

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.



Ruth Woodin recently marked her 20th year as the Postmaster for Hedley. The longest serving honour is held by TC Knowles who served from 1937-1959. Woodin loves her work and the people she sees on the job. She credits Hedley area customers in keeping the post office open by using the many postal services it provides. *

Board approves District budget

The Board of Education of School District #58 (Nicola-Similkameen) met in Princeton on February 10. The first order of business was to welcome members of Princeton Town Council. Councillors Rosemary Doughty, Douglas Pateman and Jerome Tjerkstra attended the meeting. Student trustee Michael White attended his first Board meeting. Each year, the school district amends the budget in February,

due to changes in enrolment and costs. The Board adopted the budget totaling \$30,297,457. Of this, \$298,000 will come from reserves. The next round of budget planning begins in April, when the Board begins the 2016/17 budget process. There will be a session on April 12 at the Board Office on Tipton Avenue. Any interested persons are welcome to attend. The Board approved a slight increase in rental rates for use of school property.

Historic tailings pond due for another bio-solids treatment

by Stephen Brodie
Cyanide and arsenic are used and occur naturally in mining operations and exist in copious amounts in tailings ponds where gold and silver have been recovered from the ore. Both of these elements are toxic if ingested in significant quantities. The mining industry has used cyanide for processing for 120 years. Cyanide in the form of a very dilute sodium cyanide solution, is used to dissolve and separate gold from ore. In Canada more than 90% of mined gold is extracted from ore using cyanide. It is toxic in large

doses as it prevents the body from taking up oxygen, resulting in suffocation. Thankfully the industry has made significant advances in the handling and use of this material in the last fifty years and deaths attributable directly to its use have all but been eliminated. It is extremely toxic to aquatic life in high concentrations as fish are one thousand times more sensitive to cyanide than humans. Arsenic is a naturally occurring element commonly found as an impurity in metal ores. It too can be toxic in large doses. It is the 20th

most abundant component of the earth's crust. A number of human activities have the potential to increase arsenic concentrations in the air, water and soil on a local scale. The rate of arsenic release from sulphide minerals can be sped up by mining activities. Atmospheric arsenic emissions from copper smelting represent the largest contribution of arsenic from the mining and metals industry by far and have begun to be the focus of pollution control technologies. Arsenic is no longer produced commercially in Canada, but it has been a significant byproduct of gold and copper mining. In 2010 41 tonnes of arsenic were imported from the United States in the manufacture of CCA and metal alloys. It is listed by Health Canada as a Group one of the Priorities List. It is extremely poisonous and causes cancer in humans. Although some plants are able to grow in soil with high levels of arsenic they do not grow as well as they would in uncontaminated
.....continued on Page 2

Students learn fire fighting

Students at Princeton Secondary School have the opportunity to work with Princeton Volunteer Fire Department to learn fire fighting skills. This is an approved course for which students receive credits. It is not an easy course. Students must pass 20 units of study and attend fire practice and call-outs, although they are not permitted to fight actu-

al fires in progress. The course complies with WCB regulations and fire fighting standards of safety. Students signed up for the course last June, and have been working hard at the course, attending fire practice and responding to call-outs. Each student in the program carries a pager and must go when summoned. Only one call-out has occurred during school hours.

Board approves tour of Europe

At the February 10 Board of Education meeting, Ian Tisdale, Vice-Principal of Princeton Secondary School, presented a plan for a trip to Europe during spring break in 2017. The focus of the trip will be history, in both London and Paris. In France, students would take a side trip to Vimy Ridge, a war memorial to Canadians. Next year marks the 100th anniversary of the battle of Vimy Ridge during World War I. Trustees gave approval in principle to the tour, but Tisdale must present

a detailed report of the itinerary, educational value, and fund raising strategy before final approval is given. Board Chair Gordon Comeau advised Tisdale the tour could be altered if there is some kind of crisis situation that arises prior to the tour.

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The view of the tailings pond located along Highway 3 (at top of photo). Photo: Google Maps

Historic tailings pond due for treatment

.....continued from Front Page soil.

While the current mining operation does not smelt their ore here, past operations have, and a consid-

erable amount of both toxic chemicals ended being dumped into the tailings pond within the town limits. This large accumulation of tailings is to be found in what was

once a class E park. The site covers the area from the Firemasters firewood plant to the golf course road and is about a half mile wide and in places over 150 feet deep. It's northern edge follows the highway.

Until about twenty years ago this tailings pile was a severe nuisance to this community as it's fine light particles were susceptible to wind erosion and at times one could find huge clouds of this nasty material covering this community. It clogged up commercial and industrial air filtration systems and was to be found as dust in most peoples homes. It was just a plain environmental hazard especially at the golf course. This community wide menace had done untold damage to the health of residents of this community while it was allowed to circulate into our lungs and food. Thankfully scientists developed a control mechanism which was brought to the attention of the then Mayor, John Rubis. Bio solids a byproduct of the sanitation system of Vancouver were imported in significant quantities to provide a fertile medium for

the growth of ground cover. These bio solids are almost pure nitrates, phosphates, and potash or in other terms fertilizer. By mixing the tailings material with these bio solids, plant growth normally not able to develop in the pure tailings, flourished in the new media. This significant plant growth completely stopped the erosion and movement of the somewhat toxic tailings into the remainder of this community. What was amazing about the whole adventure was that it cost this community absolutely nothing.

Wayne Crimmon, part of a long time and historic ranching family here, has made a living doing this for communities in British Columbia for the past twenty years. I talked with him recently and told him his contribution to this communities welfare was probably the single most significant improvement done by anybody in the last forty years that I have lived here. His work had transformed this town from being a dirty dusty place to the beautiful blue sky community it is today.

He then told me that the work he had done here was in danger of being lost as the treatment he had performed on the tailings pile was only good for a limited time as the nutrients he had brought would be leaching out over time. He told me he would love to give us one more treatment, at no cost to taxpayers, but the access to the tailings pile had been sold. What's more he had decided to retire and was in the process of selling his equipment. He still has the equipment for a while but there will be a time in the foreseeable future when this opportunity is lost. This secondary treatment would insure that the tailings would stay where they are and the toxic materials in it would not endanger our lives for a considerably longer time than the twenty years of the last treatment. Other than the access, his costs would be completely covered by the City of Vancouver. I would like to see this community contact council and ask them to once again approve this move, and acquire access for this purpose.

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Flip Of The Coyne

by Spencer Coyne

Most weeks I am pretty hard on our town's councillors. I will give them credit when I feel they have done something that really stands out and is commendable. This isn't because I don't like them. I have respect for them. They put their names forward and stand for office. Anyone who does this deserves our respect. So why am I so critical of them? It's my job. I write an opinion column. I am not a reporter. I don't dig for stories or cover ribbon cuttings. I write opinions about what is happening. Unfortunately for our councillors, this means my attention is turned to them a lot of the time.

The truth is at the end of the day we all have the same goal. We all want to see Princeton become a better place, a better place to live,

to do business and to raise our kids. We want to see people want to come to our community to visit or move their families here. While I might be critical or hard on our councillors it isn't because I dislike them, because I don't. I want to see them make us better. I want to see Council do something to make us believe in a better tomorrow, and why not? We look to our leaders for hope and optimism. I want our councillors to inspire me. I want them to inspire the entire community.

I believe that elected officials are accountable to the people, and people use public opinion to get their mood across to Council. My job is to put the public mood into words. People talk to me day in and day out about everything happening in

town. There is not an issue too small or too large that people won't stop me to talk about. I take concerns and examine them and put them to paper in the form of this column. I am not on a witch hunt every week looking for what Council has or hasn't done. I want to write positive stories about our councillors. When they were moving the visitor centre downtown, I couldn't have happier to be supporting them on this. I still support it despite opposition. I want to and I think most people want to support Council. The community wants something it can get behind. The business community wants something it can get behind. We want to believe in something. We want to believe that tomorrow will be better than today and next month will

be even better than that, and a year from now Princeton will be ahead of where it has been.

Here is my request to Council: Inspire me. Make me believe and I will sound it from the top of the mountains. Give me hope and I will write about it. I want a council that will work with the community at every opportunity that arises. I applaud them for asking for feedback on their proposed business licence bylaw from the Chamber of Commerce. It is a step in the right direction. There needs to be more of this. There needs to be more openness and more communication when big things are happening. Changes that Council makes that concern the public should not become public only after the fact. Learn how to use the

tools at your disposal to communicate with the community. There are two newspapers, not to mention the internet. Use the media to get your message across. Social media is scary, but you can reach an amazing amount of people in very little time, and you have traditional media to reach those who are not online. Do not fear talking to the people get your side out into the light and let the people know and understand what it is that you are doing. When you don't, you cannot blame people for being concerned or upset. It is hard for those of us who write in the opinion sections of papers to not speak out about the concerns and the fears of the people if there is no other side of the story for people to know.

Brodie reports on youth parliament


During Christmas break, Isabella Brodie was one of 95 secondary school students from around British Columbia to attend the Youth Parliament in Victoria. The Town of Princeton paid for her registration, and her family paid for the remainder of the costs. At the February 10 Board of Education meeting, Brodie gave a report on her experience.

Brodie was assigned a seat on the Opposition side of the Legislature chambers. The Speaker of the House, a former member of the Youth Parliament, called on stu-

dents to present bills and debate issues. Brodie said practice in parliamentary procedure was a great learning experience and she hopes to go next year.

