# Similkameen INCLUDES GSTI

Volume 17 Issue 17 #832 ISSN 1712-090X

Tuesday, April 29, 2014

Canada We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.



Princeton Fire Chief Eric Gregson, centre, was presented with service awards April 22nd by Town of Princeton Mayor Frank Armitage, left. RCMP Sgt. Barry Kennedy, right, observes the presentation. Photo: Dawn Johnson

# Fair board looks for ideas

Princeton Fall Fair Association met April 22 to review progress to date. Members agreed to book a new entertainment package for children which will include music, games and a treasure hunt.

The annual Exhibitors Booklet will include First Nations arts and crafts for both the Junior Fair and the adult division. The Hospital Auxiliary will have a table this year and sponsor a guessing game of "how many apples in the basket".

A "Gardening Hat Contest" is being

organized which will be offering a \$50 gift certificate. Those entering the Gardening Hat Contest will exhibit their gardening hats in the flower display area. The idea is to show people the weird and wonderful hats people wear while out doing their gardening.

The Youth Ambassadors will be at the fair doing face painting.

The Fair Board will sponsor a contest to see who can grow the biggest pumpkin. Fran Murphy will offer pumpkin seedlings free at the upcoming rodeo, but any seeds or seedlings can be used. The goal is to see who can grow the biggest pumpkin in the Princeton area.

Some young musicians have formed a band and have been asked to perform during the fair. The bandstand is open to any musicians who wish to perform. Any musician group or individual wishing to perform at the fair should contact President Dan Kastor at 250-295-6993 to book a time.

The Fall Fair meetings are now held at the fairgrounds office. The next meeting is at 6:30 PM on May 27.

# Council honours fire chief

Fire Chief Eric Gregson, who has served Princeton for 32 years as a volunteer fire fighter, received four awards and two medals at the April 22 Town Council meeting. The Town of Princeton gave him a certificate of appreciation, but presented him with 20, 25, and 30 year long service awards from the province and from Canada, two of which were accompanied by medals.

"Your commitment has been exemplary," Mayor Frank Armitage told Chief Gregson.

Commenting on Chief Gregson's service to Princeton Volunteer Fire Department, Mayor Armitage noted Chief Gregson has assured Princeton that the volunteer fire fighters had the best training, made sure things were done properly, and led by example.

Mayor Armitage thanked Chief Gregson's wife for sharing her husband to the fire department for the past 32 years. Chief Gregson received his awards with genuine modesty. He and members of the fire department attended the ceremony in uniform and Princeton Detachment's Sgt. Barry Kennedy dressed in red serge to honour Chief Gregson.

In a short acceptance speech, Chief Gregson said he could not have done the job without the support of his excellent crew of fire fighters.

The awards presented to Gregson included:

### Ministry of Justice

### Office of the Fire Commissioner

- 25-year Long Service Award (medal, bar and certificate)

### Chancellery of Honours Governor General

- 20 years of Loyal and Exemplary Service (certificate)
- 30 years of Loyal and Exemplary Service (certificate and medal)
   Town of Princeton
- 30 Years of Dedication and Commitment (certificate)

# BC Arts Council supports culture in Fraser-Nicola

Three arts and culture organizations serving the riding of Fraser-Nicola have been awarded a total of \$22,020 in B.C. Arts Council grants, Fraser-Nicola MLA Jackie Tegart announced April 24th.

"I can't imagine a world without arts," said Tegart.

"When you look at a talent like

JUNO award winner George Leach, you realize how important it is to nurture talent right here in our own community."

The B.C. Arts Council awarded grants to the following arts and culture organizations:

Princeton Community Arts
 Council received \$14,000.

**PrincetonBCNews** 

 Nicola Valley Community Arts Council received \$6,020.

 Logan Lake Arts Council received \$2,000.

The funding comes from a recordhigh \$24 million the B.C. Arts Council received from the provincial government to support artists, arts activities and culture in the 2013-14 fiscal year.

As B.C.'s lead agency for arts funding and development, the B.C. Arts Council enlists the expertise of British Columbia's artists to evaluate grant applications through a peer review process independent of government.

Established in 1995, the B.C. Arts Council consults with the arts and culture community to develop policies, programs and strategic priorities for the sector. Last year, the Council approved more than 1,000 grants in over 200 communities in every region of the province.

The provincial government is providing \$24 million to the B.C. Arts Council this year, the highest funding level in the Council's history. Overall, it is investing \$60 million

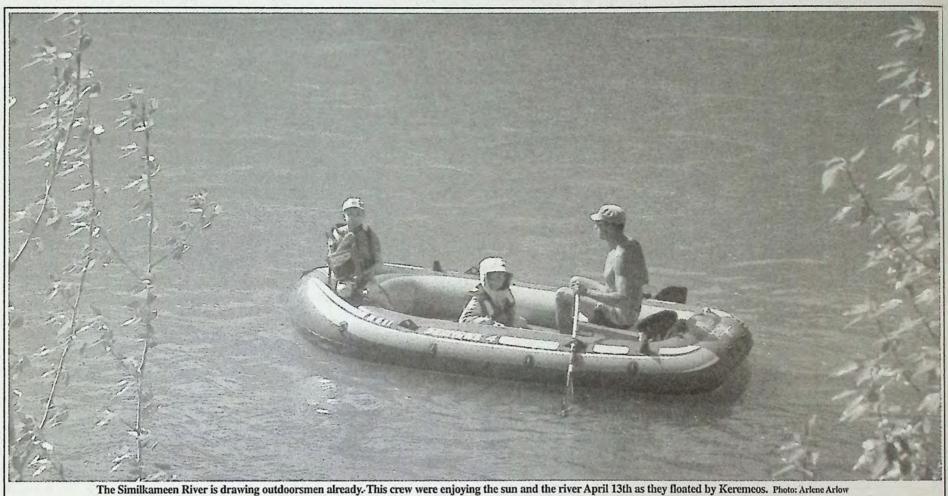
towards B.C.'s artists, arts organizations and cultural institutions during the 2014-15 fiscal year.

For more information about the B.C. Arts Council, including information on how to apply for grants, visit BCArtsCouncil.ca.

Similkameen News Leader Bengel Publishing Inc.



Canadian Publications Mail Agreement No. (1299263) - websites: www.thenewsleader.net - www.thenewsleader.mobi





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### hears plea for new bylaw Council

The April 22 Town Council meeting heard a presentation by Jenlyn Maki and Trish Hall meant to persuade Town Council to enact a bylaw making Princeton a town with smoke-free outdoor public

Representing Interior Health Authority, they offered facts and figures to show the benefits of having a ban on outdoor smoking in public places. A study done in Ottawa showed people can be affected by second hand smoke even outdoors.

The presenters stated that 30 percent of all cancer deaths and 85 percent of all lung cancer deaths are linked to smoking. Interior Health region has a higher percentage of smokers than the B.C. average of 85 percent non-smokers.

The bylaw would ban smoking in all areas managed by the municipality, including trails, recreation facilities and all municipal property.

Council has not made any decision on the matter.

# Satellite broadband program helps connect Fraser-Nicola

Residents of Fraser-Nicola will soon have faster Internet access, thanks to the B.C. Broadband Satellite Initiative, MLA Jackie Tegart announced April 24th.

"Our government's goal is to see every British Columbian have access to affordable high-speed Internet by 2021," said Tegart.

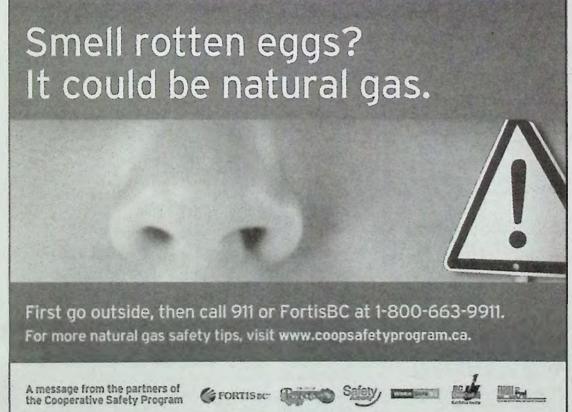
The B.C. government is committed to spending up to \$2 million to make access to satellite-based highspeed Internet more affordable for British Columbians in remote areas who don't have access to traditional broadband Internet.

Communities with residents eligible for the initiative include:

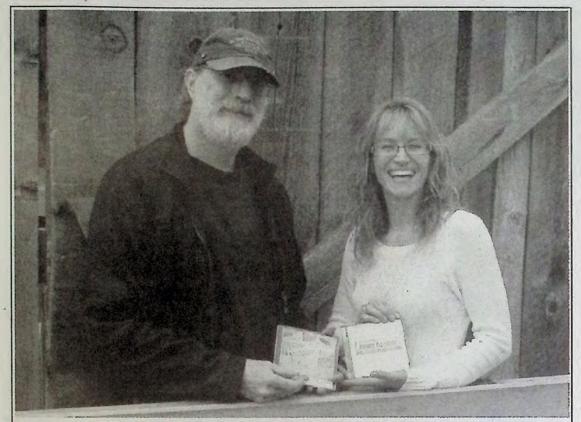
- · 70 Mile House
- · Ashcroft
- · Cache Creek
- · Clinton
- · Coalmont
- Douglas Kale

- · Gold Bridge
- · Lillooet
- · Logan Lake
- · Lower Nicola
- · Lytton · Merritt
- · Pavilion
- · Quilchena
- · Seton Portage
- · Shalath
- · Spences Bridge
- · Tulameen
- · Walhachin

The program is the result of a partnership between the provincial government, internet provider Xplornet Communications and installers. British Columbians who don't have traditional wireless or landline broadband solutions available can receive funding assistance of up to 50 per cent of installation and set-up costs, up to a maximum of \$250.







Similkameen News Leader Owner/Publisher George Elliott presented Princeton Museum Operations Manager Robin Lowe with digital copies of the paper last week. PDF files of each and every page from each issue of the News Leader published from 2009 to 2013 were in the collection. They will be stored for archival research purposes. Photo: Brenda Engel

# Flip Of The Coyne

### by Spencer Coyne

If there is one thing about the mess in the Ukraine that we know for sure it is that there is a lot of uncertainty as to who is doing what. We have heard that Russia is instigating and directing pro-Russian forces and then we hear a day or two later that the proof was actually fake. We heard that pro-Russian officials were making the Jewish population register then we find out that is fake too. The Obama administration eager to point fingers at Putin hold this faulty intelligence as fact only to retract it days later. It makes you think back to the build up to the Iraq war.

What is the most mind boggling to me is that Stephen Harper seems pretty sure that he is a big dog on the block in this stand off. He was the first Western leader to visit the new government in the Ukraine. His actions have had Canadians kicked out of Russia and his pro-Ukrainian rhetoric is almost louder than all of NATO combined. Harper seems eager to send military forces into the region and he has committed six CF-18 fighter jets to beef up the NATO buildup in Poland. On the surface six jets doesn't sound like a lot and it isn't in the big scheme of things but when you consider we only have around 48 combat fighter jets and a 70 percent operational rate, it leaves Canada the second largest country by land mass with about 34 fighter jets. Six out of our operational 34 is a large commitment, especially when you consider that if we do start a shooting match with Russia, they are on our Northern

Canada's military is too small,

under funded, and ill equipped for these types of operations. I am a supporter of our military, so when I say this I am not picking on them. I am concerned for their safety. Yes our army has had some hardware upgrades thanks to the Afghanistan war but after talking to friends who have been over there our army is tired and not prepared to go back to war. We need more people, more equipment and more of everything. It's just a fact. Then there is our Navy. We do not even have the capability to patrol our entire coast line and seeing as our country is surrounded on 3 sides by coastline this is pretty concerning.

We do not have lift capability to move our military to and from the theatre of operation. We do not have helicopters to get our troops to and from the field. We have to rely on our allies to get our troops to the fight. It's a little embarrassing when you hear this and then you hear our Prime Minister is trying to talk big against one of the world's superpowers.

I know Harper thinks he has to talk big against Russia to show Putin that we own the North but does Harper really think he can talk big without a big stick to back up his rhetoric? It is fine to sabre rattle but when your sabre is a prop what do you do when the other guy calls you on it?

Putin is annoyed by Canada. He has been practicing landing paratroopers on ice flows in the arctic and he has announced that he is building a new naval base that will house an arctic submarine fleet. We cannot even get a naval patrol up there, yet Harper seems pretty sure that he can poke the Bear without any repercussions. I for one don't feel as confident as the Prime Minister and I am not so sure that Canada is in any place to be flexing muscles it doesn't have when it comes to the Ukraine. You never know, that Bear might roll over and take a swipe at whatever is poking

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### WATER SYSTEM PARCEL TAX REVIEW

East Princeton, Jacobson Road and Airport Road Specified Area Tax Roll will be open for inspection at the Princeton Municipal Hall, 151 Vermilion Ave, Princeton BC, between the hours of 8:30 am and 4:30 pm, Monday to Friday. An owner of a parcel of land within East Princeton, Jacobson Road and Airport Road Specified areas may make a request to have the Parcel Tax Roll amended on one or more of the following grounds:

- there is an error or omission respecting a name or address on the parcel tax roll:
- there is an error or omission respecting the inclusion
- there is an error or omission respecting the taxable area or the taxable frontage of a parcel;
- an exemption has been improperly allowed or

A request to amend the Parcel Tax Roll must be submitted in writing to the undersigned by 1:30 pm, May 9, 2014 in order to be considered.

