

Similkameen News Leader

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



Princeton's Jett Larsen proudly displays the Bronze Medal he won earlier this month in Montreal. *

Local teen earns Bronze from Einstein

What does the average 14-year old know about Einstein's Theory of Relativity? In the case of Princeton's Jett Larsen, it was the launching pad to his award-winning science project.

The extraordinary grade 9 student explains his quest for the perfect entry, "I began searching for a project idea in my classroom. I found myself drawn to Einstein's Theory of Relativity, but quickly learned this was a complex subject that could not be covered in a science

fair experiment."

So Larsen dug a little deeper. "I started to research the idea of relativity as a whole, and stumbled upon relative motion and time, then conducted my experiment on relative time."

It was just the right angle that made his project stand out from over 400 others at the CWSF 2016 Canada Wide Science Fair (May 15 to 20) in Montreal, Quebec.

Larsen's project earned him twocontinued on Page 6

Fort Mac teen shares evacuation experience

Wildfires are common each year throughout the Pacific Northwest. However, serious ones are less common in early May. In the case of Fort McMurray, Alberta, the

conditions were almost what could be called a perfect storm.

For 18-year old Harleigh Puga, the normal routine of getting up in the morning, attending Grade 12

classes and enjoying what started out as a beautiful Tuesday changed instantly in the afternoon.

Puga, who has lived in Fort McMurray for the past ten years, started working at Princeton's Centennial Pool as Assistant Swim Coach/Lifeguard just two weeks ago - fresh from having to evacuate from her family home in the largest and most devastating wild-

fire so far this year.

"I had literally 25-minutes to pack, get my brother and get out."

Puga told the News Leader last week it was nothing short of surreal with scenes of panic and fear gripping neighbourhoods, neighbours and friends once news spread of evacuations required to empty the city. She says movie producers have done a great job in capturing those moments in any type of disaster film. The difference for Puga was that it was not a movie, nor a drill, but real.

She says that for two days before the evacuation ash and scorched leaves were falling on the deck of the family home as the sky darkened at times with smoke from the nearby wildfires.

"You could smell it was close - I could smell the ash."

There was a feeling of impending danger but not as sudden because the fires were still distant but they soon started moving fast.

"It was 32-degrees and just a regular Tuesday. It was a beautiful sunny day and at 1 o'clock it totally changed."

The evacuation notice was issued May 3rd and, "on May 6th I feared

I would lose my house."

The Puga home is still standing, with windows wide open so clean up will include smoke damage assessment.

"We haven't been allowed to go back."

Moments after the word to leave went out, Puga stepped into the role of leader in her family with parents away working for the day. She quickly grabbed things of importance and irreplaceable such as photos and computer hard drives. She grabbed underwear for all members of the family because, "underwear is important, right?" and with her brother and the family Newfoundland dog, hit the road to the nearest 'muster station' for further information and plans.

The family eventually ended up in Edmonton with many othercontinued on Page 2

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Teen shares evacuation experience

.....continued from Front Page evacuees.

"The support we had when we landed in Edmonton was insane," Puga says.

"I can't say enough about the help we got from there and all across Canada."

The amazing thing about all the efforts to evacuate and take care of displaced residents is that there were no casualties resulting from the wildfires.

A total of 88-thousand people were evacuated and over 16-hundred structures were destroyed.

"I'm fortunate enough to have my house and I have a place to go back to but it's all just stuff."

Puga will finish her summer in Princeton at Centennial Pool. She

is on the Varsity Swim Team, The Pronghorns, at the University of Lethbridge and plans to study for her Bachelor Degree in Education majoring in Kinesiology with a minor in Native Studies.

The News Leader was impressed with the strength she displayed in sharing her story and the way in which she kept focused during the incident.

Puga says that if you find yourself in the position where you need to vacate your home unexpectedly for some kind of disaster, be prepared. Have an overnight bag or backpack loaded with essentials like clothing and toiletries that you can add to before leaving home. Also, have important documents, hard-to-replace items and the like

easy to "grab and go."


Ultimately, there are more impor-

tant things to value as Harleigh told us last week.

"My family is safe and that's all that matters to me."




Harleigh Puga, who was evacuated from Fort McMurray earlier this month, is working this summer at Princeton's Centennial Pool as Assistant Swim Coach and Lifeguard. She shared her story with the News Leader last week. *



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Fair board discusses future

The Fair Board met May 24 to talk about future plans for the fair. Princeton Riding Club will be holding a competitive event in conjunction with the fair, and the Board is looking forward to their participation.

There was a report from the PXA on current developments which will affect the fair. Members were informed of the June 7 meeting

between use groups, PXA and members of Town Council.

The Fall Fair exhibitor's prize booklet will be available mid-June, and the Junior Fair categories have been distributed in schools. Youngsters are encouraged to plant pumpkin seeds for the contest for the biggest pumpkin grown by a Junior Fair entrant.

The art categories will be changed to allow for more entries.

Reports were received by all committees. The Secretary was pleased to report the Princeton fair is listed in the BC Fairs booklet which is distributed throughout the province. Copies will be available at tourist information centres in British Columbia, and extra copies will be circulated in a variety of locations.

The annual Fall Fair raffle tickets will go on sale in June. Weyerhaeuser has once again generously donated a sling load of two

by fours for first prize. Second prize is a completely sanded and varnished bench donated by Jonas Melan, who was featured chainsaw artist last year. Third prize is a \$200+ meat pack from Doug's Homestead.

Shirley Freding, from Shirley's Arts and Crafts, will once again provide arts and crafts fun for children at the fair, and will demonstrate cow milking using the cow she created two years ago.

Some vendors have expressed an interest already in being at the fair.

Members were informed of two class reunions who may be well represented at the fair's Saturday morning pancake breakfast. One group is celebrating 50 years since graduation, the other is celebrating 60 years.

While planning is in its early stages, it looks like the fair should be a lot of fun for all ages.

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Flip Of The Coyne

by Spencer Coyne

Last weekend I took Saturday off work and drove out to Tulameen, not for a scenic drive nor to stop in at the Trading Post. I was on my way to the rededication of the Hudson Bay Brigade Trail along the Tulameen River. The historic trail that takes travellers from Tulameen through the Cascades and into Hope, it is more than just a pack trail used by fur traders of a bygone era. The trail is to British Columbia what the Canadian National Railroad was to Canada; it solidified British claim to the territory north of the 49th parallel when American expansion was pushing west and threatening to take everything west of the Rocky Mountains.

The Hudson Bay Brigade Trail through the Cascades into the Tulameen was a last chance for the Hudson Bay Company to show its dominance in the region. The old routes that they used through the Okanagan Valley down to the Columbia River to Fort Vancouver was no longer viable as the Americans had claim over what they called the Oregon Country. Today we know it as the states of Washington and Oregon. The Hudson Bay Company called it the Columbia District. With the loss of British control of the area, the Hudson Bay would have to start paying duties to the Americans to move goods across their border. This of course did not sit well with the company so they moved operations north into modern day British Columbia. The problem was they could not move goods down the Fraser and needed a overland route. With the help of a local

Similkameen Chief named Blackeye, the Hudson Bay explorers eventually got their route. Blackeye allowed the HBC use and access to his hunting trail over the Tulameen plateau.

During the mid 1800's, America was expanding its boundaries. The Columbia District had been under joint US/British control, but this was to end in 1846. When President James Polk was elected in 1844, he did just that with the slogan "Fifty-four forty or fight." Americans didn't just want the territory up to the 49th parallel, they wanted all the British territory west of the Rockies. If the Hudson Bay Company would not be able to find this overland route into the Southern Interior of what is now British Columbia, it would fall to the Americans. Our province's first governor knew the importance of transportation routes. He sent Princeton's first white settler into the Similkameen with the goal to find another route into the Similkameen. James Douglas had the Royal Engineers and Edgar Dewdney build a road, not only to Princeton, but all the way to Rock Creek to show that this was a British dominion and that it was under British control.

Our area played a pivotal role in the foundation of our Province. We have been a transportation hub for the movement of people and goods. Our existence showed that we were British, not American, and as such laid the groundwork for what would become the coast to coast nation known as Canada. Our littlecontinued on Page 4



This is just a small sample of the variety of vendors on site May 27-29 at Princeton Fairgrounds as part of the annual Back Country Horsemen of BC Rendezvous. Soap, woodcarvings, jams, jellies, tack, western souvenirs plus a branding station were some of the offerings available to the over 300 participants during the weekend celebration. *



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My Turn...

Why I Hate Technology

I claim that I am pretty much up to speed on things related to technology, but there are parts of it I really dislike. I will admit that I do like some aspects of social media and can do without most of the rest. I understand the requirements needed in order to push your product up front and centre in various marketing platforms but refuse to sell my soul in order to get top positioning.

I am what I would consider old school. Others will likely say I am actually a dinosaur when it comes to some of these things. For example, my work computer is close to 20-years old. It has a maximum hard drive memory of 40GB. It uses an extremely outdated and since discontinued operating system. I refuse to upgrade because it still works. If I am lucky, it will continue to work long after you've recycled this issue.

