

Similkameen News Leader

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Tuesday, March 8, 2016

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



The 2016/17 Princeton Youth Ambassador Candidates were announced last week. The trio include, from left, Gabrielle Oliver (sponsored by Doug's Homestead), Miranda Crucil (sponsored by Weyerhaeuser) and Colton Heron (sponsored by Princeton Legion). The News Leader will feature candidate bios weekly starting next issue. - photo submitted

Anchorage clients plan for future

The 'Clubhouse' programs which formerly took place at The Anchorage have not stopped despite losing their location when the property was sold. Thanks to Princeton Family Services Society, some space was opened on a shared basis and the programs continue. None of the clients were lost. In fact, the programs have gained new clients.

designed to meet the interests and needs of clients dealing with mental health and/or substance abuse issues in their lives. They determine the type of programs they need, whether counseling types of programs or life skills programs, they choose the programs and have ownership of the programs, which has made the Clubhouse a success in Princeton.

Joseph Savage, Manager of Mental

The Clubhouse programs are

.....continued on Page 2

IHA reached laundry contract agreement

Interior Health's Board of Directors announced March 1st that the health authority has reached a 20-year agreement with Ecotex Healthcare Linen Service Inc. to provide the majority of linen and laundry services through a central-

ized Okanagan-based facility, supported by regional distribution centres.

"A clear case exists to proceed with outsourcing laundry services at our major facilities," said Board Chair Erwin Malzer.

"With an anticipated savings of about \$35 million over the life of the contract we will be able to increase our investment in facilities and equipment to support direct patient care, including necessary upgrades and expansions of our emergency

departments and operating rooms."

The following Interior Health facilities where laundry services are currently provided will be affected: Kelowna General Hospital, Kootenay Lake Hospital in Nelson, Penticton Regional Hospital, Vernon Jubilee Hospital, and Royal Inland Hospital in Kamloops. A total of 93 full-time equivalent positions will be impacted by the decision. Interior Health will work closely with the affected employees and the Hospital Employees' Union (HEU) to ensure a smooth transition of the service to Ecotex by Summer 2017.

"While there will be job displacement within our sites, we believe the commitment by Ecotex to build a facility in the Southern Interior and hire residents from our region will offset some of the impact felt. We will also work with the HEU to support laundry employees as they

consider options for the future, whether that is through accessing vacancies or retraining."

It is anticipated that the carbon footprint of the service will be minimally impacted. Increased freight will be largely offset by a consolidated, more energy-efficient centralized facility. For example, reducing the demand to produce and expand steam capability at the five major Interior Health laundry sites in Kamloops, Kelowna, Vernon, Penticton, and Nelson will positively impact the carbon footprint.

On-premise, small laundry sites in Interior Health facilities in Ashcroft, Lillooet, Golden, Princeton, 100 Mile House, and Williams Lake are not part of the agreement, and will continue to be operated by Interior Health with IH employees.

Similkameen News Leader
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R.J. (Ron June) NOW RETIRED!



As a member of the PRINCETON BUILDERS MART / IRLY BIRD staff family for 20 years, R.J. was stellar in every way.

R.J.'s honest dedication to all customers and the business, shone every day. Going the extra mile for quality was just R.J.'s way. Our days were often punctuated by R.J.'s great wit and humour and that was probably why R.J. was the "go to" man for many customers.

After 23 1/2 years of serving Princeton area customers, R.J. and Diane are retiring to Abbotsford where they will be near family.

We thank R.J. for many excellent years with us and wish R.J. and Diane many active years and happiness in their retirement.

We will miss you.

Marilyn and Ernie Lawrence

Princeton Builders Mart (1980) Ltd. / Irlly Bird

**CLOCKS SPRING
AHEAD ONE HOUR
SUNDAY, MARCH 13
WHEN DAYLIGHT
SAVING TIME BEGINS**

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Princeton Rodeo Club continues to explore options in an effort to attract more spectators and participants to their annual event at Princeton Fairgrounds. *

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Rodeo Club tries new events

Princeton Rodeo Club wants to add some new features to the 2016 Princeton Rodeo. At the March 3 Rodeo Club meeting, Bob Lind presented two new options for the rodeo: a Klootchman's race and a relay race. He and Rod Carlson will look into making these wagering events. Princeton Riding Club is considering running the Best Butt contest, and with Hallie Breen, will look at having peewee barrel racing and kids' pony relay, an event designed as a competition for fun.

Sue Gereau will take local entries on May 28.

Riding Club President Stephanie Antonick presented a plan for a dressage arena at the east end of the infield. The Rodeo Club approved the plan, which will be presented to Princeton Exhibition for approval, then that group will present the plan to the Town, which has final approval on structures placed on the exhibition grounds.

The Langley Riders drill team will be asked to put on a performance as part of the grand opening of the

rodeo on both June 11 and 12. Rodeo Queen Brittney Shopshire will represent Princeton at the local rodeo and other rodeos on the circuit.

Members talked about the need for more suitable grounds equipment. A request for this equipment will be presented to Princeton Exhibition Association.

Bob Lind is going to try to recruit some bareback bronc riders at the Easter Sunday Chopaka Rodeo.

Jennifer Bernard showed brochures made up to take to the Kamloops Cowboy Festival on March 18, 19 & 20. This event is an excellent opportunity to promote the exhibition grounds and the events and rental opportunities at the grounds.

There were a number of questions posed to a Princeton Exhibition Association member regarding this year's budget and construction plans. The answers will depend on when the Town budget is adopted, so no clear answers were available. The Rodeo Club will discuss this

matter with Princeton Exhibition Association at the March 15 meeting.

Most of the formal arrangements for the annual rodeo contracts have been arranged. The Rodeo Club could use more volunteers to assist with the actual event. Sponsors for the rodeo are still needed, and the Rodeo Club was very pleased to have received a grant from RDOS.

Anchorage clients plan for future

.....continued from Front Page Health and Substance Abuse for South Okanagan/Similkameen, says he is determined to continue providing services, despite the move to a temporary location. Plans are being made for the future, and include the potential for expanding the service for local residents of all ages.

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Nashville recording artist Crystal Taylor performed March 6th at Living Water Community Church. Her husband Herb also spoke. The pair have been in Princeton before as part of a tour. *

Flip Of The Coyne

by Spencer Coyne

With each passing day there is more light at the end of the work day and the temperatures are becoming more and more agreeable. Time change will take place soon, and before you know it we won't be waking up to frost in the mornings. It is hard on these warmer days not to think ahead to the end of winter. Something else should have people thinking ahead to warmer days: the price of food. I don't think a day goes by when I do not hear a complaint about the price of groceries or commodities at large.

We can't do much about the poor dollar and the impact it is having on our daily lives. Unfortunately for us we live in a world where the US dollar reigns supreme, and when our own dollar is hovering just above 70 cents, that extra 30 percent added to everything we need is really having an impact on

day to day living. Where we can make some difference is in our cost of food. With a few packages of seeds and a small piece of the backyard, you can grow a lot of produce. With some work you could be eating salads that you grew yourself, or potatoes, or more.

Growing your own food in the backyard might not save you tonnes of money, but it will help. Luckily we live in the Similkameen Valley, and just down the road from us is the bounty of Keremeos and its amazing orchards. By shopping wisely and getting produce when it is in season you can get produce at its prime and at some of the best prices. With some work, you could preserve your seasonal finds in sauces, jams, jellies and in other ways. There is nothing like opening a jar of jam in the middle of

winter that reminds you of summer sun.

Hopefully the dollar will see some rebound over the summer and we will see some improvement in weather patterns that translate to relief at the cash register in 2016, but we can't count on it. We need to do what we can to offset those costs. Consumer products have gone up too. There isn't much we can do about those prices but we can offset some of the impact of those expenses by choosing to holiday closer to home. There is a lot we can explore and do within a few hours of home that we would normally just drive right past without a second thought. I know it might not seem as exotic as flying off to some far away location, but when you stop and think about it people from all over the world come to our little corner of the globe to visit what we call home.

Hopefully over the next few months things will turn around economically and the Canadian dollar will rebound and we will have the spending power we once had and we won't be thinking about how much more the price of a head of lettuce is this week over last. Hopefully the 30 percent increase on consumer goods is just a passing thing and prices will go back down making it easier to buy

those things we need and want. In the meantime we do what we can do. We can help the local economy by spending what we can in our community to keep the money flowing as efficiently as possible.

