

Similkameen News Leader

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Tuesday, January 22, 2013

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



Alan K. Parsons is hosting a Valentine's Party and Dance February 9th at the Seniors Hall. On January 17th, with a -13° mid-morning temperature, he performed live in the gazebo in downtown Princeton proving weather stops no one. *

CMMC releases 2012 production results

CMMC, the Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced January 17th production results for the year ended December 2012 from the Copper Mountain mine located near Princeton.

In 2012 the mine shipped approximately 59 million pounds of copper, 20 thousand ounces of gold, and 402 thousand ounces of silver generating an estimated \$247 million in gross revenue. Since the first shipment of concentrate in September 2011 the mine has continued to make one shipment per month to the

smelters in Japan. The mine produced 57 million pounds of copper, 19 thousand ounces of gold, and 354 thousand ounces of silver during operations in 2012. The mill averaged 82% operating time for the year and milled a total of 9.4 million tonnes at an average grade of 0.343 % Copper.

Mining activities continued from the Pit 2 and Pit 3 areas and averaged approximately 170,000 tonnes per day. During the 2012 year a total of 55 million tonnes of material was mined, including 12.5 million tonnes of ore and 42.5 million

..... continued on Page 21

PXA decides projects for 2013

A lengthy meeting of Princeton Exhibition Association (PXA) on January 15 entailed a lot of discussion and many decisions. The PXA is the management group for Princeton's fairgrounds, a facility which sees many uses as a site for boarding horses, horse racing, rodeo, an agricultural fair, barrel racing, team roping, team penning, the annual community Halloween party, and other special events.

The planning process began in October with groups presenting a 'wish' list to the PXA. The PXA finance committee met December 4 and January 8 to prioritize items from the list and recommend a budget. At the January 15 meeting, those recommendations were presented to the members for final

decisions. These decisions will be presented to Town Council at a public meeting on January 21.

The top priority for projects this year is public safety, as it was last year. During 2012, hazardous trees were removed following a storm in August which saw large branches torn off the trees. Large falling branches resulted in the destruction of a picnic table and damage to the concession roof. Another project was the improvement of the concession area and repairs to the false fronts. This year, alterations will be made to the grandstand and the animal display area, with an allocation of \$50,000. Electrical upgrades will amount to thousands of dollars, and upgrades to the water lines and barns are in the plans. The PXA hopes to

receive enough grants, volunteer help and local donations to make up some of the deficit budget that was passed. If not, some of the projects will simply have to wait another year.

In other PXA business, Racing Days President Karrie Crucil reported that group will celebrate its 45th horse racing meet this year. Racing

Days has applied for June 29 and 30 for the meet. She said Racing Days hopes to coordinate with other groups to make the July 1 weekend filled with fun events.

Princeton's annual rodeo will take place the second weekend of May. The date of the annual agricultural fair has not been set, and a date for Little Britches Rodeo is in the hands

of the provincial organization. Jennifer Bernard and her crew will manage the concession for all events.

President Paul Bedard reported good conditions in the barn area. Snow removal has been ongoing, including snow removal from the Ag barn roof and the grandstand roof. continued on Page 22

Workshop features online reputation

A website for the Similkameen Valley will be online in March, and local business people met to learn more about how to preserve a good online reputation. The workshop was held January 16 at the Chamber of Commerce boardroom, following a previous workshop in Keremeos on January 15. This workshop was part of an ongoing series of tourism workshops sponsored by Similkameen Valley Planning Society in conjunction with Thompson Okanagan Tourist Association.

The reputation of any business depends on the reputation of the businesses around it and on the destination, e.g. the community in

which the business is located. Consumer opinions (reviews) posted online have a 70 percent influence as trusted sources of information about tourist services. Some tourists are like private detectives and will send their reviews to a number of social media sites. There are websites that invite reviews of restaurants, hotels, events and tourist attractions. These sites have a strong influence, and nobody wants to read a bad review about their business or their community as a destination.

Happy customers will post fewer comments than unhappy customers. Travelers today use mobile devices to choose a restaurant, hotel, service

station, or other service. For example, a traveler to Princeton could be checking out Princeton's businesses while still in Hope, Merritt or Kelowna. Decisions on where to stop and where to shop could be made many miles from Princeton. Social networks have an increasing influence on choices.

People talk online about travel continued on Page 22

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Special Report - Princeton Air Quality

Ralph Adams - Air Quality Meteorologist, BC Ministry of Environment

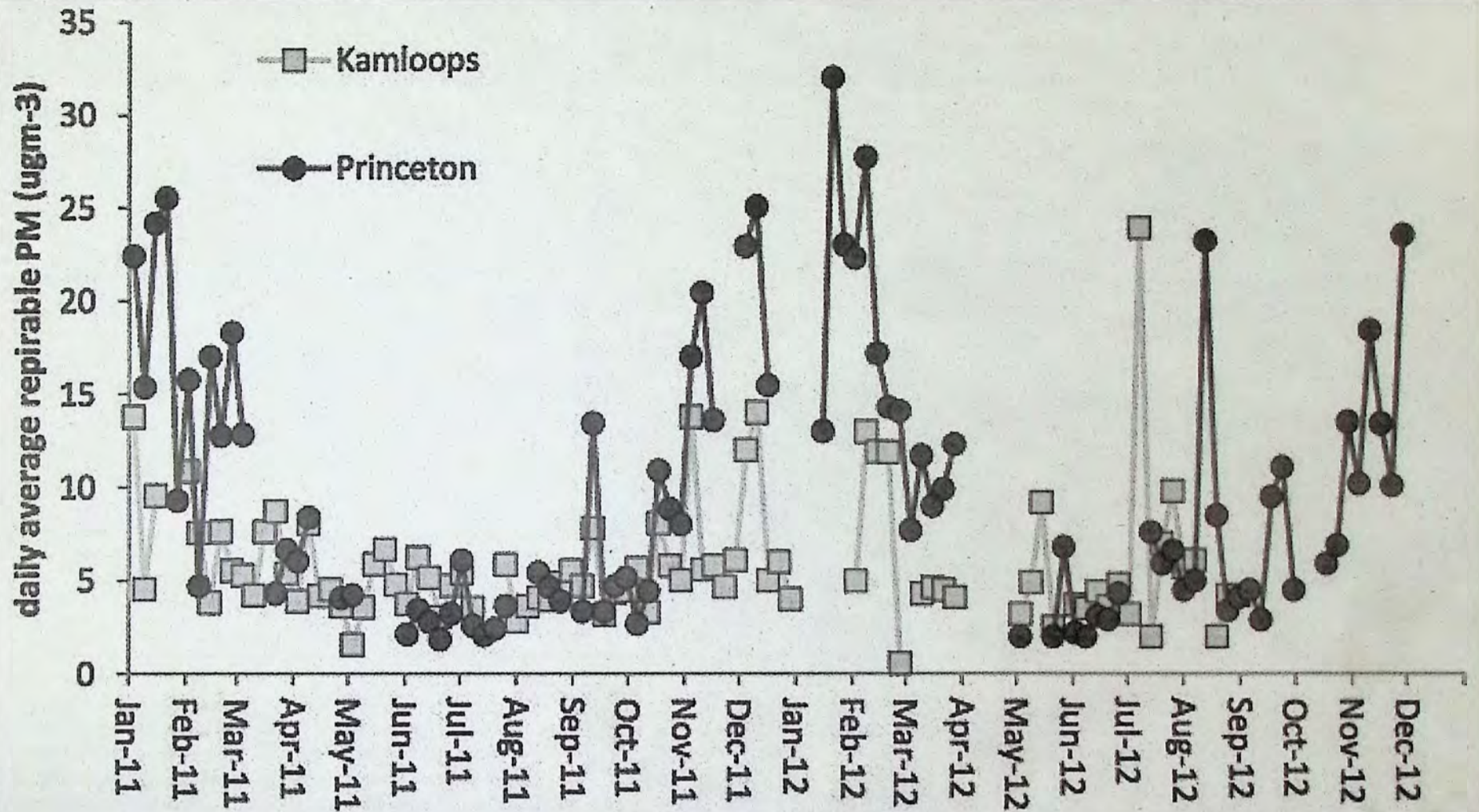


Figure 1: daily average PM2.5 concentrations measured in Princeton and Kamloops from January 2011 until present. Source: MoE Data

The document below was received last week from Ralph Adams of the Ministry of Environment, Kamloops Office. It was titled: *Respirable Particulate Matter (PM2.5) in Princeton, BC*

Conclusions

- Air quality in the Princeton airshed is degraded. Annual average levels of PM2.5 range from 10 to 12 micrograms per cubic metre (ugm³), and exceed the Provincial objective of 8ugm³.
- Levels are significantly higher than those measured in Merritt, Kamloops, Prince George, and other communities in the RDOS.
- These levels are high enough to be of concern to public health officials.
- The largest sources of PM2.5 in the Princeton airshed are: wood heating, open-burning and the dryers at the pellet plant.
- With the information available it is not possible to determine the relative contribution of these sources to air quality.

Background

In 2010 the Ministry of Environment received several concerns from residents of Princeton and Brad Hope, Regional Director RDOS, regarding visible haze and degraded air quality in the Princeton Area.

A plan was developed with the cooperation of Ministry of Environment, the Town of Princeton, and Princeton Co-Generation Corporation (the pellet

plant) to measure respirable particulate matter (PM2.5) for a period of at least one year. The objective of the monitoring was to determine PM2.5 levels in Princeton and compare them to other communities and provincial ambient air quality objectives.

Measurements

A Ministry Partisol particulate monitor was installed at the Province of BC Compound East of the Fire hall. Town of Princeton staff changed the filters on the six day national Air Pollution Survey (NAPS) schedule and filters were analysed at the UBC labs (until March 2012), Maxxam labs (March 2012 to present). Princeton Co-generation Corporation paid for analysis of exposed filters. Measurements began in January 2011; results to end of November 2012 are now available.

Results

- 89 of a possible 117 filters were correctly exposed and analysed (about 76%).
- The values for Princeton are compared with measurements taken in Kamloops and Merritt on the same days using the same type of instrument.
- Data show that in fall and winter PM2.5 levels are significantly higher in Princeton than Kamloops or Merritt.
- During summer and spring levels in Princeton are very similar to those measured in Kamloops and Merritt.

- The average was 10 micrograms per cubic metre (ugm³) during the two years of measurement; the annual average in 2012 was 11 ugm³. The BC Objective is 8ugm³. Princeton exceeds the Provincial Ambient Air Quality objective for PM2.5.

- Annual averages in Merritt, measured using similar methods are about 8.5 ugm³ and those in Kamloops, from 5 to 7 ugm³ depending on the year.

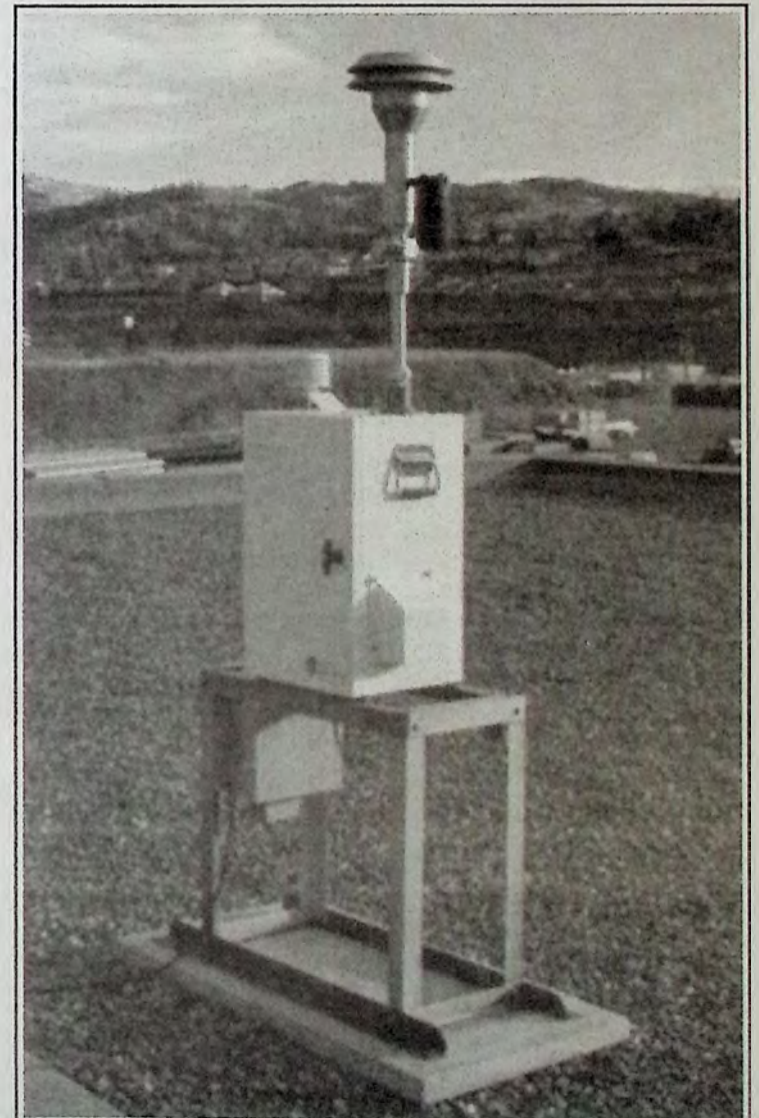
- Mayor Armitage has supplied MoE with the measurements taken by Compliance Energy Corporation during the Environmental Assessment of the proposed power station several years ago. These data were measured with a similar instrument at a site a few hundred metres from the current sampling location. Measurements were made on the NAPS six day schedule from October 2007 until November 2007. These data showed the same pattern of high winter PM2.5 and the annual average was 12ugm³. PM2.5 levels appear to have been high in Princeton since 2006.

