



All Flip, No Spin - Page 3

Similkameen

News Leader

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Tuesday, January 10, 2012



Shave For The Brave 'Headhunter' Frankie Reichert gets her head shaved January 6th by Heather Herrick. Reichert and four others raised \$6,500.00 for Youth Adults Cancer Canada. *

Bald quintet raises \$6,500

Princeton Secondary School 2011 Grad Frankie Reichert had an idea. "I just want to help people," she told the News Leader in December when raising money for Young Adult Cancer Canada through their 'Shave For The Brave' fundraising program.

Reichert became a designated 'headhunter' and managed to add four more participants - Denise Duguay, Marena White, Kirk McConnell and Rod Miller.

The quintet turned in money collected just prior to having their heads shaved by Kayley Thomas and Heather Herrick January 6th in

the PSS Gym.

The total was \$6,585.00 with more expected to come in.

Reichert thanked everyone for their support and mentioned the generosity of local residents and mentioned one in particular.

"Butch (Barry Kavanaugh) gave me whatever was in his pocket each time he saw me and wants me to stop by his business after I get my head shaved."

Donations are always welcome and you can make contributions anytime to YACC online by visiting their website at www.shaveforthebrave.ca.

Bantam Rep Hockey returns to Princeton

by Dean Johnston

Boasting eight local Princeton players and a mid-season 22-5 record the South Okanagan Bantam Rep team will host a game in the Princeton Arena this weekend.

The team is aptly named and truly represents a South Okanagan flavor as the boys join four players from Oliver, three from Osoyoos and one from Rock Creek.

All the boys played rep last year for three different teams - Tristan Vandermeulen and Parker Thibert (Princeton Pee Wee Rep) join Brett Herrick and goalie Ryan Grgich (Penticton Bantam Rep) as first time South Okanagan team members. The group has added significant and noticeable depth to this season's squad, joining returning team mem-

bers Kolten Smith, Dustin Fleming, Morton Johnston and Craig Thompson - the last 3 forming half of the total 4 year team veterans.

For them this homecoming is especially sweet as this is only their third game on home ice in four seasons.

The game this weekend will pit South Okanagan (the top OMAHA Tier 3 team...11-1 League play) against Penticton's OHA (Okanagan Hockey Academy) Bantam Tier 2 team on Sunday, January 15 at 12:15 PM.

The entire team and coaching staff have worked hard on and off the ice and molded into a very tight group. After being unable to form a local team, the group has been welcomed into the neighboring association allowing the boys to continue their

careers with old and new friends.

The Sunday afternoon exhibition game is considered a huge tune up for playoffs beginning the end of

January and hopefully ending with participation in the Provincial Championships in Burnaby this March.

Profiles of the eight Princeton players appear on Pages 7, 8, 22 and 23 of this week's Similkameen News Leader.



A total of eight Princeton boys play hockey on the South Okanagan Bantam Rep Nighthawks team.

Lee Mowry

Sales Representative

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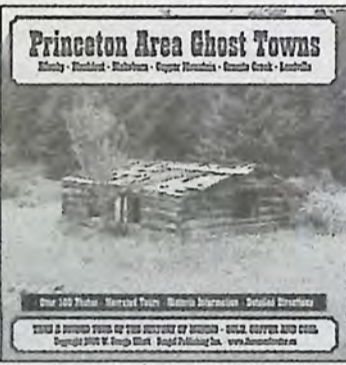
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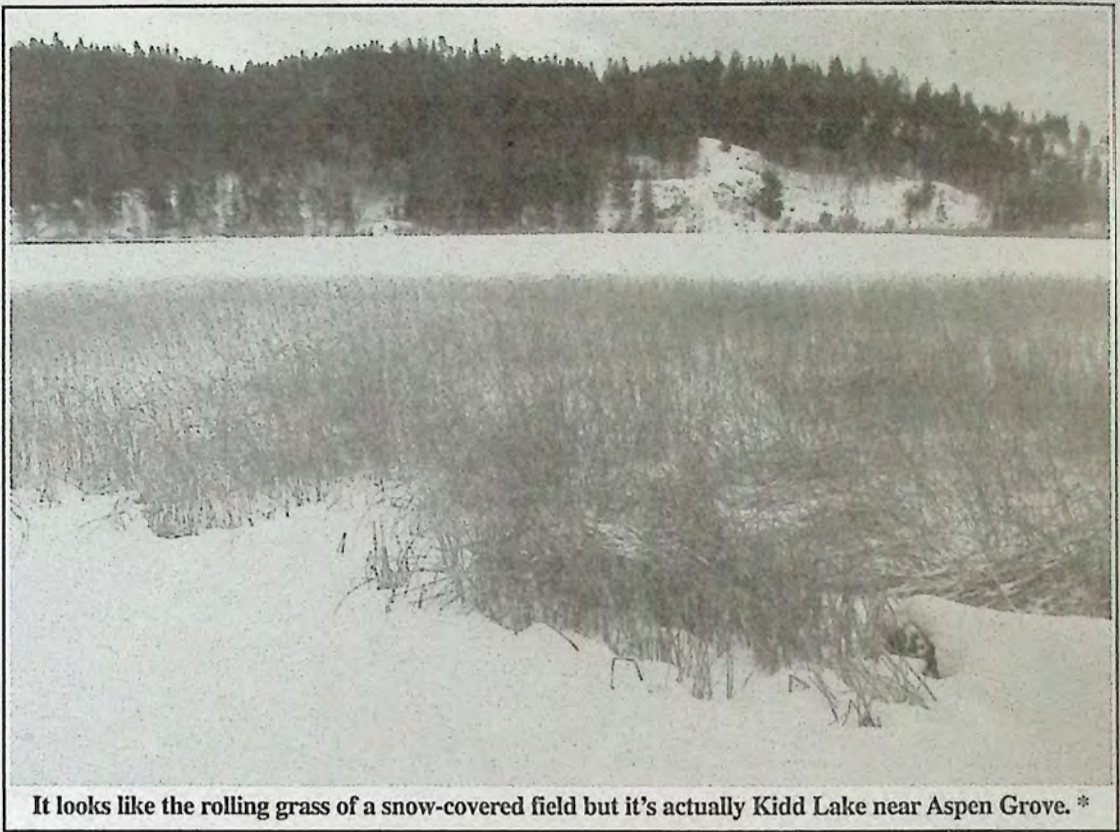
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Explore The History Of Mining - Gold, Copper and Coal



It looks like the rolling grass of a snow-covered field but it's actually Kidd Lake near Aspen Grove. *

Alex Atamanenko, MP

Retirement Roulette

I hear from constituents on a regular basis who are concerned about their retirement future. The reality is that twelve million Canadians lack a workplace pension plan. Only one in four Canadians can afford to purchase RRSPs each year. One quarter of a million seniors live in poverty in Canada. One in four workers is in a low wage job paying \$13.32 an hour or less.

Basically, many people don't have enough income left after their monthly expenses to save much, if anything, toward their retirement. This is a looming problem in Canada. With the real costs of basic living rising faster than Canada Pension Plan rates, it becomes a crisis.

The federal Conservative government's approach to retirement security is to ask many families to face the crisis alone. This was illustrated in November when the government announced a Pooled Registered Pension Plan (PRPP), a type of group RRSP that employers may now offer. Instead of defined-benefit workplace pensions or meaningful changes to the Canada Pension Plan, the federal government has given you the choice to pump even more of your savings into risky private funds and stock markets.

To me, this Plan seems to serve the banks and brokers, not the citizens.

You've probably watched your or other people's RRSP savings tumble in the past few years, with additional costs of fees paid to fund managers. (In 2007 alone, RRSP holders lost a whopping \$25 billion to management fees.)

The Conservatives have also announced a recent change to the Canada Pension Plan (CPP) eligibility, "allowing" people to work longer and still contribute to CPP past the age of 65, while increasing the penalty for retiring before 65. This may be good news to some people – those who wish to continue to work and both draw on and contribute to CPP. But many Canadians work at jobs that are very demanding to their health. Maintaining full employment to the age of 65 is already a challenge for some.

Constituents are telling me they want less risk in their retirement planning and savings, not more.

In the mid-1960s the New Democrats helped launch the Canada Pension Plan. Public pension plans work.

The large scale and professional management of the CPP helps keep costs down and accrues benefits for citizens.

Most provinces are also now calling for an expanded CPP with most provincial leaders agreeing: increas-

ing the CPP benefits is the best, lowest-cost pension reform option available. Yet in December 2010, at a meeting of provincial finance ministers, Ottawa rejected this idea.

The Federal NDP wants to ensure that Canadians can retire with dignity.

The Canadian Labour Congress agrees, stating: "The Canada Pension Plan (CPP) delivers a defined benefit, fully indexed to inflation, and operates at much lower cost than the proposed 'pooled registered pension plans' which will generate large fees for the financial sector, and produce a variable and uncertain return."

The federal NDP's plan would:

- expand the guaranteed Canada Pension Plan by phasing in, over a seven year period, an affordable doubling of benefits from 25 percent to 50 percent of a retiree's pensionable earnings;
- gradually increase the Guaranteed Income Supplement as well as ensure automatic enrolment;
- invest in home care as part of the public health care system and
- invest in long-term care for the elderly.

The global economy is headed for rough waters and Canada is not immune. Now is the time for practical, stable solutions that will protect our families for years to come.

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All Flip...No Spin!

Read Spencer Coyne's "Flip of the Coyne" weekly in the News Leader

Flip Of The Coyne

by Spencer Coyne

How much is the replacement of the "zigzags" worth to you? Town Council has increased the budget amount from \$70,000 to \$225,000.

Council is reasoning that the increase is due to the quotes coming in higher than originally anticipated. People are still wondering about the

\$225,000 price tag. This is a \$155,000 increase above the original budget.

On online forums, the people of



This was the scene downtown during noon hour on June 3, 2010. Photo: Dawn Johnson

Princeton are asking if the project couldn't be done cheaper. It is hard not to wonder when you see that the cost has skyrocketed to nearly a quarter million dollars. Couldn't the trail be similar to the way it was but just safer? I don't know if there is a plan in place.

From what I gather from the Town Council meeting, they were going to start the planning process over again. Does this mean that Council will be creating a new plan? How much did the old plan cost? Did ICBC cover the plan? How much of this project will ICBC be covering?

To be fair, Council has applied for a grant to cover the cost of the new zigzag trail which leads us to yet more questions such as, "What happens if the Town does not receive the grant or that amount is less than they applied for? Does this mean that the project will be put off again?"

This leads us back to the question, "Can the project be done cheaper?", and as someone asked on Facebook, "Can it be done locally?"

Some people on Facebook have asked that the project plans and budget be displayed publically so people can see what the money is going to be spent on.

It is not a bad idea. It would show openness on the part of Council and it could put a lot of the questions and concerns about the project to rest if presented correctly. I would suggest having an open house in the library

meeting room where people could come in and see the details, plans etc. Council could even allow for some public input on some of the yet-to-be-determined parts of the project. This would allow the people who will be using the trail to have some ownership in the project rather than just another project developed by an engineer and approved by Town Hall. It would be the people's zigzags.

This could be a chance for Town Hall to do a little connecting with the populace and even dabble in the realm of social media. A Facebook page would allow for easy feedback, or if still leery of the social media sphere, Town Hall could always place a poll and feedback form on the Town's website. Council could even go with good old fashioned print media and send something out to local media explaining to the public what the rationale is for the \$155,000 increase to the zigzag budget.

This could be a great opportunity for Council to show its willingness to connect with the people. Town Council is the focus of a lot of people's attention right now and a little openness and public relations could go a long way to bring about some much needed dialogue between the various factions.

The zigzags might not seem to be a big issue on the surface but sometimes baby steps can turn into a sprint.

Town of PRINCETON

Princeton Town Hall News

WINTER SNOW REMOVAL AND PARKING REGULATIONS

It's that time again and we would like to remind residents of winter snow removal regulations.

The Town has a snow removal schedule that is based on a road priority system. Salting and plowing begins on the main arterial roads, followed by collector roads, and then moves onto residential streets and lanes as necessary. Please assist our crew when they are plowing by not parking on streets during snow removal.

During snow removal operations, plow operators cannot avoid leaving ridges of snow (called windrows) at the foot of driveways. Residents and business owners are responsible for clearing the windrow from their own driveways and entrances.

Residents and businesses are responsible for removing snow and ice from sidewalks in front of their homes and businesses. Failure to do so can result in a fine of up to \$100.

Thank you for your cooperation in following these simple steps to ensure a safe winter season and remember, if you're out on the roads during a snowstorm, drive with caution and according to road conditions. Stay a safe distance from snow removal equipment. They need room to do the job safely!

Thank you.



FITNESS & YOGA CLASSES

STRENGTH, STRETCH & LOW IMPACT MOVEMENT CLASS

This active program is for those adults and seniors who enjoy exercising with a great group of people.

T/Th Jan 10 10:00-11:00 am Riverside Centre

20 Classes Special/\$130.00 for 2 days a week
10 Classes/\$80.00 for 1 day a week
Drop In/\$8.00

YOGA CLASSES

Enjoy the feeling of physical vitality through gentle stretching, flexibility & relaxation.

W/F Jan 11 10:00-11:30 am Riverside Centre

20 Classes Special/\$130.00 for 2 days a week
10 Classes/\$80.00 for 1 day a week
Drop In/\$8.00

Register at Town Hall. For more information call the Recreation & Culture Office at 250-295-6067 or e-mail nmcewen@princeton.ca

WINTER 2012 LEISURE GUIDE

The new winter 2012 Leisure Guide is available on line at www.princeton.ca.

Register today for programs by stopping in at Town Hall or by calling the community group. Leisure Guides were mailed out last week; if you did not receive one please stop in at Town Hall, Arena or Riverside Centre.



RIVERSIDE MOVIES

Enjoy a new release movie on the big screen, surround sound and your favorite treats from the concession.



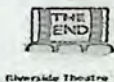
\$5.00 at the door
Kids under 3 are free

Friday, January 13
Evening Show 7:00 pm

Ides of March
Drama- PG14

Riverside Community Centre
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Check out the NEW website page at www.princeton.ca for movie listings.



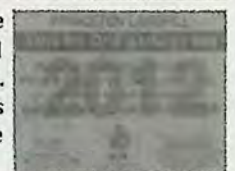
2012 DOG LICENSES

2012 Dog licenses are available at Town Hall at a cost of \$10.00 for spayed or neutered animals and \$30.00 for non-neutered or unspayed dogs.

Town of Princeton Bylaw No.782 regulates the licensing of dogs, and states that any dog over the age of eight weeks must wear a valid license for the current year. A fine of \$75.00 will be charged for an unlicensed dog.

AREA H RESIDENTS

2012 Landfill stickers are available at Town Hall for pick up by Regional District Area H property owners. Tenants wishing to pick up stickers require written permission from the landowner.



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250.295.4149**Lower Valley News**

Keremeos - Cawston - Olalla



Near to 100 people came together New Year's Eve at the Keremeos Rec Centre. Poker for the adults (for small change), bowling and skating for the kids. It is a chance for the community at large to tell some yarns, have some good snacks, and set awhile. Set your calendar for next year: everyone is welcome! Photo: Arlene Arlow

SESS issues January message

The following is the January Message from SESS Principal Marcus Toneatto:

Happy New Year All! I hope everyone had a restful holiday break and is prepared for all that 2012 has to offer us.

