

Similkameen News Leader

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Tuesday, April 8, 2014

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



Quick, somebody sign this kid! Hockey action from the Princeton Posse Spring Evaluation Camp held March 28-30 at Princeton Arena. It also brought an end to the ice season at the local rink. Photo: Bob Marsh www.marshphotography.ca

Fire suspect in custody

On March 27, 2014, at 10:20 PM, Princeton RCMP were called to assist the Princeton Fire Department with a structure fire located in the Second Bench area of Princeton.

Upon arrival, police found three residences engulfed in flames and the fire department using all their resources to combat the flames and protect neighbouring homes.

Prior to police arrival, bystanders were able to wake an individual in one of the neighbouring residences that was on fire and get them to safety.

Princeton RCMP Sgt Barry Kennedy advised, "it's a blessing

that there were no injuries associated to these fires, but property damage appears to be extensive."

Investigation into the cause of the blaze has lead police to believe that the original fire was intentionally set in a garage attached to one of the destroyed homes. After engulfing the original residence, due to the intense heat, the fire quickly spread to two other adjacent homes.

Police have identified a suspect who is currently in police custody. The investigation is still in its preliminary stages and police are not releasing any names of those involved in this investigation.

Minor Posse celebrate with Awards Night

Another season of intense hockey action has come to an end for Princeton's Minor Posse. It ended on a high note with their annual awards banquet where players, teams and the dozens of dedicated volunteers were celebrated by the association with Pasha's Pizza and perfect little hockey cupcakes created by Natasha Smith.

Approximately 200 people filed into the Riverside Theatre on Tuesday, April 1st for the night of festivities.

Each year, the association hands out awards to special members of the association. Some go to players

while others go to coaches and volunteers. It is an evening to celebrate the organization and while not everyone goes home with an award, all are made to feel proud of their accomplishments by their coaches and parents.

"Hockey is such a team sport," said Princeton and District Minor Hockey Association (PDMHA) President Candice Fraser-Beswick.

"We want every player here to know that we are proud of you and that it has been an honour watching you grow as players."

Special awards are as follows:

Coach of the Year - Daryl Clarke -

Presented by President Candice Fraser Beswick.

"Daryl Clarke coached the Peeewe team who were victorious winning the OMAHA League Banner. Daryl put in a lot of hours with these kids. He came to practices and games with a smile on his face and supported the kids throughout the season with his fair play approach. Daryl has been involved in minor hockey for 14 to 25 years and we are really please he has taken a coaching role again."

President's Choice - John Van

Horlick - Presented by President Candice Fraser Beswick.

"John Van Horlick is a valuable volunteer with no kids our association who devoted his time, shared experiences and knowledge of the game. He made a positive impact with everyone he crossed paths with this year. John has many accomplishments as a hockey player including playing in the NHL and coaching in the Western Hockey League. His passion for the game brought him to us and we are so grateful he decided to help out

and make a difference. His 'it's all about fun' philosophy impacted me and inspired me as a Mom and as the president of the club."

Wolf Hauschild Memorial - Karen Fulton - Presented by President Candice Fraser Beswick.

"This award went to the person, the executive felt was the most dedicated volunteer. Karen Fulton was a very fitting for this award. She has spent countless hours of her time volunteering for Minor Hockey, while juggling a very busy life, continued on Page 23

March weather review

If you thought March this year was colder than normal, you were right. It began cold and snowy and ended only slightly better. Daily temperatures averaged two degrees below normal and sunny warm days were few.

If it is any consolation, the record lows of 1954 to 1956 were worse. 1955 and 1956 had the most snow on the ground until the end of the month, when 1975 took the record for most snow still not melted.

Record highs for the past 20 years were few and far between. Most of the record highs were in 1994 and the early 1940s. For example, the record high for March 7 was 17.2 set in 1941.

There was a later date record high of 17 in 2005, a couple of record highs in 1992 and 1984, and on March 31, a record high of 23 for last year.

Record lows were mostly in the 1950s, but the record low for April 1

was -10.2 in 2008. More than one record low was set in 2009, but the real extreme record low temperatures were set in 1951, 1954 and 1955.

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The action was fast-paced and exciting during the Princeton Posse Spring Evaluation Camp held March 28-30 at Princeton Arena. The event marked the end of the ice season at the facility. Photo: Bob Marsh www.marshphotography.ca

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Alex Atamanenko, MP

Canada-Honduras Free Trade Agreement - Pt. 2

As I mentioned in Part I of this column, Honduras fails the test when we apply three criteria to assess trade agreements: respect for human rights and acceptable environmental standards, significant and strategic value of partner's economy for Canada and acceptability of the terms of the agreement.

Since 2010, there have been more than 200 politically motivated killings and Honduras is now regarded as the world's most dangerous place for journalists. According to a 2013 Human Rights Watch report, Honduras has the region's highest rate of journalists killed per capita, with some 23 having been assassinated in the last three years alone.

Today, journalists in Honduras continue to suffer threats, attacks and killings, and authorities consistently fail to investigate these crimes effectively. Peasant activists and LGBT individuals are particularly vulnerable to attacks, yet the government routinely fails to prosecute those responsible.

In June 2013, 24 U.S. senators signed a letter expressing concern about the human rights situation in Honduras. Ninety-four members of Congress have called on the U.S.

State Department to halt all military aid to Honduras in light of its violent repression of political activity.

At least 16 activists and candidates from the main opposition party, LIBRE, were assassinated since June of 2012, and 15 more have been attacked. On August 25, 2013, just months ago, three leaders of the indigenous Tolupan were shot and killed. There are extensively documented cases of police corruption, with 149 extrajudicial killings by police recorded between January 2011 and November 2012 alone.

In January 2013, the United Nations Special Rapporteur on the Independence of Judges and Lawyers called the dismissal of four Supreme Court justices by the Honduran government a violation of international norms and a grave threat to democracy.

Another element of the violence affecting Honduras is the presence of street gangs, known as maras, which rely on extortion and other forms of crime as income. Honduras has more of these gangs than all other Central American countries combined, and their activities contribute to crime and insecurity in the country.

This is the profile of the country that the Conservative government wants Canada to extend preferential trade access to and have closer economic relations with.

Honduras is currently Canada's 104th export market in terms of export value. In 2012 merchandise exports were a meagre \$38 million and imports \$218 million, marking a significant trade deficit. Internal Department of Foreign Affairs and International Trade, (DFAIT) analyses confirm that only marginal benefits for the Canadian economy are expected from this deal.

Although Canada's extractive sector has interests in Honduras, Canadian mining companies have been ensnared in controversial local struggles with citizens and indigenous groups and face allegations of environmental contamination.

In terms of the process used by the Conservatives to arrive at this deal, there has been a complete lack of transparency in the negotiation process of this trade agreement. Despite repeated demands by civil society in Canada, the Government of Canada failed to make public the text of the agreement during the negotiation process, and further, the government's token environmental impact assessment of the free trade agreement, released in October, omitted any assessment of the impact of Canadian investments in Honduras because these figures are considered "confidential".

I hope that I have been able to clarify why New Democrats oppose a free trade agreement with Honduras.

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 School District No. 58 invites you to participate in one of the following upcoming partner group meetings which will take place in the Library at Princeton Secondary School
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 "Community Voice on Education in SD 58" Public Meeting
 School District No. 58 (Nicola-Similkameen) has committed to a broad and extensive public consultation process to determine strategic priorities for the next five years.

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Megan Mintzler (Grade 8) from Princeton Secondary School won a Silver Medal for her science project "Music Mix-Up" at the Caribou-Mainline Regional Science Fair held April 3rd and 4th at TRU in Kamloops. *

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Flip Of The Coyne

by Spencer Coyne

While we are all talking about saving Princeton's economy I want to toss an idea out there. When we think business or economic development we always go to our fall backs, wood and minerals. When we talk about diversification we think of more value-added wood products. When we think of employment we think another mine would be great, but what if we joined the new economy, an economy that isn't based on resource extraction, an economy that is based on people and their abilities? I am talking about the technology or internet sector. We never think about things like technology here because we are not Seattle, San Francisco or Vancouver, but did you know that Kelowna has a growing tech industry?

We need to start thinking about the future of our community. Are we always going to be able to extract copper or coal? Will we be able to log for generations to come? We need to lay the groundwork to truly diversify our economy and move it into the modern era. This isn't just a Princeton thing. The Canadian economy is based on resource extraction. We excel at it and have

since the fur trade. What we have never really been good at is moving away from that method of economic development. That can change and we can start that change right here at home.

Princeton is in a great location. We are close to Vancouver and the Okanagan. We sit between two ski hills. We are not that far from Seattle. We have great outdoor opportunities here, and although we are not downtown Vancouver, we have opportunities to provide things that Vancouver cannot. After all, when Vancouverites escape the city, where do they go? We must be doing something right if the demographic we want to attract spends its free time here.

Becoming a destination for tech or internet based companies won't be easy, but if we marketed Princeton in the right way, we would only need to land one or two companies and then more would come. Jobs in technology are good paying jobs. They don't depend on the price of copper nor are they at the mercy of the pine beetle. The tech market is global and it is growing.

Web based industry can be anything from guys working out of their

basements to Amazon. Internet and television animation companies need office space and high speed internet. They pay well and attract young people. The list goes on and on and all we need to do is provide the space. With the creation of 3D printing, we are seeing a growing industry based around custom manufacturing using 3D printers. Most of these businesses are web-based. You place your order. The item is printed and sent to the client. 3D printing has become the best way to create prototypes. These types of businesses are popping up everywhere, and new business such as these could fit nicely into our local landscape and could bring well paying jobs into Princeton.

Some people may be saying this is never going to happen, not in Princeton. I disagree. I think we can attract these types of industries to our area, but we will need to do some work to get them here. We will need to talk to internet providers to get higher download and upload speeds here. We will need to encourage development of commercial space. We may want to take a serious look at the "industrial" park and ask ourselves whether we want to

change our strategy on what kinds of businesses we want to attract to the park. We will need someone to go out and try to bring these opportunities to Princeton by selling ourselves to the right people. We have to be attractive to a demographic that we have never tried to attract before. This will mean working with

Manning Park and Apex, working with our local community groups, and cross-promoting with our partners down the valley and in the region. If we want to do this, we can. We don't need to be Vancouver or Seattle. Our sleepy little town nestled in the Cascades can become a tech community.

RCMP arrest suspect

On December 30, 2013 Princeton RCMP received a report of a break and enter in the 4000-block of Princeton-Summerland Road in which two rifles were stolen.

The firearms included a black Remington 7mm bolt action and a Marlin 30-06 lever action guns.

"This incident follows a rash of break and enters, thefts and vandalism occurring in Princeton and rural areas in the last quarter of 2013," states Princeton RCMP Cst. Shiell.

"Princeton RCMP have identified

suspects in several of the incidents and one individual has been arrested and is facing criminal charges."

Anyone with additional information regarding this incident or other break-ins and thefts is asked to contact Princeton RCMP Cst. Shiell at 250-295-6911. Anonymous tips can be called in to CrimeStoppers at 1-800-222-8477.

"As always, Princeton RCMP encourage citizens to help in keeping our community safe and discouraging criminals by reporting suspicious activity to police."



PrincetonBCNews



Editorial Page News Leader

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My Turn...

You Just Missed Me

It appears to be that time of year when you take your life in your hands – crossing downtown streets.

I typically like to use marked crosswalks because I figure if I get hit I can make some noise about being in a designated area intended for crossing the pavement when I got hit by a vehicle driven by a moron who didn't see me.

This in itself I find a bit amusing as I don't consider myself a hard to see target.

In fact, that's where I get a little confused about the close calls I usually experience when crossing Bridge Street on my way to check the mail.

One day last week I had to dodge out of the way of a white pickup truck sailing through the intersection while the driver (you know who you are) was daydreaming on his way to the other side of the street.

I made a gesture (not the one you may be thinking as I'm not going to provoke the bonehead) that indicated he just about hit me. I believe I waved my arms to make myself look bigger, as if the white pickup truck was a bear and I was trying to scare it off.

The driver didn't even see my defence tactic, as he was probably too busy thinking about whether or not to put on his seatbelt.

I kid you not.

I take chances every day walking across Bridge Street; however, I have discovered something quite interesting about that stretch of road.

When I jaywalk, vehicles stop to let me continue to the other side. When I use a marked crosswalk, I'm invisible. It's as if the faded reflective paint of the crosswalk does something to hide pedestrians.

I sense it's as if I've ventured into a completely different dimension as soon as my first foot leaves the sidewalk and touches Bridge Street. For some reason, my rather Large (okay, Extra Large) bulk automatically shifts the molecules of the air I'm passing through to such a speed I no longer exist in the present time. I rejoin the rest of my body when I get to the other side of the street.

Or maybe drivers just don't pay attention anymore. I thought there was a rule somewhere that stated you needed to have a bit of awareness of where you are when you hop into the driver's seat of any vehicle. But I may be wrong. It's been a while since I had to prove I knew how to drive.

And for those speed racers who like to zip around school zones, remember, if you get caught, I did warn you to pay some attention to what you're doing when you're in partial control of your vehicle.



Megan Pateman is representing the Town of Princeton in the BC Youth Ambassador Program *

Megan Takes On BC

Local Girl Competes In BC Program

Megan Pateman is an 18 year old female born in Kelowna and raised in Princeton by her parents Doug and Jenny Pateman. At the age of 16 Megan entered the Princeton Youth Ambassador Program sponsored by Copper Mountain Mine. Megan says the mine was an incredible sponsor and would like to thank them for their continuous support in the program.

In July of 2012 Megan was crowned Princeton's Youth Ambassador and says she loved

every minute of it and continues to help with the local program. Megan has now decided to go further with the role of an ambassador and run for British Columbia Ambassador representing the beautiful town of Princeton with the help and incredible support of her two main sponsors the Princeton Ambassador Program and the Royal Canadian Legion Branch 56.

She says she cannot thank these two organizations enough for helping in her journey. Megan is

honored to have the opportunity to represent her wonderful hometown and is excited to see where this journey takes her.

As a British Columbia Ambassador Candidate one of Megan's duties is to raise money for scholarships and bursaries that will be awarded to the nine candidates taking part in this year's program.

If you are interested in helping Megan along her journey please like her Facebook page called Megan Pateman-British Columbia Ambassador Candidate 2014. Feel free to contact Megan through her Facebook page or through email at mbpateman@gmail.com.

If you would like to donate money towards Megan's fundraising efforts she would be happy to meet with you. You can also become a recognized BC Ambassador Sponsor by donating \$30.00 or more to Megan and you will receive a sponsor t-shirt in return.

Megan is willing to volunteer at any event that needs volunteers and she would be happy to hear about events she can help at. Feel free to contact her at your convenience.

