

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.



Meet Carley Chapelle. She is a student wrestler attending classes at Princeton Secondary School. She recently moved here from Alberta and represents PSS while training at Pen-Hi in Penticton. She won her first competition December 9th in Kelowna. Photo: Ian Tisdale

Town amends OCP for one property

Property located at 112 Jacobson Road, known locally as Princeton Tire, was the subject of an amendment to the Official Community Plan (OCP) recently. The amendment received its first two readings October 19, 2015, third reading on November 16, 2015 following a public hearing, and was "reconsidered and finally adopted" on December 7th.

The amendment changes the land use category of the property from (CR) Country Residential to (BT) Business Transition.

The same property was the subject of a zoning bylaw amendment that received the same reading schedule as the OCP amendment. The property was moved from (RC) Country Residential Zone to (CS) Service Commercial Zone.

Both amendments were officially completed at the December 7th Regular Meeting of Princeton Town Council.

According to Council documents, the amendments resulted from applications made by the property owner.

Council approves 2016 appointments

The 2016 Council Appointments were approved during the December 7th Regular Meeting of Town Council. These appointments

provide the foundation of portfolios for each member of council. The portfolios are designated committees that a Councillor will sit on as a representative of the Town of Princeton.

Under the category of Regional Appointments:

- Regional District of Okanagan Similkameen (RDOS), Mayor Frank Armitage with the Deputy Mayor (as outlined in a separate schedule) serving as an alternate,
- Similkameen Valley Planning Society (SVPS), Councillor Kim Maynard with Mayor Frank Armitage (alternate),
- Okanagan Regional Library, Councillor Rosemary Doughty and Councillor Kim Maynard (alternate),
- Vermilion Forks Community Forest Corporation, Mayor Frank Armitage and Councillor Kim Maynard. Councillor Doug Pateman is the alternate,
- Southern Interior Municipal Employer's Association, Councillor Jerome Tjerkstra and CAO Rick Zerr (alternate),
- Municipal Insurance Association of British Columbia, Mayor Frank

Armitage and Councillor Jerome Tjerkstra (alternate),

- Southern Interior Local Government Association, Councillor Kim Maynard and Councillor Doug Pateman (alternate).

There is one group in the Internal Appointments category and that is the Airport Committee. Mayor Frank Armitage is Chair with Councillors Rosemary Doughty and Doug Pateman also sitting on that committee.

In the Community Appointments category are:

- Health Care Steering Committee, Mayor Frank Armitage and Councillor Kim Maynard. Alternates are Councillors Doug Pateman and Rosemary Doughty.
- Committee for the Approval of Public Events (CAPE), Mayor Frank Armitage.

There are several appointments under the category of Community Liaison and they include:

- Accessibility Awareness Committee, Councillor Kim Maynard,
- Chamber of Commerce, Councillor Doug Pateman,

- Princeton Arts Council, Councillor Rosemary Doughty,

- Princeton and District Museum and Archives, Councillor Rosemary Doughty,

- Princeton Exhibition Association, Councillor Doug Pateman,

- Princeton Seniors Drop-In Centre Society, Mayor Frank Armitage,

- Princeton Posse, Mayor Frank Armitage and Councillor Kim Maynard (alternate),

- Vermilion Trails Society, Councillor Doug Pateman,

- Highway 3 Coalition, Councillor Kim Maynard and Councillor Doug Pateman (alternate).

There are two additional 'uncategorized' Appointments and they are:

- Economic Development, Councillor Jerome Tjerkstra,
- Deer Committee, Councillors Doug Pateman and Rosemary Doughty.

Similkameen News Leader
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 - 10TH ANNUAL -

A NEW BEGINNING

This is an exciting time in the South Okanagan and Similkameen's history as it marks a new beginning for Pentiction Regional Hospital. The need for the \$325 million expansion for PRH is vital. Construction will start in the spring of 2016 with completion in late 2019.

Please consider making a donation for medical equipment for the new Patient Care Tower and help us build one of the finest hospitals in BC - it's for our future.

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www.sosmedicalfoundation.com




Alan K. Parsons (background) provided live entertainment as part of a private vegan dinner event December 12th at Cool Beanz. The evening included a collection of door prizes and a newly formed band of local musicians. *

Council approves meeting schedule

Town Council approved the 2016 meeting schedule at their December 7th Regular Meeting.

Princeton's Council normally follows a schedule of Regular (public) meetings held on the first and third Monday of each month however, a few changes were made to that pattern to accommodate specific scheduling conflicts or breaks to the generally accepted pattern.

For example, due to the holiday season, the first meeting in January is cancelled along with the first meetings in July and August. The Airport Meeting planned for September 27 will be cancelled to allow Town Council the chance to attend the 2016 UBCM Convention.

Other changes to the Regular Meeting schedule include:

- Committee of the Whole meetings

will be scheduled when needed and, - meetings will move to Town Hall (151 Vermilion Avenue) once the elevator project is complete.

Other regular changes to the Regular Meeting schedule continue

Council amends permit bylaw

Princeton Town Council approved an amendment of the Building Permit Bylaw and the Fees and Charges Bylaw at their December 7th Regular Meeting.

The Building Permit Bylaw amendment increases the charge for building without a permit from 25-percent of the permit value to 100-percent of the value.

While that sounds like a very harsh penalty, Director of Finance Shirley McMahon states in her report to Council that the increase actually brings the bylaw, "into

in place including the moving of meetings that fall on statutory holidays. Those Monday meetings shift to the following night - a practice that has been in place for several years.

alignment with other municipalities."

As for the Fees and Charges Bylaw, the Town of Princeton implemented the document in 2014 in order to incorporate all the different rates used for many different bylaws in a single document.

It is meant to simplify things by allowing amendments to just the Fees and Charges schedule rather than a series of bylaw affected by rate changes. This amendment confirms it.



Look who made an appearance at Cool Beanz December 12th during a special vegan dinner event! You guessed it, Santa Al - who not only performed the task of drawing for door prizes, he did double duty on stage and in the kitchen. *



Christmas Party season is upon us. Living Water Church hosted a dinner for members and friends December 11th which included live entertainment between courses to get everyone in the Christmas spirit. *

Flip Of The Coyne

by Spencer Coyne

It's already the middle of December. The weather for the most part has been mild and other than a few skiffs of snow we have had nothing really to speak of. As much as I love a mild winter I do hope that at some point soon we get some snow and not just for the much needed water in the spring and summer. It is going to be Christmas break in a week and that means kids need snow to go sledding, build snowmen and forts or go skiing with the family.

Yes the countdown to Christmas is in full swing at our house and the kids are eager for Santa's return this year. Our six year old is almost as excited for the days off school as he is to open presents on Christmas morning. He asks me almost every night how many more sleeps until his break from school. He is eagerly awaiting snow to build a snowman, something we try to do every year. As stressful a time the holiday season can be, when you see the excitement and anticipation in kids' eyes for the Christmas season, it takes you back to when you were a child, to when you went tobogganing or played in the snow with your siblings and cousins or when everyone came together to share meals and company.

I really do love this time of year. From the Christmas shows on TV to the festive music on the radio it

is hard not to feel the joy of the season. The kids do make it easy to feel the magic. This year we sort of joined the Elf on the Shelf crowd. We are having a Star Wars themed Christmas, since we are a slightly geeky lot, and the release of the new Star Wars movie is the week before Christmas. Instead of an elf we have a 12 inch stormtrooper elf. Our trooper elf seems to get himself into different things every night as the kids sleep. He has drag races with our son's toy cars, eats some Star Wars gingerbread and puts a puzzle together with his toy friends, among other things. Each morning the kids are amazed at what their elf has been up to. The look in their eyes when they discover what he has been up to is the look of joy and amazement. It can't help but brighten up the morning.

This weekend we will put up our tree and do our decorating. We will listen to Christmas music and watch some sappy Christmas movie on TV while we decorate the house, but when the decorating is done and the lights on the tree come on, the kids usually just sit and look at their creation with only the look that little kids can have. It makes everything feel so real.

I am not saying that Christmas isn't a stressful time of year. Everyone is going in different directions. The rising cost of every-

thing can make it hard to fill our lists, but it really doesn't seem to matter as long as we are all together. We try to teach our kids that Christmas is about more than just gifts. Being together is more important than anything that is under the

tree. I do hope that it does make sense to them. One day I am sure it will.

Maybe soon we will have some snow and the feeling of Christmas will become complete as the green grass will be covered in a blanket of

white. Kids will build snowmen and forts. Hills will have tobogganers going up and down and we will have a white Christmas like in the classic Christmas song. I know it would sure make the kids excited to wake up to a blanket of white.

REGIONAL DISTRICT OF OKANAGAN-SIMILKAMEEN HOLIDAY HOURS of OPERATION

The main office at
101 Martin Street, Penticton, BC
will be closed over the upcoming holiday season on:
December 25 and 28 and January 1

CHRISTMAS TREE DISPOSAL

Natural Christmas Trees, free of contaminants, can be brought to any local landfill in the RDOS free of charge.

Check with your local municipality or the RDOS for potential Christmas Street collection programs in your community.

LANDFILL REDUCED WINTER HOURS

December 1 - February 29

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Okanagan Falls
Mon to Fri
10 a.m. - 1:45 p.m.

Oliver
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Sat
10 a.m. - 3:45 p.m.

Keremeos
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All landfills will be closed
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Boxing Day

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If you have an urgent water or sewer emergency after regular hours please call the Regional Dispatch line at: 250-490-4141

Contact the RDOS at 250-492-0237 for further information



The Regional District of Okanagan-Similkameen Board of Directors and Staff would like to wish all citizens a happy and healthy holiday season.

 **PrincetonBCNews**



Editorial Page News Leader

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

My Turn...

Maybe I'm To Blame

I had a horrible realization the other day.

I can't remember the last time I set foot in the local hospital.

My doctor is in Merritt and so is Brenda's. We ended up going there because we became 'orphaned patients' in Princeton and could not find a local doctor. As much as I wanted one here, I knew it was probably not going to happen.

I would never fault the local doctors either because I know they are overworked in our tiny hospital and I would never want to add to someone's already insane workload. I know what happens to me when I'm overloaded - I make mistakes.

I also thought about the kaffuffle a few months back about food services at the hospital and wondered if maybe it had to do with me not spending time in a hospital bed. It's not like I'd eat any more there, but being one less mouth to feed could be enough to cause the local system to collapse.

Then I started thinking about me not using x-ray services or lab services at the local hospital. I guess I got too cautious in my advancing age and don't fall down as much as I probably should. I'm slowly putting our hospital and its many services out of business because I don't use it.

It really got me thinking.

Then I started looking back on the touchy, feeling good things I read in this paper about healthcare in Princeton and I wonder what's going on. Don't get me wrong, it's great that there are new programs coming to town. I happen to applaud the one where specialists come here and you can basically chat them up and have stuff done.

I fear that since I don't use that service it may come to an end, though.

Then there's the stuff I see in e-mail about all the wonderful expansion plans in places like Kelowna and Penticton to their hospitals and I wonder if I've cursed our local one by not using it.

Someone tried to tell me years ago that centralization was a good thing. You know, it puts things all in one place, sort of like a shopping centre. With healthcare it's kind of like that in British Columbia. I look at the way specialty services and regular services get trimmed over a number of years from the extremities and wonder long it will be before that finger or arm gets amputated.

I often view rural medical services as that finger or arm. With all the blood circulating in the heart, and services getting whittled away at the extremities, it doesn't take long before that finger or arm are no longer needed.

It's sad but I keep seeing it happen.

I am still convinced that centralization of healthcare services is not designed for rural residents or facilities. It is designed to force rural residents to travel to other facilities, often at great expense, in order to have something done that could have been addressed here if the service wasn't reduced or eliminated.

Call me old-fashioned but I don't think the busiest people in a hospital should be the doctors. It should be everyone else who provide the services required by the doctors in order to care for their patients.

This part I'm pretty sure isn't my fault.

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

As far as plots thickening go, the latest from our modern Vlad is bound to gel and form more than a little crust. Naming names and pointing fingers in the ongoing saga that is Isis. Crusty, fragmented responses are expected when the cat is out of the bag. Torturous metaphors aside, how will the U.S. populace react when they get that message?

The boogie men (and apparently women) who held the headlines hostage, inspiring fear and enhancing villainous status has been getting financial support from their own country. It's as big a betrayal as the Santa clause to a six year old.

