

Similkameen News Leader

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Tuesday, February 2, 2016

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



Store Manager Scott Gilbert (blue shirt), Save-On-Foods Regional Director Lisa McCreadie and Cooper's Foods (Princeton Youth Vice Ambassador) Victoria Gibb cut the ribbon at 8:00 AM January 29th to officially open Princeton's Save-On-Foods store. It converted overnight from a Cooper's Foods store. *

Cooper's is now Save-On

Save-On-Foods has added two more stores to its banner with the overnight (January 28/29) conversions of the Cooper's Foods in Princeton and the Overwaitea Foods in Kitimat.

The stores converted overnight with minimal interruption in service.

As Save-On-Foods, these stores will offer the same great products at amazing value with the same familiar teams, and will also give customers access to even more savings through unique Save-On-Foods programs including Darrell's Deals, Talk about Local, and Talk about Fresh Solutions.

Both stores are operated by the Overwaitea Food Group, named for its 100-year history that began with the original Overwaitea store in New Westminster, B.C. The company operates nearly 150 grocery stores in B.C. and Alberta,

with a focus on customizing its stores to the unique communities it serves.

"Growing our Save-On-Foods banner means we can give more of our customers what they want: high-quality products at great value, in stores served by our world class teams," said Save-On-Foods president Darrell Jones.

"We are so excited to introduce the Save-On-Foods brand to our friends and neighbours in these two fantastic communities."

In Princeton the company first operated Overwaitea Foods (Store #64) for decades before the recent conversion to Cooper's Foods (Store #164) in a newly constructed building in downtown Princeton.

Last week's move to Save-On-Foods (Store #964) completes the cycle of placing the perfect match of grocery store to the community it serves.

Sidewalk may have to wait

During the December 9, 2015 regular meeting of the Board of Education for School District 58 (Nicola-Similkameen) Trustees examined the issue of safety for students attending John Allison Elementary School. The results, as reported in the Similkameen News Leader, pointed to a need for a sidewalk along Corina Avenue to prevent small children from having to walk on the slippery road.

A letter was sent to Princeton Town Council concerning the mat-

ter staling, "Corina Avenue does not have sidewalks or shoulders on either side of the road and residential parking results in a potential safety concern for students walking to and from school each day."

Board Chairman Gordon Comeau signed the letter and requested Town Council consider the request and factor in the project in the upcoming municipal budget.

On January 14, 2016 then-Director of Infrastructure and Parks Kevin Huey submitted a report to Town of

Princeton CAO Rick Zerr regarding the Corina Avenue Sidewalk project.

In it, Huey submitted a cost estimate showing standard curb and gutter (complete with base gravels) for 600-metres would total \$57,000. That's just a portion of the project and costs. Other details included sidewalk complete with base gravels (\$81,000) and wheelchair ramps (\$1,600), asphalt surface (sawcutting: \$3,600, trench repair complete with base gravels: \$10,500), utilities adjustments (storm catch basins/drywells: \$3,600, water valves: \$400, hydrants: \$3,800), driveway restoration complete with asphalt and base gravels (\$5,535) and boulevard restoration (topsoil, crush, etc: \$7,800) for a grand total of \$174,835 for construction costs with contingencies and engineering costs adding an additional \$52,165 to bring the entire cost of a sidewalk on Corina Avenue to assist with safety of children walking to school at \$227,000.

Mayor Frank Armitage summed up the estimate during the January 18th regular meeting of Princeton Town Council with the statement, "It is, as I see it, cost prohibitive."

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Healthcare workshop set for February 16th

On February 16, the Princeton Health Care Steering Committee and Support Our Health Care (SOHC) will be holding a Community Consultation on Healthcare. The purpose for this workshop is to identify successes and challenges in our community's healthcare system and to provide direction for the Health Care Steering Committee in their efforts to provide an improved model of health care for the people in Princeton and surrounding commu-

nities.

Three years ago, SOHC conducted the first Community Healthcare Consultation supported by Dr.continued on Page 6

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Search and rescue teams from Keremeos, Penticton and Oliver/Osoyoos practiced ice water rescue techniques in Yellow Lake January 16th. Photo: Darrell Taylor

Province commits \$10-mil for BC GSAR

Ground search and rescue volunteers are known for providing an outstretched hand-of-help to the lost or injured in British Columbia.

The provincial government is reaching out to them and will be providing \$10-million in one-time funding to help bolster training,

administrative support and equipment renewals.

The announcement was made January 27th in North Vancouver.

"It's a small army of 2,500 volunteers that comb the province's back-country, rappel into steep ravines and weather the worst of the elements, while leaving behind the comforts of home to go seek and find those who are lost or injured," said Minister of State for Emergency Preparedness Naomi Yamamoto.

"Their selflessness is woven into the fabric of their service, and today's investment continues on our commitment to strengthening them

and the tapestry of public safety throughout the province."

Over the coming months, the BC Search and Rescue Association will work with its membership to bolster ground search and rescue services throughout the province. Once allocated, the funding will be spent according to the needs of the local ground search and rescue teams, replacing or updating equipment, providing administrative support and paying for new or additional training.

"The service that search and rescue groups provide in their communities is recognized as an invaluable asset to the people of this province

and today we welcome the additional support of the B.C. government to help strengthen the work that's being done," said president of BC Search and Rescue Association Chris Kelly.

"While we continue to work with the province on the proposed alternate support model for search and rescue, this money will help relieve some of the funding pressures and provide for increased training and other tools for those who tirelessly serve as volunteers."

In the last year, Emergency Management BC (EMBC) has had a number of positive and promising discussions with the BC Search and Rescue Association on an alternate support model for the service. This funding will help meet the 80 ground search and rescue team's immediate needs while EMBC continues to work together with BC Search and Rescue Association on a long-term solution.

This investment will build on the \$6.3 million that the B.C. government is already providing each year

.....continued on Page 3

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Flip Of The Coyne

by Spencer Coyne

Some days I grab the local paper and I can't help but shake my head at some of the things Town Council

is up to. It seems like every time they take a step forward they take ten steps back. During these past

couple of weeks, for example, they seemed to know that they needed to make some changes. They missed

the opportunity, however, to explain what they were up to when the opportunity arose.

answering the calls from the CBC.

I had the chance to talk to Councillor Jerome Tjerkstra who was on family holiday when Council voted for the new bylaw he seemed blindsided by the move by Council to ban fireworks. This is very concerning since Councillor Tjerkstra has the economic development portfolio. Restricting business and not asking them for input on bylaws that will restrict their trade is not very pro business if you ask me.

If you missed it, Town Council tabled a bylaw to ban the sale of fireworks in town. "What's the big deal?" you might be asking. There is one store that sells fireworks in Town. You would think that someone would have come down to ask the business owner for some input on the proposed bylaw, or at least ask her to come talk to them about it. Sadly, that didn't happen. Friends of the store took to Facebook. Now council will never admit that they were influenced by the outrage that began online, but they soon seemed to slow down on their move that would financially hurt the local business. CBC Radio caught wind of what was happening in town and started making calls. They talked to the local business owner who explained her side of the story, but when they tried to contact members of Council or Town Hall they couldn't get a comment. This is where they took those ten steps backwards. The week before Council claimed it wanted to increase communication. Well that kind of went out the window right then and there. Nothing says "not communicating" like not

It makes me wonder how in touch our council is with the business community, or how in touch they are with the community at all. How long did it take before they took a look at the zoning changes for the businesses impacted by the zoning changes in the OCP? The downtown has been suffering, and as it has been pointed out, many local businesses are seeing slower sales than last year, and now we have a council that is going to increase the basic business licence fee and add an extra \$50 fee for fire inspection, not to mention they are looking to go after home based businesses. So here we have a business community that is feeling the pains of the slower economy and the Town's answercontinued on Page 10



The short business closure at Cool Beanz Coffee House had nothing to do with the local economy - the floors were 'redone' which required no traffic in order to be completed properly. Owners Carolyn and John Gillis flank Brynn Johnson behind the counter as we show you just a hint at how good the floor looks now. Photo: Brenda Engel

GSAR support

.....continued from Page 2 to cover ground search and rescue operational costs for deployment, as well as training and equipment costs, and the insurance and liability for the members of the 80 groups serving across the B.C. landscape. "We are fortunate within B.C. to have such a dedicated group of individuals who make serving the safety of others their passion," said Minister of Transportation and Infrastructure Todd Stone. "Within ground search and rescue there are roughly 100,000 hours of volunteer time donated to searches; to replace these would cost more than \$5 million annually in direct

salary dollars. We are grateful for their commitment and in turn, government is strengthening its commitment with this one time grant." "We all know it takes a whole community of frontline workers like police, paramedics, fire fighters, coroners, and volunteers like those from search and rescue, to keep our communities safe," said Minister of Public Safety and Solicitor General Mike Morris. "Public safety is our number-one priority and this additional resource will help bolster support to the front lines of search and rescue operations in communities throughout B.C."

Hired Equipment Registration Okanagan Shuswap District

The Okanagan Shuswap District of the Ministry of Transportation and Infrastructure is creating its list of registered Equipment for Hire for the fiscal year of 2016/2017, which begins April 1, 2016. This district geographically covers the area from the United States border, east to Osoyoos, west of Princeton and north of Salmon Arm.

All individuals or companies registered in 2015 will have received invitations by mail to re-register hired equipment for 2016. If you have new equipment to be added to your profile, you can register online at www.bcbid.ca or contact the District Office in Kelowna to obtain the appropriate forms. Any individuals who were not registered in 2015, but wish to have equipment listed are hereby invited to contact the District Office, either in person or by phone, to obtain the appropriate registration forms.

Note that while you do not need to have Commercial (Comprehensive) General Liability Insurance or up-to-date WorkSafe BC coverage to register, you will have to meet these requirements prior to working on any ministry projects.

Only owned or lease-to-own equipment is eligible for registration. Equipment may only be registered in one area in any given year. Seniority is not transferable from area to area.

The deadline for new registrations is midnight on Wednesday, March 18, 2016. Late registrations will be accepted, but may appear at the bottom of the open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment information already listed.

Register through the Okanagan Shuswap District Office at:
1358 St. Paul Street, Suite 300, Kelowna, B.C., V1Y 2E1
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Editorial Page

News Leader

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

My Turn...

Walking The Walk

It's been a long time.

When I first moved to Princeton in October 1986 I plunged directly into volunteer service. It was something my then boss encouraged and I liked the idea of being able to use and or develop personal talents or skills while doing something good in the community.

Over the years I have been involved in one way or other with a large number of major and minor volunteer groups in the community. I am not that much different than anyone else who gives service to their community as the pool of volunteers in Princeton (and area) is not large, but many of the volunteers in that pool wear more than one hat.

At my 'peak' I was on a handful of different non-profit organizational boards and sat around tables with many of the same people who were part of other groups I participated in.

I would like to think that myself, and the other members of "my boards" achieved good things for our community. Years spent as President of Princeton Racing Days and Princeton Exhibition Association stand out for me. I am particularly proud of the achievements of "my current boards" (Granite Creek Preservation Society, Living Water Community Church).

But my recent volunteer activity has been far quieter than in the past. I don't think there has been a time when I have not been volunteering in one way or other since moving here. It fulfills something inside me.

So, this past week I "stepped up."

I've been talking about this for some time in this newspaper - that in order to affect change, one must get involved (if possible) rather than be critical or sit aside and complain.

Last week, after an absence of probably well over 15 years, I accepted an interim Directors seat on the board of the Princeton & District Chamber of Commerce. Two others, Spencer Coyne and Bruce Read, joined me.

The sitting BoD welcomed the three of us with open arms.

I see major challenges ahead but I think I'm ready to get in the thick of it. There is no doubt in my mind that "my new board" is filled with energy and determination. I think this is a very exciting time to be part of the Chamber of Commerce. After beating the drum in my weekly column "Saving Downtown Princeton" for over two years I see this organization as a good fit for whatever skills I may be able to bring to the table.

