

# Similkameen News Leader

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Volume 19 Issue 8 #926 ISSN 1712-090X

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

## PXA discusses budget, projects

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

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 stated.

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.

## LA face 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 5.

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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The issue of what types of use will be permitted on the Trans-Canada Trail through the Town of Princeton continues this year. \*

# Minister responds to Mayor

.....continued from Front Page Thomson explains, "The decision on apportionment of the AAC

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

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 licenses and therefore, 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

Trail vision as a primarily non-motorized 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 are .....continued on Page 20



Calves are a sign of spring in the Similkameen. This little guy was spotted earlier this month in Olalla. Photo: Brenda Engel

## 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 come.

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# Editorial Page News Leader

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

## 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.



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](http://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.

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### EDITORIAL GUIDE

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



# Current Comment

## American Reporters Expose Zika Truth



**Dawn Johnson**  
editor@thenewsleader.ca

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 far-fetched, so I looked it up. Yes. It is true.

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 microcephaly born every year, and to the best of anyone's knowledge, Zika virus is not a concern in the United States. **.....continued on Page 6**

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



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. \*

# Similkameen News Leader

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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 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.

The government is committed to working with its partners to increase transit ridership, and to continue to support the increased adoption of cleaner-energy buses, such as the new compressed natural gas (CNG) fleets recently introduced in Nanaimo and Kamloops.

.....continued on Page 7

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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
- Bowlasauras**  
 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 microcephaly, 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.



More entertainment from the Crimson Tine Fundraising Gala Evening on February 13th. \*

# 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 care.

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.

## Improvements to BC Transit

.....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 years, the Ministry of Transportation and Infrastructure will invest up to \$2.7 billion to improve B.C.'s transportation network.

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.

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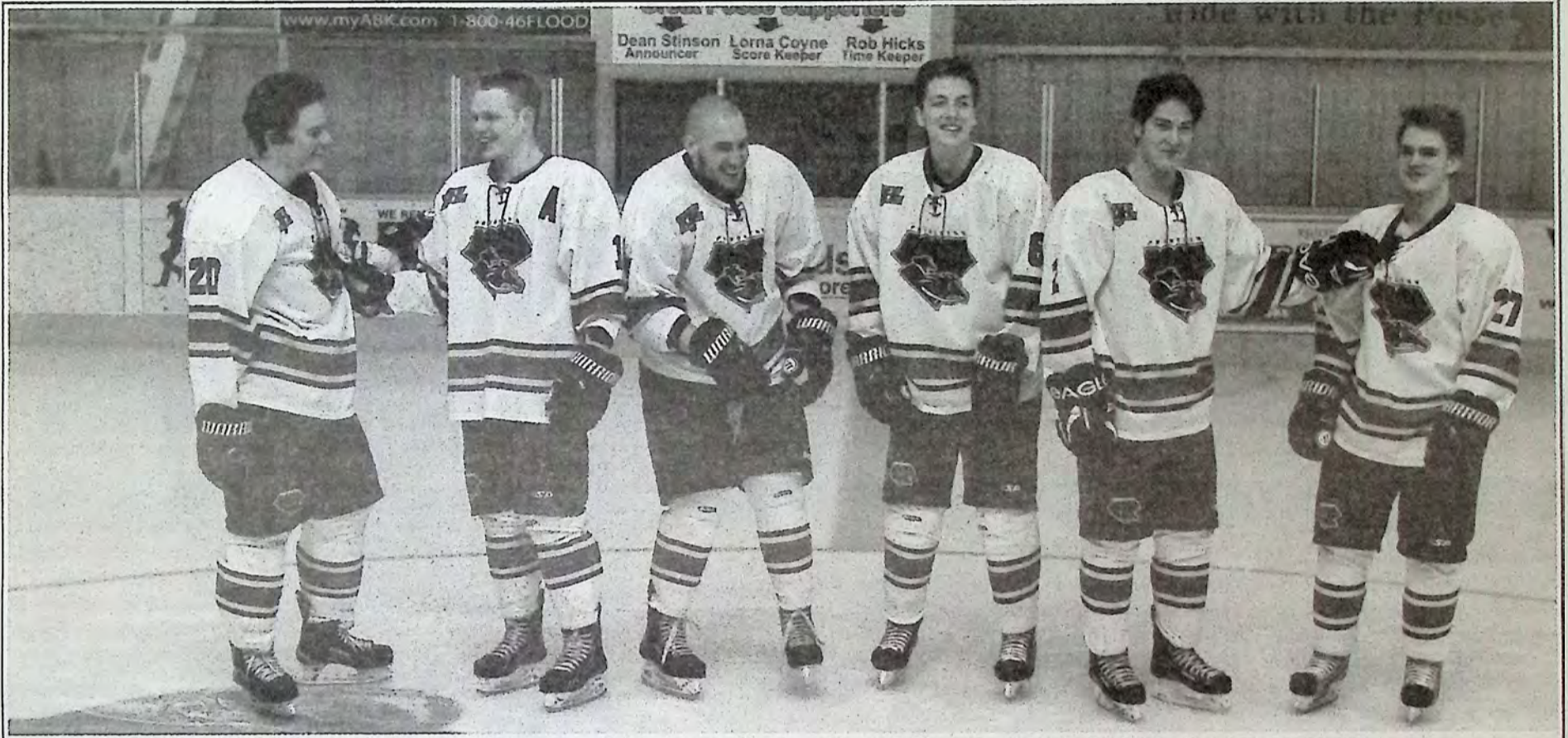
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News Leader