Congratulations to our students of SESS who donated over 4,200 food items to our local food bank. Our Leadership class organized this year's food drive and exceeded their expectations of 3,700 items. The group also organized and ran an outstanding Christmas assembly. Well done everyone!

Thank you to all parents who came out to support and enjoy some of our Fine Arts at SESS in December. Mr. Bridgman and his band students put on an brilliant Winter Band Concert on December 6th, and Mr. Tremblay and his Drama club presented a riveting rendition of "Rehearsal for Murder" on December 1st and 2nd. It is evident from these performances that we have some amazing talent in the Fine Arts at SESS.

Our annual turkey dinner on December 16th was another huge success. It was great to have a number of our school board staff in attendance helping serve dinner along with parent volunteers. Thanks to Sherry Philpott-Adhikary, Jodi Carter, Debbie Wilkinson and our Cafeteria Training students who prepared a delicious meal, and to our PAC for donating \$400 to help offset the costs of this event.

The Elementary staff organized a skating party for students, parents and staff to kick off the holiday season. PAC had a bake sale in conjunction with this event with many of our families in attendance. We had the perfect night of skating and visiting.

This month we welcome Troyce Beglaw and the DARE program to the Elementary school. Troyce will be facilitating this drug awareness and prevention program to our elementary students.

For all secondary student parents, please note the exam schedule attached to the January newsletter. Monday January 23rd and Tuesday January 24th will be "I" days as well as when French exams will be

written. During these days students will have the opportunity to complete any missing assignments and study for their upcoming exams. They will have teacher's support with these opportunities so I would highly encourage all students to be in attendance on these days. The remaining exams will be written on the Wednesday and Thursday of that week. Friday January 27th is only for students who have missed a previous exam.

Once again I encourage all parents to contact your child's teacher, a counsellor, or the administration if you have any questions or concerns regarding your son or daughter's progress here at SESS.

Have a great start to the New Year!

SESS introduces one-to-one elementary reading program

Exciting news! We are in the process of launching the One to One Reading Program at SESS for the winter term.

This program will provide extra practice for struggling readers who need a boost with their reading skills.

We are looking for volunteers to read with children! This is a perfect volunteer opportunity for parents, grandparents, retired teachers, and any other community members who are interested in reading with children.

This is a very rewarding program for both the volunteers and the stu-

dents. Please consider helping out for about 1.5 hours per week and help us make a difference!

A training session for volunteers will take place later this month. The program itself will begin in February, 2012. If you have any further questions or would like to sign up for the training, you can email Dawn Renaud at dawnre-naud@telus.net or call her at 250.493.7554.

- submitted

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Mining News

Sego Resources



A winter scene as viewed from Miner Mountain. Photo: Sego Resources Website

Sego Resources Inc. ("Sego" or the "Company") reported on January 3rd that it has recently received rock geochemistry from the Phase III percussion drilling program totalling 945 samples.

The new copper-gold zone identified in Phase II (see NR November 28, 2011) has been extended to the southeast by 125 metres and remains open to the W, E, NE, SE and at depth. This extension is part of the Cuba Zone IP anomaly which is 350m x 1,500m.

Highlights of the extension include:
MM-11-PDH-94

- 1,000 ppm copper = 0.1% copper
- 100 ppb gold = 0.1 grams/tonne gold
- >10,000 ppm copper = >1% copper
- 1,000 ppb gold = 1 grams/tonne gold

Rock geochemical results can be found on the company website at www.segoresources.com. All samples over 1,000 ppm Copper have been sent for fire assay. Hole averages will be released when fire assays are completed.

Phase III consisted of 25 percussion holes drilled on a 30 m x 30 m grid of 200 m x 150 m.

The Granby-Cuba Zone is 350 m x 1,500 m and has been drilled on a 30 metre grid basis by the 102 percussion drill holes of Phases I, II and III. The 2012 diamond drill program designed to test the zone at greater depth is expected to begin in mid-January. Sego Resources is permitted for five years of exploration.

For further information contact: John Geisler, Investor Relations,

ir@segoresources.com or 1-866-683-2933.

This News Release was reviewed and approved by V.A. Preto, Ph.D., P.Eng., a Qualified Person under National Instrument 43-101.

Sego Resources Inc. is a mineral exploration company, exploring the Miner Mountain Project, a large scale porphyry copper-gold target northeast of Princeton.

Exploration to date, has located zones of surface copper-gold mineralization and drilling has confirmed the presence of significant copper-gold grades at depth. The Miner Mountain Project is 15 kilometres north of Copper Mountain Mining Corporation's former copper producer (closed 1996) that resumed production in August 2011.

The Miner Mountain Project is situated within the traditional territory of the Upper Similkameen Indian Band with whom Sego Resources Inc. has a memorandum of understanding which provides a constructive framework for future development and exploration. The Miner Mountain property is 2,056.54 hectares in size.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

No regulatory authority has approved or disapproved the information contained in this news release. This release includes certain statements that may be deemed "forward-looking statements". All statements in this release, other than statement of historical facts, that address future production, reserve potential, exploration drilling, exploitation activities and events or developments that the Company expects are forward-looking statements.

Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, statements are not guarantees of future performance and actual results or developments may differ materially from the forward-looking statements.

Factors that could cause actual results to differ materially from those in forward-looking statements include market prices, exploitation and exploration successes, continued availability of capital and financing, general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and that actual results or developments may differ materially from those projected in the forward-looking statements. - submitted

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

2012 BOARD MEETING DATES

Regular Meetings of the Board of Education
will be held as follows:

- January 11, 2012 - Merritt
- February 8, 2012 - Princeton
- March 14, 2012 - Merritt
- April 18, 2012 - Princeton
- May 16, 2012 - Merritt
- June 13, 2012 - Princeton

Meetings are held in the
School Board Office and start at 6:00 PM.

Princeton Husky

SPECIALS: January 4 - 31

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Health/Lifestyle News

Tips For Going Smoke-Free

(NC)—With a new year just started, it's time to think about trying to achieve those failed resolutions from last year. One of the trickiest for many people is to quit smoking. We often hear about the health risks. Here are some points that are worth repeating:

- Smoking is always in the top three risk factors for major health concerns such as hypertension, cholesterol, dia-

betes, asthma and cancer.

- Parents who smoke put their children at risk for frequent ear and lung infections, asthma and poor athletic performance. While some parents smoke outside, the pollutants still cling to their hair and clothing, which then transfers to their child's bedding and furniture.
- Smoking interferes with sleep,

mood, and recovery from an injury. It also makes you feel pain more acutely and in more locations than non-smokers.

• And, it causes empty-wallet syndrome.

For those people who try to quit smoking cold turkey, valuable resources are available to help smokers finally kick the habit.

"This past fall Rexall launched the Ready-2-Quit Smoking Cessation Program," said Tracey Phillips, a pharmacist with the company.

"The program allows Rexall pharmacists to provide a one-on-one support service and advice to patients who want to quit smoking."

The Rexall Ready-2-Quit smoking cessation program includes a readiness to quit assessment with a pharmacist that will help identify eligible patients, and upon patient registration into the program, will also include an initial consultation, a personalized quit plan and a number of follow-up assessments over the course of eight months.

Customers can also learn more about their lung health at Rexall with a free lung age test. The pharmacist can also provide information on how lifestyle choices, such as smoking, can affect your lung health.

Here's how to get a head start on your quit smoking goal:

- Set your "quit date".
- Talk to your pharmacist about the various methods available to quit. Some people stop abruptly while others choose to use nicotine replacement products.
- Line up support by telling your family and friends that you are planning to quit.
- Prepare your environment, including your home and your car, by removing all smoking triggers, such as lighters and ashtrays.
- Get plenty of rest, eat a balanced diet, drink lots of water and avoid caffeine.
- Pick up a new hobby or favourite activity. When you feel the urge to smoke, go for a walk, read a book or visit with friends.
- Take the money that you would have spent to buy cigarettes and put it good use.

You can find out when Rexall will be holding its next smoking cessation clinic and more information on how to finally quit online at rexall.ca.

Living Past 100

Health Should Be Top Goal

Good health pays dividends, not just in how we feel, but in being able to do more and living longer. Too many of the elderly are no longer able to enjoy simple physical tasks like walking or sitting or climbing stairs. Too many middle-aged people have acid reflux. The major cause of these problems is obesity.

Carrying too much weight is hard on your joints and muscles, especially the heart muscle. Carrying too much weight is hard on the spine, hips and knees. Many people rebel at going on a diet, but being on a diet should not mean depriving yourself of foods you like. When we talk about diet from a nutritional perspective, we are talking about what you eat in a day. Everybody is on a diet of some kind. Some diets are healthy, some are not.

Everybody's top goal should be good health. Without good health, a person has nothing. Your daily diet should be healthy first, and then you would not worry about obesity.

A healthy diet includes very few fried foods, lots of vegetables, fruit, and a moderate amount of grains (like just one or two slices of bread a day). A healthy diet includes very few sweets, very few fatty foods such as cheese and hamburger, a rare soft drink, and a small amount of juice.

The key factor in a healthy diet is having a wide variety of foods. Eating a hamburger once a week probably will not hurt you, but eating one every day with a side of fries is not healthy.

As for obesity, you know whether you are obese. Ideally, if you are over 40 years old, you should not weigh more than you did when you were 20 years old. This may seem unrealistic, but it is a good goal to set (unless you were obese at 20!) Never go on a weight loss diet that guarantees you will lose a lot in a short time, because it guarantees you will gain it back in a short time. Instead, if you want to lose weight, make sure your daily diet is healthy and get as much exercise as you can.

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News Leader Salutes Local Players

South Okanagan Nighthawks - Bantam Reps



Nighthawks Team Captain is #11 Craig Thompson. He's 14-years old, plays defense, stands 5' 8" and weighs 140 pounds. His team comes to Princeton Arena Sunday, January 15th.



Nighthawk left winger Parker Thibert wears jersey #12 and is 13-years old. He stands 5' 4" and weighs 112 pounds. The Nighthawks will play a game at Princeton Arena this weekend.

Volunteer centre services Similkameen

The (SOSVCS) South Okanagan Similkameen Volunteer Centre Society is pleased to announce its new charitable status. In addition to being registered as a non-profit Society with the Province of BC, the Volunteer Center Society is now a Registered Charity with the Federal Government.

"Being registered as a Charity provides several benefits," said Wendy Weisner, spokesperson for the Society.

"Our Society can now provide charitable receipts to donors, allowing them a tax benefit. And, it helps the Society in obtaining program funding as a number of funders want to see that charitable status when they grant funds. More than this, charitable status truly reflects the work we started in 2006 and the type of funding structure we work within. Our work benefits the community, is provided with the help of volunteers, is funded through private foundations and donors, and any income goes right back into delivering programs," said Weisner.

To aid in connecting non profits with volunteers and visa versa, the Society produced a Volunteer Opportunities Handbook. The Handbook which lists 53 non prof-

its and their volunteer opportunities is available on-line or by calling the Volunteer Centre. Currently the Society has over 250 registered volunteers and 40 non-profits as registered members. More than 200 non-profits in the region receive support from the Society.

"We provide support at several levels of the non profit system. The Volunteer Centre is a central location where non-profits and volunteers get connected. We also deliver programs to staff and boards of directors to build capacity in non-profits," said Weisner.

Past initiatives include Targeted Volunteer Recruitment, Board Development and Creating a Culturally Welcoming non-profit. Several tools, available through the Volunteer Centre's Website, were created to help Volunteers decide where they might like to volunteer. The Volunteer Centre also celebrates National Volunteer Week in April by hosting an open house.

"One of the programs we are currently delivering is a Pilot Project for Shared HR Services sponsored by the Vancouver Foundation and Labour Market Partnership," said Weisner.

The Volunteer Centre won the

BC-wide competitive bid, open to both for-profit and non-profits, for this important work. As part of this Shared HR Services Pilot the Volunteer Centre is hosting an Employment Law workshop on January 19 led by Richard Covell, Barrister and Solicitor. This workshop, designed for managers in non-profits, will be held at the Shatford Centre, 760 Main Street, where the Volunteer Centre's Penticton office is located.

"Another program underway, funded through VolunteerBC, and in partnership with the South Okanagan Similkameen Immigrant and Community Services Society, helps new Canadians gain employment experience through volunteering. Other programs currently in the works are awaiting funder's approval," said Weisner.

The Volunteer Centre welcomes all those interested in volunteering to check out the Volunteer Opportunities Handbook at www.volunteercentre.info and click on "I Want to Volunteer".

For further information contact the South Okanagan Similkameen Volunteer Centre at 778.476.5661, toll free 1-888-576-5661 or visit www.volunteercentre.info or email info@volunteercentre.info.

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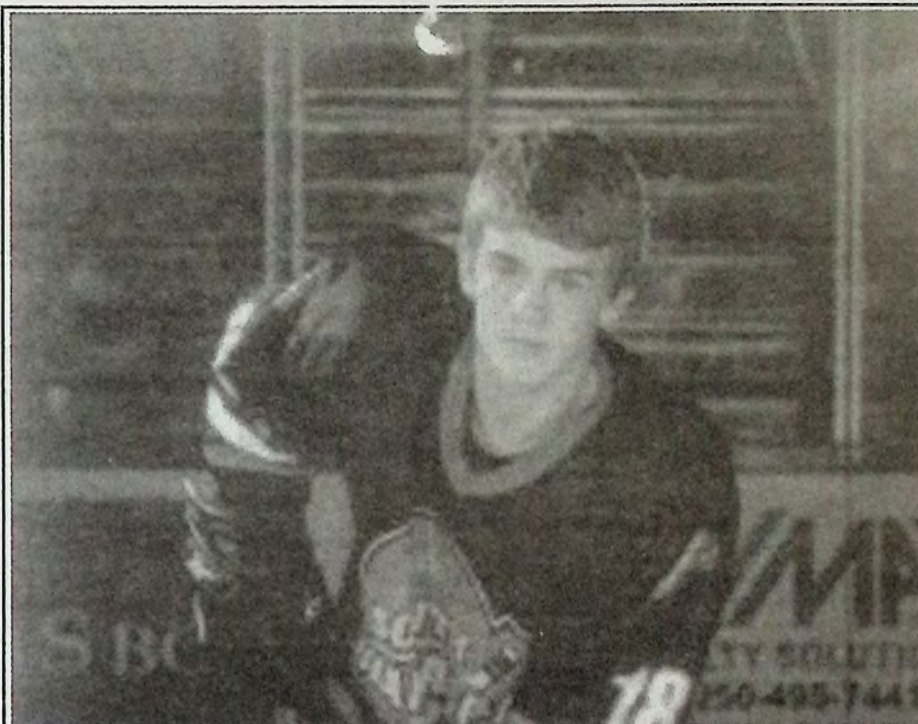
Read Spencer Coyne's "Flip of the Coyne" weekly in the News Leader

News Leader Salutes Local Players

South Okanagan Nighthawks - Bantam Reps



Kolten Smith wears #16 and plays right wing for the Nighthawks. He is 14-years old, stands 5' 7" and weighs 160 pounds. His team plays in Princeton Arena this Sunday at 12:15 PM.



