

# Similkameen News Leader

\$1  
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Volume 16 Issue 2 #765 ISSN 1712-090X

Tuesday, January 8, 2013

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



Branch 56 Legion 2013 officers, standing from left, Sharon Paterson, Neal Cox and Chuck Whitlock. Seated from left, Bernadette Kelleher, Jean Bowles, Jim Turner and Bob Paterson. Photo: Dawn Johnson

## IHA issues PGH ER service changes

*Interior Health Authority issued the following release January 2nd: Temporary Service Changes at Princeton General's Emergency Department*

Residents are advised that during the month of January there will be times when the physician on call for Princeton General Hospital's Emergency Department will be attending only to the most urgent cases.

Emergency Department hours remain the same and patients will be

assessed as usual by our trained nurses. However, patients with less urgent needs may find they are either transferred to a nearby hospital for care, or offered appropriate options.

This change in service provision is expected to occur periodically through the month of January and is temporary due to current physician unavailability.

Interior Health would like to thank Dr. David Smith for providing additional coverage during this time.

# Legion installs new officers

Following an excellent potluck supper, members of Royal Canadian Legion Branch 56 and the Ladies Auxiliary applauded the installation of officers of both organizations.

The Ladies Auxiliary officers were installed by L.A. Zone Commander Marina Ashley. Charlene Longdo is President for another term, with Ann Bauder as Secretary-Treasurer, and Executive members Norma Kraetor and Dawn Johnson.

Legion officers were installed by Deputy Zone Commander Graham Wells. The new President is Jim Turner. First Vice-President is Bob Paterson, with Second Vice-President Jean Bowles. Executive members are Bernadette Kelleher and Neal Cox. Sharon Paterson is

Chaplain and Chuck Whitlock is Sergeant at Arms.

The installation ceremony was followed by honours and awards. There were a large number of pins to be given out, but only a few of the recipients were present to receive them.

Those in attendance are as follows: Affiliate member Chris Oby received a 5-year pin, Neal Cox, Ernie Rice, and Sandra Clark received 10 year pins, and Rollo Ceccon, Hans Devos, John Haayer, Inez Herrick, Dave Shalanski and Chuck Whitlock received 15 year pins. Associate members Monica Broderick, Keith Parsons and Flossie Parsons received 15 year pins, and Ann Jones received a 20 year pin. Regular members Jim

Turner and Frank Dees received 10 year and 15 year pins respectively.

The Ladies Auxiliary members who were recognized for years of service were not in attendance. President Charlene Longdo announced a 35 year pin for Eleanor Sinclair, a 30 year pin for Margaret Appleby, and a 40 year pin for Jean

Lindsay. Arlene Marsel and Carol Seaman were awarded 5 year pins.

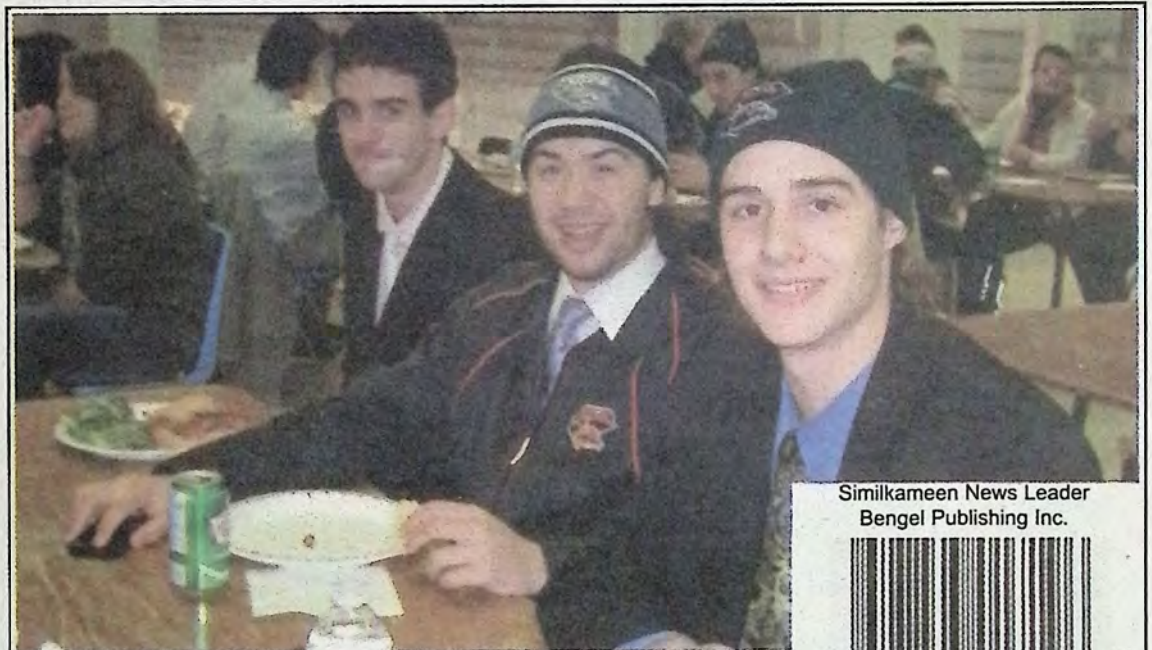
President Jim Turner thanked all of the volunteers for their efforts, saying the Legion could not survive without them.

Chuck Whitlock called for a standing ovation for the Ladies Auxiliary members for the work they do to

assist the Legion.

The evening ended with thanks from both Zone Commanders for inviting them to do the installation of officers.

Ladies Auxiliary Zone Commander Ashley remarked, "It is great to see a full slate of officers for both the Branch and the Ladies Auxiliary."



Princeton Posse players Cole Weber, Buddy Summers and Jon Thompson enjoy dinner with volunteers after the January 5th game. More on Page 23. \*

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Published Weekly in Princeton, British Columbia by Bengel Publishing Inc.

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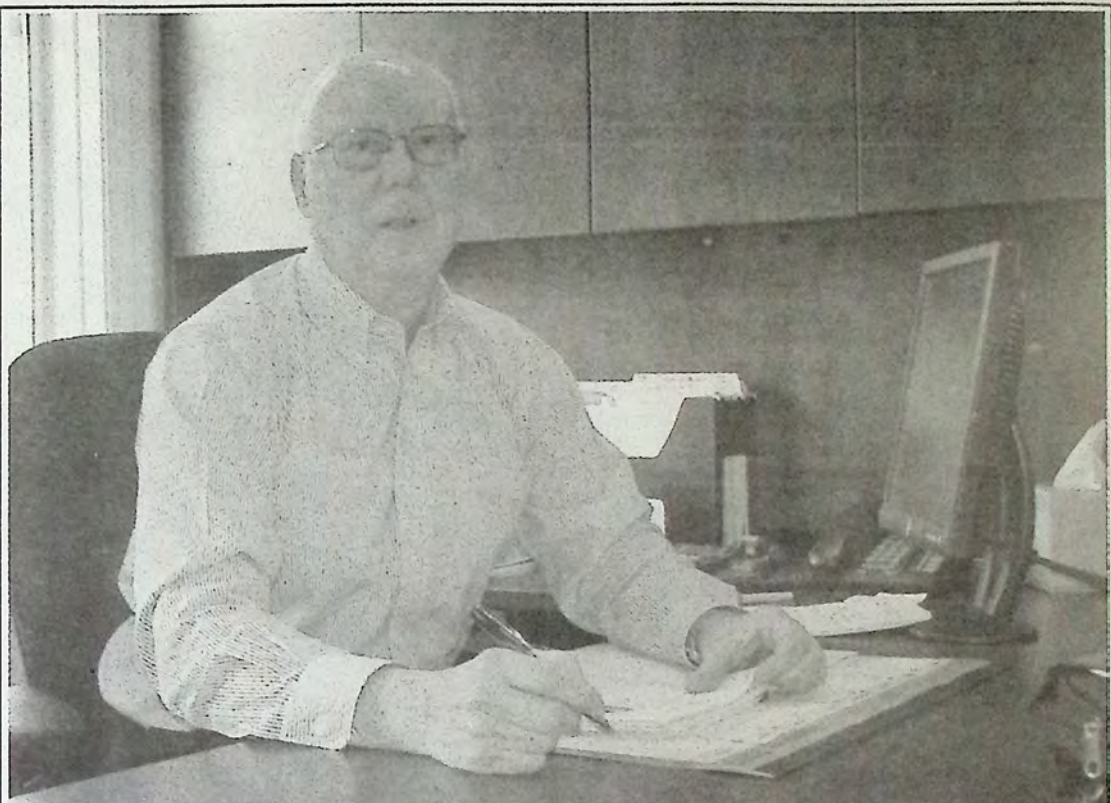
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**MONDAY NIGHT BINGO**  
 162 Angela Avenue, Princeton - 250-295-7515  
 (Senior Citizens Association - Branch #30)  
**OPEN 4:30 PM - FIRST GAME 5:15 PM**  
**Bonanza - Odd/Even - Lucky 7**  
 BC Gaming Licence #100667 - "Know your limit, play within it."



Bob Wilson is the new Interim CAO for the Town of Princeton. Wilson grew up in the area and was Assistant Village Clerk in Princeton from November 1961 to August 1966. He has since been in Kelowna and spent 25 years with the City of Langley retiring in 2001 as the City Manager there. Wilson expects to be at Town Hall for three months. \*

**Property values remain stable for 2013**

More than 67,000 property owners throughout the South Okanagan region can expect to receive their 2013 assessment notices in the next few days.  
 "Most homes in the South Okanagan region are remaining stable in value compared to last year's

assessment roll," said Tracy Wall, Deputy Assessor.  
 "Most home owners in South Okanagan will see modest changes in the -5% to +5% range."  
 Overall, the South Okanagan's Assessment Roll, which includes the Similkameen Valley, decreased from \$20,191,707,730 last year to \$19,713,669,628 this year. The 2013 assessment roll includes \$608,204,470 for subdivisions, rezoning and new construction.

\$312,000, \$304,000  
*Osoyoos*  
 \$399,000, \$371,000  
*Princeton*  
 \$222,000, \$215,000  
 In addition, most commercial and industrial properties in the South Okanagan will see changes ranging from -5% to +5%.

"Property owners who feel that their property assessment does not reflect market value as of July 1, 2012 or see incorrect information on their notice should contact our office as indicated on their notice as soon as possible in January," said Wall.

The examples below demonstrate local market trends for residential properties by a geographic area; trends are affected by many variables.

"If a property owner is still concerned about their assessment after speaking to one of our appraisers, they may submit a Notice of Complaint (Appeal) by January 31, for an independent review by a Property Assessment Review Panel," added Wall.

**Realty Executives Vantage**

**194 Rivers End Road**  
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 MLS @140407 \$524,900

**#14-453 Taylor Mill Drive**  
 Minutes from downtown Princeton this mobile Home offers you the security of many recent updates, great affordability, proximity to Princeton Golf Course and the peace and quiet of the surrounding mountains. Professional updates in early 2011 included proper sub-flooring, new flooring throughout, new cabinets and counter tops.  
 MLS @139801 \$ 49,800

**5614 Webster Street, Hedley**  
 Don't miss this diamond in the rough located in beautiful, peaceful, historic Hedley. Situated on a corner lot with recent updates of some windows and flooring. This home has great bones and the potential to be so much more! With an open layout and plumbing in place for a 3rd bath upstairs, this home is just waiting for that special touch.  
 MLS @140173 \$168,000



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- Jurisdiction
- 2012 Assessment Roll (valuation date of July 1, 2011)
- 2013 Completed Assessment Roll (valuation date of July 1, 2012)
- Grand Forks*  
 \$217,000 (2012), \$207,000 (2013)
- Greenwood*  
 \$128,000, \$126,000
- Penticton*  
 \$393,000, \$375,000
- Penticton (strata)*  
 \$231,000, \$223,000
- Summerland*  
 \$441,000, \$419,000
- Keremeos*  
 \$247,000, \$243,000
- Midway*  
 \$191,000, \$189,000
- Oliver*

The Property Assessment Review Panels, independent of BC Assessment, are appointed annually by the Ministry of Community, Sport and Cultural Development, and meet between February 1 and March 15 to hear formal complaints.  
 The Okanagan assessment office is located at 202-1500 Hardy Street in Kelowna. During the month of January, office hours are 8:30 AM  
 ..... continued on Page 7

**"Winter weather makes for unsafe driving conditions. Please drive carefully."** - Harry Lali

Harry Lali, MLA Fraser-Nicola - 2099 Granite Avenue, Bag 4400, Station Main, Merritt, BC V1K 1B8  
 Phone: 250.378.4802 Toll Free: 1-877-378-4802 Fax: 250.378.4852 e-mail: [harry.lali.mla@leg.bc.ca](mailto:harry.lali.mla@leg.bc.ca)



# Flip Of The Coyne

by Spencer Coyne

Who would have thought that when a northern chief went on a hunger strike it would spur a global indigenous movement? I have to

admit that I had never heard of Chief Spence before her protest had started and I admit that I did not realize the extent of the omnibus

bill. I am not surprised that the Idle No More movement has gained traction as fast as it has. We have watched movement after movement

pop up over the past few years all with similar messages so it is no surprise that the occupy movement has joined forces with Idle No More.

The question now is how far will this movement go? Will the Prime Minister meet with Chief Spence or will he ignore her? If he ignores her will she do as she says and starve herself to death? Will she become a martyr? The whole world is now looking at Canada and how the Prime Minister will handle Chief Spence's hunger strike. So will the Prime Minister meet with her? He might on the 11th hour but by then it may be too late for him to stop the actions that have already been set in motion. If Harper would have met with the Chief in the beginning, Idle No More may have fizzled out, but now the grass roots movement has legs of its own. Now Chiefs across the nation are starting to stir. If this happens the Prime Minister may have a national crisis on his hands. Like it or not, when the Crown signed treaties they recognized and legitimized the nationhood of those they signed treaties with. You don't sign treaties with an individual, you sign them with nations.

First Nations in this country have a long list of grievances and they run deep. This time Harper and his government have a real problem with an indigenous uprising. This time it is supported by many in the mainstream. This time it's not just "a bunch of Indians." There are non-first nations peoples standing side by side with the movement. Harper can't just wave this off. I am sure he will try but it won't work.

British Columbia is going to have an election this spring and I can almost guarantee that Idle No More will become a player in the election here too. The majority of first nations in British Columbia do not have treaties. Depending on what Harper does with the Northern Gateway pipeline and the way the BC Liberals deal with the decision at the national level we could see major protests.

I don't foresee 2013 being a politically stable year for governments across Canada. If I was a politician right now I would be weighing my options very carefully. The Harper Government is not going to back down on its stances. This will leave provincial governments holding the

..... continued on Page 21



Meet Molly Elizabeth Coyne! She is the newest addition to Spencer and Trish Coyne's family - a little sister for Ronan. Molly was born January 3rd in Penticton and weighed 7 pounds, 10 ounces. Photo: Amanda Bentley

Town of PRINCETON

## Princeton Town Hall News

### GRANTS IN AID

To support non-profit organizations and agencies that provide programs and services that serves, benefits and/or adds value to the community.

#### POLICY:

That Council allocates annually a finite sum of money through the Town of Princeton budget for Grants in Aid, up to a maximum of \$10,000 per individual application request.