I see a time of rebuilding and redefining the role of the Chamber of Commerce in our community and I'm excited to be part of this. The business community deserves a strong voice of representation and if I can help make that happen, then I've done the right thing.

Regardless of the outcome, I have chosen to continue to serve my community as a volunteer because I know how enriching and rewarding the experience can be. Hopefully I can inspire you to volunteer in some way - if you aren't already - so we can all give something back to the community we love and want to see grow.



Our 'laugh of the week' comes from contractor Mike Grgich who spent part of last week working on this drainage project at the Princeton Plaza. He jokingly told our photographer he was starting work on the Princeton Pool Project. He said we could quote him on that, so thanks, Mike! We appreciate your good natured humour. Photo: Brenda Engel

...Your Turn

Letters and E-Mails Received This Past Week

To The Editor;

"The recent annexation of Copper Mountain Mine means more tax money to spend - Yay!" all the lemmings cheered, as they drank the Kool-aid and ran towards the cliff!!

My apologies for that, but I thought that it might help draw your attention to a point that I'd like to make, which is "that these new tax dollars are not the be-all and end-all to Princeton's economic woes."

Many of us who have lived here long enough in our cute little resource extraction community to know that a mine can shut-down at any time, it can happen for more than a dozen reasons, likely copper prices would be

near the top. Yes, as others have said (and I completely agree) diversity is the key; I believe that Princeton needs more than just a pool, arena improvements and a facelift to create diversity and draw more tourism dollars into it.

It needs something more, we have to think outside of the box. The pool being placed up by the arena? We'll just have another hidden asset like the water park! The only customers will be town folk and some swim clubs.

My family and I recently went to Sunshine Valley RV Resort (Google it!) for a weekend to study what a facility like this could do for Princeton. Placing the pool and a waterpark at an RV Resort down by the tunnel or the property between the Bridge of Dreams and sawmill, could be the perfect Tourist Trap!

Each location has full access to the KVR; and either could offer walking, hiking, gold panning, cross-country skiing, snowmobiling, ATVing, dog

sledding, access to trails, and fishing etc. Have a rubber tired train shuttle people downtown hourly! What fun! What an attraction!

Working together as a Community, adjacent property owners, business partners and grants, we could have it all, and the tourism would help pay for the pool!

Now you're going to get your downtown core busy! These people aren't just filling their gas tanks and leaving town - they're staying a while!!

More economic diversity and stimulus - more local employment - and a more viable investment into the Town's infrastructure. A Win-Win- and Win!

I feel that all this could be a reality and that the potential economic benefits and spinoffs are countless, something I think that the people of Princeton would welcome. (And yes, the indoor pool would have to be of a proper size for town use.....BIG).

- Bill Allinott, Coalmont

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EDITORIAL GUIDE

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



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Current Comment

Why Your Life Must Mean Something



Dawn Johnson
editor@thenewsleader.ca

each of us asks of ourselves, "Why am I here? What is my life about? Does my life matter?"

Among the elderly, the answer is often, "I am useless. There is no point in being here. My life no longer matters."

For those who have lost a loved one, particularly if the loved one was part of the person's life structure, such as losing a spouse or child, the grieving person feels life has no meaning or purpose without the loved one. In any supportive partnership, these feelings of loss of meaning can induce a depressed state, a questioning of whether life is worth living.

For the wife and mother who has devoted her life to raising her children and making a good home for them, having them grow up and become independent represents a loss of the purpose for which she had been living.

Dr. Frankl was the first to point out the importance of having meaning and purpose in life as a way to survive. Often, a person who feels life has no meaning or purpose will lose the desire to go on living, or will become so depressed that counseling is required.

It is easy for others to reassure them and tell them that so long as they are alive, their life has meaning, but the inner perception of the individual is likely more truthful. What motivates one person's will to live is unique to that person.

Opportunities to find meaning and purpose are abundant. The elderly have a role to play as critics of society, as wise elders for younger people. Many elderly people have found meaning and purpose through volunteer organizations, or through helping other elderly people, or through expressing their creativity. I know one elderly woman who visits shut-ins, and I have known more than one elderly person who has found meaning through preserving our history by working at the museum.

Those who are grieving the loss of a loved one often feel the foundations of their lives have crumbled. They cannot replace the loved one, even though they may cling to possessions of the loved

one, or sometimes behave as if the loved one is still alive. What is needed is a new goal, a new way to find meaning in life. Many who lost loved ones in war have devoted themselves to organizations caring for war veterans, while others devoted their lives to bringing peace.

I have a cousin who is an example of finding meaning in life and showing how it can beat death. He was a successful businessman worth millions when he suddenly found he could not seem to manage the flow of information required in his business. After extensive tests by many specialists, he was told six years ago that he had a very rare brain disorder in which the cells of his prefrontal cortex were dying. It was a terrible shock and a death sentence. He decided he would use his brain while he still had brain remaining. Although his business was sold, he embarked on creating a family tree. He made countless phone calls and computer searches and finally compiled a family tree, for which every member is grateful. He brought together cousins who had never known of each other's existence. He found people who did not know they belonged on our family tree. He brought together a brother and sister who had lost track of each other. It was a monumental effort. Two years ago, he had our family tree printed and gave out many copies. He organized a family reunion at the place my great-grandmother was born. Four years ago, the world specialist in treating his disease gave him two years to live. He has outlived that prognosis by two and a half years and looks better now than he did two years ago. He has a new project now: he is planning a monument for the old family graveyard.

Finding meaning and purpose in life can build your health, even if you have a death sentence, just as Viktor Frankl and others managed to survive the Nazi death camps. When you have meaning and purpose in your life, you take action to fulfill your goals. You become more alive. You become more appreciated by those around you because you are positive. You may even inspire others to find meaning and purpose in their lives.

At this time of year, many people become a bit depressed. The dull winter days do not encourage anyone to feel happy, and lack of sunshine contributes to the problem. Most of us live through it and welcome springtime with joy, but there are some people for whom this time becomes real depression, or real dissatisfaction with life. Elderly people, people who have lost a loved one, and people whose lives have changed significantly in some way, such as a wife and mother whose children are grown up and have left home.

One of the key factors for the elderly, the grieving and those in middle age are their efforts to find meaning in their lives.

Austrian psychiatrist Victor Frankl was one of the first in his field of medicine to identify the importance of having meaning in one's life. He based it on his experience as a prisoner in a Nazi concentration camp. He was a psychiatrist before being imprisoned, and as a psychiatrist, he observed the effects of the camp on his fellow prisoners. He noted that those who had a survival goal stayed alive, and those who found no reason to live simply gave up the struggle to survive and died. For some prisoners, the goal was to survive and testify to what had been going on. For others, the goal was to survive and find loved ones. For others, the goal was to survive and seek justice or revenge. Each survival goal was unique to the individual prisoner, but the goal itself was a reason to live. These goals gave meaning to their lives.

At various times in our lives,

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AND NOW...A LITTLE GOOD NEWS!

"Do not be wise in your own eyes; fear the Lord and shun evil, this will bring health to your body and nourishment to your bones." - Proverbs 3:7-8

Princeton Health Care Steering Committee

by Edward Staples

On Tuesday, January 19, the Princeton Health Care Steering Committee (PHCSC) held its monthly meeting at Princeton General Hospital. The meeting was attended by representatives from the Town of Princeton, Area H (RDOS), health care practitioners, Interior Health, BC Ambulance Services, and Support Our Health Care (SOHC). The meeting was chaired by Interior Health administrator, Susan Brown.

Edward Staples gave a report on Retention and Recruitment indicating that efforts continue to secure a full compliment of health care professionals for our community. He gave information on the work being done by SOHC to bring the Healthcare Traveling Roadshow to our community.

This program, offered by the University of Northern BC, provides local high school students with information on careers available in the healthcare field. Its goal is to encourage students from rural remote communities to consider

careers in healthcare professions with the understanding that they are more likely to return to their roots when establishing their practice.

At present, Princeton Secondary School, Keremeos Elementary Secondary School, and Merritt Secondary School have agreed to host this program during the first week in May.

The 'Love a Locum' program will continue throughout 2016, providing donated goods and services as a way to welcome new locums to our community. Lori Thomas with the Princeton Tourist Information office and Judy Short, community representative on the Steering Committee, will be working with SOHC to develop a strategic plan for the coming year. The community is encouraged to participate in this very successful program.

Susan Brown reported on a change in the process for identifying patients in need of home health support. The in-take process will now be handled through the

Penticton office which will do the initial assessment and then send it to our community's Home Health nurse. This improvement in service will ensure a faster response for clients and allow the Home Health nurses to devote more of their time to providing service to patients.

Susan Brown provided information on the sale of the building known locally as Arbor House and home to the Anchorage Clubhouse.

Interior Health was notified by the new owner that the community support groups that use the building would need to vacate by the end of January. Brown indicated that IH is committed to continue the services presently provided and is working with community partners to find alternate locations for service delivery.

Karen Reader, Unit Chief for BC Ambulance Services in Princeton,

reported that she attended the Interagency meeting held monthly at Community Family Services.

"It was a fabulous meeting. They were very interested in the Paramedicine project and plans are underway to for me to 'shadow' some of the services being provided in our community," she said.

The next meeting of the Steering Committee is scheduled for February 16.

Healthcare workshop

.....continued from Front Page
Barbara Pesut and her team of researchers from UBC Okanagan in Kelowna. The information gathered from that workshop led to the formation of the Princeton Health Care Steering Committee and the development of an Action Plan aimed at making Princeton a centre for innovative change in rural health care delivery. Now into its third year of operation, the Steering

Committee feels that it's time to hold a follow-up consultation to acknowledge our successes and identify the challenges that remain to be addressed.

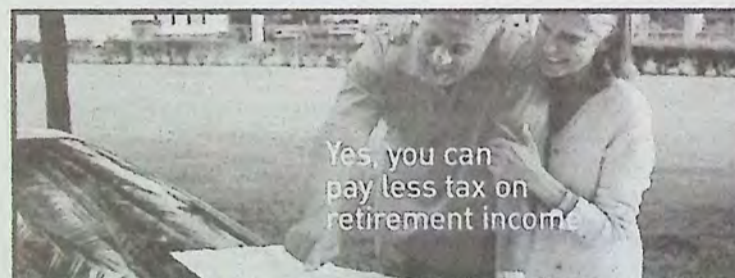
SOHC is coordinating the Consultation and has sent over 60 invitations to community representatives and leaders asking them to participate in this important event. As a resident of Princeton and Area, if you would like your voice

to be heard, contact any community leader to have them bring your comments or concerns forward. For a list of invited stakeholders, contact Ed Staples by sending an email directly to him at: edwardstaples8@gmail.com or by telephone at 250-295-0822.

A summary report will be prepared from the data collected in this consultation and will be shared with the community.

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Jackie Tegart, MLA

Fraser-Nicola

B.C.'s rural communities have challenges that are far different, and you might say far greater, than the province's large urban areas.

More often than not, our small towns are driven by one or maybe two main industries - usually resource based. This puts those communities at the mercy of national and international influences, ris-

ing and falling with the demand for those resources.

Fortunately, our government recognizes these challenges and the importance of our smaller towns and cities.

In September, Premier Christy Clark announced the Rural Dividend, which will provide up to \$75 million over the next three

years to help transition the economies of rural communities with a population of 25,000 and under.

The Rural Dividend will help small towns strengthen and diversify their local economies and will support them in building and implementing their own solutions, based on theircontinued on Page 10



Following the official ribbon cutting to mark the start of the Save-On-Foods era in Princeton January 29th, Store Manager Scott Gilbert presented Princeton Youth Vice-Ambassador Victoria Gibb with a Save-On-Foods banner to replace her Cooper's Foods one. The store sponsored her in the Youth Ambassador program. *

Pets 'n' Vets

Overcoming Grief From The Loss of a Pet

by Ryan Ridgway BSc Ag., DVM

For most pet owners, Lynn and myself included, their pets are their best friends and become a part of the family. Your pet gives you unconditional love and companionship and it is understandable that losing that love and companionship is difficult. In some cases, the loss is sudden and in others, it is anticipated and we have to make that decision. Regardless of how it happens, you can take solace in the fact that you are not alone and there are people out there that are trained to help you come to terms with the loss, as well as support groups with other people dealing with pet loss.

