

# Similkameen News Leader

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



Norman Anderson smashed three club records at the BCSSA Provincials held in Victoria August 21-23. Photo: Sharon Anderson

## Princeton prevails at Provincials

Eight Princeton youth traveled to Victoria for the speed swimming provincials held August 21-23. Princeton Kokanees qualified in 9 individual events, two relays, and were alternates for additional races. It is a testament to the strong support Princeton residents and businesses provide. Community grants, business sponsorship, fundraising support, town pool lease agreement, and pool management cooperation all play a role in the team's success. Parents and swimmers are grateful for the community support.

It is reminiscent of David and Goliath for Princeton to qualify for Provincials. Princeton Kokanee

swimmers overcame several disadvantages to earn the opportunity to swim at a provincial level. First, they play catch up against other clubs that have winter maintenance programs and school swim programs. Second, they have a shortened summer swim season. Fortunately, the Town of Princeton and pool management have narrowed this gap by opening the pool earlier for club rental. Third, Princeton swimmers train in lanes that are not regulation width or length. Mature swimmers have difficulty maximizing training time as their arm span may not fit within the lane. Swimmers train in a 25 yard pool rather than 25 metres.

This is a huge factor when training for regional and provincial competitions. Swimmers' stroke count is thrown off, as is pacing and endurance for each length. In a sport where hundredths of a second separates swimmers it can be the difference between qualifying or not. At Provincials hundredths of a second is significant. During the 2015 Boys Division 5 B finals less than a second separated the first six swimmers. Despite these factors Princeton swimmers qualified in 9 races and two relays proving our coaching is top notch, community support is strong, and Kokanee swimmers are hard working.

Princeton's season started May 4th, and for those traveling to provincials ended August 23rd. Training during the summer consisted of five weekly afternoon sessions plus three morning practices in addition to weekend swim meets. Motivational talks, visualization, dry land training, junior coaching,

team activities, and long hours of training filled the summer of these provincial qualifiers.

Placing in provincials was the Boys Division 6 relay team of Colton Heron, Norman Anderson, Nathan Silbermagel, and Nicholas Cimbaro. The team placed 9th in both 200 Medley (a combination 50 metres of each of the four strokes - back, butterfly, breast, free); and 200 Free Style Relays with best times in both events. The boys relay team is grateful to Nathan and his dad for making the trip to Victoria allowing the team to compete. Nathan, in only his third year of competitive swimming, completed the breast stroke portion of the medley relay and swam a strong stage in the free relay.

In Boys Division 6 Colton Heron placed 19th in the 200 Individual Medley swimming a personal best and 20th in 100 breast stroke.

In Boys Division 6 Nicholas Cimbaro placed 14th in 100 Free.

He swam 58:33 in preliminaries to qualify for finals; 16th in 200 Individual Medley with a time of 2:41:46; 17th in 50 Free with a time of 26:95 and 19th in 100 Back with a time of 1:14:53. These times earned Nicholas club records in all four events.

In Boys Division 5 Norman Anderson placed 10th in 100 Fly with a time of 1:08:73; 11th in 100 Free with a time of 1:01:46; and 14th in 200 Individual Medley with a time of 2:38:04. These times earned Norman club records in three events.

Well done swimmers for a successful season. Thank you head coach Lindsay van Genne, assistant coach Chelsea Harris, developmental coach Sandi Yee, and turtle coach Pete van Genne. Additional thanks to the executive for their countless volunteer hours. - submitted

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Back To School - Page 6

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# Pets 'n' Vets

## My Dog Keeps Scooting It's Bum On The Ground!

by Dr. Ryan Ridgway

This is a common concern in a veterinary clinic. Unfortunately, many times the owner comes in wanting dewormer but they do not explain why they want it. Because many pet owners deworm at home and just stop in to buy it, especially farm dog owners who need to deworm twice a year, the dewormer is handed out without a reason being asked.

However, the diagnosis of worms is not the cause of scooting or licking their backends. Worms in dogs don't cause itchiness like they do in horses and people. Most often, dogs scoot their hind end to try and express their anal glands.

Anal glands are two scent glands found in carnivores just inside the anal sphincter. Each dog produces a unique scent and when you see dogs sniffing each other's back ends, they are identifying each

other. Every time your dog poops, it is leaving its scent behind and they are able to determine if the other has been in the area before. While cats have retained their ability to fully express their anal glands on their own, most modern dogs have lost that ability; especially in our smaller dog breeds. Anal glands continually produce a scented oil and if the duct between the gland and it's opening in the anal sphincter becomes blocked by dry scent oil, the gland becomes impacted and continues to fill.

Impacted anal glands are very painful and can become so full that they rupture. When they become impacted and painful, dogs begin trying to open the duct themselves. This is when you notice them scooting their bum on the ground and licking at their back-end. If the glands are blocked for long, the oils

build up to the point that the gland ruptures - a very painful experience. Treatment commonly consists of flushing the gland and applying antibiotic ointments multiple times a day. In some cases it can require surgery to remove the gland.

Food allergies are commonly seen with recurring impacted anal glands. I will go into food allergies in a later column but in the case of impacted anal glands, the allergic reaction can lead to swelling of the duct so that it

narrows and cannot be expressed, leading to impaction.

In other cases, it can be obesity causing impacted anal glands when excess fat around them pinches the opening closed. Obese pets also have a harder time reaching around to clean their back end, preventing them from expressing their anal glands themselves.

Many small breed dogs need to have their anal glands expressed more than once a year. In those

cases, it is important to make sure there is not an underlying cause such as obesity or food allergies. If we can remove the cause, we can reduce the number of times their anal glands need to be expressed.

So the next time you notice your pet scooting or licking their back end, tell the veterinarian and ask to get your dog's anal glands expressed; don't just ask for dewormer. Your dog and carpet will be glad you did.

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Left to right Boys Division 6 Relay Team: Colton Heron, Nicholas Cimbaro, Nathan Silbernagel, Norman Anderson. This foursome put Princeton on the map at the BCSSA Provincials in Victoria. Story on Page 1. Photo: Sharon Anderson

**MUD DRAGS** **PRINCETON** **DEMO DERBY**

# Motorsports Weekend

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Left to right Princeton swimmers at Provincials: Kiaira Anderson, Chelsea Harris (Assistant Coach), Norman Anderson, Nicholas Cimbaro, Nathan Silbernagel, Colton Heron, Brooke Heron. Missing from photo: Gilly, Addy, Lindsay (Head Coach) and Pete van Genne (Coach). For complete details see the story on Page 1. Photo: Sharon Anderson

# Flip Of The Coyne

by Spencer Coyne

To some people the Mike Duffy trial and the entire scandal around him and the other disgraced Conservative senators is nothing more than a sideshow circus interfering with Harper's election message. Sadly that isn't so.

The Duffy trial, the entire circus around him, and the Senate scandal matter for a few big reasons. It puts into question what the Prime Minister and his office (PMO) will do to control the message to get their way. Until now everything we have known about the Prime Minister is that he is a control freak. We have seen time and time again former members of the party coming forward and telling the public that Harper controls every aspect of the message that comes from the PMO and that he runs the party with an iron fist.

This is where the Duffy scandal gets confusing. If you were to believe Nigel Wright and the Prime Minister, Duffy owed money the Conservative Party was going to pay back until they found out it was much more than first thought. Harper then said, 'pay it back' and secretly Nigel Wright paid it off by cutting a personal cheque, keeping it from his boss and the Canadian people. So here is a Prime Minister who is in complete control who has been accused of having members of the PMO tell backbenchers to get with the program or they would be gone. We are supposed to believe that he didn't know what his right hand man was up to. His replacement for Mr. Wright, Ray Novak's days may be numbered as it becomes more and more clear that he was involved as well.

Although the loss of control over the mighty PMO is a big story unto itself, it isn't the story here. The story is the cover up. Like it or not there is something fishy going on inside the Prime Minister's Office and it isn't that Nigel Wright paid off Duffy's bills. It appears that at the end of the day Mike Duffy may win in court because it seems Mr. Duffy's story is holding water after all. It appears that Mr. Duffy didn't try to bribe anyone. Instead the PMO insisted on making a payment to get it off the books.

There is also a problem with how the Prime Minister made the choice of who got the senate nod in the first place. Did Mr. Duffy own property in his home province? Yup. Did he live there? Nope.

Even the PM's lawyer Benjamin Perrin had some concerns with the Prime Minister's definition of resident and raised it with him, or at least he testified that he did so. Here is where things get messy for the Prime Minister.

He appointed Mr. Duffy to the position based on the fact that he was from a province in which he did not reside because he owned a piece of property there. Mr. Duffy then got into trouble, so rather than deal with the issue at hand the PMO tried to cover up the problem, even meddling with an audit to try and hide the spending issues from the public. In the end it all came out and Mr. Duffy has been charged with 31 charges including bribery, fraud and breach of trust.

Mr. Harper has surrounded himself with loyal soldiers who, until Mr. Perrin took the stand, seemed to be willing to go down with the

ship for Harper. The cracks are starting to show and some of those loyal soldiers are speaking out and some of them have already jumped ship. It doesn't take a genius to know why Peter MacKay left the fold when he did.

The official line was family, but the writing was on the wall and MacKay could one day become the leader of the Conservative movement, or he would have been had he never merged the Progressive Conservatives with the Canadian Alliance, but I digress. Harper's Senate choices are under investigation.

The list of loyal party warriors who have been found breaking rules and laws seems to be growing and now there is call for the RCMP to reopen an investigation into Mr. Wright's activities around the Duffy affair. Soon there will be call to investigate the entire PMO.

Mr. Harper has a real trust problem. He has had thirteen of his appointed senators (including Duffy, Wallin and Brazeau) under investigation and two of them charged under the Elections Act for the in and out scandal, two for fraud, and one suspended for improper expenses. An appointment to the Security-Intelligence Review Committee was arrested for taking kickbacks of 22.5 million in the SNC-Lavalin affair. An appointment to cabinet was charged under the Elections Act for failing to return ineligible contributions. An advisor was charged and is awaiting trial for fraud and illegal lobbying.

Let's not forget about Conservative MP and

Parliamentary Secretary Dean Del Mastro who was charged and found guilty of three counts of breaking the Elections Act and sentenced to jail time. These are not hypothetical conservatives from

some provincial government a decade or more ago. These people are Harper's people. They are his appointments, his advisors and his MPs. They are people he placed in positions of power.




