

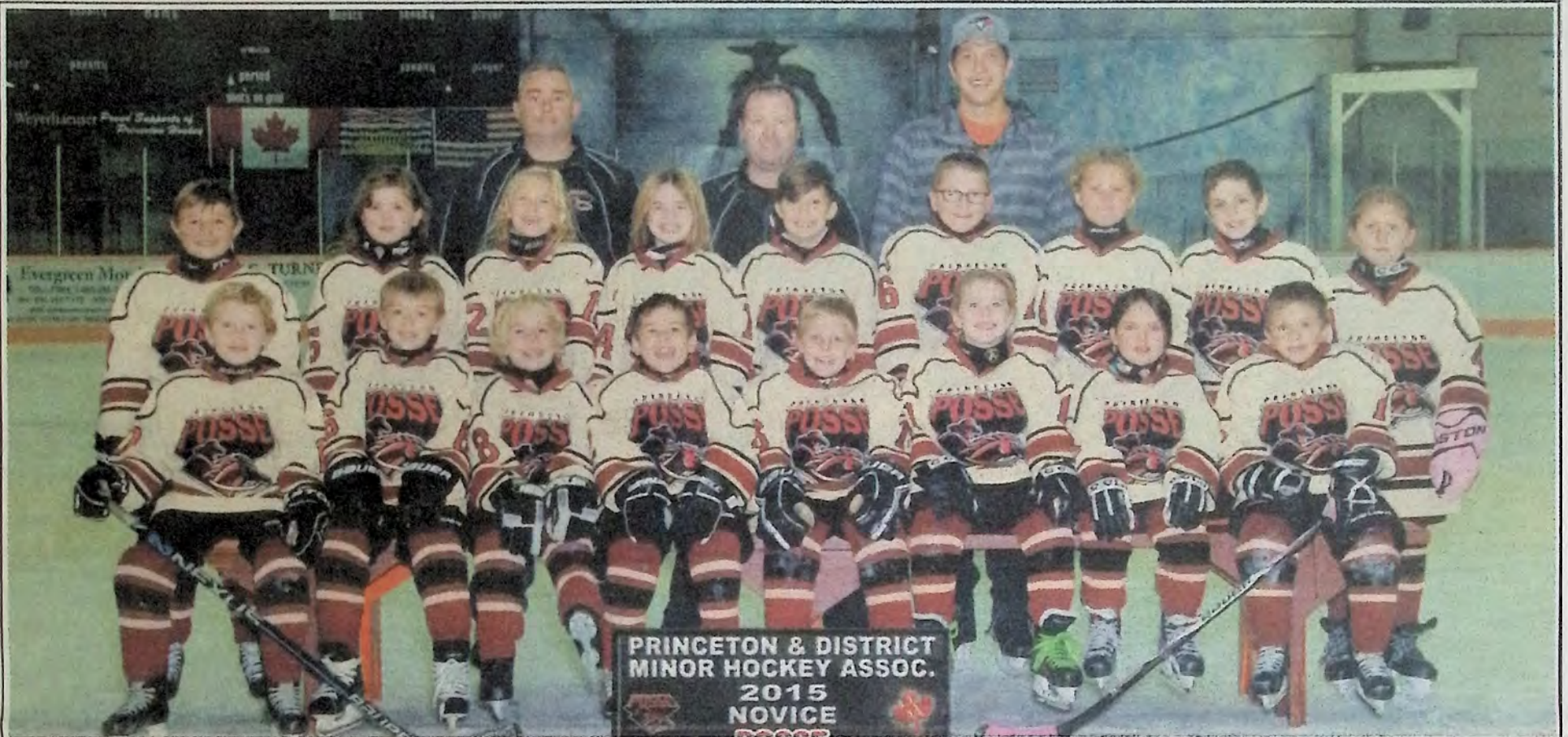
# Similkameen News Leader

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Volume 19 Issue 3 #921 ISSN 1712-090X

Tuesday, January 19, 2016

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



Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse Novice team. - photo submitted

## CMMC announces 2015 production results

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced production results January 14th for the year ended December 31, 2015, from the Copper Mountain Mine located near Princeton.

In 2015, the mine produced 77.6 million pounds of copper, 29 thousand ounces of gold, and 276 thousand ounces of silver. The mill

averaged 91.8% operating time for the year and a total of 12.8 million tonnes of ore was milled at an average grade of 0.335% copper. Production in the fourth quarter totaled 19.4 million pounds of copper, 7.3 thousand ounces of gold, and 60 thousand ounces of silver.

Copper production totaled 77.6 million pounds (95.6 million pounds of copper equivalent) for the 2015 year and was on track

within 5% of the Company's guidance of 80 million pounds of copper. Copper grade for the year was 0.335% Cu, slightly above guidance despite the Company being delayed in receiving the permit amendment to mine the higher grade Virginia pit. Mining in the Virginia area is now underway and ore from this pit is being delivered to the mill. Mill operating time improved during the year and by year end the mill had averaged a

91.8% operating time, compared to the 89.4% averaged during 2014. The original mill design of 35,000 tpd was exceeded by 7% during the third quarter when the mill achieved an average throughput rate of 37,400 tpd, but during the fourth quarter the Company had some planned and unplanned downtime that reduced the year's average to 35,083 tpd.

Jim O'Rourke, President and Chief Executive Officer of Copper

Mountain said, "The mine team have again achieved an outstanding safety performance in 2015 as well as achieving increases in mill throughput above the design capacity while continuing to reduce operating costs. Further increases in mill throughput and continued cost reductions are our key targets for 2016."

During the 2015 year, mining activities continued from both the .....continued on Page 3

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## Sister City sets record with 19 year old Councillor

Princeton's Sister City of Tonasket, Washington swore in their 2016 City Council last week. One new face is 19-year old Jensen Sackman, who is the youngest ever member of Tonasket City Council.

Sackman, who graduated from Tonasket High School last summer, told the News Leader's George Elliott that she has already generated interest in her plans to continue

to cultivate the international friendship between her community and Princeton.

Sackman was encouraged by longtime friend, Tonasket Mayor Patrick Plumb, to get involved in civic politics after having been involved in student council at school. Plumb selected Sackman to represent his community in 2014 as part of a pilot project patterned

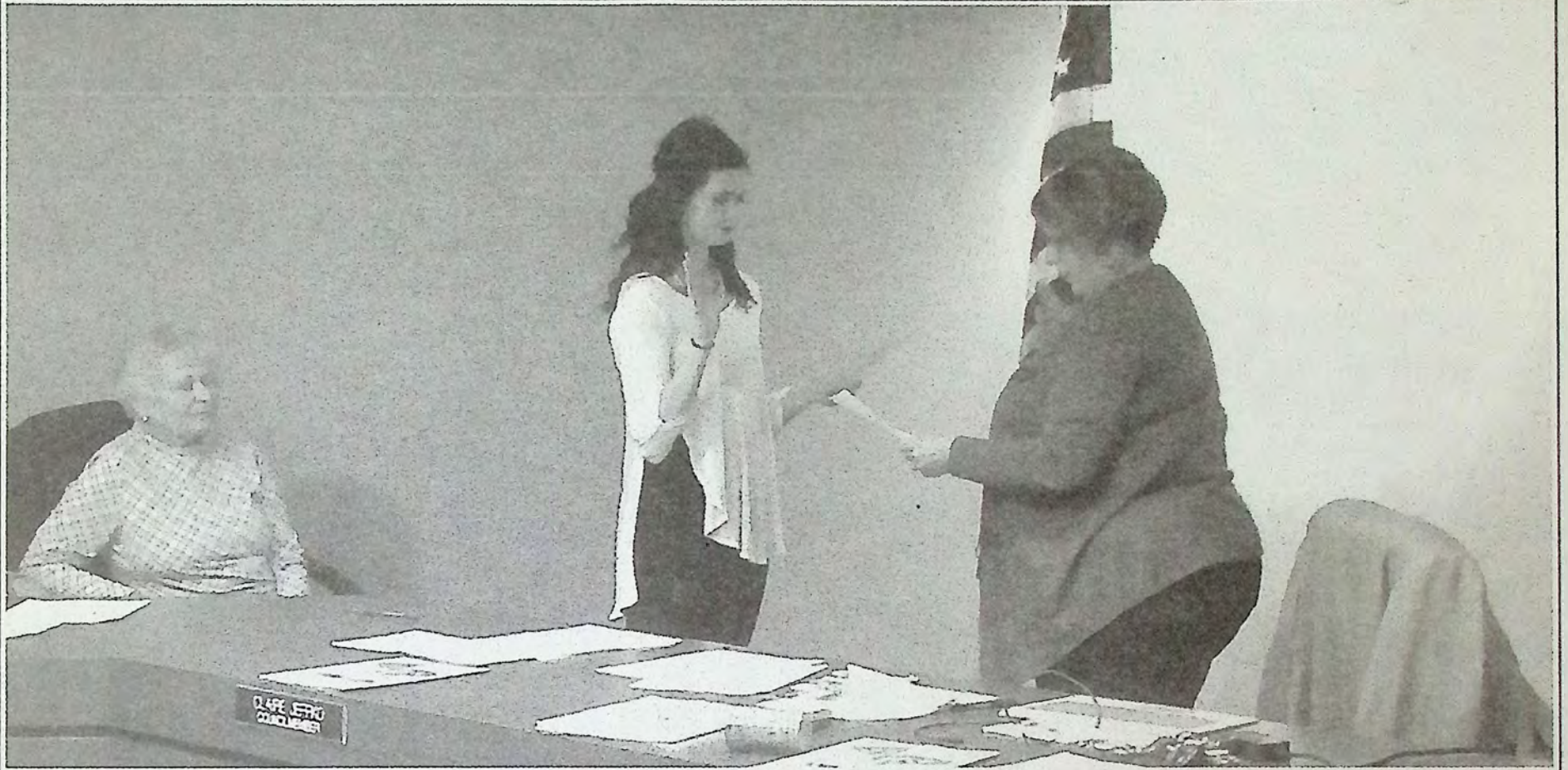
after the Princeton Youth Ambassadors. The News Leader interviews Sackman on Page 2.

