

Similkameen News Leader

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



Community paramedicine comes to Princeton

Princeton is one of two communities selected by Interior Health and BC Emergency Health Services as a prototype for the new Community Paramedicine Initiative, a program intended to help provide patients with better access to health care in rural and remote communities by expanding the role of qualified paramedics.

Karen Reader has been a paramedic with BCEHS since 2002, and working out of the Princeton station for the past six months.

"We are still in the very early exploratory stage," explained Reader.

"Right now we're focusing on community outreach and awareness, and will be moving on to things like health promotion and wellness clinics before we're ready to start providing services to patients in their homes."

BCEHS made a presentation on community paramedicine to the Princeton Health Care Steering Committee in early November. Reader has since joined the committee, as well as the Rural Health Care Sustainability Project.

"Getting to know the health professionals working in the area, as well as the municipal leaders, First Nations representatives, and all the others involved in improving health care delivery in the community, is critical to our success," said Reader.

"We see community paramedics working as part of the community care team and certainly not in isolation."

Reader is also attending discharge rounds at Princeton General Hospital, where doctors, nurses,

physiotherapists and others discuss what a patient has been through while in hospital and what kind of follow-up care they will need when they go home - from checking vitals to ensuring they have home care and food in the fridge.

"Patients referred to community paramedicine are most likely to be older patients living with chronic complex diseases, and often after discharge from the hospital. So these rounds are an important way of understanding the services currently available, and where community paramedics can step in and put our skills to work."

Helping other health professionals understand what those skills are is another important part of the first phase of introducing community paramedicine.

"I'm quickly realizing that most people don't know what our scope of practice entails, other than arriving on the scene of an emergency and taking the patient to the hospital. But once they recognize that all community paramedics will be primary care paramedics with additional endorsements and education, they immediately begin thinking of things we can do to help fill the gaps."

John Akerley, the Area H Public Representative and co-chair of the

.....continued on Page 2

Similkameen News Leader
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Princeton Mayor Frank Armitage and members of the Princeton Health Care Steering Committee with BC Emergency Health Services paramedics. Back row, left to right: Mayor Armitage; Viola Brown, Nurse Practitioner with Cascade Medical Clinic; John Akerley, Area H representative; Kim Maynard, Princeton Town Councillor; and Karen Reader, Paramedic Unit Chief. Front row, left to right: Ed Staples, President, Support Our Health Care (SOHC) Society; and Emma Jameson, Paramedic. Photo: Nienke Klaver

Tough year for Posse

Princeton Posse entered their 14th year with the 2015/16 KIJHL Junior B Hockey Season.

It has not been a great season so far with tough breaks and hard losses. However, one can argue that part of the reason for the difficult stats this season may be because it has been a team filled with young players. Some will point fingers at coaching. Others will look to outside reasons such as inconsistent officiated.

Regardless of whatever is happening to the team, the Posse is still Princeton's team and fans still support them and the players, coaches and volunteers truly appreciate that.

The stats, however, tell a story that could still result in a happy ending

with a playoff berth. The month of September saw Princeton play a total of seven regular season games. They finished the month 4-3 and had out scored opponents 21-20.

October was a brutal month for the Similkameen team. The schedule had a total of ten games and Princeton got beat in every single one of them. Sure, there were close ones, an overtime loss and various other factors that came into play but the fact remains that they finished the month 0-10 and out shot 50-17 by opponents.

November was slightly better with Princeton finishing the eight games in the month with a 3-5 record and scoring 23 goals to 35 scored

against them.

As bad as this all may sound, changes in the roster have had an affect on performance. Losing a key goalie early in the season to Junior A and recent trades, including Thomas Cankovic last week to Creston Valley, have left dents in the team.

One major plus for this year's Posse is the production coming from players who are actually Princeton residents. Morton Johnston leads the 'hometown boy' stats with 14 points (5 goals, 9 assists) with Craig Thompson at 7 points (no goals, 7 assists), Tristan Vandermeulen at 4 points (1 goal, 3 assists), Bradly Palumbo at 2 points (one goal, one assist) and Parker Thibert who has no points.

These, along with other young guns on the team, a total of seven born in 1998 or 1999, will likely form the foundation of the future of Princeton's KIJHL team.

At this point, the final playoff spot for their division is very likely the goal for the season, and minus some major setbacks, the team will probably get at least first round post season play in early 2016.

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Princeton was represented December 4th during Winterfest in our Sister City of Tonasket, Washington by Similkameen News Leader Owner/Publisher George Elliott (right) and his wife Brenda Engel (who took this photo). Tonasket Mayor Patrick Plumb, left, introduced Elliott and Engel to 2016 Tonasket Founders Day Rodeo Queen Trinity Dejong, centre. Plumb and Elliott met over the weekend and have put together the building blocks of an exchange program that they hope will assist in taking the Sister City program to local youth to continue the 25+ year tradition.

Community paramedicine comes to Princeton

.....continued from Front Page
Princeton Health Care Steering Committee, says he's optimistic about what community paramedicine will mean to area residents in the future.
He points to the improvements

made to health care to date, including efforts to recruit physicians, the success of the visiting specialists program that brings a number of specialists to the community on a regular basis, and the new Telehealth program that uses video-

conferencing and supporting technologies to put patients in touch with health professionals from Kelowna, Kamloops, Penticton and the Lower Mainland.
"Community paramedicine addresses a very important concern in our community, and that's the number of elderly and shut-ins who need care beyond Meals on Wheels," said Akerley.

"Visits happen, but not usually by medical professionals. Now we'll have trained paramedics who can visit these people on a scheduled basis to provide basic services, make sure they're able to take their medications as directed, or help identify fall hazards in their homes. The paramedics will be

seeing patients referred by a physician or nurse, and will be reporting back to these health professionals on a regular basis.
"It's still very early days, but we certainly see community paramedicine contributing to our goal of ensuring stable, sustainable, and accessible health care in the area," Akerley said.

The Community Paramedicine Initiative was launched in April of this year, and now includes prototype communities in each of Northern, Interior and Island Health. All of the prototype communities were identified by BCEHS and the relevant Health Authority based on a combination of community need and the availability of resources to ensure a successful start.

During this first stage of implementation, paramedics familiar

with the communities are working with local health care providers to help define the scope of services required and participate in the development of a service plan.
The initiative will be rolled out to additional communities throughout British Columbia starting in early 2016.

"Community paramedicine is being implemented in other provinces across Canada," explained Reader.

"What makes our initiative unique is that BCEHS is implementing it province-wide, while others have done it in one municipality, or one hospital or other health facility.

"I'm excited to be part of the program. It's a way for paramedics to be more valuable, more useful in a community, and that's a good thing for all of us." - submitted

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Flip Of The Coyne

by Spencer Coyne

George has given Town its report card, what I thought to be a generous evaluation, seeing as there are some major areas in need of improvement, like playing well with others and communication. Unfortunately, we have seen council circle the wagons and try to dictate terms rather than work with community members and to me that is not a sign of a council that is ready or willing to work with others. Our councillors have a hard time communicating with their constituents which is a real shame, because when there is a lack of communication, problems occur which could have been avoided.

Let's take the zoning on Burton Avenue. This has been going on since last winter and it is still unresolved. We have existing commercial properties that are in limbo because of poor planning but on the other side of the street we have residential properties whose owners were told before they built their homes that the days of industrial and commercial were going to come to an end. As a result, we

have people on both sides who are not happy with the situation at hand and rightfully so. The homeowners' property values are at risk while the commercial and industrial property owners, not only can not sell their properties, if they were to have a fire or other problem, they would not be able to rebuild their businesses. Council should have dealt with this problem out of the gate, not a year or more later.

If Council was not so quick to bar the doors and hide within their stronghold on Vermilion, people within the community wouldn't be so hostile towards them. If Town Hall was to take a more transparent and open attitude, then people wouldn't be filling up meetings when they are upset or writing letters to the paper calling for action. Nothing will change until the culture of Town Hall changes. It must become more welcoming, and Council must reflect that change. It is easy to retreat to your safe place and blame the outside for all the problems, but at some point those

on the inside must take responsibility for the things happening around them. Council has a responsibility to work on behalf of the community and hiding behind closed doors is not working.

I want to see the Council succeed. I want to see our community succeed. Our country is facing economic uncertainty and we see little action on behalf of the leaders who are supposed to be trying to buffer us from those outside factors. George has been writing about Saving Downtown Princeton for a couple of years and what has changed?

The Council has taken over the Visitor Centre, a move I applauded and still think was a great idea, but with this they also assumed the role of tourism. Is there a plan? Is there planning taking place? If Council is serious about tourism development, the clock is ticking on the 2016 season. With money being tighter for many with the economic slowdown you would have thought that this would have been on the top of the 2015 priority list. Princeton has the

potential for a huge economic boost from tourism if developed and marketed correctly. We are one of the oldest communities in the Province with mining, railroad, logging, ranching and depression era history. We are blessed with lakes, rivers, streams for fishing and other recreational uses, but we have nothing telling people about how great it is here. We have thrown our eggs into one basket, the Similkameen Valley booklet, which is great but it shouldn't stop there. You never bet on just one piece of advertising when you are trying to reach the world. Town needs a new website, not only for the Town of Princeton but one that is dedicated to tourism

and one that could be dedicated to economic development. Websites are a lot cheaper than they were a decade ago and it is time for Princeton to sell itself.

I look forward to seeing Council's 2016 priority list and I hope that with the Official Community Plan work being done and budgeting coming up that members of Council take the reins and work with the community to set priorities and the course of the next few years.

When the culture changes to one of inclusion, relations change, attitudes change and a more positive outlook will brighten the future of Princeton.



Sometimes you have no idea which of your friends, neighbours or co-workers have hidden talents. Sometimes the only way to find out is to visit a craft fair. The annual PSS Christmas Craft Fair featured interesting and unusual gift ideas created by local residents. One that caught our eye was the wooden buttons made by Barb Gagnon. *

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Editorial Page News Leader

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

My Turn...

Adventures At Winterfest

Princeton's Sister City is Tonasket, Washington.

Before the two communities joined in a friendship 25+ years ago, my only memory of the place was not positive.

Tonasket was where my brother and I were pulled over and received a speeding ticket at the end of a two week trip across the United States.