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# Editorial Page News Leader

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

## My Turn...

### Can't Intimidate Those You Can't See

I love politics.

Not the actual process but the game of politics that takes place leading up to, during and after elections.

There is something curious about the lying and mudslinging that can occur in an election campaign. Particularly when it is used as a way to hide behind indiscretions.

I'm a firm believer in honesty and I understand that this often has no place in politics. I'm not just talking at the federal level, either.

I'm thinking Princeton Town Council could have saved face if they had a little more transparency on issues of controversy. I would never fault them if, for example, they came out and said something like, "We apologize for the problems we've created with (fill in the blank) we want to work with all parties concerned to resolve this issue."

Instead, as is typical in the game of politics, closed-door decisions are made and public consultation is non-existent.

Of course there are some municipal matters that do not require public input, but I think even asking for it every so often engages residents to the point they feel as if maybe their opinion counts.

To their credit, Town Council requested assistance with the deer and marmot situation. I think that is worthy of mention as one way to tap into local resources that may not appear as obvious at first.

This is one thing I continue to marvel at about our community and valley. The volume of qualified individuals of all walks of life who have been attracted to our area from bigger centres still amazes me.

This is why I think public consultation is so important. For Town Council to refuse to include voters in decisions that affect them is bordering on dictatorship.

I use the Rainbow Crosswalk as an example.

I am not against it, by the way. What I object to is how it materialized. Next to no public input and a sneaky, stealthy late night paint job.

That sets a dangerous precedent in my mind as it tells me that there are probably a lot more sneaky, stealthy things going on behind our backs.

If Town Hall has a fear of any kind, it probably comes from thinking admission of an error is a sign of weakness. In actual fact, admitting to a mistake builds character and trust. Both of these things I do believe Town Council needs to work on in order to gain credibility within the community.

With three and a quarter years to go in this term of office, the time is right to turn things around and increase the transparency instead of adding to the confusion.

I give the Mayor top marks for his outburst at the last Town Council meeting as one step towards better communication on an issue of controversy. They won't be intimidated.

Well, it's hard to intimidate those who shun the public eye.

Maybe this is the start of something new. If all members of Town Council and Town Administration chose to follow Frank's example of speaking out, we'd all start to trust our town leaders once more.

## Similkameen News Leader

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### EDITORIAL GUIDE

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



## ...Your Turn

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

To The Editor;

I felt that there were some facts that needed clearing up. I in no way want to put a negative spin on any of what I am about to say.

The fact is that the huge majority of the motorized sector wants to share the trail, we believe that the trail is there for everybody and as such we need to figure out the ways in which to make it a safe and fun place for ALL users.

There will be issues that need to be worked out and it may not be as simple as just banning some from the trail but nothing worthwhile is ever easy.

It seems there is a belief that there are not any tourist dollars generated by the motorized groups that come to our area. Here are some facts from ATVBC to ponder.

In B.C. there are 600,000 machines that create over \$800,000,000 of revenue per year.

In the southern part of B.C. there are approximately 30,000 of these machines. I can tell you firsthand that those numbers increase on a

weekly basis. Many of these machines travel every weekend to be used in other locations. Princeton, Tulameen, Osprey Lake and other surrounding areas near here are the perfect spot for them to come.

Travel time to this area makes it the perfect destination for the lower mainland as well as many other areas for the weekend getaway. We have riders from the Okanagan County in Washington that frequent our area and a number of people who travel up or down the Coquihalla and camp at Larson Hill and make use of the trails to do day long rides to or through Princeton and areas.

The average amount of money spent by each of these motorized people in B.C. is \$180.00 per day.

Money spent on lunches, gas, food, supplies, souvenirs and collectibles. In the Tulameen area since the rockslide there has been a noticeable decrease in 'walk-in' traffic and I'm sure this works the other way as well.

In early spring just after the slide happened we were informed of its occurrence by 3 different groups, totaling 21 people, wanting to travel the KVR into Princeton for lunch and supplies. This was mid week and before peak tourist season, needless to say there is great potential for economic benefits from the ever growing motorized sector in B.C.

My business, employees and family actively promote safe, shared and respectful use of every trail in the area or anywhere for that matter. It is a handful of riders that are giving this recreation a bad name, but with signage, licensing, education and a mutual belief in a shared trail I believe a difference can be made.

We are not the only area facing these issues, working together with calm heads I believe we can find solutions to make a trail for everyone.

Respectively,  
Ed Reichert, Reichert Sales & Service, Tulameen, B.C.

To The Editor;

Re: *The electoral landscape from where I stand.*

For some of us, it's a foregone conclusion we won't be voting for Harper in October. I myself can't stand his supercharged militarism, endless tax cuts for the richest corporations, reduced services for veterans and the unemployed, starvation of the healthcare and education systems, and cover-ups of complicity in Afghan torture and a secret payment to a senator.

I also reject the Harper brand of corporatism - the policies that favour petro-state profits over First Nations consultation, the environment and the climate; and connect

the delivery of international aid to unfettered opportunities for voracious Canadian mining companies.

In addition I detest Harper's savaging of democracy - seen by omnibus bills, the proroguing of parliament, the in-and-out election spending scandal that occurred right here in Kelowna, the robo-calls affair that took place in 247 of Canada's 308 ridings, the unfair Elections Act, attacks on charities and labour unions, the creation of two-tier citizenship, and anti-terrorism laws that support a secret police and diminish our constitutional rights and freedoms.

Further, I'm appalled by Harper's focus on ideology at the expense of

evidence - for example, with his crime and punishment agenda, with his muzzling of scientists, and with his destruction of the long-form census, gun registry and scientific libraries.

Not least, I refuse Harper's peculiar arrogance - his ability to sneer at his opponents and at the Canadian public even while his ship is sinking, and his ability to tell us with a straight face that the ship is actually on an even keel. Economist Jim Stanford is the latest to provide proof there's no other time in Canada's post-war economic history in which the economy has performed worse than it did under the Harper government, and that things went sideways long before the global economic crisis of 2008.

That out of the way, we now need to ask ourselves who we'll vote for. But some amongst us hear the sound of one hand clapping, which is to say they think there's no one up to the task.

They are cynical and calm, believing that all politicians are corrupt, that the sully world can be  
.....continued on Page 8

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# Current Comment

## Does Community Involvement Measure Maturity?



**Dawn Johnson**  
editor@thenewsleader.ca

I have some friends who are very involved in our community. They volunteer in organizations and they volunteer to do things to help others. One evening, I was talking with one of these people and our conversation turned to why we want to be involved in doing things in the community.

We talked about the desire to make our community a better place, to help people enjoy life more, to encourage others to enter into activities in which they could expand experience and make friends. We talked about being responsible citizens.

After our conversation, I continued to think about why people become involved in the community in which they live, why they make an effort to participate, why they join groups in projects for the benefit of everyone. I thought about this for a few days, then remembered reading a book many years ago that explained why some people do become involved and others do not.

I cannot recall the title of the

book, but I do recall the contents of one chapter. That chapter was about levels of personal social maturity. It is the level of personal social maturity that determines how involved in community a person wishes to become.

The least socially mature level is dependency. Children are dependent on others to provide for them. They depend on others to make decisions for them, to organize their lives, to teach them how to behave. I know adults who are somewhat stuck in this level, being dependent on others to care for them, to provide for them, to make decisions for them, and to organize their lives. Most often, these adults are developmentally impaired in some way, such as those suffering from dementia or a physically debilitating disease. Like children, they can no longer be responsible for their own lives. I have met people who do not seem to be able to make decisions for themselves, or to accept responsibility for their own actions, and they seem to be stuck in that level of social immaturity.

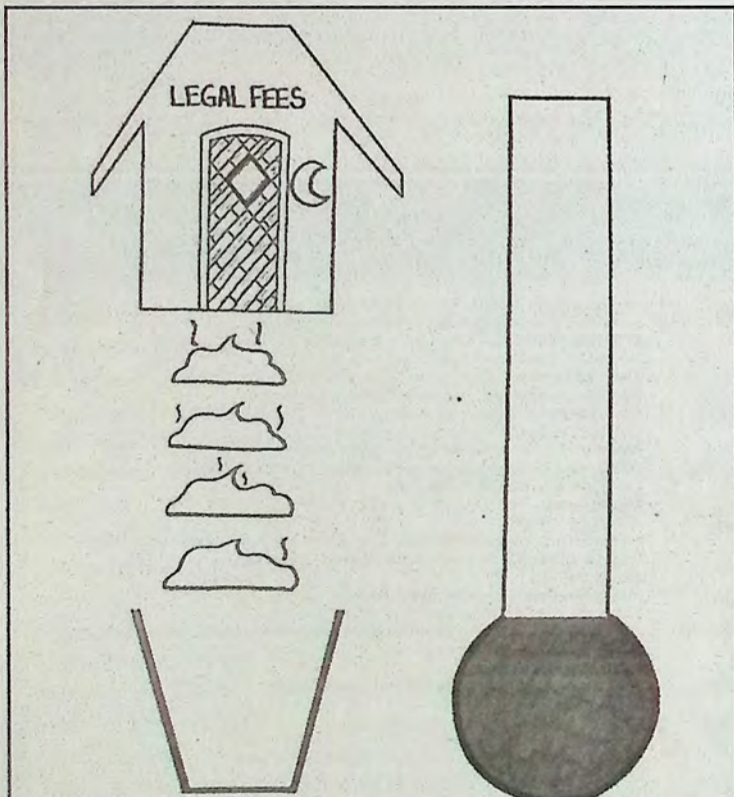
The next level of social maturity is independence. This covers the majority of adults. They look after themselves, take responsibility for their own actions, make their own decisions (perhaps asking advice of experts first), and are capable of managing their personal lives. Independence includes all aspects of thinking for one's self, and can be a selfish level of maturity in which one is primarily concerned with one's own life, one's own needs, one's own achievements.

The highest level of social maturity is interdependence. At this level, the person begins to consider how his or her personal behaviour affects others. At this level, the person can undertake care for others, and can be responsible for doing a good job of raising children, or being part of the larger community. Interdependence is the recognition that all of us are members of the same planet, needing the same basic survival necessities. Interdependent behaviours include involvement in community, in groups that strive to make the community a better place to live.

We go from the needy child level to the "me first" level, and finally, if we are to become truly socially mature, we go to the level of "we're all in this together" and we put our efforts into making our community, our nation and our world better places in which to live. The journey from dependence to independence to interdependence is a long road, and some of us get stuck in one level and never get above it, unwilling or unable to take the next step.