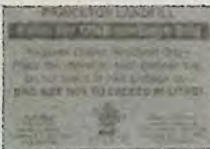
Applications for Grants in Aid are to be received no later than January 31st of each year in which the grant will be used.

Mayor and Council, as part of the annual Town of Princeton budget process, will review and assess Grant in Aid requests by April 1<sup>st</sup> of each year.

Application packages are available at Town Hall or on our website.

### AREA H RESIDENTS

2013 Landfill Stickers are available at Town Hall for pick up by Regional District Area H property owners. Tenants wishing to pick up stickers require written permission from the land owner.



2012 LANDFILL STICKERS CAN STILL BE USED IN 2013 !!!

NEW—LANDFILL STICKERS DO NOT EXPIRE

### DO THEY KNOW WHERE YOU ARE?



AMBULANCE



POLICE



FIRE

Calling 911 is the second step to getting help.

The first step is displaying your civic number!

**PLEASE ENSURE YOUR HOUSE NUMBER**

**CAN BE SEEN FROM THE ROAD**

**And remember—the emergency responder trying to find your house may not be from Princeton.**

### 2013 DOG LICENSES

2013 Dog license fees can be paid at Town Hall at a cost of \$10.00 for spayed or neutered animals and \$30.00 for non-neutered or unspayed dogs.

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

### PUBLIC NOTICE

In accordance with Sections 24 and 26 of the *Community Charter*, the Town of Princeton gives public notice that it intends to enter into a lease agreement with 0778488 BC Ltd for the lease of a portion of the property located at 103 Vermilion Avenue. 0778488 BC Ltd intends to use the property and building for the purposes of an advertising kiosk.

The property is legally described as:

Parcel Identifier: 012-744-573  
Lot 1, Block 10, Plan 55, District Lot 706, Yale Div of Yale Land District.

The term of the lease is month to month. Rent will be 108.00

### COUNCIL MEETING SCHEDULE

#### Meeting Schedule

January 21, 2013	February 4, 2013
February 18, 2013	March 4, 2013
March 18, 2013	April 2, 2013
April 15, 2013	May 6, 2013

### MEETINGS WITH MAYOR ARMITAGE

Mayor Armitage will be at Town Hall on Tuesdays from 11:00 AM until 2:00 PM. Please drop by and share your thoughts with him.







# Editorial Page News Leader

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

## My Turn

### It's In The Cards

We are not competitive in our house.

In fact, when we were growing up in our respective hometowns, both Brenda and I were the last kids picked for teams in school and or playground games.

While I like to think that had left no lasting effect on me, it's probably why I don't have much interest in participating in competitive sports.

Or at least not in physical sporting events, however, if it's something I need to use my mind on then I'll give it a try.

So somehow during the Christmas holiday one of us decided we had spent too much time sitting around the house doing nothing and out came a deck of cards.

We were going to play Rummy.

After refreshing our minds of the basic rules of the game, we proceeded to play a game that lasted a number of hours and ended when it was time to go to bed.

I forgot how much I enjoyed playing cards.

A few days later I came up with an idea.

Instead of starting a new game each time we turned to the cards, why not just play a single game for all of 2013. It would mean that we would just play for as long as we want in a sitting and just keeping a running score to the end of the year. Each game would see us picking up where we left off at the last game.

We had set no schedule other than to play a dozen or so hands once or twice a week for the year.

So far, so good.

At the end of our first session of our planned yearlong game I was trailing by a very, very large margin. I thought I could regain some ground the next time we played and, in fact I did. However, I am still on the losing side.

I figure if we try to make it a habit to play every few days we will make it through the year. The score is already being kept in a lined exercise book so there has been a commitment made to this activity.

What I like about this friendly little competition is that we really aren't competing against each other, although the score is being kept.

What we are doing is competing together to see if we can actually pull off a yearlong game of Rummy.

And while we don't make New Year's resolutions in our house, in a way we did with our card game. The difference is that we're doing something fun and since it's something we're doing together we have a better chance at succeeding in reaching our goal.

If you made a promise to quit or change something this year, I wish you good luck and maybe if you have a partner helping you along the way you'll be successful!



Branch 56 Legion Ladies Auxiliary officers, standing from left, Dawn Johnson and Norma Kraetor. Seated from left, L. A. Zone Commander Marina Ashley, President Charlene Longdo and Secretary-Treasurer Ann Bauder.

## Your Turn

### Letters and E-Mails Received This Past Week

To The Editor,

I would like to give an update to all our community members on activities following the Action Planning Forum regarding seasonal farm labour issues held in Oliver on November 20th, 2012.

The Steering Committee has a new name: Farm And Community Team Okanagan Similkameen (FACTOS).

Our Mission Statement is: "Promoting community spirit and

economic vitality for a healthy seasonal workforce."

We are pleased to announce that Arlene Arlow, Councillor for the Village of Keremeos has agreed to chair the committee. Although the funding is in place until the end of March 2013, we hope that continued funding can be secured because the issues are both economic and cultural and will continue beyond March, 2013.

Our next meeting is on Friday,

January 11th, from 10:00 AM to 12 Noon in Penticton. We are still looking for volunteers who want to share their experience through either of our sub-committees: accommodation, transportation, cross-cultural education, labour and remuneration and safety and security.

We look forward to hearing from you.

Farm And Community Team Okanagan Similkameen (FACTOS) contact information:

- Lilly Zekanovic, Project Coordinator Farm And Community Team Okanagan Similkameen

Phone: 250.493.6822 ext. 109, Toll-free: 1-866-493-6822, Fax: 250.493.6827, or you can send an e-mail to this address: farmwork.pawc@gmail.com

- Arlene Arlow, Chairman Farm And Community Team Okanagan Similkameen

Phone: 250.499.5121 e-mail: aarlow@telus.net

Thank you!

- Lilly Zekanovic

### PRINCETON MINOR POSSE

#### Midgets vs. Kelowna

2:00 PM Saturday, January 12

9:45 AM Sunday, January 13

Princeton Arena

## Broadband?

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## Similkameen News Leader

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Arlene Arlow - Lower Valley Reporter

Spencer Coyne - Columnist/Advertising Sales

### EDITORIAL GUIDE

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





# Current Comment

## The Other Side of the Fruitcake



**Dawn Johnson**  
editor@thenewsleader.ca

Last week I wrote about the people who thought the end of the Mayan calendar meant the end of the world. There is another side to the expectations of people who did not believe it was the end of the world, but did believe a new age of raised consciousness was beginning. They thought the special alignment of our solar system within the Milky Way would bring about some new higher vibration, so our consciousness would be raised. They are almost right.

Consciousness means awareness. Raising the level of awareness of the general population means the same thing as raising the level of consciousness. What many people seeking an elevated level of consciousness have failed to understand is that this process is a work in progress. It has been going on for approximately 150 years. The raised level of consciousness may or may not be related to the position of our solar system and the Milky Way, but there is plenty of evidence to show the level of consciousness in our world is being raised continuously.

If we look back at the American War Between the States, we see an elevation of consciousness about the wrongs of slavery. At the same

time, in England, Charles Dickens was writing his weekly newspaper stories about the plight of the poor in his country. The unfair distribution of wealth led Karl Marx to propose Communism as a solution, leading to the overthrow of the aristocracy in Russia and the establishment of a system that ultimately failed, but certainly changed the old order. The same could be said for Communism in China.

The entire twentieth century was about raising consciousness. In Canada, people embraced trade unionism as a method of raising consciousness about the unfair distribution of wealth. This led to such innovations as worker's compensation, employment insurance, medicare and pensions.

We have become increasingly aware of injustices due to prejudice about race, religion and social position. World War II expanded people's thinking about other people on Earth because suddenly everyone was traveling to new lands as part of the war. We also had to face the depths of horror because of the Nazi death camps, and the Ukrainian starvation policy. We were confronted with the evidence that we were not as civilized as we believed we were.

During all of this time, there was an increasing awareness of injustice to women as they lobbied for the vote, for equal pay, for equal access to education, promotion, and credit.

During the twentieth century, we were increasingly exposed to truths about ourselves through psychology and sociology. We became conscious of the extent of sexual abuse of children, even by 'respectable' leaders of churches. We became more conscious of homosexuality, and more accepting of it. We became more conscious of violence against women and children.

These consciousness-raising trends continue. We are learning more truths about the corruption of our banking system and our corporations, and we have become fully aware of how greed in those systems can force people from their homes into camps for the homeless. The homeless and the hungry raise our consciousness about the unfair distribution of wealth and the unfair taxation policies that allow the rich to keep a higher percentage of their money than the poor are allowed to keep, at least in most countries of the world.

Right now, our consciousness is being raised about the conditions many of our First Nations peoples endure and the refusal of our 'modern' government to honour treaties made with First Nations people. Right now, in India, people's consciousness has been raised about rapists.

During the past century, people became increasingly aware of our obligation to each other as human beings, partly because of our increased ability to communicate. We have not solved all of the problems, but we are increasingly aware of what the problems are and who is causing them.

While our consciousness is being raised, we must confront the fact that there are those who benefit by keeping us stupid and unaware. There has been a distinct 'dumbing down' of television and education during the past 20 years. There are forces at work to keep us from knowing the truth about many things going on in our world. At the same time, there are other forces, such as Independent Television Network and efforts like wikileaks to make sure we know the truth.

Science has led to raised levels of awareness, too. We have been forced to confront our own ability to destroy the planet on which we struggle to survive. We have been forced to pull the reins on some scientists who would launch nuclear weapons just to see what would happen.

Daily, we are forced to sift through thousands of bits of information to try to find the truth, because there are so many conflicting points of view.

Yes, we are entering a new age of elevated consciousness, but it is not an overnight happening, it is still a work in progress, and some people are not working at it, while others work against it.

# Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



**George Elliott**  
OWNER/PUBLISHER  
george@thenewsleader.ca

**Brenda Engel**  
OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

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Phone: 250.295.7714  
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### St. Peter's Roman Catholic Parish

**SUNDAY MASS**

6:00 PM - Saturday  
8:30 AM - Sunday (Nov-Apr)  
10:30 AM - Sunday (May-Oct)

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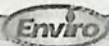
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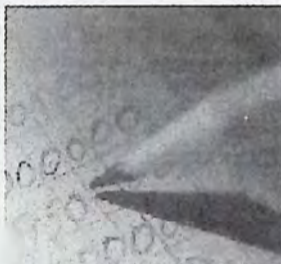


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**CALL FOR DETAILS**

Similkameen News Leader

**250.295.4149****Lower Valley News**

Keremeos - Cawston - Olalla



Over 70 revellers enjoyed Chinese food, good cheer and seasonal spirits at the Royal Canadian Legion December 31st in Keremeos. Festivities peaked at 9:00 PM local time to bring in the "New York New Years". Those wanting to celebrate the real New Years (midnight local time) could do so at home after the legion celebrations. Photo: Arlene Arlow

**Confidence dips slightly**

British Columbia's small business confidence fell slightly in December, dropping to 65.0 from 67.1 in November but still above October's 64.7, while the Canadian average remained virtually unchanged at 62.6.

BC fell back from third to fourth place nationally in terms of small business confidence, behind Newfoundland & Labrador, Saskatchewan and Alberta.

When asked to characterize the current state of their business, 33 per

cent of respondents answered "Good" versus 55 per cent who replied "Satisfactory" and only 12 per cent who responded with "Bad".

**More highlights:**

- 71 per cent of BC employers do not plan to make changes to full-time employment levels, while 20 per cent plan to increase them and 9 per cent plan to reduce them.

- Taxes and regulations remained the biggest cost pressure, chosen by 61 per cent of respondents, followed by wages.

- 44 per cent of BC small businesses say that insufficient domestic demand is their main operating challenge, with the shortage of skilled labour the next most common choice.

The survey results are from members of CFIB, the Canadian Federation of Independent Business.

The CFIB has hundreds of members in the Similkameen Valley including the Similkameen News Leader.

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Deputy Zone Commander Graham Wells, left, installs Jim Turner as Legion Branch 56 President. Photo: Dawn Johnson

## Property values remain stable for 2013

..... continued from Page 2 to 5:00 PM, Monday to Friday. Property owners can contact BC Assessment toll-free at 1-866-valueBC (1-866-825-8322) or via [www.bcaassessment.ca](http://www.bcaassessment.ca).

Visit [www.bcaassessment.ca](http://www.bcaassessment.ca) for more information about the 2013 Assessment Roll including lists of 2013's top most valuable residential properties across the province. Special for 2013, property owners can also visit the website for an online customer service survey, available until January 31.

### Facts on B.C. Property Assessments and the 2013 Assessment Roll

- Total number of properties on the 2013 roll is 1,935,426, a 0.92%

increase from 2012.

- Total value of real estate on the 2013 roll is \$1,129,026,081,413, a 2.30% increase from 2012.

- Total amount of 'non-market change', including new construction and development: approximately \$16.64 billion, an increase of 13.28 per cent from the 2012 roll at \$14.69 billion.

- In B.C., approx. 87.6 per cent of all properties are classified with some residential (Class 1) component. This equates to approximately \$861 billion of the value on the total provincial roll.

- Over 98 per cent of property owners accept their property assessment without proceeding to a formal, independent review of their assess-

ment.

- Assessments are the estimate of a property's market value as of July 1, 2012 and physical condition as of October 31, 2012. This common valuation date ensures there is an equitable property assessment base for property taxation.

- Changes in property assessments reflect movement in the local real estate market and can vary greatly from property to property. When estimating a property's market value, BC Assessment's professional appraisers analyze current sales in the area, as well as considering other characteristics such as size, age, quality, condition, view and location.

..... continued on Page 21



L. A. Zone Commander Marina Ashley installs Charlene Longdo as Legion Ladies Auxiliary President. Photo: Dawn Johnson

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## Health/Lifestyle News

## What You Need To Know About Dementia

(NC)—Who hasn't joked about misplaced keys or a forgotten word being the onset of Alzheimer's disease? Don't kid yourself. Alzheimer's disease is a serious condition that will affect 1.4 million Canadians within the next 20 years, more than double today's figure.

Alzheimer's disease is the most common form of dementia. The term dementia generally refers to a group of brain disorders that are progressive and degenerative - and eventually fatal. It interferes with a person's ability to remember, think and process information.

The disease progresses differently in each person but will gradually make it increasingly difficult for a person to care for themselves and perform tasks or activities previously taken for granted.

Dementia is not a normal part of aging. It can affect people as young as 40, but the risk doubles every five years after age 65.

Some forms of dementia can be treated, even reversed. These forms result from medical conditions such as an infection or the side-effects of medication. But most types, including Alzheimer's disease, are still incurable.

A diagnosis doesn't mean a person has to change their daily routine or stop working immediately. But diagnosis is essential for getting the right treatment and support which will help people live more fully longer and will allow families to plan for future needs.

More information is available online at [www.alzheimer.ca](http://www.alzheimer.ca).

## Top 10 signs of dementia

According to a 2011 Alzheimer Society poll, 50 per cent of Canadian baby boomers identified memory loss as the only sign of Alzheimer's disease, while a quarter couldn't name any sign. Do you know the symptoms? Changes in behaviour and personality can also indicate the beginnings of the disease.

