

# Similkameen News Leader

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Tuesday, February 12, 2013

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



Dancers enjoyed the country stylings of Alan K. Parsons, centre, in his one-man Valentine Party & Dance Saturday, February 9th at the Senior Citizens Branch #30 hall. There were plenty of prizes and everyone had a lot of fun. \*

## Council plans increase to water rates

The Town of Princeton Water Rates & Regulations Amendment Bylaw (No. 867, 2013) was given three readings at the February 4th regular meeting of Town Council.

The motion to proceed with the readings was made by Councillor Marilyn Harkness and seconded by Councillor Doug Pateman.

The bylaw amendment is for a rate increase of 5%.

The town bills users for water and sewer charges annually and charges a flat rate for each type of user (residential, office, restaurant, etc.) with water revenue charges covering the cost of operations and creates a reserve for infrastructure improvements.

"In 2013 we will continue to implement our long term action plan which recommends that Wells

1, 2 and 4 be utilized as the main municipal supply wells and resources be utilized to upgrade and rehabilitate these wells as required to extend their life span, optimize their efficiency and conduct the required assessments to safeguard public health," explains Deputy Treasurer/Collector Shirley McMahon in her report to Council.

This year the Town plans to implement the recommendations provided in the water system analysis from 2012 for water conservation and infrastructure replacement strategy compiled by True Consulting.

Water rates were increased by 3% in 2010.

The amended bylaw requires adoption, which will likely occur at the next Town Council meeting.

## Rodeo club plans for fun

Members of Princeton Rodeo Club met at the library on February 7 to work on plans for the annual rodeo events. This year, the weekend begins on Friday morning, May 10, with the Stan Thompson Memorial Team Roping event, run by Terry Wright. Saturday and Sunday are devoted to regular rodeo events.

Al Parsons will be back as announcer. JJ Harrison, the rodeo clown who wowed them at the Las Vegas finals this winter, will be back to entertain the crowd in

Princeton. Local Rodeo Club members wonder how many times he will be available for Princeton as his fame is spreading. JJ does like coming to Princeton, but others may tempt him away in the future.

Bareback riders have a chance at an added \$1,000 this year, in memory of Stan Thompson.

There was a lot of discussion about whether to host a rodeo dance on the Saturday night. Members agreed there should be a dance after the rodeo, and Jen Bernard said she would be willing to run the conces-

sion until late in the evening. The planners decided to explore having a couple of tents in case the weather is cold or wet. One tent would cover the dance floor and the other would provide seating space.

Two dance bands are under consideration but no commitments have been made at this time.

Rodeo Club President Ken Crompton pointed out the increasing costs associated with putting on a rodeo. He noted the cost has increased \$10,000 in five years. This led to a discussion of finding sponsors. Jen Bernard and Karrie Crucil gave a brief talk on some plans being made by Princeton Exhibition Association to find sponsors.

The Little Britches Rodeo finals are expected to be part of the agricultural fair on August 24 and 25. Odell Littlejohn asked if she could begin the youth gymkhana program in April, and was enthusiastically encouraged to do so.

The meeting ended with numerous tasks assigned to various members who will report back at the next Rodeo Club meeting which is tentatively set for March 5 at the library.

## Princeton RCMP release details

RCMP released details February 7th on their investigation into the armed robbery of Shoppers Drug Mart.

"The investigation into the armed robbery of the Princeton Shoppers Drug Mart is ongoing," states Cpl. Dan Moskaluk.

"Two suspects armed with knives entered the store and demanded pharmacists hand over a large quantity of prescription drugs."

On January 30th at approximately 12:21 PM, the Princeton RCMP received a report of an armed robbery by two males at the drug store. Both males brandished pocketknives during the robbery and got away through the rear door with various prescription medication. The suspects were last seen fleeing on foot.

"Investigators have seized in-store

video which captured the robbery. Police have identified potential suspects and are actively looking for them. Considering the evidence that has mounted so far, these two individuals may even want to consider turning themselves into authorities at this time," Cpl. Moskaluk adds.

Anyone with information regarding this incident is asked to contact the Princeton RCMP at 250-295-6911, local police services or Crimestoppers at 1-800-222-8477.

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Councillor Doug Pateman, left, presents Town of Princeton Mayor Frank Armitage with a Queen Elizabeth II Diamond Jubilee Medal prior to the start of business at the February 4th Town Council meeting. \*

## Armitage receives Jubilee Medal

Town of Princeton Mayor Frank Armitage was presented with a Queen Elizabeth II Diamond Jubilee Medal at the start of the February 4th regular meeting of Town Council.

Armitage was selected by the FCM (Federation of Canadian Municipalities) in honour of the contributions he has made to the community and country.

"FCM chose you to receive this distinction for your exemplary efforts to make your community a great place to live," explains Karen Leibovici, FCM President and Councillor, City of Edmonton.

"It recognizes the important role municipalities - and their elected

officials - play in ensuring our prosperity and high quality of life."

The Queen Elizabeth II Diamond Jubilee Medal honours significant contributions and achievements by Canadians. During the year of celebrations, 60,000 deserving Canadians will be recognized.

The 'jubilee medal,' as it's commonly called, was created by the Government of Canada to mark Her Majesty Queen Elizabeth II's 60 years of service to the country.

## Council ditches account summaries

Town Council will no longer receive a monthly accounts summary of all invoices paid by the Town at regular Council meetings.

A policy adopted in 1991 by then-Mayor John Rubis and co-signed by then-Alderman Betty Pilon, stated "bills and accounts for payment will be approved monthly prior to the second regular council meeting of the month."

The second part of the policy says, "a listing of the approved bills and accounts to be included and made part of the second regular council meeting agenda."

"This practice is outdated and no

longer necessary," states Interim CAO Robert Wilson in his report to Council.

Wilson recommended removing the requirement of having monthly invoices received at regular Council meetings.

"The Mayor does review some of the significant invoices. Expenditures are set out in the adopted Financial Plan and reviewed quarterly by Council as a whole," Wilson adds.

He also points out there are financial controls within Council's Purchasing Policy which establishes department spending limits.

## Hired Equipment Registration Okanagan Shuswap District

The Okanagan Shuswap District of the Ministry of Transportation and Infrastructure is creating its list of registered Equipment for Hire for the fiscal year of 2013/2014, which begins April 1, 2013. This district geographically covers the area from the United States border, east to Osoyoos, west of Princeton and north of Salmon Arm.

All individuals or companies registered in 2012 will have received invitations by mail to re-register hired equipment for 2013. If you have new equipment to be added to your profile, you can register online at [www.bcbid.ca](http://www.bcbid.ca) or contact the District Office in Kelowna to obtain the appropriate forms. Any individuals who were not registered in 2011/2012, but wish to have equipment listed are hereby invited to contact the District Office, either in person or by phone, to obtain the appropriate registration forms.

Note that while you do not need to have Commercial (Comprehensive) General Liability Insurance or up-to-date WorkSafe BC coverage to register, you will have to meet these requirements prior to working on any ministry projects.

Only owned or lease-to-own equipment is eligible for registration. Equipment may only be registered in one area in any given year. Seniority is not transferable from area to area.

The deadline for new registrations is midnight on Thursday, March 21, 2013. Late registrations will be accepted, but may appear at the bottom of the open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment information already listed.

Register through the Okanagan Shuswap District Office at:  
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From left, Cindy White, Brenda Crawford, Sandra Simpson and April Earle hosted an Open House February 9th at Realty Executive Princeton office in Princeton Plaza. The 'new look' for the interior of the office was designed by April Earle and features local photographs she took along with some from her daughter Destiny and Sharon Anderson. \*

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# Flip Of The Coyne

by Spencer Coyne

You may have heard of microcredit or microloans. When I first heard of these programs they were for women in developing nations to create employment opportunities or to expand existing business operations. Most of these programs depend on donations from people like you and me. You can donate \$25 or \$2,500. Some of the programs allow you to pick the recipient and others pool your money and inject it into projects where needed. Every program is a little different and all have their merits.

Micro financing isn't restricted to only far off places like South America anymore. Programs have started to pop up in Greece allowing small infusions into an economy that is in complete shambles. Microloans have even been considered for start-ups and small businesses in Canada. There have been banks and credit unions that have started a few microloan programs geared towards young entrepreneurs, women and immigrants. There are other programs available like peer-to-peer lending which allows people to lend money directly to others who may be in need of a small loan.

In the United States the USDA, the

United States Department of Agriculture, has developed a new microloan program for veterans, disadvantaged producers and small farmers. The loans are up to \$35,000 and aimed at helping farmers in their start-up years. These smaller loans come with a low interest rate of 1.25%. The only catch is that the loans are for initial start-up costs and not for established agricultural producers. With a 60 percent increase in direct farm sales over the last three years in the United States, it is no surprise that the USDA is paying attention to this up-and-coming segment of agriculture. According to USDA estimates, there is over a billion dollars annually spent at American Farmers' Markets.

The USDA microloan program for new producers is a welcomed step forward in small agriculture. Until now small farmers who wanted to get started would have to use a credit card or take out a personal loan to cover start-up costs placing them in tough times before products even make it to market. It would be nice to see a program like Kiva.org open to all small agriculture producers across the developed world. Small farmers who want to expand don't

always have the options that larger producers have. When dealing with ..... continued on Page 21

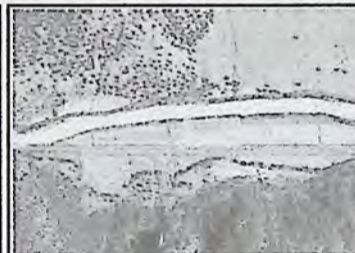
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# Editorial Page News Leader

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

## My Turn

### Do We Need Another Holiday?

February has always been my least favourite month.

It's located right at the tail end of the post-Christmas slump and it takes until mid-month for business to get back to normal. Outstanding bills mount up and it's still too cold to do much about it outdoors.

The only good thing about most Februaries (?) is that they are only 28 days long with the occasional 29-day one to keep us on our toes.

Add to the month that horrible Hallmark/Cadbury holiday called Valentine's Day and February just gets harder and harder to look forward to.

I think I've only just reached the age where I can say half of my life was spent as a single. Valentine's Day is nothing short of cruel and painful when you are single.

Now that I'm married, there's still some pain involved only this time it's related to trying to locate gluten-free chocolate or a dinner menu with only salads on it.

Sure, we'll go out for dinner, but that's about the extent of our Valentine's celebration. It's not that we don't love each other; we just don't see the sense in needing a special occasion to display it publicly.

Which, by the way, we prefer not to do anyway.

Then as of this year we tack Family Day onto the list of government-approved (translation: employers pay time and a half, double time or double time and a half for the pleasure of spending time with their relations) holidays and February is a month I'd much rather skip over as if it didn't exist.

Maybe if it was only 18-days long that would help. It would make a much shorter winter, bringing an earlier start to spring and the left over 10-days could be added to the end of July or August.

I'd be okay with a few more days in the middle of summer, wouldn't you?

I can see it now, firing up the grill, smelling freshly-cut grass mixed with the sweet scent of a meat of some kind and the sizzling sound of the barbecue doing it's job as I contemplate what to do the rest of the week, August 32nd through 38th.

Thankfully February will soon be over and I can get on with my life.

## Save Our Hospital Coalition

### Welcomes Guest Speaker Gloria Levi



Gloria Levi speaks in Princeton February 25th. - photo submitted

On Monday, February 25th, the public is invited to attend a presentation on community seniors care to be held at Riverside Community Centre beginning at 7:00 PM. The presentation will be given by Gloria Levi, coordinator of Integrated Care Advocacy (ICA), a group of volunteers dedicated to comprehensive medical and non-medical home health care and support services for seniors in British Columbia. The title of her talk is A Vision of Community Based Health Care: Getting a Better Bang for Your Health Care Buck.

The aim of ICA is to build grass roots support for the expansion of broadly based, easily accessed home support services, providing cheaper, more effective ways to

maintain and sustain elders in their own homes.

According to Levi, "Integrated Care means offering transportation, assistance with housework and meals, and medical services that give people the joy, the autonomy of being able to stay in their own homes longer." She believes that "the time is ripe to examine ways to provide more effective delivery of publicly funded health care services, empowering seniors to experience a more desirable quality of life."

Integrated Care Advocacy is broadly endorsed by the Council of Senior Citizens Organizations (COSCO), the Jewish Seniors Alliance (JSA), BC Retired Teachers Association, and has the

support of the Canadian Centre for Policy Alternatives (CCPA) and the B.C. Health Coalition (BCHC).

Gloria Levi resides in Vancouver and is much in demand as an advocate for senior care in our province. On October 3, 2012, she coordinated the Integrated Models for Delivering Care to Frail Seniors workshop held in Vancouver and was a guest speaker at the BC Health Coalition's Public Forum on Seniors Care, held in Vancouver on December 10. More recently, Levi spoke at a Seniors' Town Hall Meeting in Comox on February 1st. On February 13, she will be featured at the monthly meeting of the Greater Victoria Seniors, Branch #191 of the BC Old Age Pensioners Organization.

We are very fortunate to have Gloria coming to Princeton to share her knowledge in support of seniors' care in our community.

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# Current Comment

## The Book That Could Change Our Health



**Dawn Johnson**  
editor@thenewsleader.ca

A strange thing happened the last time I visited my physician. He recommended I read a book called *Wheat Belly* by cardiologist William Davies. I thought this was strange because no doctor visit in my life has included recommending a book.

Brenda Engel mentioned this book, so did my sister, and a friend loaned me the book. I began reading it and could hardly put it down. The book is about the effects of modern wheat on our health. I was impressed, not simply because the author was a cardiologist, but because he takes us into the science behind what he is saying, and the science is good. The science is written in terms anyone can understand.

I had not paid much attention to what I had heard about the book, as I avoid wheat products because they have an adverse effect on my digestive system, causing a rise in cholesterol. I thought this was just me, but it seems this is true for everybody.

Here's the story of the history of wheat. In the Lord's prayer, people ask "Give us this day our daily bread", but their bread in Biblical times was a simple grain called einkorn. Later it was hybridized (cross-bred) and became a more complex grain called emmer. Then came the 20th century, when more hybridization took place, creating more gluten, changing the chemical properties of wheat. Wheat today is the result of multiple experiments in cross-breeding. It is a genetically modified grain that is not good for us!