Often, we think in terms of winners and losers, who is the top athlete, the best actor, the richest man, or the highest rank on the corporate ladder. None of these describes social maturity. The top athlete may be ego-driven, stuck in independence. The Oscar may go to a man who has no regard for the needs of others. The CEO of a corporation may have no sense of responsibility for the poor in his community. The woman living in poverty who gives her last dollar to see that her neighbour's child is fed may have a far higher level of social maturity than the richest man.

It makes you think, doesn't it?



Thermometers are fun. They create an easy to understand visual. The News Leader elves put some extra effort into this one and you can help us colour the graphs by filling out the survey on Page 16 and dropping it off at our office. \*

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**2015 - 2016**

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AM		PM
7:23	4247 Highway 40	4:10
7:26	Link Lake Road	4:06
7:28	3934 Highway 40	4:05
7:37	Jellicoe Road	3:54
7:43	2803 Highway 40	3:48
7:44	Pinewood Drive	3:46
7:46	3548 Highway 40	3:44
7:46	2496 Highway 40	3:43
7:47	2271 Highway 40	3:40
7:52	2043 Highway 40	3:38
7:58	1579 Highway 40	3:35
8:00	Baker Hill Road	3:34
8:04	1168 Highway 40	3:30
8:06	975 Highway 40	3:28
8:10	Nelson Road	3:23
8:11	Rainbow Lake Rd	3:21
8:12	310 Highway 40	3:20
8:17	P. S. S.	3:18
7:23	4247 Highway 40	4:10
7:26	Link Lake Road	4:06

**OLD HEDLEY ROAD**

58OHR

AM		PM
7:46	Turn around #2607	3:50
7:47	Ryan (#2513)	3:49
7:58	Harmon (#1440)	3:40
8:02	Vegaria (#1142)	3:37
8:02	Armstrong (#1141)	3:37
8:03	Baird (#1129)	3:36
8:04	Johnson (#1092)	3:35
8:05	Kent (#1078)	3:35
8:05	Copper Cr Ranch	3:34
8:06	Stratam (#1023)	3:33
8:11	Coyne (#570)	3:28
8:12	Coyne (#558)	3:27
8:14	Adams (#410)	3:26
8:16	Caruso (#382)	3:25
8:18	East Princeton (8th Avenue)	3:23
8:19	E Princeton (Portland Avenue)	3:22
8:24	P. S. S.	3:15
8:35	Vermilion Fork Elementary	3:05

**Highway 3 - EAST**

Bus No. 3580 58H3E

AM		PM
7:45	Mushroom Farm	3:40
7:50	Sandli (#1269)	3:43
7:55	Old Gravel Pit Turn Around	3:45
8:00	San Ang Estates	3:35
8:03	Taylor's Mill	3:33
8:05	Pine Trailer Park	3:28
8:08	Aspen Street	3:20
8:10	Auburn Playgrnd	3:22
8:15	Vermilion Forks	3:15
8:25	P. S. S.	3:10
8:30	John Allison	3:05

**Highway 5A MERRITT Highway**

58MH

AM		PM
7:48	Round Lake	3:45
7:53	Gravel Pit	3:40
8:02	#1215	3:28
8:03	7 Mile	3:27
8:05	#1056	3:26
8:07	Summers Cr Rd	3:25
8:08	#866 Old Merritt Hwy	3:24
8:09	Old Merritt Hwy/ Belfort Rd.	3:23
8:12	Cedar Creek Rd.	3:21
8:14	#560	3:20
8:15	Sunflower Estates Rd.	3:19
8:16	#320	3:19
8:19	P. S. S.	3:18

**TULAMEEN COALMONT**

Bus No. 3581 58TUL

AM		PM
7:45	McEwen	3:48
7:50	Tulameen Store	3:52
8:00	Coalmont Store	3:44
8:17	Lind Road	3:28
8:18	206 Coalmont Rd	3:27
8:20	Snowpatch	3:25
8:25	Lions Park	3:20
8:28	P. S. S.	3:15
8:35	Tapton Avenue/ Dairy Queen	3:10
8:40	Vermilion Forks	3:05

**Highway 3 - WEST**

Bus No. 4581 58H3W

AM		PM
8:05	Black Mine Road	3:30
8:10	Wright Road	3:35
8:15	Westridge Subdivision	3:27
8:20	Vermilion Forks	3:25
8:23	Tapton Avenue	3:20
8:30	P. S. S.	3:12
8:35	John Allison	3:05

Remember to:  
Clip 'n' Save This Bus Schedule

**SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN) STUDENT REGISTRATION - 2015/16**

**PRE-REGISTRATION**

For students "new" to School District No. 58 (Nicola-Similkameen), the schools are open for pre-registration August 31 - September 4 from 9:00 AM - 11:30 AM and 1:00 - 2:30 PM. Call ahead to confirm.

**SCHOOL OPENING**

Tuesday, September 8, 2015 - Adjusted Hours: 10:00 AM - 12:00 Noon  
Wednesday, September 9, 2015 - Regular School Hours.

**SCHOOLS**

John Allison Elementary, K - 3 250-295-6727  
Vermilion Forks Elementary, 4 - 7 250-295-6642  
Princeton Secondary School, 8 - 12 250-295-3218

The following fees can be paid on the first day:

Activity Fee \$20.00 (supports student council initiatives and student agendas)  
Lock \$ 7.00  
Yearbook \$40.00 (it is recommended that you purchase your yearbook at this time as they are often sold out).

**THE BRIDGE - Princeton Alternate Education School:**

148 Old Hedley Road.  
REGISTRATION DATE: September 8, 2015 - 10:00 AM to 3:00 PM  
For more information, call 250-295-3180 or contact: Princeton Secondary School 250-295-3218.

**BUS STUDENTS**

Please check in the newspaper and with your school for bussing information.  
Tuesday, September 8, 2015: Busses will pick up students one hour LATER in the morning, and return students beginning at 12 Noon.  
Wednesday, September 9, 2015: Busses begin the regular schedule.

**KINDERGARTEN:**

To register, a child must be 5 years of age, on or before December 31, 2015, and a birth certificate, immunization record, and Care Card. Kindergarten starting dates will be arranged through the school.

**STRONGSTART EARLY LEARNING CENTRE:**

John Allison Elementary School  
StrongStart is a free, school based, drop-in early learning program for children from birth to 5 years old and their parents, grandparents or caregivers. Together they share learning experiences and social interactions with other children and adults in a positive and open ended play environment. Start up date: September 14, 2015.

**DISTANCE EDUCATION:**

SOUTH CENTRAL INTERIOR DISTANCE EDUCATION (SCIDES) 250-378-4245 or 1-800-663-3536  
SCIDES is the distance education school operated by our district that offers programs for Kindergarten through Grade 12 and adult learners, tuition free. Registration is ongoing. For an appointment call 250-378-4245 or 1-800-663-3536.

**TRANSPORTATION ASSISTANCE**

Families living beyond the regular school bus routes may be eligible for transportation assistance for the 2015/2016 school year and are asked to make application before **October 9, 2015** regardless of whether transportation assistance was received in the past. Applications after this date will be approved as of the date the application is received, and will not be retroactive. Transportation Assistance forms are available at each school in Princeton.

Parents are reminded that road/weather conditions may cause delays/cancellations to the regular bus run(s). In extreme circumstances, notice of delays will be announced over the local radio station and the school will attempt to contact parents by phone, in order that children do not wait extended time periods at a bus stop.

**REGISTRATION OF HOME SCHOOL LEARNERS PARENT INFORMATION**

The School Act states:

"A parent of a child who is required to enroll in an educational program under section 3 (Division 4 - Home Education) a) may educate the child at home or elsewhere in accordance with this Division, and b) must provide that child with an educational program.

**Registration**

A parent of a child who is required under the above section to provide the child with an educational program must register the child on or before September 30 in each year with

- a) a school of the parent's choice that is operating in the school district in which the parent resides,
- a.1) if the child is an eligible child, a school referred to in paragraph (a) or (c), or a francophone school of the parent's choice that is operating in the francophone school district in which the parent resides,
- a.2) if the child is an immigrant child, a school referred to in paragraph (a) or (c), or a francophone school of the parent's choice that is operating in the francophone school district in which the parent resides but only if the francophone education authority responsible for that school permits the parent to register that child, or
- b) REPEALED 2006-21-8, effective June 30/06, BC Reg 195/06
- c) an independent school operating in British Columbia."

To register or to obtain further information, telephone the school of your choice, or write to the Superintendent of Schools, The Board of Education of School District No. 58 (Nicola-Similkameen), Box 4100, Merrit, B. C., V1K 1B8.



**SCHOOL DISTRICT NO. 58 (Nicola-Similkameen)**

School Calendar for the 2015/2016 School Year  
Days in Session 185 - Number of Non-Instructional Days 7

August 31 - September 1, 2015	Monday-Tuesday	Summer Institute (Summer Professional Development Days)
September 2, 2015	Wednesday	School Based Sessions (Summer Professional Development Day)
September 8, 2015	Tuesday	SCHOOL OPENING - School hours 10:00 AM to 12 Noon. (Bus schedule to be adjusted for the first day of school)
October 12, 2015	Monday	Thanksgiving Day
October 23, 2015	Friday	Non-Instructional Day (Professional Development Day)
November 11, 2015	Wednesday	Remembrance Day Statutory Holiday
November 13, 2015	Friday	MSS & PSS First Term Report Cards go home
November 27, 2015	Friday	Merritt and Princeton Elementary report cards go home
December 1 - 2, 2015	Tuesday - Wednesday	All Schools - Shortened day for parent/teacher interviews (Schools closed 1 hour early each day)
December 18, 2015	Friday	Last day of school before Winter Break
December 21 - January 1, 2016		Winter Break
January 4, 2016	Monday	SCHOOLS REOPEN
January 25 - 29, 2016		Provincial Exams Secondary Schools (Days to vary per secondary school)
February 5, 2016	Friday	Princeton and Merritt Secondary School Report Cards go home
February 8, 2016	Monday	Family Day
February 19, 2016	Friday	Non-Instructional Day (Professional Development Day)
March 4, 2016	Friday	Merritt and Princeton Elementary Report Cards go home
March 8 - 9, 2016	Tuesday - Wednesday	All Schools - Shortened day for parent/teacher interviews (Schools closed 1 hour early each day)
March 11, 2016	Friday	Last day of school before Spring Break
March 14 - 18, 2016	Monday - Friday	SPRING BREAK
March 21 - 24, 2016	Monday - Thursday	Non-Instructional Days (In-lieu of Professional Development)
March 25, 2016	Friday	Good Friday
March 28, 2016	Monday	Easter Monday
March 29, 2016	Tuesday	Schools reopen after the break
April 22, 2016	Friday	Princeton Secondary School Third Term report cards go home
April 29, 2016	Friday	Merritt Secondary School Third Term report cards go home
May 23, 2016	Monday	Victoria Day
June 22 - 29, 2016		Provincial Exams
June 29, 2016	Wednesday	Year End Report Cards go home
June 29, 2016	Wednesday	Last day of classes
June 30, 2016	Thursday	ADMINISTRATIVE DAY - SCHOOLS CLOSED



Patrick Kaiser moves from Vice Principal to Principal this year at Princeton Secondary School. He was 'on the job' last week along with administrative staff preparing for the start of the new school year. \*

## Take the stress out of back to school

(NC) For parents back to school season is a roller coaster of emotions. The desire to see our children maximize their potential while remaining safe and happy fills us with anxiety, pride, and concern. The safety and well-being of our children is always something that is top of mind for parents. This worry and concern is exemplified when it is time for our kids to head back to school. While some things are completely out of parent's control, it is important to take necessary precautions and prepare our children for what lies ahead.

