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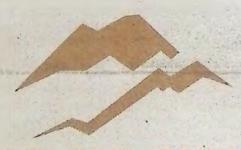
PXA hears motocross plans

Motocross could be coming to Princeton Exhibition Grounds in the near future. At the March 15 meeting of Princeton Exhibition Association (PXA), Dan Lankinen, a local proponent of dirt bike racing, presented an outline of Motocross plans for the grounds. Motocross is a popular sport, attracting hundreds of competitors and spectators to race competitions.

Lankinen outlined a race track design for the grounds, using a portion of the area within the confines of the horse racing track. The dirt bike racing track design, done by a professional from Kamloops, includes sharp curves, small inclines and straight level stretches. The track would not conflict with the continued on Page 2

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Right: Part of Mine Maintenance Crew







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Amended wildfire laws will increase fines

The B.C. government is taking a tougher stand to discourage behaviour that contributes to increased wildfire risks to help protect communities, natural resources and infrastructure from wildfire damage.

Proposed legislative amendments introduced March 14th as part of the Forests, Lands and Natural Resource Operations Statutes Amendment Act (Bill 12) include provisions aimed specifically at people who interfere with firefighting efforts in B.C.

"These tough new regulations are aimed at discouraging people from interfering in the fighting of wildfires or violating our wildfire laws," Fraser-Nicola MLA Jackie Tegart said.

"Last year's fire season in B.C. was one of the busiest and most expensive in recent years, so we must do all we can to limit the damage in our forests and ensure the safety of our firefighting crews."

Additional legislative changes will result in significantly increased ticket fines for 19 violations under the Wildfire Act and for seven violations under Wildfire Regulation. These changes mean that B.C. now has some of the highest wildfire-

related violation fines in the coun-

For example, the fine for failing to comply with a fire restriction under the Wildfire Act is increasing from \$345 (including a \$45 victim surcharge) to \$1,150 (including a \$150 victim surcharge). This represents a 333.33 per cent increase over the previous fine for that offence.

In addition:

- Bill 12 clarifies what is considered

to be 'interference' in terms of actions that could hinder firefighters. The proposed amendments would also clarify that interference does not have to be intentional to constitute a contravention of the Wildfire Act.

- The proposed amendments to the Wildfire Act would strengthen compliance and enforcement provisions by establishing an offence and penalties of up to \$100,000 and/or imprisonment for up to one year for failing to comply with a stop work order.

On average, 30 to 40 per cent of wildfires in B.C. are human-caused. The 2015 fire season saw more than 283,400 hectares burned and more than \$278 million spent on wildfire management.

To report a wildfire, call 1 800 663-5555 toll-free or *5555 on a cellphone. -submitted

PXA hears motocross plans

......continued from Front Page existing rodeo arena and mud racing pits.

From the perspective of the PXA, which manages the grounds, one problem was the lack of an existing formal body, such as a society or formal association, with which contracts can be negotiated. Lankinen stated the formation of such a legal entity is in process. What Lankinen needed immediately was permission to store dirt for future use on the dirt bike track, and approval in

principle for the use of the grounds for dirt bike racing.

There was discussion of the plans, and members noted the PXA has been storing Motocross starting gates for years. These had been put in place for Motocross racing many years ago, when another group intended to build a dirt bike race track but abandoned their plans. The PXA did not oppose current plans and gave approval in principle to the plans, with details of use to be agreed upon at a later date,

when a legal entity has been formed. PXA members gave approval for storage on site of dirt to be used in construction of the track. There was no opposition from any of the existing user groups.

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Flip Of The Coyne

by Spencer Coyne

There is a basic survival instinct that we all have. You might have experienced it yourself once or twice. It is referred to as 'fight or flight.' Our community has become too accustomed to this response as of late as Council makes one decision and another and the community reacts. From the banning of fireworks to the news of taking over the Museum, our community

awaits yet another decision from the halls of power.

I know that members of Council feels that it is people like me who are the problem, not their own actions or the way they convey their message. People feel that when Council makes decisions with little or no consultation or discussion, something isn't on the up and up. There is a way to change that, but

since time and time again the calls for more communication have been answered with even more silence, it is hard for the narrative to become one that would flatter Council.

At the Museum meeting this past Thursday, one council member brought up Facebook. Yes, people take to social media to speak their mind. They do this around the world. It isn't just a problem for politicians in Princeton. Social media is a powerful tool because it allows the masses to speak their minds. This is why political parties and businesses large and small spend a lot of money on creating, maintaining and cultivating their social media presence. Councillors can be outraged all they wish at people speaking their minds on social media, but it will not stop it from happening, and trying tocontinued on Page 19

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My Turn...

From One Fossil To Another

Are you about as confused as I am about the situation at Princeton Museum? Depending on where you get you information, there's either going to be a hostile takeover or a bloodless coup. I still see some logic in the proposed plan (as far as I can figure, anyway) of Town Council. If they take over control of the building and grounds that they already own, they will be able to bring about a budget for maintenance, improvements and funding the Museum Society could never amass even if they charged five bucks a head for each person who entered the building.

I did not attend the museum AGM last week but I did see members of Town Council going to the event. I was at another nearby photo-op so I had a good vantage point. I was glad to hear that the meeting saw a few of them in attendance. I am told that not one of them spoke during the meeting other than the Council Liaison and again, that makes sense to me.

One person with one message.

Read it how you wish but taking control of the home of Princeton's history does not exactly mean they are taken all the history as well.

There has been no indication whether or not the Museum Society would be expected to dissolve and forfeit their stewardship of historic artifacts. This is really the issue as far as I can tell and I agree with most that the Society should remain and keep taking care of the 'stuff' that keeps the Museum a Museum. I see absolutely nothing wrong with the landlord assuming everything else. It means a lot of good things if you take a hard look at it. Probably at the top of the list is a full-time, union-rate paid position which would include full benefits and the perks that come from not wondering year to year if there was enough funding to keep someone employed 'half-time.'

It would be a huge help if Town Council would spell out some of the details of their plan as this is where much of the confusion for me comes from. If they are taking control of Princeton Museum I'd like to know why. If it is part of a grand plan to bring all Town-owned facilities under one roof - as I speculated in last week's News Leader - then say so. I doubt many of us would have a problem with that.

I think we need to look at the pros and cons to get a better picture of what can come out of this. But in order to see things clearly we also need to leave our feelings out of it and look at just the facts. If the 'takeover' does not make financial, economic or cultural sense, then the matter should be dropped and we all go about our business as usual.

Will this actually happen?

Your guess is as good as mine.

At least if the Town takes control of the actual facility expenses, it'll mean there won't be another debate regarding who has to pay for such things as toilet paper or phone bills.

From where I'm sitting, small stuff like that may be a thing of the past, and they should be.

W. George Elliott - Owner/Publisher * MEMBER - CANADIAN ASSOCIATION OF JOURNALISTS MEMBER - PRINCETON & DISTRICT CHAMBER OF COMMERCE Brenda Engel - Office Manager Dawn Johnson - Reporter Arlene Arlow, Marty Menzies - Lower Valley Reporters Spencer Coyne - Columnist MEMBER - SIMILKAMEEN COUNTRY, KEREMEOS MEMBER - TONASKET CHAMBER OF COMMERCE

EDITORIAL GUIDE

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



... Your Turn

Letters and E-Mails Received This Past Week

To the Editor.

I attended the AGM for the Princeton and District Museum Society held March 17, 2016. It was definitely a learning experience. As many know, the President of the Museum Society, Rika Ruebsaat, re-elected President of PDMS, wrote a letter which was released to the public about her concerns with Town Council's interest in the management of the Museum.

In Rika's open letter to the public, published in this newspaper March 15, 2016, she explained the history of the PDMS, its purpose, and its function. She clearly explained what would happen to the PDMS if they were forced to dissolve, the consequences to our Museum would be great and some important artifacts would be returned to the original donors.

So, bottom line is, the bone of contention seems to be the management and 'custody' of the artifacts and whether the museum manager will become an employee of the Town, or remain under the employ of PDMS via funding.

Rika is very much involved in the

community, an articulate and intelligent person, who felt that the Town was about to take over the management of the Museum. I personally applaud her desire to inform the public and to alert us all as to what was happening behind the scenes.

PDMS is dependent on funding on an annual basis, dependent on the physical building that the Society's artifacts are housed in, which means they are beholding to Town Council for the generosity of the building and monthly maintenance of said building, as well as a certain amount of funding annually. Attempting to have a legally binding agreement with the Town about said building and maintenance seems to have prompted Town Council to remind PDMS of their vulnerability, prompting a discussion about Town essentially taking control of the Museum.

If there were no problem with how the museum has been run all these years, the big question is WHAT IS THE PROBLEM NOW? The citizens seem content to allow the PDMS to manage the Museum, as they have done an excellent job so far, attendance last night is significant proof that the community supports the Museum Society.

All the councillors, except Mr. Pateman, as well as CEO Rick Zerr were in attendance last night (March 17). Rosemary Doughty, a Town Councillor, basically said that she felt it would be better for the Museum and the taxpayers if the Town took over the Management of the Museum. By the end of the meeting not one of the Town Councillors stood up to address the crowd or to assure the members of the PDMS that the intention of Town Council, was not to take control of the Museum. This in itself speaks volumes.

Once again we are left with the question, what are the true intentions of Town Council concerning the Museum Society, the building, the annual funding and the Museum manager's position. My suggestion is to begin seeking other funding immediately and possibly another building. I would certainly try to consult with First Nations on funding possibilities and collaboration. Just an idea!

- Elizabeth Henderson, Princeton

To The Editor,

Merritt and the Nicola Valley offer it's residents and tourists an estimated 150 lakes and many rivers to enjoy. Water, especially our drinking water needs to be protected. Sadly enough on any given day Canada an estimated 1,000 boilwater advisories are in effect.

Our future generations need clean water for the best chance of living a healthy life. This can only happen if we work towards changing the patch work policies at the provincial level. Canada could be an environmental leader and build stronger healthier communities by passing a federal bill that would recognize its citizens rights to live in a healthy environment.

