

Similkameen News Leader

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Tuesday, May 20, 2014

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11-year old entrepreneur Kaia Bowden made (and sold) duct tape wallets at the Tulameen Marketplace May 17th. *

SOHC tackles letter from Dr. Smith

To The Editor;

This letter is in response to a letter to the editor from Dr. David Smith that appeared in the May 13 issue of the News Leader.

To begin with, I would like to clarify that the letter that Dr. Smith refers to was actually written by the BC Health Coalition and Canadian Doctors for Medicare. SOHC submitted the letter from these two organization that appeared in the April 29 issue.

I respect Dr. Smith's views on this

important issue and offer the following information in rebuttal.

No-one can deny that our Public Health system is in need of improvement but I believe that the fundamental principles of the Canada Health Act are not flawed and form the basis for a fair system where all Canadians have access to health care regardless of who they are, where they live, or how much money they make. Dr. Day's court challenge argues in favour of a system that continued on Page 23

Parliament defeats Atamanenko's food safety bill

Alex Atamanenko, MP (BC Southern Interior) issued the following statement in Ottawa regarding parliament's defeat last week of his Bill C-571 through which he hoped to overhaul the horsemeat

industry in the interests of food safety:

"I am very dismayed that my Bill C-571 did not get quite enough support in Parliament to pass on to Committee stage where it would have received thorough scrutiny and proper debate. I had hoped to follow an example set by the EU to have the same food safety standards, transparency and accountability applied to the horsemeat industry as is required of all animals that are raised to produce food for the human food chain.

Horses are commonly and even routinely administered a long list of common medications labelled as toxic and not intended for use in food animals because no safe limits or withdrawals periods have been established.

Unlike the cattle industry where food production is its primary purpose, the horse slaughter for meat industry mainly exists to dispose of the industrial by-product from the

equine sporting industry where abuse and overuse of drugs is rampant.

By presenting arguments based on food safety, science and legal accountability, renowned international equestrian Victoria McCullough and Florida State Senator Joseph Abruzzo recently effected a nearly unanimous and non-partisan decision in the US Congress to keep American slaughterhouses closed to horses. It is striking that Canada's parliament just voted to ignore the same science and facts to give priority to industry profits.

I would like to thank all my MP continues on Page 21

Similkameen News Leader
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Letter From the Mayor Of Tonasket, Washington

Hello again from Princeton's Sister City, Tonasket Washington!

I was truly honored and proud to have attended last year's Princeton Racing Days! I was impressed and taken aback on how friendly you all are, how I was able to interact with so many people, and how welcoming you were to my wife and young children. My kids still talk about the trip and ask how soon we are coming again (I assure them it is soon!).

I have enjoyed my interaction with friends we have made in your community, and I tell people how lucky I was to be able to meet with your Ambassadors and follow them from their installation to their subsequent trips to visit us. You are very well represented by them, and I am sure you are proud of their service.

I would love for us to have the opportunity to return the hospitality by you coming to our Founders Day activities from May 29th to May 31st. We are having multiple events in the area, as you can see in the ads on pages 12 and 24 of this edition of the News Leader. We are trying out a new Rodeo format, which includes a Professional Bull Riders event featuring world famous bull rider Shane Proctor.

I have always enjoyed hearing the Canadian Anthem at our events as I know we have a great neighbour to the North, and now I know where my favourite town is: Princeton! Please let us return the hospitality and friendly reception by coming down and celebrating with us. It would be our honour for you to visit our City Centre, and at the Rodeo, we will take your cash at par. I look forward to seeing you in Tonasket!

Mayor Patrick Plumb, City of Tonasket, Washington - Princeton's Sister City

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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: **Jaquine 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 dollars and Eighty-Three 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

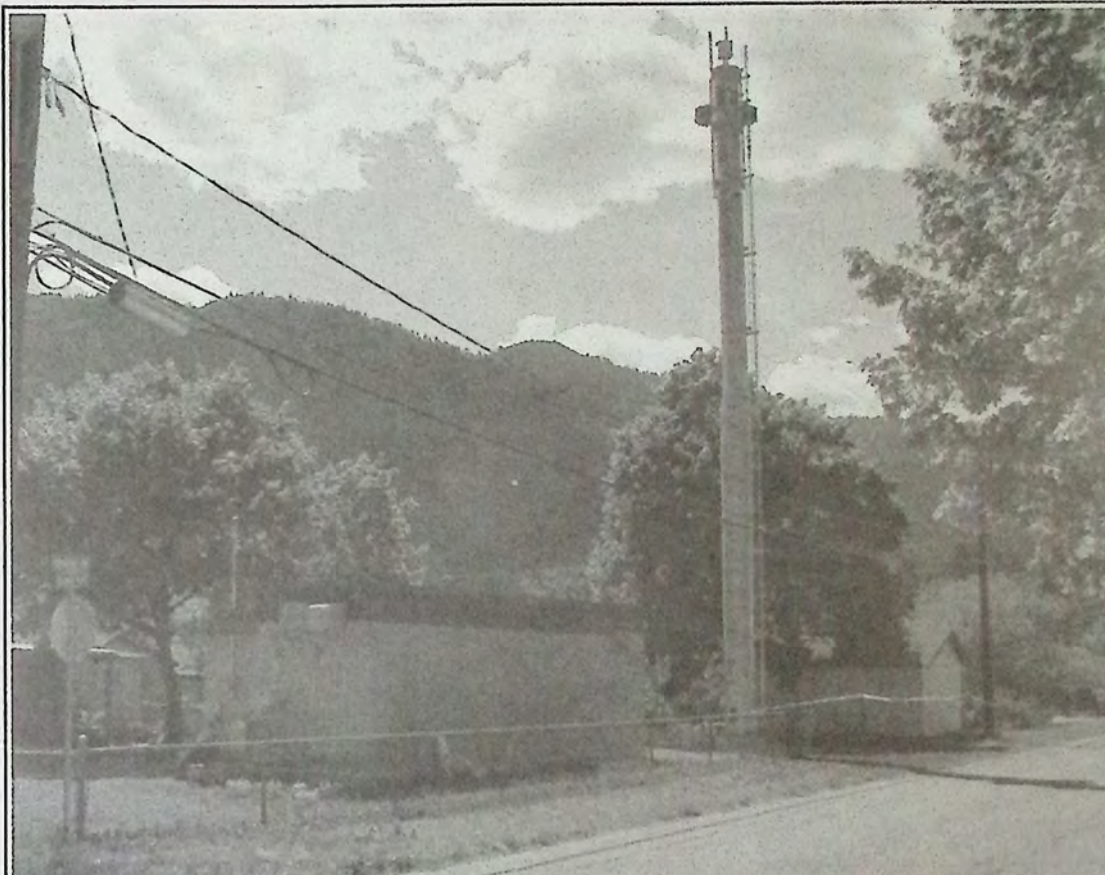
The contents of Unit #49 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand Three Hundred and Ten dollars and Fifty-Three cents (\$1,310.53)**. If you have not paid this outstanding amount by **May 15, 2014**, the contents will be sold by auction on **Friday, 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 Two Hundred and Twelve dollars and Eighty-Two cents (\$1,212.82)**. 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.



Hedley now has cell service following the installation of this mono-pole that appeared last week. *

The Future of Food

A Three-Part Series - By Dawn Johnson

Part 3 Our view of Similkameen agriculture today

People who attended the April 26 workshop in Hedley to discuss agriculture in the Similkameen Valley had the task of identifying the Strengths, Weaknesses, Opportunities and Threats (SWOT exercise). Each group examined each topic.

Strengths included supportive local government, particularly in RDOS. Another strength was the presence of strong organic farming and organic farming educational opportunities through online education. The valley has a diversity of types of agriculture and has room for expansion of agricultural activity. Isolation was considered a

strength in some ways and a weakness in others. It is a strength when it is isolated from contamination by GMO pollen.

Weaknesses of the valley included isolation from mainstream marketing opportunities. Lack of an abattoir was considered a weakness, but the group learned there is a mobile abattoir in Grand Forks area. Weaknesses included an aging farm population, the high price of agricultural land, and an absence of young people interested in farming.

Opportunities were, in general, based on diversity of agricultural land and crops, and nearby markets in the Okanagan.

Threats to agriculture were based on land speculation which is driving up the price of land, along with the threat of changes to ALR regula-

tions which may increase land speculation. The increasingly high price of utilities was seen as a threat because irrigation depends on electric pumps. A few people identified marketing board limitations as a threat, and the campaign to create parks and nature preserves affecting agriculture was another threat. GMO contamination was a potential threat in the future.

One of the best things to emerge from the workshop was the clear message that local people are aware of and concerned about agriculture in the Similkameen Valley. Some members of the workshop were better informed or had more agricultural experience than others, but all had ideas about making the valley more self-reliant for food supply. With food prices slated to continue to increase, the need for more food grown locally was considered essential by those attending the workshop.

The other trend that emerged was the recognition by those involved in the workshop that agriculture is everybody's business, because all of us eat. Problems facing agriculture everywhere, and in our valley in particular, were considerations expressed by everyone. Each person was asked to think of some action he or she could take to influence others on the importance of a secure local food supply.

At the end of the workshop, everyone thanked Angelique Wood and Kim English for their work in putting together the lecture and workshop. Many people attending the workshop made good contacts and shared information and experiences.

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Flip Of The Coyne

by Spencer Coyne

After my visit to the Princeton museum to see the visiting War of 1812 exhibit I couldn't help but go home and look through all my photographs of my trips to Ontario to see numerous War of 1812 historical sites. If you don't know, I am a bit of a history buff. Our family vacations usually consist of some stop at a historical site or a museum. I'm not sure my family is always on board but I drag them along. This year a trip to Ontario to see a battle field or an old military fort is out of the budget, especially with the increasing cost of nearly everything, also my youngest needs her own airline ticket now. It has me thinking about where we should go this summer for a family getaway.

We usually make a trip in the fall to Fort Langley for the Cranberry Festival but that is in the fall, so what to do before then? In the past I have written about staycations, which if you have never explored your own community, I strongly suggest trying to be a tourist at home some weekend. Stop in and visit our amazing little museum which has to be one of the best small town museums I have seen. Go explore one of the ghost towns in the area or walk some of the Dewdney Trail.

How many of us take the time to explore the rest of our valley? Take a day trip to Hedley to visit the Snaza'ist Discovery Centre and the museum, or head down to Keremeos and visit the museum and the Grist Mill. If you haven't been to the Grist Mill since they have reopened, you have been missing out. They have regular events that would make you wonder if you are still in the Similkameen. Of course there is more to explore in our own valley than a couple museums. There are

lakes to fish, rivers to tube, and trails to hike and explore.

With the increasing cost of gas and everything else around us why not turn this summer into a bunch of mini vacations with day trips or overnight trips? Head over to the Okanagan to discover places, events and things that are just outside our own backyard. We don't need to head to someplace exotic this summer. People travel from all over BC and Alberta on their long weekends to visit the place we call home, and yet how many of us have ever truly discovered and explored the sites around us?

If you are a history buff like me, Kelowna has the Military Museum, Okanagan Heritage Museum, the Orchard Museum, the Wine Museum and more, not to mention there is the Father Pandosy Mission in Kelowna as well. Let's not forget about the Art Gallery and some amazing restaurants. Head over to the other side of the Bridge. There is the Gellatly Nut Farm, and if you like wine then you are in the right place because not too far from the Gellatly Nut Farm is Quail's Gate Winery and the Okanagan homestead of Susan and John Fall Allison.

Penticton has a great museum and let's not forget the SS Sicamous and Heritage Park. The SS Sicamous is celebrating its 100th anniversary this year so if you have driven by the old paddle wheeler but never stopped in, this is the year to check it out. While you're in the area don't forget the Kettle Valley Steam Railway in Summerland and take a ride on the historic railroad.

Our region is teeming with great history, art and culture, and most of us drive right by on our way to

some other place to do our out of town shopping. Why not stop and visit one of our neighbours and take in their history, their culture? It is our shared history and culture. By exploring and learning about them we might learn a little more about ourselves, and who knows, maybe you'll have fun sitting on a beach in the Okanagan after a wine tour and a visit to one of the art galleries. We don't always have to go far from home to have a great vacation. You can start right here at home.

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Interior Health

Attention Cascade Medical Clinic Patients

Effective immediately, Dr. Evaristus Idanwekhai's ("Dr. Eva") office will be open Wednesday to Friday from 9:00 AM to 12 Noon and 1:00 PM to 4:30 PM (Closed Monday and Tuesday).

On July 31, 2014, Dr. Idanwekhai will be closing his practice.

Interior Health is committed to having a full complement of five physicians for Princeton. Efforts to recruit a replacement for Dr. Idanwekhai, as well as an additional physician at Cascade Medical Clinic are underway. Patients will be notified when a new physician is hired.

For any urgent health concerns, patients may report to the emergency department at the Princeton Regional Hospital. The emergency department in Princeton continues to provide 24/7 service.

Interior Health would like to thank Dr. Eva for his many years of service and contribution to the community of Princeton. We also thank Princeton area residents for their patience as we recruit additional physicians to the community.



PrincetonBCNews



Editorial Page News Leader

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

My Turn...

Flatlanders On The Run?

Sometimes I'm a bit dense.

The other morning it dawned on me that everyone I know either is from Saskatchewan, has lived in Saskatchewan, married someone from Saskatchewan or can identify either the capital of Saskatchewan or one of the professional sports teams based in that prairie province.

When I made that realization I started to wonder if all these people moved back to Saskatchewan, would it make that the most populated province in Canada?

I say this because clearly the former residents of Saskatchewan are invading the rest of Canada and have done a pretty darn good job of it so far.

Quebec could learn a thing from this. Instead of trying to separate from the rest of Canada to become a stand along republic of its own, it should have done what Saskatchewan did.

Obviously there's a greater effect in the divide and conquer approach used by the wheat province.

My wife was born in Saskatchewan. Although I have spent the majority of my life in British Columbia, I am originally from Alberta. I'm pretty sure she knows this and so far hasn't used this knowledge against me as part of the plot to take over the rest of Canada.

I'm not sure what role my wife plays in this plan, but she frequently hints at moving back to Saskatchewan. Up until last week I thought it was a phase. Now I'm pretty sure her plan to return to the prairies has something to do with filing a progress report and receiving new orders.