One common and avoidable back to school ailment that can impact

kids in both the long and short term is backpack related injuries. Backpack related injuries are not something that immediately raises our concern, however sharing these simple strategies with our children can help them avoid injuries associated with backpacks and alleviate another back to school worry for parents:

**Choose the right backpack:** Forget good looking leather. It's far too heavy. Go for vinyl or canvas. Pick a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly, is

not too snug around the arms and under the armpits, and that its size is proportionate to the wearer's body.

**Pack it properly:** Your kids are not moving out, so make sure to pack only what is needed for that day, and that the weight is distributed evenly. It's a good idea to know roughly what each item weighs. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight.

**Put the backpack on properly:** It's a good idea to help young children with this, at least the first few times. Put the pack on a flat surface, at waist height. Slip on the pack, one shoulder at a time, then adjust the straps to fit comfortably. Remember when lifting a backpack, or any item, to lift using the arms and legs and to bend at the knees.

**Teach your child the right way to wear it:** Both shoulder straps should be used, and adjusted so that the pack fits snugly to the body, without dangling to the side. Backpacks should never be worn over just one shoulder. You should be able to slide your hand between the backpack and your child's back. The waist strap should also be worn for added stability.

For more information [www.chiropractic.on.ca](http://www.chiropractic.on.ca). -submitted

## Living Past 100

### Fight Cholesterol With Pears

Pears are in season now, and they are one of the fruits that give good nutritional value for the dollar. Pears possess the additional value of containing lignin, an insoluble fiber that traps cholesterol and clears it out of the digestive system, preventing it from entering the bloodstream. The lignin in pears provides another service: lignin soaks up water, making stools softer, working as an antidote for constipation. This prevents colon cancer.

Pears contain another important substance: pectin. Pectin is a glutinous substance that binds to cholesterol, causing it to pass through the intestine without being absorbed into the bloodstream.

While reducing cholesterol, pears help build bones. One of the components of bone-building is boron, a mineral that helps keep bones strong. Eating pears regularly can reduce the chance of osteoporosis.

Boron has another role in the body: boron protects the brain. Studies have shown that people who have a low level of boron are less mentally alert than those with higher levels, and their reflexes are not as good.

Pears are not high in boron, but they do add to the amount of boron received in combination with other foods. Boron is found in other fruits, leafy vegetables and nuts. Studies show boron helps the uptake of calcium, magnesium and phosphorus.

When pears are preserved through canning, the nutritional value is not lost. The lignin, pectin and boron are not destroyed through the canning process, so canning pears makes good sense.

Eating a ripe pear oozing juice is a treat. In Europe, in the autumn, ripe pears are often on the dessert menu, served with slices of mild cheese, and a knife and fork to cut a slice of pear and layer it with a bit of cheese. A great end to a good meal, or just on its own for a snack.

## Narcotics Anonymous

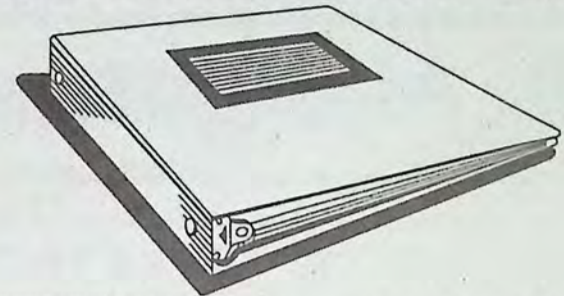
7:00 PM Wednesdays  
7:00 PM Sundays  
Chamber of Commerce  
Basement, Highway 3

INFO: 250-295-7919  
OR 250-295-6531



PrincetonBCNews

## Year '16 Students Good Luck this School Year!



SHOPPERS  
DRUG MART

(250) 295-3353  
232 Bridge Street, Princeton

## Students...

...stay safe this school year!

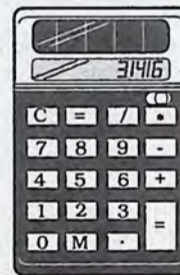


KALOTIRE

307 Culbertson Way  
Princeton  
(250) 295-7171

## The Savings Add Up For Back To School!

- calculators
- computers - from complete systems to accessories
- software and CD-R/CD-RW accessories



THE SOURCE  
BY CIRCUIT CITY

259 Bridge Street, Princeton  
(250) 295-6848

## School Days

Good Luck, Students!

FROM MANAGEMENT & STAFF

Cooper's Foods  
your store

Bridge Street, Princeton  
(250) 295-6322



News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - September 1 - 7, 2015

 **PrincetonBCNews**

**STAY SAFE THIS SCHOOL YEAR!**

**The Hut**  
Bottle Depot



367 Highway 3, Princeton (250) 295-3835

**FAX SERVICE**

SENDING OR RECEIVING  
- CONFIDENTIALITY GUARANTEED -  
AVAILABLE AT:  
Similkameen  
**News Leader**  
226A Bridge Street, Princeton  
Phone: 250.295.4149 - Fax: 250.295.4103



**Good Luck Princeton Students!**

**Back To School**

**May You Have A Safe School Year!**

**GOOD LUCK PSS ATHLETES!**  
**Cool Beanz Coffee House**  
Princeton Plaza, Princeton  
(250) 295-6224



**It's Time To Think About...  
SCHOOL BUS SAFETY**



**PRM CONCRETE**

**Princeton Redi-Mix**  
411 Highway 3, Princeton  
(250) 295-7330



Class of 2015 graduate Morgan Grigg was presented with the Governor General's Academic Medal August 28th by Principal Patrick Kaiser. The award goes to the student with the highest average upon graduation. \*

## ...Your Turn

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

.....continued from Page 4 transcended, that we might even make ourselves and our world through whole foods and yoga and collective practices.

Or they are disillusioned and angry, believing there's no party that will represent their views on the urgent need for system change, not climate change, and on the need to condemn relentless Israeli aggression against Palestine,

To The Editor;

Kudos to Russ Pederson for his recent write up pertaining to the evolving contentious ATV Trail issues.

This retired ex-RCMP Member who was extremely well respected

To The Editor;

Perhaps someone can tell me why we are paying \$127.9 for gasoline when oil prices are the lowest they have been for many years. Gasoline in Hope is \$113.9, \$111.9 in Abbotsford and even in the lower mainland where there is a transit tax on gasoline they are only paying \$122.9. In Manitoba they are paying \$96.9.

There is definitely something wrong here! What makes the gas companies think people in Princeton are the richest in Canada and therefore we can pay more?

- Anne Passey, Tulameen BC.

including the occupation itself.

To the first group I would say transcendence is impossible. Whether we like it or not, politics determines the contours of our lives from the moment the alarm clock goes off. Do we have a job to go to, how much are we paid, is there equal opportunity in the workplace, is public education adequate for us or our child, can we afford daycare for the

by fellow members as well as the public in general, has, as he did so many times in his tenure with the RCMP, put forth his views, (which happen to coincide with many of us) in a respectful and non confrontational perspective that should help to induce further practical input from all users in general.

Many of us are still here that can recall long pleasant treks along the former rail bed which we shared with huge noisy steam or diesel units, stepping aside to let them roar on by, then continue unfettered on our way.

Even today White Rock is a prime example of the cohesiveness possible as many thousands on a daily basis share the proximity of the rail right of way with massive, noisy diesel passenger and freight cars that thunder on by.

- Jack French, Princeton

youngest, will we ever pay off the mortgage, do we have clean drinking water, is the country at war, will climate change kill us? These are outside our control - and they matter.

To the second group I would say the big problem with the disillusioned is they mistake elections for revolutions and are disappointed with the choices. Elections are not revolutions! Go vote in October, because elections can bring a modicum of much needed change, and then go write a letter, call your MP, or join a blockade. The idea that democracy is to be exercised once every four years is a poverty-stricken vision of our rights and obligations as citizens.

To Canada's youth in particular, I would repeat the words of broadcaster Linden MacIntyre: "People who have power want to keep power, and you represent the peril of change." Recognize the power your overwhelming demographic numbers bring, and deploy it.

On October 19, I will be voting NDP - not because I have undying affection for Thomas Mulcair or an absolute ideological attachment to the NDP, but because that party has the best electoral chance of effecting regime change in Ottawa. By any calculation, Harper must go.

