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Tuesday, March 18, 2014

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



Logan Turner of Tulameen, left, is presented with the Governor General's award by SCIDES (South Central Interior Distance Education School) Principal Al MacKay-Smith. - photo submitted

SOHC sts rally

by Ed Staples, SOHC President Princeton joins concerned citizens across Canada in a National Day of

Action against the federal conservatives' abandonment of health care. Support Our Health Care (SOHC) is holding a rally as part of the National Day of Action to protect and strengthen public health care. We are

concerned that the Canada Health Accord will expire on March 31 with no plan in place to negotiate a new one in the future. Instead, the federal government intends to cut \$36 billion from federal health care funding which will weaken the public system. Our rally will be held on Monday, March 31st, beginning at 12 Noon at Veterans Square. We will be joining many other communities across Canada who are demonstrating their support for Public Health Care. We are calling on all Princeton and Area residents to send a strong message to Ottawa that we want the federal government to act responsibly and negotiate a new Public Health agreement that will guarantee our right to quality health care.

Participants in the rally are encouraged to show their support by bringing a red umbrella which has become the national symbol of support for Canada's Medicare system.

er recel

The South Central Interior Distance Education School announced last week that Logan Turner was the recipient of 2012-2013 school year Governor General's award winner.

For more than 125 years, the Governor General's Academic Medals have recognized the outstanding scholastic achievements

of students in Canada. They are awarded to the student graduating with the highest average from a high school, as well as from approved college or university programs.

Pierre Trudeau, Tommy Douglas, Kim Campbell, Robert Bourassa, Robert Stanfield and Gabrielle Roy are just some of the more than 50,000 people who have received the Governor General's Academic Medal as the start of a life of accomplishment.

Today, the Governor General's Academic Medals are awarded at four distinct levels: Bronze at the secondary school level: Collegiate Bronze at the post-secondary, diploma level; Silver at the undergraduate level; and Gold

at the graduate level. Medals are presented on behalf of the Governor General by participating educational institutions, along with personalized certificates signed by the Governor General.

There is no monetary award associated with the Medal.

"Logan should be proud of his efforts and accomplishments and the SCIDES staff have felt privileged to have him as a student," South Central Interior Distance Education School Principal Al Mackay-Smith told the News Leader late last week.

MacKay-Smith recently caught up with the busy Turner family at their home in Tulameen where he presented Logan with his award in front of family and friends.



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News Leader





Princeton Museum Operations Manager Robin Lowe during a presentation to Princeton Town Council. *

reviews

Princeton Museum Operations Manager Robin Lowe recently made a presentation before Town Council. The presentation was the annual year in review, which has quickly become a trademark of Lowe's work at the local facility.

Lowe says 2013 was a year built on reverence, respect and responsibility and local long-time residents played an active role in many of the museum's functions over the past several months.

"The elders in this community built what we now know to be Princeton," she explains.

"They are often ignored and their knowledge disregarded. Our museum gives their lives a legacy, where their wisdom is celebrated."

On the subjects of respect and responsibility, Lowe says, "We are surrounded by the legacies of the hard working small town people who helped to keep Princeton on the map and it is our responsibility to record history from those who lived it, while they are still living."

Lowe has had a crew videotaping interviews with local community elders to document their memories of Princeton's past. Other senior members of the community have volunteered their time to pour over archive photos and identify faces, places and things.

"This is the true work of a relevant historical organization," Lowe adds.

A review of the peak season at

Princeton Museum shows some interesting stats. There were a total of 2,500 visitors to the site during the five months it was open to the public and there were three rotational exhibits (Amber Ski Hill, Toys, Toys, Toys! and Wildlife Conservation), three summer students worked July and August (with grant funding from Heritage Canada and HRSDC), archiving and inventory projects ongoing throughout the season, the hosting of a number of week-long summer kids camps and the hosting of the annual Canada Day celebration.

The list of accomplishments during the off-season is just as impressive including the launch of a continued on Page 3



Newspaper.

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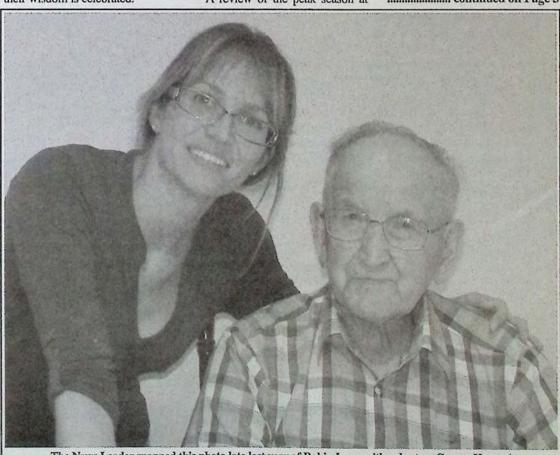
e-mail: george@thenewsleader.ca brenda@thenewsleader.ca

VS Leader

Jackie Tegart, MLA, Fraser-Nicola Frank Armitage, Mayor of Princeton Brad Hope, Area H Director RDOS

Hosted by Alex Atamanenko, MP

For information: 1.800.667.2393 alex.atamanenko.c1@parl.gc.ca



The News Leader snapped this photo late last year of Robin Lowe with volunteer George Kassa. #





Flip Of The Coyne

by Spencer Coyne

You would have to have been hiding in a hole to not know who Rob Ford is. Watching his antics on television has become a hobby for some. Following his downfall has become a morbid obsession. You can't wait to see what is next but you feel bad for the guy at the same time. A new chapter in Toronto's political scene has started leading up to the next election. Although the next election isn't until October, candidates have started coming forward which has me thinking.

One thing I have never liked is how short municipal election cycles are. To me local elections are just as important as provincial and federal elections and in some ways more important. Those people who get elected to local government impact our lives directly with their decisions or indecision, but we never take them as seriously as we do provincial and federal elections. I think this should change.

I know for a fact that there are a number of people considering running for council and a few for mayor in our next election. I want to challenge them to come forward. Announce that you want to be mayor sooner than later. Don't hide your intentions until the last minute. Get a head start on the competition. Tell us who you are and why we should vote for you. There are rules you have to follow but you can do it. In Toronto, Olivia Chow has kicked off her campaign against Rob Ford and it is gearing up to be some election. We don't even know if the Mayor of Princeton is thinking about running again. Mr. Mayor, are you going to run for another term? We would The next election is going to be

like to know.

important for Princeton. The next council will have to deal with a local economy that may still be stagnant. They will need to come up with a way to fill the industrial park, attract new people to town and so much more. There are people and committees working on these things, but let's be real, it is the middle of March. By the time the committees are done their work it will be summer. Council works slowly over the summer. When they come back in the fall, it will be election time, and then we will have a new council. So the real responsibility of turning things around in this community will fall on the next council.

So come forward! Don't hide in the shadows. Come out and tell the community that you are going to run for Mayor or Council. Build your base. Raise funds and run a

Museum reviews year

continued from Page 2 photo digitization and identification project, continued archiving with 20,000 items to be entered, digitization of the complete Granite Creek mining records, the donation of the huge Burr Collection as well as various event rentals, a four week program for homeschoolers, the completion of a Donor Tree and the hosting of various local and visiting school groups.

Lowe says all of this, plus much more, is accomplished with "one point-five employee and a few amazing volunteers."

campaign unlike any that Princeton has seen before. And for the record, I have no plans to run for any position on Council.

continued on Page 23



Princeton: 12:00 pm to 3:30 pm

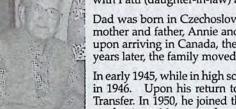
Community Skills Centre, 206 Vermilion

Keremeos: Call 250-498-5353 for appointment

George Kassa

June 1, 1926 - March 5, 2014

After a short battle with cancer, Dad passed away peacefully, at home, on March 5th, with Patti (daughter-in-law) and Bryan (son) at his side.



Dad was born in Czechoslovakia and at the age of 2, immigrated to Canada with his mother and father, Annie and John Kassa. John obtained a job with CP Railway and upon arriving in Canada, the family located in Juliet (in the Coquihalla valley). A few years later, the family moved to Princeton and Dad has lived in Princeton ever since.

In early 1945, while in high school, Dad joined the Canadian Army and was discharged Upon his return to Princeton, he worked for Peas and Atkins and Model Transfer. In 1950, he joined the Department of Highways, working as an automotive mechanic and later as a heavy duty mechanic. In 1985, he and Mom decided it was time to retire.

After his retirement, Dad and Mom enjoyed many years of RVing and fishing, travel-ling throughout BC, Alberta and Saskatchewan. They enjoyed the RV life for over 60 years. They took a couple of trips with Bryan and Patti to the Maritimes and to Maui and Oahu.

Dad loved building things- he built the house he resided in right up till his passing, constructed two recreational trailers, and helped Bryan with many building projects.

Dad had a deep sense of community responsibility and his two passions were the Fire Department and Credit Union. Dad spent 30 years with the Fire Department, of which almost 20 years was in the position of Secretary. In 1953, the community decided it would be beneficial to establish a credit union and Dad was one of the found ing members, taking on the position of vice president. Two years later, he became the President, a position he held for 12 years.

After living in Princeton for almost 83 years, Dad was extremely proud to call Princeton his home and he knew a lot of its history which he was more than happy to share. For the past year, Dad found passion in looking through the boxes of old photos at the Princeton Museum and recording details of people, places, time and events. He was devoted to this task and it was made that much more enjoyable based on the close working relationship with his friend Robin Lowe, the Museum Manager.

Dad was predeceased by his parents, his siblings - Steve, Andy, John and Annie and Eva, his wife of almost 62 years, in 2012. He is survived by son Bryan and daughter in law Patti of Salmon Arm and many nieces and nephews. He was a sweet and gentle man and will be missed by many.

We would like to thank many people - Bill and Carrie Kassa, Dad's nephew and niece-in-law for their visits and assistance; his neighbours Janet and Rob Banks for their help, happy hours on Friday nights and being part of their kids' lives as they grew up; Marlyn and Kyla of Community Care, all the Home Care Assistants, Dorothy and Carole at the Hospital, Dr Eva and all the helpful staff in the Pharmacy at Shoppers Drug Mart for their care and compassion for Dad which made a huge difference.

There will be a Celebration of George's Life, at the Princeton Museum, on March 29 at 1:00 p.m. There will be an open microphone, so if you would like to share a story about Dad, we would love to hear it. A private grave-side service was held on March 11.

No flowers please. If you wish to make a donation in memory of George, please make it a charity of your choos ing or to the Princeton Museum.

Tuesday, March 18, 2014

News Leader



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

My Turn...

Crazy Business Concept...Or Not?

There has been a statement that has stuck in my craw every since I heard it about nine weeks ago.

It was at the very first meeting held at Riverside Centre where business owners and operators from downtown were joined together by Town Council. The purpose of the meeting was to gauge the overall feeling and to determine concerns over the state of the downtown core and local economy.

At the time, one of our elected officials said the only way to survive in today's stagnant Princeton marketplace was to diversify.

A few of us found that laughable, but since then I've discovered that this may be the answer to the woes of downtown business owners.

I don't know about you, but the last time I used a drive-thru for a meal I thought about how handy it would have been to do other shopping there as well.

Really, when you think about it all of us are programmed to seek convenience while shopping and if you can get most everything from the same place without leaving your car, why not?

I'm talking big stuff here, too.

The next time I order a cheeseburger I'm going to want to have a new microwave oven and a hammer on the side.

The next time I get an oil change I'm going to demand that the job include a nice lunch order of beef dip and just to make it the best place in town, I'm going to want to grab a bag of cat food from the shelf next to the batteries so I don't have to stop anywhere else on the way home.

Seriously, I'm a busy guy.

It takes time to think these things up and there's times I sit up late at night staring into the darkness waiting for some brilliant idea to hit me. And you know what? I think you and I all deserve some diversification in our downtown shopping choices.

