

Similkameen News Leader

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



The rear of the home where the fire late March 27th is believed to have started. If you would like to make a donation of any kind to assist the residents affected by this fire call Crisis Assistance Society at 250-293-1136. Photo: Brenda Engel

Fire destroys three homes

A fire that started at around 10:00 PM on Thursday, March 27th destroyed three homes and two out-buildings.

No one was injured in the blaze that was believed to have started in a small shed near the back of one home. It quickly spread to two neighbouring homes in the 300-block of Fenchurch Avenue.

Keremeos Volunteer Fire Department was called to assist Princeton Fire Department and arrived on scene later in the evening and stayed until after 4:00 AM the following morning.

Speculation and rumours ran rampant on social media in the hours that followed but RCMP told the

News Leader that "it looked like arson" and the cause continues to be under investigation.

In the meantime, residents wishing to make donations to assist the residents of the three homes can do so by contacting Princeton Crisis Assistance Society at 250-293-1136.

Two single men and an older couple were affected by the incident and have lost all their belongings. Donations of every kind to help will be accepted.

Various fundraising efforts are also being planned to assist the victims of the fire.

Although there were no injuries, three pets perished in the blaze.

RDOS monitors Similkameen snowpack

The Regional District of Okanagan-Similkameen is keeping an eye on the snowpack in two basins that could impact water flow in the region later this spring.

"Right now, the Similkameen snow basin is at 118% of normal," said Dale Kronebusch, Emergency Services Supervisor.

"The snow pillow on four monitored peaks within the basin is well above normal right now."

That doesn't necessarily mean an

increased flood risk for the region this year.

"Right now, above-normal runoff is expected in the Similkameen during the spring melt," Kronebusch said.

"But seasonal weather during the melt is an important factor in determining whether or not flooding will occur. These cooler days and below zero nights are helping to slow the melting process."

Snow pack in the Okanagan basin is currently at 94% of normal.

The Regional District will continue to monitor snowpack levels — six to eight weeks still remain in the snow season — and also keep an eye on the weather.

Seasonal forecasts from Environment Canada indicate a modest chance of above normal temperatures and normal precipitation for the March to May 2014 period.

The Regional District will provide more information on water run-off and flood risk as the spring melt pro-

gresses. If necessary, information on the availability of sandbags will also be provided.

Preparing for a Flood

The federal government's Get Prepared website offers these tips to property owners and others to reduce the likelihood of flood damage:

- Put weather protection sealant around basement windows and the base of ground-level doors.
- Install the drainage for downspouts a sufficient distance from your residence to ensure that water moves away from the building.
- Consider installing a sump pump and zero reverse flow valves in basement floor drains.
- Do not store your important documents in the basement. Keep them at a higher level, protected from flood damage.
- If you have a livestock farm, remember that livestock have a natural "move away instinct" to flash flood waters. They generally seek higher ground if possible. When purchasing or designing your livestock operation, it is important to allow livestock a way to reach high ground in each pasture. Without access, livestock will fight fences and be at a

greater risk of drowning. Livestock will initially panic during flash floods. This complicates livestock handling.

Floods are the most frequent natural hazard in Canada. They can occur at any time of the year and are most often caused by heavy rainfall, rapid melting of a thick snow pack, ice jams, or more rarely, the failure of a natural or man-made dam.

- A heavy rainfall can result in flooding, particularly when the ground is still frozen or already saturated from previous storms.
- Flash flooding — in which warning time is extremely limited — can be caused by hurricanes, violent storms or dams breaking.
- Many Canadian rivers experience flooding at one time or another. The potential for flood damage is high where there is development on low-lying, flood-prone lands.

Giant crusher part arrives

The biggest of four major parts of the permanent secondary crusher has now arrived at Copper Mountain mine from its multi-day transport from Kamloops and is being placed in position as the cen-

terpiece of the secondary processing unit.

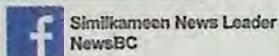
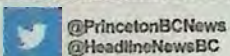
The lower main frame is the largest and heaviest piece of the Raptor 2000 rock crusher, weighing in at just over 100 tonnes. The sec-

ondary processor and building will now be constructed around the lower main frame over the next few months with completion projected for summer.

The lower main frame part was transported at night over a series of nights during the week of March 17 to 21 under a special permit required from the provincial government due to the size of the specialized transportation truck required to safely move this large piece of equipment to the Copper Mountain Mine site. - submitted

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It's not how fast you swim, but how you swim fast.



Local artist Jessie McIvor, centre, had a successful Art Show and Sale March 25th at New Beginnings on Harold Avenue. A steady flow of traffic saw a lot of artwork sold during the event. Photo: Alan K. Parsons

Society celebrates volunteers

by Lynn Pelly
Executive Director, Princeton & District Community Services

Despite what we hear from time to time, volunteers continue to be the foundation of our community and are responsible for many of the wonderful events that are happening. It is true that many of the volunteers have served the community for years and are no doubt growing weary but their contributions must surely instill within others the benefits and rewards of volunteer work.

If you review any of the activities available within the community, very few would occur without the help of volunteers. The Fish & Game banquet; the Diamond Dinner; the Figure Skating

Carnival; Shave for the Brave; medical transportation to Penticton & Kelowna; the Hospital Auxiliary; Racing Days; the Fall Fair; Family Day at China Ridge; the Senior's Centre; the Posse hockey team; Lion's Pancake Breakfast; Rotary Wine Fest; the Legion Ladies; Snow Angels; Rotary Parade; Flu Clinics; school activities; Special Olympics; minor hockey, ball, soccer; Swim Club; and the list goes on.

On behalf of Princeton & District Community Services, I would like to sincerely thank the many volunteers who give freely of their time to enhance our lives and provide assistance to improve the quality of life for many.

Each volunteer deserves a round of applause! We truly hope that what they give is but a small share of what they receive.

Our organization is fortunate to have a core group of dedicated volunteers who give many hours of quality time to those we support; always ready, always willing to do whatever is asked, fully supportive of our programs and goals. They are the bright lights in our days! New Beginnings, the Adult Day Program and the Society extend their sincere thanks to you for your generosity.

Please take the time during volunteer week to personally thank those who have made a difference in your life through their volunteer efforts.



New Beginnings hosted Jessie's Art Show - a show and sale of the artwork of Jessie McIvor. Photo: Alan K. Parsons



Another look at the aftermath of the fire Match 27th on Fenchurch Avenue. Call 250-293-1136 to help. Photo: Brenda Engel

Flip Of The Coyne

by Spencer Coyne

Since we started talking about saving Princeton there have been pages upon pages of ideas submitted by concerned citizens. There is a committee of business people who are working in a number of subcommittees to come up with things that would bring the total area population up to 5,000. Facebook has been flooded with ideas to attract people and business to town. One problem we don't seem to have is a shortage of ideas. What we do have a shortage of is volunteers.

Not too long ago someone was listing off all the things that used to happen in Princeton back in the 80's and 90's and the conversation turned into how shameful it was that none of these things still happened here. The common thread between all the things that used to happen here was that they were run by volunteers. I am told by some that our volunteers are no different or no more special than those of any other communities, but I don't agree. Our volunteers are the lifeblood of this community. There is not an event that happens in this community that isn't run by volunteers.

Everything that we take for granted, from Minor Hockey or Ball, the

Fall Fair, Racing Days, Rodeo to the Traditional Music Festival, is run by volunteers. Volunteers like the Lions, Elks and Rotary have been raising money for this community for countless years. Volunteers at Crisis Assistance are the people who step in and help our most vulnerable community members with the Food Bank and a number of other great programs. All of our kids' extracurricular sports are organized and run by volunteers. Our volunteer Arts Council brings us entertainment, art and culture. Our Chamber of Commerce, Museum and our section of the Trans Canada Trail are all run by volunteers. Our Fire Department, Highway Rescue, and Ground Search and Rescue are all volunteer organizations. Our community has an amazing and expansive community of volunteers.

The one thing about all these organizations and events being run by volunteers is that there is a lot of overlap. If you start attending these meetings, you will see a lot of similar faces at each meeting. If you have been attending these meetings for any amount of time you will notice that the same faces have been there for a long time. This creates fatigue, and with fatigue

comes burnout, and a lot of our volunteers are burned out. They have been volunteering for years and some for decades. The problem isn't that people are stepping down, but that no one is stepping up to fill the void. I don't think there is a single volunteer or service group in our community that couldn't use another body.

Now that we have all these people putting forward all their great ideas for someone to bring to life we need people to not only say, "Yeah that's what we need." We need people to join the Chamber of Commerce, Rotary, the Lions and Elks. We need volunteers to give continued on Page 22

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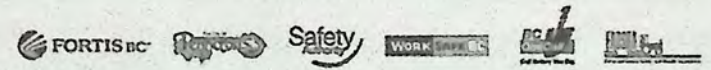
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Editorial Page

News Leader

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

My Turn...

April Fool's!

All right, Spencer Coyne is to blame for this.

He wrote a few weeks ago about the importance for candidates in the November Municipal Election to come forward so they can get an early kick at it.

I wasn't going to respond, but he has forced my hand.

Yes, I want to be the next Mayor of Princeton.

I want to make it clear that I think the current one isn't doing too bad a job, but I think I can do much better.

My platform will revolve around injecting life back into the local economy.

I plan a multi-tiered education program that will be implemented over the course of the spring of 2015.

The first phase will include a tollbooth at the end of the municipal boundaries on all roads leading away from Princeton. It will be basically a check-point where vehicles will have to stop and declare their planned destination. If the trip is for shopping of items not readily available in Princeton, you'll be waved through.

If you are on a shopping trip for things you can buy here there will be a Travellers Toll of \$5.00 per person.

The second phase of the plan is to work with Mayors and Councils of surrounding communities. The goal is to have an Out-Of-Town Shopper Tax added to purchases in any community outside of the Similkameen Valley. Purchases of items not readily available here would not be taxed.

All revenues collected from both the Travellers Toll and Out-of-Town Shopper Tax would go into Town of Princeton reserves to be used to build a giant indoor recreation centre complete with a competition size swimming pool and other amenities including sauna, whirlpool, racquet ball courts, weight room, juice bar, twin cinema movie theatre, covered running track and field suitable for soccer, softball and various other field sports.

Local taxpayers would be able to use the facility free of charge, as they will have already helped finance it through the Travellers Toll and Out-Of-Town Shopper Tax. Annual operating expenses would also be covered using these two fees with the Travellers Toll projected to be phased out after the recreation centre reaches its fifth year.

And just because it's such a swell idea, once a year I would use some Community Forest money to throw a giant downtown block party where everyone can join in for free and enjoy hamburgers, soft drinks and popcorn as we celebrate the wonderful things we've been able to do together for our local economy.

Businesses will thrive, new ones would start up and the population would increase because I'd also spend a chunk of Community Forest money on an obscene amount of promotion throughout the province and Western Canada sharing the good news about our awesome town.

My fundraising campaign for the election starts now!

Contact me for details.



Jessie McIvor, with Ed Staples, during her Art Show and Sale March 25th at New Beginnings. Photo: Alan K. Parsons

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

I attended a mini rally in Keremeos on Tuesday (March 25) afternoon. We are very concerned about the new "Fair" Elections Act that is being proposed by the Harper Conservative government. The five of us talked together about the fact that very few people seem aware of the danger of this new attack on our democracy.

The Globe and Mail gave a summary of why we should be very worried.

Our federal Conservative government is changing the rules and moving the goalposts around to give them an even greater advantage in the next election.

They started by already eliminating funding for all political parties

according to the number of votes they get. That funding was meant to level the playing field somewhat. With this Bill the limit on the amount a party or candidate can receive to spend on the election will be raised. This obviously benefits the Conservatives considering the deep pockets backing them and gives them unlimited spending power.

Elections Canada will be gutted of its power and will no longer be allowed to encourage people to vote.

The Chief Electoral Officer will be limited in what he will be able to say publicly. I heard an interview with him and he said he will no longer be able to talk publicly about elections. He can only let people know where and when to vote. How weird is

that?

The Commissioner of Canada Elections, who is responsible for investigating election irregularities will be removed from his office to become Director of Public Prosecutions, must report to the Justice Minister, and will not be able to investigate complaints from the last election or compel witnesses to give information.

It's no wonder Harper is scared and has imposed closure on discussion of the Act. I was surprised to read in the Canada Elections website that if a political party, its agent or an officer is convicted of an offence by the courts the Chief Electoral Officer has the power (so far) to deregister the Party and liquidate its assets.

I would love to see a dialogue opened up on this issue. It's too important to let lie.

Sincerely,

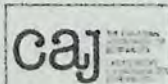
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EDITORIAL GUIDE

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



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Current Comment

Like Health Care? Demand It!



Dawn Johnson
editor@thenewsleader.ca

On Monday, March 31, SOHC held a rally to inspire local people to demand the federal government negotiate a new Health Care Accord. The Health Care Accord is a deal between the federal government and the provinces and it expires this year. The deal was made a long time ago and covers part of our national medicare program. Eighty-six percent of Canadians support medicare. The majority of Canadians believe in health care for every citizen, rich or poor, regardless of where they live in Canada. The present Conservative government has announced it will enact \$36 billion worth of cuts to health care after the 2015 election. They must believe they will be elected next time around!

I will be the first to admit medicare costs a lot, and I will be the first to say it is worth every penny, particularly for our economy. I remember the bad old days when we didn't have it. I remember the huge toll it took on our family when my grandfather became ill.

My parents had to pay every

nickel of the cost of his medication, doctor visits and hospital stays. During the two years before his death, health care costs kept my parents broke by the end of the month, and my father was making good money. During that same period, my mother was pregnant, and rarely went to the doctor's office due to the cost, but when my sister was born, there were more hospital and physician bills for the delivery. My father suffered an industrial accident and was hospitalized for three weeks, adding to the burden.

It took my parents three years to pay off the health care debts. There was no health care insurance to speak of, and what was available was not available to everyone.