I personally do believe this could happen if we as the grassroots people stand together and continue to ask for this in Canada. We need to ask for an environmental bill of rights that recognizes, protects and fulfills our right to a healthy environment, including our right to clean water, would provide clear guidelines for government, industry and citizens to manage resources, economic development

and the health and well-being of communities in ways that are transparent, predictable and sustainable.

When we read in the news, watch it on TV, or see it on facebook the ordeal Shawnigan Lake on Vancouver Island has been through with their water issues it makes me want to try even harder to protect the upcoming generations in Merritt and the Nicola Valley. The children of the future need us all to act know so they will have a healthy future.

Together we can all make the difference in the direction our country will take on this issue. Hopefully, many more will also ask the federal government to put in place an environmental bill of rights that will protect our water. Happy Water Day everyone.

- Leigh Tom, Blue Dot, Nicola Valley

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Current Comment

Store Closings Are Handwriting on the Wall



Dawn Johnson editor@thenewsleader.ca

Store closings by major retail firms are causing some alarm for investors. The following are the numbers: Wal-Mart - 269 (115) Latin America; Kohl's - 18; Sears - 50; Sports Authority - 200; Target - 13; Best Buy - 30 last year, more to come; Office Depot - 400 by 2017; K-Mart - 24 stores; JC Penney - 87; Macy's - 36; The Gap - 175; Areopostale - 84 (casual apparel); Finish Line - 150 (athlete's shoes). The total is 1,836 stores, with thousands of laid off employees.

What is their problem? When sales began to drop, these retailers blamed online shopping. One analyst has stated point blank there is not enough online shopping to close so many stores. He says the problem is lack of spending on the part of the middle class, the people who have lost jobs and have either moved away from the store's area or simply do not have money to spend on non-essentials.

Although the impact of these store closures will not make much of an impact on the overall economy of the United States, these closures are an indication of what is going on in the economy. One of the spokespersons for Wal-Mart stated the company was losing money by keeping the stores open. In other

words, closing the stores was not simply a matter of less profit, it was a matter of losing money. Each store could have kept operating with less profit, but could not remain open if it was losing money.

The money lost made an impact on the value of the shares. If you owned 10,000 shares of Wal-Mart stock, you would have seen your income reduced by \$1,400 last year. If you owned 100,000 shares, your income would have been reduced by \$14,000.

You might think, "Oh, the rich are less rich this year,"

That would be true. The major shareholders have a lot less to live on this year. What if the major shareholder is a pension plan? Then a lot of people depending on that pension plan are living on a lot less this year. A sign of the times was a pension fund in the southern United States which informed its investors their pension income would be reduced by 40 percent. That is a major impact on people who are not rich.

Another impact of store closures hits at a local level. Most of these stores operate in shopping malls. They do not own real estate, they lease it. When the lease runs out, and the store closes, who fills the blank space? In most cases, nobody. The mall owners lose money, but they still have to pay utility bills, security bills and city taxes. If this was their investment for pension income, they are living on a lot less. If the mall owners borrowed money to build the mall, they still have a mortgage to pay on top of everything else.

In one small town in the United States, Wal-Mart moving in had resulted in mom and pop grocery stores closing along with the town's only pharmacy. Now the town has no grocery store and no pharmacy within 10 miles. This

might mean opportunity for some other small business to move in, but in the meantime, those who do not have a vehicle are in a really difficult spot. Many residents may feel they have to move, which will have a further negative impact on the town. Those who worked at the big store may not be able to remain without a job income.

In that town, with fewer incomes and fewer people, who pays the taxes to keep the town running?

In any town, big or small, to stay in business retailers rely on having enough customers with solid incomes. A solid income means a steady income from a full-time job that pays enough to allow the wage earner to buy more than the bare necessities. In Princeton, we have a sawmill and a mine to provide the kind of incomes that support the retail businesses and help pay our taxes. If the sawmill and mine shut down, we would see most of our retailers vanish. We would see a large portion of our population move elsewhere. Our tax base would be cut so badly we would be lucky to have our streets plowed in winter, let alone have potholes filled. If our taxes rose too much, we would see even fewer people residing here. People who depend on rental income would lose first, and those who hold mortgages may find themselves with defaults. Those without jobs cannot pay mortgages. Homes would be abandoned and our bank and credit union would feel the pinch.

This is the kind of scenario being played out in one small town in the United States, but it may not be the only town affected. The situation in that small town is handwriting on the wall for many towns. If jobs are not protected, if local businesses and industries cannot survive, then the economy is failing. When what was once the richest nation in the world does not have enough steady employment to support retailers, then economists had better look for what went wrong and fix it.

Granite Creek
Preservation Society

MEETS THE THIRD THURSDAY OF THE MONTH

1:00 PM Princeton Museum

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- Luke 22:43

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The annual general meeting of Princeton District Museum & Archives Society proved to be lively as members of the society and of the public dealt with the concept of the Corporation of the Town of Princeton wishing to assume control of the museum. The Town proposed doing this for the good of taxpayers, justifying their plan, according to Councillor Rosemary Doughty, on the basis of the Town owning the land, the buildings, and financial support in the form of grants and covering the cost of utilities.

Councillor Doughty stated, "The Town has spent a lot of money on the museum."

As one person responded, "The Town has spent a lot of money on other things."

The real issue for most of those in attendance was the ownership of the artifacts donated to the Museum Society and the furnishings and equipment of the museum, which belong to the Museum

Society. Several people noted "the landlord cannot claim ownership of the tenant's property."

Councillor Doughty, who is Town Council's liaison person for the Museum Society, said, as the Town owns the land and the buildings, and gives financial support, she did not see why the Town should not have it all.

One of the things the Town proposed to do was provide a full-time job for the museum manager, which would include benefits (above those legislated) as well as salary, which the museum is not currently able to provide. There was no explanation why the Town would have to assume complete control of the property of the Museum Society in order for the Town to employ the manager, nor was there any explanation of why the Town could not simply grant enough money to the Museum Society to pay for a full-time manager and provide benefits above those legislated.

ORNET

FOR INFORMATION CONTACT:

David Lasser

Public says, "If it ain't broke

While there was recognition by both the Museum Society executive and the Town representatives that the matter had been under discussion for some time, without agreement, there appeared to be nothing in writing.

At no time was there any allegation of mismanagement or misconduct by the Museum Society, which left those in attendance wondering why any change in the current arrangement was neces-

The members and general public had many questions and comments, but one of the themes was the old adage, "If it ain't broke, don't fix it."

There was a warning from one person in attendance who commented that the City of Grand Forks had attempted a takeover of the Grand Forks museum and it had gone to court, and the city lost.

Approximately 60 people attended the meeting, and the majority of the comments gave solid support for the Museum Society.

Discussions between the Town and the Museum Society will continue but, as one member stated, no agreement with the Town will be made until it is presented in writing to the Museum Society in writing and ratified by those members.

elects new board

Princeton District Museum & Archives Society held an election March 17 to determine who would comprise the new Board of Directors for 2016-2017 year. Mayor Frank Armitage conducted the election which saw Rika Reubsaat returned as President, with Gerald 'Tip' Anderson returned as Vice-President. Martin Hough was re-elected Treasurer with Marjorie Holland, Secretary. Directors for the year are Lori Weissbach, Jon Bartlett, John Henry, Terry Malanchuk, Ken Heuser and Kathy Clement. Evelyn McCallum remains a member of the Board as Honorary President.

President Ruebsaat gave her annual report, saying Princeton's museum is the envy of many small towns.

Museum manager Robin Irwin gave a report of all of the year's activities, as follows:

2015 in Review

- New Exhibits, Ice Harvest, Boy Scouts, Hospital
- 2 students Cache and Hayden
- 3 full camps as usual, with waiting lists
- Royal BC Museum Species at Risk outdoor exhibit
- Granite Creek Preservation Society monthly meetings
- Retirement, Birthdays, Pool Orientation
- Joe Smuin event, October
- Allan Gill Photography event, January 30, 2016
- BCMA October 25-27

You

- Museum of Anthropology at

UBC workshop

- Organizing your collection, June

Education

- West Point Grey Academy
- New Beginnings, April
- Ms Nelson's Grade one, April
- Jr. Girl Guides/Sparks, March - Mrs Low's Kindergarten
- Amazing Literacy Race - Jason Palmer's grade 10's
- Mining Days \$300 donation
- TOTA Tourism event, attended at Riverside, June
- Community Foundation Participation, adjudicating and supporting the development of a Princeton Fund.
- Visitor-ship 2,500 about the same for my 4 years
- Volunteer hours: Over 2,000 hours - value \$25,200

Paleo talk, August

- Public Talk - Paleontology and Climate: We were lucky to have 8 paleontology researchers here this summer doing field work in and around Princeton. The four PHDs in the group offered a free talk here on Thursday, August 7th, that ran over 2 hours, we had over 70 people in attendance. The four speakers had 20 minutes each on their specific field of study, with a question and answer period at the end. It was after 9:00 PM when we locked up due to the audience's question and answer period.

Paleontology

PrincetonBCNews

The 'ant': Ed Staples and Nienke Klaver have donated is an important insect specimen to our museum. It is the first prehistoric ant of

its type to be discovered in our area, and is scientifically important. Bruce Archibald spent a few days in Princeton doing site visits (October 26-29 and March 7-10) and spent some time in our Pollard room. We now have a system and template for a Data entry and Cataloguing protocol which has us now going forward with on a numbering system for our masses of fossils that are currently not cataloged.

John Henry has spent hundreds and hundreds of hours organizing and identifying fossils, and we are so grateful for his tireless efforts. Thanks also our newest volunteer Kathy Simpkins who is working with John Henry in cataloging and developing a database with advice from Marji Johns at the Royal BC Museum.

Gift Shop Gift shop: Lori/Robin/Rolf Success! We had increased sales this year with books being of particular interest. Special thanks to Lori and Rolf Weissbach for loaning us cabinetry, as well as delivering and installing the unit. Also to Lori for her time and effort in finding suppliers, and for physically setting up the shop. Your help was invaluable this year Lori, thank you for your time.