It all makes sense to me now.

Some of my favorite meals are ones that Brenda says used to be prepared "on the farm" which I'm thinking is a code name of some kind. Oh, and these Saskatchewaners are a crafty bunch because I'm hooked on some of the "on the farm" food (hint, hint) I'm probably showing signs of being one of the latest in a long line of captives who'll be held somewhere where I'll be questioned until I'm blue in the face and and de-programmed on all things not Saskatchewany.

It'll likely develop to a point where I'll start using Saskatchespeak and alienate myself from my current, very small social circle.

Consider yourself warned. If you come in contact with someone in your life from Saskatchewan, or know Dog River does not really exist, run away screaming.

You'll thank me the next time you eat a Nanaimo bar.



It was all smiles at the Appreciation Dinner held May 12th by Princeton Health Care Steering Committee for the health care professionals and support staff at Princeton General Hospital and Cascade Medical Centre. - photo submitted

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

I would like to give a special thanks to the News Leader for publishing the story on Taking the Union out of Credit Union highlighting that Valley First was found guilty of Unfair Labour Practices at the Princeton branch, another special thanks to all who have supported me and my former co-workers following this. To all the staff and members of COPE local 378 I am eternally grateful for all your support, without you Valley First would have gotten away with everything.

As mentioned this process began in September 2011. For all involved who remain in the background and who are out in the open it has been a very long difficult

process. I have witnessed my colleagues one by one becoming former employees and know the effect this has had not only on them but also their families. By now you may have guessed that I am the only one left from the known group who remains employed and, in my opinion, it is only because I suffered an accident.

I continue to remain committed on wanting to expose and hopefully in the process make some

To The Editor;

Thank you for your front page article May 6th announcing awards made by the BC Arts Council.

May we explain a little of the background to this funding? The

changes in our workforce and stop Corporate bullying. In this day and age we should not be fearful in our jobs, intimidated, threatened, mistreated, bullied, harassed etc. because we stand up for our rights and the rights of others. Expecting fairness, equity, honesty, integrity and respect should not be unreasonable. As I keep hearing from many silence is not an option.

Thank you,
Leona Guerster, Princeton

BC Arts Council is a division of the BC Ministry of Community, Sport and Cultural Development. Each year Community Arts Councils submit applications for funding, outlining major projects and future goals. The funding is awarded based on three components:

- 1) Funds matched to local government support,
- 2) A formula based on community size and isolation and,
- 3) An achievement award based on our success in programming for arts and cultural events in our community.

This is the third year that the continued on Page 22

Similkameen
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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

We Need To Change Our Economy



Dawn Johnson
editor@thenewsleader.ca

The old way of evaluating our economy is really just a theory. It is based on a concept of economics that does not tell the real story. The old way of looking at the economy continues to bring about boom and bust conditions because it is based on the notion that competition is the basis for all trade and he who is best at competing will win.

This idea does not apply to what has been the source of success for humans. Charles Darwin, who said competition between species was the driving factor in evolution, also said humans survived as a species because humans bond with each other, they cooperate and they share. One might say that the economists' focus on competition is inhuman.

Business schools still teach competition and short-term maximum profits. Many experts believe the fraudulent behaviour of many executives is a result of this kind of thinking. Certainly, the market crash of 2008 was not based on cooperation and sharing, it was based on an insane drive for short-term profit and led to thousands of unnecessary, even illegal, mortgage foreclosures, as well as severe job losses, pension losses, municipal bankruptcies, and an increase in homelessness. We taxpayers footed the bill to keep our economy functioning, and were then horrified by some of the generous bonuses awarded to the very people who were responsible for the financial disaster.

An evaluation of our economic gains or losses is based on Gross National Product, that is, the amount of money that changed hands for goods and services. There is tremendous pressure on corporate CEOs and Directors to show ever-increasing growth within the company, to show more money. This has led to what is politely called outsourcing, but to the average worker in manufacturing it should be called "giving my job to a low wage foreigner".

Replacing human workers with machines is another result of the

kind of thinking that values money over everything else. The machine that saves the cost of a worker's wages is considered more valuable to productivity than the worker who feeds his family, invests in a home, buys a car, and contributes to his or her community. The social cost of job loss is never entered into the balance sheet nor considered in the annual report.

This old-fashioned way of measuring our economy began with the industrial revolution, a time in which many injustices occurred, such as closing the common pastures so people could no longer graze their livestock freely. Many small farmers went broke and moved to industrial centers where they worked in factories and lived in tenements, breathing smoke belching from the factories.

The old economics is all about profits and this antiquated thinking has persisted into the 21st century and is still causing heartbreak and injustice. There needs to be another side to the balance sheet. Until recently, corporations were not punished for the pollution they caused unless people died, and even then it took a long time in expensive court battles to assign blame to a corporation. What would tar sands companies have to charge for oil if they knew they were going to pay fines for every hectare of land they pollute? What would shipping companies charge customers if, for every boatload of cargo, they paid a tax for adding to air pollution? What would airlines charge passengers if they paid air pollution taxes? You and I might be fined or reprimanded for burning wood in our heaters, but I don't hear of any real air pollution accountability when a big diesel transport truck blackens the air on the highway. What would municipalities have to charge for sewerage service if they were fined for not having a sewerage treatment plant?

Protecting the environment has become an issue in our society, and corporations have been forced to calculate environmental protection into their plans. Surprisingly, a number of corporations have found they can actually make more money if they do something good for the environment, such as growing plants on top of a factory roof, saving costs in insulation and air conditioning. However, those corporations are still the minority.

Another source of value, volunteer unpaid work, is never counted in the Gross National Product. This kind of work is called the 'love' economy. The stay-at-

home parents who raise their own children are considered of no value to the economy, but a person running a daycare center is part of the Gross National Product because that person receives money. The families who care for an aged parent or grandparent do so out of love, and their work is valuable to our society, but is not considered part of our Gross National Economy. The many volunteers who have joined the Elks, Lions, Rotary or Kinsmen, or any other service organization, is not considered part of the economy, but when their organization puts money into the hands of others, that money is counted as part of the economy. The volunteer coaches, charity fundraisers, and good guys like my neighbour who cleared my driveway last winter, are valuable in the social sense but their good deeds are not measured in our Gross National Product. This is really 'gross'!

The 'love' economy is made of the very stuff that keeps us civilized, yet the workers are considered worthless to our economy because no money changes hands. Money has its uses, but it should not be the sole measure of the value of an entire nation. I believe that way of measuring worth has led to a corruption of values right down to the lowest levels of income. Those who make the most money are considered to have the most worth. Those who have the least money are considered failures. Showing off wealth has become a way of proving worth, yet the value of a mother caring for her children, or a child caring for an elderly parent, is worth far more to our society than a new car or a bigger house or a vacation in and exotic location. In this way, by measuring value in terms of cash, our economy is not only faulty, it is corrupt.

It is time to change the way we look at our economy. If our strength as the human species is our ability to love, to cooperate and to share, maybe it is time to measure our economy by putting the homeless, the food banks, and children living in poverty into the 'loss' side of the measure of Gross National Product. Maybe we should add a few other things to the 'loss' side, like polluted air, water and land. Wouldn't that be a more realistic way to measure our economic performance?

Similkameen News Leader

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George Elliott
OWNER/PUBLISHER
george@thenewsleader.ca

Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

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AND NOW...A LITTLE GOOD NEWS!

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - Romans 12:2

Lower Valley News

Keremeos - Cawston - Olalla



Farms in the South Similkameen are tidying up their fields in preparation for Spring planting. As for the plastic and drip irrigation line from last year, it's "Out with the old, in with the new" for this property along Highway 3A in Keremeos. Photo: Arlene Arlow

Similkameen
News Leader

www.thenewsleader.net

AVAILABLE AT THESE LOCATIONS

Princeton

Petro-Can, Cooper's Foods, Shoppers Drug Mart, Billy's Restaurant, Chevron, Ace Hardware, The Hut, Sandman Inn, Husky, Mini Mart, News Leader Office

Hedley/Keremeos

Country Store, Hilltop Esso, Valu-Plus Foods, Pharmasave, Fas Gas

Similkameen Sizzle wants your recipes

The Similkameen Sizzle planning committee met May 14th to discuss details and projects related to their upcoming pepper festival.

Plans are to make the event more 'peppery' in response to feedback that the event doesn't have a lot of spicy elements.

Speaking of spice, the popular Hot Sauce Contest will be held as part of the 13th annual Similkameen

Sizzle on September 20th. Judges have already committed to sample the entries.

New activities planned for this year include a 'Best Dressed' series of awards for three different categories. In addition to the Best Dressed Vendor on the day of the event local retailers will be able to get in on the fun this year with the Best Dressed Business and Best

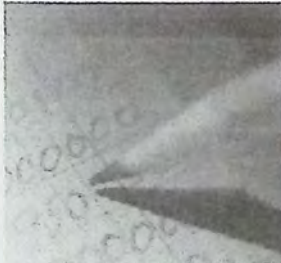
Dressed Fruit Stand categories. The guidelines to enter stipulate that the decorations have to have a pepper theme.

An ongoing project that will also become a fundraiser is a Similkameen Sizzle Recipe Book. Submissions of spicy and non-spicy pepper dishes will be accepted at the following e-mail address: recipes.sizzle@gmail.com. There is no word on when the first edition of the book will be available, but it will be sold throughout the year to promote the annual pepper festival.

Entry forms for vendors, the chili cook-off and hot sauce contest are available at the Similkameen Country office as well as online for download at the Similkameen Sizzle website located at www.gotpeppers.info. Check there and in the News Leader for regular updates leading to this year's event.

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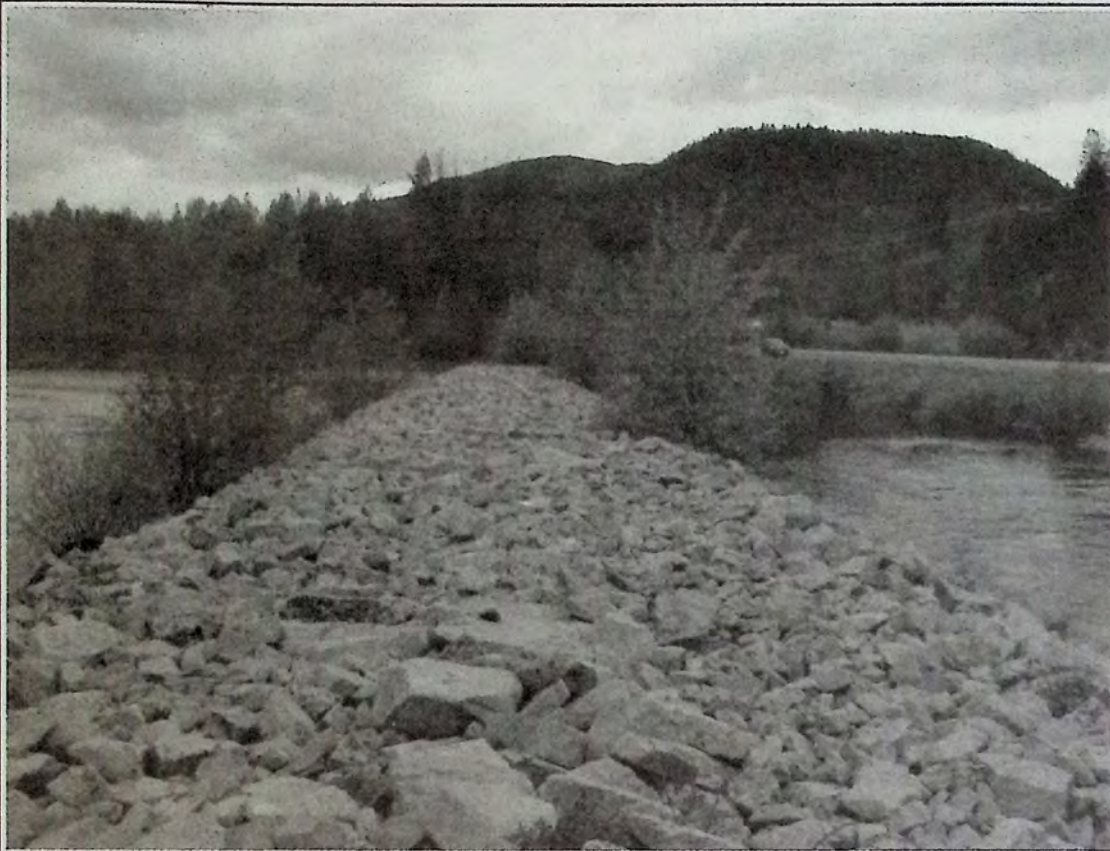
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Sometimes you just have to stop the car and get out and explore. This is a look of the top of a dike in Tulameen River where Otter Creek spills into it. It provided an interesting perspective of the river as it flowed past this spot. *

RDOS posts demolition notices at Kennedy Lake

In January 2014 the RDOS won a judgment against the owners of the Kennedy Lake Resort (off Highway 3 just west of Princeton) in order to force them to bring the property into compliance with RDOS zoning and building bylaws.

The time given for voluntary compliance has passed, which give the RDOS the right to proceed with demolition of non-compliant buildings/structures. The RDOS has chosen to give the individual tenants/leaseholders an

opportunity to bring their buildings into compliance before any demolition occurs.

On Wednesday, May 14, RDOS staff attended Kennedy Lake and posted a Demolition Notice on all sites (over 200). The notice gives information on the court order and the RDOS intention to allow them to apply for building permits within 60 days.

The Regional District of Okanagan Similkameen has set up a telephone line (250-490-4231) and email address (kennedylake-

info@rdos.bc.ca) specifically for this project. Callers can leave their contact information on the message line or email inbox and an application package will be forwarded to them.

More information is available on the RDOS website located at www.rdos.bc.ca.