As we look forward to warm days, backyard BBQs, garden fresh salads, we also look forward to a stronger economy. Until that happens, backyard BBQs and garden salads will have to make due.

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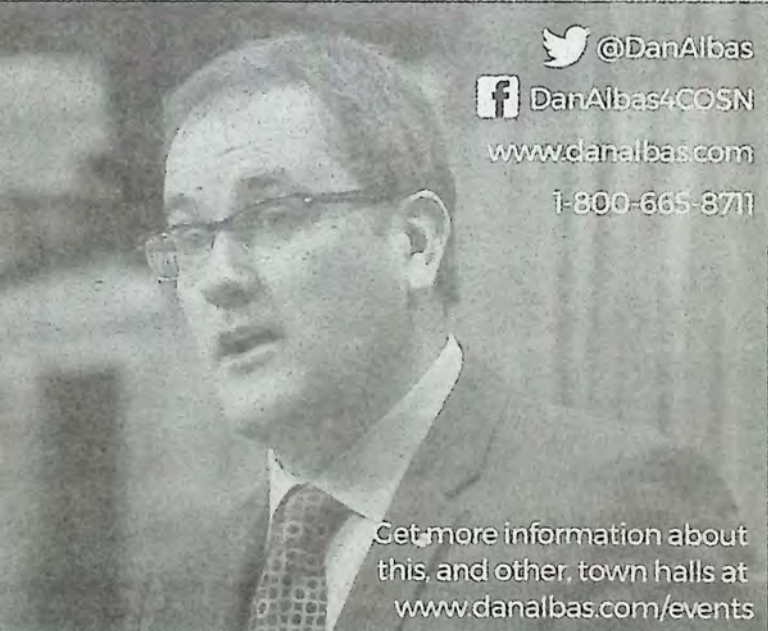
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Editorial Page News Leader

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

My Turn...

The Clock Game

The one thing I look forward to the most about spring is the warmer days and sunshine. Two weekends ago we had decided to take a day off from our usual Sunday activities and go on our first official 'play day' of 2016. We had planned it at least a week before. I was counting the days and getting rather excited about finally going out of town for something other than picking up this week's News Leader.

The weather was overcast when we left town and did not improve once we arrived at our destination. In fact, we never saw the sun at all where we were although we could see it far off in the distance.

By the time we got home late that same afternoon, we were glad to get back. We had spent less than \$30 the entire day and that included lunch and snacks. I was disappointed that we didn't get to have the sun on our faces as I know how much the winter blahs affect our household. What I didn't realize at the time was that it was in fact me who needed to get away more than Brenda.

But that's the beauty of this time of year - we start to get that itchy feeling that it is time to do things. The way the snow has been melting and washed away by the rain in our yard we could get a nice start on yardwork. We have even started cleaning up outside our storefront on Bridge Street.

There's something really special about spring that gets me excited to be living in the Similkameen Valley. The next official jump into spring for me is when we move our clocks ahead one hour. Believe it or not, it is that time of year again.

Daylight Saving Time officially starts at 2:00 AM on Sunday, March 13th. My job the night before is to change all the clocks before we go to bed to make sure we are on time when we get up in the morning. As it is spring, the clocks 'spring' forward one hour this weekend.

It means we lose an hour of sleep that night but I like to look at it as getting one hour closer to springtime weather. I'm already not wearing a jacket during the day and I am looking forward to when I can just leave it in the car for only when I need it. I'm also looking forward to being able to quit having to wear multiple layers of clothing. I'm down to two but can't wait to get down to one again.

Yes, spring is the time we start doing a lot of the things we either stopped doing or could no longer do during winter. It has been long enough as far as I'm concerned as I want to be able to just step out the side door at home to feel the sun on my face instead of having to go out of town in an attempt to locate sunny skies.

The first day of spring is a week after we move our clocks ahead one hour. I can hardly wait because spring leads up to my favourite time of year - summer!



The first day of March 2016 will be remembered by most in the Similkameen Valley as a day that started with snow. *

February weather was warm

Princeton did not break any weather records in February. The record high for February in Princeton was 15.2C, set on February 24, 1986. The highest temperature last month was 11.2C set on February 25 and 26.

February 2016 broke no records for cold. The record for cold was set on February 15, 1956, with a low of -33.9C. Other years had very cold weather early in February, ranging from -20C to -32C, but in 1986, which set the record high on February 24, just days before, on February 19, a record low of -27.5 was set, showing how extreme weather can be in Princeton.

Although record lows tend to be from more than 20 years ago, February 25, 2011, set a record

low for that day of -26.5, and on February 27, 2012, a record low of -22 was set for that day.

The record snowfall for February of any year was set in 1972 when 29 cm. of snow fell in less than 24 hours, bringing total snow on the ground to 89 cm. This snow melted rapidly, and by the next day it was less than the record amount of snow on the ground for February 28, which was 64 cm. set in 1956.

Around the world, records for snow and cold were set in a number of countries. While we enjoyed a mild February, 180 miles south of Hanoi, Viet Nam, the first snowfall ever recorded was part of their first day of February. Farmers lit fires to warm their water buffalo. Mexico declared 2016 the coldest winter

on record. On February 2, heavy snow fell on Saudi Arabia. China had its worst February in history with heavy snow preventing people from traveling home for Chinese New Year.

February saw Turkey continue to suffer from major snowstorms. South Korea lost crops to cold, and heavy snow fell in the mountain passes in northern India. Ontario broke records for cold in February. So did New York State. The heaviest snowfall on record hit Ottawa. Boston had the coldest Valentine's Day on record. Michigan and Illinois broke records for snowfall, so did Iceland.

The week following a major snowstorm that blocked roads for a day, Pakistan warned its people to prepare for colder winters. Russia has given the same warning to its people.

Here's a thought to cheer you: while we were basking in daytime highs above freezing levels, nomadic Siberians living in yurts endured temperatures hovering around -40C.

The weather story to top all of them: snow fell in Tasmania during February, which is one of the warmest months of their summer.

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Current Comment

Why Women Recall Their Day



Dawn Johnson
editor@thenewsleader.ca

March 8 is International Women's Day. This day was named in 1975, which was International Year of Women. It may seem peculiar today, but back then it represented a breakthrough in the struggle for women's rights. Perhaps the first right of women is to be recognized as worthy of having a year and a day to be celebrated.

Not even 100 years ago, women in Canada were not recognized as even being persons. Women were property, first the property of their fathers, then of their husbands, and if there was no husband, of their brothers or their sons. A father gave his daughter away in marriage to become the property of her husband. In marriage, a woman promised to love, honour and obey. At one time, the marriage ceremony included obeying her husband as if he were Jesus Christ himself!

A man could legally hit his wife in those days. My grandfather beat my grandmother so badly she miscarried. When she left him, and he sued for divorce, she told the court he had beaten her. He told the judge he had hit her no more than was necessary to 'discipline' her, and the judge considered that acceptable. That was in 1920.

If a woman left her husband because he beat her, she was unlikely to have any financial claim on him, and unlikely to have custody of her children. My grandfather was given custody of 'his' children, who he promptly placed in a boarding home.

Not only did the law back up a man's right to be lord and master, the church helped enforce the social condition of women as subjects of their husbands. The Catholic church in Canada lobbied vigorously against divorce so that, until the 1970's, nobody could get a divorce without proving the other spouse had committed adultery.

In many cases, adultery was the least reason a woman would want a divorce. Habitual drunkenness, abandonment, and beatings were not sufficient reason for divorce. A 'good' woman was expected to put up with abuse of all kinds because men were the masters.

At one time, most women were not allowed to have money. She could go shopping, but her husband had to be there to pay the bills.

Things did not change because men decided they wanted a change: things changed because women demanded a change. American blacks were freed from bondage before American women were freed! We hear a lot about how certain racial groups were discriminated against, but even within those groups, women were the victims of discrimination simply because they were women.

Women had to demand the right to vote. They had to demand equal access to higher education. They had to demand the right to govern whether or not they had children, too. There was actually a law in Canada forbidding even physicians from giving out birth control

information or devices. Most physicians ignored the law. In the United States, until the 1930's, clinics giving birth control information to women were attacked much the way abortion clinics are attacked today.

