

Similkameen News Leader

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Tuesday, March 10, 2015

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



Ground erosion slowed down garbage pick up March 5th when the vehicle doing the rounds on Tulameen Avenue found a hidden cavity near the wooden bridge. Spring thaw may reveal more in the future. Photo: Brenda Engel

Town takes control of trail future

In a motion made at the March 2nd regular meeting of Town Council, the Town of Princeton agreed to acquire the licence for conducting activities as described in the Permitted Trail Maintenance Activities Management Plan from the Province of British Columbia for a thirty year term.

The formal identification of the property included is: part of Lot 706, Osoyoos Division Yale District, part of District Lot 932, Kamloops Division Yale District, together with all unsurveyed

Crown land and foreshore being part of the bed of the Similkameen and Tulameen River and parts of District Lots 1297 and 1824 Similkameen Division Yale District being part of the Kettle Valley Railway that lay within the Municipality of Princeton and containing 20.30 hectares, more or less.

In the words of Town of Princeton CAO Rick Zerr, the licence gives the Town, "control and responsibility to maintain it over the next thirty years."

Fire Department reports busy year

The 2014 Annual Report from Princeton Volunteer Fire Brigade was presented at the March 2nd regular meeting of Princeton Town Council.

"2014 was one of the busiest in the

fire department's history," stated Fire Chief Eric Gregson who authored the report.

"We responded to 111 callouts and took part in twenty-one community events. Of those, four were struc-

ture fires, one being a multi/single family house fire, also a gasoline tanker over the bank and a 183-hectare interface fire."

Of the callouts in 2014 a total of 22 were residential property responses,

21 were grass and brush fires/lightning strikes, 13 were burning complaints/investigation and 12 were motor vehicle related.

There were a total of 70 emergency calls in town limits and 37 emergency calls in the rural response area.

Over the year there were sixty practices totaling 2,585 hours of practice time with one being a live house fire training weekend that included members from the Hayes Creek, Erris and Tulameen Fire Departments.

There were also a total of 225 commercial Fire Code inspections conducted over the year.

"One problem building was boarded up and the Fire Inspector is working with the owners to upgrade one other building," Gregson explained.

The local fire brigade also added 517 hours of public relations time into a number of different community events.

"As you know, I am retiring as

Fire Chief. It has been a pleasure working with all the past and present Fire Department members, the Town Council and Town employees," Gregson concluded.

"It has been a great thirty-three years."

Town Council ratified the new Officers for the Princeton Volunteer Fire Brigade for 2015.

They are John Laursen - Chief, Rob Banks - Deputy Chief, Jamie McLeod - Training Captain, Ed Atkinson - Captain, Rob New - Captain, Kevin Sill - Lieutenant, Scott McCarron - Lieutenant, Don Miller - Secretary/Treasurer, Katie-Jo Sutton, Trevor Sutton, Courtney Bush, Curtis Bush and Carson Zieske - Safety Committee.

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Rodeo plans take shape

Princeton Rodeo is on June 13 and 14 this year. Sue Gereau is in charge of local entries. Contact her on May 30 between 8:00 AM and 2:00 PM at 250-295-7479 or e-mail

twomoonsnt9@gmail.com.

A veterinarian has been hired, but the Rodeo Club is still seeking a rodeo clown and drill team. There will be a wild horse race at this

year's rodeo. Vendors for the rodeo are welcome. A tattoo artist is planning to come. The Best Butt in Blue Jeans contest will feature a contest for both guys and girls this year. Dawn Johnson is in charge of organizing the contest but a committee is needed, including judges. These contests will take place after Saturday's rodeo events. Nominations can be made at the rodeo during Saturday afternoon.

The next meeting of the Rodeo Club will take place on April 9, 7:00 PM at the Jim Lind building (north side of the rodeo arena). Anyone interested in helping with the rodeo should attend this meeting.

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A Spirit Bear family - the focus of an upcoming feature by Tulameen's Jeff and Sue Turner. Photo: CBC-TV

CBC features new Turner project - Spirit Bear Family

From the filmmakers of the acclaimed series Wild Canada, Nature's Great Events, Planet Earth, and Frozen Planet comes a special new documentary about a rare and 'fabled' animal and the magical land it inhabits, Spirit Bear Family.

On the central coast of British Columbia in the Great Bear

Rainforest, there lives a creature of legend: the Spirit Bear. The Kermode bear, known as the 'Spirit Bear' is a rare white furred, black bear. And this is the only place in the world where they can be found. In the early 1990's, Canada's 'first family' of wildlife filmmaking, Jeff and Sue Turner, spent two years living on a remote uninhabited island

off the west coast of Canada with their newborn daughter Chelsea, in the heart of the Great Bear Rainforest. It was then that they captured the first ever footage of the mythological spirit bear that astonished the world and made their first nature documentary, Islands of the Spirit Bear.

Now they return, with Chelsea and their son Logan, to follow the trials and tribulations of a white mother Spirit Bear and her two black furred cubs as she tries to find food for her family whilst keeping them safe. Other bears, wolves, sea lions, humpback whales along with a host of other creatures all share this remarkable island environment with the Spirit Bear.

"The Spirit Bear is very special to us," says filmmaker Jeff Turner.

"We made our first documentary for the BBC about the Spirit Bear twenty-five years ago. We spent two years living on a remote coastal island with our newborn daughter Chelsea when we were just starting out in our career - it was one of the most amazing experiences we ever had with wild animals. We really wanted to go back to that part of the coast again and try to reconnect with these special animals that hold incredibly special memories for us, and we really wanted to do it with our now grown children - our work has truly become a family affair."

Neither an albino nor a polar bear, the Spirit Bear is a rare white North American black bear with an unusual recessive gene (similar to the gene that causes red hair in humans) found almost exclusively in the Great Bear Rainforest. The region, comprises over 74,000 square kilometers, runs over 400 square kilometers down Canada's

western coast, and encompasses a vast network of mist-shrouded fjords, densely forested islands, and glacier-capped mountains.

Grizzlies, black bears, wolves, wolverines, humpback whales, and orcas thrive along a coast that has been home to First Nations like the Gitga'at for hundreds of generations. It is a haunting, wild, and precious landscape.

For many years, the Spirit Bear was considered a legend of the Gitga'at and Kitsoo Native Peoples. Their legends told of a time when the glaciers finally receded, and it was Raven, the creator of the rainforest, who made everything green. Raven also decided to make one in ten black bears white, to remind him of the time when the world was white with snow and ice. Raven decided to set aside a special area of the world for these bears now known as the Great Bear Rainforest. It was a remote paradise where the bears were to live in peace forever.

The Turners filmed over the course of a single 'bear season' eight months or so from the time the bears first emerge from hibernation in the spring, through to October when they begin to prepare to go back into the winter dens.

Known for their unparalleled cinematography, the filmmakers shot the film with a variety of camera systems to capture the stunning images that distinguish the film. The main cameras used were ultra high definition RED cameras - the same as employed in Wild Canada. They also used the Cineflex camera - an HD stabilized camera for motion photography - both on helicopters and on boats to film a lot of the marine animals as well as

wolves and bears. Small underwater cameras, tiny HD GoPro cameras to get interesting angles and perspectives, and remote control aerial drones were all used, enabling new visual perspectives on one of the most lush and transcendent landscapes in the world.

Spirit Bear Family is produced and directed by Canada's foremost leaders in the nature documentary field, Jeff and Sue Turner. Across a three decade-long career, the Turners have created multiple award-winning nature documentaries including The Buffalo Wolves and The Edge of Eden, some of the most epic sequences in the BBC's Planet Earth and frozen Planet series, as well as last year's critically acclaimed Wild Canada series.

Spirit Bear Family is produced by Jeff Turner and Sue Turner of River Road Films Ltd. in association with the CBC. Caroline Underwood is the Senior Producer and Sue Dando, the Executive Producer, for The Nature of Things. The documentary will premiere on Thursday, March 26th at 8:00 PM ET (8:30 NT) on CBC Television's landmark program, The Nature of Things. *About Jeff and Sue Turner and River Road Films*

Jeff and Sue Turner are a Canadian husband and wife team based in Tulameen that have been making documentary films for the past twenty-two years. They have directed, shot, written and produced more than thirty documentary films for the BBC, CBC, PBS, Discovery and Animal Planet Channels in settings throughout the world.

They have won numerous awards and their films have been seencontinued on Page 19



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Flip Of The Coyne

by Spencer Coyne

This evening I watched a video of an exchange between the NDP and the Minister of Health during question period in Victoria. The NDP

was taking the minister to task on Interior Health's cuts to in-house laundry service at hospitals across the IHA's service area. The

Minister's response when asked about the 175 jobs that are going to be outsourced to a private company was, "Washing bed sheets is not

healthcare, Madam Speaker. We want to make sure we get best value for the dollar." The Minister's response shows a contempt for the working women and men who they are supposed to be representing.

It reminds us of the other week when Christy Clark said the \$54 million in cuts to school districts is "low-hanging fruit." I guess Christy Clark hasn't been in a public school recently or she would know that our schools are running on a shoestring budget already. Let's not forget it was the province that negotiated the contracts with teachers and not the school boards, and now the school boards have to find more places to cut when Clark is the one spending money.

Healthcare, education, you name it, the BC Liberals don't want to serve the people of BC. They want to serve those political donors who paid for their election. They have cut and privatized public services over and over again and they are still doing it. They want the public systems to fail so they can sell them to their friends. Why do you think our health system is in shambles? It isn't because of Interior Health. They have to work within their

mandate and the money that their employer, the BC Government, gives them. The BC Liberals are not friends of public health and we all know that Christy Clark is not a friend of public education.

