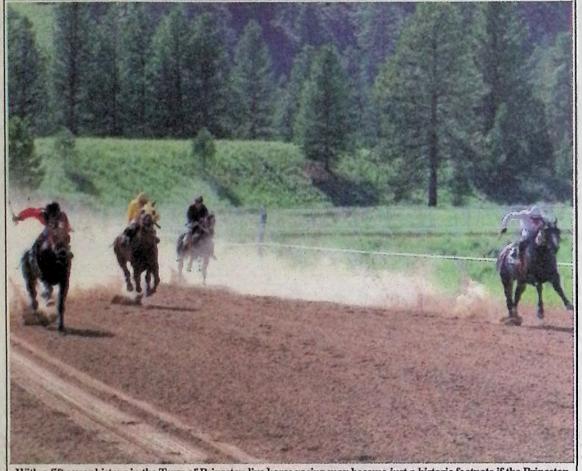
Similkameen INCLUDES GSTI

Volume 18 Issue 02 #868 ISSN 1712-090X

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

es, people of all ages, abilities and demographics throughout B.C. de The only Similkameen Valley

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 underrepresented 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

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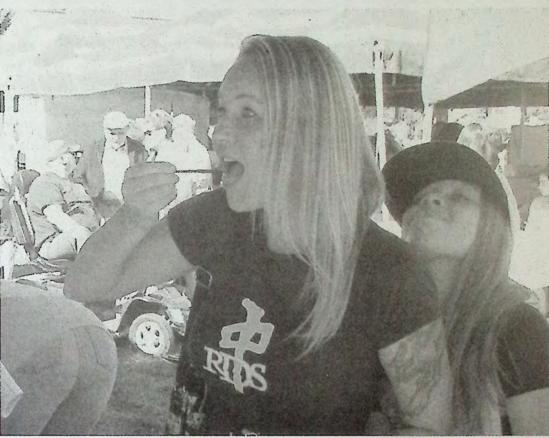
Princeton Racing Days Association

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 catego-

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ry and won 'Best Overall.'

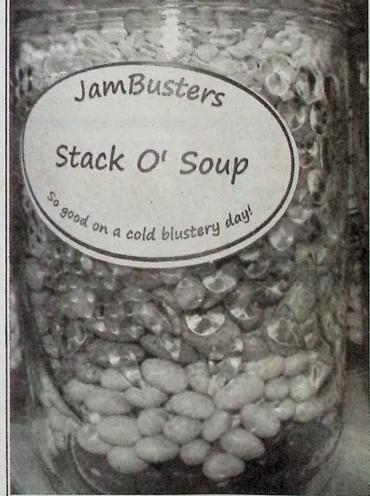
It's the success from the hot sauce contest that sent Engel on the search for unusual, yet interesting jam, jelly and sauce combinations to produce and sell under the JamBusters! brand.

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



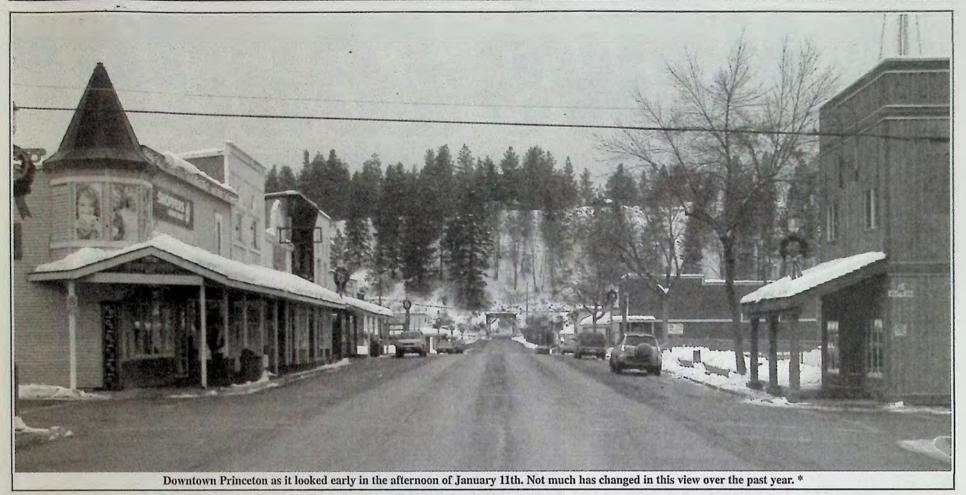
When the weather got cold JamBusters! introduced a couple of dried soup mix products to their inventory which quickly became popular, *

Celebrate JAMuary all month!

JamBusters

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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 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 resourcebased community. It is time that this community starts seriously looking at diversifying the local

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

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.





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 inac-

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



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Current Comment

It's Time To Plan For Our Grandchildren



Dawn Johnson editor@thenewsleader.ca

Are you a grandmother or greatgrandmother? 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 wellbeing 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 mother-hood" 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?







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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

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

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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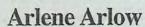
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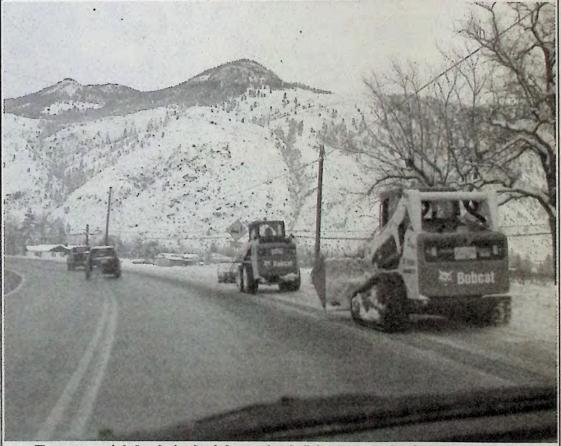


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There are a myriad of professional tools for guys, but the Bobcat is one that is quite possibly the most fun (wheelies, 360s and revving the engine come to mind). This tag-team duo was moving from one side to another hoping to stay ahead of the snowfall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



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!







