

Similkameen News Leader

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Tuesday, January 13, 2015

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



With a fifty year history in the Town of Princeton live horse racing may become just a historic footnote if the Princeton Racing Days Association is unable to elect a new board of directors this month. A meeting in December was poorly attended and those present decided to try one more time. There were no races at Sunflower Downs in 2014. *

Racing Days tries again

The Princeton Racing Days Association will attempt once more to host an annual general meeting and elect a new executive. This is not the first time the group has tried to hold elections in the past few months and if the meeting next week is not successful the group will likely fold.

Karrie Crucil, who has recently filled the seat of President, told the News Leader last week that the illness of a family member has caused her to shift her attention away from the event.

The group will be celebrating fifty years of horse racing in 2015 although there have been more than one race season when live racing did not take place at Sunflower Downs.

Should Racing Days fold, as has happened once before, there will be

a huge void to fill on the Canada Day weekend. There are currently a number of established activities held in conjunction with Racing Days/Canada Day but the live horse racing event was the major draw bringing tourists to Princeton from near and far.

There has been talk in and around town about a possible Motorsports event and as of last week there had been discussions online of hosting an international goldpanning event on the dates traditionally used for Princeton Racing Days.

The Racing Days Association AGM is set for 7:00 PM on January 20th in the Princeton Library Conference Room on Vermilion Avenue.

Everyone, including new members, are welcome to attend.

Province supports Similkameen sports program

A new round of grants under the BC Sport Participation Program will provide thousands of British Columbians with new opportunities to participate in and enjoy the benefits of sport through the Local Sport Development, Girls Only and

Forever Active Bodies 55+ programs, announced January 9th by Coralee Oakes, Minister of Community, Sport and Cultural Development.

Total funding of \$52,695 to 32 programs will buy equipment, as well

as train leaders, officials or coaches, and teach participants sport skills. Successful applicants include municipalities, Aboriginal groups and not-for-profit organizations delivering programs that make community sport more accessible to

people of all ages, abilities and demographics throughout B.C.

The only Similkameen Valley group to receive funding in this round of grants was the Lower Similkameen Indian Band in Keremeos. Their 'Fit Nation' program was granted \$1,200.00.

Students seeking adaptive ski programs on the North Shore mountains, young girls interested in rugby in Campbell River and women aged 55+ learning to cycle in Port Coquitlam are some of the many British Columbians who will benefit from this funding through the BC Sport Participation Program, administered by ViaSport.


The Government of British Columbia and Sport Canada have invested \$953,330 in the BC Sport Participation Program this year to increase participation in sport and enhance sport organizations' ability to deliver sport programs. The funding is particularly targeted at under-represented and marginalized populations facing barriers to sport and supports three grant programs -

Provincial/Multi-Sport Organization grants, Local Sport Development Program and Girls Only and Forever Active Bodies 55+ grants.

Since 2001, the Government of British Columbia has invested more than \$1 billion in sport and is providing over \$50 million this year alone.

"Every British Columbian should have access to sport. Our targeted investments through the BC Sport Participation Program helps to make that happen - so more people can get involved and enjoy the benefits of being physically active. Although we are the most physically active province in Canada, there

.....continued on Page 6




Realty Executives Vantage

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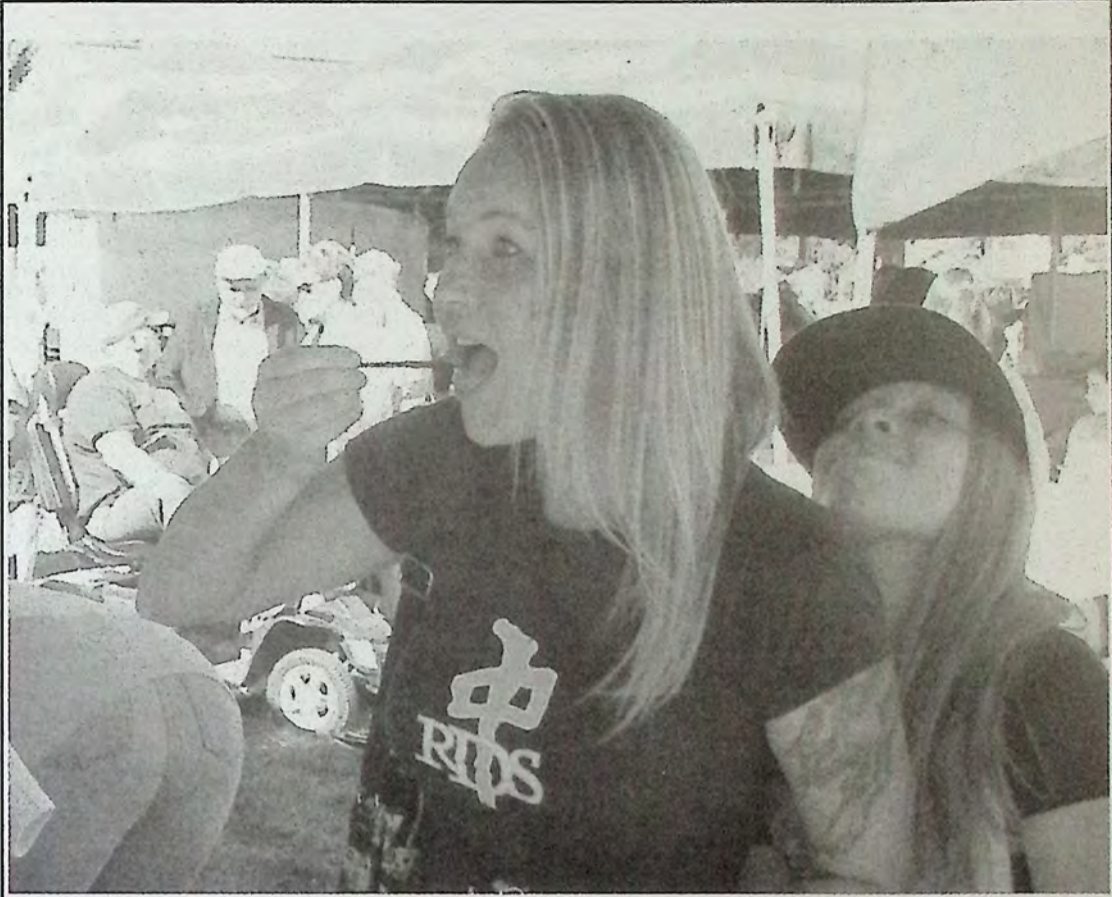
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Princeton Racing Days Association

ANNUAL GENERAL MEETING
7:00 PM
Tuesday, January 20th
Princeton Library Conference Room

Come and be part of the 50th year of
PRINCETON RACING DAYS ASSOCIATION
EXECUTIVE AND NEW MEMBERS NEEDED - EVERYONE WELCOME



JamBusters! was put to the test during Similkameen Sizzle - the Keremeos pepper festival in September. *

Welcome to JAMuary!

JamBusters! is the jam and preserve business started last year by the Similkameen News Leader's Brenda Engel as a hobby.

This month she is celebrating what she is calling JAMuary with the release of a number of new products but what really got her started was the Similkameen Sizzle annual pepperfest last September in Keremeos. Engel entered a spicy and hot sauce named 'Hellish Relish' in the hot sauce contest. The recipe called for habanero peppers and she used some from the Lower Similkameen in that batch. When judged through a taste test against a dozen other entries Engel's 'Hellish Relish' won two prizes. It took First Place in the Best Specialty category and won 'Best Overall.'

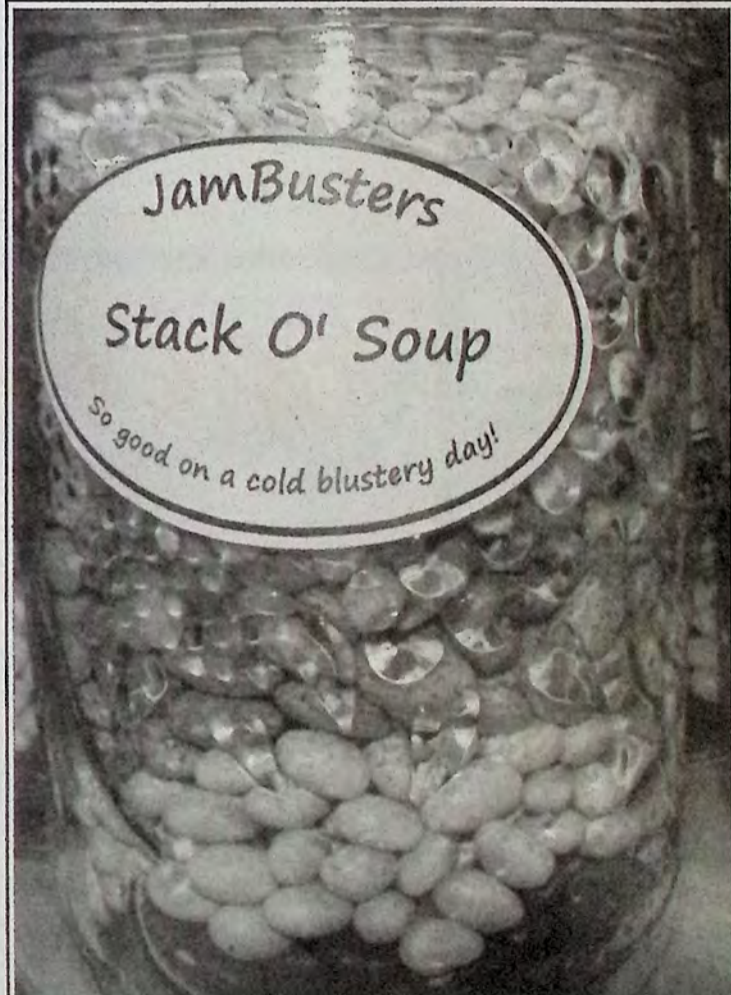
It's the success from the hot sauce contest that sent Engel on the search for unusual, yet interesting jam, jelly and sauce combinations to produce and sell under the JamBusters! brand.

While she has been busy in the kitchen, she has also put a lot of effort in the promotion of her products in and around the Similkameen Valley. There is a website (www.JamBusters.ca), a Twitter feed (@JamBusters_) and

YouTube videos produced on a regular basis and posted on the Similkameen News Leader YouTube Channel located at PrincetonBCNews. Add to that a regular Blog and other social media content as well as promotion through this newspaper and it is not hard to see that Engel's hobby has taken on a life of its own.

So when January rolled around it was just natural to turn it into JAMuary with some new items.continued on Page 10

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When the weather got cold JamBusters! introduced a couple of dried soup mix products to their inventory which quickly became popular. *

Celebrate JAMuary all month!

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Downtown Princeton as it looked early in the afternoon of January 11th. Not much has changed in this view over the past year. *

Flip Of The Coyne

by Spencer Coyne

George and I were talking the other day about the industrial park and how there hasn't been much movement there in the last year. Let's be honest; short of the money spent to pave and put in services, not a lot has happened up at the park. Not a lot has happened in economic development over the past few years. Hopefully with a new council this will change.