As a cardiologist (heart specialist) Dr. Davies saw many people who were carrying too much weight around the middle. He began telling them to cut back on carbohydrates, particularly bread and pastries. At that time, he had his own belly fat he was trying to reduce. The effect on his patients astounded him. Not only did they lose weight, many other health problems disappeared. Prediabetic patients had normal blood sugar counts. People with rheumatoid arthritis felt much better. People with skin rashes and psoriasis improved. People with irritable bowel syndrome had a sudden decrease in bowel problems.

Dr. Davies began to research everything he could find out about wheat. He studied the research of people who tried to discover why the level of human health declined after agriculture began. These are the people who recommend everyone going on the Paleolithic diet, sometimes called the caveman diet. *Wheat Belly* is the result of everything he learned.

I will not go into all of the information you will find in this book, except to say it is worth reading. I do know that my peripatetic sister swears by it. She cut wheat out of her diet and lost 35 pounds in six months, improving her health in a big way. Others who have followed the recommended diet have lost belly fat and feel much better. Belly fat is dangerous. It is the fat that clogs our arteries.

I began to think about what would happen if everyone began to follow Dr. Davies' diet. The first thing that would happen is our diabetes rate would drop from epidemic levels to what it was 100 years ago. The pharmaceutical companies would make a lot less money on high blood pressure medications, high cholesterol medicines, and insulin. We would be healthier.

Another side effect would be a change in agriculture, because all of us would want more grass fed beef, buffalo, and other meats and fish. We would eat more eggs. We would want more vegetables in our diets. The demand would soar.

Bakeries, pasta producers and cereal companies would start losing money. Farmers would begin to turn their wheat fields to pastures for beef and buffalo production, or maybe to big crops of carrots, beets, turnips, cabbages, and other vegetables. Fast food restaurants would have to change their menus or go out of business, pizza businesses would find a serious decline in orders.

Speaking from personal experience in avoiding wheat products, I know how difficult it is to find a decent, gluten-free meal outside my own home, so I avoid hamburger joints, pizza, and a whole lot of typical fast-food places. I tend to eat out in Chinese restaurants, so maybe they will do a better business in the future.

I believe we will see a big change in how people eat because, if my doctor recommends a wheat-free diet, then so will other doctors. I know the Paleolithic diet is growing in popularity among people who want to stay fit, so there is a huge trend in North America that is growing by leaps and bounds, because this is no fad diet, it is a way of eating that makes us healthier. I believe it could change an awful lot in our economy as well as making us healthier, stronger people.

# Similkameen News Leader

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The Queen's Jubilee Medal. A number of them have been presented to Similkameen Valley residents including this one to Mayor Frank Armitage at the February 4th regular meeting of Town Council. \*

### AND NOW...A LITTLE GOOD NEWS!

"As iron sharpens iron, so one person sharpens another."  
- Proverbs 27:17



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# Lower Valley News

Keremeos - Cawston - Olalla



This sign greets travellers on the Green Mountain Road after leaving Penticton. Reminiscent of the headier days of First Nations protests, it was meant to keep the motoring public from continuing along reserve lands. Throughout the 1980's and 1990's, the Penticton Indian Band stymied development at Apex Mountain through the use of physical roadblocks. The original development at Apex Mountain eventually went bankrupt. Due to the tree's continued growth, the sign in this picture - from days of yore - is now a good 15 feet above the pavement, and (outside of Winter) partially hidden by vegetation.. Photo: Arlene Arlow

## Group announces new coordinator

Thanks to a grant from an anonymous donor, the Community Foundation of the South Okanagan (CFSO) recently announced the addition of Sarah Trudeau as the Regional Development Coordinator.

"Sarah Trudeau brings to this position a strong background working with local non-profit organizations as well as experience in community development, specific to the communities in our region," said

Aaron McRann, Executive Director, CFSO.

"The first order of business for Sarah will be to identify key partners and establish relationships in the South Okanagan and Similkameen region so that we can learn how to better serve these communities. Part of her position will be to work with these communities to build Smarter & more Caring Communities, an initiative of Community Foundations of

Canada. We'll need to learn about all the great work that is already being done and then identify how we can help build on it," added McRann.

"I am excited to dig-in and start working with these communities and learn what they envision a Smart & Caring community to be. We have such a diverse and unique region with people and organizations who are already building Smart & Caring communities. We want to listen and help make their vision a reality," said Trudeau.

The Smart & Caring Community Initiative will enable the Community Foundation of the South Okanagan to build a region where everyone is given the tools and means to become engaging and active members of their communities. Each community will be connected by the common goal of building a Smart & Caring Nation while they focus on making their unique vision a reality for their own Smart & Caring community.

CFSO will be with them every step of the way as local citizens imagine a smarter and more caring community.

The Community Foundation of the South Okanagan has served the region for 21 years, working with donors to create legacies in the form of permanent endowment funds. Grants are distributed from income earned, preserving the capital to ensure a perpetual stream of funding.

For more information, call Aaron McRann, Executive Director at 250.493.9311.

## Foundation seeks partners

Aaron McRann of the Community Foundation of the South Okanagan will meet with members of local non-profits at Keremeos Council Chambers at 1:00 PM, Wednesday, February 20th.

Sarah Trudeau will also attend. Trudeau is new to the community foundation. Her work will involve rural development in areas like Hedley, Keremeos, Cawston and Olalla.

The CFSO first issued grants in 1994. Today it manages over 80 Funds altogether totalling \$5,000,000. Over \$100,000 is now granted annually to support a broad range of charities delivering a wide variety of programs within the

Regional District of Okanagan Similkameen.

For example, in 2012 the Cawston Community Hall Society was able to improve washroom facilities in a project partnership with the Community Foundation of the South Okanagan.

CFSO elects a 10 member Board of Directors who are citizen volunteers from the RDOS community. The stated mission of the CFSO is "to enrich quality of life by connecting the generosity of people with evolving community needs".

Seating will be limited at the February 20th meeting in Keremeos. For more information contact Dave Cursons at 250.499.5417. -submitted

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Princeton's very own Alan K. Parsons, who recorded in Nashville, performs live in a concert featuring some of his original tunes and a number of old favourites February 9th at the Seniors' Hall. \*

## Local government plays key role

Local government has a key role to play in ensuring the South Okanagan-Similkameen's ecosystems and networks of natural areas remain healthy and sustainable.

That's the foundation of a biodiversity conservation strategy prepared by the South Okanagan Similkameen Conservation Program (SOSCP) partners that encourages local government, landowners, conservation groups and residents to rethink how they view the region they call home.

Keeping Nature in Our Future is a strategy to help ensure the ecosystems that make the South Okanagan and Similkameen valleys so special are here for future generations to enjoy.

"The South Okanagan-Similkameen is a spectacular place," said SOSCP Manager Bryn White. "Its warm climate and abundance of resources have created an environment almost perfect for human comfort. And we've made the most of that opportunity — building a wealth of agricultural diversity, a recreational paradise and communities that offer a world-class lifestyle."

But, adds White, the region is also a biologically unique area with species and ecosystems that do not exist anywhere else in Canada — and in some cases the world.

"Many of these ecosystems are facing serious threat from the very activities that make our lifestyle so complete."

Key to reversing these serious threats is action on the part of local government in the form of careful land use planning and development, incentives for landowners and developers and other tools such as land acquisition and stewardship.

The South Okanagan-Similkameen

Conservation Program plans to introduce the Keeping Nature in Our Future strategy with presentations to various municipal governments over the next two months. As well, SOSCP and the RDOS are co-hosting public consultations in South Okanagan-Similkameen communities to give citizens an opportunity to get to know the strategy and let decision makers know what is important to them.

"Although local government plays a vital role in this strategy, we are all stakeholders in the place we call home," explained White. "It's important for all South Okanagan and Similkameen residents to be

involved in this process. The Planning and Development Committee of the Regional Board recently received a copy of the Draft and is looking for input from the Public on the document and its direction. All of the public comments and feedback will be provided to the local governments as part of their review and decision making process. This is a great opportunity for the public's voice to be heard."

For more information about the Keeping Nature in Our Future strategy please visit [www.soscp.org/biodiversity](http://www.soscp.org/biodiversity) or to learn about public consultations in your community, please visit [www.rdos.bc.ca](http://www.rdos.bc.ca). -submitted

## MS Chapter serves locals

The South Okanagan/Similkameen Chapter of the MS Society of Canada provides support to people with MS, and their families, from Summerland south to Osoyoos and west to Princeton.

We provide information on MS and community services, and offer support groups that meet in the community for coffee, conversation and education.

The MS Society has a program which provides free advocacy support and legal advice for those affected by MS, as well as assistance in navigating the Canada

Pension Plan Disability Benefits forms.

The chapter provides workshops and in-services, and publishes a newsletter quarterly. We have an Equipment Provision Plan, in order to provide equipment such as mobility aids, to enhance the lives of people living with MS. We provide funding for exercise equipment and exercise programs.

For more information, call Sherry Wezner at 250-493-6564 or e-mail [sherry.wezner@mssociety.ca](mailto:sherry.wezner@mssociety.ca)

Check out our website at <http://tinyurl.com/3tz4lte>. -submitted

[www.gotpeppers.info](http://www.gotpeppers.info)

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Brynn Johnson was selected Princeton Secondary School 'Student of the Month' for January. The Grade 10 student was nominated for assistance in the school art room - many of those hours she volunteered in order to help.\*

## Saddles 'n' Spurs

by Pastor George Donovan

It was 1952 when I got my first pony. My Dad was a travelling salesman and he took the pony as a down payment on a cash register.

He brought it home to our 20 acres in Lynn Valley, North Vancouver and planned to get rid of it as soon as possible. Fat Chance!! I wanted to be a cowboy since 1946 when I heard Slim Whitman sing "The Old Water Wheel" over our radio.

I was now 12 years old and had a paper route and told my dad I would care for the pony if he allowed me to keep it. WOW!! I was now an official cowboy. But wait - it came with a bridle but no saddle, only a saddle pad and no stirrups.

Not to be defeated and being a kind of MacGyver I had an idea. I got a piece of clothesline wire and tied it to the center of the saddle pad and let enough hang down on both sides to make a loop for my feet.

Great idea, huh? I then put my foot in the loop and was ready to swing on. Tiny, as I now called him, spooked and took off at a full gallop tightening the loop on my foot, dragging me screaming in fear. He ran up a rockery wall and somehow the loop broke free and I was safe, cry-

ing and wiser but not deterred.

Tiny and I spent several years together until I could literally lock

my feet under him. It was time to get a real horse.

..... continued next week

## Living Past 100

### Live Clean, Live Longer

At this time of year, most Canadians have spent at least three months in winter conditions: indoors. Your indoor environment is not the cleanest place to be by this time of year. You have been subjected to household dust, extra if you have pets, and without sunlight, you have more bacteria, mould, and viruses available in your air. This is why a thorough spring cleaning is important.

On a sunny winter day, when the temperature climbs enough to start things melting, try opening a couple of windows to let in fresh air and sunlight. That is a good start to spring cleaning.

This is a good time to thoroughly clean bathrooms and kitchens, using a disinfectant in the water used to wash walls, the inside of cupboards, waste baskets and garbage containers, and everything under sinks. Do not feel you need to use harsh chemicals such as bleach or any of the many sprays sold as cleaning products. These chemicals may be worse for your health than leaving things as they are.

Change your furnace filters, and take the vacuum cleaner to every nook and cranny in your home. Wash out closets, drawers, and shelves. When the temperature climbs high enough, wash windows. Clean carpets and floor mats. Clean everything.

This is not a project for the short term. It may take a month or more to do everything, but it is worth doing to ensure your home is free of the accumulation of materials that can be bad for your health.

One of the side benefits of a good spring cleaning is the amount of exercise involved. You can burn off some of the pounds most of us put on during the winter months. By this time of year, most of us could use a little more exercise.

Another of the benefits of beginning your spring cleaning now is having it done when the weather turns really nice allows you time to go for walks in the sunshine or spend time in your garden, which are good for your health, too.

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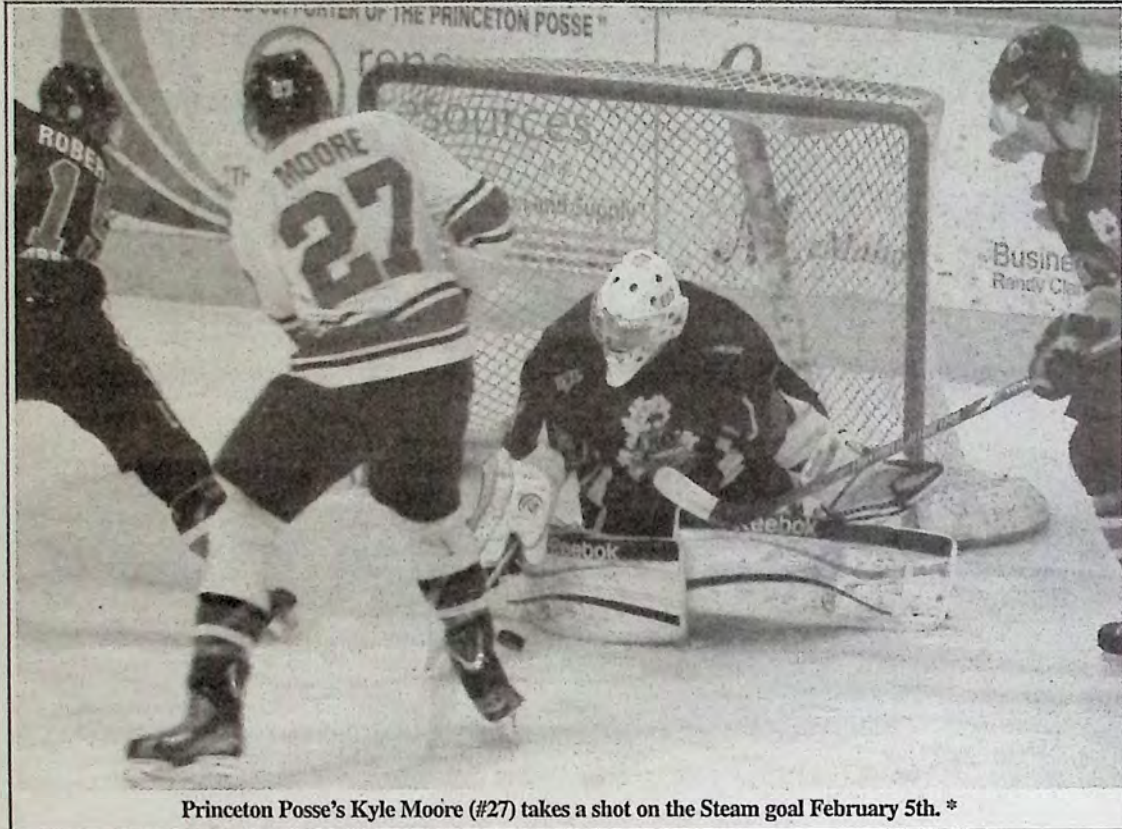
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# News Leader Entertainment

Similkameen News Leader TV Guide Listings - February 10 - 16, 2013



Princeton Posse's Kyle Moore (#27) takes a shot on the Steam goal February 5th. \*

## Princeton Posse blast Steam

The Princeton Posse hosted Summerland Steam February 5th in their second to last regular season home game.