Shirley McMahon Director of Finance Town of Princeton 151 Vermilion Ave PO Box 670 Princeton BC VOX 1WO Ph 250-295-3135 Email smcmahon@princeton.ca



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

# My Turn...

### It's Always Tomorrow

For those of you who don't already know this, I have a part-time job. That's in addition to this massive full-time job I have of owning and publishing this weekly newspaper you are currently reading.

The part-time job was purely by accident but has been beneficial in a number of ways and I think it could lead into something even more beneficial when I get around to thinking about retirement.

The part-time job is freelance article writing.

You can find out more at my website www.looseink.net.

I had no idea I could make a few bucks on the side moonlighting (don't tell my boss, he's a real jerk at times).

What started in early January as a lark has turned into some regular business for me. I have had a number of contracts since I started and was lucky enough to hook up with a guy in Australia who likes my writing. I've written somewhere around 400 articles for him so far on subjects I had no interest in prior to starting this part-time gig.

What I continue to be amazed at is that I'll never meet this guy, but I'm already part of his writing staff. Chances are I'll never meet him and as long as he keeps sending me work and I keep sending finished product back to him it won't really matter. I work on about three projects a week for him plus I try to wedge in one or two more short-term contracts to keep my mind active on the days I'm not writing about hammocks, wedding rings, herbal tea, essential oils and whatever else the job requires.

While I didn't intend for it to be such a big part of my life at first, I have learned a couple of very valuable things from just four months of free-lance work.

Probably at the top of the list is that I'm a slightly better writer than I've ever given myself credit for. Secondly, I can write about anything provided I have access to the internet for research purposes. Thirdly, I've found a way to keep my mind working in overdrive instead of vegging in front of the television. Most importantly, I have found that the volume of freelance work I've done has made my actual 'real' job at this newspaper seem a lot easier. I don't panic about articles any more as I know I can zip something up if I need to.

It's almost as if the freelance work has unlocked a writers block I didn't know I had.

I also like the fact that my 'boss' is in Australia so I'm not expecting a surprise visit to check up on any of my projects, so I just need to stick to my deadlines and all will be fine.

The only problem with him being in Australia is that no matter how fast I write, I'm forever late as it's always tomorrow there.



EDITORIAL GUIDE

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





An action shot from the Similkameen River dike project in South Princeton, Photo: Brenda Engel

# ... Your Turn

### Letters and E-Mails Received This Past Week

To The Editor:

Re: BC Health Coalition & Canadian Doctors for Medicare - For-profit clinics attack Medicare in court, seek US-style system.

We risk losing Canadian Medicare as we know it.

Right now, there's a legal attack before the courts that could turn Canada's Medicare system into a US-style system.

The attack is driven by Dr. Brian Day, owner of the Vancouver-based Cambie Surgery Centre, a for-profit surgical clinic known for unlawfully billing for medically-necessary care.

The case is being called the most significant constitutional challenge in Canadian history. And it's going to trial in BC Supreme Court in 2014

This challenge aims to do away with Medicare in Canada by striking down provincial health legislation that limits the for-profit delivery of medically necessary services, claiming that these rules violate the Canadian Charter of Rights and Freedoms.

What does this mean for me and my family?

If Dr. Day wins this case, we'll lose the public health care system that we all rely on.

Expensive private insurance will become the new norm, like in the United States where it costs the average family \$16,000 a year. Most bankrupteies in the US are due to medical bills – we don't want to see a system in Canada

where we risk losing our homes or go deep in debt when we get sick or injured.

Public wait times will also become longer, as doctors and nurses are drained from the public system to the for-profit system.

Why it's a national issue affecting everyone in Canada: Even though the case is in the BC Supreme Court, it threatens health care across Canada. Because of the constitutional nature of the case, if Dr. Day wins the challenge, the laws that protect our public health care system will crumble across the country.

We have to make sure Dr. Day is defeated. In contrast to the aims of these for-profit clinics owners, Canadians don't want US-style health care. Poll after poll show that the public favours investment and innovation in public health care to improve the system for everyone, not the expansion of for-profit health care that benefits only a very wealthy elite.

Who's fighting for our public health care system?

The BC Health Coalition and Canadian Doctors for Medicare ......continued on Page 21

# **Broadband?**

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# **Current Comment**

### Ridiculous Expectations Ruin Relationships



Dawn Johnson editor@thenewsleader.ca

I watched a Dr. Phil show with another woman, and we were appalled by the attitude of a husband who was the focus of the show. His wife had initiated contact with Dr. Phil to ask what she could do to make her marriage better because her husband complained constantly about her shortcomings. He was on the show feeling quite self-righteous about his complaints.

The couple had not been married a long time, had a toddler at home, and his wife stayed home to look after the child. She was a pretty woman, a little overweight. He was very ordinary looking, gone bald early.

His list of complaints about his wife could be fixed, he said, but she had not fixed her problems, so he had been having affairs with 'hot' women. The following is a list of what he wanted her to do: lose 20 pounds or more, until she had a 'hot' body; cook better meals; keep the house spotless; find a good-paying job, and be glad to see him come home and

The Okanagan-Similkameen

Healthy Living Coalition represen-

tative, Dr. Gerry Karr, attended the

April 22 Town Council meeting to

give an overview of what the

Coalition does and what its goals

have sex at least four times a week.

A man who criticizes his wife all the time is totally insane if he expects her to be happy to see him come home and is certainly not going to be excited about having sex with him. That is like expecting somebody you abuse to be thrilled with your company. It ain't gonna happen!

What made all of his remarks so incredible was that he thought his criticism was justified. Anyone who thinks looking after a toddler, cleaning house and cooking meals is easy has never tried it. Add to that his expectation that she should go out and find a good-paying job was adding insult to injury.

Amid all of the criticism was his self-righteous attitude that keeping the relationship together had nothing to do with his behaviour. According to his point of view, he did not need to do anything but bring home the paycheque and reap the benefits of her efforts.

Dr. Phil called the man a male chauvinist and offered the woman counseling to rebuild her self-esteem. The issue of his affairs was another matter she would have to deal with, but first she had to restore her own regard for herself.

During the winter months, I often watch Dr. Phil, and have come to the conclusion that relationships are the biggest issues in people's lives, and unrealistic expectations are the cause of most of the problems. Generally, it is mothers-in-law and their sons who have ridiculous expectations of the son's wife

Being an emotionally mature per-

Health coalition gives outline of goals

Basically, it is a group of people

interested in improving the

lifestyles and health of residents of

the region. The stated goal is to

make the region the healthiest in

son means taking responsibility for one's expectations. If a man expects his wife to be superwoman, that is, have a full-time, good-paying job, keep the home spotless, have children, be a topnotch cook and be 'hot' looking and 'hot' in bed, he should have informed her of that before marrying her. The marriage vows talk about love, honour and cherish, not all these expectations. Obviously, the man on the Dr. Phil show should have added his list to the marriage vows, giving his wife an opportunity to back out early.

There have been some mothersin-law on the Dr. Phil show who need the same kind of lesson. They complain and criticize their daughters-in-law for not being the perfect wife to satisfy the motherin-law. Before the wedding, they should have submitted a list of what they expected of their daughters-in-law and allowed the prospective bride to have a clear picture of what was needed to have an approving mother-in-law.

The person who has the expectations that are disappointed should take responsibility for his or her own disappointment. If I expect you to do a certain thing, or behave a certain way, and you have not agreed to this, and do not live up to my expectation, then I must take responsibility for being disappointed.

Relationships would be so much better if people were honest enough to spell out their expectations of others in advance. That gives the other person fair warning and the opportunity to agree to meet those expectations or run the other way.

Statistics presented to Council

showed the region has had an

increase in obesity and is above the

provincial average in the number of cases of diabetes, depression

and anxiety, and slightly above the

provincial average in chronic res-

Other facts were given to show

healthy living saves tax dollars. A

15 point plan to improve health in

Princeton begins with tobacco

The Coalition itself does not give

grants or engage in projects, but

acts as a support system for health

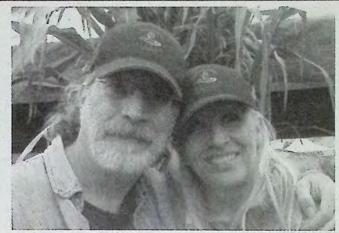
projects and securing grants.

piratory disease.

reduction.

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# Lower Valley News

**Keremeos - Cawston - Olalia** 



A sure sign of Spring: over 20 motorbikes were parked along 7th Avenue in Keremeos April 12th. If you don't own a motorbike and you want to meet people, you might consider getting your motorbike license - and a motorbike. There is automatic camaraderie amongst motorcyclists wherever you go. And if you are new to motorbiking, be sure to give the proper hand signal in greeting: two fingers pointed downward at your side translates to "Keep two wheels on the road, friend". Photo: Arlene Arlow

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# Enowkinwixw brings groups together

On April 9th and 10th a noteworthy event took place with representatives of the Regional District Okanagan-Similkameen, Osoyoos Indian Band, Lower Similkameen Indian Band and the Penticton Indian Band. The intent of this two day event, known as an Enowkinwixw, was to bring together First Nations and Local Government leaders in the South Okanagan and Similkameen to discuss common goals and opportunities, as well as to continue to build and strengthen relationships between communities.

The Enowkinwixw provided a time and place for dialogue on how to best move forward with the South Okanagan Similkameen Protocol Agreement which was signed by the parties in June 2013. The event also provided an opportunity to improve upon the relationships and strengthen the partnerships of all of the communities within the region.

The Enowkinwixw is a tradition-

al, ceremonial and harmony building process. The methodology draws inspiration from the Four Food Chiefs story and the multiple layers of meaning and teaching embodied in the creation story of the Okanagan People. The process works to embrace multiple community perspectives of reality and to draw on collective knowledge which is held across the communities.

It was identified that the intent of the Protocol Agreement is to provide a frame work to formalize government to government relationships, to recognize and celebrate diversity while cooperating with each other to achieve mutual prosperity, to improve consultation, communication, information sharing, education and cooperation between the parties, and to work towards collaborative decision making or negotiations in appropriate areas of common interest.

Some of the outcomes of the two

day process were a commitment to continue with the South Okanagan Similkameen Steering Committee (working group) which was created after the Protocol Agreement was signed.

The Steering Committee consists of Administrators and Senior Staff representatives who meet bimonthly to discuss matters of mutual interest to the communities, and report their work to the Joint Council, which includes the Chiefs of the three bands, as well as the Chair and Vice Chair and one other designated Board member of the Regional District.

The parties identified a need for improved communication, not only between themselves, but to all constituents and communities in the South Okanagan Similkameen. The parties also discussed the potential for a one year anniversary celebration of the South Okanagan Similkameen Protocol Agreement signing to be held on or around June 21 which is National Aboriginal Day.

The Community to Community Enowkinwixw was funded through a Union of British Columbia Municipalities grant.

A detailed report on the Community to Community Enowkinwixw will be provided to all parties and posted on the Local Government and Band website in coming weeks:

- submitted

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Princeton Arts Council past president Del Hall and present president Marjorie Holland both lent a hand in the Amazing Literacy Race Art Smart challenge last year. This year the Arts Council and many other local organizations have committed again to making the Vermilion Forks School students day a great one. - photo submittee

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# Local Leaders for Literacy prepare for 2nd annual race

Last year, a literacy experiment gone right led Vermilion Forks Elementary School students on a wonderful day long learning adventure. This year, the event is back with new challenges, new enthusiasm and new sponsors.

"We are thrilled that the Amazing Literacy Race went so well last year," stated Dierra Maynard. Maynard is the Literacy Outreach Coordinator for Princeton Leaders for Literacy (PLFL) and the mastermind behind this event.

"I thought it was a huge undertaking and greatly appreciated," said Vermilion Forks Elementary School Principal Barry Clarke.

"It is always nice to have new opportunities for our kids. My initial response was to make sure that any safety concerns were covered, as the idea of having all our students "racing" around downtown raised more than a few questions. When all was said and done after the first race was completed, I thought it was a fantastic opportunity to explore the town and have the students engage in the many different forms of literacy that exist. The sponsor venues were all ready to receive our students and I think it was a great experience for everyone

Many local businesses immediately jumped on board to help once they were approached with the idea. The Princeton Museum, the Princeton and District Community Skill Centre and Cooper's Foods all offered up their space for the school with Museum Manager Robin Lowe creating a historical scavenger hunt for the teams, Career Development Practitioner and

PLFL board member Leah Ward from the Skills Centre leading students through an online information maze and Cooper's Foods Manager Rob Bett giving the teams room to roam on their quest for a healthy meal on a budget. All three of these locations also gave out prizes to the winning team of their challenges.

Weyerhaeuser, Orica Mine, Princeton Rotary Club and VFE PAC all donated money for the event to assist with snacks, drinks, supplies and prizes. Reicherts Sales and Services donated a body (Bill Reichert) and their avalanche gear for a timed challenge to find a hidden beacon using a locator device. The Princeton Arts Council came prepared with extra art supplies to help the students find their creative side. FortisBC brought a unique set-up that included a selfpropelled power station bike that lit up more and more the harder students pedalled and a pile of prizes.

Three other challenges were also a part of the day; a physical challenge, a puzzle challenge and a school curriculum challenge. Students were arranged into 10 person teams consisting of students from each of the Grades 4 through 7. PLFL Board member and Princeton Cultural Director Nadine McEwen was also invaluable to the event. As the liaison between the town and Maynard, she helped make the vision a reality.

"My favourite part of the whole day was watching all the kids learning and not even really realizing it because they were having a ton of fun," Maynard stated.

