

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.



Mark Jones (who took this photo) and Mardi Hassell, left, of the Tulameen Community Club present Gordon Stark, right, a volunteer from the Princeton Food Bank a cheque in the amount of \$700.00 and several hundred dollars worth of groceries. The money and groceries were collected at the recent Tulameen Winter Carnival and are expected to be a big help to the Princeton and area Food Bank clients.

Copper mine becomes part of Princeton

"On behalf of our Council, I am pleased to inform our citizens of Princeton that the Satellite Boundary Extension application, to bring the Copper Mountain Mine Site within our boundaries has been passed into law by Order of the Lieutenant Governor in Council, Judith Guichon, effective January 1st, 2016," states Town of Princeton Mayor Frank Armitage in a news release.

"The mine will contribute \$337,706.80 in property taxes to the Town. We wish to thank Mr. Jim O'Rourke, President and CEO

of Copper Mining Co. (B.C.) Ltd. for his support and assistance over the past 2 1/2 years in making Copper Mountain Mine part of the Town."

O'Rourke stated, "Copper Mountain is pleased to have worked with the BC Government and the Town of Princeton to have the Mine included in the Princeton Municipal Boundary. This cooperative move allows the mine's property taxes to flow directly to the Town of Princeton which will provide extra funding for projects for Princeton area residents."

Province mails 2016 assessment notices

In the next few days, owners of more than 222,000 properties throughout the Okanagan can expect to receive their 2016 assessment notices which reflect market value as of July 1, 2015.

"The majority of residential home owners within the region can expect a modest increase in value, compared to last year's assessment," says Deputy Assessor Tracy Wall.

"The Central Okanagan's urban areas will see the greatest increases

in assessed values along with Penticton, Salmon Arm, Spallumcheen and Lumby."

As B.C.'s trusted, go-to provider of property information, BC Assessment collects, monitors and analyzes property data throughout the year.

Overall, the Okanagan's total assessments increased from \$88 billion in 2015 to \$94 billion this year. A total of almost \$1.7 billion of the region's updated assessments is from new construction, subdivi-

sions and rezoning of properties. The Okanagan portion of BC Assessment's Thompson-Okanagan region is part of a geographic area from the Shuswap (Sicamous to Sorrento) in the north, then down through all of the Okanagan communities all the way to the Canada/US Border at Osoyoos and west to Princeton.

The examples below provides estimates of typical 2016 versus 2015 assessed values of residential homes throughout the Okanagan. These examples demonstrate market trends for single family residential properties by geographic area:

In Princeton, a home with a market value at July 1, 2015 of \$198,100 (2016 Assessment Roll) had a market value of \$205,000 July 1, 2014 (2015 Assessment Roll) representing a -3.36% change in value.

In Keremeos, a home with a value of \$237,300 at July 1, 2015 (2016 Assessment Roll) would have had a market value July 1, 2014 (2015 Assessment Roll) of \$222,700 or a change in value of +6.55%.

Of note, BC Assessment has launched a newly-enhanced website at www.bcassessment.ca that includes more details about 2016

assessments, property information and trends such as lists of 2016's top most valuable residential properties across the province. The website also provides self-service access to the free online value BC service that allows anyone to search, check and compare 2016 property assessments anywhere in the province.

"Property owners can find a lot of information on our website including answers to many assessment-related questions, but those who feel that their property assessment does not reflect market value as of July 1, 2015 or see incorrect information on their notice, should contact BC Assessment as indicated on their notice as soon as possible in January," says Wall.

"If a property owner is still concerned about their assessment after speaking to one of our appraisers, they may submit a Notice of Complaint (Appeal) by February 1, for an independent review by a Property Assessment Review Panel," adds Wall.

The Property Assessment Review Panels, independent of BC Assessment, are appointed annually by the Ministry of Community,

Sport and Cultural Development, and typically meet between February 1 and March 15 to hear formal complaints.

For the Okanagan, BC Assessment's local office is located at: 300-1631 Dickson Avenue, Kelowna, B.C. V1Y 0B5.

During the month of January, office hours are 8:30 AM to 5:00 PM, Monday to Friday. Property owners can contact BC Assessment toll-free at 1-866-valueBC (1-866-825-8322) or online at www.bcassessment.ca.

Facts on B.C. Property Assessments and the 2016 Assessment Roll

- Total number of properties on the 2016 roll is 1,996,112, an approximate 1.06% increase from 2015.
- Total value of real estate on the 2016 roll is \$1,336,100,851,128 (\$1.34 trillion), an increase of

.....continued on Page 2

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Interior Health

Centralized Intake for Home Health Programmes

In an effort to continually improve services provided to the community of Princeton we are implementing a Centralized Intake process for all Home Health clients.

Effective January 11, 2016, please call (toll free) **1-800-707-8550** to access all Home Health Programmes.

Intake office hours are Monday - Friday from 8:30 AM - 4:30 PM, excluding statutory holidays.



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FortisBC Inc. has contracted Asplundh Canada ULC to manage vegetation near power lines within its service area. This work is necessary to reduce safety hazards near electrical wires and to prevent power outages caused by trees or tree limbs making contact with the lines.

Clearing around the low voltage lines that deliver power to individual residences remains the responsibility of the property owner. For safety reasons, FortisBC encourages homeowners to enlist the help of a qualified professional when pruning near low voltage lines.

Over the next few weeks, Asplundh Canada ULC crews will be pruning, treating and removing hazard trees in the FortisBC service area of - Hedley - #2 Feeder.

The work location is described as: Hedley - town site west to Wolfe Creek and Old Princeton Highway.

Every effort will be made to minimize disturbance to local property owners. If you have any questions about this project, please call Asplundh Canada ULC at 1-800-663-5860.

As a by-product of this work, free wood chips will be available in 8 cubic metre loads. If you are interested please call 1-800-663-5860.

Thank you for your cooperation.



This is a common sight this time of year as ranchers feed their herds in the field. *

Gaming grants help local organizations

Six Fraser-Nicola organizations dedicated to protecting the public are receiving a combined \$152,000 from the province's Community Gaming Grant program.

- Princeton Ground Search and Rescue Society: \$35,000;
- Hayes Creek Firefighters Association (Princeton): \$20,000;
- Erris Volunteer Fire Association (Princeton): \$10,000;
- Watch Lake-North Green Lake Volunteer Fire Department (70 Mile House): \$57,000;
- Lillooet Learning Communities Society: \$20,000;
- Nicola Valley Search and Rescue

(Merritt): \$10,000.

"These organizations provide services that are essential and in some cases lifesaving to people in small communities and remote areas," Fraser-Nicola MLA Jackie Tegart said.

"I am proud that our government is supporting their programs so they can continue their important work."

These grants are awarded under the Public Safety category of the Community Gaming Grant program, which allows non-profit organizations to apply for provincial gaming revenues from the Ministry of Community, Sport and Cultural

Development. Gaming grants are also awarded in the categories of Human and Social Services, Sports and Arts and Culture, Parent Advisory Councils and District Parent Advisory Councils, and Environment.

Every year, the provincial government approves \$135 million in gaming grants that benefit more than 5,000 local non-profit organizations that serve communities throughout British Columbia.

Organizations interested in applying for Community Gaming Grants can find information and applications at www.gaming.gov.bc.ca/grants/.

Assessment notices go in the mail

.....continued from Front Page
11.1% from 2015.

- Total amount of 'non-market change,' including new construction and development: approximately \$20.36 billion, an increase of 8.9% from the 2015 roll of \$18.69 billion.

- In B.C., approx. 87.7% of all properties are classified with some residential (Class 1) component. This equates to over \$1.018-trillion (\$1,018,221,517,973) of the value on the total provincial roll.

- Over 98% of property owners typically accept their property assessment without proceeding to a formal, independent review of their assessment.

Assessments are the estimate of a property's market value as of July 1, 2015 and physical condition as of October 31, 2015. This common valuation date ensures there is an equitable property assessment base for property taxation.

Changes in property assessments reflect movement in the local real estate market and can vary greatly from property to property. When estimating a property's market value, BC Assessment's professional appraisers analyze current sales in the area, as well as considering other characteristics such as size, age, quality, condition, view and location.

Real estate sales determine a property's value which is reported annually by BC Assessment. Local governments and other taxing authorities are responsible for property taxation and, after determining their

own budget needs this spring, will calculate property tax rates based on the assessment roll for their jurisdiction.

BC Assessment's assessment roll provides the foundation for local and provincial taxing authorities to raise approximately \$7 billion in property taxes each year. This revenue funds the many community services provided by local governments around the province, including the public school system.

BC Assessment's website provides a listing of property assessments and sales to help property owners understand their property's market value and provide comparable sales information. Go to www.bcasessment.ca and click on the e-value BC link. For more information on the 2016 Assessment Roll and regional and province-wide real estate market trends including lists of the province's top valued residential properties, please visit www.bcasessment.ca and click on the 'Property Information & Trends' link.

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Flip Of The Coyne

by Spencer Coyne

If you haven't noticed the price of food yet you soon will. The price of the Canadian dollar has driven up most commodities and food isn't immune to that cost increase. You would think that with the low price of oil the price of foodstuffs would have gone down, but since the price of gas has not dropped with the price of oil, we have not seen the anticipated drop in costs at the cash register. Now this in itself would be enough to cause most people to roll their eyes at the increased cost at the grocery store, but the hard reality is that it is just beginning.

Last year was hard on farmers and ranchers and we have seen meat prices increase because of lack of supply. That supply has not magically increased since the fall and it isn't going to before the summer. We import an amazing amount of our food from other parts of the world, and like us, the

weather patterns are not really cooperating. Mexico has been experiencing frosts that are damaging crops, crops that it exports to Canada and the United States. We are seeing crop failures like this in nearly every area of the world that we depend on for our produce. This is why you will see the price of what many of us would consider to be staples in the produce department increase rapidly.

It is not the grocery store that is to blame. It is the supply and demand problem. When the wholesalers cannot supply their customers, then the product is in higher demand, and the price rises. It is basic supply and demand that you learn about in your first economics class. It is easy to take your anger about the prices out on the local retailer, but he is at the mercy of the market just like you and me.

I have been talking about this

issue on and off for years now. We need a local food system that is more self sufficient that can help us weather these fluctuations in the global supply chain. Sadly our urban planners did not see the need for local farms when they planned our larger cities. The Fraser Valley once had our most fertile farm lands and now it has been paved and turned in suburbia. At one time the communities in the Okanagan were surrounded by fruit farms. Now the farm lands that remain have been turned into high revenue vineyards, and who can blame the owners when farmers have to compete on a global market where inputs are cheaper. It is hard to produce the same product for less money than the competition.

This in part is a failure of government at all levels. We removed import barriers that would have protected farmers and ranchers. Our governments also encouraged urban sprawl that overtook valuable farm lands. If there was

some long range planning, they could have helped to mitigate the loss of farm lands. That was the intention of the Agricultural Land Reserve. It has been successful in some areas, but not as much in others.

This is where local governments can have a huge impact on local food security and the future of small farms. When they are looking at zoning, expansion, growth and all the other things that local planners have to take into consideration, they should include farming and urban farming. They can change bylaws to allow peo-

ple to have a couple backyard chickens or grow some fruit trees or even plant gardens instead of lawns, something that is illegal in some communities.

We all need to think about what we can do to mitigate the impact the rising cost of food will have on us and our families. With the change in weather patterns agriculture has been on the front lines of the changing global climate and you are paying for it everytime you go to the grocery store. This summer, support local farmers and ranchers and help encourage local agriculture.

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Editorial Page News Leader

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My Turn...

My Online Dilemma

If you are a Facebook user you will completely understand what I will be explaining here this week.

I seem to receive an awful lot of unusual friend requests this time of year. They run at about one every couple of days and I have a screening process I like to use to determine if it is a legitimate request or not. Out of the dozen or so requests I get in a month, two of them will be people I know wishing to get in contact with me.

The screening process I use is a series of checks and a bit of investigative homework that ultimately reveals whether or not the profile attached to the requester is real of fake.

This system has not failed me.

Well, until just recently.

Last week I read online about law enforcement agencies creating 'fake' online profiles to send out friend requests to people they are watching for one reason or other. The same article including 'fail safe' tips on how to identify whether or not the fake online profile was created by someone else wishing to be a fake friend for some underhanded reason - or if the fake profile was created by a law enforcement agency wishing to befriend you under false pretenses for who-knows-what.