If diversification is the wave of the future, I want to get my hair cut while I'm standing in line at the ATM waiting my turn to pay my bills. I think there's some real potential to that original remark that was uttered nine (closer to ten now) weeks ago.

I know I'll be in heaven the next time my drive-thru order is taken and the squeaky voice bursting from the tiny box next to the menu sign asks me, "WOULD YOU (SQUEAL) LIKE (CRACKLE) A (POP, SNAP) A POUND OF NAILS WITH THAT?"





The program was called Active Winter Women and it looks like they were having a lot of fun! - photo submitted



Letters and E-Mails Received This Past Week

To The Editor;

On January 6, 2012 five of us shaved our heads for cancer at Princeton Secondary School to raise money for a program called Shave for the Brave.

This organization raises money for Young Adult Cancer Canada and uses the money to fund wigs, medicine and support for young adults fighting cancer. They also run programs and retreats to help them get back on their feet mentally, emotionally and physically after their treatments are done.

In 2012 I shaved my head because my grandmother was fighting cancer and now two years later I am shaving my head because my mom is fighting colon cancer. This time I will be shaving my head with 22 other people on March 19th at 3:00 PM at the Princeton Firehall.

Every shaver has his or her own personal reasons for shaving and let's face it we have all been affected in one way or another by cancer.

It is a devastating disease that takes the power away from those fighting it as well as the people who surround them. I want to take back some of the control and do something positive, for my grandmother and for my mom.

So this is what it comes down to...I am asking for you, all of you to support me, my family, and everyone else that is going or has gone through the battle. Last time we raised just over \$6,200, this time I want to beat that, even double it, but we need your support. Your support to help me help others.

Donations can be made online at the 'Shave for the Brave' website or call me at 250-273-0205. Thanks,

Frankie Reichert, Tulameen

NEVER PAY FOR ONLINE NEWS AGAIN

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News Leader

Tuesday, March 18, 2014



The Ranking of Girls Leads to Abuse



Dawn Johnson editor@thenewsleader.ca

I watched a disturbing documentary prepared by Half the Sky Foundation and other groups. Half the Sky Foundation is named from and old Chinese saying "women hold up half the sky". The documentary was about the appalling treatment of girls in certain countries. The documentary was difficult to watch as it stirred up so many emotions, not the least of which was anger.

There was the story of girls in Sierra Leone, a small nation in west Africa, where rape is common. The focus of the story was the rape of a 14 year old girl by the local parson. She brought charges against him, which most raped girls will not do. He was her uncle, as well as being the village parson, and she knew he had raped several other girls. Justice did not follow. He denied the charge and that was the end of it for him. For her, it was not the end. Her parents kicked her out of the house for bringing shame to the family, and because she was no longer a virgin, and it was known throughout the village, she had lost her value as a marriage partner. She had no option but to live on the street. Fortunately, the international organizations providing shelters for girls was able to offer her a home. Otherwise she would have had to turn to prostitution.

In Sierra Leone, rape is commonplace and a constant threat to women and girls.

Most appalling was the story of a Cambodian woman who had escaped from a brothel into which she had been lured at the age of fourteen years. She had set up a safe house for girls tricked or sold into brothels. She risked her life raiding brothels to rescue girls. The average age of these girls is twelve, but there were many younger. One little girl had been sold to the brothel when she was just three years old. Another, dying of AIDS, was under 10 years old. These girls were raped on an average of 15 times a day. One twelve year old girl had become pregnant in the brothel and was further victimized by a backroom abortion then sent back to work the following day, despite being in severe pain and bleeding.

While the efforts of these international organizations to rescue girls from victimization is worthwhile, I could not stop myself from thinking such things will not change and the rescue missions will continue to be needed for a long time. The reason I think this way is because victimization of women and girls will continue so long as men believe they have the right to victimize females. The crime is not the fault of the victim. The crime originates in the mind of the perpetrator.

The raping of women and children is not unknown in our own culture, although it is not so rampant as in Sierra Leone nor as blatant as in Cambodia. In India, the gang rape women's uprising demanding a change in their society. Child pornography is part of the picture in so-called "advanced" nations of the world. Sexual abuse of children is not uncommon, even in religious institutions. Even in our country, we have organizations to help the victims, and the justice system supports prosecution, but where are the organizations dedicated to changing the minds of the perpetrators of these crimes?

of a young woman sparked a

I firmly believe the problem of victimization of women and children begins with the idea that females are second class members of the human population. They are ranked as less than men and that is where the problem starts. We see a film about the abuse of black people, and it wins an Oscar, but slavery was based on the same idea that one group of humans was of lower rank than another and therefore abuse of them was justified. Yet in many parts of the world, even today, women and girls are little more than slaves to the whim of their husbands or fathers.

In many religions, women and girls are required to wear clothing that covers them from head to toe. This is to protect them from the eyes of men who would lust after them. Nothing is done to educate men to control their lustful feelings! Male self-control is not seen as a requirement for civilized behaviour.

Most of the societies of our world are founded on male supremacy. With it comes the unwritten and undiscussed notion that men should be allowed to do as they please in regard to the opposite sex and to children, particularly girl children. I believe it is this assumption of superiority that leads to abuse.

When will we see international organizations set up by men to educate men into understanding that all people deserve respect, even females?

During the 1970's, when the women's liberation movement was in full swing, there was tremendous opposition from a large percentage of men. One man told me this opposition should be expected.

"You are trying to change the power structure of the world," he said.

Apparently, the power structure of the world depends on male supremacy, even though women hold up half the sky.



AND NOW ... A LITTLE GOOD NEWS!

"For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

......



1.4



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The findings show too many people in the Interior Health region are at risk for preventable diseases:

- 58% don't eat the recommended

circulatory diseases (65%) and diabetes (91%).

"In addition to the human cost, chronic diseases are costly to our provincial healthcare system. Excess changes there could be over 768,000 British Columbians with Type 2 Diabetes by 2032 and in the next ten years the number of new cancer cases is expected to rise by 75%.

226A Bridge Street, Princeton (Next to CIBC) 250.295.4149

1.4

Tuesday, March 18, 2014

News Leader

.. continued Next Week



Similkameen News Leader TV Guide Listings - March 18 - 24, 2014

Entertainment



Wheat in the Barley was a hit March 14th at Riverside Theatre. Photo: Dawn Johnson

Arts Council concert draws raves

Toe-tapping, clapping in time and singing along marks an audience fully engaged with the band, and Wheat in the Barley brought their listeners into the music. This last concert presented by the Arts Council this season was held March 14 at Riverside Centre was a fitting conclusion to a series of excellent performances.

Local musician Alan K. Parsons entertained until Wheat in the Barley began the concert, so music greeted arrivals as soon as they entered the theatre. Two members of Wheat in the Barley soon joined Parsons, and by 7:30 PM those attending the concert were ready for more good music, which Wheat in the Barley delivered. The casual dress and relaxed manner of the band does not prepare the listener for the high quality of the music they play.

Wheat in the Barley musicians are experts who bring a wide variety of musical instruments to their performance. Brass included several flutes, horns and whistles, and there was a guitar, violin, drum, and concertina. The music selections were as varied as the instruments, ranging from Irish and

Scottish to Ukrainian, French Canadian and Cajun. The band played a piece from the Blue Rodeo repertoire and another from the big band era, as well as compositions of their own.

News Leader

There was no doubt this concert was aimed at a Canadian audience. A Newfoundland folk song that begins "I'se the bye who builds the boat, I'se the bye who sails 'er" and Farewell to Nova Scotia are distinctly Canadian. Other songs related to working on the railway and mining on the west coast struck a chord with everyone. The inclusion of Celtic and Ukrainian folk music along with a piece from French Canada wove Canadian heritage into musical form.

When the concert was over, the



audience lingered to express to the band, and each other, their appreciation for an evening of pure musical enjoyment.

Although the official concert series

offered by the Arts Council is over, local musicians have agreed to more of the popular Saturday afternoon concerts at the gazebo in Veterans Square as soon temperatures climb.

The Saturday afternoon free concerts were very successful last summer and local musicians are willing to play for Princeton again.



Local musician Alan K. Parsons, centre, with Wheat in the Barley band members Mark Dowding, left, and Victor Smith, right. Parsons provided the 'opening act' for the popular concert. Photo: Dawn Johnson

STR8TS

News Leader

Tuesday Movies

AFTERNOON

2:00 pm SPIKE ch.44 "Tattoo Nation" (2012, Documentary) Narrated by Corey Miller. Tattoo artists Charlie Cartwright, Jack Rudy and Freddy Negrete revolu-tionize the world of body ink, producing tattoos with incredible detail and realism. (In Stereo)

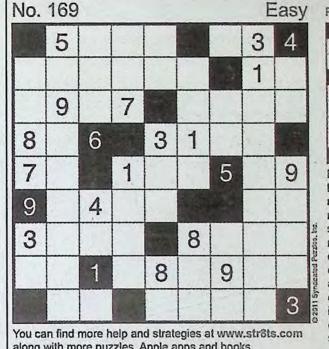
EVENING

9:30 pm WTBS ch.3 "Zoolander" (2001, Comedy) Ben Stiller. A super-

model befriends a rival while becoming mixed-up in a brainwash-

ing and assassination plot. 10:00 pm KNOW ch.5 "The Worst Company in the World" (2009, Documentary) The three workers of a small family insurance company try to survive the economic collapse without any knowledge of how the business actually works. (CC) **11:30 pm WTBS ch.3 "The Ring Two"** (2005, Horror) Naomi Watts. A female journalist must prevent evil Samara from taking possession of her son's soul

of her son's soul.



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

How to beat Strats -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.

along with more puzzles, Apple apps and books.