"They were smiling and laughing continued on Page 22



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Rosalinde Blake took her organic candles to Cool Beanz Coffee Shop April 19th and 26th for 'Candles and Coffee' which is a fundraiser for Crisis Assistance Society. She'll be there again May 24th from 9:00 AM to 4:00 PM.

She plans to organize regular fundraisers for local organizations. Photo: Bob Marsh www.marshphotography.ca

# Saddles 'n' Spurs

### by Pastor George Donovan

At the dude riding center we had built a log lodge where we could hold events and also served burgers and snacks. We also had quite an array of western wear for sale. The lodge was a considerable distance from the stables, across the creek and around the pond. It was a beautiful setting.

One day while I was there taking

a break and having a coffee a limousine pulled into the parking area and a group of men dressed very formally came in and said that they heard that we took people out on horseback. I said my howdys to

them all and welcomed them.

The main guy introduced himself as the Sultan of Brunei and his entourage of six men. They weren't really dressed for riding and I don't know how they found our place but I was happy to take them on a trail ride up to Grouse Mountain.

They wanted to look like cowboys so they all purchased several shirts and hats right then and changed into their new cowboy duds. They even bought neckerchiefs so they looked very official!

We all headed to the barn to saddle up the horses. They were very friendly and seemed very excited about the prospect of this ride. I'm pretty sure that most of them had never been on a horse before.

We gave them bullet proof horses and off we went. They all extremely enjoyed the ride and loved the cowboy experience, took lots of photos and seemed to have a great time

After the ride we all headed back to the lodge and our guests were excited to meet these distinguished foreigners in their cowboy clothes.

The group bought a few more shirts and other items before they left. I wondered if the queen would be coming next?? We were really getting uppity.

It was a fun and happy experience for me.

Living Past 100

### **Avoid Old Age Blindness**

Vision problems in old age are not uncommon, but there are ways to avoid the typical vision problems. Eyes need care long before the problems develop. Anyone over age 50 should be conscious of the need to prevent vision problems associated with aging.

Visiting an optometrist every two years is a good start. Having the right kind of lenses to correct vision is just the beginning of eye care.

Eating the right foods is essential to vision health in old age. At the top of the list of foods to help avoid blindness are the foods from the cabbage family: broccoli, cabbage, kale. Cooked carrots and all orange or red vegetables are excellent. Salmon, mackerel, sardines and tuna are great food for the eyes. Vitamin D is essential for eye health.

Eye health can be found in supplements. Experts recommend 6 to 10 milligrams of zeaxanthin and 20 milligrams of lutein every day, which you can obtain from eating a lot of broccoli or spinach or kale, and being sure to eat red, yellow and orange fruits and vegetables daily.

Protecting your eyes with sunglasses is extremely important when the sun is bright, whether in summer or winter.

Vision loss in old age is permanent. Although macular degeneration (a condition causing blindness) can be slowed, there is no cure, and loss vision cannot be restored.

It is far better to prevent vision loss while you can. Prevention is essential.

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..... continued Next Week



Similkameen News Leader TV Guide Listings - April 29 - May 5, 2014



No local races planned in 2014

A reduction in funding fed to interior horse race tracks in 2014 has effectively killed Princeton Racing Days Association's annual event. Live horse racing at Sunflower Down will not take place this June as a result.

The BC Interior Horse Racing Association, of which Princeton is a member track, used to split a total of \$150,000.00 in funding between four race tracks. In 2011 the responsibility shifted to a management committee and reductions started to take effects.

For example, the total funding for interior tracks dropped to \$25,000.00 that year and down to \$20,000.00 in 2012. Last year the total available fell to \$13,500.00 with only \$11,000.00 available this year for three interior tracks.

It cost Princeton Racing Days Association \$50,000.00 to host their single-day live race meet last June.

Racing Days President Karrie Crucil is not impressed with the constant whittling away at funding to horse racing outside of the lower mainland. "In my opinion, horse racing in the whole province is in serious jeopardy."

Her statement is backed up with a lack of horses available to race in the province with numbers at Hastings Park (Vancouver) dropping from 700 to 200. Add to that changes in the Foreign Workers Policy by the provincial government, which has affected the pool of jockeys available, and Crucil says, "This is not just an Interior issue, it's an industry-wide issue."

Another snag in the attempt to bring live horse racing to Princeton this summer is the lack of betting equipment. The company that usually provides the tote equipment doesn't see much profit when working single day events in the interior.

"The interior tracks don't make as much as the larger tracks do," Crucil says so in order to cut costs and make a better profit, the tote company is not servicing interior tracks this season.

"It actually costs them to operate, but we are hoping to change their minds" Former Racing Days President George Elliott says he's not surprised there won't be racing this year.

"The Interior tracks have always struggled to be recognized as an important part of the provincial racing scene," he says.

"I attended far too many BC Interior Horse Racing meetings in Kamloops where the smaller tracks were viewed as not much more than the black sheep of the family."

Elliott was Racing Days President from 1990 to 1998.

"Even back then we saw shortages of horses in the system. I was President the year we went from two full days of racing to a single day and it has never bounced back."

Elliott says that the tradition of live horse racing has such a deep-rooted connection to the community that he believes things will be different next year.

"The local committee has never stopped working hard to bring this fun event to Princeton and I doubt this will change that. It's just unfortunate that politics has had a hand in this which in turn has an adverse affect on a giant community event."

The Princeton Racing Days Association will still do something this year and are planning different race events, family activities, a Saturday night dance and will host Little Britches Rodeo June 28th and 29th.

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# Tuesday Movies

**EVENING** 

9:00 pm KNOW ch.5 "High Five: A Suburban Adoption Saga" (2012, Documentary) Canadian couple Martin and Cathy Ward travel to the Ukraine to adopt five siblings. (CC) 11:00 pm WTBS ch.3 "Tyler Perry's the Family That Preys" (2008, Drama) Kathy Bates. Secrets and scandals test the friendship of a wealthy socialite and a workingclass woman, upsetting both their families.

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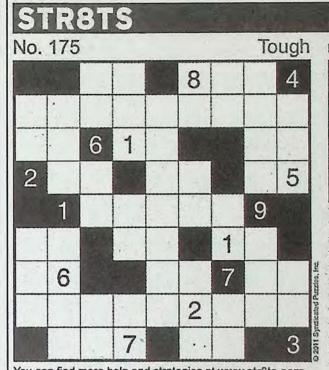
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# News Leader Str8ts



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

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.

THIS WEEK'S

News Leader Str8ts

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

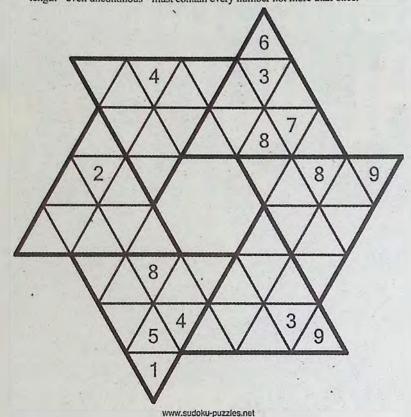
### TUESDAY, APRIL 29, 2014

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6		In the Heat of the Night	Morning News (N) 80	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds O	Morning Northwest	Morning News (N) 80	(5:00) Morn- ing News (N)	CBÇ News Now (N) O	Kld vs. Kat Rescue	SportsCen- tre 23	CTV Morn- Ing Live (N)	Salvage Hunters 🖾	Stella-Sam ANT Farm	CityLine (N) IEI	Bar Rescue	Eat St. O
-		Law & Or-		G. Shrinks	Arthur	Today Diane	CBSThis	Criminal	Good Morn-			Tiger	Super Evil	SportsCen-		Airplane	Shake It	Let's Make	Bar Rescue	Disaster
1	:30	der: SVU		Wild Kratts	Wild Kratts	Keaton; Sophia	Morning (N)	Minds 0	Ing America (N) 80			Arthur 🖾	Sidekick	tre 🖾		Repo 80	Austin	a Deal (N)	0	Disaster
0		Law & Or-		PAW Patrol	Curlous	Bush; Dan		CSI: Mlaml			Morning	Bo On/Go	Pokemon	SportsCen-		Jackedi	Jessie 🖾	The Price Is		THE RESERVE OF THE PARTY OF THE
8	:30	der: SVU		Doozers	Cat in the	Fortuna. (N)		0 80			Huntley St.	Busytown	Storm	tre (EII			Wizards	Right (N)	0	Foods/Zim- mern
0	AM	Millionaire	Morning	Dinosaurs	Peg		The 700	CSI: Mlami	Livel Kelly	Morning	The Doc-	Super Why!	Monster	SportsCen-	Livel Kelly	Mighty	Little	Jdg Judy	Bar Rescue	The second second second
9	:30	Millionalre	Huntley St.	Rob Robot	Dinosaur		Club () RE	0.80	and Michael	Huntley St.	tors O RO	Napkin	Spliced O	tre III	and Michael	Ships an	Manny	Jdg Judy	0	Museum
10	AM	Divorce	The Doc-	Ella the El	Sesame		The Price Is	Criminal	The View	The Doc-	Fresh	Bookaboo	Invasion	Motorcycle	The View	Auction	Never Land	The Chew	Ink Master	Secret
10	:30	Divorce	tors () III	Jelly Jamm	Street O		Right (N)	Minds "No. 6"	U RG	tors () III	Debt/Part	Doodlebop	Almost	E:60 BO	0 83	Auction	Sofia	0 83	"Earn Iti"	Secret
44	AM	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young &	Criminal	Pald Prog.	Fresh	Noon News	Dragons'	Flamingo	World	Marilyn	How/Made	ANT Farm	General	Ink Master	Bord, Rico
11	:30	Judge Alex	Debt/Part	Clifford	Sit & Bo Fit	Jdg Judy	Restless	Minds 0	Pald Prog.	Debt/Part	Hour (N)	Den O Ist	Squirrel	PokerTour	Denis	How/Made	Jessie III	Hospital (N) O	"Bug Out"	Bord. Rico
12		King	Noon News Hour (N)	PAW Patrol	Charlle Rose () &C	Anti-Aging	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Kid vs. Kat	SportsNa- tion (N) 🖾	CTV News (N) O EE	Bering Sea Gold 80	Wingin' It	Katle O Rd	Ink Master O Mil	Eat St. O
	-	King	-	Dinosaurs	Dalatie e	Pald Prog.	Bold						Sidekick				Wizards			Eat St. O
1	100	Community	Lives (N)	Wibbly Plg Dragon	Painting Quilting	Days of our Lives (N)	The Talk (N)	After the First 48 80	General Hospital (N) O	Days of our Lives (N)	The Talk (N)	Republic of Doyle O	Rated A Monster	That's Hockey 2 Nite	The Social	Jackedl	Wizards Good Luck	CityLine III	Ink Master	Bizarre Foods/Zim- mern
	PM	Seinfeld	The Talk (N)	Ella the El	Thomas	Katle O 80	Lot's Make	The First 48	-	The Talk (N)	Queen	Steven and	Kid vs. Kat	Off Record	Dr. Phil	Rods N'	Good Luck	CityNews at	Ink Master	Ghost
2	:30	The Middle	O EG	Rob Robot	Super Whyl		a Deal (N)	0 60	Latifah	OED	Latifah	Chris (N) O	Super Evil	Hockey	OBO	Wheels	Shake It	5 (N) REI	OEG	Adventures
-	PM	The Middle	Queen	Dive, Olly	Sld	Ellen	Dr. Phil	Storage	Rachael	Queen	Young &	Coronation	Sidekick	SportsCen-	Bethenny	How/Made	Shake It	CityNews at	Ink Master	Disaster
3	:30	Mod Fam	Latifah	Jelly Jamm	Peg	DeGeneres Show	0 20	Storage -	Ray o ad	Latifah	Restless	Stefano	Squirrel	tre (N) 85	0.80	How/Made	Lego	6 (N) 80	ORE	Disaster
	PM	Blg Bang	Young &	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz	Storage	The Doc-	Young &	Early News	NHL	SpongeBob	Hockey	Ellen	Daily Planet	Phineas	Mod Fam	Ink Master	Security
4	:30	Blg Bang	Restless	Arthur O	WordGlrl	Jdg Judy	Show Rd	Storage	tors O RO	Restless	Global Nat.	Hockey: Conference	Chucks	NHL	DeGeneres Show	(N)	Dog	Mod Fam	OBU	Security
-	PM	Browns	News (N) as	Martha	News	News	News	Storage	News	Early News	(4:59) News	Quarterfinal:	Parents	Hockey: New York	CTV News	Licence to	Jessie III	Glee (N) O	Ink Master	Secret
5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	Storage	ABC News	Global Nat.	Hour (N)	Teams TBA. (N) O (Live)	SpongeBob	Rangers at	at Five (N)	Drill: Louis	Jessie IIII	RII (DVS)	O REI	Secret
_	PM	Browns	Global Nat.	Hope for	PBS News-	News	KREM 2	Storage	News at 6	(5:59) News	ET Canada	80	Cache	Philadelphia Flyers. (N)	CTV News	Deadliest	Austin	New Girl	Ink Master	Mysteries-
6	:30	Payne	News	Wildlife ED	Hour (N) BE	Millionaire	News at 5 (N)	Storage	News	Hour (N)	Ent		Japanizi		(N) O EEE	Catch	Austin	Mindy	O 800 -	Museum
-	PM	Mod Fam	Ent	Marine Ma-	Ploneers of	Jeopardyl	Inside Ed.	Barry'd	Ent	Ent	Chlcago	CBC News:	Boys	NHL	etalk (N)	Deadliest	Win, Lose	Mind	Ink Master	Castle
1	:30	Seinfeld O	ET Canada	chines Ell	Television	Wheel	Access H.	Barry'd	The Insider	ET Canada	Fire (N) III	Vancouver	Mr. Young	Hockey: Dallas Stars	Big Bang	Catch The	Good Luck	Games (N) IIII	(N) O (III)	Secrets
-	PM	Family Guy	NCIS	For King	Ruben	The Voice	NCIS	Storage	Agents of	NCIS	NCIS	To Be An-	Vampire	at Anahelm	Agents of	harder. O Bill	Good Luck	CityNews-	Tattoo	Secret
8	:30	Family Guy	"Shooter"	and Empire	Salazar: Man	OM	Shooter*	Storage	S.H.LE.L.D.	"Shooter"	"Shooter" (N) O	nounced	Haunting	Ducks. (N) (Live) IIII	S.H.I.E.L.D.		ANT Farm	Tonight (N)	Tattoo	Secret
-	PM	Amer. Dad	NCIS: Los	High Five:	Frontilne	About-Boy	NCIS: Los	Storage	Goldbergs	NCIS: Los	NCIS: Los		Haunting	, ,	Goldbergs	Deadliest	Wingin' It	Jimmy	Tattoo	Ghost
9	:30	Amer. Dad	Angeles (N)	Suburban*	"Prison State" (N)	Fisher	Angeles (N)	Storage	Trophy		Angeles (N)		Mr. Young	Sports	Trophy	Catch	Next Step	Kimmel Live (N)	Tattoo	Adventures
10	PM	Jeffersons	Chicago		One	Chicago Fire (N) 80	Person of Interest (N)	Storage	Celebrity Wife Swap	Chicago Fire (N) III	News Hour	The National	Gags	SportsCen-	Person of	Deadliest	Good Luck	EP Dally	Ink Master	Castle
10	:30	Jeffersons	Fire (N) NO	The Forest	Northwest Profiles 50	. and (ra) and	minerest (iv)	Storage	(N)	the (N) as	Final (N)	(N) IIII	Gags	tre (N) 🖾	Interest (N)	Catch The fleet works	Jessie III	Reviews on	0 500	Secrets
44	A	Family That		Marine Ma- chines III	Linnies on	News	Nows	Barry'd	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Vampire	SportsCen-	News-Lisa	harder. O In	Wizards	Recovery	Tattoo	Secret
11	:30	Prays"	Final (N)	CHINES AN	C. Rose	J. Fallon	Letterman	Barry'd	J. Kimmel	r mai (rej	The Test	Vancouver	Haunting	tre 533	CTV News		Life Derek	Paid Prog.	Tattoo	Secret

