

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.

COLLECTOR'S ISSUE 7 OF 8



2016 - Jason & Renee Prepare to Conquer Cancer



CONTINUED ON PAGE 2

CMMC announces 2016 Q2 results

Copper Mountain Mining Corporation (TSX: CUM) (the 'Company' or 'Copper Mountain') announced July 12 production results for the second quarter of 2016, from the Copper Mountain Mine located in southern British Columbia.

Second Quarter 2016 Production Highlights:

Annual production on track
- Produced 21.2 million pounds of copper, 7,980 ounces of gold, and

74,910 ounces of silver during the second quarter, bringing the first half year production totals to 40.1 million pounds of copper, 15,600 ounces of gold, and 139,300 ounces of silver, which is on track to meet production guidance for the year.

Gold production contribution increased

- Gold and silver prices to provide a favourable contribution to the operation and account for over 20% of the mine revenue.

Mill throughput

- Milled 3.4 million tonnes of ore at an average rate of 37,480 tpd, with 91.6% operating time. Copper recovery for the period was 82.4% treating an average grade of 0.343% copper.

Mine production strong

- Mined approximately 196,900 tonnes of material per day during the second quarter, ahead of budget expectations.

Mining activities continued from the Pit 2, Saddle and Virginia Pit areas. A total of 17.9 million tonnes of material was mined, including 5.7 million tonnes of ore and 12.2 million tonnes of waste, resulting in a strip ratio of 2.14 to 1. High equipment mechanical availability was

maintained during the quarter which helps contribute to the above average mining rates achieved during the quarter.

Jim O'Rourke, President and Chief Executive Officer of Copper Mountain Mining, said, "The mine continues to improve each quarter. Mill throughput for the month of June averaged 38,900 tpd, which is above our guidance of 37,500 tpd for the year. Gold production continues to provide a strong by-product credit. With 30,000 ounces of gold forecasted for 2016, the recent \$250 increase in the price of gold has a material positive affect on the bottom line numbers. This combined with the mine's aggressive cost saving initiatives has greatly strengthened the mine's ability to weather the current global economic environment."

In addition, the Company has signed an amended agreement with the Senior Credit Facility Bankers to extend the guarantee for the debt service reserve account and the capex reserve account for an additional year ending on June 27, 2017.

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%. The Copper Mountain mine commenced production in the latter half of 2011, and has continued to improve its operations since start-up. The 18,000 acre site has a large resource of copper that remains open laterally and at depth.

The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the property's full development potential. Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Celebrate the end of an Era!

OUR LAST ISSUE IS NEXT WEEK
SEE PAGE 16 FOR DETAILS

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Similkameen News Leader

January 6, 1998 - July 26, 2016

by W. George Elliott

This week I wanted to look at some of the 'fun' things we have done as part of the Similkameen News Leader and part of your community.

A number of things come to mind but I wanted to touch on a few main items.

First and foremost we have had the most fun sharing your stories. This has included various fun events held in and around Princeton and Keremeos. I have personally found a great deal of pleasure and satisfaction from doing a lot of community service. There are not many local groups I have not been a member of at one time or other.

Favorite groups for me include

the Similkameen Sizzle Committee in Keremeos. I have been involved in that group since it began 15 years ago and have played a role (with Brenda) in the planning of the annual Pepper Festival in September. In fact, it was at 'Sizzle' where Brenda and I were married in 2004 so we have always had a soft spot for that event.

I have been part of the Granite Creek Preservation Society since it was formed and was also the first President of the short-lived Princeton & Area Business Enhance Association.

I was on the Okanagan College Advisory Board when I first moved here, Rodeo Club, Racing Days, PXA and others. I have

always enjoyed telling the stories about these hard working groups but the 'fun' part was always telling your story.

It could have been about the workings of the Princeton Airport Weather Station (Brenda's best assignment), attending fun days hosted at Princeton Museum, Aboriginal activities at area schools, helping spread the word for the Princeton Traditional Music Festival, Vermilion Forks Field Naturalists or on more personal matters such as the Ride to Conquer Cancer (more on that on Page 8).

There has been a lot of 'fun' involved in being a small-town community newspaper independent of corporate chains directing our content. It has been a pleasure to be able to publish content we wanted to publish and that we thought was interesting.

One of the most ambitious 'fun' events we took on was for our April Fool's issue in 2008. In my 23+ years in Broadcasting, April 1st was a prank-filled day. When I worked in Kelowna, and later in Penticton, April Fool's Day was a very interesting day at any of the radio stations I worked at. That was the day the on-air staff or the news department would fabricate a big gag.

The rule was always to make it believable and there were some very good stunts that were put in motion when I worked at these places. Even when I was the Assistant Manager at the local radio station I carried that 'tradition' into my career.

On April 1st 1998 we announced

at the local radio station that owner Laurie Currie and I launched a local newspaper called "Princeton This Week" and I had audio clips of local dignitaries wishing Currie and I the best on our new venture. I even had good luck messages pre-recorded by some of our advertising clients. It all added to make the gag believable.

I waited a few years here at the Similkameen News Leader for April 1st to fall on our publication date. In 2008 I got my wish and worked on what will be the only issue of this newspaper to contain a high volume of content that was gag-related.

What sold the whole joke was the incredible contribution of then-Mayor Randy McLean. When I approached him for his assistance it was an easy sell as he had helped me once on a radio April Fool's prank. This was back when our elected officials had a really good sense of humour and weren't so caught up in their image.

The front page photo of Mayor McLean holding a sign saying: "Welcome to Vermilion Forks, BC...Honouring our past by changing our name before the Olympics" helped sell the main headline story about Princeton reverting back to being called Vermilion Forks. That story struck a chord and people talked about it for a long time. They were not happy with the proposed change.

Other stories in that issue included details on the BEA attempting to turn the Similkameen Valley into a separate nation within British

Columbia by 2010. Another story was about the 12-team Canadian Junior Touch Football League adding an expansion team in Princeton.

All of the 'fake' stories in that issue were written by a reporter name April Phuel. Still, many readers did not get the joke and took much of the information seriously.

After all, if it's in the paper, it's got to be true!

Another 'fun' thing we did here was how we bounced back from losing our entry in the tourist information guide arena. This paper published Summer and Winter information guides named "Discover the Similkameen" which I continued to do after I bought this business in 2004.

We were coming up against changes where many info centres were opting to feature just one information guide from each community on their display racks. It made sense, but we took a hit as it was a pretty good money maker for us.

After a year without a "Discover the Similkameen" we needed something. John Gillis, who now owns and operates Cool Beanz Coffee House with his wife Carolyn, walked into our office with a resume in 2008.

We didn't have a lot of work for anyone here outside of the few of us already on the payroll but there was something about John we really liked. Looking back on it I think he was just so honest and genuine.

Anyway, we took him on as acontinued on Page 8

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Princeton BC News
 01 Summer '08 The History of Princeton, British Columbia In Print! FREE!

Furs, mines, forests and grass

Princeton is old...town turns 150 in 2010!

Who would have thought that by recycling local history into something new that people would want to read about it? Princeton BC News was a product we developed to replace our "Discover the Similkameen" tourist information guide we could no longer get distributed by Chambers of Commerce in British Columbia. By the time Princeton BC News was an ongoing publication, some of those Chambers started requesting copies be available at their locations. *

Flip Of The Coyne

by Spencer Coyne

In my closing paragraph last week I mentioned that a sidewalk along Corina Avenue down to John Allison Elementary was considered too costly for Town Council to proceed with. This brought to my attention the cost of the cozy little park that is being built down by the Brown Bridge. Now before I go any further, I want to go on the record saying this little park will be a great

addition to the area. You may be wondering what a sidewalk along Corina Avenue and a park have in common, usually nothing, but this time it is the cost of both.

In the nice little handout that Town has provided telling the community what they plan to spend this year and on what projects, we have a nice small number for the park, around \$30,000. The sidewalk

would have cost about \$275,000, a far cry from the thirty thousand that Town is claiming that the park is going to cost. The thing is, Town didn't add the cost of the land acquisition to the total cost of the park. According to the 2015 consolidated financial statement for the town, near the end on page 18, under Land and Improvements, there was an addition of \$221,726. This number supports what I have been told from sources, that the town bought the property for over \$200 thousand dollars. If you start to add up the total of this little park, we are pushing very close to the estimated cost of the sidewalk that would have provided a safe walkway for all the kids walking down to the elementary school.

It's not even that Town isn't going to put in a sidewalk that is the problem. The problem is that they decided again that they were to spruce up something and make it look good and that it was more important than to find a way to provide the children of this community a safe walking path. Mayor and Council could have said we can't afford to put in a paved sidewalk, but maybe they could look into widening the street a

little, or look at alternative ways to make it safer for people to walk along a busy street. They brushed it off completely, yet they seem to find money to build parks and paint buildings, but there isn't money for safe walkways.

These decisions are not made by accident. These are decisions that are thought through and made with the consensus of Council as a whole. Council has decided that it is more important to put up facades than to actually deal with the needs of the community. Maybe Town does not see this as a Town issue. Maybe they think that it should be the School District that should be funding sidewalks. Maybe they think that the School District should

take money out of the education budget for sidewalks. It is not the responsibility of a school district to put in municipal infrastructure.

It's hard to deny that the town looks great. The arena looks nice, and now the new park is coming along nicely. The downtown is looking great, yet the reality is that things are not going as great as they look. We know Council's priorities are about glitz and glamour, but if all the Town worries about is how good it all looks, one day something is going to happen that will either cost the community a small fortune to fix, or worse, and as I said these are decisions that are supported by Council and the responsibility and legacy will be all of theirs to share.

RRC begins new project

Designed to be the centerpiece of the camp, it features a spectacular lobby overlooking Lorne Lake. The auditorium is theater style with tiered seating for 320 people and includes breakout meeting rooms off the main hall.