- Smoke Fund Lori and Evelyn Princeton, Tulameen, Coalmont, Hedley, Keremeos and Cawston Over 500-600 hours invested in this project so far 1,342 letters 250 named soldiers.
- First Nations curriculum changes Will now be implemented in every grade level at every school in BC Working with Tim Manual and Barb Parker in implementing programs to support this curriculum. The longterm goal is to have some level of interaction with every class in Princeton, whether this is through visits to the museum, or creating programs within the schools that would include 'museum in a box' type kits that are available as classroom teaching tools, as well as display cases filled with artifacts that supplement educa-
- Truth and Reconciliation recommendations - Reviewing and looking at implementing on the board level.



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IHA reminds you it is Tick Season

The early spring weather means many of us are spending more time outside. We aren't the only ones enjoying the unseasonable warmth-the change in weather also brings out ticks - small bugs that feed on the blood of humans and animals and can sometimes transmit disease.

Ticks are most often found in tall grass and wooded areas, so covering up before you head outdoors and checking for ticks on yourself, your children, and your pets after being outdoors, are simple things that go a long way to prevent tick bites.

"The most common tick species in the Interior Health region is the Wood Tick (Dermacentor andersoni), which is not known to carry the Lyme disease bacteria," said Dr. Silvina Mema, Medical Health Officer with Interior Health.

"The Wood Tick can carry other diseases such as Rocky Mountain spotted fever, although it is very rare. Some ticks also have toxins that can cause temporary muscle weakness and paralysis but the symptoms fade once the tick is removed."

The tick species that carries Lyme disease (Ixodes pacificus) is more common in the coastal areas of B.C., but may also be present in low numbers in areas within Interior Health. Less than one per cent of Ixodes ticks in B.C. carry Lyme disease. In addition to fever, headache,

and muscle pain, people infected with Lyme disease will often develop a rash that looks like a 'bull's eye' target and expands from the site of the tick bite.

"Most tick bites do not result in illness; however, all tick bites should be cleaned, as infection can occur whenever there is a break in the skin," added Dr. Mema.

"It is important to watch for signs of tick-transmitted illnesses. Signs of many tick-borne infections can be quite similar and include fever, headache, muscle pain, and rash. Anyone who experiences a bullseye rash or other symptoms should see a doctor as soon as possible."

- Other precautions include:
 Walking on cleared trails when in tall grass or wooded areas.
- Wearing a hat, long sleeves, pants, and light-coloured clothing.
- Tucking pant legs into socks or
- Applying insect repellent containing DEET on uncovered skin.
- Carefully checking clothing and scalp (covered or not) when leaving an area where ticks may live.
- Having a shower after returning from areas where ticks may live.

from areas where ticks may live.

To reduce ticks from entering your

- home and yard, try these steps:
 Keep your lawn short and remove any fallen leaves and weeds.
- Keep a buffer area such as woodchip or gravel border between your lawn and wooded areas or stone

walls. Any play equipment or play zones should be kept away from wooded areas.

- Trim tree branches to allow more sunlight in your yard.
- Keep wood piles and bird feeders away from the house.

- Widen and maintain trails on your property.

If you find a tick on yourself, a family member, or pet, wear gloves and gently remove it. Use needlenose tweezers to gently grasp the tick close to the skin and pull the

tick straight out without squeezing.
After removal, clean the area with soap and water. If you have concerns or need assistance removing a tick, please contact your family doctor or visit a walk-in medical clinic.

-submitted

Dr. Mousa joins Princeton Hospital and Cascade Medical

The physicians and nurse practitioners at Princeton General Hospital and the Cascade Medical Centre are delighted to welcome Dr. M. Mousa to the hospital and to their practice.

Dr. Mousa was recruited through the International Medical Graduate Program and completed his Practice Ready Assessment in Castlegar, B.C. He also trained and practiced medicine in Egypt for many years and brings an abundance of clinical experience with him.

The Practice Ready Assessment program assesses internationally trained physicians for practice in B.C. and is funded by the Joint Standing Committee on Rural Issues - a collaborative committee of the Ministry of Health and Doctors of BC.

Dr. Mousa joined the centre on February 15, 2016 and will be adding patients to his practice over

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the coming months. While it is the ongoing goal for everyone in the community to have a primary care provider (family physician or nurse practitioner) the hospital and medical centre ask for patience as they do their best to attach those with the greatest medical needs first.

Residents of Princeton and the local area can fill out a 'request for attachment' form at the medical centre to ensure the centre is aware of you and your medical history

which will help them identify those wishing to have a primary care provider.

As always, the emergency department is open 24/7 for those requiring urgent care. A nurse is on duty and onsite to assess patients and a physician is available on call.

The hospital and medical centre thank you for your continued patience and understanding as they strive to provide excellent medical care for everyone in the community.



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at Princeton Plaza Parking Lot.

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Flowers In Motion
Brad Den Boer

Living Past 100

Food Can Reduce Anxiety

People suffering from anxiety are likely to go to a physician. The physician is likely to prescribe an anit-anxiety pill and advise reducing stress. This may not be the best solution.

Many people develop anxiety from improper nutrition. Stress does play a big part, but the feeling that one cannot cope with stress leads to anxiety, and every life has some kind of stress. At the same time, we see people working or living in circumstances of daily high stress situations, and they do not suffer from anxiety. What they eat may make the difference.

There are five nutrients essential for preventing anxiety. First are the Vitamin B food group, generally known as protein sources. All meat contains Vitamin B, but turkey has a high amount, along with potatoes, whole grains, peas, beans (dried) and bananas.

The second nutrient essential for preventing anxiety is magnesium. This mineral feeds the nervous system. It is found in nearly all vegetables, meats, nuts, seeds and whole grains. Excellent sources include watermelon, figs and parsley.

The third essential nutrient is tryptophan, found in large levels in turkey, winter squash, yogurt, fish, peas and dried beans. Tryptophan is a nerve soother and helps a person have a sound sleep.

Vitamin D is essential in preventing anxiety. For those who work indoors, the winter months in Canada almost guarantee Vitamin D deficiency unless they take Vitamin D supplements. Health Canada urges all Canadians to take Vitamin D supplements from October through March.

The last essential nutrient is calcium, found in dairy products, soy meal, almonds, broccoli and kale, and oatmeal. Cheeses of all kinds are especially rich in calcium, and the calcium is in a form readily absorbed by the body. When you feel anxious, start looking at what you have been eating. Maybe you should have baked beans instead of pizza, or a cheese sandwich on whole grain bread instead of peanut butter and jam. When was the last time you ate winter squash, broccoli, kale, or figs? How about pea soup? Improving your intake of the right kind of food should be your first option before taking prescription medications.

Narcotics Anonymous

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

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



KID'S CLUB! Fridays 6:00 PM (Ages 7-12) ADULT SUPERVISED PROGRAMS

Games/Music/Devotionals

News Leader nteralment

Similkameen News Leader TV Guide Listings - March 22 - 28, 2016



Princeton Museum Manager Robin Irwin, left, conducts the Election of Officers at the Granite Creek Preservation Society AGM March 17th. *

GCPS elects 2016 directors

The Granite Creek Preservation Society hosted their annual general

meeting March 17th in Princeton Museum.

Museum Manager Robin Irwin conducted the election that saw

George Elliott returned as Chairman, Diane Sterne assumes the Vice-Chair position once again with Bob Sterne filling the Treasurer's seat for another term along with Jon Bartlett repeating as Secretary.

Directors elected include Ole Juul (communications/website), Murv Baker, Rob White and Todd Lester.

The members at the meeting heard some exciting news regarding the translation work that had been completed on a document that was written in a Chinese language. The group has spent some time researching the history and influence of Chinese miners who worked the creek called Granite in the late 1800s as there were hundreds of them in the region.

The work of members Rob White,

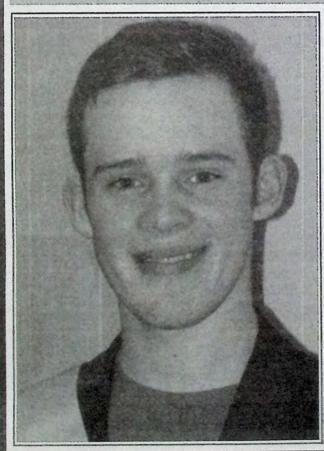
Diane and Bob Sterne has prompted the establishment of a Chinese Section to be included on the Granite Creek Preservation Society's web-

"There is no doubt we are just scratching the surface here," states GCPS Chairman George Elliott.

"There were over 400 Chinese miners registered in mining records from Granite - representing over 100 different Chinese mining companies - which gives us a ton of information to follow up on as we investigate further into the history of the site."

The GCPS meets the third Thursday of each month at 1:00 PM in Princeton Museum, in the George Kassa Research Room. To find out more visit their website at www.GraniteCreekBC.ca.

2016 Princeton Youth Ambassador Candidate Colton Heron - Royal Canadian Legion



Colton was born in Langley and moved to Calgary when he was 8 years old. After 5 years in Calgary, the family moved with the RCMP and have found their home here in Princeton. Colton is currently home schooled, but was in public school for most of his life. His favourite subject is chemistry, and is closely followed by astronomy.

When he graduates, Colton would like to be either a Particle Physicist or a Christian Pastor. While not in school, he enjoys online gaming, soccer, swimming, and participating in our local high school band. Colton works at the Rockridge Canyon Youth camp just outside of Princeton where he makes food for guests, serves, washes dishes, and any other chore there is to

Colton is proud to be sponsored by one of Canada's largest Veteran support and community service organizations, the Royal Canadian Legion George Pearkes Branch #56.



PrincetonBCNews

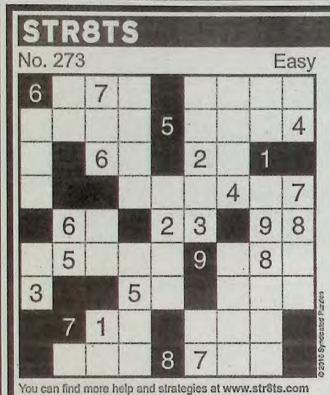
ee Augustine



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News Leader Str8ts



along with more puzzles, Apple apps and books.

Previous solution - Medium

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

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

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.

THIS WEEK'S

News Leader Str8ts

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Tuesday Movies

TUESDAY AFTERNOON

12:00 pm FAM ch.26 "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) (CC) 4:00 pm FAM ch.26 "The Tale of Despereaux" (2008, Adventure) Voices of Matthew Broderick. Animated. In the faraway kingdom of Dor, a misfit mouse must find his inner knight in order to rescue a kidnapped princess. (In Stereo) (CC)

5:00 pm WTBS ch.3 "The Lookout" (2007, Suspense) Joseph Gordon-Levitt. A brain-damaged former athlete finds himself pulled into a heist at the bank where he works as a janitor.