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

Entertainment

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



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 24seconds 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.

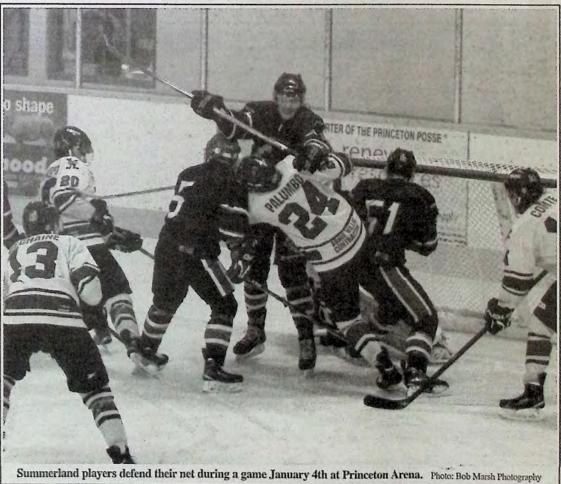
At 11:59 the penalty minute calculator took a spike when Princeton's Brandon Workun earned Roughing, Head Contact Misconduct calls. Summerland's Kendall Wilson kept the teams at even strength for the first two minutes as he sat out for a Roughing call but the Steam was able to build up and blast enough 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.

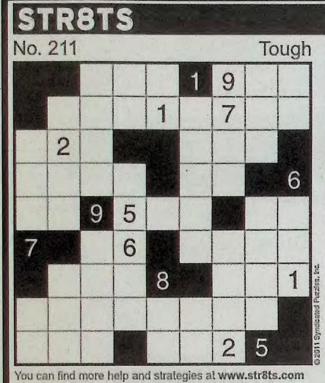
Final Score: Princeton 3, Summerland 2. Shots on Goal: Summerland 33, Princeton 25. Penalties in Minutes: Princeton six for 20-minutes, Summerland six for 12-minutes. Summerland fared bet-

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

home team was unsuccessful with five opportunities.



News Leader Str8ts



along with more puzzles, Apple apps and books.

Previous solution - Medium



How to beat Strets – 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.

THIS WEEK'S

News Leader Str8ts

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

Tuesday to Thursday

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 jour-

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.



		WTBS	СНВС	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	DTOUR
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•	AM	Community		G. Shrinks	Clifford	KHQ News	KREM 2	Dog	Morning	Morning	(5:00) Mom-	CBC News	Kid vs. Kat	SportsCen-	CTV Mom-	Mighty	Justin	CityLine	Bar Rescue	Gotta Eat
6	:30	Community	News (N) SE	Rob Robot	Arthur	6AM (N)	Morning News	Dog	Northwest	News (N) RG	ing News (N)	Now (N) O	Almost	tre &	ing Live Vancouver	Ships (R)	ANT Form	(N) 3E	"Chumps"	World's
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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!

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."

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."

One of the key elements to JAMuary is the pricing.

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.

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

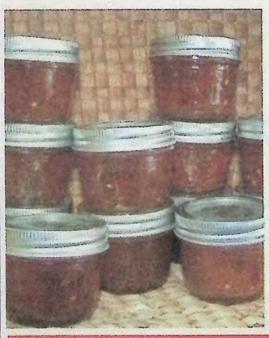
very happy with how this has been going and it's worthwhile to me to hear the reactions from people when they see the selection and to hear their comments after they've tried it and liked it."

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.

"Where else can you go down the main street and find a post office in a drugstore, cake decorating supplies in a flower shop, doughtnuts 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."

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).

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 is 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

Market C5 Safe

JAMBUSTERS IS MARKETSAFE CERTIFIED FOR YOUR SAFETY 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.

SPICY TEQUILA POPPER JELLY - 125ml - \$4

JamBusters

226A Bridge Street, Princeton 250-295-4149

www.JamBusters.ca



SO COUNTRY INTERNET RADIO

FOLLOW DENNIS WALKER ONLINE - NEWS, WEATHER, MUSIC, INTERVIEWS - www.socountry.ca



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

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News Leader Movies - Friday / Saturday

FRIDAY EVENING

7:00 pm FAM ch.26 "The Pirate Fairy" (2014, Fantasy) Voices of Mae Whitman. Premiere. Animated. Tinker Bell and her friends go in search of a wayward fairy who fled Pixie Hollow and joined up with a band of scheming pirates led by the future Captain Hook. (In Stereo) (CC) 7:30 pm YTV ch.18 "Hook" (1991,

7:30 pm YTV ch.18 "Hook" (1991, Fantasy) Dustin Hoffman. Aided by Tinker Bell, a corporate lawyer turns into Peter Pan to rescue his children from Captain Hook. (In

Stereo) (CC)
10:00 pm FAM ch.26 "Camp Rock"
(2008, Musical Comedy) Joe Jonas.
A talented singer works in the kitchen at a summer camp for aspiring musicians, (In Stereo) (CC)
11:00 pm WTBS ch.3 "True Grit"
(2010, Western) Jeff Bridges. A teenage girl enlists the aid of a boozy, trigger-happy lawman to hunt down her father's killer.

SATURDAY MORNING

6:00 am SPIKE ch.44 "Wrath of the Titans" (2012, Fantasy) Sam Worthington. Perseus enlists the aid of Queen Andromeda, Hephaestus and Poseidon's son to rescue Zeus from the underworld, defeat the Titans and save mankind. (In Stereo)

8:30 am SPIKE ch.44 "Jumper" (2008, Science Fiction) Hayden Christensen. A young man's ability to teleport himself anywhere in the world makes him a target for those who have sworn to kill him and others like him. (In Stereo)

9:00 am WTBS ch.3 "Secretariat" (2010, Drama) Diane Lane. Penny Chenery takes over her ailing father's Thoroughbred farm and, together with trainer Lucien Laurin, fosters a colt that wins horse racing's Triple Crown in 1973. 11:00 am WTBS ch.3 "Shark Tale" (2004, Comedy) Voices of Will Smith. Animated. A bottom feeder pretends to be a fearsome shark slayer after the son of a finned hoodlum meets an accidental death.