# News Leader Sudoku 503

### **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 uncontinous - must contain every number not more than once.



THIS WEEK'S SOLUTION: Page 20

# Wednesday Movies

MORNING

7:00 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)

10:00 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)

**EVENING** 

10:00 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)
11:00 pm WTBS ch.3 "Tyler Perry's
Madea Goes to Jail" (2009,
Comedy) Tyler Perry. After a highspeed car chase and anger-management issues land Madea behind
bars, she befriends a young prosti-



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		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUF ch.45
_	AM	In the Heat	Morning	Wibbly Pig	Clifford	KHQ News	KREM 2	Criminal	Morning	Morning	(5:00) Morn-	CBC News	Kid vs. Kat	SportsCen-	CTV Morn-	Pyros *Fire	Stella-Sam	CityLine	Bar Rescue	Eat St. 0
6	:30	of the Night	News (N) EE	Monkey ·	Martha	6AM (N)	Morning News	Minds "No. 6"	Northwest	News (N) 83	ing News (N)	Now (N) O	Rescue	tre 83	Ing Live (N)	and Ice"	ANT Farm	(N) 80	0	Eat St. O
-	AM	Law & Or-		G. Shrinks	Arthur	Today Mar-	CBS This	Criminal	Good Morn-			Tiger	Super Evil	SportsCen-			Shake It	Let's Make	Movie: ***	Disaster
7	:30	der: SVU		Wild Kratts	Wild Kratts	tha Stewart; Giada De	Morning (N)	Minds O	Ing America		-	Arthur (80	Sidekick	tre 🐯		Here	Austin	a Deal (N)	"X-Men" (2000, Ac-	Disaster
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8	:30	der: SVU		Doozers	Cat in the	(N) O 533		"Chip/Tuck"			Huntley St.	Busytown	Storm	tre @@		Flights	Wizards	Right (N)	Jackman. 0	Foods/Zim mern
_	AM	Millionaire	Morning	Dinosaurs	Peg		The 700	CSI: Mlaml	Livel Kelly	Morning	The Doc-	Super Why!	Monster	SportsCen-	Live! Kelly	Mighty	Little	Jdg Judy		Airport
9	:30	Millionalre	Huntley St.	Rob Robot	Dinosaur		Club () 80	0 100	and Michael	Huntley St.	tors () IE	Napkin	Spliced ()	tre 🕾	and Michael	Ships @0	Manny	Jdg Judy	Ways Die	Airport
	AM	Divorce	The Doc-	Ella the El	Sesame		The Price Is	Criminal	The View	The Doc-	Fresh	Bookaboo	Invasion	NHRA Drag	The View	Auction	Never Land	The Chew	Movie: ***	Security
10		Divorce	tors O 85	Jelly Jamm	Street ()		Right (N)	Minds O	0.80	tors () KG	Debt/Part	Doodlebop	Almost	Racing: O'Reilly	O BE	Auction	Sofia	U 880	"X-Men" (2000, Ac-	Security
	- 12	Judge Alex	Fresh	G. Shrinks	Tiger	Jdg Judy	Young &	Criminal	Paid Prog.	Fresh	Noon News	Dragons'	Flamingo	Auto Parts	Marilyn	Licence to	ANT Farm	General	tion) Hugh	Castle
11	:30	Judge Alex	Debt/Part	Clifford	Sit & Be Fit	Jdg Judy	Restless	Minds 0	Pald Prog.	Debt/Part	Hour (N)	Den O RG	Squirrel	Spring- Nationals.	Denis	Drill: Louis	Jessie &	Hospital (N) O	Jackman. O	Secrets
	PM	King	Noon News	PAW Patrol	Chartle	NuWave	News	The First 48	The Chew	Noon News	Days of our	CBC News	Kid vs. Kat	(Taped) 🕮	CTV News	Deadliest	Wingin' It	Katle O 30		Eat St. O
12	:30	King	Hour (N)	Dinosaurs	Rose O RE	Pain Free	Bold	0.33	0 88	Hour (N)	Lives (N)	Now (N) O	Sidekick		(N) 0 100	Catch	Wizards		Ways Die	Eat St. O
	PM	Community	Days of our	Wibbly Pig	Oll Painting	Days of our	The Talk (N)	The First 48	General	Days of our	The Talk (N)	Republic of	Rated A	That's	The Social	Deadliest	Wizards	CityLine Its	Ways Die	Bizarre
1	:30	Community	Lives (N)	Dragon	Sewing	Lives (N)	O BEC	O REI	Hospital (N) O	Lives (N)	O 380	Doyle ()	Monster	Hockey 2 Nite	0.80	Catch The fleet works	Good Luck		Ways Die	Foods/Zim mern
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2	:30	The Middle	O Bill	Rob Robot	Super Whyl		a Deal (N)	0 26	Latifah	0 80	Latifah	Chris (N) O	Super Evil	Hockey	O RE		Shake It	5 (N) 20		Adventure
_	PM	The Middle	Queen	Dive, Olly	SId	Ellen	Dr. Phil	The First 48	Rachael	Queen	Young &	Coronation	Sidekick	SportsCen-	Bethenny	How/Made	Shake It	CityNews at	Bar Rescue	***
3		Mod Fam	Latifah	Jelly Jamm	Peg	DeGeneres Show	0.80	O RC	Ray O &C	Latifah	Restless	Stefano	Squirrel	tre (N) sc	0 35	How/Made	ANT Farm	6 (N) RE		Disaster
_		Blg Bang	Young &	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz	Duck D.	The Doc-	Young &	Early News	NHL	SpongeBob	NHL	Ellen	Dally Planet	Phineas	Mod Fam	Bar Rescue	Security
4			Restless	Arthur O	WordGirl	Jdg Judy	Show RO	Duck D.	tors () (CC	Restless	Global Nat.	Hockey: Conference	Nerds	Hockey: Philadelphia	DeGeneres Show	(N)	Dog	Mod Fam		Security
_		Browns	News (N) BE	Martha	News	News	News	Duck D.	News	Early News	(4:59) News	Quarterfinal:	Parents	Flyers at	CTV News	Sons of	Jessle 🕮	Revolution	Deadliest	Security
5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.	Hour (N)	Teams TBA. (N) (Live)	SpongeBob	New York Rangers.	at Five (N)	Guns O 30	Jessie 30	(N) O 350	Warrior	Security
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7	:30	Seinfeld O	ET Canada	Over the Edge		Wheel	Access H.	Duck D.	The Insider	ET Canada	*8:30 PM*	Vancouver	Assembly	sota Wild	Big Bang		Good Luck	(N) O RE	Warrior	Bord. Rico
	PM	Family Guy	Survivor (N)	-	NOVA O BE	Revolution	Survivor (N)	Duck D.	The Middle	Survivor (N)	Survivor (N)	To Be An-	Vampire	at Colorado Avalanche.	Arrow "City	How/Made	Good Luck	CityNews-	Deadliest	Security
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-			Engels	Jazz	Nazi Mega	Law & Or-	Criminal	Duck D.	Mod Fam	Engels	Engels	1111	Haunting	SportsCen-	Criminal	Sons of	Wingin' It	Jimmy	Deadlest	Ghost
9			About-Boy	Satchmo be- gins singing	Weapons	der: SVU	Minds "Fatal"	Duck D.	Mixology	About-Boy	About-Boy		Mr. Young	tre (N) Es	Minds "Fatal"	Guns O St	Next Step	Kimmel Live (N)	Warrior	Adventure
	2.341	Jeffersons	(10:01)	on stage.	Death	(10:01)	CSI: Crime	Duck D.	Nashville	(10:01)	News Hour	The	Gags	SportsCen-	CSI: Crime	Highway	Good Luck	EP Daily		Bord, Rico
10			Chicago PD (N)		Camp Treblinka	Chicago PD (N)	Scene	Duck D.	(N) O 255	Chlcago PD (N)	Final (N)	National (N) 85	Gags	tro (N) Et	Scene	Thru Hell	Jessie 88	Reviews on	"X-Men" (2000) Hugh	Bord. Rico
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PRINCETON RODEO CLUB PRESENTS

# STANTHOMPSON MEMORIAL RODEO







MAY 10 & 11, 2014 PRINCETON BC

1:30 PM DAILY · SUNFLOWER DOWNS - EXHIBITION GROUNDS

SPECIAL EVENTS DRILL TEAM ~ WEST COAST THUNDER | WILD HORSE RACE | CLOWN - JJ HARRISON ANNOUNCER - AL PARSONS | HALF TIME KIDS GAMES | STOCK - C+ RODEOS

SATURDAY NIGHT DANCE FEATURING DALE SEAMAN & HIGHWAY 97



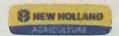
WEEKEND PASSES AVAILABLE
ADULTS \$15/\$25 WEEKEND
SENIORS 60+ \$10 DAY/\$17 WEEKEND
KIDS (13-18) \$10 DAY/\$17 WEEKEND
12 & UNDER FREE



SATURDAY, APRIL 26, 2014 8 Am - 2 PM 250.295,7479









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# SO COUNTRY INTERNET RADIO

FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - www.socountry.ca



Tulips abound this time of year. This bunch were s-t-r-e-t-c-h-i-n-g toward the sun April 13th in Keremeos. Photo: Arlene Arlow

# Thursday Movies

**EVENING** 

9:00 pm KNOW ch.5 "The End of the Line" (2009, Documentary) Narrated by Ted Danson. Filmmaker Rupert Murray explores scientists' assertion that if mankind continues fishing at the current rate, the planet will run out of seafood by 2048. (CC) 11:00 pm WTBS ch.3 "Meet the Browns" (2008, Comedy-Drama) Tyler Perry. Soon after losing her job, a single mother takes her brood to Georgia for her father's funeral and meets his uproarious clan for the first time.

