

# Similkameen News Leader

\$1

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Tuesday, May 13, 2014

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



Saddle bronc rider Steve Hohmann of Quesnel earns a 'no time' on this ride as Con Man bucks him off. The Stan Thompson Memorial Rodeo was Saturday and Sunday, May 10th and 11th at Princeton Rodeo grounds. \*

## Town awards contract

Town Council approved an upgrade to the wastewater treatment aeration system at their May 5th regular meeting.

"The existing aeration system was installed in 1985 and needs to be updated to improve its effectiveness and efficiency," stated Director of Infrastructure and Parks Kevin

Huey in his report to council.

The project represents the fourth phase of a multi phase upgrade to the system and is funded through the Regionally Significant Projects Program. The aeration system replacement contract was awarded to CHB Services Ltd. at a cost of \$64,179.50 plus tax.

## Town approves tax rate bylaw

The Town of Princeton must annually adopt the municipality's tax rates bylaw but it has to be done before May 15th and only after the adoption of the Five-Year Financial Plan.

The Tax Rates Bylaw contains tax rates for the Town of Princeton, the Okanagan Regional Library, the Regional Hospital District and the Regional District of Okanagan-Similkameen.

Annual tax bills show these as well as tax rates from the BC Government for school and policing, tax rates for the BC

Assessment Authority and rates for the Municipal Finance Authority.

"Although the municipality delivers each property owner a tax bill with all of these itemized taxes, the Town receives only the tax amounts for general municipal purposes - this is approximately 40-percent of the total tax bill," explained Director of Finance Shirley McMahon in her report to council.

"The remaining tax amounts are remitted to the appropriate agency."

For example, for an average single family residential property assessed at \$187,483 in 2013 and \$178,952

in 2014, the Municipal portion of the average property tax bill, including all agencies except school, police, MFA and BCAA

would see a tax decrease of \$5.51 for the municipal share of taxes and an overall decrease in the town's portion of taxes would be

\$3.07.

The Tax Rates Bylaw was adopted at the May 5th regular meeting of Town Council.

## Town adopts bylaws

Town Council adopted a rezoning application at their May 5th regular meeting that will allow a residence on Copperhead Road to add a secondary suite.

The application was first received by the Town of Princeton February 28th of this year and was a request by property owner Dr. Eva Idanwekhai to consider rezoning his home from RS2 Single Family residential (small parcel) to RD Two-

Family Residential.

As the application was considered consistent with the Official Community Plan it received First and Second readings April 7th, then Third reading on April 22. The final step was adoption.

The Financial Plan Bylaw was also adopted at the May 5th regular meeting.

Town Council first received the five-year (2014-2018) financial

plan April 7th. Under guidelines set out by the Community Charter, municipal five-year financial plans are to include a more explicit form of revenue and tax policy disclosure.

To be included in the plan are objectives and policies on the proportion of total revenue that comes from each funding source (as described in the Community Charter), the distribution of property taxes among the property classes and the use of permissive tax exemptions.

**Susan C Collins** BSW  
Your Professional Realtor

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**WAREHOUSEMAN'S LIEN ACT**

Attention: **Les Parolin**  
 PO Box 75  
 Princeton, BC V0X 1W0  
 The contents of Unit #146 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Two Thousand, Six Hundred and Forty-Eight dollars and Eighty-Seven cents (\$2,648.87)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Brian Crites**  
 #95 6338 Vedder Road  
 Chilliwack, BC V2R 3R3  
 The contents of Unit #76 and Unit #19 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Three Hundred and Eighty-Six dollars (\$386.00)** and **Three Hundred and Twenty-Nine dollars (\$329.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Rayleen Brewer**  
 PO Box 2515  
 Princeton, BC V0X 1W0  
 The contents of Unit #48 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Three Hundred and Thirty dollars (\$330.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Kenneth Szymczak**  
 PO Box 2504  
 Princeton, BC V0X 1W0  
 The contents of Unit #67 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Four Hundred and Seventy dollars (\$470.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Dave Marklund**  
 PO Box 77  
 Princeton, BC V0X 1W0  
 The contents of Unit #138 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Seven Hundred and Eighty-One dollars (\$781.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Donal McEachern**  
 PO Box 2322  
 Princeton, BC V0X 1W0  
 The contents of Unit #104 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Five Hundred and Two dollars (\$502.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Jaquie Manet-Bobler**  
 842 Daly Avenue  
 Hedley, BC  
 The contents of Unit #128 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Eight Hundred dollars and Twenty-Four cents (\$1,824.83)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Eleanor Korpan**  
 PO Box 1450  
 Princeton, BC V0X 1W0  
 The contents of Unit #87 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Two Thousand Two Hundred and Twenty dollars and Six cents (\$2,220.06)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Angela Millar**  
 PO Box 75  
 Princeton, B. C., V0X 1W0  
 The contents of Unit #75 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Eight Hundred and Six dollars (\$1,806.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Wayne Storry**  
 5 Patchell Crescent  
 Keswick, BC L4P 3T2  
 The contents of Unit #64 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Nine Hundred and Seven dollars (\$907.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Luigi Del-Ciotto**  
 PO Box 2127  
 Princeton, BC V0X 1W0  
 The contents of Unit #50 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Nine Hundred and Seventy-Six dollars and Eighty-Seven cents (\$976.87)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Wendy Head**  
 PO Box 2397  
 Princeton, BC V0X 1W0  
 The contents of Unit #49 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Three Hundred and Ten dollars and Fifty-Three cents (\$1,310.53)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Darren Mason**  
 PO Box 2201  
 Princeton, B. C., V0X 1W0  
 The contents of Unit #34 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Eight Hundred and Twelve dollars and Eighty-Two cents (\$1,812.82)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

Attention: **Drew Nordquist**  
 PO Box 1515  
 Princeton, B. C., V0X 1W0  
 The contents of Unit #11 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Eight Hundred and Twenty Six dollars (\$1,826.00)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, May 23, 2014** to cover storage costs.

...the planting ... the ... and extending ... system and that as the farm increases ... A grand celebration will be held ... W. J. Hall, manager of the ... supply to intending consumers, ... and popularize the value of this stock ... Victoria day at Kelowna. The program ... arrived yesterday.

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Natural centre, ranching country, fruit growing. Huge deposits of copper, gold, silver, platinum and other minerals. Has big water power development. Lots in such towns as Grand Forks, Kamloops, Blairmore, Alta., Baker, Wash., are worth 5 times what is being asked at East Princeton and the payroll is not as large.  
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**C. R. BRIGGS**, Gen. Agent, 615 Hastings W., Vancouver. **D. G. McCURDY**, Resident Agent, East Princeton, B.C.

A newspaper ad in the Similkameen Star from one hundred years ago this week points to the future of East Princeton as being a significant investment opportunity. It didn't quite explode as was the prediction. \*

# The Future of Food

## A Three-Part Series - By Dawn Johnson

**Looming game changers affecting food**

Continuing the Community Conversation on Food Security and Sustainability held on April 25, those attending the evening lecture by agriculture professor Dr. Kent Mullinix learned our food supply worldwide faces major challenges in coming years.

The first major change taking place now is the shortage of fresh water in important food producing areas. Some of the best land in California is now bone dry. The aquifer no longer supports food production. Lack of fresh water equals food shortages. Farms are drying up.

The second threat to our food supply is global climate change. Farming success or failure depends

on weather. Our food crops come from plants which developed under relatively stable climate conditions. Changes in climate affect food supply. If the climate is too hot, too dry, too wet or too cold, crops traditionally grown in certain areas may fail.

The third challenge and threat to farming is the world's declining oil supply. Industrial farming depends on machines which run on oil and gasoline. To date, there is no replacement for these machines. This may spell the end of transnational global agribusiness, or it may be seen simply in the form of very expensive food. The more expensive gasoline and oil become, both large farms and corporate agribusinesses will be forced to charge more for food. Transporting food

to markets is another cost the consumer will bear.

Dr. Mullinix emphasized the need for people to take up some of the old-fashioned skills in preserving food, such as canning and drying. A typical household today can survive with a few days supply of food, but in the past, a typical household had a preserved food supply to last a few months.

Another way to stave off food shortages in the future would be support for small-scale farming. Small intensive farms are more efficient. Each region and each local area should determine which crops are most suited to the area and support for those farms should be available, not only in the form of subsidies for development, but in support by consumers of that area.

It was surprising to learn that \$1.15 billion is spent on food in the Okanagan. In the Similkameen, \$173 million is spent on food. Most of that money now goes out of the region, perhaps even out of Canada. While this is detrimental to our local economy, it is also an opportunity to begin food production for our own area to keep the money close to home. This would safeguard our food supply.

Dr. Mullinix said municipalities must take a leadership role in local agriculture. As well, we need to develop systems of training people to produce food products. We need to develop a regional food system based on small-scale farms and community oriented food security. He stated North America will need 50 million more farmers in a post-petroleum society 20 years from

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Similkameen

# News Leader

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continued on Page 21



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Jonah Antoine of Cache Creek scored a time of 12.5-seconds in the Tie-Down Roping event Saturday, May 10th at the Stan Thompson Memorial Rodeo which was held all weekend in Princeton.\*

## Flip Of The Coyne

by Spencer Coyne

I was asked the other day how an exhibit about the War of 1812 related to Princeton's history. Being a War of 1812 buff, and an Oregon Country buff, I naturally just assumed that everyone would know that the outcome of the War of 1812 set out the boundary between Canada and the United States. As the end of the War of 1812 came to a close with the Treaty of Ghent in December of 1814, the Pacific Northwest was left alone, but this would change with the Treaty of 1818 and then with the Oregon Treaty of 1846.

When the word of war reached the traders at Fort Astoria in present day Oregon, the fort was soon sold to the North West Company. The fort was renamed Fort George and the Oregon Country known in our history books as the Columbia District was now British. This did not stop American ambitions in the Pacific Northwest. In 1818 a new treaty was signed. The Treaty of

1818 gave both the British and the Americans joint occupation of the region for the next 10 years. This ended with the Oregon Treaty of 1846.

It was the Canadian fur company, the North West Company, that developed British interests in the Oregon Country, or Columbia District as it was known on the British side of the line. In 1821 the North West Company was forced to merge with the Hudson Bay Company. One man who was a North West Company employee would become an important part in the foundation of Princeton, James Douglas. James Douglas worked for the North West Company at Fort Vancouver on the Columbia River. He would eventually be promoted to Chief Factor. In 1843 he was sent to Vancouver Island to set up a new fort as Americans were pouring into the Oregon Country. Douglas built Fort Camosun which would be renamed Fort Victoria in

1846 for the Queen.

The Oregon Treaty of 1846 was signed between the United States and Great Britain. It signed over everything below the 49th parallel to the United States, thus ending any British control of the Oregon Country. Douglas and the rest of the Hudson Bay Company relocated to what would become British Columbia. Since Douglas had created Fort Victoria, it replaced Fort Vancouver as the head of operations.

In 1858 James Douglas, fearing that he would lose control over the territory north of the 49th parallel to American miners, declared British Columbia a colony. Douglas had reason to be concerned as American prospectors poured into the territory. Areas like the Boundary became more and more under the influence of Americans. In 1860, under orders from Governor James Douglas, Princeton's first settler arrived,

John Fall Allison.

Although we may live in a sleepy little town, our history is that of our country. If the Pacific Fur Company never sold Fort Astoria to the North West Company, the British would not have had a legitimate claim over the Oregon Country and it may have become American back in 1814 and our future may be that of the United States, but it was the British who controlled the region and they maintained influence until the treaty of 1846. It was the merger of the North West Company with the Hudson Bay Company that brought us our first Governor and founder of our Province. It was this same Governor who sent John Fall Allison to the Similkameen look-

ing for that pass over the mountains. He then sent the Royal Engineers here to lay out and name our community. Our community has a lot to thank the North West Company, the Hudson Bay Company and James Douglas for. It was the North West Company's presence that kept the Pacific North West British, and then the Hudson Bay Company that promoted Douglas who had enough foresight to see that, if he did not act, British Columbia would be yet another American territory.

So while you have a chance, go into our amazing little museum and not only discover our local history, but examine the 1812 display on the Oregon Country. It is a little more local than one may first realize.

WEEKLY LOCAL CHURCH SERMONS  
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# Editorial Page News Leader

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

## My Turn...

### How Not To Get Elected

A casual conversation during a public event last week got me thinking. With a municipal election on the horizon and all the bad publicity at least one prominent Canadian mayor has been getting I wondered how a candidate could ensure failure at the polls.

Locally there are a number of hot button issues that will sway votes one way or other, depending on the mood.

However, I have also discovered that in Princeton, voters tend to have short memories and forget the mistakes and usually either vote with their hearts or don't bother voting at all.

I'm thinking that a sure fire way to fail miserably at the polls in November is to start promoting massive changes to the community. The new dike along Similkameen River will be old news by the time the election rolls around so those who don't like it will either have gotten used to it or moved out of town by then.

I'm thinking a really obvious change you can't miss that would affect taxpayers daily would be a good way to not get elected.

My suggestion is to line Bridge Street and Vermilion Avenue with parking meters.

Imagine the outcry, the anger and the mass hysteria that could cause.

For me, that could generate a lot of interesting news copy. I can see the flood of Letters to the Editor now. I'd have to publish two issues a week to keep up.

Just think how the candidate would be treated who suggests the idea. All-candidates forums will never be the same in this town. In fact, for a change, they would require RCMP attendance and extra security.

An issue like this would probably also increase voter turn out, especially if this small independent newspaper started feeding you the 'pros' of parking meters to the point you'd be forced to vote just to defeat the candidates and give me something else to write about.

But what if I told you parking meters could help finance the annual costs associated with something like a state-of-the-art aquatic centre? What if revenue from parking meters assisted with bringing down your taxes? What if some of the cash collected from parking meters went to support all non-profit organizations allowing community forest funds to go entirely to infrastructure improvements?

Does it still sound like an issue you would flat out vote against because there obviously are no benefits to it?

Okay, so maybe lining the main streets with parking meters is a bit extreme but what if when the former Town Hall on Bridge Street gets flattened that whole chunk of property becomes a pay parking lot?

The candidate who wants to promote this in the upcoming municipal election could get voted onto Town Council for being innovative, creative and for thinking just a little bit outside of the box.

I hope whoever that candidate is comes to ask me to sign their nomination papers as I would gladly do so.



The Amazing Literacy Race was held in downtown Princeton May 8th. One of the challenges put teams through the paces of creating a poem using a list of ten pre-selected words. This group works on their submission. \*

## ...Your Turn

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

#### To The Editor:

This is in reply to the letter to the Editor from the SOHC re "attack on Medicare in Court."

The letter certainly raises some serious issues regarding the future of our health system under the current Canada Health Act. The only point that the letter has correct however, is the fact that change is coming whether we like it or not. The rest of the letter is the usual scare tactics that the advocates of the status quo keep quoting ad infinitum.

Basically what is happening is that Dr Brian Day is challenging Provincial Health Legislation (which is in essence challenging the Canada Health Act) that the legislation violates the Canadian

#### Charter of Rights and Freedoms.

This is due to the fact of well known physician inaccessibility, long waiting lists and a host of other issues which Dr Day believes impacts badly on the health care of all Canadians. I am sure that every single person reading this letter has been affected in one way or the other with regards to issues involving his, or his families, personal health care during the past few years. The issue is going to the supreme court, and one can expect, if you like it or not, that Dr Day will succeed in his initiative, as a similar case was won successfully in Quebec some years ago and it is highly unlikely that the Supreme Court of Canada will reverse this decision.

So what does that really mean to Canadians if Dr Day is successful?

Well we can expect many changes in the way that physicians, hospitals and clinics deliver health care. Lets look at the concerns that the writer (the SOHC) of the above quoted article has:


1) Private insurance will become the norm. Well this is partially correct in that patients will now have to insure against payment to various medical institutions that they access. However all over the world where this is the norm, one can insure for a whole spectrum of cover, from say doctors appointments only, hospital cover only, surgery fees only to lets say emergency cover for doctors as well as hospital fees. So for the article to quote \$16,000 a year for insurance fees in the United States (California) that is an extreme example of full cover for a family of at least 6 persons. There are many lessor forms of insurance if so desired.

However it is very important to realize that the Federal Government will never make this a compulsory system that everybody

..... continued on Page 23

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



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# Current Comment

## Health Priorities Came As A Surprise



**Dawn Johnson**  
editor@thenewsleader.ca

Fukushima was not mentioned at all, despite the fact that unacceptable levels of fallout have been identified in the Fraser Valley. Nobody suggested studying local fish, game and plants for not only radioactive particles but possible effects on our health. I know many people who have stopped eating Pacific fish out of concerns about radioactive pollution, yet there seems to be no information about levels to which we may have been exposed or may continue to be exposed as a result of the Fukushima ongoing disaster.

The Health Coalition is probably a good organization. The goal of making the Okanagan-Similkameen the healthiest region of our province is a worthwhile endeavour. Identifying our health problems and attempting to find solutions is really important. I would like to see fewer people suffering from diabetes, and I would like to see everyone educated about proper diet to prevent adult onset diabetes, or Type 2, which is the most common type of diabetes. It is also the type of diabetes that is preventable.