Although Bridge Street looks busier than it did a year ago, Vermilion Avenue has paid the price. If it wasn't for Town Hall moving down there, Vermilion Avenue would be a pretty slow street. I am not going to pretend to have all the answers; no one does. What I want to see is Town Council take a real interest in economic development and have a meeting or two with the stakeholders and then come up with an actual plan, not just a meeting with business owners and then a pass off to them to work on it. No, it has to be something that council does.

They need to look at what their role is in attracting business to the industrial park/business park, what they can do to make being in business in Princeton more attractive and what they can do to encourage growth in town. Council can't sit by over the next four years and hope that the empty shops will fill with businesses and that the park will magically fill up because they have a realtor while there are restrictions that stand in the way of industrial development.

Unless there is an action plan and some money the airport will just sit there. Economic development isn't just a committee that sits around and talks about things. There is no need to reinvent the wheel when it comes to getting started.

Here are a few ideas that could get the ball rolling: Look at the industrial park/business park and ask yourselves if you pay the listed rates for an empty lot then build a building with all the covenants that are on the property. Would this make for a smart investment? Now take a look at neighbouring communities and what they offer for the same thing. Do they have a competitive advantage over us? If so, maybe it would be a good idea to change things to give us an advantage.

Let's move on over to the Airport. We have seen this one pop up more than once. At one time there was a plan to do something up there. There was some vision and drive behind making a change. Now that it seems to have dried up.

Why not dust off those old ideas

and see if some of them can't be used to expand our tax base?

Then there is the down town. I know there is a business committee working on that. I don't think it takes a committee to tell you what most businesses have already said. We need some zoning changes made. We need some bylaws to change and we need council to look at what might be standing in the way of new businesses opening up.

Council also has to look toward the future. We are a resource-based community. It is time that this community starts seriously looking at diversifying the local economy.

This means not looking for any more value added wood products or another mine, but something that traditionally hasn't been something we went after in Princeton. We have an airport. We are only hours from the lower mainland and the Okanagan.

With some clever marketing we could be attracting something completely new for our valley. It only takes some vision and leadership.



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My Turn...

Je Suis Charlie

The massacre of journalists last week in Paris, France has touched many around the world and launched a cry for freedom of speech.

The 'je suis Charlie' slogan, which translates to 'I am Charlie' has been adopted as an unofficial battle cry for those who are standing up to protect that right.

It has touched me in a profound manner as well as I still don't think many of you realize what this newspaper represents in your community. The Similkameen News Leader is one of very few independent news voices left in all of British Columbia. Two major newspaper chains own the majority of the papers and as such have an incredible amount of power in what they will feed you as news and opinion.

It's a lot like some foreign countries where all forms of media are owned and operated by government sources. Do you think residents in those countries are hearing and reading news that doesn't have some form of censorship attached to it?

I'm not a big fan of censorship, with few exceptions. When governments or big business control media that's the form of censorship I dislike the most because readers and viewers are fed only the news and information these sources want you to have.

Humans are far easier to control than you think because there is that naive belief that whatever you see in print must be true. Even in small town newspapers. That is where the major chains have you fooled and have you hooked.

It's an interesting game of manipulation when you examine it a bit further. If government-run media in a war-torn country announces to the world that life is sunshine and roses within their boundaries, we all begin to assume it to be true. When journalists who aren't paid by these government owned media outlets start leaking the truth about torture, hunger and (pick a scenario) they become targets because they are telling the unbiased truth.

It's a sad situation when telling the truth can get you killed, but it is a common occurrence in our world and has been since the beginning of time. Even in our so-called civilized world we still get fed a carefully calculated portion of news that may be part of a plan to eventually convince us to support this cause or another.

This is why it is so important to stand up for freedom of speech and to support independent news sources. The massacre in Paris should be a wake up call to all of us to take a closer look at what news we are being fed on the television and in print because in some cases, government and big business does not want you to know the truth.

Je suis Charlie!

JE SUIS CHARLIE

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

I must take issue with my friend Spencer Coyne's argument that, in the next federal election, "at the end of the day, it will boil down to who Canadians believe will put the most money in their pockets." This is a very cynical reading of the

views of Canadians, and a brief glance at the past reveals its inaccuracy.

Brian Mulroney was not driven from office because Canadians thought that Jean Chretien would put more money in their pockets: it was because of the deep disgust at

his way of making politics that they felt. Stephen Harper might well suffer the same fate.

And what about all those elected NDPers, Blocquists and Greens? Did people vote for them to make themselves richer?

If the only reason we have to vote is to determine who will make us richer, we can kiss goodbye to democracy in this country.

- Jon Bartlett, Princeton

Independent.

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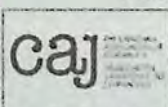
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EDITORIAL GUIDE

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



Current Comment

It's Time To Plan For Our Grandchildren



Dawn Johnson
editor@thenewsleader.ca

Are you a grandmother or great-grandmother? If you are, have you thought about the trends in our world today? Do you think your descendants are going to be safe, have good health care, find jobs and own homes in the future? Do you think their rights are going to be upheld and respected?

There is a native American tradition of having a Council of Grandmothers which plans for the next seven generations. The questions I have asked are the kind of questions they might ask if our society had a Council of Grandmothers. There is a Council of Grandmothers in the world today. They are a small group of elders from around the planet. They seem to focus primarily on spiritual values. I am not opposed to good spiritual values, but developing spiritual values is not going to address the health and well-being of the next seven generations. Something more is needed, like a plan, like analyzing what is

happening in our world and solutions to the problems.

There is an organization in the United States (Well.org) which advocates planning for the next seven generations by getting rid of pesticides, herbicides, growing your own food, recycling, and all of those good things. Still, it is not the same thing as a Council of Grandmothers.

I believe there is still a Council of Grandmothers among certain native American groups, but I can find little information about them. Whatever they are doing, they are not doing it through publishing or televising.

I believe every community should have a Council of Grandmothers. I believe there should be a network of Councils of Grandmothers. I believe such a group of experienced older women could have a major impact on those making decisions for the public. Traditionally, those who belong to such Councils are not necessarily grandmothers, but women over 50 who have taken on the responsibility of determining what must be done to ensure the optimal survival of the next seven generations.

In recent years, a great many restrictions have been placed on many groups to silence public dissent, but such restrictions would not apply to grandmothers. "Nobody argues with motherhood" is a well-known statement, meaning there are fundamental principles which nobody can reject. These are the kinds of principles which Councils of

Grandmothers adhere to in deciding on what is best for future generations.

I am not suggesting the formation of another society, with its charter and rules. What I am suggesting is an open forum for older women to look at the problems we, and our descendants, must face, and find solutions. There are a huge number of women over age 50 in our population, most of whom do not like many of the trends we see, but the voice of such women is limited to conversations over lunch or while having coffee.

The good thing about having older women get together is that older women have lived through a great deal of change as well as decades of personal experience. Older women think differently, because of their life experience. In today's world, the image of "grandmother" is much different from what it was 50 years ago. Grandmothers today have not been confined to home and family, but have balanced careers, volunteer work, and family life. They are educated, skilled and have been out in the world. They are valuable assets to society.

Some might ask, "Why not a Council of Grandfathers?"

Well, why not?

For one thing, women view the world from a different perspective than men. Women are not so concerned about how much money they have, or what status they have. Women are concerned about family, and the basic needs of family. They are concerned about

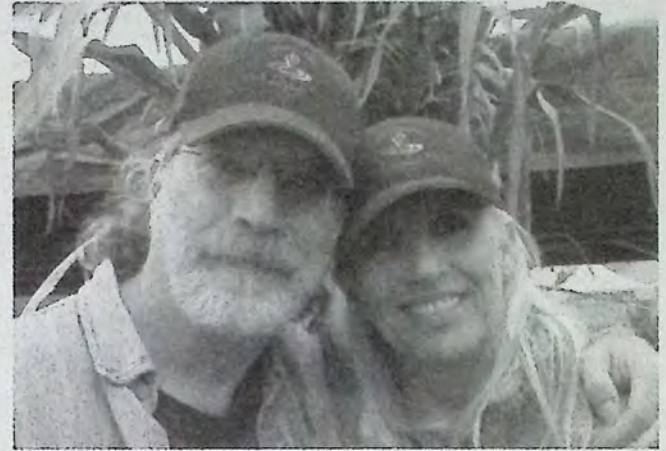
.....continued on Page 19



As the Similkameen Valley dealt with another major snowfall last week, the Town of Princeton public works department was hard at it for days. We caught them working on Bridge Street Tuesday, January 6. Photo: Brenda Engel

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AND NOW...A LITTLE GOOD NEWS!

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - John 14:27



The Keremeos dog park received some TLC of late: the Public Works department saw fit to plow a few swaths for the short-legged, four-pawed critters who otherwise enjoy the facility. If Fifi is height-challenged Fifi can still do his or her business without getting high-centred in the 18-inch deep snow. Photo: Arlene Arlow

Lower Valley News

Keremeos - Cawston - Olalla

Province supports Similkameen sports program

.....continued from Front Page are many British Columbians who face barriers to sport participation. This program provides an opportunity to broaden our reach and increase participation levels," states Minister of Community, Sport and Cultural Development Coralee Oakes.

ViaSport vice president Bill

Woodley adds, "As the gateway to B.C. amateur sports, ViaSport aims to ensure opportunities to play sport are available and abundant in every corner of the province. The BC Sport Participation Program is one way we help to increase participation at all levels and abilities."

Quick Facts:

* Since its inception in 2004, the

BCSPP has provided over \$9 million to multi-sport and provincial organizations. This funding has captured upwards of 650,000 new sport participants in approximately 220 communities provincewide, and has delivered training to more than 24,000 sport leaders.

* The Local Sport Development

Fund and the Girls Only and Forever Active Bodies 55+ grants are administered three times a year with a total of \$150,000 being distributed annually.

* The Local Sport Program Development fund makes community sport more accessible to people of all abilities.

* The Girls Only program was

developed to provide opportunities for girls and women of all ages throughout B.C. to participate in sport and integrate activity into their lives.

* The Fab 55+ program provides funding for programs specifically geared toward getting senior women active and participating in sport programming.

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There are a myriad of professional tools for guys, but the Bobcat is one that is quite possibly the most fun (wheelies, 360s and revving the engine come to mind). This tag-team duo was moving from one side to another hoping to stay ahead of the snowfall in Keremeos January 6th. Photo: Arlene Arlow

Worldwide storms set December records

November was really bad worldwide, and December kept up the trend. For the second year in a row, people froze to death in northern India as cold swept as far south as Delhi. For the second year in a row, snow hit the Mediterranean area, including the Middle East. Malta had snow for the first time in more than 50 years, due to a "weather bomb" that began with hurricane force winds in Ireland and Scotland, huge waves battering shorelines, then swept south across

Europe, bringing snow and high winds. In some areas, this storm crippled utilities with ice storms.

Snowstorms brought record snowfalls to eastern Russia, northern China and Japan, and these storms were cold enough to partially freeze the huge Yellow River Falls.

The equatorial regions of the Orient were hit with huge rain storms, bringing record floods to the Phillipines, Malaysia and Indonesia.

In Australia, a solid week of thun-

derstorms brought hail, rain and unusually severe electrical activity to Sydney. Hail and lightning caused flooding and widespread damage to the area.

Sao Paulo, Brazil, had been suffering from drought, but rainstorms pounded the area in December, resulting in flooding.