Discrimination on the job affected women much more than it affected men. Women would be hired for menial, low-paid work, such as scrubbing floors, doing laundry, and caring for children. Florence Nightingale was considered socially unacceptable because she was a nurse for soldiers. It took great courage for the women she recruited to fly in the face of family and friends to join her.

Wage discrimination continues to this day, and so do many old-fashioned attitudes toward women. At the same time, there are lots of positive changes. There was a time when a single woman could not receive a credit card, or even a credit rating. I remember one time when a postal strike was imminent and I went to a bank to get a loan fast to pay for a shipment sent early, before my next pay cheque. The amount was less than \$1,000 and I needed it by the next day. I was told I could not have the loan unless my husband signed for it. He was unable to get to the bank during the short banking hours. I was furious, particularly as I was making more money than he was at that time. I had a lot to say about the discrimination and I did get the loan. That was 40 years ago. Now, as a widow on a pension, I would have no trouble at all.

Things are much better for women today. Young women reap the benefits of the struggles of their mothers and grandmothers and great-grandmothers. That said, even today, a woman must earn respect and demand it, even from the man she loves.



The sanctuary at Living Water Community Church was recently converted into a giant maze with tables, chairs and coverings. It was for Kid's Club! participants to navigate in the dark to various prizes. The fun takes place Fridays at 6:00 PM. *

Similkameen News Leader

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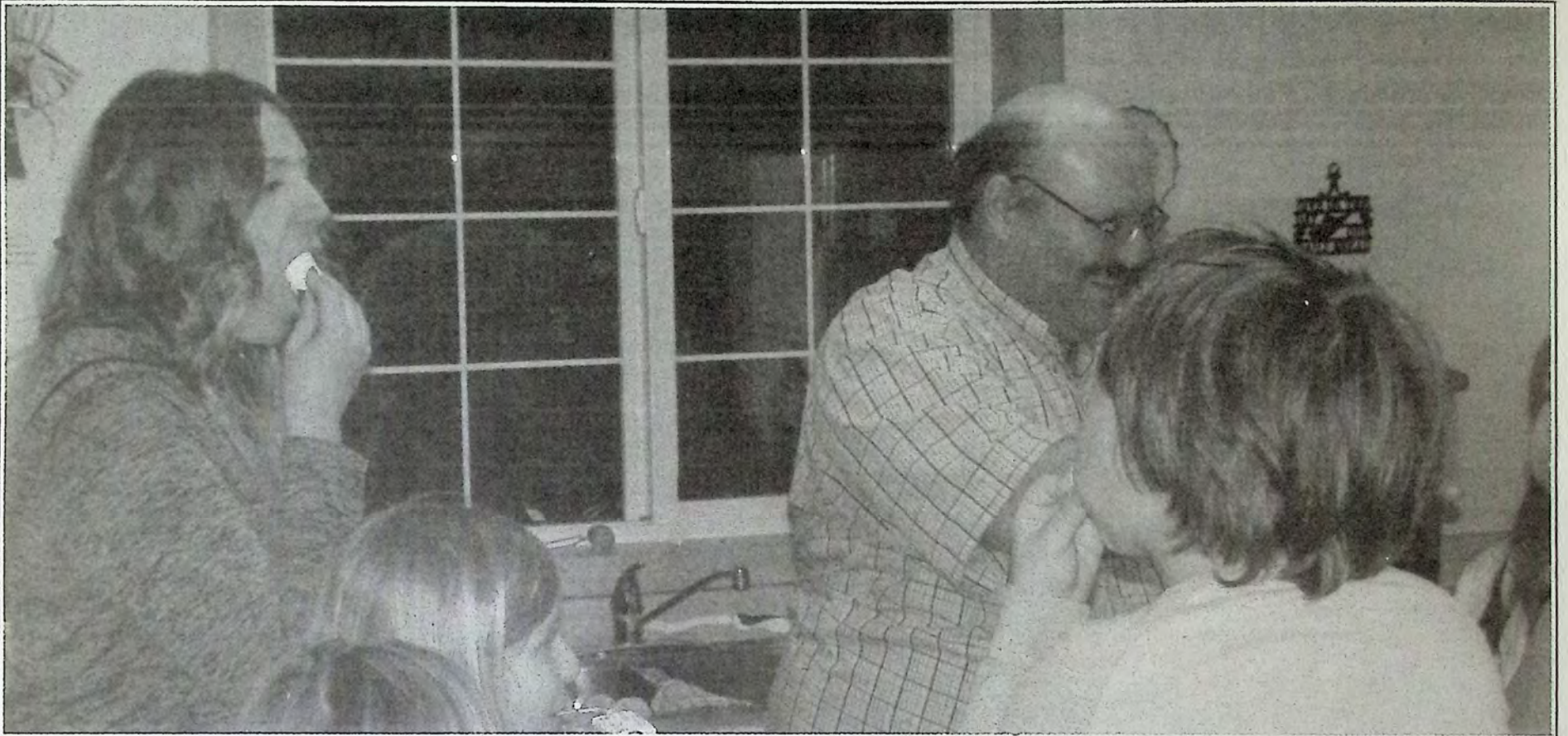
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"If you can?" said Jesus. "Everything is possible for him who believes."
- Mark 9:23



Sometimes the Kid's Club! fun gets a little wacky such as seeing who can stuff the most marshmallows in their mouth to converting the church sanctuary into a giant maze! *

Welcome to Kid's Club!

Kid's Club! is gearing up for an active spring and summer at Living Water Community Church. Led by Pastor Jason Neufield, each hour-long session includes a time of singing worship songs, a short message from the Bible, a fun activity and a healthy snack.

In addition to Pastor Jason, adults who assist during Kid's Club! include Chloe Littlejohn, George Elliott and Dan Bouvette.

Littlejohn describes the evening as, "...fun, safe and interactive! Focusing on relationship building and building a good foundation for confidence, health and joy!"

She has been part of the program since last fall and says her involvement has been important for her and her future plans.

"I gain a sense of purpose working with the kids in our community. A feeling of joy and a better

understanding of what the youth here really needs."

Elliott came on board a few weeks ago.

"I like the bonding I am seeing between the kids and Jason is really connecting with the messages he puts together that young children can relate to."

He says his involvement has also been good for him.

"As the oldest adult involved I worried about not fitting in but last Friday changed that for me. We were all on the floor in a circle working on a craft project sharing different coloured markers, stickers, ideas and praising each other on the work we were doing. I couldn't have felt more connected to everyone involved if I tried."

Bouvette has just joined the crew of volunteers and has already made strong contributions to the

program through sharing and helping.

"I think we need to be clear that the program is meant to be light and fun but includes a Bible message or lesson that can be taken away and applied by the Kid's Club! members," Elliott, who also sits on the church council, adds.

The program has seen a giant maze built in the church sanctuary to different craft projects and will shift to outdoor activities once the weather improves.

There is no fee to participate. The program is drop-in style and targeted at boys and girls between the ages of 7 and 12 and starts at 6:00 PM Friday nights at the church at 38 Kenley Avenue.

For more information visit the church website www.livingwaterchurch.info and click the tab marked Kid's Club!



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Chloe Littlejohn, George Elliott and Pastor Jason Neufield are the adults involved in Kid's Club! activities Friday nights at Living Water Community Church on Kenley Avenue, Princeton. *



Kid's Club! activities involve an element of fun along with a message from the Bible. Helping out the regular Kid's Club! crew are parents and friends including Dan Bouvette, right. *

Princeton Health Care Steering Committee

February Meeting Report by Edward Staples, PHCSC

The February meeting of the Princeton Health Care Steering Committee (PHCSC) was held recently at Princeton General Hospital. The meeting was attended by representatives from the Town of Princeton, health care practitioners, Interior Health, BC Ambulance Services, and Support Our Health

Care (SOHC). The meeting was chaired by Interior Health administrator, Susan Brown.