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19-year old Jensen Sackman takes her Oath of Office becoming the youngest member ever on Tonasket City Council. Councillor Claire Jeffko, left, watches. Photo: Patrick Plumb

# Sister City's young Councillor shares insight

Princeton's Sister City of Tonasket, Washington made political history last week. The City Council in that community swore in their youngest ever member of

office, a graduate of Tonasket High School who was less than a year ago Homecoming Queen and Tonasket's Youth Ambassador. Jensen Sackman has been in

Princeton during her reign as Youth Ambassador and sees value in the Sister City relationship between the communities. Similkameen News Leader's George Elliott quizzed her

on her public, political and personal plans.

**News Leader:** *How old are you and what are your current career plans?*

**Jensen Sackman:** I am 19, and I am currently working at North Valley Hospital at the front desk, I currently attend Wenatchee Valley Community College in Omak. I don't know what I would like to do in my future as a career. I am just keeping my options open.

**NL:** *What got you interested in civic politics? Were you involved in Student Council in school or any*

*other activity that may be related?*

**JS:** I honestly never saw myself being in politics, but being in ASB (Student Council) during high school it really showed me that it could have a lot of positive outcomes for me. I was in ASB all through high from being a class representative (I just went to meetings then went back to class and told everyone else what was going on) to being secretary my Junior year and my Senior year being Vice President of Publicity. This really helped me open up and taught me a .....continued on Page 3



**Cosmopolitan Gallery**  
(Formerly the Elk's Hall)



**Princeton Community Arts Council**



**HOME ROUTES**




## KATE WEEKES

**7:00 PM Saturday, February 6**

**Cosmopolitan Gallery**

**Tickets at Sunflower Gallery, Coco's Bistro/Cowboy Coffee, Image Emporium**

**\$20 Each - Appies & Drinks Available**



Kate Weekes will arrive in BC for her Home Routes house concert tour after performing on the train across the country and then spending three weeks at the Banff Centre for the Arts for a musician's residency. Kate is a singer-songwriter from Whitehorse. Kate is joined by Yukon fiddler Keitha Clark to deliver a performance of folk and swing music to their tour of BC. The pair have performed together at the Nanjing Jazz Festival in China in 2013.

# Cosmopolitan hosts Kate Weekes

Kate Weekes from Ontario is coming to a community living room near you!

The Home Routes Concert will be hosted in Princeton at the Cosmopolitan Gallery on Saturday, February 6th followed by Donne Roberts (from Ontario) on Sunday, March 6th and Leaf Rapids (Manitoba) on Tuesday, April 12th.

Home Routes/Chemin Chez Nous is North America's only House Concert Network. More than 80 acts will tour through 13 regions across Canada during 2015-16, performing for more than 25,000 audience members; all hosted by community minded volunteers, part of a national network of more than 200 concert hosts in over 160 communities from Nova Scotia to BC to Yukon and Northwest Territories.

The innovation of house concert tours provides significant support to

musicians who receive all concert revenue. With the number of talented performers by far exceeding the number of places to play, house concerts are a significant part of the music scene.

Home Routes/Chemin Chez Nous house concerts present professional artists of exceptional talent who would otherwise perform only in theatres, concert halls and folk festivals in large urban markets. With almost no physical separation between artist and audience, house concerts are intimate experiences for everyone. Casual, comfortable and unpretentious, house concerts are fun and very often, inspirational events that create lasting memories.

Admission is \$20.00 with all proceeds going directly to the performers. For tickets contact your local host Barbara and Cory via e-mail at [coer@telus.net](mailto:coer@telus.net) or telephone 250 295 6587.

# Flip Of The Coyne

by Spencer Coyne

The other day the Prime Minister visited the new Google engineering centre in Kitchener-Waterloo. He was there to make the point that we can become a player in the tech economy. Some great companies have come from Canada, and great work continues to come from Canada. It is time that Canada embraces the 21st century.

Canada's economy is paying the price for being resource extraction and export based. We used to man-

ufacture things. Now we mainly pull from the ground and sell it to other nations that turn around and sell the value-added product back to us. This is why the tech industry is so important to our economy. Web-based tech turns ideas into digital value-added product that is consumed by millions upon millions of people daily. Tech companies like BlackBerry create products that change the world. Canada has been at the forefront of many technologi-

cal advances, and as one of the most advanced nations in the world, we should be at the front of many of those advances in the future as well.

I am not saying that traditional resource extraction industries are not needed. We need them just as much as we need the tech industries because what we lack is diversity. Every time we see a dip in commodities we see our entire economy come crashing down. This boom and bust cycle needs to stop and the

only way is through diversity.

The change won't happen overnight. In fact it will take a lot more than some money thrown at research and development. Our way of training our children in school needs to change. We need to prepare them to enter the tech world the same way we prepare them to go to post secondary for a bachelor's degree. Communities and provinces need to prepare to join the tech world as well. High speed internet needs to be accessible to everyone, not just urban centres. It needs to be actual high speed. Municipalities need to consider this when they are zoning or planning infrastructure upgrades.

The question isn't "Can we" but "Will we do it?" Canadians will need to change the way they think, especially in the west. For some reason we are stuck in this boom and bust cycle. Princeton is a perfect example of that cycle. We are a resource extraction community. When we think about diversification, it isn't what kind of new industries we can bring here that don't depend on those traditional industries. We ask how can we turn that

raw resource into something else. It is economic diversity since it does change it into something else, but it still relies on those same industries that feel the ups and downs of the boom and bust cycle. What we need is something that does not depend on those traditional industries, that in the times of the downturns are not impacted negatively. This allows the economy to stay somewhat stable. If we took that and made it national, then when the price of oil dipped, the economy wouldn't fall to its knees.

Is this something we as the Canadian people are prepared to do? It won't be easy and it won't happen overnight, but if we were to do it we could see benefits that would ripple across the economy as a whole making Canada a more stable economy and more powerful on the global stage. It's something I believe we should do and I think it is something that the Prime Minister thinks we should do. Ontario is seen as Canada's tech hub but I think British Columbia could easily be Canada's Seattle and combined we could become a true powerhouse on the tech scene.

## Sackman shares young insight

.....continued from Page 2  
lot in public speaking and so did the Ambassador pilot program that I did for my senior project.

NL: What is it you hope to achieve as a member of Tonasket City Council? Do you have any personal goals in mind?

JS: I'm not sure what I would like to achieve during council, I know once I am more comfortable and know more about it that I am sure I will have ideas flowing in but for right now my biggest goal is to understand more about it. I look forward to using this opportunity to make

better connections with our neighbours in Canada, especially in our Sister City. I have enjoyed the times I have had to participate in events and look forward to doing more.

NL: Are you the youngest person elected to a City Council in Tonasket? Do you know if you are the youngest to serve in Okanogan County or Washington State at all?

JS: I am actually the youngest for Tonasket which has its pros and cons. I think it is a wonderful achievement to be on council right out of high school, but there are always moments when you feel like

you may not be ready for it. As for Okanogan County or Washington State I am not sure if I am the youngest or not, but if there is anyone else I would love to talk to them to see how they got through it. Since being at my first meeting, I think since I am new it brings a different perspective and we were already discussing if it was legal for us to have a planning session North of the border, open to the public of course, and my interest encouraged further discussion.

NL: Do you have a message for young people who are not sure whether or not their vote counts or that their opinion matters?

JS: It's hard for me to answer this question, because I haven't voted in any major elections yet. For their opinion though, I feel like everyone's opinion matters, you never know if the one thing you say could change something or the one thing you do say others are thinking, but are scared to say. So yes, I think everyone's opinion matters. Considering now that I am one of five votes, I would say that in my position my vote could sway a major decision one way or another, so every vote of mine is going to be very important.

NL: Do you have anything else you would like to add?

JS: The one thing that I hope people, especially younger people, get is that its okay to step out of your comfort zone and try something you would never see yourself .....continued on Page 6

## CMMC shares results

.....continued from Front Page  
Pit 2 and Pit 3 areas averaging approximately 158,000 tonnes per day. A total of 57.7 million tonnes of material was mined, including 22.5 million tonnes of ore and 35.2 million tonnes of waste, resulting in a strip ratio of 1 to 1.56.

The Company is also announcing its production guidance for 2016. Copper production is expected to be in the range of 80 million pounds +/- 5%, based on a mill throughput rate of 37,500 tpd and a mill feed grade of 0.33% Cu, in 2016. The planned mining rate is 174,000 tonnes per day for the year. The 2016 mine plan calls for the Pit 3, Stage 3 pushback to continue with the majority of ore to come from Pit 2 area and the Virginia Pit.

About Copper Mountain Mining Corporation:

Copper Mountain's flagship asset is the 75% owned Copper Mountain mine located in southern British Columbia near the town of Princeton. The Company has a strategic alliance with Mitsubishi Materials Corporation who owns the remaining 25%.


The Copper Mountain mine commenced production in the latter half of 2011, and has continued to improve its operations since start-up. The 18,000 acre site has a large resource of copper that remains open laterally and at depth.

The mine has significant exploration potential that will need to be explored over the next few years to fully appreciate the property's full development potential. Additional information is available on the Company's web page at [www.CuMtn.com](http://www.CuMtn.com).

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# Editorial Page News Leader

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

## My Turn...

### Anchor's Aweigh! Or Is It?

News quickly ignited around town with talk about a building on Vermilion Avenue being sold.

Instead of celebrating the fact that someone has chosen to invest in our community, the news turned into a battle of sorts because of what was going to happen to the tenants of that building.

I'm speaking about The Anchorage Drop-In Centre located in Arbor House that up until last week I really wasn't sure what they were doing over there, nor did it seem to be something I needed to know more about. According to Interior Health, various forms of programs, counseling and support activities were based there and contrary to what you may have seen online in social media, those programs have not come to an end.

What's happened is the new landlord has requested the IHA programs move somewhere else to continue.