EVENING

9:00 pm KNOW ch.5 "When I Walk" (2013, Documentary) Filmmaker Jason DaSilves documents his body's decline. (In Stereo) (CC)



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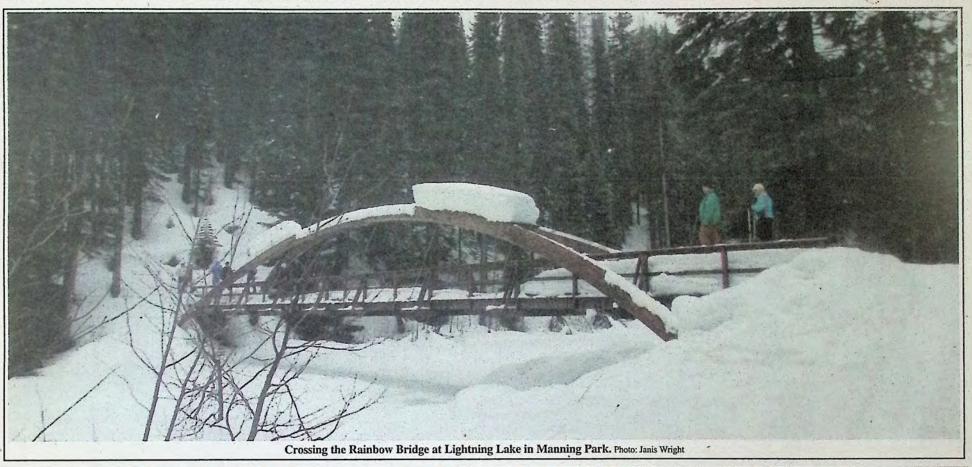
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TUESDAY, MARCH 22, 2016

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ. ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6	AM	Crazy Talk	Morning News (N) total	HI Oplet O	Arthur	KHQ News 6AM (N)	KREM 2 Morning	Dog		Morning News (N) 30	(5:00) Morn- ing News	The Early Edition (N)	Kid vs. Kat	SportsCen- tre 🔯	CTV Morn- ing Live	Highway Thru Hell	Life Derek	CityLine (N) BC	Ink Master	Canadian Pickers (C)
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0		aw Order:		PAW Patrol	Nature Cat	Cheadle. (N)		Criminal			Morning	Napkin	Chucks	2016 World Women's		Daily Planet	Life	The Price Is	Ink Master	Security
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milion Forks Field Naturalists

Snowshoeing at Lightning Lake Loop

by Janis Wright, VFFN

Seven spirited club members took part in one of this season's last snowshoe outings on Saturday, March 12th, when Vermilion Forks Field Naturalists trekked the half loop at Lightning Lakes, a distance of 4.5 kilometres.

It was snowing heavily as we set off on the trail, which lent a hushed and tranquil quality to our first half hour, especially as there were still several feet of snow on the ground. Soon, however, the sun began to

shine brightly on the lake, filtering through the evergreens and onto our path, which cut across steep banks above the water.

The diverse shades of green were striking as we hiked through the woods, mosses and lichens combining with an assortment of conifers, and we were enticed to make a number of photo stops. This trail is rated moderate in its level of difficulty, and is an interesting walk. We had numerous large, fallen trees to climb over as well, a tricky maneuver with snowshoes and poles to consider!

and made our way back to the day use area, where we enjoyed our lunch. The picnic tables were buried in snow, so we stood in the sunshine and watched as Gray Jays boldly attempted to steal our food.

This trek took just over 2 hours, and we met a few friendly folk on the trail, mostly people who had traveled from the lower mainland for a day's outing. We in Princeton are privileged to have Manning Park in our own 'backyard' - this scenic spot is a true treasure!

Our next field trip will be held

Ruebsaat will lead a walk along the old VV & E (Vancouver, Victoria and Eastern) railway bed, which runs along the south shore of the Similkameen River near Hedley. Please phone 250-295-4006 to confirm participation and we'll meet at Billy's Restaurant parking lot at 9:00 AM.

Our next meeting will take place Tuesday, April 12th, 7:00 PM at Riverside Centre, when our guest speaker will be Princeton's town arborist, Travis Barack. Please check our website at www.vffn.ca for any and all information about our club!







The only fisherman on Yellow Lake March 13th was the dude on the sign. Higher elevations continue to receive occasional snowfall.

Yellow Lake has melted sufficiently such that it is unsafe to venture out on the ice. Photo: Arlene Arlow

WEDNESDAY, MARCH 23, 2	2016	23, 2016	
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V		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
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-	PM	Blg Bang	Young &	Maker	Ready Jet	Jdg Judy	Dr. Phil	Wahlburgr	FABLife	Young &	Early News	Canada	SpongeBob	Hockey	The Dr. Oz	Daily Planet	Movie: **	Mod Fam	Contractor	Canadian
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5	:30	"Four Christ- mases"		Wild Kratts	Business	NBC News	CBS News	Wahlbrgs	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob	SC RE	Vancouver	Jade Fever		Mom 🕬	Trans- formers:	Security
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News Leader Movies - Wednesday to Saturday

WEDNESDAY MORNING

9:00 am SPIKE ch.44 "Death Race" (2008, Action) Jason Statham. Imprisoned for a murder he did not commit, a three-time speedway champion must compete in a brutal auto race in which the penalty for losing is death. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "The Tale of Despereaux" (2008, Adventure) Voices of Matthew Broderick. Animated. In the faraway kingdom of Dor, a misfit mouse must find his inner knight in order to rescue a kidnapped princess. (In Stereo) (CC)

4:00 pm FAM ch.26 "Kindergarten Cop" (1990, Comedy) Arnold Schwarzenegger. An undercover officer teaches a rowdy class of peewees, to identify one whose mother must be found. (In Stereo) (CC) 5:00 pm WTBS ch.3 "Four Christmases" (2008, Romance-Comedy) Vince Vaughn. When their plans for a holiday getaway fall apart, a couple must spend Christmas Day trudging to a quartet of family get-togethers.

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

EVENING

8:30 pm SPIKE ch.44 "Watchmen" (2009, Action) Billy Crudup. After his former colleague is murdered, a masked vigilante uncovers a plot to discredit and destroy the world's superheroes. (In Stereo)

THURSDAY AFTERNOON

12:00 pm FAM ch.26
"Kindergarten Cop" (1990,
Comedy) Arnold Schwarzenegger.
An undercover officer teaches a
rowdy class of peewees, to identify
one whose mother must be found.
(In Stereo) (CC)

SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

2:30 pm SPIKE ch.44
"Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf. When an ancient Decepticon rises for revenge, Sam and Mikaela must figure out the history of the Transformers' presence on Earth and find a way to save the planet. (In Stereo)

4:00 pm FAM ch.26 "Beethoven's Big Break" (2008, Comedy) Jonathan Silverman. When kidnappers steal the star dog of a movie, a handler replaces the animal with a lovable St. Bernard. (In Stereo) (CC) 5:00 pm WTBS ch.3 "Desperado" (1995, Action) Antonio Banderas. A guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend.

EVENING

8:00 pm SPIKE ch.44 "Kiss of the Dragon" (2001, Action) Jet Li. A Chinese intelligence officer on assignment in Paris becomes involved in an international conspiracy. (In Stereo)

FRIDAY AFTERNOON

12:00 pm FAM ch.26 "Beethoven's Big Break" (2008, Comedy) Jonathan Silverman. When kidnappers steal the star dog of a movie, a handler replaces the animal with a lovable St. Bernard. (In Stereo) (CC) 5:00 pm WTBS ch.3 "Road to Perdition" (2002, Crime Drama) Tom Hanks. Accompanied by his eldest son, a Depression-era mob enforcer seeks revenge after the rest of his family are murdered by his employer's jealous son.

EVENING

7:30 pm YTV ch.18 "Ice Age: Continental Drift" (2012, Comedy) Voices of Ray Romano. Animated. Scrat's pursuit of an infernal acorn has world-changing consequences for Manny, Diego and Sid. (In Stereo) (CC)

8:00 pm FAM ch.26 "Johnny English" (2003, Comedy) Rowan Atkinson. Premiere. A bumbling British agent tries to find a French billionaire who has stolen the crown jewels. (In Stereo) (CC)

crown jewels. (In Stereo) (CC)
9:30 pm YTV ch.18 "Evan
Almighty" (2007, Comedy) Steve
Carell. A newly elected congressman faces a crisis of biblical proportions when God commands him to

build an ark. (In Stereo) (CC)
10:00 pm FAM ch.26 "Scott
Pilgrim vs. the World" (2010,
Romance-Comedy) Michael Cera.
Premiere. After meeting the gal of
his dreams, a charming slacker
must contend with an army of her
ex-boyfriends, wanting to get rid of
him. (In Stereo) (CC)

11:00 pm WTBS ch.3 "What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door.

SATURDAY MORNING

9:00 am SPIKE ch.44 "National Treasure: Book of Secrets" (2007, Action) Nicolas Cage. A page from the diary of John Wilkes Booth implicates Ben Gates' great-great grandfather as a major conspirator in the assassination of President Lincoln. (In Stereo)

10:30 am FAM ch.26 "Johnny English" (2003, Comedy) Rowan Atkinson. A bumbling British agent tries to find a French billionaire who has stolen the crown jewels. (In Stereo) (CC)

11:00 am WTBS ch.3 "Dogtown and Z-Boys" (2001, Documentary) Jay Adams. Filmmaker Stacy Peralta profiles the skateboarding craze in Southern California in the 1970s. Narrated by Sean Penn.

