



Similkameen

News Leader

\$1
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All Flip, No Spin - Page 3

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Tuesday, January 17, 2012



The Harrison brothers, Devon, left, and Quinn, proudly show off their brand new Princeton Minor Posse jerseys January 11th. Princeton Minor Hockey Association recently took the Posse brand. *

Mayor raises trail issue

At the Committee of the Whole meeting on January 9, Mayor Fred Thomas said he thought the decision to ban motorized traffic within Town boundaries was made in haste and more homework should have been done.

Councillor Jason Earle pointed out that five members of Council had voted for it. He said he voted for it because it represented a funding opportunity.

Councillor Kim Maynard stated, "We will not get funding for Vermilion Trails unless it is designated non-motorized."

Mayor Thomas asked, "What about tourism?"

Councillor Maynard said, "Every time we do this we get threats because motorized groups object. We must make things suitable for everybody. Should people living at the coast decide what we do in

Princeton?"

Mayor Thomas said there should have been more information available before the decision was made.

Councillor Marilyn Harkness stated, "We had very experienced people on Council. You can't keep bringing motions back to the table."

Mayor Thomas remarked being new and on it being a matter of trust and said he would prefer to see written submissions.

Councillor Frank Armitage objected to the "tone" regarding the statement about trust of staff.

"If we don't trust them, let's get rid of them," he said.

Mayor Thomas was still adamant that he wanted more information before decisions were made, and closed the discussion by saying, "We'll bring up this issue at the strategic planning session."

Council talks snow removal

Town Council received a snow removal report from the Town works foreman. At the Committee of the Whole meeting on January 9, Council discussed the snow removal procedure. Mayor Fred Thomas focused on the need to have the streets in the downtown core cleared more quickly after a heavy snowfall. The Town crew is generally out plowing snow by five o'clock in the morning, sometimes earlier.

Councillor Frank Armitage said he had heard complaints about lack of snow removal where it piles up at the end of people's driveways.

The snow removal procedure was discussed at length. Priority removal routes are emergency, hills, school bus routes and intersections, followed by side streets. The downtown core is left to the day after the snow falls because there is too much traffic downtown by the time the priority routes are plowed.

Mayor Thomas spoke of the most recent heavy snowfall and said the first day of heavy snowfall was difficult downtown.

"Do we need to change the procedure?" he asked.

Councillor Armitage added, "We need to talk to the Town foreman

about Council's and the public's concerns."

Council decided to meet with the Town foreman.

Councillor Jason Earle stated it is a budget issue.

Mayor Thomas said he would like to see the downtown core cleared the first day of a snow event, and CAO Patrick Robins replied the Town would need more equipment. Council discussed hiring additional equipment for days of heavy snowfall.

Councillor Earle said, "Let's find the money first."

There was some discussion of the recent freezing rain problem, but the comments indicated there had been every effort made but the rain kept diluting and washing away the sand/salt combination.

Council will work at finding a solution to the snow removal problems.

Earle looks at deer issue

Councillor Jason Earle took on the burden of trying to solve the deer issue in Princeton, but he is not certain there really is a deer issue. At the January 9 Committee of the Whole meeting of Town Council, he said it appeared there were the same five people complaining. The Town has a bylaw to enforce but it is driven by complaints.

Councillor Earle says there is a need for public education regarding urban deer. He would like Council to make and distribute a pamphlet

about urban deer.

He would like a committee formed comprised of members of Council, members of the public, and a representative from the Wildlife Branch. He would like to have a public meeting.

Councillor Frank Armitage liked the idea of having the public involved.

Councillors were in favour of making a pamphlet to distribute to the public and it would ask who would volunteer to be on the committee.

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The Town of Princeton will cover lighting costs along the Trans-Canada Trail. *

Vermilion Trails Society sends bill

Town Council received two bills for the cost of lighting the Trans-Canada Trail. Vermilion Trails Society does not have the funds to pay the electricity bills.

Councillor Frank Armitage suggested the Town pay the bills.

"Who does it reflect on if the lights are shut off?" he commented.

Councillor Kim Maynard remarked, "It (the lighting) almost

exclusively benefits the people of Princeton."

Councillor Jason Earle stated it is a matter of accountability and responsibility.

He said he had seen lights on all day when the lights were supposed to be on only from 4:30 PM to midnight.

Councillor Maynard replied, "They got out of whack for a couple

of days."

He went on to explain there had been problems with the timer.

Councillor Earle said if the Town paid the bills, the money would come out of the Vermilion Trails grant in aid. He added, "There have been a lot of problems with timers."

Council will pay the \$665 up to January 1, and will pay in the interim until the budget is set.

Mining News

Huldra Silver - Treasure Mountain

Huldra Silver Inc. (TSX-V:HDA) (the "Company" or "Huldra") provided an update January 9th on the 10,000 tonne underground bulk sample program at its 100% owned Treasure Mountain Property.

During the fourth quarter the main haulage drift was advanced to a total of 153.61 metres and 9 drawpoints were added to access the stope with a total length of 93.55 metres. New stope raises were driven with a total length of 68.27 metres and two existing raises were rehabilitated over a total length of 112.75 metres.

The first underground stope mining commenced in November, 2011 and has currently been mined over a length of 75 metres, a height of 12

metres, with an average width of 1.5 metres.

They have estimated that a total of 4,050 tonnes of material has been mined to date. Current estimates project that 16,875 tonnes of material will be broken by the time they reach the crown pillar in approximately 70 days. A total of 10,000 tonnes of the permitted bulk sample will be drawn out of the stope by that time. The remaining material will be removed once all mine permitting is in place. The crown pillar with approximately 3,375 tonnes of additional material will be removed in the summer of 2012. The material in the underground stope is being sampled and Huldra will publish

estimated grades once a sufficient number of assays have been received and analyzed.

Huldra is currently designing the second stope on Level 1 and will begin installing raises, haulage drifts, and drawpoints once the design work is complete. They expect this work to be complete prior to the completion of the first stope so they can make a smooth transition into mining the second stope.

Despite heavy snowfall at the start of November weather conditions at the Treasure Mountain Property have been extremely favourable this year and company officials

..... continued on Page 23

All Flip...No Spin!

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

Flip Of The Coyne

by Spencer Coyne

We have been watching in horror as new legislation is being passed in the United States to strip rights away from American citizens. We watched in amazement as 2011 came to a close, President Obama signed what has been dubbed the "indefinite detention".

Really, it was the defence spending bill, but part of it declared America a battlefield which would allow US military personnel to operate on US soil against those people deemed "terrorists" by the government. These "terrorists" can be detained without the rights granted to US citizens even if they are US citizens.

With surprise most of us read that when Prime Minister Harper met with President Obama in December, the two leaders agreed to allow law enforcement to cross the border. To most of us this could be seen as a good thing as it would ensure that criminals and terrorists can be chased down regardless of jurisdictional boundaries, but then if we stop and think about what that really means for Canadian sovereignty and what it means for our rights, it seems a little frightening.

With the US passing laws like the National Defence Authorization Act, aka Indefinite Detainment, or the fact that Home Land Security has been monitoring journalists, or that the FBI is training to treat protestors as terrorists, or the fact that numerous other laws have been passed or are in the process of being passed that make it illegal to protest or speak out, it becomes clear that by opening our border to US law

enforcement we could be opening it up to a lot of conflict.

On our side of the border things haven't been as draconian as it is for our Southern cousins, but things seem to be heating up. The Harper government seems to have run out of patience with people who don't see the world the same way that the party membership does.

On January 9, Federal National Resources Minister Joe Oliver came out swinging, claiming "environmental and other radical groups are trying block trade and undermine Canada's economy" when discussing the Enbridge Northern Pipeline project and the federal hearings in an open letter.

So what does it mean to label someone or a group "radical"? According to the CBC, the government is looking at ways to cut charitable status from these groups which would affect the way these groups collect funds to stay open. The government is claiming that foreign and US funding are the problem and, although the government is not prepared to say what groups it is targeting, it has named US capitalist billionaire George Soros as one of the agitators.

Minister Oliver claims that these "billionaire socialists" such as Soros who is worth 22 billion dollars has an ideological reason for funding these groups. Let's hold on here for a minute. If Ottawa is so concerned about "foreign" funding of environmentalists then why is it not opposed to the foreign money invested in the tar sands or that pay

for the lobbyists of the oil industry or the foreign lobbyists?

More importantly if the government starts naming people who speak out as radicals, how long until we begin arresting "radicals" for being terrorists?

How long will it be before we share a list with our American counterparts? How long before Canadians start ending up in American prisons for protesting or worse in an off shore prison under new American legislation like "indefinite detention"?

By labeling the people who speak out or challenge elected officials as "radical" or unpatriotic or whatever other name you give to it, it shows that the democracy we live in is becoming less secure, less democratic and is on very shaky ground.

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My Turn

More Bright Ideas

The Trans-Canada Trail through Princeton is beautiful. I walk a very short stretch of it each and every day in the morning to work and again on my way home at night.

I have a huge appreciation for the lights that help me find my way home, but have noticed sometimes they are not on at night or appear to be on all day.

Regardless, I think they are a huge asset but I'm more than a little disappointed that the Vermilion Trails Society cannot cover the cost of the utility bill.

I don't fault the group, but it does make me think of different ways to solve the problem.

I'm sure I'm not the first person to suggest solar lights. We have a bunch of them in our yard and even at this time of year they still work.

I know, the kind of solar lights required for the Trans-Canada Trail would have to be some sort of industrial grade product, which would not be cheap, but I think would be worth the expense in the long run.

Just think of it - no more fiddling with timers that get screwed up with time changes and power outages, and no more power bill!

I think if the Town of Princeton considered a grant-in-aid to help the community as a whole, maybe throwing some money at solar lights along the trail would be a good start. Even if it's just a section each year for the next three or four years.

Yes, I know, there's talk of government funding opportunities.

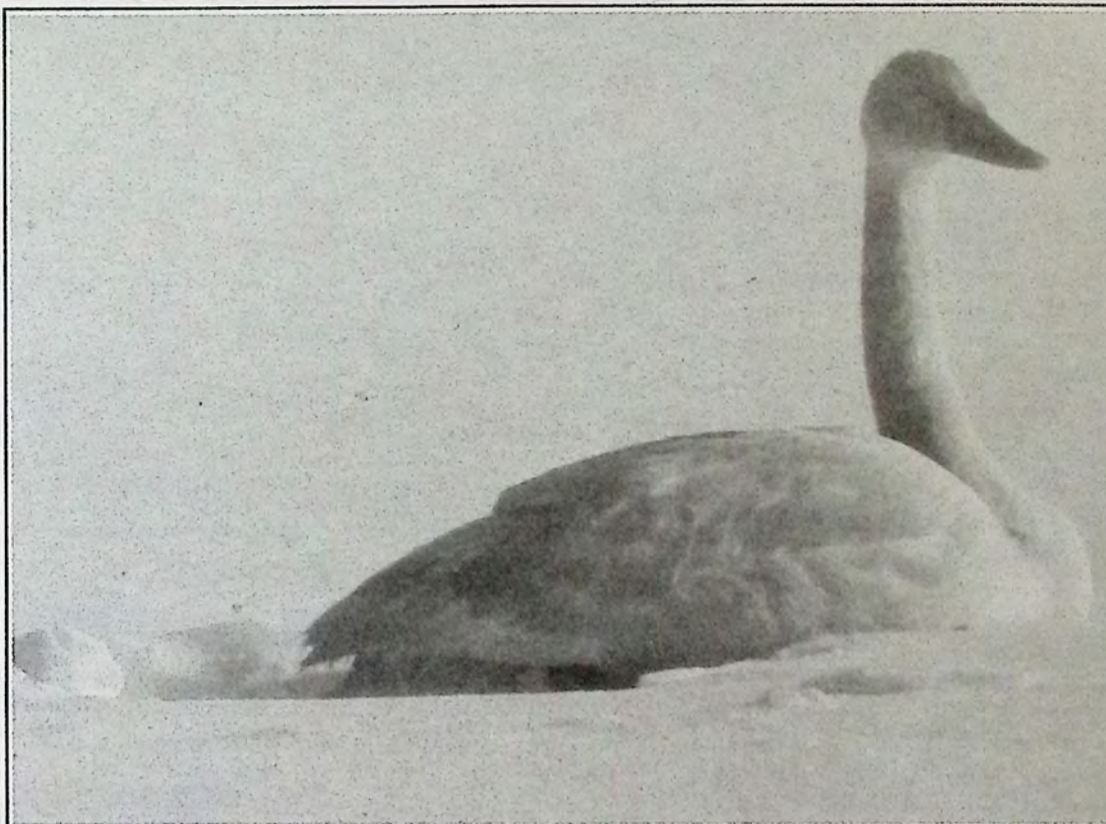
Well, I'm not convinced that's the way to go.

I think we need to pull together as a community to work on some of these projects, either through local fundraising or soliciting corporate funding rather than always looking for a grant of some kind.

I also think the Trans-Canada Trail, Princeton Fairgrounds, Centennial Pool, Memorial Park, the Skateboard and Bike Parks should all fall under a single recreation umbrella relieving individual groups from footing the bills all the time with their hands out for help.

A prime example of how this can work is the Princeton Arts Council. There are a number of smaller member groups under the umbrella, which assists the Arts Council by pooling resources and gives them the power of numbers when it comes to looking for financial aid.

And maybe one day we won't see local groups turning to taxpayers to cover the cost of things they no longer can afford.



What you are seeing is a Swan. Sitting in snow at Osprey Lake. Photo: Terry Teller

Your Turn

Letters and E-Mails Received This Past Week

To The Editor;
A Coalmont Miracle

On December 30, 2011 my husband Bob's, heart stopped while he was shovelling snow in Coalmont. As I was phoning 9-1-1, our neighbour Maurice rushed to the scene with his two adult sons, Mike and Shane. They immediately began CPR. I heard them say there was no pulse or breathing and grabbed our home defibrillator.