# Entertainment

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



The 2015/16 Princeton Posse had more local boys on the roster than any previous team. It was a brilliant move to develop locals into players. Photo: Bob Marsh Photography

## 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 short-handed marker was credited to Devin Nemes with assists going to Keillan Olson and Sam Swanson.

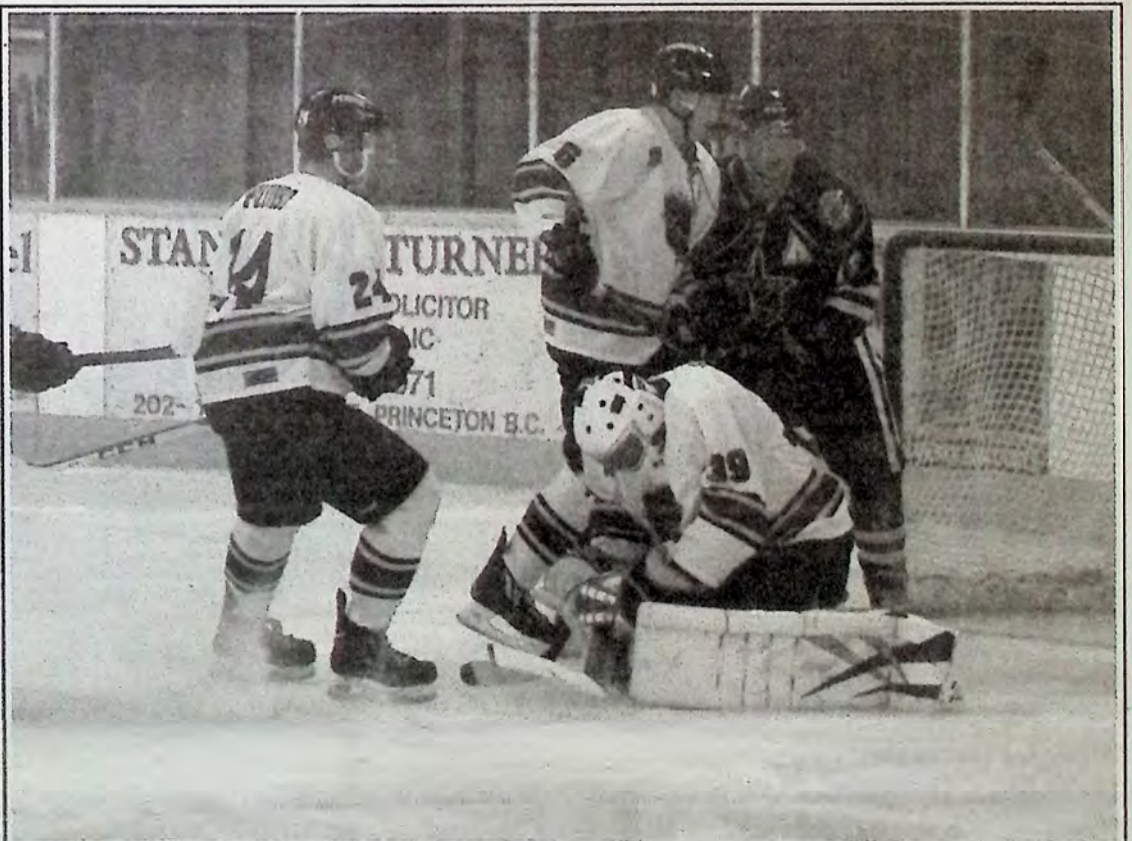
The third period saw more scoring - for the visiting team - as Beaver Valley added two more. Their ninth goal of the game was at 7:54

(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-min-

utes, 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.



Although the team has struggled this season, they never gave up! Photo: Bob Marsh Photography