A visit to the Lt. Governor's residence was part of the experience. Board Chair Gordon Comeau reminded Brodie the Lt. Governor is Judith Guichon of Merritt, part of Brodie's own school district area.

Following the report, the Vice-Principal of Princeton Secondary School, Ian Tisdale, praised Brodie, saying she was an excellent student.

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Editorial Page News Leader

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My Turn...

Writer's Block

There was a time I feared I would suffer from writer's block.

That's the term used to describe when you want to write something and it just doesn't happen. It's the symptom of half finished sentences on crumpled up balls of paper filling a trash can.

When I started writing freelance on top of my daily writing chores here at the News Leader I did it first for fun. I thought I might earn a few extra bucks and maybe learn a thing or two.

Now, two years into my freelance career I can tell you the last thing I encounter is writer's block. In the many contracts I have had I have written on such diverse subjects as lady's shavers, sports memorabilia, essential oils, herbal teas, wireless routers, chop saws and tree removal service.

What it taught me was that I can write about anything provided I do a bit of research. It also assisted me in improving some of my memory skills. I figure for being in my mid-50's these skills could be handy when I reach retirement.

I have always been one of those who believe a healthy mind keeps you healthy as you age. Both of my parents were mentally sharp into their golden years.

With the Town of Princeton focusing on making our community a "healthy community" I hope there is some emphasis on mental health. Sure, we all need to be physically active in order to live long and productive lives and walking trails, age-friendly fitness equipment and other outdoor activities all add to the mix but I'm wondering where the "brain fitness" stations will be.

The best part about "brain fitness" is that it doesn't need to be as intense as what I am doing to keep the electrical charge snapping inside my noggin. Doing puzzles, reading and anything else that forces you to think can exercise your brain.

As much as I tease my wife for playing matching jewel games, Mahjong, online and crossword puzzles for what sometimes appears to be hours on end, I know she does it to give her brain a break from number crunching and invoice processing in the office.

Although she thinks she is giving her brain a rest, she is actually working it even harder and that's why I'm okay with seeing a giant puzzle on her computer desktop during the day.

I think it's a great idea to incorporate a healthy lifestyle component into Princeton's community profile. It will set our community apart but fitness is far more than just physical.

In fact, if you have read this far I have already helped you give your brain a bit of extra exercise today. Writing this for you has exercised mine, so in a way, we are helping each other build a healthy community.

I trust Town Council will factor in the importance of brain health as part of their healthy community plan.



Kate Weekes and Keitha Clark performed February 6th in The Cosmopolitan Gallery as part of the Home Routes Series. Princeton Arts Council sponsored the event that attracted a number of locals who enjoyed the original music presented in the unique gallery setting. Weekes and Clark followed this stop with one in Kelowna a few nights later. *

Former local cop 'reworked' report

Special Report to the
Similkameen News Leader
by Joe Fries, Penticton Herald

Despite finding no "nefarious motivations" on the part of the Mountie involved, a Penticton judge has tossed a case after the same officer admitted to "reworking" an incident report upon learning he himself was also under investigation.

Rayne Russel Tjernstrom, 25, was charged with obstructing and assaulting two police officers who investigated him for impaired driving in March 2014 in Princeton.

Following trial in provincial court in Penticton, Judge Greg Koturbash ruled Tjernstrom's right to full disclosure had been violated and stayed the charges.

According to the January 25 decision, which was recently published online, RCMP Const. Cam Shiell admitted at trial that he made changes to his report to Crown counsel regarding the circumstances of Tjernstrom's arrest after learning B.C.'s police watchdog was investigating him for excessive use of force during the incident.

Shiell testified the edits were meant "not to change the evidence, but to better articulate certain

points or update the report," Koturbash wrote, although the constable was unable to recall exactly what corrections were made.

The judge noted there is a "very real risk" Shiell may have intentionally or unintentionally altered the facts "to represent his actions in the most favourable light" after speaking to his own legal counsel. "Although I attribute no nefarious motivations to Const. Shiell regarding the destruction of the original draft, its relevance should have been obvious to Const. Shiell and better efforts and care should have been made to preserve it," said Koturbash.

"To make an analogy, if Mr. Tjernstrom had provided a statement to the police, and days later came back and said he wanted to better articulate what he had said earlier, the police would not simply erase the portions he wanted to change and let him have redo. Instead, a second statement would be obtained and the first retained in its original format. The retention of both would have been necessary in evaluating both his credibility and reliability.

Koturbash suggested Shiell should have simply added an

addendum to his original report if he felt clarifications were needed. As such, he ruled the loss of relevant evidence constituted "unacceptable negligence" on the part of the Crown that violated Tjernstrom's legal rights.

"I was pretty happy to see a judge finally take a really strong stand on this business of reworking reports," defence counsel Tom Engel said in a phone interview from his home base in Edmonton.

Engel only learned Shiell's report had been amended when he asked the officer about it at trial, but said the issue isn't limited to Tjernstrom's case, because the software Mounties and some other police agencies use for such reports doesn't track changes.

"Hopefully the RCMP will do something about it," he added.

RCMP spokesman Cpl. Dan Moskaluk declined comment on the case. He said Shiell has been transferred out of Princeton because his posting there expired.

Shiell's use of force during his arrest of Tjernstrom was probed by the Independent Investigations Office of B.C., but Crown did not approve charges against the Mountie because there wasn't a

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EDITORIAL GUIDE

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Current Comment

The Golden Thread of Government



Dawn Johnson
editor@thenewsleader.ca

the time. They demanded tax money, took or gave lands, and made whatever laws suited their purpose at the moment. With the advent of parliamentary law, governing by whim of royalty was no longer acceptable.

When laws were passed under parliamentary government, every law was required to be justified. Just because some person or group thought a law was a good idea was not justification for passing such a law. The need to justify a law became the way parliament governed. No new laws were to be passed without good reason.

The laws which were most requiring justification were any laws which would deprive a person of life, liberty, property or income. Within our present judicial system, most of the laws deal with exactly those issues. Thus we have laws regarding murder, confinement, theft, and fraud. A good example of how the law works is the old west right to shoot anybody stealing

your horse. A horse was not merely property, but the means of making a living, and in some cases, the means of staying alive.

Today, many politicians, at any level of government, seem to feel entitled to pass laws without justification. We no longer live in a feudal society in which having a title permits one to impose laws and taxes just because the titled person wishes the laws. Bill C51 is a good example of passing a law for no good reason, and lawyers from across Canada signed a document reminding our government we had laws in place that guarded our national security, and Bill C51 was not required. Even though Bill C51 passed, it was redundant.

The majority of laws passed have a set of regulations pertaining to that law. Protection of wildlife includes fishing, and is accompanied by fishing regulations which define who may fish, where, and when fishing may take place, and defines how fishing may be done. Further to the regulation, permits to fish are required, fees for permits are required, and fines for violations are spelled out. The justification for the permit fees is the cost to government of administering the permit system. Should our provincial government decide to increase permit fees just because it wanted more money, that would be opposition to the intent of requiring a fee.

Locally, in the matter of banning the sale of fireworks, the law deprived a local business owner of income. The justification was risk of starting a fire, which would be a public safety issue. However, if that law were passed, would it not be logical to ban the sale of cigarettes, gasoline, or any inflammable substance? On the other side of passing such a law, would it minimize the risk if everyone could travel to another community to purchase any of these items? Would it not make sense, in the matter of fireworks, to require a permit for setting off fireworks, and refusing to issue such permits when there is a high risk of starting a fire? Such a bylaw would limit liberty and deprive the permit holder of some of his income, but it would not set a precedent for Council to determine, without reasonable cause, what a business should sell.

In terms of public safety, there are more crimes committed by persons under the influence of alcohol than
.....continued on Page 6

There is a 'golden thread' in our justice system, and this is the principle of "innocent until proven guilty." This principle is fundamental to justice in any land governed by British common law.

Most people are not aware of the golden thread of government: government shall not govern by whim.

At one time, kings or queens governed by whatever pleased them at

Hidden Treasure Recovered After Thirty Years

The old saying that you have to go away from home to get the news is borne out by the following item which appeared in the Weekly Dispatch, an English publication:

Four Chinese, Ah Foo, Chew Lum, Ning Pam and Soo Key, who thirty years ago were miners prospecting in British Columbia, will shortly sail for China, each with a small fortune as the result of the increase in the price of platinum since the 'nineties.

During their wanderings over the mining country in the Tulameen district they collected six pounds of platinum which, on breaking camp, they put into a saki bottle, and hid it under a slab of rock.

Time separated the four and they were never able to return to their camp. But meeting again last year in China they decided to go back to Canada and recover their property, which they realized now represented a considerable sum of money, platinum having in the meanwhile gone up from 50 cents an ounce to \$75.00.

The intervening years had wrought many changes in the locality of their former wanderings, but after some difficulty the party found their camp and recovered the precious bottle, the contents of which they have now sold for over 7,000 dollars - Reuter.