I would like to know why our area has a higher than average rate of anxiety and depression. What makes our area more likely to make people anxious or depressed? Are there key social or environmental factors in our communities that cause anxiety and depression? Would moving to another place help those with anxiety and depression? Does economic vulnerability and/or the increase in elderly enter into the cause of anxiety and depression?

Is there a dietary component to the problem?

Obesity is a national health problem often related to ignorance of what is good nutrition. Obesity has been linked to many health disorders, ranging from cancers to worn-out knee and hip joints. Obesity is often linked to poverty, too, as people try to live on high carbohydrate foods because they cannot afford healthier foods. Some forms of obesity are linked to consumption of alcoholic beverages and some are linked to excessive use of soft drinks.

What I heard about the goals of the Health Coalition was an unspoken goal of reducing health service costs. This is a good goal, too. Health care costs a great deal, and prevention of disease is far less costly.

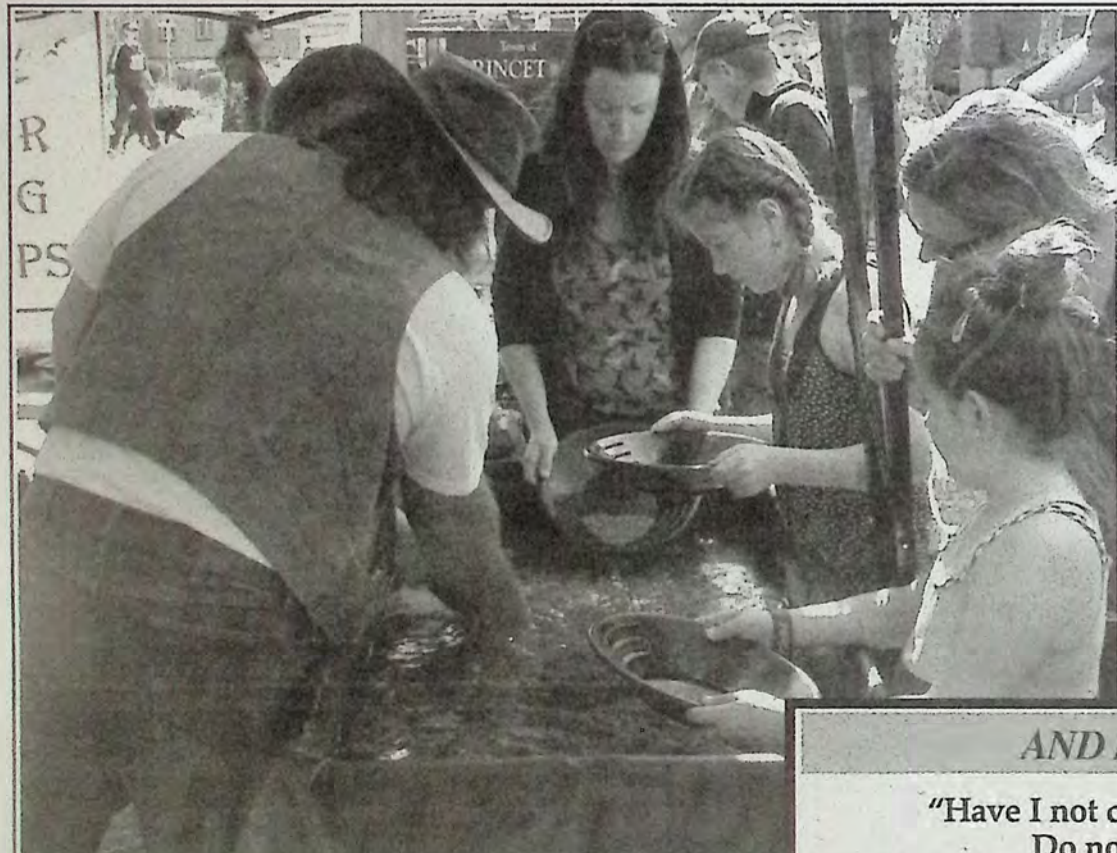
At the same time, I have known people put on waiting lists for knee and hip replacement. Those people wait a long time and often cannot work due to their disabilities. I have spoken to people in government about the need to prioritize the waiting lists so that people in the work force can get back into the work force as soon as possible rather than living on employment insurance or social assistance while they wait. This is a cost to the taxpayer to the same extent as diabetes, anxiety, depression and obesity.

I hope the Health Coalition can be effective in reducing our major health problems, but I really wonder if reducing the use of tobacco is going to make much of an impact on preventing diabetes, anxiety, depression, and obesity.

After hearing about the Health Coalition and the health priorities, I was surprised that tobacco reduction was at the top of the list of concerns. The Okanagan Similkameen area has a higher rate of obesity, diabetes and anxiety/depression than the B.C. average. I wonder why these were not at the top of the list. Will tobacco reduction address the problems of obesity, diabetes and anxiety/depression?

There were other concerns related to environmental issues that were not mentioned at all as affecting health. The use of pesticide sprays in orchards is known to cause health problems, but that was not mentioned. This is a real health issue in many communities in both the Similkameen and South Okanagan. Growers in the Similkameen have made huge efforts to reduce pesticide pollution of air, water and soil, yet many orchardists continue to over-use pesticides.

Radioactive fallout from



Gold panning demonstrations were popular during Princeton Mining Day May 7th in Veterans Square. The free event was enjoyed by many area residents. \*

# Similkameen News Leader

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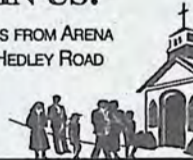
Family Worship 10:00 AM

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# Lower Valley News

Keremeos - Cawston - Olalla



A closer look at some of the new debris that came down the hillside and forced a closure of Highway 3 near Keremeos late in the evening of May 4th. Photo: Brenda Engel

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## RDOS announces bulky item collection dates

Oliver, Osoyoos, Keremeos, Okanagan Falls and RDOS Electoral Areas 'A', 'B', 'C', 'D', 'E', 'F' and 'G' residents get pickup on their normal collection day from May 12th to 16th. Residents can place out a maximum of two pieces of furniture,

large appliances and mattresses per home.

Items accepted include mattresses, box springs, tables, chairs, chesterfields, washers, dryers and stoves. Fridges and freezers will also be accepted except within the Town of Osoyoos.

Common items not accepted include carpeting, doors, toilets, hot water tanks or any other construction or plumbing product.

The Regional District asks that televisions and computer monitors be brought to local electronic waste recycling centers at the J&C Bottle Depot in Penticton, the T-2 Bottle Depot in Oliver or the Osoyoos Depot for free recycling. These items can break easily if placed out for Bulky Item collection and may contain poisonous materials like lead.

The Campbell Mountain, Oliver, Okanagan Falls, Summerland and Keremeos Landfills will also recycle TV's and monitors at no charge.

Contact your local government for local collection details. The RDOS Solid Waste Division can be reached at 250-490-4129, e-mail info@rdos.bc.ca or visit www.rdos.bc.ca. - submitted

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Keremeos Elks held a community Flea Market May 3rd in Keremeos at the Elks Hall on Veterans Avenue. The Similkameen Garden Club teamed up with them and moved their annual plant sale to the same location. Photo: Arlene Arlow

## RDOS Board meeting highlights

Selected highlights from the regular meeting of the Board of Directors of the Regional District of Okanagan-Similkameen held Thursday, May 8. Complete minutes of the meeting will be made available to the public following adoption at the next scheduled Board meeting May 22, 2014.

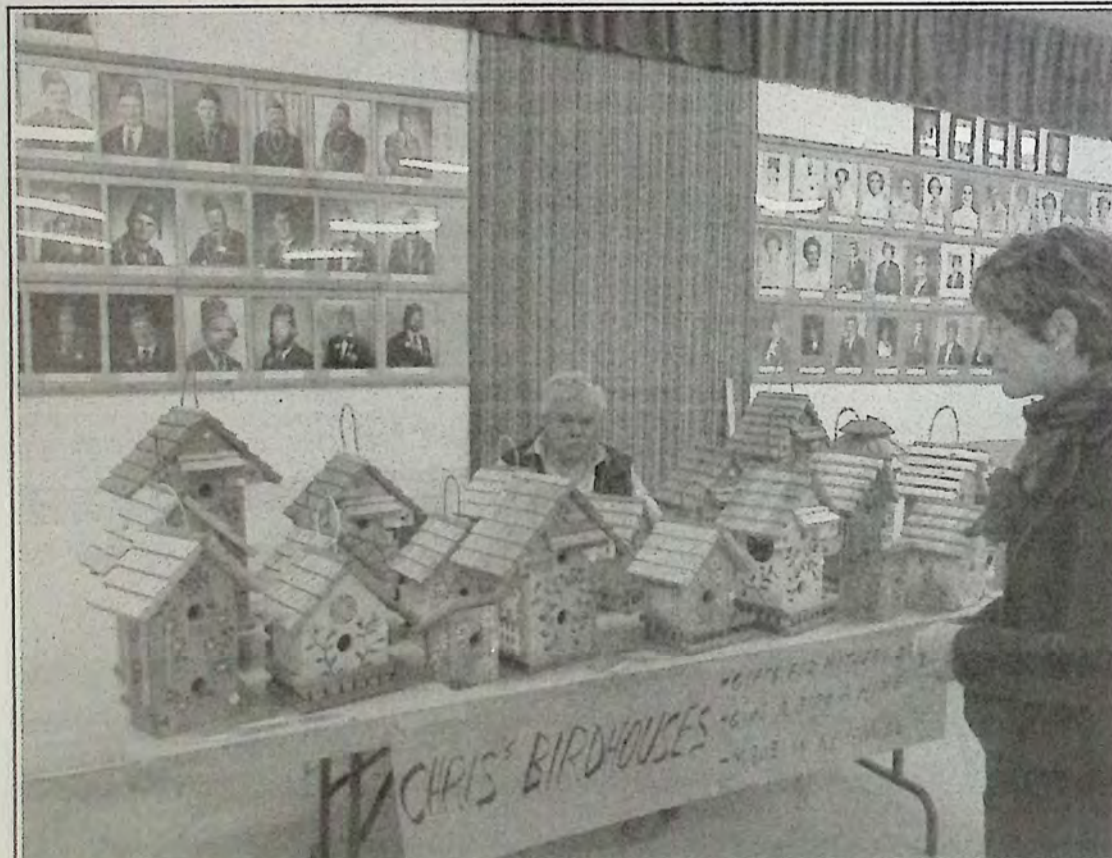
The Vermillion Forks Community Forest Corporation manages a Community Forest Agreement. The Upper Similkameen Indian Band, the Town of Princeton and the Regional District are 1/3 shareholders in the Corporation. The dividends of the corporation to

date have been distributed to various projects within Electoral Area "H" such as the Hayes Creek Volunteer Firefighter Association, Erris Volunteer Fire Association, Missezula Lake Water Works and the Eastgate Fire Protection Society. The Regional Board adopted the creation of the Area "H" Community Facilities Capital Reserve Fund which will allow dividends to be accumulated and provide guidelines for fund distribution for future projects.

The Regional District will be holding a referendum in conjunction with the 2014 municipal election to authorize the estab-

lishment of a Service to request funds for the operation of the Frank Venables Theatre in Oliver.

The Regional District of Okanagan-Similkameen will be participating in the Community Tourism Foundation Workshop in June. The Community Tourism Foundation program, in partnership with the Thompson Okanagan Tourism Association, assists communities to develop a comprehensive multi-year tourism plan. The workshop will bring together a range of stakeholders and organizations that can leverage new regional opportunities through a stronger partnership-based approach.



Chris from Keremeos offered up some wonderful birdhouses May 3rd at the Keremeos Elks Hall. The fundraiser for the Elks Rodeo was hampered by cool weather but the available wares and pancake breakfast were awesome. Photo: Arlene Arlow

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Princeton Museum Operations Manager Robin Lowe, left, assists someone who bears a slight resemblance to famous train robber Bill Miner with sending a clue down from the livery stable on Vermilion Avenue to a team of elementary school students participating in the Amazing Literacy Race May 8th in downtown Princeton. \*

## Saddles 'n' Spurs

by Pastor George Donovan

Having a string of dude horses often requires rotating horses regularly because everyone that gets on them treats them differently, the horse gets confused and can get cranky and stubborn. Oftentimes I would have to give the horse a swat in the butt just to get them to leave the barn.

One day the rider could absolutely not get his horse to leave the barn, so I took a stick out and swatted it on the backside and it just backed up and tried to kick me with the rider on it. I told the rider to get off and let me get on, I never lose.

We were just in front of the barn and it was open, so I hopped on it's back and dug my spurs in and it backed right into the barn, stubborn old guy wasn't going to beat me so I got off and pulled him out of the barn and shut the barn doors.

I got on him again and he backed into the barn doors and almost broke them off so I jumped off again and pulled him out again and found a piece of chain instead of a stick.

I swung it overhead and whacked

him as hard as I could, it scared the daylights out of him, jumped forward several feet.

I whacked him a couple more times and he wanted to leave that barn real bad. I rode him out for a couple hundred yards, turned around and came back, turned him

around again towards the trail and he was really happy to go.

I turned him back to the young rider and he took him for a great ride with no problems.

Maybe this would work on obstinate kids, too.

..... continued Next Week

## Living Past 100

### Diabetics Have Hope For Cure

Something very strange occurred at Sick Children's Hospital in Toronto. A simple injection of capsaicin cured a diabetic mouse. Doctors were astonished.

Studying the similarities between neurological diseases and diabetes, the medical researchers did an experiment on a laboratory mouse suffering from diabetes. The researchers injected capsaicin into the islets in the pancreas that produce insulin. The islets immediately began producing insulin normally. The diabetes was gone.

Capsaicin is the substance found in chili peppers and other peppers that give the pepper the 'heat' commonly associated with spicy foods made with hot peppers. Capsaicin has a soothing effect on the nervous system by blocking certain pain responses. The islets that produce insulin are loaded with the nerves that respond to pain. Researchers found blocking the pain response which can cause inflammation also restored the proper functioning of the islets.

Before treatment can be used on humans, a number of studies must be done on humans to determine whether capsaicin will work on humans and how much must be used. As well, researchers must determine how the dose must be administered for curative results.

Approximately two million Canadians suffer from the effects of diabetes, a condition that affects every cell of the body. The immune system is weakened, heart attacks and kidney failure are common, loss of eyesight is common, and researchers believe the brain begins to deteriorate. The health care costs of diabetes are huge.

A cure for diabetes would prevent a lot of needless suffering, early death, and would substantially reduce health care costs. Type 2 diabetes can be prevented to some extent, but 10 percent of all diabetes is Type 1, a condition a child is born with.

Neurologists in Toronto are keenly interested in the link between the nervous system and the malfunction of the insulin producing islets in the pancreas. This link may provide much more insight into the cause of diabetes.

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News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - May 13 - 19, 2014



Princeton's Norm Breen scored a time of 5.3-seconds in the Steer Wrestling event Saturday, May 10th in the first day of competition for the Stan Thompson Memorial Rodeo. \*



Rike Wieth of Lone Butte scored a time of 13.1-seconds in the Breakaway Roping event on the first day of action during the Stan Thompson Memorial Rodeo in Princeton. \*

# TULAMEEN MARKETPLACE

9:00 AM - 1:00 PM

Saturday, May 17<sup>th</sup>

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# Tuesday Movies

**AFTERNOON**

4:00 pm TSN ch.19 "Bull Durham" (1988, Romance-Comedy) Kevin Costner. A literary baseball groupie romances a pitcher and a catcher on a minor-league North Carolina team. (CC)

**EVENING**

11:00 pm WTBS ch.3 "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal.