Wearing #18 is Tristan Vandermeulen. The 13-year old plays centre and stands 5' 4" tall. He weighs in at 132 pounds. He and 7 other Princeton boys play on the Nighthawks team.

www.thenewsleader.net

20th bird count beats previous record

by Madelon Schouten

January the second, the date for the twentieth Christmas Bird Count started with a beautiful sunrise, the sky adorned with golden/orange, clouds with a backdrop of purest blue. Briefly the saying, "Red sky in the morning, a Sailor's warning", crossed the count coordinators mind, but quickly brushed it out of mind.

Seven field parties started at 8:00 AM in their designated areas, binoculars at the ready. Each group walked where possible, or stationed themselves near an open creek or river. Dense bushes were scrutinized carefully for roosting owls.

Some observers skilled in reproducing owl calls had responses from a Sawhet Owl (the only one on the count!) and a Pygmy Owl. The latter is one of North Americas small-

est Owls and is not shy. The weather did change somewhat, mostly more cloud, but no rain or snow.

By about 4:30 PM the field parties headed for Santos for the count down, where hot coffee and pizzas awaited the group. Bohemian Waxwings, Red Crossbills, Common Redpolls were seen in 75% of the count circle, these are irruptive species, which can be seen some years if cone or berry crops are high in an area. The Collared Doves, a Eurasian species has steadily made an advance in Princeton, moving west from the Kootenays where it started to show up some years ago.

American Goldfinches were at feeders, as well as Evening Grosbeaks.

A number of raptors were recorded, Bald and Golden Eagles and

Redtail, Roughlegged Hawks, as well as Coopers Hawk, Merlin and Goshawk.

Probably the most unusual birds were the two sparrows, who had been at a feeder prior to the count.

The White-throated Sparrow, a rare to uncommon migrant or winter resident. The Lincoln Sparrow is a very rare winter resident in the southern valleys.

With all the reports having been given with bragging rights(!), the count down started and the total is 62 species! This is the first time the Princeton Christmas Bird Count has gone over 60.

The feeder counts have not all come in yet, so there may be an additional species.

My thanks go to all the participants, each year our count is assisted by birders from Penticton, Oliver, and Osoyoos, and not to be forgotten two birders who travel from Vancouver to assist, each year.



PANORAMA VETERINARY SERVICES would like to announce that Dr. Alex Wales will be coming to the Princeton area on Wednesday, January 25th to provide veterinary care for horse clients.

Travel fees will be shared among the various farms receiving services for that day. New clients are welcome! To make an appointment please call the office toll free at 1-866-766-4310.

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South Okanagan Nighthawks

HOST

PENTICTON OKANAGAN HOCKEY ACADEMY



12:15 PM Sunday, January 15
PRINCETON ARENA

A total of 8 Princeton boys play on the Nighthawks:
Tristan Vandermeulen, Parker Thibert, Brett Herrick, Ryan Grgich, Kolten Smith, Dustin Fleming, Morton Johnston and Craig Thompson

We're different,
and we like that.



Similkameen
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 10 - 16, 2012



Brothers Morgan Dobbs, drums, and Adam Dobbs, lead guitar, make up two-thirds of the local band "The Best In Training," or TBIT for short. Find them online at www.tbit.ca. *

Training pays off for local band

A trio of Princeton boys are The Best In Training and they have recently released a mini CD of original music online.

The band consists of guitarist/vocalist Adam Dobbs (2010 PSS Grad now living and working in the Lower Mainland), PSS Grade 12 student Adam Gullason (guitar/vocals) and PSS Grade 11 student Morgan Dobbs (drums).

They spent a good part of last summer break from school recording and mixing their original songs with Producer Terry Downey in his Princeton home recording studio. Downey, who raps and records under the name of Griploc, has since moved from the area but made sure The Best In Training, or 'T-BIT,' had a marketable product available before leaving town.

The Best In Training have a selection of items available online through their website, www.tbit.ca which include their 5-song CD "Tell It Again" available as a CD or each song individually as digital MP3 downloads.

They also have cell phone ringtones of their music and other merchandise such as t-shirts.

The history of the band is interesting, as told by Adam Gullason:

"I was part of a band in 2007 called KG (Kastor and Gullason) with Sam Kastor of Princeton. I had no experi-

ence at the time and Sam taught me everything about the guitar."

When the pair got better at playing and performing they eventually morphed into a group called 'The Dead Reds' which saw Steven McMurdo and Colton Calihoo (pals from school) join the original pair.

Two brothers from Aldergrove (Adam and Morgan Dobbs) moved to Princeton and eventually found themselves replacing McMurdo and Calihoo.

"Because of differences in music, Morgan and I left The Dead Reds and

started our new band T-BIT," explains Gullason.

"We wrote music for a couple of months and then Morgan's older brother Adam quit the other band and started jamming with us. We eventually included him in T-BIT because he proved to be such a good addition to our band."

The bands received a lot of support playing in the BackDoor Coffee House and other public functions including a PSS Grad Talent Show and as part of outdoor concerts staged in Veterans Square.



Adam Gullason has designed the T-BIT website. *

www.tbit.ca

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News Leader Horoscopes

January 11 - 18, 2012

Aries - This is a challenging time of year for you. Your job is demanding, your career is challenging, and you may have problems with older people or people in authority. You will feel better if you can confide in somebody you trust.

Taurus - All is well in your world. Try not to take risks, even though you want to have fun. Children may be a nuisance, but all they want is a chance to have fun and work off some of that energy. Enjoy your hobbies, save your money.

Gemini - You need to take a good look at your household expenses and set a budget. This coming year is one in which you will be tempted to spend too much, and you will get fat, too, if you are not careful of what you eat. Plan!

Cancer - You can enjoy being with groups of associates, and you may gain by networking. A sibling or neighbour may be a source of concern or cause you problems. Be patient. You cannot solve this for several months. Be thrifty.

Leo - Your money concerns will last until the middle of the year, so budget accordingly. Utilize all your existing resources to the maximum. Express your ideas on the job, so may advance your career with good ideas. Check bank.

Virgo - You are still in your high energy cycle. Your financial picture continues to be restrictive, so save and conserve all you can. You have one more year of living cheaply. Now is a good time to share concerns with children. Talk!

Libra - You will continue to take life seriously for the coming year, but there is one thing you should do now: talk to family members, particularly older family members and discuss mutual concerns. You can make real headway now.

Scorpio - People continue to be good to you and gifts could come your way. You have worries, and they will continue for the coming year, but you can manage. There will be subtle changes in friends, siblings, so take time to talk it over.

Sagittarius - Pay attention to debts owed to you, and contact those who owe you money. Discuss money concerns with them. Home life becomes a source of pleasure these days. Spend more time at home, enjoy family environment.

Capricorn - This is the time of year when you should make time for yourself. Think about your appearance, how others see you and respond to you. Spend time this weekend with a female sibling or neighbour, and have some fun.

Aquarius - You will be tempted to spend money, but unless it is absolutely necessary, hang onto your wallet and resist temptation. Anything you buy now will have something wrong with it or will not be what you really wanted. Wait.

Pisces - You are beginning three weeks in which you will feel good and you should try to upgrade your appearance. Lady Pisces, this is a feminine time, so enjoy being female and maybe shop for new clothes or hairdo. You are great.

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Tuesday Movies

EVENING

9:00 pm WTBS ch.3 "Lost Boys: The Thirst" (2010, Horror) Corey Feldman. The Frog brothers must prevent a vampire from unleashing an army of his repulsive ilk. KNOW ch.5 "Food, Inc." (2008, Documentary) Premiere. Authors Eric Schlosser and Michael Pollan expose corporate monopolies in food production, which could lead

to serious health and environmental problems. (CC)
11:00 pm WTBS ch.3 "Quigley Down Under" (1990, Western) Tom Selleck. An Old West sharpshooter goes to Australia, where his new boss expects him to kill Aborigines.

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Wednesday Movies

EVENING

9:00 pm VTVch.22 "Miss Congeniality" (2000, Comedy) Sandra Bullock. An image consultant transforms a tomboyish FBI agent into a beauty queen so she can work under cover. (In Stereo) (CC)

11:00 pm WTBS ch.3 "Rogue" (2007, Action) Jet Li. A federal agent seeks revenge on an elusive assassin after his partner and family are killed, but the target ignites a war between rival Asian mobsters.

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TUESDAY, JANUARY 10, 2012

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | TROP ch.45 |
|-------|---|---------------------------|------------------------------------|---------------------------|---|------------------------|----------|----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--|--|-----------------------|--------------------------|--------------------------|--|-------------------------|
| 6 AM | In the Heat of the Night | (5:30) Morning News (N) ☼ | Arthur ☼ Rob Robot | Thomas Clifford | KHQ News 6AM (N) | KREM 2 Morning News | Storage | News | (5:30) Morning News (N) ☼ | (4:30) Morning News (N) ☼ | CBC News Now ☼ | Kid vs. Kat Super Evil | SportsCentre ☼ | (5:30) CTV Morning Live (N) ☼ | Junk Raiders | Henry's Phineas | CityLine (N) ☼ | Auction | TV-Torrens |
| 7 AM | Cosby | | Hi-5 Food. Magic Bus | Arthur Martha | Today Laura Prepon; dieting; Camille Grammer. (N) ☼ | CBS This Morning (N) ☼ | Storage | Good Morning America (N) ☼ | | | Turbo Cat In the Hat | Slidekick Beyblade | SportsCentre ☼ | | Mighty Ships ☼ | Suite/Deck Hannah | The Nate Berkus Show | CSI: NY "Wasted" ☼ | Earth: Final Conflict ☼ |
| 8 AM | Excused | | WordWorld Dinosaur | Curious Cat In the Hat | | | Storage | | 100 Huntley Street ☼ | | Bo On/Go Busytown | Pokémon Kid vs. Kat | SportsCentre ☼ | | Auction | ANT Farm Phineas | Rachael Ray ☼ | CSI: Crime Scene | Debt/Part |
| 9 AM | Family Fd | 100 Huntley Street ☼ | Wibbly Pig Princess | Super Why! Dinosaur | | The 700 Club ☼ | Storage | Livel With Kelly (N) ☼ | 100 Huntley Street ☼ | Operation Smile ☼ | Super Why! News | Rescue Berenstain | SportsCentre ☼ | Livel With Kelly (N) ☼ | Auction | Mickey Never Land | Access Hollywood Live | CSI: Crime Scene | Debt/Part |
| 10 AM | Millionaire | Operation Smile ☼ | Numbrjack Mr. Moon | Sesame Street ☼ (EI) | | The Price Is Right (N) | Storage | The View (N) ☼ | Operation Smile ☼ | Big Flip Debt/Part | Poko ☼ Doodlebop | Little Bear Zigby ☼ | SnowTrax Motoring | The View (N) ☼ | Dirty Jobs ☼ | Mickey Manny | The Chew ☼ | CES All Access Live World premieres of new technology. (N) ☼ | Roseanne Raymond |
| 11 AM | Law Order: CI | Big Flip Debt/Part | Save-Umal Rolle Polle | Sid Sit-Bo Fit | The Doctors (N) ☼ | Young & Restless | Storage | Pa'd Prog. | Big Flip Debt/Part | Noon News Hour (N) | Animal Artzooka | G. Shrinks Rescue | Boxing: Dyah Davis vs. Alfonso Lopez. (Taped) | Marilyn Denis CTV News (N) ☼ | Canada's Worst Driver | Suite Life Suite Life | CityLine ☼ | | 3rd Rock 3rd Rock |
| 12 PM | Law Order: CI | Noon News Hour (N) | Pingu Peep | Charlie Rose ☼ | FREE Won't Back Pain | News Bold | Storage | The Chew ☼ | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) ☼ | Puppies Almost | | CTV News (N) ☼ | Desert Car Kings ☼ | Wizards Hannah | General Hospital (N) ☼ | | Frasier ☼ |
| 1 PM | Amer. Dad Earl | Days of our Lives (N) | Doggy Zoboom | Paint Quitting | Days of our Lives (N) | The Talk ☼ | Storage | One Life to Live (N) ☼ | Days of our Lives (N) | The Talk ☼ | Heartland ☼ (DVS) | Kid vs. Kat Super Evil | NFL Live (N) (Live) ☼ | The Dr. Oz Show ☼ | Auction | Sonny Cory | Jdg Judy | | Frasier ☼ |
| 2 PM | King | The Talk ☼ | Franklin ☼ Little Bear | Barney WordWorld | Judge B. Judge B. | Let's Make a Deal (N) | Storage | General Hospital (N) ☼ | The Talk ☼ | The Doctors (N) ☼ | Steven and Chris (N) ☼ | Monster Squirrel | Off Record Interruption | Dr. Phil ☼ | Myth-Busters ☼ | Suite/Deck Ned's | CityNews at 5 (N) ☼ | Auction | Gold Girls |
| 3 PM | The Office | The Doctors (N) ☼ | Rob Robot Berenstain | WordGirl Electric | Ellen DeGeneres Show | Dr. Phil ☼ | Storage | Rachael Ray ☼ | The Doctors (N) ☼ | Young & Restless | Recipes Stefano | Almost Slidekick | SportsCentre (N) ☼ | Anderson ☼ | Cash Cab How/Made | Life Derek Kings | CityNews at 6 (N) ☼ | Auction | Debt/Part |
| 4 PM | Big Bang | Young & Restless | G. Shrinks Arthur ☼ | Fetch! With Wild Kratts | Jdg Judy | The Dr. Oz Show ☼ | Storage | The Nate Berkus Show | Young & Restless | Early News Global Nat. | Mercer Wheel | SpongeBob Penguins | NBA Basketball: Toronto Raptors at Washington Wizards. | Ellen DeGeneres Show CTV News at Five (N) | Daily Planet (N) | Phineas Phineas | How I Met 30 Rock | Auction | Debt/Part |
| 5 PM | Browns | News (N) ☼ | Jack ☼ Martha | News Business | News NBC News | News CBS News | Storage | News ABC News | Early News Global Nat. | (4:59) News Hour (N) | CBC News: Vancouver (N) ☼ | Parents SpongeBob | Raptors at Washington Wizards. | CTV News at Five (N) | Mounted | Good Luck Work It (N) | Last Man Work It (N) | Auction | 3rd Rock |
| 6 PM | Browns | Global Nat. | Parks Wild at Hrt. | PBS News-Hour (N) ☼ | Millionaire | KREM 2 News at 6 (N) | Shipping | News | (5:59) News Hour (N) | ET Canada | Coronation Street (N) | Boys Boys | SportsCentre (N) ☼ | CTV News (N) ☼ | Gold Rush (N) ☼ | Suite/Deck Wizards | New Girl Raising | Auction | 3rd Rock |
| 7 PM | Seinfeld ☼ | Ent | Hope for Wildlife ☼ | Egypt's Golden Empire | Jeopardy! | Inside Ed. | Storage | Ent | Ent | Parenthood (N) ☼ | Jeopardy! | Boys Hockey | etalk ☼ | License to Drill | Shake It Good Luck | Body of Proof (N) ☼ | Flip Men Flip Men | Frasier ☼ | |
| 8 PM | Family Guy | NCIS (N) ☼ (DVS) | Science & Islam | Billy the Kid: American | The Biggest Loser (N) ☼ | NCIS (N) ☼ (DVS) | Shipping | Last Man Work It (N) | NCIS (N) ☼ (DVS) | NCIS (N) ☼ (DVS) | Mercer 22 Minutes | ICarly ☼ Mr. Young | SportsCentre (N) ☼ | Whitney (N) Cleveland | Daily Planet Kings | Suite/Deck EP Daily | News EP Daily | CES All Access Live (N) | Instant ET Canada |
| 9 PM | Movie: "Lost Boys: The Thirst" (2010, Horror) | NCIS: Los Angeles (N) | Movie: *** "Food, Inc." (2008) | Frontline ☼ (PA) ☼ | | NCIS: Los Angeles (N) | Storage | Celebrity Wife Swap (N) | NCIS: Los Angeles (N) | NCIS: Los Angeles (N) | Arctic Air ☼ | Funnest Home Videos | Off Record NFL Films | The LA Complex ☼ | Gold Rush ☼ | Debra! ☼ Wingin' It | Seinfeld ☼ Seinfeld ☼ | Auction | Roseanne Raymond |
| 10 PM | | Parenthood (N) ☼ | Cascaadia: Hidden Fire Snapshot | Parenthood (N) ☼ | Unforgettable (N) ☼ | | Shipping | Body of Proof (N) ☼ | Parenthood (N) ☼ | News Hour Final (N) | National | Laughs Splatalot | SportsCentre (N) ☼ | Unforgettable (N) ☼ | License to Drill | Princess So Raven | The Nate Berkus Show | Auction | Gold Girls |
| 11 PM | "Quigley Down Under" | CHBC News Final (N) | Hope for Wildlife ☼ | Charlie Rose (N) ☼ | News Jay Leno | News Letterman | Storage | News Nightline | News Hour Final (N) | Ent ET Canada | Stroumbouloupoulos | Weird Mr. Young | SportsCentre ☼ | CTV News CTV News | Mounted Mounted | Ned's Zoey 101 | Paid Prog. Paid Prog. | Flip Men Flip Men | 3rd Rock |

WEDNESDAY, JANUARY 11, 2012

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

THURSDAY, JANUARY 12, 2012

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

Around The Similkameen Valley!