AFTERNOON

12:00 pm YTV ch.18 "How to Train Your Dragon" (2010, Fantasy) Voices of Jay Baruchel. Animated. A misfit Viking teenager sees a chance to change the course of his clan's future when he befriends an injured dragon. (In Stereo) (CC)

FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Staron) (CC)

cians. (In Stereo) (CC)

1:00 pm WTBS ch.3 "She's the Man" (2006, Romance-Comedy)
Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces him at his boarding school.

2:30 pm CITV ch.12 "Beyond

2:30 pm CITV ch.12 "Beyond Sherwood Forest" (2009, Science Fiction) Robin Dunne. The Sheriff of Nottingham uses a shape-shifting monster to destroy Robin Hood. (CC) (DVS)

3:30 pm CHBC ch.4 BCTV ch.11 "Beyond Sherwood Forest" (2009, Science Fiction) Robin Dunne. The Sheriff of Nottingham uses a shapeshifting monster to destroy Robin Hood. (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.

8:00 pm KSPS ch.6 "It Happened One Night" (1934, Romance-Comedy) Claudette Colbert. A newsman rides a bus and shares a cabin with a tycoon's runaway daughter. (In Stereo) (CC)

KXLY ch.10 "Just Go With It" (2011, Romance-Comedy) Adam Sandler. A plastic surgeon enlists the aid of his assistant and her children to help him win the heart of a beautiful woman. (In Stereo)

YTV ch.18 "Hulk" (2003, Fantasy) Eric Bana. Scientist Bruce Banner transforms into a powerful brute after his experiment goes awry. Directed by Ang Lee. (In Stereo)

8:30 pm SPIKE ch.44 "Wrath of the Titans" (2012, Fantasy) Sam Worthington. Perseus enlists the aid of Queen Andromeda, Hephaestus and Poseidon's son to rescue Zeus from the underworld, defeat the Titans and save mankind. (In Stereo)

10:00 pm FAM ch.26 "Wizards of Waverly Place: The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that puts her family in jeopardy. (In Stereo)

11:00 pm WTBS ch.3 "Daddy's Little Girls" (2007, Romance) Gabrielle Union. An unexpected romance blooms between a struggling mechanic and the attorney who is representing him in a custody battle for his young daugh-

SPIKE ch.44 "Jumper" (2008, Science Fiction) Hayden Christensen. A young man's ability to teleport himself anywhere in the world makes him a target for those who have sworn to kill him and others like him. (In Stereo)