A new spate of hospital and doctor bills followed the final payment of the bills mentioned above. My sister and I had tonsillectomies, and another round of monthly payments began.

I know how they felt. When my first child was born, my husband was earning about 50 cents an hour after taxes, which was about average for a man beginning his career. Delivery of our child cost \$165, representing 330 hours of work to pay the hospital and physician. Using today's minimum wage, that would be a cost of \$3,382.50 for a young couple starting out in life, a huge burden of debt.

When people are busy paying off debts for health care, they do not spend on anything but the basics. They do not buy new clothing, they do not buy new cars, and they spend very little on entertainment. They buy a minimum of food and they do not travel. Paying off

health care costs led many people to bankruptcy because they simply could not pay, period. In the United States, the major cause of bankruptcy has traditionally been a major family illness or injury.

When people are paying off health care costs, it affects the clothing industry, the automobile industry, the entertainment industry, the travel industry, and the banking industry, because these people cannot save, either.

There are those who say medicare could be replaced by private health insurance. Yes, if you can afford it. Some American families pay up to \$400 a month in health insurance. Those who cannot afford health insurance go into debt if they become ill, and sometimes they just die because they will not bankrupt the family. Others turn to crime in hopes of securing money they need.

The other thing about private health insurance is that even those with the insurance may not receive benefits when they are ill. The insurance company reserves the right to deny payment for pre-existing conditions. A man in Tonasket who needed a heart transplant was refused because his condition was attributed to a genetic flaw. A woman in Chicago was denied payment for her hysterectomy because she had once been treated for a yeast infection. These are the kinds of excuses private insurance companies use, because they are in the business to make a profit, not to provide health care.

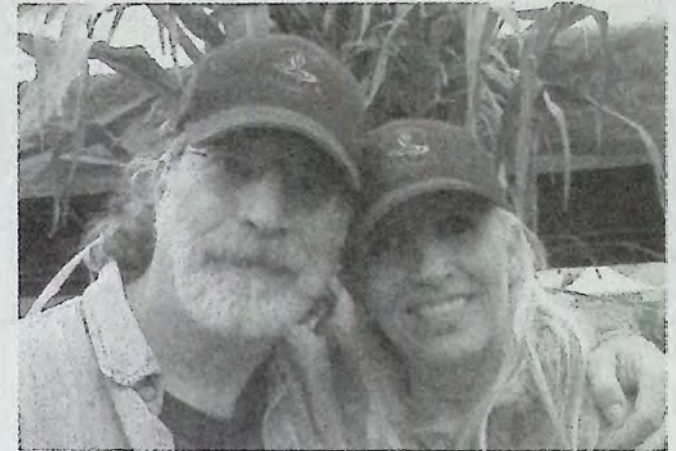
If you want to demand that the Conservative government renegotiate the Health Care Accord, you can write a letter to your Member of Parliament Alex Atamanenko, you can write to MLA Jackie Tegart, or you can go online to Take Action: The 2014 Health Care Accord, where you can send an email to express how you feel. You could write a letter to Stephen Harper, Prime Minister's Office, Parliament Hill, Ottawa, ON, and tell him how you feel.

My letter will end with: I will never vote Conservative ever again if the Health Care Accord is dumped.

Politicians and political parties survive on votes. Any political party that dumps the Health Care Accord does not deserve to survive.

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"I can do everything through him who gives me strength." - Philippians 4:13

Lower Valley News

Keremeos - Cawston - Olalla



It's all over for another year: this picture snapped March 6th at Yellow Lake hearkens to when the ice was thick enough to support fishermen and fisherwomen who take up their craft in the winter. Yellow Lake sports a new floating wooden dock to fish from if y'all don't have a boat. Photo: Arlene Arlow

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Arts program begins

The Keremeos Grist Mill and Gardens will host a kids theatre program from Similkameen Family Literacy.

Story to Stage is a series of three two-hour workshops for primary and elementary school aged kids.

There is no fee for Story to Stage. Pre-registration is at 250-499-2352 between 8:00 AM and 12

Noon Monday to Friday. Parent volunteers will need to accompany youngsters aged seven and under.

In January and February Gibson House was host to three Wednesdays of puppet works and three Wednesdays of clay works where kids presented from a mini-stage they put together for the shows.

Similkameen Family Literacy aims to promote the enjoyment and good use of language in spoken, read, written and heard communication for all ages.

To register in advance for Wednesday April 9, 16 and 23 Story to Stage call 250-499-2352 between 8:00 AM and 12 Noon Monday to Friday. -submitted



Orchardists in the Cawston and Keremeos area continue to burn prunings which have filled the lower valley with smoke and haze. It's one of the signs of spring in the Similkameen Valley. Photo: Arlene Arlow

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Nights are still a tad chilly, but there are indeed die-hard campers along the Similkameen River this time of year. This truck and trailer was spotted just east of Princeton on the morning of March 28th. That evening on the same side of the river, the glow of another campsite was visible during darkness on the Old Hedley Road about 25 miles downstream. One can bet there isn't a lot of noise along the Similkameen River this time of year: the flow of the river won't peak until May and the flow of noisy campers won't peak until Summer. Photo: Arlene Arlow

RDOS protects farmland

The RDOS (Regional District of Okanagan-Similkameen) is pleased to note both the Okanagan and Similkameen valleys will have continued standing under the original Agricultural Land Reserve principle of protecting farmland following changes made by the provincial government to the ALR last week.

"The Regional District is pleased the provincial government recognizes the value of the Okanagan and Similkameen valleys as critical food-source providers," said Mark Pendergraft, Chair of the Regional District's Board of Directors.

"With their orchards, farms, vineyards and ranches, both valleys provide an abundance of food to the province."

The provincial government made changes the morning of March 27th to the ALR that divides provincial land into two zones.

Zone One includes the prime farmland of the Lower Mainland, Fraser Valley, Okanagan and Similkameen valleys and Vancouver Island.

Zone Two includes farmland in the North, the Kootenays and the rest of the Interior.

In Zone 2, Agricultural Land Commission decisions will now, in addition to the original principle of protecting farmland, include considerations to provide farmers with more flexibility to support their farming operations.

Pendergraft was also pleased the Agricultural Land Commission, which administers the ALR, will remain a fully independent tribunal and decision-maker.

"As I understand it, the Agricultural Land Commission will continue to make final decisions on specific land uses within the Agricultural Land Reserve," he said.

"Our commitment as part of that process is to work with landowners

to ensure continued responsible and effective stewardship."

Over the last five years, the Regional District has reviewed 68 ALR applications. Twenty of those applications were in Area "C," 12 in Area "H" and 11 in Area "A."

The Agricultural Land Reserve was established by the provincial government in 1974 to slow the loss of prime agricultural land to urban and other uses. It takes precedence over, but does not replace other legislation and bylaws that may apply to the land. Local and regional 2 governments, as well as other provincial agencies, are expected to plan in accordance with the provincial policy of preserving agricultural land.

In the Okanagan-Similkameen, the Agricultural Land Reserve totals about 84,000 hectares.

..... MORE ON PAGE 23

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Town of Princeton
Zoning Amendment Bylaw No. 887, 2014

Pursuant to the provisions of Section 893 of the *Local Government Act*, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylaw No. 880, 2013.

The proposed Amendment is as follows:

THAT Lot 10, District Lot 706, Yale Division Yale District (formerly Osoyoos), Plan EPP11334, PID 028-575-466 (civic address 105 Copperhead Road), be rezoned from Single Family Residential (RS2 Small Parcel) to Two Family Residential (RD).

The purpose of the zoning amendment is to facilitate the development of a secondary suite at 105 Copperhead Road.

The Council of the Town of Princeton will consider the Bylaw Amendment April 7th, 2014 at 7:30 pm at the Library Meeting Room, 107 Vermilion Avenue.

A public hearing is being waived under the provisions of Section 893 of the *Local Government Act*, as the subject property is consistent with the Town of Princeton Official Community Plan.

A copy of the subject Bylaw No. 887, 2014 (105-Copperhead Road - Idanwekai) is available for examination during normal business hours 8:30 a.m. to 4:30 p.m., Monday to Friday inclusive in the Town Office, 151 Vermilion Avenue, Princeton, B.C.

Rick Zerr, CAO
Town of Princeton

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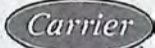
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An assortment of cards designed by Jessie McIvor were part of the March 25th Art Show. Photo: Alan K. Parsons



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Flowers In Motion

Brad Den Boer

Saddles 'n' Spurs

by Pastor George Donovan

Sparky, our beautiful black gelding was a popular horse to ride but an incredibly difficult horse to catch if he wasn't in his stall. A young lady whose favourite horse was Sparky, came to the stable and wanted to rent him for a ride.

My lariat had been broken from someone towing a car so I took what I had left of it out to a small corral that Sparky was in. I didn't have a big enough loop to get him by the neck so I went for his back legs as he was galloping by. Once again I wasn't wearing my gloves and got my hands rope burned pretty bad but I did catch the horse after a few tries.

The girl saddled him up and had a great ride and showed up again a few days later asking for Sparky once again. This time Sparky was in an area of about three acres.

Tommy, one of our best ropers saddled up his horse and went out to catch Sparky. Sparky was tricky and seemed to be able to duck under the lasso and get away and Tommy came back frustrated, giving up. So I grabbed my new lariat and an already saddled horse, swung on even though the stirrups weren't set right, with my legs dangling along.

As I was jogging toward Sparky I was shaking out my loop. He was at the far end of the acreage. I was moving him into a corner to squeeze him by on my best side for roping. I threw the rope, not knowing that my young brother Mike had followed me out to do the same thing.

As I threw my rope he threw his and both ropes landed around Sparky's neck. We had him! We jogged back to the other customers that were watching with us trying to continued on Page 21

Living Past 100

Save Your Belly, Save Your Brain

Two of the hottest selling books on today's market are titled *Wheat Belly* and *Grain Brain*. You can buy them in book stores and online, and those books are influencing hundreds of thousands of people to eat in a totally different way. *Wheat Belly* focuses on the bad effects of gluten on the digestive tract and on becoming overweight through too much gluten. *Grain Brain* focuses on the effects on the brain of our modern eating habits, stating the increase in dementia and Alzheimer's is caused by the combination of sugar and starch from grains.

In short, our daily bread is killing us. These books, the eating programs they promote, and the authorities who promote them are on mainstream and alternative television shows and have been on health networks online for longer than on television or in book stores. A recent Dr. Oz show featured a group of people who went on the eating program and lost weight and gained greater mental clarity in just two weeks. One overweight woman had lost 26 pounds and four inches off her waist in just 14 days. This was proof the program works.

If you wonder what the program is like, you can look it up online, or just give up the gluten products and the high percentage of grain starches in our ordinary daily diet. Basically, the program substitutes vegetables and fruits for most starchy foods, and screens out dairy products, too, except for Greek yogurt, for adults. The main reason for removing breads and pastas from the diet is to rid your body of gluten, but oats, buckwheat and rice contain no gluten, and neither does corn, but corn products will not make you lose weight. Some people are sensitive to corn just as some are sensitive to gluten.

Refined sugars are seen as major culprits in causing brain problems. Refined sugars include cane sugar, beet sugar and palm sugar, and corn syrup. Maple syrup is less refined. The eating program screens out coffee because most people take sugar in their coffee, but those who drink it black can keep the coffee. The adverse effects of too much sugar in the daily diet have been recognized for a long time, but only recently has emphasis been put on the deadly combination of grain starches and sugar.

Screening out the sugars and starches found in grain will guarantee weight loss when vegetables are the substitute. For example, if you substitute cauliflower or zucchini for pasta, there are going to be few calories even though you feel full, because your body burns more calories to digest the vegetables than it does to digest pasta.

The eating program put forward by the books mentioned above are not likely to cause any harm, and are excellent for preventing Type II diabetes. The jury is still out on whether this way of eating can reduce the number of people who develop dementia or Alzheimer's. Certainly, following the eating program will reduce obesity, which is a great benefit.

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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - April 1 - 7, 2014



Produce entered in the Fall Fair last year was plentiful. Upper Similkameen gardeners had a great growing season and it showed! *

Fall Fair reviews ideas

Many bright ideas for this year's Fall Fair, to be held September 6 and 7, were put forward at the March 25 meeting. President Dan Kastor is negotiating with a team of youths who do a show featuring tricks on bicycles. Shirley Freding presented a proposal for a mural for the flower area. She will paint the background and members of the public will be invited to fill in the outlines of various animals and birds.

The name of each participant will be painted at the bottom of the mural. She also suggested a collage of photos of families who have participated in the fair during its 49 years of history. These ideas were approved.

Freding presented another idea, a mini-chuck wagon races for children. A child would turn a little toy wagon into a covered wagon, then pull it while riding a stick horse. This idea will be explored further.

A call for a hillbilly band is under consideration. This band must consist of homemade instruments played by band members to

make actual music. If enough bands come forward, there could be not only performances, but a contest.

There will be a dunk tank, local musicians, and other regular features of the fair. New member Karin Green is looking into square dance and line dance demonstrations.

The Fair Board will invite the troupe of young riders from the South Okanagan to do their drill team performance and trick rides again this year.

A livestock manager is needed for the fair, but the other convenors have been appointed.

Cheryl Ferguson is in charge of

arts and crafts, Rose Flegel is looking after vegetables, fruit, canning and baking, and Laila Bird is in charge of the flower show.

Dawn Johnson is head convenor again and will do sponsorships.

The next Fall Fair Association meeting will take place at the fair-

grounds office on April 22 at 6:30 PM. Anyone interested in participating in the fair is welcome to attend.

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The bingo tent always has a steady flow of traffic at the Fall Fair. *

Tuesday Movies

EVENING

10:00 pm KNOW ch.5 "Armadillo" (2010, Documentary) Premiere. A filmmaker chronicles Danish soldiers in the Afghan province of Helmand. (CC)

11:00 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth.