Discussion

These values are high enough to be of concern for public health, based on available measurements; Princeton is the only community in the RDOS which exceeds the provincial objective. PM2.5 levels measured in Princeton are higher than those in the Merritt, Kamloops, and Prince George airsheds. They

are similar to levels measured in the past in small communities in the North Okanagan such as Lumby and

Enderby. These communities share the characteristics that they are continued on Page 23



Partisol monitor of the type used in these measurements. Photo: BC MoE

Flip Of The Coyne

by Spencer Coyne

I know I have said it before but we are at risk of losing our food system to bio-tech companies and their genetically modified seeds. Recently an organic farm that I fol-

low on Facebook posted a very scary status update. They were told by one of their seed providers, that only sells heritage non-gmo seeds, that last year they had 25 corn veri-

ties that were free of genetic modified contamination. This upcoming growing season, after having their seeds tested, they have 6. That's right, they lost 19 varieties last year

from cross contamination from genetically modified corn in neighbouring farms. If this is happening on a farm that takes strict measures to ensure that their product is gmo free, what is happening on a larger scale?

Once we lose our heritage or non-gmo seeds, we lose them forever! There is no going back after the contamination occurs and the plant has become this new strain. There are also legal ramifications if your crop is contaminated by a Monsanto patented seed. Monsanto can come in and sue you for stealing its patent. Did you steal it? No, but that doesn't matter because the law is on the side of the bio-tech companies that hold the patents and not the farmers who have been the true protectors of our seed banks since the first seed was planted by humans. We still do not know the health repercussions of genetically modified organisms. There is some evidence that they have caused sterility in livestock so what are they doing to you or your kids?

Sadly I am not surprised that we are losing our corn stocks to gmo contamination. Last year the largest genetically modified corn experi-

ment was to take place stretching from the great lakes to the Gulf of Mexico. The corn that they were unleashing on the world was to be drought resistant and able to grow just about anywhere. Considering the scale of this experiment and the placement from North to South it wouldn't surprise me if it was to spread East and West contaminating any crop that got in its way.

We have been bombarded with gmo species lately and chances are you eat them daily without even knowing. In Canada we have four crops grown commercially and they are four items that are in almost every packaged food product that is on your grocery stores shelves. We also import gmo products into our country all the time. Here is a list of the four items that are grown in Canada and the imported items from the US. Grown in Canada are corn, canola, soy, and sugar beets. You may look at some of these and think that you are safe but soy is in almost everything now and in Canada, unless it says cane sugar, the sugar that you eat is from beet sugar. It is the only sugar that we produce in Canada. We import a continued on Page 22



While the gazebo in Veterans Square downtown is a great place to gather, especially for live performances, we discovered the perfectly smooth surface of the stage is well, quite dangerous to walk on with a little bit of snow on it. In fact, it becomes a serious walking hazard once snow gets between your footwear and the stage. *

Princeton Town Hall News

WINTER PROGRAMS

CRAFT FUN Riverside Centre
Enjoy this craft sampler class of simple fun each week. Use paper, string, glue, paint, beads and other messy fun to create your masterpieces.

Thursdays Jan.31-March 7 6 classes/\$24.00
Ages: 6-10 3:15-4:15pm
Ages: 11-14 4:15-5:15pm

DANCE CLASS Riverside Centre
Join this infusion dance class of Hip Hop and Jazz as you develop a simple routine.

Thursdays Jan 31 - March 7 6 classes/\$24.00
Ages: 7-12 2:00-3:00pm *For Homeschoolers
Ages: 5-6 4:00-5:00pm
Tuesdays Jan 29 -March 5 6 classes/\$48.00
Ages: 11-15 4:15-5:30pm

ACTIVE KIDS! SPORTS AND GAMES JAE GYM
Have fun playing sports and games while getting some great exercise afterschool.

Wednesdays Jan 30 - March 6 6 classes/\$24.00
Ages: 6-9 3:00-4:00pm
Ages: 4-5 4:15-5:15pm

CHECK OUT THE ENTIRE WINTER LEISURE GUIDE ON LINE AT www.princeton.ca. Register at Town Hall from 8:30-4:30pm Monday to Friday. Call the Recreation and Cultural Department at 250-295-6067 for more information.

COMMUNITY OPEN HOUSE

The TOWN OF PRINCETON invites YOU to attend a Zoning Bylaw Review

WHERE: Princeton and District Community Skills Centre - 206 Vermilion Ave

WHEN: Monday January 28, 2013

TIME: 7:00 - 9:00 pm - drop-in format

Council wants to hear from the community about the future of land use regulations in Princeton, and is asking residents to get involved.

WHAT IS THE PURPOSE OF THIS MEETING?

Last reviewed comprehensively in 1994, the current Zoning Bylaw is now being updated into a user friendly Bylaw that incorporates best practices; addresses known issues; and reflects Princeton's Official Community Plan. A Zoning Bylaw regulates allowable uses, density of development, siting, size and dimensions of buildings and parking requirements. The Town is now seeking YOUR feedback on proposed changes to the Bylaw.

Community Planners from Urban Systems will be available throughout the Open House to answer questions and queries related to the Zoning Bylaw review. This event is an opportunity to provide YOUR feedback on the redrafting of this Bylaw.

We look forward to discussing proposed changes to the Zoning Bylaw with YOU. YOUR views about land use regulations in Princeton are important and appreciated.

Any further questions? Please contact:

Carrie Kassa - Administrative Clerk
Ph: 250.295.3135;
E-mail: admin@princeton.ca

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

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 Aspen Planers for the lease of a portion of the property located at 324 Laurie Currie Way. Aspen Planers intends to use the property for log storage.

The property is legally described as:

Parcel Identifier: 023-558-342
Lot A; Plan KAP57388; District Lot 932; Except Plan KAP70117 KAP71238 KAP91326, FOR LEASED PORTION SEE 01124.000 (32.123 AC). Land District Kamloops Div of Yale. The term of the lease is for eight (8) months with the option of renewal for one (1) additional one (1) year term. Rent for the term and for each renewal of the term will be \$45,000.

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.



Editorial Page News Leader

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

My Turn

Aiming For Wheatlessness

We are going 'wheat-less' in our house.

I say 'we' because I know any change to food options at home will ultimately impact on my dining choices and me.

It all started with a big, thick soft cover book titled, 'Wheat Belly Cookbook' which I must admit I thought was going to focus on grilling and cooking of meals that were going to either be covered in goopy stuff or drip it.

If you know me at all, you know I'm not a fan of goop.

However, I was expecting something other than wheat-less meals and apparently I have a wheat belly. I was pretty certain it was the result of years of over indulgence of a different kind of grain, but I do like my breads and buns.

While any food change in our house usually means I lose access to some favourite foods, the recipes in the Wheat Belly Cookbook are basically regular items made with wheat substitutes so I'm game to try whatever I discover on my plate.

Which, if you know me, is pretty much the way I am anyway.

One habit that has continued in our house the last time we tried to make a change in our diet is label reading. I think I'm actually pretty good at it.

In fact, one night last week I was looking at one with very, very tiny print. I took off my glasses and said, "I can read it, but I can't pronounce any of the words."

We've also discovered a lot of items contain sugar or corn as the first ingredients so we've been steering away from a lot of those products.

The problem I always notice is that if we are being encouraged to eat healthy, why is it so much more expensive? You would think there would be a better incentive, especially for those who really need to make the switch but have limited incomes that will have an affect on how much of a switch will be made.

We are far from 'made of money' ourselves and we wait for sales before we fill our cart with groceries. I just wonder how much of a sale we'll see on wheat-less products.

At the very least we will be somewhat wiser and possibly cast a slightly smaller shadow by summer than we do now.

I'm just hoping the trip into wheat-less territory doesn't lead to 'meat-less' but I'll deal with that later.

Your Turn

Letters And E-Mails Received This Week

To the Editor,

For anyone who did not hear the Monday January 14th 'The Current' on the CBC, Anna Marie Tremonte interview of Paul Watson of the Sea Shepherd Society, it was a very good interview.

He was aboard one of their four ships, the Steve Irwin in the Southern Ocean for the 9th year of tailing the Japanese Whaling Pseudo scientific ships. The Society has a crew of 120 volunteers from 22 Nations on board their Australian and Dutch flagged ships, Australia is very much opposed to the whaling and has a former Member of Parliament on board.

The Sea Shepherd Society has been falsely labeled Eco Terrorists at times but the real terrorists are the Japanese for they are in opposition to the International Whaling Commission in their attempts to

take hundreds of whales annually, they also slaughter a large number of dolphins in Japan each year. Japan's actions are bad enough without the disclosure that 30 million dollars of Tsunami Relief Fund money donated by many all over the world has been diverted to

funding this bogus science.

Our oceans are in bad enough shape without upsetting the balance by killing these gentle giants. Unfortunately kicking the Japanese in the wallet is likely and the only thing that might get results.

- Jim Hodge, Princeton

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

To The Editor,

The First Nations have wisely set their motto, "Idle No More". Now by actively sharing their skills, knowledge and participation they will greatly enhance their well being and add to Canada's richness.

We can learn from the past but can't relive it. It's a fast moving globalized world and the end of the reservation welcomed. Having a clear understanding of the terms, Nation, Tribe, Canadian Indian,

Metis, and Canadian citizen would greatly add to the conversation.

In America it's "High Noon" in the heated debate of the 'right to own guns' resulting from the many mass shooting, particularly children. Interestingly America's official motto is "In God We Trust", but it no longer exists.

God is love and one is exalted is to love your neighbor not fear the neighbor as is now the case. Love is gone as is the innocent trusting

little child God is shot dead. The A.K.15 assault rifle has replaced the crucifix and "FEAR" the terrorist.

Secular U.S. President Franklin Roosevelt said only "fear is what we have to fear." Spiritual Pope John Paul proclaimed "Be not afraid". The Golden Rule - a faint memory is replaced with the reality "In The Golden Gun We Trust".

In India basic rights of safety and dignity were viciously denied a young female medical student on a bus when she was horribly and fatally gang-raped by six males.

The world has the "right" to render a sharp message of non tolerance and swift justice - "Pruning Shears"!

- Joe Schwarz, Penticton

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EDITORIAL GUIDE

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Current Comment

Here's A Berry Economic Idea



Dawn Johnson
editor@thenewsleader.ca

At a gathering during the Christmas holidays, a group of us were talking about wines, and mentioned elderberry wine. That started me on a train of thought about the many kinds of berries growing wild in our environment.

My mother made a wine people raved about. She would gather about five litres of Oregon grapes, wash and sort them, then crush them, put them in a crock, add water, sugar and a piece of toast with yeast on top. Oregon grapes grow wild in the Similkameen Valley. They grow wild in the entire Thompson Okanagan region, and are ready for picking around the first of August. By September, my mother would siphon off the good stuff, bottle it, and let it sit for a year. She would give it to friends and family as Christmas gifts. Only a privileged few received her

Oregon grape wine.

Oregon grape bushes are evergreens with waxy, prickly leaves. If you pick them, you should wear gloves. They grow on hillsides exposed to good sunlight, and require little water, although they produce bigger berries if given regular showers. They grow in our substandard soil by preference. I thought it might be a way to produce more products from this valley if we started Oregon grape farms and made wine. Failing wine-making, let me assure you that Oregon grapes, like elderberries, make excellent jelly.

Because both Oregon grapes and elderberries are easily grown here, perhaps we should cultivate them as crops. Neither berry is fit to eat raw, but does make good wine and jelly. Elderberries have excellent nutritional value as they clean the blood. Oregon grape jelly is a delicious accompaniment to poultry and can be used in place of cranberry jelly. In fact, some people prefer the Oregon grape jelly on chicken and turkey.

Chokecherries are another berry not fit to eat raw, but I knew a man who lived in Coalmont who, according to all reports, made a fabulous wine from chokecherries.

I would try making wine from these various berries except for one thing: you have to taste wine as it is being made, and I am allergic to alcoholic beverages, reacting much like those who are allergic to

peanuts. However, if others know how to make wine, it might be the beginning of a new industry for the valley, as it seems everybody with money wants to try something different or unusual.

Saskatoons are another berry well adapted to our environment and easy to grow. I grow all of the berries I have mentioned, and quite often have to cut them back because they love to grow in my yard. Saskatoons are subject to a lot of pests, but a fine spray of water usually keeps the bugs away, and a decoction of rhubarb leaves tends to repel most insects and does not harm the environment.

The most prized of all our wild berry crops is the huckleberry. Huckleberry bushes grow at high elevations, but I wonder if they could be successfully grown at lower elevations, not in the valley bottom, but perhaps in an area the elevation of Tulameen. If we could seriously cultivate that crop, imagine how well they would sell as jam or pie filling!

Everybody is being urged to eat more berries as they are so good for you. I feel we may be missing a great economic opportunity by not cultivating and processing these berries that grow so willingly throughout the Similkameen Valley. I hope I have stimulated some people to give serious thought to an economic expansion through making wine, jelly or jam from berries that thrive here.

Arts Council looks at future

The Board of Directors met on January 16 to review the upcoming schedule of events. A busy spring promises entertainment for Princeton residents who enjoy a varied cultural menu.

The first major concert features the De Danaan School of Irish Dancers on March 2 at Riverside Centre. For those who love Irish dancing, this group will be a treat.

On Saturday, April 20, the troupe Alpha Yaya Diallo will present the kind of performance that won them a Juno Award. Buy tickets

early for this show, as it will probably sell out.

BC Arts and Culture Week is April 21 - 27, and a number of activities will be part of the celebration of that week. The Crimson Tine Players are planning performances of Black Comedy. This is going to be an 'adult' play with an entirely different way of presenting a play. Watch for more information in the next month.