AFTERNOON

12:00 pm YTV ch.18 "Jimmy Neutron: Boy Genius" (2001, Comedy) Voices of Megan Cavanagh. Animated. A smart child and his mechanical dog blast into outer space after aliens kidnap adults from his hometown. (In Stereo) (CC)

FAM ch.26 "Barbie: Spy Squad" (2016, Adventure) Voices of Britt Irvin. Premiere. Animated, Barbie and two of her best friends go from hard-working gymnasts to undercover secret agents when their amazing skills capture the attention of a spy agency. (In Stereo) (CC) 1:30 pm WTBS ch.3 "Cloverfield" (2008. Science, Fiction), Michael

1:30 pm WTBS ch.3 "Cloverfield" (2008, Science Fiction) Michael Stahl-David. A video camera records the horrific events that unfold as a monstrous creature attacks New York, leaving death and destruction in its wake.

2:00 pm YTV ch.18 "One Crazy

2:00 pm YTV ch.18 "One Crazy Cruise" (2015, Comedy) Kira-Kosarin. A girl, her brother and their two new stepsiblings find adventure when they pack their bags for a family cruise. (In Stereo)

3:00 pm FAM ch.26 "Johnny English" (2003, Comedy) Rowan Atkinson. A bumbling British agent tries to find a French billionaire who has stolen the crown jewels. (In Stereo) (CC)

3:30 pm YTV ch.18 "Rufus" (2016, Comedy) Jace Norman. Manny moves to a new school and wishes for more friends. He finds a special collar and puts it on his dog Rufus, transforming it into a boy. After Rufus joins Manny's school, his instant popularity tests the bonds of their friendship. (In Stereo) (CC)

EVENING

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SATURDAY, MARCH 26, 2016 KREM KNOW DTOUR WTBS CHBC KHQ KXLY **BCTV** CITY CBC YTV TSN VTV DISC FAM CITY SPIKE KSPS A&E ch.3 ch.4 ch.5 ch.6 ch.7 ch.8 ch.9 ch.10 ch.11 ch.12 ch.13 ch.18 ch.19 ch.22 ch.24 ch.26 ch.29 ch.44 ch.45 AM On Spot Ancestors Dragon Heartland (5:30)**CBS This** Nicole & Pald Prog. Ancestors Saturday Tiger Sidekick SportsCen-Julcebox Jade Fever Warthogsl Pald Prog. Tattoo Security 6 Morning O BC Today (N) Morning Jionni's tre 20 Fishful :30 Coolest PAW Patrol Fly Tying Pald Prog. Fishful Animal Sidekick Jado Fever Life Derek Panorama Tattoo Pald Prog FIIp P. Affairs Saturday Curious MotorWeel Lucky Dog What Wou Super Why Chucks How/Made Eye/Asla Tattoo Security AM KHQ Satu Good Saturday SportsCen day Wake Morning Morning You Do? Morning tre Ec Pald Prog. Curious Dr. Chris Save-Ums! Chucks Gaming Tattoo Security :30 Greener News (N) News (N) Up Show America AM TrustDale PAW Patrol Arthur O Belleving Mayday (co HZipzer Polish Tattoo The Em Woodsmith Innovation What Would Hanna Nerds SportsCenou Do? :30 Pald Prog. Cat in the Life Tattoo The Em Astroblast Rough Cut Inspectors Ocean SpongeBol 0 20 Paid Prog Wahlburgr Jeffersons AM Magic Bus | Hometime Hldden Rescue Fish'n Our Van-SpongeBob 2016 World **Dual Sur-**Backstage Movle: * Border National ouver & vival RC :30 Pald Prog. Kate and Old House Skiing Changers Wahlburgr Wildlife Real Fish. Parents **Next Step** Paid Prog. Border Curling Fish'n Wild Kratts Wahlburgr Champlon Fall Army Book of Se AM Glmme Old House Major Fish'n Absolutely Marllyn Mayday &C Lost Border ship: Page 10 League Canadian (Denis :30 Seinfeld O Fishing Wild Kratts Kitchen Wahlburgr Fishing Driving TV Pig Goat Movie: ** Explore Playoff, 1 vs Fishing AM Movie: ** A Powerboat 2. 10 Cage. Is Written Doki te Pépin PGA Tour Donnle Pald Prog. PGA Tour Doc Zone Turtles Mayday & Survivor-Security Best/Bas-Powerboat English" () Golf: WGC cetball Golf: WGC-Driving TV SpongeBob etalk 20 Security :30 Creative Martha Donnle Paid Prog. Driving TV and Z-Boys' Dell Match **Dell Match** (DVS) Play, Quar-Play, Quar-News (2001) Jay PM News Animals Cook College 60 Days In How the The Nature Movie: ** SC 80 SportsCen-Railroad Barbie: Spy Illusions Cops & Border of Things Alaska 🕸 Basketball "Jimmy Neu Squad* Motoring :30 PGA Tour Animals Garden Matter PGA Tour Escape Cops 30 Border From Austin From Austin Golf: WGC Golf: WGC-Close-Up Country World of X Figure Skat-Genius' 2016 World Corner Gas Dual Sur-Cops &c The Em PM Our Part Antiques 60 Days In Awesome Dell Match Club in Aus Club in Aus Games (N) Ing: ISU World Jun Roadshov vival 30 Kings Play, Quar terfinals. Play, Quar-Corner Gas Make Me Movie: *** Cops (5 The Em :30 Cosmic tin, Texas. tin, Texas. (N) Champion-Canada's Mod Fam Border PM Canada: British Road to the 60 Days In 30 for 30 Movie: Highway Gaming Cops Es (2008)Baking ships. ship: Page Fight Face* *One Crazy Worst Nowhere Mod Fam Jall 20 Border :30 Driver (2015)4. (N) PM The Middle CityNews Ice Pilots Waterfront Globe Trek Turbo Lift 2016 NCAA The First 48 Ice Pilots National Disruptors How/Made Movie: ** Cops Et Security NWTO OTWN Cities ker O Basketball Hockey :30 The Middle Fish Oil Movie: "Ru Moneytalk How/Made CityNews Cops 25 Security English" 0 Tourna fus" (2016) Marilyn SportsCen PM Seinfeld 0 Decod-Cize It Up! The First 48 Last Man Decod-Canadian **NHL Hock-**Cold Water NHL Cops &c Security Secrets of Rick Steve Ing the Ancients 4 :30 Atl. Ents 0 20 ing the ey: Boston tre (N) 80 Denis Cowboys Global Nat. Assembly Life Jdg Judy Cops & Security Teams TB (4:59) Nows ronto Maple Gold Rush Cops 25 The First 48 News TBA SC E Border PM King TBA Ancient Last/Wine News Leafs. (N) (Hour (N) Egypt :30 King 2016 NCAA ABC News Global Nat Assembly SC RC etalk 20 **Next Step** News Vicious O NBC News Cops M Border PM Movie: ** Global Nat. Hope for (5:59) News 16x9 20 Assembly 2016 World CTV News The First News at 6 Moonshin Backstage Lawrence Cops &C Ghost Tourna-"The Switch" Vancouver :30 (2010) Wildlife EE Welk The Insider News Jeopardyl ment Stanley Backstage Cops 30 Curling (N) 7 :30 *** The Garage at 48: Killer Hockey: (DVS) Planet O EE Weekend Files O MO First Dates Easter Lost Cops 30 Chicago Ten Com-Semifinal. (N) (Live) #5 PM Family Guy Side Show The First mandment Movie: Blackhawks Movie: ** The X Fac-News Side Show Blg Bang CityNows Cops EC Heartbeat 8 :30 Family Guy First Dates at Calgary *** Steel NBC (N) 48: Houses "Ghost "Zathura: Brothers & | tor UK "Live Whacked First Dates Anger Cops III Flames. (N) Magnolias" A Space Show 3" () (N) (Live) E Movie: Perfect Drama) Movie: (2012) Crys-Miko PM Burgers (9:01) The SportsCen-Liquidator Cops 30 Midsomer Moonshin Ghost 9 :30 Burgers tal Allen. Bill First 48 Etc Adventu Liquidator Cloveland Hoston, Yul The X F. Cops 20 0 00 Brynner. (2012) Crys-PM Community (2012) Crys-Profiles Saturday Elementary The First News Final | Post Show Game On SportsCen-Motive O BE Misfit *Cirque du Night Live 48: Killer tre (N) (Live) (DVS) Moone Boy Garage 20 Freak: The "National Files O Ru :30 Community (10:35) **CBC** News Park Assembly Saturday PM "I Can Do Waterfront News The First Pald Prog. Assistant" () Expedition Night Live Bad* Cities Limits an 48; Killer EE (DVS) :30 Hollywood Gaga CTV News Paid Prog.

News Leader Movies - Sunday

...continued from Page 13

6:00 pm WTBS ch.3 "The Switch" (2010, Romance-Comedy) Jennifer Aniston. A woman inseminates herself without knowing that her best friend substituted her preferred sperm sample for his own. 7:00 pm KXLY ch.10 "The Ten Commandments" (1956, Historical Drama) Charlton Heston. Raised as an Egyptian prince, Moses discovers his Hebrew heritage, hears God's call, and engages in a bitter battle with the Pharaoh Ramses to free the Jews from slavery, leading them to the Promised Land.

8:00 pm KSPS ch.6 "Steel Magnolias" (1989, Comedy-Drama) Sally Field. Based on the play about six Southern women who become close friends despite their eccentricities and complicated

lives. (In Stereo) (CC) CITV ch.12 "Ghost Storm" (2012, Suspense) Crystal Allen. Premiere. A supernatural electrical storm threatens an island community.

YTV ch.18 "Zathura: A Space Adventure" (2005, Adventure) Josh Hutcherson. Premiere. Two young brothers play a mysterious game that propels them into an outerspace adventure. (In Stereo) (CC)

9:00 pm CHBC ch.4 BCTV ch.11 'Ghost Storm" (2012, Suspense) Crystal Allen. A supernatural electrical storm threatens an island community. (CC)

10:00 pm SPIKE ch.44 "National Treasure: Book of Secrets" (2007, Action) Nicolas Cage. A page from the diary of John Wilkes Booth implicates Ben Gates' great-great grandfather as a major conspirator in the assassination of President Lincoln. (In Stereo)

10:10 pm FAM ch.26 "Cirque du Freak: The Vampire's Assistant" (2009, Fantasy) John C. Reilly. After a sideshow vampire turns a teenager into one of the undead, the kid becomes a pawn between warring supernatural factions. (In Stereo)

11:00 pm WTBS ch.3 "Tyler Perry's I Can Do Bad All By Myself" (2009, Comedy-Drama) Tyler Perry. When Madea catches three siblings looting her home, she delivers the youths to their boozy aunt, who is sorely in need of an attitude adjustment.

