Similkameen INCLUDES GSTI

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Tuesday, February 23, 2016

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



Julie Steffler, left, Community Health Facilitator Population Health (IHA) and Angelique Wood, Coordinator Okanagan Similkameen Healthy Living Coalition, appeared before Princeton Town Council February 15th. The pair presented an update report on the work of the OSHLC in our region. *

Minister responds to Mayor

A letter from Steve Thomson, Minister of Forests, Lands and Natural Resource Operations was released at the February 15th regular meeting of Town Council.

In it the Minister responded to two concerns expressed by Mayor Frank Armitage that affect the community.

On the matter of tree harvest lev-

els, Thomson states, "The Chief Forester has not finalized her decision with respect to Annual Allowable Cut for the Merritt Timber Supply Area. I understand that she has heard from you on this matter and that she will consider your responses as she finalizes the decision on the AAC."

.....continued on Page 2

The work to be done at the fairgrounds was the main topic of planning discussions at the February 16 meeting of Princeton Exhibition Association (PXA). One project will be done with Back Country Horsemen on the weekends of May 8 and 15. Work will focus primarily on the barns, preparing them for the summer season. PXA volunteer members will hold a general work party on May 8, hosting a luncheon for everyone who turns out for the work party.

Top priority is the completion of the grandstand, new wider stairs, improvements to seating, repairs to roof access, and to the platform for handicapped persons. Councillor

Douglas Pateman assured members there was adequate funding for this, and for new paint. Members stressed a reliable contractor must be found to start the work in April.

Other capital projects were discussed, such as the safety concerns of parts of the "old west" facades on the smaller buildings. Any unsafe facades will be removed and not replaced.

The Ag barn roof is leaking badly and must be repaired very soon.

Town Council is still working on the budget for the PXA but it will be May before the budget is announced.

Promoting the exhibition grounds and Princeton businesses is one of

5:30 - 6:30 PM Thursday, February 25 8:30 - 11:30 AM Friday, February 26

PSS SCHOOL CAFETERIA

the projects undertaken by Princeton Rodeo Club and the PXA through renting a space at the annual Cowboy Festival in Kamloops. PXA Vice-President Jen Bernard and Karrie Crucil will attend this year on March 18, 19 and 20 at the Coast Conference Hotel. Bernard is preparing "picnic" bags to give away to people who stop at the PXA booth. These bags will contain items donated by Princeton business people and will promote their businesses.

On behalf of the PXA, Bernard has designed a brochure to take to the Cowboy Festival. The brochure advertises the facilities at the exhibition grounds and includes dates for the rodeo, motor sports and fall fair, and information about Princeton Riding Club. Contact information is provided for all. These brochures will be available at the tourist information centre during the summer.

Motor sports planning is going forward, and arrangements for the rodeo, June 11 and 12, are on schedule. Fall Fair members have not had their first 2016 meeting yet, so had nothing to report.

Princeton Riding Club President Stephanie Antonick said the club would like to build a dressage arena at the east end of the rodeo arena, in an area near the main access road. PXA members had no objections to the plan, but the proposal must come from Princeton Rodeo Club along with a description and grounds diagram before official approval is given by the PXA to be forwarded to the Town of Princeton. Adding a dressage arena

to the grounds would be at no cost to any other group, Antonick stat-

Antonick told PXA she had received an inquiry from Golden Pony Equestrian Club out of Summerland regarding use of Princeton's grounds for an event to be held in July. She was given forms outlining costs and procedures.

The next meeting of the PXA will be held March 15 at 7:00 PM at the library.

big events

Thanks to a growing membership, the Ladies Auxiliary to the Royal Canadian Legion had an excellent meeting on February 9. Requests for volunteers were rapidly met for two major banquets - one this past weekend on February 20 and another on March

The remainder of the meeting was spent discussing ideas and possibilities for fundraising events in the future.

One of the ideas suggested was a

spaghetti dinner, which would have to be coordinated with the Legion events and double-checked against other community events.

Following the meeting, members stayed for a social gathering.

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Minister responds to Mayor

Thomson explains, "The decision on apportionment of the AAC

occurs after the Chief Forester determines the AAC. As the Minister of Forests, Lands and

ON Commission of Forests, Lands and Of St.

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FOR TICKET INFO: JAMIE 250-293-6492 - HEATHER 250-438-6928 Natural Resource Operations, it is my responsibility to apportion the AAC. I understand the importance of stable fibre supplies to companies like Weyerhaeuser and ultimately to communities like Princeton who rely on valued corporate citizens such as Weyerhaeuser. When making my decision on the apportionment of the new AAC I will consider your recommendations with respect to the amount of volume available to replaceable forest therefore, licenses and Weyerhaeuser."

Thomson also spoke to the Trans Canada Trail stating, "The Kettle Valley Rail (KVR) Trail comprises portions of the Trans Canada Trail in British Columbia and passes through the town of Princeton over a distance of approximately five kilometres. The Province of British Columbia shares the Trans Canada

News Leader Classifieds For details call 250.295.4149 Trail vision as a primarily nonmotorized greenway."

The Minister goes on to say, "In its 2014 'revised strategic approach to rail trail management,' the province reaffirmed its commitment to a vision of a primarily non-motorized greenway for the KVR Trail but also acknowledged the reality of motorized use on various sections of the trail. The province recognizes that there is pressure from communities and recreationists from outside the town of Princeton that are advocating for motorized access on the KVR Trail through the town. In support of the non-motorized vision, the province has participated in coordinating and partially funding KVR Trail upgrades that include asphalt resurfacing of the trail through Princeton, providing lighting for the trail and upgrading the Bridge of Dreams."

Thomson says, "The province has issued authorization for trail maintenance to the town of Princeton under Section 57 of the Forest and

Range Practices Act and has issued License of Occupation 3411442 for the purpose of community trail maintenance in order to provide more tools to the town of Princeton to manage and maintain the trail."

The Minister goes on to say, "Outside the municipal boundaries, the province has a formal partnership agreement with the Regional District Okanagan-Similkameen for management and maintenance of the KVR Trail. The province recognizes that the town of Princeton has been a committed partner in pursuit of a non-motorized trail and offers support in continuing that pursuit from the Recreation Sites and Trails BC staff in the ministry."

He finishes his letter to Mayor Armitage with this reminder, "In 2014, the province enacted the Off Road Vehicle Act and the Off Road Vehicle Regulation on November 1. 2015. This Act and regulation will provide more tools to aid in the management of off road vehicles to the town of Princeton."

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Flip Of The Coyne

by Spencer Coyne

We haven't been imagining the higher prices at the grocery store. The price of produce is up 18.2 per-

cent from last year. For some, the price of groceries have put some produce out of reach. When this happens, people look for cheaper alternatives, usually processed foods that are higher in calories, sodium and sugars. The main culprit appears to be the low dollar, but there are other factors. We don't buy our food from the farmers or ranchers next door. We buy if on the global market from sources around the world.

Let that sink in for a moment. Our food travels further to get from the field to our tables than some people travel in a lifetime. It wasn't too long ago that we grew our own food, or at least it came from someone we knew. Princeton has always been a resource community, but we were also an agricultural community. We had family farms and ranches that fed the community. We even had dairies and wheat fields at one time. Now that is lost. We buy our milk from a Montreal based multinational that has a near monopoly because of the way our milk system is set up. Our produce, if we are lucky, comes partially from BC and Washington state, but mostly it comes from California or further south. We have lost touch with

where our food comes from. We have lost touch with our roots.

When we think of our cultural heritage, agriculture isn't the first thing that pops into the minds of most Princeton residents, but it should. It wasn't that long ago that a cattle drive went through part of the town. When I was still a kid the fall fair had livestock from farms across the district. Rodeo wasn't just a spectator sport. We would go to watch, not for just the bull riding, but to see a friend or cousin try his luck. We were an agricultural community and our culture reflected that. It is still there to a lesser degree. We still have a Fall Fair and Rodeo, and until just recently, the second wind on Racing Days was still blowing. We just think of them as community events, but they're based on that rich agricultural history that Princeton was founded on. The first settler didn't stay for gold. He was a rancher and his descendants from the Princeton area to Chopaka arecontinued on Page 20



Continuing to grow BC's agricultural sector

by Norm Letnick Minister of Agriculture

Day in and day out over 55,000 farmers, ranchers, fishers, and food processors work around the many unique regions in our province to grow, catch, process, and deliver some of the best tasting, highest quality food to British Columbians. I know, I've had the privilege of meeting hundreds of them over the past three years during my travels throughout the province and speak with them about their passion for the land, their products, and their contribution to our way of life. Together, with the support of over 300 men and women who work in the agriculture ministry, they achieved a milestone in agrifood receipts last year topping a record \$12.3 billion. That was almost 6% more than the year before which was also a record year.

Many farmers are making more money, with net cash income for this last year rising over 33% above the year before. We've seen records shattered in total honey production yield to nearly 4 million pounds, sweet cherries 22% higher than the year previous at nearly 14,000 tonnes, record years in hectares harvested of asparagus, beets, cauliflower, field tomatoes, greenhouse.

peppers and cucumbers, and more including records in cattle, milk, and chicken.

In 2014, B.C. producers led the nation in sales of blueberries, cranberries, sweet cherries, raspberries, apricots, with 17 of B.C.'s crops ranked second in national sales including floriculture products, nursery products, grapes, and more. And with our long shoreline we've also led the nation in sales of salmon, halibut, rockfish, skate, dogfish, hake, tuna, wild crabs, farmed clams, oysters and scallops.

All this in an environmental and sustainable manner that not only meet and exceed standards but also attract buyers from around the world who are hungry for clean, safe, nutritious, high quality food and drink to consume and feed their children. This growing demand has propelled our exports to record levels of nearly \$3 billion with the USA consuming two-thirds of that and China coming in at number two at \$264 million. Through the recent throne speech and budget our government has communicated its intent to continue to support and expand this important industry for the benefit of those men and women working in agrifoods, for all British Columbians who enjoy the over 300 commodities harvested and hundreds more food and drink products manufactured here, and many in over 150 countries who import our products.

Whether it's more money for our highly successful Buy Local program, more resources to help the Agriculture Land Commission enhance its oversight of the over 4 million hectares in the ALR (32,000 more than 2001), a new non-refundable farmers' food tax credit to those in the farming sector who donate produce and products to people in need or school meal programs, funding for the B.C. Agriculture in the Classroom Foundation to ensure the continuance of the school fruits, vegetable and dairy program, which now serves fresh B.C. agricultural products to 549,000 students in more than 1,400 First Nations and public schools, or many other program area investments you can rest assured that our government is fully committed to see agriculture's success continue now and for years to

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My Turn...

Well Done!

We get invited to a number of local events - as you can probably imagine. There are times when our calendar is full of activities where one of us is either going to report on something or to take a photo.

There is very little in the way of these events we attend just for fun. I explained to one group member in our office the other day that I always feel that we are "on the clock" and expected to write or photograph whatever we happen to attend.

That is a fair assumption so typically we carry a camera wherever we go - just in case.

My response prompted the question, "What do you do for fun?"

Well, let's see. I consider my paying job to be fun so I spend virtually every day, all day, having fun.

My kind of fun differs than that from those who create some of the fun events I find myself attending. Recent examples are the Crimson Tine Players Gala Valentine's Fundraising Event on February 13th and Rotary Club's Winefest on February 20th. Both of these events were created to give those in attendance a fun evening out as both organizations use those functions to generate revenue to support their specific activities.

Princeton Legion will be doing it with their upcoming Ladies Diamond Dinner and the Kokanee Summer Swim Club will also have the same thing in mind with their Pub Night Fundraiser. You really have to hand it to these people who put in the effort to create an experience in order to raise funds.

They could just go the easy way and bang on doors asking for donations but instead they all use creative means to get the money they need to keep operating. What makes this such a successful concept is that the equation is completed by the people who participate and donate.

This includes the good corporate citizens in and around our community who provide prizes and gifts for silent auctions and raffles conducted at many of these fundraising events. It's not easy putting together local events - especially those where you are trying to get people to donate money to your cause - but the hard working core groups in the area keep doing it.

Trust me, they are not doing it because the stress they experience is good for their health, either. They keep hosting these fundraising events because in Princeton they keep working. We are generally a rather generous bunch in this town and that says a lot about the character of our community.

It is not uncommon to have strangers come together to help someone in need - the Christmas Hamper Drive comes to mind - and the same goes for a local non-profit organization looking for donations.

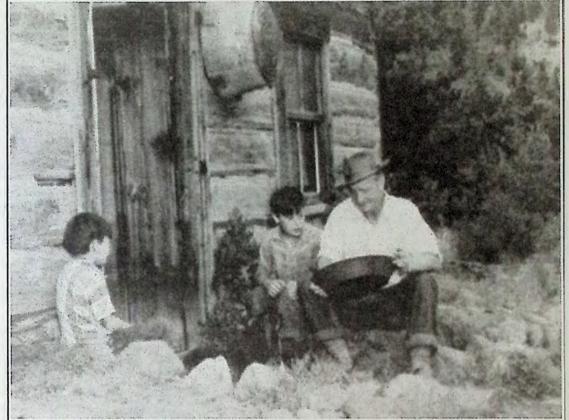
The volunteers in these groups who put it all together deserve a great deal of thanks for presenting fun things for all of us to do throughout the year. I personally thank them because the fun I have doing my job is enhanced further by being invited to be present to document these fun events. Thank you, our community needs the support of these groups in order to grow.