Choose 'Building Permits' under 'Popular Links' on the right side of the homepage and then click on 'Kennedy Lake' in the blue column on the left side of the department page. - submitted



The former railway bridge over the Tulameen River is part of the Trans Canada Trail and when viewed from high above on Coalmont Road looks like an interesting local landscape feature. The water below is high due to spring runoff. *

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 20% OFF - LAST THURSDAY OF THE MONTH
Customer Appreciation Day
 10% OFF - LAST FRIDAY OF THE MONTH
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A FORUM ON RIVERS

A DIALOGUE ON WATER AND RIVERS WITH 2 OUTSTANDING PARTICIPANTS

KEN FARQUHARSON, ELDER FOR PARKS, OUTDOOR RECREATION COUNCIL OF BC, COMMITTEE ON ENDANGERED RIVERS
 LEE MCFADYEN, LONGTIME SIMILKAMEEN RESIDENT, RETIRED ORGANIC FARMER, STEERING COMMITTEE MEMBER FOR OKANAGAN RIVER RESTORATION INITIATIVE

A GREAT OPPORTUNITY TO ASK QUESTIONS!
 THURSDAY, JUNE 5, 2014

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 7:00 p.m. to 9:00 p.m.
 More Information 250-295-7154

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It's that time of year again! Road Construction Season. Signs went up last week on Highway 3 announcing this project. *

Saddles 'n' Spurs
by Pastor George Donovan

My dad and I were sitting on the corral fence just taking a break one day, watching the workers saddle and bridle and horses and the riders coming and going.

We often used to get really funny questions or incidents. A man who had just discovered our place two or three weeks before this arrived this day with full regalia, hats, shirt, pants, boots, big belt buckle and kerchief.

He was transformed. He climbed up on the fence with my dad and I really wanting to look like an experienced cow hand and he looked out in the field and pointed to a horse and said while trying to put a southern drawl in his voice, "John, Is that there a buckskin or a gelding?" (buckskin is a color and a gelding is a neutered horse).

Not everybody knows. Around that time a man and his wife pulled in with a trailer and two horses wanting to board them and ride on our trails, which is part of what we did. They proudly pulled the two horses off the trailer and put them in their stalls.

They stood outside looking at their two horses with admiration. I hadn't given them much of a look but asked them how old the horses were. They replied that they were three and four

years old. I knew that couldn't be true but didn't want to say anything or hurt their feelings because they not only just bought their horses but also their hats and everything that went with it.

It wasn't long after that they heard that the international horse show was going to be held at the

Agradome. They planned to enter their horses in the key hold race.

The keyhole race is a long rope laid out in the shape of a keyhole and the horse is to gallop into the rope area and spin around and run back across the starting line. After I heard that news I had to break down and tell continued on Page 21

Living Past 100
Are You Low In Iodine?

Iodine is essential for good health. Iodine deficiency can cause obesity, hair loss, dry skin, fatigue, depression and sensitivity to cold. Older people are most likely to have iodine deficiency, but it can affect anyone of any age, including newborn babies if the mother had low iodine.

People who eat a lot of seafood and ocean fish rarely have iodine deficiency as foods from the sea contain iodine. One of the favourite snacks and condiments of the maritime provinces is dulse, a form of seaweed. This member of the kelp family is full of iodine. Dulse can be purchased in dried form. Other forms of kelp are available in health food stores, or kelp can be taken in pill form as a dietary supplement.

Iodine is added to table salt in Canada, so iodine deficiency is rare, but if a person is on a low salt diet as a way to reduce blood pressure, the possibility exists for iodine deficiency. Those who eat little or no seafood or ocean fish can suffer from iodine deficiency over a lifetime. At one time in Canada, iodine deficiency was common in populations living far from the seacoast.

Eggs are a source of iodine, but contain far less than ocean animals and plants.

Iodine controls body metabolism, growth in children, and disorders arising from a malfunctioning thyroid gland. Any form of thyroid problem is serious and anyone who suspects there may be a problem should ask his or her physician to check thyroid function and/or test for adequate iodine in the blood.

As we grow older, we become more aware of changes in our bodies. All of us complain our bodies cannot adjust as well to temperature changes, or we begin to lose hair, or we keep gaining weight. Some of us may just feel tired all the time. These can be signals of iodine deficiency, and testing for iodine should be the first step to identifying the problem. Do not try to diagnose yourself, always see a physician and ask for tests. Never medicate yourself with iodine as there are consequences to having too much iodine.

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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - May 20 - 26, 2014



Project complete!

How exciting it is to see so many people gather together to achieve a common goal for the benefit of our community.

The Princeton Arts Council are pleased to be able to provide the finishing touch to identifying an area of wetlands to be known as

Cormack Marsh.

Work started long before Earth Day as the John Allison and Vermilion Forks Elementary Schools received an explanation of the importance of wetlands from the Okanagan Similkameen Stewardship Society (OSSS) and

then designed posters to tell others what they had learned.

On Earth Day, April 22, the students pulled noxious weeds, and removed garbage before adding pathways, bird and bat nesting boxes and beaver deterrents around the trees.

The students were guided by the OSSS and the Vermilion Forks Field Naturalists and treated to lunch by Subway.

Now the Princeton Sierras Fire Crew have installed signposts with copies of the children's poster art to tell everybody where to find the

wetland and remind them to respect this important natural habitat.

If you travel in the area look for the signs along River Road or along the KVR Trail as it approaches the Tunnel and follow the trails to a peaceful wilderness setting beside the river.

- submitted



Tuesday Movies

EVENING

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

WEEKLY LOCAL CHURCH SERMONS

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News Leader Str8ts

STR8TS

No. 178

Medium

Previous solution - Easy

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

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

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

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

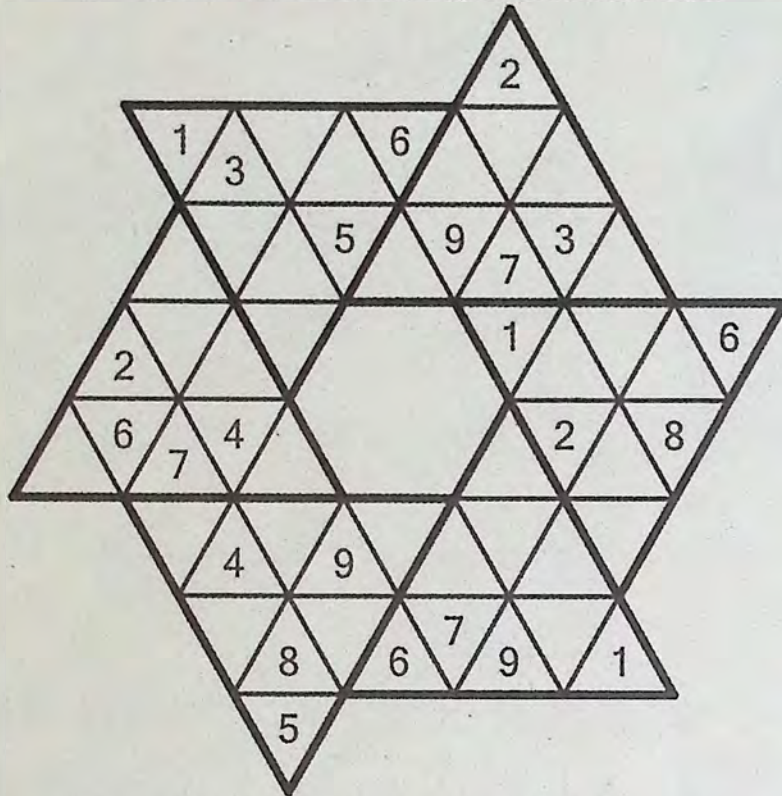
TUESDAY, MAY 20, 2014

	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) [E]	Wibbly Pig	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "No. 6"	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [O]	Kid vs. Kat Rescue	SportsCentre [E]	CTV Morning Live (N) [O]	Highway Thru Hell	Stella-Sam ANT Farm	CityLine (N) [E]	Bar Rescue [O]	Eat St. [O]
7 AM	Law & Order: SVU		G. Shrinks	Arthur	Today Matt Berman; Charize Theron. (N) [O]	CBS This Morning (N) [O]	Criminal Minds [O]	Good Morning America (N) [E]			Tiger	Super Evil	SportsCentre [E]		Airplane Repo [E]	Shake It Austin	Let's Make a Deal (N)	Ink Master "Earn III"	Disaster
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami "L.A." [E]			Morning Huntley St.	Bo On/Go	Pokemon	SportsCentre [E]		Jacked! (DVS)	Jessie [E]	The Price Is Right (N)	Ink Master "Bug Out"	Roseanne
9 AM	Millionaire	Morning	Dinosaurs	Peg		The 700 Club [O]	CSI: Miami [O]	Live! Kelly and Michael	Morning Huntley St.	The Doctors [O]	Super Why! Napkin	Monster	SportsCentre [E]	Live! Kelly and Michael	Mighty Ships [E]	Little Manny	Jdg Judy	Ink Master [O]	Friends [O]
10 AM	Divorce	The Doctors [O]	Ella the EI	Sesame Street [O] (EI)		The Price Is Right (N)	Criminal Minds [O]	The View [O]	The Doctors [O]	Pitchin' In	Bookaboo	Invasion	NHRA Drag Racing: Summit	The View [O]	Auction	Never Land	The Chew [O]	Ink Master [O]	Secret
11 AM	Judge Alex	Pitchin' In	G. Shrinks	Tiger	Jdg Judy	Young & Restless	Criminal Minds [O]	Paid Prog. America	Pitchin' In	Noon News Hour (N)	Dragons' Den [O]	Flamingo	Racing Equipment Southern Nationals. (Taped)	Marilyn Denls	How/Made	ANT Farm	General Hospital (N) [O]	Ink Master [O]	Bord. Rico
12 PM	King	Noon News Hour (N)	PAW Patrol	Charlie Rose [O]	Paid Prog.	News	The First 48 [O]	The Chew [O]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [O]	Kid vs. Kat Sidekick	Nationals. (Taped)	CTV News (N) [O]	NeverEver	Wingin' It	Katie [O]	Ink Master [O]	Eat St. [O]
1 PM	Community	Days of our Lives (N)	Wibbly Pig	Painting	Days of our Lives (N)	The Talk [O]	The First 48 [O]	General Hospital (N) [O]	Days of our Lives (N)	The Talk [O]	Republic of Doyle [O]	Rated A	Hockey	The Social [O]	Jacked! (DVS)	Wizards	CityLine [E]	Ink Master [O]	Roseanne
2 PM	Seinfeld [O]	The Talk [O]	Ella the EI	Thomas	Katie [O]	Let's Make a Deal (N)	The First 48 [O]	Queen Latifah	The Talk [O]	Queen Latifah	Steven and Chris (N) [O]	Kid vs. Kat Super Evil	Off Record	Dr. Phil [O]	BikerLive	Good Luck	CityNews at 5 (N) [E]	Ink Master [O]	Friends [O]
3 PM	The Middle	Queen Latifah	Dive, Oh!	Sid	Ellen DeGeneres Show	Dr. Phil [O]	Storage	Rachael Ray [O]	Queen Latifah	Young & Restless	Coronation	Sidekick	SportsCentre (N) [E]	The Dr. Oz Show (N) [O]	How/Made	Shake It	CityNews at 6 (N) [E]	Ink Master [O]	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) [O]	Storage	The Doctors [O]	Young & Restless	Early News	NHL Hockey: Conference Final. Teams TBA. (N) [O] (Live) [E]	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Ink Master [O]	Security
5 PM	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	Parents	SpongeBob	Hockey: Western Conference Final. Game 2: Teams TBA.	CTV News at Five (N)	Fool's Gold	Jessie [E]	Mindy	Ink Master [O]	Secret
6 PM	Browns	Global Nat.	Hope for Wildlife [E]	PBS News-Hour (N) [E]	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	Cache	Japanzi		CTV News (N) [O]	Deadliest Catch	Austin	New Girl	Ink Master [O]	Mysteries-Museum
7 PM	Mod Fam	Ent	Marine Machines [E]	Coming Back With Wes	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Chicago Fire [O]	CBC News: Vancouver	Cook'd [O]	SportsCentre (N) (Live) [E]	etalk (N)	Deadliest Catch (N) [O]	Win, Lose	Murdoch Mysteries	Ink Master [O] (Live) [E]	Castle Secrets
8 PM	Family Guy	NCIS: Los Angeles [O]	Mine Is Missing	Escape-Nazi	The Voice [O]	Judge Judy Primetime	Storage	Dancing With the Stars	NCIS: Los Angeles [O]	NCIS: Los Angeles [O]	To Be Announced	Vampire	Hockey	Dancing With the Stars	Fool's Gold	Good Luck	CityNews-Tonight (N)	Tattoo	Secret
9 PM	Amer. Dad	NCIS [O] (DVS)	The Rainbow Warriors	Frontline (N) [E]	The Voice The winner is announced. [O]	ACM Presents: An All-Star Salute to the Troops	Storage	Dancing With the Stars A winner is chosen. [E]	NCIS [O] (DVS)	NCIS [O] (DVS)		Mr. Young	30 for 30 [E]	The Voice The winner is announced. [O] (Live) [E]	Deadliest Catch	Wingin' It	Jimmy Kimmel Live (N)	Ink Master [O]	Ghost Adventures [E]
10 PM	Jeffersons	Chicago Fire [O]	Red Run [E]	Extraordinary Women			Storage	Chicago Fire [O]	News Hour Final (N)	The National (N) [E]	Gags	SportsCentre (N) [E]		Deadliest Catch [E]	Good Luck	EP Daily	Ink Master [O]	Castle Secrets	
11 PM	"Dan in Real Life"	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	SportsCentre [E]	News-Lisa	Bering Sea Gold: Under	Wizards	Recovery	Tattoo	Mysteries-Museum

News Leader Sudoku 506

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

AFTERNOON


3:00 pm SPIKE ch.44 "The Final Destination" (2009, Horror) Bobby Campo. Premiere. A horrifying premonition saves a young man and his friends from death during a racetrack accident, but terrible fates await them nonetheless. (In Stereo)
 5:00 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)
 11:00 pm WTBS ch.3 "Gridiron Gang" (2006, Drama) The Rock. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility.