Again, instead of celebrating the fact that an existing service will continue as opposed to getting chopped or eliminated (as is the common practice in today's world) online chatter revolved around "What's going to happen to these programs?"

I seem to recall there are about 17 empty storefronts in the downtown core of Princeton. There will be one that will end up being the right fit (according to IHA) and we can all breathe a sigh of relief that something many of us didn't know much about will continue to function in our community as quietly (and secretly due to confidentiality reasons) as it always has.

Don't get me wrong, I think it's great a number of residents jumped up and down and cried foul. I'm never entirely sure of any move that involves IHA so I can understand how Spidey senses went off the chart for some people.

However, the story that first started circulating was not entirely true, either. When I first heard about it, I was told that the "mental health programs" offered at The Anchorage were what was being cut and we were going to have a number of displaced people in our community (again, due to confidentiality concerns, my guess is there would be "a number" of them).

The time frame for the IHA services to vacate the premises is short, I admit (three weeks when word of the sale of the property got out), but this isn't a big community. Someone from IHA could inspect all 17 available downtown storefronts in part of a day, including two coffee breaks and a 30-minute lunch. It's not as if the storefronts are scattered throughout the Southern Interior of the province.

I would imagine a realtor could cut that time in half by suggesting the three "perfect" locations based on IHA criteria. Or, maybe that's why I don't get any of this. I'm trying to filter it all with a bit of logic.

Similkameen  
**News Leader**  
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MEMBER - PRINCETON & DISTRICT CHAMBER OF COMMERCE  
Brenda Engel - Office Manager  
caj Dawn Johnson - Reporter  
Arlene Arlow, Marty Menzies - Lower Valley Reporters  
Spencer Coyne - Columnist  
MEMBER - SIMILKAMEEN COUNTRY, KEREMEOS  
MEMBER - TONASKET CHAMBER OF COMMERCE

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



## ...Your Turn

### Letters and E-Mails Received This Past Week

To The Editor:

Things learned in 2016.

Learn the Anchorage is slated to close at the end of the month. The Anchorage now services adult community support, adult short term assessment and treatment, community residential programs, geriatric programs, crisis intervention, day and outpatient programs, addictions counselling, concurrent disorder services, group therapy, peer support, and after hours mental health support.

Called for confirmation.

The community calls out for support. People respond, Pastors offer churches, citizens call into IHA with suggestions about possible new locations, both temporary and permanent for a new home for the

To The Editor:

How does a massive corporate entity like I.H.A. get an unceremonious kick to the curb? Further, how did the master of expropriation manage to have a building they occupy get sold out from under them without proper notice?

Their claim is they did not find out til January 4th. Less than thirty days to vacate sounds and smells fishy to me.

Most important is your community must find a new facility meeting the right criteria. Plenty of suggestions are already playing possible interim suitor.

Multiple vice presidents all with six figure salaries aside, your health authority is always about saving money. Wouldn't want to think all those public funds are being squandered now, would we? They are, after all, professionals. Who knew that filling former hospital patient rooms with discarded furniture would be so profitable?

Even their size is impressive with thousands of employees. Being almost "too big to fail," it's understandable that the odd communication snafu could occur. Like the fact that the same I.H.A. has recently put the house used for locums on the market.

Seems to me (though I'm no administrator) that house would be a logical fix. Having ownership

Anchorage.

Called Joseph Savage at IHA to ask for clarification.

Is the program being cut? or is it just the residence that is no longer in existence because the building sold?

Mr. Savage tells me that the program and the funding for the Anchorage is still in place, but they are "Scrambling."

Mr Savage tells me his department learned of the sale on January 1st, came back from the Christmas break on January 4th and they have been searching for community partners. Community partners for?...

Mr. Savage said if IHA could save money on rental or lease, they would put it back into the program

will prevent it being sold out from under an important program. Not to mention the money saved on rent. Plus, we can all rest assured that a kitchen good enough for doctors ought to meet the requirements of clients.

The only issue may be one of zoning, if so, forget it. We've seen the mess town can make with that kind of talk. Many are still reeling from the last beating taken from

Dear Prime Minister Trudeau;  
I had such high hopes when you became PM that things would change. I am a perpetual optimist even though I'm old enough to have seen so many times before the Liberals campaigning with promises of 'real change' and then continuing on with the same policies that got the Conservatives voted out.

You lifted people's spirits when you announced that you would not partake any more in the bombing of Iraq. What happened? Aren't we still bombing them? What has changed?

But the most disappointing of all is the relationship we have with Saudi Arabia - the one that Harper set up and your government is continuing. With all the news coming out of Saudi Arabia - beheadings, public lashings, stoning, jail for speaking out - we should not be doing business with them. Canada's 'friendship' has been

with staffing. In some of the support services the Anchorage supplies, the demand for services is twice the number of spaces that were initially allotted.

Asked for a face to face meeting with Mr. Savage at his earliest convenience.

Thursday January 14: Meet with Mr. Savage and Cathy Kavanagh. Give real estate listings and community suggestions ranging from the Doctors Residence that IHA currently has, to Churches, the Riverside Centre, various commercial vacancies on the market for sale or lease.

I ask about the probability of the Anchorage continuing forward in terms of continuity of care, if the .....continued on Page 7

that particular and peculiar fubar. The situation is far from hopeless as funding is still available. Whoever it is that steps up (temporary or otherwise), you've done a good, righteous deed.

Sometimes giant multi-million dollar corporations need simple acts of human compassion to demonstrate what plain old people have to offer.

- D. Dobie, Princeton

bought. I believe you are a good man and would not have such friends in your personal circle. Yet, as our spokesperson, you are opening Canada's arms to them (in more than one way).

The rulers in Saudi Arabia are petulant, unpredictable and murderous. Not a comfortable enemy to have but by far a worse friend.

I urge you to reconsider this arms sale and all arms sales. We should be focusing on disarming the world, not arming it. Real change to me would be if Canada were to quit making weapons of war and selling them to whoever pays the highest price. Ultimately we all pay the price.

Sincerely,  
Donna Stocker, Cawston

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# Current Comment

## What Are The Real Issues For You?



**Dawn Johnson**  
editor@thenewsleader.ca

According to CBC news, the top issues for Canadians in 2016 will be marijuana, ISIS, and assisted dying. I was astonished when I read this on the CBC website. Marijuana, really? ISIS, when Putin seems to be taking care of that problem? Assisted dying? Are Canadians really that dense?

We have two major problems in our nation: homelessness and hunger. Why are these not top issues every year until these social problems are solved?

Those are my top issues, and I noticed in the recent federal elections, none of the candidates talked about addressing these problems. There is something really wrong with Canadians when they don't bother to be concerned about lack of homes for many people, and lack of food for many others. Children, old people and single mothers as well as the homeless make up a large proportion of people using food banks. Do we no longer care about kids, elders and mothers trying to cope alone? Have we abandoned compassion? Who hears the voices of not only

politicians, but churches, service organizations and the general public? We have grown silent on these issues: does that mean we think it is all right?

Another issue affecting how we are going to live in the future is what is happening in Italy. Bringing the news, finally, to some news sources, is the story of the Italian senior who committed suicide because his bank took all of his money. He had 100,000 Euros in bank bonds and lost it all in a move called a 'bail-in' in which the bank confiscated depositors money to keep the bank afloat. This is entirely legal due to a law passed in the EU. It would have been legal anyway, because when a bank is going broke, the money you loaned them (your deposit) can't be repaid to you, so you're left holding the bag. What concerns me about this issue of 'bail-ins' is the fact that the bank now survives and the depositors do not. We Canadians should be watching this and asking whether our government would allow this to happen. To me, this is a serious issue because most of us have money on deposit in some bank and we depend on that money to survive.

Another issue I never hear in the media is the role of the United Nations. It seems to me the U.N. is not doing the job for which it was originally designed, that is, keeping peace in the world by investigating breaches in international peace and resolving issues. The U.N. has become notoriously incompetent at resolving conflicts. If you have read former General Romeo Dallaire's book on Rwanda, you will know what I

mean. Further proof is the mess in the Middle East, and the U.N. has done little, or nothing, to stop the fighting. There would be no Syrian refugees if that mess had been cleaned up years ago.

While unable or unwilling to stop armed conflict, the U.N. seems to be over-stepping its mandate in coming up with Agenda 21, a plan to organize and control all of us. They claim it is to protect the environment, but the U.N. has not been successful in that area, either. We have millions of tons of plastic waste floating around in our oceans, and I don't see any effort to organize an international effort to clean up our oceans and seas.

Obviously, what I see as issues are not what the CBC sees as issues, and maybe I am among a very small minority group. What I see is a lack of concern for the fundamental roots of what Canadian society is supposed to represent: concern for one's fellow man and for the health and safety of our world. The other issue I see is a push against the public's freedom to protest. There have been organized, peaceful protests in recent years, but it appears to me that everything possible is being done by government to treat citizens as if they had no right to speak out. Each protest is treated as if it were about to break out in violence, and protestors were treated as possible terrorists. In fact, we now have laws under Bill C51 giving police the right to treat us as terrorists if we protest government action.

Perhaps the issues I see don't bother most people. Perhaps I am the only Canadian who sees these as issues. If that is true, nobody is standing on guard for Canada.



PRINCETON & DISTRICT MINOR HOCKEY ASSOC. 2015 MIDGET POSSE

Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse Midget team.

# Similkameen News Leader

Weekly. Independent. Local. Newspaper.



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## INVITATION TO WORSHIP



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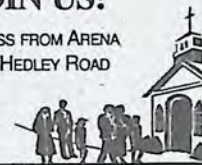
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## AND NOW...A LITTLE GOOD NEWS!

"For if you forgive men when they sin against you, your heavenly Father will also forgive you." - Matthew 6:14

# Princeton Legion honours members

George Pearkes Branch 56 of the Royal Canadian Legion had a lot of awards to hand out at the January 15 potluck dinner and installation of officers. Both the Legion and the Ladies Auxiliary enjoyed a fine dinner to start the evening.