The long weekend in May welcomes the annual Spirit Festival, with a powwow on May 17, 18,

and 19. The first Grand entry will be on the evening of May 17, with a Grand Entry at 1:00 PM Saturday and Sunday. Vendor booths will be available for rent for the powwow. Look for more details later this spring.

The final concert sponsored by the Arts Council will be on June 1 and will welcome the Contratante Chamber Players who were part of the Arts in the Park festival at Manning Park in 2010.

Members of Princeton Arts Council will be attending the annual Arts Council conference in Vernon on May 3 and 4. Del Hall will attend as a member of the BC Arts Council Board of Directors; and Marjorie Holland will attend as President of Princeton Community Arts Council, along with two other local Arts Council members.

Similkameen News Leader

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250.295.3541

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AND NOW...A LITTLE GOOD NEWS!

"Start children off on the way they should go, and even when they are old they will not turn from it." - Proverbs 22:6


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Lower Valley News
Keremeos - Cawston - Olalla

Eight year old Marlaina Gumpert of Keremeos examines one of the many books awarded last Saturday in a contest at Keremeos Library through Similkameen Family Literacy. Photo: Similkameen Family Literacy

Keremeos Library awards books

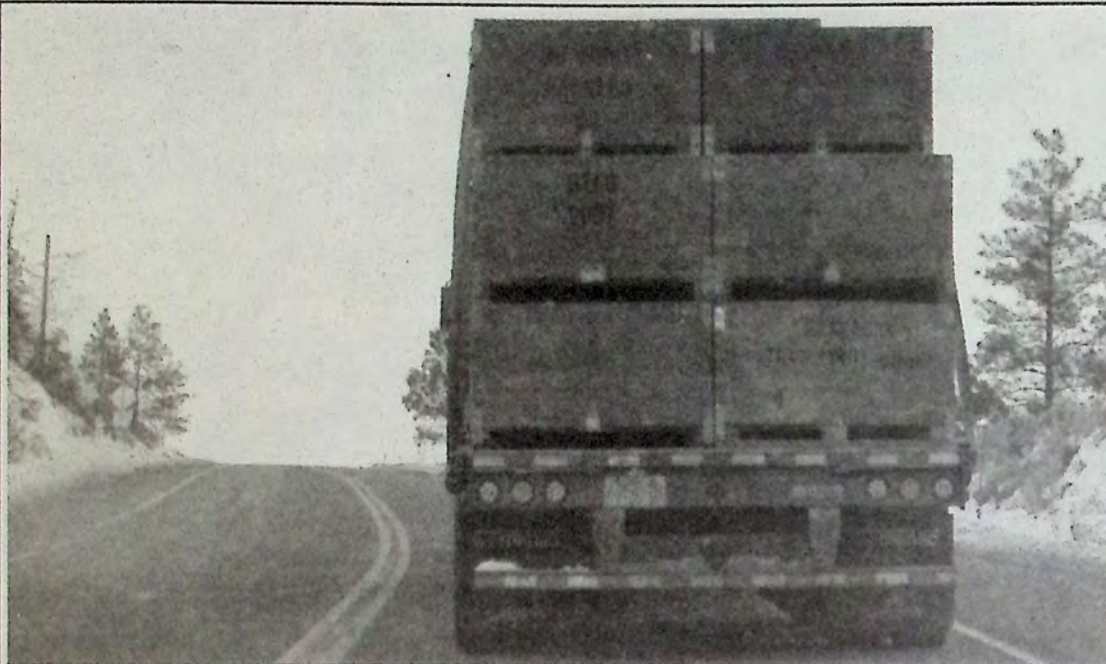
A book award program at Keremeos Public Library wound up last Saturday January 26th. As well on Saturday, Similkameen Family Literacy offered individual work tables with paper and supplies for library visitors to experiment with calligraphy. Guidance and support in the art of old style penmanship was provided and later workshops will be planned for interested calligraphers of all ages. Over 100 books from a variety of authors had been shipped to Similkameen Family Literacy this past December and a display at the

Library showed some of the books and invited patrons to apply for book awards. All books were provided locally by First Book Canada through the Toronto Dominion Bank. Young people or their parents were invited to enter to win titles ranging from National Geographic pictorial biographies from Einstein to Mahatma Ghandi, Julius Ceasar to Mao Ze Dong. Books for reading to toddlers, early

readers titles included Richard Scary, Dr. Seuss and the Curious George series. Chapter books were included with a broad selection of the Artemus Fowle series, popular with many early teen readers. As well there were non-fiction titles in science and nature. To get a book, one needed to fill out a form at the Library with a few words about a favorite book or a drawing about that book. - submitted

www.gotpeppers.info


Community Librarian, Debra Holley and Assistant Librarian, Tracy Brightman are seen here with small part of a collection of books offered through Similkameen Family Literacy. Photo: Similkameen Family Literacy



"Little boxes on the hillside...and they're all made out of ticky-tacky and they all look just the same." The boxes, so it seems, are on the move. Boxes to transport the fruit we enjoy in the supermarkets need to end up back where they started: in the orchards. And so, winter is a perfect time to do just that. Slow going, though, for traffic that happens to end up behind one of the tractor-trailer units going up a long, Similkameen hill... Photo: Arlene Arlow

FACTOS committee moves forward

Seasonal Farm Worker issues are being addressed through the Farm And Community Team Okanagan Similkameen (FACTOS).

Lilly Zekanovic, Penticton & Area Women's Centre Project Coordinator for the Farm And Community Team Okanagan Similkameen is facilitating the committee.

Arlene Arlow, Councillor for the Village of Keremeos has agreed to chair the committee.

The formal mandate includes funding to address issues of seasonal workers. Funding is in place until the end of March, 2013 with the hope that continued funding can be secured. Chairman Arlene Arlow

understands that the issues are both economic and cultural and will continue beyond March, 2013.

Lilly and Arlene are requesting your participation in the committee.

The committee's Mission Statement is: "Promoting community spirit and economic vitality for a healthy seasonal workforce."

The Farm And Community Team Okanagan Similkameen plans to further develop five key sub-committees dealing with:

- Accommodation
- Transportation
- Cross-cultural education
- Labour and remuneration
- Safety and security

The next FACTOS committee

meeting will be Friday, February 1st from 10:00 AM to 12 Noon at the Penticton & Area Women's Centre at #209, 304-Martin Street, Penticton, BC.

The committee welcomes farmers, seasonal workers, business owners and anyone who wants to make a difference in the seasonal workforce landscape.

For more information or to join the committee, your contacts are: Lilly Zekanovic, Project Coordinator, Phone: 250.493.6822 ext. 109, E-mail: farmwork.pawc@gmail.com and,

Arlene Arlow, Chairman, Phone: 250.499.5121, E-mail: aarlow@telus.net. - submitted



There was one identifiable work truck at the top of Richter Pass the morning of January 18th. Three other pickups with trailers were evidence that folks were out on snowmobiles. Perhaps the work truck was a service truck for the Mount Kobau transmitter? Over the Christmas holidays, the Mount Kobau transmitter went out of service: emergency fire crews in the South Okanagan and South Similkameen resorted to using cell phones for communication. The transmitter is one of two in the local communication system, the other mountaintop transmitter being located on Apex Mountain. It is estimated that close to \$2 million is needed to update the fire dispatch system so that no similar outages occur in the future. This comes after the RDOS moved the emergency dispatch service to Kelowna in late 2011 as a cost-saving measure. Photo: Arlene Arlow

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For details go to the Official Opposition website: www.bcndp.ca



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Thursday, January 31st

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Princeton: 12:00 pm to 3:30 pm

Community Skills Centre, 206 Vermilion

Keremeos: Call 250-498-5353 for appointment

Or 1-800-667-2393
alex.atamanenko.c2@parl.gc.ca

Health/Lifestyle News

Health Coalition Hosts Workshop

On January 29 the Town of Princeton, Area H (RDOS), Interior Health Authority, University of British Columbia-Okanagan and Save Our Hospital Coalition will be holding a Community Healthcare Consultation. The purpose for this workshop is to identify challenges facing healthcare in Princeton and Area and to provide information that may be used in the development of an improved healthcare model for our community.

Over 50 stakeholders have been invited to attend this consultation. If

you would like your voice to be heard, you are asked to contact any community leader to have them bring your comments or concerns forward. For a list of invited stakeholders, contact Ed Staples by e-mail at edwardstaples8@gmail.com or by phone at 250.295.0822.

The consultation will be conducted by Dr. Barbara Pesut from UBC Okanagan, who will facilitate the process.

Dr. Pesut has been involved in healthcare since 1982 and worked at Princeton General Hospital and

Ridgewood Lodge for several years early in her career. She is presently Associate Professor in the School of Nursing at UBCO and holds a Canada Research Chair in Health, Ethics, and Diversity. Dr. Pesut's current research looks at healthcare delivery models for end of life care in rural communities.

The data collected in this consultation will be analyzed by a team of researchers from UBC Okanagan who will prepare a report to be shared with the community following the consultation.

Women need to make health last

(NC)—Good fitness first saved Micheline Legault's life. Now, it's giving the 69-year-old a second life in her senior years.

Nine years ago, Legault was taking her regular skate along Ottawa's Rideau Canal. An avid outdoors person, she was surprised to have trouble breathing. Just by chance, at that exact moment, Legault's husband called on her cell phone. He insisted she give her phone to a passerby, who immediately called the paramedics. Legault soon suffered a

heart attack, lost consciousness and remained in a coma for three days.

Despite having a history of heart disease in her family, Legault didn't think she was at risk.

"I really thought heart disease happened to men more than women, so this was a real surprise to me," said Legault.

Prior to her heart attack, Legault kept physically active all year round. She lives in Chelsea, Quebec, an outdoor enthusiast's Nirvana that features national parkland, a ski resort

and a large trail system. Her cardiologist told Legault that her fitness level saved her life.

With women living longer, the Heart and Stroke Foundation is underlining the need for adult and senior women to embrace lifestyle choices to make health last. Since 1999, Bobbe Wood has championed innovative cardiovascular research, advocacy and public awareness initiatives on both the provincial and national levels. Wood, president of the foundation, has dedicated herself to improving awareness among women.

"Many women are unaware of, or simply ignore, the symptoms of heart attack and stroke. Women are less likely than men to believe they're having a heart attack or stroke, and more likely to delay treatment, putting their lives at risk," says Wood, founder of the Canadian female-focused The Hearth Truth awareness campaign.

Heart disease and stroke is a leading cause of death for women in Canada, and kills seven times more women than breast cancer. Nine in 10 Canadian women have at least one significant risk factor for heart disease or stroke.

Since her heart attack, Legault says she has learned new ways to improve her diet.

"I'm definitely more careful with my diet after the heart attack," says Legault.

"I always check the labels when I go grocery shopping, I cook with olive oil instead of butter, eat smaller portions of meat and I don't eat things like cookies anymore."

Legault and her husband celebrated the second anniversary of her heart attack by returning to the Rideau Canal. Her husband teared up as they skated hand in hand.

"That was very emotional for me, and even more so for my husband. When I was in a coma, he stayed by my bed for three days as I lay there unconscious. He thought he had lost

Living Past 100

This Spice Can Preserve Health

India has less cancer per capita than any other country in the world. Medical researchers believe it is because the people of India eat curry at least once a day. Curry is a combination of spices, but the one ingredient common to any curry is turmeric, and the magic substance in turmeric is curcumin. This substance is often used on its own as a medicine, particularly as an anti-inflammatory medicine for joint pain.

Curcumin has many medicinal properties. It has strong anti-oxidant effect, along with an anti-histamine effect. Studies have revealed it can reduce the pain associated with rheumatoid arthritis and reduces post-surgical inflammation.

Curry is unfamiliar to many people, but among people of India and many areas of Africa, curry is the main seasoning of food. Many British people like curry, a taste acquired as English soldiers and their families were stationed in India during the British occupancy.

Curry contains many herbs and spices, and combines well with beef, chicken, turkey, vegetables, soups, stir-fry dishes, lamb, seafood and dishes made with rice. Some curry blends are very hot, some are mild. It is a matter of taste. Curry powder can contain coriander, turmeric, white mustard seed, black mustard seed, fenugreek seed, chili peppers, black pepper, garlic powder, fennel seed, white and black pepper, allspice, ginger, cinnamon and cayenne. Chili peppers, ginger and turmeric are known to ease pain. The combination with fenugreek (anti-histamine), fennel, cayenne and coriander are highly potent in a medicinal way in addition to being a good flavour.

Turmeric, one of the main ingredients in all curry mixtures, has been used to treat and/or prevent arthritis pain, backache, bursitis, carpal tunnel syndrome, depression, diabetes, diverticulitis, fibromyalgia, fungal infections, gallstones, gout, indigestion, memory loss, osteoarthritis, pneumonia, psoriasis, ulcers and warts. One its own, this one herb in curry is amazing. Turmeric is also found in commercial mustard. Turmeric is used to make the mustard a bright yellow.

To learn more about cooking with curry, your library can offer cookbooks on Indian food and Thai food. In East Africa, a common curry dish is a casserole that combines rice, beans, ground beef, onions, garlic, green and red peppers and a healthy seasoning with curry. It is a favourite comfort food served two or three times a week. A curry sauce poured over cauliflower and broccoli, or kale or Brussels sprouts, enhances the flavour of both the curry and the vegetables.