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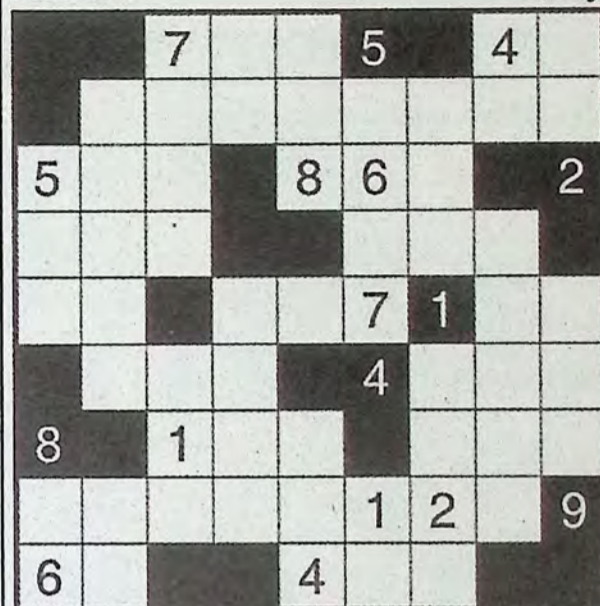
# News Leader Str8ts

## STR8TS

No. 177

Easy

Previous solution - Medium



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

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

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

**TUESDAY, MAY 13, 2014**

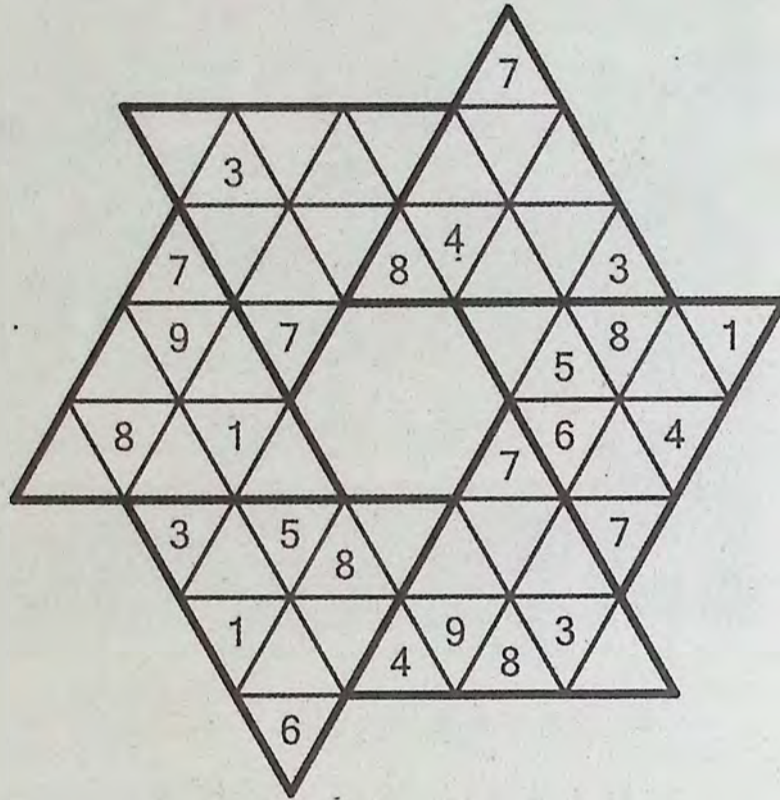
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [E]	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Rescue	SportsCentre [E]	CTV Morning Live (N) [E]	Highway Thru Hell	Stella-Sam	CityLine [E]	Tattoo	Eat St. [E]
7 AM	Law & Order: SVU		G. Shrinks	Arthur (N)	Today L.A. Reid; Suze Orman; Emma Roberts. (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America (N) [E]			Tiger	Super Evil	SportsCentre [E]		Airplane Repo [E]	Shake It	Let's Make a Deal (N)	Tattoo	Disaster
8 AM	Law & Order: SVU		Wild Kratts	Wild Kratts			CSI: Miami [E]			Morning	Bo On/Go	Pokémon	SportsCentre [E]		Jacked! (DVS)	Jessie [E]	The Price Is Right (N)	Ink Master "Earn It"	Roseanne
9 AM	Millionaire	Morning	PAW Patrol	Curious			CSI: Miami "Kill Clause"	Liv! Kelly and Michael	Morning	The Doctors [E]	Super Why! Napkin	Monster	SportsCentre [E]	Liv! Kelly and Michael	Mighty Ships Le Boreal.	Little	Jdg Judy	Ink Master "Bug Out"	Friends [E]
10 AM	Divorce	The Doctors [E]	Doozers	Cat in the Hat			The 700 Club [E]			The Doctors [E]	Bookaboo	Invasion	High School Basketball: Jordan Brand Classic.	The View [E]	Auction	Never Land	The Chew [E]	Ink Master [E]	Secret
11 AM	Judge Alex	Pitchin' In	Dozers	Clifford	Jdg Judy	Young & Restless	Criminal Minds [E]	Paid Prog.	Pitchin' In	Noon News Hour (N)	Dragons' Den [E]	Flamingo	Jordan Brand Classic.	Marilyn Denis	How/Made	ANT Farm	General Hospital (N) [E]	Ink Master [E]	Bord. Rico
12 PM	King	Neon News Hour (N)	PAW Patrol	Charlie Rose [E]	Paid Prog.	News	The First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Kid vs. Kat Sidekick	SportsNation (N) [E]	CTV News (N) [E]	NeverEver	Wingin' It	Katie [E]	Ink Master [E]	Eat St. [E]
1 PM	Community	Days of our Lives (N)	Dragon	Quilting	Days of our Lives (N)	The Talk [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk [E]	Republic of Doyle [E]	Rated A	Hockey	The Social [E]	Jacked! (DVS)	Wizards	CityLine [E]	Ink Master [E]	Roseanne
2 PM	Seinfeld [E]	The Talk [E]	Rob Robot	Super Why!	Let's Make a Deal (N)	The First 48 [E]	Queen Latifah	The Talk [E]	Queen Latifah	Steven and Chris [E]	Kid vs. Kat Super Evil	Off Record	Hockey	Dr. Phil [E]	BikerLive	Good Luck	CityNews at 5 (N) [E]	Ink Master [E]	Friends [E]
3 PM	The Middle	Queen Latifah	Diva, Oily	Sid	Ellen DeGeneres Show	Dr. Phil [E]	Storage	Rachael Ray [E]	Queen Latifah	Young & Restless	Coronation	Sidekick	SportsCentre (N) [E]	The Dr. Oz Show [E]	How/Made	Shake It	CityNews at 6 (N) [E]	Ink Master [E]	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	WordGirl	Jdg Judy	The Dr. Oz Show [E]	Storage	The Doctors [E]	Young & Restless	Early News	NHL Hockey: Conference Semifinal: Teams TBA. (N) [E] (Live)	SpongeBob	"Bull Dhm"	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Ink Master [E]	Security
5 PM	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	Parents	Hockey: Blackhawks at Wild	CTV News at Five (N)	Fool's Gold	Jessie [E]	Glee (Season Finale) (N)	Ink Master [E]	Secret	
6 PM	Browns	Global Nat.	Hope for Wildlife [E]	PBS NewsHour (N) [E]	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	Cache	NHL	CTV News (N) [E]	Deadliest Catch	Austin	New Girl	Ink Master [E]	Mysteries-Museum	
7 PM	Mod Fam	Ent	Marine Machines [E]	Coming Back With Wes	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Chicago Fire [E]	CBC News: Vancouver	Boys	etalak (N)	Deadliest Catch (N) [E]	Win, Lose	Murdoch Mysteries	Ink Master (N) [E]	Castle Secrets	
8 PM	Family Guy	NCIS [E] (DVS)	Vimy: Carved in Stone	John Glenn	The Voice [E]	NCIS [E] (DVS)	Storage	Agents of S.H.I.E.L.D.	NCIS [E] (DVS)	NCIS [E] (DVS)	To Be Announced	Vampire	Agents of S.H.I.E.L.D.	Fool's Gold	Good Luck	CityNews-Tonight (N)	Tattoo	Secret	
9 PM	Amer. Dad	NCIS: Los Angeles [E]	World Brain	Frontline Government surveillance.	About-Boy Fisher	NCIS: Los Angeles [E]	Storage	Goldbergs	NCIS: Los Angeles [E]	NCIS: Los Angeles [E]	Haunting	Mr. Young	SportsCentre (N) [E]	Goldbergs	Deadliest Catch	Wingin' It	Jimmy Kimmel Live [E]	Tattoo	Ghost Adventures [E]
10 PM	Jeffersons	Chicago Fire [E]	Liberia '77 [E]	Chicago Fire [E]	Person of Interest [E]	Storage	Storage	Celebrity Wife Swap (N)	Chicago Fire [E]	News Hour Final (N)	The National (N) [E]	Gags	Person of Interest [E]	Deadliest Catch [E]	Good Luck	EP Daily	Ink Master [E]	Castle Secrets	
11 PM	Movle: ** "Eurotrip"	News Hour Final (N)	Marine Machines [E]	Charlie Rose (N) [E]	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News Vancouver	Vampire	News-Lisa	Bering Sea Gold: Under	Wizards	Recovery	Tattoo	Mysteries-Museum	



# News Leader Sudoku 505

## HOSHI SUDOKU - About The Puzzle

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



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

# Wednesday Movies

### EVENING

11:00 pm WTBS ch.3 "The Firm" (1993, Drama) Tom Cruise. A law-school grad uncovers a sinister secret about the Tennessee firm that made him an offer he couldn't refuse.

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### WEDNESDAY, MAY 14, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☑	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☑	Morning Northwest	Morning News (N) ☑	(5:00) Morning News (N)	CBC News Now (N) ☑	Kid vs. Kat Rescue	SportsCentre ☑	CTV Morning Live (N) ☑	Pyros "Breaking Point"	Stella-Sam ANT Farm	CityLine (N) ☑	Bar Rescue ☑	Eat St. ☑ Eat St. ☑
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur (N) Wild Kratts	Today James Franco and Gia Coppola (N) ☑	CBS This Morning (N) ☑	Criminal Minds ☑	Good Morning America (N) ☑			Tiger Arthur ☑	Super Evil Sidekick	SportsCentre ☑		Last Frontier	Shake It Austin	Let's Make a Deal (N)	Bar Rescue ☑	Disaster Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami ☑			Morning Huntley St.	Bo On/Go Busytown	Pokémon Storm	SportsCentre ☑		Dangerous Flights	Jessie ☑ Wizards	The Price Is Right (N)	Bar Rescue ☑	Roseanne Roseanne
9 AM	Millionaire Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club ☑	CSI: Miami ☑	Livel Kelly and Michael	Morning Huntley St.	The Doctors ☑	Super Why! Napkin	Monster Spliced ☑	SportsCentre ☑	Livel Kelly and Michael	Mighty Ships ☑	Little Manny	Jdg Judy Jdg Judy	Bar Rescue ☑	Friends ☑ Friends
10 AM	Divorce Divorce	The Doctors ☑	Ella the Elf Jelly Jamm	Sesame Street ☑ (EI)		The Price Is Right (N)	Criminal Minds ☑	The View ☑	The Doctors ☑	Pitchin' In Pitchin' In	Bookaboo Doodlebop	Invasion Almost	High School Basketball	The View ☑	Auction Auction	Never Land Sofia	The Chew ☑	Bar Rescue ☑	Security Security
11 AM	Judge Alex Judge Alex	Pitchin' In Pitchin' In	G. Shrinks Clifford	Tiger Sit & Be Fit	Tree Fu Chlca	Young & Restless	Criminal Minds ☑	Paid Prog. Paid Prog.	Pitchin' In Pitchin' In	Noon News Hour (N)	Dragons' Den ☑	Flamingo Squirrel		Marilyn Denis	Fool's Gold Fool's Gold	ANT Farm Jessie ☑	General Hospital (N) ☑	Bar Rescue ☑	Bord. Rico Bord. Rico
12 PM	King King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose ☑	Youthful Stop Pain	News Bold	The First 48 ☑	The Chew ☑	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☑	Kid vs. Kat Sidekick	SportsNation (N) ☑	CTV News (N) ☑	Deadliest Catch	Wingin' It Wizards	Katie ☑	Bar Rescue ☑	Eat St. ☑ Eat St. ☑
1 PM	Community Community	Days of our Lives (N)	Wibbly Pig Dragon	Oil Painting Sewing	Days of our Lives (N)	The Talk ☑	The First 48 ☑	General Hospital (N) ☑	Days of our Lives (N)	The Talk ☑	Republic of Doyle ☑	Rated A Monster	Hockey Hockey	The Social ☑	Deadliest Catch ☑	Wizards Good Luck	CityLine ☑	Bar Rescue ☑	Roseanne Roseanne
2 PM	Seinfeld ☑ The Middle	The Talk ☑	Ella the Elf Rob Robot	Thomas Super Why!	Katie ☑	Let's Make a Deal (N)	The First 48 ☑	Queen Latifah	The Talk ☑	Queen Latifah	Steven and Chris ☑	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil ☑	Cold Water Cowboys	Good Luck Shake It	CityNews at 5 (N) ☑	Bar Rescue ☑	Friends ☑ Friends
3 PM	The Middle Mod Fam	Queen Latifah	Dive, Olly Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil ☑	The First 48 ☑	Rachael Ray ☑	Queen Latifah	Young & Restless Stefano	Coronation Street ☑	Sidekick Squirrel	SportsCentre (N) ☑	The Dr. Oz Show ☑	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N) ☑	Bar Rescue ☑	Disaster Disaster
4 PM	Big Bang Big Bang	Young & Restless	Maya Bee Arthur ☑	Wild Kratts WordGirl	Jdg Judy Jdg Judy	The Dr. Oz Show ☑	Duck D. Duck D.	The Doctors ☑	Young & Restless	Early News Global Nat.	NHL Hockey: Montreal Canadiens at Boston Bruins (N) ☑ (Live) ☑	SpongeBob Nerds	Hockey Plays	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Bar Rescue ☑	Security Security
5 PM	Browns Payne	News (N) ☑	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D. ABC News	News Global Nat.	Early News Global Nat.	(4:59) News Hour (N)	ET Canada Ent	Parents SpongeBob	We Could Be King (N) ☑	CTV News at Five (N)	Sons of Guns ☑	Jessie ☑ (5:41) Radio Disney Music Awards	Revolution (N) ☑	Bar Rescue ☑	Security Security
6 PM	Browns Payne	Global Nat. News	Marine Machines ☑	PBS News-Hour (N) ☑	News Millionaire	KREM 2 News at 6 (N)	Duck D. News	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC News: Vancouver	Assembly Assembly	NHL Hockey: Anaheim Ducks at Los Angeles Kings (N) ☑	etalk (N) Big Bang	Fast N' Loud ☑	Win, Lose Good Luck	Nashville ☑	Hungry Investors ☑	Bord. Rico Bord. Rico
7 PM	Mod Fam Seinfeld ☑	Ent ET Canada	Canada: Over the Edge	Nature (N) ☑ (DVS) Wheel	Jeopardy! Access H.	Inside Ed. Duck D.	Duck D. The Insider	Ent ET Canada	Chicago PD (N) ☑	CBC News: Vancouver	Assembly Assembly	NHL Hockey: Anaheim Ducks at Los Angeles Kings (N) ☑	etalk (N) Big Bang	Fast N' Loud ☑	Win, Lose Good Luck	Nashville ☑	Hungry Investors ☑	Bord. Rico Bord. Rico	
8 PM	Family Guy Family Guy	Survivor (N) ☑	India on Four Wheels	NOVA (N) ☑ (DVS)	Revolution (N) ☑	Survivor (N) ☑	Duck D. Duck D.	The Middle Suburg.	Survivor (N) ☑	Survivor (N) ☑	To Be Announced	Vampire Haunting	Ducks at Los Angeles Kings (N) ☑	Arrow "Unthinkable" ☑	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Bar Rescue ☑	Security Security
9 PM	Amer. Dad Amer. Dad	Engels About-Boy	Jazz Count Basie; jazz at Carnegie Hall.	Nazi Mega Weapons	Law & Order: SVU	Criminal Minds	Duck D. Duck D.	Mod Fam Mixology	Engels About-Boy	Engels About-Boy	Engels About-Boy	Mr. Young Sports	Criminal Minds	Sons of Guns ☑	Wingin' It Next Step	Jimmy Kimmel Live (N)	Unfinished Countdown	Ghost Adventures ☑	
10 PM	Jeffersons Jeffersons	(10:01) Chicago PD (N)	Hall.	Mother In Law	(10:01) Chicago PD (N)	CSI: Crime Scene	Duck D. Duck D.	Nashville ☑	(10:01) Chicago PD (N)	News Hour Final (N)	The National (N) ☑	Gags Gags	SportsCentre (N) ☑	CSI: Crime Scene	Highway Thru Hell	Good Luck Jessie ☑	EP Daily	Bar Rescue ☑	Bord. Rico Bord. Rico
11 PM	Movie: "The Firm"	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N) ☑	J. Fallon	Letterman	Duck D.	KXLY 4	News Hour Final (N)	ET Canada The Test	CBC News Vancouver	Vampire Haunting	SportsCentre ☑	News-Lisa CTV News	Fast N' Loud ☑	Wizards Life Derek	Recovery Paid Prog.	Bar Rescue ☑	Airport Airport



# This Old House

## A Heritage Home Gets A New Life



Erin Traverse runs errands for workers at her home. Photos: Brenda Engel



A roof replacement provided a quick update to the classic building.

The home at the end of Kenley Avenue has been the site of much activity over the past few months. Owners Martin and Erin Traverse have taken on the task of upgrading

and renovating the structure so they can live in it full time. The home was constructed in 1904 and old photos of that section of town show it as not being the last

house on the street. Flooding from the Tulameen River and a highways project that created Highway 5A removed the other homes that sat beside it.

The Traverses are interested in knowing more about the history of their home. If you know anything that may be of interest, you are invited to stop by and share your

memories. Aside from some 'modern' updates, the building will remain a majestic reminder of the past sitting on Kenley Avenue.



Martin Traverse takes a short break from work on the heritage home on Kenley Avenue.



Under floor heating lines as viewed from below and looking up. One of many upgrades.

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## Thursday Movies

**EVENING**

9:00 pm KNOW ch.5 "Winged Migration" (2001, Documentary) Narrated by Jacques Perrin. Filmmaker Jacques Perrin follows migratory birds as they fly thousands of miles away, then return. (CC)

11:00 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne.

