

Similkameen News Leader

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Tuesday, December 3, 2013

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



On November 22nd to complete a Confine Space Training Course, held by 'Dynamic Rescue Systems' of Coquitlam, Princeton Fire Department and Princeton Public Works successfully performed confined space rescue techniques at several locations including Lion's Park off Mayne Avenue and (above) on Billiter Avenue at Warren. Photo: Princeton Public Works

PXA re-elects board

Princeton Exhibition Association (PXA), the group managing the fairgrounds facility, held its annual general meeting on November 26 at the library conference room. President Paul Bedard opened the meeting with a brief history of his experience as President, saying the PXA had lost some valuable members - Stan Thompson, Peter Ruoss, Luke Girouard, Sandy Gabor and John Bey - and he has had a strong learning curve in trying to carry on their work. He thanked the current members for being part of the learning experience, and thanked Vice-President Dan Kastor for his support.

Secretary Dawn Johnson gave her report, commending members for their excellent teamwork, and praised the President and Vice-President for their hard work during the year. She added praise for Fran Murphy who has done a good job in her first year as Treasurer. Doug and Jim Bernard were commended for the many projects they had undertaken. Johnson presented a list of the year's achievements, itemizing 18 projects completed in addition to regular maintenance.

Councillor Doug Pateman conducted the election of the new Board of Directors, but before he began the call for nominations, he took a moment to tell members Town Council thinks the PXA is doing an excellent job.

The election results saw the 2013 Board returned to office. President Paul Bedard and Vice-President Dan Kastor serve a one-year term, as do the Presidents of Racing Days Association, Rodeo Club and Fall Fair Association. Director Odell Simmons was elected to a

one-year term and Director Dawn Johnson was elected to a two-year term. The following Directors are serving the second year of their terms: Walt Halipchuk, Lisa Carleton, Frances Murphy and Della Osborne. Frances Murphy was appointed Treasurer, and Odell Simmons was appointed Secretary.

The Finance Committee was appointed: Jennifer Bernard, Vice-President Dan Kastor, Treasurer Frances Murphy, and Councillor Doug Pateman.

The PXA will recess until January 21, 2014, but the Finance Committee was assigned the task of preparing the 2014 budget. The Executive will carry on the routine business of the PXA during the winter recess.

PXA list of achievements for 2013

The following items were among the 18 achievements of the PXA for 2013: follow-through on structural engineer's report on the grandstand, new stairs yet to be installed; promotional booth at Cowboy Festival and advertisements in Saddle-Up Magazine, tourist guides, and hosting Earth Hour activities; bench and plaques contracted in memory of former Directors Luke Girouard and Sandra Gabor; tractor repaired and bucket upgraded; picnic tables renovated; extensive electrical upgrade

..... continued on Page 21

Water survey team gives report

Doug French gave Similkameen Valley Planning Society (SVPS) an update on the water study commissioned by the society at the November 26 SVPS meeting. French is Public Works Manager for Regional District.

Some areas of the study, such as water flow measurements, had a high priority. Other water study concerns could be accessed later through the environmental assessment which will be required of FortisBC when that company applies to build a dam on the Similkameen River.

The study is concerned with risk of inadequate water supply, storage capacity, water quality, and adequate information on the aquifer.

FortisBC has hired environmental consultants to do much of the same type of study.

Water qualities of tributaries and lakes, and nutrient content of lakes, was more than SVPS was prepared to take on.

FortisBC will be required to address the fishery portion of the study of the Similkameen River, so that information can be accessed from the FortisBC study.

A study of riparian areas is not a top priority and will be addressed in Phase 3 of the study if funds are available.

Groundwater capacity is an area requiring study. Many valley residents, particularly farmers, have held licenses, but have switched

from river flow to groundwater (wells).

The study group is working with Lower Similkameen Indian Band to examine the traditional uses and values of the water resources.

French said the watershed is in good shape but added the group would need a statistical analysis using past data to answer the question "Are we getting better or worse?"

Specific information on water flow, quality, and groundwater were not presented. The provincial government is working on a Water Sustainability Act and this may influence evaluation of data. More information will be available in the spring.

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Fair Board Treasurer Lisa Carleton, President Dan Kastor and Secretary Frances Murphy. Photo: Dawn Johnson

Fair elects 2014 board

The Fair Board elections were conducted by Councillor Doug Pateman on November 28 at the library conference room. Before calling for nominations, Councillor Pateman praised the 2013 fair and told members it was a job well done.

"I can't wait to see what the fair does next year," he said.

The Board for 2014 is much the same Board of Directors for 2013. Dan Kastor returned as President, with Lisa Carleton as Treasurer and Frances Murphy as Secretary. No candidates came forward for Vice-President. Jennifer Bernard and

Dawn Johnson were re-elected as Directors. Continuing a second year of their terms of office as Directors are Rose Flegel, Sue Gereau, Karrie Crucil and Shirley Freding.

2013 Head Convenor Dawn Johnson praised the work done this year by the convenors. The fair buildings looked very good, displays were effective, and it was obvious the convenors had done a great deal to make their buildings look good.

Cheryl Ferguson reported on the Christmas basket fundraiser, the contents of which were donated by

the Ferguson and Earle families. A lot of tickets were sold at a local craft fair, and other craft sales present additional opportunities to sell tickets.

Fair members voted to support Princeton Exhibition Association in its proposed project of eradicating noxious weeds, notably knapweed, at the fairgrounds.

The Fair Board will recess from November 29, 2013 to January 28, 2014, when the Fall Fair members will meet at 7:00 PM at the library conference room. The meeting ended with good wishes for a Merry Christmas.

Exhibition Association sets 2014 goals

Following the annual general meeting held November 26, Princeton Exhibition Association (PXA) held a business meeting. The primary concerns were projects that need to be completed in 2014.

An ongoing concern has been repairs to the cult packer, a machine used to groom the racetrack. A plan of method of repair was reviewed and costs are yet to be determined. Chloe Littlejohn is working on this project with President Paul Bedard.

President Bedard expressed thanks to Terry Wright and Ernie Willis for the work they did in grooming the new base of the indoor arena, and to Doug Bernard for building a protective trap door to cover the stairs to the roof.

The Fire Marshall has specified fireproofing the storage area under the grandstand with fireproof dry-wall. This will be a priority project.

Concern was expressed about Racing Days Association's lack of members and inability to recruit a President and Vice-President. The PXA wished them success at their next meeting, which is a second attempt to hold an annual general meeting.

Fall Fair President Dan Kastor reported the budget for the 2014 fair will be very tight.

President Paul Bedard recruited Odell Simmons and Sue Gereau to attend a free grant-writing workshop in Cawston on December 2. The PXA will pay travel expenses.

Dan Kastor circulated information on noxious weeds at the Let's Talk event held in November. Members agreed there must be a knapweed control project in 2014, but noted the Town must be urged to attack knapweed on municipal land surrounding the airport, landfill and on the industrial park. Several members agreed that individual landowners within the town boundaries must be encouraged to look for knapweed, hound's tongue and burdock and remove the plants on their own property and along their fence lines. Part of the PXA weed control project will be leveling of the racetrack infield, seeding in appropriate grass and removing noxious weeds until the grass is established.

President Paul Bedard had the last word, commending the Halloween Party crew for their hard work in producing a successful event.

The next PXA meeting will be held at the library conference room at 7:00 PM January 21, 2014, when the top priority-projects will be presented along with the 2014 budget.

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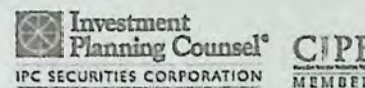
Princeton's United Church Women hosted their annual Holly & Pine Bazaar November 29th. It was well attended, as usual, and provided many residents with a favourite social event. Photo: Dawn Johnson

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Flip Of The Coyne

by Spencer Coyne

I must be missing something. Every time I turn around there is another crackpot on the internet rambling about some new conspiracy, like how the government is going to put us all in camps, or how vaccinations are a way for the government to control your mind. Although it is not surprising that people are on the internet peddling their ideas, what is shocking is how many people buy into it.

Maybe it is because I am a fan of facts, or maybe it is because I was once a journalist, or maybe it is just because when I was in university, I learned that if it isn't scrutinized or supported, then it is just an opinion or an idea. I always want to see the source when I read something like, "The comet ISON will destroy the earth." Where is the factual information suggesting that this comet is going to run into the earth bringing about the rapture? I would really like to see the data that supports this scientific fact, because I have yet to see any real data that points to the end of days because of a comet. After doing some fact-checking, the source for the story I was reading was another blog, a blog by some guy who has no scientific background but has a lot of time to sit around and read other conspiracy websites. These bloggers often do this. They source another website from another conspiracy nut who then sources yet another conspiracy nut. It's like a rumour in grade school where one kid says

another kid has cooties and then the next kid passes it on and his only source is the original kid who said it, but no one has actually checked whether the kid in question truly has cooties although now a dozen kids are claiming that the first kid has cooties all based on the word of some other kid. Still with me?

If you start following a lot of the claims on these questionable websites the facts don't add up. They will source a blog that sources another blog that may source some part of an article from a journal, newspaper or magazine, but they only use part of the original quote. When you end up finding the entire quote, it turns out the guy actually said when the comet was first discovered that if it was to come close enough to hit the earth, then it would destroy it. Well that was enough for the conspiracy nuts out there to broadcast that the comet would inevitably hit the earth and destroy it. NASA is covering it up in some plot with President Obama so they can ram some socialist ideology down the public's throat.

We need to be careful of what we believe when we read our news online. We need to be careful about believing in most of what we hear on the news nowadays thanks to the 24 hour news cycle. The competition for the latest news has made it so that news companies like (Something)NN are so busy trying to get the story first that they don't always get the facts before they put

them on the air. Again, we can go back to the comet ISON. On the day ISON was to skim past the sun we were told that it hadn't made it. The news networks broke the sad news to us geeks and skygazers that we would never see the ancient comet again, yet later that night, the writers on a variety of science websites were questioning the news, and by the next morning, the comet (or part of it) we are told may have survived. Rather than wait to see what had happened, the news networks jumped to conclusions and ran with a story that they did not have all the facts to back up. At least with the actual news networks, when they mess up they have to say they messed up. With the bloggers and other alternative news websites, continued on Page 22

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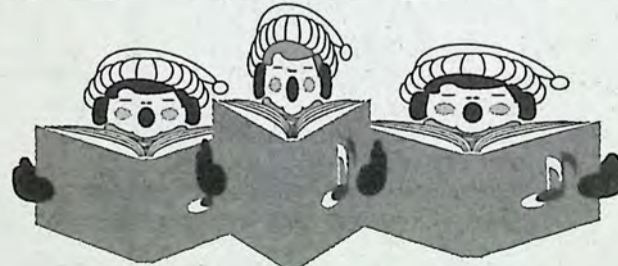
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My Turn...

How To Shop Downtown

Local residents need to support local business.

I say it a lot.

Sure, there are some things you can't buy locally and it makes sense to pick it up in the next town down the road. We have to do that as well, but shopping locally is vital to the pulse of the community.

It is a vital component on our household as well.

This is a time of year when we should all be bouncing around happy with Christmas cheer but I have to admit I sometimes find it hard to do walking by so many empty or closed storefronts.

It's not my nature to be negative, but what message does the patchwork quilt of open businesses downtown send to locals and visitors?

Is Princeton really open for business or are we going to become a bedroom community for Merritt or Penticton?

There are a lot of reasons why businesses have closed in the downtown core so I don't think a single target is responsible as each closure has unique specifics, but there are some common reasons.

I hear complaints about pricing a lot.

As a small independent business owner, believe me when I say it is not easy to be competitive against a large corporate giant. Most small businesses in Princeton face the same issues and often not in the same community. We are a mobile society so it isn't very hard to drive to Penticton to buy the same widget available downtown, but does it make good economic sense to do so?

I don't think so, but others claim the savings are worth the gas and food consumed on the trip to buy that cheaper priced widget.

There are ways to save money when you support your local economy.

For example, all our grocery shopping is based on the sale flyer schedule. If it's something we are desperately in need of and it isn't on sale, we'll get it. However, if that item can wait a week or two chances are it'll be on sale and when it is we'll buy more than one - which is good for the merchant.

It's a proven fact that local businesses recycle a much larger share of their revenue back into their local economy, which ensures life in your community.

But in order to start that cycle, you need to support your local businesses or they will continue to close or reduce service.

This holiday season I encourage you to try to purchase some of your Christmas gifts in Princeton if you haven't done so before. For those of you already feeding the local economy, even if it's not in my business, I thank you for supporting your town.



Ice on Osprey Lake was 4-inches thick and crystal clear last week! Photo: Greg Tellier

...Your Turn

Letters And E-Mails Received This Week

To The Editor,

When my wife and I moved from Abbotsford to Hedley a year ago, our friends couldn't comprehend our reasons for turning our backs on the amenities and glitter of city life. Living in a small community with no fitness centre, bank, doctor, pharmacy or supermarket, was to them like leaving the known world.

Moving to Hedley has made us aware of another way of living. Instead of depending only on government agencies, people are more likely to help each other. When a cancer patient needed financial assistance to travel to a specialist in Vancouver, there was a contribution box in the Country Market. There seems to be an understanding that to survive, we need to join hands with individuals in need.

On the second Sunday of each

month the Senior's Centre invites the community to a breakfast of pancakes, eggs and sausages or bacon. At \$5 a plate it's a delicious bargain and it draws the community together. The Community Club's annual summer Street Dance, featuring a talented live band and barbeque, provides enjoyable entertainment and great food.

In October the Hedley Museum Society sponsors a lavish Thanksgiving dinner. Twice each

year, the Hedley Grace Church organizes a bottle drive to send children to camp. People contribute cans and bottles throughout the year.

To this time we have not missed the congestion, pollution or noise of the city we lived in for many years. We love the abundant sunshine, enjoy the people and appreciate the clean air in the Similkameen Valley. The amenities of the city cannot compare.

- Art Martens, Hedley, B.C.

To The Editor,

To all the employment businesses of Princeton:

My name is Len Uttley. I have applied for employment numerous times and had no success. I moved to Princeton, bought a house and spent my life savings to

renovate.

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Current Comment

Guess What We Really Are Made Of?



Dawn Johnson
editor@thenewsleader.ca

At my age, it is always exciting to learn something new that causes a whole new way of viewing something. What I learned recently has changed my view of what you, me and every other human is made of. That's a big change, don't you agree?

The new information concerns the contents of the mitochondria, which is located at the heart of the nucleus of every cell in the human body. If you think of one of your body cells, think of it as if it were an egg and the nucleus is the yolk. The nucleus of the cell contains the DNA passed down to you from your mother and father. Now think of another nucleus located inside the cell's nucleus. If you are thinking in terms of an egg, imagine another, smaller yolk inside the first yolk. This inner nucleus is the mitochondria.

The mitochondria is the powerhouse of the cell. Without the

mitochondria, we would not live. The mitochondria is what gives us life. It has its own DNA, passed down from the mother. Males do not pass their mitochondrial DNA to their offspring. Besides, all of us now know that all human embryos are female for the first couple of months, and it is only some hormonal change in the mother that begins then to turn the female embryo into a male.

I learned of this some time ago, and it amused me no end because it puts the lie to the notion God created Eve from Adam's rib. For Adam to live, he had to have a mother to pass along the mitochondrial DNA and make the hormonal changes necessary to produce a male. I always suspected that little story was put in the Bible to give men another excuse for considering themselves superior to women. I digress.

Back to the mitochondria and its DNA. Using mitochondrial DNA, scientists have been able to trace human origins back to Africa, where our species developed. Yes, all of us are descended from black Africans. Perhaps white people developed in Europe as a result of living in caves during ice ages. I know creatures who live in dark places generation after generation will turn white.

What I learned recently adds to the story of human origins. A Dr. Margulis studied the mitochondria and discovered that in the mitochondria DNA, the origins of the mitochondria itself are revealed.

The mitochondria began life as a combination of three different bacteria that somehow decided to work together to build more complex bodies. Every living thing today had its start as these bacteria, including plants. Yes, we not only started out as bacteria, we share our heritage with plants and all other creatures.

If God created us, then He did it with three bacteria he fused together.

I find this whole concept very amusing. If any description of our origins could humble us, this has got to be it. Humans today have believed themselves superior to every other living thing, but we all come from the same source, and humans are no more special in creation than any other living thing. We are more capable of many things plants and other animals can do, but we are just an offshoot of what those three original bacteria have produced in Earth's billions of years.