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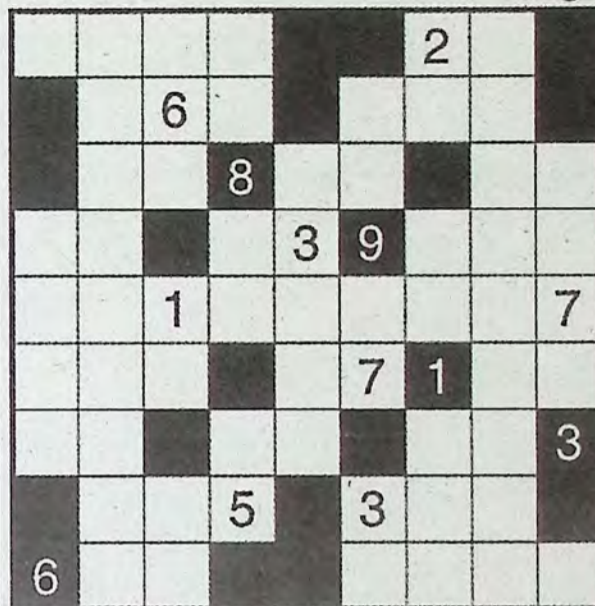
News Leader Str8ts

STR8TS

No. 171

Tough

Previous solution - Medium



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

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

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

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

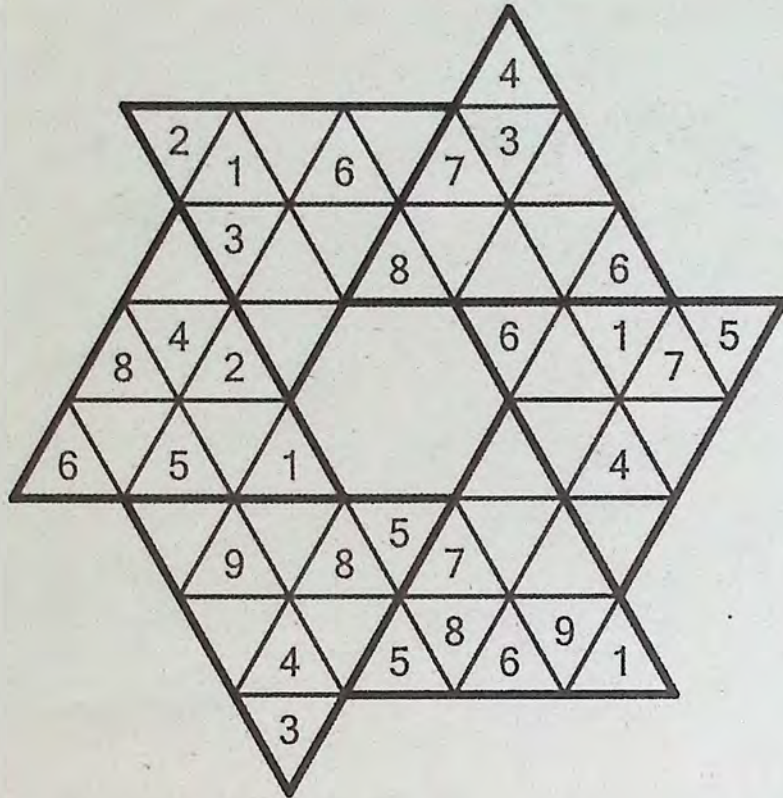
TUESDAY, APRIL 1, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [E]	Wibbly Pig	Clifford	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	Curling	CTV Morning Live (N) [E]	Salvage Hunters [E]	Stella-Sam ANT Farm	CityLine (N) [E]	Wildest Police Videos	Eat St. [E]
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today Michael Lewis, Sylvester Stallone. (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger Arthur [E]	Super Evil Sidekick	SportsCentre [E]		Airplane Repo [E]	Shake It Austin	Let's Make a Deal (N)	Police Shootouts!	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami [E]			Morning Huntley St.	Bo On/Go	Pokémon Beyblade	SportsCentre [E]		Bering Sea Gold [E]	Jessie [E]	The Price Is Right (N)	Scary Police Shootouts	Hid. City
9 AM	Millionaire	Morning Millionaire	Dinosaurs	Peg		The 700 Club [E]	CSI: Miami [E]	Livel Kelly and Michael	Morning Huntley St.	The Doctors [E]	Super Why! Napkin	Monster Squirrel	SportsCentre [E]	Livel Kelly and Michael	Mighty Planes [E]	Little Manny	Jdg Judy	Prison Out of Control	Monumental Mysteries
10 AM	Divorce	The Doctors [E]	Ella the EI	Sesame Street [E]		The Price Is Right (N)	Criminal Minds [E]	The View [E]	The Doctors [E]	Fresh Debt/Part	Bookaboo	Invasion Spliced [E]	World Poker Tour	The View [E]	Auction	Never Land	The Chew [E]	Cops [E]	Secret
11 AM	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds [E]	Paid Prog.	Fresh	Noon News Hour (N)	Heartland [E] (DVS)	Flamingo Squirrel	Curling: World Championship, Canada vs. Norway. [E]	Marilyn Denis	How/Made	ANT Farm	General Hospital (N) [E]	Cops [E]	Airport
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose [E]	Paid Prog.	News	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		CTV News (N) [E]	Bering Sea Gold	Wingin' It	Katie [E]	Cops [E]	Eat St. [E]
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Painting	Days of our Lives (N)	The Talk (N) [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk (N) [E]	Republic of Doyle [E]	Rated A Monster		The Social [E] (DVS)	Bering Sea Gold	Wizards	CityLine (N) [E]	Cops [E]	Hid. City
2 PM	Seinfeld [E]	The Talk (N) [E]	Ella the EI	Thomas	Katie [E]	Let's Make a Deal (N)	The First 48 [E]	Queen Latifah	The Talk (N) [E]	Queen Latifah	Steven and Chris (N) [E]	Kid vs. Kat Super Evil	Off Record	Dr. Phil [E]	Highway Thru Hell	Good Luck Shake It	CityNews at 5 (N) [E]	Ink Master "Earn It"	Ghost Adventures
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	Ellen DeGeneres Show	Dr. Phil [E]	Storage	Rachael Ray [E]	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) [E]	Bethenny [E]	How/Made	Shake It	CityNews at 6 (N) [E]	Ink Master "Bug Out"	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) [E]	Storage	The Doctors [E]	Young & Restless	Early News Global Nat.	Dragons' Den [E]	SpongeBob Chucks	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam	Ink Master [E]	Security
5 PM	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents	Boxing: Julio Cesar Chavez Jr. vs. Bryan Vera. (Taped) [E]	CTV News at Five (N)	What Next	Jessie [E]	Glee "New York"	Ink Master [E]	Secret
6 PM	Browns	Global Nat.	Hope for Wildlife [E]	PBS NewsHour (N) [E]	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Cache		CTV News (N) [E]	Licence to Drill: Louis	Austin	The Mindy Project (N)	Ink Master [E]	Monumental Mysteries
7 PM	Mod Fam	Ent	Marine Machines [E]	Story of Jews	Jeopardy!	Inside Ed.	Barry'd	Ent	Ent	Chicago Fire (DVS)	George S	The Next Star - Super Coronation	NHL Hockey: New York Rangers at Vancouver Canucks. [E]	etalk (N)	Cold Water Cowboys	Shake It	Mind Games (N) [E]	Ink Master (N) [E]	America Declassified
8 PM	Family Guy	NCIS (N) [E] (DVS)	For King and Empire [E]	Story of Jews	The Voice (N) [E]	NCIS (N) [E] (DVS)	Storage	Agents of S.H.I.E.L.D.	NCIS (N) [E] (DVS)	NCIS (N) [E] (DVS)	Mercer	Mr. Young	Rangers at Vancouver Canucks. [E]	Agents of S.H.I.E.L.D.	Bering Sea Gold	Good Luck	CityNews-Tonight (N)	Tattoo	Secret
9 PM	Amer. Dad	NCIS: Los Angeles (N)	Emergency	Story of Jews	About-Boy Fisher	NCIS: Los Angeles (N)	Storage	Goldbergs	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Arctic Air (N) [E] (DVS)	Gags	Goldbergs	Licence to Drill: Louis	Wingin' It	Next Step	Jimmy Kimmel Live (N)	Tattoo	Ghost Adventures
10 PM	Jeffersons	Chicago Fire [E] (DVS)	Movie: "Armadillo" [E]	Extraordinary Women	Chicago Fire [E] (DVS)	Person of Interest (N)	Storage	Mind Games (N) [E]	Chicago Fire [E] (DVS)	News Hour Final (N)	The National (N) [E]	Babysitting Splatalot	SportsCentre (N) [E]	Person of Interest (N)	Good Luck	Reviews on	EP Daily	Ink Master [E]	America Declassified
11 PM	Movie: "Envy"	News Hour Final (N)	Marine Machines [E]	Charlie Rose (N) [E]	News	News	Barry'd	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre [E]	News-Lisa	Bering Sea Gold	Wizards	Paid Prog.	Tattoo	Secret

News Leader Sudoku 499

HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

Wednesday Movies

MORNING

11:30 am SPIKE ch.44 "Dawn of the Dead" (2004, Horror) Sarah Polley. Premiere. A nurse, a policeman and other residents of Milwaukee fight flesh-eating zombies while trapped in a mall. (In Stereo)

AFTERNOON

4:30 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

EVENING

9:30 pm SPIKE ch.44 "Dawn of the Dead" (2004, Horror) Sarah Polley. A nurse, a policeman and other residents of Milwaukee fight flesh-eating zombies while trapped in a mall. (In Stereo)
 11:00 pm WTBS ch.3 "Fracture" (2007, Suspense) Anthony Hopkins. A hotshot prosecutor squares off against a cunning engineer who tried to murder his wife and is now defending himself in court.



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WEDNESDAY, APRIL 2, 2014

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6 AM	In the Heat of the Night	Morning News (N) ☑	Wibbly Plg 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	Curling	CTV Morning Live (N) ☑	Salvage Hunters ☑	Stella-Sam ANT Farm	CityLine (N) ☑	Tattoo Repo	Eat St. ☑
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Andy Karl; Margo Seibert; Jason Brown. (N) ☑	CBS This Morning (N) ☑	Criminal Minds ☑	Good Morning America (N) ☑			Tiger Arthur ☑	Super Evil Sidekick	SportsCentre ☑		Don't Drive Here	Shake It Austin	Let's Make a Deal (N)	Repo	Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami "Ambush"		Morning Huntley St.		Bo On/Go Busytown	Pokémon Beyblade	SportsCentre ☑		Dangerous Flights	Jessie ☑ Wizards	The Price Is Right (N)	Repo	Hid. City
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club ☑	CSI: Miami "All In" ☑	Liv! Kelly and Michael	Morning Huntley St.	The Doctors ☑	Super Why! Napkin	Monster Squirrel	SportsCentre ☑	Liv! Kelly and Michael	Mighty Planes "NOAA"	Little Manny	Jdg Judy	Tattoo Repo	Airport
10 AM	Divorce	The Doctors ☑	Ella the Elf Jelly Jamm	Sesame Street ☑ (EI)		The Price Is Right (N)	Criminal Minds "Hope"	The View ☑	The Doctors ☑	Fresh	Bookaboo	Invasion	World Poker Tour	The View ☑	Auction	Never Land Sofia	The Chew ☑	Repo	Security
11 AM	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds ☑	Paid Prog. Anti-Aging	Fresh	Noon News Hour (N)	Heartland ☑ (DVS)	Flamingo Squirrel	Curling: World Championship, Canada vs. Sweden. ☑	Marilyn Denis	What Next	ANT Farm	General Hospital (N) ☑	Repo	America Declassified
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose ☑	NuWave Pain Free	News Bold	The First 48 ☑	The Chew ☑	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☑	Kid vs. Kat Sidekick		CTV News (N) ☑	Licence to Drill: Louis	Wingin' It Wizards	Katie ☑	Movie: *** "Dawn of the Dead" (2004) Sarah Polley.	Eat St. ☑
1 PM	Community	Days of our Lives (N)	Wibbly Plg Dragon	Oil Painting Sewing	Days of our Lives (N)	The Talk (N) ☑	The First 48 ☑	General Hospital (N) ☑	Days of our Lives (N)	The Talk (N) ☑	Republic of Doyle ☑	Rated A Monster		The Social ☑ (DVS)	Cold Water Cowboys	Wizards Good Luck	CityLine (N) ☑		Hid. City
2 PM	Seinfeld ☑	The Talk (N) ☑	Ella the Elf Rob Robot	Thomas Super Why!	Katie ☑	Let's Make a Deal (N)	The First 48 ☑	Queen Latifah	The Talk (N) ☑	Queen Latifah	Steven and Chris (N) ☑	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil ☑	Dangerous Flights	Good Luck Shake It	CityNews at 5 (N) ☑	Tattoo	Ghost Adventures ☑
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil ☑	The First 48 ☑	Rachel Ray ☑	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) ☑	Bethenny ☑	How/Made	Shake It ANT Farm	CityNews at 6 (N) ☑	Tattoo	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee Arthur ☑	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show (N) ☑	Duck D.	The Doctors ☑	Young & Restless	Early News Global Nat.	Dragons' Den ☑	SpongeBob Nerds	NHL Hockey: New York Islanders at Ottawa Senators. ☑	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam	Tattoo	Security
5 PM	Browns	News (N) ☑	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob		CTV News at Five (N)	Bear Grylls: Jessie ☑	Jessie ☑	Revolution (N) ☑	Security	
6 PM	Browns	Global Nat. News	Marine Machines ☑	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	Hathaways		CTV News (N) ☑	Naked and Afraid: Un	Austin	Mod Fam		Airport
7 PM	Mod Fam	Ent	Canada: Over the Edge	Nature ☑ (DVS) Wheel	Jeopardy! Access H.	Inside Ed.	Duck D.	Ent	Ent	Chicago PD (N) ☑	George S. Coronation	Assembly		Big Bang Mixology	Naked and Afraid	Shake It Good Luck	Nashville "Crazy" (N)	Tattoo	Airport
8 PM	Family Guy	Survivor (N) ☑	Tea Road to the Skies	NOVA (N) ☑ (DVS)	Revolution (N) ☑	Survivor (N) ☑	(8:01) Duck Dynasty ☑	The Middle Suburg.	Survivor (N) ☑	Survivor (N) ☑	Dragons' Den ☑	Mr. Young Boys	Hockey Madness	Arrow "Death-stroke" ☑	How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Ways Die	Security
9 PM	Amer. Dad	Engels	Hansel and Gretel ☑	Secrets of the Dead (N)	Law & Order: SVU	Criminal Minds (N) ☑	Duck D.	Mod Fam	Engels	Engels	Recipe to Riches ☑	Gags	World Poker Tour	Criminal Minds (N) ☑	Bear Grylls: Next Step	Wingin' It	Jimmy Kimmel Live (N)	Ways Die	Ghost Adventures ☑
10 PM	Jeffersons	(10:01) Chicago PD (N)	Canada: Over the Edge	Coexist ☑	(10:01) Chicago PD (N)	CSI: Crime Scene	Duck D.	Nashville "Crazy" (N)	(10:01) Chicago PD (N)	News Hour Final (N)	The National (N) ☑	Babysitting Splatatlot	SportsCentre (N) ☑	CSI: Crime Scene	Naked and Afraid: Un	Good Luck	EP Daily	Reviews on	Airport
11 PM	Movie: "Fracture"	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N) ☑	News J. Fallon	News Letterman	Duck D.	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Mr. Young	Curling	News-Lisa	Naked and Afraid	Wizards Lito Derek	Paid Prog.	Security	