Since the camp opened in 2004 Young Life has been holding nightly 'clubs' during the summer in the basement of the dining hall. It has long been the dream of staff and leaders to move out of this tempo-

rary space into a meeting room with seating for guests and a sizeable podium to accommodate speakers, musicians and performers.

The new facility will serve RockRidge campers for years to come and will be a valuable addition for groups who rent the facilities during the non-camping season. This exciting project is expected to be complete next year and a grand opening is scheduled for late spring.



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REGIONAL DISTRICT OF OKANAGAN-SIMILKAMEEN NEWS

Andrew Jakubeit

GET TO KNOW YOUR RDOS DIRECTORS
Andrew Jakubeit - RDOS Vice-Chair

Municipal Director (City of Penticton)
Mayor of Penticton
Okanagan Similkameen Regional Hospital District Chair



Born in Toronto, Andrew and his family moved to Kelowna where he grew up, graduated from KLO Secondary and attended Okanagan College. He started his own wholesale company distributing CD's which is how he met his wife, LeAnne. 23 years ago. Together they have raised two children, Dustin and Ronni and two dogs, Floyd and Ozzy.

Andrew moved his business to Penticton 22 years ago and together with his wife they operate the Grooveyard CD and clothing company in Downtown Penticton. Andrew also started a video production company (Groove-V Productions) that specializes in web streaming of sporting events, business and product promotional videos.

Past accomplishments include being President of the Downtown Penticton Association where he lobbied for the 1 hour free parking and championed the Community Market in the 200 block of Main Street. Andrew is the organizer of the Vancouver Canucks Young Stars Classic. He also helped to negotiate a deal to bring Axel Merckx Gran Fondo to Penticton. Andrew has 20 years volunteering with Minor Hockey with the last 5 of those years on the BC Hockey Executive Board.

Andrew currently is liaise for Trails of the Okanagan Society and member of the Okanagan Film Commission.

Invitation To Tender

**NARAMATA WATER SYSTEM
STANDBY POWER UPGRADE**

The Naramata Water System Standby Power Upgrade will provide and commission three new diesel generators, a generator at each of the following sites: Raw Water Pump Station, Water Treatment Plant, Juniper Pump Station. The associated work includes, but is not limited to: concrete generator pads, surface grading, removal and restoration of surface features and curbing, fencing, and a lockblock retaining wall.

The contract includes provision of used standby generators as Optional Work and the Owner may elect to accept used standby generators.

Tender Documents are available in hardcopy and PDF for a non-refundable amount of \$50.00 including GST payable to the Regional District of Okanagan-Similkameen.

Tender documents can be purchased on or after Tuesday, July 5th, 2016 at the offices of the:

- Engineer (Suite 201, 3275 Lakeshore Road, Kelowna, BC
- Attn: Stephen Horsman, P. Eng.), or
- Regional District of Okanagan-Similkameen (101 Martin Street, Penticton BC)

Please contact Stephen Horsman at AECOM with any questions.

Tenderers are encouraged to attend an optional information meeting scheduled for Tuesday, July 19th, 2016 at 10:00 AM starting at the Regional District office in Penticton at 101 Martin St., Penticton B.C.

Tenders are scheduled to close:
Tender Closing Time: 3:00:00 pm local time
Tender Closing Date: Wednesday, August 10th, 2016 at:
Regional District of Okanagan-Similkameen,
101 Martin St, Penticton, B.C. V2A 5J9
For additional information, please contact:
AECOM - Stephen Horsman, P.Eng, Project Engineer
Email: stephen.horsman@aecom.com
Phone: (250) 980-7117 Fax: (250) 762-7789

Property Tax Exemption

The Regional District of Okanagan-Similkameen recognizes the significant value of volunteers, volunteer groups and agencies to the spiritual, educational, social, cultural, and physical well-being of the region.

These non-profit organizations have the opportunity to apply for a Property Tax Exemption.

The following criteria will determine eligibility.

The applicant(s) must:

- Qualify for an exemption under the provisions of the Local Government Act, the general authority for property tax exemptions. (Sections 809 and 810);
- Be in compliance with Regional District policies, plans, bylaws, and regulations (i.e. zoning);
- Be a non-profit organization;
- Not be in competition with for-profit business;
- Provide services or programs that are compatible or complementary to those offered by the Regional District.
- Provide a service that fulfills some basic need, or otherwise improves the quality of life for residents of the Regional District.
- Not provide liquor or meal services as their primary function or source of revenue.
- Not collect rent on a caretaker or other residence located on the property.

Application forms are available online at www.rdos.bc.ca. Or at the RDOS office, 101 Martin Street, Penticton, BC.

The deadline for submitting completed application forms including supporting documentation is July 31, 2016.

Successful applicants may be asked to publicly acknowledge the exemption.

If you require further information, assistance completing your application or wish to view the Property Tax Exemption Policy, please call Michelle Sideroff, Finance Department at 250-490-4227 or email at msideroff@rdos.bc.ca.



Editorial Page

News Leader

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

My Turn...

Caught In The Crosshairs

I had an interesting conversation the other day about power. More specifically, a couple of us were trying to determine who the most powerful person in Princeton is. The criteria was simple - who has the most power.

I had the answer right away.

The most powerful people in Princeton are you and me and the person sitting next to you, your neighbour, his wife and so on. My answer raised an eyebrow or two and one particular public figure was offered up as the "most powerful person" in Princeton. I disagreed.

Then I debated the suggestion noting that all the rest of us - the real holders of power in Princeton - have been convinced time and time again by those who 'think' they are in power in our community that we are the weaker links.

Think about it for a moment.

If the rest of us were not the most powerful people in Princeton, why are there no public forums to discuss upcoming changes within our community? Why is there no transparency as we often request?

I'll tell you why. It's because all of us would collectively say 'no' or 'wait a minute here' to the plans that seem to be predetermined without public consultation.

For example, if those who feel they are in power say 'no' enough and control direction and change in the community the rest of us will eventually give up allowing the power we actually possess to be tossed away. The old saying, "You can't fight City Hall" is just a saying. Communities all over North America have fought 'city hall' and won.

Shall I tell you how they did it?

The public stood up and used their power to stop the things they didn't like happening in their community.

Why has that not happened here? I'll give you two reasons. Either all of us agree with the changes going on around us and trust that our town leaders actually do have our best interest in mind or...we've all forgotten that the most powerful voice within the community is ours.

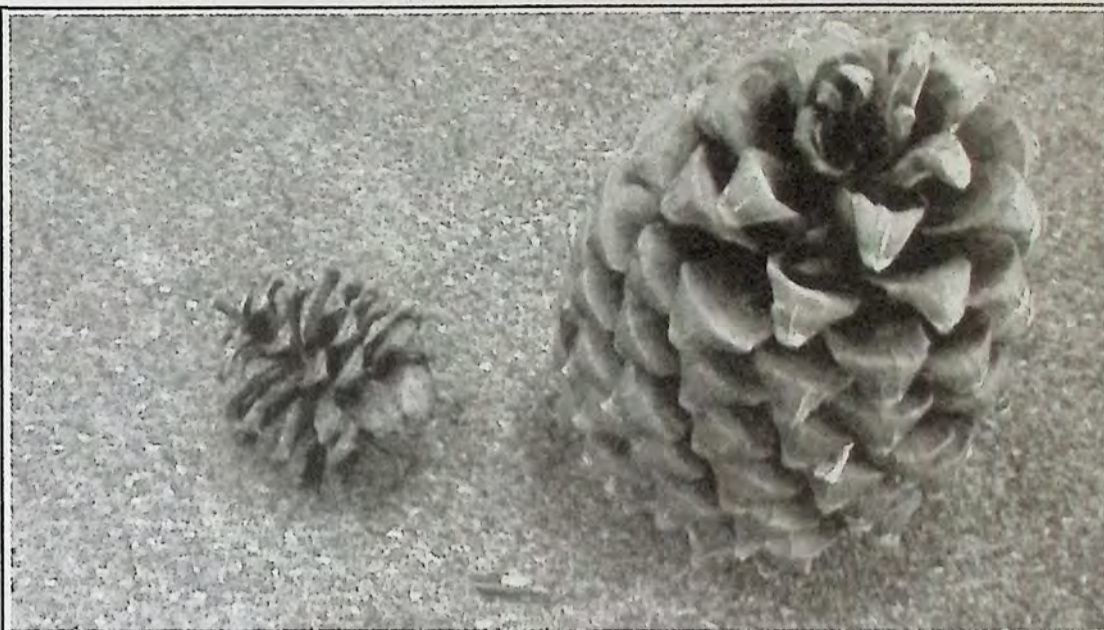
What am I getting at?

I'm just trying to remind you that you still have a say in what happens in your community. However, the only way to exercise that power is to get involved. Form a group of like-minded citizens and lobby those bodies you disagree with to show them you want - or demand - input.

We can't stumble around and blame anyone - elected officials included - for doing things we disagree with if we don't get engaged and become part of the process. I'm pretty sure the Mayor and Town Council would welcome the input because they have a lot on their plates already with the things they are doing to try to improve our community and promote growth.

Things will continue to be done the way they always have been if we don't get active and actually use the power we have to push for change.

The power we always have had regardless of what we are told.



Mike Talarico of Princeton found this 'monster' pine cone in the Wright's Road area a couple weeks ago. It weighs 1-pound, 10 ounces, has a height of 7 1/2-inches and circumference of 19-inches. For scale, this photo shows it next to a 'normal' sized pine cone. A seed for the monster is also in the photo. - submitted

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

On Tuesday July 12, Kim Smith, General Manager of ATV BC, and myself met with some of Princeton Council to discuss a proposed ATV Special Event in Princeton. Present at this meeting were Mayor Frank Armitage, Doug Pateman, Rick Zerr, Kim Maynard, Lyle Thomas and Bob Coyne.

In the past it was a common discussion at trail club meetings that

ATV riders were not welcome in Princeton. This ride event was originally planned to show the residents and businesses in Princeton that the ATV riders in the Princeton area are responsible and courteous lot and they also have a lot to contribute to the Town of Princeton.