The United States, for the second consecutive winter, experienced cold weather throughout the eastern seaboard, the Midwest and southwest. On North America's west

coast, a major Pacific storm brought heavy rain and strong winds. There was flooding in Las Vegas, Los Angeles, and many other coastal communities. Some areas were hit with mudslides, and several families lost their homes. In a real freaky part of the storm, the cold air in the southwest met the warm incoming air and San Diego had snow!

During December, there was a sudden increase in volcanic activity around the world. By the end of the month, Popocatepetl in Mexico erupted after a few years of quiet. A surprising number of freak weather phenomena hit in the form of water spouts, which are hurricanes over open water. Two hurricanes hit

Midwestern USA's more southern states in December, a rare occurrence, as hurricane season is officially over in November.

In the Arctic, most of the sea was frozen, except in the Berrants Sea area. Hudson Bay, Baffin Island and the western shores of Greenland were covered with ice. More freezing is expected this month, making the Arctic ice situation just slightly below average, but nowhere near the record low ice of 2007. Antarctic ice had expanded in 2014, but is expected to begin melting this month. Scientists are watching carefully to see how much ice melts in the austral summer.



Two major snow storms have passed through the Similkameen Valley so far this winter setting many local records. *

Living Past 100

Vitamin D Is More Than We Knew

Every Canadian should know about Vitamin D and should be taking Vitamin D pills all winter, but most people believe Vitamin D merely replaces sunlight. Think of what sunlight does for you, and you will more greatly appreciate Vitamin D.

Think of how we look forward to springtime, when we have more sunlight. Think about how everyone perks up when the sun is shining. People look and feel better when the sun is shining. Some people seek the sun in more southerly climates rather than endure an entire winter in the north. Humans crave sunlight.

Sunlight is our natural source of Vitamin D. Research shows Vitamin D is essential in keeping our bones strong and, with calcium, essential for preventing osteoporosis (loss of bone density). However, there is more to Vitamin D than just building bones. Vitamin D helps reduce blood pressure. Vitamin D helps prevent depression. Vitamin D increases energy levels. Vitamin D is essential for proper brain function, and may play a part in preventing dementia. Vitamin D is essential for strong muscles, and keep in mind the heart and blood vessels are muscle tissue. Vitamin D plays a part in how glucose (sugar in the blood) is utilized, making it essential for those who have diabetes. Researchers have found those who are deficient in Vitamin D tend to gain weight. Adequate Vitamin D ensures a good night's sleep.

With all that Vitamin D does for our health, it can help fight disease. Our immune systems depend on Vitamin D to remain healthy. No wonder we feel so much healthier in summer!

The best source of Vitamin D is sunlight. Humans can store Vitamin D manufactured from sunlight, but we cannot manufacture Vitamin D without sunlight. In dark, sunless environments, our small store of Vitamin D is soon depleted. The next best source of Vitamin D is a supplement. Every adult Canadian should be taking 1,000 units of Vitamin D per day during the winter months, November 1 to April 1. Dosages for children should be according to what a pharmacist suggests, depending on the age and size of the child.

If you feel tired all winter, feel slightly depressed, do not sleep soundly and gain weight, you may be lacking sufficient Vitamin D. There is a simple test your physician can order to find out whether or not you are Vitamin D deficient. If you find you are deficient, you may need more than 1,000 units per day until your Vitamin D level reaches what it should be.

Will you live longer if you take Vitamin D? If you maintain good health in your later years, you will probably live longer. After all, you will have more energy, feel happier, sleep better, and fight off disease better!

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Council Procedure

Bylaw No. 897, 2014

Pursuant to the provisions of Section 124(3) of the *Community Charter*, notice is hereby given that Town Council will consider repealing Bylaw No. 724, 2000 Procedure Bylaw.

At the Regular Meeting of Council on December 15th, 2014 Council gave three readings to the new proposed Bylaw No. 897, 2014 Council Procedure.

The Town of Princeton will consider adoption of the Bylaw on January 19th, 2015, 7:30 pm, at the Library Meeting Room, 107 Vermilion Avenue.

A copy of the subject Bylaw No. 897, 2014 is available for examination on the Town's Website and during normal business hours 8:30 am to 4:30 pm, Monday to Friday at Town Hall, 151 Vermilion Avenue, Princeton, B.C.

Rick Zerr, CAO
Town of Princeton



News Leader

Entertainment

Similkameen News Leader TV Guide Listings - January 13 - 19, 2015



Princeton's Bryan Kromm (#12) wins a face off against Summerland January 4th. Photo: Bob Marsh Photography

Princeton edges Summerland 3-2

Princeton Posse hosted Summerland Steam for the final time in regular season play on January 4th. The teams are scheduled to meet two more times but not until February and both games will be played in Summerland.

The Posse were hoping to build on their two game winning streak and improve their 36-point (16-15-2) record. The Steam, holding onto second place in the division ten points ahead of Princeton with 46-points (22-12-0) were trying to break a four game losing streak.

It took practically an entire period of pushing back and forth before lights on the goal-scoring portion of the scoreboard lit up. It was with just 2:14 to go in the frame when Princeton's Brandon Workun broke the scoreless tie. Trevor Pereverzoff earned an assist on the play.

The second period was much like the first with scoring reserved for the final minutes of play.

Princeton's Trevor Pereverzoff went off for Interference with 24-seconds left in the period and nine seconds later Summerland tied the game with a power play goal scored by Jack Mills. Assists went to Michael McEachern and Jarrett

Malchow.

The third period saw Summerland dominate on shots on goal firing 13 to Princeton's six but the Posse target practice was far more lethal.

Princeton's Eden Dubchak put the home team ahead at 12:29. He had help from Cody Lassiter.

At 11:59 the penalty minute calculator took a spike when Princeton's Brandon Workun earned Roughing, Head Contact and Misconduct calls. Summerland's Kendall Wilson kept the teams at even strength for the first two minutes as he sat out for a Roughing call but the Steam was able to build up and blast enough energy at the Princeton goal at 10:30 to tie the game at 2-all with another power play goal. Credit went to Cole Woodliffe and Tyson Klingspohn for setting things up and Jack Mills for being the last guy to touch the puck.

Princeton's Connor Sloan took back the lead at 7:40. He had assistance from Estevan Hale and Kyle Bergh.

Final Score: Princeton 3, Summerland 2. Shots on Goal: Summerland 33, Princeton 25. Penalties in Minutes: Princeton six

for 20-minutes, Summerland six for 12-minutes. Summerland fared bet-

ter than Princeton on the power play with 50.0% (2 for 4) while the

home team was unsuccessful with five opportunities.



Summerland players defend their net during a game January 4th at Princeton Arena. Photo: Bob Marsh Photography

News Leader Str8ts

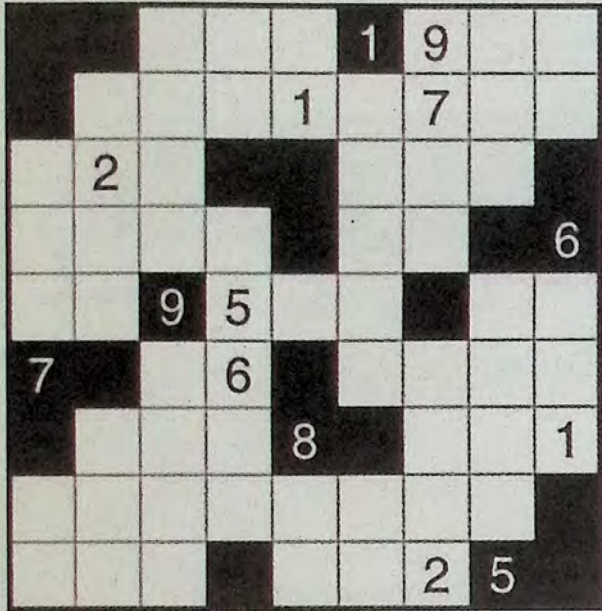
Tuesday to Thursday

STR8TS

No. 211

Tough

Previous solution - Medium



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 EVENING

9:00 pm KNOW ch.5 "Family Matters: Surviving the Bipolar Journey" Four families find ways to cope with a loved one's mental illness. (CC)

11:00 pm WTBS ch.3 "Red Eye" (2005, Suspense) Rachel McAdams. A plane passenger forcibly involves his seatmate in a plot to assassinate a government official.

WEDNESDAY EVENING

11:00 pm WTBS ch.3 "Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism.

THURSDAY MORNING

9:00 am A&E ch.9 "The Firm" (1993, Drama) Tom Cruise. A law-

school grad uncovers a sinister secret about the Tennessee firm that made him an offer he couldn't refuse. (In Stereo) (CC)

AFTERNOON

12:00 pm A&E ch.9 "Apollo 13" (1995, Historical Drama) Tom Hanks. Astronauts Jim Lovell, Fred Haise and Jack Swigert try to return to Earth after an explosion aborts the April 1970 moonshot. (In Stereo) (CC)

EVENING

11:00 pm WTBS ch.3 "Battle: Los Angeles" (2011, Science Fiction) Aaron Eckhart. After the world's great cities fall, a Marine staff sergeant and his platoon make a last stand against alien invaders.

