

### Volume 18 Issue 12 #878 ISSN 1712-090X

### Tuesday, March 24, 2015

INCLUDES GST!

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



Erris Volunteer Fire Association attended a single vehicle 'car fire' at the 15-kilometre mark on Princeton-Summerland Road late in the evening of Saturday, March 14th. EVFA President Sandi Lawlor says the fire continues to be under investigation but is believed to have started in the engine. More details on Page 2. - photo submitted

## Princeton ranks high at Kamloops Cowboy Festival

Princeton's booth at the BC Cowboy Festival had a great deal of positive attention. Jennifer Bernard and Rayleen Brewer manned the booth on March 14 and 15 in Kamloops. Sixty visitors signed the guest book, and 16 vendor forms were given out (14 vendors indicated interest in coming to several events). Each visitor to the booth was given a brochure showing all of the events, dates, and facilities available at Princeton's exhibition grounds.

The booth, accommodation costs and cost of the brochures was covered by Princeton Exhibition

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Association (PXA) and Princeton Rodeo Club. Princeton Chamber of Commerce contributed, and Princeton's merchants contributed items to fill goody bags for visitors. Goody bags were given out to between 70 and 80 visitors. The booth promoted not only the facilities, events and activities at the fairgrounds, but included promoting other features of Princeton. For example, visitors interested in sport fishing were given fishing maps and flies donated by a local sporting goods store.

Princeton received a promotional bonus when Kamloops radio, reporting on the Cowboy Festival, urged visitors to go to the Princeton booth. On Sunday morning, Bernard and Brewer learned of the radio report from the festival organizers, who then went around the festival promoting Princeton's booth.

This kind of promotion amplified ten times every dollar spent by the PXA, Rodeo Club and local business people.

This is the third year Princeton has participated in the BC Cowboy Festival. At the end of the event, organizers were adamant that Princeton must be back next year.

# Princeton Fairgrounds wintered well

At the March 17 meeting of Princeton Exhibition Association, President Paul Bedard reported the fairgrounds are in good condition this spring. The barn facilities are busy all the time every day. He was impressed with how helpful everyone using the facilities has been in doing chores. The only damage done by the heavy snowfall was to a tree that had previously been struck by lightning. Ed Nault volunteered to remove the tree and he disposed of the remains.

President Bedard plans a grounds inspection in the near future to identify and assess any materials on the grounds which may be considered hazardous to animals or humans. Any such materials will be removed as soon as possible. An issue has arisen regarding disposal of deceased animals on the grounds. Despite past practices from years ago, this is not permitted. As President Bedard expressed it, "This is not a pet cemetery."

As barn boss, Bedard inspects all horses coming to the facility. Any horse that is obviously aged or ill is not permitted on the grounds. Should any animal become deceased during an event or through accident, it must be removed immediately by the owner and disposed of elsewhere.

The grounds are undergoing small changes for equestrian events. A trail around the perimeter of the grounds is being developed. Small removable obstacles are being put in place for equestrian training and competitions. These are not in the order of obstacles used in major equestrian events.

Veterans x-country ride coming to Fairgrounds

Princeton Exhibition Association (PXA) has approved use of the fairgrounds facility for a special veterans' event, The Ride Across Canada. The ride is sponsored by Communities for Veterans Foundation, and the ride is organized in part by Paul Nicols, a Calgary Highlander who served with the Princess Patricia Canadian Light Infantry (PPCLI) during the UN mission in the former Yugoslavia. Paul Nicols and his wife, Terry, are heading across Canada on horseback on a ride including 700 veterans who will join the ride at various staging points. The goal of the ride is to raise awareness for the veterans of today, to hear their stories, learn the challenges they face, and raise funds to support veterans and their families. Nicols believes each veteran deserves to know their efforts to serve their country are ......continued on Page 5





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**News** Leader





# **Garden Club News**

## **Doreen Poulsen**

dance. This was a very social time

with lots of interaction between the clubs.

John Sandness gave us all a challenge and passed out pieces of paper and giving us the word Similkameen we were to write down as many words as possible using the letters of it.

## **Fire crew puts** out vehicle blaze

by Sandi Lawlor, President At 21:05 hours on Saturday March 14th, the Erris Volunteer Fire Association was dispatched to attend a car fire located at 15k Princeton Summerland Road.

Deputy Fire Chief John Gregson and Firefighters Rudy Salo and Jake Theisen responded with Engine 1 and were on scene for approximately 90-minutes.

The fire was so intense that the interior of the vehicle was completely incinerated and local residents were stirred from their sleep by the sound

of the tires exploding. Due to the nature of the fire, the EVFA requested the RCMP attend the scene. The cause of the fire is not yet known but is suspected to have originated within the engine compartment.

As the roadside grass and bushes were still wet and EVFA was able to respond, the fire did not spread into the nearby tree line. Had this fire occurred during the summer and we didn't have our Fire Department, the outcome could have been very different.

Thank you to John, Rudy and Jake! .

## ATV riders start new season

The Similkameen Valley Riders ATV Club will be holding their first meeting of the season on Saturday, April 11th at 3:00 PM. in the meet-



ing room at 157 Vermilion Avenue in Princeton.

This should be a very informative meeting, as we have invited a guest speaker from ATV BC who will speak on the new regulations of ATV riding and to answer questions on concerns one might have.

Everyone is welcome to attend, members and non-members. Come and join us and see what the club is all about. Happy Trails! - submitted

After a brief time, when the place was pretty quiet compared to a few minutes previous, the papers were collected. You can sure make a lot of words from Similkameen. After we ate a delicious lunch the winners were announced. They were all from the Keremeos club, Lani 40, Marne 36, Bonnie 33 and Angie 30. A good time was had by all.

The next few months we will be continuing with the restoration of the gardens at Ridgewood with members of the Rotary. Still lots to do there so if you want to get out and volunteer some hours with us please contact me or Barb at Ridgewood for more information on this very worthwhile project. We will be having a work party there at 9:30 AM Monday morning on March 30th to finish off the pruning we started last fall.

In May we will be having our booth at the flea market in the strip mall parking lot. Date will be May 23rd. We will be selling a few plants and our book 'Yes, You Can Garden in Princeton.' We also have a large collection of various other used books on gardening and will be selling some and giving away others. Be sure to come around and talk to us perhaps we can help you solve your gardening problems.

We have been trying to get speakers of interest to address our meetings but are not having the greatest of luck.

If you think you could give us a talk on something relating to gardening please give me a call at 250-295-1577. I would love to talk with you.

Hope everyone has a wonderful Spring!

## Important Notice to Resource Road Users

A province wide, safety-oriented project is underway to standardize two-way radio communications on forest service roads and some resource roads. This project includes standardized signage, new dedicated resource road radio channels and standardized call procedures.

The Cascades Natural Resource District, along with other districts in the Southern and Northern Interior, will begin implementing new resource road radio channels commencing on May 4, 2015. Districts on the Coast and in the Cariboo have already transitioned or are currently transitioning

Forest industry workers and other road users using mobile radios must have their radios reprogrammed to incorporate the new resource road channels.

It is recommended that road users retain current radio frequencies until they are sure they are no longer required.

New signs posted on local resource roads indicate which radio channel to use and the calling interval, with drivers required to indicate their direction of travel and their vehicle type. Drivers using mobile radios must call according to the posted channels and call protocols.

All road users are reminded that forest service roads are not radiocontrolled, but radio-assisted. All users should drive safely and according to road and weather conditions.

It is strongly recommended that all resource road users exercise additional caution during this transition period.

Local resource road safety committees have worked together to implement these changes. More information (including radio communications protocols, radio channels, maps and standardized signs) is available online at: www.for.gov.bc.ca/hth/engineering/ Road\_Radio\_Project.htm

If you have questions about this project, please contact the Cascades Natural Resource District office (Ministry of Forests, Lands and Natural Resource Operations) at 250 378-8400, the website above, or industry Canada at 1 800 667-3780.





The Town of Princeton Parks, Recreation and Culture Department welcomed children to an active Spring Break Camp this past week. Participants enjoyed a morning with the Princeton Sierra Fire Suppression Crew learning about Forest Fire prevention and safety on Thursday, March 19. The Summer Leisure Guide in late April will feature upcoming Summer Camps and Programs for children. Photo: Nadine McEwen

## Flip Of The Coyne

by Spencer Coyne

Weekly.

# **PrincetonBCNews**



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

PRINCET

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### **BUDGET INFORMATION MEETINGS**

In conjunction with the School District's desire to provide information regarding the budget planning process, there will be a public budget presentation for interested stakeholders, including all members of the public. This meeting will review provincial funding, district projections for enrollment and provide more specific information regarding the district's annual budget.

Meetings have been scheduled as follows:

MERRITT - 5:30 PM, Wednesday, April 8, 2015 Merritt School Board office

PRINCETON - 5:30 PM, Thursday, April 9, 2015 Princeton board office

All interested members of the public are invited to attend

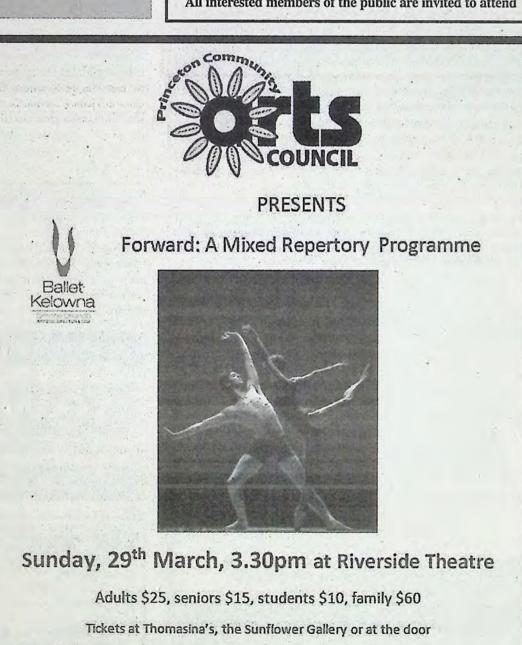
Elections are funny things. We see a lot of 'promises' that will never be filled and a lot that can not be filled. We see candidates making promises that are not even within their jurisdiction to make. This happens especially in municipal elections. We have a federal election looming and as such the Conservative Party of Canada is in full election mode. We have even seen advertisements. Since they are the ones doing all the advertising, I want to take a look at some of their tactics.

Online, the Conservatives are running ads that are more like loaded questions about issues like lower taxes, criminals going to jail, and prevention of terrorism. Clearly most reasonable people believe that murderers belong in jail. The same goes for anyone guilty of an act of terrorism or a public safety violation. What the Conservatives are trying to do is make you question the opposition's motives. Take the issue of terrorism, for example. No one wants Canada to be unsafe, but if you ask the right question and post a picture of an opposition leader in a funny shirt, then you question whether that person is really going to keep me safe. Does Harper in a funny cowboy getup look like a world leader or a sideshow attraction at the fall fair? You can take quotes, images and twist them to make any point you For instance. want. the Conservatives just ran a Facebook ad with a quote from the Prime Minister: "We shall safeguard our constitutional rights - of speech, of association, of religion and all the rest." One could easily take that quote and pair it with criticism of

Bill C-51 and the assertion that it will create a police state, not to mention the government's insistence to force Muslim women to remove their nigab is contrary to what the Prime Minister claims he will defend.

The examples are countless and it is dishonest advertising. It is dishonest because it lies to the voter. The conservatives assume that you are not smart enough to see past it and they are banking on you falling for it. When other nations do this type of thing we call it propaganda, but when we do it to our own population we call it political advertising. The Conservative Party of Canada is really good at deploying propaganda. It has taken out two very intelligent Liberal leaders with their propaganda, I mean political advertising. They are bombarding Justin Trudeau with the same type of attack ads that took out Ignatieff and Dion.

The newest piece of propaganda that the Conservatives are using is the idea that someone is going to take guns away from Canadians. The problem here is that the only party talking about gun control is the Conservative Party. Harper claimed that we in rural Canada need our guns for self defence. Was there anyone trying to claim to the contrary before Harper started talking about it? No. Is there any party claiming it has a plan to remove guns from the hands of Canadians? No. So where is this coming from? Harper needs funds to keep his propaganda machine rolling into the election, so he is stirring the base by making it fear that one of the other .....continued on Page 18



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**Editorial Page** 

**News Leader** 

IS GATH

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

**A New Tradition?** 

My Turn...

Last week as you probably know was Brenda's birthday.

For some reason she convinced me that the best way for her to mark this year was through a weeklong celebration.

Before you start to picture drunken silliness I will have to point out that that is not the direction we went with this extended celebration. While I know she did have a bottle of wine that lasted most of the week, the balance of the celebration was left up to me to put together. Lucky for me Brenda did provide a few hints.

Essentially each day of the week included a small gift of some kind. One day it was lunch out so she could get away from the office midday. One day it was a half-day of work and chocolates with a new DVD to watch together. One day it was an incredible two-layer Black Forest cake and so on.

The week ended with a hotel night out of town - a standard practice for us once every three months for the past three years to 'get away' and de-stress. We typically do nothing on those nights as I'm swimming in the pool and Brenda is watching TV but the break away from home, phones and deadlines fits into our ordinarily busy lives.

The interesting thing I discovered during The Week of Birthday was that although it wasn't her 50th or 60th, we had fun celebrating something that normally is noted on the day of with a dinner.

It was nice to change it up and make a bigger deal out of a birthday than we ever had before.

Birthdays for us have never been anything more than the end of one chapter and the start of a new one. My birthday is three weeks before Christmas and I think the timing of any birthday has a lot to do with how much fun you can make it. I've never liked the timing of mine, but Brenda's is just about perfect.

I say that because it is at the beginning of spring. We've weathered a long winter (in typical years) and with the start of spring comes new life, longer days, warmer temperatures, birds, buds and more.

If I had the ability to pick my birth date I think I would have aimed for somewhere around the start of spring or summer.

I'm not so sure I would have pushed for a weeklong celebration, though. I did hint that December could become my Birthday Month with a whole four weeks of celebration but since that is normally one of the busiest times of the year for us at our business, I'm sure it would get to be too much work after the first fifteen or eighteen days.

It was fun celebrating Brenda's birthday for a week.

We know of many people we have discussed this with who have indicated they may give it a try.

It's just a single week, which gives your friends and family fifty-one others to plan for yours.

If you need some help in convincing them I'm sure Brenda will be more than happy to assist.



Users of Miner's Climb have probably met the unofficial goodwill ambassador there. Photo: Brenda Engel

# .... Your Turn

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

To The Editor;

Princetonites need to go out of town to get most things they need or want but as our arsoned Fenchurch Avenue property

The only exception was two ceiling fan lights that we pre-

ferred the look of so bought in Penticton. We are very pleased with how well things have gone, as are the neighbours, and we still hope to eventually move up

We were, thankfully, covered by insurance but a word of advice. We didn't realize that appliances are not considered part of the home as they can be moved.

So, as owners, make sure that is covered. As renters, please, please have Tenants Insurance as our two families lost literally everything except what they were wearing that dreadful night because they figured they would never need it. A very expensive lesson to learn, especially when coverage is so cheap.

