Similkameen Nocludes GSTI 1

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Tuesday, February 17, 2015

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



For some, the first sign of spring is a Robin in the trees. For others is something a bit larger. The Town of Princeton Public Works department marked an early spring February 12th with street sweeping duties around the town. *

Town hosts successful Family Day

Families of all ages enjoyed a wonderful day playing in the snow at China Ridge Trails. Over two hundred people took to the trails on snow shoes or cross country skis, raced down the toboggan hill with laughter, children participated in 'find the avalanche beacon' challenge and everyone warmed by the campfire sharing stories enjoying a warm meal and treats.

The Town of Princeton would not have been able to host this event without assistance from China Ridge Trails, Princeton Search and Rescue, Cooper's Foods and Co Co's Bistro and thank them for their generosity and community spirit for making family day a great success.

Nadine McEwen, Princeton Recreation, Culture and Tourism Coordinator stated, "It was wonderful to see families playing together and staying active all day long. There were many red cheeks and smiling faces having fun as a family with their community on B.C. Family Day."

Rotary dedicates community kitchen

What costs \$89,000, took three years to complete and was inspired by one person's desire to see dinner theatre in Princeton?

If you said the Rotary Kitchen at Riverside Centre you would be cor-

The local service-club hosted an invitation-only dedication ceremony February 12th that saw close to 75 Rotarians, spouses, friends, local representatives from the Town of

Princeton, School District 58 (Nicola-Similkameen) and most of the local contractors who worked on the project gathered to thank and to celebrate the official opening of the facility.

As is usually the case with any small town fundraising project, it started with a dream. Former Rotary Club President Judy Short told the News Leader last week that it was her wish to see the addition of din-

JAMuary continues this month!

JamBusters

ner theatre productions hosted in Princeton and with the Riverside Theatre project complete, it seemed fitting that a large commercial kitchen be constructed at the Riverside Centre.

Short pulled Rotary into the fold and the club worked long and hard pulling out all the stops in channeling fundraising efforts into the kitchen project.

In honour of her dedication, drive

and direction, Short was presented with not one, but two bouquets of flowers in recognition of her contributions. One was from the Rotary Club with the other coming from the Town of Princeton.

Rotarian Ernie Lawrence was the MC for the short ceremony that was anything but short on praise and thanks to everyone in the room for their support and assistance.

"Tonight we are celebrating Rotary Kitchen because the room was made available through the generosity, cooperation and support of the School Board and the Town of Princeton," Lawrence stated.

"You have been invited here this evening so that Princeton Rotary may acknowledge and honour those people who have made Rotary Kitchen possible. You are volunteers, trades people and financial donors. Together, with all of you Rotary Kitchen has become a reality."

There were a number of other major donors who were generous in

their contributions because they believed in the project. In simple terms, it made sense to have a kitchen in what has become far more than a community centre for Princeton.

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Princeton Curling Club hosted a very successful Men's Open Curling Bonspiel February 7th and 8th. The A Event winners were: Bob Arksey, Rob Kingelin, Ken Gross, Paul Goyer. - photo submitt



Princeton Curling Club hosted a successful Men's Open Curling Bonspiel February 7th and 8th. The B event winners were: Mike Munsie, Doug McKinnon, Doug Duffin, Dan Phillips. - photo submitted



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Investors Group

Princeton Curling Club hosted 22 men's teams in a very successful bonspiel during the weekend of February 7th and 8th.

The popular event is well attended by teams from Vernon, Penticton, Kelowna, Abbotsford, and the Vancouver area.

A. looks at busy future

The Ladies Auxiliary to Legion Branch 56 met Tuesday, February 10, to consider requests for catering. Members agreed to dates in February, March and the line dancers jamboree on May 2.

A minute of silence was observed in memory of Freda Schroeder, who passed away recently. She was a member of the Ladies Auxiliary for many years. Executive members

who missed the January 23 installation were sworn into office: Evelyn Cook, Barbara Ryan and Past President Charlene Longdo.

There was some discussion to clarify which Legion events were for members only and which were open to the general public. Events held in the Legion Hall are for enjoyment by the general public.continued on Page 3

Under the expert leadership of Bob Paterson, great ice by the hard working ice-making team, and many volunteers who work the kitchen and bar the Men's Bonspiel is the biggest event of the year for the local club.

The out of town teams love the oldfashioned hospitality with great ice.

Local rinks did well against the competition with the A Event won by Bob Arksey, Rob Kingelin, Ken Gross and Paul Goyer. B Event winners were Mike Munsie, Doug McKinnon, Doug Duffin and Dan Phillips with the C Event taken by Ian Elko, Greg Palmar, Jamie McLeod, and Lloyd Wilson.



Princeton Curling Club hosted another very successful Men's Open Curling Bonspiel February 7th and 8th. The C event winners were: Ian Elko, Greg Palmar, Jamie McLeod, Lloyd Wilson. - photo submitted



Flip Of The Coyne

by Spencer Coyne

To vaccinate or not to vaccinate? That is the question, right? No! There is a reason that we vaccinate our kids and get vaccinations ourselves. It is to protect us from dangers that would kill us. I get it. Vaccinating your kids is a scary thing, especially when you try to make sense of all the stuff on the internet, or even on the television, but the fact is that vaccinations are there to keep you safe. They keep us all safe.

I am not going to get into statistics because I know you have heard it all before. Measles may not be a big deal to everyone, but to some it is a big deal. I guess to some, polio may not be a big deal either since they may not know what polio can do. Does this mean we should stop vaccinating against polio? No. Polio may be something that was around a generation or two ago for some people, but it is still very much a threat and it is a disease that has devastating implications to those who get it. The measles can be equally severe and so can lots of threats that we thought were a thing of the past. After all, that is why they came out with the vaccinations for them. It's not like some miracle cure for male pattern baldness, which really is nothing more than a cosmetic thing. Vaccinations for diseases like the measles and polio or hepatitis are there to save lives.

Like I said, I know it can be scary are websites

when you go to vaccinate your kids, especially that first time. NaturalNews in which the contributors portray themselves as health-

....continued from Page 2 President Karen Wittich will attend the February 22 Zone meet-

The next Ladies Auxiliary meet-

ing will take place on March 10 at the Legion Hall.

Following the meeting, members enjoyed a rather uproarious gettogether, full of laughter.

Weekly.

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PRIZE DRAWS - GOODIES ON BOTH DAYS

(250) 295-3353 232 Bridge Street, Princeton experts, but really have very little credible facts to back up their claims. I have written about these types of websites before. When a blog uses another blog that used a different blog as its source you have to be very careful about the information that you are digesting. The

guy who is behind this website is also a questionable figure. Just look him up on Wikipedia one day. I'll ... continued on Page 20





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

My Turn...

Blame It On Cupid

By the time you read this the strangest holiday of the year will have passed. I'm not talking about Family Day, although I am a bit suspicious about why it is celebrated in British Columbia a week before the other Family Day.

I'm talking about Valentine's Day, or as we called it in our house, Saturday. Don't get me wrong. I love a day to celebrate for any reason that can possibly involve food, candy and just about anything that doesn't include fire or emergency response teams. Any time I can avoid contact with band-aids is a good day in my book.

But Valentine's Day is just one of those that doesn't get a lot of play in our house. I like to think it has everything to do with the fact that I spend pretty much every waking hour with my best friend, who just happens to be my wife, so in a way I'm celebrating daily the wonders of being with her.

I know, that's a bit on the lame side but, you know what? I'm a guy and that's how I see it.

This year I was a bit more prepared to celebrate 'Saturday' with a little more style than any of the previous fifteen or twenty we've already spent together.

Trust me, I know better than to spring some surprise on her so I thought I'd use a little guy logic. One morning over breakfast a few weeks ago I made THE ANNOUNCEMENT.

I said we were going out for dinner and I was not going to take no for an answer. It may have been the first time I took control of a situation in our house in recent memory. It scared me a little, then the moment passed. Of course, now that I've documented it here I may never be allowed to forget it.

The second part was that I was not going to decide where we were going. The way I see it, I got out of dealing with the tough part because, in all honesty, there were a lot of pretty cool options available around town planned specifically to celebrate 'Saturday.'

Here's where I get a bit sappy.

When you consider there was a play, Valentine's Dance, countless restaurants offering special menus, a few choice places to find chocolates, candy and flowers, the decision would have been nothing sort of torture if it were left up to me to make.

In fact, if I were the one making the decision I would have defaulted to staying home because I couldn't decide.

I'm serious, sometimes Princeton is THAT good.

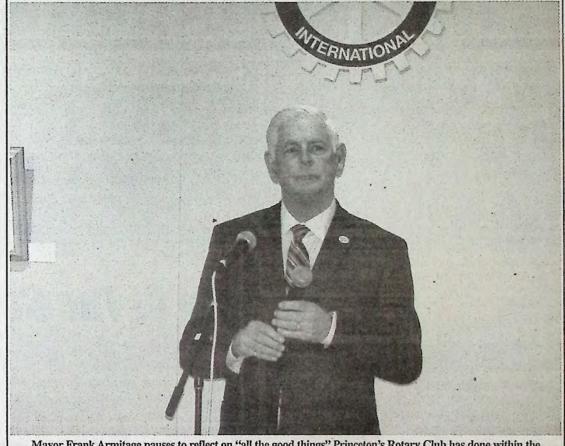
Anyway, the decision was affordable and turned into an enjoyable evening away from our kitchen. I also managed to avoid contact with fire although I'm sure there were flames in my general area.

The best part is that since it was Saturday, all the deals on chocolate and candy take place this week so I can celebrate it just a little bit longer.



We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reservois 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.





Mayor Frank Armitage pauses to reflect on "all the good things" Princeton's Rotary Club has done within the community. He spoke at the official dedication ceremony February 12th for the Rotary Kitchen at Riverside Centre.

Rotary thanks local contractors

We have been beating the drum of supporting local business for quite some time. While our focus is primarily on the retail core of the community, there are a number of Princeton area contractors and tradespeople who deserve recognition.

When Princeton Rotary Club hosted their invitation-only Rotary Kitchen dedication ceremony and celebration February 12th at Riverside Centre, they did exactly that.

A number of contractors and tradespeople who call Princeton home jumped on board during the construction phase of the Rotary Kitchen. They all worked together to make the dream a reality and when it came to putting together a list of guests to invite each of the local contractors and tradespeople were added to that list without

question.

Rotarian Mike Talarico had the task of thanking them during the ceremony. His list started with a huge thanks to Town of Princeton's Lyle Thomas for his contributions to the project.

"Lyle has been an integral part in coordinating Rotary and the trades," Talarico said.

"Unflappable, Lyle was always patient and calm when bombarded from all sides. The contractors not only did excellent work but their generosity showed on the invoices to Rotary."

The contractors and tradespeople who contributed so much to the Rotary Kitchen project include:

- Find Bergsma (Fred & Company) for framing,

 Nigel and Dave Mack (CJM Plumbing) for plumbing work,

- Ty French for gas work and ventilation,

 Jim Barnes and crew (Hayes Creek Electric) for electrical work,

 Cam's Tiles for providing flooring,

- Spencer Smith (Areat Industrial) for the range hood,

 Western Canada Fire Suppression for supplying the sprinkler system.

Independent.





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Current Comment

Russian History Can Teach Us



Dawn Johnson editor@thenewsleader.ca

The history of Russia in the twentieth century is not the subject of movies and television series, not to the same extent as the history of Nazi Germany. With the downfall of the Soviet Union and the failure of Communism, we have simply turned our backs on Russian history. We should not forget Russian history: it has much to teach us.

Communism began with a bloody revolution led by Lenin, who had studied the writings of Karl Marx. Both were intellectuals who had little understanding of the lives of ordinary workers, and almost no understanding of economics. They had a vision of a great society founded on equality in which a factory worker was just as important as a doctor or a political leader. This did not work in reality because political leaders and Party members were given top priority. Those who believed in Communism, and supported and worked for the system, had more privileges than any others.

Nobody was permitted to criticize the system. Nobody was allowed to say it was not working. To gain any advantages, a citizen had to be a Party member and say all of the right things, and turn a blind eye to evidence the system did not work well. Protesters were thrown in jail, or in psychiatric facilities, or sent to Siberia, where a string of prison villages were established. Everyone had to pretend everything was going well.