News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 21 - 27, 2013



The 2012/13 Thompson Okanagan Rockets team includes Princeton's Colby Williams (kneeling, far left). The Rockets play in the BC Female Midget AAA League. The league consists of 5 teams which are Thompson Okanagan Rockets, Kootenay Wildcats, Prince George Cougars, Fraser Valley Phantom and Pacific Ravens (formerly Vancouver Fusion). The team consists of players from throughout the OMAHA Zone. Last season's team had players from Kamloops, Salmon Arm, Vernon, Winfield, Kelowna, West Kelowna, Penticton, Osoyoos and Princeton. They carry 9 forwards, 6 defence and 2 goalies. The team's league games are played on a home/home basis and they go to each team's home rink for one weekend and play that team twice. All teams in the league also come to the Rockets' home rink once. Games are scheduled Saturday evening and Sunday morning so players can avoid missing school on Fridays. There are also 3 'Superleague Weekends' where all 5 teams in the league play each other on a 3 day weekend. These 3 weekends have been hosted in the past by Lower Mainland, Kootenays and Kelowna. Players generally have one weekend off per month. - photo submitted

Williams has good weekend

The Thompson Okanagan Rockets had a successful weekend.

We played the Prince George Cougars at home in a double header on Saturday January 12 and Sunday January 13, 2013.

The Saturday game saw the Cougars open up the scoring at 7:43 of the second period. Colby Williams of Princeton tied up the game at 3:44 second period with assists from Kiana Karolyi of Kamloops and Taylor Whiteside of Kelowna. The Rockets took the lead at 16:39 of the third period with an unassisted goal from Taylor Whitehead. Cougars came back at 10:25 of the third period to tie it up. The Rockets fought back hard and took the lead with a goal from Breanna Bernsden of Kelowna, and assists from Sarah Botter of Salmon Arm, and Courtney Morice of Kamloops.

Sundays game saw no scoring again in the first period. Kamloops again opened up scoring in second period at 13:30. Kelowna got their first of the game with 4 seconds left in the second period. Goal came from Stephanie Strymecki of Kelowna and assist coming from Sarah Botter of Salmon Arm. The Cougars took the lead at 13:12 of

the 3rd period. The Rockets had lots of chances and finally put the tying goal of the game in the net at 8:29 of

the third period. Goal was scored by Colby Williams of Princeton and was unassisted. - submitted

	GP	G	A	W	L	T	PTS	GF	GA	PIM
Th. Okanagan Rockets	18			6	7	5	17	39	43	
Colby Williams	9	3	2				5			24




Princeton's Colby Williams added two goals over the weekend of January 12 and 13 to lead her team, the Thompson Okanagan Rockets, to a win and a tie. Williams has only played half the teams games this season. *

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Tuesday Movies

EVENING

9:30 pm WTBS ch.3 "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot.

11:30 pm WTBS ch.3 "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking.

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News Leader Horoscopes

January 23 - 30, 2013

ARIES - Things go much better for you this week. Career runs smoothly, people in authority are good to you, and your social group becomes more compatible. You still have to work hard at your career, but you can make gains through your efforts. Guard your health, and make sure you see reality clearly.

TAURUS - Career remains hectic for another week. Authority figures may cause distress. This is not a good time to travel, as it will prove difficult and costly. Finish up old projects, clear the decks of all unfinished business this year. If retirement age, clear up all debts this year and save all you can.

GEMINI - Take a positive approach to matters of insurance, debt, investments. Plan a financial future, particularly if married, and future earnings are shared. This is a good time to lay low and figure out where you are in the spiritual sense. Work out new directions for your social group if needed.

CANCER - Others smile on you now and you can make lasting relationships based on good sense and stability. You need to focus on resources you share with others, whether in marriage, family or business. Make sure you are in a fair exchange. Take care of financial paperwork until March 20; clear it up!

LEO - This is a good time to clear up any relationship problems and put matters on an even keel. Health is good, but only if you discipline yourself. Temptation to overindulge is present. Listen carefully what others are saying, and consult a professional if you have any doubts or confusion. Do job well.

VIRGO - Job runs smoothly. If seeking employment or job change, this could be a good week for you. Look for opportunity, listen to job advice. Guard against deception in relationships. See others clearly. Work on a creative project brings real satisfaction if you work to complete it, because you can be lazy.

LIBRA - This is a good time for creative work, and for having fun and playing sports. Associating with youngsters can make you happy. Guard against sports injuries - don't overdo or take risks. Home life is happy, but may be unsettled or inadequate in some way. Make a secure home situation, find balance.

SCORPIO - You derive a great deal of pleasure from talking to siblings and other family members. Home life settles down gradually. Talk about family matters, what needs doing at home, what you need to plan. It is important to make sure everybody at home and in family knows what is going on, what to expect.

SAGITTARIUS - Money situation improves, discuss matters with sibling (s) as pertains to family life. Close relationships are a source of pleasure. During the next few months, deepen your one to one relationships. This will bring you future benefits. Communicate widely in your immediate environment.

CAPRICORN - Pay attention to money this week - what you own, what you owe. Discuss financial matters, do financial paperwork. Work on personal improvement in appearance - how does the public see you and could they see a better you? You are still in a highly creative phase: make creative changes.

AQUARIUS - This is a great week for you. Energy levels continue high, and you have peace of mind. You could see positive changes associated with younger people this week. You could see unexpected events in your immediate environment, or you could experience a new environment. Enjoy new activities.

PISCES - Health problems and worries will ease up soon. Enjoy your home and creative activities in your home. Energy climbs next week. You can have fun with old friends in a social environment but focus on your job and health. Pay attention to money situation as it remains slightly unstable. Dream for future.

TUESDAY, JANUARY 22, 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)	Timothy HI-5	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Mighty Planes	Dinosaurs Phineas	CityLine (N)	Ways Die	Canadian Pickers
7 AM	Justice	Justice	Arthur	Arthur	Today Giada De-Laurentis; Luke Perry. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Sidekick	SportsCentre		Mighty Ships "Faust"	Shake It ANT Farm	Let's Make a Deal (N)	Ways Die	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami "Meltdown"				Bo On/Go	Pokémon	SportsCentre		Greatest Know-It-All	Jessie Phineas	The Price Is Right (N)	Ways Die	Canadian Pickers
9 AM	Millionaire	News	Pinky Peep, Big	Super Why! Dinosaur		The 700 Club (N)	CSI: Miami	Livel Kelly and Michael	News	The Doctors	Super Why! Cat in the	Rescue Cat in the	SportsCentre	Livel Kelly and Michael	Mayday	Mickey Never Land	Access Hollywood Live	Ways Die	Canadian Pickers
10 AM	Law Order: CI	The Doctors	Doggy Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Mamas	Poko	Squirrel	Fishing	The View	Mighty Ships "Becruz"	Mickey Manny	The Chew	Ways Die	Gold Girls
11 AM	Law Order: CI	Mamas Debt/Part	Rolle Polle Dive, Oily	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds	Paid Prog. Drop Lbs!	Mamas Debt/Part	Noon News Hour	Steven and Chris	G. Shrinks	Rescue	Marilyn Denis	Canada's Worst Driver	Phineas Suite/Deck	General Hospital (N)	Ways Die	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rosa (N)	Paid Prog. Youthful	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil Kid vs. Kat	World Poker Tour	CTV News (N)	Sons of Guns	Wizards Hannah	CityLine	Ways Die	Drew
1 PM	There Yet?	Days of our Lives (N)	Save-Ums! Wibbly Pig	Paint Quilting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Squirrel Sidekick	NFL Live	The Dr. Oz Show	Greatest Know-It-All	Sonny Random	Katie	Ways Die	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 Interruption	Dr. Phil	Myth-Busters	So Raven Suite/Deck	CityNews at 5 (N)	Ways Die	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot Clifford	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel Sidekick	SportsCentre	Ellen DeGeneres Show	How/Made	Wizards ANT Farm	CityNews at 6 (N)	Ways Die	Canadian Pickers
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	Parents	NHL Hockey: Winnipeg Jets at Washington Capitals. (Live)	Anderson Live	Daily Planet (N)	Phineas	How I Met 30 Rock	The Joe Schmo Show	Canadian Pickers
5 PM	Browns	News (N)	Martha Wild Kratts	News Business	News NBC News	News CBS News	Storage	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	Parents	Parents	CTV News at Five (N)	How/Made	Wingin' It Good Luck	Raising Ben-Kate	The Joe Schmo Show	Friends
6 PM	Browns	Global Nat.	Animals Dogs	PBS News-Hour (N)	Millionaire	KREM 2 News at 6 (N)	Storage	News News	(5:59) News Hour (N)	ET Canada	News News	ICarly	Victorious	CTV News (N)	Gold Rush (N)	ANT Farm Wizards	New Girl Mindy	The Joe Schmo Show	Drew
7 PM	Seinfeld	Ent	Be the Creature	Pioneers of Television	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Vegas "Solid Citizens"	George S Coronation	Mr. Young	NHL Hockey: San Jose	Big Bang etalk (N)	Bering Sea Gold (N)	Jessie Good Luck	Private Practice	The Joe Schmo Show	Roseanne
8 PM	Family Guy	NCIS: Los Angeles	West West Bust	Abolitionists: American	Betty Betty	NCIS (DVS)	Storage	The Taste The first round of blind taste tests.	NCIS: Los Angeles	NCIS (DVS)	Mercer 22 Minutes	Wipeout	Sharks at Edmonton Oilers. (Live)	The Taste	Licence to Drill (N)	Jessie Really Me	CityNews-Tonight (N)	The Joe Schmo Show	Debt/Part ET Canada
9 PM	Amer. Dad	NCIS (DVS)	Solar Mamas	Frontline (N)	Go On (N)	NCIS: Los Angeles	Storage	Private Practice	NCIS (DVS)	NCIS: Los Angeles	Cracked (N)	Gags	TBA	Cleveland	Gold Rush	Wingin' It Warthog!	Jimmy Kimmel Live (N)	The Joe Schmo Show	Friends
10 PM	"Blue Streak" (1999) Luke Wilson	Vegas "Solid Citizens"	Welcome to the World	Moyers & Company	Parenthood	Vegas "Solid Citizens"	Storage	Private Practice	Vegas "Solid Citizens"	News Hour Final (N)	National	Boys Mr. Young	SportsCentre	(10:01) Criminal Minds	Bering Sea Gold	Lizzie So Raven	The Joe Schmo Show	Drew	
11 PM	"Con Air"	CHBC News Final (N)	Be the Creature	Charlie Rose (N)	News Jay Leno	News Letterman	Storage	News J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Weird Splatat!	SportsCentre	CTV News	Licence to Drill	Cory Princess	Paid Prog. Paid Prog.	The Joe Schmo Show	3rd Rock

News Leader Recipe 545

Chicken & Veggie Baked Burritos

(NC)—Pantry staples like canned beans and pasta sauce are combined with fresh shredded veggies to create a delicious and nutritious baked burrito that kids and adults will love.

Shopping Tip: Look for "no fat" and "no added oil" when shopping for healthier pasta sauce options. Plus, stock up on spices; cayenne pepper adds the Mexican flare without adding sodium!

Healthy Cooking tip: Want to quickly add more protein to your Burritos without the extra sodium? Use downtime to roast a whole chicken. Remove meat and store in your fridge. Freeze the bones for when you have spare time to make your own, low-sodium chicken broth.

Prep time: 10 minutes / Cook time: 20 minutes / Serves: 2 / Serving size: 1 burrito / Calories per serving: 248

Ingredients:

- 1 1/4 cup (300 mL) Healthy Choice Traditional pasta sauce, divided (see below)
- 2 small 6-inch (15 cm) low sodium multigrain flour tortillas
- 1/2 cup (125 mL) low sodium refried beans
- 1/2 cup (125 mL) each: shredded carrots and zucchini
- 1/2 cup (125 mL) diced cooked chicken
- 4 tbsp. shredded cheese (about 1/2 cup/ 125 mL)
- 1/4 tsp. (1.25 mL) cayenne pepper (optional)
- 1 tbsp. (15 mL) finely chopped cilantro, for garnish
- 1/4 cup (50 mL) guacamole (optional)

Directions:

- Preheat oven to 375F/190C; place tortillas on working surface.
- On each tortilla, evenly spread 1/4 cup (50 mL) beans; top with 1/4 cup (50 mL) each: shredded carrots, zucchini and diced chicken. Top with 1/8 cup (30 mL) Healthy Choice Traditional pasta sauce: roll each tortilla around ingredients and place seam-side down in oven proof baking dish.
- Top with 1 cup (250 mL) Healthy Choice Traditional pasta sauce and shredded cheese and sprinkle with 1/8 tsp. (.6 mL) cayenne pepper (optional); bake for 20 minutes or until cheese is melted and tortillas are slightly browned.
- Garnish with freshly chopped cilantro and serve with an optional side of guacamole.

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Wednesday Movies

MORNING

10:30 am SPIKE ch.44 "Conan the Barbarian" (1982, Adventure) Arnold Schwarzenegger. Pit fighter Conan sets out with a Mongol and a queen to take his father's sword from a snake king. (In Stereo)

queen wants Conan to fetch a jewel-encrusted horn that can awaken the dead. (In Stereo)

EVENING

11:30 pm WTBS ch.3 "Deja Vu" (2006, Suspense) Denzel Washington. A time-folding federal agent falls in love with a New Orleans woman who is targeted to be murdered.