It is sad to see what is happening to our province. We are seeing the systematic dismantling of the programs that generations of British Columbians fought so hard to give to future generations. Those programs and services were put into place so the burden would not be on us to have to make the choice between medicine and food, clothing, or an education for our children. People died so we would have things like a reasonable level of safety in our workplace, a work day that did not go so long that you could no longer stand up at your workstation, a minimum wage that made it so you could afford food and shelter. These are the things we take for granted and some are so eager to get rid of cost our parents and grandparents more than this generation would ever be willing to sacrifice to get. They did it so that their children and grandchildren would have a better life than the onecontinued on Page 19

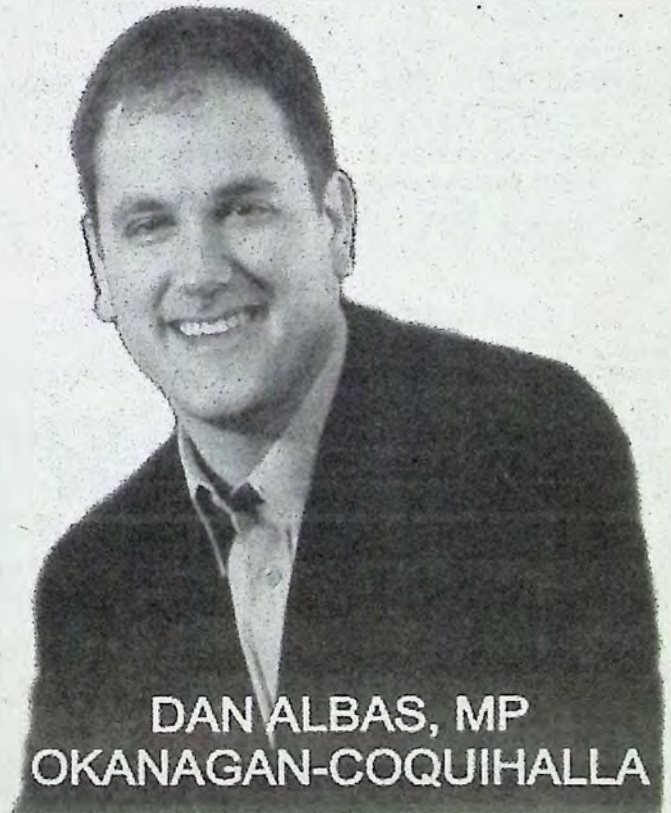
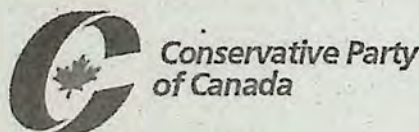


An early morning break-in at Shoppers Drug Mart netted items from the window display March 6th. If you have any information regarding this incident contact RCMP at 250-295-6911. Photo: Brenda Engel

Meet MP Dan Albas

Thursday, March 19
5:00 PM Doors Open
Sessions Repeat at
5:30 PM, 6:30 PM and 7:30 PM

Seniors Center
421-7th Avenue, Keremeos
Contact: Arlene Arlow 250-499-5121



DAN ALBAS, MP
OKANAGAN-COQUIHALLA

Conservative Candidate
for the Federal Riding of
Central Okanagan-Similkameen-Nicola
Federal Election - 2015

Dan would like to meet with you and discuss any Federal issue of interest. Come to any of the 3 sessions and bring your questions.

Refreshments will be served.



Editorial Page News Leader

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

My Turn...

Skiping Ahead An Hour

The annual spring and fall time changes are always a source of humour in our home. Since Brenda was born and raised in Saskatchewan, a province that for the most part does not observe Daylight Saving Time, she gets very confused by the whole exercise.

That is why I am always the 'designated clock changer' when we either start or end DST. The whole idea behind the clock changing in the first place is to make better use of sunlight in the summer months. I'm not sure if I buy that as a good enough reason to confuse half of the inhabitants in our home, but I'm okay with it just the same.

According to history we can either thank or blame ancient Roman civilizations for doing something similar to DST when they used to alter their daily activities in accordance with the Sun's schedule. DST was eventually looked at more formally by scientists in modern times who argued the energy saving aspects of shifting clocks a single hour. Benjamin Franklin looked at it in 1784, as did George Vernon Hudson in 1895.

Probably the most unusual spin put on DST came from British builder William Willett who, in 1905, suggested moving clocks ahead 20-minutes on each of four Sundays in April and turning them back 20-minutes a week in September. DST actually started in 1918 in the United States.

Twice a year I take care of changing the clocks and typically do it the Saturday night before we go to bed. The following morning I always get asked, "So the clock says it's 7:15 AM. Is that really 6:15 AM or is it 8:15 AM?" My answer is always the same, "It's 7:15 AM."

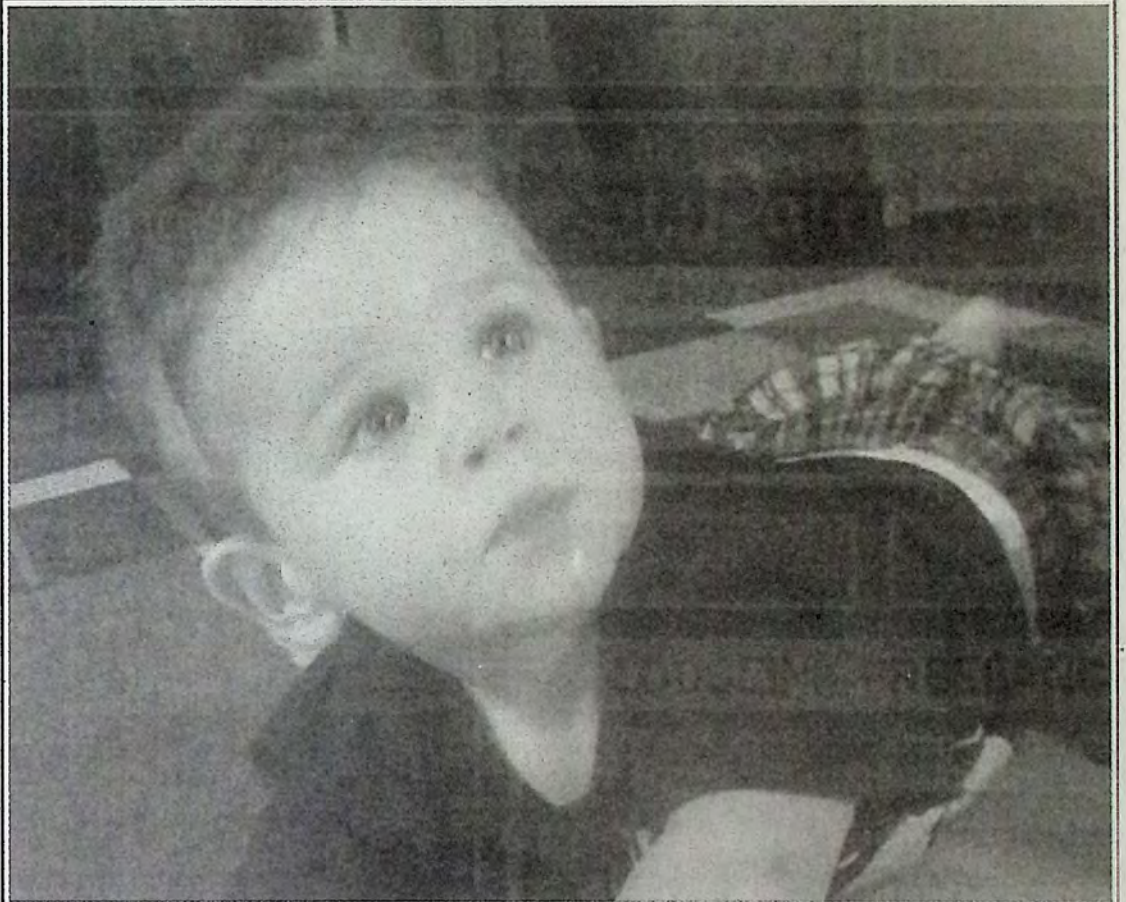
This usually leads to a spirited discussion of what time it would have been if it was the previous morning and an explanation focused on the need to quit messing around with the time as it's so confusing.

I point out it's only confusing if you try to compare DST time to non-DST time and then I quickly look forward to Part Two of this game that arrives in early November.

For me, moving the clocks forward, as I did this past weekend, officially signals the start of spring just as setting the clocks back in November reminds me that winter is not far off. I think that's one reason why I actually enjoy the role of 'designated clock changer' and tackle it with excitement and speed twice a year.

As for the Saskatchewan-born half of our household, days, weeks and sometimes months will pass before the apparent hassle of DST has been forgotten.

Typically when that happens it's just before the clocks change once more.



Meet Remington Nate Swanson! You can help him by supporting his cause. - photo submitted

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor,

Hi! I am Remington Nate Swanson - the two year old son of Ashley Aitchison and Clayton Swanson. My parents were born and raised in Princeton and spent most of their adult life here also. We now live in Penticton because of my need for a Pediatrician and trained medical support.

I have a form of epilepsy called Myoclonic Seizures. I have at times had up to two-hundred seizures per day. They were triggered when I suffered a stroke at birth. To date the Doctors have tried eleven different pharmaceutical drugs to try and control them. None of these have worked and some have caused bad side effects. We were running out of options for me and if we didn't get control soon I was going to continue deteriorating, suffering more brain damage and serious developmental issues.

On the advice of my Pediatrician my parents were recommended I try medical marijuana similar to a form out of Colorado called "Charlottes' Web."

It is an industrial hemp plant with high CBD and low THC. I have now been taking this cannabidiol medicine for approximately 6 months and it has been relieving my seizures.

This medicine is not covered by our medical system.

There is a three year old girl in Summerland who has a similar condition to mine. Her family have started an organization called

"Kyla's Quest Medicinal Cannabis for Sick Kids."

This organization helps children like me and many others pay for their much needed medicine. Please check out this website at <https://medicalcannabisforsick-kids.com> to learn more and make a donation or you can find a donation box at Round The Corner Cafe in Princeton.

Thanks, Remi

To The Editor,

I'm an avid follower of federal politics so I am constantly hearing juvenile statements coming out of Prime Minister Harper's mouth, such as "No taxes are good taxes" (coming from someone who's trying to run a country), and when questioned about why our troops were caught in the line of fire with Isis, his inane statement to the effect that the NDP doesn't like it when Isis gets killed.

The latest one that threw me for a loop was when he was addressing a friendly audience regarding oversight for the new and extreme powers that will be given to CSIS,

he said "We, as a government, are not interested in politicians doing the oversight."

What on earth does he consider himself? And what does he think politicians are there for? And does he forget that they are elected by the people?

This language is incendiary. It is designed to make people think "Yeah, we hate politicians," so why would we give them the right to check up on a secret police force?

A secret police force with the vague mandate they've been given, with no oversight, and verycontinued on Page 18

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EDITORIAL GUIDE

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



Current Comment

Fear of Scarcity Makes Us Silly



Dawn Johnson
editor@thenewsleader.ca

When I was a student in high school, there was fear of population explosion. Our teacher told us if there were too many people on earth, the planet would wobble because of the extra weight and maybe fly out of orbit! This is one of the silliest things I have heard about population concerns. Humans are made up of the planet's resources so the weight of the planet is not affected by the number of creatures on it.

At the time our teacher made that statement, global population was approaching three billion.

In 1958, Paul Erlich wrote "The Population Bomb," a book that had everybody excited. He predicted extreme shortages of food and years of famine. Global population this year is estimated at seven and one-quarter billion, roughly twice what it was when I was in high school. Yes, there have been people starving in Africa, but that was due to deliberate withholding of food supplies in a time

of political upheaval. Most instances of people starving are not due to global lack of food, but due to poor management of food distribution.

People have been dying in great numbers since Erlich made his prediction, but their deaths have been primarily from diseases such as AIDS and cancer. Natural disasters have killed a lot of people, too, but the greatest killer has been war. In other words, we are our own worst enemies.

The major fear of too many people on earth is the fear of scarcity of resources. As global population expanded, people feared resources would run out and all of us would be thrust into poverty and want. Experts say this fear is tribal, originating from our days as small tribes of hunter-gatherers. In the ancient tribal setting, too many mouths to feed meant food shortages. The experts never talked to the tribal elders from whom I am descended. My grandmother told me, "Our people had everything they needed," referring to the native people of the Similkameen Valley. They hunted, fished, gathered food, preserved food, and they shared food with each other.