The meeting was attended by Janice Perrino, Executive Director, and Walter Despot, Board Chair of the South Okanagan Similkameen Medical Foundation, who gave a presentation on the new \$325-million Patient Care Tower at Penticton Regional Hospital. Perrino explained that the present facility is bursting at the seams and in dire need of a major expansion to properly serve the people of the South Okanagan-Similkameen. Construction of the new tower is scheduled to begin this spring with

completion expected by late 2019. Phase One of the building will include new operating-surgical rooms, procedural rooms, and 84 single-patient rooms. There will also be new ambulatory care clinics that will include Maternal/Child, Respiratory, Diagnostics, Orthopedic, Neurology, and Cardiology. Phase Two will see extensive renovations within the existing building to include an enlarged Emergency Department and a major pharmacy renovation. Perrino and Despot indicated that their fundraising campaign is in full swing and they are "well on their way to meeting their goal."

Next on the agenda was a presentation by Emily Willis, Executive Director of the Princeton & District Community Services Society. Willis explained that the Society was started in 1972 by Joyce Fraser and has grown over the years to include a wide range of services provided by 68 employees. Willis recently began working for Community Services, taking over from Lynn Pelly who retired after 25 years service to the community. Programs provided by the Society include Home Support,

the HandyDart bus service, an Adult Day Program, Community Living BC Programs, Housing, Victim Services, and Meals on Wheels. Funding for the Society comes from the BC Ministry of Justice, the Ministry of Social Development and Housing, Interior Health, BC Transit, and the Town of Princeton.

The Steering Committee took a moment to acknowledge the passing of John Akerley. John was a dedicated and highly respected member of the Steering Committee, serving as Area H representative and Co-Chair. He will be greatly missed by the entire community. The Steering Committee extends its heartfelt condolences to his wife, Trisha, and family.

Susan Brown announced that Dr. Mahrous Mousa has joined the Cascade Medical Group, beginning his practice on February 15. The Steering Committee welcomes Dr. Mousa to our community and looks forward to working with him in support of health care services for Princeton and Area residents.

The next meeting of the Steering Committee is scheduled for March 15, 2016.



Little snowmen and snow princesses from Princeton Skating Club's "In Character" ice show March 6th. *

Living Past 100

Why BMI Is Not The Best Judge of Health

You may go for a physical examination and your physician may measure your height and weight and refer to a body mass index chart (BMI chart). The chart may show your BMI is 26.2, which makes you moderately obese. You may be told to cut the carbs and reduce your weight.

Maybe you do need to lose a kilogram or two, but do not judge your health by your BMI. What is more important by far is your overall health in terms of lung function, blood sugar, and blood pressure. Can you breathe properly? Is your blood sugar level moderate? How high is your blood pressure? How high is your cholesterol? How is your thyroid functioning? In what condition are your kidneys and bowel?

The way your vital organs are functioning tell far more about your health than your body weight. Some thin people are unhealthy and some people just over the upper limit of BMI desired number are very healthy. BMI does not measure muscle tissue weight, which is heavier than fat. It does not measure heavier bones, either.

If you cannot breathe properly after a small amount of exercise, such as running down the driveway, perhaps your lungs or heart are not functioning well. If your blood sugar is too high, you may be a diabetic. If your blood pressure is too high, you may have a clogged artery. If you are constantly constipated, you may have bowel problems. If your thyroid is not functioning properly, you could have serious hormone problems.

If your BMI is way over safe limits, yes, you should lose weight, because having too much body fat is just asking for problems. Being overweight is asking for hip, knee and foot problems. Overweight people seem to be more prone to getting cancer and heart disease. Carrying too much weight puts added stress on the heart and lungs.

Without all of the tests to show how your vital organs are performing, a high BMI number or a low number is not a clear indication of how healthy you are.

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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - March 8 - 14, 2016

Four local boys head to Provincials

The South Okanagan Bantam Rep team is heading to Smithers for the Provincial Championships March

12th to 16th. There are two Princeton boys on the team, Jayden Simon and Austin O'Neil who had

a very successful season with a record of 14 wins and Zero losses during the regular season and 6

wins and Zero losses during the Playoffs. Jayden Simon, 14 yrs old, is one of

the Goalies and has been playing Rep Hockey in Osoyoos for four years. This will be Simons' third year in a row heading to Provincials with the South Okanagan Minor Hockey Association. Simon loves being a goalie and is thankful of his family for all the support and will always remember his roots starting out with Princeton Minor Hockey. Jayden will always have the bond with the Princeton boys but is also thankful for the experiences he has had playing Rep hockey and the new friends he has made along the way.

Austin O'Neil, 14 yrs old, is a powerful Forward and one of the leading scorers on the team. This is O'Neils' first year on the South Okanagan Rep team but he has been playing Rep hockey for four years previously playing for Penticton and West Kelowna. O'Neil also has previous Provincial experience finishing 3rd with the Penticton Veets. O'Neil has been playing competitive hockey since he was 8 years old traveling to Kamloops to play Spring hockey and then onto Vancouver to play with their select teams. O'Neil also got an opportunity to play in Europe with the International Hockey League.

The Bantam team will be picking up two alternate players (AP) from Princeton, Mason O'Neil (13 yrs old) and Curtis Gould (12 yrs old) who played for South Okanagan on the PeeWee Rep team this year. Both boys were given the Assistant Captain position on the team by their Coach Dean Maynard.

Coach Maynard of the South Ok PeeWee Rep team stated, "It's an honour for these PeeWee players to be asked to play on the Bantam Rep team at Provincials. Both Curtis and Mason have worked very hard during the season and have provencontinued on Page 10



Jayden Simon



Mason O'Neil



Curtis Gould



Austin O'Neil

Weekly.

Independent.

Local.

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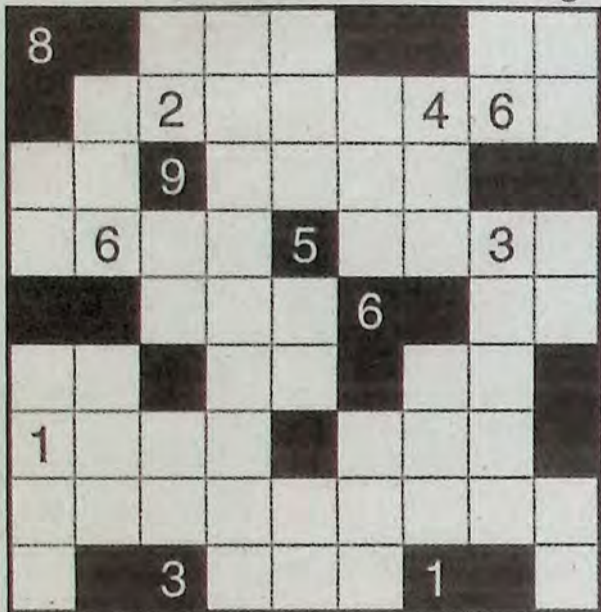
News Leader Str8ts

STR8TS

No. 271

Tough

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 along with more puzzles, Apple apps and books.

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

Tuesday Movies

TUESDAY AFTERNOON

New York.

12:00 pm FAM ch.26 "Curious George 2: Follow That Monkey" (2009, Comedy) Voices of Tim Curry. Animated. George embarks on a cross-country trip to reunite a baby elephant with her family. (In Stereo) (CC)

4:00 pm FAM ch.26 "Big Fat Liar" (2002, Comedy) Frankie Muniz. A teenager travels to Los Angeles after a sleazy Hollywood producer turns his school story into a movie. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Flightplan" (2005, Suspense) Jodie Foster. A widow becomes frantic when her 6-year-old daughter disappears on an airplane traveling from Berlin to

EVENING

9:00 pm KNOW ch.5 "Haida Gwaii: On the Edge of the World" (2015, Documentary) The community on the Haida Gwaii archipelago strives to restore balance. (In Stereo) (CC)