AFTERNOON

1:05 pm SPIKE ch.44 "Conan the Destroyer" (1984, Adventure) Arnold Schwarzenegger. An evil

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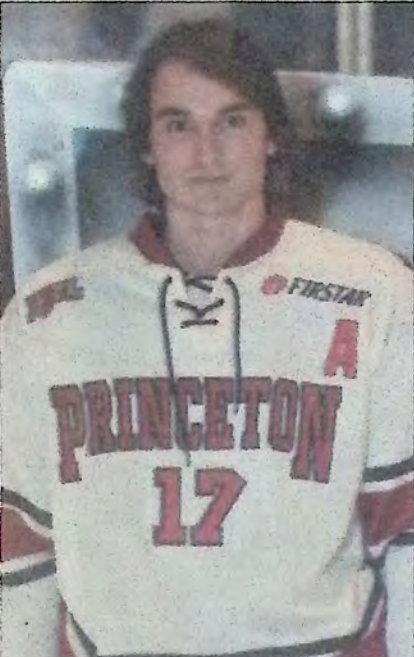
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WEDNESDAY, JANUARY 23, 2013

	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	In the Heat of the Night	Morning News (N)	Timothy HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds (N)	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Strip the City	Dinosaurs Phineas	CityLine (N)	Auction CSI: NY	Weird or What?
7 AM	Justice	Justice	Arthur Magic Bus	Arthur Martha	Today Martha Stewart; Kimora Lee Simmons. (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Tiger Monster	Sidekick Beyblade	SportsCentre		Mayday	Shako It ANT Farm	Let's Make a Deal (N)	CSI: Crime Scene	Earth: Final Conflict (N)
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami (N)			Morning Huntley	Bo On/Go Busytown	Pokémon Super Evil	SportsCentre		Licence to Drill	Jessie Phineas	The Price Is Right (N)	CSI: Crime Scene	Weird or What?
9 AM	Millionaire	News	Pinky Peep, Big	Super Why! Dinosaur		The 700 Club (N)	CSI: Miami (N)	Livel Kelly and Michael	News	The Doctors	Super Why! Cat in the	Rescue Cat in the	SportsCentre	Livel Kelly and Michael	Mayday "Turning Point"	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Weird or What?
10 AM	Law Order: CI	The Doctors	Doggy Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds "Jones"	The View	The Doctors	Mamas Debt/Part	Poko	Squirrel G. Shrinks	Lumberj. Sports	The View	Mighty Ships	Mickey Manny	The Chew	CSI: Crime Scene	Gold Girls
11 AM	Law Order: CI	Mamas Debt/Part	Rolie Polie Dive, Olly	Tiger Sit & Be Fit	Judge B.	Young & Restless	Criminal Minds (N)	Paid Prog.	Mamas Debt/Part	Noon News Hour	Steven and Chris	G. Shrinks Rescue	TBA 2013	Marilyn Denis	Nerve Center	Phineas Suite/Deck	General Hospital (N)	CSI: Crime Scene	Friends (N)
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N)	Paid Prog.	News Bold	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil Kid vs. Kat	Australian Open Tennis	CTV News (N)	Gold Rush	Wizards Hannah	CityLine	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	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Squirrel Sidekick	NFL Live	The Dr. Oz Show	Bering Sea Gold	Sonny Random	Katie	CSI: Crime Scene	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	Licence to Drill	So Raven Suite/Deck	CityNews at 5 (N)	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot Clifford	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel Sidekick	SportsCentre	Ellen DeGeneres Show	How/Made	Wizards ANT Farm	CityNews at 6 (N)	CSI: Crime Scene	Weird or What?
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	SpongeBob	NHL Hockey: Toronto Maple Leafs at Pittsburgh Penguins.	Anderson Live	Daily Planet (N)	Phineas Phineas	How I Met	CSI: Crime Scene	Weird or What?
5 PM	College Basketball: Florida at Georgia. (N) (Live)	News (N)	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	SpongeBob		CTV News at Five (N)	Africa "Kalahari"	Wingin' It Good Luck	The Middle Cougar	CSI: Crime Scene	Friends (N)
6 PM	Georgia. (N) (Live)	Global Nat. News	Animals Undersea	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Shipping	News Shipping	(5:59) News Hour (N)	ET Canada	News Exchange	iCarly	TBA	CTV News (N)	Africa "Savannah"	ANT Farm Wizards	Mod Fam Suburg.	CSI: Crime Scene	70s Show
7 PM	Seinfeld	Ent	Frontiers of Nature (N) (DVS)	Nature (N) (DVS)	Jeopardy!	Inside Ed.	Barter Kings (N)	Ent	Ent	Chicago Fire (DVS)	George S Coronation	Mr. Young Boys	Australian	Arrow "Trust but Verify"	Myth-Busters	Jessie Good Luck	The Carrie Diaries	CSI: Crime Scene	Roseanne
8 PM	Family Guy	Bomb Girls	Ganges "Waterland"	NOVA (N) (DVS)	Whitney Guys-Kids	Criminal Minds (N)	(6:01) Barter Kings	The Middle Neighbors	Bomb Girls	To Be Announced	Dragons' Den	Wipeout	Sports	American Idol Auditions continue. (N)	Bering Sea Gold	Austin Gravity	CityNews-Tonight (N)	CSI: Crime Scene	ET Canada
9 PM	Amer. Dad	Go On	Waldubhne: A Romantic Opera Night	Life on Fire (N) (DVS)	Law & Order: SVU	Criminal Minds (N)	Duck D.	Mod Fam Suburg.	Go On	Go On (N)	Arctic Air (N) (DVS)	Gags	SportsCentre		Africa "Kalahari"	Wingin' It Warhogs!	Jimmy Kimmel Live (N)	CSI: Crime Scene	Friends (N)
10 PM	Payne Browns	Chicago Fire (DVS)	Nature (N) (DVS)	Chicago Fire (DVS)	CSI: Crime Scene	Shipping	Nashville (N) (DVS)	Chicago Fire (DVS)	News Hour Final (N)	News Hour Final (N)	National	Boys Mr. Young	SportsCentre	CSI: Crime Scene	Africa "Savannah"	Lizzie So Raven	Maury	CSI: Crime Scene	70s Show
11 PM	Payne "Deja Vu"	CHBC News Final (N)	Frontiers of Charlie Rose (N)	News Jay Leno	News Letterman	(11:01) Barter Kings	News J. Kimmel	News News Hour Final (N)	ET Canada	CBC News	Weird Splatatol	SportsCentre	CTV News	Myth-Busters	Cory Princess	Paid Prog.	Deadliest Warrior	CSI: Crime Scene	3rd Rock



PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



KURTIS BOND
#17 Right Wing

Birthday - April 10
Height 6' 3" / Weight 185

Home Town - Williams Lake, BC
Last Team - Princeton Posse
Shoots - Right

Favorite Food - Tacos
Favorite Music - Country

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Photo: Bob Marsh Photography



PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



JON FORREST
#12 Centre

Birthday - March 11
Height 5' 11" / Weight 185

Home Town - Calgary, AB
Last Team - Calgary Midget AAA
Shoots - Left

Favorite Food - Subs
Favorite Music - Country

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The artistic efforts of a thus-far unknown perpetrator are a welcome distraction along Highway 3A. The natural icefall occurs each winter and can be viewed on the south side of the highway about a mile and a half west of the intersection with Highway 97. The color, of course, is not "natural" but requires some degree of effort. Does the artistic fire paintball colors to the top of the icefall? Does he or she climb up above the icefall and drop the colors down onto the ice? One wonders... Photo: Arlene Arlow



There are several beautiful icefalls along the highway at Richter Pass. This handsome icefall happens to be on the east end of Richter Pass along Highway 3. Other fine specimens can be enjoyed on the west side of Richter Pass, too. Photo: Arlene Arlow

PSS Girls are #2!

Princeton Secondary School's Ciara Bamford led the team to a 53-25 victory over Princess Margaret January 17th in Penticton.

Bamford had a 23-point game in the senior girl's exhibition basketball match.

Angie Marshall added 12 points, Julia Reichert and Logan Littlejohn each had

seven, Payton Charlie had four and Dana Klamut three.

PSS had a 22-10 lead at the half and continued to build on that for the win.

The team, coached by Rob Marshall, is currently ranked Number Two in British Columbia according to single-A rankings.

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LOCAL - REGIONAL - NATIONAL - WORLD NEWS



Looks like shaving cream, don't-it? Mother Nature has had some fun at Richter Pass: daytime sunshine melted only some of the snow along the clay banks, leaving behind strips of what looks like rivulets of shaving cream inching downward. Photo: Arlene Arlow

PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE

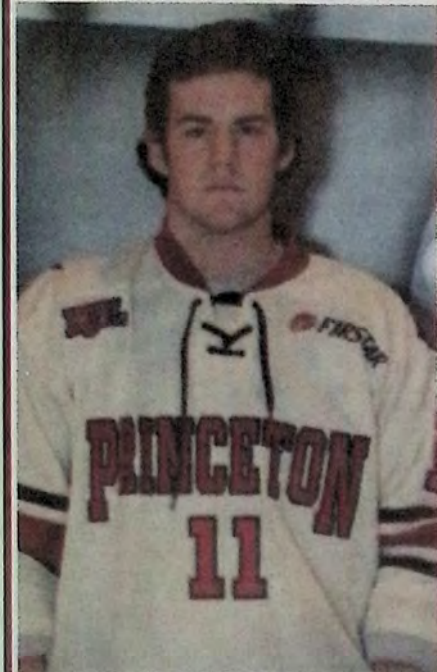


Photo: Bob Marsh Photography

KRAIG LEOCHKO #11 Left Wing

Birthday - December 15
Height 5' 8" / Weight 170

Home Town - Princeton, BC
Last Team - Osoyoos Midgets
Shoots - Left

Favorite Food - Pizza
Favorite Music - Country

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PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



Photo: Bob Marsh Photography

JON THOMPSON #19 Forward

Birthday - December 14
Height 6' 2" / Weight 185

Home Town - Glen Mills, PA
Last Team - Philadelphia Jr. Flyers
Shoots - Left

Favorite Food - Pulled Pork
Favorite Music - Rock

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Thursday Movies

MORNING

7:52 am SPIKE ch.44 "Conan the Barbarian" (1982, Adventure) Arnold Schwarzenegger. Pit fighter Conan sets out with a Mongol

and a queen to take his father's sword from a snake king. (In Stereo)

EVENING

9:30 pm WTBS ch.3 "The Perfect Man" (2005, Romance-Comedy) Hilary Duff. A crafty teen invents a secret admirer to prevent her mother from having another bad relationship.

11:30 pm WTBS ch.3 "Delta Farce" (2007, Comedy) Larry the Cable Guy. An Army officer mistakes three buddies for Army Reservists and deploys them to Iraq, but their vehicle is prema-

turely ejected over Mexico.