It was in 1985.

In the past two years Brenda and I have been in Tonasket more than I had been in the previous ten years. I used to go down once a year during their Founders Day Rodeo in June and the odd time for the Loggers Sports Tournament later in the year. Since both Brenda and I have made friends in our Sister City we are there more often.

We see many other Princeton residents in our Sister City in June but have been the only two local residents to attend the December celebration known as Winterfest. One year we were blessed with most of the Brodie Family making an appearance at Founders Park on a very, very chilly December night in downtown Tonasket. It was great to see local faces and having the extra bodies around helped us all stay warm!

The past couple of years we visit our Sister City for their Rodeo, Winterfest and we like to go down in September when there isn't much planned just to hang out. Last year I took Brenda to Molson and this year it was Riverside. We like doing these things as they don't cost much and we don't get much more than a day off a week so if we can fit an 'overnighter' in somewhere reasonably close, we will.

What makes me scratch my head about the Sister City relationship is that while it is mostly Princeton residents keeping the ties together on our end, it is a combination of Tonasket residents and politicians who see value in the relationship on their end.

When the two communities first connected it was a big thing in Princeton Town Hall. Mayor Gloria Stout and Mayor John Stinson participated. I know this as I have photos of both, during their terms, presenting things to the Tonasket Rodeo Club to keep the relationship alive. I'd be remiss if I did not mention how the Friendship Pony Express assisted in cementing the friendship.

I know, over the passage of time things have a way of just fading. It happened for me. After making Tonasket an annual thing for me, I just quit going. That was renewed by Tonasket Mayor Patrick Plumb a couple (now three) Decembers ago. I know it isn't as high a priority on the agenda of our current Town Council, although a couple Councillors have made the trip down to appear in Tonasket's Founders Day Parade.

But there is a relationship in place that just doesn't seem to be connecting beyond pockets of residents in both communities. Maybe that is the way it is supposed to go.

Value can't always be measured in dollars and cents and even with the current rate of exchange we see our American friends in Tonasket as far more valuable than that.

We see an opportunity to learn, share and bond.

And that's what keeps us going back time after time.



The annual Christmas Hamper Drive received a shot in the arm they were not expecting December 3rd. Robyn Barker from Manning Park Resort, right, delivered four large bins of non-perishable food to Living Water Church. Accepting the donation on behalf of Crisis Assistance was Pastor Jason Neufield, left. *

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

We're green and proud of it. Our household has been green since moving to the valley. We grow most of our own fruits and vegetables, compost, have compact fluorescent lights and LEDs, limit our trips to Princeton where we shop locally, reuse items whenever we can, recycle what we can't reuse and have a passive solar greenhouse. With the Climate Summit in full gear I started to wonder, why are we punished for doing something on a daily basis that is absolutely green? I am talking

about using electric heat.

Electric heat (ie baseboards) are 100% efficient because all of the electrical energy used is converted into heat and there are no combustion losses through a chimney. Baseboard heaters don't spew out CO2 emissions like wood, pellets, propane, or gas. One can also control the heat room by room, lowering thermostats in unused rooms. In British Columbia, our electricity is generated by hydro-electric power which is a very clean source of energy.

So I ask again, why are we being

penalized for being environmentally conscious and using electric heat? Fortis has imposed a two tier system whereby homeowners must pay higher rates for electricity used over a certain level. This is a punishment for all homeowners who use electric heat. Is British Columbia really in support of climate control? It would appear that it isn't when it encourages homeowners to use wood, propane, or oil heat for their homes instead of clean electric heat.

It's not easy being green.

- Diane Sterne, Coalmont, B.C.



This is just half of the food donated by skiers at Manning Park Resort during opening weekend. The ski hill provided \$10 off of lift tickets in exchange for non-perishable food donations. All the contributions were split between the Hope Food Bank and Princeton Crisis Assistance Society for this year's annual Christmas Hamper Drive. *

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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

The Strange War In The Middle East



Dawn Johnson
editor@thenewsleader.ca

Following the terrorist attacks in Paris in November, a very strange story emerged. A Canadian, not at all involved in anything connected to ISIS, discovered a selfie he had put on Facebook was altered to make him look like a terrorist. Worse still, in the news glut following the attack, the altered photo appeared in at least one major newspaper in Spain.

The CBC showed both photos, side by side, the selfie quite an innocent photo taken in the man's bathroom to show a friend a new purchase. The man, a Sikh, wore a turban. In the altered photo, the man wears a toque and holds up a Quran.

There was no follow-up, such as who altered his selfie and how was it spread around to news outlets in Europe. Who falsified his identity?

I do not subscribe to Facebook and I wonder if any other Canadians who saw the altered photos thought about what could happen to their own photos they placed on Facebook. This sort of thing is scary. Can just anybody's photo be used to label that person a

terrorist? Yes, it can.

While this war on terrorists goes on, its roots go deep into a policy established by the G.W. Bush administration in the United States. It does not stop there. In October 2014, current Vice-President Joe Biden, talking to Harvard students about foreign policy, told the students the U.S. was joined by allies in the Middle East who wanted Assad out of Syria. It seems there is a Sunni versus Shiite rivalry. Apparently these allies were supplying ISIS with armaments in order to get rid of the Syrian president.

The United States wanted stability in the Middle East for the purpose of exploiting the oil resources, and Russia wants a gas pipeline to the Middle East.

After years of being told there is an oil shortage, most of us reduced our gasoline consumption by buying energy efficient automobiles. Now oil is a glut on the market. According to one report I read, ships carrying crude oil are sitting in ports or offshore holding up to 100 million barrels of surplus oil. If oil is so plentiful, why spend so much money on manipulating the Middle East politics?

There are all kinds of stories about who is doing what in the Middle East, and about who has been supplying ISIS with armaments. What I wonder about is why the terrorists would take their war to Paris if what they want is to get rid of Syria's president. This whole thing seems to have become just too weird and senseless. What terrorist leader decides, "Well, we haven't got rid of Assad yet so let's go kill a bunch of Frenchmen?"

I am sure there is much more to

this entire Middle East fiasco. I don't know what it is all about, and despite everything I read about what has been going on, I do not readily believe we are being told the whole truth about what has led to so much killing.

I found it strange that so much media fuss was made over the Paris attacks, but hardly anything said in major media about the terrorist attack in Beirut the day before Paris, nor was there any big fuss over the terrorist attack in Africa at the same time. Are French lives more precious than Lebanese lives or African lives? Aren't we all humans?

While thinking about all of this, I ran across a video about a new book called Game Changers. It is written by an American Marine Special Forces member who said the Americans have been going at the war on terror the wrong way. Instead of going in and trying to teach villagers to do things the American way, they should have been going in to support the villagers doing things their own way. He says the American military destabilized the villages, making them easy prey for the terrorist groups. No kidding? I thought they should have learned that lesson in Viet Nam.

Then I questioned why all this surveillance in place since 9/11 hasn't stopped terrorist attacks. In fact, according to one news source, there have been more terrorist attacks since all this surveillance went in. Clearly, that was a waste of money!

Anyway, those are my thoughts about all of this. If this column seems confusing, it's a sign of the times.



This bear, standing with a freshly killed deer, was spotted in a backyard on the Third Bench during the late afternoon/early evening of November 25th. While some believe it is late for some of the bears to reach hibernation time, there is actually a lot of debate as to whether or not bears truly hibernate. They do 'den' during the winter months and sleep, but can still be awakened by noise or touch. Apparently they enter a state of torpor where their bodies slow down but their body temperature stays high. In a true hibernation body temperature drops to match the temperature outside and the hibernating animal sleeps.

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PSS Gym was hopping with activity December 6th as part of the annual Christmas Craft Fair held there. The Grad Class hosts this successful event. *



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MLA Jackie Tegart

Fraser-Nicola

The first snowfall of the season has arrived and with it our thoughts turn to the holidays and spending time with family and friends.

The holidays are also a time when we open our hearts to those less fortunate in our communities.

Princeton's annual Christmas hamper campaign is well underway with applications being accepted at the Crisis Centre Thrift Shop, which last year delivered 110 food hampers to local families. Hampers contain enough food for a Christmas dinner, plus a little extra if enough donations are received. Donations of toys are also appreciated, and organizers hope you'll keep older children and teenagers in mind - they usually like shampoo, body washes and perfumes.

Donations of scarves, gloves and hats are also required for kids of all

ages.

Princeton's food bank always appreciates donations of food and cash - and cash donations qualify for an income tax receipt.

The food bank operates out of the basement of the Baptist church on the Old Hedley Road (across from the arena) and serves meals Tuesdays and Thursdays from 12:30 to 1:30 PM.

While you're thinking of others this season, remember to keep tabs on your own well-being. It's easy to feel overwhelmed at this time of year so it's important to make your health a priority.

There are a variety of services and supports available that are easy to access for those that need them, and the people on the other end of the phone are always ready to listen and help.

Here to Help (heretohelp.bc.ca) is a provincial mental health and sub-

stance-use website with information on how to manage mental illness and maintain good mental health, including self-management resources and screening self-tests. You can also consult a network of direct and contracted services, including counseling for individuals suffering from substance-use problems.

Christmas is a time for family, friends and giving a helping hand to those in need. In my case, I'm looking forward to welcoming my kids and their families this Christmas for a wonderful time of joyous chaos.

I hope you take advantage of all the great events and services our community has to offer so your holiday season is memorable for all the right reasons.

From my family to yours, have a Merry Christmas and a Happy New Year!



Only your imagination limits what you can do to create things for others, including jewelry. The annual PSS Christmas Craft Fair showcased a number of unique gift ideas created by hand by local residents. *

Are you 'winter storm prepared?' This list will help you get there

Near hurricane force winds, Arctic outbreaks and heavy rains are three severe weather patterns typically experienced in British Columbia in the late fall and winter. They can result in downed electrical lines and power outages, flooding, landslides and hazardous driving conditions.

With inclement weather and storms in the forecast for many parts of the province this past weekend, Emergency Management BC is encouraging British Columbians to prepare for severe storms by following these tips from PreparedBC, and partners such as BC Hydro, FortisBC, Environment Canada and DriveBC.