While this information should erode some of our feelings of being a superior creation, I am not suggesting our species is a blight on Earth as so many environmentalists have done. I have no desire to see our species become extinct. What I believe this information should do for us is make us realize our need to respect the other living things on Earth. Surely, if we understand our connection to other living things we will not be so eager to destroy other creatures and plants.

Forestry audit finds good practices

An audit of Ka-Bar Resources Ltd.'s forestry activities, 45 kilometres northeast of Princeton, found compliance with B.C.'s forestry legislation, according to a report released November 27th.

"This was a small operator that harvested 10 cutblocks to salvage beetle-killed trees and reduce forest fuels to protect the community

of Bankeir from wildfire," said Al Gorley, board chair.

"The cutblocks are near private land, residences, recreation sites and the Kettle Valley Railway Trail, which created challenges for the licensee. We are pleased to report that Ka-Bar did a good job meeting legislated requirements and reducing the wildfire risk to

the community."

Government introduced the forestry licence to cut for community wildfire protection in 2006 to facilitate efforts to protect urban interface areas from the threat of wildfires. This is the first time the board has audited this type of licence.

The Forest Practices Board is B.C.'s independent watchdog for sound forest and range practices, reporting its findings and recommendations directly to the public and government.

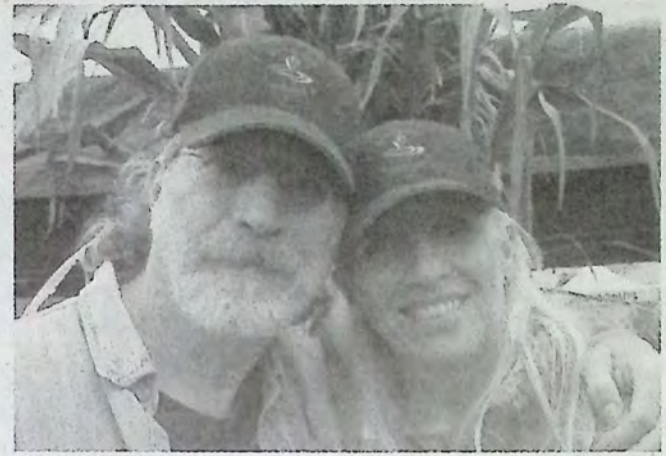
The board audits forest and range practices on public lands and appropriateness of government enforcement.

It can also make recommendations for improvement to practices and legislation.

- submitted

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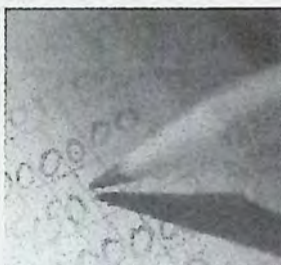
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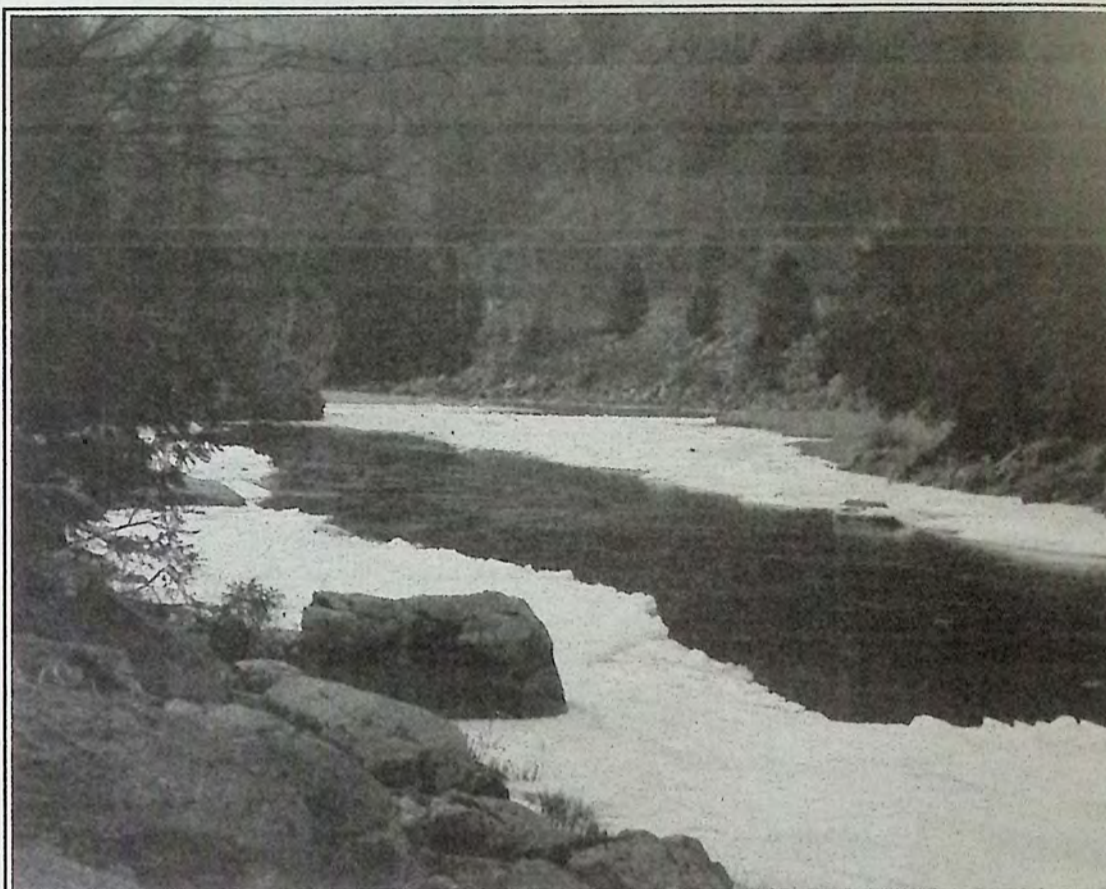
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Ice build up along the Similkameen River at Bromley Rock hints to a possible ice jam. Photo: Dawn Johnson

USIB/LSIB benefit from agreement

The Upper Similkameen and Lower Similkameen Indian Bands will be better able to pursue activities that enhance governance, and the social, economic and cultural well-being of their members, thanks to mine-revenue sharing from an Economic and Community Development Agreement (ECDA) for the Copper Mountain Mine, located southwest of Princeton.

Through the ECDA signed in March 2013, the two First Nations are receiving more than \$400,000, a share of mineral tax revenues collected by the Province from Copper Mountain. The monies will be split equally between the two First Nations.

Current revenues were based on production from the 2012 mine fiscal year, annual payments will continue for the life of the mine. The mine site has an estimated resource of more than two million metric tonnes of copper.

The agreement also contains a comprehensive consultation process that commits the Province to working with the Bands for all potential future mining activity related to the ongoing operation of the Copper Mountain Mine.

The B.C. government has signed 10 ECDA's since 2010, to help First Nations benefit from mining activity within their traditional territories. These agreements build on the BC Jobs Plan commitment to reach new non-treaty agreements with First Nations.

The agreement provides the

Upper Similkameen and Lower Similkameen Indian Bands with the resources to support community-based decisions regarding how they would like to achieve social and economic objectives that will enhance the well-being of their communities and citizens.

"This agreement with the Upper Similkameen and Lower Similkameen Indian Bands is providing benefits to both communities, while helping create jobs and economic prosperity for the entire region. It's important that First Nations have the opportunity to benefit from development on their traditional territory," stated Aboriginal Relations and Reconciliation Minister John Rustad.

"Copper Mountain is one of the first major metal mines to open in B.C. since 1998, and it is great to see the Upper Similkameen and Lower Similkameen Indian Bands receiving the resources they need to help make their communities stronger. This agreement shows what can be accomplished through the cooperation and collaboration with First Nations in responsible mining development," added Energy and Mines Minister Bill Bennett.

Upper Similkameen Indian Band Chief Charlotte Mitchell had this to say: "Our Smelqmix and Syilk Chiefs and Councils have been petitioning the Province to share the wealth of the resources in our territories for a long time (on record since the time of Sir

Wilfred Laurier 1910). We see this agreement as a small step in the right direction; it will be very beneficial to our Elders and children and our future generations. Many thanks to all of our people that had a part in getting us to this day."

Lower Similkameen Indian Band Chief Robert Edward added, "The Lower Similkameen Indian Band has worked in a spirit of collaboration to move forward with revenue sharing consistent with the wishes of the Ancestors in the signing of the Sir Wilfred Laurier Memorial. This has proved to be a promising beginning, and as we move forward we expect that revenue sharing will be carried out for many more of the tax benefits the Province receives. The council and community look positively forward to signing their Participation Agreement with Copper Mountain Mine."

Quick Facts:

- The Copper Mountain Mine employs more than 300 people.
- The projected life of the mine is 17 years.
- As committed in the BC Jobs Plan, eight new mines will open and nine will be expanded by 2015.
- Since the BC Jobs Plan was released in 2011, two new mines have begun production; five more are permitted or under construction and the Province has approved six major expansions of existing mines.

- submitted



A craft fair hosted at Princeton Legion Hall November 30th was a huge success! Photo: Dawn Johnson

SVPS hears tourism progress

Similkameen Valley Planning Society (SVPS) is comprised of mayors of Princeton and Keremeos, all Similkameen Valley Regional District Directors, and Chiefs of both Upper and Lower Similkameen Indian Bands. SVPS works at representing the interests of all of the people of the Similkameen watershed.

On November 27, SVPS met in Princeton, and the first delegation to the meeting was Thompson Okanagan Tourist Association with an overview of the new tourism promotion tools.

The first tool is the website, similkameenvalley.com with all of its links. The second tool is a new tourist guide booklet which will be in circulation in the spring of 2014.

The booklet is exceptional for its

approach to marketing the valley. A draft copy of the booklet was circulated among those attending the meeting, and everyone was impressed with the photography and design. The valley's attractions are labeled "Rugged. Rustic. Real." The photographs back up this description.

For a number of reasons, including the linking of all of the communities in the Similkameen watershed, this marketing project is a case study. Using a questionnaire, the team developing the marketing tools found a way to identify what kind of travelers would be interested in the Similkameen Valley's attractions. The questionnaire identifies tourists according to Explorer Quotient. The Explorer Quotient indicates whether a tourist is inter-

ested in the outdoors, adventurer activities, or is interested in four star hotels, spas and high-end restaurants. The marketing tools are then developed according to a framework to appeal to a certain type of tourist. In the case of the Similkameen Valley, the focus is on the landscape and outdoor activities, and on country living.

At this time, advertising space is being sold for the booklet. The presenter, Simone Carlisle-Smith, said there are few events being advertised. For anyone wishing to place an advertisement of a business or an event, contact Nadine McEwen at 250-295-6067 or nmcewen@princeton.ca. The deadline is December 13. Nadine McEwen can assist you in making sure your event is on the website, too.



Hedley Seniors Hall was the site of a craft fair November 30th in that community. Photo: Dawn Johnson

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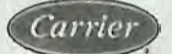
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From Fur Traders to Miners to the Railroad



This new Princeton Airport sign was mounted last week replacing an old, hard to read sign. Photo: Brenda Engel

Saddles 'n' Spurs

by Pastor George Donovan

I finished my apprenticeship and was now married to the girl I met at the party. The horse riding business had grown considerably on the 21 acres.

My older brother and his wife had run it for a couple of years living in a log cabin not far from the barn. At this time I took over the business and had approx. 35 horses.

It was hard work, long hours, hardly a day off and hard to make a profit. But it was what I loved doing in spite of rained out weekends and caring for the many horses, mucking out the barn, feeding, shovelling, grooming, training, tacking, guiding and teaching.

There also was the business end of it, not my favourite but it had to be done. Dude horses get spoiled very quickly because of so many inexperienced riders. A few can endure but buying and selling horses was a significant part of the business.

There was a man named Foss in Surrey who trucked wild horses in from Alberta for Dr. Ballards. They produced horse meat for dog food. He would bring them in large stock trailers and let them off in a corral and would give me a call to see if I wanted any of them. At that time Dr. Ballards was paying 5 cents a pound or approx. \$50 per horse. If I wanted any of them he would let me select them at \$100 each.

The horses were all crowded into one corral and I would sit on the fence and look them over to see if I wanted any and which ones looked promising. I always found some and as I recall the last time I took ten of them. I would go into the corral with my lariat and rope out the ones that I wanted. I don't think I ever missed a throw.

Next it was just a matter of loading

them and getting them home to break and train them for dude horses or sell them.

Training horses for me was not work. I enjoyed it and never found one I couldn't train. Many of them needed lots of help. Two of the biggest problems were ticks and

their hooves.

Ticks came first.

I would rub kerosene on the ticks and it would only take two or three days before they were gone, the hooves came later. It was not only fun but profitable.

..... continued Next Week

Living Past 100

Angina May Not Need Heart Surgery

Many Canadians suffer from angina, a pain emanating from the breastbone. This condition indicates a temporary loss of blood to the heart, not a heart attack. What angina does indicate is a need for improving the circulatory system.

Methods of improving circulation include exercise, but this is often too painful for the angina patient. There is a simple treatment for angina that was discovered during an experiment in using zinc supplements to combat the common cold. One of the participants in the study had angina. His cold did not go away after he started taking zinc tablets, but his angina went away.

Medical researchers are not sure how zinc works to improve circulation. It is known that zinc can prevent oxidization of LDL cholesterol which is the 'bad' cholesterol that causes plaque to form in the arteries. High-dosage zinc (300 mg.) for a short period of time appears to clean the arteries. Zinc also reduces inflammation, which is believed to be the underlying cause of the formation of arterial plaque. Some researchers are convinced high-dosage zinc flushes LDL from the arteries, but this has not been proven.

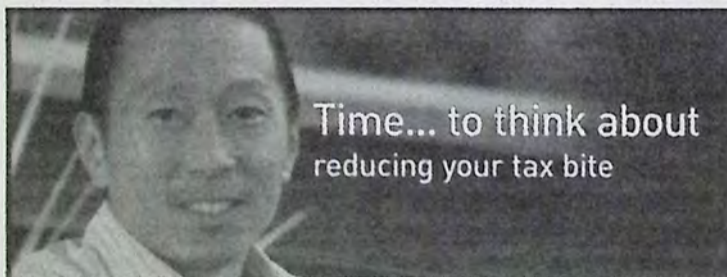
A week of taking a 60 mg. dose of zinc gluconate three times a day appeared to improve skin colour due to improved circulation.

High doses of zinc are not recommended for most people, but only for those affected by hardening of the arteries. High doses of zinc is harmful to young people but will boost the immune system in the elderly.

There is no simple way to test for possible zinc deficiency. Instead, people need to think in terms of having a regular dietary supply of zinc. Men in particular need to be sure zinc levels are normal, as zinc prevents prostate problems.

Be sure to include the following foods in your weekly diet: beans, chick peas, buckwheat, oatmeal, brown rice, milk, peas, corn, and cocoa powder. Red meats and poultry are good sources of zinc, and so are oysters and sardines. Pumpkin seeds, sunflower seeds and pecans are great food sources of zinc.

Zinc protects the liver from chemical damage and promotes the development of collagen, which is great for the joints and skin.



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News Leader Entertainment

Similkameen News Leader TV Guide Listings - December 3 - 9, 2013



A delay in the game resulted following this collision in front of the Princeton Posse goal.*

Coyotes prey on Posse

Princeton Posse hosted Osoyoos Coyotes November 27th in their first Wednesday night game of the 2013/14 KIJHL Season.

Neither team had control in the first period with Osoyoos out-shooting Princeton 9-5 in the opening frame.

The scoreboard showed a much more evenly-matched 20-minutes with Princeton scoring first at 12:06 (Eric Kubis from Eric Schmidt and Trevor Pereverzoff).

At 13:59 a holding call against Princeton's Trevor Pereverzoff gave the Coyotes a 2-man advantage for 1:41 and they scored with 43-seconds left on the power play (Jackson Demantos from Rainer Glimpel and Wyatt Trumbley).

Princeton's Bryan Kromm went off seconds later with a boarding call which gave Osoyoos another 2-man advantage for 23-seconds but it was the home team that took advantage of the situation when Trevor Pereverzoff got out of the penalty box at 16:06. He raced directly to the Coyote goal, snagged a rebound off a shot on goal from teammate Kurtis Klinger and snapped the puck inside the corner on the stick side of goalie Nathan Alalouf.

Just 46-seconds later, at 17:52, Osoyoos tied the game at 2-all with a power play goal scored by Rainer Glimpel. Assists went to Wyatt Trumbley and Rory Neary.