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

News Leader Str8ts



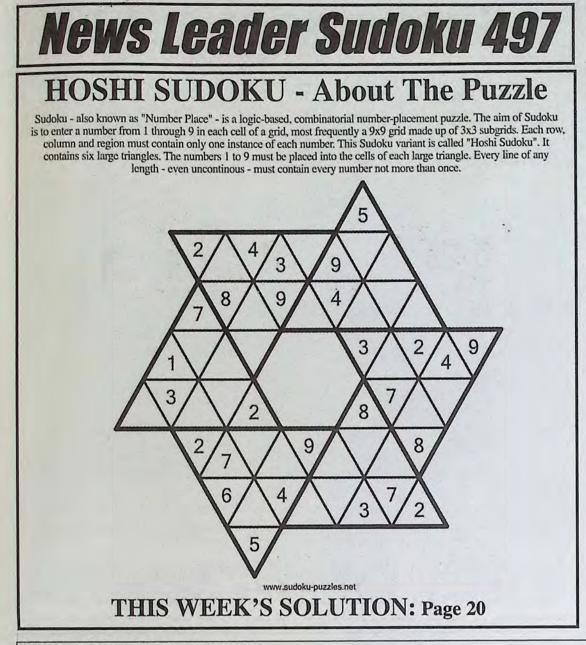
TUESDAY, MARCH 18, 2014

		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	CITV 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
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1	:30	Community	Lives (N)	Dragon	Quilting	Lives (N)	0 80	0 52	Hospital (N) O	Lives (N)	0 111	Doyle O	Monster	Hockey	0 20	Gold 🕅	Kickin' It	(N) 550	Tattoo	Foods America
		Selnfeld O	The Talk	Ella the El	Thomas	Katio O BE	Let's Make	The First 48		The Talk	Queen	Steven and	Kld vs. Kat	Off Record	Dr. Phil	Highway	Good Luck	CityNews at	Movie:	Magic Man
2		The Middle	0 80	Wibbly Pig	Super Whyl		a Deal kt	0 80	Latifah	0 80	Latifah	Chris (N) O	Super Evil	Interruption	0 103	Thru Hell	Dog	5 (N) 80	*** "Tattoo	Magic Man
		The Middle	Queen	Dive, Olly	Sid	Ellen	Dr. Phil	Storage	Rachael	Queen	Young &	Recipes	Sidekick	Sports	Bethenny How/Made	How/Made	l Didn't	CityNews a	Nation" (2012) 0	Disaster
13	1.00	Mod Fam	Latifah	Jelly Jamm	Peg	DeGeneres	0 80	Storage	Ray A 30	Latifah	Restless	Stefano	Squirrel	Curling:	0 80	How/Made	Austin	6 (N) 180		Disaster
		Big Bang	Young &	Maya Bee	Wild Kratts	Show Jdg Judy	The Dr. Oz	Storage	The Doc-	Young &	Early News	Dragons'	SpongeBob	Women's	Ellen	Daily Planet		Mod Fam	Ink Master	Security
4	:30	Big Bang	Restless	Arthur O	WordGirl	Jdg Judy	Show SC	Storage	tors O BO	Restless	Global Nat.	Den O	Chucks	World Champi-	DeGeneres	(N)	Jessie 20	Mod Fam	"Earn Iti"	Security
		Browns	News (N) ac	Jack 80	News	News	News	Storage	News	Early News	(4:59) News	CBC News	Parents	onship: Canada vs.	Show CTV News	Gold Rush	Jessie O Sa	Glee "100"	Ink Master	Treasures
5	:30		1	Wild Kratts	Business	NBC News	CBS News	Storage	ABC News	Global Nat.	Hour (N)	CBC News	SpongeBob	Scotland.	at Five (N)	"Unearthed"	beasie if an	(N) 0	"Bug Out"	Decoded (
	PM		Global Nat.	Hope for	PBS News-	News	KREM 2	Storage	News at 6	(5:59) News	ET Canada	CBC News	Cache	(N) 80	CTV News	Licence to	Jessie BB	New Girl	Ink Master	Monumen-
6		Payne	News	Wildlife RS	Hour (N) Bill	Millionaire	News at	Storage	News	Hour (N)	Ent	Mercer	Japanizi	SportsCen-	(N) 0 111	Drill: Louis	Jessie III	Brooklyn	- 0 1	tal Myster-
	PM	Mod Fam	Ent	Ultimate	To Be An-	Jeopardy!	6 (N) Inside Ed.	Barry'd	Ent	Ent	Chicago	George S	The Next	tre (N) (Live)	etalk (N)	Cold Water	Shake It	Murdoch	Ink Master	les America
7			ET Canada	Engineer-	nounced	Wheel	Access H.	Storage	The Insider	ET Canada	Fire (N) an	Coronation	Star - Super	20	Big Bang	Cowboys		Myster-	(N) O BE	Declassi-
	:30		1	Ing Not Forgot-	-	The Voice	NCIS (N) O	Storage	Marvel	NCIS (N) O	NCIS (N) O	Mercer	Mr. Young	That's	Marvel	Bering Sea	Good Luck	les O		fied
8		Family Guy	Ine imici	ten (N) BE	1	(N) O III	DD (DVS)		Studios	ILO (DVS)	INCIS (N) C	22 Minutes		Hockey 2	Studios	Gold Kill	Good Luck	CityNews- Tonight (N)	Tattoo	- Secrets BD
		Family Guy						Storage	0.10				Boys	Nite	0.1.0		ANT Farm		Tattoo	
9	PM	Amer. Dad	NCIS: Los Angeles (N)	Emergency	(PA) III		NCIS: Los Angeles (N)	Storage	Goldbergs	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Arctic Air- (N) #d (DVS)	Gags	World Poker Tour	Goldbergs	Licence to Drill: Louis	Wingin' It	Jimmy Kimmel	Tattoo	Monumen- tal Myster-
		Movie: **3 "Zoolander"				Fisher		Storage	Trophy	0			Gags	0	Trophy	0.000	Next Step	Live (N)	Tattoo	les
10	PM	(2001) Ben Stiller.	Chicago Fire (N) 30	"Worst Company"	Extraor- dinary	Chicago Fire (N) 10	Person of Interest (N)	Storage	Mind Games	Chicago Fire (N) 80	News Hour Final (N)	The National	Babysitting	SportsCen- tre (N) III	Person of Interest (N)	Cold Water Cowboys	Good Luck	EP Daily	Ink Master	America Declassi-
	:30				Women	Manut	News		(N) an KORLY 4	News Hour	ET Canada	(N) IID CBC News	Splatalot			Daving Da		Reviews on		fied
11	PM		Final (N)	Ultimate Engineer-	Chartle Rose (N) SE	News		Barry'd	1	Final (N)			Mr. Young	SportsCen- tre IID		Bering Sea Gold III	Wizards	Paid Prog.	Tattoo	Museum Secrets III
	:30	"Ring	Final (N) Engineer- Rose (N) II	J. Fallon	Lotterman	Storage	J. Kimmel	T	The Test	George S	Boys		CTV News		Life Derek	Paid Prog.	Tattoo			

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WEDNESDAY, MARCH 19, 2014

1-

		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	CITV 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
	AM		Morning	Wibbly Pig	Clifford	KHQ News	KREM 2	Criminal	Morning	Morning	(5:00) Morn-	CBC News	Kid vs. Kat	Curling:	CTV Morn-	Salvage	Stella-Sam	CityLine	Bar Rescue	Eat SL O
6		of the Night		Monkey	Martha	6AM (N)	Morning News	Minds O BU	Northwest	News (N) EC	Ing News (N)	Now (N) O	Rescue	Women's World	Ing Live (N)	Hunters (80)	Phineas	(N) 80	0	Eat St. O
-	AM	Law & Or-		Ella the El	Arthur	Today	CBSThis	Criminal	Good Morn-			Tiger	Super Evil	Champi-		Mighty	Gravity	Let's Make	Bar Rescue	Disaster
7	:30	der: SVU		Wild Kratts	Wild Kratts		Morning (N)	Minds A BE	Ing America (N) 30		-	Arthur 80	Sidekick	onship: Canada vs.		Ships	Wander	a Deal 30	0	Disaster
	1000	Law & Or-		PAW Patrol	Curious	"Rocky." (N)	() and	CSI: Miami	(14)		Morning	Bo On/Go	Pokémon	Germany.		Dangerous	Wizards	The Price Is	Bar Rescue	Money
8	:30	der: SVU		Doozers	Cat In the	0 22		0 531			Huntley St.	Busytown	Beyblade	Sports		Flights	Wizards	Right (N)	0	Money
	AM	Millionaire	Morning	Dinosaurs	Peg		The 700	CSI: Miami	Live! Kelly	Morning	The Doc-	Super Why!	Monster	SportsCen-	Live! Kelly	Salvage	Shake It	Jdg Judy	Bar Rescue	A CONTRACT OF A
9		Millionaire ·	Huntley St.	Rob Robot	Dinosaur	5	Club O BE	"Inside Out"	and Michael	Huntley St.	tors () SC	Napkin	Squirrel	tre ISC	and Michael	Hunters 30	Shake It	Jdg Judy	0	Secrets IR
		Divorce	The Doc-	Ella the El	Sesame		The Price Is	Criminal	The View	The Doc-	Fresh	Bookaboo	Invasion	Lumberj.	The View	Auction	ANT Farm	The Chew	Bar Rescue	
10	1	Divorce	tors O BE	Jelly Jamm	Street O (EI)		Right (N)	Minds () 331	0 32	tors A BE	Til Debt	Doodlebop	Spliced (N)	Curling:	0 88	Auction	ANT Farm	0 30	0	tal Myster- les
	2.0.91		Fresh	G. Shrinks	Tiger	Jdg Judy	Young &	Criminal	Pald Prog.	Fresh	Noon News	Heartland	Flamingo	Women's World	Marilyn	Gold Rush	Jessie 📾	General	Bar Rescue	America
11	1		Til Debt	Clifford	Sit & Be Fit	Jdg Judy	Restless	Minds O KC	Pald Prog.	Til Debt	Hour (N)	"Local Hero"	Squirrel	Champi-	Denis	"Unearthed"	Jessie (66)	Hospital	0	Declassi- fied
		King	Noon News	PAW Patrol	Charlie	Pald Prog.	News	Wahlburg-	The Chew	Noon News	Days of our	CBC News	Kid vs. Kat	onship: Canada vs.	CTV News	Licence to	Austin	Katie A BC	Cops RE	Eat St. O
12		King	Hour (N)	Dinosaurs	Rose O BC	Pald Prog.	Bold	ers A BE	0 82	Hour (N)	Lives (N)	Now (N) O	Sidekick	Korea. (N) (Live) 📾	(N) O 88	Drill: Louis	I Didn't		Cops II	Eat St. O
	PM	Community	Days of our	Rob Robot	Oil Painting	Days of our	The Talk	Wahlburgr	General	Days of our	The Talk	Republic of	Rated A	(LIVE) as	The Social	Cold Water	Lab Rats	CityLine	Cops (cd)	Bizarre
1		Community	Lives (N)	Dragon	Sewing	Lives (N)	0 38	Wahlburgr	Hospital (N) O	Lives (N)	O BC	Doyle O	Monster	24 CH (N)	0 36	Cowboys	Kickin' It	(N) 350	Cops Itel	Foods
-	PM	Seinfeld O	The Talk	Ella the El	Thomas	Katle O BE	Let's Make	Wahlburgr	Queen	The Talk	Queen	Steven and	Kld vs. Kat	Off Record	Dr. Phil	Dangerous	Good Luck	CityNews at	Cops (st)	Magic Man
2	:30	The Middle	0 86	Wibbly Pig	Super Whyl		a Deal 80	Wahlburgr	Latifah	0 35	Latifah	Chris (N) O	Super Evil	Interruption	0 30		Dog	5 (N) 34	Cops SS	Magic Man
-	PM	The Middle	Queen	Dive, Olly	Sid	Ellen	Dr. Phil	Wahlburgr	Rachael	Queen	House	Recipes	Sidekick	SportsCen-	Bethenny	How/Made	Liv-Mad.	CityNews at	Cops SC	Disaster
3	:30	Mod Fam	Lotifah	Jelly Jamm	Peg	DeGeneres Show	0 20	Wahlburgr	Ray O 30	Latifah	"Runaways"	Stefano	Squirrel	tre (N) SC	0 80	How/Made	Austin	6 (N) 35	Cops at	Disaster
-	PM	Big Bang	House	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz	Duck D.	The Doc-	House	Early News	Dragons'	SpongeBob		Ellen	Daily Planet	Phineas	Mod Fam	Cops 30	Money
4	:30	Blg Bang	"Runaways"	Arthur O	WordGirl	Jdg Judy	Show EC	Duck D.	tors A 80	"Runaways"	Global Nat.	Den û	Nerds	Hockey: Tampa Bay	DeGeneres Show	(N)	Phineas	Mod Fam	Cops st	Money
-	PM	Browns	News (N) EE	Jack BC	News	News	News	Duck Dy-	News	Early News	(4:59) News	CBC News	Parents	Lightning	CTV News	Bear Grylls:	Good Luck	Revolution	Cops 34	Collectors
5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	nasty O RE	ABC News	Global Nat.	Hour (N)	CBC News	SpongeBob	at Toronto Maple Leafs.	at Five (N)		Good Luck	(N) O 25	Cops KC	Collectors
	PM	Browns	Global Nat.	Ultimate	PBS News-	News	KREM 2	Duck D.	News at 6	(5:59) News	ET Canada	CBC News	Hathaways		CTV News	Salvage	Good Luck	Mod Fam	Cops 30	Extreme
6	:30	Payne	News	Engineer-	Hour (N) EE	Millionaire	News at 6 (N)	Duck D.	News	Hour (N)	Ent	Mercer	Thunder	SportsCen-	(N) O 32	Hunters 20	Good Luck	Cougar	Cops SC	Pig Outs 30
-	PM	Mod Fam	Ent	Canada:	Magic Mo-	Jeopardyl	Inside Ed.	Duck D.	Ent	Ent	Chicago PD	George S	Assembly	tre (N) (Live)	Big Bang	Myth-	Good Luck	Nashville O	Cops O	Extreme
1	:30	Seinfeld O	ET Canada	Over the Edge	ments: The Best of 50s	Wheel	Access H.	Wahlburgr	The Insider	ET Canada	(N) 0	Coronation	Japanizi		Mixology	Busters 0 RC	Charlie 🛤	IC (DVS)	Cops 20	RVs O 30
-	PM	Family Guy	Survivor (N	Wild China	Pop O 3t	Revolution	Survivor (N	Wahlburgr	The Middle	Survivor (N	Survivor (N		Mr. Young	Hockey	Arrow	How/Made	Good Luck	CityNews-	Repo	Roadside
8	:30	Family Guy	O BE	(N) 0 25		(N) 0 35	0 88	Wahlburgr	Suburg.	0.84	0 82	Den (N) 35	Boys	Off Record	"Suicide Squad"	How/Made	ANT Farm	Tonight (N)	Repo	Adventures
-	PM	Amer. Dad	Engels	Music and	Nature O Es		Criminal	(9:01) Duck	Mod Fam	Engels	Engels	Recipe	Gags	Motoring	Criminal	Bear Grylls:	Wingln' It	Jimmy	Repo	Extreme
9	:30		About-Boy	Monarchy		der: SVU	Minds (N) A	Dynasty O	Mixology	About-Boy	About-Boy	(N) A	Gags	24 CH	Minds (N) A		Next Step	Live (N)	Repo	Pig Outs 84
10	PM :30	"The Ring Two" (2005, Horror)	(10:01) Chicago PD (N)	Kathleen Ferrier	NOVA O BE (DVS)	(10:01) Chicago PD (N)	CSI: Crime Scene	Duck D. Duck D.	Nashville O 381 (DVS)	(10:01) Chicago PD (N)	News Hour Final (N)	The National (N) Rf	Babysitting Splatalot	SportsCen- tre (N) 85	CSI: Crime Scene	Salvage Hunters 10	Good Luck Jessie 🛤	EP Daily Reviews on	Repo Repo	Extreme RVs () 20
	PM		CHBC New	Canada:	Charlle	News	News	Duck D.	KXLY 4	News Hour	ET Canada	CBC News	Mr. Young	SportsCen-	News-Lisa	Myth-	Wizards	Pald Prog.	Repo	Roadside
11		"Orphan"	Final (N)	Over the	Rose (N) EE	J. Fallon	Letterman	Wahlburgr	J. Kimmel	Final (N)	The Test	George S	Воув	tre se	CTV News	Busters	Life Derek	Paid Prog.	Repo	Adventures