Around The Similkameen

What's Going On In Your Neighbourhood



Soon it will be but a memory: cleanup has commenced at the site of the structural fire February 3rd in Keremeos. The older building along the main drag was completely gutted just after midnight February 3rd. The fire is not considered suspicious, having started accidentally in the living quarters at the back of the building. Another structural fire the same weekend in Keremeos occurred at the Riverbed Bistro. That fire was deemed suspicious and is still under investigation. Photo: Arlene Arlow

Ninety years young!



Friends and family of Norma Kraetor gathered at the Legion Hall last week to wish her a happy 90th birthday. Norma was born in Vernon and came to Princeton when she was 12 years old. She has lived here ever since. She married Dan Kraetor in 1943, when he was in the Canadian army. They had two daughters, and Norma is proud of them and three grandchildren and three great-grandchildren.

Norma retired in 1978 after serving 21 years on the custodial staff at what was then known as the Princeton Elementary Secondary School.

She has volunteered with the Legion Ladies Auxiliary, is a member of Senior Citizens Branch 30, and helps at the Fall Fair each year. Norma took up painting pictures after she retired and is well-known locally for her artistic talents, although she says she does not do much painting these days.

Looking much younger than her 90 years, Norma admits she has no idea what she did to live so long. Perhaps it is her personality, her desire to be involved in life and to enjoy life as much as possible.

Photo: Dawn Johnson

SO COUNTRY INTERNET RADIO

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The lower mainframe of the Raptor 2000 secondary crusher makes the corner at Bridge Street and Highway 3 as it was hauled last week on a special transport vehicle to the Copper Mountain Mine for assembly. Photo: Copper Mountain Mine

Thursday Movies

MORNING

10:30 am SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

11:00 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.

EVENING

9:00 pm KNOW ch.5 "Peace Out" (2011, Documentary) Premiere. People discuss the use of land for energy purposes. (In Stereo) (CC)

THURSDAY, APRIL 3, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	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 "Hope"	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	Curling	CTV Morning Live (N) [RE]	Salvage Hunters [RE]	Stella-Sam ANT Farm	CityLine (N) [RE]	CSI: NY "Night, Mother"	East St. [RE]
7 AM :30	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today David Steinberg: Autism Awareness. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Tiger Arthur [RE]	Super Evil Sidekick	SportsCentre [RE]		High Tech Rednecks	Shake It Austin	Let's Make a Deal (N)	CSI: NY Murder victims.	Disaster Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers.	Curious Cat In the			CSI: Miami [RE]		Morning Huntley St.		Bo On/Go Busytown	Pokemon Beyblade	SportsCentre [RE]		Highway Thru Hell [RE]	Jessie [RE] Wizards	The Price Is Right (N)	Deadliest Warrior	Hid. City Hid. City
9 AM :30	Millionaire Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club [RE]	CSI: Miami [RE]	Live! Kelly and Michael	Morning Huntley St.	The Doctors [RE]	Super Why! Napkin	Monster Squirrel	SportsCentre [RE]	Live! Kelly and Michael	Mighty Planes "Trump"	Little Manny	Jdg Judy Jdg Judy	CSI: NY Murder victims.	RIDE. RIDE.
10 AM :30	Divorce Divorce	The Doctors [RE]	Ella the Elf Jelly Jamm	Sesame Street [RE] (EI)		The Price Is Right (N)	Criminal Minds [RE]	The View [RE]	The Doctors [RE]	Fresh Debt/Part	Bookaboo Doodlebob	Invasion Spliced [RE]	Lumberj. 24 CH [RE]	The View [RE]	Auction Auction	Never Land Sofia	The Chew [RE]	Repo	Airport Airport
11 AM :30	Judge Alex Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Criminal Minds [RE]	Paid Prog. Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	Heartland "Passages"	Flamingo Squirrel	Curling: World Championship, Canada vs. Scotland. [RE]	Marilyn Denis	How/Made How/Made	ANT Farm Jessie [RE]	General Hospital (N) [RE]	CSI: NY "The Fast and the Furious: Tokyo Drift" [RE]	America Declassified
12 PM :30	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose [RE]	Paid Prog. Paid Prog.	News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Kid vs. Kat Sidekick		CTV News (N) [RE]	Bear Grylls: Wizards	Wingin' It	Katie [RE]		East St. [RE] East St. [RE]
1 PM :30	Community Community	Days of our Lives (N)	Wibbly Pig Dragon	Painting Knit	Days of our Lives (N)	The Talk (N) [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk (N) [RE]	Republic of Doyle [RE]	Rated A Monster		The Social [RE] (DVS)	Naked and Afraid: Un	Wizards Good Luck	CityLine (N) [RE]	Ways Die Ways Die	Hid. City Hid. City
2 PM :30	Seinfeld [RE] The Middle	The Talk (N) [RE]	Ella the Elf Rob Robot	Thomas Super Why!	Katie [RE]	Let's Make a Deal (N)	The First 48 [RE]	Queen Latifah	The Talk (N) [RE]	Queen Latifah	Steven and Chris (N) [RE]	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil [RE]	Naked and Afraid	Good Luck Shake It	CityNews at 5 (N) [RE]	Ways Die Ways Die	Ghost Adventures [RE]
3 PM :30	The Middle Mod Fam	Queen Latifah	Divo, Ollie Jelly Jamm	Slid Peg	Ellen DeGeneres Show	Dr. Phil [RE]	The First 48 [RE]	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) [RE]	Bethenny [RE]	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N) [RE]	Ways Die Cops [RE]	Disaster Disaster
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur [RE]	Wild Kratts WordGirl	Jdg Judy Jdg Judy	The Dr. Oz Show (N) [RE]	The First 48 [RE]	The Doctors [RE]	Young & Restless	Early News Global Nat.	Dragons' Den [RE]	SpongeBob Rabbids	Hockey NHL Hockey: Boston Bruins at Toronto Maple Leafs. [RE]	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Cops [RE] Cops [RE]	Museum Secrets [RE]
5 PM :30	Browns Payne	News (N) [RE]	Martha Wild Kratts	News Business	News NBC News	News CBS News	The First 48 [RE]	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob		CTV News at Five (N)	Cold Water Cowboys	Jessie [RE] Jessie [RE]	Hell's Kitchen (N)	Cops [RE] Cops [RE]	Canadian Pickers [RE]
6 PM :30	Browns Payne	Global Nat. News	Canada: Over the Edge	PBS News-Hour (N) [RE]	News Millionaire	KREM 2 News at 6 (N)	After the First 48 (N) [RE]	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Thunder		CTV News (N) [RE]	Rods N' Wheels (N)	Austin Austin	Seed [RE] Crazy	IMPACT Wrestling (N) [RE]	America Declassified
7 PM :30	Mod Fam Seinfeld [RE]	Ent ET Canada	Secrets of Working	Talk to City Hall [RE]	Jeopardy! Wheel	Inside Ed. Access H.	Beyond Scared Straight	Ent The Insider	Ent ET Canada	Elementary (N) [RE]	George S Coronation	Cache Japanizl	SportsCentre (N) (Live) [RE]	etalk (N) Surviving	Amish Mafia (N) [RE]	Shake It Next Step	Scandal "The Fluffer"		RIDE. RIDE.
8 PM :30	Family Guy Family Guy	Fisher The Millers	Tipping Points (N) [RE]	Father Brown [RE]	Community Parks	Big Bang The Millers	Beyond Scared Straight	Once Wonderland	Fisher The Millers	Fisher The Millers	The Nature of Things	Mr. Young Boys	Off Record	Grey's Anatomy (N) [RE]	Cold Water Cowboys	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cops [RE] Cops [RE]	Sturgis "Wild and Free"
9 PM :30	Amer. Dad Amer. Dad	Parenthood "Cold Feet"	Movie: "Peace Out" (2011) [RE]	Foyle's War [RE]	Hollywood Game Night	Two Men Crazy	(9:01) The First 48 [RE]	Grey's Anatomy (N) [RE]	Parenthood "Cold Feet"	Parenthood "Cold Feet"	Doc Zone [RE] (DVS)	Gags Gags	Motoring 24 CH [RE]	Grey's Anatomy (N) [RE]	Cold Water Cowboys	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cops [RE] Cops [RE]	Ghost Adventures [RE]
10 PM :30	Jeffersons Jeffersons	(10:01) Elementary (N)	Park	Rescue-Refuge	Parenthood "Cold Feet"	(10:01) Elementary (N)	After the First 48 [RE]	Scandal "The Fluffer"	(10:01) Elementary (N)	News Hour Final (N)	The National (N) [RE]	Babysitting Splatalot	SportsCentre (N) [RE]	Motive "Dead End" (N)	Rods N' Wheels	Good Luck Jessie [RE]	EP Daily Reviews on	Cops [RE] Cops [RE]	RIDE. RIDE.
11 PM :30	"Ghosts of Girlfriends Past"	CHBC News Final (N)	Secrets of Working	Charlie Rose (N) [RE]	News J. Fallon	News Letterman	Beyond Scared Straight	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Mr. Young Boys	SportsCentre [RE]	News-Lisa CTV News	Amish Mafia [RE]	Wizards Life Derek	Paid Prog. Paid Prog.	Wildest Police Videos	Sturgis "Wild and Free"

Friday Movies

EVENING

7:00 pm YTV ch.18 "The Missing Lynx" (2008, Comedy) Voices of Jos Luis Mart, nez. Animated. A millionaire hires a devious hunter to capture a jinxed lynx and his animal friends. (In Stereo) (CC)
 8:00 pm FAM ch.26 "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)
 10:00 pm FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur

and members of his court. (In Stereo) (CC)
 11:00 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.

News Leader Recipe 606

Beefy Burritos

(NC) Add a flavourful twist to burrito night by blending half the beef with finely chopped mushrooms. Serves 4. Prep Time: 20 minutes, Cook Time: 20 minutes.

Ingredients:


- 8 oz Fresh Crimini Mushrooms – 250 mg
- 1/2 lb lean ground beef – 250g
- 1 tbsp canola oil – 15 mL
- 2 tbsp Tex-Mex Seasoning Blend - 30 mL
- 1 pkt Mushroom seasoning blend -5 g
- 1 cup reduced sodium refried beans - 250 mL
- 4 large flour tortillas
- 1 cup cooked Spanish rice - 250 mL
- 2 cups shredded lettuce – 500 mL
- 1/2 cup salsa – 125 mL
- 1/2 cup guacamole (optional) 125 mL
- 1/2 cup fat free sour cream (optional) 125 mL
- 3/4 cup shredded part skim Cheddar cheese – 180 mL

Method:

- Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef; pulse until well combined.
- Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushrooms, Tex-Mex seasoning and mushroom seasoning. Cook for 10 minutes until mushroom mixture is browned.
- Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa and optional guacamole and sour cream. Sprinkle with cheese, and roll up burritos.
- Coat a hot nonstick skillet with cooking spray. Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

Tip: Many brands carry Spanish-style rice that can be prepared in the microwave for a quick dinner.
 Nutrition facts: per serving Calories: 503, Sodium: 743 mg, Protein: 28 g, Fat: 21g, Carbohydrates: 48 g, Dietary Fibre: 6 g