A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.

WEEKLY LOCAL CHURCH SERMONS  
[livingwaterchurch.info](http://livingwaterchurch.info)

**PHOTO AT LEFT:** Third-year Earth Sciences students from SFU were out studying the geology May 3rd. Accompanying them were SFU staff including their Professor. This cheerful bunch were spotted just west of Yellow Lake along Highway 3A. The annual Geology Field School centres around Oliver and takes about ten days each Spring. Other field locations for the SFU Earth Sciences program include Vancouver Island, the Fraser Canyon and Merritt. The program of study takes 4 years. Photo: Arlene Arlow

THURSDAY, MAY 15, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 6:30	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	Morning Northwest	Morning News (N) 6:30	(5:00) Morning News (N)	CBC News Now (N) 6:30	Kid vs. Kat	Sports	CTV Morning Live (N) 6:30	Mighty Planes 6:30	Stella-Sam	CityLine (N) 6:30	DEA (N)	Eat St. (N)
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today Kip and Mona Lisa Harding; Maya Rudolph. (N) 6:30	CBS This Morning (N) 6:30	Criminal Minds (N)	Good Morning America (N) 6:30			Tiger	Super Evil	IIHF World Championship: Canada vs. Denmark. (N)	High Tech Rednecks	Shake It Austin	Let's Make a Deal (N)	DEA "Flip The Stripper"	Disaster	
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami (N) 6:30		Morning Huntley St.	Morning	Bo On/Go	Pokémon		Highway Thru Hell	Jessie 6:30	The Price Is Right (N)	DEA "Up the Ladder"	Roseanne	
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club (N) 6:30	CSI: Miami (N) 6:30	Livel Kelly and Michael	Morning Huntley St.	The Doctors (N) 6:30	Super Why! Napkin	Monster	SportsCentre 6:30	Livel Kelly and Michael	Mighty Ships 6:30	Little	Jdg Judy	DEA (N)	Friends
10 AM	Divorce	The Doctors (N) 6:30	Ella the EI	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds (N)	The View (N) 6:30	The Doctors (N) 6:30	Pitchin' In	Bookaboo	Invasion	Motorcycle	The View (N) 6:30	Auction	Never Land	The Chew (N) 6:30	DEA (N)	Airport
11 AM	Judge Alex	Pitchin' In	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds (N)	Paid Prog.	Pitchin' In	Noon News Hour (N)	Dragons' Den (N) 6:30	Flamingo	Lumberj.	Marilyn Denis	How/Made	ANT Farm	General Hospital (N) 6:30	Cops 6:30	Back. Gold
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose (N) 6:30	America	News	The First 48 (N) 6:30	The Chew (N) 6:30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 6:30	Kid vs. Kat	SportsNation (N) 6:30	CTV News (N) 6:30	Sons of Guns (N) 6:30	Wingin' It	Katie (N) 6:30	Cops 6:30	Eat St. (N)
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Painting	Days of our Lives (N)	The Talk (N) 6:30	The First 48 (N) 6:30	General Hospital (N) 6:30	Days of our Lives (N)	The Talk (N) 6:30	Republic of Doyle (N) 6:30	Rated A	Hockey	The Social (N) 6:30	Mighty Ships "Faust"	Wizards	CityLine 6:30	Cops 6:30	Roseanne
2 PM	Seinfeld (N)	The Talk (N) 6:30	Ella the EI	Thomas	Katie (N) 6:30	Let's Make a Deal (N)	The First 48 (N) 6:30	Queen Latifah	The Talk (N) 6:30	Queen Latifah	Steven and Chris 6:30	Kid vs. Kat	Off Record	Dr. Phil (N) 6:30	Fast N' Loud (N) 6:30	Good Luck	CityNews at 5 (N) 6:30	Cops 6:30	Friends
3 PM	The Middle	Queen Latifah	Dive, Oily	Std	Ellen DeGeneres Show	Dr. Phil (N) 6:30	The First 48 (N) 6:30	Rachael Roy (N) 6:30	Queen Latifah	Young & Restless	Coronation	Sidekick	SportsCentre (N) 6:30	The Dr. Oz Show 6:30	How/Made	Shake It	CityNews at 6 (N) 6:30	Cops 6:30	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show 6:30	The First 48 (N) 6:30	The Doctors (N) 6:30	Young & Restless	Early News	NHL Hockey: Conference Final: Teams TBA. (N) 6:30 (Live) 6:30	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops 6:30	Museum Secrets 6:30
5 PM	Browns	News (N) 6:30	Martha	News	News	News	The First 48 (N) 6:30	ABC News	Global Nat.	(4:59) News Hour (N)	Parents	NHL Hockey: Minnesota Wild at Chicago Blackhawks. (N) 6:30	CTV News at Five (N)	Fast N' Loud	Jessie 6:30	Hell's Kitchen (N)	Cops 6:30	Canadian Pickers (N)	
6 PM	Browns	Global Nat.	Canada: Over the Edge	PBS News-Hour (N) 6:30	News	KREM 2 News at 6 (N)	After the First 48 (N) 6:30	News at 6	(5:59) News Hour (N)	ET Canada	Thunder	Sam & Cat	CTV News (N) 6:30	Fast N' Loud (N) 6:30	Austin	Seed (N)	IMPACT Wrestling (N) 6:30	Back. Gold	
7 PM	Mod Fam	Ent	Mega Builders 6:30	Health Matt.	Jeopardy!	Inside Ed.	(7:01) The Killer Speaks	Ent	Ent	Elementary (N) 6:30	CBC News: Vancouver	Cache	SportsCentre (N) (Live) 6:30	etalk (N)	Vegas Rat Rods (N)	Win, Lose	Murdoch Mysteries (N)	Hid. City	
8 PM	Family Guy	Fisher	Our Queen (N) 6:30	New Tricks (N) 6:30	Hollywood Game Night	Big Bang	(8:02) The First 48 6:30	Grey's Anatomy 6:30	Fisher	Fisher	To Be Announced	Vampire	Haunting	Big Bang	How/Made	Good Luck	CityNews-Tonight (N)	Rampage	Sturgis Raw (N) 6:30
9 PM	Amer. Dad	ET Canada	Movie: *** "Winged Migration"	Foyle's War 6:30	Rosemary's Baby	Two Men	(9:01) The First 48 6:30	Grey's Anatomy 6:30	ET Canada	ET Canada		Mr. Young	Hockey	Grey's Anatomy 6:30	Fast N' Loud	Wingin' It	Jimmy Kimmel Live (N)	Cops 6:30	Ghost Adventures 6:30
10 PM	Jeffersons	(10:01) Elementary	Park	Coming Back With Wes	health declines. (N)	(10:01) Elementary 6:30	After the First 48 6:30	Black Box (N) 6:30	(10:01) Elementary 6:30	(10:01) News Hour Final	The National (N) 6:30	Gags	SportsCentre (N) 6:30	Motive (N) 6:30 (DVS)	Good Luck	EP Daily	Cops 6:30	Hid. City	
11 PM	Movie: "Biker Boyz"	CHBC News Final (N)	Mega Builders 6:30	Charlie Rose (N) 6:30	News	News	The Killer Speaks 6:30	KXLY 4	News Hour Final (N)	ET Canada	CBC News Vancouver	Vampire	SportsCentre 6:30	News-Lisa	Vegas Rat Rods	Wizards	Recovery	Jail 6:30	Sturgis Raw (N) 6:30




# Friday Movies

**EVENING**

7:00 pm YTV ch.18 "Space Chimps" (2008, Comedy) Voices of Andy Samberg. Animated. A fun-loving chimpanzee has to get serious when he becomes an astronaut and he and his shipmates become stranded at the other side of a black hole. (In Stereo) (CC)  
 8:00 pm FAM ch.26 "Starstruck" (2010, Drama) Sterling Knight. A Midwestern girl visits Los Angeles and spends time with a rising Hollywood pop star. (In Stereo) (CC)  
 9:50 pm FAM ch.26 "The Even Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vaca-

tion. (In Stereo) (CC)  
 11:00 pm WTBS ch.3 "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like.



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# News Leader Recipe 612

## Carrot Cake Almond Pancakes

**Ingredients**

- Pancakes:**
- 1 1/2 cups (375 mL) whole wheat flour
  - 1/2 cup (125 mL) ground almonds
  - 2 tbsp. (30 mL) granulated sugar
  - 1 tbsp. (15 mL) baking powder
  - 1 tsp. (5 mL) ground cinnamon
  - Pinch fresh ground nutmeg
  - 1 2/3 cups (400 mL) vanilla almond milk
  - 1 egg
  - 2 tbsp. (30 mL) canola oil
  - 1 cup (250 mL) grated carrots
  - 1/4 cup (60 mL) golden raisins
- Cream Cheese Yogurt Drizzle:**
- 1/4 cup (60 mL) 0% Greek yogurt
  - 2 tbsp. (30 mL) light cream cheese, softened
  - 4 tbsp. (60 mL) vanilla almond milk
  - 1/2 cup (125 mL) diced fresh strawberries
  - 2 cups (500 mL) quartered fresh strawberries

**Directions**

- In a large bowl, whisk together whole wheat flour, almonds, sugar, baking powder, cinnamon and nutmeg; set aside.
- In another bowl, whisk together almond milk, egg and canola oil. Pour over flour mixture and stir until smooth. Stir in carrots and raisins.
- Heat a non-stick griddle or a large non-stick skillet over medium heat. Ladle 1/4 cup (60 mL) of the batter onto griddle. Cook for about 2 minutes or until bubbles appear on top. Using spatula, flip pancake and cook another 1 minute or until golden. Repeat with remaining batter. (Alternatively, use 1/8 cup (30 mL) measure to make smaller pancakes.)
- Cream Cheese Yogurt Drizzle: Meanwhile, in a bowl, using an electric hand mixer, beat together yogurt, cream cheese and almond milk until smooth and runny. Stir in strawberries.
- Spoon drizzle over pancakes and top with berries. Makes 16 pancakes.

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.

More recipes can be found online at almonds.com.

- www.newscanada.com

**FRIDAY, MAY 16, 2014**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Parking	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat	Sports	CTV Morning Live (N) 0	Nerve Center	Stella-Sam	CityLine (N) 30	Bar Rescue	Eat St. 0
6:30			Monkey	Martha			Parking				Rescue	Hockey			ANT Farm				Eat St. 0
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today Bryan Cranston; Heidi Klum. (N) 0 30	CBS This Morning (N) 0 30	Parking	Good Morning America (N) 30			Tiger	Yu-Gi-Oh!			Last Car Standing	Shake It	Let's Make a Deal (N)	Bar Rescue	Disaster
7:30			Wild Kratts	Wild Kratts			Parking				Arthur 30	Digimon				Austin			Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			Parking			Morning	Bo On/Go	Pokémon			Flying Wild Alaska	Jessie 30	The Price Is Right (N)	Bar Rescue	Roseanne
8:30			Doozers	Cat in the			Parking			Huntley St.	Busytown	Storm				Wizards			Roseanne
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club 0 30	Parking	Live! Kelly and Michael	Morning	The Doctors 0 30	Super Why!	Monster	SportsCentre 30	Live! Kelly and Michael	Mighty Ships 30	Little	Jdg Judy	Repo	Friends 0
9:30	Millionaire	Huntley St.	Rob Robot	Dinosaur			Parking				Napkin	Spliced 0				Manny	Jdg Judy	Repo	Friends 0
10 AM	Divorce	The Doctors 0 30	Ella the EI	Sesame Street 0 (EI)		The Price Is Right (N)	Parking	The View (N) 0 30	The Doctors 0 30	Pitchin' In	Bookaboo	Invasion	College Basketball	The View (N) 0 30	Auction	Never Land	The Chew 0 30	Repo	Treasures Decoded 0
10:30	Divorce		Jelly Jamm				Parking			Pitchin' In	Doodlebop	Almost			Auction	Sofia			
11 AM	Judge Alex	Pitchin' In	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Parking	Paid Prog.	Pitchin' In	Noon News Hour (N)	Dragons' Den 0 30	Flamingo		Marilyn Denis	How/Made	ANT Farm	General Hospital (N) 0	Repo	Ghost Adventures 30
11:30	Judge Alex	Pitchin' In	Clifford	Sit & Be Fit	Jdg Judy		Parking	Youthful	Pitchin' In		Squirrel			How/Made	Jessie 30			Repo	
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 30	Pain Free	News	The First 48 0 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Kid vs. Kat	Horse Racing: Black-Eyed Susan	CTV News (N) 0 30	Fast N' Loud	Wingin' It	Katie 0 30	Repo	Eat St. 0
12:30	King		Dinosaurs		Paid Prog.	Bold					Sidekick		Stakes. (N) 30			Wizards		Repo	Eat St. 0
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Wyland's	Days of our Lives (N)	The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Republic of Doyle 0	Rated A	Stakes. (N) 30	The Social 0 30	Fast N' Loud 0 30	Wizards	CityLine 30	Cops 30	Roseanne
1:30	Community		Dragon	Scrapbook							Monster				Good Luck			Cops 30	Roseanne
2 PM	Seinfeld 0	The Talk 0 30	Ella the EI	Thomas	Katie 0 30	Let's Make a Deal (N)	The First 48 "Blackout"	Queen Latifah	The Talk 0 30	Queen Latifah	Steven and Chris 30	Kid vs. Kat	Off Record	Dr. Phil 0 30	Vegas Rat Rods	Good Luck	CityNews at 5 (N) 30	Cops 30	Friends 0
2:30	The Middle		Rob Robot	Super Why!							Super Evil		Interruption		Shake It			Jail 30	Friends 0
3 PM	The Middle	Queen Latifah	Dive, Oily	Sid	Ellen DeGeneres Show	Dr. Phil 0 30	The First 48 0 30	Rachael Ray 0 30	Queen Latifah	Young & Restless	Coronation	Sidekick	SportsCentre (N) 30	The Dr. Oz Show 30	How/Made	Shake It	CityNews at 6 (N) 30	Cops 30	Disaster
3:30	Mod Fam	Jelly Jamm	Jelly Jamm	Peg							Stefano	Squirrel			How/Made	ANT Farm		Jail 30	Disaster
4 PM	Big Bang	Young & Restless	Maya Beo	Wild Kratts	Jdg Judy	The Dr. Oz Show 30	The First 48 0 30	The Doctors 0 30	Young & Restless	Early News	NHL Hockey: Conference	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Cops 30	Treasures Decoded 0
4:30	Big Bang		Arthur 0	WordGirl	Jdg Judy					Global Nat.	NHL Hockey: Conference	Kung Fu	E:60 (N) 30		Good Luck	Mod Fam	Cops 30		
5 PM	Browns	News (N) 30	Dino Dan	News	News	News	The First 48 0 30	News	Early News	(4:59) News Hour (N)	Final: Teams TBA. (N) 0 (Live) 30	Parents		CTV News at Five (N)	Sons of Guns: Locked	Austin	Last Man	Cops 30	Surviving Evil 0
5:30	Payne		Wild Kratts	Business	NBC News	CBS News		ABC News	Global Nat.			SpongeBob	NHL			Jessie 30	Last Man	Cops 30	
6 PM	Browns	Global Nat.	Mega Builders 30	PBS NewsHour (N) 30	News	KREM 2 News at 6 (N)	The First 48 0 30	News at 6	(5:59) News Hour (N)	ET Canada		SpongeBob	NHL Hockey: Los Angeles	CTV News (N) 0 30	Sons of Guns (N) 30	Dog	Suburg.	Cops 30	The Dead Files 0 30
6:30	Payne	News		Millionaire				News		Ent		SpongeBob			Liv-Mad.	Suburg.	Cops 30		
7 PM	Mod Fam	Ent	Coast 30	Wash	Jeopardy!	Inside Ed.	The First 48 0 30	Ent	Ent	Dream Builders	CBC News: Vancouver	Movie: * * "Space Chimps" (2008) 0 30	Kings at Anaheim Ducks. (N) 30	etalk (N)	Mayday 30	I Didn't	(7:01) Hannibal (N) 0	Cops 30	The Dead Files 0 30
7:30	Seinfeld	ET Canada		Moyers	Wheel	Access H.		The Insider	ET Canada					Blg Bang		Next Step			
8 PM	Family Guy	Hawaii Five-0 0 30	New Tricks 0 30	Call the Midwife 30	Dateline NBC (N) 30	Hawaii Five-0 0 30	(8:02) The First 48 30	Shark Tank 0 30	Hawaii Five-0 0 30	Hawaii Five-0 0 30	To Be Announced		SportsCentre (N) 30	Spun Out	Mayday 30	Movie: * * "Starstruck" (2010) 0	CityNews-Tonight (N)	Unrivaled	Ghost Adventures 30
8:30	Family Guy																		
9 PM	Amer. Dad	Kitchen Nightmares	Lewis The death of Jessica Lake.	American Masters (N) 0 30	Grimm 0 (DVS)	Blue Bloods 0 30	(9:01) The First 48 30	Barbara Walters: Her Story (N) 0 30	Kitchen Nightmares	Kitchen Nightmares		Cache		Grimm 0 (DVS)	Sons of Guns: Locked	Austin	Jimmy Kimmel Live (N)	Cops 30	Ghost Adventures 30
9:30	Amer. Dad											Japanizl	Hockey					Jail 30	
10 PM	Jeffersons	Dream Builders	Chung	Artist	(10:01) Hannibal (N) 0	Blue Bloods 0 30	(10:01) The First 48 0		Dream Builders	News Hour Final (N)	The National (N) 30	Japanizl	SportsCentre (N) 30	Blue Bloods 0 30	Sons of Guns 0 30	(9:50) "The Even Stevens Movie" 0	EP Daily	Jail 30	The Dead Files 0 30
10:30	Jeffersons											Assembly					Reviews on	Jail 30	
11 PM	"Heart Condition"	CHBC News Final (N)	Inside Disaster: Haiti	Charlie Rose (N) 30	News	News	(11:01) The First 48 0	KXLY 4	News Hour Final (N)	ET Canada	CBC News Vancouver	Mr. Young	SportsCentre 30	News-Lisa	Mayday 30	Life Derek	Recovery	Jail 30	Ghost Adventures 30
11:30					J. Fallon	Letterman		J. Kimmel		The Test		Boys		CTV News			Paid Prog.	Jail 30	