Wednesday Movies

EVENING

9:30 pm WTBS ch.3 "The Ring Two" (2005, Horror) Naomi Watts. A female journalist must prevent evil Samara from taking possession of her son's soul.

11:30 pm WTBS ch.3 "Orphan" (2009, Horror) Vera Farmiga. A series of alarming events leads a woman to believe that something evil lurks behind the angelic face of her recently adopted daughter.



Similkameen News Leader

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Tuesday, March 18, 2014

News Leader

Around The Similkameen

What's Going On In Your Neighbourhood

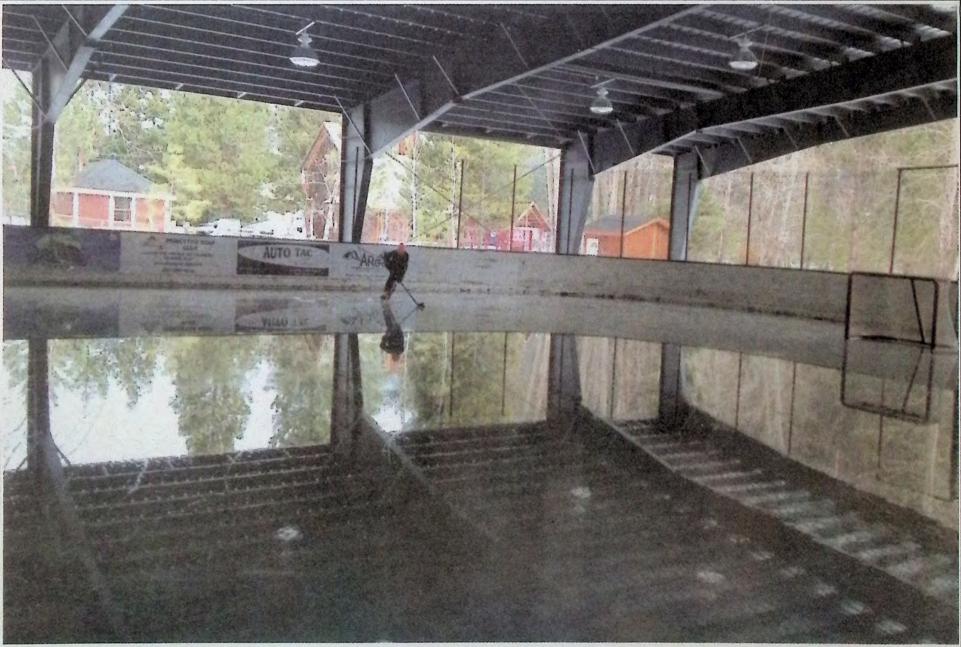


Skaters perform a daring stunt during the annual Ice Show dress rehearsal. *



Wheat in the Barley band members with Arts Council President Marjorie Holland (second from left). Band members from left are, Steve Gidora, Nicole Scoffield, Victor Smith and Mark Dowding. Photo: Dawn Johnson

Outdoor rink sets new record!



Tulameen Community Club's 'Raise The Roof' campaign paid dividends this season setting an all-time record with 'skateable' ice to Spring Break! Photo: Mark Jones



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The News Leader's very own Arlene Arlow got a surprise via Canada Post ExpressPost recently. The unexpected package from CHBC News in Kelowna included a thank-you letter from Derek Hinchliffe, Director of News & Public Affairs; a "Newshawk" t-shirt and a cheque for \$50. Arlene gave pictures and video to two CHBC reporters who dropped by her home after a recent fire in Keremeos. CHBC TV News included her material in their news broadcast and apparently the effort was well-received. Arlene's best, full-colour photo from the unfortunate incident graced the back page of the Similkameen News Leader in the February 11th edition. - photo submitted

THURSDAY, MARCH 20, 2014

DTOUR CITV KXLY YTV VTV DISC FAM CITY SPIKE WTBS CHBC KNOW KSPS KHQ KREM A&E BCTV CBC TSN ch.18 ch.12 ch.13 ch.19 ch.22 ch.24 ch.26 ch.29 ch.44 ch.45 ch.8 ch.9 ch.10 ch.11 ch.3 ch.4 ch.5 ch.6 ch.7 **CBC** News Kid vs. Kat SportsCen-CTV Morn-Salvago Stella-Sam CityLine Wildest Po-Eat St. O KHQ News KREM 2 (5:00) Morn In the Heat Clifford Criminal Morning Morning Morning Wibbly Plg AM 6 Ing News ing Live (N) Hunters 30 (N) 80 lice Videos SAM (N) Morning Minds O to Northwest News (N) 3 Now (N) A of the Night News (N) I Eat St. O Rescue Phineas :30 Monkey Martha (N) 0 36 News Wildest Po-Disaster Ella the El Arthur Today Ve-**CBS**This Criminat Good Morn Tiger Super Evil SportsCen Mighty Gravity Murdoch AM aw & Or 7 Ships Myster lice Videos ronica Roth; Morning (N) Minds O Ba re Rt der: SVU Ing America Disaster Wild Kratts Arthur 35 Sidekick Wander :30 Wild Kratts les n Ansel Elgort. A 1980 (N) 30 PAW Patrol (N) 0 RC Wizards The Price Is Wildest Po-Collectors Curious CSI: Mlam Morning Bo On/Go Pokemon SportsCen Myth AM Law & Or 8 ler: SVU 0 80 re 20 Busters Right (N) lice Videos Wizards Collectors Cat in the Huntley St. Beyblade Busytown :30 Doozers 0 80 Shake It Jdg Judy Wildest Po-Extreme 2014 NCAA Livel Kelly CSI: Mlaml Livel Kelly The Doc Super Why! SportsCen-Salvage AM Millionaire Morning Dinosaurs Peg Morning Monster lice Videos and Michael Hunters 84 Pig Outs M 9 Basketball tors O EC 0 60 0 88 and Mich Shake It Jdg Judy :30 Millionaire Huntley St. **Rob Robot** Dinosaur Huntley St Napkin Squirrel Tournamer Ella the El (N) (Live) 1881 Criminal The Doc-Fresh Bookaboo Invasion Premier The View Auction **ANT Farm** The Chew Cops SC Extreme AM Divorce The Doc-Sesamo The View 0 88 RVs O BO 10 tors O ED Street (N) Minds O B 0 80 tors O BC 0 23 0 Curling Debt/Part Doodlebop Spliced (N) Auction ANT Farm Cops BC Jelly Jamm :30 Divorce Women's G. Shrinks How/Made Jessie RC Cops II Roadside Jdg Judy Criminal Anti-Aging Fresh Noon Net Heartland Flamingo Marilyn General AM Judge Alex Fresh Tiger Norld 11 Minds () B Hour (N) BE (DVS) Denis Hospital Adventure Cops & Pald Prog. Sit & Be Fit Jdg Judy 2014 NCAA Debt/Part Champi How/Made Jessie 30 Debt/Part Squirrel :30 Judge Alex Clifford (N) 0 onship: Basketball Cops St Eat St. O **CTV** News Bear Grylls Austin Katle O Ito CBC.News Kld vs. Kat PM Noon New **PAW Patrol** Charlle Anti-Aging The First 48 The Chew Noon New Days of our King Canada v Tournament Lives (N) 12 Rose O Ba Hour (N) Now (N) O (N) O [80] 0 18 0 20 Hour (N) China. (N) Cops & Eat St. O (N) (Live) 23 Austin Sidekick :30 King Dinosaurs Hate Halr? (Live) BC Painting Republic o Bizarre Rob Robot Days of our The First 48 General House Rated A The Social Salvage Lab Rats CityLine Cops RC PM Community Days of or Days of ou 1 Hunters KC (N) 20 Foods "Nobody's Lives (N) Lives (N) 0 65 Hospital Lives (N) Doyle () 0 160 Kickin' It Monster 2014 NCAA Cops 38 Dragon Knit Community :30 America (N) 0 ault" Basketball Magic Man Kid vs. Kat Dr. Phil Good Luck CityNews Cops ad Katle () (20) Dr. Phil The First 4 Myth-Seinfeld O Ella the El Thomas louse lucen Steven an PM House Tourna 2 5 (N) 82 Nobody's 0 52 0 150 Latifah 'Nobody's Latifah Chris (N) O BO Busters Super Evil Dog Cops 20 Magic Man :30 The Middle Wibbly Pig Super Why ment 0 80 Fault" Fault" How/Made Liv-Mad. CityNew Cops and Disaster Bethenny Dive, Olly SId The Dr. Oz The First 48 Sidekick PM The Middle Queen Ellen Rachael Queen House Recipes 3 DeGene 0 80 6 (N) 35 Show BC 0 50 Latifah Chase Ray O BE Latifah How/Made Austin Cops R Disaster :30 Mod Fam Curling: Jelly Jamm Peg Stefano Squirrel 0 82 Show Maya Bee House PM Blg Bang Wild Kratts Jdg Judy **2014 NCAA** Duck D. The Doc-Early News Dragons SpongeBob Ellen Daily Planet Jessie 20 Mod Fam Cops Re Museum House World DeGeneres (N) Secrets (Basketball "Chase' tors n tit Chase Den O Champ Arthur O WordGirl Jdg Judy Duck D. Global Nat. Rabbids Jessie KC Mod Fam Tattoo **Big Bang** :30 Show Toumam 0 50 onship Cold Water (N) (Live) Ell Early News CTV News Jessle 32 Hell's Tattoo America Jack DE News News Duck D. News (4:59) New **CBC** News Parents PM Browns News (N) D Canada vs Declassi 5 Hour (N) weden. (N at Five (N) Cowboys Kitchen (N) Business CBC News Jessie (2 Tattoo Wild Kratts NBC News Duck D. ABC News Global Nat SpongeBol :30 Payne fied (Live) SC Thunder CTV News Rods N' Jessie 30 (6:01) Seed IMPACT Places PBS News-News Duck D. (5:59) News ET Canada **CBC** News Global Nat. | Canada: News at 6 PM Browns (N) 6 85 Wheels (N) Wrestling 6 Over the Hour (N) RC Hour (N) NHL Hock Crazy Millionaire Hathaways Jessie (R) Places 2014 NCAA Duck D. Ent :30 Payne News News Mercer (N) 6 32 Edge ey: Buffalo Basketball etalk (N) I Didn't Sturgis Sam & Cat PM mod ram (N) (Live) sc Boston Tournament Sabres at The Insider ET Canada 0 0 30 Mafia 'De 0 30 0 200 0 32 7 :30 Seinfeld O ET Canada Working Edmonton Big Bang The Next Oilers. (Live) Big Bang Wheel Coronation Rott" (N) O Step n PM Family Guy Fisher Attenbor-Father Community Once Won-Fisher Fisher The Nature Mr. Young How/Made CityNews- Ink Master When (8:01) Brown O SC Parks 8 Tonight (N) 0 20 :30 Family Guy The Millers ough: 60 Years Breaking derland of Things Two Men How/Made The Millers The Millers Boys ANT Farm Attack Boston SportsCen- Grey's PM Amer. Dad Parenthood Movie: Parenthood Parenthood Doc Zone Foyle's War Hollywood Access H. Duck D. Gags Cold Water Wingln' It Jimmy Cops ad America Grey's Game Night Paid Prog. Duck D. 9 :30 Movie: * b PM Hardball* (2001) "The Offer" "Enron: The Smartest Anatomy Cowboys Anatomy "The Offer" "The Offer" (N) 0 tre (N) Rd Kimmel Declassi-Gags Cops Itt Next Step (N) 0 fied Live (N) (N) O Parenthood Paid Prog. Duck D. Hawall Five- Guys In the Babysitting SportsCen Motive Jail SC Places Scandal (N) Hawail Five- News Hour The Rods N' Good Luck EP Daily Ferrets: Room" 10 0000 National tro (N) Icc "Overboard" Pursuit "The Olfer" 00 883 Final (N) Wheels :30 Keanu Recves. 022 N Splatalot Reviews on Jail 22 Places Inside Ed. Duck D. Jessia IC (N) 55 (N) Paid Prog. Jall 30 News Hour ET Canada CBC News Mr. Young SportsCen- News-Lisa Sturgis CHBC News Park Charlle News News (11:01) KXLY 4 Amish Wizards tre Sc Mafia "De 0 32 Breaking Final (N) 11 Final (N) Rose (N) 18 The Test CTV News George S Life Derek Paid Prog. Jail SC Working Boys J. Fallon Letterman J. Kimmel :30 "Tonno" Rott" Boston