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FRIDAY, APRIL 4, 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	Criminal Minds (N) 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat Rescue	Curling	CTV Morning Live (N) 30	Salvage Hunters 30	Stella-Sam Phineas	CityLine (N) 30	Bar Rescue	Eat St. 30
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today Joy Bauer; Daniel Radcliffe (N) 30	CBS This Morning (N) 30	Criminal Minds (N) 30	Good Morning America (N) 30			Tiger Arthur 30	Yu-Gi-Oh! Digimon	SportsCentre 30		Silver Rush (N) 30	Shake It Austin	Let's Make a Deal (N)	Bar Rescue	Disaster 30
8 AM	Law & Order: SVU		PAW Patrol	Curious			Criminal Minds (N) 30			Morning Huntley St.	Bo On/Go	Pokemon	SportsCentre 30		Flying Wild Alaska 30	Jessie Wizards	The Price is Right (N)	Bar Rescue	Hid. City 30
9 AM	Millionaire	Morning Millionaire	Dinosaurs	Peg		The 700 Club (N) 30	Criminal Minds (N) 30	Livel Kelly and Michael	Morning Huntley St.	The Doctors (N) 30	Super Why! Napkin	Monster Squirrel	SportsCentre 30	Livel Kelly and Michael	Mighty Planes 30	Little Manny	Jdg Judy	Bar Rescue	The Dead Files (N) 30
10 AM	Divorce	The Doctors (N) 30	Ella the EI	Sesame Street (EI)		The Price is Right (N)	The First 48 (N) 30	The View (N) 30	The Doctors (N) 30	Fresh Debt/Part	Bookaboo Doodlebop	Invasion Spliced (N)	World Poker Tour	The View (N) 30	Auction	Never Land Sofia	The Chew (N) 30	Bar Rescue	Treasures Decoded (N) 30
11 AM	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young & Restless	The First 48 (N) 30	Paid Prog. AntiAging	Fresh Debt/Part	Noon News Hour (N)	The Nature of Things	Flamingo Squirrel	Curling: World Championship, Page Playoffs. 30	Marilyn Denis	How/Made	ANT Farm	General Hospital (N) 30	Bar Rescue	Ghost Adventures 30
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose (N) 30	Paid Prog. Bold	News	The First 48 (N) 30	The Chew (N) 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Kid vs. Kat Sidekick		CTV News (N) 30	Cold Water Cowboys	Wingin' It	Katie (N) 30	Bar Rescue	Eat St. 30
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Color	Days of our Lives (N)	The Talk (N) 30	The First 48 (N) 30	General Hospital (N) 30	Days of our Lives (N)	The Talk (N) 30	Republic of Doyle (N)	Rated A Monster		The Social (N) (DVS)	Rods N' Wheels	Wizards	CityLine (N) 30	Bar Rescue	Hid. City 30
2 PM	Seinfeld (N) 30	The Talk (N) 30	Ella the EI	Thomas	Katie (N) 30	Let's Make a Deal (N)	After the First 48 (N) 30	Queen Latifah	The Talk (N) 30	Queen Latifah	Steven and Chris (N) 30	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil (N) 30	Amish Mafia (N) 30	Good Luck Shake It	CityNews at 5 (N) 30	Cops 30	Ghost Adventures 30
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	Ellen DeGeneres Show	Dr. Phil (N) 30	The First 48 (N) 30	Rachael Ray (N) 30	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) 30	Bethenny (N) 30	How/Made	Shake It	CityNews at 6 (N) 30	Cops 30	Disaster 30
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	The First 48 (N) 30	The Doctors (N) 30	Young & Restless	Early News Global Nat.	NHL Hockey: Montreal Canadiens at Ottawa Senators. (N) (Live) 30	SpongeBob	NBA Basketball: Indiana Pacers at Toronto Raptors. 30	Ellen DeGeneres Show	Daily Planet (N)	Phineas Good Luck	Mod Fam	Cops 30	Treasures Decoded (N) 30
5 PM	Browns	News (N) 30	Dino Dan	News	News	News	The First 48 (N) 30	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Canadiens at Ottawa Senators. (N) (Live) 30	SpongeBob	CTV News at Five (N)	Sons of Guns (N) 30	Liv-Mad. I Didn't	Last Man	Cops 30	Surviving Evil (N) 30	
6 PM	Browns	Global Nat. News	Secrets of Working	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N)	The First 48 (N) 30	News at 6	(5:59) News Hour (N)	ET Canada		SpongeBob	SportsCentre (N) (Live) 30	CTV News (N) 30	Sons of Guns (N) 30	I Didn't	Raising Hope (N) 30	Bellator MMA Live (N) (Live) 30	The Dead Files (N) 30
7 PM	Mod Fam	Ent	Coast (N) 30	Wash	Jeopardy!	Inside Ed.	The First 48 (N) 30	Ent	Ent	Dream Builders	CBC News Coronation	Movla: *** "The Missing Lynx" (2009)		etalk (N)	Mayday (N) 30	I Didn't	(7:01) Hannibal (N) 30		The Dead Files (N) 30
8 PM	Family Guy	Rake (N) (DVS)	New Tricks (N) 30	Call the Midwife 30	Dateline NBC (N) 30	Unforgettable (N) 30	(8:01) The First 48 (N) 30	Last Man	Rake (N) (DVS)	Rake (N) (DVS)	M'ketplace Mercer		Curling: World Championship Playoffs. 30	Spun Out	Mayday 30	"Adventures of Sharkboy"	CityNews-Tonight (N)	(8:15) Cops	Ghost Adventures 30
9 PM	Amer. Dad	Hawaii Five-0 (N) 30	Lewis "Wild Justice" 30	Live/Lincoln Center	Grimm "Synchronicity"	Hawaii Five-0 (N) 30	(9:01) The First 48 (N) 30	Shark Tank (N) (N) 30	Hawaii Five-0 (N) 30	Hawaii Five-0 (N) 30	the fifth estate (N) 30	The Next Star - Super		Grimm "Synchronicity"	Sons of Guns (N) 30	Austin	Jimmy Kimmel Live (N)	Cops 30	Ghost Adventures 30
10 PM	Jeffersons	Dream Builders		Saint Louis Brass	(10:01) Hannibal (N) 30	Blue Bloods (N) 30	(10:01) The First 48 (N) 30	(10:01) 20/20 (N) 30	Dream Builders	News Hour Final (N)	The National (N) 30	Super Evil Splatalot		Blue Bloods (N) 30	Salvage Hunters 30	Movie: * "Avalon High" (2010)	EP Daily	Jail 30	The Dead Files (N) 30
11 PM	Movie: "Hardball"	CHBC News Final (N)	Architects of Change	Charlie Rose (N) 30	News	News	(11:01) The First 48 (N) 30	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre (N) 30	News-Lisa	Mayday 30	Life Derek	Paid Prog.	Jail 30	Ghost Adventures 30

News Leader Weekend - Saturday Movies

MORNING

9:00 am WTBS ch.3 "Nick and Norah's Infinite Playlist" (2008, Comedy) Michael Cera. A chance encounter leads to two music lovers setting out together on a quest to find a legendary band's secret show.

11:00 am WTBS ch.3 "Dan in Real Life" (2007, Romance-Comedy) Steve Carell. A widower advice-columnist faces a personal and professional challenge when he falls in love with his brother's girlfriend.

AFTERNOON

12:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school stu-

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

1:00 pm WTBS ch.3 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies.

1:30 pm A&E ch.9 "Bad Boys" (1995, Action) Martin Lawrence. Premiere. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Stuck on You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television

show starring Cher. CITY ch.29 "Abducted" (2007, Drama) Sarah Wynter. The wife of a prison warden learns about the ulterior motives of her kidnapper. (CC) (DVS)

8:00 pm KSPS ch.6 "Dressed to Kill" (1980, Suspense) Michael Caine. A psychiatrist, a prostitute and the son of a slain woman seek a Manhattan slasher. (In Stereo) (CC)

YTV ch.18 "We Bought a Zoo" (2011, Comedy-Drama) Matt Damon. Premiere. A widower relocates his family to a dilapidated zoo and, with the help of its eclectic staff, works to restore the facility to its former glory. (In Stereo) (CC) DTOUR ch.45 "Beverly Hills Cop" (1984, Comedy) Eddie Murphy. A hip Detroit detective

drives out to Los Angeles and shows local police how to catch a killer. (In Stereo) (CC)

10:00 pm WTBS ch.3 "Just Married" (2003, Romance-Comedy) Ashton Kutcher. Two newlyweds deal with meddling friends, disapproving families and bad luck while honeymooning in Europe.

FAM ch.26 "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework

assignment. (In Stereo) (CC) 11:00 pm DTOUR ch.45 "Beverly Hills Cop" (1984, Comedy) Eddie Murphy. A hip Detroit detective drives out to Los Angeles and shows local police how to catch a killer. (In Stereo) (CC)

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SATURDAY, APRIL 5, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	Paid Prog.	Ancestors	Wibbly Pig	Heartland	(5:30) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Our Vancouver (N) (CC)	Sidekick Super Evil	SportsCentre (CC)	Juicebox (N) (CC)	Sons of Guns (N) (CC)	Slug Terra	Kitchen	Auction	Moves	
6:30 AM	Paid Prog.	Fishful	Monkey	Fly Tying				Paid Prog.	Fishful							Wingin' It	Panorama	Auction	Paid Prog.	
7 AM	Browns	Saturday Morning News Lynn	Ella the EI	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Criminal Minds (N) (CC)	Good Morning America	Saturday Morning News Lynn	Animal	Allen	SportsCentre (CC)		Dude, You're Screwed	Gravety	Eye/Asla	Auction	Security		
7:30 AM	All. Eats	Jelly Jamm	Greener			Dr. Chris				Super Why!	Nerds				Wizards	Integration	Auction	Security		
8 AM	The Office	Collar, Welsa Wong, & Jay Janower. (N)	Upside	Woodsmth		Reclpe	Flipping Boston (N) (CC)	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)	Artzooka	Chucks	Formula One Racing	Canada AM Weekend	Mayday (CC)	ANT Farm	Polish Studio (CC)	Auction	Airport		
8:30 AM	Paid Prog.	PAW Patrol	Rough Cut			J. Oliverr		Ocean		Cross	Rabbids			Shake It			Auction	Airport		
9 AM	Movie: "Nick and Norah's Infinite Playlist" (2009)	Magic Bus	Hometime			College Basketball: Reese's All-Star Game. (CC)	Flipping Boston (N) (CC)	Explore		Fishn	Absolutely Vancouver	SpongeBob	Motoring	Marilyn Denis	Bering Sea Gold (CC)	Good Luck	Liquidator	Auction	America Declassified	
9:30 AM		Wild Kratts	Old House	English Premier League Soccer		Storage	Wildlife	Fishn	Powerboat	Doc Zone (N) (CC)	Sanjay	Formula One Racing: Bahrain Grand Prix, Qualifying. (CC)	Children	Mayday (CC)	Dog	Travels	Auction	Airport		
10 AM		Real Fish.	Martha	Kitchen		Storage	Expedition	Real Fish.	Driving TV	the fifth estate (N) (CC)	Bread	Grand Prix, Qualifying. (CC)	Cash Cab	Mayday (CC)	Jessie (CC)	Ed's Up (N)	Auction	Airport		
10:30 AM						Real Fans	Storage	Anti-Aging	Powerboat	House (N) (CC)	Turtles	Yukon Men (N) (CC)	is Written	Mayday (CC)	Liv-Mad.	Shopping Channel (CC)	Cops (CC)	Security		
11 AM	Movie: "Dan in Real Life" (2007)	Driving TV	Chefs Life	Goal Zone	Planning	Storage	Hate Hair?	Driving TV		BeyWar.			Corner Gas		I Didn't			Cops (CC)	Security	
11:30 AM		News Hour	Animals	Cook's	PGA Tour Golf: Shell Houston	Bull Riding	Storage	Hollywood	PGA Tour Golf: Shell Houston	Recipes	Pokemon		SportsCentre (N) (CC)	Yukon Men (N) (CC)	Movie: "Lemonade Mouth" (2011) (N) (CC)	Shopping Channel (CC)	Cops (CC)	Security		
12 PM		PGA Tour Golf: Shell Houston	Open, Third Round. (N) (Live) (CC)			Paid Prog.	Storage	Celebrity Wife Swap (N) (CC)	Open, Third Round. (N) (Live) (CC)	Women's Soccer	Yu-Gi-Oh!	MLS Soccer: Red Bulls at Impact	The Social (DVS)	Sons of Guns (N) (CC)	Gravety	Travels	Cops (CC)	Airport		
1:30 PM	Movie: "Resident Evil" (2002, Horror)	Marine Machines (CC)	Secrets of the Dead (N)			Whacked	Cash Cab	ESPN Sports Saturday (N)		Pokemon	Pokemon		Canada's Worst Driver	Sons of Guns (N) (CC)	ANT Farm	Ed's Up (N)	Cops (CC)	Airport		
2:30 PM									House (N) (CC)	Simpsons	National	Pokemon	2014 NCAA Basketball Tournament (N) (Live) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster	
3:30 PM	Community	House (N) (CC)	Canada: Over the Edge	Globe Trekker (N)	Jdg Judy Chica	Access Hollywood (N)			House (N) (CC)	Simpsons	HNIC	Pokemon	MLS Soccer: Rapids at Whitecaps FC	Cash Cab	How/Made	Next Step	Murdoch Mysteries (N)	Cops (CC)	Security	
4:30 PM	King	Simpsons	Hiroshima	Stevens	Noodle	All In	Flipping Vegas (N) (CC)	McCarver	Simpsons	Simpsons	NHL Hockey: Regional Coverage. (N) (Live) (CC)	Assembly		Cash Cab	How/Made	Dog	Shake It	Mother Up!	Cops (CC)	Security
5:30 PM	The Middle	Simpsons	The Tipping Points (CC)	Last/Wine	News	News	Flipping Vegas (N) (CC)	News	Simpsons	News Hour (N)	Assembly			How/Made	Shake It	Mother Up!	Cops (CC)	Security		
6:30 PM	Movie: "Stuck on You" (2003, Comedy)	News Hour	Hope for Wildlife (CC)	Lawrence Welk	News	News	Flipping Vegas (N) (CC)	News	(5:59) News Hour (N)	16x9 (N) (CC)	Cache		2014 NCAA Basketball Tournament (N) (Live) (CC)	CTV News (N) (CC)	Bering Sea Gold (CC)	Good Luck	Movie: "Abducted" (2007)	Auction	Nether World (N) (CC)	
7:30 PM		16x9 (N) (CC)	The Human Family Tree	Keep Up As Time...	Criminal Minds "Lo-Fi"	Burn Notice (CC)	Flipping Vegas (N) (CC)	Entertainment Tonight	16x9 (N) (CC)	Haven (CC)	NHL Hockey: Los Angeles	Cache		W5 "Family Time" (N)	Cold Water Cowboys	I Didn't	Sarah Wynter.	Cops (CC)	Ghost Adventures (CC)	
8:30 PM	Family Guy	Haven (CC)	Heartbeat (N) (CC)	Movie: "Dressed to Kill" (1980)	Dateline NBC (N) (CC)	Two Men Friends	(8:01) Flipping Vegas	Agents of S.H.I.E.L.D.	Haven (CC)	Remedy "Scary Bears"	Kings at Vancouver Canucks. (N)	Movie: "We Bought a Zoo" (2011) Matt Damon. (CC)	SportsCentre (N) (CC)	Big Bang	Street Outlaws (N)	Shake It	CityNews Weekends	Cops (CC)	Movie: "Beverly Hills Cop" (1984) (N)	
9:30 PM	Seinfeld (N)	Remedy "Scary Bears"	Midsomer Murders "The Flying Club" (N)	Live From Artists Den	Saturday Night Live (N) (CC)	48 Hours (N) (CC)	(10:01) Flipping Vegas	Nightline Prime (N) (CC)	Remedy "Scary Bears"	Side Show	HNIC After Hours		World Poker Tour	Criminal Minds (N)	Bering Sea Gold (CC)	Next Step	The Office	Auction		
10:30 PM	Movie: "Just Married" (2003)	Side Show	Engels						Engels	News Final	News	Boys	Motive "Dead End" (N)	Cold Water Cowboys	Movie: "Read It and Weep"	The Office	Cops (CC)	Nether World (N) (CC)		
11:30 PM	Ashton Kutcher.	News Final	Canada: Over the Edge	Austin City Limits (CC)	News	News	(11:01) Flipping Vegas	Castle "Kill Shot" (CC)	News Final	Saturday Night Live (N) (CC)	Hockey Night: Replay	Mr. Young	SportsCentre (CC)	News	Licence to Drill: Louis	Life Derek	Paid Prog.	Jail (CC)	"Beverly Hills Cop" (N)	