Thank you again to the community for helping both families with emotional and financial support in the days and weeks following the fire last March 26. - Pam and Larry Legault, Princeton



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Tuesday, March 24, 2015

# Current Comment

### Welcoming The Wild Geese



**Dawn** Johnson editor@thenewsleader.ca

A couple of weeks ago, I heard wild geese flying home to their nesting spot on Tulameen River. I love that sound. It is not so much that it is a harbinger of spring, but it brings back some good memories. When I was a kid living downstream from Princeton, there were no wild geese nesting in this valley. We saw them overhead each spring and fall, their fluttering V-shapes and their distant calls marking the season.

When my husband and I moved back here in 1969, there were plans by Princeton Fish and Game Club to bring nesting wild geese to the Similkameen Valley. My father was a life member of the club and involved my husband in the project. In 1970, we took a trip south into Washington to see the old washtubs high in the cottonwood poplars along the Okanagan River. The washtubs attracted nesting geese, and brought them back year after year. Princeton collecting old washtubs and placing them high in the cottonwoods. Today, we take for granted there will be geese in our valley.

Spring is springing again, with not only the geese and the buttercups, the grass and new leaves, but the ticks emerging to suck some blood and thus reproduce for another year. The ticks are forever a concern, as they have the potential to infect their victims with Lyme disease, which can impose a lifetime of suffering if not treated right away. Every year, when I was a kid, I was bitten by a tick or two, and it was always a big deal removing them correctly. I learned early never to just pull a tick off the skin. Instead, make it let go and back off on its own, by slathering it with petroleum jelly so it couldn't breathe and would back out. .

The oldtimers did not have a medical name for the disease caused by tick bites. They just knew that some people came down with Rocky Mountain fever after being bitten by a tick. We checked our dogs, horses and cattle for ticks.

Springtime was a time to burn off the old dry grass. This got rid of a fire hazard and put carbon into the soil. We did not know that at the time. We just knew it helped get rid of ticks and the new grass grew greener after the dry grass was burnt. We did not make a fuss about air quality and had never heard of global warming. .

Spring winds blew strongly in late March and April. We never blamed it on logging in the moun-

until the 1970s and it never made any sense to me then or now. When the winds blow out of the Gulf of Alaska in spring, the weather front pushing them is at least a kilometer high. The height of a tree on the mountain top is maybe an average of 10 meters. How could trees, being one onehundredth of the height of the weather front, stop the wind from blowing?

Spring on our farm was always a time of welcome. There was new life everywhere. There were calves dashing around, their tails in the air, full of energy. There were baby chicks, fluffy and soft, making little calls 'cheep, cheep' as they tried to adapt to the world outside the egg. There were bird calls every morning, and birds fluttering and swooping as they hunted for nest material. My mother would hang some tattered piece of fabric on the clothesline so birds could come and pull threads from it for nest building. There were wild flowers we treasured each spring: buttercups, yellow bells, mountain pinks and pussy willows. They were the first to mark the spring, soon to be followed by Oregon grape flowers, Saskatoon blossoms, and the peculiar sausage shape of chokecherry blossoms. I still love a springtime drive through the valley to enjoy the flowering bushes.

Much as we welcomed spring, it was also a time on the farm that heralded the six months of very hard, unrelenting work that began with ploughing and ended with harvesting, interspersed with fence mending, barn cleaning, cleaning of chicken houses and root cellars, preserving food and cutting up trees for wood for the winter. Work never seemed to end during those six months. There were always things that must be done because that was the right time to do it. You cannot postpone things on a farm. You plant, irrigate, tend, and harvest when the time is right or you do not survive. When autumn came and the last load of potatoes was in the root cellar, we heaved a sigh of relief.

Yet every year, when I hear the cries of the first arriving wild geese, my spirits lift and I welcome them knowing spring is springing.



Fish and Game Club was soon **Veterans national ride** 

## coming to Princeton

......continued from Front Page worth the sacrifice.

They needed facilities in Princeton for a three day stopover between April 20 and 25. In appreciation for their service to our country, the PXA has approved use of the facilities free of charge.

The Ride Across Canada will use the TransCanada Trail as much as possible. When the riders come to Princeton, they will stop at Veterans Square to meet the public and to find out who would like to ride with them. Veteran Peacekeepers who do not know how to ride horses will be given a mount and taught how to ride. Princeton's indoor arena is ideal for this kind of training. Then the riders will set out on a ride together. Nicols is hoping to have some kind of dinner/dance hosted for them, but the PXA is unable to provide this service, although some kind of social gathering around a campfire is possible.

Several members of Princeton Riding Club have expressed a desire to ride with the veterans in support of what they are doing. For further information, go to this website: www.communitiesforveterans.com. The next meeting of the PXA will be held at 7:00 PM April 21 at the fairgrounds. The PXA is inviting all user group members to join in a spring cleanup and potluck lunch on April 19, and perhaps something social can be arranged for when the veteran riders reach Princeton.

Independent.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers." - Romans 8:38

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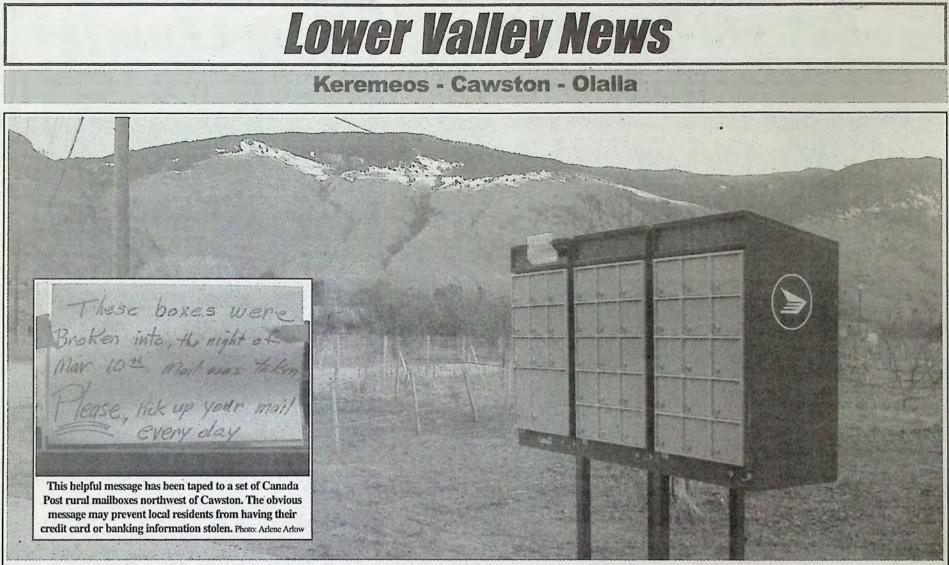
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INFO: 250-295-7919

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AND NOW ... A LITTLE GOOD NEWS!

**News** Leader



Thieves are targeting Canada Post mailboxes once again (see inset photo). This particular bank of boxes on Daly Road northwest of Cawston was broken into March 10th. This bank of rural boxes does not have a residence in immediate proximity. Thieves are likely after the obvious: credit card statements and cheques. Photo: Arlene Arlow

## Village GHG reduction goals ahead of schedule

In 2007 the Province introduced the BC Climate Action Charter to encourage local governments to significantly cut GHG (greenhouse gas) emissions. Participating local governments committed to becoming carbon neutral in their operations beginning in 2012 and the Village of Keremeos signed the Charter in September 2007.

As of July 2013 a total of 182 of 190 British Columbia local governments, or 96-percent, had signed the Charter.

In her report to Village Council at

their March 2nd regular monthly

250.499.5121

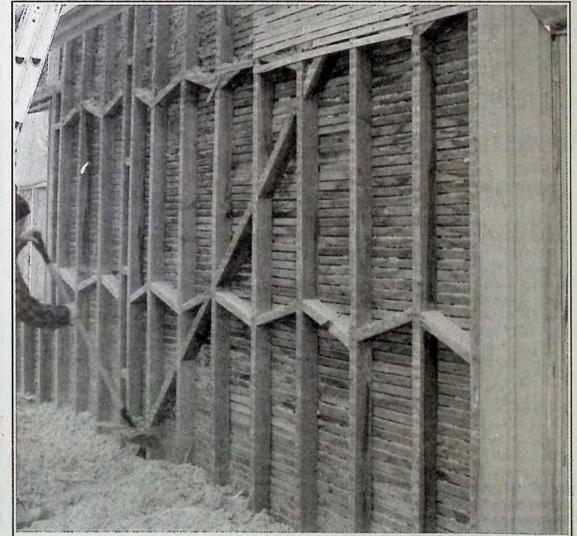
meeting Keremeos CAO Laurie Taylor presented a review of progress made to date.

The Village of Keremeos Corporate Action Policy Statement established in 2011 stated the objectives were: improving energy efficiency, maintaining fiscally responsible operations and continually reducing GHG emissions.

"The Village's corporate GHG emissions reduction target set in 2011 is to reduce corporate GHG emissions by ten percent from 2008 levels by 2020," Taylor stated in her report to Council.

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"The Village has more than achieved their GHG emission reduction target - in 2014 our emissions were 31.4 tonnes of CO2e, a reduction of thirty-four percent." .....continued on Page 19



Well, they don't build things like they used to, and sometimes that is a "Good Thing". The former Keremeos Hardware is getting much-needed renovations. Gone are the days of wooden lath as a base for stucco. Modern lath is made from metal. An excerpt from a book called "The Complete Guide To Stucco" states: "Wood lath was used almost universally through the early twentieth century. Made of sawed wood slats, it was time consuming to install; expanded and contracted depending on moisture content; and deteriorated after time." Photo: Atlene Atlow



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A dusting of snow March 16th hints that although spring is near, winter isn't completely finished. It also makes the former Mascot Mine bunkhouses stand out on the mountainside overlooking downtown Hedley. \*

## **Early Spring weather brings out ticks**

The early arrival of spring weather this year means many of us are spending more time enjoying the great outdoors. And we aren't the only ones basking in the unseasonable warmth. The change in weather also brings out ticks - small bugs that feed on the blood of humans and animals and can sometimes transmit disease. "Ticks are most often found in tall grass and wooded areas, so covering up before you head outdoors and checking for ticks on yourself, your children, and your pets after being outdoors are simple things that go a long way to prevent tick bites," said Gwen Barker, Communicable Disease Specialist with Interior Health.

The most common tick species in the Interior Health region is the Wood Tick (Dermacentor andersoni), which does not carry the Lyme disease bacteria. The Wood Tick can carry other diseases such as Rocky Mountain spotted fever, although it is very rare. Some ticks also have toxins that can cause temporary muscle weakness and paralysis if attached for several days, but the symptoms fade once the tick is removed. Signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain, and rash.

The tick species that carries Lyme disease (Ixodes pacificus) is more common in the coastal areas of B.C., but may also be present in low

numbers in the Interior region. Less than one per cent of 'Ixodes' ticks in B.C. carry Lyme disease. In addition to fever, headache, and muscle pain, people infected with Lyme disease will often develop a rash that looks like a 'bull's eye' target and expands from the site of the tick bite.

"Most tick bites do not result in illness; however, all tick bites should be cleaned, as infection can occur whenever there is a break in the skin," added Barker.

"It is important to watch for signs of tick-transmitted illnesses. Anyone who experiences a bullseye rash or other symptoms should see a doctor as soon as possible." Other precautions include:

- Walking on cleared trails when in tall grass or wooded areas.

- Wearing a hat, long sleeves, pants, and light-coloured clothing.

- Tucking pant legs into socks or boots.

- Applying insect repellent containing DEET on uncovered skin.

- Carefully checking clothing and





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Similkameen Wellness

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Living Past 100

### Eating Fat Is Still Not Good

Recent announcements about the no need to worry about eating eggs and other fatty foods is deceptive. Although the announcement was focused on telling people the body produces cholesterol naturally, this does not mean a high fat diet is healthy unless you live in the Arctic. Eating fatty foods has been shown to increase blood cholesterol.

What is the big change that caused the announcement?

The change comes from a medical conference regarding statins used to treat high cholesterol. Two studies showed statins have an adverse effect on heart health in the long term because statins block not only the formation of cholesterol, but vital enzymes and nutrient factors that maintain heart health. The millions of people who have been prescribed statins over the past 20 years may have been adding to the risk of cardiovascular disease, according to the two studies presented at the conference.

Eating a high fat diet does not improve health. This has been proven countless times. A low fat diet is far healthier than a high fat diet unless you are a person who does an awful lot of physical work every day. What the announcement was trying to say was it is safe to eat egg yolks and meat without undue worry about cholesterol. It did not mean gorging on fatty foods such as ham, fries, butter and cheese.

The latest food advice stresses sugar reduction. In most people, sugar is the basis for inflammatory diseases, including cardiovascular disease. However, most of the advice on sugar stresses sugar reduction as if all sugars are sweet. Sadly, this is not the case. Certainly, drinking a lot of sweet-ened juices and soft drinks is not good for you. The hidden sugars are often ignored. What most people do not understand is that starchy foods, such as bread, pastries, potatoes, rice and corn products turn to sugar in the blood. Any person with diabetes knows this.

The combination of sugars and fats is not healthy in the long term. This truth leads to the high focus these days on eating lots of vegetables (other than potatoes). If you eat a diet high in vegetables, low in fats and starches, you will be eating a healthy diet. There is no substitute for eating a balanced diet if you want to stay healthy. Meat, fish, eggs and dairy products, along with dried beans and plenty of vegetables is still the best way to stay healthy.

**News** Leader

**Engrander** Similkameen News Leader TV Guide Listings - March 24 - April 6, 2015



The Town of Princeton Parks, Recreation and Culture Department welcomed children to an active Spring Break Camp this past week. Participants enjoyed a morning with the Princeton Sierra Fire Suppression Crew learning about Forest Fire prevention and safety on Thursday, March 19. The Summer Leisure Guide in late April will feature upcoming Summer Camps and Programs for children. Photo: Nacine McEwen

# **RDOS** happy with funding from **OBWB**

Two Regional District of Okanagan-Similkameen water conservation projects have received financial support from the Okanagan Basin Water Board (OBWB).

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The OBWB has confirmed that this year \$28,840 in grant funding . will be made available to the Regional District to support Phase 2 of the Regional Water Use Regulation and Conservation Bylaw and Phase 1 of the Regional Drought and Flood Risk Management and Mitigation Plan. "We're very pleased to see the

**News Leader** 

OBWB's support for two of our water conservation projects," said RDOS Engineering Technologist Candace Wagner. "The Regional District is committed to building and sustaining environmentally responsible communities, a vision it shares with the Water Board.".

The Regional Water Use Regulation and Conservation Bylaw is intended to unify water use standards within the Regional District through water conservation efficiency and sustainable water management, integration of drought management recommendations, inclusion of Cross Connection Control (CCC) requirements and consistent interpretation of the regulations.

Phase 1 of the Regional Water Use Regulation and Conservation Bylaw is currently underway thanks to the 2014/2015 Water Conservation and Quality Improvement Grant from the Okanagan Basin Water Board. Phase 2 will complete the work to develop and bring into implementa-

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tion the final bylaw.

The Regional Drought and Flood Risk Management and Mitigation Plan will enhance the Regional District's ability to protect against water shortages and flooding events. With proper planning the RDOS can enjoy the benefits of the weather each year and not be unprepared in overly dry or wet years.

