

Similkameen News Leader

AN INDEPENDENT NEWSPAPER - THERE ARE NO CHAINS ON US!

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News Leader**
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**Candidates'
forum
was a success**

The Candidates Forum hosted by Similkameen Country on January 10 drew 100 people to hear what candidates and their parties are promising if elected January 23.

Good questions were asked during an informative meeting. Derek Zeisman was unable to attend, but made a speech on film, and Stockwell Day filled in to answer questions for the Conservatives, making their presentation out of the ordinary. All other candidates attended in person.

Chuck Bennett was moderator and Colleen Christianson was time-keeper.

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Party dumps Zeisman



The All Candidates Forum last Wednesday night in Princeton Legion featured, from left, Liberal Bill Profili, Stockwell Day for Conservative Derek Zeisman, New Democrat Alex Atamanenko and the Green Party's Scott Leyland. Over 70 people attended the event.

*Smuggling
incident
replaces
accident*

It was a good thing no one at last Wednesday night's All Candidates Forum was aware of news that came out later that night regarding one of the candidates in the British Columbia Southern Interior riding.

Conservative Party candidate Derek Zeisman, who is still recovering from injuries sustained in a car accident on December 20th, faces charges of attempting to smuggle a 1989 Mercedes-Benz and 112 bottles of liquor from the United States to Canada in July 2004.

He is also accused of lying to Customs Officers about the incident. If convicted, Zeisman could be fined up to \$50,000 and spend six months in jail.

The Conservative Party only found out about the six charges last Wednesday and the following day Party Leader Stephen Harper announced it was too late to replace Zeisman as a candidate but he would not be allowed to join the caucus - if elected.

Zeisman, who is scheduled to appear in court next month, says the charges are 'unjustified' and chose not to tell his Party about them, although Harper says they should have been informed.

Zeisman has worked as a Trade Commissioner for Industry Canada and a Foreign Service Officer with the Canadian Diplomatic Corps.

"Shock and surprise. That was my first reaction," says NDP Candidate Alex Atamanenko about the news.

Green Party candidate Scott Leyland told the News Leader, "Those Conservative supporters attracted to the accountability aspects of that Party will likely see similarities in the Green Party."

There is no doubt the news of Zeisman's current situation will add a new dynamic to the election in this riding.

Chamber hosts election forum

Over 70 people attended the All-Candidates Forum, hosted by Princeton & District Chamber of Commerce, last Wednesday night in the Legion Hall. Four of the five candidates seeking the British Columbia Southern Interior seat in Ottawa were represented.

New Democrat candidate, Alex Atamanenko, 60, was born in New Westminster and is a retired teacher. He ran in the last Federal Election in this riding.

In his opening remarks, Atamanenko pointed to his relationship with municipal politicians. "I've made a commitment to local officials to work together with them to improve life in this riding."

He touched on the shortcomings of NAFTA and how health care cutbacks are hurting services.

"The more NDP MPs we elect, the better we'll be able to protect our health care."

Liberal candidate Bill Profili is 58 and was born in Rossland. He has spent many years in local government as Mayor of Rossland. Profili also has thirty years under his belt as an Emergency Paramedic for BC Ambulance Service.

He leaned on his years in municipal politics as a focus on local issues. "Regulations are great to pass but when they get passed down to the municipal level, they cost homeowners."

Profili explained his experience related to the power of local voices, "With collective voices at the municipal level, we got things done

at the Provincial level." He sees the same concept as working at the Federal level.

Conservative candidate Derek Zeisman could not attend the Forum due to his recovering from a car accident last month. Zeisman did provide a short video, taped from his hospital bed in Trail, and Stockwell Day, from Penticton, was in attendance to field questions on Zeisman's behalf.

Zeisman discussed his December 20th accident, "My injuries were not life threatening, but they are serious. Although I am injured right now, I am going to recover. I will be your full time representative in Ottawa."

Zeisman addressed concerns regarding the Similkameen being added onto the riding in recent years and promised to open an office in the Western end of the Riding.

"As your MP I will fight for your interests and concerns."

Green Party candidate Scott Leyland is 55. He was born in Trail and is a Physiotherapist and Occupational Therapist. Leyland also ran in the last Federal Election.

He discussed a recent tour of the South Okanagan with Green Party Leader Jim Harris and the wonders of the natural beauty of the area.

"We who live here often take it for granted." He focussed on the clean air, clean water and desirable lifestyle typical of this portion of the Province.

"We need to protect that. As your

MP I will work hard to work to build the amenities that attract people to this area."

The Marxist-Leninist Party of Canada candidate, Brian Sproule, who lives in Ontario, did not attend the Forum.

There were a number of good questions put forward to the candidates, who often provided excellent answers.


When asked if the Liberal Government is as corrupt as the previous Conservative

Government, Liberal candidate Bill Profili responded with, "There have been segments of corruption at the government level." He stated it was unfair to brand every member of a party or governing body in the same manner.

When asked how a candidate would ensure Princeton is being heard from and represented in Ottawa, New Democrat Alex Atamanenko promised to work hard within the framework of the NDP party, "I will do everything I can at my level to work with locals."

Scott Leyland said to effectively serve the riding the Green Party would be establishing constituency offices in each area of the riding and schedule regular meetings with elected officials and residents. "We need people like you to guide us."

Liberal Bill Profili said he would attempt to bring the local message to the Federal level often, "For a solution to be successful there hascontinued on Page 3



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The Town of Princeton invites Tenders for the maintenance and upkeep of the Princeton Cemetery.

Sealed Tenders marked "Cemetery" will be received at the Town of Princeton Office, 169 Bridge Street, before 4:00 PM, Friday, February 3, 2006. All Tenders received after above stated date and time will be returned to the Tenderers unopened and will not be considered.

Copies of documents and specifications may be obtained at the Town of Princeton Office, 169 Bridge Street, Princeton, BC.

The Town of Princeton reserves the right not to accept the lowest or any tender received.



A Memorandum of Understanding was signed last Tuesday between the Friends of the Pathway, the Town of Princeton and Area H. Present for the signing were, standing from left: Murv Baker, Rosemary Woodruff, Linda Neumann and Doug Rebagliati (all from the Friends of the Pathway), Seated are Princeton Mayor Randy McLean and Area H Director Gerri Logan. Missing from photo Don Burbidge.

Pathway steps closer to reality

A group of like-minded people, known as the Friends of the Pathway, had a vision of a nature-type of public pathway around Princeton. They formed a non-profit society with the goal of making the Two Rivers Pathway a reality.

The Friends of the Pathway signed a Memorandum of Understanding last Tuesday morning in Town Hall with the Town of Princeton and Area H of the Regional District that spells out the details of their cooperation.

The Friends of the Pathway have undertaken to try to acquire land and funds to construct the Pathway. Any land acquired will be turned over to the Town or Regional District for parkland and that parkland will be maintained by the partners for the use of present and future generations.

Features visible along the Pathway include coal seams, a tiny intact piece of the spur line to Copper Mountain, the skeleton of the Granby Power Plant, a 1,072 foot long tunnel, a 'basket-handled pony truss' railway bridge, two beautiful, clear, pollution-free rivers, local wildlife, rail spur lines to two coal

mines, a section of undisturbed interior dry belt flora and the site of a turbidity flow.

"We know of no other pathway that has such a combination of unique features," states a release from the Friends of the Pathway.

"The Pathway with explanatory

signs would be of interest to our visitors and to tourists; would benefit our local businesses and most especially, would allow us - who live here - to take a walk away from the hustle and bustle where we can appreciate our nearby gifts of history and nature."

Storytime begins at library

Preschool Storytimes return to Princeton Library this month.

The program, designed for children between the ages of 3 and 5 years, includes stretching exercises, fingerplays, songs and stories.

Preschool Storytime Program takes place on Fridays from 1:00 to 2:00 PM and will be on January 13, 20 and 27, February 3, 10 and 24, March 3, 10 and 24, April 7, 21 and 28 and will end on May 5.

All programs are free and follow a drop-in format. For more information contact Princeton Library, on Vermilion Avenue, during regular branch hours (Tuesdays from 12:00 to 5:00 PM and 6:00 to 8:00 PM, Wednesdays from 12:00 to 5:00 PM, Fridays from 12:00 to 5:00 PM and Saturdays from 10:00 AM to 1:00 PM).

The Library can also be reached by phone at 295-6495.

Princeton Hospital Auxiliary 2005 President's Report

I have been very proud to serve as your President for the last two years. It has been an honour to work alongside of such dedicated members and have the support of a great executive.

In 2005 we have given \$5,900.00 in donations plus \$25,000.00 towards the Mobile MRI. We also purchased \$38,574.56 worth of equipment and ordered two holter heart monitors and one pressure mattress, costing approximately \$23,960.00.

In total we have contributed over \$93,400.00 to our community this year. I am very proud of our auxiliary to have accomplished so much.

Our Thrift Shop has had a banner year bringing in over \$57,500.00, thanks to our capable Manager Rose Flegel. We also purchased a fridge, dishwasher and new furnace with air conditioner for the Thrift Shop, and

had the garage and front entrance painted.

This year we tried something new and went in with the Bunchgrass Quilters for a Tea and Quilt Show. It was a great success and the quilters did all the work.

We had some new members join us this year just in time to celebrate our 95th Anniversary and Grace Lawrence's 60 years with the Auxiliary with a luncheon at RockRidge Canyon.

A very busy and successful year, with our pie and raffle sale at the Fall Fair, our Christmas Bazaar and ending with our Christmas Lunch where we collected \$150.00 for the Christmas Hamper Drive. It seems we never stop giving.

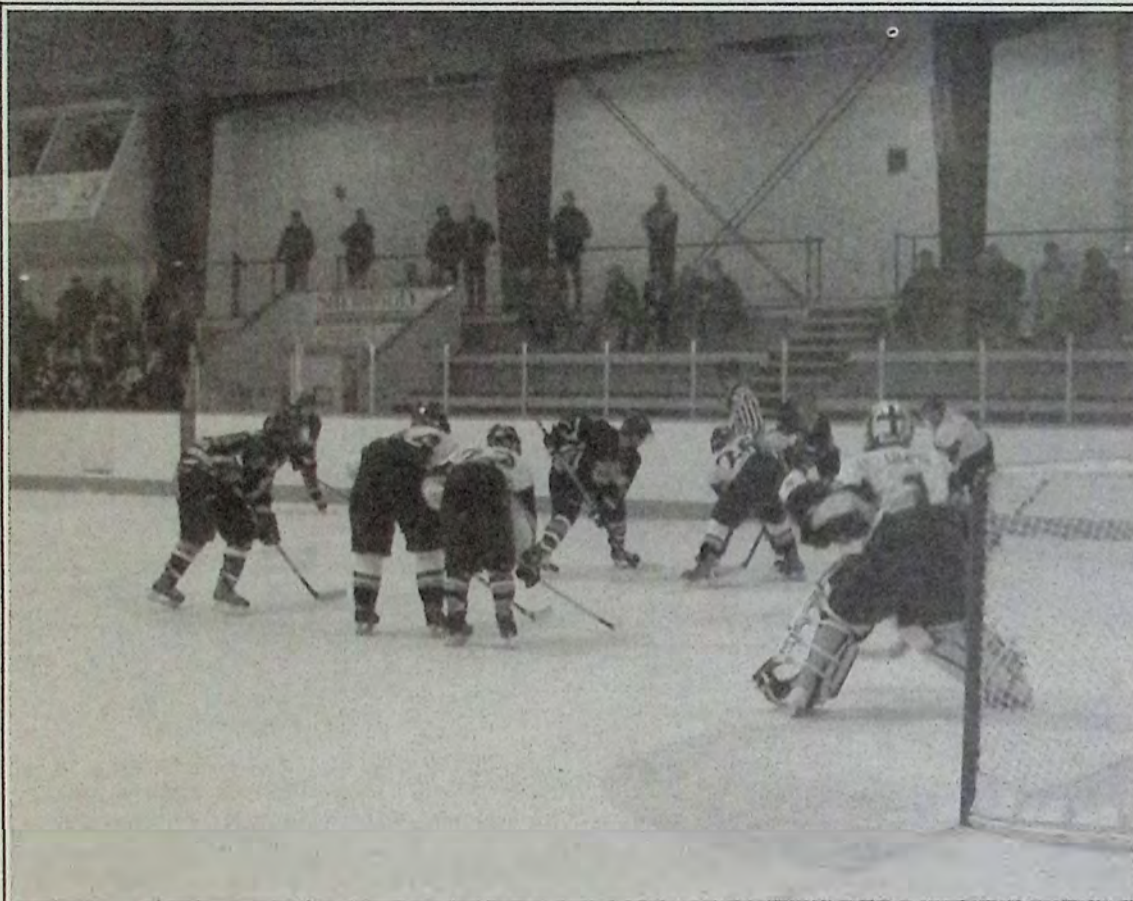
Thank you Members and Executive for your help and encouragement in my two years as President.
- Maureen Turner

PSS calendar sees changes

The nine day strike earlier this school year has affected a few dates on the Princeton Secondary School Calendar.

In-School Exams set for January 31 and February 1 will now take place February 2 and 3. Non-Instructional Day on February 2 moves to February 6 and Turn Around Day moves from February 3 to February 7. Only students writing provincial exams are to attend classes in both instances.

The first day of the Second semester moves from February 6 to February 8.



Princeton Posse travelled to Summerland to take on the Sting on Friday the 13th. They won the game with a score of 3-1. For details on the game, see pages 11 and 12.

Game club elects new Board

Princeton and District Fish and Game Club recently had an election of officers and the new officers are as follows: President - Colin Wiren, Vice President - Fred Ayling, Secretary - Laurie Powell, Treasurer - Ken Evens.

Events scheduled for this year include a Kids Fly-Tying Class in January, Turkey Shoot in April, Fly-Casting Clinic in April, Kid's Fishing Derby in June and Turkey Shoot #2 in July.

Monthly meetings will be held at the Government Building at 151 Vermilion Avenue. They are scheduled for February 6th, March 6th, April 3rd, May 1st, June 5th, July 10th, August 14th, September 11th, October 2nd, November 6th and December 4th. The meetings start at 7:00 PM and an annual membership to the club costs \$40.00 for single and \$45.00 for family. Memberships are now due.

For more information, contact

Game Club President Colin Wiren at 295-6918. There are no weekly shoots at the present time.

The Club members have developed a great range just north of town.

They have had weekly evening trap shoots in the past and may start this again in the Spring, if there is sufficient membership numbers to keep this fun event happening on an ongoing basis.

- submitted by Linda Neumann

All Candidates Forum

.....continued from Front Page to be ownership and ownership should come from the local level."

Youth programs, such as Canada World Youth and Katimavik were discussed and all candidates stated their parties would support such programs in the future.

Green Party's Scott Leyland pointed out, "These programs, like Katimavik, create more peace than large military interventions."

The candidates fielded questions on everything from the gun registry and climate change to views on same-sex marriages and negative campaigning.

One question asked each candidate for descriptions of their individual actions to protect the environment.

The NDP's Alex Atamanenko

said he walks when he can rather than use public transit. "I try to lead a healthy lifestyle as best I can."

Scott Leyland of the Green Party said he often walks to go shopping and recently took up running. "I go for walks regularly, I also have a bicycle."

Liberal Bill Profili owns a wood stove, recycles and composts at home. "I like to go riding on my horse, but I'm not sure if he's helping the environment."

Stockwell Day, representing Conservative Derek Zeisman, stated, "Personal initiative is where it's at," and pointed out he uses a pellet stove and has added high efficiency features to his home.

"I also want to do all I can to reduce the amount of hot air coming from Ottawa."

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keremeos and area news



Village of Keremeos CAO Bob Lafleur will be leaving the Similkameen for a position with the City of Nakusp. He started working for the Village in March 2002 and has enjoyed his time in the Valley.

LSIB signs forestry agreement

The Lower Similkameen Indian Band (LSIB) will benefit from a \$1.1-million, five-year forestry agreement with the Province, Forests and Range Minister Rich Coleman announced last Wednesday.

"Through these forest and range

agreements, government is creating more diversity in the forest sector," Coleman said. "This agreement provides a foundation for the Lower Similkameen Indian Band to explore new economic opportunities for its members."

Under the forest and range

agreement, the Lower Similkameen will receive access to 67,500 cubic metres in the Okanagan Timber Supply Area once the provincewide timber reallocation process is complete. Under the Forestry Revitalization Plan, the Province committed to reallocate timber to communities, woodlot operators and First Nations to diversify the forest economy and provide local economic opportunities.

Depending on future decisions on annual allowable cuts as a result of the mountain pine beetle epidemic, the band may also have access to an additional 53,490 cubic metres from the Okanagan, Merritt or Boundary timber supply areas.

"This agreement is a significant step forward in our economic future," Chief Joseph Dennis said. "We will operate this forestry operation based on our traditional respect for the land and all its supports."

The band has 444 members on nine reserves near Keremeos. It is the 99th First Nation to negotiate a forestry-related agreement with the Province.

Since September 2002, the Minister of Forests and Range has signed agreements with 99 First Nations to provide access to over 15.7 million cubic metres of timber and to share forestry revenues of \$114.5 million.

Over the past four years, the Province has worked with First Nations to provide economic growth and opportunities, especially in traditional areas such as forestry. Government is committed to strengthening relationships with First Nations based on reconciliation, recognition and constructive consultation on social and economic issues.

Lafleur will miss Keremeos

Village CAO Bob Lafleur came to Keremeos in March, 2002, and has enjoyed Keremeos. He is moving on to Nakusp, but he will miss the friendly folks in the village.

For Bob, the big attraction of the move to Nakusp is living with his wife once again.

During the past four years, her career has taken her to Prince

Rupert, while he has worked in Keremeos. In Nakusp, both will be able to continue working at their careers and have a home together.

Bob is looking forward to a challenge in Nakusp, where he will supervise 25 staff members, as the municipality runs the hot springs and campground as well as an arena and swimming pool.

Village readies for expansion

In November, 2004, Keremeos reviewed its Community Plan and addressed the issue of not having enough room to expand the residential area. There was a high demand for residential property, but possible areas in which to expand were in the ALR.

The Village applied for certain properties to be removed from the ALR and this was granted. The spring of 2005 saw the beginning of subdivision plans and rezoning.

There are 15 lots on the market now, and by spring this year, there will be 55 lots on the market. There are 48 more lots proposed,

but not all of the paperwork is done.

Residential properties hitting the market come in a variety of sizes and different zoning. Some lots are acreages, some are half acre lots, some are large lots and some are small lots.

In 2004, there were 35 residential units constructed, followed by 40 in 2005. This year, the Village anticipates seeing 50 residences constructed.

Strong residential growth is expected in the coming two years, and lot prices are expected to climb.

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Green Party Leader Jim Harris, centre, at a meeting in Penticton recently. He was joined by Okanagan-Coquihalla Candidate Karan Bowyer, left, and Southern Interior Candidate Scott Leyland, right.

Green Party leader visits local ridings

Green Party Leader, Jim Harris is the first National Leader to visit the Electoral Districts of Southern Interior and Okanagan Coquihalla. Harris was elected leader of the Green Party of Canada in 2003.

The Green Party Leader attended a business breakfast meeting in Nelson last Thursday and was then driven to the Boundary Area where he spoke to Senior Secondary school students in Grand Forks.

Southern Interior Green Party candidate, Scott Leyland accompanied Harris to Penticton for a meeting with Karan Bowyer, Green Party Candidate for Okanagan Coquihalla and Harry Naegel, who is running for the Greens in Okanagan Shuswap.

New electoral boundaries drawn in 2001 moved the Similkameen, including Princeton and Keremeos, from the Okanagan Coquihalla electoral district into Southern Interior Electoral District.

The prospect of uranium mining

in the Southern Interior was described by Harris as 'the most pernicious kind of mine activity' referring to the problem of radioactive contamination from mines and reactors and the use of uranium in nuclear weapons production. Harris pledged that Green Party MPs would fight hard to keep uranium in the ground.

The Green Party Leader insisted that preventative health is the key to success in Canadian Health care. Harris repeated the Green Party call for government intervention to assure clean air, water and soil.

Harris said that the true economic potential for the Southern Interior lies in eco-tourism, soft energy alternatives including conservation. Harris repeated the Green call for greater investment in value-added and clean medium sized industry.