News Leader Weekend - Sunday Movies

MORNING

7:00 am DTour ch.45 "Beverly Hills Cop" (1984, Comedy) Eddie Murphy. A hip Detroit detective drives out to Los Angeles and shows local police how to catch a killer. (In Stereo) (CC)

9:00 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.

11:00 am WTBS ch.3 "Tyler Perry's the Family That Preys" (2008, Drama) Kathy Bates. Secrets and scandals test the friendship of a wealthy socialite and a working-class woman, upsetting both their families.

A&E ch.9 "Bad Boys" (1995, Action) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin. (In Stereo) (CC)

AFTERNOON

12:00 pm VTV ch.22 "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant. (In Stereo) (CC)

FAM ch.26 "Minutemen" (2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (CC)

1:00 pm WTBS ch.3 "The Messengers" (2007, Horror) Kristen Stewart. A teen and her younger brother desperately try to warn their disbelieving family about ominous apparitions that only the children see.

2:00 pm YTV ch.18 "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. (In Stereo) (CC)

4:00 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)

5:00 pm CBC ch.13 "Prom" (2011, Comedy-Drama) Aimee Teegarden. Intersecting stories unfold as high-school students prepare for their seminal event. (In Stereo) (CC)

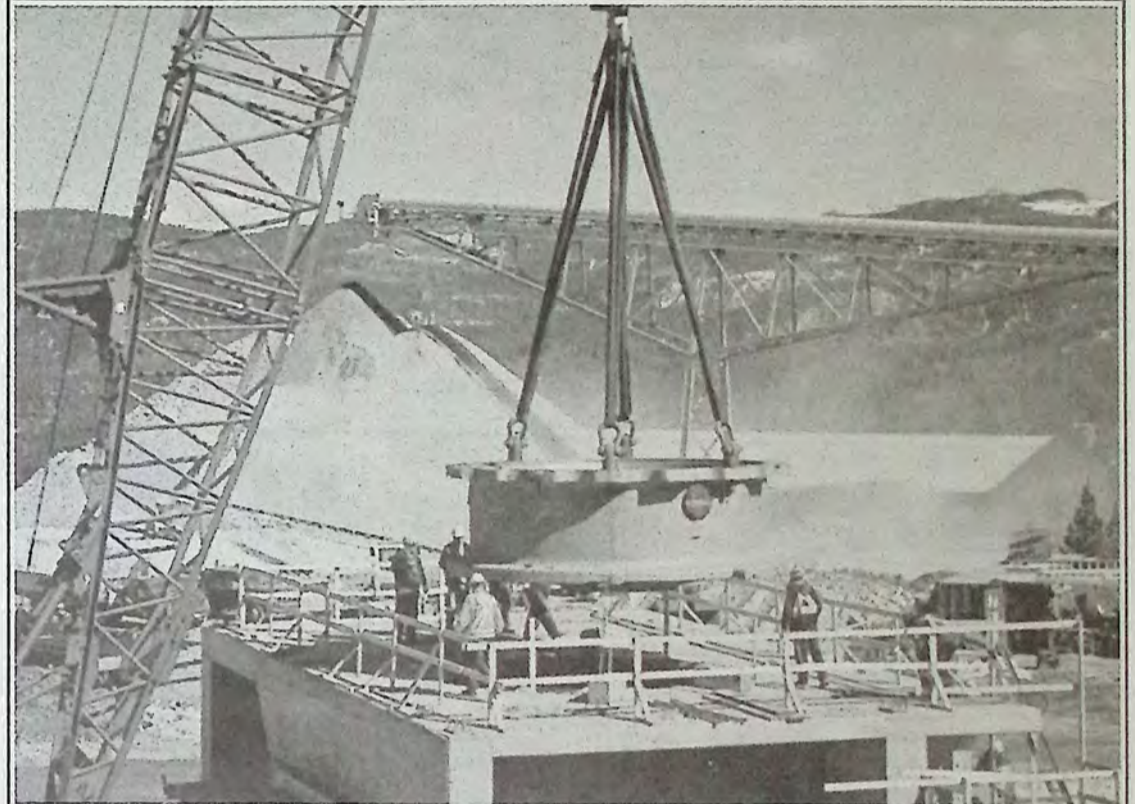
EVENING

6:00 pm WTBS ch.3 "Collateral" (2004, Suspense) Tom Cruise. A contract killer hijacks a cab and forces the driver to transport him to his assigned jobs in Los Angeles.


YTV ch.18 "Rio" (2011, Comedy) Animated. A domesticated macaw and his human friend travel to Rio de Janeiro to meet the last surviving female of his kind. (In Stereo) (CC)

10:00 pm FAM ch.26 "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (CC)

10:30 pm WTBS ch.3 "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A master thief and his crew plan to steal back a fortune in gold bullion after they lose it to a double-crossing gang member.



Workers at Copper Mountain Mine assist the lowering of the lower mainframe of the Raptor 2000 secondary crusher. The unit will take a number of weeks to fully assemble before becoming operational. Photo: Copper Mountain Mine



PrincetonBCNews

SUNDAY, APRIL 6, 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) (CC)	Paid Prog.	Criminal Minds (N) (CC)	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why! (CC)	Slidekick	English Premier League Soccer	Canada AM Weekend	Pyros (DVS)	Slug Terra	R Schuller	Off Road	Fishful
7 AM	P. Affairs	Sunday Morning News (N) (CC)	Ella the EI	Barney	KHQ News	CBS News Sunday Morning (N) (CC)	Criminal Minds (N) (CC)	Good Morning America	Sunday Morning News (N) (CC)	News	Poko (CC)	Squirrel	Soccer	App	River Monsters (DVS)	Wingin' It	ChurchRck	Engine	Paid Prog.
8 AM	The Office		Upside	Curious	Meet the Press (N) (CC)	The Nation	Criminal Minds (N) (CC)	This Week		Block	Coronation	Pet Shop	Formula One Racing: Gulf Air Bahrain Grand Prix.	Question Period (N) (CC)	River Monsters (DVS)	ANT Farm	Pakistan	Bar Rescue (N) (CC)	
9 AM	Movie: *** "Shark Tale" (2004, Comedy)		Dino Dan	Biz Kids	NHL Hockey: St. Louis Blues at Chicago Blackhawks. (N) (Live) (CC)	Paid Prog.	Bates Motel (N) (CC)	HomeTime		Context	Coronation	ICarly (CC)	Air	Operation Smile (CC)	Highway Thru Hell	Good Luck Austin	Festival Italiano di Johnny Lombardi (In Italian) (CC)	Bar Rescue "Chumps" (N) (CC)	Nether World (N) (CC)
10 AM			Wild Kratts	Inside Olympi (N) (CC)		Cash Cab	Bates Motel (N) (CC)	NBA Basketball: New York Knicks at Miami Heat. (N) (CC)			J. Osteen	Victorious	Majors	Worst Handyman	Dangerous Flights	I Didn't	Shopping Channel (CC)	Bar Rescue "Bar Fight" (N) (CC)	Deck Wars (N) (CC)
11 AM	Movie: "Tyler Perry's the Family That Preys"		J. Osteen	Little	Moyers	Cash Cab	Movie: *** "Bad Boys" (1995)	Knicks at Miami Heat. (N) (CC)			Our Van-cover (CC)	Sam & Cat	Plays	Kevin New-man Live (N) (CC)	Licence to Drill: Louis	I Didn't	Shopping Channel (CC)	Bar Rescue (N) (CC)	Airport
12 PM			PGA Tour Golf: Shell Houston	Dogs	Talk to City Hall (CC)	Extra (N) (CC)	Martin Lawrence. (N) (CC)	NBA Basketball: Los Angeles Lakers at Los Angeles Clippers.		News Hour	Land/ Sea	The Next Star - Super	NASCAR Racing: Sprint Cup: Duck Commander 500. From Texas Motor Speedway in Fort Worth, Texas. (N) (CC)	Movie: * "Wild Wild West" (1999, Action) Will Smith. (N) (CC)	Bering Sea Gold (CC)	Movie: * * * "Minutemen" (2008)	Travels	Bar Rescue (N) (CC)	Airport
1 PM	Movie: * * * "The Messengers" (2007, Horror)		Rivers	Story of Jews	Open, Final Round. (N) (Live) (CC)	High School Basketball	Bad Ink (N) (CC)			Q With Jian Ghomeshi	Cache	Japanz!		Cold Water Cowboys	Wander	Murdoch Mysteries (N) (CC)	Bar Rescue (N) (CC)	Airport	
2 PM			Secrets of Working	Story of Jews		Final Four Confidential	Bad Ink (N) (CC)			The Nature of Things	Movie: * * * "Shark Tale" (2004) (N) (CC)			Street Outlaws	Phineas	Mod Fam	Bar Rescue (N) (CC)	Airport	
3 PM	Big Bang	Ice Pilots NWT (N) (CC)	Hopo for Wildlife (CC)	Story of Jews	Wheel	Paid Prog.	Duck D.	Remington Steele (CC)	Ice Pilots NWT (N) (CC)	TV-Torrens	Recipes			First Story	Cash Cab	Good Luck	CityNews	Bar Rescue (N) (CC)	Disaster
4 PM	Big Bang	TV-Torrens	Lost Kingdoms	Extraordinary Women	LazyTown	Backroads	Duck D.	Bear Geek	TV-Torrens	Recipe to Riches (N) (CC)	Movie: * * * "The Ant Bully" (2005)	SportsCentre (N) (CC)	W5 (DVS)	Manufact.	Manufact.	Jessie (CC)	Funniest Home Videos	Bar Rescue (N) (CC)	Deck Wars (N) (CC)
5 PM	Mod Fam	Simpsons	Tudor Monastery Farm	Lark Rise to Candleford	News	News	Duck D.	News	Simpsons	(4:59) News Hour (N)	Movie: * * * "Prom" (2011)	NHL Hockey: Anaheim Ducks at Edmonton Oilers. (Live)	MasterChef Canada (N) (CC)	Naked and Afraid: Un	Shake It Austin	Crisis (N) (CC)	Bar Rescue (N) (CC)	Museum Secrets (N) (CC)	
6 PM	Movie: * * * "Collateral" (2004) Tom Cruise, Jamie Foxx.		Secrets of Working	Doc Martin (N) (CC)	News	KREM 2 News at 6 (N) (CC)	Duck D.	News at 6	(5:59) News Hour (N)	Elementary (N) (CC)	Aimee Teegarden.	Movie: * * * "Rio" (2011, Comedy)	CTV News (N) (CC)	Naked and Afraid (N)	Good Luck Liv-Mad.	Resurrection (N) (CC)	Bar Rescue (N) (CC)	Museum Secrets (N) (CC)	
7 PM			Sea Strikers (N) (CC)	Call the Midwife (N) (CC)	Dateline NBC (N) (CC)	60 Minutes (N) (CC)	Duck D.	Funniest Home Videos	Burgers	Heartland "On the Line"			Once Upon a Time (N)	Naked After Dark (N)	I Didn't	Revenge "Blood" (N) (CC)	Contractor	Back. Gold	
8 PM	The Closer (CC)	Family Guy	Foyle's War "Sunflower" (N) (CC)	Masterpiece Classic (N) (CC)	Dream Builders	The 49th Annual Academy of Country Music Awards (N) (Same-day Tape)	Wahlburg	Once Upon a Time (N)	Simpsons	Four Rooms (N) (CC)	Super Evil		Believe (N) (CC)	Bear Grylls: Believe (N) (CC)	Shake It Austin	CityNews Weekends	Bar Rescue (N) (CC)	Museum Secrets (N) (CC)	
9 PM	The Closer (CC)	Cosmos-Space	Park	Secrets of Selfridges	Believe "White Noise"		Duck D.	Resurrection (N) (CC)	Cosmos-Space	Dragons' Den (N) (CC)	Japanz!	That's Hockey 2 Nita	Believe "White Noise"	Naked and Afraid: Un	Next Step	The Office	Bar Rescue (N) (CC)	Museum Secrets (N) (CC)	
10 PM		Elementary (N) (CC)	Silk (N) (CC)	DCI Banks "Friend of the Devil" (CC)	Cristo (N) (CC)		Duck D.	(10:01) Revenge (N) (CC)	Elementary (N) (CC)	The National (N) (CC)	Mr. Young	SportsCentre (N) (CC)	The Mentalist (N) (CC)	Naked and Afraid	Movie: "Life Is Ruff" (2005) (N) (CC)	The Office	Contractor	Back. Gold	
11 PM	Movie: * * * "The Italian Job"		The Human Family Tree	Well Read	Paid Prog.	Family Guy	Duck D.	KXLY 4	News Final	Paid Prog.	CBC News	Mr. Young	News	Naked After Dark	Life Derek	Paid Prog.	Bar Rescue (N) (CC)	Airport	

Have you seen an AED?