I probably could have moved up a bit in recent years but I refuse to get on that computer merry-go-round. I don't want to be forced to keep upgrading in order to keep my programs working. My back-up is paper and pencil. Those items have not yet be discontinued nor do neither of them come with the warning that the manufacturer no longer provides technical support.

This is the point I am getting at...we rely too much on others to keep us connected while we should be like the old school dinosaurs who have not lost their logical thinking to computers and handheld devices.

We should be socializing face-to-face with others.

We need the interaction because nothing beats the feeling of connecting with someone standing next to you, looking you in the eye with nothing in their hands but a set of keys.

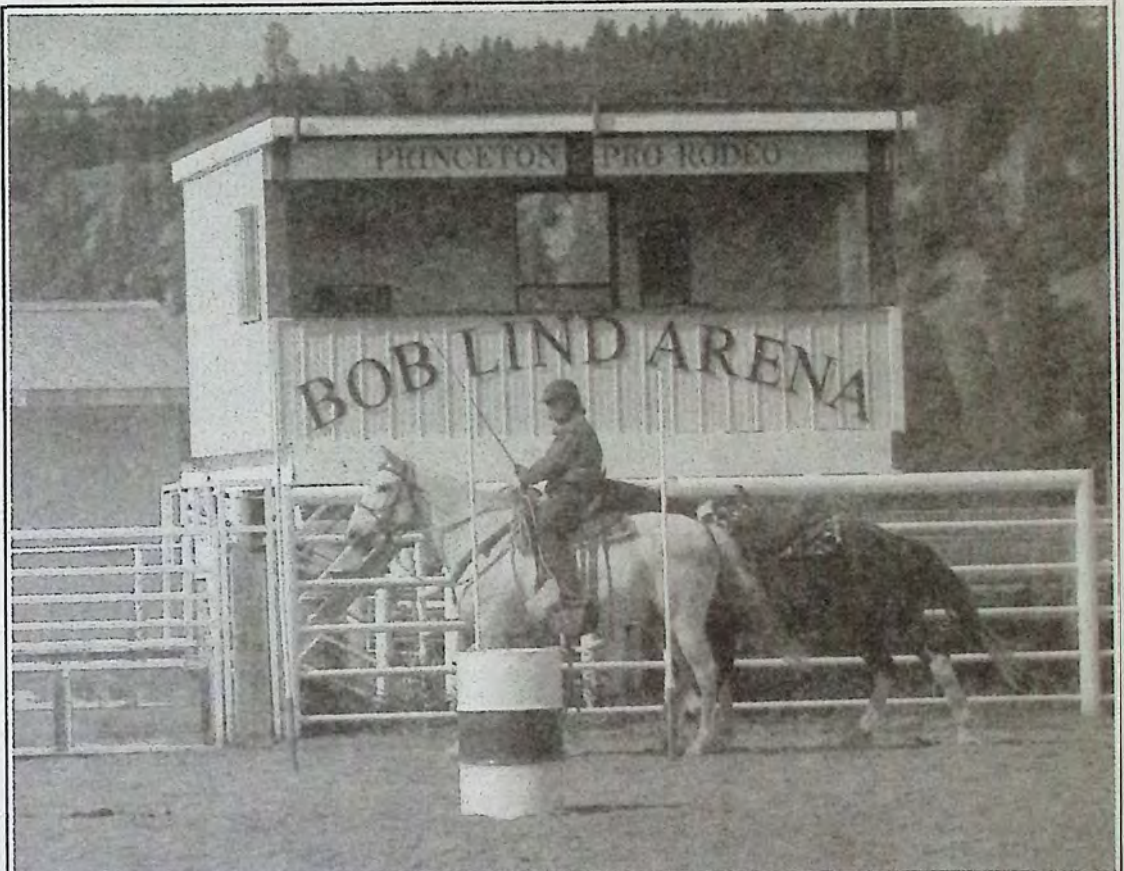
It still bothers me when I'm in a social setting and just starting to connect with the conversation when someone (or everyone) is interrupted by an incoming text message or new social media notification.

I mean, I know it's important to see the newest 'food selfie' but what happened to the conversation I thought I was a part of? It makes me wonder if my contribution to the conversation had any value at all.

I know I mention this frequently, but this is why I am so glad that my wife and I are not slaves to technology. Sure, we have a few gadgets but nothing current. I like it that way for a lot of reasons. It really cuts down on the distractions. For us, the only online activity we engage in comes with wifi. If there's no wifi, we end up staring at each other which, by the way, I don't mind one bit as both of us can have a conversation. You know, an old school dinosaur kind of conversation that isn't interrupted every ten minutes with a buzz, beep, bong or curious rattling most like to call a vibration.

I only want to hear those sounds coming out of my alarm clock first thing in the morning, and hopefully not all at the same time.

Clearly I am not going to get an upgrade any time soon. I am this way for a reason. Take me as I am. I'm not going to get upset if you unfriend me online because the internet world is not the real world.



A series of clinics were hosted during the weekend of May 27-29 at Princeton Fairgrounds during the annual Back Country Horsemen of BC Rendezvous. Above, Princeton's Marion Weisskopf demonstrates riding skills.*

Flip Of The Coyne

by Spencer Coyne

.....continued from Page 3
corner of the world, as small as it may be, has played a major part in the development of not only British Columbia, but the nation of which we are a part. As a student of history, this is something that I never take for granted.

Some of my readers may be wondering, "Why the history lesson?" I am a strong believer that we cannot know where we are going unless we know where we came from. Princeton has always played a role in the

development of the interior of the province. Before the Coquihalla highway was built, if you wanted to get to the interior, chances were you were going through Princeton. We have opportunities at our fingertips that we overlook because we are used to looking at them.

We live in a historic community with historic landmarks all around us like the Hudson Bay Brigade Trail, the Dewdney Trail, Allison Pass, the Kettle Valley Railroad and so many

more, yet we do not see them because we are used to them. We do not see the potential of our future because we ignore our past. We need to understand what those early pioneers overcame to understand that this place that we live in has existed for a very long time because it and the people who have moulded it overcame adversity and obstacles that at the time would have seemed impossible, but they did it and so can we, no matter what.

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Current Comment

Celebrate A Western Tradition



Dawn Johnson
editor@thenewsleader.ca

A true westerner goes to rodeos. Rodeos are a western tradition dating back to the early settlers of California, New Mexico and Texas, all of whom were Mexicans. The word 'rodeo' is Spanish, along with words such as 'lariat,' 'lasso' (pronounced la - soo) and chaps (pronounced shaps, derived from the Spanish Chiapas).

Rodeos began as round-ups on the open range, where ranchers had to separate their own stock from the rest of the free-running cattle. Vaqueros (cowboys) were highly skilled horsemen who took on the job of roping, chasing, and sometimes wrestling the cattle. Proud of their skills, the vaqueros often competed with each other, giving birth to rodeos as we know them today.

What is often unknown about the rodeo tradition is that it follows the original Mexican tradition of turning the round-up into a social event. The Mexican rancher would host a round-up, providing accommodation for neighboring ranchers and vaqueros, providing food and entertainment when the round-up was over. The Mexicans often

ended the round-up with a fandango, where there was food, wine, music and dancing, to say nothing of meeting eligible members of the opposite sex. People would travel many miles to attend a fandango, sleeping on the ground, in tents, or in wagons. Ranchers took great pride in hosting a round-up and fandango.

As more and more American settlers moved into Texas and California, they learned the skills of the Mexicans, and the lifestyle of the ranchers. Competitions developed among the cowboys and vaqueros to see whose skills were best. These were the first rodeos, but they were not timed and judged as they are today, although they were definitely sporting events. Bull riding was a daring 'fun' event originated by the vaqueros, and so was steer wrestling. These sports were part of a tradition brought from Spain during the 1600s. Today, these events are part of a 300 year old tradition that began in Mexico.

During the 1800s, cowboy skills were shown off in eastern United States and Europe as part of 'wild west' traveling shows featuring cowboys and Indians, mock battles between the two, wagon ambushes, and such shows that brought to life, for easterners, a lifestyle they read about in newspapers.

During the 1900s, rodeos became much more regulated and many cowboys made extra money showing off their skills in the rodeo arena. Trick riding, trick roping, and group riding performances were usual features of twentieth century rodeos, and in the early days of the twentieth century, every event included women com-

petitors, even in bull riding and bronc busting events. Today, women are not in bull riding and bronc busting, known as 'rough stock' events.

The tradition of the fandango became part of rodeos. There was food, music, drinks, dancing, and a lot of socializing after the sports events. People go to rodeos to see their friends. Young people go to rodeos in hopes of meeting a sweetheart.

Princeton had rodeos 100 years ago, although both world wars interfered with holding rodeos. After World War II, Princeton hosted rodeos at the 'stampede grounds' which were located along what is now Snowpatch Road. Early rodeos included horse racing. I remember my aunt telling how she won a race on my uncle's horse.

When I was in elementary school, there was a rodeo every year for several years. Our family went to them, sitting on the hillside above the rodeo arena and watching the cowboys do their thing. As Bob Lind will tell you, the old rodeo arena was not all dressed up with sand, and when a cowboy fell off a horse or bull, the landing was very hard.