With Princeton 4-points behind first place Kelowna and 4-points ahead of third place Osoyoos, each game is a 'must win' match for the Posse.

Summerland came out strong and kept the pressure high throughout

the game.

Princeton scored first at 15:06 (Kraig Leochko from Dakota Leppa and Devan Suidy).

It was a special goal for hometown boy Kraig Leochko as it was his first score in a Posse jersey.

Summerland tied the game at 10:00 with a goal scored by Nelson Hurry. A single assist came from Daylon Robertson.

Princeton battled back and broke the tie at 7:01 (Adrian Coulter from Dakota Leppa and Kurtis Klinger).

For a change Princeton was brutally out shot in the first twenty minutes with the visiting team firing 20 shots on goal to the Posse's 12.

The second period saw Summerland tie the game at 2-all with an unassisted goal scored by ..... continued on Page 23



FortisBC PowerSense Ambassadors Shayna and Richard were in the lobby of Princeton Arena February 5th. \*

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# Tuesday Movies

**EVENING**

7:00 pm CITV ch.12 "The Green Hornet" (2011, Action) Seth Rogen. The heir to a newspaper fortune joins forces with a resourceful company employee to bring a powerful Los Angeles crime lord to justice. (CC)  
 8:00 pm CHBC ch.4 BCTV ch.11 "The Green Hornet" (2011, Action) Seth Rogen. The heir to a newspaper fortune joins forces with a resourceful company employee to bring a powerful Los Angeles crime lord to justice. (CC)  
 9:00 pm KNOW ch.5 "Finding Fidel: The Journey of Erik Durschmied" (2010, Documentary) Premiere. A young cameraman from Canada risks his life to interview Fidel Castro in pre-revolutionary Cuba and launches a career as one of

the world's top war cameraman.  
 9:30 pm WTBS ch.3 "Slackers" (2002, Comedy) Devon Sawa. A screwball blackmails dishonest collegians into helping him win the heart of a beautiful girl.  
 11:30 pm WTBS ch.3 "Road to Perdition" (2002, Crime Drama) Tom Hanks. Accompanied by his eldest son, a Depression-era mob enforcer seeks revenge after the rest of his family are murdered by his employer's jealous son.

# News Leader Horoscopes

February 13 - 20, 2013

**ARIES** - You are doing a lot of thinking these days, and your thoughts may be worries or anger, but you are not necessarily talking about what concerns you. Health matters are important now. Guard against infections and too much stress. Friends can be a source of pleasure or comfort.

**TAURUS** - All is well in your career. Older people can be a source of benefits to you, and your boss may let you know your work is done well. Resist the urge to spend, it can cause problems now. You may feel people oppose you or you are lonely, but this is a time to work for goals.

**GEMINI** - Focus on career, even though it is not running smoothly. A vacation would be nice if you can swing it, if not, then just keep slogging. Pay attention to your health and avoid taking risks that could injure you. On the job, work thoroughly. Ignore unpredictable friends.

**CANCER** - Avoid long distance travel now, and drive very carefully. Do your taxes, put your financial files in order, pay attention to financial details and you may find hidden benefits. Give young people wise counsel: think carefully before you speak or you could be too harsh.

**LEO** - The same issues you faced last week are still here. You need to work through your financial situation sensibly. Home and family problems need work. Friends and groups you belong to are a pleasant distraction but you need to keep your nose to the grindstone.

**VIRGO** - A man friend, spouse or partner could be giving you problems. Be ready to openly discuss matters with him and keep emotions balanced. This person is in an aggressive mode and wants the world to hear him. Listen, but do not be bullied. Focus on your job and health.

**LIBRA** - Your job continues to be demanding, and relationships are full of surprises. Friends may be unreliable or unpredictable. Do not allow stress to affect your health. At the first sign of a health problem, consult a physician. Enjoy romantic interludes, creative activities.

**SCORPIO** - You are in a phase when you must work toward your goals, but you can have some fun now. Be cautious about sports - you could have injuries now. Creative activities are good stress relievers now, especially music, dancing. Avoid swimming or water sports.

**SAGITTARIUS** - Home life is hectic, demanding and full of minor problems of some sort. It is a good thing you are in a good frame of mind these days and your sense of humour is strong. Do what needs doing, fix what you can fix, and find time to relax. See a funny movie!

**CAPRICORN** - You must be careful how you speak to people these days. Your ego is tied up in what you think and what you say. At the same time, if there is an important issue you need to speak out about to get people to take notice and do something, now is the time.

**AQUARIUS** - This is a good time for you as long as you keep spending under control. Career matters are demanding, persons in authority hold you to standards they set. Enjoy time with younger people and find creative activities that provide you with pleasure and achievement.

**PISCES** - You are charged with energy now, so use it to achieve things you want to do. If you do not use the energy, it may cause a sense of frustration and anger. Direct the energy toward a goal and follow through. This energy high lasts only a month, so make the most of it.

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**TUESDAY, FEBRUARY 12, 2013**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	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) [E]	To School HI-5 [E]	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	News	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Super Evil	SportsCentre [E]	CTV Morning Live (N) [E]	Mighty Planes [E]	Dinosaurs Hannah	CityLine (N) [E]	CSI: Crime Scene	Canadian Pickers [E]
7 AM :30	Justice		Arthur [E]	Arthur	Today Josh Duhamel; Jackie Collins. (N) [E]	CBS This Morning (N) [E]	Criminal Minds "Lo-Fi"	Good Morning America (N) [E]			Tiger	Sidekick	SportsCentre [E]		Mighty Ships [E]	Shake It	Let's Make a Deal (N)	CSI: Crime Scene	Earth: Final Conflict [E]
8 AM :30	Judge Alex		Tree Fu Dinosaur	Curlous			CSI: Miami "Stuff" [E]			Morning Huntley	Bo On/Go	Pokémon	SportsCentre [E]		Greatest Know-It-All	Jessie [E]	The Price Is Right (N)	CSI: Crime Scene	Canadian Pickers [E]
9 AM :30	Millionaire	Morning Millionaire	Pinky	Super Why!			CSI: Miami [E]	Livel Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why!	Rescue	SportsCentre [E]	Livel Kelly and Michael	Mighty Ships "Becruz"	Mickey	Access Hollywood Live	Bar Rescue [E]	Canadian Pickers [E]
10 AM :30	Law Order: CI	The Doctors [E]	Doggy Day Franklin	Sesame Street [E]			The Price Is Right (N)	Criminal Minds [E]	The View [E]	The Doctors [E]	Eat, Shrink Debt/Part	Poko [E]	Squirrel	STIHL	How/Made Little	Never Land	The Chew (N) [E]	Bar Rescue [E]	Gold Girls
11 AM :30	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle	Tiger	Judge B.	Young & Restless	Criminal Minds [E]	Paid Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris [E]	G. Shrinks	Rescue	Billiards	Canada's Worst Driver	Suite Life Suite/Deck	General Hospital (N) [E]	Bar Rescue [E]	Friends [E]
12 PM :30	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose (N) [E]	Youthful	News	The First 48 [E]	The Chew (N) [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Super Evil	Darkness and Hope	CTV News (N) [E]	Auction	Wizards	CityLine [E]	Bar Rescue [E]	Drew
1 PM :30	There Yet?	Days of our Lives (N)	Save-Umal	Paint	Days of our Lives (N)	The Talk [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk [E]	Canada Reads 2013	Squirrel	Talk to Me	The Dr. Oz Show [E]	Greatest Know-It-All	Sonny	Katie [E]	Bar Rescue [E]	3rd Rock
2 PM :30	King	The Talk [E]	Big Bear	Barney	Katie [E]	Let's Make a Deal (N)	The First 48 [E]	The Jeff Probst Show	The Talk [E]	The Rick Lake Show	Steven and Chris (N) [E]	Almost Super Evil	Off Record	Dr. Phil [E]	Driving Wars	So Raven	CityNews at 5 (N) [E]	Bar Rescue [E]	Gold Girls
3 PM :30	The Office	The Rick Lake Show	Rob Robot	Sid	Ellen DeGeneres Show	Storage	Storage	Rachael Ray [E]	The Rick Lake Show	Young & Restless	Recipes	Sidekick	SportsCentre (N) [E]	Ellen DeGeneres Show	How/Made	Wizards	CityNews at 6 (N) [E]	Bar Rescue "Chumps"	Canadian Pickers [E]
4 PM :30	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show [E]	Storage	The Doctors [E]	Young & Restless	Early News	Dragons' Den [E]	Parents	Hockey	Anderson Live (N) [E]	Daily Planet (N)	Phineas	How I Met 30 Rock	Bar Rescue "Bar Fight"	Canadian Pickers [E]
5 PM :30	Browns	News (N) [E]	Martha	News	News	News	Storage	News	Early News	(4:59) News Hour	News	Parents	Hockey: Montreal Canadiens at Tampa Bay Lightning.	CTV News at Five (N)	How/Made	Jessie [E]	Raising New Girl	Bar Rescue [E]	Friends [E]
6 PM :30	Browns	Global Nat.	Animals	State of the Union 2013	State of the Union 2013 (N) (Live)	State of the Union 2013 (N) (Live)	Storage	State of the Union 2013 (N) (Live)	(5:59) News Hour (N)	ET Canada	News	ICarly [E]		CTV News (N) [E]	Gold Rush (N) [E]	ANT Farm	The Americans "Pilot" [E]	Bar Rescue [E]	Drew
7 PM :30	Seinfeld [E]	Ent	Be the Creature				Southie	Ent	Movie: ** "The Green Hornet" (2011) Seth Rogen. [E]	Movie: ** "The Green Hornet" (2011) Seth Rogen. [E]	George S	Mr. Young	NHL Hockey: Minnesota Wild at Vancouver Canucks. [E]	A Marilyn Denis Special	Bering Sea Gold (N) [E]	Good Luck	Wingin' It	The Joe Schmo Show	Roseanne
8 PM :30	Family Guy	Movie: ** "The Green Hornet" (2011) Seth Rogen. [E]	Money, Power	Frontline "Cliffhanger"	Betty	NCIS: Los Angeles [E]	Southie	The Taste (N) [E]	Movie: ** "The Green Hornet" (2011) Seth Rogen. [E]	Movie: ** "The Green Hornet" (2011) Seth Rogen. [E]	Mercer	Wipeout [E]	22 Minutes	The Taste (N) [E]	Licence to Drill (N)	Jessie [E]	CityNews-Tonight (N)	Bar Rescue [E]	Deb/Part
9 PM :30	Amer. Dad	(2011) Seth Rogen. [E]	"Finding Fidel: The Journey"	John D. Rockefeller: American Experience (N)	To Be Announced	Mike	Storage	Mod Fam	Ent	The Office	Cracked [E]	Gaga	Gaga	Cleveland	Gold Rush [E]	Wingin' It	Jimmy Kimmel Live (N)	Bar Rescue [E]	Friends [E]
10 PM :30	Devon Sawa.	The Office	Landscaper			To Be Announced	Storage	To Be Announced	The Office	News Hour Final (N)	National	Boys	SportsCentre (N) [E]	Criminal Minds [E]	Bering Sea Gold [E]	Lizzie	Maury (N) [E]	Bar Rescue [E]	Drew
11 PM :30	"Road"	CHBC News Final (N)	Be the Creature	Charlie Rose (N) [E]	News	News	Southie	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre [E]	CTV News	Licence to Drill	Cory	Paid Prog.	Bar Rescue [E]	3rd Rock



# News Leader Recipe 548

## Fresh Almond-Herb Dip

(NC)— This guilt-free dip from the Almond Board of California is the perfect partner for fresh vegetables like baby carrots, cherry tomatoes and zucchini slices. Using low-fat yogurt and crunchy roasted almonds, you can customize your own herb combination. Makes 6 servings.

### Ingredients

- 2 cups (500 mL) plain, low-fat yogurt
- 1, 10-12-inch square of cheesecloth and 1 large rubber band
- 1/2 cup (125 mL) slivered almonds, roasted
- 5 tbsp (75 mL) chopped fresh herbs (any combination of parsley, dill, chives, chervil, basil and tarragon)
- 1 green onion, trimmed and diced
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4-6 cups (1-1.5L) fresh vegetables for dipping, such as radishes, baby carrots, trimmed green beans, broccoli florets, or strips of zucchini, jicama or bell pepper

### Directions

If desired, thicken yogurt by lining a medium-sized bowl with cheesecloth. Wrap cheesecloth edges around outside of bowl and secure with rubber band. Pull cheesecloth edges to leave some space between cheesecloth and bottom of bowl for liquid to drip and collect.

Place yogurt in cheesecloth bowl and allow liquid to drip out for 30 minutes, refrigerated. Discard liquid.

Combine yogurt, almonds, herbs, green onion, salt and pepper in a bowl. Serve with fresh vegetables.

More recipes are available online at [AlmondBoard.com](http://AlmondBoard.com).

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

# Wednesday Movies

### EVENING

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.