Ladies Auxiliary President Karen Wittich gave out two long service pins. Charlene Longdo and Dawn Johnson received 45 year pins. Jean Lindsay was awarded a Life Membership in recognition to her continuing long term service to the Ladies Auxiliary.

Zone Commander of the Ladies Auxiliary installed Karen Wittich as President of the Princeton Branch for 2016, with Ann Bauder as Secretary-Treasurer and Crystal Ward as Vice-President. Following the installation ceremony, President Wittich thanked the members of the Ladies Auxiliary for their spirit of cooperation, adding, "I enjoy working with them."

President Wittich gave an award to Legion member Sharon Paterson for all her assistance to

the Ladies Auxiliary. Legion Zone Commander Rick Lundeen installed the 2016 roster of Legion executive members, beginning with Sergeant-at-Arms Robert Clark and Chaplain Sandra Lawlor. Ron Mackay was installed as new President, with First Vice-President Neil Wheeler and Second Vice-President Bernadette Kelleher. Cliff Glover is Past President. The Executive Committee is comprised of Les Kinsey, Sharon Paterson, Richard Lawlor and Mandy Daly.

Wayne Terepocki presented a number of awards and certificates of appreciation to Legion members who were notable for their volunteer work during the year.

Before presenting a very special award, Terepocki stated, "Legion Branches across Canada have dedicated members who volunteer countless hours of their time to make the Legion the success it is. Branches choose one from among these valued members to recognize each year as Legionaire of the Year."

Bernadette Kelleher was called

forward to receive the outstanding award, and received a large, distinctive plaque as a keepsake.

Executive medals were presented to Mandy Daly and Neil Wheeler. Les Kinsey received a Sgt.-at-Arms medal, Ron Mackay receive an Executive medal with Poppy, Finance and Vice-President bars, and Cliff Glover was presented with the Past President medal.

Three Honorary Memberships were awarded to Bill Cromarty, Pat Ross and Cathy Orser, three veterans, in recognition of past service to the Legion.

Certificates of appreciation were presented to members who volunteered for various duties during the year: Karen Norrington, Darren Hebert, Ann Wannamaker, Bernadette Kelleher, Jean Bowles, Lina Froese, Bonnie Weber, Dawn Willis, Eric Willis, Allison McVeigh, Kathryn Glover, Jerry Rogers, Patti Rogers, Sharon Paterson, Ross Edwards, Blaine Marsel, Rollo Cecon, Rod Wittich, Maureen Turner, Debbie Blue, Faye Wheeler, Helen Povich, Janice Winter, Derek Winter,

Bernice Whitlock and Cindy Corbett. Numerous long service pins were

awarded to Legion members for five, ten, 15, 20 and 25 years of service to the Legion.



Cliff Glover, left, and Wayne Terepocki present Bernadette Kelleher with Legionaire of the Year honours on January 15th. More photos from the evening will be in next week's News Leader. Photo: Dawn Johnson

# Sackman and Plumb promote Sister City program

.....continued from Page 3 doing. I'm from a small town and a small community, but I have gotten so much encouragement from them that it really helps. You will never

know what you are good at until you challenge yourself to step outside of your boundaries.

City of Tonasket Mayor Patrick Plumb told the News Leader last

week, "I am extremely proud of Jensen for being willing to serve, especially considering her age. Many young people do not take the opportunity to understand much less be a part of local government at her age."

He added, "She is keeping her options open for her future, but this can only lead to positive outcomes for her professional growth and education. Already she has attended community meetings and referred to her positive experiences in our Sister City Princeton BC and expressed her desire to try having a joint meeting or us attending a council meeting there as an outreach opportunity."

Plumb continues to work on developing the Sister City relationship with Princeton that began with the rodeo clubs of both communities.

"We also attended a Tonasket Rodeo Club meeting where Jensen was able to convey how kind and

welcoming folks in Princeton were when we attended the Princeton Rodeo and also the Keremeos Rodeo. Her comments led to many Tonasket Rodeo Club members wanting to come up to your next events, so I believe this is really starting to come together for us to build on our Sister City relationship."


Plumb says they will be making many trips north of the Border in the coming year.

"Look forward to seeing us in South BC in 2016! I also wanted to mention that Maria Moreno is also another young leader that was elected and is also excited to come up and meet you all, and Claire Jeffko was re-elected."

**Congratulations, Jensen!**  
**GOOD LUCK ON TONASKET CITY COUNCIL**  
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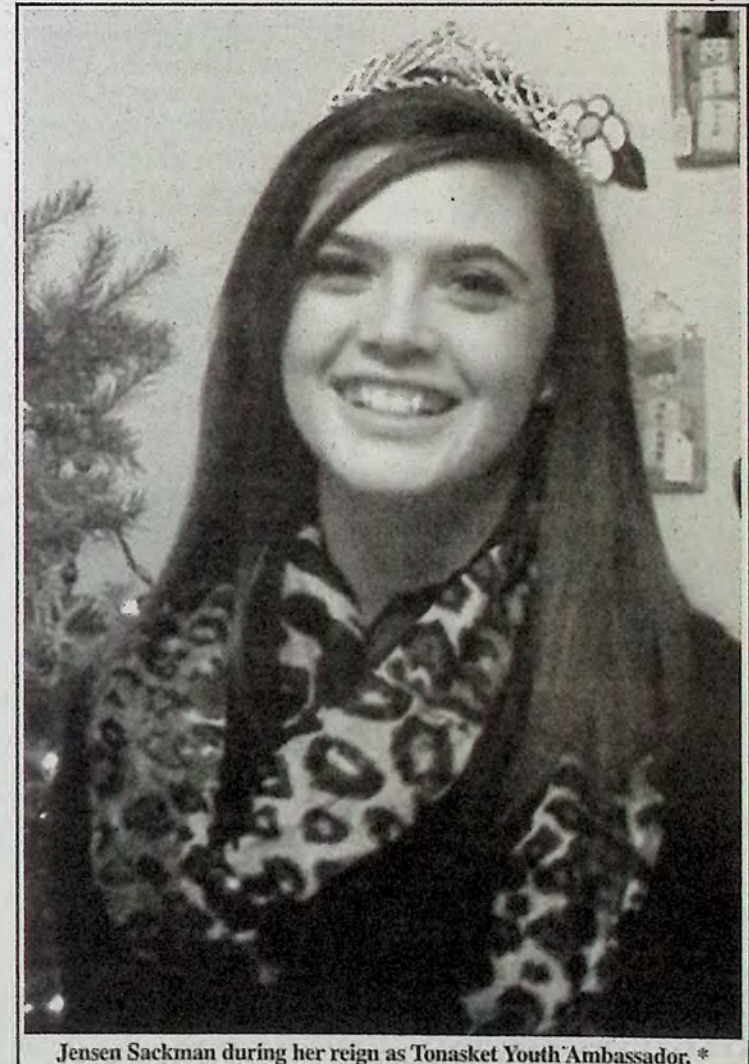
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## Youth Bowling

- YBC Scores - January 13, 2016**  
**Copperhill Lanes, Princeton**
- Rowlasaurus**  
 High Average - Emma Kerfoot, 65  
 High Single - Mary Elizabeth Bond, 76  
 High Double - Landon Morris, 121
- Bantams - Boys**  
 High Average - Dayton Hargrave, 74  
 High Single - Kaydon Logan, 112  
 High Triple - Matthew Williams, 212
- Bantams - Girls**  
 High Average - Shaelin Tomusiak, 101  
 High Single - Reva Shopshire, 106  
 High Triple - Halli Brewer, 250
- Junior and Senior**  
 High Average - Dayton Wales, 142  
 High Single - Brianna Tomusiak, 152  
 High Triple - Dawson McFarlane, 368



Jensen Sackman during her reign as Tonasket Youth Ambassador. \*

# Pets 'n' Vets

## Arthritis Prevention - Keep Your Pet Active and Happy As It Ages

by Ryan Ridgway BSc Ag., DVM

With advances in veterinary medicine preventing and treating many serious diseases, our pets are living longer. This means that chronic, age-related issues such as arthritis

are becoming more prevalent. In fact, arthritic pain is often a major determining factor in deciding when a pet is euthanized due to a poor quality of life.

While the clinical signs are gener-

ally seen in older dogs, arthritis actually begins early in life as joint cartilage is worn and damaged through everyday use. The heavier and more active a pet is, the faster their cartilage wears down.

Because cartilage doesn't heal fully after it is damaged and we are not currently able to reverse arthritis, prevention is extremely important. Once arthritis has begun, all we can do is manage the pain and prevent further damage to the rest of the cartilage.

Early nutrition plays a very important role in the development of arthritis. In young, growing animals, it is important to match their mineral, energy and protein requirements to the proper growth of the pet; large breed dogs in particular. Normally, the bone underlying joint cartilage acts as a shock-absorber. When the animal grows too fast, the cartilage and underlying support bone do not develop properly. As a result, the cartilage is more easily damaged during weight bearing, when the two bones contact each other.

Nutrition is equally important in adult animals. Obese pets are prone to arthritis because of the increased amount of force when the two bones connect as the joint compresses with weight bearing, as well

as wear on the cartilage. In fact, obesity is the number one cause of arthritis in our pets these days. On the other hand, a lack of nutrition affects joint and bone health just as seriously. Extremely thin, malnourished animals are prone to arthritis because the cartilage doesn't get enough nutrients to maintain itself, and the joint fluid loses its ability to lubricate the joint surfaces, increasing wear.

Proper nutrition is a balance that is individual for each animal. It requires monitoring their body condition, not just their weight, as every pet has a different skeletal size and muscle mass.

