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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.



Copper Mountain Mining Corporation (TSX: CUM) (the "Copper "Company" or 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

City sets record

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 thecontinued on Page 3

average to 35,083 tpd. Jim O'Rourke, President and Chief Executive Officer of Copper



ith 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.

Sister

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.

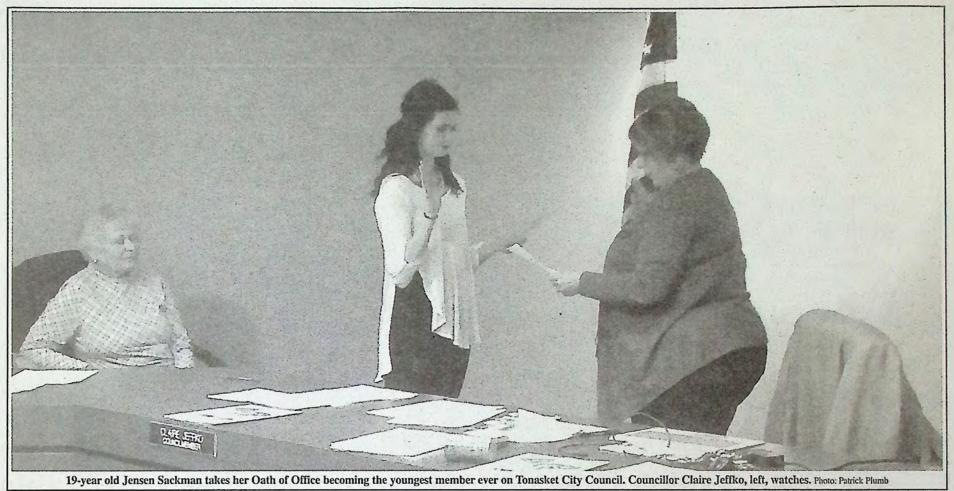
Sackman was encouraged by longtime friend, Tonasket Mayor Patrick Plumb, to get involved in civic politics after having been involved in student council at school. Plumb selected Sackman to represent his community in 2014 as part of a pilot project patterned

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

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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 sworein 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



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 singersongwriter 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. 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 an 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 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 Corry via e-mail at 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 manufacture 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. Webbased 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 technological 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

Country

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

.. 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

.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

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:

a strip ratio of 1 to 1.56.

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

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 Copper Mountain mine com-

menced 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

The mine has significant explo-

ration 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

web

page

at

open laterally and at depth.

Company's

www.CuMtn.com.

-the remaining 25%.

/IC shares results

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





insight

Tuesday, January 19, 2016

Editorial Page

News Leader

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



4

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.



Letters and E-Mails Received This Past Week

....Your Turn

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 require-

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 thecontinued 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 (tem-

porary 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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ments of clients.

Tuesday, January 19, 2016



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.



38 Kenley Avenue, Princeton Join us for worship Sunday 10:30 AM Pastor Jason Neufield Church: 250-295-7733 cell: 250-293-6224 www.livingwaterchurch.info Welcome and love guaranteed!

COMMUNITY CHURCH

AND NOW ... A LITTLE GOOD NEWS!

COMMUNITY CHURCH

KID'S CLUB

Fridays 6:00 PM (Ages 7-11)

YOUTH

Fridays 7:30 PM (Ages 12-18)

ADULT SUPERVISED PROGRAMS

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

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. ews Leader

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 Ceccon, 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

ckman and Plumb promote Sister Cit

.....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

Youth Bowling YBC Scores - January 13, 2016 Copperhill Lanes, Princeton <u>Bowlasauraus</u>

High Average - Emma Kerfoot, 65 High Single - Mary Elizabeth Bond, 76 High Double - Landon Morris, 121 Bantams - Boys

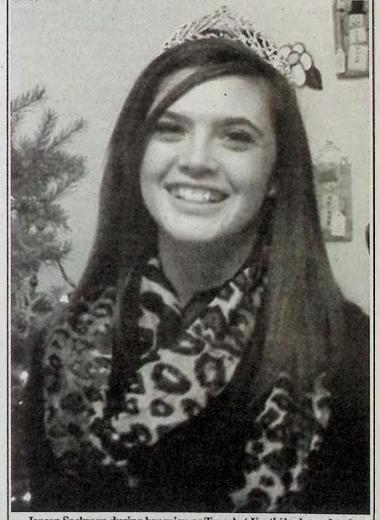
High Average - Dayton Hargrave, 74 High Single - Kaydon Logan, 112 High Triple - Matthew Williams, 212 Bantams - Girls

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 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.

prog

"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."



Jensen Sackman during her reign as Tonasket Youth Ambassador. *



Congratulations, Jensen!

GOOD LUCK ON TONASKET CITY COUNCIL

FROM ALL OF US AT THE NEWS LEADER

6



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 generally 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.



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

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 shockabsorber. 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 jcint 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 it's 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 eightcontinued on Page 10

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 twoway 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.



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. 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 though 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



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

Enteralment



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.

8

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.

News Leader

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, Savanna Gunn, Dominic Rudd, Drayden Ross, Scott Whitecotton, Sophie Elko, Owen Kaiser, Abigail Erikson. Bottom Row: Jackson Gush, Caleb Cleven, Liam Hartwell, Riley Remplel, 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, Abbycontinued on Page 20



Tuesday, January 19, 2016

Like Sudoku, no single number can

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

see how 'straights' are formed.

in that row and column, and are not part of any straight. Glance at the solution to

repeat in any row or column. But ...

9

News Leader Str8ts STR8TS 7:30 No. 264 Medium Previous solution - Tough 3 4 5 7 8 6 9 1 2 1 3 4 3 1 6 7 9 8 5 2 5 6 4 9 8 2 1 5 2 3 8 5 7 6 4 9 1 2 3 4 7 8 6 6 5 2 3 4 7 8 6 8 1 2 3 4 6 7 4 8 4 2 7 8 9 4 6 1 2 3 5 9 78 123 4 1 How to beat Str8ts -

Tuesday Movies

TUESDAY MORNING

SPIKE ch.44 am "Transformers: Revenge of the Fallen" (2009, Science Fiction) Shia LaBeouf. When an ancient LaBeouf. When an ancient Decepticon rises for revenge, Sam and Mikaela must figure out the history of the Transformers' pres-ence on Earth and find a way to save the planet. (In Stereo) 11:00 am SPIKE ch.44 "Cowboys & Aliens" (2011, Science Fiction) Daniel Craig. A 19th-century gun-slinger unites townspeople, out-laws, and a band of Apache warlaws, and a band of Apache warriors against an extraterrestrial threat. (In Stereo)

AFTERNOON

4:30 pm SPIKE ch.44 "Transformers: Revenge of the Fallen" (2009, Science Fiction) Shia LaBeouf. When an ancient Decepticon rises for revenge, Sam and Mikaela must figure out the and Mikaela must figure out the history of the Transformers' pres-ence on Earth and find a way to save the planet. (In Stereo)

5:00 pm WTBS ch.3 "Hanging Up" (2000, Comedy-Drama) Meg Ryan. Three sisters begin to bond after their curmudgeonly father, possibly near death, is admitted to the hermital the hospital.

EVENING

8:00 pm SPIKE ch.44 "Cowboys & Aliens" (2011, Science Fiction) Daniel Craig. A 19th-century gun-slinger unites townspeople, out-laws, and a band of Apache war-riors against an extraterrestrial threat. (In Stereo) 9:00 pm KNOW ch.5 "Marathon Boy" (2010, Documentary) Premiere Gemma Atwal follows a

9:00 pm KNOW ch.5 "Marathon Boy" (2010, Documentary) Premiere. Gemma Atwal follows a very young Indian marathon run-ner, Budhia Singh, as he trains from the age of 4. (In Stereo) (CC) 10:00 pm KSPS ch.6 "Money and Medicine" (2012, Documentary) Filmmaker Roger Weisberg exam-ines the escalating costs of health care in America. (In Stereo) (CC) (DVS) (DVS)