The several million natives of North America did not face starvation until after the European invasion. Even then, the problem was not too many people and too few resources, the problem was disease, which struck down one-third of the population of natives, and the added problem of being forced out of their resource lands. Another problem went with the

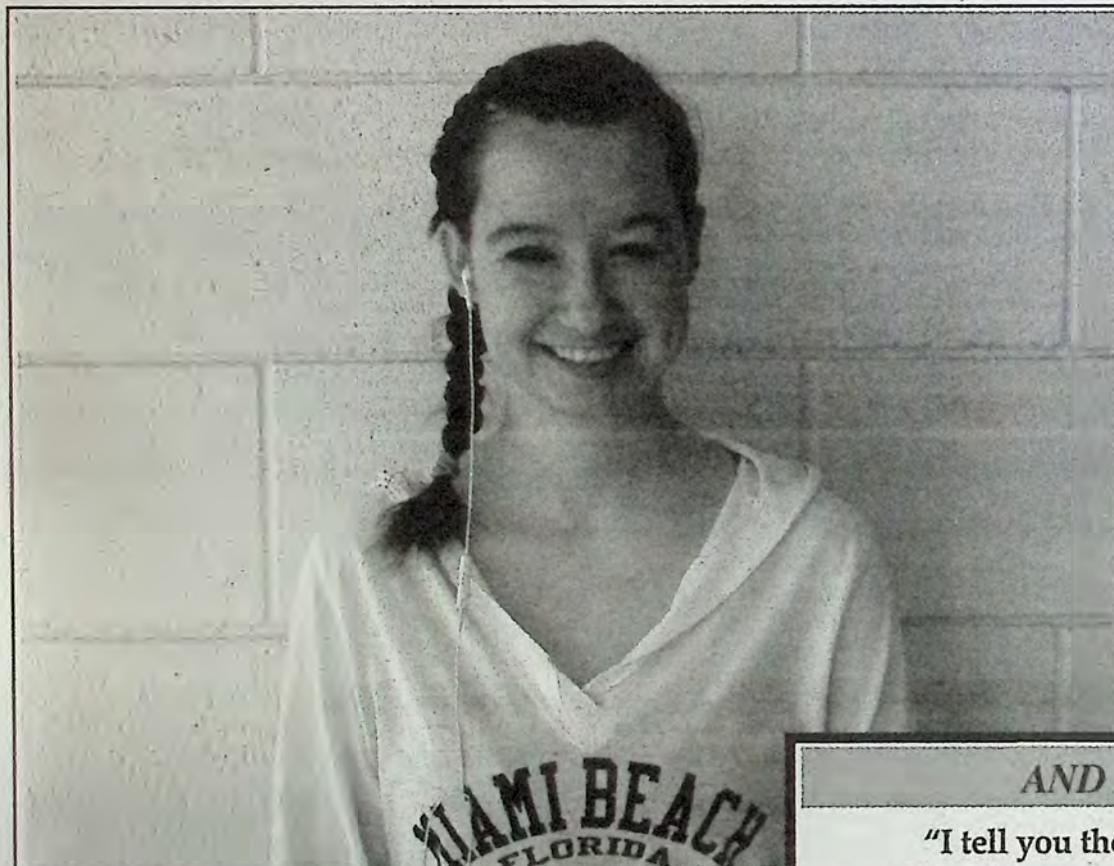
huge number who died: there were fewer people to hunt, fish and gather food.

History has shown the major causes of starvation are wars, destroying both manpower to raise crops and destruction of crop lands during war. The second major problem causing starvation is monopoly of resources, such as the end of common lands in England, during which big landholders monopolized large estates and permitted no grazing of livestock and no hunting.

Poor weather has been a factor in causing shortages of food in some locations, but in our modern world this can be alleviated through good transportation and distribution of food, unless there is political interference in the system.

During the past 50 years, we have seen production of food and other resources meeting the need of a global population that has more than doubled. We do not need to fear lack of resources. We humans are phenomenally good at developing resources.

What we should fear is contamination of our resources through pollution such as happened at Chernobyl and Fukushima, Mount Polley, and the oil spill in the Gulf of Mexico. The pollution of land, water and sea are the greatest modern threats to our resources. Rather than fear our resources will run out due to excessive numbers of human beings, we should fear we will poison our great planetary resources through our own stupidity.



Justeen McIntosh is PSS Student of the Month for February. The Grade 12 student was nominated for her hours of volunteer work in and around the area and for being "a positive role model for youth in our community."*

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AND NOW...A LITTLE GOOD NEWS!

"I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life." - John 5:24

1st Responders Appreciation Dinner

Princeton Royal Canadian Legion - Branch 56



Hayes Creek Fire Rescue



Jody Woodford - Tulameen Fire Department

Second annual dinner fills Legion Hall

Princeton Legion Branch 56 hosted their second annual First Responders Appreciation Dinner March 6th.

A total of eleven groups were honoured with a dinner prepared by a group of volunteers coordinated by the Legion Ladies Auxiliary. The Legion Hall was filled with officials and crew members representing British Columbia Ambulance Service, East Gate Fire Protection Society, Erris Volunteer Fire Association, Hayes Creek Fire Rescue, Hedley Volunteer Fire Department, Princeton Emergency Preparedness (PEP), Princeton Extrication Society, Princeton Ground Search and Rescue, Princeton Volunteer Fire Brigade, Royal Canadian Mounted Police

and Tulameen and District Fire Department.

Princeton Legion President, and member of the Hayes Creek Fire Department, Cliff Glover told the crowd, "We all have one thing in common - the willingness to help

our fellow man, neighbours and complete strangers. Thank you for your commitment to our community."

Area H Director Bob Coyne gave the room a huge compliment when he stated his election to the RDOS

Board was filled with a steep learning curve, countless meetings, phone calls, travel and a lot of extra responsibilities, "is nothing compared to what you guys do."

Town of Princeton Mayor Frank Armitage explained that area resi-

dents have been "the benefactors as you risk yourselves" and that while emergency response teams practice good risk management they are also made up of volunteers who "give back to your community."

Council pushes for CO service

A recommendation made at the March 2nd regular meeting of Town Council will see the Town of Princeton put forward a motion at the 2015 Southern Interior Local Government Convention. The motion is titled, "BC Conservation Service Capacity for the Town of Princeton: and states:

WHEREAS the Provincial

Government is responsible for managing wildlife through its Conservation Service, and the British Columbia Conservation Service has not been able to adequately address wildlife-human conflict in the Town of Princeton due to lack of facility;

AND WHEREAS the Town of Princeton is unable to appropriate-

ly respond to wildlife-human conflict, as their role is to educate residences on how to deter wildlife and limit wildlife attractants;

THEREFORE BE IT RESOLVED that the Provincial Government be requested to provide adequate funding and staffing in order for the BC Conservation Service to hold an office, staff an

office, to be more active and proactive in effectively managing wildlife-human conflicts in the Town of Princeton.

MORE
1st Responders
Dinner Photos
on Page 18



Princeton RCMP Detachment



Princeton Ground Search & Rescue

MP Alex Atamanenko

C-51: A Loss of Rights and Freedoms

There has been a great deal in the news over the past few weeks about C-51, the government's new Anti-Terrorism Act. It is another one in a series of omnibus bills and contains 62 pages covering everything from expanding the mandate of the Canadian Security Intelligence Service (CSIS) to allowing police to seize terrorist propaganda while making it easier to share information between government departments.

On the surface, it appears fairly clear: we are faced with a terrorist threat. C-51 will make our country a safer place.

The reality, however, is not that simplistic. I have been monitoring what the mainstream media have been saying about this piece of legislation and have learned that there

is a lot of concern about the threat to our rights and freedoms.

As Campbell Clark stated in his Globe and Mail Op-ed: Two things are clear: First the Conservatives think this bill will help them win an election, and second, they don't want people to understand it. That's a bad combination for a bill that will change things in secret, in ways we won't know for years.

In spite of the fact that the two tragic deaths of Canadian service men were not directly related to a "terrorist plot" against Canada, the government has justified C-51 using the threat of a Jihadist invasion. If we recall, the individuals who murdered our two soldiers were mentally deranged fanatics with no connection to any international terrorist organization.

Canadians have a right to worry about their safety. It is a duty of a government to address this concern in a responsible manner, and not to play on the "fear factor." As our Leader Tom Mulcair stated, "The Prime Minister is telling Canadians they need to choose between their security and their rights that safety and freedom are mutually exclusive." Instead of putting forward concrete measures to make Canadians safer and protect freedoms Conservatives have put politics over principle and introduced a bill that is dangerously vague and likely ineffective.

In the 1960s and 1970s, the RCMP had been engaged in illegal disruptive activities. The McDonald Commission was created and CSIS was established to collect and analyze information and produce intelligence about potential national security threats to Canada. Now, with C-51, CSIS will be allowed to engage in this type of activity and do "legally" none what the RCMP had been doing "illegally" none. This should be of great concern to all Canadians.

Those of us that recall the War Measures Act of 1970, remember the sweeping powers it gave the police. Hundreds of innocent people were arrested, interrogated and detained as a result. This must not happen ever again.

History, as we know, is full of examples of irresponsible leaders rallying their citizens by exaggerating threats to their security. As a former CSIS officer, Francois Lavigne states, Some of these tactics are taken right out of the fascist playbook. Create an enemy that is hard to identify. Make it an enemy that is nebulous and seems to be able to do things that nobody else can. Don't define the enemy. Just identify. Generate fear around that enemy. Then, send out the message that the only people who can deal with this enemy are us.

The Conservatives have defined the "enemy" and are ramming legislation through that is supposedly going to protect us. They have limited debate at Second Reading and are only allowing 3 meetings at Committee to hear witnesses. To put this in context, after September 11, 2001, the Liberal government held 10 Committee sessions and heard from 80 witnesses before passing major anti-terrorism legislation. (I find it hard to understand why the Liberals have given unconditional support to C-51).

I must say that I am proud of my party's principled stand opposing this bill.

We believe that C-51: a) Threatens our way of life by asking Canadians to choose between their security

and their freedoms;

b) Was not developed in consultation with other parties, all of whom recognize the real threat of terrorism and support effective, concrete measures to keep Canadians safe;

c) Irresponsibly provides CSIS with a sweeping new mandate without equally increasing oversight;

d) Contains definitions that are broad, vague and threaten to lump

legitimate dissent together with terrorism; and

e) Does not include the type of concrete, effective measures that have been proven to work, such as working with communities on measures to counter radicalization of youth.

It is my opinion that this ideologically driven piece of legislation is a very real threat to our rights and freedoms.

Living Past 100

Pregnant Women Must Eat Healthy

Any woman expecting a child needs to eat a balanced diet, but she may need more of some foods than others. Older folks remember the days when women lost teeth with each pregnancy. This does not happen today because expectant mothers are often prescribed calcium supplements. Women in the earliest stages of pregnancy need folic acid to prevent spina bifida, a deficiency disorder that can kill babies. A child in the womb must be fed with as much care as the mother gives to a child after it is born.

A baby in the womb needs lots of calcium, and if the expectant mother is not eating enough calcium, her body will leach it from her bones and teeth. Eating plenty of dairy products and calcium-rich foods such as almonds and broccoli will help the infant form strong bones without taking calcium from the mother's bones. Calcium supplements are worthwhile during pregnancy.