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6 AM	In the Heat of the Night	Morning News (N)	Timothy Hi-5	Buller Cliff Pup	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)	Strip the City "London"	Dinosaurs Hannah	CityLine (N)	Auction	Weird or What?
7 AM	Justice	Justice	Arthur	Arthur	Today Jillian Michaels; Soleil Moon Frye. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Monster	Sidekick Beyblade	SportsCentre		Mayday "Cold Case"	Shake It ANT Farm	Let's Make a Deal (N)	Auction	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami			Morning Huntley	Bo On/Go	Pokémon Super Evil	SportsCentre		Mighty Planes	Jessie	The Price Is Right (N)	Auction	Weird or What?
9 AM	Millionaire	Morning Millionaire	Pinky Peep, Big	Super Why! Dinosaur		The 700 Club	CSI: Miami	Livell Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the	Rescue Cat in the	SportsCentre	Livell Kelly and Michael	To Be Announced	Mickey Manny	Access Hollywood Live	Auction	Weird or What?
10 AM	Law Order: CI	The Doctors	Doggy Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Eat, Shrink Debt/Part	Poko	Squirrel G. Shrinks	Darts	The View	How/Made	Never Land Little	The Chew (N)	Auction	Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolie Polie Dive, Oily	Tiger Sit & Be Fit	Judge B.	Young & Restless	Criminal Minds	Paid Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris	G. Shrinks Rescue	Billiards	Marilyn Denis	Nerve Center	Suite Life Suite/Deck	General Hospital (N)	Auction	Friends
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose	Look Hot! Youthful	News Bold	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil Kid vs. Kat	Bowling: PBA Tour League	CTV News (N)	Gold Rush	Wizards Hannah	CityLine	Auction	'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	Canada Reads 2013	Squirrel Sidekick	Qualifier, Round 2.	The Dr. Oz Show	Bering Sea Gold	Sonny Random	Katie	Auction	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	Licence to Drill	So Raven Suite/Deck	CityNews at 5 (N)	Auction	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	Sidekick Penguins	SportsCentre (N)	Ellen DeGeneres Show	How/Made	Wizards ANT Farm	CityNews at 6 (N)	Auction	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: Ottawa Senators at Pittsburgh Penguins.	Anderson Live (N)	Daily Planet (N)	Phineas Austin	How I Met 30 Rock	Auction	Weird or What?
5 PM	College Basketball: Tennessee at Vanderbilt (N)	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)	Expedition Wolf (N)	Jessie	The Middle Cougar	Auction	Friends
6 PM		Global Nat. News	Animals Undersea	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News	(5:59) News Hour (N)	ET Canada	News	ICarly	NHL Hockey: Dallas Stars at Calgary Flames. (Live)	CTV News (N)	Expedition Wolf (N)	ANT Farm Shake It	Mod Fam Suburg.	Auction	'70s Show
7 PM	Seinfeld	Ent ET Canada	Frontiers of Nature (N)	Nature (N)	Jeopardy! Wheel	Inside Ed. Access H.	Barter Kings (N)	Ent Insider	Ent ET Canada	Chicago Fire (N)	George S Coronation	Mr. Young Boys	Hockey: Dallas Stars at Calgary Flames. (Live)	Arrow Oliver is shot. (N)	Myth-Busters	Good Luck Wingin' It	Rules 30 Rock	Diggers	Roseanne
8 PM	Family Guy	Survivor: Caramoan - Fans vs. Favorites	The Story of India	NOVA Satellite data of the earth. (N)	Whitney (N) Guys-Kids	Survivor: Caramoan - Fans vs. Favorites	(6:01) Barter Kings	The Middle Neighbors	Survivor: Caramoan - Fans vs. Favorites	Survivor: Caramoan - Fans vs. Favorites	Mr. D (N) Ron James	Wipeout	American Idol Female contestants compete. (N)	Bering Sea Gold	Austin Gravity	CityNews-Tonight (N)	Diggers	Debt/Part	
9 PM	Amer. Dad	Browns	Gareth Malone Goes to	Law & Order: SVU	Law & Order: SVU	Duck D.	Duck D.	Suburg.		Arctic Air (N)	Gags	SportsCentre (N)		Expedition Wolf	Wingin' It Warthogs!	Jimmy Kimmel Live (N)	Auction	Friends	
10 PM	Payne	Chicago Fire (N)	The Young Romantic	Make Me	Chicago Fire (N)	CSI: Crime Scene	Duck D.	Nashville (N)	Chicago Fire (N)	News Hour Final (N)	National	Boys Mr. Young	SportsCentre (N)	CSI: Crime Scene	Expedition Wolf	Lizzie So Raven	Maury (N)	Diggers	'70s Show
11 PM	Payne "Election"	CHBC News Final (N)	Frontiers of Nature (N)	Charlie Rose (N)	News Jay Leno	News Letterman	(11:01) Barter Kings	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	Weird Splatalot	SportsCentre	CTV News	Myth-Busters	Cory Princess	Paid Prog.	Entourage	3rd Rock



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## PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



### ERIC KUBIS


#### #8 Right Wing

Birthday - September 11  
Height 5' 9" / Weight 175

Home Town - Philadelphia, PA  
Last Team - Princeton Posse  
Shoots - Right

Favorite Food - Pasta  
Favorite Music - Everything

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Phone 250-295-4149  
www.thenewsleader.net

Photo: Bob Marsh Photography



## PRINCETON POSSE 2012/13 KIJHL PLAYER PROFILE



### JUSTIN MOLTZAHN


#### #10 Centre

Birthday - October 23  
Height 5' 9" / Weight 160

Home Town - Red Deer, AB  
Last Team - Princeton Posse  
Shoots - Right

Favorite Food - ?  
Favorite Music - Taylor Swift

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## Thursday Movies

**EVENING**

9:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dis-

solves animal feces, brings him wealth.

11:30 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dis-

solves animal feces, brings him wealth.



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### THURSDAY, FEBRUARY 14, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	Morning News (N)	To School Hi-5	Thomas Clifford	KHQ News GAM (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	SportsCenter	CTV Morning Live (N)	Canada's Worst Driver	Dinosaurs Hannah	CityLine (N)	Jail Jail	Deal/No Deal
7 AM	Justice	Justice	Arthur	Arthur	Today Steve Harvey; Sandra Lee. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Monster	Sidekick Beyblade	SportsCenter		Dangerous Flights	Shake It ANT Farm	Let's Make a Deal (N)	Jail Jail	Earth: Final Conflict
8 AM	Judge Alex	Judge Alex	Tree Fu Dinosaur	Curious Cat in the			CSI: Miami			Morning Huntley	Bo On/Go Busytown	Pokémon Super Evil	SportsCenter		Cash Cab Cash Cab	Jessie Wizards	The Price Is Right (N)	Jail Jail	Wipeout Canada
9 AM	Millionaire	Morning Huntley	Pinky	Super Why!		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the	Rescue Cat in the	SportsCenter	Live! Kelly and Michael	Mounted Mounted	Mickey Manny	Access Hollywood Live	Jail Jail	Deal/No Deal
10 AM	Law Order: CI	The Doctors	Doggy Day Franklin	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Eat, Shrink Debt/Part	Poko Doodlebob	Squirrel Puppies	Darts	The View	How/Made How/Made	Never Land Little	The Chew (N)	Jail Jail	Gold Girls Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle Dive, Olly	Tiger Sit & Be Fit	Judge B. Judge B.	Young & Restless	Criminal Minds	Paid Prog. Youthful	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris	G. Shrinks Rescue	Billiards	Marilyn Denis	Dangerous Flights	Suite Life Suite/Deck	General Hospital (N)	Jail Jail	Friends Friends
12 PM	Excused	Neon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N)	Paid Prog. Paid Prog.	News	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil Kid vs. Kat	E:60	CTV News (N)	Expedition Wolf	Wizards Hannah	CityLine	Jail Jail	Frasier Frasier
1 PM	There Yet?	Days of our Lives (N)	Save Ums Wibbly Pig	Painting Knitting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Canada Reads 2013	Squirrel Sidekick	30 for 30	The Dr. Oz Show	Expedition Wolf	Sonny Random	Katie	Jail Jail	3rd Rock 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 Squirrel	Off Record Interruption	Dr. Phil	Myth- Busters	So Raven Suite/Deck	CityNews at 5 (N)	Jail Jail	Gold Girls 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	Sidekick Penguins	SportsCenter (N)	Ellen DeGeneres Show	How/Made How/Made	Wizards ANT Farm	CityNews at 6 (N)	Jail Jail	Wipeout Canada
4 PM	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	Hockey Interruption	Anderson Live (N)	Daily Planet (N)	Good Luck Really Me	How I Met 30 Rock	Jail (N) Jail (N)	Deal/No Deal
5 PM	Browns	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	NBA Basketball: Miami Heat at Oklahoma City Thunder.	CTV News at Five (N)	Sons of Guns	Jessie Austin	Community Parks	IMPACT Wrestling (N)	Friends Friends
6 PM	Browns	Global Nat. News	Animals Rivers	PBS News- Hour (N)	News Millionaire	KREM 2 News at 6 (N)	The First 48	News News	(5:59) News Hour (N)	ET Canada Ent	News Exchange	ICarly Victorious		CTV News (N)	Fast N' Loud (N)	Dog Shake It	Person of Interest (N)		Frasier Frasier
7 PM	Seinfeld	Ent ET Canada	What's That About?	Edward- Wallis	Jeopardy! Wheel	Inside Ed. Access H.	After the First 48 (N)	Ent Insider	Ent ET Canada	Elementary "Details"	George S Coronation	Mr. Young Boys		Big Bang etalk (N)	Moonshin- ers (N)	Good Luck Wingin' It	(7:02) Scan- dal (N)	Bellator MMA Live (N) (Live)	Roseanne Roseanne
8 PM	Family Guy	Zero Hour "Strike"	The World After Stone	New Tricks	Community Parks	Big Bang Two Men	(8:01) The First 48	Zero Hour "Strike"	Zero Hour "Strike"	Zero Hour "Strike"	The Nature of Things	Valentine Valentine	NBA Basketball: Los Angeles Clippers at Los Angeles Lakers.	Big Bang Two Men	Greatest Know-It-All	Good Luck Shake It	CityNews- Tonight (N)		Debt/Part ET Canada
9 PM	Amer. Dad	Glee "I Do" (N)	William Shatner, World	Foyle's War "Invasion"	The Office 1600 Penn	Person of Interest (N)	(9:01) The First 48	Grey's Anatomy (N)	Glee "I Do" (N)	Glee "I Do" (N)	Doc Zone (N)	Mr. Young Boys		Grey's Anatomy (N)	Fast N' Loud	Wingin' It Warthogs!	Jimmy Kimmel Live (N)	Bellator MMA Live (N)	Friends Friends
10 PM	Movie: "Envy" (2004, Comedy) Ben Stiller.	Elementary "Details"	Catholicism Landscape		(10:01) Do No Harm (N)	(10:01) Elementary (N)	(10:01) The First 48	(10:02) Scandal (N)	Elementary "Details"	News Hour Final (N)	National	Boys Mr. Young	SportsCenter (N)	(10:01) Do No Harm (N)	Moonshin- ers	Lizzie So Raven	Maury (N)		Frasier Frasier
11 PM	"Envy"	CHBC News Final (N)	What's That About?	Charlie Rose (N)	News Jay Leno	News Letterman	After the First 48	News J. Kimmel	News Hour Final (N)	ET Canada J. Probst	CBC News George S	Weird Splatalot	SportsCenter	CTV News CTV News	Sons of Guns	Cory Princess	Paid Prog. Paid Prog.	Bellator 350	3rd Rock 3rd Rock



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# Friday Movies

**AFTERNOON**

5:00 pm SPIKE ch.44 "Independence Day" (1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities. (In Stereo)

**EVENING**

8:00 pm FAM ch.26 "Furry Vengeance" (2010, Comedy) Brendan Fraser. Premiere. The fur flies when forest animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC) SPIKE ch.44 "Independence Day" (1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after

15-mile-wide alien ships zap Earth's major cities. (In Stereo) 9:30 pm WTBS ch.3 "Heart Condition" (1990, Suspense) Bob Hoskins. A racist policeman receives the transplanted heart, and soul, of a black lawyer he doesn't like. 10:00 pm FAM ch.26 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (CC) 11:30 pm WTBS ch.3 "Scream 2" (1997, Horror) David Arquette. A masked killer continues to pursue a California student and her friends at an Ohio college.