At the very least I was somewhat relieved to discover that out of the fake friend requests I receive in an average month, some were going to be legitimate fakes and others would be fake fakes. You have no idea how much that will enhance my online activity. That knowledge alone - that some fakes are actually interested in me for monitoring purposes as opposed to ripping me off with some kind of money-related scheme - brought this whole online life of mine into a different kind of light.

It inspired me to consider creating a number of fake profiles so that I could be a different George each day depending on my mood and motivation. One day I could just be myself and other days I could be one of my many multiple personalities. I even thought I could go back in time and create profiles representing the old me. There could be Radio George, there could be Drunk George and maybe even Grade 12 Dateless George and well, it really got me thinking and wondering what it really mattered.

I know people who take their online personalities far too seriously. You read that correctly, I suspect some people online are alter egos of their actual self because the internet allows that to happen.

The sad thing is that because the internet allows it to happen, there is little control and some people just get lost in their newfound popularity and personality.

It's that realization that encouraged me to just stick with being Boring, Dull George online and to keep screening the friend requests with hopes of someday reconnecting with someone special in my past instead of those faking they were part of my past.



Tulameen Community Club hosted their annual Winter Carnival over the Christmas/New Year's break. They collected food for the Princeton Food Bank which was loaded up and delivered the first week of January. Photo: Gordon Stark

MP Dan Albas

Central Okanagan-Similkameen-Nicola

In roughly two weeks' time, the House of Commons will resume sitting and Canada's 42nd Parliament will get down to work. At this point the legislative agenda remains largely unknown as the Liberal Government is expected to table a series of Government Bills that ultimately will determine what matters will first come before the House for debate. In addition to Government Bills, the Private Member's Lottery has also now been held that determines in what order eligible MPs will see debate of their respective Private Member's Bill or Motion in the House of Commons. The majority of Parliamentary Standing Committees are still yet to be announced that review Bills after

they have reached 2nd reading in the House of Commons. In summary the next few weeks will remain active in Ottawa in preparation for Monday, January 25 - the first sitting day of 2016.

Some of the issues that are expected to feature prominently in Ottawa over this new Parliament include the Liberal Government budget, responding to the Supreme Court ruling on physician assisted suicide, change to Canada's current electoral system, a new process for appointing Canadian Senators, changes to Canada's current aerial campaign with our allies against the terror group ISIS and continued updates on efforts to resettle Syrian refugees. Amid these challenges it has been a priority of mine to also raise the need for our Liberal Government to immediately engage with the United States Government on prioritizing a new Softwood Lumber Agreement.

Given the importance of the BC lumber industry to many regions of our Province including Central Okanagan-Similkameen-Nicola

this will be a matter of vital importance.

Aside from these issues it is also important to work with local communities in identifying infrastructure priorities to ensure we can continue to see many important projects moving forward. From my perspective I am excited at the opportunity to represent the citizens of Central Okanagan-Similkameen-Nicola on these important issues but also invite citizens to share your comments, concerns and questions with me. Over the past four years I found that input from citizens was of vital importance in helping to shape the direction of Government.

As one example, after my MP report on assisted suicide the amount of response I received was both heartfelt and overwhelming. While a large amount of important concerns were expressed, the majority of those I heard from were generally supportive of physician assisted suicide. This in turn was shared in Ottawa and as this topic arises again it will becontinued on Page 20

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Current Comment

What Nobody Told Us About Our Illness



Dawn Johnson
editor@thenewsleader.ca

Did you know there is a correlation between iodine deficiency and breast cancer, prostate cancer and Type 2 diabetes? I did not know this, but I have been learning a lot.

My curiosity was spiked by an article saying the World Health Organization announced iodine deficiency was a crisis worldwide. I decided to Google 'iodine deficiency.' There were numerous articles about thyroid diseases, but one or two articles talked about other conditions resulting from iodine deficiency. What I learned was astounding. I was interested in a book written by Lynn Farrow, a journalist reporting on the work of Dr. David Brownstein and others. I ordered the book from Okanagan Regional Library and learned much more. When I finished reading the book, I was horrified by the lack of public knowledge about the effects of iodine deficiency.

Most of us know iodine deficiency causes thyroid problems. What most of us do not know is this: you can have iodine deficiency without thyroid problems. Suppose you are getting 50 percent of the amount of iodine you need. Your thyroid gland will grab all of it just to keep you alive. However, every cell of your body needs iodine, and those cells may be doing without it because the thyroid has grabbed what it needs. A study done by Dr. Brownstein showed 96 percent of the 5,000 people he tested are deficient in iodine.

Here is a list of conditions improved by iodine treatment: allergies, brain fog, dry skin, cysts and nodules, chronic fatigue, ovary problems (including infertility), breast problems, menstrual problems, weight gain, feeling cold, atherosclerosis, gum disease, weight gain, depression, psoriasis, Type 2 diabetes, hair thinning, heart arrhythmia, high cholesterol, high blood pressure, genital herpes, miscarriages, fibromyalgia, prostate disease, lung conditions, eye problems, excema, low sex drive, and erectile dysfunction. Pregnant women lacking sufficient iodine tend to produce infants low in intelligence. There is one school of research that believes iodine deficiency is linked to autism and ADHD. This is just a short list!

Before I say more, there must be a warning. The iodine I am talking about is NOT the old-fashioned stuff people used as a disinfectant. That kind is toxic. The kind of iodine I am talking about is specifically meant for ingestion by humans.

Now, some history of how we became iodine deficient, despite eating sea creatures and using iodized salt. First of all, you might have to eat as much as two kilos of seafood to get enough iodine in your food. You might have to eat much more salt than is good for you. These are sources of iodine, but in very small amounts. Although iodine supplements are available online and in some health food stores, you should not be self-medicating. You should have a specific test for low iodine and this should be administered by a medical professional who has taken the required training for iodine treatment. Merely testing for thyroid health is not enough.

At one time, iodine was added to bread products. That helped. Iodine was added to salt, but when iodized salt is cooked or exposed to the air for four weeks, the iodine is gone. Much of the iodine we consumed was in the form of ocean creatures or plants which

absorbed iodine from the soil. Soils today are depleted in iodine. The average North American is getting half as much iodine today as 50 years ago.

Other things purge iodine from our bodies. Bromides, chlorine and fluorine act against iodine. You may not have heard of bromides, but they are all around you. They are in your toothpaste, make-up, pesticides sprayed on fruit and vegetables, fire retardant fabrics used in furniture and mattresses, citrus-flavored soft drinks, shampoos and conditioners, fabric softener sheets, toilet bowl cleaners, some mouthwash products, hair dye, some fabric dyes, acne treatments, pain killers, some deodorants, styling gel, some toilet tissue, eye shadow and most moisturizers.

Probably the worst source of bromides is found in American bread. It is used in commercial bakeries to condition the bread dough. It was used in Canada from 1974 to 1990, but is now banned. During that period, the incidence of breast cancer increased.

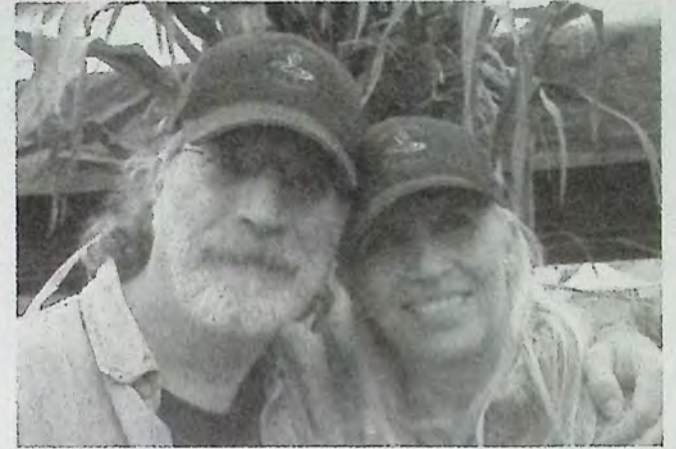
The bad thing about bromides is they replace iodine and then block it. The best strategy for optimum health is to avoid foods containing bromides, avoid putting bromides on your skin, avoid chlorine, and avoid fluorine. Fluorine is found in a number of medications: anaesthetics, antacids, anti-anxiety pills, a number of antibiotics, antidepressants, anti-fungals, some cholesterol lowering drugs, steroids, antipsychotic drugs, and some drugs used to treat rheumatoid arthritis.

You may have to search to find a physician who can administer a proper iodine deficiency test and then provide iodine supplementation treatment. In the meantime, for more iodine in your diet, eat cranberries, turkey and chicken, and kelp. Kelp pills are available at most pharmacies and are inexpensive. If you enjoy eating dulse, you can find it in some health food stores.

My final note on the subject: why is it that iodine deficiency and its effects are not headline stories? Why are we not being tested for it and treated for it if needed? Do you realize how much less our health care would cost if we could prevent breast cancers, prostate problems, Type 2 diabetes, and so on?

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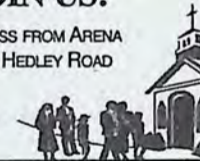
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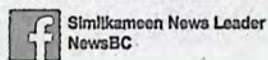
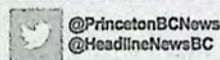
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The persons who put up this caution tape (grey along the fenceline) seem to believe that horses can read. Every year during at least one snow storm the wild horses from the Penticton Indian Reserve climb over this section of fence to find shelter in the ditch - and on the leeward side of a big rock face - in an effort to get out of the storm. Close to a dozen horses managed this same feat the morning of January 4th. It seems the horses are willing to risk injury and the perils of traffic along Highway 3A to get away from the wrath of Mother Nature. Perhaps it is WE WHO CANNOT READ the annual, visual signs of nature doing what it has always done. Photo: Arlene Arlow

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CMMC finishes 2015 near top of heap

Princeton's Copper Mountain Mine had a very good 2015. So good in fact that e-mails were distributed to subscribers to their regular mail outs that stated, "Thanks to your support in 2015, Copper Mountain Mining Corporation was

named one of the fastest growing companies in British Columbia. On behalf of our team, thank-you for helping to make 2015 a success. As we look forward to another prosperous year, we wish you all the best in 2016."

ranking was earned from the percentage of growth in revenue between 2010 and 2014.

The company is listed as being in the business of copper, gold and silver mining and recorded a five-year increase of 1,977.3% in revenue growth.

The only other company to surpass that in the same timeframe was the international mineral exploration, development and mining company Turquoise Hill Resources with a five-year increase of 2110.2%.

It was signed by Chairman and CEO Jim O'Rourke and CFO & Director Rodney A. Shier.

The mine did extremely well in the world of business ranking Number Two in the list of 20 Fastest Growing Companies in BC. The

Youth Bowling

YBC Scores - January 6, 2016
Copperhill Lanes, Princeton

- Bowlasaurus**
- High Average - Emma Kerfoot, 66
- High Single - Mary Elizabeth Bond, 65
- High Double - Landon Morris, 126
- Bantams - Boys**
- High Average - Dayton Hargrave, 74
- High Single - Matthew Williams, 103
- High Triple - Coen Bakker, 273
- Bantams - Girls**
- High Average - Shaelin Tomusiak, 99
- High Single - Halli Brewer, 126
- High Triple - Reva Shopshire, 313
- Junior and Senior**
- High Average - Ethan Kerfoot, 127
- High Single - Brianna Tomisuik, 142
- High Triple - Dayton Wales, 437

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A few years too late for those horses who have perished along this stretch of Highway 97, but timely just the same. Why is it that mankind sees fit to build fences to keep wild horses and wild animals away from Skaha Lake, Vaseaux Lake, Okanagan Lake and hundreds of other lakes with the expectation that the animals will respect the fence and find water somewhere else? Why are we that daft? Hopefully the horse signs for eastbound and westbound traffic at the southwest edge of the Penticton airport will become permanent fixtures. I expect I am not the only one to see the fresh corpse of a disemboweled horse who had the mischance to be struck and dragged by a semi-truck at this very section of highway. One cannot help but feel sympathy for the horses. It behooves us - and the Penticton Indian Band where the horses run wild - to do what we they can. Photo: Arlene Arlow

Become a Dementia Friend this year!

Many Princeton residents are this month making one of their most important New Year's resolutions ever.