Phase 1 of the Regional Drought and Flood Risk Management and Mitigation Plan will consist of data gathering and consultation to assess

Town Council will host a forum

on the deer problem in Princeton on

Tuesday, March 31 at Riverside

Centre. Guest speakers will be

Frank Ritcey and Zoe Kirk of

WildsafeBC. Details are on the

Deer Forum scheduled

## **Town Council news**

Town of Princeton website. Local residents are invited to attend and consult the experts.

the existing water sources and users,

past droughts and floods and their

impacts, factors that could reduce or

intensify the local effects, and exist-

ing or required drought and flood

The Water Conservation and

Quality Improvement grant program is administered annually by

the OBWB to support innovative,

tangible, on the ground, water qual-

ity and conservation improvement

initiatives within the Okanagan

- submitted

protections.

Water Basin.

Trail Society hears Council rules Councillor Doug Pateman chaired

the annual general meeting of Vermilion Trails Society. He advised Society members Council will not consent to having motorized vehicles on the trail within Town boundaries.

People living in town do not wish to have any motorized vehicles on the trail.

Councillor Pateman told them alternative bypass routes are a possibility for consideration.

your Federal Member of Parliament Do you need help with a passport? Do you have a problem with a <u>federal</u> government service or issue? Meet with M.P. Constituency Staff

Thursday, March 26

**IMPORTANT NOTICE** 

**From Alex Atamanenko** 

And the LAST Thursday of every month Princeton: 12:00 pm to 3:30 pm

Community Skills Centre, 206 Vermilion

Keremeos: Call 250-498-5353 for appointment

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

**News Leader Str8ts** 

Movie: "Pic-

ture Start"

The Polar

Sea O III

PM Jeffersons Chicago

11 PM Movie: "This News Hour Score" Final (N)

:30 Break

Fire 65

(DVS)

10

+

Chicago

Fire 📾

(DVS)

News

J. Fallon

Gandhi 80

Charile

Rose (N) 20

Person of

Interest (N)

Letterman

News

Married at

First Sight

Surviving

Marriage D

Forever (N) Chicago

0.20

KXLY 4

J. Kimmel

Fire 30

(DVS)

News Hour

Final (N)

News Hour

ET Canada

Doctors

Final (N)

The

National

**CBC** News

(N) 82

Merce

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Gags

Gags

SportsCen

tro (N) RO

SportsCon

tro EC

Person of

interest (N)

News-Lisa

CTV News

Cold Water

Cowboys

Buying Al.

Buying AL

Good Luck

Win, Lose

Wizards

Extra (N)

G. Martin

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Life Derek Paid Prog.

Furious"

(2003) Paul

Walker. O

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zon () se

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Lege.

## **Tuesday Movies**

### TUESDAY MORNING

9:30 pm SPIKE ch.44 "2 Fast 2 Furious" (2003, Action) Paul Walker. A former policeman and his friend work with a U.S.

Start" (2011, Documentary) Jeff Wall, Rodney Graham and Ian Wallace emerge as Canada's top photographers. (CC) 11:00 pm WTBS ch.3 "The Score" (2001, Crime Drama) Robert De Niro. A master thief agrees to work with a volatile partner for one last





# Naturalists hike Wolfe Lake trail

#### by Janis Wright, VFFN

Tip Anderson's March 14th field trip at Wolfe Lake segued into a very festive gathering, complete with the sharing of pie, cake and bannock.

Thirty Vermilion Forks Field Naturalists and guests, including host Pat Parsons, made our way up a trail on the west side of Wolfe Creek to the north end of Issitz Lake, and back again using an alternate route. We climbed over and under fallen trees, skirted patches of ice, and discovered moose scat, a pair of bald eagles in their nest, snow geese and ducks on the water, as well as a delectable patch of watercress beside the trail. Our one hour trek was nicely balanced by our one hour lunch around a large, warming fire, where we were joined by another eight friends.

Lunches were cooked over the flames, while Kelley Cook presented Tip with a 'Tippie' shirt and a birthday cake! We enjoyed calm, mild weather until the last half hour, when a few raindrops and gusts of wind reminded us it was time to head home. Special thanks to Pat Parsons for his generous hospitality!

Our next field trip will be a walk along River Road to the Turner property on Saturday, March 28th. Please confirm attendance with Frank or Jean Turner at 250-2950878, and meet at Billy's Restaurant parking lot at 10:00 AM. Our next meeting will be Tuesday,

April 14th, 7:00 PM at Riverside Centre. Guest speaker Zoe Kirk will offer information on 'sustainable backyards,' including rain barrels, rain gardens and composting in bear country. Please join us for an educational and entertaining evening!

# **SASSY IN A JAR!**



It's thick. It's rich. It's going to disappear faster than a speeding bullet as soon as you crack open the lid. This is our very own Tomato Jalapeno Garlic Salsa. It isn't runny like some salsa which makes this the perfect companion to chips, crackers and anything else you want to dip into it or cover with a layer of hot and tangy goodness.

Our Tomato Jalapeno Garlic Salsa contains a mixture of tomatoes, onions, yellow, orange and jalapeno peppers along with pickled garlic and a few other treats from the garden to put a whole new spin on what you may remember store bought salsa looks and tastes like. In fact, our Tomato Jalapeno Garlic Salsa may make you look at all other salsa in a different light once you get hooked on ours. And you will get hooked on ours.

> MarketOSafe Fresh local food, handled with care JAMBUSTERS IS MARKETSAFE CERTIFIED FOR YOUR SAFETY

## TOMATO JALAPENO GARLIC SALSA - 500ml - \$10



## Weather brings out ticks

.....continued from Page 7 scalp (covered or not) when leaving an area where ticks may live.

- Having a shower after returning from areas where ticks may live.

To reduce ticks from entering your home and yard, try these steps:

- Keep your lawn short and remove any fallen leaves and weeds.

- Keep a buffer area such as woodchip or gravel border between your lawn and wooded areas or stone walls. Any play equipment or play zones should be kept away from wooded areas.

- Trim tree branches to allow more sunlight in your yard. - Keep wood piles and bird feeders away from the house.

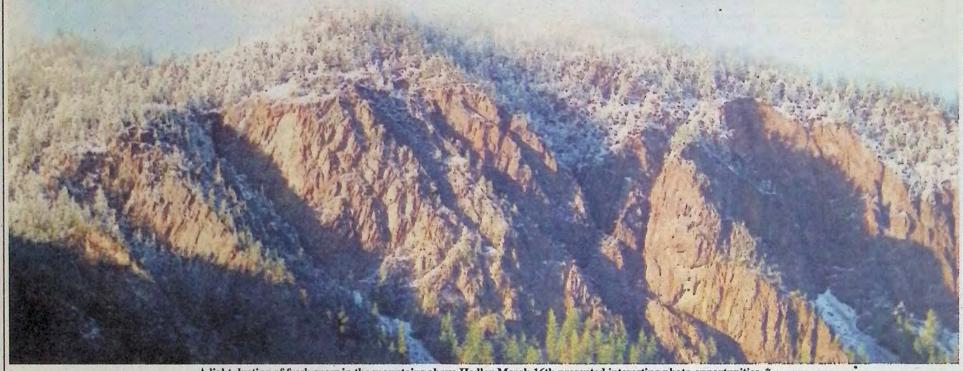
 Widen and maintain trails on your property.

If you find a tick on yourself, a family member, or pet, wear gloves and gently remove it. Needle-nose tweezers can be used to gently grasp the tick close to the skin. Without squeezing, pull the tick straight out. Be careful not to crush the tick as this could cause it to inject its stomach contents into your skin. After removal, clean the area with soap and water. If you have concerns or need assistance removing a tick, please contact your family doctor or visit a walk-in medical clinic.





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



A light dusting of fresh snow in the mountains above Hedley March 16th presented interesting photo opportunities. \*

WEDNESDAY, MARCH 25, 2015

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		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
G	AM	Community		G. Shrinks	Clifford	KHQ News	KREM 2 ·	Dog	Morning	Morning	(5:00) Morn-	CBC News	Kid vs. Kat	SportsCen-	CTV Morn-	Auction	Justin	CityLine	Cops (C)	Gotta Eat
6	:30	Community	News (N) III	Rob Robot	Arthur		Morning News	Dog	Northwest	News (N) 1881	Ing News The morning	Now (N) O	Almost	tre BB	Ing Live Vancouver	Auction	ANT Farm	(N) 252	Cops 20	World's
7	AM	Law & Or-		Kate and	Odd Squad	Colors Sugar and Carolin and Million	CBS This	Criminal	Good Morn-		news. (N)	You & Me	Squirrel	SportsCen-	(N)	Salvage	Jessie 20	Let's Make	Cops RO	Moves
1	:30	der: SVU		Wild Kratts	Wild Kratts		Morning (N)	Minds O EC	Ing America (N) E			Arthur O	Chucks	tro ICC		Hunters 80	Austin	a Deal (N)	Cops #C	Moves
0	AM	Law & Or-	5	PAW Patrol	Curious	(N) O 252		Criminal			Morning	Moblees	T.U.F.F.	SportsCen-	1	Dangerous	Dog	The Price Is	Cops IS	Security
8	:30	der; SVU		Curlous	Curious			Minds O BD			Huntley St.	Tiger	Wayside	tre 🗱		Flights 30	Wizards	Right (N)	Jall 20	Security
0	AM	Millionaire	Morning	Space	Peg		The 700			Morning	Operation	Super Why!	Sidekick	SportsCen-			Doc McSt.	FamFeud	Jail 80	The Dead
9	:30	Millionaire	Huntley St.	Astroblast	Tiger		Club O BE	0 160	and Michael	Huntley St.	Smile &	Napkin	Almost	tre 32	and Michael	38 (DVS)	Henry	FamFeud	Cops 30	Files O BC
10	AM	Divorce	Operation	G. Shrinks	Sesame	1.1	The Price Is	CSI: Mlami	The Vlew	Operation	Rachael	Bookaboo	Wayside	SportsCen-	The View	Mayday 33	Never Land	and a second	Cops an	Museum
10	:30	Divorce	Smile	PAW Patrol	Street A		Right (N)	0 88	0 222 0	Smlle	Ray O BE	Bo On/Go	Kld vs. Kat	tre III	0 80		Sofla	0 165	Cops SC	Secrets (C)
	AM	Judge	Rachael	Jelly Jamm	Dinosaur .	Hot Bench	Young &	Criminal	Paid Prog.	Rachael	Noon News	Heartland	Monster	Off Record	Marilyn	Ice Cold	Lalaloopsy	General	Wildest	Border
11	:30	Judge	Ray O BE	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O BC	BodyBeast	Ray O BO	Hour (N)	50 (DVS)	Rated A	Golf Talk	Denis	Gold	ANT Farm	Hospital (N) O	Police Videos	Border
	PM	Hot Bench	Noon News	PAW Patrol	Charlle	Pald Prog.	News	Criminal	The Chew	Noon News	Days of our	CBC News	Nerds	Hockey	CTV News	Ice Cold	Win, Lose	Celebrity	Wildest	Security
12	:30	Hot Bench	Hour (N)	Kate and	Rose O BE	LazyTown	Bold	Minds O 88	0 55	Hour (N)	Lives (N)	Now (N)	Squirrel	Lunch	Vancouver	Gold	Wizards	Celebrity	Police Videos	Security
-	PM	King	Days of our	Astroblast	Oll Painting	Days of our	The Talk	The First 48	General	Days of our	The Talk	Recipes	Almost	Premier	The Social	Cold Water	Wizards	CityLine 36	Cops RC	The Dead
1	:30		Lives (N)	Dragon	Sewing	Lives (N)	0 55	0.65	Hospital (N) O	Lives (N)	0 880	Stefano	Wayside	League Poker	0 80	Cowboys	Good Luck		Cops BD	Files O IS
-	PM	The Middle	The Talk	Dinosaurs	Thomas	TMZ (N) O	Let's Make	The First 48		The Talk	Meredith	Steven and	Chucks	Hockey	Dr. Phil	Last Fron-	Phineas	CityNews at	Cops BC	Ghost
2			0.65	Curlous	Sesame St.	ThisMinute	a Deal (N)	0.02	Latifah	0 166	Vielra	Chris (N) O	Kid vs. Kat	Hockey	0 86	tier	ANT Farm	5 (N) 1551	Cops #0	Adventures
		Seinfeld O	Meredith	Dive, Oily	Curlous	Ellen	The Dr. Oz	Storage	Rachael	Meredith	Young &	Figure	Sidekick	SportsCen-	Ellen	How/Made	ANT Farm	(2:59)	Cops KC	Gotta Eat
3	:30		Vielra	Jelly Jamm	Cat In the	DeGeneres Show	Show Bit	Storage	Ray O BE	Vielra	Restless	Skating: ISU World	Chucks	tre (N) 30	DeGeneres Show	How/Made	Good Luck	CityNews at 6 (N)	Jail BC	Eat SL O
		Big Bang	Young &	Kate and	WordGirl		Dr. Phil	Storage	The Doc-	Young &	Early News	Champion-	SpongeBob	NBA Bas-	The Dr. Oz	Daily Planet	Phineas	Mod Fam	Cops RE	Moves
4	:30		Restless	Magic Bus	Wild Kratts	Jdg Judy	0.22	Storage	tors () Ito	Restless	Global Nat.	ships. Kt	Pengulns	ketball: Chi- cago Bulls	Show 80	(N)	Jessle 30	Mod Fam	Cops to	Moves
	PM		News (N) 80	Jack IND	News	News	News	Storage	News	Early News	(4:59) News	CBC News	Parents	at Toronto	CTV News	Fat N Furi-	Jessie 30	The Middle	Cops 30	Security
5				Wild Kratts	Business		CBS News	Storage	ABC News	Global Nat.	Hour (N)		SpongeBob	Raptors.	Vancouver	ous: Rolling	Liv-Mad.	Young	Cops at	Security
	PM		Global Nat.	The Polar	PBS News-	News	KREM 2	Storage	News at 6	(5:59) News	ET Canada	CBC News	Sam & Cat		CTV News	Ice Cold	Austin	Mod Fam	Cops 80	The Dead
6	:30		News	Sea O EE	Hour (N) 88	Millionalre	News at	Storage	News	Hour (N)	Ent	Coronation	Assembly	TBA	Vancouver	Gold	Austin	blackish	Cops III	Files O RC
	PM		Ent	Rescue	Nature O BD		6 (N) Inside Ed.	Storage	Ent	Ent	Chicago PD	Figure	Bella	SportsCen-	etalk (N)	Ice Cold	Jossie IC	Broke Girl	Cops IC	Ghost
7	:30		Casting and	Park	(DVS)	Wheel	Access H.	Storage	The Insider	ET Canada	(N) 0	Skating	Henry	tre (N) 33	Big Bang	Gold	Next Step	Two Men	Cops III	Adventures
	PM	Family Guy		1	NOVA The	The Myster-			The Middle	Survivor (N)	Survivor (N)	Dragons'	Gags		Arrow (N)	Cold Water	Dog	CityNews-	Cops Rd	Ghost
8		Family Guy	OBC	(N) 833	Old Testa-	les of Laura		Storage	Goldbergs	0 88	0 82	Den O	Gags	Off Record	0 80	Cowboys	Good Luck	Tonight (N)	Cops SE	Adventures
		Amer. Dad	Big Brother	Genlus	ment and concept of	Law & Or-	Criminal	Storage	Mod Fam	Big Brother	Big Brother	X Company	Vampiro	SportsCen-	Criminal	Fat N Furi-	Next Step	Vica	Jail 00	Border
9	:30			Within: The	God.	der: SVU	Minds (N) O	Storage	blackish		Canada (N)		Vampire	tre (N) RE		ous: Rolling	Wingin' It	EP Dally	Jall KE	Border
		Jeffersons	Chicago PD	Inner Life of Glenn	Gandhi DC	Chicago PD	CSI: Cyber	Storage	Nashville	Chicago PD	News Hour	Tho	Haunting	SportsCen-	CSI: Cyber	Ice Cold		Reviews on	Jall 86	The Dead
10	:30		(N) O	Gould		(N) 0	"Fire Code"	Storage	(N) EE (DVS)		Final (N)	National (N) 80	Haunting	tre (N) SC	"Fire Code"	Gold	Win, Lose	Extra (N)	Jall 180	Files O SE
	PM		News Hour	Park	Charlie .	News	News	Storage	KXLY 4	News Hour	ET Canada	CBC News	Gega	SportsCen-	News-Lisa	Ice Cold	Wizards	Op. Smile	Jall BD	Ghost
11	:30	Machine"	Final (N)	Rescue	Rose (N) 50	J. Fallon	Letterman	Storage	J. Kimmel	Final (N)	Doctors	Mercer	Gags	tre m	CTV News	Gold	Life Derek	Pald Prog.	Jall 20	Adventures