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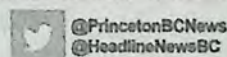


GOOD LUCK, MEGAN!

FROM ALL OF US!

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Current Comment

The Hot New Career For Women



Dawn Johnson
editor@thenewsleader.ca

Picture the typical Canadian farmer: over age 50, male, family farm, hoping to retire around age 70.

Picture the new Canadian farmer: age thirty-something, probably born in the city, well educated, took courses in farming, leases or owns between 20 and 50 hectares, female.

The fastest-growing sector of farm population is women - single, married, with and without children.

About 30 percent of farmers in Canada today are women.

The greatest barrier to women entering farming as a career is having enough resources or enough credit to own the land. This is true world-wide, and there have been a number of papers submitted to governments, not only in Canada but in most other nations, asking for more support for women to purchase farmland and make a success of farming.

Why do women leave city life and take up farming? It is a life of long hours, unpredictable weather conditions affecting crop yields, and generally provides nowhere near the income a city job would provide.

Farming is kind of an ideal job for an able-bodied young woman with brains and business savvy. She can be her own boss, make her own decisions, and she has a home and food as part of the package. If she has children, she has the added advantage of feeding them good fresh food and providing them with lots of exercise and fresh air. If she is married, she has the advantage of a husband bringing home a pay cheque, definitely making her career choice more secure.

Women choose farming because they see the need for more food in the world, for an environment that sustains family life, and because they like the land. Most of the young women who choose farming also choose to do organic farming or environmentally friendly and sustainable farming.

Training for their career can be obtained in many ways. Some go to agricultural college, some take a series of agricultural courses and some go to work on a farm just for room and board and the learning experience. All take courses in agricultural business management.

Most of the new women farmers develop market gardens, but many expand into livestock such as cattle, sheep, goats and chickens. Most plant field crops of grain or

hay.

Most of the women farmers will admit they like the lifestyle, the independence, and the benefits of being outdoors and of eating food they can trust as to quality. Some might add job security as a benefit.

Farming is challenging for anyone, but there are many women who like a challenge, and many who like the feeling of building something that contributes value and quality to the world.

Farm women add a great deal to the stability of rural life. Studies in Canada and other parts of the world indicate that women involved in agriculture add vitality to rural living. They create social as well as economic networks, they are more inclined to cooperative effort, and they nurture each other. These are natural skills shared by most females.

What about the hard work of farming? Doesn't that defeat women?

With modern machinery, the hard physical labour of farming in Canada is greatly reduced, but it is well to remember that 43 percent of all farm labour in the world is done by women. In most developing countries, it is done without any machinery to save their bodies, but they succeed anyway.

One of the most successful farm cooperatives was started by women in central Africa. Funded by international women's groups, the women of an African village planted crops, irrigated them, and overcame their biggest challenge: taking their produce to markets many kilometers from the farm. They bought a truck and sold the produce, bringing home money every week, money rarely seen in the hands of women, and more money than villagers had seen in years. In five years, they had built a school, a health clinic, and improved the life of every person in the village. They not only shared the labour of the farm, they shared caring for the very young and those too old or disabled to work.

In a world where food is becoming increasingly scarce and expensive, producing more food has an impact on the world economy. Young women who choose farming as a career seem to understand they play a role in making the world a better place, and few workers have that satisfaction from the work they do.

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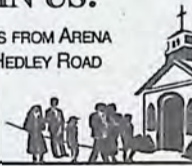
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AND NOW...A LITTLE GOOD NEWS!

"And teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." - Matthew 28:20

Lower Valley News

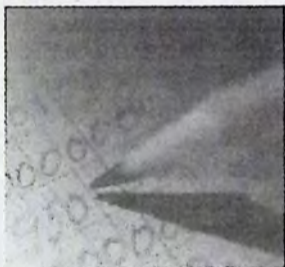
Keremeos - Cawston - Olalla



Clayton Campbell of Keremeos got in some airborne time at the Keremeos Skateboard Park over the Spring Break. Clayton was spending time hanging out and coaching one of his buds who had never been on a skateboard before March 22nd; his companion was too shy to be in the picture. Photo: Arlene Arlow

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Players plan production

'There are no small parts, only small actors' goes the saying.

If you have ever thought you might enjoy taking a small part in a play, consider the Heritage Players production of Dirty Work at the Stopping Place.

At least two actors will be cast in each of six parts in the old fashioned melodrama.

Characters are the ruthless villain and his dastardly henchman, the

sturdy innkeeper and his dutiful wife, the fair maiden and her noble hero and a feisty granny thrown in to complete the gang.

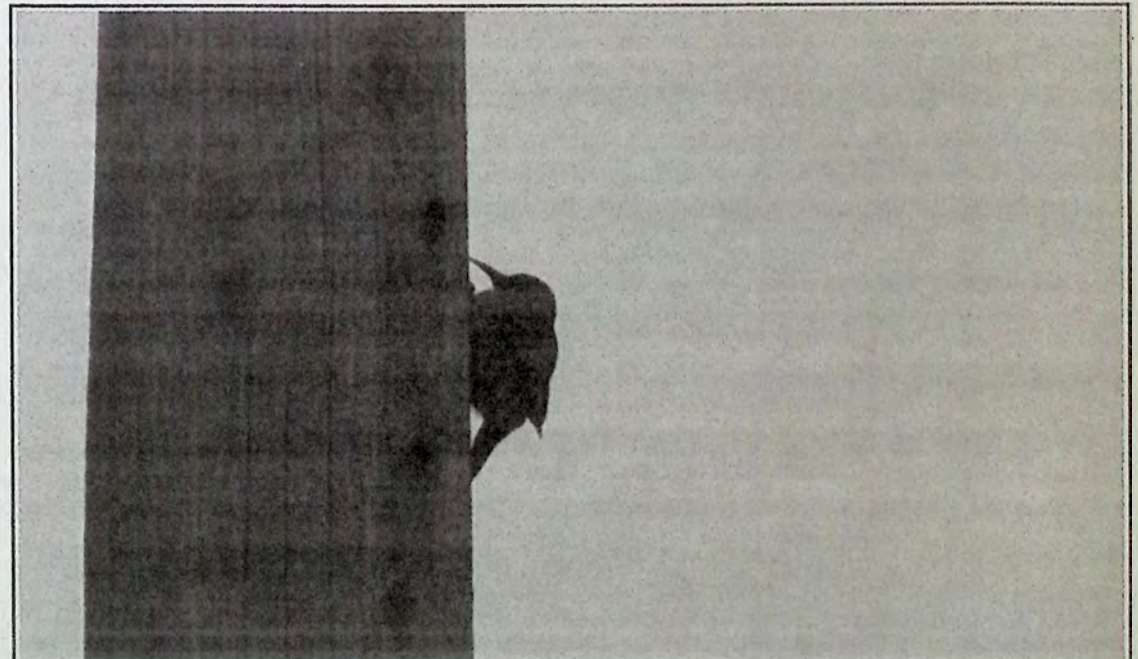
Dirty Work at the Stopping Place is a twenty-minute piece for performance outdoors or indoors at the Grist Mill, in Keremeos Village and at other South Similkameen venues. Cheers, boos, sighs and tumultuous hoorays are prompted with signs

from the wings. Sound effects are homemade and a fun part of the show.

Dirty Work will feature brief commercial interruptions promoting free land, the VVE Railway, Price's Flour Mill, Grandma's Lye Soap and assorted other ditties.

To learn more about this production, the rehearsals, the play dates and your part in the fun call 250-499-5417.

- submitted



A walkabout along the dike March 22nd in Keremeos brought some unexpected amusement: woodpeckers were busy sending messages to each other. This telephone pole had two rappers. At least two other woodpeckers - one located across on the south side of the Similkameen River and another located a few hundred yards south from this perch - were busy hammering out their own version of rap. When a woodpecker is rapping on a telephone pole or the metal cladding of a chimney, he or she is looking for a mate. Photo: Arlene Arlow

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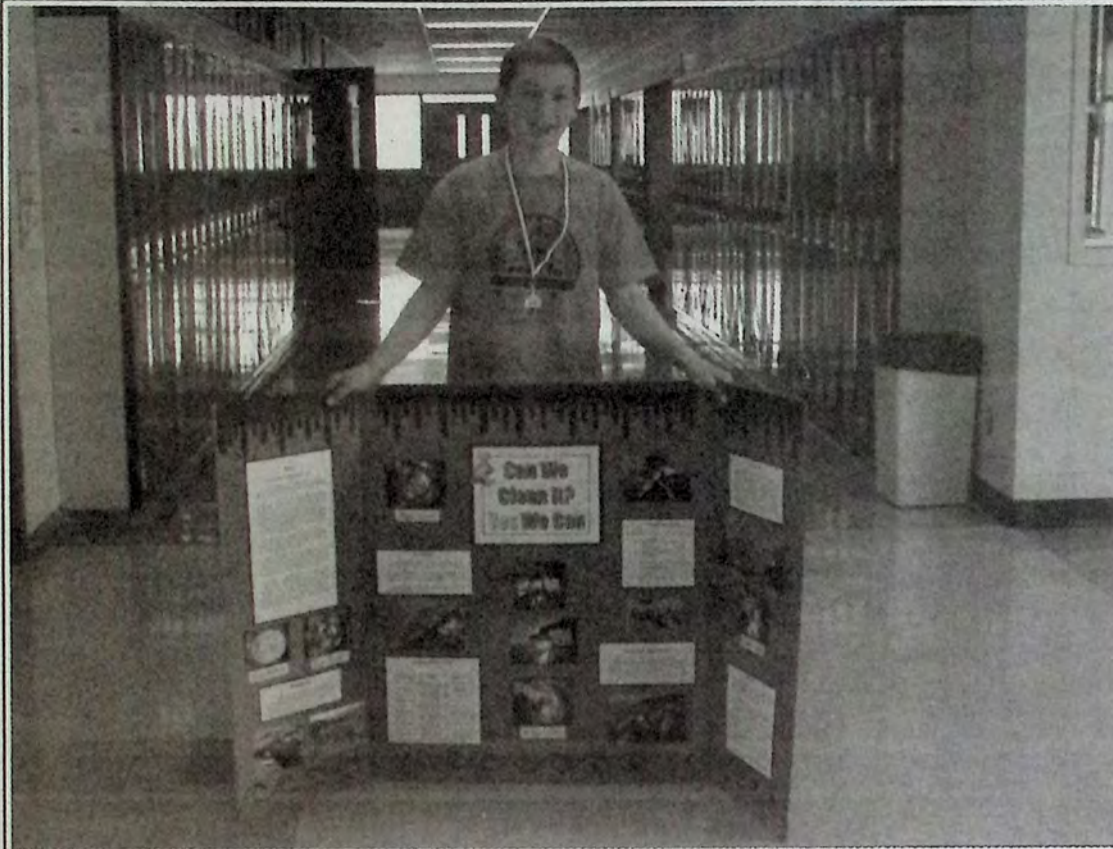
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e-mail: george@thenewsleader.ca brenda@thenewsleader.ca



PSS Grade 8 student Marcus Brodie brought home a Bronze Medal for his Science project "Can We Clean It? Yes, We Can!" The Caribou-Mainline Regional Science Fair was held April 3-4 at TRU in Kamloops. *

Local students shine at fair

Princeton area students did well at the Caribou-Mainline Regional Science Fair held April 3rd and 4th in Kamloops.

There were a total of 197 participants in the event hosted at Thompson Rivers University and Princeton's Eric Holland returned with one of 23 Gold Medals awarded at the event for his "Combustible Dust 2" project. Holland, a Grade 9 student, was attending his second regional science fair and also won the Best Overall Engineering Project Trophy.

Marcus Brodie (Grade 8) won a Bronze Medal for his "Can We Clean It? Yes, We Can!" project.

Miranda Crucil (Grade 8) earned a Silver Medal for "The Impact of Oil and Tanker Spills" and Megan Mintzler (Grade 8) also won a Silver Medal for her "Music Mix-Up" project.

The Princeton Secondary School students are part of Ms. Barchard's science department.

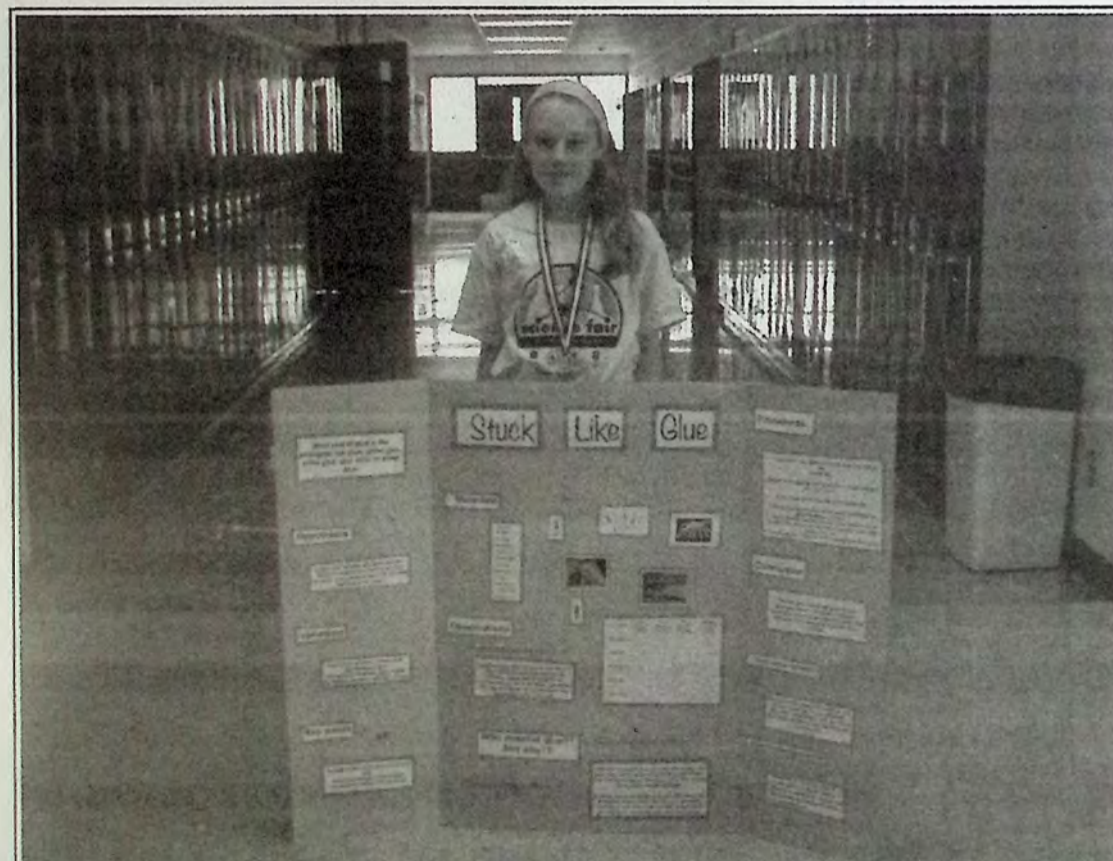
This year two elementary school students went to the regional event

as well.