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Enron: The Smartest Guys in the Room" (2005, Documentary) Filmmaker Alex Gibney analyzes the corporation's rise, the scandal, and the devastation of its employees' finances; Peter Coyote narrates. (CC) 9:30 pm WTBS ch.3 "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts. **11:30 pm WTBS ch.3 ``Gran Torino''** (2008, Drama) Clint Eastwood. An unlikely friendship forms between a bigoted war veteran and an Asian boy who tried to steal the man's treasured automobile.

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Friday Movies

EVENING

6:00 pm YTV ch.18 "Monster House" (2006, Fantasy) Voices of Steve Buscemi. Animated. No adults believe three youths' assertion that a neighboring residence is a living creature that means them harm. (In Stereo) (CC)

8:00 pm FAM ch.26 "Girl vs. Monster" (2012, Comedy) Olivia Holt. With help from her friends, a savvy teen must battle an immortal monster and her army. (In Stereo) (CC)

9:30 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 the love

there is any hope for true love. 10:00 pm FAM ch.26 "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. (In Stereo) (CC) 11:30 pm WTBS ch.3 "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like.



Turkey Breakfast Sausage Patties

Prep Time: 10 minutes, Cooking Time: 15 minutes, Makes: 18 patties

- 2 lbs (900 g) Granny's ground turkey (2 packages)

- 1 cup (250 mL) apple cider
- 3 tbsp (45 mL) dried apple, finely chopped
- 2 tsp (10 mL) sea salt
- 1 tbsp (15 mL) fresh sage, chopped (or 1 tsp dried)
- 1 tsp (5 mL) fresh thyme (or 1/2 tsp dried)
- 1/8 tsp (0.6 mL) cinnamon
- 1/8 tsp (0.6 mL) ground ginger
- 2 tbsp (30 mL) olive oil

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Simmer apple cider in a pan until reduced to 3 tablespoons (45 mL), then cool. Combine all ingredients and form into patties approximately 1/2 inch (1.5 cm) thick. Fry patties 5 - 10 minutes per side in olive oil until fully cooked.

Nutritional Facts per 2 oz/55g: 80 Calories; 10g Protein; 2g Carbohydrates; 300mg Sodium; 2.5g Fat

Recipe Courtesy of: Granny's Poultry's Great Taste Healthy Living, Issue 5 "Family & Friends"

For more great turkey recipes visit the Manitoba Turkey Producers website at www.turkey.mb.ca

FRIDAY, MARCH 21, 2014 WTBS CHBC KNOW KSPS KHQ KREM KXLY BCTV TSN VTV DISC FAM SPIKE DTOUR A&E CITV CBC YTV CITY ch.13 ch.19 ch.24 ch.26 ch.29 ch.44 ch.3 ch.4 ch.5 ch.6 ch.7 ch.8 ch.9 ch.11 ch.12 ch.18 ch.22 ch.45 ch.10 n the Heat KREM 2 Clifford KHQ News The First 48 (5:00) Morn **CBC** News Kid vs. Kat SportsCen CTV Morn Greatest Stella-Sam Eat St. O Wibbly Pig Morning Morning CityLine Deadliest AM Morning 6 Ing News (N) ng Live (N) of the Night News (N) 6AM (N) Morning 0 33 Northwest News (N) Now (N) A (52 OT Know-It-A N) RE Warrion :30 Eat SL O Monkey Martha Rescue Phineas Vews 0 150 Today Dolly AM Ella the El Arthur **CBS**This The First 48 Good Morn Tiger Yu-Gl-Oh! SportsCen Greatest Gravity Murdoch Deadliest Disaster Law & Or-Parton; Nate der: SVU Morning (N) O Kd Ing America ro Ico Know-It-All Myster Warrlor Wild Kratts :30 Wild Kratts Arthur (83) Digimon Wander Disaster (N) 1851 Berkus. (N) 0 88 les n 0 80 AM PAW Patrol Curlous The First 48 Morning Bo On/Go Pokemon SportsCen Flying Wild Wizards The Price Deadlies The Dead Law & Or 8 der: SVU 0 33 re Ica Alaska (60 Right (N) Warrior Files n ut :30 Cat In the Huntley St. Beyblade Wizards Doozers Busytown Live! Kelly 2014 NCAA The First 48 Livel Kelly AM Millionaire The Doc-Super Why! 2014 NCAA Shake It Morning Dinosaurs Peg Morning Monster Salvago Jdg Judy **Bar Rescue** America 9 Basketball 0 83 and Mici Declass and Micha Basketbal Hunters tors n Et :30 Millionaire Huntley St. Rob Robot Dinosaur Huntley St. Napkin Squirrel Shake It Jdg Judy lied Tourname Tourname AM The Doc-Ella the El Sesame (N) (Live) (60 The Doc-Bookaboo Invasion (N) (Live) 188 The Vlew Auction ANT Farm The Chev Divorce The First 48 The View Fresh Bar Rescu Places 0 ors () It Street () 0 80 0 22 tors O 30 0 80 0 1001 Til Debt :30 Divorce Jelly Jamn Doodlebop Spliced (N Auction ANT Farm Places (EI) Judge Alex Fresh G. Shrinks Tiger Jdg Judy The First 48 Hate Hair? Fresh Noon Ne Heartland How/Made Jessie to AM lamingo Marilyn General **Bar Rescue** When 1 0 20 Hour (N) III (DVS) Denis /acation :30 Judge Alex Til Debt Clifford Sit & Be Fit 2014 NCAA AntiAging Til Debt How/Made Tree Fu Squirrel Jessie 20 (N) 0 Attack Basketball PM King PAW Patrol AntiAging Eat St. O Noon New Charlie **CBC** News Kid vs. Kat 2014 NCAA **CTV News** Cold Water The First 48 The Chew Noon New Days of our Austin Katle O IS Cops Ed Tournamen 12 Hour (N) Lives (N) Rose O RE A RO 0 100 Now (N) O Basketball (N) 0 50 Hour (N) Cowboys (N) (Live) 38 :30 Dinosaurs King Paln Free Sidekick Austin Cops III Eat St. O Tournam PM Community Days of ou **Rob Robot** Color Days of ou The First 48 General Republic of Rated A (N) (Live) 35 The Social Rods N Lab Rats CityLine Bizarre Days of ou House O KO Cops RD 1 Lives (N) Lives (N) 0 86 Hospital Lives (N) Doyle A 0 160 Wheels (N) 20 Foods Dragon :30 Community Scrapbool Ionste Kickin' It Jall 30 (N) O America Seinfeld O Katie O 30 PM louse () I Ella the El Thomas Dr. Phil The First 48 House A at Kid vs. Kat Queen Queen Steven and Dr. Phil Amlsh Good Luck CityNews Cops Rd Adam 2 Chris (N) A 0 85 0 80 Latifah Latifah 0 80 Mafla "De 5 (N) 20 :30 The Middle Wibbly Pig Super Why Super Evil Dog Cops 30 Adam Rott" PM The Middle Bethenny Dive, Olly Sid The First 48 Bachael Queen Ellen The Dr. Oz Queen Young & Recipes Sidekick How/Made Liv-Mad. CityNews Cops at Disaster 3 Ray O IC Latifah DeGen Latifat Restless 0 85 Show BC 0 22 6 (N) 180 :30 Mod Fam Squirrel Jelly Jamm Peg Stefano Curling How/Made Austin Cops ((1) Disaster Show Women's PM **Big Bang** Maya Bee Wild Kratts 2014 NCAA The First 48 The Doc-Early New Mod Fam Young & Jdg Judy Young & Dragons SpongeBo Ellen Dally Plan Phineas Cops 3 Weird or Norld Den O Restless Basketball 0 30 tors A Bd Restless DeGena (N) What? :30 Big Bang Kung Fu Arthur O WordGirl Jdg Judy Global Nat. Cham Good Luck Mod Fam Cops 80 Tourname Show ship: Page Early News Browns News (N) 35 Jack 3C News (N) (Live) 35 The First 48 News (4:59) New PM News **CBC** News Parents **CTV News** Mayday Dog Murdoch Murder In Cops IN Playoff. (N) 0 20 Hour (N) at Five (N) Myster (Live) Ito Paradise (:30 Wild Kratts Business NBC News ABC News Global Nat. Payno **CBC** News SpongeBob Jessie Ka Cops Ito les O (5:59) News PM Browns Global Nat. Park PBS News-After the News at 6 News ET Canada CBC News Movie: ** **CTV News** Liv-Mad. Bellator The Dead Mayday Rd Enlisted O Hour (N) RD 6 First 48 Hour (N) Monster (N) 0 150 MMA Chan Files O 33 Working Millionaire Mercer 2014 NCAA :30 Payne News News Ent 2014 NCAA Jessie (N) Raising (N) 0 House" plonship Basketball Basketball PM mod Fam Ent wasn eoparayi Tournamen curity George S talk (N) I Didn't (7:01) Han-The De 7 :30 Seinfeld O ET Canada (N) (Live) Stared nibal (N) n ments: 113. Files (N) 20 (N) 100 ET Canada Security (N) (Livo) and Big Bang Moyers The Insider Wheel Coronation Next Step Straight PM Family Guy Rake (N) O New Tricks Movie: ** CityNews-Europe Datelina (8:01) Last Man Rake (N) O Rake (N) O Mayday 10 M'ketplace The Next Spun Out (8:15) Cops The Dead 8 :30 Family Guy NBC (N) SE Those Who RG (DVS) 08 01 RG (DVS) RE (DVS) Star - Supe "Girl vs. Tonight (N) Health-Joel Files () LE Neighbors Mercer Kirstie (N) (8:26) Cops KIII Monster" PM Amer. Dad Hawaii Five- Lewis 'Fall-Grimm (N) Grimm (N) Access H. (9:01) The Shark Tank Hawail Five- Hawall Five- the fifth es-SportsCen-American Mayday 33 Jimmy Kim- Wildest Po- The Dead Assembly 9 Masters First 48 Itc 00 10 ing Dark-(N) 0 000 tate (N) RO tre (N) SQ 0 22 OODE 0 201 Paid Prog. mel Live O lice Videos Files O III :30 Movie: ** Assembly Austin ness" Bit "Lennon PM Girlfriends (10:01) Han- Paid Prog. After the Security NYC' O BE (10:01) Security News Hour The Babysitting SportsCen Blue Movie: ** EP Daily Wildest Po- The Dead Mayday nibal (N) O Inside Ed. "Go Figure" 10 First 48 20 20/20 0 50 Final (N) National tre (N) 60 Bloods ice Videos Files () KO :30 Past" (2009) Splatalot Socurity Working Security **Reviews** on (N) 20 0 82 (2005) CHBC News Architects Charllo News News Beyond KXLY 4 News Hour ET Canada Mr. Young SportsCen Mayday St PM **CBC News** News-Lisa Paid Prog. Wildest Po- The Dead Final (N) Rose (N) XX Scared Final (N) tre 20 Letterman Straight lice Videos | Files O KD Boys Our Part J. Fallon J. Kimmel The Test George S CTV News Pald Prog. :30 "HeartCnd Life Derek