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THI	IRS	SDAY, I	T VAIV	2014		1			19/03/50	Selling and	-		- 100		7	THE ST		E 47.79	1	
		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUF ch.45
6	AM :30	In the Heat of the Night	Morning News (N) 🖾	Wibbly Plg Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning	Criminal Minds O	Morning Northwest	Morning News (N) 80		CBC News Now (N) O	Kld vs. Kat Rescue	SportsCen- tre (%)	CTV Morn- ing Live (N)	Mighty Planes	Stella-Sam ANT Farm	CityLine (N) 🔯	Wildest Po- lice Videos	Eat St. O
7	AM	Law & Or- der: SVU		G. Shrinks	Arthur		News CBS This Morning (N)	Criminal Minds O	Good Morn- Ing America		(ii)	Tiger	Super Evil	SportsCen-	O GS	"Orbis" High Tech Rednecks	Shake It	Let's Make a Deal (N)	Wildest Po-	Disaster
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	:30 AM	Millionaire	Morning	Dinosaurs	Peg Peg	0 00	The 700	CSI: Mlami	Livel Kelly	Morning	The Doc-	Park of Grown	Monster	SportsCen-	Live! Kelly	Mighty	Little	Jdg Judy	Wildest Po-	mern Hid. City
9	:30	Millionaire	Huntley St.	Rob Robot	Dinosaur		Club () RC	"Dissolved"	and Michael		tors () ES	No. of the last of	Spliced ()	tre 🗺	and Michael	Ships "Solitaire"	Manny	Jdg Judy	lice Videos	Hid. City
10	AM	Divorce	The Doc-	Ella the El	Sesame Street 0		The Price Is Right (N)	Criminal Minds O	The View	The Doc-	Fresh	Bookaboo	Invasion	Score Golf	The View	Auction	Never Land	The Chew	Wildest Po-	
10		Divorce	*	Jelly Jamm	(EI)						Debt/Part	Doodlebop	Almost	Premier		Auction	Sofia			Airport
11	:30	Judge Alex Judge Alex	Fresh Debt/Part	G. Shrinks Clifford	Tiger . Sit & Be Fit	Jdg Judy Jdg Judy	Young & Restless	Criminal Minds O	Paid Prog.	Fresh Debt/Part	Noon News Hour (N)	Den O Ita	Flamingo Squirrel	World Poker Tour	Marilyn Denis	How/Made How/Made	ANT Farm	General Hospital	Wildest Po- lice Videos	Back. Gold
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		Mod Fam Blg Bang	Young &	Jelly Jamm Maya Bee	Peg Wild Kratts	Show Jdg Judy	The Dr. Oz	The First 48	The Doc-	Young &	Early News	Stefano	Squirrel SpongeBob	Hockey	Ellen	Daily Planet	Phineas	Mod Fam	Cops 25	Museum
4	:30	Blg Bang	Restless	Arthur O	WordGirl	Jdg Judy	Show SE	0 00	tors O SC	Restless	Global Nat.	Hockey: Conference	Rabbids	NBA	DeGeneres Show	(N)	Dog	Mod Fam	Cops 80	Secrets 20
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5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	0.00	ABC News	Global Nat.	Hour (N)	Teams TBA. (N) (Live)	SpongeBob	Teams TBA. (N) (Live) 80	at Five (N)	Loud	Jessie 🗯	Kitchen (N)	Cops 🖾	Pickers 0
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10	PM	Jeffersons	(10:01)	Line" (2009)	Hitler on Trial O SS	O DE	(10:01) Elementary	(10:01) The First 48 O	(N) O Black Box (N) O III	(10:01)	(10:01) News Hour	The National	Gags	SportsCen- tre (N) 25	(N) O Motive "Abandoned"	Fast N'	Good Luck	Live (N) EP Dally	Wildest Po-	Hid. City
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11	PM :30	"Meet the Browns"	CHBC News Final (N)	Mega Bulld	Rose (N) NO	J. Fallon	News .	The Killer Speaks Et	J. Kimmel	News Hour Final (N)	ET Canada The Test	Vancouver	Vampire ;	SportsCen- tre.EC	News-Lisa CTV News	Vegas Rat Rods	Wizards Life Derek	Recovery Paid Prog.	Wildest Po- lice Videos	Sturgis Ray

# Friday Movies

### **EVENING**

7:00 pm YTV ch.18 "Looney Tunes: Back in Action" (2003, Comedy) Brendan Fraser. Live action/animated. Bugs Bunny tries to find Daffy Duck after the latter loses his job and travels to Las Vegas with a man. (In Stereo) (CC)

8:00 pm FAM ch.26 "Princess Protection Program" (2009, Comedy) Selena Gomez. After a military takeover, a princess assumes a new identity and stays with a covert agent and his daughter. (In Stereo) (CC)

10:00 pm FAM ch.26 "The Cheetah Girls" (2003, Comedy-Drama) Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time. (In Stereo) (CC) 11:00 pm WTBS ch.3 "The Sum of All Fears" (2002, Suspense) Ben Affleck. Jack Ryan and the CIA director try to stop terrorists who are planning a nuclear attack.

### Weekly.

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# News Leader Recipe 610

### Strawberry Rhubarb Almond Crumble

(NC) Show mom you care this Mother's Day by adding a nutritious spin on one of her favourite desserts. Packed with crunchy wholesome almonds, fresh strawberries and tasty rhubarb, this crumble is the perfect little treat to enjoy on this special day. The recipe was created for the Almond Board of California by Emily Richards, author of Get In The Kitchen and COOK. Serve the crumble with a drizzle of velvety almond cream for that added hit of deliciousness. Serves 8.

- 3 cups (750 mL) fresh or frozen chopped rhubarb
- 2 cups (500 mL) halved fresh strawberries
- 1/4 cup (50 mL) packed brown sugar 3 tbsp (45 mL) ground almonds
- 1/4 cup (60 mL) whole wheat flour
- 3/4 cup (175 mL) large flake oats
- 2 tbsp (30 mL) chopped almonds
- 2 tbsp (30 mL) soft non hydrogenated margarine

- 3/4 cup (175 mL) almond milk
- 1 tbsp (15 mL) cornstarch
- 1/2 tsp (2 mL) vanilla

### Directions

Crumble: In a large bowl, combine rhubarb, strawberries, sugar, ground almonds and half of the flour. Divide among eight 1/2 cup (125 mL) ovenproof ramekins or mason jars; set aside. In another bowl, stir together oats, chopped almonds, remaining flour and margarine until crumbly. Spoon on top of fruit and place jars on a baking sheet. Bake in 375 F (190 C) oven for about 30 minutes or until fruit is tender and bubbly and top is golden. Let cool slightly.

Almond Cream: Meanwhile, in a small saucepan, heat almond milk and vanilla over medium heat until just bubbling. Whisk together cornstarch with 1 tbsp (15 mL) of water and whisk into almond milk. Cook, stirring for 1 minute or until thickened. Drizzle some of the almond cream over each crumble to serve.

More recipes can be found online at almonds.com.

This recipe has been evaluated by the Heart and Stroke Foundation registered dietitians and is part of a healthy diet based on recommendations in Canada's Food Guide.

www.newscanada.com

### FRIDAY MAY 2 2014

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4 PI		m of CHBC N			Charlle	News	News		KXLY 4	News Hour	ET Canada	CBC News	Mr. Young	SportsCen-	News-Lisa	Mayday (%)	nar Calla XI	Recovery	(11:15) Jail	Ghost
1 :3	O All Fean	Final (N)	10	of Change	Rose (N) 110	J. Fallen	Letterman	First 48 O	J. Kimmel	Final (N)	The Test	Vancouver	Boys	tre so	CTV News		Life Derek	Paid Prog	(11:45) Jail	Adventures

# News Leader Weekend - Saturday Movies

### MORNING

9:00 am WTBS ch.3 "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. 11:00 am WTBS ch.3 "The Water Horse" (2007, Fantasy) Emily Watson. A lonely boy finds the egg of a mythical Scottish sea creature.

### AFTERNOON

12:00 pm FAM ch.26 "Beverly Hills Chihuahua 2" (2011,

Comedy) Voices of Odette Yustman. Papi and Chloe's lives turn upside down when they have a litter of

puppies. (In Stereo) (CC)
1:00 pm WTBS ch.3 "I Love You,
Man" (2009, Comedy) Paul Rudd.
As a bridegroom's bond with his
new best friend grows, it threatens

his relationship with his fiancee.

### **EVENING**

6:00 pm WTBS ch.3 "My Best Friend's Girl" (2008, Romance-Comedy) Dane Cook. Complications crop up when an unlikable cad dates his best pal's ex-criffigned in the pal's scheme to girlfriend in the pal's scheme to convince her to go back to him. 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 "Cabaret"
(1972, Musical) Liza Minnelli.
Multiple Oscars went to this tale
about an American chanteuse in
Berlin caught in the rising tide of Berlin caught in the Nazism. (In Stereo) (CC)

ch.10 VTVch.22

"Transformers" (2007, Action) Shia LaBeouf. Humanity's fate rests in the hands of a youth when two races of warring robots make Earth their final battleground. (In Stereo) YTV ch.18 "King of the Camp" (2008, Musical) Justin Stadnyk. A

kitchen worker at a summer camp competes in wakeboarding and tries to win the heart of a counselor.

(In Stereo) (CC)

DTOUR ch.45 "Commando" Action) (1985, Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) (CC) (DVS)

10:00 pm WTBS ch.3 "Witless Protection" (2008, Comedy) Larry the Cable Guy. A small-town lawman and the FBI witness that he has

man and the FBI witness that he has in custody grapple with crooked federal agents, quack doctors and Chicago high-society.

FAM ch.26 "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two tenagers try to save his hysitwo teenagers try to save his business when money goes missing. (In

Stereo) (CC)

11:00 pm DTOUR ch.45 "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) (CC) (DVS)



A lot of people enjoyed the Easter Sunday potluck breakfast April 20th at Living Water Community Church. \*