To maintain this pretense, the press was told what to report, and government authorities routinely spied on everyone, including all party members. Anyone suspected of not being fully in support of government policy or programs could have his home invaded in a search for evidence showing the person was "subversive".

The central government, in Moscow, planned everything. Central planning was the foundation of the Russian Communist government. For example, farmers were given production quotas to meet, with no regard for weather or equipment available to the farmer. If his quota was three tonnes of potatoes, the government seized three tonnes of potatoes when the crop was harvested, even if it left the farmer with nothing to feed his family. If his total crop was less than his quota, he would have to face a committee to. explain his failure. That his family might starve, or that his tractor broke down and no spare parts were available, or that a flood wiped out his crop, were not acceptable excuses for not meeting

his quota. The same was true for factories not meeting production quotas due to lack of proper equipment or lack of raw materials.

This central planning system was what was fundamental to the failure of the Russian system. Along with central planning was a series of Party faithful who monitored everything. The Party hacks who formed the farmer's committee might know nothing about farming, and care less. Their main concern was how much the farmer's failure might impact on the Party member's political future. The whole system was based on politics, and those who were politically correct received 'extras' or 'perks' not available to the average

Private property was not permitted. The government owned everything. Each citizen was told where to live, and dwellings or land were apportioned according to one's position in the Party. If you were a Party favourite, you would have a better apartment than the average citizen.

Personal choice was not allowed. The only choice was what the government offered. Children were directed to a school, ability measured as they grew, and then they were directed to study whatever the officials thought was a proper future employment.

Religion was not permitted, and those who wished to continue being Christians or Jews or Muslims were persecuted if they were discovered worshipping. Any allegiance to anything other thancontinued on Page 18







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AND NOW...A LITTLE GOOD NEWS!

"He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God." - Micah 6:8



Family Day activities February 9th kept residents busy at China Ridge as part of a day of winter sports co-hosted by the Town of Princeton. Those in attendance loved the setting and activities shared with family and friends. Photo: Greg. Tellier.

Lower Valley News

Keremeos - Cawston - Olalla



Not sure what burned, but someone had a mishap in the west parking lot at Yellow Lake this winter. Pity that those same folks didn't see fit to clean up after themselves.

This eyesore is only 20 feet from the garbage bins. Remember, you can report these incidents when they happen to local authorities to handle. Photo: Arlene Arlow



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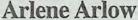
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Once upon a time, highway lines were painted with an oil-based paint. The lines seemed to last longer. With the advent of environmental awareness, the Province of BC moved to a water-based latex paint for highway lines. The cost is about 20 cents a metre. The double line in this photo was painted in the summer of 2014. Six months later almost half of the paint is worn off from this stretch of Highway 3 east of Cawston. Much like highways throughout the province, it will stay this way for another few months. The options? Cold plastic costs \$10 per metre. And Thermalplastic lines cost \$20 per metre. Photo: Arlene Arlow



Family and friends took full advantage of the many amazing settings available to explore and enjoy February 9th as part of Family Day celebrations at China Ridge. Co-sponsored by the Town of Princeton. - photo submitted

IHA moves ahead with laundry services

Interior Health is entering the next stage of a process that will determine the future of its laundry services, by seeking Request for Solutions (RFS) from pre-qualified service providers identified through the recent Request for Oualifications process.

The RFS will determine what options may be available for using external providers for laundry services, allowing Interior Health to avoid significant capital costs associated with updating industrial Laundry equipment when it needs

to be replaced.

"We know this is difficult news for our employees who have worked hard to make our laundry plants efficient," said Alan Davies, Interior Health's Director for Support Services.

"But as we've noted from the outset, the decision to explore alternatives isn't about the efficiency of our operations. It's about avoiding future significant spending to replace aging equipment, an investment we can't make when considering other health-care medical equipment priorities."

Laundry services are currently provided by Interior Health staff working at five large and six small laundry sites throughout the health region. The sites offer linen services to hospitals, health centres and IH owned and operated residential care facilities.

Laundry services staff were provided an update February 10th, which follows 90-days of consultation with their union to explore alternatives to going to the private market.

"We have stressed to our employees that nothing is changing today. We have a lengthy process in front of us, and the earliest we would anticipate any changes to laundry services would be spring 2016," said Davies, noting the impact to staff is unknown and dependent on the outcome of the RFS, including the scope of laundry services and sites covered.

Interior Health is moving forward with the RFS in conjunction with Lower Mainland health authorities which are currently retendering existing private contracts for laundry services.

The Hospital Employees Union claims the change to private laundry services could actually have a huge affect on staffing level.

The HEU says 175 "family-supporting jobs" are at risk. The plan being looked at by IHA would affect laundry services in a total of eleven communities including Kelowna, Nelson, Vernon, Kamloops, Penticton, 100 Mile House, Williams Lake, Lillooet, Ashcroft, Golden and Princeton.

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KINDERGARTEN 2015 STUDENT REGISTRATION

The Board of Education of School District No. 58 (Nicola-Similkameen)



Registration Schedule
Monday to Friday
February 23 - March 6, 2015

Full day kindergarten is offered in British Columbia for all kindergarten-aged children. To assist with the planning and organization of the kindergarten program in School District No. 58, it is important that parents register their child early.

9:00 - 11:15 AM / 1:00 - 2:30 PM John Allison Elementary School 250-295-6727

For September 2015

- To register, a child must be 5 years of age on, or before <u>December 31, 2015</u>.
 Parents/Guardians should bring the child's Birth Certificate, Immunization record and Care Card when registering.
- Parents interested in a Kindergarten distance education program for their child, can contact the South Central Interior Distance Education School at 250-378-4245 or 1-800-663-3536.

Living Past 100

Hearts Are Stronger With Taurine

There have been numerous studies done on the effects of a nonessential amino acid called taurine. It has been used successfully to improve the strength of the heart in those who suffer from congestive heart failure. Taurine helps reduce high cholesterol and high blood pressure.

Taurine is found in many energy drinks, particularly those used by athletes and fitness buffs. Taurine supplements are often used by those people who need to have strong, toned muscles. Although the energy drinks are used by athletes, these energy drinks are not recommended for everyone due to the high levels of caffeine and sugar often found in these drinks.

An odd effect of taurine supplementation is reduction of over activity in the brains of people who have been diagnosed as attention deficit.

Taurine can significantly improve liver function, and is helpful to those suffering from hepatitis.

Breast milk is rich in taurine, and some infants who are not breast fed have been given supplements of taurine. Infants' bodies cannot manufacture taurine.

Taurine is found in meat, eggs and fish. Consequently, vegans are at a higher risk of taurine deficiency. Taurine deficiency if found in people with kidney failure, hypothyroidism, anxiety and depression. Eating meat, fish and eggs (high quality protein foods) do not generally suffer from taurine deficiency, but elderly people may need taurine supplements because their bodies no longer process taurine from the protein foods they eat.

Supplementing with taurine tablets is not likely to cause problems in most people if the daily dose does not exceed 3000 mg. However, taking taurine tablets should be discussed with your physician and long term use of taurine should involve monitoring by your physician.

Certainly, the best source of taurine is in your daily diet, although beef is not the best source in animal meat. However, beef liver and heart are loaded with taurine. Lamb is an excellent meat source of taurine.



Similkameen News Leader TV Guide Listings - February 17 - 23, 2015



Chiefs triple Posse in Princeton

Friday the 13th was unlucky for the Princeton Posse who hosted Kelowna Chiefs in their final regular season home game at Princeton Arena.

Both teams are play off bound but have been jockeying for position for a good part of the last half of regular season. Going into the February 13th game Kelowna was in 4th place with 46-points (21-24-2) and Princeton was in 3rd place with 48-points (21-23-3) in what has been a seesaw battle between two very evenly matched teams.

Kelowna scored the first and only goal of the first period at 14:20. Credit went to Ryan Lawson with assists awarded to Dakota Kittle and Chris Turner.

Kelowna scored the second goal of the game, the only one recorded in the second period, at 8:36. Dakota Kittle earned that one and had assistance from Nick Josephs and Chase Astorino.

After two periods Princeton was leading on shots on goal with a tally of 28-27 and they finally hit the scoreboard with an unassisted goal scored by Jamison Ree just 20-seconds into the third period.

It wasn't until 6:17 when Kelowna responded with their third goal of the night scored by Ryan Lawson. Assists went to Dakota Kittle and Luke Kalenuik.

Princeton did pound the Chief net out shooting them 16-7 in the final 20-minutes of play but could not get the puck past goalie Christ Turner.

The win pushed Kelowna into third place in the division shoving Princeton back to fourth although both teams were at 48-points after the game. Kelowna's extra win decided their position in the standings

Final Score: Kelowna 3, Princeton 1. Shots on Goal: Princeton 44, Kelowna 34. Penalties in Minutes: Kelowna five for 10-minutes, Princeton four for 8-minutes. Both teams were unsuccessful on the

power play with Princeton having five opportunities to Kelowna's four.

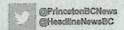


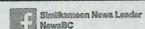
Weyerheauser presented a \$50,000 cheque prior to the February 13th Princeton Posse/Kelowna Chiefs game.

The contribution went towards payment of the modern, new scoreboard at Princeton Arena. Photo: Bob Marsh Photography

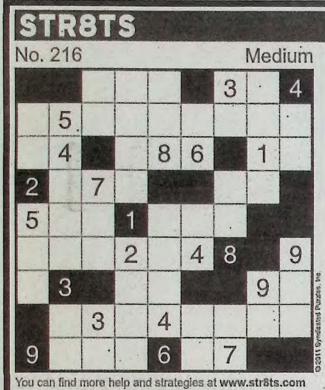


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along with more puzzles, Apple apps and books.

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2 3

Previous solution - Tough

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2 6 5 4 7 8 3

4 5 3 8 6 9 7

2 3 4 9

4 9 8 7 5 6

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

THIS WEEK'S **News Leader Str8ts**

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Tuesday / Wednesday

TUESDAY EVENING

10:00 pm KNOW ch.5 "I Was Worth 50 Sheep" (2011, Documentary) A price is put on Sabere's head after she flees from her abusive husband. (CC)

her abusive husband. (CC)
11:00 pm WTBS ch.3, "The
Expendables" (2010, Action)
Sylvester Stallone. A mercenary and
his men learn that their assignment
to overthrow a South American dictator is a suicide mission.

WEDNESDAY EVENING

11:00 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

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Independent.

Local.

