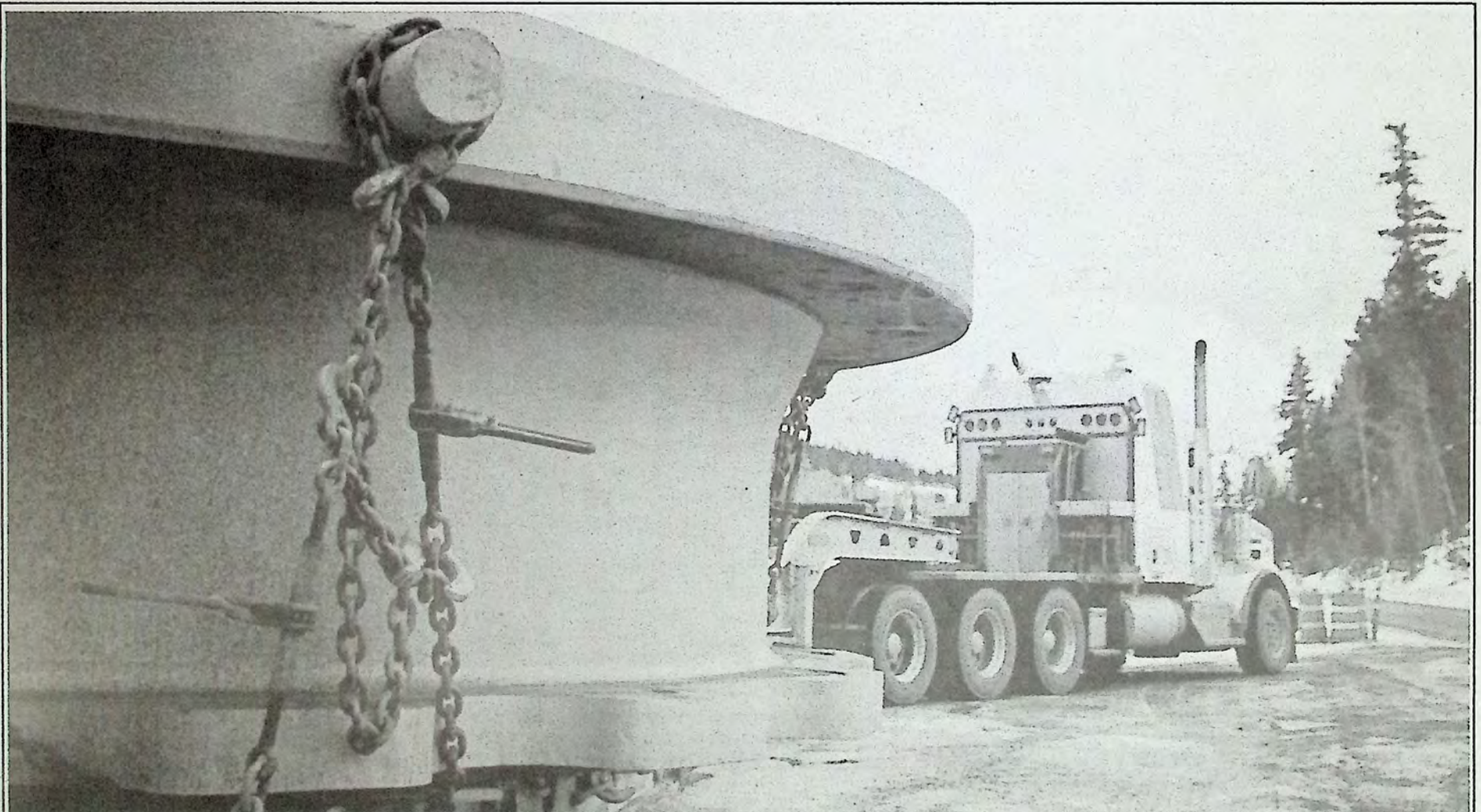
The Hospital Auxiliary has been given a beautiful 18" doll complete with an extensive handmade wardrobe accessorized with jewelry, foot wear, hats and lingerie.

There is also a suitcase that doubles as a wardrobe to store it all in. The doll and wardrobe was lovingly made and donated by CAROL TURPIN!

Drop into the shop and check it out, you will be amazed! Thank You Carol you are one very talented lady! Starting on March 5th and going all month we will have our seasonal BAG SALE. You fill a grocery bag

with clothing (ladies, mens or childrens) and accessories and only pay \$4.00 for it. Come in and get a great bargain and view our Doll! We are open Wednesdays to Fridays from 10:00 AM to 4:00 PM. Then on April 2nd we will reopen with all our new Spring and Summer clothes and accessories!

THANK YOU PRINCETON and see you all soon!



Copper Mountain Mine's new Raptor 2000 rock crusher upper main frame is now at mine site. The first of four major parts of the permanent secondary crusher is being transported from Kamloops to the Copper Mountain Mine site in Princeton. The upper main frame arrived at the mine on March 6 and weighs over 55 tonnes. It was transported by a special heavy duty transport rig, above. The remainder of the Raptor's major pieces are scheduled to arrive by the end of March, followed by assembly. The largest and heaviest piece is the lower main frame, weighing just over 100 tonnes. This part will be transported at night under a special permit due to the size of the specialized transportation truck required to safely move this large piece of equipment to the Copper Mountain Mine site. Photo: Susan Jakubec



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# Congratulations, Grads!



The News Leader got a rare glimpse into the Grad girls locker room just prior to the opening face-off in the March 5th annual Grad Hockey Game. The Grads (a team combining both girls AND boys) succeeded in winning the game beating a team that consisted of various emergency services personnel, parents and teachers. It was a fundraiser for the PSS Class of '14. \*

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