EDITORIAL GUIDE

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





The Granite Creek Preservation Society needs your help. This photo is of Bill Frew at Granite Creek in 1954. Can you assist GCPS by identifying the two boys in this photo? You can reach the group through their website at www.granitecreekbc.ca or let us know at the Similkameen News Leader office. You may be able to solve a mystery!

Three local public safety groups benefit from recent Gaming Grants

B.C. non-profit organizations dedicated to public safety received over \$5.7 million in the most recent round of community gaming grants funded by the Government of British Columbia, said Community, Sport and Cultural Development Minister Peter Fassbender February 19th.

Public safety community gaming grants help support the important work of non-profit organizations throughout the province that provide a range of services and educational programs to protect the safety of British Columbians in their local communities. Eligible organizations include: volunteer fire departments, search and rescue groups, crime stoppers associations, marine rescue societies and community justice centres.

The three local organizations receiving public safety grants include:

- Erris Volunteer Fire Association Community Gaming Grant Public Safety Enhancement of Public Safety \$10,000.00
- Hayes Creek Firefighters' Association Community Gaming Grant Public Safety Enhancement

of Public Safety \$20,000.00

- Princeton Ground Search & Rescue Society Community Gaming Grant Public Safety Enhancement of Public Safety \$35,000.00

"The safety of British Columbians is a top priority. We are proud to provide more than \$5.7 million in gaming grants to support the crucial work of non-profit organizations that deliver a range of protective services as well as a variety of educational and training programs for their volunteers - to help ensure assistance is available when residents need it most," says Community, Sport and Cultural Development Minister Peter Fassbender.

Public Safety Minister and Solicitor General Mike Morris adds, "It is gratifying to see so many organizations in B.C.'s public safety sector benefit from community gaming grants. These not-for-profit groups play such a central role in providing important, locally-based services that strengthen safety measures, tools and resources in our communities." Minister of State for Emergency

Preparedness Naomi Yamamoto says, "The presence of these organizations in our communities is valuable. The public safety services they provide protect the lives of British Columbians and their families - and create peace of mind in times of crisis. Once again, we are pleased to support this vital work in communities across B.C. through the Province's community gaming grants."

Quick Facts:

In 2012, Premier Christy Clark increased the annual base budget for gaming grants by \$15 million to \$135 million per year into the future.

- Every year, the B.C. government approves \$135 million in gaming grants benefiting over 5,000 local organizations representing virtually every community in the province.

- Eligibility for community gaming grants includes agricultural fairs, local festivals and celebrations, heritage associations and museums, arts and culture, sports, environmental organizations, human and social services, public safety, parent advisory councils and district parent advisory councils.

Current Comment

American Reporters Expose Zika Truth



Dawn Johnson editor@thenewsleader.ca

The recent panic over Zika virus is another example of major media failing to do the background investigation required to verify a story. Thanks to several American investigative journalists (yes, there are still a few), the truth about Zika virus began to emerge.

Zika virus is not new. It was identified 69 years ago, and is marketed through companies which produce the virus. The patent is owned by the Rockefeller family. Despite the recent warnings to pregnant women, this virus has been known as a disease with mild symptoms not nearly so bad as the common cold. Yes, it is sexually transmitted, but up until January, nobody cared.

The scare, for pregnant women, began with the announcement in Brazil of more than 4,000 cases of babies born with microcephaly, a deformity in which the baby's head is smaller than normal, major parts of the brain are missing, and the skull is deformed. Zika virus was blamed.

When investigative reporters found the truth, it was quite different from what the major media were telling us. Only 404 cases of microcephaly were identified, and out of those, only seventeen showed the presence of Zika virus. No cause was given for the other 387 cases. There was no clear statement that Zika virus caused any of the cases of microcephaly.

During the investigation, reporters discovered, in the September 15, 2009 report by the American Academy of Neurology and the Child Neurology Society, there are a yearly average of 25,000 American babies born with microcephaly. The report stated "microcephaly may result from ANY insult that disturbs early brain growth." In short, there can be many causes of microcephaly.

The reporters discovered an interesting study done by Argentinian doctors which stated exposure to glyphosate-based herbicides on pregnant women resulted in offspring with microcephaly. Monsanto's product, Round-Up, is a glyphosate-based herbicide widely and intensively used in some parts of Brazil. Do you sense some sort of coincidence here?

In 2014, Brazil ordered compulsory vaccination of all pregnant women with the Tdap vaccine. B.L. Fisher, of the National Vaccine Information Center (USA) filed a report stating, "Drug companies did not test the safety and effectiveness of giving influenza or Tdap vaccines to pregnant women."

Could Tdap have caused microcephaly? Remember, ANY insult to the brain during fetus development can result in microcephaly.

As the reporters continued to investigate, they could find no definite link between the Zika virus and microcephaly. However, they did find an unusual advertisement on a website outlining the work of a group called Women on Waves. This group provides shipboard abortions for women in Central American and Caribbean countries where abortion is unavailable. The site advertised the availability of this service to women who may have contracted the Zika virus. I thought this sounded a little farfetched, so I looked it up. Yes. It is

Another health bulletin recommended women not become pregnant before 2018. Why? What magical thing is supposed to happen in 2018? Will all the Zika carrying mosquitoes die? Or will somebody create a Zika virus vaccine to peddle to all of the pregnant women of the world?

After more than 60 years of a total lack of concern about the Zika virus, why is it suddenly a fearful epidemic? Why now?

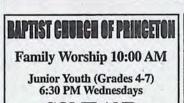
Why would health agencies such as the World Health Organization and the Center for Disease Control announce the presence of a virus which, after 69 years, has suddenly become fearfully dangerous?

Reporter Jon Rappaport asked, "Is this depopulation by propaganda?"

All of us can speculate why the presence of Zika virus became international headline news, or why that news had no foundation in scientific fact, or why it happened now. Perhaps we should also ask whether Zika virus is the scapegoat for the real cause of microcephaly. I know I was astonished to learn there are 25,000 American babies with microceephaly born every year, and to the best of anyone's knowledge, Zika virus is not a concern in the Unitedcontinued on Page 6

George Elliott OWNER/PUBLISHER george@thenewsleader.ca Cabox 956, Princeton, B. C., VOX 1W0 Phone: 250.295.4149 - Fax 250.295.4103





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AND NOW...A LITTLE GOOD NEWS!

"Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain." - 1 Corinthians 15:58



The story of the Most Unfortunate Man was shared February 13th in Riverside Theatre as part of the Gala Fundraising Event hosted by Princeton's Crimson Tine Players. In addition to skits, there was an amazing multi course meal.*



The next time someone offers you some dessert - just eat it. If you attended the Crimson Tine Players fundraising dinner February 13th, you'd know why. *

Ministry boosts funding for BC Transit over next three years

The British Columbia government is providing \$324 million in operating contributions to BC Transit over the next three years, announced Transportation and Infrastructure Minister Todd Stone

on February 19th.

This provincial funding represents a \$12.7-million increase over three years, compared to 2015-16 budget levels. The new funding will go toward BC Transit operating costs which will mean more service hours, new routes, improved HandyDART services and more frequent buses.

"We recognize the importance of affordable transit in B.C. communities, which is why our government has increased funding, and also provided BC Transit and its partners with maximum flexibility to use this money as efficiently as possible over the next three years," said Stone.

"Our local government partners have worked with BC Transit and with the ministry over the last year to identify savings and third-party revenue sources to ensure that every possible dollar in the transit system is invested in more service. These efforts, and further efficiencies that will be identified in the upcoming Crown review of BC Transit, will ensure that people will continue to receive the transit services they rely on."

The B.C. government will provide \$106 million in operating funds for 2016-17, \$108 million in 2017-18, and \$110 million in 2018-19.

"This boost in funding is great news for transit riders across the province because it means new routes and more frequent buses in our communities, getting people to where they need to go," said Health Minister and MLA for Kamloops-North Thompson Terry Lake.

"By investing in our transit system, we are encouraging people to get out of their cars and take transit instead."

The funding includes the recently announced new provincial money for new and expanded transit services for communities located along the Highway 16 corridor in northern B.C., as part of the Highway 16 Action Plan.

"This increased funding from the Province is great news for the over 130 communities we proudly serve," said BC Transit president and CEO Manuel Achadinha.

"The Province's commitment to transit with this additional funding will help us meet the growing demands for transit services across the province."

"Minister Stone and his govern-

ment have clearly recognized the demand for transit in Kamloops and other communities in the province," said Kamloops Mayor and director, BC Transit Board of Directors Peter Milobar.

"This increase in funding will help us deliver more transit services for the public, and also honour our commitment to being a greener community."

The ministry is also providing BC Transit with over \$110 million in funds for capital investments over the next three years, and invests about \$1 million annually for transit projects on its highways and roads that make taking transit safer and more convenient and comfortable, including bus shelters, wheelchair pads and pedestrian countdown signals.

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Kate, left, is an experienced hair stylist as well as certified in waxing! Kayley, right, and the rest of the staff are excited to have her! Call for your appointment with Kate at 250-295-3333.

Youth Bowling

YBC Scores - February 17, 2016 Copperhill Lanes, Princeton

Bowlasauraus
High Average - Mary Elizabeth Bond, 64
High Single - Emma Kerfoot, 100
High Double - Landon Morris, 176
Bantams - Boys

High Average - Sydney Hooper, 60 High Single - Coen Bakker, 103 High Triple - Matthew Williams, 203 Bantams - Girls

High Average - Shaelin Tomusiak, 104 High Single - Paige Graves, 71 High Triple - Elli Ryan, 252 Junior and Senior

High Average - Dayton Wales, 141 High Single - Brianna Tomusiak, 198 High Triple - Dawson McFarlane, 359

Current Comment

.....continued from Page 5
States.

The question that entered my mind was this: who is trying to sell what? When I went to college, one of my courses was about advertising, that is, how language is used to persuade people to buy something. One of the best motivators is making the buyer afraid. It is often said "sex sells."

Fear sells even more. Think of smoke alarms, winter tires, organic vegetables, flu vaccines. When I learned the truth about microceephaly, when I learned the information from Brazil was distorted, when I heard all of the dire warnings, I wondered what this fear was trying to sell. Considering the report of the study done on microcephaly in Argentina, could it be that somebody is trying to prevent banning of sales of a certain product?

Who knows? Maybe it is about the 2016 summer Olympics?

Your guess is as good as mine.



.. continued from Page 6

B.C. on the Move is government's new 10-year plan for the improvement of the province's transportation network. Over the next three the Ministry of Transportation and Infrastructure will invest up to \$2.7 billion to improve B.C.'s transportation net-

As a part of B.C. on the Move, the B.C. government committed to

maintaining the highest level of operating support for transit per capita in Canada, partnering with communities to replace half of BC Transit's fleet (about 500 buses) over the next five years, building transit infrastructure to provide more efficient operations and improved transit services, and continuing to seek opportunities to deploy CNG buses in communities throughout the province.

Quick Facts:

- British Columbia continues to provide BC Transit with the highest level of operating support for transit per capita in Canada.
- The B.C. government partners with communities to ensure that 90% of British Columbians have access to public transit.
- BC Transit serves over 130 communities of all sizes outside of Metro Vancouver
- With costs shared between local governments and the Province, BC Transit operates about 1,000 buses and carries more than 51 million passengers each year.

Princeton & District Community Services provides transit services in and around Princeton in an arrangement with BC Transit.

The local service has proven invaluable by those using it.

Living Past 100

Researchers Find Choline Deficiency

According to a National Health and Nutrition Examination Survey, 90 percent of Americans did not eat enough foods containing choline, an amino acid needed for neurological and heart health.

A deficiency of choline leads to having too much homocysteine in the circulatory system, creating risks for cardiovascular disease. In addition to heart and blood vessel problems, lack of choline can lead to Alzheimer's, schizophrenia, osteoporosis and anxiety disorder.

Choline supplements have helped reduce symptoms of chronic fatigue syndrome, chronic Lyme disease, and fibromyalgia.

Good dietary sources of choline are beef liver, egg yolk, wheat germ, chicken breast, chicken liver, lean beef, cod fish and cauliflower. You could supplement with lecithin capsules.

The number of deficiencies in the typical North American diet is surprising, as North Americans are among the best fed people in the world. The deficiencies emphasize the importance of a weekly diet that has a huge variety of foods. An example of how deficiencies occur can be judged by your answer to the question: Do you eat beef liver once a week? The probable answer is no. How often do you eat cod fish? Cauliflower? Egg yolk? Do you take lecithin supplements?

In many homes, families eat their favourite foods, foods familiar to them. This often results in a lack of certain foods in their diet. Single people often survive on fast foods and snack (junk) foods, a sure path to dietary deficiencies. Eating well, eating a wide variety of foods, is essential to good health. If there are children in the home, then the need for a variety of foods is extremely important for their health. As choline is essential for neurological health, adequate choline in the diet is even more important for a pregnant woman to ensure the proper development of the baby's nervous system. Pregnant women and breast feeding mothers need more choline than the average adult.

For recommended daily amounts of choline, look up choline online.

Granite Creek Preservation Society

MEETS THE THIRD THURSDAY OF THE MONTH EXCEPT JULY & AUGUST

1:00 PM Princeton Museum Everyone Welcome!

ADVERTISING

OR YOU WOULDN'T BE READING THIS!