# Christmas Sudoku 440

by Carter Boswell

## HOW TO PLAY:

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

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

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

News Leader Sudoku grids, puzzles and solutions  
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**FRIDAY, FEBRUARY 15, 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) 88	Timothy Hi-5 88	Bulldog Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Parking	News	Morning News (N) 88	(5:00) Morning News (N)	CBC News Now (N) 0	Kid vs. Kat Super Evil	SportsCentre 88	CTV Morning Live (N) 0 88	Salvage Hunters 88	Dinosaurs Hannah	CityLine (N) 88	Deadliest Warrior	Instant
7 AM	Justice		Arthur 0	Arthur	Today Today's Kitchen; Los Angeles fashion. (N) 0 88	CBS This Morning (N) 0 88	Parking	Good Morning America (N) 0 88			Tiger	Yu-Gi-Oh! Beyblade	SportsCentre 88		Nerve Center 88	Shake It ANT Farm	Let's Make a Deal (N)	Deadliest Warrior	Earth: Final Conflict 0
8 AM	Judge Alex		Tree Fu Dinosaur	Curious Cat in the			Parking			Morning Huntley	Bo On/Go Busytown	Pokémon Super Evil	SportsCentre 88	Myth-Busters 0 88	Jessie 88	The Price Is Right (N)	Deadliest Warrior	Outlaw Bikers 0 88	
9 AM	Millionaire	Morning Millionaire	Pinky Peep, Big	Super Why! Dinosaur		The 700 Club 0 88	Parking	Livel Kelly and Michael	Morning Huntley	The Doctors 0 88	Super Why! Cat in the	Rescue Cat in the	SportsCentre 88	Livel Kelly and Michael	Highway Thru Hell 88	Mickey Manny	Access Hollywood Live	Deadliest Warrior	Instant
10 AM	Law Order: CI	The Doctors 0 88	Doggy Day Franklin	Sesame Street 0		The Price Is Right (N)	Parking	The View 0 88	The Doctors 0 88	Eat, Shrink Debt/Part	Poko 88	Squirrel G. Shrinks	Darts	The View 0 88	How/Made How/Made	Never Land Little	The Chew 0 88	Deadliest Warrior	Gold Girls
11 AM	Law Order: CI	Eat, Shrink Debt/Part	Rolle Polle Divo, Oily	Tiger Sit & Be Fit	Judge B.	Young & Restless	Parking Wars 88	Youthful Pald Prog.	Eat, Shrink Debt/Part	Noon News Hour	Steven and Chris 88	G. Shrinks Rescue	Billiards	Marilyn Denis	Hillbilly Handfishin' 88	Suite Life Suite/Deck	General Hospital (N) 0	Deadliest Warrior	Friends 0
12 PM	Excused	Noon News Hour (N)	Dino Dan Rob Robot	Charlie Rose (N) 88	Pald Prog.	News Bold	Parking	The Chew 0 88	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 0	Super Evil Kid vs. Kat	World Poker Tour	CTV News (N) 0 88	Fast N' Loud 0 88	Wizards Hannah	CityLine 88	Deadliest Warrior	King
1 PM	There Yet?	Days of our Lives (N)	Save Ums Wibbly Pig	Painting Scrapbook	Days of our Lives (N)	The Talk 0 88	Parking	General Hospital (N) 0	Days of our Lives (N)	The Jeff Probst Show	Canada Reads 2013	Squirrel Sidekick	World Poker Tour	The Dr. Oz Show 88	Moonshiners 0 88	Sonny Random	Katie 0 88	Deadliest Warrior	3rd Rock
2 PM	King	The Talk 0 88	Big Bear Dinosaur	Barney WordWorld	Katie 0 88	Let's Make a Deal (N)	Parking	The Jeff Probst Show	The Talk 0 88	The Ricki Lake Show	Steven and Chris (N) 0	Almost Super Evil	Off Record Interruption	Dr. Phil 0 88	River Monsters	So Raven Suite/Deck	CityNews at 5 (N) 88	Deadliest Warrior	Gold Girls
3 PM	The Office	The Ricki Lake Show	Rob Robot Clifford	Sid WordGirl	Ellen DeGeneres Show	Dr. Phil 0 88	Parking	Rachael Ray 0 88	The Ricki Lake Show	Young & Restless	Recipes George S	Sidekick Penguins	SportsCentre (N) 88	Ellen DeGeneres Show	How/Made How/Made	Wizards ANT Farm	CityNews at 6 (N) 88	Deadliest Warrior	Outlaw Bikers 0 88
4 PM	Big Bang	Young & Restless	G. Shrinks Arthur 0	Wild Kratts Biz Kid\$	Jdg Judy	The Dr. Oz Show 88	Duck D.	The Doctors 0 88	Young & Restless	Early News Global Nat.	NHL Hockey: Pittsburgh Penguins at Winnipeg Jets. (N) 0 (Live) 88	Kung Fu	Hockey 24 CH (N)	Anderson Live (N) 88	Daily Planet (N)	Phineas Phineas	How I Met 30 Rock	Deadliest Warrior	Instant
5 PM	Browns	News (N) 88	Martha Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour		Kung Fu	E:60 (N) 88	CTV News at Five (N)	Greatest Know-It-All	Dog Good Luck	Last Man Malibu	Movie: *** "Independence Day" (1996) Will Smith, Bill Pullman. 0	Friends 0
6 PM	Browns	Global Nat.	Animals Parks	PBS News-Hour (N) 88	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News	(5:59) News Hour (N)	ET Canada		SpongeBob	NBA Basketball	CTV News (N) 0 88	Finding Bigfoot (N)	Shake It Random	1600 Penn Seed 88	King	King
7 PM	Seinfeld 0	Ent	The Manor Reborn	Wash Need	Jeopardy! Wheel	Inside Ed. Access H.	Southie	Ent	Ent	16x9 (N) 88	News Coronation	SpongeBob		Big Bang etalk (N)	Breakout (N) 88 (DVS)	Jessie (N) ANT Farm	Mantracker 88 (DVS)	Roseanne	Roseanne
8 PM	Family Guy	Kitchen Nightmares (N)	(8:05) Cranford (N) 88	Doc Martin 0 88	Dateline NBC (N) 0 88	The Job (N) 0 88	Southie	Last Man Malibu	Kitchen Nightmares (N)	M'ketplace Mercer	Movie 0 88	SportsCentre (N) 88	CSI: NY (N) 0 88	Cash Cab	Movie: * "Furry Vengeance" 88	CityNews-Tonight (N)	Movie: *** "Independence Day" (1996) Will Smith, Bill Pullman. 0	Debt/Part	ET Canada
9 PM	Amer. Dad	Touch (N) 0 88	(9:05) Poirot "Murder on the Orient Express" (N)	Land Girls 0 88		CSI: NY (N) 0 88	Duck D.	Shark Tank (N) 0 88	Touch (N) 0 88	Touch (N) 0 88	fifth estate	World Poker Tour	Shark Tank (N) 0 88	Finding Bigfoot		Austin	Jimmy Kimmel Live (N)	Friends 0	Friends 0
10 PM	Movie: *** "Heart Condition" (1990)	16x9 (N) 88		Live/Lincoln Center	Rock Center	Blue Bloods "Warriors"	Duck D.	(10:01) 20/20 0 88	16x9 (N) 88	News Hour Final (N)	National	Mr. Young	SportsCentre (N) 88	Blue Bloods "Warriors"	Greatest Know-It-All	Movie: *** "Aquamarine" 0	Maury (N) 0 88	King	King
11 PM	"Scream2"	CHBC News Final (N)	The Manor Reborn	Charlie Rose (N) 88	News Jay Leno	News Letterman	Southie	News J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre 88	CTV News	Breakout 88 (DVS)	Princess	Paid Prog.	Ways Die	3rd Rock



# News Leader Weekend - Saturday Movies

**MORNING**

8:00 am WTBS ch.3 "Perfect Stranger" (2007, Suspense) Halle Berry. A reporter crosses paths with a powerful executive when she

goes under cover in cyberspace and the workplace to investigate a friend's unsolved murder.  
11:00 am KXLY ch.10 "Bolt" (2008, Comedy) Voices of John Travolta. Animated. Thinking he has real

superpowers, the canine star of a hit TV show travels cross-country from Hollywood to New York to rescue his owner and co-star.

**AFTERNOON**

12:00 pm FAM ch.26 "Furry Vengeance" (2010, Comedy) Brendan Fraser. The fur flies when forest animals go to war against a land developer whose latest project threatens their habitat. (In Stereo) (CC)

2:00 pm SPIKE ch.44 "Independence Day" (1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities. (In Stereo)

5:00 pm WTBS ch.3 "The Bourne Identity" (2002, Suspense) Matt Damon. A woman helps an amnesiac, who has a dangerous past, to dodge assassins as he tries to learn about himself.

SPIKE ch.44 "Independence Day" (1996, Science Fiction) Will Smith. A fighter pilot, a computer whiz and others fight back after 15-mile-wide alien ships zap Earth's major cities. (In Stereo)

**EVENING**

6:00 pm CITY ch.29 "Phantom Racer" (2009, Action) Greg Evigan. A race-car driver returns from beyond the grave. (CC) (DVS)

7:30 pm WTBS ch.3 "The Bourne Ultimatum" (2007, Action) Matt Damon. Jason Bourne continues his international quest to uncover his true identity while staying one step ahead of those who want to kill him.

8:00 pm KXLY ch.10 "Harry Potter and the Chamber of Secrets" (2002, Fantasy) Daniel Radcliffe. The young wizard and his best

friends investigate a dark force that is terrorizing their school, Hogwarts. (In Stereo)

YTV ch.18 "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo) (CC)

9:00 pm FAM ch.26 "Princess Protection Program" (2009, Comedy) Selena Gomez. After a military takeover, a princess assumes a new identity and stays with a covert agent and his daughter. (In Stereo) (CC)

SPIKE ch.44 "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. (In Stereo)

10:00 pm WTBS ch.3 "Body of Lies" (2008, Drama) Leonardo DiCaprio. A CIA operative hatches a dangerous plan to catch the leader of a terrorist organization, but conflicts with his two closest allies may cost him his life.

CITY ch.29 "Push" (2009, Suspense) Chris Evans. A 13-year-old clairvoyant and the son of a murdered assassin join forces against a covert government agency that dabbles in psychic drugs and warfare. (CC)

10:30 pm FAM ch.26 "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four diverse New York teenagers hope their music group will hit the big time. (In Stereo) (CC)



Museum Society President Bob Wicks speaks at the February 4th regular meeting of Princeton Town Council. \*

**SATURDAY, FEBRUARY 16, 2013**

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	Paid Prog.	Canadian	Little Bear	Heartland	(5:00) Today (N) (CC)	CBS This Morning	Criminal Minds (N) (CC)	Paid Prog.	Canadian	Saturday Morning News Shane Jones	Monster	Kid vs. Kat	SportsCentre (N) (CC)	Jukebox (N) (CC)	Airplane Repo (N) (CC)	Wingin' It	Kitch.	Xtreme 4x4	PR Live! (N) (CC)
6:30 AM	Paid Prog.	Fishful	WordWorld	Fly Tying				Paid Prog.	Fishful		Busytown	Cat in the Hat			Suite/Deck	Panorama	Horse.	Paid Prog.	
7 AM	Paid Prog.	Saturday Morning News Lynn	Rob Robot	MotorWeek	KHQ News Saturday (N)	Doodlebob	Flipping Vegas (N) (CC)	Good Morning America	Saturday Morning News Lynn		Animal	Rated A	SportsCentre (N) (CC)		Finding Bigfoot	Hannah	Eye/Asia	Trucks! (N) (CC)	Instant
7:30 AM	Atl. Eats		Rolie Polie	Greener		Doodlebob					Super Why!	Sidewalk			Sonny	Nossa TV	MuscleCar	Instant	
8 AM	Movie: ** "Perfect Stranger" (2007, Suspense)	Colliar, Welsa Wong, & Jay Janower. (N)	Tree Fu	Woodsmith		Busytown	Flipping Vegas (N) (CC)	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)		Doodlebob	Squirrel	SportsCentre (N) (CC)	Anno	Breakout (N) (DVS)	Wizards	Polish Studio (N) (CC)	Tattoo	All/Family
8:30 AM			G. Shrinks	Rough Cut		Busytown		Ocean			Cross	Squirrel		Hobo	Dog			Tattoo	All/Family
9 AM			Magic Bus	Hometime		Liberty	Flipping Vegas (N) (CC)	Explore		Driving TV	Canada Reads 2013	SpongeBob	Motoring	A Marilyn Denis Special	2013 Westminster Kennel Club Dog Show The first day of group judging.	Good Luck	EP Weekly	Tattoo	All/Family
9:30 AM			Arthur (N)	Old House		March Mad		Rescue		Fishing		Parents	30 for 30 (N) (CC)			Wingin' It	Reviews on	Tattoo	All/Family
10 AM	Payne	Fishn	Lilly	Old House	LazyTown	College Basketball: Regional Coverage. (N) (CC)	First 48: Missing	Recipe	Fishn	Auto Show	The Adventurers (N) (CC)	Kung Fu		SickKids Foundation (N) (CC)	2013 Westminster Kennel Club Dog Show The first day of group judging.	ANT Farm	Tow Blz	Tattoo	Friends (N) (CC)
10:30 AM	College Basketball: Florida at Auburn. (N) (Live)	Fishing	Miss BG	Kitchen	Noodle			Food	Fishing	Canadian		Turtles		Is Written	Jessie (N) (CC)	Ed's Up	Tattoo	Friends (N) (CC)	
11 AM		Auto Show	Upside	Chef	Snowboarding		First 48: Missing	Movie: *** "Bolt" (2008) Miley Cyrus	Auto Show	The Best Years	fifth estate	Turtles	Curling: 2013 Scotties	Car Bnss	Austin	Get Stuffed	Tattoo	Friends (N) (CC)	
11:30 AM		Driving TV	Echo	Sara's					Driving TV			Bayblade	Tournament of Hearts: Draw 1. (N) (Live) (CC)	Operation Smile	Shake It	The Role	Tattoo	Friends (N) (CC)	
12 PM		News Hour	Dogs/Jobs	Cook's	FIS Alpine Skiing	PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live) (CC)	First 48: Missing		News Hour	PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live) (CC)	FIS Free-style Skiing	Pokemon		Greatest Know-It-All	Phineas	Paid Prog.	Tattoo	All/Family	
12:30 PM		PGA Tour Golf: Northern Trust Open, Third Round. (N) (Live) (CC)		Victory				Beyond Scared Straight (N) (CC)	Secret Millionaire (N) (CC)	ESPN Sports Saturday (N) (CC)	FIS Alpine Skiing	Mr. Young	Sports	Lovett-Reid	Jungle Gold (N) (CC)	Gravity	Tow Blz	Movie: *** "Independence Day" (1996) Will Smith, Bill Pullman. (N) (CC)	All/Family
1 PM	College Basketball: South Carolina at Alabama.		Can. Rivers	Antiques Roadshow (N)	Red Bull Signature Series From St. Paul, Minn.			Beyond Scared Straight (N) (CC)				Mr. Young	Sports	Dr. Maria &	ANT Farm	Ed's Up	Tattoo	All/Family	
2 PM		Mega Builders	Suze Orman's Money Class	Financial strategies.	Wheel	Paid Prog.						Mr. Young	Sports	Cash Cab	Cash Cab	Good Luck	CityNews Weekends		
3 PM	The Office	The Best Years	Frontiers of		Chica	Paid Prog.			The Best Years	Simpsons	National	Mr. Young	SportsCentre (N) (CC)	Cash Cab	How/Made	Sonny			
3:30 PM										Simpsons	HNIC	Mr. Young		Cash Cab					
4 PM	Seinfeld (N)	Simpsons	Prehistoric Hunters	Stevens	Pajanimals	Access Hollywood (N)	Storage	Award Preview	Simpsons	Simpsons	NHL Hockey: Ottawa Senators at Toronto Maple Leafs. (N) (Live) (CC)	Boys	Curling: 2013 Scotties	Celebrity	Cash Cab	Jessie (N) (CC)	G. Martin		Instant
4:30 PM				Victor Borge: Comedy In Music! (N)	Poppy Cat		Storage		Simpsons	Global Nat.		Boys	Tournament of Hearts: Draw 2. (N) (Live) (CC)	Celebrity	Cash Cab	Dog	Out There		Instant
5 PM	Movie: *** "The Bourne Identity" (2002) Matt Damon.	Simpsons	The World After Stone	NBC News	CBS News	Storage	ABC News	Global Nat.	News Hour	News Hour		Boys		etalk (N) (CC)	Auction	Shake It	Murdoch Mysteries (N) (CC)	Movie: *** "Independence Day" (1996) Will Smith, Bill Pullman. (N) (CC)	Friends (N) (CC)
5:30 PM		Global Nat.	Be the Creature	Ed Sullivan's Top Performers 1966-1969	Criminal Minds "Run"	Burn Notice	Storage	Entertainment Tonight	(5:55) Variety Club Show of Hearts Telethon (N) (CC)	Sabrina's Law	NHL Hockey: Colorado Avalanche at Edmonton Oilers. (N) (CC)	Boys		App	Auction	Austin	Murdoch Mysteries (N) (CC)	Movie: *** "Independence Day" (1996) Will Smith, Bill Pullman. (N) (CC)	Friends (N) (CC)
6 PM							Storage	Insider	Security	Security		Zoink'd! (N) (CC)	Splatat	CTV News (N) (CC)	Greatest Know-It-All	Really Me	Wizards	Movie: *** "Phantom Racer" (2009) Greg Evigan. (N) (CC)	Friends (N) (CC)
6:30 PM							Storage					Splatat		CTV News (N) (CC)			Suite/Deck		Instant
7 PM	Movie: *** "The Bourne Ultimatum" (2007) Matt Damon.	(6:55) Variety Club Show of Hearts Telethon (N) (CC)	Myster-ies of the Moose	Rock, Pop and Doo Wop (My Music) (N) (CC)	American Ninja Warrior	Person of Interest (N) (CC)	Storage	Storage	Movie: *** "Harry Potter and the Chamber of Secrets" (2002) (N) (CC)	Very Bad Men	Avalanche at Edmonton Oilers. (N) (CC)	World Poker Tour		Saving Hope (N) (CC)	Gold Rush (N) (CC)	Sonny	CityNews Weekends	Deadliest Warrior	Instant
7:30 PM				Midsomer Murders "Dark Secrets" (N) (CC)	Chicago Fire (N) (DVS)	Criminal Minds (N) (CC)	Storage	Storage		Chicago Fire (DVS)	HNIC After Hours	Flashpoint "The Farm"		Flashpoint "The Farm"	Greatest Know-It-All	"Princess Protection Program" (N) (CC)	The Office	Movie: ** "Doom" (2005) The Rock. (N) (CC)	Friends (N) (CC)
8 PM				Infinity Hall Live (N) (CC)	Saturday Night Live (N) (CC)	48 Hours (N) (CC)	Storage	Storage		News Hour		Splatat	SportsCentre (N) (CC)	Big Bang	Auction	Movie: ** "Push" (2009) Chris Evans. (N) (CC)	Ways Die	All/Family	
8:30 PM							Storage	Storage		(10:35) Saturday Night Live (N) (CC)	NHL Hockey (N) (CC)	Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)
9 PM	Movie: *** "Body of Lies" (2008, Drama)		John McCrae's War	Austin City Limits (N)	SNL	Cold Case	Storage	Storage	Castle (N) (CC)			Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)
10 PM							Storage	Storage				Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)
10:30 PM							Storage	Storage				Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)
11 PM							Storage	Storage				Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)
11:30 PM							Storage	Storage				Splatat	SportsCentre (N) (CC)	CTV News	Sons of Guns (N) (CC)				Friends (N) (CC)