This article, from a 1921 issue of the Similkameen Star, describes a platinum cache that was hidden then recovered. Could this be where the legendary story of a stash in Granite Creek came from? - photo submitted

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George Elliott
OWNER/PUBLISHER
george@thenewsleader.ca

Brenda Engel
OFFICE ADMINISTRATOR
brenda@thenewsleader.ca

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"And Jesus said to them, 'Follow me, and I will make you become fishers of men.'" - Mark 1:17

PSS Junior Girls - South Okanagan Zone Champs

Basketball Team Moves on to Valley Championships



PSS Junior Girls Team Photo. Front row: Brent McLelland (coach), Kyla Coyne (coach), Danika Sulentic, Mylee Coyne, Miranda Crucil, Taylor White, Rob Marshall (coach) Back row: Jessica Parker, Haley Anderson, Gabe Oliver, Kelcie Holland-Kremm Missing; Brooke Heron, Sylvie Druck.



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**GOOD LUCK,
PSS JR GIRLS
BASKETBALL TEAM**

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Two wins lead to #1!

On Thursday night, February 11 the PSS Junior Girls Basketball team defeated Keremeos in the semi-final game 48-36. On Friday, February 12 Princeton played Penticton (Pen-Hi) in the final and the Princeton girls came out on top 53-36.

The team played great defence and played good team basketball on offence with lots of good passing plays. Jessica Parker had 21 points, Haley Anderson had 19 points and Gabe Oliver scored 7 to outpace Pen Hi. The team now moves on to the Okanagan Valley Championships on February 19, and 20.



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Cop 'reworked' incident report

.....continued from Page 4
substantial likelihood of conviction, according to a clear statement issued in October 2014 by the B.C. Criminal Justice Branch.

Koturbash explained in his decision that Tjernstrom and a female passenger drew Shiell's attention when they were spotted sitting in a vehicle that was idling in a Princeton school parking lot at 3:00 AM on March 22, 2014.

Shiell noticed a strong smell of

alcohol coming from the vehicle and began an investigation.

The constable and another officer involved testified that Tjernstrom ignored the Mounties' commands, and a struggle ensued during which Tjernstrom and Shiell exchanged punches.

Tjernstrom was eventually taken to the ground and incapacitated with pepper spray, and later fell unconscious when he was placed in the

back of a police car.

Koturbash noted the reason for Tjernstrom losing consciousness was never explained at trial, although Tjernstrom admitted to ingesting cocaine, marijuana and alcohol in the hours before his arrest.

"For these reasons," the judge continued, "it would be dangerous to speculate that the force used by the police caused him to become unresponsive."



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YOUTH BOWLING

YBC Scores - February 10, 2016
Copperhill Lanes, Princeton

- Bowlasaurus**
- High Average - Liam Stadler, 50
- High Single - Mary Elizabeth Bond, 129
- High Double - Emma Kerfoot, 178
- Bantams - Boys**
- High Average - Coen Bakker, 71
- High Single - Sydney Hooper, 83
- High Triple - Matthew Williams, 234
- Bantams - Girls**
- High Average - Shaelin Tomusiak, 103
- High Single - Reva Shopshire, 127
- High Triple - Arora Christy, 304
- Junior and Senior**
- High Average - Dayton Wales, 142
- High Single - Brianna Tomusiak, 137
- High Triple - Ethan Kerfoot, 335

Current Comment

.....continued from Page 5
by persons starting fires through careless use of fireworks. I believe it is logical, if one is using public safety as a justification, to begin with the major problems before tackling the minor ones.

Council is looking at a law requiring home-based businesses to have permits. Such a law could deprive a person of liberty (home inspections and freedom to conduct an enterprise), and income (fees, or inability to pay a fee thus shutting down a business).

I have not heard the justification for such a law, but the reason for it cannot be merely that Town Council wants more money. That reasoning would constitute making a law by whim, or, in common terms, it would violate the common sense axiom "if it ain't broke, don't fix it."

The justification for such a law would be proof that something is broken and needs fixing. The golden thread of governing needs to be kept at the forefront when making laws of any kind.

Pets 'n' Vets

Blood Work - Monitoring Your Pet's Internal Health

by Ryan Ridgway, BSc Ag., DVM

If you have read my other columns, you may have picked up that preventative medicine is best. Nobody wants their pets to be sick, we want them to have the best quality of life they can. Not only can we reduce risk factors and start preventative therapy, slowing the progression, our treatments also work best if they are started early. Annual exams are the first step but as our pet's age, we have another ace up our sleeves - blood work.

With older animals, often their organs are not running as well as they did when they were younger. Even if they have a disease not associated with organ failure, in many cases reduced organ function alters our treatment choices.

Unfortunately, our pet's organs can't tell us when they are getting worn out - that's where blood work steps in. This article is to help you understand your veterinarian when they discuss blood work and why we feel it is important to monitor.

Common Wellness blood Work

The first three tests in the list are commonly run together in-clinic, on emergencies or prior to anesthesia because they do not rely on large, expensive diagnostic machines. Unfortunately, they do not give us as much information to determine the actual cause of the disease as the other tests do.

Packed Cell Volume

This test determines the percentage of oxygen carrying cells in the blood known as red blood cells. It

is most often used in emergency situations or prior to surgery to ensure your pet's red blood cells are not low, known as anemia. Anemia affects how well they handle anaesthesia or whether they need intravenous fluids or a blood transfusion.

Total Protein

Another blood test, performed alongside Packed Cell Volume, that looks at the amount of proteins normally found in blood. Depending on the level, this test can determine if your pet is dehydrated or losing protein from their blood.

Blood Urea Nitrogen

This one looks at the level of urea in the blood. Urea is a normal by-product of protein digestion that is removed by the kidneys and urine.

An elevation in the blood urea can indicate kidney disease or dehydration. Because anaesthesia can have adverse effects on kidneys, we need to have every precaution in place to protect them. If your pet's kidney's have reduced function, we need to know so we can adjust the anesthetics used and the amount of intravenous fluids we give them.

The following tests give much more information than the ones above but commonly need to be referred to a regional laboratory. Recently, however, the machines used to run them are becoming smaller, less expensive and available to smaller clinics. Because of this, many of these tests will start replacing the above ones.

Complete Blood Count (CBC)

This test looks at all the cells in the blood: red blood cells, white blood cells and platelets. It determines the total number and relative percentage of each of the cell types, as well as their morphology and whether there are any bacteria or parasites present in the blood. By looking at the white blood cells, your veterinarian can determine whether there is infection present and for how long it has been going on. It can also determine if your pet

is allergic to something and requiring further diagnostics to determine the cause of the allergy.

Serum Chemistry

This is the most important test in most cases. It is the one that looks at the blood's electrolytes, sugar level and organ enzymes. Your veterinarian will run this test, commonly along with CBC and Urinalysis to get a complete picture of what is going on inside your animal's organs.

Urinalysis

While not a blood test, it is important to monitor urine along with the serum chemistry. Kidney disease can only be 100% diagnosed by monitoring the urine and serum together.

Other issues such as urinary infections and diabetes can also be detected when urinalysis is combined with serum chemistry.

These are the common tests to monitor your pet's internal health. Other blood tests are available, depending on what your veterinarian suspects your pet has but are not as commonly ran. By using blood work, we can see what is going on in your pet's organs and help protect them as they age leading to a longer and happier life.

Exchange Program underway

The South Okanagan and Similkameen Wood Stove Exchange Program is underway!

Do you heat with wood?

If so, here's a chance for you to upgrade your old wood stove or wood fireplace insert to a cleaner burning unit and save money while improving local air quality!

From now to April 30th, you can receive a \$250 rebate when you trade your old wood stove or wood insert for a new cleaner burn tech-

nology EPA/CSA emission-approved wood, pellet, electric or gas stove or insert. Participating retailers are also offering upfront discounts. But don't delay as this offer is limited to the first 52 exchanges.

To take advantage of this offer:

- Visit your local participating HEARTH PRODUCTS RETAILER
- Pick out a new CLEAN BURNING hearth product, freestanding or

fireplace insert. Choose from EPA certified WOOD, PELLET, ELECTRIC or GAS burning models

- Render non-usable and recycle for metal scrap your old wood stove/insert (ask your Hearth Dealer how to do this) Hearth Dealer will fill out all the forms

- Receive your \$250 rebate cheque in the mail

- Receive additional discounts off the price of a new CLEAN BURNING Hearth Product from participating retailers at the time of purchase

- Available to all those living in Municipal or Rural Areas of the South Okanagan and the Similkameen (in the RDOS region).

New EPA wood stoves and inserts, when operated correctly will reduce smoke pollution by 90% and use 1/3 less wood. Chimney smoke is a sign of an inefficient burn, produces unnecessary air pollution and wastes wood.

To learn more on efficient operation of a wood stove, view the videos on the RDOS Wood Heating webpage and mark your calendar to attend the Wood Heating Workshop on March 5, at the South Okanagan Home Show.

For more information on the Wood Stove Exchange Program, visit one of the participating retailers: Accent Fireplace Gallery, Okanagan Home Centre, Penticton Home Hardware, Fletcher Building Supplies, Paquette Heating. For their contact information, program details, and a list of resources, see the RDOS Wood Heating webpage, www.rdos.bc.ca.

- submitted

Living Past 100

Garlic Is Good For You

Many people absolutely love garlic, and a lot of people do not like it at all. Those who love garlic are getting a lot more than flavour. They are eating one of the healthiest foods there are. Garlic has tremendous health benefits.

Garlic cuts the risk of heart attack in half, and reduces the risk of any heart disease by one-third. Garlic slows hardening of the arteries, and reduces blood pressure. Fat around the heart can be a problem, but garlic reduces 'bad' fat around the heart, keeping the muscles of the heart running smoothly.