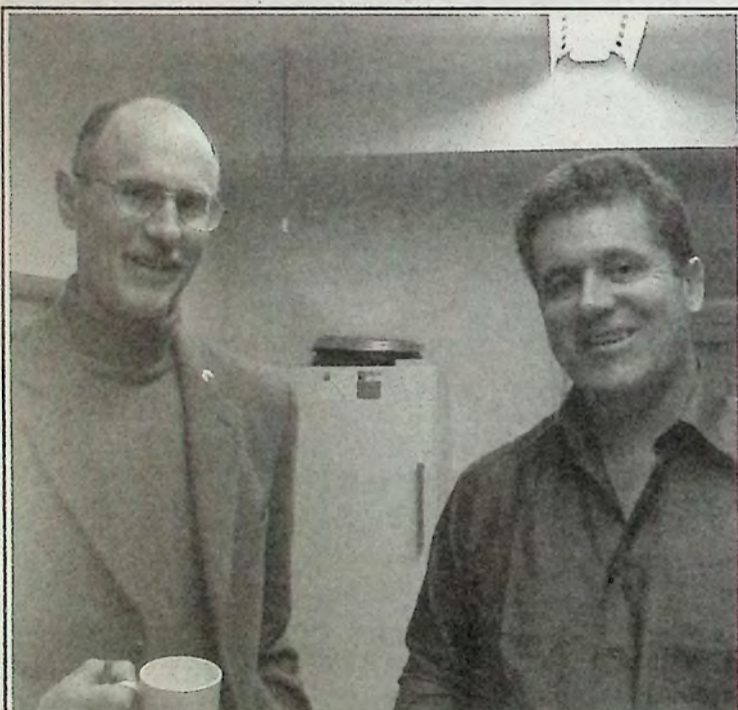
Harris called for assured domestic food security through programs by government to promote organic agriculture. Greens oppose genetic

modification of organisms which they call a dangerous experiment that dangerously disrupt living systems for short term profit.

The Greens have called for reform in the Canadian electoral system where a party's proportion of the popular vote is reflected in the number of seats held in parliament. In 2005 British Columbians, by referendum, voted 57% in favor of a switch to proportional representation.

The Green Party Leader has been excluded from debates on national television and the Green Party has lodged a formal complaint with the Canadian Radio and Television Commission.

Local Green Party supporters were pleased to have received regional coverage of their leader's visit to the riding through television and press outlets.



Federal NDP Candidate for Southern Interior, Alex Atamanenko, left, chats with Area B Regional District Director George Hanson. They were catching up on news during the January 7th NDP social gathering at Cawston Hall.

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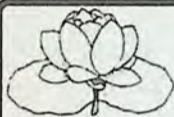
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Comments



by your Pharmasave Pharmacist Wen Wong

How's the quitting smoking coming along? It's never too late to stop the habit. Your body starts to bounce back on the first day of no smoking. Besides all the health benefits, we can't forget the financial benefits as well. Keep up the good work!

Many people enjoy a little bit of alcohol in their life. If you both smoke and drink alcoholic beverages, the risk of cancer-causing diseases from smoking goes up tremendously. Another reason to stop smoking.

And while we are on the subject of drinking alcohol, the risk of atrial fibrillation (an irregular heart beat that can cause a stroke), is lowest in teetotalers, slightly higher in moderate drinkers (up to 14 drinks per week) but really jumps in those who have 35 or more drinks per week.

OK. Enough doom and gloom!

Here's some good news for insulin-dependent diabetics. A new inhaled form of insulin will soon be approved by the US Food and Drug Administration. It will be named Exubera. It is a rapid-acting insulin and is as effective as the equivalent injected insulin. Not available in Canada yet.

There is always something new happening in the world of medicine and pharmacy. Keeping up to date on these new innovations is an important part of our role as your pharmacist and we love it!

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news leader health page

Defend against the common cold - Hand washing 101

(NC)—The winter months are a time to enjoy outdoor activities with friends and family...not in bed with a cough or cold.

As the cooler weather spreads across the country, Canadians need to protect themselves from the spread of harmful germs in order to avoid getting sick.

One of the easiest, most effective and cost-efficient ways to ward off germs is to practice regular hand washing...it sounds so simple. Unfortunately the majority of people don't realize that they are not washing effectively enough to get rid of the germs that can cause illness.

"When washing your hands, it is imperative to select a soap that will effectively help reduce the transfer of bacteria," says Elizabeth Alsup,

Senior Brand Manager, The Dial Corporation. "Dial Complete Antibacterial Foaming Hand Wash is designed with an Activ-Foam system to spread the soap evenly over the hands distributing the active ingredients to kill germs like E.coli and strep."

Hand Washing 101

According to the Canadian Lung Association's web site one of the most effective precautions you can take to avoid catching a cold is to wash your hands often.

Washing hands frequently is especially important for children in schools where some bacteria can live longer on surfaces like cafeteria tables, doorknobs, and desks. Since many of our hand washing habits are formed as children, it's important to teach kids, and remind our-

selves the best way to wash:

- Turn the faucet on with warm water, not cold
- Lather with an antibacterial liquid hand soap like, Dial Complete Antibacterial Foaming Hand Wash. Liquid hand soaps, and particularly foaming hand soaps, are easier for young children to lather and use
- Thoroughly rub soapy fingers and hands together for at least 15 seconds or the amount of time it takes to sing "Twinkle Twinkle Little Star."
- Don't forget to get under the fingernails where germs often hide. A nail brush can be helpful in reaching these out of the way areas
- Rinse hands and turn off the faucet with a paper towel since faucets can also harbour germs
- Dry well - News Canada

How to stay energized in the New Year

(NC)—With the variety of products and self-help strategies for increasing energy on the market today, it can be a challenge to know what is right for you. The secret to getting more energy, however, can be as simple as: a good night's sleep, a nutritious diet and exercise.

When schedules get busy again after the return from the holiday break, sleep and diet are often the first two things that are compromised. In particular, our eating patterns become irregular. A common practice is to fill up on multiple small servings of high fat foods and

sugary treats when you are on the go. Although that sugar rush can first appear to give you an energy surge, it will quickly be followed by an energy crash. In the long run, you will begin to feel run-down because essential vitamins and minerals are not being replenished.

The best way to ensure that you keep your energy levels high for the new year, is to eat foods that contain B-complex vitamins. B-complex vitamins, found in food such as whole grain products, breads, fortified cereals and dark, leafy green vegetables, help convert food into

energy.

Unfortunately, low carbohydrate diets and dieting in general often eliminate or reduce the amount of B-vitamins in one's diet. As a result, people following these diets may find they have less energy.

If you are concerned about your energy levels, try to consume a diet rich in B-vitamins and consider taking a daily multivitamin like Centrum Performance, which is formulated to include extra B-complex vitamins, antioxidants and ginseng, to help keep you energized.

- News Canada

Calcium supplements may help prevent colon cancer

(NC)—Although it is relatively well-known that calcium is important to bone health, mounting evidence reveals that this mineral can also play a role in reducing the risk of colon cancer.

According to a study funded by the National Institutes of Health and the National Colorectal Cancer Research Alliance, higher milk

consumption and calcium intake are associated with a lower risk of colorectal cancer (colon cancer). More than half a million individuals participated in the study that showed that increasing calcium intake to 1,000 mg/day or more could result in 15% fewer cases of colorectal cancer in women and 10% fewer cases in men. Colorectal

cancer is the third most common cancer worldwide.

A similar study published in the Journal of the National Cancer Institute shows that calcium supplements can also lower the risk of large bowel polyps and large colon polyps, which are pre-cursors to colon cancer.

Despite the evidence that shows calcium plays an important role in promoting long-term health, Canadians are still not getting enough according to nutrition surveys.

It is recommended that those aged 19 to 50 years old consume at least 1,000 mg of calcium daily, and those over 50 consume 1,500 mg of calcium.

To help meet daily calcium requirements, one should consume foods/beverages rich in calcium such as milk, cheese, yogurt and dark green leafy vegetables and consider taking a daily calcium supplement like Caltrate Select, which contains added vitamin D to increase calcium absorption.

- News Canada

living past 100

It's time to get fresh!

At this time of year, we tend to eat more comfort foods, which is just fine if you stick to chicken soup. Unfortunately, most of us turn to heavier foods that pack on the pounds and do nothing for good health.

What is really missing is fresh, raw food we tend to eat in summer. A salad every day may not be possible, but try to have three or four salads every week. A simple salad could be a combination of sliced cucumber and tomato smothered in diced onion and parsley. Your body will love this!

Eat more raw fruit, or even frozen fruit left to thaw, such as strawberries, raspberries and blueberries. With a little whipped topping, these are a nutritious dessert. Berries pack a wallop of nutrients your body needs to resist colds and flu. Raw pears, apples and plums are great winter fruit to boost your health. Go easy on tropical fruit, as they contain enzymes which will help beat the heat, and make you feel cooler, but tangerines are good at this time of year. They are grown in temperate climates.

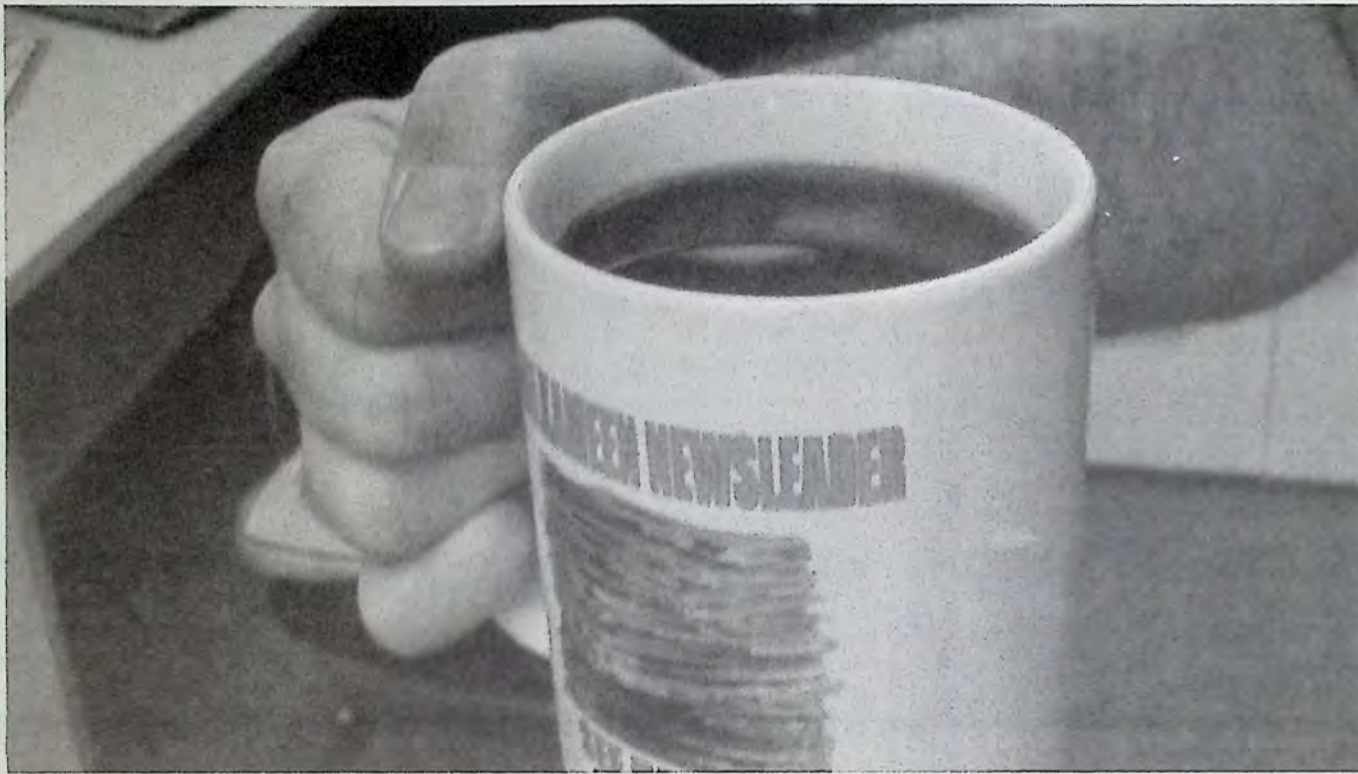
If you are feeling dull, grumpy and lack energy in these cold, dreary winter days, remember to take your cod or halibut liver oil capsules. They will boost your vitality and your optimism. On any day when the sun shines, go outdoors and soak up some rays. Even when the weather is not so pleasing, go out and breathe fresh air.

You will feel so much better if you get fresh in the winter.

Weather?
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www.thenewsleader.ca

COFFEE MUG CHRONICLES

Mug Replaces Caffeine Injection



Oliver Wilson is a practical guy. He's the kind of fellow you want on your side because he uses logic and common sense in everything he does. It's probably why he grew up with the nickname of 'Obvious Oliver.' If there ever was a guy who had a talent for stating the obvious and seeing the most sensible way of doing things, it would be Oliver. For example, it was Oliver who had 'blown the whistle' on a big-name stationery supplier when they tried a few years ago to market a left-handed pen. Oliver - a 'rightie' - realized all the company was doing was selling off a batch of pens that had their logo printed upside down. From a marketing stand point it was sheer genius, but from where Oliver was standing, it was a poor attempt at ripping off a segment of the population that had been doing just fine without a pen 'specially designed' for their needs. That's good ol' Obvious Oliver! It was also Oliver who made more than a lot of noise about how the metric system would destroy the magic and beauty of the game of football. Who every heard of a receiver catching a 45-metre throw or a quarterback sneak from the 10-centimetre line? It was Oliver who put a stop to the nonsense and preserved an over 100-year sports tradition. So it only made sense that when he ordered his new one-year subscription to the News Leader he was going to use the free coffee mug he received for...what else? For keeping his morning cup of coffee warm! The coffee mug changed his life, it could change yours!

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What Will You Do With Your FREE Mug?

www.thenewsleader.ca

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

CHANGE OF MEETING DATE

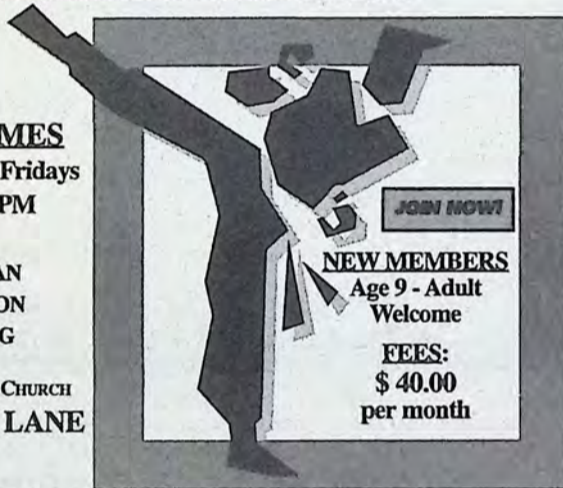
Please note that the date for the next Regular Meeting of the Board of School Trustees will be held on:

MONDAY, January 16, 2006
Merritt Board Room
Starting at 7:00 PM

ATTENTION ALL KARATE STUDENTS

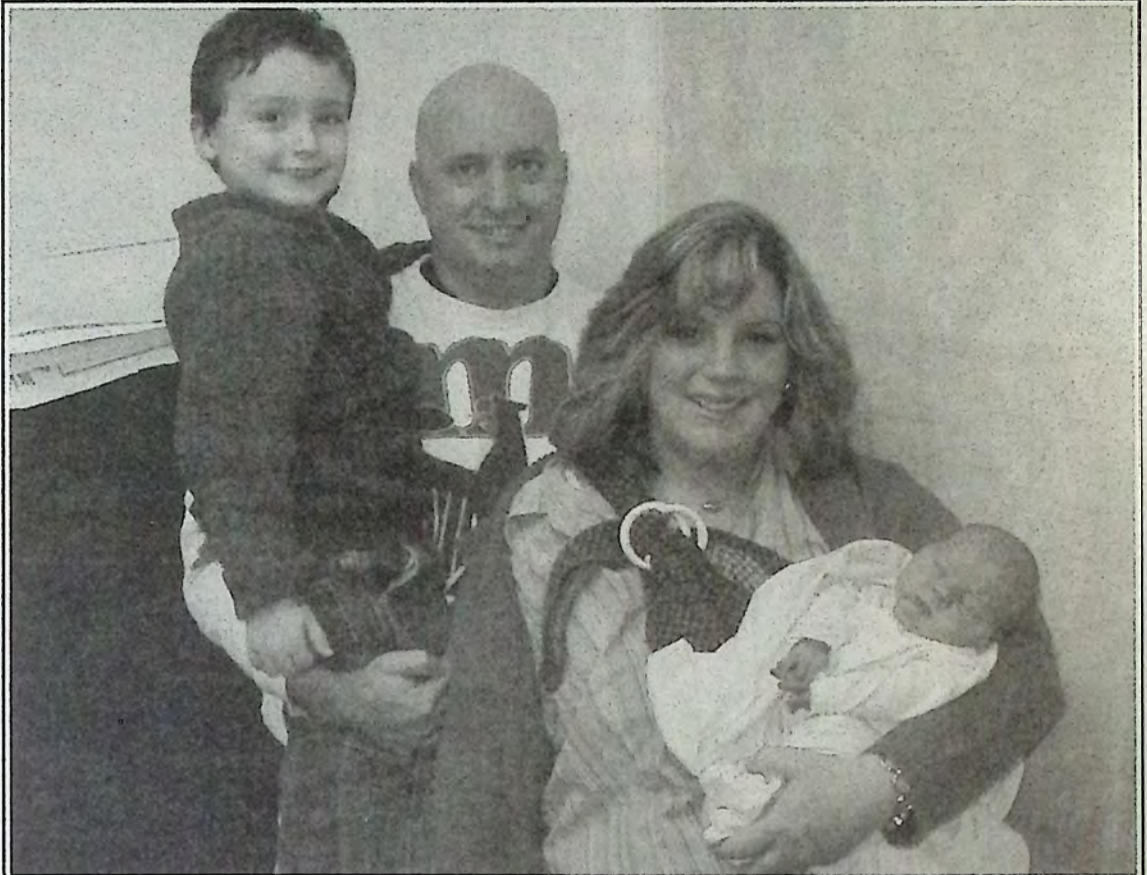
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Princeton's first baby of 2006 was born in Princeton Hospital to the Lozinski's. Jackson Levi Lozinski entered the world at 11:45 PM on Thursday, January 5th weighing 8 pounds, 3 ounces. Jackson is the third child of Shelly, 40, and 37-year old Kurt Lozinski and joins 5-year old brother Nicholas and 7-year old sister Samantha. It's obvious in this photo that Nicholas is happy to have a baby brother! Shelly says thank you to Jennifer Farthing for her baby clothes!

Letter To The Editor

Dina invites your involvement

Dear Editor;
 On the evening of January 9th, during a meeting at the new Riverside Wellness Centre, I experienced one of those strange, wonderful watershed moments one has in life.

I was sitting among about 25 people assembled to discuss the formation of a performing arts group and as we tentatively began the conversation I looked over at the old classroom where I taught Grade 2 in the early 80's; it was a wonderful time.

Still listening to the conversation,

I thought how ironic it was that as the one school board member who voted against closing Riverside School, I should find myself in this extraordinary situation of being a part of the revitalization of the building as a community centre. Things do come full circle and out of a negative, very often comes something new and wonderful.

I felt a moment of clarity in the "rightness of things," when I looked around the room at people working together for a common, positive purpose.

Lyle Thomas and Gerri Logan jumped on an idea and made it happen. The Ministry of Education is offering a grant to help with renovating empty schools, so Lyle has applied and the grant in three phases will help to begin the work necessary to add a performing arts theatre/centre on to the end of the gymnasium. That's the plan anyway and since Princeton is one of the first communities to revitalize a closed school for community use I'm sure it will be well publicized.

An ArtsNow grant paid for a survey which resulted in assembling interested people; so on January 9th about 25 people elected an executive; focused discussion on consolidating people into areas of strength, possible performances and a contest to name the group.

The slate of signing officers are as follows: Chair/President - Ross Chaston (with help from Paul Huycke), Vice Chair/President - Solana Allison (with help of Maureen Sanderson and Kaylie Gibb), Secretary/Treasurer - Gloria Gagnon, Directors: Marketing/Promotion - Sonja

Gronen, Technical - Rosemary Doughty, Production - Dina Slowikowski-Campbell.

We are announcing a contest to name this performing arts group. Entries may be dropped off at the Similkameen News Leader office, 226A Bridge Street by 4:00 PM on January 27th. A cash prize of \$50.00 will go to the winner.

Our next meeting will be Monday, January 30th at the Riverside Wellness Centre, everyone is welcome. Bring your ideas, your hidden talents, get ready to work hard and have tons of fun in the first season of homegrown performances as we realize our dream of showcasing Princeton's creative talents.

The long term goal is to research, write and perform a production that will celebrate the 150 year anniversary of Princeton in 2007. The 2010 Olympic Legacy Fund and other grant sources will be tapped to help fund this, one of the criteria for these funds is that a legacy be left that enhances the community; our group and the performance centre meet that need.

Please note that this group is not just for those who want to act, direct, etc. We need technicians who may want to explore their creative side through lighting, music, set making, etc. We welcome everyone, young, older and in between...come and learn together, dare to share your talent and/or your hidden dream!

For more information contact Ross Chaston at 295-7060 or Sonja Gronen at 295-4344.
 Sincerely,
 Dina Slowikowski-Campbell,
 Princeton

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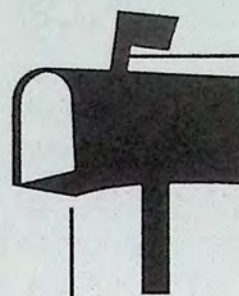
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Princeton resident, and professional Bullrider, Brian Rutherford is the subject of the window display this week at RE/MAX country on Bridge Street. The 25-year old moved his young family to the area last July from Pitt Meadows. He is in his third season as a bullrider and his best score to date was a 78 in Langley during the past season. Some of his gear and photos are also in the display.