The Shave For The Brave participants pose for a group shot before shaving their heads January 6th. Standing from left, Denise Duguay, Kirk McConnell, Rod Miller and Marena White. Seated in front is event 'Headhunter' Frankie Reichert. *



Once again, Stella Snow (left) came through with a wonderful New Year's Eve family fun night at the Keremeos Rec Centre. A fun night was had by all. Stella is pictured with LSIB Chief Rob Edwards. The Lower Similkameen Indian Band sponsors the annual event, and Stella is very grateful for the support. Photo: Arlene Arlow



January 6th was a great day for Canadians to enjoy the great winter outdoors: Dressed appropriately, Al Three Bears Standing In The Water and Lester Terbasket enjoyed comradery and sunshine on one of the picnic tables in Memorial Park. And being the neighbourly spirit that he is, Lester wishes everyone a Happy New Year! Photo: Arlene Arlow



A close-up of Denise Duguay having her head shaved January 6th by Heather Herrick. *



Felicia Northway assists Frankie Reichert in putting her hair in pigtails to be cut first and used for wigs. The rest of her head was shaved clean by Heather Herrick in PSS Gym. *



Funding for the Grist Mill near Keremeos is rather uncertain of late: the Provincial Government is tight-lipped regarding funding for operating expenses of the historical site. For now, the site sits locked and quiet amid the soft-falling snow of January. Photo: Arlene Arlow

Small Business Barometer

CFIB - Canadian Federation of Independent Business

According to the latest survey data from the Canadian Federation of Independent Business (CFIB), small business confidence climbed to 65.0 in December, almost a point and a half above its November level.

"The Business Barometer index has historically hovered between 65 and 70 when the economy is expanding," commented Ted Mallett, vice-president and chief economist for CFIB. Adding, "The return to 'near normal' is seen as good news for Canada's economic performance, which had lately been constrained by uncertainties in foreign markets."

Provincially speaking the East-West divide is clearly apparent. Business owners in Alberta (73.6) and Saskatchewan (72.2) are the most optimistic in the country, while BC is stable at 68.0. Optimism in Central Canada is very close to the national average, with Quebec businesses at 65.3, Manitoba firms at 64.8, and Ontario businesses slightly behind at 63.5. Confidence in Atlantic Canada, however, continues to lag. Newfoundland and Labrador, Prince Edward Island and New Brunswick are at an identical 59.8. While Nova Scotia remains the country's least optimistic province at an index level of 55.6.

The services sector is the most optimistic, led by the arts, information and recreation industry (72.0). The wholesale goods sector is also performing reasonably well, just shy of the 68 mark.

"Although less robust, business confidence in the construction and manufacturing sectors turned upward in December to 60.6 and 63.6 respectively. Consumers, however, appeared to become more cautious in the month, sending the retail and hospitality sector indices down below 60," said Mallett.

At the same time, shortages of working capital appear to be slightly less of a concern to business owners in recent months.

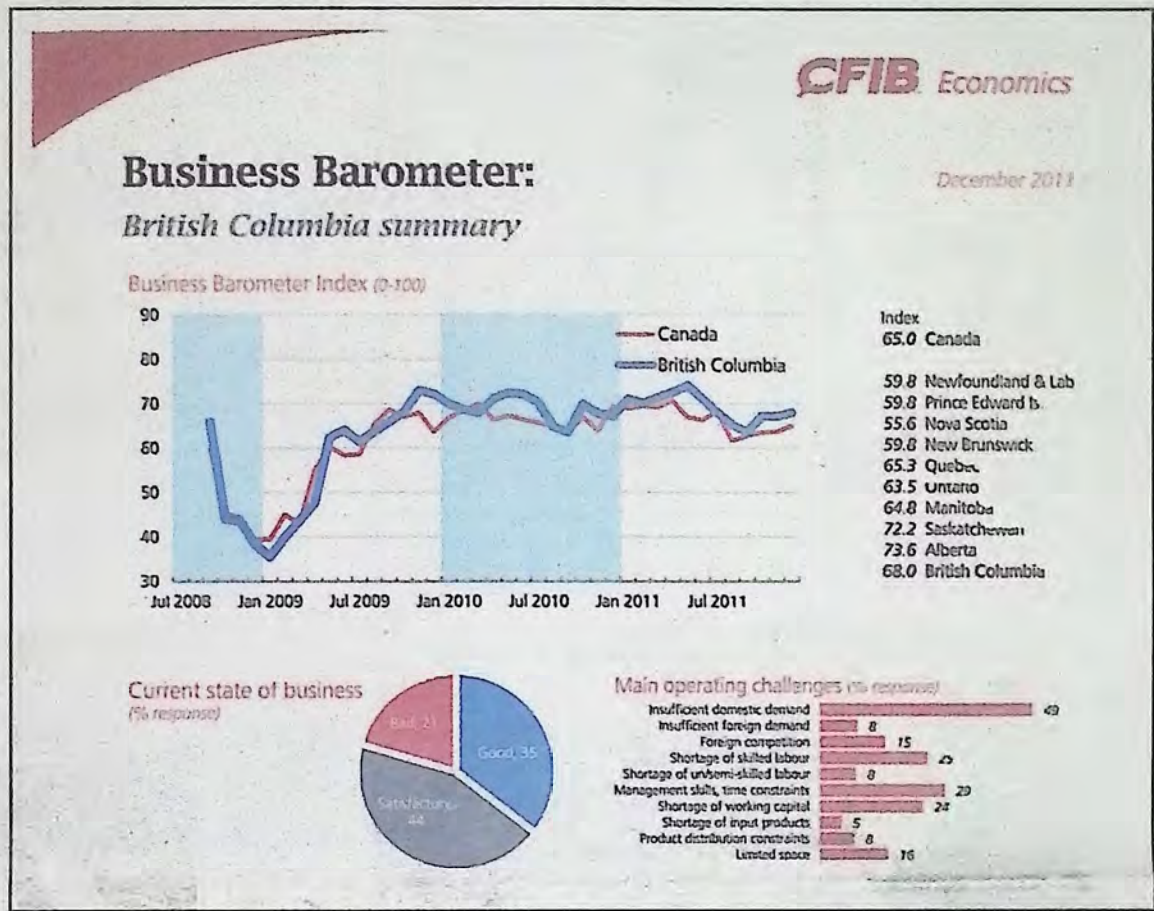
"However, after increasing through the past few years, concerns about shortages of qualified labour have fallen back of late," concluded Mallett.

Measured on a scale between 0 and 100, an index level above 50 means owners expecting their businesses' performance to be stronger in the next year outnumber those expecting weaker performance. According to past results, index levels normally range between 65 and 75 when the economy is growing. The December 2011 findings are based on 900

responses, collected from a stratified random sample of CFIB members, to a controlled-access web survey. Findings are statistically accurate to +/- 3.3 per cent 19 times in 20.

The national report, including a comparison chart of CFIB's business barometer and GDP, can be found online at this website: <http://www.cfib.ca/research/barometer/>.

eter/. *Similkameen News Leader is one of hundreds of small businesses in the Similkameen Valley with CFIB Membership.*



FRIDAY, JANUARY 13, 2012

| | 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 | TROP ch.45 |
|-----------|--|---------------------------|--------------------------|----------------------------|---|------------------------|------------------------|----------------------------|---------------------------|---------------------------|---------------------------|-----------------------------------|--|-------------------------------|---------------------------------|---------------------------------|------------------------|---|-------------------------|
| 6 AM :30 | In the Heat of the Night | (5:30) Morning News (N) ☺ | Arthur ☺ | Builder | KHQ News 6AM (N) | KREM 2 Morning News | The Sopranos ☺ ☺ | News | (5:30) Morning News (N) ☺ | (4:30) Morning News (N) ☺ | CBC News Now ☺ | Kid vs. Kat Super Evil | SportsCentre ☺ | (5:30) CTV Morning Live (N) ☺ | How | Henry's | CityLine (N) ☺ | Jesse James-Man | TV-Torrens OpenSoon |
| 7 AM :30 | Cosby | Cosby | Hi-5 ☺ | Arthur | Today Johnny Weir, Sarah Humphreys. (N) ☺ ☺ | CBS This Morning (N) ☺ | CSI: Miami ☺ | Good Morning America (N) ☺ | | | Turbo | Sidekick | SportsCentre ☺ | | Mighty Ships ☺ | Suite/Deck Hannah | The Nate Berkus Show | Jesse James-Man | Earth: Final Conflict ☺ |
| 8 AM :30 | Excused | Excused | WordWorld | Curious | | | CSI: Miami ☺ | | 100 Huntley Street ☺ | | Bo On/Go | Pokémon | Sports | | Myth-Busters ☺ | ANT Farm Phineas | Rachael Ray ☺ | Jesse James-Man | Canadian Pickers ☺ |
| 9 AM :30 | Family Fd | 100 Huntley Street ☺ | Garth-Bev | Super Why! | | The 700 Club ☺ | Criminal Minds ☺ | Livel With Kelly (N) ☺ | 100 Huntley Street ☺ | Operation Smile ☺ | Super Why! | Rescue | World Financial Group Continental Women's Team Competition. (N) | Livel With Kelly (N) ☺ | Auction | Mickey | Access Hollywood Live | Jesse James-Man | Canadian Pickers ☺ |
| 10 AM :30 | Millionaire | Operation Smile ☺ | Numbrjack | Sesame Street (N) | | The Price Is Right (N) | Criminal Minds ☺ | The View (N) ☺ | Operation Smile ☺ | Big Flip | Poko ☺ | Little Bear | Team Competition. (N) | The View (N) ☺ | Dirty Jobs ☺ | Mickey Manny | The Chew ☺ | Jesse James-Man | Roseanne Raymond |
| 11 AM :30 | Law Order: CI | Big Flip | Save-Ums! | Sid | The Doctors (N) ☺ | Young & Restless | Criminal Minds ☺ | Paid Prog. | Big Flip | Noon News Hour (N) | Animal | G. Shrinks | | Marilyn Denis | Mighty Ships ☺ | Suite Life | CityLine ☺ | Jesse James-Man | '70s Show |
| 12 PM :30 | Law Order: CI | Noon News Hour (N) | Pingu | Charlie Rose ☺ ☺ | Paid Prog. | News | Criminal Minds ☺ | The Chew ☺ | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) ☺ | Rated A | Global Golf Adventures | CTV News (N) ☺ | Bigfoot: The Definitive Guide ☺ | Wizards Hannah | General Hospital (N) ☺ | Jesse James-Man | '70s Show King |
| 1 PM :30 | Amer. Dad Earl | Days of our Lives (N) | Doggy Zboom | Gary Spetz Scrapbook | Days of our Lives (N) | The Talk ☺ | Criminal Minds ☺ | One Life to Live ☺ | Days of our Lives (N) | The Talk ☺ | Heartland ☺ | Kid vs. Kat Super Evil | Curling: World Financial Group Continental Mixed Doubles. (N) | The Dr. Oz Show ☺ | | Sonny Cory | Jdg Judy | Jesse James-Man | King |
| 2 PM :30 | King | The Talk ☺ | Franklin ☺ | Barney | Turbo | Let's Make a Deal (N) | Beyond Scared Straight | General Hospital (N) ☺ | The Talk ☺ | The Doctors (N) ☺ | Steven and Chris (N) ☺ | Monster Squirrel | | Dr. Phil ☺ | Myth-Busters ☺ | Suite/Deck Ned's | CityNews at 5 (N) ☺ | Jesse James-Man | Gold Girls |
| 3 PM :30 | The Office | The Doctors (N) ☺ | Rob Robot | WordGirl | Ellen DeGeneres Show | Dr. Phil ☺ | Beyond Scared Straight | Rachael Ray ☺ | The Doctors (N) ☺ | Young & Restless | Recipes Stefano | Almost Sidekick | Sports | Anderson ☺ | Cash Cab | Life Derek Kings | CityNews at 6 (N) ☺ | Jesse James-Man | Canadian Pickers ☺ |
| 4 PM :30 | Big Bang | Young & Restless | G. Shrinks | Elz Kid\$ | Jdg Judy | The Dr. Oz Show ☺ | Beyond Scared Straight | The Nate Berkus Show | Young & Restless | Early News Global Nat. | Mercer | SpongeBob | Hockey NHL Hockey: Toronto Maple Leafs at Buffalo Sabres. ☺ | Ellen DeGeneres Show | Daily Planet (N) | Phineas | Extreme Makeover | Jesse James-Man | Canadian Pickers ☺ |
| 5 PM :30 | Browns Payne | News (N) ☺ | Jack ☺ | News | News | News | Beyond Scared Straight | News | Early News | (4:59) News Hour (N) | CBC News: Vancouver (N) ☺ | SpongeBob | Parents | CTV News at Five (N) | Auction | Shake It | Extreme Makeover | Jesse James-Man | '70s Show |
| 6 PM :30 | Browns Payne | Global Nat. | Parks | PBS News-Hour (N) ☺ | Millionaire | KREM 2 News at 6 (N) | Beyond Scared Straight | News | (5:59) News Hour (N) | ET Canada | Coronation Street (N) | Boys | Victorious | CTV News (N) ☺ | Hillbilly Handfishin' (N) | Shake It | Fringe (N) ☺ | Movie: *** 'The Rundown' (2003) The Rock. | King |
| 7 PM :30 | Seinfeld | Ent | What's That About? | Wash. Need | Jeopardy! | Inside Ed. | Beyond Scared Straight | Ent | Ent | Harry's Law (N) ☺ | Jeopardy! | Big Time | Curling: World Financial Group Continental Men's Team Competition. (N) | etalk ☺ | An Idiot Abroad: | Shake It | Mantracker ☺ (DVS) | Jesse James-Man | Instant |
| 8 PM :30 | Family Guy | A Gifted Man (N) ☺ | Ballykissangel (N) ☺ | Great Performances "Let Me | Chuck (N) ☺ | A Gifted Man (N) ☺ | Beyond Scared Straight | Extreme Makeover | A Gifted Man (N) ☺ | A Gifted Man (N) ☺ | M'ketplace | Movie: ** "Spectacular!" (2009) ☺ | Continental Men's Team Competition. (N) | CSI: NY (N) ☺ | Daily Planet | Movie: "Frenemies" (2012) ☺ | News EP Daily | Jesse James-Man | ET Canada |
| 9 PM :30 | Movie: * "Saving Silverman" (2001, Comedy) | Harry's Law ☺ | Poirot "Dumb Witness" | Down Easy (N) | Grimm "Game Ogre" | CSI: NY (N) ☺ | Beyond Scared Straight | Extreme Makeover | Harry's Law ☺ | King "T-Bone" ☺ | fifth estate | | Grimm "Game Ogre" | Hillbilly Handfishin' ☺ | Austin | Seinfeld ☺ | Seinfeld ☺ | Jesse James-Man | Roseanne Raymond |
| 10 PM :30 | | King "T-Bone" ☺ | Speedboat-racing friend. | Hollywood Bowl | Dateline NBC ☺ | Blue Bloods (N) ☺ | Beyond Scared Straight | 20/20 ☺ | King "T-Bone" ☺ | News Hour Final (N) | National | Mr. Young | SportsCentre (N) ☺ | Blue Bloods (N) ☺ | Auction | Movie: "Minor Details" (2009) ☺ | Frank the Entertainer | Ways Die | Gold Girls |
| 11 PM :30 | "Lara Croft-Life" | CHBC News Final (N) | What's That About? | Charlie Rose (N) ☺ | News Jay Leno | News Letterman | Beyond Scared Straight | Sports Nightline | News Hour Final (N) | Ent ET Canada | Stroumbouloupoulos | In Real Life ☺ | SportsCentre ☺ | CTV News | An Idiot Abroad: | Zoey 101 | The Nate Berkus Show | Entourage | '70s Show |