Vermilion Forks teacher Mrs. Cleven selected Talia Easy and Holly Atkinson to represent the school at the Kamloops event and both brought home Merit Awards.

Talia Easy (Grade 6) submitted her science project titled "Warm Toes" and Holly Atkinson (Grade 5) participated with her "Stuck Like Glue" project.

MORE SCIENCE FAIR PROJECT PHOTOS ON PAGES 3, 23 & 24



Holly Atkinson was one of two Vermilion Forks Elementary School students who participated in the Caribou-Mainline Regional Science Fair in Kamloops. Atkinson, a Grade 5 student, earned a Merit Award for her project. *

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Princeton Brownies, along with three assistants, picked up litter downtown Monday, March 31st. The five girls ended up collecting nine grocery bags full of trash in 30-minutes and in an area of just two blocks. The trash was uncovered by melting snow. "We hope to encourage other organizations and individuals to continue our mission to love and take care of our community," stated Leader Renee Hartwell. - photo submitted

Saddles 'n' Spurs

by Pastor George Donovan

We always had extra hands at the stable. One man was fairly new and he slept in a little cabin fairly close to the barn. He was a big, husky guy. His favourite sport was polo but he enjoyed working with us and the dude horses. I was at the barn working one day and wondered where he was because I hadn't seen him yet that day. I went and knocked on his cabin door, there was no answer so we asked around if anyone had seen him.

I wasn't too concerned so we continued saddling horses and taking care of our guests. After quite a while I was getting a little ticked off because I was doing the work he was supposed to be doing so went back to knock again on his door.

No answer. I opened the door and went in and found him laying on his cot, unconscious with blood coming out of his mouth. I called my brother Mike in. He was a small guy and I was pretty light myself but we had to carry him out. We had no phone so couldn't call an ambulance and the only road out was a sawdust and mud road, basically a horse trail. The city road was about a half a mile from the barn so Mike took his legs in front and I held him under the armpits and we tried to run to the main road.

It was so bizarre, we kept stumbling and falling, carrying a guy that we thought must be dying, but we couldn't help but laugh even though we knew it was very serious. We finally made it to the road and had to wait for a car to come by so we could get help.

It wasn't a busy road but finally a woman came down the hill and we flagged her down desperately, we blocked the road so she had to stop or kill us. She was very kind and we stuffed our guy in the back seat and she rushed him to Lions Gate Hospital. Mike and I went back to the stable, let everyone know what hap-

pened and got my car and went to the hospital. The nurses told us that if he had been much later he would be dead. He was in the hospital for some

time recovering but never came back to the stable.
I guess he had enough of that!
..... continued Next Week

Living Past 100

Watch Out For Ticks

It is tick season again. Anyone is vulnerable to ticks if they walk in areas where wild grass is growing. Deer trails are favored by ticks, but any trails frequented by warm-blooded animals is a likely location for ticks. Adults should check themselves, their children and their pets.

Ticks are a serious threat to health. Some ticks carry Lyme disease, a disease which mimics the symptoms of multiple sclerosis, chronic fatigue syndrome and other conditions which affect the nervous system and muscle function. Although Lyme disease is easily treated with antibiotics, diagnosis can be difficult if a physician is uncertain as to how the condition originated, and as a result, Lyme disease is often mis-diagnosed. If you or a loved one finds a tick embedded in the body, go to the emergency room and have it removed, and insist it be sent for analysis. If the tick is carrying Lyme disease, treatment should begin immediately.

There is a myth that Lyme disease will be indicated if there is a bull's eye red ring around the bite. This is not true in every case, so it is important to test for Lyme disease for every tick bite incident.

Lyme disease is not confined to humans. Your pet may suffer from a tick bite. If you cannot take your pet to a veterinarian immediately, remove the tick by smothering it in some kind of greasy substance.

Ticks bite in areas where the skin is most tender. These little beetles look like a flat sea crab. They are black, brown or spotted. When the tick bites, it sinks its mandibles into the skin and begins sucking blood. It will continue to suck until full, and then will drop off. Even if this occurs, it does not mean it could not have infected the human or animal from which it was sucking blood.

The best way to avoid ticks is to stay away from places the ticks like to hide: grass along game trails, areas where there are small bushes and grass, and warm, grassy hillsides. In earlier times, it was common to burn dried grassy areas, which served to control against ticks. These days, such practices are discouraged due to global warming.

Some people believe they can avoid ticks by wearing dark clothing, but the best way to avoid ticks finding a place to bite is to wear boots and pants tight at the ankles. Even with this precaution, a tick can crawl up your clothing to your neck and bite at the hairline, one of their favourite places to bite.

If you have deer passing through your property, you may have ticks on your lawn. Ticks may crawl onto a deer and be shaken off or scratched off when the deer are on your property.

Tick season ends when the weather becomes hot and dry, as in July and August. Until then, check daily for ticks.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - April 8 - 14, 2014



The Posse Peewee Team were awarded their hard-earned South Central League Banner at the Hockey Awards Night held at Riverside on April 1st. Grant Yee, Marcus Brodie, Case Brodie, Matt Maynard, Curtis Gould, Carson Thibert, Assistant Coach Al Anderson, Trenton Vergara, Assistant Coach John VanHorlik, Head Coach Daryl Clarke (top row) Liam Zieske, Jett Larsen, Quinn Clarke, Mason O'Neil and Tukumi Irie. (Missing from photo - Kirk Scollon and Shae Karstensen). - photo submitted

PDMHA celebrates Peewee pride!

The Princeton Peewee Posse players were on a roll this year and one they hoped doesn't stop. Regular season came to an end for the local team and with that end has come a record to brag about. At 16 wins and zero losses, the 16-0 statistics are a source of pride for the small town players who participated in the South Central Peewee Recreation league this year.

The nine team regular season battle on ice against 2 Penticton teams, 4 West Kelowna teams, 1 Summerland team and 1 South Okanagan team has been a full on attack by the young Princeton Posse. Every game, they hit the ice with a determination to play hard all the way through until the last buzzer and they did. The team is made up of every kid they could get to strap on skates. There were no try-outs. In fact, it was a scramble to put together the team. Three over age players (by a few months) had to be approved by OMAHA (Okanagan Mainline Amateur Hockey Association) before they could play and two under age players also, had to be assessed before joining the line up.

Mason O'Neil and Curtis Gould may be the youngest players, but neither one are lacking in skill. Both have been really worthy of their spots and proven themselves. In fact, O'Neil pulled in a hat trick at the finals at the Posse's home team tournament. The boys are fast and put 100% effort into their on ice shifts.

Grant Yee, Nathan Silbernagel and Marcus Brodie are the over age players and for them they have had to play a new kind of game. Their play has been under scrutiny all year, but the local coaching staff has met the scrutiny with grace and a love of the game that goes far beyond winning. Yee and Silbernagel are solid defencemen and have kept the team upright at times when a bad pass or tired offence have incidentally handed a puck to their opponent. On top of that, both players have shots from the point close to "breaking the sound barrier," joke their teammates. Brodie is a good addition to the offensive line up and has been known to use a few special moves to outwit the opposing goalie. All three boys have been asked to main-

tain a one goal maximum at most of the season games and have had to pull back in order to do that. They have had to focus on a clean game all year which is sometimes hard to

do when playing hockey.

Takumi Irie joined the team last year with no experience on skates. He moved here from Japan with his family and brought with him an ath-

leticism and sheer determination. After a steep learning curve last season, Irie can now boast a few assists and goals and an amazing attitude continued on Page 22



Case Brodie (Most Defensive) Matt Maynard and Liam Zieske (Most Offensive) from the Peewee team share a laugh at the Awards Night. They had every reason to be super happy after Princeton and District Minor Hockey Association President Candice Fraser-Beswick handed them the South Central League banner for winning 100% of their regular season games. - photo submitted

Tuesday Movies

EVENING

10:00 pm KNOW ch.5 "Grinders" (2011, Docudrama) An out-of-work filmmaker learns the true meaning of life, risk and fatherhood while playing in illegal poker games to support his wife and baby. (CC)

11:00 pm WTBS ch.3 "Killers" (2010, Action) Ashton Kutcher. A woman's perfect suburban life explodes in a hail of bullets when she learns that her husband is an international superspy.

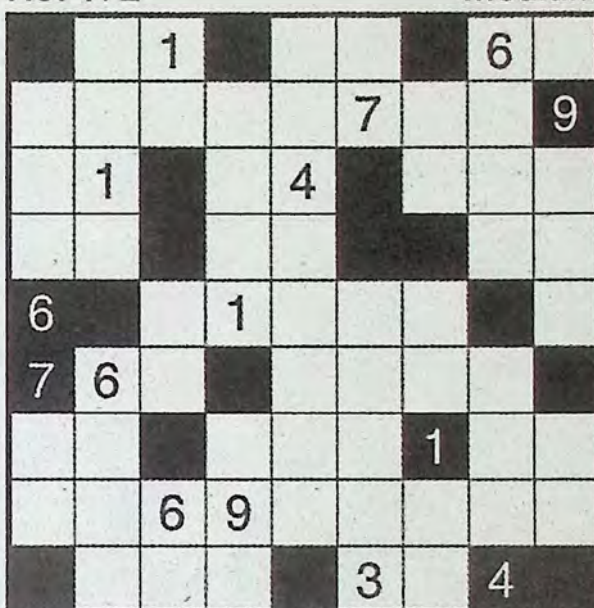
News Leader Str8ts

STR8TS

No. 172

Medium

Previous solution - Tough



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

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

THIS WEEK'S
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SOLUTION WILL APPEAR
IN NEXT WEEK'S ISSUE

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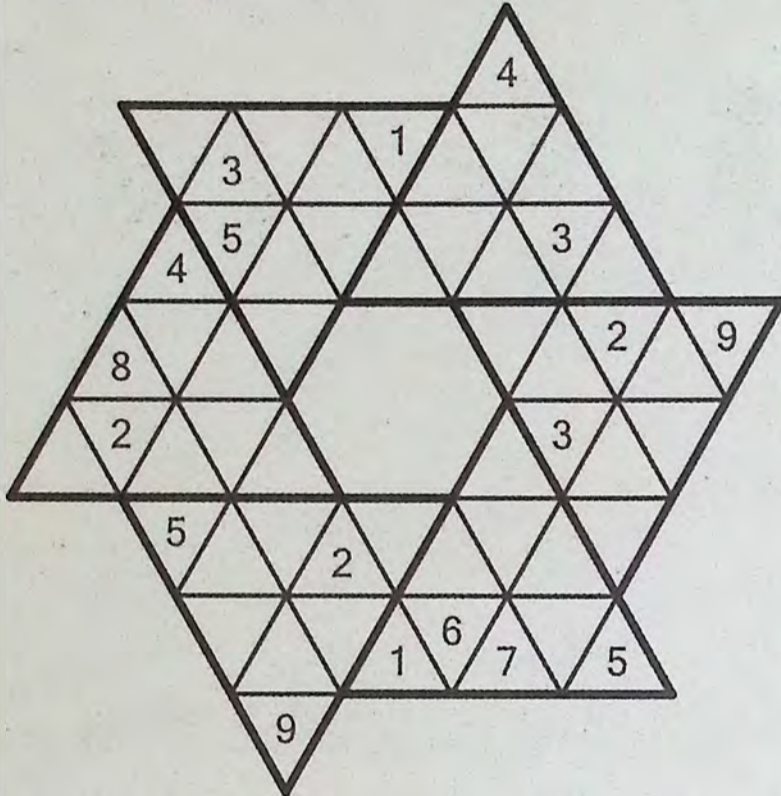
TUESDAY, APRIL 8, 2014