EVENING

8:00 pm SPIKE ch.44 "The Fast and

Princeton Area Ghost Towns - The DVD



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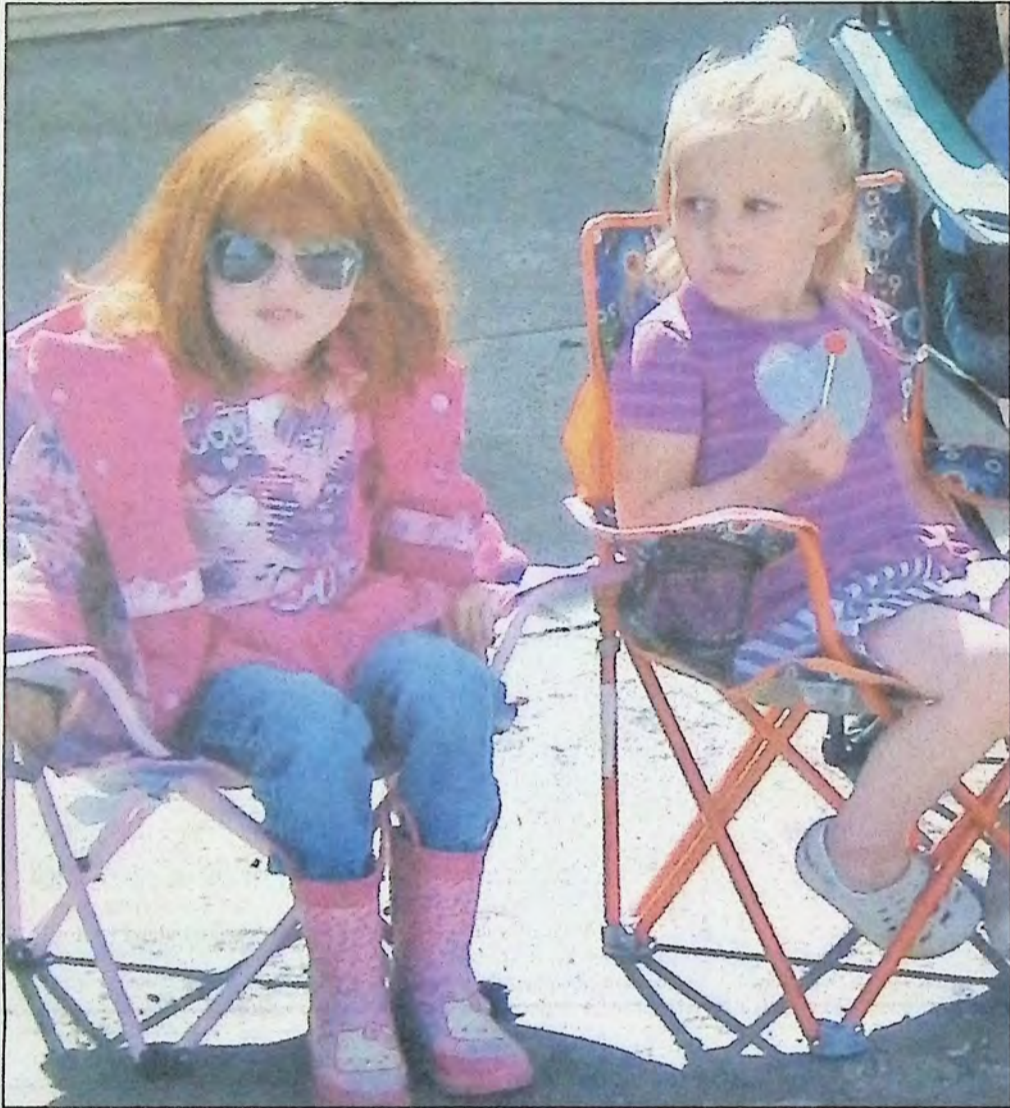
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Explore The History Of Mining - Gold, Copper and Coal

WEDNESDAY, MAY 21, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) ☑	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☑	Morning Northwest	Morning News (N) ☑	(5:00) Morning News (N)	CBC News Now (N) ☑	Kid vs. Kat Rescue	SportsCentre ☑	CTV Morning Live (N) ☑	Pyros ☑ (DVS)	Stella-Sam ANT Farm	CityLine (N) ☑	Wildest Police Videos	Eat St. ☑
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Neil Patrick Harris; Clive Owen. (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)	Tattoo	Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			CSI: Miami "Dishonor"		Morning Huntley St.		Bo On/Go Busytown	Pokemon Storm	SportsCentre ☑		Dangerous Flights	Jessie ☑ Wizards	The Price is Right (N)	Tattoo	Roseanne
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club ☑	CSI: Miami ☑	Liveli Kelly and Michael	Morning Huntley St.	The Doctors ☑	Super Why! Napkin	Monster Spliced ☑	SportsCentre ☑	Liveli Kelly and Michael	Mighty Ships ☑	Little Manny	Jdg Judy	Wildest Police Videos	Friends ☑
10 AM	Divorce	The Doctors ☑	Ella the Elf Jelly Jamm	Sesame Street ☑ (EI)		The Price is Right (N)	Criminal Minds "Lo-Fi"	The View ☑	The Doctors ☑	Pitchin' In	Bookaboo	Invasion	Score Golf Television	The View ☑	Auction	Never Land	The Chew ☑	Tattoo	Security
11 AM	Judge Alex	Pitchin' In	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds ☑	Paid Prog.	Pitchin' In	Noon News Hour (N)	Dragons' Den ☑	Flamingo Squirrel	High School Basketball	Marilyn Denis	Fool's Gold	ANT Farm	General Hospital (N) ☑	Deadliest Warrior	Bord. Rico
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose ☑	Paid Prog. America	News	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 ☑	Deadliest Warrior	Eat St. ☑
1 PM	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	The Social ☑	Deadliest Catch ☑	Wizards Good Luck	CityLine ☑	Deadliest Warrior	Roseanne
2 PM	Seinfeld ☑	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 (N) ☑	Kid vs. Kat Super Evil	Off Record	Dr. Phil ☑	Cold Water Cowboys	Good Luck Shake It	CityNews at 5 (N) ☑	Deadliest Warrior	Friends ☑
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil ☑	The First 48 ☑	Rachael Ray ☑	Queen Latifah	Young & Restless	Coronation Stefano	Sidekick Squirrel	SportsCentre (N) ☑	The Dr. Oz Show (N) ☑	How/Made	Shake It ANT Farm	CityNews at 6 (N) ☑	Movie: * "The Final Destination" (2009, Horror)	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee Arthur ☑	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show (N) ☑	Duck D.	The Doctors ☑	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Final: Teams TBA. (N) ☑ (Live) ☑	SpongeBob Nerds	Hockey 30 for 30 ☑	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam	Security	
5 PM	Browns	News (N) ☑	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Final: Teams TBA. (N) ☑ (Live) ☑	Parents SpongeBob		CTV News at Five (N)	Sons of Guns ☑	Jessie ☑ Jessie ☑	Revolution ☑	Movie: ** "The Fast and the Furious: Tokyo Drift" ☑	Security
6 PM	Browns	Global Nat. News	Marine Machines ☑	PBS NewsHour (N) ☑	News Millionaire	KREM 2 News at 6 (N)	Duck Dynasty ☑	News at 6 News	(5:59) News Hour (N)	ET Canada Ent		Hathaways Thunder	NBA Basketball	CTV News (N) ☑	Deadliest Catch ☑	Austin Jessie ☑	Mod Fam Cougar	Airport	
7 PM	Mod Fam	Ent ET Canada	Canada: Over the Edge	Brain-Change-Permitter	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Engels	CBC News: Vancouver	Assembly		etalk (N) Big Bang	Fast N' Loud ☑	Win, Lose Good Luck	The Bridge "Destino"	Bord. Rico	
8 PM	Family Guy	Survivor A castaway is crowned	India on Four Wheels	30 Days to a Younger Heart-Masley	Revolution ☑	Survivor A castaway is crowned	Duck D.	The Middle ☑	Survivor A castaway is crowned	Survivor A castaway is crowned	To Be Announced	Vampire		Law & Order: SVU	How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Movie: ** "The Fast and the Furious: Tokyo Drift" ☑	Security
9 PM	Amer. Dad	Sole Survivor. ☑	Jazz Swing dominates wartime; early bebop.	Nature (N) ☑ (DVS)	(10:01) Chicago PD ☑	Survivor (N) ☑	(10:01) Duck Dynasty	Motive "Raw Deal" ☑	Survivor (N) ☑	News Hour Final (N)	The National (N) ☑	Gags		Law & Order: SVU	Sons of Guns ☑	Wingin' It Next Step	Jimmy Kimmel Live (N)	Ghost Adventures ☑	
10 PM	Jeffersons	Survivor (N) ☑										Gags	SportsCentre (N) ☑	Motive "Raw Deal" ☑	Highway Thru Hell	Good Luck Jessie ☑	Reviews on	Bar Rescue	Bord. Rico
11 PM	Movie: "Gridiron Gang"	CHBC News Final (N)	Canada: Over the Edge	Charlie Rose (N) ☑	News J. Fallon	News Letterman	Duck D.	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News Vancouver	Vampire Haunting	SportsCentre ☑	News-Lisa CTV News	Fast N' Loud ☑	Wizards Life Derek	Recovery Paid Prog.	Rescue	Airport

78TH TONASKET FOUNDERS DAY



Through a Child's Eyes

Founder's Day Parade

Sat., May 31, 11 am

Street Dance at 5:30 to 9 pm
on 3rd Street.

With music from North Half
and Special Guest Johannes Weber

Rodeo is at 2:30 pm this year!

Vendors needed, \$25 per 10 x10 spot,

Contact: Anna Bostwick **425-330-6083**

Tonasket Chamber of Commerce supporting local businesses

Schedule of Events

Thursday, May 29

BBQ and Kids Games
at the Rodeo Grounds

Friday, May 30

PBR at 7 p.m.
at the Rodeo Grounds

Saturday, May 31

Breakfast

at the Rodeo Grounds 8 a.m.

- Freedom 5K 8 a.m. at the
THS Track (sponsored by
the Lion's Club)
- Vendors on 3rd Street,
9 a.m. to 9 p.m.
- Parade 11 a.m.
- PBR at 2:30
at the Rodeo Grounds
- Concessions and a
Beer Garden will
be open at the Street Dance



SO COUNTRY INTERNET RADIO

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Thursday Movies

MORNING

11:00 am SPIKE ch.44 "The Final Destination" (2009, Horror) Bobby Campo. A horrifying premonition saves a young man and his friends from death during a racetrack accident, but terrible fates await them nonetheless. (In Stereo)

EVENING

11:00 pm WTBS ch.3 "Nothing Like the Holidays" (2008, Comedy-Drama) John Leguizamo. Secret revelations, major life-changes and inevitable bickering mark a Chicago family's Christmas reunion.

AFTERNOON

1:00 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

Bud Carter hauled the last of his home-grown hay to his cattle May 8th. After that, the cattle will be grazing on his pastureland along Highway 3A and after that they will be out on the range. Most of the calves born in the Spring are sold at auction each Fall. Photo: Arlene Arlow

THURSDAY, MAY 22, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds "Lo-F"	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	Hockey	CTV Morning Live (N)	Mighty Planes	Stella-Sam ANT Farm	CityLine (N)	Wildest Police Videos	Eat St.
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Seth MacFarlane; Keenan	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Arthur	Super Evil Sidekick			Cold Water Cowboys	Shake It Austin	Let's Make a Deal (N)	Wildest Police Videos	Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curlous Cat in the	Ivory Wayans. (N)		CSI: Miami "Backfire"		Morning Huntley St.		Bo On/Go Busytown	Pokémon Storm			Highway Thru Hell	Jessie Wizards	The Price Is Right (N)	Wildest Police Videos	Roseanne
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club	CSI: Miami "Meltdown"	Live! Kelly and Michael	Morning Huntley St.	The Doctors	Super Why! Napkin	Monster Spliced	Sports	Live! Kelly and Michael	Mighty Ships	Little Manny	Jdg Judy	Police Shootouts!	Friends
10 AM	Divorce	The Doctors	Ella the Elf Jelly Jamm	Sesame Street		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Pitchin' In Pitchin' In	Bookaboo Doodlebop	Invasion Almost	2014 IIHF World Championship, Third Quarterfinal: Teams TBA. (N)	The View	Auction Auction	Never Land Sofia	The Chew	Scary Police Shootouts	Airport
11 AM	Judge Alex	Pitchin' In	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds	Youthful Paid Prog.	Pitchin' In	Noon News Hour (N)	Dragons' Den	Flamingo Squirrel		Marilyn Denis	How/Made How/Made	ANT Farm Jessie	General Hospital (N)	Movie: "The Final Destination" (2009)	Back. Gold
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat Sidekick	Shorts	CTV News (N)	Sons of Guns	Wingin' It Wizards	Katie		Eat St.
1 PM	Community	Days of our Lives (N)	Wibbly Pig Dragon	Painting Knit	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A Monster	Hockey	The Social	Mighty Ships	Wizards Good Luck	CityLine	Movie: "The Fast and the Furious: Tokyo Drift"	Roseanne
2 PM	Seinfeld	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 (N)	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil	Fast N' Loud	Good Luck Shake It	CityNews at 5 (N)		Friends
3 PM	The Middle	Queen Latifah	Dive, Olly Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Coronation Stefano	Sidekick Squirrel	SportsCentre (N)	The Dr. Oz Show (N)	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N)	Cops	Disaster
4 PM	Big Bang	Young & Restless	Maya Bee Arthur	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show (N)	The First 48	The Doctors	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Final: Teams TBA. (N)	SpongeBob Rabbids	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam	Cops	Museum Secrets
5 PM	Browns	News (N)	Martha Wild Kratts	News	News	News	The First 48	News	Early News ABC News	(4:59) News Hour (N)	Final: Teams TBA. (N)	Parents SpongeBob		CTV News at Five (N)	Fast N' Loud	Jessie Jessie	Hell's Kitchen (N)	Cops	Canadian Pickers
6 PM	Browns	Global Nat.	Canada: Over the Edge	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	After the First 48 (N)	News at 6	(5:59) News Hour (N)	ET Canada		Thunder Sam & Cat		CTV News (N)	Fast N' Loud (N)	Austin Austin	Seed (N) The Middle	IMPACT Wrestling (N)	Back. Gold
7 PM	Mod Fam	Ent	Mega Builders	Spokane Supersized	Jeopardy! Wheel	Inside Ed. Access H.	(7:01) The Killer Speaks	Ent	Ent ET Canada	Elementary	CBC News: Vancouver	Cache Japanz!	SportsCentre (N) (Live)	etalk (N)	Vegas Rat Rods (N)	Win, Lose Next Step	Murdoch Mysteries		Hid. City
8 PM	Family Guy	Fisher	Our Queen	New Tricks	Hollywood Game Night	Big Bang The Millers	(8:02) The First 48	The Bachelorette	Fisher The Millers	Fisher The Millers	To Be Announced	Vampire Haunting		Big Bang	How/Made How/Made	Good Luck ANT Farm	CityNews-Tonight (N)	Ink Master	Sturgis Raw
9 PM	Amer. Dad	Engels	William Shatner, World	Foyle's War: A murder.	(9:01) Last Comic Standing (Season Premiere) (N)	Two Men Bad	(9:01) The First 48	Mod Fam	Bad	Bad		Haunting Mr. Young	30 for 30	Grey's Anatomy	Fast N' Loud	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cops	Ghost Adventures
10 PM	Jeffersons	(10:01) Elementary	Park	Coming Back With Wes	(10:01) Elementary (N)	After the First 48	Black Box "Jerusalem"	(10:01) Elementary	(10:01) News Hour Final	The National (N)		Gags Gags	SportsCentre	Motive (N)	Fast N' Loud	Good Luck Jessie	EP Daily	Cops	Hid. City
11 PM	"Nothing Like"	CHBC News Final (N)	Mega Builders	Charlie Rose (N)	News J. Fallon	News Letterman	The Killer Speaks	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News Vancouver	Vampire Haunting	SportsCentre	News-Lisa CTV News	Vegas Rat Rods	Wizards Life Derek	Recovery Paid Prog.	Jail	Sturgis Raw