# News Leader Weekend - Saturday Movies

**MORNING**

7:00 am DTOUR ch.45 "Police Academy" (1984, Comedy) Steve Guttenberg. The new mayor's policy puts badges on misfits: one has a police record; another does vocal sound effects. (In Stereo) (CC) (DVS)  
 9:00 am WTBS ch.3 "Terminator 2:

Judgment Day" (1991, Science Fiction) Arnold Schwarzenegger. Two cyborgs from the future battle over the life of a teen who will someday lead humanity against the machines.  
 DTOUR ch.45 "Police Academy 2: Their First Assignment" (1985, Comedy) Steve Guttenberg. The zany graduates attempt to stop ram-

nant acts of vandalism when they take to the meanest beat on the streets. (In Stereo) (CC)  
 11:00 am DTOUR ch.45 "Police Academy 3: Back in Training" (1986, Comedy) Steve Guttenberg. The misfits try to stop the penny-pinchng governor from shutting down their academy. (In Stereo) (CC)

11:30 am WTBS ch.3 "Terminator Salvation" (2009, Science Fiction) Christian Bale. As the machines prepare for a final attack, John Connor and a mysterious stranger delve into the heart of Skynet and uncover a terrible secret involving the annihilation of mankind.

make a documentary about actor Scott Speedman. (CC)  
 8:00 pm KSPS ch.6 "The Private Life of Sherlock Holmes" (1970, Suspense) Robert Stephens. Holmes and Watson seem chummier than usual on a German-spy job for Queen Victoria. (In Stereo) (CC)  
 KXLY ch.10 "Spider-Man 2" (2004, Action) Tobey Maguire. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (In Stereo) (CC)  
 YTV ch.18 "Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. (In Stereo) (CC) (DVS)

**AFTERNOON**

1:00 pm DTOUR ch.45 "Police Academy" (1984, Comedy) Steve Guttenberg. The new mayor's policy puts badges on misfits: one has a police record; another does vocal sound effects. (In Stereo) (CC) (DVS)

**EVENING**

6:00 pm WTBS ch.3 "Wild Hogs" (2007, Comedy) Tim Allen. Looking for adventure, frustrated suburbanites hit the open road and encounter rough-and-tumble bikers.  
 CITY ch.29 "Hooked on Speedman" (2008, Comedy) Nicholas Carella. Two friends have wacky adventures while aspiring to

make a documentary about actor Scott Speedman. (CC)  
 DTOUR ch.45 "Police Academy" (1984, Comedy) Steve Guttenberg. The new mayor's policy puts badges on misfits: one has a police record; another does vocal sound effects. (In Stereo) (CC) (DVS)  
 10:00 pm WTBS ch.3 "Rush Hour 3" (2007, Action) Jackie Chan. The assassination of a Chinese ambassador reunites Lee and Carter, who tangle with Triad gangsters in France.  
 FAM ch.26 "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. A 14-year-old baseball prodigy tries to juggle the playoffs and a cooking contest in the same day. (In Stereo) (CC)  
 DTOUR ch.45 "Police Academy 2: Their First Assignment" (1985, Comedy) Steve Guttenberg. The zany graduates attempt to stop rampant acts of vandalism when they take to the meanest beat on the streets. (In Stereo) (CC)



A rockslide on Highway 3 near Keremeos closed the road for about twelve hours starting late in the evening of May 4th. This is a look up at the site of the first slide earlier this year which is where the most recent one also originated. Highway 3 was open for traffic by 9:00 AM the following morning. It continues to be monitored. Photo: Brenda Engel

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**SATURDAY, MAY 17, 2014**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Paid Prog.	Ancestors	Wibbly Pig	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shane Jones. (N)	Our Vancouver (N) (CC)	Sidekick Super Evil	SportsCentre (N) (CC)	Juicebox (N) (CC)	Sons of Guns (N) (CC)	Slug Terra	Kitchen	Bar Rescue "Bar Fight"	Moves
6:30 AM	Youthful	Fishful	Monkey	Fly Tying															Paid Prog.
7 AM	Browns	Saturday Morning News Lynn	Ella the El	MotorWeek	KHQ Local News Saturday 7AM (N) (CC)	Lucky Dog	Criminal Minds (N) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Allen	SportsCentre (N) (CC)	Airplane Repo	Gravty	Eye/Asia	Bar Rescue (N) (CC)	Movie: "Police Academy" (1984) (N) (CC)	
7:30 AM	Att. Eats	Colliar, Welsa Wong, & Jay Janower. (N)	Jelly Jamn	Greener		Dr. Chris		Hanna			Super Why!	Nerds		Wizards	Integration				
8 AM	The Office		Upside	Woodsmith		Recipe	Flipping Vegas (N) (CC)	Ocean	Colliar, Welsa Wong, & Jay Janower. (N)		Artzooka	Chucks	SportsCentre (N) (CC)	Canada AM Weekend	Mayday (N) (CC)	ANT Farm	Polish Studio (N) (CC)	Bar Rescue (N) (CC)	
8:30 AM	Paid Prog.		PAW Patrol	Rough Cut		J. Oliverr					Cross	Rabblids			Shake It				
9 AM	Movie: "Terminator 2: Judgment Day" (1991)		Magic Bus	Hometime		All In	Flipping Vegas (N) (CC)	Explore		Fishn	Absolutely Canadian	SpongeBob	Motoring	Marlyn Denls	Bering Sea Gold (N) (CC)	Good Luck	Liquidator	Bar Rescue (N) (CC)	
9:30 AM			Maya Bee	Old House		Changers		Rescue		Real Fish.		Monsters	E:60 (N) (CC)			Austin	Dark Side	"Police Academy 2: Their First Assignment" (N) (CC)	
10 AM					NHL Hockey: Conference	Paid Prog.	Storage	Wildlife	Fishn	Powerboat	Doc Zone (N) (CC)	Sanjay	NHL Hockey: Conference	Children	Mayday (N) (CC)	Dog	Travels	Hungry Investors (N) (CC)	
10:30 AM					Final: Teams TBA. (N) (Live) (CC)	Youthful	Storage	Expedition	Real Fish.	Driving TV		Bread		Cash Cab		Jessie (N) (CC)	Ed's Up		
11 AM						Cash Cab	Storage	March to Brazil	Powerboat	House "Body & Soul"	the fifth estate (N) (CC)	Turtles	Final: Teams TBA. (N) (Live) (CC)	Is Written	Mayday (N) (CC)	Liv-Mad.	Shopping Channel (N) (CC)	Cops (N) (CC)	
11:30 AM	Movie: "Terminator Salvation" (2009) Christian Bale.		Animals	Cook's		Cash Cab	Storage		Driving TV			BeyWar.		Operation		I Didn't		Cops (N) (CC)	
12 PM			Animals	Garden		PGA Tour Golf: HP Byron Nelson Championship, Third Round. (N) (CC)	Storage	2014 Draft Academy (N)	PGA Tour Golf: HP Byron Nelson Championship, Third Round. (N) (CC)	PGA Tour Golf: HP Byron Nelson Championship, Third Round. (N) (CC)	Recipes	Pokémon		SportsCentre (N) (CC)	Yukon Men (N) (CC)	(12:11) Radio Disney Music Awards	IndyCar Racing	Cops (N) (CC)	
12:30 PM			Parks	Antiques Roadshow		Shipping	Shipping	IndyCar Racing: Indianapolis 500, Qualifying. (N)	PGA Tour Golf: HP Byron Nelson Championship, Third Round. (N) (CC)	Lang & O'Leary	Yu-Gi-Oh!	B-Daman	MLS Soccer: New York Red Bulls at Toronto FC.	The Social (N) (CC)	Sons of Guns: Locked	Gravty		Cops (N) (CC)	
1 PM			Marine Machines (N) (CC)	Nazi Mega Weapons		Shipping	Shipping			To Be Announced	Nerds	Nerds		Canada's Worst Driver	Sons of Guns (N) (CC)	Phineas	Travels	Cops (N) (CC)	
2 PM	Payne				139th Preakness Stakes (N) (Live) (CC)	Shipping	Shipping				Nerds	Nerds		Cash Cab	How/Made	Good Luck	CityNews Weekends	Countdown	
3 PM	Community	House "Body & Soul"	Canada: Over the Edge	Globe Trekker (N)	Chlca	Paid Prog.	Criminal Minds (N) (CC)	World of X Games (N)	House "Body & Soul"	Simpsons	National	Nerds	Sports	Celebrity	How/Made	Next Step		Unrivaled	
3:30 PM	Community					Paid Prog.				Simpsons	HNIC	Nerds						Security	
4 PM	King	Simpsons	Secret Cities	Steves	Noodle	Access Hollywood (N)	Criminal Minds (N) (CC)	McCarver	Simpsons	Simpsons	NHL Hockey: Conference	Chucks	NASCAR	Celebrity	Cash Cab	Jessie (N) (CC)	Out There	Rampage	
4:30 PM	King	Simpsons		WA. Grown	Justin			Beer Geek	Simpsons	Global Nat.		Chucks	NASCAR	Movie	How/Made	Dog	Out There	Unfinished	
5 PM	The Middle	Simpsons	Our Queen	LastWine	News	News	Criminal Minds (N) (CC)	News	Simpsons	News Hour (N)	Final: Teams TBA. (N) (Live) (CC)	Chucks	Racing: Sprint Cup: All Star Race. (N)	etalk (N) (CC)	NeverEver	Shake It	Murdoch Mysteries (N) (CC)	Alvarez vs. Chandler III: The Prelims	
5:30 PM	The Middle	Global Nat.		Wait...	NBC News	CBS News		ABC News	Global Nat.			Chucks		App	NeverEver	Austin		Security	
6 PM	Movie: "Wild Hogs" (2007) Tim Allen.	(5:59) News Hour (N)	Hope for Wildlife (N)	Lawrence Welk	News	News	Criminal Minds (N) (CC)	News	(5:59) News Hour (N)	16x9 (N) (CC)		Assembly	CTV News (N) (CC)	Deadliest Catch (N) (CC)	Good Luck	Movie: "Hooked on Speedman" (2008) (N) (CC)		Ghost Adventures (N)	
6:30 PM					Criminal Minds (N) (CC)	Paid Prog.		The Insider				Mr. Young			Liv-Mad.				
7 PM			Dam Beavers (N) (CC)	Keep Up	Burn Notice (N) (CC)	Criminal Minds (N) (CC)	Entertainment Tonight		16x9 (N) (CC)	Security	NHL Hockey: Conference	Cache		W5 (N) (CC) (DVS)	Fast N' Loud (N) (CC)	I Didn't		Ghost Adventures (N)	
7:30 PM			As Time...	2014 Spokane Lilac Festival Armed Forces Torchlight Parade (N) (Live) (CC)						Security		Japanizi			Next Step				
8 PM	Family Guy	Security	Heartbeat (N) (CC)	Movie: "The Private Life of Sherlock Holmes" (1970)	Two Men	(8:02) Criminal Minds	Movie: "Spider-Man 2" (2004)	Security	Dust Up (N) (CC)	Dust Up (N) (CC)	Final: Teams TBA. (N) (Live) (CC)	Movie: "Ghostbusters" (1984) (N) (CC)	Hockey	Mixology	Street Outlaws (N) (CC)	(8:15) Radio Disney Music Awards	CityNews Weekends	Cops (N) (CC)	
8:30 PM	Family Guy	Security			Friends			Security	Dust Up (N) (CC)	Dust Up (N) (CC)		The Marlovich Project (N) (CC)	Spun Out	Big Bang	Deadliest Catch (N) (CC)				
9 PM	Seinfeld (N) (CC)	Dust Up (N) (CC)	A Touch of Frost "Widows and Orphans" (N) (CC)	Live From Artists Den	48 Hours (N) (CC)	(9:01) Criminal Minds	Tobey Maguire, Kirsten Dunst. (N)	Dust Up (N) (CC)	Dust Up (N) (CC)	Dust Up (N) (CC)		Mike		Wingln' It	The Office				
9:30 PM	Seinfeld (N) (CC)	Dust Up (N) (CC)			48 Hours (N) (CC)	(10:01) Criminal Minds		Dust Up (N) (CC)	Dust Up (N) (CC)	Dust Up (N) (CC)									
10 PM	Movie: "Rush Hour 3" (2007)	Engels			48 Hours (N) (CC)	(11:01) Criminal Minds	Castle "Hunt" (N) (CC)	Dust Up (N) (CC)	Dust Up (N) (CC)	Dust Up (N) (CC)	To Be Announced	Super Evil	SportsCentre (N) (CC)	Motive (N) (CC) (DVS)	Fast N' Loud (N) (CC)	"Eddie's Million Dollar Cook-Off" (N) (CC)	The Office	Wildest Police Videos	
10:30 PM		Dust Up (N) (CC)						Dust Up (N) (CC)	Dust Up (N) (CC)	Dust Up (N) (CC)		Boys							
11 PM	Jackie Chan.	News Final	Canada: Over the Edge	Austin City Limits (N) (CC)	News	News		News Final	News Final	News Final		Mr. Young	SportsCentre (N) (CC)	News	NeverEver	Life Derek	Paid Prog.	Wildest Police Videos	
11:30 PM		SNL		SNL	The Closer			SNL	SNL	SNL		Boys		CTV News	NeverEver		Paid Prog.		



# News Leader Weekend - Sunday Movies

**MORNING**

7:00 am DTOUR ch.45 "Police Academy 2: Their First Assignment" (1985, Comedy) Steve Guttenberg. The zany graduates attempt to stop rampant acts of vandalism when they take to the meanest beat on the streets. (In Stereo) (CC)

9:00 am WTBS ch.3 "Men in Black" (1997, Action) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. A&E ch.9 "XXX" (2002, Action) Vin Diesel. A government agent recruits an athlete to stop an anarchist from using biological and chemical weapons. (In Stereo) (CC)

YTV ch.18 "Unstable Fables: Tortoise vs. Hare" (2008, Comedy) Voices of Jay Leno. Animated. Defeated in a race, a frustrated hare challenges a slow tortoise to a rematch. (In Stereo) (CC)

DTOUR ch.45 "Police Academy 3: Back in Training" (1986, Comedy) Steve Guttenberg. The misfits try to stop the penny-pinching governor from shutting down their academy. (In Stereo) (CC)

11:00 am WTBS ch.3 "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest.

DTOUR ch.45 "Star Trek: The Motion Picture" (1979, Science Fiction) William Shatner. Adm. Kirk, Mr. Spock, Dr. McCoy and crew embark in the overhauled Enterprise to find an intelligent

entity called VGER. (In Stereo) (CC)

**AFTERNOON**

12:00 pm VTV ch.22 "Music and Lyrics" (2007, Romance-Comedy) Hugh Grant. A washed-up '80s superstar must make beautiful music with a lyrically gifted plant caretaker when a pop diva asks him to write a song for her. (In Stereo) (CC)

FAM ch.26 "Beverly Hills Chihuahua 3" (2012, Comedy) Voices of George Lopez. After moving into a luxurious hotel, canine Papi tries to help one of his puppies feel more special. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Sky High" (2005, Comedy) Michael Angarano. Hoping he will follow in their footsteps, two superheroes send their reluctant son to a training school.