They're becoming Dementia Friends, committing to learning a little bit about dementia so they can be supportive and inclusive toward people with the illness, which has become one of the country's most pressing health issues. Statistics suggest three out of four area residents know someone living with dementia.

"People affected by dementia continue to live in and be a part of our communities, and we can support them to stay connected in ways that are meaningful for them," says Laurie Myres, regional Education & Support coordinator for the non-profit Alzheimer Society of B.C. for Princeton and the South Okanagan & Similkameen.

"Through individual actions we can raise awareness of dementia and reduce the stigma attached to it."

The Dementia Friend campaign is the cornerstone of Alzheimer's Awareness Month, which runs until the end of January.

Becoming a Dementia Friend is easy, says Myres. The process starts by signing up online at DementiaFriends.ca. The next step is to understand five simple things about dementia:

- It is not a natural part of aging.
- It is not just about losing your memory. Dementia can affect thinking,

communicating and doing everyday activities.

- It is possible to live well with dementia.
- There is more to a person than a diagnosis of dementia.
- The Alzheimer Society of B.C.'s South Okanagan & Similkameen branch is here to help people with dementia and their care partners.

That knowledge can easily translate into action at home and work, Myres adds.

The Society has supported people living with dementia for 35 years. One of its initiatives, First Link, connects people affected by dementia with information, Society support services and programs such as Minds in Motion, and dementia education sessions at any stage of the journey.

Princeton residents can find out about upcoming education sessions by contacting Laurie Myres at 250-493-8182 (toll-free 1-888-318-1122) or by sending an e-mail to:

lmyres@alzheimerbc.org and visiting www.alzheimerbc.org/.

Dementia-friendly actions

Here are some tips to help you when you are connecting with a person living with dementia:

- Patience is key for dementia-friendliness.
- Use respectful language. People living with dementia are not "sufferers" or "patients."
- Address the person with dementia, rather than those around them, when talking about their experience living with the disease.
- Connect, don't correct. Respond to feelings being shared.
- Use precise language when describing actions or tasks.
- Give directions slowly and clearly.
- Focus on a person's strengths and share tasks with them, like washing dishes or helping them to order at a coffee shop or restaurant.
- Become educated on dementia and on how to help, by visiting www.alzheimerbc.org/.



Hayes Creek Fire Rescue received a BC Gaming Grant this month - one of a group of grants presented by the provincial government in support of the efforts of small rural emergency service organizations. Photo: Rob Miller

Living Past 100

What Movies Can Do To Your Health

Horror movies can be dangerous! Researchers have found that people watching horror movies show an increase in blood chemicals that cause blood to clot. Perhaps we will stop saying a movie was 'spine chilling' and say a movie was 'blood clotting.' We can chuckle about the effects of horror movies on our emotions, but blood clotting is no laughing matter.

Blood clotting is a side effect of fear. When we are cut and bleeding, we want our blood to clot easily to prevent bleeding to death. This is a good thing when we face truly fearful events such as wrestling with wild animals or being wounded in battles. However, blood clotting chemicals can do a lot of harm if those conditions are not present.

Many people, particularly older people, have problems with their blood being too thick, clotting too easily. Stroke and heart attacks are prevented by prescriptions for blood thinning medications. Increasing blood clotting is not something older people want to experience.

For people of all ages, watching movies with happy endings can be good for health. The typical love story movies (chick flicks) and heart-warming movies of all kinds, have a totally different effect on the body: they increase health. When we see movies of adorable babies or baby animals, and when we see movies with happy endings, the level of serotonin rises. Serotonin is a natural chemical found in the human body. It has wonderful healing effects because it balances mood, aids in digestion and tones the muscles. It increases sexual function. Lack of serotonin can result in depression. Serotonin has been called 'the happy hormone.' Serotonin is often prescribed in pill form to alleviate the problems of chronically 'crabby' people.

Researchers continue to study the links between mind and body, emotions and physical reactions to those emotions. The links are proving very strong. When we are trying to decide which movie or television production to watch, perhaps we should be asking ourselves what effect it will have on our bodies.

RESUME SERVICE. New or updating existing resume. Also providing fax and e-mail service. Call Brenda or stop into the Similkameen News Leader office 226A Bridge Street (next to CIBC) for details or call 250.295.4149. Jul 31-31th

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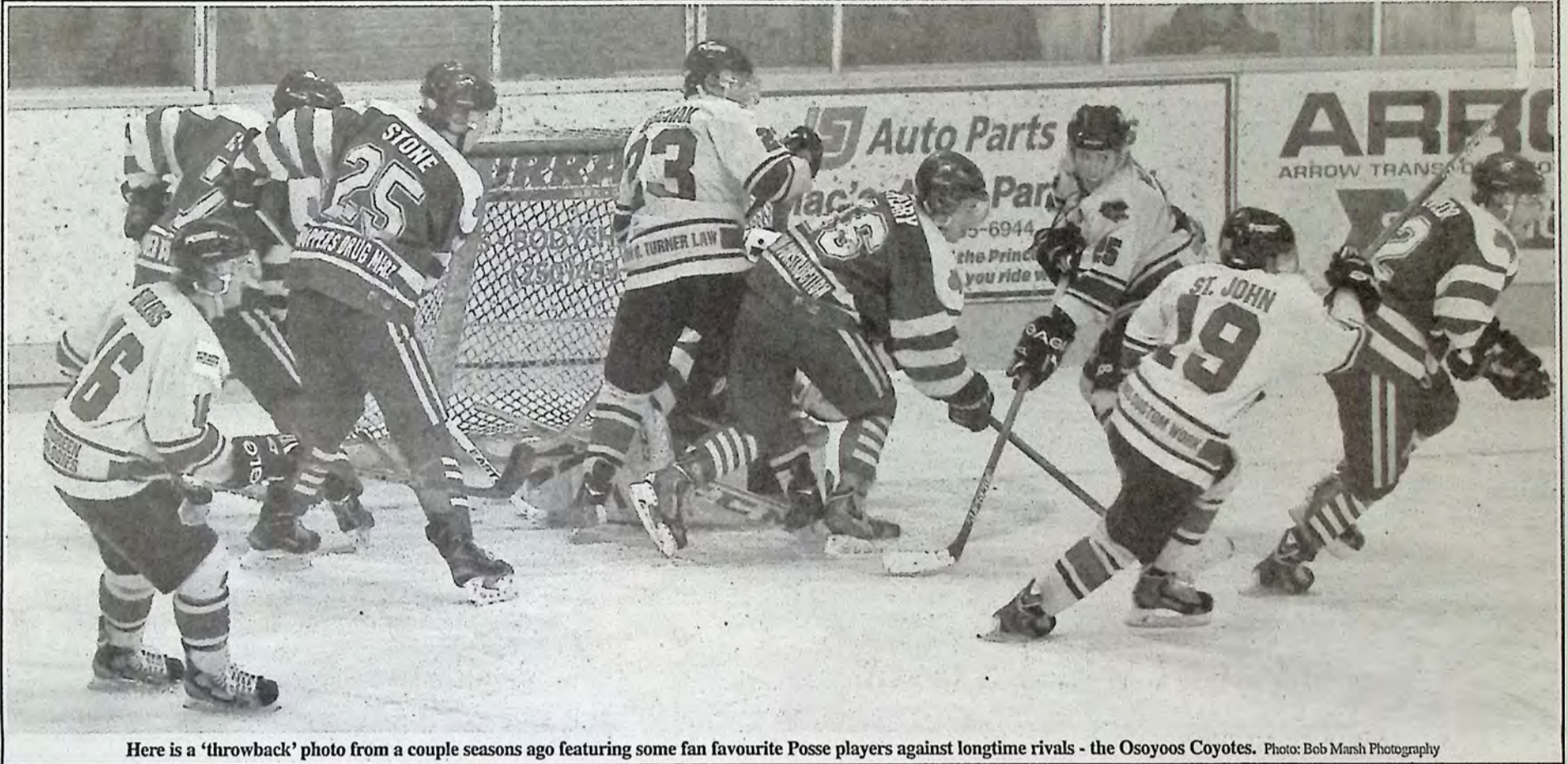
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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - January 12 - 18, 2016



Here is a 'throwback' photo from a couple seasons ago featuring some fan favourite Posse players against longtime rivals - the Osoyoos Coyotes. Photo: Bob Marsh Photography

Coyotes double Posse at home

Princeton Posse hosted Osoyoos Coyotes in their first home game of 2016 on January 3rd.

The visitors scored first at 11:41 of the opening frame (Rainer Glimpel from Colin Bell) in what turned out to be the only goal of the period. Osoyoos out shot Princeton 15-7 in the first 20-minutes of play and kept that momentum throughout the entire game.

The second period saw the

Coyotes out shoot Princeton 18-8 and add two more goals.

The second goal of the game for Osoyoos was scored at 14:03 (Reid Wilson from Jackson Glimpel and Mackenzie Wiens) with their third one recorded at 2:12.

That goal, which put Osoyoos ahead 3-0, was credited to Colin Bell who had help from Matthew Adams and Rainer Glimpel.

The final period saw Osoyoos out

shoot Princeton by the narrow margin of 10-9 and the scoreboard showed a lot more life from the home team.

Following a power play goal by Osoyoos at 16:29 (Rainer Glimpel from Carter Shannon and Cody Allen), Princeton started scoring.

The first Posse goal was at 10:19 and was scored by Bailey Shaver. Assists went to Drew Carter and Connor Harding.

The score was now 4-1 in favour of the Coyotes.

Princeton's next goal was at 2:19 and credit went to Drew Carter. He had help from Cody Lassiter and Bailey Shaver however, there was not enough time for a complete come back from the home team. Princeton did pull goalie Chandler Billingham with just over a minute to play but could not get the advantage with the extra man on ice.

Rainer Glimpel from Osoyoos earned a game star for his three-point game, as did Princeton's Drew Carter for his two points.

Final Score: Osoyoos 4, Princeton 2. Shots on Goal: Osoyoos 43, Princeton 24. Penalties in Minutes: Princeton 4 for 8-minutes, Osoyoos 3 for 6-minutes. The Coyotes went 1 for 4 (25.0%) on the power play while the Posse was unsuccessful in three tries.

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Hockey action with the Osoyoos Coyotes. Photo: Bob Marsh Photography

News Leader Str8ts

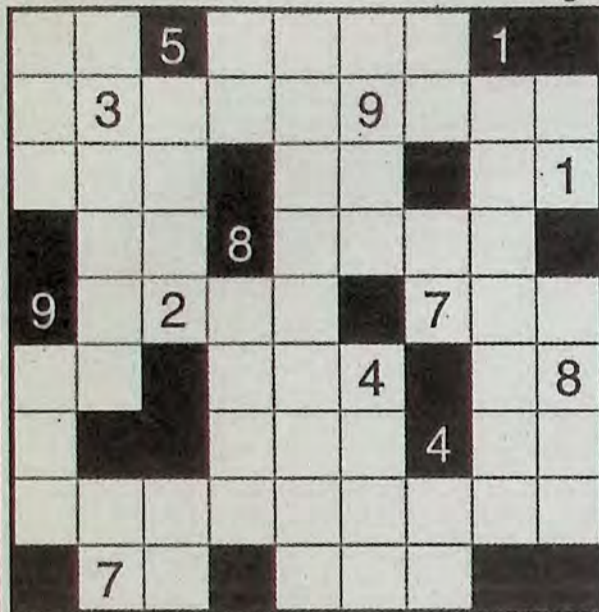
Tuesday Movies

STR8TS

No. 263

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.

TUESDAY MORNING

9:00 am SPIKE ch.44 "The Transporter" (2002, Action) Jason Statham. A mercenary changes his mind-set after the package he is supposed to deliver turns out to be a gagged woman. (In Stereo)

AFTERNOON

1:30 pm SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

5:00 pm WTBS ch.3 "3 Ninjas Knuckle Up" (1995, Comedy) Victor Wong. Three boys stop a polluter's henchmen with martial arts learned from their Asian grandfather.