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SATURDAY, JANUARY 17, 2015 DTOUR CHBC CBC DISC FAM CITY SPIKE KHQ KREM A&E KXLY BCTV CITY TSN ch.8 ch.13 ch.18 ch.19 ch.22 ch.24 ch.26 ch.29 ch.44 ch.45 ch.6 ch.9 ch.10 ch.12 ch.3 ch.4 ch.5 ch.7 ch.11 Saturday AM | On Spot G. Shrinks Heartland CBS This Pald Prog. Ancestors Monster Sidekick SportsCen Wingin' It Movie: +1 Moves Ancestors (5:30)Dog the 6 Morning Wrath of tre (N) EE OE :30 Coolest Sidekick Slug Terra Pald Prog Fishful Pald Prog. Fishful Panorama Rob Robot Fly Tying Busytown the Titans 0 80 Hunter News The Eye/Asla (2012) Sa AM P. Affairs Ice Cold Wizards Security Saturday Kate and MotorWeek KHQ Local Lucky Dog Criminal Good Saturday Animal Squirrel SportsCen-Kent Mor tre (N) E News Sat Morning Gold III Minds () Morning Morning :30 Atf. Ents **PAW Patrol** Greener Dr. Chris Super Why! Nerds Gravity **Buy Low** Security urday 7AM rison. (N) Canada AM Mayday (82) Artzooka AM Trust Dale Woodsmith (N) ESS Innovation Criminat Chucks Curling **ANT Farm** Polish Border Minds O Weekend Studio (N) :30 Paid Prog. Rough Cut Ocean Cross SpongeBot Good Luck Movie: * Border AM Movie: ** SpongeBol Overhauli Magic Bus Hometime To Be An-The Critics Rescue Fish'n Our Vanslon an 02 0 I Didn't Security :30 (2010) Dian Doki Ad Old House Real Fish. Parents English Wildlife Movie Awards Security AM Fish'n Wild Kratts | Old House Outback Fish'n Powerboat Absolutely Rabbids Children Mayday Dog Murdoch League 0 20 :30 Real Fish. Wild Kratts Kitchen Explore Real Fish. Driving TV etalk & Jessie (8) Cops (tt) Security ies o Trap* Chefs Life College Wahlburgr Turtles 30 for 30 kg Is Written Liv-Mad. Cops 30 Bggg Bttls AM Movie: Make Paid Prog. To Be An Mayday 30 Shopping **1 "Shart Basketball nounced Channel ac Cops (cc) :30 Tale" (2004, Driving TV Martha Cooking Goal Zone Paid Prog. **Driving TV** Sanjay The Social Girl Meets **Bggg Bttls** Florida at Dog Chal-Comedy) Duck D. Noon News Movie: ** SportsCen-Edge of Movie: Shopping Cops Et Border PM Noon News Cook The Blg Collectors To Be An-Dogs (N) 80 Hour (N) Alaska ** * "Came tre () 330 Duck D. Cops (t) Border Dogs Simpsons :30 Garden Train You Rock* (2008 Dragon* O Duck D. Curling Cops &C Security PM Movie: ** Collectors Hope for Antlques College College World of X Collectors Simpsons Corner Gas Barrett-Bollywood Basketba Basketbal "She's the Wildlife at Roadshow Games (N) :30 |Man" (2006) Duck D. Simpsons Corner Gas Gravity Paid Prog. Cops &C Security Simpsons Michigan Scottsdal PM James Kirk State at ESPN FIS Alpine Undercover Junk Raid-Auction (N) Phineas Pckge Deal Cops Bt Security Simpsons Blue Realn Maryland (DVS) U.S.A. Sports Sat ers O RC Security :30 Simpsons Rebels Mod Fam urday (N) Lost-Sold PM 1st Family Simpsons Globe Trek- Pald Prog. Criminal Simpsons Undercove Cash Cab To Be An-Waterfront National Minds O & Lost-Solo :30 Box Office Cash Cab Wizards CityNews Movle: ** NuWavo Movie: ** Hockey Undercover (2009)Beyond *Beyond ANT Farm McCarver NHL Hock-Marilyn Cops RE Security PM |Community Fatal in-Steves Paid Prog. Access Hol- Criminal Undercover Sports Hockey somnla 22 Minds O 8 ey: Toronto ywood (N) Dog Security :30 Community Crafteman Cops BC Jdg Judy Estate Forest* Global Nat. Undercover 30 for 30 85 Teams TBA Maple Leafs (2009)(2009)(N) (Live) PM The Middle The Social Gold Rush at St. Louis Undercove Cops (N) Archaeol-Last/Wine Criminal **News Hour** Jessle 30 Security News TBA Minds O 83 Global Nat. Undercover :30 The Middle **CBS News ABC News** etalk Rd Austin Cops & Security (Live) RE Cook'd (N) Curling **CTV News** Good Luck Vegas PM Movie: **h (5:59) News 16x9 (N) 83 (5:59) News Lawrence To Be An-Criminal News at 6 Hope for News Vancouver Adventure Minds *100 Liv-Mad. Cops &C The Insider Bad Judge :30 CityNews Vikings &C NHL Hock-W5 0 25 Misfit Girl Meets PM (2002) Criminal Assembly Cops IC The Dead 16x9 111 Keep Up The Blggest Entertain-16x9 100 Egypt Underworld As Time... ey: Calgary (DVS) Garage Weekend Files (N) 5 :30 Max Cops (t) Tonight Flames at Movie: Big Bang River Mon I Didn't CityNews Heartbeat Movie: Cops 30 PM Family Guy Vikings Dateline NCIS: Los (8:01) Movie: Vildngs Vikings 80 8 :30 Family Guy War Sharks. (N) ** "Hulk" 0 888 Angeles O ANT Ferm Movie: +> Anger (2003) Eric Minds Go With It War A Touch of One Night PM Seinfeld O Vikings "In-48 Hours (9:01) (2011) Adan Vildings In- Parenthood SportsCen-Milco Street Next Step The Beat Ghost 9 :30 Seinfeld () fer Connelly Frost 0 88 (1934) tre (N) 80 Adventur (N) O (N) 0 EE Criminal vasion" BE Cleveland Wingin' It G. Martin Saving 48 Hours Parenthoo News Final Post Show SportsCen-Misfit *Wizards CityLine 155 The Dead PM King Front and 10 :30 King Night Live (N) O EE Criminal (N) O tre (N) @@ Hope E Garago of Waverly Files () au Park Minds (DVS) Saturday PM "Daddy's Little Girls" News Final Republic of Boys Gold Rush Pald Prog. News Final Waterfront Austin City (11:01) News Night Live 0 86 Doyle O tre 🕮 Files O BE Limits (N) Cities Haunting Pald Prog. **CTV News** Life Derek ISNL The Closer

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

SUNDAY, JANUARY 18, 2015

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 fairy-tale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking. (In Stereo) (CC) (DVS)



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 workingclass woman, upsetting both their
families 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 sus-pect 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. *