For many years, Princeton did not have a rodeo. In 1982, with a big push from Stan Thompson, Bob Lind and Bob Beale, as well as many others, rodeo came back to Princeton. Princeton Rodeo Club was formed, and what a great group of men and women they were! They built the present rodeo arena, pens, chutes and announcer's stand.

In 1987, Princeton Rodeo Club joined forces with Tonasket.....continued on Page 6



Princeton Rodeo Queen Brittany Shopshire in the Keremeos Rodeo Parade May 23rd. This is rodeo season in the Similkameen Valley! Photo: Marty Menzies

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Local teen earns Bronze from Einstein

.....continued from Front Page awards: the Excellence Award (Intermediate) Bronze Medal, sponsored by Youth Science Canada and the Western University Scholarship Bronze Medal which includes a \$1,000 Entrance Scholarship, sponsored by Western University.

Larsen is active in his community through involvement in sports and volunteer service.

"I enjoy playing hockey (goalie), basketball, baseball, volleyball and golf. I am currently volunteering as assistant coach for a local baseball team, and volunteered with our PeeWee hockey team."

He also says he still wants to explore his project even further.

"I would like to extend my study and include more participants in other age groups."

Here are the details on the project Larsen submitted, titled "Time Flies."

CHALLENGE:

The problem was to determine if student's perception of time changes based on the activity they are participating in. Grade 9 students were subjected to three different scenarios (math worksheet, music and sitting idle) and were asked to indicate the amount of

time they perceived passed. The results of the experiment indicate that time perception is relative, and is based on more than activity alone.

BACKGROUND:

After initially researching Einstein's Theory of Relativity, it became clear this was a complex subject that was not suitable for a Science Fair project. Further research into the concept of relativity led to a greater understanding of relative motion and relative time. This experiment explores the concept of time perception.

PURPOSE:

To determine if a student's perception of time changes based on the activity they are participating in.

VARIABLES:

The independent variable was the activity itself and the dependent variable was the perceived amount of time. The controlled variable was actual time.

HYPOTHESIS:

It is hypothesized that a student's perception of time will vary based on the activities they are involved in. If a student's mind is stimulated using a math sheet, then they will perceive a shorter elapsed time. The longest perceived time will be

when sitting idle due to the fact that there is a lack of stimulation in the brain. The listening to music activity will be in the middle because

the brain is more stimulated compared to doing nothing, but it is less stimulated compared to working on a math sheet.

CONCLUSION:

This experiment was designed to test an individual's perception ofcontinued on Page 20

BACKGROUND

PURPOSE

VARIABLES

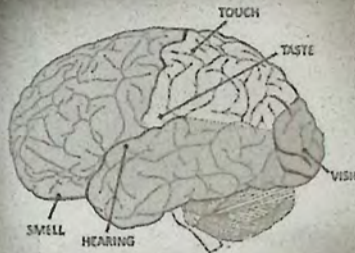
HYPOTHESIS

REVIEW OF LITERATURE

Sense of Time

How do we perceive time?

What is time perception?



"Instead of reality being passively recorded by the brain, it is actively constructed by it."

David Eagleman, 2011

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Current Comment

Celebrate A Western Tradition

.....continued from Page 5 Comancheros to start the Pony Express International Friendship Ride which went from Princeton to Tonasket one year, and from Tonasket to Princeton the next. It featured attacks from bandits who stole the mail, and from members of Lower Similkameen Indian Band, who stole the mail and demanded ransom. Every Post Office along the route put a stamp on the letters and riders bragged they had the fastest international postal service in the world.

It was loads of fun for 12 years. Television crews and newspaper reporters came to film the event and write about it. The exchange of flags at the border at Nighthawk included speeches of friendship, and drew a crowd to that out-of-the-way border crossing. I remember

the ladies of Loomis, Washington, giving travelers slices of pie in the park as we made our way to Tonasket.

Princeton Rodeo Club in those days was made up of a lot of young people whose energy and enthusiasm were outstanding. The Pony Express was not their only noteworthy event. They ambushed the passengers on the last Kettle Valley Rail trip, and they ambushed Premier Vander Zalm as he and his wife rode in the Welby Stage in downtown Princeton for the celebration of downtown beautification. They thought nothing of firing muzzle loaded black powder rifles for their ambushes, nor did they hesitate to run a cattle drive down Bridge Street. These same young people are 34 years older now, and people younger than they are do not

seem to have the same enthusiasm. A pity.

Tonasket's Founders Day Rodeo is this weekend with evening performances June 3 and 4 and a Parade on the Saturday. Many Princeton residents will be there for that event. Princeton Rodeo will be held on June 11 and 12 this year. Grand Opening will feature the Langley Drill Team (pretty ladies on horseback) and the touching Cowboy's Prayer, another tradition of today's rodeos. The fandango tradition will show up in food, music, dancing and The Best Butt in Blue Jeans contest for men and women, which appears to be a unique Princeton event with prizes made by Jody Woodford. The winners of this contest do not have to ride a horse or bull, and get bragging rights for the most attractive rear view.



It may not be obvious in this view, but the potluck supper May 27 at Princeton Fairgrounds as part of the Back Country Horsemen of BC event attracted a large crowd huddled under the tents. *



Cowboy Poetry Judges were 'bribed' before the May 28th competition during the Back Country Horsemen of BC Rendezvous hosted at Princeton Fairgrounds. *



Did you enjoy the annual car show at 'KVR' May 28th? Let the organizers and town leaders know that you appreciate the 'small things' local businesses do to make our town interesting. *

Living Past 100

The Beauty Power of Niacin

Researchers have found the tremendous healing power of niacin, a B vitamin. Niacin heals at the cellular level and has become one of those discoveries that will mean a great deal to maintaining excellent health. What is not being broadcast on health news is that niacin has always been the vitamin that kept your skin looking great.

Among its other benefits, niacin improves circulation, digestion, lowers cholesterol and improves metabolism.

You need 100 mg. of niacin every day. That does not sound like much, but if you want to have healthy, beautiful skin well into old age, be sure you are getting your 100 mg. a day. You can do this with a supplement, but you are getting better nutrition if you eat foods rich in niacin.

Chicken or turkey breasts, avocados, spinach, green peas, white or Portobello mushrooms (cooked), beans (not green), cottage cheese, liver, and beef are excellent sources of niacin. These foods should be included in your diet on a regular basis. Broccoli (organic), potatoes, carrots, tomatoes, eggs, fish and milk are good sources of niacin.

Supplements, such as niacin tablets, are less effective than eating foods containing the vitamin. This is true of all vitamins. Fresh foods contain many more nutrients than just one vitamin or mineral, and these nutrients work better if they are working together. For example, good skin needs Vitamin A, E and C as well as niacin. If you eat a salad of spinach, cottage cheese and avocado, along with a ripe tomato, you are getting a wide variety of nutrients that work together. Another example could be Caesar salad with chicken breast backed up with a dish of raspberries and yogurt. Beef combined with broccoli, carrots, peas and potatoes provides you with loads of niacin as well as other vitamins good for your skin, your circulation, your metabolism and your healing power.

Thank You!

For your support at last weekend's
Back Country Horsemen of BC
event at Princeton Fairgrounds