Similkameen **News Leader** 250.295.4149

SOHC hosts community consultation

On February 16, the Support Our Health Care (SOHC) Society held its second Princeton Healthcare Community Consultation at Riverside Community Centre. Over 40 community representatives attended the event, providing their perceptions on the present state of health care in our community. The goal of the Consultation was to collect data to direct future improvements to Princeton's model of health

The organizing committee for the event consisted of Susan Brown, representing Interior Health; Kim Maynard, Princeton Town Councillor, Bob Coyne, Area H Regional Director, Nienke Klaver, SOHC Secretary; and Keith Olsen, SOHC Director. The committee was chaired by Edward Staples, SOHC President.

The first Healthcare Community Consultation was held in January, 2013 and was conducted by Dr. Barbara Pesut and a team of researchers from UBC Okanagan. The data collected at that event led to the development of the first SOHC Action Plan and the formation of the Princeton Health Care Steering Committee, now in its third year of operation.

The structure of this consultation employed a research based model that was conducted by a team of five facilitators and five recorders. Participants responded to specific questions in three discussion areas: Areas of Strength, Areas Needing Improvement, and Ideas for Change.

The data collected from this Consultation will be analyzed and put into a summary report that will be made public in the near future.



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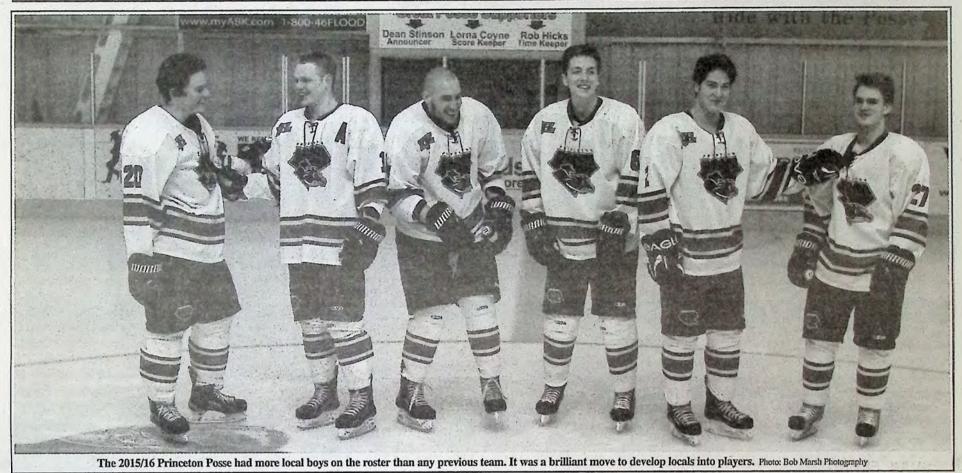
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Entertainment

Similkameen News Leader TV Guide Listings - February 23 - 29, 2016



Nitehawks bring end to Posse home season

Princeton Posse hosted Beaver Valley Nitehawks February 13th in the final home game of the season in Princeton Arena.

The game featured the presentation of the Okanagan/Shuswap Division Most Sportsmanlike Player Award to Princeton's Chad Kimmie. The presentation, made by Division Vice President Jim Harrington, was truly a highlight to the game.

However, when attention shifted to the action on ice, the evening took a different twist.

Beaver Valley got on the scoreboard first with a power play goal scored just 57-seconds into the opening period. Credit went to Dylan Heppler who had help from McKoy Hauck and Nolan Percival.

The Nitehawks proceeded to fill the score sheet with three more goals in the period with their second at 9:10 (Tyler Ghirardosi from Karsten Jung and Keillan Olson), their third, a power play goal at 5:43 (Jace Weegar from Michael Pruss and McKoy Hauck) and a fourth one at 1:32 (Devin Nemes from Tyler Ghirardosi and McKoy Hauck).

Shots on goal were 19-7 in favour of the visitors and the penalty box was only used twice - on the Princeton side.

The second period saw another five goals scored.

Beaver Valley added the first three (19:05 - Blake Sidoni from Devin Ghirardosi and Nolan Percival, 11:52 - Sam Swanson from Kyle Hope and Devin Ghirardosi and 9:24 - Devin Nemes from Keillan Olson and Jake Yuris).

Princeton cracked the goose egg on their side of the scoreboard at 8:08 with a goal scored by Keith Comte. He was assisted by Anders Saarela and Kirt Fortney. Beaver Valley scored their eighth goal of the night at 3:57. The shorthanded marker was credited to Devin Nemes with assists going to Keillan Olson and Sam Swanson.

The third period saw more scoring - for the visiting team - as Beaver Valley added two more. Their ninth goal of the game was at 7:54

(Keillan Olson from Tyler Ghirardosi and Devin Nemes) and Goal #10 was at 7:21 (Tyler Ghirardosi from Devin Nemes and Brett Roberts).

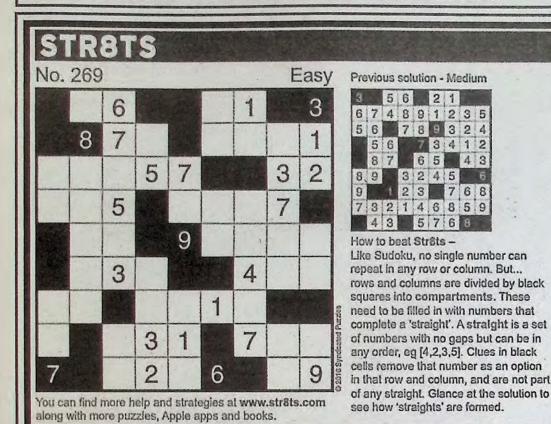
Final Score: Beaver Valley 10, Princeton 1. Shots on Goal: Beaver Valley 43, Princeton 21. Penalties in Minutes: Princeton 5 for 10-minutes, Beaver Valley 5 for 10-minutes. Beaver Valley went 2 for 4 (50.0%) on the power play while Princeton was unsuccessful in four attempts.

The win for Beaver Valley improves their record to 32-11-3-0-3 for 72-points. Princeton drops to 9-37-2-0-2 for 22-points.





News Leader Str8ts



THIS WEEK'S News Leader Str8ts

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Tuesday Movies

TUESDAY MORNING

9:30 am SPIKE ch.44 "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (In Stereo) (CC) 12:30 pm SPIKE ch.44 "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (In Stereo) 3:00 pm SPIKE ch.44 "Happy

3:00 pm SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

4:00 pm FAM ch.26 "The Mummy Returns" (2001, Adventure) Brendan Fraser, Premiere, Two evil forces believe the 9-year-old son of adventurer Rick O'Connell is the key to the reincarnation of Isis. (In Stereo) (CC)

Stereo) (CC)
5:00 pm WTBS ch.3 "Munich"
(2005, Suspense) Eric Bana. A
Mossad agent and his team hunt
the terrorists responsible for the
murders of Israeli athletes at the
1972 Olympics.

EVENING

6:00 pm SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

8:00 pm SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing con-vinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

10:00 pm SPIKE ch.44 "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (In Stereo)

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		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUF ch.45
6		Crazy Talk Crazy Talk	Morning News (N) BS	Hi Opiel O Monkey	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N) 20	(5:00) Morn- ing News (N) %3	The Early Edition (N)	Kid vs. Kat Almost	SportsCen- tre 🖾	CTV Morn- Ing Live Vancouver	Mighty Ships	Life Derek Life Derek	CityLine (N) BC	Bar Rescue	Restauran Makeover
-	-	Law Order:		Dinosaur	Wild Kratts	Today	CBS This	Dog	Good Morn-		0.7	Cat in the	Squirrel	Sports	(N) O (C)	How/Made	Lost	Let's Make	Bar Rescue	Moves
1	:30	CI		Wild Kratts	Ready Jet	Debra Mess- ing; *Biggest		Dog	Ing America	1		Arthur O	Chucks	2016		How/Made	Lost	a Deal (N)	0	Moves
0	AM	Law Order:		PAW Patrol	Nature Cat	Loser		Criminal			Morning	Napkin	Chucks	Scottles Tournament		Daily Planet	Life	1.00 to 2.00 t	Bar Rescue	Security
8	:30	CI		Curlous	Curlous	winner.		Minds O		7	Huntley St.	Tiger	Wayside	of Hearts:		BE (DVS)	Life	Right (N)	o.	Security
0	AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Livel Kelly	Morning	Sugar 🖾	Arthur O	Sidekick	Draw 8. (N) (Live) 50	Live! Kelly	How/Made	Builder	FamFeud	Cups Isl	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	O EE	Club () RE	Minds O	and Michael	Huntley St.	Debt/Part	Napkin	Almost		and Michael	How/Made	Playdate	FamFeud	Movie: **	Files () (C)
10	AM	Judge	Sugar O	Boj 🛤	Sesame St.	Today (N)	The Price Is	Criminal	The View	Sugar ()	Rachael	Bookaboo	Spliced ()		The View	Highway	Justin	The Chew	"Tommy Boy" (1995,	Ghost
10	:30	Judge	Debt/Part	PAW Patrol	Peg	0.88	Right (N)	Minds ()	O ISO	Debt/Part	Ray O CC	Tiger	Kld vs. Kat	Cabble	O 180	Thru Hell	Twirlywoos	O BE	Comedy)	Adventure:
4.4	AM	Divorce	Bachael	Monkey	Dinosaur	Hot Bench	Young &	Criminal	Pald Prog.	Rachael	Noon News	Recipes	Rated A	Cabble	Marilyn	How/Made	Kate and	General	Chris Farley.	Security
11	:30	Divorce	Ray O Ed	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O	Pald Prog.	Ray O sc	Hour (N)	Stefano	Rated A	Cabble	Denis	How/Made	Dream	Hospital (N) O	- 1	Security
40	PM	Millionaire	Noon News	PAW Patrol	Charlie	Pald Prog.	News	The First 48	The Chew	Noon News	Days of our	CBC News	Chucks	Cabble	CTV News	Alaskan	Movie: **	Celebrity	Cops 🗺	My Monu-
12	:30	Millionaire	Hour (N)	Kate and	Rose () RE	Ruf-Tweet	Bold	U III	0 100	Hour (N)	Lives (N)	Network	Squirrel	2016	Vancouver	Bush: Off Grid	*Fantastic Four" (2005)	Celebrity	Movie: **	ment
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2	:30	King	OBE	Curlous	Curlous	Inside Ed.	a Deal (N)	O REI	tors () BE	O SE	Vielra	Myster- les O	Kid vs. Kat		O Bel	How/Made	Awesome	5 (N) 30		Adventure:
0	PM	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz	The First 48		Meredith	Young &	Grand	Sidekick		Ellen	How/Made	HZipzer	(2:59)	Movie: **	Moves
3	:30	Mod Fam	Vielra	PAW Patrol	Nature Cat	DeGeneres Show	Show 🖾	O REC	Ray O RE	Vielra	Restless	Designs O se	Nerds	Sports	DeGeneres Show	How/Made	Next Step	CityNews at 6 (N)	"Happy Gilmore"	Moves
A	PM	Blg Bang	Young &	Maker	Ready Jet	Jdg Judy	Dr. Phil	Married at	FABLife (N)		Early News	Bondi Vet	SpongeBob	Hockey	The Dr. Oz	Daily Planet	Movie:	Mod Fam	(1996) 0	Restaurant
4	:30	Blg Bang	Restless	Creative	Wild Kratts	Jdg Judy	O ME	First Sight	O SG	Restless	Global Nat.	(N) 0 36	SpongeBob	SC Top 10	Show 🖾	(N)	**5 The Mummy	Mod Fam		Makeover
pre	PM	Movie:	News (N) 550	Dino Dan	News	News	News	Married at	News	Early News	(4:59) News		SpongeBob	SC (N) 500	CTV News	Gold Rush:	Returns* (2001)	New Girl	Repo	Security
5	:30	*** 5 "Mu- nich" (2005,		Wild Kratts	Business	NBC News	CBS News	First Sight	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob		Vancouver	Pay Dirt (N)	(2001)	Grand	Repo	Security
0	PM	Suspense)	News Hour	Hope for	PBS News-	News	KREM 2	Married at	News at 6	(5:59) Nows	ET Canada	CBC	Assembly	Scottles Tournament	CTV News	Gold Rush	Awesome	Brooklyn	Movie: **	Myster-
6	:30	Eric Bana, Daniel Cralg	News	Wildlife @	Hour (N) BE	Millionaire	News at 6 (N)	First Sight	News	Hour (N)	ET	Vancouver News	Nicky	of Hearts: Draw 10. (N)	Vancouver	(N) RE	Lost	Grinder	"Happy Gilmore"	les at the Castle
-7	PM		ET	Canada:	Finding	Jeopardy!	Broke Girl	(7:01) Fit to	ET	ET	Limitless	Hello	Game	(Live) as	etalk (N)	Jade Fever	The X	Broke Girl	(1996) 🗘	Mysteries-
7	:30		ET Canada	Over the Edge	Your Roots (N)	Wheel	Broke Girl	Fat to Fit	The Insider	ET Canada	(N) O 86	Coronation	Stanley		Big Bang	Jade Fever	Factor UK	Two Men		Museum
0	PM	Seinfeld	NCIS Loose	Life "Mam-	Maxey	Hollywood	NCIS "Loose	Married at	Fresh-Boat	NCIS Loose	NCIS Loose	Mercer	Just Kld		The Flash	How/Made		CityNews-	Movie: **	My Monu-
8	:30	Seinfeld	Cannons"	mats" BE		Game Night	Cannons"	First Sight	Muppets	Cannons"	Cannons*	22 Minutes	Just Kid	SportsCen-	"King Shark"	How/Made	Malcolm	Tonight (N)	"Happy Gilmore"	ment
9	PM :30	Family Guy Amer. Dad	NCIS: New Orleans (N)	Chi (N)	Frontilne New ap- proaches for	Chicago Med (N) O	NCIS: New Orleans (N)	Married at First Sight	Marvel's Agent Carter A	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek Mr. D (N)	Gags Gags	tre (N) (Live)	Marvel's Agent Carter A	Gold Rush	Degrassi Guidance	Crime Watch Daily (N)	(1996) 🔿	Myster- les at the Castle
10	PM	Family Guy	Limitiess	Dreamers	dealing with	Chicago	Limitiess	(10:04) Fit	deal with	Limitless	News Hour	The	Haunting	SportsCen-	deal with	Jade Fever	Arts	Extra (N)	Movie: **	Mysteries-
10	:30	Amer. Dad	(N) O 35		heroin.	Fire "Two	(N) O (M)	to Fat to Fit	Whitney Frost.	(N) O 80	Final (N)	National (N) to	Haunting	tre (N) 80	Whitney Frost.	Jade Fever	Cheerlead	Liquidator	"Tommy Boy" (1995)	Museum
	PM	The Middle	News Final	Canada:	Charlie	News	News	Married at	KXLY 4	News	Late Show-	CBC News	Gags	SportsCen-	News-Lisa	How/Made	Malcolm	Liquidator	Chris Farley.	Ghost
17	-30	Payne	Colbert	Over the Edge	Rose (N) 55	J. Fallon	Colbert	First Sight	J. Kimmel	Colbert	Colbert	Coronation	Ģags	tro RD	CTV News	How/Made	Prince,	Liquidator		Adventures



Vermilion Forks Field Naturalists

Snowshoeing At Swan Lake

On Saturday, February 13th Cathy and Ed Lahaie led an "easy snowshoe trek along the trails of Swan Lake" near Princeton.