General Storm Readiness Tips

- Get storm ready. Ensure your home emergency kit is refreshed and can support you and your family for a minimum of 72 hours without power or heat.
- Do not go near dangling power lines. Report them to the power company.
- Report any broken sewer lines or water mains to your local authority.
- Drive cautiously and only if necessary. Debris, downed power lines or damaged roads will make driving

dangerous. Ensure you have a winter emergency kit for your vehicle.

- Police, fire, ambulance and local emergency authorities work to ensure public safety. If ordered to evacuate, do so. And take your grab and go emergency kit with you.
- Utility providers and city crews will work as quickly as possible to restore services.
- Leave phone lines free for emergency use. Call 9-1-1 if there is danger of serious injury.
- Winter weather can mean unexpected surprises. Before the lights go out, create a preparedness plan for your family and visit Emergency Info BC.

Flood Safety Tips

- Make sure to store your family emergency kit in an easily accessible area that's not in a basement and off the floor.
- Check perimeter drains around your property and ensure they are clear of debris.
- Avoid river and stream banks. What looks like stable ground can be eroded beneath and give way without warning. Keep children and pets away from stream banks.
- Drive carefully and never attempt to

drive through floodwater. If a car stalls in floodwater, get out quickly and move to higher ground. Two feet of water can carry away most vehicles, including SUVs and pickup trucks.

- Always obey emergency officials who are involved in rescue or flood control operations, including those directing traffic and those issuing evacuation alerts and/or orders.
- If ordered to leave, take your emergency kit and lock the door. If there's time, move essential items off the floor to an elevated location.
- If instructed, turn off utilities at main switches or valves. DO NOT touch electrical equipment if you are wet or standing in water.
- Stay out of moving water and never walk through it. Even six inches of moving water can make you fall and because of dangerous debris beneath the surface or strong currents, it can put you at risk of drowning.
- To report severe flooding in your area, contact your local municipal government.

Landslides

- Heavy rainfall increases the chance of landslides and flash flooding. If you live down slope from a potential slide area, listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.
- Stay well away from the path of a landslide or debris flow. If necessary, run perpendicular, not downward from the flow.
- If you receive an evacuation order, leave the area immediately. Failing to

leave when instructed can endanger both you and the lives of first-responders.

After a landslide

- Stay away from the slide area, there may be danger of additional slides. Do not return until notified by local emergency officials that it is safe to return.
- Watch for flooding, including new

fountains or waterfalls or blocked culverts which may occur after a landslide or debris flow.

- Look for and report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.

- submitted

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Living Past 100

We Are Not Hard Wired

We have been trained to think of our brain as if it were a computer, and we talk about certain things being 'hard wired' into our brain. Recent research at MIT has shown the brain is not hard wired. It does not function like a computer. The brain is plastic.

Saying the brain is plastic does not mean it is made of plastic. It means it is more like elastic. One researcher described it as being more like a pile of goo that changes constantly, depending on the information coming into it. What's more, the brain can increase its function if given the right kind of stimulus. This pile of goo inside our skulls is much more amazing than a computer. Researchers are finding the brain can do so much more than any computer we could imagine.

The brain is made up of nothing but blood vessels, nerves, and saturated fats which cushion the nerves. This does not mean it is simple. On the contrary, it is so complex and so busy all of the time that on a screen showing a brain at work it is constantly lighting up in all areas even when we are asleep, or even in a coma.

Researchers are grappling with this new concept that the brain is plastic. It can improve function at any age. In fact, they have found that the brain can do much more at older ages than anyone ever imagined. The only similarity between the brain and other organs is that the more you ask it to do, the better it works. This knowledge has opened up whole new fields of study.

Knowing the brain does not age in the same way other organs age, we are faced with a brand new idea of how to stay young: keep the brain learning! This has great implications for everyone who feels they are losing memory or losing focus. What they are doing is letting the brain become lazy. The more the brain is challenged with new information, the better it functions. If you just sit back and make excuses for not learning new things, then you are letting your brain age, and the rest of you will follow, because the brain is in charge of everything.

A good case in point was a young man injured in a car accident. He was 17 years old, had multiple injuries, including a fractured skull and bleeding in the brain. He was given less than 24 hours to live if he did not undergo surgery, and a one percent chance if the surgery could stop the bleeding. His parents demanded the surgery. The bleeding was stopped, and he remained in a coma for some time. While he was in a coma, family members stayed with him 24/7, talking to him, encouraging him, telling him he would be well again. Not only did he survive, but he overcame all of his injuries and is now in college on an athletic scholarship. By keeping the brain stimulated, even when it was badly injured, the pile of goo inside his skull healed itself and his body.

Do not let your brain stagnate. If you want to live long and feel good, make your brain work hard.

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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - December 8 - 14, 2015



This brings a whole new meaning to the term 'road game.' Princeton Posse players played noodle hockey downtown during Christmas Light-Up November 28th.*

Posse end November with win

Princeton Posse hosted Kelowna Chiefs November 28th in the last game of a difficult month for the Similkameen Valley team.

The first 20-minutes of the game sailed by quickly with no scoring and only two penalties recorded. Princeton out shot Kelowna 10-7 in the opening frame.

The second period saw the Chiefs hit the scoreboard first with a goal at 17:35 scored by Josh Baird. Assistance came from Brody Dale and Ryan Lawson.

The Chiefs added another marker just 12-seconds later to widen their lead. Luke Kalenuik got the credit

with assists going to Kyle Laird and Jonathan Lee.

The home team started to whittle away at the Kelowna lead with a goal at 13:27 (Bailey Shaver from Drew Carter and Chad Kimmie) and tied the game with a power play goal scored by Connor Peers at 10:16. Assists went to Joshua Dickson and Morton Johnston.

After two it was 2-all with Princeton leading 18-16 on shots.

The Posse took the lead for the first time in the game at 17:18 of the final frame. Credit went to Linden Gove who had help from Sean Emmerson.

Princeton added to their lead at 9:56

with a power play goal credited to Bailey Shaver. Morton Johnston and Thomas Cankovic assisted on the play.

Kelowna pulled their goalie for an extra man late in the game and Princeton was able to capitalize on it scoring an empty-netter at 2:44. Sean Emmerson got the point with

Thomas Cankovic and Drew Carter each earning assists.

Final Score: Princeton 5, Kelowna 2. Shots on Goal: Princeton 27, Kelowna 21. Penalties in Minutes: Kelowna 9 for 18-minutes, Princeton 3 for 6-minutes. Princeton was successful on 2 of 7 power plays for 28.6% while Kelowna was unable to

produce in one attempt (0.00%).

The win gave Princeton 3-6 for November. They were out scored in the month 35-23 and currently sit in 4th place in their division with a win/loss record of 7-18-0 but are tied for points with last place North Okanagan Knights (5-19-1) with 15-points.

 **PrincetonBCNews**

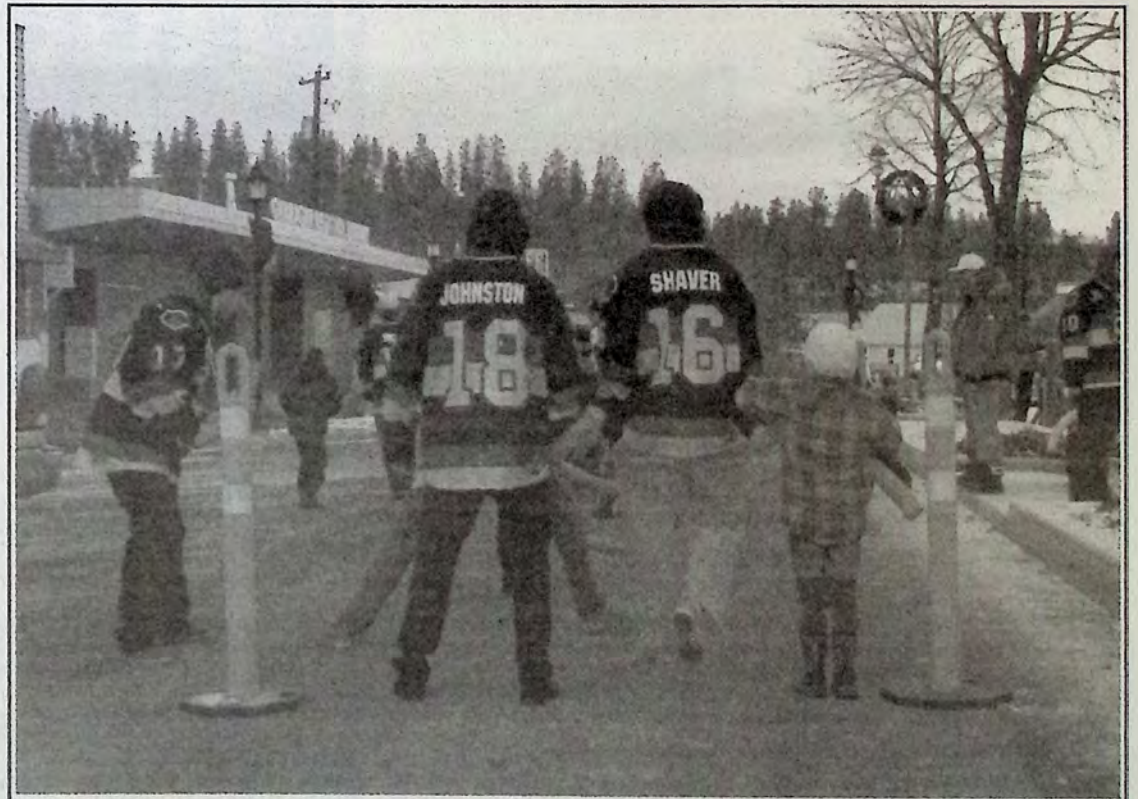
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Full Cycle Bookkeeping



Following standard street hockey rules, there was a lookout watching for cars during Christmas Light-Up.*



Action from a recent Princeton Posse game with Kelowna Chiefs. Photo: Bob Marsh Photography

Steam flattens Posse

Princeton Posse hosted Summerland Steam December 5th.

The Steam scored first at 14:06 of the opening period (Paulsen Lautard

from Jack Mills) and added their second goal of the game with 1:15 left in the frame. That power play

goal was scored by Braden Eliuk

with help from Riley Pettitt and Calvin Hadley.