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Recognizing these signs is important for getting a diagnosis and to make the most of the available support and treatments:

- Memory loss - forgetting recent events or difficulty retaining new information
- Difficulty performing familiar tasks - preparing a meal or shopping
- Language problems - finding the right words or using inappropriate words
- Disorientation - getting lost on the way to work or being confused about the time of day
- Poor or decreased judgment - neglecting personal hygiene or safety
- Problems with abstract thinking - difficulty balancing a cheque book or not understanding what the numbers mean
- Misplacing things - putting things

in odd places like storing an iron in the fridge

- Behavioural changes - sharp mood swings, from calm to tears to depression that are hard to explain
- Personality changes - becoming unusually withdrawn, suspicious or anxious
- Loss of initiative - withdrawing from friends and family and losing interest in activities

If you're concerned about dementia for yourself or someone you care about, there are many people who can help you, including your family and friends and community resources. Your local Alzheimer Society offers free counseling and many other services to help you live well with dementia now and throughout its progression. More information is available online at [www.alzheimer.ca](http://www.alzheimer.ca).

## Living Past 100

## You Can Still Thrive In Winter

Many of us treat winter as if it were the plague. We avoid contact with the cold. This is not necessarily healthy.

Our homes become less healthy in winter, as they are closed, forced air furnaces blow dust, cooking creates a number of fumes. We need to be out in the fresh air.

Whether you choose to go for a walk, or go hiking or skiing, the fresh air will do you good unless you have some form of disease that prevents inhaling cold air.

Exercise has benefits year round, and using the cold as an excuse not to go outdoors to do things may be justified, but there is no excuse for lack of exercise just because the weather is cold. You can establish an exercise program in your own home if you want to avoid the cold, or you can go to the gym.

Becoming too cold is always a danger, but dressing properly for winter conditions is something every Canadian knows how to do. Avoiding frostbite or hypothermia is not an excuse for doing nothing all winter.

There are worse dangers by avoiding the cold and turning into a couch potato. If you are not exercising, you stress your body through weight gain, losing muscle mass, and losing flexibility. Exercise keeps muscles strong, and it is worth reminding yourself your heart and blood vessels are made of muscle tissue. Lack of exercise can kill you!

Even though the temperatures are below freezing, make time to go outdoors and breathe fresh air. Do not exercise to extremes in the cold, breathe through your nose or, if it is very cold, breathe through a scarf. Dress for the weather, but get out and move your body even when it is cold outdoors.

The better toned your body is, the less likely you are to become ill, and that is very important during the winter. Winter time is known for the spread of disease, and part of what makes some people susceptible to disease is lack of exercise. Exercise is good for the immune system, as well as for your muscles and blood flow.

On the good side of being outdoors in winter is the calming effect of seeing the magnificent winter landscape. A walk in the snowy world around you can lead to the discovery of scenes of beauty in places you never noticed during the rest of the year.

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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 7 - 13, 2013



Princeton Posse's Justin Moltzahn (#10) takes a face off against Penticton Lakers January 1st. \*

## Posse sink Lakers

Princeton Posse started the New Year off with an afternoon game January 1st with Penticton Lakers.

On paper it was clearly a match of David and Goliath proportions, and although the teams were set for battle the outcome was far different than the story from The Bible.

Princeton entered 2013 in a three-way tie for first place in their division while Penticton held a firm grip on the bottom of the same division. With 24 points between them, the odds were in favour of the home team.

Princeton's Buddy Summers scored the Posse's first goal of the New Year at 14:41 of the first period. Kyle Moore was credited with an assist.

The lead was short-lived.

Penticton tied the game at 3:52 (Reilly O'Connor from Joey Dicaire and Matt Hill), but that changed at 2:04 when Princeton's Eric Kubis scored for the Posse with assistance from Kyle Moore.

The second period saw a lot of battle between the teams as they pushed their armies further and further into each other's territories. Shots were fired and defenders

pushed back.

Princeton widened their lead to 3-1 at 5:47 when Ben Reinbolt popped in a rebound. Kyle Moore was once again on the scene only this time he shared the credit with Buddy Summers.

Some hand-to-hand combat took place behind the Posse goal as time expired which saw a total of nine penalties dished out to five players totaling close to 60-minutes.

The General of one army did not like the result but both sides retreated to their dressing rooms to consider what happened and to plan their final 20-minute attack.

The third period saw Princeton sink two more shots into their intended target.

Lane Erickson scored the first one at 11:59 with help from Brett Perrine and Colby Braaten.

Brett Perrine and Lane Erickson traded passes on approach to the Laker net looking for an opening when Perrine got tripped up and scored at 6:50 while sliding past the net as if racing to beat a pitch to home plate.

Final score: Princeton 5, Penticton 1. Shots on goal: Princeton 36, Penticton 19. Penalties in minutes: Princeton 15 for 86-minutes, Penticton 12 for 70-minutes.

This game was the first of twelve scheduled for Princeton in January - their busiest month in the regular season. Eight of those games are at home.

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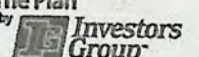
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# Tuesday Movies

## AFTERNOON

4:30 pm TSN ch.19 "The Replacements" (2000, Comedy) Keanu Reeves. A football coach and his team's owner recruit a ragtag band of has-beens and wannabes after failed negotiations lead to a strike.

5:00 pm SPIKE ch.44 "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. Premiere. The owner of a gym and an overbearing entrepreneur form dodgeball teams to compete for \$50,000 in Las Vegas. (In Stereo)

## EVENING

9:00 pm KNOW ch.5 "Armadillo" (2010, Documentary) A filmmaker chronicles Danish soldiers in the Afghan province of Helmand.

9:30 pm WTBS ch.3 "Righteous Kill" (2008, Crime Drama) Robert De Niro. Two veteran detectives hunt a vigilante whose crimes resemble those of a killer they put behind bars long ago.

11:30 pm WTBS ch.3 "The Ring" (2002, Horror) Naomi Watts. A journalist investigates the mystery behind a bizarre videotape that brings death after seven days to all who view it.

# News Leader Horoscopes

January 9 - 16, 2013

**ARIES** - This is a good time to talk about career goals. The future may seem challenging, but you do need to look at where you are going and how you are going to get there. Problems with groups you associate with could cause some disruption, but try to ignore those who upset you. They will get over it. Concentrate on self-renewal and goals.

**TAURUS** - People may seem colder toward you, or less interested than before. This is a year when you can sort your real friends from the rest. Single Taurans may choose to marry or enter into some form of partnership requiring commitment. This is also a year for dealing with your inner self due to unexpected events that confront you.

**GEMINI** - You need to clarify your goals for the future. You are entering a time when you may be more inclined to just dream of what you want for yourself instead of working toward goals. People you associate with may surprise you by their actions. They are changing, new people are coming into your life and others leaving. Don't depend on them.

**CANCER** - Money problems need to be sorted out and solutions found now. A partner or close friend may surprise you with a gift or good deed. Be appreciative. You are in a phase in which you need to look into yourself and seek wisdom. You can learn spiritual values now, or teach them. Focus on relationships of all kinds to make them fuller, kinder.

**LEO** - Be patient with those who oppose you. Listen to them, but remember it is their ego at stake, not yours. Focus on your work and your health. Your home demands your continuous efforts now. This may be the best year for home care, making the home more secure or more valuable. If you plan to renovate, do the planning now and get estimates.

**VIRGO** - Try not to express judgement of others in your family or your immediate circle. You could sound very pompous. Keep in mind you do not know all the answers. Focus on your health and your job, which can be sources of problems now. Open your heart to younger people, find ways to play, and show affection to your lover. Live!

**LIBRA** - Be very cautious while playing sports, as you could be injured now. Do not do any gambling or take risks. You may be very attracted to a lover now. Money is tight and you have to work hard to keep afloat. Focus on home life, family, making family relationships better. Put charm and beauty into home and family life this week.

**SCORPIO** - This year is your year to restructure your life, beginning with yourself. This is a year of new beginnings, and you will change a great deal if you deal with yourself. Self-understanding should be your goal. This week, focus on being gracious to those in your immediate environment, especially siblings. Check your home for fire and safety hazards.

**SAGITTARIUS** - This year you need to focus on completing old projects, clearing away useless things of the past, and making your life run more smoothly and efficiently. This week, be very cautious while driving and even while walking. Accidents can happen when you are on the move. Speak kindly to others now - you tend to sound too harsh.

**CAPRICORN** - This is the birthday month for you. This year, you may find your social circle shrinking, or it may become a burden in some way. You may find yourself being the glue that holds it together, or you may play the role of elder or teacher in the group. This week, do something about your appearance to make yourself more appealing.

**AQUARIUS** - Your energy levels are good now, and you act more forcefully or more energetically than at most times. Watch out for cuts, burns and injuries through careless motions. You may have some kind of anger stirring you up, but try to understand it is your ego more than your heart. Take your ego out of the equation and you will see another side.

**PISCES** - This year, you need to clarify what spirituality means to you, and put it on a solid foundation in your life, keeping in mind that what you believe is within you and is expressed only through your actions. This week, focus on your interactions with others, making sure you are improving your relationships as you enjoy their company. Don't preach!



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## TUESDAY, JANUARY 8, 2013

	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	Morning News (N)	To School HI-5	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Mighty Planes "Orbis"	Dinosaurs Hannah	CityLine (N)	Repo	Canadian Pickers
7 AM	Justice	Justice	Arthur	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Sidekick	SportsCentre		Mighty Ships "Beerus"	Shake It ANT Farm	Let's Make a Deal (N)	Repo	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curlous			CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon Super Evil	SportsCentre		Auction	Jessie	The Price is Right (N)	Repo	Canadian Pickers
9 AM	Millionaire	News	Pinky	Super Why!			CSI: Miami	Live! Kelly and Michael	News	The Doctors	Super Why!	Rescue	SportsCentre	Live! Kelly and Michael	Mayday	Mickey	Access Hollywood Live	Repo	Canadian Pickers
10 AM	Law Order: CI	The Doctors	Doggy Franklin	Sesame Street			The Price is Right (N)	Criminal Minds	The View	Chet/Home Debt/Part	Poko	Squirrel Puppies	Auto Racing	The View	Mighty Ships	Never Land Little	Murdoch Mysteries	Repo	Gold Girls
11 AM	Law Order: CI	Mamas Debt/Part	Rolie Polie Dive, Oily	Tiger Sit & Be Fit	Judge B. Noodle	Young & Restless	Criminal Minds	Paid Prog. My Pillow	Mamas Debt/Part	Noon News Hour	Steven and Chris	G. Shrinks Rescue	Billiards	Marilyn Denis	Canada's Worst Driver	Suite Life Suite/Deck	Murdoch Mysteries	Repo	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N)	Paid Prog. Joint	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil	Strength	CTV News (N)	Sons of Guns	Wizards Hannah	CityLine	Repo	Drew
1 PM	There Yet?	Days of our Lives (N)	Save Ums Wibbly Pig	Paint	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Jeff Probst Show	Heartland (DVS)	Squirrel Sidekick	NFL Live (N) (Live)	The Dr. Oz Show (N)	Auction	Sonny	Katie	Repo	3rd Rock
2 PM	King	The Talk	Big Bear Dinosaur	Barney WordWorld	Katie	Let's Make a Deal (N)	The First 48	The Jeff Probst Show	The Talk	The Ricki Lake Show	Steven and Chris (N)	Almost Super Evil	Off Record	Dr. Phil	Myth-Busters	So Raven Suite/Deck	CityNews at 5 (N)	Repo	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot Clifford	Slid WordGirl	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel Sidekick	SportsCentre (N)	Ellen DeGeneres Show	How Invented the World	Wizards ANT Farm	CityNews at 6 (N)	Repo	Canadian Pickers
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show (N)	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	Parents	Hockey	Anderson Live (N)	Daily Planet (N)	Phineas Phineas	Entertain 30 Rock	Repo	Canadian Pickers
5 PM	Browns	News (N)	Martha Wild Kratts	History Detectives (N)	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News	Parents	"The Replacements" (2000) Keanu Reeves.	CTV News at Five (N)	How/Made	Wingin' It Good Luck	Raising Ben-Kate	Movie: "Dodgeball: A True Underdog Story"	Friends
6 PM	Browns	Global Nat.	Animals Dogs	Abolitionists: American	News Millionaire	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	News	ICarly	Victorious	CTV News (N)	Gold Rush (N)	ANT Farm Wizards	New Girl Mindy	Drew	
7 PM	Seinfeld	Ent	Be the Creature	History Detectives (N)	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Vegas "Palutes" (N)	George S. Coronation	Mr. Young	SportsCentre (N) (Live)	Big Bang etalk (N)	Bering Sea Gold	Jessie	Private Practice (N)	The Joe Schmo Show	Roseanne
8 PM	Family Guy	NCIS "Shabbat Shalom"	Stallin's Back	Abolitionists: American	Betty	NCIS "Shabbat Shalom"	Storage	Mod Fam	NCIS "Shabbat Shalom"	NCIS "Shabbat Shalom"	Mercer	Wipeout	Off Record	Betty	Licence to Drill (N)	Jessie	CityNews-Tonight (N)	The Joe Schmo Show	Debt/Part
9 PM	Amer. Dad	NCIS: Los Angeles (N)	Movie: "Armadillo" (2010, Documentary)	Frontline (N)	Go On	NCIS: Los Angeles (N)	Storage	Happy	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Cracked	Laughs	World Poker Tour	Cleveland Normal	Gold Rush	Wingin' It Warthogs!	Jimmy Kimmel Live (N)	The Joe Schmo Show	Friends
10 PM	"Righteous Kill" (2008) Al Pacino	Vegas "Palutes" (N)		Moyers & Company	Parenthood (N)	Vegas "Palutes" (N)	Storage	Private Practice (N)	Vegas "Palutes" (N)	News Hour Final (N)	National	Boys Splatatol	SportsCentre (N)	(10:01) Criminal Minds	Bering Sea Gold	Lizzie	Mauri (N)	The Joe Schmo Show	Drew
11 PM	"The Ring"	CHBC News Final (N)	Be the Creature	Charlie Rose (N)	News Jay Leno	News Letterman	Storage	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre	CTV News	Licence to Drill	Cory	Paid Prog.	Entourage	3rd Rock



# News Leader Recipe 543

## Veggie Hummus Crunch

Get toasty with this delicious sandwich

(NC)—Canadian winters often make us want to curl up with a plate of our favourite comfort food. This filling, easy-to-make meal will allow you to satisfy that craving for a filling and delicious spread while sticking to your healthy-eating goals.

Like fruits and vegetables, bread has naturally occurring vitamins and minerals, and is an excellent source of nutrients that can help Canadians manage their weight. An excellent source of Manganese, which helps your body metabolize carbohydrates, this sandwich is a perfect way to satisfy your hunger in a healthy, delicious way.

Prep Time: 15 minutes / Total Time: 15 minutes / Serves: 2

### Ingredients:

- 4 Slices Dempster's WholeGrains Wheat & Oats with Honey Bread, toasted
- 1/3 cup (80 mL) Hummus
- 2 Slices light Havarti cheese
- 1 Tomato, sliced
- 2 tbsp (30 mL) Diced red onion
- 1/2 Cucumber, sliced
- 1 Package alfalfa sprouts

### Directions:

- Spread hummus evenly on one side of each slice of toast.
- Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches.
- Cut in half and serve.