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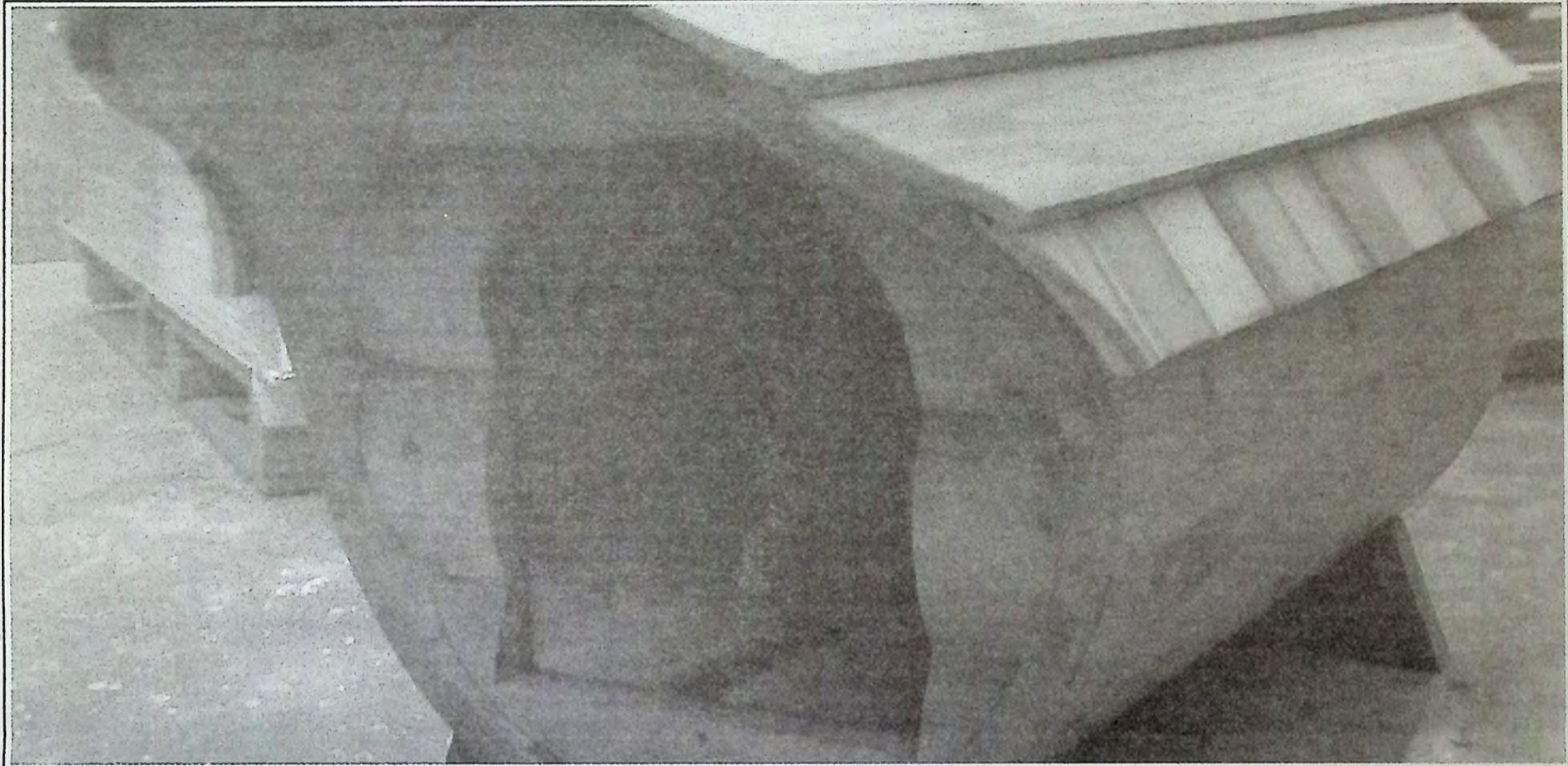
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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - May 31 - June 6, 2016



How unique is this? It is a round dog house made of wood so it is sturdy and has a solid base. - photo submitted

Schools take on Angel Fund Project

Princeton Secondary School students and Vermillion Forks

Elementary students along with Mrs. Aubin, Mr. LeClerc and Mr. Borgia teamed up to build dog houses and cat scratching posts to raise money for the Angel Fund.

The Angel Fund helps families in need afford care for their pets. This fund subsidizes the cost of spay and neuter procedures, any other unexpected medical costs, and helps care for animals without homes.

The dog houses and scratching posts are placed at various locations around town where they are being auctioned off.

To bid on the dog houses head to Save-On-Foods and/or ACE Hardware and to bid on the cat scratching post head to Everything Pets.

The auction will only be in the stores until Thursday, June 2 and then on June 3 people can make final bids at the John Allison Angel Fund Benefit Bash Concert at PSS starting at 9:30 AM.

The winner of each auction will keep the dog house or cat scratching post and all proceeds will be donated to the Angel Fund.



An 'A frame' cat activity centre. - photo submitted



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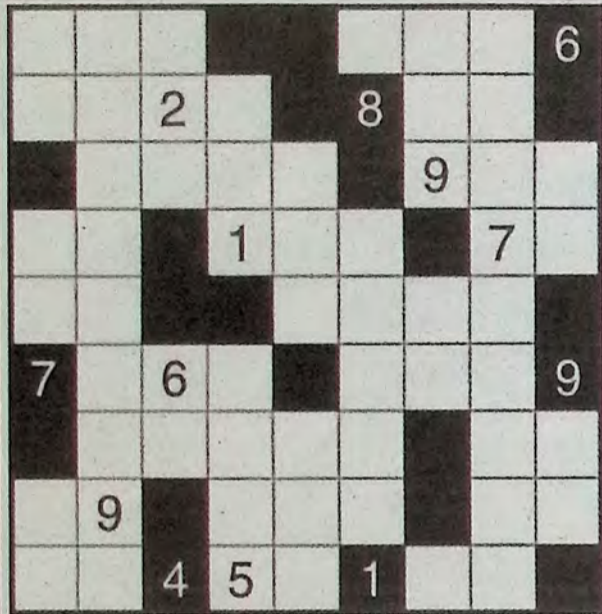
News Leader Str8ts

STR8TS

No. 283

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 MORNING

7:00 am A&E ch.9 "Terminator Salvation" (2009, Science Fiction) Christian Bale. As the machines prepare for a final attack, John Connor and a mysterious stranger delve into the heart of Skynet and uncover a terrible secret involving the annihilation of mankind. (In Stereo) (CC)
9:00 am A&E ch.9 "Gladiator" (2000, Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend.

EVENING

8:00 pm VTVch.22 "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. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Dudley Do-Right" (1999, Comedy) Brendan Fraser. Canadian Mountie Dudley Do-Right must stop villain Snidely Whiplash and his scheme to take over the town of Semi-Happy Valley. (In Stereo) (CC)

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TUESDAY, MAY 31, 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	Global News Morning (N)	Hi Oplel	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N)	(5:00) Global News Morning (N)	The Early Edition (N)	Kid vs. Kat	(5:00) 2016 French Open Tennis: Quarterfinals. From Roland Garros Stadium in Paris. (N) (Live)	CTV Morning Live Vancouver (N)	Air Disasters	Life Derek Roscoe	CityLine (N)	Wildest Police Videos	Canadian Pickers
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Aclors Maya Rudolph and Martin Short.	CBS This Morning (N)	Movie: *** "Terminator Salvation" (2009)	Good Morning America (N)			Cat in the Hat	Squirrel	Chucks		How/Made	Kingdom	Let's Make a Deal (N)	Wildest Police Videos	Weird or What?
8 AM	Law Order: CI		PAW Patrol	Nature Cat					Morning	Napkin	Chucks			Daily Planet (DVS)	Life Gaming	The Price Is Right (N)	Cops	Security	
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N)	The 700 Club (N)	Movie: *** "Gladiator" (2000) Russell Crowe.	LIVE with Kelly (N)	Morning	Fresh	Arthur	Sidekick		LIVE with Kelly (N)	How/Made	Builder	FamFeud	Vegas	Ghost Adventures
10 AM	Judge	Fresh	Boj	Sesame St.	Today (N)	The Price Is Right (N)		The View	Fresh	Rachael Ray	Bookaboo	Spliced	SportsCentre	The View	Airshow "Alterburner"	Justin Twirlywoos	The Chew	Cops	Ghost Adventures
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless		Paid Prog.	Rachael Ray	Global News at Noon	Recipes	Rated A	Lumber	Marilyn Denis	How/Made	Kate and Dream	General Hospital (N)	Cops	Ghost Adventures
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose	Nina's	News	The First 48	The Chew	Global News at Noon	Days of our Lives (N)	CBC News Network	Chucks	SC Top 10	CTV News Vancouver	Alaskan Bush: Off Grid	Movie: ** "Dudley Do-Right"	Celebrity	Jail	Ghost Adventures
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Almost	NASCAR Racing	The Social (N)	Alaskan Bush People	Roscoe	CityLine	Cops	Ghost Adventures
2 PM	King	The Talk	Rob Robot	Thomas	TMZ (N)	Let's Make a Deal (N)	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Sports	Dr. Phil	How/Made	Prince	CityNews at 5 (N)	Cops	Security
3 PM	Mod Fam	Meredith Vieira	Kate and PAW Patrol	Arthur	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	TBA	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Cops	Yukon Gold (DVS)
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil	Roots Kunta Kinte becomes a slave.	FABLife	Young & Restless	Global	To Be Announced	SpongeBob	2016 French Open	The Dr. Oz Show	Daily Planet (N)	Droid Tales	Mod Fam	Cops	Canadian Pickers
5 PM	Movie: ** "Road Trip" (2000)	News (N)	Astroblast!	News	News	News		News	News	Global News Hour at 6		SpongeBob	Primetime Show (N)	CTV News Vancouver	Deadliest Catch	Droid Tales	America's Got Talent A variety of acts perform.	Cops	Security
6 PM	Breckin Meyer	Global Nat. News	Hope for Wildlife	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Roots John Waller sells Kunta to his brother. (N)	News at 6	Global News Hour at 6	ET Canada		Assembly		CTV News Vancouver	Deadliest Catch (N)	Backstage	Next Step	Cops	Mysteries at the Castle
7 PM	Seinfeld	ET	Canada: Over the Edge	Genealogy Roadshow	Jeopardy!	Broke Girl		ET	ET	Maya & Marty	CBC Vancouver News	Game	SportsCentre (N) (Live)	etalk (N)	The Last Alaskans (N)	Next Step	Broke Girl	Cops	Mysteries-Museum
8 PM	Family Guy	NCIS "Personal Day"	The Wonder of Dogs	Secrets of the Dead	America's Got Talent A variety of acts perform.	NCIS "Personal Day"	(8:12) Roots John Waller sells Kunta to his brother.	500 Questions (N)	NCIS "Personal Day"	NCIS "Personal Day"	To Be Announced	Just Kid	Hockey	Movie: ** "When in Rome" (2010)	How/Made	Prince	CityNews-Tonight (N)	Cops	Ghost Adventures
9 PM	Family Guy	NCIS: New Orleans	Emergency	Frontline		NCIS: New Orleans			NCIS: New Orleans	NCIS: New Orleans	To Be Announced	Gags	SportsCentre (N)	Deadliest Catch	Gilmore Girls	Crime Watch Daily (N)	Vegas	Mysteries at the Castle	
10 PM	The Middle	Maya & Marty	Contact	Day of Days	Maya & Marty	Person of Interest (N)	(10:24) Roots (Part 2 of 4)	Fresh-Boat	Maya & Marty	Global News at 11 (N)	The National (N)	Haunting	SportsCentre (N)	Person of Interest (N)	The Last Alaskans	Degrassi	Extra (N)	Jail	Mysteries-Museum
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News		KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre	News-Lisa	How/Made	Malcolm	Mr. D	Jail	Ghost Adventures