Those poor, misled patriots, looking for answers. Finding the worst possible scenario, a double cross of monumental proportions. A harsh blow to any and all who were busy bashing Muslims.

To find out the criers of war, retribution and, of course terrorism are actually in league with each other while millions suffer ought to create the tantrum state of the most troubled pre-teen. As we wait to see or hear the denial and distraction dodges, those millions will continue to suffer.

For those who have the lights come on, finally realizing they are

being 'played', imagine their collective chagrin. All that past aggressive indignation replaced by bewildered, heartbreaking betrayal. This is not what they were told, even when told to trust the source.

Many can claim they didn't know even when others were essentially saying it all along. Now though, (thanks to Vlad) it's a sticking point, we'll see how well it sticks and to whom.

Closer to home in our isolated, insulated world, our events seem trivial by comparison. Those in charge of our sleepy little town do not run around with machine guns or threats of be-headings.

No, the threats our 'leaders' make are financial. A change to zoning made serious burdens for those affected but in order to rectify it takes more and more money.

The difference between that horrible cluster of carnage we're seeing in the media and our own leadership trails are vast. Yet similarities are also present.

The idea of throwing money at a noted issue, for instance. If a volcano were to erupt near the mine, all the money in the world could not change it.

Not to say our town leadership team is as powerful as Mama Nature. More, human nature has

deluded a few in power positions to believe they are an unstoppable force.

Forcing those to comply was a tactic of old; today, not so much. Here we know who is funding these disagreeable and dishonourable decisions. We greet the funder's of our fiasco's every time we brush our teeth.

The world will eventually judge those who financed Isis. What kind of judgement can we impose upon ourselves when we see damage committed to our own community knowing we funded those bad actions?

'We will not be intimidated' is yet another example.

Maybe discussions are far apart but that is 'why' we have a democracy. So an amiable, logical solution can be reached.

Saying 'I won't,' stamping feet with pouting lip is 'not' negotiation. Further, who is intimidating whom? I do not see ATV's tearing up the trail in town. I do see where town has dug shallow graves (at great risk to All) and this fall added a dump truck load of dirt at a trail head.

Again, all who use that entrance put at risk because our politicians 'won't be intimidated'. Women and children, not all as spry as the pets that accompany them use that entrance. If a samaritan hadn't cut a path through the heap, a lawsuit may already have been launched. All these questionable decisions brought to you by your tax dollars.

I've heard (more than once) some would like to see a recall as far as leadership goes. Seeing as how not a single vote was cast for this group of characters, what's to recall?

Recall instead, better times with better results from your invested tax dollars. Find and convince the people you 'know' will do a better job than we have at present. Isn't that the goal of improvement? Our business community is suffering, so is our picturesque trail in town. The real solace for those who see this real damage is the phrase (while brushing your teeth): I didn't vote for this.

- D. Dobie, Princeton

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EDITORIAL GUIDE

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



Current Comment

It's Time For A New Direction



Dawn Johnson
editor@thenewsleader.ca

A silly set of circumstances led to my writing this column. I had been really busy with community work, writing, and fighting a sinus infection when things started breaking down. First thing one morning I discovered the coffee maker quit. Two days later, the toaster stopped toasting. A couple of days passed and an element on my kitchen range conked out. Finally, my roaster sprang a leak.

I thought all of this had to do with me personally. Things were breaking down around me only. Then I had a conversation with a friend who had been experiencing breakdowns of schedules and ridiculous breakdowns in public services. Then there was the Paris terrorist attacks, and the breakdown of their computer surveillance system at the time. Another person complained of the government spending too much on things like sending troops to the Middle East when there were so many things to fix back in Canada. I turned on my TV set that evening and heard about a child welfare case in which abuse had been reported repeatedly but ignored until the children were in terrible condition. The reason given was the system was breaking down.

Suddenly, all these small things joined together in my consciousness: things are breaking down all over the place. When things in my kitchen broke down, I replaced them. It's called maintenance. When systems break down and nobody bothers to fix them, it is lack of maintenance or lack of care. Policy makers may call letting things remain broken down a

matter of priorities, but I take a different view. If something is broken, you fix that first before you spend your money elsewhere. If you do not fix what is broken, you go from ordinary maintenance into decay.

There seems to be a lot of decay going on around us.

One of the decays, in my opinion, is the content and quality of television programs, so I have switched to my computer to find programs with substance. One of these was a series being done by people in their thirties and forties and they talk about the breakdowns in society, from individuals to systems. They talk about how to repair and rebuild yourself, to overcome obstacles through positive action, and to rebuild decaying systems in our society. They talk about putting 'value' into a situation. They talk about giving the extra effort, to put 'hustle' into your efforts. They talk about doing things a different way so that what you do is effective.

Busy thinking about this, I began noticing little things where repairs were needed but nobody was hustling to get them done, potholes in the pavement, for example. I looked around my own home and began to notice things that needed to be fixed or changed, and saw in myself a lack of 'hustle' to get things done before my home fell into decay.

Then it struck me: people all around me seem to lack 'hustle.' I learned people wait eight months for an MRI, wait for knee replacement, wait months to see a specialist, all clear signals of lack of hustle. I learned a home owner in Area H can wait up to a year to get a building permit: no hustle. I heard of a person waiting five hours in ER before being looked at, another 'no hustle' situation.

Why have we lost our ability to hustle? Why are we letting systems break down and leaving them to decay? It is not just our government, is it? It is the individuals within the government who lack hustle. I heard of people dying in car accidents in a recent storm, not because of bad driving but because the highways were

not properly maintained. They died because nobody made the decision to either close the highway or get extra crew out there as soon as the first snowflake fell.

I suspect it is because we have lost our focus on doing now what needs to be done now. Maybe we have forgotten how to focus. Maybe we are too caught up in too much information or too many distractions to put our focus where it should be.

One documentary I watched on my computer was all about how people lose their focus and slip into a mode where they are living unconsciously, doing only routine things, paying no attention to goals or real issues. One group of highly motivated people had a solution to the problem: they turned off all of their electronics and spent some time alone to get their focus back. Sounds good to me. Many of them took a couple of days to just go out into nature, not even taking a cell phone with them. These people achieve a great deal and are examples of the meaning of 'hustle.'

Could this be why our systems are breaking down: we are too distracted to think clearly about what needs to be done? I suspect this is true. We are being offered one distraction after another: ISIS, climate change, stock market fluctuations, the latest Hollywood scandal, the latest big sports event. In the meantime, the nitty gritty of the systems we depend on is not being done. Everybody is too distracted to pay attention and focus on the real task at hand.

I know this is the information age, but maybe there is just too much information of the wrong kind. If the information there is a big pothole does not seem important to highways or city maintenance, then what are we paying them for?

If a person waiting in the ER seems less important than buying more airplanes for the Middle East, what kind of priorities do we have? If buying a new car is less important than feeding our children, what kind of values do we have? When we can't hustle anymore to do the immediate things we should be doing, we are pulling our nation into decay.

In my own case, I decided to snap out of it and develop a little more hustle.

Similkameen News Leader

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AND NOW...A LITTLE GOOD NEWS!

"Dear children, let us not love with words or tongue but with actions and in truth." - 1 John 3:18



This is the total food donations collected (as of December 11th) for the annual Christmas Hamper Drive. The bins in the background contain canned food items but as you can tell, there is not much here. Princeton Crisis Assistance Society will be distributing around 110 hampers to those in need in the Princeton area but need more food and toys in order to reach that goal. You can still help by leaving non-perishable food donations in any of the collection boxes located in local businesses. Toys and gifts suitable for young teens/adults can also be left in the collection boxes. In the case of gifts, be sure to mark if they are for a boy, girl or teen and approximate age. Organizers expect a rush of items to appear this week but still need the donations early enough to include in the hampers. *



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Princeton Court News

News Leader Court Reporter - Dawn Johnson

Threats lead to sentence

In Provincial Court in Princeton on December 10, Dallas McMahon, age 24, of Princeton, entered a guilty plea to a charge of uttering threats. The incident from which the charge arose occurred when McMahon went to the workplace of his ex-girlfriend and threatened her and threatened to kill her new boyfriend. In court, McMahon admitted he had been very upset at the time.

McMahon was given a conditional sentence. He is to serve a 12 month probation during which he is to possess no weapons and is to have no contact with the former girlfriend or the boyfriend in question. He was ordered to pay a \$100 victim fine surcharge.

Judge orders probation

A 32 year old Hedley man, Kyle Ross Klassen, appeared in Provincial Court in Princeton on

December 10 to plead guilty to an assault charge. He and his girlfriend and friends had been celebrating her birthday when he fell asleep. His girlfriend attempted to wake him and he hit her several times. Others stepped in to stop him and hit him. He threw a number of his girlfriend's belongings into the street.

Klassen had attended a rehabilitation program for alcohol problems. He was ordered to serve a 12 month suspended sentence and have no contact with his former girlfriend.

Local man held in custody

Rodney James Saddleman appeared in Provincial Court in Princeton in custody on December 10 for a bail hearing. He had five charges to answer to, and the hearing was held to establish whether or not he could be safely released into the community. The first charge involved carrying brass knuckles as well as a knife, meat cleaver and drug paraphernalia in his backpack.

The second charge arose when his girlfriend's father kicked Saddleman out of the house, and Saddleman made threats. The third charge was the assault of his girlfriend.

The fourth charge was related to not paying a large taxi fare from Penticton. The fifth charge was violating curfew. The 30 year old Princeton man was granted bail but will remain in custody until the \$750 bond is paid.



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Pets 'n' Vets

Tylenol Toxicity - What is Safe for People Can Kill Pets

by Dr. Ryan Ridgway, BScAg, DVM

It is not uncommon for veterinarians to hear that an owner has given their pet Tylenol to make them feel better when they are sick. Unwittingly, their attempt to make their pet feel better can sometimes cost the pet its life. While Tylenol is safe for us, our pets don't have the same enzymes and detoxifying pathways in their liver as we do. Acetaminophen, the drug in Tylenol, is one of many drugs that become toxic as the liver breaks them down, requiring further metabolism to make them safe. Humans have another set of enzymes that inactivate these reactive metabolites. Unfortunately, our pets have limited ability to make these metabolites safe; cats, in particular, have no ability at all. While it can be used safely in dogs with proper dosing, it is very easy to overdose with human formulations creating the same problems as seen in cats - in all but very large dogs, most are given toxic doses. Cats, on

the other hand, invariably experience toxicity because they lack the proper protective mechanisms.

I find that to better understand the signs of any disease and the reason behind common treatments, it helps to cover a little biology of the disease process. In the case of Tylenol, as the liver metabolizes acetaminophen, reactive products are produced. These reactive products are cleaned up by a protective enzyme, glutathione. In cats and dogs, their liver's glutathione pool is much smaller than in people with cat's having virtually no pool at all. Because the glutathione pool in our pets is so much smaller, it is unable to clean up all the reactive metabolites, leaving them free to attack liver and red blood cells. Red blood cells are more susceptible to damage and anemia develops as they either rupture or are attacked by the animal's own immune system. If your pet survives the anemia, liver failure is the next outcome from the damage to the liver cells. As with

all the non-steroidal anti-inflammatory drugs, overdoses can also lead to ulcers in the stomach by blocking hormones and reducing blood flow by constricting blood vessels as a side-effect. In extreme cases, their kidneys can be damaged by the same reduced blood flow. In the case of Tylenol though, liver damage and anemia occurs at much lower doses than those that cause ulcers and kidney damage so we rarely see the gastro-intestinal signs.

Signs your pet has ingested Tylenol include:

- Vomiting, inappetence, stomach pain
- Increased respiration

- Exercise intolerance, fainting during exercise
- Facial swelling
- Brown gums that used to be pink
- Yellowing of whites of the eyes and gums

While there is a specific antidote that helps bind the active metabolites and provides the building blocks for glutathione production, we often see pets too late and the damage has already occurred. Some clinics may carry it but it's short shelf-life prevents many clinics from having it on hand for the rare cases we see early enough.

Treatment depends on what signs are present and preventing others. For most cases, anemia is the first symptom seen and is the most immediately life threatening. When anemia is present, treatment generally includes oxygen support and may require blood transfusions in severe cases.

In any case of Tylenol ingestion, the liver needs to be protected whether or not there is anemia present. The most common liver protectants prescribed by veterinarians are milk thistle and vitamin E. While we can use human formulations, it is possible to overdose so self-medicating your pets can be fatal once again. There are other liver protectants in more severe cases that your veterinarian may prefer to prescribe. Your veterinarian may want to prescribe stomach protectants to prevent ulcers as well.