Friday Movies

EVENING

7:00 pm YTV ch.18 "Night at the Museum: Battle of the Smithsonian" (2009, Comedy) Ben Stiller. Larry Daley joins forces with Teddy Roosevelt, Amelia Earhart and others to prevent four of history's worst villains from conquering the world. (In Stereo) (CC)
 8:00 pm FAM ch.26 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (CC)
 10:10 pm FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves

twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "Year One" (2009, Comedy) Jack Black. Two lazy primitives begin an epic journey through the ancient world after they are banished from their village.

News Leader Recipe 613

Beefy Burritos

Prep Time: 20 mins. | Cook Time: 20 mins.

Ingredients

- 8 oz fresh crimini mushrooms
- 1/2 lb lean ground beef
- 1 tbsp canola oil
- 2 tbsp Tex-Mex seasoning blend
- 1 pkt Mushroom Seasoning Blend
- 1 cup reduced sodium refried beans
- 4 large flour tortillas
- 1 cup cooked Spanish rice
- 2 cups shredded lettuce
- 1/2 cup salsa
- 1/2 cup guacamole (optional)
- 1/2 cup fat free sour cream (optional)
- 3/4 cup shredded part skim Cheddar cheese

Method

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

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FRIDAY, MAY 23, 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	7SN 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 Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Shipping Shipping	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 0 Tiger Arthur 30	Kid vs. Kat Rescue Yu-Gi-Oh! Digimon	SportsCentre 30	CTV Morning Live (N) 0 30	Nerve Center	Stella-Sam ANT Farm	CityLine (N) 30	Bar Rescue	Eat St. 0 Eat St. 0
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Amanda Seyfried; Tim McGraw performs. (N) 0 30	CBS This Morning (N) 0 30	Shipping Shipping	Good Morning America (N) 30							Last Car Standing	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			Shipping Shipping			Morning Huntley St.	Bo On/Go Busytown	Pokémon Storm			Flying Wild Alaska	Jessie 30 Wizards	The Price Is Right (N)	Bar Rescue	Roseanne Roseanne
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur			Shipping Shipping	Livel Kelly and Michael	Morning Huntley St.	The Doctors 0 30	Super Why! Napkin	Monster Spliced 0	Golf: Senior PGA Championship, Second Round. (N) (Live)	Livel Kelly and Michael	Mighty Ships	Little Manny	Jdg Judy	Bar Rescue	Friends 0 Friends 0
10 AM	Divorce	The Doctors 0 30	Ella the Elf Jelly Jamm	Sesame Street 0 (EI)		The Price Is Right (N)	Shipping Shipping	The View 0 30	The Doctors 0 30	Pitchin' In Pitchin' In	Bookaboo Doodlebob	Invasion Almost		The View 0 30	Auction Auction	Never Land Sofia	The Chew 0 30	Bar Rescue	Treasures Decoded 0
11 AM	Judge Alex	Pitchin' In	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Shipping Shipping	Paid Prog. Paid Prog.	Pitchin' In Pitchin' In	Neon News Hour (N)	Dragons' Den 0 30	Flamingo Squirrel		Marilyn Denis	How/Made How/Made	ANT Farm Jessie 30	General Hospital (N) 0	Bar Rescue	Ghost Adventures 30
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose 0 30	Paid Prog. Paid Prog.	News Bold	Shipping	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Kid vs. Kat Sidekick	SportsNation (N) 30	CTV News (N) 0 30	Fast N' Loud	Wingin' It Wizards	Katie 0 30	Cops 30 Cops 30	Eat St. 0 Eat St. 0
1 PM	Community	Days of our Lives (N)	Wibbly Pig Dragon	Wyland's Scrapbook	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 Monster	Hockey	The Social 0 30	Fast N' Loud 0 30	Wizards Good Luck	CityLine 30	Cops 30 Cops 30	Roseanne Roseanne
2 PM	Seinfeld 0	The Talk 0 30	Ella the Elf Rob Robot	Thomas Super Why!	Katie 0 30	Let's Make a Deal (N)	The First 48 0 30	Queen Latifah	The Talk 0 30	Queen Latifah	Steven and Chris (N) 0	Kid vs. Kat Super Evil	Off Record Interruption	Dr. Phil 0 30	Vegas Rat Rods	Good Luck Shake It	CityNews at 5 (N) 30	Jail 30 Cops 30	Friends 0 Friends 0
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil 0 30	The First 48 0 30	Rachael Ray 0 30	Queen Latifah	Young & Restless	Coronation Stefano	Sidekick Squirrel	SportsCentre (N) 30	The Dr. Oz Show 30	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N) 30	Cops 30 Cops 30	Disaster Disaster
4 PM	Big Bang	Young & Restless	Maya Bee Arthur 0	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show 30	The First 48 0 30	The Doctors 0 30	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Final: Teams TBA. (N) 0 (Live) 30	SpongeBob Kung Fu	Hockey We Could Be King 30	Ellen DeGeneres Show	Daily Planet (N)	Phineas Good Luck	Mod Fam Mod Fam	Cops 30 Cops 30	Treasures Decoded 0
5 PM	Browns	News (N) 30	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	The First 48 0 30	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Final: Teams TBA. (N) 0 (Live) 30	Parents SpongeBob		CTV News at Five (N)	Sons of Guns: Locked	Austin I Didn't	Last Man Last Man	Cops 30 Cops 30	Surviving Evil 0
6 PM	Browns	Global Nat. News	Mega Builders 30	PBS News-Hour (N) 30	News Millionaire	KREM 2 News at 6 (N) 30	The First 48 0 30	News at 6 News	(5:59) News Hour (N)	ET Canada Ent		SpongeBob SpongeBob	NBA Basketball	CTV News (N) 0 30	Sons of Guns (N) 30	I Didn't I Didn't	Suburg. Suburg.	Cops 30 Cops 30	The Dead Files 0 30
7 PM	Mod Fam	Ent ET Canada	Coast 30	Wash Moyers	Jeopardy! Wheel	Inside Ed. Access H.	The First 48 0 30	Ent The Insider	Ent ET Canada	Dream Builders	CBC News: Vancouver	"Night at the Museum: Smithsonian"		etalk (N) Big Bang	Mayday 30 Next Step	I Didn't Next Step	(7:01) Hannibal 0	Cops 30 Cops 30	The Dead Files 0 30
8 PM	Family Guy	Kitchen Nightmares 0	New Tricks 0 30	Call the Midwife 30	Dateline NBC 0 30	Undercover Boss 30	(8:02) The First 48 30	Shark Tank 0 30	Kitchen Nightmares 0	Kitchen Nightmares 0	To Be Announced		SportsCentre (N) 30	Kirstie 30	Mayday 30	Movie: ** * "Aquamarine" 0	CityNews-Tonight (N)	Cops 30 Cops 30	Ghost Adventures 30
9 PM	Amer. Dad	Hawaii Five-0 0 30	Lewis The murder of a university	In Performance...		Hawaii Five-0 0 30	(9:01) The First 48 30	What Would You Do?	Hawaii Five-0 0 30	Hawaii Five-0 0 30		Super Evil Japanizi		CSI: Crime Scene	Sons of Guns: Locked	Jessie 30	Jimmy Kimmel Live 0	Cops 30 Cops 30	Ghost Adventures 30
10 PM	Jeffersons	Dream Builders	psychology 30	In Performance...	(10:01) Hannibal 0	Blue Bloods 0 30	(10:01) The First 48 0 30	20/20 0 30	Dream Builders	News Hour Final (N)	The National (N) 30	Cook'd 0 Assembly	SportsCentre 30	Blue Bloods 0 30	Sons of Guns 0 30	(10:10) "The Suite Life Movie" 0	EP Daily Reviews on	Cops 30	The Dead Files 0 30
11 PM	Movie: "Year One"	CHBC News Final (N)	Inside Disaster: Haiti	Charlie Rose (N) 30	News J. Fallon	News Letterman	(11:01) The First 48 0 30	KXLY 4	News Hour Final (N)	ET Canada The Test	CBC News Vancouver	Mr. Young Boys	SportsCentre 30	News-Lisa CTV News	Mayday 30		Recovery Paid Prog.	Prison Out of Control	Ghost Adventures 30

News Leader Weekend - Saturday Movies

MORNING

6:00 am SPIKE ch.44 "Superman Returns" (2006, Adventure) Brandon Routh. While Lex Luthor plots against him, the Man of Steel tries to reconnect with Lois Lane and find his place in a world that learned to survive in his absence. (In Stereo)

9:00 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.

11:00 am WTBS ch.3 "The Love Guru" (2008, Comedy) Mike Myers. An American-born swami must get

a hockey player's marriage back on track so the man can help his team win the Stanley Cup.

AFTERNOON

12:00 pm FAM ch.26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against

Earth. (In Stereo) (CC) SPIKE ch.44 "Gladiator" (2000, Historical Drama) Russell Crowe. Premiere. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo)

12:45 pm WTBS ch.3 "Not Another Teen Movie" (2001, Comedy) Chyler Leigh. A high-school quarterback bets a rival he can transform an unpopular student into a prom queen.

EVENING

6:00 pm WTBS ch.3 "Alice in Wonderland" (2010, Fantasy) Johnny Depp. Live action/animated. Now a teenager, Alice returns to Underland, where she must find her destiny and put an end to the Red Queen's reign of terror.

CITY ch.29 "Phantom Racer" (2009, Action) Greg Evigan. A race-car driver returns from beyond the grave. (CC)

8:00 pm KSPS ch.6 "Separate Tables" (1958, Drama) David

Niven. An alleged war hero, a spinster and other long-term guests interact at a seaside British resort. (In Stereo) (CC)

YTV ch.18 "Legend of the Guardians: The Owls of Ga'Hoole 3D" (2010, Adventure) Voices of Jim Sturgess. Animated. A kidnapped owl breaks away from his captors and, with his new companions, sets out to find a band of mythic warriors to defend his race from the evil Pure Ones. (In Stereo) (CC)

DTOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)

10:00 pm WTBS ch.3 "Swing Vote" (2008, Comedy) Kevin Costner. A precocious adolescent sets off a chain of events that leads to her beer-slinging dad holding the outcome of an election in his hands.

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

11:00 pm DTOUR ch.45 "RoboCop" (1987, Science Fiction) Peter Weller. Scientists use the mangled remains of a dead police officer to create the ultimate crime-fighter - an indestructible cyborg. (In Stereo) (CC)



It is officially rodeo season in the Similkameen Valley! Here is Jonah Antoine of Cache Creek at the start of his May 10th run in tie-down roping during the Stan Thompson Memorial Rodeo in Princeton. His time was 12.5-seconds. *