News Leader

15

News Leader Weekend - Saturday Movies

MORNING

8:00 am DTOUR ch.45 "Superman II" (1980, Adventure) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (In Stereo) (CC)

9:00 am WTBS ch.3 "The Da Vinci Code" (2006, Mystery) Tom Hanks. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity.

AFTERNOON

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12:00 pm FAM ch.26 "Princess Protection Program" (2009, Comedy) Selena Gomez. After a military takeover, a princess assumes a new identity and stays with a covert agent and his daughter. (In Stereo) (CC) 12:30 pm WTBS ch.3 "Mission:

12:30 pm WTBS ch.3 "Mission: Impossible 2" (2000, Action) Tom Cruise. IMF agent Ethan Hunt and his team try to stop a former agent from unleashing a deadly, engineered virus.

EVENING

6:00 pm WTBS ch.3 "Source Code" (2011, Suspense) Jake Gyllenhaal. A helicopter pilot takes part in a secret government program that enables him to assume someone's identity and experience the last few minutes of that person's life.

YTV ch.18 "Journey to the Center

of the Earth" (2008, Science Fiction) Greg Evigan. A drill team encounters an exotic underground world while trying to rescue a group of researchers. (In Stereo) (CC)

while trying to rescue a group of researchers. (In Stereo) (CC) CITY ch.29 "Live Once, Die Twice" (2006, Suspense) Kellie Martin. A woman searches for her unfaithful husband after learning about his involvement in an

about his involvement in an embezzling scheme. (DVS) 8:00 pm KSPS ch.6 "Gypsy" (1962, Musical) Rosalind Russell. One of a stage mother's daughters quits, and the other becomes stripper Gypsy Rose Lee. (In Stereo) (CC) DTOUR ch.45 "Superman II" (1980, Adventure) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (In Stereo) (CC) 9:00 pm WTBS ch.3 "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer attracts the attention of a talented ballerina at a Maryland school. 10:00 pm FAM ch.26 "Double Teamed" (2002, Docudrama) Poppi Monroe. Twins Heather and Heidi Burge develop a rivalry in high school and make it to the WNBA. (In Stereo) (CC)

10:30 pm DTOUR ch.45 "Superman III" (1983, Adventure) Christopher Reeve. Ersatz kryptonite laced with tobacco tar splits

WEEKLY LOCAL CHURCH SERMONS

livingwaterchurch.info

Superman in two: good Clark Kent and bad Man of Steel. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Scream 2" (1997, Horror) David Arquette. A masked killer continues to pursue a California student and her friends at an Ohio college.



		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	CITV 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
	AM	Pald Prog.	Ancestors	Wibbly Pig	Heartland	(5:00) Today		Criminal	Pald Prog.	Ancestors	Saturday	Our	Sidekick	(5:00)	Juicebox	Mayday 88	Slug Terra	Kitchen	Auction	Moves
6	:30	Pald Prog.	Fishful	Monkey	Fly Tying	(N) 0 50	Morning	Minds A RC	Pald Prog.	Fishful	Morning News Shane	Vancouver (N) 80	Super Evil	Curling: Women's	0 86		Wingin' It	Panorama	Auction	Paid Prog.
-	AM	The Office	Saturday	Ella the El	MotorWeek	KHQ News	Lucky Dog	Flip This	Good	Saturday	Jones. (N)	Animal	Allen	World	1	Dude,	Gravity	Eye/Asla	Auction	Security
7	:30	Atl. Eats	Morning News Lynn	Jelly Jamm	Greener	Saturday (N) III	Dr. Chris	House () BC	Morning America	Morning News Lynn		Super Why!	Nerds	Champion- ship: Page		You're Screwed	Phineas	Integration	Auction	Security
-	AM	Paid Prog.	Colliar,	Upside	Woodsmith		Recipe	Flipping	Hanna	Colliar,		Artzooka	Chucks	Playoff.	Canada AM	Mayday RC	ANT Farm	Polish	Auction	Movie:
8	:30	The Office	Welsa Wong, & Jay	PAW Patrol	Rough Cut		J. Oliverr	Boston	Ocean	Welsa Wong, & Jay		Cross	Rabbids	SportsCen-	Weekend		Shake It	Studio 32	Auction	"Superman
-	AM	Movie: ***	Janower. (N)	Maglc Bus	Hometime		2014 NCAA	Filpping	Explore	Janower. (N)	Flsh'n	Absolutely	SpongeBob	tre 80	Marilyn	Airplane	Good Luck	Liquidator	Auction	II" (1980)
9	:30	"The Da Vinci Code"		Maya Bee	Old House		Basketball Tournament	Boston O BE	Rescue		Real Fish.	Canadian O	Monsters	Motoring	Denis	Repo A Rd	Austin	Dark Side	Auction	Christopher Reeve.
	AM	(2006,	Fish'n	Wild Kratts	Old House	LazyTown	(N) (Live) 152	Breaking	Wildlife	Fish'n	Powerboat	M'ketplace	Sanjay	Curling:	Chlldren	Mayday 88	Dog	Travels	Auction	
10	:30	Mystery) Tom Hanks,	Real Fish.	Martha	Kitchen	Noddy		Boston 183	Expedition	Real Fish.	Driving TV	FIFA WC	Bread	Women's World	Is Written		Jessie KR	Ed's Up A	Auction	Moves
	AM	Audrey Tautou.	Powerboat	Marco Polo	Jazzy	PGATour		Breaking	Pald Prog.	Powerboat	PGATour	Speed	Turtles	Champion-	MLS Soc-	Mayday 80	Liv-Mad.	Shopping	Cops BS	Security
11	:30	lautou.	Driving TV	Finding	Chefs Life	Golf: Arnold Palmer	2014 NCAA	Boston 80	Wagon	Driving TV	Golf: Arnold Palmer	Skating	BeyWar.	ship: Semi- final. (N)	cer: White- caps FC at		I Didn't	Channel 85	Cops Ist	Security
10	PM		News Hour	Animals	Cook's	Invitational,	Basketball Tournament	Wahlburgr	Train	News Hour	Invitational,	-	Pokemon	(Live) BE	Revolution	Yukon Men	*Princess	Shopping	Cops st	Security
12	:30	Movie: ***	PGA Tour	Animals	Garden	Third Round. From Bay	(N) (Live) 82	Wahlburgr		PGATour	Third Round From Bay		Power	1		0 32	Protection Program" ()	Channel 34	Cops BE	Security
	PM	"Mission: Impossible	Golf: Arnold Palmer	Parks	Antiques	Hill Club & Lodge in		Barry'd	World of X	Golf: Arnold Palmer	Hill Club & Lodge in	Figure	Yu-Gi-Oh!	MLS Pre.	The Social	Mayday		Pald Prog.	Cops tet	Airport
1	:30	2" (2000)	Invitational,	Parks	Roadshow	Orlando,		Storage	Games (N)	Invitational,	Odando	Skating: World Junior	B-Daman	MLS Soc-	0 22		Gravity	Paid Prog.	Cops 20	Airport
-	PM	Tom Cruise.	Third Round. (N)	Ultimate	Light of	Fla.	2014 NCAA	Storage	ESPN	Third Round (N)	Fla.	Champion-	Nerds	cer: D.C. United at	Canada's	Mayday SC	Phineas	Travels	Cops 30	America
2	:30			Engineer-	Prairie		Basketball Tournament	Storage	Sports Sat- urday (N)			ships. (N)	Cache	Toronto FC.	Worst Driver		ANT Farm	Ed's Up A	Cops 32	Declassi-
0	PM	Community		Canada:	Globe Trek-	Jdg Judy	(N) (Live) 🖾	Storage		Weird or	Simpsons	National	The Next	Sports 2014 NCAA	Cash Cab	How/Made	Good Luck	CityNews	Cops KG	Disaster
3	:30	Community	What?	Over the Edge	ker O	Chica		Storage	1 3	What?	Simpsons	HNIC	Star - Super		Celebrity	How/Made	The Next	Weekends	Cops 32	Disaster
A	PM	Family Guy	Simpsons	Wild Prairie	Steves	Noodle		Storage	McCarver	Simpsons	Simpsons	NHL	Assembly		Celebrity	Cash Cab	Step O	Murdoch	Cops 2d	Security
4	:30	Family Guy	Simpsons	1	Ecosense	Justin	2014 NCAA	Storage	Beer Geek	Simpsons	Global Nat.	Hockey: Montreal	Assembly	Basketball	Movie	How/Made	Dog	Myster- les O	Cops 30	Security
-	PM	The Middle	Simpsons	Attenbor-	Last/Wine	News	Basketball Tournament	Filpping	News	Simpsons	News Hour	Canadiens at Toronto	Assembly	(N) (Live) 80	etalk st	Gold Rush	AND REPORTED AND READ IN THE READ INTERNAL IN	Mother Up!	Cops 📾 S	Security
5	:30	The Middle	Global Nat.	ough: 60 Years	Walt	NBC News	(N) (Live) BC	Vegas O 32	ABC News	Global Nat.	(N)	Maple Leafs.	Assembly		Арр	"Unearthed"	Austin	Mother Up!	Cops st	Security
~	PM	Movie: ***	News Hour	Hope for	Lawrence	News		Flipping	News	(5:59) News	16x9 88	(N) (Live)	Movie:		CTV News	Bering Sea	Good Luck	Movie:	Auction	Ghost
6	:30	"Source Code"	News	Wildlife 25	Welk	Wheel		Vegas A 80	The Insider	Hour (N)	-		"Journey to the Center	2014 NCAA	(N) A 32	Gold 36	Liv-Mad.	"Live Once, Die Twice"	Auction	Adventures
-	PM	(2011,	16x9 84	N. Geo-	Keep Up	Criminal	Burn Notice		Entertain-	16x9 80	Haven 20	NHL Hock-	of the Earth	Basketball	W5 0 30	Cold Water	I Didn't	(2006) (DVS)	Cops 20	Ghost
1	:30	Suspense)		graphic Specials	As Time	Minds O ES	BCET.	Vegas A 20	ment Tonight			ey: Calgary Flames at	-	(N) (Live) 55	(DVS)	Cowboys	ANT Farm		Cops 38	Adventures
0	PM	The Closer	Haven SS	Heartbeat	Movie: ***	Dateline	Pain Free	(8:01) Flip-	Marvel	Haven 📾	Rem-	Edmonton Oilers. (N)	Assembly		Big Bang	Myth-	Shake It	CityNews	Cops 20	Movie:
8	:30	"Mom Duty"		0 82	*Gypsy* (1962)	NBC O BE	Whacked	ping Vegas	Studios	-	edy "Shift/ Change"	SE SE	Mr. Young	1	Spun Out	Busters 0 30	Austin	Weekends	Cops III	****
0	PM	Movie:	Rem-	Midsomer	Rosalind		Access Hol-	(9:01) Fllp-	Nightline	Rem-	Side Show	1	Japanizi	SportsCen-	Anger	Bering Sea	Next Step	The Office	Auction	ll* (1980) Christopher
9	:30	** "Step Up" (2006)	edy "Shift/ Change"	Murders "Let Us	Russell.		lywood (N)	ping Vegas	Prime (N) St	edy "Shift/ Change"	Engels	HNIC After	Japanizi	tre (N) 25	Miko	Gold SC	Wingin' It	The Office	Auction	Reeve.
40	PM	Channing	Side Show	Prey" (N)		Crists "Pilot"	the second s	(10:01) Fllp-	20/20 0 5	Side Show	News Final	Hours	Mr. Young	SportsCen-	Motive	Cold Water	Movie: **	The Office	Cops Kd	
10	:30	Tatum.	Engels	O BE	Bluegrass	0.52		ping Vegas		Engels	(10:35)	News	Boys	tre (N) (Live)	"Overboard"	Cowboys	"Double Teamed"	The Office "Get the Girl"	Cops 20	Movie: **
4.4	PM		News Final	Canada:	Austin City	News	News	(11:01) Fllp-	Castle O K	News Final	Saturday Night Live	Hockey	Mr. Young		News	Gold Rush		O XC	Jail 20	"Superman III" (1983)
	:30	"Scream 2" O	Over the Edge	Limits 20	Imite Ef	The Closer	ping Vegas	as SNI	SNL	(N) (RE)	Night: Replay	Boys		CTV News	"Unearthed"	Life Derek		Jall 80		