The Town of Princeton happens to be the centre from Manning Park to Keremeos and the US border to Summerland, of some of the finest

trail riding in B.C. From the Princeton centre, riders would be able to fan out in all directions for hundreds of miles with the KVR being the trail corridor to access many of the trails. Making Princeton an ATV tourist destination centre would be a great achievement.

We apologise to Princeton Council as we didn't handle the planning for this Special Event in a professional manner. Council was not consulted until late in the planning process. Many issues still require to be dealt with that we were not aware of.

Kim Smith and I were pleasantly surprised to find Mayor Armitage and councillors open and willing to work with the ATV community to make this event a positive experience to everyone. I believe that Princeton and the ATV community have reached an understanding here. Working together great things can be achieved.

The Off Road Vehicle (ORV) Act that has been implemented in BC stating all ATVs must be registered and insured, opens up many opportunities that towns in BC are taking advantage of with Princeton being one of them.

I thank Mayor Armitage, Doug Pateman and Bob Coyne for your patience and understanding of the issues at hand.

- Vic Bartel, President Similkameen Valley Riders

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EDITORIAL GUIDE

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



Current Comment

Institute Warns of Global Cooling



Dawn Johnson
editor@thenewsleader.ca

A few days ago, the PIK Potsdam Institute issued a warning that Europe may undergo some years of cooler weather. This is a reversal of the global warming 'climate change' this German institute has been ardently promoting. Having issued the warning about cooler weather, the institute did add this trend will not stop global warming.

I mention this particular source because it has lagged far behind other individual scientists in suggesting the planet is not becoming warmer but is cooling. The recent nasty winter in Europe, with a cooler than normal spring, may have put pressure on the Potsdam Institute scientists, or maybe they just decided to get off the global warming bandwagon and tell it like it is.

Retired U.S. Navy physicist James Marusek has been studying a phenomenon called the Maunder Minimum, a cycle in which the Sun has very few flares. Many scientists believe our Sun is reducing its activity and going toward a Maunder Minimum, or Little Ice Age. Marusek has done a study comparing the recorded histories of Europe, India and China during a Little Ice Age and the social conditions during that time.

Marusek discovered the greatest threat to human life is not freezing to death, although that can occur if

there is a fuel shortage. The greatest threat is famine caused by crop failures. Along with starvation conditions, he found reports of serious epidemics which killed up to two-thirds of some populations. He suggests malnutrition left people without the health reserves to survive infectious diseases. Perhaps those who favour reducing the world's population will look forward to a time of starvation.

Crop failures occur when crops are exposed to either too little moisture or to frost. Europe lost billions of dollars worth of fruit this spring due to frost. Crop damage accompanies flooding and violent downpours of rain and of hail. Marusek found these were typical of Little Ice Age conditions: drought in some areas and flooding in many areas. During the months of May and June, scarcely a country in Europe escaped serious flooding. England had four major floods. China has suffered terribly during June with five major floods. The United States has experienced a second year of flooding in Texas, as well as floods in the Midwest and flooding in Virginia and Oklahoma. The U.S. Department of Agriculture is already warning of reduced crops in the Midwest due to flooding.

Snow last winter ruined crops and killed livestock in North Viet Nam. In late June, Brazil lost crops due to freezing rain. Last week, we saw photos of palm trees weighted down with snow in Australia. These are considered rare events, but suppose these events become the norm for 30 years?

Even without disastrous weather, crop yields may be reduced considerably due to a reduction in warmth, or due to a shorter growing season. Some crops, such as soybeans, rice, oranges and bean crops meant to be dried, may not

have a long enough season for the crop to mature. Grain crops may not mature sufficiently to be used for cereal or flour.

The shortage of food would lead to crisis conditions, but colder winters that last longer have other problems related to food supply. Snowstorms or intense cold can lead to transportation problems. Nearly everyone on earth depends on transportation to deliver and distribute their food.

During the last Mini Ice Age in Europe, which ended about 170 years ago, people learned to eat more root crops, and to find better ways to store food for winter. In North America, farmers depended on dried corn, dried apples, carrots stored in bins of damp sand in root cellars. Root cellars contained potatoes, squash, pumpkins, and cabbages, although the main way of storing cabbages was as sauerkraut. In today's world, we depend on many ways of storing food for the cold months, but most people depend on somebody outside the home to store the food in freezers, in controlled air environments, and in tins, all in some central location.

Marusek does not discuss the cost of food during shortages, nor the potential for violence, such as raids on storage areas or on neighbours or farmers, but the potential is there in times of food shortages.

One of the reasons I was wary of the whole global warming scenario was my knowledge of history, of the fate of Greenland's Viking settlement, and Charles Dickens' descriptions of the bitterly cold, snowy winters in England in his time. Our Earth goes through cycles of change, and I saw people behaving as if global warming would be permanent, and as if we humans had caused it. I could remember when I was a teenager in the 1950s, when we had a decade of severe winters, and we heard predictions of a coming Ice Age. The Ice Age did not come, and global warming came instead.

Despite all the dire predictions of a Little Ice Age, I think we humans are in a better position today to cope, but I do not expect help from government. They are still hung up on global warming and the need to reduce carbon dioxide. If the weather does get much colder, don't expect a refund on your carbon tax!

August for children wanting to enter the colouring contest.

Fall Fair members were distressed to learn the Bunchgrass Quilters will not be putting on a quilt show at the fair due to lack of members able to do the display.

The annual Fall Fair raffle tickets are on sale and selling well. This year features one of the best prize packages - a sling of lumber from Weyerhaeuser, a \$200 meat package from Doug's Homestead, and a fully finished bench manufactured by Jonas Melan, a chainsaw artist featured at the fair.

FortisBC will be back at the fair this year, bringing activities forcontinued on Page 16

Fair board welcomes President

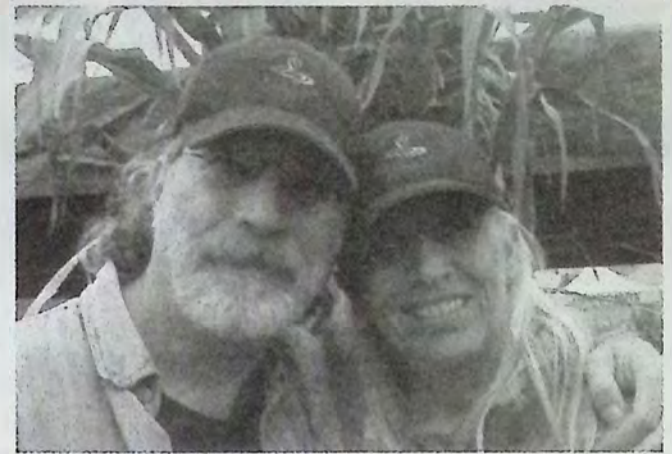
The Fall Fair Association was pleased to welcome back Rayleen Brewer, President, at the meeting held July 12. She was presented with a card and potted fern in appreciation. A special guest at the meeting was Brooklynn Rose McCarron, who came with her mother, Heather King, the Treasurer. Members were glad to have the Treasurer back after the birth of her daughter.

Nicolah and Linda Hodgson have taken over the job of caring for livestock during the fair. Their volunteering for this job was very much appreciated.

The colouring page for Junior Fair will be available late in

Similkameen News Leader

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"Woe to him who builds his palace by unrighteousness, his upper rooms by injustice, making his countrymen work for nothing, not paying them for their labor." - Jeremiah 22:13



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - July 19 - 25, 2016

Princeton Traditional Music Festival

Family Music at the Princeton Traditional Music Festival

It has been said that "the family that plays together stays together." This applies especially to playing music together and at this year's Traditional Music Festival there will be several family groups performing.

Appearing for the first time this year are the Merry McKentys from Manson's Landing on Cortes Island. They are a six-piece family band made up of four brothers, one sister, a dad, three fiddles, a guitar, a

mandolin and an accordion with frequent guest appearances by other instruments and family members. Mixing sweet three-part fiddle harmonies with foot-stomping traditional dance tunes, the Merry McKentys have delivered their high-spirited, smile-producing music from street corners to concert halls on several continents.

Two of the McKentys - Immanuel and Francis - will be performing as a duo called The McKenty

Brothers. They will perform a repertoire of songs and of traditional and old-time Canadian and Irish fiddle tunes. Their robust harmonies and sweet lyrics are accompanied by fiddles, cello and percussion.

Coming back to the Festival is the Van Lidth de Jeude Family from Bowen Island who performed last year. The group consists of three generations: mother, daughter, son and two grandchildren, who have been singing together all their lives. Particularly memorable last year was a song they sang about the disappearance of horses from people's daily lives. The song was illustrated by a series of "moving pictures" shown on a long roll of paper that was scrolled through a frame. The superb pictures had been painted by the young grandson who cranked them through the frame while the song was being sung.

A duo that is a perennial favourite

at the Festival is Mike & Nakos, a father and son duo from Bellingham. They have been performing together for over eight years. Mike performed at folk clubs in Britain, was a crew member on the sloop Clearwater in New York State and an artist in residence in Oregon schools. He was an instructor at the Puget Sound Guitar Workshop and has played at many festivals throughout the Cascadia region and beyond. Nakos is an accomplished dobro player who plays a wide repertoire and has performed with bands that include bluegrass, blues and country music. He currently performs with the Bellingham-based bluegrass duo Marcel & Nakos.

The Relative Miners are a trio consisting of a brother and sister - Bevan and Morgan Bartlett - performing with their uncle, Stephen Ruebsaat. Coming from a family

with a rich musical tradition, the three of them have been involved in music since childhood, with outputs ranging from hip hop to Balkan brass, to heavy metal. Coming together for their first performance as a group, they will be performing mostly traditional songs with a focus on North American songs. Expect rich harmonies, sweet slide guitar and probably a pun or two.

Performing separately will be three more members of the same family.