	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) 30	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 0	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Rescue	SportsCentre 30	CTV Morning Live (N) 0 30	Salvage Hunters 30	Stella-Sam ANT Farm	CityLine (N) 30	Bar Rescue 0	Eat St. 0
7 AM :30	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Ed Norton; Bob Saget; Toni Collette. (N) 0 30	CBS This Morning (N) 0 30	Criminal Minds 0	Good Morning America (N) 30			Tiger Arthur 30	Super Evil Sidekick	SportsCentre 30		Alplane Repo 30	Shake It Austin	Let's Make a Deal (N)	Bar Rescue 0	Disaster Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the			CSI: Miami 0 30			Morning Huntley St.	Bo On/Go Busytown	Pokemon Storm	SportsCentre 30		Jacked! "Jacked Up!"	Jessie 30 Wizards	The Price Is Right (N)	Bar Rescue 0	Extreme Pig Outs 30
9 AM :30	Millionaire Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club 0 30	CSI: Miami 0 30	Livel Kelly and Michael	Morning Huntley St.	The Doctors 0 30	Super Why! Napkin	Monster Spliced 0	SportsCentre 30	Livel Kelly and Michael	Mighty Planes 30	Little Wil West	Jdg Judy Jdg Judy	Bar Rescue 0	Mysteries-Museum
10 AM :30	Divorce Divorce	The Doctors 0 30	Ella the Elf Jelly Jamm	Sesame Street 0 (E)		The Price Is Right (N)	Criminal Minds 0	The View 0 30	The Doctors 0 30	Fresh Debt/Part	Bookaboo Doodlebob	Invasion Almost	PBA Bowling	The View 0 30	Auction Auction	Never Land Sofia	The Chew 0 30	Bar Rescue 0	Secret Secret
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 0	Paid Prog. Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	The Nature of Things	Flamingo Squirrel		Marilyn Denis	How/Made How/Made	ANT Farm Jessie 30	General Hospital (N) 0	Bar Rescue 0	Airport Airport
12 PM :30	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rosa (N) 30	Paid Prog. Paid Prog.	News Bold	The First 48 0 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Kid vs. Kat Sidekick	Masters Classics	CTV News (N) 0 30	Bering Sea Gold 30	Wingin' It Wizards	Katie 0 30	Bar Rescue 0	Eat St. 0 Eat St. 0
1 PM :30	Community Community	Days of our Lives (N)	Wibbly Pig Dragon	Painting Quilting	Days of our Lives (N)	The Talk (N) 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk (N) 0 30	Republic of Doyle 0	Rated A Monster	Hockey Hockey	The Social 30 (DVS)	Jacked! "Jacked Up!"	Wizards Good Luck	CityLine 30	Ink Master "Earn III"	Extreme Pig Outs 30
2 PM :30	Seinfeld 0 The Middle	The Talk (N) 0 30	Ella the Elf Rob Robot	Thomas Super Why!	Katie 0 30	Let's Make a Deal (N)	The First 48 0 30	Queen Latifah	The Talk (N) 0 30	Queen Latifah	Steven and Chris 30	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil 0 30	Rods N' Wheels	Good Luck Shake It	CityNews at 5 (N) 30	Ink Master "Bug Out"	Ghost Adventures 30
3 PM :30	The Middle Mod Fam	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil 0 30	Storage Storage	Rachael Ray 0 30	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) 30	Bethenny 0 30	How/Made How/Made	Shake It ANT Farm	CityNews at 5 (N) 30	Ink Master 0 30	Disaster Disaster
4 PM :30	Big Bang Big Bang	Young & Restless	Maya Bee Arthur 0	Wild Kratts WordGirl	Jdg Judy Jdg Judy	The Dr. Oz Show 30	Storage Storage	The Doctors 0 30	Young & Restless	Early News Global Nat.	Dragons' Den 0	SpongeBob Chucks	That's Hockey! (N) 30	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Ink Master 0 30	Security Security
5 PM :30	Browns Payne	News (N) 30	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage Storage	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob	NHL Hockey: Washington Capitals at St. Louis Blues. (Live)	CTV News at Five (N)	What Next What Next	Jessie 30 Jessie 30	Glee "Bash" (N) 0	Ink Master 0 30	Secret Secret
6 PM :30	Browns Payne	Global Nat. News	Hope for Wildlife 30	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N)	Storage Storage	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Cache Japanizi		CTV News (N) 0 30	Licence to Drill: Louis	Austin Austin	Mindy Mindy	Ink Master 0 30	Mysteries-Museum
7 PM :30	Mod Fam Seinfeld 0	Ent ET Canada	Marine Machines 30	The Dave Clark Five - Glad All Over, a Great	Jeopardy! Wheel	Inside Ed. Access H.	Storage Storage	Ent The Insider	Ent ET Canada	Chicago Fire (N) 30	George S Coronation	The Next Star - Super		etalk (N)	Cold Water Cowboys	Win, Lose Good Luck	Mind Games (N) 30	Ink Master (N) 0 30	America Declassified
8 PM :30	Family Guy Family Guy	NCIS "Page Not Found"	For King and Empire 0	The Voice (N) 0 30	NCIS "Page Not Found"	Storage Storage	Agents of S.H.I.E.L.D.	Agents of S.H.I.E.L.D.	NCIS "Page Not Found"	NCIS "Page Not Found"	Coronation St	Mr. Young Boys		SportsCentre (N) (Live) 30	Bering Sea Gold 30	Good Luck ANT Farm	CityNews-Tonight (N)	Tattoo Tattoo	Secret Secret
9 PM :30	Amer. Dad Amer. Dad	NCIS: Los Angeles (N)	Emergency Frontline 0 30	About-Boy Fisher	NCIS: Los Angeles (N)	Storage Storage	Goldbergs Trophy	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Arctic Air 0 (DVS)	Gags Gags	That's Hockey 2 Nite		Goldbergs Trophy	Licence to Drill: Louis	Wingin' It Next Step	Jimmy Kimmel Live (N)	Tattoo Tattoo	Ghost Adventures 30
10 PM :30	Jeffersons Jeffersons	Chicago Fire (N) 30	Movie: "Grinders" 30	Extraordinary Women	Chicago Fire (N) 30	Person of Interest 30	Storage Storage	Resurrection 0 30	Chicago Fire (N) 30	News Hour Final (N)	The National (N) 30	Babysitting Splatalot	SportsCentre (N) 30	Person of Interest 30	Cold Water Cowboys	Good Luck Jessie 30	EP Daily Reviews on	Ink Master 0 30	America Declassified
11 PM :30	Movie: "Killers"	News Hour Final (N)	Marine Machines 30	Charlie Rose (N) 30	News J. Fallon	News Letterman	Storage Storage	Barry'd J. Kimmel	KXLY 4 News Hour Final (N)	ET Canada The Test	CBC News George S	Mr. Young Boys	SportsCentre 30	News-Lite CTV News	Bering Sea Gold 30	Wizards Life Derek	Recovery Paid Prog.	Tattoo Tattoo	Secret

News Leader Sudoku 500

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

9:00 am SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman, Professor Xavier leads Wolverine and other superheroes against Magneto, a mutant who would rule humanity. (In Stereo)

impact with an onrushing anti-life force. (In Stereo)

EVENING

10:30 pm SPIKE ch.44 "X-Men" (2000, Action) Hugh Jackman, Professor Xavier leads Wolverine and other superheroes against Magneto, a mutant who would rule humanity. (In Stereo)

AFTERNOON

2:00 pm SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. Premiere. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (In Stereo)

11:00 pm WTBS ch.3 "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact.

5:00 pm SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from

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WEDNESDAY, APRIL 9, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☒	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☐	Morning Northwest	Morning News (N) ☒	(5:00) Morning News (N)	CBC News Now (N) ☐	Kid vs. Kat Rescue	Sports SportsCentre ☒	CTV Morning Live (N) ☐	Salvage Hunters ☒	Stella-Sam ANT Farm	CityLine (N) ☒	Wildest Police Videos	Eat St. ☐ Eat St. ☐
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Kristin Chenoweth; Sarah Wilson. (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)	Wildest Police Videos	Disaster Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat In the Hat			CSI: Miami ☐			Morning Huntley St.	Bo On/Go Busytown	Pokémon Storm	SportsCentre ☒		Dangerous Flights	Jessie ☒ Wizards	The Price Is Right (N)	Wildest Police Videos	Extreme Restaurants
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club ☐	CSI: Miami ☐	Livel Kelly and Michael	Morning Huntley St.	The Doctors ☐	Super Why! Napkin	Monster Spliced ☐	SportsCentre ☒	Livel Kelly and Michael	Mighty Ships "BecruX"	Little Wil. West	Jdg Judy Jdg Judy	Movie: *** "X-Men" (2000, Action) Hugh Jackman. ☐	Airport Airport
10 AM	Divorce	The Doctors ☐	Ella the Elf Jelly Jamm	Sesame Street ☐ (EI)		The Price Is Right (N)	Criminal Minds ☐	The View ☐	The Doctors ☐	Fresh Debt/Part	Bookaboo Doodlebop	Invasion Almost	2010 Masters 2011 Masters	The View ☐	Auction Auction	Never Land Sofia	The Chew ☐	Security Security	
11 AM	Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds ☐	Paid Prog. Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	The Nature of Things	Flamingo Squirrel	Majors	Marilyn Denis	What Next What Next	ANT Farm Jessie ☒	General Hospital (N) ☐	Ways Die Ways Die	America Declassified Eat St. ☐
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose ☐	Paid Prog. America	News Bold	The First 48 ☐	The Chew ☐	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☐	Kid vs. Kat Sidekick	Golf: Masters Par 3 Contest. (N) (Live) ☒	CTV News (N) ☐	Licence to Drill: Louls	Wingin' It Wizards	Katie ☐	Ways Die Ways Die	Eat St. ☐ Eat St. ☐
1 PM	Community	Days of our Lives (N)	Wibbly Pig Dragon	Oil Painting Sewing	Days of our Lives (N)	The Talk (N) ☐	The First 48 "Blackout"	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 ☒	Ways Die Ways Die	Extreme Restaurants
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 ☒	Kid vs. Kat Super Evil	Masters Preview Show	Dr. Phil ☐	Dangerous Flights	Good Luck Shake It	CityNews at 5 (N) ☒	Movie: *** "The Fifth Element" (1997) Bruce Willis. Premiere. ☐	Ghost Adventures ☒
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil ☐	The First 48 ☐	Rachael Ray ☐	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	SportsCentre (N) ☒	Bethenny ☐	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N) ☒	Disaster Disaster	
4 PM	Big Bang	Young & Restless	Maya Bee Arthur ☐	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show ☒	Duck D.	The Doctors ☐	Young & Restless	Early News Global Nat.	Dragons' Den ☐	SpongeBob Nerds	Hockey NHL Hockey: Montreal Canadiens at Chicago Blackhawks.	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Security Security	
5 PM	Browns	News (N) ☒	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob	CTV News at Five (N)	Sons of Guns ☐	Jessie ☒ Jessie ☒	Murdoch Mysteries ☐	Movie: *** "The Fifth Element" (1997) Bruce Willis, Gary Oldman. ☐	Security Security	
6 PM	Browns	Global Nat. News	Marine Machines ☒	PBS News-Hour (N) ☒	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Hathaways Thunder	CTV News (N) ☐	Naked and Afraid: Un	Austin Jessie ☒	Mod Fam Cougar	Bord. Rico Bord. Rico		
7 PM	Mod Fam	Ent	Canada: Over the Edge	Nature "My Bionic Pet"	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Chicago PD (N) ☐	George S Coronation	Assembly Assembly	NHL Hockey: Los Angeles Kings at Calgary Flames. ☒	etalk (N)	Naked and Afraid	Win, Lose Good Luck	Nashville ☐ (DVS)	Bord. Rico Bord. Rico	
8 PM	Family Guy	Survivor (N) ☐	Tea Road to the Skies	NOVA (N) ☐ (DVS)	Law & Order: SVU	Survivor (N) ☐	Duck D.	The Middle Suburg.	Survivor (N) ☐	Survivor (N) ☐	Dragons' Den ☐	Mr. Young Boys	Arrow "Time of Death"	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Bar Rescue Security		
9 PM	Amer. Dad	Engels	Jazz Now Orleans gives birth to jazz.	Your Inner Fish ☐	Law & Order: SVU	Criminal Minds (N) ☐	Duck D.	Mod Fam	Engels	Engels	Just for Laughs ☐	Gags Gags	Criminal Minds (N) ☐	Sons of Guns ☐	Wingin' It Next Step	Jimmy Kimmel Live (N)	Bar Rescue Ghost Adventures ☒		
10 PM	Jeffersons	(10:01) Chicago PD (N)	Wilderness: Grt	(10:01) Chicago PD (N)	CSI: Crime Scene	Duck D.	Nashville ☐ (DVS)	(10:01) News Hour Final (N)	News Hour Final (N)	The National (N) ☐	Babysitting Splatalot	SportsCentre (N) ☒	CSI: Crime Scene	Naked and Afraid: Un	Good Luck Jessie ☒	EP Daily	Reviews on "X-Men" (2000) ☐	Bord. Rico Bord. Rico	
11 PM	"Lara Croft: Tomb"	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N) ☒	J. Fallon	Letterman	Duck D.	KXLY 4 J. Kimmel	News Hour Final (N)	Highlights ET Canada	CBC News George S	Mr. Young Boys	News-Lisa CTV News	Naked and Afraid	Wizards Lifo Derek	Recovery Paid Prog.	Security Security		

Princeton Posse Spring Camp - A Success!

by Robyn Nicholson



The Princeton Posse held their first spring camp in many years at the Princeton and District Arena March 28th to 30th. The camp was an incredible success. It brought in some revenue for the club, and the town, whose local establishments benefited from the many families that were in attendance. But more importantly to the Hockey Operations department, it showcased some future talent that may dawn the cream and maroon this upcoming season.

This season expectations will be much different for the Hockey Operations Staff of Bill Rotheisler and Mark McNaughton, which will see some change itself with the departure of Dave Clare, and the incoming of whomever his successor will be.

With a good core of returning players this season, the Posse have had the luxury of having a staff in place in the off season to pay much more time and attention towards

their scouting and recruiting department and are looking to surround that core with more talent, meat and ultimately, more wins.

General Manager and Head Coach Bill Rotheisler commented, "The foundation (returning players, organization) is in place for building and moving forward. We were patient with the on ice product (last season) as it was important to establish and mould the overall character of the team, including the culture in the dressing room."; Rotheisler continued, "We made a lot of in-season roster moves last season, which makes it tough to establish consistency in our play, but the pieces we brought in were invaluable for the long term plan. This season will be focused more on improving our team now, in the off season, to allow some continuity in the lineup during the season, and build our on ice game."

If the camp was any indication of the seriousness of the GM's words,

than it appears the plan is going as, well, planned. With only three teams, but of almost all handpicked and invited participants (a rarity in the spring camp culture), the quality of players and tempo of play was nothing short of impressive. As we have seen with this now not-so-new coaching staff is that they demand a certain tempo in their games, which is evident if you have ever taken the time to catch any of the Posse's practices which are almost always open to the public. Even in the 2013-2014 rebuilding season, fans were witness to some exciting, well played games that saw a very young team come up on the short side of more one goal differential games than a world cup soccer event. Too bad that extra time could not be added!

Associate Coach Mark McNaughton weighed in on the camp: "(I was) very happy with the talent, and the job the organization did in making sure things were seamlessly professional. Our veteran players that attended were exceptional leaders and there has been a lot of positive feedback from the camp".

When asked about the overall Posse plans, McNaughton reiterated the organization's vision, "we had some skill last season, and have skill coming back, but what we have said as an organization many times in our meetings is that we

need to be tougher to play against. We have to have fun playing the game, but it doesn't mean the other team has to".

In the theme of finding players that can handle a tough grind, and the longevity of a long season that everybody is hoping and planning for, the staff put together a gruelling schedule that had up to seven (7) games in less than 38 hours for the players. Many interesting scenarios occurred that could lead to a lot of speculation of about the club next season. Highlights of the games included Posse record holder Eric Kubis making a return on the Princeton ice, fan favorite Curtis Sexsmith, ex-Posse Josh Mack working behind the bench with G Spencer Huff, KIJHL vet Bradley Palumbo (with permission from his current team), the size and talent on the back end including towers Trent Redsclag (Kelowna) and Scott Robinson (SISEC), the top scoring trio from Burnaby Winter Club and the surprises of tier 3 point producers in Erik Dion (Winfield) and Rick Mack (Quesnel). In addition, Posse vets Eden Dubchak and Trevor Pereverzoff participated in the camp along with local talent in Craig Thompson, Tristan VanderMeulen, Parker Thibert and Michael White.

Also present in the camp was the noticeable logo on the camp jerseys which will also be the player's

practice jerseys this fall, which saw the infamous posse horse in a clean and sharp looking circle. The logo caught a lot of people's attention and got rave reviews. A statement from the Posse reiterated that the Official Posse logo remains the same; however, this may end up being used as an additional logo and ties in with the whole new era of the organization.

In conclusion, Princeton Posse President Dean Johnston expressed his views on the event. "What a great feeling in the arena to have the players, fans, volunteers and board members all contributing to make this camp run the way it did. A testament to the now sophomore group of directors, volunteers and staff; and what they are ready for this upcoming season. A big thank you to all who contributed".