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# News Leader Str8ts

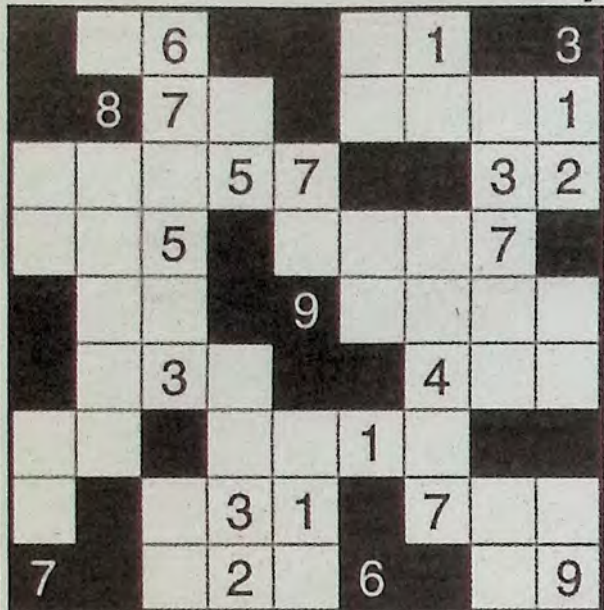
# Tuesday Movies

## STR8TS

No. 269

Easy

Previous solution - Medium



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

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

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

### TUESDAY 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 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)

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 convinces 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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### TUESDAY, FEBRUARY 23, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N)	Hi Opie! O	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Ships	Life Derek	CityLine (N)	Bar Rescue	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Debra Messing: "Biggest Loser" winner.	CBS This Morning (N)	Dog	Good Morning America (N)			Cat in the Hat	Squirrel	Sports	How/Made	Lost	Let's Make a Deal (N)	Bar Rescue	Moves	
8 AM	Law Order: CI		PAW Patrol	Nature Cat	Curious	Criminal Minds			Morning Huntley St.	Napkin	Chucks	2016 Scotties Tournament of Hearts: Draw 8. (N) (Live)	Daily Planet (DVS)	Life	The Price Is Right (N)	Bar Rescue	Security		
9 AM	Hot Bench	Morning Huntley St.	Astroblast	Tiger	Today (N)	The 700 Club	Criminal Minds	Livel Kelly and Michael	Morning Huntley St.	Sugar	Arthur	Sidekick	Livel Kelly and Michael	How/Made	Builder	FamFeud	Cups	The Dead Files	
10 AM	Judge	Sugar	Boj	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds	The View	Sugar	Rachael Ray	Bookaboo	Spliced	The View	Highway Thru Hell	Justin Twirlywoos	The Chew	"Tommy Boy" (1995, Comedy) Chris Farley.	Ghost Adventures	
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paidd Prog.	Rachael Ray	Noon News Hour (N)	Recipes	Rated A	Cabbie	Marilyn Denis	How/Made	Kate and Dream	General Hospital (N)	Security	
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose	Paidd Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks	Cabbie	CTV News Vancouver	Alaskan Bush: Off Grid	Movie: ** "Fantastic Four" (2005)	Celebrity	Cops	My- Monument
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland Ty returns.	Almost	Sidekick	The Social (N)	Alaskan Bush People	Dr. Phil	How/Made	Prince	CityNews at 5 (N)
2 PM	King	The Talk	Maya	Thomas	TMZ (N)	Let's Make a Deal (N)	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Kid vs. Kat	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Movie: ** "Happy Gilmore" (1996)	Moves
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	Sidekick	Nerds	Sports	How/Made	Next Step	Mod Fam	Restaurant Makeover	
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil	Married at First Sight	FABLife (N)	Young & Restless	Early News Global Nat.	Bond Vet (N)	SpongeBob	Hockey	The Dr. Oz Show	Daily Planet (N)	Movie: ** "The Mummy Returns" (2001)	Mod Fam	New Girl	Repo
5 PM	Movie: *** "Munich" (2005, Suspense) Eric Bana, Daniel Craig	News (N)	Dino Dan	News	News	News	Married at First Sight	News	Early News	(4:59) News Hour (N)	Dragons' Den	SpongeBob	SC (N)	CTV News Vancouver	Gold Rush: Pay Dirt (N)	Awesome	Brooklyn	Movie: ** "Happy Gilmore" (1996)	Mysteries-Museum
6 PM	Suspense) Eric Bana, Daniel Craig	News Hour	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Married at First Sight	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	Nicky	CTV News Vancouver	Gold Rush (N)	Lost	Grinder	Movie: ** "Tommy Boy" (1995)	Mysteries-Museum
7 PM		ET	Canada: Over the Edge	Finding Your Roots (N)	Jeopardy!	Broke Girl	(7:01) Fit to Fat to Fit	ET	ET	Limitless (N)	Hello	Game	Stanley	etalk (N)	Jade Fever	The X Factor UK	Broke Girl	Two Men	Mysteries-Museum
8 PM	Seinfeld	NCIS "Loose Cannons"	Life "Mammals"	Maxey	Hollywood Game Night	NCIS "Loose Cannons"	Married at First Sight	Fresh-Boat	NCIS "Loose Cannons"	NCIS "Loose Cannons"	Mercer	Just Kid	The Flash "King Shark"	How/Made	Malcolm	Degrassi	Crime Watch Daily (N)	Movie: ** "Happy Gilmore" (1996)	My- Monument
9 PM	Family Guy	NCIS: New Orleans (N)	Chl (N)	Frontline	Chicago Med (N)	NCIS: New Orleans (N)	Married at First Sight	Marvel's Agent Carter A	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek	Gags	Marvel's Agent Carter A	Gold Rush	Guidance	Arts	Extra (N)	Movie: ** "Tommy Boy" (1995)	Mysteries-Museum
10 PM	Family Guy	Limitless (N)	Dreamers	Chicago Fire "Two Ts"	Limitless (N)	(10:04) Fit to Fat to Fit	deal with Whitney Frost.	Limitless (N)	News Hour Final (N)	The National (N)	Haunting	Haunting	SportsCentre (N)	Jade Fever	Cheerlead	Liquidator	Liquidator	Chris Farley.	Ghost Adventures
11 PM	The Middle	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News	Married at First Sight	KXLY 4	News	Late Show- Colbert	CBC News	Gags	SportsCentre	News-Lisa	How/Made	Malcolm	Liquidator	Liquidator	Ghost Adventures