Everybody experiences the loss of a pet in their own way, so don't feel ashamed of the way you are experiencing it. Some people will tell you that it was just a pet, but as I said above, they do become a part of the family as well as your support during stressful times. So forget about those people and don't bottle up your feelings. Reach for help and support if you need to - remember that your pet wanted you to be happy and wouldn't want their death to affect your life negatively.

Here are some local resources that can help if you, or someone you know is experiencing the loss of a

pet:

Your Veterinarian

Not only can we provide some comfort and help coping with the loss of a pet, we can also steer you towards properly trained mental health professionals.

Your Doctor

Can provide support and get you further support from councillors and support groups. If the loss is proving too much and is impacting your life, they can also prescribe medications to help while you learn to cope from a councillor.

Local SPCA

Many local SPCA organizations run support groups for pet loss. If they don't run a group, they often know of people who can help or offer support themselves.

Crisis Phone Lines

If you feel that you cannot cope, call your local crisis hotline - regardless of whether they say they offer pet mourning support. A crisis is a crisis, period.

Religion

For some, religion and the support of the congregation helps them with their grieving period. Clergy members are also trained to provide counselling and support.

Online

There are many resources on the

internet and most are good. Many SPCA and Veterinary websites also have resources for you to read.

Books

Any book on grieving will offer suggestions and exercises to help

you through the grieving period after the loss of your pet. Your local bookstore and library will have access to many different titles.

Remember, you have the right to grieve in your own way for the

amount of time you need to. For some, the ritual of cremation and scattering the ashes or burial gives them closure. Others need more time and support to keep it from affecting their life and work.

Dan Albas, MP

Central Okanagan-Similkameen-Nicola

One of the buzz words emanating out of Ottawa this week is some talk of a national unity crisis. This discussion comes after Montreal Mayor Dennis Coderre announced strong opposition to the proposed Energy East pipeline project that is supported by the provinces of Alberta, Saskatchewan, Ontario and New Brunswick.

The opposition from the Mayor of Montreal was particularly not well received within the Province of Alberta, who has for decades diligently paid into the Canadian equalization program that annually pays out billions of dollars to Quebec and none to Alberta, or for that matter currently British Columbia or Saskatchewan.

Even well-known CBC comedian Rick Mercer entered into the debate focusing a rant segment entirely in support of the Energy East project while lambasting the stance from Montreal Mayor Coderre.

As a result the subject of pipelines has featured prominently in Ottawa this week including on Wednesday when the Liberal Government will announce a new pipeline review process and then Thursday the

RCMP report fatal crash

At 3:10 PM on January 26th an unloaded logging truck southbound on Highway 5A midway between Princeton and Merritt went off road right.

"The truck travelled down a steep embankment striking trees. The cab was crushed," says Sgt. H.B. Hallett, Unit Commander, South Okanagan Traffic Services.

"The lone occupant was deceased at the scene. The driver was a 22 year old male from the Lower Mainland."

Police believe speed and icy conditions were factors.

"The public is reminded that although the temperatures have been mild of late, we are still getting winter road conditions," Sgt. Hallett adds.

"The air temperature at this scene was measured at zero degrees Celsius with road surface temperature measured at minus five degrees Celsius."

Official Opposition Conservatives will table a motion calling on the Liberal Government to express support for the Energy East project along with a number of other conditions. At the time of my writing this week's MP report it is unknown what the new pipeline review process will be or what the outcome of the motion on Thursday is.

Also occurring this week is debate on the response to the Throne Speech, a debate that I was honoured to participate in. One of my reasons for speaking in response to the throne speech was to raise the importance of resource industries

in rural communities. Here in Central Okanagan-Similkameen-Nicola there are multiple lumber mills and a number of mines that are large scale employers on a regional basis. I also raised the subject of civic infrastructure as well as the importance of a new soft-wood lumber agreement to our British Columbia economy including the need to focus on inter Provincial trade.

I will be hosting public forums in other communities soon and as always I welcome your calls and emails. I can be reached via email at Dan.Albas@parl.gc.ca or by phone at 1-800-665-8711.

Living Past 100

Staying Healthy Via Internet and TV

Being conscious of your health is the first step toward being healthier. Today, we have great resources to help us maintain health and learn how to stay healthy. We have a variety of health practitioners to serve us when we are ill, but all of us should have a goal of avoiding illness. Prevention is always less painful and less costly than finding a cure.

There are a number of television programs, some daily, giving us advice on how to stay healthy. These programs are informative and answer many common questions about illness and healthy living.

The internet provides us with countless sources of information about health, illnesses, treatments, and lifestyles. There are many sources of information about alternative treatments for illnesses, best treatments, sources of supplements, and fitness programs.

Diets, dieting, ideal weight tables, nutritional facts, foods rich in nutrients, and so on, are found on internet.

For those who worry about toxins in our foods, there are many sources on the effects of pesticides, herbicides and preservatives. There are tips on where to find organic foods, and if you cannot access such foods easily, there are tips on how to grow the food yourself.

If you see something on television about a particular health topic, you can follow it up through internet sources. Sometimes, you may see something quoted from a particular book on health. If that book is not in your local library, you can order it via internet.

Staying fit at any age leads to better health. Communities have resources, such as programs and gyms, but if that is not your cup of wellness, you can find exercise programs and exercise machines on television and on internet.

Medical professionals always advise against using television and internet to self-diagnose. This is good advice because sometimes what ails you needs a professional. However, if it is just information you need, it is amazing the number of resources now available. Knowing where to look for information is the key to prevent you from being the victim of a quack medical practitioner, in some cases, and in others, it can lead you to understanding what is best for your health. By raising your level of health knowledge, you can lead a better life.



PrincetonBCNews



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News Leader

Entertainment

Similkameen News Leader TV Guide Listings - February 2 - 8, 2016



A tangle of players gets caught up in a bunch behind the Kelowna net during the January 27th game at Princeton Arena. Photo: Bob Marsh Photography

Another Posse mid-week loss

The Princeton Posse hosted Kelowna Chiefs January 27th for their second mid-week match in as many weeks.

The first period ended with no scoring and only three penalties. The home team out shot Kelowna 10-6 in that 20-minute frame.

Kelowna scored first at 7:18 of the second period with an unassisted goal credited to Josh Baird.

They extended their lead to 2-0 at 4:22 when Jace Woodley scored. He had help from Jackson Siemens and Jeremy Hite.

The Chiefs came on strong in the period out shooting the home team

11-5 but were evenly matched after 40-minutes of play with shots on goal showing a slight Chiefs edge at 17-15.

The third period saw Kelowna continue with that pace out shooting the Posse 12-6 but it took an empty net in the final minutes of play to allow any further scoring.

That marker went to Kelowna with 1:31 left in the game. Jaden McNulty earned the point with assists shared by Josh Kobelka and Brody Dale.

Final Score: Kelowna 3, Princeton 0. Shots on Goal: Kelowna 29, Princeton 21. Penalties in Minutes:

Princeton 9 for 20-minutes, Kelowna 6 for 12-minutes.

The win pushes Kelowna up to a 21-17-2 record - good enough for 45 points and 3rd place in their division with nine games left in their schedule.

They will meet Princeton one more time in Princeton Arena on February 12th.

The loss drops Princeton to 9-30-2 (21 points) with ten games left in regular season action.

Looking at the head-to-head stats

between the two teams, Princeton is 1-6-0 after seven games with Kelowna. To date, Princeton has not played any other team as often this season and the Chiefs have out scored the Posse 27-12 in those games.

 **PrincetonBCNews**

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Princeton's Bradly Palumbo wrestles to regain control against Kelowna. Photo: Bob Marsh Photography

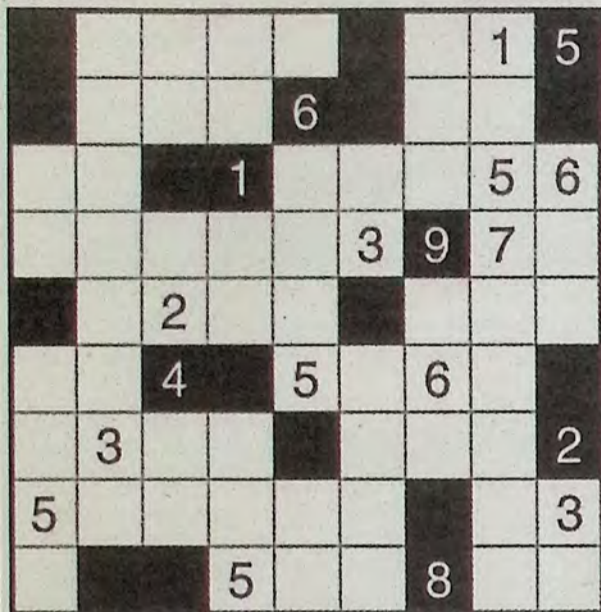
News Leader Str8ts

STR8TS

No. 266

Medium

Previous solution - Easy



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

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

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

Tuesday Movies

TUESDAY MORNING

7:00 am SPIKE ch.44 "Get Him to the Greek" (2010, Comedy) Jonah Hill. A record-company employee has just a few days to get a boozy British rock star to Hollywood for a big comeback concert. (In Stereo)

9:30 am SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

11:30 am SPIKE ch.44 "Robin Hood: Men in Tights" (1993, Comedy) Cary Elwes. Premiere. The Sherwood Forest archer leads his melting pot of outlaws against Prince John and the Sheriff of Nottingham. (In Stereo)

AFTERNOON

2:30 pm SPIKE ch.44 "Robin Hood: Men in Tights" (1993, Comedy) Cary Elwes. Premiere. The Sherwood Forest archer leads his melting pot of outlaws against Prince John and the Sheriff of Nottingham. (In Stereo)

5:00 pm WTBS ch.3 "The Kingdom" (2007, Action) Jamie Foxx. A sympathetic Saudi police captain helps a team of federal agents flush out a terrorist cell in

Riyadh.

SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

EVENING

8:00 pm SPIKE ch.44 "Happy Gilmore" (1996, Comedy) Adam Sandler. A powerful swing convinces a hockey player he can join the PGA tour and win back his grandmother's repossessed house. (In Stereo)

9:00 pm KNOW ch.5 "Pink Ribbons, Inc." (2011, Documentary) Premiere. Filmmaker Léa Pool sheds light on how the fight against breast cancer has led to a financial windfall for certain corporations and marketing firms. (In Stereo) (CC)

10:00 pm SPIKE ch.44 "Robin Hood: Men in Tights" (1993, Comedy) Cary Elwes. The Sherwood Forest archer leads his melting pot of outlaws against Prince John and the Sheriff of Nottingham. (In Stereo)