Jon Bartlett and Rika Ruebsaat are the parents of Bevan and Morgan and they will be performing a repertoire that ranges from sea shanties and traditional ballads to logging and mining songs. Their particular love is the songs of BC. They have collected songs and history in the Princeton Archives dating as far back as 1900.

Norbort Ruebsaat is Stephen and Rika's brother and he will sing the first songs he learned when he arrived in Canada at age six. He learned English by singing it without, at first, knowing what he was singing about. Later in life Norbort wrote stories about learning these songs and about learning English. He will read some of these stories during his performance.

Aside from these family groups there are a total of thirteen performing groups that contain couples, either as duos or as part of larger groups.

So come to the ninth annual Princeton Traditional Music Festival and join the family. The Festival begins on Friday August 19th at 6:00 PM with the opening ceremony on Veterans' Square followed by a participatory street dance. Saturday and Sunday there will be music from 10:00 AM until 6:00 PM on three stages in downtown Princeton. And it's all free - no admission is charged.

If you would like to find out more, visit the Festival's website at www.princetontraditional.org. If you'd like to help out at the Festival, the committee would love to hear from you. We particularly need people to billet some of our performers. People who have done this in the past have formed ongoing friendships with the people they billeted. You can email princetonfestival@telus.net phone 250-295-6010.



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The McKenty Brothers from Cortes Island will be performing at the Traditional Music Festival.

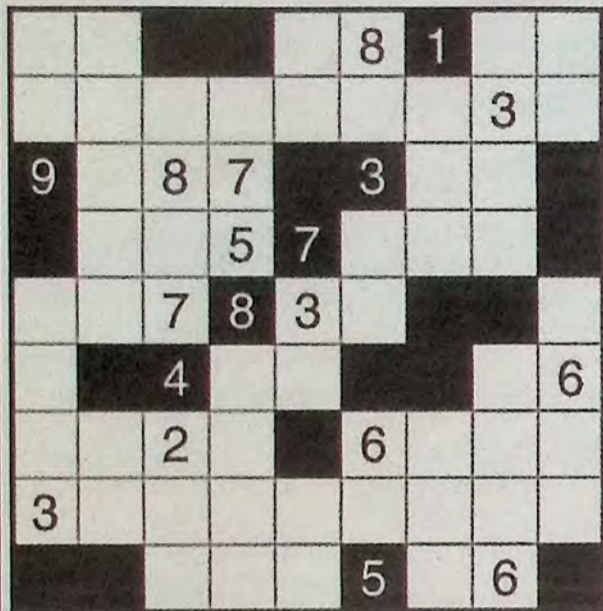
News Leader Str8ts

STR8TS

No. 290

Medium

Previous solution - Easy



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

9:30 am SPIKE ch.44 "Speed" (1994, Action) Keanu Reeves. A SWAT team ace must keep the speed of a Santa Monica bus above 50 mph, or a madman's bomb will explode. (In Stereo)

AFTERNOON

12:30 pm SPIKE ch.44 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking. (In Stereo)

3:00 pm SPIKE ch.44 "The Book of Eli" (2010, Adventure) Denzel Washington. A lone warrior faces many dangers as he carries hope for humanity's redemption across a post-apocalyptic wasteland. (In Stereo)

4:00 pm FAM ch.26 "Beethoven's Big Break" (2008, Comedy) Jonathan Silverman. When kidnapers 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 "The Town" (2010, Crime Drama) Ben Affleck. A Boston bank robber looks for a way out of his criminal lifestyle after beginning a passionate romance with the woman that his gang briefly took hostage.

EVENING

8:30 pm SPIKE ch.44 "The Book of Eli" (2010, Adventure) Denzel Washington. A lone warrior faces many dangers as he carries hope for humanity's redemption across a post-apocalyptic wasteland. (In Stereo)

10:00 pm KNOW ch.5 "Father Figures" (2013, Documentary) Filmmaker April Butler examines her father's romance with a woman who is 50 years younger.

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TUESDAY, JULY 19, 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! (N)	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Global News Morning (N)	(5:00) Global News Morning (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre (N)	CTV Morning Live Vancouver (N)	Mayday: Air Disaster	Life Derek Roscoe	CityLine (N)	Wildcat Police Videos	Canadian Pickers (N)
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today David Boudia; understanding food labels.	CBS This Morning (N)	Storage	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre (N)		How/Made	Kingdom	Let's Make a Deal (N)	Tat: Miami	Weird or What?
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Storage			Morning	Napkin	Chucks	SportsCentre (N)	Destruction	Turbo	The Price is Right (N)	Tat: Miami	Security	
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N)	The 700 Club (N)	Storage	LIVE with Kelly (N)	Morning	Fresh	Arthur (N)	Sidekick	SportsCentre (N)	LIVE with Kelly (N)	How/Made	The X Factor UK	FamFeud	Tat: Miami	Expedition Unknown (N)
10 AM	Judge	Fresh	Boj (N)	Sesame St.	Today (N)	The Price is Right (N)	Storage	The View (N)	Fresh	Rachael Ray (N)	Bookaboo	Spliced (N)	SportsCentre (N)	The View (N)	Airshow (DVS)	Next Step	The Chew (N)	Expedition Unknown (N)	
11 AM	Divorce	Rachael Ray (N)	Monkey	Dinosaur	Hot Bench	Young & Restless	Storage	Paid Prog.	Rachael Ray (N)	Global News at Noon	Recipes	Rated A	Motorcycle	Marilyn Denis	How/Made	Kingdom	General Hospital (N)	Expedition Unknown (N)	
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose (N)	Paid Prog.	News	Flipping Vegas (N)	The Chew (N)	Global News at Noon	Days of our Lives (N)	CBC News Network	Chucks	Summer Lunch	CTV News Vancouver	Alaskan Bush: Off Grid	Backstage	Celebrity	Expedition Unknown (N)	
1 PM	Crime Watch Daily	Days of our Lives (N)	Ruff-Ruff, Tumble	Painting	Days of our Lives (N)	The Talk (N)	Flipping Vegas (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Hearland "On the Line"	Almost	SC Top 10	The Social (N)	Alaskan Bush People	Backstage	CityLine (N)	Expedition Unknown (N)	
2 PM	King	The Talk (N)	Rob Robot	Thomas	TMZ (N)	Let's Make a Deal (N)	Flipping Vegas (N)	The Doctors (N)	The Talk (N)	Meredith Vieira	Murdoch Mysteries (N)	Wayside	Sports	Dr. Phil (N)	How/Made	Awesome	CityNews at 5 (N)	Security	
3 PM	Mod Fam	Meredith Vieira	Kate and PAW Patrol	Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N)	Flipping Vegas (N)	Rachael Ray (N)	Meredith Vieira	Young & Restless	Grand Designs (N)	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	Highway Thru Hell	Next Step	(2:59) CityNews at 6 (N)	Yukon Gold (DVS)	
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil (N)	Zombie House Flipping	FABLife (N)	Young & Restless	Global	Bond Vet (N)	SpongeBob	Hockey	The Dr. Oz Show (N)	Highway Thru Hell	Movie: "Beethoven's Big Break" (N)	Mod Fam	Canadian Pickers (N)	
5 PM	Movie: "The Town" (2010) Ben Affleck, Rebecca Hall.	News (N)	Astroblast!	Republican National Convention	News	News	Zombie House Flipping	News	News	Global News Hour at 6	Dragons' Den (N)	SpongeBob	MLB Baseball: New York Mets at Chicago Cubs. (N Subject to Blackout)	CTV News Vancouver	Deadliest Catch	Awesome	America's Got Talent "The Judge Cuts 3" (N)	Security	
6 PM		Global Nat.	Hope for Wildlife	The 2016 Republican National Convention.	News	KREM 2 News at 6 (N)	Zombie House Flipping	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly		CTV News Vancouver	Deadliest Catch (N)	Next Step	H2O Just	Tat: Miami	
7 PM	Sinfeld (N)	ET	Canada: Over the Edge	Convention.	Republican Convention	Broke Girl	Zombie House Flipping	Republican Convention	ET	NCIS: New Orleans (N)	Gags	Thunder		etalk (N)	Alaska Mega Machines	Next Step	To Be Announced	Tat: Miami	
8 PM	Family Guy	NCIS "Day in Court" (N)	Wild Brazil (N)	Time Scanners (N)	America's Got Talent "The Judge Cuts 3" (N)	Zoo (N)	Zombie House Flipping	The Middle	NCIS "Day in Court" (N)	NCIS "Day in Court" (N)	Mercer	Just Kid	SportsCentre (N)	Amazing Race	How/Made	Prince	CityNews-Tonight (N)	Expedition Unknown (N)	
9 PM	Family Guy	Vikings "Mercenary"	My Life as a Lone Twin	Time Scanners (N)	Cuts 3" (N)	Zoo (N)	Zombie House Flipping	Fresh-Boat	Vikings "Mercenary"	Vikings "Mercenary"	Standing	Gags	SportsCentre (N)	Zoo (N)	Deadliest Catch (N)	Gillmore	Crime Watch Daily (N)	Mysteries at the Castle	
10 PM	The Middle	NCIS: New Orleans (N)	"Father Figures" (2013)	Time Scanners "Petra"	Dateline NBC (N)	NCIS: New Orleans (N)	Zombie House Flipping	ET	NCIS: New Orleans (N)	Global News at 11 (N)	The National (N)	The Haunt	SportsCentre (N)	Motive (N) (DVS)	Alaska Mega Machines	LA Story	Extra (N)	Mysteries-Museum	
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News	Zombie House Flipping	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre (N)	News-Lisa	How/Made	Malcolm	Mr. D	Expedition Unknown (N)	
	Payne	Colbert			J. Fallon	Colbert		J. Kimmel	Colbert		Coronation	Just Kid		CTV News	How/Made	Prince	Pckge Deal	Jail (N)	

.....continued from Page 2
commission advertising salesman. At the time we had a fair amount of weekly advertising but I could see that even at 10% or 11% commission that wasn't going to feed anyone so, with suggestions from Brenda and the Manager of Princeton Museum at the time, Nick Mills, I developed a new tourist promotional tool.