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

9

9

6

2

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7

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

2

LOCAL = REGIONAL = NATIONAL = WORLD NEWS

ALWAYS FREE...ALL THE TIME

NEVER PAY FOR ONLINE NEWS AGAIN

		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		Crazy Talk Crazy Talk	Morning News (N) ==	Hi Opiel O Monkey	Arthur (N) Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News	Dog Dog	Morning Northwest	Morning News (N) KG	(5:00) Morn- Ing News (N) III)	The Early Edition (N)	Kid vs. Kat Almost	SportsCen- tre 89	CTV Morn- ing Live Vancouver	Mighty Ships 30	Life Derek Life Derek	CityLine (N) 35	Wildest Police Videos	Restaurant Makeover
7		Law Order:			Wild Kratts	12 C. S. S. S. L. S. M. S. C.	CBS This Morning (N)	Criminal Minds	Good Morn- Ing America			Cat In the	Squirrel	SportsCen-	(N) O 35	How/Made	Make Me	Let's Make Vegas a Deal (N)	Vegas	Moves
	:30 AM	Law Order:	_	Wild Kratts PAW Patrol	Wild Kratts Nature Cat		0 50	"Jones" Criminal	(N) 82		Morning	Arthur O Napkin	Chucks SpongeBob	SportsCen-		How/Made Dally Planet	Make Me Life	The Price Is	Movie: ** "Trans- formers:	Moves
8		CI		Curious	Curious			Minds () Rd			Huntley St.	Tiger	Wayside	tre BC		343 (DVS)	Life	Right (N)	Revenge of the Fallen"	Security
0	AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700 Club O 80	Criminal Minds O 180	Livel Kelly and Michael	Morning	Sugar RC	Arthur O	Sidekick	SportsCen- tre BD	Livel Kelly and Michael	How/Made	Bullder	FamFeud	(2009) Shia	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	0 25	CIUD O ac	Minds () as	and Michael	Huntley St.	Debt/Part	Napkin	Almost	ure as	and michael	How/Made	Playdato	FamFeud	LaBeouf. O	Thes tran
10	AM	Judge	Sugar O	Boj 🛤	Sesame St.	Today (N)	The Price Is Right (N)	Criminal Minds () 80	The View	Sugar O	Rachael Ray O SC	Bookaboo	Spliced O	SportsCen-	The View	Mighty Planes	Justin	The Chew		Ghost Adventures
			Debl/Part	PAW Patrol	Peg	A				Debt/Part		Tiger	Kid vs. Kat				Twirlywoos			378
11	0.000		Rachael Ray O EC	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 30	21 DAY FIX	Rachael Ray 0 30	Noon News Hour (N)	Recipes Stefano	Rated A	SportsCen- tre 20	Marilyn Denis	How/Made How/Made	Kate and Wingin' It	General Hospital	Movie: ***	Security
	:30 PM	Divorce Millionaire	Noon News	Dinosaurs PAW Patrol	Sit & Be Fit Charlle	Hot Bench Pald Prog.	News	The First 48		Noon News	Days of our	CBC News	Chucks	Hockey	CTV News	Alaskan	Make Me	(N) O Celebrity	& Aliens" (2011)	Mysteries-
12	:30	Millionaire	Hour (N)	Kate and	Rose O Sa	Astroblast	Bold	0 55	0 32	Hour (N)	Lives (N)	Network	Squirrel	Lunch	Vancouver	Bush: Off Grid	HZipzer		Museum	
-	PM		Days of our	Ruf-Tweet	Painting	Days of our	The Talk	The First 48	ALC: YOU ALC: NOT ALC	Days of our	The Talk	Heartland 30 (DVS)	Almost	Hockey	The Social (N) O ISS	Alaskan Bush	Next Step	CityLine (c) Wilde. 0	The Dead Files O BC	
1	:30	Watch Daily (N)	Lives (N)	Tumble	Quilting	Lives (N)	0.35	0 23	Hospital (N) O	Lives (N)	0.35	40 (043)	Sidekick	Hockey	(14) 61 552	People	Life Derek			
2	1		The Talk O BD	Maya	Thomas	TMZ (N) O	Let's Make a Deal (N)	The First 48	The Doc-	The Talk	Meredith	Murdoch Myster-	Wayside	Sports	Dr. Phil	How/Made	Wingin' It	CityNews at 5 (N) 3d		Ghost Adventures
-	:30	King		Curious	Curlous	Inside Ed.						les O	Kid vs. Kat	Interruption		How/Made	Make Me		Tattoo	33
3	PM :30	Mod Fam Mod Fam	Meredith Vielra	Doozers PAW Patrol	Arthur Nature Cat	Ellen DeGeneres	The Dr. Oz Show 📾	Married at First Sight	Rachael Ray 6 SE	Meredith Vielra	Young & Restless	Grand Designs O 30	Sidekick	SportsCen- tre (N) BC	Ellen DeGeneres	How/Made How/Made	HZipzer Next Step	(2:59) CityNews at	Tattoo Tattoo	Moves
	_		Young &	Maker	WordGirl	Show Jdg Judy	Dr. Phil	Married at	FABLIfe	Young &	Early News	Bondi Vet	SpongeBob	Hockey	Show The Dr. Oz	Daily Planet	Life Derek	6 (N) Mod Fam	Tattoo	Restaurant
4			Restless	Creative	Wild Kratts	Jdg Judy	0.050	First Sight	0 86	Restless	Global Nat.	(N) A 25	SpongeBob	Open Gym	Show RC	(N)	HZipzer	Mod Fam	Movie: **	Makeover
		Movie: **	News (N) Est	Dino Dan	News	News	News	Married at	News	Early News	(4:59) News		SpongeBob		CTV News	Gold Rush:	HZipzer	New Girl	Trans- formers:	Security
5	:30	100 (2000)		Wild Kratts	Business	NBC News	CBS News	First Sight	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob	ketball: Tim- berwolves at	Vancouver	Pay Dirt (N)	Next Step	Grand	Revenge of the Fallen"	Security
6	PM	Meg Ryan.	News Hour	Hope for Wildlife EN	PBS News- Hour (N) 82	Chl- cago Med	KREM 2 News at	Married at First Sight	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver	Assembly	Pelicans	CTV News Vancouver	Gold Rush "Crew War"	Next Step	Brooklyn	(2009) Shia LaBeouf. O	My Monu- ment
0	:30		News			"Bound"	6 (N)		News		ET	News	Nicky				Lost	Grinder	Cabeoon	
7	PM		ET	Canada: Over the	Finding Your Roots	Chicago Fire (N) O	Broke Girl	(7:01) Fit to Fat to Fit	ET The Insider	ET ET Canada	Limitless (N) n se	Hello	Game Make, Pop	SportsCen-	etalk (N) Big Bang	Railroad Alaska (N)	The X Fac- tor UK 30	Broke Girl Two Men		Mysteries- Museum
	:30 PM	Seinfeld O Family Guy	ET Canada NCIS "Deja	Edge Earth	(N) American	Hollywood	Broke Girl NCIS Deja	(8:02) Fit to		NCIS *Deja	NCIS "Deja	Mercer	Funnlest	tre (N) SE	The Flash	How/Made	Prince	CityNews-	Movie: **1	Mysteries-
8		Amer. Dad	Vư (N) O	Changed History	Experience	Game Night		Fat to Fit	America	Vu" (N) O	Vu" (N) O	22 Minutes	Home Videos	SC Top 10	(N) • 84	How/Made	Malcolm	Tonight (N)	"Cowboys & Aliens"	Museum
9	PM :30	Family Guy Amer. Dad	NCIS: New Orleans (N)	Movie: "Marathon Boy" (2010)	Frontline (N) O BS	To Be An- nounced	NCIS: New Orleans (N)	Married at First Sight	Marvel's Agent Carter An	NCIS: New Orleans (N)	NCIS: New Orleans (N)	Creek Mr. D O	Gags Gags	SportsCen- tre (N) 65	Marvel's Agent Carter An	Gold Rush "Crew War"	Degrassi Guidance	Crime Watch Daily (N)	Craig, Olivia	My Monu- ment
10	PM :30	The Middle Payne	Limitiess (N) & Bil	Premiere. O III	"Money and Medicine"		Limitiess (N) O till	Married at First Sight	unusual ho- micide. BD	Limitiess (N) O EC	News Hour Final (N)	The National (N) KG	Haunting Haunting	SportsCen- tre (N) SE	unusual ho- micide. BC	Railroad Alaska 20	Arts Cheerlead	Extra (N) Liquidator	xtra (N) Wilde, O	Mysteries- Museum
14	PM	Browns	News Final	Canada:	Charlie	News	News	(11:02) Fit	KXLY 4	News	Late Show-	CBC News	Gags	SportsCen-	News-Lisa	How/Made	Malcolm	Liquidator	Repo	Ghost Adventures
11	:30	Payne	Colbert	Over the Edge	Rose (N) 50	J. Fallon	Colbert	to Fat to Fit	J. Kimmel	Colbert	Colbert	Coronation	Gags	un ac	CTV News	How/Made	Prince	Liquidator	Repo	Adventures





ALWAYS FREE...ALL THE TIME



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.

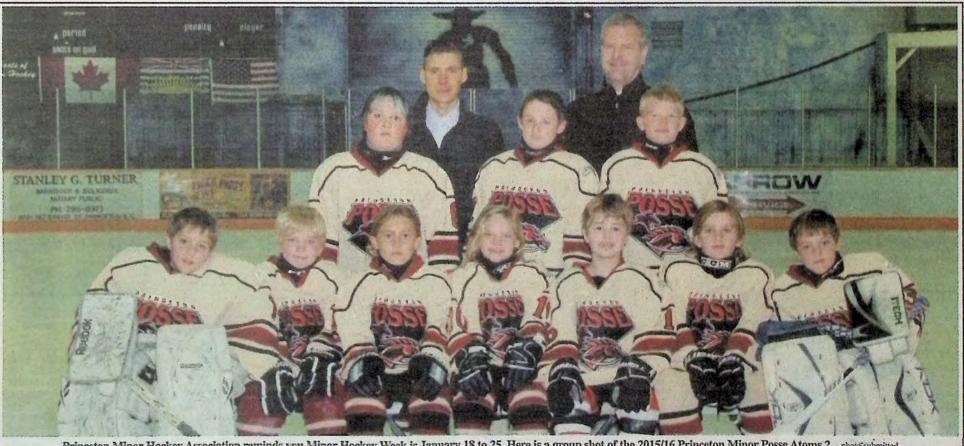
All pets need to be kept in healthy body condition so that they are not carrying extra weight on their joints. A good adult pet food, fed according to the pet's ideal weight will maintain it. For active adult pets, there are weight maintenance diets that also contain glucosamine and chondroitin. These 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.