News Leader Weekend - Sunday Movies

MORNING

7:00 am DTOUR ch.45 "Superman IV: The Quest for Peace" (1987, Adventure) Christopher Reeve. The Man of Steel crusades for nuclear disarmament and meets Lex Luthor's latest creation, Nuclear Man. (In Stereo) (CC) (DVS) 8:00 am WTBS ch.3 "A Beautiful Mind" (2001, Biography) Russell Crowe. Mathematics genius John Forbes Nash Jr. has paranoid schizophrenia but becomes a Nobel laureate late in life.

10:15 am WTBS ch.3 "The Dark Knight" (2008, Action) Christian Bale. Batman has to keep a balance between heroism and vigilantism to fight a vile criminal known as the Joker, who would plunge Gotham City into anarchy.

AFTERNOON

12:00 pm VTVch.22 "Miss Congeniality" (2000, Comedy) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. (In Stereo) (CC)

under cover. (In Stereo) (CC) FAM ch.26 "Den Brother" (2010, Comedy) Hutch Dano. Suspended from his hockey team, a teenager becomes a substitute leader for his sister's Girl Scout troop. (In Stereo) (CC) 2:00 pm YTV ch.18 "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England. (In Stereo) (CC)

4:00 pm YTV ch.18 "Cloudy With a Chance of Meatballs" (2009, Comedy) Voices of Bill Hader. Animated. When hard times hit the town of Swallow Falls, a failed inventor constructs a device that turns water into delicious food. (In Stereo) (CC)

5:00 pm CBC ch.13 "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)

EVENING

6:00 pm WTBS ch.3 "The Sum of All Fears" (2002, Suspense) Ben Affleck. Jack Ryan and the CIA director try to stop terrorists who are planning a nuclear attack.

ning a nuclear attack. YTV ch.18 "Ice Age: The Meltdown" (2006, Comedy) Voices of Ray Romano. Animated. Manny, Sid and Diego reunite to warn their friends about the danger to their homes posed by swiftly melting ice. (In Stereo) (CC)

10:00 pm FAM ch.26 "Let It Shine"

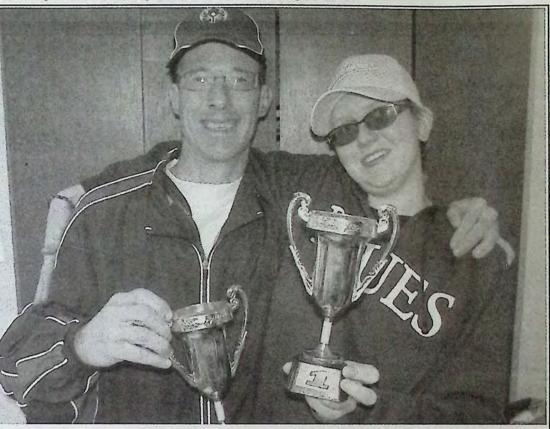


SUNDAY, MARCH 23, 2014

(2012, Comedy-Drama) Tyler James Williams. A teenage rapper must use his musical talent to battle his nemesis and win the girl of his dreams. (In Starma) (CC)

Stereo) (CC) 10:30 pm WTBS ch.3 "Lakeview Terrace" (2008, Suspense) Samuel L. Jackson. A police officer, the self-proclaimed watchdog of his neighborhood, becomes increasingly hostile toward the interracial couple next door.

11:30 pm CBC ch.13 "Barney's Version" (2010, Drama) Paul Giamatti. A detective's book prompts a thrice-married TV producer to revisit events surrounding his best friend's long-ago disappearance. (In Stereo) (CC)



Paul Gabriel and Jessica Lehtonen proudly show off trophies they won March 1st. Their curling team finished first in a Special Olympics event held in Oliver and had to share their win with us at the News Leader! *

		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	CITV 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)	Pald Prog.	Criminal	Pald Prog.	In a Name	Sunday	Super Why!	Sidekick	SportsCen-	Canada AM	Pyros "Mexi-	Slug Terra	R Schuller	Off Road	Fishful
0	:30	Coolest	Smile	Monkey	WordWorld	0 83	Pald Prog.	Minds O 65	Paid Prog.	Smlle	Morning News (N)	Poko 📾	Super Evil	tre 23	Weekend	can Fire"	Wingin' It	ChurchRck	Engine	Paid Prog.
7	AM	P. Affairs	Sunday Morning	Ella the El	Barney	KHQ News	CBS News	Those Who Kill O 55	Good Morning	Sunday Morning		News	Squirrel	Reporters	Арр	River Mon-	Gravity	Eye/Asla	Truck Tech	Movie:
1	:30	Atl. Eats	News (N) 32	Jelly Jamm	Clifford	Invest	Sunday Morning	KIII () as	America	News (N) Rd	1 S	Artzooka	Pet Shop	Sports	The Social	sters (33)	Phineas	Dharti	Muscle	"Superman IV: The
0	AM	Movie:		Upside	Curious	Meet the	(N) 650	Those Who	This Week			Coronation	Pet Shop	Curling:	Question	River Mon-	ANT Farm	Pakistan	Bar Rescue	Quest for Peace" 0
8	:30	***%"A Beautiful		PAW Patrol	Cat in the	Press (N) 30	The Nation	Kill O BD				Coronation	Sidekick	Women's World	Period (N) O	sters 80	Shake It	Festival	0	reace in
0	AM	Mind" (2001)		Dino Dan	Biz Kid\$	Skling	2014 NCAA	Bates Motel		1	Block	Coronation	SpongeBob	Champion- ship: Bronze	Operation	Highway	Good Luck	Italiano di Johnny	Bar Rescue	Security
9	:30			Arthur O	The Impact		Basketball Tournament	0 80	Above		Context	Coronation	SpongeBob	Medal. (N)	Smile 80	Thru Hell	Charlle 20	Lombardi (In Italian) 32	0	Security
10	AM	(10:15)	Block	Wild Kratts	Inside	Golf Equip-	(N) (Live) 30		Focus T25	Block	J. Osteen	Coronation	Parents	(Live) III	Worst	Dangerous	Dog	(in italian) as	Bar Rescue	Bggg Bttls
10	:30	Movie: **** "The	Context	Little	Olympia O BC	ment		"Caleb" O	Paid Prog.	Context	Canadian	M'ketplace	Sam & Cat		Handyman	Flights	Jessie Kū		0	Bggg Bttls
4 -1	AM	Dark Knight" (2008,	J. Osteen	Little	Moyers	PGA Tour		Storage	Hate Hair?	J. Osteen	PGA Tour	Our Van-	0 120		Kevin New-	Gold Rush	Liv-Mad.	Shopping	Bar Rescue	
11		Action)	Paid Prog.	Marco Polo	Europe Jrnl	Golf: Arnold Palmer	2014 NCAA	Storage	Hollywood	Paid Prog.	Golf: Arnold Palmer	couver 30	Hathaways	NASCAR	man Live O	"Unearthed"	I Didn't	Channel 20	0	Declassi- fied
10	PM	Christian Bale, Heath	News Hour	Dogs/Jobs	Health Matt.	Invitational,	Basketball Tournament	Storage	Brady	News Hour	Invitational,	Land/ Sea	Thunder	Racing: Sprint Cup:	Movie:	Bering Sea	Movie: "Den		Bar Rescue	Airport
12	:30	Ledger.	PGA Tour	Dogs/Jobs	1	Final Round. From Bay	(N) (Live) 36	Barry'd	Brady	PGA Tour	Final Round. From Bay	One/One	Assembly	Auto Club	** "Miss Congenial-	Gold (81	Brother" (2010) 0 150	Boomers	0	Airport
4	PM		Golf: Arnold Palmer	Rivers	Alaska, the	Hill Club & Lodge in	-	Storage	Extreme	Golf: Arnold Palmer	Hill Club & Lodge in	Recipe to	Japanizi	400. (N) (Live) 80	ity" (2000)	Cold Water		Murdoch	Bar Rescue	Security
1	:30		Invitational,	Rivers	World	Orlando,		Storage	Weight Loss "Ash- Final Bound	Orlando.	Riches (cd)	Cache		0.02	Cowboys	Wander	Myster- les O	0	Security	
0	PM	King	Final Round. (N) 30	Park	Vivaldi's	Fla.	2014 NCAA	Storage	ley" A St	Final Round. (N) 381	Fla.	Speed	Movie: ***	2 × 1	The Social	and the second	Phineas	Mod Fam	Bar Rescue	Bggg Bttls
2	:30	King		Tako Mo	Four Sea-		Basketball	Storage				Skating	"Chicken Run" (2000)		Movie	Busters	ANT Farm	Mod Fam	0	Bggg Bttls
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Naturalists snowshoe at China Ridge

by Janis Wright, VFFN

The conditions and weather for the VFFN snowshoe outing at China Ridge on Saturday, March 8th were perfect.