Cathy had this to say about the Vermilion Forks Field Naturalists event:

"We were lucky the weather held for this snowshoe around Swan Lake. Ten of us set out on the loop around the trails with a stop at the picnic table overlooking the lake, hidden by melting ice and snow."

Lahaie adds, "This was a short hike of about 2.5 km lasting around 2 hours.

"There were a few birds to be seen or heard such as a Bald eagle, Crows, Ravens, Black-billed magpie, Steller's jay and European starlings."

The next field trip hosted by the group will be February 27th featuring a mostly moderate snowshoe trek starting from August Lake to a knoll overlooking RockRidge Canyon.

Call 250-295-7154 to confirm

your participation and meet at Billy's Restaurant at 9:00 AM. It will be an all-day hike so be sure to pack a lunch.

The next regular meeting of VFFN is 7:00 PM on Tuesday, March 8th at Riverside Centre. Guest Speaker for the evening will be SFU zoological paleontologist Dr. Bruce Archibald.

To find out more about the Vermilion Forks Field Naturalists, including membership dues and details on future field trips and meetings, visit their website located at www.vffn.ca.



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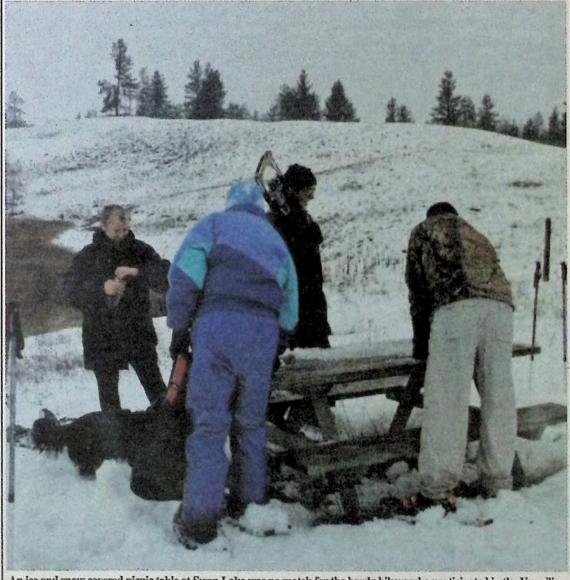
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An ice and snow covered picnic table at Swan Lake was no match for the hardy hikers who participated in the Vermilion Forks Field Naturalists field trip to Swan Lake. The group will host another trek on February 27. Photo: Cuthy Lahale

SOCOUNTRY INTERNET RADIO



This mime had difficulty keeping a straight face during this skit related to synchronized swimming performed February 13 by Crimson Tine Players at Riverside Theatre. *

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
	AM	Crazy Talk	Morning	Hi Opie! O	Arthur	KHQ News	KREM 2	Dog the	Morning	Morning	(5:00) Morn-	The Early	Kid vs. Kat	SportsCen-	CTV Morn-	Mighty	Life Derek	CityLine	Wildest	Restauran
6		Crazy Talk	News (N) III	Monkey	Odd Squad	6AM (N)	Morning	Bounty	Northwest	News (N) 20	Ing News	Edition (N)	Almost	tro 🖾	Ing Live	Ships	Life Derek	(N) EE	Police	Makeover
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8	:30	CI		Curious	Curious	(N) O		Minds O			Huntley St.	Tiger	Wayside	Tournament of Hearts:		BE (DVS)	Gaming	Right (N)	*Trans-	Security
_	-	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Livel Kelly	Morning	Operation	Arthur O	Sidekick	Draw 11. (N) (Live) BB	Live! Kelly	How/Made	Builder	FamFeud	formers: Revenge of	The Dead
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11		Divorce	Ray O 🖾	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds O	NoWrinkles	Ray O Ed	Hour (N)	Stefano	Rated A	SC RE	Denis	Pay Dirt	Dream	Hospital	Tattoo	Security
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	PM	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz	The First 48	Rachael	Meredith	Young &	Grand	Sidekick		Ellen	How/Made	HZipzer	(2:59)	Movie: **	Moves
3	:30	Mod Fam	Vielra	PAW Patrol	Nature Cat	DeGeneres Show	Show Est	O BU.	Ray O BE	Vielra	Restless	Designs (N) 20	Chucks	Sports	DeGeneres Show	How/Made	Next Step	CityNews at 6 (N)	Trans- formers:	Moves
	PM	Big Bang	Young &	Maker	Ready Jet	Jdg Judy	Dr. Phil	Duck D.	FABLife (N)	Young &	Early News	Bondi Vet	SpongeBob	Hockey	The Dr. Oz	Daily Planet	Movie: **5	Mod Fam	Revenge of	Restaurant
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5	:30	"The Craft" (1996) Robin		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob		Vancouver	Jade Fever	Awesome	Mike	Labeour, ()	Security
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10	PM	The Middle	Chicago	The World	Steve Jobs-	Chleago	Code Black	Duck D.	American	Chicago	News Hour	The	Haunting	SportsCen-	Code Black	STANDARDS COLD STATE	The X	Extra (N)	Movie: ***	Ghost
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11	PM	Browns	News Final	The Polar	Charlle	News	News	Jep	KXLY 4	News	Late Show-	CBC News	Gags	SportsCen-	News-Lisa	Moonshin-		Liquidator	(2008) 0	Ghost
		Payne	Colbert	Sea O III	Rose (N) BE	J. Fallon	Colbert	Duck D.	J. Kimmel	Colbert	Colbert	Coronation	Gags	tro ED	CTV News	ers o se	Prince	Liquidator		Adventures