The Posse were out shot 15-11 as the Steam finished the period with a comfortable 2-0 lead.

The second period saw Princeton rally back and score once at 12:04. Credit went to Bailey Shaver who had assistance from Drew Carter and Austin Dean.

Summerland kept their two-goal lead in place after scoring their third goal of the game at 4:22. Riley Pettitt got it with assists going to Cody Egilson and Calvin Hadley.


Princeton was out shot 16-8 in that period and 31-19 after 40-minutes. The third period saw only one more goal added.

Summerland's Riley Pettitt scored a short handed empty netter with 54-seconds left in the game. Assists were awarded to Adam Jones and

Jack Mills.

Final Score: Summerland 4, Princeton 1. Shots on Goal: Summerland 43, Princeton 24. Penalties in Minutes: Princeton 7 for

14-minutes, Summerland 6 for 12-minutes. Summerland scored on one of 6 power plays (16.7%) where Princeton was unsuccessful in five tries (00.0%).

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Sometimes you just have one too many Chiefs on your tail. When that happens, you just get out of the way. Photo: Bob Marsh Photography

SO COUNTRY INTERNET RADIO



Following their election at the AGM of the Support Our Health Care Society, the new Executive held its first meeting at Riverside Centre on November 27 to discuss plans for the 2015-16 year. Pictured from left to right are John Akerley (Director), Ole Juul (Treasurer), Nienke Klaver (Secretary), Bill Day (Vice-President), Lynn Wells (Director), Keith Olsen (Director), and Edward Staples (President). - photo submitted

WEDNESDAY, DECEMBER 9, 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	Law Order: CI	Morning News (N)	G. Shrinks Rob Robot	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre	CTV Morning Live Vancouver (N)	Fool's Gold Fool's Gold	Life Derek Life Derek	CityLine (N)	Bar Rescue "Bug Bite"	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts Wild Kratts	Today Actor Jim Gaffigan; steals and deals. (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Super Why! Arthur	Squirrel Chucks	SportsCentre		Cold Water Cowboys	Dog I Didn't	Let's Make a Deal (N)	Rescue Movie: "Jurassic Park" (1993) Sam Neill, Laura Dem.	Eat St.
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Nature Cat Curious			Criminal Minds "JJ"			Morning Huntley St.	Napkin Tiger	SpongeBob Wayside	SportsCentre		Daily Planet (DVS)	Jessie Phineas	The Price Is Right (N)	Security Security	
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger	Today (N)	The 700 Club	Criminal Minds	Liv! Kelly and Michael	Morning Huntley St.	Operation Smile	Super Why! Moblees	Sidekick Almost	SportsCentre	Liv! Kelly and Michael	How/Made How/Made	Curious Twirlywoos	FamFeud FamFeud		The Dead Files
10 AM	Divorce Divorce	Sugar Debt/Part	Boj PAW Patrol	Sesame St. Peg	Today (N)	The Price Is Right (N)	Criminal Minds	The View	Sugar Debt/Part	Rachael Ray	Bookaboo Monster	Spliced Kid vs. Kat	SportsCentre	The View	Mayday	Justin Thomas	The Chew	Movie: "Jurassic Park III" (2001) Mark Wahlberg, Tim Roth.	Ghost Adventures
11 AM	Judge Judge	Rachael Ray	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Jeopardy!	Young & Restless	The First 48	Sexy Abs!	Rachael Ray	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	UEFA UEFA	Marilyn Denis	Gold Rush: Pay Dirt	Kate and Wizards	General Hospital (N)	Security Security	
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose Lunal	PIYo! Bold	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Nerds Squirrel	Champions League Soccer: Chelsea FC vs FC Porto.	CTV News Vancouver	Gold Rush	Wizards Good Luck	Celebrity	Movie: "Planet of the Apes" (2001) Mark Wahlberg, Tim Roth.	My. Monument
1 PM	Paid Prog. Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk (N)	Duck D. Duck D.	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Heartland (DVS)	Almost Sidekick		The Social (N)	Buying AI. Buying AI.	Good Luck Jessie	CityLine	Mysterie-Museum	
2 PM	Payne Browns	The Talk (N)	Maya Curious	Thomas Curious	Millionaire Inside Ed.	Let's Make a Deal (N)	Born This Way	The Doctors	The Talk (N)	Meredith Vieira	Murdoch Mysteries	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil	How/Made How/Made	Jessie Phineas	CityNews at 5 (N)	Ghost Adventures	
3 PM	Mod Fam Mod Fam	Meredith Vieira	Doozers PAW Patrol	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show	Duck D. Duck D.	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	SpongeBob SpongeBob	SportsCentre (N)	Ellen DeGeneres Show	How/Made How/Made	Phineas Good Luck	CityNews at 6 (N)	Movie: "Planet of the Apes" (2001) Mark Wahlberg, Tim Roth.	Eat St.
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil	Duck D. Duck D.	FABLife	Young & Restless Global Nat.	Early News Global Nat.	Bond! Vet (N)	SpongeBob Penguins	Hockey NBA Basketball: San Antonio Spurs at Toronto Raptors. (N)	The Dr. Oz Show	Daily Planet (N)	Dog Jessie	Mod Fam	Restaurant Makeover	
5 PM	The Story of the First Noel Early	News (N)	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den	SpongeBob SpongeBob		CTV News Vancouver	Bering Sea Gold	Life Jessie	Empire "Et Tu, Brute?"	Security	
6 PM		News Hour News	Canada: Over the Edge	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Duck Dynasty	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC Vancouver News	Abominable Christmas		CTV News Vancouver	Moonshiners: Outlaw	I Didn't Next Step	Mod Fam blackish	Contractor	
7 PM	Seinfeld Seinfeld	Ent ET Canada	The Water Park	30 Days to a Younger Heart- Masley	Jeopardy! Wheel	Broke Girl Broke Girl	What Would You Do? The Insider	Ent The Insider	Ent ET Canada	The Illusionists (N)	Young Coronation	Make, Pop Make, Pop	SportsCentre (N)	etalk (N) Big Bang	Moonshiners (N)	The X Factor UK	Broke Girl Two Men	Movie: "Jurassic Park" (1993) Sam Neill, Laura Dem.	Ghost Adventures
8 PM	King King	Survivor (N)	The Emperor's Secret Victor	Masley Victor	Mat Franco's Got Magic	Survivor (N)	What Would You Do?	The Middle Goldbergs	Survivor (N)	Survivor (N)	Dragons' Den (N)	Make, Pop Funniest Home Videos	Poker Champions	Arrow "Dark Waters"	How/Made How/Made	Prince Malcolm	CityNews-Tonight (N)	Mysterie-Museum	
9 PM	The Middle Family Guy	Chicago Fire (N)	Sacred Songs Nature (DVS)	Nature (DVS)	Criminal Minds (N)	Duck D. Duck D.	Mod Fam blackish	Chicago Fire (N)	Chicago Fire (N)	Chicago Fire (N)	The Romeo Section (N)	Wipeout	SportsCentre (N)	Criminal Minds (N)	Bering Sea Gold	Life Derek Wingin' It	EP Daily Reviews on	The Dead Files	
10 PM	Amer. Dad Amer. Dad	Chicago PD (DVS)	Christmas Mus.	NOVA "Meteor Strike"	The Illusionists (N)	Code Black (N)	(10.01) Duck Dynasty	Nashville (N)	Chicago PD (DVS)	News Hour Final (N)	The National (N)	Movie: "Nicky Deuce" (2013)	SportsCentre (N)	Code Black (N)	Moonshiners: Outlaw	Wizards Connor	Extra (N) Liquidator	Movie: "Jurassic Park III" (2001)	Ghost Adventures
11 PM	Family Guy Payne	News Final Colbert	Park The Water	Charlie Rose (N)	News J. Fallon	News Colbert	What Would You Do? J. Kimmel	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation		SportsCentre (N)	News-Lisa CTV News	Moonshiners (N)	Prince Malcolm	Crime Watch Daily (N)	Ghost Adventures	

THURSDAY, DECEMBER 10, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, DECEMBER 11, 2015

Table with 20 columns (WTBS ch.3 to DTOUR ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

News Leader Movies - Thursday to Saturday

.....continued from Page 9

10:00 pm SPIKE ch.44 "Jurassic Park III" (2001, Adventure) Sam Neill. A paleontologist and a couple outrun cloned dinosaurs after their plane crashes on an island. (In Stereo)
 10:30 pm YTV ch.18 "Nicky Deuce" (2013, Comedy) Noah Munch. A sheltered teen becomes a fish out of water when he spends the summer in Brooklyn, N.Y. (In Stereo) (CC)

THURSDAY MORNING

9:00 am SPIKE ch.44 "The Man With the Iron Fists" (2012, Action) RZA. In feudal China, a blacksmith channels ancient energies to transform himself into a human weapon capable of defending his fellow villagers from soulless villains. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "The Man With the Iron Fists" (2012, Action) RZA. In feudal China, a blacksmith channels ancient energies to transform himself into a human weapon capable of defending his fellow villagers from soulless villains. (In Stereo)
 5:00 pm WTBS ch.3 "Duplex" (2003, Comedy) Ben Stiller. After moving into a New York brownstone, an author and his wife try to get rid of an annoying neighbor.

EVENING

8:00 pm CITV ch.12 "How the

Grinch Stole Christmas" (2000, Fantasy) Jim Carrey. A curmudgeon living atop Mount Crumpit sets out to quash the yuletide preparations of the Christmas-loving Whos of Whoville. Anthony Hopkins narrates. (CC) (DVS)

9:00 pm KHQ ch.7 "Dolly Parton's Coat of Many Colors" (2015, Docudrama) Alyvia Alyn Lind. Premiere. In 1955 Tennessee, 9-year-old Dolly Parton and her family discover the healing power of faith and love while struggling to overcome tragedy. (In Stereo) (CC)

KXLY ch.10 "Toy Story" (1995, Comedy) Voices of Tom Hanks. Animated. A flashy new action hero's arrival creates upset in a community of toys that comes to life when people are absent. (In Stereo) (CC)
 10:00 pm KNOW ch.5 "Life Off Grid" (2014, Documentary) A two-year project follows the lives of Canadians in every province who choose to live with renewable energy. (In Stereo) (CC)

YTV ch.18 "Air Bud: Golden Receiver" (1998, Comedy-Drama) Kevin Zegers. A golden retriever with a flair for sports helps a boy handle football and the new boyfriend of the boy's widowed mother. (In Stereo) (CC)

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "Husbands and Wives" (1992, Drama) Woody Allen. A New York professor and his wife begin to notice their own marital troubles when their best friends split up.