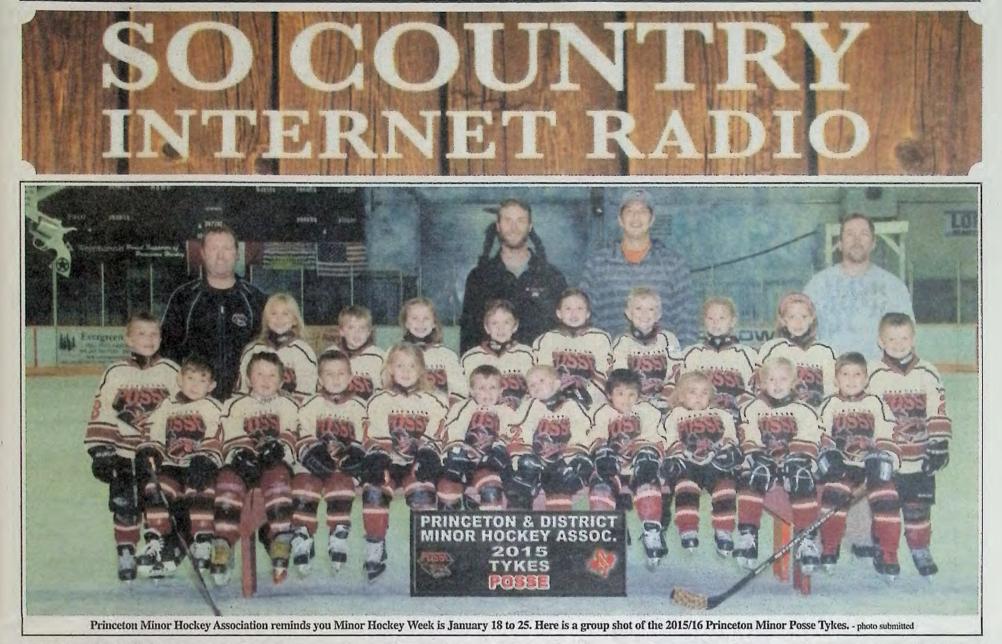
If your pet develops arthritis, there are pain medications available that are specially formulated our pets. It is important that we don't give them human pain medications as these can be fatal to pets.

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 painfree as it ages.



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



WEDNESDAY, JANUARY 20, 2016

 (\mathcal{A})

		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
C	AM	Crazy Talk	Morning	HI Opiel O	Arthur (N)	KHQ News	KREM 2	Dog	Morning	Morning	(5:00) Morn-	The Early	Kld vs. Kat	SportsCen-	CTV Morn-	Mighty	Life Derek	CityLine	Wildest	Restauran
6		Crazy Talk	News (N) EE	Monkey	Odd Squad	GAM (N)	Morning News	Dog	Northwest	News (N) Its	Ing News (N) EQ	Edition (N)	Almost	tre 20	Ing Live Vancouver	Ships RU	Life Derek	(N) 333	Police Videos	Makeover
7	AM	Law Order:		Dinosaur	Wild Kratts	Today	CBS This	Criminal	Good Morn-			Cat in the	Squirrel	SportsCen-	(N) O 80	How/Made	Awesome	Let's Make	Wildest	Moves
1	:30	CI -		Wiid Kratts	Wild Kratts	Today Food with Siri	Morning (N)	Minds O E2	Ing America (N) ISO			Arthur O	Chucks	tre 22		How/Made	Awesome	a Deal (N)	Police Videos	Moves
0	AM	Law Order:	- F.	PAW Patrol	Nature Cat	Pinter. (N)		Criminal			Morning	Napkin	SpongeBob	SportsCen-		Daily Planet	Gaming	The Price Is	Movie:	Security
8	:30	CI		Curious	Curlous			Minds O ED			Huntley St.	Tiger	Wayside	tro IC		BB (DVS)	Gaming	Right (N)	** "Death Race"	Security
0	AM	Hot Bench	Morning	Astroblast	Tiger	Today (N)	The 700 ·	Criminal	Livel Kelly	Morning	Operation	Arthur O	Sidekick	SportsCen-	Livel Kelly	How/Made	Builder	FamFeud	(2008, Ac-	The Dead
9	:30	Hot Bench	Huntley St.	Kate and	Tiger	O mp	Club O RE	Minds O RO	and Michael	Huntley St.	Smile	Napkin	Almost	tre 202	and Michael	How/Made	Playdate	FamFeud	tion) Jason Statham. O	Files O 80
10	AM	Judge	Sugar O	Boj 📾	Sesame St.	Today (N)	The Price Is	Criminal	The View	Sugar O	Rachael	Bookaboo	Spliced O	SportsCen-	The View	Mighty	Justin	The Chew		Ghost
10	:30	Judge	Debt/Part	PAW Patrol	Peg	0 10	Right (N)	Minds O KO	0 82	Debt/Part	Ray O 20	Tiger	Kld vs. Kat	tre 02	0 22	Planes	Twirlywoos	ORD	Movie:	Adventure 30
4.4	AM	Divorce	Rachael	Monkey	Dinosaur	Hot Bench	Young &	The First 48	Pald Prog.	Rachael	Noon News	Recipes	Rated A	SC Top 10	Marilyn	Gold Rush:	Kate and	General	* * "The Transporter"	Security
11	:30	Divorce	Ray O 20	Dinosaurs	Sit & Be Fit	Hot Bench	Restless	0 88	Pald Prog.	Ray O Rel	Hour (N)	Stefano	Rated A	SC Top 10	Denis	Pay Dirt	Wingin' It	Hospital (N) O	(2002) Shu	Security
10	PM	Millionaire	Noon News	PAW Patrol	Charlle	BestPant	News	The First 48	Provide a second second second	Noon News	Days of our	CBC News	Nerds	Hockey	CTV News	Gold Rush	Make Me	Celebrity	Qin	Mysteries-
12	:30	Millionaire	Hour (N)	Kate and	Rose O BE	Clangers	Bold	0 86	0 30	Hour (N)	Lives (N)	Network	Squirrel	Lunch	Vancouver	"Crew War"	HZipzer	Celebrity	Contractor	Museum
4	PM	Crime	Days of our	Ruf-Tweet	Oll Painting		Tho Talk	Fit to Fat to	General	Days of our	The Talk	Heartland	Almost	Hockey	The Social	Railroad	Next Step	CityLine 34	Contractor	The Dead
1	:30	Watch Dally (N)	Lives (N)	Tumble	Sewing	Lives (N)	O 880	Fit O BC	Hospital (N) O	Lives (N)	0 80	3C (DVS)	Sidekick	Hockey	(N) O [22]	Alaska 30	Life Derek		Movie:	Files O II
0	PM	King	The Talk	Maya	Thomas	TMZ (N) O	Let's Make	Duck D.	The Doc-	The Talk	Meredith	Murdoch	Wayside	Sports	Dr. Phil	How/Made	Wingin' It	CityNews at	** "The Transporter"	Ghost
2	:30	King	0.50	Curlous	Curious	Inside Ed.	a Deal (N)	Duck D.	tors O BC	0.00	Vielra	Myster-	Kid vs. Kat	Interruption	0 88	How/Made	Make Me	5 (N) 20 (2002) S	(2002) Shu	Adventure
-	PM	Mod Fam	Meredith	Doozers	Arthur (N)	Ellen	The Dr. Oz	To Be An-	Rachael	Meredith	Young &	Grand	Sidekick	SportsCen-	Ellen	How/Made	HZipzer	(2:59)	0.0	Moves
3	:30	Mod Fam	Vielra	PAW Patrol	Nature Cat	DeGeneres Show	Show 30	nounced	Ray O SC	Vielra	Restless	Designs (N) Int	Chucks	tre (N) 2C	DeGeneres Show	How/Made	Next Step	CityNews at 6 (N)	Contractor	Moves
	PM	Big Bang	Young &	Maker	WordGirl	Jdg Judy	Dr. Phil	Duck	FABLife	Young &	Early News	Bondi Vet	SpongeBob	Hockey	The Dr. Oz	Daily Planet	Life Derek	Mod Fam	Contractor	Restauran
4	:30	Blg Bang	Restless	Creative	Wild Kratts	Jdg Judy	0 20	Dynasty O CC	0 55	Restless	Global Nat.	0 88	SpongeBob	NBA	Show ad	(N)	Gaming	Mod Fam	Contractor	Makeover
-	PM	Movie: **	News (N) MD	Dino Dan	News	News	News	Duck D.	News	Early News	(4:59) News	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	SpongeBob	Basketball: Boston	CTV News	Killing	Gaming	Broke Girl	Contractor	Security
5	:30	"Premoni- tion" (2007,		Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.	Hour (N)	Den û	SpongeBob	Celtics at	Vancouver	Fields (N)	HZipzer	Mike	Contractor	Security
~	PM	Suspense)	News Hour	Canada:	PBS News-	News	KREM 2	Duck D.	News at 6	(5:59) News	ET Canada	CBC	Assembly	Toronto Raptors.	CTV News	Moonshin-	HZipzer	Mod Fam	Contractor	The Dead
6	:30		News	Over the Edge	Hour (N) ES	Millionaire	News at 6 (N)	Duck D.	News	Hour (N)	ET	Vancouver	Nicky	(N) 50	Vancouver	ers: Outlaw	Nowhere	blackish	Contractor	Files O BE
	PM	Seinfeld O	ET	The Polar	Nature (N)	Jeopardyl	Broke Girl	тва	ET	ET	Chicago	Gags	Nicky	Sports	etalk (N)	Moonshin-	Life	Broke Girl	Contractor	Ghost
1	:30	Seinfeld A	ET Canada	Sea O 123	0 112	Wheel	Broke Girl	Duck D.	The Insider	ET Canada	P.D. (N) A	Coronation	Make, Pop	NBA Bas-	Big Bang	ers (N) 34	Life	Two Men	Contractor	Adventure
0	PM	Family Guy		Tricks on	NOVA (N) O		Broke Girl	(8:02) Duck	The Middle	Elementary	Elementary	Dragons'	Just Kid	ketball: At- lanta Hawks	Arrow	How/Made	Prince	CityNews-	Contractor	Mysteries-
8	:30	Amer. Dad	(N) 6 20	the Dead (N)	sc (DVS)	les of Laura	Mike	Dynasty O	Goldbergs	(N) O 82	(N) 0 10	Den (N) O	Just Kid	at Portland Trail Blaz-	"Blood Debts"	How/Made	Malcolm	Tonight (N)	Movie:	Museum
9		Family Guy Amer. Dad	Chl- cago Med "Bound"	Monarchy "Conquest"	Earth's Natural	Law & Or- der: SVU	Criminal Minds "Drive"	Duck D. Duck D.	Mod Fam blackish	Chi- cago Med "Bound"	Chl- cago Med "Bound"	Midwinter of the Spirit	Gags Gags	ers. (N)	Criminal Minds "Drive"	Killing Fields 20	Rebecca LA Story	Crime Watch Daily (N)	* * "Death Race" (2008, Ac-	The Dead Files 0 30
10		The Middle Payne	Chicago P.D. (N) O	Stonehenge	Buildings Changed	Chicago P.D. (N) O	Code Black (N) O kc	Duck D.	American Crime (N) A	Chicago	News Hour Final (N)	The National (N) at	Haunting Haunting	SportsCen- tre (N) 85	Code Black (N) O BE	Moonshin- ers: Outlaw	The X Fac- tor UK IN		tion) Jason Statham. ()	Ghost Adventure
		Browns	News Final	The Polar	Charlle	News	News	TBA	KXLY 4	News	Late Show-	CBC News	Gags	SportsCen-	News-Lisa	Moonshin-	Malcolm	Liquidator	* * "The	Ghost
11		Payne	Colbert	Sea O SE	Rose (N) EE	J. Fallon	Colbert	Duck D.	J. Kimmel	Colbert	Colbert	Coronation		tre SC	CTV News	ers A 26	Prince	Liquidator	Transporter"	Cold Science Color