Garlic fights infection. It is like a natural antibiotic, attacking infectious microbes. Studies have shown garlic reduces the likelihood of catching the common cold.

There are many people who want to detoxify their bodies. Garlic is very effective at this job, and can detoxify lead poisoning.

Fresh garlic is the best, of course. Garlic is oily, and it is the oil that does the job. Fresh garlic in a salad is like adding a powerful medicine to your food. Garlic is essential in Italian cooking, of course, but it is a wonderful addition to all meat dishes. Garlic enhances the flavour of beef, chicken, pork, goat and lamb. It is less effective with turkey, but good with buffalo, moose and venison. Garlic is great in an omelette and in devilled eggs.

For the past 7,000 years, garlic has been used for both food and medicine. This plant originated in southwest Asia, where it grows wild, but it is cultivated in every country of the world today. There are many varieties of garlic, including wild varieties such as North America's wild 'onion.' Elephant garlic is not garlic at all, but a leek. All are the members of the allium family of plants which includes onions and leeks.

Garlic can be dried and powdered to preserve it, and it can be pickled. However, it is at its most potent level when eaten raw.

Garlic grows wild in many European locations where conditions are warm and not too wet, such as in the Mediterranean area. Garlic can be successfully grown in most Canadian gardens, but it does like good soil. Many people in Europe grow garlic in flower beds because it has pretty little flowers, and tends to keep bugs away.



PrincetonBCNews

KINDERGARTEN 2016 STUDENT REGISTRATION

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



Registration Schedule Monday to Friday

February 22 - March 4, 2016

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

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

For September 2016

- To register, a child must be 5 years of age on, or before December 31, 2016.
- Parents/Guardians should bring the child's Birth Certificate, Immunization record and Care Card when registering.
- Parents interested in a Kindergarten distance education program for their child, can contact the South Central Interior Distance Education School at 250-378-4245 or 1-800-663-3536.

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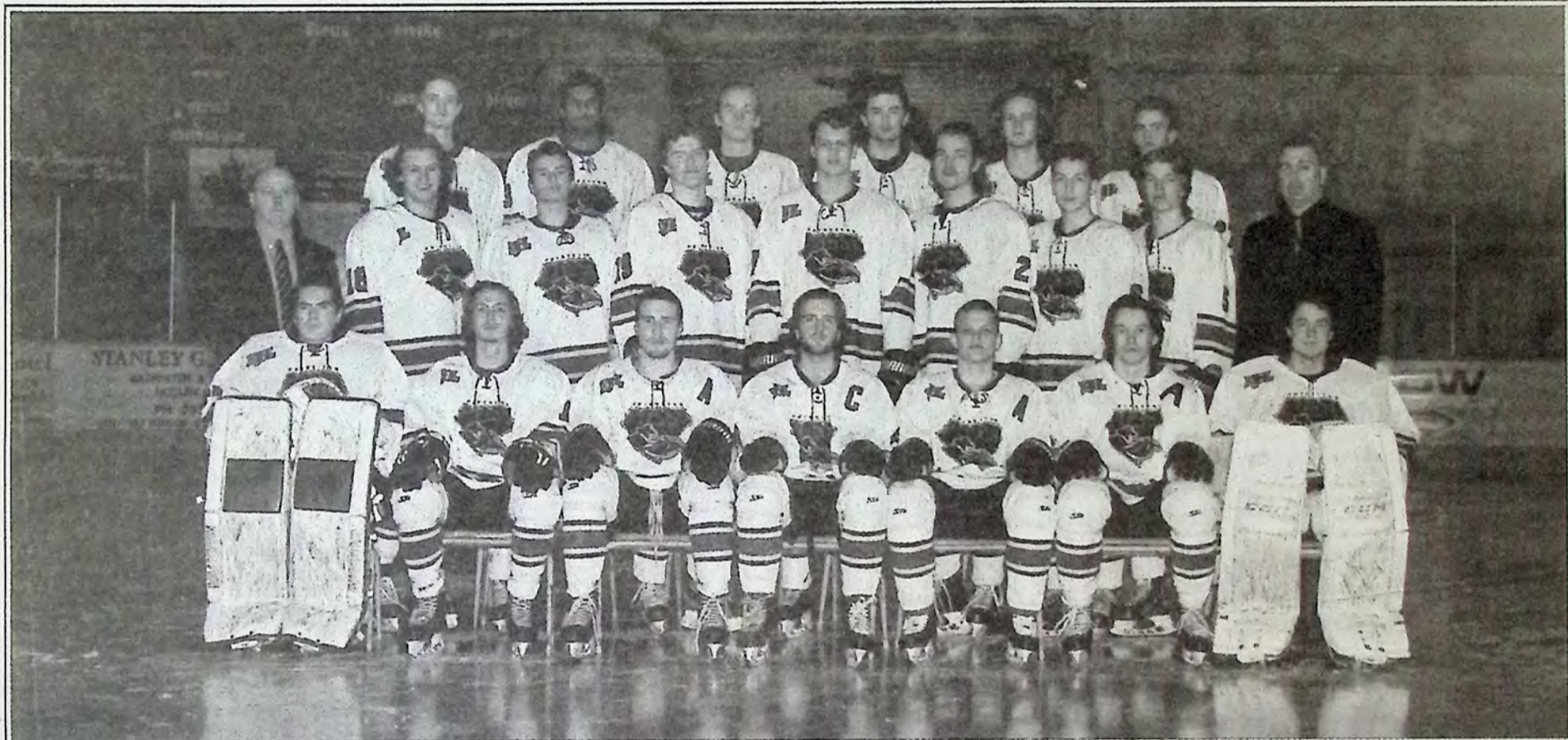
For details call: 250.295.4149



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - February 16 - 22, 2016



The official 2015/16 KIJHL Princeton Posse team photo. Photo: Bob Marsh Photography

Chiefs triple Posse at home

Princeton Posse hosted Kelowna Chiefs February 12th at Princeton Arena.

The two teams had played a total of seven head-to-head games to this point with Kelowna leading the series 6-1 as well as outscoring the Posse 27-12.

The Chiefs scored first at 14:36 (Brody Dale from Joel Scrimbit).

Princeton tied the game late in the period with a goal at 3:27 from Tristyn Olsen. Chad Kimmie and goalie Chandler Billingham assisted him.

After one period the numbers were close on both sides with a 1-all tie and shots on goal at 12-11 in favour of Kelowna.

The second period saw the Chiefs score a go ahead goal on the power play at 14:32. Joel Scrimbit got the credit. He had help from teammates

Josh Kobelka and Jace Woodley.

Home town player Bradley Palumbo lit up the penalty lights at 10:52 with a Check to the Head call. It was followed by a 10-minute Misconduct and a Game Misconduct.

Princeton tied the game again at 11:38 with Joshua Dickson added a goal. Local boys Morton Johnston and Tristan Vandermeulen earned assists.

Shots on goal in the second period were down considerably with Princeton taking an 8-4 lead in that stat.

Kelowna took the lead once more at 3:53 of the final period. The goal was scored by Elliot Pickrell who had a hand from Donny Nordstrom.

The final minutes of play saw Princeton's Keith Comte earn a Roughing call that was enhanced with a Misconduct and teammate Bailey

Shaver also received a Misconduct. All of this happened with 1:51 left to play sending the pair to the showers before the rest of the team.

Just seconds after all of this Princeton pulled goalie Chandler Billingham for an extra man but could not capital-

ize with that strategy.

Final Score: Kelowna 3, Princeton 2. Shots on Goal: Princeton 22, Kelowna 21. Penalties in Minutes: Princeton 12 for 56-minutes, Kelowna 4 for 8-minutes. Kelowna went 1 for 7 (14.3%) on the power

play while Princeton was unsuccessful in three attempts.

The win gives Kelowna a 23-22-2-1 record for 49 points and snaps a two game losing streak. The Posse fall to 9-36-2-1 (21-points) with an eight game losing skid.



Hockey action from a recent game in Chase against the Heat. Photo: Bob Marsh Photography

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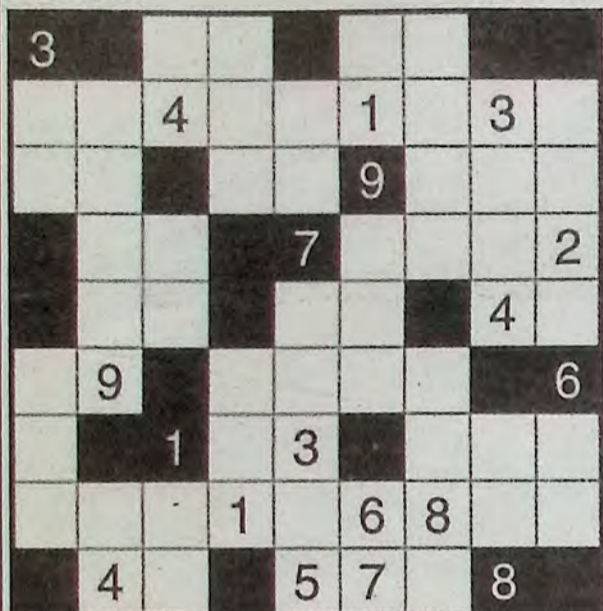
News Leader Str8ts

STR8TS

No. 268

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 cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

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

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

Tuesday Movies

TUESDAY MORNING

8:30 am SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)
11:00 am SPIKE ch.44 "Speed" (1994, Action) Keanu Reeves. Premiere. A SWAT team ace must keep the speed of a Santa Monica bus above 50 mph, or a madman's bomb will explode. (In Stereo)

(2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend.