	110000	TBS h.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
A	M Pald I	Prog.	In a Name	G. Shrinks	Mr. Rogers	Today (N)	Pald Prog.	Critics'	Paid Prog.	In a Name	Sunday	Super Whyl	Sidekick	SportsCen-	Canada AM	Mighty	Wingin' It	Paid Prog.	Off Road	Fishful
6 :	0 Pald I	Prog.	Pald Prog.	Rob Robot	WordWorld	0 20	Pald Prog.	Movie Awards	Pald Prog.	Pald Prog.	Morning News (N)	Poko 🕮	Sidekick	tre 🖾	Weekend	Ships @	Slug Terra	Church	Engine	Paid Prog.
, A	M The C	Office	Sunday	Kate and	Super Why!	KHQ News	CBS News	Criminal	Good	Sunday		News	Squirrel	Reporters	etalk 🖾	Highway	Wizards	Eye/Asia	Truck Tech	Expedition
1 :	30 Atl. E		Morning News (N) ED	PAW Patrol	Space	Invest	Sunday Morning	Minds 0 20	Morning America	Morning News (N) 80		Artzooka	Pet Shop	Soccer	Children	Thru Hell	Gravity	Operation	Muscle	Unknown O
O A	M The C	Office		Curlous	Curlous	Meet the	(N) Ed	Criminal	This Week			Coronation	Pet Shop	English	Question	Cold Water	ANT Farm	Smile (III)	Bar Rescue	Mysteries-
8 .	30 Focus	us T25		Upside	Cat in the	Press (N) 60	The Nation	Minds () ES				Coronation	Nicky	Premier League	Period (N) O	Cowboys	Good Luck	Festival	0	Museum
O A	M Movie			Dino Dan	SciGirls 0	Cooker	Sports		Hollywood		Block	Coronation	Sam & Cat	Soccer	World Vi-	Highway	Austin	Italiano di Johnny	Bar Rescue	Mansions
9	30 Pirate			Arthur O	The Impact	NHL	Spectacular (N)	O ES	Hollywood		Context	Coronation	Henry		sion	Thru	l Didn't	Lombardi	0	Mansions
A A	M bean:	: At	Block	Wild Kratts	Inside	Hockey: New York	Backroads	The First 48	Pald Prog.	Block	J. Osteen	Coronation	Max	30 for 30 @g	SportsCen-	Highway	Dog	(N)	Bar Rescue	Vacation
10	30 (2007	d's End	Context	Little	Olympia O EG	Rangers at	Pald Prog.	0 00	Pald Prog.	Context	Pald Prog.	M'ketplace	Assembly		tre O Rd	Thru Hell	Jessie 🕸		0	Vacation
4 A A	M		J. Osteen	Little	America	Pittsburgh Penguins.	Bull Riding	The First 48	Pald Prog.	J. Osteen	16x9 🖾	Our Van-	Hathaways		FOX NFL	Gold Rush	Liv-Mad.	Shopping	Bar Rescue	Vacation
17 ,	30	İ	Pald Prog.	Annedrolds	Focus	(N)		O EG	Designing	Pald Prog.		couver 🕅	Thunder		Sunday (N)	14.	Girl Meets	Channel Rd	0	Vacation
P	M Movie		Noon News	Animals	Health Matt.	Figure	Whacked	The First 48	We Have	Noon News	Ice Pilots	Land/ Sea	Nicky	Curling:	NFL Foot-	Overhaulin'	Movie:	Mantracker	Colorado November and Colorado	Beach
12	30 of the		Hour (N)	Animals		Skating	Whacked	0 80	a Dream Inspirational	Hour (N)	NWT 0	One/One	Thunder	2015 Pinty's All-Star	ball: NFC Champion-	Top 10 🕮	"Lemonade Mouth"	RET (DVS)	0	Houses
, P	M Caribl	bbean:	Ice Pilots	Waterfront	Genealogy	PGA Tour	Pald Prog.	The First 48	black Ameri-		Simpsons	Mr. D O	Undercover	Skins Game,	ship: Teams	Misfit		Wild Things	Movie:	Expedition
1 .	30 Chest		NWT O	Cities	Roadshow	Golf	Pald Prog.	ORD	cans.	NWTO	Simpsons	Mr. D O	(1:45)	Women's Final. (N)	TBA. (N) O (Live)	Garage		No.	***5"Ca- sino" (1995.	Unknown O
_ P	M (2006		Simpsons	Watchers	Finding		Backroads	The First 48	The Taste	Simpsons	Simpsons	Mr. D O	Movie: "A Monster	(Live) EE		Myth-	Phineas	Liquidator	Crime	Myster-
.)	30		Simpsons	Park	Your Roots		Inside Edit.	0 80	A hot- and-spicy	Simpsons	Movle: *	Mr. D O	in Parls"			Busters O MS	The 7D (N)	Mod Fam	Pobert De	les at the Castle
- P	M Blg B	Bang	Simpsons Movie: *	Hope for	Great Per-	BodyBeast	NFL	Storage	challenge.	Simpsons	*Merlin and the Book of	To Be An-	(2011) 0	SportsCen-		Cash Cab	Good Luck	Pre-Game	Niro, Sharon Stone, Joe Pescl. 0	Security
-	30 Blg B			* Wildlife at form	formances o Slik-Ensem- ble	Top Blower	NFL Foot-	- Storage	O 160	Movie: *	Beasts*	nounced	(3:45)	tre (N) 60	NFL Foot-	Cash Cab	Wizards			Security
. P	M Big B		*Merlin and the Book of	South Pa-		Pald Prog.	ball: AFC	Storage	Fashion on				Movie: **	30 for 30 80	- ball: AFC	How/Made	ANT Farm			Museum Secrets 0
4 .	30 Blg B	-	Beasts"	cific O BO		Wheel	Champion- ship: Teams	Storage	loe						ship: Teams	How/Made	Dog	Hockey: Teams TBA		
	M Mod I			Tudor	Extreme by	News	TBA. (N) (Live) EQ	Storage	News		(4:59) News	Movle: ***	Brendan Fraser, 0	Curling:	TBA. (N) (Live) IIII	How the	Jessie III	(N) (Live)	Bar Rescue	
5	30 Mod I	Fam	News	Monastery Farm	Design 20	NBC News		Storage	ABC News	Global Nat.	Hour (N)	"Enchanted" (2007) Amy		2015 Pinty's All-Star		Earth Works	Austin			Secrets 0
_ F	M Movie	-	Global Nat.	Architects	British	News	. 7	Storage	News at 6	(5:59) News	State of Af-	Adams.	Movie: ***	Skins Game,		How the	Good Luck		Bar Rescue	Mysteries-
6	30 The (2007	A Stude	News	of Change	Balding	Mark Few		Storage	Estate	Hour (N)	fairs "Pilot"		"Peter Pan"	Men's Final. (N) (Live) EQ		Earth Works	Liv-Mad.			Museum
F	M (south	Thomas	Mulaney	N. Geo-	Masterplece	Dateline	To Be An-	Storage	Funniest	Mulaney	Mulaney	Heartland	(2003) Ja- son Isaacs.	.,,,,,,,,	Saving	Last Fron-	Girl Meets	(7:01)	Bar Rescue	Myster-
	Jane.	D. 6	Security	graphic		NBC O BE	nounced	Storage	Home	Security	Security	(N) O	0 60		Hope (III) (DVS)	tier	Austin	Revenge (N) 58	A COLUMN	les at the Castle
-	M	1	Simpsons	Specials Poirot	Masterplece	Mayle: ***		Transport	Videos Galavant	Simpsons	Simpsons	Life Story	1	UFC Fight	Once Upon	Myth-	l Didn't	CityNews	Contractor	Museum
0	30 The C		Simpsons	*Dumb	Classic (N)	*Brides-		Transport	(N) O EE	Simpsons	Simpsons	(N) O E	Chucks	Night	a Time	Busters	ANT Form	CityNews	Movie:	Secrets 0
F	M		Family Guy	Witness* Speedboat-	Masterplece	maids* (2011)	Backroads	Storage	(9:01)	Family Guy	Family Guy	Winnipeg	4Count	Hockey	0 📾	O IIII	Next Step	The Beat	***% "Car-	Mysteries-
a	30 The C		Burgers	racing triend.	Mystery!	Kristen Wilg, Maya	Paid Prog.	Storage	Resurrec-	Burgers	Burgers	Comedy	Max	Sports		Earth	Wingin' It	G. Martin	lito's Way" (1993, Crimo	Museum
	M		State of Af-	Single	Midsomer	Rudolph. 6		Storage	tion (N)	State of Af-	News Final	The	Haunting		Resurrec-	Works How the	Jessie Mil	CityLine 300	Drama) Al	Myster-
	30 Fami	nily That	fairs "Pilot"	Handed at	Murders 102	(DVS)	0 00	Storage	(10:01) Revenge (N) O	fairs "Pilot"	Block	National (N) IIII	Haunting	SportsCen- tre (N) RB	tion (N) III	Earth Works	Good Luck		Pacino, Sean Penn,	les at the Castle
F	M Preys	5	News Final	Egypt	Shake-	News	News	Storage	IXILY 4	News Final	Pald Prog.	CBC News	Haunting	SportsCen-	News	Last Fron-	Wizards	Paid Prog.	Y .	Expedition
11	30		Block	Underworld	speare	Joint Relief	Family Guy	Storage	Van Impe	Block	Pald Prog.	fifth estate	Haunting	tre Rd	CTV News	tier	Life Derek	Paid Prog.		Unknown O