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THU	JR	SDAY,	FEBR	UARY	25, 201	16		1												
		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUI ch.45
0	AM	Crazy Talk	Morning	HI Ople! O	Arthur	KHQ News	KREM 2	Dog the	Morning	Morning	(5:00) Morn-	The Enrly	Kld vs. Kat	SportsCen-	CTV Morn-	Mighty	Life Derek	CityLine	Cops 🖾	Restaura
6	:30	Crazy Talk	News (N) ac	Monkey	Odd Squad	6AM (N)	Morning News	Bounty Hunter	Northwest	Nows (N) 30	ing News (N) 20	Edition (N)	Almost	tro (60)	Vancouver	Ships	Life Derek	(N) IOU	Movie:	Makeover
7	AM	Law Order: Cl		Dinosaur	Wild Kratts	Today Internships;	CBS This Morning (N)	Dog the Bounty	Good Morn- Ing America				Squirrel	Sports			Nowhere		Incredible Hulk* (2008)	Moves
-	:30			Wild Kratts	Ready Jet	Black His- tory Month.	O SEC	Hunter Criminal	(N) 80		Morning		Chucks	2016 Scottles		How/Made Dally Planet	Nowhere		Edward	Moves Security
8	:30	Law Order: CI		PAW Patrol Curlous	Nature Cat Curious	(N) 363		Minds O	-		Huntley St.	V	Wayside	Tournament of Hearts:		EE (DVS)	HZipzer	Right (N)	Norton.	Security
-		Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Live! Kelly	Morning	Sugar 150	Arthur O	Sidekick	Draw 14. (N) (Live) R0	Livel Kelly	How/Made	Bullder	FamFoud	Contractor	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	0 30	Club O TG	Minds O	and Michael	Huntley St.	Debt/Part	Napkin -	Almost		and Michael	How/Made	Playdate	FamFeud	Contractor	Files O II
10		Judge	Sugar ()	Boj 🚾	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds O	The View	Sugar ()	Rachael Ray O sc	Bookaboo	Spliced 0		The View	Yukon Men		The Chew	Contractor	Ghost Adventur
10	-	Judge Divorce	Debt/Part Rachael	PAW Patrol Monkey	Peg Dinosaur	Hot Bench	Young &	Criminal	Paid Prog.	Debt/Part Rachael	Noon News	Tiger Recipes	Kld vs. Kat Rated A	SC Top 10	Marilyn	How/Made	Twirlywoos Kate and	General	Contractor Movie: *>	Security
11		Divorce	Ray O SC	Dinosaurs	Sit & Be Fit	Hot Bench	Rostless	Minds ()	Pald Prog.	Ray o 🚾	Hour (N)	Stefano	Rated A	Motoring	Denis	How/Made	Dream	Hospital	"The Last Airbender"	Security
10	PM	Millionaire	Noon News	PAW Patrol	Charlio	Paid Prog.	News	The First 48		Noon News	Days of our	CBC News	Chucks	Lumber	CTV News	Jade Fever	Movie: **5	Celebrity	(2010) Noah Ringer, O	My Mon
12	:30	Millionaire	Hour (N)	Kate and	Rose () 88	Clangers	Bold	0.35	O SE	Hour (N)	Lives (N)	Network	Squirrel	2016 Scottles	Vancouver	Jade Fever	"The Last Mimzy"	Celebrity		ment
1		Crime Watch Daily	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Heartland (DVS)	Almost Sidekick	Tournament of Hearts:	The Social	Moonshin- ers: Outlaw	Life Derek	CityLine III	Contractor	The Dead Files O &
	_	(N) King	The Talk	Tumble	Knit	TMZ (N) O	Let's Make	The First 48	(N) O	The Talk	Meredith	Murdoch	Wayside	Draw 15. (N) (Live) छन्	Dr. Phil	Moonshin-	Prince	CityNews at	Movie: *h	Ghost
2		King	0 80	Curlous	Curious	Inside Ed.	a Deal (N)	ORC	tors n ag	O KO	Vielra	Myster- les O	Kld vs. Kat	(Evo) and	O EE	ers O IIII	Awesome	5 (N) 80	"The Last Airbender"	Adventure
0	PM	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz	The First 48		Meredith	Young &	Grand	Sidekick		Ellen DeGeneres	How/Made	HZipzer	(2:59) CityNews at	(2010) Noah	Moves
3	:30	Mod Fam	Vielra	PAW Patrol	Nature Cat	DoGeneres Show	Show %	0 20	Ray O (60)	Vielra	Restless	O BC	Nerds	Sports	Show	How/Made	Next Step	6 (N)	*	Moves
4	3010	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Or. Phil	The First 48	FABLIfe (N)	Young & Restless	Early Nows	Bondi Vet	SpongeBob SpongeBob	10000	The Dr. Oz Show ED	Dally Planet (N)	"Mark & Russell's	Mod Fam Mod Fam	Contractor	Restaura: Makeover
	-	Big Bang Movie: **>	News (N) 30	Creative Dino Dan	Wild Kratts News	Jdg Judy News	News	The First 48	News	Early News	Global Nat. (4:59) News	Dragons'	SpongeBob		CTV News	Fast N'	Wild Ride" (2015)	Broke Girl	Contractor	Security
5	:30	"Sky High" (2005) Kurt		Wild Kratts	Business	NBC News	CBS News	O tre	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob	2016	Vancouver	Loud (Bo	Awesome	Life in	Contractor	Security
_	PM	Russell	News Hour	The Polar	PBS News-	News	KREM 2	The First	News at 6	(5:59) News	ET Canada	СВС	Assembly	Scottles Tournament	CTV News	Vegas Rat	Make Me	(6:01) Mom	Contractor	Expeditio
6	:30		News	Sea O RC	Hour (N) 30	Millionaire	Nows at 6 (N)	48: Detec- tive	Nows	Hour (N)	ET	Vancouver News	Nicky	of Hearts: Draw 16. (N)	Vancouver	Rods (N)	Next Step	Broke Girl	Llp Sync	(N)
7	300	Seinfeld	ET	Waterfront	Health Matt.	College Basketball:	Broke Girl	The First 48: Detec-	ET .	ET	Shades of Blue (N) 30	22 Minutes	100 Things	(Live) ISS	Grey's Anatomy	Gold Rush	Nowhere	Broke Girl	Lip Sync	Live Ther
. "		Seinfeld () Family Guy	ET Canada Elementary	Joanna	Murder	Gonzaga at San Diego.	Broke Girl Big Bang	(8:02) The	The Insider Grey's	ET Canada Elementary	Elementary	Coronation The Nature	Stanley Just Kid		(N) O Blg Bang	How/Made	Nowhere Prince	Two Men CityNews-	Lip Sync Lip Sync	My Mon
8	3.56	Amer. Dad	(N) O EE	Lumley's	Myster.	(N)	Life in	First 48 Bg	Anatomy (N) O	(N) O (ED	(N) O 200	of Things	Just Kld	SportsCen-	DC's Leg-	How/Made	Malcolm	Tonight (N)	Lip Sync	ment
0	PM	Family Guy		New York	Luther o sc		(9:01) Mom	(9:01) The	Scandal	The Black-	The Black-	Firsthand	Gags	tre (N) (Live)	ends	Fast N'	Arts	Crime	Contractor	
9	:30	Amer. Dad	list (N) 30	The first skyscrapers		list (N) RC	Broke Girl	First 48 🖾	"Wild Card"	list (N) 80	list (N) 🖾	(N) O RO	Gags		Goldbergs	Loud O SI	Cheerlead	Watch Dally (N)	Lip Sync	Unknown
10		The Middle	(10:01) Shades of	and sub- ways. 0	Mercy Street () (60)	(10:01) Shades of	(N) O SE	The First 48: Detec-	Get Away With	(10:01) Shades of	News Hour Final (N)	The National	Haunting	SportsCen- tre (N) @@	Get Away With	Vegas Rat Rods	The X Factor UK	Extra (N)	Lip Sync	Live Ther
NAME OF	-	Payno Browns	Blue News Final	Waterfront	Chartle	Blue	News	tive The First	Murder KXLY 4	Blue	Late Show-	(N) E0 CBC News	Haunting Gags	SportsCen-	Murder News-Lisa	Gold Rush	ORE	Liquidator	Lip Sync	Ghost
11	B.E.	Payno	Colbert	Citles	Rose (N) 85	J. Fallon	Colbert	48: Detec-	J. Kimmel	Colbert	Colbert	Coronation		tre ED	CTV News	500	Prince	S. V. S.	Lip Sync	Adventur
	3000		DUAD	V ac a	2016			1110												
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		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	ch.29	SPIKE ch.44	DTOUI ch.45
-	AM		Morning .	HI Opiel O	Arthur	KHQ Nows	KREM 2	Dog the	Morning .	Morning	(5:00) Morn-	The Early	Kld vs. Kat	SportsCen-	CTV Morn-	Mighty	Life Derek	CityLine	Gangland	Security
6	:30	Crazy Talk	News (N) 80	Monkey	Odd Squad	6AM (N)	The state of the s	Bounty Hunter	Northwest	News (N) KE	Ing News (N) 32	Edition (N)	Almost	tre DE	Ing Live Vancouver	Ships "Avataq"	Life Derek	(N) @3	O RG	Security
7		Law Order: Cl		Dinosaur	Wild Kratts	Today *Fuller	**	Dog	Good Morn- Ing America	- 1		Cat In the	Squirrel	Sports	(N) O Ed	How/Made	Next Step	Let's Make a Deal (N)	Gangland O Mil	Moves
	:30			Wild Kratta	Ready Jet		0 80	Dog	(N) Rel		Manalan	Arthur O	Chucks	2016 Scottles		How/Made Dally Planet	Life Derek	The Price Is	Gangland	Moves Security
- 52		Law Order: CI		PAW Patrol Curious	Nature Cat Curlous	preview.		Criminal Minds O			Morning Huntley St.	Napkin	Chucks	Tournament of Hearts:		EO (DVS)	Life Derek	Right (N)	"One Blood"	Security
	-	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Live! Kelly	Morning	Operation	Arthur O	Sidekick	Draw 17. (N) (Live) 50	Livel Kelly	How/Made	Builder	FamFeud	Gangland	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	O ge	Club o ac	Minds 0	and Michael	Huntley St.	Smile	Napkin	Almost		and Michael	How/Made	Playdate	FamFeud	0 80	Files O St
10				Boj @	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds O	The View	Sugar RD	Rachael Ray O 80	Bookaboo	Spliced 0		The View	Mighty Cruise	Justin	The Chew	Gangland "Hell House"	Ghost Adventure
	-	Judge	Debt/Part	PAW Patrol	Peg			Criminal	Pald Prog.	Debt/Part Rachael	Noon News	Tiger Recipes	Kld vs. Kat Rated A	SC Top 10	Marilyn	Ships How/Made	Twirlywoos Kate and	General	Gangsters:	Security
11		Divorce	Rachael Ray O III	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Jeopardyl Wheel	Young & Restless	Minds O	Paid Prog.	Ray O Re	Hour (N)	Stefano	Rated A	SC 30	Denis	How/Made	Dream	Hospital (N) O	Most Evil	Security
10	-	Millionalre	Noon News	PAW Patrol	Chartle	Pald Prog.	News	The First 48		Noon News	Days of our	CBC News	Nerds	SC an	CTV News	Fast N'	"Mark &	Celebrity	Gangsters:	My Mon
12	:30	Millionaire	Hour (N)	Kate and	Rose () III	LozyTown	Bold	0.80	O RE	Hour (N)	Lives (N)	Network	Squirrel	2016 Scottles	Vancouver	Loud O 20	Russell's Wild Ride"	Celebrity	Most Evil	ment
7		Crimo Watch Dally		Ruf-Tweet	Craft In America (40)	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Heartland RG (DVS)	Almost	Tournament of Hearts:	The Social	Vegas Rat Rods	(2015)	CityLine 80	Cops Rff	The Dead
	:30	(N) King	The Talk	Tumble		TMZ (N) O	Let's Make	The First 48	(N) O	The Talk	Moredith	Murdoch	Sidekick Wayside	Tiebreaker	Dr. Phil	Gold Rush	Life Derek	CityNews at	Cops 80	Ghost
2		King	O 3d	Maya	Thomas	Inside Ed.	a Deal (N)	0 30	tors O SC	O 30	Violra	Myster-	Kld vs. Kat	1. (N) (Livo)	O NO	till	Awesome	5 (N) IIII	Cops IIII	Adventur
	-	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz	The First 48	Personal Company of the Company of t	Meredith	Young &	Grand	Sidekick		Ellen	How/Made	HZipzer	(2:59)	Cops NO	Moves
3	:30	Mod Fam	Vieira	PAW Patrol	Nature Cat	DeGeneres Show	Show Rd	O 20	Ray O Bo	Vleira	Restless	O ac	Chucks	Sports	DeGeneres Show	How/Made	Next Step	CityNews at 6 (N)	Cops Mil	Moves
4	1	Blg Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Or. Phil	Duck D.	FABLIfe (N)	Young & Restless	Early News	Bondi Vet	SpongeBob		The Dr. Oz Show Int	Daily Planet (N)		Mod Fam	Cops No	Restaura Makeove
-	-	Blg Bang		Creativo	Wild Kratts	Jdg Judy		Duck D.			Global Nat			SC Top 10		Alaskan	Next Step	Mod Fam	Cops III	
5	-00	Movie: ** Bad Boys	News (N) Rc	Dino Dan Wild Kratts	News	News NBC News	News CBS News	Duck D.	News ABC News	Global Nat.	(4:59) News Hour (N)	Dragons'	SpongeBob	SC Top 10	Vancouver	Bush	Next Step Lost	Mod Fam	Cops III	Security
		II" (2003, Ac- tion) Martin	News Hour		PBS News-	News	KREM 2	Duck D.	News at 6	(5:59) News	ET Canada		SpongeBob	Scottles	CTV News	Jade Fever	Lost	Hell's	Bellator	Border
6	:30	Lawrence.	News	Cities	Hour (N) SS	Millionaire	Nows at 6 (N)	Duck D.	News	Hour (N)	ET	Vancouver News	SpongeBob	of Hearts:	Vancouver	Jade Fever	Awesome	Kitchen (N)	MMA Live (N) O (Live)	Border
	PM		ET	Island	Wash	Jeopardy!	Broke Girl	Jep	ET	ET	Rookle Blue	Mercer	Thunder	Page Play- off: 1 vs. 2.	etalk (N)	Mayday: Alı	Cheer	Broke Girl		Security
7		Commission of the last	-	Feeens		1000					TE IDVIEL	-	-	15 D 40	-	Dienetar	-	-	1	-
7	:30	Seinteld ()	ET Canada	Escape	Charlie Dec Martin	Wheel	Broke Girl The Amaz-		THE RESERVE OF THE PARTY OF THE	ET Canada	Telenovela	Coronation	Movie: *** "Ever After: A Cinder-	(N) (Live) 212		Disaster		Two Men CityNews-	(0.15)	Security

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The Amaz-ing Race (DVS) Movie: ** CityNews-'Kindergar-ten Con' Cops Ed

ten Cop" (1990) km

"About a

Boy" (2002)

"Ever After: A Cinder-ella Story"

(1998) 0

Assembly

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CBC News Gags

Coronation Gags

(N) 55

SportsCentre (N) (Live)
Sad (N) O Sad (DVS)
Sports Centre (N) (Live)
Shark Tank (N) O Sad (N) Thru Hell

Bloods (N) Bush O 20 People

SportsCen-News-Lisa Mayday: Air tre tin

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tre (N) 200

Shark Tank Hawali Five- Hawali Five- the fifth es-(N) O SC O (N) SC O (N) SC tate (N) SC

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Late Show-

Colbert

Dr. Ken (N) Superstore Superstore

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PM Family Guy Telenovela Last Tengo Dec Martin Dateline In Halifax NBC G as

News Final Landscape Charile News Revealed Rose (N) 25 J. Fallon

PM Family Guy Hawaii Five- (9:05) Vera In Performance...

PM The Middle Rookle Blue O Rd

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Masters (N) Camera

News Leader Movies - Wednesday to Saturday

WEDNESDAY MORNING

8:00 am SPIKE ch.44
"Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf. When an ancient Deception rises for revenge, Sam and Mikaela must figure out the history of the Transformers presence on Earth and find a way to save the planet. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Mummy Returns" (2001, Adventure) Brendan Fraser. Two evil forces believe the 9year-old son of adventurer Rick O'Connell is the key to the reincarnation of Isis. (In Stereo) (CC)

3:00 pm SPIKE ch.44
"Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf, When an ancient Deception rises for revenge, Sam and Mikaela must figure out the history of the Transformers presence on Earth and find a way to save the planet. (In Stereo)

4:00 pm FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC) 5:00 pm WTBS ch.3 "The Craft" (1996, Horror) Robin Tunney. Teen misfits befriend a suicidal newcomer and strike back at tormentors with witchcraft in Los Angeles.

EVENING

9:00 pm KSPS ch.6 "The Human

Face of Big Data" (2014, Documentary) Premiere. The promise and peril of the knowledge revolution.

10:00 pm SPIKE ch.44 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race. (In Stereo)

THURSDAY MORNING

6:30 am SPIKE ch.44 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race. (In Stereo) 11:00 am SPIKE ch.44 "The Last Airbender" (2010, Fantasy) Noah Ringer. A being with the ability to manipulate the four elements joins forces with a waterbender and her brother to restore balance to their war-torn world. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC) 2:00 pm SPIKE ch.44 "The Last Airbender" (2010, Fantasy) Noah Ringer. A being with the ability to manipulate the four elements joins forces with a waterbender and her brother to restore balance to their war-torn world. (In Stereo)

4:00 pm FAM ch.26 "Mark & Russell's Wild Ride" (2015, Comedy) Joey Bragg. Two friends embark on a road adventure when the most popular girl in school needs a ride to a party. (In Stereo) (CC) 5:00 pm WTBS ch.3 "Sky High" (2005, Comedy) Michael Angarano. Hoping he will follow in their footsteps, two superheroes send their reluctant son to a training school.

FRIDAY AFTERNOON

12:00 pm FAM ch.26 "Mark & Russell's Wild Ride" (2015, Comedy) Joey Bragg. Two friends embark on a road adventure when the most popular girl in school needs a ride to a party. (In Stereo) (CC) 5:00 pm WTBS ch.3 "Bad Boys II" (2003, Action) Martin Lawrence. Two detectives uncover a conspiracy involving a drug kingpin while trying to stop the trafficking of Ecstasy in Miami.

EVENING

7:30 pm YTV ch.18 "Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore. Treated as a servant by her stepmother, a 16th-century woman wins the heart of the French prince. (In Stereo) (CC) 8:00 pm FAM ch.26 "Kindergarten Cop" (1990, Comedy) Arnold Schwarzenegger. Premiere. An undercover officer teaches a rowdy class of peewees, to identify one whose mother must be found. (In Stereo) (CC)

10:00 pm FAM ch.26 "About a Boy" (2002, Comedy-Drama) Hugh Grant. Premiere. An irresponsible playboy becomes emotionally attached to a woman's 12-year-old son. (In Stereo) (CC)

SATURDAY MORNING

6:00 am SPIKE ch.44 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race. (In Stereo) 8:30 am SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

(In Stereo)

10:30 am FAM ch.26 "Kindergarten
Cop" (1990, Comedy) Arnold
Schwarzenegger. An undercover
officer teaches a rowdy class of peewees, to identify one whose mother
must be found. (In Stereo) (CC)

must be found. (In Stereo) (CC)

11:00 am WTBS ch.3 "Now You See
Me" (2013, Comedy-Drama) Jesse
Eisenberg. A federal agent and an
Interpol detective play a cat-andmouse game with cunning illusionists who rob corrupt business leaders
during their performances, then funnel the money to members of the
audience.