The human body is built of protein. Proteins come from milk, fish, meat, eggs, nuts, peas and beans. There are good amounts of protein in peas and beans, and small amounts of proteins in other vegetables, but the best sources of high quality protein are eggs, milk, fish and meat, particularly red meat. The expectant mother's body consumes the food, but the needed elements of the food are transmitted to the child growing within her. To ensure there is enough protein for her and the baby, she must consume extra protein.

In today's dietary recommendations, people are told to eat less red meat and less protein. This should not be the guidance for the pregnant woman. She needs extra.

What the pregnant woman needs, in addition to protein and calcium, are plenty of fresh vegetables and fruits, preferably organic. Sometimes a physician will recommend a multivitamin to ensure the expectant mother is consuming enough vitamins and minerals, but there are more high quality vitamins in fresh fruits and vegetables, so a supplement should not substitute for the real foods.

Foods the expectant mother should not eat include junk foods, pastries, and foods containing a lot of white flour and sugar. These will add to her body weight without providing nutrition for the growing baby. She should definitely avoid alcohol, over the counter drugs, and foods known to have a high level of toxins, such as non-organic vegetables and foods, particularly potatoes and soy products. She should avoid foods high in nitrites, such as bacon, ham and wieners. Babies in the womb do not need to be exposed to toxic substances. She should avoid smoking and should not permit smoking in her home.

Expectant mothers should consult a physician as soon as pregnancy is confirmed, and should follow her physician's advice. Some expectant mothers must avoid salt and salty foods to prevent toxemia, a disorder that still kills pregnant women. During pregnancy, other health problems may surface, such as high blood pressure, diabetes, kidney problems or thyroid problems. These need to be detected early and treated immediately. Seeing a physician regularly is essential to the health of the mother and the unborn child.



OPEN

9:00 AM to 5:00 PM
Monday to Saturday

14-136 Tapton Avenue (Princeton Plaza) Princeton
250-295-7381 epets1@telus.net

WAREHOUSEMAN'S LIEN ACT

Attention: **Dee Lintick**
#71-11940 Old Yale Road
Surrey, BC V3V 3X3

The contents of Unit #012 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand, Two Hundred and Eighty-Five Dollars and Fifty-Four Cents (\$1,285.54)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Ksenia Horsley**
Princeton, BC V0X 1W0

The contents of Unit #81 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Four Hundred and Fifty-Seven Dollars and Forty-Eight Cents (\$457.48)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Michael Barnetson**
PO Box 2332
Princeton, BC V0X 1W0

The contents of Unit #162 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Eight Hundred and Nineteen Dollars and Seventy-One Cents (\$819.71)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Andre and Phyllis LeBlanc**
421 Wilkinson Street
Quesnel, BC V2J 1C3

The contents of Unit #04 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Two Thousand, Two Hundred Dollars and Eighty-Seven Cents (\$2,200.87)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Anglo Canadian Mining Corp.**
The Marine Building
530-355 Burrard Street, Vancouver, BC V6C 2G8

The contents of Unit #119 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Nine Hundred and Seventy-Eight Dollars (\$978.00)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Wendy Head**
PO Box 2387
Princeton, BC V0X 1W0

The contents of Unit #049 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **One Thousand, Eight Hundred and Ninety-Four Dollars and Ninety-Three Cents (\$1,894.93)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Jamie Humbird**
PO Box 377
Princeton, BC V0X 1W0

The contents of Unit #126 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Seven Hundred and Twenty-Six Dollars and Ninety-Six Cents (\$726.96)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.

Attention: **Wayne Kaskiw**
Site 13 Comp 3A RR #2
Coalmont, BC V0X 1G0

The contents of Unit #069 at Dewdney Trail Self Storage Ltd. have accumulated storage costs amounting to **Six Hundred and Thirty-Six Dollars and Ninety-Six Cents (\$636.96)**. If you have not paid this outstanding amount by **March 21, 2015**, the contents will be sold by auction on **Sunday, March 29, 2015** to cover storage costs.



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - March 10 - 16, 2015

Ballet Kelowna returns to Princeton

The Princeton Community Arts Council is pleased to announce that it will be hosting Ballet Kelowna performing some new creations at the end of this month.

They are scheduled to be at Riverside Theatre on Sunday, March 29th at 3.30 PM and sent

the following information about their program: Ballet Kelowna presents: A Mixed Repertory Programme, featuring three premieres by some of Canada's leading contemporary ballet choreographers, coupled with the introduction of "Lee Dances" - a presenta-

tion of excerpts from award-winning works created for the esteemed Clifford E. Lee Choreography Award at The Banff Centre.

The program will open with the Company premiere of James Kudelka's "Byrd Music," showcasing the acclaimed choreographer's distinct balletic voice. Rich in technical inventiveness and expressive musicality, Kudelka's signature mix of ingenious ballet partnering and lyrical interplay will be on full display. Former Royal Winnipeg Ballet dancer and award-winning choreographer Shawn Hounsell and Ballet Kelowna's Artistic Director, Simone Orlando, will each create new work, highlighting the electrifying artistry and physicality of Ballet Kelowna's masterly dancers.

This promises to be a thrilling showcase of modern ballet, appealing to an audience of all ages. We are privileged to be able to have Ballet Kelowna visit our communi-

ty and hope that everybody will come out to welcome them here. Tickets will be available at Thomasina's, the Sunflower Gallery and at the door. - submitted

Bands are even better

The Community Band and school band concert just gets better with every concert. The March 2 concert entertained everyone. The concert began with the Late Bloomers, adults who have begun to learn music. They played a tune from Newfoundland, Simon and Garfunkel's "Sound of Silence," and "Scarborough Fair."

Following this introduction, the main concert began with the combined bands in their great rendition of "O Canada."

Senior students moved freely between the school band and the adult band. The senior students are going on a band trip to Seattle this spring, and played "Ballet from Faust," a piece they will play in Seattle. It was really well done, as were their other selections, themes from "Joseph and the Amazing Technicolor Dream Coat" and "Rubesque."

There were a number of solos: Emily, Heath, Hayley, Taylor and Haruka. Haruka is moving away next month, and was give a bouquet in appreciation for her years with the band.

Bands combined to do "The Saints," a Latin American piece, and a disco number which included the theme from "Saturday Night Fever" and "YMCA" (which had youngsters on their feet making the arm motions).

The juniors played and sang an amusing song about a naughty goat.

There were a number of other selections, including one from New Beginnings. The concert ended with the combined bands playing their favourite rousing rendition of "Louie Louie."

The next band concert is at Riverside on Monday, June 1, admission by donation.

Similkameen Wellness

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131 Vermilion Avenue, Princeton
www.similkameenwellness.com



PRESENTS

Forward: A Mixed Repertory Programme

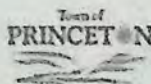
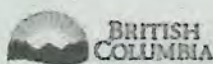
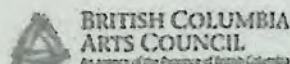


Sunday, 29th March, 3.30pm at Riverside Theatre

Adults \$25, seniors \$15, students \$10, family \$60

Tickets at Thomasina's, the Sunflower Gallery or at the door

Supported by:



Riverside Theatre played host to another incredible concert featuring local bands on March 2. Photo: Dawn Johnson

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News Leader Str8ts

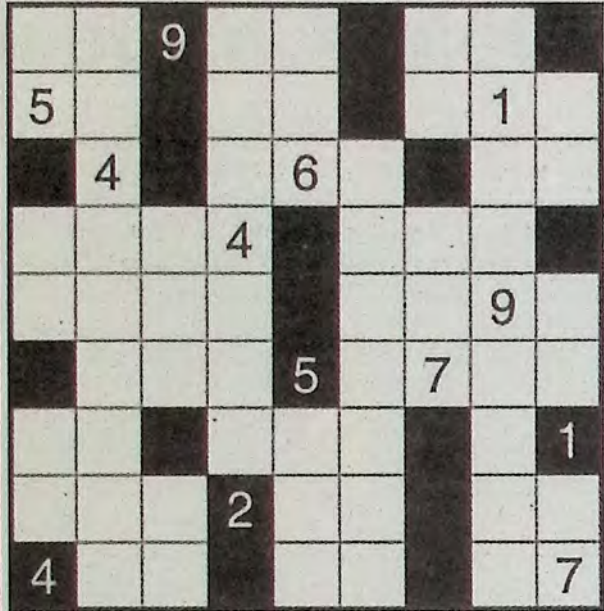
Tuesday / Wednesday

STR8TS

No. 219

Tough

Previous solution - Medium



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

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

TUESDAY EVENING

11:00 pm WTBS ch.3 "Bad Boys II" (2003, Action) Martin Lawrence. Two detectives uncover a conspiracy involving a drug kingpin while trying to stop the trafficking of Ecstasy in Miami.

Washington. Two U.S. Navy officers clash aboard a nuclear submarine bound for Russia, while that country is under rebel siege.