Does your organization have an AED (automated external defibrillator)?
The Health Steering Committee

is doing an inventory of all available AEDs in the community and area. Here is our list to date: Princeton Arena, Riverside,

Curling Club and Golf Club (share one), Copper Mountain mine, Princeton Fire Department, Princeton Search and Rescue,

Area H First Responders, Hedley First Responders, and Weyerhaeuser.
Defibrillators are located at the hospital and in each ambulance.

If your organization or workplace has an AED that we have not noted, or we have incorrect information, please call Marilyn Harkness at 250-295-4331.



By the time you read this various fundraising efforts will be in place to assist those affected by the fire March 27th on Fenchurch Avenue. The Hut Bottle Depot has put a donation bin out to collect recyclables with funds from them going to support the fire victims. Also, all sales from the book table at The Hut during April will be donated. Photo: Brenda Engel

Monday Movies

EVENING

11:00 pm WTBS ch.3 "The House Bunny" (2008, Comedy) Anna Faris. An exiled Playboy bunny tries to help socially clueless sorority sisters attract pledges and keep

their house by teaching them about makeup and men.

Princeton Area Ghost Towns - The DVD



\$20.00
INCLUDES GST

Available at:
Similkameen News Leader

www.thenewsleader.net

Explore The History Of Mining - Gold, Copper and Coal

MONDAY, APRIL 7, 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) [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]	Salvage Hunters [RE]	Stella-Sam (N) [RE] ANT Farm	CityLine (N) [RE]	Bar Rescue [RE]	Eat St. [RE]
7 AM :30	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Tiger Arthur [RE]	Super Evil Sidekick	SportsCentre [RE]		Cash Cab How/Made	Shake It Austin	Let's Make a Deal (N)	Bar Rescue [RE]	Disaster Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the			CSI: Miami [RE]			Morning Huntley St.	Bo On/Go Busytown	Pokemon Beyblade	SportsCentre [RE]		Dangerous Flights Wizards	Jessie [RE]	The Price Is Right (N)	Bar Rescue [RE]	Ext. Hawaiian Escapes
9 AM :30	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club [RE]	Bates Motel [RE]	LIVE! Kelly and Michael	Morning Huntley St.	The Doctors [RE]	Super Why! Napkin	Monster Spliced [RE]	SportsCentre [RE]	LIVE! Kelly and Michael	Mighty Planes "SOFIA" Auction	Little Wil. West	Jdg Judy	Bar Rescue [RE]	Bggg Bttls Bggg Bttls
10 AM :30	Divorce	The Doctors [RE]	Ella the El Jelly Jamm	Sesame Street [RE]		The Price Is Right (N)	Criminal Minds [RE]	The View [RE]	The Doctors [RE]	Fresh Debt/Part	Bookaboo Doodlebop	Invasion Almost	Motoring Lumberj.	The View [RE]	Auction Auction	Never Land Sofia	The Chew [RE]	Bar Rescue [RE]	Live Here Live Here
11 AM :30	Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds [RE]	Paid Prog. Anti-Aging	Fresh Debt/Part	Noon News Hour (N)	Our Vancouver [RE]	Flamingo Squirrel	24 CH (N) Barclays	Marlyn Denis	Overhaul'n [RE]	ANT Farm Jessie [RE]	General Hospital (N) [RE]	Bar Rescue [RE]	Back. Gold Back. Gold
12 PM :30	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose (N) [RE]	Anti-Aging Paid Prog.	News Bold	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Kid vs. Kat Sidekick	English Premier League Soccer	CTV News (N) [RE]	Dude, You're Screwed Wizards	Wingin' It Wizards	Katie [RE]	Bar Rescue [RE]	Eat St. [RE]
1 PM :30	Community	Days of our Lives (N)	Wibbly Pig Dragon	Paint This Quilting Art	Days of our Lives (N)	The Talk (N) [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk (N) [RE]	Republic of Doyle [RE]	Rated A Monster	Soccer	The Social [RE]	Deadliest Catch [RE]	Wizards Good Luck	CityLine [RE]	Bar Rescue [RE]	Ext. Hawaiian Escapes
2 PM :30	Seinfeld [RE]	The Talk (N) [RE]	Ella the El Rob Robot	Thomas Super Why!	Katie [RE]	Let's Make a Deal (N)	The First 48 [RE]	Queen Latifah	The Talk (N) [RE]	Queen Latifah	Steven and Chris [RE]	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil [RE]	Manufact. Manufact.	Good Luck Shake It	CityNews at 5 (N) [RE]	Cops [RE]	Ghost Adventures [RE]
3 PM :30	The Middle Mod Fam	Queen Latifah	Dive, Olly Jelly Jamm	Slid Peg	Ellen DeGeneres Show	Dr. Phil [RE]	The First 48 [RE]	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) [RE]	Bethenny [RE]	How/Made How/Made	Shake It ANT Farm	CityNews at 5 (N) [RE]	Cops [RE]	Disaster Disaster
4 PM :30	Big Bang Big Bang	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.	Dragons' Den [RE]	SpongeBob Bread	Hockey Interruption	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam	Cops [RE]	Live Here Live Here
5 PM :30	Browns Payne	News (N) [RE]	Martha Wild Kratts	News Business	News NBC News	News Champ.	Duck D. Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob	Plays 2014 NCAA Basketball Tournament: Final: Teams TBA. (N) (Live) [RE]	CTV News at Five (N)	How/Made How/Made	Jessie [RE]	Broke Girl	Cops [RE]	Bggg Bttls Bggg Bttls
6 PM :30	Browns Payne	Global Nat. News	Animals Animals	PBS News-Hour (N) [RE]	News Millionaire	2014 NCAA Basketball Tournament: Final: Teams TBA. (N)	Duck D. Duck D.	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Sam & Cat Assembly	Bering Sea Gold [RE]	CTV News (N) [RE]	Bering Sea Gold [RE]	Austin Austin	Mike The Bridge "Pilot" (N) [RE]	Cops [RE]	Airport Airport
7 PM :30	Mod Fam Seinfeld [RE]	Ent ET Canada	Hope for Wildlife [RE]	2012 WA. Grown	Jeopardy! Wheel	Bates Motel "Plungo" The Insider	(8:01) Bates Motel [RE]	Ent ET Canada	The Blacklist (N) [RE]	The Blacklist (N) [RE]	George S Coronation	Hathaways Mr. Young	ctalk (N) Big Bang	Jacked! "Jacked Up!" Big Bang	Wizards Good Luck	Win, Lose Good Luck		Cops [RE]	Security Security
8 PM :30	Family Guy Family Guy	Bones (N) [RE]	Tudor Monastery Farm	Antiques Roadshow (N)	The Voice Christ Martin mentors the artists. (N)	King Inside Ed.	Duck D. Duck D.	Dancing With the Stars (N) Same-day Tape [RE]	Bones (N) [RE]	Bones (N) [RE]	Murdoch Mysteries [RE]	Vampire Vampire	SportsCentre (N) [RE]	MasterChef Canada (N)	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Cops [RE]	Live Here Live Here
9 PM :30	Amer. Dad Amer. Dad	Remedy (N) [RE]	Fake or Fortune? [RE]	Antiques Roadshow		King Inside Ed.	Duck D. Duck D.	Remedy (N) [RE]	Remedy (N) [RE]	Mr. D (N) Ron James	Haunting Haunting	Hockey	The Following (N) [RE]	Bering Sea Gold [RE]	Wingin' It Next Step	Jimmy Kimmel Live [RE]	Jail [RE]	Ghost Adventures [RE]	
10 PM :30	Jeffersons Jeffersons	(10:01) The Blacklist (N)	Architects of Change	Independent Lens (N)	(10:01) The Blacklist (N)	Paid Prog. Access H.	Duck D. Duck D.	(10:01) Castle [RE]	(10:01) The Blacklist (N)	News Hour Final (N)	The National (N) [RE]	Gags Gags	SportsCentre (N) [RE]	(10:01) Castle [RE]	Jacked! "Jacked Up!" Jessie [RE]	Good Luck Reviews on	EP Daily	Jail [RE]	Security Security
11 PM :30	"The House Bunny"	CHBC News Final (N)	Hope for Wildlife [RE]	Charlie Rose (N) [RE]	News J. Fallon	News Letterman	(11:01) Bates Motel [RE]	IXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Vampire Vampire	SportsCentre [RE]	News-Lisa CTV News	How/Made How/Made	Wizards Life Derek	Paid Prog.	Jail [RE]	Airport Airport



Do you think this could use a bit more green space? *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

One of the sub-committees I sit on that was formed from the collection of suggestions made weeks ago by the business owners/operators group is called 'Resources.'

The sub-committee is basically three of us and we have met weekly to discuss various plans. Our original mandate was to identify local resources and to pick two or three key ones that, in our view, are not reaching their full potential.

Our list of resources totalled in the hundreds, but two items stood out clearly. One was Highway 3 and the other was the Chamber of Commerce.

The issues identified with the Highway 3 corridor revolve around the general appearance of the entrance to Princeton from the West. I think we can credit the Lions Club for the beautification project they spearheaded at the intersection with Highway 3 and Mayne Avenue but our focus is

down at the area around the intersection with Highway 3 and Vermilion Avenue.

The need for more green space and less clutter from homemade signs and assorted other visual problems is what our tiny group has been taking a hard look at and has come up with a number of ways to enhance what has already been done in this area.

Expect more details on the improvements in the future.

The other underutilized resource we identified is the Chamber of Commerce.

I need to state from the start that our goal is not to damage, destroy or tear down anything related to this organization. I actually have a small soft spot deep inside me for this group, as it was the first one I joined when I moved here in 1986. I sat on the Board of Directors as a Director, Vice President and President over the years.

I have not been a member of the local Chamber of Commerce for a number of years for a variety of reasons. Others echo some of my reasons we have unofficially polled to see why they are not supporting the organization.

In most communities I've lived in the Chamber of Commerce is a strong and vibrant representative of the business community. They are very much an advocacy group and a valuable business resource in addition to being the tourism ambassador of a community.

Our sub-committee recognizes the local Chamber can be all of these if it was supported by all local business, big or small.

But how do you convince people they need to be behind their local Chamber of Commerce?

I know for a fact that the reason why the Town of Princeton pulled local business owners and operators together weeks ago to work on local

economic issues was because other groups didn't. I personally think it would have been something the Chamber should have done, but let's be honest. There's only so much that a mostly volunteer run operation can handle and I don't fault the Chamber for not spearheading the process. Although they have played an active role in it as a participant.

They obviously aren't equipped to do this, which gives my sub-committee some confirmation that we have identified a resource in need of some help.

How can the Chamber be helped?

There have been two suggestions kicked around for some time to assist with funding the group. One is to levy a hotel room tax that would generate some funding. I'm not sure of the mechanics behind that, but I know I have never stayed in a hotel/motel out of town and not seen a room tax on my bill.

Another suggestion has been a mandatory membership that would be in the form of an extra fee on top of business license fees so that every business license holder automatically becomes a Chamber member.

I'm thinking either of those plans, or combining both, would give the Chamber of Commerce a much needed shot in the arm and could help them maybe hire extra staff to assist with the business of reaching full potential.

I also think that if every business operator were to become a member through this suggestion, the Chamber would then have not just financial resources, but access to a wider selection of local resource people for a variety of reasons.

What has this got to do with saving downtown Princeton?

When I moved here the Chamber of Commerce spearheaded a lot of

..... continued on Page 21

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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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Notices

RESUME SERVICE. New or updating existing resume. Call Brenda or stop into the News Leader office for details. 250.295.4149. Jul 31-15

Due to the increase in postage as of March 31st, we will require that all classified ads be prepaid as we will not be mailing out invoices. If you are a non-profit group you can pick up the invoice or we can e-mail it to your treasurer. Apr 01-15

CRAFT SALE 11:00 AM to 2:00 PM
 April 12th Senior's Hall 162 Angela Avenue. Table rentals \$7.00. Bake table and lunch available. Call Anita at 250-295-6916. Apr 01-08

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Care A Lot Home Support is currently seeking caring individuals for the following positions: RN, LPN, Care Aides, Receptionist, bookkeeper and housekeepers.

Individuals must be positive and work well as a team. Resume can be dropped off Fridays 1:00 to 2:00 PM and Saturdays 1:00 to 2:00 PM at 121 Vermilion Avenue, Princeton. to Apr 05

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Help Wanted

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

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(NICOLA-SIMILKAMEEN)**

MAINTENANCE SUPERVISOR

Applications are invited for the position of Maintenance Supervisor for School District No. 58 (Nicola-Similkameen).

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We are seeking a team player, who will be dedicated to service our schools and support services department. The ideal candidate will have a Technical School Diploma or Journeyman qualification in one of the associated trades. Other qualifications will include strong interpersonal skills, proven experience in building maintenance, knowledge of current building codes, standards and regulations, knowledge of technology, and custodial care. Administration of Collective Agreements and an exposure to the bargaining process will be an asset.