AFTERNOON

12:00 pm YTV ch.18 "Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore. Treated as a servant by her stepmother, a 16th-century woman wins the heart of the French prince. (In Stereo) (CC) 12:30 pm FAM ch.26 "Monster

High: Haunted" (2015, Comedy) Voices of Erin Fitzgerald. Animated. Ghouls must save Spectra from disappearing into a ghostly world. (In Stereo) (CC) 1:30 pm WTBS ch.3 "Scary Movie 3" (2003, Comedy) Arna Faris. After

1:30 pm WTBS ch.3 "Scary Movie 3" (2003, Comedy) Anna Faris. After Cindy accidentally watches a strange videotape that causes the viewer to die within a week, she discovers the tape is only one of many weird happenings.

EVENING

6:00 pm WTBS ch.3 "The Proposal" (2009, Romance-Comedy) Sandra Bullock. Facing deportation to Canada, a high-powered book editor pretends she is engaged to her assistant, whom she's tormented for

7:00 pm CITV ch.12 "A Job to Kill For" (2006, Suspense) Sean Young. An executive at an advertising agency lands in trouble when a beautiful woman helps him save a major account. (CC) (DVS)

8:00 pm CHBC ch.4 BCTV ch.11 "A Job to Kill For" (2006, Suspense) Sean Young. An executive at an advertising agency lands in trouble when a beautiful woman helps him save a major account. (CC) (DVS)

save a major account. (CC) (DVS)
KSPS ch.6 "The Manchurian
Candidate" (1962, Suspense) Frank
Sinatra. A Korean War hero's commanding officer discovers he and his
platoon were brainwashed. (In
Stereo) (CC)

SATURDAY, FEBRUARY 27, 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	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUF ch.45
6 AI	I On Spot	Ancestors	Dragon	Heartland	(5:30) Today (N)	CBS This Morning	Tiny House Nation @	Pald Prog.	Ancestors	Saturday Morning	Tiger	Sldekick	Premier League	Juicebox	Jade Fever	Warthogsl	Pald Prog.	Movie:	Moves
0 :3	0 Coolest	Fishful	PAW Patrol	Fly Tying	O E	morning	readon (a)	Pald Prog.	Fishful	News (N) E	Animal	Sidekick	Soccer		Jade Fever	Life Derek	Panorama	Incredible	Pald Prog.
- Al	M P. Affairs	Saturday ,	Curious	MotorWeek	KHQ Satur-	Lucky Dog	What Would		Saturday		Super Whyl	Chucks	English Premier		How/Made	Life Derek	Eye/Asla	Hulk* (2008) Edward	Security
:3	0 Pald Prog.	Morning News (N) RE	Curious	Greener	day Wake Up Show	Dr. Chris	You Do?	The second secon	Morning News (N) 🖾		Save-Ums!	Chucks	League		How/Made	Gaming	VemComIg	Norton.	Security
o Al	M Paid Prog.		PAW Patrol	Woodsmith		Innovation	What Would	Hanna			Arthur O	Nerds	Soccer		Air Crash	HZipzer	Polish		Border
8 :3	0 Paid Prog.		Astroblast	Rough Cut	-	Inspectors	You Do?	Ocean			Cat In the	SpongeBob			Investiga- tion	Life	Studio (N)	Movie:	Border
O Al	M Jeffersons		Magic Bus	Hometime		College	What Would	Rescue		Fish'n	Our Van-	SpongeBob	UEFA Mag.	Is Written	140th	Awesome	Pald Prog.	*** "I Am Legend"	Border
9 :3	O Pald Prog.		Kate and	Old House	English	Basketball: Butler at	You Do?	Wildlife		Real Fish.	couver @	Parents	Motoring	The Social	Westmin- ster Kennel	Next Step	Pald Prog.	(2007) Will Smith. 0	Border
A AI	M Break	Fish'n	Wild Kratts	Old House	Premier League	Georgatown	200000000000000000000000000000000000000	Rock-Park	Fish'n	Powerboat	Speed	Harvey	Hockey	Marllyn	Club Dog	Lost	Fall Army	Sinds. 47	Border
10 :3	O Seinfeld O	Fishing	Wild Kratts	Kitchen	Soccer	(N)	My Family	Explore	Fishing	Driving TV	Skating	Plg Goat	Gold Medal game from	Denis	Show From Madison	Movie: **	Family		Border
A	M Movie: **	Powerboat	Doki 🕅	Pépin		College	Monster in	Hiring	Powerboat	Ice Pilots	Bobsled	Turtles	May 17,	Is Written	Square Garden.	"Kindergar- ten Cop"	Survivor-	Cops 🖾	Security
11 :3	Now You See Me*	Driving TV	Creative	Martha	Goal Zone	Basketball: Oklahoma	My Family	McCarver	Driving TV	NWT "Yu- kon":	and Skel- eton	SpongeBob	2015. 34	etalk 🖾	Garden.	(1990) O SS	man 30 (DVS)	Cops &	Security
P	M (2013) Jess	News	Animals	Cook	PGA Tour	at Texas.	Monster In	Pald Prog.	News	PGA Tour	Figure	Movie: ***	-	SportsCen-			Illusions	Cops Re	Border
12 .	Elsenberg.	PGA Tour	Animals	Victory	Golf: Honda Classic.	(N) 150	My Family	Pald Prog.	PGA Tour	Golf: Honda Classic.	Skating	"Ever After: A Cinder-	2016	tre 🖾	Alaska Rc	Movle:	Escape	Cops (60)	Border
. P	M	Golf: Honda Classic.	Our Part	Antiques	Third	College	The First 48	World of X	Golf: Honda Classic.	Third	- 1	ella Story	Scottles Tournament	Corner Gas		*Monster High:	Close-Up	Cops III	Border
1 .	Movie:	Third Round	Cosmic	Roadshow	Round. (N) O (Live) 88	Basketball: Kentucky at	O RC	Games (N)	Third Round	Round. (N)		(1998) 0	of Hearts:	Corner Gas	Bush People	Haunted* O	Kings	Jall 80	Border
_ P	* * "Scary Movio 3"	(N) 602	Canada:	British		Vanderbilt,	The First 48		(N) RC		Diving:		Page Play- off: 3 vs. 4.	Canada's	Telescope	Gaming	Mod Fam	Cops sq	Border
2 :	(2003)		Over the Edge	Baking		(N)	ORE	Dance on			FINA World	Assembly	(N) (Live) [50]	Worst	RE	HZipzer	Mod Fam	Cops 🖾	Border
P	M The Middle	Ice Pilots	Waterfront	Globe Trek-	Tal Chil	Access Hol	The First 48		Ice Pilots	Decod-	National	Assembly		Disruptors	How/Made	Make Me	CityNews	Cops 20	Security
3	The Middle	NWT "Yu- kon"	Cities	ker O	Fish Oil	fywood (N)	O BS		NWT "Yu- kon"	Ing the Ancients	Hockey	Assembly	Sports	Moneytalk	How/Made	Awesome	CityNews	Jall Ed	Security
" P	M Seinfeld O	Decod-	N. Geo-	Steves	Joint Relief	Hidden	The First 48	ABC News	Decod-	Moves	NHL Hock-	Max	SC Top 10	Marilyn	Last Fron-	Awesome	NHL Hock-	Cops 333	Security
4	Att. Eats	Ing the Ancients	graphic Specials	WA. Grown	Jdg Judy	Changers	OBE	KXLY 4	Ing the Ancients	Global Nat.	ey: Toronto Maple Leafs	Max	Open Gym	Denis	tier	Life	ey: Toronto Maple Leafs	Cops to	Security
-		Moves	Joanna	Last/Wine	NHL Hock-	News	The First 48	NBA	Moves	(4:59) News	at Montreal	Max	Open Gym	The Social	Gold Rush	Nowhere	at Montreal Canadiens.	Cops EC	Border
5 .	M King 10 King	News	Lumley's	Vicious O	ey: Detroit Red Wings	CBS News	0 00	NBA	Global Nat.	Hour (N)	Canadiens. (N) (Live)	Max	2016	etalk Kil	25	Nowhere	(N) (Live)	Cops 🚾	Border
_ P	M Movie:	Global Nat.	Hope for	Lawrence	at Colorado	News	The First	Basketball: Warriors at	(5:59) News	16x9 82	120	Assembly	Scotties Tournament	CTV News	Moonshin-	Next Step		Cops 🖾	Ghost
6	**%"The Proposal"	News	Wildlife III	Welk	Avalanche. (N) O (Live)	Pald Prog.	48: Houses	Thunder	Hour (N)			Stanley	of Hearts: Semifinal,	Vancouver	ers () EE	Next Step		Cops as	Adventure: (N)
_ P	M (2009)	16x9 000	Battle	Keep Up	80	Elementary			16x9 BB	Movie: "A	NHL Hock-	Max	(N) (Live) EC	etalk-Oscar	Vegas Rat	Lost	CityNews	Cops III	The Dead
1 :	M (2009)		for the Elephants	As Time	1	O BE	48: Houses			Job to Kill For (2006)	ey: Ottawa Senators	Assembly		Gulde	Rods	Lost	Weekend (N)	Cops Int	Files (N) 20
	M Family Guy	Movie: "A	Heartbeat	Movie:	KHQ News	NCIS: New	The First 48	Hollywood		Sean Young	at Calgary	Movle:		Blg Bang	Fast N'	The X	CityNews	Cops SE	Expedition
100	Family Guy	- Joh to Kill	OBS	*** "The Manchurian		Orleans O		The Insider	Job to Kill For (2006)		Flames. (N) O (Live) ES	***%	SportsCen-	Anger	Loud O EC	Factor UK	Weekend (N)	Cops 30	Unknown
_ P	M Burgers		Foyle's War	Candidate*	You, Me	NCIS *16	(9:03) The	Entertain-		True Crime		Mr. Fox	tro (N) (Live)	Mike	Moonshin-		Liquidator	Movie: ***	Ghost
q	30 Burgers		"Sunflower"	0	and	Years" O	First 48 tot	ment Tonight		Scene ()		(2009) 0		Cleveland	ers O 30	(9:40)	Liquidator	"Scarface" (1983) Al	Adventure
P	M Community	True Crime	March Co. Co.	ТВА	Blue	48 Hours	The First	Rizzoli &	True Crime	News Final	Post Show	Assembly	SportsCen-	Saving	Vegas Rat	Movie:	CityLine 32	Pacino,	The Dead
10	30 Community	Coons A		Moone Boy	Bloods	0 00	48: Houses	Isles O RG	Scene A	(10:35)	CBC News	Assembly	tre (N) 32	Hope 20 (DVS)	Rods	a Boy*		Michelle Pfeiffer.	Files O 10
			Waterfront	Austin City	-	News	The First	Scandal	News Final	Saturday Night Live	The Tudors	Gags	SportsCen-	News	Gold Rush	(2002) 0	Paid Prog.	ORE	Expedition
11	M Moyle: "S.W.A.T."	SNL	Cities	Limits 80	SNL	Up Late	48: Houses	0 20	SNL	0.80	36 (DVS)	Gags	tre ac	CTV News	30	Degrassi	Pald Prog.	1	Unknown 6

News Leader Movies - Sunday

them, a sly fox rallies his animal neighbors to fight back. (In Stereo) (CC)

9:00 pm SPIKE ch.44 "Scarface" (1983, Crime Drama) Al Pacino. A Cuban immigrant from Castro's jails cuts a violent path of destruc-

tion on his way to the top of Miami's drug trade. (In Stereo) (CC)

9:40 pm FAM ch.26 "About a Boy"

(2002, Comedy-Drama) Hugh Grant. An irresponsible playboy becomes emotionally attached to a woman's 12-year-old son. (In Stereo) (CC)

11:00 pm WTBS ch.3 "S.W.A.T." (2003, Action) Samuel L. Jackson. A Los Angeles Special Weapons and Tactics team must protect a criminal after he offers \$100 million to his prospective rescuers.

SUNDAY MORNING

9:00 am WTBS ch.3 "The Pacifier" (2005, Comedy) Vin Diesel. A Navy SEAL faces the ultimate test when he must care for five children and protect them from their father's enemies.

10:30 am FAM ch.26 "Monster High: Haunted" (2015, Comedy) Voices of Erin Fitzgerald. Animated. Ghouls must save Spectra from disappearing into a ghostly world. (In Stereo) (CC) 11:00 am VTVch.22 "Pretty Woman" (1990, Romance-Comedy)

Woman" (1990, Romance-Comedy)
Richard Gere. A corporate raider
pays a gorgeous hooker to be his
escort for a business week in
Beverly Hills. (In Stereo) (CC)
(DVS)

11:55 am FAM ch.26 "Contest" (2013, Comedy-Drama) Kenton Duty. Forced to work together for a cooking contest, a bullied teen and his tormentor become friends. (In Stereo) (CC)

AFTERNOON

1:00 pm WTBS ch.3 "Race to Witch Mountain" (2009, Adventure) Dwayne Johnson. A Las Vegas taxi driver unexpectedly becomes the guardian of two runaways who possess paranormal powers.