When your pet is in pain, there are many very safe and reasonably priced alternatives to Tylenol and other human pain medications that your veterinarian can prescribe. In most cases, a physical exam will reveal the cause of the pain as well so contact your veterinarian to keep your pet safe!

Living Past 100

Clean House For Health

Indoor living is the rule for winter in Canada. We do go outdoors, of course, but we keep it to a minimum. We tend to stay indoors most of the time in winter, and the place we spend most of our winter days is our home. Keeping home clean is one of the best ways of keeping healthy.

Keep the dust down. With most homes heated by forced air, dust is blown around. Even if you have filters on your furnace, a lot of dust is blown around each time the furnace comes on. Don't be shy about letting some fresh air in through a window or door, even if the air is cold. Stale, dry air is not good for you.

Winter housecleaning should involve regular washing of walls and doors. Do not go out and buy a lot of fancy cleaning chemicals, as they will make air quality worse. Instead, use ordinary antibacterial soap in hot water. Be particularly fussy about doors, especially if you have children. They often touch much more than door handles.

Bathrooms should be kept spotless. Check for mold and built-up dust under sinks and toilets, and make sure those areas are clean.

When you dust furniture, use old-fashioned lemon oil on a cleaning cloth. Lemon oil has disinfectant properties. Dusting once a week will help keep down the circulating dust, and surfaces will be more free of bacteria from the lemon oil.

Vacuum carpets at least once a week.

The kitchen is an area that should be thoroughly cleaned at least once a month, paying particular attention to under the sink. Another area requiring more attention in winter are cupboard doors, drawers and fridge doors. These are touched frequently.

Clean out cupboards and closets and all storage shelves in the home. These are often hiding places for spiders, bugs and mice. Sometimes the first hint of a mouse invasion is found at the back of cupboards and closets. Rodents carry infectious diseases. Bug bites are nasty and spider bites are worse. All of these creatures like to find a warm home for winter.

Vacuum under beds and vacuum mattress surfaces for the same reason. Some of the creatures are too small to see easily, such as dust mites, but they can cause nasty skin rashes.

Telephones can be a source of infection if more than one person uses the phone. Professional cleaners who do janitorial service clean each business phone with each service to reduce spread of infection.

Laundry bed linens at least once a week, and laundry towels frequently, particularly hand towels used by several people in the home.

One of the reasons there is greater risk of poor health in winter is the spread of airborne viruses. These viruses are usually killed in summer due to UV rays. We Canadians have few UV rays in winter.

Council approves Deputy Mayor schedule

Town Council approved the 2015-2018 Deputy Mayor Schedule at their December 7th regular Meeting.

Councillor Doug Pateman fills the role until June 30, 2016 and will repeat from January 1, 2018 to June 30, 2018.

Councillor Rosemary Doughty will be Deputy Mayor between July 1, 2016 and December 31, 2016 as well as from July 1, 2018 to December 3, 2018.

Councillor Kim Maynard will act as Deputy Mayor from January 1, 2017 to June 30, 2017. He has already completed the December 2, 2014 to May 31, 2015 session.

Councillor Jerome Tjerckstra will be Deputy Mayor July 1, 2017 to December 31, 2017.

The role of Deputy Mayor is much more than that of a 'fill-in' for Mayor Frank Armitage, although that is one of the duties. A Deputy Mayor will also Chair meetings and act upon various decision-making activities as if they were the Mayor.

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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - December 15 - 21, 2015



Princeton Community Children's Choir perform at Riverside Theatre December 12th in the 'Loaned Manger.' Photo: Dawn Johnson

RDOS inaugural board meeting

At the Regional District of Okanagan-Similkameen Inaugural Board meeting on December 3rd elections were held for Chair and Vice Chair.

Director Mark Pendergraft, Electoral Area A, Rural Osoyoos was elected as Chair for a fourth year, and Director Andrew Jakubeit, City of Penticton was elected as

Vice-Chair for a second year.

"I would like to thank the RDOS Board for their support and I look forward to the year ahead. I plan to maintain a regional perspective while ensuring local concerns are recognized and handled in a fair manner," said Chair Pendergraft.

The Regional Board consists of elected representatives from each of

the eight electoral areas and appointed representatives from six member municipalities within the Regional District.

In the Similkameen Valley this includes the Town of Princeton,

Village of Keremeos and Electoral Areas H (Princeton Rural), B (Cawston) and G (Keremeos Rural/Hedley).

Director Michael Brydon, Electoral Area F, Okanagan Lake West/West

Bench was elected as Chair to the Okanagan Similkameen Regional Hospital District for a second year and Director Judy Sentes, City of Penticton was elected Vice-Chair for a third year.

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MEMORY MOMENTUM AND THE PRINCETON MUSEUM PRESENT:
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Digital Photo Organizing 101 and 102:

Beginner (Lid computer knowledge) 101: Tues. Jan 12, 6-9pm 102: Thurs. Feb. 4, 6-9pm	Intermediate (Basic-Advanced computer knowledge) 101: Sunday January 10, 1-4pm 102: Sunday February 7, 1-4pm
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\$135
 Call the Princeton Museum at 250-295-7588, visit www.facebook.com/memorymomentum, OR email Amanda at digitalflow@memorymomentum.ca to register or for Course Details.



Everyone was dressed to match the theme for the 'Loaned Manger' December 12th. Photo: Dawn Johnson

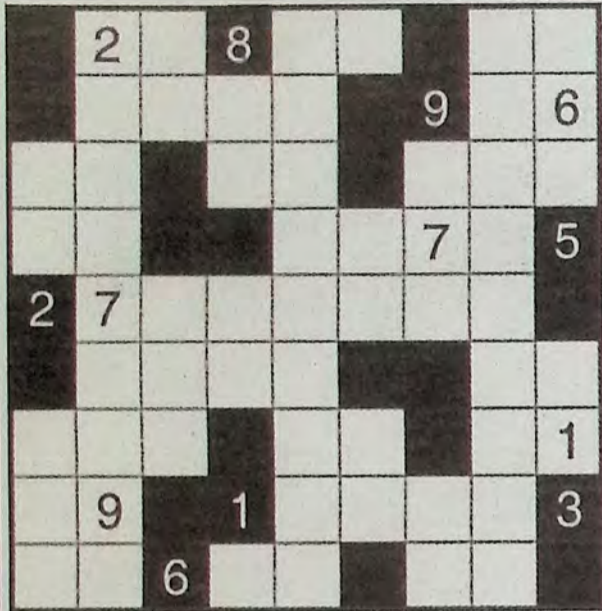
News Leader Str8ts

STR8TS

No. 259

Tough

Previous solution - Medium



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

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

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

Tuesday Movies

TUESDAY MORNING

6:00 am SPIKE ch.44 "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot. (In Stereo)
9:00 am SPIKE ch.44 "Rocky II" (1979, Drama) Sylvester Stallone. Underdog Philadelphia fighter Rocky Balboa gets another shot at heavyweight champ Apollo Creed. (In Stereo)

AFTERNOON

12:00 pm SPIKE ch.44 "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch with brutish Clubber Lang. (In Stereo)
2:30 pm SPIKE ch.44 "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch. (In Stereo)
4:30 pm SPIKE ch.44 "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot. (In Stereo)
5:00 pm WTBS ch.3 "The Hunt for Eagle One" (2006, Action) Mark Dacascos. A lieutenant leads his men in a daring mission to rescue a captain who is trapped behind enemy lines. CITY ch.29 "EIP" (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.

EVENING

6:00 pm YTV ch.18 "A Fairly Odd Christmas" (2012, Comedy) Drake Bell. Timmy Turner must save Christmas after his actions cause children to lose faith in Santa Claus. (In Stereo) (CC)
7:30 pm SPIKE ch.44 "Rocky II" (1979, Drama) Sylvester Stallone. Underdog Philadelphia fighter Rocky Balboa gets another shot at heavyweight champ Apollo Creed. (In Stereo)
9:00 pm KNOW ch.5 "The Last Dogs of Winter" (2011, Documentary) A man raises 150 Canadian Eskimo dogs, the last of their kind. (CC)
YTV ch.18 "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (CC)
10:30 pm SPIKE ch.44 "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch with brutish Clubber Lang. (In Stereo)



PrincetonBCNews

TUESDAY, DECEMBER 15, 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	Arthur	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	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Planes	Life Derek	CityLine (N)	Movie: **** "Rocky" (1976, Drama) Sylvester Stallone, Talia Shire.	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Super Why!	Squirrel	SportsCentre		Yukon Men	Dog	Let's Make a Deal (N)		Eat St.
8 AM	Crime Watch Daily (N)		PAW Patrol	Curious			Criminal Minds "Hope"			Morning	Napkin	SpongeBob	SportsCentre		Daily Planet	Jessie	The Price Is Right (N)		Security
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700 Club	Criminal Minds	Livel Kelly and Michael	Morning	Sugar	Super Why!	Sidekick	SportsCentre	Livel Kelly and Michael	How/Made	Curious	FamFeud	Movie: **** "Rocky II" (1979, Drama) Sylvester Stallone, Talia Shire.	The Dead Files
10 AM	Divorce	Sugar	Boj	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds	The View	Sugar	Rachael Ray	Bookaboo	Spliced	SportsCentre	The View	Mayday	Justin	The Chew		Ghost Adventures
11 AM	Judge	Rachael Ray	Monkey	Dinosaur	Jeopardy!	Young & Restless	The First 48	PIYo Wor.	Rachael Ray	Noon News Hour (N)	Recipes	Rated A	Rugby	Marilyn Denis	River Monsters "Prehistoric Terror"	Kate and Wizards	General Hospital (N)	Talia Shire.	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose	Pald Prog.	News	The First 48	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks	Hockey Lunch	CTV News Vancouver	Wizards	Celebrity	Celebrity	Movie: *** "Rocky III" (1982, Drama) Sylvester Stallone, Mr. T.	Security
1 PM	Crazy Talk	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk	The First 48	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland	Almost	Triathlon	The Social (N)	Canada's Worst Driver	Good Luck	CityLine		Border
2 PM	Payne	The Talk	Maya	Thomas	Millionaire	Let's Make a Deal (N)	Born This Way	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Hockey	Dr. Phil	How/Made	Jessie	CityNews at 5 (N)	Movie: ** "Rocky IV" (1985) Talia Shire	Ghost Adventures
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Eilen DeGeneres Show	The Dr. Oz Show	Married at First Sight "Wedding Preparation"	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	SpongeBob	Hockey Lunch	Ellen DeGeneres Show	How/Made	Good Luck	CityNews at 6 (N)		Eat St.
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil	FABLife (N)	Young & Restless	Early News	Bondi Vet	Penguins	Hockey	The Dr. Oz Show	Daily Planet (N)	Dog	Mod Fam		Restaurant Makeover	
5 PM	Movie: "The Hunt for Eagle One" (2006, Action)	News (N)	Dino Dan	News	News	News	Married at First Sight	News	Early News	(4:59) News Hour (N)	Dragons' Den	Parents	Interruption	CTV News Vancouver	Gold Rush - The Dirt	Nowhere	Movie: *** "EIP" (2003, Comedy) Will Ferrell.		Security
6 PM	One* (2006, Action)	News Hour	Hope for Wildlife	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Married at First Sight	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Movie: "A Fairly Odd Christmas"	SportsCentre (N)	CTV News Vancouver	Gold Rush (N)	Dog	Awesome		My.- Monument
7 PM	Seinfeld	Ent	Canada: Over the Edge	Prohibition Groups push to outlaw alcohol.	Jeopardy!	Broke Girl	(7:01) Born This Way	Ent	Ent	Limitless (N)	Coronation	Gags	World Poker Tour	etalk (N)	Buying Al.	Mako Me	Broke Girl		Mysteries-Museum
8 PM	King	NCIS Ducky is attacked.	How to Grow a Planet	The Voice (N)	The Voice	NCIS Ducky is attacked.	What Would You Do?	Toy Story	NCIS Ducky is attacked.	NCIS Ducky is attacked.	Rudolph, the Reindeer	Funnlest Home Videos	World Poker Tour	CSI: Cyber "Witness"	To Be Announced	Prince	CityNews-Tonight (N)		Mysteries-Museum
9 PM	The Middle	NCIS: New Orleans (N)	Movie: "The Last Dogs of Winter"	Frontline	The Voice	NCIS: New Orleans (N)	Married at First Sight	Dog for Christmas	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Young	Movie: *** "The Princess Bride" (1987)	SportsCentre (N)	The Voice	Gold Rush	Life Derek	EP Daily		My.- Monument
10 PM	Amer. Dad	Limitless (N)	Rumrunners' Paradise	Limitless (N)	Married at First Sight	Shark Tank	Limitless (N)	News Hour Final (N)	The National (N)				SportsCentre (N)	Buying Al.	Wizards	Extra (N)		Mysteries-Museum	
11 PM	Family Guy	News Final	Canada: Over the Edge	Charlie Rose (N)	News	News	(11:02) Born This Way	KXLY 4	News	Late Show-Celbert	CBC News	Gags	SportsCentre	News-Lisa	To Be Announced	Prince	Crime Watch Daily (N)		Ghost Adventures



Vermilion Forks Field Naturalists hike the area around Swan Lake as part of a recent outing hosted by the group. Photo: Donna Hills

Vermilion Forks Field Naturalists

Naturalists Explore Kelly Noon Gate and Swan Lake

by Janis Wright, VFFN

Tip Anderson led a group of 15 Vermilion Forks Field Naturalists along the trails of Swan Lake on Saturday, December 5th, a calm and cloudy morning with the temperature hovering around zero.