News Leader Sudoku

SUDOKU No. 211 Easy 6 9 3 1 5 1 6 5 2 4 9 1 9 5 8 8 3 4 3

The solutions will be published here in the next issue.

Previous solution - Very Hard

		1.000						
8	4	3	7	1	6	9	5	2
1	5	2	9	3	8	6	4	7
7	6	9	2	4	5	3	1	8
4	3	7	6	9	1	8	2	5
2	9	1	5	8	4	7	6	3
6	8	5	3	2	7	1	9	4
9	2	4	8	6	3	5	7	1
5	1	8	4	7	9	2	3	6
3	7	6	1	5	2	4	8	9

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwikl.org

If you like Sudoku you'll really like 'Str8ts' and our other puzzles, Apps and books, Visit www.str8ts.com

THIS WEEK'S News Leader Sudoku

SOLUTION WILL APPEAR IN NEXT WEEK'S ISSUE

www.thenewsleader.net

Broadband?

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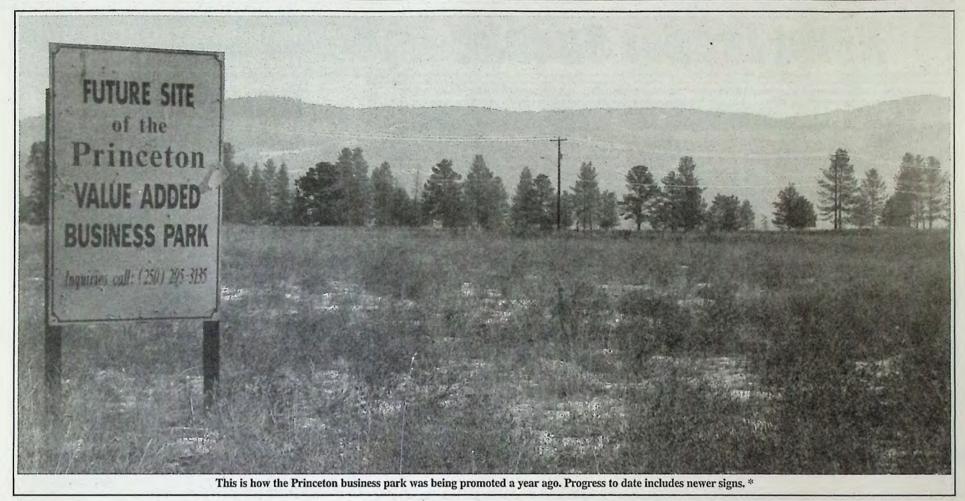
Local.

Newspaper.

News Leader

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e-mail: george@thenewsleader.ca brenda@thenewsleader.ca