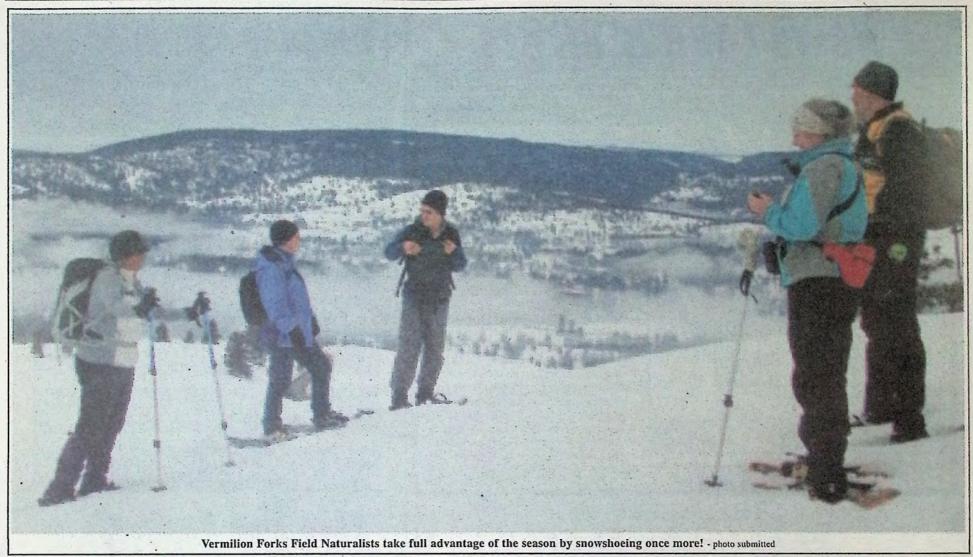
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|----|-----------|------------------------|---------------------------|---------------------------|-------------------------------------|---------------------------------------|---------------------------|------------------------|-------------------------------------|-------------------------------------|---|---------------------------|----------------------------|------------------------------|------------------------------------|---------------------------|-------------------------|---------------------------|--------------------|---|
| 6 | | Community Community | Morning News (N) 때 | G. Shrinks Rob Robot | Clifford Arthur | KHQ News 6AM (N) | KREM 2 Morning News | Dog Dog | Morning Northwest | Morning News (N) 図 | (5:00) Morn- Ing News The morning | CBC News Now (N) O | Kid vs. Kat Almost | SportsCen- tre 🖾 | CTV Morn- Ing Live Vancouver | Mighty Ships & | Justin ANT Farm | CityLine (N) EQ | Bar Rescue () | Gotta Eat World's |
| 7 | | Law & Or- der: SVU | | Kate and Wild Kratts | Odd Squad Wild Kratts | Today Mike Lupica; | CBS This Morning (N) | Criminal Minds 0 83 | Good Morn- ing America (N) 85 | | news. (N) | You & Me | Squirrel Chucks | SportsCen- tre ® | (N) | Mighty Planes 80 | Jessie RC | Let's Make a Deal (N) | Bar Rescue | Moves |
| 8 | AM | Law & Or- der: SVU | | | Curlous | Adam Scott; Elle King. (N) O SE | O DE | Criminal Minds | (14) 22 | | Morning Huntley St. | Moblees Tiger | T.U.F.F. Wayside | SportsCen- tre 🖾 | | Airshow & (DVS) | Dog Wizards | The Price Is Right (N) | Bar Rescue | Security |
| | 3.50 | Millionaire | Morning | | Peg | | The 700 | "P911" CSI: Miami | Live! Kelly | Morning | Operation | Super Whyl | | SportsCen- | Live! Kelly | Daily Plane | Doc McSt. | FamFeud | Bar Rescue | The Dead |
| 9 | 000 | Millionalre | Huntley St | Astroblast | Tiger | 10 | Club () BE | O EC | and Michael | Huntley St. | Smile 80 | Napkin | Almost | tre æ | and Michael | REI (DVS) | Henry | FamFeud | 0 | Files O Bo |
| 40 | AM | Divorce . | Operation | G. Shrinks | Sesame | | The Price Is | CSI: Miami | The View | Operation | Rachael | Bookaboo | Spliced 0 | SportsCen- | The View | Mayday 80 | Never Land | | Bar Rescue | |
| 10 | :30 | Divorce | Smile | PAW Patrol | Street (N) | | Right (N) | O RE | O gg | Smile | Ray O 🖾 | Bo On/Go | Kid vs. Kat | tre 🖾 | O BE | | Sofia | O 32 | 0 | Unknown (|
| 44 | AM | Judge | Rachael | Jelly Jamm | Dinosaur | Hot Bench | Young & | Criminal | Pald Prog. | Rachael | Noon News | Heartland | Monster | Off Record | Marilyn | Myth- | Lalaloopsy | General Hospital | Bar Rescue | Mysteries- Museum |
| 11 | :30 | Judge | Ray O BE | Dinosaurs | SIt & Be Fit | Millionaire | Restless | Minds () (XX) | Pald Prog. | Ray O Et | Hour (N) | RE (DVS) | Rated A | Lumber | Denis | Busters O (68) | ANT Farm | (N) O | " | Museum |
| 12 | 1300 | Hot Bench Hot Bench | Noon News Hour (N) | PAW Patrol Kate and | Charlle Rose O Es | Larry King Tree Fu | News Bold | Criminal Minds O BG | The Chew | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) n | Chucks Squirrel | Curling: 2015 Scotties | CTV News Vancouver | Alaskan Bush People | Win, Lose Wizards | Celebrity Celebrity | Bar Rescue n | Security Security |
| - | PM | King | Days of our | Astroblast | Painting | Days of our | The Talk | The First 48 | General | Court of Calmeting for Plantage for | The Talk | Recipes | Almost | Tournament | The Social | Airshow 80 | Wizards | CityLine 30 | Bar Rescue | 1 ST |
| 7 | :30 | King | Lives (N) | Dragon | Quilting | Lives (N) | O RE | U RC | Hospital (N) O | Lives (N) | O EE | Stefano | Monster | of Hearts: Draw 9. (N) | OBC | (DVS) | Good Luck | | 0 | Files () 20 |
| 2 | 40000 | The Middle | The Talk | Dinosaurs Curlous | Thomas Sesame St. | Jeopardyl Wheel | Let's Make a Deal (N) | The First 48 | Queen Latifah | The Talk | Meredith Vielra | Steven and Chris (N) O | Wayside Kid vs. Kat | (Live) 🕮 | Dr. Phil | How/Made How/Made | Phineas ANT Farm | CityNews at 5 (N) 🕮 | Bar Rescue | Adventures |
| - | | Seinfeld O | Meredith | Dive, Olly | Curlous | Ellen | The Dr. Oz | Storage | Rachael | Meredith | Young & | Republic of | Sidekick | SportsCen- | Ellen | How/Made | ANT Farm | (2:59) | Bar Rescue | Gotta Eat |
| 3 | | Mod Fam | Vielra | Jelly Jamm | Cat in the | DeGeneres Show | Show RC | Storage | Ray O Ro | Vielra | Restless | Doyle Kti | Nerds | tre (N) &C | DeGeneres Show | How/Made | Good Luck | CityNews at 6 (N) | 0 | Eat St. O |
| | | Big Bang | Young & | Kate and | WordGirl | Jdg Judy | Dr. Phil | Storage | The Doc- | Young & | Early News | Dragons' | SpongeBob | Off Record | The Dr. Oz | Daily Planet | Phineas | Mod Fam | Bar Rescue | Moves |
| 4 | :30 | Blg Bang | Restless | Magic Bus | Wild Kratts | Jdg Judy | 0.80 | Storage | tors O IE | Restless | Global Nat. | Den O | Chucks | Hockey | Show (23) | (N) | Jessie 32 | Mod Fam | 0 | Moves |
| - | PM | Browns | News (N) 🕮 | Jack 🕾 | News | News | News | Storage | News | Early News | (4:59) News | CBC News | Parents | Curling: | CTV News | Gold Rush - | Jessie 20 | Parks | Bar Rescue | Security |
| 5 | :30 | Payne | | Wild Kratts | Business | NBC News | CBS News | Storage | ABC News | Global Nat. | Hour (N) | | SpongeBob | 2015 Scotties | Vancouver | The Dirt O | Liv-Mad. | Parks | o | Security |
| 6 | PM | Browns | Global Nat. | Hope for Wildlife 20 | PBS News- Hour (N) Et | News | KREM 2 News at | Storage | News at 6 | (5:59) News Hour (N) | ET Canada | CBC News | Sam & Cat | Tournament of Hearts: | CTV News Vancouver | Gold Rush (N) | Austin | New Girl | Bar Rescue | Hotel Im- possible (c) |
| 0 | :30 | Payne | News | Wilding and | 11001 (14) | Millionaire | 6 (N) | Storage | News | | Ent | Murdoch Myster- | Assembly | Draw 10. (N) | | | Jessie (C) | Mindy | | |
| 7 | PM | Mod Fam | Ent | The Polar Sea O BM | Genealogy Roadshow | Jeopardyl | Inside Ed. | Shipping | Ent | Ent | Chicago Fire (N) O | les O | Max | (Live) | etalk (N) | Edge of Alaska (N) | Girl Meets | Broke Girl | Framework (N) O | Hotel Showdown |
| 1 | :30 | Seinfeld | ET Canada | | | Wheel | Access H. | Shipping | The Insider | ET Canada | | Coronation | Assembly | | Big Bang | | I Didn't | Two Men | | (N) O |
| 8 | PM :30 | Family Guy | NCIS "Cabin Fever" (N) | South Pa- cific (N) ES | The Italian Americans (Series | Parks Parks | NCIS "Cabin Fever" (N) | Storage Storage | Fresh-Boat Repeat | Fever (N) | NCIS Cabin Fever (N) | Mercer 22 Minutes | Funniest Home Videos | SportsCen- tre (N) 32 | The Flash "Fallout" (N) | Buying Al. Buying Al. | Dog Good Luck | CityNews- Tonight (N) | Bar Rescue O | Ghost Adventures |
| 9 | PM :30 | Amer. Dad | NCIS: New Orleans (N) | Emergency | Premiere) (N) 🕮 | Marry Me About-Boy | NCIS: New Orleans (N) | Storage Storage | Marvel's Agent Carter | NCIS: New Orleans (N) | NCIS: New Orleans (N) | Creek Mr. D (N) | Open Heart Nine Lives | SportsCen- tre (N) %0 | Marvel's Agent Carter | Gold Rush | Next Step Wingin' It | EP Daily Reviews on | Bar Rescue O | Mysteries- Museum |
| 10 | PM :30 | Jeffersons Glmme | Chicago Fire (N) O | "I Was Worth" | Bella Vista NW Profi | Chicago Fire (N) O | Person of Interest (N) | Storage Storage | Countdwn | Chicago Fire (N) O | News Hour Final (N) | The National (N) Ed | Vampire | SportsCen- tre (N) % | Person of Interest (N) | Edge of Alaska | Good Luck Win, Lose | Extra (N) G. Martin | Bar Rescue O | Hotel Im- possible RC |
| - | PM | "The Ex- | News Hour | The Polar | Chartle | News | News | Shipping | KXLY 4 | News Hour | ET Canada | CBC News | Gags | SportsCen- | News-Lisa | Buying Al. | Wizards | Paid Prog. | Bar Rescue | |
| 11 | :30 | pendables" | Final (N) | Sea O Bill | Rose (N) III | J. Fajlon | Letterman | Shipping | J. Kimmel | Final (N) | Doctors | Mercer | Gags | tro (CC) | CTV News | Buying Al. | Life Derek | Pald Prog. | 0 | down so |



Naturalists continue snowshoe adventures

by Janis Wright, VFFN

Despite the rapid melting happening in the area, Vermilion Forks Field Naturalists are still finding plenty of the white stuff in which to go snowshoeing! Saturday, February 7th saw eight of us heading east from Allenby Road and climbing to higher elevations that offered a variety of fantastic views. Snow conditions were wet and soft, but still quite deep in most places.

John Henry led us on a threehour trek through the woods and up moderate slopes until we reached a high point facing south, where we took a half hour break for lunch. We relaxed by the crackling coziness of a small fire before setting out on our return journey.

'Along the way we saw several mule deer, elk and coyote scat, a squirrel's nest, and a fairly fresh deer kill, likely from a cougar. We saw or heard mountain chickadees, red and white-breasted nuthatches, a gray jay, crows and ravens. The sun created some brightness for the first couple of hours, before clouds moved in and sprinkled a few drops upon

This was the second field trip in the past week that John and Mary have led, as Tuesday night, February 3rd they took us snowshoeing near the airport under the light of the full moon. That was a magical experience, and the moon was so bright initially that it cast shadows from our silhouettes onto the snow.

In the last half hour of that twohour outing the fog rolled in and we needed our headlamps to maneuver through the surrealappearing landscape. Both these field trips were great fun!

Our next meeting, which is also our AGM, takes place Tuesday, February 10th at 7:00 PM at Riverside Centre. Ed Lahaie will give a presentation on hiking in Manning Park, and membership fees will be collected.

New members are welcome, and individual fees are \$25 for the year, while family memberships are \$35. Our next field trip will be Saturday, February 14th, when Cathy Lahaie will lead us on the trails at Swan Lake, possibly on snowshoes.