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TUESDAY, JANUARY 13, 2015

	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	Community	Morning News (N) ☑	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) ☑	(5:00) Morning News (N)	CBC News Now (N) ☑	Kid vs. Kat	SportsCentre ☑	CTV Morning Live Vancouver (N)	Mighty Ships ☑	Justin	CityLine (N) ☑	Bar Rescue "Chumps"	Gotta Eat
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Bradley Cooper, Chris Hemsworth. (N) ☑	CBS This Morning (N) ☑	Criminal Minds ☑	Good Morning America (N) ☑			You & Me Arthur ☑	Squirrel Chucks	SportsCentre ☑		Mighty Planes ☑	Jessie ☑	Let's Make a Deal (N)	Bar Rescue "Bar Fight"	Moves
8 AM	Law & Order: SVU		PAW Patrol Curious	Curious			Criminal Minds ☑			Morning Huntley St.	Mobles Tiger	T.U.F.F. Wayside	SportsCentre ☑	Redwood Kings	Dog Wizards	The Price is Right (N)	Bar Rescue ☑	Security	
9 AM	Millionaire	Morning Huntley St.	Space Astroblast	Peg Tiger		The 700 Club ☑	CSI: Miami ☑	Livel Kelly and Michael	Morning Huntley St.	Rachael Ray ☑	Super Why! Napkin	Slidekick Almost	SportsCentre ☑	Livel Kelly and Michael	Daily Planet ☑ (DVS)	Doc McSt. Henry	FamFeud	Bar Rescue ☑	The Dead Files ☑
10 AM	Divorce	Rachael Ray ☑	G. Shrinks PAW Patrol	Sesame Street (N)		The Price is Right (N)	CSI: Miami ☑	The View ☑	Rachael Ray ☑	Sugar ☑	Bookaboo Bo On/Go	Spliced ☑	SportsCentre ☑	The View ☑	Mayday ☑	Never Land Sofia	The Chew ☑	Bar Rescue ☑	Expedition Unknown ☑
11 AM	Judge	Sugar ☑	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds ☑	Paid Prog. Anti-Aging	Sugar ☑	Noon News Hour (N)	Heartland ☑ (DVS)	Monster Rated A	Off Record Lumber	Marilyn Denis	How/Made	Lalaloopsy	General Hospital (N) ☑	Bar Rescue ☑	
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose ☑	BodyBeast	News Bold	Criminal Minds ☑	The Chew ☑	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☑	Chucks Squirrel	Hockey Lunch	CTV News Vancouver	River Monsters ☑	Win, Lose Wizards	Celebrity	Bar Rescue ☑	Security
1 PM	King	Days of our Lives (N)	Astroblast Dragon	Painting	Days of our Lives (N)	The Talk ☑	The First 48 ☑	General Hospital (N) ☑	Days of our Lives (N)	The Talk ☑	Recipes Stefano	Almost Monster	SportsNation (N) ☑	The Social ☑	Redwood Kings	Wizards Good Luck	CityLine ☑	Bar Rescue ☑	The Dead Files ☑
2 PM	The Middle	The Talk ☑	Dinosaurs Curious	Thomas Sesame St.	Jeopardy! Wheel	Let's Make a Deal (N)	The First 48 ☑	Queen Latifah	The Talk ☑	Meredith Vieira	Steven and Chris (N) ☑	Wayside Kid vs. Kat	Hockey	Dr. Phil ☑	How/Made	Phineas ANT Farm	CityNews at 5 (N) ☑	Bar Rescue ☑	Ghost Adventures ☑
3 PM	Seinfeld ☑	Meredith Vieira	Dive, Oily Jelly Jamm	Curious Cat in the Hat	Ellen DeGeneres Show	The Dr. Oz Show ☑	Transport	Rachael Ray ☑	Meredith Vieira	Young & Restless	Republic of Doyle ☑	Slidekick Nerds	SportsCentre (N) ☑	Ellen DeGeneres Show	How/Made	ANT Farm Good Luck	(2:59) CityNews at 6 (N)	Bar Rescue ☑	Gotta Eat Eat St. ☑
4 PM	Big Bang	Young & Restless	Kate and Magic Bus	WordGirl	Jdg Judy	Dr. Phil ☑	Storage	The Doctors ☑	Young & Restless	Early News Global Nat.	Dragons' Den ☑	SpongeBob Chucks	College Basketball: Michigan at Ohio State. (N)	The Dr. Oz Show ☑	Daily Planet (N)	Phineas Jessie ☑	Mod Fam	Bar Rescue ☑	Moves
5 PM	Browns	News (N) ☑	Jack ☑	News	News	News	Storage	News	Early News	(4:59) News Hour (N)	CBC News	Parents SpongeBob	CTV News Vancouver	Gold Rush - The Dirt ☑	Jessie ☑	Parks Liv-Mad.	Bar Rescue ☑	Security	
6 PM	Browns	Global Nat.	Hope for Wildlife ☑	PBS News-Hour (N) ☑	News	KREM 2 News at 6 (N)	Storage	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat	College Basketball: Missouri at Kentucky. (N)	CTV News Vancouver	Gold Rush (N)	Austin Jessie ☑	New Girl Mindy	Framework ☑	Hotel Impossible ☑
7 PM	Mod Fam	Ent	Blue Realm (N) ☑	Genealogy Roadshow	Jeopardy! Wheel	Inside Ed. Access H.	Transport	Ent	Ent	Chicago Fire (N) ☑	Murdoch Mysteries ☑	Assembly Max	etalk (N)	Edge of Alaska (N)	Girl Meets I Didn't	Broke Girl Two Men	Framework (N) ☑	Hotel Show-down ☑	
8 PM	Family Guy	NCIS (N) ☑ (DVS)	South Pacific (N) ☑	Klansville, U.S.A.	Parks	NCIS (N) ☑ (DVS)	Transport	Marvel's Agent Carter	NCIS (N) ☑ (DVS)	NCIS (N) ☑ (DVS)	Mercer 22 Minutes	Funnest Home Videos	Hockey Open Gym	The Flash ☑	Buying Al.	Dog Good Luck	CityNews-Tonight (N)	Bar Rescue ☑	Ghost Adventures ☑
9 PM	Amer. Dad	NCIS: New Orleans (N)	"Family Matters"	Frontline "Putin's Way"	Marry Me About-Boy	NCIS: New Orleans (N)	Storage	Marvel's Agent Carter	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek	Mr. Young	SportsCentre (N) ☑	Marvel's Agent Carter	Gold Rush	Next Step Wingin' It	EP Daily Reviews on	Framework ☑	Extreme Pools ☑
10 PM	Jeffersons Gimme	Chicago Fire (N) ☑	Not Just a Bad Day	Divine Women ☑	Chicago Fire (N) ☑	Person of Interest (N)	Storage	Forever (N) ☑	Chicago Fire (N) ☑	News Hour Final (N)	The National (N) ☑	Haunting	SportsCentre (N) ☑	Person of Interest (N)	Edge of Alaska	Good Luck Win, Lose	Extra (N) G. Martin	Framework ☑	Hotel Impossible ☑
11 PM	Movle: "Red Eye"	News Hour Final (N)	Blue Realm ☑ (DVS)	Charlie Rose (N) ☑	News J. Fallon	News Letterman	Transport	KXLY 4 J. Kimmel	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre ☑	News-Lisa	Buying Al.	Wizards Paid Prog.	Paid Prog.	Tattoo	Hotel Show-down ☑



One of the things that Princeton's Brenda Engel has tried to keep true to in her JamBusters! product line is the use of local produce and products. Keremeos, Cawston, Olalla and Princeton grown fruit and produce have played a big role in the ingredient list. In the case of Pepper Pepper Strawberry Jam it includes Whiskey Jack Black Pepper from the Smoking Gun Pepper Company. *

Welcome to JAMuary!

.....continued from Page 2
The new releases have interesting names including Spicy Tequila Popper Jelly, PomBerry Jelly,

Sparkling Grapefruit White Wine Jelly, Pepper Pepper Strawberry Jam and Onion Garlic Jelly. Engel says there are specific rea-

sons she has selected the recipes she uses and they lean towards the practical and cosmetic. "I'm using the recipes based on

finished quantity of jars and availability of product and I'm liking the hot pepper theme because it's colourful as well as tasty."

very happy with how this has been going and it's worthwhile to me to hear the reactions from people when they see the selection and to hear their comments after they've tried it and liked it."

As for the slight variation in JAMuary she says, "I'm using wines and liqueurs as well just for the fun of it and it also increases the variety of choices available for consumers."

Similkameen News Leader Owner/Publisher George Elliott adds that regardless of the fact that JamBusters! is his wife's hobby, it has played a role in bringing some interest into the downtown core.

One of the key elements to JAMuary is the pricing.

"Where else can you go down the main street and find a post office in a drugstore, cake decorating supplies in a flower shop, doughnuts in a dollar store and hot sauces in a newspaper office? I think we need to look at these things a little harder and understand that entrepreneurs are keeping the retail core alive and interesting in our community."

Engel has priced each and every 125-millilitre jar of the new product line at a flat \$4.00 each. She reasons that after the high spending of Christmas has ended, there isn't typically a lot of cash flow and that for someone interested in trying something called Red Red Wine Jelly, they are more likely to spend a few dollars on a smaller size to sample it than buy a bigger jar and end up disappointed with the purchase if it turns out to be a product that doesn't suit their taste.

JamBusters! products, which includes jams, jellies, salsas, hot sauces, pickles, pie fillings, soup and drink mixes, are available exclusively at the Similkameen News Leader office on Bridge Street (next to CIBC).

As for how Engel feels about the popularity of her products and what keeps her in the kitchen most afternoons these days she says, "I'm

SPICY TEQUILA JELLY!



It's JAMuary which happens to be our all-time favourite time of year! That's because we get to spend time in the JamBusters! kitchen creating new and exciting items to celebrate the arrival of JAMuary.

One of the most exciting parts of JAMuary for us is that we have developed a brand new line of products using some very unusual ingredients. One of them is our Spicy Tequila Popper Jelly. It's spicy because it includes jalapeno peppers (and at least one more top secret hot pepper) as well as tequila. That's right, we thought it was time the worm in the bottom of the bottle got even and this new jelly of ours does have a bite to it.

What sets this jelly apart from the rest is that it will give you that pick me up you need to either kick start your evening or pull you through that mid-afternoon crash that can sneak up on all of us. Try this with crackers or on scones. We know you'll thank us for the tip later.

MarketSafe
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JAMBUSTERS IS MARKETSAFE CERTIFIED FOR YOUR SAFETY

SPICY TEQUILA POPPER JELLY - 125ml - \$4

JamBusters

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www.JamBusters.ca

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Even buried under a blanket of snow Veterans Square is an attractive feature in downtown Princeton. *