Hikers work their way along trails at Swan Lake February 13th. Photo: Cathy Lahaie

## 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 star-

lings."

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](http://www.vffn.ca).



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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: Cathy Lahaie

# SO COUNTRY 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. \*

## WEDNESDAY, FEBRUARY 24, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) 30	Hi Opie! 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N) 30	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre 30	CTV Morning Live Vancouver (N) 0 30	Mighty Ships	Life Derek	CityLine (N) 30	Wildest Police Videos	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Kevin Spacey; Black History Month. (N) 0	CBS This Morning (N) 0 30	Dog	Good Morning America (N) 30			Cat in the Hat	Squirrel	Sports		How/Made	Awesome	Let's Make a Deal (N)	Wildest Police Videos	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds 0			Morning Huntley St.	Napkin	Chucks	2016 Scotties Tournament of Hearts: Draw 11. (N) (Live) 30	Daily Planet 30 (DVS)	Gaming	The Price Is Right (N)	Movie: ** "Transformers"	Security	
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) 0 30	The 700 Club 0 30	Criminal Minds 0	Livet Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur 0	Sidekick		Livet Kelly and Michael	How/Made	Builder	FamFeud	Revenge of the Fallen* (2009)	The Dead Files 0 30
10 AM	Judge	Sugar 0	Boj 30	Sesame St.	Today (N) 0 30	The Price Is Right (N)	Criminal Minds 0	The View 0 30	Sugar 0	Rachael Ray 0 30	Bookaboo	Spliced 0		The View 0 30	Edge of Alaska 30	Justin	The Chew 0 30	Action) Shia LaBeouf. 0	Ghost Adventures 30
11 AM	Divorce	Rachael Ray 0 30	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds 0	Paired Prog. NoWrinkles	Rachael Ray 0 30	Noon News Hour (N)	Recipes	Rated A	Cabble	Marilyn Denis	Gold Rush: Pay Dirt	Kate and Dream	General Hospital (N) 0	Tattoo	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 30	Paired Prog. Astroblast	News Bold	The First 48 0 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	SC 30	CTV News Vancouver	Gold Rush 30	Movie: ** "The Mummy Returns" (2001)	Celebrity	Tattoo	My.- Monument
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Oil Painting	Days of our Lives (N)	The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Heartland "Gift Horse"	Almost	Scotties Tournament of Hearts: Draw 12. (N) (Live) 30	The Social (N) 0 30	Jade Fever	Jade Fever	CityLine 30	Tattoo	The Dead Files 0 30
2 PM	King	The Talk 0 30	Maya	Thomas	TMZ (N) 0	Let's Make a Deal (N)	The First 48 0 30	The Doctors 0 30	The Talk 0 30	Meredith Vieira	Murdoch Mysteries 0	Wayside		Dr. Phil 0 30	How/Made	Awesome	CityNews at 5 (N) 30	Tattoo	Ghost Adventures 30
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show 30	The First 48 0 30	Rachael Ray 0 30	Meredith Vieira	Young & Restless	Grand Designs (N) 30	Sidekick	Sports	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Movie: ** "Transformers"	Moves
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil 0 30	Duck D.	FABLife (N) 0 30	Young & Restless	Early News Global Nat.	Bondi Vet 0 30	SpongeBob	Hockey	The Dr. Oz Show 30	Daily Planet (N)	Movie: ** "The Last Mimzy"	Mod Fam	Revenge of the Fallen* (2009)	Restaurant Makeover
5 PM	Movie: ** "The Craft" (1996) Robin Tunney.	News (N) 30	Dino Dan	News	News	News	Duck D.	News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	Champions Highlights	CTV News Vancouver	Jade Fever	Awesome	Mike	Security	
6 PM	News Hour	Canada: Over the Edge	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	Nicky	Scotties Tournament of Hearts: Draw 13. (N) (Live) 30	CTV News Vancouver	Moonshiners: Outlaw	HZipzer	Mod Fam	The Dead Files 0 30	
7 PM	Seinfeld 0	ET Canada	The Polar Sea 0 30	Nature "Snow Chick"	Jeopardy!	Broke Girl	Jep	ET	Chicago P.D. (N) 0	Gags	Nicky	Stanley		etalk (N)	Moonshiners (N) 30	Life	Broke Girl	Tattoo	Ghost Adventures 30
8 PM	Family Guy	Survivor (N) 0 30	Wild China 30	NOVA (N) 0 (DVS)	The Myster-ies of Laura	Survivor (N) 0 30	Duck D.	The Middle	Survivor (N) 0 30	Survivor (N) 0 30	Dragons' Den (N) 0	Just Kid		Arrow "Taken" (N) 30	How/Made	Prince	CityNews-Tonight (N)	Tattoo	My.- Monument
9 PM	Family Guy	Chicago Med (N) 0	The Monarchy 0 30	"Human Face"	Law & Order: SVU	Criminal Minds (N) 0	Duck D.	Mod Fam	Chicago Med (N) 0	Chicago Med (N) 0	X Company (N) 0 30	Gags		Criminal Minds (N) 0	Jade Fever	Rebecca	Crime Watch Daily (N)	Tattoo	The Dead Files 0 30
10 PM	The Middle	Chicago P.D. (N) 0	The World After Stone	Steve Jobs- One	Chicago P.D. (N) 0	Code Black 0 30	Duck D.	American Crime (N) 0	Chicago P.D. (N) 0	News Hour Final (N)	The National (N) 30	Haunting	SportsCentre (N) 30	Code Black 0 30	Moonshiners: Outlaw	The X Factor UK 0 30	Extra (N)	Liquidator	Ghost Adventures 30
11 PM	Browns	News Final	The Polar Sea 0 30	Charlie Rose (N) 30	News	News	Jep	KXLY 4	News	Late Show- Colbert	CBC News	Gags	SportsCentre 30	News-Lisa	Moonshiners 0 30	Prince	Liquidator	Ghost Adventures 30	