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- transportation system including staff
- supervision and fleet maintenance
- administration of the capital program
- budgeting and control of the maintenance department
- technical direction to the IT department in support of daily operational activities

Applications can be submitted in person or on-line at www.sd58.bc.ca, click on Jobs/Support Positions and search under 'Current Job Opportunities' under Job Code #635476, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **April 15, 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

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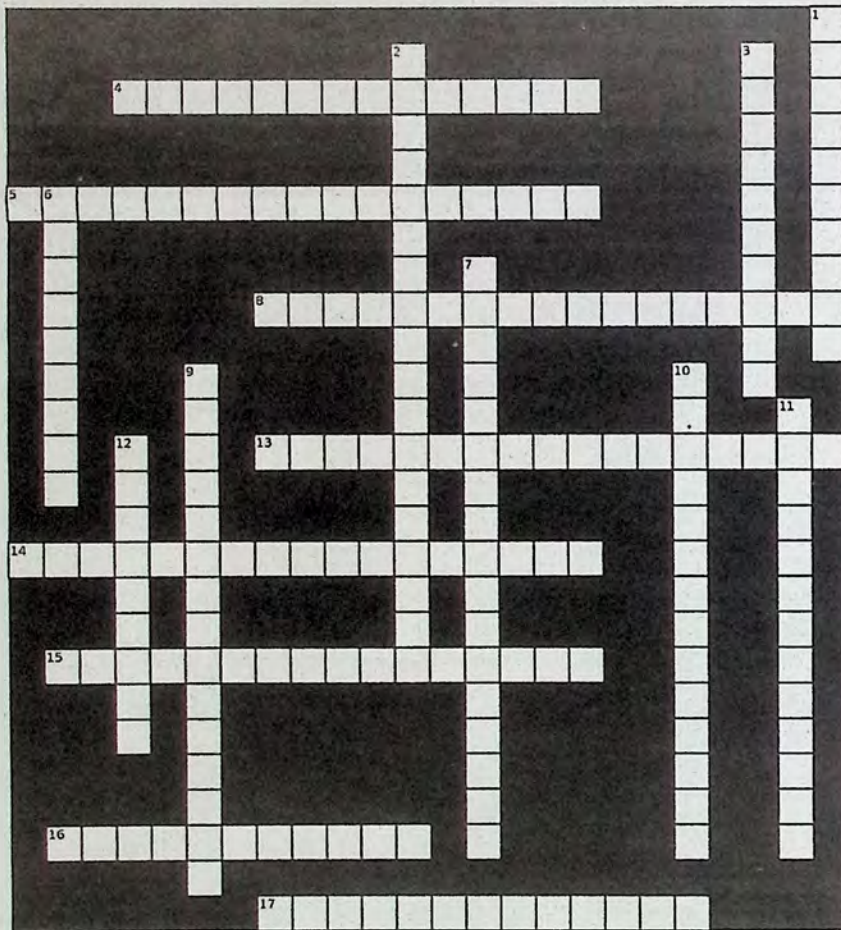
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|---|---|
| <p>Across</p> <p>4 According to a headline, what is the PXA looking at?</p> <p>5 "_____". Local Newspaper.</p> <p>8 What does 'SOHC' mean?</p> <p>13 The elected seat occupied by Brad Hope.</p> <p>14 The 'OC' in OCP.</p> <p>15 The name of the 'bald' fundraiser.</p> <p>16 Se's on the right with her thumb up on Page 24.</p> <p>17 He raised \$3,000 for Shave for the Brave.</p> | <p>Down</p> <p>1 Better known as Recipe #605.</p> <p>2 The final destination of the Raptor 2000.</p> <p>3 He shaved his head bald as seen on Page 3.</p> <p>6 He is the Chairman of SOHC.</p> <p>7 The location of the 2014 Shave for the Brave 'barbershop.'</p> <p>9 She's on the left with her thumb up on Page 24.</p> <p>10 He hosted the MP Community Forum.</p> <p>11 According to a story what can you live longer with?</p> <p>12 She was the first to Shave for the Brave March 19th.</p> |
|---|---|

Similkameen
News Leader PUZZLER #168
Copyright 2014 - Brenda Engel

It was one hundred years ago that the Allison Flats part of town was first opened for development. The ad above appeared in the Similkameen Star newspaper in late March and early April 1914 promoting the 'addition' to the community. From the Princeton Museum Newspaper Collection

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Saddles 'n' Spurs

George Donovan

..... continued from Page 8
make it look like we always did it like that. No problems! A few years later when we moved to 100 Mile House, we had Sparky with us. It was a bushy acreage and he was every bit as difficult to catch so I had to snare him.

I would tie my lariat to a small poplar tree in a closed part of the trail and dangle the loop on the branches so he would run through it. At a full run his head would go through the loop and tighten.

When the slack came out of the rope it would yank him right off his feet. We managed to do that several times until he got wise to it. My wife thought it was ridiculous and while I was away working out of town I came back to see Sparky missing.

She said, "Oh that stupid horse, I gave it away. I told the girl if she could catch it she could have it."

So she gave her the horse, saddle, bridle and halter.

So long, Sparky.

Saving Downtown

George Elliott

..... continued from Page 18
local activities from block parties to special shopping events. They still do, but not to the degree there once was. I think part of the change is that not all businesses have 'bought into' the need to participate as a group in order to benefit one and all.

I think with a mandatory membership it would be easier to get businesses to participate and bring life back into the downtown shopping experience. That experience

excites people and makes the Chamber look like the good guy and let's face it, we still base our opinions on our perception and if we see a group doing something successfully we tend to want to get involved.

In the case of the Chamber of Commerce, that extra life and excitement will turn it into the 'must support' group in town based on how much fun it is to be part of something successful.

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CMMC adds new rock tool

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 disassembled 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 were 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.

Flip of the Coyne

Spencer Coyne

..... continued from Page 3
their time to the PXA, Rodeo, Racing Days and Fall Fair. We need people to step forward and help with Minor Ball and Hockey. We need people to put words into action! It is all fine and good to come up with ideas, but we have lots of idea people. We need action people. We need bodies to fill the voids, provide the manpower to make things happen again. When growing up in Princeton, it was just what happened. My parents volunteered so my brother and I went along and now I volunteer because that is what keeps things moving and happening. Princeton is a small community. We do not have the resources to have paid staff organizing and running everything in town. If we did we would have

nothing, and to be honest, if people were to step forward and help out we wouldn't need to. I understand that young families are busy these days. My family is busy, but I find time to be on the Chamber of Commerce board. You don't have to be on every board or volunteer for every organization. Just pick one and help out. We don't need more internet voices. We need real bodies making things happen. I hear a lot of negative about this group or that because they don't do what they used to, but I don't see those negative voices stepping up to help out and make things happen. It is time to change that. If everyone who cared joined or volunteered for one event or organization this year it would be astounding how much could get done.



This is just one piece of the Raptor 2000 secondary crusher. Photo: Copper Mountain Mine



When they said they were giving it a face lift they weren't kidding! The former Santo's Pizza building has been getting renovated and last week it looked like this! Photo: Brenda Engel

Province announces improvements to ALC

Bill Bennett, Minister of Energy and Mines and Minister Responsible for Core Review and Steve Thomson, Minister of Forests, Lands and Natural Resource Operations, on behalf of Pat Pimm, Minister of Agriculture, announced improvements to the Agricultural Land Commission (ALC) that will protect farmland in British Columbia and maintain the ALC's independence.

British Columbians expect government to ensure that programs and services are operating as efficiently and effectively as possible. The changes, resulting from government's Core Review of the Commission will help farmers and farm families get ahead by recognizing regional differences, strengthening regional decision making and enhancing the ALC's service to the public.

The ALC will remain a fully independent tribunal and decision-maker and continue to make final decisions on specific land uses within the Agricultural Land Reserve.

The improvements include the creation of two ALC administered zones to better recognize the province's regional differences. In Zone 1, where land is in greater demand and there are development and population pressures, ALC decisions will continue to be made on the basis of the original principle of preserving agricultural land. In Zone 2, where growing seasons are shorter and there are lower value crops, ALC decisions will now, in

addition to the original principle, include additional considerations to provide farmers with more flexibility to support their farming operations.

Other improvements include formalizing the ALC's existing model of six regions and six regional panels into law to strengthen regional decision making as well as giving local governments the opportunity to engage with the ALC earlier in their land use planning processes to ensure better coordination and more timely decisions.

To improve services to farmers, the Commission's operations will be

enhanced. This will include establishing governance and accountability frameworks and service standards, consistent with other government boards, agencies and commissions as well as filling staff vacancies and moving forward with the appointment of a CEO.

To help farmers generate increased incomes and better support food production, the Ministry of Agriculture will initiate discussions with the ALC, the agricultural sector and the Union of BC Municipalities on how to best support new opportunities for limited, value-added farming activities on farmland.

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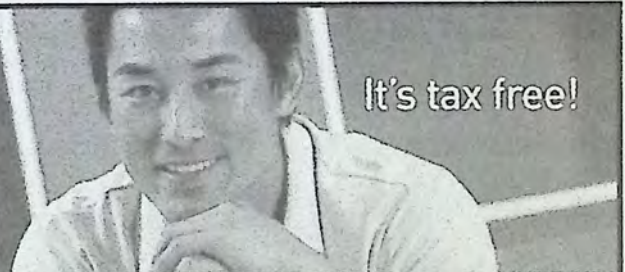
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615 Cedar Creek Road \$988,330




Fabulous ranch or horse property just minutes from Princeton on Highway 5A. This beautiful 145 acres overlooks the Similkameen Valley and comes with everything you have ever wanted. Fenced and cross fenced, European style barn, 4 bay equipment shed with adjoining hay shed, workshop, out buildings, wells, creek, pond, a gorgeous 4 bed 3 bathroom home with an indoor swimming pool and sweeping decks overlooking the valley. Call Listing Agent for all the details. **MLS#144899/144900**

52 Fenchurch Avenue \$175,500



Superior 3 bedroom, 2 bathroom home set on a quiet corner lot just steps away from the downtown core. Zoned RM4 allows this to be multifamily once the basement is finished. Large enclosed porch for the work clothes or bike storage. Lots of newer updates including energy efficient windows, some new wiring, newer furnace and hot water tank, paint and flooring. The yard is landscaped and fenced. Call Listing Realtor for details on this beauty. Tenant in place so 24 hour requirement for all showings. **MLS#147831**

105-B Brandlmayr Gate \$213,800



Gated Community and age restricted to 45 plus sits this well laid out 1100 sq. ft. half duplex in the beautiful Brandlmayr Gate complex. Best of all is the strata fees cover full maintenance of exterior structure including roofing, lawn care and snow removal. Fully landscaped, attached double garage, in ground irrigation, N/G BBQ, covered walkway and patio and RV storage. Strata fees a amazing 150 dollars per month. **MLS#147674**

DEAN STINSON



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200 Lind Road \$588,300



Unbelievable 5.3 acre horse or animal property just one minute from downtown Princeton. Gorgeous 2 or 3 bedroom, 2 bath rancher that has one of the nicest floor plans around. Beautiful glassed in sun room, in floor heating, unique French doors, wood stove, kitchen pantry, covered walkway, 2 car attached garage, skylights, reverse osmosis and much more. Property is fenced and gated and has a huge European style barn with centre open and workshop on one side and storage on the other side. **MLS#143731**

2504 Princeton/S'land Road \$210,000



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Easy living at its best! Want to live a carefree life style? This is the place for you. Beautiful 2 bedroom ground floor unit in a nicely remodeled building. Everything is almost new! This unit is located near your assigned parking space for easy access with your shopping or parcels. You are close to everything here, you almost don't need a car! You can walk to all town amenities. Call the listing representative to view this gem today. **MLS#147043**

ALANNAH BOISSE




250-295-2306
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2601 Otter Avenue \$265,000



Time to get away! This cute home is waiting for you! Come to Tulameen and enjoy 4 seasons of fun! This home has 3 bedrooms, 1 and 1/2 baths. Conveniently located right across the street from the Trading Post store. The lot is nice sized corner lot, with a yard that just needs some TLC. The home is ready to move into! Come and take a look and see all that our area has to offer for your getaway paradise. **MLS#143302**

2227 Princeton/S'land Road \$109,000



Beautiful 5.35 acre property that backs onto Hayes Creek. This property is only 22 km from downtown Princeton. Just a short 20 minute drive from town! Nice benched building area already in! Camper stays on property, so you have a place to sleep while building. **MLS#143322**

47-406 Brandlmayr Gate \$ 69,900



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15-459 Huey Road \$119,000



Martins Lake MHP has a wonderful, calm location just minutes from town. The best 50+ Park in the Valley awaits you. This Two Bedroom Two Bathroom, Vaulted Ceiling, Open Concept, with a welcoming front entry. Quality Countertops and Cabinetry with Moen Fixtures in kitchen and both Bathrooms, Huge closets and Three skylights, make this bright clean second to new home with WETT inspected Woodstove the best Choice for you! Plenty of room to build a manager approved carport **MLS#147513**

873 Daly Avenue \$143,000



Purple Hues and Mountain Views...This 3 bedroom 1 Bathroom Home Under the Majestic Mountains in Hedley will certainly suit you and your budget too! There are New Roof and Flashing, New Furnace and Hotwater Tank. Updated Insulation, Electrical and Plumbing, Septic has just been pumped and serviced. The Fireplace is Eye Candy only functional for the ambiance. Your Vision, bring it to light! Double Lot, RV Parking, Back Alley Access, Garden includes waterfall and wishing well. **MLS#146193**

3021 Highway 5A \$175,000



Fishing, swimming, camping at the Lake can become your new way of life! Get away from it all in this lovely 4 season retreat or build your home with a view of Allison Lake. **MLS#145386**

SANDI MANSFIELD



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