Please phone her at 250-295-7596 to confirm participation, and we'll meet at Billy's Restaurant parking lot at 10:00 AM with food and drink. Please join us!

for more information

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WEDNESDAY, FEBRUARY 18, 2015 **WTBS** CHBC KNOW KSPS KREM A&E KXLY BCTV CITY CBC YTV TSN VTV DISC FAM SPIKE DTOUR CITY ch.3 ch.6 ch.4 ch.5 ch.8 ch.9 ch.7 ch.10. ch.11 ch.12 ch.13 ch.18 ch.19 ch.22 ch.24 ch.26 ch.29 ch.44 ch.45 Dog the Bounty Hunter CityLine (N) E0 AM G. Shrinks Clifford KHQ News KREM 2 (5:00) Mor CBC News Kid vs. Kat SportsCer CTV Morr uction Justin Cops 🗺 Gotta Eat 6AM (N) Now (N) O ng Live :30 Rob Robot **ANT Farm** Auction Cops &C World's Curling: Today Coli Quinn; Cra AM Law & Or-Let's Make Moves Kate and Odd Squad CBS This Good Morn ews. (N) You & Me Jessie EC 7 :30 Squirrel Salvago Cops (K Ing Ame (N) RE der: SVU 2015 a Deal (N) Wild Kratts Arthur O Chucks Austin Cops O Moves Criminal Minds 0 88 AM Law & Or-PAW Patrol Curious (N) O EE Morning T.U.F.F. Touman Last Car Dog Cops X der: SVU of Hearts Right (N) :30 Curlous Security **Huntley St.** Tiger Wayside Wizards Jall 80 AM Millionaire The 700 Club O RO CSI: Miami Morning (Live) III Peg Livel Kelly Live! Kelly Daily Pla Doc McSt. FamFeud The Dead Cops E Bunk" (KG) and Mich Smile ED and Micha (DVS) Files O BC :30 Millionaire Huntley St. Astroblast Tiger Huntley St. Napkin Almost Henry FamFeud AM The View Spliced 0 E:60 30 Never Land The Chew Operation Bookaboo The View Mayday 30 Cops M Museum 10 Thief 0 20 Right (N) OB Ray O RG 0 80 0 00 Secrets O -30 Divorce PAW Patrol Bo On/Go Kld vs. Kat Sofla Jail 80 AM Judge Jelly Jamm Hot Bench Pald Prog. Noon Nev Heartland Monster Off Record **Gold Rush** Lalaloopsy General Cops BC Security 11 Ray O E Restless Minds () (CC Ray O EC Hour (N) "On the The Dirt O :30 Judge Dinosaurs Sit & Be Fit Hot Bench Pald Prog. ANT Farm Rated A SC Top 10 Cops It Security Noon New Hour (N) Days of o Security PM Hot Bench PAW Patrol Curling: Charlie Cooker News Criminal The Chev Noon New CBC News Nerds CTV News Gold Rush Win, Lose Celebrity Wildest 12 2015 Scotti Rose O IS Minds O St 0 20 :30 Hot Bench LazyTown Wizards Squirrel Celebrity Security Days of our Lives (N) Days of ou Lives (N) The Dead Files O IS PM King Astroblast Oil Painting Days of ou The Talk The First 48 General The Talk Almost Tourname The Socia CityLine 80 Wizards 0 83 0 00 0 80 of Hearts: :30 King Dragon Monster Stefano Draw 12. (N **Good Luck** (N) O (Live) RC Dr. Phil Last Fron PM The Middle The Talk Dinosaurs Cookle TMZ (N) O Let's Make The First 48 The Talk Meredith Phineas Wayside Chris (N) O Latifah The Middle ThisMir :30 Curlous Kid vs. Kat ANT Farm Cops & PM Seinfeld O Meredith Vielra The Dr. Oz Show EG Wahlburgr Young & Restless Dive, Olly Curious ANT Farm Cops & Ray O BE Vielra Doyle O tre (N) 331 :30 Mod Fam Jelly Jamm Cat In the Donnle Chucks How/Made Good Luck Jail 88 Eat St. O 6 (N) Dr. Phil The Doc-PM Big Bang Kate and WordGirl Jdg Judy Donnie Young & Early Nev Moves Cops (Den O how ic (N) :30 Blg Bang Magic Bus Wild Kratts Jdg Judy Donnle Global Nat. Penguins Hockey Jessie E Mod Fam Cops to Moves PM News (N) News Early News (4:59) Nev Curling: CTV News The Middle Cops 35 Security 5 Hour (N) 2015 :30 Payne Wild Kratts Business **NBC News CBS Nev** Donnle **ABC News** Global Nat. Liv-Mad. Scotties KREM 2 PM Browns (5:59) News Sam & Cat CTV News ET Canada **CBC News** Mod Fam Cops St The Dead Sea O III Hour (N) EC lews at Dynasty Hour (N) Vancouver The Dirt O Files O Ico Assembly :30 Payne News Millionalre News Ent Murdoch Austin blackish 6 (N) Inside Ed. Myster-ies () (Live) 30 Arrow "The Return" (N) PM Mod Fam Ent Jeopardy! Ent Henry Ent Gold Rush Parent's Rescue **Broke Girl** Cops 30 Ghost Power (N) O RE Adven :30 Seinfeld ET Canada Park Wheel Access H. The Insider ET Canada Max I Didn't Two Men PM Family Guy ET Canada The Myster-The Middle ET Canada NOVA A city ET Canada Gags Madan **SportsCen** The Mental Ist (Series Dog CityNews-Cops & Ghost Chlang of stone. les of Leura lat (Series' Den (N) O tre (N) 20 Alaska Tonight (N) Wahlburgr :30 Family Guy | Security Goldbergs Security Security Gags Good Luck Finale) (N) ale) (N) 0 80 Mod Fam Chicago PD Chicago PD X Comp PM Amer. Dad Law & Or SportsCen Security Chicago PD Music and Earth: A Vampire Last Fron-Next Step EP Daily Cops 20 9 (N) O New Wild der: SVU (N) O (N) O "Pilot" EE tre (N) EE Vampire blackish :30 Amer. Dad Wingln' It Stalker (N) PM Jeffersons (10:01) Nashville Stalker (N) Kathleen History of Stalker (N) Haunting SportsCen **Gold Rush** Extra (N) Jail 20 The Dead 0 80 Ferrier Raliways (N) O 0 00 Duck (N) O EE 0 20 Final (N) National tre (N) as The Dirt O Haunting :30 Gimme (DVS) KXLY 4 PM | Movie: Park News News Wahlburgr **News Hour** ET Canada **CBC News** Gags SportsCen News-Lisa Gold Rush Wizards Paid Prog. Jail Bo Ghost J. Kimmel Gags Life Derek Paid Prog. Jail 20 20

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| :3 | | | Rob Robot Kate and | Arthur Odd Squad | Today | News CBS This | Dog Criminal | Good Morn | | The moming news. (N) | You & Me | Almost | Curling: | (N) | Greatest | Jessie III | Let's Make | Bar Rescue | |
| 7 Al | der: SVII | - 1 | Wild Kratts | Wild Kratts | Giada De | Morning (N) | | ing America (N) ISC | 1 | | Arthur O | Chucks | 2015 Scotties | | Know-It-All | Austin | a Deal (N) | | Lost-So |
| - | M Law & Or- | - 1 | PAW Patrol | The second | Lauren- tiis; Hilaria | | Criminal | | | Morning | Moblees | T.U.F.F. | Tournament of Hearts: | | Myth- | Dog | THE STREET, ST | Bar Rescue | Security |
| 8 :3 | der: SVU | | Curlous | Curious | Baldwin. (N) | | Minds O ED | | | Huntley St. | Tiger | Wayside | Draw 17. (N) | a. | O RD | Wizards | Right (N) | | Security |
| Q AI | M Millionalro | Morning | Space | Pog | | The 700 . Club () (80 | Storaga | Livel Kelly and Michae | Morning | Operation Smile 80 | Super Why | - | (Live) 🕮 | Livel Kelly and Michae | Daily Plane | | FamFeud | Bar Rescui | Files O |
| 3 :3 | | Huntley St. | Astroblast | Tiger | | The Price is | Storage | The View | Huntley St. Operation | Rachael | Napkin Bookaboo | Almost Spliced 0 | E:60 M2 | The View | Mayday 🚾 | Never Land | The Chew | Bar Rescue | Security |
| 10 :3 | M Divorce | Operation Smile | G. Shrinks PAW Patrol | Cookle Thief | | Right (N) | Storage | O BEI | Smile | Ray O 30 | Bo On/Go | Kld vs. Kat | | 0 60 | | Sofia | O MB | | Security |
| | M Judgo | Rachael | Jelly Jamm | | Hot Bench | Young & | Shipping | Pald Prog. | Rachael | Noon News | Heartland | Monster | Open Gym | Marilyn | Overhaufin | Lalaloopsy | General | Bar Rescu | Security |
| 17 | ogbut 0 | Ray O 30 | Dinosaurs | Sit & Be Fit | Hot Bench | Restless | Shipping | Pald Prog. | Ray o se | Hour (N) | នជ (DVS) | Rated A | SC NO | Denis | Top 10 | ANT Farm | (N) O | | Security |
| 12 PI | M Hot Bench | Noon News Hour (N) | PAW Patrol | Charlie Rose O GC | Pald Prog. | Nows | Shipping | The Chew | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) O | Nerds | Curling: 2015 | CTV News Vancouver | Misfit Garage | Win, Lose | Celebrity | Bar Rescu | |
| - | Hot Bench | | Kato and | | Noodlo | Bold · | Shipping | | | | Recipes | Squirrel | Scotties Tournament | The Social | Billy Bob's | Wizards | Celebrity CityLine 60 | Bar Rescu | Security The Dea |
| 7 | M King 30 King | Days of our Lives (N) | Astroblast | Antiques | Days of our Lives (N) | O 25 | The First 48 | Hospital | Days of our Lives (N) | The Talk | Stefano | Monster | of Hearts: Tiebreaker. | O mu | Gags | Good Luck | - | | Files O |
| | M The Middle | The Talk | Dinosaurs | Thomas | TMZ (N) O | Let's Make | The First 46 | (N) O | The Talk | Moredith | Steven and | Wayside | (N) (Livo) 200 | | Moonshin- | Phineas | CityNews | t Cops St | Ghost |
| 2 | The Middle | ORE | Curious | Cookia | ThisMinute | a Deal (N) | O RG | Latifah | 0.30 | Vielra | Chris (N) | Kld vs. Kat | | 0.00 | ers O W | ANT Farm | - 5 (N) 80 | Cops at | Adventi |
| 2 P | M Seinfeld O | Meredith | Dive, Olly | Thief | Ellen DeGeneres | The Dr. Oz Show Rff | Criminal Minda O | Rachael Ray O Rd | Meredith Vielra | Young & Restless | Republic o | Sidekick | SportsCen- tre (N) III | Ellen DeGeneres | Mighty Cruise | ANT Farm | (2:59) CityNews | Cops DD | Eat St. |
| - | Mod Fam | Vielra | Jelly Jamm | | Show | | | | | | | Chucks | Off Record | Show The Dr. Oz | Ships Dally Plane | Good Luck | 6 (N) Mod Fam | Cops to | Security |
| 4 | M Big Bang | Young & Restless | Kate and | WordGirl | Jdg Judy | Or, Phil | Criminal Minds O | tors O III | Young & Restless | Global Nat. | Den O RC | Nicky Hathaways | | Show an | (N) | Jessie III | Mod Fam | Cops 00 | Securit |
| P | M Browns | Nows (N) % | Magic Bus | Wild Kratts News | Jdg Judy News | News | Criminal | Nows | Early News | | - | Sam & Cat | Curling: | CTV News | River Mon- | - | World's | Cops %C | Securit |
| 5 | 30 Payno | 113113 (14) 84 | Wild Kratts | - | NBC News | CBS News | Minds O | ABC News | - | Hour (N) | | Henry | -2015 Scotties | Vancouver | sters | Liv-Mad. | Funnlest Falls | Cops 80 | Securit |
| P | M Browns | Global Nat. | Waterfront | PBS News- | Nows | KREM 2 | Criminal | Nows at 6 | (5:59) Now | ET Canada | CBC News | Max | Tournament of Hearts: 1 | | Alrahow to | - | Glee A | Cops NO | Securit |
| 6 | 30 Payno | News | Cities | Hour (N) III | Millionaire | News at 6 (N) | Minds "No. 6" | News | Hour (N) | Ent | Murdoch - Myster- | Assembly | vs. 2 Playof | - | | Liv-Mad. | Wedding* | Cops 🖭 | Securit |
| 7 | M Mod Fam | Ent | Coast (N) | Wash | Jeopardy! | Inside Ed. | Criminal Minds O | Ent | Ent | Sleepy Hol | les O | Thunder | (N) (Livo) 85 | Crains (14) | Mayday to | Girl Meets | Broke Girl | - | Securit |
| | an Seinfeld O | ET Canada | ORE | Chartle | Wheel | Access H. | | - | ET Canada | | Coronation | - Malerial | | Blg Bang Shark Tank | O'com | Jessie III Movie: | Two Men | Cops Rd | Security |
| | THE RESERVE OF THE PARTY OF THE | | | The second second | The second secon | 1000 | | | | | | | | | | | Citualanne | Cana | |
| OP | M Family Guy | | (8:05) The Village 34 | Doc Martin | Saturday Night Live | Undercove Boss 20 | (8.01) Criminat Minds | Last Man | About-Boy | Marry Me | Mercer Mercer | Girls" (2006 Hilary Dulf. | tre (N) RO | ad (DVS) | Close | | CityNews- of Tonight (N | Cops Mil | Security |