THURSDAY, FEBRUARY 25, 2016

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM). Each row contains program titles and channel numbers for various stations.

FRIDAY, FEBRUARY 26, 2016

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM). Each row contains program titles and channel numbers for various stations.



# News Leader Movies - Sunday

.....continued from Page 13 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.

Las Vegas taxi driver unexpectedly becomes the guardian of two run-aways 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. (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)

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 newsman becomes obsessed with meeting a grieving widower she heard on a late-night radio call-in show.

YTV ch.18 "Chicken Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape .....continued on Page 15

## 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.

Your Name: \_\_\_\_\_

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 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 VTV ch.22 "Pretty 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

**SUNDAY, FEBRUARY 28, 2016**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45			
6 AM	Paid Prog. In a Name	Dragon	Mr. Rogers	Today (N)	Paid Prog. Criminal Minds	Crime It Up	In a Name	Sunday Morning News (N)	News Squirrel	English Premier League Soccer	Canada AM Weekend	Treehouse Masters	Warthogs	Paid Prog. Xtreme Off	Movies							
6:30 AM	Paid Prog. Canadian	PAW Patrol	Peep	Paid Prog. Criminal Minds	Crime It Up	In a Name	Sunday Morning News (N)	News Squirrel	English Premier League Soccer	Canada AM Weekend	Treehouse Masters	Warthogs	Paid Prog. Xtreme Off	Movies								
7 AM	The Office	Sunday Morning News (N)	Curious	Super Why!	KHQ	CBS News Sunday Morning	Criminal Minds	Good Morning America	Sunday Morning News (N)	News	Squirrel	English Premier League Soccer	Canada AM Weekend	Treehouse Masters	Warthogs	Paid Prog. Xtreme Off	Movies					
7:30 AM	All. Eats	Morning News (N)	Curious	Bulldozer	Invest	(N)	Criminal Minds	This Week	(N)	Coronation	Pet Shop	SportsCentre	Question Period	Cold River Cash	HZipzer	Operation Smile	Detroit	Live There				
8 AM	The Office	PAW Patrol	Curious	Meet the Press (N)	The Nation	Criminal Minds	This Week	(N)	Coronation	Pet Shop	SportsCentre	Question Period	Cold River Cash	HZipzer	Operation Smile	Detroit	Live There					
8:30 AM	Paid Prog.	Astroblast	Cat in the	(N)	(N)	Criminal Minds	This Week	(N)	Coronation	Pet Shop	SportsCentre	Question Period	Cold River Cash	HZipzer	Operation Smile	Detroit	Live There					
9 AM	Movie: ** "The Pacifier" (2005)	Maker	SciGirls	NHL Live	Paid Prog. Movie	Building a Basilica	Block	Coronation	100 Things	Sports	Operation Smile	140th Westminister Kennel Club Dog Show "Closing Night" (N)	Movie: *** "Pretty Woman" (1990)	Richard Gere. O	Life	Festival Italiano di Johnny Lombardi (N)	Bar Rescue	Expedition Unknown				
9:30 AM	Vin Diesel.	Dino Dan	The Impact	NHL	Bull Riding	Building a Basilica	Block	Coronation	Game	Prerace	Operation Smile	140th Westminister Kennel Club Dog Show "Closing Night" (N)	Movie: *** "Pretty Woman" (1990)	Richard Gere. O	Life	Festival Italiano di Johnny Lombardi (N)	Bar Rescue	Expedition Unknown				
10 AM		Block	Wild Kratts	Inside Olympiads at Chicago Blackhawks. (N)	College Basketball: Duke at Pittsburgh. (N)	Beyond Scared Straight	Paid Prog. News	PGA Tour Golf: Honda Classic, Final Round. (N) (Live)	Our Vancouver	Game On	Speed Skating	Movie: *** "Flushed Away" (2006)	Sports SC 10	Red Carpet	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
10:30 AM		Context	Little	Focus	Blackhawks. (N)	College Basketball: Duke at Ohio State. (N)	Beyond Scared Straight	Road to Gold: A Year	ABC News	Engels	Engels	Diving: FINA World Cup. Backstage	Movie: *** "Stuart Little" (1999)	Geena Davis.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded		