### NEVER PAY FOR ONLINE NEWS AGAIN

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ALWAYS FREE...ALL THE TIME

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
	AM	Paid Prog.	Ancestors	Wibbly Pig	Heartland	(5:30) Today	CBSThis	Criminal	Pald Prog.	Ancestors	Saturday	Our	Sidekick	Premier	Julcebox	Sons of	Slug Terra	Kitchen	Cops St	Moves
6	:30	Paid Prog.	Fishful	Monkey	Fly Tying	(N) O EE	Morning	Minds	Pald Prog.	Fishful	Morning	Vancouver	Super Evil	League	O EE	Guns O KO	Wingin' It	Panorama	Cops ED	Paid Prog.
	AM	Browns	Saturday	Ella the El	MotorWeek	KHQ News	Lucky Dog	Criminal	Good	Saturday	News Shane Jones. (N)	(N) 80 Animal	Allen	Soccer English		Dude,	Gravity	Eye/Asia	Cops @g	Security
7	:30	Atl. Eats	Morning	Jelly Jamm	Greener	Saturday	Dr. Chris	Minds O RD	Morning	Morning	3	Super Why!	Nerds	Premier		You're	Wizards	Integration	Cops (E)	Security
	AM	The Office	News Lynn Colliar,	Upside	Woodsmith	(N) EE	Recipe	Flipping	America Hanna	News Lynn Colliar,		Artzooka	Chucks	League Soccer:	Canada AM	Screwed Mayday &C	ANT Farm	Polish	Cops &	Airport
8	:30	Paid Prog.	Welsa Wong, & Jay	PAW Patrol	Rough Cut		J. Oliverr	Boston O ED	Ocean	Welsa Wong, & Jay		Cross	Rabbids	Teams TBA.	Weekend		Shake It	Studio ED	Cops &d	Alrport
	AM	Movie:	Janower. (N)	Magic Bus	Hometime	V	All In	Filpping	Explore	Janower. (N)	Fishn	Absolutely	SpongeBob	Motoring	Marilyn	Bering Sea	Good Luck	Liquidator	Cops &	Castle
9	:30	*** "Stuart Little" (1999)		Maya Bee	Old House	NHL	Changers	Boston (N) O	Rescue		Real Fish.	Canadian O	Monsters	NHL	Denis	Gold 🖾	Austin	Downright	Cops &	Secrets
_	AM	Geenn	Fishn	Wild Kratts	Old House	Hockey: Conference	Pald Prog.	Storage	Wildlife	Fishn	Powerboat	Doc Zone	Sanjay	Hockey: Conference	Children	Mayday 80	Dog	Travels	Cops (C)	Bord. Rico
10	:30	Davis.	Real Fish.	Martha	Kitchen	Semifinal:	Pald Prog.	Storage	Expedition	Real Fish.	Driving TV	0.00	Bread	Semifinal:	Cash Cab		Jessie 🐯	Ed's Up ()	Cops 88	Bord. Rico
	AM	Movie: ***	Powerboat	Marco Polo	Jazzy	Teams TBA. (N) (Live)	Beyond the	Storage	Next Fron-	Powerboat	House O Ko	the fifth	Turtles .	Teams TBA.	Is Written	Mayday 80	Parent's	Shopping	Cops 20	Security
11	:30	"The Water Horse"	Driving TV	Finding	Martha'	E2	Green (N)	Storage	tler	Driving TV		estate () EX	BeyWar.		Operation		I Didn't	Channel 82	Cops RC	Security
-	PM	(2007)	News Hour	Animals	Cook's		PGA Tour	Storage	World of X	News Hour	PGA Tour	Recipes	Pokemon	Boxing:	SportsCen-	Yukon Men	Movie:	Shopping	Cops 20	Security
12	:30		PGA Tour	Animals	Garden		Golf: Wells Fargo	Storage	Games (N)	PGA Tour	Golf: Wells Fargo	Stefano	Power	Friday Night Fights.	tre O EC	O EST	*Beverty Hills Chihua-	Channel &C	Cops 30	Security
4	PM	Movie: ***	Golf: Wells Fargo	Parks	Antiques	140th	Champion-	Storage	2014 Draft	Golf: Wells Fargo	Champion-	Lang &	Yu-Gl-Oh!	(Taped) 🖾	The Social	Sons of	hua 2"	Pald Prog.	Cops 20	Castle
1	:30	"I Love You, Man" (2009)	Champion-	Parks	Roadshow	Kentucky Derby From	ship, Third Round. (N)	Storage	Academy (N)	Champion- ship, Third	ship, Third Round. (N)	O'Leary	B-Daman		0 20	Guns: Locked	Lego	Pald Prog.	Cops &D	Secrets
-	PM	1	ship, Third Round. (N)	Marine Ma-	Nazi Mega	Churchill	(Live) 🖾	Criminal	ESPN	Round. (N)	(Live) Bill	To Be An-	Squirrel	World	Canada's	Sons of	Phineas	Travels	Cops &C	Bord. Rico
2	:30			chines 🖾	Weapons	Downs in Louisville,		Minds O ED	Sports Sat- urday (N)			nounced	Squirrel	Poker Tour	Worst	Guns () EE	ANT Farm	Ed's Up ()	Cops 80	Bord. Rico
0	PM	Community	House O E	Canada:	Globe Trek-	Ky. (N) 🕮	Pald Prog.	Criminal		House O RE	Simpsons	National	Squirrel	SportsCen-	Cash Cab	How/Made	Good Luck	CityNews	Cops 30	Disaster
3	:30	Community		Over the Edge	ker O		Pald Prog.	Minds O ED			Simpsons	HNIC	Squirrel	tre (N) EC	Celebrity	How/Made	Next Step	Weekends	Cops 20	Disaster
A	PM	King	Simpsons	Sicily's	Steves	Noodle	Access Hol-	Criminal	McCarver	Simpsons	Simpsons	NHL	Sidekick	30 for 30	Celebrity	Cash Cab	Jessie 20	Out There	Cops 30	Security
4	:30	King	Simpsons	Mummles	WA. Grown	Justin	lywood (N)	Minds	Beer Geek	Simpsons	Global Nat.	Hockey: Conference	Sidekick	(N) 250	Movie	How/Made	Dog	Out There	Cops 20	Socurity
-	PM	The Middle	Simpsons	Tipping	Last/Wine	News	News	Criminal	News	SImpsons	News Hour	Semifinal: Teams TBA.	Sidekick	NHL	etalk RE	Licence to	Shake It	Murdoch	Cops E	Security
5	:30	The Middle	Global Nat.	Points III	Wait	KHQ News	CBS News	Minds O S	ABC News	Global Nat.	(N)	(N) (Live)	Sidekick	Hockey: Conference	Арр	Drill: Louis	Austin	Myster- les O	Cops 20	Security
6	PM	Movie: *%	(5:59) News		Lawrence	News	News	Criminal	News	(5:59) News	16x9 (N) EE	22	Assembly	Semifinal: Teams TBA.	CTV News	Bering Sea	Good Luck	Movie: ***	GLORY 16:	Ghost
6	:30	"My Best Friend's Girl	Hour (N)	Wildlife 80	Welk	Jeopardyl	Pald Prog.	Minds O E	The Insider	Hour (N)			Mr. Young	(N) 80	(N) O EU	Gold EC	Liv-Mad.	"My Life Without Me"	Denver O	Adventures (N)
-7	PM	(2008)	16x9 (N) 553		Keep Up	Expo '74	Burn Notice	Criminal Minds O ES	Entertain-	16x9 (N) EE	Continuum "Playtime"	NHL Hockey:	Japanizi		Mixology	Cold Water	I Didn't	(2003)		Ghost
7	:30			Lines Decoded	As Time	Special	Con artist.	Minos () as	ment Tonight		Piayume	Conference	COLUMN TO SECONDO	SportsCen-	Spun Out	Cowboys	Next Step			Adventures
0	PM	Family Guy		Heartbeat	Movie:	Dateline NBC O NO	Broke Girl	(8:02) Criminal	Movie: ***	Continuum "Playtime"	Remedy E	Semifinal: Teams TBA.	Movie: "King of the Camp"	tre (N) (Live)	Movie: *** Trans-	Street Outlaws	Shake It	CityNews	(8:15) Cops	Movle: **%
8	:30	Family Guy	"Playtime"	0 20	***h "Cabaret"	NBC () III	Friends	Minds	formers*	Playumo		(N) n (Livo)	(2008) n E		formers"	(N) E	Austin	Weekends	(8:26) Cops	"Comman- do" (1985,
0	PM	Seinfeld O	Remedy 20	A Touch of	(1972) Liza Minnelli,		The Mental- ist O 80	(9:01) Criminal	(2007) Shia LaBeouf,	Remedy 22	Side Show	50		E:60 EE	(2007) Shia LaBeouf,	Bering Sea Gold III	Next Step	The Office	Cops III	Action) 0
9	:30	Seinfeld 0		Frost "Con- clusions" 500	Mantoni		151 47 100	Minds	Tyrese		Engels				Tyrese	Gold in	Wingin' It	The Office	Jali III	
40	PM	Movie: *	Side Show		Live From Artists Den	Saturday · Night Live	48 Hours (N) O III	(10:01) Criminal	Gibson. O	Side Show	News Final	To Be An- nounced	Super Evil	SportsCen- tre (N)	Gibson. 0	Cold Water	Movie: *** "Cow Belles"	The Office	Jall 20	Ghost
10	:30	"Witless Protection"	Engels		Artists Den	O Night Live	(14) (1 mar	Minds		Engels	(10:35) Saturday	lidunidu	Boys	40 (N) E		Cowboys	(2006)	The Office	Jall ED	Adventures
44	PM	(2008, Comedy)	News Final	Canada: Over the	Austin City Limits 80	News	News	(11:01) Criminal	Castle () BB	News Final	Night Live	1	Mr. Young	SportsCen- tre @	News -	Licence to Drill: Louis	4	LOUG () ES	Jali eo	Movie: "Com-
11	:30	Somody	SNL	Edge	Littles and	SNL	The Closer	Minds		SNL	(N) @	-	Boys	40 44	CTV News	Din: Louis	Life Derek		Jall 60	mando*

# News Leader Weekend - Sunday Movies

### MORNING

8:00 am DTOUR ch.45
"Commando" (1985, Action)
Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) (CC) (DVS)
9:00 am WTBS ch.3 "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investigate.

YTV ch.18 "The Pirates Who Don't Do Anything: A Veggie Tales Movie" (2008, Adventure) Voices of Mike Nawrocki. Animated. Three vegetable friends, employed at a pirate-theme restaurant, find they have been tossed back to the 17th-century to rescue a royal family from a tyrant. (In Stereo) (CC)

10:45 am WTBS ch.3 "A Beautiful Mind" (2001, Biography) Russell Crowe. Mathematics genius John Forbes Nash Jr. has paranoid schizophrenia but becomes a Nobel laureate late in life.

### **AFTERNOON**

12:00 pm VTVch.22 "National Treasure: Book of Secrets" (2007, Action) Nicolas Cage. A page from the diary of John Wilkes Booth implicates Ben Gates' great-great grandfather as a major conspirator in the assassination of President Lincoln. (In Stereo) (CC) (DVS)

Lincoln. (In Stereo) (CC) (DVS)
12:30 pm FAM ch.26 "WALL-E"
(2008, Adventure) Voices of Ben
Burtt. Premiere. Animated. After
years of tidying up an Earth devoid
of humanity, a robot janitor meets a
mechanical scout and chases her
across the galaxy. (In Stereo) (CC)
1:30 pm WTBS ch.3 "Scary Movie
3" (2003, Comedy) Anna Faris. An
anchorwoman investigates rumors
about UFOs and a videotape that
leads to deaths.

2:00 pm YTV ch.18 "Everyone's Hero" (2006, Adventure) Voices of Rob Reiner. Animated. A boy begins a grand journey to return Babe Ruth's baseball bat before the deciding game of the 1932 World Series comes to a close. (In Stereo)

4:00 pm YTV ch.18 "Kung Fu Panda" (2008, Comedy) Voices of Jack Black. Animated. Chosen to fulfill an ancient prophecy, a clumsy panda must become a martialarts master and defend his people from a villainous snow leopard. (In Stereo) (CC)

### **EVENING**

6:00 pm WTBS ch.3 "Ghost Rider" (2007, Action) Nicolas Cage. A motorcycle stuntman who sold his

soul to save a loved one becomes a fiery agent for justice at night in the

presence of evil.

YTV ch.18 "Kung Fu Panda 2"

(2011, Comedy) Voices of Jack Black.

Premiere. Animated. Po must unlock secrets of his past in order to defeat a formidable villain who plans to wipe out kung fu and conquer China. (In Stereo) (CC)

8:00 pm CBC ch.13 "TMNT" (2007, Action) Voices of Chris Evans. Animated. Though Leonardo, Donatello, Raphael and Michelangelo have grown apart since their last adventure, they must join forces again to battle an army of monsters. (In Stereo) (CC) 10:00 pm FAM ch.26 "Double Teamed" (2002, Docudrama) Poppi

Monroe. Twins Heather and Heidi Burge develop a rivalry in high school and make it to the WNBA. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Stuck on You" (2003, Comedy) Matt Damon. Conjoined twins go to Hollywood and land a role on a television show starring Cher.



Living Water Community Church hosted a potluck breakfast April 20th in the basement of their building. \*

# **PrincetonBCNews**

SUNDAY, MAY 4, 2014 DTOUR **WTBS** CHBC KNOW **KSPS** KHQ KREM KXLY **BCTV** DISC SPIKE A&E YTV TSN FAM CITY ch.22 ch.3 ch.4 ch.5 ch.6 ch.7 ch.8 ch.9 ch.10 ch.11 ch.12 ch.13 ch.18 ch.24 ch.29 ch.19 ch.26 ch.44 ch.45 Today (N) Don't Drive AM On Spot In a Name Mr. Rogers Pald Prog. Pald Prog. In a Namo Super Whyt Sidekick SportsCen-Canada AM Slug Terra R Schuller Off Road Fishful Minds () & ) EE Veekend Coolest :30 Operation Monkey WordWorld Paid Prog. Hollywood Operation Poko E Super Evil Wingln' It ChurchRck Paid Prog. Engine AM P. Affairs Sunday Ella the El **CBS News Deck Wars** Barney Bloomsday Criminal Squirrel Reporters App Deadliest Gravity Eye/Asia Truck Tech Sunday Run Alnds O E Morning Morning Catch: O Bit Pet Shop :30 Atl. Eats Jelly Jamm Artzooka The Social Wizards Dharti Muscle Morning America Curious Upside (N) E3 AM The Office Meet the Criminal This Week Coronation Pet Shop SportsCe Question Revealed **ANT Farm** Pakistan Movie: \*\* ress (N) Minds O K Period :30 Pald Prog. **PAW Patro** Cat In the The Natlo estival do" (1985, (N) O tallano di Paid Prog. AM Movle: Dino Dan Blz Kld\$ Supercros Action) O **Bates Mote** Hometime Block \*Pirates Wi World Vi-Good Luck Coronation Plays Myth-Bar Rescue Johnny NBA NASCAR :30 Arthur O The Impact Pain Free Context Austin Coronation Disturbance 0 80 AM Wild Kratts NBA Super Evil Block Inside Pald Prog. **Bull Riding Bates Mote** Block J. Osteen Coronation Worst Dog Ghost Dangerous Sprint Cup Adventu Olympia Handymar Flights Pald Prog. :30 (10:45) Mov Context Little Pald Prog Context M'ketplace Monsters Jessie 🖾 O Ed First Round 499. From AM J. Osteen Little Moyers Equestrian PGA: Movie O Teams TBA. J. Osteen 16x9 00 Our Van-Shopping **Airport** Talladega "A Beautifu (N) (Live) & mprints couver sa man Live O Drill: Louis and Ferb E Channel Its Mind\* (2001 Pald Prog. Hathaways Superspe :30 Pald Prog. Airport Dogs/Jobs PM News Hour Hitler on PGA Tour **News Hour** Land/ Sea Thunder Movie: \*\* Bering Sea Lego Travels Bar Rescue Airport Trial O 80 Golf: Wells Golf: Wells Ala. (N) O Gold III National :30 PGA Tour Dogs NBA PGA Tour One/One Assembly Movie: Get Stuffed Airport Conference Fargo Fargo (Live) EQ Treasure: Golf: Wells Book of Se Rivers PM Greatest Q With Jlan Japanizi Cold Water Murdoch Airport Fargo First Round "WALL-E" Teams TBA ship, Final ship, Final Good Teams TBA Ghomeshl Cowboys Myster-Storage :30 Movle: Babysitting (2008)Airport (N) (Live) Round. (N) Round. (N) Nicolas ship, Final les O (N) (Live) 15 ship, Final \* \* "Scan (Live) III Mega Bulld- Walk In Cage. PM The Natur Myth-Mod Fam Airport Movie 3 Lego Round. (N) Round. (N) ers sp Park of Things Poker Tou Busters (2003):30 Phineas Mod Fam Airport Hero\* (2006) OB Pald Prog. Light Relief PM Blg Bang too Pilots Prairie Pald Prog. TV-Torrens Duck D. lce Pilots Hope for Recipes SportsCen-First Story Cash Cab ANT Farm CityNews Disaster O TWN Wildlife RC Churches tre (N) EE :30 Blg Bang Tree Fu Pald Prog. Duck D. Focus T25 Simpsons Stefano Cash Cab **Next Step** Disaster CityNews PM |Blg Bang TV-Torrens Fighting the Olm-LazyTown Backroads Duck D. Pald Prog. TV-Torrens NHL Movle: W5 0 80 How/Made Jessie IIII Deck Wars Simpsons Countdoy Stue 30 Hockey (DVS) :30 Blg Bang Simpsons Zou (EI) Inside Edit. Duck D. Estate Global Nat. Simpsons Lego Videos (4:59) New PM Mod Fam Simpsons Henry VIII: Reflectio Nows News Duck D. News (2003) O III MasterChe Hidden **ANT Farm** Murdoch Bar Rescue Security The Mind River four (N) Canada O (Ingdom :30 Mod Fam **CBS News ABC News** Austin Security St. Louis Global Nat. Mega Build- Doc Martin PM Movie: \*\* Duck D. (5:59) News The Good News News at 6 Movle: \*\* **CTV News** Hidden Good Luck Security Resurrec 'Ghost Rid at Chicago News at lour (N) (N) O 100 Kingdoms (N) O tion O M Wheel Duck D. Red Carpet :30 News Cubs. (N) er" (2007) 6 (N) PM Nicolas Call the (7:01) Duck Funnlest Burgers (2011) RG 7 :30 Cago, Mondes. Burgers Grizzly Dream 60 Minutes Burgers Once Upon Hidden I Didn't (7:01)Hungry In-Cauldron | Midwife (N) | Builders (N) O 20 Dynasty O Home a Time (N) ANT Farm Back. Gold Videos (N) Bill PM Simpsons Monarch of Masterplece Dateline The Amaz- Duck D. Once Upon Simpsons Simpsons Movie: \*\* Super Evil SportsCen- The Amaz-Shake It Jacked! 180 Bar Rescue Security CityNows 8 :30 The Closer the Glen Classic (N) NBC (N) III ing Race "TMMT" Family Guy Family Guy (2007, Ac-Family Guy Duck D. Cache Austin Security Cosmos-Waking the The Bletch- Believe The Good Duck D. PM Cosmos-Cosmos-Japanizi TBA Resurrec Belleve Hidden Next Step Shahs of Security 9 :30 The Closer Wife (N) as Duck D. \*Prodigy Kingdoms Sunset (60 Motoring Japanizi (N) PM an Mr. Young The Mental The Good Waking the DCI Banks Crisis (N) The Mental- Duck D. (10:01) The Good News Final The Hidden \*Innocent 0 20 Wife (N) NO Dead NO ist (N) an Revenge Wife (N) EE tre IIII Ist (N) III Kingdoms \*Double Block Duck D. The Office Back, Gold (N) O (N) 50 Teamed" "Stuck on PM You News Final Pald Prog. News Final Nasca News CBC News Mr. Young News Hidden Paid Prog. SportsCen-Bar Rescue Airport 11 Family Guy Duck Dynasty Lines Kingdoms Pald Prog. Block Well Read | Paid Prog. fifth estate Boys CTV News Van Impe Life Derek :30 Decoded Paid Prog. Airport