On the Forty years | Minus |

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Charlie News News (11:01)
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News Hour ET Canada | CBC News

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Shark Tank Hawall Five- Hawall Five- the fifth es-

tate (N) MG

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10 :30 Glmmo

11 :30 Married

PM Amer. Dad Hawaii Five (9:10) The Inspector Lynley
PM Jeffersons Steepy Hot1:30 Glimme Iow O Sc (N) Ed

PM Movie: Just CHBC News Finding the Charlie Finel (N) Falten ED Rose (N)

News Leader Movies - Thursday / Friday / Saturday

THURSDAY MORNING

9:00 am SPIKE ch.44 "Shooter" (2007, Suspense) Mark Wahlberg: Reluctantly pressed into service again, a former military sniper plots revenge against his powerful foes after being betrayed and wounded. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "Hitman" (2007, Action) Timothy Olyphant, An assassin's growing attachment to a traumatized young woman poses a threat to his life, as great as that of the Interpol and Russian agents on his trail. (In Stereo) 2:00 pm SPIKE ch.44 "G.I. Joe: The Rise of Cobra" (2009, Action) Channing Tatum. The elite G.I. Joe team uses the latest technology in its battle against corrupt arms dealer Destro and a mysterious organization known as Cobra. (In Stereo) 5:00 pm SPIKE ch.44 "Shooter" (2007, Suspense) Mark Wahlberg. Reluctantly pressed into service again, a former military sniper plots revenge against his powerful foes after being betrayed and wounded. (In Stereo)

EVENING

8:00 pm SPIKE ch.44 "G.I. Joe: The Rise of Cobra" (2009, Action) Channing Tatum. The elite G.I. Joe team uses the latest technology in its battle against corrupt arms dealer Destro and a mysterious organization known as Cobra. (In Stereo) 11:00 pm WTBS ch.3 "Shrek 2" (2004, Comedy) Voices of Mike

Myers. Animated. A green ogre, his new wife and a donkey find adventure while visiting his in-laws.

SPIKE ch.44 "Hitman" (2007, Action) Timothy Olyphant. An assassin's growing attachment to a traumatived young woman poses a traumatized young woman poses a threat to his life, as great as that of the Interpol and Russian agents on his trail. (In Stereo)

FRIDAY EVENING

7:30 pm YTV ch.18 "Material Girls" (2006, Comedy-Drama) Hilary Duff. Two sibling cosmicles Hilary Duff. Two sibling cosmetics heiresses must grow up quickly when a company scandal leaves them penniless. (In Stereo) (CC) 8:00 pm FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC) 10:10 pm FAM ch.26 "The Thirteenth Year" (1999, Drama)

Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Just Married" (2003. Romano Married" (2003, Romance-Comedy) Ashton Kutcher. Two newlyweds deal with meddling friends, disapproving families and bad luck while honeymooning in

SATURDAY MORNING'

6:00 am SPIKE ch.44 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces

in the Trojan War, ignited when Paris abducts Helen of Troy. (In

9:00 am WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of peo-ple who fear hideous monsters liv-

ing under the ground.

10:00 am SPIKE ch.44 "Wrath of the Titans" (2012, Fantasy) Sam Worthington. Perseus enlists the aid of Queen Andromeda, Hephaestus and Poseidon's son to

rescue Zeus from the underworld, defeat the Titans and save mankind. (In Stereo)
11:00 am WTBS ch.3 "Dreamer: Inspired by a True Story" (2005, Drama) Kurt Russell. A racehorse trainer and his daughter nurse a gravely injured filly back to health and aim for a slot in the Breeders' Cup Classic. .

AFTERNOON

12:00 pm YTV ch.18 "Garfield Gets Real" (2007, Comedy) Voices of Jason Marsden. Animated. Tired of life as a comic strip, Garfield comes into the real world to live as an ordinary house cat. (In Stereo)

FAM ch.26 "Evermoor" (2014, Mystery) Naomi Sequeira. Strange events plague an American teen and her family when they move to a remote village in England. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Paul Blart: Mall Cop" (2009, Comedy) Kevin James. When crooks shut down a suburban New Jersey shopping mall, a security officer must find his

inner policeman to save the day.

EVENING

6:00 pm WTBS ch.3 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew

tales he tells his niece and nephew are coming true.
7:00 pm CITV ch.12 "Courage" (CC) (DVS)
8:00 pm CHBC ch.4 BCTV ch.11
"Courage" (2009, Suspense) Jason Priestley. A writer and his family struggle to suring a storm. (CC) (DVS) KSPS ch.6 "Four Weddings and a Funeral" (1994, Romance-Comedy) Hugh Grant. An English charmer Hugh Grant. An English charmer and a lusty American make love over a course of surprising events.

(In Stereo) (CC) YTV ch.18 "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) (CC)
8:30 pm KXLY ch.10 "The Social Network" (2010, Drama) Jesse Eisenberg. Six years after creating Facebook in his dorm room, Mark Zuckerberg becomes a billionaire, but his great success leads to per-sonal and legal complications. (In

9:00 pm VTVch.22 "The Ides of March" (2011, Drama) Ryan Gosling. Premiere. A campaign press secretary becomes that threatens to make the secretary becomes to smash his candidate's bid for the

presidency. (In Stereo) (CC) 10:00 pm FAM ch.26 "The Cheetah Girls: One World" (2008, Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (In Stereo) (CC) 11:00 pm WTBS ch.3 "Just Like Heaven" (2005, Romance-Comedy) Reese Witherspoon. A San Francisco widower falls in love with a ghostly doctor while subletwith a ghostly doctor while sublet-ting her apartment.

FAX SERVICE SENDING OR RECEIVING CONFIDENTIALITY GUARANTEED -AVAILABLE AT: BWS 226A Bridge Street, Princeton Phone: 250.295.4149 - Fax: 250.295.4103

| | | 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 |
|-----|------|----------------------------|---|--|----------------------|-------------------------|---|---------------------------|-------------------------------------|--------------------------|--------------------------------------|----------------------------|----------------------------|---|------------------------|-------------------------|---------------------------|--|----------------------------------|-------------------|
| C | AM | On Spot | Ancestors | G. Shrinks | Heartland | (5:30) | CBS This | Dog the | Pald Prog. | Ancestors | Saturday | Monster | Sidekick | SportsCen- | Juicebox | Airshow 831 | Wingln' It | Quon | Movie: | Moves |
| 6 | :30 | Coolest | Fishful | Rob Robot | Fly Tying | Today (N) | Morning | Bounty Hunter | Estate | Fishful | Morning News The | News | Sidekick | tre (s) | OR | (DVS) | Slug Terra | Panorama | *** "Troy" (2004) Brad | Pald Prog. |
| 7 | AM | P. Affairs | Saturday | Kate and | MotorWeek | KHQ Local | Lucky Dog | Criminal | Good | Saturday | news. (N) | Animal | Squirrel | SportsCen- | - 1 | Ice Cold | Wizards | Eye/Asla | Pitt, Eric | Security |
| 1 | :30 | Ati. Eats | Morning News (N) Ed | PAW Patrol | Greener | News Sat- urday 7AM | Dr. Chris | Minds O | Morning America | Morning News (N) 23 | | Super Why! | Nerds | tre 20 | | Gold | Gravity | Buy Low | Bana, Achil- les leads | Security |
| 0 | AM | Trust Dale | | Curious | Woodsmith | (N) Ed | Innovation | Criminal | Hanna | | | Artzooka | Chucks | Curling: | Canada AM | Mayday RC | ANT Farm | Polish | Greek forces in the Trojan | |
| 8 | :30 | Paid Prog. | | Arthur O | Rough Cut | | Recipe | Minds O | Ocean | - 4 | | Cross | SpongeBob | 2015 Scotties | Weekend | | Dog | Studio (N) | War. O | Border |
| 0 | AM | Movie: **% | | Magic Bus | Hometime | | All In | Criminal | Rescue | | Fish'n | Our Van- | SpongeBob | Tournament of Hearts: 3 | Marilyn | 139th | Austin | World VI- | | Security |
| 9 | :30 | "The Time Machine" | L | Doki Ad | Old House | English | Changers | Minds O | Wildlife | | Real Fish. | couver #0 | Parents | vs. 4 Playoff. | Denis | Westmin- ster Kennel | I Didn't | sion æ | | Security |
| 10 | AM | (2002) | Fish'n | Wild Kratts | Old House | Premier League | College | Storage | Outback | Fish'n | Powerboat | Absolutely | Rabbids | (N) (Live) RC | SickKids | Club Dog Show | K.C. Under. | TO SECURE OF THE CONTRACT OF T | Movie: *\\ "Wrath of the Titans" | Security |
| 10 | :30 | | Real Fish. | Wild Kratts | Kitchen | Soccer | Basketball: Florida at | Storage | Explore | Real Fish. | Driving TV | Canadian O | Bread | | Founda- tion O | *Opening | Jessie 🗷 | Myster- les () | | Security |
| 44 | AM | Movie: | Powerboat | Maker | Chefs Life | | LSU. (N) (Live) 350 | Storage | World of X | Powerboat | Moves | FIS Alpine | Turtles | E:60 Profile | Is Written | Night" (N) | Liv-Mad. | | (2012) Sam Worthington. | Bggg Bttls |
| 11 | :30 | *Dreamer: Inspired by a | Driving TV | Martha | Martha | Goal Zone | (Live) ass | Storage | World of X | Driving TV | Moves | Skiing | Sanjay | Motoring | etalk 80 | ** | Girl Meets | Channel 36 | worthington | Bggg Bttls |
| 10 | PM | True Story | News Hour | Dogs/Jobs | Cook | Figure Skat- | - PGA Tour Golf: North- ern Trust | Storage | 30 for 30 (N) | News Hour | PGA Tour Golf: North- em Trust | | Movie: ** | Keepers of | | Edge of Alaska | Movie: | Shopping | | Border |
| 12 | :30 | | PGA Tour | Dogs/Jobs | Garden | Ing: Four Continents | | Storage | | PGA Tour | | Ing: Four Continents | "Garfield Gets Real" | the Streak | tre () BE | | "Evermoor" (2014) O 85 | Channel &C | Cops 📧 | Border |
| 4 | PM | Movie: ** | Golf: North- em Trust | Hope for | Antiques | Champion- ships. | Open, Third Round. (N) | Wahlburgr | | Golf: North- em Trust | Open, Third Round, (N) | Champion- ships. From | | Curling: | Corner Gas | River Mon- | | Bollywood | Cops 35 | Security |
| 1 | :30 | "Paul Blart: Mall Cop" | Open, Third Round. | Wildlife III | Roadshow | amps. | (Live) SS | Wahlburgr | | Open, Third Round. | (Live) 331 | Seoul, South | Chucks | 2015 Scotties | Corner Gas | sters | Gravity | Pald Prog. | Cops III | Security |
| 2 | PM | (2009) | (N) 88 | The Polar | The Italian | Adventure | | Wahlburgr | Shall We Dance On Ice From | (N) 850 | | Korea. | Chucks | Tournament of Hearts: | Canada's Worst | Airshow &C | Phineas | Pckge Deal | Cops 32 | Security |
| 2 | :30 | | | Sea O E | Americans (Series | Sports | | Wahlburgr | | | | | Chucks | Semifinal. | Driver | (DVS) | Rebels | Mod Fam | Jail BC | Security |
| 2 | PM | 1st Family | Moves | Waterfront | Premiere) | Pald Prog. | Pald Prog. | Criminal | riminal linds o se ton, iii. (N) | Moves | Simpsons | s National | Chucks | (N) (Live) 🕮 | Cash Cab | How/Made | Parent's | CityNews | Cops 353 | Lost-Sold |
| 3 | :30 | Box Office | Moves | Cities | | | Focus T25 | minds () as | | Moves | Simpsons | Hockey | Chucks | | Steele | How/Made | Wizards | CityNews | Cops 30 | Lost-Sold |
| - 1 | PM | Community | Simpsons | Congo- | Bella Vista | 21 Day Fix | | Criminal | Academy | SImpsons | SImpsons NHL Hockey: Winnipeg | Chucks | SportsCen- | MasterChef | How/Made | ANT Farm | NHL Hockey: | Cops 30 | Security | |
| 4 | :30 | Community | Simpsons | Lava | WA | Jdg Judy | lywood (N) | Minds O III | Awd | Simpsons | | | Chucks | tre (N) 85 | Canada () | How/Made | Dog Teams | Teams TBA. | Cops 30 | Security |
| E | PM | The Middle | Simpsons | Lost King- | Last/Wine | News | News | The First 48 | News | Simpsons | News Hour | Jets at To- ronto Maple | Chucks | | The Social | Gold Rush | Jessie 🐯 | (N) (Live) | Cops (N) | Security |
| 5 | :30 | The Middle | Global Nat. | doms of | Walt | NBC News | CBS News | 0 00 | ABC News | Global Nat. | (N) | Leafs. O | Chucks | | etalk KE | | Austin . | | Cops 🕮 | Security |
| 6 | PM | Movie: ** | (5:59) News | Hope for | Lawrence | News | News | The First 48 | News at 6 | (5:59) News | 16x9 (N) @# | (Live) ID | Cook'd (N) | NLL | CTV News Vancouver | Street | K.C. Under. | | Vegas | Ghost |
| 6 | :30 | "Bedtime Stories" | Hour (N) | Wildlife ES | Welk | Jeopardy! | Paid Prog. | O an | The Insider | Hour (N) | | | Cook'd A | Vancouver | Vancouver | Oddaws | Liv-Med. | | Vegas | Adventures (N) |
| 7 | , PM | (2008, Comedy) | 16x9 % | Battle | Keep Up | Blue | White Col- | (7:01) The First 48 00 | Entertain- | 16x9 mg | Movie: | NHL | Assembly | Stealth at Calgary | Ultimate Oscar | Misfit | Girl Meets | CityNews | Cops 20 | The Dead |
| 1 | :30 | Cumbby | | for the Elephants | As Time | O DE | iar esi | First 48 DE | ment Tonight | | "Courage" | Hockey: Los Angeles | Max | Rough- | Guide | Garage | Austin | (N) | Cops 25 | Files (N) SE |
| 0 | PM | Family Guy | | Heartbeat | Movie: | Dateline | Hawall Five- | | Countdwn | Movie: | | Kings at San Jose | Movie: | necks. (N) | Blg Bang | Alaskan | I Didn't | CityNews | Cops 20 | Ghost |
| 8 | :30 | Family Guy | "Courage" O ad ** (2009) We Jason Midsomer Priestley. Murders A nun is (19 Museum strangled to Gra | 0 20 | *** Four Weddings | NBC O III | 0 0 20 | First 48 SE | Movle: | "Courage" (2009) | | Sharks. O | Goonies" | Sports | Anger | People | ANT Farm | (N) | Cops 20 | Adventures |
| 0 | PM | Seinfeld 0 | | | and a Funeral* | | Scorplon | (9:01) The | *** The Social Net- | Jason Priestley. | Museum | (Live) 20 | (1985) Sean Astin. O 38 | SportsCen- | Movie: *** | Street | Next Step | The Beat | Vegas | Ghost |
| 9 | :30 | Seinfeld O | | A CONTRACTOR OF THE PARTY OF TH | (1994) Hugh | | "Revenge" | First 48 mg | work" (2010, Drama) O | nesucy. | Secrets 0 | | | tre (N) 50 | "The Ides of March" | Outlaws | Wingln' It | G. Martin | Vegas | Adventures 30 |
| 10 | PM | King | | Grant. 0 | Saturday | 48 Hours | (10:01) The | Janaj | Museum | News Final | Post Show | | SportsCen- | - W. C. | Misfit | The | CityLine at | Cops III | The Dead | |
| 10 | :30 | King | Secrets () | death. | | | (N) O BE | | Secrets () | (10:35) | News | Open Heart | tro (N) 🕮 | | Garage | Cheetah Girls: One | | Cops III | Files O Rd | |
| 14 | PM | "Just Like | News Final | Waterfront | Austin City | News | News | (11:02) The | Scandal | News Final | Saturday Night Live | | Open Heart | SportsCen- | News | Gold Rush | World" O | Paid Prog. | Cops st | The Dead |
| 11 | :30 | Heaven* Cities | Cities | Limits 25 | SNL | The Closer | Elect 48 A A ME | SNL | O RC | Dovle o | Haunting | tro kc | CTV Nows | | Life Derek | Paid Prog. | Jall KE | Files o br | | |