The Posse have already been hard on the recruiting/scouting trail. Many of their camp participants came from trips that included the tier 1 (Vancouver), tier 2 (Penticton) and tier 3 (100 Mile House) provincials, the Canadian Sports School Hockey League finals (Vernon) as well as the mainland and Vancouver Island. The Posse staff now embark on a heavy scouting month that will see Posse representatives in Merritt, West Kelowna, Moose Jaw and Boston.

Photo: Bob Marsh
www.marshphotography.ca

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A number of local residents gathered March 31st in Veterans Square as part of the National Day of Action rally. The downtown rally was held on the date that the Canadian Health Accord expired. Photo: Dawn Johnson

Thursday Movies

MORNING

8:00 am SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (In Stereo)
 11:00 am SPIKE ch.44 "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (In Stereo)

9:00 pm KNOW ch.5 "The Clean Bin Project" (2010, Documentary) A couple tries to lead a waste-free life. (CC)
 11:00 pm WTBS ch.3 "The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community.

EVENING



PrincetonBCNews

THURSDAY, APRIL 10, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	SportsCentre	CTV Morning Live (N)	Salvage Hunters	Stella-Sam ANT Farm	CityLine (N)	Wildest Police Videos	Eat St.
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Tracy Morgan; Filz and the Tantrums. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Arthur	Super Evil Sidekick	SportsCentre		High Tech Rednecks	Shake It Austin	Let's Make a Deal (N)	Wildest Police Videos	Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami			Morning Huntley St.	Bo On/Go Busytown	Pokemon Storm	SportsCentre		Highway Thru Hell	Jessie Wizards	The Price is Right (N)	Movie: *** "The Fifth Element" (1997) Bruce Willis, Gary Oldman.	Extreme Vegas
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	The Doctors	Super Why! Napkin	Monster Spliced	The Masters of 2012 Mas	Livel Kelly and Michael	Mighty Ships	Little Wii West	Jdg Judy	Movie: *** "The Fifth Element" (1997) Bruce Willis, Gary Oldman.	RIDE.
10 AM	Divorce	The Doctors	Ella the Elf Jelly Jamm	Sesame Street (EI)		The Price is Right (N)	Criminal Minds	The View	The Doctors	Fresh Debt/Part	Bookaboo Doodlebop	Invasion Almost	Masters Film	The View	Auction Auction	Never Land Sofia	The Chew		Airport
11 AM	Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds	Anti-Aging Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	The Nature of Things Squirrel	Flamingo Squirrel	Masters Preview	Marilyn Denis	How/Made How/Made	ANT Farm Jessie	General Hospital (N)	Movie: *** "The Fifth Element" (1997) Bruce Willis, Gary Oldman.	Back. Gold
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose	Paid Prog. WeightLos	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat Sidekick	2014 Masters Tournament: First Round. From Augusta National Golf Club in Augusta, Ga (N) (Live)	CTV News (N)	Sons of Guns	Wingin' It Wizards	Katie		Eat St.
1 PM	Community	Days of our Lives (N)	Wibbly Pig Dragon	Painting Knit	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	Round. From Augusta National Golf Club in Augusta, Ga (N) (Live)	The Social	Naked and Afraid: Un Good Luck	Wizards ANT Farm	CityLine		Extreme Vegas
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	Kid vs. Kat Super Evil	Dr. Phil	Naked and Afraid	Good Luck Shake It	CityNews at 5 (N)	Cops	Ghost Adventures	
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel	Bethenny	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N)	Cops	Disaster	
4 PM	Big Bang	Young & Restless	Maya Bee Arthur	Wild Kratts WordGirl	Jdg Judy Jdg Judy	The Dr. Oz Show	The First 48	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob Rabbids	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Cops	Museum Secrets	
5 PM	Browns	News (N)	Martha Wild Kratts	News Business	News NBC News	News CBS News	The First 48	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News CBC News	Parents SpongeBob	Top 10 Madness	CTV News at Five (N)	Cold Water Cowboys	Jessie Jessie	Hell's Kitchen (N)	Canadian Pickers	
6 PM	Browns	Global Nat. News	Canada: Over the Edge	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	The First 48 (N)	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News Mercer	Thunder Hathaways	NHL Pre NHL	CTV News (N)	Rods N' Wheels (N)	Austin Austin	Seed Crazy	iMPACT Wrestling (N)	
7 PM	Mod Fam	Ent ET Canada	Mega Builders	Mother in Law	Jeopardy! Wheel	Inside Ed. Access H.	Beyond Scared Straight	Ent The Insider	Ent ET Canada	Elementary (N)	George S Coronation	Cache Japanizi	Hockey: Los Angeles Kings at Edmonton Oilers.	etalk (N) Surviving	Amish Mafia (N)	Win, Lose Next Step	Scandal (N)		
8 PM	Family Guy	Fisher The Millers	Tippling Points (N)	Father Brown	Community Parks	Big Bang The Millers	Beyond Scared Straight	Shark Tank (N)	Fisher The Millers	Fisher The Millers	The Nature of Things	Mr. Young Boys	Big Bang Two Men	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Ink Master	Sturgis Raw	
9 PM	Amer. Dad	Parenthood (N)	Movie: "The Clean Bin Project"	Foyte's War "Invasion"	Hollywood Game Night	Two Men Crazy	(9:01) The First 48	Grey's Anatomy (N)	Parenthood (N)	Parenthood (N)	Doc Zone (DVS)	Gags Gags	SportsCentre (N)	Grey's Anatomy (N)	Cold Water Cowboys	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cops	
10 PM	Jeffersons	(10:01) Elementary (N)	Park	Your Inner Fish	Parenthood (N)	(10:01) Elementary (N)	(10:01) The First 48	Scandal (N)	(10:01) Elementary (N)	News Hour Final (N)	The National (N)	Babysitting Splatalot	SportsCentre (N)	Motive "Bad Blonde"	Rods N' Wheels	Good Luck Jessie	Reviews on	Cops	
11 PM	Movie: "The Mist"	CHBC News Final (N)	Mega Builders	Charlie Rose (N)	News J. Fallon	News Highlights	Beyond Scared Straight	KXLY 4 J. Kimmel	News Hour Final (N)	Highlights ET Canada	CBC News George S	Mr. Young Boys	SportsCentre	News-Lisa CTV News	Amish Mafia	Wizards Life Derek	Recovery Paid Prog.	Wildest Police Videos	Sturgis Raw

Friday Movies

EVENING

6:00 pm YTV ch.18 "My Babysitter's a Vampire" (2010, Comedy) Matthew Knight. A teen learns that his beautiful baby sitter is a bloodsucking creature of the night. (In Stereo) (CC)
 8:00 pm YTV ch.18 "Willy Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through the marvelous factory of a wily confectioner. (In Stereo) (CC)
 FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a

box of strange toys. (In Stereo) (CC)
 10:00 pm FAM ch.26 "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

News Leader Recipe 607

Florida Orange Maple Chicken Thighs with Spring Greens

(NC) It's always a challenge to eat healthy on a daily basis when trying to manage a busy lifestyle. A recent survey by the Florida Department of Citrus found that 50 per cent of Canadians report they only consume one to three servings of the Canada Food Guide's recommended daily intake of seven to 10 servings of fruits and vegetables. "There are simple ways to increase this without disrupting your daily routine," says Gail Rampersaud, a registered dietitian at the University of Florida. "For example, a 250 ml glass of 100 per cent orange juice is easy to drink with a meal and counts as two servings of fruit." Orange juice can also be easily incorporated into a number of dishes to give them an added boost of flavour, Rampersaud points out. The following recipe blends 100 per cent Florida orange juice into the ingredients for tender and spicy chicken thighs:


- 3/4 cup (175 ml) Florida orange juice
- 2 tsp (10 ml) smoked paprika
- 2 large cloves garlic, minced
- 1 tsp (5 ml) dried oregano or 1 tbsp (15 ml) chopped fresh oregano
- 1/4 cup (60 ml) sriracha chili sauce
- 3 tbsp (45 ml) pure maple syrup
- 2 lbs (1 kg) boneless skinless chicken thighs

Spring Greens:

- 1 pkg (142 g) mixed spring greens
- 1 tbsp (15 ml) canola oil
- 2 tbsp (30 ml) apple cider or white wine vinegar
- 1 tbsp (15 ml) Florida orange juice
- Pinch each dried oregano, salt and pepper

In a large bag, combine orange juice, paprika, garlic, oregano, chili sauce and maple syrup. Add chicken; seal bag and turn to massage chicken evenly. Refrigerate for at least one hour or up to overnight. Place chicken on oiled, preheated grill over medium heat, turning once or twice for 10 to 15 minutes or until no longer pink inside and juices run clear. In a large bowl, toss greens with oil, vinegar, orange juice, oregano, salt and pepper and serve with chicken. Makes 8 servings.

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FRIDAY, APRIL 11, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N) (CC)	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) (CC)	Morning Northwest	Morning News (N) (CC)	(5:00) Morning News (N)	CBC News Now (N) (CC)	Kid vs. Kat Rescue	SportsCentre (N) (CC)	CTV Morning Live (N) (CC)	Salvage Hunters (N) (CC)	Stella-Sam (N) (CC)	CityLine (N) (CC)	Repo	Eat St. (N) (CC)
7 AM :30	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today David Duchovny; Martha Stewart (N) (CC)	CBS This Morning (N) (CC)	Criminal Minds (N) (CC)	Good Morning America (N) (CC)			Tiger Arthur (N) (CC)	Yu-Gi-Oh! Digimon	SportsCentre (N) (CC)		Silver Rush (N) (CC)	Shake It Austin	Let's Make a Deal (N) (CC)	Repo	Disaster
8 AM :30	Law & Order: SVU		PAW Patrol Doozers	Curlous Cat in the Hat			Criminal Minds (N) (CC)			Morning Huntley St.	Bo On/Go Busytown	Pokemon Storm	SportsCentre (N) (CC)	Flying Wild Alaska (N) (CC)	Jessie (N) (CC)	The Price Is Right (N) (CC)	Repo	Extreme Pools (N) (CC)	
9 AM :30	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaurs		The 700 Club (N) (CC)	Criminal Minds (N) (CC)	Livel Kelly and Michael	Morning Huntley St.	The Doctors (N) (CC)	Super Why! Napkin	Monster Spliced (N) (CC)	SportsCentre (N) (CC)	Livel Kelly and Michael	Mighty Ships "Faust"	Little Wil West	Jdg Judy	Repo	The Dead Files (N) (CC)
10 AM :30	Divorce	The Doctors (N) (CC)	Ella the Elf Jolly Jamm	Sesame Street (E) (CC)		The Price Is Right (N) (CC)	The First 48 (N) (CC)	The View (N) (CC)	The Doctors (N) (CC)	Fresh Debt/Part	Bookaboo Doodlebop	Invaslon Almost	Premier Score Golf	The View (N) (CC)	Auction Auction	Never Land Sofa	The Chew (N) (CC)	Repo	Treasures Decoded (N) (CC)
11 AM :30	Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	The First 48 (N) (CC)	Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	The Nature of Things	Flamingo Squirrel	Masters Preview	Marilyn Denis	How/Made	ANT Farm Jessie (N) (CC)	General Hospital (N) (CC)	Ways Die	Nether World (N) (CC)
12 PM :30	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rosa (N) (CC)	Paid Prog.	News Bold	The First 48 (N) (CC)	The Chew (N) (CC)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) (CC)	Kid vs. Kat Sidekick	2014 Masters Tournament	CTV News (N) (CC)	Cold Water Cowboys	Wingin' It Wizards	Katie (N) (CC)	Ways Die	Eat St. (N) (CC)
1 PM :30	Community	Days of our Lives (N)	Wibbly Pig Dragon	Color Scrapbook	Days of our Lives (N)	The Talk (N) (CC)	After the First 48 (N) (CC)	General Hospital (N) (CC)	Days of our Lives (N)	The Talk (N) (CC)	Republic of Doyle (N) (CC)	Rated A Monster	Second Round. From Augusta	The Social (N) (DVS)	Rods N' Wheels	Wizards Good Luck	CityLine (N) (CC)	Ways Die	Extreme Pools (N) (CC)
2 PM :30	Seinfeld (N) (CC)	The Talk (N) (CC)	Ella the Elf Rob Robot	Thomas Super Why!	Katie (N) (CC)	Let's Make a Deal (N) (CC)	The First 48 (N) (CC)	Queen Latifah	The Talk (N) (CC)	Queen Latifah	Steven and Chris (N) (CC)	Kid vs. Kat Super Evil	National Golf Club in Augusta, Ga. (N) (Live) (CC)	Dr. Phil (N) (CC)	Amlsh Mafia (N) (CC)	Good Luck Shake It	CityNews at 5 (N) (CC)	Cops (N) (CC)	Ghost Adventures (N) (CC)
3 PM :30	The Middle	Queen Latifah	Dive, Oily Jolly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil (N) (CC)	The First 48 (N) (CC)	Rachael Ray (N) (CC)	Queen Latifah	Young & Restless	Recipes Stefano	Sidekick Squirrel		Bethenny (N) (CC)	How/Made	Shake It ANT Farm	CityNews at 6 (N) (CC)	Cops Sting	Disaster
4 PM :30	Big Bang	Young & Restless	Maya Bee Arthur (N) (CC)	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show (N) (CC)	The First 48 (N) (CC)	The Doctors (N) (CC)	Young & Restless	Early News Global Nat.	Dragons' Den (N) (CC)	SpongeBob Kung Fu	Pre-Race	Ellen DeGeneres Show	Daily Planet (N) (CC)	Phineas Good Luck	Mod Fam	Cops (N) (CC)	Treasures Decoded (N) (CC)
5 PM :30	Browns	News (N) (CC)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	The First 48 (N) (CC)	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob	NASCAR Racing	CTV News at Five (N) (CC)	Jacked! "Jacked Up!"	Austin Jessie (N) (CC)	Last Man	Cops (N) (CC)	Surviving Evil (N) (CC)
6 PM :30	Browns	Global Nat.	Mega Builders (N) (CC)	PBS News-Hour (N) (CC)	News Millionaire	KREM 2 News at 6 (N) (CC)	The First 48 (N) (CC)	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Movie: *** "My Babysitter's a Vampire" (N) (CC)		CTV News (N) (CC)	Sons of Guns (N) (CC)	Dog Liv-Mad.	Raising	Bellator MMA Live (N) (Live) (CC)	The Dead Files (N) (CC)
7 PM :30	Mod Fam	Ent	Coast (N) (CC)	Wash Moyners	Jeopardy! Wheel	Inside Ed. Access H.	The First 48 (N) (CC)	Ent The Insider	Ent ET Canada	Dream Builders	George S Coronation	Willy Wonka and the Chocolate Factory" (1971)	SportsCentre (N) (Live) (CC)	etalk (N) (CC)	Mayday (N) (CC)	I Didn't Next Step	(7:01) Hannibal (N) (CC)		The Dead Files (N) (CC)
8 PM :30	Family Guy	Rake (N) (CC)	New Tricks (N) (CC)	Call the Midwife (N) (CC)	Dateline NBC (N) (CC)	Unforgettable (N) (CC)	(8:01) The First 48 (N) (CC)	Last Man Neighbors	Rake (N) (CC)	Rake (N) (CC)	Marketplace (N) (CC)	"Willy Wonka and the Chocolate Factory" (1971)	Off Record	Kirstie (N) (CC)	Mayday	Movie: *** "The Last Mimzy"	CityNews-Tonight (N) (CC)	Countdown (8:45) Cops	Nether World (N) (CC)
9 PM :30	Amer. Dad	Hawaii Five-0 (N) (CC)	Lewis "The Gift of Promise" (N) (CC)	Live/Lincoln Center	Grimm (N) (CC)	Hawaii Five-0 (N) (CC)	(9:01) The First 48 (N) (CC)	Shark Tank (N) (CC)	Hawaii Five-0 (N) (CC)	Hawaii Five-0 (N) (CC)	the fifth estate (N) (CC)		Motoring 24 CH (N) (CC)	Grimm (N) (CC)	Sons of Guns (N) (CC)	Liv-Mad.	Jimmy Kimmel Live (N) (CC)	(9:15) Cops (9:45) Cops	Ghost Adventures (N) (CC)
10 PM :30	Jeffersons	Dream Builders	Our Part	Mother In Law	(10:01) Hannibal (N) (CC)	Blue Bloods (N) (CC)	(10:01) The First 48 (N) (CC)	(10:01) 20/20 (N) (CC)	Dream Builders	News Hour Final (N) (CC)	The National (N) (CC)	Chucks Assembly	SportsCentre (N) (CC)	Blue Bloods (N) (CC)	Jacked! "Jacked Up!"	"The Cheetah Girls: One World" (N) (CC)	EP Daily	Cops (N) (CC)	The Dead Files (N) (CC)
11 PM :30	Movie: "Body of Lies"	CHBC News Final (N) (CC)	Architects of Change	Charlie Rose (N) (CC)	News J. Fallon	News Highlights	(11:01) The First 48 (N) (CC)	KXLY 4 J. Kimmel	News Hour Final (N) (CC)	Highlights ET Canada	CBC News George S	Mr. Young Boys	SportsCentre (N) (CC)	News-Lisa	Mayday (N) (CC)	Life Derek	Recovery	(11:15) Jail	Nether World (N) (CC)