SUNDAY MORNING

8:00 am A&E ch.9 "District 9" (2009, Science Fiction) Sharlto Copley. A field operative for a company that oversees extraterrestrial refugees contracts a mysterious virus that begins to change his DNA. (In Stereo) (CC)

9:00 am WTBS ch.3 "Resident Evil: Apocalypse" (2004, Horror) Milla Jovovich. Survivors of a deadly virus must fight their way through Raccoon City's legion of undead inhabitants.

YTV ch.18 "Hop" (2011, Comedy) Voices of James Marsden. Live action/animated. Reluctant to take over his father's job, the son of the Easter Bunny runs away to Los Angeles, where he tricks an unemployed slacker into taking care of him. (In Stereo) (CC) (DVS)

10:30 am FAM ch.26 "Barbie: Spy Squad" (2016, Adventure) Voices of Britt Irvin. Animated. Barbie and

hard-working gymnasts to undercover secret agents when their amazing skills capture the attention of a spy agency. (In Stereo) (CC) 11:45 am FAM ch.26 "Barbie in Princess Power" (2015, Adventure) Voices of Kelly Sheridan. Animated. Kara is kissed by a magical butterfly and gains the ability to transform into Super Sparkle, a

super-powered crime fighter. (In

two of her best friends go from

Stereo) (CC) **AFTERNOON**

1:00 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.

2:00 pm VTVch.22 "Confessions of a Shopaholic" (2009, Comedy) Isla Fisher. A compulsive shopper who is drowning in debt lands a job as an advice columnist for a financial magazine. (In Stereo) (CC) 2:15 pm YTV ch.18 "Ice Age" (2002, Comedy) Voices of Ray

Romano. Animated. A woolly mammoth, a saber-toothed tiger and a sloth find a human baby and try to reunite him with his tribe. (In

Stereo) (CC)
4:00 pm YTV ch.18 "Ice Age: The Meltdown" (2006, Comedy) Voices of Ray Romano. Animated. Manny, Sid and Diego reunite to warn their friends about the danger to their homes posed by swiftly melting ice. (In Stereo) (CC) (DVS)

5:00 pm CBC ch.13 "Walking With Dinosaurs" (2013, Adventure)

Voices of John Leguizamo. Animated. During the Cretaceous Period, an undersized dinosaur named Patchi must rely on his wits and courage rather than brute strength to survive. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Think Like a Man" (2012, Romance-Comedy) Michael Ealy. When the women in their lives buy a book by Steve Harvey and take its advice to heart, four men conspire to use the book's insider information to turn the tables on the ladies and teach them a lesson.

YTV ch.18 "Ice Age: Dawn of the Dinosaurs" (2009, Comedy) Voices of Ray Romano. Animated. Manny, Diego and the rest of the gang must rescue Sid from an underground world after Sid steals some dinosaur eggs. (In Stereo) (CC) FAM ch.26 "Peter Pan" (2003,

Adventure) Jason Isaacs. Premiere. Peter Pan leads Wendy and her two brothers on an adventure involving Captain Hook and his band of

pirates. (In Stereo) (CC) 8:00 pm KNOW ch.5 "Fat Chance" (1991, Mystery) John Thaw. Inspector Morse becomes attracted to a deaconess as he investigates the suspicious death of her colleague.

9:00 pm FAM ch.26 "Serenity" (2005, Science Fiction) Nathan Fillion. Premiere. Crew members aboard a transport vessel get caught in a deadly conflict in the wake of a galactic war. (In Stereo)

PrincetonBCNews

News

:30 Paid Prog. Block

(11:02)

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SUNDAY, MARCH 27, 2016 DC NO HARDA WTBS CHBC KNOW KSPS A&E KXLY CITY CITY SPIKE DTOUR KHQ KREM **BCTV** CBC YTV TSN VTV DISC FAM ch.22 ch.45 ch.3 ch.4 ch.5 ch.6 ch.7 ch.8 ch.9 ch.10 ch.11 ch.12 ch.13 ch.18 ch.19 ch.24 ch.26 ch.29 ch.44 AM Paid Prog. In a Namo Dragon Mr. Rogers Today (N) Paid Prog. Criminal Pald Prog. In a Name News Squirrel SportsCen Canada AM Treehouse Warthogsl Pald Prog. Xtreme Off Moves Minds O E Momine 0 80 re RE Weekend Masters :30 Pald Prog. Canadlan **PAW Patrol** Pald Prog. Pald Prog. Canadlan Squirrel Life Derek Pald Prog. Peep Pirates Church Engine News (N) to AM The Office **CBS News** Sunday Cat in the Sunday Curious Super Why! KHQ Criminal Good Charmers SportsCen-Marilyn Insane Awesome Eye/Asla Truck Tech Survivor Minds O B tre mo Denis Pools :30 Atl. Eats Curlous Builder Invest News Charmers Gaming Liquidator Detroit Morning News (N) (6 America and Surviv News (N) 86 (N) RO AM The Office PAW Patrol Curious Meet the Movie: This Week Coronation Pet Shop SportsCen Question Yukon Me HZipzer Liquidator Bar Rescu George Press (N) tre EE Period 0 80 Pald Prog. Astroblast The Nation :30 Coronation Stanley Festival Survivor *Distric (N) O Italiano di O But Makeupl AM Movie: ** Maker SciGirls 0 Hidden 9" (2009) The Rising Block Coronation Movle: ** 2016 World Backstage Operation Canada's Bar Rescue Johnny Worst Bosi-Sharlto Cop Smile Mil Hop" (2011 Dino Dan Best Pan :30 The Impact Changers Coronation Next Step Context dent Evil loy. O to Survivor O Ed (DVS) Curling Driver (N) Apocalyps Wild Kratts AM Block Inside **Best Pan** Matter Block J. Osteen Coronation The Social Highway Lost Bar Rescu 10 (2004)ship: Bronz Everl Olympia Thru Hell :30 Context *Barbie: Spy Context Little Athlete Bates Motel Pald Prog. Pald Prog. Design Celebrity VemComig Survivor Medal 0 30 0 80 Squad" Survivor-AM Pald Prog. J. Osteen Little Golf Women's Pald Prog. 16x9 EQ Canada's Gold Rush Focus J. Osteen Our Van-Easter (N) 1001 couver 80 College Worst man to :30 1st Family Pald Prog. Asla Annedroids Palmer Pald Prog. Pald Prog. Assembly (11:45) Survivor Hockey (DVS) Driver The Deli Barbio in PM Pald Prog. News Dogs/Jobs Health Matt. PGA Tour Designing PGA Tour Land/ Sea Henry SC III Moonshin-Bar Rescue News SportsCen-Close-Up eror Princess 12 Golf: WGC Golf: WGC Kings :30 Box Office PGA Tour PGA Tour Power* Dogs/Jobs First 48 SC 90 McCarver One/One Max Survivor Dell Match Dell Match

Play, Charr Play, Cham NOVA O MO PM Movie: Hope for BodyBeast | The First 48 Hiring O'Grady Stanley SCE W5 0 00 Misfit Awesome Storage Bar Rescue WGC-Dell WGC-Dell * \ "When Wildlife RC 0 00 Garage to (DVS) Match Play :30 Tal Chil How the Match Play O'Grady Ice Age SCI Backstage Storage in Rome* From Austin From Austin PM (2010) Access Hol- The First 48 Architects Tapping-2016 World Last Fron-Beyond Leading (2:15) Movie: * Lost Two Men Bar Rescu ship. (N) 20 ship. (N) Ed 2 Club in Aus Club in Theology of Change lywood (N) O RE Movle: Women's *Confes-:30 market Lost Two Men Survivor tin, Texas. Austin, What *** "100 Curling ions of a PM Big Bang Pald Prog. 08 Op Ago" (2002) A Cel-Entertain-How/Made Porgy and Interventio Lost CityNews Bar Rescu 0 22 onship: (2009) O BI bration shlay. A :30 Big Bang Pald Prog. How/Made Gold Medal Lost CityNews Survivor story of a of Peace Tonight 0.00 PM Blg Bang Engels crippled beg Through Fish Oil Whacked Interventio Love Lucy Engels Engels The Improb- Movie: How/Made Lost Sunnyside (N) BB gar and a Music O Kacy" () able Dream ** "100 Sunnyside :30 Blg Bang Bomb Girls DOCTORS Whacked Love Lucy Bomb Girls Global Nat. The Social How/Made Survivor headstrong Age: The DE (DVS) 30 (DVS) OBB woman. PM Mod Fam (4:59) News Movie: * Martin KHQ News Sports MasterChef Naked and Lost Little Big Bar Rescu Clunes (2006) 0 (N) 0 20 Hour (N) "Walk-Canada A Afraid Shots (N) :30 Mod Fam Global Nat. News Wheel **CBS News** ABC News Hockey Lost Survivor ing With Final from PM Movie: ** | Global Nat. | Warships (5:59) News Big Brother Rick Stoves KHO News | KREM 2 Intervention News at 6 CTV News Naked and Movie: Movie: ** Broke Girl Bar Rescue Jan. 31. tants try to Think Like a News Canada (N) (2013) 0 Special Hour (N) Afrald (N) O RE "Ice Age: Vancouver *** "Peter 2015. 1111 (N) O :30 Man* (2012) Joint Relief Broke Girl Estate make the Dawn of the 6 (N) Pan" (2003) top six. PM Michel 7 :30 VICE Canada (N) you o ad Selfridges Shots o at (N) o as vention (N) Home Canada (N) vival (N) un Isaacs. Canada (N) (N) O 30 But Aver-VICE Survivor lage PM Madam Movie: 'Fat | Masterpiece Little Big | Madam (8:02) 60 Hockey Once Upon Myth-The Xtra CityNews Hello Ice Age Bar Rescu 8 :30 The Closer Secretary Mysteryl Shots (N) 25 Secretary Days In 25 a Time (N) Mr. DO Game On SC Top 10 CityNews Survivor (N) (1991) John (N) (N) (N) OH PM N The finalist Masterpiece Carmichael The Good (9:01)
Classic Wife (N) 20 Hoarder The Good The Good Winnipeg Wife (N) NO Wife (N) NO Comedy The Good Thaw, BE The Family SportsCen- The Family Naked and Max Movie: *** Survivor-Crowded Wife (N) 20 Hoarders compate for 9 Afraid "I Win" (N) " Win" (N) "Serenity" Wite (N) so tre (N) au man [iii] Max :30 The Closer the prize. It Jimmy Dillo (DVS) PM Batter Up' Elementary Wallander arrives. Hollywood Elementary Intervention Quantico Elementary News Final The Haunting SportsCen- Quantico Naked and than Fillion. CityLine 30 :30 There Yet? (N) O as (N) O Game Night (N) O 22 "Tum" (N) O (N) O 52 National tre (N) No "Turn" (N) Afraid 80 The Over-Haunting Survivor (N) 100 dose" () DO Ancient News Final Pald Prog. CBC News PM Paid Prog. News Final KXLY 4 LA Story Nows Dual Sur-Paid Prog. Bar Rescue

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Security

News Leader Sudoku

SUDOKU No. 273 Tough 8 3 6 4 8 5 5 5 8 6 2 1 9 5 8 9 6 1 6 9 5 5 The solutions will be published here in the next issue.