11 AM	Paid Prog. 1st Family	Paid Prog. Annedroids	Asla	PGA Tour Golf: Honda Classic, Final Round. (N) (Live)	College Basketball: Iowa at Ohio State. (N)	Beyond Scared Straight	Road to Gold: A Year	ABC News	Engels	Engels	Diving: FINA World Cup. Backstage	Movie: *** "Stuart Little" (1999)	Geena Davis.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
12 PM	Paid Prog. Box Office	PGA Tour Golf: Honda Classic, Final Round. (N)	Hope for Wildlife	Pioneers of Television	Final Round. (N) (Live)	College Basketball: Iowa at Ohio State. (N)	Beyond Scared Straight	Road to Gold: A Year	ABC News	Engels	Engels	Diving: FINA World Cup. Backstage	Movie: *** "Stuart Little" (1999)	Geena Davis.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded		
1:30 PM	Movie: *** "Race to Witch Mountain"	Architects of Change	Finding Your Roots	Freedom Summer: American Experience	Blacks and whites join together.	KHQ News	News	Hoarders	Red Carpet	Red Carpet	Red Carpet	Global Nat. (4:59) News Hour (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
2:30 PM		Architects of Change	Finding Your Roots	Freedom Summer: American Experience	Blacks and whites join together.	KHQ News	News	Hoarders	Red Carpet	Red Carpet	Red Carpet	Global Nat. (4:59) News Hour (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
3:30 PM	Big Bang	Engels	Gala From Berlin 2014 (N)	Freedom Summer: American Experience	Blacks and whites join together.	KHQ News	News	Hoarders	Red Carpet	Red Carpet	Red Carpet	Global Nat. (4:59) News Hour (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
4:30 PM	Big Bang	Engels	Gala From Berlin 2014 (N)	Freedom Summer: American Experience	Blacks and whites join together.	KHQ News	News	Hoarders	Red Carpet	Red Carpet	Red Carpet	Global Nat. (4:59) News Hour (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
5:30 PM	Med Fam	News	Turn Back Time	Freedom Summer: American Experience	Blacks and whites join together.	KHQ News	News	Hoarders	Red Carpet	Red Carpet	Red Carpet	Global Nat. (4:59) News Hour (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	2016 Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	Myth-Busters (N)	Lost	Sunnyside	Bar Rescue	Treasures Decoded			
6:30 PM	Movie: *** "Sleepless in Seattle" (1993) Tom Hanks	Global Nat. (6:05) Warships	Masterpiece Classic	KHQ News	News at 6 (N)	Mark Few	Dateline NBC	60 Minutes (N) (Live)	Intervention	(10:03) The First 48	On the Red Carpet After the Oscars	The Good Wife	Hoarders	Premiere.	CSI: Cyber "Why-F" (N)	Jimmy Kimmel Live	Simpsons	News Final	Paid Prog. CBC News	Gags	SportsCentre	CTV News
7:30 PM		Global Nat. (6:05) Warships	Masterpiece Classic	KHQ News	News at 6 (N)	Mark Few	Dateline NBC	60 Minutes (N) (Live)	Intervention	(10:03) The First 48	On the Red Carpet After the Oscars	The Good Wife	Hoarders	Premiere.	CSI: Cyber "Why-F" (N)	Jimmy Kimmel Live	Simpsons	News Final	Paid Prog. CBC News	Gags	SportsCentre	CTV News
8:30 PM	The Closer	The Good Secretary	Inspector Morse "The Sins of the Father"	More Manners	Movie: *** "Ted" (2012) Mark Wahlberg.	The Good Wife	Hoarders	Premiere.	CSI: Cyber "Why-F" (N)	Jimmy Kimmel Live	Simpsons	News Final	Paid Prog. CBC News	Gags	SportsCentre	CTV News						
9:30 PM	The Closer	The Good Secretary	Inspector Morse "The Sins of the Father"	More Manners	Movie: *** "Ted" (2012) Mark Wahlberg.	The Good Wife	Hoarders	Premiere.	CSI: Cyber "Why-F" (N)	Jimmy Kimmel Live	Simpsons	News Final	Paid Prog. CBC News	Gags	SportsCentre	CTV News						
10:30 PM	There Yet?	Simpsons	Wallander "The Secret" (N) (Live)	Evening With Sheila	News	News	Intervention	KXLY 4	News Final	Paid Prog. fifth estate	Gags	SportsCentre	CTV News									
11:30 PM	Paid Prog.	Block	Evening With Sheila	News	News	Intervention	KXLY 4	News Final	Paid Prog. fifth estate	Gags	SportsCentre	CTV News										