WEDNESDAY, JANUARY 14, 2015

	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	Community	Morning News (N) ☒	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) ☒	(5:00) Morning News (N)	CBC News Now (N) ☐	Kid vs. Kat Almost	SportsCentre ☒	CTV Morning Live Vancouver (N)	Auction	Justin	CityLine (N) ☒	Bar Rescue ☐	Gotta Eat
:30	Community		Rob Robot	Arthur			Dog								Auction	ANT Farm			World's
7 AM	Law & Order: SVU		Kate and Wild Kratts	Odd Squad	Today Show: Sienna Miller, Julianne Moore. (N) ☐	CBS This Morning (N) ☐	Criminal Minds ☐	Good Morning America (N) ☒			You & Me Arthur ☐	Squirrel Chucks	SportsCentre ☒		Salvage Hunters ☒	Jessie ☒	Let's Make a Deal (N)	Bar Rescue ☐	Moves
:30							Criminal Minds ☐									Austin			Moves
8 AM	Law & Order: SVU		PAW Patrol	Curious						Morning Huntley St.	Moblees Tiger	T.U.F.F. Wayside	SportsCentre ☒		Last Car Standing	Dog Wizards	The Price Is Right (N)	Bar Rescue ☐	Security
:30																			Security
9 AM	Millionaire	Morning Millionaire	Space	Peg		The 700 Club ☐ ☒	CSI: Miami ☐ ☒	Livel Kelly and Michael	Morning Huntley St.	Rachael Ray ☐ ☒	Super Why! Napkin	Sidekick Almost	SportsCentre ☒	Livel Kelly and Michael	Daily Planet ☒ (DVS)	Doc McSt. Henry	FamFeud	Bar Rescue ☐	The Dead Files ☐ ☒
:30																			
10 AM	Divorce	Rachael Ray ☐ ☒	G. Shrinks	Sesame Street (N)		The Price Is Right (N)	CSI: Miami ☐ ☒	The View ☐ ☒	Rachael Ray ☐ ☒	Sugar ☒	Bookaboo	Spliced ☐	SportsCentre ☒	The View ☐ ☒	Mighty Planes ☒	Never Land Sofia	The Chew ☐ ☒	Bar Rescue ☐	Museum Secrets ☐
:30	Divorce		PAW Patrol							Deb/Part	Bo On/Go	Kid vs. Kat							
11 AM	Judge	Sugar ☐	Jelly Jamm	Dinosaur	Hot Bench	Young & Restless	Criminal Minds ☐	Paid Prog.	Sugar ☐	Noon News Hour (N)	Heartland ☒ (DVS)	Monster	Off Record	Marilyn Denis	Gold Rush - The Dirt ☐	Lalaloopsy	General Hospital (N) ☐	Bar Rescue ☐	Security
:30	Judge	Deb/Part	Dinosaurs	Sit & Be Fit	Hot Bench			Paid Prog.	Deb/Part			Rated A	Rally			ANT Farm			Security
12 PM	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose ☐ ☒	Paid Prog.	News	Criminal Minds ☐	The Chew ☐ ☒	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☐	Nerds	Hockey Lunch	CTV News Vancouver	Gold Rush	Win, Lose	Celebrity	Bar Rescue ☐	Security
:30	Hot Bench		Kate and	Rose ☐ ☒	Paid Prog.	Bold						Squirrel				Wizards	Celebrity		Security
1 PM	King	Days of our Lives (N)	Astroblast	Oil Painting	Days of our Lives (N)	The Talk ☐ ☒	The First 48 ☐ ☒	General Hospital (N) ☐	Days of our Lives (N)	The Talk ☐ ☒	Recipes	Almost	SportsNation (N) ☒	The Social ☐ ☒	Edge of Alaska	Wizards	CityLine ☒	Bar Rescue ☐	The Dead Files ☐ ☒
:30	King		Dragon	Sewing							Stefano	Monster			Good Luck				
2 PM	The Middle	The Talk ☐ ☒	Dinosaurs	Thomas	TMZ (N) ☐	Let's Make a Deal (N)	The First 48 ☐ ☒	Queen Latifah	The Talk ☐ ☒	Meredith Vieira	Steven and Chris (N) ☐	Wayside	That's Hockey 2 Nite	Dr. Phil ☐ ☒	Last Frontier	Phineas	CityNews at 5 (N) ☒	Bar Rescue ☐	Ghost Adventures ☒
:30	The Middle		Curious	Sesame St.	ThisMinute							Kid vs. Kat			ANT Farm				
3 PM	Seinfeld ☐	Meredith Vieira	Dive, Oily	Curious	Ellen DeGeneres Show	The Dr. Oz Show ☒	Wahlburg	Rachael Ray ☐ ☒	Meredith Vieira	Young & Restless	Republic of Doyle ☐	Sidekick	SportsCentre (N) ☒	Ellen DeGeneres Show	How/Made	ANT Farm	(2:59) CityNews at 6 (N)	Bar Rescue ☐	Gotta Eat
:30	Mod Fam		Jelly Jamm	Cat in the Hat			Donnie Loves Jenny ☐					Chucks			How/Made	Good Luck			Eat St. ☐
4 PM	Big Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	Dr. Phil ☐ ☒	The Doctors ☐ ☒	Young & Restless	Early News Global Nat.	Dragons' Den ☐	SpongeBob	Hockey	The Dr. Oz Show ☒	Daily Planet (N)	Phineas	Mod Fam	Bar Rescue ☐	Moves	
:30	Big Bang		Magic Bus	Wild Kratts	Jdg Judy		Duck D.				Pengulns	NBA		Jessie ☒	Mod Fam				Moves
5 PM	Browns	News (N) ☒	Jack ☒	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Basketball: Philadelphia 76ers at Toronto Raptors. ☒	CTV News Vancouver	Tethered (N)	Jessie ☒	The Middle	Bar Rescue ☐	Security
:30	Payne		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob			Liv-Mad.	The Middle			Security
6 PM	Browns	Global Nat.	Blue Realm ☒ (DVS)	PBS News-Hour (N) ☒	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC News	Sam & Cat		CTV News Vancouver	Gold Rush - The Dirt ☐	Austin	Mod Fam	Bar Rescue ☐	The Dead Files ☐ ☒
:30	Payne	News		Millionaire			Duck D.	News		Ent	Murdoch Mysteries ☐	Assembly				Austin	blackish		
7 PM	Mod Fam	Ent	Watchers	Nature ☒	Jeopardy!	Inside Ed.	Wahlburg	Ent	Ent	Stalker (N) ☐ ☒	Henry	SportsCentre (N) ☒	etalk (N)	Gold Rush	Jessie ☒	Broke Girl	Framework ☐	Ghost Adventures ☒	
:30	Seinfeld ☐	ET Canada	Park		Wheel	Access H.	Donnie	The Insider	ET Canada		Coronation	Max	Big Bang		I Didn't	Two Men			
8 PM	Family Guy	Security	Voyage-Zheng	NOVA (N) ☐ (DVS)	The Mysteries of Laura	The Mentalist (N) ☒	Donnie Loves Jenny ☐	The Middle	Security	Security	Dragons' Den (N) ☐	Funnest Home Videos	Off Record	Arrow "The Climb" ☒	Edge of Alaska	Dog	CityNews-Tonight (N)	Bar Rescue ☐	Ghost Adventures ☒
:30	Family Guy	Security						Goldbergs	Security	Security			Interruption		Good Luck				
9 PM	Amer. Dad	Chicago PD (N) ☐	Bartoli in Italy ☒	Nazi Mega Weapons	Law & Order: SVU	Criminal Minds (N) ☐	Duck D.	Mod Fam	Chicago PD (N) ☐	Chicago PD (N) ☐	The Book of Negroes	Mr. Young	SportsCentre (N) ☒	Criminal Minds (N) ☐	Tethered	Next Step	EP Daily	Bar Rescue ☐	Security
:30	Amer. Dad						Duck D.	blackish				Boys			Wingin' It	Reviews on			Security
10 PM	Jeffersons	Stalker (N) ☐ ☒	Working	Railway Journeys	Chicago PD (N) ☐	Stalker (N) ☐ ☒	Duck D.	Forever ☐ ☒	Stalker (N) ☐ ☒	News Hour Final (N)	The National (N) ☒	Haunting	SportsCentre (N) ☒	Saving Hope (N) ☐	Gold Rush - The Dirt ☐	Good Luck	Extra (N)	Bar Rescue ☐	The Dead Files ☐ ☒
:30	Break						Duck D.					Haunting			Win, Lose	G. Martin			
11 PM	"Anchor-man"	News Hour Final (N)	Park	Charlie Rose (N) ☒	News	News	Wahlburg	IXLY 4	News Hour Final (N)	ET Canada	CBC News	Gags	SportsCentre ☒	News-Lisa	Gold Rush	Wizards	Paid Prog.	Bar Rescue ☐	Ghost Adventures ☒
:30			Watchers		J. Fallon	Letterman	Donnie	J. Kimmel		Doctors	Mercer	Gags	CTV News	CTV News		Life Dorek	Paid Prog.		

THURSDAY, JANUARY 15, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

FRIDAY, JANUARY 16, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

News Leader Movies - Sunday / Monday

SUNDAY MORNING

9:00 am WTBS ch.3 "Pirates of the Caribbean: At World's End" (2007, Adventure) Johnny Depp. While the Flying Dutchman ghost ship wreaks havoc on the Seven Seas, Will, Elizabeth and Barbossa unite

to save Jack Sparrow from Davy Jones' locker.

AFTERNOON

12:00 pm WTBS ch.3 "Pirates of the Caribbean: Dead Man's Chest" (2006, Adventure) Johnny

Depp. Capt. Jack Sparrow must find a way to avoid the clutches of ghostly pirate Davy Jones and his crew or be damned for all eternity. FAM ch.26 "Lemonade Mouth" (2011, Musical) Bridgit Mendler. Five high-school students form a music group and prepare to com-

pete against a popular rock band. (In Stereo) (CC)

1:00 pm SPIKE ch.44 "Casino" (1995, Crime Drama) Robert De Niro. A New York bookie and his pal turn a Las Vegas casino into an empire, then one's money-hungry wife helps bring it down. (In Stereo) 1:45 pm YTV ch.18 "A Monster in Paris" (2011, Adventure) Voices of Adam Goldberg. Animated. Raoul and Emile accidentally release a monster from an eccentric scientist's greenhouse and vow to track it down. They soon realize the beast may not be as menacing as it appears and try to save it from a corrupt police chief. (In Stereo) (CC)

2:30 pm CITV ch.12 "Merlin and the Book of Beasts" (2009, Adventure) Laura Harris. A princess seeks the help of Merlin the wizard to save Camelot from an evil force. (CC) (DVS)

3:30 pm CHBC ch.4 BCTV ch.11 "Merlin and the Book of Beasts" (2009, Adventure) Laura Harris. A princess seeks the help of Merlin the wizard to save Camelot from an evil force. (CC) (DVS)

3:45 pm YTV ch.18 "Inkheart" (2009, Adventure) Brendan Fraser. A man with the ability to bring storybook characters to life accidentally summons one of the most-evil beings in literature. (In Stereo) (CC)

5:00 pm CBC ch.13 "Enchanted" (2007, Fantasy) Amy Adams. Live action/animated. Banished by an evil queen, a princess from a fairytale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking. (In Stereo) (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 "The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community.

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

8:00 pm KHQ ch.7 "Bridesmaids" (2011, Comedy) Kristen Wiig. Though broke and lovelorn, a woman takes on the strange and expensive rituals associated with being her best friend's maid of honor. (In Stereo) (DVS)

8:30 pm SPIKE ch.44 "Carlito's Way" (1993, Crime Drama) Al Pacino. A reformed ex-convict is torn between his girlfriend and his crooked lawyer in 1975. (In Stereo)

10:30 pm WTBS ch.3 "Tyler Perry's the Family That Preys" (2008, Drama) Kathy Bates. Secrets and scandals test the friendship of a wealthy socialite and a working-class woman, upsetting both their families.