We had purchased the defibrillator when we first moved to Coalmont because I was always worried about how long it would take an ambulance to reach us if one was needed in a heart emergency (even though neither of us had a previous history of heart problems). I pulled out the pads and froze as one of my neighbour's sons took them from me and placed them on Bob. The defibrillator immediately took over and began evaluating the situation and "talking" to us.

A shock was needed, so I pushed the button on the machine as instructed. Mike performed mouth-to-mouth and Shane administered compressions as indicated by the defibrillator. A second shock was needed and upon administering this

shock, Bob breathed and a pulse was detected by Shane. Jody (of the Tulameen Volunteer Fire Department) came to administer oxygen just before the ambulance arrived.

The roads were treacherous that day and it took the ambulance 45 minutes to arrive. Without the intervention of Maurice, Shane and Mike, and the use of the home defibrillator, Bob would be dead. Saying "thank you" seems a pretty insignificant way to truly thank the heroes who saved his life. While Bob was being loaded into the ambulance, other neighbours stepped in to help.


Ray took the keys to our motel and said he'd get our guests checked in for me and look after

things until I got back. Michelle of the Coalmont Hotel took our puppy and cared for her while I was in Penticton with Bob. Jan gave me comfort, wrote down phone numbers I would need, and helped me gather what I needed for my trip to Penticton. Shane (a man who I had never met before and who had just saved Bob's life) drove me all the way to Penticton hospital so I could be with Bob. Maurice phoned my children to tell them what was happening.

It seemed the locals of Coalmont became one united front to help us in our darkest time. You hear so many stories about incidents in big cities where people in need are just passed by. Not in Coalmont. When continued on Page 7

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Current Comment

Why 'Occupy' Is Justified By Law



Dawn Johnson
editor@thenewsleader.ca

The 'Occupy' movement has been ridiculed, condemned, applauded and supported, but few people understand why it is justified and legitimate. I have read all sorts of opinions by writers who side with corporations and by people who sympathize with the protesters, but most miss the 'meat' of the arguments they present.

Corporations have always had a strong link with government. Corporations were an invention of government during the Middle Ages. Kings issued charters to certain merchants or groups of merchants giving them exclusive rights to exploit or monopolize certain areas of trade. In return, the corporation (known as a company) would give a big percentage of the company profits to the kings. These companies used their charters to make their members, and the king, quite rich. If a company failed to do what it was supposed to do, such as failing to give the king his due share, the king could remove the charter.

That's it, in a nutshell.

In today's world, there is a big difference in how corporations relate to government. The government is no longer a king, the government is the people. Therefore, the people have a legitimate interest in how corporations function and how much corporations are taxed. I believe Wall Street, Bay Street, and Fleet Street have forgotten, or choose to ignore, why governments and the people have not only a legal right to a big share of corporate profit, but an obligation to investigate and supervise the activities of corporations. In a democracy, it is the people who give corporations their charters, and the people must do their duty of investigating and supervising corporate activities.

I firmly believe that any group or individual seeking corporate status should be obliged to prove its rele-

vance to the people who will issue the charter. I believe every corporate charter should be reviewed on a regular basis to find whether or not the corporation is providing some benefits to the people.

In a recent issue of the Financial Post, I read an article about how governments must cut back on social programs because social programs, such as Medicare and disability pensions cost too much. The writer either does not know or is attempting to ignore the fact that those programs are what the people get in return for their investment in the nation, and corporations are obliged to contribute to those programs through taxation because corporations exist at the will of the government, and the government is the people. The other thing the writer does not include is the fact that every worker and every pensioner, even some who are very close to living in poverty, is paying personal income taxes to support social programs.

There is a lot written about how much money corporations spend to lobby government to change laws that affect the profitability of corporations. It may shock many readers to learn that corporations have every right to lobby. What is missing from the lobbying equation today is the obligation of lobbyists to provide information to the government as to how and why the corporation is worthy of existing in the first place. In other words, of what benefit to the people is the corporation?

When the people in the 'Occupy' movement protested by camping out on Wall Street, they did not have the right to block traffic and spread garbage all over the place, but they did have the right to protest. In my view, the protesters were on the wrong street in the wrong city. They should have been taking their protest directly to the government which issues the charters of the corporations and is in charge of monitoring the activities of the corporations. After all, it was not the stock exchange that was at fault for the economic crash nor the bail-outs, but the corporations involved.

Governments issue charters to corporations, and along with the charters, they make laws about how the corporations are supposed to behave. The government must be the watchdog to prevent abuse of the people's economy by the corporations. The protesters were angry about the bail-outs and the

big bonuses issued to corporate CEO's who had been responsible for the economic crash. In this instance, the government was remiss in its supervision and monitoring in the first place, but the bail-out was helping keep a business partner from failing. The bonuses should have been stopped by government, and those who had violated trust or who had committed legal violations, should have been prosecuted by the government. This was not done. In short, the politicians seem to have forgotten their duty to monitor corporate activity and keep that activity legal and of benefit to the people.

The government makes laws about how much the corporations should share with the government (i.e. the people). Corporations these days behave as if the government should not tax corporations at all. In the early days of corporations, if a company told the king he should not get a share of the profits, that company would be out of business in a heartbeat.

Corporate lobbyists in recent years have flimflammed the politicians in our country into believing that less corporate taxes resulted in more developmental research, more growth, and more jobs. That has proven itself quite false. What it resulted in was higher profits, more money for CEOs, and more money leaving the country to tax havens in the Caribbean. You can check that with StatsCan or read Mel Hurtig's book.

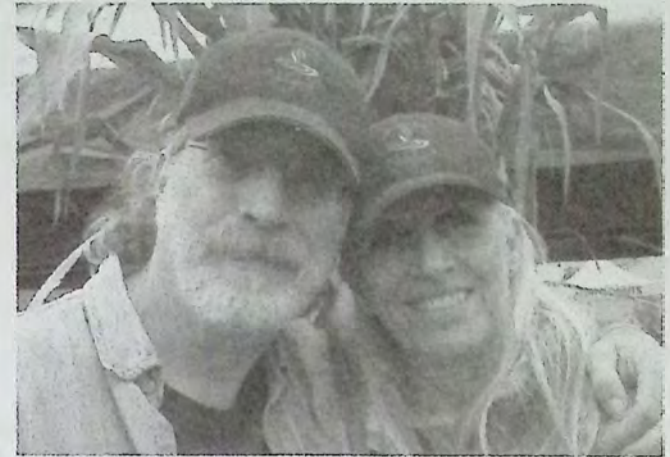
No doubt warmer weather will bring the 'Occupy' protesters back out on the streets. I hope they are clearer in who is really responsible for the economic mess, and I hope they are treated better by the police. What I saw on television, in some locations, was police attacking people who were doing nothing illegal. There is no law against people raising their voices in protest, no law against people assembling in a park as long as they are not wrecking or littering.

To the ultra conservative mind, protesters are automatically disrupting the legitimate system and therefore must be kept under control and dispersed if possible. What police need to remember is this: people have a legal right to protest, whether or not the authorities agree with the protesters point of view.

We live in a free country.

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- Isaiah 26:3

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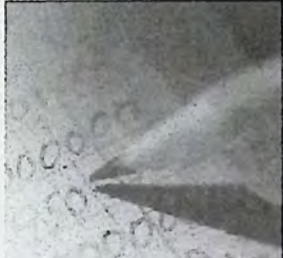
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Lower Valley News

Keremeos - Cawston - Olalla



Storm clouds slowly encroached on K Mountain the afternoon of January 14th. The mountain "K" towers over Keremeos in the winter. In summer, it requires a bit more imagination to see the "K". Photo: Arlene Arlow

Contest celebrates Literacy Day

by Dave Cursons

Three local Judges will choose winners in a Haiku Writing Contest with entries received at Keremeos and Hedley Libraries.

Prizes include Gift Certificates and Books with First, Second, Third, Junior Prize winners plus Honorable Mentions.

SESS hosts transition fairs

Keremeos area residents are invited to attend the Grad Transitions Fair on Friday, January 20th beginning at 4:00 PM in the Secondary Gym. Grade 12's will be showcasing their transitions portfolio.

Graduation Transitions is mandatory for students and is intended to prepare them for a successful tran-

sition to life after secondary school. The classic Haiku is a Japanese form; just three lines with seventeen syllables or "beats" arranged 5-7-5. The classic Haiku offers word that bring to mind a season, an image, and an insight.

This contest will accept all entries so long as they have the basic seventeen syllables.

It encourages students to take ownership of their own health and learning; examine and demonstrate connections between their learning and their future; and create a plan for their growth and development as skilled, healthy, knowledgeable citizens.

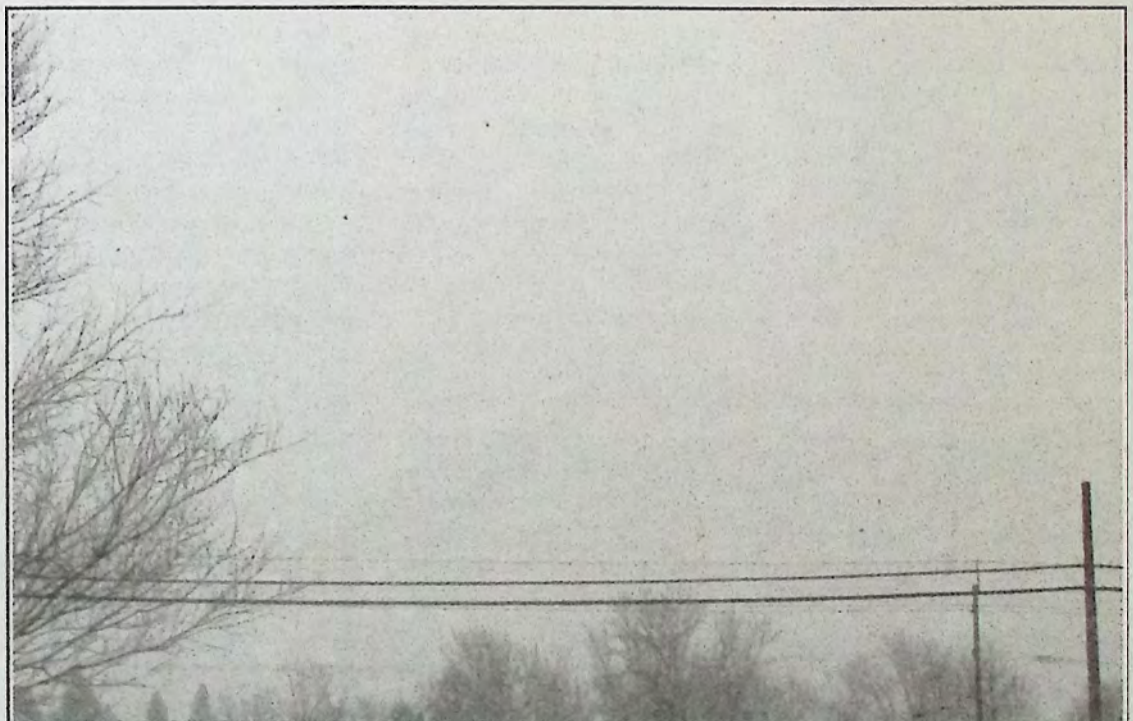
The works entered will belong to Similkameen Family Literacy and may be included in the 2012 Haiku Prize Digest.

Anyone can enter with a single page with one haiku that includes their name, age and phone contact.

Multiple entries are allowed, but only one haiku per page entered.

Entries need to be dropped into the Haiku Contest Box at Hedley or Keremeos Library no later than 5:00 PM Friday January 27th, 2012. The contest celebrates Canada Literacy Day.

Similkameen Family Literacy is a program of Lower Similkameen Community Services Society and is funded through Provincial Gaming Proceeds.



...and then, K Mountain was gone, lost in the storm until another day... Photo: Arlene Arlow



Argo Road Maintenance crew members had the task of sawing and tidying up the trunk and limbs of a giant evergreen on January 12th. The huge tree had fallen across Highway 3A a mile south of the Green Mountain Road, blocking traffic in the wee hours of the morning a few days before. It seems the tree had lived its life on the banks of Keremeos Creek, which - due to the ground moisture content - is inherently soft. When the bulk of the tree was chain-sawed off about five feet from what would have otherwise been its base, the remaining trunk inexplicably popped upright once again! Photo: Arlene Arlow

Your Turn

Letters and E-Mails Received This Past Week

..... continued from Page 4 help is needed, the locals jump right in. Shane, Mike and Maurice are truly heroes who brought my husband back to life and have given us a second chance. The rest of the neighbours who helped are my Coalmont angels. Bob and I want to thank you all for being there for us.

Normally in a situation such as this, the patient suffers sudden death. The quick actions of Maurice, Shane and Mike meant that Bob not only lived, but he didn't suffer any brain damage. The doctors are amazed because this just doesn't happen. Our defibrillator has made the rounds of numerous hospitals because the medical personnel wanted to see the miracle machine. Home defibrillators can be purchased online from Philips. They are expensive, but with an outcome like this I would spend that money over and over again if it was needed. The Philips defibrillator also stores medical information from the event and this proved helpful to the doctors in Vancouver as they tried to assess what exactly happened.

I would highly recommend this

life-saving machine to everyone who lives any distance from emergency response. Minutes count in a heart emergency! A ten minute delay is usually fatal.

Bob will be coming home after the doctors implant a pacemaker/defibrillator in his chest. After numerous tests, they said he actually has a perfectly healthy heart, but for some reason on December 30, the wiring in his heart short-circuited. The implant will prevent this from happening again and Bob can continue

living a normal life.

To our heroes - Mike, Shane and Maurice; to our numerous neighbours for their help and prayers; to the ambulance attendants, hospital doctors and nurses who got Bob stabilized; and to God for orchestrating this entire rescue I send you my deepest and most sincere thanks. We will NEVER forget you and we will never be able to thank you enough.