There are numerous diets and supplements to maintain cartilage health and prevent obesity. Because large breed puppies are more prone to developing problems in their cartilage from fast growth, they require different food than a small breed dog. Where small breed puppies and kittens do well switching directly from puppy or kitten to adult food between eight

.....continued on Page 10



Even at rest, pets are good for our overall wellbeing because of what they bring into our lives. \*

## Living Past 100

### Could You Be Eating Better?

A study reported in the American Journal of Clinical Nutrition revealed 99 percent of Americans are not getting enough potassium in their diets. This is particularly true of the elderly. Potassium is essential to the functioning of vital organs and the nervous system. Potassium is one of the factors in the body's electrolytes. Low potassium leads to high blood pressure, kidney problems, muscular weakness, and heart problems.

One of the reasons for low potassium is eating too much salt. Another reason is eating not enough foods containing potassium. If you eat too much salt, it cancels out potassium. If you do not eat enough foods rich in potassium, you will suffer a deficiency.

Modern food habits tend to lead to deficiency of potassium. In earlier times, breakfast consisted of a bowl of whole grain cereal topped with a tablespoon of blackstrap molasses, both rich in potassium, enough to supply one-third of the 4700 mg. required each day. If that person were to eat a cup of cooked spinach and a baked potato for lunch, along with a slice of whole grain bread, and a slice of roast beef, the potassium required daily is two-thirds filled. A supper of pork and beans would bring the level of potassium up to what is required. Eating the right foods maintains potassium levels.

Some of the best sources of potassium are ordinary foods: bananas, oranges, grape juice, pineapple juice, raisins, dates, rutabagas, spinach, beans (dried and cooked), potatoes, broccoli, pork, milk, buckwheat, cottage cheese, yogurt, ice cream, maple syrup, blackstrap molasses, chick peas, green peas, almonds, sunflower seeds, pumpkin, squash, tomatoes, onions, mushrooms, melons, prunes, peaches, chard, corn, beets, carrots, and cocoa.

What depletes potassium? Coffee, alcoholic beverages, smoking, and salty foods. Highly refined foods, such as most breakfast cereals, white bread, and canned foods, do not contain enough potassium to meet daily requirements.

When planning meals, think of the potassium content of the foods you eat. Think of a meal of a pork chop, squash, spinach, a potato and a slice of pumpkin pie: you are loading your body with potassium. Then think of drinking a beer and eating a bag of potato chips on top of this, and you just sent a lot of that essential potassium out with your urine. Potassium is a two-way street: it can come in big quantities and leave with salt and alcohol.

If you want to stay healthy, you need to eat what your body needs, and not eat what your body does not need.

## ...Your Turn

### Letters and E-Mails Received This Past Week

.....continued from Page 4  
services could remain available uninterrupted while the residence issue gets resolved.

Mr Savage tells me about a mobile unit, team meetings, that his supervisor, Susan Brown, had received an e-mail from one of our local pastors about space, that it was all being reviewed.

When would IHA be back?

They would be back in two weeks.

Mr Savage tells me that IHA is looking at changing the program known as the Anchorage, about looking at different demographics, that IHA is interested in putting together another community round table on what kinds of services that it feels important, for the next three

or four months.

As I got into my truck to drive away, thinking about all the things Mr. Savage told me, I thought about the one thing I still didn't know - if the people at the Anchorage were going to have a home any time soon.

- Sol Allison, Princeton

### Narcotics Anonymous

7:00 PM Wednesdays  
7:00 PM Sundays  
Chamber of Commerce  
Basement, Highway 3

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OR 250-295-6531

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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.



News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - January 19 - 25, 2016



One major fundraiser held this season by Princeton Minor Hockey Association was their Christmas Cash promotion. Minor Hockey President Dan Lankinen presented Judy Robinson with her 50/50 cash prize last month. - photo submitted

## Celebrate Minor Hockey Week!

January 18 to 25 is Minor Hockey Week and in Princeton it is a big deal. The history of hockey in Canada is as rich as it is in the Similkameen Valley. Teams of 'semi-professional' players once represented all communities in the valley including Blakeburn, Copper Mountain and Allenby.

For youngsters growing up in those days learning to skate on a frozen lake in the area was a rite of

passage. Parents, neighbours and friends would volunteer time to maintain the outdoor rinks, organize 'pick up' games, provide heat and food.

That same passion and spirit extends to today's minor hockey program. Parents, friends and neighbours coach, volunteer and do whatever else has to be done in order for local boys (and girls) to learn skills they can carry into

adulthood related to teamwork, learning and communicating.

The local Princeton Minor Hockey Association is no exception and continues to this day because of the passion and spirit passed on from earlier generations. Throughout this week's issue of the News Leader you will find team photos of the 2015/16 Minor Hockey teams in Princeton.

We present the rosters for you in list form to show you that it takes a lot of locals to build a team and keep a team together.

**Bantam:** (no picture)  
Caleb Franklin, Case Brodie, Takumi Irie, Kirklan Scollon, Bradley Clearwater, Quinn Clarke, Robert McElroy, Trent Robinson, Liam Zieske, Matt Maynard, Carson Thibert, Shae-lin Karstensen, Jayden Larsen, (Head Coach) Daryl Clarke, (Assistant

Coach) Shelby Smith, (Assistant Coach) Carson Zieske, (Safety) Alan Anderson.

**Midget:**  
Back Row: (Head Coach) John Van Horlick, Nathan Silbernagel, Jake McCutcheon, Brennan Scollon, Jayden Sawicki, Dillon Marcel, Grant Yee, (Safety) Richard White. Front Row: Connor Clarke, Cache Cook, Corey Thompson, Michael White, Marcus Brodie. Missing: Hayden Zieske.

**Peewee:**  
Top Row: (Head Coach) James Sawicki, Skylar Mckinnon, Jordon Sawicki, Michell Yee, Victoria McElroy, Dacoda MacMillan. Front Row: Elias Frost, Maddisen Fulton, Quinn Harrison, Noah Vandergulik, Devon Harrison.

**Atom (Red):**  
Top Row: (Head Coach) Al Lawes, Mike Keyworth, Max Greening,

(Assistant Coach) Derek Greening. Bottom Row: Rex Rhyno, Syd Lawes, Braedy Hassell, Katie Coyne, Reid MacMurchy, Andrew Graves. Missing: Jaiden Mullin, Teghan Mullin.

**Atom (White):**  
Rear: (Head Coach) Ian Tisdale, (Assistant Coach) Jason Palmer. Back Row: Jonah Hargrave, Hawk Bruneau, Parker Gunn Front Row: Zachary Shales, Marcus Fulton, Kabrie Hartwell, Aivry Thomas, Dawson Mcfarlane, Axel French, Jesse Shales. Missing: (Safety) Jim Shales.

**Novice:**  
Back Row: (Head Coach) Aaron Hough, (Assistant Coach) Rick Gush, (Safety) Monty Ross. Back Row: Cole Hough, Sylvie Thomas, Savannah Gunn, Dominic Rudd, Drayden Ross, Scott Whitecotton, Sophie Elko, Owen Kaiser, Abigail Erikson. Bottom Row: Jackson Gush, Caleb Clevin, Liam Hartwell, Riley Rempel, Nate DeVries, Ojo Rhyno, Laina Lawes, Hayden Hogg. Missing: Dayton Hargrave.

**Tykes:**  
Rear Row: (Coaches) Rick Gush, Connor Martin, Monty Ross, Drew Erikson. Rear Row: Clyde Willis, Hailey Hogg, Raleigh Rhyno, Abby .....continued on Page 20

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Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse Atoms. - photo submitted

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# Pets 'n' Vets

Ryan Ridgway BSc Ag., DVM

.....continued from Page 7  
 months to a year, large breed puppies need to be switched to an adolescent diet partway through puppy-hood. This is because small breed dogs grow at a fairly steady rate, while large breeds grow quickly for the first four to five months and then slows until the animal is adult size. Large breed puppies also reach their adult size later, at 15-18 months.

All pets need to be kept in healthy body condition so that they are not carrying extra weight on their joints. A good adult pet food, fed according to

the pet's ideal weight will maintain it. For active adult pets, there are weight maintenance diets that also contain glucosamine and chondroitin. These supplements have been shown to maintain joint fluid and cartilage health, preventing arthritis. Omega fatty acids, in particular Omega-3 are another supplement that can prevent arthritis. These oils have mild anti-inflammatory and anti-oxidant effects that help combat the inflammation of arthritis. There are veterinary formulations available that contain all three.

Consult your veterinarian as to which formulation and dosage is best for your pet.

If your pet develops arthritis, there are pain medications available that are specially formulated for our pets. It is important that we don't give them human pain medications as these can be fatal to pets.

Talk to your veterinarian about pain control options.

By ensuring your pet gets its proper nutrition and preventing obesity early in life, you can keep your pet active, happy and pain-free as it ages.

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Ryan Ridgway BSc Ag., DVM - Lynn Smart DVM



Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse Atoms 2. - photo submitted