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THURSDAY, JANUARY 21, 2016

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News Leader

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6	Crazy Talk Crazy Talk	Norning News (N) EC	HI Opiel O Monkey	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning	Dog	Morning Northwest	Morning News (N) 20	(5:00) Morn- Ing News	The Early Edition (N)	Kid vs. Kat Almost	SportsCen- tre 80	CTV Morn- Ing Live	Mighty Ships III	Life Derek	(N) EC	0	Makeover
AM		-	Dinosaur	Wild Kratts	Today SAT	CBS This	Criminal	Good Morn-		(N) 110	Cat In the		SportsCen-	(N) 6 34	How/Made	Nowhere	Let's Make	Bar Rescue	Moves
1 :30	CI		Wild Kratts	Wild Kratts	changes in 2016;	Morning (N)	Minds O 30	Ing America (N) 80			Arthur O	Chucks	tro 34		How/Made	Nowhere	a Deal (N)	0	Moves
8 AM	Law Order:		PAW Patrol	Nature Cat	Today Food; money.		Criminal Minds O BC			Morning	Napkin	SpongeBob	SportsCen- tre kc		Dally Planet		The Price Is Right (N)	Bar Rescue	
		Marrian	Curious	Curious		The 700	Criminal	Live! Kelly	Morning	Huntley St. Sugar 10	Tiger Arthur Ö	Wayside Sidekick	SportsCen-	Livel Kelly	How/Made	HZIpzer Builder	FamFeud	Bar Rescue	Security The Dead
9 AM :30	Hot Bench	Morning Huntley St.	Astroblast Kate and	Tiger	Today (N)	Club O 35	Minds o se	and Michael	Huntley St.	Debt/Part	Napkin	Almost	tro KO	and Michael	How/Made	Playdate	FamFeud	0	Files () 30
AM	Judge	Sugar ()	Boj ca	Sesame St.	Today (N)	The Price Is	Criminal	The View	Sugar O	Rachael	Bookaboo	Spliced O	SportsCen-	The View	Mighty	Justin	The Chew	Bar Rescue	Ghost
10 :30	Judge	Debt/Part	PAW Patrol	Peg	0 20	Right (N)	Minds O 30	0 20	Debt/Part	Ray O 20	Tiger	Kld vs. Kat	tro 20	0 20	Planes	Twirlywoos	0.10	0	Adventur
11 AM	Divorce	Rachael Ray 0 30	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 O 35		Rachael Ray O KC	Noon News Hour (N)	Recipes	Rated A	SportsCen- tre 80	Marilyn Denis	How/Made How/Made	Kate and	General Hospital	Bar Rescue	Security
• • :30	Divorce	Noon News	Dinosaurs PAW Patrol	Sit & Bo Fit Charlie	Hot Bench Flsh Oil	News	The First 48	Pald Prog.	Noon News	Days of our	Stefano CBC News	Rated A Chucks	Hockey	CTV News	Killing	Wingin' It Make Me	(N) O Celebrity	Auction	Security
12 :30	Millionaire	Hour (N)	Kate and	Rose O BD	Lunal	Bold	0 85	0 00	Hour (N)	Lives (N)	Network	Squirrel	Lunch	Vancouver	Fields III	HZipzer	Celebrity	Auction	Museum
-1 PM	Crime Watch Daily	Days of our	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk	Nightwatch	General Hospital	Days of our Lives (N)	The Talk	Heartland RC (DVS)	Almost	Hockey	The Social (N) O III	Moonshin- ers: Outlaw	Next Step	CityLine SG	Auction	The Dead Files O III
	(N)		Tumblo	Knit			1	(N) O		Moredith		Sidekick	Hockey	Dr. Phil		Life Derek	Cite Name at	Auction	Ghost
2	King	The Talk	Maya	Thomas	TMZ (N) O Inside Ed.	Let's Make a Deal (N)	Nightwatch O 80	tors O M	The Talk	Vielra	Murdoch Myster-	Wayside Kid vs. Kat	Sports Interruption	0 80	Moonshin- ers A III	WingIn' It Make Me	CityNews at 5 (N) III	Auction	Adventure
PM	Mod Fam	Meredith	Doozers	Arthur	Ellen	The Dr. Oz	The First 48	and the second se	Meredith	Young &	Grand	Sidekick	SportsCen-	Ellen	How/Made	HZIpzer	(2:59)	Auction	Moves
3 :30	Mod Fam	Vieira	PAW Patrol	Nature Cat	DeGeneres Show	Show 80	0 20	Ray O 30	Vielra	Restless	Designs	Nerda	tre (N) ISC	DeGeneres Show	How/Made	Next Step	CityNews at 6 (N)	Auction	Moves
4		Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil	The First 48 0 30	FABLIte O III	Young & Restless	Early Nows	Bondi Vet	SpongeBob	2016 Australian	The Dr. Oz Show 20	Dally Planet (N)		Mod Fam	Auction	Restaurar Makeover
PM	Big Bang "Sky Captain	News (N) IS	Creative Dino Dan	Wild Kratts News	Jdg Judy News	News	The First 48	News	Early News	Global Nat. (4:59) News	Dragons'	SpongeBob SpongeBob	Open Ten- nls: Third	CTV News	Men,	Lost	Mod Fam Mr. D 8st	Auction	Security
5 :30	and the World of		Wild Kratts	Business	NBC News	CBS News	0 88	ABC News	Global Nat.	Hour (N)	Den O	SpongeBob	Round. From	Vancouver	Women, Wild 20	Awesome	Life In	Auction	Security
- PM	Tomorrow*	News Hour	The Polar Sea O KO	PBS News-	News	KREM 2 News at	The First 48 (N) O SC	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver	Assembly	Melbourne, Australia.	CTV News Vancouver	Vegas Rat Rods (N)	Make Me	(6:01) Mom	Lip Sync Battle O	Expeditio
6 _{:30}		News		Hour (N) 34	Millionalre	6 (N)		News		ET	News	Nicky	(N) (Live) 🔤			Make Me	Broke Girl		(N)
7	Seinfeld O Seinfeld	ET ET Canada	Waterfront Cities	Health Matt.	Jeopardy! Wheel	Broke Girl Broke Girl	(7:01) Nightwatch	ET The Insider	ET ET Canada	Shades of Blue (N) 30	22 Minutes Coronation	100 Things Make, Pop		etalk (N) Big Bang	Street Outlaws	Nowhere Nowhere	Broke Girl	Lip Sync	50/50 (N) 50/50 (N)
- PM		Heroes	Lost King-	Murder	Heroes	Big Bang	(N) (8:02) The	Beyond the		Heroes	The Naturo	Funnlest	2016	Big Bang	(N) 22 Megaspeed	Prost Store Star	CityNews-	Repo	Mysterles
8 :30	Amer. Dad	Reborn O	doms of	Myster.	Reborn O	Life in	First 48 80	Tank (N) O	Reborn O	Reborn O	of Things	Home Videos	Australlan Open Ten-	DC's Leg-	"Mint 400"	Malcolm	Tonight (N)	Repo	Museum
9 PM	Family Guy	The Black- list (N) 30	Katharine Hepburn	Luther O KO	The Black- list (N) 30	(9:01) Mom	(9:01) The First 48 00	My Diet Is Better Than	The Black- list (N) Rd	The Black- list (N) 30	Great Bar- rier Reef	Gags	nls: Third Round.	ends	Men, Women,	Arts	Crime Watch Dally	Lip Sync Battle O	Expeditio
.30	Amer. Dad					Angel-Hell	(10:01) The	Yours (N)	Shades of	Nows Hour	(N) Tho	Gags	From Melbourne,	Goldbergs	Wild 00 Vegas Rat	Cheerlead The X Fac-	(N) Extra (N)		50/50 80
10 PM :30	The Middle Payne	Shades of Blue (N) 80	Mary Pick- ford	Street O KC	Shades of Blue (N) %C	Elementary (N) 0 30	First 48 O	-	Blue (N) 3C	Final (N)	National	Haunting	Australia. (N) (Live) III	Hope (N) O		tor UK III	Liquidator	Lip Sync Lip Sync	50/50 10
	Browns	News Final		Charlie	News	News	(11:02)	KXLY 4	News	Late Show-	(N) 38 CBC News	Gags		News-Lisa	Street Out-	Malcolm	Liquidator	Repo	Ghost
11 :30	Payne	Corden	Cities	Rose (N) RD	J. Fallon	Colbert	Nightwatch 80	J. Kimmel	Corden	Colbert	Coronation	Gags		CTV News	laws to	Prince	Liquidator	Repo	Adventure
FRIDA	Y, JAN	UARY	22, 20	16	-												12		1 1 1
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6 _{:30}	Crazy Talk	Morning	HI Ople! A Monkey	Arthur Odd Squad	KHQ News 6AM (N)	KREM 2 Morning News		Morning	Morning	(5:00) Morn-	The Early	Kid vs. Kat Almost	SportsCen-	CTV Morn-	Mighty	Life Derek Life Derek	CityLine	Gangland	
6 :30	A COLOR OF THE OWNER	Morning	HI Opie! A	Arthur	KHQ News	KREM 2 Morning	Dog Dog	Morning Northwest Good Morn- ing America	Morning News (N) 350	(5:00) Morn- Ing News	The Early Edition (N)	Kid vs. Kat Almost	SportsCen- tre BE	CTV Morn- ing Live Vancouver	Mighty Ships ©	Life Derek	CityLine (N) 50	Gangland A 20	Security Security