EVENING

AFTERNOON

12:00 pm FAM ch.26 "Bunks" (2013, Comedy) Dylan Schmid. Two troublemaking brothers accidentally unleash a curse that plagues their summer camp with zombies. (In Stereo) (CC)
2:00 pm SPIKE ch.44 "Speed" (1994, Action) Keanu Reeves. Premiere. A SWAT team ace must keep the speed of a Santa Monica bus above 50 mph, or a madman's bomb will explode. (In Stereo)
4:00 pm FAM ch.26 "Rookie of the Year" (1993, Comedy) Thomas Ian Nicholas. Premiere. A boy lands a job with the Chicago Cubs after an arm injury leaves him with major-league pitching talent. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Road Trip"

7:00 pm SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)
8:00 pm KSPS ch.6 "Bridging the Divide: Tom Bradley and the Politics of Race" (2015, Documentary) Elected in 1973, Tom Bradley becomes the only African-American mayor of Los Angeles, a position he held for 20 years. (In Stereo) (CC)
9:00 pm KNOW ch.5 "The Wild Horse Redemption" (2007, Documentary) Hardened criminals at a Colorado prison take part in a program that teaches them how to train mustangs. (In Stereo) (CC)
KSPS ch.6 "The Black Panthers: Vanguard of the Revolution - Independent Lens" (2015, Documentary) Premiere. Filmmaker Stanley Nelson examines the rise of the Black Panther Party in the 1960s and its impact on civil rights and American culture.



TUESDAY, FEBRUARY 16, 2016

	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	Crazy Talk	Morning News (N)	Hi Opel (N)	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Ships	Life Derek	CityLine (N)	Wildest Police Videos	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Dog	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre		How/Made	Lost	Let's Make a Deal (N)	Wildest Police Videos	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds			Morning	Napkin	Chucks	SportsCentre		Daily Planet (DVS)	Life	The Price is Right (N)	Cops	Security
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700 Club (N)	Criminal Minds	Livell Kelly and Michael	Morning	Sugar	Arthur	Sidekick	SportsCentre	Livell Kelly and Michael	How/Made	Bulldozer	FamFeud	Movie: "Four Brothers" (2005) Mark Wahlberg. (N)	The Dead Files
10 AM	Judge	Sugar	Boj	Sesame St.	Today (N)	The Price is Right (N)	Criminal Minds	The View	Sugar	Rachael Ray	Bookaboo	Spliced	SportsCentre	The View	Highway Thru Hell	Justin	The Chew		Ghost Adventures
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Rachael Ray	Noon News Hour (N)	Recipes	Rated A	UEFA	Marilyn Denis	How/Made	Kate and Dream	General Hospital (N)	Movie: "Speed" (1994, Action) Keanu Reeves. Premiere. (N)	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks	Champions League Soccer: Benfica vs Zenit	CTV News Vancouver	Alaskan Bush: Off Grid	Movie: "Bunks" (2013) (N)	Celebrity	CityLine	The Dead Files
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Almost		The Social (N)	Alaskan Bush People	Life Derek			
2 PM	King	The Talk	Maya	Thomas	TMZ (N)	Let's Make a Deal (N)	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Sports	Dr. Phil	How/Made	Prince	CityNews at 5 (N)	Movie: "Speed" (1994, Action) Keanu Reeves. Premiere. (N)	Ghost Adventures
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	HZipper	CityNews at 6 (N)	Moves	Moves
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil	Fit to Fat to Fit	FABLife (N)	Young & Restless	Early News	Bond Vet (N)	SpongeBob	That's Hockey	The Dr. Oz Show	Daily Planet (N)	Movie: "Rookie of the Year" (2013) (N)	Mod Fam		Restaurant Makeover
5 PM	Movie: "Road Trip" (2000)	News (N)	Dino Dan	News	News	News	Married at First Sight	News	Early News	(4:59) News Hour (N)	Dragons' Den	SpongeBob	UEFA	CTV News Vancouver	Gold Rush: Pay Dirt (N)	Awesome	Grand	Contractor	Security
6 PM	Breckin Meyer	News Hour	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Millionaire	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	Champions League Soccer	CTV News Vancouver	Gold Rush (N)	Next Step	Brooklyn	Contractor	My- Monument
7 PM	Selinfeld	ET	Canada: Over the Edge	Finding Your Roots (N)	Jeopardy!	Broke Girl	(7:01) Fit to Fat to Fit	ET	ET	Limitless "Under-cover!"	Hello	Game		etalk (N)	Railroad Alaska (N)	The X Factor UK (N)	Broke Girl	Movie: "Four Brothers" (2005) Mark Wahlberg. (N)	Mysteries-Museum
8 PM	Family Guy	NCIS "Re-act" (N)	Life	"Bridging the Divide"	Hollywood Game Night	NCIS "Re-act" (N)	(8:02) Fit to Fat to Fit	Fresh-Boat	NCIS "Re-act" (N)	NCIS "Re-act" (N)	Mercer	Just Kid	Hockey	The Flash (N)	How/Made	Malcolm			Mysteries-Museum
9 PM	Family Guy	NCIS: New Orleans (N)	"The Wild Horse Redemption" (N)	"Black Panthers: Vanguard of the Revolution"	Chicago Med "Clarity"	NCIS: New Orleans (N)	Married at First Sight	Marvel's Agent Carter	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek	Gags	SportsCentre (N)	Marvel's Agent Carter	Gold Rush	Degrassi	Crime Watch Daily (N)	Contractor	My- Monument
10 PM	The Middle	Limitless "Under-cover!"	Westbound		Chicago Fire (N)	Limitless "Under-cover!"	Married at First Sight	Marvel's Agent Carter	Limitless "Under-cover!"	News Hour Final (N)	The National (N)	Haunting	SportsCentre (N)	CSI: Cyber	Railroad Alaska	Arts	Extra (N)	Contractor	Mysteries-Museum
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News	(11:02) Fit to Fat to Fit	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre	News-Lisa	How/Made	Malcolm	Liquidator	Contractor	Ghost Adventures



These are just small samples of two pieces of art created by students at Little Folks Nursery School. - photo submitted

Little Folks Nursery School

Art Fusion Fundraising Project

This past January Little Folks Nursery School (LFNS) partnered with local artist Kathy Schneider, of Red Post Art, to create an art fusion project with the children of LFNS.

LFNS is a non-profit administered preschool for children 36 months to five years; and who continually struggle with enrolment and mak-

ing ends meet. Current LFNS Fundraiser developed this project to highlight the importance of art to children's development and raise funds for the preschool. These funds directly benefit the children through new equipment and general day-to-day operations, required to providing quality early childhood development in Princeton.

With help of student volunteers from Princeton Secondary, the artist held four sessions in order to have all the children who attend LFNS participate. Through collaboration, art, and play, the group created two large artist-quality acrylic paintings. The Princeton Rotary has graciously invited LFNS the

opportunity to have one of the paintings be auction off at their Wine Festival, this coming February 20th, truly making this project a community effort.

The children had the chance to engage with an artist, be inspired, and learn through art, while making community connections. This

project aimed to emphasize the importance of a preschool and creativity to the health of a community. LFNS would like to thank Kathy Schneider for her donation of time and supplies, the student volunteers for their mentorship, and the Rotary for their continued support.

- submitted



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A young artist works with Kathy Schneider. - photo submitted

SO COUNTRY INTERNET RADIO



Amanda Henley, standing, hosted another digital photo organizing workshop at Princeton Museum February 7th. Visit her website at www.MemoryMomentum.ca for details. *