Hikers take a break at Starvation Flats during a recent field trip hosted by the Vermilion Forks Field Naturalists. - photo submitted

Vermilion Forks Field Naturalists

Field Trip to Sheep Station

by John Henry & M. Masiel, VFFN

Undeterred by weather, some of us naturalists set out to enjoy nature. Prepared for a wet day, we, instead, experienced a rain-free day, except for a short period of light drizzle. The steep climb to Starvation Flats took two hours.

On the way there and beyond to Sheep Station, we saw a profusion of wildflowers, at least 17 species,

the most notable being the Fairyslipper Orchid. We also saw a Blue Grouse in its full mating display and one specimen of Agaricus Campestris Mushroom, which we left untouched to spore the area. At the open meadow of Starvation Flats, we had lunch. From here we got a clear view of the deep Ashnola Valley, despite the low cloud ceiling.

We continued our hike on a trail

visible through the trees, but difficult to follow in the open meadow. We finally reached Sheep Station, an observation station set up by UBC to study the mountain sheep that usually gather in this area in winter. Enjoying a brief interlude of sunshine, we sat on the veranda of the main cabin, had a snack, and looked toward Flatiron Mountain to catch any glimpse of the sheep; alas, none were to be seen.

Leaving Sheep Station, we started our steep descent. Two foot bridges built by volunteer groups allow the crossing of two very important creeks, Juniper and Ewart, making possible a round trip. Juniper Creek, normally a small creek, was a dangerous, whitewater, torrent due to freshet.

Equally impressive was Ewart Creek, now a powerful, roaring, foaming river. We could hear the rumble of Ewart Creek as we hiked alongside it on the way to an old hunter's cabin 4-kilometres away where we had left another vehicle.

This foresight saved us an addi-

tional 2.8-kilometre walk! A bridge used to span the creek here, but BC Parks allowed it to fall into disrepair; so we continued farther down to where it was possible to cross the creek again. A well deserved meal in Hedley concluded our field trip.

Our next hike is an easy walk on Sunday, June 5 with the Merritt Naturalists to 7 1/2 Diamond Ranch, contact Janis Wright, 250-295-7560 to confirm participation. Our next speaker is Wendy Hawkes, LSIB, on Tuesday, June 14. The general public is invited to attend these events.



The view leaving Sheep Station. - photo submitted

Princeton Septic Service
 princetonseptic@gmail.com



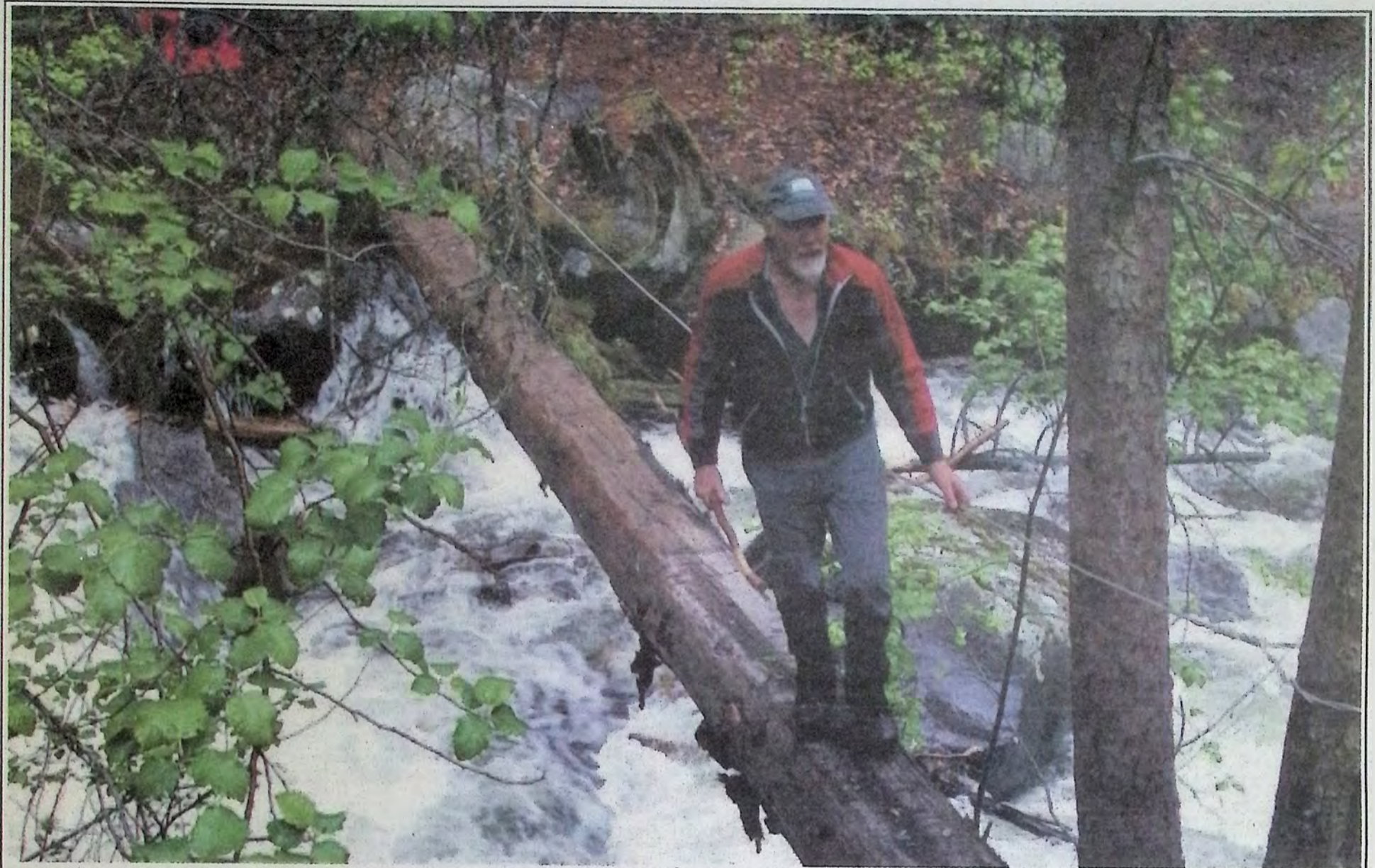
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Crossing Juniper Creek took a bit of work but was possible - if you had good balance! - photo submitted