RECEIVED YOUR NOTICE?

Assessment Notices were mailed to all owners of property in British Columbia on December 31, 2005.

If you own a property, and do not receive your notice by January 17, please contact your local BC Assessment office to ensure that we have your current mailing address.

Consult your phone book, or our website for your local office information.

www.bcassessment.ca

BC Assessment

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Princeton Ground Search & Rescue Society Executive for 2006. Back row from left: Director Brian Gibson, Vice President Brian Hurd, President Arnie Powell and Secretary Randy Rorvik. Seated from left: Directors Trina Adams and Lorraine Stubbins, Treasurer Dawn Gardner.

GSAR elects new Board

Princeton Ground Search & Rescue (GSAR) Society held their annual general meeting last Tuesday night in the Boardroom of

Princeton Hospital.

The dedicated group of volunteers have had a very busy year, as was reviewed in detail by President Arnie Powell and Secretary Randy Rorvik.

Princeton GSAR responded to five call outs over the past year including a body recovery/evidence search in May, an Eastgate back injury carry out in July, the Monument 78 heart attack carry out in September and two lost hunter searches in November.

The group has also spent a considerable amount of time training members in avalanche work, tracking and swift water rescue. A number of members also attained a variety of certifications over the past year including instruction and manager status.

The Mobile Command Centre was completed (the first phase) in the past year and equipped with a variety of essentials including computers, pylons, rope bags, First Aid kits, high visibility vests, water jugs, floodlights, flagging tape and a generator.

Fundraising over the past year saw Princeton GSAR benefit from a number of funding sources including the BC Lotteries Gaming Fund, New Initiatives Fund, Weyerhaeuser, Regional District Area H, Lions Club, Otter Valley Fish & Game Club, a GPS Presentation at the Skills Centre and private donations.

The group has also purchased a great deal of equipment to aid in it's operation including Swift Water rescue gear, throw bags, compasses, handheld spotlights, a

tent, a Search Managers kit, table and chairs, portable radio batteries, a number of GPS units as well as a radiating GPS antenna.

The financial statement confirmed everything with a total income for the year ending December 31, 2005 of \$12,428.78 and expenses totalling \$13,042.41 leaving a bank balance on December 31, 2005 of \$5,552.53.

There were a number of highlights from 2005 that were noted at the meeting including participations in local events such as the Lions Club Duck Race and Auction, Princeton Fall Fair, Racing Days Parade and Halloween Spook House.

Other highlights included media coverage of the Monument 78 rescue, a potential funding source through the RDOS, the positive feedback from meetings with neighbouring SAR Managers, and the achievement of local members earning their SAR Manager and GSAR Instructor Certifications.

Goals for the upcoming year are many but include a new home for Princeton GSAR as they have outgrown their current location in the hospital basement, hosting an in-house Tracker Training Course and more certifications and training programs for existing members.

Elections were held and Arnie Powell was returned as President with Brian Hurd Vice President. Randy Rorvik will remain Secretary and Dawn Gardner stays in the capacity of Treasurer. Directors for the next year will be Joe Houben, Lorraine Stubbins, Trina Adams and Brian Gibson.

Preventing Violence Against Women

The Province of B.C. is helping communities respond to women's safety issues by supporting projects that help women live free from domestic violence and feel safe in their communities.

The provincial government is providing \$1 million in funding through the new **Community Action for Women's Safety Grants**, to help community organizations address safety for women and domestic violence prevention.

To help women most at risk of domestic violence, priority will be given to projects that address safety for Aboriginal women; immigrant and visible minority women; older women; and women with disabilities.

Applications are available at:

http://www.cserv.gov.bc.ca/womens_services/stopping-violence/index.htm

The deadline for submissions is February 9, 2006, 2:00 pm

For more information:

Phone: 250 387-9860, or Fax: 250 356-0542



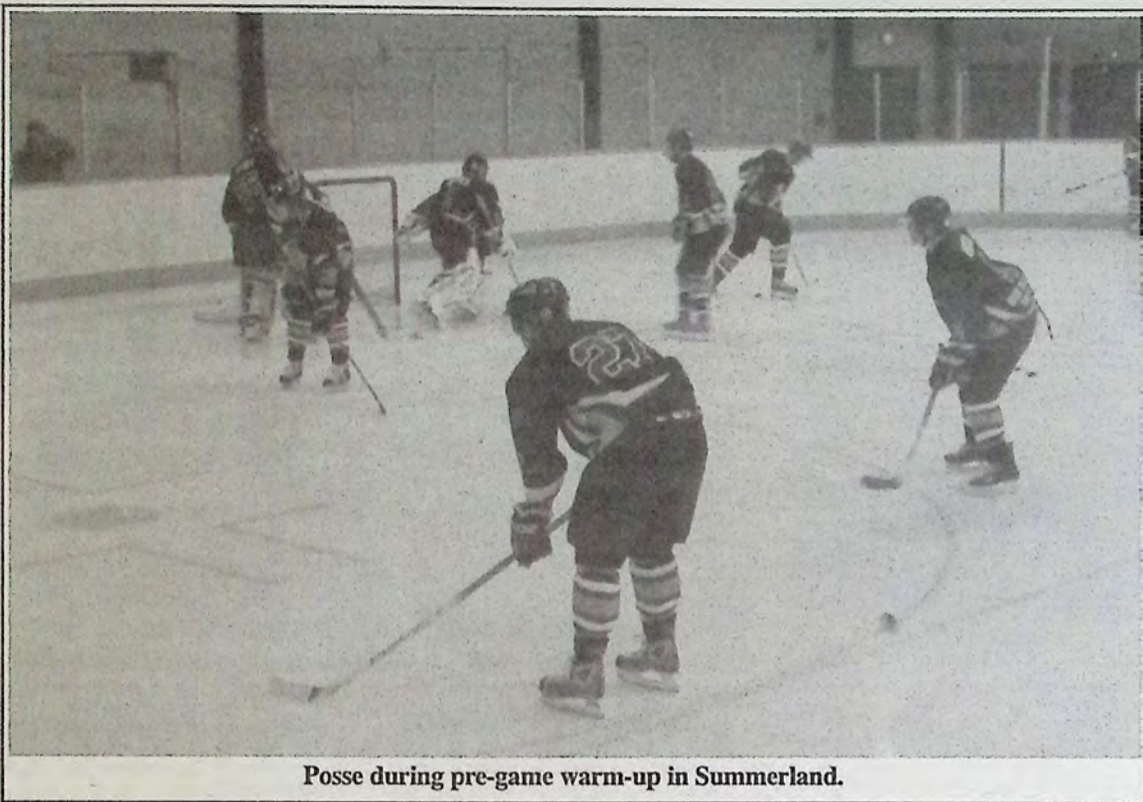
BRITISH
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Similkameen News Leader

Proudly Supports Princeton GSAR

weekly entertainment guide

TUESDAY, JANUARY 17, 2006 THROUGH MONDAY, JANUARY 23, 2006



Posse during pre-game warm-up in Summerland.

News Leader rides with the Posse

Special to The News Leader by
W. George Elliott

Any idea how hard it is to win \$100,000? It's a big piece of bait used to draw people to the numerous games played in the KIJHL. I was one of the lucky Princeton fans to get a shot into the net in a tiny hole cut into the bottom of a piece of plywood. The shot that earned me a spot in the semi-finals in Summerland on January 13th was from centre ice.

I was offered a seat on the team bus for that road trip and jumped at the opportunity to ride with the Posse. I smelled some news and a lot of fun, and the team didn't let me down on either count.

When I arrived at Princeton Arena just before 4:00 PM last Friday, I pulled up just before Posse General Manager Blair Noel, who had offered me my seat on the bus.

"Are you up for a win?" I asked him as he got out of his truck.

With a big smile his answer was, "I'm always up for a win."

I made my way to the Posse dressing room in time to catch trainer Clint Clifton swapping hockey stories with just about anyone who'd listen.

I told him I why I was there and I got welcomed to the crew with a high-five and a handful of players started sharing tips with me and insight into the set up for the \$100,000 shot.

The bus arrived, it got loaded with gear and then we boarded. I was not the only Princeton qualifier for the semi-finals. We were waiting for 8-year old Morton Johnson and his father, Dean to join us.

Morton, a Grade 3 student at John Allison School has brought his own hockey stick for the shot.

HIS OWN HOCKEY STICK! He also has two shots, having qualified

twice in Princeton. I'm 45, I play a little ball hockey in the driveway at home with our dogs, but that's about it. I think I have some competition here.

The bus ride to Summerland was not what I had expected. The team was pretty quiet. A number of the players were napping, others were listening to personal music players or reading or chatting quietly. I had expected a lot more noise, and what impressed me most about these young men were how polite they were. It gave me a completely different perspective of what I thought young hockey players were like. It was a bit surreal and then it occurred to me maybe I should have brought a book on the trip.

Team waterboy Paul Gabriel sat with me and we chatted for most of the ride.

Then the bus made the left turn onto Highway 97 at Kaleden and the players came alive. Mike Salter started calling "Wake up! Wake up!" from his seat and Brad Fraser got to

his feet and went up and down the aisle to each player.

"Ready to go? Are you ready to go?" He announced, patting players on the back, giving them a playful shove or messing up hair. He was trying to get the team fired up and ready to go for the game. It was a sign of solidarity and leadership I learned later from Coach Dale 'Duner' Hladun was a first.

Another player offered this amusing observation as the bus approached Penticton, "First road game of the year, boys!"

He was absolutely right. Then I started to chuckle to myself thinking I could be writing a story about the team losing on the road with such details as: "The odds were against them. On the eve of a Full Moon on Friday the 13th, with Cody Devitt dressed and the first road game of the new year, the Posse just couldn't pull it together."

I really didn't want to write that story.

.....continued on next page



News Leader Owner George Elliott watches his shot just about go in! Photo: Dean Johnson (Thanks, Dean!)

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Princeton Figure Skating Club "Skater of the Week"



Marie Gibson
Senior Skater

Skater of the Week is brought to you by
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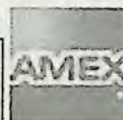
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Princeton fans almost fill a section at the Summerland Arena on January 13th.

.....continued from Page 11

We arrive at the Summerland Arena (and Curling Rink) at 6:00 PM. The team filed out and after tossing their equipment bags into the dressing room, they move to a large open area on one side of the arena, behind the announcers booth to do a little warming up. They include some sprints, light jogging, jumping jacks and general stretching exercises. Then they disappear into the dressing room to suit up.

Coach Duner is watching the figure skating class taking place on the ice surface and I ask him what he's expecting from tonight's game.

"The boys are starting to realize every practice counts." He tells me that the mindset the team has is that it's time to start playing each game like it's a playoff game.

Duner is quite relaxed when he's telling me this, and it sounds as if he's quite relaxed about the game.

"It's better to be the rabbit than to chase one," he says.

I'm thinking that line could get recycled sometime in the future and I make a mental note to save it somewhere.

I ask what he's seeing in the team. "Focus. Effort. I bet I hardly have to yell. Maybe offer some suggestions, but I think they'll be fine."

I leave Duner to his team and admire the arena building. It's massive in comparison to the Princeton arena. There's seating on both sides of the ice, wheelchair access to at least one level of seating, plexiglass down to the floor on one side, open players boxes with a giant announcers booth above, a giant speaker system mounted above centre ice, a high arcing ceiling, large side-by-side penalty boxes with a time keepers booth in-between and an actual Zamboni brand ice resurfer.

The pre-game warm up starts and it occurs to me how sharp the team looks in their black road jerseys. Far better than the red ones worn two seasons ago, and I find out later from Assistant Coach Kevin Robillard that there could be another change in the jerseys as we now

wear colours that exactly match Fernie.

While I've got Robillard's attention I ask him what he's expecting from tonight's game.

"Just from watching practice this week I'm seeing a lot of focus. The leadership team is starting to step up and we should have a big Princeton crowd here tonight."

He points to progress made in individual players and just can't say enough about Jarrett Pretty Young Man.

"Jarrett has just played four of his strongest games. It's great to see a big player like him start to play these kinds of games."

Then he confirms what Duner had told me only minutes before, "We've told the boys the first thirty-six games up to Kimberly were exhibition games. Their season has just started."

I move into the lobby to watch the crowd of spectators file in. Each time I look up I see another familiar face from Princeton. There's actually a lot of Princeton fans at this game, and not much else. It made me realize we pull a much larger gate in Princeton, even on a bad night there's more at a Posse game than at this Summerland Sting contest. One spectator says it's because the team isn't winning like they used to. Another points out that Princeton fans are always here for Posse games and it helps with the numbers.

A taped instrumental version of 'O Canada' is piped into the arena and the game starts at 7:30 on the nose.

Princeton hits the stat sheet first at 2:50 when Micah Anderson earns a 2-minute penalty for elbowing. Summerland manages to hit the goalpost behind Posse goalie Greg Sentes, but can't capitalize on the power play.

Summerland collects a roughing penalty at 5:28 but it's not until 7:05 when the Posse lights up the scoreboard.

Cody Devitt and Seth Armitage were in front of the Sting goal poking at the puck in traffic and it even-

tually went it. Armitage got the credit.

The game got delayed at the 10:00 mark when a piece of plexiglass at one end of the rink got knocked loose and play resumed once the repair was completed.

All 'Shoot To Win' qualifiers were then asked to meet at the announcers booth for instructions. There were a total of four of us (a fifth shooter shows up in time to shoot). The three others at the announcers booth with me get two shots as they have all qualified on two occasions. I get one shot for my single scoring shot in Princeton. We all agree to the terms and are told our shots for tonight's semi-final will be made from the far blue line at a smaller hole.

It's becoming increasingly obvious the insurance company does not want someone to win the \$100,000 prize. One older gentleman, who is going to shoot tonight, comments on much the same subject, but is a little more colourful with his choice of wording.

I'm just glad to be here.

The period finishes with a couple more penalties, but Princeton is leading 1 to zero.

Once the Zamboni is parked back in it's garage, the Shoot To Win contestants make their way to the penalty box area. I don't want to shoot first, so I let someone else go before me. Morton is sticking to his plan of going last, which I'm okay with. He's got his stick and is ready. Dad Dean is obviously proud of his son and has a grin on his face the whole time we're getting ready for this. Mort is a lot more relaxed and I have to get his attention at least once so Dean can snap a couple photos.

Then it's my turn to shoot. I stand on a piece of carpet on the far blue line, take a look at my target and yell at the announcer something about the goal being a long way away.

I stick-handle the puck a couple times and fire off a wrist shot. It felt good as soon as the puck left the stick and as I watch the little black piece of rubber sail down the ice I note my shot is straight and think,

tuesday movies

MORNING

7:00 am WTBS (3) ★★ "Anaconda" (1997, Horror) Jennifer Lopez. Members of a documentary film crew become fodder for a gargantuan snake slithering through the Brazilian jungle. (TV)

10:00 am CITY (29) ★★½ "The Man With One Red Shoe" (1985, Comedy) Tom Hanks. Chosen at random, a somewhat off-center violinist is thrust into the crossfire of rival CIA groups in Washington. (TV)

EVENING

8:40 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure) (PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (TV)

10:06 pm CITY (29) ★★½ "The Disappearance of Garcia Lorca" (1997, Drama) Andy Garcia. Premiere. An exiled journalist returns to Spain to expose the truth surrounding the death of poet Federico Garcia Lorca.

11:10 pm WTBS (3) ★★ "The Mask of Zorro" (1998, Adventure)

(PA) Antonio Banderas. The fabled avenger trains an uncouth protege to drive an evil Spanish tyrant from California once and for all. (TV)

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wednesday movies

MORNING

6:00 am A&E (9) ★★½ "Lean on Me" (1989, Drama) Morgan Freeman. A principal cleans up a drug-infested New Jersey high school with his own brand of enforced discipline. (TV)

7:00 am WTBS (3) ★★ "First Shot" (2002, Suspense) (PA) Mariel Hemingway. A Secret Service agent tries to prevent a U.S. rebel group from assassinating the president. (TV) (DVS)

10:00 am CITY (29) ★★ "Why Shoot the Teacher?" (1977, Drama) Bud Cort. In 1930s Canada, a teacher and a neglected housewife develop a close relationship out of mutual loneliness. (TV) (DVS)

AFTERNOON

12:00 pm A&E (9) ★★½ "Down With Love" (2003, Romance-Comedy) Renée Zellweger. In 1960s New York, a womanizing journalist vows to make a feminist fall for him after she denounces him in public. (TV)

EVENING

"Hmmm, that's going to be close." The puck hits the plywood with a thud not more than an inch to the right of the hole. I'm happy with my shot, which happens to be the closest one that night.

I received a lot of supporting comments from people in the crowd as I make my way back to my seat after sticking around to watch Mort's two shots.

Back to the game. Princeton scores goal number 2 at 7:08 of the second period when Jeremy Wagner popped in a shot off the rebound over the glove of the Sting goalie from in front of the net. Micah Anderson earned an assist.

Princeton added their third goal at 13:03 when Micah Anderson spun around with the puck off a corner pass and fired it into the net. Jeremy Wagner and Jarrett Pretty Young Man were given assists.

After two periods, Princeton is leading 3 to zip.

The third period saw a little more aggressive, physical play from both teams. While the officiating was far from perfect, there were a number of missed calls and just some bad calls which the sparse audience brought to the attention of the zebras frequently.

Probably the most excited Posse

6:00 pm CITY (29) ★★½ "From Hell" (2001, Mystery) Johnny Depp. An opium-smoking inspector with psychic abilities hunts the infamous Jack the Ripper in London's Whitechapel district. (TV)

8:40 pm WTBS (3) ★★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A boy's real dad is the only one who believes his claim that he saw his stepfather commit a murder. (TV)

10:06 pm CITY (29) ★★½ "From Hell" (2001, Mystery) Johnny Depp. An opium-smoking inspector with psychic abilities hunts the infamous Jack the Ripper in London's Whitechapel district. (TV)

10:25 pm WTBS (3) ★★ "Disturbing Behavior" (1998, Suspense) (PA) James Marsden. A teen and his outcast friends discover a sinister secret among their seemingly perfect classmates. (TV)

General Manger Blair Noel got during the entire game was when he rose to his feet in the stands at the five-minute mark and yelled "Too many men!" This became a chant until the referees made Summerland correct the error.

Summerland scored a goal of their own at 5:16 stealing a shutout from Princeton's Greg Sentes. Sentes had faced rubber coming at him from all directions and made some incredible, often impossible, saves. The game ended at 9:50 PM with a final score of Princeton 3, Summerland 1.

After the game, in the lobby, Morton tells me, "All I wanted was to get past the semi-finals." I reminded him that there's always next year.

When Duner came out of the dressing room I asked him to comment on the game.

"Weirdly enough it was an intense game. I didn't have to do hardly any coaching. The kids sort of guided themselves," then he added, "They took charge and did a good job."

As the bus loaded for the ride home, Jeremy Wagner shared homemade chocolate chip cookies with everyone (from his sister) and after a quick stop to load up on pizzas for the road, the team celebrated the win in style.