The trail had been sufficiently packed down, and no new snow made snowshoeing easy. Those of us who participated had a wonderful snowshoe stroll through old growth forest with huge trees that towered above us.

We meandered through regenerated areas and through open vistas. We spotted some Mountain Chickadees, saw prints from moose or elk, but judging from the scat, probably elk, and grouse prints.

We visited two viewpoints. The first was an open area on top of the ridge that parallels one of the cross country ski trails. At this location we had a marvelous view of hills and mountains to the west.

Continuing on, we followed the Parker Trail for a distance and then left it, and proceeded along a new trail that continued on to the second viewpoint. A short climb led to an open area that gave a good view of China Ridge as well as other points of interest to the east. A big thank you to John Henry for setting up this snowshoe trail!

Our next field trip will take place on Saturday, March 22nd, when Amanda Lahaie will lead us on an easy walk along the trails at Swan Lake. Bring binoculars and lunch, and we'll make use of the new picnic table down by the lake. We'll

7:00 am SPIKE ch.44 "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can

harness its power for world domination. (In Stereo)

10:00 am SPIKE ch.44 "Lara Croft

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

3:30 pm SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman. Professor Xavier leads Wolverine

and other superheroes against Magneto, a mutant who would rule

MORNING

AFTERNOON

humanity. (In Stereo)

meet at Billy's Restaurant at 10:00 AM. All are welcome! Please confirm with Amanda at 250-295-7596.

Our next meeting will be held Tuesday, April 8th, when our guest speaker, Lynn Pollard, will give a presentation on pond study.

Please join us at Riverside Centre at 7:00 PM for an interesting evening.

6:30 pm SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman. Professor Xavier leads Wolverine and other superheads Wolverine

and other superheroes against Magneto, a mutant who would rule

humanity. (In Stereo) 9:30 pm WTBS ch.3 "I Love You, Man" (2009, Comedy) Paul Rudd.

As a bridegroom's bond with his new best friend grows, it threatens his relationship with his fiancee. 10:00 pm SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman. Professor Xavier leads Wolverine and other superheres against

and other superheroes against Magneto, a mutant who would rule

humanity. (in Stereo) 11:30 pm WTBS ch.3 "Nothing Like the Holidays" (2008, Comedy-

Drama) John Leguizamo. Secret rev-

elations, major life-changes and inevitable bickering mark a Chicago family's Christmas reunion.

Monday Movies

EVENING

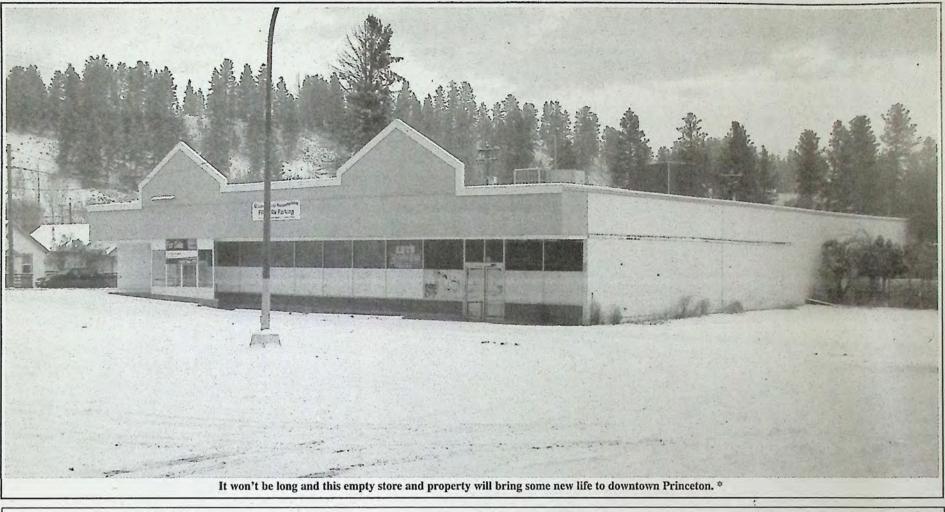


Vermilion Forks Field Naturalists enjoyed a snowshoeing trip at China Ridge recently. This was the view they enjoyed from the first viewpoint looking west. Photo: Mary Masiel

MONDAY, MARCH 24, 2014

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Saving Downtown Princeton...

....An Ongoing Series by George Elliott

I attended two different sub-committee meetings last week. The sub-committees, five in total, were formed as a result of a series of meetings with local business owners and operators concerned about the local economy.

It was at one of last week's meeting it was pointed out to me that we've been going to these things for the past nine weeks. Although there hasn't been a lot of physical proof of anything coming out of these meetings, in actual fact, a lot has been accomplished.

I mentioned last week that subcommittees started regular meetings to discuss their top two or three priorities.

One meeting I attended last week was for the 'Industrial Park' subcommittee and before it started I was wondering what we were really going to accomplish after nine weeks of what seemed like endless meetings spent with other business owners and operators. All of us are in the same boat as business is down in all of our businesses. Empty storefronts dot the landscape and people continue to shop out of town.

Sure, some of those things are beyond our control, but some of them we can try to work together to solve and that is where the subcommittees fit into the picture.

I will say I was quite impressed with the discussion and decisions made in the 'Industrial Park' meeting I attended.

Some ideas were kicked around and attainable goals were set with a follow-up plan to meet again this week to see where we are on hitting those milestones.

I can tell you that there will be a full-scale marketing plan put in place to sell lots at the industrial park built around a consistent message. That 'slogan' will be the identifier that will appear in everything from blanket mailings to online advertising and site signage.

I offered to come up with that nugget of a slogan and submitted a number of suggestions to the rest of the sub-committee members shortly after the meeting last Wednesday night ended. As I've tried to keep an arm's length relationship with the whole list of meetings and subcommittees, I found the slogan idea to my liking as it does happen to fall under my level of expertise in business. I'm not going to 'show off' here by listing them in case one of mine isn't chosen, but at least there is something creative being done.

I have to admit I think the 'Industrial Park' sub-committee meeting was one of the most productive meetings I've attended in the nine weeks this has been taking place. That's not to say the rest of the meetings were not valuable, it was just refreshing to finally get down to the business of rolling up our sleeves and getting to work.

On to another note: There has been talk about the old Overwaitea building in the centre of downtown being sold. I can confirm that it has been purchased. I can't say by whom and for what purpose because of the cone of silence that appears to be in place but I can tell you there won't be another grocery store in Princeton.

At least not at that location.

The interesting thing about the former Overwaitea property is the covenant(s) on it. That is to say, there are some restrictions in place to protect the company's investment at the Cooper's Foods store. On the surface it may sound like the downtown core is being held hostage, but when you look at the reasons for putting the restrictions in place it really does makes a lot of sense.

Why would the property owner

sell a former grocery store location to a competing chain shortly after investing in the building of a new store? I don't blame them for trying to protect that investment.

However, that doesn't restrict another grocery chain from locating somewhere other than the former Overwaitea location.

Read that last line again. Keep it in mind for future reference if you need to.

So, back to the sale of the old Overwaitea store. What does that have to do with saving downtown Princeton? I happen to think that whatever ends up there will enhance the downtown core by injecting some life into what has slowly become an old, run down and decaying building in the epicenter of the dying downtown.

There have been rumours of a strip mall locating there. With the covenants in place to protect continued on Page 23







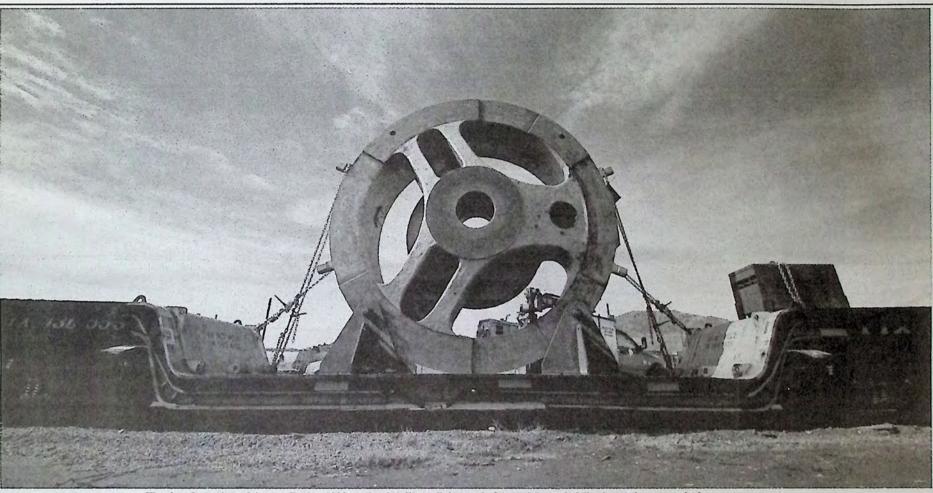
News Leader

Tuesday, March 18, 2014





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.



The size of one piece of the new Raptor 2000 crusher heading to Princeton's Copper Mountain Mine is massive, to say the least. - photo submitted

Raptor 2000 heads to Princeton this week

The biggest of four major parts of the permanent secondary crusher is now loaded onto a special heavy duty transport rig in preparation for transport by road from Kamloops to the Copper Mountain Mine site in Princeton this week. The lower main frame is the largest and heav-

SMALL BUSINESS IS THE BACKBONE OF OUR COMMUNITY... WHEN YOU SHOP LOCAL YOU HELP ALL SMALL BUSINESSES IN PRINCETON...INCLUDING OURS! SUPPORT DOWNTOWN PRINCETON iest piece of the Raptor 2000 rock crusher, weighing in at just over 100 tonnes. This part will be transported at night over four nights this week (March 17-21) 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. Background

Copper Mountain Mine's new High Performance Raptor 2000 rock crusher is the centerpiece of its \$40 million secondary crusher program. One of only four in the world, the Raptor 2000 comes dis-

ADVERTISING WORKS OR YOU WOULDN'T BE READING THIS! Similkameen News Leader 250.295.4149 assembled in a number of pieces and must be re-assembled at the copper mine site in Princeton. The largest piece is the lower main frame which weighs 100 tonnes and measures 5.75m X 5.25m X 2.3m (approximately 19 feet by 17 by 7). Three other main components (the upper main frame, the bowl short head and the adjustment ring) each weigh just over 50 tonnes. The Raptor 2000 is the largest model on the market and is fit for the most demanding high tonnage applications.

The Raptor 2000 is so large it had to be shipped from Italy to the Port of Halifax for offloading on to land. From Halifax the pieces have been transported by rail to arrive in Kamloops where they will be loaded onto special trucks and driven south to the mine site near Princeton. The Raptor 2000 will be assembled there and becomes operational in mid-2014.

It will be used by Copper Mountain (www.cumtn.com) to pre-crush rock and increases the mine's daily processing rate from around 32,000 tonnes per day in December 2013, to reach or exceed the planned nameplate 35,000 tonnes per day that was projected when the mine first opened in August 2011.

Management at Copper Mountain is confident that the crusher will improve mill throughput to nearly 40,000 tonnes per day, which would improve mine profitability and provide a better margin to ensure operation during times of lower metal prices, thereby sustaining employment and stability for the town of Princeton. - submitted

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wheeling and dealings going on, so put your cards on the table. Step out of the shadows and stand tall. It is nothing to be ashamed of. It is an honourable thing to run for council and it is an honourable thing to serve your community, as long as you are doing it for your community. Princeton is facing a lot of issues and will be facing more as the year progresses. We will need strong leadership as our community moves forward. Are you the right person?

The same goes for Area H. I know there are factions in the district who are hiding in the shadows waiting to make their move. Come out into the light and make your intentions known. It is time that Princeton's political circles move into the big league.

We have big league problems so we need politicians who are ready, willing and courageous enough to come forward. Let's not beat around the bush this year. If you are going to run come forward and tell us. You may be surprised at

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Tuesday, March 18, 2014

News Leader