News Leader Weekend - Saturday Movies

MORNING

9:00 am 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.

11:00 am WTBS ch.3 "Along Came a Spider" (2001, Mystery) Morgan Freeman. A detective and a Secret Service agent investigate the abduction of a senator's daughter from a school.

AFTERNOON

12:00 pm FAM ch.26 "Robots" (2005, Comedy) Voices of Ewan McGregor. Animated. A robot leads a revolution against a corpo-

rate bigwig who wants to send older-model cyborgs to the scrap heap. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Beyond a Reasonable Doubt" (2009, Drama) Jesse Metcalfe. A journalist's plan to expose a corrupt district attorney backfires when the journalist's quarry gets wind of the set-up.

EVENING

6:00 pm WTBS ch.3 "The Beaver" (2011, Drama) Mel Gibson. Following a failed suicide attempt, a deeply depressed toy executive communicates through a beaver puppet and tries to get his life back on track.

YTV ch.18 "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman

embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (In Stereo) (CC)

CITY ch.29 "My Life Without Me" (2003, Drama) Sarah Polley. A dying woman hides her illness from her family and sets out to tie up the loose ends of her life.

8:00 pm KSPS ch.6 "Platoon" (1986, War) Tom Berenger. Two sergeants and a private join others lost in war along the 1967 Cambodian border. (In Stereo) (CC)

YTV ch.18 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC)

DTOUR ch.45 "Trading Places"

(1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler. (In Stereo) (CC)

10:00 pm 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.

FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kid-

nap her father, a famous author. (In Stereo) (CC)

11:00 pm DTOUR ch.45 "Trading Places" (1983, Comedy) Dan Aykroyd. Sporting billionaire brothers reverse the roles of a Wall Street commodities broker and a street hustler. (In Stereo) (CC)

WEEKLY LOCAL CHURCH SERMONS
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SATURDAY, APRIL 12, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Focus T25	Ancestors	Wibbly Pig	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds "Coda"	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Our Vancouver (N) (CC)	Sidekick Super Evil	Sports Barclays	Juicebox (N) (CC)	Sons of Guns (N) (CC)	Slug Terra	Kitchen	Ink Master "Earn It!"	Moves
6:30	Paid Prog.	Fishful	Monkey	Fly Tying					Fishful							Wingin' It	Panorama		Paid Prog.
7 AM	Browns	Saturday Morning News Lynn	Ella the El	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Criminal Minds (N) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Allen	English Premier League Soccer		Dude, You're Screwed	Gravity	Eye/Asla	Ink Master "Bug Out"	Security
7:30	Atl. Eats		Jelly Jamm	Greener		Dr. Chris					Super Why!	Nerds			Wizards	Integration			Security
8 AM	The Office	Collar, Wales	Upside	Woodsmith		Recipce	Flipping Boston (N) (CC)	Hanna	Collar, Wales		Artzooka	Chucks		Canada AM Weekend	Mayday (CC)	ANT Farm	Polish Studio (CC)	Ink Master (N) (CC)	Airport
8:30	Anti-Aging	Wong, & Jay Janover. (N)	PAW Patrol	Rough Cut		J. Oliverr		Ocean	Wong, & Jay Janover. (N)		Cross	Rabblids			Shake It				Airport
9 AM	Movie: ** "The Messengers" (2007, Horror)		Magle Bus	Hometime		All In	Flipping Boston (N) (CC)	Explore		Fishn	Absolutely Canadian (N) (CC)	SpongeBob	Motoring	Marilyn Denis	Bering Sea Gold (CC)	Good Luck	Liquidator	Ink Master (N) (CC)	America Declassified
9:30			Maya Bee	Old House		Bull Riding		Rescue		Real Fish.		Monsters	24 CH (CC)			Austin	Dark Side		
10 AM		Fishn	Wild Kratts	Old House	Anti-Aging		Beyond Scared Straight	Wildlife Expedition	Fishn	Simpsons	Doc Zone "Cat Crazy"	Sanjay	E:60 (CC)	SickKids Foundation (N) (CC)	Mayday (CC)	Dog	Travels	Ink Master (N) (CC)	Bord. Rico
10:30		Real Fish.	Martha	Kitchen	Pain Free	Driven			Real Fish.	Simpsons		Bread	Top 10		Jessie (CC)	Ed's Up			Bord. Rico
11 AM	Movie: ** "Along Came a Spider" (2001)	The Big Three	Marco Polo	Jazzy	Red Bull Series	The Big Three	Beyond Scared Straight	Hollywood Wagon Train	The Big Three	The Big Three	the fifth estate (N) (CC)	Turtles	30 for 30 (N) (CC)	la Written	Mayday (CC)	Liv-Mad.	Shopping Channel (CC)	Ink Master (N) (CC)	Security
11:30		2014 Masters Tournament: Third	Animals	Cook's	NHL Hockey: Philadelphia Flyers at Pittsburgh Penguins. (N) (Live) (CC)	2014 Masters Tournament: Third	Beyond Scared Straight	Celebrity Wife Swap (N) (CC)	Round. From Augusta National Golf Club in Augusta, Ga. (N) (CC)	Round. From Augusta National Golf Club in Augusta, Ga. (N) (CC)	Figure Skating	Yu-Gi-Oh!	MLS Soccer: Colorado Rapids at Toronto FC. (N) (CC)	The Social (N) (DVS)	Jacked! "Jacked Up!"	Gravity	Paid Prog.	Cops (CC)	America Declassified
12 PM	Movie: ** "Beyond a Reasonable Doubt"	Round. From Augusta National Golf Club in Augusta, Ga. (N) (CC)	Can. Parks	Antiques Roadshow	Wilderness-Grt	Storage	Storage	ESPN Sports Saturday (N) (CC)	Storage	Storage	National	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
12:30											HNIC			Celebrity	Cash Cab	Jessie (CC)	Murdoch Mysteries (N) (CC)	Cops (CC)	Security
1 PM	Movie: ** "A Reasonable Doubt"	Round. From Augusta National Golf Club in Augusta, Ga. (N) (CC)	Marine Machines (CC)	Wilderness-Grt	Jdg Judy	Storage	Storage	Storage	Storage	Storage	HNIC	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
2 PM	Community	Community	Canada: Over the Edge	Globe Trekker (N) (CC)	Chica	Storage	Storage	Storage	Storage	Storage	HNIC	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
3 PM	Community	Community	Canada: Over the Edge	Globe Trekker (N) (CC)	Chica	Storage	Storage	Storage	Storage	Storage	HNIC	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
4 PM	King	Simpsons	Sea Strikers (N) (CC)	Steves	Noodle	Access Hollywood (N) (CC)	Flipping Vegas (N) (CC)	McCarver	Simpsons	Simpsons	NHL Hockey: Regional Coverage. (N) (Live) (CC)	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
4:30	King	Simpsons	WA. Grown	Justin				Beer Geek	Simpsons	Global Nat.				Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
5 PM	The Middle	Simpsons	Tipping Point (CC)	Last/Wine	News	News	Flipping Vegas (N) (CC)	News	Simpsons	News Hour (N) (CC)	Coverage. (N) (Live) (CC)	The Next Star - Super	NASCAR Racing: Sprint Cup: Bojangles' Southern 500. From Darlington Raceway in Darlington, S.C. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
5:30	The Middle	Global Nat.		Wait...	NBC News	CBS News		ABC News	Global Nat.					Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
6 PM	Movie: ** "The Beaver" (2011, Drama)	News Hour	Hope for Wildlife (CC)	Lawrence Welk	News	News	Flipping Vegas (N) (CC)	News	(5:59) News Hour (N) (CC)	16x9 (N) (CC)	16x9 (N) (CC)	Haven (CC)	NHL Hockey: Vancouver Canucks at Edmonton Oilers. (N) (CC)	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
6:30		News		Jeopardy!	Paid Prog.			The Insider						Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
7 PM		16x9 (N) (CC)	Druid Sacrifice (CC)	Keep Up As Time...	Criminal Minds (N) (CC)	Burn Notice "Fall Safe"	Flipping Vegas (N) (CC)	Entertainment Tonight	16x9 (N) (CC)	Haven (CC)	NHL Hockey: Vancouver Canucks at Edmonton Oilers. (N) (CC)	Movie: ** "Ella Enchanted" (2004) (N) (CC)	MLS Soccer: Whitecaps FC at Galaxy	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
7:30														Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
8 PM	Family Guy	Haven (CC)	Heartbeat (N) (CC)	Movie: **** "Platoon" (1986) Tom Berenger.	Dateline NBC (N) (CC)	Two Men	(8:01) Flipping Vegas	Castle "Limelight" (CC)	Haven (CC)	Remedy (CC)	Movie: ** "The Princess Bride" (1987) (N) (CC)	W5 (N) (N) (CC)	MLS Soccer: Whitecaps FC at Galaxy	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
8:30	Family Guy					Friends								Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
9 PM	Seinfeld (N) (CC)	Remedy (CC)	Midsomer Murders A boss is murdered. (N) (CC)	Live From Artists Den	Saturday Night Live (N) (CC)	48 Hours (N) (CC)	(10:01) Flipping Vegas	(10:01) Nightline Prime	Side Show	News Final	Super Evil	SportsCenter (N) (CC)	Motive "Bad Blonde"	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
9:30	Seinfeld (N) (CC)								Engels	News Final	Super Evil	SportsCenter (N) (CC)	Motive "Bad Blonde"	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
10 PM	Movie: ** "Dan in Real Life" (2007)	Side Show	Canada: Over the Edge	Austin City Limits (CC)	News	News	(11:01) Flipping Vegas	Castle (N) (CC)	News Final	News Final	Super Evil	SportsCenter (N) (CC)	Motive "Bad Blonde"	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
10:30		Engels							SNL	News Final	Super Evil	SportsCenter (N) (CC)	Motive "Bad Blonde"	Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
11 PM		SNL												Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster
11:30														Cash Cab	How/Made	Good Luck	CityNews Weekends	Cops (CC)	Disaster

Citizens rally for Health Accord

Approximately 60 citizens of Princeton attended a noon hour rally March 31 to demand reinstatement of the Canada Health Accord which ended that day. If the Health Accord is not renegotiated with the provinces, the federal government

will cut \$36 billion from health care in Canada after the 2015 federal election. The loss of the Health Accord is not simply a loss of money, but a loss of the concept of universal health care which has entitled every

Canadian to receive health care regardless of where in Canada that person lives. Regional Director Brad Hope, Mayor Frank Armitage, Walter Hogg and Ed Staples of the local Health Care Steering Committee,

were speakers at the rally, and Lily Zekanovic, Executive Assistant to Alex Atamanenko, read a letter by our local Member of Parliament. Everything said emphasized the need to have the Health Accord in place.

Accord. There were information packages for those who attended.

Everyone was urged to write a letter to Stephen Harper and to Alex Atamanenko saying the Health Accord must be restored. The address of Stephen Harper is: The Right Honourable Stephen Harper, Prime Minister of Canada, House of Commons, Ottawa ON K1A 0A6.

Write to Alex Atamanenko, MP, BC Southern Interior, House of Commons, Ottawa, ON K1A 0A6. Also write to The Honourable Rona Ambrose, Minister of Health, at the same address as the others.