TUESDAY, JANUARY 17, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Boohbah Calliou (E)	News (E)	News	Airline (E) Airline (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "Anaconda" (1997)	Life Today 100 Huntley Street (E)	BluesClues Dora	Clifford Arthur (E)	Today (E)	The Early Show (E)	Family Family	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)		Super Ships (E)	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM	Jennifer Lopez (E)	Huntley Street (E) Poko	Hi-5 Berenstein	Dragon Big World			City Confidential (E)			100 Huntley Street (E)	Boy (E) Mischief	SportsCentre (E)		Monster Garage (E)	Paid Prog. Paid Prog.	Weekend Lilo Stitch		In Fashion Seinfeld	Matlock "The Tabloid"
9 AM	Becker Becker	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)			Discover Discover	Regis and Kelly	100 Huntley Street (E)	World Vision	LazyTown Monster	Record Fishing	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Benj Bear McDonald	Maury (E)	News (E) City	Magnum, P.I. (E)
10 AM	Cosby Cosby	The Price Is Right (E)	Miss BG Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision	Room Diva Dime	Rupert Monsters	Motoring Mcycles	The View (N) (E)	Canada's Worst Driver	Starting Over (N) (E)	Mermaid PB&J Otter	Jerry Springer (N) (E)	Movie: "The Man With One Red Shoe" (1985)	News (E)
11 AM	Harvey Home Imp.	Judge J. Brown	Security Math Shop	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Biography (E)	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Tennis: Australian Open - Early Round - Day 2.	eTalk Daily Balance-TV	Rail-Machine	Montel Williams (N)	Henrys King (E)	Blind Date Blind Date	Red Shoe (E)	Magnum, P.I. (E)
12 PM	Drew Drew	News (Live) (E)	Beowulf Imprint	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	Airline (E) Airline (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Mischief	Early Round - Day 2.	Daily Bold & B.	Rail-Machine	Perry Mason	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Foot Notes Planet	Wonderful America	Days of our Lives (E)	As the World Turns	Family Family	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	From Melbourne, Australia. (Taped)	Vicki G. Vicki G.	Frontiers of	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
2 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Pan Asia	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Off-Record Sports	General Hospital (E)	How-Made How-Made	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle	Off-Record Sports	Dr. Phil (E)	Monstr Machin	Montel Williams (E)	Weekend Lloyd	ER "The Gift" (E)	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolle Polle	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Robot	Hockey Strongest	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	D. Detectives	News (E) ABC News	News (E) Global	News (E) Global	Oddparent SpongeBob	NHL Hockey: New Jersey Devils at St. Louis Blues. (Live)	News (E)	How-Made How-Made	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	The Collector	Da Vinci's Inquest (E)
6 PM	Sex & City Sex & City	Will-Grace 70s Show	CG Kids Dotto Tech	News-Lehrer	News (E) Raymond	News Hollywood	Dog Dog	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Devils at St. Louis Blues. (Live)	News (E)	American Chopper (E)	Simpsons 70s Show	So Little Darcy	My Wife Friends	Supernatural "Faith" (N)	Da Vinci's Inquest (E)
7 PM	Daisy Seinfeld	Fortune Jeopardy!	Walk on the Wild Side	Ask the Governor	Jeopardy! Fortune	Seinfeld Friends	Airline (E) Airline (E)	Entertain The Insider	Entertain ET Canada	Gilmore Girls (N) (E)	Drake Prank Ptrl	Sports	Hollywood	American Hot Rod (E)	Fraser 70s Show	So Raven Smart Guy	Raymond Raymond	Godiva's (E)	WGN News at Nine
8 PM	Seinfeld (8:40)	Rick Tourn	Masterplec Nova "Deadly Ascent"	Fear Factor (N) (E)	NCIS "Deception" (N)	Crossing Jordan (E)	Jim Rodney (N)	Fear Factor (N) (E)	Fear Factor (N) (E)	SpongeBob Sabrina	Tennis: Australian Open - Early Round - Day 3.	American Idol Auditions around the U.S. (N) (E)	Daily Planet (E)	American Idol Auditions around the U.S. (N) (E)	8 Rules Boy World	Gilmore Girls (N) (E)	News (E)	Star! Daily	Becker
9 PM	Movie: "The Mask of Zorro" (1998) (PA)	Da Vinci's City Hall (N)	With Glowing Hearts	Frontline (E)	Scrubs (N) Scrubs (N)	CSI: Crime Scn	D. Detectives	Commander in Chief (N)	House (E)	House (E)	15/Love Factory	From Melbourne, Australia. (Live)	Law & Order	American Chopper (E)	News Will-Grace	Popular (E)	KTLA Prime News (E)	Movie: "The Disappearance of Garcia Lorca"	Da Vinci's Inquest (E)
10 PM	Antonio Banderas.	National Imprint	Foot Notes Imprint	Independent Lens (N)	Law & Order	Love Monkey "Pilot"	Dog Dog	Boston Legal (N) (E)	Gilmore Girls (N) (E)	News (Live) (E)	My Family Bob		News (E)	How-Made	Sex & City	8 Rules	Sex & City	Ellimdate	
11 PM	(11:10) "The Mask of Zorro"	News (E) Practice	Ravens Moving On	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	Airline (E) Airline (E)	News (E) Nightline	News (Live) (E)	ET Canada	Inuyasha Gundam		News (E)	How-Made	Becker	Radio Free	Friends	Paid Prog.	

WEDNESDAY, JANUARY 18, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (13)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Teletubbies Calliou (E)	News (E)	News	Movie: "Lean on Me" (1989)	(5:00) News (E)	News (Live) (E)	(5:00) News (E)	Monster Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "First Shot" (2002)	Life Today 100 Huntley Street (E)	BluesClues Dora	Cliff Pup Arthur (E)	Today (E)	The Early Show (E)	Morgan Freeman.	Good Morning America (E)			Winx Club Jacob	SportsCentre (E)		Animal Parade	Sabrina Charles	K. Possible Recess	News (E)	CityLine (E)	Rockford Files
8 AM	Maril Hemingway	Huntley Street (E) Poko	Hi-5 Berenstein	Dragon Big World			City Confidential (E)			100 Huntley Street (E)	Boy (E) Beasts	SportsCentre (E)		American Chopper (E)	Paid Prog. Paid Prog.	Weekend Lilo Stitch		Star! Inside Seinfeld	Matlock "The Coach"
9 AM	Becker Becker	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)			Discover Discover	Regis and Kelly	100 Huntley Street (E)	World Vision	LazyTown Monster	Off-Record Tennis:	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Feet McDonald	Maury (E)	News (E) City	Magnum, P.I. (E)
10 AM	Cosby Cosby	The Price Is Right (E)	Paddington Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	Cold Case Files (E)	The View (N) (E)	World Vision	Room Diva Dime	Rupert Monsters	Australian Open - Early Round - Day 3.	The View (N) (E)	Science of the Deep	Starting Over (N) (E)	Sing-Story PB&J Otter	Jerry Springer (N) (E)	Movie: "Why Shoot the Teacher?" (1977, Drama)	News (E)
11 AM	Harvey Home Imp.	Judge J. Brown	Mathematics Sit-Be Fit	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Biography: Hudson	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Melbourne, Australia. (Taped)	eTalk Daily Balance-TV	Science of the Deep	Montel Williams (E)	Henrys King (E)	Blind Date Blind Date	Teacher? (E)	Magnum, P.I. (E)
12 PM	Drew Drew	News (Live) (E)	Sustain Scattering	Charlie Rose (N) (E)	Paid Prog. Paid Prog.	News Bold & B.	Movie: "Down With Love" (2003) (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts	PGA Golf: Bob Hope Chrysler Classic	Daily Bold & B.	Origins: Battle	Perry Mason	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
1 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Home Biz Planet	Painting Sewing	Days of our Lives (E)	As the World Turns	Movie: "Down With Love" (2003) (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	PGA Golf: Bob Hope Chrysler Classic	Vicki G. Vicki G.	Monster Garage (E)	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
2 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Journal	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown	Off-Record Sports	General Hospital (E)	Deadliest Catch	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show	Moesha Moesha
3 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	Amer. Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Yu-Gi-Oh!	Off-Record Sports	Dr. Phil (E)	Beyond Tomorrow (E)	Montel Williams (E)	Weekend Lloyd	ER "Happy New Year"	News (E)	Home Imp. Home Imp.
4 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolle Polle	Cyberchas Dragonfly	Judge J. Judge J.	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Phantom	Hockey NHL Pre	The Tyra Banks Show	Daily Planet (E)	Little House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
5 PM	Raymond Raymond	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Dog Dog	News (E) ABC News	News (E) Global	News (E) Global	Oddparent SpongeBob	NHL Hockey: Toronto Maple Leafs at Minnesota Wild. (Live)	News (E)	Genghis Khan	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	South Beach (N) (E)	Becker Becker
6 PM	Raymond Raymond	Will-Grace 70s Show	Mechanics Della Smith	News-Lehrer	News (E) Raymond	News Hollywood	Inked (E) Inked (E)	News (E) News (E)	News (Live) (E)	ET Canada Entertain	Being Ian Mystery		News (E)	Kubal Khan	Simpsons 70s Show	So Little Darcy	My Wife Friends	Movie: "From Hell" (2001, Mystery)	Home Imp. Home Imp.
7 PM	Sex & City Sex & City	Fortune Jeopardy!	Undersea Edge	Walking the Bible (N)	Jeopardy! Fortune	Seinfeld Friends	Angel Angel	Entertain The Insider	Entertain ET Canada	Falcon Beach (E)	Justice Zixx	Tennis: Australian Open - Early Round - Day 4.	Hollywood	MythBusters (E)	Fraser 70s Show	So Raven Smart Guy	Raymond Raymond	Johnny Depp. (E)	WGN News at Nine
8 PM	Daisy (8:40)	This Is Wonderland (N)	Discoveries	Cathedral (E)	E-Ring Yes, Dear	Still Stand Yes, Dear	Crossing Jordan (E)	Lost "The 23rd Psalm"	E-Ring "War Crimes"	E-Ring "War Crimes"	SpongeBob Sabrina	Early Round - Day 4.	American Idol (N) (E)	Daily Planet (E)	American Idol (N) (E)	8 Rules Boy World	One Tree Hill (N) (E)	News (E)	Becker
9 PM	Movie: "Domestic Disturbance" (2001) (E)	fifth estate	Scientists Food	The War That Made America (N) (E)	Biggest Loser	Criminal Minds (N) (E)	Dog Dog	Lost (N)	Skating-Celeb.	Skating-Celeb.	15/Love 15/Love	From Melbourne, Australia. (Live)	Lost (N) (E)	MythBusters (E)	Skating-Celeb.	Brotherly Radio Free	Beauty and the Geek	Jimmy Kimmel Live (N)	Funnest Home Videos
10 PM	Movie: "Disturbing Behavior" (1998)	National Imprint	With Glowing Hearts	Law & Order (N) (E)	CSI: NY "Wasted" (N)	Inked (E) Inked (E)	Invasion "Power" (N)	Falcon Beach "Pilot"	News (Live) (E)	News (Live) (E)	My Family Bob		CSI: NY "Wasted" (N)	Genghis Khan	News Will-Grace	Popular (E)	KTLA Prime News (E)	Movie: "From Hell" (2001)	Da Vinci's Inquest (E)
11 PM	Emily	News (E) Dotto Tech	Scattering	Charlie Rose (N) (E)	News (E) Tonight	News Late Show	Angel Angel	News (E) Nightline	News (Live) (E)	ET Canada	Inuyasha Hunter		News (E)	Kubal Khan	Sex & City	8 Rules	Sex & City	Ellimdate	

Regular Meetings

- * Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- * Similkameen Christian Riders meet at the A&W every Wednesday evening at 6 pm for a ride. To join, show up
- * Princeton Writers Group meets every second and fourth Thursday 7pm at Br 30 Sr Citizens Hall 162 Angela Avenue
- * Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- * PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- * Hedley Library open 2-7pm Thursdays
- * Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- * Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- * Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- * Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- * Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- * Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- * Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- * Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- * Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in Hospital Board Room.
- * Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- * Princeton Toastmasters Club meets 2nd and 4th Tuesday of the month, 7:00 PM in the Seniors Drop-In Centre.
- * Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- * Princeton Area BEA meets the 3rd Thursday of the month, 7:00 PM, Skills Centre.

**Similkameen News Leader
Community Calendar**

JANUARY

- 21 - KIJHL All-Star Game, Princeton Arena
- 30 - PSS PAC Meeting, 7:00 PM

FEBRUARY

- 3 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 3, 4, 5 - Mens Curling Bonspiel, Princeton Curling Club
- 10 - Princeton Posse Game vs. Summerland, 7:30 PM
- 11 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 14 - Valentine's Day
- 15 - Princeton Posse Game vs. Summerland, 7:30 PM
- 17 - Princeton Posse Game vs. Revelstoke, 7:30 PM
- 17, 18, 19 - Ladies Curling Bonspiel, Princeton Curling Club
- 25 - Princeton Posse Game vs. Sicamous, 7:30 PM
- 27 - PSS PAC Meeting, 7:00 PM

MARCH

- 4, 5, 6 - Mixed Curling Bonspiel, Princeton Curling Club
- 10 - Schools close for Spring Break
- 20 - Schools re-open
- 27 - PSS PAC Meeting, 7:00 PM
- 28 - Parent/Teacher Interviews, PSS, 6:00 - 8:00 PM

APRIL

- 14 - Good Friday
- 17 - Easter Monday
- 24 - PSS PAC Meeting, 7:00 PM
- 27 - PSS Family Fair

Check our 'Events Calendar' at www.thenewsleader.ca for more events and meetings in the Similkameen!

If your Club, Group or Organization has set an important date, it can be listed here Free. Contact us for details!
ads@thenewsleader.ca

thursday movies

MORNING

- 7:00 am WTBS (3) ★★ "Disturbing Behavior" (1998, Suspense) (PA) James Marsden. A teen and his out-cast friends discover a sinister secret among their seemingly perfect classmates. (E)
- 10:00 am CITY (29) ★★★ "Mass Appeal" (1984, Drama) Jack Lemmon. Confrontations between a priest and a seminary student lead both to a greater understanding of the human spirit. (E)
- 11:30 am A&E (9) ★★★ "Murder In the First" (1995, Drama) Christian Slater. An attorney decides to expose the inhuman conditions within Alcatraz after he is assigned to defend an abused prisoner. (E)

AFTERNOON

- 4:30 pm WGN (38) ★★½ "Jaws 2" (1978, Horror) Roy Scheider. Amity's citizens and police chief dread another tourist season with a huge white shark near the beach. (E)

EVENING

- 6:00 pm WTBS (3) ★★½ "You've Got Mail" (1998, Comedy) Tom Hanks. Two rival bookstore owners are unaware that they are conducting a secret romance with each other on the Internet. (E)
- CITY (29) ★★ "Habitat" (1997, Science Fiction) Balthazar Getty. A scientist's house takes on a life of its own after an experiment to reclaim the ozone-ravaged Earth goes awry. (E) (DVS)
- 8:40 pm WTBS (3) ★★★ "The Brothers" (2001, Comedy-Drama) Morris Chestnut. Four friends re-examine their attitudes on love and dating when one of their number announces his plans to marry. (E)
- 10:06 pm CITY (29) ★★ "Habitat" (1997, Science Fiction) Balthazar Getty. A scientist's house takes on a life of its own after an experiment to reclaim the ozone-ravaged Earth goes awry. (E) (DVS)
- 10:40 pm WTBS (3) ★★½ "You've Got Mail" (1998, Comedy) Tom Hanks. Two rival bookstore owners are unaware that they are conducting a secret romance with each other on the Internet. (E)

friday movies

MORNING

- 7:00 am WTBS (3) ★★★ "The Brothers" (2001, Comedy-Drama) Morris Chestnut. Four friends re-examine their attitudes on love and dating when one of their number announces his plans to marry. (E)
- 10:00 am CITY (29) ★★½ "The Baby Maker" (1970, Drama) Barbara Hershey. A childless couple arranges for a young woman to act as a surrogate mother. (E)

AFTERNOON

- 5:00 pm CITY (29) ★★½ "Patch Adams" (1999, Comedy-Drama) Robin Williams. Based on the exploits of a real-life doctor who believes that laughter is truly the best medicine. (E)
- WGN (38) ★★ "The Vernon Johns Story" (1994, Biography) James Earl Jones. The life of the fiery minister and civil-rights advocate in 1950s Alabama whose radical views led to his dismissal. (In Stereo) (E)

EVENING

- 6:00 pm WTBS (3) ★★★ "Erlin Brockovich" (2000, Drama) Julia Roberts. Premiere. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)
- A&E (9) ★★★ "Tomorrow Never Dies" (1997, Adventure) Pierce Brosnan. James Bond and an equally resourceful Chinese agent join forces to short-circuit a ruthless communications tycoon. (E)
- 6:00 pm WTBS (3) ★★½ "You've Got Mail" (1998, Comedy) Tom Hanks. Two rival bookstore owners are unaware that they are conducting a secret romance with each other on the Internet. (E)
- 7:30 pm FAM (26) ★★ "Super Mario Bros." (1993, Fantasy) Bob Hoskins. Premiere. Based on the popular video game that takes two plumbers on a perilous mission to rescue a parallel-world princess.
- 8:00 pm KNOW (5) ★★★ "The Grass Harp" (1995, Comedy-Drama) Piper Laurie. Based on Truman Capote's autobiographical novel about a youth's coming of age in the home of two spinster cousins. (E)
- 8:30 pm WTBS (3) ★★½ "Trapped" (2002, Suspense) (PA) Charlize Theron. A resourceful mother fights back after kidnappers abduct her daughter and demand a large ransom. (E)
- 9:00 pm FAM (26) ★★ "Mr. Wrong" (1996, Comedy) Ellen DeGeneres. A woman's search for the perfect boyfriend lands her in a nightmarish relationship with a psychotic suitor.
- 10:00 pm A&E (9) ★★★ "Tomorrow Never Dies" (1997, Adventure) Pierce Brosnan. James Bond and an equally resourceful Chinese agent join forces to short-circuit a ruthless communications tycoon. (E)
- 10:06 pm CITY (29) "Lady Chatterley: Passion" A collection of three erotic tales based on characters from D.H. Lawrence's classic novel.
- 10:30 pm FAM (26) ★★ "Funny About Love" (1990, Comedy) Gene Wilder. A romantic merry-go-round ensues when the issue of parenthood sends a married man into the arms of an uninhibited woman.

Online Classified Ads:
www.thenewsleader.ca

Horoscopes

January 18-25, 2006

- Aries** - This is a time for you to plan your year ahead as best you can. You still have bills to pay, so watch your spending. You may have a lot of issues regarding money, possessions.
- Taurus** - You are entering a challenging time, and you really need to keep your ego under control, no matter how frustrated you may feel. You need to work at home, pay attention to job.
- Gemini** - This weekend begins a couple of good weeks for you. You may have to travel on business, but this will suit you. You may want to take a course, which would be good.
- Cancer** - You really need to buckle down to doing your personal accounting. Find where you are financially. Plan a budget. Prepare for income taxes, property taxes, and debt reduction.
- Leo** - This is not your best time of year, and your partner has a lot to say that discourages you. Hibernate for a couple of weeks if possible. Career runs into roadblocks, conflict.
- Virgo** - A cold, flu or other infection could strike you this weekend due to over-indulging in unhealthy food and/or drink. Don't do it! Job is demanding. Expect a lot of controversy, pressure.
- Libra** - You really want to play this weekend and all next week, but you could turn your playful spirit to making things more beautiful. Do not overspend despite temptation.
- Scorpio** - You could experience conflict at home and with partner. Your energetic, optimistic outlook could annoy others. Job presents unexpected problems, unpredictable events. Be ready!
- Sagittarius** - Communications, news, short trips - life gets lively for you this week. Be cautious about disrupting home, family. Guard your jokes, they could cause opposition.
- Capricorn** - Your plans run into problems related to finances. Work around the issues, look after what you do have and plan for what you want. Children, pets may be troublesome.
- Aquarius** - You start feeling a lot better this weekend and want to talk to people and go places. Home, family are sources of problems. Be truthful even if they don't like it!
- Pisces** - You need to be cautious about what you say now. It may come back to your detriment. Guard against colds, flu. Look deep inside for source of anger. Events reveal truth.

**Similkameen News Leader
Recipe Corner (Recipe #98)**

Tex Mex Turkey Skillet
(From 'Butterball Turkey')

Cooking Technique: Boil-Simmer Prep Time: 30 minutes
Cooking Time: 20-30 minutes Yield: 4 servings (1 1/2 cups each)

Ingredients

- 25 ml (2 tbsp) vegetable oil
- 250 ml (1 cup) uncooked long-grain rice
- 250 ml (1 cup) medium or spicy chunky salsa
- 1 can (14-1/2 oz) chicken broth
- 500 ml (2 cups) chopped zucchini
- 125 ml (1/2 cup) chopped onion
- 250 ml (1 cup) frozen whole kernel corn
- 375 ml (1-1/2 cups) chopped cooked Butterball turkey
- 250 ml (1 cup) shredded Mexican blend cheese,
- 114 ml (4 oz) chopped fresh cilantro, (optional)

Directions

Heat 15 ml (1 tbsp) of the oil in large skillet over medium heat. Add rice; cook and stir until rice turns light golden brown, about 3 minutes. Add salsa and broth; stir to mix. Cover skillet, reduce heat to low and simmer 15 minutes or until rice is tender. In a second skillet, heat the remaining 15 ml (1 tbsp) oil over medium-high heat. Add zucchini and onion. Cook and stir 5 minutes or until vegetables just start to brown on edges, adding corn after 3 minutes. Add turkey to vegetables and set aside until rice is done. Stir vegetables and turkey into rice mixture. Continue heating 2 minutes or until turkey is hot. Sprinkle with cheese, cover, remove from heat and let stand 5 minutes. If desired, sprinkle with cilantro.