The second period was owned by

Osoyoos out-shooting Princeton 14-9 and scoring three more unanswered goals (0:46 - Colin Chmelka from Troy Maclise and Aaron Azevedo, 11:42 - Cameron Dobransky from Colin Chmelka and Aaron Azevedo and with 38.9-seconds left in the period Luc Gradisar from Rainer Glimpel).

The most exciting thing to happen for Posse fans after that period was to see the Lucky Puck Toss finally won in the second intermission. The event is a fundraiser for the club and the prize for getting a puck in the box placed at centre ice had grown to over \$1,000.00 in recent weeks, which nudged the executive to

increase the number of pucks available from 100 to 140.

Princeton's Alan Anderson won the pot, which totaled \$1,218.00.

The third period saw a shift in momentum between both teams with each side firing more shots on goal but it took practically the entire period before another goal was scored.

With just 13.0-seconds left in the game Osoyoos added their final goal (Colin Chmelka from Rory Neary).

Final Score: Osoyoos 6, Princeton 2. Shots on Goal: Osoyoos 36, Princeton 32. Penalties in Minutes: Princeton 9 for 18-minutes, Osoyoos 6 for 12-minutes.



A delay in the game this time in front of the Osoyoos goal.*

Princeton Posse 2013/14 Clip 'n' Save Game Schedule Similkameen News Leader

Date	Time	Away	Home
Exhibition Season			
Sat Aug 31	7:30 PM L	Princeton 3	Summerland 5
Sat Sep 7	7:00 PM L	100 Mile House 7	Princeton 0
Sun Sep 8	2:00 PM W	Grand Forks 1	Princeton 2
Regular Season			
Fri Sep 13	7:00 PM W	Kelowna 3	Princeton 4
Sat Sep 14	7:00 PM OT L	N Okanagan 4	Princeton 3
Wed Sep 18	7:35 PM L	Princeton 1	Osoyoos 6
Fri Sep 20	7:00 PM L	Kamloops 5	Princeton 4
Sat Sep 21	7:00 PM L	Princeton 0	Kelowna 6
Sun Sep 22	3:00 PM CANCELLED	Princeton @	N Okanagan
Fri Sep 27	7:30 PM L	Princeton 3	Summerland 4
Sun Sep 29	2:00 PM W	Osoyoos 2	Princeton 4
Fri Oct 4	7:00 PM L	Kelowna 4	Princeton 1
Sat Oct 5	7:00 PM L	Summerland 4	Princeton 1
Fri Oct 11	7:35 PM L	Princeton 2	Osoyoos 6
Sat Oct 12	7:00 PM OT W	Sicamous 4	Princeton 5
Tue Oct 15	7:00 PM L	Princeton 4	Kelowna 5
Sat Oct 19	7:00 PM OT W	Spokane 2	Princeton 3
Fri Oct 25	7:00 PM W	Revelstoke 0	Princeton 6
Sun Oct 27	2:00 PM L	Kelowna 6	Princeton 4
Sat Nov 2	5:00 PM L	Summerland 4	Princeton 2
Sun Nov 3	3:00 PM W	Princeton 8	N Okanagan 4
Fri Nov 8	7:00 PM OT W	Princeton 6	Nelson 5
Sat Nov 9	7:00 PM L	Princeton 3	Castlegar 5
Fri Nov 15	7:00 PM L	Nelson 7	Princeton 4
Sat Nov 16	7:00 PM OT L	Beaver Valley 4	Princeton 3
Sun Nov 17	5:00 PM OT L	Princeton 4	Kamloops 5
Fri Nov 22	7:00 PM L	Princeton 2	Kelowna 4
Sat Nov 23	7:30 PM L	Princeton 1	Summerland 5
Wed Nov 27	7:00 PM L	Osoyoos 6	Princeton 2
Fri Nov 29	7:00 PM	100 Mile House @	Princeton
Fri Dec 6	7:00 PM	Princeton @	N Okanagan
Sat Dec 7	7:00 PM	Castlegar @	Princeton
Fri Dec 13	7:00 PM	Princeton @	Chase
Sat Dec 14	7:00 PM	Princeton @	Sicamous
Sun Dec 15	2:00 PM	Princeton @	Revelstoke
Wed Dec 18	12 Noon	Osoyoos @	Princeton
Fri Dec 20	7:00 PM	Kelowna @	Princeton
Wed Jan 1	2:00 PM	N Okanagan @	Princeton
Fri Jan 3	7:30 PM	Princeton @	Summerland
Sat Jan 4	7:35 PM	Princeton @	Osoyoos
Tue Jan 7	7:00 PM	Summerland @	Princeton
Fri Jan 10	7:00 PM	Princeton @	Grand Forks
Fri Jan 17	7:30 PM	Princeton @	Beaver Valley
Sat Jan 18	7:00 PM	Princeton @	Spokane
Fri Jan 24	7:30 PM	Princeton @	Summerland
Sat Jan 25	7:00 PM	N Okanagan @	Princeton
Fri Jan 31	7:00 PM	Princeton @	100 Mile House
Sun Feb 2	3:00 PM	Princeton @	N Okanagan
Tue Feb 4	7:00 PM	Princeton @	Kelowna
Fri Feb 7	7:00 PM	Osoyoos @	Princeton
Sun Feb 9	2:00 PM	Chase @	Princeton
Wed Feb 12	7:35 PM	Princeton @	Osoyoos
Fri Feb 14	7:00 PM	N Okanagan @	Princeton
Sat Feb 15	7:00 PM	Summerland @	Princeton
Sat Feb 22	7:00 PM	Grand Forks @	Princeton

Tuesday Movies

EVENING

9:00 pm KNOW ch.5 "Position Among the Stars" (2011, Documentary) Through the eyes of Rumidjah, an old Christian woman living in Jakarta, the filmmaker shows the economically changing society of Indonesia.

9:30 pm WTBS ch.3 "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic

widow assists the police in a missing persons case.

11:30 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.

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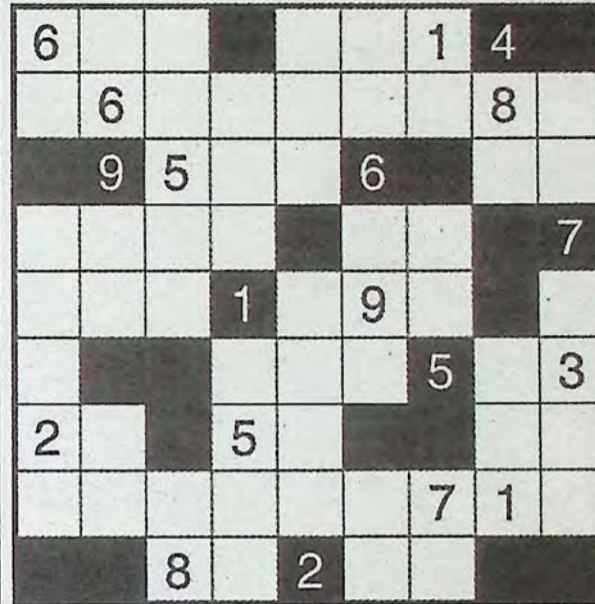
News Leader Str8ts

STR8TS

No. 154

Medium

Previous solution - Easy



How to beat Str8ts -
Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

You can find more help and strategies at www.str8ts.com along with more puzzles, Apple apps and books.

THIS WEEK'S
News Leader Str8ts
SOLUTION WILL APPEAR
IN NEXT WEEK'S ISSUE

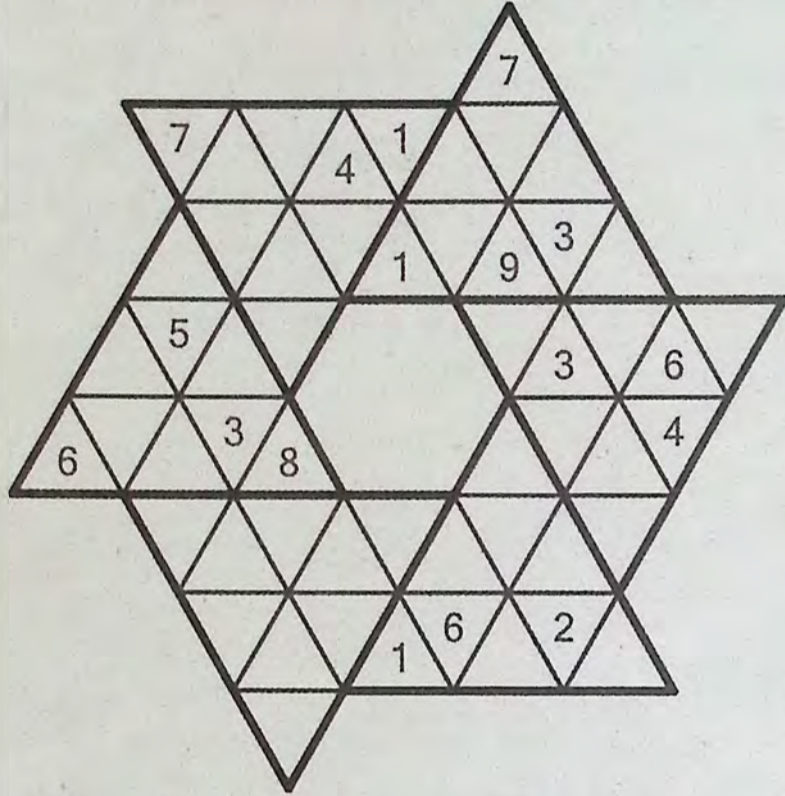
TUESDAY, DECEMBER 3, 2013

	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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat Rescue	Sports	CTV Morning Live (N)	Loaded	Stella-Sam	CityLine (N)	Bar Rescue	Hid. City
7 AM	Law & Order: SVU		Ella the El PAW Patrol	Arthur Martha	Today Mark Wahlberg; Taylor Kitsch. (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Tiger Arthur	Penguins Sidekick	Tim Horton's Roar of the Rings. (N) (Live)		Don't Drive Here	Shake It ANT Farm	Let's Make a Deal	Bar Rescue	Disaster
8 AM	Law & Order: SVU		Magie Bus Dinosaur	Curious Cat In the			CSI: Miami		Morning Huntley		Bo On/Go Busytown	Pokémon Beyblade			Canada's Worst Driver	Jessie Wizards	The Price Is Right	Bar Rescue	Eat St.
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club	CSI: Miami	Live! Kelly and Michael	Morning Huntley	The Doctors	Super Why! Cat in the	Rescue Mike		Live! Kelly and Michael	Overhauled	Little Manny	Jdg Judy	Bar Rescue	World's
10 AM	Divorce	The Doctors	Poppy Cat Pajanimals	Sesame Street (E)		The Price Is Right	Criminal Minds	The View (N)	The Doctors	AnnaOlson	Bookaboo Doodlebop	Little Bear Berenstain	Fishing	The View (N)	How/Made	Never Land Sofia	The Chew (N)	Bar Rescue	Monumental Mysteries
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds	Paid Prog.	AnnaOlson	Noon News Hour (N)	Heartland (DVS)	To School Squirrel	STIHL	Marilyn Denis	Gold Rush	Phineas ANT Farm	General Hospital (N)	Bar Rescue	Mysteries-Museum
12 PM	King	Noon News Hour (N)	Dino Dan Making	Charlie Rose	Anderson	News Bold	The First 48	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Kid vs. Kat SpongeBob	Tim Horton's Roar of the Rings. (N) (Live)	CTV News (N)	Fast N' Loud	Wingin' It Wizards	Katie	Bar Rescue	Museum Secrets
1 PM	Community	Days of our Lives (N)	Dragon Pajanimals	Painting Qutting	Days of our Lives (N)	The Talk	After the First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Republic of Doyle	Rated A Monster		The Social	Canada's Worst Driver	Wizards Good Luck	CityLine	Bar Rescue	Bizarre Foods/Zimmerman
2 PM	Seinfeld	The Talk	Big Bear PAW Patrol	Thomas Super Why!	Katie	Let's Make a Deal	The First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil Sidekick	Off Record	Dr. Phil	How/Made	Shake It ANT Farm	CityNews at 5 (N)	Bar Rescue	The Dead Files
3 PM	The Middle	Queen Latifah	Clifford G. Shrinks	Sid Peg	Ellen DeGeneres Show	Dr. Phil	Storage	Rachael Ray	Queen Latifah	Young & Restless	Reclpes Stefano	Squirrel T.U.F.F.	SportsCentre (N)	Bethenny	Mighty Ships	Jessie Austin	CityNews at 6 (N)	Bar Rescue	Eat St.
4 PM	Big Bang	Young & Restless	Maya Bee Arthur	Wild Kratts WordGirl	Jdg Judy	The Dr. Oz Show (N)	Storage	The Doctors	Young & Restless	Early News Global Nat.	Dragons' Den	Merry Kung Fu	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Shake It Mod Fam	Mod Fam	Bar Rescue	Museum Secrets
5 PM	Browns	News (N)	Martha News	Wild Kratts Business	News NBC News	News CBS News	Storage ABC News	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	News News	Parents SpongeBob	Tim Horton's Roar of the Rings. (N) (Live)	CTV News at Five (N)	Gold Rush: Pay Dirt (N)	ANT Farm	Dads (N) Brooklyn	Cris Angel BeLiEve	Hid. City
6 PM	Browns	Global Nat.	Hope for Wildlife	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	News Mercer	Kung Fu Sam & Cat		CTV News (N)	Gold Rush "Mutiny" (N)	Good Luck	New Girl Mindy	Cris Angel BeLiEve	Monumental Mysteries
7 PM	Mod Fam	Ent	Frontiers of	Il Volo Buon Natale	Jeopardy! Wheel	Inside Ed. Access H.	Shipping Insider	Ent ET Canada	Chicago Fire (N)	George S Coronation	Japanizi ICarly		SportsCentre (N) (Live)	etalk (N)	Jungle Gold "Run for the Border" (N)	Shake It Good Luck	Body of Proof	Cris Angel BeLiEve	Mysteries-Museum
8 PM	Family Guy	NCIS: Los Angeles	The First World War	Carole King-James Taylor	The Biggest Loser (N)	NCIS "The Namesake"	Shipping	Agents of S.H.I.E.L.D.	NCIS: Los Angeles	NCIS: Los Angeles	Mercer 22 Minutes	Wipeout		Agents of S.H.I.E.L.D.	Good Luck	CityNews-Tonight (N)	Cris Angel BeLiEve	Museum Secrets	
9 PM	Amer. Dad	NCIS "The Namesake"	Movie: "Position Among the Stars"	Moyers & Company	The Voice	NCIS: Los Angeles	Storage	Goldbergs Trophy	NCIS "The Namesake"	NCIS "The Namesake"	Crossing Lines (N)	Funnies Home Videos	That's Hockey 2 Nita	Goldbergs Trophy	Gold Rush "Mutiny"	Wingin' It Next Step	Jimmy Kimmel Live (N)	Cris Angel BeLiEve	Hid. City
10 PM	"The Gift" (2000) Cate Blanchett.	(10:01) Chicago Fire (N)	Take Me	(10:01) Chicago Fire (N)	Person of Interest	Storage	Storage	What Would You Do?	(10:01) Chicago Fire (N)	(10:01) News Hour Final	The National (N)	The Middle Japanizi	SportsCentre (N)	Person of Interest	Jungle Gold "Run for the Border"	Good Luck	Jessie	Cris Angel BeLiEve	Monumental Mysteries
11 PM	"HeartCnd	CHBC News Final (N)	Frontiers of	Charlie Rose (N)	News Jay Leno	News Letterman	Shipping	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News George S	Boys Splatalot	SportsCentre	News-Lia	Wizards Princess	Paid Prog.	Paid Prog.	Cris Angel BeLiEve	Mysteries-Museum

News Leader Sudoku 483

HOSHI SUDOKU - About The Puzzle

Sudoku - also known as "Number Place" - is a logic-based, combinatorial number-placement puzzle. The aim of Sudoku is to enter a number from 1 through 9 in each cell of a grid, most frequently a 9x9 grid made up of 3x3 subgrids. Each row, column and region must contain only one instance of each number. This Sudoku variant is called "Hoshi Sudoku". It contains six large triangles. The numbers 1 to 9 must be placed into the cells of each large triangle. Every line of any length - even uncontinuous - must contain every number not more than once.



www.sudoku-puzzles.net

THIS WEEK'S SOLUTION: Page 20

Wednesday Movies

EVENING

youths to their boozy aunt, who is sorely in need of an attitude adjustment.