# News Leader Weekend - Sunday Movies

**MORNING**

7:00 am TROP ch.45 "Krull" (1983, Fantasy) Ken Marshall. A prince needs a razor-tipped boomerang to free his beloved from the fortress of the Beast. (In Stereo) (CC)  
 8:00 am A&E ch.9 "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence.

(CC)  
 9:00 am KXLY ch.10 "Enchanted" (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairytale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking.  
 9:30 am TROP ch.45 "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an

airline hostess take on an ousted dictator's private army. (In Stereo) (CC)  
 10:00 am WTBS ch.3 "Next" (2007, Science Fiction) Nicolas Cage. A government agent must capture a clairvoyant and convince him to help her stop terrorists from detonating a nuclear weapon in Los Angeles.  
 11:30 am TROP ch.45 "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) (CC)

Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (In Stereo) (CC)  
 5:00 pm WTBS ch.3 "Charlie's Angels: Full Throttle" (2003, Action) Cameron Diaz. Three private detectives work under cover to retrieve two rings that contain cryptic information.  
 CBC ch.13 "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (CC)  
 TROP ch.45 "Krull" (1983, Fantasy) Ken Marshall. A prince needs a razor-tipped boomerang to free his beloved from the fortress of the Beast. (In Stereo) (CC)

Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists her friends to rescue her English teacher. (In Stereo) (CC)  
 9:30 pm TROP ch.45 "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) (CC)  
 10:00 pm WTBS ch.3 "The Reaping" (2007, Horror) Hilary Swank. A former Christian missionary who now debunks religious phenomena encounters biblical plagues in a small town.  
 CITY ch.29 "Push" (2009, Suspense) Chris Evans. A 13-year-old clairvoyant and the son of a murdered assassin join forces against a covert government agency that dabbles in psychic drugs and warfare. (CC)  
 10:30 pm FAM ch.26 "Whale Rider" (2002, Drama) Keisha Castle-Hughes. A Maori girl defies her grandfather and 1,000 years of tradition to prove she can lead their tribe. (In Stereo) (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (CC)  
 1:00 pm YTV ch.18 "The Spiderwick Chronicles" (2008, Fantasy) Freddie Highmore. Siblings learn that magical creatures are behind the strange occurrences at their great-great-uncle's rundown estate. (In Stereo) (CC)  
 2:00 pm VTV ch.22 "Steel Magnolias" (1989, Comedy-Drama) Sally Field. Based on the play about six Southern women who become close friends despite their eccentricities and complicated lives. (In Stereo) (CC)  
 3:00 pm YTV ch.18 "Hook" (1991, Fantasy) Dustin Hoffman.

**EVENING**

6:00 pm YTV ch.18 "Peter Pan" (2003, Adventure) Jason Isaacs. Peter Pan leads Wendy and her two brothers on an adventure involving Captain Hook and his band of pirates. (In Stereo) (CC)  
 7:00 pm WTBS ch.3 "Charlie's Angels" (2000, Action) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security.  
 7:30 pm TROP ch.45 "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo) (CC)  
 9:00 pm FAM ch.26 "Get a

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**SUNDAY, FEBRUARY 17, 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	Think Big	Show of Hearts	Little Bear	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds	Matthews	Show of Hearts	Sunday Morning News (N)	Super Why!	Kid vs. Kat	Curling: 2013 Scotties	Hobo	Highway Thru Hell	Wingin' It	R Schuller	Xtreme 4x4	Fish TV
6:30	Mad About		WordWorld	Signing		Paid Prog.		On Money			Poko	Super Evil		Hobo		Suite/Deck	ChurchRck	Horse.	Paid Prog.
7 AM	Career Day	Sunday Morning News	Rob Robot	Wild	KHQ News	CBS News Sunday Morning (N)	Criminal Minds	Good Morning America	Sunday Morning News		Animal	Mr. Young	Tournament of Hearts: Draw 3. (N) (Live)	Lovett-Reid	Expedition Wolf	Hannah	Eye/Asia	Trucks!	Movie: ** "Krull" (1983, Fantasy)
7:30	P. Affairs		Rolle Polle	Clifford	Invest						Artzooka	Babysitting		Dr. Maria &		Sonny	Dharti	MuscleCar	Ken Marshall.
8 AM	Movie	(8:10) Variety Club Show of Hearts Telethon	Tree Fu	Curious	Meet the Press (N)	The Nation	Movie: ** "Out of Time" (2003)	This Week	(8:10) Variety Club Show of Hearts Telethon		Coronation	Splatatlot		App	Expedition Wolf	Wizards	Pakistan	Bar Rescue	
8:30			G. Shrinks	Cat in the Hat							Coronation	Zoink'd!		etalk		Dog	Festival Italiano di Johnny Lombardi (In Italian)	Bar Rescue	
9 AM			Magic Bus	SciGirls	Hockey	Look Hot!	Movie: *** "Enchanted" (2007) Amy Adams.			Block	Coronation	SpongeBob	Reporters	Operation Smile	2013 Westminster Kennel Club Dog Show Second day of group judging.	Good Luck		Bar Rescue	
9:30			Arthur	Impact	NHL Hockey: Pittsburgh Penguins at Buffalo Sabres. (N) (Live)	March Mad				Context	Coronation	Parents	30 for 30	Corner Gas	Club Dog Show	Wingin' It	Lombardi	Bar Rescue	Movie: ** "Commando" (1985, Action)
10 AM	Movie: ** "Next" (2007) Nicolas Cage.		Wild Kratts	Inside Olympia		College Basketball: Ohio State at Wisconsin. (N)	Shipping			J. Osteen	Coronation	Winx Club		Corner Gas	Second day of group judging.	ANT Farm		Bar Rescue	
10:30			Little	Inside			Shipping	Brady		Ministries	M'ketplace	ICarly		Corner Gas		Jessie		Bar Rescue	
11 AM			Babar	Masterpiece Classic		PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)	Shipping	Brady		16x9	Steven and Chris	Victorious	Curling: 2013 Scotties	Question Period		Austin	Reviews on	Bar Rescue	
11:30			Animals	Wedding guests arrive.			Shipping	Paid Prog.		PGA Tour Golf: Northern Trust Open, Final Round. (N) (Live)	Land/ Sea	Mr. Young	Tournament of Hearts: Draw 4. (N) (Live)	First Story	Flying Wild Alaska	Movie: *** "Dadnapped" (2009)	Travels	Bar Rescue	Movie: *** "Conan the Barbarian" (1982)
12 PM	The Closer		Animals	Volcanic			Shipping	Paid Prog.		Q With Jan Ghomesht	Movie: *** "The Spiderwick Chronicles"			Canada's Worst Driver	Yukon Men	Phineas	Murdoch Mysteries	Bar Rescue	
12:30	King		Rescue	Masterpiece Classic			Shipping	Storms		FIS Alpine Skiing			Sports	Movie: *** "Steel Magnolias" (1989) Sally Field.	Bering Sea Gold: Under	ANT Farm	Murdoch Mysteries	Bar Rescue	Instant
1 PM	King		Rescue	Masterpiece Classic			Shipping	Storms		Recipes	Movie: *** "Hook" (1991)		Sports Centre (N)	Cash Cab	Good Luck	CityNews	Bar Rescue	Instant	Instant
2 PM	Family Guy	Variety Club Show of Hearts Telethon	What's That About?	Masterpiece Classic			Shipping	Shark Tank	Variety Club Show of Hearts Telethon				NFL Plays	How/Made	Random	CityNews	Bar Rescue	Instant	Instant
2:30	Family Guy						Shipping	The Taste		Simpsons	Stefano		2013 NBA All-Star Game From the Toyota Center in Houston. (N) (Live)	Cash Cab	Myth-Busters	Jessie	Funnfest Home Videos	Bar Rescue	Weird or What?
3 PM	Big Bang		Be the Creature	Masterpiece Classic			Shipping			Simpsons	Dragons' Den			W5	To Be Announced	Shake It	30 Rock	Bar Rescue	Movie: ** "Krull" (1983, Fantasy)
3:30	Big Bang						Storage	Family Aff.		(4:59) News Hour (N)	Movie: *** "Nanny McPhee" (2005)			W5	To Be Announced	Austin	30 Rock	Bar Rescue	Ken Marshall.
4 PM	Big Bang		The Manor Reborn	Masterpiece Classic			Storage	Family Aff.		(5:59) News Hour (N)				W5	To Be Announced	Good Luck	Revenge "Sacrifice" (N)	Bar Rescue	
4:30	Big Bang						Storage	Family Aff.						W5	To Be Announced	Really Me		Bar Rescue	
5 PM	Movie: ** "Charlie's Angels: Full Throttle"		War-time Farm	(5:45) Masterpiece Classic			Storage	ABC News	Global Nat.					W5	To Be Announced	Good Luck	Revenge "Sacrifice" (N)	Bar Rescue	
5:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
6 PM			Frontiers of				Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
6:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
7 PM	Movie: *** "Charlie's Angels"		Pyramids of Death	Masterpiece Classic			Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
7:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
8 PM	(2000, Action)		Monarch of the Glen	Masterpiece Classic			Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
8:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
9 PM	The Closer	Family Guy	Lewis "The Mind Has Mountains"	Final (N)			Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
9:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
10 PM	Movie: ** "The Reaping" (2007, Horror)		Pop Culture	Pop Culture			Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
10:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
11 PM			William Shatner, World	Masterpiece Classic			Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	
11:30							Storage	ABC News	Global Nat.					W5	To Be Announced	Really Me		Bar Rescue	





"First order of business, take a shovel and break off the overhanging ice and snow from the outdoor picnic shelter at Memorial Park." About 75 people braved below-zero temperatures for the Keremeos Idle No More gathering February 3rd. Following the opening drum ceremony and prayer, speakers shared their perspective and wisdom about the need to protect water and nature for First Nations youth. Most reiterated the principle that Idle No More isn't just for First Nations Peoples. Speakers included elders, Lower Similkameen Indian Band staff, youth, Chief Robert Edwards and other members of the LSIB. - photo submitted

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## Monday Movies

### MORNING

8:30 am YTV ch.18 "Peter Pan" (2003, Adventure) Jason Isaacs. Peter Pan leads Wendy and her two brothers on an adventure involving Captain Hook and his band of pirates. (In Stereo) (CC)

11:00 am YTV ch.18 "The Parent Trap" (1998, Comedy) Lindsay Lohan. An 11-year-old meets her California twin, and they plot to reunite their divorced parents. (In Stereo) (CC)

11:30 am SPIKE ch.44 "The Transporter 2" (2005, Action) Jason Statham. A former Special Forces operative springs into action to save the kidnapped son of an anti-drug czar. (In Stereo)

the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (In Stereo)

3:30 pm YTV ch.18 "Nanny McPhee Returns" (2010, Comedy) Emma Thompson. Magical Nanny McPhee helps a harried mother who is trying to care for five children and tend the family farm while her husband is away at war. (In Stereo) (CC)

5:00 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)

### EVENING

11:30 pm WTBS ch.3 "Seven Pounds" (2008, Drama) Will Smith. A man with a fateful secret sets out to redeem himself by changing the lives of seven strangers, including a woman with whom he falls in love.