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## **News Leader**

HIDCO	VAA	MARCH	26	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	100	Community	Morning News (N) %G	G. Shrinks Rob Robot	Clifford	KHQ News 6AM (N)	KREM 2 Morning	Dog the Bounty	Morning Northwest	Morning News (N) 30	(5:00) Morn- Ing News	CBC News Now (N) O	Kid vs. Kat Almost	SportsCen- tre 188	ÇTV Mom- Ing Live	Nerve Center	Justin ANT Farm	CityLine (N) Bit	Movie: *** "Ocean's	Gotta Eat World's
-	AM	Law & Or-		Kate and	Odd Squad	Today Jer-	News CBS This	Hunter Criminal	Good Morn-		The morning news. (N)	You & Mo	Squirrel	SportsCen-	Vancouver (N)	Canada's	Jessie aa	Let's Make	Twelvo" (2004)	Moves
1	:30	der: SVU		Wild Kratts	Wild Kratts	emy Piven; Max Irons.	Morning (N)	Minds () 80	Ing America (N) 80			Arthur O	Chucks	tre 30		Worst Driver	Austin	a Deal (N)	George Clooney,	Moves
8		Law & Or- der: SVU		PAW Patrol	Curious	(N) O BC		Criminal Minds O 30		2	Morning	Moblees	T.U.F.F.	SportsCen- tre 50		Yukon Men	Dog	The Price Is Right (N)	Brad Pitt. O	Security
0	:30			Curious	Curlous						Huntley St.	Tiger	Wayside	C	I hard Mathe	Delle Disert	Wizards		Deser	Security
9		Millionaire	Morning Huntley St.	Space	Peg Tiger	1 10	The 700 Club O BS	CSI: Miami "Legal" 30	Livel Kelly and Michael	Morning Huntley St.	World VI- sion 30	Super Whyl Napkin	Sidekick	SportsCen- tre 181	Livel Kelly and Michael	Dally Planet	Doc McSt. Henry	FamFeud	Repo Repo	The Dead Files O BD
		Divorce	World VI-	G. Shrinks	Sesame		The Price Is	CSI: Miami	The View	World VI-	Rachael	Bookaboo	Wayside	SportsCen-	The View	Mayday 10.	Never Land		Repo	Myster-
10	100	Divorce	slon	PAW Patrol	Street O (EI)		Right (N)	"Hell Night"	0 52	slon	Ray (N) RC	Bo On/Go	Kid vs. Kat	tre 20	0 35		Sofia	0 555	Repo	les at the Castle
11	AM	Judge	Rachael	Jelly Jamm	Dinosaur	Hot Bench	Young &	Criminal	Pald Prog.	Rachael	Noon News	Heartland	Monster	Premier	Marilyn Denis	Cold Water	Lalaloopsy	General	Repo	Border
0 8	:30	Judgo	Ray (N) 30	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O 80	Pald Prog.	Ray (N) 35	Hour (N)	R (DVS)	Rated A	League Poker	Denis	Cowboys	ANT Farm	Hospital (N) O	Movie: **>	Border
12	123		Noon News Hour (N)	PAW Patrol	Charlle Rose () 30	Pald Prog.	News	Criminal Minds O 80	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Chucks	Soccer:	CTV News Vancouver	Fat N Furl- ous: Rolling	Win, Lose	Celebrity	Aces" (2007) Ben Alfleck.	Security
1 6.0		Hot Bench King	Days of our	Kate and Astroblast	Painting	Poppy Cat Days of our	Bold The Talk	The First 48	General	Days of our	The Talk	Recipes	Squirrel Almost	Friendly - France vs	The Social	Ice Cold	Wizards Wizards	Celebrity CityLine 20	O AMEEA.	Security The Dead
1		King	Lives (N)	Dragon	Knit	Lives (N)	0 80	0 30	Hospital	Lives (N)	0 30	Stefano	Wayslde	Brazil.	0 80	Gold	Good Luck	ony Line as		Files O RO
-		The Middle	The Talk	Dinosaurs	Thomas	TMZ (N) O	The Dr. Oz	The First 48	Queen	The Talk	Alberta	Steven and	Chucks	Hockey	Dr. Phil	Ice Cold	Phineas	CityNews at		Ghost
2	:30	The Middle	0 30	Curious	Sesame St.	ThisMinute	Show It	0 22	Latifah	O BO	Budget 2015	Chris (N) O	Kld vs. Kat	Hockey	0 333	Gold .	ANT Farm	5 (N) 80	"Ocean's Twelve"	Adventures 20
0	PM	Seinfeld O	Meredith Vielra	Dive, Olly	Curlous	Ellen DeGeneres	Dr. Phil	The First 48	Rachael Ray (N) 80	Meredith Vielra	Young & Restless	Figure Skating:	Sidekick	SportsCen- tre (N) SE	Ellen DeGeneres	How/Made	ANT Farm	(2:59) CityNews at	(2004) George	Gotta Eat
3	:30	Mod Fam	vieira	Jelly Jamm	Cat in the	Show						ISU World	Nerds		Show	How/Made	Good Luck	5 (N)	Clooney, Brad Pitt. 0	Eat SL O
4		Blg Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	2015 NCAA Basketball	The First 48 O 30	tors O SC	Young & Restless	Early News	Champion- ships. 80		2015 NCAA Basketball	The Dr. Oz Show III	Daily Planet (N)	C. C	Mod Fam	Didu Pitt. 17	Moves
-	0.000	Big Bang	News (N) 3C	Magic Bus	Wild Kratts	Jdg Judy News	Tourna- ment:	The First 48	Nour	Early Nows	Global Nat. (4:59) News	CBC News	Rabbids Parents	Tourna- ment:	- CTV News	Bitchin'	Jessie 20 Jessie 20	Mod Fam Cougar	Movie: ***	Moves
5		Browns Payne	News (N) ac	Wild Kratts	News	NBC News	Teams TBA.	0 30	ABC News	Global Nat.	Hour (N)	,	SpongeBob	Teams TBA.	Vancouver	Rides (N) III	Liv-Mad.	Broke Girl	"Ocean's	Security
	100	Browns	Global Nat.	Rescue	PBS News-	News	(N) 30	The First 48		(5:59) News	ET Canada	CBC News	Sam & Cat	(N) (20	CTV News	Fast N'	Austin	Scandal (N)	Thirteen" (2007)	Expedition
6			News	Park	Hour (N) 3C	Millionaire	2015 NCAA	0 32	News	Hour (N)	Ent	Coronation	Assembly	2015 NCAA	Vancouver	Loud: Demoli	I Didn't	0.80	George Clooney,	Unknown (N)
7			Ent	Waterfront Cities	Profiles	Jeopardyl	Basketball Tourna-	The First 48	A. Car	Ent	Elementary	Figure Skating	Nicky	Basketball Tourna-	etalk (N)	Amish Ma- fia (N) III	K.C. Under.	Backstrom	Brad Pitt. O	Breaking Borders (N
			ET Canada		Invisible	Wheel	ment: Teams TBA.		The Insider	ET Canada	(C)		Stanley	Teams TBA.	Blg Bang		Next Step			
8		Family Guy	Bones (N) RC (DVS)	Joanna Lumley Greek	Father Brown	Dateline NBC (N) 20	(N) 30	(8:01) The First 48 30	Grey's Anatomy (N) O	Bones (N) RE (DVS)	Bones (N) EG (DVS)	The Nature of Things	Gags Gags	(N) 120	Grey's Anatomy (N) O	How/Made How/Made	Dog Good Luck	CityNews- Tonight (N)	Repo Repo	Ghost Adventure:
0	PM	Amer. Dad	The Black- list (N) 85	Furever (N)	Death In Paradise 80	The Black- list (N) 20	Access H.	(9:01) The First 48 20	Scandal (N)	The Black- list (N) #8	The Black- list (N) 30	Doc Zone (N) O	Vampire	SportsCen- tre (N) 20	Blg Bang	Bitchin' Rides (10	Next Step	EP Daily	Repo	Border
9	:30	Amer. Dad	not (ra) asi	-	r aradise w		Pald Prog.	T IT ST 40 all				1.4.	Vampire	•	Goldbergs		Wingin' It	Reviews on	1	Border
10	100	Joffersons Break	Elementary	"Her Mas- ter's Voice"	Gandhi 📧	(10:01) The Slap (N) A	Pald Prog. Inside Ed.	(10:01) The First 48 O	American Crime (N) O	Elementary O BO	News Hour Final (N)	The National (N) 20	Haunting Haunting	SportsCen- tre (N) III	American Crime (N) O	Fast N' Loud: Demoli	Good Luck Win, Lose	Extra (N) G. Martin	Movie: *** "Ocean's Thirteen"	Expedition Unknown
11		Movia: "Ghost Rider"	CHBC News Final (N)	Waterfront Cities	Charlie Rosa (N) 🖾	News J. Fallon	News	(11:01) The First 48 O	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada Doctors	CBC News Mercer	Gags Gags	SportsCen- tre 📾	News-Lisa CTV News	Amlsh Mafia O III	Wizards Life Derek	Paid Prog. Paid Prog.	(2007) 0	Breaking Borders 20

### FRIDAY, MARCH 27, 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		Community	Morning News (N) 20	G. Shrinks Rob Robot	Clifford	KHQ News 6AM (N)	KREM 2 Morning	Dog Dog	Morning Northwest	Morning News (N) 20	(5:00) Morn- Ing News	CBC News Now (N) O	Kld vs. Kat Almost	SportsCen- tre 22	CTV Morn- Ing Live	Don't Drive Here	Justin ANT Farm	CityLine (N) 80	Contractor Contractor	Border Border
-		Law & Or-		Kate and	Odd Squad	Today Vin	News CBS This	Criminal	Good Morn-		The morning news. (N)	You & Me	Squirrel	SportsCen-	Vancouver (N)	Dude,	Jessie 20	Let's Make	Contractor	Lost-Sold
7	:30	der: SVU		Wild Kratts	Wild Kratts	Diesel and Dwayne	Morning (N)	Minds O Ba	Ing America (N) 80	4		Arthur O	Chucks	tre Ed		You're Screwed	Austin	a Deal (N)	Contractor	Lost-Sold
8		Law & Or- der: SVU		PAW Patrol	Curlous	Johnson. (N)		Criminal Minds O Kd			Morning	Moblees	T.U.F.F.	SportsCen- tre 20		Myth- Busters	Dog •	The Price Is Right (N)	Contractor	Security
	:30			Curious	Curious		71 - 700				Huntley St.	Tiger	Wayside		I hust Kally	O EO	Wizards		Contractor	Security The Dead
9		Millionaire	Morning Huntley St.	Space	Peg Tiger		The 700 Club O SO	Criminal Minds O 60	Livel Kelly and Michael	Morning Huntley SL	Operation Smile 10	Super Whyl Napkin	Sidekick	SportsCen- tre B0	Livel Kelly and Michael	Daily Planet	Doc McSt. Henry	FamFeud FamFeud	Contractor	Files O 20
	-	Divorce	Operation	G. Shrinks	Sesame		The Price Ja	Criminal	The Vlew	Operation	Rachael	Bookaboo	Wayside	MLB	The View	Mayday Eg	Never Land		Contractor	Security
10		Divorco	Smile	PAW Patrol	Street O		Right (N)	Minds A 80	0 30	Smile	Ray O 30	Bo On/Go	Kld vs. Kat	Preseason Baseball:	0 80		Sofia	0.00	Contractor	Security
4 -4	AM	Judge	Rachael	Jelly Jamm	Dinosaur	Hot Bench	Young &	Intervention	Focus T25	Rachael	Noon News	Heartland	Monster	Boston Red Sox	Marilyn	How/Made	Lalaloopsy	General	Contractor	Border
11	:30	Judgo	Ray O BC	Dinosaura	Sit & Bo Fit	Hot Bench	Restless		Pald Prog.	Ray O EO	Hour (N)	"The Fix" O	Rated A	at Atlanta	Denis	How/Made	ANT Farm	Hospital (N) O	Contractor	Border
12	PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose O IC	Pald Prog.	News	Intervention "Katie" O	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Nerds	Braves. (N) III	CTV News Vancouver	Bitchin' Rides 20	Win, Lose	Celebrity	Contractor	Security
12	:30	Hot Bench	HOOP (14)	Kate and	nosotrac	Noodle	Bold	Kano IV		indui (ity			Squirrel			1	Wizards	Celebrity	Contractor	Security
1	1.1	King	Days of our Lives (N)	Astroblast Dragon	Craftsman	Days of our Lives (N)	The Talk. O 32	The First 48 O 30	General Hospital (N) O	Days of our Lives (N)	The Talk O 35	Recipes Stefano	Almost Wayside	Season Season	O 180	Fast N' Loud: Demoli	Wizards Good Luck	CityLine 00	Cops III Cops III	Files O SS
2		The Middle	The Talk	Dinosaurs	Thomas	TMZ (N) O	The Dr. Oz Show Rd	The First 48 O 20	Queen Latifah	The Talk	Meredith Vielra	Steven and Chris (N) O	Chucks Kid vs. Kat	Off Record	Dr. Phil O ED	Amish Mafia O XII	Phineas ANT Farm	CityNews at 5 (N) 10	Cops III	Ghost Adventures
		The Middle Seinfeld O	Meredith	Curious Dive, Olly	Sesame St. Curious	ThisMinute Ellen	Dr. Phil	Criminal	Rachael	Meredith	Young &	Figuro	Sidekick	Interruption	Ellen	How/Made	ANT Farm	(2:59)	Cops III	Eat St. O
3		Mod Fam	Vieira	Jelly Jamm	Cat In the	DeGeneres	0 30	Minds O KG		Vielra	Restless	Skating:	Chucks	March Mad-	DeGeneres	How/Made	Good Luck	CityNews at 6 (N)	Jall un	Eat St. O
	-	Big Bang	Young &	Kate and	WordGirl	Show Jdg Judy	2015 NCAA	Criminal	The Doc-	Young &	Early News	Champion-	Nicky	2015 NCAA	The Dr. Oz	Dally Planet	Phineas	Mod Fam	Cops	Security
4	:30	Big Beng	Restless	Magle Bus	Wild Kratts	Jdg Judy	Basketball Tourna-	Minds O RC	tors n %C	Restless	Global Nat.	ships. so	Hathaways	Basketball Tourna-	Show 20	(N)	Jossla 100	Mod Fam	Cops Bill	Security
-	PM	Browns	News (N) IS	Jack 80	Nows	News	ment	Criminal	News	Early News	(4:59) News	CBC News	Henry	ment: Teams TBA.	CTV News	What Could	Jossie 100	Fail Army	Cops 80	Security
5	:30	Payno		Wild Kratts	Business	NBC News	Teams TBA.	Minds 20	ABC News	Global Nat.	Hour (N)		Stanley	(N) 80	Vancouver	Go Wrong?	Llv-Mad.	Shopping	Cops NO	Security
6		Browns	Global Nat.	Waterfront	PBS News- Hour (N) BU	News		Criminal Minda to	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Bella		CTV News Vancouver	Myth- Busters	Austin	Fall Army	Beilator MMA Live	Border
-			News			Millionaire	2015 NCAA Basketball		News		Ent	Coronation	Assembly	2015 NCAA Basketball		0 80	Liv-Mad.	Fall Army	(N) O (Live)	Border
7		Mod Fam	Ent	Const (N) IN		Jeopardyl	Tourna- ment:	Criminal Minds O SD	Ent	Ent	Movie: ** *Eat Pray	Figure Skating:	Thunder Movle: ***	Tourna- ment:	etalk (N)	Mayday "Sideswiped"	Girl Meets Next Step	Broke Girl		Security
		Selnfeld A	ET Canada	The Village	Charlle Doc Martin	Wheel	Teams TBA.	(8:02)	The Insider Cristela (N)	ET Canada Movie: **	Love" (2010) Julia Rob-	ISU World Champion-	*Despicable	Teams TBA.	Big Bang Grimm	Mayday	Movie: "The	CityNews-	(8:15) Cops	Security Border
8		Family Guy	"Eat Pray Love" (2010)	(N) an	Doominuit	"Double Date"	(N) 20	Criminal Minds	Cristela (N)	"Eat Pray Lova" (2010)	erts, James	ships, 201	Mo" (2010) O IIO	(N) 80	"Double Date"	mayoay	Suite Life Movie" n	Tonight (N)	Cops III	Border
9		Amer. Dad	Julia Rob- erts, James Franco, 81	The Inspec- tor Lynley	formances	Dateline NBC 6 at	Access H. Paid Prog.	(9:01) Criminal Minda	Shark Tank	Julia Rob- erts, James Franco, III	· ·	the fifth es- tate (N) 80	Vampira	SportsCen- tre (N) III	Shark Tank BII (DVS)	Myth- Busters	K.C. Under.	EP Daily Reviews on	Cops and Jall and	Border Border
10	PM	Jeffersons		Mysteries (N)	(N) 6 80		Pald Prog.	(10.01) Criminal	(10:01) 20/20 (N) Test		News Hour Final (N)	The National	Open Heart	SportsCen- tre (N) 60	(10:01) Criminal	What Could Go Wrong?	"Phantom of	Extra (N) G. Martin	Jali 180 Jali 180	Bggg Bttls
	:30 PM	Break "Win a Date"	CHBC News	Grand Finding the	Charlle	News	Inside Ed. News	Minds (11:01)	KXLY 4	News Hour	ET Canada	(N) SS CBC News	Open Heart Haunting	SportsCen-	Minds News-Lisa	Mayday	the Mega- plex"	Pald Prog.	Jail se	Bggg Btils Border
11	:30		Final (N)	Fallen EE	Rose (N) 80		Letterman	Criminal Minds	J. Kimmel	Final (N)	Doctors	Mercer	Haunting	tre 64	CTV News	"Sideswiped"	Life Derek	Paid Prog.	Jail 100	Border