WEDNESDAY EVENING

11:00 pm WTBS ch.3 "Crimson Tide" (1995, Suspense) Denzel

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

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Similkameen
News Leader

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TUESDAY, MARCH 10, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Community	Morning News (N)	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning News The morning news. (N)	CBC News Now (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Ships	Justin	CityLine (N)	Bar Rescue	Gotta Eat
6:30 AM	Community		Rob Robot	Arthur								Almost				ANT Farm			World's
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Kevin Spacey, Curtis Stone, Sheppard. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			You & Me	Squirrel	SportsCentre		Mighty Planes	Jessie	Let's Make a Deal (N)	Bar Rescue	Moves
7:30 AM											Arthur	Chucks			Austin			"Chumps"	Moves
8 AM	Law & Order: SVU		PAW Patrol	Curious			Criminal Minds			Morning Huntley St.	Mobles	T.U.F.F.	SportsCentre	Alrshow "Two for One"	Dog	The Price Is Right (N)	Bar Rescue	Security	
8:30 AM			Curious	Curious							Tiger	Wayside			Dog			Security	
9 AM	Millionaire	Morning	Space	Peg		The 700 Club	Bates Motel	Llvel Kelly and Michael	Morning Huntley St.	World Vision	Super Why!	Sidekick	SportsCentre	Llvel Kelly and Michael	Daily Planet	Wizards	FamFeud	Bar Rescue	The Dead Files
9:30 AM	Millionaire	Huntley St.	Astroblast	Tiger							Napkin	Almost			Wizards				
10 AM	Divorce	World Vision	G. Shrinks	Sesame Street		The Price Is Right	The Returned "Camille"	The View	World Vision	Rachael Ray	Bookaboo	Wayside	SportsCentre	The View	Mayday	ANT Farm	The Chew	Bar Rescue	Expedition Unknown
10:30 AM	Divorce		PAW Patrol	(EI)							Bo On/Go	Kid vs. Kat			ANT Farm				
11 AM	Judge	Rachael Ray	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Shaun T's	Rachael Ray	Noon News Hour (N)	Heartland	Monster	Luge: FIL World Cup.	Marilyn Denis	How/Made	Good Luck	General Hospital (N)	Bar Rescue	Mysteries-Museum
11:30 AM	Judge		Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.			(DVS)	Rated A			How/Made	Good Luck			
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paid Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Chucks	Hockey Lunch	CTV News Vancouver	Alaskan Bush People	I Didn't	Celebrity	Bar Rescue	Security
12:30 PM	Hot Bench		Kate and	Tree Fu		Bold						Squirrel			Liv-Mad.	Celebrity		Security	
1 PM	King	Days of our Lives (N)	Astroblast	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost	Premier League Poker	The Social	Alrshow "Two for One"	Liv-Mad.	CityLine	Bar Rescue	The Dead Files
1:30 PM	King		Dragon	Quitting							Stefano	Wayside			Austin				
2 PM	The Middle	The Talk	Dinosaurs	Thomas	Jeopardy!	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vieira	Steven and Chris (N)	Chucks	Hockey	Dr. Phil	How/Made	Austin	CityNews at 5 (N)	Bar Rescue	Ghost Adventures
2:30 PM	The Middle		Curious	Sesame St.	Wheel						Kid vs. Kat	Hockey			How/Made	Girl Meets			
3 PM	Seinfeld	Meredith Vieira	Dive, Oily	Curious	Ellen DeGeneres Show	The Dr. Oz Show	Storage	Rachael Ray	Meredith Vieira	Young & Restless	Republic of Doyle	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	Jessie	CityNews at 6 (N)	Bar Rescue	Gotta Eat
3:30 PM	Mod Fam		Jelly Jamm	Cat In the			Storage					Nerds			How/Made	Jessie			
4 PM	Big Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	Dr. Phil	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Interruption	The Dr. Oz Show	Daily Planet (N)	Phineas	Mod Fam	Bar Rescue	Moves
4:30 PM	Big Bang		Magie Bus	Wild Kratts	Jdg Judy		Storage					Chucks	Hockey		Jessie	Mod Fam			
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Off Record	CTV News Vancouver	Gold Rush (N)	Jessie	Hell's Kitchen (N)	Bar Rescue	Security
5:30 PM	Payne		Wild Kratts	Business	NBC News	CBS News	Storage	ABC News	Global Nat.			SpongeBob	NBA			Liv-Mad.			
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	Basketball: Toronto Raptors at San Antonio Spurs. (N)	CTV News Vancouver	Gold Rush (N)	Austin	New Girl	Bar Rescue	Hotel Impossible
6:30 PM	Payne	News		Millionaire			Storage	News		Ent		Assembly				Jessie	Mindy		
7 PM	Mod Fam	Ent	The Polar Sea (N)	Glorious Women Never Age	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Chicago Fire (N)	Coronation	Assembly		etalk (N)	Cold Water Cowboys	Girl Meets	Broke Girl	Framework	Hotel Show-down
7:30 PM	Seinfeld	ET Canada			Wheel	Access H.	Storage	The Insider	ET Canada					Big Bang		I Didn't	Two Men		
8 PM	Family Guy	NCIS (N)	Wild Kingdom (N)	Justin Hayward: Spirits... Live	The Volco "The Battles Premiere, Part 2" (N)	NCIS (N)	Storage	Fresh-Boat	NCIS (N)	NCIS (N)	Mercer	Funniest Home Videos	SportsCentre (N)	The Flash	Buying Al.	Dog	CityNews-Tonight (N)	Bar Rescue	Ghost Adventures
8:30 PM	Family Guy	(DVS)				(DVS)	Storage	Repeat	(DVS)	(DVS)	22 Minutes				Buying Al.	Good Luck			
9 PM	Amer. Dad	NCIS: New Orleans (N)	Emergency		NCIS: New Orleans (N)	Storage	Storage	Agents of S.H.I.E.L.D.	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek	Open Heart	SportsCentre (N)	Agents of S.H.I.E.L.D.	Gold Rush	Next Step	EP Daily	Bar Rescue	Mysteries-Museum
9:30 PM	Amer. Dad					Storage					Mr. D (N)	Nine Lives				Wingin' It	Reviews on		
10 PM	Jeffersons	Chicago Fire (N)	Life In Stills	A Summer of Birds	Chicago Fire (N)	Person of Interest (N)	Storage	Forever	Chicago Fire (N)	News Hour Final (N)	The National (N)	Vampire	SportsCentre (N)	Person of Interest (N)	Cold Water Cowboys	Good Luck	Extra (N)	Heavy	Hotel Impossible
10:30 PM	Break						Storage									Win, Lose	G. Martin	Rescue	
11 PM	Movie: "Bad Boys II"	News Hour Final (N)	The Polar Sea	Charlie Rose (N)	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre	News-Lisa	Buying Al.	Wizards	The Role	Bar Rescue	Hotel Show-down
11:30 PM					J. Fallon	Letterman	Storage	J. Kimmel		Doctors	Mercer	Gags		CTV News	Buying Al.	Life Derek	The Role		

Naturalists snowshoe Stemwinder

by Janis Wright, VFFN

Twelve members and guests of Vermilion Forks Field Naturalists enjoyed spectacular scenery and brilliant sunshine when we snowshoed up Stemwinder Mountain on Saturday, February 28.

Led by John Henry, we started our trek at km. 7 and climbed for an hour

and a half until we reached a high point that overlooks Hedley's Mascot Mine, the Similkameen Valley far to the east, and snow capped mountains in every direction. It was well worth the effort!

The sky was a vivid blue and the snow crispy enough to hold us on the surface on the way up - a few

people found they didn't even need their snowshoes. We took a short lunch break at the top and basked in the warmth of the sun, then proceeded downward along a different trail.

Cathy Lahaie's data indicates we reached an elevation of 1,532 metres, with a gain of 225 metres and a grade of 20-26%. It was an

exhilarating 3 hours on the trail!

Our next field trip will be Saturday, March 14, when Tip Anderson will take us on a walk around Wolfe Lake, and cook lunch over a fire

afterwards. Our next meeting will be Tuesday, March 10, when guest speaker Lynn Pelly will discuss "nature encounters in Africa." Please join us for field trips or meetings!

Oh, Dear. Oh, Deer

An unusually mild stretch of weather recently seems to have triggered some deer in our communities to become more assertive. Over the past couple of weeks, reports have come in from Penticton and Princeton citing assertive or aggressive deer conflicts while walking dogs (on leash) or enjoying the urban and semi-rural green spaces.

In particular, Does (female) become more wary, defensive and unpredictable the closer to fawning, and during the early months after fawns are born late April, May and June. This is in contrast to Bucks (male), which can become more assertive during the fall 'rutting' season.

In order to reduce the risk of conflict while out enjoying areas in our communities where deer are known to frequent, a few simple actions can go a long way to avoiding a negative incident with a deer.

- Be aware - keep your eyes peeled for fawning sites, fawns, or places that deer congregate and skirt those areas or walk a distance away,

- Walk with a walking stick - this can be used in a defensive manner if a deer charges close enough to make contact. Keep a can of 'dog deterrent' attached to your walking stick or a belt. It is a mild form of bear spray that will stop or hinder the attacking animal, without harmful long term effects. It is an aerosol spray jet-with a 'trajectory,'

- Strength in numbers. The more

people in a group, the less likely a deer will become aggressive; keep kids close and make noise,

- Make sure your dogs are on a leash. When a deer gives chase, unleashed dogs inevitably run back to you - not a good scenario.

On the home front, we can all help to reduce conflicts with deer and other wildlife:

- Make your yard an unwelcome space; chase or move deer off your property whenever you see them. This will discourage them from using your yard as a safe haven,

- Do Not Feed any wildlife around your home including deer, coyotes, raccoons, or heaven forbid - bears.

- Take down birdfeeders as deer easily access the seed, and what they don't eat they spill all over the ground which attracts, coyotes, bears, and other critters you don't want in your backyard,

- Make sure pet food and domestic livestock feed e.g., chicken feed, is not left open on the porch or accessible,

- Keep fruit trees tidy, removing any fallen fruit and picked as soon as fruit ripens.

Report all aggressive wildlife the RAPP Line at 1-877-952-7277. Doing this helps to map hot spots and can inform the WildSafeBC Community Coordinator where to focus awareness campaigns.

More information on wildlife can be found at: www.wildsafebc.com or www.rdos.bc.ca. - submitted



Vermilion Forks Field Naturalists gather for a group photo during a recent field trip. - photo submitted

SPICY TEQUILA JELLY!



When we're not in the JamBusters! kitchen making salsas and hot sauces, we're making jellies. This year we've ventured off the beaten path in search of new, unusual and unique recipes. One that caught our eye and made us smack our lips was this one.

The idea of using tequila in a jelly fit into our concept and the brand new line of products we've been working on using some very unusual ingredients. This one is our Spicy Tequila Popper Jelly. It's spicy because it includes jalapeno peppers (and at least one more top secret hot pepper) as well as tequila. That's right, we thought it was time the worm in the bottom of the bottle got even and this new jelly of ours does have a bite to it.

What sets this jelly apart from the rest is that it will give you that pick me up you need to either kick start your evening or pull you through that mid-afternoon crash

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that can sneak up on all of us. Try this with crackers or on scones. We know you'll thank us for the tip later.

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SO COUNTRY INTERNET RADIO

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Princeton Arts Council presented Speed Control February 28th at Riverside Theatre. The trio are a rock band from Whitehorse, Yukon. *