EVENING

6:00 pm SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

mer Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

9:00 pm CHBC ch.4 BCTV ch.11 CITYV ch.12 "Friends With Benefits" (2011, Romance-Comedy) Justin Timberlake. Friends naively believe that adding sex to their relationship will not lead to complications. (CC) (DVS) KNOW ch.5 "Stories We Tell" (2012, Documentary) Premiere. Through a series of revealing interviews, filmmaker Sarah Polley investigates the truth about her family history. (In Stereo) (CC) SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

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TUESDAY, JANUARY 12, 2016

	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	Crazy Talk	Morning News (N) 50	HI Oplel 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N) 50	(5:00) Morning News (N) 50	The Early Edition (N)	Kid vs. Kat	SportsCentre 50	CTV Morning Live Vancouver (N) 0 50	Mighty Ships 50	Life Derek	CityLine (N) 50	Wildest Police Videos	Restaurant Makeover
7 AM	Crazy Talk	Law Order: CI	Dinosaur	Wild Kratts	Today (N) 0 50	CBS This Morning (N) 0 50	Criminal Minds "Coda"	Good Morning America (N) 50			Cat in the Hat	Squirrel	SportsCentre 50		How/Made	Make Me	Let's Make a Deal (N)	Wildest Police Videos	Moves
8 AM	Law Order: CI		PAW Patrol	Curious			Criminal Minds 0			Morning Huntley St.	Napkin	SpongeBob	SportsCentre 50	Daily Planet 50 (DVS)	Life	The Price Is Right (N)	Wildest Police Videos	Security	
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) 0 50	The 700 Club 0 50	Criminal Minds 0 50	Live! Kelly and Michael	Morning Huntley St.	Sugar 50	Arthur 0	Sidekick	SportsCentre 50	Live! Kelly and Michael	How/Made	Bulldozer	FamFeud	Movie: ** "The Transporter" (2002) Shu Qi 0	The Dead Files 0 50
10 AM	Judge	Sugar 0	Boj 50	Sesame St.	Today (N) 0 50	The Price Is Right (N)	Criminal Minds 0 50	The View 0 50	Sugar 0	Rachael Ray 0 50	Bookaboo	Spliced 0	SportsCentre 50	The View 0 50	Mighty Planes	Justin	The Chew 0 50	Qi 0	Ghost Adventures 50
11 AM	Divorce	Rachael Ray 0 50	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 50	Paid Prog.	Rachael Ray 0 50	Noon News Hour (N)	Recipes	Rated A	Barclays	Marilyn Denis	How/Made	Kate and Wingin' It	General Hospital (N) 0	Wildest Police Videos	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 50	Paid Prog.	News	The First 48 0 50	The Chew 0 50	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks	Premier League Soccer	CTV News Vancouver	Alaskan Bush: Off Grid	Make Me	Celebrity	Tattoo	Mysteries at the Castle
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk 0 50	The First 48 0 50	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 50	Heartland 50 (DVS)	Almost		The Social (N) 0 50	Alaskan Bush People	Next Step	CityLine 50	Tattoo	The Dead Files 0 50
2 PM	King	The Talk 0 50	Maya	Thomas	TMZ (N) 0	Let's Make a Deal (N)	Born This Way 0 50	The Doctors 0 50	The Talk 0 50	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 50	How/Made	Wingin' It	CityNews at 5 (N) 50	Movie: ** "Walking Tall" (2004) The Rock. 0	Ghost Adventures 50
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show 50	Born This Way 0 50	Rachael Ray 0 50	Meredith Vieira	Young & Restless	Grand Designs (N) 50	Sidekick	SportsCentre (N) 50	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Tattoo	Moves
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil 0 50	Married at First Sight	FABLifo (N) 0 50	Young & Restless	Early News Global Nat.	Bond Vet (N) 0 50	SpongeBob	Hockey	The Dr. Oz Show 50	Daily Planet (N)	Life Derek	Mod Fam	Tattoo	Restaurant Makeover
5 PM	Movie: ** "3 Ninjas Knuckle Up" (1995, Comedy)	News (N) 50	Dino Dan	News	News	News	Married at First Sight	News	Early News	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	Open Gym	CTV News Vancouver	Gold Rush - The Dirt 0	HZipzer	New Girl	Tattoo	Security
6 PM	Up* (1995, Comedy)	News Hour	Hope for Wildlife 50	PBS News-Hour (N) 50	State of the Union 2016 (N) 0 (Live)	State of the Union 2016 (N) 0 (Live)	Married at First Sight	State of the Union 2016 (N) 0 (Live)	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	Basketball: Cleveland Cavaliers at Dallas Mavericks. (N)	CTV News Vancouver	Gold Rush (N) 50	Next Step	Brooklyn	Movie: ** "Walking Tall" (2004) The Rock. 0	My.- Monument
7 PM	Seinfeld 0	ET	Canada: Over the Edge	Finding Your Roots (N)		(7:01) Born This Way	Broke Girl	The Insider	ET Canada	Canadian Docs 50	Hello	Game		etalk (N)	Railroad Alaska (N)	The X Factor UK 50	Broke Girl	The Rock. 0	Mysteries-Museum
8 PM	Family Guy	NCIS "Personal Day"	Earth Changed History	Finding Your Roots (N)	Hollywood Game Night	NCIS "Personal Day"	(8:02) Born This Way	Fresh-Boat	NCIS "Personal Day"	NCIS "Personal Day"	Mercer	Funnist Home Videos	SportsCentre (N) 50	The Flash 0 50	How/Made	Prince	CityNews-Tonight (N)	Tattoo	Mysteries at the Castle
9 PM	Family Guy	Movie: *** "Friends With Benefits" (2011)	Movie: *** "Stories We Tell" (2012) 50	Death and the Civil War: American Experience	News	Mike	Married at First Sight	To Be Announced	Movie: *** "Friends With Benefits" (2011)	Movie: *** "Friends With Benefits" (2011)	Creek	Gags	SportsCentre (N) 50	Criminal Minds 0	Gold Rush 50	Degrassi	Crime Watch Daily (N)	Movie: ** "Walking Tall" (2004) The Rock. 0	My.- Monument
10 PM	The Middle	Payne		Jeopardy!	Paid Prog.	Married at First Sight		Goldbergs			The National (N) 50	Haunting	SportsCentre (N) 50	CSI: Cyber 0 50	Railroad Alaska 50	Degrassi	Extra (N)	The Rock. 0	Mysteries-Museum
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N) 50	News	News	(11:02) Born This Way	KXLY 4	News	News Hour	CBC News	Gags	SportsCentre 50	News-Lisa	How/Made	Malcolm	Liquidator	Repo	Ghost Adventures 50



Birds gather to check out what kind of treats exist in some local yards. We wonder if 'pecking order' comes into play when plans are made on overhead powerlines. *

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Community Arts Festival funding available now!

Community-based arts and cultural organizations in British Columbia can apply now for project assistance funding from the BC Arts Council to help produce local arts festivals.

Awards under this program are intended to assist with the fees paid to professional artists and technicians engaged for the event. Eligible projects may include presentation of original work, existing repertoire or exhibitions, or exploration of diverse work. Festivals may feature a combination of local and touring artists. Awards will provide up to a maximum of \$7,500. Priority will

be given to festivals that engage B.C. and Canadian artists.

Application deadline is Saturday, January 30, 2016. (As January 30, 2016, falls on a weekend, applications must be postmarked no later than Monday, February 1, 2016.)

For more information and eligibility criteria, visit: www.bcartsCouncil.ca.

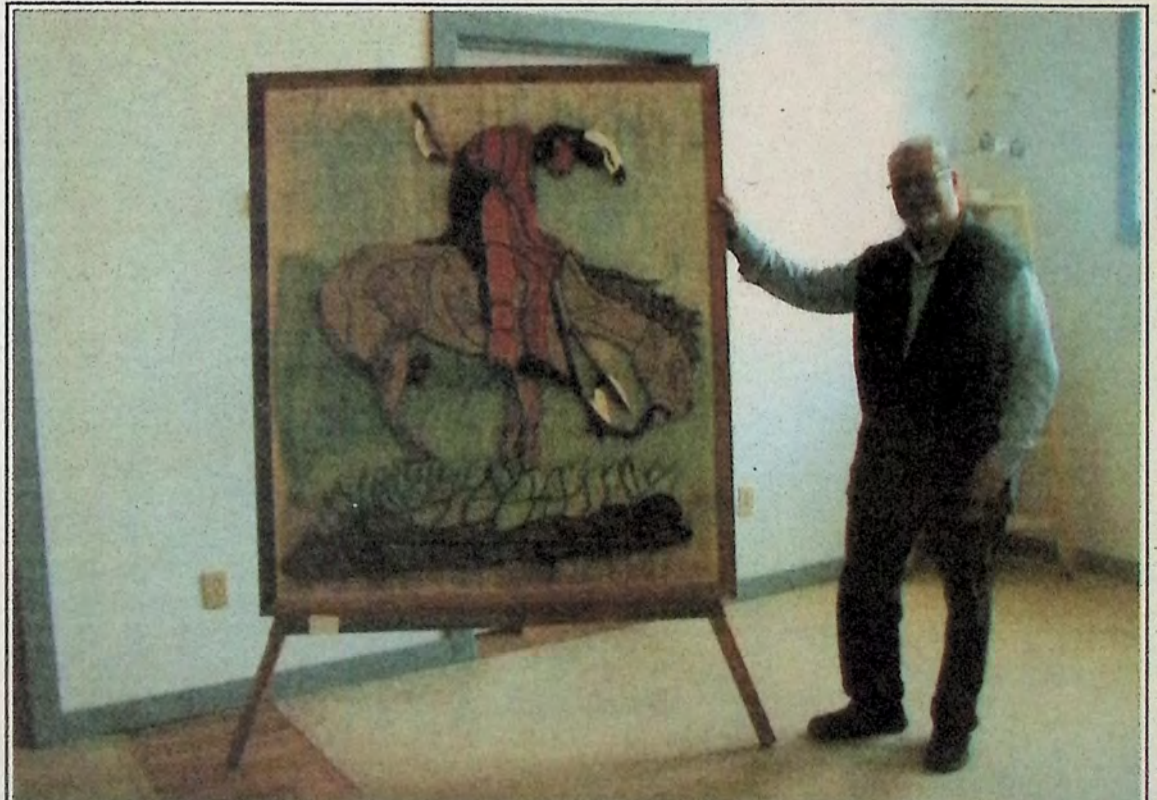
The BC Arts Council is the Government of British Columbia's lead agency for arts funding and development. All BC Arts Council grants are awarded through a peer assessment process that relies on the

knowledge and expertise of the province's talented arts and culture community.

In 2015-16, the Province is investing about \$60 million in British Columbia's artists, arts organizations and cultural institutions. This includes \$24 million to the BC Arts Council – the highest level of funding in the council's history.

Princeton's Community Arts Council hosts many cultural events over the calendar year that would not be possible without grant funding. The grants received determine the size of events planned locally.

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Corry Oerlemans poses with one of his pieces at The Cosmopolitan. It was one of the many stops in the Art Walk hosted late last year by Princeton Arts Council. The Arts Council relies on provincial funding for financial assistance.