EVENING

7:30 pm YTV ch.18 "Rise of the Guardians" (2012, Adventure) Voices of Chris Pine. Premiere. Animated. Winter sprite Jack Frost must save the day when an evil boogeyman schemes to stop the world's children from believing in Santa Claus, the Easter Bunny and other immortal Guardians. (In Stereo) (CC)

8:00 pm CBC ch.13 "Toy Story 3" (2010, Comedy) Voices of Tom Hanks. Animated. Woody, Buzz and the rest of the toys find themselves dumped in a day-care center after Andy leaves for college. (In Stereo) (CC)

FAM ch.26 "Bob's Broken Sleigh" (2015, Adventure) Voices of Raini Rodriguez. Premiere. Animated. A magic-less elf is ambushed by an evil puffin and becomes stranded in a magical forest. He and the friends he makes have to race to get Santa's sleigh back home in time for Christmas. (In Stereo) (CC)

10:00 pm YTV ch.18 "All I Want for Christmas" (1991, Comedy) Ethan Randall. A boy and his little sister cook up a holiday scheme to get their divorced parents back together. (In Stereo) (CC)

10:30 pm FAM ch.26 "Bob's Broken Sleigh" (2015, Adventure) Voices of Raini Rodriguez. Animated. A magic-less elf is ambushed by an evil puffin and becomes stranded in a magical forest. He and the friends he makes have to race to get Santa's sleigh back home in time for Christmas. (In Stereo) (CC)

SATURDAY MORNING

9:00 am SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)

10:30 am FAM ch.26 "Good Luck Charlie, It's Christmas!" (2011, Comedy) Bridgit Mendler. Chaos strikes when a woman and her daughter get separated from their family during the holidays. (In Stereo) (CC)

11:00 am WTBS ch.3 "The Santa Clause 3: The Escape Clause" (2006, Comedy) Tim Allen. Scott Calvin, aka Santa, contends with visiting in-laws and a scheme by mischievous Jack Frost to freeze him out of Christmas.

AFTERNOON

12:00 pm FAM ch.26 "Bob's Broken Sleigh" (2015, Adventure) Voices of Raini Rodriguez. Animated. A magic-less elf is ambushed by an evil puffin and becomes stranded in a magical forest. He and the friends he makes have to race to get Santa's sleigh back home in time for Christmas. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Race to Witch Mountain" (2009, Adventure) Dwayne Johnson. A Las Vegas taxi driver unexpectedly becomes the guardian of two runaways who possess paranormal powers.

2:00 pm YTV ch.18 "Beethoven's Christmas Adventure" (2011, Comedy) Kyle Massey. Lovable dog Beethoven must rescue a Christmas elf and retrieve Santa Claus' magic

toy bag from crooks. (In Stereo) (CC)

2:30 pm CITV ch.12 "Deck the Halls" (2005, Comedy-Drama) Gabrielle Carteris. A boy tries to set up his mother with a man he believes is Santa Claus. (CC) (DVS)

3:30 pm CHBC ch.4 BCTV ch.11 "Deck the Halls" (2005, Comedy-Drama) Gabrielle Carteris. A boy tries to set up his mother with a man he believes is Santa Claus. (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 "Hot Tub Time Machine" (2010, Comedy) John Cusack. Following a night of drinking in a ski-resort hot tub, four pals awake in 1986, getting a chance to rewrite the past.

YTV ch.18 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)

7:00 pm VTV ch.22 "The Sound of Music" (1965, Musical) Julie Andrews. A novice leaves her convent and becomes governess to Capt. Von Trapp's seven children in Austria before World War II. (In Stereo) (CC)

8:00 pm KSPS ch.6 "Only Angels Have Wings" (1939, Adventure) Cary Grant. A sassy chorus girl falls in love with a seat-of-the-pants pilot in South America. (In Stereo) (CC)
 KXLY ch.10 "Mary Poppins" (1964, Musical) Julie Andrews. Live action/animated. London children have fun with a marvelous nanny and her chimney-sweep friend. (In Stereo) (CC)

.....continued on Page 14

SATURDAY, DECEMBER 12, 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	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	Ancestors	Dragon	Heartland	Today (N)	CBS This Morning	What Would You Do?	Facellit?	Ancestors	Saturday Morning News (N)	Monster	Slidekick	Premier League Soccer	Juicebox	River Monsters	Wingin' It	Paid Prog.	Auction	Live Here
6:30	Coolest	Fishful	PAW Patrol	Fly Tying				Paid Prog.	Fishful		News	Slidekick				Slug Terra	Panorama	Auction	Paid Prog.
7 AM	P. Affairs	Saturday Morning News (N)	Curious	MotorWeek		Lucky Dog	Married at First Sight	Good Morning America	Saturday Morning News (N)		Animal	Squirrel	English Premier League Soccer		Mighty Ships	Gaming	Eye/Asia	Auction	Security
7:30	Paid Prog.		Curlous	Greener	KHQ Saturday Wake Up Show	Dr. Chris	Born This Way	Hanna			Super Why!	Chucks				Phineas	VemComlg	Auction	Security
8 AM	Trust Dale		PAW Patrol	Woodsmith		Innovation	Born This Way	Ocean			Artzooka	Chucks		Canada AM Weekend	Mayday	Droid Tales	Polish Studio (N)	Auction	Border
8:30	Paid Prog.		Kate and	Rough Cut		Inspectors					Cross	SpongeBob			Life Derek			Auction	Border
9 AM	Jeffersons		Maglo Bus	Hometown	LazyTown	College Basketball: Ohio State at Connecticut. (N) (Live)	The First 48	Rescue		Fish'n	Our Vancouver	SpongeBob	Barclays	Sick Kids	Mayday	Dog	Operation Smile	Movie: "The Fast and the Furious" (2001, Action)	Border
9:30	Paid Prog.		Kate and	Old House	English Premier League Soccer		The First 48	Wildlife		Real Fish.	Parents	English Premier League Soccer			I Didn't			Border	
10 AM	Break	Fish'n	Wild Kratts-Creature	Old House			The Secret Tapes of the O.J. Case	Rock-Park	Fish'n	Powerboat	Absolutely Canadian	Harvey	English Premier League Soccer	Marilyn Denis	Mayday	Jessie	Fail Army		Border
10:30	Seinfeld	Fishing	Kitchen					Explore	Fishing	Driving TV	Pig Goat			Is Written	Mayday	"Good Luck Charlie"	Family		Border
11 AM	"The Santa Clause 3: The Escape Clause"	Powerboat	Maker	Chefs Life				Paid Prog.	Powerboat	Ice Pilots NWT	Bobsledding	Turtles	UEFA Mag.	etalk			Survivor-man		Security
11:30		Driving TV	Creative	Martha	Action Sports (N)	Football		Paid Prog.	Driving TV		Turtles						(DVS)		Security
12 PM		Noon News Hour (N)	Dogs	Cook	College Football: Army vs.		World of X	Noon News Hour (N)	Food Truck Face Off	FIS Alpine Skiing	Mr. Popper's Penguins	PGA Tour Golf: PNC Father/Son Challenge. (N)	SportsCentre	Buying Al.	"Bob's Broken Sleigh"	Illusions			Border
12:30			Dogs	Victory			World of X				Preview	Corner Gas	SC	Buying Al.		Escape			Border
1 PM	Movie: "Race to Witch Mountain"	Food Truck Face Off	Hope for Wildlife	Antiques Roadshow	Golf: PNC Father/Son Challenge, First Day.	Navy. From Lincoln Financial Field in Philadelphia. (N)	O.J. Speaks: The Hidden Tapes	NFL Championship	Food Truck Face Off	Holmes Makes It Right	Figure Skating: ISU Grand Prix Final. (N)	Movie: "Beethoven's Christmas Adventure"	PGA Tour Golf: PNC Father/Son Challenge. (N)	Corner Gas	Canada's Worst Driver	Jessie's Aloha	Close-Up Kings		Border
2 PM		Holmes Makes It Right	Marine Machines	To Be Announced			30 for 30 (N)	Holmes Makes It Right	Tackle	Movie: "Deck the Halls" (2005)	National Hockey	Movie: "Beethoven's Christmas Adventure"	Driver	River Monsters	Jessie	Mod Fam	Cops	Border	
3 PM	The Middle	Tackle	Waterfront Cities	To Be Announced	DOCTORS		The First 48	Tackle	Movie: "Deck the Halls" (2005)		Hockey	SportsCentre	Disruptors	How/Made	I Didn't	CityNews	Cops	Security	
3:30	The Middle	Movie: "Deck the Halls" (2005)			Paid Prog.	Paid Prog.		Pro-Am	Movie: "Deck the Halls" (2005)		NHL Hockey: Ottawa Senators at Montreal Canadiens. (N) (Live)	Movie: "Jingle All the Way" (1996)	Moneytalk	How/Made	Gaming	CityNews	Cops	Security	
4 PM	Seinfeld	Journey to Shark Eden			Paid Prog.	Access Hollywood (N)	The First 48	McCarver	Estate	Global Nat.	Santa Claus Brothers	UFC Embedded (N)	Marilyn Denis	Last Frontier	Life Derek	NHL Hockey: Teams TBA. (N) (Live)			Security
4:30	Atl. Eats				Jdg Judy					(4:59) News Hour (N)	The Happy Elf	UFC 194: Aldo vs. McGregor	The Social	Gold Rush	Nowhere				
5 PM	King	News	Athens: Truth	LastWine	News	News	The First 48	News	Global Nat.		Movie: "Elf" (2003) Will Ferrell.	Prelims (N)	etalk		Life			Border	
5:30	King		Fwty	Boxing: Premier Boxing Champions. (N) (Live)	CBS News		The First 48	News at 6	(5:59) News Hour (N)	16x9	Movie: "Elf" (2003) Will Ferrell.	College Basketball: UCLA at Gonzaga. (N)	CTV News Vancouver	Moonshiners	Awesome				
6 PM	Movie: "Hot Tub Time Machine" (2010)	Global Nat.	Hope for Wildlife	Lawrence Welk	Paid Prog.		The First 48	News at 6	The Insider		Movie: "Elf" (2003) Will Ferrell.	College Basketball: UCLA at Gonzaga. (N)	CTV News Vancouver	Moonshiners	Awesome			Ghost Adventures	
6:30		16x9 (N)	Great Migrations	Keeping Up	Elementary "Step Nine"	(7:01) The First 48	Entertainment Tonight	16x9 (N)	Food Race	NHL Hockey: New York Rangers at Calgary Flames. (N) (Live)	Movie: "Jingle All the Way" (1996)	College Basketball: UCLA at Gonzaga. (N)	CTV News Vancouver	Moonshiners	Awesome				
7 PM	Family Guy	Food Race	Heartbeat	Movie: "Only Angels Have Wings" (1939) Cary Grant.	Caught	Rudolph, the Reindeer	(8:02) The First 48	Movie: "Mary Poppins" (1964, Musical) Julie Andrews.	Food Race	Movie: "Cancel Christmas" (2010)	Movie: "Jingle All the Way" (1996)	College Basketball: UCLA at Gonzaga. (N)	CTV News Vancouver	Moonshiners	Awesome				
7:30	Family Guy				News			"Mary Poppins" (1964, Musical) Julie Andrews.	Movie: "Cancel Christmas" (2010)			College Basketball: UCLA at Gonzaga. (N)	CTV News Vancouver	Moonshiners	Awesome				
8 PM	Burgers	Movie: "Cancel Christmas" (2010)	Foyle's War "Bad Blood" (PA)		The Good Wife	"Christmas"	(9:01) The First 48	Movie: "Cancel Christmas" (2010)	Movie: "Cancel Christmas" (2010)	News Final	Post Show	Game On	SportsCentre (N)	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
8:30	Burgers				Dateline NBC	48 Hours (N)	(10:01) The First 48	Rizzoli & Isles	News Final	(10:35) Saturday Night Live (N)	The Tudors	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
9 PM	Community	Park	Moone Boy						SNL		Haunting	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
9:30	Community								SNL		Haunting	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
10 PM	Movie: "S.W.A.T."	News Final	Waterfront Cities	Austin City Limits	News	News	(11:02) The First 48		SNL		Haunting	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
10:30		SNL			SNL	Up Late					Haunting	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			
11 PM											Haunting	Haunting	SportsCentre	Fantom-Works	(10:05) Movie: "Twas the Night"	Paid Prog.			