It was named "Princeton BC News" - a brand I still use in various media platforms to this day. The concept was to 'recycle' the

history of Princeton in a fresh new way and that became a mini newspaper meant as a special edition. Mills had been contributing small stories about Princeton's history to the newspaper already so it sounded like a natural.

Issue #1 was released July 2008. We printing something like 15,000 copies and gave them away.

John had filled it with advertising and that covered all costs associated with it. The product was a success and so different to a regular

tourist information guide people were requesting additional issues.

Lucky for us John was able to keep selling and a second issue came out in October 2008. Two more followed in 2009 (February and July) with Issue #5 out in May 2010 and Issue #6 published May 2011. By this time John started his new business and we retired Princeton BC News.

It will always be one of the best 'fun' memories I have about my time sitting in the owner/publisher's chair at this newspaper.



Senior Ladies' Club Championship

The senior ladies took to the course on Thursday for their annual Club Championship tournament, named in honour of long-time Princeton resident, Eleanor Hicks. This year's claim to the title would not be an easy decision as two extra play-off holes were needed before Sharleen Anderson would grasp the title of Seniors Club Champion. Shown with Sharleen (left) is Judy Cross who clinched the Overall Low Net honours.

First place winners in the first flight were Barb Fraser (gross) and

Irene Dubuc (net) while second flight winners were Cathy Chadsey (gross) and Arlene Wotzke (net). Second place winners in the first flight were Cathy Chadsey (gross) and Judy McElhinney (net) and in the second flight the winners were Dale Sunderland (gross) and Pat Schmunk (net).

In addition to those prizes, there were on-course chances at prizes as well. Sharleen Anderson won Long Drive in the 1st Flight while Arlene Wotzke was the 2nd flight winner. Jeannette Gerard won the Super

Senior Long Drive. Betty Jarvis won Fewest Putts with only 29 putts for the day, while Arlene Wotzke had the second fewest putts with only 31. Chip-ins for the day were claimed by Jan, Peggy Schwarz and Dale Sunderland as well as Betty Jarvis who enjoyed two! Cathy Chadsey and Patricia Schmunk enjoyed the only deuces for the day.

The course is in ideal shape this year and the weather was perfect. Book a tee time and come out and enjoy Princeton's best kept secret!

Renee rides again

The Ride to Conquer Cancer is not an easy task. It takes a ton of dedication, fistfuls of donations and a long time on a bicycle.

Locals have been part of the fundraising efforts in the past. For example, Lisa Panchenko of Princeton completed the 200-kilometre ride in honour of her dad who lost the battle against cancer in 2013.

Renee Hartwell was the next Princeton participant. She explains her involvement with, "The following year I joined the effort and three weeks before the ride Lisa fell from her bike, having fractured her vertebra and was shortly thereafter diagnosed with osteoporosis."

That didn't slow Hartwell down. "I persevered, with her by my side as my pit crew, to complete the ride in honour of my uncle who also lost his long battle."

The event was hard on her. "I swore it was something this bumpkin would never do again. The 200K in the pouring rain and the \$2,500 (which I ended up raising \$8,600) mandatory fundraising obligation was too much."

Then bad news for the family. "This January our family took a blow when my mother-in-law was diagnosed with breast cancer.

Amongst other feelings, the helplessness of watching someone so close to you having to endure a double mastectomy and chemotherapy while explaining to your kids 'it's ok, grandma will be better soon, cause she's a strong fighter,' was too much. I needed to do something! What can anyone do?"

Hartwell turned to other family members for assistance.

"So, I asked my brother, Jason Roche, who is lately, a marathon and triathlon guru, to help me. 200K is too physically and emotionally difficult to do again on my own. And he was all in! So now we are raising funds and training very hard to prepare."

You can help them by making an online donation.

"If anyone would like to donate please go to <http://va16.conquer-cancer.ca/> and donate under either of our names."

They are still gathering items for an upcoming fundraiser, silent auction items in particular. More information you can contact Hartwell via e-mail at rrhartwell_home@hotmail.com.

"Our dearest Lisa will MC the event. THANK YOU FOR YOUR SUPPORT! Our little community is so wonderful!"



Renee Hartwell. - photo submitted



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16th Annual Princeton Show 'N' Shine

Bridge Street, Princeton - July 9, 2016



On the left, 2016/17 Princeton Vice Ambassador Miranda Crucil poses proudly with her bright red dune buggy, which was displayed under a protective cover as it had rained the night before and well into the early morning. On the right, cars lined up on Bridge Street very early in the morning of the Show 'n' Shine to get the top spots and high visibility. *

WEDNESDAY, JULY 20, 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! ☼	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) ☼	Mighty Ships "Hawk"	Life Derek Roscoe	CityLine (N) ☼	Cops ☼	Canadian Pickers ☼
6:30	Crazy Talk		Monkey	Odd Squad			Dog					Almost						Tenants	
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Actress Mila Kunis; women and money. (N)	CBS This Morning (N) ☼	Duck D.	Good Morning America (N) ☼			Cat in the Hat	Squirrel	SportsCentre ☼		How/Made	We Are Raising	Let's Make a Deal ☼	Tenants	Weird or What?
7:30			Wild Kratts	Ready Jet			Duck D.				Arthur ☼	Chucks		How/Made			Tenants		
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Duck D.			Morning Huntley St.	Napkin	Chucks	SportsCentre ☼	Mighty Ships	Lost Backstage	The Price Is Right ☼	Tenants	Security	
8:30			Curious	Curious			Duck D.				Tiger	Wayside					Tenants	Security	
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N) ☼	The 700 Club ☼	Duck D.	LIVE with Kelly (N) ☼	Morning Huntley St.	Fresh	Arthur ☼	Sidklick	SportsCentre ☼	LIVE with Kelly (N) ☼	How/Made	The X Factor UK ☼	FamFeud	Movie: *** "X2: X-Men United" (2003, Action) Patrick Stewart. ☼	Myster-les at the Castle
9:30	Hot Bench	Huntley St.	Floogals	Tiger			Duck D.			Money	Napkin	Almost			How/Made		FamFeud		
10 AM	Judge	Fresh	Boj ☼	Sesame St.	Today (N) ☼	The Price Is Right ☼	Duck D.	The View ☼	Fresh	Rachael Ray (N) ☼	Bookaboo	Spliced ☼		The View ☼	Jade Fever	Next Step	The Chew ☼		Myster-les at the Castle
10:30	Judge	Money	PAW Patrol	Peg			Duck D.		Money		Tiger	Kid vs. Kat		Jade Fever	Backstage				
11 AM	Divorce	Rachael Ray (N) ☼	Monkey	Dinosaur	Hot Bench	Young & Restless	Duck D.	Paid Prog.	Rachael Ray (N) ☼	Global News at Noon	Recipes	Rated A	Cabbie	Marilyn Denis	Deadliest Catch	Kingdom	General Hospital (N) ☼		Myster-les at the Castle
11:30	Divorce		Dinosaurs	Sit & Be Fit	Hot Bench		Duck D.	Paid Prog.		Days of our Lives (N)	Stefano	Rated A	Cabbie			H2O Just			
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose ☼	Paid Prog.	News	The First 48 ☼	The Chew ☼	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds	Summer Lunch	CTV News Vancouver	Deadliest Catch ☼	Raising	Celebrity	Movie: *** "X2: X-Men United" (2003, Action) Patrick Stewart. ☼	Myster-les at the Castle
12:30	Millionaire		Kate and	Ruff-Ruff, Tumble	Ruff-Ruff, Bold							Squirrel				Raising	Celebrity		
1 PM	Crime Watch Daily ☼	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	Amazing Race	The Social (N) ☼	Alaska Mega Machines	Raising	CityLine ☼		Myster-les at the Castle
1:30				Sewing								Sidklick				Raising			
2 PM	King	The Talk ☼	Rob Robot	Thomas	TMZ (N) ☼	Let's Make a Deal ☼	The First 48: Gang-land	The Doctors ☼	The Talk ☼	Meredith Vieira	Murdoch Myste-ries ☼	Wayside	Sports	Dr. Phil ☼	How/Made	Awesome	CityNews at 5 (N) ☼		Security
2:30	King		Curious	Curious	Inside Ed.							Kid vs. Kat	Interruption		How/Made	Kingdom			Security
3 PM	Mod Fam	Meredith Vieira	Kate and	Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N) ☼	The First 48 ☼	Rachael Ray (N) ☼	Meredith Vieira	Young & Restless	Grand Designs ☼	Sidklick	SportsCentre (N) ☼	Ellen DeGeneres Show	How/Made	Next Step	(2:59) CityNews at 6 (N)	Stings	Yukon Gold ☼ (DVS)
3:30	Mod Fam		PAW Patrol	Nature Cat								Chucks			How/Made	Backstage			
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil ☼	Duck D.	FABLife ☼	Young & Restless	Global	Bond! Vet ☼	SpongeBob	MLB Base-ball: San Francisco Giants at Boston Red Sox. (Live) ☼	The Dr. Oz Show (N) ☼	Jade Fever	Movie: *** "Spy Kids" (2001) ☼	Mod Fam	Stings	Canadian Pickers ☼
4:30	Big Bang		Creative	Wild Kratts	Jdg Judy		Duck D.			Global Nat.		SpongeBob			Jade Fever				
5 PM	Movie: ** "Transporter 3" (2003, Action)	News (N) ☼	Astroblast!	Republican National Convention	News	News	Duck D.	News	News	Global News Hour at 6	Dragons' Den ☼	SpongeBob		CTV News Vancouver	Trailblaz-ers ☼	Awesome	America's Got Talent "The Judge Cuts 4" (N) ☼	Movie: *** "X2: X-Men United" (2003, Action) Patrick Stewart. ☼	Security
5:30			Wild Kratts		NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob							
6 PM		Global Nat.	Canada: Over the Edge	Republican National Convention.	News	KREM 2 News at 6 (N)	Duck D.	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly		CTV News Vancouver	Dark Woods Justice (N)	Next Step	H2O Just		Waterparks
6:30		News			Millionaire		Duck D.	News		ET		Assembly							Waterparks
7 PM	Seinfeld ☼	ET	The Immortal Beaver	Republican Convention.	Republican Convention	Broke Girl	Wahlburg	Republican Convention	ET	American Gothic (N) ☼	Interrupt	Henry	SportsCentre (N) ☼	etalk (N)	Alaskan Bush People	Mako	Wayward Pines (N) ☼		Bert the Conqueror ☼
7:30	Seinfeld ☼	ET Canada				Broke Girl	Wahlbrgs		ET Canada		Coronation	Stanley		Big Bang		Srvlvy Sty			
8 PM	Family Guy	Big Brother (N) ☼	India on Four Wheels	My Wild Af-fair ☼	America's Got Talent "The Judge Cuts 4" (N) ☼	Big Brother (N) ☼	Duck D.	Goldbergs	Big Brother (N) ☼	Big Brother (N) ☼	Dragons' Dan ☼	Just Kid	SC Top 10	MasterChef (N) ☼	How/Made	Prince	CityNews-Tonight (N)	Repo	Myster-les at the Castle
8:30	Amer. Dad						Duck D.	Goldbergs				Just Kid	SC ☼		How/Made	Malcolm		Repo	
9 PM	Family Guy	You, Me and	Civilization-History?	NOVA ☼	Cuts 4" (N) ☼	Criminal Minds ☼	Duck D.	Mod Fam	You, Me and	You, Me and	The Romeo Section ☼	Gags	SportsCentre (N) ☼	Criminal Minds ☼	Trailblaz-ers ☼	Gilmore	Crime Watch Daily ☼	Repo	Waterparks
9:30	Amer. Dad						Duck D.	blackish				Gags				Lost		Repo	Waterparks
10 PM	The Middle	American Gothic (N) ☼	Ancient Worlds	To Catch a Comet ☼	Dateline NBC ☼	American Gothic (N) ☼	Duck D.	ET	American Gothic (N) ☼	Global News at 11 (N)	The National (N) ☼	Haunting	SportsCentre (N) ☼	Saving Hope ☼ (DVS)	Dark Woods Justice	Let's Be Cheer	Extra (N)	Repo	Bert the Conqueror ☼
10:30	Payne						Duck D.	The Insider				Haunting					Young		
11 PM	Browns	News Final	The Immortal Beaver	Charlie Rose (N) ☼	News	News	Wahlburg	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre ☼	News-Lisa	Alaskan Bush People	Srvlvy Sty	Mr. D		Myster-les at the Castle
11:30	Payne	Colbert			J. Fallon	Colbert	Wahlbrgs	J. Kimmel	Colbert		Coronation	Just Kid		CTV News		Prince	Pckge Deal		