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## News Leader Movies - Wednesday / Thursday / Friday

WEDNESDAY EVENING

11:00 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground. THURSDAY MORNING

6:00 am SPIKE ch.44 "Ocean's Twelve" (2004, Comedy-Drama) George Clooney. To pay back casino boss Terry Benedict, Danny Ocean and his team of criminals plan an elaborate heist in Euròpe, (In Stereo) 11:30 am SPIKE ch.44 "Smokin' Aces" (2007, Action) Ben Affleck. Two FBI agents must protect an



entertainer from a motley crew of assassins after the guy agrees to testify against the Las Vegas mob. (In Stereo)

#### AFTERNOON

2:00 pm SPIKE ch.44 "Ocean's Twelve" (2004, Comedy-Drama) George Clooney. To pay back casino boss Terry Benedict, Danny Ocean and his team of criminals plan an elaborate heist in Europe. (In Stereo)

(In Stereo) 5:00 pm SPIKE ch.44 "Ocean's Thirteen" (2007, Comedy-Drama) George Clooney. Danny Ocean and his gang plot revenge against a casino owner who wronged one of their own. (In Stereo)

#### **EVENING**

10:00 pm KNOW ch.5 "Her Master's Voice" (2012, Documentary) Ventriloquist Nina Conti takes the puppets of her mentor, Ken Campbell, to a resting place for dummies of the entertainers who have died. (In Stereo) (CC) SPIKE ch.44 "Ocean's Thirteen" (2007, Comedy-Drama) George Clooney. Danny Ocean and his gang plot revenge against a casino owner who wronged one of their own. (In Stereo)

11:00 pm WTBS ch.3 "Ghost Rider" (2007, Action) Nicolas Cage. A motorcycle stuntman who sold his soul to save a loved one becomes a fiery agent for justice at night in the presence of evil.

FRIDAY EVENING

7:00 pm CITV ch.12 "Eat Pray Love" (2010, Drama) Julia Roberts. Facing a crossroads in her life, a divorcee travels to Italy, India and Bali on a quest to change her life and find true happiness. (CC)

alvorcee travels to thay, india and Bali on a quest to change her life and find true happiness. (CC) 7:30 pm YTV ch.18 "Despicable Me" (2010, Comedy) Voices of Steve Carell. Animated. As he tries to execute a fiendish plot to steal the moon, a supervillain meets his match in three little orphan girls who want to make him their dad. (In Stereo) (CC)

(In Stereo) (CC) 8:00 pm CHBC ch.4 BCTV ch.11 "Eat Pray Love" (2010, Drama) Julia Roberts. Facing a crossroads in her life, a divorcee travels to Italy, India and Bali on a quest to change her life and find true happiness. (CC)

FAM ch.26 "The Suite Life Movie" (2011, Comedy) Dylan Sprouse. A research project leaves twin brothers Zack and Cody with the ability to sense each other's thoughts and feelings. (In Stereo) (CC)

10:03 pm FAM ch.26 "Phantom of the Megaplex" (2000, Suspense) Taylor Handley. A theater employee wonders if a legendary spirit is up to its old tricks after a series of strange occurrences. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Win a Date With Tad Hamilton!" (2004, Romance-Comedy) Kate Bosworth. Secretly in love with his friend, a supermarket manager becomes jealous when she meets a famous actor.

An early morning dusting of snow March 16th reveals the freezing line at the former Mascot Mine site overlooking Hedley. The same system dumped high amounts of snow through Manning Park and other nearby locations \*

### SATURDAY, MARCH 28, 2015

		WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	DTOUR
		ch.3	ch.4	ch.5	ch.6	ch.7	ch.8	ch.9	ch.10	ch.11	ch.12	ch.13	ch.18	ch.19	ch.22	ch.24	ch.26	ch.29	ch.44	ch.45
6	1000	On Spot	Ancestors	G. Shrinks	Heartland	(5:00) Today (N)	CBS This Morning	Dog the Bounty	Paid Prog.	Ancestors	Saturday	Monster	Sidekick	SportsCen- tre (N) 341	Julcebox O BC	Myth- Busters	Wingin' It	Quon	Movie: *** "Troy"	Moves Pald Prog.
-		Coolest	Fishful	Rob Robot	Fly Tying	0 151		Hunter	Designing	Fishful .	News The news. (N)	Nows	Sidekick			n se Ice Cold	Slug Terra	Panorama	(2004) Brad Pitt, Eric	Security
7		P. Affairs	Saturday Morning	Kate and	MotorWeek	KHQ Local News Sat-	Lucky Dog	Dog the Bounty	Good Morning	Saturday	110113. (14)	Animal	Squirrel	SportsCen- tre 32		Gold SC	Wizards	Eye/Asia	Bana. Achil-	
-	_	Atl. Eats	News (N) III		Greener	urday 7AM	Dr. Chris	Hunter	America	News (N) EO		Super Whyl	Nerds				Gravity	Buy Low	les leads Greek forces	Security
8		Trust Dale		Curious	Trestantar	(N) 80	Innovation	Criminal Minds 80	Hanna			Artzooka	Chucks	Hockey	Canada AM Weekend	"Cidonuinad"	ANT Farm	Polish Studio (N)	in the Trojan	Border
-	1.00	Paid Prog.		Arthur O	Rough Cut		Recipe		Ocean			Cross	SpongeBob				Dog		War. O	Border
9	MA	Movie: ** "Paul Blart:		Magic Bus	Hometime		All In	Criminal Minds O RC	Rescue		Fish'n	Our Van-	SpongeBob		Marilyn Denls	Overhaulin'	Austin	World VI-		Border
-	:30	Mall Cop*	2.0	Dokl Ad	Old House		Changers		Wildlife		Real Fish.		Parents				I Didn't			Border
10		(2009)	Fish'n	Wild Kratts	Old House	Pald Prog.	Pald Prog.	Criminal Minds 86	Outback	Fish'n	Powerboat	Absolutely Canadian O	Rabbids		The Social	Mayday	K.C. Under.	Murdoch Myster-	Auction	Border
10	:30	1	Real Fish.	Wild Kratts	Kitchen	Pald Prog.	Paid Prog.		Explore	Real Fish.	Driving TV	Gundelant	Bread	Motoring	1 A.		Jessie 30	les n	Auction	Border
11	AM	*Anchorman: The Legend	Powerboat	Maker	Chefs Life	Golf Digest Equipment	Bull Riding	Movie: *** "Twister"	Pald Prog.	Powerboat	Moves	Doc Zone	Teenage Mutant	Scott FireFit	Is Written	Mayday It	Liv-Mad.	Shopping Channel 33	Auction	Bggg Bttls
11	:30	of Ron	Driving TV	Martha	Martha	Equipment		(1996, Ac-	Pald Prog.	Driving TV	Moves	ac (0v3)	Ninja	rnern	etalk 30		Girl Meets	Chamieran	Auction	Bggg Bttls
12	PM	Burgundy"	News Hour	Dogs	Cook's	PGA Tour Golf: Valero	College	Hunt. O Sta	Paid Prog.	News Hour	PGA Tour Golf: Valero	The Nature	Movle: * * * Despicable	College Hockey:	SportsCen-	JackedI IIC (DVS)	Movie: * h "The Spy	Shopping Channel 35	Auction	Border
12	:30		PGA Tour	Dogs/Jobs	Garden	Texas Open,		indire ty an	McCarver ·	PGA Tour	Texas Open		Me* (2010)	NCAA	ue to as	(043)	Next Door	Channel as	Cops 2d	Border
4	PM	Movle: *	Golf: Valero Texas Open,	Hope for	Antiques	Third Round From San			World of X	Golf: Valero Texas Open	Third Round From San		0 35	Tournament, Regional:	Corner Gas			Bollywood	Cops III	Border
F	:30	"Saving Silverman"	Third Round.	Wildlife 🛤	Roadshow	Antonio. (N)		Movie: **	Games (N)	Third Round	Antonio. (N)	Skating: ISU World		Teams TBA.	Corner Gas	Go Wrong?	Gravity	Pald Prog.	Cops 34	Border
0	DM	(2001,	(N) 80	The Polar	Earth: A		Paid Prog.	"Deep Im- pact" (1998)	ESPN	(N) 88		Champion- ships. (N)	Chucks		Canada's	Myth-	Phineas	Pckge Deal	Cops 20	Border
.2	:30	Comedy)	1	Sea A BS	New Wild RE		Pald Prog.	Robert Du-	Sports Sat- urday (N)	1		snips. (N)	Chucks	College	Worst Driver	Busters O BC	Rebels	Mod Fam	Jall BC	Border
0	PM	30 M 1st Family	Moves	Waterfront	Globe Trek-	21 Day Fix	Access Hol	vali. n BC		Moves	Simpsons	National	Chucks	Hockey: NCAA	Cash Cab	How/Made	Parent's	CityNews	Cops 34	Lost-Sold
3	:30	Box Office	Moves	Citles	ker O	Best	lywood (N)			Moves	Simpsons -	Hockey	Chucks	Toumament,	Steele	How/Made	Wizards	CityNews	Cops 20	Lost-Sold
	PM	Community	Simpsons	Skeleton-	Steves	Pressure	All In	Married at	Stars on	Simpsons	Simpsons	NHL Hock-	Max	Regional: Teams TBA.	Marilyn	How/Made	ANT Farm	NHL	Cops II	Security
4	:30	Community	Simpsons	Sahar	WA .	Jdg Judy	Changers	First Sight "Wedding	Ice O	Simpsons	Global Nat.	ey: Ottawa Senators	Max		Denis	How/Made	Dog	Hockey: Teams TBA.	Cops 20	Security
-	PM	The Middle	Simpsons	Joanna	Last/Wine	News	News	Prepara-	News	Simpsons	News Hour	at Toronto	Max	MLS Soc-	The Social	Cold Water	Jessie 20	(N) (Live)	Cops 38	Border
5	:30	The Middle	Global Nat,	Lumley Greek	Wait	NBC News	CBS News	tions" O	ABC News	Global Nat.	(N)	Maple Leafs. A (Live) BC	Max	cer: Timbers at Whitecaps	etalk 20	Cowboys	Austin		Cops BD	Border
-	PM	Movie: ***	(5:59) News	Hope for	Lawrence	News	News	Surviving	News at 6	(5:59) News	16x9 (N) 25	1	Assembly	FC	CTV News	Overhaulin'	K.C. Under.		Cops 20	Ghost
6	:30	"The Taking of Pelham	Hour (N)	Wildlife IS	Welk	Jeopardyl	Paid Prog.	Marriage ED	The Insider	Hour (N)		-	Max		Vancouver	0 22	Liv-Mad.	-	Cops Hi	Adventure (N)
-		123"	16x9 (N) 题	National	Keep Up	Blue	White Col-	Intervention	Entertain-	16x9 (N) 82	Remedy (N)	NHL Hock-	Stanley	College	W5 (N) O 22		Girl Meets	CityNews	Cops RD	The Dead
7	:30			Geographic	As Time	Bloods	lar 📾	"Katie" O	ment Tonight		CE (DVS)	ey: Dallas Stars at	Choice	Hockey: NCAA	(DVS)	Rides 20	Austin	Weekend (N)	Cops BD	Files A 30
-		Family Guy	Remedy NO	Heartbeat	Movie:	Figura	NCIS: New	Intervention	Secrets and	Remedy RE	NCIS: New	Vancouver	Kids'	Toumament,	Blg Bang	Fat N Furi-	I Didn't	CityNews	Cops 20	Ghost
8		Family Guy	(DVS)	0 88	*** "Julio	Skating:	Orleans A		Lies 182	(DVS)	Orleans O	Canucks. (N Subject to	Choice Awards	Regional: Teams TBA.	Anger	ous: Rolling	ANT Farm	Weekend (N)	Cops 20	Adventure
	_		NCIS: New	Midsomer	& Julia* (2009) Mery	ISU World Champion-	Criminal	Married at	In an	NCIS: New	Big Broth-	Blackout)	2015 (N) SC		Criminal	Overhaulin'	Next Step	Shahs of	(9:01)	Ghost
9		Seinfeld O		Murders O 180	Streep.	ships. ED	Minds O	First Sight	Instant Hostage	Orleans O	er-Side Show		Vampire	Sports	Minds ()	0 25	Wingln' It	Sunset (N)	Movie: * * * "Troy" (2004.	Adventure
10	PM	King	Big Broth-		il	Saturday	48 Hours	Surviving		Big Broth-	News Final	Post Show	Haunting	SportsCen-	Motive	Bitchin'	Movie: *3	CityLine 30	Adventure) Brad Pitt,	The Dead
10	:30	King	er-Side Show	Park	Mr. Sloane	Night Live	0 88	Marriage SG	in the store,	er-Side Show	(10:35)	News	Open Heart	tre (N) Ite	"Oblivian" ()	Rides BC	"The Spy Next Door"		Eric Bana.	Files A 20
	PM	"War of the	News Final	Waterfront	Austin City	News	News	(11:01)	Scandal	News Final	Night Live	Republic of	Open Heart	SportsCen-	Nows	Cold Water		Paid Prog.	0	The Dead
11	:30	Worlds"	SNL	Cities	Limits SC	SNL	The Closer	Interven-	0 80	SNL	(N) 1881	Doyle O	Haunting	tre BC	CTV News	Cowboys	Life Derek	Paid Prog.	1	Files O SE