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #384 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2012 Carter Boswell, Princeton, BC and published by Similkameen News Leader

Thursday Movies

EVENING

9:00 pm WTBS ch.3 "Rogue" (2007, Action) Jet Li. A federal agent seeks revenge on an elusive assassin after his partner and family are killed, but the target ignites a war between rival Asian mobsters.
KNOW ch.5 "Incident at Oglala" (1992, Documentary) Voice of Robert Redford. Premiere.

Filmaker Michael Apted reviews the case of Leonard Peltier, a Dakota convicted of killing two FBI agents in 1975. Robert Redford narrates. (CC)
11:00 pm WTBS ch.3 "Saving Silverman" (2001, Comedy) Jason Biggs. Two dimwits concoct a scheme to prevent their friend from marrying a coldhearted and conniving woman.

Friday Movies

EVENING

6:00 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)
8:00 pm YTV ch.18 "Spectacular!" (2009, Drama) Nolan Gerard Funk. Ousted from his band, a teenager joins a new group that competes for a national championship. (In Stereo) (CC)
FAM ch.26 "Frenemies" (2012, Drama) Bella Thorne. Premiere. Three sets of friends deal with the ups and downs of their ever-changing relationships. (In Stereo) (CC)

9:00 pm WTBS ch.3 "Saving Silverman" (2001, Comedy) Jason Biggs. Two dimwits concoct a scheme to prevent their friend from marrying a coldhearted and conniving woman.
10:00 pm FAM ch.26 "Minor Details" (2009, Comedy) Kelsey Edwards. Four girls join forces to find a solution to a mysterious illness that has befallen students and faculty at their school. (In Stereo) (CC)
11:00 pm WTBS ch.3 "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination.

Saturday Movies

MORNING

8:00 am WTBS ch.3 "Taxi" (2004, Comedy) Queen Latifah. A bumbling policeman enlists the aid of a skillful cabdriver to chase Brazilian bank robbers through New York.
11:00 am KXLY ch.10 "Radio" (2003, Drama) Cuba Gooding Jr. A high-school football coach becomes a mentor to a mentally impaired young man in 1970s South Carolina.

AFTERNOON

12:00 pm FAM ch.26 "Frenemies" (2012, Drama) Bella Thorne. Three sets of friends deal with the ups and downs of their ever-changing relationships. (In Stereo) (CC)
2:00 pm CITV ch.12 "Gridiron Gang" (2006, Drama) The Rock. Premiere. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility. (CC)
YTV ch.18 "Pokemon the Movie: Black - Victini and Reshiram" (2011, Adventure) Animated. Heroic Ash must save a Pokemon from a descendant of a lost kingdom. (In Stereo) (CC)

3:00 pm CHBC ch.4 BCTV ch.11 "Gridiron Gang" (2006, Drama) The Rock. Premiere. A counselor at a juvenile detention facility turns a group of young criminals into a football team to teach them self-respect and responsibility. (CC)
4:00 pm SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon.
5:00 pm WTBS ch.3 "Scary Movie 3" (2003, Comedy) Anna Faris. An anchorwoman investigates rumors about UFOs and a videotape that leads to deaths.

EVENING

6:00 pm CITY ch.29 "Walled In" (2009, Suspense) Mischa Barton. An engineer investigates a building where people were entombed alive. (CC)
6:30 pm WTBS ch.3 "Scary Movie 4" (2006, Comedy) Anna Faris. Dim-witted Cindy Campbell and her sex-crazed friend, Brenda, team up with cute-but-clueless Tom Ryan to save the world from a hostile alien invasion.
7:00 pm SPIKE ch.44 "The

Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon.
8:00 pm WTBS ch.3 "Not Another Teen Movie" (2001, Comedy) Chyler Leigh. A high-school quarterback bets a rival he can transform an unpopular student into a prom queen.
KSPS ch.6 "Arthur" (1981, Comedy) Dudley Moore. A dry British butler helps his tippling master choose love with a waitress or marriage for money. (In Stereo) (CC)
CITV ch.12 "Killer Wave" (2007, Suspense) (Part 2 of 2) Angus Macfadyen. Two engineers try to save Boston after terrorists use nuclear missiles to create huge tidal waves. (CC)
YTV ch.18 "Knights of Bloodsteel" (2009, Fantasy) David James Elliott. Four ordinary citizens battle an evil warlord who tries to take over their kingdom. (In Stereo) (CC)
9:00 pm CHBC ch.4 BCTV ch.11 "Killer Wave" (2007, Suspense) (Part 2 of 2) Angus Macfadyen. Two engineers try to save Boston after terrorists use nuclear missiles to create huge tidal waves.
..... continued on Page 19

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Sunday Movies

MORNING

8:00 am WTBS ch.3 "Alien Resurrection" (1997, Science Fiction) Sigourney Weaver. Cloned Ellen Ripley and others aboard a spaceship battle rampaging aliens.
11:30 am SPIKE ch.44 "Alien vs. Predator" (2004, Science Fiction) Sanaa Lathan. Members of an expedition discover two vicious extraterrestrial species dueling to the death in the Antarctic. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) (CC)
2:00 pm CITV ch.12 "Iron Man" (2008, Action) Robert Downey Jr. Premiere. A wealthy industrialist builds an armored suit and uses it to defeat criminals and terrorists. (CC)
2:30 pm SPIKE ch.44 "Alien vs. Predator" (2004, Science Fiction) Sanaa Lathan. Members of an expedition discover two vicious extraterrestrial species dueling to the death in the Antarctic. (In Stereo)
3:00 pm CHBC ch.4 BCTV ch.11 "Iron Man" (2008, Action) Robert Downey Jr. Premiere. A wealthy

industrialist builds an armored suit and uses it to defeat criminals and terrorists. (CC)
4:00 pm YTV ch.18 "Charlotte's Web" (2006, Drama) Voices of Julia Roberts. After learning that a young pig's days are numbered, a literate spider weaves an elaborate plan to save her friend from the butcher's block. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.
CBC ch.13 "Beverly Hills Chihuahua" (2008, Comedy) Piper Perabo. A pampered pooch from Beverly Hills must rely on help from scrappy Mexican street dogs after she is accidentally separated from her caretaker. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Spiderwick Chronicles" (2008, Fantasy) Freddie Highmore. Siblings learn that magical creatures are behind the strange occurrences at their great-great-uncle's rundown estate. (In Stereo) (CC)
CITY ch.29 "Gone Dark" (2003, Crime Drama) Lauren Bacall. An old woman gets involved in an undercover detective's progress after the murder of a neighbor.

(CC)
7:00 pm SPIKE ch.44 "Turistas" (2006, Horror) Josh Duhamel. Premiere. Travelers stumble onto a terrifying secret after becoming stranded in the Brazilian jungle. (In Stereo)
7:30 pm WTBS ch.3 "Seven Pounds" (2008, Drama) Will Smith. A man with a fateful secret sets out to redeem himself by changing the lives of seven strangers, including a woman with whom he falls in love.
8:00 pm CBC ch.13 "WALL-E" (2008, Adventure) Voices of Ben Burtt. Animated. After years of tidying up an Earth devoid of humanity, a robot janitor meets a mechanical scout and chases her across the galaxy. (In Stereo) (CC)
YTV ch.18 "The Golden Compass" (2007, Fantasy) Nicole Kidman. In a parallel world, a girl sets out on an epic quest to save her best friend and other kidnapped children from the magisterium's evil experiments. (In Stereo) (CC)
9:00 pm FAM ch.26 "A Knight's Tale" (2001, Adventure) Heath Ledger. An English commoner dons the armor of a dead jousting knight, with the help of friends, competes against nobles in 14th-century France. (In Stereo) (CC)
CITY ch.29 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering
..... continued on Page 19

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SATURDAY, JANUARY 14, 2012

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

SUNDAY, JANUARY 15, 2012

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

MONDAY, JANUARY 16, 2012

| | WTBS ch.3 | CHBC ch.4 | KNOW ch.5 | KSPS ch.6 | KHQ ch.7 | KREM ch.8 | A&E ch.9 | KXLY ch.10 | BCTV ch.11 | CITV ch.12 | CBC ch.13 | YTV ch.18 | TSN ch.19 | VTV ch.22 | DISC ch.24 | FAM ch.26 | CITY ch.29 | SPIKE ch.44 | TROP ch.45 |
|-------|---------------------------------|----------------------------|--------------------------|-----------------------|------------------------------|---------------------------|-------------------------|-----------------------------|----------------------------|------------------------|----------------------------|------------------------|-------------------|----------------------------------|-------------------------|-----------------------|----------------------------|-------------------------------------|-------------------------|
| 6 AM | In the Heat of the Night (N) 30 | (5:30) Morning News (N) 30 | Arthur 0 | Builder | KHQ News 6AM (N) | KREM 2 Morning News | The Sopranos 0 30 | News | (5:30) Morning News (N) 30 | (4:30) Morning News 30 | CBC News Now 30 | Kid vs. Kat Super Evil | SportsCentre 30 | (5:30) CTV Morning Live (N) 0 30 | How | Henry's | CityLine (N) 30 | Surviving Disaster 0 | TV-Torrans OpenSoon |
| 7 AM | Cosby | | HI-5 30 | Arthur | Today (N) 0 30 | CBS This Morning (N) 0 30 | CSI: Miami "Caged" 0 | Good Morning America (N) 30 | | | Turbo | Redakai 0 | SportsCentre 30 | | Mayday 30 | Suite/Deck Hannah | The Nate Berkus Show | Surviving Disaster 0 | Earth: Final Conflict 0 |
| 8 AM | Excused | | WordWorld | Curious | | | CSI: Miami "G.O." 30 | | | 100 Huntley Street 30 | Bo On/Go | Pokémon | SportsCentre 30 | | Man vs. Wild 30 | ANT Farm Phineas | Rachael Ray 0 30 | Movie: * "Kill Switch" (2003) | Wipeout Canada 30 |
| 9 AM | Family Fd | 100 Huntley Street 30 | Garth-Bev | Super Why! | | The 700 Club 30 | The First 48 30 | Livel With Kelly 0 30 | 100 Huntley Street 30 | World Vi-sion | Super Why! News | To School Berenstain | SportsCentre 30 | Livel With Kelly 0 30 | Auction | Mickey | Access Hollywood Live | Steven Seagal. 0 | Wipeout Canada 30 |
| 10 AM | Millionaire | World Vi-sion | Numbrjack | Sesame Street 0 (E) | | The Price Is Right (N) | Hoarders "Jim; Susan" | The View (N) 0 30 | World Vi-sion | Big Flip | Poko 30 | Little Bear | Rugby 30 | The View (N) 0 30 | Dirty Jobs "Hair Fairy" | Mickey Manny | The Chew 0 30 | Surviving Disaster 0 | Roseanne Raymond |
| 11 AM | Law Order: CI | Big Flip | Save-Ums! | Sid | The Doctors 30 | Young & Restless | Intervention 30 | Paid Prog. | Big Flip | Noon News Hour (N) | Animal | G. Shrinks | | Marilyn Denis | Worst Handyman | Suite Life Suite Life | The Revolu-tion | Surviving Disaster 0 | King King |
| 12 PM | Law Order: CI | Noon News Hour (N) | Pingu 30 | Charlie Rose 0 30 | Paid Prog. | News | Criminal Minds 0 30 | The Chew 0 30 | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) 0 | SpongeBob Rated A | NFL Prime-Time 30 | CTV News (N) 0 30 | Mighty Ships 30 | Wizards Hannah | General Hospital (N) 0 | Movie: "The Keeper" (2009) | King Drew |
| 1 PM | Amer. Dad | Days of our Lives (N) | Doggy | Paint This | Days of our Lives (N) | The Talk 0 30 | Criminal Minds 0 30 | The Revolu-tion | Days of our Lives (N) | The Talk 0 30 | Heartland 30 (DVS) | Garfield Almost | NFL Live 30 | The Dr. Oz Show 30 | Auction | Sonny | Jdg Judy | Steven Seagal. 0 | Drew |
| 2 PM | King | The Talk 0 30 | Franklin 0 | Barney | Willis's | Let's Make a Deal (N) | The First 48 30 | General Hospital (N) 0 | The Talk 0 30 | The Doctors 30 | Steven and Chris (N) 0 | Kid vs. Kat Super Evil | Hockey 30 | Dr. Phil 0 30 | Myth-Busters 0 30 | Suite/Deck Ned's | CityNews at 5 (N) 30 | Movie: * "Driven to Kill" (2009) | Gold Girls Gold Girls |
| 3 PM | The Office | The Doctors 30 | Rob Robot | WordGirl | Ellen DeGeneres Show | Dr. Phil 0 30 | The First 48 30 | Rachael Ray 0 30 | The Doctors 30 | Young & Restless | Recipes Stefano | SpongeBob | | Anderson 0 30 | Cash Cab | Life Derek | CityNews at 6 (N) 30 | Steven Seagal. 0 | Wipeout Canada 30 |
| 4 PM | Big Bang | Young & Restless | G. Shrinks | Fetch! With Arthur 0 | Jdg Judy | The Dr. Oz Show 30 | Hoarders 30 | The Nate Berkus Show | Young & Restless | Early News Global Nat. | Mercer | | To Be Announced | Ellen DeGeneres Show | Daily Planet (N) 30 | Phineas | How I Met 30 Rock | Movie: * "Kill Switch" (2008) | Wipeout Canada 30 |
| 5 PM | Browns | News (N) 30 | Jack 30 | News | News | News | Hoarders "Wilma; Nora" | News | Early News | (4:59) News Hour (N) | CBC News: Vancouver (N) 30 | SpongeBob | | CTV News at Five (N) | Myth-Busters 0 30 | Wingin' It Good Luck | Alcatraz (Series Premiere) | Steven Seagal. 0 | King King |
| 6 PM | Browns | Global Nat. | Parks | PBS News-Hour (N) 30 | News | KREM 2 News at 6 (N) | Hoarders "Mary; Annie" | News | (5:59) News Hour (N) | ET Canada | | iCarly 30 | Hockey 30 | CTV News (N) 0 30 | Dirty Jobs 0 30 | Suite/Deck Wizards | | Surviving Disaster | Drew |
| 7 PM | Seinfeld 0 | Ent | Rescue | Wait... | Jeopardy! | Inside Ed. | Intervention (N) 30 | Ent | Ent | Hawaii Five-0 "Pu'ulo" | Jeopardy! | In Real Life (N) 0 30 | | etalk 30 | Auction | Shake It | How I Met | Surviving Disaster | Drew |
| 8 PM | Family Guy | NCIS 0 (DVS) | Monarchy 0 30 | Antiques Roadshow (N) | Betty White's 90th Birth-day | How I Met Broke Girl | Intervention "Jeanna" | The Bachelor (N) 0 30 | NCIS 0 (DVS) | NCIS 0 (DVS) | Mr. D (N) | | | Two Men | Daily Planet 30 | ANT Farm | News | Movie: ** "On Deadly Ground" (1994) | Instant ET Canada |
| 9 PM | Movie: * "Taxi" (2004) | House 0 30 | The Impres-sionists (N) | Antiques Roadshow | Betty | Two Men | (9:01) Hoarders 30 | | House 0 30 | House 0 30 | Redemption Inc. (N) 0 | Switched at Birth 30 | | Two Men | Myth-Busters 0 30 | Austin | Seinfeld 0 | Steven Seagal. 0 | Roseanne Raymond |
| 10 PM | Latifah. | Hawaii Five-0 "Pu'ulo" | Inside Disaster: Haiti | In Perfor-mance... | Rock Center | Hawaii Five-0 "Pu'ulo" | (10:01) Hoarders 30 | (10:01) Castle (N) 30 | Hawaii Five-0 "Pu'ulo" | News Hour Final (N) | National | Home Imp. Indie | SportsCentre 30 | (10:01) Castle (N) 30 | Auction | Princess | The Nate Berkus Show | Ways Die | Gold Girls |
| 11 PM | "Anacondas: Hunt" | CHBC News Final (N) | Battlefield Myster-les 0 | Charlie Rose (N) 30 | News | News | (11:01) Intervention 30 | News | News Hour Final (N) | Ent | Streumbou-lopoulos | Laughs | SportsCentre 30 | CTV News | Dirty Jobs 0 30 | Ned's | Paid Prog. | Ways Die | King |