If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

THURSDAY, JANUARY 19, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Boohbah Caillou (E)	News (E)	News	(5:30) Movie: "Murder In the First" (1995, Drama) (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona Winx Club Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "Disturbing Behavior" (1998) (PA) (E)	Life Today 100 Huntley Street (E) Poko	BluesClues Dora Hi-5 Berenstein	Clifford Arthur (E) Dragon Big World	Today The White House kitchen. (E)	The Early Show (E)	the First" (1995, Drama) (E) City Confidential (E)	Good Morning America (E)			Boy (E) Jane	SportsCentre (E)		Elephant Dreams (E) MythBusters (E)	Libertya Charles Paid Prog. Paid Prog.	K Possible Recess Weekend Lilo Stitch	News (E)	CityLine (E)	Rockford Files Close-Up Seinfeld
8 AM	Becker Becker	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)		Discover Discover	Dallas SWAT (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	LazyTown Monster	Off-Record Tennis:	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Ben] Bear McDonald	Maury (E)	News (E) City	Magnum, P.I. "L.A."
9 AM	Cosby Cosby	The Price Is Right (E)	Mias BG Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	D. Detectives	The View (N) (E)	World Vision	Room Diva Dime	Rupert Monsters	Australian Open -- Early Round -- Day 4. From Melbourne, Australia.	The View (N) (E)	Animal Face-Off (E)	Starting Over (N) (E)	Mermald PB&J Otter	Jerry Springer (N) (E)	Movie: "Mass Appeal" (1984) Jack Lemmon.	News (E)
10 AM	Harvey Home Imp.	Judge J. Brown	Canada-History	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Sell House Movie: "Murder In the First" (1995) Christian Slater. (E)	Paid Prog. Paid Prog.	The Insider Diva Dime	News (Live) (E)	Hamtaro Fly Rhino	Round -- Day 4. From Melbourne, Australia.	eTalk Daily Balance-TV	Beastly Countdown Nature of the Beast	Montel Williams (E) Perry Mason	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	News (E)
11 AM	Drew Drew	News (Live) (E)	Struggle For Control	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	Christian Slater. (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Jane		Daily Bold & B.			Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
12 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Scattering Planet	In Studio Needle Art	Days of our Lives (E)	As the World Turns		One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	PGA Golf: Bob Hope Chrysler Classic	Vicki G. Vicki G.	Genghis Khan Mouse	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
1 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Home Biz	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown		General Hospital (E)	Kubal Khan	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show Moesha	
2 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	Dallas SWAT (E)	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Battle	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Montel Williams (E) Lloyd	Weekend Lloyd	ER "Luck of the Draw"	News (E)	Home Imp. Home Imp.
3 PM	Raymond Raymond	Simpsons Malcolm	Dora Rolie Polie	Cyberchas Zoboo	Judge J. Judge J.	Oprah Winfrey (E)	D. Detectives	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Ami Yumi	NHL Hockey: Boston Bruins at Philadelphia Flyers. (Live)	The Tyra Banks Show	Daily Planet (E)	Little House House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Videos Movie: "Jaws 2" (1978) Roy Scheider, Lorraine Gary. (E)
4 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	The First 48 (E)	News (E) ABC News	News (E) Global	News (E) Global	Oddparent SpongeBob		News (E)	Beyond Tomorrow (N)	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	Chris MovieTV	
5 PM	Movie: "You've Got Mail" (1998) Tom Hanks, Meg Ryan. (E)	Will-Grace '70s Show	Swap TV Edge	News-Lehrer	News (E) Raymond	News Hollywood	The First 48 (E)	News (E) News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Ghost Oracle	SportsCentre (Live) (E)	eTalk Daily Hollywood	Dirty Jobs "Pig Farmer"	Frasler '70s Show	So Little Smart Guy	My Wife Raymond	Movie: "Habitat" (1997) Balthazar Getty.	WGN News at Nine
6 PM	Movie: "The Brothers" (2001) Morris Chestnut.	Fortune Jeopardy!	Profiles of Nature (E)	Health Matters	Jeopardy! Fortune	Seinfeld Friends	Dallas SWAT (N) (E)	Entertain The Insider	Entertain ET Canada	Without a Trace (N)	Ghost Oracle	SportsCentre (Live) (E)	eTalk Daily Hollywood	Dirty Jobs "Pig Farmer"	Frasler '70s Show	So Raven Smart Guy	Raymond Raymond	Balthazar Getty.	WGN News at Nine
7 PM	Movie: "The Brothers" (2001) Morris Chestnut.	Will Grace Four Kings	Growing Up Canadian	Rosemary and Thyme	Will Grace Four Kings	CSI: NY "On the Job"	Crossing Jordan (E)	Dancing With the Stars (E)	Falcon Beach (N) (E)	Falcon Beach (N) (E)	SpongeBob Sabrina	Tennis: Australian Open -- Early Round -- Day 5. (Live)	The O.C. (N) (E)	Daily Planet (E)	'70s Show '70s Show	8 Rules Boy World	Smallville "Lockdown"	News (E)	Sex & City Star! Daily
8 PM	Movie: "The Brothers" (2001) Morris Chestnut.	Will Grace Four Kings	Growing Up Canadian	Rosemary and Thyme	Will Grace Four Kings	CSI: NY "On the Job"	Crossing Jordan (E)	Dancing With the Stars (E)	Falcon Beach (N) (E)	Falcon Beach (N) (E)	SpongeBob Sabrina	Tennis: Australian Open -- Early Round -- Day 5. (Live)	The O.C. (N) (E)	Daily Planet (E)	'70s Show '70s Show	8 Rules Boy World	Smallville "Lockdown"	News (E)	Sex & City Star! Daily
9 PM	Movie: "The Brothers" (2001) Morris Chestnut.	Will Grace Four Kings	Growing Up Canadian	Rosemary and Thyme	Will Grace Four Kings	CSI: NY "On the Job"	Crossing Jordan (E)	Dancing With the Stars (E)	Falcon Beach (N) (E)	Falcon Beach (N) (E)	SpongeBob Sabrina	Tennis: Australian Open -- Early Round -- Day 5. (Live)	The O.C. (N) (E)	Daily Planet (E)	'70s Show '70s Show	8 Rules Boy World	Smallville "Lockdown"	News (E)	Sex & City Star! Daily
10 PM	Movie: "You've Got Mail" (1998)	Will-Grace '70s Show	Swap TV Edge	News-Lehrer	News (E) Raymond	News Hollywood	The First 48 (E)	News (E) News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Ghost Oracle	SportsCentre (Live) (E)	eTalk Daily Hollywood	Dirty Jobs "Pig Farmer"	Frasler '70s Show	So Little Smart Guy	My Wife Raymond	Movie: "Habitat" (1997) Balthazar Getty.	WGN News at Nine
11 PM	Movie: "You've Got Mail" (1998)	Will-Grace '70s Show	Swap TV Edge	News-Lehrer	News (E) Raymond	News Hollywood	The First 48 (E)	News (E) News (Live) (E)	ET Canada Entertain	Being Ian Mystery	Ghost Oracle	SportsCentre (Live) (E)	eTalk Daily Hollywood	Dirty Jobs "Pig Farmer"	Frasler '70s Show	So Little Smart Guy	My Wife Raymond	Movie: "Habitat" (1997) Balthazar Getty.	WGN News at Nine

FRIDAY, JANUARY 20, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)
6 AM	Dawson's Creek (E)	News (E) Body	(Off Air)	Teletubbies Caillou (E)	News (E)	News	Third Watch (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster Mona Winx Club Jacob	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers Paid Prog.	King (E) Spider-Man	News Calvin, Miller.	Maury (E)	Hillbillies Hillbillies
7 AM	Movie: "The Brothers" (2001) Morris Chestnut.	Life Today 100 Huntley Street (E) Poko	BluesClues Dora Hi-5 Berenstein	Clifford Arthur (E) Dragon Big World	Today Sarah Hughes; inside "Today." (E)	The Early Show (E)	Third Watch (E)	Good Morning America (E)			Boy (E) Beasts	SportsCentre (E)		Blue Realm Mania rays.	Libertya Charles Paid Prog. Paid Prog.	K Possible Recess Weekend Lilo Stitch	News (E)	CityLine (E)	Rockford Files At Movies Seinfeld
8 AM	Becker Becker	Save-Ums! Doodlebop	Arthur (E) Little Bear	Sesame Street (E)		Discover Discover	American Justice	Regis and Kelly	100 Huntley Street (E)	World Vision	LazyTown Monster	Off-Record Tennis:	Regis and Kelly	Daily Planet (E)	Fam. Feud Fam. Feud	Feet McDonald	Maury (E)	News (E) City	Magnum, P.I. "L.A."
9 AM	Cosby Cosby	The Price Is Right (E)	Paddington Sagwa	Barney Bob Build	Ellen DeGeneres Show	The Price Is Right (E)	American Justice (E)	The View (N) (E)	World Vision	House Diva Dime	Rupert Monsters	Australian Open -- Early Round -- Day 5. From Melbourne, Australia.	The View (N) (E)	The Amazing Race 6	Starting Over (N) (E)	Sing-Story PB&J Otter	Jerry Springer (N) (E)	Movie: "The Baby Maker" (1970, Drama) (E)	News (E)
10 AM	Harvey Home Imp.	Judge J. Brown	Sew Fun Thimbles	Mr Rogers Sit-Be Fit	The Tyra Banks Show	Young and the Restless	Third Watch "Faith"	Paid Prog. Paid Prog.	The Insider House	News (Live) (E)	Hamtaro Fly Rhino	Round -- Day 5. From Melbourne, Australia.	eTalk Daily Balance-TV	Monster House (E)	Montel Williams (E) King (E)	Henrys King (E)	Blind Date Blind Date	Magnum, P.I. (E)	News (E)
11 AM	Drew Drew	News (Live) (E)	Dotto Tech SportFish	Charlie Rose (E)	Paid Prog. Paid Prog.	News Bold & B.	Third Watch (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts		Daily Bold & B.	Dirty Jobs "Pig Farmer"	Perry Mason	Lilo Stitch Aladdin	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
12 PM	Yes, Dear Yes, Dear	Days of our Lives (E)	Router Planet	Art Work Scrapbook	Days of our Lives (E)	As the World Turns	Third Watch (E)	One Life to Live (E)	As the World Turns	As the World Turns	Care Bears George S.	PGA Golf: Bob Hope Chrysler Classic	Vicki G. Vicki G.	Extreme Engineerin g	Matlock (E)	Hoze Mouse	Jerry Springer (E)	Relic Hunter (E)	Cosby Cosby
1 PM	Home Imp. Friends	Da Vinci's Inquest (E)	Gaslight Edge	Reading Lions	Passions (E)	Guiding Light (E)	City Confidential (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona LazyTown		General Hospital (E)	Beyond Tomorrow	Love Lucy Love Lucy	Dalmatian Fillmore	Eye Eye Eye Eye	Ellen DeGeneres Show Moesha	
2 PM	Seinfeld Seinfeld	Starting Over (N) (E)	Bear BluesClues	Postcards Arthur (E)	Brown Brown	Dr. Phil (E)	American Justice	The Tony Danza Show	Young and the Restless	Young and the Restless	Jacob Pokemon	Off-Record Sports	Dr. Phil (E)	How-Made How-Made	Montel Williams (E) Lloyd	Weekend Lloyd	ER (E)	News (E)	Home Imp. Home Imp.
3 PM	Raymond Raymond	Simpsons Direct Buy	Dora Rolie Polie	Cyberchas Dragonfly	Judge J. Judge J.	Oprah Winfrey (E)	American Justice (E)	Millionaire Millionaire	Oprah Winfrey (E)	News (E) News (E)	Tn-Titans Catscratch	Hockey Strongest	The Tyra Banks Show	Daily Planet (E)	Little House House	Barbarian Proud	8 Rules 8 Rules	Sex & City Friends	Funnest Home Videos
4 PM	Friends Friends	News (Live) (E)	George S. Koala Bro	BBC World Business	News (E) NBC News	News CBS News	Biography	News (E) ABC News	News (E) Global	News (E) Global	Oddparent SpongeBob		News (E)	Deadliest Catch	Malcolm King of Hill	K. Possible Lizzie	Sabrina My Wife	Movie: "Patch Adams" (1999) Robin Williams. (E)	Movie: "The Vernon Johns Story" (1994) (E)
5 PM	Movie: "Erin Brockovich" (2000) Julia Roberts. Premiere. (E)	Will-Grace '70s Show	Outta Town Animals	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	Movie: "Tomorrow Never Dies" (1997, Adventure) Pierce Brosnan. (E)	News (E) News (Live) (E)	ET Canada Entertain	Yu GI Oh D.I.C.E.		Tennis: Australian Open -- Early Round -- Day 6. From Melbourne, Australia. (Live)	News (E)	Zapped Part 2. (E)	Simpsons '70s Show	Zoey 101 Phil	My Wife Friends	Wanted "Badlands"	WGN News at Nine
6 PM	Movie: "Erin Brockovich" (2000) Julia Roberts. Premiere. (E)	Will-Grace '70s Show	Outta Town Animals	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	Movie: "Tomorrow Never Dies" (1997, Adventure) Pierce Brosnan. (E)	News (E) News (Live) (E)	ET Canada Entertain	Yu GI Oh D.I.C.E.		Tennis: Australian Open -- Early Round -- Day 6. From Melbourne, Australia. (Live)	News (E)	Zapped Part 2. (E)	Simpsons '70s Show	Zoey 101 Phil	My Wife Friends	Wanted "Badlands"	WGN News at Nine
7 PM	Movie: "Erin Brockovich" (2000) Julia Roberts. Premiere. (E)	Will-Grace '70s Show	Outta Town Animals	News-Lehrer Raymond	News (E) Hollywood	News Hollywood	Movie: "Tomorrow Never Dies" (1997, Adventure) Pierce Brosnan. (E)	News (E) News (Live) (E)	ET Canada Entertain	Yu GI Oh D.I.C.E.		Tennis: Australian Open -- Early Round -- Day 6. From Melbourne, Australia. (Live)	News (E)	Zapped Part 2. (E)	Simpsons '70s Show	Zoey 101 Phil	My Wife Friends	Wanted "Badlands"	WGN News at Nine
8 PM	Movie: "Trapped" (2002) PA) Charize Theron.	22 Minutes Hatching Gettling	Movie: "The Grass Harp" (1995) Piper Laurie.	NOW (N) Europe	Moments Moments	Ghost Whisperer (E)	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Zatch Bell Dragonball	Round -- Day 6. From Melbourne, Australia. (Live)	Ghost Whisperer (E) Close to Home (E)	Daily Planet (E)	Bernie Mac Malcolm	"Super Mario Bros." (1993) Living-Fran	What I Like Living-Fran	News (E) Night Party	Sex & City Becker
9 PM	Movie: "Trapped" (2002) PA) Charize Theron.	22 Minutes Hatching Gettling	Movie: "The Grass Harp" (1995) Piper Laurie.	NOW (N) Europe	Moments Moments	Ghost Whisperer (E)	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Zatch Bell Dragonball	Round -- Day 6. From Melbourne, Australia. (Live)	Ghost Whisperer (E) Close to Home (E)	Daily Planet (E)	Bernie Mac Malcolm	"Super Mario Bros." (1993) Living-Fran	What I Like Living-Fran	News (E) Night Party	Sex & City Becker
10 PM	Movie: "Trapped" (2002) PA) Charize Theron.	22 Minutes Hatching Gettling	Movie: "The Grass Harp" (1995) Piper Laurie.	NOW (N) Europe	Moments Moments	Ghost Whisperer (E)	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Next Chef Malcolm	Zatch Bell Dragonball	Round -- Day 6. From Melbourne, Australia. (Live)	Ghost Whisperer (E) Close to Home (E)	Daily Planet (E)	Bernie Mac Malcolm	"Super Mario Bros." (1993) Living-Fran	What I Like Living-Fran	News (E) Night Party	Sex & City Becker
11 PM	Family Guy Futurama	News (E) Reba (E)	Growing Up Canadian	On the Up Coupling	News (E) Tonight	News Late Show	Movie: "Tomorrow Never Dies" (1997) (E)	20/20 (E) Nightline	News (Live) (E)	Entertain ET Canada	ReBoot Beast	SportsCentre (Live) (E)	News (E)	Beyond Tomorrow	Sex & City Becker	Movie: "Mr. Wrong" (1996, Comedy) "Funny About Love" (1990)	Reba (N) Twins (N)	Jimmy Kimmel Live (N) (E)	Da Vinci's Inquest (E) Elimidate Paid Prog.

saturday movies

MORNING

7:00 am WTBS (3) ★★½ "Disclosure" (1994, Drama) Michael Douglas. A sexually harassed employee finds the tables turned when his female boss accuses him of initiating the misconduct. (E)

9:45 am WTBS (3) ★★½ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

AFTERNOON

12:00 pm FAM (26) "Magic In the Mirror" (1996, Fantasy) Jamie Renee Smith. A little girl discovers a magical world inside her grandmother's mirror where her imaginary friends come alive. CITY (29) ★★½ "Star Trek: The Motion Picture" (1979, Science Fiction) William Shatner. Adm. Kirk reassembles the Enterprise crew to intercept an alien force headed for Earth. (E) WGN (38) ★ "Supernova" (2000,

Science Fiction) James Spader. A medical spaceship answers an SOS from a mining project on a comet and finds a sole survivor with an alien artifact. (In Stereo) (E)

12:30 pm WTBS (3) ★★½ "The Bodyguard" (1992, Suspense) Kevin Costner. A Secret Service agent-turned-bodyguard finds danger and romance while protecting an entertainer from a stalker. (E)

1:10 pm FAM (26) ★★½ "Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A vivacious black housekeeper brings happiness back into the lives of a Jewish widower and his troubled young daughter. (E)

3:00 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A betrayed wife disrupts the lives of all around her when she retreats to her family's horse farm. (E)

4:00 pm YTV (18) ★★ "Teenage Mutant Ninja Turtles III" (1992, Adventure) Paige Turco. The heroes cross swords with genuine samurai after a mystical scepter transports them back to 17th-century Japan. (In

Stereo) (E)

KTLA (27) ★★½ "She's So Lovely" (1997, Drama) Sean Penn. A suburban mother receives an unwelcome jolt when her mentally disturbed ex-husband suddenly re-enters her life. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)

CITY (29) ★★½ "Enemy of the State" (1998, Suspense) Will Smith. A lawyer is hunted by corrupt government agents after he becomes the unwitting recipient of an incriminating videotape. (In Stereo) (E)

EVENING

7:30 pm WTBS (3) ★★½ "Pretty Woman" (1990, Comedy-Drama) Richard Gere. A business executive attempts to transform a vulgar street-walker into a sophisticated female companion. (E)

8:00 pm KSPS (6) ★★½ "Alfie" (1966, Comedy-Drama) Michael Caine. A cynical cockney bachelor picks up women, treats them badly and tells why in asides to the camera. (E)

KXLY (10) ★★½ "Enemy of the State" (1998, Suspense) Will Smith.

A lawyer is hunted by corrupt government agents after he becomes the unwitting recipient of an incriminating videotape. (In Stereo) (E)

9:00 pm KNOW (5) ★★ "Inspector Morse: The Silent World of Nicholas Quinn" (1982, Mystery) John Thaw. A cinema stub is the only clue to the murder of a hearing-impaired member of the Foreign Examinations Syndicate. (E)

KREM (8) ★★½ "The Sum of All Fears" (2002, Suspense) Ben Affleck. Premiere. Based on Tom Clancy's novel. Jack Ryan tries to avert disaster as terrorists plot to set off a nuclear bomb in the U.S. (In Stereo) (E)

YTV (18) ★★½ "Edward Scissorhands" (1990, Fantasy) Johnny Depp. A deceased inventor's unfinished creation becomes an instant celebrity when a cheery suburbanite brings him home. (In Stereo) (E)

FAM (26) ★★½ "The Birdcage" (1996, Comedy) Robin Williams. The arrival of his son's future in-laws forces a gay nightclub owner and his lover to pose as husband and wife. CITY (29) ★★½ "Excess Baggage" (1997, Adventure) Alicia Silverstone. A teen's fake kidnapping scheme backfires when a thief steals her car while she is locked in the trunk. (E)

9:30 pm WGN (38) ★ "Sphere"

(1998, Science Fiction) Dustin Hoffman. A team of experts travels deep below the sea to search for a possible alien life form aboard an ancient spacecraft. (In Stereo) (E)

10:00 pm WTBS (3) ★★½ "Indecent Proposal" (1993, Drama) Robert Redford. A lonely billionaire offers a financially strapped couple \$1 million for a night with the wife. (E)

10:57 pm FAM (26) ★★½ "Crocodile Dundee" (1986, Comedy) Paul Hogan. An American reporter persuades a legendary Australian hunter to return with her to the wilds of Manhattan. (E)

11:00 pm CITY (29) ★★½ "Star Trek: The Motion Picture" (1979, Science Fiction) William Shatner. Adm. Kirk reassembles the Enterprise crew to intercept an alien force headed for Earth. (E)

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Updated Daily...

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LEGEND TO THE TV LISTINGS Normal Months September - June "Power By The Hour" Rates

Use this handy chart and watch the TV Guide for On Peak/Off Peak Summer Months code.