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TUESDAY, MARCH 8, 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 Oplel ☺ Monkey	Arthur Odd Squad	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	Sports	CTV Morning Live Vancouver (N) ☺	Mighty Ships	Life Derek (N) ☺	CityLine (N) ☺	Ink Master ☺	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts Ready Jet	Today Helen Mirren; Padma Lakshmi. (N) ☺	CBS This Morning (N) ☺	Dog	Good Morning America (N) ☺			Cat in the Hat Arthur ☺	Squirrel Chucks	2016 Tim Hortons Brier: Draw 8. From TD Place, Ottawa, Ont. (N) ☺		How/Made	Lost	Let's Make a Deal (N)	Ink Master ☺	Moves
8 AM	Law Order: CI		PAW Patrol Curious	Nature Cat Curious			Criminal Minds ☺		Morning Huntley St.		Napkin Tiger	Chucks Wayside			Daily Planet ☺ (DVS)	Life	The Price Is Right (N)	Ink Master ☺	Security
9 AM	Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger	Today (N) ☺	The 700 Club ☺	Criminal Minds ☺	Live! Kelly and Michael	Morning Huntley St.	Sugar ☺	Arthur ☺	Sidekick		Live! Kelly and Michael	How/Made	Builder	FamFeud	Ink Master ☺	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 Tiger	Spliced ☺	SportsCentre ☺	The View ☺	Highway Thru Hell	Justin Twirlywoos	The Chew ☺	Ink Master ☺	Ghost Adventures ☺
11 AM	Divorce	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench	Young & Restless	Criminal Minds ☺	CIZE Dnc. Makeup!	Rachael Ray ☺	Noon News Hour (N)	Recipes Stefano	Rated A	SC Top 10	Marilyn Denis	How/Made	Kate and Dream	General Hospital (N) ☺	Ink Master ☺	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☺	Paid Prog. Ruf-Tweet	News Bof	Bates Motel ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks Squirrel	Brier: Draw 9. From TD Place, Ottawa, Ont. (N) ☺	CTV News Vancouver	Deadliest Job Interview	"Curious George 2"	Celebrity	Ink Master ☺	Mysteries at the Castle
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet Tumble	The Patient's Playbook	Days of our Lives (N)	The Talk ☺	Damien ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Almost Sidekick		The Social (N) ☺	Deadliest Job Interview	Life Derek	CityLine ☺	Ink Master ☺	The Dead Files ☺
2 PM	King	The Talk ☺	Maya Curious	With Leslie Curious	TMZ (N) ☺	Let's Make a Deal (N)	After the First 48 ☺	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Interruption	Dr. Phil ☺	How/Made	Prince Awesome	CityNews at 5 (N) ☺	Ink Master ☺	Ghost Adventures ☺
3 PM	Mod Fam	Meredith Vieira	Doozers PAW Patrol	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show ☺	The First 48 ☺	Rachael Ray ☺	Meredith Vieira	Young & Restless	Grand Designs ☺	Sidekick Nerds	SportsCentre (N) ☺	Ellen DeGeneres Show	How/Made	HZipzer Next Step	(2:59) CityNews at 6 (N)	Ink Master ☺	Moves
4 PM	Big Bang	Young & Restless	Maker Creative	Ready Jet Wild Kratts	Jdg Judy	Dr. Phil ☺	Married at First Sight	FABLife (N) ☺	Young & Restless	Early News Global Nat.	O'Grady SpongeBob	SpongeBob	Hockey	The Dr. Oz Show ☺	Daily Planet (N)	Movie: ** "Big Fat Liar" (2002)	Mod Fam	Ink Master ☺	Restaurant Makeover
5 PM	Movie: ** "Flightplan" (2005) Jodie Foster.	News (N) ☺	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Married at First Sight	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☺	SpongeBob	Brier: Draw 10. From TD Place, Ottawa, Ont. (N) ☺	CTV News Vancouver	Cold Water Cowboys	Next Step	New Girl	Ink Master "Ink Finale"	Security
6 PM		Global Nat. News	Hope for Wildlife ☺	PBS NewsHour (N) ☺	News Millionaire	KREM 2 News at 6 (N)	Married at First Sight	News at 6 News	(5:59) News Hour (N)	ET Canada ET	CBC Vancouver News Nicky	Assembly		CTV News Vancouver	Gold Rush (N) ☺	Next Step Lost	Brooklyn Grinder	Ink Master "Initiation"	Mysteries at the Castle
7 PM	Seinfeld ☺	ET	Canada: Over the Edge	Finding Your Roots "Map of Stars"	Jeopardy! Wheel	Broke Girl Broke Girl	(7:01) Fit to Fat to Fit	ET	ET	Limitless (N) ☺	Hello Coronation	Game		etalk (N)	Jade Fever	The X Factor UK (N) ☺	Broke Girl Two Men	Ink Master (N) ☺	Mysteries-Museum
8 PM	Family Guy	NCIS ☺ (DVS)	Life "Birds" ☺	Stars Yoga-Diabetes	The Voice Vocalists perform for the judges. (N)	NCIS: New Orleans ☺	Married at First Sight	Fresh-Boat O'Neals	NCIS ☺ (DVS)	NCIS ☺ (DVS)	Mercer 22 Minutes	Just Kid		The Flash ☺	How/Made	Prince Malcolm	CityNews-Tonight (N)	Ink Master	Mysteries at the Castle
9 PM	Family Guy	NCIS: New Orleans ☺	Movie: "Haida Gwaii: On the Edge of the World"	Indies	A Year in Space ☺	Little Big Shots (N) ☺	Married at First Sight	Agents of S.H.I.E.L.D.	NCIS: New Orleans ☺	NCIS: New Orleans ☺	Creek Mr. D (N)	Gags	SportsCentre (N) ☺	Agents of S.H.I.E.L.D.	Gold Rush ☺	Degrassi Guidance	Crime Watch Daily (N)	Tattoo	Mysteries at the Castle
10 PM	The Middle	Limitless (N) ☺						Of Kings and Prophets	Limitless (N) ☺	News Hour Final (N)	The National (N) ☺	The Haunt The Haunt	SportsCentre (N) ☺	CSI: Cyber ☺	Jade Fever	Arts	Extra (N)	Tattoo	Mysteries-Museum
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N) ☺	News J. Fallon	News Colbert	(11:02) Fit to Fat to Fit	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags	SportsCentre ☺	News-Lisa CTV News	How/Made	Malcolm Prince	Liquidator	Tattoo	Ghost Adventures ☺



Willow Simmons during her solo Sunday, March 6th as part of the Princeton Skating Club's annual season ending ice show. *

PRINCETON YOUTH BOWLING

**YBC Scores - March 2, 2016
Copperhill Lanes, Princeton**

Bowlasaurus

High Average - Emma Kerfoot, 70
High Single - Tegan Gilbert, 85
High Double - Landon Morris, 157

Bantams - Boys

High Average - Dayton Hargrave, 71
High Single - Coen Bakker, 73
High Triple - Matthew Williams, 212

Bantams - Girls

High Average - Shaelin Tomusiak, 104
High Single - Reva Shopshire, 122
High Triple - Halli Brewer, 307

Junior and Senior

High Average - Dayton Wales, 140
High Single - Dawson McFarlane, 161
High Triple - Brianna Tomusiak, 389

Local boys off to Provincials

.....continued from Page 8
their ability to compete at a higher level. I wish them and the entire Bantam Rep team the best of luck at the Provincials."

Mason O'Neil is a strong Centre player who was one of the leading scorers at the PeeWee Rep level and

a definite leader for his team on the ice. Mason has the size and ability to compete at Bantam level and has usually played up a level during his years with Princeton Minor Hockey. O'Neil also has Spring Hockey experience playing with the Kamloops Ice Pirates for the past three years. He is looking forward to playing with his brother at this level.

Curtis Gould (soon to be 13 yrs) plays Defence and loves to play contact hockey. This is Gould's first year playing Rep hockey and

he also played up a level for the previous three years in Princeton. Gould has played Spring hockey for four years and was moved from a Forward to a Defence by his Kamloops Ice Pirates Coach two years ago due to a need for a defensive player and he rose to the challenge.

Brock Anderson, Coach of the Bantam Rep team states, "South Okanagan is lucky to have these four hard working young men. All their hard work is paying off and we're all looking forward to

Provincials."

You often see Jayden, Austin, Mason and Curtis at Stick and Puck in Princeton whenever they aren't playing in Osoyoos and they were in the stands watching the home games for our Princeton teams when they got the chance. They are all still Princeton boys and are proud to represent our community at the Provincial level. Thank you to all the Princeton Coaches along the way who have helped to shape these boys and teach them the skills needed in order to succeed!