Regards,
Diane and Bob Sterne, Coalmont

Princeton Area Ghost Towns - The DVD



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All Flip...No Spin!

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

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Health/Lifestyle News

Prevention Is Best This Cold And Flu Season

(NC)—It's that miserable time of year again when everyone you know is hacking, sneezing or blowing their nose. It's times like these that you wish they'd all stay away from you, especially since you feel so great.

But what if they live with you? You can't exactly hibernate for the entire winter. Luckily Rexall pharmacists can share some valuable tips to help you avoid getting sick and even some that will help you get better fast once you're hit with a bug.

Prevention is key

First, how do you know if it's a cold or the flu?

With a cold, you'll have a scratchy, sore and dry throat, sneezing, coughing, runny nose or congestion, headache or earaches, and a slight fever or chills. With the flu, you'll have a high temperature, fatigue, muscle aches, but no blocked or runny nose.

"Try to do all you can to prevent a cold or flu. That means taking care of yourself and stocking up on cold and flu essentials in advance," said Tracey Phillips, a pharmacist with Rexall. Here's how you can boost your immunity:

- Wash hands frequently with soap and water or use hand sanitizer.
- Drink plenty of fluids.
- Talk to your health care professional about the flu shot.
- Get a sufficient amount of sleep.
- Maintaining a healthy lifestyle of

a balanced diet and exercise will help boost your defences against cold and flu symptoms. Consider going for a walk outside because staying indoors exposes you to even more germs.

- Relax. Rest and downtime allows your body to recuperate.
- Check the expiration dates of the cold medicine you currently have and if any are expired, ask your pharmacist about safe disposal.

From multivitamins to decongestants, to hand sanitizers and beyond, pharmacists can help you understand the supplies you need to battle these bugs and the dosages appropriate for the different members in each family.

Here are some of the season's other popular items: immune boosters like vitamin C, Cold FX or echinacea; antibacterial hand soap; travel-sized hand sanitizer;

bottled water or a water filtration product; disinfectant for home surfaces; cold and flu over-the-counter medications to treat your symptoms.

The best defence is not to get exposed to the germs and viruses. Unfortunately, however, we can't hide under the covers for the whole winter, so we have to do what we can to avoid picking up a bug when we're out and about: Wash hands frequently and carry hand sanitizer. Try to avoid touching high traffic surfaces in public with bare hands. Try to use winter gloves, a sleeve or paper towel instead.

Avoid excessive hand shaking. If you must sneeze and cough, do so into a tissue or into your sleeve—not your hand.

More tips on avoiding a cold or flu can be found at this helpful website: www.rexall.ca.

Living Past 100

Special Advice For Men Over 40

When a man reaches age 40, he should start being concerned about the health of his prostate. This doughnut shaped gland encircles the vessel that drains urine from the bladder. One of the first signs of prostate problems is frequent urination during the night, or difficulty in starting and stopping the flow. These symptoms should not be ignored, as they can lead to bladder and kidney infection due to bacteria gathering in retained urine.

The most common form of prostate problem is the enlargement of the prostate. Sexual activity will become impossible with this condition. To prevent this problem, it is essential that men get adequate amounts of the mineral zinc. Raw pumpkin seeds are a good source of zinc and can be part of healthy snacking. Men require 15 mg. daily of zinc. Other healthy snacks include nuts, sesame seed cakes, and fruit.

The next most important safeguard is a healthy diet free from excessive fats, particularly trans fats. Clogged arteries can be part of prostate problems. Men should avoid potato chips, French fried potatoes, bacon, hard or sticky cheeses and pie crust. Sesame seed oil, safflower oil and olive oil are the right fats to consume. Man's best friend is a tomato. Pasta with tomato sauce, tomatoes in salad, tomato soup and tomatoes in salads and sandwiches should be eaten at least three times a week. It is not the tomato itself that does the trick, it is the red colouring. Other foods rich in red colouring include beets, plums, and berries of all kinds. Cranberries are excellent for keeping the kidneys and bladder in good condition, preventing infections. Parsley is great for kidney function, too.

Men should avoid exposure of the groin area to extremely cold weather, and that includes sitting on a cold seat in a vehicle in winter. Men can benefit from a hot bath a couple of times a week.

A man having symptoms of possible prostate problems should NEVER ignore the symptoms in hopes they will go away. The same is true of erectile failure. When these occur, a doctor should be consulted as soon as possible, because prostate problems can lead to not only sexual dysfunction and urinary infections, but to surgery. Keeping the prostate healthy should be a top concern for all men.

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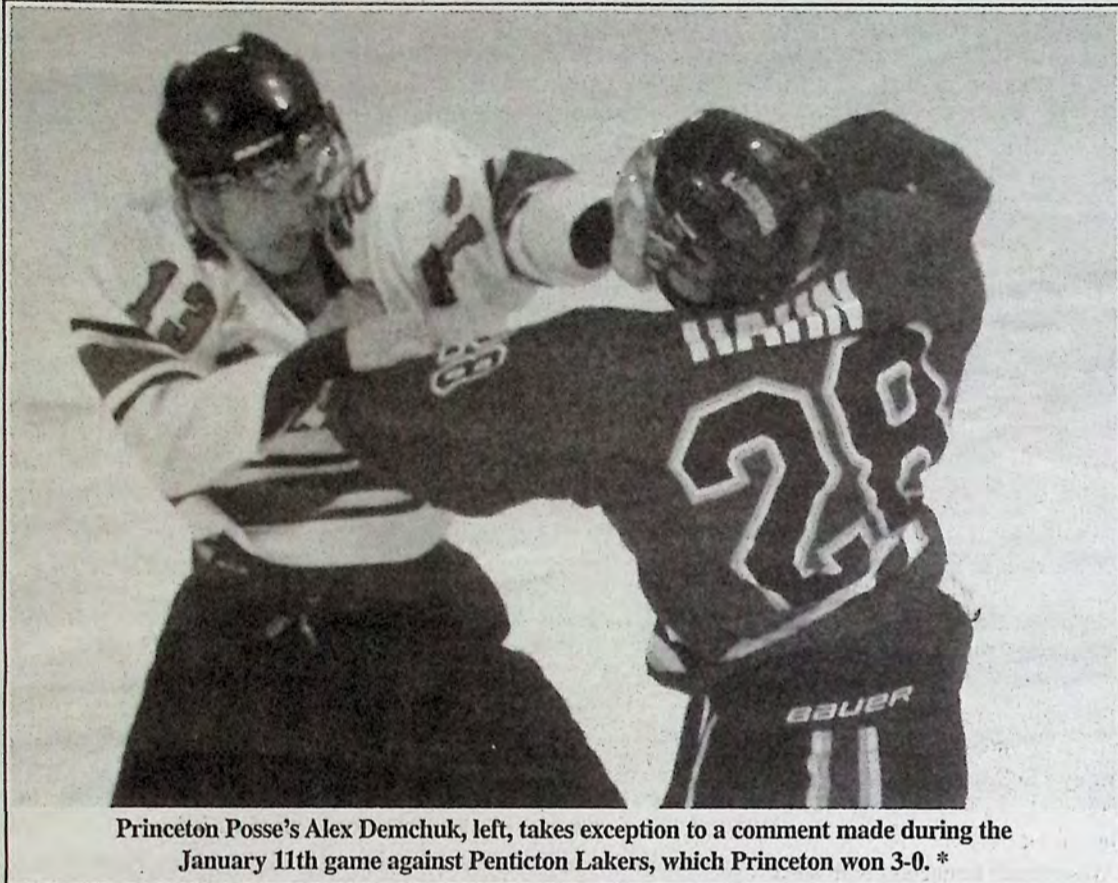
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News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 17 - 23, 2012



Princeton Posse's Alex Demchuk, left, takes exception to a comment made during the January 11th game against Penticton Lakers, which Princeton won 3-0. *

Posse sink Lakers

Princeton Posse hosted Penticton Lakers for a mid-week match January 11th.

While the Lakers managed to fire more shots on goal than Princeton, it was the Posse who controlled the scoreboard.

At 16:46 of the first period Princeton got their first goal of the game.

The face-off was in the circle to the left of Laker goalie Jessie Gordichuk. Princeton's Spencer Kristensen won the puck drop and bounced it off the boards to Alex Demchuk who was in position well forward of the blue line. Demchuk wound up and fired a shot high and over Gordichuk's left shoulder, which hit the crossbar and bounced into the right side of the goal.

The second period saw Princeton add their second goal at 13:43 (Kurtis Bond from Jaden Janzen).

With just 2:09 left in the period a blue-line face-off in front of the Lakers bench quickly turned into a slugfest when Penticton's Sasha Hahn and Princeton's Alex Demchuk squared off with each other. Both were assessed 5-minutes for fighting and game misconducts then it was back to hockey.

Princeton scored their third goal of

the game on the power play with just 15.6-seconds to play. Kurtis Bond got the marker with assistance from Keenan Fordy. Spencer Kristensen was added later for the second assist.

The third period saw Penticton outshoot Princeton 12 to 9 but the Posse's Phoenix Logan-Hill stopped

everything that came his way and eventually earned his first KIJHL shut out.

Final Score: Princeton 3, Penticton 0. Shots on goal: Penticton 31, Princeton 24. Penalties in minutes: Princeton 13 for 37-minutes, Penticton 8 for 27-minutes.



We asked the Harrison boys to show us their 'game faces' and they did just that! The pair, along with all other local Minor Hockey players, were thrilled to be in new game jerseys which carry the 'Minor' Posse brand to match the local KIJHL team. *

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Tuesday Movies

EVENING

9:00 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.
KNOW ch.5 "Last Train Home" (2009, Documentary) Premiere. Forced to live far away, two Chinese factory workers make an arduous journey once a year to visit their children, who barely know them. (CC)

11:00 pm WTBS ch.3 "Biker Boyz" (2003, Action) Laurence Fishburne. A young prodigy threatens the undefeated champion of an underground club of motorcycle racers.

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From Fur Traders to Miners to the Railroad

News Leader Horoscopes

January 18 - 24, 2012

Aries - News at work is challenging. Perhaps an older person, or person in authority, says something that creates worry or defiance. Pay attention. Turn criticism into constructive action. You can make plans with friends for fun.

Taurus - You may be overdoing the good times, or you may be in difficulty due to lack of moderation. If you need to lose weight or save money, put your heart into it now. Overcome laziness. Disciplined effort yields good results. Work!

Gemini - This weekend could mark a beginning toward career success. Use charm to make a good impression. Put effort into learning, developing depth of character. Pay attention to bank balance, mortgage payments, tax picture.

Cancer - Spend time talking to partner, iron out differences, solve problems. Rest this weekend and do something to expand your mind. Review tax situation. Make strong plans for future success. Enjoy friends.

Leo - Pay attention to your health and your job. Listen carefully to messages coming your way. Others may seem very charming, but things will change this weekend. Pay attention to your financial situation, especially tax picture.

Virgo - You are still in your high energy zone. Plan to do something different this weekend, and expect romantic overtures if you are single. Married folks can put more romance into relationship. Talk about the fun things to do.

Libra - Talk to family members, spend more time with family and at home. You need to review your financial position with an eye toward tax time. You can enjoy romance now, but be creative about job. Health is good. Enjoy!

Scorpio - Look for having some fun this weekend and for the next few weeks. Work on communication, keep abreast of news. Home is where you feel most happy these days. You may hear news that begins a change in you.

Sagittarius - Career continues hectic, full of effort. You derive pleasure from your work, and from changes you are making. Be creative in making changes that will lead to future improvements on the job. Focus on bringing money.

Capricorn - This is a good time to have a conversation with yourself about what is best for you. If you need to explore your spiritual self, now is the time. Look at what defines you and what gives meaning to your life. Talk to siblings.

Aquarius - You are enjoying being you these days. Think about how you can improve your appearance, how others see you. Maybe it's time to clean out your closet and get rid of old clothes. Maybe it's time for a makeover? See yourself.

Pisces - You are moving into a phase when you should feel good about yourself, and this is a good time to think about how you present yourself to others. What kind of impression do you make? Ask a friend who tells the truth. Dare!