9:30 pm WTBS ch.3 "The Bank Job" (2008, Crime Drama) Jason Statham. In 1971 London, a car dealer and his gang of thieves break into a bank vault and find far more than cash and jewelry.

11:30 pm WTBS ch.3 "Tyler Perry's I Can Do Bad All By Myself" (2009, Comedy-Drama) Tyler Perry. When Madea catches three siblings looting her home, she delivers the

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WEDNESDAY, DECEMBER 4, 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) 30	Wibbly Pig	Bulldog	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds 30	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N)	CBC News Now (N) 30	Kid vs. Kat	Sports	CTV Morning Live (N) 30	Nerve Center 30	Stella-Sam	CityLine (N) 30	Ink Master 30	Pitchin' In 30
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Gloria Gaynor; Gesine Bull-ock-Prado. (N) 30	CBS This Morning (N) 30	Criminal Minds 30	Good Morning America (N) 30			Tiger	Penguins	Tim Horton's Roar of the Rings. (N) (Live) 30		Pyros 30 (DVS)	Shake It	Let's Make a Deal 30	Ink Master 30	Bizarre Foods America 30
8 AM	Law & Order: SVU		Magie Bus	Curious			CSI: Miami 30			Morning Huntley	Bo On/Go	Pokémon		Ice Cold Gold 30	Jessie 30	The Price Is Right (N)	Ink Master 30	Eat St. 30	
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club 30	CSI: Miami 30	Livel Kelly and Michael	Morning Huntley	The Doctors 30	Super Why!	Rescue		Livel Kelly and Michael	Auction	Little	Jdg Judy	Ink Master 30	World's 30
10 AM	Divorce	The Doctors 30	Poppy Cat	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds 30	The View (N) 30	The Doctors 30	AnnaOlson	Bookaboo	Little Bear		The View (N) 30	How/Made	Never Land	The Chew 30	Ink Master "Game On" 30	Amazing 30
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds 30	Hate Hair?	AnnaOlson	Noon News Hour (N)	Heartland 30 (DVS)	To School		Marilyn Denis	Gold Rush: Pay Dirt	Phineas	General Hospital (N) 30	Ink Master 30	RIDE. 30
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose 30	Pald Prog. America	News	After the First 48 30	The Chew 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) 30	Parents	Tim Horton's Roar of the Rings. (N) (Live) 30	CTV News (N) 30	Gold Rush "Mutiny"	Wingin' It	Katie 30	Ink Master 30	Pitchin' In 30
1 PM	Community	Days of our Lives (N)	Dragon	Oil Painting	Days of our Lives (N)	The Talk 30	The First 48 30	General Hospital (N) 30	Days of our Lives (N)	The Talk 30	Republic of Doyle 30	Rated A		The Social 30	Jungle Gold "Run for the Border"	Wizards	CityLine 30	Ink Master 30	Bizarre Foods/Zimmerman 30
2 PM	Seinfeld 30	The Middle	Big Bear	Thomas	Katie 30	Let's Make a Deal 30	The First 48 30	Queen Latifah	The Talk 30	Queen Latifah	Steven and Chris (N) 30	Super Evil		Dr. Phil 30	Shake It	ANT Farm	CityNews at 5 (N) 30	Cops 30	The Dead Files 30
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil 30	The First 48 30	Rachael Ray 30	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCenter (N) 30	Bethenny 30	Mighty Planes "Orbis"	Jessie 30	CityNews at 6 (N) 30	Cops 30	Eat St. 30
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) 30	Duck D.	The Doctors 30	Young & Restless	Early News	Dragons' Den 30	Kung Fu	NHL Hockey: Montreal Canadiens at New Jersey Devils. 30	Ellen DeGeneres Show	Hunt for a Super Comet	Dog	Mod Fam	Cops 30	World's 30
5 PM	Browns	News (N) 30	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	CTV News at Five (N)	Moonshiners 30	Phineas	The Middle	Cops 30	RIDE. 30	
6 PM	Browns	Global Nat.	Frontiers of	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	Saturday Night Live Popular holiday sketches. (N)	News	Ice Age		CTV News (N) 30	To Be Announced	Dog	Mod Fam	Cops 30	Amazing 30
7 PM	Mod Fam	Ent	Waterfront Cities	Drop 7 Foods, Feel Better Fast	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	ET Canada	George S	Victorious	SportsCenter (N) 30	The Tomorrow People	Porter	Shake It	Nashville (N) 30 (DVS)	Cops 30	Bizarre Foods America 30
8 PM	Family Guy	Survivor (N) 30	Emperor's Treasure	Super Brain With Dr. Rudy Tanzi 30	Christmas-Rockefeller	Survivor (N) 30	Duck D.	The Middle	Survivor (N) 30	Survivor (N) 30	Dragons' Den (N) 30	Wipeout 30	Sports	Arrow "The Scientist"	Mighty Planes "Orbis"	Good Luck	CityNews-Tonight (N)	Cops 30	Pitchin' In 30
9 PM	Amer. Dad	Saturday Night Live Popular holiday sketches. (N)	The Nutcracker (N) 30	Great Plains	Saturday Night Live Popular holiday sketches. (N)	Criminal Minds 30	Duck D.	Mod Fam	Saturday Night Live Popular holiday sketches. (N)	ET Canada	Republic of Doyle (N)	Funniest Home Videos	24 CH 30	Criminal Minds 30	Moonshiners 30	Wingin' It	Jimmy Kimmel Live (N)	(9:05) Jail	RIDE. 30
10 PM	"The Bank Job" (2008)					CSI: Crime Scene	Duck D.	Nashville (N) 30 (DVS)		News Hour Final (N)	The National (N) 30	The Middle	SportsCenter (N) 30	Criminal Minds 30	To Be Announced	Good Luck	Maury 30	(10:05) Jail	Amazing 30
11 PM	"I Can Do"	CHBC News Final (N)	Waterfront Cities	Charlie Rose (N) 30	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCenter 30	News-Lisa	Porter	Wizards	Pald Prog.	(11:05) Jail	Bizarre Foods America 30

News Leader Christmas Hints

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A suet feeder is a welcome sight to this Northern Flicker. Soon other food sources will be hidden under snow. *

Thursday Movies

EVENING

9:00 pm KNOW ch.5 "Wordplay" (2006, Documentary) Filmmaker Patrick Creadon pays tribute to crossword puzzles and those who love them, and features a profile of The New York Times "puzzle master" Will Shortz.

9:30 pm WTBS ch.3 "I Love You, Man" (2009, Comedy) Paul Rudd. As a bridegroom's bond with his

new best friend grows, it threatens his relationship with his fiancée.
11:30 pm WTBS ch.3 "Transporter 3" (2008, Action) Jason Statham. Mob courier Frank Martin and the subject of his assignment, a cynical Ukrainian woman, are fitted with shackles that will explode if they wander too far from his car.

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THURSDAY, DECEMBER 5, 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [RE]	Wibbly Pig	Thomas Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [RE]	Morning Northwest	Morning News (N) [RE]	(5:00) Morning News (N)	CBC News Now (N) [RE]	Kid vs. Kat Rescue	SportsCentre [RE]	CTV Morning Live (N) [RE]	Last Car Standing	Stella-Sam Phineas	CityLine (N) [RE]	Wildest Police Videos	Disaster
7 AM	Law & Order: SVU		Ella the Elf	Arthur	Today Carrie Underwood; Mary J. Blige. (N) [RE]	CBS This Morning (N) [RE]	Criminal Minds [RE]	Good Morning America (N) [RE]			Tiger	Penguins	SportsCentre [RE]		Shred!	Shake It	Let's Make a Deal [RE]	Wildest Police Videos	Magic Man
8 AM	Law & Order: SVU		Magic Bus	Curious			CSI: Miami [RE]		Morning Huntley		Bo On/Go	Pokémon	SportsCentre [RE]		Shred!	ANT Farm			Magic Man
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club [RE]	CSI: Miami "At Risk"	Liv! Kelly and Michael	Morning Huntley	The Doctors [RE]	Super Why!	Rescue	SportsCentre [RE]	Liv! Kelly and Michael	Airplane Repo [RE]	Jessie [RE]	The Price Is Right [RE]	Wildest Police Videos	Eat St. [RE]
10 AM	Divorce	The Doctors [RE]	Poppy Cat	Sesame Street [RE]		The Price Is Right [RE]	Criminal Minds [RE]	The View (N) [RE]	The Doctors [RE]	AnnaOlson	Bookaboo	Little Bear	Shorts	The View (N) [RE]	How/Made	Never Land	The Chew [RE]	Cops [RE]	World's
11 AM	Judge Alex	AnnaOlson	Rolle Polle	Tiger	Jdg Judy	Young & Restless	Criminal Minds [RE]	Paid Prog.	AnnaOlson	Noon News Hour (N)	Heartland [RE] (DVS)	To School	Countdown	Marilyn Denis	Don't Drive Here	Phineas	General Hospital (N) [RE]	Cops [RE]	Extreme RVs [RE]
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose [RE]	Paid Prog.	News	The First 48 [RE]	The Chew [RE]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [RE]	Kid vs. Kat	Tim Horton's Roar of the Rings. (N) (Live) [RE]	CTV News (N) [RE]	Moonshiners [RE]	Wingin' It	Katle [RE]	Cops [RE]	Disaster
1 PM	Community	Days of our Lives (N)	Dragon	Painting	Days of our Lives (N)	The Talk [RE]	The First 48 [RE]	General Hospital (N) [RE]	Days of our Lives (N)	The Talk [RE]	Republic of Doyle [RE]	Rated A		The Social [RE]	To Be Announced	Wizards	CityLine [RE]	Cops [RE]	Bizarre Foods/Zimmer
2 PM	Seinfeld [RE]	The Talk [RE]	Big Bear	Thomas	Katle [RE]	Let's Make a Deal [RE]	After the First 48 [RE]	Queen Latifah	The Talk [RE]	Queen Latifah	Steven and Chris (N) [RE]	Super Evil	Off Record	Dr. Phil [RE]	Porter	Shake It	CityNews at 5 (N) [RE]	Cops [RE]	The Dead Files [RE]
3 PM	The Middle	Queen Latifah	Clifford	Slid	Ellen DeGeneres Show	Dr. Phil [RE]	The First 48 [RE]	Rachael Ray [RE]	Queen Latifah	Young & Restless	Recipes	Squirrel	SportsCentre (N) [RE]	Bethenny [RE]	How/Made	Jessie [RE]	CityNews at 6 (N) [RE]	Cops [RE]	Eat St. [RE]
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N) [RE]	Duck D.	The Doctors [RE]	Young & Restless	Early News	Dragons' Den [RE]	Ice Age	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Good Luck	Mod Fam	Cops [RE]	Disaster
5 PM	Browns	News (N) [RE]	Martha	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	News	Parents	Tim Horton's Roar of the Rings. (N) (Live) [RE]	CTV News at Five (N)	Fast N' Loud (N) [RE]	Austin	The Sound of Music Live! A governess falls in love with her boss. (N) [RE]	Cops [RE]	Magic Man
6 PM	Browns	Global Nat.	Waterfront Cities	PBS News-Hour (N) [RE]	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	News	SpongeB.		CTV News (N) [RE]	Fast N' Loud [RE]	ANT Farm		IMPACT Wrestling (N) [RE]	Extreme Houseboats
7 PM	Mod Fam	Ent	Park	Deepak Chopra MD	Jeopardy!	Inside Ed.	Duck D.	Ent	Ent	Elementary "Tremors"	George S	Victorious		otalk (N)	Moonshiners (N) [RE]	Shake It		Extreme RVs [RE]	
8 PM	Family Guy	Hoops & The Millers	Islands of Britain [RE]	Elton John In Concert [RE]	The Sound of Music Live! A governess falls in love with her boss. [RE]	Big Bang	Duck D.	Once Wonderland	Hoops & The Millers	Hoops & The Millers	The Nature of Things	Wipeout [RE]	SportsCentre (N) (Live) [RE]	Big Bang	How/Made	Good Luck	CityNews-Tonight (N)	Cops [RE]	Disaster
9 PM	Amer. Dad	Glee (N) [RE] (DVS)	Movie: *** "Wordplay" (2008)	Great Plains	(10:01) Elementary (N)	Crazy	Duck D.	Grey's Anatomy (N) [RE]	Glee (N) [RE] (DVS)	Glee (N) [RE] (DVS)	Doc Zone (N) [RE]	Funniest Home Videos	That's Hockey 2 Nite	Grey's Anatomy (N) [RE]	Fast N' Loud [RE]	Wingin' It	Jimmy Kimmel Live (N)	Cops [RE]	Magic Man
10 PM	"I Love You, Man" (2009)	Elementary "Tremors"	Snapshot			(10:01) Elementary (N)	Duck D.	Scandal "YOLO" (N) [RE]	Elementary "Tremors"	News Hour Final (N)	The National (N) [RE]	The Middle	SportsCentre (N) [RE]	Played (N) [RE] (DVS)	Fast N' Loud [RE]	Good Luck	Maury [RE]	TBA	Extreme Houseboats
11 PM	"Trans	CHBC News Final (N)	Park	Charlie Rose (N) [RE]	News	News	Duck D.	KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre [RE]	News-Lisa	Moonshiners [RE]	Wizards	Paid Prog.	Jail [RE]	Extreme RVs [RE]

Friday Movies

MORNING

10:25 am 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)

AFTERNOON

12:29 pm SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)

5:00 pm SPIKE ch.44 "The Longest Yard" (2005, Comedy) Adam Sandler. Premier. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (In Stereo)

EVENING

6:00 pm YTV ch.18 "A Fairly Odd Christmas" (2012, Comedy) Drake Bell. Timmy Turner must save Christmas after his actions cause children to lose faith in Santa Claus. (In Stereo) (CC)

7:45 pm YTV ch.18 "Merry Christmas, Drake & Josh" (2008, Comedy) Drake Bell. To avoid trouble with the law, two brothers promise to provide the best Christmas possible for a girl and her family. (In Stereo) (CC)

8:00 pm FAM ch.26 "Elf" (2003, Comedy) Will Ferrell. Premiere.

Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)

9:30 pm WTBS ch.3 "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brainwashing and assassination plot.

10:01 pm FAM ch.26 "Christmas With the Kranks" (2004, Comedy) Tim Allen. A Chicago couple scramble to put together a holiday celebration after their daughter decides to come home for Christmas. (In Stereo) (CC)

10:30 pm SPIKE ch.44 "Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)

11:30 pm WTBS ch.3 "Meet the Browns" (2008, Comedy-Drama) Tyler Perry. Soon after losing her job, a single mother takes her brood to Georgia for her father's funeral and meets his uproarious clan for the first time.

News Leader Recipe 590

Batch Turkey Meatballs

Information: Serves 4
Prep Time: 15 minutes
Cooking Time: 20 minutes

Ingredients

- 1 lb (454 g) lean or extra lean ground turkey
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 egg
- 1 Tbsp (15 mL) low sodium soy sauce
- 1 tsp (5 mL) freshly ground black pepper
- 1/2 cup (125 mL) dry breadcrumbs

Directions

- In a large bowl, combine turkey, onion, garlic, egg, soy sauce and pepper.
- Using your hands or a meatballer, bring mixture together and form approximately 20 meatballs.
- Pour bread crumbs into a shallow dish and roll meatballs to coat.
- Place on parchment paper-lined baking sheet. Bake in preheated 375°F (190°C) oven for about 20 minutes or until golden and no longer pink inside.
- Remove from oven and let cool to room temperature.
- Place meatballs in resealable freezer bags or containers and refrigerate for up to 2 days, or alternatively, freezer for up to 1 month.
- Makes approximately 20 meatballs, enough for 4 main course servings.

Recipe courtesy of Turkey Farmers of Canada. For more great turkey recipes visit the Manitoba Turkey Producers website at www.turkey.mb.ca.