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SATURDAY, MAY 24, 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	Paid Prog.	Ancestors	Wibbly Pig	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Ancestors	Saturday Morning News Shano Jones (N)	Our Vancouver (N) (CC)	Slidekick Super Evil	Hockey	Juicebox (N) (CC)	Sons of Guns (N) (CC)	Slug Terra	Kitchen	Movie: *** "Superman Returns" (2006)	Moves
6:30	Paid Prog.	Fishful	Monkey	Fly Tying				Hollywood	Fishful							Wingin' It	Panorama		Paid Prog.
7 AM	Browns	Saturday Morning News Lynn	Ella the El	MotorWeek	KHQ News Saturday (N) (CC)	Lucky Dog	Longmire (N) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Allen	Sports		Alrplane Repo	Gravity	Eye/Asla		Security
7:30	All. Eats		Jelly Jamm	Greener		Dr. Chris					Super Why!	Nerds	Sports Centre (N) (CC)		Wizards	Integration		Brandon Routh, Kate Bosworth (N)	Security
8 AM	The Office	Colliar, Welsa	Upside	Woodsmith		Recple	Longmire "Tuscan Red"	Hanna	Colliar, Welsa		Artzooka	Chucks		Canada AM Weekend	Mayday (N) (CC)	ANT Farm	Polish Studio (N) (CC)		Airport
8:30	Paid Prog.	Wong, & Jay Janower. (N)	PAW Patrol	Rough Cut		J. Oliverr		Ocean	Wong, & Jay Janower. (N)		Cross	Rabblids	Hockey		Shake It				Airport
9 AM	Movie: *** "Step Up 2 the Streets" (2008)		Magic Bus	Hometime		All In	Longmire (N) (CC)	Explore		Fishn	Absolutely Canadian	SpongeBob		Marilyn Denis	Bering Sea Gold	Good Luck	Liquidator		Castle Secrets
9:30			Maya Bee	Old House		Changers		Rescue		Real Fish.	Doc Zone (N) (CC)	Monsters			Austin	Downright	Repo		
10 AM		Fishn	Wild Kratts	Old House	Auto Racing	Youthful	Longmire (N) (CC)	Wildlife	Fishn	Powerboat		Sanjay		SickKids Foundation (N) (CC)	Mayday (N) (CC)	Dog	Travels	Repo	Bord. Rico
10:30		Real Fish.	Martha	Kitchen		Pain Free		Expedition	Real Fish.	Driving TV		Bread		Jessie (N) (CC)	Ed's Up (N) (CC)	Repo			Bord. Rico
11 AM	Movie: * "The Love Gun"	Powerboat	Marco Polo	Jazzy	Lau-reus Sports Awards	Cash Cab	Longmire (N) (CC)	Inside	Powerboat	House "The C-Word"	the fifth estate (N) (CC)	Turtles	Motoring	Is Written	Mayday (N) (CC)	Liv-Mad.	Shopping Channel (N) (CC)	Repo	Security
11:30		Driving TV	Finding	Martha		Paid Prog.		(11:45) NASCAR	Driving TV		BayWar.	NASCAR	Corner Gas		I Didn't			Repo	Security
12 PM		News Hour	Animals	Cook's	Golf: Senior PGA Championship, Third Round, From Benton Harbor, Mich.	PGA Tour Golf: Crowne Plaza Invitational at Colonial, Third Round (N) (CC)	Longmire (N) (CC)	NASCAR Racing: Nationwide Series: History 300. (N) (Live)	PGA Tour Golf	PGA Tour Golf: Crowne Plaza Invitational at Colonial, Third Round (N) (CC)	Recipes	Pokémon	Racing: Nationwide Series: History 300. (N) (Live)	Sports Centre (N) (Live) (CC)	Yukon Men (N) (CC)	Movie: *** "Skyrunners" (N)	Shopping Channel (N) (CC)	Movie: *** "Gladiator" (2000) Russell Crowe, Joaquin Phoenix. Premiere. (N)	Security
12:30	(12:45) "Not Another Teen Movie"	PGA Tour Golf	Animals	Garden					News Hour	PGA Tour Golf	Stefano	Power		The Social (N) (CC)	Sons of Guns: Locked	Gravity	Paid Prog.		Castle Secrets
1 PM			Parks	Antiques Roadshow		Criminal Minds (N) (CC)					Lang & O'Leary	Yu-Gi-Oh!		Canada's Worst Driver	Sons of Guns (N) (CC)	Phiness	Travels		Bord. Rico
2 PM			Marine Machines (N) (CC)	NOVA Barnes Wallis invents a bouncing bomb.	Jdg Judy	Paid Prog.	Criminal Minds (N) (CC)	Sports	House "The C-Word"	Simpsons	National	Assembly		Cash Cab	How/Made	Good Luck	CityNews Weekends	Repo	Disaster
2:30	Paid Prog.				Chica	Paid Prog.			Focus T25	Simpsons	HNIC	Assembly		Celebrity	How/Made	Next Step			Disaster
3 PM	Community	House "The C-Word"	Canada: Over the Edge	Steves	Noodle	Access Hollywood (N)	Criminal Minds (N) (CC)	McCarver	Simpsons	Simpsons	NHL Hockey: Conference	Boys	30 for 30 (N) (CC)	Celebrity	Cash Cab	Jessie (N) (CC)	Out There	Repo	Security
3:30	Community			WA. Grown	Justin			Beer Geek	Simpsons	Global Nat.	Final: Teams TBA. (N) (Live) (CC)	Boys		Movie	How/Made	Dog	Out There	Repo	Security
4 PM	King	Simpsons	N. Geographic Specials	Last Wine	NHL Hockey: Conference	News	Criminal Minds (N) (CC)	News	Simpsons	News Hour (N)	Boys	Boys	NBA Basketball	etalk (N) (CC)	NeverEver	Shake It	Murdoch Mysteries (N) (CC)	Repo	Security
4:30	King			Wait...	Final: Teams TBA. (N) (Live) (CC)	News	Criminal Minds (N) (CC)	News	Simpsons	News Hour (N)	Boys	Boys		App	NeverEver	Austin	Ways Die	Security	
5 PM	The Middle	Simpsons	Our Queen	Lawrence Welk	Final: Teams TBA. (N) (Live) (CC)	News	Criminal Minds (N) (CC)	News	Simpsons	News Hour (N)	Boys	Boys		CTV News (N) (N) (CC)	Deadliest Catch (N) (CC)	Good Luck	Movie: "Phantom Racer" (2009) Greg Evigan.	Ways Die	Ghost Adventures (N) (CC)
5:30	The Middle	Global Nat.				Paid Prog.		The Insider	Simpsons	16x9 (N) (CC)	Boys	Boys		WS (N) (DVS)	Fast N' Loud (N) (CC)	I Didn't	Next Step	Ways Die	Ghost Adventures (N) (CC)
6 PM	Movie: *** "Alice in Wonderland" (2010)	(5:59) News Hour (N)	Hope for Wildlife (N) (CC)	Keep Up As Time...		Burn Notice (N) (CC)	Criminal Minds (N) (CC)	Entertainment Tonight	Dream Builders	16x9 (N) (CC)	Cache	Cook'd (N) (CC)		CTV News (N) (N) (CC)	Deadliest Catch (N) (CC)	Liv-Mad.	Movie: "Phantom Racer" (2009) Greg Evigan.	Ways Die	Ghost Adventures (N) (CC)
6:30			Darwin's Lost Voyage						Dream Builders					WS (N) (DVS)	Fast N' Loud (N) (CC)	I Didn't	Next Step	Ways Die	Ghost Adventures (N) (CC)
7 PM									Dream Builders					CTV News (N) (N) (CC)	Deadliest Catch (N) (CC)	Liv-Mad.	Movie: "Phantom Racer" (2009) Greg Evigan.	Ways Die	Ghost Adventures (N) (CC)
7:30									Dream Builders					WS (N) (DVS)	Fast N' Loud (N) (CC)	I Didn't	Next Step	Ways Die	Ghost Adventures (N) (CC)
8 PM	Family Guy	Dream Builders	Heartbeat An inside job.	Movie: *** "Separate Tables" (1958) (N) (CC)	KHQ News	Mike	(8:02) Criminal Minds	Celebrity Wife Swap (N) (CC)	Dream Builders	Dream Builders	Final: Teams TBA. (N) (Live) (CC)	"Legend of the Guardians-Ga'Hoole 3D"	Sports Centre (N) (CC)	Mixology	The Devils Ride (N) (CC)	Shake It	CityNews Weekends	Ways Die	Movie: *** "RoboCop" (1987) (N) (CC)
8:30	Family Guy				Jeopardy!	Bad			Dream Builders	Dream Builders				Spun Out	Austin			Ways Die	
9 PM	Seinfeld (N) (CC)	Dream Builders	A Touch of Frost thinks doctor killed addict.	Live From Artists Den	Criminal Minds (N) (CC)	48 Hours (N) (CC)	(9:01) Criminal Minds	20/20 (N) (CC)	Dream Builders	Engels				Score Golf Television	Big Bang	Next Step	The Office	Ways Die	
9:30	Seinfeld (N) (CC)								Dream Builders	Dust Up (N) (CC)				Mike	Wingin' It	The Office	Ways Die		
10 PM	Movie: *** "Swing Vote" (2008, Comedy)	Engels			Criminal Minds (N) (CC)	48 Hours (N) (CC)	(10:01) Criminal Minds	Nightline Prime (N) (CC)	Engels	News Final	To Be Announced	Super Evil	Sports Centre (N) (CC)	Motive (N) (DVS)	Fast N' Loud (N) (CC)	Movie: * "Read It and Weep"	The Office	Ways Die	Ghost Adventures (N) (CC)
10:30		Dust Up (N) (CC)							Dust Up (N) (CC)	Saturday Night Live (N) (CC)		Boys		CTV News	NeverEver	Paid Prog.			Movie: "RoboCop" (1987) (N) (CC)
11 PM		News Final	Canada: Over the Edge	Austin City Limits (N) (CC)	News	News	(11:01) Criminal Minds	Castle (N) (CC)	News Final	News Final		Mr. Young	Sports Centre (N) (CC)	News	NeverEver		Paid Prog.		
11:30		SNL			SNL	The Closer			SNL			Boys		CTV News	NeverEver	Life Derek	Paid Prog.		



On May 12, the Princeton Health Care Steering Committee put on an Appreciation Dinner for the health care professionals and support staff at Princeton General Hospital and Cascade Medical Centre. - photo submitted

Monday Movies

EVENING

11:00 pm WTBS ch.3 "Sex Drive" (2008, Comedy) Josh Zuckerman. A teenager steals his older brother's car

and goes on a road trip with his buddies to lose his virginity to a gal he met online.

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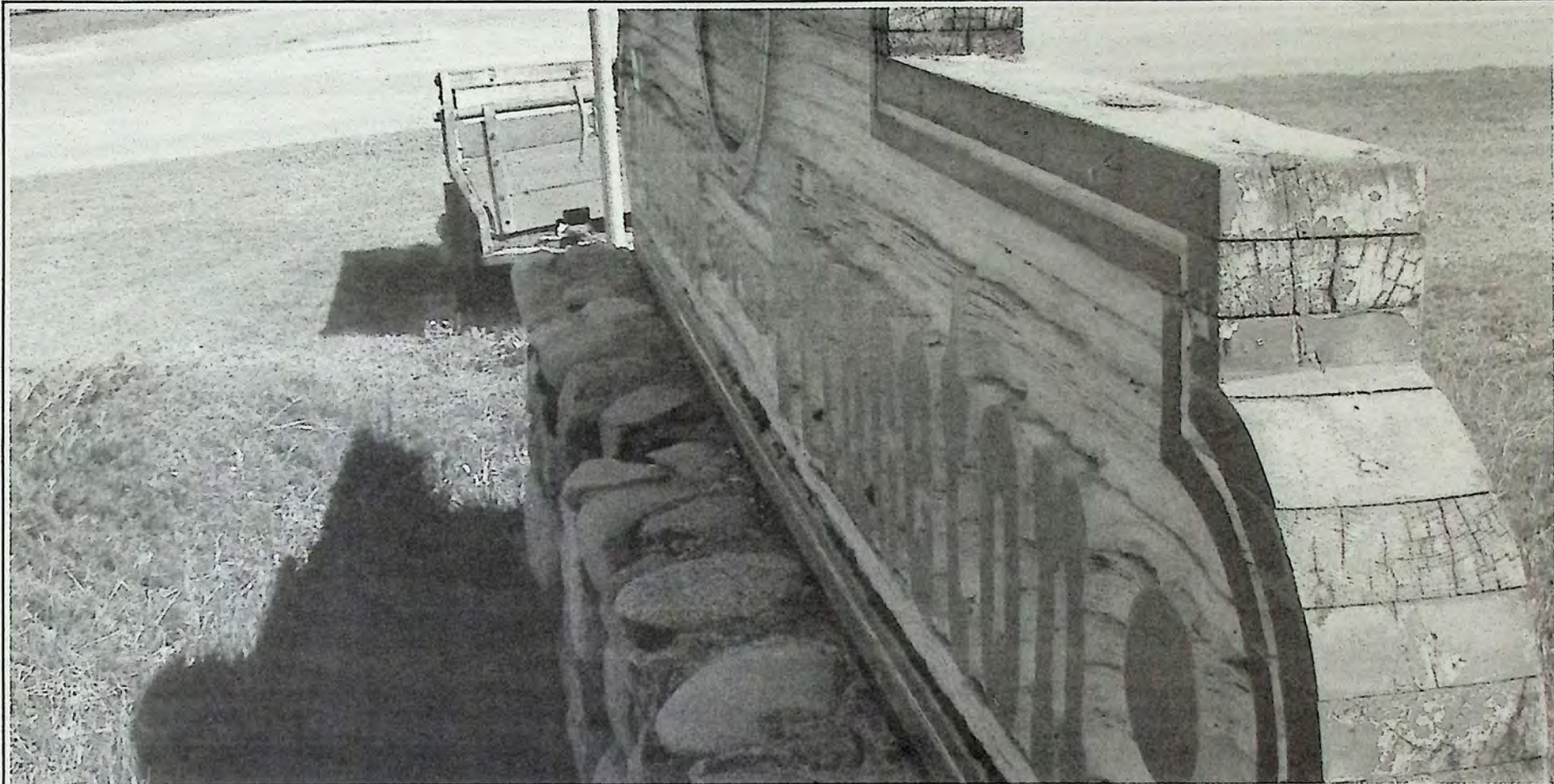
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Explore The History Of Mining - Gold, Copper and Coal