Mayor Frank Armitage speaks during National Day of Action rally March 31st in Veterans Square. Photo: Dawn Johnson

Monday Movies

MORNING

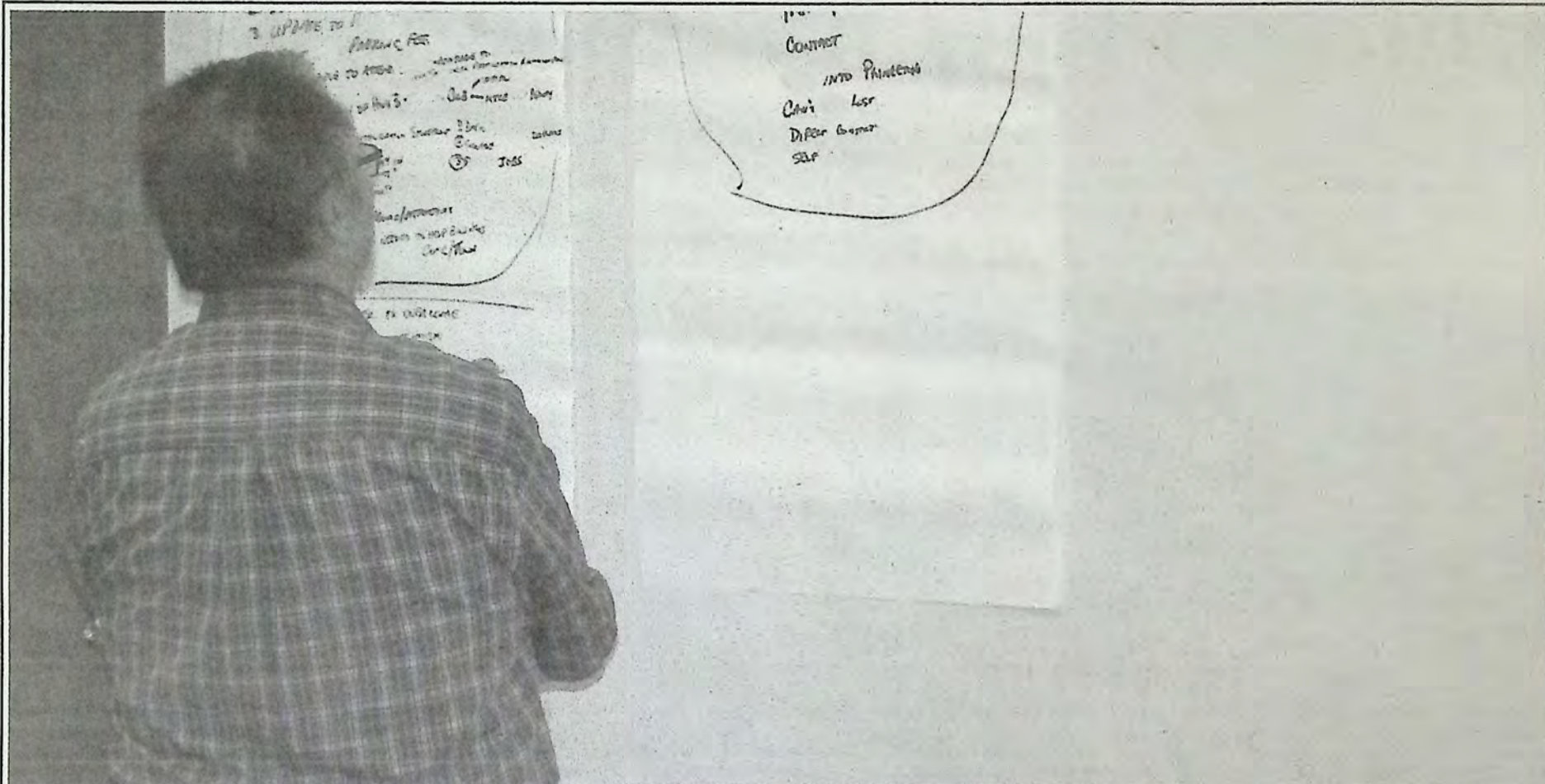
8:00 am SPIKE ch.44 "Broken Arrow" (1996, Action) John Travolta. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (In Stereo)
 11:00 am SPIKE ch.44 "Broken Arrow" (1996, Action) John Travolta. An Air Force pilot matches wits with a renegade colleague who is threatening to detonate a pair of nuclear warheads. (In Stereo)

EVENING

11:00 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

MONDAY, APRIL 14, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [RE]	Wibbly Pig	Clifford	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 ANT Farm	CityLine (N) [RE]	Repo	Eat St. [RE]
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Tiger	Super Evil	SportsCentre [RE]		Cash Cab	Shake It	Let's Make a Deal (N)	Repo	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami [RE]			Morning Huntley St.	Bo On/Go	Pokemon	SportsCentre [RE]		Dangerous Flights	Jessie [RE]	The Price Is Right (N)	Movie: ** "Broken Arrow" (1996, Action) John Travolta. [RE]	Rock-RV
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club [RE]	Bates Motel "Plunge"	Livel Kelly and Michael	Morning Huntley St.	The Doctors [RE]	Super Why! Napkin	Monster	SportsCentre [RE]	Livel Kelly and Michael	Mighty Ships [RE]	Little	Jdg Judy		Bggg Bttls
10 AM	Divorce	The Doctors [RE]	Ella the El	Sesame Street [RE]		The Price Is Right (N)	Criminal Minds "Hit" [RE]	The View [RE]	The Doctors [RE]	Fresh	Bookaboo	Invasion	NHRA Drag Racing: Four-Wide Nationals. From Concord, N.C. (Taped) [RE]	The View [RE]	Auction	Never Land	The Chew [RE]		Live Here
11 AM	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds "Run"	Paid Prog.	Fresh	Noon News Hour (N)	Our Vancouver [RE]	Flamingo	National	Marilyn Denis	Overhaul'n' [RE]	ANT Farm	General Hospital (N) [RE]	Movie: ** "Broken Arrow" (1996, Action) John Travolta. [RE]	Back. Gold
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose [RE]	Paid Prog.	News	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Kid vs. Kat		CTV News (N) [RE]	Dude, You're Screwed	Wing'n' It	Katie [RE]		Eat St. [RE]
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Paint This	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Republic of Doyle [RE]	Rated A	That's Hockey 2 Nite	The Social [RE]	Deadliest Catch [RE]	Wizards	CityLine [RE]		Rock-RV
2 PM	Seinfeld [RE]	The Talk [RE]	Ella the El	Thomas	Katie [RE]	Let's Make a Deal (N)	The First 48 [RE]	Queen Latifah	The Talk [RE]	Queen Latifah	Steven and Chris (N) [RE]	Kid vs. Kat	Off Record	Dr. Phil [RE]	How/Made	Good Luck	CityNews at 5 (N) [RE]	Cops [RE]	Ghost Adventures [RE]
3 PM	The Middle	Queen Latifah	Dive, Olly	Sid	Ellen DeGeneres Show	Dr. Phil [RE]	The First 48 [RE]	Rachael Ray [RE]	Queen Latifah	Young & Restless	Reclpes Stefano	Sidekick	SportsCentre (N) [RE]	Bethenny [RE]	How/Made	Shake It	CityNews at 6 (N) [RE]	Cops [RE]	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show [RE]	Duck D.	The Doctors [RE]	Young & Restless	Early News	Dragons' Den [RE]	SpongeBob	NBA Basketball: Milwaukee Bucks at Toronto Raptors. [RE]	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops [RE]	Live Here
5 PM	Browns	News (N) [RE]	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Bucks at Toronto Raptors. [RE]	CTV News at Five (N)	How/Made	Jessie [RE]	Broke Girl	Cops [RE]	Bggg Bttls
6 PM	Browns	Global Nat.	Animals	PBS NewsHour (N) [RE]	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat		CTV News (N) [RE]	Bering Sea Gold (N)	Austin	Mike	Cops [RE]	Bord. Rico
7 PM	Mod Fam	Ent	Hope for Wildlife [RE]	2012	Jeopardy!	Inside Ed.	Bates Motel (N) [RE]	Ent	Ent	The Blacklist [RE]	George S	Hathaways		etalk (N)	Jacked! (N) [RE]	Win, Lose	The Bridge "Calaca"	Cops [RE]	Security
8 PM	Family Guy	Bones (N) [RE]	Henry VIII: The Mind	Antiques Roadshow (N)	The Voice The top 20 artists perform. (N) [RE]	Broke Girl	(8:01) Bates Motel [RE]	Dancing With the Stars (N)	Bones (N) [RE]	Bones (N) [RE]	Murdoch Mysteries [RE]	Vampire	24 CH (N)	MasterChef Canada (N)	How/Made	Good Luck	CityNews-Tonight (N)	Cops [RE]	Live Here
9 PM	Amer. Dad	Remedy (N) [RE]	Fake or Fortune? [RE]	Antiques Roadshow		Mike	Duck D.	Same-day (Tape) [RE]	Remedy (N) [RE]	Remedy (N) [RE]	Mr. D [RE]	Haunting	World Poker Tour	The Follow-ing (N) [RE]	Bering Sea Gold [RE]	Wing'n' It	Jimmy Kimmel Live [RE]	Jail [RE]	Ghost Adventures [RE]
10 PM	Jeffersons	(10:01) The Blacklist [RE]	Architects of Change	Independent Lens (N) [RE]	(10:01) The Blacklist [RE]	Intelligence [RE]	Duck D.	(10:01) Castle [RE]	(10:01) The Blacklist [RE]	News Hour Final (N)	The National (N) [RE]	Gags	SportsCentre (N) [RE]	(10:01) Castle [RE]	Jacked! (N) [RE]	Good Luck	EP Daily	Jail [RE]	Security
11 PM	Movie: "The Bank Job"	CHBC News Final (N)	Hope for Wildlife [RE]	Katmal	J. Fallon	Letterman	(11:01) Bates Motel [RE]	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Vampire	SportsCentre [RE]	News-Lisa	How/Made	Wizards	Recovery	Jail [RE]	Bord. Rico



One local business owner carefully examines notes taken during a group meeting last week. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

The complete business owners and operators group got together for a meeting April 2nd at Riverside Centre. It was the first large scale meeting for a month to allow the various sub-committees to gather and set goals and plans on their own.

I've told you basically what has been happening in the two sub-committees I have participated in and last week's meeting allowed for what amounted to an overall progress report. As part of the progress report presented by the four sub-committees (there were five but two amalgamated to prevent possible overlap of energy) each included details on their specific top priority items and an action plan, if there was one.

While I have been pretty much sworn to secrecy on the overall details of each sub-committee report, I can tell you that a lot of interesting items have been identi-

fied. As I'm not too supportive of the fact that I've been censored, I will say that there is a good reason why I can't give you much in the way of details related to the action plans of the four sub-committees.

Basically, as some of the action plans will involve public participation and funding from specific sources, it's probably best I don't ruin it for the sub-committees by telling you exactly what the plans are. However, I can safely hint that if all of the key priorities are approved along with requested funding, there are going to be a lot of changes going on in and around the Town of Princeton.

The action plan of most of the groups will produce almost immediate change, with a focus on improving the business atmosphere to prospective investors. There are some action plan elements that will assist in making the downtown core more attractive to consumers and at

least one plan to make the entrance to Princeton more attractive.

The overall goal, as has been stated previously, is to do things that will assist in increasing the population of Princeton (and the immediate area near municipal boundaries) to 5,000.

The three months we business owners and operators have spent to get this far has been an interesting journey. I'm still not personally convinced one hundred percent that the action plans of the sub-committees are the only way to achieve that goal. I will say, though, that it will certainly be an important part of the early baby steps required to get the community to that place.

I say 'baby steps' because more than one of the action plans will involve years to fully implement, but you have to start somewhere and that's the way it goes.

What has any of this got to do with saving downtown Princeton? A lot,

actually. With representatives from the business sector struggling to get ahead, they are the ones with the most to lose as shoppers can still go wherever they want to get their widgets and do-hickeys. Local business people working together on a common goal is the underlying bonus that came out of the sessions that have taken place over the past twelve or thirteen weeks. I know I have a slightly different appreciation for some of the business owners I don't really know all that well outside of regular business.

I would like to think that since we all have learned a bit more about each other, we can appreciate the struggles a bit more knowing we aren't alone in dealing with them. I think it has also fostered a bit of goodwill where some of us are starting to refer customers to another local business as opposed to shrugging our shoulders and saying something like, "You can't get it

here, sorry."

In our business we have been pretty good at referring customers to other local businesses/services as we usually get asked those kinds of questions because of what we do. To see that other businesses that may not be doing this already taking up the same practice is good business in my view.

As for the changes coming to Princeton, stay tuned. There will be public announcements sometime in the next few weeks and believe me, you will be pretty excited about what your local business community has planned to make Princeton thrive.

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

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 - 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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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

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

URGENT. Canada's Best Value Inn Princeton is looking for competent housekeeper ASAP. Paid per room, part-time/full-time position. Drop resumes off in person at 169 Highway 3. For more information call 250-295-3537. Apr 05-22

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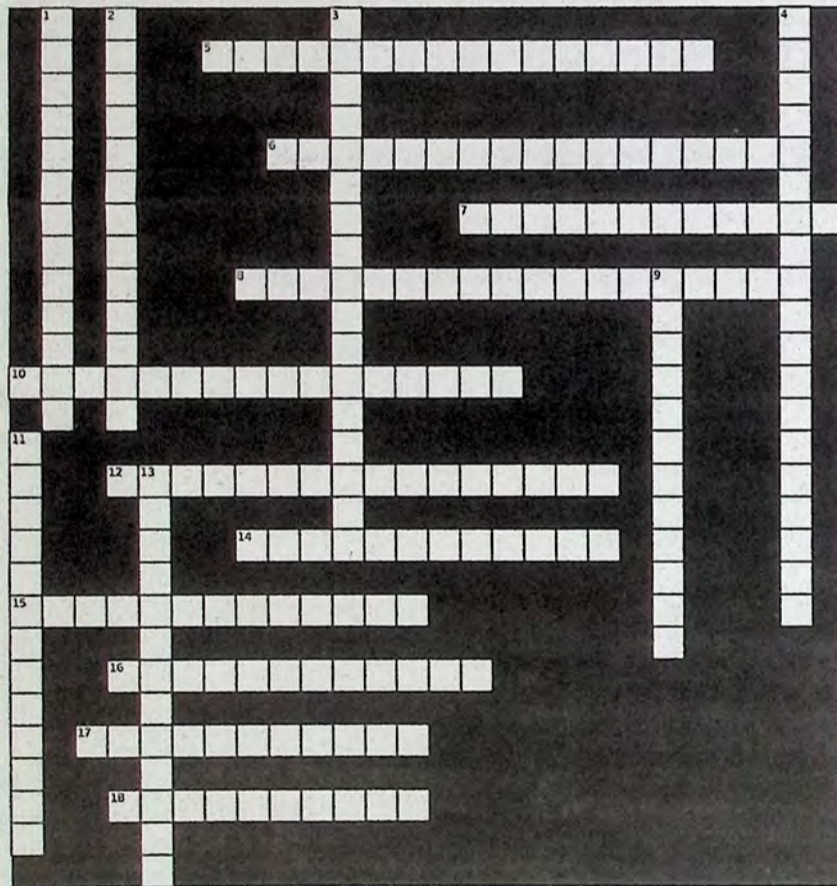
Coaches Aaron Hough and Rick Gush handed out cool bobble head awards to every member of the Tykes team. "They are a great bunch of kids," stated Hough. "We learned a lot of the basic hockey skills and next year we will build on that." - photo submitted



President Candice Fraser-Beswick (left) handed over the Wolf Hauschild Memorial Trophy to Secretary Karen Fulton (right) for all her hard work this year organizing the new office, trophy cases, awards and awards night.

Similkameen
News Leader Puzzler

Use the April 1 News Leader to find Answers Below...