For more delicious recipes, please visit [NaturallyDempsters.ca](http://NaturallyDempsters.ca)

- [www.newscanada.com](http://www.newscanada.com)

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## Wednesday Movies

### AFTERNOON

2:00 pm SPIKE ch.44 "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a plane hijacker's stash of money. (In Stereo)

4:00 pm SPIKE ch.44 "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. The owner of a gym and an overbearing entrepreneur form dodgeball teams to compete for \$50,000 in Las Vegas. (In Stereo)

11:30 pm WTBS ch.3 "The Spy Next Door" (2010, Comedy) Jackie Chan. A CIA operative must protect his girlfriend's children from a Russian terrorist after one kid mistakenly downloads a top-secret formula.

### EVENING

8:00 pm SPIKE ch.44 "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a

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## WEDNESDAY, JANUARY 9, 2013

	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	Morning News (N) [RE]	Timothy HI-5 [RE]	Bulldier Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Barter	News	Morning News (N) [RE]	(5:00) Morning News	CBC News Now [RE]	Kid vs. Kat Super Evil	SportsCentre [RE]	CTV Morning Live (N) [RE]	Strip the City	Dinosaurs Hannah	CityLine (N) [RE]	CSI: Crime Scene	Weird or What?
7 AM	Justice		Arthur [RE]	Arthur	Today (N) [RE]	CBS This Morning (N) [RE]	Barter	Good Morning America (N) [RE]			Tiger	Sidekick	SportsCentre [RE]		Mayday [RE]	Shake It	Let's Make a Deal (N)	CSI: Crime Scene	Earth: Final Conflict [RE]
8 AM	Judge Alex		Tree Fu	Curious			Barter		100 Huntley Street [RE]		Bo On/Go	Pokémon	SportsCentre [RE]		Licence to Drill	Jessie [RE]	The Price Is Right (N)	CSI: Crime Scene	Weird or What?
9 AM	Millionaire	News	Pinky	Super Why!		The 700 Club [RE]	Barter	Livel Kelly and Michael	News	The Doctors [RE]	Super Why!	Rescue - Cat in the	SportsCentre [RE]	Livel Kelly and Michael	Mayday "Blind Spot"	Mickey	Access Hollywood Live	CSI: NY [RE]	Weird or What?
10 AM	Law Order: CI	The Doctors [RE]	Doggy Franklin [RE]	Sesame Street [RE]		The Price Is Right (N)	Shipping	The View [RE]	The Doctors [RE]	Chef/Home Debt/Part	Poko [RE]	Squirrel	Auto Racing	The View [RE]	Mighty Ships [RE]	Never Land Little	The Chew [RE]	CSI: NY [RE]	Gold Girls
11 AM	Law Order: CI	Mamas Debt/Part	Rolle Polle Dive, Oily	Tiger Sit & Be Fit	Judge B. Poppy Cat	Young & Restless	Shipping	Paed Prog.	Mamas Debt/Part	Noon News Hour	Steven and Chris [RE]	G. Shrinks	Billiards	Marilyn Denis	Nerve Center [RE]	Suite Life	General Hospital (N) [RE]	CSI: Crime Scene	Friends [RE]
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) [RE]	Paed Prog.	News	Shipping	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Super Evil	World Poker Tour	CTV News (N) [RE]	Gold Rush [RE]	Wizards Hannah	CityLine [RE]	CSI: Crime Scene	'70s Show
1 PM	There Yet?	Days of our Lives (N)	Save-Ums! Wibbly Pig	Oil Painting Sewing	Days of our Lives (N)	The Talk [RE]	Shipping	General Hospital (N) [RE]	Days of our Lives (N)	The Jeff Probst Show	Heartland [RE] (DVS)	Squirrel	NFL Live (N) (Live) [RE]	The Dr. Oz Show (N) [RE]	Bering Sea Gold	Sonny	Katie [RE]	CSI: Crime Scene	3rd Rock
2 PM	King	The Talk [RE]	Big Bear	Barney	Katie [RE]	Let's Make a Deal (N)	Shipping	The Jeff Probst Show	The Talk [RE]	The Ricki Lake Show	Steven and Chris (N) [RE]	Almost	Off Record	Dr. Phil [RE]	Licence to Drill	So Raven	CityNews at 5 (N) [RE]	Movie: ** "Without a Paddle" (2004) [RE]	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil [RE]	Shipping	Rachael Ray [RE]	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel	SportsCentre (N) [RE]	Ellen DeGeneres Show	How Invented the World	Wizards	CityNews at 6 (N) [RE]	Weird or What?	
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) [RE]	Duck D.	The Doctors [RE]	Young & Restless	Early News	Dragons' Den [RE]	SpongeBob	Hockey	Anderson Live [RE]	Daily Planet (N) [RE]	Phineas	How I Met	Movie: ** "Dodgeball: A True Underdog Story" [RE]	Weird or What?
5 PM	College Basketball	News (N) [RE]	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour	News	SpongeBob	Canada Rewind (N) [RE]	CTV News at Five (N)	When Allens Attack [RE]	Wingin' It	The Middle	Friends [RE]	
6 PM		Global Nat.	Animals	PBS News-Hour (N) [RE]	News	KREM 2 News at 6 (N)	Shipping	News	(5:59) News Hour (N)	ET Canada	News	ICarly [RE]		CTV News (N) [RE]		ANT Farm	Mod Fam	The Joe Schmo Show	'70s Show
7 PM	Seinfeld [RE]	Ent	Frontiers of	Nature [RE] (DVS)	Jeopardy!	Inside Ed.	Barter	Ent	Ent	Chicago Fire (N) [RE]	George S	Mr. Young	SportsCentre (N) (Live) [RE]	Big Bang	Myth-Busters [RE]	Jessie [RE]	30 Rock	The Joe Schmo Show	Roseanne
8 PM	Family Guy	Bomb Girls [RE]	Ganges	NOVA (N) [RE] (DVS)	Whitney (N) Guys-Kids	I Get That a Lot (N) [RE]	Barter	The Middle	Bomb Girls [RE]	To Be Announced	Dragons' Den [RE]	Wipeout "Family" [RE]	Off Record	Arrow [RE]	Bering Sea Gold	Austin	CityNews-Tonight (N)	Movie: ** "Without a Paddle" (2004) [RE]	Debt/Part
9 PM	Amer. Dad	People's Choice Awards	Duo Arias and recitatives. [RE]	Life on Fire (N) [RE]	Law & Order: SVU	People's Choice Awards	Duck D.	Mod Fam	People's Choice Awards	Go On [RE]	Arctic Air "Wildfire" [RE]	Laughs	E:60 (N)	Criminal Minds [RE]	When Allens Attack [RE]	Wingin' It	Jimmy Kimmel Live (N)	Friends [RE]	
10 PM	Payne	2013 [RE]		Guardian-Gates	Chicago Fire (N) [RE]	2013 [RE]	Shipping	Nashville (N) [RE]	2013 [RE]	News Hour Final (N)	National	Boys	SportsCentre (N) [RE]	CSI: Crime Scene	Lizzio	So Raven	Maury (N) [RE]	Ways Die	'70s Show
11 PM	Payne "Spy Next"	CHBC News Final (N)	Frontiers of	Charlie Rose (N) [RE]	News	News	(11:01) Barter Kings	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre [RE]	CTV News	Myth-Busters [RE]	Cory	Princess	Entourage	3rd Rock



# Around The Similkameen!



How cool is this? Part of an art display on Vermilion Avenue. \*



Bob Eckert of Prince George, BC and his fishing buddy (not seen in the photo) had no luck at Yellow Lake December 31st. Bob took a few minutes to pack up his gear while his fishing partner warmed up the jeep warm in the parking lot. Although they got skunked at Yellow Lake, the two buddies were going to have fresh trout for supper after having had better luck at Osprey Lake. Photo: Arlene Arlow



This photo shows Yellow Lake in its winter splendor the morning of December 17th. Temperatures were just below zero celsius. Ice was beginning to cloud the lake's surface (compare with the January 2nd picture to the right). Photo: Arlene Arlow



Compared with December 17th (see photo to the left) things were definitely a tad more frozen at Yellow Lake the morning of January 2nd. Temperatures hovered around -7 degrees celsius. The lake still hadn't frozen over and hence, no sign of ice fishermen due to unsafe ice (or so you would think)... Photo: Arlene Arlow



The Similkameen River along Highway 3 in Manning Park. \*



These are called Andy Warhol paintings and Mr. Anderson's class at John Allison Elementary School filled a window on Vermilion Avenue with a display of them. \*





## PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



### PHOENIX LOGAN-HILL

#### #39 Goaltender

Birthday - July 13  
Height 6' 3" / Weight 188

Home Town - Port Moody, BC  
Last Team - Princeton Posse  
Shoots - Left

Favorite Food - Chicken Caesar  
Favorite Music - Anything

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Photo: Bob Marsh Photography



## PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



### KALEB BOYLE

#### #16 Left Wing

Birthday - July 6  
Height 5' 10" / Weight 165

Home Town - Williams Lake, BC  
Last Team - Kamloops Thompson Blazers  
Shoots - Left

Favorite Food - Chicken Penne  
Favorite Music - House Music

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## Thursday Movies

**EVENING**

<p>9:00 pm <b>KNOW ch.5</b> "Mayor of the Sunset Strip" (2003, Documentary) Rodney Bingenheimer. Filmmaker George</p>	<p>Hickenlooper chronicles the life of Los Angeles disc jockey and pop star impresario Rodney Bingenheimer. <b>SPIKE ch.44</b> "Doom" (2005, Science Fiction) The Rock. Soldiers</p>	<p>use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo) <b>9:30 pm WTBS ch.3</b> "Step Up" (2006, Musical) Channing Tatum. A troubled guy but a gifted dancer</p>	<p>attracts the attention of a talented ballerina at a Maryland school. <b>11:30 pm WTBS ch.3</b> "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and</p>
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teams up with a talented classmate to take a team to an underground dance contest.

		WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6	AM :30	In the Heat of the Night	Morning News (N) ☺	Timothy Hi-5	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds ☺	News	Morning News (N) ☺	(5:00) Morning News	CBC News Now ☺	Kid vs. Kat Super Evil	Sports SportsCentre ☺	CTV Morning Live (N) ☺	Canada's Worst Driver	Dinosaurs Hannah	CityLine (N) ☺	Tenants	Four Houses Canada
	7	AM :30	Justice	Arthur ☺	Arthur	Today (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺				Tiger	Slidekick		Dangerous Flights	Shake It ANT Farm	Let's Make a Deal (N)	Tenants	Earth: Final Conflict ☺
8	AM :30	Judge Alex		Tree Fu	Curious			CSI: Miami "Kill Clause"			100 Huntley Street ☺	Bo On/Go	Pokémon			Cash Cab	Jessie ☺	The Price Is Right (N)	Tenants	Live Here
	9	AM :30	Millionaire	News	Pinky	Super Why!						Super Why!	Rescue			Cash Cab	Wizards		Tenants	Live Here
10	AM :30	Law Order: CI	The Doctors ☺	Doggy Franklin ☺	Sesame Street ☺		The 700 Club ☺	CSI: Miami ☺	Live! Kelly and Michael	News	The Doctors ☺	Super Why! Cat in the Hat	Rescue		Live! Kelly and Michael	Mayday ☺	Mickey Manny	Access Hollywood Live	Tenants	Four Houses Canada
	11	AM :30	Law Order: CI	Mamas Debt/Part	Rolie Polie Dive, Oily	Tiger Sit & Be Fit	Pajanimals Judge B.	Young & Restless	Criminal Minds ☺	Paid Prog. Youthful	Mamas Debt/Part	Noon News Hour	Steven and Chris ☺	G. Shrinks		Marilyn Denis	Dangerous Flights	Phineas Suite/Deck	General Hospital (N) ☺	Tenants
12	PM :30	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) ☺	Paid Prog.	News	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Super Evil Kid vs. Kat	30 for 30 ☺	CTV News (N) ☺	When Aliens Attack ☺	Wizards Hannah	CityLine ☺	Tenants	Frasier ☺
	1	PM :30	There Yet?	Days of our Lives (N)	Save-Ums! Wibbly Pig	Painting Knitting	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Jeff Probst Show	Heartland ☺ (DVS)	Squirrel		The Dr. Oz Show (N) ☺	Sonny Random	Katie ☺	Tenants	3rd Rock
2	PM :30	King	The Talk ☺	Big Bear	Barney	Katie ☺	Let's Make a Deal (N)	The First 48 ☺	The Jeff Probst Show	The Talk ☺	The Ricki Lake Show	Steven and Chris (N) ☺	Almost Super Evil		Dr. Phil ☺	Myth-Busters ☺	So Raven Suite/Deck	CityNews at 5 (N) ☺	Tenants	Gold Girls
	3	PM :30	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Rachael Ray ☺	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel		Ellen DeGeneres Show	How Invented the World	Wizards ANT Farm	CityNews at 6 (N) ☺	The Joe Schmo Show
4	PM :30	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) ☺	The First 48 ☺	The Doctors ☺	Young & Restless	Early News Global Nat.	Dragons' Den ☺	Parents		Anderson Live ☺	Daily Planet (N) ☺	Phineas	How I Met 30 Rock	The Joe Schmo Show	Four Houses Canada
	5	PM :30	Browns	News (N) ☺	Martha	News	News	News	The First 48 ☺	News	Early News Global Nat.	News	Parents		CTV News at Five (N)	Sons of Guns ☺	Wingin' It Good Luck	30 Rock	IMPACT Wrestling (N) ☺	Friends ☺
6	PM :30	Browns	Global Nat.	Animals	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	The First 48 ☺	News	(5:59) News Hour (N)	ET Canada	News	ICarty ☺		CTV News (N) ☺	Fast N' Loud (N)	ANT Farm	Person of Interest (N)		Frasier ☺
	7	PM :30	Sinfeld ☺	Ent	What's That About?	Schools That Change	Jeopardy!	Inside Ed.	Beyond Scared Straight	Ent	Ent	(7:01) Elementary "M."	George S	Mr. Young		Big Bang etalk (N)	Moonshiners (N) ☺	Jessie ☺	(7:02) Scandal (N) ☺	Bellator 360 (N) ☺
8	PM :30	Family Guy	Last Resort (N) ☺	Stonehenge	New Tricks ☺	30 Rock	Big Bang	Beyond Scared Straight	Last Resort (N) ☺	Last Resort (N) ☺	Last Resort (N) ☺	The Nature of Things	Wipeout ☺		Big Bang Two Men	Mayday "Turning Point"	Good Luck	CityNews-Tonight (N)	Bellator 360 (N) ☺	Debt/Part
	9	PM :30	Amer. Dad	Chicago Fire (N) ☺	Movie: "Mayor of the Sunset Strip"	Foyle's War	The Office 1600 Penn	Person of Interest (N)	(9:01) The First 48 ☺	Grey's Anatomy (N) ☺	Chicago Fire (N) ☺	Glee Rivalry intensifies.	Doc Zone (N) ☺	Laughs		Grey's Anatomy (N) ☺	Fast N' Loud	Wingin' It	Jimmy Kimmel Live (N)	Movie: ** "Doom" (2005) The Rock ☺
10	PM :30	** "Step Up" (2006) Channing Tatum.	(10:01) Elementary "M."	Snapshot	The Queen's Palaces	Rock Center	(10:01) Elementary "M."	(10:01) The First 48	(10:02) Scandal (N) ☺	(10:01) Elementary "M."	News Hour Final (N)	National	Boys		(10:02) Flashpoint ☺	Moonshiners ☺	Lizzie	Maury ☺		Frasier ☺
	11	PM :30	** "Step Up"	CHBC News Final (N)	What's That About?	Charlie Rose (N) ☺	News Jay Leno	News Letterman	Beyond Scared Straight	News J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Weird		CTV News	Sons of Guns ☺	Cory Princess	Paid Prog.	Bellator 360 ☺



# Friday Movies

**AFTERNOON**

5:00 pm SPIKE ch.44 "The Shawshank Redemption" (1994, Drama) Tim Robbins. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary. (In Stereo) (CC)

**EVENING**

8:00 pm YTV ch.18 "Cats & Dogs: The Revenge of Kitty Galore 3D" (2010, Comedy) Voices of James Marsden. Felines and canines form an unprecedented alliance to protect themselves and their humans from a rogue cat who wants to turn the world into her personal scratching post. (In Stereo) (CC)

FAM ch.26 "Sharpay's Fabulous Adventure" (2011, Comedy-Drama) Ashley Tisdale. Sharpay and her dog, Boi, go to New York City and overcome the odds to find success in the dog-eat-dog

world of theater. (In Stereo) (CC) 9:30 pm WTBS ch.3 "Annapolis" (2006, Drama) James Franco. A young man from the wrong side of the tracks realizes his dream of entering the U.S. Naval Academy in Maryland.