TUESDAY, JANUARY 17, 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	Thomas	KHQ News GAM (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)	Junk Raiders	Henry's	CityLine (N)	Auction	TV-Torrens
7 AM	Cosby		Hi-5	Arthur	Today Matt Bomer; Tabatha Coffey (N)	CBS This Morning (N)	CSI: Miami "Caged"	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday "Cold Case"	Suite/Deck	The Nate Berkus Show	CSI: NY "Fare Game"	Earth: Final Conflict
8 AM	Excused		WordWorld	Curious			CSI: Miami "G.O."			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Auction	ANT Farm	Rachael Ray	CSI: Crime Scene	Debt/Part
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	CSI: Miami "May Day"	Livel With Kelly (N)	100 Huntley Street	Operation Smile	Super Why! News	Rescue	2012 Australian Open Tennis: First Round. From Melbourne, Australia. (N Same-day Tape)	Livel With Kelly (N)	Auction	Mickey	Access Hollywood Live	CSI: Crime Scene	Debt/Part
10 AM	Millionaire	Operation Smile	Numbrjack	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Operation Smile	Big Flip	Poko	Little Bear		The View (N)	Dirty Jobs	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N)	Young & Restless	The First 48 Dice game.	FREE Wen!	Big Flip	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Canada's Worst Driver	Suite Life	The Revolution (N)	CSI: Crime Scene	3rd Rock
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose	Judging	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies		CTV News (N)	Desert Car Kings	Wizards	General Hospital (N)	CSI: Crime Scene	3rd Rock
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Paint	Days of our Lives (N)	The Talk	Criminal Minds	The Revolution (N)	Days of our Lives (N)	The Talk	Heartland	Kid vs. Kat Super Evil	NFL Live (N) (Live)	The Dr. Oz Show	Auction	Sonny	CityLine	CSI: Crime Scene	Frasier
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors (N)	Steven and Chris (N)	Monster	Off Record	Anderson	Myth-Busters	Suite/Deck	CityNews at 5 (N)	Ways Die	Gold Girls
3 PM	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Doctors (N)	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Life Derek	CityNews at 6 (N)	Ways Die	Debt/Part
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Debt/Part
5 PM	Browns	News (N)	Jack	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	E:60	CTV News at Five (N)	Mounted	Wingin' It	Last Man	Ways Die	3rd Rock
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Shipping	News	(5:59) News Hour (N)	ET Canada		ICarly	2012 Australian Open Tennis: Second Round. From Melbourne, Australia. (N) (Live)	CTV News (N)	Gold Rush (N)	Suite/Deck	New Girl	Ways Die	3rd Rock
7 PM	Seinfeld	Ent	Hope for Wildlife	Custer's Last Stand: American	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Parenthood (N)	Coronation Street (N)	Boys		etalk	Licence to Drill (N)	Shake It	Body of Proof (N)	Ink Master (N)	Frasier
8 PM	Family Guy	Glee "Yes/No" (N)	Science & Islam	Experiences (N)	The Biggest Loser Chinese buffet	NCIS: Los Angeles (DVS)	Storage	Last Man	Glee "Yes/No" (N)	Glee "Yes/No" (N)	Mercer	ICarly		Whitney (N)	Daily Planet	Suite/Deck	News	Ink Master	Instant
9 PM	"Anacondas: The Hunt for the Blood Orchid"	NCIS: Los Angeles	Movie: "Last Train Home"	Frontline (N)	temptation. (N)	NCIS: Los Angeles	Storage	Celebrity Wife Swap (N)	NCIS: Los Angeles	NCIS: Los Angeles	Arctic Air "All In" (N)	Funnfest Home Videos		Cleveland		Kings	EP Daily		ET Canada
10 PM		Parenthood (N)	Snapshot	Moyers & Company (N)	Parenthood (N)	Unforgettable	Shipping	Body of Proof (N)	Parenthood (N)	News Hour Final (N)	National	Laughs		Unforgettable (N)	Licence to Drill	Princess	The Nate Berkus Show	Ink Master	Gold Girls
11 PM	Movie: "Biker Boyz"	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weird		CTV News	Mounted	Ned's	Paid Prog.	Ink Master	3rd Rock
					Jay Leno	Letterman	Storage	Nightline		ET Canada		Mr. Young		CTV News	Mounted	Zoey 101	Paid Prog.		3rd Rock

News Leader Recipe 405

Thai-Style Mushroom Soup

(NC)—Inspired from the kitchens of rural Thailand, this soup is quick and easy to make. The subtle flavours blend with coconut milk to make a great start to your dinner or it can be served on its own as a light lunch.

Preparation Time: 15 minutes / Cooking Time: 20 minutes

- 2 tbsp (30 mL) vegetable oil
- 1 lb (500 g) fresh sliced white and crimini Mushrooms
- 1/2 cup (125 mL) each diced onion, celery and carrot
- 3 cups (750 mL) vegetable broth
- 1 can (398 mL) lite coconut milk
- 1/3 cup (75 mL) diced red pepper
- 2 tsp (10 mL) finely grated fresh gingerroot
- 1 tsp (5 mL) each dried basil and cumin
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) hot red pepper flakes
- 1/4 cup (50 mL) chopped fresh cilantro (optional)
- 2 tbsp (30 mL) sliced green onion

In large deep non-stick saucepan, heat oil over medium-high heat. Sauté mushrooms, onion, celery and carrot 3-5 minutes. Add vegetable broth; bring to boil and simmer, covered, 5 minutes. Add coconut milk, red pepper, gingerroot, basil, cumin, salt and hot red pepper flakes; return to boil, simmer, covered, 10 minutes. Stir in cilantro just before serving. Sprinkle each serving with green onion. Makes 6 appetizer servings or 4 main course servings.

Variation: Add 2 tsp (10 mL) sesame oil just before serving

Recipe Adapted from Fleming Colleges' entry into the Make it with Mushrooms Student Chef Challenge Fall 2007. Recipe received second place.

For more delicious recipe ideas visit Mushrooms Canada at www.mushrooms.ca.

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Wednesday Movies

EVENING

11:00 pm WTBS ch.3 "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.

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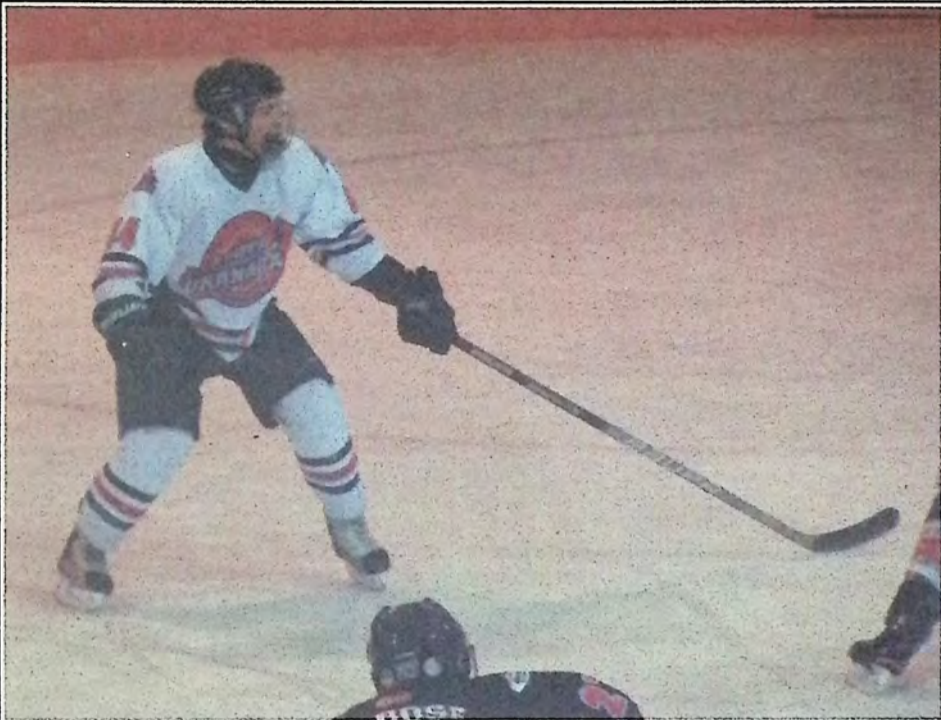
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From Fur Traders to Miners to the Railroad

WEDNESDAY, JANUARY 18, 2012

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6 AM	In the Heat of the Night	(5:30) Morning News (N) Ⓢ	Arthur	Bulldozer	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) Ⓢ	Licence to Drill Ⓢ	Henry's Phineas	CityLine (N) Ⓢ	Auction	TV-Torrens
7 AM	Cosby	Cosby	Hi-5 Ⓢ	Arthur	Today Giada De Laurentiis; Mark Feuerstein. (N) Ⓢ	CBS This Morning (N) Ⓢ	CSI: Miami "May Day"	Good Morning America (N) Ⓢ			Turbo	Sideways	SportsCentre Ⓢ		Mayday Ⓢ	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY "Cool Hunter"	Earth: Final Conflict Ⓢ
8 AM	Excused	Excused	WordWorld	Curious			CSI: Miami Ⓢ		100 Huntley Street Ⓢ		Bo On/Go	Pokémon	SportsCentre Ⓢ		Masters of Survival	ANT Farm Phineas	Rachael Ray Ⓢ	CSI: Crime Scene	Intervention Canada Ⓢ
9 AM	Family Fd	100 Huntley Street Ⓢ	Wibbly Pig	Super Why!		The 700 Club Ⓢ	CSI: Miami Ⓢ	Livel With Kelly (N) Ⓢ	100 Huntley Street Ⓢ	Operation Smile Ⓢ	Super Why! News	Rescue Berenstain	2012 Australian Open Tennis: Second Round. From Melbourne, Australia. (N Same-day Tape) Ⓢ	Livel With Kelly (N) Ⓢ	Auction	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Intervention Canada Ⓢ
10 AM	Millionaire	Operation Smile Ⓢ	Numbjack	Sesame Street Ⓢ		The Price is Right (N)	The First 48 Ⓢ	The View (N) Ⓢ	Operation Smile Ⓢ	Big Flip	Poko Ⓢ	Little Bear		The View (N) Ⓢ	Dirty Jobs "Hair Fairy"	Mickey	The Chew Ⓢ	CSI: Crime Scene	Roseanne Raymond
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N) Ⓢ	Young & Restless	The First 48 Ⓢ	Paired Prog.	Big Flip	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Salvage Code Red Ⓢ	Suite Life	The Revolution (N)	CSI: Crime Scene	Raymond
12 PM	Law Order: CI	Noon News Hour (N)	Pingu Ⓢ	Charlie Rose Ⓢ	Paired Prog.	News	Criminal Minds Ⓢ	The Chew Ⓢ	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) Ⓢ	Rated A		CTV News (N) Ⓢ	Gold Rush Ⓢ	Wizards Hannah	General Hospital (N) Ⓢ	UFC Un-leashed Ⓢ	Raymond
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Oil Painting	Days of our Lives (N)	The Talk Ⓢ	Criminal Minds Ⓢ	The Revolution (N)	Days of our Lives (N)	The Talk Ⓢ	Heartland Ⓢ (DVS)	Kid vs. Kat Super Evil	NFL Live (N) (Live) Ⓢ	The Dr. Oz Show Ⓢ	Licence to Drill	Sonny Cory	CityLine Ⓢ	UFC Un-leashed Ⓢ	Roseanne
2 PM	King	The Talk Ⓢ	Franklin Ⓢ	Barney	Pearlie (EI)	Let's Make a Deal (N)	The First 48 Ⓢ	General Hospital (N) Ⓢ	The Talk Ⓢ	The Doctors (N) Ⓢ	Steven and Chris (N) Ⓢ	Monster Squirrel	Off Record Interruption	Anderson Ⓢ	Myth-Busters Ⓢ	Suite/Deck Ned's	CityNews at 5 (N) Ⓢ	UFC Un-leashed Ⓢ	Gold Girls
3 PM	The Office	The Doctors (N) Ⓢ	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil Ⓢ	The First 48 Ⓢ	Rachael Ray Ⓢ	The Doctors (N) Ⓢ	Young & Restless	Recipes Stefano	Almost	SportsCentre (N) (Live) Ⓢ	Dr. Phil Ⓢ	Cash Cab	Life Derek Kings	CityNews at 6 (N) Ⓢ	UFC Un-leashed Ⓢ	Intervention Canada Ⓢ
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur Ⓢ	Jdg Judy	The Dr. Oz Show Ⓢ	Storage	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob		Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met 30 Rock	UFC Un-leashed Ⓢ	Intervention Canada Ⓢ
5 PM	College Basketball: Tennessee at Georgia. (N)	News (N) Ⓢ	Jack Ⓢ	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N) Ⓢ	Parents	NHL Hockey: Washington Capitals at Montreal Canadiens.	CTV News at Five (N)	Gold Rush Ⓢ	Wingin' It	The Middle Suburg.	UFC Un-leashed Ⓢ	Raymond
6 PM		Global Nat.	Parks	PBS News-Hour (N) Ⓢ	News	KREM 2 News at 6 (N)	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada		ICarly Ⓢ		CTV News (N) Ⓢ	American Chopper	Suite/Deck Wizards	Family Happy	UFC Un-leashed Ⓢ	Raymond
7 PM	Seinfeld Ⓢ	Ent	Frontiers of Nature Ⓢ (DVS)	Nature Ⓢ (DVS)	Jeopardy!	Inside Ed.	Dog the Bounty Hunter	Ent	Ent	Kitchen Nightmares Ⓢ	Jeopardy!	Mr. Young	SportsCentre (N) Ⓢ	etalk Ⓢ	Sons of Guns Ⓢ	Shake It Good Luck	Revenge "Commitment"	Ink Master Ⓢ	Roseanne
8 PM	Family Guy	Bomb Girls (N) Ⓢ	India	NOVA (N) Ⓢ (DVS)	Whitney (N) Chelsea	NCIS "Restless" Ⓢ	Dog the Bounty Hunter	The Middle Suburg.	Bomb Girls (N) Ⓢ	Bomb Girls (N) Ⓢ	Dragons' Den (N) Ⓢ	ICarly Ⓢ	2012 Australian Open Tennis: Second Round. From Melbourne, Australia. (N) (Live) Ⓢ	American Idol Hopefuls perform for the judges.	Daily Planet	Suite/Deck Wizards	News EP Daily	MANswers	Instant
9 PM	Browns	Chelsea	Zarzuela Concert With	Inside Nature's Giants	Harry's Law (N) Ⓢ	Criminal Minds (N) Ⓢ	Storage	Family	Chelsea	Chelsea	Republic of Doyle (N)	Funnest Home Videos		Sons of Guns Ⓢ	Shake It	Seinfeld Ⓢ	MANswers	Roseanne	
10 PM	Browns	Kitchen Nightmares (N)	Plácido Domingo Ⓢ	Nobel Laureates 2011	Law & Order: SVU	CSI: Crime Scene	Dog the Bounty Hunter	Revenge "Commitment"	Kitchen Nightmares (N)	News Hour Final (N)	National	Laughs Splatalot		CTV News	Gold Rush Ⓢ	Princess So Raven	The Nate Berkus Show	MANswers	Gold Girls
11 PM	"Dead-Campus"	CHBC News Final (N)	Frontiers of Nature Ⓢ (DVS)	Charlie Rose (N) Ⓢ	News	News	Dog the Bounty Hunter	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weird		CTV News	American Chopper	Ned's Zoey 101	Paired Prog.	MANswers	Raymond

South Okanagan Nighthawks



Princeton's Brett Herrick (#44) plays defence for the South Okanagan Nighthawks. His team played Penticton OHA Sunday, January 15th at Princeton Arena. *



Princeton's Craig Thompson (#11) is the South Okanagan Nighthawk team captain. Here he is during the first period of play in the January 15th game against Penticton. *



Princeton's Brett Herrick (#44) pops the puck up and into the neutral zone during the January 15th game against Penticton. Locals Dustin Fleming (#9) and Parker Thibert (#12) also play on the South Okanagan Nighthawks team which has eight Princeton boys on the roster. *



Princeton's Koltan Smith (#16) adjusts his equipment between face-offs in the game January 15th against Penticton Okanagan Hockey Academy at Princeton Arena. *



Princeton's Morton Johnston (#24) looks surrounded by Penticton players January 15th. *



Princeton's Morton Johnston (#24) helps Princeton goalie Ryan Grgich (#1) in second period action January 15th against Penticton. Local Tristan Vandermeulen (#18) is also on the team. *



A pair of Winter visitors stop for a snack near Osprey Lake. Photo: Terry Tellier

Building code needs update

Princeton's building inspection and building bylaw needs updating. There are changes to the BC building code.