# Naturalists explore Wolfe Lake

by Janis Wright, VFFN

Fourteen Vermilion Forks Field Naturalist club members and guests gathered at Wolfe Lake on Saturday, April 19th, for a few fine hours of exercise and camaraderie. Two of our group kayaked along

the water, searching for and finding a host of birds, while the rest of us, four of whom had cycled in from Princeton (and cycled home again!), took two hours to walk around the lake.

Led by Tip Anderson, we followed

trails, did a little bushwhacking, and found a beaver dam, intriguing fungi formations on a fallen tree, as well as a beaver-chewed fir tree. Among the birds observed were a pair of loons, a kingfisher, cinnamon teals, buffleheads, a Barrow's

golden eye, white-crowned sparrows, Canada geese, a ruffed grouse and a pileated woodpecker.

Once we'd circled the lake we congregated around a fire pit, where a picnic table and chairs are conveniently located, cooked our lunches and enjoyed a few tall tales told by our host. The sun even shone brilliantly for a time, allowing us to do a little basking before we all headed for home, invigorated by the fresh air and amity.

Joan Kelly will lead us on an easy, two hour birding expedition along the KVR trail at Separation Lakes on Saturday, May 3rd, so bring binoculars, camera, food and water. Confirm with Joan at 250-295-7743 and we'll meet at Billy's Restaurant at 9:00 AM.

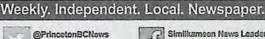
Biologist Jess Hobden will be our guest speaker, with a topic of "terrestrial and aquatic invasive species," at next month's meeting on Tuesday, May 13th at Riverside Centre, 7:00 PM.

Meetings and field trips are open to the public, so please join us for an enlightening and enjoyable time!



**EVENING** 

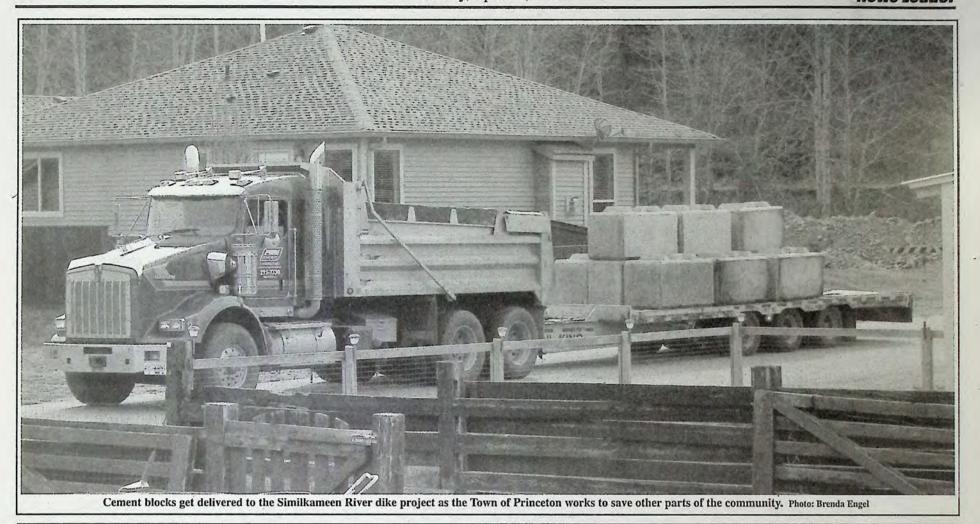
11:00 pm WTBS ch.3 "Lucky Number Slevin" (2006, Crime Drama) Josh Hartnett. A conflict between black and Jewish gangsters in New York City and a case of mistaken identity land a man in the middle of a revenge plot of a crime







### MONDAY, MAY 5, 2014 DTOUR WTBS CHBC KNOW KSPS KREM KXLY BCTV CITY CBC TSN VTV DISC FAM CITY SPIKE KHQ A&E YTV ch.6 ch.7 ch.8 ch.9 ch.10 ch.11 ch.12 ch.13 ch.18 ch.19 ch.22 ch.24 ch.26 ch.29 ch.44 ch.45 ch.3 ch.4 ch.5 Eat St. O CTV Morn-AM In the Heat Wibbly Pig Cilfford KHQ Nev KREM 2 Morning (5:00) Mon **CBC News** Kid vs. Kat SportsCer Shred! Stella-Sam CityLine 6AM (N) of the Nigt Minds O R Now (N) O tre BC ing Live (N) (N) 383 Warrior ANT Farm Eat St. O :30 AM Law & Or G. Shrinks Arthur CBS This Good Mo Super Evil SportsCer Cash Cab Shake it Let's Make Deadliest Disaster Minds O B Ing Americ (N) 🗠 a Deal (N) tre (cc) Ing (N :30 Wild Kratts Disaster Wild Kratts AM Law & Order: SVU Morning PAW Patrol Curious Criminal Bo On/Go Pokémon SportsCen tre 🖾 Canada's Jessie 🗺 The Price Is America 8 Declassi-:30 Storm Cat In the Wizards Doozers Huntley St. Busyto Driver Livel Kelly Live! Kelly The 700 Club O 📾 Little Jdg Judy Bggg Bttls Peg Morning The Doc Super Why! Monster SportsCe 9 Ships & :30 **Huntley St** Rob Robot Dinosaur Huntley St. Napkin Spliced () Manny Jdg Judy Bggg Bttls The Doc-AM Criminal To Be Ar Auction Never Land The Che Live Here 10 tors O III Street () Right (N) Live Here -30 Divorce Jelly Jamm Pitchin' in Almost Auction Sofia (EI) Back, Gold ANT Farm AM Judge Alex Pitchin' In G. Shrinks Jdg Judy Young & Tiger 11 Restless Minds O Hour (N) Pitchin' in Pald Prog. :30 Judge Alex Sit & Be Fit Jdg Judy Pitchin' in Jessie 80 Back. Gold (N) O Wingin' It Eat St. O Kid vs. Kat The Chev NuWave PM King Noon New PAW Patrol Charlie Days of c 12 Rose O BD 0 88 0 00 Hour (N) Lives (N) Now (N) O (N) O EC sters & Warrior Eat St. O :30 King Anti-Aging Bold Sidekick Wizards Days of ou Lives (N) The Tall Wizards CityLine & Paint This Days of ou The Talk Rated A The Socia PM Community Wibbly Plg Days of ou **Bates Mot** Lives (N) 0.00 0 190 Lives (N) 0 8 Doyle O sters 20 Warrior Declassi-Good Luck :30 (N) O fied Dr. Phil PM Seinfeld O The Talk Ella the El Thomas Katie O E Let's Make **Bates Mote** The Talk Kid vs. Kat **Good Luck** Cops 30 Deal (N) The Box Latifah 0 80 Latifat Chris & 0 80 5 (N) 30 Advent Shake It Cops 30 :30 The Middle PM The Middle Dive, Olly Dr. Phil Duck D. Rachael Sidekick Bethenny How/Made Shake It CityNews at Cops & Disaster Young & Ray O St DeGer Latifah 0 80 6 (N) 30 ANT Farm Cops 30 Jelly Jam :30 Mod Fam Peg Maya Bee Wild Kratts Jdg Judy The Dr. Oz Duck D. The Do Early No SpongeBob MLB Ba Daily Plan Mod Fam Cops 30 Live Here PM Blg Bang Young & Restless Lego DeGe (N) Jdg Judy Duck D. Dog Cops 80 Arthur O :30 Blg Bang Martha News Duck D. News Early Net (4:59) Nev Parents CTV No How/Made Jessie (#) Broke Girl Cops 30 **Bggg Bttis** 5 Teams TBA Bggg Bttls :30 Payne Wild Kratts NBC Nev **CBS News** Duck D. ABC News (N) O (Live Business PBS News KREM 2 Duck D. (5:59) News ET Canada Sam & Cat CTV Nev Bering Sea Austin Cops 30 Bord, Rice PM Animals 6 Cops 👀 Bord. Rico Duck D. Ent Assembly :30 Payne News Animals News 6 (N) Security Bates Mot Hathaways PM Mod Fam 2012 Inside Ed. Ent Ent **CBC News** SportsCe etalk (N) Jacked! Win. Lose The Bridge Cops Rd Hope for The Black WA. Grown The Inside ET Canada Mr. Young Big Bang Good Luck Cops 80 :30 Seinfeld O ET Canad Wheel Access H. Security The Voice Good Luck Live Here 24: Live CityNev 24: Live Broke Girl 24: Live To Be A Cops & PM Family Guy 8 Tonight (N) The Mind :30 Family Guy Day (Sen ANT Farm Cops III Friends (8:32) Bate Haunting Live Here (N) perform for Stars (N Day (Serie Day (Seri To Be Ar he coache Haunting Bering Sea Gold (C) Wingin'tt Kim- Jail 00 PM Amer. Dad (N) 80 (N) RE (N) 35 Fortune? &c Roadshow Jail ≥c :30 Amer. Dad Mom 30 Bates Mr. Young **Next Step** (10:01) The (10:01) Gags PM Jeffersons (10:01) The (10:01) The 10 Blacklist (N) of Change dent Lens Blacklist (N) Angeles O Castle Blacklist (N) Final (N) \*Chicken :30 Jeffersons Duck D. Gags Jessle Ito Reviews on Jall 80 Security "Veritas (N) 30 Veritas Recovery Bord. Rico Duck D. Wizards PM Lucky Num- CHBC Ner News Final (N) J. Kimmel Duck D. How/Made Life Derek The Test Pald Prog. Jall 80 Bord. Rico J. Fallon Letterman



# Saving Downtown Princeton...

### ...An Ongoing Series by George Elliott

I've touched on this subject before, but I think it's time to take a deeper look at value.

There are a lot of different types of value and most commonly it's consumers looking for the best value for their dollar. That can be in a variety of forms and is closely connected to the type of value I want to discuss.

Employees have value.

This means they deserve to be treated fairly and with respect.

The other side of the coin is that employers have value and deserve the same kind of treatment.

Have you ever entered a local business and got the feeling from the member of staff you are being served by that they don't like their job and would rather be somewhere else doing something else? When I feel this I often wonder one of two things. Does the employee feel valued by their boss and do they value their job?

I'm not suggesting that this is the only reason why some employees don't like their jobs, but I know for a fact that if you ask someone in a local business who is the opposite of the 'I-don't-like-my-job' stereotype I'm discussing here you'll find a couple of interesting reasons for why they are at the other end of the spectrum.

Typically if the employee feels valued, they will enjoy the work. If they like the job and their co-workers, employers and all the other parts of the work environment, they will display that when with customers.

It's not rocket science. If you own a business and your staff like what they are doing there, they will increase your sales. With the right employee, if they like their job, they will work a little harder and become a valued asset making contributions to the success of the business.

If an employee is treated in any way less that a valued part of the staff, you get what you get. I remember one of my clients telling me a few years ago that income tax time was a real pain for them because they had to issue so many T4 slips. I knew what the work environment was like as I had observed a number of incidents where staff was treated poorly on the job. No wonder there were so many T4 slips, as there was a lot of hiring and firing going on at that business.

It was obvious to me that the staff there did not feel valued and as a result they likely did not value their jobs. This made it difficult for the employer. However, I don't really blame the employees.

There's another kind of value that needs to come out of local businesses as well. Customers have probably the greatest value to any business, as they are what keep you in business. If a customer is not valued at the front counter, chances are the business will suffer, as it will lose its value to the customer.

What has this got to do with saving downtown Princeton?

I hear it a lot in our office and I read it a lot online. Many local businesses still aren't being run with these values in place. If a business owner does not value their staff or customers, your time in business is limited.