News Leader Movies - Saturday to Sunday

.....continued from Page 13
 Stereo) (CC)
CITV ch.12 "Cancel Christmas" (2010, Drama) Judd Nelson. Telling Santa that children have become too selfish and greedy, the board of directors gives him a month to teach two boys the meaning of giving, or else the holiday will be canceled. (CC) (DVS)
FAM ch.26 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
8:15 pm YTV ch.18 "Jingle All the Way" (1996, Comedy) Arnold Schwarzenegger. A crazed postman, a tough policeman and a shady Santa impede a workaholic seeking a coveted toy for his son. (In Stereo) (CC)
9:00 pm CHBC ch.4 BCTV ch.11 "Cancel Christmas" (2010, Drama) Judd Nelson. Telling Santa that children have become too selfish and greedy, the board of directors gives him a month to teach two boys the meaning of giving, or else

the holiday will be canceled. (CC) (DVS)
KREM ch.8 "The Flight Before Christmas" (2008, Comedy) Voices of Emma Roberts. Animated. A flying squirrel shows a young reindeer how to soar into the sky.
10:00 pm SPIKE ch.44 "The Girl Next Door" (2004, Romance-Comedy) Emile Hirsch. Premiere. A high-school senior falls for a beautiful new neighbor, then learns she used to be a porn star. (In Stereo)
10:05 pm FAM ch.26 "Twas the Night" (2001, Comedy) Bryan Cranston. A 14-year-old boy and his uncle jeopardize Christmas when they take Santa's sleigh for a joy ride. (In Stereo) (CC)
11:00 pm WTBS ch.3 "S.W.A.T." (2003, Action) Samuel L. Jackson. A Los Angeles Special Weapons and Tactics team must protect a criminal after he offers \$100 million to his prospective rescuers.

SUNDAY MORNING

8:00 am A&E ch.9 "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (In Stereo) (CC)
SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)
9:00 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.
10:30 am A&E ch.9 "Twister" (1996, Action) Helen Hunt. Stormchasers finalizing their divorce try to place equipment inside a tornado on the Oklahoma plains. (In Stereo) (CC)
FAM ch.26 "Bob's Broken Sleigh" (2015, Adventure) Voices of Raini Rodriguez. Animated. A magic-less elf is ambushed by an evil puffin and becomes stranded in a magical forest. He and the friends he makes have to race to get Santa's sleigh back home in time for Christmas. (In Stereo) (CC)
11:00 am SPIKE ch.44 "The Fast and the Furious" (2001, Action) Vin Diesel. An undercover police officer investigates a gang leader suspected of stealing electronic equipment. (In Stereo)

AFTERNOON

12:00 pm CITV ch.12 "Guess Who's Coming to Christmas" (2013, Comedy) Drew Lachey. To

repair his tarnished image, a rock star must spend one week with a reverend and his family during the holidays. (CC)
12:15 pm FAM ch.26 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
1:00 pm WTBS ch.3 "Planet 51" (2009, Comedy) Voices of Dwayne Johnson. Animated. An astronaut lands on a planet he thought was uninhabited, but he finds an alien civilization that resembles 1950s-era America.
CHBC ch.4 BCTV ch.11 "Guess Who's Coming to Christmas" (2013, Comedy) Drew Lachey. To repair his tarnished image, a rock star must spend one week with a reverend and his family during the holidays. (CC)
1:45 pm YTV ch.18 "A Dennis the Menace Christmas" (2007, Comedy) Robert Wagner. A mischievous boy tries to show his neighbor the holiday spirit while hoping Santa Claus grants his wish for a bicycle. (In Stereo) (CC)
3:00 pm KXLY ch.10 "The Santa Clause 3: The Escape Clause" (2006, Comedy) Tim Allen. Scott Calvin, aka Santa, contends with visiting in-laws and a scheme by mischievous Jack Frost to freeze him out of Christmas.
3:45 pm YTV ch.18 "Elf" (2003, Comedy) Will Ferrell. Adopted as a baby by one of Santa's elves, a man leaves the workshop to search for his family in New York. (In Stereo) (CC)
5:00 pm CBC ch.13 "The Muppet

Christmas Carol" (1992, Fantasy) Michael Caine. Kermit, Miss Piggy and friends play Dickens characters as Scrooge meets the spirits of Christmases past, present and yet to come. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Dance With Me" (1998, Drama) Vanessa L. Williams. In Houston to meet his father, a young Cuban enters a dance contest and falls for a pretty dancer.
YTV ch.18 "Arthur Christmas" (2011, Comedy) Voices of James McAvoy. Animated. Santa's youngest son sets out on an urgent mission to deliver a present to a forgotten child before Christmas morning dawns. (In Stereo) (CC)
8:00 pm CBC ch.13 "Home Alone" (1990, Comedy) Macaulay Culkin. Accidentally left by his Paris-bound family, an 8-year-old makes mincemeat of two burglars in the house. (In Stereo) (CC)
8:15 pm YTV ch.18 "The Pirates! Band of Misfits" (2012, Adventure) Voices of Hugh Grant. Animated. Seemingly blind to the odds stacked against him, an enthusiastic pirate dreams of besting his rivals and winning a coveted award. (In Stereo) (CC)
10:00 pm FAM ch.26 "Good Luck Charlie, It's Christmas!" (2011, Comedy) Bridgit Mendler. Chaos strikes when a woman and her daughter get separated from their family during the holidays. (In Stereo) (CC)