Monday Movies

MORNING

8:00 am SPIKE ch.44 "Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "The Keeper" (2009, Action) Steven Seagal. A former cop must save the kidnapped daughter of a wealthy businessman. (In Stereo)

2:00 pm SPIKE ch.44 "Driven to Kill" (2009, Action) Steven Seagal. A former Russian gangster springs into action when his family becomes the target of violence. (In Stereo)

4:00 pm SPIKE ch.44 "Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer. (In Stereo)

EVENING

8:00 pm SPIKE ch.44 "On Deadly Ground" (1994, Action) Steven Seagal. An oil-company trouble-shooter must blow up his employer's unsafe refinery to protect Inuit land in the far North. (In Stereo)

9:00 pm WTBS ch.3 "Taxi" (2004, Comedy) Queen Latifah. A bumbling policeman enlists the aid of a skillful cabdriver to chase Brazilian bank robbers through New York.

11:00 pm WTBS ch.3 "Anacondas: The Hunt for the Blood Orchid" (2004, Suspense) Johnny Messner. While exploring the jungles of Borneo, scientists and their guide encounter monstrous, man-eating snakes.

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School District No. 58 (Nicola-Similkameen) is accepting applications for a First Nations Support Worker at Princeton Secondary School in Princeton. This is a temporary position, 25 hour per week, for the period January to June 30, 2012.

The successful applicant will be responsible for providing counseling support, communicating with students and parents/guardians, tutoring, and cultural education.

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings, listed under Job Code #228761, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **January 6, 2012**.

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

Only those applicants being interviewed will be contacted.

Lost

A Loom—LeClerc counter balance, 4 harness with bench. Loaned out initially to a lady at Deblyn MHP, re-loaned without owner's knowledge, person may have since passed away. Reward for information leading to the recovery of loom to its rightful owner Lorraine Lance. Please call 250.292.8572. th

Lost

\$50.00 reward for the safe return of Blackie, missing since December 17 from Corina Avenue, Lynnwood, Deblyn area. He is a very friendly, mature, neutered male, medium long-haired, all black with a small white chest blaze, only one intact canine tooth.



Call 250.295.6919 or 250.293.6154 with any information. Jan 10-24

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For Sale

14x70 mobile home in Deblyn MHP. Call 250.295.3783 after 5:00 PM. Jan 10

2002 Summit X 800 with reverse and heated grips, \$4,000.00. 2005 Summit 800, electric start, reverse and heated grips, \$6,100.00. 2005 Renegade 800, electric start, reverse and heated grips, \$6,000.00. Two-wheeled snowmobile trailer, \$1,000.00. Call 250.295.7182. Jan 10-24

Apartment in Princeton - available now! Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave message with best time to call back. Jan 17

2-bedroom home with double garage, 445 Similkameen Avenue. Asking \$800.00/month plus utilities. Available December 1st. Contact Heather Johnson, Century 21 Princeton 250.295.6977 or 250.295.8591. Jan 10

3-bedroom basement home. New carpeting throughout. Fully fenced yard. Asking \$950.00/month. Contact Mona Friesen at 250.395.2023. Jan 10-24

3-bedroom, 2-bath home. Very clean and warm. Heated floors and cozy electric fireplace, big yard and garage. No pets. Asking \$850.00/month plus utilities, damage deposit and good references required. Also, 2-bedroom suite ideal for seniors or working people located downtown. Asking \$750.00/month includes heat, power and laundry. N/S, N/P, damage deposit and good references required. Call 250.295.6408. Jan 10-24

Newer 3-bed, 2-bath, 1,000 sq ft home close to Tulameen River with fenced yard. New appliances, 271 Riverside Avenue. Available now. Asking \$1,000.00/month plus utilities. Contact Heather Johnson at Century 21 Princeton Realty. 250.295.6977. Jan 10

3-bedroom upstairs of home on Auburn. Large kitchen and all appliances. A/C, Gas F/P, separate entrance. Available now. Asking \$950.00/month, includes heat and hydro. RV parking available. Good sized yard. N/S. Call 604.535.1980 for more information/viewing. Jan 10-24

Read Spencer Coyne's 'Flip of the Coyne' weekly in the Similkameen News Leader - we're different, and we like that. Locally owned and locally operated since 1997.

1-bedroom basement suite. Asking \$600.00 per month includes utilities, cable, phone, internet, washer/dryer and private entrance. No smoking and no pets. Call 250.295.6329. Nov 29-Jan 10

1-bedroom suite downtown. Level access, including power and heat. Asking \$500.00/month. Good references and damage deposit required. Available January 1, 2012. Call 604-484-2783 and leave message with best time to call back. Jan 17

Large 4-bedroom home 157 West China Creek Road. Beautiful views, basement, deck, 2 car carport, not listed for sale, 2-minutes from town. Asking \$1,100.00/month plus utilities. Available January 1st. Contact Heather Johnson at Century 21 Princeton Realty. 250.295.6977. Jan 10

1-bedroom basement suite. Asking \$650.00/month includes utilities, cable, phone, internet, washer, dryer and private entrance. No smoking and no pets. Call 250.295.6329. Jan 17

2-bedroom, 59 Kenley Avenue. Asking \$600.00/month plus utilities. Available immediately. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Jan 10

2,400 sq ft commercial space for lease, price negotiable, good commercial exposure. Available immediately. Contact Heather Johnson at Century 21 Princeton Realty 250.295.6977. Jan 10

3-bedrooms, 3-bathrooms, double attached garage, energy efficient, large yard, must provide references, no smoking, pets negotiable. Third Bench location, close to hospital. \$1,075.00/month available February 1st. Call 250.295.1315. Jan 17

Tiny, pretty 1-bedroom house for rent in Hedley. Asking \$425.00/month plus utilities. Pets OK. Call 604.715.1561 or e-mail gossamersteel@gmail.com. Jan 03-17

www.thenewsleader.net

Notices

To Duke's Friends...

Duke died peacefully at 2:00 PM on Saturday, December 31, 2011. In the hands of his owner and family he went to sleep comforted by their presence and having made his goodbye to his extended family in Vernon. We extend our sincere thanks for the compassion shown us at the Central Animal Hospital, Vernon, BC.



For Rent

Lodge Rooms with Jacuzzi tub, fridge and microwave. Weekly \$350. Monthly \$1,000.
 Rainbow apartment rooms with shared bathroom and kitchen. Weekly \$150. Monthly \$400.
 2-bedroom suites with private bathroom and kitchen. Weekly \$300. Monthly \$1,000. (one to two person).
 2-bedroom apartment on lake with private bath and kitchen. Weekly \$350. Monthly \$1,200.
 4-bedroom house. Monthly \$1,400.
 4-bedroom house on lake. Monthly \$1,600.
 4-bedroom house on lake. Monthly \$2,800.
 Call Princeton Castle Resort at 250.295.7988 or 1-888-228-8881. Dec 13-Jan 10

Wanted

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JEWELLERY, NUGGETS, BROKEN, UNWANTED

*** SILVER COINS ***
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GARY - Bridge Street Family Pawn
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Wanted

Notices

MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue
4:30 PM Sales Start
5:30 PM 1st 47 Bonanza #'s SPECIALS, REGULAR GAMES, ODD & EVEN, PROGRESSIVE SNOWBALL & LOONIE POT, "LUCKY 7" WON EVERY MONDAY (MIN. \$50.00 GUARANTEED)
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Baptist Church Basement
(USE BACK DOOR)
Sundays 7:30 PM
Basement, Chamber of Commerce, Highway 3
Info: (250) 295-7919 OR 295-6531, 295-6723

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Sudoku

CARTER'S Sudoku Challenge
SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #384

| | | |
|-----|-----|-----|
| 129 | 468 | 753 |
| 653 | 791 | 842 |
| 478 | 325 | 916 |
| 934 | 182 | 675 |
| 865 | 937 | 421 |
| 712 | 654 | 398 |
| 287 | 546 | 139 |
| 591 | 873 | 264 |
| 346 | 219 | 587 |

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Alcoholics Anonymous
Meets 7:30 PM Thursdays
Princeton Baptist Church
160 Old Hedley Road
Fred 295-7272/Marena 295-7663

Souvenirs

Souvenirs

Souvenirs

Prince Town 1826 - 1926

The CD traces the history of the Similkameen Valley from the First Nations to the Oregon Treaty to the arrival of prospectors and the Royal Engineers. It includes details on all local communities and ghost towns as well as historic photos.

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Princeton Area Ghost Towns - The DVD

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INCLUDES HST

Available at:
Similkameen News Leader
www.thenewsleader.ca

Explore The History Of Mining - Gold, Copper and Coal

News Leader Recipe 404

Almond Toffee Bark

Created by Almond Board of California

Ingredients:

- 4 cups (1 L) sliced almonds
- 1/2 cup (125 mL) unsalted butter, softened
- 1 1/2 cups (375 mL) sugar
- 1/3 cup (60 mL) water
- 1/2 teaspoon (2 mL) vanilla
- 1/4 teaspoon (1 mL) salt
- 1 pound (454 g) fine-quality bittersweet chocolate (not sweetened)
- 1/2 pound (227 g) fine-quality semi-sweet chocolate
- 3 oz. (90 g) milk chocolate or white chocolate (optional)

Preparation:

- Preheat oven to 400°F (200°C) degrees and oil a large baking sheet. Set aside.
- In a separate large baking pan, spread almonds and toast almonds for 8 minutes or until slightly brown. Let cool.
- In a large heavy saucepan bring butter, sugar, water, vanilla, and salt to a boil over moderate heat, stirring with a wooden spoon. Boil mixture, without stirring, until deep golden, about 12 minutes.
- Remove pan from heat and stir in 2 cups (500 mL) of the toasted almonds. Immediately pour onto reserved baking sheet. Spread evenly and then place into the refrigerator until set.
- Chop chocolate. In a hot double boiler, melt chocolate until smooth.
- Pour chocolate over cooled almond toffee and spread evenly with an offset spatula. Sprinkle top with remaining almonds. If desired, drizzle top with melted milk chocolate or white chocolate for contrast. Chill uncovered until firm, about 1 hour.
- Break toffee into pieces of bark. Keep layered between sheets of parchment paper in an airtight container at cool room temperature or chilled for 1 week.

Nutritional analysis per batch; makes about 32 servings.
Calories: 280 Fibre: 2.8 g Fat: 20.4 g Cholesterol: 8.2 mg Sat Fat: 7.5 g Sodium: 22 mg Mono Fat: 7.5 g Calcium: 60 mg Poly Fat: 2.3 g Magnesium: 58 mg Protein: 5.2 g Potassium: 253 mg Carb: 25 g Vitamin E: 4.7 mg*
*Total alpha-tocopherol equivalents

More recipes can be found online at www.AlmondBoard.com.

www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!
226A Bridge Street, Princeton

Weekend Movies

SATURDAY MOVIES

..... continued from Page 14
FAM ch.26 "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula. (In Stereo) (CC)
CITY ch.29 "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (CC)
10:00 pm WTBS ch.3 "Lara Croft Tomb Raider: The Cradle of Life" (2003, Adventure) Angelina Jolie. A globe-trotter must find Pandora's box before a maniacal scientist can harness its power for world domination.
10:30 pm FAM ch.26 "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. (In Stereo) (CC)
11:11 pm KXLX ch.10 "Taxi"

(2004, Comedy) Queen Latifah. A bumbling policeman enlists the aid of a skillful cabdriver to chase Brazilian bank robbers through New York.