2:00 pm YTV ch.18 "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratropolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat.

pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat. (In Stereo) (CC) 4:00 pm YTV ch.18 "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo) (CC)

5:00 pm CBC ch.13 "Peter Pan" (2003, Adventure) Jason Isaacs. Peter Pan leads Wendy and her two brothers on an adventure involving Captain Hook and his band of pirates (In Stereo) (CC)

pirates. (In Stereo) (CC)
5:55 pm FAM ch.26 "Mrs.
Doubtfire" (1993, Comedy) Robin
Williams. Estranged from his wife,
an out-of-work actor masquerades
as a nanny to be with his children.
(In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A recently engaged newswoman becomes obsessed with meeting a grieving widower she heard on a late-night radio callin show.

New School Nickname Contest!

John Allison Elementary School is looking for a new nickname and logo. Currently they are using the 'Bears' as the name for their teams. If you have a suggestion, please fill out this form and include a logo idea. Entries can be dropped off at the school until February 25, 2016 with finalists to be selected prior to a final decision.

Phone: ______ Nickname Suggestion: ______

INCLUDE YOUR LOGO IDEA HERE

News Leader

JOHN ALLISON ELEMENTARY SCHOOL RESERVES THE RIGHT TO USE THIS NAME AND NOT THE LOGO OR USE PORTIONS OF THE LOGO DRAWING AUGMENTED WITH SOMETHING ELSE

SUNDAY, FEBRUARY 28, 2016

		wtbs.	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
	AM	Pald Prog.	In a Name	Dragon	Mr. Rogers	Today (N)	Pald Prog.	Criminal	Cize It Up!	In a Name	Sunday	News	Squirrel	English	Canada AM	Treehouse	Warthogs!	Paid Prog.	Xtreme Off	Moves
0	:30	Pald Prog.	Canadlan	PAW Patrol	Peep	O Rd	Pald Prog.	Minds O	Pald Prog.	Canadian	Morning News (N) 60	Pirates	Squirrel	Premier League	Weekend	Masters	Life Derek	Church	Engine	Paid Prog.
	AM	The Office	Sunday	Curlous	Super Whyl	кно	CBS News	Criminal	Good	Sunday		Cat In the	Charmers	Soccer	Marilyn	Buying the	Life Derek	Eye/Asla	Truck Tech	Expedition
1	:30	Atl. Eats	Morning News (N) @0	Curlous	Bullder	Invest	Sunday Morning	Minds O	Morning America	Morning News (N) 350		News	Charmers		Denis	Buying the	Gaming	Operation	Detroit	Unknown C
0	AM	The Office		PAW Patrol	Curlous	Moot the	(N) REI	Criminal	This Week			Coronation	Pet Shop	SportsCen-	Question	Cold River	HZipzer	Smile 🖾	The State of the S	Live There
0	:30	Pald Prog.		Astroblast	Cat In the	Press (N) 35	The Nation	Minds O RE	-			Coronation	Pet Shop	tre III	Period 🖾	Cash (60	Life	Festival	0	Live There
0	AM	Movie: ** "The Paci-		Maker	SciGirls 0	NHL Live	Pald Prog.	Movie O	Building a		Block	Coronation	100 Things	Sports	Operation	140th	Awesome	Italiano di Johnny		Expedition
9	:30	flor" (2005)		Dino Dan	The Impact	NHL	Bull Riding		Basilica		Context	Coronation	Game	Prerace	Smile 84	Westmin- ster Kennel	Next Step	Lombardi	0	Unknown O
	AM	Vin Diesel.	Block	Wild Kratts	Inside	Hockey: Washington			Matter	Block	J. Osteen	Coronation	Thunder	NASCAR	etalk-Oscar	Club Dog Show "Clos-	Lost	(N)	CHARLES CO. 10.10	Expedition
IU	:30		Context	Little	Olympia O 85	Capitals at Chicago	Bask		How the	Context	Pald Prog.	market-	Assembly	Racing: Sprint Cup	Guide	ing Night*	Movie:	VemComig	0	Unknown ()
1-1	AM	Pald Prog.	J. Osteen	Little	Focus	Blackhawks.	College		Pald Prog.	J. Osteen	16x9 80	place o an	Bella	Series: Folds of	Movie:	(N) EII	"Monster High:	Vice		Expedition
1 1	:30	1st Family	Paid Prog.	Annedrolds	Asia	(N)	Basketball: Duke at	Beyond Scared	Pald Prog.	Pald Prog.		Stefano	Henry	Honor	*** "Pretty Woman"		Haunted' O	Vice	0	Unknown O
10	PM	Pald Prog.	News	Dogs	Health Matt.	PGA Tour Golf: Honda	Pittsburgh.	Straight	Pald Prog.	News	PGA Tour	Land/ Sea	Max	Quiktrip 500. (N) O	(1990) Richard	Moonshin-	(11:55)	Vice	LOCAL CONTROL OF STATE OF STAT	Expedition
16	:30	Box Office	PGA Tour Golf: Honda	Dogs/Jobs		Classic,		O BG	Designing	PGA Tour	Golf: Honda Classic,	One/One	Stanley	(Live) 50	Gere. O	ers O MI	Movie: "Contest"	Vice	0	Unknown (
4	PM	Movie:	Classic,	Hope for Wildlife Rd	Pioneers of Television	Final Round. (N) O (Live)	College Basketball:	Beyond Scared	Estate	Golf: Honda Classic,	Final Round. (N) (Live)	Our Van-	Game On			Vegas Rat	(2013) 0	Vice	A STATE OF THE PARTY OF THE PAR	Expedition
B	:30	to Witch	Final Round. (N) 80	Wilding is	Television	360	lowa at Ohio	Straight	Hollywood	Final Round.	RC (LIVE)	couver au	Assembly		Celebrity	Rods	Lost	Vice	0	Unknown ()
2	PM	Mountain	,	Architects of Change	Finding Your Roots		State. (N) 20	Beyond Scared	Road to Gold: A	1,	- 1	Speed Skating	Movie: *** "Flushed	Sports	MasterChet	Bering Sea Gold Sil	Lost	Vice	The second secon	Museum
En .	:30			or change	n			Straight	Year		Engels	Skaung	Away*	SC Top 10	Canada O	Gold an	Lost	Vice	"	Secrets IIII
2	PM	Blg Bang	Engels	Gala From Berlin 2014	Freedom Summer:	Tal Chii	Pald Prog.	Hoarders "Judy" 20	ABC News	Engels	Engels	Diving: FINA World	(2006) 0 00	SportsCen- tre (N) RE	etalk at The Oscars (N)	How/Made	Lost	CityNews	THE RESERVE AND ADDRESS OF THE PARTY OF THE	Miracles
0	:30	Big Bang	Trashopolis "Tokyo" ()	(N) O 80	American	BestPanl	Cize It Upl	dudy se	KXLY 4	Trashopolls "Tokyo" ()	Bomb Girls	Cup.		tre (iv) ica	Oscars (N)	How/Made	Lost	CityNews	0	Decoded 🖾
1	PM	Big Bang	Tonyo ti		Experience Blacks and	DOCTORS	Whacked	Hoarders O SC	Red Carpet		au (DV3)	Backstage	Movie:	Preview	Red Carpet	Myth- Busters	Lost	Sunnyside	Bar Rescue	Treasures Decoded O
7	:30	Blg Bang	Bomb Girls		whites join	Look Saxy	Whacked		Red Carpet	Bomb Girls	Global Nat.	Exhibition	Little" (1999)	SC 84	Red Carpet	(N) Sig	Lost	Burgers		Decoded ()
5	PM	Mod Fam		Turn Back Time sa	together.	KHQ News	News	Hoarders O He	Red Carpet		(4:59) News Hour (N)	Movie: * * * Poter Pan"	Geena Davis.	SC M	Red Carpet	Last Fron-	Lost	Grand	Bar Rescue	Live There
0	:30	Mod Fam	News			NBC News	CBS News		The Oscars Honors for	Global Nat.	nour (re)	(2003) Ja-		2016 Scottles	The Oscars Honors for	tier	Lost	Barrett		Live There
6	PM	Movie:	-	(6:05) War- ships O kt	Masterplece Classic O		KREM 2 News at	Hoarders (N) O 35	achieve-	(5:59) News Hour (N)	First Dates	son Isaacs.	Movie: *** "Chicken	Tournament	achieve-	Last Fron-	(5:55) Movie:	Family Guy		The Dead Files O ad
-		*Steepless	News		BE (DVS)	Mark Few	6 (N)		ments in film. (N) O		Security		Run" (2000)	of Hearts: Final. From	ments in film. (N) O		*** *Mrs.	Bordertown		r nes tras
7		in Seattle* (1993) Tom	First Dates	Quest-Maya		Dateline NBC O RG	(N) O to	Intervention	(Live) %d	First Dates	Simpsons		0.86	Grande Prai-		Dual Sur- vival (N) III	Doubtfire* (1993) O	Vice	Lip Sync	Myster- les at the
	-	Hanks.	Security		NW Profil					Security	Simpsons	Gags		ria, Albarta.				Vice	Llp Sync	Castle
8	PM		Madam Secretary	Inspector Morse The	More Man- ners		Madam Secretary	(8:03) The First 48 %		Madam Secretary	Madam Secretary	Hello	Assembly			Myth- Busters	The X Factor UK	CityNews	Llp Sync	Mysteries- Museum
	:30	The Closer	OSCI DIRE	Sins of the		Movie:	The Good 10		On the Red Carpet	80	20	Mr. D O	Assembly	SportsCen- tre (N) (Live)	ТВА	OBO	O BE	CityNews	Llp Sync	mustan
9	PM :30	The Closer	The Good Wife O Rd	Father*	Mercy Street O III	(2012) Mark Wahlberg.	The Good Wife O SE	(9:03) Hoarders O NO	After the Oscars	The Good Wife o 20	The Good Wife A ac	Winnipeg Comedy	Max	36	To Be An- nounced	Alaska	LA Story	Survivor- man (III) (DVS)	Bar Rescue O	The Dead Files O 30
10	PM	"Last Word"	Simpsons	Wallander	In Perfor-	Premiere. ()	CSI: Cyber	(10:03)	Jimmy Kim-	Simpsons	News Final	The	Haunting	SportsCen-	To Be An-	Last Fron-	ветсн	CityLine 200		Myster-
10	:30	There Yet?	Simpsons	"The Secret"	mance		"Why-Fr O	Hoarders Et	mel Live O	Simpsons	Block	National (N) as	Haunting	tre (N) III	nounced	tler	Third		Process of	les at the Castle
4 -4	PM	Pald Prog.	News Final			News	News	Intervention	KXLY 4	News Final	Pald Prog.	CBC News	Gags	SportsCen-		Dual Sur-	Degrassi	Paid Prog.	Bar Rescue	STORY OF THE PROPERTY OF THE P
11	:30	Paid Prog.	Block		With Shella	Paid Prog.	Family Guy		Van Impe	Block	Pald Prog.	fifth estate	Gags	tre 80	CTV News	vival #4	Guidance	Pald Prog.	0	Museum

News Leader Sudoku

SUDOKU No. 269 Tough 4 5 8 6 7 2 6 1 9 7 1 3 6 9 2 8 3 5 9 2 5 4 9 5

Previous solution - Medium

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

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.sudokuwikl.org

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

The solutions will be published here in the next issue.

THIS WEEK'S

News Leader Sudoku

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Monday Movies

......continued from Page 14 from a farm in 1950s England. (In

Stereo) (CC)
8:30 pm KHQ ch.7 "Ted" (2012, Comedy) Mark Wahlberg. Premiere. Live action/animated. Thirty years after his childhood wish brought his beloved teddy bear to life, a man's close attachbear to life, a man's close attachment to the talking toy prevents him from making the emotional leap from boyhood to adulthood. (In Stereo)

MONDAY AFTERNOON

12:00 pm FAM ch.26 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (CC)

2:00 pm A&E ch.9 "Gladiator" (2000, Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo) (CC)
4:00 pm FAM ch.26 "Monster
High: Scaris, City of Frights"
(2013, Comedy) Voices of Cam
Clarke. Animated. Clawdeen Wolf
meets fashion designer Madame
Ghostier in France, while her
ghoulish friends uncover clues to a
secret (In Stereo) (CC)

secret. (In Stereo) (CC)
5:00 pm WTBS ch.3 "When in
Rome" (2010, Romance-Comedy)
Kristen Bell. Magic coins bring an
assortment of odd suitors to a disil-

lusioned woman, but a persistent reporter may hold the promise of real romance.