6 :30 7 ^{AM} :30	Crazy Talk Law Order: Cl Law Order:	Morning	HI Opie! () Monkey Dinosaur	Arthur Odd Squad Wild Kratts Wild Kratts Nature Cat	KHQ News 6AM (N) Today Parenting; winter skin rehab. (N)	KREM 2 Morning News CBS This Morning (N)	Dog Dog Criminal Minds A 89 Criminal	Morning Northwest Good Morn-	Morning News (N) 350	(5:00) Morn- Ing News	The Early Edition (N) Cat in the	Kid vs. Kat Almost Squirrel Chucks	SportsCen- tre 50 SportsCen- tre 50 SportsCen-	CTV Morn- ing Live Vancouver	Mighty Ships 50 How/Made How/Made Daily Planet	Life Derek Life Derek Next Step Lost Life Derek	CityLine (N) 31 Let's Make a Deal (N) The Price Is	Gangland O SD Gangland O SU Gangland	Security Security Moves
6 :30 7 ^{AM} :30 8 ^{AM} :30	Crazy Talk Law Order: Cl Law Order: Cl	Morning News (N) 50	HI Ople! A Monkey Dinosaur Wild Kratts PAW Patrol Curlous	Arthur Odd Squad Wild Kratts Wild Kratts Nature Cat Special (64)	KHQ News 6AM (N) Today Parenting; winter skin rehab. (N) A 30	KREM 2 Morning News CBS This Morning (N) A 80	Dog Dog Criminal Minds O 80 Criminal Minds O 84	Morning Northwest Good Morn- Ing America (N) 85	Morning News (N) 30	(5:00) Morn- Ing News (N) 30 Morning Huntley St.	The Early Edition (N) Cat in the Arthur O Napkin Tiger	Kid vs. Kat Almost Squirrei Chucks SpongeBob Wayside	SportsCen- tre BE SportsCen- tre EE SportsCen- tre EE	CTV Morn- ing Live Vancouver (N) O ES	Mighty Ships III How/Made How/Made Daily Planet III (DVS)	Life Derek Life Derek Next Step Lost Life Derek Life Derek	CityLine (N) 25 Let's Make a Deal (N) The Price Is Right (N)	Gangland O 200 Gangland O 200 Gangland O 100	Security Security Moves Moves Security Security
6 :30 7 ^{AM} 30 8 ^{AM} 30 9 ^{AM}	Crazy Talk Law Order: Cl Law Order: Cl Hot Bench	Morning News (N) KD Morning	HI Opiel A Monkey Dinosaur Wild Kratts PAW Patrol Curious Astroblast	Arthur Odd Squad Wild Kratts Wild Kratts Nature Cat Special (60) Tiger	KHQ News 6AM (N) Today Parenting; winter skin rehab. (N)	KREM 2 Morning News CBS This Morning (N)	Dog Dog Criminal Minds A 89 Criminal	Morning Northwest Good Morn- ing America	Morning News (N) 32 Morning	(5:00) Morn- Ing News (N) 30 Morning	The Early Edition (N) Cat in the Arthur O Napkin Tiger Arthur O	Kld vs. Kat Almost Squirrel Chucks SpongeBob Wayslde Sidekick	SportsCen- tre 50 SportsCen- tre 50 SportsCen-	CTV Morn- ing Live Vancouver (N) O ES	Mighty Ships #3 How/Made How/Made Daily Planet #2 (DVS) How/Made	Life Derek Life Derek Next Step Lost Life Derek Life Derek Builder	CityLine (N) 55 Let's Make a Deal (N) The Price is Right (N) FamFeud	Gangland O EE Gangland O EE Gangland O KE Gangland The Out-	Security Security Moves Moves Security Security The Dead
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(N)	Arthur Odd Squad Wild Kratts Nature Cat Special 20 Tiger Tiger Sesamo St. Peg Dinosaur Sit & Bo Fit Charllo Rose O 30 Craft in America 20 Thomas Curious Arthur Nature Cat Special 25 Wild Kratts News Business PBS News- Hour (N) 20 Wash Charlio Doc Martin O 20 Great Per- formances at the Met "Il Trovatora"	KHQ News 6AM (N) Today Parenting; winter skin rehab. (N) 0 III Today (N) 0 III 0 III Today (N) 0 III 0 III 0 III Pald Prog. Pald Prog. Pald Prog. Pald Prog. Days of our Lives (N) TMZ (N) 0 Inside Ed. 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(5:59) News Hour (N) ET ET ET Canada Angel-Hell Superstore Hawall Five 0 (N) Xd Rookle Elus	(5:00) Morn- ing News (N) 32 Morning Huntley St. Operation Smile Rachael Ray 0 32 Noon News Hour (N) Days of our Lives (N) Days of our Lives (N) The Talk 0 32 Noon News Hour (N) Days of our Lives (N) The Talk 0 32 Neredith Violra Young & Restless Early News Hour (N) ET Canada ET Rookle Blue 22 (DVS) Angel-Heil Superatore Hawaii Five- 0 (N) 23	The Early Edition (N) Cat In the Arthur O Napkin Tiger Arthur O Napkin Bookaboo Tiger Recipes Stefano CBC News Network Heartland at (DVS) Murdoch Myster- les O CBC News Crand Designs (N) at Dragons' Den O CBC Vancouver News Mercer Coronation M'ketplace Hello the fifth es- tate (N) Ed The National (N) Ra CBC News	Kld vs. Kat Almost Squirrel Chucks SpongoBob Wayslde Sidekick Almost Spliced O Kld vs. Kat Rated A Rated A Rated A Nerds Squirrel Almost Sidekick Wayslde Kld vs. Kat Sidekick Wayslde Kld vs. Kat Sidekick Chucks SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob SpongeBob Spong	SportsCen- tre BE SportsCen- tre EE SportsCen- tre EE SportsCen- tre EE SportsCen- tre EE SportsCen- tre EE Figure Skating: Women's & Ice Danco Motoring Lumber Sports Interruption SportsCen- tre (N) IE Figure Skating: Canadian Tire Skating: Canadian Tire Skating: Champion- ship	CTV Mern- ing Live Vancouver (N) O ES Livel Kelly and Michael The View O ES Marilyn Denis CTV News Vancouver The Social (N) O ES Dr. Phil O ES Dr. Phil O ES Dr. Phil O ES DeGeneres Show The Dr. Oz Show ES CTV News Vancouver CTV News Vancouver CTV News Vancouver CTV News Vancouver etalk (N) Big Bang MasterChef (N) O Shark Tank O ES	Mighty Ships (10) How/Made Daily Planet (DVS) How/Made How/Made How/Made Mighty Planes Megaspeed "Mint 400" Men, Women, Wild 80 Vegas Rat Rods Fantom- Works 20 How/Made How/Made How/Made How/Made How/Made Bally Planet (N) Atlaskan Bush People Rallroad Atlaska 85 Mayday: Ab Disaster Mayday: Bl	Life Derek Life Derek Next Step Lost Life Derek Elfe Derek Builder Playdate Justin Twirlywoos Kate and Wingin' It Make Me HZipzer Next Step Life Derek Wingin' It Make Me HZipzer Next Step Life Derek Next Step Lost Lost Awesome Context Step Lost Awesome Degrassi Let's Be Movie: *Sunks" (2013) O IIII	CityLine (N) Sa Let's Make a Deal (N) The Price Is Right (N) FamFeud FamFeud FamFeud The Chew O SB General Hospital (N) O Celebrity Celebrity Celebrity CityLine SB CityNews at 5 (N) SB (2:59) CityNews at 5 (N) SB (2:59) CityNews at 6 (N) Mod Fam Undateable Mod Fam Hell's Kitchen (N) Broke Girl Two Men CityNews- Tonight (N) Crime Watch Dally (N) Extra (N)	Gangland O 20 Gangland O 20 Gangland O 20 Gangland O 20 Gangland The Out- laws. 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13

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

SATURDAY, JANUARY 23, 2016

SATURDAY MORNING

10:30 am FAM ch.26 "Babe" (1995, 5:00 pm WTBS ch.3 "Sky Captain and the World of Tomorrow" (2004, Adventure) Gwyneth Comedy-Drama) James Cromwell. An Australian farmer adopts a piglet that becomes a champion Paltrow. A daredevil aviator and an sheepherder. Live action/animatronics. (In Stereo) (CC) 11:00 am WTBS ch.3 "Snowboard Academy" (1997, Comedy) Corey ace reporter fight an evil mastermind and his army of gigantic Haim. A ski-resort owner's son FRIDAY AFTERNOON challenges his younger brother to

a gagged woman. (In Stereo)

THURSDAY 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 illusion-ists who rob corrupt business lead-

ers during their performances, then funnel the money to members of

7:00 pm FAM ch.26 "Babe" (1995,

Comedy-Drama) James Cromwell. Premiere. An Australian farmer

adopts a piglet that becomes a champion sheepherder. Live action/animatronics. (In Stereo)

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 acci-

dentally unleash a curse that

plagues their summer camp with zombies. (In Stereo) (CC)

robots.

the audience.