1:30 pm DTOUR ch.45 "Star Trek II: The Wrath of Khan" (1982, Science Fiction) William Shatner. Kirk, Spock and the Enterprise crew battle an old foe who blames Kirk for the death of his wife. (In Stereo) (CC)

2:15 pm YTV ch.18 "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. (In Stereo) (CC) (DVS)

4:00 pm DTOUR ch.45 "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the crew steal the old Enterprise and head for Vulcan to reunite the mind and body of Mr. Spock. (In Stereo) (CC)

4:15 pm YTV ch.18 "Stuart Little 3: Call of the Wild" (2005, Comedy)

Voices of Wayne Brady. Animated. A friendly skunk helps a little mouse rescue a cat from a dreaded forest creature. (In Stereo) (CC)

**EVENING**

6:00 pm WTBS ch.3 "Knocked Up" (2007, Romance-Comedy) Seth Rogen. A rising journalist and an

irresponsible slacker ponder their future after a boozy one-night stand results in a pregnancy. YTV ch.18 "Scooby-Doo 2: Monsters Unleashed" (2004, Comedy) Freddie Prinze Jr. Premiere. Fred, Daphne, Velma, Shaggy and Scooby investigate a group of ghouls terrorizing people. (In Stereo) (CC)

CITY ch.29 "Sea Beast" (2009, Science Fiction) Corin Nemec. A fisherman and a marine biologist try to stop a sea monster from devouring town residents. (CC)

6:30 pm DTOUR ch.45 "Star Trek IV: The Voyage Home" (1986, Science Fiction) William Shatner. Spock, Kirk and the Enterprise ..... continued on Page 17



This drainage culvert was being examined by highways crew members early May 5th. It is located north of Princeton on Highway 5A near Aspen Grove. The worker in the photo told the News Leader that beaver activity created an 'air lock' in the culvert that forced it up out of the ditch in the same manner an air-filled bottle would. Photo: Brenda Engel

**SUNDAY, MAY 18, 2014**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	In a Name	Wibbly Pig	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds (N)	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Sidekick	Sports	Canada AM Weekend	Don't Drive Here	Slug Terra	R Schuller	Off Road	Fishful
6:30	Coolcat	Operation	Monkey	WordWorld		Paid Prog.		Hollywood	Operation		Poko	Super Evil	Hockey			Wingin' It	ChurchRock	Engine	Paid Prog.
7 AM	P. Affairs	Sunday Morning News (N)	Ella the El	Barney	KHQ News	CBS News Sunday Morning	Criminal Minds (N)	Good Morning America	Sunday Morning News (N)		News	Squirrel		App	What Next	Gravity	Eye/Asia	TruckTech	"Police Academy 2: Their First Assignment"
7:30	All. Eats		Jelly Jamm	Space	Invest	(N)					Artzooka	Pet Shop		The Social	What Next	Wizards	Dharti	Muscle	
8 AM	The Office		Upside	Curious	Meet the Press (N)		Criminal Minds (N)	This Week			Coronation	Pet Shop		Question Period (N)	What Next	ANT Farm	Pakistan	Bar Rescue	
8:30	Worx Air!		PAW Patrol	Cat in the		The Nation					Coronation	Assembly			What Next	Shake It	Festival Italiano di Johnny Lombardi	Bar Rescue	
9 AM	Movie: *** "Men in Black" (1997) Will Smith		Dino Dan	Blz Kid\$	Paid Prog.	Paid Prog.	Movie: *** "XXX" (2002, Action) Vin Diesel. (N)	Paid Prog.		Block	Coronation	"Unstable Fables: Tortoise"	Reporters	Operation Smile	Myth-Busters (N)	Good Luck		Bar Rescue	Movie: "Police Academy 3: Back in Training"
9:30			Arthur	The Impact	Pain Free	Paid Prog.			Context	Coronation		Score Golf Television	Worst Handyman	Dangerous Flights	Grizzly	IndyCar Racing	Bar Rescue		
10 AM		Block	Wild Kratts	Inside Olympia	Cycling: Tour of California, Stage 6. (N)	Whacked		IndyCar Racing: Indianapolis 500, Pole Day. (N)	Block	J. Osteen	Coronation	Sam & Cat	Countdown					Bar Rescue	
10:30		Context	Little			Paid Prog.			Context	Paid Prog.	M'ketplace							Bar Rescue	
11 AM	Movie: *** "Step Up 2 the Streets" (2008)	J. Osteen	Little	Moyers		Extra (N)	Storage		J. Osteen	16x9	Our Vancouver	Assembly	NASCAR Racing: Nationwide Series. (N) (Live)	Kevin Newman Live	NeverEver	Liv-Mad.	Shopping Channel	Bar Rescue	Movie: *** "Star Trek: The Motion Picture" (1979)
11:30		Paid Prog.	Marco Polo	Europe Jml					Paid Prog.		Mr. Young	Mr. Young		NeverEver	Dog			Bar Rescue	
12 PM		News Hour	Dogs	Health Matt.	NHL Hockey: Conference Final: Teams TBA. (N) (Live)	PGA Tour Golf: HP Byron Nelson Championship, Final Round. (N)	Storage	NBA	News Hour	PGA Tour Golf: HP Byron Nelson Championship, Final Round. (N)	Land/ Sea	Boys		Movie: *** "Music and Lyrics" (2007) Hugh Grant.	Deadliest Catch	Movie: "Beverly Hills Chihuahua 3"	Travels	Hungry Investors	
12:30		PGA Tour Golf: HP Byron Nelson Championship, Final Round.	Dogs/ Jobs				Storage	Basketball: Conference Semifinal: Teams TBA. (N)		PGA Tour Golf: HP Byron Nelson Championship, Final Round.	Q With Jian Ghomeshi	Cache		Fast N' Loud	Wander	Murdoch Mysteries	Bar Rescue		Movie: *** "Star Trek II: The Wrath of Khan" (1982)
1 PM	Movie: *** "Sky High" (2005) Kurt Russell	Rivers	Rivers	Suze Orman's Financial Solutions For You			Storage				Japanz!z	Japanz!z	We Could Be King (N)	Myth-Busters (N)	Phineas	Mod Fam	Bar Rescue		Movie: *** "Star Trek III: The Search for Spock" (1984)
1:30		Championship, Final Round.	Mega Builders				Storage				The Nature of Things	(2:15) Movie: *** "Stuart Little" (1999)	SportsCentre (N)	Myth-Busters (N)	Next Step	CityNews	Bar Rescue		
2 PM		Big Bang	Ice Pilots NWT	Hope for Wildlife	Earth: The Inside Story	Prostate	Paid Prog.	Ambassadors of Hoops	Ice Pilots NWT	TV-Torrens	To Be Announced			First Story	Myth-Busters (N)	Good Luck	CityNews	Bar Rescue	
2:30		Big Bang			Tree Fu	Tree Fu	Duck D.	Beer Geek	TV-Torrens	Simpsons	NHL Hockey: Conference Final: Teams TBA. (N) (Live)	(4:15) Movie: "Stuart Little 3: Call of the Wild"	Plays	The Social	Myth-Busters (N)	Jessie	Funniest Home Videos	Bar Rescue	Movie: *** "Star Trek III: The Search for Spock" (1984)
3 PM	Big Bang	TV-Torrens	Fighting the Blue	Extraordinary Women	LazyTown	Backroads	Duck D.	Estate	Simpsons	Global Nat.			Hockey: 2014 RBC Cup, Teams TBA. (N) (Live)	W5 (DVS)	Myth-Busters (N)	Shake It	Murdoch Mysteries	Hungry Investors	
3:30	Big Bang	Simpsons	The Fairytale Castles	Museums	News	News	Duck D.	News	Simpsons	(4:59) News Hour (N)						Austin		Bar Rescue	
4 PM	Mod Fam	Simpsons			NBC News	CBS News	Duck D.	ABC News	Global Nat.					CTV News (N)	Myth-Busters (N)	Good Luck	Movie: *** "Sea Beast" (2009) Corin Nemec.	Hungry Investors (N)	Movie: *** "Star Trek IV: The Voyage Home" (1986)
4:30	Mod Fam	News					Duck D.	News at 6	(5:59) News Hour (N)	The Good Wife						Liv-Mad.		Bar Rescue	
5 PM	Movie: *** "Knocked Up" (2007)	Global Nat.	Mega Builders	Doc Martin	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	The Good Wife				The Amazin' Race	Myth-Busters (N)	Good Luck	ANT Farm	Bar Rescue	
5:30		News			Wheel		Duck D.	Red Carpet										Bar Rescue	
6 PM	Seth Rogen, Paul Rudd	Burgers	N. Geographic Specials	Call the Midwife	Coldplay: Ghost Stories	60 Minutes (N)	Duck D.	Funniest Home Videos	Burgers	Burgers	Mosque	Monsters Unleashed	SportsCentre (N) (Live)	The Amazin' Race	Myth-Busters (N)	I Didn't		Bar Rescue	
6:30		Amer. Dad					Duck D.		Amer. Dad	Amer. Dad	Mr. D							Bar Rescue	
7 PM		Simpsons	Monarch of the Glen	Masterpiece Classic "Mr. Selfridge, Season 2"	Dream Builders	The Amazin' Race	Duck D.	2014 Billboard Music Awards	Simpsons	Simpsons	Movie: "Boo!y's Crush" (2009) Megan Follows.	Super Evil		2014 Billboard Music Awards Festivities recognize popular artists.	Myth-Busters (N)	Shake It	CityNews Weekends	Bar Rescue	
7:30		Family Guy					Duck D.	Festivities recognize popular artists.	Family Guy	Family Guy		Cache	That's Hockey 2 Nite					Bar Rescue	
8 PM		Cosmos-Space	Waking the Dead	DCI Banks "Piece of My Heart"	The Women of SNL	The Good Wife	Duck D.		Cosmos-Space	Cosmos-Space	Mr. Young	Japanz!z	Motoring	Myth-Busters (N)	Next Step	Shahs of Sunset	Hungry Investors	Bar Rescue	Movie: ** "Star Trek V: The Final Frontier" (1989)
8:30	The Closer	The Good Wife					Duck D.		The Good Wife	News Final	The National (N)	Boys		Myth-Busters (N)	Wingin' It	The Office	Bar Rescue		
9 PM		News Final	Dam Beavers		Well Read	Paid Prog.	Family Guy	Duck D.	KXLY 4	News Final	Paid Prog.	CBC News	Mr. Young	SportsCentre	Myth-Busters (N)	Life Derek	Paid Prog.	Bar Rescue	
9:30	Movie: *** "Killers" (2010)	Block							Van Impe	Block	Paid Prog.	fifth estate	Boys	CTV News				Bar Rescue	Movie: *** "Star Trek II: The Wrath of Khan" (1982)
10 AM																		Bar Rescue	
10:30																		Bar Rescue	
11 AM																		Bar Rescue	Movie: *** "Star Trek II: The Wrath of Khan" (1982)
11:30																		Bar Rescue	Movie: *** "Star Trek II: The Wrath of Khan" (1982)



# Sunday Movies

..... continued from Page 16  
 time-travel to modern-day San Francisco to bring humpback whales to the 23rd century. (In Stereo) (CC)  
 8:00 pm CBC ch.13 "Booky's Crush" (2009, Drama) Megan Follows. A woman offers guidance to her 11-year-old daughter when the girl develops her first crush. (In

Stereo) (CC)  
 9:00 pm DTOUR ch.45 "Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. A renegade Vulcan makes Kirk, Spock, McCoy and the Enterprise go to a planet at the center of the galaxy. (In Stereo) (CC)  
 10:00 pm FAM ch.26 "Cadet Kelly" (2002, Comedy-Drama) Hilary

Duff. A 14-year-old deals with a coldhearted captain after she reluctantly joins a military academy. (In Stereo) (CC)  
 10:30 pm WTBS ch.3 "Killers" (2010, Action) Ashton Kutcher. A woman's perfect suburban life explodes in a hail of bullets when she learns that her husband is an international superspy.



Here's another look at the culvert popping out of the ditch along Highway 5A near Aspen Grove. Photo: Brenda Engel

# Monday Movies

## MORNING

7:00 am DTOUR ch.45 "Star Trek II: The Wrath of Khan" (1982, Science Fiction) William Shatner. Kirk, Spock and the Enterprise crew battle an old foe who blames Kirk for the death of his wife. (In Stereo) (CC)  
 9:30 am DTOUR ch.45 "Star Trek III: The Search for Spock" (1984, Science Fiction) William Shatner. Kirk and the crew steal the old Enterprise and head for Vulcan to reunite the mind and body of Mr. Spock. (In Stereo) (CC)  
 11:30 am FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC)

## AFTERNOON

12:00 pm DTOUR ch.45 "Star Trek IV: The Voyage Home" (1986, Science Fiction) William Shatner. Spock, Kirk and the Enterprise time-travel to modern-day San Francisco to bring humpback whales to the 23rd century. (In Stereo) (CC)  
 1:00 pm YTV ch.18 "Dennis the Menace Strikes Again" (1998, Comedy) Don Rickles. A devilish boy introduces his grandfather to crotchety neighbor Mr. Wilson and thwarts two con men. (In Stereo) (CC)  
 1:10 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo) (CC)  
 2:30 pm YTV ch.18 "Garfield: A

Tail of Two Kitties" (2006, Comedy) Voices of Bill Murray. Garfield follows Jon to England and gets the royal treatment after he is mistaken for the heir to a grand castle. But the feline will need all nine lives to foil the plans of evil Lord Dargis, who wants to turn the castle into a resort. (In Stereo) (CC)  
 DTOUR ch.45 "Star Trek V: The Final Frontier" (1989, Science Fiction) William Shatner. A renegade Vulcan makes Kirk, Spock, McCoy and the Enterprise go to a planet at the center of the galaxy. (In Stereo) (CC)  
 3:00 pm FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (CC)  
 4:00 pm YTV ch.18 "Yogi Bear 3D" (2010, Comedy) Voices of Dan Aykroyd. Live action/animated. Yogi, Boo Boo and Ranger Smith team up to stop the mayor from closing Jellystone Park and selling it to loggers. (In Stereo) (CC)  
 (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (CC)

## EVENING

6:20 pm FAM ch.26 "Teen Beach Movie" (2013, Musical) Ross Lynch. Two young surfers find romance when they magically become part of a movie musical. (In Stereo) (CC)  
 11:00 pm WTBS ch.3 "American Wedding" (2003, Comedy) Jason Biggs. A young couple prepares to marry, while an obnoxious friend plans to throw a bachelor party.