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P.A.S.S. On Peak Red Zones
Energy Management Services

Princeton Light & Power
231 Bridge Street, Princeton
Phone (250) 295-3244
Fax (250) 295-3611

Schedule for TOU * NORMAL MONTHS
September - October - November - December
January - February - March - April - May - June

For Information 250-2214

Power by the Hour Rates	Time-of-use	Schedule for TOU * NORMAL MONTHS						
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
By Energy Zone (250) 2214	15-400V	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	1:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	2:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	3:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	4:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	5:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	6:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	7:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	8:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	9:00 AM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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By Energy Zone (250) 2214	100V-240V	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
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	2:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	3:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	4:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	5:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	6:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	7:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	8:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	9:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	10:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK
	11:00 PM	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK	OFF PEAK

sunday movies

MORNING

7:00 am WTBS (3) ★★½ "Fried Green Tomatoes" (1991, Comedy-Drama) Kathy Bates. A nursing-home resident regales a visitor with tales of the close friendship between two women in 1930s Alabama. (E)

8:00 am WGN (38) ★★½ "Men With Brooms" (2002, Comedy) Paul Gross. Four former curlers pick up their brooms once again to fulfill their late coach's wish for a last shot at glory. (In Stereo) (E)

9:00 am A&E (9) ★★½ "The Shining" (1980, Horror) Jack Nicholson. A caretaker, his wife and their psychic son fall prey to supernatural forces during a winter at a snowbound hotel. (E)

10:00 am WTBS (3) ★★½ "The Bodyguard" (1992, Suspense) Kevin Costner. A Secret Service agent-turned-bodyguard finds danger and romance while protecting an entertainer from a stalker. (E)

WGN (38) ★★½ "Simon Birch" (1998, Comedy-Drama) Ian Michael Smith. A small-town boy and his out-cast pint-size pal struggle through the ups and downs of their childhood

days. (In Stereo) (E)

11:00 am CHBC (4) "Time of the Wolf" (2002, Drama) Burt Reynolds. After the death of his father, a young man develops a special bond with a wolf cub. (E)

CITY (29) ★★½ "Mr. Nice Guy" (1997, Comedy) Jackie Chan. A television chef gets caught up in a gang war when he helps a reporter escape from a crime lord. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation. WGN (38) ★★½ "She's So Lovely" (1997, Drama) Sean Penn. A suburban mother receives an unwelcome jolt when her mentally disturbed ex-husband suddenly re-enters her life. (In Stereo) (E)

12:30 pm WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A betrayed wife disrupts the lives of all around her when she

retreats to her family's horse farm. (E)

1:30 pm FAM (26) ★★ "Bingo" (1991, Comedy) Cindy Williams. A clever canine embarks on a cross-country search for the family who left him behind on the move to Wisconsin. (E)

2:00 pm VTV (22) "Derby" (1995, Drama) Joanne Vannicola. A woman's only hope of saving her horse farm rides on the back of a temperamental filly running in the Kentucky Derby. (In Stereo) (E)

2:30 pm WTBS (3) ★★½ "Pretty Woman" (1990, Comedy-Drama) Richard Gere. A business executive attempts to transform a vulgar street-walker into a sophisticated female companion. (E)

3:00 pm KTLA (27) ★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. A White House aide becomes a target himself when he uncovers a highly placed plot against the president. (In Stereo) (E)

4:00 pm YTV (18) ★★½ "3 Ninjas Kick Back" (1994, Comedy) Sean Fox. Young martial artists face their grandfather's foes when they accompany him to Japan to deliver a priceless dagger. (In Stereo) (E)

5:00 pm WTBS (3) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a

cover-up of a contaminated water supply in a desert town. (E)

EVENING

6:00 pm YTV (18) "When In Rome" (2002, Adventure) Mary-Kate Olsen. Twin sisters manage to blend work and play when they land a summer job in Italy with an international tycoon. (In Stereo) (E)

CITY (29) ★★½ "Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman. (E)

7:30 pm WTBS (3) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)

FOX (25) ★★½ "Lethal Weapon 3" (1992, Action) Mel Gibson. An internal affairs investigator joins forces with Riggs and Murtaugh to shut down an ex-cop's guns-for-gangs operation. (E)

9:00 pm FAM (26) ★★½ "Days of Thunder" (1990, Drama) Tom Cruise. A hotshot rookie stock-car driver sets his sights on the professional NASCAR circuit and the prestigious Daytona 500. (E)

10:00 pm WTBS (3) ★★½ "I Love Trouble" (1994, Suspense) Julia

Roberts. Rival reporters are forced to team up when an investigative piece involving corporate intrigue turns dangerous. (E)

10:34 pm FAM (26) "Romy and Michele: In the Beginning" (2004, Comedy) Katherine Helg. High-school graduates Romy and Michele want to leave Arizona behind and socialize with Hollywood's rich and famous. (E)

11:30 pm CITY (29) ★★½ "Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman. (E)

Weather?
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Road Reports?
Updated Daily...

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WEEKLY NEWS & SPORTS

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SATURDAY, JANUARY 21, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (33)	
6 AM	XCU Storyline	News (H) Body	(Off Air)	Globe Trekker "Egypt"	(5:00) Today (H)	Saturday Early Show	Ask This Ask This	Good Morning America	Pioneers Room	Design Room	Monster Mona	SportsCen tre (H)	OWL/TV Kingdom	Greatest Ever... (H)	Paid Prog. Paid Prog.	Spider-Man Rangers	Paid Prog. Paid Prog.	Indo Dharti	Paid Prog. Paid Prog.	
7 AM	Movie: "Disclosure" (1994)	Pet Guys Fishn	BluesClues Dora	MotorWeek Fly Tying	News	LazyTown Go Diego	Old House Old House	Good Morning Northwest Saturday (H)	News (Live) (H)	News (H)	Krypto Battle	Fishing Motoring	Waterville Hobo	Zapped Part 2 (H)	Mew Mew DoReMi	Robot W.I.T.C.H.	Coconut Coconut	Eye on Asla	Paid Prog. Paid Prog.	
8 AM	Drama Michael Douglas	Powerboat Direct Buy	George S. Bus	Router Hometime		Backyard Dora	Biography (H)				Yu-Gi-Oh! Bayblade	SnowTrax Spin	Good Morning Canada (H)	A Haunting Winx Club	Bratz (H) Zoey 101	Suite Life Batman	Viewtiful Studio (H)	Polish Paid Prog.		
9 AM	(9:45) Movie: "Indecent Proposal" (1993)	Be the Creature (H)	Arthur (H) Paddington	Workshop Old House		Discover Discover	Biography So Raven		Pet Guys Caitlin	Tn-Titans Xicolin	Tennis: Australian Open -- Early Round -- Day 6.		Whiskey Trail (H)	How-Made Sonic X	Winx Club Even	So Raven Pokémon	Xicolin Arts	Home Imp. Cosby		
10 AM	Movie: "The Bodyguard" (1992)	World Cup Skiing (H)	Dotto Tech Home	Painting Piano Guy		College Basketball: West Virginia at UCLA. (Live) (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)
11 AM	Movie: "Something to Talk About" (1995) (H)	NHL Hockey: Toronto	Rolle Poile Jakers	PC World's Travels		College Basketball: Gonzaga at San Diego. (Live)	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al
12 PM	Movie: "The Bodyguard" (1992)	World Cup Skiing (H)	Dotto Tech Home	Painting Piano Guy		College Basketball: West Virginia at UCLA. (Live) (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)
1 PM	Movie: "The Bodyguard" (1992)	World Cup Skiing (H)	Dotto Tech Home	Painting Piano Guy		College Basketball: West Virginia at UCLA. (Live) (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)
2 PM	Movie: "The Bodyguard" (1992)	World Cup Skiing (H)	Dotto Tech Home	Painting Piano Guy		College Basketball: West Virginia at UCLA. (Live) (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)	Rollergirls (H)
3 PM	Movie: "Something to Talk About" (1995) (H)	NHL Hockey: Toronto	Rolle Poile Jakers	PC World's Travels		College Basketball: Gonzaga at San Diego. (Live)	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al	City Confidentl al
4 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
5 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
6 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
7 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
8 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
9 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
10 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global
11 PM	Movie: "Erin Brockovich" (2000, Drama)	Maple Leaves at Ottawa Senators. (Live) (H)	Inventors' Specials (H)	Lawrence Welk Show (H)	News NBC News	News CBS News	Cold Case Files (N)	ABC News	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global	Global

SUNDAY, JANUARY 22, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (33)
6 AM	Movie: "I Love Trouble"	News (H) Body	(Off Air)	Noddy Cliff Pup	Today (H)	CBS News Sunday Morning	Breakfast With the Arts	Good Morning America	Pioneers Adventure	Fishin Fishing	Monster Mona	SportsCen tre (H)	Acorn Kids	Dirty Jobs "Pig Farmer"	Hour of Power (H)	Spider-Man Rangers	Pacesetter Success	Mix TV	Feed
7 AM	Movie: "Fried Green Tomatoes" (1991)	In Touch (H)	BluesClues Dora	Bob Build Thomas	Flight 29 (H)	Endurance Nation			Countertop Canada	Canada Is Written	Winx Club Mew Mew	Reporters Reporters	Good Morning Canada (H)	Genghis Khan	Libertys Business	Robot W.I.T.C.H.	Amazing Believers	Eye on Asla	Paid Prog. Paid Prog.
8 AM	Movie: "Fried Green Tomatoes" (1991)	Van Impe Is Written	George S. Bus	Jakers Real	Meet the Press (H)	BluesClues			News (Live) (H)	TribalTrail World Vsn	Neutron Robot	NFL Countdown (Live)	Eagle Eagle	How-Made Animals	Paid Prog. Paid Prog.	Suite Life Zoey 101	Feed J. Osteen	Eye-Asla Festival Johnny Lombardi (In Italian)	Movie: "Men With Brooms" (2002) Paul Gross.
9 AM	Movie: "Fried Green Tomatoes" (1991)	Bates, Jessica Tandy. (H)	Listen Up Faith	Arthur (H) Paddington	Maya Zoom (E)	Paid Prog. Paid Prog.	Pride, Passion	Movie: "The Shining"	Matthews NBA	Hour of Power (H)	Oddparent Catscratch		Eagle Eagle	How-Made Animals	Paid Prog. Paid Prog.	So Raven Phil	Increasing Changing	Johnny Lombardi (In Italian)	Movie: "Simon Birch"
10 AM	Movie: "The Bodyguard" (1992)	Be the Creature (H)	Jakers Babar	College Money	International Auto Show From Detroit. (N)	Motorcycle Racing	(1980, Horror)	NBA Basketball: Nuggets at Spurs or 76ers at Timberwolv es	Driving TV Ride	Showcase Document ary	SpongeBob Grown Up	PBA Bowling: Phoenix Classic (Live)	Eagle Balance	Hanging Coffin	HomeTeam (H)	Even Boy World	Shook Paid Prog.	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
11 AM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Swap TV CG Kids	Foreign WealthTrk		NFL Today (Live) (H)	Nicholson, Shelley Duvall. (H)		Hour of Power (H)	Showcase Document ary	Jane Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
12 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
1 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
2 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
3 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
4 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
5 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
6 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
7 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
8 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
9 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
10 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)
11 PM	Movie: "The Bodyguard" (1992)	Movie: "Time of the Wolf" (2002) Burt Reynolds.	Outta Town Beckham	NOW (N) European	Snowboard ding	NFL Football: AFC	Sell House PGA Golf: Bob Hope Chrysler Classic -- Final Round. (Live) (H)		Hour of Power (H)	Showcase Document ary	Being Ian	Lumberjks	Jeff	Genghis Khan	Maximum Exposure	School Brotherly	Wild Amer Sabrina	Movie: "Mr. Nice Guy" (1997)	Movie: "Sphere" (1998) Will Smith, Gene Hackman. (Live) (H)

MONDAY, JANUARY 23, 2006

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FOX 41	FAM (26)	KTLA (27)	CITY (29)	WGN (38)	
6 AM :30	Dawson's Creek (E)	News (E) Okanagan	(Off Air)	Teletubbs (E) Caillou (E)	News (E)	News	24 (E)	(5:00) News (E)	News (Live) (E)	(5:00) News (Live) (E)	Monster (E) Mona	SportsCentre (E)	News (E) Canada AM (E)	Daily Planet (E)	Believers (E) Paid Prog.	King (E) Spider-Man	News (E) Calvin, Miller	Maury (E)	Hillbillies (E)	
7 AM :30	Movie: "The Triangle" (2001) (PA) Luke Perry	Life Today (E) 100 Huntley Street (E) Poko	BluesClues (E) Dora (E) HI-5 (E) Berenstain	Clifford (E) Arthur (E) Dragon (E) Big World (E)	Today (E)	The Early Show (E)	24 (E)	Good Morning America (E)			Winx Club (E) Jacob	SportsCentre (E)		Mega Storms (E)	Sabrina (E) Charles	K. Possible (E) Recess (E)	News (E)	CityLine (E)	Rockford Files (E)	
8 AM :30	Becker (E)	Save-Ums! (E) Doodlebop (E)	Arthur (E) Little Bear (E)	Sesame Street (E)		Discover (E)	American Justice (E)	Regis and Kelly (E)	100 Huntley Street (E)	World Vision (E)	LazyTown (E) Monster (E)	SportsCentre (E)	Regis and Kelly (E)	Catching the Comet (E)	Fam. Feud (E) Fam. Feud (E)	Feet (E) McDonald (E)	Maury (E)	News (E) City (E)	Magnum, P.I. (E)	
9 AM :30	Cosby (E)	The Price Is Right (E)	Paddington (E) Sagwa (E)	Barney (E) Bob Build (E)	Ellen DeGeneres Show (E)	The Price Is Right (E)	Cold Case Files (E)	The View (E)	World Vision (E)	House (E) Diva Dime (E)	Rupert (E) Monsters (E)	Lumberjks (E) Motoring (E)	The View (E)	How-Made (E) How-Made (E)	Starting Over (N) (E)	Sing-Story (E) PB&J Otter (E)	Jerry Springer (N) (E)	Movie: "The Addams Family" (1991) (E)	News (E)	
10 AM :30	Harvey (E)	Judge J. (E)	Hockey (E)	Mr Rogers (E)	The Tyra Banks Show (E)	Young and the Restless (E)	24 (E)	Paid Prog. (E)	The Insider (E)	News (Live) (E)	Hamtaro (E) Fly Rhino (E)	Tennis: Australian Open - Round of 16. From Melbourne, Australia. (Taped)	eTalk Daily (E) Balance (E)	Super Ships (E)	Montel Williams (E)	Henry's (E) King (E)	Blind Date (E) Blind Date (E)	Maury (E)	CityLine (E)	Da Vinci's Inquest (E)
11 AM :30	Drew (E)	News (Live) (E)	Undersea (E) Second (E)	Charlie Rose (N) (E)	Paid Prog. (E)	News (E) Bold & B. (E)	24 (E)	All My Children (E)	News (Live) (E)	Days of our Lives (E)	Boy (E) Beasts (E)	16. From Melbourne, Australia. (Taped)	Daily (E) Cruise Ship Rescue (E)	Canada's Worst Driver (E)	Matlock (E) "The Ghost" (E)	Hoze (E) Mouse (E)	Jerry Springer (E)	Relic Hunter (E)	Cosby (E)	
12 PM :30	Yes, Dear (E)	Days of our Lives (E)	Moving On (E) Planet (E)	Fine Art (E) Sewing (E)	Days of our Lives (E)	As the World Turns (E)	24 (E)	One Life to Live (E)	As the World Turns (E)	As the World Turns (E)	Care Bears (E) George S. (E)		Vicki G. (E)	Canada's Worst Driver (E)	Love Lucy (E)	Dalmatian (E)	Eye Eye (E)	Ellen DeGeneres Show (E)	Moesha (E)	
1 PM :30	Home Imp. (E) Friends (E)	Da Vinci's Inquest (E)	Gaslight (E) Home (E)	Reading (E) Lions (E)	Passions (E)	Guiding Light (E)	24 (E)	General Hospital (E)	Passions (E)	Passions (E)	Mona (E) LazyTown (E)		General Hospital (E)	How-Made (E) How-Made (E)	Love Lucy (E)	Fillmore (E)	Eye Eye (E)	DeGeneres Show (E)	Moesha (E)	
2 PM :30	Seinfeld (E)	Starting Over (N) (E)	Bear (E) BluesClues (E)	Postcards (E) Arthur (E)	Brown (E)	Dr. Phil (E)	American Justice (E)	The Tony Danza Show (E)	Young and the Restless (E)	Young and the Restless (E)	Jacob (E) Yu Gi Oh (E)	Off-Record (E) Sports (E)	Dr. Phil (E)	Greatest Ever... (E)	Montel Williams (E)	Weekend (E) Lloyd (E)	ER "February 5, 1995" (E)	News (E)	Home Imp. (E)	
3 PM :30	Raymond (E)	Simpsons (E)	Dora (E) Cyberchas (E)	Judge J. (E) Dragonfly (E)	Judge J. (E)	Oprah Winfrey (E)	Cold Case Files (E)	Millionaire (E)	Oprah Winfrey (E)	News (E)	Tn-Titans (E) Grown Up (E)	Hockey (E) In Corner (E)	The Tyra Banks Show (E)	Daily Planet (E)	Little House (E)	Barbarian (E) Proud (E)	8 Rules (E)	Sex & City (E)	Funnest Home Videos (E)	
4 PM :30	Friends (E)	News (Live) (E)	George S. (E) Koala Bro (E)	BBC World (E) Business (E)	News (E) NBC News (E)	News (E) CBS News (E)	Flip This House (E)	News (E) ABC News (E)	News (E) Global (E)	News (E) Global (E)	Oddparent (E) SpongeBob (E)	Series of Poker (E)	News (E)	MythBusters (E)	Malcolm (E) King of Hill (E)	K. Possible (E) Lizzie (E)	Sabrina (E) My Wife (E)	The Bachelor: Paris (N) (E)	America's Funnest Home Videos (E)	
5 PM :30	Friends (E)	Will-Grace (E)	Science (E) Moving On (E)	News-Lehrer (E)	News (E) Raymond (E)	News (E) Hollywood (E)	Teen Thrill Killers (E)	News (E)	News (Live) (E)	Decision Canada 2006 (E)	Being Ian (E) Martin (E)	WWE Monday Night Raw (Live) (E)	News (E)	Dirty Jobs "Pig Farmer" (E)	Simpsons (E) "70s Show" (E)	So Little (E) Darcy (E)	My Wife (E) Friends (E)	CityVote 2006 (E)		
6 PM :30	Family Guy (E)	Special: Election Night (Live) (E)	Time (E) Gardens (E)	Served (E) My Hero (E)	Jeopardy! (E) Fortune (E)	Seinfeld (E) Friends (E)	Rollergirls Chola leads. (E)	Entertain (E) The Insider (E)	Decision Canada 2006 (Live) (E)		Unfabulous (E) 15/Love (E)	SportsCentre (Live) (E)	eTalk Daily (E) Hollywood (E)	Deadliest Catch (E)	Frasler (E) "70s Show" (E)	So Raven (E) Smart Guy (E)	Raymond (E)		WGN News at Nine (E)	
7 PM :30	Movie: "Back to the Future Part II" (1989) (PA)		That'll Teach 'em (E)	Antiques Roadshow (N) (E)	Surface (N) (E)	King (E) How I Met (E)	Crossing Jordan (E)	Wife Swap (N) (E)			SpongeBob (E) Sabrina (E)	SportsCentre (Live) (E)	Comer Gas (E) Degraass (E)	Daily Planet (E)	Skating-Celeb. (E)	8 Rules (E) Boy World (E)	7th Heaven (N) (E)		Becker (E)	
8 PM :30	Part II (E)		Perspectives (E)	American Experience "John and Abigail Adams" (E)	Las Vegas (E)	Two Men (E) Court Alex (E)	Flip This House (E)	Emilys (E) Progress (E)			24 (N) (PA) (E)	15/Love (E) Fresh Pr. (E)	WWE Monday Night Raw (E)	Medium (E)	Dirty Jobs "Pig Farmer" (E)	24 (N) (PA) (E)	Brotherly (E) Radio Free (E)	Related (N) (E)	Jimmy Kimmel Live (E)	
9 PM :30	(10:15) Movie: "The 6th Day" (2000) (PA) (E)	National (E) How I Met (E)	Perspectives (E)	Abigail Adams (E)	Medium (E)	CSI: Miami "Silencer" (E)	Teen Thrill Killers (E)	The Bachelor: Paris (N) (E)	24 (N) (PA) (E)	News (Live) (E)	My Family (E) Bob (E)		CSI: Miami "Silencer" (E)	Deadliest Catch (E)	News (E) Will-Grace (E)	Popular (N) (E)	KTLA Prime News (E)	(10:05) Movie: "The Addams Family" (1991) (E)	Da Vinci's Inquest (E)	
10 PM :30	Day (2000) (PA) (E)	News (E)	Canada-History (E)	Charlie Rose (N) (E)	News (E) Tonight (E)	News (E) Late Show (E)	Rollergirls Chola leads. (E)	News (E) Nightline (E)	News (Live) (E)	Entertain (E) ET Canada (E)	Inuyasha (E) Hack/Sign (E)	SportsCentre (Live) (E)	News (E)	MythBusters (E)	Sex & City (E) Becker (E)	8 Rules (E) Radio Free (E)	Sex & City (E) Friends (E)		Eliminate (E) Paid Prog. (E)	

monday movies

MORNING

7:00 am WTBS (3) ★½ "The Triangle" (2001, Suspense) (PA) Luke Perry. A fishing trip among friends takes a bizarre turn after they become lost in the Bermuda Triangle. (E)

10:00 am CITY (29) ★★½ "The Addams Family" (1991, Comedy) Anjelica Huston. Long-lost Uncle Fester returns home under suspicious circumstances in this big-screen adaptation of the cult TV series. (E)

EVENING

8:00 pm WTBS (3) ★★ "Back to the Future Part II" (1989, Fantasy) (PA) Michael J. Fox. A teenager and a wacky inventor travel both forward and backward in time to alter a disastrous series of events. (E)

10:06 pm CITY (29) ★★½ "The Addams Family" (1991, Comedy) Anjelica Huston. Long-lost Uncle Fester returns home under suspicious circumstances in this big-screen adaptation of the cult TV series. (E)

10:15 pm WTBS (3) ★★½ "The 6th Day" (2000, Science Fiction) (PA) Arnold Schwarzenegger. A helicopter pilot squares off against the evil tycoon who cloned him without his knowledge or consent. (E)

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Let's Play Princeton Trivia!