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SO COUNTRY INTERNET RADIO



A doe and two fawns pause for a family portrait in the yard of a home on Burton Avenue last week. The trio are well known in that neighbourhood. *

WEDNESDAY, JANUARY 13, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) ☒	Hi Oplel ☐ Monkey	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) ☐ ☒	Mighty Ships ☒	Life Derek Life Derek	CityLine (N) ☒	Bar Rescue ☐	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts	Today Kevin Hart; Ico Cube; steals and deals. (N)	CBS This Morning (N) ☐ ☒	Criminal Minds ☐ ☒	Good Morning America (N) ☒			Cat in the Hat Arthur ☐	Squirrel Chucks	SportsCentre ☒		How/Made How/Made	Awesome Awesome	Let's Make a Deal (N)	Bar Rescue ☐	Moves Moves
8 AM	Law Order: CI		PAW Patrol Curious	Nature Cat Curious			Criminal Minds ☐ ☒			Morning Huntley St.	Napkin Tiger	SpongeBob Wayside	SportsCentre ☒		Daily Planet ☒ (DVS)	Gaming Gaming	The Price Is Right (N)	Bar Rescue ☐	Security Security
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) ☐ ☒	The 700 Club ☐ ☒	Criminal Minds ☐ ☒	Liv! Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur ☐ Napkin	Sidekick Almost	SportsCentre ☒	Liv! Kelly and Michael	How/Made How/Made	Bulldozer Playdate	FamFeud FamFeud	Bar Rescue ☐	The Dead Files ☐ ☒
10 AM	Judge	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 Tiger	Spliced ☐ Kid vs. Kat	SportsCentre ☒	The View ☐ ☒	Mighty Planes "NOAA"	Justin Twirlywoos	The Chew ☐ ☒	Bar Rescue ☐	Ghost Adventures ☒
11 AM	Divorce	Rachael Ray ☐ ☒	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☐ ☒	Paid Prog. Facelift?	Rachael Ray ☐ ☒	Noon News Hour (N)	Recipes Stefano	Rated A Rated A	Barclays English Premier League Soccer: Manchester City vs Everton	Marilyn Denis	Gold Rush - The Dirt ☐	Kate and Wingin' It	General Hospital (N) ☐	Bar Rescue ☐	Security Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☐ ☒ Clangers	Beauty Bold	News	After the First 48 ☒	The Chew ☐ ☒	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds Squirrel	Manchester City vs Everton	CTV News Vancouver	Gold Rush ☒ HZipzer	Make Me HZipzer	Celebrity Celebrity	Bar Rescue ☐	Myster-les at the Church
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk ☐ ☒	Duck Dynasty ☐ ☒	General Hospital (N) ☐	Days of our Lives (N)	The Talk ☐ ☒	Heartland ☒ (DVS)	Almost Sidekick	Manchester City vs Everton	The Social (N) ☐ ☒	Railroad Alaska ☒	Next Step Life Derek	CityLine ☒	Bar Rescue ☐	The Dead Files ☐ ☒
2 PM	King	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	Sports Interruption	Dr. Phil ☐ ☒	How/Made How/Made	Wingin' It Make Me	CityNews at 5 (N) ☒	Bar Rescue ☐	Ghost Adventures ☒
3 PM	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 (N) ☒	Sidekick Chucks	SportsCentre (N) ☒	Ellen DeGeneres Show	How/Made How/Made	HZipzer Next Step	(2-59) CityNews at 6 (N)	Bar Rescue ☐	Moves Moves
4 PM	Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☐ ☒	Duck D. Duck D.	FABLife (N) ☐ ☒	Young & Restless	Early News Global Nat.	Bond Vet (N) ☐ ☒	SpongeBob SpongeBob	Hockey NBA	The Dr. Oz Show ☒	Daily Planet (N)	Life Derek Gaming	Mod Fam Mod Fam	Movie: **** "Saving Private Ryan" (1998, War) Tom Hanks, Edward Burns, Tom Sizemore. ☐	Restaurant Makeover
5 PM	Movie: *** "To Die For" (1995) Matt Dillon	News (N) ☒	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck Dynasty ☐ ☒	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den ☐	SpongeBob SpongeBob	NBA Basketball: Indiana Pacers at Boston Celtics. (N) ☒	CTV News Vancouver	Killing Fields ☒	Gaming HZipzer	Broke Girl Mike	Security Security	
6 PM		News Hour News	Canada: Over the Edge	PBS News-Hour (N) ☒ Millionaire	News KREM 2 News at 6 (N)	News KREM 2 News at 6 (N)	Duck D. Duck D.	News News	(5:59) News Hour (N)	ET Canada ET	CBC Vancouver News	Assembly Nicky		CTV News Vancouver	Moonshiners: Outlaw	HZipzer Nowhere	Mod Fam blackish		The Dead Files ☐ ☒
7 PM	Seinfeld ☐	ET	The Polar Sea ☐ ☒	Nature (N) ☐ ☒ Wheel	Jeopardy! Broke Girl	Broke Girl Broke Girl	Jep Jep	ET The Insider	ET ET Canada	Chicago PD (N) ☐	Gags Coronation	Nicky Make, Pop		etalk (N)	Moonshiners (N) ☒	Life Life	Broke Girl Two Men		Ghost Adventures ☒
8 PM	Family Guy	Elementary (N) ☐ ☒	Beijing-Imperial Capital	NOVA (N) ☐ ☒ (DVS)	The Myster-les of Laura	Broke Girl Mike	Duck D. Duck D.	The Middle Goldbergs	Elementary (N) ☐ ☒	Elementary (N) ☐ ☒	Dragons' Den (N) ☐	Just Kid Just Kid	Basketball: Miami Heat at Los Angeles Clippers. (N) ☒	CTV News Vancouver	How/Made How/Made	Prince Malcolm	CityNews-Tonight (N)	Movie: **** "Casino" (1995, Crime Drama) Robert De Niro, Sharon Stone, Joe Pesci. ☐	Myster-les at the Church
9 PM	Family Guy	Chicago Fire ☒ (DVS)	Monarchy ☒	Earth's Natural	Law & Order: SVU	Criminal Minds (N) ☐	(9:01) Duck Dynasty ☐	Mod Fam blackish	Chicago Fire ☒ (DVS)	Chicago Fire ☐ ☒	Midwinter of the Spirit	Gags Gags		Criminal Minds (N) ☐	Killing Fields ☒	Degrassi LA Story	Crime Watch Daily (N)		The Dead Files ☐ ☒
10 PM	The Middle Payne	Chicago PD (N) ☐	Stonehenge	Extreme by Design ☒	Chicago PD (N) ☐	Code Black (N) ☐ ☒	Duck D. Duck D.	American Crime (N) ☐	Chicago PD (N) ☐	News Hour Final (N)	The National (N) ☒	Haunting Haunting	SportsCentre (N) ☒	Code Black (N) ☐ ☒	Moonshiners: Outlaw	The X Factor UK ☒	Extra (N) Liquidator		Ghost Adventures ☒
11 PM	Browns Payne	News Final Colbert	The Polar Sea ☐ ☒	Charlie Rose (N) ☒ J. Fallon	News Colbert	News Colbert	Jep Jep	KXLY 4 J. Kimmel	News Colbert	Late Show- Colbert	CBC News Coronation	Gags Gags	SportsCentre ☒	News-Lisa CTV News	Moonshiners ☐ ☒	Malcolm Prince	Liquidator Liquidator		Ghost Adventures ☒

THURSDAY, JANUARY 14, 2016

Grid of TV schedules for Thursday, January 14, 2016, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, DTOUR) and programs (Crazy Talk, Morning News, HI Opiel, Arthur, KHQ News, KREM 2, Dog the Bounty Hunter, etc.)

FRIDAY, JANUARY 15, 2016

Grid of TV schedules for Friday, January 15, 2016, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, DTOUR) and programs (Crazy Talk, Morning News, HI Opiel, Arthur, KHQ News, KREM 2, Dog the Bounty Hunter, etc.)

News Leader Movies - Wednesday to Saturday

WEDNESDAY AFTERNOON

4:00 pm SPIKE ch.44 "Saving Private Ryan" (1998, War) Tom Hanks. A World War II captain and his squad risk all to locate and send home a soldier whose three brothers died in combat. (In Stereo)
 5:00 pm WTBS ch.3 "To Die For" (1995, Comedy-Drama) Nicole Kidman. Observers recall the relationship between a slain small-town bartender and his ambitious TV-reporter wife, who is charged with the crime.

EVENING

8:00 pm SPIKE ch.44 "Casino" (1995, Crime Drama) Robert De Niro. A New York bookie and his pal turn a Las Vegas casino into an empire, then one's money-hungry wife helps bring it down. (In Stereo)

THURSDAY AFTERNOON

5:00 pm WTBS ch.3 "Maximum Risk" (1996, Action) Jean-Claude Van Damme. Federal agents and the Russian Mafia chase a French policeman on a mission in New York City.

EVENING

9:00 pm KNOW ch.5 "Enron: The Smartest Guys in the Room" (2005, Documentary) Filmmaker Alex Gibney analyzes the corporation's rise, the scandal, and the devastation of its employees' finances; Peter Coyote narrates. (CC)
 10:00 pm KSPS ch.6 "Mulberry

Child" (2011, Documentary) Narrated by Jacqueline Bisset. Jian Ping uses a memoir of her childhood to try to help her Americanized daughter understand what life was like during China's Cultural Revolution. (In Stereo) (CC)

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "Lord of War" (2005, Drama) Nicolas Cage. A relentless Interpol agent tracks an arms dealer trying to stay one step ahead of his business rivals.

EVENING

7:00 pm FAM ch.26 "Full Out" (2015, Biography) Jennifer Beals. A young gymnast's Olympic dreams are crushed when she suffers a debilitating injury. (In Stereo) (CC)
 7:30 pm YTV ch.18 "Rango" (2011, Comedy) Voices of Johnny Depp. Animated. In the grip of an identity crisis, a sheltered chameleon accidentally winds up as the sheriff of a frontier town. (In Stereo) (CC)
 10:00 pm FAM ch.26 "Happy Gilmore" (1996, Comedy) Adam Sandler. Premiere. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo) (CC)

SATURDAY MORNING

10:30 am FAM ch.26 "Full Out" (2015, Biography) Jennifer Beals. A young gymnast's Olympic dreams are crushed when she suffers a debilitating injury. (In Stereo) (CC)

11:00 am WTBS ch.3 "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces him at his boarding school.

AFTERNOON

12:00 pm YTV ch.18 "Dear Dumb Diary" (2013, Musical Comedy) Emily Alyn Lind. An imaginative girl pours out her innermost thoughts in her cherished diary, while full-blown musical numbers fill her daydreams about how she wishes her life could be. (In Stereo) (CC)
 12:05 pm FAM ch.26 "Mark & Russell's Wild Ride" (2015, Comedy) Joey Bragg. Two friends embark on a road adventure when the most popular girl in school needs a ride to a party. (In Stereo) (CC)
 1:00 pm WTBS ch.3 "The Kingdom" (2007, Action) Jamie Foxx. A sympathetic Saudi police captain helps a team of federal agents flush out a terrorist cell in Riyadh.
 2:30 pm CITV ch.12 "Aladdin and the Death Lamp" (2012, Fantasy) Darren Shahlavi. Aladdin accidentally uncovers a magic lamp containing a genie that wants to take over the world. He must risk everything to get the evil Jinn back into the lamp before it is too late. (CC) (DVS)
 3:30 pm CHBC ch.4 BCTV ch.11 "Aladdin and the Death Lamp" (2012, Fantasy) Darren Shahlavi. Premiere. Aladdin accidentally uncovers a magic lamp containing

a genie that wants to take over the world. He must risk everything to get the evil Jinn back into the lamp before it is too late. (CC) (DVS)

EVENING

6:00 pm WTBS ch.3 "Resident Evil: Retribution" (2012, Horror) Milla Jovovich. New allies and old friends aid Alice in her worldwide search for those responsible for the T-virus outbreak that continues to turn humans into flesh-eating zombies.
 8:00 pm KSPS ch.6 "Murder, My Sweet" (1944, Crime Drama) Dick Powell. The search for a missing person plunges detective Philip Marlowe into a deadly web of blackmail and murder. (In Stereo) (CC)
 KXLY ch.10 "The Social Network" (2010, Drama) Jesse Eisenberg. Six years after creating Facebook in his dorm room, Mark Zuckerberg becomes a billionaire, but his great success leads to personal and legal

complications. (In Stereo) YTV ch.18 "Splitting Adam" (2015, Comedy) Jace Norman. Premiere. A teenage boy finds a way to juggle his jam-packed summer schedule when he accidentally clones himself. (In Stereo) (CC)
 10:00 pm FAM ch.26 "Billy Madison" (1995, Comedy) Adam Sandler. Premiere. An adult goof-off goes back to elementary school in order to run his father's company. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife.
 11:30 pm FAM ch.26 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo) (CC)