- | | |
|--|--|
| <p>Across</p> <p>5 The old name for Princeton's newest restaurant.</p> <p>6 The 'AE' in AED.</p> <p>7 Headline: "Fall Fair _____"</p> <p>8 The home of the newest Raptor 2000.</p> <p>10 What Did George Elliott say he wanted to become as part of his April Fool's prank?</p> <p>12 The 'AL' in ALC.</p> <p>14 He writes about various issues weekly for the News Leader.</p> <p>15 Who is the owner and publisher of the News Leader?</p> <p>16 She hosted an Art Show and Sale March 25th.</p> <p>17 She takes photos for the News Leader in the Lower Similkameen.</p> <p>18 The 'C' in ALC.</p> | <p>Down</p> <p>1 He writes about the cowboy lifestyle weekly for the News Leader.</p> <p>2 The 'D' in AED.</p> <p>3 What are we trying to save?</p> <p>4 Headline: "RDOS monitors _____"</p> <p>9 She celebrated a 90th Birthday!</p> <p>11 Identify the location of the March 25th Art Show and Sale.</p> <p>13 He writes editorials weekly for the News Leader.</p> |
|--|--|



Lenore Krenn, left, presented Lane French with the Kurt Krenn Memorial Award during PDMHA Awards Night. - photo submitted

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It was a great year for the Princeton Novice Posse. Shown here at the annual banquet and AGM showing off their individual awards, specialty awards and proudly celebrating Most Sportsmanlike Team.

Minor Posse celebrates peewee pride

..... continued from Page 9 to preserve. Shae Karstensen, Trent Robinson and Kirk Scollon are also late additions to the team, but have shown tremendous gumption to keep the team in first place. All

three have found the back of their opponents net and showed hustle and drive.

The rest of the team has been together since they were wee lads...Liam Zieske, Carson

Thibert, Matt Maynard, Case Brodie, Quinn Clarke, Trenton Vegara and goalie Jett Larsen. Every one of these players has scored goals and been a valuable contributor to the team in many

ways. Larsen skunked a few teams with shut outs and also, switched out with Maynard for some ice time for 2 games and was able to score.

"The team just works," said

Coach Carson Zieske.

"The kids all get along and try hard each and every game. I always tell them winners never quit and quitters never win and that has been the way they played all season long. They played with a will to win each and every time they hit the ice."

Princeton hosted 2 Kelowna teams, Kamloops, Chilliwack, Aldergrove, Abbotsford and Grand Forks in the Peewee home tournament and proved outside their regular season play that they have what it takes.

"We are really proud of all our teams," said PDMHA President Candice Fraser-Beswick.

"This year the Peewees were just awesome to watch. They are a great bunch of kids and really compliment each other in the game. They fought hard for the banner and are really deserving of the honour. PDMHA is really happy to be a part of their big season."

63rd Family Fair is coming!

Plans are now underway for the 63rd Annual Family Fair, which raises funds for bursaries for the graduating class of Princeton

Secondary School. The first Family Fair was held in 1951, put on by the PTA to raise funds for equipment for the school.

It has evolved to be an annual fundraiser for bursaries for each year's Graduating class at Princeton Secondary School.

Last year we were able to award the majority of students with a \$250 bursary to help further their education.

Community participation has been great in the past years and once again we are calling on the community for support with this annual event. While you are doing your spring cleaning you may find articles that you may wish to donate to the Fair.

We appreciate all "garage sale" items (no clothing please), toys and puzzles, plants, books, jewellery and handicrafts - preferably in good clean condition. As well we need donations of breads, buns and baking. Articles may be dropped off at Princeton Secondary School.

Tickets are also being sold for the popular "Taste of Princeton" raffle. Tickets will be available from any grad or at the Fair. The draw will be 3:00 PM April 17th, 2014.

Mark April 17th on your calendar and come to the Fair and support the Graduating Class of 2014. -submitted

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The Atoms team - Back Row - Gordon Frost, Cynthia Frost, Daylan Armstrong, Abbegeal Fulton, Noah Vandergulik, Mitchell Yee, Dan Lankinen, Cameron Lankinen. Front row - Skylar McKinnon, Elias Frost, Maddisen Fulton, Kyle Cosman. Missing from photo: Dacoda MacMillan. The Atoms team was small, but mighty with some exciting games and a lot of good memories. - photo submitted

..... continued from Front Page traveling out of town for her eldest son's hockey, home schooling her kids, taking courses, and sitting and volunteering on other boards. She has made a positive impact on the club with her eager and enthusiastic approach."

Goalie of the Year - Jett Larsen - Presented by Vice President Dierra Maynard - "It takes an exceptional kid to put his hand up and say, "I want to be the one to have high-speed pucks shot at my head. Goalies can be the heroes one game and take a lot of heat the next. Jett Larsen was the Pee wee goalie and went undefeated in regular season, never missing a game, boasting

quite a number of shut-outs and some amazing saves. He worked for this and he deserves it. Our Pee wee team won their home tournament as well and Jett was an integral part in the Pee wee success."

Kurt Krenn Memorial - Lane French - Presented by Candice Fraser-Beswick and Dierra Maynard - "This is always a hard decision for us to make," said Maynard. "Many of us sitting on the executive and in hockey knew Kurt, so it is important to us that we honour Kurt's memory and his family's wishes in the right way. We are sure that we made the right decision and I believe all of you here will too once you hear who the recipient is.

At just fourteen Lane French has an incredible list of accomplishments under his skates."

"The Kurt Krenn Memorial Award is a way of keeping Kurt's memory alive and gives him an opportunity in his absence to honour others with the same hunger for the game," stated Fraser-Beswick.

"It is an award that is earned for working your hardest, for praising your teammates in their success, for showing up and not giving up. The award that shows someone's true dedication to the sport Kurt loved so much. The award that says #7 is in the stands, cheering you on and telling you "Skate till you dance, and then get off."

"Lane has been to the Provincials twice," continued Fraser-Beswick, "once for bronze and this year for gold in which he scored two goals in the final game. He went to Europe as a Bantam for Hockey Canada, was on the team handpicked to skate with the Canucks earlier this year in a Skills Competition and played in and won the prestigious KIHBIT tournament with his Penticton Vee's team. You are making this town and hockey club proud and we are so honoured to give you this award. You are true to the words "For love of the game." Keep shining Lane." **Award of Excellence** - Grant Yee - Presented by Dierra Maynard - "Hockey is a tough sport. There are early mornings, late nights, sore feet, cold hands, bruises and bumps and always a few moments that are telling of a player's character.

PDMHA gives out an Award of Excellence each year to a deserving individual who stands out for their on and off ice character and achievement. Usually the award is given to a player who shows kindness and patience to their teammates. Someone who shows qualities of leadership. This individual is someone who is looked up to by their peers and who has what it takes to dig deep when needed. Because of Grant Yee's talent, his heart, his positive attitude and willingness to live life with determination from start to finish, PDMHA is proud to present it to him."

Most Sportsmanlike Team - Novice - Presented by Karen Fulton - "The definition of Sportsmanlike Behaviour is: behaving in an honourable and appropriate manner; continued on Next Page



PSS Grade 8 student Miranda Crucil won a Silver Medal for her Science project "The Impact of Oil and Tanker Spills" at the Caribou-Mainline Regional Science Fair held April 3-4 at Thompson Rivers University n Kamloops. *

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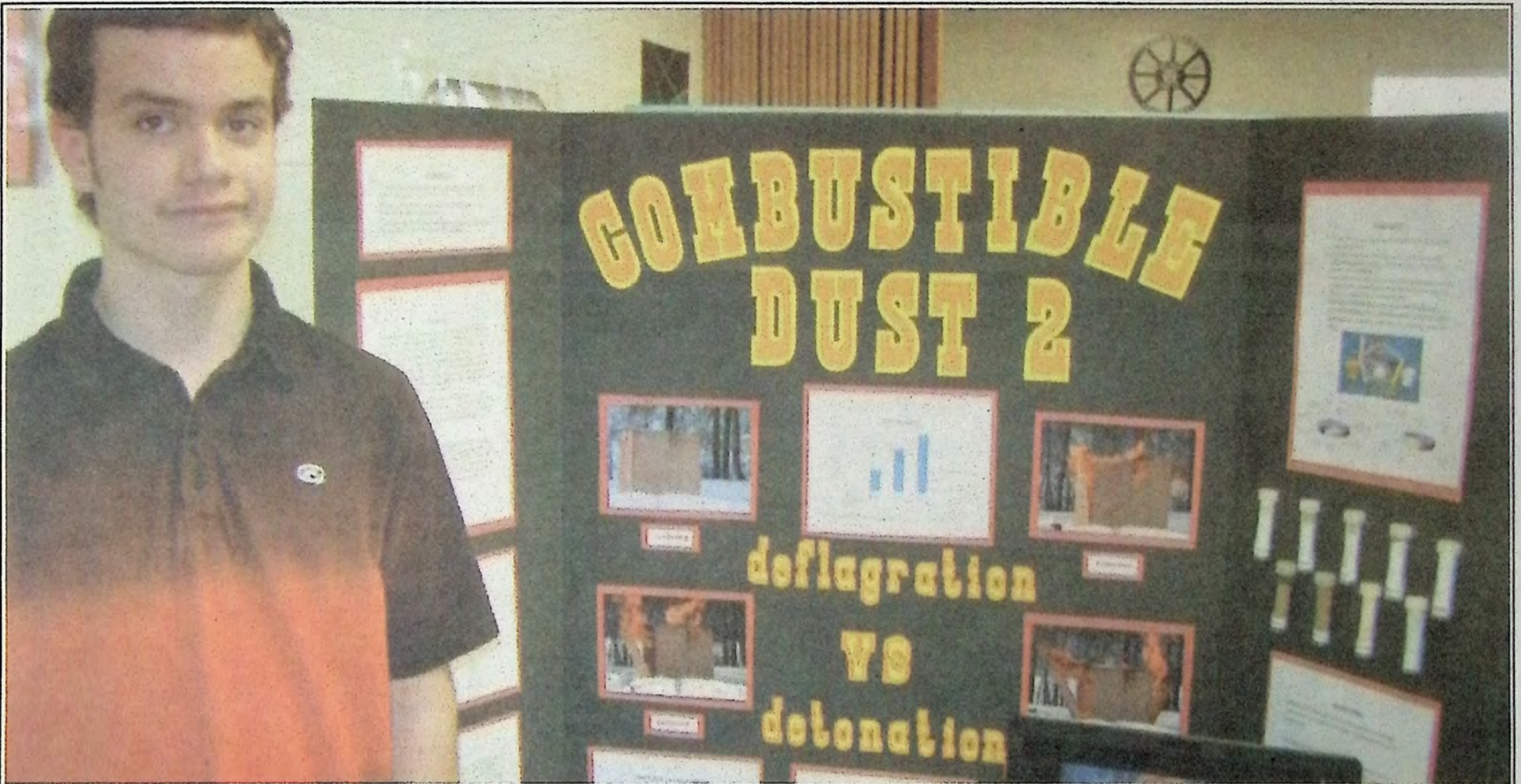
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PSS Grade 9 student Eric Holland earned one of only 23 Gold Medals awarded April 3rd and 4th at the Caribou-Mainline Regional Science Fair in Kamloops. This was his second appearance at the event. *

..... continued from Page 23 exhibiting fair play. (Harry Sheehy) "It is your response to winning and losing that makes you a winner or a loser...the Novice team including the parents were very sportsman-like. The kids were well behaved on the ice and the parents were well behaved in the stands...that is what our association strives to exemplify."

Dedication Awards:

Three members of the 2013/14 Executive stepped down at the

AGM held after the Awards Night. All were given Dedication Awards by the association.

2 1/2 years of Service - Candice Fraser-Beswick. **3 years of Service** - Jenn MacMurchy. **6 years of Service** - Dierra Maynard

Coaches Awards were as follows:

Peewee:
Most Offensive - Liam Zieske, *Most Defensive* - Quinn Clarke and Case Brodie, *Most Dedicated* - Mason O'Neil, *Most Improved* - Shae Karstensen

Novice:

MVP: Syd Lawes, *Most Sportsmanlike:* Katie Coyne, *Rookie of the Year:* Zach Shales and Jesse Shales

Heart and Hustle: Jaiden Mullin and Teghan Mullin, *Most Defensive:* Max Greening

Tykes:

Most Dedicated - Cameron Lankinen, *Most Sportsmanlike* - Maddisen Fulton, *Most Improved* - Daylan Armstrong

Atoms:

Most Sportsmanlike - Hanna Martin

Most Improved - Rex Rhyno, *Most Dedicated* - Scott Whitecotton

New 2014/15 Executive:

President - Dan Lankinen
Vice President - Karen Fulton
Secretary - Crystal Groves

Treasurer - Laura Shales
Tournament Director - Gina Mullin
Equipment - Cody Mullin
Risk Manager - Janel VanderGulik
Head Coach - Mike VanderMeulen
Head referee - Carson Zieske
Fundraising - Jaclyn Whitecotton

FARM 'N' FEED

A LOOK AT NEW PRODUCTS

We live in a time when more and more often, we're questioning the foods we eat. "What goes into my diet?" has extended into "what goes into the products that I feed my chickens?" That's because so many of us have realized that in a world of plentiful feed ingredients and additives, and the fog of information surrounding the benefits or concerns of their use, has led us to this conclusion: **WE WANT TO KNOW WHAT WE'RE EATING.** Many of us have also realized that raising our own small flocks of poultry can not only be a profitable and enjoyable experience for our families, but it can also provide us with the opportunity to control what our food is made of. Our Natural Harvest poultry feeds have been made with that philosophy in mind - how can we produce premium, healthy and natural feedstuffs for the small-flock producer looking to optimize the health and well-being of his flock and his family alike?

Natural Harvest is a premium, natural and all-vegetable line of poultry feeds designed for efficient production without the use of medications, antibiotics or hormones. Using data from our nutritional partners as well as our own poultry research facility, our poultry nutrition team has carefully selected ingredients proven to optimize vegetable diets. We've considered and implemented natural alternatives to the conventional medications used to prevent poultry diseases. These natural ingredients provide for a boost in immune function so your chickens can fend off illness instead of medications that merely kill pathogens. We've included new yeast technology, vegetable enzymes and probiotics that will improve the performance and health of your flock while reducing their impact on the environment. We've also introduced unique products, such as our Natural Harvest Step 1: Poultry Pre-Starter, that focus on setting up a healthy digestive and immune system for your chicks during the most crucial point of their development, the first 8-10 days. Available in 20-kilogram bags at Fletcher Building Supplies, Princeton.

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Special Posse jersey cupcakes made by local "Cake Boss" Natasha Smith awaited the kids and parents. - photo submitted

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