PrincetonBCNews

TUESDAY, FEBRUARY 2, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) 830	HI Opel 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 830	(5:00) Morning News (N) 830	The Early Edition (N)	Kid vs. Kat	SportsCentre 830	CTV Morning Live Vancouver (N) 0 830	Mighty Ships 830	Life Derek	CityLine (N) 830	Bar Rescue 0	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Author L.A. Reid ("Sing to Me") (N) 830	CBS This Morning (N) 0 830	Criminal Minds 0	Good Morning America (N) 830			Cat in the Hat	Squirrel	SportsCentre 830		How/Made	Lost	Let's Make a Deal (N)	Movie: *** "Get Him to the Greek" (2010) Jonah Hill. 0	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds 0			Morning Huntley St.	Napkin	Chucks	SportsCentre 830	Daily Planet 830 (DVS)	Life	The Price Is Right (N)		Security	
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) 0 830	The 700 Club 0 830	Criminal Minds 0	Live! Kelly and Michael	Morning Huntley St.	Sugar 830	Arthur 0	Sidklick	SportsCentre 830	Live! Kelly and Michael	How/Made	Builder	FamFeud		The Dead Files 0 830
10 AM	Judge	Sugar 0	Boj 830	Sesame St.	Today (N) 0 830	The Price Is Right (N)	Criminal Minds 0	The View 0 830	Sugar 0	Rachael Ray 0 830	Bookaboo	Spliced 0	SportsCentre 830	The View 0 830	Highway Thru Hell	Justin	The Chew 0 830	Movie: ** "Happy Gilmore" (1996) 0	Ghost Adventures 830
11 AM	Divorce	Rachael Ray 0 830	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 830	Paid Prog.	Rachael Ray 0 830	Noon News Hour (N)	Recipes	Rated A	Barclays	Marilyn Denis	How/Made	Kate and	General Hospital (N) 0	Movie: ** "Robin Hood: Men in Tights" (1993, Comedy)	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 830	Paid Prog.	News	The First 48 0 830	The Chew 0 830	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Chucks	Premier League Soccer: Arsenal vs Southampton	CTV News Vancouver	Alaskan Bush: Off Grid	Make Me	Celebrity		Mysteries-Museum
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Painting	Days of our Lives (N)	The Talk 0 830	Fit to Fat to Fit 0 830	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 830	Heartland 830 (DVS)	Almost	Sidklick	The Social (N) 0 830	Alaskan Bush People	Next Step	CityLine 830		The Dead Files 0 830
2 PM	King	The Talk 0 830	Maya	Thomas	TMZ (N) 0	Let's Make a Deal (N)	Fit to Fat to Fit 0 830	The Doctors 0 830	The Talk 0 830	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 830	How/Made	Wingin' It	CityNews at 5 (N) 830	Contractor	Ghost Adventures 830
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show 830	Married at First Sight	Rachael Ray 0 830	Meredith Vieira	Young & Restless	Grand Designs 0 830	Sidklick	SportsCentre (N) 830	Ellen DeGeneres Show	How/Made	HZipper	(2:59) CityNews at 6 (N)	Movie: *** "Robin Hood: Men in Tights" (1993, Comedy)	Moves
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil 0 830	Married at First Sight	FABLife (N) 0 830	Young & Restless	Early News	Bondi Vet (N) 0 830	SpongeBob	Hockey	The Dr. Oz Show 830	Daily Planet (N)	Life Derek	Mod Fam		Restaurant Makeover
5 PM	Movie: *** "The Kingdom" (2007, Action)	News (N) 830	Dino Dan	News	News	News	Married at First Sight	News	Early News	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	Open Gym	CTV News Vancouver	Gold Rush: Pay Dirt (N)	HZipper	New Girl	Movie: ** "Happy Gilmore" (1996) 0	Security
6 PM		News Hour	Hope for Wildlife 830	PBS News-Hour (N) 830	Chicago Med (N) 0	KREM 2 News at 6 (N)	Married at First Sight	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	NBA Basketball: Toronto Raptors at Phoenix Suns. (Live) 830	CTV News Vancouver	Gold Rush (N) 830	Next Step	Brooklyn		My.- Monument
7 PM	Seinfeld 0	ET	Canada: Over the Edge	Finding Your Roots (N)	Chicago Fire (N) 0	Broke Girl	(7:01) Fit to Fat to Fit	ET	ET	Limitless 0 830	Hello	Game	Raptors at Phoenix Suns. (Live) 830	etalk (N)	Railroad Alaska (N)	The X Factor UK (N) 0	The People v.	Contractor	Mysteries-Museum
8 PM	Family Guy	Super Bowl's Greatest	Earth Changed History	American Experience "Murder of a President"	Hollywood Game Night	Super Bowl's Greatest	(8:02) Fit to Fat to Fit	Fresh-Boat	Super Bowl's Greatest	Super Bowl's Greatest	Mercer	Funnest Home Videos	SportsCentre (N) (Live) 830	The Flash "Fast Lane"	How/Made	Prince	CityNews-Tonight (N)	Movie: ** "Happy Gilmore" (1996) 0	Mysteries-Museum
9 PM	Family Guy	Amer. Dad	Commercials 2016 (N) 0	Movie: *** "Pink Ribbons, Inc." (2011) 830	News	Commercials 2016 (N) 0	Married at First Sight	Marvel's Agent Carter	Commercials 2016 (N) 0	Commercials 2016 (N) 0	Creek	Gaga	Marvel's Agent Carter	Gold Rush 830	Degrassi	Crime Watch Daily (N)		My.- Monument	
10 PM	The Middle	Limitless 0 830		Underground Railroad	Jeopardy!	NCIS "Double Trouble"	Married at First Sight	What Would You Do?	Limitless 0 830	News Hour Final (N)	The National (N) 830	Haunting	SportsCentre (N) 830	CSI: Cyber "Fire Code"	Railroad Alaska 830	Arts	Extra (N)	Movie: *** "Robin Hood: Men in Tights" 0	Mysteries-Museum
11 PM	Browns	News Final	Canada: Over the Edge	Charlie Rose (N) 830	News	News	(11:02) Fit to Fat to Fit	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre 830	News-Lisa	How/Made	Malcolm	Liquidator		Ghost Adventures 830

Sicamous Eagles fly past Posse

Princeton Posse hosted Sicamous Eagles January 29th. It was only the second time this season that both teams have played together

and on paper, they are perfect matches with virtually the same records.

The Eagles powered through the

first period with a string of goals. Their first one was at 6:40, an unassisted marker scored by Bryce McDonald.

Just 16-seconds later McDonald added his second goal but had assistance from teammate Ian Jarvis on the Sicamous point.

The Eagles finished the period with a 3-0 lead after Darien Blight scored an unassisted goal at 4:50.

The second period saw Sicamous add another goal at 15:53 (Joshua Windley from Chase Williamson and Braydon McCarthy).

Princeton managed to break the momentum adding their first goal of the game at 15:01 with Tristyn Olson earning the credit. Assists came from Chad Kimmie and Connor Harding.

The Eagles responded with another goal at 10:34 (Ryan Ingace from Bryce McDonald and Landon Fuller).

The Posse scored once more at 6:33 (Joshua Dickson from Cody Lassiter).

The shots on goal after two periods totaled 21-19 in favour of the Sicamous Eagles.

It took just about a full period before there was any further scoring and it was Princeton that ended

up with one more with just 1:13 left in the game. Sean Emmerson earned the point with help from Morton Johnston and Matthew Monk.

Posse goalie Adam Jones, who went into the game partway through the second period, was pulled in the final moments for an extra man and the empty net gave the Eagles another opportunity.

With just 5-seconds left on the clock Sicamous finished off the Posse with their sixth goal of the night. Nathan Plessis scored it and Braydon McCarthy received an assist on the play.

Final Score: Sicamous 6, Princeton 3. Shots on Goal: Sicamous 30, Princeton 27. Penalties in Minutes: Princeton 6 for 22-minutes, Sicamous 5 for 12-minutes. Both teams were 0 for 4 (00.0%) on the power play.

The win puts Sicamous at 9-27-2, good for 25 points and last place in their division. The loss gives Princeton a 9-31-2 record (21 points) and last place in their division.



Students from John Allison Elementary received some ice time with Princeton Posse players January 17th thanks to the fundraising efforts of the school PAC. A total of 75 students were able to go skating as a result. - photo submitted

Living Water Community Church
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Weyerhaeuser

DEVELOPMENT OF A PEST MANAGEMENT PLAN

File # 105-966-16/21

Weyerhaeuser (Princeton Timberlands) is developing an Integrated Pest Mgmt Plan under the BC *Integrated Pest Management Act and associated regulations*. The plan will describe a pest management program using Integrated Pest Management techniques.

The purpose of this IPMP is to ensure effective and safe vegetation control within an integrated pest management program on crown land within the Southern Interior Forest Region, Forest Licenses FLA18674 Okanagan TSA, FLA18970 Boundary TSA, FLA18698 Merritt TSA and TFL 59. This region includes Weyerhaeuser's Princeton Timberlands division's operations on crown land and includes but is not limited to the surrounding areas of Oliver, Okanagan Falls, Penticton, Kelowna, Princeton and Lumby BC.

Under this IPMP, the following are a combination of selectively applied techniques or methods that will be used alone or in combination with one another to suppress and control competitive vegetation. Our approach to prompt site prep and planting with quality seedlings on the best microsites enhances our efforts towards reducing the number of instances where there will be the need for vegetation control. Preventive or minimizing soil disturbance, assessment and early recognition of vegetation problems are also carefully reviewed. Mechanical & Manual applications such as Hand Girdling, Brush and Chain saws, (brushing & weeding), Burning, Site Preparation, biological product Chontrol Peat Paste, Herbicide Application with ground foliar spraying, selective or spot treatment and basal bark. Herbicides proposed for use include, glyphosate (Vantage Forestry / VisionMax), and triclopyr (Garlon RTU, Garlon XRT).

The proposed effective term of this IPMP is from May 31, 2016 to May 30, 2021.

The proposed IPMP, diagrams and map(s) may be viewed at either of the Weyerhaeuser offices at 1655 Maple Street, Okanagan Falls, BC V0H1R2 or Old Hedley Road, Princeton, BC V0X 1W0. If you wish to review the document please phone for an appointment at 250-497-1278 or Fax 250-497-1281 or you may request to receive further information in regards to this IPMP from the following contact:

E-Qwest Consulting Ltd.
e-qwest@shaw.ca
Phone number 250-766-2677
Fax number 250-766-2677

A person wishing to contribute information about a proposed treatment site, relevant to the development of the Pest Management Plan, may send copies of the information to the applicant at the address above within 30 days of the publication of this notice.

Jackie Tegart, MLA

.....continued from Page 6

community's values and needs. Now is a good time for groups, organizations and residents of Princeton to think about which projects they would like to propose. Think about innovative ideas that have the potential for the greatest impact on Princeton.

Communities will need to clearly state what the funds will be used for and demonstrate the need to be filled. The eligibility criteria and other program details are expected to be finalized in March, and the application process will be fully operational starting in 2016-17.

Watch for an announcement once the criteria is developed.

The concept of the Rural Dividend

was recommended by the province's Rural Advisory Council, which is chaired by my colleague Donna Barnett, MLA for Cariboo-Chilcotin.

The Rural Advisory Council was formed in March 2015 and is comprised of 14 other members from rural B.C., including Debra Amott of Cache Creek. Debra is the general manager of Community Futures Sun Country and for the past decade has co-owned and operated a logging company with her husband. She has experience working with local government and has a passion for enhancing economic development in rural communities.

I am excited about the possibilities the Rural Dividend can bring for

Princeton, and I encourage local groups to work together to receive Princeton's fair share and ensure a brighter future.

Flip...

.....continued from Page 3 is to find a way to increase fees, which seems like a poor way to encourage the entrepreneurial spirit within the community. At least with the business licence bylaw, Council asked the Chamber of Commerce for feedback.

George and I sound like broken records when we talk about Council and Town Hall because honestly I feel that way some days. I even find myself from time to time asking myself if I already wrote about this before and I have to go check through my files. Sadly it seems that the status quo is this pattern of leaping before thinking. Maybe that is too harsh of me. Maybe they do think before they leap, but they are only looking at the light at the end instead of seeing everything in the tunnel.

Town Hall claims to want to communicate more and they are trying to make some changes it would just be good that before they tabled bylaws they actually sent out requests for input. Imagine talking to those people impacted by your decisions before they were made and not after the angry mobs show up at the steps of city hall demanding heads.