MONDAY, MAY 26, 2014

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [RE]	Wibbly Pig Monkey	Clifford Martha	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N) [RE]	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	SportsCentre [RE]	CTV Morning Live (N) [RE]	Shred! Loaded	Stella-Sam ANT Farm	CityLine (N) [RE]	Wildest Police Videos	Eat St. [RE]
7 AM	Law & Order: SVU		G. Shrinks Wild Kratts	Arthur Wild Kratts	Today Austin Mahone performs. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds (N) [RE]	Good Morning America (N) [RE]			Tiger Arthur [RE]	Super Evil Sidekick	SportsCentre [RE]		Cash Cab How/Made	Shake It Austin	Let's Make a Deal [RE]	Wildest Police Videos	Disaster Disaster
8 AM	Law & Order: SVU		PAW Patrol Doozers	Curious Cat in the Hat			Criminal Minds (N) [RE]		Morning Huntley St.		Bo On/Go Busytown	Pokémon Storm	SportsCentre [RE]	Canada's Worst Driver	Jessie [RE] Wizards	The Price Is Right (N)	Wildest Police Videos	Roseanne Roseanne	
9 AM	Millionaire	Morning Huntley St.	Dinosaurs Rob Robot	Peg Dinosaur		The 700 Club (N) [RE]	Criminal Minds (N) [RE]	Live! Kelly and Michael	Morning Huntley St.	The Doctors (N) [RE]	Super Why! Napkin	Monster Spliced [RE]	SportsCentre [RE]	Live! Kelly and Michael	Mighty Ships [RE]	Little Manny	Jdg Judy Jdg Judy	Cops [RE] Cops [RE]	Friends (N) Friends (N)
10 AM	Divorce	The Doctors (N) [RE]	Ella the EI Jelly Jamm	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds (N) [RE]	The View (N) [RE]	The Doctors (N) [RE]	Pitchin' In Pitchin' In	Bookaboo Doodlebop	Invasion Almost	To Be Announced	The View (N) [RE] Auction	Never Land Sofia	The Chew (N) [RE]	Jail [RE]	Cops [RE] Jail [RE]	Live Here Live Here
11 AM	Judge Alex	Pitchin' In	G. Shrinks Clifford	Tiger Sit & Be Fit	Jdg Judy	Young & Restless	Criminal Minds (N) [RE]	Pa'd Prog.	Pitchin' In	Noon News Hour (N)	Our Vancouver [RE]	Flamingo Squirrel		Marilyn Denis	Overhaulin' (N) [RE] Jessie [RE]	ANT Farm Jessie [RE]	General Hospital (N) [RE]	Cops [RE] Cops [RE]	Bggg Bttls Bggg Bttls
12 PM	King	Noon News Hour (N)	PAW Patrol Dinosaurs	Charlie Rose (N) [RE]	2014 French Open Tennis: First Round. (N Same-day Tape) (N) [RE]	News Bold	Criminal Minds (N) [RE]	The Chew (N) [RE]	Noon News Hour (N)	House "Post Mortem"	CBC News Now (N) [RE]	Kid vs. Kat Sidekick		CTV News (N) [RE]	River Monsters	Lego Wizards	Katie (N) [RE]	Cops [RE] Jail [RE]	Eat St. [RE] Eat St. [RE]
1 PM	Community	House "Post Mortem"	Wibbly Pig Dragon	Paint This Quilling Art		The Talk (N) [RE]	Criminal Minds (N) [RE]	General Hospital (N) [RE]	House "Post Mortem"	The Talk (N) [RE]	Republic of Doyle (N)	Rated A Monster		The Social (N) [RE]	River Monsters Good Luck	Wizards Good Luck	CityLine [RE]	Cops [RE] Cops [RE]	Roseanne Roseanne
2 PM	Seinfeld (N)	The Talk (N) [RE]	Ella the EI Rob Robot	Thomas Super Why!		Let's Make a Deal [RE]	Criminal Minds (N) [RE]	Queen Latifah	The Talk (N) [RE]	Queen Latifah	Steven and Chris [RE]	Kid vs. Kat Super Evil		Dr. Phil (N) [RE]	How/Made How/Made	Good Luck Shake It	CityNews at 5 (N) [RE]	Cops [RE] Jail [RE]	Friends (N) Friends (N)
3 PM	The Middle	Queen Latifah	Dive, Oily Jelly Jamm	Sid Peg	Ellen DeGeneres Show	Dr. Phil (N) [RE]	Criminal Minds (N) [RE]	Rachael Ray (N) [RE]	Queen Latifah	Young & Restless	Coronation Stefano	Sidekick Squirrel		The Dr. Oz Show [RE]	How/Made How/Made	Shake It ANT Farm	CityNews at 6 (N) [RE]	Cops [RE] Cops [RE]	Disaster Disaster
4 PM	Big Bang	Young & Restless	Maya Bee Arthur (N)	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show [RE]	Criminal Minds (N) [RE]	The Doctors (N) [RE]	Young & Restless	Early News Global Nat.	NHL Hockey: Conference Final: Teams TBA. (N) [RE] (Live) [RE]	SpongeBob Bread	To Be Announced	Ellen DeGeneres Show	Daily Planet (N)	Phineas Dog	Mod Fam Mod Fam	Cops [RE] Cops [RE]	Live Here Live Here
5 PM	Browns	News (N) [RE]	Martha Wild Kratts	News Business	News	News	Criminal Minds (N)	News at 6 ABC News	Early News Global Nat.	(4:59) News Hour (N)	ET Canada	Parents SpongeBob		CTV News at Five (N)	How/Made How/Made	Jessie [RE] Jessie [RE]	The Bachelorette (N) [RE]	Cops [RE] Cops [RE]	Bggg Bttls Bggg Bttls
6 PM	Browns	Global Nat.	Animals	PBS NewsHour (N) [RE]	News	KREM 2 News at 6 (N)	Criminal Minds (N)	News at 6 News	(5:59) News Hour (N)	ET Canada		Sam & Cat Assembly		CTV News (N) [RE]	NeverEver NeverEver	Austin Austin		Cops [RE] Cops [RE]	Bord. Rico Bord. Rico
7 PM	Mod Fam	Ent	Hope for Wildlife [RE]	Supersized WA. Grown	Jeopardy!	Insider Ed. Access H.	Criminal Minds (N)	Ent The Insider	Ent ET Canada	Rookie Blue (N) [RE]	CBC News: Vancouver	Hathaways Mr. Young	SportsCentre (N) [RE]	etalk (N) Big Bang	Jacked! (N) [RE] (DVS)	Win, Lose Good Luck	Broke Girl Mom [RE]	Cops [RE] Cops [RE]	Security Security
8 PM	Family Guy	Psych [RE]	Monty Don's French	Antiques Roadshow (N)	American Ninja Warrior	Broke Girl Friends	(8:02) Criminal Minds	The Bachelorette (N) [RE]	Psych [RE]	Psych [RE]	To Be Announced	Vampire Haunting	SportsCentre [RE]	MasterChef (N) [RE]	BikerLive (N)	Good Luck ANT Farm	CityNews-Tonight (N)	Cops [RE] Jail [RE]	Live Here Live Here
9 PM	Amer. Dad	24: Live Another Day	(9:05) Fake or Fortune?	Death and the Civil War: Experience	American Ninja Warrior (Season Premier) (N) [RE]	Mike Mom [RE]	(9:01) Criminal Minds	24: Live Another Day	24: Live Another Day	24: Live Another Day		Mr. Young	To Be Announced	The Listener (N) [RE]	NeverEver NeverEver	Wingin' It Next Step	Jimmy Kimmel Live (N)	Jail [RE] Jail [RE]	Ghost Adventures [RE]
10 PM	Jeffersons	Rookie Blue (N) [RE]	Inside Disaster: Haiti	American Experience	48 Hours (N) [RE]	(10:01) Criminal Minds	(10:01) Criminal Minds	(10:01) Castle [RE]	Rookie Blue (N) [RE]	News Hour Final (N)	The National (N) [RE]	Gags Gags	SportsCentre [RE]	(10:01) Castle [RE]	Jacked! [RE] (DVS)	Good Luck Jessie [RE]	EP Daily Reviews on	Jail [RE] Jail [RE]	Security Security
11 PM	Movie: "Sex Drive"	CHBC News Final (N)	Hope for Wildlife [RE]	Charlie Rose (N) [RE]	News J. Fallon	News Letterman	(11:01) Criminal Minds	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada The Test	CBC News George S	Vampire Haunting	SportsCentre [RE]	News-Lisa CTV News	How/Made How/Made	Wizards Life Derek	Paid Prog. Paid Prog.	Jail [RE] Jail [RE]	Bord. Rico Bord. Rico



This sign located at the corner of Highway 3 and Vermilion Avenue is in need of a face lift and thanks to local groups, it will likely look brand new in a few weeks. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

Last week I talked about cosmetics.

This week I'm going to explore that subject a little more.

There was a time a few years ago we considered selling our home and moving elsewhere in town. We consulted with more than two realtors and eventually came to the conclusion that the best we could do was going to be a 'sideways' move – into a home of similar size and value. We chose to stay put but we did learn some interesting things from the experience and it had to do with cosmetics.

One realtor advised that we give our home a fresh coat of paint/stain and that was going to add some value to the property. All of them talked about what I'm sure you've heard described as the 'curb appeal.' Essentially, does the property have that Wow! Factor that makes you turn your head and stop what you're doing to admire the sight.

It is from this experience I want to discuss the curb appeal of Princeton.

As stated last week the Princeton Garden Club is going to assist the Princeton business owners/operators group with a couple of projects that will give the west approach to the community along Highway 3 a much needed facelift.

Another project proposed by a different sub-committee in the business owners/operator group involves a beautification project for all downtown retail outlets. The plan is a multi-year project, which will allow local business owners time to latch on to the concept and participate.

This is a great idea for a lot of reasons.

Once you get traffic turning off Highway 3 and people wandering the downtown streets, you want to give them something to look at and explore. Hopefully this includes reasons to stop and shop in our local

businesses.

There is no denying that Veterans Park in the centre of town is a magnificent example of what can be done to beautify the downtown core. The unique water fountain feature was cleaned and turned on late last week and I get to hear it and see it daily when I walk to work and back home at the end of the day. I find the sound soothing and it sometimes relaxes me after a hectic work day.

The gazebo is another incredible feature of downtown Princeton and it is completely wired for sound and it won't be long before the series of free Saturday afternoon performances resume at that venue.

These are two huge elements that add to the curb appeal of downtown Princeton.

I have been looking very hard at the artwork in the windows of our business and have decided some time ago that they are no longer saying what I want them to say. I am try-

ing to look at our storefront in the eyes of someone who has never stopped by our office before. It clearly says little about the business we're in.

It's not as if we get a steady stream of walk-in traffic in the first place, but tourists do seem to find our office and usually stop in to find the best place to camp or to grab a quick meal so in many ways we are acting as an information booth. We have no problem with doing this, but it makes me think the majority of us in business are not presenting a good enough curb appeal or most of the people asking us these questions would have found what they were looking for and not need to stop into our office.

We all have been here long enough that we know where everything is we need in town. We need to sometimes look at our downtown core in the way someone who has never been down Bridge Street does.

What does this have to do with saving downtown Princeton?

Take a hard look at the storefronts of local businesses the next time you drive or stroll down Bridge or Vermilion. Make a mental note of which businesses stand out and why. If you were in a different community for the first time and you saw these businesses there would you be inclined to stop in and look them over?

The business owners/operators group has found a couple of interesting items that they have addressed with hopes of adding new life to the local economy and as it turns out, if your town doesn't look pretty, it may not attract a lot of traffic. In addition, if your store isn't pretty, those visitors who have ventured downtown may not set foot in your store.

One of the keys to saving downtown Princeton is getting people to support local business.

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EMPLOYMENT OPPORTUNITY

The Town of Princeton has an opportunity for a student labourer in the Public Works Department.

This position is suited for a self-motivated, well organized individual that can work with minimal supervision.

Reporting to the Public Works Foreman, this person will be responsible for maintaining a high standard of quality and will perform a number of functions within the public works department. General maintenance duties will include manual tasks involving physical effort.

Grade 12 and a valid Class 5 BC driver's license with a safe driving record are required. A driver's abstract may be requested. You must be physically fit and capable of using power equipment. Good public relations and interpersonal skills are essential. Excellent communication and team skills are a must. A valid first aid certificate is an asset.

This is a seasonal temporary position intended for students who will be attending a post secondary education program in September. The ideal candidate may be considering a career in civil engineering or landscape horticulture or other related fields. This position is within the jurisdiction of the Town of Princeton and CUPE Local 608 Collective Agreement. The rate of pay is \$15.00 per hour.

Successful candidates will be selected based on their education, experience and skills related to the position.

Please forward your resume by May 30, 2014 to:
Town of Princeton
PO Box 670
151 Vermilion Avenue
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Or email to 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 May 06-20

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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. Jun 29-May 29