Previous solution - Medium

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

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

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THIS WEEK'S

News Leader Sudoku

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Monday Movies

MONDAY MORNING

9:00 am YTV ch.18 "How to Train Your Dragon" (2010, Fantasy)
Voices of Jay Baruchel. Animated.
A misfit Viking teenager sees a chance to change the course of his future when he befriends an injured dragon. (In Steese) (CC) injured dragon. (In Stereo) (CC) FAM ch.26 "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)

11:00 am FAM ch.26 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo)

AFTERNOON

12:30 pm FAM ch.26 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC) 2:15 pm FAM ch.26 "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)

4:20 pm FAM ch.26 "Penelope" (2006, Fantasy) Christina Ricci. Born with the snout of a pig, a young woman believes the only way to break the curse is to marry one of her own kind. (In Stereo)

5:00 pm WTBS ch.3 "Tyler Perry's the Family That Preys" (2008, Drama) Kathy Bates, Secrets and scandals test the friendship of a wealthy socialite and a workingclass woman, upsetting both their

EVENING

8:25 pm FAM ch.26 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC)

10:10 pm FAM ch.26 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo)

11:35 pm FAM ch.26 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC)



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		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
	AM.	Crazy Talk	Morning	Hi Opiel O	Arthur	KHQ News	KREM 2	Dog	Morning	Morning	(5:00) Morn-	The Early	Kld vs. Kat	SportsCen-	CTV Morn-	Highway	Life Derek	CityLine	Cops 80	Restaurant
6		Crazy Talk	News (N) 80	Monkey	Odd Squad	6AM (N)	Morning News	Dog	Northwest	News (N) 85	Ing News (N) 80	Edition (N)	Almost	tre &D	Ing Live Vancouver	Thru Hell	Life Derek	(N) 350	Cops ()	Makeover
7	AM	Law Order:		Dinosaur	Wild Kratts	Today (N)	CBS This	Dog the	Good Morn-			Cat In the	Squirrel	SportsCen-	(N) O 🖾	How/Made	HZipzer	Let's Make	Jall 20	Moves
1	:30	CI		Wild Kratts	Ready Jet	0 80	Morning (N)	Bounty Hunter	Ing America (N) 题			Arthur O	Chucks	tre as		How/Made	Backstage	a Deal (N)	Cops 32	Moves
0	AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal			Morning	Napkin	Chucks	SportsCen-		Mighty	Next Step	The Price Is	Cops RE	Security
8	:30	Ci		Curious	Curlous			Minds O ED		-	Huntley St.	Tiger	Ice Age	tre @2		Ships Le Boreal.	Lost	Right (N)	Jall (83)	Security
0	AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700	Criminal	Livel Kelly	Morning	AnnaOlson	Arthur O	Movie: ***	SportsCen-	Live! Kelly and Michael	How/Made	Movie:	FamFeud	Jail Eti	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	OBB	Club () RG	Minds RG	and Michael	Huntley St.	Debt/Part	Napkin	"How to Train Your	tro @E	and Michael	How/Made	*** *Peter Pan* (2003)	FamFeud	Cops ##	Files O EE
10	AM	Judge	AnnaOlson	Boj IIII	Sesame St.	Today (N)		Criminal	The View	AnnaOlson	Rachael	Bookaboo	Dragon" 0	SportsCen- tre &C	The View	Mayday 30	Jason Isaacs.	The Chew	Cops 30	Ghost
10	:30	Judge	Debt/Part	PAW Patrol	Peg and	O ME	Right (N)	Minds O EU	O REI	Debt/Part	Ray (N) BE	Tiger		tre sc	() 353		isdaes.	0 20	Cops III	Adventures
11	AM	Divorce	Rachael	Monkey	Cat	Hot Bench	Young &	Criminal	Paid Prog.	Rachael	Noon News	Our Van-	Thunder	SC BC	Marilyn	Naked and Afraid	*Dr. Seuss'	General	Wildest	Security
11	:30	Divorce	Ray (N) DE	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	Minds "Jones"	Pald Prog.	Ray (N) 35	Hour (N)	couver @0	Thunder	SC 000	Denis	Airaid	The Cat in the Hat n	Hospital (N) O	Police Videos	Security
12	PM :30	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose O Rel	Floogals Nina's	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News market	Thunder Thunder	Hockey Lunch	CTV News Vancouver	Naked and Afraid (88)	Movie:	Celebrity Celebrity	Wildest Police Videos	My,- Monu- ment
	PM	Crime	Days of our	Ruf-Tweet	Paint This	Days of our	The Talk	The First 48		Days of our	The Talk	Heartland	Nicky	SC Top 10	The Social	Dual Sur-	*** "The Princess	CityLine (6)	Cops (80)	The Dead
1	:30	Watch Daily	Lives (N)	Tumble	Fit 2 Stitch	Lives (N)	0 80	O REI	Hospital	Lives (N)	0 00	"The Fix" O	Nicky	Reporters	(N) O EC	vival 30	Bride*		Cops 84	Files () 30
-	PM	1.7	The Talk	Maya	Curlous	TMZ (N) O	Let's Make	The First 48	The Doc-	The Talk	Meredith	Murdoch	Nicky	Sports	Dr. Phil	How/Made	(2:15)	CityNews at	Cops III	Ghost
2	:30	King	O EE	Curlous	Curlous	Inside Ed.	a Deal (N)	O RE	tors O ac	0.10	Vielra	Myster- ies O	Nicky	Interruption	O BC	How/Made	Movie:	5 (N) 20	Jail 80	Adventures
0	PM	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz Show to	The First 48	Rachael Ray (N) BC	Meredith Vielra	Young &	Grand	Nicky	SportsCen-	ortsCen- (N) KC DeGeneres Show	How/Made	Pan" (2003) Jason Isaacs. ()	(2:59) CityNews at 6 (N)	Cops 30	Moves
3	:30	Mod Fam	Vielra	PAW Patrol	Nature Cat	DeGeneres Show					Restless	Designs O RC	Nicky	tre (N) sc		How/Made			Vegas	Moves
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4	:30	Blg Bang	Restless	Creative	Wild Kratts	Jdg Judy	O as	ORE	U as	Restless	Global Nat.	O'Grady	SpongeBob	2016 EURO	Show III	(N)	(4:20)	Mod Fam	Cops 👀	Makeover
pa	PM	Movie: "Ty-	News (N) BE	Dino Dan	News	News	News	The First 48	News	Early News	(4:59) News	Dragons'	SpongeBob	Open Gym	CTV News	How/Made	Movie: **% "Penelope"	O'Neals	Cops BE	Security
5	:30	the Family		Wild Kratts	Business	NBC News	CBS News	0 100	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob	Open Gym	Vancouver	How/Made		Barrett	Cops It	Security
0	PM	That Preys*	Global Nat.	Warships	PBS News-	News	KREM 2	Bates Motel	News at 6	(5:59) News	ET Canada	CBC	Assembly	Cabble	CTV News	Yukon Men	Life	Scorplon	Cops to	Security
6	:30		News	OM	Hour (N) Ed	Millionaire	News at 6 (N)	(N) O EE	News -	Hour (N)	ET	Vancouver News	Nicky	SportsCen-	Vancouver	(N) O RE	Life	(N) o se	Cops III	Security
7	PM	Seinfeld ()	ET	Hope for	WA. Grown	Jeopardyl	Broke Glrl	(7:01)	ET	ET	NCIS: Los	market	Assembly	tre (N) 30	etalk (N)	Definitive-	The X Fac-	Broke Girl	Cops No	Border
7	:30	Seinfeld 0	ET Canada	Wildlife (N) O	Steves	Wheel	Broke Girl	Damlen (N) 55	The Insider	ET Canada	Angeles (N)	Coronation	Max	Women's	Blg Bang	Gulde	tor UK "Live Show 4" ()	Two Men	Cops an	Border
0	PM	Family Guy	Supergirl	A Very Brit-	Antiques	The Voice	Supergirl	(8:02)	Dancing	Supergirl	Supergirl	And Then	Gags	Hockey		How/Made		CityNews-	Cops III	My Monu-
8	:30	Amer. Dad	(N) O ==	ish Murder	Roadshow (N)	Guest ad- viser Miley	(N) O EE	O tid	With the Stars (N	(N) O ES	(N) 0 55	There Were None (N) 22	Gags		(DVS)	How/Made	(8:25)	Tonight (N)	Cops 85	ment
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4.0	PM	Browns	News Final	Hope for	Charlie	News	News	(11:02)	KXLY 4	News	Late Show-	CBC News	Gags	SportsCen-	News-Lisa	How/Made		Liquidator	Wildest	Ghost
17	-20	Payne -	Colbert	Wildlife III	Rose (N) 20	J. Fallon	Colbert	Damlen O RU	J. Kimmel	Colbert	Colbert	Coronation	Gags	tre Itc	CTV News	How/Made .	"Princess"	Liquidator	Police Videos	Adventures



Saving Downtown Princeton...