The lake gleamed with a skiff of ice as we walked through the rolling grasslands for an hour and a half, working up our appetites for a hot lunch! Two small but vigorous fires, smokies, cinnamon buns, hot chocolate and coffee waited for us as we returned to the newly erected

Kelly Noon Gate. The gate references the 'noon' bird blind which is situated nearby.

This sturdy and attractive gate is named in honour of fellow naturalist and Rotarian, Frank Kelly, who, sadly, left us earlier this year. The new gate, located at the southwest entrance to the wildlife sanctuary, can be credited to the Rotary Club, local businesses, and a few private citizens, including Frank Turner, Glen Sellers, and Tip Anderson.

Our group increased in size to more than 35 as friends, naturalists

and Rotarians gathered to pay tribute. Frank Turner explained how the gate came to be, Joan Kelly offered a thank-you speech, and members of the Kelly family were on hand to unveil a plaque. Frank Kelly is missed by many! We mixed and mingled while enjoying lunch and keeping warm by the

fires, fondly reminiscing and fighting a tear or two.

Our next meeting will be held January 12th at Riverside Centre, 7:00 PM, and will feature local archeologist, Brenda Gould, who will discuss recently found evidence of early First Nations occupation at Haynes Point camp-

ground, near Osoyoos.

John Henry and Mary Masiel will lead our next field trip, on Saturday, January 16th, likely a snowshoe trek at Timber Hill. More information on this outing will be available closer to the date on our website: www.vffn.ca. Please join us!

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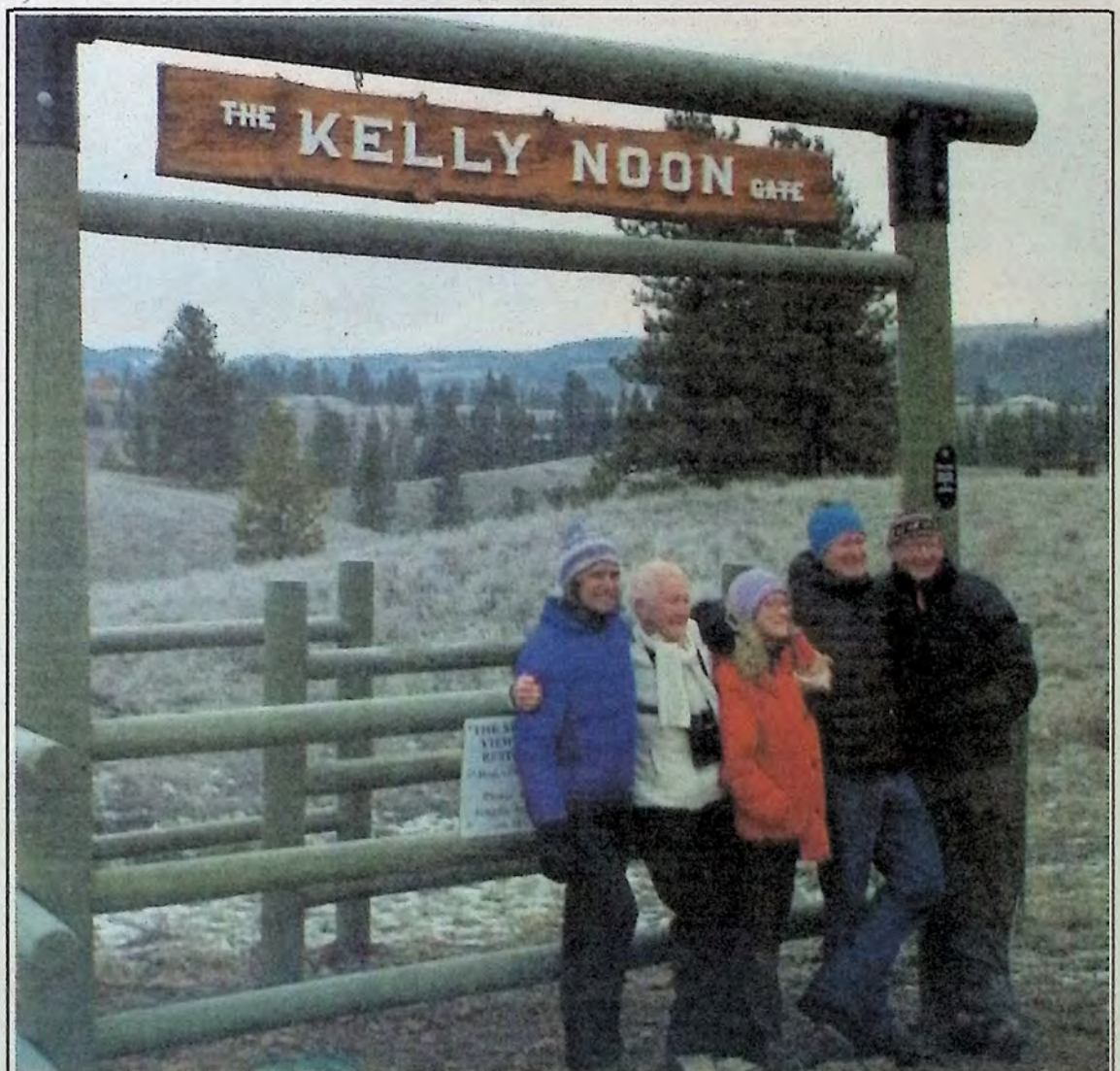


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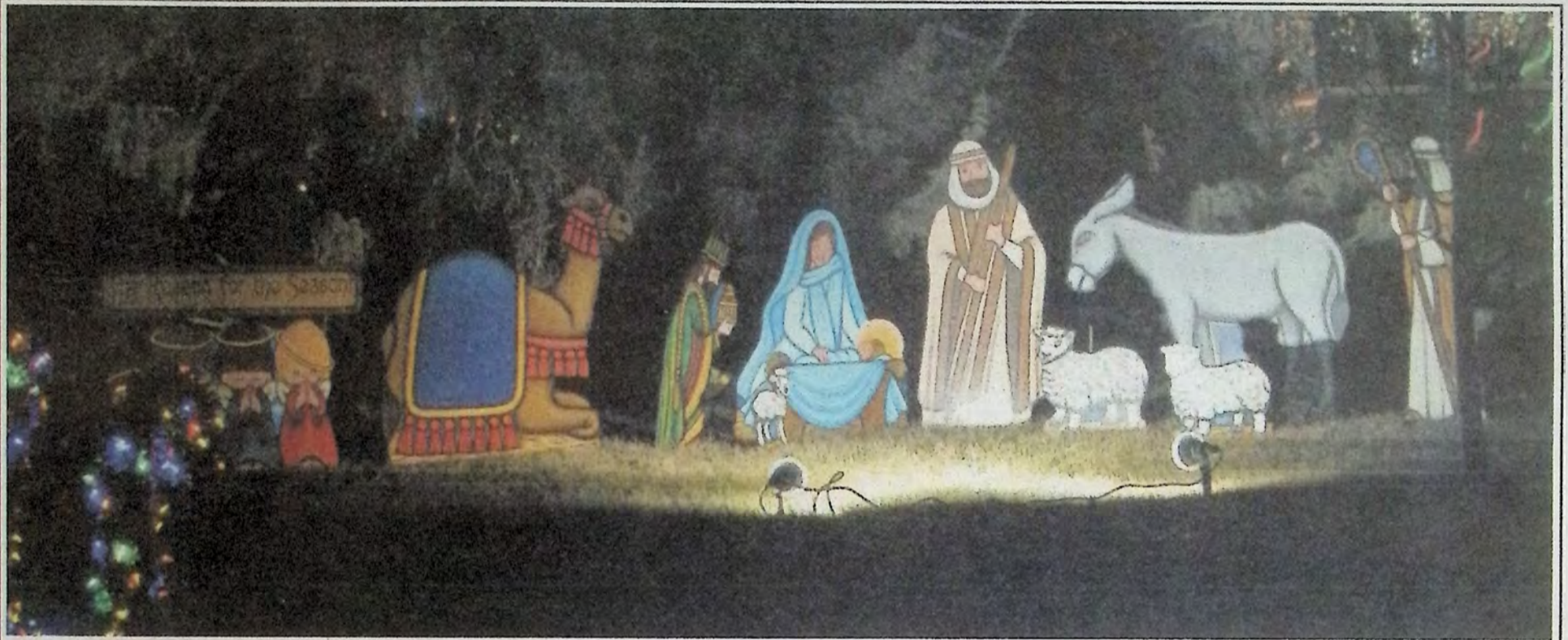
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A closer look at the recently dedicated Kelly Noon Gate at Swan Lake. Photo: Donna Hills

SO COUNTRY INTERNET RADIO



This nativity scene is one of the many delights on Highway 3A at the north end of Keremeos. In the Christian Religions, Jesus was both human and divine. In Islam, Jesus is not divine but is a prophet who performed miracles. In ancient Judaism, Jesus had supernatural powers and performed miracles. The Bahai believe Jesus was a messenger sent by God who performed miracles. Hindus believe Jesus was a holy man and was one of the divine. Buddhists believe Jesus was an enlightened and holy man. As for the virgin birth, most sects in Christianity; the Bahai; Hindus; Buddhists and some sects in Islam believe in the virgin birth. Judaism does not believe in the virgin birth. Photo: Arlene Arlow