- Dianne Varga, Kelowna, BC



# News Leader Str8ts

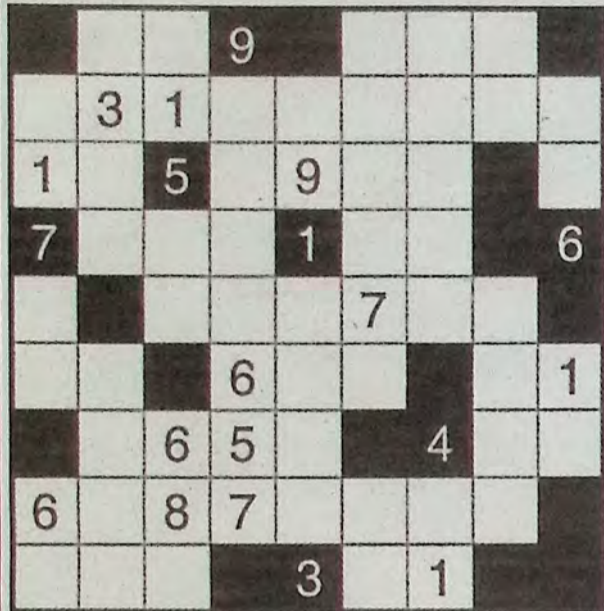
# Tuesday - Wednesday

## STR8TS

No. 244

Medium

Previous solution - Tough



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

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

### TUESDAY EVENING

8:00 pm FAM ch.26 "Zapped" (2014, Comedy) Zendaya. While adjusting to her new stepfamily, a girl finds a smartphone app that magically allows her to control boys. (In Stereo) (CC)  
9:00 pm KNOW ch.5 "Racing Dreams" (2009, Documentary) Three youths travel to racing meets around the country as they pursue their goal of winning the World Karting Association's national championship. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "Duplex" (2003, Comedy) Ben Stiller. After moving into a New York brownstone, an author and his wife try to get rid of an annoying neighbor.

7:00 pm KSPS ch.6 "Ocean Frontiers: The Dawn of a New Era in Ocean Stewardship" (2011, Documentary) Biologists, fishermen, farmers, industrialists and others collaborate to save the world's oceans from destruction. (In Stereo) (CC)  
7:30 pm SPIKE ch.44 "American History X" (1998, Drama) Edward Norton. Premiere. A brutal skinhead emerges from prison reformed and tries to show his neo-Nazi brother the error of his ways. (In Stereo)

### WEDNESDAY AFTERNOON

2:32 pm SPIKE ch.44 "Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo)  
5:04 pm SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Premiere. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)

8:01 pm FAM ch.26 "Rebound" (2005, Comedy) Martin Lawrence. Suspended after a public outburst, a college basketball coach accepts a short-term job with a team of middle schoolers. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "The International" (2009, Suspense) Clive Owen. An Interpol agent and a New York prosecutor join forces to shut down a powerful bank's funding of terrorism.

### EVENING



### THIS WEEK'S

# News Leader Str8ts

SOLUTION WILL APPEAR  
IN NEXT WEEK'S ISSUE

### TUESDAY, SEPTEMBER 1, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTour ch.45	
6 AM	Community	Morning News (N) 8:30	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 8:30	(5:00) Morning News (N)	CBC News Now (N) 8:30	Kid vs. Kat Almost	SportsCentre 8:30	CTV Morning Live Vancouver (N) 8:30	Dangerous Flights	Justin Phineas	CityLine (N) 8:30	Bar Rescue 8:30	Live Here 8:30	
7 AM	Law & Order: SVU		Dinosaur	Odd Squad	Today Actors Robert Redford and Nick Nolte. (N) 8:30	CBS This Morning (N) 8:30	Dog	Good Morning America (N) 8:30			Super Why! Arthur 8:30	Squirrel Parents	SportsCentre 8:30		Yukon Men 8:30	Phineas Wizards	Let's Make a Deal 8:30	Bar Rescue 8:30	Yukon Gold 8:30 (DVS)	
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami 8:30			Morning Huntley St.	Moblees Tiger	SpongeBob	2015 U.S. Open Tennis	Daily Planet 8:30 (DVS)	Warhogs! ANT Farm	The Price is Right 8:30	Bar Rescue 8:30	Security 8:30		
9 AM	Millionaire	Morning	Astroblast	Peg			The 700 Club 8:30	Livel Kelly and Michael	Morning Huntley St.	Pitchin' In	Super Why! Napkin	Kung Fu	First Round. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live)	Livel Kelly and Michael	How/Made	ANT Farm	FamFeud	Bar Rescue 8:30	The Dead Files 8:30	
10 AM	Divorce	Pitchin' In	Boj (N) 8:30	Sesame Street 8:30 (EI)			The Price is Right 8:30	CSI: Miami 8:30	The View 8:30	Pitchin' In	Rachael Ray 8:30	Bookaboo	Kung Fu	The View 8:30	Mayday 8:30	Wingin' It Dog	The Chew 8:30	Ink Master 8:30	Ghost Adventures 8:30	
11 AM	Judge	Rachael Ray 8:30	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 8:30	Paidd Prog. Skin Care	Rachael Ray 8:30	Noon News Hour (N)	Heartland "Full Circle"	Kung Fu		Marilyn Denis	Rise of the Machines	Gaming I Didn't	General Hospital (N) 8:30	Ink Master 8:30	Security 8:30	
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose 8:30	Cook Top	News	The First 48 8:30	The Chew 8:30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 8:30	Penguins		CTV News Vancouver	River Monsters	Dog	Celebrity	Ink Master 8:30	Security 8:30	
1 PM	King	Days of our Lives (N)	Ruf-Tweet	Dowdle	Days of our Lives (N)	The Talk 8:30	The First 48 8:30	General Hospital (N) 8:30	Days of our Lives (N)	The Talk 8:30	Recipes	Penguins		The Social (N) 8:30	Treasure Quest: Snake	Jessie 8:30	CityLine 8:30	Ink Master 8:30	Border 8:30	
2 PM	The Middle	The Talk 8:30	Maya	Thomas	TMZ (N) 8:30	Let's Make a Deal 8:30	The First 48 8:30	Queen Latifah	The Talk 8:30	Meredith Vieira	Stefano	Penguins		Dr. Phil 8:30	How/Made	Jessie 8:30	CityNews at 5 (N) 8:30	Ink Master 8:30	Ghost Adventures 8:30	
3 PM	Seinfeld	Meredith Vieira	Doozers	Curious	Ellen DeGeneres Show	The Dr. Oz Show 8:30	Storage	Rachael Ray 8:30	Meredith Vieira	Young & Restless	Republic of Doyle 8:30	Penguins		Ellen DeGeneres Show	How/Made	Dog	(2:59) CityNews at 6 (N) 8:30	Ink Master 8:30	Eat St. 8:30	
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil 8:30	Storage	The Doctors 8:30	Young & Restless	Early News Global Nat.	Dragons' Den 8:30	SpongeBob	2015 U.S. Open Tennis	The Dr. Oz Show 8:30	Daily Planet (N) 8:30	Dog	Mod Fam	Ink Master 8:30	Yukon Gold 8:30 (DVS)	
5 PM	Browns	News (N) 8:30	Dino Dan	News	News	News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News	Parents	First Round. From the USTA National Tennis Center in Flushing, N.Y. (N)	CTV News Vancouver	Land Rush (N) 8:30	Dog	America's Got Talent "Semi-Final 1" (N) 8:30	Ink Master 8:30	Security 8:30	
6 PM	Browns	News Hour	Hope for Wildlife 8:30	PBS News-Hour (N) 8:30	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Thunder		CTV News Vancouver	Deadliest Catch (N) 8:30	Nowhere	Next Step	Ink Master 8:30	Beautiful 8:30	
7 PM	Mod Fam	Ent	Monster Quake	In Their Own Words 8:30	Jeopardy!	Wheel	Storage	Ent	Ent	NCIS: New Orleans 8:30	Coronation	Henry		etalk (N)	Deadliest Catch The Saga is in danger of sinking.	The X Factor (N) 8:30	Broke Girl Two Men	Ink Master (N) 8:30	Running Wild 8:30	
8 PM	Family Guy	NCIS "The Lost Boys"	Extraordinary Journey	Big Blue Live 8:30	America's Got Talent "Semi-Final 1" 8:30	NCIS "The Lost Boys"	Storage	Fresh-Boat	NCIS "The Lost Boys"	NCIS "The Lost Boys"	Mercer	Funnlest Home Videos		All for One	Cleveland	Movie: "Zapped" (2014)	CityNews-Tonight (N)	Tattoo	Mysteries-Museum 8:30	
9 PM	Amer. Dad	Elementary "Bella" 8:30	Movie: *** "Racing Dreams" (2009) 8:30	Frontline "Putn's Way"	Zoo (N) 8:30	Storage	Storage	Fresh-Boat	Elementary "Bella" 8:30	Elementary "Bella" 8:30	Creek	Wipeout 8:30	SportsCentre (N) 8:30	Zoo (N) 8:30	Deadliest Catch 8:30	Wingin' It	Reviews on	Ink Master 8:30	Beautiful 8:30	
10 PM	Jeffersons	NCIS: New Orleans 8:30	Silli Walt-ing: Ljfe After	Hollywood Game Night	NCIS: New Orleans 8:30	Storage	Storage	Extreme Weight Loss	NCIS: New Orleans 8:30	News Hour Final (N)	The National (N) 8:30	Haunting		SportsCentre (N) 8:30	Hollywood Game Night	Deadliest Catch The Saga is in danger of sinking.	Warhogs! G. Martin	Extra (N)	Ink Master 8:30	Running Wild 8:30
11 PM	Movie: ** "Duplex"	CHBC News Final (N)	Monster Quake	Charlie Rose (N) 8:30	News	News	Storage	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre 8:30	News-Lisa	Wizards	The Role	Tattoo	Ghost Adventures 8:30		

# Vermilion Forks Field Naturalists

## Lost Cow Trail Interests Naturalists



Vermilion Forks Field Naturalists pause on their most recent hike to soak up the surroundings. - photo submitted

by Janis Wright, VFFN

The air was fresh and cool when Vermilion Forks Field Naturalists members set off on our August 23rd 'Lost Cow Trail' trek, as the wildfires' smoke was barely discernible on the horizon.

Joan Kelly led ten of us through the woods on a trail just off China Creek Road - a path that led to a great viewpoint looking across the valley to the south. We stopped at this spot and found a log on which to perch and relax.

We spent some time exploring the area and admiring the vista, while spotting turkey vultures soaring overhead. A lone merlin also flew above us, harassed by a flock of ravens.

As we made our return journey,

shedding jackets when the sun began to warm us, we heard the flat, drawn-out caws of Clark's nutcrackers, as well as the high, piping peeps of pygmy nuthatches.

It was another companionable outing filled with laughter, exercise, and the tantalizing fragrance of pine.

Our field trips are perfect opportunities to meet new people - two of our ten were out of town visitors: a young woman from Arizona and a 92-year-old visiting from Metro Vancouver!