SUNDAY MOVIES

..... continued from Page 14
 his wife. (CC)
SPIKE ch.44 "Turistas" (2006, Horror) Josh Duhamel. Travelers stumble onto a terrifying secret after becoming stranded in the Brazilian jungle. (In Stereo)
10:00 pm WTBS ch.3 "The Legend of Bagger Vance" (2000, Drama) Will Smith. A golf caddy shows a disillusioned young war veteran how to master challenges and find meaning in life.
11:00 pm KNOW ch.5 "Incident at Oglala" (1992, Documentary) Voice of Robert Redford. Filmmaker Michael Apted reviews the case of Leonard Peltier, a Dakota convicted of killing two FBI agents in 1975. Robert Redford narrates. (CC)

SPIKE ch.44 "The Unborn" (2009, Horror) Odette Yustman. With the help of a spiritualist, a woman uncovers a family curse dating back to Nazi Germany and involving a demonic spirit with the power to inhabit anything or anyone. (In Stereo)
11:10 pm FAM ch.26 "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (In Stereo) (CC)

Similkameen News Leader

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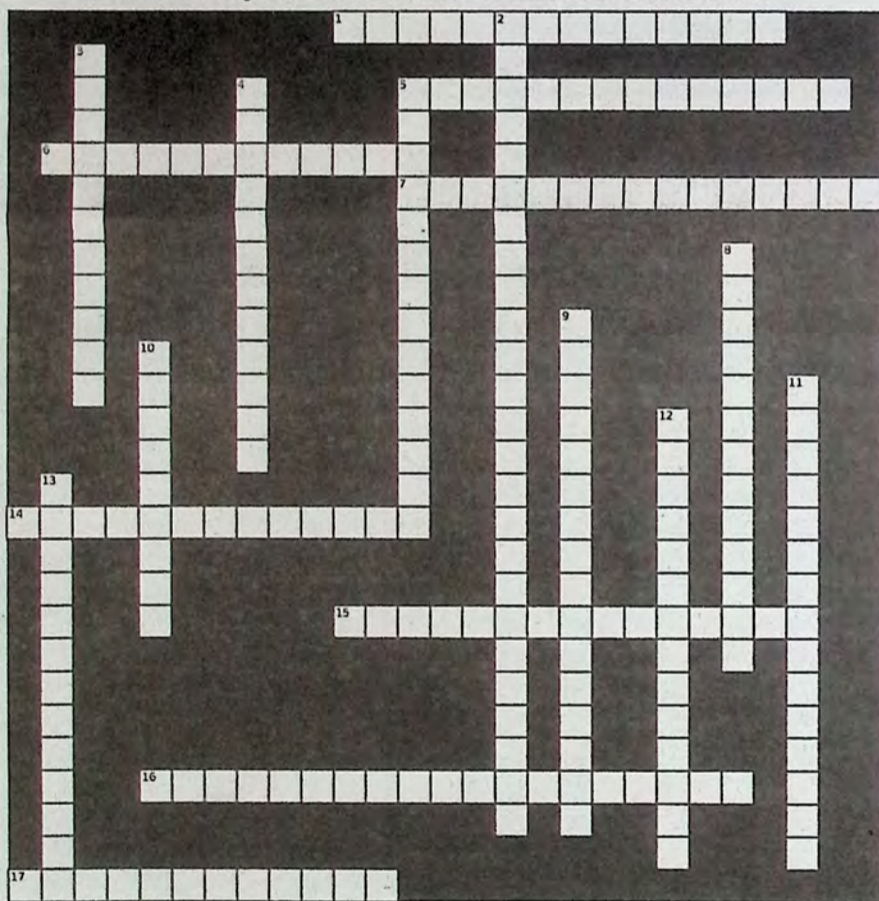
Princeton Posse 2011/12 Clip 'n' Save Game Schedule

Similkameen News Leader

| Date | Time | Away | Home |
|-----------------------|---------|---------------------|----------------|
| Exhibition | | | |
| Sun Sep 4 | 1:00 PM | T - Squamish 3 | Princeton 3 |
| Wed Sep 7 | 7:00 PM | L - Osoyoos 5 | Princeton 3 |
| Fri Sep 9 | 7:35 PM | L - Princeton 4 | Osoyoos 6 |
| Sat Sep 10 | 7:00 PM | W - Summerland 6 | Princeton 7 |
| Wed Sep 14 | 7:00 PM | W - Princeton 4 | Penticton 2 |
| Regular Season | | | |
| Fri Sep 16 | 7:00 PM | W - Spokane 5 | Princeton 6 |
| Sat Sep 17 | 7:00 PM | L - Princeton 5 | Penticton 6 OT |
| Fri Sep 23 | 7:35 PM | L - Princeton 2 | Osoyoos 6 |
| Sat Sep 24 | 7:00 PM | W - Princeton 5 | Summerland 3 |
| Fri Sep 30 | 7:00 PM | L - Penticton 5 | Princeton 2 |
| Sat Oct 1 | 7:00 PM | W - Summerland 1 | Princeton 11 |
| Fri Oct 7 | 7:00 PM | W - Kelowna 4 | Princeton 6 |
| Sat Oct 8 | 7:00 PM | W - Princeton 10 | Summerland 3 |
| Fri Oct 14 | 7:00 PM | W - Princeton 4 | Kelowna 3 |
| Sat Oct 15 | 7:00 PM | L - N Okanagan 2 | Princeton 1 |
| Fri Oct 21 | 7:35 PM | L - Princeton 2 | Osoyoos 5 |
| Fri Oct 28 | 7:00 PM | L - Osoyoos 2 | Princeton 1 |
| Sat Oct 29 | 7:00 PM | W - Summerland 2 | Princeton 8 |
| Sun Oct 30 | 7:00 PM | L - Princeton 4 | Kelowna 7 |
| Fri Nov 4 | 7:00 PM | W - Nelson 2 | Princeton 4 |
| Sat Nov 5 | 7:00 PM | W - Princeton 3 | Revelstoke 2 |
| Sun Nov 6 | 2:00 PM | W - Princeton 4 | Chase 2 |
| Fri Nov 11 | 7:00 PM | L - Castlegar 4 | Princeton 1 |
| Sat Nov 12 | 7:00 PM | L - Beaver Valley 6 | Princeton 4 |
| Wed Nov 16 | 7:00 PM | W - Kelowna 3 | Princeton 6 |
| Fri Nov 18 | 7:00 PM | W - Osoyoos 3 | Princeton 7 |
| Sat Nov 19 | 7:00 PM | L - Princeton 0 | Kamloops 4 |
| Fri Nov 25 | 7:00 PM | T - Princeton 4 | Penticton 4 |
| Sat Nov 26 | 7:00 PM | W - Princeton 4 | Kelowna 2 |
| Tue Nov 29 | 7:00 PM | W - Summerland 6 | Princeton 7 OT |
| Fri Dec 2 | 7:30 PM | L - Princeton 2 | Castlegar 6 |
| Sat Dec 3 | 7:00 PM | L - Princeton 2 | Spokane 3 |
| Sun Dec 4 | 2:00 PM | W - Princeton 9 | Grand Forks 1 |
| Fri Dec 9 | 7:00 PM | W - Grand Forks 9 | Princeton 10 |
| Sat Dec 10 | 2:00 PM | L - Revelstoke 5 | Princeton 1 |
| Wed Dec 14 | 1:00 PM | W - Summerland 2 | Princeton 3 |
| Fri Dec 16 | 7:00 PM | W - Kamloops 3 | Princeton 5 |
| Sat Dec 17 | 7:00 PM | W - Penticton 4 | Princeton 5 |
| Sun Dec 18 | 2:00 PM | L - Kelowna 8 | Princeton 3 |
| Sun Jan 1 | 2:00 PM | Osoyoos @ | Princeton |
| Fri Jan 6 | 7:00 PM | Princeton @ | Nelson |
| Sat Jan 7 | 7:30 PM | Princeton @ | Beaver Valley |
| Wed Jan 11 | 7:00 PM | Penticton @ | Princeton |
| Fri Jan 13 | 7:00 PM | Princeton @ | Kelowna |
| Wed Jan 18 | 7:35 PM | Princeton @ | Osoyoos |
| Fri Jan 20 | 7:00 PM | Sicamous @ | Princeton |
| Sat Jan 21 | 7:00 PM | Osoyoos @ | Princeton |
| Fri Jan 27 | 7:00 PM | Princeton @ | Sicamous |
| Sat Jan 28 | 7:00 PM | Princeton @ | Penticton |
| Wed Feb 1 | 7:00 PM | Princeton @ | Penticton |
| Fri Feb 3 | 7:00 PM | Princeton @ | Summerland |
| Sat Feb 4 | 7:00 PM | Chase @ | Princeton |
| Fri Feb 10 | 7:00 PM | Princeton @ | N Okanagan |
| Sat Feb 11 | 7:35 PM | Princeton @ | Osoyoos |
| Tue Feb 14 | 7:00 PM | Kelowna @ | Princeton |
| Fri Feb 17 | 7:00 PM | Penticton @ | Princeton |

Similkameen News Leader Puzzler

Use the January 3rd News Leader to find Answers Below...



- | | |
|---|--|
| <p>Across</p> <p>1 Name the column written by Spencer Coyne.</p> <p>5 Name the 2012 Princeton Legion Ladies Auxiliary President.</p> <p>6 Name the Princeton boy who dressed for Osoyoos January 1st.</p> <p>7 The PS in SVPS. Similkameen Valley _____</p> <p>14 The answer to 6 Across in Puzzler #53.</p> <p>15 This is being considered for local physicians by Interior Health.</p> <p>16 The Ministry of Community, Sport and _____</p> <p>17 It flows through the front page photo.</p> | <p>Down</p> <p>2 School District 58 is hiring one of these.</p> <p>3 A downtown venison cook-off could solve this.</p> <p>4 Name the newest addition to the Similkameen News Leader family.</p> <p>5 The last (optional) ingredient in Recipe #403.</p> <p>8 Name the 'slogan' used to promote Spencer Coyne's column.</p> <p>9 Sgt. Dave Clare credits this group in keeping local crime rates low.</p> <p>10 The last word in Dawn Johnson's "Year In Review."</p> <p>11 Name Princeton Arts Council's Treasurer.</p> <p>12 Jim and Karen Manion do business under this name.</p> <p>13 Name the program being developed by RCMP.</p> |
|---|--|



Editorial Page News Leader

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

My Turn

The Mayor Has Super Powers

So much for leaving the juicy parts of this Editorial for near the end. I've been hearing all sorts of stories about what has or hasn't happened to Mayor Fred Thomas since his election victory in November and it's now time to put it all to rest.

The man has super powers and Town Council is protecting us all from their new secret weapon.

Here's some proof of just two of the super powers revealed to us so far:

Super Power: He is faster than a speeding bullet.

Evidence: He went from "Who is Fred Thomas?" to Mayor of Princeton in less than a month. Try to tell me that didn't take an amazing amount of speed to convince the majority (the key word here is majority) of voters casting Mayor ballots to pick him.

Super Power: He can become invisible.

Evidence: One of the really cool side affects of blinding speed is the ability to become stealthy, you know, unseen to the average human eye.

So, when I hear things like appointments to the RDOS and SVPS being handed to someone other than the mayor it just reminds me that he was moving so fast on other important municipal issues the rest of council didn't see him - even if he happened to be sitting in the same room.

More Evidence: Eyewitnesses have told me that sometimes when Mayor Thomas speaks during a Town Council meeting some members of council roll their eyes and another picks their nose (okay, I added the last part to sort of lead up to a funny point I'm trying to make) acting as if he's not even there. It doesn't take a rocket scientist to figure out that it's only because they can't see him!

So the next time you hear a story of what sounds like members of Town Council giving the Mayor the short end of the stick in any way whatsoever, remember this: I have spoken to members of Town Council (okay, only one has entered my office since the election) and was told to my face that the only way council was going to work in this town is if they all work as a team.

What's my point?

Town Council is doing you and I a big favour by harnessing the super powers possessed by Mayor Fred Thomas. They are probably doing everything in their (mortal) power to keep their secret weapon quiet. You know, not to give away too much just in case the rest of us can't handle it all right now.

Or they could be just scared of what he may actually accomplish for the community.

You decide.



Kirk McConnell requires the help of Kayley Thomas and Heather Herrick to shave his head January 6th as part of the Shave For The Brave fundraiser organized by Frankie Reichert of Tulameen. *

Your Turn

Letters and E-Mails Received This Past Week

To the Editor,

Concerning the issue of wind power generation. I would like to say there are many forms of power generation less desirable than wind power, like almost all of them. Trendy, I don't think so.

Would you like Nuclear, coal or oil generation in this immediate area? Not very likely. Hydro generation is one of the best options, but do you really want another valley in beautiful BC flooded, with many people's homes and farms displaced?

Do you want to live with brown outs or black outs periodically? These options could be our future if we continue to reject new technology. In this extremely fast moving reality of today continuing to mess our atmosphere is a very bad option, and those conferences in 2005 and 2006 are likely already outdated.

Looming up on the horizon now is what I would call phase II Windpower, this is Maglev vertical axis turbines, what is Magnetically Levitated turbines that rotate without the need for large bearings, these rotate quietly, faster and with less wind. China is leading the way on this technology.

By integrating wind, water, geothermal and solar, each complimenting the other at their weak times it is possible to eliminate fossil fuels altogether. The required infrastructure is not yet in place and of course it will cost plenty, but once up and running it will become cheaper over time. Dams are not cheap to build nor are the other old methods. If you think oil is going to

get cheaper, dream on and coal is just a foul word. The atmosphere has already exceeded the 350 parts per million of carbon that scientists thought was a safe maximum, it's around 390 now.

Meanwhile back at Princeton looking at some wind generators on Agate Mountain should be the least of our worries.

- Jim Hodge, Princeton

Similkameen
News Leader

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EDITORIAL GUIDE

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



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Current Comment

We're Spending Too Much



Dawn Johnson
editor@thenewsleader.ca

Canadians are spending too much money they haven't got. The International Monetary Fund has warned our government and our financial advisors are warning the government. Canadian households are too deep in debt.

There are two kinds of debt: mortgage and consumer. A mortgage, ordinarily, is considered an investment. Consumer debt is serious debt, it is the wrong kind of debt. Most of it is the result of those handy little plastic cards, but paying for a car can be considered consumer debt, too.

My sister decided to do something about household debt. She developed a "no spending" budget. It worked like this: if she did not actually need a thing, she would not buy it. She was amazed at the amount of money she saved. That money went to paying down household debt. She kept her system going for four months.

In the process of not buying things she did not need, she discovered

something important. She discovered she had more things than she needed, things which could be converted to cash in a yard sale or traded with a neighbour for something else. She also discovered she could re-use a lot of things, and some things could be re-purposed.

I love the idea of re-purposing. It works like this: you take something and turn it to a different use than what it was meant for originally. For example, an ice cream bucket becomes a berry-picking bucket, or a towel worn thing becomes a rag for polishing the car.

I had a friend who would go to thrift stores and pick up wool yarn for a couple of dollars, and she would crochet afghans or knit things to give as Christmas gifts. I have another friend who knits crib blankets from yarn she buys at a thrift store, making a great gift for a newborn at very little outlay of cash.