News Leader Movies - Sunday / Monday

SUNDAY MORNING

9:00 am WTBS ch.3 "Enchanted" (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairytale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely

10:00 am KXLY ch.10 "Enchanted" (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairy-

tale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking.

11:00 am WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental

AFTERNOON

12:00 pm VTVch.22 "The Help" (2011, Drama) Viola Davis. Determined to become a writer, a 1960s Mississippi society girl turns her small town on its ear by interviewing black women who work for prominent white families. (In Stereo) (CC)

FAM ch.26 "The Wizards Return: Alex vs. Alex" (2013, Comedy) Selena Gomez. While visiting Tuscany, Italy, a young wizard accidentally creates an evil version of

herself. (In Stereo) (CC) 1:00 pm WTBS ch.3 "Shrek" (2001, Comedy) Voices of Mike Myers. Animated. In order to save his home, a monster with a donkey makes a deal with a mean lord to

rescue a beautiful princess. 2:00 pm YTV ch.18 "Robots" (2005, Voices of Ewan McGregor. Animated. A robot leads a revolution against a corporate bigwig who wants to send oldermodel cyborgs to the scrap heap. (In Stereo) (CC) 4:00 pm YTV ch.18 "Monster

House" (2006, Fantasy) Voices of Steve Buscemi. Animated. No adults believe three youths' assertion that a neighboring residence is a living creature that means them harm. (In Stereo) (CC)

5:00 pm CBC ch.13 "Cats & Dogs" (2001, Comedy) Jeff Goldblum. An eager beagle joins undercover canines on a mission to foil a feline plot to make all people allergic to dogs. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Tyler Perry's I Can Do Bad All By Myself" (2009, Comedy-Drama) Tyler Perry. When Madea catches three siblings looting her home, she delivers the youths to their boozy aunt, who is sorely in need of an attitude adjust-

YTV ch.18 "Hotel Transylvania" (2012, Comedy) Voices of Adam Sandler. Animated. An unforeseen complication unfolds when Dracula invites the world's mostinfamous monsters to his lavish resort to celebrate his daughter's 118th birthday. (In Stereo) (CC)

7:00 pm CBC ch.13 "Eight Below" (2006, Adventure) Paul Walker. Members of a scientific expedition must leave their beloved sled dogs behind in the frozen wilderness of

Antarctica. (In Stereo) (CC) 8:30 pm KREM ch.8 "Act of Valor" (2012, Action) Roselyn Sanchez. Premiere. During a mission to res-cue a kidnapped CIA agent, Navy SEALs uncover a worldwide terrorist plot against the U.S. (In

10:30 pm WTBS ch.3 "The Kingdom" (2007, Action) Jamie Foxx. A sympathetic Saudi police captain helps a team of federal agents flush out a terrorist cell in Riyadh.

11:30 pm CBC ch.13 "Beowulf & Grendel" Grendel" (2005, Adventure) Gerard Butler. A Danish king recruits a foreign warrior to battle the vengeful son of a slaughtered troll. (In Stereo) (CC)

MONDAY MORNING

6:30 am SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard

for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo) 9:30 am SPIKE ch.44 "The Siege"

Suspense) Washington. An FBI agent, a Middle East specialist and a powermad general try to thwart terrorists in New York. (In Stereo)

AFTERNOON

12:30 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

3:00 pm SPIKE ch.44 "Man on (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)

EVENING

6:00 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)

8:35 pm SPIKE ch.44 "The Siege" Suspense) Denzel Washington. An FBI agent, a Middle East specialist and a powermad general try to thwart terrorists in New York. (In Stereo)

11:00 pm WTBS ch.3 "Match Point" (2005, Drama) Scarlett Johansson, A one-time tennis professional becomes obsessed with his brother-in-law's seductive fiancee

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Elephants

SUNDAY, FEBRUARY 22, 2015 DTOUR KXLY CBC YTV TSN VTV DISC FAM KHQ KREM A&E **BCTV** CITY **WTBS** CHBC KNOW ch.24 ch.29 ch.44 ch.45 ch.22 ch.26 ch.10 ch.11 ch.12 ch.13 ch.18 ch.19 ch.3 ch.4 ch.5 ch.6 ch.7 ch.8 ch.9 Wingin' It Paid Prog. Off Road Ishful Pald Pro-Mighty AM Paid Prog. In a Name Mr. Rogers Today (N) Pald Prog. Criminal Pald Prog. In a Name Sunday Cat In the Sidekick SportsCen-Ships (84) 0 33 Minds O Morning Slug Terra Paid Prog McCarver World VI Pirates Charmers Church Engine World VI WordWorld Pald Prog. :30 Pald Prog. **Rob Robot** Expedition Charmers Wizards Eye/Asia Truck Tech **CBS News** Good Sunday Reporters Marilyn AM The Office **KHQ** News Criminal Sunday Kate and Super Whyl Thru Hell Inknown Morning Morning Minds O B Morning Gravity Operation Muscle Artzooka Pet Shop :30 Atl. Eats PAW Patrol Space Invest Morning America News (N) B Smile (III) Mysteries-(N) RD Pet Shop SportsCen-Question Highway ANT Farm Coronation The Office Curlous Curlous Meet the Criminal This Week AM Thru Hell Bad A Museum re BO Minds O & Press (N) 8 Festival Dog Nicky Pald Prog. Cat In the The Nation Coronation :30 Upside (N) O taliano di Criminal Coaching Myster-139th Austin AM Movie: *** Dino Dan DragonFly Pald Prog. NCAA Block Coronation Sam & Cat | 2015 Operation Johnny Bad O Smile Westmin Minds () E Daytona Coronation Didn't NHL NCAA Designing Context Henry :30 (2007) Amy Arthur O The Impact 500 The ster Kenn Castle (N) Hockey Club Dog Myster-57th runnin The Social K.C. Under Movie: *** J. Osteen Coronation College Dead Man Block AM Adams. Block Wild Kratts Inside Washingto ies at the of the event. 10 Talking 20 Olympia Oscars Jessie 🖽 VemComlg Capitals at Context Pald Prog. M'ketplace Assembly :30 Context Little The race (2007) Amy Ing Night" Philadelph (N) consists of Ultimate Llv-Mad. Shopping Myster-Our Van-Hathaways AM Movie: J. Osteen Little America Dead Man J. Osteen 16x9 88 Flyers. (N) les at the couver ad Talking Ed **% Sharl Girl Meets Pald Prog. Thunder and is the :30 Pald Prog. Castle Tale* (2004, Guide first race of Wizards Murdoch Health Matt Hockey **PGA Tour** The First 48 Hollywood News Hour PGA Tour Land/ Sea Thunder Movie: Overhaulin Myster-**News Hour** Animals PM Return: Top 10 100 Myster-Golf: North O REE Golf: North Undercover (N) NO PGA Tour NHL Hock PGA Tour Countdwn Animals :30 Alex* les O Castle em Trust em Trust Golf: North Open, Final Expedition Viola Davis Misfit Wizards Mantracke Open, Fina Cook'd () The First 48 Countdwn Steven and PM Movie: Waterfront Genealogy em Trust **Bruins** at em Trust Round. (N) Round. (N) Garage IIII IN (DVS) Unknown (Cities *** Chicago Open, Final Open, Fina Assembly (Live) EE :30 (Live) EQ Round. (N) Myth-Phineas Bar Rescue Myster-(2001) Eddie Rescue Finding The First 48 On the Red The Nature Movie: ** SportsCen-PM (Live) and (N) EQ (Live) ME Murphy tre (N) Es "Robots" Your Root Carpet at of Things The 7D O Pre-Game :30 Park Castle The First 48 The Arrival Good Luck NHL. Bar Rescue PM Blg Bang Under-Joint Relief Q (N) 0 == edy) O RE SC Top 10 . etalk at the Cash Cab Security Hope for Hockey: Bug Bite" Wildlife In Oscars (N) SC Top 10 Cash Cab Wizards Security Pald Prog. Focus T25 Simpsons :30 Blg Bang Railroad How/Made ANT Farm (N) (Live) Bar Rescue Museum E:60 MM The First 48 Oscars Ice Pilots Backstage Movle: ** PM Blg Bang Ice Pilots South Pa-Live From Pald Prog. Backroads Simpsons Secrets O Uncoln offic O and How/Made Inside Edit. Global Nat. Mr. D BO Oscars Dog :30 Blg Bang Simpsons Wheel Oscars Simpsons Center House" (2006) O UD To Be An-Jessie 🖾 Museum Simpsons Oscars **Bar Rescue** Tudor 0 20 News News Nightwatch Oscars SImpsons (4:59) News Movle: Curling PM Mod Fam 2015 Monastery OBO Hour (N) Austin NBC News CBS News The Oscar Global Nat. The Oscar :30 Mod Fam Farm Honors for Honors for K.C. Under, Storage Bar Rescue Global Nat. Architects British News KREM 2 (5:59) News Mulaney (2001) Jeff Tournament To Be An-Mysteries-PM Movie: achieve-"Hotel Tran- of Hearts: (N) O 0 22 Hour (N) nounced Museum of Change Baking News at Simpsons ments in Liv-Mad. Liquidator Wheel Final. (N) :30 Perry's I Can News 6 (N) Death valley O 22 film. (N) O film. (N) O (Live) III PM Do Bas, By Myself (2012) 0 Girl Meets | Pckge Deal | Coaching (Live) and Bad (N) O les at the Castle Classic O NBC O M (N) O M tier Burgera Austin Pckge Deal Burgers Burgers Below" (2006) Paul Myth-Simpsons I Didn't CityNews Bar Rescue Museum PM! Simpsons Poirot Mys- Masterplece Chicago (8:02) Night-Simpsons SportsCen-8 :30 The Closer Simpsons Blue Train* tre (N) (10) Classic (N) Fire 80 watch BC ANT Farm CityNews Movie: On the Red Simpsons Vampire Big Bang 0 881 PM 80 (DVS) * * "Act of (9:01) Night-the Oscars Carpet at Family Guy Family Guy O DE Masterplece Law & Or-Family Guy Cleveland To Be An-Next Step The Beat Bar Rescue Mysteries-9 :30 The Closer Valor (2012 Mysteryl der: SVU watch be tre (N) set nounced Wingin' It G. Martin Burgers Burgers Open Heart Blg Bang Burgers ' PM III Reselve Jimmy Kim- Simpsons Jessie IIII CityLine III | Coaching News Final Saving Midsomer Chicago PD Sanchez. Murders and (DVS) Haunting SportsCen Simpsons | Single (10:01) The National Hope o Rit mel Live O :30 Movie: Handed 20 Good Luck Family Guy Family Guy Block Haunting Castle (N) ED PM ** h "Tho Kingdom" News Final Pald Prog. Wizards Paid Prog. Bar Rescue Expedition CBC News Last Fron-KXLY 4 Haunting SportsCen-News News Final | Battle Northwest News Profiles 80 Joint Relief Family Guy 25 Life Derek Pald Prog. Van Impe Block "Beawulf" Haunting