WEDNESDAY, FEBRUARY 17, 2016

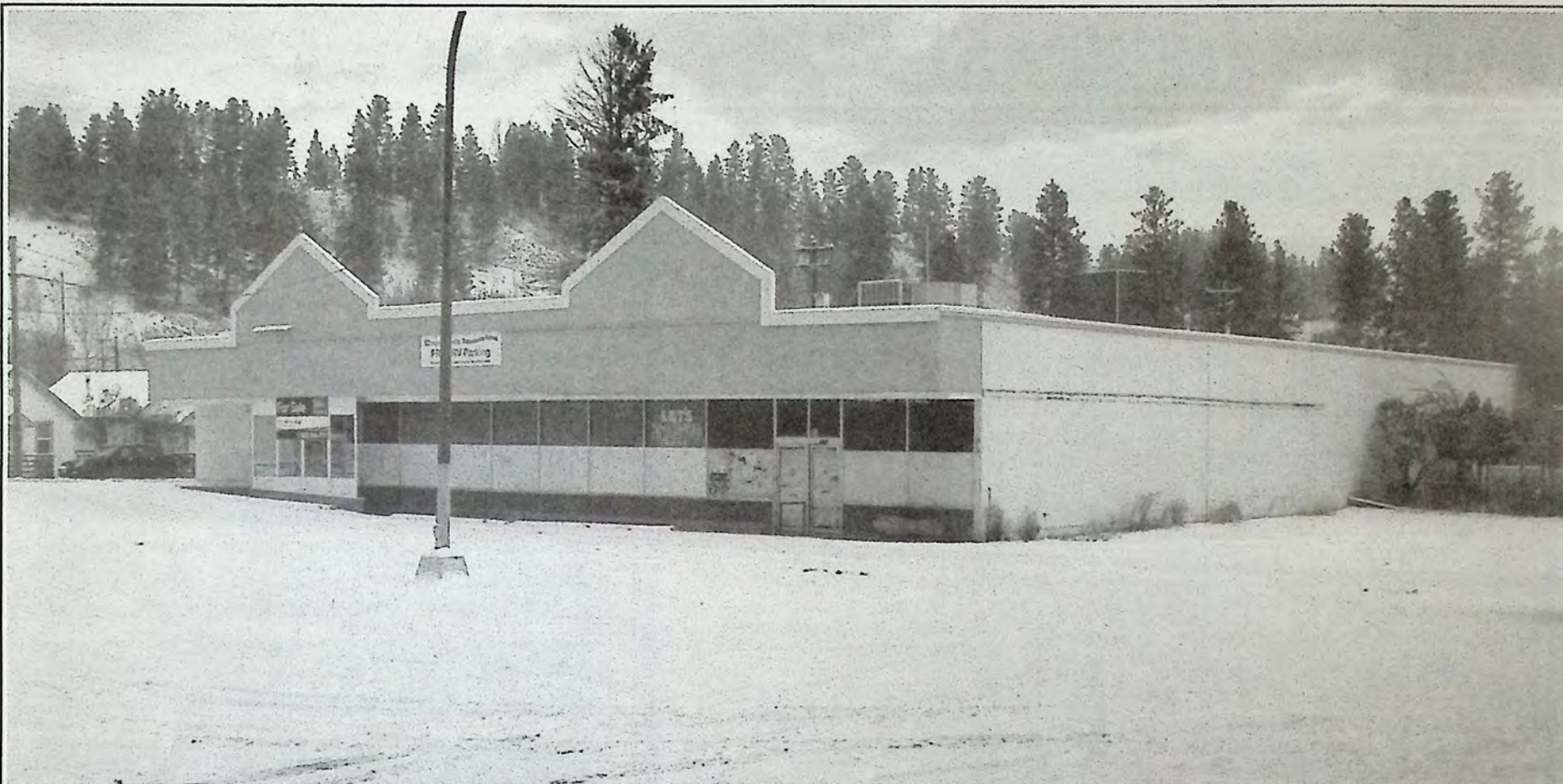
	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) ☺	Hi Opiel ☺ Monkey	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N) ☺	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☺	CTV Morning Live Vancouver (N) ☺	Mighty Ships ☺	Life Derek Life Derek	CityLine (N) ☺	Bar Rescue	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts Ready Jet	Today (N) ☺	CBS This Morning (N) ☺	Dog the Bounty Hunter	Good Morning America (N) ☺			Cat in the Hat Arthur ☺	Squirrel Chucks	SportsCentre ☺		How/Made How/Made	Awesome Awesome	Let's Make a Deal (N)	Bar Rescue	Moves Moves
8 AM	Law Order: CI		PAW Patrol Curious	Nature Cat Curious			Criminal Minds ☺			Morning Huntley St.	Napkin Tiger	Chucks Wayside	SportsCentre ☺		Daily Planet ☺ (DVS)	Gaming Gaming	The Price Is Right (N)	Bar Rescue	Security Security
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger	Today (N) ☺	The 700 Club ☺	Criminal Minds ☺	Live! Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur ☺ Napkin	Sidekick Almost	SportsCentre ☺	Live! Kelly and Michael	How/Made How/Made	Builder Playdate	FamFeud FamFeud	Bar Rescue	The Dead Files ☺
10 AM	Judge Judge	Sugar ☺ Debt/Part	Boj ☺ PAW Patrol	Sesame St. Peg	Today (N) ☺	The Price Is Right (N)	Criminal Minds "Hit" ☺	The View ☺	Sugar ☺ Debt/Part	Rachael Ray ☺	Bookaboo Tiger	Spliced ☺ Kid vs. Kat	SportsCentre ☺	The View ☺	Edge of Alaska ☺	Justin Twirlywoos	The Chew ☺	Bar Rescue	Ghost Adventures ☺
11 AM	Divorce Divorce	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	Criminal Minds "Run"	Paid Prog. Paid Prog.	Rachael Ray ☺	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	UEFA UEFA	Marilyn Denis	Gold Rush: Pay Dirt	Kate and Dream	General Hospital (N) ☺	Bar Rescue	Security Security
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☺ Astroblast	Paid Prog. Bold	News	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds Squirrel	Champions League Soccer: Roma vs Real Madrid	Gold Rush ☺	Movie: *** "Rookie of the Year"	Celebrity Celebrity	Bar Rescue	Mysteries-Museum	
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Almost Sidekick	The Social (N) ☺	Railroad Alaska ☺	Awesome	CityLine ☺	Bar Rescue	The Dead Files ☺	
2 PM	King King	The Talk ☺	Maya Curious	Thomas Curious	TMZ (N) ☺ Inside Ed.	Let's Make a Deal (N)	The First 48 ☺	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Sports Interruption	Dr. Phil ☺	How/Made How/Made	Prince Awesome	CityNews at 5 (N) ☺	Bar Rescue	Ghost Adventures ☺
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show ☺	The First 48 ☺	Rachael Ray ☺	Meredith Vieira	Young & Restless	Grand Designs ☺	Sidekick Chucks	SportsCentre (N) ☺	Ellen DeGeneres Show	How/Made	HZipzer Next Step	CityNews at 6 (N)	Bar Rescue	Moves Moves
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	Ready Jet Wild Kratts	Jdg Judy	Dr. Phil ☺	Duck D. Duck D.	FABLife (N) ☺	Young & Restless Global Nat.	Early News	Bondi Vet (N) ☺	SpongeBob SpongeBob	Hockey Champions	The Dr. Oz Show ☺	Daily Planet (N)	Movie: "Kicking and Screaming" ☺	Mod Fam Mod Fam	Bar Rescue	Restaurant Makeover
5 PM	Movie: ** "Hanging Up" (2000)	News (N) ☺	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck D. Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☺	SpongeBob SpongeBob	UEFA Champions League Soccer	CTV News Vancouver	Killing Fields (N) ☺	HZipzer	Broke Girl Mike	Bar Rescue	Security Security
6 PM	Meg Ryan.	News Hour News	Canada: Over the Edge	PBS News-Hour (N) ☺	Millionaire	KREM 2 News at 6 (N)	Duck D. Duck D.	News at 6 News	(5:59) News Hour (N)	Chicago Med "Clarity"	CBC Vancouver News	Assembly Nicky		CTV News Vancouver	Moonshiners: Outlaw	HZipzer Nowhere	Mod Fam blackish	Bar Rescue	The Dead Files ☺
7 PM	Seinfeld ☺ Seinfeld ☺	Chicago Med "Clarity"	The Polar Sea ☺	Nature (N) ☺ Wheel	Jeopardy! Wheel	Broke Girl Broke Girl	Jep Duck D.	ET The Insider	Chicago Med "Clarity"	Chicago P.D. (N) ☺	Gags Coronation	Nicky Stanley	SC Top 10 SC Top 10	etalk (N) Big Bang	Moonshiners (N) ☺	Life Life	Broke Girl Two Men	Bar Rescue	Ghost Adventures ☺
8 PM	Family Guy Amer. Dad	Survivor "I'm a Mental Giant" ☺	Wild China ☺	NOVA "Iceman Reborn"	The Mysteries of Laura	Survivor "I'm a Mental Giant" ☺	Duck D. Duck D.	The Middle Goldbergs	Survivor "I'm a Mental Giant" ☺	Survivor "I'm a Mental Giant" ☺	Dragons' Den ☺	Just Kid Just Kid	Open Gym Open Gym	Arrow (N) ☺	How/Made How/Made	Prince Malcolm	CityNews-Tonight (N)	Bar Rescue	Mysteries-Museum
9 PM	Family Guy Amer. Dad	ET Canada	The Monarchy ☺	NOVA ☺	Law & Order: SVU Big Bang	Duck D. Duck D.	blackish ET Canada	ET Canada	ET Canada	ET Canada	X Company (N) ☺	Gags Gags	SportsCentre (N) ☺	Big Bang Big Bang	Killing Fields ☺	Rebecca LA Story	Crime Watch Daily (N)	Bar Rescue	The Dead Files ☺
10 PM	The Middle Payne	Chicago P.D. (N) ☺	The World After Stone	Herd In Cog Fall	Chicago P.D. (N) ☺	Code Black (N) ☺	Duck D. Duck D.	American Crime (N) ☺	Chicago P.D. (N) ☺	News Hour Final (N)	The National (N) ☺	Haunting Haunting	SportsCentre (N) ☺	Code Black (N) ☺	Moonshiners: Outlaw	The X Factor UK "Bootcamp 2" ☺	Extra (N) Liquidator	Bar Rescue	Ghost Adventures ☺
11 PM	Browns Payne	News Final Colbert	The Polar Sea ☺	Charlie Rose (N) ☺	News J. Fallon	News Colbert	Jep Duck D.	KXLY 4 J. Kimmel	News Colbert	Late Show-Colbert	CBC News Coronation	Gags Gags	SportsCentre ☺	News-Lisa CTV News	Moonshiners ☺	Prince Liquidator	Liquidator	Bar Rescue	Ghost Adventures ☺

THURSDAY, FEBRUARY 18, 2016

Table with 19 columns (WTBS ch.3 to DTOUR ch.45) and 12 rows (6:30 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, FEBRUARY 19, 2016

Table with 19 columns (WTBS ch.3 to DTOUR ch.45) and 12 rows (6:30 AM to 11:30 PM) listing TV programs and channels.