# News Leader Sudoku

## SUDOKU

No. 269

Tough

Previous solution - Medium

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

4	9	6	7	1	8	2	3	5
5	8	1	3	2	4	6	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.sudokuwiki.org](http://www.sudokuwiki.org)

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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 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)  
5:00 pm WTBS ch.3 "When in Rome" (2010, Romance-Comedy) Kristen Bell. Magic coins bring an assortment of odd suitors to a disillusioned woman, but a persistent reporter may hold the promise of real romance.

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### MONDAY, FEBRUARY 29, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	Crazy Talk	Morning News (N)	Hi Opie	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning Edition (N)	The Early Edition (N)	Kid vs. Kat	(5:00) 2016 TradeCentre (N) (Live)	CTV Morning Live Vancouver (N)	Mighty Ships	Life Derek (N)	CityLine (N)	Cops	Restaurant Makeover	
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Dog the Bounty Hunter	Good Morning America (N)			Cat in the Hat	Squirrel			How/Made	HZipzer	Let's Make a Deal (N)	Vegas	Moves	
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds			Morning Napkin	Chucks				How/Made	Next Step	The Price Is Right (N)	Cops Sting	Security	
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700 Club	Criminal Minds	Liv! Kelly and Michael	Morning	Sugar	Arthur	Sidekick		Liv! Kelly and Michael	How/Made	Bulldozer	FamFeud	Vegas	The Dead Files	
10 AM	Judge	Sugar	Boj	Cookle	Today (N)	The Price Is Right (N)	Criminal Minds	The View	Sugar	Rachael Ray	Bookaboo	Spliced		The View	Canada's Worst Driver	Justin	The Chew	Cops	Ghost Adventures	
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Rachael Ray	Noon News Hour (N)	Our Vancouver	Rated A		Marilyn Denis	Last Frontier	Kate and Dream	General Hospital (N)	Wildest Police Videos	Security	
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose	Floogals	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds		CTV News Vancouver	Last Frontier	Movie: *** "Mrs. Doubtfire" (1993)	Celebrity	Wildest Police Videos	My.- Monument	
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Heartland	Almost		The Social (N)	Dual Survival		CityLine	Cops	The Dead Files	
2 PM	King	The Talk	Maya	Thomas	TMZ (N)	Let's Make a Deal (N)	Movie: *** "Gladiator" (2000) Russell Crowe.	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	TradeCentre Recap	Dr. Phil	Myth-Busters	Prince	CityNews at 5 (N)	Cops	Ghost Adventures	
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show		Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	HZipzer	(2-59) CityNews at 6 (N)	Cops	Moves	
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil		FABLife (N)	Young & Restless	Early News	Bond Vet (N)	SpongeBob	Hockey	The Dr. Oz Show	Daily Planet (N)	"Monster High: Scaris"	Mod Fam	Cops	Restaurant Makeover	
5 PM	Movie: ** "When in Rome" (2010)	News (N)	Dino Dan	News	News	News	Movie	News	Early News	(4:59) News Hour (N)	Dragons' Den	SpongeBob	Scotties Tournament of Hearts: Final. From Grande Prairie, Alberta.	CTV News Vancouver	How/Made	Awesome	The Muppets	Cops	Security	
6 PM		News Hour	Warships	PBS News-Hour (N)	News	KREM 2 News at 6 (N)		News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly		CTV News Vancouver	Alaskan Bush: Off Grid	Gaming	Scorpion (N)	Cops	Security	
7 PM	Seinfeld	ET	Hope for Wildlife (N)	WA. Grown	Jeopardy!	Broke Girl	To Be Announced	ET	ET	NCIS: Los Angeles (N)	market	Assembly		etalk (N)	Alaskan Bush People	The X Factor UK	Broke Girl	Cops	Border	
8 PM	Family Guy	Supergirl "Solitude" (N)	Turn Back Time (N)	Antiques Roadshow (N)	The Voice The blind auditions begin.	Supergirl "Solitude" (N)	To Be Announced	The Bachelor (N)	Supergirl "Solitude" (N)	Supergirl "Solitude" (N)	Murdoch Mysteries (N)	Gags	Hockey	Gotham (N)	How/Made	How/Made	find out the results.	CityNews-Tonight (N)	Cops	My.- Monument
9 PM	Family Guy	Chicago Med	(9:05) Fake or Fortune?	Antiques Roadshow		Scorpion (N)	(9:01) Movie	Chicago Med	Chicago Med	Jekyll and Hyde (N)	Gags	Gags	SportsCentre (N)	(9:01) Lucifer (N)	Alaskan Bush: Off Grid	Prince	Crime Watch Daily (N)	Vegas	Security	
10 PM	The Middle	NCIS: Los Angeles (N)	Coast Salish Knitters (N)	Independent Lens (N)	Blindspot (N)	NCIS: Los Angeles (N)		(10:01) Castle (N)	NCIS: Los Angeles (N)	News Hour Final (N)	The National (N)	Haunting	SportsCentre (N)	Blindspot (N)	Alaskan Bush People	Degrassi	Extra (N)	Jail	Border	
11 PM	Browns	News Final	Hope for Wildlife	Charlie Rose (N)	News	News	To Be Announced	KXLY 4	News	Late Show- Colbert	CBC News	Gags	SportsCentre	News-Lisa	How/Made	Malcolm	Liquidator	Jail	Ghost Adventures	
	Payne	Colbert		J. Fallon	Colbert			J. Kimmel	Colbert	Coronation	Gags	Gags	CTV News	CTV News	How/Made	Prince	Liquidator	Jail		