WEDNESDAY, MARCH 11, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Community	Morning News (N)	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N)	(5:00) Morning News The morning news. (N)	CBC News Now (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Auction	Justin	CityLine (N)	Cops	Gotta Eat
:30	Community		Rob Robot	Arthur			Dog					Almost		Auction	ANT Farm		Cops	World's	
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Florence Henderson; Jane Krakowski. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			You & Me	Squirrel	SportsCentre		Salvage Hunters	Jessie	Let's Make a Deal (N)	Cops	Moves
:30			PAW Patrol	Curious			Criminal Minds			Morning Huntley St.	Arthur	Chucks		Dangerous Flights	Dog	The Price Is Right (N)	Cops	Security	
8 AM	Law & Order: SVU		Curious	Curious							Mobles	T.U.F.F.	SportsCentre		Dog		Cops	Security	
:30											Tiger	Wayside			Dog		Jail	Security	
9 AM	Millionaire	Morning Millionaire	Space	Peg		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley St.	World Vision	Super Why! Napkin	Sidekick	SportsCentre	Live! Kelly and Michael	Daily Planet	Wizards	FamFeud	Cops	The Dead Files
:30		Huntley St.	Astroblast	Tiger								Almost			Wizards	FamFeud	Cops		
10 AM	Divorce	World Vision	G. Shrinks	Sesame Street		The Price Is Right (N)	CSI: Miami	The View	World Vision	Rachael Ray	Bookaboo	Wayside	SportsCentre	The View	Mayday	ANT Farm	The Chew	Cops	Museum Secrets
:30	Divorce		PAW Patrol	(E)							Bo On/Go	Kid vs. Kat				ANT Farm		Cops	
11 AM	Judge	Rachael Ray	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Rachael Ray	Noon News Hour (N)	Heartland "Do or Die"	Monster	Off Record	Marilyn Denis	Gold Rush	Good Luck	General Hospital (N)	Wildest Police Videos	Border
:30	Judge		Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.				Rated A	SC		Good Luck			Border	
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paid Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds	Hockey Lunch	CTV News Vancouver	Gold Rush	I Didn't	Celebrity	Wildest Police Videos	Security
:30	Hot Bench		Kate and	LazyTown	Bold							Squirrel			Liv-Mad.	Celebrity		Security	
1 PM	King	Days of our Lives (N)	Astroblast	Oil Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Recipes	Almost	Premier League Poker	The Social	Cold Water Cowboys	Liv-Mad.	CityLine	Cops	The Dead Files
:30	King		Dragon	Sewing							Stefano	Wayside			Austin		Cops		
2 PM	The Middle	The Talk	Dinosaurs	Thomas	TMZ (N)	Let's Make a Deal (N)	Duck D.	Queen Latifah	The Talk	Meredith Vieira	Steven and Chris (N)	Chucks	Hockey	Dr. Phil	Last Frontier	Austin	CityNews at 5 (N)	Cops	Ghost Adventures
:30	The Middle		Curious	Sesame St.	ThisMinute		Duck D.				Kid vs. Kat	Hockey			Girl Meets		Jail		
3 PM	Seinfeld	Meredith Vieira	Dive, Olly	Curious	Ellen DeGeneres Show	The Dr. Oz Show	Duck D.	Rachael Ray	Meredith Vieira	Young & Restless	Republic of Doyle	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	Jessie	(2:59) CityNews at 6 (N)	Cops	Gotta Eat
:30	Mod Fam		Jelly Jamm	Cat In the Hat			Duck D.					Chucks		How/Made	Jessie		Jail	Eat St.	
4 PM	Big Bang	Young & Restless	Kate and Magic Bus	WordGirl	Jdg Judy	Dr. Phil	Duck Dynasty	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	Off Record	The Dr. Oz Show	Daily Planet (N)	Phineas	Mod Fam	Cops	Moves
:30	Big Bang			Wild Kratts	Jdg Judy							Penguins	Hockey		Jessie	Mod Fam	Cops	Moves	
5 PM	Browns	News (N)	Jack	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	NBA Basketball: Clippers at Thunder	CTV News Vancouver	Last Frontier	Jessie	The Middle	Cops	Security
:30	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob				Liv-Mad.	Young	Cops	Security
6 PM	Browns	Global Nat.	The Polar Sea	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	Thunder	CTV News Vancouver	Gold Rush	Austin	Mod Fam	Cops	The Dead Files
:30	Payne	News		Millionaire			Duck D.	News		Ent	Murdoch Mysteries	Assembly				Austin	blackish	Cops	
7 PM	Mod Fam	Ent	Rescue	To Be Announced	Jeopardy!	Inside Ed.	Donnie	Ent	Ent	Chicago PD	Chicago PD	Henry		etalk (N)	Gold Rush	Parent's	Broke Girl	Cops	Ghost Adventures
:30	Seinfeld	ET Canada	Park		Wheel	Access H.	Dirty-Funny	The Insider	ET Canada		Coronation	Max	NBA Basketball: Rockets at Portland Trail Blazers.	Big Bang		I Didn't	Two Men	Cops	
8 PM	Family Guy	Survivor (N)	Mao: A Chinese Tale	The Myster-les of Laura	Survivor (N)	Duck D.	Goldbergs	Survivor (N)	Survivor (N)	Survivor (N)	Dragons' Den (N)	Gags	Basketball: Rockets at Portland Trail Blazers.	Arrow "Up-rising"	Amish Mafia	Dog	CityNews-Tonight (N)	Lights Out	Ghost Adventures
:30	Family Guy					Duck D.	Goldbergs					Gags			Good Luck				
9 PM	Amer. Dad	Simpsons	Fisher-man's Friends (N)	Law & Order: SVU	Criminal Minds (N)	Duck D.	Mod Fam	Simpsons	Simpsons	X Company (N)	Vampire	Vampire		Criminal Minds (N)	Last Frontier	Next Step	Vice	Cops	Border
:30	Amer. Dad	Simpsons				Duck D.	blackish	Simpsons	Simpsons							Wingin' It	EP Daily	Cops	Border
10 PM	Jeffersons	Chicago PD	The Queen's Palaces	History of Railways	Chicago PD	CSI: Cyber (N)	Duck D.	American Crime	Chicago PD	News Hour Final (N)	The National (N)	Haunting	SportsCentre (N)	CSI: Cyber (N)	Gold Rush	Good Luck	Reviews on	Jail	The Dead Files
:30	Gimme	(DVS)					Duck D.					Haunting			Win, Lose	Extra (N)	Jail		
11 PM	Movie: "Crimson Tide"	News Hour Final (N)	Park	Charlie Rose (N)	News	News	Donnie	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre	News-Lisa	Gold Rush	Wizards	Op. Smile	Jail	Ghost Adventures
:30			Rescue		J. Fallon	Letterman	Dirty-Funny	J. Kimmel		Doctors	Mercer	Gags		CTV News		Life Derek	The Role	Jail	

THURSDAY, MARCH 12, 2015

Grid of TV programming for Thursday, March 12, 2015. Columns include channel numbers (WTBS ch.3 to DTOUR ch.45) and program titles. Rows represent time slots from 6 AM to 11:30 PM.

FRIDAY, MARCH 13, 2015

Grid of TV programming for Friday, March 13, 2015. Columns include channel numbers (WTBS ch.3 to DTOUR ch.45) and program titles. Rows represent time slots from 6 AM to 11:30 PM.

News Leader Movies - Sunday / Monday

SUNDAY MORNING

9:00 am WTBS ch.3 "Surviving Christmas" (2004, Comedy) Ben Affleck. A lonely man returns to his childhood home and celebrates the holiday with the strangers who live there.

11:00 am WTBS ch.3 "The Spy Next Door" (2010, Comedy) Jackie Chan. A CIA operative must protect his girlfriend's children from a Russian terrorist after one kid mistakenly downloads a top-secret formula.

AFTERNOON

12:00 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. During summer vacation, Troy gets a job at Sharpay's resort but doesn't realize she has an ulterior motive for hiring him. (In Stereo) (CC)

1:00 pm WTBS ch.3 "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces

him at his boarding school.

1:30 pm VTV ch.22 "Harry Potter and the Goblet of Fire" (2005, Fantasy) Daniel Radcliffe. Premiere. Signs of Voldemort's return emerge as Harry's friends help him prepare for a tournament with Europe's best student wizards. (In Stereo) (CC)

2:15 pm YTV ch.18 "Doogal" (2005, Adventure) Voices of Daniel Tay. Animated. A youngster and her animal friends must stop an evil wizard from creating another ice age. Based on the cult TV series "The Magic Roundabout." (In Stereo) (CC)

4:00 pm YTV ch.18 "Monsters vs. Aliens" (2009, Comedy) Voices of Reese Witherspoon. Animated. A giant woman, a bug-headed scientist and a gelatinous mass are among the ragtag monsters that must defend Earth from a rampaging alien robot. (In Stereo) (CC)

5:00 pm CBC ch.13 "Lilo & Stitch" (2002, Comedy) Voices of Daveigh Chase. Animated. A lonely girl adopts a dog which is really a mischievous alien hiding from inter-

galactic hunters. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "The Terminal" (2004, Comedy-Drama) Tom Hanks. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport.

YTV ch.18 "The Pirates! Band of Misfits" (2012, Adventure) Voices of Hugh Grant. Premiere. Animated. Seemingly blind to the odds stacked against him, an enthusiastic pirate dreams of besting his rivals and winning a coveted award. (In Stereo) (CC)

10:30 pm WTBS ch.3 "Daredevil" (2003, Action) Ben Affleck. A blind man whose other senses are extraordinary works as an attorney during the day and fights crime at night.

Bruce Willis. Animated. An opportunistic raccoon teaches fellow animals about the edible treasures that the new humans in the neighborhood conveniently leave outdoors. (In Stereo) (CC)

10:45 am YTV ch.18 "Madagascar" (2005, Comedy) Voices of Ben Stiller. Animated. Zoo animals must learn to survive in the wild after they wash ashore on an exotic island. (In Stereo) (CC)

AFTERNOON

12:15 pm YTV ch.18 "Madagascar: Escape 2 Africa" (2008, Comedy) Voices of Ben Stiller. Animated. Zoo animals from New York meet others of their species for the first time after crash-landing on the Dark Continent. (In Stereo) (CC)

2:00 pm YTV ch.18 "Megamind" (2010, Comedy) Voices of Will Ferrell. Animated. An evil genius must create a powerful new opponent after defeating his heroic nemesis leaves him without purpose. (In Stereo) (CC)

MONDAY MORNING

9:00 am YTV ch.18 "Over the Hedge" (2006, Comedy) Voices of

EVENING

9:00 pm KNOW ch.5 "The Mystery of Mazo de la Roche" (2012, Documentary) Filmmaker Maya Gallus explores the private life of Canadian author Mazo de la Roche. (CC)

11:00 pm WTBS ch.3 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution.

Weekly.