Engagement in the community led to a change of venue and branding for this business in downtown Princeton. Further re-branding resulted from additional engagement. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

This week I'm going to look a bit deeper into the concept of engagement and how that relates to business in the downtown core.

First off, you have very likely heard the buzz around town about the proposed Business License Fee Bylaw. I say 'proposed' because it has not yet been adopted, or in other words, put into 'law.' The conversations in and around town, online and in my office have really brought a huge focus onto the activities coming out of Town Hall.

As part of the process Town Council requested feedback from the Chamber of Commerce BEFORE adopting the bylaw. The Chamber has been gathering data through an informal survey of its members and by the time you read this will be preparing for or just finished meeting with Town Council on the matter.

Here's the engagement part: While the general tone of the conversations taking place on the issue is mostly negative Town Council

did not have to consult with the Chamber of Commerce, but they did.

Let's face it, as intelligent as the brain trust is in the walls of Town Hall, sometimes they have to look outside the building for some input. The contracts with Urban Systems are a fine example of this. So, instead of ramming license fee changes down the throats of struggling business owners, Town Council has reached out for some help.

This is going to have a tremendous impact on the overall perception of our town leaders and that is a good thing. As I've stated before, if you knew nothing about Princeton and were thinking of moving here or starting a business here, the information you would find on social media would scare the average person away. Luckily investors don't spend a lot of time on Facebook.

However, this brings me to my next point.

Spencer has written about this frequently. When the new Town of Princeton website is launched, it should have social media connections. But first, a disclaimer: I don't blame the members of Town Council for being shy about jumping into the social media pool. There are a lot of sharks in the water and many don't really care if Town Hall is right or wrong because well, sharks don't listen.

However, there would be opportunity to add some form of communication linkage to provide a more immediate response that just e-mail. I know what I would add, but my thoughts will very likely not align with the concept of engagement at Town Hall.

With the recent focus on home-based businesses getting brighter and brighter with the proposed Business License Fee Bylaw, this sets up another form of engagement. It allows these small business owners to seek the support of a

business group to give them a voice at the local government level. Of course, I'm suggesting the Chamber of Commerce would fill that role. It also means all other business owners would have a place to turn in matters such as the proposed bylaw.

The engagement from business owners/operators to the Chamber of Commerce allows the Chamber to engage with town leaders directly representing the concerns of local business allowing for meaningful dialogue and sensible solutions.

Or at least that's the way it should work in a perfect world. But for it to happen there has to be engagement and I'm talking about positive engagement. If you are a home-based business owner affected by the proposed Business License Fee Bylaw, contact the local Chamber of Commerce instead of using social media to make your point. Yes, there are times when a well-.....continued on Page 20

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Derek Christianson "Diggler"



We are saddened to announce the passing of Derek Christianson.

Derek was taken from us on January 31, 2016. Diggler, as many knew him, was the best damn father, husband and friend! The big man touched so many lives wherever he went. He leaves behind his loving wife Christine, his sons Maverick (12) and Dane (9), sister Corrina (Frank) along with her kids Blake and Brook, father Nick (Gayle), in-laws Lorne and Darlene Cochet and numerous aunts, uncles, nieces, nephews and cousins. He was predeceased by his mother Lana in 2004.

The logging and motorsports industries will have a huge void now that he is gone.

A gathering of friends was hosted Saturday, February 6, 2016 in the Gibraltar Room so laughs, stories and memories could be shared about Derek.

The family would like to thank everyone for the huge outpouring of support that has been shown since we received this devastating news.

Compassionate Care Funerals entrusted with all arrangements.
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(NICOLA-SIMILKAMEEN)**

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School District No. 58 (Nicola-Similkameen) is accepting applications for a Temporary Computer Technician, to be based in Merritt, BC. This is a 7.5 hour per day position, temporary until June 30, 2016, with the possibility of being extended. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement. Please refer to the district's website under www.sd58.bc.ca, Employment/Support Staff, Job Code #1190829 for a listing of qualifications and to apply.

Application forms are available at the School Board office, 1550 Chapman Street, or online at www.sd58.bc.ca, click on Employment/Support Staff, listed under Job Code #1190829 and follow the prompts provided. Applications, including a detailed resume with a minimum of three references will be accepted until **February 26, 2016**, and should be forwarded to:

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School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street
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Only those applicants being interviewed will be contacted.

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Lower Valley News

Keremeos - Cawston - Olalla



Ok, let's try something different: We'll give you the date and location, and you come up with the caption. Bet you'll think of something funny! Date: February 5, 2016. Location: Yellow Lake. Photo: Arlene Arlow

RCMP busy on Family Day weekend

The Family Day holiday long weekend was a busy one for South Okanagan Traffic Services, based out of the Keremeos RCMP Detachment.

RCMP Sgt. H. B. Hallett reports that with the assistance of citizens in the South Okanagan and Similkameen a number of impaired drivers were taken off of area roads.

Totals for the weekend include:

Penticton

- One Criminal Code Impaired Driving charge
 - One Refuse to Provide Breath Samples charge
- ### Okanagan Falls
- Two Criminal Code Impaired Driving charges
 - One Refuse to Provide Breath Samples charge
 - One Drive While Over 80 mg%

(alcohol) charge

- One Possession of Cocaine charge
- One 90 day Immediate Roadside Prohibition (IRP)

Oliver

- One 90 day IRP
- One 3 day IRP
- One Drive While Prohibited charge

Osoyoos

- One 90 day Administrative Driving Prohibition (alcohol)
- One Drive While Prohibited charge

- One 90 day IRP

- Two 3 day IRP's

- One 24 Hour Driving Prohibition

Cawston

- One Criminal Code Impaired Driving charge
- One Criminal Code Drive While Over 80 mg% charge

Princeton

- One 90 day IRP

"One of the impaired drivers had collided with a parked vehicle and a fence on their way to a liquor store to purchase alcohol," Sgt. Hallett explains.

"This 50 year old female impaired driver was arrested leaving that Penticton liquor store in their pyjamas. This occurred on Saturday evening (February 6) at 7:30 PM."

Another of the impaired drivers was reported by a citizen as an erratic driver driving in the oncoming lane. This 56 year old female driver

was located seated behind the steering wheel in a parked idling vehicle in Okanagan Falls. This occurred on Saturday night (February 6) at 10:30 PM.

"Yet another impaired driver was observed swerving on Highway 97 in Okanagan Falls and travelling in the oncoming lane towards Oliver at a high rate of speed," Sgt. Hallett adds.

"This 28 year old driver was almost three times the legal limit for alcohol and was found to be in possession of cocaine."

This occurred Saturday evening

(February 6) at 8:00 PM.

Another impaired 50 year old male driver in Cawston was also found to be an unlicensed driver. This occurred on Sunday (February 7) at 2:30 in the afternoon.

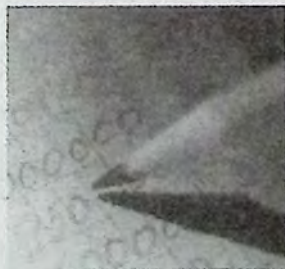
South Okanagan Traffic Services would like to thank the citizens that reported some of these impaired drivers.

"Fortunately no one died on South Okanagan roads this past Family Day holiday weekend," says Sgt. Hallett.

This was just one weekend in the South Okanagan/Similkameen.