WEDNESDAY, DECEMBER 16, 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 :30	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) ☺	Fool's Gold Fool's Gold	Life Derek Life Derek	CityLine (N) ☺	Movie: *** "The Fifth Element"	Restaurant Makeover
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts Wild Kratts	Today (N) ☺	CBS This Morning (N) ☺	Criminal Minds ☺	Good Morning America (N) ☺			Super Why! Arthur ☺	Squirrel Chucks	SportsCentre ☺		Cold Water Cowboys I Didn't	Dog I Didn't	Let's Make a Deal (N)	(1997) Bruce Willis, Gary Oldman. ☺	Eat St. ☺ Eat St. ☺
8 AM :30	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)		Security Security
9 AM :30	Hot Bench Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger Tiger	Today (N) ☺	The 700 Club ☺	Criminal Minds ☺	Live! Kelly and Michael	Morning Huntley St.	Operation Smile	Super Why! Moblees	Sidekick Almost	SportsCentre ☺	Live! Kelly and Michael	How/Made How/Made	Curious Playdate	FamFeud FamFeud	Movie: ** "Transformers"	The Dead Files ☺
10 AM :30	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 ☺	Revenge of the Fallen" (2009) Shia LaBeouf. ☺	Ghost Adventures ☺
11 AM :30	Judge Judge	Rachael Ray ☺	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☺	Derm Paid Prog.	Rachael Ray ☺	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	Motoring Lumber	Marilyn Denis	Gold Rush - The Dirt ☺	Kate and Wizards	General Hospital (N) ☺		Security Security
12 :30	Millionaire Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☺	All In One Lunal	News Bold	The First 48 ☺	The Chew ☺	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Gold Rush ☺	Wizards Good Luck	Celebrity	Movie: *** "Cowboys & Aliens"	My. Monument
1 PM :30	Crazy Talk Crazy Talk	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk ☺	The First 48 ☺	General Hospital (N) ☺	Days of our Lives (N)	The Talk ☺	Heartland ☺ (DVS)	Almost Sidekick	Cabble Cabble	The Social (N) ☺	Buying Al. Buying Al.	Good Luck Jessie's Aloha	CityLine ☺	"Trans-formers: (2011) Daniel Craig, Premiero. ☺	Mysteries-Museum
2 PM :30	Payne Browns	The Talk ☺	Maya Curious	Thomas Curious	TMZ (N) ☺ Inside Ed.	Let's Make a Deal (N)	Duck D. Duck D.	The Doctors ☺	The Talk ☺	Meredith Vieira	Murdoch Mysteries ☺	Wayside Kid vs. Kat	Off Record Interruption	Dr. Phil ☺	How/Made How/Made	Phineas Phineas	CityNews at 5 (N) ☺		Ghost Adventures ☺
3 PM :30	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 Good Luck	Phineas Good Luck	CityNews at 6 (N)	Movie: ** "Transformers: Revenge of the Fallen" (2009) Shia LaBeouf. ☺	Eat St. ☺
4 PM :30	Big Bang Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☺	Duck D. Duck D.	FABLife (N) ☺	Young & Restless Global Nat.	Early News	Bondi Vet (N) ☺	SpongeBob SpongeBob	Hockey Open Gym	The Dr. Oz Show ☺	Daily Planet (N)	Dog Jessie ☺	Mod Fam Mod Fam	Revenge of the Fallen" (2009) Shia LaBeouf. ☺	Restaurant Makeover
5 PM :30	Movie: *** "Untraceable" (2009, Suspense)	News (N) ☺	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	The Making of Trump ☺	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☺	SpongeBob SpongeBob	NBA Basketball: Memphis Grizzlies at Chicago Bulls. (N) ☺	CTV News Vancouver	Bering Sea Gold ☺	Life Jessie ☺	CityLine ☺		Security Security
6 PM :30		News Hour News	Canada: Over the Edge	PBS News-Hour (N) ☺	News Millionaire	KREM 2 News at 6 (N)		News at 6 News	(5:59) News Hour (N)	ET Canada Ent	CBC Vancouver News	Movie: *** "Yogi's First Christmas" (1980)		CTV News Vancouver	Moonshiners: Outlaw	I Didn't Next Step	Mod Fam blackish		The Dead Files ☺
7 PM :30	Seinfeld ☺ Seinfeld	Ent ET Canada	The Water Park	Nature ☺ (DVS)	Jeopardy! Wheel	Broke Girl Broke Girl	Who Is Donald Trump?	Ent The Insider	Ent ET Canada	ET Canada ET Canada	Young Coronation			etalk (N) Big Bang	Moonshiners "Still Life"	The X Factor UK ☺	Broke Girl Two Men	Movie: *** "Cowboys & Aliens" (2011) Daniel Craig, Olivia Wilde. ☺	Ghost Adventures ☺
8 PM :30	King King	Survivor (Season Finale) (N) ☺	China's Forgotten City	NOVA ☺ (DVS)	Elf: Buddy's Musical	Survivor (Season Finale) (N) ☺	Who Is Donald Trump?	The Middle Goldbergs	Survivor (Season Finale) (N) ☺	Survivor (Season Finale) (N) ☺	Wainwright Noel Nights	Panda Game On	NBA Basketball: Phoenix Suns at Golden State Warriors. (N)	Landing Goldbergs	How/Made How/Made	Prince Malcolm	CityNews-Tonight (N)		Mysteries-Museum
9 PM :30	The Middle Family Guy		Carols by Candlelight ☺	Time Spanners (N) ☺	Law & Order: SVU		(9:01) The Making of Trump ☺	Mod Fam blackish			The Romeo Section ☺	** "Percy Jackson & the Olympians: The Lightning Thief"	SportsCentre (N) ☺	Movie: *** "Elf" (2003) Will Ferrell. ☺	Bering Sea Gold ☺	Life Derek Wingin' It	EP Daily Reviews on		The Dead Files ☺
10 PM :30	Amer. Dad Amer. Dad	Survivor (N) ☺		Craft In America (N) ☺	Chicago PD ☺ (DVS)	Survivor (N) ☺		Nashville (N) ☺	Survivor (N) ☺	Survivor (N) ☺	The National (N) ☺			Ferrell. ☺	Moonshiners: Outlaw	Wizards Connor	Extra (N) Liquidator	Movie: *** "The Fifth Element" (1997) ☺	Ghost Adventures ☺
11 PM :30	Family Guy Payne	News Final Colbert	Park The Water	Charlie Rose (N) ☺	News J. Fallon	News Colbert	Who Is Donald Trump?	KXLY 4 J. Kimmel	News Colbert	News Hour Final (N)	CBC News Coronation	Gags		SportsCentre ☺ CTV News	News-Lisa Moonshiners "Still Life"	Prince Malcolm	Crime Watch Daily (N)		Ghost Adventures ☺

THURSDAY, DECEMBER 17, 2015

Grid for Thursday, December 17, 2015. Columns: Time, Channel, Program. Rows: 6 AM to 11:30 PM.

FRIDAY, DECEMBER 18, 2015

Grid for Friday, December 18, 2015. Columns: Time, Channel, Program. Rows: 6 AM to 11:30 PM.

News Leader Movies - Saturday to Sunday

SATURDAY MORNING

10:30 am 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 am WTBS ch.3 "Premium Rush" (2012, Action) Joseph Gordon-Levitt. A bike messenger's last delivery of the day turns into a life-or-death chase through Manhattan.

AFTERNOON

12:30 pm WTBS ch.3 "The Women" (2008, Comedy-Drama) Meg Ryan. A grave betrayal causes cracks in the friendship between two women, while the rest of those in their circle begin to question their own relationships.
 1:00 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)
 2:00 pm YTV ch.18 "The Flight Before Christmas" (2008, Comedy) Voices of Emma Roberts. Animated. A flying squirrel shows a young reindeer how to soar into the sky. (In Stereo) (CC)
 2:30 pm CITV ch.12 "His and Her Christmas" (2005, Comedy-Drama) Paula Devicq. Two journalists write a Christmas column for rival newspapers in the same city. (CC) (DVS)
 3:30 pm CHBC ch.4 BCTV ch.11

"His and Her Christmas" (2005, Comedy-Drama) Paula Devicq. Two journalists write a Christmas column for rival newspapers in the same city. (CC) (DVS)
 4:00 pm YTV ch.18 "A Fairly Odd Christmas" (2012, Comedy) Drake Bell. Timmy Turner must save Christmas after his actions cause children to lose faith in Santa Claus. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "National Security" (2003, Comedy) Martin Lawrence. Two Los Angeles security guards try to stop a criminal mastermind and his gang of robbers.
 YTV ch.18 "Christmas With the Kranks" (2004, Comedy) Tim Allen. A Chicago couple scramble to put together a holiday celebration after their daughter decides to come home for Christmas. (In Stereo) (CC)
 8:00 pm CITV ch.12 "Chasing Christmas" (2005, Comedy) Tom Arnold. Holiday spirits visit a single father who has boycotted Christmas since his wife left him. (CC)
 VTV ch.22 "The Christmas Shepherd" (2014, Drama) Teri Polo. Premiere. Sally is heartbroken when her dog runs away during a thunderstorm. When she learns he was found by Mark, a widower, she travels to Boston to get him. Sally and Mark are given the best Christmas gifts of their lives when they fall in love. (In Stereo)
 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)
 8:10 pm KSPS ch.6 "The Magnificent Seven" (1960, Western) Yul Brynner. A man in black recruits six hired guns to lead Mexican villagers against the gang of an outlaw. (In Stereo) (CC)
 8:15 pm YTV ch.18 "Call Me Claus" (2001, Comedy) Whoopi Goldberg. Facing mandatory retirement after 200 years, Santa Claus asks a television producer to replace him. (In Stereo) (CC)
 9:00 pm CHBC ch.4 BCTV ch.11 "Chasing Christmas" (2005, Comedy) Tom Arnold. Holiday spirits visit a single father who has boycotted Christmas since his wife left him. (CC)
 9:30 pm SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)
 10:00 pm FAM ch.26 "The Ultimate Christmas Present" (2000, Comedy) Halle Hirsch. Two girls' plan to close school by making it snow in Los Angeles jeopardizes Christmas. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "War of the Worlds" (2005, Science Fiction) Tom Cruise. A New Jersey man and his two children face an epic battle for survival when hostile aliens invade Earth.

boss Terry Benedict, Danny Ocean and his team of criminals plan an elaborate heist in Europe. (In Stereo) (CC)
 8:15 am YTV ch.18 "The Year Without a Santa Claus" (2006, Comedy) John Goodman. Two elves try to save Christmas after disgruntled Saint Nick decides to take the year off. (In Stereo) (CC)
 9:00 am WTBS ch.3 "Confessions of a Shopaholic" (2009, Comedy) Isla Fisher. A compulsive shopper who is drowning in debt lands a job as an advice columnist for a financial magazine.
 9:15 am YTV ch.18 "Santa Hunters" (2014, Fantasy) Benjamin "Lil P-Nut" Flores Jr. A boy and his cousin use video equipment to catch Santa Claus at work during the holidays. (In Stereo) (CC) (DVS)
 10:30 am FAM ch.26 "Home Alone 2: Lost in New York" (1992, Comedy) Macaulay Culkin. Once again left behind by his family, the boy hero lands in Manhattan and battles two burglars he faced before. (In Stereo) (CC)
 SPIKE ch.44 "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (In Stereo)
 10:45 am YTV ch.18 "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)

George Hamilton. A fashion-conscious teen, who would rather spend Christmas with her boyfriend than her parents, gives Santa a makeover. (CC)
 12:30 pm KXLY ch.10 "Switchmas" (2012, Comedy) David DeLuise. En route to Florida, a yuletide-obsessed Jewish boy figures out how to get the Christmas of his dreams by trading plane tickets with a boy going to Christmastown, Wash.
 12:35 pm FAM ch.26 "Home Alone 3" (1997, Comedy) Alex D. Linz. A clever boy stymies spies seeking a toy car with a top-secret computer chip hidden inside. (In Stereo) (CC)
 1:00 pm WTBS ch.3 "Meet the Browns" (2008, Comedy-Drama) Tyler Perry. Soon after losing her job, a single mother takes her brood to Georgia for her father's funeral and meets his uproarious clan for the first time.
 CHBC ch.4 BCTV ch.11 "Too Cool for Christmas" (2004, Comedy-Drama) George Hamilton. A fashion-conscious teen, who would rather spend Christmas with her boyfriend than her parents, gives Santa a makeover. (CC)
 YTV ch.18 "Home Alone 2: Lost in New York" (1992, Comedy) Macaulay Culkin. Once again left behind by his family, the boy hero lands in Manhattan and battles two burglars he faced before. (In Stereo) (CC)
 3:45 pm YTV ch.18 "Home Alone 3" (1997, Comedy) Alex D. Linz. A clever boy stymies spies seeking a toy car with a top-secret computer chip hidden inside. (In Stereo) (CC)
 5:00 pm CBC ch.13 "Home Alone"continued on Page 15

SUNDAY MORNING

8:00 am A&E ch.9 "Ocean's Twelve" (2004, Comedy-Drama) George Clooney. To pay back casino

AFTERNOON

12:00 pm CITV ch.12 "Too Cool for Christmas" (2004, Comedy-Drama)