10:00 pm FAM ch.26 "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo) (CC) (DVS)

11:30 pm WTBS ch.3 "Bewitched" (2005, Romance-Comedy) Nicole Kidman. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom.

# Christmas Sudoku 435

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.

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

**THIS WEEK'S SOLUTION:**  
Page 20

News Leader Sudoku grids, puzzles and solutions

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6 AM	In the Heat of the Night	Morning News (N) ☺	Timothy HI-5	Bulldog Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Parking	News	Morning News (N) ☺	(5:00) Morning News	CBC News Now ☺	Kid vs. Kat Super Evil	Sports	CTV Morning Live (N) ☺	Salvage Hunters ☺	Dinosaurs Hannah	CityLine (N) ☺	Deadliest Warrior	Security
7 AM	Justice		Arthur ☺	Arthur	Today (N) ☺	CBS This Morning (N) ☺	Parking	Good Morning America (N) ☺			Tiger	Yu-Gi-Oh!	SportsCentre ☺		Nerve Center ☺	Shake It ANT Farm	Let's Make a Deal (N)	Deadliest Warrior	Earth: Final Conflict ☺
8 AM	Judge Alex		Tree Fu	Curious			Parking			100 Huntley Street ☺	Bo On/Go	Pokémon	SportsCentre ☺		Myth-Busters ☺	Jessie ☺	The Price Is Right (N)	Deadliest Warrior	Outlaw Bikers ☺
9 AM	Millionaire	News	Pinky	Super Why!		The 700 Club ☺	Parking	Livel Kelly and Michael	News	The Doctors ☺	Super Why!	Rescue		Livel Kelly and Michael	Mayday "Bad Attitude"	Mickey Manny	Access Hollywood Live	Deadliest Warrior ☺	Security
10 AM	Law Order: CI	The Doctors ☺	Doggy Day Franklin ☺	Sesame Street ☺		The Price Is Right (N)	Parking	The View ☺	The Doctors ☺	Chef/Home Debt/Part	Poko ☺	Squirrel		The View ☺	Mighty Ships ☺	Never Land Little	The Chew ☺	Deadliest Warrior	Gold Girls
11 AM	Law Order: CI	Mamas Debt/Part	Rolle Polle Dive, Oily	Tiger Sit & Be Fit	Judge B. Wiggles	Young & Restless	Parking	Paid Prog.	Mamas Debt/Part	Noon News Hour	Steven and Chris ☺	G. Shrinks		Marilyn Denis	Hillbilly Handfishin' ☺	Suite Life Suite/Deck	General Hospital (N) ☺	Deadliest Warrior	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) ☺	Paid Prog.	News Bold	Parking	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Super Evil	E:60 ☺	CTV News (N) ☺	Fast N' Loud	Wizards Hannah	CityLine ☺	Deadliest Warrior	King
1 PM	There Yet?	Days of our Lives (N)	Save-Ums! Wibbly Pig	Painting Scrapbook	Days of our Lives (N)	The Talk ☺	Parking	General Hospital (N) ☺	Days of our Lives (N)	The Jeff Probst Show	Heartland ☺ (DVS)	Squirrel	Curling: World Financial	The Dr. Oz Show (N) ☺	Moonshiners ☺	Sonny Random	Katie ☺	Deadliest Warrior	3rd Rock
2 PM	King	The Talk ☺	Big Bear	Barney	Katie ☺	Let's Make a Deal (N)	Parking	The Jeff Probst Show	The Talk ☺	The Ricki Lake Show	Steven and Chris (N) ☺	Almost Super Evil	Group Continental Cup: Singles. (N)	Dr. Phil ☺	Sons of Guns ☺	So Raven Suite/Deck	CityNews at 5 (N) ☺	Deadliest Warrior	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil ☺	Parking	Rachael Ray ☺	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel		Ellen DeGeneres Show	How/Made	Wizards ANT Farm	CityNews at 6 (N) ☺	Deadliest Warrior	Outlaw Bikers ☺
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) ☺	Duck D.	The Doctors ☺	Young & Restless	Early News Global Nat.	Dragons' Den ☺	Kung Fu	NBA Basketball: Charlotte Bobcats at Toronto Raptors. ☺	Anderson Live ☺	Daily Planet (N) ☺	Phineas Really Me	How I Met 30 Rock	Deadliest Warrior	Security
5 PM	Browns	News (N) ☺	Martha	News	News	News	Duck D.	News	Early News Global Nat.	(4:59) News Hour	News	Kung Fu		CTV News at Five (N)	Auction	Dog Good Luck	Last Man Malibu	Movle: *** "The Shawshank Redemption" (1994, Drama) Tim Robbins. ☺	Friends
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) ☺	News	KREM 2 News at 6 (N)	Duck D.	News	(5:59) News Hour (N)	ET Canada	News	SpongeBob		CTV News (N) ☺	Hillbilly Handfishin' (N)	Shake It Austin	Fringe (N) ☺ (PA) ☺	Deadliest Warrior	King
7 PM	Seinfeld ☺	Ent	Mega Builders	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	16x9 (N) ☺	George S	SpongeBob	World Financial	Big Bang	Mayday "Turning Point"	Jessie ☺	Mantracker ☺ (DVS)	Roseanne	
8 PM	Family Guy	Kitchen Nightmares	Emma	Doc Martin ☺	1600 Penn	Undercover Boss (N) ☺	Storage	Last Man	Kitchen Nightmares	Kitchen Nightmares	M'ketplace	"Cats & Dogs: The Revenge of Kitty Galore 3D"	Sports	CSI: NY "Civilized Lies"	Cash Cab	"Sharpay's Fabulous Adventure" ☺	CityNews-Tonight (N)	Deadliest Warrior	ET Canada
9 PM	Amer. Dad	Parenthood (N) ☺	Polrot ☺	Land Girls ☺	Dateline NBC (N) ☺	CSI: NY "Civilized Lies"	Duck D.	Shark Tank (N) ☺	Parenthood (N) ☺	Bomb Girls	fifth estate			Shark Tank (N) ☺	Hillbilly Handfishin' ☺	Shake It	Jimmy Kimmel Live ☺	Deadliest Warrior	Friends
10 PM	"Annapolis" (2006) James Franco.	16x9 (N) ☺	Party Animals ☺	The Barnes Collection		Blue Bloods (N) ☺	Duck D.	(10:01) 20/20 ☺	16x9 (N) ☺	News Hour Final (N)	National	Mr. Young	SportsCentre (N) ☺	Blue Bloods (N) ☺	Auction	"Johnny Kapahala: Back on Board"	Maury ☺	Repo	King
11 PM	"Be"	CHBC News Final (N)	Mega Builders	Charlie Rose (N) ☺	News	News	Storage	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre ☺	CTV News	Mayday "Turning Point"	Princess	Paid Prog.	Repo	3rd Rock



# News Leader Weekend - Saturday Movies

**MORNING**

8:00 am WTBS ch.3 "The Tuxedo" (2002, Comedy) Jackie Chan. A chauffeur embarks on a covert mission after a tuxedo from a secret agent gives him extraordinary abilities.

**AFTERNOON**

12:00 pm FAM ch.26 "Wizards of Waverly Place: The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo) (CC)  
1:30 pm SPIKE ch.44 "The

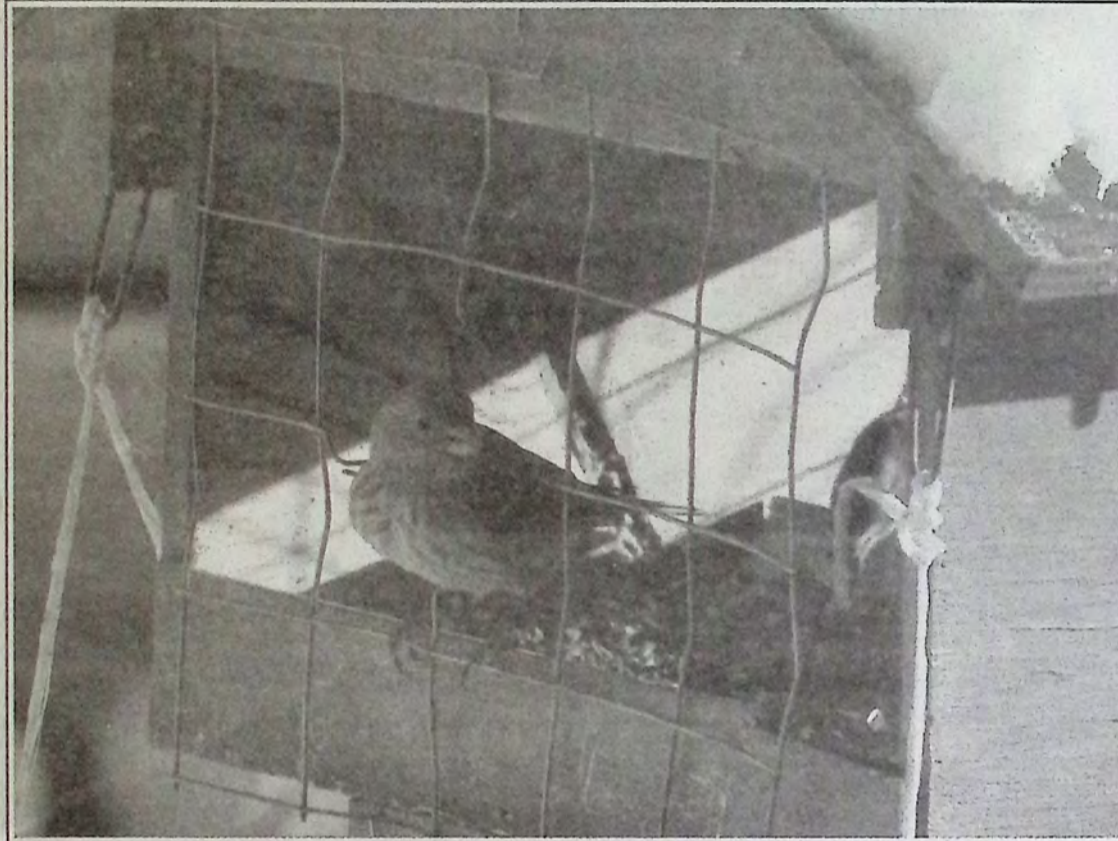
Shawshank Redemption" (1994, Drama) Tim Robbins. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary. (In Stereo) (CC)  
3:00 pm CHBC ch.4 BCTV ch.11 "Gridiron Gang" (2006, Drama) The Rock. A counselor at a juvenile detention facility turns a group of

young criminals into a football team to teach them self-respect and responsibility. (CC)  
5:00 pm WTBS ch.3 "National Treasure" (2004, Adventure) Nicolas Cage. An adventurer must steal the Declaration of Independence and use its hidden map to find a legendary fortune. SPIKE ch.44 "Scarface" (1983, Crime Drama) Al Pacino. A Cuban immigrant from Castro's jails cuts a violent path of destruction on his way to the top of Miami's drug trade. (In Stereo) (CC)

cook with a crush on a waitress makes a deal with the devil. (In Stereo) (CC)  
YTV ch.18 "Radio Rebel" (2012, Drama) Debby Ryan. Two worlds collide when a shy teenager develops an alter ego that becomes popular on the radio. (In Stereo) (CC)  
9:00 pm FAM ch.26 "It Could Happen to You" (1994, Romance-Comedy) Nicolas Cage. A New York policeman keeps his promise to split a \$4 million lottery prize with a waitress, but his wife objects. (In Stereo) (CC)  
10:00 pm WTBS ch.3 "Conspiracy Theory" (1997, Suspense) Mel Gibson. An obsessive New York cabbie, in love with a government worker, learns that one of his suspicions is justified. CITY ch.29 "Fever Pitch" (2005, Romance-Comedy) Drew Barrymore. A corporate executive falls for an affable schoolteacher obsessed with the Boston Red Sox. (CC)  
10:30 pm CBC ch.13 "Gunless" (2010, Comedy) Sienna Guillory. An American gunslinger is unable to find someone to duel in a Canadian town where no one understands the brutal code of the American Wild West. (In Stereo) (CC)  
10:42 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) (DVS)

**EVENING**

7:30 pm WTBS ch.3 "Absolute Power" (1997, Suspense) Clint Eastwood. A veteran thief catches the president of the United States in adultery and a murder cover-up.  
8:00 pm CHBC ch.4 BCTV ch.11 "Impact" (2008, Action) Natasha Henstridge. Scientists have 39 days to prevent the moon from colliding with Earth. (CC)  
KSPS ch.6 "Bedazzled" (1967, Comedy) Peter Cook. A short-order



This is the time of year to make sure your feeding stations are regularly stocked with seed. \*

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**SATURDAY, JANUARY 12, 2013**