WEDNESDAY, JUNE 1, 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	Global News Morning (N) [RE]	Hi Opie! [RE]	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N) [RE]	(5:00) Global News Morning (N) [RE]	The Early Edition (N)	Kid vs. Kat	(5:00) 2016 French Open Tennis: Quarterfinals: From Roland Garros Stadium in Paris. (N) (Live) [RE]	CTV Morning Live Vancouver (N) [RE]	Mighty Ships	Life Derek Roscoe	CityLine (N) [RE]	Wildest Police Videos	Canadian Pickers [RE]
6:30 AM	Crazy Talk		Monkey	Odd Squad			Dog					Almost							
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Duran Duran; summer trends; Today Food.	CBS This Morning (N) [RE]	The First 48 [RE]	Good Morning America (N) [RE]				Squirrel			How/Made	Awesome	Let's Make a Deal (N)	Movie: ** "Death Race"	Weird or What?
7:30 AM			Wild Kratts	Ready Jet							Arthur [RE]	Chucks		How/Made	Raising				
8 AM	Law Order: CI		PAW Patrol	Nature Cat			The First 48 [RE]					Chucks		Daily Planet [RE] (DVS)	Lost	The Price Is Right (N)		Security	Security
8:30 AM			Curious	Curious							Huntley St.	Tiger			Backstage				
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N) [RE]	The 700 Club [RE]	The First 48 [RE]	LIVE with Kelly (N) [RE]	Morning	Fresh	Arthur [RE]	Sidekick		LIVE with Kelly (N) [RE]	How/Made	Builder	FamFeud		Expedition Unknown [RE]
9:30 AM	Hot Bench	Huntley St.	Floogals	Tiger					Huntley St.	Debt/Part	Napkin	Almost			How/Made	Playdate	FamFeud	Lip Sync	
10 AM	Judge	Fresh	Boj [RE]	Sesame St.	Today (N) [RE]	The Price Is Right (N)	The First 48 [RE]	The View [RE]	Fresh	Rachael Ray [RE]	Bookaboo	Spliced [RE]	SportsCentre [RE]	The View [RE]	Jade Fever	Justin	The Chew [RE]	Lip Sync	Expedition Unknown [RE]
10:30 AM	Judge	Debt/Part	PAW Patrol	Peg					Debt/Part		Tiger	Kid vs. Kat			Jade Fever	Twirlywoos		Lip Sync	Expedition Unknown [RE]
11 AM	Divorce	Rachael Ray [RE]	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 [RE]	Paid Prog.	Rachael Ray [RE]	Global News at Noon	Recipes	Rated A	SC [RE]	Marilyn Denis	Deadliest Catch	Kate and Dream	General Hospital (N) [RE]	Lip Sync	Expedition Unknown [RE]
11:30 AM	Divorce		Dinosaurs	Sit & Be Fit	Chica			Look Sexy			Stefano	Rated A	Expos					Lip Sync	Expedition Unknown [RE]
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose [RE]	Noodle	News	The First 48 [RE]	The Chew [RE]	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds	SC [RE]	CTV News Vancouver	Deadliest Catch [RE]	Droid Tales	Celebrity	Movie: ** "Pitch Black" (2000)	Expedition Unknown [RE]
12:30 PM	Millionaire		Kate and	Astroblast!	Bold							Squirrel	SC [RE]			Droid Tales	Celebrity		Expedition Unknown [RE]
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Heartland [RE] (DVS)	Almost	Fishing	The Social (N) [RE]	The Last Alaskans [RE]	Droid Tales	CityLine [RE]	Radha Mitchell. [RE]	Expedition Unknown [RE]
1:30 PM				Sewing							Sidekick	Sidekick	STIHL			Droid Tales			Expedition Unknown [RE]
2 PM	King	The Talk [RE]	Rob Robot	Thomas	TMZ (N) [RE]	Let's Make a Deal (N)	Roots Kunta Kinte becomes a slave. [RE]	The Doctors [RE]	The Talk [RE]	Meredith Vieira	Murdoch Mysteries [RE]	Wayside	Sports	Dr. Phil [RE]	How/Made	Prince	CityNews at 5 (N) [RE]		Security
2:30 PM	King		Curious	Curious	Inside Ed.							Kid vs. Kat	Interruption		How/Made	Awesome			Security
3 PM	Mod Fam	Meredith Vieira	Kate and	Arthur	Ellen DeGeneres Show	The Dr. Oz Show [RE]		Rachael Ray [RE]	Meredith Vieira	Young & Restless	Coronation	Sidekick	SportsCentre (N) [RE]	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Movie: ** "The Chronicles of Riddick" (2004) Vin Diesel.	Yukon Gold [RE] (DVS)
3:30 PM	Mod Fam		PAW Patrol	Nature Cat							TBA	Chucks			How/Made	Next Step			Canadian Pickers [RE]
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil [RE]	Roots John Waller sells Kunta to his brother. [RE]	FABLife [RE]	Young & Restless	Global	To Be Announced	SpongeBob	Hockey	The Dr. Oz Show [RE]	Daily Planet (N)	Movie: "Contest" (2013) [RE]	Mod Fam		
4:30 PM	Big Bang		Creative	Wild Kratts	Jdg Judy					Global Nat.		SpongeBob	Soccer: Amway Canadian Championship				Mod Fam		
5 PM	Movie: **** "Waltz With Bashir" (2008)	News (N) [RE]	Astroblast!	News	News	News		News	News	Global News Hour at 6		SpongeBob		CTV News Vancouver	The Last Alaskans [RE]	HZipzer	Mod Fam	Movie: **** "X2: X-Men United" (2003, Action) Patrick Stewart. [RE]	Security
5:30 PM			Wild Kratts	Business	NBC News	CBS News		ABC News	Global Nat.			Assembly					Mod Fam		Security
6 PM		Global Nat.	Canada: Over the Edge	PBS News-Hour (N) [RE]	Millionaire	KREM 2 News at 6 (N)	Roots Tom Lea sells George to save his farm. (N) [RE]	News at 6	Global News Hour at 6	ET Canada		Assembly	SportsCentre (N) [RE]	CTV News Vancouver	Alaskan Bush: Off Grid	HZipzer	Wayward Pines (N)		The Dead Files [RE]
6:30 PM		News								ET		Assembly			Alaskan Bush People	Backstage			
7 PM	Seinfeld [RE]	ET	Monster Moves (N) [RE]	NOVA [RE] (DVS)	Jeopardy!	Broke Girl		News at 6	Global News Hour at 6	ET	Security	Henry	etalk (N)	CTV News Vancouver	Alaskan Bush People	Awesome	Broke Girl		Ghost Adventures [RE]
7:30 PM	Seinfeld [RE]	ET Canada			Wheel	Broke Girl		The Insider	Global News Hour at 6	ET	Security	Stanley	Big Bang			Life	Two Men		
8 PM	Family Guy	Security	India: A Visual Homage	Genius by Hawking	American Ninja Warrior "Los Angeles Qualifier"	Broke Girl		500 Questions (Season Finale) (N) [RE]	Global News Hour at 6	Security	Movie: **** "Friends With Benefits" (2011)	Gags	Hockey	MasterChef [RE] (DVS)	How/Made	Prince	CityNews-Tonight (N)	Lip Sync	Expedition Unknown [RE]
8:30 PM	Amer. Dad	Security				Broke Girl	(8:21) Roots [RE] (Part 3 of 4) [RE]			Security		Gags	STIHL	How/Made	Malcolm		Lip Sync		
9 PM	Family Guy	Movie: **** "Friends With Benefits" (2011)	Our Queen	Genius by Hawking		Criminal Minds [RE]		Mod Fam	Global News at 11 (N)	Movie: **** "Friends With Benefits" (2011)	To Be Announced	Gags	SportsCentre (N) [RE]	American Ninja Warrior "Los Angeles Qualifier"	The Last Alaskans [RE]	Gilmore	Crime Watch Daily (N)	Lip Sync	The Dead Files [RE]
9:30 PM	Amer. Dad											Gags			Let's Be		Lip Sync		
10 PM	The Middle	Payne	Money, Power	Maxey	The Night Shift [RE]	Criminal Minds		(10:42) Roots [RE] (Part 3 of 4) [RE]	Global News at 11 (N)	Goldbergs	The National (N) [RE]	Haunting	SportsCentre (N) [RE]	Mighty Ships	LA Story	Young	Extra (N)	Lip Sync	Ghost Adventures [RE]
10:30 PM												Haunting							
11 PM	Brown	News Final	Monster Moves [RE]	Charlie Rose (N) [RE]	News	News		KXLY 4	Late Show: Colbert	CBC News	Gags	SportsCentre [RE]	News-Lisa	Alaskan Bush People	Malcolm	Mr. D	Movie: **** "Death Race" (2008)		Expedition Unknown [RE]
11:30 PM	Payne	Colbert			J. Fallon	Colbert		J. Kimmel	Colbert	Coronation	Gags		CTV News		Prince	Pckge Deal			

THURSDAY, JUNE 2, 2016

Table with 18 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, JUNE 3, 2016

Table with 18 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

News Leader Movies - Wednesday to Saturday

WEDNESDAY MORNING

7:00 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 SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

2:30 pm SPIKE ch.44 "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (In Stereo)

4:00 pm FAM ch.26 "Contest" (2013, Comedy-Drama) Kenton Duty. Forced to work together for a cooking contest, a bullied teen and his tormentor become friends. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Waltz With Bashir" (2008, Documentary) Ron Ben-Yishai. Animated. A friend's recurring nightmare prompts filmmaker Ari Folman to explore his own suppressed memories as a soldier during the 1982 Lebanon conflict.

SPIKE ch.44 "X2: X-Men United" (2003, Action) Patrick Stewart. After a mutant-hating militarist named Stryker invades their school, the X-Men must join forces with Magneto to rescue Professor Xavier and neutralize the threat posed by Stryker. (In Stereo)

tralize the threat posed by Stryker. (In Stereo)

EVENING

8:00 pm CITYV ch.12 "Friends With Benefits" (2011, Romance-Comedy) Justin Timberlake. Friends naively believe that adding sex to their relationship will not lead to complications.

9:00 pm CHBC ch.4 BCTV ch.11 "Friends With Benefits" (2011, Romance-Comedy) Justin Timberlake. Friends naively believe that adding sex to their relationship will not lead to complications. (CC) (DVS)

10:30 pm 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)

THURSDAY MORNING

10:00 am SPIKE ch.44 "Pitch Black" (2000, Science Fiction) Radha Mitchell. After crash landing on a distant planet, survivors must fight deadly creatures that come out only at night. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Contest" (2013, Comedy-Drama) Kenton Duty. Forced to work together for a cooking contest, a bullied teen and his tormentor become friends. (In Stereo) (CC)

12:30 pm SPIKE ch.44 "The Chronicles of Riddick" (2004,

Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army. (In Stereo)

3:00 pm SPIKE ch.44 "X2: X-Men United" (2003, Action) Patrick Stewart. After a mutant-hating militarist named Stryker invades their school, the X-Men must join forces with Magneto to rescue Professor Xavier and neutralize the threat posed by Stryker. (In Stereo)
4:00 pm 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)
5:00 pm WTBS ch.3 "Enough" (2002, Suspense) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband.