There are deficiencies inspectors must deal with locally and there are suggestions to make structures more "green".

The matter was discussed briefly at the January 9th Committee of the Whole meeting.

Town staff will draft a building bylaw to conform to the Regional District building bylaw.

SUMMER OR RETIREMENT GETAWAY!

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Thursday Movies

EVENING

9:00 pm WTBS ch.3 "Dead Man on Campus" (1998, Comedy) Tom Everett Scott. Two college students try to find a suicidal roommate in order to receive an automatic 4.0 grade average.
 KNOW ch.5 "ScaredSacred" (2004, Documentary) Premiere. Filmmaker Velcrow Ripper searches for spiritual meaning at

the sites of various tragedies worldwide. (CC)

11:00 pm WTBS ch.3 "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like.

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From Fur Traders to Miners to the Railroad

THURSDAY, JANUARY 19, 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	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Thomas Clifford	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) CTVMorning Live (N)	Breakout	Henry's	CityLine (N)	Auction	TV-Torrans
7 AM	Cosby		Hi-5	Arthur	Today Nancy Snyderman; Roger Mooking. (N)	CBS This Morning (N)	CSI: Miami	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday	Suite/Deck	The Nate Berkus Show	CSI: NY	Earth: Final Conflict
8 AM	Excused		WordWorld	Curious			CSI: Miami		100 Huntley Street		Bo On/Go	Pokémon	SportsCentre		Oddities	ANT Farm	Rachael Ray	CSI: Crime Scene	Instant
9 AM	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	CSI: Miami	Livel With Kelly (N)	100 Huntley Street	Operation Smile	Super Why!	Rescue	2012 Australian Open Tennis: Second Round. From Melbourne, Australia. (N Same-day Tape)	Livel With Kelly (N)	Auction	Mickey	Access Hollywood Live	CSI: Crime Scene	Instant
10 AM	Millionaire	Operation Smile	Numbjack	Sesame Street (N)		The Price Is Right (N)	The First 48	The View (N)	Operation Smile	Big Flip	Poko	Little Bear		The View (N)	Dirty Jobs	Mickey	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N)	Young & Restless	The First 48	Fat Buster	Big Flip	Noon News Hour (N)	Animal	G. Shrinks		Marilyn Denis	Gold Rush	Suite Life	The Revolution (N)	CSI: Crime Scene	Friends
12 PM	Law Order: CI	Noon News Hour (N)	Pingu	Charlie Rose	Live Long	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies		CTV News (N)	American Chopper	Wizards	General Hospital (N)	Jail	Friends
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Paulson	Days of our Lives (N)	The Talk	Criminal Minds	The Revolution (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Kid vs. Kat Super Evil	NFL Live (N) (Live)	The Dr. Oz Show	Sons of Guns	Sonny	CityLine	Jail	3rd Rock
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors (N)	Steven and Chris (N)	Monster	Off Record	Anderson	Myth-Busters	Suite/Deck	CityNews at 5 (N)	Jail	Gold Girls
3 PM	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors (N)	Young & Restless	Recipes	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Life Derek	CityNews at 6 (N)	Jail	Instant
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	The First 48	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	NHL Hockey: Minnesota	Ellen DeGeneres Show	Daily Planet	Phineas	How I Met	Jail	Instant
5 PM	Browns	News (N)	Jack	News	News	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Wild at Toronto Maple Leafs.	CTV News at Five (N)	Dino Gangs	Wingin' It	30 Rock	Jail	Friends
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	The First 48 (N)	News	(5:59) News Hour (N)	ET Canada		iCarly		CTV News (N)		Suite/Deck	Person of Interest (N)	IMPACT Wrestling (N)	Friends
7 PM	Seinfeld	Ent	Canada: Over the Edge	Health Mat.	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	The Firm (N)	Jeopardy!	Weird	SportsCentre (N)	etalk	Myth-Busters	Austin	(7:02) Private Practice		3rd Rock
8 PM	Family Guy	The Office	Ascent of Money	Prime Suspect	30 Rock	Big Bang	Beyond Scared Straight	Wipeout (N)	The Office	The Office	The Nature of Things	iCarly "IQ"	2012 Australian Open Tennis: Third Round. From Melbourne, Australia. (N) (Live)	Big Bang	Daily Planet	Suite/Deck	News	MANswers	Instant
9 PM	Movie: ** "Dead Man on Campus" (1998)	The Funder "Bullets" (N)	Movie: ** "ScaredSacred" (2004)	MI-5 "The Witness"	The Office	Person of Interest (N)	(9:01) The First 48	Grey's Anatomy (N)	The Funder "Bullets" (N)	The Funder "Bullets" (N)	8th Fire "It's Time!" (N)	Funnlest Home Videos		Dino Gangs		Really Me	Seinfeld	MANswers	Roseanne
10 PM		The Firm (N)		The Appalachians	The Firm (N)	The Mentalist (N)	(10:01) The First 48	(10:02) Private Practice	The Firm (N)	News Hour Final (N)	National	Splatalot				Princess	The Nate Berkus Show	GTTV	Gold Girls
11 PM	"Heart Condition"	CHBC News Final (N)	Inside Disaster: Halt!	Charlie Rose (N)	News	News	Beyond Scared Straight	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Weird		CTV News	Myth-Busters	Ned's	Paid Prog.	MANswers	Friends
												Mr. Young		CTV News		Zoey 101	Paid Prog.	Entourage	Friends

Friday Movies

EVENING

8:00 pm YTV ch.18 "Cyberbully" (2011, Drama) Emily Osment. A woman tries to help her teenage daughter when she becomes the victim of online bullying. (In Stereo) (CC)
 FAM ch.26 "Geek Charming" (2011, Comedy) Sarah Hyland. A teen films a documentary about the most popular student at his high school. (In Stereo) (CC)
 9:00 pm WTBS ch.3 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface.
 10:00 pm FAM ch.26 "Stuck in

the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "Journey to the Center of the Earth" (2008, Adventure) Brendan Fraser. A science professor and his nephew encounter strange creatures and stranger lands as they travel beneath the Earth's surface.

News Leader Sudoku 385

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.

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

THIS WEEK'S SOLUTION:
Page 20

News Leader Sudoku grids, puzzles and solutions
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FRIDAY, JANUARY 20, 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	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) Ⓢ	DEA	TV-Torrens
7 AM	Cosby		Hi-5 Ⓢ	Arthur	Today School for grandparents; real estate. (N) Ⓢ	CBS This Morning (N) Ⓢ	CSI: Miami Ⓢ	Good Morning America (N) Ⓢ			Turbo	Sidekick	SportsCentre Ⓢ		Mayday Ⓢ	Austin	The Nate Berkus Show	DEA "Deadly Chase"	Earth: Final Conflict Ⓢ
8 AM	Excused		WordWorld	Curious			CSI: Miami Ⓢ			100 Huntley Street Ⓢ	Bo On/Go	Pokémon	SportsCentre Ⓢ		Myth-Busters Ⓢ	ANT Farm	Rachael Ray Ⓢ	DEA	Canadian Pickers Ⓢ
9 AM	Family Fd	100 Huntley Street Ⓢ	Garth-Bev	Super Why!		The 700 Club Ⓢ	CSI: Miami "Broken"	Live! With Kelly (N) Ⓢ	100 Huntley Street Ⓢ	World Vision	Super Why! News	Rescue Berenstain	SportsCentre Ⓢ	Live! With Kelly (N) Ⓢ	Auction	Mickey	Access Hollywood Live	DEA "Up the Ladder"	Canadian Pickers Ⓢ
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street Ⓢ (E)		The Price Is Right (N)	The First 48 Ⓢ	The View (N) Ⓢ	World Vision	Big Flip	Poko Ⓢ	Little Bear	Sportfish	The View (N) Ⓢ	Dirty Jobs Ⓢ	Mickey	The Chew Ⓢ	DEA "Deep Cover"	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Ums!	Sid	The Doctors (N) Ⓢ	Young & Restless	The First 48 Ⓢ	Paid Prog.	Big Flip	Noon News Hour (N)	Animal	G. Shrinks	Figure Skating	Marilyn Denis	Mighty Ships Ⓢ	Suite Life	The Revolution (N)	DEA	'70s Show
12 PM	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		CTV News (N) Ⓢ	Dino Gangs	Wizards	General Hospital (N) Ⓢ	DEA	'70s Show
1 PM	Amer. Dad	Days of our Lives (N)	Doggy	Gary Spetz	Days of our Lives (N)	The Talk Ⓢ	Criminal Minds Ⓢ	The Revolution (N)	Days of our Lives (N)	The Talk Ⓢ	Heartland Ⓢ (DVS)	Kid vs. Kat Super Evil		The Dr. Oz Show Ⓢ		Sonny	CityLine Ⓢ	DEA	King
2 PM	King	The Talk Ⓢ	Franklin Ⓢ	Barney	Judge B.	Let's Make a Deal (N)	The First 48 Ⓢ	General Hospital (N) Ⓢ	The Talk Ⓢ	The Doctors (N) Ⓢ	Steven and Chris (N) Ⓢ	Monster	Off Record	Anderson Ⓢ	Myth-Busters Ⓢ	Suite/Deck	CityNews at 5 (N) Ⓢ	DEA Juarez Cartel.	Gold Girls
3 PM	The Office	The Doctors (N) Ⓢ	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil Ⓢ	Criminal Minds Ⓢ	Rachael Ray Ⓢ	The Doctors (N) Ⓢ	Young & Restless	Recipes	Almost	SportsCentre Ⓢ	Dr. Phil Ⓢ	Cash Cab	Life Derek	CityNews at 6 (N) Ⓢ	DEA	Canadian Pickers Ⓢ
4 PM	Big Bang	Young & Restless	G. Shrinks	Blz Kid\$	Jdg Judy	The Dr. Oz Show Ⓢ	Criminal Minds Ⓢ	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	Figure Skating	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	UFC Un-leashed Ⓢ	Canadian Pickers Ⓢ
5 PM	Browns	News (N) Ⓢ	Jack Ⓢ	News	News	News	Criminal Minds Ⓢ	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N) Ⓢ	Parents		CTV News at Five (N)	Auction	Random	Quon	UFC Un-leashed Ⓢ	'70s Show
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N) Ⓢ	News	KREM 2 News at 6 (N)	Criminal Minds Ⓢ	News	(5:59) News Hour (N)	ET Canada		Carly Ⓢ		CTV News (N) Ⓢ	Hillbilly Handfishin' Ⓢ	Shake It	Fringe (N) Ⓢ	UFC Un-leashed Ⓢ	'70s Show
7 PM	Seinfeld Ⓢ	Ent	What's That About?	Wash.	Jeopardy!	Inside Ed.	Criminal Minds Ⓢ	Ent	Ent	King "Amanda Jacobs"	Jeopardy!	Big Time	2012 Australian Open Tennis: Third Round. From Melbourne, Australia. (N) (Live) Ⓢ	etalk Ⓢ	Mayday "Bad Attitude"	(7:15) A.N.T. Farm (N)	Mantracker	UFC Un-leashed Ⓢ	King
8 PM	Family Guy	A Gifted Man Ⓢ	Ballykissangel Ⓢ	Great Performances at the Met	Chuck (N) Ⓢ	A Gifted Man Ⓢ	Criminal Minds Ⓢ	Shark Tank Ⓢ	A Gifted Man Ⓢ	A Gifted Man Ⓢ	M'ketplace	Movie: "Cyberbully" (2011) Emily Osment. Ⓢ		CSI: NY "Indelible" Ⓢ	Daily Planet	Movie: "Geek Charming" (2011) Ⓢ	News	UFC Un-leashed Ⓢ	Instant
9 PM	Movie: "Journey to the Center of the Earth"	King "Amanda Jacobs"	Poetrot "Five Little Pigs" Ⓢ	"Anna Bolena" An untrue king drives his queen insane.	Grimm (N) Ⓢ	CSI: NY "Indelible" Ⓢ (9:01)	Criminal Minds (10:01)	Primetime: What Would	King "Amanda Jacobs"	Harry's Law (N) Ⓢ	fifth estate	Mr. Young		Grimm (N) Ⓢ	Hillbilly Handfishin' Ⓢ	Austin	Seinfeld Ⓢ	Ink Master Ⓢ	Roseanne
10 PM	"Journey-Center"	CHBC News: Final (N)	What's That About?	NW Profil	Jay Leno	Letterman	Criminal Minds	Sports Nightline	News Hour Final (N)	Ent	Stroumbouloupoulos	In Real Life Ⓢ		Blue Bloods Ⓢ	Auction	Movie: "Stuck in the Suburbs" Ⓢ	Brandy & Ray J	UFC Un-leashed Ⓢ	Gold Girls
11 PM														CTV News	Mayday "Bad Attitude"	Zoey 101	The Nate Berkus Show	UFC Un-leashed Ⓢ	'70s Show

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "XXX: State of the Union" (2005, Action) Ice Cube. In Washington, D.C., the new XXX agent must eliminate a threat to the president from within the U.S. gov-

ernment.