	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	Paid Prog.	Canadian	Little Bear	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Beauty	Canadian	Saturday Morning News Shane Jones.	Monster	Kid vs. Kat	SportsCentre (N) (CC)	Juicebox (N) (CC)	Dirty Jobs (N) (CC)	Wingin' It	Kitchen	Xtreme 4x4	PR Life! (N) (CC)
6:30 AM	Paid Prog.	Fishful	WordWorld	Fly Tying				My Pillow	Fishful		Busytown	Cat in the Hat			Suite/Deck	Panorama	Horse.	Paid Prog.	
7 AM	Paid Prog.	Saturday Morning News Lynn Colliar. (N) (CC)	Rob Robot	MotorWeek	KHQ News Saturday (N) (CC)	Doodlebop	Flip This House (N) (CC)	Good Morning America	Saturday Morning News Lynn Colliar. (N) (CC)		Animal	Rated A	NFL Countdown (N) (Live) (CC)		Hillbilly Handfishin' (N) (CC)	Hannah	Eye/Asia	Truckst (N) (CC)	Food
7:30 AM	Atl. Eats		Rolie Polie	Greener		Doodlebop					Super Why!	Sidekick			Sonny	Nossa TV	MuscleCar	Food	
8 AM	Movie: ** "The Tuxedo" (2002) Jackie Chan.		Tree Fu	Woodsmith		Busytown	Flipping Vegas (N) (CC)	Hanna			Doodlebop	Squirrel		Anne	Mayday "Turning Point"	Wizards of Waverly Place	Polish Studio (N) (CC)	Tattoo	Fraser (N) (CC)
8:30 AM			G. Shrinks	Rough Cut		Busytown		Ocean			Cross	Squirrel		Lit. Hobo	Dog		Bar Rescue (N) (CC)	Fraser (N) (CC)	
9 AM			Magic Bus	Hometime		Liberty	Flipping Vegas (N) (CC)	Explore		Driving TV	Absolutely Canadian (N) (CC)	SpongeBob Parents	Curling	Operation Smile	Good Luck	EP Weekly		Fraser (N) (CC)	
9:30 AM			Arthur (N) (CC)	Old House		Liberty		Rescue		Fishing				Children	Wingin' It	Reviews	Bar Rescue (N) (CC)	Fraser (N) (CC)	
10 AM	Payne	Fishn	Lilly	Old House	LazyTown	Paid Prog.	Flipping Vegas (N) (CC)	Recipe	Fishn	Powerboat	Darwin's New World	Kung Fu		App	ANT Farm	Tow Blz		Friends (N) (CC)	
10:30 AM	College Basketball					Paid Prog.		Food	Fishing	Tradition	Turtles			Is Written	Jessie (N) (CC)	Ed's Up	Bar Rescue (N) (CC)	Friends (N) (CC)	
11 AM		Powerboat	Upside	Chef	Juice and Losel	Extra (N) (CC)	Flipping Vegas (N) (CC)	Paid Prog.	Powerboat	Family	fifth estate	Turtles		Car Bnss	Shake It	Get Stuffed	The Role	Friends (N) (CC)	
11:30 AM		Driving TV	Echo	Sara's				Paid Prog.	Driving TV	Family		Pokemon	NFL's Greatest Games (Taped) (CC)	Cash Cab	Hillbilly Handfishin' (N) (CC)	Travels	Schmo Show	Fraser (N) (CC)	
12 PM		Noon News Hour (N)	Dogs	Cook's	Ticket to the Tour (N)	Paid Prog.	Celebrity Ghost Stories	Shark Tank (N) (CC)	Noon News Hour (N)	Simpsons	Recipes	Pokemon	Motoring	The NFL Today (N) (CC)	Auction	Planet	The Joe Schmo Show	Fraser (N) (CC)	
12:30 PM			Dogs/Job	Victory		The NFL Today (N) (CC)	Celebrity Ghost Stories			Simpsons	Stefano	Power				Paid Prog.	Movie: *** "The Shawshank Redemption" (1994, Drama) Tim Robbins. (N) (CC)	Fraser (N) (CC)	
1 PM	College Basketball	Mysteries	Rivers	Antiques Roadshow	Skiing	NFL Football: AFC Divisional Playoff: Teams TBA. (Time tentative) (N) (Live) (CC)	Celebrity Ghost Stories	ESPN Sports Saturday (N)	Mysteries	Simpsons	Lang & O'Leary	Yu-Gi-Oh!	Curling	NFL Football: AFC Divisional Playoff: Teams TBA. (Time tentative) (N) (Live) (CC)	Auction	Phineas	Paid Prog.	Movie: *** "Scarface" (1983, Drama) Al Pacino, Michelle Pfeiffer. (N) (CC)	Fraser (N) (CC)
1:30 PM		Simpsons	Rivers				Celebrity Ghost Stories		Simpsons	Movie	FIS Alpine Skiing	Boys		Jungle Gold (N) (CC)	Gravity	Tow Blz	Entertain	Fraser (N) (CC)	
2 PM		Simpsons	Mega Builders	History Detectives (N)	Dog Challenge	Teams TBA. (Time tentative) (N) (Live) (CC)	Celebrity Ghost Stories		Simpsons		George S	Boys		Cash Cab	Good Luck	CityNews Weekends		Fraser (N) (CC)	
3 PM	The Office	Movie: *** "Gridiron Gang" (2006) The Rock, Xzibit.	Frontiers of	Globe Trekker (N)	Jdg Judy	(Live) (CC)	Storage	To Be Announced	Movie: *** "Gridiron Gang" (2006) The Rock, Xzibit.		22 Minutes	Boys	SportsCentre (N) (CC)	How/Made	Sonny	G. Martin		Fraser (N) (CC)	
3:30 PM	The Office		Wild Again	Steves	Pajanimals		Storage	To Be Announced		Global Nat.	The Nature of Things	Mr. Young	Boxing	Cash Cab	Jessie (N) (CC)	Out There		Fraser (N) (CC)	
4 PM	Seinfeld (N)			Travel	Poppy Cat		Storage			News Hour	Land/ Sea	Mr. Young		Cash Cab	Dog			Fraser (N) (CC)	
4:30 PM	Seinfeld (N)		Stonehenge	Last/Wine	News		Storage			Global Nat.	One/One	Mr. Young		Cash Cab	Dog			Fraser (N) (CC)	
5 PM	Movie: ** "National Treasure" (2004) Nicolas Cage.		Be the Creature	Lawrence Welk	News	Jeopardy!	Storage	News	(5:59) News Hour (N)	Recipe to Riches	National	Zoink'd! (N) (CC)	Curling	Auction	Shake It	Murdoch Mysteries (N) (CC)	Movie: *** "Scarface" (1983, Drama) Al Pacino, Michelle Pfeiffer. (N) (CC)	Friends (N) (CC)	
5:30 PM					News		Storage	News	ABC News	M'ketplace	Splatalot	Babysitting		Auction	Austin	The Biggest Loser (N) (CC)		Friends (N) (CC)	
6 PM					News		Storage	News			Hockey/History	Zoink'd! (N) (CC)		Auction	Good Luck	The Office	Ways Die	Friends (N) (CC)	
6:30 PM					News		Storage	News			Babysitting	Zoink'd! (N) (CC)		Auction	Really Me			Friends (N) (CC)	
7 PM					News		Storage	News						Auction	Wizards of Waverly Place			Fraser (N) (CC)	
7:30 PM					News		Storage	News						Auction	Suite/Deck			Fraser (N) (CC)	
8 PM					News		Storage	News						CTV News (N) (CC)	Gold Rush (N) (CC)	Sonny	CityNews Weekends	Ways Die	Food
8:30 PM					News		Storage	News						Auction	Random			Fraser (N) (CC)	
9 PM					News		Storage	News						Auction	"It Could Happen to You" (N) (CC)			Fraser (N) (CC)	
9:30 PM					News		Storage	News						Auction	"Roxy Hunter: Myth"			Fraser (N) (CC)	
10 PM					News		Storage	News						Auction	"Fever Pitch" (2005) (N) (CC)			Fraser (N) (CC)	
10:30 PM					News		Storage	News						Auction				Fraser (N) (CC)	
11 PM					News		Storage	News						Auction				Fraser (N) (CC)	
11:30 PM					News		Storage	News						Auction				Fraser (N) (CC)	



# News Leader Weekend - Sunday Movies

**MORNING**

7:00 am A&E ch.9 "Pretty in Pink" (1986, Romance-Comedy) Molly Ringwald. A rich teen asks an unpopular student to the senior prom, creating problems among their separate circles of friends. (CC)  
 TROP ch.45 "Heaven Can Wait" (1978, Fantasy) Warren Beatty. Heavenly executive Mr. Jordan allows an angry quarterback, taken before his time, to return to Earth as a millionaire. (In Stereo) (CC)  
 8:00 am WTBS ch.3 "Without a Paddle: Nature's Calling" (2009, Comedy) Oliver James. Two friends and a crazy Briton have wild misadventures while search-

ing for a missing girl in the woods.  
 9:00 am A&E ch.9 "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (CC)  
 TROP ch.45 "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. A boy and his three buddies set out in the summer of 1959 on a hike to find a dead body. (In Stereo) (CC)  
 11:00 am WTBS ch.3 "Head of State" (2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running mate.  
 TROP ch.45 "Crocodile Dundee" (1986, Comedy) Paul

Hogan. A rich reporter tours out-back Australia with a crocodile hunter, then brings him to Manhattan. (In Stereo) (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. (In Stereo) (CC)  
 1:00 pm TROP ch.45 "Heaven Can Wait" (1978, Fantasy) Warren Beatty. Heavenly executive Mr. Jordan allows an angry quarterback, taken before his time, to return to Earth as a millionaire. (In Stereo) (CC)  
 1:30 pm SPIKE ch.44 "Scarface" (1983, Crime Drama) Al Pacino. A Cuban immigrant from Castro's jails cuts a violent path of destruction on his way to the top of Miami's drug trade. (In Stereo) (CC)  
 2:00 pm YTV ch.18 "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (In Stereo) (CC)  
 3:30 pm CHBC ch.4 BCTV ch.11 "John Tucker Must Die" (2006, Romance-Comedy) Jesse Metcalfe. Three popular gals from different cliques join forces for revenge after discovering that the school stud is stringing them along. (CC)  
 4:00 pm YTV ch.18 "The Pink Panther" (2006, Comedy) Steve Martin. A bumbling French inspector investigates the murder


of a famous soccer coach and the theft of his priceless pink diamond. (In Stereo) (CC)  
 5:00 pm WTBS ch.3 "Fool's Gold" (2008, Action) Matthew McConaughey. A treasure hunter drags his estranged wife and her boss on a quest to find 40 chests of lost Spanish gold.  
 CBC ch.13 "Eloise at the Plaza" (2003, Comedy) Julie Andrews. A 6-year-old girl causes problems for her British guardian, a prince and a hotel manager. (In Stereo) (CC)  
 TROP ch.45 "Crocodile Dundee" (1986, Comedy) Paul Hogan. A rich reporter tours out-back Australia with a crocodile hunter, then brings him to Manhattan. (In Stereo) (CC)

**EVENING**

6:00 pm YTV ch.18 "The Pink Panther 2" (2009, Comedy) Steve Martin. Clouseau and a team of international detectives investigate the thefts of the world's greatest treasures, including the diamond called the Pink Panther. (In Stereo) (CC)  
 7:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest.  
 TROP ch.45 "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. A boy and his three buddies set out in the summer of 1959 on a hike to find a dead

body. (In Stereo) (CC)  
 9:00 pm FAM ch.26 "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula. (In Stereo) (CC)  
 TROP ch.45 "Heaven Can Wait" (1978, Fantasy) Warren Beatty. Heavenly executive Mr. Jordan allows an angry quarterback, taken before his time, to return to Earth as a millionaire. (In Stereo) (CC)  
 10:00 pm WTBS ch.3 "Yes Man" (2008, Comedy) Jim Carrey. After attending a self-help seminar, a negative-thinking man brings about an amazing change in his life by saying yes to everything.  
 CITY ch.29 "Fever Pitch" (2005, Romance-Comedy) Drew Barrymore. A corporate executive falls for an affable schoolteacher obsessed with the Boston Red Sox. (CC)  
 10:32 pm FAM ch.26 "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (CC)  
 11:00 pm KNOW ch.5 "Mayor of the Sunset Strip" (2003, Documentary) Rodney Bingenheimer. Filmmaker George Hickenlooper chronicles the life of Los Angeles disc jockey and pop star impresario Rodney Bingenheimer.  
 TROP ch.45 "Stand by Me" (1986, Comedy-Drama) Wil Wheaton. A boy and his three buddies set out in the summer of 1959 on a hike to find a dead body. (In Stereo) (CC)

## Princeton Area Ghost Towns - The DVD



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**SUNDAY, JANUARY 13, 2013**

	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	Think Big	In a Name	Little Bear	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds	Matthews	In a Name	Sunday Morning News (N)	Super Why!	Kid vs. Kat	Sports	Lit. Hobo	Highway Thru Hell	Wingin' It	R Schuller	Xtreme 4x4	Fish TV
6:30	Mad About	Inventors	WordWorld	Signing	Today (N)	Paid Prog.	Criminal Minds	On Money	Inventors	Sunday Morning News (N)	Poko	Super Evil	Reporters	App	Suite/Deck	ChurchRock	Horse.	Paid Prog.	
7 AM	Career Day	Sunday Morning News (N)	Rob Robot	Wild	KHQ News	CBS News	Movie: *** "Pretty in Pink" (1986)	Good Morning America	Sunday Morning News (N)		Animal	Mr. Young	Sunday NFL Countdown (N)	Operation Smile	Titanic: The Aftermath (DVS)	Hannah	Eye/Asia	Trucks!	Movie: *** "Heaven Can Wait" (1978)
7:30	P. Affairs		Rolle Polle	Clifford	Invest	Sunday Morning (N)		This Week			Artzooka	Babysitting	(Live)	Question Period (N)	Sonny	Dhartl	MuscleCar		
8 AM	Movie: "Without a Paddle: Nature's Calling"		Tree Fu	Curious	Meet the Press (N)	The Nation					Coronation	Splatalot			Wizards	Pakistan	Tattoo		
8:30			G. Shrinks	Cat in the Hat							Coronation	Zoink'd!			Dog	Festival Italiano di Johnny Lombardi (In Italian)	Tattoo		
9 AM			Magie Bus	SciGirls	Justin	Youthful	Movie: *** "Ghost"	To Be Announced			Coronation	SpongeBob		FOX NFL Sunday (N)	Myth-Busters	Good Luck	Tattoo		
9:30			Arthur	Impact	Paid Prog.	Paid Prog.					Coronation	Parents			Wingin' It	Tattoo			Movie: *** "Stand by Me" (1986)
10 AM	The Closer	Block	Wild Kratts	Inside Olympiads	Juice and Losel	College Basketball: Michigan at Ohio State. (Time tentative).	Hoggers	Storms	In Touch		Stevens and Chris	Victorious	Bucks at Toronto Raptors.	NFL Football: NFC Divisional Playoff: Teams TBA. (Time Tentative).	Dangerous Filings	Austin	Reviews	Ways Die	Movie: *** "Crocodile Dundee" (1986)
10:30			Little	Europe Jrnl	Entertainers	USSA					Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
11 AM	Movie: *** "Head of State"	In Touch	Babar	Europe Jrnl	Entertainers	USSA					Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
11:30			Animals	Moyers & Company							Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
12 PM	(2003) Chris Rock	Noon News Hour (N)	Animals	Moyers & Company							Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
1 PM	King	The Best Years	Battle-Bagpipes	Rumrunners' Paradise	Snowboarding	NFL Football: AFC Divisional Playoff: Teams TBA. (Time tentative). (N)	Hoggers	Storms	In Touch		Stevens and Chris	Victorious	Bucks at Toronto Raptors.	NFL Football: NFC Divisional Playoff: Teams TBA. (Time Tentative).	Dangerous Filings	Austin	Reviews	Ways Die	Movie: *** "Crocodile Dundee" (1986)
1:30	King										Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
2 PM	Family Guy	Simpsons	What's That About?	Prohibition (Part 2 of 3) (DVS)	Paid Prog.	Teams TBA. (Time tentative). (N)	Hoggers	Storms	In Touch		Stevens and Chris	Victorious	Bucks at Toronto Raptors.	NFL Football: NFC Divisional Playoff: Teams TBA. (Time Tentative).	Dangerous Filings	Austin	Reviews	Ways Die	Movie: *** "Crocodile Dundee" (1986)
2:30	Family Guy										Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
3 PM	Big Bang	Simpsons	Be the Creature		Back Fat?						Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
3:30	Big Bang	Movie: ** "John Tucker Must Die" (2006)	Islands of Britain	Losing Weight	Arrivals Special						Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
4 PM	Big Bang										Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
4:30	Big Bang										Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
5 PM	Movie: ** "Fool's Gold" (2008) Kato Hudson	News	Victorian Pharmacy	Space-NASA	The 70th Annual Golden Globe Awards Achievement in film and television.	News	Storage	News	News		Stevens and Chris	Victorious	Bucks at Toronto Raptors.	NFL Football: NFC Divisional Playoff: Teams TBA. (Time Tentative).	Dangerous Filings	Austin	Reviews	Ways Die	Movie: *** "Crocodile Dundee" (1986)
5:30											Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
6 PM											Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
6:30											Howe Do	Land/Sea	Mr. Young	Flying Wild Alaska	Movie: ** "High School Musical 2"	Shake It	Paid Prog.	Ways Die	
7 PM	Movie: ** "Failure to Launch"	Burgers	National Geographic	To Be Announced	Mark Few	Elementary	Storage	Funnest Home Videos	Burgers	The Good Wife (N)	Heartland (N)	Splatalot	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters	Wizards	Happy	Ways Die	Movie: *** "Stand by Me" (1986)
7:30											Heartland (N)	Splatalot	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters	Wizards	Happy	Ways Die	
8 PM											Heartland (N)	Splatalot	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters	Wizards	Happy	Ways Die	
8:30											Heartland (N)	Splatalot	SportsCentre (N) (Live)	Once Upon a Time (N)	Myth-Busters	Wizards	Happy	Ways Die	
9 PM	The Closer	Family Guy	Lewis "Counter Culture Blues"	Abolitionists: American	CSI: Miami	The Good Wife (N)	Storage	Revenge "Sabotage"	Family Guy	Family Guy	Republic of Doyle (N)	Splatalot	Sports	Castle	Inside the Milky Way How the galaxy came to be.	Movie: "The Proud Family" (2005)	The Office	The Office	Movie: *** "Heaven Can Wait" (1978)
9:30											Republic of Doyle (N)	Splatalot	Sports	Castle	Inside the Milky Way How the galaxy came to be.	Movie: "The Proud Family" (2005)	The Office	The Office	
10 PM	Movie: *** "Yes Man" (2008) Jim Carrey	The Good Wife (N)	To Be Announced	Criminal Minds	The Mentalist	Storage	Storage	Happy	The Good Wife (N)	News Final	National	Pick	SportsCentre	The Mentalist (N)	galaxy came to be.	Movie: *** "Fever Pitch" (2005)	The Joe Schmo Show	The Joe Schmo Show	Movie: *** "Stand by Me" (1986)
10:30											National	Pick	SportsCentre	The Mentalist (N)	galaxy came to be.	Movie: *** "Fever Pitch" (2005)	The Joe Schmo Show	The Joe Schmo Show	
11 PM											National	Pick	SportsCentre	The Mentalist (N)	galaxy came to be.	Movie: *** "Fever Pitch" (2005)	The Joe Schmo Show	The Joe Schmo Show	
11:30											National	Pick	SportsCentre	The Mentalist (N)	galaxy came to be.	Movie: *** "Fever Pitch" (2005)	The Joe Schmo Show	The Joe Schmo Show	