Our next hike will be September 5, when Rika Ruebsaat will lead us up to the beautiful alpine landscape of Jim Kelly Peak. This is an all

day excursion that is well worth the effort.

Please confirm participation with Rika at 250-295-4006 and meet at Billy's Restaurant parking lot at 8:00 AM with lunch and lots of water.

Our first meeting of the fall season will be held Tuesday, September 8th at Riverside Centre, 7:00 PM. Guest speaker will be Jo Hughes, with a presentation on hikes, wildlife and wildflowers in Manning Park.

Please note that our club's activities can now be viewed by members and the general public on our website: [www.vffn.ca](http://www.vffn.ca) - check us out!

## SINGIN' THE BLUES



JamBusters! has just released our newest product - and we're singin' the blues! Our Strawberry with the Blues Pepper Pepper Jam is chock full of strawberries, blueberries and two kinds of pepper including chili pepper flakes. If your jam doesn't make your tongue tingle, then you need to try this one and really FEEL the blues! It's great on toast, crackers, on a spoon, in the sun and locked quietly in a dark room. Mmmm, that's something worth singin' about.

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# SO COUNTRY INTERNET RADIO

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These little fawns were about as curious about us as we were about them. Another late pair wandering around South Princeton with their mother last week. \*

WEDNESDAY, SEPTEMBER 2, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Community	Morning News (N) [DVS]	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) [DVS]	(5:00) Morning News (N)	CBC News Now (N) [DVS]	Kid vs. Kat	SportsCentre [DVS]	CTV Morning Live Vancouver (N) [DVS]	Airshow [DVS]	Justin	CityLine (N) [DVS]	Bar Rescue [DVS]	Live Here
6:30 AM	Community		Rob Robot	Arthur			Dog					Almost				Phineas			Live Here
7 AM	Law & Order: SVU		Dinosaur	Odd Squad	Today Martha Stewart; Emma	CBS This Morning (N) [DVS]	Dog	Good Morning America (N) [DVS]			Super Why!	Squirrel	SportsCentre [DVS]		Jade Fever	Phineas	Let's Make a Deal [DVS]	Bar Rescue [DVS]	Yukon Gold [DVS]
7:30 AM			Wild Kratts	Wild Kratts	Thompson. (N) [DVS]		Dog				Arthur [DVS]	Parents		Jade Fever	Wizards				
8 AM	Law & Order: SVU		PAW Patrol	Curious			CSI: Miami [DVS]			Morning	Moblees	SpongeBob	2015 U.S. Open Tennis: Second Round. From the USTA National Tennis Center in Flushing, N.Y. (N) (Live)	Daily Planet [DVS]	Warthogs!	The Price Is Right [DVS]	Bar Rescue [DVS]	Security	
8:30 AM			Curious	Curious					Huntley St.	Huntley St.	Tiger	SpongeBob			ANT Farm			Security	
9 AM	Millionaire	Morning	Astroblast	Peg		The 700 Club [DVS]	CSI: Miami [DVS]	Live! Kelly and Michael	Morning	Pitchin' In	Super Why!	SpongeBob		Live! Kelly and Michael	How/Made	ANT Farm	FamFeud	Bar Rescue [DVS]	The Dead Files [DVS]
9:30 AM	Millionaire	Huntley St.	Kate and	Tiger					Huntley St.	Debt/Part	Napkin	SpongeBob			How/Made	Good Luck	FamFeud		
10 AM	Divorce	Pitchin' In	Boj [DVS]	Sesame Street [DVS]		The Price Is Right [DVS]	CSI: Miami [DVS]	The View [DVS]	Pitchin' In	Rachael Ray [DVS]	Bookaboo	SpongeBob		The View [DVS]	Mayday [DVS]	Wingin' It	The Chew [DVS]	Bar Rescue [DVS]	Ghost Adventures [DVS]
10:30 AM	Divorce	Debt/Part	PAW Patrol	(Street)					Debt/Part		Monster	SpongeBob				Dog			
11 AM	Judge	Rachael Ray [DVS]	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 [DVS]	Paid Prog.	Rachael Ray [DVS]	Noon News Hour (N)	Heartland [DVS]	SpongeBob		Marilyn Denis	Land Rush [DVS]	Gaming	General Hospital (N) [DVS]	Rescue	Security
11:30 AM	Judge		Dinosaurs	Sit & Be Fit	Hot Bench			21 Day Fix				SpongeBob				I Didn't		Tattoo	Security
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose [DVS]	Paid Prog.	News	The First 48 [DVS]	The Chew [DVS]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [DVS]	Parents		CTV News Vancouver	Deadliest Catch [DVS]	Dog	Celebrity	Bar Rescue [DVS]	Beautiful
12:30 PM	Hot Bench		Kate and		Lunal	Bold						Parents				Next Step	Celebrity		Beautiful
1 PM	King	Days of our Lives (N)	Ruf-Tweet	Oil Painting	Days of our Lives (N)	The Talk [DVS]	Wahlburg	General Hospital (N) [DVS]	Days of our Lives (N)	The Talk [DVS]	Recipes	Parents		The Social (N) [DVS]	Deadliest Catch The Saga is in danger of sinking.	Jessie [DVS]	CityLine [DVS]	Bar Rescue [DVS]	Running Wild
1:30 PM	King		Tumble	Sewing			Wahlburg				Recipes	Parents				Life Derek			
2 PM	The Middle	The Talk [DVS]	Maya	Thomas	TMZ (N) [DVS]	Let's Make a Deal [DVS]	Donnie	Queen Latifah	The Talk [DVS]	Meredith Vieira	Stefano	Parents		Dr. Phil [DVS]		Jessie [DVS]	CityNews at 5 (N) [DVS]	Tattoo	Ghost Adventures [DVS]
2:30 PM	The Middle		Curious	Sesame St.	ThisMinute		Lachey's				Stefano	Parents				Gaming		(2:32) Movie: *** "Training Day" (2001) Ethan Hawke [DVS]	Eat St. [DVS]
3 PM	Seinfeld	Meredith Vieira	Doozers	Curious	Ellen DeGeneres Show	The Dr. Oz Show [DVS]	Duck D.	Rachael Ray [DVS]	Meredith Vieira	Young & Restless	Republic of Doyle [DVS]	Parents		Ellen DeGeneres Show	How/Made	Gaming	(2:59) CityNews at 6 (N)		Eat St. [DVS]
3:30 PM	Mod Fam		PAW Patrol	Cat in the Hat			Duck D.				Chucks					Gaming			
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil [DVS]	Duck Dynasty [DVS]	The Doctors [DVS]	Young & Restless	Early News	Dragons' Den [DVS]	SpongeBob		The Dr. Oz Show [DVS]	Daily Planet (N)	Gaming	Mod Fam		Yukon Gold [DVS]
4:30 PM	Big Bang		Creative	Wild Kratts	Jdg Judy					Global Nat.		Penguins				Gaming	Mod Fam		
5 PM	Browns	News (N) [DVS]	Dino Dan	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	2015 U.S. Open Tennis: Second Round. From the USTA National Tennis Center in Flushing, N.Y. (N)	CTV News Vancouver	River Monsters	Gaming	America's Got Talent	(5:04) Movie: *** "Four Brothers" (2005) Mark Wahlberg.	Security
5:30 PM	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob				Droid Tales			Security
6 PM	Browns	News Hour	Monster Quake:	PBS News-Hour (N) [DVS]	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Thunder		CTV News Vancouver	How/Made	Droid Tales	Mod Fam		World
6:30 PM	Payne	News			Millionaire		Wahlburg	News		Ent	Murdoch Mysteries [DVS]	Assembly			How/Made	Next Step	blackish		World
7 PM	Mod Fam	Ent	Watchers	"Ocean Frontiers"	Jeopardy!	Inside Ed.	Donnie	Ent	Ent	Carmichael	Bella			etalk (N)	Land Rush [DVS]	The X Factor (N) [DVS]	Broke Girl		Trip Flip
7:30 PM	Seinfeld [DVS]	ET Canada	Park		Wheel	Hollywood	Lachey's	The Insider	ET Canada	Carmichael	Coronation	Henry		Big Bang			Two Men	Movie: *** "American History X" (1998) Edward Norton Premiere. [DVS]	Trip Flip
8 PM	Family Guy	Big Brother (N) [DVS]	Silk Ri	Big Blue Live [DVS]	America's Got Talent	Big Brother (N) [DVS]	(8:02) Duck Dynasty [DVS]	The Middle	Big Brother (N) [DVS]	Big Brother (N) [DVS]	Dragons' Den [DVS]	Funnest Home Videos	SportsCentre (N) [DVS]	MasterChef (N) [DVS]	How/Made	(8:01) Movie: ** "Rebound" [DVS]	CityNews-Tonight (N)		Mysteries-Museum
8:30 PM	Family Guy							Goldbergs							How/Made				
9 PM	Amer. Dad	Extant "Zug-zwang" (N)	Sleeping Beauty Performed at London's Royal Opera House.	NOVA [DVS]	Carmichael	Extant "Zug-zwang" (N)	Duck D.	Mod Fam	Extant "Zug-zwang" (N)	Extant "Zug-zwang" (N)	X Company [DVS]	Wipeout [DVS]	SportsCentre (N) [DVS]	Amazing Race	River Monsters	Wingin' It	Reviews on		World
9:30 PM	Amer. Dad						Duck D.	blackish											World
10 PM	Jeffersons	Carmichael		Mystery-Search	Last Comic Standing	Criminal Minds [DVS]	Duck D.	Celebrity Wife Swap [DVS]	Carmichael	News Hour Final (N)	The National (N) [DVS]	Haunting	SportsCentre (N) [DVS]	Criminal Minds [DVS]	How/Made	Life Derek	Extra (N)		Trip Flip
10:30 PM	Break	Carmichael					Wahlburg		Carmichael			Haunting			How/Made	Warthogs!	Amazing	Tattoo	Trip Flip
11 PM	"The International"	CHBC News Final (N)	Watchers	Charlie Rose (N) [DVS]	News	News	Donnie	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Just Kid	SportsCentre [DVS]	News-Lisa	Land Rush [DVS]	Wizards	The Role	Tattoo	Ghost Adventures [DVS]
11:30 PM					J. Fallon	Blue Blood	Lachey's	J. Kimmel		Doctors	Coronation	Just Kid		CTV News		Connor	The Role	Tattoo	

THURSDAY, SEPTEMBER 3, 2015

Table with 19 columns (WTBS ch.3 to DTour ch.45) and 24 rows (6 AM to 11:30 PM) showing TV schedules for Thursday, September 3, 2015.