THURSDAY, JULY 21, 2016

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, JULY 22, 2016

Table with 20 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 - Sunday to Monday

.....continued from Page 11

Vietnam War discovers a man claiming to be an American MIA in Southeast Asia. The vet helps him begin the process of proving his lost-soldier identity to reunite him with his family. (In Stereo) (CC)
 10:00 pm FAM ch.26 "The Mummy: Tomb of the Dragon Emperor" (2008, Adventure) Brendan Fraser. After his son is tricked into awakening a cursed Chinese emperor, Rick O'Connell and his family seek a way to send the megalomaniac and his 10,000 warriors back to their graves. (In Stereo) (CC)
 10:30 pm SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's popula-

tion into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

11:00 pm WTBS ch.3 "The Terminal" (2004, Comedy-Drama) Tom Hanks. Unauthorized to enter the United States, an Eastern European befriends a flight attendant while living in a New York airport.

SUNDAY MORNING

9:00 am WTBS ch.3 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface.
 10:30 am FAM ch.26 "Legally Blonde" (2001, Comedy) Reese

Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. (In Stereo) (CC)

AFTERNOON

12:05 pm FAM ch.26 "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights. (In Stereo) (CC)
 1:00 pm WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death.
 2:00 pm YTV ch.18 "Alvin and the

Chipmunks: The Squeakquel" (2009, Comedy) Zachary Levi. Live action/animated. Now in the care of Dave Seville's nephew Toby, chipmunks Alvin, Simon and Theodore enter a battle of the bands contest to save their school's music program. (In Stereo) (CC)
 VTV ch.22 "Playing for Keeps" (2012, Romance-Comedy) Gerard Butler. Looking to rebuild his relationship with his son, a former soccer star gets roped into coaching a youth league, where he attracts the attention of his players' amorous moms. (In Stereo) (CC)
 3:00 pm CBC ch.13 "Revolution" (2012, Documentary) Emily Hunter. Filmmaker Rob Stewart sheds light on important environmental topics and suggests ways that people can work to curtail damage that has been done already. (In Stereo) (CC)
 4:00 pm YTV ch.18 "The Nut Job" (2014, Comedy) Voices of Will Arnett. Animated. A mischievous squirrel and his sidekick assemble a ragtag animal crew to get inside their town's nut shop and steal enough food for the winter. (In Stereo) (CC)

FAM ch.26 "Legally Blonde" (2001, Comedy) Reese Witherspoon. A sorority queen enrolls in Harvard to prove to her former boyfriend that she has more than good looks. (In Stereo) (CC)
 5:00 pm CBC ch.13 "Charlie and the Chocolate Factory" (2005, Fantasy) Johnny Depp. A poor boy and four spoiled children win a tour through the incredible factory of an odd confectioner. (In Stereo) (CC)

5:35 pm FAM ch.26 "Legally Blonde 2: Red, White & Blonde" (2003, Comedy) Reese Witherspoon. Fired from her firm, a young Boston lawyer heads to Washington, D.C., to fight for animal rights. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Collateral" (2004, Suspense) Tom Cruise. A contract killer hijacks a cab and forces the driver to transport him to his assigned jobs in Los Angeles.
 YTV ch.18 "Tarzan" (2013, Adventure) Voices of Kellan Lutz. Premiere. Animated. Tarzan and Jane face a mercenary army dispatched by the evil CEO of Greystoke Energies. (In Stereo) (CC)
 9:00 pm FAM ch.26 "The Nutty Professor" (1996, Comedy) Eddie Murphy. An obese scientist drops the pounds and his poor self-image when a secret formula turns him into a slender ladies man. (In Stereo) (CC)

MONDAY AFTERNOON

4:00 pm FAM ch.26 "Babe" (1995, Comedy-Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion sheepherder. Live action/animation. (In Stereo) (CC)
 5:00 pm WTBS ch.3 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others.

Celebrate the end of an era!

OUR LAST ISSUE IS NEXT WEEK

JOIN US FOR COFFEE AND GOODIES

TUESDAY, JULY 26 (DROP-IN) BETWEEN 9 AM & 5 PM

Similkameen

News Leader

226A Bridge Street, Princeton (between ICBC & CIBC)