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Cascade Veterinary Clinic's 'Angle Fund' received a shot in the arm of just over \$400 following a fundraiser February 29th. Above Wally Aiken and Rayleen Brewer manned the cupcake/pupcake table. Others who helped included Emily Herzog, Lori Jwaszko, Carrie McIvor and Janice Smith. Photo: Brenda Engel

SO COUNTRY INTERNET RADIO



Last week we noticed a field full of cows and calves in the Similkameen Valley near Hedley. In that field was a number of calves left with a cow nanny. Well, that's how it looked to us. *

WEDNESDAY, MARCH 9, 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 Opiel 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N) 30	The Early Edition (N)	Kid vs. Kat	Sports	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 Sacha Baron Cohen; John Goodman. (N)	CBS This Morning (N) 0 30	Dog the Bounty Hunter	Good Morning America (N) 30			Cat in the Hat	Squirrel	2016 Tim Hortons Brier: Draw 11. From TD Place, Ottawa, Ont. (N) 30		How/Made	Awesome	Let's Make a Deal (N)	Movie: *** "The Incredible Hulk" (2008) Edward Norton.	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds 0			Morning Huntley St.	Napkin	Chucks		Daily Planet 30 (DVS)	Gaming	The Price Is Right (N)		Hulk* (2008) Edward Norton.	Security
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) 0 30	The 700 Club 0 30	Criminal Minds 0	Live! Kelly and Michael	Morning Huntley St.	Sugar 30	Arthur 0	Sidekick		Live! Kelly and Michael	How/Made	Builder	FamFeud		The Dead Files 0 30
10 AM	Judge	Sugar 0	Boj 0 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	SportsCentre 30	The View 0 30	Edge of Alaska	Justin	The Chew 0 30	Movie: *** "The Incredible Hulk" (2008) Edward Norton.	Ghost Adventures 30
11 AM	Divorce	Rachael Ray 0 30	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds 0	Paid Prog.	Rachael Ray 0 30	Noon News Hour (N)	Recipes	Rated A	Lumber	Marilyn Denis	Cold Water Cowboys	Kate and Dream	General Hospital (N) 0		Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 30	Tal Chil	News	After the First 48 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	2016 Tim Hortons Brier: Draw 12. From TD Place, Ottawa, Ont. (N) 30	CTV News Vancouver	Gold Rush	Movie: ** "Big Fat Liar" (2002)	Celebrity		Myster-les at the Castle
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Coffee: The Drink That Changed	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 30 (DVS)	Almost		The Social (N) 0 30	Jade Fever	Life Derek	CityLine 30	Tattoo	The Dead Files 0 30
2 PM	King	The Talk 0 30	Maya		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	Prince	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 0 30	Sidekick	SportsCentre (N) 30	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Tattoo	Moves
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil 0 30	Duck Dynasty 0 30	FABLife 0 30	Young & Restless	Early News	O'Grady	SpongeBob	Hockey	The Dr. Oz Show 30	Daily Planet (N)	Movie: ** "Dudley Do-Right" 0	Mod Fam	Tattoo	Restaurant Makeover
5 PM	Movie: *** "The Kingdom" (2007, Action)	News (N) 30	Dino Dan	News	News	News	Duck Dynasty 0 30	News	Early News	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	2016 Tim Hortons Brier: Draw 13. From TD Place, Ottawa, Ont. (N) 30	CTV News Vancouver	Steven Avery	HZipzer	Mike	Tattoo	Security
6 PM		Global Nat. News	Canada: Over the Edge	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Wahlburgers 0 30	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly		CTV News Vancouver	Moonshiners: Outlaw	HZipzer	Mod Fam	Movie: ** "National Treasure: Book of Secrets" (2007) Nicolas Cage.	The Dead Files 0 30
7 PM	Sinfeld 0	ET	The Polar Sea 0 30	The Patient's Playbook	Jeopardy!	Broke Girl	Jep	ET	ET	Chicago P.D. 0 30	Gags	Nicky		etalk (N)	Moonshiners (N) 30	Life	Broke Girl	Book of Secrets* (2007) Nicolas Cage.	Ghost Adventures 30
8 PM	Family Guy	Survivor (N) 0 30	Wild China 30	With Leslie	The Voice Recapping blind auditions. (N) 0 30	Survivor (N) 0 30	Duck D.	The Middle	Survivor (N) 0 30	Survivor (N) 0 30	Dragons' Den (N) 0	Just Kid		Arrow "A.W.O.L." 30	How/Made	Prince	CityNews-Tonight (N)		Myster-les at the Castle
9 PM	Family Guy	Big Brother Canada (N)	The Monarchy 0 30	The Carpenters: Close to You	The Victoria's	(9:01) Duck Dynasty 0	Mod Fam	Big Brother Canada (N)	Big Brother Canada (N)	X Company (N) 0 30	Gags	Gags	SportsCentre (N) 30	Criminal Minds 0	Steven Avery	Rebecca	Crime Watch Daily (N)	Movie: ** "National Treasure: Book of Secrets" (2007) Nicolas Cage.	The Dead Files 0 30
10 PM	The Middle	Chicago P.D. 0 30	Sacred Wonders of Brit	Secrets of the Dead 0	Carmichael	CSI: Cyber (N) 0 30	(10:01) Wahlburgers 0	American Crime 30	Chicago P.D. 0 30	News Hour Final (N)	The National (N) 30	Haunting	SportsCentre (N) 30	CSI: Cyber (N) 0 30	Moonshiners: Outlaw	The X Factor UK "Live Show 1" 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	JOJLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre 30	News-Lisa	Moonshiners 0 30		Liquidator	Ghost Adventures 30	

THURSDAY, MARCH 10, 2016

Table with 19 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, MARCH 11, 2016

Table with 19 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 Sudoku

Monday Movies

SUDOKU

No. 271

Easy

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

Previous solution - Very Hard

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org

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

.....continued from Page 14 of the American frontier as seen through the eyes of a 19th-century U.S. Cavalry officer.

EVENING

8:00 pm YTV ch.18 "Mean Girls" (2004, Comedy) Lindsay Lohan. Attending high school for the first time, a teenager becomes friends with three popular but manipulative students. (In Stereo) (CC)

MONDAY AFTERNOON

12:00 pm YTV ch.18 "Diary of a Wimpy Kid" (2010, Comedy) Zachary Gordon. A middle-school student chronicles his misadventures, as he navigates his way through a series of social landmines. (In Stereo) (CC)
FAM ch.26 "Full Out" (2015, Biography) Jennifer Beals. A young gymnast's Olympic dreams are crushed when she suffers a debilitating injury. (In Stereo) (CC)

2:00 pm YTV ch.18 "Diary of a Wimpy Kid: Rodrick Rules" (2011, Comedy) Zachary Gordon. Wimpy Greg and his older brother and chief tormentor try to survive their parents' attempts to have them bond. (In Stereo) (CC)
4:00 pm FAM ch.26 "Uncle Buck" (1989, Comedy) John Candy. Premiere. Chicago parents in a pinch have a bachelor uncle babysit their teenage daughter and little ones. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Dances With Wolves" (1990, Historical Drama) Kevin Costner. Costner's epic vision of the American frontier as seen through the eyes of a 19th-century U.S. Cavalry officer.