MONDAY EVENING

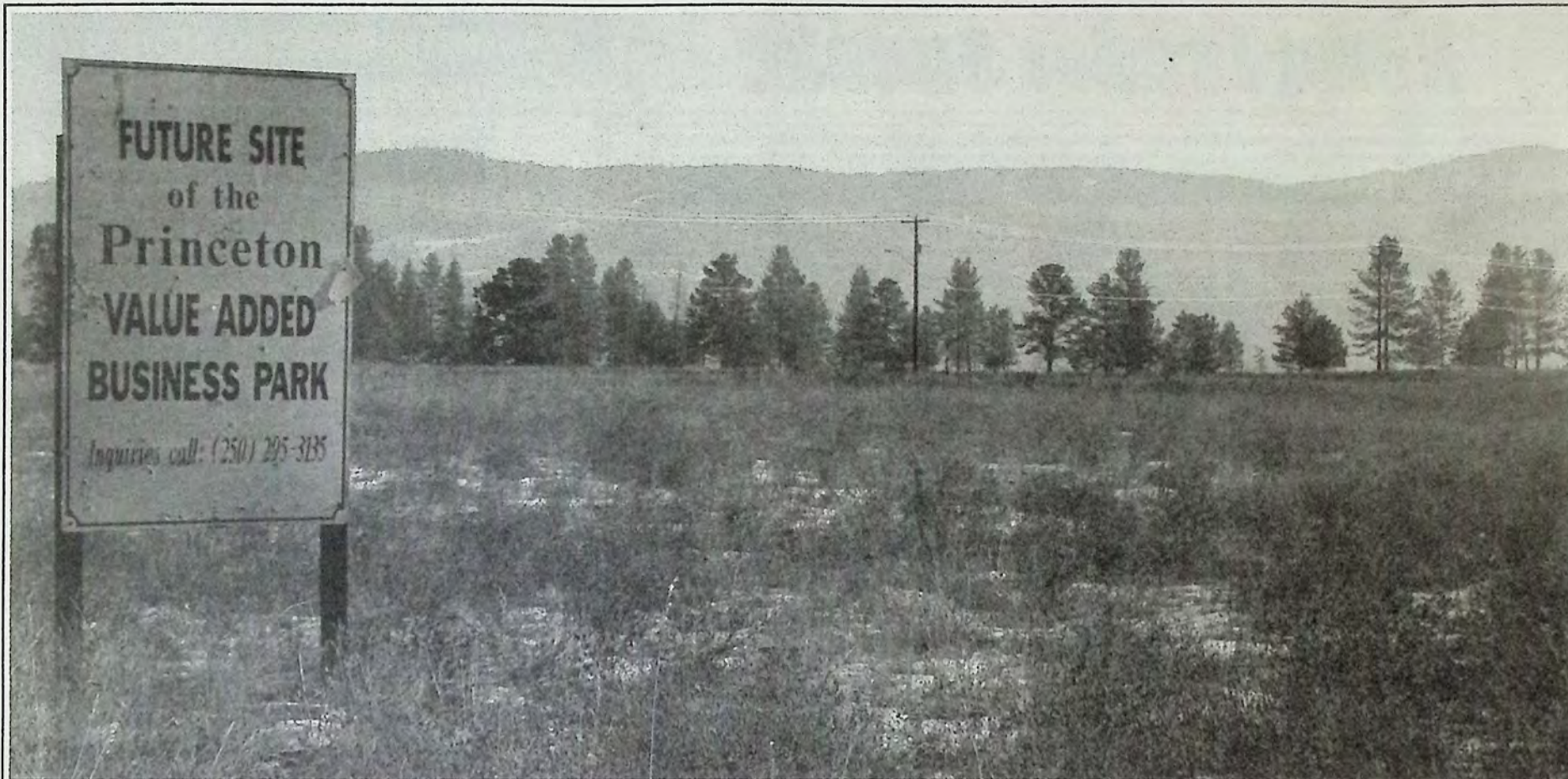
11:00 pm WTBS ch.3 "One for the Money" (2012, Action) Katherine Heigl. A rookie bounty hunter goes after a bail jumper and murder suspect who just happens to be the guy who seduced and dumped her back in high school.



Town of Princeton Mayor Frank Armitage, left, shows his support of local business last week by purchasing the first jar of Sparkling Grapefruit White Wine Jelly from Brenda Engel who sells her JamBusters! products in the News Leader office. JamBusters! is celebrating JAMuary with a whole new line of jams and jellies that contain ingredients such as tequila, red and white wine, grapefruit, strawberries, blueberries and much more. Visit www.JamBusters.ca.

SUNDAY, JANUARY 18, 2015

	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.	In a Name	G. Shrinks	Mr. Rogers	Today (N)	Paid Prog.	Critics' Movie Awards	Paid Prog.	In a Name	Sunday Morning News (N)	Super Why!	Slidekick	SportsCentre	Canada AM Weekend	Mighty Ships	Wingin' It	Paid Prog.	Off Road	Fishful		
6:30 AM	Paid Prog.	Paid Prog.	Rob Robot	WordWorld	Today (N)	Paid Prog.	Critics' Movie Awards	Paid Prog.	Paid Prog.	Paid Prog.	Poko	Slidekick	News	Squirrel	Reporters	etalk	Highway Thru Hell	Wizards	Eye/Asia	Truck Tech	Expedition Unknown
7 AM	The Office	Sunday Morning News (N)	Kate and PAW Patrol	Super Why!	KHQ News	CBS News Sunday Morning (N)	Criminal Minds	Good Morning America	Sunday Morning News (N)	News	Artzooka	Pet Shop	Soccer	Children	Highway Thru Hell	Wizards	Eye/Asia	Truck Tech	Expedition Unknown		
7:30 AM	All. Eats	News (N)	PAW Patrol	Space	Invest	Sunday Morning (N)	Criminal Minds	This Week	News (N)	Artzooka	Pet Shop	Pet Shop	English Premier League	Question Period (N)	Cold Water Cowboys	ANT Farm	Operation Smile	Muscle	Mysteries-Museum		
8 AM	The Office	Focus T25	Curious Upside	Curious Cat in the Hat	Meet the Press (N)	The Nation	Criminal Minds	Hollywood	Block	Coronation	Coronation	Sam & Cat	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
8:30 AM	Focus T25		Upside	Cat in the Hat	Press (N)	The Nation	Criminal Minds	Hollywood	Context	Coronation	Coronation	Henry	Soccer	World Vision	Highway Thru	I Didn't	Bar Rescue	Mansions			
9 AM	Movie: *** "Pirates of the Caribbean: At World's End" (2007)	Block	Dino Dan Arthur	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	Context	Coronation	Coronation	Henry	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
9:30 AM		Block	Wild Kratts	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	Context	Coronation	Coronation	Henry	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
10 AM		Context	Wild Kratts	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	Context	Coronation	Coronation	Henry	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
10:30 AM		Context	Wild Kratts	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	Context	Coronation	Coronation	Henry	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
11 AM		J. Osteen	Wild Kratts	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	J. Osteen	16x9	Our Vancouver	Hathaways	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
11:30 AM		Paid Prog.	Wild Kratts	SciGirls	Cooker	Sports Spectacular (N)	The First 48	Hollywood	J. Osteen	16x9	Our Vancouver	Hathaways	Soccer	World Vision	Highway Thru	Austin	Italiano di Lombardi (N)	Bar Rescue	Mansions		
12 PM	Movie: *** "Pirates of the Caribbean: Dead Man's Chest" (2006)	Noon News Hour (N)	Animals	Health Matt.	Figure Skating	Whacked	The First 48	We Have a Dream	Noon News Hour (N)	Ice Pilots NWT	Land/Sea	Nicky	Curling: 2015 Pinty's All-Star	NFL Football: NFC Championship: Teams TBA (N)	Overhauled! Top 10	Movie: "Lemonade Mouth" (2011)	Mantracker	Bar Rescue	Beach Houses		
12:30 PM		Noon News Hour (N)	Animals	Health Matt.	Figure Skating	Whacked	The First 48	We Have a Dream	Noon News Hour (N)	Ice Pilots NWT	Land/Sea	Nicky	Curling: 2015 Pinty's All-Star	NFL Football: NFC Championship: Teams TBA (N)	Overhauled! Top 10	Movie: "Lemonade Mouth" (2011)	Mantracker	Bar Rescue	Beach Houses		
1 PM		Ice Pilots NWT	Waterfront Cities	Genealogy Roadshow	PGA Tour Golf	Paid Prog.	The First 48	Inspirational black Americans.	Ice Pilots NWT	Simpsons	Mr. D	Undercover	Skins Game, Women's Final (N)	Live	Misfit Garage	Wild Things	Movie: *** "Casino" (1995, Crime Drama)	Expedition Unknown			
1:30 PM		Ice Pilots NWT	Waterfront Cities	Genealogy Roadshow	PGA Tour Golf	Paid Prog.	The First 48	Inspirational black Americans.	Ice Pilots NWT	Simpsons	Mr. D	Undercover	Skins Game, Women's Final (N)	Live	Misfit Garage	Wild Things	Movie: *** "Casino" (1995, Crime Drama)	Expedition Unknown			
2 PM		Simpsons	Watchers	Finding Your Roots		Backroads	The First 48	The Taste A hot-and-spicy challenge.	Simpsons	Mr. D	Mr. D	(1:45) Movie: "A Monster in Paris" (2011)	SportsCentre (N)	NFL Football: AFC Championship: Teams TBA (N)	Myth-Busters	Phineas and the 7D (N)	Liquidator	Mysteries at the Castle			
2:30 PM		Simpsons	Watchers	Finding Your Roots		Backroads	The First 48	The Taste A hot-and-spicy challenge.	Simpsons	Mr. D	Mr. D	(1:45) Movie: "A Monster in Paris" (2011)	SportsCentre (N)	NFL Football: AFC Championship: Teams TBA (N)	Myth-Busters	Phineas and the 7D (N)	Liquidator	Mysteries at the Castle			
3 PM	Big Bang	Simpsons	Hope for Wildlife	Great Performances	BodyBeast	NFL	Storage	Storage	Simpsons	Mr. D	To Be Announced	(3:45) Movie: *** "Inkheart" (2009) Brendan Fraser.	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	Cash Cab	Good Luck	CityNews	Niro, Sharon Stone, Joe Pasol.	Security		
3:30 PM	Big Bang	Movie: * "Merlin and the Book of Beasts"	Hope for Wildlife	Great Performances	BodyBeast	NFL	Storage	Storage	Simpsons	Mr. D	To Be Announced	(3:45) Movie: *** "Inkheart" (2009) Brendan Fraser.	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	Cash Cab	Good Luck	CityNews	Niro, Sharon Stone, Joe Pasol.	Security		
4 PM	Big Bang	Movie: * "Merlin and the Book of Beasts"	Hope for Wildlife	Great Performances	BodyBeast	NFL	Storage	Storage	Simpsons	Mr. D	To Be Announced	(3:45) Movie: *** "Inkheart" (2009) Brendan Fraser.	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	Cash Cab	Good Luck	CityNews	Niro, Sharon Stone, Joe Pasol.	Security		
4:30 PM	Big Bang	Movie: * "Merlin and the Book of Beasts"	Hope for Wildlife	Great Performances	BodyBeast	NFL	Storage	Storage	Simpsons	Mr. D	To Be Announced	(3:45) Movie: *** "Inkheart" (2009) Brendan Fraser.	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	Cash Cab	Good Luck	CityNews	Niro, Sharon Stone, Joe Pasol.	Security		
5 PM	Mod Fam	News	Tudor Monastery Farm	Extreme by Design	News	NBC News	Storage	ABC News	Global Nat.	(4:59) News Hour (N)	Movie: *** "Enchanted" (2007) Amy Adams.	Skins Game, Men's Final (N)	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Museum Secrets			
5:30 PM	Mod Fam	News	Tudor Monastery Farm	Extreme by Design	News	NBC News	Storage	ABC News	Global Nat.	(4:59) News Hour (N)	Movie: *** "Enchanted" (2007) Amy Adams.	Skins Game, Men's Final (N)	Curling: 2015 Pinty's All-Star	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Museum Secrets			
6 PM	Movie: *** "The Mist" (2007, Horror) Thomas Jane.	Global Nat.	Architects of Change	British Baking	News	Mark Few	Storage	News at 6	(5:59) News Hour (N)	State of Affairs "Pilot"	Heartland (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	Skins Game, Men's Final (N)	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Mysteries-Museum			
6:30 PM		Global Nat.	Architects of Change	British Baking	News	Mark Few	Storage	News at 6	(5:59) News Hour (N)	State of Affairs "Pilot"	Heartland (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	Skins Game, Men's Final (N)	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Mysteries-Museum			
7 PM		Mulaney	N. Geographic Specials	Masterpiece Classic (N)	Dateline NBC	To Be Announced	Storage	Funnest Home Videos	Mulaney	Mulaney	Heartland (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	Skins Game, Men's Final (N)	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Mysteries-Museum			
7:30 PM		Mulaney	N. Geographic Specials	Masterpiece Classic (N)	Dateline NBC	To Be Announced	Storage	Funnest Home Videos	Mulaney	Mulaney	Heartland (N)	Movie: *** "Peter Pan" (2003) Jason Isaacs.	Skins Game, Men's Final (N)	NFL Football: AFC Championship: Teams TBA (N)	How the Earth Works	Good Luck	CityNews	Mysteries-Museum			
8 PM	The Closer	Simpsons	Polrot "Dumb Witness"	Masterpiece Classic (N)	Movie: *** "Bridesmaids" (2011) Kristen Wiig, Maya Rudolph.	Backroads	Storage	Galavant (N)	Simpsons	Simpsons	Life Story (N)	Chucks	UFC Fight Night	Once Upon a Time	Myth-Busters	ANT Farm	CityNews	Movie: *** "Carlito's Way" (1993, Crime Drama) Al Pacino, Sean Penn.	Mysteries-Museum		
8:30 PM	The Closer	Simpsons	Polrot "Dumb Witness"	Masterpiece Classic (N)	Movie: *** "Bridesmaids" (2011) Kristen Wiig, Maya Rudolph.	Backroads	Storage	Galavant (N)	Simpsons	Simpsons	Life Story (N)	Chucks	UFC Fight Night	Once Upon a Time	Myth-Busters	ANT Farm	CityNews	Movie: *** "Carlito's Way" (1993, Crime Drama) Al Pacino, Sean Penn.	Mysteries-Museum		
9 PM	The Closer	Family Guy	Speedboat-racing friend.	Masterpiece Mystery!	Movie: *** "Bridesmaids" (2011) Kristen Wiig, Maya Rudolph.	Backroads	Storage	Galavant (N)	Family Guy	Family Guy	Winnipeg Comedy	4Count	Hockey	How the Earth Works	Next Step	The Beat	G. Martin	CityLine	Mysteries-Museum		
9:30 PM	The Closer	Family Guy	Speedboat-racing friend.	Masterpiece Mystery!	Movie: *** "Bridesmaids" (2011) Kristen Wiig, Maya Rudolph.	Backroads	Storage	Galavant (N)	Family Guy	Family Guy	Winnipeg Comedy	4Count	Hockey	How the Earth Works	Next Step	The Beat	G. Martin	CityLine	Mysteries-Museum		
10 PM	"Family That Preys"	State of Affairs "Pilot"	Single Handed	Midsomer Murders	Extra (N)	Storage	Storage	Revenge (N)	State of Affairs "Pilot"	News Final	The National (N)	Haunting	SportsCentre (N)	Resurrection (N)	How the Earth Works	Good Luck	CityLine	Mysteries-Museum			
10:30 PM	"Family That Preys"	State of Affairs "Pilot"	Single Handed	Midsomer Murders	Extra (N)	Storage	Storage	Revenge (N)	State of Affairs "Pilot"	News Final	The National (N)	Haunting	SportsCentre (N)	Resurrection (N)	How the Earth Works	Good Luck	CityLine	Mysteries-Museum			
11 PM		News Final	Egypt Underworld	Shakespeare	News	News	Storage	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre	News	Last Frontier	Wizards	Paid Prog.	Expedition Unknown			
11:30 PM		Block	Egypt Underworld	Shakespeare	News	News	Storage	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre	News	Last Frontier	Wizards	Paid Prog.	Expedition Unknown			