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SATURDAY, JANUARY 16, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	Ancestors	Dragon	Heartland	Today (N)	CBS This Morning	Tiny House	Paid Prog.	Ancestors	Saturday Morning News (N)	Tiger	Slidekick	Premier League Soccer	Juicebox	Railroad Alaska	Warthogst	Paid Prog.	Bar Rescue	Moves
6:30	Coolest	Fishful	PAW Patrol	Fly Tyling							Animal	Slidekick							Paid Prog.
7 AM	P. Affairs	Saturday Morning News (N)	Curious	MotorWeek		Lucky Dog	Jep	Good Morning America	Saturday Morning News (N)		Super Why!	Chucks	English Premier League Soccer		How/Made	Life Derek	Eye/Asia	Bar Rescue	Security
7:30	Paid Prog.		Curious	Greener	KHQ Saturday Wake Up Show	Dr. Chris	Jep				Save-Ums!	Chucks			How/Made	Gaming	VemComig	"Bug Bite"	Security
8 AM	Paid Prog.		PAW Patrol	Woodsmith		Innovation	Duck D.	Hanna			Arthur	Nerds		Canada AM Weekend	Mayday (DVS)	HZipzer	Polish Studio (N)	Bar Rescue	Border
8:30	Paid Prog.		Astroblast	Rough Cut		Inspectors	Duck D.	Ocean			Cat In the Hat	SpongeBob			Life				Border
9 AM	Jeffersons		Magic Bus	Hometime		Bull Riding	Duck D.	Rescue		Fish'n	Our Vancouver	SpongeBob	2016 WFG	Is Written	Alaskan Bush People	Make Me	Paid Prog.	Bar Rescue	Border
9:30	Paid Prog.		Kate and	Old House	English Premier League Soccer		Duck D.	Wildlife		Real Fish.	Parents		Continental Cup: Mixed	The Social		Next Step	Paid Prog.		Border
10 AM	Gimme	Fish'n	Wild Kratts	Old House		College Basketball: Villanova at Georgetown. (N) (Live)	Born This Way	Rock-Park	Fish'n	Powerboat	Absolutely Canadian	Harvey Pig Goat	Doubles. (N)	Marilyn Denis	Mayday (DVS)	Lost	Fall Army	Bar Rescue	Border
10:30	Seinfeld	Fishing	Wild Kratts	Kitchen				Explore	Fishing	Driving TV						Movie: "Full Out" (2015)	Family		Border
11 AM	Movie: "She's the Man" (2006) James Kirk	Powerboat	Doki	Pépin			Born This Way	Paid Prog.	Powerboat	Ice Pilots NWT	Doc Zone (DVS)	Turtles	Motoring	Is Written	Mayday (DVS)		Survivor-man (DVS)	Bar Rescue	Security
11:30		Driving TV	Creative	Martha	Football			Paid Prog.	Driving TV			SpongeBob	SportsCenter	etalk					Security
12 PM		Noon News Hour (N)	Animals	Cook			Born This Way	The Big Valley	Noon News Hour (N)	Food Truck Face Off	The Nature of Things	Movie: "Dear Dumb Diary" (2013)	2016 WFG	Moneytalk	Railroad Alaska	"Mark & Russell's Wild Ride" (2015)	Illusions	Bar Rescue	Border
12:30			Animals	Victory	Skating	The NFL Today (N)						Game On	Continental Cup	NFL Pre-game (N)	Alaskan Bush People	Life Derek	Close-Up Kings	Cops	Border
1 PM	Movie: "The Kingdom" (2007, Action)	Food Truck Face Off	Our Part	Antiques Roadshow	To Be Announced	NFL Football: AFC Divisional Playoff - TBA at New England Patriots. (N) (Live)	The First 48	World of X Games (N)	Food Truck Face Off	Holmes Makes It Right	Bobsled and Skeleton	Movie: "Aladdin and the Death Lamp" (2012)	2016 WFG	NFL Football: Teams TBA. (N) (Live)	Railroad Alaska	Gaming	Mod Fam	Cops	Border
1:30		Holmes Makes It Right	Canada: Over the Edge	British Baking			The First 48	30 for 30 (N)	Holmes Makes It Right	Tackle	FIS Alpine Skiing	Max			How/Made	Make Me	CityNews	Cops	Security
2 PM							The First 48		Tackle	Movie: "Aladdin and the Death Lamp" (2012)	National Hockey	Max	SportsCenter (N)		How/Made	Awesome	CityNews	Cops	Security
2:30							The First 48	Island House	Movie: "Aladdin and the Death Lamp" (2012)	Global Nat.	NHL Hockey: Toronto Maple Leafs at Boston Bruins. (N) (Live)	Stanley	2016 WFG		Last Frontier	Life	NHL Hockey: Teams TBA. (N) (Live)	Cops	Security
3 PM	The Middle	Tackle	Waterfront Cities	Globe Trekker "Poland"			The First 48	News	Global Nat.	(4:59) News Hour (N)	Stanley	Stanley	Continental Cup: Mixed	NFL Football: Teams TBA. (N) (Live)	Gold Rush	Nowhere		Cops	Border
3:30	The Middle	Movie: "Aladdin and the Death Lamp" (2012)		Stevens	Football		The First 48	ABC News	Global Nat.		Assembly	Stanley			Moonshiners	Next Step		Cops	Border
4 PM	Seinfeld	All. Eats	Lost Kingdoms of	Last/Wine	College Basketball: San Diego at Gonzaga. (N)	Limitless	The First 48	News at 6	(5:59) News Hour (N)	16x9		Stanley	2016 WFG			Next Step		Cops	Border
4:30				Victorious			The First 48	The Insider				Stanley	Continental Cup: Men's Team Competition. (N)			Next Step		Cops	Border
5 PM	King	News					The First 48	Entertainment Tonight	16x9	Movie	NHL Hockey: Calgary Flames at Edmonton Oilers. (N) (Live)	Game			Vegas Rat Rods	Lost	CityNews Weekend (N)	Cops	The Dead Files (N)
5:30							The First 48					100 Things				Lost		Cops	The Dead Files (N)
6 PM	Movie: "Resident Evil: Retribution" (2012)	Global Nat.	Hope for Wildlife	Lawrence Welk			The First 48	Survivors				Movie: "Splitting Adam" (2015) Jace Norman.	SportsCenter (N)	Big Bang	Street Outlaws	The X Factor UK	CityNews Weekend (N)	Cops	Expedition Unknown
6:30							The First 48							Anger				Cops	Unknown
7 PM	Family Guy	Movie	Heartbeat	Movie: "Murder, My Sweet" (1944)	NFL Football: NFC Divisional Playoff - TBA at Arizona Cardinals. (N) (Live)	To Be Announced	The First 48	Murder	Movie: "The Social Network" (2010, Drama)	True Crime Scene				Mike	Moonshiners	LA Story	Liquidator	Cops	Ghost Adventures
7:30	Family Guy						(9.01) The First 48							Cleveland		Rebecca	Liquidator	Cops	Ghost Adventures
8 PM	Burgers		Foyle's War "All Clear" (PA)	TBA			The First 48											Cops	Ghost Adventures
8:30	Burgers						The First 48											Cops	Ghost Adventures
9 PM	Community	True Crime Scene	Park	Moone Boy			The First 48											Cops	Ghost Adventures
9:30	Community						The First 48											Cops	Ghost Adventures
10 PM	Community	News Final (Off Air)	Waterfront Cities	Austin City Limits (N)			The First 48											Cops	Ghost Adventures
10:30							The First 48											Cops	Ghost Adventures
11 PM	Movie: "Spanglish"						The First 48											Cops	Ghost Adventures
11:30							The First 48											Cops	Ghost Adventures

News Leader Movies - Sunday to Monday

SUNDAY MORNING

9:00 am WTBS ch.3 "Sinbad: Legend of the Seven Seas" (2003, Adventure) Voices of Brad Pitt. Animated. The adventurous sailor and a beautiful stowaway have 10 days to save a prince from execution.

10:00 am A&E ch.9 "Pirates of the Caribbean: On Stranger Tides" (2011, Adventure) Johnny Depp. Capt. Jack Sparrow encounters a woman from his past, who forces him to go aboard Blackbeard's ship on a quest to find the legendary Fountain of Youth. (In Stereo) (CC)
 10:30 am FAM ch.26 "Mark & Russell's Wild Ride" (2015, Comedy) Joey Bragg. Two friends embark on a road adventure when the most popular girl in school needs a ride to a party. (In Stereo) (CC)

11:30 am SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

AFTERNOON

12:00 pm FAM ch.26 "Vacation With Derek" (2010, Comedy-Drama) Michael Seater. With help from her stepbrother, a girl must save her grandmother's resort from a land developer. (In Stereo) (CC)

1:00 pm WTBS ch.3 "Dreamer: Inspired by a True Story" (2005, Drama) Kurt Russell. A racehorse trainer and his daughter nurse a gravely injured filly back to health and aim for a slot in the Breeders' Cup Classic.
 A&E ch.9 "Gladiator" (2000,

Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo) (CC)

2:15 pm YTV ch.18 "Gnomes & Trolls" (2008, Fantasy) Voices of Elizabeth Daily. Animated. Sneaky and Junior share adventures across vast landscapes and learn about themselves. (In Stereo) (CC)

2:30 pm CITY ch.12 "Collision Earth" (2012, Science Fiction) Kirk Acevedo. A top-secret military weapon must destroy the planet Mercury before it crashes into Earth. (CC)

3:30 pm CHBC ch.4 BCTV ch.11

"Collision Earth" (2012, Science Fiction) Kirk Acevedo. Premiere. A top-secret military weapon must destroy the planet Mercury before it crashes into Earth. (CC)

4:00 pm YTV ch.18 "Over the Hedge" (2006, Comedy) Voices of Bruce Willis. Animated. An opportunistic raccoon teaches fellow animals about the edible treasures that the new humans in the neighborhood conveniently leave outdoors. (In Stereo) (CC)

5:00 pm CBC ch.13 "Bedtime Stories" (2008, Comedy) Adam Sandler. A hotel handyman tries to make the most of the situation when he learns that the outlandish tales he tells his niece and nephew are coming true. (In Stereo) (CC)

EVENING

6:00 pm WTBS ch.3 "Alice in Wonderland" (2010, Fantasy) Johnny Depp. Live action/animated. Now a teenager, Alice returns to Underland, where she must find her destiny and put an end to the Red Queen's reign of terror.

YTV ch.18 "Hoodwinked Too! Hood vs. Evil" (2011, Comedy) Voices of Hayden Panettiere. Animated. Red cuts short her training with covert group Sisters of the Hood to help save Hansel and Gretel from a wicked witch. (In Stereo) (CC)

8:00 pm KNOW ch.5 "Last Bus to Woodstock" (1988, Mystery) John Thaw. Inspector Morse uncovers a hotbed of passion and corruption as he sleuths the murder of an insurance office secretary. (CC)

VTV ch.22 "National Treasure"

(2004, Adventure) Nicolas Cage. An adventurer must steal the Declaration of Independence and use its hidden map to find a legendary fortune. (In Stereo) (CC) (DVS)

9:00 pm FAM ch.26 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo) (CC)

9:30 pm SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

MONDAY AFTERNOON

3:00 pm A&E ch.9 "Gladiator" (2000, Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths. (In Stereo) (CC)

5:00 pm WTBS ch.3 "Switching Channels" (1988, Romance-Comedy) Kathleen Turner. A television news boss courts his ex-wife, a reporter, with an eleventh-hour story.

EVENING

10:01 pm A&E ch.9 "Gladiator" (2000, Historical Drama) Russell Crowe. Condemned to arena fights by corrupt Roman leader Commodus, Gen. Maximus seeks revenge for his family's deaths.