	(6)	WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITY	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	DTOUF
		ch.3	ch.4	ch.5	ch.6	ch.7	ch.8	ch.9	ch.10	ch.11	ch.12	ch.13	ch.18	ch.19	ch.22	ch.24	ch.26	ch.29	ch.44	ch.45
6	100	Community	Morning News (N) ED	G. Shrinks	Clifford	KHQ News 6AM (N)	KREM 2 Morning	Dog	Morning Northwest	Morning News (N) KG	(5:00) Morn- ing News	CBC News Now (N) O	Kid vs. Kat	SportsCen- tre ##	CTV Morn- Ing Live	Manufact.	Justin	(N) &C	Cops &C	Gotta Eat
_	:30	Community		Rob Robot	Arthur		News	Dog			(N)		Almost		Vancouver (N)	How/Made	ANT Farm		Cops &	World's
7	AM	Law & Or- der: SVU		Kate and	Wild Kratts	Today (N)	CBS This Morning (N)	Dog the Bounty	Good Morn- Ing America			You & Me	Squirrel	SportsCen- tre 20	(14)	How/Made	Jessie 331	Let's Make a Deal (N)	Cops (tc)	Moves
_	:30			Wild Kratts	Wild Kratts		0 22	Hunter	(N) EE			Arthur O	Chucks			How/Made	Austin		Cops SC	Moves
8	AM	Law & Or- der: SVU			Curlous			Dog the Bounty		N	Morning	Moblees	T.U.F.F.	SportsCen- tre 35		Catch (KG)	Dog	The Price Is Right (N)	Jali sc	Security
_	:30			Curlous	Curious	80	71 700	Hunter			Huntley St.	Tiger	Wayside				Wizards			Security
9	AM	Millionaire		Space	Peg		The 700	Dog the Bounty	Livel Kelly and Michael	Morning	Rachael Ray () 80	Super Whyl		SportsCen- tre 32	Live! Kelly and Michael	Daily Planet 8€ (DVS)	Doc McSt.	FamFeud	Jall 20	The Dead
_	:30	Millionaire	Huntley St.	Astroblast	Tiger			Hunter		Huntley St.	P. Land	Napkin	Almost				Henry	FamFeud	Cops IC	
0		Divorce	Rachael Ray O 🖾	G. Shrinks	Sesame Street 0		The Price Is Right (N)	Dog the Bounty	The View	Rachael Ray O E0	Sugar ()	Bookaboo	Spliced O	SportsCen- tre 30	The View	Mayday	Nover Land	The Chew	Cops &C	Mysteries- Museum
		Divorce		PAW Patrol	(EI)		The Walter	Hunter			Debt/Part	Bo On/Go	Kid vs. Kat		152	Point*	Sofia		Cops 🖾	
11	AM	Judge	Sugar ()		Dinosaur	Hot Bench	Young & Restless	Criminal Minds O	Paid Prog.	Sugar 0	Noon News Hour (N)	Heartland	Monster	Motoring	Marilyn Denis	Buying Al.	Lalaloopsy	General Hospital	Wildest Police	Border
	:30	-	Debt/Part	Dinosaurs	Sit & Be Fit	Hot Bench			Pald Prog.	Debt/Part	100		Rated A	Lumber	1	Buying Al.	ANT Farm	(N) O	Videos	Border
12	Y	Hot Bench	Noon News Hour (N)	PAW Patrol	Charlie Rose O RR	Pald Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) O	Nerds	Hockey Lunch	CTV News Vancouver	Mighty Planes 30	Win, Lose	Celebrity	Wildest	Security
	:30	Hot Bench		Kate and		Pald Prog.	Bold	*Proof*	The Late				Squirrel				Wizards	Celebrity	Videos	Security
1	PM	King	Days of our Lives (N)	Astroblast	Paint This	Days of our Lives (N)	The Talk	The First 48	General Hospital	Days of our Lives (N)	The Talk	Our Van-	Almost	Table Ten-	The Social	Naked and Afraid ®©	Wizerds	CityLine ISS	Cops &C	The Dead
-	:30	King		Dragon	Fit 2 Stitch				(N) O				Monster		//		Good Luck		Cops &C	18.15
2	2000		The Talk	Dinosaurs	Thomas	TMZ (N) O	Let's Make a Deal (N)	The First 48	Queen Latifah	The Talk	Meredith Vielra	Steven and Chris (N) O	Wayside	Hockey	Or. Phil	How/Made	Phineas	CityNews at 5 (N) 22		Ghost Adventure:
-	100	The Middle		Curlous	Sesame St.	ThisMinute					,	Cimis (iv) tr	Kid vs. Kat	Hockey	18	How/Made	ANT Farm		Jall RG	rea .
2		Seinfeld O	Meredith Vieira	Dive, Olly	Curlous	Ellen DeGeneres	The Dr. Oz Show ES	The First 48	Rachael Ray O 00	Meredith Vielra	Young & Restless	Republic of Doyle ()	Sidekick	SportsCen- tre (N) 80	Ellen DeGeneres	How/Made	ANT Farm	(2:59) CityNews at	Cops &C	Gotta Eat
0	:30	Mod Fam	1,0	Jelly Jamm	Cat In the	Show				Vicita	Titodicaa	Doyle ()	Chucks	40 (14) 44	Show	How/Made	Good Luck	6 (N)	Jall &	Gotta Eat
1	PM	Blg Bang	Young & Restless	Kate and	WordGirl	Jdg Judy	Or. Phil	The First 48	The Doc-	Young & Restless	Early News	Dragons' Den O	SpongeBob	Around	The Dr. Oz Show &C	Daily Planet (N)	Phineas	Mod Fam	Cops 30	Moves
7	:30	Big Bang	nesuess	Magic Bus	Wild Kratts	Jdg Judy			tors trus	nesuess	Global Nat.	Denty	Kung Fu	Hockey	Ollow ac		Jessie III	Mod Fam	Cops ac	Moves
5	PM	Browns	News (N) 60	Jack 🖭	News	News	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News	Parents	Off Record	CTV News Vancouver	Myth- Busters	Jessie 80	Broke Girl	Cops IIC	Security
5	:30	Payne		Wild Kratts	Business	NBC News	CBS News	a y uca	ABC News	Global Nat.	Hour (N)		SpongeBob	Interruption	Vancouver	(N) 30	Liv-Mad.	Mike	Cops 20	Security
6	PM	Browns	Global Nat.	Architects of Change	PBS News- Hour (N) ES	News	KREM 2 News at	The First 48	News at 6	(5:59) News	ET Canada	CBC News	Sam & Cat	2015 Australian	CTV News Vancouver	River Mon-	Austin	Scorpion (N) O ED	Cops 30	Security
0	:30	Payne	News	of Change	Hour (reyma	Millionaire	6 (N)	.,	News	Hour (N)	Ent	Murdoch Myster-	Assembly	Open		0.0.0	Dog		Cops (td)	Security
7	PM	Mod Fam	Ent	Hope for	The Café	Jeopardyl	Inside Ed.	The First 48	Ent	Ent	NCIS: Los	ies O	Assembly	Tennis: First Round.	etalk (N)	Redwood Kings	Liv-Mad.	Broke Girl	Cops se	Border
1	:30	Seinfeld	ET Canada	Wildlife (N)	Steves	Wheel	Access H.	() 250	The Insider	ET Canada	Angeles (N)	Coronation	Thunder	From	Blg Bang	Rangs	Grizzly	Two Men	Cops at	Border
0	PM	Family Guy	State of Af-	Tudor Monastery	Antiques Roadshow	The Celebrity	Broke Girl	(8:02) The First 48 Ed	The Bach- elor (N)	State of Af- fairs (N) O	State of Af- fairs (N) O	Murdoch Mysteries	Funnlest Home	Melbourne, Australia.	Gotham (N)	How/Made	Grizzly	CityNews- Tonight (N)	Cops 20	Ghost
8	:30	Family Guy	fairs (N) O	Farm	(N)	Apprentice	Mike	711St 40 to	O DE	iairs (N) C	idirs (iv) ti	(N)	Videos	(N) (Live) 350	as (0v3)	How/Made	Good Luck	romgin (N)	Cops 30	KE STATE
0	PM	Amer. Dad	Sleepy Hol-	Hidden	Antiques	(N) O BE	Scorplon	(9:01) The First 48 Rd		Sleepy Hol-		Strange	Vampire	1	Forever O 22	River Mon- sters 30	Next Step	EP Dally	Wildest Police	Security
9	:30	Amer. Dad	low (N) O	Treasures	Roadshow		(N) 0 85	FIRST 40 MM		low (N) O	low (N) O	Empire (N) O	Vampire	4 1	17 202	Sters an	Wingln' It	Reviews on	Videos	Security
0	PM	Jeffersons	NCIS: Los	Finding the	Indepen-	State of Af-	NCIS: Los	(10:01) The	(10:01)	NCIS: Los	News Hour	The	Haunting		(10:01)	Redwood	Good Luck	Extra (N)	Jail te	Border
10	:30	Break	Angeles (N)	rallen tid	dent Lens	fairs (N) O	Angeles (N)	rirst 48 ()	Castle (N) Inti	Angeles (N)	rinai (N)	(N) ISS	Haunting		(N) &C	Kings	Win, Lose	G. Martin	Jali se	Border
4.4	PM	"One for the	CHBC News			News	News -	(11:01) The	KXLY 4	News Hour	ET Canada	CBC News	Gags		News-Lisa	Myth-	Wizards	Paid Prog.	Jail #0	Myster-
11	:30	Money"	Final (N)	Wildlife 20	Land	J. Fallon	Letterman	First 48 O	J. Kimmel	Final (N)	Doctors	Mercer	Gags		CTV News	Busters 0 30	Life Derek	Paid Prog.	Jail Et	les at the