FAX SERVICE

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SUNDAY, DECEMBER 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	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTour ch.45
6 AM	Paid Prog.	In a Name	Dragon	Mr. Rogers	Today (N) 0 30	Paid Prog.	Criminal Minds 0 30	Paid Prog.	In a Name	Sunday Morning News (N) 30	Save-Ums!	Squirrel	SportsCentre 30	Canada AM Weekend	Alaskan Bush People	Wingin' It	Paid Prog.	Off Road	Eat St. 0
7 AM	The Office	Sunday Morning News (N) 30	Miss Spldr	Super Why!	KHQ	CBS News Sunday Morning (N) 30	Criminal Minds 0	Good Morning America	Sunday Morning News (N) 30		News	Charmers	NFL Insiders	Marilyn Denis	Top Hooker (N) 30	Gaming	Eye/Asia	Muscle	Expedition Unknown 0
8 AM	The Office		PAW Patrol	Curious	Bulder	Invest	Movie: *** "Payback" (1999) Mel Gibson. 0 30	This Week			Coronation	Pet Shop	Sunday NFL Countdown (N) (Live) 30	Question Period 30	Mayday 30	Droid Tales	Operation Smile 30	Movie: *** "The Fast and the Furious" (2001, Action) 0	Uncommon Grounds 0
9 AM	Movie: *** "Shark Tale" (2004, Comedy)		Upside	SciGirls 0	Paid Prog.	The NFL Today (N) 30		Hiring		Block	Coronation	100 Things		Operation Smile 30	Cold Water Cowboys	Dog	Festival Italiano di Johnny Lombardi	Border	Border
10 AM		Block	Wild Kratts	Inside Olympia 0 30	Action Sports From Breckenridge, Colo. (N) 30	Hidden		Paid Prog.	Block	J. Osteen	Coronation	Henry	NFL Football: Teams TBA. (N) (Live) 30	NFL Football: Teams TBA. (N) (Live) 30	Highway Thru Hell	Jessie 30			Border
11 AM	Paid Prog.	J. Osteen	Little	Focus		Shark!	Movie: *** "Twister" (1996, Action) Helen Hunt. 0 30	Fish Oil	Context	Paid Prog.	M'ketplace	Ho Ho Holiday Special			Gold Rush 30	"Bob's Broken Sleigh"	VemComig	Truck Tech	Border
12 PM	Paid Prog.	Noon News Hour (N)	Animals	Suze Orman's Financial Challenge	Golf: PNC Father/Son Challenge, Final Round. (N Same-day Tape) 0 30	Skilling		Magnificent Mile Light	Noon News Hour (N)	Movie: "Guess Who's Coming to Christmas"	Land/Sea	Bella			Moonshiners 0 30	(12:15) Movie: *** "Elf" (2003) Will Ferrell. 0	Boots and Hearts Bass		Border
1 PM	Movie: ** "Planet 51" (2009) Jessica Biel	Movie: "Guess Who's Coming to Christmas"	Waterfront Cities	Solutions for You 30		NFL Football: Oakland Raiders at Denver Broncos. (N) (Live) 30	Duck D.	Holiday Celebrations on Ice 0 30	Movie: "Guess Who's Coming to Christmas"	Coming to Christmas	Bond! Vet 0 30	Max	NFL Football: Teams TBA. (N) (Live) 30	NFL Football: Teams TBA. (N) (Live) 30	Fantom-Works 30	Storage	Storage	Rescue	Border
2 PM			The Water Park	Kelth & Kristyn Getty: Joy			Duck D.	"The Santa Clause 3: The Escape Clause"	Cake Wars 30	Holiday Baking	Figure Skating: ISU Grand Prix Final. 0 30	Movie: "A Dennis the Menace Christmas"		Bering Sea Gold 30	Jessie 30	Two Men	Bar Rescue	Treasures Decoded 0	
3 PM	Big Bang	Cake Wars 30	The Nutcracker 0 30	Victor	CIZEI		Duck D.		"The Santa Clause 3: The Escape Clause"	Holiday Baking	Tackle	Backstage	Football Night/America	Cash Cab	I Didn't	CityNews	Bar Rescue	Security	
4 PM	Big Bang	Holiday Baking		Great Performances 0 30	Football Night In America (N) 30	Whacked	Duck D.		Holiday Baking	Tackle	Global Nat.	Exhibition	Sports	Cash Cab	River Monsters 30	HZipzer	Sunnyside	Bar Rescue	Museum Secrets 0
5 PM	Mod Fam	Tackle	Hidden Killers	Danube	(5:20) NFL Football: New England Patriots at Houston Texans. (N) 30	News	Duck Dynasty 0 30	News	Tackle	(4:59) News Hour (N)	Movie: *** "The Muppet Christmas Carol"		(5:15) NFL Football: New England Patriots at Houston Texans. (N) (Live) 30	Cash Cab	Last Frontier	Make Me	Mindy	Bar Rescue	Uncommon Grounds 0
6 PM	Movie: ** "Dance With Me" (1998)	Global Nat.	Marine Machines 30	Chef's Life Holiday		KREM 2 News at 6 (N)	Duck Dynasty 0 30	News at 6	(5:59) News Hour (N)	Security	Emergency		Movie: *** "Arthur Christmas" (2011) 0 30	CTV News Vancouver	Bering Sea Gold (N)	Next Step	Family Guy	Bar Rescue	The Dead Files 0 30
7 PM	Vanessa L. Williams.	Security	Doomsday Volcano 0	Great Houses		60 Minutes (N) 0 30	Duck D.	Funnest Home Videos	Security	Simpsons	Winnie			Saving Hope 30 (DVS)	Men, Women, Wild (N)	The X Factor UK 30	Broke Girl	Bar Rescue (N) 0	My.-Monument
8 PM		Madam Secretary (N)	Inspector Morse A deaf man sees a conversation.	Masterpiece Classic 0	Mark Few		Duck D.	Once Upon a Time 30	Madam Secretary (N)	Madam Secretary (N)	Movie: *** "Home Alone" (1990) 0 30	(8:15) Movie: "The Pirates! Band of Misfits" 0	SportsCentre (N) 30	Jann Arden-Christmas	Canada's Worst Driver	Life	CityNews	Bar Rescue	Mysteries-Museum
9 PM		The Good Wife "KSR"		Masterpiece Classic 0	TMZ (N) 0 30	The Good Wife "KSR"	(9:01) Duck Dynasty 0	Blood & Oil 0 30	The Good Wife "KSR"	The Good Wife "KSR"			Sports	Blood & Oil 0 30	Bering Sea Gold 30	Nowhere	Survivor-man 30 (DVS)	Bar Rescue	The Dead Files 0 30
10 PM		Simpsons	Wallander "The Village Idiot" Bank robbery. (N)	House of Cards 30	Blue Bloods 0 30	CSI: Cyber (N) 0 30	Duck Dynasty	Quantico "Inside" (N)	Simpsons	News Final	The National (N) 30	Game On	SportsCentre (N) 30	Quantico "Inside" (N)	Last Frontier	"Good Luck Charlie"	CityLine 30	Bar Rescue	My.-Monument
11 PM	Paid Prog.	News Final	Sacred Journeys-Bruce		News	News	Duck D.	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre 30	News	To Be Announced	Connor	Bar Rescue	Mysteries-Museum	

News Leader Sudoku

SUDOKU

No. 258

Very Hard

Previous solution - Tough

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

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

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.sudokuwiki.org

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The solutions will be published here in the next issue.

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

Monday Movies

MONDAY AFTERNOON

5:00 pm WTBS ch.3 "Dreamer: Inspired by a True Story" (2005, Drama) Kurt Russell. A racehorse trainer and his daughter nurse a gravely injured filly back to health and aim for a slot in the Breeders' Cup Classic.

Comedy) John Goodman. Two elves try to save Christmas after disgruntled Saint Nick decides to take the year off. (In Stereo) (CC)
9:00 pm YTV ch.18 "17 Again" (2009, Comedy) Zac Efron. A 37-year-old gets the chance to correct the mistakes of his past when he is miraculously transformed into a teenager. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Year Without a Santa Claus" (2006,

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MONDAY, DECEMBER 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	Law Order: CI	Morning News (N) ☺	G. Shrinks Rob Robot	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) ☺	(5:00) Morning News (N) ☺	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☺	CTV Morning Live Vancouver (N) ☺	Highway Thru Hell	Life Derek Life Derek	CityLine (N) ☺	Cops ☺ Cops ☺	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts	Today (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺			Super Why! Arthur ☺	Squirrel Chucks	SportsCentre ☺		Last Frontier	Dog I Didn't	Let's Make a Deal (N)	Vegas Cops ☺	Eat St. ☺ Eat St. ☺
8 AM	Crime Watch Daily (N)		PAW Patrol Curious	Nature Cat Curious			Criminal Minds ☺			Morning Huntley St.	Napkin Tiger	SpongeBob Wayside	SportsCentre ☺		Daily Planet ☺ (DVS)	Jessie ☺ Phineas	The Price Is Right (N)	Cops ☺ Jail ☺	Security Security
9 AM	Hot Bench Hot Bench	Morning Huntley St.	Doozers Kate and	Tiger Tiger	Today (N) ☺	The 700 Club ☺	Criminal Minds ☺	Liveli Kelly and Michael	Morning Huntley St.	Operation Smile	Super Why! Moblees	Sidekick Almost	SportsCentre ☺	Liveli Kelly and Michael	How/Made How/Made	Curious Twirlywoos	FamFeud	Jail ☺ Jail ☺	The Dead Files ☺
10 AM	Divorce Divorce	Sugar ☺ Debt/Part	Boj ☺ PAW Patrol	Sesame St. Peg	Today (N) ☺	The Price Is Right (N)	Criminal Minds "Hope"	The View ☺	Sugar ☺ Debt/Part	Rachael Ray ☺	Bookaboo Monster	Spliced ☺ Kid vs. Kat	SportsCentre ☺	The View ☺	Mayday ☺	Justin Thomas	The Chew ☺	Cops ☺ Cops ☺	Ghost Adventures ☺
11 AM	Judge Judge	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☺	Paid Prog. Paid Prog.	Rachael Ray ☺	Noon News Hour (N)	Our Vancouver ☺	Rated A Rated A	Royal Winter	Marilyn Denis	Cold Water Cowboys	Kate and Wizards	General Hospital (N) ☺	Wildest Police Videos	Security Security
12 PM	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☺	Ruf-Tweet Astroblast	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N) ☺	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Rockies	Wizards Good Luck	Celebrity	Wildest Police Videos Delicious	Delicious
1 PM	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Paint This Fit 2 Stitch	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Almost Sidekick	All for One Reporters	The Social (N) ☺	Mighty Planes	Jessie: NYC Jessie ☺	CityLine ☺	Cops ☺ Cops ☺	Uncommon Grounds ☺
2 PM	Payne Browns	The Talk ☺	Maya Curious George	Thomas Curious	TMZ (N) ☺ Inside Ed.	Let's Make a Deal (N)	The First 48 ☺	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil ☺	To Be Announced	Jessie ☺ Phineas	CityNews at 5 (N) ☺	Cops ☺ Jail ☺	Ghost Adventures ☺
3 PM	Mod Fam Mod Fam	Meredith Vieira	PAW Patrol Nature Cat	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show ☺	The First 48 ☺	Rachael Ray ☺	Meredith Vieira	Young & Restless	Grand Designs ☺	SpongeBob SpongeBob	Monday Night Countdown (N) (Live) ☺	Ellen DeGeneres Show	Canada's Worst Driver	Good Luck	(2:59) CityNews at 6 (N)	Cops ☺ Cops ☺	Eat St. ☺ Eat St. ☺
4 PM	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☺	The First 48 ☺	FABLife ☺	Young & Restless	Early News Global Nat.	Bond Vet ☺	SpongeBob SpongeBob		The Dr. Oz Show ☺	Daily Planet (N)	Dog Jessie ☺	Mod Fam Mod Fam	Cops ☺ Cops ☺	Restaurant Makeover
5 PM	Mov: "Dreamer: Inspired by a True Story"	News (N) ☺	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	The First 48 ☺	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☺	SpongeBob SpongeBob	(5:15) NFL Football: New York Giants at Miami Dolphins. (N Subject to Blackout) (Live) ☺	CTV News Vancouver	To Be Announced	Next Stop Jessie ☺	EH: Buddy's Musical	Cops ☺ Cops ☺	Security Security
6 PM	True Story	News Hour News	Marine Machines ☺	PBS NewsHour (N) ☺	College Basketball: St. Martin's at Gonzaga. (N)	KREM 2 News at 6 (N)	The First 48 ☺	News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC Vancouver News	"Year Without"		CTV News Vancouver	To Be Announced	Gaming Life	Scorpion (N) ☺	Cops ☺ Cops ☺	Security Security
7 PM	Seinfeld ☺ Seinfeld ☺	Ent ET Canada	Hope for Wildlife ☺	Field Guide Steves	Broke Girl Broke Girl	(7:01) The First 48 ☺	The Insider	Ent ET Canada	NCIS: Los Angeles (N)	Clara Coronation	Stanley Assembly			etalk (N) Big Bang	Canada's Worst Driver	Nowhere HZipzer	Broke Girl Two Men	Cops ☺ Cops ☺	Border Border
8 PM	King King	Supergirl (N) ☺	Hidden Killers	Antiques Roadshow	The Voice: The final four artists perform. ☺	Supergirl (N) ☺	(8:02) The First 48 ☺	The Great Christmas Light Fight (N) ☺	Supergirl (N) ☺	Supergirl (N) ☺	Grinch Mr. Bean	Funniest Home Videos		The Voice: The final four artists perform. ☺	How/Made How/Made	Prince Malcolm	CityNews-Tonight (N)	Cops ☺ Cops ☺	Mysteries-Museum
9 PM	The Middle Family Guy	Chicago Med ☺	Fake or Fortune? ☺	Antiques Roadshow ☺		Scorpion (N) ☺	(9:01) The First 48 ☺	Chicago Med ☺	Chicago Med ☺	This Life ☺	Mov: "17 Again" (2009) Zac Efron. ☺		SportsCentre (N) (Live) ☺	To Be Announced	Life Derek Wingin' It	EP Daily Reviews on	Vegas Jail ☺	Security Security	
10 PM	Amer. Dad Amer. Dad	NCIS: Los Angeles (N)	Finding the Fallen ☺	Independent Lens Alabama recording studio. ☺	Adele-NYC News	NCIS: Los Angeles (N)	(10:01) The First 48 ☺	Great Holiday	NCIS: Los Angeles (N)	News Hour Final (N)	The National (N) ☺	Game On	SportsCentre (N) ☺	(10:01) Castle ☺	Canada's Worst Driver	Wizards Connor	Extra (N) Liquidator	Jail ☺ Jail ☺	Border Border
11 PM	Family Guy Payne	News Final Colbert	Hope for Wildlife ☺		J. Fallon Colbert	News Colbert	(11:02) The First 48 ☺	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Game On Gage	SportsCentre ☺	CTV News	To Be Announced	Prince Malcolm	Crime Watch Daily (N)	Jail ☺ Jail ☺	Ghost Adventures ☺