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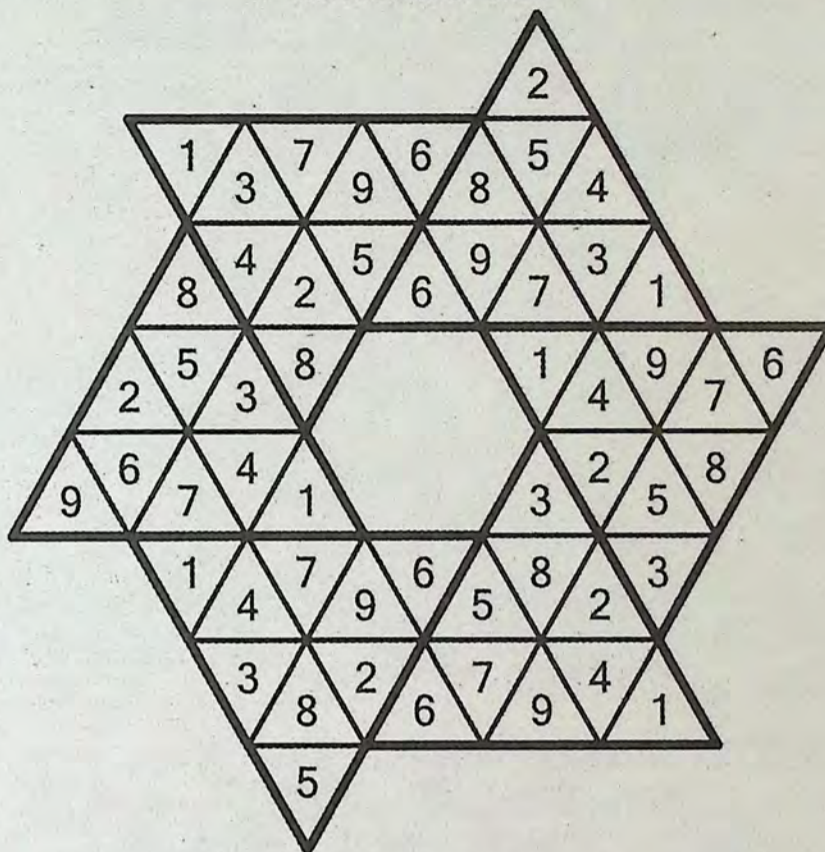
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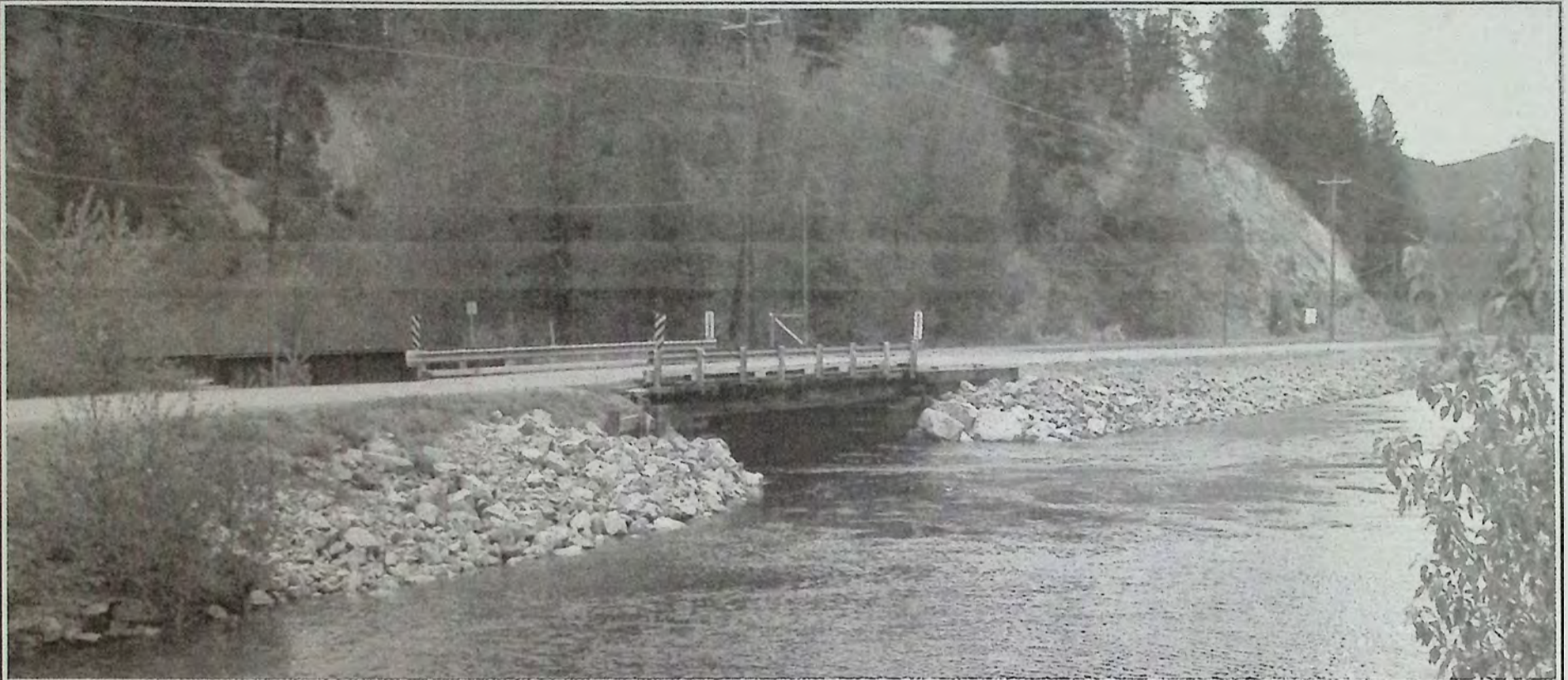
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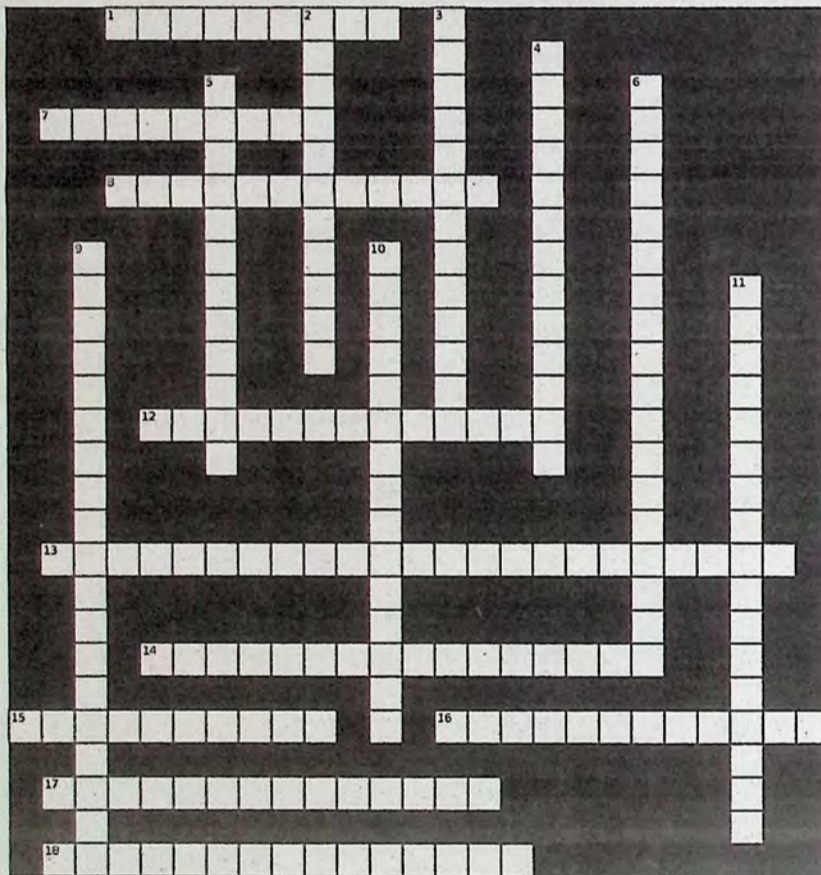
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Here's an interesting view of Otter Creek as it flows into Tulameen River. Water was high but normal for this time of year when this photo was taken May 17th. *

Similkameen
News Leader Puzzler

Use the May 13 News Leader to find Answers Below...



- Across
- 1 What was celebrated May 7th?
 - 7 Identify a local cowboy.
 - 8 Who was the Princeton Rodeo named after?
 - 12 A century ago this was thought to be a good place to invest.
 - 13 George Elliott has been writing about this for weeks.
 - 14 What kind of pancakes were those?
 - 15 The crazy drainage culvert popped up near what little community?
 - 16 He's flying through the air on the front page.
 - 17 He co-owns the house at 23 Kenley Avenue.
 - 18 The VFFN field trip May 3rd ended up here.

- Down
- 2 She wrote a series on food security.
 - 3 Identify the event in the photo on Page 21.
 - 4 She's selling real estate on the front page.
 - 5 She co-owns the house at 23 Kenley Avenue.
 - 6 My Turn was about this.
 - 9 This event was on May 17th.
 - 10 What race was held May 8th?
 - 11 Identify Shirley McMahon's job title.

Similkameen
News Leader

PUZZLER #175
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MP bill dies

..... continued from Front Page
colleagues that supported my bill. My warmest thanks go out to all those who worked so tirelessly to gather signatures on petitions and to the thousands of Canadians who signed those petitions or wrote their MPs in support of Bill C-571.

A very special thank you to Sinikka Crosland of the Canadian Horse Defence Coalition who together with Humane Society International Canada have worked so hard to bring about action to clean up the shady and irresponsible practices of this unnecessary industry.

Saddles 'n' Spurs

George Donovan

..... continued from Page 8
them that their horses wouldn't win because they were a lot older than what they thought because I had checked them out to find them to be about 17 or 18 years old.

They wouldn't believe me and entered their horses in the competition. We all attended the competition. When their turn came for the keyhole race, three judges were

squatted around the outside of the keyhole, one on each side and one at the end of the loop.

The owner of the horse took off and headed straight for the keyhole as fast as his old horse would go. You've never seen men jump so fast as he ran clear through the other end of the roped area, with the judges flying off in all directions.

..... continued Next Week

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your Federal Member of Parliament

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Or 1-800-667-2393
alex.atamanenko.c2@parl.gc.ca



Everything from home baking to books was on sale at the Tulameen Marketplace May 17th. *

...Your Turn

Letters And E-Mails Received This Week

..... continued from Page 4
Princeton Arts Council has qualified for such funding and each year we have received an amount very close to that requested. There was a pre-qualifying process before we could make our first application, which required that we demonstrate our capacity to administer effective programming. The Princeton Cultural Plan, the Spirit Festival and the Tree of Life mosaic mural at Riverside are the projects which earned us permission to apply for annual operating funds. The funding enables us to

sustain ongoing activities within our community.

These include The Crimson Tine Players, the Concerts Series, the Spirit Festival, Sunflower Gallery and the multi-purpose room at Riverside.

The Princeton Arts Council relies on volunteers from the community to administer these programs, and one part-time employee in the office. Anybody who feels that their particular interest in Arts or Culture is not well represented is invited to join us as we work to provide opportunities for the pub-

lic to appreciate and participate in Arts and Culture within Princeton.

As President, I wish to take this opportunity to thank all those volunteers who work so hard to achieve our mutual goals the Town of Princeton is undoubtedly enhanced by the dedicated efforts of these motivated individuals. And, of course, we are grateful to the Government of British Columbia for their continued financial support of our endeavours.

- Marjorie Holland, Princeton



There was a great selection of Silent Auction items available at the May 17th Tulameen Marketplace. *



On May 12, the Princeton Health Care Steering Committee put on an Appreciation Dinner for the health care professionals and support staff at Princeton General Hospital and Cascade Medical Centre. Over 50 people attended the event where they enjoyed a buffet dinner in recognition of the outstanding service to our community. Regional Director Brad Hope and Mayor Frank Armitage brought greetings and thanks from the people of Area H and the Town of Princeton. - photo submitted

..... continued from Front Page threatens these principles and would move us toward a two-tier system where the best service would only be available to those who could afford it. The answer is to work to improve our present system rather than replacing it with a US style system.

Dr. Smith believes that Dr. Day "will succeed in his initiative", citing a "similar" case in Quebec where the Supreme Court of Canada ruled in favour of Dr. Jacques Chaoulli and his patient George Zeliotis (2005). The two cases cannot and should not be compared. The Chaoulli case was about allowing private medical insurance in Quebec and the Court recognized that this was a jurisdictional issue that applied only to that province.

In the same ruling, the Supreme Court dismissed the challenge that the laws violated section 7 of the Canadian Charter of Rights and Freedoms, namely the right to life, liberty, and security of person, the same section that Dr. Day is using in his legal challenge. In addition, Dr. Smith apparently does not know, that the Alberta Court of Queen's Bench recently rejected a constitutional challenge brought forward by Darcy Allen (2014) in an attempt to extend to Alberta the 2005 Supreme Court of Canada Chaoulli ruling.

Regarding the issue of insurance, I would suggest that it's not about the availability of insurance but about the affordability. The issue is: will "lessor forms of insurance" provide the same service to Canadians at the same or less cost as the Medicare insurance premiums they presently pay?

Dr. Smith suggests that a two-tier system (where private insurance would be available along side a public insurance system) works well in other countries and that "there is NO evidence that a parallel health sys-

tem will in any way undermine the present staterun health system." On the contrary, there is clear evidence that the kind of system Dr. Smith and Dr. Day support would lead to longer wait times and poorer health for Canadians [Keindler, SA. Policy Strategies to reduce waits for elective care: A synthesis of international evidence. British Medical Bulletin, 2010] On top of that, there is NO evidence that private, for-profit care results in better care - not anywhere in the world.

Dr. Smith also suggests that in other countries, "doctors and nurses move between both systems quite easily and freely." The fact is that in countries where doctors and nurses move between public and private system, much of their time in the public system is drained as they spend more time in the private system. In our own province, there is evidence to show that surgeons have been readily available to do surgery in a few weeks privately but it takes years to see them in the public system (Turner, 2014).

It is interesting that Dr. Smith mentions the Roy Romanow Commission. Roy Romanow is a fervent supporter of public health care and has gone on record many times stating that a two tier system will further downgrade our public health system. It was his report that supported the development of the 2004 Canada Health Accord that laid out clear goals for the improvement of Medicare. Private for-profit clinics are not a recommendation of the Romanow Commission and are not mentioned in the Accord.

Dr. Smith suggests that the system proposed by Premier Tommy Douglas in 1962 has "grown into a behemoth" that is "busting at the seams". I certainly support the notion that our present system could use improvement, but I disagree that it's turned into an ugly monster that

can only be fixed by instituting a private for-profit system. And the scare tactics used by our provincial and federal governments would appear to support the notion that our Public Health system is "busting at the seams". The fact is that federal funding for Canadian Medicare has remained at 4 - 5% of GDP since 1972 and provincial funding is usually presented as a percentage of the overall budget which shows an apparent increase only because funding to other budget areas have been cut.

It is also important to mention that Canadians strongly support the health system's public rather than for-profit private basis. A 2009 poll by Nanos Research found 86.2% of Canadians surveyed supported or strongly supported "public solutions to make our public health care stronger." And again in 2011, Nanos found that an overwhelming 94% of Canadians support public - not private, for-profit - solutions to making the country's healthcare stronger.

Dr. Day's true motives are clear. A provincial audit of Day's Cambie Surgery Centre and the associated Specialist Referral Clinic found that patients were unlawfully extra-billed \$491,654 in just 30 days. In one case, a Cambie patient was billed \$7,215.00 for services that would only have cost \$1,288.04 in BC's public health care system.

Auditors also found over \$66,000 in overlapping claims - evidence that suggests double dipping for the same services. See the Medical Services Plan audit at <http://gallery.mailchimp.com/d12fd0bbd5bac8ffa478cc6f0/files/5aa83b48-29e5-483eba52-817d6c2d690e.pdf>

I take exception to Dr. Smith's suggestion that the letter from the BC Health Coalition and Canadian Doctors for Medicare is all "doom and gloom". On the contrary, it iden-

tifies serious concerns that all Canadians need to be aware of. I respect Dr. Smith's right to express his views and opinions and he clearly demonstrates that this is complicated, multi-faceted and emotional issue that warrants close scrutiny by all Canadians.

This is why SOHC has organized a Public Forum on Medicare to be held on June 4th at Riverside Community Centre beginning at 7:00 PM. Panelists include Mr. Rick

Turner, Co-Chair of the BC Health Coalition, and Dr. Duncan Etches of Canadian Doctors for Medicare. I would like to publicly invite Dr. Smith to attend the Forum and join other residents of our community to learn more about this issue that is being called the most significant constitutional challenge in Canadian history. Edward Staples, President Support Our Health Care (SOHC) Society of Princeton

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