9:00 am A&E ch.9 "A Few Good Men" (1992, Drama) Tom Cruise. Navy lawyers defend two Marines accused of killing a private at the naval station at Guantanamo Bay, Cuba. (CC)

10:00 am WTBS ch.3 "Black Knight" (2001, Comedy) Martin Lawrence. An underachiever in Los Angeles time-travels to 14th-century England and battles an evil king.

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 YTV ch.18 "Snow Day" (2000, Comedy) Chris Elliott. Students steal a snow plow and fend off its crazy driver in an attempt to keep school closed for a second day. (In Stereo) (CC)

2:30 pm CIVT ch.12 "The Ringer" (2005, Comedy) Johnny Knoxville. Premiere. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games. (CC)

3:30 pm CHBC ch.4 BCTV ch.11 "The Ringer" (2005, Comedy) Johnny Knoxville. Premiere. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games. (CC)

4:00 pm YTV ch.18 "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (CC)

5:00 pm WTBS ch.3 "17 Again" (2009, Comedy) Zac Efron. A 37-year-old gets the chance to correct the mistakes of his past when he is miraculously transformed into a teenager.

CBC ch.13 "The Princess and the Frog" (2009, Comedy) Voices of Anika Nori Rose. Animated. A fateful kiss leads a young woman and a royal amphibian on an adventure through the bayous of Louisiana. (In Stereo) (CC)

SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

EVENING

6:00 pm YTV ch.18 "Are We Done Yet?" (2007, Comedy) Ice Cube. A contractor with a bizarre business plan complicates a man's attempt to move his new family to the suburbs. (In Stereo) (CC)

CITY ch.29 "Fubar" (2002, Comedy) Paul Spence. A documentary filmmaker chronicles the daily activities of two hard-drinking fans of heavy-metal music. (CC)

7:00 pm WTBS ch.3 "Mean Girls" (2004, Comedy) Lindsay Lohan. Attending high school for the first time, a teenager becomes friends with three popular but manipulative students.

8:00 pm CBC ch.13 "Cars" (2006, Comedy) Voices of Owen Wilson. Animated. A rookie race car that only cares about winning learns what is really important in life after getting stranded in a town along historic Route 66. (In Stereo) (CC)

SPIKE ch.44 "Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried, but lethal skills to rescue a missionary and her comrades from the

Burmese army. (In Stereo)
8:55 pm FAM ch.26 "The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (CC)

9:00 pm WTBS ch.3 "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning.

CITY ch.29 "Divine Secrets of the Ya-Ya Sisterhood" (2002, Comedy-Drama) Sandra Bullock. Forced to visit her estranged mother in Louisiana, a New York playwright learns about her past through a scrapbook. (CC)

10:30 pm FAM ch.26 "Roxy Hunter: The Myth of the Mermaid" (2008, Mystery) Aria Wallace. A girl realizes that a mysterious amnesiac is a mermaid who needs to find her way home. (In Stereo) (CC)

11:00 pm KNOW ch.5 "ScaredSacred" (2004, Documentary) Filmmaker Velcrow Ripper searches for spiritual meaning at the sites of various tragedies worldwide. (CC)

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SUNDAY, JANUARY 22, 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	Sports	Hunter	Timothy	Mr Rogers	Today (N)	Paid Prog.	The Sopranos	Paid Prog.	Hunter	Canada	Super Why!	Kid vs. Kat	SportsCentre	Road to Avonlea	Gold Rush: Alaska	Mickey	Tow Biz	Auction	Fish TV
7 AM	Mad About	Fishful	Dinosaurs	Signing	KHO News	Paid Prog.	The Sopranos	Good Morning America	Fishing	Sunday Morning News (N)	Artzooka	Redakai	Reporters	Marilyn Denis	Dino Gangs	Mickey	Eye/Asia	Auction	Intervention
8 AM	Career Day	P. Affairs	Canada	Dino Dan	Clifford	Invest	The Sopranos	Good Morning America	Canada	Sunday Morning News (N)	Coronation Street	Kid vs. Kat	Reporters	Reporters	Reporters	Mickey	Dharti	Auction	Canada
9 AM	Movie: "XXX: State of the Union" (2005)	Sunday Morning News (N)	Making	Curious	Meet the Press (N)	The Nation	The Sopranos	This Week	Sunday Morning News (N)	Coronation Street	SpongeBob	SportsCentre	Hobo	Hobo	Children	Phineas	Pakistan	Xtreme 4x4	Friends
10 AM	Movie: "Black Knight" (2001, Comedy)	Block	Upside	Cat In the Hat	Design	Babar	Motorcycle Racing	Movie: "A Few Good Men" (1992, Drama) Tom Cruise.	Matthews	Wall Street	Block	SpongeBob	NHL	PLAN	Dirty Jobs	Suite/Deck	Festival Italiano di Johnny Lombardi (In Italian)	Trucks!	70s Show
11 AM	Hour of Power (N)	Hour of Power (N)	Jack (N)	The Impact	NHL Hockey: Washington Capitals at Pittsburgh Penguins. (N)	NFL Champ. Chase	The NFL Today (N)	Hometime	Block	Hour of Power	Coronation Street	Penguins	NHL	PLAN	Desert Car Kings	A.N.T. Farm	Jail	Fraser	Fraser
12 PM	The Closer	Neon News Hour (N)	Dogs/Jobs	Moyers & Company	Action Sports From Killingtin, VI. (N)	Shipping	Shipping	Paid Prog.	Noon News Hour (N)	Simpsons	Land/ Sea	Boys	Sports	NFL Football: AFC Championship: Teams TBA. (N) (Live)	Prank Sci	Movie: "Frenemies" (2012) (CC)	Travels	Trucks!	Friends
1 PM	King	Simpsons	Undersea	Health Matt.	Countdown	NFL Football: AFC Championship: Teams TBA. (N) (Live)	Shipping	Shipping	Shipping	Family Guy	Q With Jian Ghomeshi	Splatalot	Figure Skating	NFL Football: AFC Championship: Teams TBA. (N) (Live)	An Idiot Abroad "India"	Phineas	Law & Order: SVU	Surviving Disaster	Drew
2 PM	Family Guy	Family Guy	Megabridges "China"	Easy Yoga for Arthritis	International Auto Show	Criminal Minds	The Bachelor	Family Guy	Family Guy	Steven and Chris	Movie: "Snow Day" (2000) Chris Elliott.	SportsCentre (N)	SportsCentre	Myth-Busters	ANT Farm	Law & Order: SVU	Surviving Disaster	3rd Rock	
3 PM	Big Bang	Family Guy	What's That About?	Magic Moments: The Best of 50s	Pop	NUMB3RS	Backroads	Criminal Minds	Heartland	Jeopardy!	Movie: "Are We There Yet?" (2005)	Poker - Europe	NFL Football: NFC Championship: Teams TBA. (N) (Live)	Myth-Busters	Good Luck	CityNews	Surviving Disaster	Intervention	
4 PM	Big Bang	Family Guy	Hope for Wildlife	Pop	NUMB3RS	Backroads	Inside Edit.	Criminal Minds	Heartland	Jeopardy!	Movie: "Are We There Yet?" (2005)	Poker - Europe	NFL Football: NFC Championship: Teams TBA. (N) (Live)	Myth-Busters	Wizards	Home Videos	Ways Die	King	
5 PM	Movie: "17 Again" (2009) Zac Efron.	Global Nat.	Canada: Over the Edge	Monarchy	Celtic Woman - Believe	News	News	Criminal Minds	ABC News	Global Nat.	Movie: "The Princess and the Frog"	Poker - Europe	NFL Football: AFC Championship: Teams TBA. (N) (Live)	Myth-Busters	Shake It	Quon	Movie: "Rambo" (2008) Sylvester Stallone.	Drew	
6 PM	Movie: "Mean Girls" (2004, Comedy)	Burgers	Raptor Force	Secrets-Manor	Dateline	60 Minutes	Criminal Minds	Funnest Home Videos	Burgers	Family Guy	Heartland	Mr. Young	2012 Australian Open Tennis: Round of 16. From Melbourne, Australia. (N) (Live)	Myth-Busters	Good Luck	Movie: "Fubar" (2002) Paul Spence.	Surviving Disaster	Intervention	
7 PM	Movie: "Election" (1999, Comedy)	The Good Wife (N)	Lawla "Old School Ties" (N)	Catholicism	Prime Suspect (N)	The Good Wife (N)	(9:01) Criminal Minds	(10:01) Criminal Minds	(10:01) Pan Am (N)	Prime Suspect (N)	News Final	Survive	SportsCentre (N)	Myth-Busters	Wizards	Suite/Deck	Surviving Disaster	Canada	
8 PM	Movie: "XXX: State of the Union" (2005)	Sunday Morning News (N)	Making	Curious	Meet the Press (N)	The Nation	The Sopranos	This Week	Sunday Morning News (N)	Coronation Street	SpongeBob	SportsCentre	Hobo	Children	Phineas	Pakistan	Xtreme 4x4	Friends	
9 PM	Movie: "A Few Good Men" (1992, Drama) Tom Cruise.	Matthews	Wall Street	Block	Hour of Power	Coronation Street	Penguins	NHL	PLAN	Dirty Jobs	Suite/Deck	Festival Italiano di Johnny Lombardi (In Italian)	Trucks!	70s Show	Jail	Fraser	Fraser		
10 PM	Hour of Power (N)	Hour of Power (N)	Jack (N)	The Impact	NHL Hockey: Washington Capitals at Pittsburgh Penguins. (N)	NFL Champ. Chase	The NFL Today (N)	Hometime	Block	Hour of Power	Coronation Street	Penguins	NHL	PLAN	Desert Car Kings	A.N.T. Farm	Jail	Fraser	
11 PM	The Closer	Neon News Hour (N)	Dogs/Jobs	Moyers & Company	Action Sports From Killingtin, VI. (N)	Shipping	Shipping	Paid Prog.	Noon News Hour (N)	Simpsons	Land/ Sea	Boys	Sports	NFL Football: AFC Championship: Teams TBA. (N) (Live)	Prank Sci	Movie: "Frenemies" (2012) (CC)	Travels	Trucks!	Friends

Monday Movies

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EVENING

9:00 pm WTBS ch.3 "Meet the Robinsons" (2007, Adventure) Voices of Angela Bassett. Animated. A mysterious time-traveler named Wilbur Robinson takes a boy genius on a trip to the future to spend a day with Wilbur's eccentric family.
9:30 pm SPIKE ch.44 "Desperado" (1995, Action) Antonio Banderas. A

guitar-playing stranger shoots up a Mexican cantina while seeking the drug dealer who killed his girlfriend. (In Stereo)
11:00 pm WTBS ch.3 "An American Werewolf in Paris" (1997, Horror) Tom Everett Scott. A U.S. tourist saves a Parisian from suicide, pursues her and gradually discovers her dark secret.

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Snow removal continues to be an issue discussed at the Town Council table. See Page 1. *

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ALL Minor Hockey Players MUST wear their jersey AND be accompanied by a paying Adult in order to qualify for FREE Admission

MONDAY, JANUARY 23, 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	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Bulder	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	(5:30) CTV Morning Live (N)	How Machines	Henry Phineas	CityLine (N)	Auction	TV-Torrens
7 AM	Cosby		Hi-5	Arthur	Today (N)	CBS This Morning (N)	CSI: Miami	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Mayday	Suite/Deck Hannah	The Nate Berkus Show	CSI: NY	Earth: Final Conflict
8 AM	Excused		WordWorld	Curious			CSI: Miami "Kill Zone"		100 Huntley Street	100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Man vs. Wild	ANT Farm Phineas	Rachael Ray	CSI: Crime Scene	Wipeout Canada
9 AM	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	CSI: Miami	Livel With Kelly	100 Huntley Street	Operation Smile	Super Why! News	Rescue Berenstain	SportsCentre	Livel With Kelly	Auction	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Wipeout Canada
10 AM	Millionaire	Operation Smile	Numbrjack	Sesame Street		The Price Is Right (N)	The First 48	The View (N)	Operation Smile	Big Flip	Poko	Little Bear	Sportfish	The View (N)	Dirty Jobs "Vexcon"	Mickey Manny	The Chew	CSI: Crime Scene	Roseanne
11 AM	Law Order: CI	Big Flip	Save-Umsl	Sid	The Doctors	Young & Restless	The First 48 "Blackout"	Paid Prog.	Big Flip	Noon News Hour (N)	Animal	G. Shrinks	Australian Open Tennis: Round of 16	Marilyn Denis	Worst Handyman	Suite Life Suite Life	The Revolution (N)	CSI: Crime Scene	King
12 PM	Law Order: CI	Noon News Hour (N)	WordWorld Peep	Charlie Rose	Paid Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Rated A		CTV News (N)	Mighty Ships	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	King
1 PM	Amer. Dad	Days of our Lives (N)	Doggy Zboom	Paint This Sewing	Days of our Lives (N)	The Talk	Criminal Minds	The Revolution (N)	Days of our Lives (N)	The Talk	Heartland Ty returns.	Kid vs. Kat Super Evil	NFL Live (N) (Live)	The Dr. Oz Show	Auction	Sonny Cory	CityLine	CSI: Crime Scene	Drew
2 PM	King	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris (N)	Monster	Off Record	Anderson	Myth-Busters	Suite/Deck Ned's	CityNews at 5 (N)	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Stefano	Almost	SportsCentre (N)	Dr. Phil	Cash Cab	Life Derek Kings	CityNews at 6 (N)	CSI: Crime Scene	Wipeout Canada
4 PM	Big Bang	Young & Restless	G. Shrinks	Fetch! With Arthur	Jdg Judy	The Dr. Oz Show	Hoarders "Stacey, Roi"	The Nate Berkus Show	Young & Restless	Early News	Mercer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	CSI: Crime Scene	Wipeout Canada
5 PM	Browns	News (N)	Jack	News	News	News	Hoarders "Kovin; Mary"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	High Stakes	CTV News at Five (N)	Myth-Busters "Blue Ice"	Wingin' It	How I Met	CSI: Crime Scene	King
6 PM	Browns	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Hoarders (N)	News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Mr. Young	NHL Pre	CTV News (N)	Dirty Jobs	Suite/Deck Wizards	Alcatraz "Kit Nelson"	CSI: Crime Scene	King
7 PM	Seinfeld	Ent	Rescue	Walt...	Jeopardy!	Inside Ed.	Intervention "Kimberly"	Ent	Ent	Hawaii Five-0	Jeopardy!	Mr. Young	NHL Hockey: San Jose Sharks at Edmonton Oilers. (Live)	etalk	Auction	Shake It	Murdoch Mysteries	Surviving Disaster	Drew
8 PM	Family Guy	House "Better Half" (N)	Monarchy	Antiques Roadshow (N)	Who's Still Standing?	How I Met	Intervention "Christina"	The Bachelor (N)	House "Better Half" (N)	House "Better Half" (N)	Mr. D (N)	ICarly	Sports	Two Men	Daily Planet	ANT Farm	News	Surviving Disaster	Instant
9 PM	Movie: *** "Meet the Robinsons" (2007)	NCIS (DVS)	The Impressionists (N)	Antiques Roadshow	Fear Factor (N)	Two Men Mike	Hoarders	(9:01) Hoarders	(10:01) Hoarders	Hawaii Five-0	National	Laughs	SportsCentre	(10:01) Castle (N)	Auction	Princess	The Nate Berkus Show	Movie: *** "Desperado" (1995, Action)	Gold Girls
10 PM	"American Were"	CHBC News Final (N)	Battlefield Mysteries	American Masters	Rock Center	News	News	(11:01) Intervention	News	News Hour Final (N)	Stroumbouloupoulos	Weird	SportsCentre	CTV News	Dirty Jobs	Ned's	Paid Prog.	Ink Master	King