SUNDAY, DECEMBER 20, 2015

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Paid Prog.	In a Name	Dragon	Peg Plus Cat	Today (N)	Paid Prog.	Criminal Minds	CIZEI	In a Name	Sunday Morning News (N)	Save-Umsl	Squirrel	SportsCentre	Canada AM Weekend	How/Made	Wingin' It	Paid Prog.	Off Road	Eat St.
6:30	CIZEI	Inventors	PAW Patrol			Paid Prog.		Designing	Inventors		Poko	Squirrel			How/Made	Slug Terra	Church	Engine	Paid Prog.
7 AM	The Office	Sunday Morning News (N)	Curious	Wild Kratts-Creature	KHQ	CBS News Sunday Morning (N)	Criminal Minds	Good Morning America	Sunday Morning News (N)		News	Pet Shop	Hockey: IHF Junior Hockey	Marilyn Denis	How/Made	Gaming	Eye/Asia	Truck Tech	Expedition
7:30	At. Eats		Curious		Invest						Artzooka	Pet Shop			How/Made	Phineas	Operation Smile	Muscle	Unknown
8 AM	The Office		PAW Patrol	Curious George	Meet the Press (N)	The Nation	Movie: *** "Ocean's Twelve"	This Week			Coronation	"Year Without"	Canada vs. Czech Republic. (N)	Question Period (N)	Last Frontier	Droid Tales	Festival	Bar Rescue	Uncommon Grounds
8:30	Paid Prog.		Doozers				(2004) George Clooney.	Rescue		Block	Coronation	(9:15) "Santa Hunters" (2014)		Paid Program	Last Frontier	Life Derek	Italiano di Johnny Lombardi (N)	Off Road	Mysterie-Museum
9 AM	Movie: ** "Confessions of a Shopaholic"		Upside	SciGirls	Turbo Lift	The NFL Today (N)		Wildlife		Context	Coronation		SC Top 10		Last Frontier	Dog	Jessie's Aloha	Engine	
9:30			Dino Dan	The Impact	Paid Prog.						Coronation				Last Frontier				
10 AM		Block	Wild Kratts	Inside Olympia	Paid Prog.	NFL Football: Regional Coverage. (N) (Live)		Rock-Park	Block	J. Osteen	Coronation		NFL Football: Teams TBA. (N) (Live)	NFL Football: Teams TBA. (N) (Live)	Last Frontier			Truck Tech	Mysterie-Museum
10:30		Context	Little	Focus				Explore	Context	Paid Prog.	M'ketplace				Last Frontier	Movie: "Home Alone 2: Lost in New York" (1992)	VemComig	Movie: *** "Four Brothers" (2005) Mark Wahlberg.	Mysterie-Museum
11 AM	Paid Prog.	J. Osteen	Little	Asla	Action Sports (N)		What Would You Do?	Fish Oil	Noon News Hour (N)	Movie: "Too Cool for Christmas" (2004)	Land/ Sea				Last Frontier		Survivor-man (DVS)	Close-Up Kings	Mysterie-Museum
11:30	1st Family	Paid Prog.	Little				What Would You Do?	Facellit?	Paid Prog.		Our Vancouver				Last Frontier				
12 PM	Paid Prog.	Noon News Hour (N)	Animals	Health Matt.			What Would You Do?	Movie: "Switchmas" (2012) David DeLuise.	Movie: "Too Cool for Christmas" (2004)	Cake Wars	Figure Skating: ISU Grand Prix Final Gala.				Last Frontier				
12:30	Box Office		Animals				What Would You Do?	Movie: "Switchmas" (2012) David DeLuise.	Movie: "Too Cool for Christmas" (2004)	Barbara Walters - Most Fascinating	Holiday Baking				Last Frontier				
1 PM	Movie: ** "Meet the Browns" (2008)	Movie: "Too Cool for Christmas" (2004)	Waterfront Cities	Prohibition Groups push to outlaw alcohol.	Figure Skating: ISU Grand Prix Final. (Taped)	(1:25) NFL Football: Regional Coverage. (N) (Live)	What Would You Do?	Barbara Walters - Most Fascinating	Cake Wars	Holiday Baking	Prix Final Gala.		NFL Football: Teams TBA. (N) (Live)	NFL Football: Teams TBA. (N) (Live)	Last Frontier	Movie: ** "Home Alone 3" (1997)	Storage	Bar Rescue	Mysterie-Museum
1:30			The Water Park				What Would You Do?	Barbara Walters - Most Fascinating	Cake Wars	Holiday Baking	Prix Final Gala.				Last Frontier		Storage	Bar Rescue	Treasures Decoded
2 PM							What Would You Do?	Barbara Walters - Most Fascinating	Cake Wars	Holiday Baking	Prix Final Gala.				Last Frontier		Storage	Bar Rescue	Treasures Decoded
3 PM	Big Bang	Cake Wars	Christmas With Bach	Live From Lincoln Center	Great Meal		What Would You Do?	Barbara Walters - Most Fascinating	Cake Wars	Holiday Baking	Prix Final Gala.				Last Frontier		Storage	Bar Rescue	Treasures Decoded
3:30	Big Bang				CIZEI		What Would You Do?	Barbara Walters - Most Fascinating	Cake Wars	Holiday Baking	Prix Final Gala.				Last Frontier		Storage	Bar Rescue	Treasures Decoded
4 PM	Big Bang	Holiday Baking	Xmas, Rosslyn Chapel	Danube	Football Night In America (N)		What Would You Do?	Magnificent Mile Light	Holiday Baking	Tackle	Backstage		Football Night In America (N)	Sports	Last Frontier	HZipzer	Sunnyside	Bar Rescue	Museum Secrets
4:30	Big Bang						What Would You Do?	Magnificent Mile Light	Holiday Baking	Global Nat.	Exhibition				Last Frontier	HZipzer	Sunnyside	Bar Rescue	Museum Secrets
5 PM	Atlanta Eats Special	Tackle News	Hidden Killers	Grand Mercer	(5:20) NFL Football: Arizona Cardinals at Philadelphia Eagles. (N)	CBS News	Christmas-Decades	News at 6	(5:59) News Hour (N)	Security	Emergency		Movie: *** "Home Alone 2: Lost in New York" (1992)	Cash Cab	Last Frontier	Make Me	The Story of Frozen	Bar Rescue	Uncommon Grounds
5:30							Christmas-Decades	News at 6	(5:59) News Hour (N)	Security	Emergency				Last Frontier	Make Me	Make Me	Bar Rescue	Uncommon Grounds
6 PM	Med Fam	Global Nat.	Marine Machines	To Be Announced	Arizona Cardinals at Philadelphia Eagles. (N)	KREM 2 News at 5 (N)	Christmas-Decades	News at 6	(5:59) News Hour (N)	Security	Emergency		Movie: *** "Home Alone 4" (2002)	CTV News Vancouver	Last Frontier	Next Step	Muppets: Letters	Bar Rescue	The Dead Files
6:30	Med Fam						Christmas-Decades	News at 6	(5:59) News Hour (N)	Security	Emergency				Last Frontier	Next Step	Muppets: Letters	Bar Rescue	The Dead Files
7 PM	Movie: *** "Red Eye" (2005)	Security	Invasion of Killer Toads	Great Houses	60 Minutes (N)	60 Minutes (N)	Christmas-Decades	Movie: *** "The Sound of Music Sing-Along" (1965) Julia Andrews, Christopher Plummer.	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas			Movie: *** "Home Alone 4" (2002)	Saving Hope (DVS)	Last Frontier	The X Factor UK	Broke Girl	Bar Rescue	My.- Monument
7:30		Emergency					Christmas-Decades	Movie: *** "The Sound of Music Sing-Along" (1965) Julia Andrews, Christopher Plummer.	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas					Last Frontier	The X Factor UK	Broke Girl	Bar Rescue	My.- Monument
8 PM	The Closer	Movie: ** "How the Grinch Stole Christmas"	** "Inspector Morse: Service of All the Dead"	Masterpiece Classic	Mark Few	Undercover Boss	Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas			Movie: "Christmas Is Here Again"	Adele: Live In London	Canada's Worst Driver	Life	CityNews	Bar Rescue	Mysterie-Museum
8:30							Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas					Canada's Worst Driver	Life	CityNews	Bar Rescue	Mysterie-Museum
9 PM	The Closer				TMZ (N)	Madam Secretary	Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas			Movie: "Corner Gas: The Movie" (2014)	Movie: "Corner Gas: The Movie" (2014)	Railroad Alaska	Nowhere	Survivor-man (DVS)	Bar Rescue	The Dead Files
9:30							Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas					Railroad Alaska	Nowhere	Survivor-man (DVS)	Bar Rescue	The Dead Files
10 PM	There Yet?	A Pitchin' In Christmas	Wallander Well-to-do couple found dead. (N)	House of Cards	Blue Bloods	CSI: Cyber	Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas					Railroad Alaska	Nowhere	Survivor-man (DVS)	Bar Rescue	My.- Monument
10:30							Christmas-Decades	Movie: ** "How the Grinch Stole Christmas"	Movie: ** "How the Grinch Stole Christmas"	A Pitchin' In Christmas					Railroad Alaska	Nowhere	Survivor-man (DVS)	Bar Rescue	My.- Monument
11 PM	Paid Prog.	News Final			News	News	Christmas-Decades	KXLY 4	News Final	Paid Prog.	CBC News	Haunting	SportsCentre	News	Railroad Alaska		Paid Prog.	Bar Rescue	Mysterie-Museum
11:30	Paid Prog.	Block			News	News	Christmas-Decades	Van Impo	Block	Paid Prog.	fifth estate	Haunting	CTV News		Railroad Alaska		Paid Prog.	Bar Rescue	Mysterie-Museum

News Leader Sudoku

SUDOKU

No. 259

Easy

Previous solution - Very Hard

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

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

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

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

The solutions will be published here in the next issue.

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

Sunday to Monday

.....continued from Page 14
2: Lost in New York" (1992, Comedy) Macaulay Culkin. Once again left behind by his family, the boy hero lands in Manhattan and battles two burglars he faced before. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "Home Alone 4" (2002, Comedy) French Stewart. Kevin tries to reunite his separated parents while dealing with an old nemesis. (In Stereo) (CC)
7:00 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.

IXLY ch.10 "The Sound of Music Sing-Along" (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)

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)

8:00 pm CHBC ch.4 BCTV ch.11 "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)

KNOW ch.5 "Inspector Morse: Service of All the Dead" (1982, Mystery) John Thaw. Inspector Morse investigates the brutal murder of a church warden. (CC)

CBC ch.13 "National Lampoon's Christmas Vacation" (1989, Comedy) Chevy Chase. The Griswolds spend the holiday in a garish way, especially when a country cousin pulls up in an RV. (In Stereo) (CC)

YTV ch.18 "Christmas Is Here Again" (2007, Musical Comedy) Voices of Ed Asner. Animated. An elf, a reindeer, a fox and a polar bear help an orphan girl find Santa's toy sack. (In Stereo) (CC)

9:00 pm VTV ch.22 "Corner Gas: The Movie" (2014, Comedy) Brent Butt. As they pack up their belongings, residents of Dog River make a last-ditch effort to save the town after it goes bankrupt. (In Stereo) (CC) (DVS)

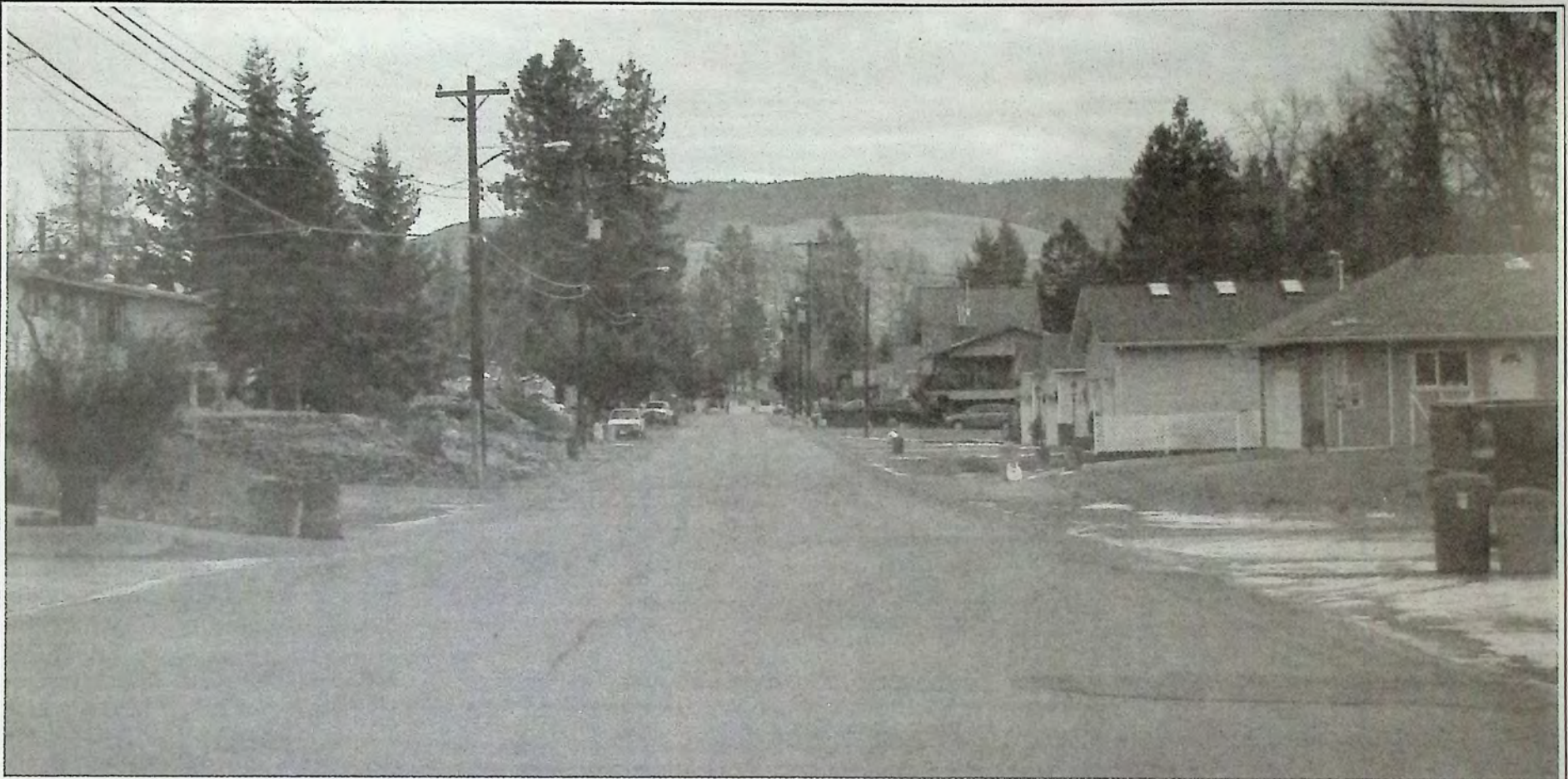
10:00 pm FAM ch.26 "Descendants" (2015, Comedy) Dove Cameron. Ben, the teenaged son of King Beast and Queen Belle, invites the exiled children of defeated villains to attend a prep school with the heroes' children. (In Stereo) (CC)