FRIDAY, SEPTEMBER 4, 2015

Table with 19 columns (WTBS ch.3 to DTour ch.45) and 24 rows (6 AM to 11:30 PM) showing TV schedules for Friday, September 4, 2015.





# News Leader Sudoku

## SUDOKU

No. 244

Medium

Previous solution - Easy

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

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

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](http://www.sudokuwiki.org)

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books. Visit [www.str8ts.com](http://www.str8ts.com)

The solutions will be published here in the next issue.

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

# Monday Movies

### MONDAY MORNING

6:30 am A&E ch.9 "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (In Stereo) (CC)  
9:00 am A&E ch.9 "The Patriot" (2000, War) Mel Gibson. A pacifist farmer of South Carolina reluctantly joins the Revolutionary War and fights alongside his son. (In Stereo) (CC)

9:30 am YTV ch.18 "Kung Fu Panda" (2008, Comedy) Voices of Jack Black. Animated. Chosen to fulfill an ancient prophecy, a clumsy panda must become a martial-arts master and defend his people from a villainous snow leopard. (In Stereo) (CC)  
11:00 am YTV ch.18 "Kung Fu Panda 2" (2011, Comedy) Voices of Jack Black. Animated. Po must unlock secrets of his past in order to defeat a formidable villain who plans to wipe out kung fu and conquer China. (In Stereo) (CC)

7:00 pm CITV ch.12 "Pirates of the Caribbean: On Stranger Tides" (2011, Adventure) Johnny Depp. Capt. Jack Sparrow encounters a woman from his past, who forces him to go aboard Blackbeard's ship on a quest to find the legendary Fountain of Youth. (CC) (DVS)

8:00 pm CHBC ch.4 BCTV ch.11 "Pirates of the Caribbean: On Stranger Tides" (2011, Adventure) Johnny Depp. Capt. Jack Sparrow encounters a woman from his past, who forces him to go aboard Blackbeard's ship on a quest to find the legendary Fountain of Youth. (CC) (DVS)

10:00 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980.

### EVENING

6:30 pm FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to compete against a popular rock band. (In Stereo) (CC)



PrincetonBCNews

### MONDAY, SEPTEMBER 7, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6:30 AM	Community	Morning News (N) [E]	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News	Kid vs. Kat	SportsCentre [E]	CTV Morning Live Vancouver (N) [E]	Highway Thru Hell	Justin	CityLine (N) [E]	Cops [E]	Live Here
7:30 AM	Law & Order: SVU		Dinosaur	Odd Squad	Today (N) [E]	CBS This Morning (N) [E]	Movie: *** "Payback" (1999) Mel Gibson.	Good Morning America (N) [E]			Tiger	Almost				Phineas		Cops [E]	Live Here
8:30 AM	Law & Order: SVU		Wild Kratts	Wild Kratts							Super Why!	Squirrel	SportsCentre [E]		How/Made	Jessie [E]	Let's Make a Deal [E]	Cops [E]	Waterparks
9:00 AM	Millionaire	Morning	PAW Patrol	Curious						Morning	Arthur [E]	Chucks		Daily Planet [E] (DVS)	Jessie [E]	The Price Is Right [E]	Cops [E]	Waterparks	
10:00 AM	Divorce	Pitchin' In	Curious	Curious						Huntley St.	Moblees	Penguins	SportsCentre [E]		Jessie [E]		Cops [E]	Waterparks	
11:00 AM	Judge	Pitchin' In	Curious	Curious						Huntley St.	Tiger	Penguins	CFL 30	Liveli Kelly and Michael	Jessie [E]	FamFeud	Cops [E]	Waterparks	
12:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Bookaboo	"Kung Fu Panda"	CFL Pro	The View [E]	Jessie [E]	The Chew [E]	Cops [E]	Waterparks	
1:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Monster	"Kung Fu Panda 2"	CFL Football: Toronto Argonauts at Hamilton Tiger-Cats. (N) (Live) [E]	The View [E]	Jessie [E]	General Hospital (N) [E]	Cops [E]	Waterparks	
2:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Heartland (DVS)	"Kung Fu Panda 2"	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Marilyn Denis	Jessie [E]	Celebrity	Cops [E]	Attraction	
3:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	"Kung Fu Panda 2"	CFL Pro	CFL Football: Edmonton Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	Celebrity	Cops [E]	Attraction	
4:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Our Vancouver [E]	Kung Fu	CFL Pro	Alaskan Bush People	Jessie [E]	CityLine [E]	Cops [E]	Attraction	
5:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
6:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
7:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
8:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
9:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
10:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	
11:00 PM	Hot Bench	Pitchin' In	Curious	Curious						Huntley St.	Stefano	Kung Fu	CFL Football: Eskimos at Calgary Stampeders. (N) (Live) [E]	Alaskan Bush People	Jessie [E]	CityNews at 5 (N) [E]	Cops [E]	Attraction	

# OFFICIAL OCP BUSINESS SURVEY

## Fill Out and Return to the News Leader

Business name \_\_\_\_\_

Location \_\_\_\_\_

Affected by how much \$ \_\_\_\_\_

Were you notified of the public consultation meetings regarding the OCP?  Y  N

Did you know there was a new OCP?  Y  N

Did you ever receive a copy or information on how to obtain a copy?

Did you buy a lot in the Industrial/Business park?  Y  N

Who should have to fix a problem solely created by town?

What makes town believe they can force constituents any place they don't wish to go?

Where will people go now that town has shown how much certain business means to them?

Why did you as a citizen not get any say in this?

How do you feel about paying any costs incurred by this OCP?

Should any business offer a single number (even a legal bill) it will be that much more than town has managed to disclose.

Notions of anti town sentiment ought to be met with pro-democracy, and majority rules mentality.

So far the Official Community Plan has had its expected fallout....discord, stubbornness, closed doors, hearts and minds to the very real point of lawyers.

Instead of the money flowing to legal minds who don't even live here, perhaps there is a way to by-pass the lawyers and fix this as a whole community. If you don't want to pay for a shortfall you have a right to say so. Further, if your action can save some taxation, why wouldn't you?

This is a community full of pride in the past, happily boastful of how many generations have lived right here. During all that time we lived under the rule of democracy. These are new times but we still believe the people of Princeton know when and how to stand together for the good of the whole.

Rescind: To end (a law, contract, agreement, etc) officially: to say that (something) is no longer valid.

This is your town. These are your neighbours. The damages are real.

- document submitted

# Saving Downtown Princeton...

## ...An Ongoing Series by George Elliott

According to Town Council, four business owners have met with them to discuss the OCP. This was announced at the August 17th Town Council meeting.

The OCP is the Official Community Plan. I've described it here as a 'forward looking' document that sets in place projected changes to a community's future. It is in a way a target for community leaders and developers to use in making changes to how, for exam-

ple, Princeton will appear in the future.

It is a process that uses existing zoning and suggests zoning changes to future locations in an attempt to develop areas of zoning within the community that may encourage different types of development. A way in which an OCP can be used is to eventually turn a section of a community that has been zoned industrial into a residential zoning in anticipation of an

influx of population.

In Princeton the OCP has become a huge source of controversy. Some of that stems from misunderstandings of what the OCP is intended to be used for. Some of it has come from how the projected zoning changes may affect investors already in place. Add to that the confusion over how the OCP was adopted, or how some business owners feel they were left out of the process and it has turned into a whirlwind of questions.

The clip 'n' save survey at the top of this page is intended to shed some light on the real costs to local business with the OCP. We would like to know your thoughts on the matter.

Town Council also indicated at their August 17th meeting that any proposed changes to zoning would have to come before a public meeting and that they intend to review the entire document in January.

But what is Town Hall doing about those businesses 'up in arms' about their investment and the apparent loss in revenue once a property sells? The main issue with the OCP that has sparked controversy is that (as an example) a property zoned commercial today, switches to the OCP projected residential zoning designation the moment it is sold. As you can imagine, that will make it difficult for some property owners to sell and retire as a property worth a bundle zoned commercial is not worth as much when it becomes residential.

Since there is little public communication coming from Town Hall on how they are helping affected (read that as 'angry') taxpayers navigate through the OCP maze I have some theories.

I expect to see a sudden surge of development at the business park as Town Hall takes the loudest complainers out of the picture with

incredible deals on commercial zoned land. The deals may include free land just to smooth things over. Call it a sneaky move, but as a taxpayer I have to admit that if that's the only way to make part of the problem go away, then it becomes a very wise political (strategic) move.

I also expect challenges made regarding the original advertising announcement that appeared in this newspaper to be written off as a typo on our part. However, I can prove that was not the case. Still, when backed into a corner, our Town Leaders have shown us more than once they can't take the pressure and will blame shift. It starts with blame shifting in their office then seeps out to other targets. There is no doubt in my mind the Similkameen News Leader is one of those targets.

To quote our Mayor, "We will not be intimidated."