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SO COUNTRY INTERNET RADIO



One of the things that defines the character of our community is the diversity of downtown business. In Princeton we have an interesting collection of stores that have a wide spectrum of offerings ranging from a newspaper office that sells jams and jellies and a u-brew that sells garlic to a flower shop that features baked goods and a dollar store with a bakery and fireworks. Supporting local business is encouraging to these entrepreneurs - most of whom are the owner/operators of their business. It makes the downtown core an interesting place to visit and look around. Photo: Brenda Engel

WEDNESDAY, FEBRUARY 3, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) 22	Hi Oplel 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 22	(5:00) Morning News (N) 22	The Early Edition (N)	Kid vs. Kat	SportsCentre 22	CTV Morning Live Vancouver (N) 0 22	Mighty Ships 22	Life Derek	CityLine (N) 22	Wildest Police Videos	Restaurant Makeover
6:30	Crazy Talk		Monkey	Odd Squad			Dog					Almost				Life Derek			
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today Lupita Nyong'o; Tiffani Thiessen. (N) 22	CBS This Morning (N) 0 22	Criminal Minds 0	Good Morning America (N) 22			Cat in the Hat	Squirrel	SportsCentre 22		How/Made	Awesome	Let's Make a Deal (N)	Wildest Police Videos	Moves
7:30			Wild Kratts	Wild Kratts							Arthur 0	Chucks		How/Made	Awesome				Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds 0			Morning	Napkin	Chucks	SportsCentre 22	Daily Planet 22 (DVS)	Gaming	The Price Is Right (N)	Movie: ** "Death Race"	Security	
8:30			Curious	Curious					Huntley St.	Huntley St.	Tiger	Wayside		Gaming	Gaming			Security	
9 AM	Hot Bench	Morning	Astroblast	Tiger	Today (N) 0 22	The 700 Club 0 22	Criminal Minds "Proof"	Livel Kelly and Michael	Morning	Operation Smile	Arthur 0	Sidekick	SportsCentre 22	Livel Kelly and Michael	How/Made	Builder	FamFeud	Movie: (2008, Action) Jason Statham. 0	The Dead Files 0 22
9:30	Hot Bench	Huntley St.	Kate and	Tiger					Huntley St.		Napkin	Almost		How/Made	Playdate	FamFeud			
10 AM	Judge	Sugar 0	Boj 22	Sesame St.	Today (N) 0 22	The Price Is Right (N)	Criminal Minds 0	The View 0 22	Sugar 0	Rachael Ray 0 22	Bookaboo	Spliced 0	SportsCentre 22	The View 0 22	Edge of Alaska 22	Justin	The Chew 0 22		Ghost Adventures 22
10:30	Judge	Deb/Part	PAW Patrol	Peg					Deb/Part		Tiger	Kid vs. Kat			Twirlywoos				
11 AM	Divorce	Rachael Ray 0 22	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 22	Paid Prog.	Rachael Ray 0 22	Noon News Hour (N)	Recipes	Rated A	SC Top 10	Marilyn Denis	Gold Rush: Pay Dirt	Kate and Wingin' It	General Hospital (N) 0	Movie: ** "Death Race"	Security
11:30	Divorce		Dinosaurs	Silt & Be Fit	Hot Bench			Paid Prog.			Stefano	Rated A	SC Top 10						
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 22	Paid Prog.	News	The First 48 0 22	The Chew 0 22	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Gold Rush 22	Make Me	Celebrity	Movie: (2008, Action) Jason Statham. 0	Mysterium-Museum
12:30	Millionaire		Kate and		Clangers	Bold						Squirrel				HZipzer	Celebrity		
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Oil Painting	Days of our Lives (N)	The Talk 0 22	Duck D.	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 22	Heartland 22 (DVS)	Almost	Cabble	The Social (N) 0 22	Railroad Alaska 22	Next Step	CityLine 22		The Dead Files 0 22
1:30			Tumble	Sewing			Duck D.					Sidekick	Cabble			Life Derek			
2 PM	King	The Talk 0 22	Maya	Thomas	TMZ (N) 0	Let's Make a Deal (N)	Jep	The Doctors 0 22	The Talk 0 22	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 22	How/Made	Wingin' It	CityNews at 5 (N) 22	Auction	Ghost Adventures 22
2:30	King		Curious	Curious	Inside Ed.		Jep					Kid vs. Kat	Interruption		How/Made	Make Me			
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show 22	Duck D.	Rachael Ray 0 22	Meredith Vieira	Young & Restless	Grand Designs 0	Sidekick	Hockey Lunch	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Auction	Moves
3:30	Mod Fam		PAW Patrol	Nature Cat			Duck D.				Chucks			How/Made	Next Step				
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil 0 22	Duck D.	FABLife (N) 0 22	Young & Restless	Early News	Bondi Vet (N) 0 22	SpongeBob	Hockey	The Dr. Oz Show 22	Daily Planet (N)	Life Derek	Mod Fam	Auction	Restaurant Makeover
4:30	Big Bang		Creative	Wild Kratts	Jdg Judy		Duck D.			Global Nat.		SpongeBob	SC (N) 22		Gaming	Mod Fam			
5 PM	Movie: *** "The Proposal" (2009)	News (N) 22	Dino Dan	News	News	News	Duck D.	News	Early News	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	SC (N) 22	CTV News Vancouver	Killing Fields (N) 22	HZipzer	Broke Girl	Auction	Security
5:30			Wild Kratts	Business	NBC News	CBS News	Duck D.	ABC News	Global Nat.			SpongeBob	SC Top 10				Mike		
6 PM		News Hour	Canada: Over the Edge	PBS News-Hour (N) 22	News	KREM 2 News at 6 (N)	Duck D.	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	SportsCentre (N) 22	CTV News Vancouver	Moonshiners: Outlaw	HZipzer	Mod Fam	Auction	The Dead Files 0 22
6:30		News		Millionaire			Duck D.	News		ET		Nicky			Nowhere	blackish			
7 PM	Seinfeld 0	ET	The Polar Sea 0 22	Nature 0 (DVS)	Jeopardy!	Broke Girl	Jep	ET	ET	Chicago P.D. "Hit Me"	Gags	Nicky	Cabble	etalk (N)	Moonshiners (N) 22	Life	Broke Girl	Auction	Ghost Adventures 22
7:30	Seinfeld 0	ET Canada			Wheel	Broke Girl	Duck D.	The Insider	ET Canada		Coronation	Make, Pop	Cabble	Big Bang		Life	Two Men	Movie: *** "I Am Legend" (2007) Will Smith. 0	Mysterium-Museum
8 PM	Family Guy	Security	Wild China 22	NOVA (N) 0 (DVS)	The Mysteries of Laura	Broke Girl	Duck D.	Madoff Investment adviser Bernie Madoff. (N)	Security	Security	Dragons' Den (N) 0	Just Kid	That's Hockey 2 Nite	Arrow "Unchained" (N)	How/Made	Prince	CityNews-Tonight (N)		
8:30	Amer. Dad	Security			Mike		Duck D.		Security	Security		Just Kid		How/Made	Malcolm				
9 PM	Family Guy	Chicago Med (N) 0	Monarchy 22	Roger Payne: A Life	Law & Order: SVU	Criminal Minds 0	Duck D.		Chicago Med (N) 0	Chicago Med (N) 0	X Company (N) 0 22	Gags	SportsCentre (N) 22	Criminal Minds 0	Killing Fields 22	Rebecca	Crime Watch Daily (N)		The Dead Files 0 22
9:30	Amer. Dad						Duck D.					Gags			LA Story				
10 PM	The Middle	Chicago P.D. "Hit Me"	Stonehenge	Black Pharaohs	Chicago P.D. "Hit Me"	Code Black (N) 0 22	Duck D.	American Crime (N) 0	Chicago P.D. "Hit Me"	News Hour Final (N)	The National (N) 22	Haunting	SportsCentre (N) 22	Code Black (N) 0 22	Moonshiners: Outlaw	The X Factor UK 22	Extra (N)	Auction	Ghost Adventures 22
10:30	Payne						Duck D.					Haunting				Liquidator			
11 PM	Browns	News Final	The Polar Sea 0 22	Charlie Rose (N) 22	News	News	Jep	KXLY 4	News	Late Show-Colbert	CBC News	Gags	SportsCentre 22	News-Lisa	Moonshiners 0 22	Malcolm	Liquidator	Auction	Ghost Adventures 22
11:30	Payne	Colbert			J. Fallon	Colbert	Duck D.	J. Kimmel	Colbert		Coronation	Gags		CTV News		Prince	Liquidator		

THURSDAY, FEBRUARY 4, 2016

Table with 18 columns (channels WTBS ch.3 to DTOUR ch.45) and 12 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

FRIDAY, FEBRUARY 5, 2016

Table with 18 columns (channels WTBS ch.3 to DTOUR ch.45) and 12 rows (times 6:30 AM to 11:30 PM). Each cell contains program titles and channel numbers.

News Leader Movies - Wednesday to Saturday

WEDNESDAY MORNING

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

AFTERNOON

5:00 pm WTBS ch.3 "The Proposal" (2009, Romance-Comedy) Sandra Bullock. Facing deportation to Canada, a high-powered book editor pretends she is engaged to her assistant, whom she's tormented for years.

EVENING

7:30 pm SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)

THURSDAY MORNING

8:30 am SPIKE ch.44 "Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. (In Stereo)

AFTERNOON

1:00 pm SPIKE ch.44 "I Am Legend" (2007, Science Fiction) Will Smith. After a man-made plague transforms Earth's population into bloodthirsty vampires, a lone survivor desperately searches for a cure. (In Stereo)
 5:00 pm WTBS ch.3 "50 First Dates" (2004, Romance-Comedy) Adam Sandler. A veterinarian tries to make a woman who has short-term memory loss fall in love with him.

FRIDAY AFTERNOON

5:00 pm WTBS ch.3 "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

EVENING

7:00 pm FAM ch.26 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo) (CC)
 7:30 pm YTV ch.18 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome life-guard. (In Stereo) (CC)
 9:00 pm SPIKE ch.44 "Scarface" (1983, Crime Drama) Al Pacino. A Cuban immigrant from Castro's

jails cuts a violent path of destruction on his way to the top of Miami's drug trade. (In Stereo) (CC)
 10:00 pm FAM ch.26 "Penelope" (2006, Fantasy) Christina Ricci. Born with the snout of a pig, a young woman believes the only way to break the curse is to marry one of her own kind. (In Stereo) (CC)

SATURDAY MORNING

10:30 am FAM ch.26 "Dr. Seuss' The Cat in the Hat" (2003, Comedy) Mike Myers. Looking for fun, a mischievous feline invades the home of two children while their mother is away. (In Stereo) (CC)
 11:00 am WTBS ch.3 "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces him at his boarding school.

AFTERNOON

12:00 pm YTV ch.18 "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome life-guard. (In Stereo) (CC)
 FAM ch.26 "The Water Horse: Legend of the Deep" (2007, Fantasy) Emily Watson. On the shore of Loch Ness, Angus finds an unusual egg that hatches a water horse, the legendary creature from Scottish mythology. Angus tries to keep its existence hidden, until his

pet grows into the fabled Loch Ness monster. (In Stereo) (CC)
 1:00 pm WTBS ch.3 "Resident Evil: Retribution" (2012, Horror) Milla Jovovich. New allies and old friends aid Alice in her worldwide search for those responsible for the T-virus outbreak that continues to turn humans into flesh-eating zombies.
 2:30 pm CITV ch.12 "Rise of the Gargoyles" (2009, Suspense) Eric Balfour. An American professor tries to stop an ancient winged creature that terrorizes Paris. (CC)
 3:30 pm CHBC ch.4 BCTV ch.11 "Rise of the Gargoyles" (2009, Suspense) Eric Balfour. An American professor tries to stop an ancient winged creature that terrorizes Paris. (CC)

EVENING

6:00 pm WTBS ch.3 "Resident Evil: Apocalypse" (2004, Horror) Milla Jovovich. Survivors of a deadly virus must fight their way through Raccoon City's legion of undead inhabitants.
 7:00 pm CITV ch.12 "The Philadelphia Experiment" (2012, Science Fiction) Nicholas Lea. Government researchers try to re-create the 1943 "Philadelphia Experiment" to cloak warships, but their success has unintended consequences, forcing the survivor of the original experiment and his granddaughter to combat the death and destruction. (CC)
 8:00 pm CHBC ch.4 BCTV ch.11 "The Philadelphia Experiment" (2012, Science Fiction) Nicholas Lea. Government researchers try to

re-create the 1943 "Philadelphia Experiment" to cloak warships, but their success has unintended consequences, forcing the survivor of the original experiment and his granddaughter to combat the death and destruction. (CC)
 YTV ch.18 "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler. (In Stereo) (CC)
 9:00 pm KSPS ch.6 "Aliens: The Director's Cut" (1986, Science Fiction) Sigourney Weaver. On planet LV-426, Ripley and a dwindling number of Marines battle an almost-unstoppable army of monstrous predators which wiped out an entire colony of humans, save for one little girl. (In Stereo) (CC)
 FAM ch.26 "Penelope" (2006, Fantasy) Christina Ricci. Born with the snout of a pig, a young woman believes the only way to break the curse is to marry one of her own kind. (In Stereo) (CC)
 11:00 pm WTBS ch.3 "The Women" (2008, Comedy-Drama) Meg Ryan. A grave betrayal causes cracks in the friendship between two women, while the rest of those in their circle begin to question their own relationships.