MONDAY MORNING

9:00 am YTV ch.18 "Home Alone 3" (1997, Comedy) Alex D. Linz. A clever boy stymies spies seeking a toy car with a top-secret computer chip hidden inside. (In Stereo) (CC)
10:45 am YTV ch.18 "Home Alone 4" (2002, Comedy) French Stewart.
.....continued on Page 20

MONDAY, DECEMBER 21, 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 :30	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)	Rated A Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Canada's Worst Driver	Life Derek Life Derek	CityLine	Cops	Security
7 AM :30	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts	Today (N)	CBS This Morning (N)	Criminal Minds	Good Morning America (N)			Super Why! Arthur	Rugrats	SportsCentre		Canada's Worst Driver	Dog I Didn't	Let's Make a Deal (N)	Jail	Security
8 AM :30	Crime Watch Daily (N)		PAW Patrol Curious	Nature Cat Curious			Criminal Minds		Morning Huntley St.		Napkin Tiger	Rudolph's Shiny Year	SportsCentre		Canada's Worst Driver	Jessie Phineas	The Price Is Right (N)	Cops	Security
9 AM :30	Hot Bench Hot Bench	Morning Huntley St.	Doozers Kate and	Tiger Tiger	Today (N)	The 700 Club	Criminal Minds	Livel Kelly and Michael	Morning Huntley St.	Operation Smile	Super Why! Moblees	Movie: "Home Alone 3"	SportsCentre	Livel Kelly and Michael	Canada's Worst Driver	I Didn't I Didn't	FamFeud FamFeud	Jail	Border
10 AM :30	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	(10:45) Movie: "Home Alone 4"	SportsCentre	The View	Buying the Buying the	I Didn't I Didn't	The Chew The Chew	Cops	Border
11 AM :30	Judge Judge	Rachael Ray	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48	Paid Prog.	Rachael Ray	Noon News Hour (N)	Our Vancouver		Sports Barclays	Marilyn Denis	Buying the Buying the	I Didn't Lost	General Hospital (N)	Police Shootouts!	Border
12 PM :30	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 Network	Abominable Christmas	English Premier League Soccer	CTV News Vancouver	Redwood Kings Redwood Renaissance (N)	Movie: "El" (2003)	Celebrity Celebrity	Scary Police Shootouts	Border
1 PM :30	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)	Parents Kung Fu		The Social (N)	Dog		CityLine	Cops	Border
2 PM :30	Payne Browns	The Talk	Maya Curious George	Thomas Curious	TMZ (N)	Let's Make a Deal (N)	The First 48	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Henry Chucks	Off Record Interruption	Dr. Phil	Redwood Kings (N)	Dog Dog	CityNews at 5 (N)	Cops	Border
3 PM :30	Mod Fam Mod Fam	Meredith Vieira	PAW Patrol	Arthur Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show	The First 48	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	Ho Ho Holiday Special	Monday Night Countdown (N) (Live)	Ellen DeGeneres Show	Redwood Kings (N)	Gaming Phineas	(2:59) CityNews at 6 (N)	Cops	Security
4 PM :30	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 (N)	"The Naughty List"	(5:15) NFL Football: Detroit Lions at New Orleans Saints. (N Subject to Blackout) (Live)	The Dr. Oz Show	Redwood Kings (N)	Phineas Murray	Mod Fam Mod Fam	Cops	Security
5 PM :30	Movie: "The Shepherd" (2009, Action)	News (N)	Wild Kratts-Creature Business	News NBC News	News CBS News	News CBS News	The First 48	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den	Abominable Christmas		CTV News Vancouver	Redwood Kings (N)	Awesome "Bob's Broken Sleigh"	Muppets: Letters	Cops	Security
6 PM :30		News Hour	Marine Machines	PBS News-Hour (N)	News Millionaire	News KREM 2 News at 6 (N)	The First 48	News at 6 News	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Rudolph, the Reindeer to Blackout (Live)		CTV News Vancouver	Redwood Kings (N)	Life Life	The Story of Frozen	Cops	Security
7 PM :30	Seinfeld Seinfeld	Ent ET Canada	Hope for Wildlife	Field Guide European	Jeopardy! Wheel	Broke Girl Broke Girl	(7:01) The First 48	Ent The Insider	Ent ET Canada	Movie: "A Gift Wrapped Christmas" (2015)	Coronation	Rudolph's Shiny Year		etalk-Adele Spun Out	Redwood Kings (N)	Nowhere Next Step	Broke Girl Two Men	Cops	Security
8 PM :30	King King	Movie: "A Gift Wrapped Christmas" (2015)	Hidden Killers	Antiques Roadshow	Superstore Telenovela	Big Bang Big Bang	(8:02) The First 48	The Great Christmas Light Fight	Movie: "A Gift Wrapped Christmas" (2015)		A Merry Murdoch Christmas (N)	Movie: "Rudolph and Frosty's Christmas in July"		Big Bang Mike Mike	Redwood Kings (N)	Prince Malcolm	CityNews-Tonight (N)	Cops	Security
9 PM :30	The Middle Family Guy		Fake or Fortune?	Choir	Saturday Night Live Christmas-themed skits.	Supergirl "Livewire"	(9:01) The First 48		Global Comedians					Blade Brothers (N)	Life Derek Wingin' It	EP Daily	Jail	Border	
10 PM :30	Amer. Dad Amer. Dad	Global Comedians	Finding the Fallen	To Be Announced		Scorpion "Dominoes"	(10:01) The First 48	Great Holiday	Global Comedians	News Hour Final (N)	The National (N)	Movie: "All I Want for Christmas" (1991)		Castle	Blade Brothers (N)	Wizards Connor	Extra (N) Liquidator	Jail	Border
11 PM :30	Family Guy Payne	News Final Colbert	Hope for Wildlife	Charlie Rose (N)	News J. Fallon	News Colbert	(11:02) The First 48	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation			News-Lisa CTV News	Naked and Afraid	Murray "Bob's Br"	Crime Watch Daily (N)	World's Worst Drivers 2	Border



What's wrong with this picture? This is Corina Avenue as viewed from John Allison Elementary School. Town planning left this school zone with no sidewalks for children to safely walk to school. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

This week I want to take a closer look at town planning.

Have you ever wondered why the streets in Princeton are the way there are? The results of how our neighbourhoods look and the transportation system (roads) that allow us to move in and around our community come from town planning.

While I have to scratch my head at some of the examples laid out in Princeton such as one street split in half by the Tulameen River (Angela Avenue), one street split by three

benches and Miners Climb/the Zig Zag (Billiter Avenue) and house numbering that makes no sense in places (odd and even numbers on the same side of the street on Bar Street) we all eventually catch on to them and adapt.

None of these examples are the responsibility of the current Town Council, either. They pre-date the arrival of many current residents and I suspect there have never been any changes to rectify these unusual character traits of our community

because well, there's probably a significant cost attached to it. Besides, if no one complains about them, then there should be no problem.

Our home is located on Burton Avenue. I purchased it just about 20 years ago and it sits in just about the middle of the 'hot zone' between residential and commercial properties that line that street. As you know, one member of Town Council has called the neighbourhood "controversial" in a direct reference to the ongoing OCP discussions.

Our property line is about 300-feet away from the closest OCP target property.

My thoughts on the 'make up' of our neighbourhood will very likely differ from most anyone dealing with the proposed changes in our part of Princeton that we have taken to calling "South Princeton."

Years ago we started digging in locations around our yard (two lots

in a single fence line) for post holes and footings for a future deck project. In the process we discovered some interesting things about our yard. There is a massive cement cap, similar to what one would expect covering a septic tank, although far larger in size, buried just inches below the surface. In other parts of our yard you can dig a few inches and hit a section of coal dust that causes the hole to collapse. Elsewhere in our yard is a large cement tube that sticks straight out and is about four feet tall. It has been used as a flower pot but it is an unexplained feature.

With these interesting 'extras' in our yard I did some exploring in the archives at Princeton Museum. I did learn that our neighbourhood was laid out in the 1930's. Or at least that was when the lots and streets were plotted however, historic photo of the area from later than that show the majority of the

Burton Avenue area to be basically a giant rail yard.

I knew that when I moved here in 1986 as railway track still existed in the area and the old railway station was still sitting nearby (it is now home to two food services businesses) and was boarded up and abandoned. Based on all of this I'm not quite sure why any residential development was permitted in the area. I wonder about soil contamination and what other 'secrets' sit silently under the soil waiting to be discovered by accident.

Let's face it, there was a time when nasty chemicals, yard trimmings and other such fluids/solids were dumped into any moving river throughout the province because once it gets flushed downstream, you don't have to think about it anymore. Half of our lawn never grows because coal dust continues to work its way up from under thecontinued on Page 20

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Megan Ostrosser

1928 - 2015

Megan Ostrosser was born Megan Elizabeth Ballinger in Greenfield Park, Quebec on October 21st, 1928. Wife and best friend of Bob for 62 years. She had a sterling career as executive secretary to several high profile people such as vice president of Canadian Westinghouse, bank managers and lawyers. When she retired she was secretary to the Regional Director of Corrections BC. She moved with her husband to Princeton, BC and spent 22 years as secretary of the United Church. They also spent time in Australia as a family helping to build a youth ranch called Teen Ranch Cobitty, near Sydney.

She was mother to sons David and Douglas and grandmother to 4 grandchildren. The family were all musical and have been heard via TV, radio, recordings and internet. All the while Megan supported and cared for her family over 62 years of marriage. She will be greatly missed by her loving husband Bob and Family.

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Granite Creek Preservation Society
MEETS THE THIRD THURSDAY OF THE MONTH EXCEPT JULY, AUGUST and DECEMBER
1:00 PM Princeton Museum Everyone Welcome!