I experience it first hand frequently when I'm in a few local businesses. I find myself standing
around the front counter waiting.
All that needs to be done is a simple
acknowledgement that you see me
and I'll be patient after that. I find it
most annoying to be part way
through a business transaction only
to be interrupted by a cell phone
call where I'm no longer the focus
of that conversation. You're welcome for my business, now get off

your freakin' phone and thank me for putting money in your cash register!

I don't own a cell phone because I know how it feels to suddenly be ignored. I don't need someone with a cell phone to be ignored, as there are a few local businesses that do a good enough job of that without the added complication of handheld technology.

There's no wonder some people would rather shop out of town, as they don't feel valued when they try to support local business.

This is where I'm trying to make my point.

...... continued on Page 21

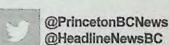
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Individuals must be positive and work well as a team. Resume can be dropped of Fridays 1:00 to 2:00 PM and Saturdays 1:00 to 2:00 PM at 121 Vermilion Avenue, Princeton.

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Card of Thanks

Card of Thanks

### THANK YOU!

The Family Fair Committee would like to thank everyone who helped make the 2014 Family Fair such a great success. The assistance and support of local businesses, parents, school staff, maintenance, students and the community greatly helped in keeping this annual tradition. The artwork displayed by both the elementary and secondary schools was extremely well done and showed great talent among the students from our community. We would also like to thank the following businesses for their ongoing support of the "Taste of Princeton" raffle: Billy's Restaurant, Brown Bridge Pub, Thomasina's, Belaire Restaurant, Round the Corner Cafe, Pasha's Pizza, Cool Beanz Coffee Shop, Paulette's Bakeries and Mac's Auto Parts. The winner of the "Taste of Princeton" raffle was Tracey Elko. A special thank you goes out to Bonnie LeClaire who worked tirelessly throughout the 63rd annual Family Fair.

### Notices

Princeton Minor Fastball (Ages 4-19 Boys & Girls) Registration: April 15 (3:30 PM at Cooper's Foods), April 16 (6:00 PM at Princeton Baptist Church). Fees: Up to 2003, \$40.00. 2003 and up: \$60.00. \$10.00 Lifetime Membership Fee, \$10 DIS-COUNT for multi-siblings. Contact: Cheryl Williams 250-295-2199, Katie-Jo Sulton 250-295-0297 or Jenny Gibson 250-295-2101.

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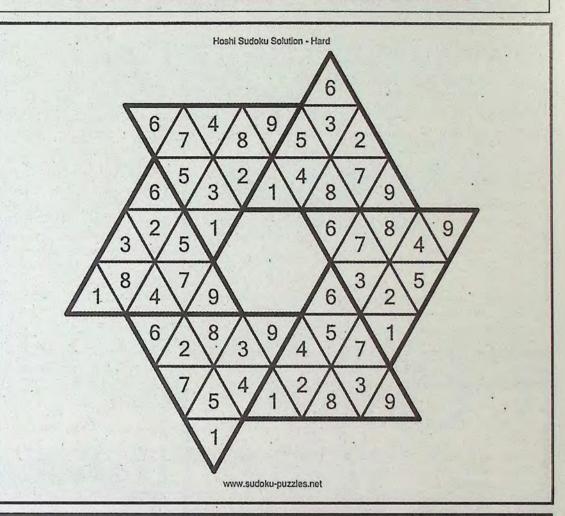
### Granite Creek Preservation Society

MEETS THE THIRD THURSDAY OF THE MONTH

1:00 PM Princeton Museum

Everyone Welcome!

# Sudoku 503 - Solution



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# Posse Report

### President Dean Johnston

### Princeton - An Off season to Paint the Town Posse

May is upon us and spring has yet to be sprung on the Similkameen. Despite the season being over for 2 months, and preseason still a full 4 months away, all is anything but quiet in the Posse office.

Posse coaching staff have been busy evaluating and coaxing new talent, while observing last year's players as they try to move their hockey careers on to the next level. When evaluating local teams year after year, one must remember the KIJHL is a development league. The goal is to improve. With improvement comes looks from higher leagues. This the backbone of Junior hockey in Canada. Change is inevitable. Best laid · plans go awry as teams constantly juggle rosters early in the season. Those with the most tentacles out, simply adjust best.

Sitting in the locker room as Coach Rotheisler was recruiting watching a live satellite feed to Saskatchewan and the Canadian Major Midget Championships rather than incurring extra travel costs - one can see the sway of emotions. Cool when the prospect scores. Great watching him score again, and again - the stock rises, as does the probability that he may now move beyond the Posse's reach. Find an angle - offer more ice time, leadership roles, whatever edge Princeton can offer - and make no mistake Bill is about

His constantly evolving contact base has offered an opportunity to coach at an exclusive East coast showcase tournament in May. Rewards bring privileges so joining him will be coaching partner Mark McNaughton and Posse regulars Kurtis Klinger and Devon Suidy.

Two words can summarize the 2013-2014 Posse - last minute. Recruiting was condensed, as was the learning curve for the new board. This year, the coaching staff has time on their side and they are making the most of it. The same is for the board working with coaches to prepare for a breakout season

Lessons learned are only learned if positive change results. The board is working on a business plan that would see the Posse truly become Princeton's team. This requires a year round approach, with year round visibility. Hockey does not start in August. It just does not stop. Highest priority is the finalizing of

a business plan and path that would capitalize on last season's highs, and continue to push the local junior team into the entertainment center of the community. It is after all a community team, and all steps are to be made with this in mind.

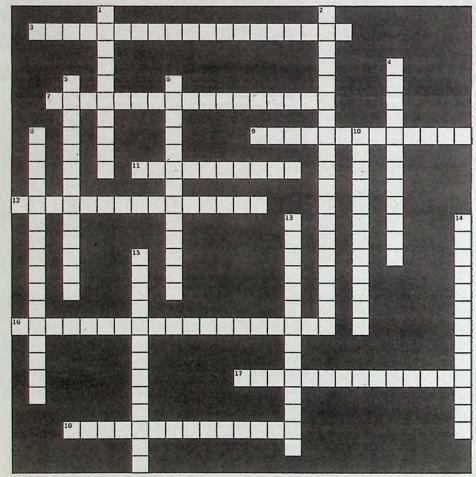
First up Wednesday May 14 will be the Posse AGM. The team urges people to come check it out. Consider playing a part. Look for and expect positive change. More information will follow with the release of the 2014-15 Posse Business Plan.

Next up, the first Annual Princeton Posse Slow Pitch tournament at the diamonds during the May long weekend. The best FUNdraisers include fun. The team urges fans new and old, ball players new and old, to come and share a weekend together and get to know coaching staff and some returning players.

Keep a look out for upcoming information. This is not a request for people to come and watch their time get sucked into a vacuum. That is simply not sustainable. This is one of the lessons. This is a request for people to become involved in executing on a plan to address all those great ideas that Princetonites want to see from a community asset. What possibly could you have to lose?

# News Leader Puzzler

Use the April 22 News Leader to find Answers Below...



Dawn Johnson's article title.

What are we trying to save? She's smiling in a photo from

the Family Fair.
She's smiling in a photo from the Family Fair.
He rides a bike with one

wheel.

16 The 'OS' in CFOS.
17 Identify the incoming school district superintendent.
18 Headline: "School District "

Down

Down
This appears on Page 22.
The 'CF' in CFOS.
Name the horse rescue people.
Identify the retiring school
district superintendent.
What exactly is SO Country?
She is part of the American
Horsewoman's Challenge.
He writes the Posse Report.
Finish this: Weekly,
Independent...

Independent... Identify the Princeton Posse new Conditioning Coach.

Her smiling face is on the back

News Leader

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# YOUR TURN

### Letters to The Editor

... continued from Page 4 are interveners in this case. This means that we are participating directly in the litigation, and we'll be standing up for Medicare in court.

But we know that our participation in the case alone can't ensure this legal attack is defeated. It's going to take a huge public outcry to save Canadian Medicare.

It's going to take talking to our governments, our local newspapers, and our family and friends to make

very clear: we want a public health care system that works for all Canadians and this legal attack must

This is going to be a big challenge, but we know that together we can win this case and ensure that Medicare is here for generations to

To get involved and for more information, go to www.savemedicare.ca or contact the BC Health Coalition at adam@bchealthcoaltion.ca.

- submitted by SOHC

# Saving Downtown

### ...an ongoing series

.. continued from Page 18 In order to be valued by staff and customers, local business owners need to start showing that they value both. It's one of the many things that needs to change in order to save downtown Princeton.

Don't get me wrong, the majority of local businesses do not need to fix this as they are doing a great job with their teambuilding but we all need to be reminded that it's not

just local customers who pick up on these things.

With an influx in tourist traffic coming our way soon all local business operators need to remember what it is that keeps them in business. This means they must figure out ways to ensure their business attracts new customers. If those new customers feel valued they will become repeat customers

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# ers prepare

.... continued from Page 7 and just having a really carefree day away from the confines of the classroom. How can that not be good?"

School District #58 kicked in the transportation costs to deliver the kids to Veterans Square for the day and Links dollars for lunch prepared by Princeton Secondary School crew Nicki Forde, Shane O'Malley and their student team. The Town of Princeton donated their tent and tables and chairs for the event as well as staff hours to do the set up and take down of the items.

"It was just really great how everybody who agreed to help in one way or another really stepped up," said Maynard.

There were many other people there that day that helped out too. All-kinds of volunteers handing out snacks, assisting with the team supervision, running challenges, delivering lunches and keeping the whole day orderly and fun.

"It was such a community run event," Maynard continued.

"Everybody just pitched in and made the whole thing work. We didn't really know how any of it would go. It was a good mad experiment with all the people working together with all the staff from VFE and all the businesses that created the success."

The Community Foundation of the South Okanagan Similkameen

donated money for the signs produced by Auto Tac Graphics last year and they are ready to go again this year.

"We just really want the community to know that the kids will be out there on Thursday, May 8th," said Maynard.

"We would also like them to know that there is a shopping cart set up at Rude Food Challenge station in front of Cooper's Foods that they can add food to to help the students with their efforts to donate to Princeton Crisis Assistance. All the food that the students purchase with their \$10 team budget goes directly into a shopping cart for the food bank, so the students not only are forced to think about the difficulties of living on little money, but also forced to think about the impact acts of kindness and social responsibility can have for those with less."

Maynard concluded, "there is a

little bit of everything packed into this day. The students are thinking about all kinds of literacy from physical to mental doing all kinds of literacy challenges from technological to historical without really even having time to reflect until after on what they did and learned. It is this piece that it is all about. We want kids to remember the day in a positive way, enjoy it, embrace it and fully immerse in it, but leave knowing that they learned some new things. Princeton Leaders for Literacy wants the students to talk about all that they did, analyze it a bit and absorb it. Literacy is so many things. It is a part of everything and this day gives them all a glimpse of that at high speed. They finish the day proud of themselves with full tummies, open minds, tired bodies, and warm hearts and to boot a First Book

Canada grant has them all leaving

with books to read. We want the students to recognize that a lot of local Canadian owned companies were a part of their day and need our support to continue their own success. It is this big circle of learning that not all of them are going to get at the same level, but that all of them are going to experience. Literacy really is life."

Valley First Credit Union and Foothills Creamery are two of the new sponsors for this year's event.

"We welcome any organization that would like to help us in some way," said Maynard.

"Every new sponsor, means more fun, more learning and an even better event than last year."

Remember to drop a can of tuna, beans, soup or something else in one of the shopping carts on your way out the door of Cooper's Foods and help the students feel proud of their donation to Feed the Valley.



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Candles of all scents and sizes were on display April 26th at Cool Beanz Coffee House as part of the 'Candles and Coffee' fundraiser for Princeton Crisis Assistance Society featuring products by Rosalinde Blake Organic Candles. The display will be featured again May 24th. Photo: Bob Marsh www.marsh

# DOS issues meeting

Here are selected highlights from April 17 Regional Board meeting:

- Selected highlights from the regular meeting of the Board of Directors of the Regional District of Okanagan-Similkameen Thursday, April 17. Complete minutes of the meeting will be made available to the public following adoption at the next scheduled Board meeting May 8, 2014.

- Connie Bielert of the Okanagan Similkameen Starling Control Program addressed the Regional Board with respect to activities of the Starling Control Program. The agricultural producers in the Okanagan Similkameen continue to support the Starling Control Program. Control of the starling

population has resulted in benefits to the farming practices and costs.

- Robert Linttell of the South Okanagan Ground Transportation Advisory Committee addressed the Regional Board by outlining a plan of the South Okanagan Ground Transportation Advisory Thompson Committee and Okanagan Tourism Association to offer a shuttle service between

Works Program. New bylaw permits sidewalk cafes

A new Town of Princeton bylaw was adopted on April 22. Bylaw 890, 2014, à bylaw to regulated traffic and use of highways in the Town of Princeton, contains a section related to sidewalk cafes.

The bylaw defines a sidewalk café

and provides information and requirements for issuing a permit for a sidewalk café.

- The Board of Directors adopted

Bylaw 2652, 2014, the Electoral

Area "H" Community Works (Gas

Tax) Reserve Fund Expenditure Bylaw. In 2013 the Tulameen Ice

Roof project was completed. The

2014 phase of the project is to install

a Solar Panel with funds to come

from the Area "H" Community

This could lead to a very interesting tourist attraction in the community. The bylaw is available to the public at Town Hall.



Princeton Museum Operations Manager Robin Lowe stands beside a small sample of the 1812 display on loan from Osoyoos Museum. School students will be touring the exhibit some time in the next few weeks. \*

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