FRIDAY, DECEMBER 6, 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	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N)	Wibbly Pig	Bulder	KHQ News 6AM (N)	KREM 2 Morning News	The First 48	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	CBC News Now (N)	Kid vs. Kat	Sports	CTV Morning Live (N)	Auction	Stella-Sam	CityLine (N)	Jail	GoldMind
7 AM	Law & Order: SVU		Ella the El	Arthur	Today Alexa Ray Joel; John Goodman. (N)	CBS This Morning (N)	The First 48	Good Morning America (N)			Tiger	Yu-Gi-Oh!	Tim Horton's Roar of the Rings. (N) (Live)		Auction	Phineas	Let's Make a Deal	Deadliest Warrior	GoldMind
8 AM	Law & Order: SVU		PAW Patrol	Martha							Arthur	B-Daman			Silver Rush	Shake It	ANT Farm	Deadliest Warrior	Making Monsters (N)
9 AM	Millionaire	Morning	Magic Bus	Curious			The First 48				Bo On/Go	Pokémon			Don't Drive Here	Jessie	The Price is Right	Eat St.	
10 AM	Divorce	The Doctors	Dinosaur	Cat in the							Huntley	Busytown				Wizards	Ways Die	Eat St.	
11 AM	Judge Alex	AnnaOlson	Dragon	Peg							Super Why!	Rescue				Little	Jdg Judy	Jail	World's
12 PM	Millionaire	Huntley	Poppy Cat	Sesame Street (EI)							Cat in the	Mike	SportsCentre		Airplane Repo	Manny	Jdg Judy	Deadliest Warrior	World's
1 PM	Divorce	The Doctors	Pajanimals								Bookaboo	Little Bear			How/Made	Never Land	The Chew	The Dead Files	
2 PM	Judge Alex	Til Debt	Thomas	Sit-Be Fit	Jdg Judy	Young & Restless	The First 48	Paid Prog.	AnnaOlson	Noon News Hour (N)	Heartland (DVS)	To School			How/Made	Phineas	General Hospital (N)	"Doom" (2005) The Rock.	The Dead Files
3 PM	Judge Alex	Til Debt	Thomas	Sit-Be Fit	Jdg Judy	Young & Restless	The First 48	Paid Prog.	Til Debt	Days of our Lives (N)	CBC News Now (N)	Parents	Boxing: Mike Alvarado vs. Ruslan Provodnikov.		How/Made	ANT Farm	Katie	GoldMind	
4 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose	Paid Prog.	News	The First 48	The Chow	Noon News Hour (N)	Days of our Lives (N)	Republic of Doyle	Rated A			Fast N' Loud	Wizards	CityLine	Movie: "Resident Evil" (2002)	GoldMind
5 PM	King	Noon News Hour (N)	Making	Scrapbook	Paid Prog.	Bold	The Talk	General Hospital (N)	Days of our Lives (N)	The Talk	Monster	Rated A			Fast N' Loud	Good Luck	CityLine	Movie: "Resident Evil" (2002)	Bizarre Foods/Zimmerman
6 PM	Community	Days of our Lives (N)	Dragon	Watercolor	Days of our Lives (N)	The Talk	After the First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record		Moonshiners	Shake It	CityNews at 5 (N)	Deadliest Warrior	The Dead Files
7 PM	Community	Days of our Lives (N)	Pajanimals	Scrapbook	Days of our Lives (N)	The Talk	After the First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record		Moonshiners	Shake It	CityNews at 5 (N)	Deadliest Warrior	The Dead Files
8 PM	Seinfeld	The Talk	Big Bear	Thomas	Katie	Let's Make a Deal	The First 48	Queen Latifah	The Talk	Queen Latifah	Steven and Chris (N)	Super Evil	Off Record		Moonshiners	Shake It	CityNews at 5 (N)	Deadliest Warrior	The Dead Files
9 PM	Seinfeld	The Talk	PAW Patrol	Super Why!											Moonshiners	ANT Farm		Deadliest Warrior	Eat St.
10 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	Queen Latifah	Young & Restless	Recipes	Allen	SportsCentre (N)	Bethenny	How/Made	Jessie	CityNews at 6 (N)	Deadliest Warrior	Eat St.
11 PM	The Middle	Queen Latifah	G. Shrinks	Peg							Stefano	T.U.F.F.		How/Made	Austin			Deadliest Warrior	Eat St.
12 AM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show (N)	The First 48	The Doctors	Young & Restless	Early News	Dragons' Den	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Mod Fam	Weld or What?	
1 AM	Big Bang	Young & Restless	Arthur	Biz Kids	Jdg Judy	The Dr. Oz Show (N)	The First 48	The Doctors	Young & Restless	Global Nat.	News	SpongeB.	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Dog	Mod Fam	Ways Die	
2 AM	Browns	News (N)	Martha	News	News	News	The First 48	ABC News	Global Nat.	(4:59) News Hour (N)	News	SpongeB.	Hockey	Ellen DeGeneres Show	Canada's Worst Driver	Phineas	Family	Movie: "The Longest Yard"	Making Monsters
3 AM	Browns	Global Nat.	Park	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	After the First 48 "What Lies Beneath" (N)	News at 6	(5:59) News Hour (N)	ET Canada	News	News	Movie: "A Fairly Odd Christmas"	CTV News at Five (N)	Canada's Worst Driver	New Year	Pckge Deal	(2005) Adam Sandler. Premiere.	The Dead Files
4 AM	Browns	Global Nat.	Park	PBS NewsHour (N)	News	KREM 2 News at 6 (N)	After the First 48 "What Lies Beneath" (N)	News at 6	(5:59) News Hour (N)	ET Canada	News	News	Movie: "A Fairly Odd Christmas"	CTV News at Five (N)	Canada's Worst Driver	New Year	Pckge Deal	(2005) Adam Sandler. Premiere.	The Dead Files
5 AM	Mod Fam	Ent	Coast	Wash	Jeopardy!	Inside Ed.		Ent	Ent	Dracula (N)	George S			etalk (N)	Mighty Ships (N)	Next Step	Grammy Nominations	The Dead Files	
6 AM	Mod Fam	Ent	Coast	Wash	Jeopardy!	Inside Ed.		Ent	Ent	Dracula (N)	George S			etalk (N)	Mighty Ships (N)	Next Step	Grammy Nominations	The Dead Files	
7 AM	Seinfeld	ET Canada	Charlie	Wheel	Access H.			Insider	ET Canada	Coronation	(7-45) Movie: "Merry Christmas, Drake & Josh"			Big Bang	Ships (N)	Austin		Deadliest Warrior	Weird or What?
8 AM	Family Guy	Bones (N) (DVS)	Murder Myster.	Great Performances	Dateline NBC (N)	Frosty	(8:01) The First 48	Last Man	Bones (N) (DVS)	Bones (N) (DVS)	M'ketplace			Mike	Mayday	Movie: "Elf" (2003)	CityNews-Tonight (N)	Deadliest Warrior	Weird or What?
9 AM	Family Guy	Bones (N) (DVS)	Murder Myster.	Great Performances	Dateline NBC (N)	Frosty	(8:01) The First 48	Last Man	Bones (N) (DVS)	Bones (N) (DVS)	M'ketplace			Neighbors					
10 AM	Amer. Dad	Hawaii Five-0	The Inspector Lynley Mysteries	TBA	Grimm (N)	NCIS: Los Angeles	(9:01) The First 48	Shark Tank (N)	Hawaii Five-0	Hawaii Five-0	the fifth estate			NASCAR Rev.	Grimm (N)	Moonshiners	Jimmy Kimmel Live	Deadliest Warrior	Making Monsters
11 AM	Amer. Dad	Hawaii Five-0	The Inspector Lynley Mysteries	TBA	Grimm (N)	NCIS: Los Angeles	(9:01) The First 48	Shark Tank (N)	Hawaii Five-0	Hawaii Five-0	the fifth estate			NASCAR Rev.	Grimm (N)	Moonshiners	Jimmy Kimmel Live	Deadliest Warrior	Making Monsters
12 PM	Movie: "Zoolander" (2001) Ben Stiller.	Dracula (N)	In Performance...	Dracula (N)	Grammy Nominations	(10:01) After the First 48 "What Lies Beneath"		KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre (N)	Russell Peters	Canada's Worst Driver	(10:01) "Christmas With the Kranks"	Maury	Ways Die	The Dead Files
1 PM	Movie: "Zoolander" (2001) Ben Stiller.	Dracula (N)	In Performance...	Dracula (N)	Grammy Nominations	(10:01) After the First 48 "What Lies Beneath"		KXLY 4	News Hour Final (N)	ET Canada	CBC News	Mr. Young	SportsCentre (N)	Russell Peters	Canada's Worst Driver	(10:01) "Christmas With the Kranks"	Maury	Ways Die	The Dead Files
2 PM	"Browns"	CHBC News Final (N)	Architects of Change	Charlie Rose (N)	News	News		J. Kimmel	News Hour Final (N)	The Test	George S	Japanizi	CTV News	News-Lisa	Mighty Ships	Princess	Paid Prog.	The Dead Files	

News Leader Weekend - Saturday Movies

MORNING

8:00 am SPIKE ch.44 "The Longest Yard" (2005, Comedy) Adam Sandler. At a Texas penitentiary, jailed NFL veterans train their fellow inmates for a football game against the guards. (In Stereo)
 9:00 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.
 11:00 am A&E ch.9 "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (CC)

AFTERNOON

12:00 pm WTBS ch.3 "Invincible" (2006, Biography) Mark Wahlberg. At 30 years old, bartender Vince Papale sees his wildest dreams come true when he becomes a member of the Philadelphia Eagles football team.
 FAM ch.26 "Elf" (2003, Comedy)

Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
 1:30 pm CITV ch.12 "Iron Man 2" (2010, Action) Robert Downey Jr. With the world now aware that he is Iron Man, billionaire inventor Tony Stark must forge new alliances and confront a powerful new enemy. (CC)
 2:30 pm CHBC ch.4 BCTV ch.11 "Iron Man 2" (2010, Action) Robert Downey Jr. With the world now aware that he is Iron Man, billionaire inventor Tony Stark must forge new alliances and confront a powerful new enemy. (CC)
 4:00 pm FAM ch.26 "Monsters, Inc." (2001, Comedy) Voices of John Goodman. Premiere. Animated. A blue behemoth and his short, one-eyed assistant work in a giant factory that exists to scare children. (In Stereo) (CC)

leads to worldwide natural disasters. (In Stereo)
 8:00 pm YTV ch.18 "Despicable Me" (2010, Comedy) Voices of Steve Carell. Animated. As he tries to execute a fiendish plot to steal the moon, a supervillain meets his match in three little orphan girls who want to make him their dad. (In Stereo) (CC)
 VTV ch.22 "A Very Merry Mix-Up" (2013, Romance) Alicia Witt. Premiere. A woman plans to meet her future in-laws at Christmas and, through a serendipitous series of events, spends the holiday with a warm and caring family whose son catches her eye. (In Stereo) (CC) (DVS)
 9:00 pm WTBS ch.3 "Watchmen" (2009, Action) Billy Crudup. After his former colleague is murdered, a masked vigilante uncovers a plot to discredit and destroy the world's superheroes.
 DTOUR ch.45 "Animal House" (1978, Comedy) John Belushi. Bluto, Otter and the rowdy Deltas make fools of the dean and the square Omegas at 1962 Faber College. (In Stereo) (CC)
 10:00 pm FAM ch.26 "The Ultimate Christmas Present" (2000, Comedy) Hallee Hirsh. Two girls' plan to close school by making it snow in Los Angeles jeopardizes Christmas. (In Stereo) (CC)
 11:45 pm WTBS ch.3 "One Missed Call" (2008, Horror) Shannyn Sossamon. A young woman and a detective try to unravel the mystery of cell-phone calls that broadcast victims' final moments just days before they die.

EVENING

6:00 pm WTBS ch.3 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure.
 YTV ch.18 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
 SPIKE ch.44 "The Day After Tomorrow" (2004, Action) Dennis Quaid. A climatologist tries to locate his son after global warming



We continue to be impressed with the changes to the 'new' Town Hall on Vermilion Avenue. *

SATURDAY, DECEMBER 7, 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	DTOUR ch.45
6 AM	Paid Prog.	Ancestors	Peep, Big	Heartland	(5:00) Today	CBS This Morning	Criminal Minds	Wen Hair	Ancestors	Saturday Morning News Share	Our Vancouver (N)	Sideldck	SportsCentre	Juicebox	Moonshiners	Slug Terra	Kitchen	Xtreme 4x4	Pitchin' In
6:30	Paid Prog.	Fishful	Thomas	Fly Tying				Paid Prog.	Fishful			Super Evil				Wingin' It	Panorama	Horse.	Paid Prog.
7 AM	The Office	Saturday Morning News Lynn	Rolie Polie	MotorWeek	KHQ News Saturday (N)	Lucky Dog	Flip This House	Good Morning America	Saturday Morning News Lynn	Jones. (N)	Animal	Allen	SportsCentre	Bering Sea Gold	Gravity	Eye/Asia	Trucks!	Security	
7:30	Atl. Eats	Colliar, Welsa Wong, & Jay Janower. (N)	Tree Fu	Greener		Dr. Chris	Flip This House	Hanna	Colliar, Welsa Wong, & Jay Janower. (N)		Super Why!	Parents			Phineas	Payko Iran	MuscleCar	Security	
8 AM	Paid Prog.	Colliar, Welsa Wong, & Jay Janower. (N)	Ella the El	Woodsmith		Recipe	Flip This House	Ocean			Doodlebop	Parents	SportsCentre	Canada AM Weekend	Mighty Ships	Phineas	Pollah Studio	Movie: *** "The Longest Yard"	Alrport
8:30	The Office		PAW Patrol	Rough Cut		J. Oliverr	Flip This House				Cross	Rabbids				Dog		Alrport	
9 AM	Movie: ** "Next" (2007) Nicolas Cage.		Magic Bus	Hometime		All In	Flip This House	College Football: Teams TBA. (N) (Live)	Fishn	Absolutely Canadian	SpongeBob	Monsters	Boxing: Gennady Golovkin vs. Curtis Stevens.	Marilyn Denis	River Monsters	Good Luck Liv-Mad.	World Vision	Movie: *** (2005) Adam Sandler, Chris Rock.	Bggg Btlis
9:30			Arthur	Old House		College Basketball: UCLA at Missouri. (N) (Live)	Flipping Vegas		Fishing	Figure Skating						ANT Farm	OK Poland		Bggg Btlis
10 AM		Fishn	Pingu	Old House	LazyTown				Fishn	Powerboat	Sanjay	Korra	Turtles	SickKids Foundation	Mayday	Jessie	Ed's Up		Magie Man
10:30		Fishing	Jack	Kitchen	Noddy				Fishing	Driving TV	Korra			Is Written	Jungle Gold	Austin	Shopping Channel	Cops	Amazing
11 AM	2013 SEC Preview	Powerboat	Marco Polo	Jazzy	Skilling		Movie: **** "GoodFellas" (1990) Robert De Niro, Ray Liotta.		Driving TV	FIS Alpine Skiing	Pokémon	Rangers	Tim Horton's Roar of the Rings, Men's Semifinal. (N) (Live)	Smile	Don't Drive Here	Movie: *** "El" (2003)	Shopping Channel	Cops	Bizarro Foods America
11:30		Driving TV	Wild Kratts	Martha				To Be Announced	Neon News Hour (N)	Simpsons	Simpsons	Yu-Gi-Oh!	B-Daman	The Social	Canada's Worst Driver	Lego	Paid Prog.	Cops	Hotel Impossible
12 PM	Movie: *** "Invincible" (2006) Greg Kinnear	Noon News Hour (N)	Animals	Cook's	Golf: Northwest Mutual	Saturday Football			Neon News Hour (N)	Simpsons	Simpsons	Pokémon	Pokémon	Junk Raiders	Overhaul'n	Gravity	Tow Biz	Cops	RIDE.
12:30		Simpsons	Parks	Antiques Roadshow	World Challenge, Third Round. (N) (Live)	College Football: SEC Championship: Teams TBA. From the Georgia Dome in Atlanta.	Storage		Storage	Movie: *** "Iron Man 2" (2010, Action) Robert Downey Jr.	Movie: *** "Iron Man 2" (2010, Action) Robert Downey Jr.	National	Pokémon	The Santa Claus Parade	How/Made	Good Luck	CityNews	Cops	East St. 0
1 PM	SEC Preview	Simpsons	Frontiers of	To Be Announced		Jdg Judy	Storage		Storage	Movie: *** "Iron Man 2" (2010, Action) Robert Downey Jr.	HNIC	Pokémon	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
1:30	Community	Community	Waterfront Cities			Chlca	Storage		Storage	Movie: *** "Iron Man 2" (2010, Action) Robert Downey Jr.	NHL Hockey: Toronto Maple Leafs at Ottawa Senators. (N) (Live)	Movie: 0	Sports	Sugar	How/Made	Movie: *** "Monsters, Inc."	Murdoch Mysteries	Cops	Security
2 PM	Community	Family Guy	Halr That Changed	Steves	Palanimals	Justin	Backroads	Storage	News	Global Nat.	Global Nat.	Movie: 0	Curling: Tim Horton's Roar of the Rings, Women's Final. (N) (Live)	Surprise	How/Made	Next Step	CityNews	Cops	Security
2:30	Family Guy	Family Guy	Islands of Britain	Steves	News	News	Storage	College Football: Teams TBA. (N) (Live)	College Football: Teams TBA. (N) (Live)	News Hour (N)	News Hour (N)	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
3 PM	Family Guy	Family Guy	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
3:30	Family Guy	Family Guy	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
4 PM	Family Guy	Family Guy	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
4:30	Family Guy	Family Guy	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
5 PM	The Middle	The Middle	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
5:30	The Middle	The Middle	Steves	News	News	Storage	Storage	Storage	Storage	Storage	Storage	Movie: *** "El" (2003) Will Ferrell.	Surprise	How/Made	Next Step	CityNews	Cops	East St. 0	
6 PM	Movie: *** "I Am Legend" (2007) Will Smith.	Global Nat.	Hope for Wildlife	Steves	Wheel	Paid Prog.	Storage		(5:58) News Hour (N)	16x9	Perfect Storms	NHL Hockey: Calgary Flames at Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
6:30		News	Steves	CSI: Miami "Driven" 0	College Football: Mountain	Flipping Vegas (N)			Perfect Storms	Walk	Walk	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
7 PM		16x9	N. Geographic Specials	Steves	CSI: Miami "Driven" 0	College Football: Mountain	Flipping Vegas (N)		Perfect Storms	Walk	Walk	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
7:30		16x9	Steves	Christmas-Rockefeller	West Championship: Teams TBA. (N) (Live)	Storage	Entertainment Tonight	The Blacklist	The Blacklist	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
8 AM	The Closer	Perfect Storms	Heartbeat	Steves	Christmas-Rockefeller	West Championship: Teams TBA. (N) (Live)	Storage	Entertainment Tonight	The Blacklist	The Blacklist	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
8:30			Steves	(8:45) Rick Steves' Europe	The Blacklist		Storage	Sanctuary	Walk	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
9 AM	Movie: *** "Watchmen" (2009, Action) Billy Crudup.	The Blacklist	Midsomer Murders "Death in the Slow Lane" 0	To Be Announced	Saturday Night Live		Storage	Sanctuary	Walk	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
9:30		Walk					Storage	Sanctuary	Walk	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
10 AM		Walk					Storage	Sanctuary	Walk	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
10:30		Walk					Storage	Sanctuary	Walk	News Final	News Final	Edmonton Oilers. (N)	Movie: *** "Despicable Me" (2010)	SportsCentre	Movie: "A Very Merry Mix-Up" (2013) Alicia Witt.	Canada's Worst Driver	Wizards	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid.	Ghost Adventures
11 AM		News Final	Waterfront Cities	Austin City Limits	News	News	(11:01) Flipping Vegas	Castle "Slice of Death"	News Final	News Final	News Final	NHL Hockey	Mr. Young	SportsCentre	News	Princess	Paid Prog.	Tattoo	RIDE.
11:30	"Missed"	SNL			SNL	The Closer			SNL	SNL	SNL	NHL Hockey	Mr. Young	SportsCentre	News	Princess	Paid Prog.	Tattoo	RIDE.