# SO COUNTRY INTERNET RADIO



Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse Tykes. - photo submitted

## WEDNESDAY, JANUARY 20, 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) ☒	Hi Oplel ☐ Monkey	Arthur (N) Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) ☒	(5:00) Morning News (N) ☒	The Early Edition (N)	Kid vs. Kat Almost	SportsCentre ☒	CTV Morning Live Vancouver (N) ☐ ☒	Mighty Ships ☒	Life Derek Life Derek	CityLine (N) ☒	Wildest Police Videos	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur Wild Kratts	Wild Kratts	Today Today Food with Siri	CBS This Morning (N) ☐ ☒	Criminal Minds ☐ ☒	Good Morning America (N) ☒			Cat in the Arthur ☐	Squirrel Chucks	SportsCentre ☒		How/Made	Awesome	Let's Make a Deal (N)	Wildest Police Videos	Moves
8 AM	Law Order: CI		PAW Patrol Curious	Nature Cat Curious	Pintar. (N) ☐ ☒		Criminal Minds ☐ ☒		Morning Huntley St.	Napkin Tiger	SpongeBob Wayside	SportsCentre ☒		Daily Planet ☒ (DVS)	Gaming	The Price Is Right (N)	Movie: ** "Death Race"	Security	
9 AM	Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger	Today (N) ☐ ☒	The 700 - Club ☐ ☒	Criminal Minds ☐ ☒	Livel Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur ☐ Napkin	Sidekick Almost	SportsCentre ☒	Livel Kelly and Michael	How/Made	Builder	FamFeud	Movie: (2008, Action) Jason Statham. ☐	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	Justin Twirlywoos	The Chew ☐ ☒	Movie: ** "The Transporter" (2002) Shu Qi. ☐	Ghost Adventures ☒
11 AM	Divorce	Rachael Ray ☐ ☒	Monkey Dinosaurs	Dinosaur Sit & Be Fit	Hot Bench Hot Bench	Young & Restless	The First 48 ☐ ☒	PaId Prog.	Rachael Ray ☐ ☒	Noon News Hour (N)	Recipes Stefano	Rated A	SC Top 10	Marilyn Denis	Gold Rush: Pay Dirt	Kate and Wingin' It	General Hospital (N) ☐	Movie: ** "The Transporter" (2002) Shu Qi. ☐	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol Kate and	Charlie Rose ☐ ☒ Clangers	BestPant Bold	News	The First 48 ☐ ☒	The Chew ☐ ☒	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds Squirrel	Hockey Lunch	CTV News Vancouver	Gold Rush "Crew War"	Make Me HZipzer	Celebrity	Contractor	Mysterium-Museum
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet Tumble	Oil Painting Sewing	Days of our Lives (N)	The Talk ☐ ☒	Fit to Fat to Fit ☐ ☒	General Hospital (N) ☐	Days of our Lives (N)	The Talk ☐ ☒	Heartland ☒ (DVS)	Almost Sidekick	Hockey	The Social (N) ☐ ☒	Railroad Alaska ☒	Next Step Life Derek	CityLine ☒	Contractor	The Dead Files ☐ ☒
2 PM	King	The Talk ☐ ☒	Maya Curious	Thomas Curious	TMZ (N) ☐ Inside Ed.	Let's Make a Deal (N)	Duck D.	The Doctors ☐ ☒	The Talk ☐ ☒	Meredith Vieira	Murdoch Mysteries ☐	Wayside Kid vs. Kat	Sports Interruption	Dr. Phil ☐ ☒	How/Made	Wingin' It Make Me	CityNews at 5 (N) ☒	Movie: ** "The Transporter" (2002) Shu Qi. ☐	Ghost Adventures ☒
3 PM	Mod Fam	Meredith Vieira	Doozers PAW Patrol	Arthur (N) Nature Cat	Ellen DeGeneres Show	The Dr. Oz Show ☒	To Be Announced	Rachael Ray ☐ ☒	Meredith Vieira	Young & Restless	Grand Designs (N) ☒	Sidekick Chucks	SportsCentre (N) ☒	Ellen DeGeneres Show	How/Made	HZipzer Next Step	CityNews at 6 (N)	Contractor	Moves
4 PM	Big Bang	Young & Restless	Maker Creative	WordGirl Wild Kratts	Jdg Judy Jdg Judy	Dr. Phil ☐ ☒	Duck Dynasty ☐ ☒	FABLife ☐ ☒	Young & Restless	Early News Global Nat.	Bondi Vet ☐ ☒	SpongeBob SpongeBob	Hockey	The Dr. Oz Show ☒	Daily Planet (N)	Life Derek Gaming	Mod Fam	Contractor	Restaurant Makeover
5 PM	Movie: ** "Promotion" (2007, Suspense)	News (N) ☒	Dino Dan Wild Kratts	News Business	News NBC News	News CBS News	Duck D.	ABC News	Global Nat.	Early News Hour (N)	Dragons' Den ☐	SpongeBob SpongeBob	Basketball: Boston Celtics at Toronto Raptors. (N) ☒	CTV News Vancouver	Killing Fields (N) ☒	Gaming HZipzer	Broke Girl Mike	Contractor	Security
6 PM		News Hour	Canada: Over the Edge	PBS News-Hour (N) ☒	News Millionaire	KREM 2 News at 6 (N)	Duck D.	News at 6 (N)	(5:59) News Hour (N)	ET Canada ET	CBC Vancouver News	Assembly Nicky	CTV News Vancouver	Moonshiners: Outlaw	HZipzer	Mod Fam	Contractor	The Dead Files ☐ ☒	
7 PM	Seinfeld ☐	ET	The Polar Sea ☐ ☒	Nature (N) ☐ ☒	Jeopardy!	Broke Girl	TBA	ET	ET	Chicago P.D. (N) ☐	Gags	Nicky	Sports	otalk (N)	Moonshiners (N) ☒	Life	Broke Girl	Contractor	Ghost Adventures ☒
8 PM	Family Guy	Elementary (N) ☐ ☒	Tricks on the Dead (N)	NOVA (N) ☐ ☒ (DVS)	The Myster-les of Laura	Broke Girl Mike	(6:02) Duck Dynasty ☐	The Middle Goldbergs	Elementary (N) ☐ ☒	Elementary (N) ☐ ☒	Dragons' Den (N) ☐	Just Kid Just Kid	Arrow "Blood Debts"	How/Made	Prince	CityNews-Tonight (N)	Movie: ** "Death Race" (2003, Action) Jason Statham. ☐	Contractor	Mysterium-Museum
9 PM	Family Guy	Chicago Med "Bound"	Monarchy "Conquest"	Earth's Natural	Law & Order: SVU	Criminal Minds "Drive"	Duck D.	Mod Fam blackish	Chi-cago Med "Bound"	Chi-cago Med "Bound"	Midwinter of the Spirit	Gags	Criminal Minds "Drive"	Killing Fields ☒	Rebecca LA Story	Crime Watch Daily (N)	Extra (N)	File: (2003, Action) Jason Statham. ☐	The Dead Files ☐ ☒
10 PM	The Middle Payne	Chicago P.D. (N) ☐	Stonehenge	Buildings Changed	Chicago P.D. (N) ☐	Code Black (N) ☐ ☒	Duck D.	American Crime (N) ☐	Chicago P.D. (N) ☐	News Hour Final (N)	The National (N) ☒	Haunting Haunting	SportsCentre (N) ☒	Code Black (N) ☐ ☒	Moonshiners: Outlaw	The X Factor UK ☒	Liquidator	Contractor	Ghost Adventures ☒
11 PM	Browns	News Final	The Polar Sea ☐ ☒	Charlie Rose (N) ☒	News J. Fallon	News Colbert	TBA	KXLY 4	News	Late Show- Colbert	CBC News	Gags	SportsCentre ☒	News-Lisa	Moonshiners ☐ ☒	Malcolm	Liquidator	Movie: ** "The Transporter"	Ghost Adventures ☒

THURSDAY, JANUARY 21, 2016

Table with 20 columns (channels WTBS ch.3 to DTOUR ch.45) and 24 rows (times 6:00 AM to 11:30 PM). Each cell contains program titles and channel numbers.

FRIDAY, JANUARY 22, 2016

Table with 20 columns (channels WTBS ch.3 to DTOUR ch.45) and 24 rows (times 6:00 AM to 11:30 PM). Each cell contains program titles and channel numbers.

News Leader Movies - Wednesday to Saturday

WEDNESDAY MORNING

8:00 am SPIKE ch.44 "Death Race" (2008, Action) Jason Statham. Imprisoned for a murder he did not commit, a three-time speedway champion must compete in a brutal auto race in which the penalty for losing is death. (In Stereo)
10:30 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 "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)
5:00 pm WTBS ch.3 "Premonition" (2007, Suspense) Sandra Bullock. A woman battles time and destiny to save her family after experiencing a precognitive vision of her husband's death.

EVENING

8:30 pm SPIKE ch.44 "Death Race" (2008, Action) Jason Statham. Imprisoned for a murder he did not commit, a three-time speedway champion must compete in a brutal auto race in which the penalty for losing is death. (In Stereo)
11:00 pm 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)

THURSDAY AFTERNOON

5:00 pm WTBS ch.3 "Sky Captain and the World of Tomorrow" (2004, Adventure) Gwyneth Paltrow. A daredevil aviator and an ace reporter fight an evil mastermind and his army of gigantic robots.

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "Now You See Me" (2013, Comedy-Drama) Jesse Eisenberg. A federal agent and an Interpol detective play a cat-and-mouse game with cunning illusionists who rob corrupt business leaders during their performances, then funnel the money to members of the audience.

EVENING

7:00 pm FAM ch.26 "Babe" (1995, Comedy-Drama) James Cromwell. Premiere. An Australian farmer adopts a piglet that becomes a champion shepherd. Live action/animatronics. (In Stereo) (CC)
7:30 pm YTV ch.18 "Willy Wonka and the Chocolate Factory" (1971, Fantasy) Gene Wilder. A poor boy and his grandfather win a tour through the marvelous factory of a wily confectioner. (In Stereo) (CC)
10:00 pm FAM ch.26 "Bunks" (2013, Comedy) Dylan Schmid. Two troublemaking brothers accidentally unleash a curse that plagues their summer camp with zombies. (In Stereo) (CC)

SATURDAY MORNING

10:30 am FAM ch.26 "Babe" (1995, Comedy-Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion shepherd. Live action/animatronics. (In Stereo) (CC)
11:00 am WTBS ch.3 "Snowboard Academy" (1997, Comedy) Corey Haim. A ski-resort owner's son challenges his younger brother to turn novice snowboarders into professionals in two weeks.