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SUNDAY, JANUARY 17, 2016

	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	Mr. Rogers	Today (N)	Paid Prog.	Criminal Minds (N)	Paid Prog.	In a Name	Sunday Morning News (N)	News	Squirrel	English Premier League Soccer	Canada AM Weekend	Treehouse Masters	Warthogst	Paid Prog.	Off Road	Moves
:30	Paid Prog.	Canadian	PAW Patrol	Peep		Paid Prog.		Paid Prog.	Canadian		Pirates	Squirrel				Life Derek	Church	Engine	Paid Prog.
7 AM	The Office	Sunday Morning News (N)	Curious	Super Why!	KHQ	CBS News Sunday Morning (N)	What Would You Do?	Good Morning America	Sunday Morning News (N)		Cat in the Hat	Charmers		Marilyn Denis	Buying the	Life Derek	Eye/Asla	Truck Tech	Expedition
:30	Atl. Eats		Curious	Bulldozer	Invest						News	Charmers			Buying the	Gaming	Liquidator	Muscle	Unknown (N)
8 AM	The Office		PAW Patrol	Curious	Meet the Press (N)		What Would You Do?	This Week			Coronation	Pet Shop	Sunday NFL Countdown (N)	Question Period (N)	Cold River Cash	HZipper	Liquidator	Contractor	50/50
:30	Paid Prog.		Astroblast	Cat in the Hat		The Nation					Coronation	Nicky				Life	Festival	Contractor	50/50
9 AM	Movie: "Sinbad: Legend of the Seven Seas"		Maker	SciGirls (N)	Beauty	To Be Announced	What Would You Do?	Lost Town (N)		Block	Coronation	100 Things	(Live)	NFL Pre-game (N)	Cold Water Cowboys	Make Me	Italiano di Lombardi	Off Road	Border
:30			Dino Dan	The Impact	Paid Prog.					Context	Coronation	Game				Next Step		Engine	Border
10 AM		Block	Wild Kratts	Inside Olympia (N)	Paid Program	Hidden	Movie: "Pirates of the Caribbean: On Stranger Tides" (2011)	Paid Prog.	Block	J. Osteen	Coronation	Thunder	Cabble	NFL Football: Teams TBA. (N)	Highway Thru Hell	Lost		Truck Tech	Border
:30		Context	Little			College Basketball: Michigan State at Wisconsin. (N)				Paid Prog.	M'ketplace	Assembly	Cabble	(Live)		"Mark & Russell's Wild Ride" (2015)	VemComtg	Muscle	Border
11 AM	Paid Prog.	J. Osteen	Little	Focus	Cooker			Paid Prog.	J. Osteen	16x9	Our Vancouver	Bella	Cabble		Gold Rush	Survivor-man (DVS)	Contractor	Border	Border
:30	1st Family	Paid Prog.	Anneldroids	Asla	Paid Prog.			Designing	Paid Prog.			Henry	Triathlon (N)		Moonshiners (N)	Movie: "Vacation With Derek" (2007)	Close Up Kings	Movie: "I Am Legend" (2007) Will Smith.	Border
12 PM	Paid Prog.	Noon News Hour (N)	Dogs	Abolitionists: American	To Be Announced			Hiring	Noon News Hour (N)	Food Truck Face Off	Land/ Sea	Max			Vegas Rat Rods	Nowhere	Storage		Border
:30	Box Office		Dogs					McCarver		One/One	Stanley				Bering Sea Gold	Nowhere	Two Men	Contractor	Museum Secrets (N)
1 PM	Movie: "Dreamer: Inspired by a True Story"	Food Truck Face Off	Hope for Wildlife	Pioneers of Television	U.S. Figure Skating	NFL	Movie: "Gladiator" (2000) Russell Crowe.	Hollywood	Food Truck Face Off	Holmes Makes It Right	Bond Vet (N)	Game On	2016 WFG Continental Cup: Skins. (N) (Live)	NFL Football: Teams TBA. (N) (Live)		Nowhere	Two Men	Contractor	Museum
:30		Holmes Makes It Right	Architects of Change	Finding Your Roots (N)	Skiing	NFL Football: AFC Divisional Playoff -- TBA at Denver Broncos. (N) (Live)		Hollywood		Tackle	Grand Designs (N)	(2:15) Movie: "Gnomes & Trolls" (2008)			How/Made	Nowhere	CityNews	Movie: "I Am Legend" (2007) Will Smith.	Miracles Decoded
2 PM	Big Bang	Tackle	Bach in Notre Dame (N)	America's Ballroom	Best Pan Ever!		Red Carpet	Gilligan	Holmes Makes It Right	Happy Day	Laverno	Movie: "Collision Earth" (2012)	SportsCentre (N)		How/Made	Nowhere	CityNews		Treasures Decoded (N)
:30	Big Bang	Movie: "Collision Earth" (2012)		Secrets of Althorp	Paid Prog.			Love Lucy	Love Lucy (2012)	Global Nat.	Exhibition	Movie: "Over the Hedge" (2008)			Myth-Busters (N)	Nowhere	Burgers		
3 PM	Big Bang	Premiere.	Turn Back Time	Great Estates Scotland	News	News	The 21st Annual Critics' Choice Awards From Santa Monica, Calif. (N)	Love Lucy	Love Lucy	(4:59) News Hour (N)	Movie: "Bedtime Stories" (2008)			Cash Cab	Alaska	Nowhere	Mindy	Contractor	50/50
:30	Mod Fam	News		NBC News	CBS News			Love Lucy	Love Lucy	ABC News	Global Nat.					Nowhere	Barrett	Bar Rescue	50/50
4 PM	Mod Fam	News						Love Lucy	Love Lucy	(5:59) News Hour (N)	First Dates	Security				Nowhere	Family Guy		The Dead Files (N)
:30	Mod Fam	News						Love Lucy	Love Lucy	Estate	Security					Nowhere	Bordertown	Bar Rescue	
5 PM	Mod Fam	News						Love Lucy	Love Lucy	Funnist Home Videos	Security					Nowhere	Vice		My.- Monument
:30	Mod Fam	News						Love Lucy	Love Lucy	Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly		Nowhere	Vice		Bar Rescue
6 PM	Movie: "Alice in Wonderland" (2010) Johnny Depp.	First Dates	Megabridges "Greece"	Masterpiece Classic (N)		To Be Announced		Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
:30		Security						Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
7 PM		Security						Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
:30		Security						Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
8 PM	The Closer	Movie: "Last Bus to Woodstock" (1988)	Masterpiece Classic (N)	Jeopardy!	Mark Few	Madam Secretary (N)	(8:01) The 21st Annual Critics' Choice Awards From Santa Monica, Calif.	Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
:30								Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
9 PM	The Closer	Movie: "National Treasure" (2004) Nicolas Cage.	Mercy Street (N)	Dateline NBC (N)	The Good Wife (N)	Choice Awards From Santa Monica, Calif.	(9:01) Quantico Alex tells her side of the story.	Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
:30								Gelavant (N)	Madam Secretary (N)	Madam Secretary (N)	Madam Secretary (N)	Hello	Assembly			Nowhere	Vice		Bar Rescue
10 PM	There Yet?	Simpsons	Wallander Strange death of a farmer. (N)	Red Metal: Copper	News	News	(11:02) Nightwatch	KXLY 4	News Final	Paid Prog.	CBC News	Gags	SportsCentre	News	Men, Women, Wild	Degrassi	Paid Prog.		Mysteries-Museum
:30								Van Impo	Block	Paid Prog.	fifth estate	Gags	SportsCentre	News	Men, Women, Wild	Degrassi	Paid Prog.		Mysteries-Museum

News Leader Sudoku

SUDOKU

No. 263

Easy

Previous solution - Very Hard

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

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

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

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

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The solutions will be published here in the next issue.

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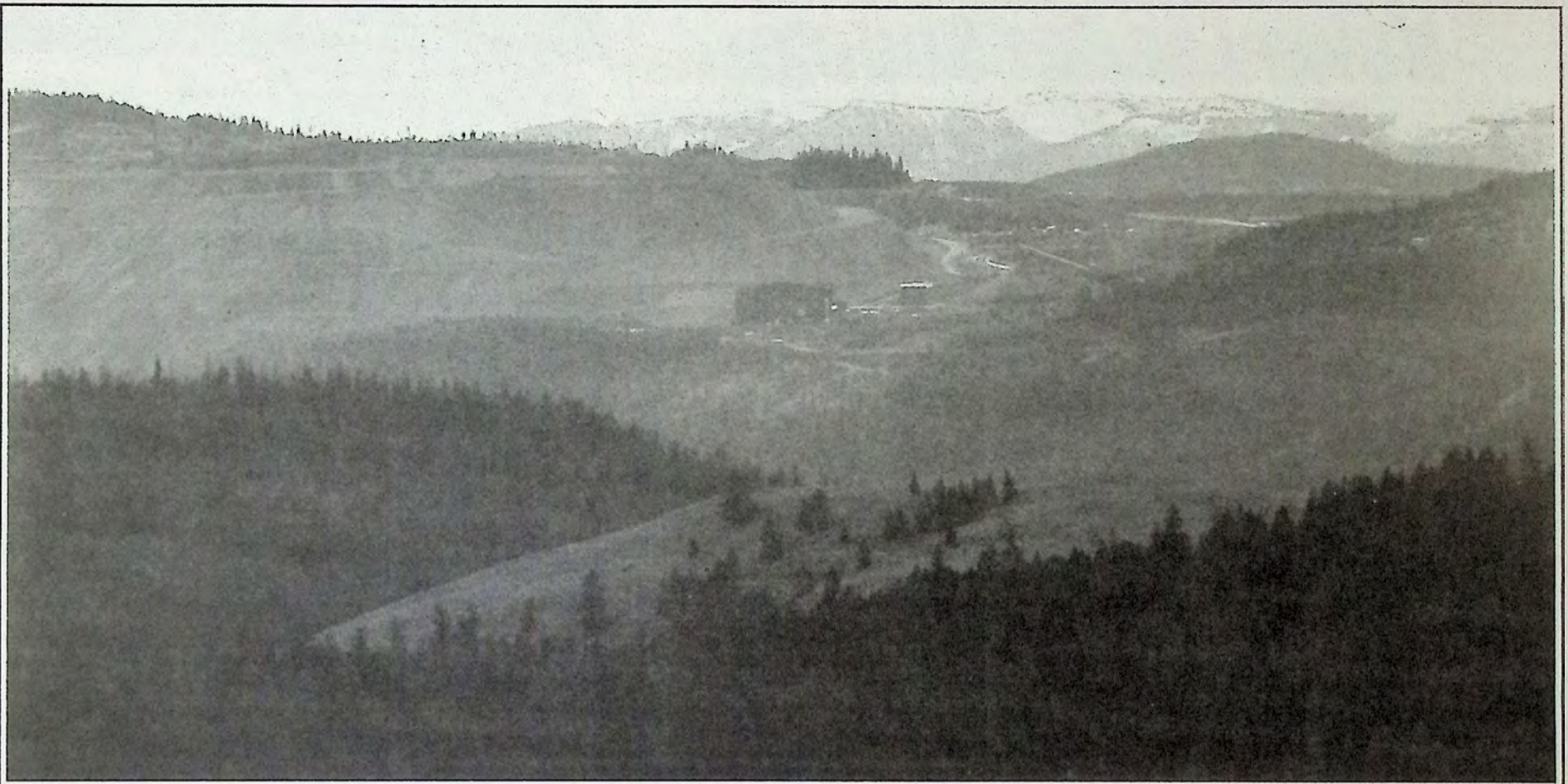
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	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N)	Hi Opie! O	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	(5:00) The 21st Annual Critics'	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Ships	Life Derek	CityLine (N)	Cops	Restaurant Makeover
7 AM	Law Order: CI		Monkey	Odd Squad	Today (N)	CBS This Morning (N)	Choice Awards	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre	How/Made	HZipzer	Let's Make a Deal (N)	Cops	Moves	
8 AM	Law Order: CI		Wild Kratts	Wild Kratts	PAW Patrol	Nature Cat Special (N)	Criminal Minds			Morning Huntley St.	Napkin	SpongeBob	SportsCentre	Daily Planet (DVS)	Next Step	The Price Is Right (N)	Cops	Security	
9 AM	Hot Bench	Morning Huntley St.	Doozers	Tiger	Today (N)	The 700 Club	Criminal Minds	Livel Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur	Sidklick	SportsCentre	Livel Kelly and Michael	How/Made	Builder	FamFeud	Jail	The Dead Files
10 AM	Judge	Sugar	Boj	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds "Jones"	The View	Sugar	Rachael Ray	Bookaboo	Spliced	SportsCentre	The View	Mighty Planes "SOFIA"	Justin	The Chew	Cops	Ghost Adventures
11 AM	Divorce	Rachael Ray	Monkey	Dinosaur	Hot Bench	Young & Restless	Criminal Minds	Paid Prog.	Rachael Ray	Noon News Hour (N)	Our Vancouver	Rated A	SportsCentre	Marilyn Denis	Alaska	Kate and Wingin' It	General Hospital (N)	Wildest Police Videos	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose	Nina's	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Last Frontier	Make Me	Celebrity	Wildest Police Videos	Mysterium-Museum
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	General Hospital (N)	Days of our Lives (N)	The Talk	Heartland "Walk a Mile"	Almost	Hockey Reporters	The Social (N)	Men, Women, Wild	Next Step	CityLine	Cops	The Dead Files
2 PM	King	The Talk	Mays	Thomas	TMZ (N)	Let's Make a Deal (N)	Criminal Minds	The Doctors	The Talk	Meredith Vieira	Murdoch Mysteries	Wayside	Sports	Dr. Phil	Myth-Busters	Wingin' It	CityNews at 5 (N)	Cops	Ghost Adventures
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show	Movie: *** "Gladiator"	Rachael Ray	Meredith Vieira	Young & Restless	Grand Designs	Sidklick	SportsCentre (N)	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Cops	Moves
4 PM	Big Bang	Young & Restless	Maker	Nature Cat Special	Jdg Judy	Dr. Phil	(2000) Russell Crowe	FABLife	Young & Restless	Early News Global Nat.	Bond Vet	SpongeBob	2016 Australian Open Tennis: First Round (N)	The Dr. Oz Show	Daily Planet (N)	Life Derek	Mod Fam	Cops	Restaurant Makeover
5 PM	Movie: "Switching Channels" (1988)	News (N)	Dino Dan	News	News	News		News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den	SpongeBob	CTV News Vancouver	How/Made	Nowhere	The Middle	Cops	Security	
6 PM		News Hour	Marine Machines	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	War & Peace	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	2016 Australian Open Tennis: First Round. From Melbourne, Australia. (N) (Live)	CTV News Vancouver	Alaskan Bush: Off Grid	Gaming	Scorpion (N)	Cops	Security
7 PM	Seinfeld	ET	Hope for Wildlife	WA. Grown Steves	Jeopardy!	Broke Girl	Bezukhov inherits a fortune.	News	ET	NCIS: Los Angeles (N)	M'ketplace	Assembly	etalk (N)	Alaskan Bush People	The X Factor UK	Broke Girl	Cops	Border	
8 PM	Family Guy	Supergirl (N)	Turn Back Time	Antiques Roadshow (N)	Superstore	Supergirl (N)	(8:02) War & Peace (Part 1 of 4)	The Bachelor (N)	Supergirl (N)	Supergirl (N)	Murdoch Mysteries (N)	Gags	MasterChef Celebrity Showdown (N)	How/Made	Prince	CityNews-Tonight (N)	Cops	Mysterium-Museum	
9 PM	Family Guy	Chi-cago Med "Bound"	Fake or Fortune?	Antiques Roadshow	The Biggest Loser (N)	Scorpion (N)		Chicago Med "Bound"	Chicago Med	Jekyll and Hyde (N)	Gags	Gags	Alaskan Bush: Off Grid	Third	Crime Watch Daily (N)	Vegas	Jail	Security	
10 PM	The Middle	NCIS: Los Angeles (N)	John McCrae's War	Independent Lens		NCIS: Los Angeles (N)	(10:01) Movie: *** "Gladiator" (2000)	(10:01) Bachelor Live	NCIS: Los Angeles (N)	News Hour Final (N)	The National (N)	Haunting	Law & Order: SVU	Alaskan Bush People	Degrassi	Extra (N)	Jail	Border	
11 PM	Browns	News Final	Hope for Wildlife	Charlie Rose (N)	News	News		KXLY 4	News	Late Show-Colbert	CBC News	Gags	News-Lisa	How/Made	Malcolm	Liquidator	Wildest Police Videos	Ghost Adventures	