SATURDAY, FEBRUARY 6, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	On Spot	Ancestors	Dragon	Heartland	(5:30) Today (N)	CBS This Morning	Tiny House Nation	Facelift?	Ancestors	Saturday Morning News (N)	Tiger	Sidekick	Premier League Soccer	Juicebox	Railroad Alaska	Warthogal	Paid Prog.	Bar Rescue	Moves
:30	Coolcast	Fishful	PAW Patrol	Fly Tying				Paid Prog.	Fishful		Animal	Sidekick				Life Derek	Panorama		Paid Prog.
7 AM	P. Affairs	Saturday Morning News (N)	Curious	MotorWeek	KHQ Saturday Wake Up Show	Lucky Dog	What Would You Do?	Good Morning America	Saturday Morning News (N)		Super Why!	Chucks	English Premier League Soccer		How/Made	Life Derek	Eye/Asla	Bar Rescue	Security
:30	Paid Prog.		Curious	Greener		Dr. Chris					Save-Ums!	Chucks			How/Made	Gaming	VemComig		Security
8 AM	Paid Prog.		PAW Patrol	Woodsmith		Innovation	What Would You Do?	Hanna			Arthur	Nerds		Canada AM Weekend	Mayday "Fatal Delivery"	HZipzer	Polish Studio (N)	Bar Rescue	Border
:30	Paid Prog.		Astroblast	Rough Cut		Inspectors		Ocean			Cat in the	SpongeBob				Life		"Bar Fight"	Border
9 AM	Jeffersons		Magic Bus	Hometime		Hidden	What Would You Do?	Rescue		Fish'n	Our Vancouver	SpongeBob	College Basketball: Kansas	Is Written	Alaskan Bush People	Make Me	Paid Prog.	Bar Rescue	Border
:30	Paid Prog.		Kate and	Old House	Prem Goal Zone	Changers		Wildlife		Real Fish.	Parents		at Texas Christian.	The Social		Next Step	Paid Prog.		Border
10 AM	Gimme	Fish'n	Wild Kratts	Old House		NFL Films (N)	Nightwatch	Rock-Park	Fish'n	Powerboat	Absolutely Canadian	Harvey	Marilyn Denis	Mayday	Lost	Fall Army	Bar Rescue	Border	
:30	Seinfeld	Fishing	Wild Kratts	Kitchen	Behind the Badge: Crystal Palace			Explore	Fishing	Driving TV		Pig Goat			"Dr. Seuss' The Cat in the Hat"	Family		Border	
11 AM	Movie: ** "She's the Man" (2006)	Powerboat	Doki	Pépln		College Basketball: Michigan	Nightwatch	CIZEI	Powerboat	Ice Pilots NWT	Doc Zone	Turtles	Motoring Television (N)	Is Written	Mayday "Fatal Delivery"	Survivor-man	Bar Rescue	Security	
:30	James Kirk	Driving TV	Creative	Martha		State at Michigan.	Nightwatch "Katrina"	Paid Prog.	Driving TV		SpongeBob		etalk			(DVS)		Security	
12 PM		Noon News Hour (N)	Animals	Cook	PGA Tour Golf: Waste Management Phoenix Open, Third Round. (N)			X Games (N)	Noon News Hour (N)	Decoding the Ancients	The Nature of Things	Movie: ** "Aquamarine" (2006)	PGA Tour Golf: Waste Management Phoenix Open, Third Round. (N)	Road to the Super Bowl	Railroad Alaska	Movie: "The Water Horse: Legend of the Deep"	Illusions	Bar Rescue	Border
:30			Animals	Victory		College Basketball: Florida at Kentucky. (N)	The First 48			Decoding the Ancients	The Exchange		Corner Gas	Corner Gas	Alaskan Bush People	Legend of the Deep	Escape	Bar Rescue	Border
1 PM	Movie: ** "Resident Evil: Retribution" (2012)	Decoding the Ancients	Our Part	Antiques Roadshow			The First 48		Decoding the Ancients	Weird or What?	The Exchange		Round. (N)	Canada's Worst Driver	Railroad Alaska	Gaming	Mod Fam	Cops	Border
:30		Weird or What?	Canada: Over the Edge	British Baking			The First 48		Weird or What?	Moves	Dragons' Den	Game On	Mr. Young		HZipzer	Mod Fam	Cops	Border	
2 PM									Moves	"Rise of the Gargoyles" (2009)	National	Mr. Young	SportsCentre (N)	Disruptors	How/Made	Make Me	CityNews	Cops	Security
:30									Moves	"Rise of the Gargoyles" (2009)	Hockey	Mr. Young		Moneytalk	How/Made	Awesome	CityNews	Cops	Security
3 PM	The Middle	Moves	Waterfront Cities	Globe Trekker	Paid Prog.	Paid Prog.	The First 48	ABC News		Global Nat.	NHL Hockey: Teams TBA. (N)	Boys	SC	Marilyn Denis	Last Frontier	Awesome	NHL Hockey: Teams TBA. (N)	Cops	Security
:30	The Middle							KKLY 4		(4:59) News Hour (N)	(Live)	Boys	UFC 196: Werdum vs. Miocic - Prelims (N)	The Social	Gold Rush	Nowhere		Cops	Border
4 PM	Seinfeld	Movie: "Rise of the Gargoyles" (2009)	Megabridges "China"	Stevens	Paid Prog.	Access Hollywood (N)	The First 48			(5:59) News Hour (N)	16x9 "Code White"	Assembly	Stanley	CTV News Vancouver	Moonshiners	Next Step		Cops	Ghost Adventures (N)
:30	All. Eats			WA. Grown	Jdg Judy											Next Step		Cops	Ghost Adventures (N)
5 PM	King	News	Lost Kingdoms of	Last/Wine	News	News	The Secret Tapes of the O.J. Case	Republican Debate GOP		Global Nat.		Boys		CTV News Vancouver	Moonshiners	Next Step		Cops	Ghost Adventures (N)
:30	King	News		Victorious	NBC News	CBS News		primary candidates discuss issues. (N)				Boys				Next Step		Cops	Ghost Adventures (N)
6 PM	Movie: ** "Resident Evil: Apocalypse" (2004)	Global Nat.	Hope for Wildlife	Lawrence Welk	Jeopardy!	Paid Prog.				(5:59) News Hour (N)	16x9 "Code White"	Assembly	Stanley	CTV News Vancouver	Moonshiners	Next Step		Cops	Ghost Adventures (N)
:30		News														Next Step		Cops	Ghost Adventures (N)
7 PM	Apocalypse	16x9 "Code White"	Death Valley	Keeping Up	Blue Bloods	Elementary	(7:02) O.J. Speaks: The Hidden Tapes			16x9 "Code White"	Movie: ** "The Philadelphia Experiment" (Live)	NHL Hockey: Teams TBA. (N)	Valentine	SportsCentre (N)	W5 (N)	Vegas Rat Rods	Lost	CityNews Weekend (N)	Funnest Commercial
:30													Brown	SC Top 10	Big Bang	Fast N' Loud	The X Factor UK	CityNews Weekend (N)	Lip Sync
8 PM	Family Guy	Movie: ** "The Philadelphia Experiment"	Heartbeat	To Be Announced	Dateline NBC	Super Bowl				Movie: ** "The Philadelphia Experiment"	True Crime Scene		SC Top 10	SC Top 10	Anger		Movie: ** "Penelope" (2006)	Liquidator	Lip Sync
:30	Family Guy												SportsCentre (N)	SportsCentre (N)	5th Annual NFL Honors (N)	Moonshiners	Movie: ** "Penelope" (2006)	Liquidator	Lip Sync
9 PM	Burgers	Experiment	Foyte's War "The Hide" (PA)	Movie: **** "Aliens: The Director's Cut"	Saturday Night Live	5th Annual NFL Honors (N)	The Secret Tapes of the O.J. Case	Entertainment Tonight	What Would You Do?	True Crime Scene	News Final	Post Show	Assembly	SportsCentre (N)	Vegas Rat Rods		Let's Be	CityLine	Lip Sync
:30	Burgers												Assembly					CityLine	Lip Sync
10 PM	Community	True Crime Scene	Park							(10:35) Saturday Night Live	The Tudors	Gags	SportsCentre	News	Gold Rush	Degrassi	Paid Prog.	Lip Sync	Expedition Unknown
:30	Community													CTV News		Guidance	Paid Prog.	Lip Sync	Expedition Unknown
11 PM	Movie: "The Women"	News Final	Waterfront Cities	Austin City Limits (N)	News	News	O.J.: Hidden Tapes	Rizzoli & Isles	News Final					CTV News				Lip Sync	Expedition Unknown
:30		SNL			SNL	Up Late			SNL									Lip Sync	Expedition Unknown

News Leader Sudoku



PrincetonBCNews

SUDOKU

No. 266

Very Hard

Previous solution - Tough

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

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

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

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

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

The solutions will be published here in the next issue.

Burn Your Toast!