...An Ongoing Series by George Elliott

One item receiving a lot of attention in and around town is the apparent loss of the local 'market' that was set up on Highway 3 at the Princeton Plaza. Without debating the legalities of insurance and reported problems that stemmed from the weekly exchange, let's look at what a 'market' is and what it can do for a community.

When we travel out of town we normally like to stop at any outdoor or indoor venue we discover that has a market-type activity. Many

locals are aware of the two different locations in Hedley as well as one popular spot in Penticton. We have also frequented ones in downtown Osoyoos, Oliver, Okanagan Falls and Enderby.

While most of these are not true Farmer's Markets, the ones that are have strict guidelines that must be followed by participants. They don't just drive up, park, unload their stuff and sit there for part of the day at random or in a "first come, first to the best spot" fashion.

The Farmer's Market in Hedley is extremely well run and adheres to many guidelines to prevent abuse and to protect consumers.

The indoor and outdoor Flea Market in Oliver is another wellorganized event. It fills a handful of adjoining buildings and fees are charged and spots assigned for long-term use. It contains just about anything you can think of including a concession and operates as a fundraiser for a local community

The 'market' in Princeton was a good idea at the beginning, but without guidelines and qualifications of the participants, it morphed into a mixture of food, collectibles, clothing and assorted items. While this gave the spot a lot of character, it also took away some of the Farmer's Market aspect. Eventually it started to get called a Trader's Market and before you knew it, people from out of town who could not sell in other locations due to non-qualification would pull up and start selling without having to pay an entry fee or prove anything related to their product.

In some cases this was fine because the addition of outside participation enhanced the 'market' but did it ever occur to ask why they were selling in Princeton and not their hometown? Probably not.

The fact that Princeton's 'market' was left to grow and expand on its own may have ended up killing it. It grew too big and included too many different items. Don't get me wrong, that was obviously a sign of success that I'm sure no one expected. This alone shows there is either a need or a demand for such an activity in our community.

As for the ranting pointing to Town Hall and Town Council as bullying the 'market' to submission is concerned, that is far from the truth. The way things work in most small towns is like this: nobody does anything until there's a complaint. Town Hall is just doing what any small town government does, they are being reactive. That's how bylaws get enforced in small towns. That's how police, conservation officers and any other service works. They spring into action to respond to complaints.

Clearly there is an attraction to a market-type activity in Princeton. The hurdles at this point involve finding a new venue and possibly setting some ground rules. In my mind, the logical solution is to form a local society, join a provincial entity that aligns with the goals and purposes of the local society and move forward from there. There will be some restrictions on what does and does not qualify as an accepted item(s) for sale at the new 'market' but that's up to the newlyformed society to sort out.

What happened locally is simple. A great idea got too big and had no solid structure. Forming a societycontinued on Page 20



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Obituary

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The Village of Keremeos is seeking individuals with flexible schedules to work as Public Works Relief Labourer 1's. Incumbents of these positions may be called upon during peak workload periods, or during Public Works staff absences, on an as-required and if-required basis for 2016.

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- Minimum Grade 12 education or equivalent
- Valid Class 5 Driver's License
- Municipal public works experience would be an asset

These are CUPE 608 relief positions. Please provide a resume outlining experience and abilities to the Public Works Supervisor at the Village of Keremeos, PO Box 160, Keremeos, BC, VOX 1NO, by fax at 250-499-5477, by email to publicworks@keremeos.ca or in person at 702-4th Street, Keremeos, no later than Thursday, March 31, 2016 at 4:00 PM.

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For further information contact Eileen Oliver-Bauer, Administrator, (250) 499-2352.

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Lower Valley News

Keremeos - Cawston - Olalla



Members of the Similkameen Garden Club were busy-biz March 11th in Keremeos. Once the planters and flowerbeds are prepped, club members order and plant flowers and ornamental grasses in planters along the downtown core. The Village of Keremeos provides funds for the plants and club members provide the labour. Most of the planters are watered by the Village irrigation system. A small handful of planters at the far east end of the downtown core require club members to take turns watering by hand. Photo: Arlene Arlow

Farmers food donation tax credit information

Local residents who use food banks and school lunch programs will now have greater access to healthy, local food that has been donated by their neighbours, thanks to the new Farmers' Food Donation Tax Credit, Fraser-Nicola MLA Jackie Tegart said February 29.

"The hard-working people who grow food in Fraser-Nicola give back to our communities in so many ways," Tegart said.

"The Farmers' Food Donation Tax Credit connects local growers with local registered charities, and we all benefit as a result."

The tax credit, worth 25 per cent of the fair market value, is available

to individuals and corporations that carry on the business of a farming and donate a qualifying agricultural product to a registered charity.

The agricultural product may include meat products, eggs or dairy products, fish, seafood, fruits, vegetables, grains, pulses, herbs, honey, maple syrup, mushrooms, nuts or other produce that has been

grown, raised or harvested on a farm in B.C.

The tax credit was introduced with Budget 2016, the B.C. government's fourth-consecutive balanced budget.

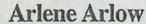
The credit is available for the 2016, 2017 and 2018 tax years, after which the credit will be reviewed.





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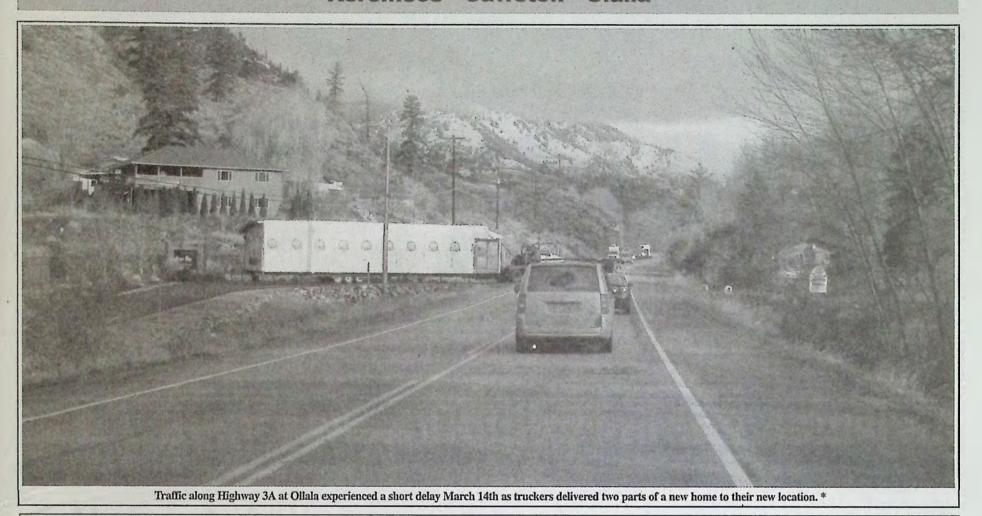
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This main Pileated Woodpecker was pretty focused on something hidden in the crack of this telephone pole on Highway 3 between Hedley and Keremeos March 14th. He let us get close enough for a few photos, then left.*

Lower Valley News

Keremeos - Cawston - Olalla



Flip Of The Coyne

by Spencer Coyne

... continued from Page 3 downplay the importance, power and accessibility of social media won't make it go away. This is the reality of the world we live in. I suggest that Council Googles

"why social media is important."

Sadly, the community is unifying behind a cause, but it isn't some great project that will see massive economic growth or a tourism initiative that will see our streets full of summer visitors. No, the community is coming together in survival mode to stand against what the next decision from Town Hall might be. I believe that Council does make its decisions based on what it feels is best for the community, but the community at large doesn't seem to agree with much of it. They can try to deflect the

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criticism to people like me, or the commenters on Facebook, but this will only work for so long. We saw at the Museum meeting people coming together, uniting to stand up with a single voice. We saw the same thing when it was made public that the Loonie Bin was told that there would be a ban on fireworks sales. As word leaked out that the PXA might be facing its own issues with Council, people were coming together to stand with the PXA against Council. The 'People' is not a column or two in the paper, or a few comments on the Princeton and Area Issues Facebook page. It is much bigger than that.

When the community feels that it

is being threatened by its elected officials, the social contract that gives them legitimacy is under threat. The social contract becomes null and void, a recipe for disaster. It is up to the elected officials to fix the breakdown. This happens with communication, transparency and outreach, not by painting one group of people as the problem or ignoring that it takes two to tango. This problem is growing and it isn't getting any better, but it can if the problem wants to be fixed. We want good news in the paper. People don't want to be constantly complaining on social media or organizing shows of support for volunteer organizations.

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Princeton Hospital Auxiliary recently purchased \$7,400.00 worth of rescue gear for Princeton Highway Extrication and both groups joined together to share their appreciation of each other's contribution to the community on March 17th. From left, Greg, Sandy, Patty, Travis, Ian, Kelsi, Chris, Diane and Laila with the new wheeled rescue gurney and associated belts, ropes and harnesses.*

Saving Downtown Princeton...

... An Ongoing Series by George Elliott

.....continued from Page 16 gives the structure needed to be even more successful than before and would likely attract even more participants knowing their interests

were being taken care of as part of their fee to rent space.

As for location, we have been to Flea Markets and Farmer's Markets that are not on the main highway. With proper signage, and a good product, people will find you. The key here is to put together a regular event that is attractive not only to locals, but to visitors as well.

It is also important to note that these market-type events bring out entrepreneurs doing business in your community who may not have any other affordable method to this kind of exposure. When they have a chance to be 'seen' it helps their business in many different ways ranging from building a customer base to building confidence as a new business owner to serve the community with their product.

How does this save downtown Princeton?

Anything that feeds money into the local economy is a benefit to the downtown core. Even if the new 'market' moved well off of the highway and had signage that fed people down Bridge Street or Vermilion Avenue to find it, there would be spin off. There is something about outdoor market-type activities that draw people like magnets. It is because of this that there should be no problem rebranding in a different place. The push out of the current location should be viewed as a door opening to a new opportunity, rather than an end of something good. With support from local retailers of a new 'market' it will feed traffic and business to the downtown core.



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"Shut Up!" This bad boy was caught on film March 15th in Keremeos (notice the date stamp visible in the photo). Word on the street is the fruit trees are "trying" to bud. Let's hope the fruit trees don't bud until it is safe to do so: a cold snap after the flowers have opened drastically reduces the tree's ability to produce fruit. Photo: Arlene Arlow