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 in-between 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 emphasize 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.

I feel our obligation as residents not involved in the planning or organizing of these events is to at least attend them. In the case of .....continued on Page 20



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Obituary	Obituary	Services	For Rent	For Rent
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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 horses. 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.

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1995 Dodge RAM 1500 SLT Laramie, 2WD, 240,000kms, clean, dependable and 110% mechanically sound. Some minor rust. Receipts and local shop owner will vouch for truck condition. Asking \$3,500.00. Call Daniel at 250-295-0418. Feb 09-23

### Help Wanted

Furnished apartment in Princeton, available now. Excellent references and damage deposit required. No pets, must be quiet. Rates start at \$500.00/month. Phone 250-295-1006 for details or leave a message with the best time to call back. to Feb 23

1-bedroom furnished suite in Princeton. Level access, includes power and heat and satellite TV. Asking \$550.00/month. Excellent references and damage deposit required. Available now. Phone 604-484-2783 and leave a message with the best time to call back. to Feb 23

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Nicola Similkameen

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

## COMPUTER TECHNICIAN

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

Application forms are available at the School Board office, 1550 Chapman Street, or online at [www.sd58.bc.ca](http://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:

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

Only those applicants being interviewed will be contacted.

650 square foot 1-bedroom suite. One year old, separate entrance, balcony, lots of parking, fenced front yard. Located at 600 Similkameen Avenue. Asking \$600.00/month plus utilities. For more info e-mail [hoss@bbymfg.com](mailto:hoss@bbymfg.com). Oct 23-Mar 01

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3-bedroom mobile home with 5 appliances, hardwood floors. Asking \$700.00/month plus damage deposit, utilities extra, no pets. Available now. Call 250-295-3532 or 250-295-5429. Feb 09-23

### Wanted Homes

Wanted home with acreage in Princeton or surrounding areas. Would prefer no older than approx. 15 years. Must have a minimum of 2 bathrooms and 2 bedrooms. No mobiles. Call 604-467-6328 or 604-488-4222. Feb 16-Mar 01

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## John Edgar Akerley



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 SINGER in Chilliwack, BC and embarked on a life-long career in project management. John worked on a variety of projects throughout Africa and North 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 Videotron in Quebec City.

John was a dedicated and highly respected member of the Princeton community, 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 granddaughter 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 will never be forgotten.

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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 bookmarks which the Library laminated for the kids. Photo: Marty McEwen

# Lower Valley News

Keremeos - Cawston - Olalla



The VV&E Similkameen Rail Trail welcomes you all year long and cuts right through the community of Keremeos in the Lower Similkameen Valley. \*

## 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](http://www.keremeos.ca).

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

### Correspondence

*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. 778-05*

- 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](http://www.keremeos.ca)) for details.

## 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 awhile yet.

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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**PrincetonBCNews**



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  
and support local agriculture in  
every way we can. Support our

farmers who sell at the local market.  
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  
alive. A community with a vibrant  
agriculture base is, not only rich in  
culture, but able to feed itself.

We don't see ourselves as an agri-  
cultural community but we are and  
we can't forget that. Most people  
have moved away from the farm. In

some cases it is only a generation.  
For others it is multiple generations.  
That doesn't mean we can't recon-  
nect 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

PRESENTS:  
**CRYSTAL TAYLOR - IN CONCERT**



COUNTRY AND SOUTHERN GOSPEL MUSIC - WITH A MESSAGE  
**7 PM Sunday, February 28**  
38 KENLEY AVENUE, PRINCETON

## Saving Downtown...

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 down-  
town businesses displaying and  
selling items made locally give  
exposure to players in the com-  
munity who may not otherwise  
receive it.

The next time you stroll down-  
town, 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 con-  
tribute to the retail options with-  
in the community. They con-  
tribute 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 pur-  
pose 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.