The view of Copper Mountain Mine from across the valley at Miner Mountain. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

What an incredible start to the New Year!

The Town of Princeton has increased the local tax base by \$337,706.80 thanks to the successful satellite boundary extension to Copper Mountain Mine. In case you haven't really been following this, the Town and CMMC have been working together over the past two and a half years to make this happen. The 'this' is not a boundary extension that runs along Copper Mountain Road, but a boundary

that traces the outline of property owned by the mining company, which is now considered part of the Town of Princeton.

As a result, property taxes at the mine now go to the Town rather than the Regional District.

Let's assume the mine stays in business for another ten years - I say this because the business out there is completely dependent on the market pricing of the resources they pull out of the ground - and let's assume the tax rates stays the

same over those ten years. This means the Town will collect 3.3-million dollars in property taxes from the mine in that time frame.

I've talked about it here before that as much as that may sound added to the existing Town of Princeton tax base, there is a lot of existing infrastructure that can be upgraded and expanding in that time frame.

We learned at the end of last year that the Town sewer system does not get a complete flushing each year due to costs. The system is currently flushed annually in a different part of Princeton each year in a rotational basis.

We also don't have a lot of extra bells and whistles in our community because the budget is tight and spread out pretty thin each year. Town Council is probably working on the annual budget as you read this and it is a challenging time for them to determine what infrastructure is a higher priority. This is actually one of the parts about being an

elected official I would very likely dislike most if I was on Town Council. I think I could argue in support of everything in my portfolio and present compelling reasons why (for example) the Arts Council requires \$10,000 more than snow removal this year.

That being said, the reality is that snow removal would probably be a higher priority and I would have to tell the Arts Council there wasn't enough in the budget to cover my request, regardless of how important I felt it was.

The additional tax dollars coming from CMMC as a result of the satellite boundary extension would allow some extra cash in the annual budget to cover things like my support of the Arts Council. I explain this to demonstrate that the \$337,706.80 coming to the Town of Princeton in 2016 from the mine is very likely already spent on things needing immediate attention like sewer flushing and snow removal.

But, not every year will be like this. I'm actually giving Town Council credit here - they inherited the condition of the existing infrastructure in and around the community. It will be those things that will see attention first from the new property tax injection.

I would suspect Town Council is already putting together a wish list of new infrastructure to explore or add to our community. As I explained last week, in order to attract new residents to Princeton we need to have services and attractions. I am not talking water slides and mini golf, either. I am saying that community infrastructure not only benefits visitors, it benefits the rest of us who live here full time so the choices of infrastructure need to address this. Or in other words, what can get the community the biggest bang for the buck?

For many that may be a swimming pool of some kind. For others itcontinued on Page 20

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Thank You!

We would like to thank everyone who came to celebrate our 60th anniversary with us. We would also like to thank our daughters Cindy and Jody, and a special thanks to Jaymie and David Atkinson for hosting the party.

Dinny & Beryl Mullin

Kudos to the Town Crew for clearing our driveways of the berm left by the snowplow (also much appreciated).

- Blaine Marsel

Thank you Princeton Town Crew for keeping our driveway clear after passing our street with the plow. You guys rock!

- Brenda Engel

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Lower Valley News

Keremeos - Cawston - Olalla



Constant snowfalls and freezing conditions made for a number of road accidents. Just one of the many victims was the control box at the corner of 7th Avenue and 7th Street in Keremeos which was damaged early last week. Photo: Marty Menzies

Final age-friendly plan now complete

The Village of Keremeos is pleased to announce the completion of the final draft of our Age-Friendly Action Plan. The report contains a number of recommendations to make Keremeos a more age-friendly community including implementing programs to encourage property owners to improve accessibility, encourage a wider variety of accessi-

ble outdoor activities by constructing an outdoor exercise park and strengthen positive relationships with community stakeholders to champion projects of a collective nature.

The report provides a number of guiding principles for our community to direct age-friendly action.

Although the Action Plan has been completed on behalf of the Village of

Keremeos, it has been compiled with the objective of benefiting other groups, agencies, businesses and organization in our community.

Overall, the report indicates that Keremeos is a relatively age-friendly community given our size and scope

and the numerous age-friendly assets which our community already has in place. The report concludes that future success for an age-friendly Keremeos resides in our ability to work together to collectively achieve the goals detailed in the

final action plan.

A copy of the Final 2015 Age-Friendly Action Plan for the Village of Keremeos can be found on our website located at <https://keremeos.civicweb.net/filepro/documents/123>.

- submitted

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Remember when we were kids and seeing a posted radio channel along some long, lonely stretch of highway in BC's interior before the invention of the 8-track tape meant a reprieve from your sibling who was either burping loudly, kicking you or pinching you as you wished for something else - anything else - to listen to? I'll bet you've never "tested" whether 97.1 FM can be reached at the Twin Lakes Store? Seems there was either good intentions who-knows-how-many-years-ago when this sign was put up or something has changed. FM channel 97.1 is vacant from the airwaves at the Twin Lakes Store where this sign is located, and it is vacant from the airwaves pretty-much until one reaches Highway 97. C'est la vie! Photo: Arlene Arlow

Lower Valley News

Keremeos - Cawston - Olalla



MJ's Pizza And Caribbean Foods has succumbed to the perils of business life in Keremeos. This location has seen a steady string of new owners in the past 10 years. Keremeos is definitely a tough place to do business unless you offer something that the mostly-retired residents see as integral to their health or happiness. Photo: Arlene Arlow

Similkameen beekeepers assist successful 2015

2015 was a successful year for the beekeeping industry in British Columbia, with more and more people buying honey direct from beekeepers, bringing the estimated total farm receipts of the year to more than \$25 million.

British Columbians preferred to buy their honey straight from beekeepers in 2015, with estimated

farm receipts for the retail sales of honey in B.C. almost doubling from 2014, to almost \$16.5 million. Retail sales include farmers' markets, roadside stands, and direct sales to consumers and restaurants. Beekeepers' farm cash receipts from honey sold to stores and wholesale packers topped \$3 million in 2015 in comparison.

The sales from beeswax also increased to reach over \$1 million in 2015. Beeswax is used to make candles, and is increasingly being used in the production of food, cosmetics and pharmaceuticals.

Beekeeper's pollination income for 2015 brought in an estimated \$5 million with honey bees used to pollinate B.C.'s fruit, berry, and canola

farms. Crop pollination contributes an estimated \$250 million to the economy in B.C. and more than \$2 billion in Canada. The beekeeping statistics were collected through Ministry of Agriculture beekeeper surveys.

The province is home to more than 2,400 beekeepers and almost 45,000 colonies of bees. Beekeeping is celebrated on May 29 each year. The day was declared Day of the Honey

Bee to remind British Columbians of the significant role bees and beekeepers play every day and to recognize the vital importance of bees in modern agriculture and the environment.

Similkameen Valley beekeepers are grouped into the Thompson-Okanagan Region which had a total of 7,602 colonies producing a total honey weight of 476,742 pounds in 2015. - submitted



The iconic Branding Iron Bar and Grill in downtown Keremeos has been sold to well known locals Brian and Traci Russell. It will continue serving the same great menu and quality food. Extended hours beginning February 1 will bring additions of things like Mexican Mondays, Prime Rib Night and enhanced lunch specials. Photo: Marty Menzies



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Apparently the Red-Breasted Sapsucker in this photo is an unusual visitor to the Upper Similkameen at this time of year. He (or she) was spotted in South Princeton last week during the annual Christmas Bird Count conducted by Vermilion Forks Field Naturalists. The Sapsucker, which has frequented no less than two yards in the Burton Avenue area, is considered rare in January. *

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

.....continued from Page 16
may be another kind of health feature. If I had some say on the matter I would push for better monitoring and enforcement of local air quality and the development of more walking trails throughout the community. If we are going to promote ourselves as a healthy com-

munity to visit and live, we need to put additional effort into ensuring that is true.

What do you think our community needs in the form of infrastructure? Let your Town Council know what your thoughts are on the way they should spend the extra tax dollars coming to the community as a

result of the satellite boundary extension to the copper mine. They need to hear what you want in order to meet the needs of the community.

How does this save downtown Princeton?

Infrastructure is what each and

every community is built on. That includes streets, lights, sewers, etc. Recreation is also part of the infrastructure. Improvements to any of these elements in a community help it to grow and prosper. Our community is at a place where any kind of improvement will help and

Veterans Square continues to be an example of an infrastructure improvement.

With the right kinds of improvements the community becomes more attractive to investment, which has a ripple effect on both the population and the retail core.

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Central Okanagan-Similkameen-Nicola

.....continued from Page 4
important that the concerns I heard can be satisfied. Specifically that no person is in a situation to consider physician suicide reluctantly out of concerns of guilt on the burden they might place on care givers. It is also

clear that we must actively and aggressively continue to expand and offer more palliative care options. As it is expected that the Liberal Government will at some point table legislation in response to the Supreme Court ruling, I will

continue to provide updates and solicit feedback from constituents. While I have only provided a few examples of some of the many subjects expected to come before the 42nd Parliament, I am enthusiastic about the importance of this work as we continually seek to build a stronger Canada. As has always been my commitment to citizens, I will continue to provide weekly reports on what is occurring in Ottawa and welcome your comments, concerns and questions. Citizens deserve to be heard. On that note I would like to sincerely wish you all a Happy and prosperous 2016. I can be reached at Dan.Albas@parl.gc.ca or toll-free 1-800-665-8711.

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