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News Leader

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SUNDAY, MARCH 15, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Paid Prog.	In a Name	G. Shrinks	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds (N)	Paid Prog.	In a Name	Sunday Morning News (N)	Cat in the Hat	Sidekick	Soccer	Canada AM Weekend	Mighty Ships	Wingin' It	Paid Prog.	Off Road	Fishful
6:30 AM	Paid Prog.	Op. Smile	Rob Robot	WordWorld		Paid Prog.		Paid Prog.	Op. Smile		Pirates	Charmers	English Premier League Soccer			Slug Terra	Church	Engine	Paid Prog.
7 AM	The Office	Sunday Morning News (N)	Kate and PAW Patrol	Super Why! Space	KHQ News Invest	CBS News Sunday Morning (N)	Criminal Minds (N)	Good Morning America	Sunday Morning News (N)		News	Charmers	Premier Soccer	Marilyn Denis	Airplane Repo (N)	Wizards	Eye/Asia	Truck Tech	Expedition Unknown (N)
7:30 AM	All. Eats		Curious	Curious	Meet the Press (N)		Criminal Minds (N)	This Week			Artzooka	Pet Shop		Question Period (N)	Highway Thru Hell	Gravty	Operation Smile	Muscle	
8 AM	The Office		Upside	Cat in the		The Nation					Coronation	Pet Shop				ANT Farm	Dog	Bar Rescue (N)	Expedition Unknown (N)
8:30 AM	Paid Prog.										Coronation	Nicky	Post Game				Festival Italiano di Johnny Lombardi (N)	Bar Rescue (N)	Waterparks
9 AM	Movie: * "Surviving Christmas" (2004)		Dino Dan	DragonFly	NHL Hockey: Detroit Red Wings at Pittsburgh Penguins. (N) (Live)	Road to the Final Four	Bates Motel (N)	McCarver		Block	Coronation	Sam & Cat	E:60	World Vision	Airplane Repo	Austin	Italiano di Johnny Lombardi (N)	Bar Rescue (N)	Waterparks
9:30 AM			Arthur (N)	The Impact			NBA			Context	Coronation	Henry				I Didn't		Bar Rescue (N)	Waterparks
10 AM											Coronation	Max	Formula One Racing: Australian Grand Prix.	Living	Highway Thru Hell	K.C. Under.		Bar Rescue (N)	Waterparks
10:30 AM			Wild Kratts	Inside Olympia (N)		College Basketball	The Returned "Camille"	NBA Basketball: Chicago Bulls at Oklahoma City Thunder.	Block	J. Osteen	Coronation	Assembly		Celebrity		Jessie		Bar Rescue (N)	Waterparks
11 AM	Movie: * "The Spy Next Door" (2010)		Little	Profiles			Nightwatch (N)		J. Osteen	16x9 "Cost of Cancer"	Our Vancouver	Hathaways		Canada's Worst Driver	Gold Rush	Liv-Mad.	Shopping Channel	Bar Rescue (N)	Coaster
11:30 AM			J. Osteen	Focus			Nightwatch (N)		Paid Prog.		Thunder	Thunder			Girl Meets		Channel	Coaster	Coaster
12 PM			Animals	The Dove Clark Flvo - Glad All Over, a Great	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)		Nightwatch (N)		News Hour	PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)	Land/ Sea	Thunder	Prerace	Sports Centre	Alaskan Bush People	Movie: ** "High School Musical 2" (2007) (N)	Mantracker (DVS)	Bar Rescue (N)	Coaster
12:30 PM			Animals	Waterfront Cities		College Basketball: Big Ten Tournament, Final. Teams TBA.	Nightwatch (N)		PGA Tour Golf: Valspar Championship, Final Round. (N) (Live)		One/One	Undercover	NASCAR Racing: Sprint Cup Series: Camping-world.com 500. (N) (Live)	JUNOS	Alaskan Bush People	Wild Things	Bar Rescue (N)	Expedition Unknown (N)	Expedition Unknown (N)
1 PM	Movie: ** "She's the Man" (2006) James Kirk		Rescue Park	To Be Announced			Intervention "Nicole"				Steven and Chris	Cook'd (N)	Assembly	Alaskan Bush People	Alaskan Bush People	Gravty	Liquidator	Bar Rescue (N)	Expedition Unknown (N)
2 PM											Speed Skating	(2:15) Movie: ** "Doogal" (2005) (N)		Alaskan Bush People	The 7D (N)	Mod Fam	Bar Rescue (N)	Expedition Unknown (N)	
3 PM	Big Bang	Ica Pilots NWT (N)	Hope for Wildlife		21 Day Fix	NCAA Selection Show	Intervention "Sylvia" (N)	Paid Prog.	Ica Pilots NWT (N)	Collectors	Q (N) (N)	Movie: ** "Monsters vs. Aliens" (2009) (N)	Sports	Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Security	Security
3:30 PM	Big Bang				Paid Prog.			Paid Prog.		Simpsons	Mr. D		SC	Alaskan Bush People	Wizards	Pre-Game	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
4 PM	Big Bang	Collectors	Wild Kingdom		Paid Prog.	Backroads	Intervention "Leslie" (N)	Streets of S.F.	Collectors	Simpsons	Backstage	Movie: ** "The Pirates! Band of Misfits" (2012) (N)	SC	Alaskan Bush People	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
4:30 PM	Big Bang	Simpsons			Wheel	Inside Edit.			Simpsons	Global Nat.	Mr. D			Alaskan Bush People	Dog		Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
5 PM	Mod Fam	Simpsons	Great Railway		News	News	Intervention "Amy P."	News	Simpsons	(4:59) News Hour (N)	Movie: *** "Lilo & Stich" (2002) (N)		Curling: Women's World Championship: Canada vs. China. (N) (Live)	Alaskan Bush People	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
5:30 PM	Mod Fam	News			NBC News	CBS News		News	Simpsons	Global Nat.			Championship: Canada vs. China. (N) (Live)	Alaskan Bush People	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
6 PM	Movie: *** "The Terminal" (2004) Tom Hanks.		Architects of Change		News	KREM 2 News at 6 (N)	Intervention "Allison"	News at 6	(5:59) News Hour (N)	Simpsons	Family Guy		Movie: *** "The Pirates! Band of Misfits" (2012) (N)	Alaskan Bush People	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
6:30 PM					Wheel			Estate					Movie: *** "The Pirates! Band of Misfits" (2012) (N)	Alaskan Bush People	ANT Farm	NHL Hockey: Teams TBA. (N) (Live)	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
7 PM		Simpsons	Grand Canyon (N)		The Voice (N)	60 Minutes (N) (N)	Intervention (N)	Funnlest Home Videos	Simpsons	Battle Creek (N)	Heartland	"Faking It"		Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
7:30 PM		Family Guy							Madam Secretary (N)	Madam Secretary (N)	Agatha Christie's Marple			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
8 PM		Madam Secretary (N)	Petrol The Cloades are in danger.				(8:02) Intervention	Once Upon a Time (N)	Madam Secretary (N)	Madam Secretary (N)	Agatha Christie's Marple			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
8:30 PM	The Closer "Batter Up"								Madam Secretary (N)	Madam Secretary (N)	Agatha Christie's Marple			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
9 PM		The Good Wife (N)					(9:01) Intervention	Secrets and Lies (N) (N)	The Good Wife (N)	The Good Wife (N)	"Green-shaw's Folly" (N)			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
9:30 PM	The Closer								The Good Wife (N)	The Good Wife (N)	"Green-shaw's Folly" (N)			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
10 PM		Battle Creek (N)	Single Handred (N)	Midsomer Murders			(10:01) Intervention	(10:01) Revenge (N) (N)	Battle Creek (N)	News Final	The National (N)			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
10:30 PM	Movie: ** "Daredevil" (2003)		Lost Sharks	Shakespeare					News	News	(11:01) Intervention			Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
11 PM		Block							Paid Prog.	Family Guy				Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)
11:30 PM									Paid Prog.					Alaskan Bush People	Parent's	CityNews	Bar Rescue (N)	Museum Secrets (N)	Museum Secrets (N)

News Leader Sudoku

SUDOKU

No. 219

Easy

Previous solution - Very Hard

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

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

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.sudokuwiki.org

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The solutions will be published here in the next issue.

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MONDAY, MARCH 16, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	Community	Morning News (N)	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning News The morning news. (N)	CBC News Now (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Manufact. How/Made	Justin ANT Farm	CityLine (N)	Bar Rescue	Gotta Eat World's	
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad Wild Kratts	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			You & Me Arthur	Squirrel Chucks	SportsCentre		How/Made	Jessie	Let's Make a Deal (N)	Bar Rescue	Moves	
8 AM	Law & Order: SVU		PAW Patrol Curious	Curious Curious			Criminal Minds			Morning Huntley St.	Mobles Tiger	T.U.F.F. Wayside	SportsCentre		Deadliest Catch	Good Luck Wizards	The Price Is Right (N)	Bar Rescue	Security	
9 AM	Millionaire	Morning Millionaire	Space Astroblast	Peg Tiger		The 700 Club	CSI: Miami	Livel Kelly and Michael	Morning Huntley St.	World Vision	Super Why! Napkin	Movie: *** "Over the Hedge"	SportsCentre	Livel Kelly and Michael	Daily Planet (DVS)	Wizards The Next Step	FamFeud	Bar Rescue	The Dead Files	
10 AM	Divorce	Operation Smile	G. Shrinks PAW Patrol	Sesame Street (E)		The Price Is Right (N)	CSI: Miami "Invasion"	The View	Operation Smile	Rachael Ray	Bookaboo Bo On/Go	(10:45) Movie: "Madagascar" (2005)	SportsCentre	The View	Mayday	Dog	The Chew	Bar Rescue	Mysterium-Museum	
11 AM	Judge	Rachael Ray	Jelly Jamm Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench	Young & Restless	Criminal Minds "Lo-Fi"	Paid Prog.	Rachael Ray	Noon News Hour (N)	Heartland "Full Circle"		Motoring Lumber	Marilyn Denis	Buying Al.	Dog	General Hospital (N)	Bar Rescue	Border	
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose	Astroblast Chlca	News Bold	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:15) Movie: "Madagascar: Escape 2 Africa"	Hockey Lunch	CTV News Vancouver	Mighty Planes	Dog	Celebrity	Bar Rescue	Security	
1 PM	King	Days of our Lives (N)	Astroblast Dragon	Paint This Fit 2 Stitch	Days of our Lives (N)	The Talk	The Returned "Camille"	General Hospital (N)	Days of our Lives (N)	The Talk	Our Vancouver		Premier League Poker	The Social	Ice Cold Gold	Dog	CityLine	Tattoo	The Dead Files	
2 PM	The Middle	The Talk	Dinosaurs Curious	Thomas Sesame St.	TMZ (N)	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vieira	Stoven and Chris (N)	Movie: *** "Megamind" (2010)	Hockey	Dr. Phil	How/Made	Lab Rats (N)	CityNews at 5 (N)	Tattoo	Ghost Adventures	
3 PM	Seinfeld	Meredith Vieira	Dive, Oily Jelly Jamm	Curious Cat In the Hat	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	Republic of Doyle		SportsCentre (N)	Ellen DeGeneres Show	How/Made	Liv-Mad.	(2:59) CityNews at 6 (N)	Tattoo	Gotta Eat	
4 PM	Big Bang	Young & Restless	Kate and Magic Bus	WordGirl Wild Kratts	Jdg Judy	Dr. Phil	The First 48	The Doctors	Young & Restless	Early News Global Nat.	Canada Reads 2015	SpongeBob Kung Fu	NBA Basketball: Toronto Raptors at Indiana Pacers. (N)	The Dr. Oz Show	Daily Planet (N)	Liv-Mad.	Mod Fam	Tattoo	Moves	
5 PM	Browns	News (N)	Jack Wild Kratts	News Business	News NBC News	News CBS News	Bates Motel	News at 6 ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents SpongeBob	Raptors at Indiana Pacers. (N)	CTV News Vancouver	How/Made	Liv-Mad.	Broke Girl Mike	Tattoo	Security	
6 PM	Browns	Global Nat. News	Architects of Change	PBS News-Hour (N)	News Millionaire	News KREM 2 News at 6 (N)	Bates Motel (N)	News at 6 News	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	SportsCentre (N) (Live)	CTV News Vancouver	Cold Water Cowboys	Liv-Mad.	Scorpion "Kill Screen"	Tattoo	Security	
7 PM	Mod Fam	Ent	Hope for Wildlife (N)	To Be Announced	Jeopardy!	Inside Ed.	(7:01) The Returned (N)	Ent The Insider	Ent	The Night Shift (N)	Murdoch Mysteries	Assembly	Assembly	etalk (N)	Airshow (N) (DVS)	Liv-Mad.	Broke Girl	Tattoo	Border	
8 PM	Family Guy	Hawaii Five-0	Britain From Above		The Voice "The Battles, Part 3" (N)	Big Bang Mike	(8:02) The Returned (N)	Dancing With the Stars	Hawaii Five-0	Hawaii Five-0	Murdoch Mysteries (N)	Funniest Home Videos	Off Record Lumber	Gotham "LoveCraft"	How/Made	Good Luck	The Next Step (N)	CityNews-Tonight (N)	Tattoo	Ghost Adventures
9 PM	Amer. Dad	Bones	"Mystery of Mazo"	Antiques Roadshow		Scorpion "Kill Screen"	(9:01) Bates Motel		Bones	Bones	Ascension (N)	Vampire Vampire	SportsCentre (N)	Forever	Cold Water Cowboys	Next Step	EP Daily	Contractor	Security	
10 PM	Jeffersons	The Night Shift (N)	Finding the Fallen (N)	Antiques Roadshow	The Night Shift (N)	NCIS: Los Angeles	(10:01) Bates Motel	(10:01) Castle (N)	The Night Shift (N)	News Hour Final (N)	The National (N)	Haunting	Curling	(10:01) Castle (N)	Airshow (DVS)	Good Luck	Extra (N)	Contractor	Border	
11 PM	"Sinbad: Legend"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose	News J. Fallon	News Letterman	(11:02) The Returned	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Gags		News-Lisa	How/Made	Wizards	Op. Smile	Contractor	Mysterles at the Castle	



Believe it or not, all the children in this photo play a role in saving downtown Princeton.*

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I attended Bedtime and Books last week at John Allison School. It's a great little project that has had a great deal of support from the local literacy advocacy group.