News Leader Weekend - Sunday Movies

MORNING

8:00 am WTBS ch.3 "Hachi: A Dog's Tale" (2009, Drama) Richard Gere. A college professor forms a lasting bond with a dog that he finds on a train platform.
A&E ch.9 "GoodFellas" (1990, Crime Drama) Robert De Niro.

In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (CC)
SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In

Stereo)
9:00 am YTV ch.18 "All I Want Is Christmas" (2012, Comedy) David DeLuise. En route to Florida, a yuletide-obsessed Jewish boy figures out how to get the Christmas of his dreams by trading plane tickets with a boy going to Christmastown, Wash. (In Stereo) (CC)
10:00 am WTBS ch.3 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away.
11:00 am A&E ch.9 "The Shawshank Redemption" (1994, Drama) Tim Robbins. Premiere. Two life sentences for a 1947 double murder land an innocent man in a corrupt Maine penitentiary. (CC)
SPIKE ch.44 "The Day After Tomorrow" (2004, Action) Dennis Quaid. A climatologist tries to locate his son after global warming leads to worldwide natural disasters. (In Stereo)
11:45 am WTBS ch.3 "Chicken

Run" (2000, Comedy) Voices of Mel Gibson. Animated. A dashing rooster and the hen he loves lead an escape from a farm in 1950s England.

AFTERNOON

12:00 pm FAM ch.26 "The Search for Santa Paws" (2010, Comedy) Voices of Kaitlyn Maher. A talking dog and an orphan must save Christmas after old Saint Nick loses his memory. (In Stereo) (CC)
2:15 pm YTV ch.18 "Despicable Me" (2010, Comedy) Voices of Steve Carell. Animated. As he tries to execute a fiendish plot to steal the moon, a supervillain meets his match in three little orphan girls who want to make him their dad. (In Stereo) (CC)
2:30 pm CITV ch.12 "The Ugly Truth" (2009, Romance-Comedy) Katherine Heigl. A chauvinist puts a romantically challenged producer through a series of outrageous tests to prove his theories about relationships. (CC)
3:30 pm CHBC ch.4 BCTV ch.11 "The Ugly Truth" (2009, Romance-Comedy) Katherine Heigl. A chauvinist puts a romantically challenged producer through a series of outrageous tests to prove his theories about relationships. (CC)
4:15 pm YTV ch.18 "Christmas Is Here Again" (2007, Musical Comedy) Voices of Ed Asner. Premiere. Animated. An elf, a reindeer, a fox and a polar bear help an orphan girl find Santa's

toy sack. (In Stereo) (CC)
5:00 pm CBC ch.13 "The Little Mermaid" (1989, Fantasy) Voices of Jodi Benson. Animated. A mermaid princess falls in love with an earthly prince. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Flight Before Christmas" (2003, Comedy) Voices of Emma Roberts. Premiere. Animated. A flying squirrel shows a young reindeer how to soar into the sky. (In Stereo) (CC)
8:00 pm CBC ch.13 "Toy Story 3" (2010, Comedy) Voices of Tom Hanks. Animated. Woody, Buzz and the rest of the toys find themselves dumped in a day-care center after Andy leaves for college. (In Stereo) (CC)
10:00 pm FAM ch.26 "The Perfect Holiday" (2007, Romance) Gabrielle Union. Romance blooms when a little girl asks a department-store Santa to fulfill her divorced mother's fondest wish for Christmas. (In Stereo) (CC)
10:30 pm WTBS ch.3 "Joe Dirt" (2001, Comedy) David Spade. A goofy janitor tells a radio talk-show host about his search for the parents who abandoned him.

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SUNDAY, DECEMBER 8, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	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	DTOUR ch.45
6 AM	On Spot	In a Name	Peep, Big	Mr. Rogers	Today (N) 1 30	Paid Prog.	Criminal Minds 1 30	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Sidekick	Sports	Canada AM Weekend	Mighty Planes "SOFIA"	Sluggo Terra	R Schuller	Xtreme 4x4	Fishful
6:30	Coolest	World Visn.	Zerby	WordWorld		Paid Prog.		Hometime	World Visn.		Poko 30	Super Evil	Reporters		Wingin' It	ChurchRck	Horse.	Paid Prog.	
7 AM	P. Affairs	Sunday Morning News (N) 30	Rolie Polle	Barney	KHQ News	CBS News Sunday Morning (N) 30	Criminal Minds 1 30	Good Morning America	Sunday Morning News (N) 30		News	Squirrel	Sunday NFL Countdown (N) (Live) 30	App	Punkin Chunkin 2013	Gravity	Eye/Asia	Trucks! 1 30	Airport
7:30	Att. Eats		Upside	Clifford	Invest						Artzooka	Pet Shop		The Social	Phineas	Dharti	MuscleCar	Airport	
8 AM	Movie: *** "Hachi: A Dog's Tale" (2009)		Ella the El	Curious	Meet the Press (N) 30		Movie: **** "GoodFellas" (1990) Robert De Niro, Ray Liotta. 30	This Week			Coronation	Pet Shop		Question Period 30	Phineas	Pakistan	Movie: *** "Man on Fire" (2004) Denzel Washington. 1 30	Bggg Bttls	
8:30			PAW Patrol	Cat in the		The Nation		Explore		Block	Coronation	Movie: "All I Want Is Christmas" 1 30	Operation Smile 30	How-Made	Good Luck	Festival Italiano di Johnny Lombardi (In Italian) 30	Instant Christmas (N) 30		
9 AM			Dino Dan	DragonFly	Figure Skating: ISU Grand Prix Final. (Taped) 1 30	The NFL Today (N) 30		Rescue		Context	Coronation			How-Made	Star New Year			Big Cool Stuff (N) 30	
9:30			Arthur 1 30	The Impact		Hate Hair? 30		Wildlife	Block	J. Osteen	Coronation		NFL Football (N) 1 30 (Live) 30	Highway Thru Hell	Good Luck				
10 AM	"Dr. Seuss' The Cat in the Hat"	Block	Christmas	Inside Olympia 30				Expedition	Context	Jeremiah	M'ketplace	Merry		Overhaul'n 1 30	Phineas	Shopping Channel 30	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid. 1 30	Christmas to Extreme	
10:30		Context	Little											Airplane Repo 30	Austin	Travels	Get Stuffed	Security	
11 AM		J. Osteen	Little	Inside	Skating	Changers	Movie: "The Shawshank Redemption" (1994) Tim Robbins. 30	Hate Hair? 30	J. Osteen	16x9 30	Our Vancouver (N) 30	Ice Age	Preview		Phineas	Shopping Channel 30	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid. 1 30	Security	
11:30		Jeremiah	Marco Polo	Europe Jrnl		Best Tool					Land/Sea	Sam & Cat			Phineas	Shopping Channel 30	Movie: *** "The Day After Tomorrow" (2004) Dennis Quaid. 1 30	Security	
12 PM	Movie: *** "Chicken Run" (2000)	Noon News Hour (N)	Dogs/Jobs	Moyers & Company 1 30	Golf: Northwest-Mutual World Challenge, Final Round. (N) 1 30 (Live) 30	Skating		FREE TV! Hollywood	Noon News Hour (N)	Canadian Docs 30	Land/Sea	Sam & Cat	Curling: Tim Horton's Fear of the Rings, Men's Final. (N) (Live) 30	SportsCentre (N) 30	Loaded	"The Search for Santa Paws" (2010)	Pregame	Airport	
12:30		Canadian Docs 30	Rivers	Grand Mercer		NFL Football: Tennessee Titans at Denver Broncos. (N) (Live) 30	Duck D.	Celebrity Sports	Canadian Docs 30	Simpsons	Q With Jian Ghomeshi	Japanizi	Babysitting	Loaded	Phineas	(1:25) NFL Football 30		Airport	
1 PM	Browns		Rivers				Duck D.				FIS Alpine Sking	(2:15) Movie: *** "Despicable Me" (2010) 1 30	Worst Handyman	Ice Cold Gold 30	Wander	ANT Farm	Bar Rescue 1 30	Bggg Bttls	
2 PM	King	Simpsons	Park	To Be Announced			Duck D.	Extreme Weight Loss "Mike" 1 30	Simpsons	Simpsons	Battle of the Blades 1 30		First Story	Cash Cab	Good Luck			Bar Rescue 1 30	Security
2:30	King	Simpsons	Our Part				Duck D.		Simpsons	Simpsons	Mosque	(4:15) Movie: "Christmas Is Here Again" (2007)	Sports	Steele	Cash Cab	Next Step		Bar Rescue 1 30	Security
3 PM	Big Bang	Simpsons	Hope for Wildlife 30				Duck D.		Simpsons	Simpsons	Global Nat.	Mr. D 1 30	Football Night/ America	Corner Gas	Daily Planet (DVS)	Jessie 30		Bar Rescue 1 30	Instant Christmas 30
3:30	Big Bang	Movie: *** "The Ugly Truth" (2009)	The First World War				Duck D.	Beer Geek			(4:59) News Hour (N)	Movie: "The Little Mermaid" (1989) 1 30	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
4 PM	Big Bang						Duck D.	Estate		Global Nat.	(4:59) News Hour (N)	Movie: "The Little Mermaid" (1989) 1 30	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
4:30	Big Bang						Duck D.	News		(4:59) News Hour (N)	Movie: "The Little Mermaid" (1989) 1 30	Falcons at Green Bay Packers. (N) (Live) 30	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
5 PM	Med Fam		Victorian Farm				Duck D.	News		(4:59) News Hour (N)	Movie: "The Little Mermaid" (1989) 1 30	Falcons at Green Bay Packers. (N) (Live) 30	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
5:30	Med Fam	News					Duck D.	News		(4:59) News Hour (N)	Movie: "The Little Mermaid" (1989) 1 30	Falcons at Green Bay Packers. (N) (Live) 30	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
6 PM	300	Global Nat.	Park	Doc Martin: Revealed 1 30			Duck D.	News at 6	(5:59) News Hour (N)	Security	Mr. D 1 30	Movie: "The Flight Before Christmas" (2008)	Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
6:30		News	Our Part				Duck D.	Red Carpet		Security	Heartland (N) 1 30		Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
7 PM		Security	Redwoods: Anatomy	TBA			Duck D.	Funnlest Home Videos		Security	Heartland (N) 1 30		Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
7:30		Security					Duck D.			Security	Heartland (N) 1 30		Corner Gas	Corner Gas	Dog	Storage		Bar Rescue 1 30	Instant Christmas 30
8 PM		Simpsons	Foyle's War "The Funk Hole"	Masterpiece Classic Wedding guests arrive. 1 30			Duck D.	Once Upon a Time (N)	Simpsons	Simpsons	Movie: *** "Toy Story 3" (2010) 1 30	SpongeBob	The Amazing Race "Amazing Crazy" Race" 1 30	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N) 30	Bar Rescue (N) 1 30	The Get-away (N) 30
8:30	Seinfeld 1 30	Burgers					Duck D.	Once Upon a Time (N)	Burgers	Burgers		Japanizi	SportsCentre 30	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N) 30	Bar Rescue (N) 1 30	The Get-away (N) 30
9 PM	The Closer 30	Family Guy					Duck D.	Revenge "Surrender"	Family Guy	Family Guy		Japanizi	Hockey	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N) 30	Bar Rescue (N) 1 30	The Get-away (N) 30
9:30		Amer. Dad					Duck D.		Amer. Dad	Amer. Dad		Japanizi	Hockey	Once Upon a Time (N)	Last Frontier	Wizards	(7:01) Betrayal (N) 30	Bar Rescue (N) 1 30	The Get-away (N) 30
10 PM	Seinfeld 1 30	Canadian Docs 30	Silk	Masterpiece Classic 1 30	Criminal Minds 1 30	The Mentalist (N) 30	Duck D.	(10:01) Betrayal (N) 30	Canadian Docs 30	News Final	The National (N) 30	Babysitting	SportsCentre (N) 30	The Mentalist (N) 30	Last Frontier	Movie: *** "The Perfect Holiday"	The Office	Bar Rescue 1 30	Big Cool Stuff 1 30
10:30	Movie: * "Joe Dirt" (2001)	News Final	N. Geographic Specials	Land Girls 1 30	News	News	Shipping	KXLY 4	News Final	Paid Prog.	CBC News	Mr. Young	SportsCentre 30	News-Lisa	Naked and Afraid	Paid Prog.	Bar Rescue 1 30	The Get-away 1 30	
11 PM		Block			Paid Prog.	Fifth Qtr	Shipping	Van Impa	Block	Paid Prog.	fifth estate	Mr. Young	CTV News	CTV News	Naked and Afraid	Princess	Paid Prog.	Bar Rescue 1 30	The Get-away 1 30

News Leader - Monday Movies

MORNING

7:00 am SPIKE ch.44 "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. (In Stereo)
 10:00 am SPIKE ch.44 "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. (In Stereo)
 DTOUR ch.45 "Dr. No" (1962, Action) Sean Connery. Agent 007 foils a SPECTRE madman out to divert rockets from Cape Canaveral.