Question:

Princeton residents voted 293 - 48 for what in June 1929?

Last Week:

The Princeton War Memorial Society hosted the Hope Highway Opening Ball.

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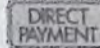
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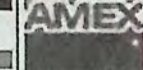
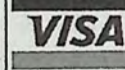
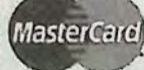
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Lost on Summers Creek Road and Osprey Lake Road near Princeton a Holstein/Sadler cow. All black in colour and quite large. No tags, no brand. Call Melodye (250) 295-3739. Jan 17-31

Learn to speed read in 457 weeks! My "Fast Learning - Slow Working" patented method will get the job done! To find out more, just contact "Swift McBride" at 1-888-350-9969. Don't delay! Sep 28-31

for sale

for sale

Firewood - 5 ton truckload of dry, seasoned jackpine. Various lengths to fit any stove. In town: \$125.00. Out-of-town: extra. (250) 295-4123. Jan 17-31

1992 GMC SLE 1500 171,000km. Air/tilt, cruise, PW, PDL, excellent condition. Two sets of tires, trims, canopy and boat rack. Trailer package. \$8,500.00 OBO. (250) 295-4118. Jan 17-31

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OFFICE OPENS February 20th

Website design and maintenance.
Call Damon at (250) 295-7432.

Jan 03-17

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Notice to Creditors

Notice is hereby given to Creditors and others having claims against the Estate of John Lyman Graham that the particulars of their claims should be sent to the executor at PO Box 1175, Princeton, BC VOX 1W0 on or before February 21, 2006, after which date the executor will distribute the estate among the parties entitled to it, having regard to the claims of which the executor then has notice.

Jan 10-31

WAREHOUSEMAN'S LIEN ACT

Attention: Eric Bergsteinnsson
203-325 Ward Street
New Westminster, BC V3L 3N7

The contents of Unit #88 at Dewdney Trail Self Storage Ltd., have accumulated storage costs amounting to **Three Hundred and Sixty Dollars and Seventy-nine Cents (\$360.79)**. If you have not paid this outstanding account by **February 6th, 2006**, the contents will be sold by auction on **Saturday, February 11th, 2006** to cover storage costs.

Attention: Amber Swanson
Box 2020
Princeton, BC VOX 1W0

The contents of Unit #105 at Dewdney Trail Self Storage Ltd., have accumulated storage costs amounting to **Two Hundred, Thirty-four Dollars and Eleven Cents (\$234.11)**. If you have not paid this outstanding account by **February 6th, 2006**, the contents will be sold by auction on **Saturday, February 11th, 2006** to cover storage costs.

Attention: Arte Parfitt
Box 1423
Princeton, BC VOX 1W0

The contents of **Outside Storage** at Dewdney Trail Self Storage Ltd., have accumulated **Three Hundred and Seventy Dollars and Ninety-five Cents (\$370.95)**. If you have not paid this outstanding account by **February 6th, 2006**, the contents will be sold by auction on **Saturday, February 11th, 2006** to cover storage costs.

Lookin' Good at 86 on January 14th!
Happy Birthday, John Sarich

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Napoleon free-standing fireplace. New, never been used. \$500.00 takes it! 1992 GMC 4x4 X-Cab. PW, Stereo, 240,000km, no rust, no dents. Don't burn oil! \$7,000.00 OBO. (250) 295-7480. Jan 10-24

for rent

Large 2-bedroom house on 3rd Bench. Damage Deposit/References required. \$650.00/month. (250) 295-0305. Jan 10-31

Princeton Minor Hockey says thank you to April and the Staff at Princeton Subway for donating water bottles for every member. Thanks! Jan 10th

3-bedroom house, 189-1st Avenue. No pets, references/damage deposit req'd. (250) 295-6340. Jan 10-31

Clean, comfortable kitchen units. Weekly or monthly. (250) 295-3237. Jan 10-17 (MC)

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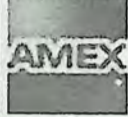
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Mar 08-tfn

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Jan 25-tfn

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Jul 19-tfn

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 CATS AND KITTENS DON'T FIND HOMES AND
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I think a start to solving this problem is to fix our cats.
 So I'm offering to help people with a donation of \$50 for a
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SINCE JUNE 30th WE HAVE HELPED LOCAL PET
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Jan 18-tfn (b)

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BC TIMBER SALES TIMBER SALE LICENCE A75162

Take notice that, pursuant to Section 20 of the *Forest Act*, timber sale licence A75162 is being offered for sale by BC Timber Sales, Kamloops Business Area.

Closing Date: February 2, 2006 at 2:00 PM

Geographic Location: Siwash Creek

Field Unit: Cascades

Estimated Volume: 6,665 cubic metres, more or less

Term: 1 year

Logging method: This timber sale licence has been designed for harvest using the conventional system. The use of other systems may be subject to the Forest Practices Code of British Columbia Act and its regulations.

Upset stumpage rate: The upset stumpage rate was determined by the market pricing system and is applicable to green and grade 3 sawlogs..

Upset Stumpage Rate / cubic metre for competitive volumes:

Timber Mark	Product	Volume	Rate
75162	Sawlog & Grade 3	6,665	\$21.56

SPECIAL NOTE: For all TSL's advertised after December 2, 2005 to March 31, 2006, MPS upset stumpage rates have been decreased by an adjusted forest district specific factor that reflects a ratio of Grade Code (blank) sawlogs to Grade 3 dry sawlogs. The adjusted upset rate and bonus bid will apply to both the Grade code (blank) green sawlog and the Grade 3. Grade 4, 5 and 6 will be billed at minimum stumpage rates of \$0.25/m³.

Species percent:

Timber Mark	Species	%
75162	Lodgepole Pine	99.8%
75162	Douglas-fir	.2%

This timber sale licence is fully developed.

Tenders will only be accepted from individuals or corporations registered as a BC Timber Sales Enterprise in Category ANY.

This licence is subject to, among other things, new maximum term limits and extension fee and surrender provisions.

Applicants are advised to carefully consider the impact of these changes when formulating their bids. Further information on these changes may be found in Advisory Bulletin 08/03/04.

Applications will be accepted by the Timber Sales Manager, Kamloops Business Area, 1265 Dalhousie Drive, Kamloops, BC V2C 5Z5.

There is additional material that the applicant must consider in their application. This material which includes application forms and other information about the TSL can be obtained from the above BC Timber Sales Business Area Office or via the Internet at: <http://www5.for.gov.bc.ca/notices/init.do>.

The Kamloops Business Area will no longer be relieving Licensees of their obligation to dispose of logging debris. This obligation will now rest solely with the licensee. Please ensure you check the applicable legislation for your legal obligations.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



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Town of Princeton NOTICE

For impounded pets,
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Board at the corner
of Bridge Street
and Kenley Avenue.

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(295-7931 / 295-7229)
WEDNESDAY CLOSED - 8 PM
(295-7931 / 295-7229)
SATURDAY OPEN - 7:30 PM
(295-3571)

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Similkameen News Leader, 226A Bridge Street, P. O. Box 956, Princeton, B. C., V0X 1W0

my turn

What was he thinking?

Well, it was probably a good thing that Conservative Candidate Derek Zeisman's personal attempt at 'Free Trade' wasn't known at the time of last week's All-Candidates Forum.

It would likely have overshadowed anything else the other Candidates had to say during the event - and there was a lot, but nothing we hadn't already heard.

You know - the usual 'When I get elected I promise to do this' or 'With me in Ottawa I assure you your voice will be heard' or our personal favourite 'I will work hard for the concerns of your community.'

Maybe we've become cynical, but how exactly does Princeton get noticed at the Federal level in any other way unless it's related to bad news?

Zeisman's unfortunate car accident in the Kootenays during the Winter Election Campaign didn't hurt our Riding. In fact, it may have actually given the British Columbia Southern Interior some attention related to the insane size and geography of the Riding.

IT'S SO BIG THAT CANDIDATE'S HAVE CAR ACCIDENTS IN IT! It worked for us, until the same fellow who had the car accident - and would have earned a lot of votes just based on his dedication during his recovery - more or less gave away the seat once the 'Smuggling Incident' hit the news.

Derek, what were you thinking? As a former Trade Commissioner for Industry Canada and Foreign Service Officer with the Canada Diplomatic Corps you must have known trying to smuggle a car and a large quantity of alcohol over the Border is not the right thing to do.

Apparently lying about it and keeping the information from the Party should also have been on the list of "Things Not To Do If You Think You May Want To Run In A Federal Election."

Zeisman will have his day in Court, but the damage is done. The Conservative Leader, Stephen Harper, has already said that if he wins this Riding, Zeisman will not be allowed to join the caucus.

What good is that to the Southern Interior? How can anyone service this humongous riding when not allowed to sit with the Big Boys and Girls? It's as good as not winning the election.

And again, the Princeton area (as part of the Riding) gets attention on the Federal level thanks to a Candidate who knew better, but for some reason had a lapse in judgement. We're hearing this too much lately, aren't we?

Corruption within the Government basically lead to this Federal Election. What are we going to replace it with? It reminds us of the old joke: How Can You Tell When A Politician Is Lying? His Lips Move.

On January 23rd, let's all set a different example.

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.

Similkameen News Leader

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your turn

The story of Three Wise Men

Editor,

It may be appropriate to have the federal election following Christmas. In the Christmas story three wise men from the East came bearing gifts and to pay homage. In this election we have three wise men from the East, Mr. Martin, Mr. Harper, and Mr. Layton bearing a super abundance of gifts as they pay homage to the Canadian people at the stable in Ottawa.

All three guarantee that government will raise the kids, look after the working people, even those without a work ethic and also care for the elderly. Not too much is said about personal initiative and responsibility.

The ruling Liberals can say "Canada is the best place in the world to live and we kept you out of Iraq. All this while we were in charge. So what's a little corruption? So we provided a haven for immigrant terrorists, street racers and drug dealers supported by perhaps the most lax justice system in the world. Canada is rich. The Canadian citizen has deep pockets and a bad memory. So why change a good thing? Besides, we have an aggressive Guardian Angel and Canada's patron saint - St. Joseph covering for us - sort of a direct pipe line to higher authority."

The Conservatives can say, "we have a new generation of leadership and ideas. We are strong on law and order. Watching C.S.I. on T.V. is compulsory in our M.P. training program. As long as the Liberals are around Canada's security needs us. Should U.S.

President Bush expand his 'Iraqi war for oil program' into war with Iran we will give serious consideration before he can drag Canada in with him or not."

The N.D.P. can say "we offer a third option. We care deeply for the health of Canadians. As proof our plan is presently being implemented by our colleague, former B.C. N.D.P. Premier Dosanjh, now federal Health Minister embedded in the federal Liberal government. We are very proud of the number of women candidates running in this election. Remember even the devil fears the wrath of a woman. Sure we don't have a record but it's impeccable. Something the Liberals can't say."

None of the three wise men

Letter To The Editor

Reader thanks Randy

To The Editor;

The Christmas Spirit is in our town!

The day before Christmas the Greyhound bus coming from the East broke down.

Being aware of the number of Christmas Gift parcels expected, Randy McLean (our very reliant, dependable Greyhound Agent), took a truck, and retrieved the

seemed to address the marijuana issue - legalize it and tax it - or criminalize it with a 40 year sentence. No doubt the three wise men unanimously would appoint Quebec Bloc separatist Gilles Duceppe as Canada's unity and harmony ambassador to Iraq indefinitely.

There's a seldom heard old western tradition that during an election the aspiring politician rubs the tender nose of his horse and then rubs his forehead, hopefully to fill his mind with good common horse sense.

Rarely does the horse bite remembering the hand that feeds it - something politicians should never forget.

Regards,

Joe Schwarz, Princeton

parcels slated for Princeton.

His daughter kept the bus station open and phoned everyone when the parcels arrived - a cheery Christmas present for many of us!

"Happiness comes from things that touch the heart" because of people like you and yours, Randy. May you have a splendid 2006! - Connie and Bill Miller, Princeton

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Current Comment:

Who made us a homeless nation?



Dawn Johnson
editor@thenewsleader.ca

The Christmas season is over, and with the end of the season, the end of the clamour for donations. For the entire month before Christmas, I received at least one request for a charitable donation every time I picked up the mail. Phone calls from charities occurred every second day. I have a policy of giving to charity, especially those charities close to home, like our own Christmas hamper fund. I give to the Red Cross when there are major disasters, like the tsunami and the earthquake in Pakistan. During the past couple of years, I have started to wonder why these charitable organizations are doing the work our tax dollars should be doing.

There was a time when I never heard of homeless people in Canada. We prided ourselves on being able to provide a roof over the head of every Canadian.

I remember a time when food banks and soup kitchens were only for the indigent poor, people with serious addiction or mental health problems. We prided ourselves, as Canadians, in being able to feed all of our people.

My memories are only 25 years old. I have lived to see this proud nation become increasingly neglectful of its people's fundamental needs.

This story is not unique to Canada. In fact, we have it much better than a whole lot of other countries. In other countries, people die of starvation on a regular basis, in greater numbers than ever before. In some countries, the people look back and wonder what happened to the days when they could sustain themselves and have some hope for the future.

What happened?
The World Bank, the International Monetary Fund (IMF) and the World Trade Organization (WTO) are what happened. They didn't do it overnight, either. It has taken them nearly 60 years to wreck the world economy and destroy national governments, indigenous cultures, and the world's environment.

The whole mess started in a conference held at Bretton Woods, New Hampshire, USA, in July, 1944. The idea was to prevent another Great Depression after World War II. The world's top bankers, corporate heads, government leaders and economists decided a new centralized global economic system was needed to promote global economic development. The

World Bank was formed for the purpose of reconstruction and redevelopment. Later, the trade organizations leading to the present World Trade Organization were founded.

All of this was considered good for the world economy of the time, but these lofty beginnings have become a form of corporate "Big Brother" menace to our world. The model of a global economy has led to unprecedented centralization of power and wealth in corporations to the detriment of entire nations.

They began with good intentions, and we know where the path of good intentions leads. The goal of creating a global economy has brought us a globalization policy which can only be described as "hell" for the ordinary citizens.

Economic globalization (often called corporate globalization) has promoted unrestricted exploitation of environmental resources, privatization of public services, global reduction of independent cultures, rampant consumerism, conversion of national economies from self-reliance to harmful export-oriented production, corporate deregulation, unrestricted movement of capital across borders, corporate concentration (the reason for all those mergers and takeovers), dismantling of public health, social and environmental programs, and replacement of traditional powers of democratic nation-states and local communities by global corporate bureaucracies.

Iraq is a good example of what is going on. The United States may claim it is turning Iraq into a democracy, but what is really happening is the formation of a government better liked by oil corporations.

The International Forum on Globalization says Canada has been remarkably good at resisting much of the push toward economic globalization and privatization of services.

Heart Food

by Dave Machin

Only one thing can separate us from all the results of having lived a life apart from God - it is His word. Heb 4:12 tells us that the word of God is quick and powerful and sharper than any two-edged sword, piercing even to the dividing apart of soul and spirit and of the joints and marrow and is a discerner of the thoughts and intents of the heart. The word is able to separate us from bad things it will separate us from a life of evil and will separate us to a life of good things. It will indeed separate us from sickness, disease and lack. To get separated from our past however, we have to give God's word first place in our lives. It is not just going to jump into our hearts overnight. James 1:21 talks about getting rid of "all uncleanness and the rampant outgrowth of wickedness" and receiving the word which implanted and rooted in our hearts contains the power to change our thinking. When we come across a situation in our health it is the word of God that's alive on the inside of us that rises up and brings light to whatever we are facing. The word cannot rise within us if it hasn't been deposited there to begin with. That's why we have to be dedicated to God's word. Have you ever noticed that evil people are dedicated and evangelistic? They live evil and all their hearts and want you to join them. It makes them feel better about themselves if you are in it with them. The key to living well is hearing and doing, giving attention to God's word, spending time in it meditating on it and then doing it. If you really believe the Bible holds the keys to health and prosperity and you are fed up with religion - then give God's word your undivided attention. Read it when you get up in the morning, when you go to bed at night and every opportunity you get. Yes, it is wonderful to get healed when you are sick but it is more wonderful to live in divine health - and God's word can take you to that place! The word can get you well and keep you well. So get on it. Stay on it. Honour God by doing what it tells you to do. It's your highway to living well! For God is good, His word is good and good all the time!

Pastor Dave Machin,
SUNDAY SERVICES 10:30 A.M.
Phone 295-0599 9:00 AM - 3:00 PM Monday-Friday
221 A Bridge Street, Princeton, B.C.

Canada should resist. We have an obligation to meet our own highest ideals of what a nation should be. We need to protect our national broadcasting system, the CBC. We need to protect the rights and cultures of our aboriginal peoples, and the culture of French Canadians. One of the best arguments for keeping Quebec in Canada is to protect those rights and those cultures of Quebec. We need to encourage the protection of our unique cultures of the maritime provinces. We need to protect our air, water and other environmental resources. We need to feed, house and care for the health of our people. We need to protect our Old Age Pension and Canada and Quebec pensions, and our medicare systems, from privatization.

Most of all, we need to make sure corporations are not running our government.

Let's go back to homelessness and food banks. In the richest country in the world, the United States, 33 million people do not have enough to eat! That figure comes from 2001. That means one in 10 Americans is living in abject poverty. Who is filling the gap for these people? The answer is: charities, private people doing the work of the world's richest government.

There is a government able to spend trillions on armaments, military, space exploration and wars, but with no money to feed and house all of its people. There is a government unable to afford publicly funded health care. There is a government run by people elected and appointed by corporations. This month, we vote for a new federal government. We need to be very cautious about who we vote for. We need to know who is controlling the people we vote into office. Just to be very sure who is running the show, we need to get out there and vote.

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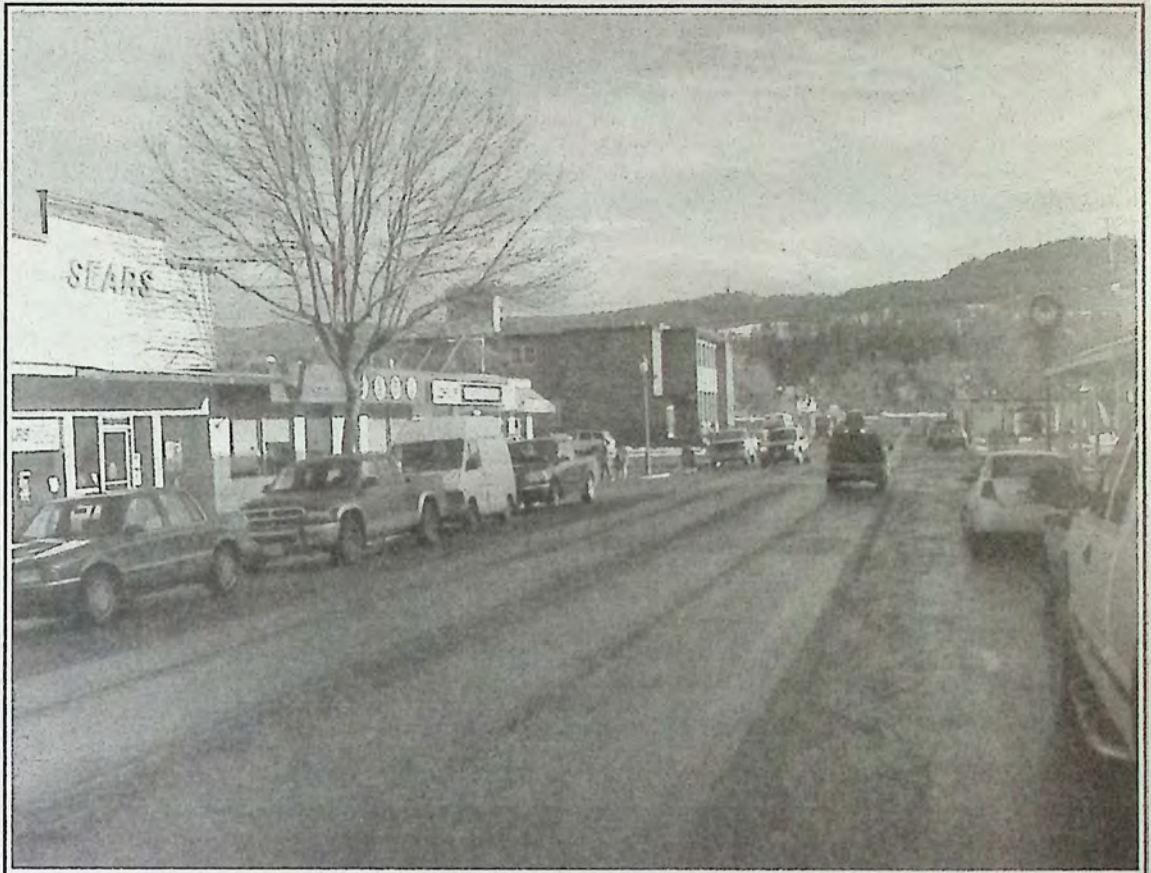
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This is Friday the 13th. January 13, 2006. No snow and partly cloudy skies with sunshine!