### AFTERNOON

1:30 pm YTV ch.18 "Nanny McPhee" (2005, Comedy) Emma Thompson. A widower hires a mysterious woman who uses magic to control his seven unruly children. (In Stereo) (CC)

SPIKE ch.44 "GoodFellas" (1990, Crime Drama) Robert De Niro. In

### MONDAY, FEBRUARY 18, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45	
6 AM	In the Heat of the Night	Morning News (N)	To School HI-5	Builder Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	News	Morning News (N)	(5:00) Morning News (N)	CBC News	Kid vs. Kat	SportsCentre	CTV Morning Live (N)	Mighty Planes "Orbis"	Dinosaurs Hannah	CityLine (N)	Auction	TV-Torrans	
7 AM	Justice	Justice	Arthur	Arthur	Today (N)	CBS This Morning (N)	Criminal Minds "Jones"	Good Morning America (N)			Poko	Super Evil	SportsCentre	Cash Cab	Cash Cab	Shake It	Let's Make a Deal (N)	CSI: Crime Scene	Earth: Final Conflict	
8 AM	Judge Alex	Judge Alex	Tree Fu	Curious			CSI: Miami			Morning	Bo On/Go	Pokémon	SportsCentre	Final Offer	Jessie	ANT Farm	The Price Is Right (N)	CSI: Crime Scene	Eat St.	
9 AM	Millionaire	Morning	Pinky	Super Why!		The 700 Club	CSI: Miami	Liv! Kelly and Michael	Morning	The Doctors	Super Why!	"Peter Pan" (2003) Jason Isaacs.	SportsCentre	Liv! Kelly and Michael	Mayday "Caution to the Wind"	Good Luck	Access Hollywood Live	CSI: Crime Scene	Roseanne	
10 AM	Law Order: CI	The Doctors	Doggy Day Franklin	Sesame Street		The Price Is Right (N)	Criminal Minds	The View	The Doctors	Eat, Shrink	Poko	Doodlepop	Sportfish	The View	Good Luck	Good Luck	The Chew	CSI: Crime Scene	Roseanne	
11 AM	Law Order: CI	Eat, Shrink	Rolie Polie	Tiger	Judge B.	Young & Restless	Criminal Minds	Paid Prog.	Eat, Shrink	Noon News Hour	Steven and Chris	Movie: *** "The Parent Trap" (1998) Lindsay Lohan.	Curling: 2013 Scotties Tournament of Hearts: Draw 6. (N) (Live)	Marilyn Denis	Pyros "The Falls"	Good Luck	General Hospital (N)	Movie: *** "The Transporter 2" (2005)	Roseanne	
12 PM	Excused	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News	M'ketchup	Lindsay Lohan.	CTV News (N)	Bering Sea Gold: Under	Good Luck	CityLine	Roseanne	Roseanne	
1 PM	There Yet?	Days of our Lives (N)	Save Ums	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland (DVS)	Movie: *** "Nanny McPhee" (2005)	Off Record	Dr. Phil	Myth-Busters	Good Luck	CityNews at 5 (N)	Movie: *** "GoodFellas" (1990, Crime Drama)	Roseanne	
2 PM	King	The Talk	Big Bear	Barney	Katie	Let's Make a Deal (N)	The First 48	The Jeff Probst Show	The Talk	The Ricki Lake Show	Steven and Chris	Recipes	Sports	Ellen DeGeneres Show	How/Made	Good Luck	CityNews at 6 (N)	Robert De Niro, Ray Liotta.	Roseanne	
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	Stefano	Movie: *** "Nanny McPhee Returns" (2010)	That's Hockey! (N)	Anderson Live (N)	Daily Planet (N)	Good Luck	How I Met	30 Rock	Roseanne	
4 PM	Big Bang	Young & Restless	G. Shrinks	Wild Kratts	Jdg Judy	The Dr. Oz Show	To Be Announced	The Doctors	Young & Restless	Early News	Dragons' Den	News	Curling: 2013 Scotties Tournament of Hearts: Draw 7. (N) (Live)	CTV News at Five (N)	Myth-Busters	Good Luck	How I Met	Seed (N)	Movie: *** "The Green Mile" (1999, Drama) Tom Hanks, David Morse, Michael Clarke Duncan.	Roseanne
5 PM	Browns	News (N)	Martha	News	News	News	Southie	News	Early News	(4:59) News Hour	News	News	CTV News (N)	Auction	Good Luck	Broke Girl	Mike	Roseanne	Roseanne	
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Southie	News	(5:59) News Hour (N)	ET Canada	News	iCarly	CTV News (N)	Auction	Good Luck	Broke Girl	Mike	Roseanne	Roseanne	
7 PM	Seinfeld	Ent	Rescue	Keep Up	Jeopardy!	Inside Ed.	Southie	Ent	Ent	Hawaii Five-0 "Pa'ani"	George S	Victorious	Big Bang	Greatest Know-It-All	Good Luck	The Carrie Diaries (N)	Duncan.	Roseanne	Roseanne	
8 PM	Family Guy	Bones (N) (DVS)	Wartime Farm (N)	To Be Announced	The Biggest Loser An exhausting challenge.	How I Met Rules	Southie	The Bachelor (N)	Bones (N) (DVS)	Bones (N) (DVS)	March to the Top	Wipeout	Big Bang	Driving Wars (N)	Good Luck	CityNews-Tonight (N)	Roseanne	Roseanne		
9 PM	Amer. Dad	(9:01) Deception (N)	(9:05) Fake or Fortune?	Market Warriors (N)	challenge.	Broke Girl	Southie	(9:01) Deception (N)	Deception "Tell Me" (N)	Murdoch Mysteries	Gags	That's Hockey 2 Nite	The Following (N)	Auction	Good Luck	Jimmy Kimmel Live (N)	Repo	Roseanne		
10 PM		Hawaii Five-0 "Pa'ani"	Architects of Change	To Be Announced	(10:01) Deception (N)	Hawaii Five-0 "Pa'ani"	Southie	(10:01) Castle "Target"	Hawaii Five-0 "Pa'ani"	News Hour Final (N)	National	Boys	SportsCentre (N)	(10:01) Castle "Target"	Greatest Know-It-All	Lizzie	Maury	Repo	Roseanne	
11 PM		News Hour Final (N)	Rescue	Charlie Rose (N)	Jay Leno	Letterman	Southie	News	News Hour Final (N)	ET Canada	CBC News	Weird	SportsCentre	CTV News	Highway Thru Hell	Cory	Paid Prog.	Entourage	Roseanne	
	"Seven"		Volcanic							J. Kimmel	George S	Splatalot	CTV News	CTV News		Princess	Paid Prog.	Entourage	Roseanne	



# Princeton Minor Posse

## Midget Reps Close Out Season At Home



Standing, from left, Spencer Brooks (Head Coach), Cole McIvor, Dustin Flemming, Rhett Ortwein, Morton Johnston, Clayton Obey, Craig Thompson, Eric Hardin, Jackie Chau, Kirk McConnell (Coach), Brett Herrick, Garry Fraser (Coach). Kneeling, from left, Ryan Grgich, Hayden Zieske, Corey Thompson. Missing from photo: Andrew Silbernagel, Al Anderson (Coach). - photo submitted

by Dean Johnston

The last weekend of January saw the Princeton Midget rep hockey team finish their schedule on a positive note.

On Saturday (January 29th) the boys went up 2-0 in the first period before giving up 4 unanswered goals to Clearwater to set up a great finish.

Clayton Obey scored 2 goals (actually he scored all 4 goals in the game) in the final 5 minutes of the

game to earn the team its first point of the season in an exciting finish to a well contested game. Assists for the game went to Mort Johnston (3), Jackie Chau and Brett Herrick (2 each) and Craig Thompson. Of note was Ryan Grgich's superb play in goal to keep the final result in play.

Sunday's game (January 30th) followed a similar path as the rest of the season - tied after 1st period, a one goal game midway through the

second before falling 6-2 to a deeper Clearwater squad.

The team only had 9 skaters for each of the two final games and again the lack of bodies took its toll on the result, if not the effort. Clayton Obey again provided the goals with assists going to Cole McIvor (2) and Jackie Chau (1).

In so many ways the season, despite the many ups and downs, can only be described as a positive step to rebuilding midget hockey in town.

Over the course of the season 15

different skaters suited up at least once for the locals. The bulk of the workload however fell to a main core of 10 players and 2 goalies who committed completely to playing, despite the usually inevitable outcome that comes with a shorter bench.

Numbers look positive for next season with the hope that this season's building block will provide a footing for continued success on ice as well as scoreboard.

Keep an eye out for one last exhibition game later this month. Plans are in works to stage a game against a local men's invitational squad.

A final huge thanks to all sponsors, Princeton Posse Head Coach Dale 'Duner' Hladun and his players, as well as the fans. Special mention must also go to the coaching staff - Spencer Brooks (ex-Posse player), Kirk McConnell, Garry Fraser and Al Anderson.

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### Obituary

## Gary Christopher 'Chas' Corsi

September 7, 1946 - February 2, 2013



It is with great sadness that we announce the sudden passing of our dear husband, father, brother, grandfather and uncle Chas while vacationing in Nevada. He leaves to mourn, his loving wife Diana, sons Chad (Laura) and Ryan, siblings Carol, Del, Paul, Louise and Anne Marie, granddaughters Kamryn, Bree-Ann and Jaida, nieces Leanne, Elissia, Brooke, Lauren and Kyra, great nephew and nieces as well as many other family and friends. He is predeceased by his mother Anne and father Christopher. Although he faced some health issues recently, Gary was very active in his

younger years, enjoying hunting and fishing with his boys. It wasn't unusual to find them on the road in the wee hours driving to a remote spot and trekking into the woods to find the perfect hunting or ice-fishing area. He was so proud of his sons. Gary also enjoyed curling, poker and fastball. He was a passionate pitcher and relished the games and camaraderie with team-mates Ken, and catchers George, Don and Sammy whose catcher's mitts are still smoking! Chas had a great sense of humour and often joked that he had to hit a three-bagger to get to first base. He was a great prankster who told many wild stories whenever he could. He had good times with his poker buddies and was known to enjoy the casino occasionally. Gary was a big man with a big heart and old-fashioned values, who took great care of his family and friends. His hospitality was endless. We will miss him dearly. The family would like to thank the medical and hospital-ity staff in Wendover, Nevada and especially Dr. Ross, his family doctor in Merritt who treated him with true dignity and compassion. In lieu of flowers, a donation to the BC Children's Hospital or a charity of your choice would be appreciated. A Celebration of Life will be held on Saturday, February 16 at the Seniors' Centre in Princeton, 162 Angela Avenue, from 1:00 to 4:00 PM.

In loving memory

## Barbara Oakes

1950 - 2013



Barbara Lynn Oakes of the Crowsnest Pass, Alberta, passed away at the Crowsnest Pass Health Care Centre while surrounded by her loving family on February 5, 2013 after a long and valiant battle with cancer at the age of 62 years.

Barbara was born on March 18, 1950 in Campbellton, Restigouche County, New Brunswick to parents Bill & Joyce Nichol. Barbara grew up in Charlo, New Brunswick and graduated from high school in 1968. After marrying her loving husband, Jim Oakes, in 1972, their journey together took them to Thompson, MB, Princeton, BC, Grand Forks, BC and finally Coleman, AB. Along this jour-

ney, Barb touched and impacted many people in a positive way: as a friend, a bank teller, a secretary within the mining industry and a secretary at an elementary school. She truly loved her work with the school and looked forward to helping any child that was in need.

Barbara will be sadly missed by her loving husband Jim; her loving sons, Andy (Tanya) and Tim (Tari); her cherished grandchildren, Emily, Abby, Hunter, and Ryder; her parents, Bill & Joyce Nichol; her sisters, Brenda Nichol and Margaret (Fenton) Yeo; her brother-in-law, George Oakes; her sisters-in-law, Jessie Baldwin, Grace Sellick, Barbara (David) Cool and Grace Oakes; as well as her nieces, nephews, extended family and numerous friends.

She was predeceased by Jim's parents, Allison & Ethel Oakes; her brothers-in-law, Aloysius (Vera) Oakes, Delbert Oakes, Nick Baldwin and sister-in-law, Pat MacLeod.

The Memorial Service honouring Barbara's life was held on Friday, February 8, 2013 at 10:00 AM at Fantin's Funeral Chapel with tributes provided by the family and prayers led by Rev. Janni Belgum. Condolences may be registered at [www.fantinfuneralchapel.ca](http://www.fantinfuneralchapel.ca). Donations in memory of the late Barbara Oakes may be directed towards the Crowsnest Pass Health Foundation, "Palliative Care Program" (Bag 1, Blairmore, AB TOK OEO).

Fantin's Funeral Chapel entrusted with arrangements. (403) 562-8555.

### For Sale

Ferguson 2 Bottom Plow in good condition with rebuilt shears. Asking \$275.00. Call 250.295.3310. Feb 12-25

### Notices

#### Senior Citizen's Branch #30

Valentine Bake Sale  
9:00 AM  
Thursday, February 14  
162 Angela Avenue, Princeton  
Raffles

### Wanted To Rent

Shared accommodation for young lady for a few weeks, or affordable 1-bedroom. Close to Vermilion Avenue would be preferred. No pets. Call Brenda 250.295.4149.

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2-bedroom house located at 2726 Upper Bench Road, Keremeos. Asking \$575.00/month. For details call 250.295.3357. Feb 12

### Found

1 gold locket and chain and 1 u-shaped silver earring inside Valley First Credit Union. Stop by the branch and identify to claim. Feb 12

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

### Notices

Princeton Area Ghosts Town DVDs are available for \$20.00 each at Similkameen News Leader (226A Bridge Street, next to CIBC). Learn the history of the famous gold rush communities that vanishes as quickly as the gold! Also available, Prince Town 1826-1926 a CD that traces the history of settlement in the Pacific Northwest and what brought prospectors to the area. Each copy \$20.00 - taxes included. For information call 250-295-4149.

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Challenge**  
SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #440

752	683	491
189	574	263
436	129	587
361	752	849
248	396	175
597	841	326
825	917	634
674	235	918
913	468	752

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Fred 295-7272/Marena 295-7663

Notices

Notices

Notices



Princeton Museum Operations Manager Robin Lowe listens to a question from a member of Town Council following her 'Year In Review' presentation at the February 4th regular meeting of Council. Lowe has just completed her first year in her role at the Museum and has many successes to celebrate as a result of her work.\*

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# Flip Of The Coyne

by Spencer Coyne

..... continued from Page 3  
 an acre rather than hundreds of acres, small producers are not always seen as viable investments, yet small farmers are growing annually and small producers make up a billion dollar a year industry.  
 Funding opportunities for small farmers are on the rise from microloans, peer-to-peer, community supported agriculture, even

programs like Kickstart which allow you to look for direct funding for your project. Small scale agriculture is on the rise despite some major roadblocks, but the market is speaking and demand is growing for locally produced food. As consumer demand increases I suspect that we will see more programs from both government and financial institutions geared towards

small producers.  
 If programs like Kiva.org took off in places like Canada we could see a whole new way or funding new business start-ups of all kinds. With the use of direct loans or microloans you could minimize risk and allow people who normally wouldn't be able to get a business off the ground to realize their dreams.