EVENING

(CC)

AFTERNOON

fessionals in two weeks.

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)

turn novice snowboarders into pro-

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)

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3:30 pm CHBC ch.4 BCTV ch.11 "Hurricane Hunters" (1974, Drama) Larry Hagman. Two hurri-cane 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 (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, Comedu Dudan Schmid Two traus

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 fiancee.



		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
~	AM	On Spot	Ancestors	Dragon	Heartland		CBS This	Tiny House	Pald Prog.	Ancestors	Saturday	Tiger	Sidekick	Premier	Julcebox	Railroad	Warthogs!	Pald Prog.	Bar Rescue	Moves
6	:30	Coolest	Fishful	PAW Patrol	Fly Tying	0 83	Morning	Tiny House	Pald Prog.	Fishful	Morning News (N) 83	Animal	Sidekick	League	O BE	Alaska 🖾	Life Derek	Panorama	0	Pald Prog.
- 1	AM	P. Affairs	Saturday	Curious	MotorWeek		Lucky Dog	Married at	Good	Saturday '	1100 ma (14) an	Super Whyl	Chucks	English		How/Made	Life Derek	Eye/Asia	Bar Rescue	Security
7	:30	Paid Prog.	Morning News (N) ES	Curious	Greener	KHQ Satur-	Dr. Chris	First Sight	Morning America	Morning News (N) EQ	1	Save-Ums!	Chucks	Premier	- 1	How/Made	Gaming	VemComig	0	Security
-	AM	Paid Prog.	nens (ny	PAW Patrol	Woodsmith	day Wake Up Show	Innovation	Married at	Hanna			Arthur O	Nerds	Soccer		Mayday: Alr	HZipzer	Polish	Bar Rescue	Border
8	:30	Pald Prog.		Astroblast	Rough Cut		Inspectors	First Sight	Ocean			Cat in the	SpongeBob		Weekend	Disaster	Life	Studio (N)	0	Border
0	AM	Jeffersons		Magic Bus	Hometime	(College	Fit to Fat to	Rescue		Flsh'n	Our Van-	SpongeBob	2016	Is Written	Alaskan	Make Me	Pald Prog.	Bar Rescue	Border
9	:30	Paid Prog.		Kate and	Old House	English	Basketball: Georgetown	Fit O BE	Wildlife		Real Fish. Couver SC	couver SC	Parents	Australian Open Ten-	The Social	Bush People	Next Step	Paid Prog.	•	Border
10	AM	Gimme	Fish'n	Wild Kratts	Öld House	Premier League	at Con- necticut.	What Would	Rock-Park	Flsh'n	Powerboat	Absolutely	Harvey	nls: Third Round. From	Is Written	Mayday sc	Lost	Fall Army	A REAL PROPERTY AND A REAL	Border
10	:30	Seinfeld O	Fishing	Wild Kratts	Kitchen	Soccer	necticut.	You Do?	Explore	Fishing	Driving TV	Canadlan O	Pig Goat		Figure		Movie:	Family	٩,	Border
4.4	AM	Movie: *	Powerboat	Dok! an	Pépin	1. 11 - 21	College	What Would	Pald Prog.	Powerboat	Ice Pilots	The second s	Turtles	Melbourne, Australia. (N	Skating	Mayday: Alr	**** "Babe"	Survivor-		Security
11	:30	"Snowboard Academy"	Driving TV	Creative	Martha	Goal Zone	Basketball: Duke at	You Do?	McCarver	Driving TV	NWT	eton	SpongeBob	Same-day		Disaster	(1995) •	man III (DVS)	0	Security
10	PM	(1997)		Animals	Cook	Jeopardyl	North Caro- lina State.	What Would		Noon News	Food Truck	FIS Ski	Movie: **	Tape) 🖾		Railroad	(12:05)	Illusions	Bar Rescue	Border
12	:30		Hour (N)	Animals	Victory	Wheel	inia Stato.	You Do?	Games (N)	Hour (N)	Face Off	Jumping	"Alpha and Omega"			Alaska 🕅	Movie: *** *Mrs.	Escape	n	Border
4	PM	Movie: **				College	College	The First 48		Food Truck Face Off Holmes Makes It	Holmes	FIS Alpine	(2010) 0 20	A 30 Hockey	Is Written	Alaskan	Doubtfire" (1993) 0	Close-Up	Cops 25	Border
1	:30	"The Game Plan" (2007,	Face Off	Cosmic	Roadshow (N)	Basketball: Gonzaga at	Basketball: UCLA at	0 85	(N)		Makes It Right	Skiing			Moneytalk	Bush People	(1000) 11	Kings	Cops 80	Border
0	PM	M Comedy)	Holmes Makes It Right	Canada:	British	Pacific. (N) (Live)	Oregon. (N) IIII	The First 48			Tackle	FIS Free-	Kung Fu		Movie	Railroad Alaska 30	Gaming	Mod Fam	Cops BE	Border
2	:30			Over the Edge	Baking		(14) ==	O ESI	144	Right	Movie: **	style Skiing	Kung Fu			Alasida au	HZipzer	Mod Fam	Jall 30	Border
0	PM	The Middle	Tackle	Waterfront	Globe Trek-	Figure Skat-	To Be An- nounced	The First 48		Tackle	"Hurricane Hunters"	National	Kung Fu			How/Made	Make Me	CityNews	Cops se	Security
3	:30	The Middle	Movie: **	Cities	ker O	Ing: U.S. Champion-	nouncea	O ISE	World Champ.	Movie: ** "Hurricane Hunters"	(1974) 88	Hockey	Kung Fu	Sports	1	How/Made	Awesome	CityNews NHL Hockey: Anaheim	Cops 80	Security
1	PM	Seinfeld O	"Hurricane Hunters"	Megabridg-	Steves	ships: Pairs Free Skate		The First 48	ABC News			s Canadiens at Toronto	Kung Fu	2016 Australian Open Ten- nis: Round of 16. (N)	Marilyn Denis	Last Fron- tier	Awesome		Cops sc	Security
4	:30	Atl. Eats	(1974) 188	es "Greece"	WA. Grown	& Free	-	0 55	KXLY 4	(1974) 岡山	Global Nat.		Kung Fu			tier	Life		Cops #0	Security
5	PM	King		Lost King-	Last/Wine	Dance. 30	News	The First 48	NBA		(4:59) News Hour (N)		Kung Fu			Gold Rush "Crew War"	Nowhere	Ducks at Detroit Red	Cops (N)	Border
5	:30	King	News	doms of	Vicious O		CBS News	0 80	NBA Bas- ketball; Chi-	Global Nat.	Hour (N)	Maple Leafs	Kung Fu		etalk to	Ciew War	Nowhere	Wings. (N)	Cops 82	Border
6	PM	Movie: ** "The Craft"	Global Nat.	Hope for Wildlife till	Lawrence Welk	News	News	The First 48: Killer	cago Bulls	(5:59) News Hour (N)	16x9 sc	(N) (Live)	Assembly	2016 Australian	CTV News Vancouver	Moonshin- ers 0 #	Next Step	(Live)	Forensic	Ghost Adventures
0	:30	(1996) Robin	News	Winding en	WEIK	NBC News	Pald Prog.	40. Miler	at Cleveland Cavaliers. 80	1		-	Stanley	Open Ten-			Next Step		Forensic	(N)
7	PM	Tunney.	16x9 (N) 80	Fatal In-	Keeping Up		Elementary O BC	The First 48: Killer		16x9 (N) 85	Movie	NHL Hockey:	Game	of 16. From	Figure	Vegas Rat Rods	Lost	CityNews	Forensic	The Dead Files (N) 85
1	:30			Southing the		0 25		40. Idadi	1			Nashville	100 Things	Melbourne, Australia.			Lost	(N)	Forensic	
0	PM	Family Guy	Movie	Heartbeat	Movie: "The Postman Al-	Figure Skating:	NCIS: Los Angeles A	The First 48		Movio		Predators at Edmonton	Movie: **%	(N) (Live) SC		Street Out- laws 36	The X Fac- tor UK 35	CityNews Weekend	Cops ##	Expedition Unknown (
0	:30	Family Guy			ways Rings	U.S. Cham-			The Insider	1	-	Oilers. (N)	a Zoo"					(N)	Cops SC	
9	PM	Burgers		Foyle's War		pionships: Ladies Free	48 Hours	(9:01) The First 48 84	Entertain- ment		True Crime Scene O	A (Live) 📾	(2011) Matt Damon. O			Moonshin- ers 0 38	Movie: "Bunks"	Liquidator	Cops IC	Ghost Adventures
	:30		and the second se	sian House"		Skate. A III			Tonight			-	-	-	Cleveland		(2013) 0 22	Liquidator	Cops SC	32
10	PM		True Crime Scene O	-	On Story	14	48 Hours	The First 48: Killer	Rizzoli & Isles O BE	True Crime Scene O	News Final	Post Show		1 3	Saving Hope 20	Vegas Rat Rods		CityLine Ito		The Dead Files () 80
10	:30			Park	Moone Boy		100.000				(10:35) Saturday	CBC News	Assembly		(DVS)	0.115	Let's Be	0.145	Jall 80	
11	PM	Movie: "Match	News Final	Waterfront	Austin City Limits (N)	News	News	The First 48: Killer	Scandal O BE	News Final	Night Live	The Tudors BE (DVS)		SportsCen- tre (N) 35	News .	Gold Rush "Crew War"	Degrassi	Paid Prog.	Jail 30	Expedition Unknown (
	:30	Point	SNL			SNL	Up Late			SNL	(N) 250		Gags	a set	CTV News		Guidance	Paid Prog.	Jail 20	

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News Leader Movies - Sunday to Monday

SUNDAY MORNING

8:00 am SPIKE ch.44 "The Mummy" (1999, Adventure) Brendan Fraser. A young man opens a tomb unleashing a mummy seeking revenge for a curse laid upon him 3,000 years earlier. (In Stereo) 9:00 am WTBS ch.3 "Lemony Snicket's A Series of Unfortunate Events" (2004, Comedy) Jim Carrey. A dastardly count plots to steal an inheritance from three young orphans placed in his care.