## MONDAY, MAY 19, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM :30	In the Heat of the Night	Morning News (N) [CC]	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [CC]	Morning Northwest	Morning News (N) [CC]	Museum Secrets [CC]	CBC News Now (N) [CC]	Kid vs. Kat Rescue	SportsCentre [CC]	CTV Morning Live (N) [CC]	Shred!	Stella-Sam	CityLine (N) [CC]	Bar Rescue [CC]	"Star Trek: M.P."
7 AM :30	Law & Order: SVU		G. Shrinks	Arthur	Today (N) [CC]	CBS This Morning (N) [CC]	Criminal Minds [CC]	Good Morning America (N) [CC]		Chef/Home	Tiger	Super Evil	SportsCentre [CC]		Cash Cab	Shake It	Let's Make a Deal (N)	Bar Rescue [CC]	Movie: *** "Star Trek II: The Wrath of Khan" (1982) [CC]
8 AM :30	Law & Order: SVU		Wild Kratts	Wild Kratts			CSI: Miami [CC]			Chef/Home	Arthur [CC]	Sidekick		How/Made	Austin			Bar Rescue [CC]	
9 AM :30	Millionaire	Morning	PAW Patrol	Curious						Morning	Bo On/Go	Pokémon	SportsCentre [CC]	Canada's Worst Driver	Jessie [CC]	The Price Is Right (N)	Bar Rescue [CC]		
10 AM :30	Millionaire	Huntley St.	Doozers	Cat In the Hat						Huntley St.	Busytown	Storm			Wizards			Bar Rescue [CC]	
11 AM :30	Divorce	The Doctors [CC]	Dinosaurs	Peg		The 700 Club [CC]	CSI: Miami [CC]	Live! Kelly and Michael	Morning	The Doctors [CC]	Super Why!	Assembly	SportsCentre [CC]	Liv! Kelly and Michael	Mighty Ships "Umiak I"	Jessie [CC]	Jdg Judy	Bar Rescue [CC]	Movie: *** "Star Trek III: The Search for Spock" (1984)
12 PM :30	Divorce	The Doctors [CC]	Rob Robot	Dinosaur		The Price Is Right (N)	Criminal Minds "No. 6"	The View [CC]	The Doctors [CC]	Pitchin' In	Bookaboo	Assembly	To Be Announced	The View [CC]	NeverEver	I Didn't	The Chew (N) [CC]	Bar Rescue [CC]	
1 PM :30	Judge Alex	Pitchin' In	Ella the Elf	Sesame Street [CC]		Young & Restless	Criminal Minds [CC]	Youthful	Pitchin' In	Weld or What?	Our Vancouver [CC]	Assembly		Marilyn Denis	NeverEver	Austin	General Hospital (N) [CC]	Hungry Investors [CC]	
2 PM :30	Judge Alex	Pitchin' In	Jelly Jamm	(EI)		Jdg Judy		Adam	Pitchin' In			Assembly		CTV News (N) [CC]	NeverEver	Movie: "High School Musical" (2006)	Kettle [CC]	Cops [CC]	Movie: *** "Star Trek IV: The Voyage Home" (1986)
3 PM :30	King	Noon News Hour (N)	PAW Patrol	Charlie Rose [CC]	Pain Free	News	The First 48 [CC]	The Chew (N) [CC]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [CC]	Assembly		The Social [CC]	NeverEver	(1:10) Movie: ** "High School Musical 2" [CC]	CityLine [CC]	Cops [CC]	The Voyage Home" (1986)
4 PM :30	Community	Days of our Lives (N)	Dragon	Quilting Art	Days of our Lives (N)	The Talk [CC]	The First 48 [CC]	General Hospital (N) [CC]	Days of our Lives (N)	The Talk [CC]	Republic of Doyle [CC]	"Dennis the Menace Strikes Again"		Dr. Phil [CC]	NeverEver	Movie: ** "Camp Rock" (2008)	CityNews at 5 (N) [CC]	Cops [CC]	Jail [CC]
5 PM :30	Seinfeld [CC]	The Talk [CC]	Ella the Elf	Thomas	Katie [CC]	Let's Make a Deal (N)	The First 48 [CC]	Queen Latifah	The Talk [CC]	Queen Latifah	Steven and Chris (N) [CC]	"Garfield: A Tail of Two Kitties" [CC]		The Dr. Oz Show [CC]	NeverEver	Movie: *** "Camp Rock" (2008)	CityNews at 6 (N) [CC]	Cops [CC]	Movie: ** "Star Trek V: The Final Frontier" (1989) [CC]
6 PM :30	The Middle	Queen Latifah	Diva, Oily	Sid	Ellen DeGeneres Show	Dr. Phil [CC]	The First 48 [CC]	Rachael Ray [CC]	Queen Latifah	Young & Restless	Coronation			Ellen DeGeneres Show	NeverEver	(4:40) Movie: * "Camp Rock" (2008)	Mod Fam	Cops [CC]	
7 PM :30	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show [CC]	Duck D.	The Doctors [CC]	Young & Restless	Early News	NHL Hockey: Conference Final: Teams TBA. (N) [CC]	Movie: * "Yogi Bear 3D" (2010)	To Be Announced	CTV News at Five (N)	NeverEver	Movie: * "Camp Rock" (2008)	Broke Girl	Cops [CC]	Bggg Bttls
8 PM :30	Big Bang	Young & Restless	Arthur [CC]	WordGirl	Jdg Judy	The Dr. Oz Show [CC]	Duck D.	ABC News	Global Nat.	(4:59) News Hour (N)	Final: Teams TBA. (N) [CC]			CTV News at Five (N)	NeverEver	Movie: * "Camp Rock" (2008)	Friends	Cops [CC]	Bggg Bttls
9 PM :30	Browns	News (N) [CC]	Martha	News	News	News	Duck D.	ABC News	Global Nat.	ET Canada	ET Canada	Sam & Cat		CTV News (N) [CC]	NeverEver	(6:20) Movie: "Teen Beach Movie"	Mike	Cops [CC]	Bord. Rico
10 PM :30	Payne	News	Animals	PBS News-Hour (N) [CC]	Millionaire	News at 6 (N)	Duck D.	News	Ent	ET Canada	ET Canada	Assembly		CTV News (N) [CC]	NeverEver	(6:20) Movie: "Teen Beach Movie"	The Bachelorette [CC]	Cops [CC]	Bord. Rico
11 PM :30	Payne	News	Animals	PBS News-Hour (N) [CC]	Millionaire	News at 6 (N)	Duck D.	News	Ent	ET Canada	ET Canada	Assembly		CTV News (N) [CC]	NeverEver	(6:20) Movie: "Teen Beach Movie"	The Bachelorette [CC]	Cops [CC]	Bord. Rico
12 PM :30	Mod Fam	Ent	Hope for Wildlife [CC]	2012	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Rookie Blue "Blink" [CC]	CBC News: Vancouver	Hathaways	SportsCentre (N) [CC]	etalk (N)	Jacked! (N) [CC]	Movie: "Teen Beach Movie"	Cops [CC]	Security	
1 PM :30	Seinfeld [CC]	ET Canada	WA. Grown	Wheel	Access H.	Duck D.	The Insider	ET Canada	ET Canada	Rookie Blue "Blink" [CC]	CBC News: Vancouver	Mr. Young		Big Bang			Cops [CC]	Security	
2 PM :30	Family Guy	Bones [CC]	Monty Don's French	Antiques Roadshow (N)	The Voice	Broke Girl	(8:02) Duck Dynasty	Dancing With the Stars [CC]	Bones [CC]	Bones [CC]	To Be Announced	Vampire	SportsCentre [CC]	The Voice	BikerLive (N)	(8:11) Radio Disney Music Awards	CityNews-Tonight (N)	Cops [CC]	Live Here
3 PM :30	Family Guy	Bones [CC]	Fake or Fortune? [CC]	Antiques Roadshow [CC]	The artists perform for the judges.	Friends	Duck D.		Bones [CC]	Bones [CC]		Haunting		The Voice	NeverEver		Jimmy Kimmel Live [CC]	Cops [CC]	Bggg Bttls
4 PM :30	Amer. Dad	24: Live Another Day	Antiques Roadshow [CC]	Antiques Roadshow [CC]	Mike	Duck D.			24: Live Another Day	24: Live Another Day		Mr. Young	To Be Announced	NeverEver	Hannah		Cops [CC]	Bggg Bttls	
5 PM :30	Amer. Dad	24: Live Another Day	Antiques Roadshow [CC]	Antiques Roadshow [CC]	Mom [CC]	Duck D.			24: Live Another Day	24: Live Another Day		Mr. Young	To Be Announced	NeverEver	Hannah		Cops [CC]	Bggg Bttls	
6 PM :30	Jeffersons	Rookie Blue	Inside Disaster: Halt!	Independent Lens (N) [CC]	Maya Rudolph	Criminal Minds [CC]	Duck D.		Rookie Blue "Blink" [CC]	News Hour Final (N)	The National (N) [CC]	Gags	SportsCentre [CC]	(10:01) Criminal Minds	Jacked! (DVS)	Good Luck	EP Daily	Jail [CC]	Bord. Rico
7 PM :30	Jeffersons	Rookie Blue	Inside Disaster: Halt!	Independent Lens (N) [CC]	Maya Rudolph	Criminal Minds [CC]	Duck D.		Rookie Blue "Blink" [CC]	News Hour Final (N)	The National (N) [CC]	Gags	SportsCentre [CC]	(10:01) Criminal Minds	Jacked! (DVS)	Good Luck	Reviews on	Jail [CC]	Bord. Rico
8 PM :30	"American Wedding"	CHBC News Final (N)	Hope for Wildlife [CC]	(DVS)	News	News	Duck D.	IQLY 4	News Hour Final (N)	ET Canada	CBC News Vancouver	Vampire	SportsCentre [CC]	News-Lisa	How/Made	Wizards	Recovery	Jail [CC]	Security
9 PM :30	"American Wedding"	CHBC News Final (N)	Hope for Wildlife [CC]	(DVS)	News	News	Duck D.	IQLY 4	News Hour Final (N)	ET Canada	CBC News Vancouver	Haunting	SportsCentre [CC]	CTV News	How/Made	Life Derek	Paid Prog.	Jail [CC]	Security





This pullout on Highway 3 could be a great place to promote the community and encourage visitors to stop. Photo: Brenda Engel

# Saving Downtown Princeton...

...An Ongoing Series by George Elliott

This week I'm going to take a closer look at what I'd like to call cosmetics.

Before I get into the meat of this subject I want to take you on a bit of a trip. Imagine that you have never been to Princeton in your life. You have not driven into the downtown core and you have never stopped on your way through from somewhere else.

Once you have done that I want you to imagine yourself driving on

Highway 3 from the west and heading to the Okanagan. You've already been on the road a few hours from your home in the Lower Mainland.

You've made it through the traffic and stop lights onto the Hope Princeton Highway and snaked your way through Manning Park.

You are now about to pass through Princeton but it's about time for a break. You've never been inclined to stop here and as you pass by on

Highway 3 you try to see something to catch your eye. You've made it past the beautiful rest area at the hospital turn off and you are working your way downhill hoping for some reason to stop and check out the community. You see a sign at a pullout and hopefully it will tell you something about Princeton and you see the scene pictured above.

It tells you just about all you need to know, so you stop for gas and a cold drink when the highway flattens out and as you continue on your trip you see the Chamber of Commerce, but it's on the other side of the highway and by now you've decided you'd rather just carry on until you get to Penticton.

Signage is such a big deal.

Not everybody has the internet at home and many don't have mobile devices in their vehicles. Sometimes an information sign is all that is needed to stop traffic and unless we start thinking like tourists and see

what's missing along the highway, we aren't going to be able to do a very good job of sucking traffic off the main artery passing through the heart of our community.

I was reminded last week by a reader that the pullout pictured above once had a basic street map showing some key features to the community on it. I suspect it disappeared, as it got outdated and let's face it; these things aren't cheap to keep current. That being said, I do think the reader has a good point.

Sometimes something as simple as a giant street sign that says 'you are here' and shows a few local attractions on a simple street map with some advertising on it gets the job done. I think about the two I see in Keremeos in my travels. One giant one features wineries and is in the parking lot of the Chamber of Commerce where you can't miss it if you tried. Another one, which is primarily a map of the region with

an exploded view of the downtown, it posted on the wall of one of the gas stations in Keremeos.

I'm not sure how often they get looked at, but they do serve a purpose.

I think what has hurt us a bit here is thinking and believing that the only source for any kind of information is the internet. When I discovered Wikipedia, for example, can be updated and edited by anyone I quickly decided that could not be a reliable source for all things searchable online.

The downtown business group has come up with a plan to 'green up' the approach to Princeton from the west which could see the empty former Esso gas station location on the corner of Vermilion Avenue and Highway 3 turned into a rest stop complete with picnic tables. The Princeton Garden Club has come on board to be part of the project. .... continued on Page 23

## The Style Chamber

224B Bridge Street, Princeton 250-293-1248  
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# News Leader Classified Ads

25 Words - \$9.00 (includes GST) - Pay for two weeks, the third week is FREE!

Notices	Notices	Help Wanted	Help Wanted	Help Wanted
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## 61<sup>st</sup> Annual Convention OF THE Senior Citizen's Association of British Columbia

is being hosted in Princeton by  
Branch #30 from May 22 to 25  
at 162 Angela Avenue

Help Wanted	Help Wanted
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### MEDICAL OFFICE ASSISTANT

Princeton, BC  
Full time position - 40 hours per week

The Cascade Medical Clinic in Princeton B.C. is seeking a Medical Office Assistant to work as part of their team in their fast paced medical office environment. Candidate must have successfully completed an MOA program or have relevant experience and education.

The successful candidate will require a strong knowledge of computers. Experience working with Med Access is an asset but not required.

Please email resume and references to: [sosdivision@shaw.ca](mailto:sosdivision@shaw.ca)  
Or fax: 778-476-5992. Closing date: Friday, May 16, 2014

## Employment Opportunity

The Town of Princeton has an immediate opening for a Mechanic in the Public Works Department.

The position is suited for a self-motivated, well organized individual that can work with minimal supervision. Excellent communication and team skills are a must.

- Applicants must hold a current valid BC Mechanic Journeyman Certificate with a minimum 3 years experience and a Class C welding ticket.
- Preference will be given to certification in Motor Vehicle Inspection.
- Grade 12 and a valid BC driver's license Class 5 with air endorsement is required. A driver's extract may be requested.
- A valid first aid certificate is an asset.

A complete job description is available on our website at [www.princeton.ca](http://www.princeton.ca)

This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement.

Please forward your resume by May 16, 2014 to:

Kevin Huey, Director of Infrastructure and Parks  
Town of Princeton  
PO Box 670  
151 Vermilion Ave  
Princeton, BC V0X 1W0

Or email to [jobs@princeton.ca](mailto:jobs@princeton.ca)

The Town of Princeton thanks all applicants for their interest and advises that only those to be interviewed will be contacted.

Princeton Golf Club is looking for full-time/part-time servers, \$10.50 to start. Relief Cook \$14.00 - \$16.00 depending on experience. Apply by fax to 250-295-6246 or e-mail [pgcmrg@eastlink.ca](mailto:pgcmrg@eastlink.ca) May 09-20

**For Rent**

Furnished apartment in Princeton. Available NOW! Excellent references and damage deposit required. No pets, must be quiet. Rent starts at \$530.00/month. Phone 250-295-1006 for details or leave a message with the best time to call back. Jan 20-May 20

1-bedroom apartment. Clean with great view. No smoking. Asking \$580/month. 2-bedroom apartment. Bright and clean, nice view of downtown park, high ceilings, dining room and living room. 1 storefront \$500/month. 1 storefront \$650/month includes utilities. Close to park and library. No smoking. Call 250-295-4113. May 09-20

**Yard Sale**

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

### SUMMER STUDENT WORKER

School District No. 58 (Nicola-Similkameen) requires Summer Students.

The worker will provide assistance in the normal maintenance tasks involved with maintaining playgrounds, playing fields and school district sites. A valid driver's license is required.

Students must have been enrolled full-time in High School/College in 2013/2014 and must be returning full-time to College/University for the 2014/2015 sessions.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, or on-line at [www.sd58.bc.ca](http://www.sd58.bc.ca), click on Jobs/Support Positions/Job Postings, listed under Job Code #319773, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until May 16, 2014. Please forward to:

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

Only those applicants being interviewed will be contacted.

For further information, please call Jim Garfield at (250) 315-1113.

## PRINCETON MUSEUM - Now Hiring

Two Positions for the 2014 summer season

### Museum Archive Assistant - Museum Supervisor

Looking for a summer job? Are you a student (15 years or older) who is enrolled for classes in the 2014/15 school year (secondary or post)? If so, we would love to meet you!

Drop off, mail or e-mail your resume to:  
[princetonmuseum@gmail.com](mailto:princetonmuseum@gmail.com)  
Princeton Museum, P. O. Box 281, Princeton, BC, V0X 1W0  
Phone: 250-295-7588

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

For Rent	For Rent
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## MONTHLY RENTALS

Room fully furnished, includes utilities	\$ 400/\$ 450 month
2 Bedroom apartment, includes utilities	\$1,000 month
4 Bedroom Cabin, includes utilities	\$1,800 month
RV, includes utilities	\$ 500 month

Also 2/3 Bedroom house, 207 Angela Avenue Princeton with huge lot to river, fully furnished, excludes utilities \$1,000 month

**CASTLE RESORT - 250-295-7988**



Notices

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

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
SPECIALS, REGULAR GAMES, ODD &  
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MONDAY (MIN. \$50.00 GUARANTEED)  
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**WEDNESDAYS  
SCA Branch #30**

Quilting 10:00 AM  
General Meeting 2nd Wed. 1:30 PM  
Exercise Class 10:15 AM  
Cards, Pool all day - except 2nd Wed.

**OPEN 9:00 AM - 4:00 PM  
Lunch: 11:30 AM - 1:00 PM**

**Narcotics Anonymous**

**OPEN MEETINGS**

7:30 PM  
Wednesdays & Sundays  
at the InfoCentre on  
Highway 3

Info: (250) 295-7919 OR 295-6531, 295-6723

Notices

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160 Old Hedley Road  
Fred 295-7272/Marena 295-7663

**Granite Creek  
Preservation Society**

MEETS THE  
THIRD THURSDAY  
OF THE MONTH

1:00 PM Princeton  
Museum

Everyone Welcome!

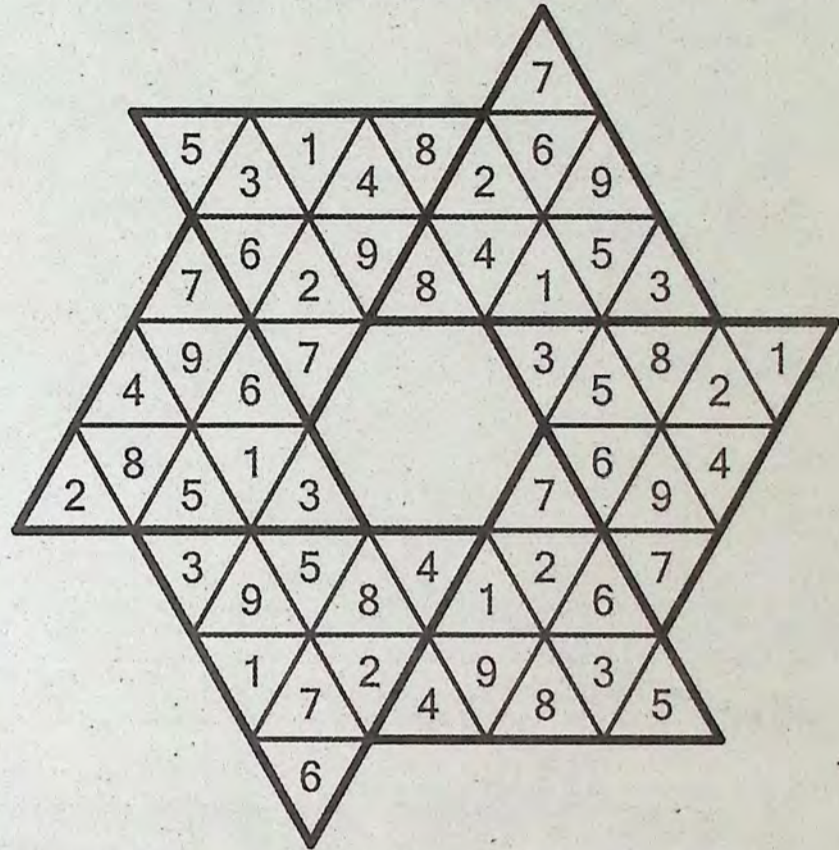
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If you live in the Princeton area you can drop into our office weekly to pick-up your Similkameen News Leader. You could pay us a dollar each time or you could just pay for a 'Pick-Up Subscription' and spend even less. It's your decision.