From agriculture to software production, a few thousand dollars in small loans could change the future of not only a handful of individuals but of entire communities.

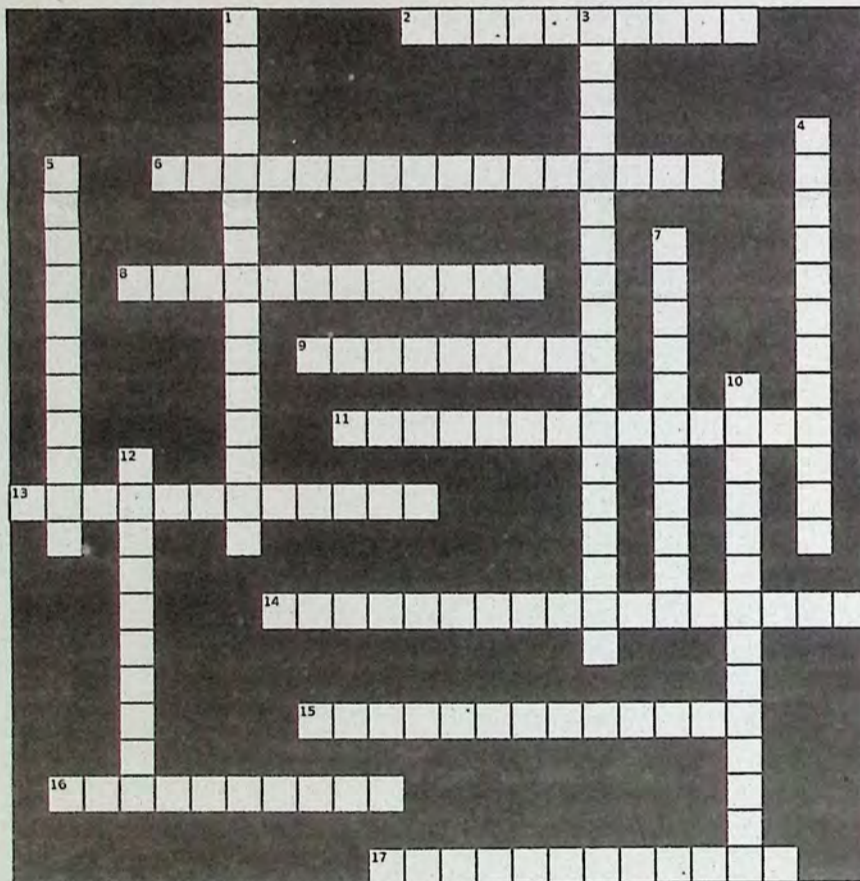
When you consider the uncertain economic times we are in, micro financing could be the way to weather the turbulence of global trends and build more stable local economies.

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# News Leader Puzzler

Use the February 5 News Leader to find Answers Below...



- |   |   |
|---|---|
| <p><b>Across</b></p> <p>2 Who is challenging youth in the area to be more active?</p> <p>6 You can play this weekly at the Seniors Hall.</p> <p>8 A calligraphy workshop was part of this.</p> <p>9 Name the SOHC spokesman.</p> <p>11 The 'OS' in SOS.</p> <p>13 The 'YC' in OYC.</p> <p>14 The 'HC' in SOHC.</p> <p>15 Name the column written by Pastor George Donovan.</p> <p>16 Who is featured in the Posse story on Page 9?</p> <p>17 Name the company developing Treasure Mountain.</p> | <p><b>Down</b></p> <p>1 Name the Princeton Family Day celebration.</p> <p>3 Headline: "Lali critical of _____"</p> <p>4 It's a half page ad and it has this name.</p> <p>5 She takes photos for the News Leader in the Keremeos area.</p> <p>7 She takes photos for the News Leader in the Princeton area.</p> <p>10 In Chinese astrology 2013 is known as this.</p> <p>12 ElectionsBC is hiring for this position.</p> |
|---|---|

Similkameen **News Leader** PUZZLER #110  
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## Town to increase sewer rates

The Town of Princeton Sewer Rates & Regulations Amendment Bylaw (No. 868, 2013) was given three readings at the February 4th regular meeting of Town Council.

The motion to proceed with the readings was made by Councillor Jason Earle and seconded by Councillor Doug Pateman.

The purpose of the bylaw amendment is to provide rate increases of 5%.

The Town sends utility bills consisting of Water and Sewer charges to each property owner early each year, with sewer charges designed to cover the cost of operations and create a reserve for the replacement of aging infrastructure.

"The increase of 5% provides for costs that have increased due to inflation as well as a greater contribution to our reserves in anticipation of the planned desludging

of Cell 1 at our treatment plant in 2016," explains Deputy Treasurer/Collector Shirley McMahon in her report to Council. "In 2013 we will rebuild the Ponderosa Lift Station and continue implementing the SCADA system. These projects are funded through a combination of gas tax and reserve funds."

Upgrades to the aeration system and fencing at the sewage treatment plant costing \$337,511.00 are also planned for this year. Those costs are fully funded through the Federal Gas Tax Regionally Significant Projects program.

Sewer rates were last increased by 2% in 2010.

The amended bylaw still requires adoption, which will likely take place at the next Town Council meeting.

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# Princeton Curling Club

## Men's Bonspiel - February 1, 2 & 3



A Event Winners - Men's Bonspiel - photo submitted



B Event Winners - Men's Bonspiel - photo submitted

## Club hosts bonspiel

Princeton Curling Club has done it again!

The annual Men's Curling Bonspiel was held February 1-3 with the results as follows:

- Winners of the A event: from Kelowna/Lower Mainland 'Bambi Rink' Skip Brendan Willis, 3rd Howard Mansey, 2nd Gord White, Lead Mike Munsie
- Winners of the B event: from the Lower Mainland 'Boss Hog Rink' Skip Clem Degobbi, 3rd Glen Ganges, 2nd Doug Turner, Lead Ross Hatfield
- Winners of the C event: from Midway 'Baia Rink' Skip Peter Baia, 3rd Randy Uyeyama, 2nd Aaron Pownall, Lead Gary Schierbeck.

"The out of town teams appreciate the effort that our small club puts out to ensure that they are welcome here in Princeton," says Bonspiel organizers Sharon and Bob Paterson.

"So an extra thank you to our volunteers from the Ladies Club and Executive of the Curling Club."

The event would also not be possible without the generous support of the following sponsors: Hayes Creek Electric, Pro Automotive, Bob Paterson/FBI, Princeton Golf Course, A&W, Valley First Credit Union, Jim Emmons, Pigs on Tour #1, CTR Trucking (Rick McIvor), Billy's Restaurant, Mac's Auto Parts, Cooper's Foods, Beausoliel Rink, Trevor Dueck (Finning), Jebway, Rob Banks, R&W Herrick Trucking, Mike Caldow (Finning), Kamloops Tire, Larry McKenzie, J Two Contracting, G Johnson Logging, Fortis, K&M Trucking, Princeton Husky, John Tanaka, Princeton Redi-Mix, Westland Insurance, St Marten's Vineyard, James Western Star (Kelowna), Ovid Lepine, Barry Beecroft Fuel, R, R, K, P, Princeton Glass, R & J Beausoliel, Pigs on Tour #2, R, R, K, B, Doug Haayer, Alana Meston, Candice Stadler - Royal LePage.



C Event Winners - Men's Bonspiel - photo submitted

## Atamanenko unhappy with electoral boundaries report

BC Southern Interior MP Alex Atamanenko is disappointed that the federal Electoral Boundaries Commission's report does not reflect the majority of submissions at last fall's public hearings in BC's rural ridings.

The final Commission report divides the current riding of BC Southern Interior between a newly

created riding, South Okanagan - West Kootenay, and the eastern riding of Kootenay-Columbia. The communities of Nelson, Kaslo and Salmo will become part of Kootenay-Columbia. Castlegar, Trail, Grand Forks, Nakusp and the Slocan Valley join Osoyoos and Penticton in South Okanagan-West Kootenay. The communities of

Keremeos and Princeton have been added to a third Okanagan riding.

"This report goes against the submissions of an overwhelming majority of people who provided feedback at the Commission's public hearings", said Atamanenko.

"We heard the message loud and clear that Nelson, Salmo and Kaslo did not want to be separated from Castlegar and Trail, but that is exactly what the Commission has done."

In a recently released op-ed piece Dan Albas, Conservative MP for Okanagan-Coquihalla, also criticizes the Commission's report. According to Albas, the Commission based the redistribu-

tion solely on numbers and did not consider geographic accessibility or equity of representation when redefining rural riding boundaries. For constituents living in the Slocan Valley an MP's office in Penticton (5 hours away) is never easily accessible. Winter driving conditions on mountain passes will curtail MP visits to the West Kootenay area.

A similar accessibility problem exists in the Kootenay-Columbia. "I agree with Dan", added Atamanenko. "What may work on paper does not translate to the reality on the ground."

The Commission has added significantly more mountainous area

to the already challenging size of Kootenay-Columbia. Equitable access to the MP will be impossible in this large territory.

Atamanenko and other MPs have 30 days in which to register their objection and signify their intention to appear before the parliamentary procedures committee.

The Member for BC Southern Interior is slated to appear before the Committee in early March.

"I will be pleading my case against the changes to the riding boundaries and encourage everyone who is concerned to provide me with a letter of support. Letters from constituents will add weight to our case", concluded the NDP MP.

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Princeton Posse's Lane Erickson (#9) scores a goal against Summerland February 5th. \*

# Princeton Posse blast Steam

..... continued from Page 9  
Olli Dickson at 13:13.

The balance of the period saw the Princeton special teams unit slowly pick away at every power play opportunity that came their way.

Princeton took the lead at 5:01 with a power play goal by Colby Braaten with assistance from Eric Kubis and Kaleb Boyle.

At 4:08 Princeton's Eric Kubis added a power play goal of his own with help from Lane Erickson and Kyle Moore.

Then with 1:16 left to play in the period Princeton's Dakota Leppa passed the puck to Adrian Coulter who was just inside the blue line near the Posse penalty box, a place

he is quite familiar with.

In a flash Coulter zipped off a shot on goal. Summerland goalie Brett Huber was already in the splits expecting to block a low shot but the puck skimmed off the ice as it glided towards the goal took flight and just passed over top of Huber's right leg pad for the goal.

It was Princeton's third power play goal in a row and gave the home team a 5 to 2 lead.

The third period saw Connor Demelo finish the game in the Steam goal after going in at the end of the previous period.

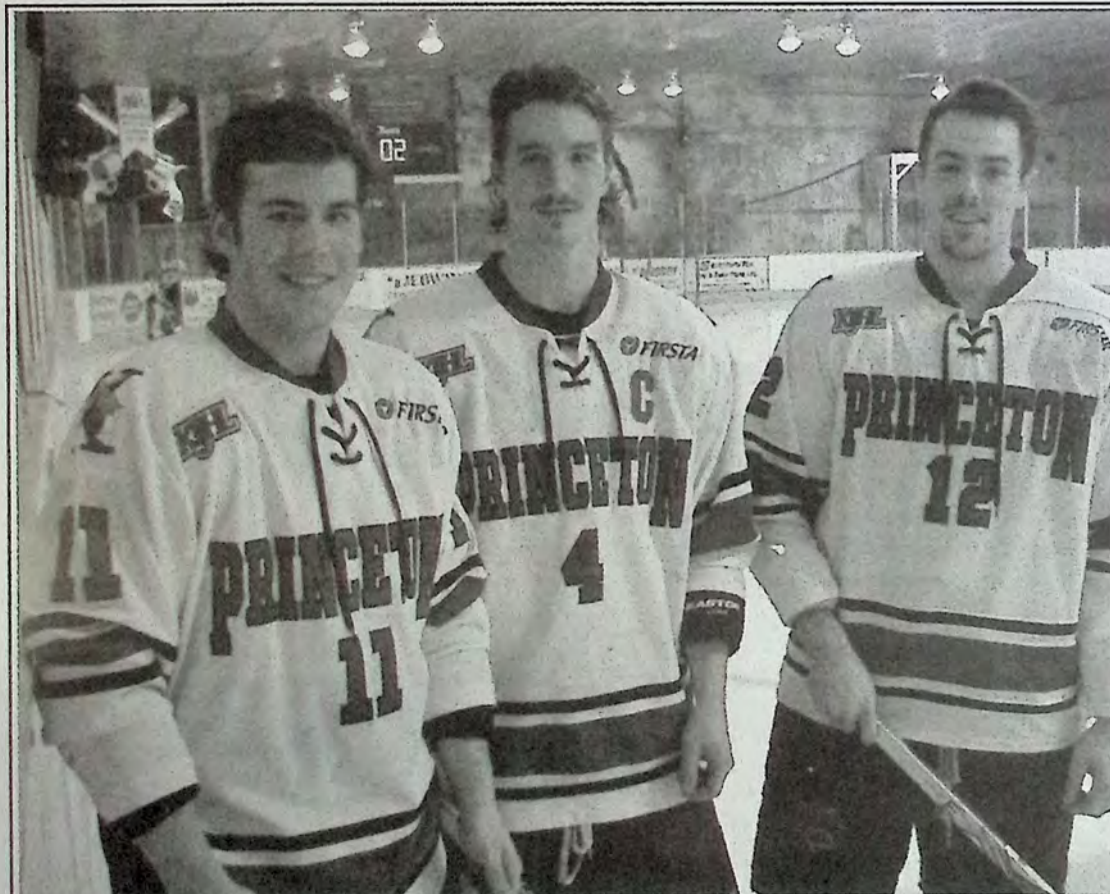
Demelo faced a rapid-fire attack from Princeton with the Posse out

shooting the Steam 22-4 but the goalie was fast, accurate and stunning between the pipes.

It wasn't until 3:38 when the home team managed to penetrate the force field that existed around the Summerland goal.

Lane Erickson had a wide-open net on one side and he popped the puck in on the power play. Assists went to Eric Kubis, who earned his 100th KIJHL career point, and Kurtis Bond.

Final score: Princeton 6, Summerland 2. Shots on goal: Princeton 49, Summerland 34. Penalties in minutes: Summerland 14 for 68-minutes, Princeton 4 for 8-minutes.



Posse players helping with the Lucky Puck Toss February 5th were Kraig Leochko, Adrian Coulter and Jon Forrest. \*

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# Princeton Posse



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