By the look of some yards in and around Princeton it is hard to tell whether or not there has been much in the way of snow so far this winter. This bird feeder in South Princeton shows that there has actually been a fair amount of snow. \*

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# Monday Movies

**AFTERNOON**

12:00 pm SPIKE ch.44 "Fighting" (2009, Drama) Channing Tatum. A scam artist introduces a young man to New York's bare-knuckle street-fighting circuit. (In Stereo)

5:00 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

9:30 pm WTBS ch.3 "Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino. Two pinheads try to impress former classmates with far-fetched success stories.

11:30 pm WTBS ch.3 "Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino. Two pinheads try to impress former classmates with far-fetched success stories.

**EVENING**

7:30 pm SPIKE ch.44 "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. An American street racer in Japan learns an exciting but dangerous new style and goes head-to-head with a local champion who has ties to the Yakuza. (In Stereo)

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MONDAY, JANUARY 14, 2013

	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	Morning News (N)	To School HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Junk Raiders	Dinosaurs Phineas	CityLine (N)	CSI: Crime Scene	Food
7 AM	Justice	Justice	Arthur	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Sidkidd	SportsCentre		Cash Cab	Shake It	Let's Make a Deal (N)	CSI: NY	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami		100 Huntley Street		Bo On/Go	Pokémon	SportsCentre		Nerve Center	Jessie	The Price Is Right (N)	CSI: NY	Eat St.
9 AM	Millionaire	News	Pinky	Super Why!		The 700 Club	CSI: Miami	Live! Kelly and Michael	News	The Doctors	Super Why!	Rescue	SportsCentre	Live! Kelly and Michael	Mayday	Mickey	Access Hollywood Live	CSI: Crime Scene	Food
10 AM	Law Order: CI	The Doctors	Doggy Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds "P911"	The View	The Doctors	Chet/Home	Poko	Squirrel	Sportfish	The View	Mighty Ships	Mickey	The Chew	The Joe Schmo Show	Gold Girls
11 AM	Law Order: CI	Mamas	Rolie Polie	Tiger	Judge B.	Young & Restless	Criminal Minds	Paid Prog.	Mamas	Noon News Hour	Steven and Chris	G. Shrinks	Engraved on a Nation	Marilyn Denis	Pyros	Phineas	General Hospital (N)	The Joe Schmo Show	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil	To Be Announced	CTV News (N)	Licence to Drill	Wizards	CityLine	Movie: ** "Fighting" (2009, Drama) Channing Tatum.	Raymond
1 PM	There Yet?	Days of our Lives (N)	Save-Ums!	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Jeff Probst Show	Heartland (DVS)	Squirrel	NFL Live	The Dr. Oz Show	Jungle Gold	Sonny	Katie		3rd Rock
2 PM	King	The Talk	Big Bear	Barney	Katie	Let's Make a Deal (N)	The First 48	The Jeff Probst Show	The Talk	The Ricki Lake Show	Steven and Chris (N)	Almost	Off Record	Dr. Phil	Myth-Busters	So Raven	CityNews at 5 (N)		Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Dr. Phil	To Be Announced	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes	Squirrel	Sports	Ellen DeGeneres Show	How/Made	Wizards	CityNews at 6 (N)		Eat St.
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show		The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	SpongeBob	Anderson Live	Daily Planet (N)	Phineas	How I Met		Food
5 PM	Browns	News (N)	Martha	News	News	News	The Haunting Of...	News	Early News	(4:59) News Hour	News	SpongeBob	SpongeBob	CTV News at Five (N)	Myth-Busters	Wingin' It	How I Met	Movie: ** "The Fast and the Furious: Tokyo Drift"	Friends
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	The Haunting Of...	News	(5:59) News Hour (N)	ET Canada	News	iCarly		CTV News (N)	Sons of Guns (N)	ANT Farm	Broke Girl		Raymond
7 PM	Seinfeld	Ent	Coast Sal-ish Knitters	Independent Lens (N)	Jeopardy!	Inside Ed.	The Haunting Of...	Ent	Ent	Hawaii Five-0 "Kapua"	George S	Victorious		Big Bang	Greatest Know-It-All	Jessie	The Carrie Diaries		Roseanne
8 PM	Family Guy	Bones (N)	Victorian Pharmacy	To Be Announced	The Biggest Loser	How I Met	The Haunting Of...	The Bachelor (N)	Bones (N)	Bones (N)	Mr. D (N)	Wipeout		Anger	How/Made	ANT Farm	CityNews-Tonight (N)		Debt/Part
9 PM	Amer. Dad	"Romy and Michele's High School Reunion"	Fake or Fortune?	Independent Lens (N)	childhood obesity.	Broke Girl	The Haunting Of...		Parenthood (N)	Murdoch Mysteries (N)	Gags	Gags	SportsCentre	To Be Announced	Sons of Guns	Wingin' It	Jimmy Kimmel Live (N)		Friends
10 PM		Hawaii Five-0 "Kapua"	Victorian Pharmacy	To Be Announced	Deception (N)	Hawaii Five-0 "Kapua"	The Haunting Of...	(10:01) Castle	Hawaii Five-0 "Kapua"	News Hour Final (N)	National	Boys	SportsCentre	(10:01) Castle (N)	Greatest Know-It-All	Lizzie	Maury	Repo	Raymond
11 PM		News Hour Final (N)	Coast Sal-ish Knitters	Charlie Rose	News	News	The Haunting Of...	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre	CTV News	Highway Thru Hell	Cory	Paid Prog.	Entourage	3rd Rock



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Princeton Posse's Lane Erickson (#9) and Cole Horn (#7) watch the play in front of their own net. \*

# Posse take a point in OT

Princeton Posse hosted Kelowna Chiefs January 4th.

The game was a match between the first and second place division rivals with the home team holding a two-point lead with a game in hand.

Comparing stats between the teams saw a lot of similarities. Both teams were 7-3-0-0 in their last ten games played. Both teams had almost identical 'goals for' averages (3.68 for Princeton, 3.66 for Kelowna) and both teams had out-scored their opponents with huge margins (Princeton +38, Penticton +32).

On paper it shaped up to be a close match and it was all that and a lot more.

Princeton's Eric Kubis got the action started quickly scoring an unassisted goal just 11-seconds after the first face-off.

Kelowna took most of the period to tie the game but did with a goal from Bryce Koch at 15:45. Assists on the power play goal went to Braeden Hikichi and Brady Mende.

The second period was a see-saw battle with teams trading goals throughout the frame.

Kelowna took a 2-1 lead at 18:32 (Kyle Clerke from Nick Josephs) and Princeton tied it up at 14:10 with another goal scored by Eric Kubis. Jon Forrest earned an assist.

The Chiefs took a 3-2 lead at 13:26 with an unassisted goal scored by

Jagger Bowles.

Princeton tied the game with a goal scored by Kurtis Klinger at 4:39. Colby Braaten was credited with an assist.

Kelowna broke the tie at 2:31 with a power play goal scored by Mitchell Barker with assistance from Jordan Salahor.

The third period saw both teams push and shove their way back and forth and saw more shots on goal from both teams (Kelowna 19, Princeton 15) than each of the previous periods.

It wasn't until Princeton's Jon Thompson shoveled a pass to Eric Kubis with 1:23 left in the game when things went a bit haywire. Kubis found himself in front of Chief goalie Kenny Fitzgerald and blasted a shot up high and into the top centre of the goal.

Kubis' hat trick goal tied the game at 4-4 and it held to the end of regulation time.

With just 1:07 left in the 5-minute extra frame Kelowna's Jordan Salahor scored the game winner with an assist going to Jagger Bowles.

Final score: Kelowna 5, Princeton 4 OT. Shots on goal: Kelowna 45, Princeton 37. Penalties in minutes: Kelowna 4 for 8-minutes, Princeton 4 for 8-minutes.

## PRINCETON MINOR POSSE

### Midgets vs. Kelowna

2:00 PM Saturday, January 12

9:45 AM Sunday, January 13

Princeton Arena

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# News Leader Classified Ads

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Obituary	Obituary	Notices	For Rent	For Rent
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## Lynda Jean Johnston (nee: Putnam)

August 5, 1944 - December 27, 2012



Lynda Jean Johnston passed away on the morning of December 27th, 2012 after several courageous years of illness.

Predeceased by her beloved husband, Howard Johnston, she leaves behind her dedicated brother Graham Putnam, niece Dana Putnam, nephew Brent Putnam and grand-niece Sylvia McFadden, as well as members of the Johnston family and many dear friends and neighbours who cared about her and helped her in so many ways over the years; in particular, a heartfelt thank you to Lorraine Stubbins and Noni Abbs who were always there for Lynda.

Born and raised in Vancouver, she worked at the UBC Library and was a lifelong horse owner. As her experience with horses developed she used her horses for therapy for children with physical disabilities. This expertise and lifelong love of horses brought her to Princeton for her retirement. In Princeton, she was finally able to live with her horses on the property instead of commuting several times a day to another site as she had always done in Vancouver. Once here, she built strong relationships with other horse-loving folks and was active in the Seniors Citizen's Branch 30 where she was the membership registrar.

We will remember Lynda for her continuous optimism and pragmatism in the face of adversity. She was always problem-solving and never deterred by the many obstacles she faced in her life. Her spirit was strong.

At her request, no service will be held.

Messages of condolence may be sent to the family by visiting [HansonsFuneral.ca](http://HansonsFuneral.ca)

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Call Rob 250.295.5028

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### Announcements

## Similkameen News Leader

congratulates  
Trish and Spencer Coyne  
on the birth of their baby girl  
Molly Elizabeth  
- a little sister for Ronan!



PHOTO: Amanda Bentley

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1-bedroom furnished suite in downtown Princeton. Level access, includes power and heat, asking \$500.00 per month. Excellent references and damage deposit required. Cat, maybe? Available IMMEDIATELY. Call 604.484.2783 and leave a message with the best time to call back.

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

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Games Night 7:00 PM  
Potluck 5:30 PM last Friday of month

**OPEN 9:00 AM - 4:00 PM  
LUNCH 11:30 AM - 1 PM**

**Narcotics Anonymous**

**OPEN MEETINGS**

7:30 PM  
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Sudoku

**CARTER'S**  
Sudoku  
Challenge

SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #435**

568 194 372  
372 658 491  
149 273 568  
915 837 246  
426 915 837  
837 462 159  
793 581 624  
684 329 715  
251 746 983

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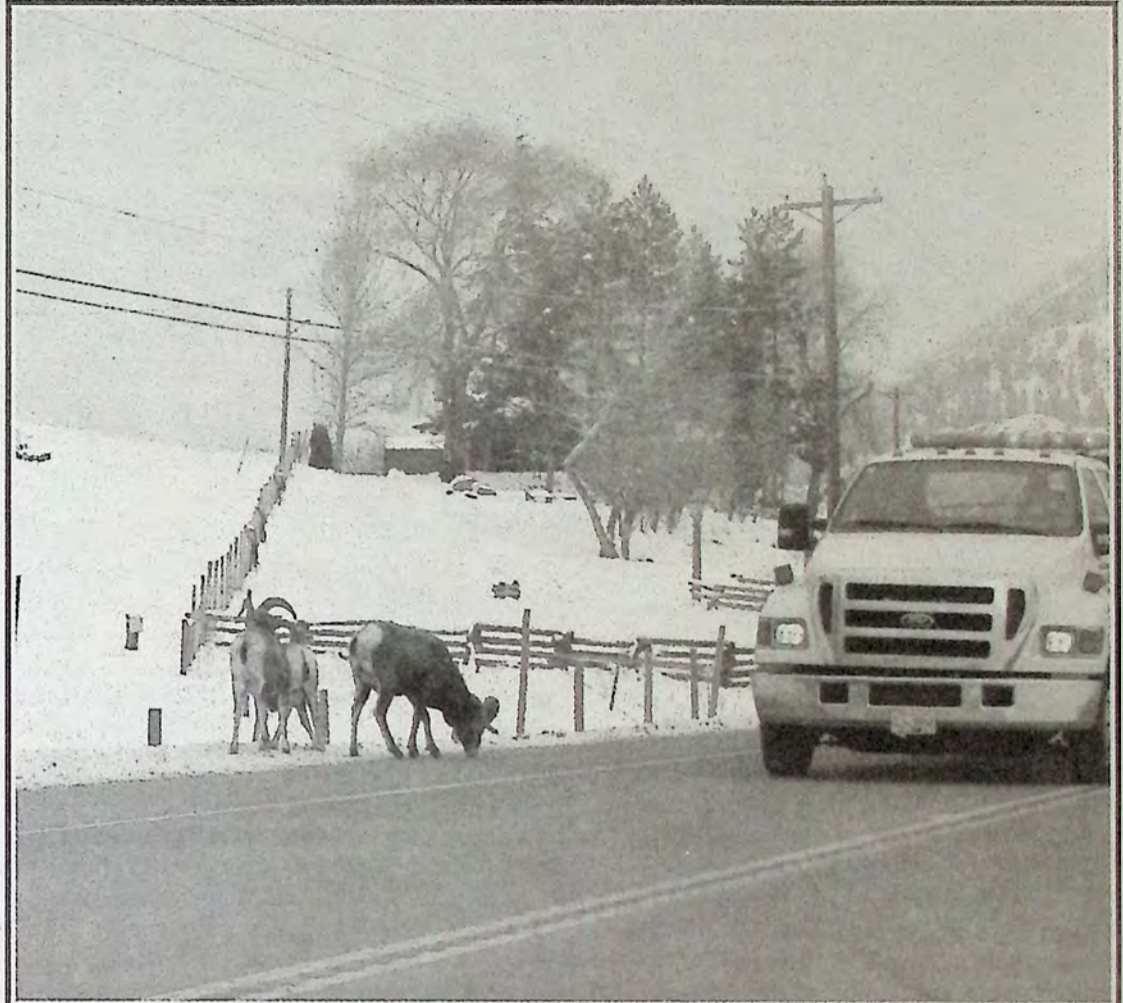
**Drinking a problem?**