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



Jalapeno Mint Jelly

\$7.00 250ml Jar

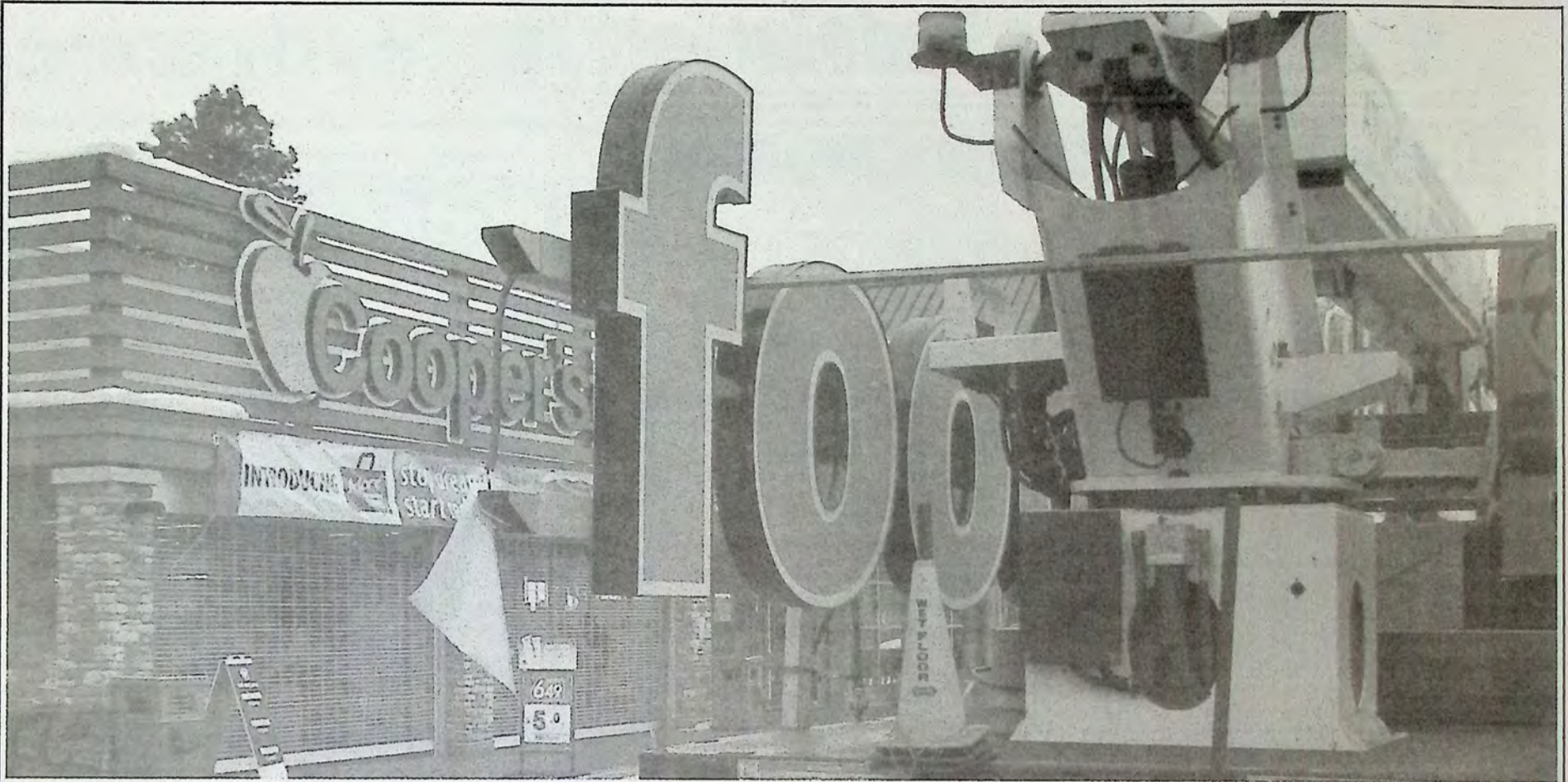
JamBusters

226A Bridge Street, Princeton (Next to CIBC)
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THIS WEEK'S
News Leader Sudoku
SOLUTION WILL APPEAR
IN NEXT WEEK'S ISSUE

MONDAY, FEBRUARY 8, 2016

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITV ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	DTOUR ch.45
6 AM	Crazy Talk	Morning News (N) 30	Hi Opief 0	Arthur	KHQ News 6AM (N)	KREM 2 Morning News	Dog	Morning Northwest	Morning News (N) 30	(5:00) Morning News (N) 30	The Early Edition (N)	Kid vs. Kat	SportsCentre 30	CTV Morning Live Vancouver (N) 0 30	Mighty Ships 30	Life Derek (N) 30	CityLine (N) 30	Cops 30	Restaurant Makeover
7 AM	Law Order: CI		Dinosaur	Wild Kratts	Today (N) 0 30	CBS This Morning (N) 0 30	Criminal Minds 0 30	Good Morning America (N) 30			Cat in the Hat	Squirrel Chucks	SportsCentre 30		How/Made	HZipzer	Let's Make a Deal (N)	Cops 30	Moves
8 AM	Law Order: CI		PAW Patrol	Nature Cat			Criminal Minds 0 30			Morning Huntley St.	Napkin	Chucks	SportsCentre 30	Daily Planet 30 (DVS)	Next Step	The Price Is Right (N)	Cops 30	Security	
9 AM	Hot Bench	Morning	Lost	Tiger	Today (N) 0 30	The 700 Club 0 30	Criminal Minds "Hope"	Live! Kelly and Michael	Morning Huntley St.	Operation Smile	Arthur 0	Sidekick	SportsCentre 30	Live! Kelly and Michael	How/Made	Builder	FamFeud	Jail 30	The Dead Files 0 30
10 AM	Judge	Operation Smile	Boj 30	Sesame St.	Today (N) 0 30	The Price Is Right (N)	Criminal Minds 0	The View 0 30	Operation Smile	Rachael Ray 0 30	Bookaboo	Spliced 0	SportsCentre 30	The View 0 30	Canada's Worst Driver	Justin Twirlywoos	The Chew 0 30	Cops 30	Ghost Adventures 30
11 AM	Divorce	Rachael Ray 0 30	Monkey	Dinosaur	Hot Bench	Young & Restless	The First 48 0 30	Paid Prog.	Rachael Ray 0 30	Noon News Hour (N)	Our Vancouver 30	Rated A	Cabbie	Marilyn Denis	Alaska	Kate and Wingin' It	General Hospital (N) 0	Wildcat Videos	Security
12 PM	Millionaire	Noon News Hour (N)	PAW Patrol	Charlie Rose 0 30	Floogals	News	The First 48 0 30	The Chew 0 30	Noon News Hour (N)	Days of our Lives (N)	CBC News Network	Nerds	Hockey Lunch	CTV News Vancouver	Last Frontier	Make Me HZipzer	Celebrity	Wildcat Videos	Mysteries-Museum
1 PM	Crime Watch Daily (N)	Days of our Lives (N)	Ruf-Tweet	Paint This	Days of our Lives (N)	The Talk 0 30	The First 48 0 30	General Hospital (N) 0	Days of our Lives (N)	The Talk 0 30	Heartland 30 (DVS)	Almost	SC Top 10	The Social (N) 0 30	Men, Women, Wild 30	Next Step	CityLine 30	Cops 30	The Dead Files 0 30
2 PM	King	The Talk 0 30	Maya	Thomas	TMZ (N) 0	Let's Make a Deal (N)	The First 48 0 30	The Doctors 0 30	The Talk 0 30	Meredith Vieira	Murdoch Mysteries 0	Wayside	Sports	Dr. Phil 0 30	Myth-Busters 0 30	Wingin' It	CityNews at 5 (N) 30	Cops 0	Ghost Adventures 30
3 PM	Mod Fam	Meredith Vieira	Doozers	Arthur	Ellen DeGeneres Show	The Dr. Oz Show 30	The First 48 0 30	Rachael Ray 0 30	Meredith Vieira	Young & Restless	Grand Designs 0 30	Sidekick	SportsCentre (N) 30	Ellen DeGeneres Show	How/Made	HZipzer	(2:59) CityNews at 6 (N)	Cops 30	Moves
4 PM	Big Bang	Young & Restless	Maker	WordGirl	Jdg Judy	Dr. Phil 0 30	The First 48 0 30	FABLife (N) 0 30	Young & Restless	Early News Global Nat.	Bond Vet (N) 0 30	SpongeBob	Draft	The Dr. Oz Show 30	Daily Planet (N)	Life Derek	Mod Fam	Cops 30	Restaurant Makeover
5 PM	Movie: "Dreamer: Inspired by a True Story"	News (N) 30	Dino Dan	News	News	News	The First 48 0 30	News	Early News	(4:59) News Hour (N)	Dragons' Den 0	SpongeBob	College Hockey	CTV News Vancouver	How Hard?	Nowhere	Muppets	Cops (N)	Security
6 PM		News Hour	Marine Machines 30	PBS News-Hour (N) 30	News	KREM 2 News at 6 (N)	War & Peace	News at 6	(5:59) News Hour (N)	ET Canada	CBC Vancouver News	Assembly	Assembly	CTV News Vancouver	Alaskan Bush: Off Grid	Gaming	Scorpion "Fractured"	Cops 30	Security
7 PM	Seinfeld 0	ET	Hope for Wildlife 30	WA. Grown Steves	Jeopardy!	Broke Girl		ET	ET	NCIS: Los Angeles (N)	market	Assembly	SportsCentre (N) 30	etalk (N)	Alaskan Bush People	The X Factor UK (N) 0	Broke Girl	Cops 30	Border
8 PM	Family Guy	Supergirl (N) 0 30	Turn Back Time 30	Antiques Roadshow (N)	Superstore	Supergirl (N) 0 30	(8:02) The First 48 30	The Bachelor (N) 0 30	Supergirl (N) 0 30	Supergirl (N) 0 30	Murdoch Mysteries (N)	Gags	Hockey	The X-Files (N) 0	How Hard?	Prince	CityNews-Tonight (N)	Cops 30	Mysteries-Museum
9 PM	Family Guy	Chicago Fire (N) 0	Fake or Fortune? 30	Antiques Roadshow	The Biggest Loser "Makeover"	Scorpion "Fractured"	(9:01) The First 48 30	Chicago Fire (N) 0	Chicago Fire (N) 0	Chicago Fire (N) 0	Jekyll and Hyde (N) 0	Gags	SportsCentre (N) 30	Lucifer (N) 30 (DVS)	Alaskan Bush: Off Grid	Third	Crime Watch Daily (N)	Jail 30	Security
10 PM	The Middle	NCIS: Los Angeles (N)	Sleeping Tigers: Asahi	Independent Lens (N)	Week* (N) 0 30	NCIS: Los Angeles (N)	(10:01) War & Peace 0 (Part 4 of 4) 30	(10:01) Castle (N) 30	NCIS: Los Angeles (N)	News Hour Final (N)	The National (N) 30	Haunting	SportsCentre (N) 30	(10:01) Castle (N) 30	Alaskan Bush People	Degrassi	Extra (N)	Jail 30	Border
11 PM	Browns	News Final	Hope for Wildlife 30	Charlie Rose (N) 30	News	News		IKLY 4	News	Late Show: Colbert	CBC News	Gags	SportsCentre 30	News-Lisa	How Hard?	Malcolm	Liquidator	Jail 30	Ghost Adventures 30
	Payne	Colbert			J. Fallon	Colbert		J. Kimmel	Colbert		Coronation	Gags		CTV News	How Hard?	Prince	Liquidator	Jail 30	



The landscape of downtown Princeton took another shift with the rebranding last week of the Cooper's Foods store. Save-On-More signs arrived January 27th. Photo: Brenda Engel

Saving Downtown Princeton...

...An Ongoing Series by George Elliott

As you are probably aware, the Town of Princeton is tweaking some outdated bylaws. This is a good thing.

It is not hard to imagine that over time, circumstances change and certain criteria or requirements become outdated and need a bit of a tune up.

The Business Licence Bylaw (formally known as Business Licence and Regulation Bylaw No. 914, 2016), is such an example of an outdated piece of legislation requir-

ing a touch up here and there. The existing bylaw dates back to January 1991 and let's be realistic about this - it is now 25 years old. Things have changes. The cost of doing business is not even close to what it was when this bylaw was last adopted.

In looking at some of the changes I have to agree that business licence fees need to increase. They are currently \$60.00 per year for the basic rate. That's what we pay at the Similkameen News Leader to have

a business in Princeton. If you ask me, that is pretty cheap. The proposed new bylaw would see that fee increase to \$70.00 per year. Again, I think that is more than fair.

For comparison, the last Business Licence I purchased to conduct business in Keremeos was in 2001. At the time I paid \$80.00 for the year and I didn't (and still don't) have an office there.

What seems to be the big issue with the proposed Business Licence Bylaw is the notice that home-based businesses are subject to applying for and purchasing a business licence. If the zoning of where this home-based business does not match the purpose of that business, the application will be turned down.

While this may come across as harsh, there is some logic to this. Our home-based business (which has a licence to do business in Princeton) is not a retail outlet. The jams, jellies and hot sauces are produced at home and sold through our

retail location downtown where we also sell this newspaper.

Our residence, as far as I know, is not zoned for retail but with the OCP mess in our neighbourhood (we live on Burton Avenue) maybe it is. Regardless, the logic I mentioned would make sense if our home-based business required customers to come to our home and if we had a room set up for displaying products - which is not the case.

Another home-based business we have is an extension of my newspaper business where I have contracted out my writing services. My client base is currently in Australia and the United States and all business is conducted online. I could probably run the entire thing with a handheld device and just be a mobile service.

In fact, with the world of technology the way it is right now, there isn't much stopping a lot of existing home-based businesses from converting to exclusive online

sales removing the need to use space in a home or downtown office as a base.

The Town of Princeton has defined a home-based business as "a business, occupation or profession carried out in a dwelling unit and clearly accessory or incidental to the principal use of the dwelling unit and parcel on or from which it is carried out."