This is how the Princeton business park was being promoted a year ago. Progress to date includes newer signs. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

This week I want to focus on non-profit organizations and how they can benefit by supporting local business.

I've touched on this subject before but I really want to try to get the message across to all local non-profits that there are ways to generate more donations to your cause and it is very easy to do.

Studies have shown that non-profit organizations receive, on average, 250-percent more support from small, locally owned businesses

than from larger corporately owned ones. Sure, you can argue with me about the giant donations you see announced periodically in this newspaper from the 'big corporate citizens' we have in and around our community. But when compared to all the other donations collected by the small groups that require financial support, in most cases the big donation that earns a photo in the paper is a small percentage of the overall financial contribution to any one group.

Yes, there are exceptions, but the general rule of thumb is that the lion's share of contributions received by non-profit organizations - including those that fundraise regularly in the Princeton area - are made up of smaller donations made by a larger number of owner/operator businesses.

This tells me that non-profit organizations need to remember that although it is nice to receive a big donation, all the smaller ones can, and often, add up to be a lot more.

With this in mind it also tells me there is something important about supporting those smaller owner/operator businesses in your community.

Let's not forget the benefits to making contributions to local chari-

table causes, either. When you support local non-profit organizations you are actually making a contribution to the cultural fabric that forms the character of our community. If your tastes fall in the territory that would be classified as 'arts' then you have many different places in the Princeton area to direct your donation.

If you are more interested in supporting 'youth activities' there are a lot of ways to do that in our community as well as helping 'those in need' or 'service organizations' to label just a few.

But here's where the equation is very important.

If local non-profits receive the majority of their funds from owner/operated businesses within

the community, do they support those businesses? I'd like to think it's an obvious no-brainer that if you are banging on downtown doors with your hand out, you are visiting some businesses you are already supporting.

Let's use that assumption for a moment.

If members of a non-profit group shop in downtown Princeton for the majority of their personal needs, their group benefits at fundraising time by receiving some of that money back. It's a give/give or win/win. The local businesses receive support and therefore can afford to make financial contributions to those groups when they start looking for help.

If you belong to a local non-profit and you are having trouble fundraising, maybe take a look at whether or not your membership supports the businesses you approach for support.

.....continued on Page 19

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**SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)**

PLUMBER

Applications are invited for the position of Plumber with School District No. 58 (Nicola-Similkameen) in Merritt.


This is a 12-month per year, 7.5 hours per day position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

For a complete listing of the job description and qualifications please visit the district's website at www.sd58.bc.ca, click on Jobs/Support Positions and search under 'Current Job Opportunities' and follow the prompts (Job Code #796147). Applications, including a detailed resume with a minimum of three references, will be accepted until **January 23, 2015**.

Wayne William Wiren

Wayne William Wiren passed away on January 3, 2015 at the age of 74 years. Wayne will be lovingly remembered and sadly missed by his wife Diane, sons John (Kathy), Colin (Krystal), and Brent (Carla), grandchildren Diane, Jessica, Liam, Katelyn, Paige and Rodney, as well as great-grandchildren Charlize and Noah.

A Celebration of Life will be held at a later date. Details will be announced shortly. Memorial contributions may be made to the Canadian Cancer Society. Condolences may be sent to the family by visiting www.hansonsfuneral.ca.




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GraniteCreekBC.ca

Help Wanted	Help Wanted
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Help Wanted	Help Wanted
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**SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)**

RELIEF EDUCATION ASSISTANT

Applications are invited for the position of Relief Education Assistant with School District No. 58 (Nicola-Similkameen) in Princeton.

Applicants for Relief Education Assistants will work with special needs student(s) in various schools in the District. Qualification requirements will vary subject to the needs of the student(s) however; you must have or already be enrolled in the Education Assistant Certification program.

The district has a high percentage of First Nations and other multicultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at Princeton Secondary School, or you can apply online at www.sd58.bc.ca, click on Jobs, Support Positions, Job Postings, listed under Job Code #377463. Applications, including a detailed resume with a minimum of three references, will be accepted until **January 30, 2015**.

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.



PLOW TRUCK OPERATORS

Argo is accepting Resumes for drivers experienced in the operation of tandem axle trucks for the Princeton Area. Experience operating snow removal equipment would be an asset. Must hold a valid BCDL, minimum Class 3 with air. Submit your Resume with a current National driver abstract by e-mail to argosok@argoroads.ca or by fax to 250-295-7983.

For Rent

1-bedroom furnished suite in downtown Princeton. Level access. Asking \$550.00/month and includes power, heat, satellite TV. Excellent references required plus damage deposit. Cat, maybe?? Available February 1. Call 604-484-2783 and leave message with best time to call back.

Furnished 1-bedroom apartment for rent in Princeton. Available now. Excellent references and damage deposit required. No pets, must be quiet. Asking \$530.00/month plus utilities. Call 250-295-1006 for details or leave message with the best time to call back.

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Hot Lunch:
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Alex Atamanenko, MP

NDP Dissenting Report On Marijuana

Parliamentary committees undertake studies dealing with various topics and then write a report. If Opposition members on a particular committee do not agree with the report, they usually put together what is called a Dissenting Minority Report. The House of Commons Health Committee recently did a study on all aspects of marijuana policy and use in Canada. The NDP believes that this study was unbalanced and was designed to focus on the harms of marijuana policy and use in Canada.

According to our Health critic, Libby Davies and other NDP members of the committee, the study

and resulting report did not allow for an unbiased assessment of both harms and potential medical benefits.

Significant testimony was dismissed and eliminated by government members, because it did not support their pre-conceived views about marijuana. Moreover, the report contains "opinions" that are not evidence-based, that are included for political reasons.

A broad consensus must be sought on this issue by involving Canadians from all walks of life, including but not limited to: public safety professionals, educators, health care providers, academics, legal experts, community leaders

and youth representatives. Unfortunately, the study heard from an over representation of witnesses focused on the harm risks of marijuana.

It is clear that the Conservative war on drugs is not working. We need an approach that focuses on health promotion, public education, and safety. Based on a more balanced approach, my party urges the government of Canada to:

1) Pursue a public health approach to marijuana focused on education, and where necessary, treatment and harm reduction.

New Democrats acknowledge that there are issues of harm and risk pertaining to marijuana use, particularly for youth. These include concerns that marijuana can increase the risk of accidents while driving,

and research suggesting complications related to schizophrenia.

But as noted by Dr. Evan Wood, Dr. Tony George, the Canadian Public Health Association, Philippe Lucas, and others, a public health approach to the non-medical use of drugs, is necessary and critical to minimize risks and harms. The Committee heard that public awareness campaigns aimed at youth need to focus on accurate information on health risks and overall health and well-being, rather than using "zero tolerance" and negative messaging that is not effective, particularly for youth.

2) Fund research to examine the potential effectiveness of medical marijuana.

Approximately 50% of people who use medical marijuana do so to relieve chronic pain, according to

witness Dr. Perry Kendall. Anxiety relief is reported as the primary motivation for cannabis use. In addition, cannabis has also been noted for its effectiveness in relieving anxiety that is secondary to their medical conditions such as chronic pain, HIV/AIDS and Multiple Sclerosis. Finally, the Committee heard that as a result of its potential anti-anxiety properties cannabis is under research for the treatment of Post-Traumatic Stress Disorder (PTSD). Veterans Affairs Canada also pays for the cost of medical marijuana for the treatment of PTSD in veterans.