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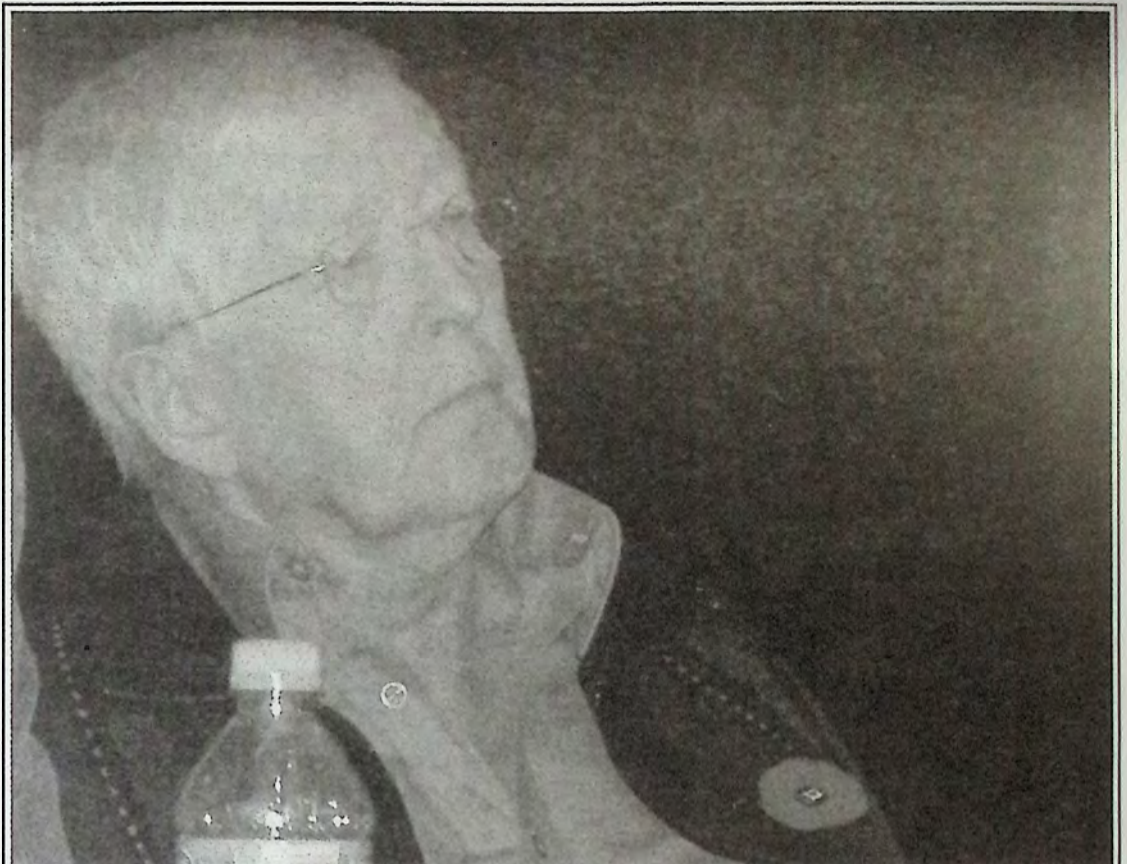
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Mayor Fred Thomas, seen here listening to a presentation during the November All-Candidates meeting, responds to last week's News Leader Editorial saying we all can be super heroes if we work together on common goals. *

-Your Turn

Letters and E-Mails Received This Past Week

Dear Editor,

I read with interest (and some amusement) your reference in last week's editorial to the mayor having "super powers". I would love to be able to leap tall building regulations with a single bound or even just to see with x-ray vision through red tape, but I'm afraid that even an online tutorial isn't

going to help!!

To me, the analogy that seems more appropriate here is one of Batman and his trusted sidekicks who are all just ordinary guys using disciplined thinking and common sense to achieve remarkable results on behalf of everyone in this metropolis of ours. When you have a hard working, dedicated

mayor and council working together, significant results can be achieved. By working in an open and transparent fashion to engage the public we serve, we can build consensus and trust. With our joint efforts, we can develop a powerful force for community accomplishment, co-operation and change. Every member of our town will be a super hero.

By way of a start in this direction, council, staff and I held a successful governance workshop session last Wednesday which is already showing the value of mutual respect and co-operation. Everyone present expressed their satisfaction with the progress made. This is only the beginning of such team-building efforts - there'll be many more.

In your article, Mr. Editor, you mentioned both the Similkameen Valley Planning Society (SVPS) and the Regional District Okanagan-Similkameen (RDOS) which involve us in a much broader community perspective. By working closely with these trusted partners who enhance our abilities to meet local goals and objectives, we truly can produce "super" results for Princeton.

Respectfully,
 Mayor Fred Thomas

**ATTENTION:
 PRINCETON MINOR POSSE PLAYERS**



**GET INTO THE REMAINING PRINCETON POSSE
 REGULAR SEASON HOME GAMES FREE!**

ALL Minor Hockey Players MUST wear their jersey AND be accompanied by a paying Adult in order to qualify for FREE Admission

All Flip...No Spin!

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



News Leader Classified Ads

25 Words - \$8.00 (includes taxes) - Pay for two weeks, the third week is FREE!

Help Wanted	Help Wanted	Lost	For Rent	For Rent
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Administrative Assistant Position
 Saint Paul's United/Anglican Church in Princeton is looking for an Administrative Assistant. Must have organizational, communication and computer skills. This is a part-time position of 3 hours once a week for office management items such as bill paying, banking and assist the Minister and Board. Another 3 hours of flexible time a week will be allotted for organizing special events such as congregational dinners and communication to members by monthly calendars, newsletters and blogs. Hourly rate from \$12 - \$15. Please fax or e-mail resume to saintpauls@persona.ca or fax to 250.295.7714. Jan 17-31

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. Jan 17-31

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

For Rent
 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

Services	Services
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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. Jan 10-24



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

For Rent
 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

For Rent
 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

For Rent
 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

For Rent
 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 17

Notices
 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.

For Rent
 1-bedroom basement suite. Asking \$600.00/month includes utilities, cable, phone, internet, washer, dryer and private entrance. No smoking and no pets. Call 250.295.6329. Jan 31

Notices	Notices
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Heart & Stroke Foundation Fundraiser
 Coopers Foods in Princeton is hosting a fundraiser for the Heart and Stroke Foundation on February 11th from 8:00 AM to 6:00 PM where they will donate 25 cents for every bag of groceries packed that day. We are looking for volunteers to help with our table that will be set up during the day at the store. If you are interested please contact Aleah Zylk at 1-866-432-7833 or e-mail azylyk@hsf.bc.ca. Jan 17-31

Lost
 Silver hoop pierced earring lost sometime in early January. Has sentimental value to owner. If you have found this, please call 250.295.1416 or drop off at Princeton Medical Centre. Jan 17-31

For Rent
 1/2 duplex. 3-bedroom, 2 bathroom, washer and dryer. No smoking, no pets. Asking \$900.00/month, utilities not included. Call Dawn 250.438.0116. Jan 17-31

For Rent
 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 17

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Help!

Going skiing at Apex or Manning Park? Paul would like a ride. He is ok to go down the mountain on his own. For more information on how you can assist with this request, call Gloria at 250.295.7218. Jan 17-31

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For Rent	For Rent
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For Rent
 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

For Rent
 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

For Sale

2002 Summit X800 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

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Wanted

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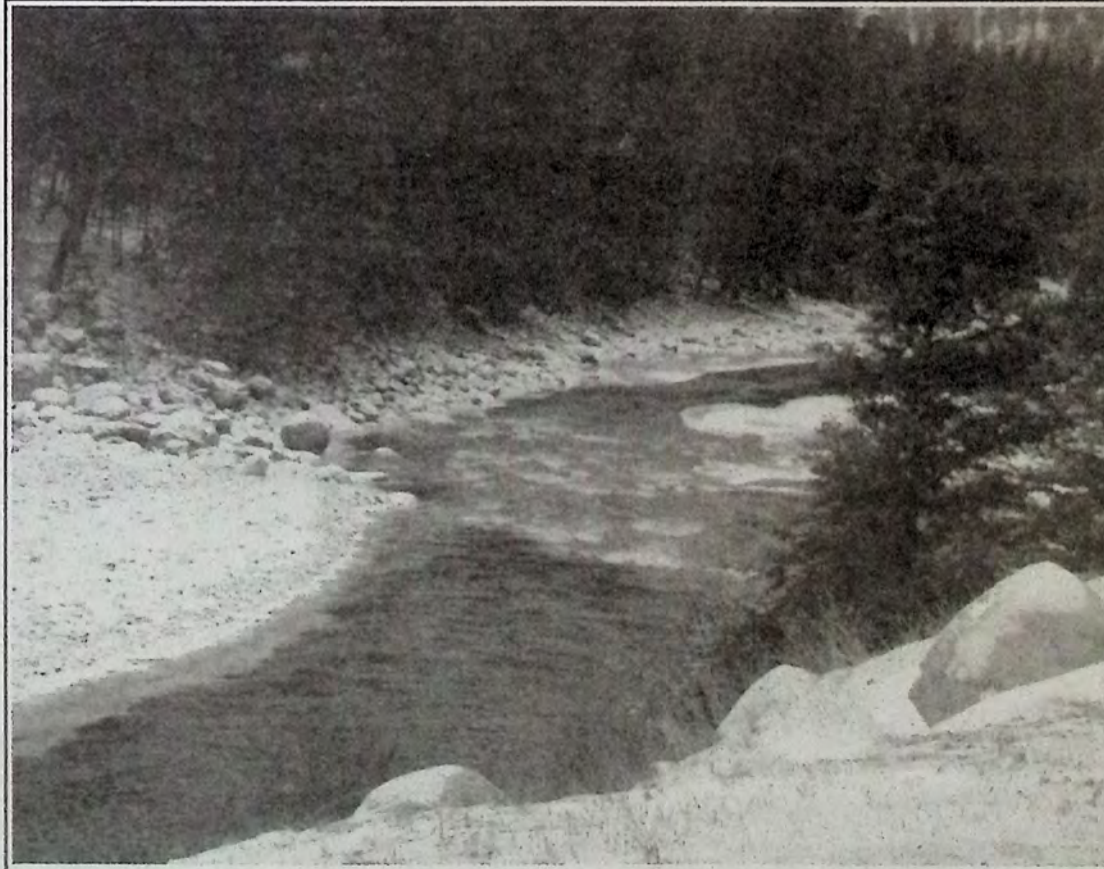
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The beautiful Similkameen River near Sterling Creek Bridge as it appeared January 14th just hours before the snowstorm that passed through the entire valley. Photo: Brenda Engel



Similkameen News Leader congratulates Princeton Posse goalie Phoenix Logan-Hill on his first KIJHL shut out, earned in the 3-0 victory over Penticton Lakers January 11th. *