		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
	AM	Crazy Talk	Morning	Hi Opiel O	Arthur	KHQ News	KREM 2	Dog the	Morning	Morning	(5:00) Morn-	The Early	Kid vs. Kat	(5:00) 2016	CTV Morn-	Mighty	Life Derek	CityLine	Cops 33	Restaurant
6	:30	Crazy Talk	News (N) IIC	Monkey	Odd Squad	6AM (N)	Morning News	Bounty Hunter	Northwest	News (N) 30	ing News (N) 🖾	Edition (N)	Almost	TradeCen- tre (N) (Live)	Ing Live Vancouver	Ships	Life Derek	(N) 30	Cops 🗺	Makeover
	AM	Law Order:	, ,	Dinosaur	Wild Kratts	Today (N)	CBS This	Dog the	Good Morn-	-	1117.22	Cat in the	Squirrel	861	(N) O 350	How/Made	HZipzer	Let's Make	Vegas	Moves
7	:30	CI		Wild Kratts	Ready Jet	O ZE	Morning (N)		Ing America			Arthur O	Chucks	- 1	-	How/Made	Next Step	a Deal (N)	Cops (tt)	Moves
	AM	Law Order:		PAW Patrol	Nature Cat			Criminal	(14) 22	X - 9	Morning	Napkin	Chucks	76		Dally Planet	Next Step	The Price Is	Cops Sting.	Security
8	:30	CI		Curious	Curious			Minds O BO			Huntley St.	Tiger	Wayside			IRE (DVS)	Lost	Right (N)	Vegas	Security
-	AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Live! Kelly	Morning	Sugar &	Arthur O	Sidekick	-	Live! Kelly	How/Made	Builder	FamFeud	Vegas	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	0 88	Club O BE	Minds () Bell	and Michael	Huntley St.	Debt/Part	Napkin	Almost		and Michael	How/Made	Playdate	FamFeud	Cops &C	Files O (to)
	200	Judge	Sugar 🕮	Bol Bit	Cookle	Today (N)	The Price Is	Criminal	The View	Sugar III	Rachael	Bookaboo	Spliced ()	1	The View	Canada's	Justin	The Chew	Cops 3d	Ghost
10		Judge	Debt/Part	PAW Patrol	Thief	0 20	Right (N)	Minds () (60)	0 86	Debt/Part	Ray O III	Tiger	Kid vs. Kat		ORG	Worst Driver	Twiriywoos	0 341	Cops 🖭	Adventures 30
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Riverside Theatre has enhanced local cultural activities. This photo is from the Crimson Tine Players February 13th fundraising dinner. It was used this past weekend for Rotary Club's Winefest.

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I'm going to shift gears this week and put a focus on the cultural arts in and around our community. I've written about this many times before but I think it needs to be repeated.

Princeton (and Area H) has a high percentage of artistic individuals. In my definition of artistic I include everything that can be made by hand, musical talent, acting and performing and all possibilities inbetween including writers and any other form of creative talent.

To attempt to list all of them would not only fill this paper, but I would risk missing a number so let's just say there is a ton of talent in our tiny little community.

What makes me realize this is when groups such as the Crimson Tine Players host an event or present one of their plays. I was invited two winters ago to follow the process that group followed that led up to one of their performances. I traced all activities from the first casting of players right on up to the

first 'official' performance for the press. I was at every practice and got to learn far more than anyone should have exposure to about what one local group goes through to give something back to their community.

I put it that way only to emphasis that the average person not connected to that particular group has no clue what it takes to put together a single performance.

It is no different for any other local organization.

For example, the Rotary Club just hosted their annual Winefest. It takes a lot of work, all conducted by volunteers, to host an event of that size. The benefits are two-fold: residents get to experience an elegant night out of wine and food tasting all under one roof and the organizing group generates revenue in the form of fundraising. In the case of the Rotary Club's Winefest, all the profits they collect from the single evening event go back into the com-

munity. Some of it will go to cultural activities in Princeton.

The same goes for the extremely popular Ladies Diamond Dinner hosted by Princeton's branch of the Royal Canadian Legion. It is essentially a special evening out for women in the community where they get special treatment, have social fun and may win some fabulous prizes. The proceeds from this event get turned back into the community with some of it very likely going to cultural and artistic pursuits.

Again, all organized by volunteers, just like every other activity hosted within the town boundaries. These are people who have the desire to organize something fun to entertain others with the goal of generating goodwill and fundraising as a spin off.

In the entire time I have lived in Princeton I have been amazed at the volume of volunteers and the workload they carry. None of them are doing any of it to personally benefit themselves. In the case of Crimson Tine Players, fundraising allows them to produce another play. The same goes for the Fall Fair and Rodeo Clubs. They want to generate enough extra revenue through their current event to ensure they can do it again sometime next year.

I consider all of this to be a very important part of the fabric that binds our community together. I'm not even going to mention the potential for tourism and positive PR outside of our community that can also result. I want to just focus on the fact that many of us are unaware of how fortunate we are to have dedicated volunteers who think nothing of working long hours to put on an event.



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Obituary

Obituary

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Norman Swail

Norman Swail died peacefully at age 90 at the end of September 2015. He leaves his wife Jess, four children and their spouses, and six grandchildren. Norm's joy was his and Jess' property, Darcy Mountain Ranch, and their norses. The time that Norm spent at the ranch was made even more enjoyable and eventful when family and friends were there.

Norm loved the opportunity to teach his six grandchildren to ride horses, and to take anyone who was willing to go with him on a horseback ride. Norm enjoyed volunteering with the Princeton Rodeo and attending local events with Jess. He made many acquaintances and friends in the Princeton area.

The Swail family wishes to thank the Princeton community and friends and neighbours for their help and friendship to Norm over many years, especially Mona and Abe Willis and their family, Scott Musgrove and Don Darel.

John Edgar Akerley

America, but he is best known for his work on multi-purpose entertainment facilities such as Rogers Arena in

Vancouver, the South Okanagan Events Centre in Penticton, and the Centre

John was a dedicated and highly respected member of the Princeton com-

munity, serving as a volunteer in several organizations. He was active right up to the day of his death, and died suddenly with Patricia at his side. He is also

survived by his brother William, son Jason, daughter Michelle and grand-daughter Jady.

We are grateful to the Erris Volunteer Fire Department, Princeton RCMP and

paramedics who tried for over an hour to revive him. John enjoyed friends far

and wide. He regarded death as an inevitable "next adventure", and lived in total acceptance of his own mortality. As he would say, "life goes on", but he

With a heavy heart, we must report the passing of John Edgar Akerley (April 29, 1938 - February 6, 2016) at his home near Princeton, BC. Born in St. Leonard,

New Brunswick to Cecile and Edgar

Akerley, John graduated as an Engineer from Queens University and the Royal

Military College in Kingston, Ontario in 1960. In 1963, he married Patricia Sininger in Chilliwack, BC and embarked

on a life-long career in project manage-

ment. John worked on a variety of projects throughout Africa and North

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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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Lower Valley News

Keremeos - Cawston - Olalla



February 10th marked the second day of cross country skiing for the Grade 5 and 6 classes of Similkameen Elementary Secondary School in Keremeos. Their last ski day was spent in bright sun with incredible snow conditions at Apex Alpine. Word has it a great time was had by all, as appears obvious in this casual group photo taken during the fun day on the mountain. Photo: SESS

Grist Mill already hosting activities

by Chris Mathieson Grist Mill Operations Manager

It's only the middle of February, but our gardens here at the Grist Mill are already starting to see signs of life--if things stay on track, we're going to have another early spring this year. No, the apples aren't ready to blossom - but a couple of violets have appeared from under the melting snow.

On February 13th, we hosted a very successful 'Seedy Saturday' seed and information exchange event; attendance is estimated to be as many as 350 people. Ours was just one of about 100 such Seedy Saturdays and Sundays held across Canada every spring. A big thank you to all our vendors, exhibitors, speakers, volunteers and more who made this event a success. Look for

us at some of the other Seedy Saturday events in the South Okanagan over the next six weeks. Did you know that it was the Grist Mill's then-Head Gardener, Sharon Rempel, who founded Seedy Saturdays in Canada?

Heritage Varieties

Not only did Sharon found Seedy Saturdays, she also left us with an incredible legacy of heritage fruits and veggies on site. Thanks to her, there were almost forty varieties of heritage apple in the upper orchard. She also did pioneering research into heritage wheats that resulted in one in particular-Red Fife-becoming an incredibly popular wheat after almost a century of obscurity and near extinction. The Point Ellice Hollyhock, the Zucca (melon), Nuremburg Oats and

countless other varieties benefited greatly from her passion and attentive care.

We're excited this year to renew our efforts to continue her good work of collecting, preserving and sharing rare and locally-adapted varieties. We've managed to source seed for some of the key varieties she was working with twenty years ago and look forward to delving deeply into her notes and seed collection to renew our efforts to share such wonders as the Moon and Stars watermelon with you.

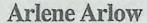
We're also on the look-out for "heirloom varieties with a local connection." If your family has a variety of fruit or veggie that it's been growing since before the First World War, we'd love to hear from you...and if you have any leads on where we might find a Richter Banana apple tree, a variety of Winter Banana apple developed by the Richter family here in the Similkameen, we'd be eternally grateful!

Sunday Brunch

.....continued on Page 19



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Keremeos Library had a Valentine's Day Zentangle Workshop on February 13th for children aged 8 and older. This free workshop by Connie Francoeur is always well attended as she has a great connection to the young artists. In this one they made Special Valentine's and personal bookmorks which the Library laminated for the kids. Prov. March Medical Control of the Control of the Research of the Rese

Lower Valley News

Keremeos - Cawston - Olalla



Council issues meeting highlights

Council highlights are a brief summary of meetings of Council. If you require an official record, minutes are posted to the website located at www.keremeos.ca.

Here are the Council Highlights from the Monday, February 15th regular meeting of Keremeos village Council:

Correspondence

awhile yet .

Similkameen Country Development Association - Council approved a request to close Veterans Avenue between 4th Street and 5th Street between the hours of 9:00 AM and 6:00 PM on September 17, 2016 to host the 2016 Similkameen Sizzle Pepperfest.

Keremeos & Area Ambassador Program

- Council provided funding in the amount of \$1,000 to the 2016-17 Keremeos & Area Ambassador Program from the 2016 Donation Budget.

Reports 2016-2020 Financial Plan

- Council reviewed the proposed 2016-2020 Financial Plan and approved the following pre-budget purchases:
- Replacement pump for secondary lift station
- 4th Street rebuild between 11th Avenue and 12th Avenue
- Sidewalk rehabilitation and parking

on 6th Avenue between 6th Street and 7th Street

- Liquid Waste Management Plan well monitoring

Policy Manual Review - Policy #6-2012 - Travel Expense

- Council amended the Travel Expense Policy to reimburse only for the most economical mode of transportation.

Bylaws

Zoning Amendment Bylaw No. 778-95

- Council gave the Bylaw Amendment two readings and a Public Hearing will be held March 7, 2016 at 6:00 PM in Council Chambers.

The next Council meeting will be held on Monday, March 7, 2016. Please refer to the village website (www.keremeos.ca) for details.

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Grist Mill hosting activities

......continued from Page 18

The very next day, we brought back our popular 'Sunday Brunch' for Valentines Day. It was so popular that we look forward to continuing to serve Brunch on Sundays even though we're otherwise closed for

Check our website for Brunch hours and other special events we may open for this spring before our public season starts.

Looking ahead, this is going to be a busy year on site. Thanks to the Grist Mill Foundation, the volunteer-run charity that supports the site, we have a ton of new heritage clothing and are excited to be bringing "costumed interpretation" back to the site in a big way. You'll also find us doing new and important work in collecting, growing and sharing rare and locally-adapted heritage fruit, veggies and ornamental varieties. Plus, there will be even more workshops, presentations, concerts and other special events on site. Support our important work to preserve and share local history by buying your season pass today!

We're always looking for volunteers to give us a hand in many areas, including supporting special events, leading activities and helping preserve, research and share this site's amazing heritage. We have a few special projects underway that we could use extra help with. A regularly-updated list, with details, is available on our website.

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Studies show that people who spend time in groups are happier than those who do not.

The Keremeos Volunteer Fire Department is a group with drive and heart. Life is not about what you think of doing, it's about what you do. Photo: Arlene Arlow

Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3 still ranchers and farmers.

We need to connect to our roots

and celebrate our cultural heritage farmers who sell at the local market. and support local agriculture in every way we can. Support our

Buy locally where you can from meat to produce. Look down the

valley when fruit is in season and support the local fruit farms. By supporting local agriculture we are not only encouraging growth in a sector that needs local growth but we are keeping our cultural heritage

> culture, but able to feed itself. We don't see ourselves as an agricultural community but we are and we can't forget that. Most people have moved away from the farm. In

alive. A community with a vibrant

agriculture base is, not only rich in

some cases it is only a generation. For others it is multiple generations. That doesn't mean we can't reconnect with it. We have ranches and farms that are just as alive today as they were 4 or 5 generations ago. There may not be as many of them as there were a few generations ago, but they are still there. Support them where you can. When there is no local market, look at the tags in the grocery store and buy BC first. It all helps.

Living Water **Community Church**

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COUNTRY AND SOUTHERN GOSPEL MUSIC - WITH A MESSAGE PM Sunday, February 28

38 KENLEY AVENUE, PRINCETON

by George Elliott

.....continued from Page 16 weekend long activities, at least show up for one day. I have been on both sides of the fence. I know how it feels to see your volunteers bust their humps only to have dismal attendance. I have also been a participant in events and felt disappointment at low attendance figures.

What I think we all need to remember is that if we quit going to these volunteer organized events, or quit supporting our local artists and musicians, they start to slowly disappear. The addition of Sunflower Gallery and an handful of local downtown businesses displaying and selling items made locally give exposure to players in the community who may not otherwise receive it.

The next time you stroll downtown, look in the windows and take a hard look at what extras are offered in your community so

you get an idea that there are a lot of home-based businesses in and around our area who contribute to the retail options within the community. They contribute as much as the cultural and non-profits groups do in our area.

How does this save downtown Princeton?

Years ago in (I think) late January or early February the Princeton Lions Club hosted Snooshing Days. They did it for fun. It was fun. There still exist a number of groups and artisans in our community doing things for fun. It enhances the community in ways that may not be easy to measure, but serve a greater purpose in bringing people together to have a good time.

Built on a model of 'fun in exchange for fundraising' we all end up helping each other, which results in a healthier community for us all.