But research on medical marijuana is limited because of prohibition. More in-depth research to examine the potential benefits of medical marijuana is needed, but is difficult to undertake due to current Canadian government policies on marijuana. The government ofcontinued on Page 19

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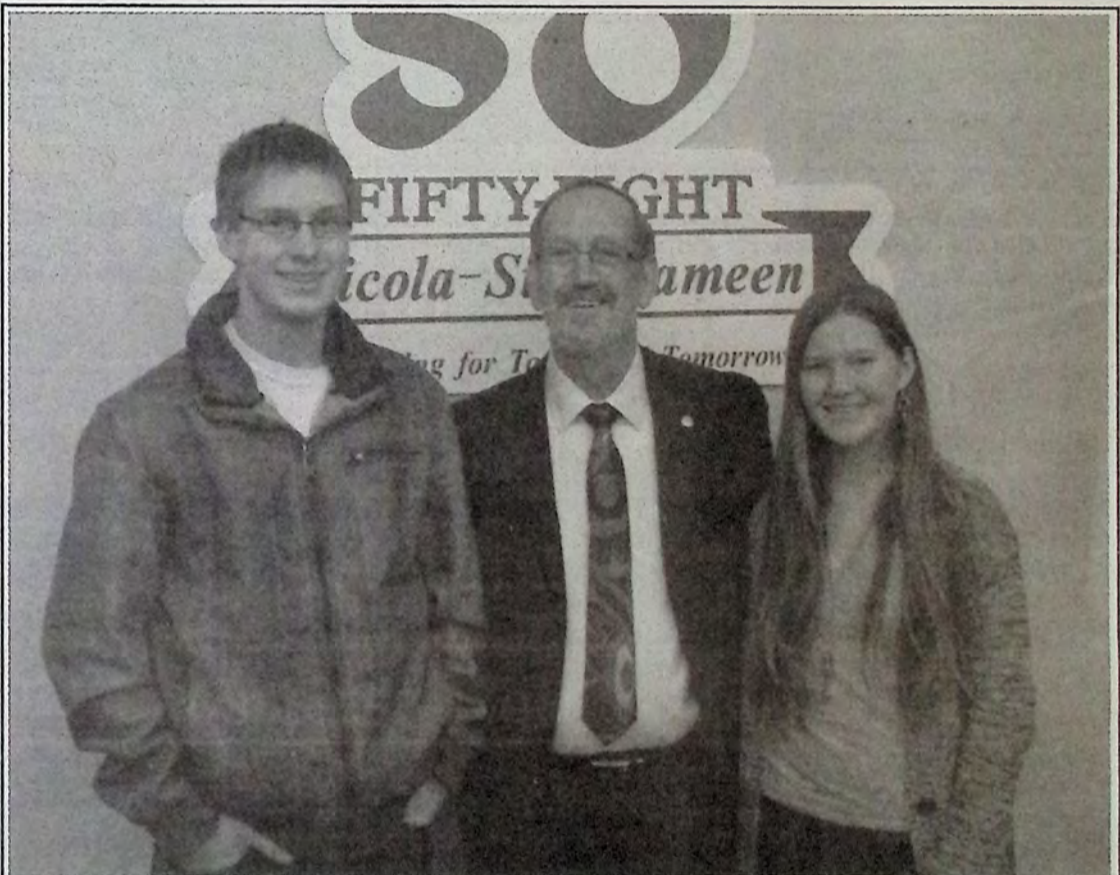
SD FIFTY-EIGHT Nicola Similkameen SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

2015 BOARD MEETING DATES

Regular Meetings of the Board of Education will be held as follows:

January 14, 2015 - Merritt
 February 18, 2015 - Princeton
 March 11, 2015 - Merritt
 April 15, 2015 - Princeton
 May 13, 2015 - Merritt
 June 10, 2015 - Princeton

Meetings are held in the School Board Office and start at 6:00 PM.



School District 58 (Nicola-Similkameen) Board of Education Chair Gordon Coimeau, centre, welcomed Youth Trustees Reuben Howarth and Zoe Douglas to the School Board office last month. The pair attend local meetings of the Board of Education and participate as well as observe. Both students attend PSS. *

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Hard to believe that just two months ago the grass was green and the community gathered together to remember those who fought for freedom. *

Saving Downtown Princeton

by George Elliott

.....continued from Page 16

In the case of our business, we give each and every non-profit organization the same treatment, which calculates to a sizable discount on advertising of their events. We give thousands of dollars away each year to local clubs, groups and organizations this way and only a handful have used that 'donation

in-kind' to leverage additional support from other funding agencies.

There is money out there to support each and every local community group without the need to widen the net and go out of town for financial support if we all support our own local economy.

How does this save downtown Princeton?

With non-profit organizations playing an important role in the cultural and community building of our town, they require regular funding for projects and activities. For some of them, they could not afford to continue to add their character stamp to the community if it wasn't for the support of local business. Smaller local businesses make up

the largest portion of the monies collected by a lot of these non-profit groups and this is not possible without these groups also shopping in the businesses they receive sup-

port from.

Call it a mutual support network, but it has been proven to work and it is an efficient and effective way to keep local businesses alive.

Current Comment

.....continued from Page 5

whether everyone has shelter, enough to eat, good health, a chance to go to school, a chance to live in peace. Traditionally, women create the conditions of home and family.

In his book, Centennial, James Michener describes the settling of a town in Colorado. He points out how the coming of women to the West brought schools, churches, libraries, hospitals, and sheriffs to keep the streets safe. These are the

kinds of things most women value, things that ensure social well-being.

This is why I believe we should form Councils of Grandmothers. If anybody out there is interested in forming such a group, get in touch with me.

Alex Atamanenko

.....continued from Page 18

Canada needs to fund research on the clinical effectiveness of marijuana; as well as the long term effects on vulnerable populations, such as youth and mental illness.

3) Establish an independent commission with a broad mandate, including safety and public health, to consult Canadians on all aspects of the non-medical use of marijuana and to provide guidance to Parliament on the institution of an appropriate regulatory regime to govern such use.

The current unregulated markets

has failed and produced violence, stigma, and control by organized crime. Criminalization is not the answer. Our marijuana laws need to be modernized and based on evidence and public health principles.

The government's approach must seek to balance prevention, public health and well-being, harm reduction, community safety and public education.

The federal government must also consult and work with provincial, territorial, municipal and First Nations, Inuit and Metis governments.

In summary, New Democrats express disappointment that this study was so one sided. As a result, it serves no useful purpose, other than to bolster already held Conservative political opinions that are not based on evidence.

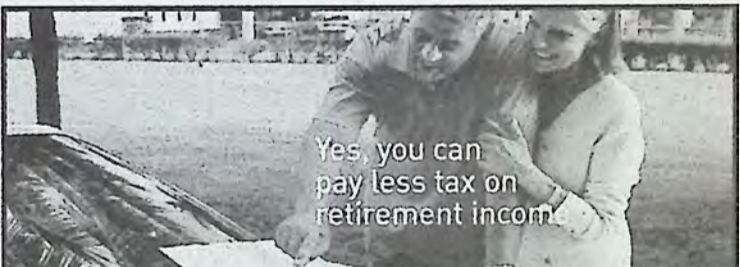


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Carrol Neville was all smiles selling 50/50 tickets at the annual Lower Similkameen Indian Band New Year's Eve party in Keremeos. Carrol is a Metis Elder and enjoys lending a helping hand when possible. Photo: Arlene Arlow

JAM THAT BITES BACK!



It's JAMuary which happens to be our all-time favourite time of year! That's because we get to spend time in the JamBusters! kitchen creating new and exciting items to celebrate the arrival of JAMuary.

One of the most exciting parts of JAMuary for us is that we have developed a brand new line of products using some very unusual ingredients. One of them is our Pepper Pepper Strawberry Jam. If you're already scratching your head about what Strawberry Jam would taste like with pepper let us tell you we aren't just talking any kind of pepper, either. There's TWO kinds of peppers in this recipe including smokin' hot chillies combined with Whiskey Jack peppercorns from the Smoking Gun Pepper Company in Princeton. Trust us, this jam will make you smack your lips. You will feel a slight tingle with this tasty strawberry jam that will make an ordinary slice of toast nothing short of extraordinary. This jam is one you will want to try today!

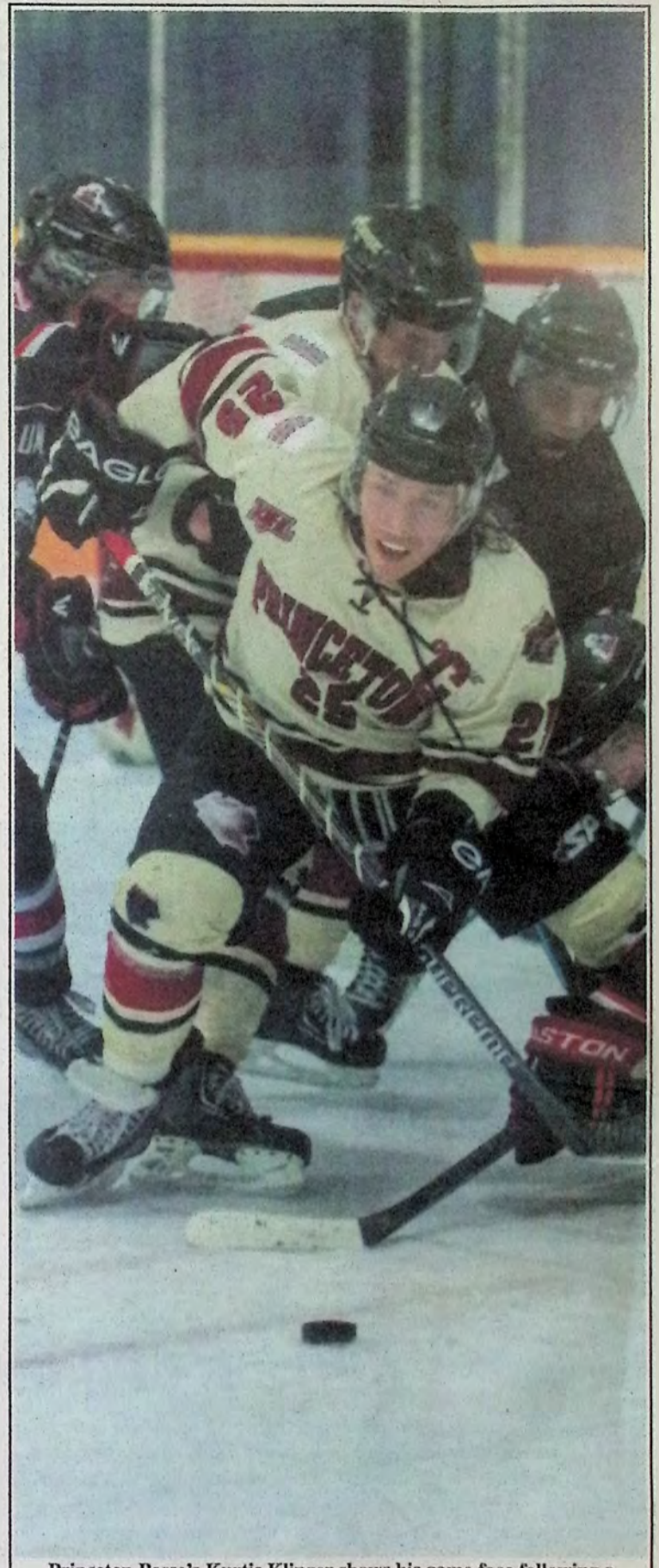
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Princeton Posse's Kurtis Klinger shows his game face following a face-off win at a recent home game. The team just completed the long and tough 'Kootenay Road Trip' that took them to Golden, Columbia Valley and Creston. They host Sicamous January 16th. *

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