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

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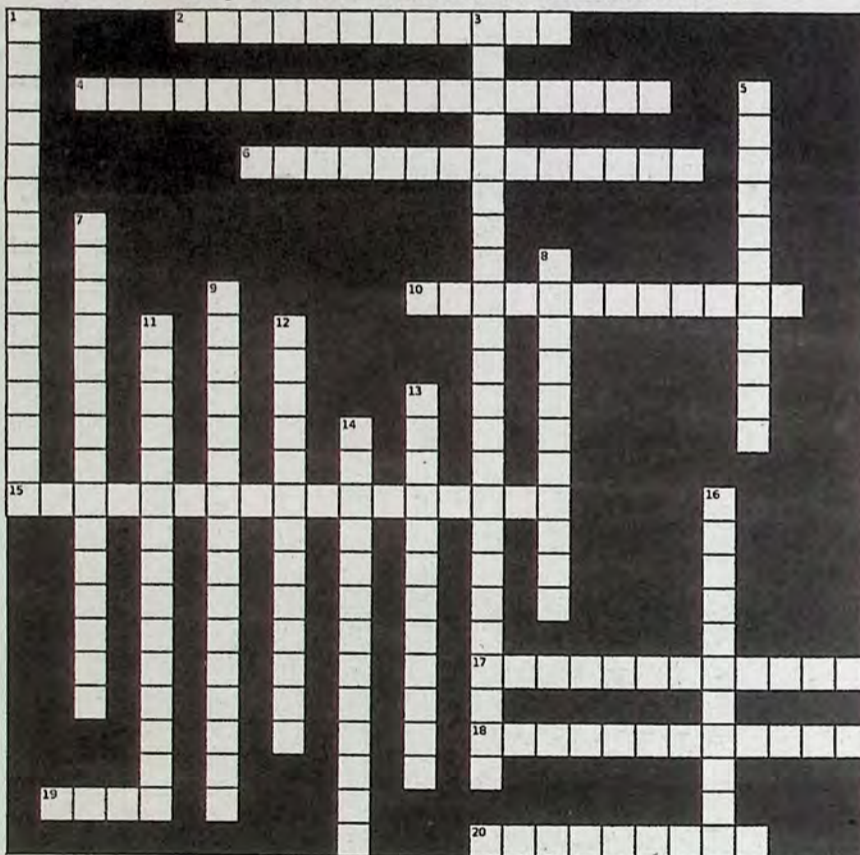
Date	Time	Away	Home
Exhibition			
Sun Sep 4	1:00 PM	T - Squamish 3	Princeton 3
Wed Sep 7	7:00 PM	L - Osoyoos 5	Princeton 3
Fri Sep 9	7:35 PM	L - Princeton 4	Osoyoos 6
Sat Sep 10	7:00 PM	W - Summerland 6	Princeton 7
Wed Sep 14	7:00 PM	W - Princeton 4	Penticton 2

Date	Time	Away	Home
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	W - Osoyoos 8	Princeton 9
Fri Jan 6	7:00 PM	W - Princeton 5	Nelson 4 OT
Sat Jan 7	7:30 PM	L - Princeton 0	Beaver Valley 3
Wed Jan 11	7:00 PM	W - Penticton 0	Princeton 3
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...



- Across**
- 2 - He designed the T-BIT website.
 - 4 - Name MP Alex Atamanenko's January article.
 - 6 - She shaved Frankie Reichert's head bald January 6th.
 - 10 - The 'CC' in YACC.
 - 15 - Better known as T-BIT.
 - 17 - The 'AC' in YACC.
 - 18 - She shaved Marena White's head bald January 6th.
 - 19 - Town of Princeton Bylaw No. 782 regulates the licensing of what?
 - 20 - Name another 'Shave For The Brave' participant.

- Down**
- 1 - Name the local 'Shave For The Brave' Headhunter.
 - 3 - Name the team with eight Princeton boys on the roster.
 - 5 - The 'YA' in YACC.
 - 7 - Name the youngest participant in the local 'Shave For The Brave' event.
 - 8 - Name the mini CD of music released by T-BIT.
 - 9 - Also known as News Leader Recipe 404.
 - 11 - Name the Similkameen News Leader YouTube Channel.
 - 12 - Name the Dobbs brothers.
 - 13 - Name another 'Shave For The Brave' participant.
 - 14 - Name another 'Shave For The Brave' participant.
 - 16 - Name another 'Shave For The Brave' participant.


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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.


 Time... to think about retiring in style.

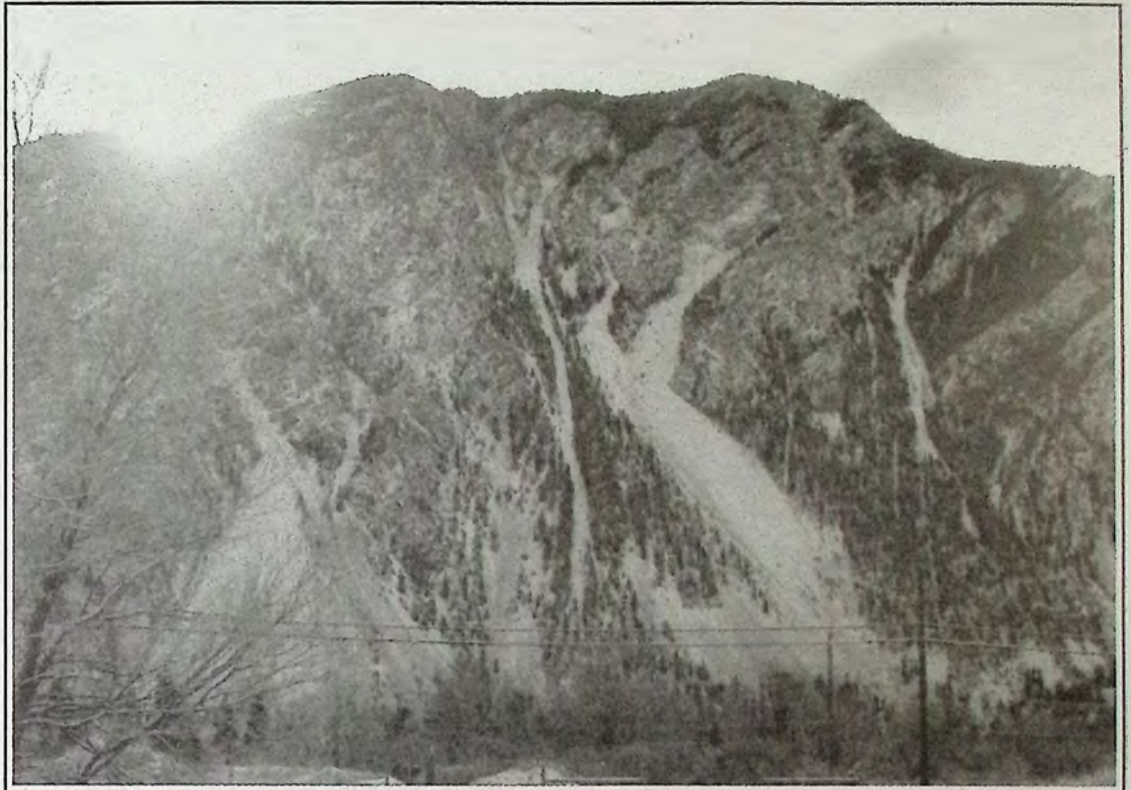
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 #P1116 7/2011



...and the sun DID shine upon K Mountain another day - from the backside, at least. This picture was taken the day after the brief January 14th snow storm. Keremeos enjoys little direct sunlight in the winter thanks to K Mountain. The homes in the upper level of the village receive about 2 to 4 hours of sunlight on a given day November through January if there is no cloud cover. The homes in the lower level of Keremeos close to the river receive no direct sunlight whatsoever during those months. Photo: Arlene Arlow

_Your Turn
Letters and E-Mails Received This Past Week

To The Editor,
 January 2012 marks the 20th year of the South Okanagan Similkameen Crime Stoppers program serving citizens of the South Okanagan Similkameen area.
 It has also been declared Crime Stoppers month throughout the world. Crime Stoppers is a Not For Profit volunteer organization that collects Anonymous information, passes it along to the appropriate investiga-

tive body and pays cash rewards to tipsters for successful information.
 It is not a police program and relies solely on the generosity of the business community and citizens to fund its operations through tax deductible donations. When providing information on crimes your identity is protected and you never have to testify in court.
 A Crime Stoppers representative is available to make presentations to

any group within our area explaining how our program operates and its value to all citizens.
 Thanks to all of you through your financial support and providing anonymous information on crimes to our toll free number 1-800-222-8477(TIPS) or through our website at www.southokanagancrimestoppers.com, we have had a very successful year assisting the police in keeping our communities as safe as possible providing an environment that is safe to live, work and play in.

Crime Stoppers looks forward to another productive year ahead, through your support, in our combined efforts of fighting crime. Should you be interested in having a Crime Stoppers presentation or if you have any questions, please do not hesitate to contact me, the Regional Crime Stoppers Coordinator, Al Sismey at 250.770.4721.
 Again, on behalf of our Board of Directors and myself, I would like to thank each and every one of you and wish you a very safe, healthy and prosperous 2012.
 Best regards,
 Al Sismey
 South Okanagan Similkameen Crime Stoppers Coordinator

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Lawrence says quit and win!

Sign up with quitnow.ca before January 21st and commit to a quit date no later than February 21st, and you will be entered to win an iPad2 or one of five runners-up \$100 Save-On Foods Pharmacy gift certificates in an online contest organized by the BC Lung Association.

"Seven out of 10 smokers want to quit and most don't know that by making use of proven tools and services they can double their chances of success," says Princeton Lung Association Director Marilyn Lawrence.

"To help motivate quit ready British Columbians to commit to quit we decided to hold an online contest during National Non-Smoking Week."

"The contest serves to encourage individuals to quit smoking while at the same time informing them about our free, quit smoking tools and services available year-round through the QuitNow website (www.quitnow.ca)," added Lawrence.

Note: To be eligible for the contest you must be a BC resident and 19 years or older on or before the day of the prize draw on January 23, 2012 and commit to a quit date on or before February 21st at 11:59 PM PST. For more information about the contest and our free quit smoking services, visit www.quitnow.ca.



Commit to quit smoking and you could win an iPad2 says Princeton Lung Association Director Marilyn Lawrence. - photo submitted

FREE quit smoking tools and supports 24/7 including:

- QuitNow Online, a personalized web-based quit smoking service including confidential online support forums, quit and medication guides, self-assessment & quit tracker tools.
 - QuitNow By TXT, a new 14-week mobile texting service which delivers smoking tips and motivational support straight to users' cell phones.
 - QuitNow By Phone, a confidential, quit smoking helpline program.
- About National Non-Smoking Week 2012 – January 15 to 21st National Non-Smoking Week (NNSW) has been observed for

more than 30 years.

It is one of the longest running and most important events in Canada's ongoing public health education efforts.

Established in 1977 its goals are: to educate Canadians about the dangers of smoking; to prevent people who do not smoke from beginning to smoke and becoming addicted to tobacco; to help people quit smoking; to promote the right of individuals to breathe air unpolluted by tobacco smoke; to denormalize the tobacco industry, tobacco industry marketing practices, tobacco products, and tobacco use; and to assist in the attainment of a smoke-free society in Canada. - submitted

Mining News

Huldra Silver - Treasure Mountain

..... continued from Page 2 anticipate that operations will be able to continue throughout the winter. The company states they have only lost approximately 5 days of mining time due to weather related issues. However, they did go into a 10 day maintenance shut down during the holidays and re-started on January 3, 2012.

The company says they are continuing with an underground sampling program on Level 1 and 2 of the mine. All existing drifts and raises are being sampled and the data received will be used along with the

results from the 51 surface diamond drill holes in producing a new NI 43-101 compliant resource estimate.

They expect the sampling to be complete by the middle of February and the results will be published once the lab assays have been received.

From Level One (1,622 metres) to the surface (1,675 metres), a NI 43-101 compliant resource estimate reported a total vein indicated resource, using a 10oz/t Ag cut-off, of 14,000 tonnes, grading 28.18 oz/t Ag, 5.14% Pb and 3.06% Zn, or 430,000 oz Ag, 1,590,000 lbs Pb and

940,000 lbs Zn. The total vein inferred resource, using a 10oz/t Ag cut-off, is 31,000 tonnes, grading 39.14oz/t Ag, 5.52%Pb and 6.42% Zn, or 1,340,000 oz Ag, 3,780,000 lbs Pb and 4,390,000 lbs Zn.

Technical information in this news release has been reviewed and approved by Al Beaton, P. Eng, a Qualified Person as defined in NI 43-101. For more information see the Company's technical report entitled "Technical Report, Project Update, Treasure Mountain Property" dated June 15, 2011, available on SEDAR at www.sedar.com.

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NEW!

A Dream Come True! Imagine yourself on 10 lovely, landscaped acres with a beautiful, warm and spacious log home! Sounds too good to be true? Well, here it is! There is plenty of room for entertaining or just sitting back to watch Mother Nature from several sitting areas around the acreage and 2 decks with covered and open places. MLS © 134719 \$589,000

617-2nd Avenue, Keremeos



Enjoy spectacular mountain views from this generous R1 zoned building lot on the 'Sunny Bench' in Keremeos. So much has already been done for you, all you need is your building plans! Power, water, telephone and cable are at the lot line, gas is close by and there is a registered septic covenant and perk test already approved.. MLS © 112786 \$129,900

2886 Princeton/S'land Rd



NEW!

Wonderful 5 acre parcel just 28km from Princeton! Treed and open areas, mountain views. The KVR runs through the top end of the property giving you instant access to limitless recreation opportunities. Access is on a paved road and school bus route, so maintained year round. Only 10km up the road are 3 great fishing/swimming lakes! MLS © 134562 \$150,000

2613 Old Hedley Road



Sellers motivated to sell - all offers considered! More than 2 acres and the Similkameen River runs by it! This well-planned and well built Winton Global engineered home will impress you with its beautiful details - oversized windows, vaulted ceiling, open kitchen, layout and custom painted colours! MLS © 112295 \$335,000

307-9th Avenue



NEW PRICE!

Can you imagine sitting on your front deck gazing at the open field, mountain views and maybe a couple of horses? Well, here it is - and only 4 minutes from Princeton! This home is stress-free and beautiful too, boasting new electrical from the pole and throughout, new plumbing, H2O tank, windows, hardwood floors and tiling! MLS © 111808 \$199,800

82 Halliford Avenue



Located in the heart of Princeton, this quaint house is the perfect place to call home. Alley access affords you the opportunity to expand your parking and storage options, while the attic has the possibility of added living space. Many updates have been completed in the last few years, including carpet, countertops, fixtures and stucco. MLS © 112490 \$157,500

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