AFTERNOON

12:00 pm YTV ch.18 "Alpha and Omega" (2010, Adventure) Voices of Justin Long. Animated. After park rangers relocate them halfway across the country, a carefree wolf and his stern companion must find a way back to their pack to prevent a war. (In Stereo) (CC)
12:05 pm FAM ch.26 "Mrs. Doubtfire" (1993, Comedy) Robin Williams. Estranged from his wife, an out-of-work actor masquerades as a nanny to be with his children. (In Stereo) (CC)
1:00 pm WTBS ch.3 "The Game Plan" (2007, Comedy) Dwayne "The Rock" Johnson. A star football player tries to juggle his carefree lifestyle, his team's bid for the championship and the needs of his newly discovered young daughter.
2:30 pm CITV ch.12 "Hurricane Hunters" (1974, Drama) Larry Hagman. Two hurricane hunters race against time to alert a Gulf Coast community to the threat of an impending storm. (CC)

3:30 pm CHBC ch.4 BCTV ch.11 "Hurricane Hunters" (1974, Drama) Larry Hagman. Two hurricane hunters race against time to alert a Gulf Coast community to the threat of an impending storm. (CC)

EVENING

6:00 pm WTBS ch.3 "The Craft" (1996, Horror) Robin Tunney. Teen misfits befriend a suicidal newcomer and strike back at tormentors with witchcraft in Los Angeles.
8:00 pm KSPS ch.6 "The Postman Always Rings Twice" (1946, Crime Drama) Lana Turner. A drifter stops at a Greek diner and helps the owner's lusty wife become a widow. (In Stereo) (CC)

YTV ch.18 "We Bought a Zoo" (2011, Comedy-Drama) Matt Damon. A widower relocates his family to a dilapidated zoo and, with the help of its eclectic staff, works to restore the facility to its former glory. (In Stereo) (CC)
9:00 pm FAM ch.26 "Bunks" (2013, Comedy) Dylan Schmid. Two troublemaking brothers accidentally unleash a curse that plagues their summer camp with zombies. (In Stereo) (CC)
11:00 pm WTBS ch.3 "Match Point" (2005, Drama) Scarlett Johansson. A one-time tennis professional becomes obsessed with his brother-in-law's seductive fiancée.

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SATURDAY, JANUARY 23, 2016

Table with columns for time slots (6 AM to 11 PM) and channels (WTBS ch.3 to DTOUR ch.45). Each cell contains program titles and descriptions.



# News Leader Sudoku

## SUDOKU

No. 264

Medium

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

Previous solution - Easy

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

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

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org)

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The solutions will be published here in the next issue.

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



PrincetonBCNews

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This new product starts out by tickling your taste buds with the tingle of peppermint then smacks them with the bite of jalapeno peppers.



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### MONDAY, JANUARY 25, 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)	Hi Opel (N)	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog the Bounty Hunter	Morning Northwest	Morning News (N)	(5:00) Morning News (N)	The Early Edition (N)	Kid vs. Kat	SportsCentre	CTV Morning Live Vancouver (N)	Mighty Ships	Life Derek	CityLine (N)	Cops	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N)	CBS This Morning (N)	Criminal Minds (N)	Good Morning America (N)			Cat in the Hat	Squirrel	SportsCentre	HowMade	HZipzer	Let's Make a Deal (N)		Cops	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds (N)			Morning Huntley St.	Napkin	SpongeBob	SportsCentre	Daily Planet (DVS)	Next Step Lost	The Price Is Right (N)		Cops	Security
9 AM	Hot Bench	Morning Huntley St.	Doozers	Tiger	Today (N)	The 700 Club (N)	Criminal Minds (N)	Livel Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur (N)	Sidekick	SportsCentre	Livel Kelly and Michael	HowMade	Builder	FamFeud	Jail	The Dead Files (N)
10 AM	Judge	Sugar (N)	Boj (N)	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds (N)	The View (N)	Sugar (N)	Rachael Ray (N)	Bookaboo	Spliced (N)	To Be Announced	The View (N)	Mighty Planes	Justin	The Chew (N)	Cops	Ghost Adventures
11 AM	Divorce	Rachael Ray (N)	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 (N)	Paid Prog.	Rachael Ray (N)	Noon News Hour (N)	Our Vancouver	Rated A	SC (N)	Marilyn Denis	Alaska	Kate and Wingin' It	General Hospital (N)	Police Video	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose (N)	Nina's	News	The First 48 (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Last Frontier	Make Me HZipzer	Celebrity	Wildest Police Videos	Mysterles-Museum
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Paint This	Days of our Lives (N)	The Talk (N)	The First 48 (N)	General Hospital (N)	Days of our Lives (N)	The Talk (N)	Heartland (DVS)	Almost	SC Top 10	The Social (N)	Men, Women, Wild	Next Step	CityLine (N)	Cops	The Dead Files (N)
2 PM	King	The Talk (N)	Maya	Thomas	TMZ (N)	Let's Make a Deal (N)	The First 48 (N)	The Doctors	The Talk (N)	Meredith Vieira	Murdoch Mysteries (N)	Wayside	Sports	Dr. Phil (N)	Myth-Busters (N)	Wingin' It	CityNews at 5 (N)	Jail	Ghost Adventures
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show (N)	The First 48 (N)	Rachael Ray (N)	Meredith Vieira	Young & Restless	Grand Designs (N)	Sidekick	SportsCentre (N)	Ellen DeGeneres Show	HowMade	HZipzer	(2:59) CityNews at 6 (N)	Jail	Moves
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil (N)	War & Peace	FABLife (N)	Young & Restless	Early News Global Nat.	Bondi Vet (N)	SpongeBob	2016 Australian Open Tennis: Quarterfinals (N)	The Dr. Oz Show (N)	Daily Planet (N)	Life Derek	Mod Fam	Cops	Restaurant Makeover
5 PM	Movle: *** "The Incredible Hulk" (2003)	News (N)	Dino Dan	News	News	News	Bazukhov inherits a fortune.	News	Early News Global Nat.	(4:59) News Hour (N)	Dragons' Den (N)	SpongeBob	SportsCentre	HowMade	Nowhere	Muppets	Cops	Security	
6 PM		News Hour	Marine Machines	PBS NewsHour (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: Quarterfinals (N)	CTV News Vancouver	Alaskan Bush: Off Grid	Gaming	Scorpion "Da Bomb"	Cops	Security
7 PM	Seinfeld (N)	ET	Hope for Wildlife	WA. Grown	Jeopardy!	Broke Girl	(8:02) War & Peace (Part 1 of 4)	The Bachelor (N)	Supergirl (N)	Supergirl (N)	M'kplace	Assembly	etalk (N)	Alaskan Bush People	The X Factor UK	Broke Girl	Two Men	Cops	Border
8 PM	Family Guy	Supergirl (N)	Turn Back Time	Antiques Roadshow (N)	Superstore	Supergirl (N)	(10:01) War & Peace (Part 2 of 4)	The Bachelor (N)	Supergirl (N)	Supergirl (N)	Murdoch Mysteries (N)	Gags	The X-Files (N)	HowMade	Prince	CityNews-Tonight (N)	Forensic	Mysterles-Museum	
9 PM	Family Guy	Chicago Fire (N)	Fake or Fortune?	Antiques Roadshow	The Biggest Loser (N)	Scorpion "Da Bomb"		Chicago Fire (N)	Chicago Fire (N)	Chicago Fire (N)	Jekyll and Hyde (N)	Gags	Lucifer "Pilot" (N)	Alaskan Bush: Off Grid	Third	Crime Watch Daily (N)	Forensic	Security	
10 PM	The Middle	NCIS: Los Angeles (N)	Search-Robert	Independent Lens (N)	News	News		News	Late Show-Colbert	CBC News	Coronation	Gags	SportsCentre (N)	News-Lisa	HowMade	Malcolm	Liquidator	Jail	Ghost Adventures
11 PM	Browns	News Final	Hope for Wildlife	C. Rose	J. Fallon	Colbert		J. Kimmel	Colbert			Gags	CTV News	HowMade	Prince	Liquidator	Jail		



Is it time for the downtown core to change themes and work on encouraging business owners to paint their storefronts instead - like this one and others this past year? \*

# Saving Downtown Princeton...

## ...An Ongoing Series by George Elliott

One of the things I struggle with as a downtown business owner is the way the retail core looks to a tourist. As a renter I can only push my landlord so much and I know many of the downtown business operators on the main streets of Princeton are like me - they do not own the building they do business from.

With this in mind I think it is time to revisit the downtown 'theme' and propose some major changes. I've hinted at this before and to be honest with you, I think the Edwardian theme that was adopted

in the mid-1980s has run its course. With all due respect to the town leaders of the time, it was an awesome plan to revitalize the commercial core to a building 'visual theme' that dated back to the Edwardian era.

Here's something the average person may not know: building owners must follow detailed specifics related to facades, paint colours and lighting of the exteriors of their properties. There are bylaws in place to keep everyone conformed to the same theme.

In case you are wondering, it has

not been enforced as strictly as it probably could be and that explains why some buildings downtown don't appear to 'fit in' with an Edwardian theme.

Let's face it, changing the outside of your building to match a pastel-coloured, non-neon light format is costly. It would also be a tough sell to building owners who don't live in Princeton and don't fully grasp the benefits of the concept. It's also tough on building owners who do proceed with making the changes to their storefront only to discover the building owner next door didn't.

Plus, during the winter buildings in pastel colours without bright flashing signage appear as if they are closed. This does not attract a lot of business regardless of how pretty the facade detailing looks in bright sunlight.

This is what, in my mind, pretty much killed the Edwardian theme. Not everybody bought into the

program. Theme towns are extremely successful as tourist magnets (Winthrop, Washington and Leavenworth, Washington come to mind) but only if everyone participates.

I am pretty certain that if you have only lived in Princeton for a relatively short period of time (say, less than ten years) and you are reading this, it could be the first time you were made aware that there was a downtown theme in place. I don't blame you for not recognizing it because buildings that followed the guidelines are scattered throughout the retail core. There never was a complete buy-in.

I'm not sure what theme I would suggest be adopted in place of the Edwardian one, or if there should be a theme at all. I do have to defend Town Hall with the statement that there still needs to be some form of guidelines in place to keep business owners from going way over the top with how their

business appears, but maybe the bar needs to be lowered somewhat.

I think there needs to be some kind of flow to what downtown looks like to those just seeing it for the first time.

As much as I have never really liked the large direction signs posted around town, they have grown on me. I like that the same theme was used for the points of interest signs around town identifying locations in the downtown walking tour. I also like the rock gardens used at both the Town Hall and Visitor Centre as it lends a hint of consistency to municipally owned properties.