EVENING

9:05 pm KNOW ch.5 "Carol Channing: Larger Than Life" (2011, Documentary) Barbara Walters, Debbie Reynolds, Lily Tomlin and others pay tribute to the life and career of iconic musical-comedy star Carol Channing. (In Stereo)

FRIDAY AFTERNOON

12:00 pm 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)
5:00 pm WTBS ch.3 "Red 2" (2013, Action) Bruce Willis. Former CIA black-ops agent Frank Moses and

his team battle assassins, terrorists and power-hungry government officials as they try to retrieve a lethal device that could change the balance of world power.

EVENING

7:30 pm YTV ch.18 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC)

8:00 pm FAM ch.26 "Furry Vengeance" (2010, Comedy) Brendan Fraser. The fur flies when forest animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC)

10:00 pm FAM ch.26 "Billy Madison" (1995, Comedy) Adam Sandler. An adult goof-off goes back to elementary school in order to run his father's company. (In Stereo) (CC)

SATURDAY MORNING

10:30 am FAM ch.26 "Furry Vengeance" (2010, Comedy) Brendan Fraser. The fur flies when forest animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC)

11:00 am WTBS ch.3 "RV" (2006, Comedy) Robin Williams. Calamities strike when a family patriarch rents an enormous motorhome and takes his dysfunctional clan on vacation.

AFTERNOON

12:00 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)

12:15 pm FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Sky High" (2005, Comedy) Michael Angarano. Hoping he will follow in their footsteps, two superheroes send their reluctant son to a training school.

3:00 pm FAM ch.26 "Furry Vengeance" (2010, Comedy) Brendan Fraser. The fur flies when forest animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC)

4:30 pm FAM ch.26 "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Underworld:continued on Page 14

SATURDAY, JUNE 4, 2016

Table with columns for time slot and station (e.g., WTBS ch.3, CHBC ch.4, etc.) and rows for each hour from 6:00 AM to 11:30 PM, listing program titles and times.

News Leader Sudoku

SUDOKU

No. 283

Easy

Previous solution - Very Hard

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

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

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

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The solutions will be published here in the next issue.

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

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Burn Your Toast!

This new product starts out by tickling your taste buds with the tingle of peppermint then smacks them with the bite of jalapeno peppers.



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MONDAY, JUNE 6, 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	Global News Morning (N)	Hi Opie! O	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N)	(5:00) Global News Morning (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Canada's Worst Driver	Life Derek Roscoe	CityLine (N)	Cops	Canadian Pickers
6:30	Crazy Talk		Monkey	Odd Squad			Dog					Almost							
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Killer Kids	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre		How/Made	HZipzer	Let's Make a Deal	Cops	Weird or What?
7:30			Wild Kratts	Ready Jet						Arthur		Chucks		How/Made	Backstage				
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Killer Kids			Morning Huntley St.	Napkin	Chucks	SportsCentre	Daily Planet (DVS)	Next Step	The Price Is Right (N)	Cops	Security	
8:30			Curious	Curious							Tiger	Wayside		Lost					
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N)	The 700 Club	Killer Kids	LIVE with Kelly (N)	Morning	Fresh	Arthur	Sidekick	SportsCentre	LIVE with Kelly (N)	How/Made	Justin	FamFeud	Cops	Mysteries at the Castle
9:30	Hot Bench	Huntley St.	Floogals	Tiger					Huntley St.	Debt/Part	Napkin	Almost		How/Made	Yo Gabba	FamFeud	Cops		
10 AM	Judge	Fresh	Boj O	Peg and Cat	Today (N)	The Price Is Right (N)	Killer Kids	The View	Fresh	Rachael Ray	Bookaboo	Spliced	SportsCentre	The View	Mayday	Dream	The Chew	Cops	Mysteries at the Castle
10:30	Judge	Debt/Part	PAW Patrol						Debt/Part		Tiger	Kid vs. Kat			The Deep				
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless	Killer Kids	Paid Prog.	Rachael Ray	(10:59) Global News at Noon (N)	Our Vancouver	Rated A	Score Golf TV	Marilyn Denis	Railroad Alaska	Life Gaming	General Hospital (N)	Cops	Mysteries at the Castle
11:30	Divorce		Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.				Rated A							
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose	Floogals	News	The First 48	The Chew	Global News at Noon		CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Naked and Afraid	"Mark & Russell's Wild Ride"	Celebrity	Cops	Mysteries at the Castle
12:30	Millionaire		Kate and	Nina's		Bold						Squirrel							
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruff-Ruff, Tumble	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland "The Natural"	Almost	SC Top 10	The Social (N)	Bering Sea Gold	(2015) Roscoe	CityLine	Cops	Mysteries at the Castle
1:30				Fit 2 Stich								Sidekick	Reporters						
2 PM	King	The Talk	Rob Robot	Thomas	TMZ (N)	Let's Make a Deal	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Sports	Dr. Phil	Mighty Ships "Fram"	Prince Awesome	CityNews at 5 (N)	Cops	Security
2:30	King		Curious	Curious	Inside Ed.							Kid vs. Kat	Interruption						
3 PM	Mod Fam	Meredith Vieira	Kate and	Arthur	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	Coronation	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Cops	Yukon Gold (DVS)
3:30	Mod Fam		PAW Patrol	Nature Cat							TBA	Chucks			How/Made	Next Step			
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil	The First 48	FABLife	Young & Restless	Global	To Be Announced	Assembly	MLB Baseball: Teams TBA. (N Subject to Blackout) (Live)	The Dr. Oz Show	Daily Planet (N)	Movie: "Pants on Fire" (2014)	Mod Fam	Cops	Canadian Pickers
4:30	Big Bang		Creative	Wild Kratts						Global Nat.		Assembly							
5 PM	Movie: **N "Mr. 3000" (2004) Bernie Mac.	News (N)	Astroblast!	News	2016 Stanley Cup Final: Game 4: Teams TBA. (N) (Live)	News	The First 48	News	News	Global News Hour at 6	2016 Stanley Cup Final: Game 4: Teams TBA. (N) (Live)	Assembly		CTV News Vancouver	How/Made	Next Step	The Bachelorette (N)	Cops	Security
5:30			Wild Kratts	Business				ABC News	Global Nat.			Assembly			How/Made				
6 PM	nie Mac.	Global Nat.	Marine Machines	PBS News-Hour (N)		KREM 2 News at 6 (N)	The First 48	News at 6	Global News Hour at 6	ET Canada	4: Teams TBA. (N) (Live)	Assembly		CTV News Vancouver	Alaskan Bush: Off Grid	Kingdom		Cops	Security
6:30		News						News		ET		Assembly				Life			
7 PM	Seinfeld	ET	Hope for Wildlife	To Be Announced		Broke Girl	The First 48	ET	ET	NCIS: Los Angeles		Assembly	SportsCentre (N)	etalk (N)	Alaskan Bush People	Raising	Broke Girl	Cops	Security
7:30	Seinfeld	ET Canada				Broke Girl		The Insider	ET Canada			Max		Big Bang		Malcolm	Two Men	Cops	Security
8 PM	Family Guy	Containment	Genius of Palaces (N)	To Be Announced	KHQ	Supergirl	(8:03) The First 48	The Bachelorette (N)	Containment	Containment	To Be Announced	Just Kid	STHL	Movie	How/Made	Prince	CityNews-Tonight (N)	Cops	Security
8:30	Amer. Dad				Millionaire							Just Kid	Hockey		How/Made	Dr. Ken			
9 PM	Family Guy	Houdini & Doyle (N)	The Treasures		Jeopardy!	Scorpion	(9:03) The First 48		Houdini & Doyle (N)	Houdini & Doyle (N)	To Be Announced	Gags	SportsCentre (N)		Alaskan Bush: Off Grid	Gilmore	Crime Watch Daily (N)	Cops	Security
9:30	Amer. Dad				Wheel							Gags				Third			
10 PM	The Middle	NCIS: Los Angeles	Shadow-Chief	Antiques Roadshow	Dateline NBC	Scorpion	(10:03) The First 48	(10:01) Mistresses (N)	NCIS: Los Angeles	Global News at 11 (N)	The National (N)	Haunting	SportsCentre (N)	(10:01) Mistresses (N)	Alaskan Bush People	Third	Extra (N)	Cops	Security
10:30	Payne											Haunting				BETCH	Young	Jail	Security
11 PM	Browns	News Final	Hope for Wildlife	Charlie Rose (N)	News	News	(11:03) The First 48	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre	News-Lisa	How/Made	Malcolm	Mr. D	Jail	Mysteries at the Castle
11:30	Payne	Colbert			J. Fallon	Colbert		J. Kimmel	Colbert		Coronation	Gags		CTV News	How/Made	Prince	Pckge Deal	Jail	



May 28th was the 9th time this car show has been held. Randy and the folks at Krankin Vintage Restoration have used this as their way of thanking residents for supporting their efforts.*

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

I've said this many times: there is a lot of talent in and around our community.