SUNDAY, JULY 24, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45	
6 AM	Paid Prog.	In a Name	Dragon	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds	Paid Prog.	In a Name	Global News Morning (N)	Tiger	Squirrel	Formula One Racing	Canada's Worst Driver	Tanked (N)	Warthog!	Paid Prog.	Xtreme Off	Moves	
6:30 AM	Paid Prog.	Treasure	Monkey	Peep		Paid Prog.		Paid Prog.	Treasure		Super Why!	Squirrel				Life Derek	Church	Engine	Paid Prog.	
7 AM	Paid Prog.	Global Npws Morning (N)	PAW Patrol	Super Why!	KHQ	CBS News Sunday Morning (N)	Criminal Minds	Good Morning America	Global News Morning (N)		Cat in the Hat	Squirrel	SportsCentre	Marilyn Denis	Insane Pools	Thunder	Eye/Asia	Truck Tech	The Em	
7:30 AM	Att. Eats		Curlous	Bullier	Invest						Poko	Kung Fu				Turbo	Operation Smile	Detroit	The Em	
8 AM	Paid Prog.		PAW Patrol	Curlous	Meet the Press (N)	The Nation	Criminal Minds	This Week			Coronation	Pet Shop	SportsCentre	etalk	Highway Thru Hell	HZipzer		Bar Rescue	Mysterie-Museum	
8:30 AM	Paid Prog.		Floogals	Cat in the Hat							Coronation	Stanley		Corner Gas		Srvlvt Sty	Festival Italiano di Johnny Lombardi (N)	Bar Rescue	Delicious	
9 AM	Movie: "Journey to the Center of the Earth"		Maker	SciGirls	LPGA Tour Golf	Paid Prog.	Criminal Minds	Matter		Urban	Coronation	Game	Formula One Racing: Hungarian Grand Prix	Operation Smile	Dangerous Flights	Backstage		Bar Rescue	Delicious	
9:30 AM			Dino Dan	Whole		Paid Prog.		Hiring		Paid Prog.	Coronation	School				Next Step		Bar Rescue	Delicious	
10 AM		Urban	Wild Kratts	Bomba Away: LBJ		Whacked	Criminal Minds	Paid Prog.	Urban	J. Osteen	Coronation	Thunder	The Social	Highway Thru Hell	Mako		Bar Rescue	Delicious		
10:30 AM		Paid Prog.	The Little Prince	Focus	Tour de France	PGA Champ. Preview	Wahlburg	Paid Prog.	PGA Pre-Game Show	PGA Pre-Game Show	Our Vancouver	Bella	NASCAR Prerace	Canada's Worst Driver	Deadliest Catch	"Legally Blonde"	Murdoch Mysteries	Bar Rescue	Delicious	
11 AM	Paid Prog.	PGA Pro-Game Show	Annedroids	Asla			Wahlburg	Designing				Henry						Bar Rescue	Delicious	
11:30 AM	1st Family						Wahlburg											Bar Rescue	Delicious	
12 PM	Paid Prog.	PGA Tour Golf: RBC Canadian	Canada: Over the Edge	Ancient Roads	Golf: American Century Championship, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Wahlburg	Hollywood	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	PGA Tour Golf: RBC Canadian Open, Final Round. (N) (Live)	Land/Sea	Max	NASCAR Racing: Sprint Cup Series: Brickyard 400. From Indianapolis Motor Speedway.	SportsCentre	Deadliest Catch	"Legally Blonde 2"	Murdoch Mysteries	Bar Rescue	Delicious	
12:30 PM	Box Office						Wahlburg	Hollywood			One/One	Stanley						Bar Rescue	Delicious	
1 PM	Movie: "Shark Tale" (2004, Comedy)	Open, Final Round. (N) (Live)	Hops for Wildlife	Ancient Roads			Escaping Polygamy	Pacific BI XTERRA	Open, Final Round. (N) (Live)	Open, Final Round. (N) (Live)	Bond Vet	Game On	W5 (DVS)	Bitchin' Rides	Backstage		Murdoch Mysteries	Bar Rescue	Delicious	
1:30 PM			Architects of Change	Ultimate Restorations			Escaping Polygamy	To Be Announced			Grand Designs	"Alvin and the Chipmunks: The Squeakquel"	Movie: "Playing for Keeps" (2012) Gerard Butler.	Movie: "The Nut Job" (2014)	Baseball Tonight	How/Made	Kingdom	CityNews	Bar Rescue	Miracles Decoded
2 PM									Rich Bride, Poor Bride	16x9	Movie: "Revolution" (2012) Emily Hunter.		Sports	How/Made	How/Made	H2O Just	CityNews	Bar Rescue	Miracles Decoded	
3 PM	Big Bang	Rich Bride, Poor Bride	Haydn's Creation	The National Parks: America's Best Idea	Paid Prog.	Paid Prog.	Intervention "Kimberly"	Love Lucy	16x9	Gotta Eat	Movie: "Charlie and the Chocolate Factory"		MLB Baseball: Los Angeles Dodgers at St. Louis Cardinals. (Live)	Amazing Race	To Be Announced		Celebrity Family Feud	Bar Rescue	Miracles Decoded	
3:30 PM	Big Bang							Love Lucy		Global Nat.			Dodgers at St. Louis Cardinals. (Live)	How/Made		H2O Just	CityNews	Bar Rescue	Miracles Decoded	
4 PM	Big Bang	16x9	great oration		Paid Prog.	Whacked	Intervention "Brian N."	Love Lucy			Movie: "The Nut Job" (2014)		Baseball Tonight	How/Made	How/Made	How/Made	H2O Just	CityNews	Bar Rescue	Miracles Decoded
4:30 PM	Big Bang							Love Lucy					Baseball Tonight	How/Made	How/Made	How/Made	H2O Just	CityNews	Bar Rescue	Miracles Decoded
5 PM	Med Fam	Gotta Eat	Secrets of the Castle	Paving the Way: Park	KHQ News	News	Intervention	News	Gotta Eat	Global News Hour at 6	Movie: "Charlie and the Chocolate Factory"		MLB Baseball: Los Angeles Dodgers at St. Louis Cardinals. (Live)	Amazing Race	To Be Announced		Celebrity Family Feud	Bar Rescue	Miracles Decoded	
5:30 PM	Med Fam	News			NBC News	CBS News		ABC News	Global Nat.	Security			Dodgers at St. Louis Cardinals. (Live)	Amazing Race	To Be Announced		Celebrity Family Feud	Bar Rescue	Miracles Decoded	
6 PM	Movie: "Collateral" (2004) Tom Cruise, Jamie Foxx	Global Nat.	What's That About?	9 Months-Made	KHQ News	KREM 2 News at 6 (N)	Intervention "Jonel" (N)	News at 6	Global News Hour at 6	Security			Dodgers at St. Louis Cardinals. (Live)	Amazing Race	To Be Announced		Celebrity Family Feud	Bar Rescue	Miracles Decoded	
6:30 PM		News			Wheel			Estate	Global News Hour at 6	Simpsons			Dodgers at St. Louis Cardinals. (Live)	Amazing Race	To Be Announced		Celebrity Family Feud	Bar Rescue	Miracles Decoded	
7 PM		Simpsons	Holiest Places	Dancing on the Edge	Dateline NBC (N)	60 Minutes (N)	Escaping Polygamy (N)	Funnest Home Videos	Simpsons	Elementary	Heartland			Big Bang	Dual Survival (N)	Awesome	Cyberwar	Bar Rescue	Miracles at the Castle	
7:30 PM		Security							Security					Big Bang	Raising	VICE	Bar Rescue	Miracles at the Castle		
8 PM		(8:01) Big Brother (N)	New Tricks "Roots"	Masterpiece Mystery!	To Be Announced	(8:01) Big Brother (N)	To Be Announced	Celebrity Family Feud	(8:01) Big Brother (N)	(8:01) Big Brother (N)	When Calls the Heart	Game On	SportsCentre (N)	Killjoys	Myth-Busters	Dr. Ken (N)	CityNews	Bar Rescue	Miracles-Museum	
8:30 PM	The Closer											Assembly				Srvlvt Sty	CityNews	Bar Rescue	Miracles-Museum	
9 PM		Madam Secretary	Waking the Dead	The Tunnel (N)	American Ninja Warrior "Atlanta Finals"	Madam Secretary	Intervention	The \$100,000 Pyramid	Madam Secretary	Madam Secretary	Baroness	Max	SportsCentre (N)	The \$100,000 Pyramid	To Be Announced	Movie: "The Nutty Professor" (1996)	Murdoch Mysteries	Bar Rescue	The Dead Files	
9:30 PM	The Closer										Standing	Max						Bar Rescue	The Dead Files	
10 PM		Elementary	Waking the Dead	Bare Feet		Elementary	(10:03) Intervention	Match Game (N)	Elementary	Global	The National (N)	Haunting	SportsCentre (N)	Match Game (N)	Naked and Afraid XL	BETCH	2016 Tour de France: Stage 21.	Bar Rescue	Miracles at the Castle	
10:30 PM	There Yet?								TV-Torrents			Haunting						Bar Rescue	Miracles at the Castle	
11 PM	Paid Prog.	News	Waterfront Cities	The Foreyte Saga	News	News	Escaping Polygamy	KXLY 4	News	Mackenzie	CBC News	Gags	SportsCentre	News	Dual Survival	Dr. Ken		Bar Rescue	Delicious	
11:30 PM	Paid Prog.	TV-Torrents			Paid Prog.	Family Guy		Van Impe	TV-Torrents	Paid Prog.	fifth estate	Gags	CTV News	CTV News		Raising		Bar Rescue	Delicious	

News Leader Sudoku

SUDOKU

No. 290

Very Hard

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

Previous solution - Tough

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

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

The solutions will be published here in the next issue.

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

Living Past 100

Fight Deficiencies For Health

Combinations of certain nutrients generate health and a long life. To ensure enough of the essentials, we have to combat deficiencies. Most North Americans are deficient in magnesium, and this deficiency will be a factor in all disease conditions. Muscle cramps are the first signal of magnesium deficiency.

This deficiency can occur from taking diuretics, blood pressure pills, excessive sweating, diarrhea, and stress. Magnesium relaxes the body. Along with magnesium, we must have selenium, another mineral which is deficient in mountainous regions. Both can be obtained through supplements, with magnesium citrate the most absorbable.

Magnesium is found in avocados, nuts, dried fruit, fish, dark green leafy vegetables, beans (dried), and seeds. Selenium is found in grains grown in selenium-rich soils, so the best source is whole grains or a supplement.

Niacin is the next essential nutrient.

It is a healing food that works at the cellular level, ensuring any cell damage is repaired. Foods rich in niacin include beef, turkey, chicken, avocados, peanuts, and spinach. These same foods provide another essential vitamin, B6.

Finally, a common deficiency in North America is iodine, found primarily in kelp. Iodine is essential for health as it affects the health of the entire endocrine system which controls the thyroid, parathyroids, and is essential to every cell of our bodies. Unless you eat kelp every day, the way many people in the maritime provinces do, you should be taking a kelp pill every day.

Each of these nutrients is essential, but not just each on its own. It is the combination of these nutrients that leads to good health and a long life.