EVENING

8:00 pm YTV ch.18 "Mean Girls" (2004, Comedy) Lindsay Lohan. Attending high school for the first time, a teenager becomes friends with three popular but manipulative students. (In Stereo) (CC)

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MONDAY, MARCH 14, 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	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N) ☺	The Early Edition (N)	Kid vs. Kat	SportsCentre ☺	CTV Morning Live Vancouver (N) ☺	Mighty Cruise Ships	Life Derek (N) ☺	CityLine (N) ☺	Cops ☺	Restaurant Makeover
7 AM	Crazy Talk		Monkey	Odd Squad			Dog					Almost	Squirrel	SportsCentre ☺	How/Made	Next Step	Let's Make a Deal (N)	Jail ☺	Moves
8 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N) ☺	CBS This Morning (N) ☺	Dog the Bounty Hunter	Good Morning America (N) ☺				Chucks	Chucks	SportsCentre ☺	How/Made	Next Step	The Price Is Right (N)	Cops ☺	Security
9 AM	Law Order: CI		Wild Kratts	Ready Jet			Criminal Minds ☺					Chucks	Chucks	SportsCentre ☺	Daily Planet ☺ (DVS)	Next Step	The Price Is Right (N)	Jail ☺	Security
10 AM	Hot Bench	Morning	PAW Patrol	Nature Cat	Today (N) ☺	The 700 Club ☺	Criminal Minds ☺	Liv! Kelly and Michael	Morning	Sugar ☺	Arthur ☺	Game	SportsCentre ☺	Liv! Kelly and Michael	How/Made	Next Step	FamFeud	Jail ☺	The Dead Files ☺
11 AM	Hot Bench	Huntley St.	Kate and	Tiger					Huntley St.	Debt/Part	Napkin	Game	SportsCentre ☺	How/Made	Next Step	FamFeud	Cops ☺		
12 AM	Judge	Sugar ☺	Boj ☺	Sesame St.	Today (N) ☺	The Price Is Right (N)	Criminal Minds ☺	The View ☺	Sugar ☺	Rachael Ray ☺	Bookaboo	Game	SportsCentre ☺	The View ☺	Canada's Worst Driver	Cheer	The Chew ☺	Cops ☺	Ghost Adventures ☺
1 PM	Judge	Debt/Part	PAW Patrol	Peg					Debt/Part	Tiger	Tiger	Game	SportsCentre ☺	Canada's Worst Driver	Cheer	The Chew ☺	Cops ☺		
2 PM	Divorce	Rachael Ray ☺	Monkey	Dinosaur	Hot Bench	Young & Restless	Damien ☺	Paid Prog.	Rachael Ray ☺	Noon News Hour (N)	Our Vancouver ☺	Game	SC ☺	Marilyn Denis	Naked Afraid	Cheer	General Hospital (N) ☺	Wildest Police Videos	Security
3 PM	Divorce		Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.				Game	SC ☺			Cheer			Security
4 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	Movie: *** "Diary of a Wimpy Kid" (2010)	Cabble	CTV News Vancouver	Naked and Afraid ☺	Movie: "Full Out" (2015) ☺	Celebrity	Wildest Police Videos	My. Monument
5 PM	Millionaire		Kate and	Nina's	Bold							Movie: *** "Diary of a Wimpy Kid" (2010)	Cabble	CTV News Vancouver	Naked and Afraid ☺	Movie: "Full Out" (2015) ☺	Celebrity		
6 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 (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Movie: *** "Diary of a Wimpy Kid: Rodrick Rules"	SC ☺	The Social (N) ☺	Dual Survival ☺	Gaming	CityLine ☺	Cops ☺	The Dead Files ☺
7 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 ☺	Movie: "Diary of a Wimpy Kid: Rodrick Rules"	Reporters	The Social (N) ☺	Dual Survival ☺	Gaming	CityLine ☺	Cops ☺	The Dead Files ☺
8 PM	King		Curious	Curious	Inside Ed.							Movie: "Diary of a Wimpy Kid: Rodrick Rules"	Reporters	The Social (N) ☺	Dual Survival ☺	Gaming	CityLine ☺	Cops ☺	The Dead Files ☺
9 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 ☺	Movie: "Diary of a Wimpy Kid: Rodrick Rules"	SportsCentre (N) ☺	Ellen DeGeneres Show	How/Made	Gaming	(2:59) CityNews at 6 (N)	Cops ☺	Moves
10 PM	Mod Fam		PAW Patrol	Nature Cat								Movie: "Diary of a Wimpy Kid: Rodrick Rules"	SportsCentre (N) ☺	Ellen DeGeneres Show	How/Made	Gaming	(2:59) CityNews at 6 (N)	Cops ☺	Moves
11 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil ☺	The First 48 ☺	FABLife ☺	Young & Restless	Early News	O'Grady	SpongeBob	SportsCentre (N) ☺	The Dr. Oz Show ☺	Daily Planet (N)	Movie: *** "Uncle Buck" ☺	Mod Fam	Cops ☺	Restaurant Makeover
12 PM	Big Bang		Creative	Wild Kratts	Jdg Judy							SpongeBob	SportsCentre (N) ☺	The Dr. Oz Show ☺	Daily Planet (N)	Movie: *** "Uncle Buck" ☺	Mod Fam	Cops ☺	Restaurant Makeover
1 AM	Movie: *** "Dances With Wolves" (1990)	News (N) ☺	Dino Dan	News	News	News	The First 48: Drugs Kill	News	Early News	(4:59) News Hour (N)	Dragons' Den ☺	SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	O'Neals	Cops ☺	Security
2 AM	Movie: *** "Dances With Wolves" (1990)		Wild Kratts	Business	NBC News	CBS News		ABC News	Global Nat.			SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
3 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
4 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
5 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
6 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
7 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
8 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
9 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
10 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
11 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
12 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
1 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
2 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
3 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
4 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
5 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
6 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
7 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
8 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
9 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
10 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
11 PM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security
12 AM	Movie: *** "Dances With Wolves" (1990)											SpongeBob	SportsCentre (N) ☺	CTV News Vancouver	How/Made	Gaming	Broke Girl	Cops ☺	Security



Spring cleaning started at the News Leader office last week with a dusting and sweeping outside of our storefront on Bridge Street. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

As I have been discussing in recent weeks, the Town of Princeton is working on a Downtown Beautification program. Probably the first obvious step in this program that many of us can see is the work being put in by the Town Crew as they repaint the lamp standards that line Bridge Street and Vermilion Avenue from grey to black.

In the January 2016 Council Priorities document released by the Town of Princeton they explain

that, "Council has committed to beautify (the) Downtown of Princeton in the coming year" and that, "Council wishes to encourage everyone in Town to clean up. The Town will be identifying areas and taking steps to initiate cleanup efforts."

As I've previously discussed, the Chamber of Commerce promoted a spring clean up event this time last year that inspired a number of downtown business owners to repaint their storefronts. It is also

the time of year when we start to take a harder look at what our storefront looks like and try to make it more attractive. As you will recall from last week, I discussed my frustration with the confusing visual that is created when someone walks into our business for the first time.

Brenda has put a great deal of effort into rearranging and de-cluttering our entrance and I can tell you it has started to pay dividends. This past weekend (our office is open Saturdays) there were three sets of visitors who stopped in and immediately were drawn to the displays of antiques and collectibles.

The change that was made was not huge, nor was it expensive. Brenda found some sturdy plastic stackable shelves on sale and picked up a few of them. She went with black and when assembled they stand about six feet tall. The shelving parts are wide and strong so it gave her some extra square footage to rearrange what had been on display on old,

mismatched shelving units. The small change made a complete new look and although there is probably more items on display, they are not as crowded and the visual is inviting.

The point I am making here is that any positive change to the look of a business does not have to be lavish, expensive or massive. Our approach for our business is to take baby steps with the changes. One of my biggest hurdles comes from signage and it is something I am always looking at to see what other businesses are doing to get their name out from their storefront.

At one time we had our front windows completely painted. It was great and an attraction for a long time to the point where we would catch tourists posing in front of our windows and taking photos. The problem for me was that after a few years, they made our storefront look cluttered and blocked any kind of display we would want to have

in our window. We removed some of the window painting a couple years ago. It brightened up the inside of our office and gave us the perfect place to display the JamBusters! products. Again, we often catch people stopped and looking at the various items on display that can be viewed from the window.

So clearly these small changes have benefited our business. Another thing we will frequently do ourselves is sweep the sidewalk in front of our store. The Town Crew does a great job of hosing down the sidewalks during summer but we still keep ours clear of bits of garbage, dog droppings and whatever else tends to show up. We also wash our windows frequently.

All of these small things add up in making our storefront look attractive to our existing and potential customers. One more thing we have done is kept long hours. Our officecontinued on Page 20

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In Loving Memory



Gary Gullason
(AKA: GG Gomez)

November 25, 1953 - February 26, 2016

Gary's family regretfully announces the sudden passing of their loving husband, father, grandfather, son, brother, and uncle after a brief battle with cancer.

Born in Wetaskiwin, AB, to Mike and Lily Gullason, Gary moved to Merritt, BC in 1967 with his family and lived there until he met and married the love of his life, Donna (ne: VanDeBogart) in 1973. Subsequently, the couple settled in Princeton to raise 3 children.