## News Leader Movies - Saturday / Sunday

#### SATURDAY MORNING

6:00 am SPIKE ch.44 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (In Stereo)

9:00 am WTBS ch.3 "Paul Blart: Mall Cop" (2009, Comedy) Kevin James. When crooks shut down a suburban New Jersey shopping mall, a security officer must find his inner policeman to save the day. WTBS 11:00 am ch.3

"Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism

A&E ch.9 "Twister" (1996, Action) Helen Hunt. Storm-chasers finalizing their divorce try to place equip-ment inside a tornado on the Oklahoma plains. (In Stereo) (CC)

AFTERNOON

12:00 pm YTV ch.18 "Despicable Me" (2010, Comedy) Voices of Steve Carell. Animated. As he tries to execute a fiendish plot to steal the moon, a supervillain meets his match in three little orphan girls who want to make him their dad.

(In Stereo) (CC) FAM ch.26 "The Spy Next Door" (2010, Comedy) Jackie Chan. A CIA operative must protect his girl-friend's children from a Russian terrorist after one kid mistakenly downloads a top-secret formula. (In

Stereo) (CC) 1:00 pm WTBS ch.3 "Saving Silverman" (2001, Comedy) Jason Biggs. Two dimwits concoct a scheme to prevent their friend from marrying a coldhearted and conniving woman.

1:30 pm A&E ch.9 "Deep Impact" (1998, Drama) Robert Duvall. Troubled people attempt to mend their lives as they brace themselves for a comet that threatens Earth. (In Stereo) (CC)

#### EVENING ·

6:00 pm WTBS ch.3 "The Taking of Pelham 123" (2009, Action) Denzel Washington. A subway dispatcher calls on his extensive knowledge of the transit system to outwit hijackers who are threaten-ing to kill passengers unless a ran-som is paid.

8:00 pm KSPS ch.6 "Julie & Julia" (2009, Comedy-Drama) Meryl Streep. A woman in Queens, N.Y., sets a deadline of one year to pre-pare all 524 recipes in Julia Child's famous cookbook, "Mastering the Art of French Cooking." 9:01 pm SPIKE ch.44 "Troy" (2004, Adventure) Brad Pitt. The fierce warrior Achilles leads Greek forces in the Trojan War, ignited when Paris abducts Helen of Troy. (In Stereo)

10:00 pm FAM ch.26 "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. (In Stereo) (CC)

11:00 pm WTBS ch.3 "War of the Worlds" (2005, Science Fiction) Tom Cruise. A New Jersey man and his two children face an epic battle for survival when hostile aliens invade Earth.

#### SUNDAY MORNING

9:00 am WTBS ch.3 "When in Rome" (2010, Romance-Comedy) Kristen Bell. Magic coins bring an assortment of odd suitors to a disillusioned woman, but a persistent reporter may hold the promise of real romance.

11:00 am WTBS ch.3 "The Cable Guy" (1996, Comedy) Jim Carrey. An act of kindness brings a jilted architect the unwanted friendship of an unbalanced cable-TV installer.

#### AFTERNOON

12:00 pm FAM ch.26 "My Little Pony Equestria Girls: Rainbow Rocks" (2014, Adventure) Voices of Tara Strong. Animated: The Rainbooms, a musical group fea-turing Rainbow Dash, Applejack, Binkia Bia Barity and Fluttershy Pinkie Pie, Rarity and Fluttershy, battle their rivals in a school competition. (In Stereo) (CC) 1:00 pm WTBS ch.3 "Panic Room" (2002, Suspense) Jodie Foster. A single woman and her daughter must play a cat-and-mouse game after three thieves invade their New York brownstone.

1:30 pm YTV ch.18 "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children.

(In Stereo) (CC) 2:00 pm VTVch.22 "Morning Glory" (2010, Romance-Comedy) Rachel McAdams. Disaster follows Rachel McAdams. Disaster follows a producer's decision to bring in a legendary TV anchor to revitalize a struggling morning-news program. (In Stereo) (CC) 3:45 pm YTV ch.18 "Tooth Fairy" (2010, Comedy) Dwayne Johnson.

As penance for dashing a child's hopes, a rough-and-tumble hockey player must serve time as a genuine

tooth fairy. (In Stereo) (CC) 5:00 pm CBC ch.13 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true. (In Stereo) (CC)

#### EVENING

6:00 pm WTBS ch.3 "Spider-Man" (2002, Action) Tobey Maguire. Peter Parker uses his superhuman powers to battle his archenemy, the

Green Goblin. YTV ch.18 "Tooth Fairy 2" (2012, Comedy) Larry the Cable Guy. Larry tries to impress a woman by .... continued on Page 15

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### SUNDAY, MARCH 29, 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
C AI	A Paid Prog.	In a Namo	G. Shrinks	Mr. Rogers	Today (N)	Pald Prog.	Criminal	Pald Prog.	In a Name	Sunday	Cat In the	Sidekick	Formula	Canada AM	Mighty	Wingin' It	Paid Prog.	Off Road	Fishful
6 <sub>:3</sub>	Pald Prog.	Operation	Rob Robot	WordWorld	0.30	Pald Prog.	Minds 80	Pald Prog.	Operation	Morning News (N)	Pirates	Squirrel	One Racing	Weekend	Ships titl	Slug Terra	Church	Engine	Paid Prog.
7 AT	A The Office	Sunday	Kate and	Super Whyl	KHQ News	CBS News	Criminal	Good	Sunday		News	Charmers	Hockey	Marilyn	Airplane	Wizards	Eye/Asia	Truck Tech	Expedition
:3	0 Atl. Eats	Morning News (N) 80	PAW Patrol	Space	Invost	Sunday Morning	Minds A 80	Morning America	Morning News (N) 150		Artzooka	Charmers		Denis	Repo n un	Gravity	Operation	Muscle	Unknown (
O AI	A The Office		Curious	Curlous	Meet the	(N) 83	Criminal	This Week			Coronation	Pet Shop		Question	Highway	ANT Farm	Smile 021	Bar Rescue	Breaking
8 :3	0 Pald Prog.		Upsido	Cat In the	Press (N) 80	The Nation	Minds 2d				Coronation	Pet Shop		Period III	Thru Hell	Dog	Festival	"Bar Fight"	Borders and
O AI			Dino Dan	DragonFly	21 Day Fix	Best of	Bates Motel	NBA	1	Block .	Coronation	Klds'		World Vi-	Highway	Austin	Italiano di Johnny	Bar Rescue	Security
9 :3	0 *5 "When in Rome"	1.17	Arthur O	The Impact	Pald Prog.	Basketball	0 880	NBA	1	Context	Coronation	Choice Awards	Darts	sion (20	Thru Hell	l Didn't	Lombardi	0	Security
	A (2010)	Block	Wild Kratts	Inside	Pald Prog.	Road to the	Bates Motel	Basketball: Houston	Block	J. Osteen	Coronation	2015 0 80		The Social	Edge of	K.C. Under.	(N)	Bar Rescue	Security
10 :3	0	Context	Little	Olympia O 20	Skiing	Final Four	0 80	Rockets at Washington	Context	Pald Prog.	M'ketplace	Bella	Curling:	Celebrity	Alaska 💷	Jessie 🕅	1	0	Security
AI	A Movie: **		Little	Profiles		2015 NCAA	The	Wizards. (N)	J. Osteen	16x9 80	Our Van-	Stanley	2015 World Champi-	Canada's	Edge of	Liv-Mad.	Hail Mary	Bar Rescue	Security
:3	0 Guy (1996	Pald Prog.	Little	Focus		Basketball Tourna-	Returned "Simon"		Pald Prog.		couver Bd	Assembly	onships:	Worst Driver	Alaska 🛤	Girl Meets	IndyCar	0	Security
PI PI		News Hour	Animalo	Profiles	PGA Tour	ment:	The	IndyCar	News Hour	PGA Tour	Land/ Sea	Max	Canada vs. China.	La contra da la contra da	Edge of	"My Little	IndyCar	and it was the in the same because the state	Security
12 .3	0	PGA Tour	Animala	Drama	Golf: Valero Texas Open,	Teams TBA. (N) 80	Returned "Julie"	Racing: Firestone	PGA Tour	Golf: Valero Texas Open,		Undercover	(Taped) III	tre 68	Alaska 🖾	Pony"	Racing: Firestone	0	Security
- PI	Movie:	Golf: Valero Texas Open	Waterfront	MIA-	Final Round.		Intervention	Grand	Golf: Valero Texas Open,	Final Round. From San	lour and	Cook'd O		W5 0 881	Edge of	Phineas	Grand Prix of St.	Bar Rescue	Expedition
1 :3	0 Room*	C Final Round	Cities	Dancer's Journey	From San Antonio. (N)	2015 NCAA	0.80	Prix of St. Petersburg.	Final Round.	Antônio. (N)	Chris 80	Movie: ***	Cabble	(DVS)	Alaska 🖾	Gravity	Petersburg.	0	Unknown (
2 :3	M (2002, Suspense)	(N) 82	Rescue Park	Finding Your Roots		Basketball Tourna- ment:	Intervention	(N) (Live)	(N) 85		Figure Skating: ISU World	"Nanny McPhee" (2005) 0 ED	Cabble SportsCen-	Movie: **% "Morning Glory"	Edge of Alaska 160	Phineas The 7D (N)	(N) (Live)	Bar Rescue A	Breaking Borders 20
PI		Ice Pilots	Hope for	James	Joint Relief	Teams TBA. (N) ED	Intervention		los Pilots	Collectors	Champion-		tre (N) EE	(2010)	Edge of	Parent's	CityNews	Bar Rescue	Security
3 .3	0 Blg Bang	NWTO	Witdlife Rd	Baker-Man Who Made	Pald Prog.		"Emily" O	Funnlest Moments	NWTO	Simpsons	ships. 60	(3:45)	Curling:	Adams. O	Alaska 🕅	Wizards	CityNews	0	Security
A PI	A Big Bang	Collectors	Attenbor-	1	21 Day Flx	Backroads	Intervention		Collectors	Simpsons	Backstage	Movie: ** "Tooth	2015 World Champi-		Edge of	ANT Farm	Pre-Game	Bar Rescue	
4 :3	0 Big Bang	Simpsons	ough: 60 Years	Drama	Pald Prog.	Insido Edit.	"Kimberly"	S.F.	SImpsons	Global Nat.	Mr. D 80	Fairy" (2010)	onships:	The Social	Alaska NO	Dog	NHL	0	Secrets A
PI	Mod Fam	Simpsons	Britain	Inside Clar-	News	News	Intervention	News	Simpsons	(4:59) News		Johnson. A	Canada vs. Sweden. (N)	MasterChef	Edge of	Jessie III	Hockey: Teams TBA.	Bar Rescue	and the second se
5 .3	0 Mod Fam	News	From Above ()	ldge's 00	NBC News	CBS News	"Katio" O	ABC News	Global Nat.	Hour (N)	"Bedtime Stories"		(Live) BD	Canada O	Alaska III	Austin	(N) (Live)	0	Secrets O
6 .3	"Snider-	* Global Nat. News	Architects of Change	Olm- sted and America	News Wheel	KREM 2 News at 6 (N)	Intervention (N) O ED	News at 6 Estate	(5:59) News Hour (N)	Battle Creek (N) III	(2008) 🔿 📖	Movie: "Tooth Fairy 2" (2012,	SportsCen-	CTV News Vancouver	Bering Sea Gold	K.C. Under. Liv-Mad.		Bar Rescue (N) O	Mysteries- Museum
- PI	Action)	Big Brother		Call the	To Be An-	60 Minutes	Neighbors-	Funnlest	Big Brother	Big Brother		Comedy)	tre (N) III	Contraction and Contract of the State	Bering Sea	Girl Meets		Coaching	Myster-
1 :3	0 Maguire.	Canada (N)	Fish	Midwife 20	nounced	(N) O III	Bnft.	Home Videos	Canada (N)	Canada (N)	na (DVS)	0 80	Hockey	Canada (N)	Gold (N)	Austin	Mod Fam	Bad (N) O	les at the Castle
PI		Madam	Poirot "Cat	Masterplece		Madam	Surviving	Once Upon	Madam	Madam	Figure	Welrd	Open Gym	Once Upon	Myth-	l Didn't	CityNews	Bar Rescue	Museum
8 .3	0 The Close	Secretary (N)	Among the Pigeons"	Classic (N)	dio Music Awards The	Secretary (N)	Marriage 80	a Time (N)	Secretary (N)	Secretary (N)	Skating: ISU World	Vampire	Cabble ·	a Time (N)	Busters 0 SE	ANT Farm	CityNews	0	Secrets O
PI	N	The Good	1		year's big-	The Good	(9:01) Inter-	Contract success when it when the	The Good	The Good	Champion-	Open Heart	SportsCen-	Secrets and	CONTRACTOR AND A DECIMAL OF	Next Step	The Beat	Bar Rescue	Mysteries-
9 .3	0 The Close	Wite (N) ED	ItalianJob	1	gest artists and songs.	Wife (N) DD	vention EB	Lies (N) O	Wife (N) an	Wife (N) III	ships. 60	Open Heart	tre (N) tit	Lies (N) O	nounced	Wingin' It	G. Martin	0	Museum
10 PI	30 The Closer	Silk O to	Father Brown	0.00	Battle Creek (N) III	(10:01) Interven-	(10:01) Revenge (N) O	Battle Creek (N) IS	News Final Block	The National (N) 82	Haunting Haunting	SportsCen- tre (N) III	Motive (N) IIII (DVS)	To Be An- nounced	Jessie 00 Good Luck	CityLine III	Coaching Bad O	Myster- les at the Castle	
PI	The Spy	News Final	National	Shetland III	News	News	Neighbors-	KXLY 4	News Final	Pald Prog.	CBC News	Haunting	SportsCen-	News	To Be An-	Wizards	Paid Prog.	Bar Rescue	Expedition
17 .3		Block	Geographic		Pald Prog.	Family Guy	Bnit.	Van Impe	Block	Paid Prog.	"Midnight"	Haunting	tre litt	CTV News	nounced	Life Derek	Paid Prog.	0	Unknown (



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**News Leader Sudoku** 

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

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

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

## **Monday Movies**

continued from Page 14 helping at her after school pro-gram. His plan backfires when he accidentally tells the children the

accidentally tells the children the tooth fairy is make believe, forcing him to don a tutu costume and col-lect teeth to make up for his care-less words. (In Stereo) (CC) 10:30 pm WTBS ch.3 "The Spy Next Door" (2010, Comedy) Jackie Chan. A CIA operative must pro-tect his girlfriend's children from a Russian terrorist after one kid mis-takenly downloads a top-secret fortakenly downloads a top-secret formula.