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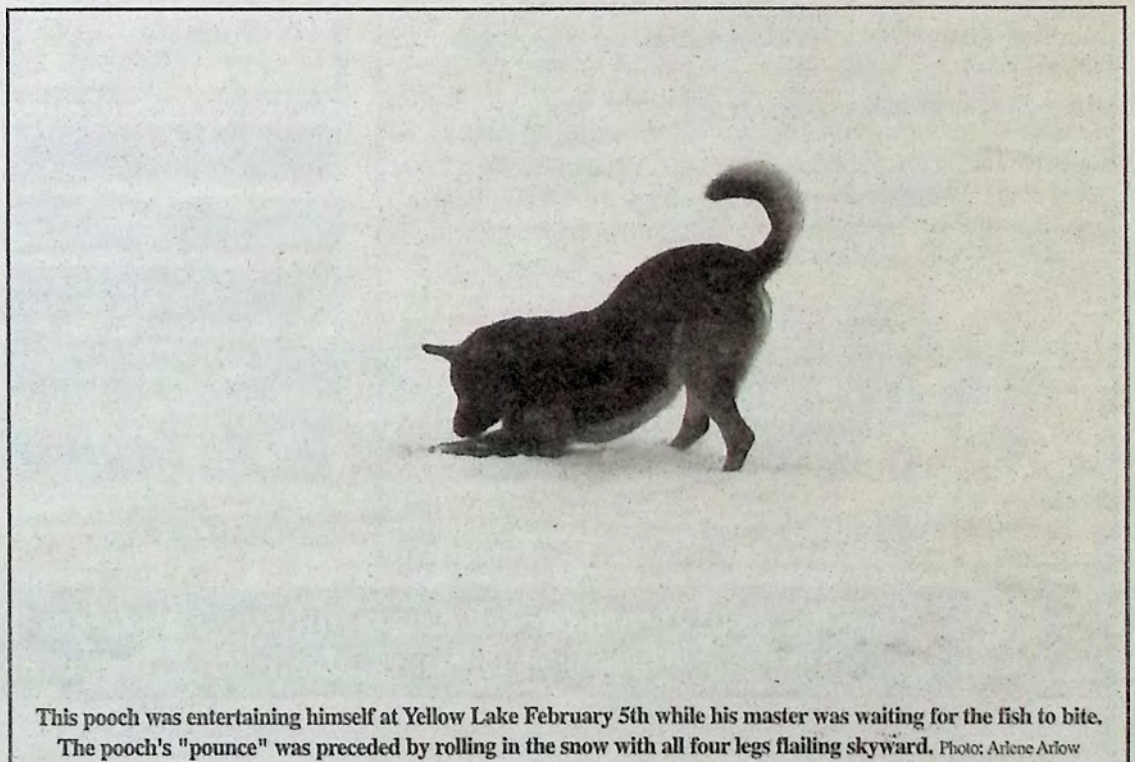
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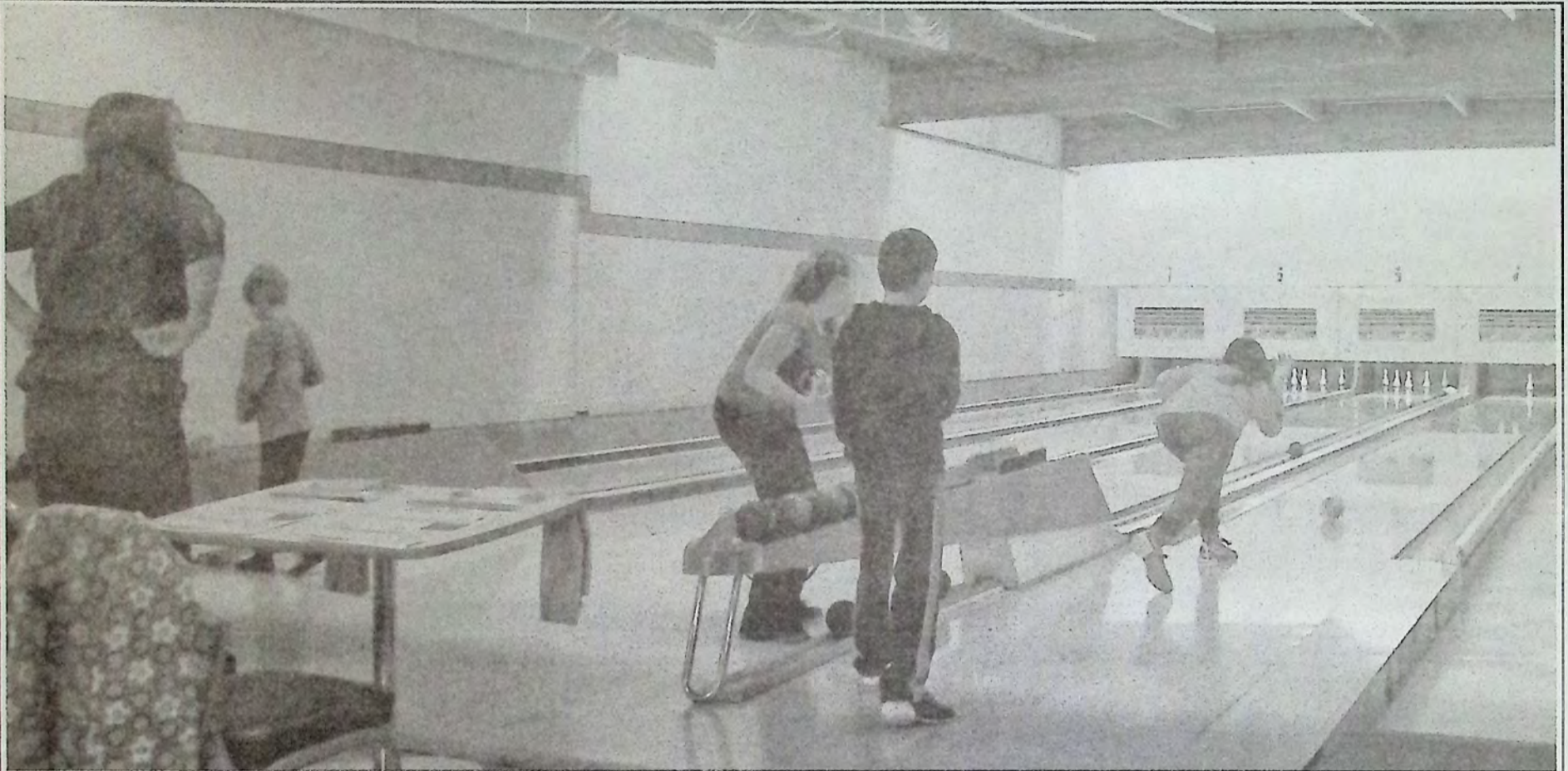
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This pooch was entertaining himself at Yellow Lake February 5th while his master was waiting for the fish to bite. The pooch's "pounce" was preceded by rolling in the snow with all four legs flailing skyward. Photo: Arlene Arlow

Lower Valley News

Keremeos - Cawston - Olalla



The Keremeos Recreation Centre was a beehive of activity on Family Day, February 8th. The bowling alley was as busy as the rest of the facility. Photos: Aran Menzies

Group plans Leap Day event

On Monday evening, February 29th from 6:00 to 9:00 PM the Cawston Hall will be the site for presentations and discussion hosted by The Friends of The Similkameen. 2016 is another Leap Year. The extra day is Monday, February 29th.

Water and the Similkameen River will be the focus of the evening with attention to wildlife ecology,

the geology of our aquifers, history and future of development, agriculture, recreation, industrial pollution and global warming.

"It's an opportunity for interested neighbors to celebrate the richness we enjoy and to share views around common concerns," said Donna Stocker of The Friends of The Similkameen.

A hundred people turned out to see

the South Okanagan Organic Producers' sponsored presentation of This Changes Everything, a film by Avi Lewis and Naomi Klein. This Leap Day event at the Cawston Hall is a follow-up.

The Friends of the Similkameen are a decades old adhoc group with success in past stopping toxic waste disposal at Dankoe Mines, a coal-fired power plant at Princeton,

coalbed methane drilling at Princeton and the damming of the Similkameen well as other matters over time.

There will be light refreshments on hand and the opportunity to join friends in exploration and discus-

sion around table presentations. It's mainly about the water.

Admission to the event is by donation. To contribute ideas, time or energy to the event, contact Friends of The Similkameen at 250-499-2371.

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Keremeos Search and Rescue volunteers assisted with rock/wall climbing activities at Keremeos Recreation Centre during Family Day February 8th. It was a popular place to be in the Lower Similkameen. Photo: Aran Menzies

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...And that's why they call it 'K' Mountain! Photo: Arlene Arlow

Artists show their brushstrokes

Juhli Caldwell, local artist, currently has paintings on display at the Riverside Community Centre as

part of the "Brushstrokes" Exhibition with artists Merrilyn Huycke and Susan Delatour.

Bold use of colour, strong composition and design are the hallmarks of Juhli's classical painting style.

Ranging from realistic to abstract, Juhli's work is the result of a meditative exploration into the myriad of floral forms from macro and micro points of view.

With a sensibility reminiscent of the floral works of Georgia O'Keefe, Juhli touches on the sensual feminine world of flowers through colour, form and space. The strongly feminine images evoke lushly decadent folds in which the viewer is invited to pause from the business of life and find some pleasure in a meditation on form.

Technically trained in architectural drawing and design, classically

trained in painting and the Surrealist genre of image making, Juhli comes to this garden of earthly delights with 25 years of experience. In Juhli's words, "I have an obsession with undulating forms in 3D space and the effect that colour has on enhancing the illusion of depth of space within the confines of the 2D canvas."

"Brushstrokes," including Merrilyn Huycke's Sketchbook Journals and Susan Delatour's Winter Moonlight Miniatures can be viewed until March 31st in the Lounge at Riverside Community Centre, Princeton. - submitted



Acrylic painting by Juhli Caldwell. - photo submitted

Saving Downtown...

by George Elliott

.....continued from Page 16 aimed shot needs to be fired over the bow but in most cases conversation gets the job done more efficiently.

Another way engagement helps the local economy is by business owners sending traffic to other businesses. We get a lot of inquiries in our office of where someone who does (fill in the blank) can be located or is there a place in town that sells (fill in the blank). We refer people throughout the retail core because we have a good handle on what services and products are available here. We also know that we are on the receiving end of referrals from other businesses in town.

When we all work together instead

of sending people out of town for something available across the street, we perform a great service through engagement with customers, other businesses and our community.

How does this save downtown Princeton?

All I'm talking about basically is communicating with one another. If we learn more about what is available in our local economy we become better consumers. When it comes to reaching out to the community for input, we become better leaders. The benefits of engagement far outweigh the negatives and in the end, it makes for a stronger community.

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