When I say 'talent' I am mostly referring to the artistic and cultural talents that are present but there are so many more than that.

For the moment I want to focus on

an event that the Princeton Arts Council is putting together in an effort to celebrate local talent. In this specific event the focus is on musical performing talent.

The Princeton Arts Council has started promoting their "Princeton's Talent Challenge 2016" where they

are inviting Okanagan and Similkameen performers to participate in a community event. The chosen performers will be selected after a series of auditions which are currently planned for Saturdays June 11, 25, July 9, 23, August 13 and 27 between 11:00 AM and 1:00 PM. The selected finalists will enter a Final Round to take place during Fall Fair September 10 and 11. The deadline to apply has been set for May 30th and more information is available by calling 250-295-6587 or by e-mailing coer@telus.net.

I suspect the deadline may be extended but I'm not entirely sure on that. I would imagine that depends entirely on the amount of entries and how many 'last minute' entries appear during the audition phase.

What I like most about this event is that someone has taken some action to put together an activity that will celebrate local talent. The fact that '2016' appears in the name

makes me think we could have an annual event on our hands if this first one takes off. That in itself it something to celebrate.

I have always marveled at the quality and quantity of talent we have in and around our community. I truly believe it has a great deal to do with the cultural character of Princeton and the Similkameen Valley.

Shifting gears, so to speak, the talent in our community comes in many other forms outside of art, music and culture. Have you noticed that it seems to be the "same fifteen people" in town who are involved in most everything that goes on here? Sure, a slight exaggeration on my part, but you know what I mean. We have a number of strong-willed, organized leaders in our community who think nothing of pitching in and getting things done. That in itself is a talent. Not everyone is equipped to do that.

Speaking of getting new things done, have you ever noticed how creative some local business owners have gotten in recent years or months? That is another talent that not everyone shares or understands.

We need these kinds of people in our downtown business core because when they do something creative for their business, it generally helps others on the same street. One example is any of the community service fundraising activities hosted in the Save-On-Foods parking lot. Sure, the idea is to get you into their store but in order for that to happen, you need to drive or walk downtown. That forces you to go past many other downtown businesses.

Another fine example is the annual car show hosted at Krankin Auto this past Saturday. Sure, it's not nearly the size of the Show 'n' Shine that fills the entire downtown core, but it still brings people to

.....continued on Page 20

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Dr Ryan Ridgway and Dr Lynn Smart joyfully welcome their daughter, Annika Elwyn Ridgway, born May 4th, 2016 at 11:02 PM, 6 lbs., 4 oz., 19.4 in.



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Notices

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KIDS! Plant your pumpkins NOW! for the Junior Fair Pumpkin Contest. \$10 for biggest pumpkin! Age groups: 6-9, 10-13, 14-17. Enter at Junior Fair September 9. Judging September 10 at the Fall Fair. May 17-5h

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Lower Valley News

Keremeos - Cawston - Olalla



Emergency responders acted quickly in Keremeos on Thursday night, May 26th to a broken gas line. The area around 11th Avenue and 8th Street was cordoned off and 15 households were evacuated on 11th Avenue. Those residents were moved a few hundred yards to a safe area. One elderly woman was taken out of her house by ambulance crews to address mobility issues but with no apparent injuries. The evacuation area was small due to windy conditions blowing the gas discharged into an unpopulated area along the river. Photo: Marty Menzies

Similkameen celebrates Tourism Week

The Similkameen Valley is joining dozens of communities, cities and regions around British Columbia to recognize National Tourism Week - May 29 to June 4.

B.C.'s visitor economy has been one of the province's top performing business sectors over the past two years, expanding faster than the economy at large and outpac-

ing traditional sectors such as agriculture and fishing.

Director Bush, of the Regional District of the Okanagan Similkameen's Area 'B,' recognized the achievements of tourism operators, employees, destination marketing organizations and other stakeholders by personally welcoming guests to the Keremeos

Visitor Centre on Monday, May 30th from 1:00 to 2:00PM. Director Bush also gave away a gift certificate to a lucky visitor at 2:00 PM.

In 2015, the Similkameen Valley welcomed thousands of visitors to our beautiful region.

Manfred Bauer, Mayor of Keremeos said, "The valley has

enjoyed another successful year. Tourism is an important economic driver to the region. We welcome an increasing number of visitors each year. Our Valley is home to hundreds of tourism businesses that offer authentic and remarkable experiences. The Similkameen Valley Planning Society continues to support the regional tourism

strategy and marketing."

While the B.C. tourism industry experienced both summer and winter seasons of record setting numbers last year, the trend is continuing as businesses and destinations across B.C. have already enjoyed a busy first quarter and are anticipating more record resultscontinued on Page 19

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The Keremeos Ambassadors Pageant was held Friday May 22nd. The new Ambassadors are, from left, Kalaya Allison-Squakin (Okanagan Nation Alliance), Shianna Allison (Similkameen Elders' Club) and Katlin Squakin (Upper Similkameen Indian Band). Photo: Marty Menzies

Lower Valley News

Keremeos - Cawston - Olalla



Touching moment during Keremeos Rodeo. Photo: Marty Menzies



Bull riding action from the Keremeos Rodeo. Photo: Marty Menzies



Migrant workers were represented at the Keremeos Rodeo Parade. Photo: Marty Menzies



Princeton Rodeo Queen Brittany Shopshire in Keremeos Rodeo Parade. Photo: Marty Menzies

Valley marks Tourism Week


.....continued from Page 18 this summer. Operators and communities around B.C. are sharing their Tourism Week celebrations on social media using the hashtag #BCTourismMatters.

Walt Judas, TIABC CEO adds, "The Tourism Industry Association of B.C. (TIABC) is excited to be celebrating National Tourism Week with our member partners across this province. While TIABC continues to advocate for the interests of B.C.'s \$14.6 billion industry, we also take the opportunity to celebrate the tremendous success and importance of the visitor economy

to our province. Wishing all of British Columbia a fantastic National Tourism Week because #BCTourismMatters."

Shirley Bond, Minister of Jobs, Tourism and Skills Training and Minister Responsible for Labour states, "British Columbia is experiencing incredible growth in tourism. We saw a 7.9% increase in international tourists as 4.9 million

international visitors came to our province in 2015. With a strong U.S. dollar, many British Columbians are also opting to experience B.C.'s world-class tourism through a staycation and exploring B.C. It is indeed a time to celebrate Tourism Week in Canada and such an important industry that's helping B.C. be an economic leader in Canada."

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Local teen earns Bronze from Einstein

.....continued from Page 6
 time when subjected to three different activities. The hypothesis stated that an individual student's perception of time would vary based on the activity they were participating in. It was hypothesized that when a student's mind was stimulated using a math sheet, they would perceive time to be shorter than actual, but when sitting idle due to the lack of stimulation to the brain, the brain would slow down and perceive time as longer. The results partially supported the hypothesis. The hypothesis was correct in stating

that everyone's perception of time would vary based on the activity they were participating in. However, time perception is not based solely on brain stimulation provided by a specific activity as stated in the hypothesis. Time perception is also based on an individual's reaction to an activity rather than the activity itself. The results when students completed the math sheet display the most conclusive data, as the outliers clearly show the participants had little awareness how much actual time had passed.
 Neurologist David Eagleman

(2016) provides great insight into the brain. "Your brain is not hard wired to do this, it's live-wired." Time perception is not something that we are born with. It is a development in the brain; a skill you gain. Eagleman explains that the brain's activity produces our sense of reality. "You're not perceiving what's out there. You're perceiving whatever your brain tells you" (2011). When the brain is gathering new information, such as a hard math problem that is not second nature to you, it takes a while for the brain to process it, which will

change a person's perception of time. When the brain is dealing with information that has already been processed, such as an easier math problem that is second nature to you, it takes the brain less time to process. By skipping the harder math questions and doing the easier addition and subtraction, participants greatly changed their perception of time. When a student had difficulty with a question, the brain was working very hard and the student was prone to high stress levels, therefore altering their perception. The human brain is very complex.

While the activity the participants were involved in may play a small role in their perception of time, that is not all there is to it and, in fact, there are many contributors. A deeper understanding of the complexity of the brain and the role of our five senses and emotions in daily life will allow us to further understand ourselves.

Saving...

.....continued from Page 16
 Bridge Street. Not only does the work on the vehicles exhibit talent, but putting on an event that could ultimately have an affect on that day of business in order to bring people downtown to see what else is on Bridge Street can't all be bad.

What I like most about these kinds of celebrations is that they are examples of local business people giving back a little bit to their community. It can be in the format of thanks to customers for their support or it could be used to generate new business. Either way, we have a lot of talented people in our community and many of them you may have never met before.

How does this save downtown Princeton?

I like how a small celebration like a 'Customer Appreciation Day' or a business anniversary milestone can inspire local business owners to reach out to the customer base that exists in our community. It shows their appreciation and in turn, we should show our thanks by giving these people some kind of support. Anything that can draw people into the downtown core is good for all of us in business, which is also good for the development of the character of our community.

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