Another part of Princeton's cultural puzzle came together last month with the opening of Red Door Art. Susan Delatour and Shirley Low were on hand during the Art Walk. Photo: Dawn Johnson

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

Spencer and I have talked often about the 'culture' of our community.

When you read that sentence what came to your mind? If you had a thought about ethnic culture, that is not at all what we are discussing here.

The culture I want to discuss here is entirely to do with the arts.

This past week alone there have been craft fairs and live theatre performances. These are just two elements that make up the culture of

our community. There's all the other 'artsy' things people do in and around Princeton with some of them featured during the Art Walk organized by Princeton Arts Council late last month. Another excellent example of the art culture present in our community is in the variety of items available for purchase at the Sunflower Gallery on Vermilion Avenue.

I also view "anything homemade" as part of the local art culture and the Christmas Craft Fair at

Princeton Secondary School this past Sunday featured a lot of offerings from that segment of the population.

There are also a number of published writers who call the Similkameen Valley home with the most recent title being one from Jon Bartlett and Rika Ruebsaat ("Soviet Princeton"). They are just one example of a long list of writers, poets and songwriters we have living with us in our community.

I don't often think of it, but in many ways Brenda, Spencer, Dawn and I are all part of this culture. Brenda for her successful homemade jams, jellies and such that fall under her JamBusters! brand (www.JamBusters.ca), Spencer and Dawn for various contributions over the years to cultural activities in and around the community and then there's me.

I'm a published author and poet. I rarely think of the volume and it

only hit me last week when I was updating an online profile of mine. I did not realize that I had written and published 12 different titles since I moved here. This includes printed and eBook formats.

Sitting in during the book launch last week for Soviet Princeton I was once again reminded of the cultural ties myself and those who have worked in my newspaper business have. The content published in the Similkameen Star newspaper of nearly a century ago provided much of the information used in the book released by Jon and Rika. It was a documentation of the events as they unfolded which eventually became historical data.

That is one thing I do consider with the Similkameen News Leader. We are documenting history and I wonder what researchers would think in seventy-five years from now when using pages from this paper for research. I know we

don't get very many obituaries here, so family historians will have to find another source. But what will researchers say about the rest of us here?

I suspect Dawn Johnson will be labeled a feminist and well versed in world affairs. Spencer Coyne will probably be tagged as having a strong political bent that sometimes leans to the left and every so often to the right (or is it the other way around?). There is no doubt I will be labeled as a pot stirring, uninformed, jackass. By the way, I'm okay with that just as long as our published content is considered fair and honest.

What I am getting at is that we have a high percentage of our residents who contribute in one way or other to the culture of Princeton (and Area H, and the Similkameen Valley).

In fact, I would go as far as to saycontinued on Page 20

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I would like to thank all the Staff and caregivers at Ridgewood Lodge for their kindness to Megan, my dear wife, during her final days. As well, all who visited her, brought flowers and cards. However, she went to be with Jesus which is even better.

God bless you all.

Sincerely, Bob Ostrosser

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Lower Valley News

Keremeos - Cawston - Olalla



Keremeos Elks Club hosted a "Free" family breakfast during Christmas Light-Up in the lower valley December 4-6. The meal included pancakes, sausage and eggs coffee and juice. Although they are rather low key about this event, we had to give them a pat on the back for continuing to give back to their community and the Similkameen Valley. Photo: Marty Menzies

Libraries save lives - literally!

Thanks to a partnership with the Heart and Stroke Foundation, branches throughout the Okanagan Regional Library (ORL) system are participating in the BC PAD (Public Access to Defibrillation) program and are ready to support people suffering from cardiac arrest. 21 ORL branches plus its Administration Centre in Kelowna now have donated AED (Automated External Defibrillators) machines installed. "Nationally, the Heart and Stroke Foundation has been working with partners to install the life-saving devices in hundreds of publically accessible locations, including ar-

nas, community centres, senior centres, and libraries. Several lives have been saved thanks to quick access to the defibrillators. The machines work by shocking the heart back into a normal rhythm and preventing heart failure. The library is a natural partner for the BC PAD program," says Shelley Parker, Resuscitation Program Manager for the Heart and Stroke Foundation. "As a community gathering place, libraries are host to a wide range of people of all ages. Sudden cardiac arrest can strike anyone, anytime, at any place." AEDs have been installed at all ORL

branches except Cherryville, Oyama, Silver Creek, Hedley, Lumby, Mission, Osoyoos and Revelstoke. These branches aren't participating because a device already exists close

by the location or they aren't open often enough to be publically accessible. Staff at locations with an AED have been trained by Paramedics from BC Emergency Health Services

in the use and support of the device. For more information on the BC PAD program and how to use an AED in case of emergency, visit www.bcpadprogram.ca.

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Keremeos Branch of Okanagan Regional Library hosted their annual 'Christmas' Storytime during Christmas Light-Up. It featured a fully decorated facility and the reading of popular Christmas stories. Photo: Marty Menzies

Lower Valley News

Keremeos - Cawston - Olalla



Valu-Plus Foods in Keremeos shared the Christmas Spirit during Light-Up last weekend with some fun Christmas Tree 'craft' sessions with local children. Photo: Marty Menzies



Craft Fairs dominated the weekend in Princeton, Keremeos, Oroville and Tonasket last weekend. They will likely pop up in most communities over the next couple of weekends. This is a peek at one table in Keremeos. Photo: Marty Menzies

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Helping others is truly a team effort at Manning Park Resort. During their Opening Weekend the ski hill offered a \$10 discount on lift tickets in exchange for non-perishable food items. "They (skiers) overwhelmed us with their generosity," Manning Marketing Director Robyn Barker told the News Leader. The food was split into two amounts with one being delivered to the Hope Food Bank in Hope, BC and the rest to Princeton's Crisis Assistance Society Christmas Hamper Drive. "The donation was a huge shot in the arm for the local hamper drive," says Similkameen News Leader's George Elliott who coordinated the local drop off. "Robyn, (Pastor) Jason and I spend some time unloading the vehicle Thursday morning." Photo: Tim Barker

Saving Downtown Princeton

.....continued from Page 16 that the cultural activities and offerings do quite a bit to enhance our community. They have a lot to do with defining who we are, our likes

and dislikes, what we do in our leisure time and what makes each of us tick as individuals.

With all of this in mind, do you support any of these cultural activi-

ties? You don't have to be an artist or fan of theatre to support local culture. Chances are you are already part of it.

For example, this past weekend (December 5), Brenda and I were in

Tonasket, Washington to celebrate the annual Winterfest hosted by the Chamber of Commerce in that community. Our plans for the partial day spent there including mapping out and visiting each of the

seven scheduled art/craft fairs and bazaars that took place there. We did not spend much in the way of money, but we find something unique, interesting and real about the people who are part of the art culture scene in another community.

I may not be explaining it well enough, but we find fellow "culturalists" comfortable to be around and great to visit and chat with.

The same goes for our community.

The people who really have their finger on the pulse of your community are those who are often the most creative people in your community. We need to celebrate them and their contributions whenever possible.

How does this save downtown Princeton?

The fabric of your community is built on more than who has the biggest paycheque and who hires the most workers. People with talent are what set a community apart from another. In our region we have tremendously talented people. Their art or gift can have a great deal to do with the branding of a community.

With the right branding a community becomes attractive to others who share an appreciation for talent and that benefits us all, including the downtown core.

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