News Leader Sudoku

SUDOKU

| No. | 216 | | | | | | Med | ium |
|-----|-----|---|---|---|---|---|-----|-----|
| 5 | | | 3 | | 9 | | | |
| | 6 | | | 7 | | | 2 | |
| | | | | | | 1 | | 7 |
| 9 | | | | | | | | 8 |
| | 1 | | 8 | | 4 | | 3 | |
| 3 | | | | | | | | 2 |
| 1 | | 2 | - | | | | | |
| | 5 | | | 9 | | | 8 | |
| | | | 5 | | 7 | | | 3 |

Previous solution - Easy

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwlkl.org

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit www.str8ts.com

The solutions will be published here in the next issue.

THIS WEEK'S **News Leader Sudoku**

SOLUTION WILL APPEAR.
IN NEXT WEEK'S ISSUE

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MONDAY, FEBRUARY 23, 2015

| d'a | | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | DTOUR ch.45 |
|-----|-----------|--------------|--|---------------------------|-----------------------|-------------------------|--|---------------------------|------------------------|--------------------------|-------------------------|---------------------|-------------------|--------------------------|-----------------------|-------------------|------------------------|-------------------|--------------------------|-----------------------|
| - | AM | Community | DOLLAR STATE OF THE PARTY OF TH | G. Shrinks | Clifford | KHQ News | KREM 2 | Dog | Morning | Morning | (5:00) Morn- | CBC News | Kld vs. Kat | SportsCen- | CTV Morn- | Manufact. | Justin | CityLine | Rescue | Gotta Eat |
| 6 | :30 | Community | News (N) BE | Rob Robot | Arthur | GAM (N) | Morning News | Dog | Northwest | News (N) BE | Ing News The morning | Now (N) O | Almost | tre ac | Ing Live Vancouver | How/Made | ANT Farm | (N) 80 | Movie: ** | World's |
| - | AM | Law & Or- | | Kate and | Odd Squad | Today (N)- | CBS This | Criminal | Good Morn- | | news. (N) | You & Me | Squirrel | SportsCen- | (N) | How/Made | Jessie (co | Let's Make | "Man on Fire" (2004) | Moves |
| 1 | :30 | der: SVU | | Wild Kratts | Wild Kratts | 0 80 | Morning (N) | Minds O EC | Ing America (N) III | 1,00 | | Arthur O | Chucks | tre BC | | How/Made | Austin | a Deal (N) | Denzel | Moves |
| - | AM | Law & Or- | | PAW Patrol | Curlous | | = 3 | Criminal | | | Morning | Moblees | T.U.F.F. | SportsCen- | | Deadliest | Dog | The Price Is | Washing- ton. 0 | Security · |
| 8 | :30 | der: SVU | | Curlous | Curlous | | | Minds O RG | | | Huntley St. | Tiger | Wayside | tre &C | | Catch 20 | Wizards | Right (N) | | Security |
| | AM | Millionaire | Morning | Space | Peg | | The 700 | CSI: Mlami | Livel Kelly | Morning | Operation | Super Whyl | Sidekick | SportsCen- | Live! Kelly | Daily Planet | Doc McSt. | FamFeud | | The Dead |
| 9 | :30 | Millionaire | Huntley St. | Astroblast | Tiger | | Club () RE | O Sg | and Michael | Huntley St. | Smile 32 | Napkin | Almost | tre &C | and Michael | ाद्ध (DVS) | Henry | FamFeud | Movie: ** | Files O to |
| - | AM | Divorce | Operation | G. Shrinks | Sesame | 1 | The Price Is | CSI: Mlami | The View | Operation | Rachael | Bookaboo | Spliced () | SportsCen- | The View | Mayday | Never Land | The Chew | "The Siege" (1998, | Mysterles- |
| 10 | :30 | Divorce | Smile | PAW Patrol | Street () | 1 | Right (N) | "Dispo Day" | 0 80 | Smile | Ray O BG | Bo On/Go | Kld vs. Kat | tre 341 | O KO | "Speed Trap" | Sofia | O 30 | Suspense) | Museum |
| 77 | AM | Judge | Rachael | Jelly Jamm | Dinosaur | Hot Bench | Young & | Criminal | Pald Prog. | Rachael | Noon News | Heartland | Monster | Motoring | Marilyn | Buying Al. | Lalaloopsy | General | Denzel Washing- | Border - |
| 11 | :30 | Judge | Ray o se | Dinosaurs | SIt & Be Fit | Hot Bench | Restless | Minds () BC | Paid Prog. | Ray O BE | Hour (N) | Ty returns. | Rated A | Lumber | Denis | Buying Al. | ANT Farm | Hospital (N) O | ton. O | Border |
| - | PM | Hot Bench | Noon News | PAW Patrol | Charlle - | Astroblast | News | Criminal | The Chew | Noon News | Days of our | CBC News | Nerds | Hockey | CTV News | Mighty | Win, Lose | Celebrity | | Security |
| 12 | :30 | Hot Bench | Hour (N) | Kate and | Rose O BE | Chica | Bold | Minds O RG | 0.80 | Hour (N) | Lives (N) | Now (N) O | Squirrel | Lunch | Vancouver | Planes IC | Wizards | Celebrity | Movie: *** | Security |
| - | PM | King | Days of our | Astroblast | Paint This | Days of our | The Talk | Dead Man | General | Days of our | The Talk | Our Van- | Almost | SportsNa- | The Social | Ice Cold | Wizards | CityLine (6) | "Training Day" (2001) | The Dead |
| 1 | :30 | King | Lives (N) | Dragon | Fit 2 Stitch | Lives (N) | 0 26 | Talking 🖾 | Hospital (N) O | Lives (N) | U 260 | couver so | Monster | tion (N) se | 0.30 | Gold | Good Luck | 1 | Denzel Washing- | Files O 30 |
| - | PM | | The Talk | Dinosaurs | Thomas | TMZ (N) O | Let's Make | Dead Man | Queen | The Talk | Meredith | Steven and | Wayside | Hockey Dr. Ph | Dr. Phil | How/Made | Phineas | CityNews at | | Ghost |
| 2 | :30 | The Middle | 0 100 | Curlous | Sesame St. | ThisMinute | a Deal (N) | Talking to | Latifah | 0 34 | Vieira | Chris (N) O | Kid vs. Kat | Hockey | 0 80 | How/Made | ANT Farm | 5 (N) 20 | tom to | Adventures |
| | PM | Seinfeld O | Meredith | Dive, Olly | Curlous | | The Dr. Oz | The First 4 | Rachael | Meredith | Young & | Republic of | Sidekick | SportsCen- | Ellen | How/Made | ANT Farm | (2:59) | Movie: ** | Gotta Eat |
| 3 | :30 | Mod Fam | Vielra | Jelly Jamm | Cat in the | DeGeneres | Show tes | 0 20 | Ray O 30 | Vielra | Restless | Doyle O | Chucks | tre (N) 30 | DeGeneres | How/Made | Good Luck | CityNews a | *Man on | Gotta Eat |
| - | PM | Blg Bang | Young & | Kate and | WordGirl | Show Jdg Judy | Dr. Phil | The First 48 | The Doc- | Young & | Early News | Dragons' | SpongeBob | Grantland | Show The Dr. Oz | Daily Planet | | 6 (N) Mod Fam | Fire" (2004) Denzel | Moves |
| 4 | :30 | Big Bang | Restless | Magic Bus | Wild Kratts | Jdg Judy | 0 80 | 0 200 | tors () (80) | Restless | Global Nat. | Den O | Kung Fu | Basketball | Show IS | (N) | Jessie 20 | Mod Fam | Washing- ton, O | Moves |
| - | PM | Browns | News (N) EE | - | News | News | News | The First 48 | News | Early News | (4:59) News | CBC News | Parents | NBA | CTV News | Myth- | Jessie 🗺 | Broke Girl | 1011. 47 | Security |
| 5 | | | 1 | Wild Kratts | Business | NBC News | CBS News | 0 80 | ABC News | Global Nat. | Hour (N) | | SpongeBob | Basketball: | Vancouver | Busters | Liv-Mad. | Miko | | Security |
| - | ;30 PM | | Global Nat. | Architects | PBS News- | News | KREM 2 | The First 48 | | (5:59) News | ET Canada | CBC News | Sam & Cat | Toronto Raptors at | CTV News | (N) 80 Alaskan | Austin | Scor- | Movie: *** | Security |
| 6 | | | News | of Change | Hour (N) | Millionalre | News at | 0 310 | News | Hour (N) | Ent | Murdoch | Assembly | New Orleans Pelicans. | Vancouver | Bush | Dog | pion "Going | *Training | Security |
| - | :30 PM | | Ent | Hope for | WA | Jeopardyl | 6 (N) Inside Ed. | (7:01) The | Ent | Ent | NCIS: Los | Myster- | Assembly | (N) | etalk (N) | People | Liv-Mad. | South* | Day" (2001) Denzel | Border |
| 7 | | | ET Canada | Wildlife (N) | Steves | Wheel | Access H. | First 48 00 | The Insider | ET Canada | Angeles (N) | les n Coronation | Thunder | Canada | Blg Bang | "Afterburner" | I Didn't | Two Men | Washing- | Border |
| - | :30 | | | | | The Voice | Broke Girl | (8:02) Night | | The Night | The Night | Murdoch | Funniest | Winter | Gotham | How/Made | Dog | CityNews- | ton. O | Ghost |
| 8 | | Family Guy | The Night Shift O Inc | Great Rallway | Antiques Roadshow | The blind | Mike | watch III | elor (N) | Shift o an | Shift of 25 | Mysteries | Home | Games: Hockey: | "Red Hood" | How/Made | Good Luck | Tonight (N) | (8:35) | Adventures |
| - | :30 | | | | (N) | begin. 0 00 | | (9:01) The | O RE | Sleepy Hol- | Sleepy Hol- | (N) Ascension | Videos Vampire | Manitoba vs. | Forever (N) | Alaskan | Next Step | EP Daily | Movie: ** | Security |
| 9 | | Amer. Dad | Sleepy Hol- low O | reEgypt | Antiques Boadshow | began tra- | Scor- plon "Going | | | low O | low O | (N) | Vampire | B.C. (N) 35 | O SE | Bush | Rebela | Reviews on | "The Siege" (1998) | Security |
| - | :30 | | | | | | South* | (10.01) The | (10.01) | NOISTER | Name Pare | The | - | Canada Can | (10.01) | People | | | Denzel | - |
| 110 | PM | | NCIS: Los Angeles (N) | Finding the Fallen (N) | Indepen- dent Lens | The Night Shift O 20 | The state of the s | (10:01) The First 48 O | (10:01) Castle | NCIS: Los Angeles (N) | News Hour Final (N) | The National | Haunting | SportsCen- tre (N) BE | (10.01) Castle | "Afterburner" | Good Luck Win, Lose | Extra (N) | Washing- | Border |
| 1.0 | :30 | | | | (N) | | | 41.00 | (N) EC | Name II | FT0 | (N) 80 | Haunting | Canada | (N) EE | Mush | | G. Martin | | Border |
| 111 | PM | Match | CHEC News | Hope for Wildlife BD | Rose (N) III | News | News | (11:02) The First 48 0 | KXLY 4 | News Hour Final (N) | - | CBC News | Gags | SportsCen- tre kc | News-Lisa | Myth- Busters | Wizards | Paid Prog. | | Myster- ies at the |
| 1 | :30 | Point | | 1 | 1 | J. Fallon | Letterman | | J. Kimmel | | Doctors | Honourable | Gags | uo st. | CTV News | 0 25 | Life Derek | Pald Prog. | Jail Rd | Castle - |