10:00 am A&E ch.9 "Ocean's Thirteen" (2007, Comedy-Drama) George Clooney. Danny Ocean and his gang plot revenge against a casino owner who wronged one of their

no owner who wronged one of their own. (In Stereo) (CC) 10:30 am 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) (In Stereo) (CC) 11:00 am SPIKE ch.44 "The

(2001, Mummy Returns"

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SUNDAY, JANUARY 24, 2016

Adventure) Brendan Fraser. Two evil forces believe the 9-year-old son of adventurer Rick O'Connell is the key to the reincarnation of Isis. (In Stereo)

AFTERNOON

12:30 pm A&E ch.9 "Ocean's Eleven" (2001, Comedy-Drama) George Clooney. A parolee organizes a gang to steal \$150 million from three Las Vegas casinos in a single heist. (In Stereo) (CC) 12:40 pm FAM ch.26 "Monster High: Boo York Boo York" (2015

High: Boo York, Boo York" (2015, Comedy) Voices of Cam Clarke. Animated. Cleo is invited to the big Animated. Cleo is invited to the big city to attend a fancy gala to cele-brate the return of a magical comet, and she brings several of her best friends along. (In Stereo) (CC) 1:00 pm WTBS ch.3 "Hot Tub Time Machine" (2010, Comedy) John Cusack. Following a night of drink-ing in a ski-resort hot tub, four pals awake in 1986 getting a charge to

awake in 1986, getting a chance to rewrite the past. KXLY ch.10 "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 discov-

ered young daughter. 2:00 pm SPIKE ch.44 "The Scorpion King" (2002, Adventure) The Rock. The leader of a band of desert mercenaries is hired to kill a ruthless despot and his clairvoyant

sorceress. (In Stereo) 2:30 pm CITV ch.12 "Infected" (2008, Science Fiction) Gil Bellows. Two newspaper reporters receive help from an unlikely accomplice as they try to save humanity from an

alien invasion. (CC) YTV ch.18 "Garfield's Pet Force" (2009, Comedy) Voices of Frank Welker. Animated. Lasagna-loving cat Garfield and his friends Nermal and Odie become superheroes to fight an evil alien empress. (In Stereo) (CC)

3:30 pm CHBC ch.4 BCTV ch.11 "Infected" (2008, Science Fiction) Gil Bellows. Two newspaper reporters receive help from an unlikely accomplice as they try to save humanity from an alien invasion. (CC)

4:00 pm SPIKE ch.44 Mummy" (1999, Adv "The Mummy" (1999, Adventure) Brendan Fraser. A young man opens

Brendan Fraser. A young man opens a tomb unleashing a mummy seek-ing revenge for a curse laid upon him 3,000 years earlier. (In Stereo) 4:15 pm YTV ch.18 "Garfield: A Tail of Two Kitties" (2006, Comedy) Voices of Bill Murray. Garfield fol-lows Jon to England and gets the myal treatment after he is mictaken royal treatment after he is mistaken for the heir to a grand castle. But the feline will need all nine lives to foil the plans of evil Lord Dargis, who

wants to turn the castle into a resort. (In Stereo) (CC) 5:00 pm CBC ch.13 "Sleeping Beauty" (1959, Fantasy) Voices of Mary Costa. Animated. Three good fairies and a handsome prince save Princess Aurora from a bad fairy's spinning-wheel curse. (In Stereo) . (ĈC)

EVENING

6:00 pm YTV ch.18 "Cats & Dogs: The Revenge of Kitty Galore" (2010, Comedy) Voices of James Marsden. Felines and canines form an unprecedented alliance to protect

themselves and their humans from a rogue cat who wants to turn the world into her personal scratching post. (In Stereo) (CC) 7:00 pm WTBS ch.3 "Red Eye" (2005, Suspense) Rachel McAdams.

A plane passenger forcibly involves his seatmate in a plot to assassinate a

government official. SPIKE ch.44 "The Mummy Returns" (2001, Adventure) Brendan Fraser. Two evil forces believe the 9year-old son of adventurer Rick O'Connell is the key to the reincarna-

tion of Isis. (In Stereo) 8:00 pm KNOW ch.5 "Ghost in the Machine" (1988, Mystery) John Thaw. Inspector Morse is called in when a British lord's strange death follows the theft of several valuable

paintings. KHQ ch.7 "Bridesmaids" (2011, Comedy) Kristen Wig. Though broke and lovelorn, a woman takes on the strange and expensive rituals associated with being her best friend's maid of honor. (In Stereo) (DVS)

10:00 pm SPIKE ch.44 "The Scorpion King" (2002, Adventure) The Rock. The leader of a band of desert mercenaries is hired to kill a ruthless despot and his clairvoyant sorceress. (In Stereo)

MONDAY AFTERNOON

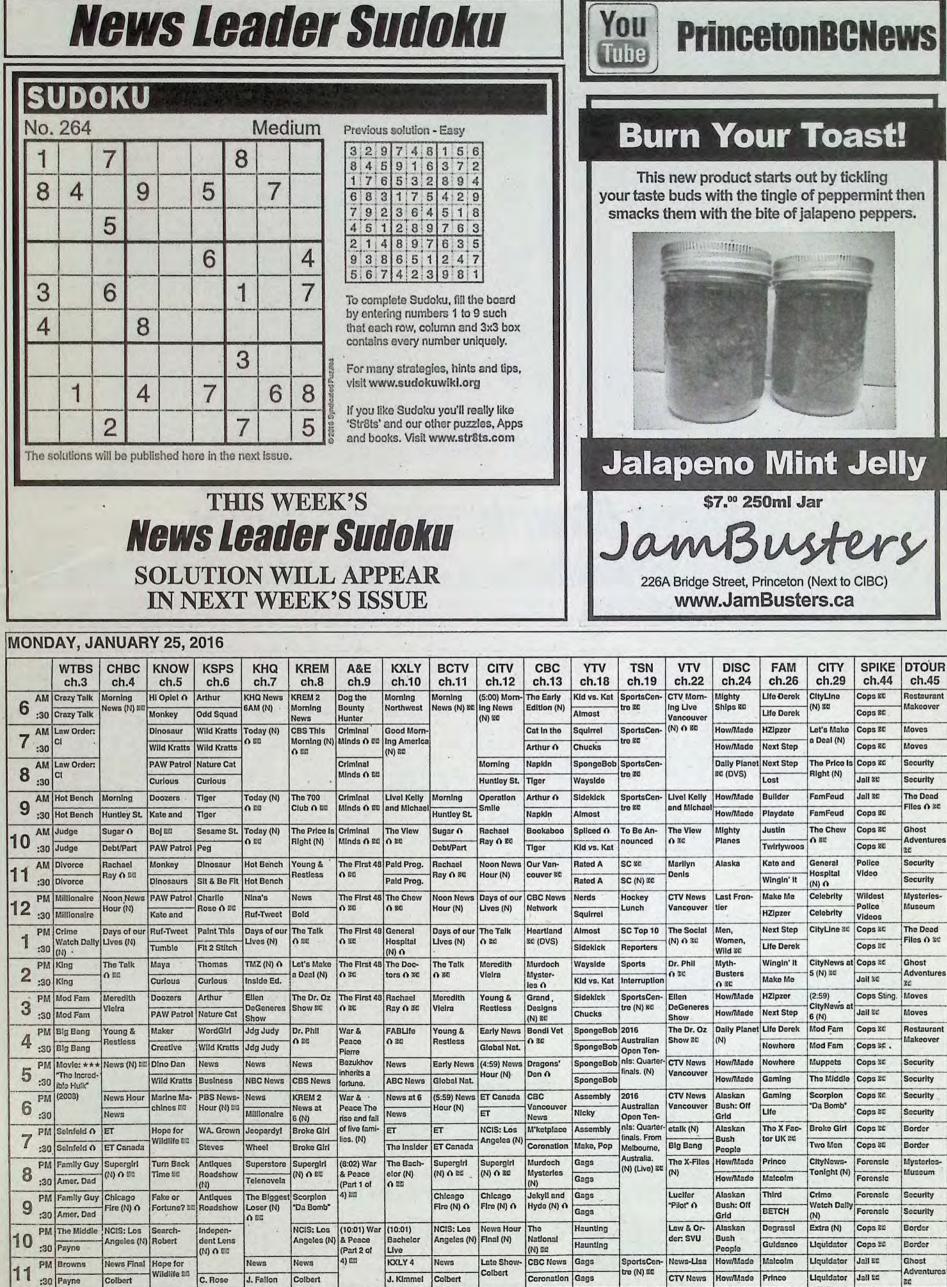
5:00 pm WTBS ch.3 "The Incredible Hulk" (2008, Action) Edward Norton. As Bruce Banner seeks to rid himself of The Hulk forever, a powerful enemy known as The Abomination arises to wreak havoc on the human race.