11:30 pm CBC ch.13 "Midnight's Children" (2012, Drama) Satya Bhabha. Children born on the brink of India's independence grow up in a country that is vastly different from their parent's generation. (In Stereo) (CC)

#### MONDAY MORNING

8:30 am SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics offi-cer who wants to include him in his schemes. (In Stereo)

AFTERNOON

You

Tube

1:30 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel

Washington. A rookie cop meets a corrupt Los Angeles narcotics offi-cer who wants to include him in his schemes. (In Stereo)

15

4:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)

#### EVENING

9:00 :00 pm KNOW ch.5 Northwords" (2012, Docudrama) KNOW Northwords" (2012, Docudrama) In the summer of 2011, five Canadian writers traveled to the harsh and stunning terrain of Torngat Mountains National Park to seek inspiration. (In Stereo) (CC) 9:30 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent for a young girl, a retired CIA agent

takes revenge on her kidnappers in Mexico City. (In Stereo) 11:00 pm WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordi-nary abilities.

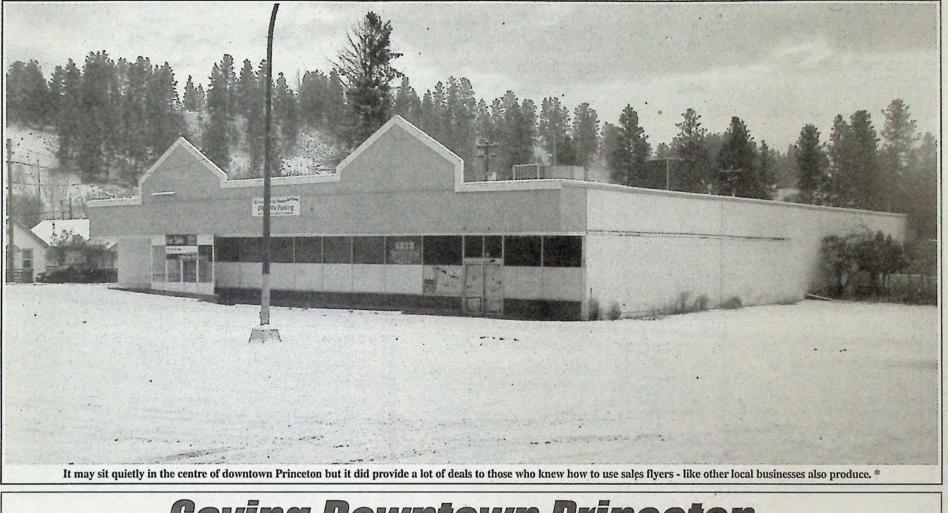
**PrincetonBCNews** 

The solutions will be published here in the next issue.

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

### MONDAY MADCH 20 2015

MON	DAY, M	ARCH	30, 201	15												-			
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUF ch.45
A	M Community	Morning	G. Shrinks	Clifford	KHQ News	KREM 2	Dog the	Morning	Morning	(5:00) Morn-	CBC News	Kid vs. Kat	Curling	CTV Morn-	Manufact.	Justin	CityLine	Bar Rescue	Gotta Eat
6 .3	0 Community	News (N) at	Rob Robot	Arthur	6AM (N)	Morning	Bounty Hunter	Northwest	News (N) RC	Ing News The morning	Now (N) O	Almost		Ing Live Vancouver	How/Made	ANT Farm	(N) 835	0	World's
_ AI	M Law & Or-	1	Kate and	Odd Squad	Today (N)	CBS This	Criminal	Good Morn-		news. (N)	You & Me	Squirrel	S	(N)	How/Made	Jessie 🕅	Let's Make	Bar Rescue	Moves
7 :3	0 der: SVU		Wild Kratts	Wild Kratts	0.00	Morning (N)	Minds O 80	Ing America (N) 341			Arthur O	Chucks		100	How/Made	Austin	a Deal (N)	0	Moves
A	M Law & Or-		PAW Patrol	Curious			Criminal			Morning	Moblees	T.U.F.F.		4 C.	Deadliest	Dog	The Price Is	Rescue	Security
8 :3	0 der: SVU		Curious	George			Minds O SG		-	Huntley St.	Tiger	Wayside	Sports		Catch BC	Wizards	Right (N)	Movie: ***	Security
A	M Millionaire	Morning	Space	Peg		The 700	CSI: Mlaml		Morning	World VI-	Super Why!	Sidekick	SportsCen-	Live! Kelly		Doc McSt.	FamFeud	"Training Day" (2001)	The Dead
9 ;3	0 Millionaire	Huntley St.	Astroblast	Tiger	12	Club O 85	0 633	and Michael	Huntley St.	sion 32	Napkin	Almost	tre 30	and Michael	I at (DVS)	Henry	FamFeud	Denzel	Files () 33
A	M Divorce	World VI-	G. Shrinks	Sesame		The Price Is	CSI: Mlami	The View	World VI-	Rachael	Bookaboo	Wayside	SportsCen-	The View	Mayday	Never Land		Washing- ton. 0	Mysteries-
10 :3	0 Divorce.	sion	PAW Patrol	Street (N)		Right (N)	0 80	0 35	slon	Ray (N) BC	Bo On/Go	Kld vs. Kat	tro SC	0 33	"Fire Fight"	Sofia	0 88		Museum
A	M Judge	Rachael	Jelly Jamm	Dinosaur	Hot Bench	Young &	Criminal	Pald Prog.	Rachael	Noon News	a second s	Monster	SportsCen-	Marilyn	Buying Al.	Lalaloopsy	General	Rescue	Border
11 :3	0 Judge	Ray (N) BE	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O 182	Paid Prog.	Ray (N) 80	Hour (N)	SC (DVS)	Rated A	tro ice	Denis	Buying Al.	ANT Farm	Hospital	Tattoo	Border
A P	M Hot Bench	Noon News	PAW Patrol	Charlle	Paid Prog.	News	Criminal	The Chew	Noon News	Days of our		Nerds	Hockey	CTV News	Mighty	Win, Lose	Celebrity	Tattoo	Security
12 ;3	0 Hot Bench	Hour (N)	Kate and	Rose O 22	Paid Prog.	Bold	Minds 60	0 100	Hour (N)	Lives (N)	Now (N) O	Squirrel	Lunch	Vancouver	Planes 33	Wizards	Celebrity	Tattoo	Security
-1 P	M King	Days of our	Astroblast	Paint This	Days of our	The Talk	The	General	Days of our	The Talk	Our Van-	Almost	Premier	The Social	Ice Cold	Wizards	CityLine 38	Tattoo	The Dead
1 :3	0 King	Lives (N)	Dragon	Fit 2 Stitch	Lives (N)	0 182	Returned "Simon"	Hospital (N) O	Lives (N)	0 80	couver @C	Wayslde	League Poker	0.86	Gold 33	Good Luck		Movie: ***	Files O Ed
O P	M The Middle	The Talk	Dinosaurs	Thomas	TMZ (N) O	Let's Make	The	Queen	The Talk	Meredith	Steven and	Chucks	Off the	Dr. Phil	How/Made	Phineas	CityNews at	"Training Day" (2001)	Ghost
2	0 The Middle	0 22	Curious	Sesame St.	ThisMinute	a Deal (N)	Returned "Julie"	Latifah	0 38	Vielra	Chris (N) O	Kid vs. Kat	Record (N) BC	0 80	How/Made	ANT Farm	5 (N) 80	Denzel Washing-	Adventures (20)
3	M Seinfeld O	Meredith	Dive, Olly	Curious	Ellen	The Dr. Oz Show Bit	Bates Motel	<ul> <li>Characterization of the second se Second second seco</li></ul>	Meredith	Young & Restless	Republic of Doyle ()	Sidekick	Sports	Ellen DeGeneres	How/Made	ANT Farm	(2:59) CityNews at	ton. O	Gotta Eat
3	0 Mod Fam	Vielra	Jelly Jamm	George	DeGeneres Show	Showsa	022 0	Ray (N) Ba	Vielra	Hestiess	Doyle (	Chucks	Curling: 2015 World	Show	How/Made	Good Luck	6 (N)		Gotta Eat
AP	M Big Bang	Young &	Kate and	WordGirl	Jdg Judy	Dr. Phil	Bates Motel	The Doc- tors 0 30	Young & Restless	Early News	Dragons' Den O	SpongeBob	Champi-	The Dr. Oz Show &	Daily Planet (N)	Phineas	Mod Fam	Movie: ***	Moves
4 4	0 Big Bang	Restless	Magic Bus	Wild Kratts	Jdg Judy	() as		tors tras	nesuess	Global Nat.		Kung Fu	onships: Canada vs.			Jessie 80	Mod Fam	Fire" (2004)	Moves
E P	M Browns	News (N) 80	Jack ED	News	News	News	Bates Motel	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Russia. (N)	CTV News Vancouver	How/Made	Jessie 80	Broke Girl	Denzel Washing-	Security
5	0 Payne		Wild Kratts	Business	NBC News	CBS News	() as	ABC News	Global Nat.	11001 (11)		SpongeBob	(Live) 🛤	Tancouver	How/Made	Liv-Mad.	Mike	ton, O	Security
6	M Browns	Global Nat.	Architects of Change	PBS News- Hour (N) EE	News	KREM 2 News at	Bates Motel (N) O 25	News at 6	(5:59) News Hour (N)	(6:01) The Night Shift	CBC News	Sam & Cat		CTV News Vancouver	Bering Sea Gold	Austin	Scorpion "Crossroads"		Security
0 :	10 Payne	News	or change	riour (ry) as	Millionaire	6 (N)	(10) 17	News			Murdoch Myster-	Assembly	SportsCen- tre (N) 35			Dog		-	Security
7 P	M Mod Fam	The Night Shift (N) 182	Hope for Wildlife (N)	WA. Grown		Inside Ed.	(7:01) The Returned	Ent	The Night Shift (N) IS	NCIS: Los Angeles (N)	les n	Assembly		etalk (N)	Overhaulin'	Liv-Mad.	Broke Girl	Auction	Border
	30 Seinfeld A			Mr. Sloane	Wheel	Access H.	(N)	The Insider			Coronation	Max	Hockey	Big Bang		Next Step	Two Men	Auction	Border
8	M Family Guy	Big Brother Canada (N)		Antiques Roadshow	The Voice The artists	Broke Girl	(8:02) The Returned O	Dancing With the		Big Brother Canada (N)	Murdoch Myster-	Funniest Home	Lumber	Gotham "Red Hood"	How/Made	Dog	CityNews- Tonight (N)	Auction	Ghost
	30 Family Guy		Above O	(N)	choose a	Mike		Stars (N		-	les O	Videos	Cabble	0	How/Made	Good Luck	Au	Auction	86
Q	M Amer, Dad	(9:01) Rem- edy (N) 50		Cancer: The Emperor of		Scorplon *Crossroads	(9:01) Bates Motel 34	Same-day Tape) 90	(9:01) Rem- edy (N) 30	(9:01) Rem- edy (N) 30	Chasing Shadows	Vampire	SportsCen- tre (N) 30	Punk Is	Bering Sea Gold	Next Step	EP Daily	Auction	Security
**	30 Amer. Dad			All Maladies	5	*		140.041			(N)	Vamplre	Gradio	Dead"	-	Rebels	Reviews on	Movie: **5 *Man on	Security
10	M Jeffersons	NCIS: Los Angeles (N)	Finding the Fallen (N)	0 85	(10:01) The Night Shift	NCIS: Los Angeles (N)	(10:01) Bates Mote	(10:01) Castle	NCIS: Los Angeles (N)	News Hour Final (N)	The National	Haunting	SportsCen- tre (N) IS	(10:01) Castle	Overhaulin'	Good Luck	Extra (N)	Fire" (2004) Denzel	Border
	30 Break						0	(N) 82			(N) Itel	Haunting		(N) IE	Hampled	Win, Lose	G. Martin	Washing-	Border
1 1	M Movie: "The Tuxedo"	CHBC News Final (N)	Wildlife ED	Charlle Rose (N) 20	News	News	(11:02) The Returned		News Hour Final (N)	ET Canada	CBC News	Gags	SportsCen- tre %2	News-Lisa	How/Made	Wizards	Paid Prog.	ton. O	Myster- les at the
** :	30				J. Fallon	Letterman	1	J. Kimmel	1	Doctors	Mercer	Gags		CTV News	How/Made	Life Derek	Paid Prog.		Castle



## Saving Downtown Princeton... ...An Ongoing Series by George Elliott

The recent conversations with customers of ours complaining about late Fortis bills reminded me of what I hear from a lot of residents. In the case of Fortis, those customers who spoke with us in our office seemed to automatically think the giant corporate utility company was out to collect some extra funds through late fees. This, of course, was not the case but the instant reaction reminded me of one more I've seen locally.

pacificsatellite@gmail.com

I've discussed it here before but it bears repeating. Local business owners are not

price gouging thieves. I hear it often when someone starts

to go on and on about how expensive it is to buy (fill in the blank) in Princeton. I continue to preach about being an educated consumer and that also

an educated consumer and that also means when you shop in and around Princeton.

SHAW DIRECT

FOR INFORMATION CONTACT:

**David Lasser** 

1-866-750-8108

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It is a known fact, and I have also

verified it more than once, the local businesses that fill your mailbox with regular monthly or weekly sale flyers do it with a purpose. They want you to come into their business and offer coupons and deals to entice you with the goal of getting you inside so you will possibly include some 'non-sale' items in your shopping cart.