Saving Downtown Princeton...

...An Ongoing Series by George Elliott

This week I want to focus on nonprofit 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 nonprofits 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 one group.

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

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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 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

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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25 Words - \$9.00 (includes GST) - Pay for two weeks, the third week is FREE!

Help Wanted

Help Wanted

Obituary

Obituary

Notices



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.

Heip Wanted

Help Wanted



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.

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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Help Wanted

Help Wanted



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.

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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.

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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.

Local.



School District 58 (Nicola-Similkameen) Board of Education Chair Gordon Comeau, 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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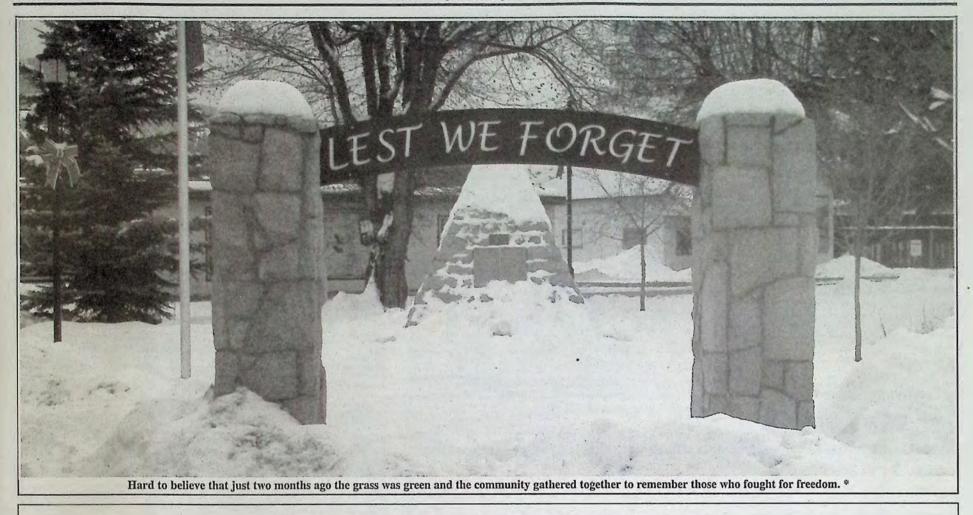


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Saving Downtown Princeton

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

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.

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Alex Atamanenko

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 chilies combined with Whiskey Jack peppercorns from the Smoking Gun Pepper Company in Princeton. Trust us, this jam with make you smack your lips. You will feel a slight tingle with this tasty strawberry jam that

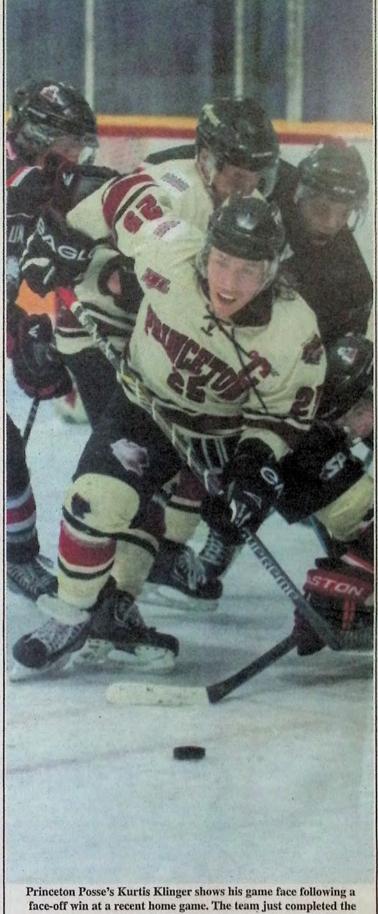
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face-off win at a recent home game. The team just completed the long and tough 'Kootenay Road Trip' that took them to Golden, Columbia Valley and Creston. They host Sicamous January 16th. *

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