Gary worked for Weyerhaeuser until he retired in 2011. Never one to remain idle for long, Gary then successfully challenged and received a red seal mechanics ticket. He will be fondly remembered by countless friends and family for entertaining and mentoring in his favorite place to be, his shop.

Gary is survived by Donna, his loving wife of 42 years, daughter Maureen, sons Rick (Stacie), and Tim (Ashlee), nine grandchildren; Adam, Sarah, Nick, Kris, Dylan, Shayla, Hailey, Taylor, and Mya, and one great granddaughter, Ana, his brothers Paul (Caroline), Graham (Marlys), Albert (Naomi), and sisters Cynthia (Tim) and Doreen (Pete), numerous nieces and nephews, aunts, and uncles. Gary is predeceased by both parents, and brothers David, Bryan, and Michael.

In lieu of flowers, the family requests a donation to be Princeton Secondary School, where a bursary will be set up in his honor. Mail cheque or money order payable to: PSS, PO Box 500, Princeton, BC, VOX 1W0. A celebration of life will be held at a later date which will be announced.

Never one to sit still, Gary has accepted the position of Maintenance Supervisor at the Pearly Gates, as befitting his nature.

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Notices

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

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Card of Thanks

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RJ

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Lower Valley News

Keremeos - Cawston - Olalla



Keremeos Community Church hosts their "K.C.C. Grapevine Soup Kitchen" Mondays and Thursdays from 11:00 AM to 1:00 PM. The adult kitchen crew on February 29th included, from left, George, Cathy, Yvette, Helga, Mike and Jim. Also helping were (in front) Hannah, Meg and Emily. The soup kitchen is located in the church building on 6th Street. Photo: Brenda Engel

Bussing students, closing schools

by Marty Menzies

Keremeos and Princeton both dealt with reduced library funding and reduced hours some time ago and that impact on our communities. Thankfully for both this issue is now behind us for the time being.

In the January 19th issue I reported, "Changes May Come to SD53." In that issue School District 53 (Okanagan Similkameen) had not released information on their plan on school closures or what schools would be closed. Now we have more information and for the present Cawston and Similkameen Elementary Secondary (SESS) have been spared.

The SD53 proposal is to close Osoyoos Secondary (OSS) and bus those students to Oliver. This opens a huge door and creates some mas-

sive problems for Osoyoos. Without a Secondary school it's hard to market a community to newcomers and it will make it harder for that community to keep those young families already there. The loss of young families has a negative trickle down effect. Housing prices drop, people move out, new families don't move in, people shop less, businesses have declining sales and in the end school enrollment drops further. It becomes a Perfect Storm.

When the Oliver Secondary school (SOSS) burned down it was rebuilt with a capacity of 500 but one section with a capacity of 225 was not damaged so the new capacity became 700. SOSS was rebuilt in a time of decreasing enrollment with a capacity many times what

would be needed in the future. The only thing we can ask is, WHY?

SD53 seems hell bent on one decision, to close OSS and bus students to SOSS. They almost seem to have made the decision long ago and are just going through a process to end with that predetermined result. They also say that a 5-12 school at SOSS wouldn't be good for the stu-

dents. If it's good enough for Keremeos, with SESS working very well, it's good enough for Oliver. Oliver has two elementary schools and one of those should be closed and SOSS be made into a 5-12. That's the logical thing to do. Little impact on the community, little impact on students and a long term sustainable plan for the future.

Both SESS and OSS could be converted to K-12 if enrollment drops further down the road.

In 2010 School District 27 (Cariboo-Chilcotin) went through a similar school closure procedure ending with a number of schools closed or reconfigured in 2011. Five years later they are looking atcontinued on Page 19

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What got our attention with this sign located at the intersection of Highways 3 and 3A in Keremeos was the tiny decal in the 'hill' section of the graphic. It says, "Be safe. Be seen" but can't be seen unless you walk right up to it. *

Lower Valley News

Keremeos - Cawston - Olalla

THAT by section 766 of the "Municipal Act" it is provided, inter alia, that on the recommendation of the Minister of Municipal Affairs, the Lieutenant-Governor in Council may by Letters Patent incorporate any area of land within a school district or districts or any part thereof and the residents therein, into a regional district, with such powers, obligations, and duties as provided in the Letters Patent and by this Act:

AND THAT the conditions and requirements of the said section 766 have been duly complied with:

AND TO RECOMMEND THAT pursuant to the provisions of the said section 766 Letters Patent do issue in the form attached hereto incorporating the area described in the Letters Patent, and the residents therein as the Regional District of Okanagan-Similkameen.

DATED this 4 day of March A. D. 1966.

"Dan Campbell"

On March 4, 1966, the BC Lieutenant Governor in Council George Randolph Pearkes authorized - by Letters Patent - the incorporation of the "Regional District of Okanagan-Similkameen". The name appearing on the official report was Dan Campbell, Minister of Municipal Affairs. A lot has happened in the intervening years. Former RDOS Area C Director Allan Patton was one of the guests asked to provide a retrospective. "I made my debut as an RDOS Director in 2006. In the nine years I served as RDOS Director I attended each of the FCM [Federation of Canadian Municipalities] conferences. In my travels across Canada, I took it upon myself to study the governance models in those regions. Without a doubt we have, here in BC, the greatest and most effective model of governing multiple communities across a wide region." Photo: Arlene Arlow

.....continued from Page 18 closing more schools and busing some K-7 kids almost 50-kilometres, each way, because they didn't fix the root problem the first time.

After reading all this you may be asking, what does this have to do with the Similkameen and our schools. Lots. If SD53 gets this wrong, closes schools that reduce the footprint of future enrollment we will be looking at closing other schools down the road. Probably Cawston Primary next. If

SD53 is willing to bus the Secondary students from Osoyoos to Oliver to save a buck. Will they soon decide that there is room on the bus for the K-7's in Osoyoos as the enrollment in Oliver drops and rooms in those two elementary schools need filling?

What if the government paves the Fairview Road will SD53 decide that some or all of the Similkameen students should be bused to Oliver after all we are only 10-kilometres farther away than Osoyoos.

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Here is the complete list RDOS (Regional District Okanagan Similkameen) Chairs 1966 to 2016, L-to-R, top-to-bottom: G.A. Gough, H.J. Barkwill, P.A. Farmer, F. Colclough, J.R. Tait, D.R. McDougall, C.T. Lamb, G. Norton, C.W. Willis, G.J. Kimberley, H.R. Wilson, R.M. Mayer, D. Ashton, M. Pendergraft. Photo: Arlene Arlow



Recently the members of Princeton Highway Extrication gathered to honour the retirement of Doug Pateman following 25 years of service. From left: Greg Palmar, Ian Elko, Rick Gullason, Rob Hurd, Kelci Fuller (kneeling), Doug Pateman, Glen Oliver, Phil Renaud, Rob New and Scott MacCarron. - photo submitted



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"Signs Of Spring" include the ones that people make. This handmade sign pointed the way to a garage sale February 28th in Keremeos. Photo: Arlene Arlow



Please join us in recognizing the people that have stood out over the Past Year.

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- Female Programs - Vacant
- Fundraiser - Standing
- Risk Manager - Vacant
- Tournament Director - Standing
- Ice Ambassador - Standing

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News Leader
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Saving Downtown...

by George Elliott

.....continued from Page 16 is normally open 9:00 AM to 5:00 PM Tuesday to Saturday, and open Mondays as soon as we get back to town with the new issue of the News Leader, which is normally around 3:00 PM. Sometimes we are here at 8:30 AM and sometimes later in the evening. My general rule of thumb is if I'm in the office, we are open for business. Again, this has paid dividends. So in looking at the Downtown Beautification Program, the Town of Princeton has a great idea, but each of us business owners/operators also need to do our part. For us we look at customer service as the key to the beautification of our business. Can you clearly see what we are selling here? Can you reach

us during noon hours and on Saturdays? Can you pay cash, credit or debit? These are all things we have put into consideration to make it easy for our customers to use our services or buy our products. How does this save downtown Princeton? The arrival of spring is a good time to start sprucing up our surroundings. It is also a good time to look at what works and doesn't work in how our businesses look to others. The Town of Princeton, along with the Chamber of Commerce encourages the retail core to tweak and clean their businesses as a way to attract an increase in activity in the local economy.