The cycle I have verified with these businesses is built on a sixweek rotation. This means that basically every item in a 'flyer promotion business' goes on sale once every six weeks.

If you are a regular flyer shopper you will completely understand this as patterns emerge once you start looking over the contents of any given flyer program.

In our house we do the majority of our local shopping based on flyer and sale prices. It isn't hard to do if you put some effort into it. Those who claim they can save more on the same items in Penticton, Kelowna or Merritt are often not comparing the exact items or are not shopping in the same chain. There is no doubt you can save money buying things at a big box store but all you are really doing is putting your money into the economy of a different community and in the business of someone who very likely does not support activities or events held in Princeton.

When we 'flyer shop' in Princeton we are serious.

PrincetonBCNews

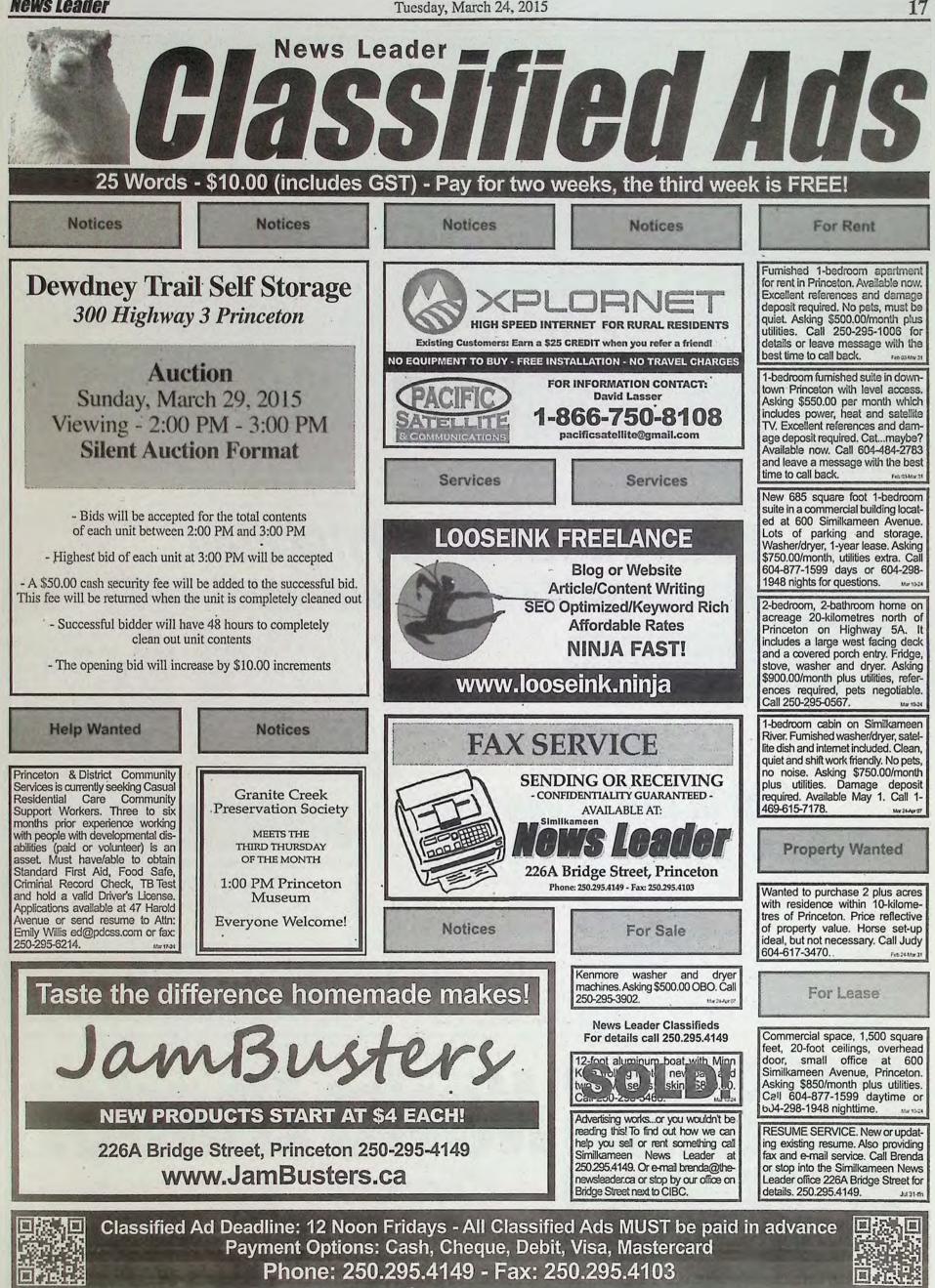
We don't make huge purchases, either. We shop almost weekly for just the items we need at that time looking specifically for the best deal on them.

For example, I will NEVER spend \$45.00 on a box of chicken breasts in a local store when I know that if I can wait another week or two or three the very same item will be on sale for \$19.99 in the same store. We easily save hundreds and hundreds of dollars a year shopping this way and those savings are found in downtown Princeton.

There is a different 'flyer promotion' store in town we buy most of our toiletries as they have the best pricing in town within the six week pricing rotation.

All you have to do to save hundreds, maybe thousands of dollars on your groceries and related purchases is change your habits.





1.

5.4



Three Amigos were having a lot of fun at the Keremeos Skateboard Park on the afternoon of March 18th. With a bit of coaxing, the three lads took a run at the west bank and got airborne at the same time. "Ta-da!" The athletes chose to remain anonymous. It was a beautiful "Spring Break" day. Photo: Arlene Arlow

# Saving Downtown Princeton...

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

.....continued from Page 16 chicken breasts when it's not on sale, don't complain about the price. There is a better deal on the same item, in the same cooler if you just wait for it. The habit of shopping out of town for items readily available in Princeton is where a lot of people seem to think they are paying too much within our com-

... continued from Page 3

parties might be out to take guns

away. Here is the thing: Harper has

been PM for almost nine years. In

that time he has not made guns the

issue, other than by removing the

long gun registry. If in the last nine

years he thought there was an issue,

why not address it then? The

answer is simple. He is trying to

munity.

This would be a valuable educational promotion the Chamber of Commerce could launch since most of the directors on that board are local business owners. Surely they could see benefits to their own businesses and the local economy in teaching residents the value in comparison-shopping and flyer shop-

#### ping.

Some of the benefits that could be used as part of that education model include: supporting local business supports your community, saving locally may encourage you to shop more in local businesses and shopping local reduces the need to travel out of town in inclement weather. I'd be lying if I said that there are good reasons to shop out of town as well. For us it is for items we can't get in our own community or we happen to be out of town and find something we couldn't resist picking up. We very rarely buy something out of town we can get in Princeton.

- How does this save downtown Princeton?

SHOPPERS

Local businesses using flyer programs do so in order to serve you. The deals found within those flyer pages are intended to get you in their business to spend maybe a little more than you normally would. If you carefully watch the flyer schedule and plan your shopping around the sales you will end up saving more which gives you extra cash to spend elsewhere in the community.

When you support your local economy everyone wins.

232 Bridge Street, Princeton



### **Spencer Coyne**

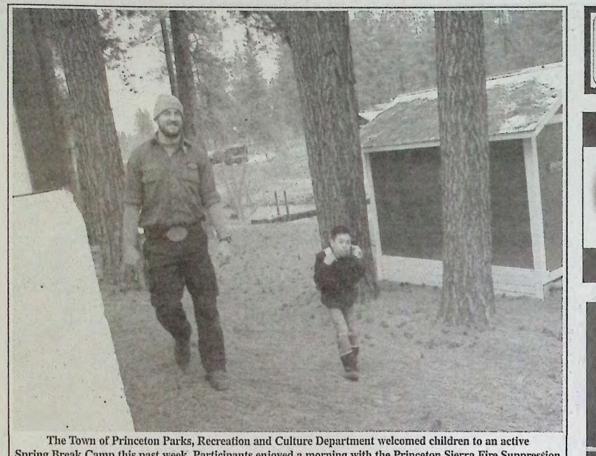
deflect from the real issues of the falling loonie, the faltering economy, the disrespecting attitude his government has had toward veterans and the list goes on.

It's time that political parties are held accountable for their actions and their propaganda. It is insulting to assume that Canadians are such sheep that they can scare us with a propaganda campaign in order to hold onto power. All politicians serve at the will of the electorate. They need to start acting as such and if they are incapable of being honest with us and respecting that we are the people who are behind their power, then they should never see the inside of the House of Commons again.



Local.

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Spring Break Camp this past week. Participants enjoyed a morning with the Princeton Sierra Fire Suppression Crew learning about Forest Fire prevention and safety on Thursday, March 19. The Summer Leisure Guide in late April will feature upcoming Summer Camps and Programs for children. Photo: Nadine McEwen

## Village GHG reduction goals ahead of schedule

...continued from Page 6 A lot of work has been put into the Keremeos program where the methods used to achieve carbon neutrality include establishing a baseline of annual GHG emission. reducing those emissions as much as possible through reduction measures and the purchase of carbon offsets for any remaining emissions.

The 2008 baseline determined by Stantec Consulting was 47.9 tonnes

of carbon dioxide equivalents (using 2014 conversion values) the standard measurement of GHG emissions.

Carbon offsets are reductions in GHG emissions that are generated through projects aimed at reducing them in Keremeos or elsewhere. The local government can purchase them once the reductions are verified. The guidelines do not consider a project in place specifically to reduce the local government's current emissions as an offset project. This means the Village of Keremeos has to purchase offsets, as "it is not feasible to operate without any emissions," Taylor states.

To reach carbon neutrality for 2014 a total of 31.4 tonnes of carbon dioxide equivalents will need to be purchased by the Village as carbon offsets. The cost of the offsets will be \$785.00 or \$25.00 per tonne.



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FOR INFORMATION CONTACT:

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pacificsatellite@gmail.com

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& COMMUNICATION

... Your Turn

## Letters and E-Mails Received This Past Week

#### To The Editor;

As part of its consultation process on limits on campaign spending by candidates and third party advertisers during local elections, the Special Committee on Local. Elections Expense Limits will be visiting the community of Kamloops on Wednesday, April 1st and will be meeting in Salon A, Holiday Inn and Suites at 675 Tranquille Road from 4:00 PM to 7:00 PM.

There are still presentation times available. In order to reserve a presentation time, please contact the

Planning is underway for the third

annual Amazing Literacy Race slat-

ed for Thursday, May 7, 2015.

Event organizers sent a request to Town Council for assistance with a

number of elements including the

- Use of public washrooms from

How

following:

**Council** approves

Literacy kace request

office at 250.356.2933, or toll-free in BC at 1.877.428.8337 at the earliest opportunity.

A conference call option is available should you have difficulty attending the hearing in person.

Further information on the work of the Committee is available on the Committee's web page you can find located at this web address: www.leg.bc.ca/cmt/leel/index.asp. The public is also invited to participate in the public consultation process by making a written submission to the Committee, including by responding to an online sur-

vey. Thank you in advance for your participation in the Committee's consultations.

- Jackie Tegart, MLA Fraser-Nicola



THIRD THURSDAY OF THE MONTH

1:00 PM Princeton Museum

**Everyone Welcome!** 

Town Council gave approval at the March 16 meeting.

- Use of tables and chairs.

- Use of Veterans Square and

- Use of the Town's tent and gaze-

9:00 AM to 3:00 PM.

Splash Park

bo, and,.

226A Bridge Street, Princeton (Next to CIBC) Phone: 250-295-4149 Fax: 250-295-4103 e-mail: george@thenewsleader.ca brenda@thenewsleader.ca

...



CALL OR TEXT 250-295-2306

alannah@horizonwestrealty.ca

224 Bridge St., PO Box 880, Princeton, BC V0X

**News** Leader



## concern the evening of March 19th but as it turns out, the fire was being attended to. It is a reminder, though, to ensure that you have the correct permit. Photo: Arlene Arlow New high cholesterol treatment available in this region

If you have been told you have high levels of LDL (or bad cholesterol) in your blood, you are certainly not alone. A recent survey from Statistics Canada found that over three million Canadians are already being treated with cholesterol-lowering drug therapies including statins.

C .-

2.19

Statin drugs can cause side effects including significant muscle pain in approximately 20% of people. Others cannot tolerate the drug at all. The side effects may be a reason why more than half of people with elevated uncontrolled or very high cholesterol levels are not taking any medications.

At the American College of Cardiology's (ACC) 2014 Scientific Sessions, the preliminary results from the clinical trials for a new type of LDL lowering therapy, PCSK9 inhibitors (proprotein convertase subtilisin-kexin type 9) were presented. PCSK9 inhibitors are a novel class of cholesterol-reducing drugs that are raising hopes for patients who cannot tolerate statins.

The early results showed a reduction of LDL by 40-70% in five separate studies of various patient groups and reduced the risk of heart attack by half!

To the relief of patients, PCSK9 did not appear to cause the type of troubling side effects associated with statin use. Also, unlike statins, which are daily pills, PCSK9 inhibitors are typically given by injection every two or four weeks.

Often it takes considerable time for new therapies to be available to patients, but now people with high levels of LDL who live in the South Okanagan/Similkameen area and qualify, can travel to Kelowna (you may be compensated for your travel to study appointments) and participate in a clinical research study to manage their high LDL and play an important role in the advancement of medical science.

As in all medical trials, eligible participants will receive comprehensive study-related medical care, monitoring and study medication at no cost while participating.

To find out if you are eligible to participate in study or for further information, call The Medical Arts Health Research Group at 1.888.490.4320 or visit HealthResearch.ca.

Since 2002, Medical Arts Health Research Group has committed to bringing the most advanced medical opportunities to the patients of British Columbia by conducting clinical trials and research for their sponsors to the highest standards of quality within the most efficient time frames. They offer clinical studies to the residents of the Kootenays, South Okanagan, Central Okanagan, Kamloops and Vancouver areas from their clinics. They look for volunteers with conditions such as Alzheimer's, Angina, Atrial Fibrillation, Asthma, Cardiovascular disease, Constipation caused by prescription pain killers, COPD, Diabetes, Foot Ulcers, High Blood Pressure (Hypertension), High Cholesterol, Tinnitus and many others. -submitted



The only side effect you may experience from our Hot Pepper (Jalapeno) Jelly is that it stings a little. Some of our customers say that they barely notice that when they are too busy fighting off that other side effect. That's right, once you try this spicy, tingly, tart and smooth jelly with the snap and bite of jalapenos you'll want to come back for more. And more.

The JamBusters! kitchen has been a busy place throughout December, January and February as that's when we developed and released our new line of products. This awesome little jar of smokin' hot jelly is one of those special treats you'll want to keep all to yourself because it is that special. So special that it has been rated to measure 11 on a scale of 10 for 'Causing Excessive Lip Smacking' and a 9.5 for 'Knocking Your Taste Buds Out.'

With results like that you know your four dollar pur-

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chase is giving you more than your money's worth in spicy, hot jelly fun. Try it today and come back for more!

HOT PEPPER (JALAPENO) JELLY - \$4

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www.JamBusters.ca