(In Stereo) (CC)

AFTERNOON

1:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in

Mexico City. (In Stereo)
 4:00 pm SPIKE ch.44 "Man on Fire" (2004, Crime Drama) Denzel Washington. Hired as a bodyguard for a young girl, a retired CIA agent takes revenge on her kidnappers in Mexico City. (In Stereo)
 5:00 pm DTOUR ch.45 "Dr. No" (1962, Action) Sean Connery. Agent 007 foils a SPECTRE madman out to divert rockets from Cape Canaveral. (In Stereo) (CC)

007 foils a SPECTRE madman out to divert rockets from Cape Canaveral. (In Stereo) (CC)
 9:30 pm WTBS ch.3 "Invincible" (2006, Biography) Mark Wahlberg. At 30 years old, bartender Vince Papale sees his wildest dreams come true when he becomes a member of the Philadelphia Eagles football team.
 11:30 pm WTBS ch.3 "Take the Lead" (2006, Musical) Antonio Banderas. Renowned ballroom dancer Pierre Dulaine takes a job at a New York City public school and helps his students meld hip-hop and classical styles to create a dance form.


EVENING

8:00 pm CBC ch.13 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
 9:00 pm DTOUR ch.45 "Dr. No" (1962, Action) Sean Connery. Agent



On November 22nd to complete a Confine Space Training Course, held by 'Dynamic Rescue Systems' of Coquitlam, Princeton Fire Department and Princeton Public Works successfully performed confined space rescue techniques at several locations including Lion's Park, above, off Mayne Avenue. Photo: Princeton Public Works

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MONDAY, DECEMBER 9, 2013

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	In the Heat of the Night	Morning News (N) [E]	Wibbly Pig	Builder	KHQ News 6AM (N)	KREM 2 Morning News	Criminal Minds [E]	Morning Northwest	Morning News (N) [E]	(5:00) Morning News (N)	CBC News Now (N) [E]	Kid vs. Kat Rescue	SportsCentre [E]	CTV Morning Live (N) [E]	Allen Mysterio [E]	Stella-Sam Phineas	CityLine (N) [E]	CSI: Crime Scene	Sunset
7 AM	Law & Order: SVU		Ella the El	Arthur	Today (N) [E]	CBS This Morning (N) [E]	Criminal Minds [E]	Good Morning America [E]			Tiger Arthur [E]	Penguins T.U.F.F.	SportsCentre [E]		Cash Cab	Shake It	Let's Make a Deal	Movie: *** "The Bourne Identity" (2002, Suspense) Matt Damon. [E]	Pitchin' In
8 AM	Law & Order: SVU		Magic Bus	Curious George			CSI: Miami [E]			Morning Huntley	Bo On/Go Busytown	Pokémon Beyblade	SportsCentre [E]		Overhulin' [E]	Jessie [E]	The Price is Right (N)		Eat St. [E]
9 AM	Millionaire	Morning	Dragon	Peg		The 700 Club [E]	CSI: Miami [E]	Livel Kelly and Michael	Morning Huntley	The Doctors [E]	Super Why! Cat in the Hat	Rescue Mike	SportsCentre [E]	Livel Kelly and Michael	Mayday [E]	Little Manny	Jdg Judy		World's
10 AM	Divorce	The Doctors [E]	Poppy Cat	Sesame Street [E]		The Price is Right (N)	Criminal Minds [E]	The View (N) [E]	The Doctors [E]	AnnaOlson Debt/Part	Bookaboo Doodlebob	Little Bear Berenstain	Fishing Darts	The View (N) [E]	How/Made	Never Land Sofia	The Chew [E]	Movie: *** "The Bourne Identity" (2002, Suspense) Matt Damon. [E]	Movie: *** "Dr. No" (1962, Action) Sean Connery. [E]
11 AM	Judge Alex	AnnaOlson	Rolie Polie	Tiger	Jdg Judy	Young & Restless	Criminal Minds [E]	Paid Prog.	AnnaOlson	Noon News Hour (N)	Our Vancouver (N) [E]	To School	Barclays	Marilyn Denis	Auction	Phineas ANT Farm	General Hospital (N) [E]		Security
12 PM	King	Noon News Hour (N)	Dino Dan	Charlie Rose [E]	Paid Prog.	News	After the First 48 [E]	The Chew [E]	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) [E]	Parents	English Premier League Soccer	CTV News (N) [E]	Naked and Afraid [E]	Wingin' It	Katie [E]		Security
1 PM	Community	Days of our Lives (N)	Dragon	Paint This	Days of our Lives (N)	The Talk (N) [E]	The First 48 [E]	General Hospital (N) [E]	Days of our Lives (N)	The Talk (N) [E]	Republic of Doyle [E]	Rated A Monster		The Social [E]	Mayday [E]	Wizards	CityLine [E]	Movie: *** "Man on Fire" (2004)	Security
2 PM	Seinfeld [E]	The Talk (N) [E]	Big Bear	Thomas	Katie [E]	Let's Make a Deal [E]	The First 48 [E]	Queen Latifah	The Talk (N) [E]	Queen Latifah	Steven and Chris (N) [E]	Super Evil	Off Record	Dr. Phil [E]	Myth-Busters [E]	Shake It	CityNews at 5 (N) [E]		Airport
3 PM	The Middle	Queen Latifah	Clifford	Sid	Ellen DeGeneres Show	Dr. Phil [E]	The First 48 [E]	Rachael Ray [E]	Queen Latifah	Young & Restless	Recipes Stefano	Squirrel	Sports	Bethenny [E]	Canada's Worst Driver	Jessie [E]	CityNews at 6 (N) [E]		Eat St. [E]
4 PM	Big Bang	Young & Restless	Maya Bee	Wild Kratts	Jdg Judy	The Dr. Oz Show [E]	Bonnie & Clyde	The Doctors [E]	Young & Restless	Early News Global Nat.	Dragons' Den [E]	SpongeBob	NFL Monday Night Countdown (N) (Live) [E]	Ellen DeGeneres Show	Daily Planet (N)	Austin	Mod Fam	Movie: *** "Man on Fire" (2004)	Security
5 PM	Browns	News (N) [E]	Martha	News	News	News	News	News	Early News	(4:59) News Hour (N)	News	Parents		CTV News at Five (N)	Myth-Busters [E]	Jessie [E]	How I Met		Movie: *** "Dr. No" (1962, Action) Sean Connery. [E]
6 PM	Browns	Global Nat.	Animals	PBS News-Hour (N) [E]	News	KREM 2 News at 6 (N)	Bonnie & Clyde (N) (Part 2 of 2) [E]	News at 6	(5:59) News Hour (N)	ET Canada	News	iCarly [E]		CTV News (N) [E]	Fast N' Loud (N) [E]	Liv-Mad.	Mike		
7 PM	Mod Fam	Ent	Hope for Wildlife [E]	Hebburn	Jeopardy!	Inside Ed.		Ent	Ent	The Black-list [E]	George S	Big Time		otalk (N)	Canada's Worst Driver	Shake It	Law & Order: UK [E]	Ways Die	
8 PM	Family Guy	Almost Human [E]	Victorian Farm	Antiques Roadshow	The Voice [E]	How I Met Broke Girl	(8:01) Bonnie & Clyde (Part 2 of 2) [E]	Santa Claus, Town	Almost Human [E]	Almost Human [E]	Movie: *** "Elf" (2003) Will Ferrell. [E]	Wipeout [E]		The Voice [E]	How/Made	Good Luck	CityNews-Tonight (N)	Cops [E]	Moves
9 PM	Amer. Dad	Sleepy Hollow (N) [E]	Hidden Treasures	Antiques Roadshow	The Sing-Off "The Sing Off Is Back" [E]	Mike		Christmas Light Fight	Sleepy Hollow (N) [E]	Sleepy Hollow (N) [E]		Wendell	Hockey	Castle "Still" [E]	Fast N' Loud [E]	Wingin' It	Jimmy Kimmel Live [E]	VGX Replay (N) [E]	Movie: *** "Dr. No" (1962, Action) Sean Connery. [E]
10 PM		The Black-list [E]	Architects of Change	Independent Lens [E] (DVS)		Hostages (N) [E]	(10:01) Bonnie & Clyde (Part 1 of 2) [E]	Castle "Still" [E]	The Black-list [E]	News Hour Final (N)	The National (N) [E]	The Middle	SportsCentre (N) [E]	Hostages (N) [E]	Canada's Worst Driver	Good Luck	Mauri [E]	Tattoo	
11 PM		CHBC News Final (N)	Hope for Wildlife [E]	Well Read	Jay Leno	Letterman		KXLY 4	News Hour Final (N)	ET Canada	CBC News	Boys	SportsCentre [E]	News-Lisa	Myth-Busters [E]	Princess	Paid Prog.	Tattoo	Security

Minor Posse Get A Major Boost!

Princeton & District Minor Hockey Association

Hockey season has been underway now since September and along with hockey comes bills and more bills for clubs around B.C.. This is where community support comes in. Princeton and District Minor Hockey Association (PDMHA) is no different except that they have watched, helplessly at times, as families move away to bigger centres with more opportunities. Numbers have been dwindling for years and it makes it difficult for a small club to make ends meet and keep teams on the ice.

While PDMHA expected a substantial surge in new families coming to Princeton with the opening of the copper mine, the reality has been somewhat different. Families have arrived, but many have not and have no plans of making Princeton their home.

"The families that have come to Princeton have been really welcomed," said Vice President Dierra Maynard.

"Many of the new parents have rolled up their sleeves and really become important to our club and our community. However, the club was really hoping for more families to move here and it just hasn't happened."

The current executive has worked very hard to lure the maximum amount of interested young athletes onto the ice, but it has been a real challenge.

"We are very happy to have healthy Tykes, Novice, Atoms and Pee wee teams, but it didn't look good there for a while and we had to do some rearranging of underage and overage players to put these teams together. We have had a tough few years," Maynard admitted.

"But things are looking up and the community has really made all the difference for us. Registration numbers are up a bit and the executive has been really active in finding ways to make ends meet."

In the last two years, starting with Subway and FortisBC who threw their wholehearted support at the team to purchase new jerseys, the club has been filled with gratitude.

"The businesses in Princeton have always been here for our Minor Posse," stated Maynard.

"And they continue to be here for us. With a bit of effort on our part, we have been able to generate new life into the club. Home Hardware, Copper Mountain Mine, Superior Propane, Hayes Creek Electric, A&W, Princeton Redi-Mix, IDA Pharmacy, Barry Beecroft, and Old Style Bins all gave the club money to purchase new jerseys and it has been great for the kids and the club. We are often told that we have awesome jerseys. The kids are really proud wearing them and that means a lot to all of us...to go from old

worn out jerseys to sharp new ones has been a real boost to the club. This was our community that did this for our kids and it means a lot."

Last year, a new deal was made with the Sandman Inn. For every hockey room booked for Minor Hockey games and tournaments, through the Sandman Inn, PDMHA gets a kickback.

"We really had no idea what that would look like," admitted Maynard.

"So when we got the call to go pick up a cheque for \$342, we were thrilled. These kinds of efforts from local businesses make all the difference and keep us keeping on."

This year, PDMHA, has a few new members on the executive who have brought new ideas with them and the club is feeling strong.

"We still have no sponsors for some of our jerseys," Maynard said, "but we feel good about finding some and we have found some new revenue sources. IDA Pharmacy and Superior Propane are going to put up signs in support of Minor Hockey for an annual fee at the arena and of course, we would like to welcome more advertising in our section."

The club wants to send out a huge thank-you to everyone in Princeton who has contributed to its financial

stability and to everyone who continues to support them in other ways.

"We are a small club, but an old one," Maynard stated.

"We aren't going anywhere and we feel good knowing that our community is behind us every step of the way."

Any businesses interested in supporting PDMHA with jerseys sponsorship (\$100 for one) or sign sponsorship (\$500 for an 4' x 8'), team sponsorship (\$500) or anything else, can contact Dierra Maynard at 250-295-0084.

"We welcome any help and are always in need. We don't turn away

any donation or any young player looking to give hockey a try. We will find gear, sponsorship or whatever to make it happen. It's all about our kids...getting them active, keeping them healthy, giving them something fun and meaningful to do, getting them off their techno gadgets and hoping they turn out all right and continue to love being active as they grow into adulthood," Maynard continued.

"All of us, the kids and the parents make some pretty great friends too in the process. It's a good sport that just happens to involve a lot of driving and sitting on hard cold awful benches and we love it." -submitted



Sandman Inn Manager Judy Cross hands over a cheque to Minor Hockey Vice President Dierra Maynard as part of a great hockey kickback program.

RDOS issues meeting highlights

Selected highlights from the regular meeting of the Regional Board of the Regional District of Okanagan-Similkameen held Thursday, November 21. Complete minutes of the meeting will be made available to the public following adoption at the next scheduled Board meeting December 5.

The Board approved an additional \$6,500 in funding for the Tulameen Community Rink project to cover an over-budget amount for lighting upgrades. The additional funds will come from the Area "H" Gas Tax Reserve, which is expected to have a balance of approximately \$297,000 at the end of 2013.

The Regional District will participate in the Multi-Material Collection Incentives program following a Board decision to enter into an agreement with the service provider, Multi-Material BC. The agreement is for a maximum of five years. The program provides for the diversion of paper and printed packaging for recycling at a cost to the material's producer.

The Board made a number of decisions related to 911 Radio service within the Regional District. It replaced a policy detailing cost sharing for 911 radio equipment with a new policy established by the RDOS E911 Fire Radio

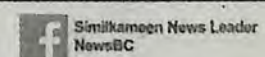
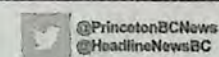
Communications Committee. It provided support to the Union of British Columbia Municipalities to pursue the concept of a province-wide 911 Call Answer Levy and a method of fair distribution for those funds throughout the province. And it authorized the Chair and Chief Administrative Officer to execute an "up to five-year" 911 Service

Agreement (2014-2019) with Central Okanagan Regional District (CORD).

The Board also authorized the administration to support CORD in signing an "Up to five year" Memorandum of Understanding with the Royal Canadian Mounted Police (RCMP) to provide for policing services. -submitted

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(NICOLA-SIMILKAMEEN)**

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School District No. 58 (Nicola-Similkameen) is accepting applications for a First Nations Support Worker at elementary schools in Princeton. This is a 25-hour per week, temporary position to June 27, 2014.

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

Application forms are available at the School Board Office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School, 201 Old Merritt Road, Princeton, BC or on-line at www.sd58.bc.ca, click on Jobs/Support Positions/Job Postings, listed under **Job Code #573786**, and follow the prompts. Applications, including a detailed resume with a minimum of three references, will be accepted until **December 13, 2013**.

Please forward to:

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

Only those applicants being interviewed will be contacted.

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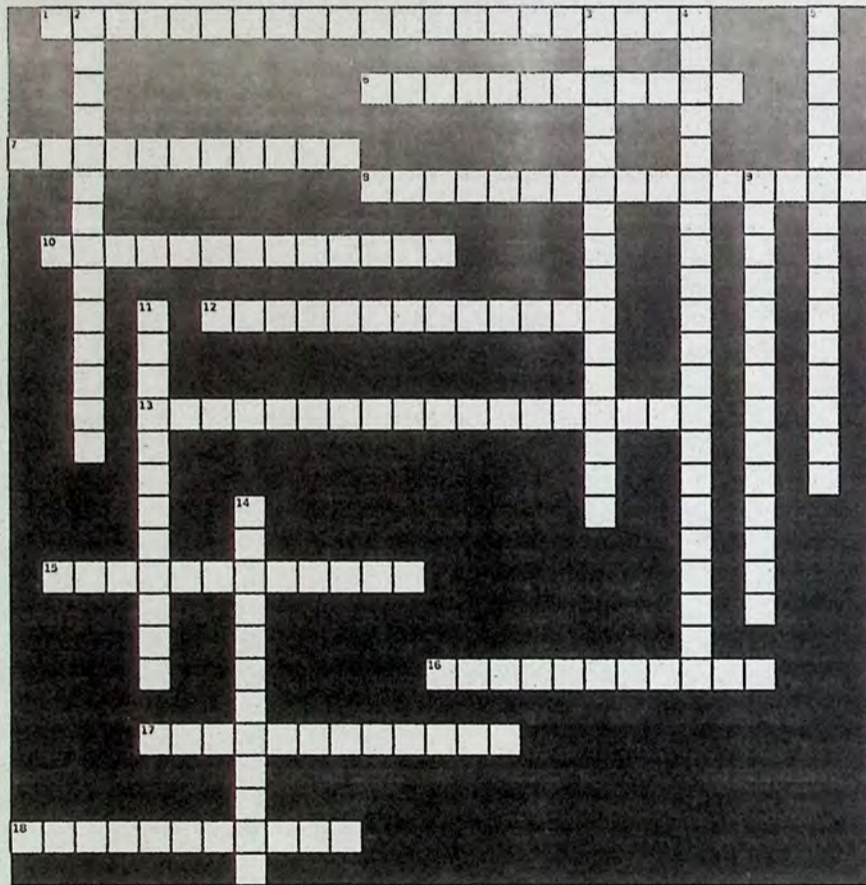
Princeton Posse's Eric Kubis, left, and Kurtis Klinger, right, during game action November 29th. *



A blue line face off between Princeton Posse and 100 Mile House Wranglers. *

Similkameen
News Leader Puzzler

Use the November 26 News Leader to find Answers Below...