So, if that is the case, possibly my freelance writing work is in violation. This would also mean that for example, Paul Gabriel, who delivers this newspaper for customers he has collected on his own, is in violation. That would also include his snow removal and lawn cutting businesses.

That would mean the Avon Lady, the Epicure Lady and anyone else who has a small service 'on the side' would be in violation based solely on the definition.

But, before you start jumping upcontinued on Page 20

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Lower Valley News

Keremeos - Cawston - Olalla

Council launches facade improvement project

In an effort to inspire revitalization of business properties in our community, the Village of Keremeos is proud to announce the launch of a Business Facade Improvement Program. This pilot initiative will allow businesses and owners of property in our Village zoned as C1 (General Commercial) and C2 (Tourist Commercial) to apply for grant funding to help offset the cost to renovate, restore or redesign their business storefront facades.

Successful applicants will be provided with a 50% reimbursement grant up to a maximum of \$2,000 per building project to improve the storefront facades of commercial buildings.

Eligible improvements may consist of - but are not limited to - new exterior lighting, exterior architectural features, signage, awnings, new siding and facade painting. Projects must have a minimum total cost of \$500 in order to qualify for

this program.

This program is open to all businesses and commercial property owners whose property taxes are currently paid in full and who hold a current, valid business licence with the Village of Keremeos. There must also be no outstanding building permits, stop work orders or development permit condition requirements attached to the building or property at time of application.

Applications to this program will be evaluated based upon the proposed improvements' demonstrated benefit to the business, whether the project will provide a noticeable improvement on the streetscape and whether the project will meet the applicable design guidelines. Approved projects must be completed by November 30th and funding cannot carry over from one calendar year to the next.

Further information with respect to

this program - including application forms, Building Design Guidelines and Colour Design Guidelines - can be located by visiting the Village Office or the Keremeos website at: <http://www.keremeos.ca/content/business-facade-improvement-program>.

The Design Review Committee looks forward to reviewing all of the unique and innovative design submissions which may be received as part of this program. - submitted

Biker safety program pays off

Police say crash numbers are decreasing.

"We are pleased to report a significant improvement in the motorcycle crash rate in the South Okanagan Similkameen in 2015," says Sgt. H.B. Hallett, Unit Commander, South Okanagan Traffic Services.

"There was an alarming trend of an increasing number of fatal and injury motorcycle crashes in 2013 and 2014 that was identified," he adds.

"That trend continued into the spring of 2015 and South Okanagan Traffic Services wanted to bring this issue to the attention of the public as well as provide an educational component."

Sgt. Hallett says the trend was dis-

cussed with motorcycle shops throughout the central and south Okanagan. Some of the activities provided were:

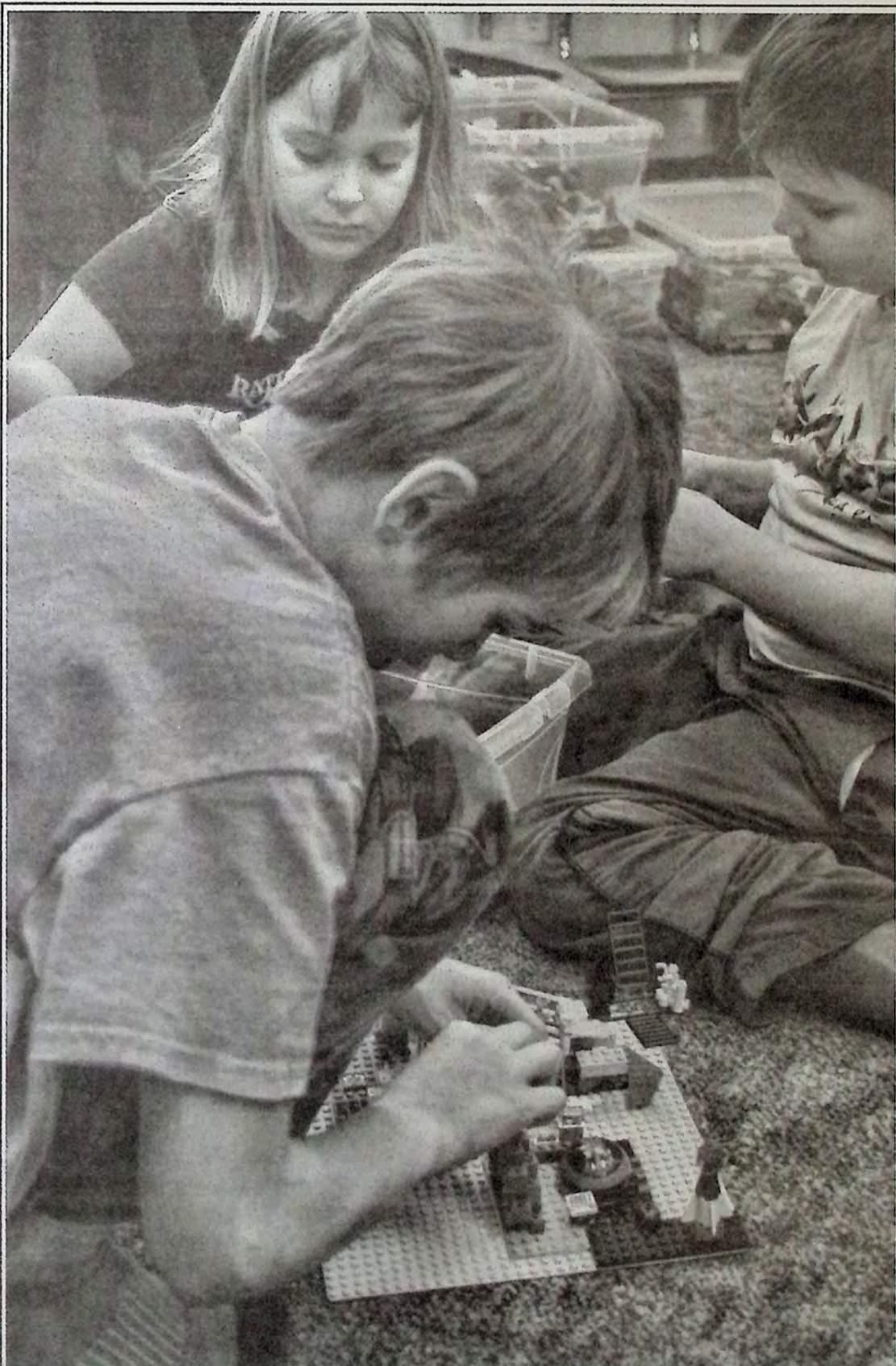
- pro active motorcycle skills demonstration in Penticton this past spring,

- Reserve Cst. Dave Cramm, with South Okanagan Traffic Services, conducted roadside safety talks with hundreds of motorcyclists throughout the South Okanagan Similkameen.

"This Reserve Cst. is a motorcycle instructor and the general public may have seen him riding a police motorcycle this past year."

The feedback from motorcyclists has been overwhelmingly positive, according to Sgt. Hallett.

.....continued on Page 19



The Keremeos Branch of the Okanagan Regional Library has brought back it's very successful Lego Builders Club. The kids build a predetermined "theme" in small groups. With adjustments to library programs the Keremeos branch had been able to fund the "free" Lego Club for Kids 8 and up for the entire year. Sign up at the library for this popular program which started January 23. The next days are February 6th and 19th. Spots are limited so drop by and sign up your child or contact them at 250-499-2313. Photo: Marty Menzies

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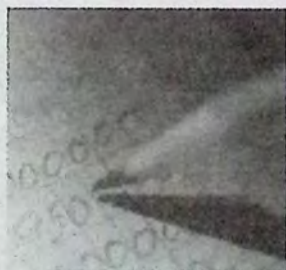
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Lower Valley News

Keremeos - Cawston - Olalla

The ladies of the Keremeos Community Church offered up a delightful lunch to the "working women of Keremeos" January 22nd. Close to 30 women enjoyed hearty homemade soup, cold cuts, homemade dinner rolls, refreshments, dessert and camaraderie. It was a chance for working women to get out of the office, out of the shop or off the road to meet other working women. "Who knew there were so many nice ladies in and around Keremeos?!!!" Kudos to the cooks who did their best to make sure the soup was gluten-free and dairy-free. Photo: Arlene Arlow

Village launches fundraising effort

During the December 21, 2015 regular meeting, Council adopted the Keremeos Age-Friendly Action Plan. One of the actions recommended in the Plan is to encourage a wider variety of accessible outdoor activities to help lead healthy, active lifestyles.

To undertake this action, the Village has devised a plan to install age-friendly weather resistant outdoor exercise equipment to provide a free, social outlet for our aging population to exercise while also serving a diverse range of users and contributing to the overall health of our community. The Village recently received grant funding in the amount of \$20,000 for this project and will soon embark on a fundraising campaign to raise the additional \$15,000 required to bring this project to completion.

The proposal for this initiative includes the purchase and installation of outdoor fitness equipment that can be used for flexibility, strength and cardio exercises. An advisory committee will be formed to assist with determining the best location for placement of these amenities, one proposed location being Pine Park. Although the bulk of fundraising efforts will be directed toward soliciting contributions from

Biker crash numbers drop

.....continued from Page 18

In 2014 there were 4 fatal and 39 injury motorcycle crashes in the South Okanagan Similkameen.

In 2015 there was 1 fatal and 28 injury motorcycle crashes. This equals a 75% reduction in fatalities, and an overall reduction in crashes of

non-profit organizations, service agencies and provincial and federal funding bodies, the Village would also greatly appreciate any donations which may be offered by local residents or businesses who wish to participate in this initiative.

Contributions received throughout this campaign - regardless of the amount provided - will go a long way in acquiring these amenities for our community as the Village would be

33%. "Given that some motorcyclists have a passenger, this translates into at least 3 people alive and at least 11 people uninjured."

South Okanagan Traffic Services will continue these motorcycle safety efforts in 2016.

unable to cover all of the project costs alone due to our limited tax base.

The Village will provide tax receipts to all donors who contribute \$25 or higher toward this initiative. The Village will also be sure to acknowledge all the donations received on the Village website and media releases as well as at numerous community events; unless a donor wishes to remain anonymous.

Upon development of the outdoor fitness park, the Village may also consider placing a bronze plaque listing all of the donors who contributed to making the entire project possible.

Donations toward this initiative can be made in person by visiting the Village Office located at 702 4th Street, Keremeos during regular business hours Monday through Friday from 8:00 AM to 4:00 PM or can be mailed to the Village Office at PO Box 160, Keremeos BC VOX 1N0. Donors will need to provide their full legal name and address information if they wish to be issued a tax receipt for their contribution.

The Village believes this campaign is a worthwhile initiative as amenities such as these are vital for the healthy development of small and aging communities. - submitted

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The outside signs arrived and were installed early January 28th. We got this shot between the actual switch. Photo: Brenda Engel

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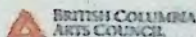
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Saving Downtown...

by George Elliott

.....continued from Page 16 and down and pointing fingers at Town Hall, since they are the people enacting the laws and entrusted with the power to enforce them, they also have the power to make exceptions. I only offer up these examples to show that there is a wide spectrum of home-based businesses in Princeton. It includes computer repairs to various backyard, basement and spare room services.

I applaud Town Council for exploring the need for an update to this bylaw. I do think they will need to tweak the definitions a little bit or at least allow for some "judgement call wiggle room" in some cases.

I also believe Town Council deserves credit for seeking public input, including some from the

Chamber of Commerce, before adopting this revision.

How does this save downtown Princeton?

The cleaning up of old, outdated bylaws will benefit the community as a whole. When it comes to increasing business licence fees, I don't think anyone will balk at a \$10 increase over a 25-year old standard.

Where the problems surface is in the message the definitions send to entrepreneurs. Town Council has stated many times over that they are promoting Princeton as being "open for business" and if they are regulating this to prevent undesirable businesses from setting up shop, great. If the regulating is to control and restrict existing business, I'm not sure how far that should go.



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