THURSDAY, JANUARY 24, 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 :30	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 "Jones"	News	Morning News (N) ☺	(5:00) Morning News (N)	CBC News Now (N) ☺	Kid vs. Kat Super Evil	SportsCentre ☺	CTV Morning Live (N) ☺	Canada's Worst Driver	Dinosaurs Phineas	CityLine (N) ☺	Ways Die	Four Houses Canada
7 AM :30	Justice	Justice	Arthur ☺	Arthur	Today Exercise gear; Darrell Hammond. (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺			Tiger	Sidekick	SportsCentre ☺		Dangerous Flights	Shake It ANT Farm	Let's Make a Deal (N)	Ways Die	Earth: Final Conflict ☺
8 AM :30	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami "Fallen" ☺			Morning Huntley	Bo On/Go	Pokémon Super Evil	SportsCentre ☺		Cash Cab	Jessie ☺	The Price Is Right (N)	(7:52) Movie: *** "Conan the Barbarian" (1982) ☺	Live Here
9 AM :30	Millionaire	News	Pinky Peep, Blg	Super Why! Dinosaur		The 700 Club (N) ☺	CSI: Miami ☺	Live! Kelly and Michael	News Huntley	The Doctors ☺	Super Why! Cat in the	Rescue Cat in the	SportsCentre ☺	Live! Kelly and Michael	Mayday (N) ☺	Mickey Never Land	Access Hollywood Live		Four Houses Canada
10 AM :30	Law Order: CI	The Doctors ☺	Doggy Franklin	Sesame Street ☺		The Price Is Right (N)	Criminal Minds ☺	The View ☺	The Doctors ☺	Mamas Debt/Part	Poko ☺	Squirrel Puppies	To Be Announced	The View ☺	Mighty Ships ☺	Mickey Manny	The Chew ☺	Deadliest Warrior	Gold Girls
11 AM :30	Law Order: CI	Mamas Debt/Part	Rolie Polle Dive, Oily	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds ☺	Paid Prog. Youthful	Mamas Debt/Part	Noon News Hour	Steven and Chris ☺	G. Shrinks Rescue	2013 Australian Open Tennis	Marilyn Denis	Dangerous Flights	Phineas Suite/Deck	General Hospital (N) ☺	Deadliest Warrior	Friends ☺
12 PM :30	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) ☺	Paid Prog.	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Super Evil Kid vs. Kat	CTV News (N) ☺	Africa "Kalahari" ☺	Wizards Hannah	CityLine ☺	Deadliest Warrior	Frasier ☺	
1 PM :30	There Yet?	Days of our Lives (N)	Save-Umsl Wibbly Pig	Painting Knitting	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Squirrel Sidekick	NFL Live ☺	The Dr. Oz Show ☺	Africa "Savannah" ☺	Sonny Random	Katie ☺	(1:25) Deadliest Warrior	3rd Rock
2 PM :30	King	The Talk ☺	Blg 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 Interruption	Dr. Phil ☺	Myth-Busters ☺	So Raven Suite/Deck	CityNews at 5 (N) ☺	Deadliest Warrior	Gold Girls
3 PM :30	The Office	The Ricki Lake Show	Rob Robot Clifford	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil ☺	The First 48 ☺	Reachel Ray ☺	The Ricki Lake Show	Young & Restless	Recipes Stefano	Squirrel Sidekick	SportsCentre ☺	Ellen DeGeneres Show	How/Made	Wizards ANT Farm	CityNews at 6 (N) ☺	Deadliest Warrior	Live Here
4 PM :30	Big Bang	Young & Restless	G. Shrinks Arthur ☺	Wild Kratts Electric	Jdg Judy	The Dr. Oz Show ☺	The First 48 ☺	The Doctors ☺	Young & Restless	Early News Global Nat.	Dragons' Den ☺	Parents Parents	NBA Basketball: Toronto Raptors at Orlando Magic. ☺	Anderson Live ☺	Daily Planet (N) ☺	Phineas Phineas	How I Met 30 Rock	Deadliest Warrior	Four Houses Canada
5 PM :30	Browns Payne	News (N) ☺	Martha Wild Kratts	News Business	News NBC News	News CBS News	The First 48 ☺	News ABC News	Early News Global Nat.	(4:59) News Hour	News News	Parents Parents	CTV News at Five (N)	Sons of Guns ☺	Wingin' It Good Luck	30 Rock Parks	IMPACT Wrestling (N) ☺	Friends ☺	
6 PM :30	Browns Payne	Global Nat. News	Animals Rivers	PBS News-Hour (N) ☺	News Millionaire	KREM 2 News at 6 (N)	First 48: Missing	News News	(5:59) News Hour (N)	ET Canada	News Exchange	Victorious	NHL Hockey: Los Angeles Kings at Edmonton Oilers. (Live)	CTV News (N) ☺	Fast N' Loud (N) ☺	ANT Farm Wizards	Person of Interest	Frasier ☺	
7 PM :30	Seinfeld ☺	Ent ET Canada	What's That About?	Health Matt.	Jeopardy! Wheel	Inside Ed. Access H.	Beyond Scared Straight	Ent Insider	Ent ET Canada	(7:01) Elementary ☺	George S Coronation	Mr. Young Boys	Kings at Edmonton Oilers. (Live)	Big Bang etalk (N)	Moonshiners (N) ☺	Jessie ☺	(7:02) Scandal ☺	Bellator MMA Live (N) ☺ (Live)	Roseanna
8 PM :30	Family Guy	Last Resort ☺	History Britain	New Tricks ☺	30 Rock Parks	Blg Bang Two Men	Beyond Scared Straight	Last Resort ☺	Last Resort ☺	Last Resort ☺	The Nature of Things	Wipeout ☺	Engraved on a Nation	Big Bang Two Men	Greatest Know-It-All	Wingin' It	CityNews-Tonight (N)	Deb/Part ET Canada	
9 PM :30	Amer. Dad	Glee "Sadie Hawkins" Movie: **	Stardust: Bette Davis	Foyle's War ☺	The Office 1600 Penn	Person of Interest ☺	(9:01) The First 48 ☺	Grey's Anatomy (N) ☺	Glee "Sadie Hawkins"	To Be Announced	Doc Zone (N) ☺	Laughs Laughs	Engraved on a Nation	Grey's Anatomy (N) ☺	Fast N' Loud ☺	Wingin' It Warthogs!	Jimmy Kimmel Live (N)	Bellator MMA Live ☺	Friends ☺
10 PM :30	"The Perfect Man" (2005)	(10:01) Hawaii Five-0 ☺	Doris Day Superstar	The Queen's Palaces	Rock Center	(10:01) Elementary ☺	First 48: Missing	(10:02) Scandal ☺	(10:01) Hawaii Five-0 ☺	News Hour Final (N)	National	Boys Mr. Young	SportsCentre ☺	(10:02) Flashpoint ☺	Moonshiners ☺	Lizzio So Raven	Mauri ☺	Frasier ☺	
11 PM :30	"Delta Fc"	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 J. Probst	CBC News George S	Weird Splatalot	SportsCentre ☺	CTV News	Sons of Guns ☺	Cory Princess	Paid Prog.	Bellator 350 ☺	3rd Rock

Friday Movies

AFTERNOON

4:00 pm SPIKE ch.44 "The Green Mile" (1999, Drama) Tom Hanks. Premiere. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (In Stereo)

EVENING

8:00 pm YTV ch.18 "9" (2009, Adventure) Voices of Elijah Wood. Animated. In a post-apocalyptic world, a sentient rag doll convinces its comrades that they must take the offensive against the machines that threaten to destroy them. (In Stereo) (CC)
 FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC)
 8:30 pm SPIKE ch.44 "Payback" (1999, Action) Mel Gibson. A man

seeks revenge on his wife and crime partner, who shot him and left him for dead. (In Stereo)

9:30 pm WTBS ch.3 "Delta Farce" (2007, Comedy) Larry the Cable Guy. An Army officer mistakes three buddies for Army Reservists and deploys them to Iraq, but their vehicle is prematurely ejected over Mexico.

10:01 pm FAM ch.26 "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full potential and become a championship dance team. (In Stereo) (CC)

11:30 pm WTBS ch.3 "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning.

Christmas Sudoku 437

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.

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

THIS WEEK'S SOLUTION:
Page 20

News Leader Sudoku grids, puzzles and solutions

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FRIDAY, JANUARY 25, 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	Bulldozer	KHQ News 6AM (N)	KREM 2 Morning News	Parking	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Salvage Hunters	Dinosaurs	CityLine (N)	Ways Die	Security
7 AM	Justice	Justice	Arthur	Arthur	Today	CBS This Morning (N)	Parking	Good Morning America (N)			Tiger	Yu-Gi-Oh!	SportsCentre	Nerve Center	Shake It	Let's Make a Deal (N)	Ways Die	Earth: Final Conflict	
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious	storage. (N)		Parking		Morning	Bo On/Go	Pokémon	SportsCentre	Myth-Busters	Jessie	The Price Is Right (N)	Ways Die	Outlaw Bikers		
9 AM	Millionaire	News	Pinky	Super Why!		The 700 Club (N)	Parking	Livel Kelly and Michael	News	The Doctors	Super Why!	Rescue	SportsCentre	Livel Kelly and Michael	Mayday	Mickey	Access Hollywood	Ways Die	Security
10 AM	Law Order: CI	The Doctors	Doggy Day Franklin	Sesame Street		The Price Is Right (N)	Parking	The View	The Doctors	Mamas	Poko	Squirrel	To Be Announced	The View	Mighty Ships	Mickey	The Chew	Ways Die	Gold Girls
11 AM	Law Order: CI	Mamas	Rolle Polle	Tiger	Judge B.	Young & Restless	Parking	Paid Prog.	Mamas	Noon News Hour	Steven and Chris	G. Shrinks	2013 Australian Open Tennis	Marilyn Denis	Hillbilly Handfishin'	Phineas Suite/Deck	General Hospital (N)	Ways Die	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N)	Paid Prog.	News	Parking	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil	Kid vs. Kat	CTV News (N)	Fast N' Loud	Wizards	CityLine	Ways Die	King
1 PM	There Yet?	Days of our Lives (N)	Save-Umal	Painting	Days of our Lives (N)	The Talk	Parking	General Hospital (N)	Days of our Lives (N)	The Jeff Probst Show	Heartland (DVS)	Squirrel	NFL Live	The Dr. Oz Show	Moonshiners	Sonny	Katie	Ways Die	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	Off Record	Dr. Phil	Sons of Guns	So Raven	CityNews at 5 (N)	Ways Die	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	Squirrel	SportsCentre	Ellen DeGeneres Show	How/Made	Wizards	CityNews at 6 (N)	Ways Die	Outlaw Bikers
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show	Duck D.	The Doctors	Young & Restless	Early News	Dragons' Den	Kung Fu	Basketball	Anderson Live	Daily Planet	Phineas	How I Met	Movie: *** "The Green Mile" (1999, Drama) Tom Hanks, David Morse. Premiere.	Security
5 PM	Browns	News (N)	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour	News	Kung Fu	NHL Hockey: Pittsburgh Penguins at Winnipeg Jets. (Live)	CTV News at Five (N)	Greatest Know-It-All	Dog	Last Man	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	1600 Penn	King	
7 PM	Seinfeld	Ent	Mega Builders	Wash	Jeopardy!	Inside Ed.	Storage	Ent	Ent	16x9 (N)	George S	SpongeBob		Big Bang	Mayday "Blind Spot"	Jessie (N)	Mantracker	Roseanne	
8 PM	Family Guy	Kitchen Nightmares (N)	Emma	Doc Martin	Betty	Undercover Boss	Storage	Last Man	Kitchen Nightmares (N)	M'ketplace	Mercer	Movie: *** "9" (2009, Adventure)		CSI: NY "Reignited"	Cash Cab	Movie: "High School Musical" (2006)	CityNews-Tonight (N)	ET Canada	
9 PM	Amer. Dad	Parenthood	Polrot The head of the Abernethie clan dies.	Land Girls	Dateline NBC (N)	CSI: NY "Reignited"	Duck D.	Shark Tank (DVS)	Parenthood	Parenthood	fifth estate		SportsCentre	Shark Tank (DVS)	Hillbilly Handfishin' (N)	Phineas	Jimmy Kimmel Live (N)	Friends	
10 PM	"Delta Farce" (2007) Bill Engvall	16x9 (N)		Shake-spears		Blue Bloods	Duck D.	(10:01) 20/20	16x9 (N)	News Hour Final (N)	National	Mr. Young	SportsCentre	Blue Bloods	Greatest Know-It-All	(10:01) Movie: "Gotta Kick It Up"	Maury (N)	King	
11 PM	"Election"	CHBC News Final (N)	Mega Builders	Shake-spears	News	News	Storage	News	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre	CTV News	Mayday "Blind Spot"	Princess	Paid Prog.	Ways Die	3rd Rock

News Leader Weekend - Sunday Movies

MORNING

7:00 am A&E ch.9 "Must Love Dogs" (2005, Romance-Comedy) Diane Lane. Premiere. A divorced teacher meets a hopeless romantic...

9:30 am TROP ch.45 "48 HRS." (1982, Action) Nick Nolte. A rumpled detective gets a slick convict released into his custody...

AFTERNOON

12:00 pm FAM ch.26 "16 Wishes" (2010, Comedy) Debby

Ryan. The wishes of a teenager magically come true on her 16th birthday. (In Stereo) (CC) 1:30 pm YTV ch.18 "Agent Cody Banks" (2003, Adventure) Frankie Muniz...

Stereo) (CC) SPIKE ch.44 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent...

EVENING

6:00 pm YTV ch.18 "Alex Rider: Operation Stormbreaker" (2006, Action) Alex Pettyfer. A teenage spy for MI6 investigates a billionaire who may have an ulterior motive...

transform a beer vendor into a gentleman and a congressional candidate. (In Stereo) (CC) FAM ch.26 "Sharpy's Fabulous Adventure" (2011, Comedy-Drama) Ashley Tisdale...

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SUNDAY, JANUARY 27, 2013

Grid showing program schedules for channels 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 from 6 AM to 11:30 PM.



Princeton's Alan K. Parsons will be performing one night only, a Valentine's Party and Dance on February 9th, at Senior's Branch 30. Tickets are \$10.00 each and are available at Similkameen News Leader. Photo: Brenda Engel

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Monday Movies

AFTERNOON

EVENING

12:30 pm SPIKE ch.44 "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (In Stereo)

5:00 pm SPIKE ch.44 "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (In Stereo)

8:30 pm SPIKE ch.44 "A Bronx Tale" (1993, Drama) Robert De Niro. The son of an honest bus driver looks up to a local mob boss amid racial tension in 1960s New York. (In Stereo)

9:30 pm WTBS ch.3 "King Kong" (2005, Adventure) Naomi Watts. Members of a film crew encounter prehistoric beasts and a gigantic ape on mysterious Skull Island.