While I was watching little elementary school children listen to stories and pick out favourite books to read, a thought hit me.

Each child in the gymnasium is a potential consumer.

That got me thinking about how important it could be to somehow

educate local youth about their surroundings and part of that would include learning about the downtown core and what keeps it in business.

There are actually programs in place that teach children something called financial literacy. The premise behind this sort of program is that money matters are of concern to children of all ages as they often have a direct impact on resources provided within each individual

home.

Teaching children practical money skills is far more commonplace than you may be aware. Two words will probably bring it to a level that fits into your home: debit card.

With the regular use of debit cards for purchases, it's far more important now to teach children at an early age about budgets, banking, interest and anything else that can fall under the category of financial literacy.

There are tons of resources online with programs, games and quizzes dealing with money matters that are targeted at primary, elementary and secondary school age students.

I think these kinds of tools could also introduce local school students to the importance of supporting your local economy. When you consider many of them will be seeking summer employment at a number of local businesses, I would think the more a student knows

about the local economy, the better.

More than just a few times I've had students in my office asking to be hired for a job. In most cases they aren't even sure of what my business does.

I believe that starting the financial literacy learning early will not only assist with a better understanding of what to do with money earned through an allowance or part-time job, I think it may be wise to combine that with education on where you can buy things in and around Princeton.

I'm assuming that there already is a financial literacy component being taught in local schools as part of the normal math curriculum. To partner that with a practical element offered by say, the Chamber of Commerce, on where in Princeton you can buy (fill in the blank) plus alternative locations to enhance the 'comparison shopping' education, and I think there's a winning plan

waiting to be implemented.

There may even be grant money available to fund a Chamber-sponsored education element in schools.

How does this save downtown Princeton?

I think that a smart consumer is a good consumer. If little Johnny or Suzie learns in school that they can buy candy in bulk cheaper than in a pre-packaged container they may decide to do that to stretch their allowance. If they learn that they can use that skill in a downtown business, they are likely to do just that.

As they grow up they may be more likely to support local businesses, as they grow accustomed to what retail opportunities exist in their community. Maybe some day one of them may even open a business downtown using all the knowledge they gained from years of financial literacy applied practically in their own local economy.

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This is an on-call position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, or online at www.sd58.bc.ca, click on Jobs, Support Positions, listed under Job Code #914077. Applications, including a detailed resume with a minimum of three references, will be accepted until **March 27, 2015**.

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

Only those applicants selected for an interview will be contacted.

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11:00 AM - 2:00 PM
Saturday, March 14

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Furnished 1-bedroom apartment for rent in Princeton. Available now. Excellent references and damage deposit required. No pets, must be quiet. Asking \$500.00/month plus utilities. Call 250-295-1006 for details or leave message with the best time to call back. Feb 03-Mar 09

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Hedley Volunteer Fire Department

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

Bill C-51 is about sweeping new police powers.

Responsible, independent and open oversight is required in any legislative, regulatory and practical exercise of new government power. C-51 does not have that.

In 1970 I wrote for The Ubysey newspaper. RCMP-SIS asked me for information on political dissidents in exchange for money.

I knew the SIS member personally. In the 1960's he boarded at my house. An ordinary constable, his bedroom was across from mine. We ate together. He taught me how to tie a Windsor Knot.

When he called on me for SIS five

years later I told him that I thought he was on a witch-hunt. He said that I needed to know that we had to know who was with us and who wasn't. These were Cold War days.

My response was "Who is us?" Following 9-11, Canadian Maher Arar was flown from the USA to Syria for torture with a nod from our RCMP.

Mr. Arar was innocent and returned home a broken man.

Mr. Arar's experience of the tragic screw-ups that plague overly robust policing here and abroad instructed me that I am expendable to protect the almighty.

Fear mongering and an abundance of police power will lead to excess-

es.

Many accept it. It's about "never mind so long as all of the rest of us are safe, secure and comfortable."

In Nazi days, German Pastor Martin Niem'aller (1892-1984) put it aptly.

First they came for the Socialists, and I did not speak out, because I was not a Socialist.

Then they came for the Trade Unionists, and I did not speak out, because I was not a Trade Unionist.

Then they came for the Jews, and I did not speak out, Because I was not a Jew.

Then they came for me, and there was no one left to speak for me.

Add the environmental activists and political dissidents to the list and you have the recipe that The Conservative Party of Canada is cooking up in Ottawa with Bill C-51.

Write your MP today.

- Dave Cursons, Cawston, BC

their talking points and make idiotic accusations.

If the Conservatives win this next election the Canada that we think we know will disappear.

- Donna Stocker, Cawston

.....continued from Page 4 little funding sounds to me like a perfect opportunity for corruption.

When the Conservatives are asked why they object so much to having some oversight they go back to

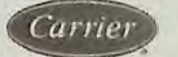


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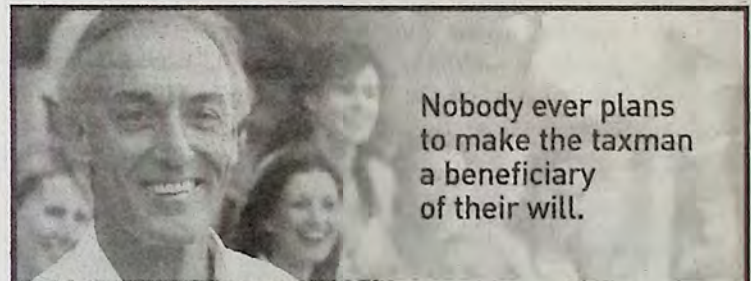
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Princeton Highway Extrication Society



Erris Volunteer Fire Association

Flip of the Coyne

Spencer Coyne

.....continued from Page 3 that they had. Now we watch as the BC Liberals dismantle all of it. The great highway system that the Social Credit built is now under-maintained because it is contracted out to the lowest bidder who has to answer to owners and shareholders. The same goes for our telecommunications, power distribution, and so on. Has it made things better or more expensive?

Don't think for a moment that the leadership of the BC Liberal Party is thinking about your well-being when they tell the health authorities to cut costs to cleaning services, because it isn't about you. Those sheets still need to be cleaned. It's

just a matter of whether someone here in Princeton will clean them and get paid a fair wage and support their family or if someone in Alberta will clean them and get paid less. At the end of the day it will cost the same because the company doing the laundry still needs to make a profit and make their shareholders happy. When you see that they want to cut tens of millions from the education budget, be it administration or class expenses, it impacts our kids. It also impacts the future of the province. If we do not have an education level that prepares the next generation of British Columbians for the future, we will fall behind and our kids will have it worse than

us. We will have a harder time retiring and the future economic stability of the province is at risk.

The government always seems to find money to advertise how awesome they are but they can't seem to find money to keep British Columbians working and that is wrong. Christy Clark is not our friend. From limited entry quotas to laundry services at the Princeton Hospital or the future of our schools and the maintenance of our roads and highways, we are a side thought to her overall agenda. At one time the Interior was called the Heartland of the province. If that is true we are very close to cardiac arrest and there is no doctor in town.



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Spirit Bear Family

.....continued from Page 2 around the world in more than 50 countries. Since 1991, Jeff and Sue have worked at the BBC Natural History Unit as freelance producers and cinematographers on such programs as Planet Earth, Frozen Planet and Nature's Great Events.

About The Nature of Things
"The Nature of Things" is one of the most successful series in the history of Canadian television. Hosted by the world-renowned geneticist and environmentalist, David Suzuki, the program is in its 53rd season, a landmark by any standard.

Every week, the influential program presents stories that are driven by a scientific understanding of the world, stories full of adventure, drama and insight. Our programs entertain and provoke audiences by engaging with the people and personalities behind the science.

From the search for other life in the universe to the psychology of babies, from the furry animals that invade your backyard to the consequences of human progress, The Nature of Things throws open the door to the wonder and accomplishments of science.



Bedtime and Books hosted March 4th at John Allison Elementary School featured a visit from Bella the dog and her owner, Shelby Maynard. *

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BC SAT DUR 03/2015

Compost bin sale returns

Working with a series of business and municipal partners, the Regional District of Okanagan-Similkameen invites residents to pre-purchase compost bins and attend free workshops on composting and rainwater harvesting.

Residents can pre-purchase compost bins from participating locations until March 23. Residents can then collect the bins they purchased starting April 22, Earth Day.

The FreeGarden Earth Compost Bin™ will be sold for \$44 plus taxes. An attractively curved black container, the FreeGarden Earth Compost Bin™ helps break down garden waste, leaves, uncooked fruits and vegetables. It is a great system for creating valuable compost.

The Green Cone™, capable of breaking down cooked food waste and meat, will be sold for \$105.15 plus taxes. This system is buried partially in the ground where it breaks down waste directly in the soil. Every few years the leftover slurry is removed and buried in a different section of your property. The Green Cone is not used to

break down yard waste so it is a great compliment to an existing compost bin.

The Village of Keremeos Municipal Office is pre-selling compost bins.

Collection for all bins purchased will start Earth Day which falls on Wednesday April 22nd.

Throughout the spring, the RDOS will be hosting free composting, rain harvesting and wildlife workshops at various locations. The workshop theme is 'Easy and Sustainable Backyards'.

Zoe Kirk, WildSafeBC and RDOS Water Conservation Steward, will be leading workshops on using rain water instead of trying to get rid of it. As well, she will be speaking to common wildlife issues such as problem deer and being bear smart.

"Last year we heard from homeowners that they wanted a broader range of option for using rain water and more information on dealing with pesky wildlife in their backyards," describes Kirk.

"The more you look at your backyard you see how composting, rain water run-off and understanding wildlife are connected. Making easy choices can save you money and make your backyard more sustainable."

For more information, contact the RDOS Solid Waste Division at 250-490-4129, or via e-mail at info@rdos.bc.ca or by visiting www.rdos.bc.ca.

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