.....continued on Page 20

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### Clerical/Marketing

Position available immediately. Knowledge in following programs a definite asset: Excel/Publisher/Website data input. Please, resumes only accepted via email to Princeton.advantage@team@gmail.com to Sep 01

Housekeeper wanted for Deerview Motel. Experience an asset but not necessary. Bring resume in person. Sep 01

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Lightly used, highway reliable, free or inexpensive small car with A/C wanted for frequent medical trips to Penticton. Call 250-295-4149 and leave your info with the News Leader. Aug 25-Sep 08

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2 Storefront/office spaces available on Vermilion Avenue starting at \$472.50/Month and 4 apartments available on Vermilion Avenue starting at \$577.50/month. Call Christmas Tree at 250-438-1033 for details. Aug 25-Sep 08

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Chamber of Commerce  
Basement, Highway 3

INFO: 250-295-7919  
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### Found

A large red back pack at the Seniors Hall. To claim, call 250-295-7515 or drop in Monday to Friday between 9 AM and 12 Noon. Sep 01

News Leader Classifieds as low as \$10.00 a week For details call 250.295.4149

### Wanted

An elliptical machine. If you can help call 250-295-0569. Sep 01-15

## ADVERTISING WORKS

OR YOU WOULDN'T BE READING THIS!  
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Bachelor apartment in Princeton. Excellent references and damage deposit required. No pets, must be quiet. Asking \$450.00/month plus utilities. Can furnish if needed. Call 250-295-1006 for details or leave message with the best time to call back. to Sep 15

1-bedroom furnished suite in downtown Princeton with level access. Asking \$550.00 per month which includes power, heat and satellite TV. Excellent references and damage deposit required. Cat...maybe? Available now. Call 604-484-2783 and leave a message with the best time to call back. to Sep 15

Princeton & District Community Services Society is now accepting applications for Aspen Court, a 3 bedroom, 2 bath family townhouse complex. BC Housing offers affordable rents for qualified applicants based upon 30% of gross income. Please contact Princeton & District Community Services Society at 250-295-6666 for applications and information. Aug 11-Sep 01

### For Lease

Commercial space, 1,500 square feet, 20-foot ceilings, overhead door, small office at 600 Similkameen Avenue, Princeton. Asking \$800/month plus utilities. Call 604-877-1599 daytime or 604-298-1948 nighttime. to Sep 03

### Wanted

Canning jars of all sizes and ages. Will pick up. Call Brenda at 250-295-4149 and please leave a message with George or a call back number if I'm not there. th

### Notices

News Leader Classifieds For details call 250.295.4149

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# Lower Valley News

Keremeos - Cawston - Olalla



Dane (crouched) and Ken (standing) from PowerTrend Electric Ltd. were busy installing the new electric charging station in Keremeos August 24th. The Keremeos charging station is a collaborative effort between the Province of BC and BC Hydro. A robust DC charging system can recharge a car in 30 minutes. 100% plug-in electric vehicles need an electrical grid to recharge. Plug-in hybrid electric vehicles have a rechargeable battery plus an internal combustion engine. Powertech Labs - a subsidiary of BC Hydro - tracks usage across the province. In August 2013 there were 1,684 monthly charging sessions in BC. By August 2014 there were 3,745 monthly sessions, an increase of 120%. Visit [www.fleetcarma.com/evcloud](http://www.fleetcarma.com/evcloud) to see overall usage trends or your own vehicle usage. Photo: Arlene Arlow

[www.gotpeppers.info](http://www.gotpeppers.info)

## Sizzle website has the info



PrincetonBCNews

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The 14th annual Similkameen Sizzle is just around the corner and plans are falling into place. The organizing committee met August 26th to review activities scheduled for the day long event.

Similkameen Sizzle is an annual celebration of all things hot and spicy that is held in Memorial Park. There is no admission fee, but vendors pay to 'rent' space for their displays. Local businesses supply sponsor-

ship money to help finance the various entertainment elements that fill the schedule for the day.

Participation activities include a chili cook-off, hot sauce contest and hot pepper eating contest. Entry forms and details are on the Sizzle website located at [www.gotpeppers.info](http://www.gotpeppers.info). Videos and photos from previous years are also posted there plus sponsorship details.

The annual Sizzle is organized by

a small group of volunteers with support from Similkameen Country.

Vendors, chili cook-off and hot sauce competitors are still required. If you are interested in becoming part of the 14th annual Similkameen Sizzle, check out their website for further information or call Colleen at Similkameen Country. She can be reached during regular office hours at 250-499-5225.



SESS music Teacher Mr. Falk and his wife came to visit the Keremeos Library's Summer Reading Program to teach local kids about music and rhythm. This was the last in the summer series and next week is their Wind Up and Award Ceremony for all the young readers that participated. Photo: Marty Menzies

# Lower Valley News

Keremeos - Cawston - Olalla



in Keremeos they rebranded their renovated fruit stand on Highway 3 from Uppal's Produce to Mom and Pop's Farm Market. The official Grand Re-Opening was Saturday, August 22nd and as you can see it takes a whole family to support 'Mom and Pop' in the success of this longstanding local farm produce sales outlet. Photo: Marty Menzies

## No National Park - The 2% Myth

Featured Commentary  
By Arlene Nora Arlow, Volunteer  
Reporter for the Similkameen  
News Leader

- Part 2 -

We will move on. Question #2a in the 2010 phone survey could not

have been reasonably answered by a layman. Why? Because the layman knows neither the amount of available land nor do they know how much of that land has already been protected in the South Okanagan (or South Similkameen). Most likely they believed there is virtually no protected land in the

South Okanagan, otherwise why would the person on the other end of the phone be asking such a question?

**Q2. Please tell me whether you AGREE or DISAGREE with each of the following statements:**  
**Q2a. We have protected TOO MUCH land in the South**

**Okanagan already**

Without a context of the upside and downside of removing land from the general economy and without at least a vague understanding of the protected areas that already exist in the "Okanagan", the responses are moot.

Question #2b on the 2010 phone survey is a no-brainer:

**Q2b. It is important to protect the natural ecosystem, plant and wildlife species in the South Okanagan in order to maintain our quality of life here**

Unless you live under a rock, you know that your environment needs to be protected in one way or another. Water, food and shelter come from our "environment." For this question, 95% of the respondents agreed with the statement. I, too, agree with the concept. I get it. And so did Abraham Maslow in 1943. He penned a paper called, "A Theory of Human Motivation." "Maslow's Hierarchy Of Needs" is the basis for every introductory class in human psychology. The online reference "Simply Psychology" puts Maslow's Hierarchy this way:

1. *Biological and Physiological needs - air, food, drink, shelter, warmth, sex, sleep.*
2. *Safety needs - protection from elements, security, order, law, stability, freedom from fear.*
3. *Love and belongingness needs - friendship, intimacy, affection and*

*love, - from work group, family, friends, romantic relationships.*

4. *Esteem needs - achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others.*

5. *Self-Actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.*

Let's be real. How many people participating in the phone survey equated the steak they had thawing in the refrigerator to a beef heifer or beef steer that was walking around on all fours a month prior, in the very uplands that CPAWS and the WCWC want to protect?

Were participants in the 2010 phone survey told that persons holding a grazing or hay-cutting tenure, permit or lease are held accountable if they damage the environment? Part 5, Section 46 of the BC Forest And Range Practices Act includes the following:

*A person, other than a person described in subsection (1), must not engage in any activity on Crown land that results in damage to the environment*

If the Ministry approves the activity in advance or something unforeseen like bad weather happens, an exception to environmental damage can be granted. Seems the BC government holds those ranchers accountable.

Were participants in the 2010 .....continued on Back Page



If you haven't already, you will soon start to see this pair of hotties wandering the downtown streets of Keremeos in the next couple of weeks. They will be promoting the upcoming 14th annual Similkameen Sizzle on September 19th. All the usual activities are planned for the day long event in Memorial Park starting with a pancake breakfast, live music all day, the chili cook-off, children's games, refreshment garden, hot sauce judging and the hot pepper eating contest known as Sear Factor. Vendors and concession food will add to the atmosphere. There is no admission. \*



The beauty of fresh produce from the Similkameen Valley on display at Mom & Pop's Farm Market, Keremeos. Photo: Marty Menzies

# No National Park - The 2% Myth

.....continued from Page 19  
 phone survey told that the Nature Trust of BC owns over 70,000 hectares (170,000 acres) of land in BC, including part of the White Lake Grasslands Protected Area and part of the South Okanagan Grasslands Protected Area, both of which are in or right next to the proposed National Park zone?

Were participants in the 2010 phone survey told that the Province has set aside 9,364 hectares in the proposed national park zone calling it the South Okanagan Grasslands Protected Area?

Were participants in the 2010 phone survey told about the BC

Ecological Reserve Act? The BC Ecological Reserve Regulations? The BC Park Act? The BC Park, Conservancy and Recreation Regulation? The Protected Areas Of British Columbia Act? The BC Ministry Of Lands, Parks and Housing Act? The BC Ministry Of Environment Act? The BC Environment And Land Use Act? The BC Land Act?

Let's move on to question #3 in the 2010 phone survey. Apparently 63% of respondents knew Parks Canada was up to something. In fact, Parks Canada had been studying the National Park proposal for six years. We

assume Parks Canada took a thorough look at the prospect, including weighing the economic pros and cons:

**Q3. Parks Canada is currently studying a PROPOSAL to create a new Canadian national park in the southern portion of the Okanagan-Similkameen region. This national park would help protect the waters, wildlife and natural systems of this area from population and development pressures. Before today, have you heard about this proposal?**

In 2006 the initial National Park concept looked at establishing a

park 650 sq km in size. To their credit, Parks Canada's 2010 document pared this down to 284 sq km. The 2010 Parks Canada study map shows approximately 30% of the proposed area is already "Provincial Protected Areas." About 30% is provincial "Crown Land." About 5% consists of four small parcels near Vaseaux Lake currently designated as a "National Wildlife Area." The majority (approximately 35% give-or-take) is privately-owned land.

The 2010 Parks Canada study and map can be found at [http://cpaws-bc.org/upload/South\\_Okanagan-](http://cpaws-bc.org/upload/South_Okanagan-)

[Similkameen\\_National\\_Park\\_Feasibility\\_Study.pdf](#)

Private land is the bulk of the proposal. It is interspersed throughout the proposed park zone. Some of the private parcels are less than 100 acres (40 hectares), some of the private parcels are 1,000 acres (400 hectares) or more. Most of the private land is mountainous. Some of the private land is ranchland. Some of the private land is currently used for producing grapes, fruit, vegetables and hay.

- Continued in next week's Similkameen News Leader -

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## Saving Downtown...

...An Ongoing Series by George Elliott

.....continued from Page 16  
 So as Town Hall plays the age-old game of divide and conquer with the property owners upset about the OCP, you and I get to pay for whatever happens. That could be in the form of legal fees if the remaining few businesses hurting over the OCP circle their wagons and not let Town Hall intimidate them.

What would have been the best solution?

Public information meetings as soon as the rumblings started that

someone was upset about the OCP. Had Town Hall jumped on it immediately (proactive) they may have won over some of them with education. Instead, the reaction has been behind closed doors with individuals or small groups of individuals, or in other words, defensive.

Don't get me wrong, Town Hall could be doing the best job possible under the circumstances. I have no clue, as they are not telling anyone what's going on. I don't know

about you, but I'd rather have town leaders who told us what they were up to instead of leaving it up to newspaper editors to imagine the way things are going.

How does this save downtown Princeton?

In my mind if Town Hall is secretive about a very public issue, it makes me wonder what other secrets exist in those hallways. As a taxpayer it does not give me much confidence in what our town leaders are doing. As a result, it throws the comment made by our Mayor months ago about doing everything he can to help local business into question.

Do they really want to save downtown Princeton or are they not sure how to save it?

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