		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
A	M	Pald Prog.	In a Name	Dragon	Mr. Rogers	Today (N)	Paid Prog.	Criminal	Pald Prog.	In a Namo	Sunday	News	Squirrel	English	Canada AM	Treehouse	Warthogsl	Pald Prog.	Off Road	Moves
6 .	30	Pald Prog.	Canadlan	PAW Patrol	Peep	0 80	Pald Prog.	Minds O	Pald Prog.	Canadian	Morning News (N) 80	Pirates	Squirrel	Premier	Weekend	Masters	Life Derek	Church	Engine	Paid Prog.
-, A	M	The Office	Sunday	Curlous	Super Why!	кна	CBS News	Criminal	Good	Sunday		Cat In the	Charmers	Soccer	Marilyn	Buying the	Life Derek	Eye/Asla	Truck Tech	Expedition
1 :	30	Atl. Eats	Morning News (N) 88	Curious	Builder	Invest	Sunday	Minds O	Morning America	Morning News (N) 80	1	News	Charmers	Sports	Denis	Buying the	Gaming	Operation	Muscle	Unknown O
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P	M	Pald Prog.		Dogs/Jobs	Health Matt.	Skling	NFL Foot-		Hiring	Noon News	oon News Food Truck	Land/ Sea	Max	SC ted	NFL Foot-	Moonshin-		Close-Up	turns" (2001)	Expedition
12	30	Box Office	Hour (N)	Dogs			ball: AFC Champion- ship: Teams	Movie: **	Hollywood	Food Truck	Face Off	One/One	Stanley	SC Top 10	ball: AFC Champion-	ers O BB	"Monster	Kings	Brendan Fraser. 0	Unknown O
	-	Movia:	Food Truck	Hope for	Pioneers of	Figure		"Ocean's Eleven"	Movie: ** "The Game Plan" (2007,		Holmes	Bondi Vet	Game On	Motoring	ship: Teams	Vegas Rat	High: Boo York"	Storage		Expedition
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2	30	(2010)		of Change	Your Roots		1.5			Makes It	Movie: **	Designs O Kd	Movie:	Raptors	1	Gold up	Gaming	Two Men	"The Scor- plon King"	Secrets O
-		Blg Bang	Right Tackle	Berlin (N)	America's	Best Pan		Fit to Fat to	Happy Day	Right Tacklo	"Infected" (2008) Gil Bellows. 8d	q (N) O 80	"Garfield's Pet Force"	NBA	1	How/Made	Gaming	CityNews	(2002) 0	Miracles
- 22	1	Big Bang	Movie: **		Ballroom	Evert .	CBS News	Fit O IG	Laverno	Movie: **			(2009)	Basketball:	NFL Foot-	How/Made	Gaming	CityNews		Decoded 33
	-	Big Bang	"Infected"		Secrets of	CIZEI	60 Minutes	Hoarders	Love Lucy	"Infected" (2008) Gil		Backstage	(4:15)	Los Angeles Clippers	Champion-	Myth-	Gaming	Sunnyside	*** "The Murnmy" (1999) Bren- dan Fra- ser, Rachel Weisz. O	Treasures
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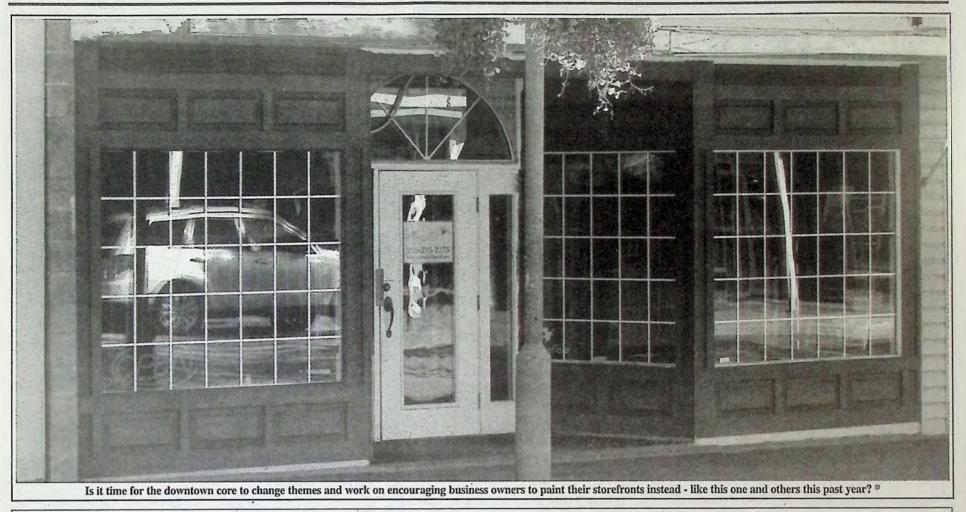
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Tuesday, January 19, 2016

News Leader



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

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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

OPEN

9:00 AM to 5:00 PM

Monday to Saturday

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 pastelcoloured, 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 Chambercontinued on Page 20

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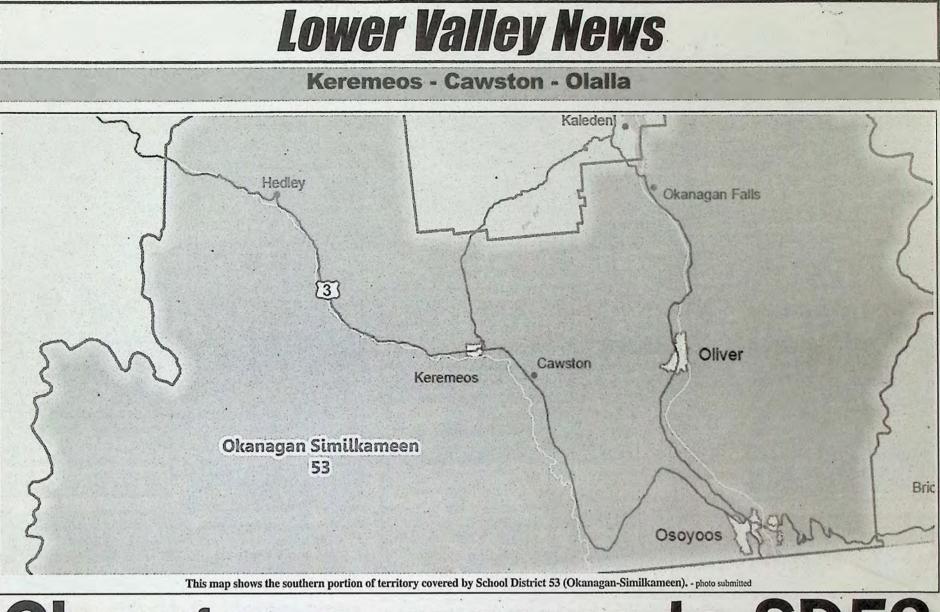
Tuesday, January 19, 2016



Phone: 250.295.4149 - Fax: 250.295.4103

Tuesday, January 19, 2016

News Leader



Changes may come to SD53

by Marty Menzies

12

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 closures 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 midway between Hedley and Princeton on the West. That's a lot of area. (see map above).

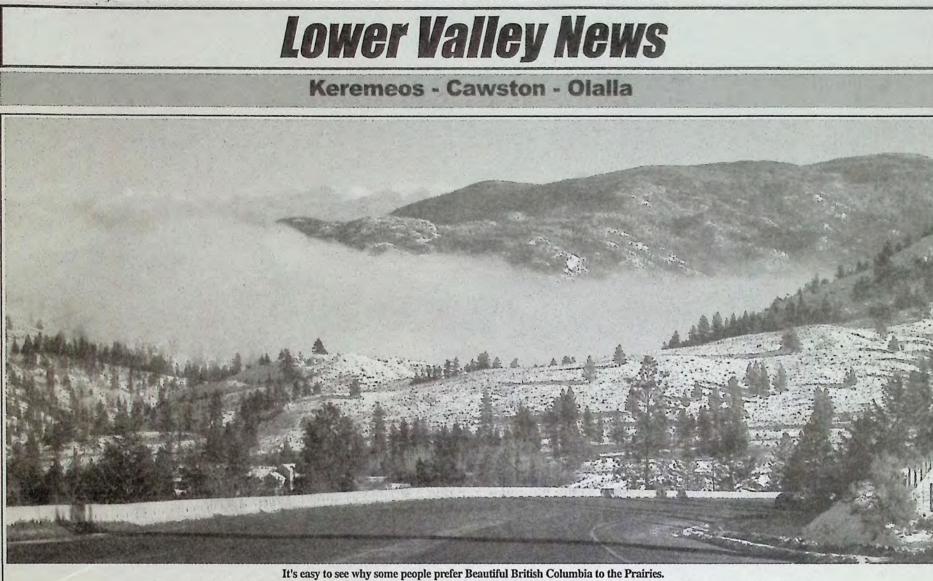
Their recommendations will most likely be based on what is called a School Facility\Condition Index. This index takes into account the condition of the schools, costs to upgrade, projected enrollment and a number of other factors. Boiled down, this means that five existing schools may not make the grade. Those five are Cawston Primary, Okanagan Falls Elementary, Oliver Elementary, Osoyoos Secondary and Tuc-El-Nuit Elementarycontinued on Page 19





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

Tuesday, January 19, 2016



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 recommended that it be closed in fairly short order.

Cawston Primary is more than just a school. With it's 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.

BY APPOINTMENT ONLY

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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. *





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

PrincetonBCNews

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 benefits the business owners, it would benefit the community as a whole with more shoppers and more interest in Princeton.

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,

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Check out the standing for our league teams online at: http://www.omaha.ca/standings_re c.php or at the Princeton Minor Hockey Association website: 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.

"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.



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