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| <p>Across</p> <p>1 They raised the roof!</p> <p>6 Name the outgoing President of Similkameen Country.</p> <p>7 She helps Brenda in the News Leader office.</p> <p>8 According to a headline, what may die?</p> <p>10 The buck stops at his desk in the News Leader office.</p> <p>12 He wears a 'C' on his Princeton Posse jersey.</p> <p>13 The VFFN hiked here November 16.</p> <p>15 He wears Number 9 for the Posse and grew up in Princeton.</p> <p>16 She does a lot of reporting for the News Leader.</p> <p>17 Name the new Similkameen Country President.</p> <p>18 She is married to the News Leader Owner.</p> | <p>Down</p> <p>2 Headline: " _____ hot topic."</p> <p>3 The last two words in the title of the Crimson Tine play.</p> <p>4 Who did Princeton Posse beat November 16 in OT?</p> <p>5 This RCMP Cst. helped at Princeton Museum's CSI Day.</p> <p>9 She is seen adapting to her work conditions.</p> <p>11 She's an artist with a growing fan base.</p> <p>14 He writes 'Flip of the Coyne.'</p> |
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Wranglers rope win from Posse

Princeton Posse hosted the newest KIJHL team, the 100 Mile House Wranglers, November 29th for their first regular season match of the 2013/14 season.

The teams met once in exhibition play where the Wranglers slaughtered the Posse 7-0, but since pre-season games technically don't count, the slate was clean prior to the opening face-off.

The Wranglers had names and faces familiar to Posse fans on their roster including Kevin Raimundo who played for Princeton in 2011/12, Riley Harder (Posse 2012/13), Kristian Stead (2012/13) and Lane Van De Wetering who has family in Princeton.

The home team scored first at 4:01 (Devan Suidy from Eric Schmidt) and the Wranglers tied the game at 5:05 (Lane Van De Wetering from Luke Santerno).

At 11:01 Princeton's Bryan Kromm was awarded a penalty shot after getting tripped up on his way to the Wrangler net. He swooped in from centre ice, faded slightly to the stick side and crossed through the top of the goal crease but could not score.

The visitors took the lead with another goal scored with just 25.5-seconds left in the frame (Jordan Low from Robert Orrey).

With just five shots on goal, 100 Mile House had a 40% success rate to the Posse's single goal from 12

shots.

The second period saw 100 Mile House extend their lead to 3-1 with a goal at 6:08 (Connor Sloan from Henry Hart) but Princeton did come back and scored their second goal of the night at 16:37 (Eden Dubchak from Eric Schmidt and Devan Suidy).

Again, Princeton out shot the Wranglers, this time with a tally of 12-6, but was not able to improve their scoring percentage.

In the third period 100 Mile House widened their lead to two goals at 8:40 (Lane Van De Wetering from Robert Orrey and Tyson Levesque) and Princeton got to within a goal when Devan Suidy added his second score of the game at 14:40. Assists went to Trevor Pereverzoff and Kendal Biro.

A late time out called by the home team saw them pull goalie Scott Legault for an extra man with 1:04 left to play but were unable to tie.

With just a total of five penalties called in the entire game both teams were clearly concentrating on the scientific part of the game and played a pretty good 60-minutes of hockey.

Final score: 100 Mile House 4, Princeton 3. Shots on Goal: Princeton 35, 100 Mile House 16. Penalties in Minutes: 100 Mile House 3 for 6-minutes, Princeton 2 for 4-minutes.

PXA re-elects board

..... continued from Front Page in all buildings; total renovation of American barns; concrete base to Heritage Building installed along with electrical outlets; poultry cages renovated and walk plat-

form erected in front of cages; stabling area repaired; fence line extended; new base in indoor arena and four major events held on grounds and three new barrel racing events.



Princeton Posse players took part in noodle street hockey as part of Light-Up on November 30th at Veterans Square. From left, Paul Ramsey, Scott Legault, Mason Chew, Curtis Sexsmith, Eric Schmidt, Eric Kubis, Kurtis Klinger and Devan Suidy. *



Crimson Tine Players got a chance to promote their "A Good Old Fashioned Redneck Country Christmas" play before Santa arrived in downtown Princeton November 30th. *

RDOS Electoral Area 'G' Report

Director - Angelique Wood

The Hedley Cemetery Society Inaugural meeting September 28

Great strides are being made by the Hedley Cemetery Society, who have been lucky enough to get great support from our MLA Linda Larson. MLA Larson has been able to convince the Ministry of Mines that it does not want to own a cemetery - and that some arrangement should be made to put the cemetery's management in the control of the public who cares about it. MLA Larson has been instrumental about getting Ministry of

Community dollars through Minister Coralee Oakes, another significant accomplishment which will allow for the cemetery to get fixed up in a manner respectful of those interred there. The cemetery society can be pleased that their lobbying MLA Larson has been fruitful and helped the group to make great strides.

Many attendees of this September meeting have worked hard over the years to tend the graves, document the site, and attempt to jump the governmental hurdles that are now

being overcome.

The irony of being accused of being a pig at the trough at UBCM

Funny thing about my week at UBCM in Vancouver. Not funny in that hah-hah way, but in that crazy way that can only happen when I'm doing my best to be mindful of the public dollar.

I pull into the hotel which has been booked for my stay, and upon check-in I discover that my parking rate will be \$40 a day...with in and out privileges!

Since I have no plans to drive anywhere due to an intense, highly packed schedule, I make time during the Monday morning "nutrition break" between the workshops I'm attending to hike up to the hotel, grab my car and re-park it on the Downtown Eastside in front of a friend's studio. I pray it will not get broken into during my stay, and head back to the conference, grabbing a sandwich at a deli since I've missed the FREE FOOD at the convention.

At the convention's end, I try to find my car keys, with the fob necessary to get into my car. Can't find them anywhere. I have never in my life lost a set of car keys, and now, far from home and in the city, they are nowhere to be found. This is a Friday. Luckily I have the weekend to figure things out, a BCAA membership and a strong constitution.

By the time I have my car towed Monday morning, pay for the replacement key and deal with the aggravation of the event, I have saved taxpayer dollars on parking - at an expense of more than \$300 to

myself.

The Good Fortune provided by coming to a Community Event in Hedley

It was lucky for a Hedley resident that the Grey Cup finals brought together a number of people interested in watching the game together, sharing food and festivities. Thanks to the quick thinking and decisive actions of a Nurse, Emergency Medical Responder, First Responder, and Firefighters in Hedley a resident who went into cardiac arrest was brought back to life and transported to Penticton Regional Hospital.

This same man donated a great large screen to the Community Club to watch this game, and was helpful all week in getting the Hall ready for the event. We are so thankful to the Community Club leadership for putting on this party, so that this happened while people who could help were nearby, and we are grateful to the skills and willingness to step up to the plate of all the individuals who helped during this critical time on Sunday night.

Alex Atamanenko, MP

Obligations To Veterans And Their Families

I have always maintained that whether we agree with a particular military mission or not, it is our duty to look after members of our Armed Forces when they return home. Unfortunately, this does not seem to be the case under the current Conservative government.

Last month, Veterans Ombudsman Guy Parent identified serious shortcoming in the supports available to injured veterans and their families. In his words: "We either deal with these issues now or we are going to have to deal with the cost later."

That is why it was disappointing to hear Veterans Affairs Minister Julian Fantino say that with respect to meeting the needs of veterans and their families, his government "is also being mindful of our responsibility to the Canadian taxpayer."

This statement is not consistent with reality. This government

wasted \$50 million on a G8 slush fund in Tony Clement's riding, spent over \$25 million on Economic Action Plan advertisements, and continues to fund an outdated, undemocratic Senate rife with spending scandals at a cost of \$100 million per year.

It also spent \$35 million on legal fees and six years fighting Dennis Manuge and injured veterans in court over an unjust clawback to their disability pensions. The federal government is now fighting veterans in two more court battles - injured RCMP veterans over disability clawbacks and injured Afghanistan veterans over the level of financial support under the New Veterans Charter.

As a further affront to veterans, the Harper government plans to close nine Veterans Affairs offices in smaller communities by 2015 as a cost-cutting measure. This will force veterans to travel long-dis-

tances to other cities for service or rely on impersonal website, phone apps, and call centres. This type of impersonal service is a huge barrier for many who are disabled.

This government must start paying more than lip service to show their support for veterans and their families. The men and women who join the Canadian Forces (CF) and the Royal Canadian Mounted Police (RCMP) have accepted unlimited liability, knowing they may be called upon to risk their lives on behalf of Canada.

In turn, the government and people of Canada have an obligation to care for and support those who risk their lives in service to our country - from the moment they sign up to the moment they pass away, including a dignified funeral and burial. Reference to this sacred obligation or social contract is found in most legislation that defines the benefits

..... continued on Page 23

Flip of the Coyne

Spencer Coyne

..... continued from Page 3 they do not have to say or do anything when they get it wrong. Many try to turn their mess-ups into someone else's fault, making it part of the conspiracy.

I just want to urge people to please check the sources when they read things online. If you are on social media like Facebook and you see something about some-

thing that seems almost too true or too horrible or too whatever to be true, then Google it.

If there are no other sources that don't come from a similar blog, then be leary of it. I get emails all the time about things that seem a little off, and I check each one of them, and most if not all end up in the trash because that's what they are.



Mayor Frank Armitage officially welcomes Santa to Princeton November 30th during Light-Up. *



Santa is greeted by Princeton Youth Ambassador Carmen Brodie, left, and Friendship Ambassador Morgan Whelpton prior to visiting local children at Veterans Square. *

...Your Turn

Letters And E-Mails Received This Week

To The Editor;

On Thursday evening November 28 I attended a Speaker's Tour on genetically modified organisms (GMOs). The speakers were Dr. Thierry Vrain and Dr. Shiv Chopra. Dr. Vrain is a retired soil biologist

and genetic scientist with Ag. Canada, and Dr. Chopra was a microbiologist with Health Canada who was pressured to approve the Bovine Growth Hormone. When he refused he was fired in 2004. I'm always surprised when I hear

people confusing genetic engineering with hybridization and breeding. We hybridize plants with each other to make a bigger flower, or a new colour, or resistance to disease. We breed animals together for certain traits. This is done within the laws of

nature. But genetic manipulation is just that - taking the genes from one species and inserting it into another. Spiders were not intended to breed with goats. Jellyfish won't breed with pigs. And tomatoes don't mate with fish. Even human genes have been tried with rice, corn and tobacco.

(beets - cane sugar is ok so far), grain (because of all the pesticides used), papaya, and maybe pineapple.

If we could convince our governments to ban 5 things all the food we eat would be organic:

1. hormones - these are used to bring all the animals in a particular facility into heat at once and is a carcinogen.
2. antibiotics - bovine growth hormone causes more mastitis which requires more antibiotics.
3. (the creepiest) slaughterhouse waste. This is the floor scrapings from slaughterhouses (bones, blood, skin, feathers and even road kill) which is rendered down and fed to animals, even milk cows.
4. GMOs
5. pesticides

But we may as well stand in front of a train.

One statement sent a chill down my spine: "We are destroying the whole ecological system from the inside."

The room was full of concerned people but we noticed few politicians. We were pleased to see George Bush and Alan Patton there (both farmers) and, of course, Arlene Arlow who helped organize this with Alex Atamanenko, our MP, who was not in attendance himself but was represented by Lilly Zekanovic, who told us that Alex's Bill C257, Mandatory Labeling for Genetically Modified Foods, is still alive.

This tour has been met with standing room only wherever it's been presented as more and more people are becoming aware of this issue.

Oh by the way, another revelation - Stokes Seeds has been bought by Monsanto.

Sincerely,
Donna Stocker, Cawston, BC

Hon. Mary Polak
Minister of the Environment
P.O. Box 9047
STN PROV GOVT
Victoria, BC V8W 9E2

Dear Minister,

I would like the Province of British Columbia to formally re-

engage negotiations with the Government of Canada and First Nations in regard to the proposed South Okanagan Similkameen National Park reserve.

I have closely followed this file for more than 7 years and have come to the conclusion that a national park

in the South Okanagan is the best way to preserve this unique wilderness area and provide significant benefits to this region and the communities.

Both the Federal/Provincial Park Feasibility Report (2010) and the First Nations Feasibility Study Report (2012) have concluded that a national park is feasible. In addition, the proposed park has the support of a number of local municipal governments, Regional Districts, tourism and environmental organizations.

A number of concerns have been expressed by those in opposition to the park. The foremost being protection of ranching and grazing rights. Controlled access for the HNZ helicopter school is also an issue. I share these concerns. It is my hope that in negotiation our provincial government will ensure that grazing rights will be enshrined for our ranchers in perpetuity, and that they will provide a guarantee for continued helicopter school access once a tentative agreement is signed by the three levels of government.

Minister, I believe that this can be a "win-win" situation for all stakeholders and strongly urge you to re-engage our provincial government in the process as soon as possible.

Sincerely,
Alex
Alex Atamanenko, MP
BC Southern Interior

will be brought to the Steering Committee for consideration.

Our email address is: comments@princetonhealth.ca. For those who would prefer to send their comments by mail, they can be sent to the following address: Princeton Health Care Steering Committee, P.O. Box 257, Princeton, BC, V0X 1W0.

We look forward to hearing from you.

financial support, and retirement security. They do not want the federal government to balance the books on the backs of those who served our country.

It is time to restore our obligation to veterans and their families and make immediate improvements in benefits and support.

This is a mark of a civilized society.

Steering Committee wants your feedback

by Ed Staples

One of the goals of the Princeton Health Care Steering Committee is to address local health care issues identified by citizens of Princeton and Area.

To achieve this goal, the Committee has set up an email address where people can contact the Committee directly. Your email will be answered quickly and all suggestions, ideas, and concerns

MP's Monthly Report

..... continued from Page 22 and services available to our veterans.

I am convinced that Canadian taxpayers support better benefits and services for veterans and their families. They want to ensure that they are treated with dignity and respect and have access to hearing aids, wheelchairs, home care, long-term care, career transition support,

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33-4354 Highway 3



KEREMEOS!

River front lot located in the Riverside RV Park & Resort. This lot has pedestals for 2 RV's (water, electricity, sewer and phone) on an 8-inch shale base with landscape rocks along each side. This secure gated community has low maintenance fees & great facilities within easy walking distance for your use & comfort. MLS®144604 \$93,900

76 Halliford Avenue



Located in the heart of Princeton, this level-entry, two bedroom house is waiting for you. Double lot gives you plenty of property to enjoy. Alley access leads you to the large double garage which offers secure parking and storage. This simple design gives you large rooms and easy enjoyment and flow between the spaces. MLS®145815 \$160,000

459 Corina Avenue



This family home is located in an established residential neighborhood. 4 bedroom and 2 full baths, 1 block from John Allison Elementary School. Lovely open living and dining room with new windows and patio door. Main bath is new, bright and clean, and features a deep soaker tub. Lots of space to expand on the lower level. MLS®142180 \$219,000

117 Angela Avenue



Great investment opportunity right in the heart of town. Don't miss your chance to build Downtown! Zoned for multi-family residential, your building options are endless. With the rental market in full swing in Princeton, this is the time to invest. Build a small apartment or town houses. Located across from Cooper's. MLS®145086 \$225,000

321 Fenchurch Avenue



Solid home on second bench, well cared for, well loved and it shows! A double lot gives lots of room for 3 separate areas, private middle area with enclosed, covered sunroom, manicured front lawn and back garden area with access to workshop. Large window in the kitchen brings in the light, for the eating bar and dining area. MLS®145199 \$259,000

125 China Creek Road W



Deerview! Immaculate one level home situated on a level half acre. Landscaped, fenced, treed and open areas with covered deck and open patio. 3 bedrooms, 2 baths, kitchen has pass through ledge to dining, garden window, light and bright! Living room has large picture windows for mountain views, gas fireplace and easy care flooring. MLS®142783 \$353,800

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Gateway to the Okanagan

#8-136 Tipton Avenue (Princeton Plaza)

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