There is something there to build upon and expand.

The biggest hurdle will be to get all commercial property owners together and working within the same set of standards to keep a theme in place. That could be a challenge taken on by the Chamber .....continued on Page 20



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### Services



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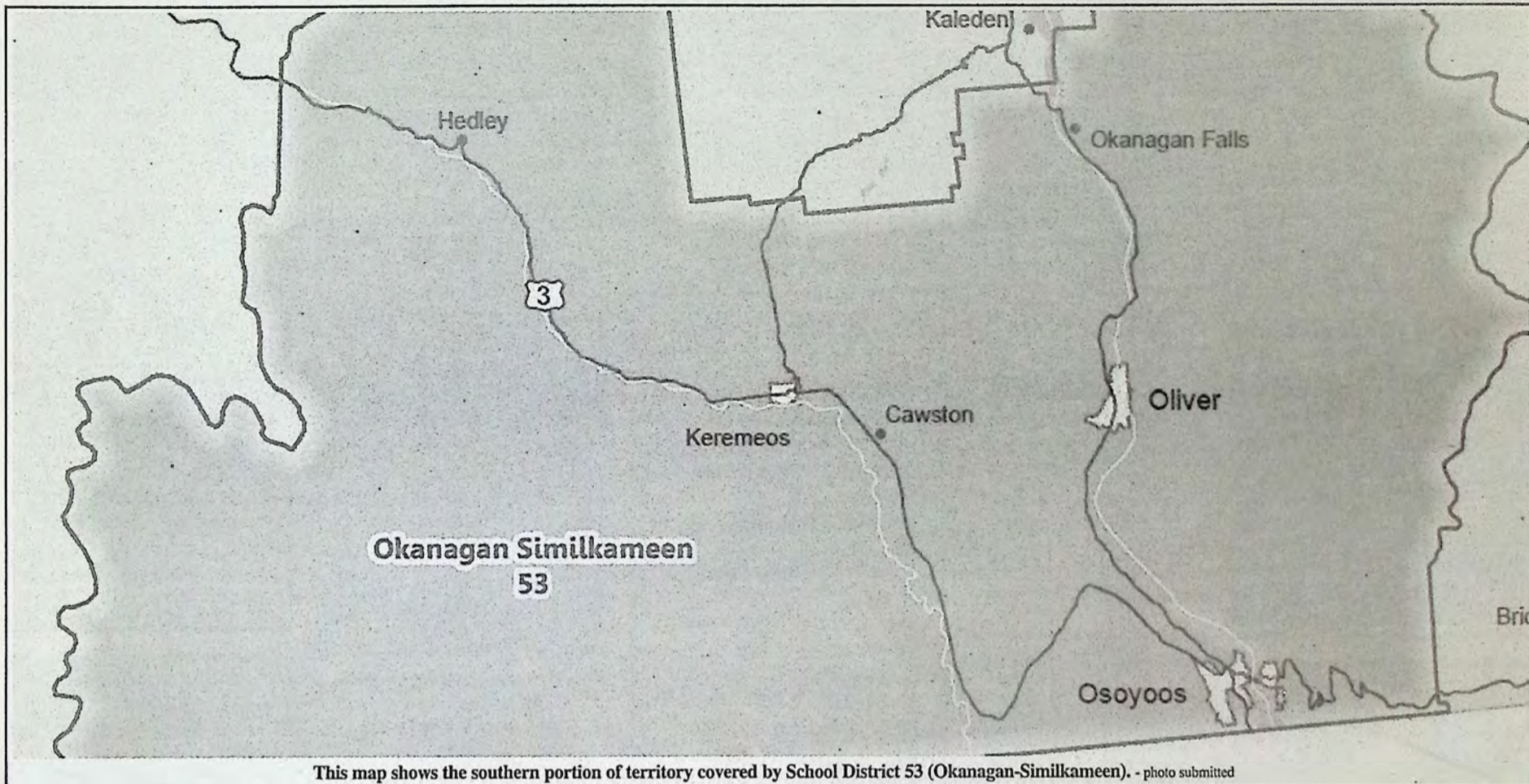


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# Lower Valley News

Keremeos - Cawston - Olalla



This map shows the southern portion of territory covered by School District 53 (Okanagan-Similkameen). - photo submitted

## Changes may come to SD53

by Marty Menzies

We've all heard the news from School District 67 in regard to heated meetings about closures of their schools in Penticton and Summerland.

The Okanagan Similkameen School District is not immune and SD53 will be looking at school clo-

sures this week in a special board meeting. The School Board has declined to comment until after their meeting.

SD53 is made up of five Elementary, two Secondary schools and a Elementary Secondary school. These schools are split with one elementary Cawston (K-4) and

an Elementary-Secondary (5-12) in the Similkameen Valley and the remainder strung out from Osoyoos to Okanagan Falls. It's spread out from the border on the South, to Kaleden on the North and half way to Bridesville on the East, to mid-way between Hedley and Princeton

on the West. That's a lot of area. (see map above).

Their recommendations will most likely be based on what is called a School Facility/Condition Index. This index takes into account the condition of the schools, costs to upgrade, projected enrollment and a

number of other factors. Boiled down, this means that five existing schools may not make the grade. Those five are Cawston Primary, Okanagan Falls Elementary, Oliver Elementary, Osoyoos Secondary and Tuc-El-Nuit Elementary .....continued on Page 19

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The Community Foundation of Okanagan Similkameen hosted a grant writing workshop series last week. The event was held in Princeton Museum January 14th and in Keremeos Legion the same afternoon. \*

# Lower Valley News

Keremeos - Cawston - Olalla



It's easy to see why some people prefer Beautiful British Columbia to the Prairies. The sun was shining bright along Highway 3A January 14th. Not so much in the Okanagan Valley further in the distance... Photo: Arlene Arlow

## Changes may come to SD53

.....continued from Page 18 (Oliver). All of these schools apparently have condition and/or age issues.

What may impact us most in the Similkameen Valley is Cawston Primary. In 2010 it was recom-

mended that it be closed in fairly short order.

Cawston Primary is more than just a school. With its history dating back 124 years to when the first school was built on Dan McCurdy's Farm in 1892, although it moved in

1908 and again in 1938, it's always served the communities of Cawston and Keremeos.

There are few in the valley that don't have some deep seated connection to it. It was suggested in a 2010 report that Cawston Primary

be relocated to Similkameen Elementary Secondary which would be converted to a K-12 facility. Last year it was announced that the very same Similkameen Elementary Secondary School would have a \$436,000 building envelope improvement which includes installing new windows, upgrading washrooms, and increas-

ing accessibility for people with disabilities. The SD53 School Board will have to do some slick talking and fancy dancing to explain how an expansion from 346 to over 500 (over a 30% increase) will be facilitated without dumping our kids into portables or overcrowding them somehow into the existing facilities at SESS.



2016 will mark the 15th annual Similkameen Sizzle - the Keremeos Pepper Festival. Popular events that have been added over the years include the Chili Cook-Off (above), Hot Sauce Contest and Sear Factor. Live entertainment, food and other vendors, children's games and more have all been part of the late September harvest celebration. \*

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Princeton Minor Hockey Association reminds you Minor Hockey Week is January 18 to 25. Here is a group shot of the 2015/16 Princeton Minor Posse PeeWee team. - photo submitted

## Saving Downtown Princeton...

...An Ongoing Series by George Elliott

.....continued from Page 16 of Commerce and hopefully Town Council would be supportive of whatever develops. For that matter, maybe a new theme would give the Chamber a project to work on to pull business together and build a working relationship with Town Council.

Last summer Councillor Jerome Tjerkstra and Chamber President Brenda Crawford put the first part of a 'clean-up' project in place presenting it to local business owners one at a time. It resulted in a few downtown businesses sprucing up with a new paint job.

New paint is a good start and could

potentially see a wave take over the downtown core as spring-cleaning draws near.

How does this save downtown Princeton?

Theme towns are huge attractions and essentially that was one of the hopes of the 1985/6 downtown revitalization program. Other communities - and in larger communities just

neighbourhoods - that have adopted a theme require a full commitment of participation from every business in the 'theme zone' but without that, the concept suffers.

Tourism at theme towns makes the concept worth exploring, but not every community can pull off a full face-lift to match a theme.

Princeton's Edwardian theme

never completely took off and that is why a change is required. Relaxing the guidelines may help, but possibly a different direction can inject new life into the retail core. The positives that can result would not only benefit the business owners, it would benefit the community as a whole with more shoppers and more interest in Princeton.

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## Minor Hockey Week

.....continued from Page 8  
Rhyno, Ben Kaiser, Lauren MacKenzie, Taven Gibson, Katie Gush, Sawyer Martin. Front Row: Jack Dodds, Luc Scollon, Kieren Summerfield, Marti Erickson,

Cameron MacKenzie, Colter Gunn, Ryder Emmerton, Harper Hogg, Nate Logan, Kayne Ross.

Check out the standing for our league teams online at: [http://www.omaha.ca/standings\\_re](http://www.omaha.ca/standings_re)

c.php or at the Princeton Minor Hockey Association website: [www.princetonminorhockey.ca/](http://www.princetonminorhockey.ca/)

The Princeton Minor Hockey Association acknowledges the assistance they receive from corporate citizens through team sponsorships. This year they are:

- Princeton Wood Preservers
- Princeton Sandman
- Global Inspections-NDT, Inc.
- Optimum Crush
- IDA
- Little Creek Grill
- Fletcher's Builders Supply.

If you would like to become a sponsor of Princeton & District Minor Hockey, contact Laura Shales by e-mail at [laurashales@nethop.net](mailto:laurashales@nethop.net).

"We would like to thank all our sponsors, family members and fans for all their support and loud cheers from the stands! Thanks to you Minor Hockey passion is strong in our little town!"

To help celebrate Minor Hockey Week there will be a Free Stick and Puck session at Princeton Arena from 1:00 - 2:00 PM on Sunday, January 24th.

**Carl Farbman Computer Repair & Web Design Services**  
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