PrincetonBCNews

MONDAY, JULY 25, 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) 22	Hi Opie! 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Global News Morning (N) 22	(5:00) Global News Morning (N) 22	The Early Edition (N)	Kid vs. Kat	SportsCentre 22	CTV Morning Live Vancouver (N) 0 22	Canada's Worst Driver	Life Derek Roscoe	CityLine (N) 22	Wildest Police Videos	Canadian Pickers 22
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N) 0 22	CBS This Morning (N) 0 22	Dog	Good Morning America (N) 22			Cat in the Hat	Squirrel	SportsCentre 22		How/Made	HZipzer	Let's Make a Deal 22	Wildest Police Videos	Weird or What?
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Killer Kids		Morning	Napkin	Chucks	SportsCentre 22		How/Made	Next Step	The Price Is Right 22	Cops 22	Security	
9 AM	Hot Bench	Morning	Astroblast!	Tiger	Today (N) 0 22	The 700 Club 0 22	Killer Kids	LIVE with Kelly (N) 22	Morning	Fresh	Arthur 0	Sidackk	SportsCentre 22	LIVE with Kelly (N) 22	How/Made	The X Factor UK 'Live Show 2'	FamFeud	Jail 22	The Dead Files 0 22
10 AM	Judge	Fresh	Boj 0	Sesame St.	Today (N) 0 22	The Price Is Right 22	Killer Kids	The View 0 22	Fresh	Rachael Ray (N) 22	Bookaboo	Spliced 0	SportsCentre 22	The View 0 22	Mayday 22		The Chew 0 22	Cops 22	The Dead Files 0 22
11 AM	Divorce	Rachael Ray (N) 22	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 22	Paid Prog.	Rachael Ray (N) 22	Global News at Noon	Our Vancouver 22	Rated A	Motoring	Marilyn Denis	To Be Announced	The X F.	General Hospital (N) 0	Cops 22	The Dead Files 0 22
12 PM	Millionaire	Global News at Noon	PAW Patrol	Charlie Rose 0 22	Trucks	News	The First 48 0 22	The Chew 0 22	Global News at Noon	Days of our Lives (N)	CBC News Network	Nerds	Summer Lunch	CTV News Vancouver	Naked and Afraid XL	Lost	Celebrity	Cops 22	The Dead Files 0 22
1 PM	Crime Watch Daily 22	Days of our Lives (N)	Ruff-Ruff, Tumble	Paint This	Days of our Lives (N)	The Talk 0 22	The First 48 0 22	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 22	Heartland 22 (DVS)	Almost	SC	The Social (N) 0 22	Dual Survival 22	Lost	CityLine 22	Cops 22	The Dead Files 0 22
2 PM	King	The Talk 0 22	Rob Robot	Thomas	TMZ (N) 0	Let's Make a Deal 22	The First 48 0 22	The Doctors 0 22	The Talk 0 22	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 22	Hello	Awesome	CityNews at 5 (N) 22	Cops 22	Security
3 PM	Mod Fam	Meredith Vieira	Kate and Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N) 0	The First 48 0 22	Rachael Ray (N) 22	Meredith Vieira	Young & Restless	Global	Bondi Vet 0 22	Sidackk	SportsCentre (N) 22	Ellen DeGeneres Show	How/Made	Next Step	(2:59) CityNews at 6 (N)	Cops 22	Yukon Gold 22 (DVS)
4 PM	Big Bang	Young & Restless	Maker	Ready Jet	Jdg Judy	Dr. Phil 0 22	The First 48 0 22	FABLife 0 22	Young & Restless	Global	Bondi Vet 0 22	SpongeBob	CFL Pro.	The Dr. Oz Show (N) 0	Destruction	Movie: **** "Babe" (1995) 0	Mod Fam	Cops 22	Canadian Pickers 22
5 PM	Movie: **** "The Green Mile" (1999) Tom Hanks, David Morse.	News (N) 22	Astroblast!	Democratic National Convention	News	News	The First 48 22	News	News	Global News Hour at 6	Dragons' Den 0	SpongeBob	Football: Montreal Alouettes at Toronto Argonauts. (N) (Live) 22	CTV News Vancouver	How/Made	Awesome	The Bachelorette (N) 0 22	Cops 22	Security
6 PM		Global Nat.	What's That About?	News	KREM 2 News at 6 (N)	Millionaire	The First 48 22	News at 6	Global News Hour at 6	ET Canada	CBC Vancouver News	Assembly	Assembly	CTV News Vancouver	Alaskan Bush: Off Grid	Next Step	H2O Just	Catch a Contractor	Security
7 PM		ET	Hope for Wildlife	Democratic Convention	Broke Girl	(7:01) The First 48 22	Democratic Convention	ET	(6:59) BrainDead (N) 0	ET Canada	Hello	Bella		etalk (N)	Alaskan Bush People	Raising	(7:01) Scorpion 0 22	Bar Rescue	Security
8 PM	Seinfeld	Crazy Ex-Girlfriend	Fairytales	Antiques Roadshow	American Ninja Warrior	Mom 22	(8:02) The First 48 22	The Bachelorette (N) 0 22	Crazy Ex-Girlfriend 22	Murdoch Mysteries (N)	Just Kid	Just Kid		American Ninja Warrior	How/Made	Prince	CityNews-Tonight (N)	Catch a Contractor	Security
9 PM	Family Guy	The Night Shift (N) 22	Simon Schama's	The War of 1812 0 22 (DVS)	"Indianapolis Finals" (N)	Scorpion "Talismans"	(9:01) The First 48 22	The Night Shift (N) 22	The Night Shift (N) 22	The Book of Negroes	Gags	Gags	SportsCentre (N) 22	"Indianapolis Finals" (N)	Alaskan Bush: Off Grid	Gilmore	Crime Watch Daily 22	Jail 22	Security
10 PM	Family Guy	(9:59) BrainDead (N) 0	Sacred Grizzly 0	Dateline NBC 0 22	(9:59) BrainDead (N) 0	(10:01) The First 48	ET	(9:59) BrainDead (N) 0	Global News at 11 (N)	The National (N) 22	Haunting	Haunting	SportsCentre (N) 22	Castle 0 22	Alaskan Bush People	BETCH	Extra (N)	Jail 22	Security
11 PM	The Middle	News Final	Hope for Wildlife	Charlie Rose (N) 22	News	News	(11:02) The First 48	KXLY 4	News	Late Show-Colbert	CBC News	Just Kid	SportsCentre 22	News-Lisa	How/Made	Malcolm	Mr. D 0	Jail 22	The Dead Files 0 22

Similkameen News Leader

#815 ISSN 1712-090X Tuesday, December 31, 2013

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



Store closures trouble Council

new Racing Days Association Board of Directors, left to right, seated: Kevrin Crowell, Secretary Mariah Puchobid. Left to right, standing: SOHC President The Princeton Herald

Similkameen News Leader

ISSN 1712-090X Tuesday, November 24, 2015

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



Town Council changes zoning for some, balks at others

A public hearing into zoning changes and changes to the Official Community Plan (OCP) was held November 16. Council had a public meeting following the hearing. Council gave third reading to allow the property at 112 Jacobson Road, a tire shop, to be changed from residential to Business Transition. Council gave third reading to allow two properties on Old Healey Road, an automobile service business.

A property on Burton Avenue was recommended for third reading, but Councillor Kim Maynard made a motion to defer a decision to a later date so he could seek more information. He said he asked for this extra time because the property in question, owned by a builder's supply business, was "the most controversial." As two Councillors were absent, and Councillor Puchobid was

Two different headlines from the Similkameen News Leader archives. On the left, the December 31, 2013 issue where Town Council appeared concerned about the number of businesses that were closing in the downtown core. The headline on the right, from November 24, 2015 tells a slightly different story about leadership and direction coming from Town Hall. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

Have you ever asked yourself what makes a good leader? We are surrounded by leadership opportunities in our small town but do we really have leaders in the places they need to be in order to bring change to the area?

Webster's Dictionary defines lead-

ership as "the power or ability to lead other people," but for most people, there's a lot more to it than that.

I read an interesting article online last week which included many different thoughts on what leaders are and what leadership is. Here are a few of them:

"Leadership is about having a selfless heart and always being willing to reach out and lend a helping hand." - Bob Reina, CEO and founder, Talk Fusion

"Leadership is having a vision, sharing that vision and inspiring others to support your vision while creating their own." - Mindy Gibbins-Klein, founder, REAL Thought Leaders

"Leadership is the ability to guide others without force into a direction or decision that leaves them still feeling empowered and accomplished." - Lisa Cash Hanson, CEO, Snuggwugg

"A leader is someone who has the clarity to know the right things to do, the confidence to know when she's wrong and the courage to do the right things even when they're hard." - Darcy Eikenberg, founder, RedCapeRevolution.com

"Leadership is influencing others by your character, humility and example. It is recognizable when

others follow in word and deed without obligation or coercion." - Sonny Newman, president, EE Technologies

"Leadership is the collective action of everyone you influence. Your behavior - your actions and your words - determines how you influence. Our job as leaders is to energize whatever marshals action within others." - David Casullo, president, Bates Communications

How many people in leadership roles in Princeton do you think are being described by these quotes? Hopefully you see many of our community leaders, ranging from teachers and mentors to church heads, non-profit organization chairs and elected officials in these quotes.

If you cannot clearly say that these descriptions identify (name of person in a recognized leadership role) what does that mean?

It may mean that although that person is actually a good leader, per-

haps they are not projecting that image outwardly enough to be obvious.

I have been called a leader and sometimes a visionary. I do not see myself as either of those for various personal reasons. However, when I think back over some of the things I have done in the years I have lived in Princeton, I have to admit there have been a lot of leadership-type roles I have filled and that I have been able to direct some kind of change by recognizing the unique differences within the groups I have worked with and tried to match the right tasks to the people with the skills to match.

I suppose that makes me a leader of some kind.

My definition of a leader is someone who listens, cooperates, works to find solutions, is transparent, communicates, encourages and sets realistic goals that are attainable with the right team dynamic. Acontinued on Page 16

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leader to me is also a team player, someone who can face a challenge head-on, formulate a reasonable offence, execute a strategic

response and be open to criticism and is not above being apologetic for screwing up. A leader to me is someone who does not blame shift or lie to keep up an image.

bully their way to success. I wonder what book they've been reading.

How does this save downtown Princeton?

Those are the qualities I see in real leaders and we have a number of individuals within our community who have many of these traits. The sad thing is that most of them are not currently in leadership roles. These are the people who can direct change and nudge the rest of us along as things evolve.

Everything trickles from the top down. With good, trustworthy leaders, others will follow and participate without much issue. When the leaders are weak and the seat(s) of power are further down from the top, any organization will suffer.

The same goes for any form of government. Good leaders bring success. Poor ones do not.

So often leaders think they need to

Fall Fair!

.....continued from Page 5
children. Shirley's Arts and Crafts will provide artistic activities for children. Youth Ambassadors will do face painting at the fair.

and displays for the fair.

United Steelworkers, representing the employees of Weyerhaeuser, is a major sponsor of the fair every year, and will have a booth at the fair again this year.

The next official meeting of the Fair Board is August 23, 6:30 PM at the exhibition grounds. All those planning to volunteer during the fair should attend.

Work begins this week on several maintenance jobs in preparation for the fair as members prepare buildings

Fall Fair booklets are available in several businesses and the tourist information office. The Fair Board apologizes for the unusual assembly of the booklet which occurred due to a printing error, but assures everyone all of the categories are in the booklet.

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