The lines above show the 'proposed' location of a walking plaza in downtown Princeton as suggested by the News Leader.

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

If you have been reading this series for any length of time you know it's covered a lot of subject matter relat-

ed to the local economy. What I

have been trying to do is inspire you to support local business by looking at the downtown core as a vital part of the community.

> One of the ways to do that is by using cosmetics.

> I recently wrote about how cleaning up the downtown core helps make it look inviting to visitors and residents who may not give it a second look when driving through. The Town Crew has been praised here many times for the work they have done and as I write this particular column I can hear the street sweeper going past my office. They are doing a huge part in beautifying the downtown and the community as a whole.

> Now for something completely different.

> I think one possible improvement to the downtown core is to close a section of it to all vehicular traffic. That is to say, turn a part of downtown Princeton into a walking/biking only outdoor plaza.

This has been very successful in many other small communities that have tried to inject life into their local economy. It's a major facelift but the dividends it could pay back to the community would be huge.

My suggestion is outlined on the map above.

Using the Bridge/Vermilion intersection as the centerpiece, I would shut both Bridge Street and Vermilion Avenue a total of one block either direction from that location. So, for a better visual, Bridge Street from the CIBC bank corner to the Post Office would be closed to vehicles as would Vermilion Avenue from Veterans Square to just before the new Town Hall.

If you take a closer look at what that 'closed zone' contains it may make sense. The main services of a post office, bank, insurance office, library, art gallery, public washrooms, town park, cenotaph, entertainment gazebo and fountain are all within that zone. Bordering that

zone is a drug store, legion, municipal office and related services and the former Town offices.

I mention the former Town Hall because that property could be the best location possible (with the walking plaza in place) for an information service of some kind. I'd strongly suggest the Chamber of Commerce man an information kiosk or something of that nature in that location.

As for cars, trucks and other vehicles, keep in mind that just outside the 'closed zone' there are public parking lots located behind the former Town Hall, behind the drug store and in the currently abandoned old Overwaitea parking lot.

To address concerns about traveling from the brown bridge to Highway 3, there are side streets that can handle that form of traffic keeping them out of the 'closed zone' on Bridge Street. Getting around from Vermilion Avenue wascontinued on Page 19



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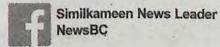
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Rotary dedicates community kitchen

.........continued from Front Page Similkameen Cup."

Lawrence added, "These funds are a direct result of supporting businesses and the public. People make things happen. Thanks to all."

Other contributions included twenty-eight feet of kitchen countertop donated by BC Countertops in Surrey and four base cabinets - yet to be assembled - donated by Euro-Rite Cabinets of Port Coquitlam.

Those donations resulting from phone calls made by Lawrence to

old contacts of his.

"For month after month at The Hut, Bill and Ann provided a special recycle box from which Rotary earned serious money. We are thankful. We hope that within two weeks the final kitchen inspection will be done."

According to Short, the hope is that the Rotary Kitchen is used as a community kitchen open for use during weddings, funerals and not restricted to be used only by certain groups or individuals.



Winefest set for February 20

Riverside Theatre will be transformed to host the annual Rotary Club Winefest. Photo: Emie Lawrence

On February 21st, the Princeton Rotary Club will be hosting their annual Winefest at the Riverside Centre.

Several South Okanagan and Similkameen Valley wineries are lined up to attend, including Forbidden Fruit, Seven Stones, Hester Creek, Tinhorn Creek, Road and various Vincor brands.

The event includes your own wine glass to sample the various wines, and people can enjoy appetizers from our local restaurants. It is a great night out and has been a popular event for several years.

Local businesses have also contributed generously, so there will be a variety of raffle and silent auction prizes awarded through the evening.

The event costs \$30.00 per person and tickets can be bought at the Royal Lepage office or from

local Rotarians.

The event runs from 7:00 PM to 10:00 PM on February 20th. All proceeds will be directed to a variety of local and international worthwhile Rotary projects.

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Current Comment

Dawn Johnson

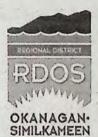
......continued from Page 5 the Communist Party was considered a form of subversion.

Travel was restricted to those favored by the Party. Citizens of proven loyalty were permitted to travel outside Russia. Anyone about whom the Party had doubts was not permitted to travel anywhere. Anyone wishing to leave Russia without a permit had to escape and those attempting escape would be shot.

Yes, Russia had a great space program and produced some great scientists and great military machines. All of Russia's achievements were at an expense to some sector of its citizens, whether in terms of less to eat or lack of housing or reduction in health care.

We need to remember Russia's history so the pattern does not repeat. Any resemblance to anything our government is doing should be a cause for deep concern.

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Wednesday, February 18, 2015 - 7:00 PM Riverside Centre - 148 Old Hedley Road, Princeton

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Rotarian Frank Turner presents Judy Short with a bouquet of flowers in thanks for her dedication and inspiration that led to the Rotary Kitchen at Riverside Centre. A dedication ceremony was held February 12th. Short also received an additional bouquet from the Town of Princeton presented by CAO Rick Zerr. *

Saving Downtown Princeton

by W. George Elliott

accomplished when the Town split it off feeding traffic to Bridge Street along Veterans Boulevard, which runs alongside the legion building.

Along with the walking plaza I would encourage the establishment of bylaws allowing street vendors, if they don't already exist, and buskers or what have you to develop a carnival sort of feel for the downtown core.

Don't even get me started on the health benefits of removing vehicles from the very centre of the downtown core. The health benefits of walking I also don't need to expand on but imagine what something like this cosmetic change could do for the local economy.

What makes me think it is possible and the potential that exists is when part of the downtown core is closed for events such as the Show 'n' Shine and Traditional Music Festival. Even when Christmas Light-Up is held part of the downtown is closed. Just think of the many new and different celebrations that could be hosted in a walking plaza lay out.

How does this save downtown Princeton?

The key elements are already in place for a major cosmetic change to the very centre of downtown. With a beautiful park-like setting (Veterans Square) including a gazebo and fountain and various services already bordering or within the one block radius of the park it's not a big leap to see what a permanent street closure can do in this location.

The closure would open up potential additional celebrations, the addition of more services in the form of street vendors and a setting that could be a huge draw for the community.



Judy Short's dream of seeing dinner theatre in Princeton started the ball rolling three years ago on the Rotary Kitchen project at Riverside Centre. A total of \$89-thousand dollars later the project was officially dedicated February 12th by Princeton Rotary Club who celebrated the feat with a number of guests. *

Newspaper.



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we build careers

'Hereford Miss ocal teen's

Cayley Brown, a young Hereford breeder in Princeton was presented with the 'Hereford Miss World' title for her bred and owned twoyear-old cow CB 122L Lady B 222Z, in a ceremony held in Fort Worth, Texas on February 3rd.

The cow she bred and currently owns with Shar-Lo Farms in New Brunswick, was named Supreme Champion Female across all breeds at the 2014 Armstrong Interior Provincial Exhibition (IPE) and Canadian National Champion Hereford Female late last year at Regina's Canadian Western Agribition.

Shortly afterwards, the online site HerefordBreeder.net named the female 'Miss North America' after evaluation by four online judges, an anonymous judge on-site at the national show and Facebook vot-

The female competed against a

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U.S. National Champion and other world national champions.

All owners of continental champions attended a week of scheduled activities, including tours and presentations, coinciding with the 2015 Fort Worth Stock Show Hereford events.

Brown started showing cattle at a very early age - age 3 - and with her parents' guidance, 4-H experience and involvement in the Junior Canadian Hereford Association, has gained tremendous cattle breeding and marketing experience and a few highprofile championships.

Still a teenager, Brown's herd is now 10 cows strong but progeny, embryos and semen are marketed internationally.

The Herefordbreeder.net organization, founded by PJ Budler, is growing in profile after its third year. The dam of Brown's heifer

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won the inaugural competition in

The presentation of the Miss World award and articles about the event can be found online at HerefordBreeder.net.



International delegates, Hereford state queens, Cayley Brown (fourth from right in teal blue jacket), and American Hereford Association officials + Cut-out of winning cow: CB 122L Lady B 222Z. - photo submitted

Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3

be honest, when my son was born I

BITES

Similkameen News Leader



JAMuary continues...which happens to be our all-time favourite time of year! That's because we get to spend time in the JamBusters! kitchen creating new and exciting items to celebrate the arrival of JAMuary.

One of the most exciting parts of JAMuary for us is that we have developed a brand new line of products using some very unusual ingredients. One of them is our Pepper Pepper Strawberry Jam. If you're already scratching your head about what Strawberry Jam would taste like with pepper let us tell you we aren't just talking any kind of pepper, either. There's TWO kinds of peppers in this recipe including smokin' hot chilies combined with Whiskey Jack peppercorns from the Smoking Gun Pepper Company in Princeton. Trust us, this jam with make you smack your lips. You will feel a slight tingle with this tasty strawberry jam that

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was scared to take him for his first set of shots, I really was. I read all this stuff about vaccinations causing autism.

I even saw Jenny McCarthy telling her son's story on daytime talk shows, then I read the science and I read the studies and I found out that the one single claim that started all the controversy was disproved, not once, but time and time again.

When H1N1 came around my son was still just a little baby and we heard all the horror stories about the vaccination. We saw that woman who claimed to go all wiggy after getting the vaccination. Again, I was scared. Rather than just listen to the hysteria, I went to the source and I researched what the vaccination really was. The truth I discovered was that the tin of tuna I ate for lunch that day was more dangerous than the vaccination I got the

Our doctors and medical experts

don't want to shoot us full of mind controlling, autism-giving chemicals. They want to save lives. Most of the things that we vaccinate against wreaked havoc on the generations before us. They killed, crippled, deafened, and changed lives in some of the most horrific ways you can think of. This is why we vaccinate our kids. No one should have to lose a loved one to a preventable disease.

The current measles outbreak started with one unvaccinated person who went to a crowded theme park and airport. Now it has spread across the United States and into Canada. The only thing that is keeping it in check is that most of us are immune.

What if we weren't? What if the disease was something else? In a month, the measles has spread across most of North America, and this could have been prevented with a simple vaccination. Stop preventable diseases and get vaccinated.



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