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MONDAY, JANUARY 28, 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)	Timothy HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Super Evil	SportsCentre	CTV Morning Live (N)	Junk Raiders	Dinosaurs Phineas	CityLine (N)	Auction	Food
7 AM	Justice	Justice	Arthur	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger	Sidekick	SportsCentre		Cash Cab	Shake It	Let's Make a Deal (N)	CSI: NY "Hostage"	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami			Morning	Bo On/Go	Pokémon	SportsCentre		Cash Cab	ANT Farm	The Price Is Right (N)	CSI: NY "Veritas"	Est St.
9 AM	Millionaire	News	Pinky	Super Why!		The 700 Club	CSI: Miami	Livel Kelly and Michael	News	The Doctors	Super Why!	Rescue	SportsCentre	Livel Kelly and Michael	Mayday	Mickey	Access Hollywood Live	CSI: NY	Food
10 AM	Law Order: CI	The Doctors	Doggy Day Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Mamas	Poko	Squirrel	Sportfish	The View	Mighty Ships	Mickey	The Chew	CSI: Crime Scene	Gold Girls
11 AM	Law Order: CI	Mamas	Rolie Polie	Tiger	Judge B.	Young & Restless	Criminal Minds	Pald Prog.	Mamas	Noon News Hour	Steven and Chris	G. Shrinks	Engraved on a Nation	Marilyn Denis	Pyros (DVS)	Phineas	General Hospital (N)	CSI: Crime Scene	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose	Pald Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil	NFL Prime-Time	CTV News (N)	Licence to Drill	Wizards	CityLine	Movie: "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael	Raymond
1 PM	There Yet?	Days of our Lives (N)	Save Ums	Paint This	Days of our Lives (N)	The Talk (N)	The First 48 "Ditched"	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Heartland (DVS)	Squirrel	NFL Live	The Dr. Oz Show	Jungle Gold	Sonny	Katie	CSI: Crime Scene	3rd Rock
2 PM	King	The Talk (N)	Big Bear	Barney	Katie	Let's Make a Deal (N)	The First 48	The Jeff Probst Show	The Talk (N)	The Ricki Lake Show	Steven and Chris (N)	Almost	Off Record	Dr. Phil	Myth-Busters	So Raven	CityNews at 5 (N)	David Morse, Michael	Gold Girls
3 PM	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	Squirrel	SportsCentre	Ellen DeGeneres Show	How/Made	Wizards	CityNews at 6 (N)	Clarke Duncan	Est St.
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show	Hoarders "Jan, Bebe"	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	NBA Basketball: Golden State Warriors at Toronto Raptors.	Anderson Live	Daily Planet (N)	Phineas	How I Met		Food
5 PM	Browns	News (N)	Martha	News	News	News	Hoarders	News	Early News	(4:59) News Hour	News	SpongeBob	CTV News at Five (N)	Myth-Busters	Wingin' It	How I Met	Movie: "GoodFellas" (1990, Crime Drama) Robert De Niro, Chazz Palminteri.	Friends	
6 PM	Browns	Global Nat.	Animals	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	Hoarders (N)	News	(5:59) News Hour (N)	ET Canada	News	iCarly	CTV News (N)	Sons of Guns (N)	ANT Farm	Broke Girl	Mike	Raymond	
7 PM	Seinfeld	Ent	Lions Gate Bridge:	Keep Up	Jeopardy!	Inside Ed.	Intervention "Dana" (N)	Ent	Ent	NCIS: Los Angeles	George S	Victorious	Big Bang	Greatest Know-It-All	Jessie	The Carrie Diaries (N)	Robert De Niro, Ray Liotta	Roseanne	
8 PM	Family Guy	Bones (N) (DVS)	Victorian Pharmacy	Antiques Roadshow (N)	The Biggest Loser A contestant faces setbacks.	How I Met	(8:01) Intervention	The Bachelor	Bones (N) (DVS)	Hawaii Five-0 (N)	Mr. D (N)	Wipeout	Hockey: Vancouver Canucks at Los Angeles Kings. (Live)	Anger	How/Made	ANT Farm	CityNews-Tonight (N)	Movie: "A Bronx Tale" (1993)	ET Canada
9 PM	Amer. Dad	Deception (N)	Fake or Fortune?	Market Warriors		Broke Girl	(9:01) Hoarders		Deception (N)	Deception (N)	Murdoch Mysteries (N)	Gags	The Following (N)	Sons of Guns	Wingin' It	Jimmy Kimmel Live (N)	Naomi Watts.	Friends	
10 PM	Movie: "King Kong" (2005)	Hawaii Five-0 (N)	Architects of Change	Independent Lens (N)	Deception (N)	Hawaii Five-0 (N)	(10:01) Hoarders	(10:01) Castle	Hawaii Five-0 (N)	News Hour Final (N)	National	Boys	SportsCentre	(10:01) Castle	Greatest Know-It-All	Lizzie	Maury (N)		Raymond
11 PM		News Hour Final (N)	Lions Gate Bridge:	Charlie Rose (N)	News	News	(11:01) Intervention	News	News Hour Final (N)	ET Canada	CBC News	Weld	SportsCentre	CTV News	Highway Thru Hell	Cory	Pald Prog.		3rd Rock



In the beginning there was a runaway pickup truck... Photo: Dawn Johnson



In the end there was a zig zag without a zig, or a zag.*

Princeton Court News

News Leader Court Reporter - Dawn Johnson

Fine for assault

In a trial held in Provincial Court in Princeton on January 18, 2013, Kevin Huff defended himself on a charge of assault of Keith Demany. The charge arose from an incident on February 15, 2012 when Demany was attempting to serve legal documents on Huff.

Witnesses for the Crown stated Huff encountered Demany in front of a shop on Bridge Street. Huff and Demany spoke briefly. Both said the other appeared aggressive. There was a history of discord between the two stemming from a dispute about damages done in an apartment Huff rented from the owner of a building in which Demany was caretaker.

Huff set his backpack on the sidewalk between them. Rather than give the legal documents directly to Huff, Demany placed the envelope containing the documents on Huff's

backpack. Huff felt this was a violation of his property and kicked Demany in the hand, cutting and bruising it. Huff maintained he was defending his property.

Huff was found guilty of assault. The judge stated Huff had no legal justification for kicking Demany. Huff had a prior record of assault dating back to 2011. He was ordered to pay a \$100 fine and serve a year on probation.

Oliver man pleads guilty

Darren George Abraham of Oliver, B.C. appeared in Provincial Court in Princeton on Thursday, January 17, to enter a guilty plea to a charge of possessing illegal drugs for the purpose of trafficking. A pre-sentence report was ordered. Abraham will be sentenced in Penticton in March.

Judge orders jail, rehab

When he appeared in Provincial Court in Princeton on Thursday, January 17, Michael Roy Derosier

entered a guilty plea to two charges of breach of recognizance. Derosier, a 24 year old resident of Mission, B.C. faces additional charges of possession of illegal drugs for the purpose of trafficking and willful resistance or obstruction of a peace officer, but these charges will not be dealt with until May.

Derosier has had a problem with drug addiction, and was placed in police custody for 31 days prior to his appearance in court. As space was available at a rehabilitation center, Derosier will spend the next 90 days in that facility. He spent two days in jail in Princeton, then released to the supervision of his

mother, who will accompany him to the rehabilitation center for admission. A \$2,500 cash bail bond is being held by the court pending compliance with judge's orders.

Judge orders suspended sentence

Scheduled to go to trial on January 17, Jason Pudsey chose instead to enter a guilty plea to a charge of theft of a gold nugget.

The incident leading to the charge occurred on July 15, 2011, in front of a Princeton liquor outlet. Pudsey had had a few drinks when he was encouraged by Warren Spence to take a gold chain with a gold nugget pendant from around the neck of Luigi Delcioto.

Spence and Delcioto had adjacent gold claims in the Princeton area, and Spence said the nugget came from his claim and he wanted it.

Pudsey grabbed the chain and ripped it off Delcioto, breaking the chain. Pudsey told the court he had no idea what became of the gold nugget, as he did not have it in his possession although he did have the chain. The nugget was not found.

Pudsey was ordered to serve a one year suspended sentence, pay \$600 restitution for the chain and nugget, and pay a victim fine surcharge. He is to have no contact with Delcioto and is to do 20 hours of community service or counseling.

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This might a sign of things to come. A survey crew was busy, well, surveying just west of the intersection of Highways 3A and 97 January 14th. The News Leader will keep you posted. Photo: Arlene Arlow

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For Rent
Apartment in Princeton. Available now. Excellent references and damage deposit required. No pets, must be quiet. Asking \$500.00/month plus utilities. Can furnish if needed. Call 250.295.1006 or leave message with best time to call back. Dec 18-Jan 29

For Rent
Like new home on acreage, ground floor suite. 2-bedrooms + den, full bath, Jacuzzi tub, gas fireplace. All appliances and utilities included. Available now. \$750.00/month. For details call 250.295.3966. Dec 04-th

Services
Princeton Small Hauls
Snow Blowing/Removal
Call Rob 250.295.5028
Dec 18-Jan 31

Small 1-bedroom house. W/D, F/S. Fenced yard, close to town. Available February 1st. Asking \$575.00/month plus utilities. For information call 250.295.7484 or 250.295.8111. Jan 8-29

Apartment for rent in Princeton. Available now. Excellent references and damage deposit required. No pets, must be quiet. Asking \$500.00/month rent plus utilities. Can furnish if needed. Phone 250.295.1006 for details or leave message with the best time to call back. Jan 15-29

For Sale

Kenmore washer and older model Whirlpool dryer. Both well cared for and in good running condition. As is, you remove. Asking \$350.00 Firm. Call 250.295.6052. Jan 8-22

For rent or with option to purchase. Looking for a responsible person or working couple. Must provide good references. Mobile is completely remodeled. Size is 14' x 70'. All new appliances. Available NOW. Contact George or Donna at 250.295.3532 or 250.295.5429. Jan 15-29

Wanted
Older van, pre-1990. Wish to camperize. Bam door type. Price negotiable. Phone 250.295.2610 (before 5:00 PM). Jan 22

Similkameen News Leader classifieds get the job done! For as little as \$9.00 a week, let us sell your item. Call Brenda at 250.295.4149.

Backhoe. Ford 4500, 2-wheel drive with 2 buckets, forks and spare tire. \$7,000.00 Chain Lake area. Call 604.533.4918. Jan 22

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Found
Medium size dog jacket (black, red and taupe colour with trees, mouse, bear and duck pattern) at the entrance to the Trans-Canada Trail by Subway on January 17. Call Cheryl at 250.295.6929 or leave a message. Jan 22-29

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2nd Tuesday each month
Pool Tourney 10:00 AM
4th Tuesday each month

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Lunch: 11:30 AM - 1:00 PM

Narcotics Anonymous

OPEN MEETINGS
7:30 PM
Wednesdays & Sundays
at the InfoCentre on
Highway 3

Info: (250) 295-7919 OR 295-6531, 295-6723

Sudoku

**CARTER'S
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Challenge**
SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #437

495	768	123
231	549	687
876	231	459
927	485	361
154	673	892
683	912	574
548	127	936
719	356	248
362	894	715

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Notices



**Princeton Posse
Final Regular Season
Game Schedule**

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

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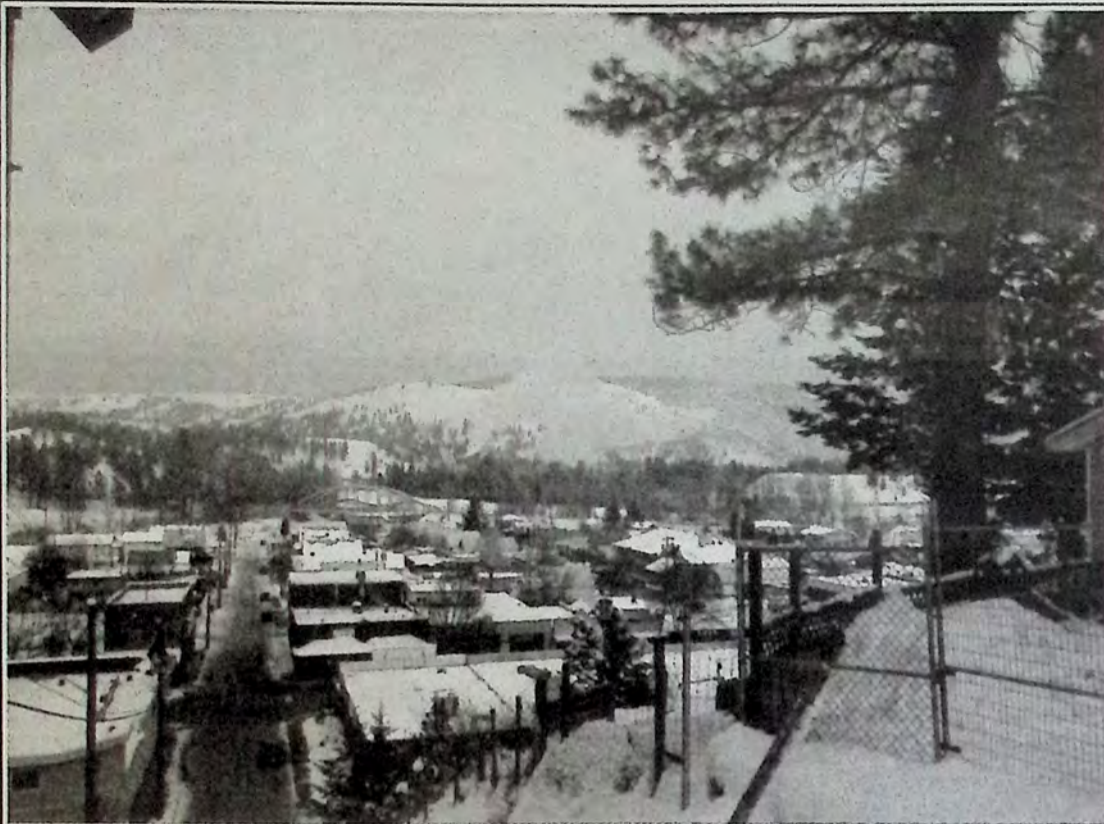
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The view from the top of the zig zag shows a blanket of snow as far as the eye can see! Photo: Brenda Engel

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CMMC 2012 results

..... continued from Front Page tonnes of waste. The projected life of mine strip ratio is 2 to 1 but higher in the early years.

Production guidance for 2013 was issued on December 21, 2012 as approximately 80 million pounds of copper, 35 thousand ounces of gold, and 315 thousand ounces of silver. Site cash cost were estimated to be (incl. mining, milling, maintenance, admin, and engineering) of \$1.25 - \$1.30 per pound of copper produced net of precious metal credits. (Calculated based on \$ 3.40 /lb Cu, \$1,500/oz Au and \$28.50/oz Ag). Total cash costs (incl. site costs, smelting & refining, transportation, interest and taxes) were estimated to be between \$1.80 - \$2.00 per pound of copper produced net of precious metal credits.

From an operational point of view, mining will continue in both Pit 2 and Pit 3 in 2013. Approximately 16 million tonnes of lower grade material will be stockpiled for processing towards the end of the mine

life.
About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%. The Copper Mountain mine commenced production in the summer of 2011, and has continued to improve its operations during the year, and attained design capacity in the summer of 2012.

The 18,000 acre site has a resource of approximately 5 billion pounds of copper and remains open laterally and at depth. The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the properties full development potential. Additional information is available on the Company's web page at www.CuMtn.com.

Women need to make health last

..... continued from Page 8 his best friend. Even today, it's still very emotional for him," she says.

Legault, says Wood, is an example of both sides of the spectrum: the need for women to be better informed of the risks of heart disease and stroke; and the potential for senior women to lead full and vital lives with time and energy for family, hobbies and outdoor pursuits.

Today, nine years later, Legault is doing everything she enjoys. She spends her winters skating, skiing and snowshoeing.