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7:00 PM Sundays
Chamber of Commerce Basement, Highway 3
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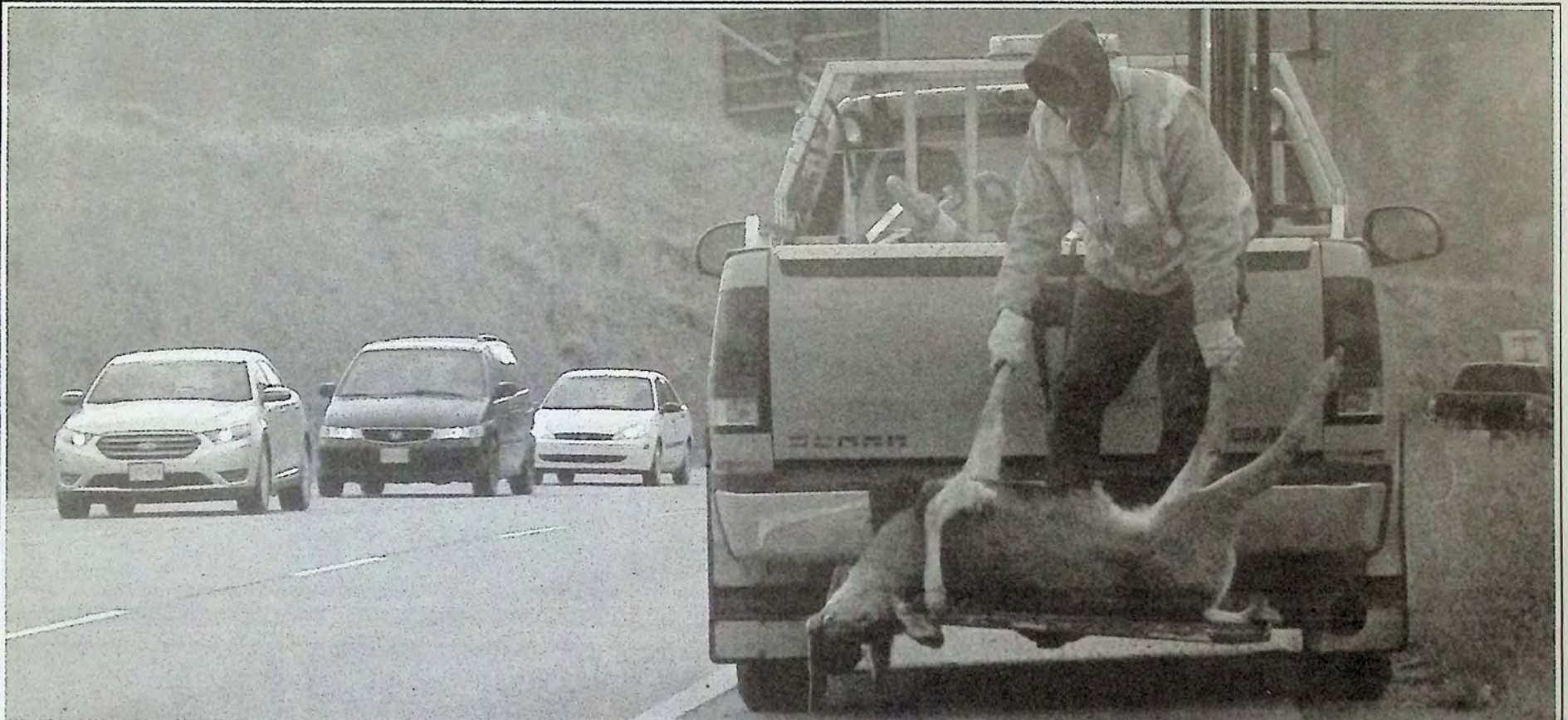
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Lower Valley News

Keremeos - Cawston - Olalla



Ever wonder what happens to all those unfortunate creatures who meet an untimely death with a motor vehicle? Argo Road Maintenance sends out a pickup with a special platform at the back where the animal is strapped down and taken to its resting place. Yes, it's ugly, but thankfully, we have dedicated people working behind the scenes who take care of the things we can't - or don't want - to do ourselves. Photo: Arlene Arlow



PrincetonBCNews

RDOS marks 50!

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In 2016, the Regional District of Okanagan-Similkameen (RDOS) will celebrate its 50th year!

On March 4, 1966 the RDOS was incorporated by the province through the issuance of Letters Patent. Regional Districts are a form of local government composed of municipalities and electoral areas, each of which has representation on the regional board. This form of government is unique to British Columbia and is an integral part of the province's local government system.

History is an important building block to culture and community. Celebrations of the RDOS 50th anniversary are a collaborative effort to capture and record some of the history of the RDOS local government and to showcase the important historical role the RDOS has played

to its citizens. Through the stories of past and current Directors and staff, visitors to the website will begin to see the impacts of how the hard work and commitment to local government has benefitted citizens in our communities.

Please visit the RDOS 50th Anniversary page on the website at <http://www.rdos.bc.ca/news-events/rdos-50th-anniversary>.

A series of videos are being produced featuring interviews of past and present Directors and staff covering topics from Regional Thinking, Highlights and Achievements, and over the past 50 years.

A series of articles will be written about the history of the RDOS which are sure to unveil accomplishments of Directors as well as many fun and fascinating stories. These

articles will also serve to educate the public on the Regional District services and draw a correlation between the decision making of the Board (past and present) to the benefits realized in each community.

Sneak a peek at the videos to come on the RDOS YouTube channel at Regional District of Okanagan Similkameen (RDOS). <https://youtu.be/hyF-tyYTP3g>.

The Regional District wants to hear from you! If you are interested in learning more about the RDOS or if you or someone you know was a past Director, past staff member or if you have an interesting historical story about the RDOS we want to hear from you!

Additional resources for Regional Districts: can be found online regarding the role of the UBCM <http://www.ubcm.ca/assets/library/Publications/Regional-District-Tool-Kit/te.pdf>.

HOLIDAY GARBAGE

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CAWSTON
HEDLEY
OLALLA

Change of Curbside
Collection Days for
Christmas Holidays!

Christmas and New Years Day fall on a Friday so Santa is giving the drivers a couple of days off. Friday Curbside Collections will occur on the Saturday after these holidays.

Christmas garbage collection moved to **Saturday Dec. 26**

New Years Day garbage and recycle collection moved to **Saturday Jan. 2**



Keremeos Landfill Open Sundays 10 am - 4 pm

For more information please contact the RDOS:
Phone: 250-490-4129
Toll Free: 1-877-610-3737
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Lower Valley News

Keremeos - Cawston - Olalla



Similkameen Elementary Secondary School hosted their Winter Concert December 9th. Music Director Matthew Falk has brought his students to a great performance level. The packed house enjoyed nearly three hours of their incredible musical talent including that of many younger students aged between five and twelve. Photo: Marty Menzies

Village Council issues meeting highlights

Council highlights are a brief summary of meetings of Council. If you require an official record, minutes are posted to the website. Here are the highlights from the December 7, 2015 Regular Meeting of Keremeos Village Council:

Correspondence

Daniel Coleman, Village Resident
- Council denied a request to amend the Zoning Bylaw to allow for the placement of shipping containers on residential property in the Village.

Reports

School District 53
- Council directed staff to request support from the School District for the establishment of a Youth Council at Similkameen Elementary Secondary School.

2016 Operating Budget

- Council reviewed the 2016 Preliminary Operating Budget and approved the following Grant-in-Aid requests:

- 1) Similkameen Country Development Association approved in the amount of \$1,600.00,
- 2) South Similkameen Museum approved in the amount of \$3,000.00,
- 3) Garden Club approved in the amount of \$1,400.00,
- 4) Friends of the Keremeos Skating Rink approved in the amount of \$250.00,
- 5) Kars Under the K approved in the amount of \$500.00,
- 6) Similkameen Citizens on Patrol

approved in the amount of \$750.00,
7) Okanagan Regional Library approved in the amount of \$73.00,
Okanagan Regional Library
- Council approved the contribution of \$7,574.00 to assist in maintaining current staffing levels at the Keremeos Library for 2016.

Improvement Grant Program

- Council approved the concept of the program and budgeted \$4,000.00 for this program in 2016.
2016 Acting Mayor Schedule and Council Committee and Liaison Appointments

- Council approved the 2016

Council Committee and Liaison Appointments and the Acting Mayor Schedule for the period of January 1 to December 31, 2016.

Proposed SILGA Resolution - Rural Library Funding

- Council endorsed a resolution for consideration at the 2016 SILGA Convention requesting UBCM to ask the Province to establish an adequate funding model for libraries in rural areas with a population of less than 5,000. Council further resolved that a copy of this resolution be forwarded to MLA Larson, MLA Ashton, the RDOS Board and the

Okanagan Regional Library Board. *Geographic Information Systems (GIS) Services Contract with Regional District Okanagan-Similkameen - 2016*


- Council renewed the contract with the RDOS for provision of GIS services for 2016.

Policy Manual Review

- Council rescinded Policy #17-97 -

A Guide for Public Statements, Policy #43-2013 Vacation & Leave Requests - Union and adopted Policy #49-2015 - Council Communication.

The next Council meeting will be held on Monday, December 21, 2015. Please refer to the village website at www.keremeos.ca for details.

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2015 HOLIDAY SEASON OFFICE HOURS
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FOR WATER EMERGENCY PLEASE CALL KEREMEOS IRRIGATION DISTRICT 250-499-6358

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PLEASE NOTE: ALL PAYMENTS RECEIVED BY 4:00 PM JANUARY 4, 2016 WILL BE ACCEPTED AS IF RECEIVED BY DECEMBER 31, 2015 WITH NO LATE PENALTIES BEING APPLIED



Mayor, Council and Staff wish you all a safe and happy holiday season!



Linda Lawrence was one of the volunteers who decorated the Citizens On Patrol float December 4th. For night-time parades, it's difficult to get a clear idea of what a float will look like until darkness falls. Last-minute touchups included wrapping elastic bands around the side view mirrors to hold lightweight flashlights. The flashlights thus placed were used to illuminate magnetic name plates on the front doors of the SUV. Onlookers of all ages enjoyed the annual Christmas Lightup Parade in Keremeos as well as festivities at Victory Hall following the parade. On a disappointing note, Mother Nature offered up windy, warm temperatures December 5th meaning that the outdoor skating rink remained closed. Photo: Arlene Arlow

Saving Downtown Princeton

.....continued from Page 16 surface. Lucky that neither of us have the time to spend tending to a lush green yard, so it doesn't matter that we are living in a former rail yard.

Back to my point about town planning.

None of this would matter if the industrial area that was once a rail yard remained an industrial area. When you get a mixture of industrial and residential, something isn't going to mix. Because the planning in the 1930's (according to my lot map) was to develop residential lots, maybe that was looking a bit too far into the future con-

sidering the lay of the land at the time.

However, the changes that followed over the course of years resulted in where we are now.

Because none of us really had any say in those changes I personally feel that what we have in our neighbourhood is what we have to deal with. We have to accept the fact that it is a mixture of uses and from what I can tell, they all seem to coexist. Because of this, I can't see myself supporting changes from industrial-based zonings to residential-based zonings. It feels like a step backwards to me.

To use a common line, "It is what

it is," and all we need to do is adapt and hope that town planning improves by learning from the mistakes created long ago.

How does this save downtown Princeton?

Old-timers will remember a time when Highway 5A actually went down Bridge Street and concerns about heavy traffic on the wooden bridge led to the construction of the silver bridge over the Tulameen

River (next to the Bridge of Dreams) and a re-routing of Highway 5 (as it was known at the time). That piece of town planning forced traffic to bypass the downtown core. You decide whether or not that was a good idea.

Town planning has a great deal to do with how people get around your community and where certain amenities go. There is no way to 'fix' the mistakes all of us can iden-

tify that currently exist in the way Princeton is laid out. This is where the Official Community Plan (OCP) fits in. With the correct plan, providing all segments of the population have sufficient input during the process, subtle changes can possibly improve problem areas.

This helps the downtown core by making it easier to access and by allowing development to progress in a manner that makes sense.

Monday Movies

.....continued from Page 15 Kevin tries to reunite his separated parents while dealing with an old nemesis. (In Stereo) (CC)

AFTERNOON

12:00 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)
 4:00 pm YTV ch.18 "The Naughty List" (2013, Adventure) Voices of Sean Astin. Animated. Winter and Snowflake accidentally wreck the North Pole Christmas tree and find themselves on Santa's naughty list. They accidentally give Santa and all the other elves food poisoning, and they are the only ones left to save Christmas. (In Stereo) (CC)
 5:00 pm WTBS ch.3 "The Shepherd" (2008, Action) Jean-

Claude Van Damme. A border-patrol agent must stop renegade Special Forces soldiers from smuggling heroin into the United States.

5:30 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)

EVENING

7:00 pm CITV ch.12 "A Gift Wrapped Christmas" (2015, Drama) Meredith Hagner. A personal shopper tries to make her new client get into the holiday spirit and spend more time with his young son. (CC)
 8:00 pm CHBC ch.4 BCTV ch.11 "A Gift Wrapped Christmas" (2015,

Drama) Meredith Hagner. A personal shopper tries to make her new client get into the holiday spirit and spend more time with his young son. (CC)

YTV ch.18 "Rudolph and Frosty's Christmas in July" (1980, Fantasy) Voices of Red Buttons. Animated. Santa must save the day when Rudolph the Red-Nosed Reindeer and Frosty the Snowman encounter an evil wizard. (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)

11:45 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)

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