OVF&GC elects new executive

Otter Valley Fish and Game Club held their AGM earlier this month.

Election results are as follows: President - Ron White, First Vice - Myra Brewer, Second Vice - Trudy Parolin, Secretary - Judy Robinson, Treasurer - Kim

Herzig.

Directors: John Parolin, Dave Scotland, Keith Robinson, Ann Jones and Lorne Hallman.

Special events planned for the coming year include the Big Buck Banquet on April 22nd, Walk For Wildlife on April 30th.

The Clubhouse Clean Up is planned to take place on May 6th and 7th with the annual Fishing Derby on May 27th and 28th.

The next general meeting of the Otter Valley Fish and Game Club is set for February 18th at 12 Noon in the Clubhouse.

Letter To The Editor

Reader shares interesting theory

Dear Editor,

The NDP is not going to be elected to govern Canada on January 23, 2006. Everyone knows and accepts that as fact. However, politics do make for strange bedfellows. Consider, for example, the strategy being used by Tasha Kheiriddin, the Conservative supporting and right wing Ontario Director of the Canadian Taxpayers Federation.

Ms. Kheiriddin's federal riding of Trinity Spadina (Toronto) is an unlikely seat for the Conservatives to win, so Ms. Kheiriddin is voting for New Democrat candidate Olivia Chow. Ms. Kheiriddin's theory is that by denying the Liberals the riding, the Conservatives are one seat closer to forming the government.

Considering the many dilemmas Derek Zeisman, our former Conservative candidate has created for himself, such as writing a controversial paper about eliminating the Canadian Charter of Rights, causing a serious car accident for which he is now under RCMP investigation, and facing charges of attempting to smuggle a Mercedes Benz and a very large quantity of alcohol into Canada, one must question his suitability as a candidate.

And for the Conservatives, it must be of considerable significance that he failed to disclose, even to his own political party, that he was

under investigation on the smuggling issue. Stephen Harper, Conservative Party leader, finds all of this most distressing and is actively trying to distance himself and the Conservative Party from Mr. Zeisman.

It is a simple, yet confusing issue. Mr. Harper has indicated Mr. Zeisman is no longer running as a Conservative, even though he will still be noted as the Conservative candidate on the ballot, and even if elected, Mr. Zeisman will serve as an Independent and will not be welcome to sit with the Conservative Party until he is at least absolved of the smuggling issues.

Innocent until proven guilty, but the charges are considerable. While Mr. Zeisman's ability to put himself into such situations must be of concern for Conservatives,

Letter To The Editor

Coyne reacts to Zeisman

To the Editor,

It is shocking and despicable what is happening in our riding. Conservative candidate Derek Zeisman has been charged for smuggling!

But wait it gets better, Mr. Zeisman has not resigned. Conservative party leader Steven Harper has come out and said that if elected Mr. Zeisman would NOT be allowed to sit in the

relationship of trust needed between party supporters, party members, candidates, and the party leader, is completely destroyed.

Considering Mr. Zeisman's self created dilemmas, and accepting the increasingly unlikely chance of Mr. Zeisman winning the Southern Interior seat in any capacity, I am suggesting to anyone wishing to vote Conservative to apply the same strategy being used by ultra-conservative Ms. Kheiriddin and to vote New Democrat and perhaps deny the Liberals this riding, which would mean, of course, that the Conservatives goal of putting themselves one seat closer to forming the government would be served.

Most importantly though, remember to vote on January 23.

Yours truly,

Ken Carlson, Princeton

Conservative caucus meaning that if elected Mr. Zeisman would become an independent because his party will not have him.

I personally feel that if Mr. Zeisman had any class he would save his party and his riding the embarrassment and step down.

If Mr. Zeisman does decide to run and refuses to step down I urge all of you not to vote for Mr. Zeisman. - Spencer Coyne, Princeton

Princeton Court News

EXCLUSIVE TO THE NEWS LEADER
News Leader Court Reporter Dawn Johnson

Police have right, Judge says

The argument of "entrapment" was used in a trial in Provincial Court in Princeton on January 12. Luke Kirby stood trial on an impaired driving charge, the result of being stopped by an RCMP officer after Kirby left a local drinking establishment.

Kirby's lawyer argued there had been no reason to stop Kirby except that the officer had seen him in the bar earlier in the evening and believed Kirby was impaired at that time. The lawyer argued that Kirby had been arbitrarily detained.

Judge G. Sinclair stated the police have every right to pull over any vehicle to check to see

Man awaits sentence

In Provincial Court in Princeton on January 12, David Goulet appeared in custody to plead guilty to five charges including breach of undertaking, assault, obstruction of a peace officer and uttering a threat.

Judge G. Sinclair ordered a pre-sentence report as there were substance abuse issues involved. Goulet was detained in custody pending completion of the pre-sentence report and sentencing.

whether the driver is impaired.

Kirby was sentenced to pay a

Judge orders fine, probation

Wyatt A. Fast appeared in Provincial Court in Princeton on January 12 to plead guilty to a charge of break and enter, and a further charge of failing to appear in court when required.

The charge against Fast was laid as a result of Fast and another man breaking into the Hedley home of Gary Zroback with the intent to remove guns and ammu-

Judge says, 'If it walks like a duck...'

Judge G. Sinclair heard all of the testimony of civilian witnesses and chose to believe it in the trial of Bernard J. Horvath, age 61, of Princeton.

He stood trial in Provincial Court in Princeton on an impaired driving charge.

Horvath was involved in a motor vehicle accident on Highway 40 near Osprey Lake in August, 2004. His vehicle collided with that of John Reardon, who testified Horvath had crossed the center of the highway and side-swiped Reardon's van and camping trailer.

Reardon and three other civilian witnesses who had rushed to the scene testified that Horvath

\$600 fine and is prohibited from driving for one year.

niton.

They believed the owner might kill somebody as the owner had made such threats. In addition, some chickens were killed, for which Fast had no explanation.

Judge G. Sinclair ordered Fast to serve 12 months probation for the break-in and pay a \$200 fine for not appearing in court when he was supposed to.

appeared to be drunk.

Horvath maintained he had only three beers over the course of six hours, then took a sip of beer after the accident. He could not remember much about the collision, but said he had hurt his head, hip and knee. His lawyer argued Horvath may have appeared drunk due to his injuries.

Judge Sinclair, after reciting the old adage that begins, "If it walks like a duck....", said he believed the four civilian witnesses who said they believed Horvath was drunk.

Horvath was sentenced to pay a \$750 fine and is prohibited from driving for one year.

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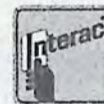
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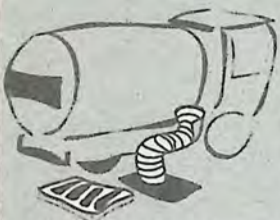
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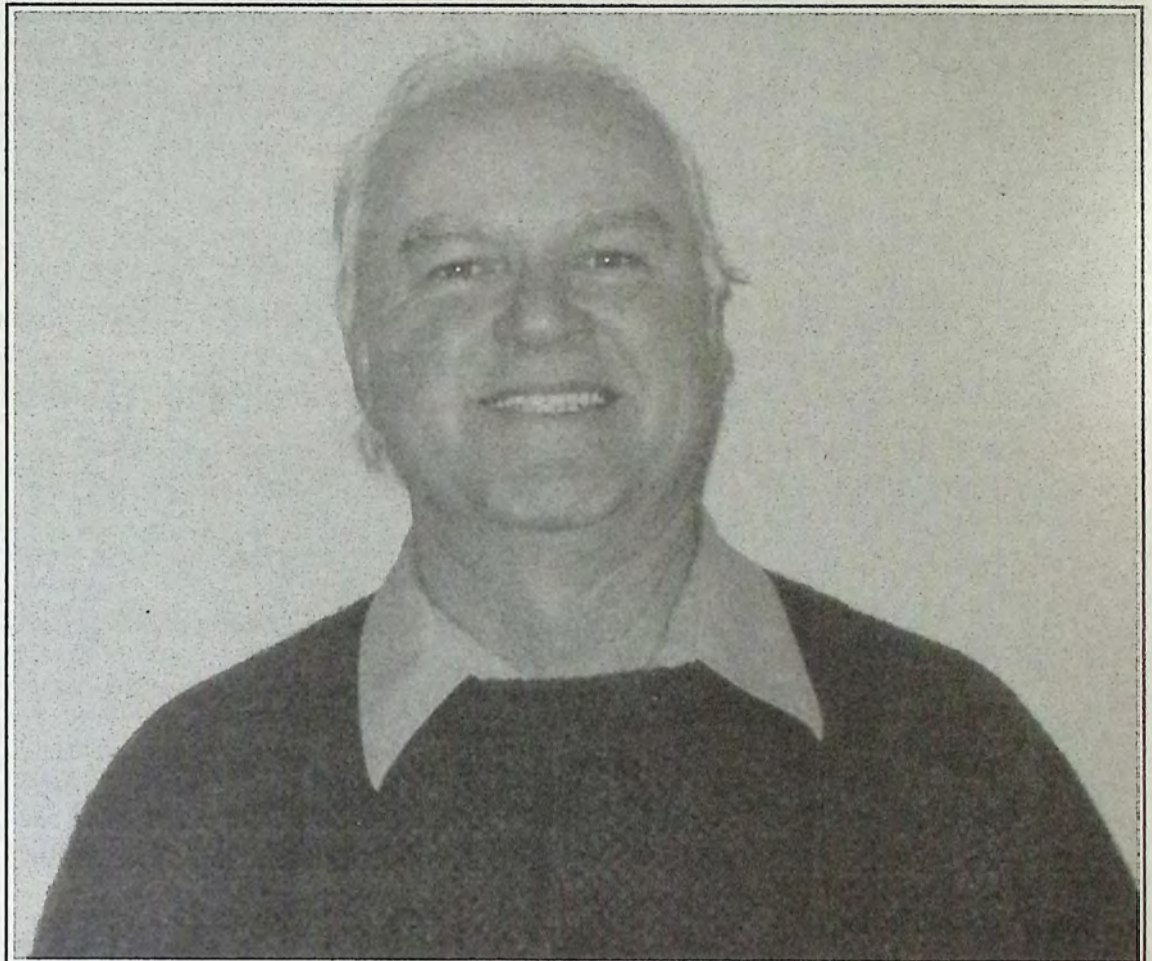
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Southern Interior Liberal Candidate Bill Profili stopped by the News Leader office while visiting the Princeton area late last week. Profili visited some party members and downtown businesses.

Vermilion Court Report

Once the sidewalks were dry some of the residents were able to go for short walks.

They each enjoyed the fresh air and sunshine. Is Spring coming? We haven't seen any robins yet!

This week has been rather quiet.

All Christmas decorations are down and safely stored away to be used again next Christmas season.

The Bingo games are always popular so many of our residents are pleased to play on Tuesday

and Thursday when the Adult Daycare people come to join us.

Armchair exercises are a pleasure when Ruth Kavanaugh comes and plays the organ. We do enjoy her organ playing!

- submitted by D. Stenvold

Building honesty in your children

The Asset Building model promotes Honesty as Asset 29.

Young people are more likely to grow up healthy when they are able to tell the truth even when it is not easy.

Laurence Steinberg, Ph.D., researcher and co-author of *You and Your Adolescent* once said, Honesty involves more than simply telling the truth; an honest person examines her or his motives.

Unfortunately, cheating and dishonesty are more prevalent in our children than we would like to admit.

The number one reason for this is: It's not a big deal. But it is a big deal. The more we accept or think

of it, as a little white lie won't hurt anyone the more we distort the difference between right and wrong.

To instill the value of honesty, we need to talk about it, model it, and explain why honesty is an important value.

Honest people are trustworthy, sincere, and genuine people. Honesty is a value worth having.

How do we talk about being honest with our kids? Encourage everyone to be honest with them, acknowledging their feelings, admit success and mistakes.

Don't overreact when your child lies to you. Children will lie if they fear your reaction. Don't accuse your child. Instead, ask: Do you

think I believe you right now? Or do you think I might be struggling with believing you right now? Give your child the opportunity to tell the truth.

Teach and model for your children that honesty is a very powerful asset to have.

It is better to tell the truth than be embarrassed or in trouble for lying.

The above information was taken from *Practical Suggestions for Building Assets in Your Child* from the Search Institute of Minneapolis.

- submitted by Nadine McEwen, CYC - Princeton & District Asset Development Coordinator

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* MLS statistics 1990-2004



2005 Princeton Rotary Exchange Student Cyrielle Bon has kept in touch with the News Leader since returning home to France last Summer. While in Princeton last year she celebrated her 18th Birthday. Above she cuts a birthday cake while billeting with the Lozinski Family with Nicholas Lozinski waiting patiently for his share of the cake. Photo: Shelly Lozinski.

Cyrielle brings us up to date

Princeton's 2005 Rotary Exchange Student Cyrielle Bon has been back home in France for six months and says she misses Princeton a great deal.

"Princeton is and will forever stay very special in my heart. I spent a wonderful year there, the experience was so enriching that I could not forget it!! Everyday spent in France is so different that I keep dreaming of coming back to Canada...one day. I love my two countries very much, but living far away from one is hard, and it is all the more harder that I don't get to talk and see all the people that have been and still are so important to me!!!! My mind keeps going back and forth from France to Canada, and even other countries, since I keep in touch with some other exchange students."

We asked Cyrielle what she missed most about Princeton.

"I miss most the spirit of the town, just the fact everything was so simple and small, the fact Princeton was 'my' little Princeton makes it so special, and being away from it is hard in a way. It's really hard to explain but I miss all the connections I've made, all the places I went to when I was living in Princeton and that all is pretty much what I call the spirit of my little Princeton."

Although she lives miles away, she has been able to stay in contact with a few friends made in Princeton, although it's been diffi-

cult. "All the things I'm doing here are keeping me soooo busy that I tend, not to forget about them, but forget about doing the move to write or call!!! Because I DO think of them soooo often, at school, in the streets, when I look at my friends and wonder what I would have been doing if I were in Princeton...I think of it a lot, but I unfortunately haven't been doing too much to keep in touch."

Schooling is so very different in France from what Cyrielle experienced at Princeton Secondary. We asked her to describe her current studies for comparison.

"I'm taking the same classes as before (it doesn't change in France...) which means I have Philosophy, English, German, Russian, Economy, Politics, Sociology, History, Geography, Maths and Sport (I am in the ES section which stands for Economy, Politics and Sociology). My studies are doing very good especially because I've been so serious and dedicated to my work lately. I'm not getting straight As this year but almost straight Bs (except for English where I get an A!!! yee haaaa) so that's not bad. I guess."

Anyone who knew Cyrielle during her time in Princeton saw her transform in many ways. One of the most noticeable changes involved her speaking skills in English. We had to ask how her English and French speaking skills

are now. "Well, French is getting better everyday (I was very bad at first when I got back in France!!! Everyone found I had an accent in my own language!! And I used some English words in my sentences or used the English grammar to speak French...Well, it was really funny according to my parents!!! But I'm happy that I can speak better now!!) On the other hand, my English tends to slip away because I don't practice it anymore. The only English speaking people I know are either my English Teacher (who doesn't have a great accent) or an Australian girl (and everyone knows how the Australian accent is, right??) So I read a lot, and try to read aloud so I don't forget too much, but it certainly gets a bit bad."

We offered space for Cyrielle to send a special message to Princeton and here it is:

"Well, just say to everyone that they will forever stay in my heart. That I love them very much, and hope to come back soon for a visit!! Other than that, well...Oh, you can tell them I'm safe cause I know CNN made a big fuss about the incidents in Paris and some people (who think I live in Paris) were scared for me, but first, I don't live in Paris and second, I recently went to Paris and it's NOT that big! Trust me, there are worse conflicts in the USA!!!! so yeah, tell everyone I'm ALIVE!!!!"

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INVESTMENT INSIGHTS

By John Vaccaro Investment Advisor with CIBC Wood Gundy and Greg Stewart Associate Investment Advisor with CIBC Wood Gundy
Expertise that's one to one.

1:1

Keep Your Money Working For You - Part 1

Your financial strategy for retirement shouldn't end when you mature your RRSP. The challenge is to keep your money working for you throughout your retirement.

There are three major routes you can take when you mature your RRSP, which by law must be by the end of the year you reach 69*. You can take the cash, put it in an annuity, or open a Registered Retirement Income Fund (RRIF).

Taking the cash is generally not a good idea and has two major disadvantages. First, it will all be immediately taxable - probably at a high rate. Second, since you won't likely need most of the money immediately, you should keep the majority of it earning for you (the tax sheltered status of the plan will be lost).

You can avoid these problems by utilizing two other RRSP maturity options. You can put your money into an annuity, since the government will not tax your RRSP assets if you do this (the annuity will be taxable as received). Term-certain annuities specify exactly over how many years the payments will be receivable. Life annuities make payments to you as long as you live, or you or your spouse live under a joint plan. The size of the annuity payments are determined, in part, by the interest rate at the time the annuity is set up.

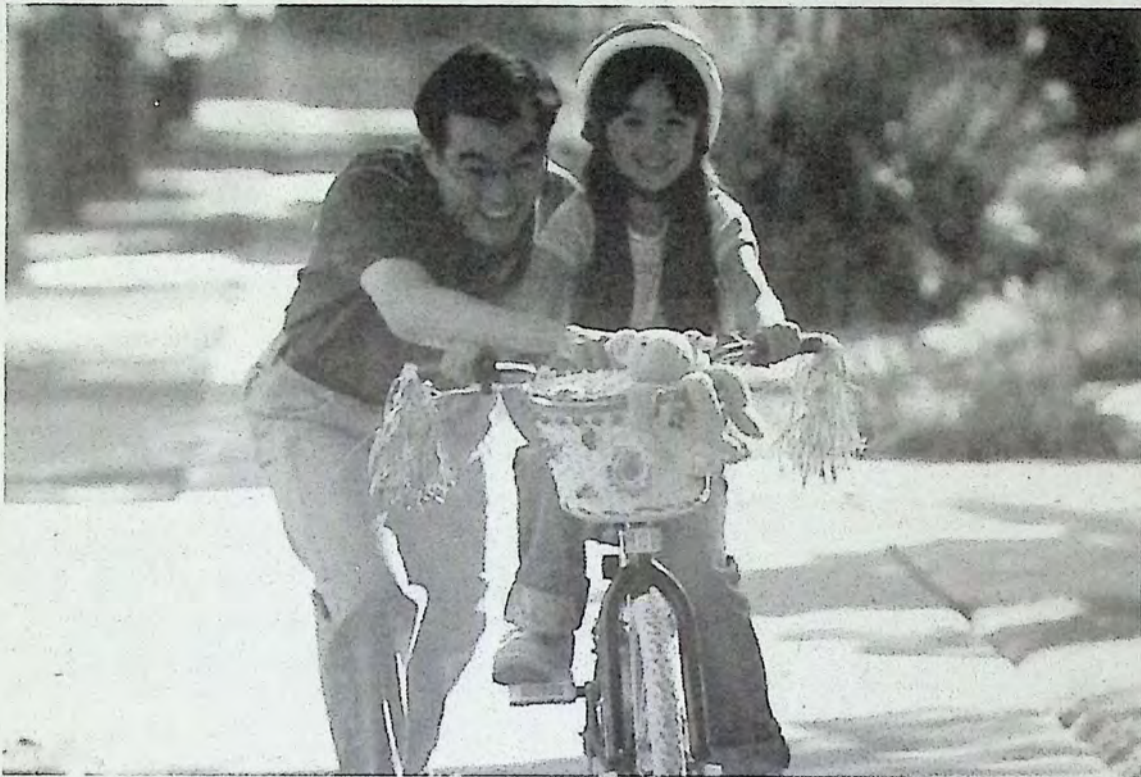
See the next article "Keep Your Money Working For You - Part 2" for the third and most flexible option - the RRIF.

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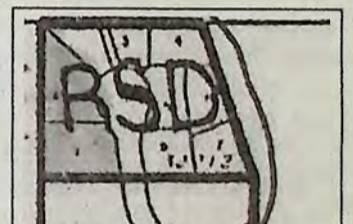
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