Groceries have seen the highest increase in cost during the past two years. This is where people really feel the pinch. According to the Financial Post, potatoes, bread, pasta and eggs have gone up in price more than anything else during the past year, but we saw an increase in the price of rice and grain. The biggest increase in grocery costs is the result of transportation (oil prices) increasing. We need to take a new look at what we eat.

The cost of potatoes does not bother anybody who can grow them, and you can grow potatoes in just about anything. Potatoes lying around in my potato basket are for-

ever trying to grow, even in the dark cupboard. You can take a potato and put it in a bucket with a little soil and a lot of grass clippings, and the potatoes will grow. Around Princeton, the trick is to keep the deer from eating the tops.

When it comes to pasta, I suggest making your own. It is not so hard to do, just egg, salt, water and flour. You can make a lot of fettuccini from one recipe and you can dry it then freeze what you do not plan to use immediately.

Finding ways to save money can be a real challenge, but it is really important to pay down those household debts. I am a firm believer in selling what I no longer need. I usually have one yard sale a year. I usually make at least \$50 and that's not bad wages for a few hours work.

I shop at yard sales, too. You just never know what you might find at a yard sale that can save you money. Last year I bought my Christmas wrap and three boxes of Christmas cards for \$1.50 for the lot. The friend shopping with me bought a gorgeous canister set for \$10.

The reason our government is being warned about household debt is that we are in danger of seeing a major decline in the value of our economy. If our economy is downgraded, we could be like so many other countries in big financial trouble. Saving money, refusing to spend on what we do not need, and paying down those household debts should be a priority in 2012 for everyone who has a credit card debt.

Is Princeton age-friendly?

At the December 19 public meeting, Town Council received a letter from Michael de Jong, Minister of Health. The letter advised Council of an opportunity to be recognized as an 'age-friendly' community. Recognition would bring a \$1,000

grant, and an opportunity for a further grant of \$20,000. Recognition would be profiled on SeniorsBC.ca and linked to a national and international network of age-friendly communities.

The grant money can be used to

support policies, services, settings, and structures that enable older people to age actively with good health and full participation in their communities. Council will appoint a person this month to act as liaison on this program.

Town finances look good

Third quarter financial statement was submitted to Town Council at the December 19 public meeting. The statement shows a healthy

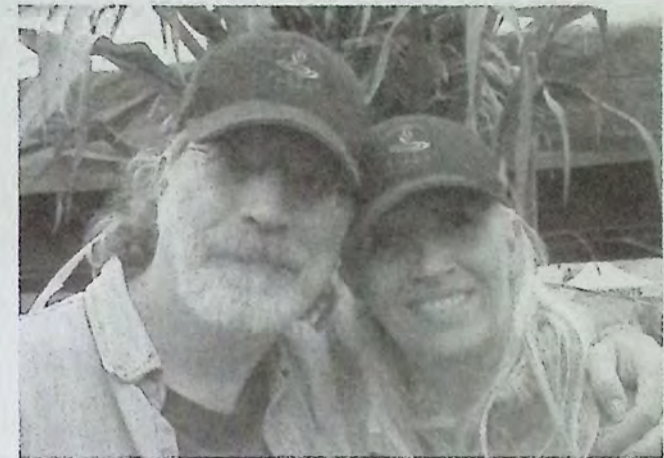
account despite some budget overruns, such as an extra \$10,000 to the Chamber of Commerce over the \$25,000 budget. Some other groups

did not use the full amount budgeted.

The Fire Department spent less, due to the reduction in fire calls, and a number of capital projects were under budget. Water and sewer system improvements are over budget, but these relate to paying down improvements done in 2010.

Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



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INVITATION TO WORSHIP

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www.princetonfoursquare.com

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165 Vermilion Avenue (BESIDE THE MUSEUM)
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10:30 AM - Sunday
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250.295.3541

Hedley Grace Church
856 Ellis Avenue
Hedley BC
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Pastor Graham Gore
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AND NOW...A LITTLE GOOD NEWS!
"She will give birth to a son and you will name him Jesus, because he will save his people from their sins."
- Matthew 1:21

News Leader Salutes Local Players

South Okanagan Nighthawks - Bantam Reps



Ryan Grgich wears #1 and plays goalie. He is 14-years old, stands 5' 7" tall and weighs 140 pounds. His team plays a game in Princeton Arena this Sunday at 12:15 PM.



Mort Johnson plays left wing for the Nighthawks. He wears jersey #24, stands 5' 6" and weighs 130 pounds. He is one of eight Princeton players on the SOMHA Nighthawk Bantam Rep team.

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News Leader hits YouTube

With a total of 42 videos uploaded in almost five months collecting a total of just under 3,300 views the Similkameen News Leader YouTube Channel has been a busy place.

"I never really expected much from it at first," explains News Leader Owner/Publisher George Elliott.

"I've used YouTube before for other side projects but never really considered it as a companion to our newspaper then I was invited to Copper Mountain Mine for an open house last August and I thought I'd capture some video along with pho-

tos."

It was that week that the News Leader's 'Princeton BC News' YouTube Channel was born.

Elliott posted a total of eight short clips from various parts of the guided tour at the mine adding live commentary while filming. One of the clips was picked up by www.stockhouse.com, an online investor portal based in Vancouver, which has generated 44% of that particular video's traffic.

"And it's just a 30-second piece with a look into the mine pit."

Another video, this one featuring

the first snow of winter and shot downtown outside the News Leader office was picked up by www.ilmeteo.it, an online weather service based in Italy which has produced 55% of that videos overall traffic after embedding it into their website.

"Again, not a long clip at just over 70-seconds, and I couldn't figure out where all the hits were coming from so soon until I looked into it and was somewhat amazed that it was being viewed in Italy only hours after being uploaded," Elliott adds.

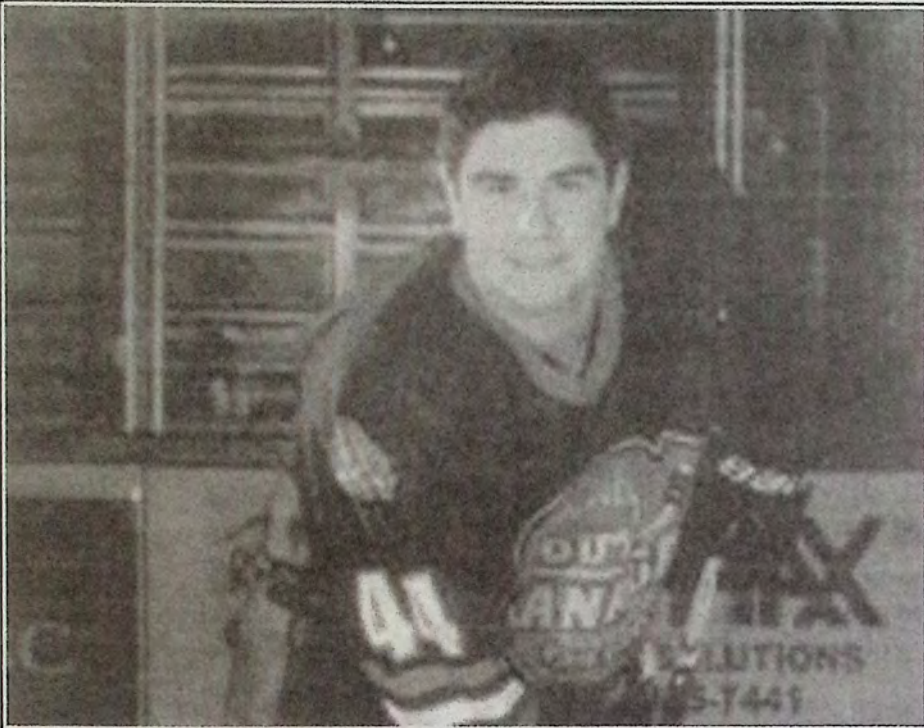
..... continued on Page 23



Kayley Thomas shaves Marena White's head January 6th at PSS Gym. Marena was one of five who collected \$6,500.00 for Young Adult Cancer Canada's 'Shave For The Brave' program. The local event was organized by Tulameen teenager Frankie Reichert who was the designated 'headhunter.'*

News Leader Salutes Local Players

South Okanagan Nighthawks - Bantam Reps



Brett Herrick wear #44 and plays defence for the Nighthawks. He is 14-years old, stands 5' 4" and weighs 130 pounds. His friends call him 'Bretzky' and he'll be on ice this Sunday in Princeton.



Dustin Fleming plays right wing for the Nighthawks and wears jersey #9. He is 5' 6" tall and weighs in at 120 pounds. He is one of eight Princeton players on the Nighthawk team.

..... continued from Page 22
The video which has generated the fastest traffic was uploaded only days ago.

"The Shave For The Brave cancer fundraiser last Friday was full of photo-ops but I also decided to grab a short clip of event organizer Frankie Reichert getting her hair cut

as I knew it was a big thing for her to do and while photos are great, I thought a bit of video would make a larger impact for viewers."

The 103-second video was viewed 100 times in the first 22-hours it spent on YouTube which pleases Elliott.

"I decided to upload videos taken

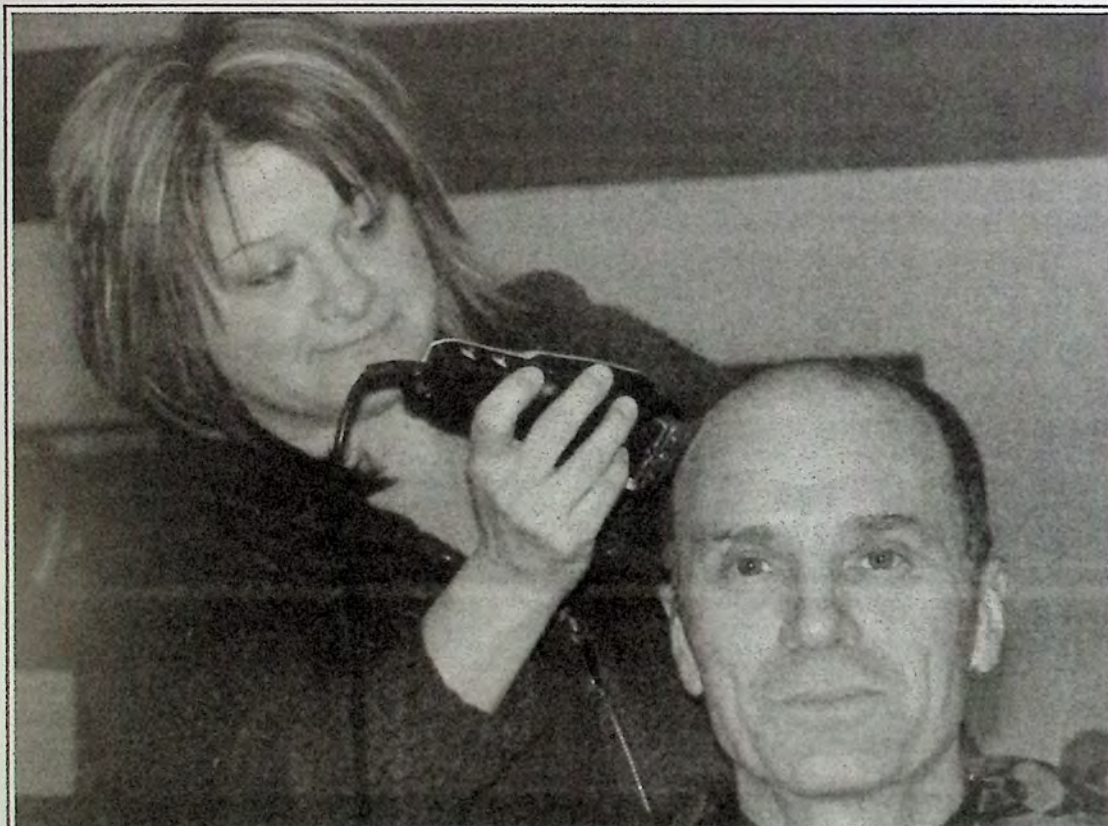
in and around the Similkameen on just about anything with an emphasis on things that may not appear in the News Leader, although that doesn't always happen."

To find the Similkameen News Leader YouTube Channel visit www.youtube.com and search for 'PrincetonBCNews.'

Congratulations, Frankie Reichert

Denise Duguay, Marena White, Kirk McConnell and Rod Miller
FOR PARTICIPATING IN THE SHAVE FOR THE BRAVE FUNDRAISER

Similkameen
News Leader




Heather Herrick shaves Rod Miller's head January 6th at PSS Gym. Miller was one of five who collected \$6,500.00 for Young Adult Cancer Canada's 'Shave For The Brave' program. The local event was organized by Tulameen teenager Frankie Reichert who was the designated 'headhunter.'*

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South Okanagan Nighthawks

HOST

PENTICTON OKANAGAN HOCKEY ACADEMY



12:15 PM Sunday, January 15
PRINCETON ARENA

A total of 8 Princeton boys play on the Nighthawks:
Tristan Vandermeulen, Parker Thibert, Brett Herrick, Ryan Grgich, Koltan Smith, Dustin Fleming, Morton Johnston and Craig Thompson

Brenda Crawford



brenda@beland.net
(250) 295-8182

Susan Collins



susan_collins@nethop.net
(250) 295-5359

April Earle



april@beland.net
(250) 295-5346

Sandra Simpson



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NEW!

We all need that sense of getting-away-from-it-all. Well now you can do just that with this sweet cottage on one acre on Native lease land. Surround yourself with the peace and quiet of being completely off the grid - wood heat, no electricity, no plumbing, but perhaps a bit of opulence with a propane fridge and stove. **MLS © 134149 \$ 55,000**

413-2nd Avenue, Keremeos



NEW!

This well built and very solid home offers many hidden treasures to the sophisticated buyer that is able to look past a few cosmetic updates that are needed. The elevator - which will allow you to live in your home longer, the 3-year new hot tub in the 12x24 hot tub room - will soothe those aching muscles, there's also a private back yard. **MLS © 134411 \$339,900**

#205-66 Angela Avenue



NEW!

Easy care living at it's best! Don't miss your opportunity to own a great 1-bedroom unit at Copper Creek Living Apartments. New windows, bathroom and hot water tank. Comes with refrigerator and stove. Shared laundry just down the hall. Walking distance to town and just steps away from the Tulameen River. **MLS © 134413 \$129,000**

4224 Princeton/S'land Rd



NEW!

What a great find! 6.42 acres with views of Osprey Lake! Private treed acreage, some cleared areas with the driveway in and a drilled well. All the hard work is done! Lake access is just across the road with a great little spot to enjoy a quiet moment or cast out for the 'Big One!' Link Lake and Chain Lake are just down the road. **MLS © 134509 \$259,000**

313-9th Avenue



NEW!

Character, charm and a country setting describe this well cared for home. Perennial gardens, low maintenance lawn, green house and an extra building currently being used as a studio, complete with sliding doors to garden area. Once was a garage, so lots of choices. The main floor is light and bright with enclosed entry. **MLS © 134512 \$169,900**

Unit 45A-263 Highway 3



NEW!

Totally remodeled mobile home located in desirable Pines Mobile Home Park. Ceramic tile floors with good quality laminate makes maintenance a breeze. Sliding doors off master bedroom (or den) leads to covered deck area with wonderful mountain views, a great place for morning coffee! Bright and open floor plan. **MLS © 134513 \$ 69,900**

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