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

Notices

Notices

Notices



Glenn Goguen of Keremeos saw fit to slow down for the Mountain Sheep along Highway 3A January 2nd. The animals favour a spot between Olalla and Keremeos which provides them an opportunity to lick salt residue from the highway. Mountain Goats in the area, in contrast, favour a spot immediately north of Olalla for the same purpose. Photo: Arlene Arlow

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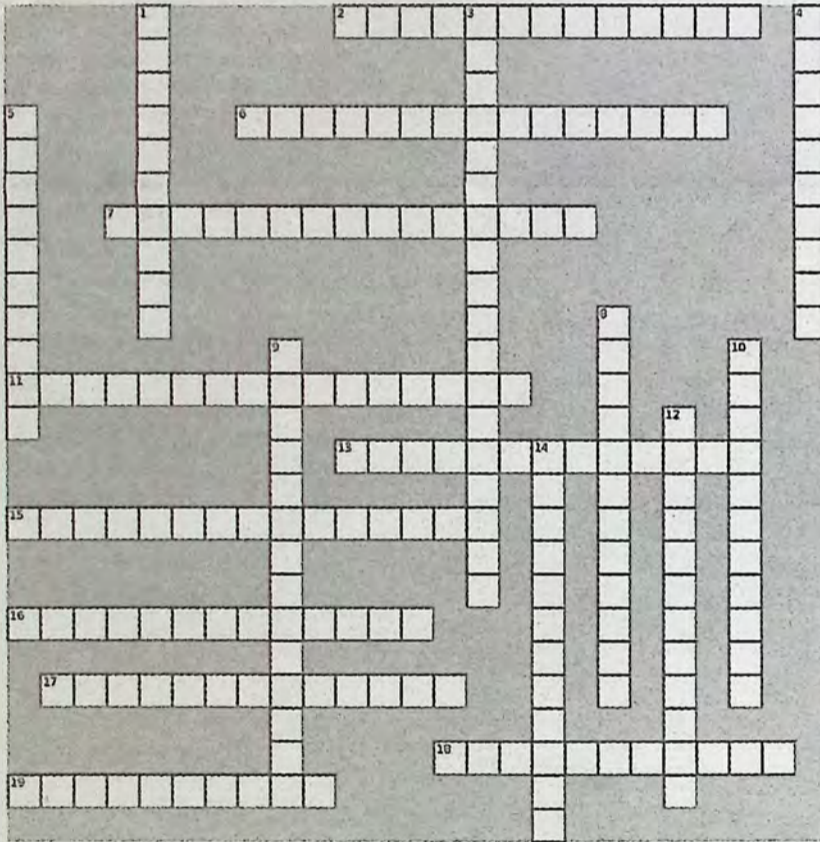




Jeanna Kubis is from Philadelphia. Her son Eric plays for the Princeton Posse. Jeanna spent her Christmas holiday in British Columbia and will be on her way home by the time you read this. She loves Princeton and the province. \*

Similkameen  
**News Leader Puzzler**

Use the January 1 News Leader to find Answers Below...



- |   |   |
|---|---|
| <p><b>Across</b></p> <p>2 Name the newspaper Museum Operations Manager Robin Lowe's reading on Page 8.</p> <p>6 Name the commune mentioned in Current Comment.</p> <p>7 Name the President of Princeton Arts Council.</p> <p>11 What is the new Similkameen Valley slogan?</p> <p>13 Who was Princeton Mayor January 1, 2013?</p> <p>15 Who represents Town Council on the C.A.P.E. Committee?</p> <p>16 Name the former Town of Princeton CAO.</p> <p>17 Who is credited with organizing SongFest?</p> <p>18 Name the location of an art show held in Keremeos.</p> <p>19 What is Town Council's 5th priority?</p> | <p><b>Down</b></p> <p>1 He presented a Queen Elizabeth II Diamond Jubilee Medal recently.</p> <p>3 Who is the Town Council 'alternate' to the Regional District?</p> <p>4 Who was Princeton Mayor January 1, 2012?</p> <p>5 What is Town Council's top priority?</p> <p>8 The 'PE' in CAPE.</p> <p>9 Name the team Princeton Posse played December 19th.</p> <p>10 Name the previous Interim CAO for the Town of Princeton.</p> <p>12 He received the Queen Elizabeth II Diamond Jubilee Medal.</p> <p>14 Name the new Interim CAO for the Town of Princeton.</p> |
|---|---|

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**Flip Of The Coyne**

by Spencer Coyne

..... continued from Page 3  
bag on issues that they are not prepared to deal with and like always provincial governments will turn around and drop it on local and regional governments who do not have the budgets or ability to deal with things that should be managed at a provincial or national level. We have seen it before and we are going to see more of it in the future. First Nations' issues are not the only issues that national politicians

are going to be facing. Harper's green lighting development and cutting red tape on environmental protection is going to be an ongoing fight. You can almost bet that anything that is a national issue will become a provincial issue in the spring election. With three big political parties in British Columbia for this election we should be in for an interesting election especially with all the issues jumping up across the country.

**Values stay stable**

..... continued from Page 7  
· Real estate sales determine a property's value which is reported annually by BC Assessment. Local governments and other taxing authorities are responsible for property taxation and, after determining their own budget needs this spring, will calculate property tax rates based on the assessment roll for their jurisdiction.  
· BC Assessment's assessment roll provides the foundation for local and provincial taxing authorities to raise more than \$6.2 billion in property taxes each year. This revenue funds the many community services provided by local governments around the province, including the

public school system.  
· BC Assessment's website provides a listing of property assessments and sales to help property owners understand their property's market value and provide comparable sales information. Go to [www.bcassessment.ca](http://www.bcassessment.ca) and click on the e-valueBC link. Copies of neighbourhood assessments are also available at local area offices and most municipal halls and government agent's offices across the province.  
· For more information on the 2013 assessment roll and regional and province-wide real estate market trends, visit [www.bcassessment.ca](http://www.bcassessment.ca) and click on the 2013 assessment roll information link. - submitted

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## Princeton Posse 2012/13 Clip 'n' Save Game Schedule

# Similkameen News Leader

Date	Time	Away	Home
<b>Exhibition Season</b>			
Fri Aug 31	North Vancouver 5	Princeton 3	L
Tue Sep 4	Kamloops 4	Princeton 2	L
Fri Sep 7	Golden 4	Princeton 4	T
Sat Sep 8	Princeton 9	Kamloops 0	W
Sun Sep 9	Princeton 4	Chase 1	W
<b>Regular Season</b>			
Fri Sep 14	Princeton 2	Fernie 1	W
Sat Sep 15	Osoyoos 4	Princeton 3	L
Wed Sep 19	Penticton 3	Princeton 2	L
Fri Sep 21	Princeton 5	Kelowna 3	W
Fri Sep 28	Princeton 4	Fernie 3	OTW
Sat Sep 29	Kimberley 5	Princeton 4	L
Sun Sep 30	Princeton 5	Creston 3	W
Fri Oct 5	Princeton 6	Col. Valley 0	W
Sat Oct 6	Princeton 7	Summerland 3	W
Fri Oct 12	Princeton 4	Golden 2	W
Sat Oct 13	Kelowna 3	Princeton 1	L
Fri Oct 19	Col. Valley 5	Princeton 3	L
Sat Oct 20	Golden 4	Princeton 1	L
Wed Oct 24	Princeton 6	Osoyoos 0	W
Fri Oct 26	Princeton 3	Kimberley 1	W
Fri Nov 2	Kelowna 3	Princeton 2	OTL
Sat Nov 3	Princeton 6	N. Okanagan 4	W
Fri Nov 9	Princeton 3	Revelstoke 2	W
Sat Nov 10	Princeton 4	Summerland 1	W
Fri Nov 16	Princeton 6	Penticton 0	W
Sun Nov 18	Princeton 3	Sicamous 1	W
Tue Nov 20	Summerland 3	Princeton 1	L
Fri Nov 23	N. Okanagan 3	Princeton 1	L
Sat Nov 24	Princeton 5	Revelstoke 3	W
Fri Nov 30	Princeton 5	Osoyoos 3	W
Sat Dec 1	Princeton 3	Penticton 2	W
Fri Dec 7	Princeton 5	Kamloops 2	W
Sat Dec 8	Sicamous 5	Princeton 1	L
Sun Dec 9	Osoyoos 6	Princeton 3	L
Tue Dec 11	Princeton 4	Summerland 0	W
Fri Dec 14	Penticton 4	Princeton 1	L
Sat Dec 15	Princeton 6	Kelowna 0	W
Wed Dec 19	Princeton 5	Osoyoos	OTW
Tue Jan 1	Princeton 5	Penticton 1	W
Fri Jan 4	Kelowna 5	Princeton 4	OTL
Sat Jan 5	Princeton 7	Creston 2	W
Fri Jan 11	7:00 PM	Summerland @ Princeton	
Sat Jan 12	7:00 PM	Chase @ Princeton	
Fri Jan 18	7:00 PM	Princeton @ Kelowna	
Sat Jan 19	7:35 PM	Princeton @ Osoyoos	
Tue Jan 22	7:00 PM	Summerland @ Princeton	
Fri Jan 25	7:00 PM	Princeton @ Chase	
Sat Jan 26	7:00 PM	Penticton @ Princeton	
Sun Jan 27	2:00 PM	Kelowna @ Princeton	
Wed Jan 30	7:35 PM	Princeton @ Osoyoos	
Fri Feb 1	7:00 PM	Penticton @ Princeton	
Sat Feb 2	7:00 PM	Princeton @ Kamloops	
Tue Feb 5	7:00 PM	Summerland @ Princeton	
Sun Feb 10	2:00 PM	Princeton @ Summerland	
Tue Feb 12	7:00 PM	Princeton @ Penticton	
Fri Feb 15	7:00 PM	Osoyoos @ Princeton	
Sat Feb 16	7:00 PM	Princeton @ Kelowna	



The second period of the January 5th game against Creston saw a lot of penalties called. \*

# Posse tame Thunder Cats

Princeton Posse hosted Creston Valley Thunder Cats January 5th.

The Thunder Cats were part way through a long road trip into the Okanagan Similkameen and had suffered an overtime loss the previous night in Osoyoos.

The Posse were part way through a busy week of games and had suffered an overtime loss the night before to Kelowna Chiefs.

Princeton ended up dominating the Thunder Cats in every possible stat in the game from goals scored to shots on goal, power play goals scored and total penalty minutes in the game.

The home team scored first at 16:51 (Kyle Moore from Dakota Leppa and Colby Braaten) then again at 12:15 (Justin Moltzahn from Eric Kubis and Kurtis Klinger).

Princeton's Justin Moltzahn made it two in a row with Princeton's third goal of the night at 7:11. Assists

went to Devan Suidy and Kurtis Klinger.

The period finished with another Princeton goal scored with 1:28 to play. Kaleb Boyle got the marker with assistance from Eric Kubis and Brett Perrine.

Princeton had out shot Creston 16-7 in the first 20-minutes and were holding on to a commanding 4-0 lead.

The second period was full of excitement, mostly of the physical kind, which resulted in seven game misconducts (Princeton 4, Creston 3) and a total of 114-minutes in penalties issued (Princeton 64, Creston 50).

Oh, and Princeton added another goal – oddly enough, on the power play – at 18:06. Eric Kubis scored it with help from Brett Perrine.

The third period was a different game altogether.

Although Princeton scored another power play goal (18:21 – Eric Kubis

from Kaleb Boyle and Brett Perrine) to widen their lead to 6-0, the Thunder Cats dug deep and started to pelt the Posse net with pucks. In fact, their attack was so fierce, Creston ended up out shooting the home team in the period.

Oh, and Creston scored. Their first goal of the game was at 15:48 (Trevor LeBlanc from Matti Jmaeff and Trevor Hanna) and was on the power play.

Princeton's Kaleb Boyle added another power play goal at 12:24 (Eric Kubis and Kurtis Bond got the assists), but Creston was not done.

The Thunder Cats added a power play goal of their own at 4:55 (Tyler Akeroyd from Trevor Hanna and Angus Johnston).

Final score: Princeton 7, Creston Valley 2. Shots on goal: Princeton 42, Creston Valley 30. Penalties in minutes: Princeton 17 for 73-minutes, Creston Valley 17 for 54 minutes.



Posse players joined game night volunteers for dinner following the January 5th game. \*



# Posse Volunteers / Players Dinner!



Linda Bond (Kurtis' mom) organized a volunteer dinner with Posse players for after the January 5th game against Creston. The meal was in the Arena Mezzanine and enjoyed by all. \*



Jon Forrest, left, Eric Kubis and Devan Suidy. \*



Princeton Posse's Kraig Leochko, Cole Horn, Josh Mack and Kurtis Klinger. \*



Justin Moltzahn, left, Ben Reinbolt and Adrian Coulter. \*



Princeton Posse's Kurtis Bond, left, and Kaleb Boyle are joined by volunteer Rob Hicks. \*



Princeton Posse's Lane Erickson and Brett Perrine load up their plates at the volunteer dinner. \*



**Brenda Crawford**



brenda@bcland.net  
(250) 295-8182

**April Earle**



april@bcland.net  
(250) 295-5346

**Sandra Simpson**



sandra@bcland.net  
(250) 499-9414

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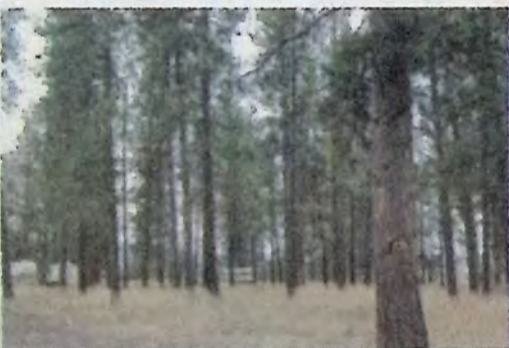
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