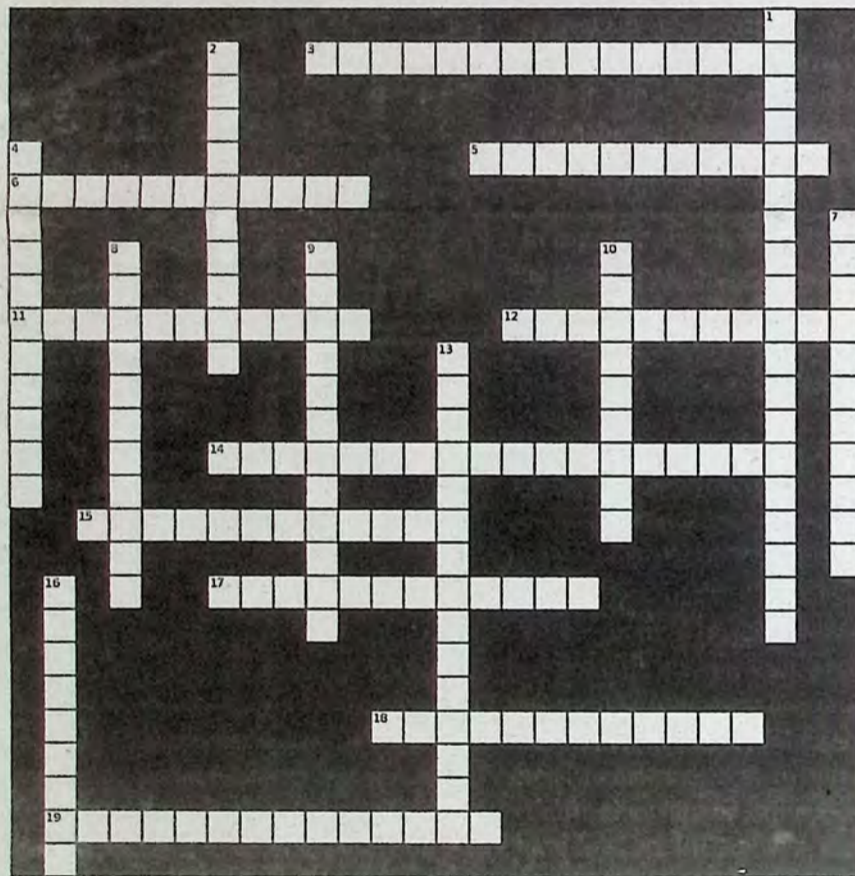
During the summers, she plays tennis three times a week and can sometimes be found swimming in the Gatineau River.

Wood urges women to assess their risk for heart disease and stroke by taking the foundation's quiz at TheHeartTruth.ca/quiz.

www.gotpeppers.info

Similkameen News Leader Puzzler

Use the January 15 News Leader to find Answers Below...



- | | |
|---|---|
| <p>Across</p> <p>3 Name the Princeton Arts Council President.</p> <p>5 He helped the News Leader's Brenda Engel clean the News Leader car after a heavy snowfall. Grants from the province were considered for projects dealing with matters of this classification.</p> <p>6 Name the RDOS Development Services Manager.</p> <p>12 Name Princeton Weyerhaeuser Timberlands Manager. Headline: "Weyerhaeuser Timberlands _____"</p> <p>15 Who's performing ONE NIGHT ONLY?</p> <p>17 He writes 'Flip of the Coyne.'</p> <p>18 This Princeton service is pictured on Page 20.</p> <p>19 Angelique Wood is Director of this.</p> | <p>Down</p> <p>1 What is Carrie Kassa's title?</p> <p>2 This sandwich comes with Avocado Aioli.</p> <p>4 He taught band at Princeton High School in the 60s and 70s. Headline: "Princeton Posse _____"</p> <p>8 This was last reviewed in 1994.</p> <p>9 He is pictured with Dakota Leppa of Princeton Posse.</p> <p>10 Headline: "Posse blow off _____"</p> <p>13 The 'BC' in UBCM.</p> <p>16 He is pictured in the penalty box with Adrian Coulter of Princeton Posse.</p> |
|---|---|

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Crews were finishing up the final touches to the roof of this gazebo-style entrance located at the top of the zigzag last week. Although it is clearly marked below with a 'No Trespassing' sign, residents have been using it 'as is.' Handrails will not be installed until spring which will pretty much bring the project to an end. Photo: Brenda Engel

Workshop features online reputation

..... continued from Front Page more than any other online topic. Businesses need to remember that internet and social media of all kinds are the new telephone. Businesses need to be on these sites with a website, on TripAdvisor, Google local, and Yelp as basic sites. Of lesser importance are FaceBook, Twitter, YouTube and Flickr.

How do you find your own reputation?

It is important for any business to know what is being said about that business online. To find out what your reputation is, Google your own business and look at it as if you were a tourist. Could the tourist find you easily? Would a tourist know what you offer?

After you look at your own site, look at what your competitors are doing. What do they offer? Remember, your competitors may not be in your own area only, but in neighboring areas.

If your business is not listed online, then TripAdvisor is the best place to list. Listings are free. You can create a listing on Google Local and on Yelp. These are free. To create a listing on HelloBC, there is a small fee. You can also subscribe to alerts, a service that sends you an email when your business is mentioned on social media reviews or other social media mentions.

If you discover your reputation is inadequate, as workshop participants discovered when checking some Princeton listings, then whip it into shape. If you do not feel competent to do this yourself, find somebody who is more computer literate and have that person do it, pay for it if necessary.

If you discover a bad review, respond to it quickly. Be honest, because honesty builds trust. Most complaints about a business are

based on poor service. Make sure you acknowledge this and make sure your staff knows somebody is always going to rate your service, whether they tell you on the spot or

FLIP OF THE COYNE

..... continued from Page 3 number of items from the United States that are genetically modified. Cottonseed oil is used in some vegetable oil and used in processed foods. Papaya that is grown in Hawaii is used in fruit juices and other processed foods. There are 3 types of squash that we import from the US that are genetically modified: yellow crookneck, straightneck and some zucchini. The last item that we import is milk product in the form of milk solids, powder, frozen desserts and drinks.

PXA decides projects

..... continued from Front Page He complimented Ag barn users for the way they have kept the big doors clear of snow.

The PXA leases the fairgrounds property from the Town of Princeton, and the lease is due for renewal this year. A committee was appointed to review the lease terms and make recommendations for negotiation.

The finance committee recommended that the three user groups meet to decide whether they shall remain independent societies or become committees of Princeton Exhibition Association. The recommendation was the result of a report regarding grant applications. The recommendation was accepted and the user groups will give the matter consideration.

Some members asked that internet access be available on the fairgrounds. A committee is looking

put it on social media for everybody to see.

Business owners these days must be on their toes online all of the time.

I will be honest. I am scared of what is happening to our food system. It has been turned into an assembly line to maximize profits for major corporations and can hardly be called agriculture anymore. Bio-tech companies lobby the government to pass regulations that allow them to use us guinea pigs. When MPs like our own Alex Atamanenko, or citizens like in California with their ballot initiative, try and stand up for our food rights, these bio-tech companies fight back with more money than we can even dream about.

into the least expensive way to make internet possible.

Permission was granted to Marion Weisskopf to hold a horse clinic in the Ag barn on April 13 and 14, and another possible at a later date, as nothing is booked for that area at the times requested.

Karrie Crucil will attend the Cowboy Heritage Festival in Kamloops on March 8, 9 and 10. She offered to man an information booth for the PXA and user groups to advertise the annual events and the facilities. The PXA agreed to pay for the cost of the booth, and will develop brochures to be given out at the festival. Any that remain will be used in Princeton.

The next meeting of the PXA will be held on February 19 at the library meeting room. This room will be used in March, but the April meeting will take place at the fairgrounds office.

Special Report - Princeton Air Quality

Ralph Adams - Air Quality Meteorologist, BC Ministry of Environment

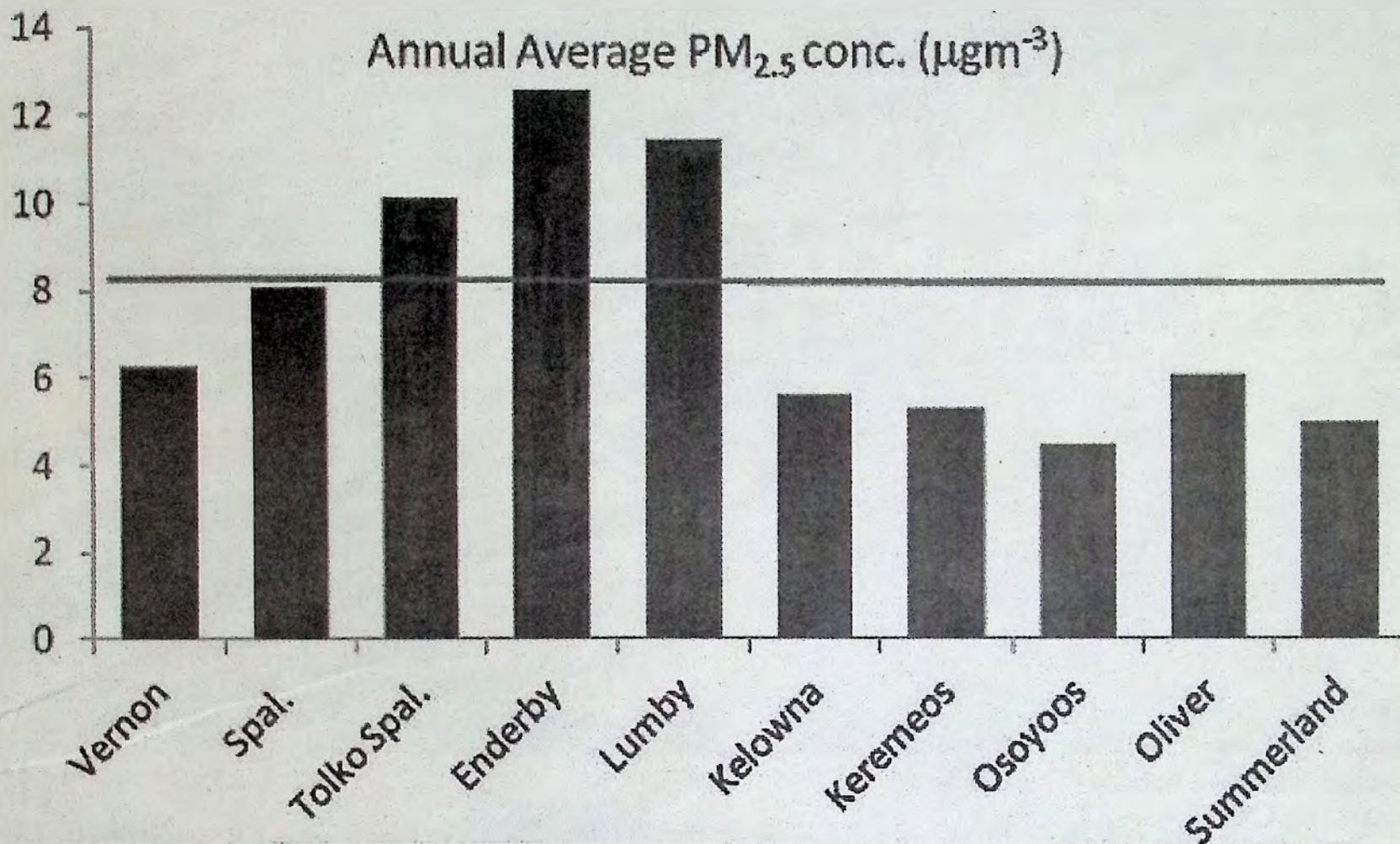


Figure 2: Historical measurements showing annual average PM_{2.5} levels measured in Okanagan communities in period from 2005 until present. Data from Vernon and Osoyoos are from a continuous TEOM monitor, all others from Partisol instruments. Data for communities other than Vernon are not for same years. Source: MoE Data

..... continued from Page 2 located in narrow valleys with cooler climates in winter and wood

heating is a significant source of PM_{2.5}. There are three significant sources

of PM_{2.5} in the Princeton airshed: open-burning, wood heating, and the biomass fired dryers at the pel-

let plant, the other industrial operations in Princeton (the Weyerhaeuser sawmill and Ledcor chipping plant) are sources of fugitive dust, but not significant sources of PM_{2.5}.

The available PM_{2.5} measurements cannot be used to determine the relative contribution of these sources to the PM_{2.5} levels in Princeton.

Visual observations and images supplied by residents of Princeton show that there are both periods when woodstove use is clearly impacting air quality, and when emission from the pellet plant result in a widespread blue haze in the airshed. (see photo to left). Both sources are likely major contributors to degraded air quality in Princeton.

Next steps

In 2012 Ministry of Environment updated the Provincial Woodstove Survey. During the survey additional data was collected in the Princeton airshed to allow analysis

of woodstove use in Princeton rather than the regional scale used in the rest of the province. If continued funding is available, these data will be analysed in 2013 and compared with Provincial data.

In 2012 the Princeton and Area Air Quality Coalition was formed and hosted a public forum (partially funded by MoE) on air quality in Princeton in May. In 2013 the coalition, with the support of MoE plans to continue public education activities around air quality.

Princeton is participating in the Provincial Wood Stove Exchange Programme funded by MoE.

MoE has requested information from Princeton Cogeneration Corporation that, along with detailed wood heating survey data, would allow a preliminary emissions inventory to be developed for the Princeton Airshed.

MoE is working to enhance monitoring of PM_{2.5}, fugitive dust and wind conditions in the Princeton airshed.



Image looking SSE from Highway 5. This shows the condensed water plume from the pellet plant dryers, as well as the blue haze often visible in the airshed. The haze here is not due to wood heating or open burning. Photo: BC MoE

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