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

**Princeton/Keremeos (VOX) Mail - \$45.00**  
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**Regional (Other VO) Mail - \$55.00**  
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**National (Elsewhere in Canada) Mail - \$65.00**  
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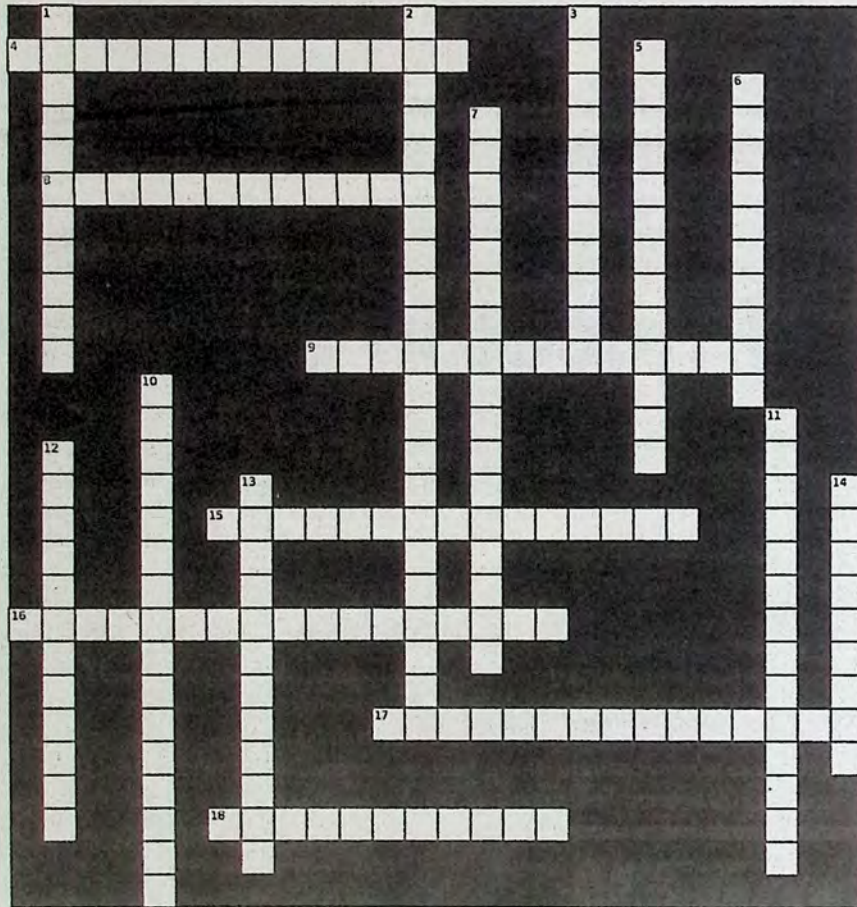




The Kyle Harstad team of Breton, Alberta won the Wild Horse Race on Saturday, May 10th at the Stan Thompson Memorial Rodeo. It wasn't an easy win. \*

Similkameen  
**News Leader Puzzler**

Use the May 6 News Leader to find Answers Below...



- |  |   |
|--|---|
| <p><b>Across</b></p> <p>4 She is in the centre of things on Page 17.</p> <p>8 Who is the Princeton Rodeo named to honour?</p> <p>9 Name the Princeton Rodeo Queen.</p> <p>15 "We don't just repair computers...we _____."</p> <p>16 Name a Youth Ambassador Candidate.</p> <p>17 The last person listed on the Honour Roll was...</p> <p>18 Identify the April PSS Student of the Month.</p> | <p><b>Down</b></p> <p>1 Identify the game on Page 11.</p> <p>2 Princeton Posse is hiring to fill this position.</p> <p>3 Name a Youth Ambassador Candidate.</p> <p>5 She writes about Hospital Auxiliary News.</p> <p>6 Name the President/CEO of CMMC.</p> <p>7 What does 'NR' stand for?</p> <p>10 Name the Princeton Rodeo Princess.</p> <p>11 She sang outdoors at a giant flea market event May 3rd.</p> <p>12 Name a Youth Ambassador Candidate.</p> <p>13 Identify the Community Conversations guest speaker.</p> <p>14 Name a Youth Ambassador Candidate.</p> |
|--|---|

## Food Security

by Dawn Johnson

..... continued from Page 2 now.

Following the lecture by Dr. Mullinix, four local people involved in agriculture talked about agriculture in the Similkameen Valley. The first speaker was Joe Dennis, former Chief of Lower Similkameen Indian Band, and currently working as Band economic development officer. He spoke of his younger years when he went to the city to earn money. He became dissatisfied with life in the city and moved back to the Similkameen, where he is working at developing an organic farm. He says he is far healthier and wealthier now.

Linda Edwards is an organic grower, part of the Organic Tree Fruit Growers. She said it is important to grow what grows well where you are. The cooperative of organic growers do their own storage and marketing. They share costs and do their own research. Their community in the south Similkameen solves its own problems.

Lee McFadyen pioneered organic farming in the Similkameen and is a founding member of the Similkameen

Okanagan Organic Growers Association. She has developed educational courses on organic farming. She says we have the illusion we can have any food whenever we want it, but it is an illusion. She advocates growing more food for ourselves and she promotes home food preservation.

Quentin Parsons is the fourth generation of his family to farm in the Similkameen Valley. He left his life in the city to grow fruit and vegetables and operate a fruit stand in Keremeos. He faced many challenges in taking over the 100 year old family business. He described marketing to restaurants in Vancouver and Calgary. He was pleased to learn that the five restaurants judged the best in Calgary are restaurants that buy food from Parsons.

There was a brief question and answer session that evening and some discussion before the session ended. The following morning a workshop was held to look at the strengths, weaknesses, threats and opportunities for agriculture in the Similkameen Valley.

*Next week: Our view of Similkameen agriculture today*

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Naturalists stop to enjoy the view during a hike at Separation Lakes. - photo submitted

## Naturalists enjoy Separation Lakes hike

by Janis Wright, VFFN

Saturday, May 3rd, was a perfect day for birding, and sixteen Vermilion Forks Field Naturalists and guests, led by Joan Kelly, took advantage of the fair weather to meander along the trails at Separation Lakes in search of feathered friends.

We were successful in our quest, and observed a total of 28 species in the

two hours we were out. Highlights were Northern Harriers, Savannah Sparrows, Western Kingbirds, a Rough-legged Hawk, and a great display executed by a juvenile Bald Eagle and a Golden Eagle flying side by side! Our club experts noted how the Bald Eagle soars with its wings flat, while the colourful and much larger Golden Eagle keeps its wings

back at a slight angle (thanks, Amanda!).

We enjoyed intermittent sunshine and shared a few snacks halfway through our trek, and of course Peter's smoked salmon is the traditional favourite! With the excitement of sighting less common species, the delight at hearing the familiar trills of meadowlarks and sparrows, and the

pleasure of chatting with new and old friends alike, we all benefited from this engaging outing.

Our next field trip will be May 31st, when Trish Reid will lead us on an easy walk around Allison Lake, where birds and wildflowers should be in abundance. Confirm with Trish at 250-295-6002 and meet at Billy's Restaurant at 9:00 AM. Everyone is

welcome!

Our June meeting will feature Lauren MacFarland, who will speak on Lewis's Woodpeckers. Lauren is working on her master's degree and has banded these beautiful birds in the Similkameen and Grand Forks areas. Please join us at Riverside Centre, June 10th, at 7:00 PM for an educational and congenial time!

## Spring has arrived for Princeton Garden Club

by Doreen Poulsen

The club is flourishing these days! We now have 19 members in our group and we always welcome anyone, young or old who would like to join us. We meet the 2nd Tuesday of the month at 1:00 PM in the OAP Hall.

One of our members George Harry has been making up monthly newsletters which address timely facts and ideas for gardening in our

challenging climate! A few are being laminated and placed into local restaurants and coffee shops for everyone's enjoyment. Thank you George for doing this for us all!

Also in March George pruned the apple tree in front of Co Co's and the club was invited to take part as he showed us the techniques for fruit tree pruning. A delicious lunch was served to all that attended. Thanks George and Co Co's.

Two other members have shared their knowledge with us as well. In February Jack Gardiner gave us a very informative talk on Mason bees and their houses. He went a step further and gave each of us a mason bee house that he had made!

In March John Sandness gave us a well prepared talk on birdhouses. Making them from new and recycled building materials, tips on where to locate them and maintain them. Thank you gentlemen for passing on your expert knowledge.

On March 16 we traveled to Hedley's Hitching Post to join the Keremeos Garden Club in a St.

Patrick's Lunch. We meet with them a few times a year and thoroughly enjoy our time with them.

In April Corry Oerlemans from the committee for the beautification of Princeton joined our meeting and asked for our input on the public areas and boulevards along Highway 3. A few of us had a couple of more meetings on the subject and then passed these ideas on to Corry to bring up at their next meeting. We are awaiting follow up on this.

Well spring has finally made a resounding appearance so its time to prepare those gardens for planti-

ng. If you don't know what to do then its time that you purchased one of our books "Yes, You Can Garden In Princeton." The club will be at the Flea Market on Saturday May 24. We will be selling our book, as well as bedding plants and perennials. We will be more than happy to answer any questions you may have!

Books are also available at Billy's Restaurant, Everything Pets, Sunflower Gallery, Fletchers Building Supply, The Image Emporium and Winking Pedlar.

Happy Gardening and hope to see you May 24th.



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Students 'plant' a garden to finish their challenge May 8th at Princeton Museum. This was part of the annual Amazing Literacy Race that took elementary students to various downtown locations. \*



Live entertainment filled the air with music as part of Princeton Mining Day May 7th in Veterans Park. The park was filled with mining information and activities. \*

## ...Your Turn

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

..... continued from Page 4  
has to accept overnight. Far from it. In other countries in the world where this is done (to quote the United Kingdom, South Africa, Australia) the governments have introduced a two-tier system where either you carry on in exactly the same way as you have been doing since Tommy Douglas's time, or you have the option of taking out insurance. Nobody is going to force you either way.

2) Waiting lists will get longer. Not true. This original assumption was originally brought forward by the Roy Romanow Commission, which you may remember did extensive investigation for over a year on the ways to improve our Health System or at least to propose some alternatives. However in her landmark judgement in the Quebec case in 2005, Justice Beverley McLachlin stated that there was absolutely NO evidence that a parallel health system will in any way undermine the present state run health system. This is obviously the case that Dr Day is going to be basing his evidence on, and a very solid backing he has indeed. Not easy to overturn a previous ruling by the Supreme Court of Canada.

3) Doctors and nurses will be drained to the private health system. Another scare tactic. If you look at how the systems work in other countries you will find that doctors and nurses move between both systems quite easily and freely. There is no evidence to the contrary. In fact many nurses often work in both systems so as to supplement their incomes.

4) The system is for the wealthy elite. Absolute nonsense. This always makes me think of the reply that I heard from Dr Day himself that "why do we then not all get forced to drive VW beetles, and ban Mercedes and

BMW's from all people as they are elitist vehicles". Another point that is important to realize is that most companies will pay for a large proportion, if not all, of your insurance fees. In fact this is part of the package deal that many companies in other countries offer to their employees, which is pretty standard and part of your employment package deal.

So yes, change is coming. However I hope from the above, that most readers will see that it is not all bad, and nothing like the doom and gloom as portrayed in the original letter. What is obvious is that the old way of doing business is not going to last. The system as proposed by Tommy Douglas some years ago for

Saskatchewan, which was essentially acceptable in the years gone by, and which has now grown into the behemoth of the Medicare System has finally reached its "sell by date". The health system is busting at the seams and is rapidly becoming unsustainable. Instead of running down Dr Day and his impending court case, I think that we should hail him as a pioneer in the new future that we can look forward to with a sustainable two-tiered health care for everyone, and certainly to alleviate the continual suffering that many Canadians have to endure before finally getting to have their surgery done under the present system.

- David Smith MD.CCFP., Princeton

## Saving Downtown

George Elliott

..... continued from Page 18  
Imagine if we actually chose to go back to basics by creating little areas for people to stop and stretch their legs. Once they are off Highway 3 they are ours to entice and hopefully we can attract them enough to want to wander down Vermilion Avenue to Bridge Street.

I see a huge opportunity in the plan to change a weed infested, fenced off piece of property visible to all passing by as becoming a part of the solution.

I think back to the days when we would take family holidays around the province. Even in the 1970s we chose places to stop that looked interesting and didn't take forever to find. We discovered some really interesting communities this way and we didn't have TripAdvisor or Google Maps telling us what to do.

Sometimes we have to just forget

about the technology and go back to basics and maybe we have forgotten what kind of power a picnic table or two can have for stressed out travelers trying to run away from their lives on the Coast.

How does this save downtown Princeton?

You can't get tourists to accidentally wander down Bridge or Vermilion because everyone is on their way to somewhere else. Princeton just happens to be that quick stop for many to grab some gas, a snack and sneak in a pee break.

If we give them a reason to stop that pulls them off the highway, we stand a better chance of getting them to check out the downtown core, which can lead to some fresh money being spent in the community.

This may become habitual for some travelers which in turn benefits downtown business.



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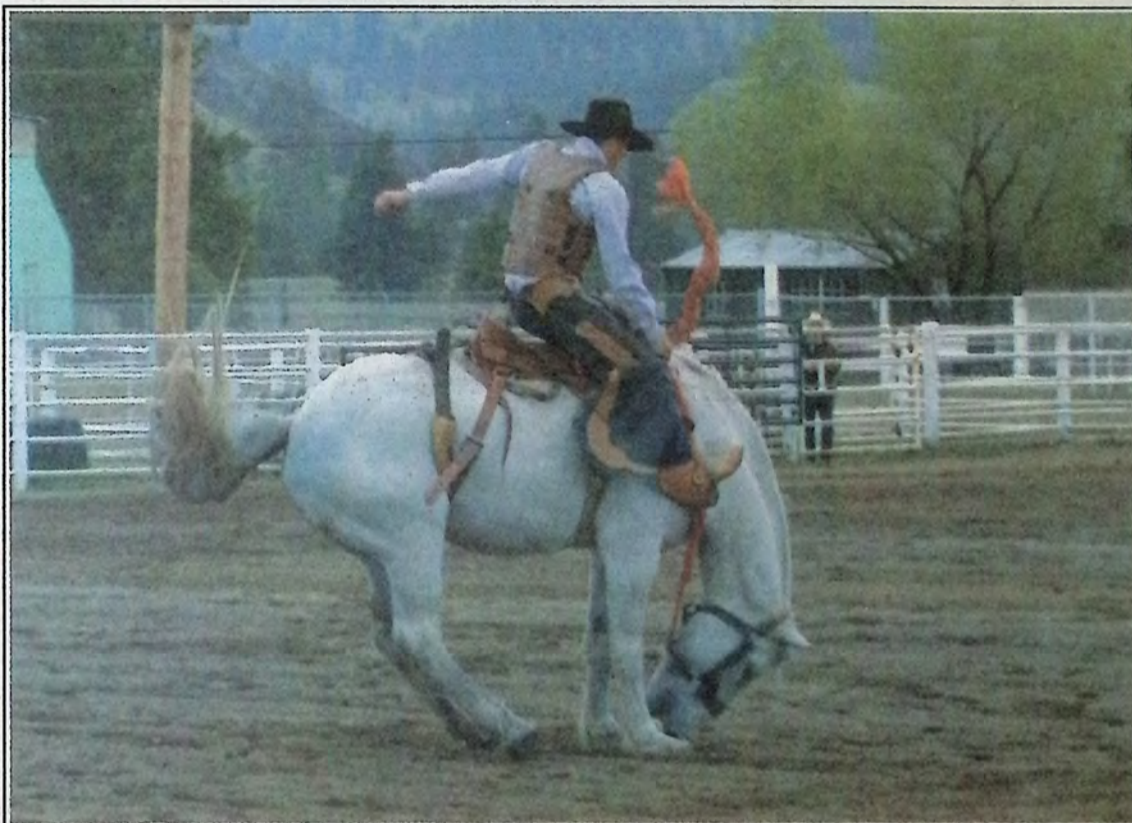
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Joe Robertson of Kamloops didn't quite make the 8-seconds required to score a time on Grey Area in the Saddle Bronc riding event May 10th. The Stan Thompson Memorial Rodeo was this past weekend in Princeton. \*



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The News Leader caught up with Princeton Rodeo Princess Willow Littlejohn and Princeton Rodeo Queen Kaci Van Horlick last week at Fletcher Building Supplies promoting the Stan Thompson Memorial Rodeo. \*



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