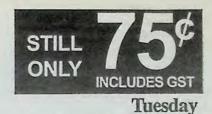
Similkameen News Leader Volume 11 Issue 02 #509 ISSN 1712-090X



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Canadian Publications Mail Agreement No. (1299263)



A new sign at the pullout on Highway 3 just below Princeton Curling Club promotes Princeton's

Doctor plans to stay put

A Princeton doctor says his faith in the community will keep him where he is - with no plans to retire in the near future.

Dr. John Adams of Vermilion Medical Centre says he's been asked many times about the doctor shortage.

"Over the last few months I have had many concerned citizens come to the office and ask what my view is on the current medical crisis in our community."

Adams says he sees progress and prosperity in Princeton's future.

"I believe that Princeton will remain a vibrant community for many years to come and I have confidence that the tough times we have faced and will face in regards to medical staffing issues can be overcome. I am personally committed to this town, my patients and assisting in providing solutions to the current problems we all face."

Adams views Princeton as being unique in many ways.

"Unlike other small communities, Princeton is a unique situation in southern British Columbia; we are isolated from major health facilities and live in the midst of some of BC's most dangerous highways. Our community has an extremely diverse population and a higher than usual percentage ofcontinued on Page 5

lifestyle. Expect the sign to change to 'advertise' something new each season. * Photo: Brenda Engel

fers students career

A recent presentation by PSS teacher John Kitts to Princeton Rotary Club detailed the many career programs currently available at the local high school.

Kitts made the presentation, "to heighten community awareness regarding our Career Programs, Goals and Objectives for 2007-08."

The presentation focused on five elements:

1. Yes 2 IT

2. Job Shadowing at Weyerhaeuser 3. Secondary School Apprenticeship

4. Accelerated Career Education Industry Training (in partnership with Okanagan College) and, 5. Future Opportunities

The purpose of the various programs is to build relationships and partnerships between Princeton Secondary School and members of the trades community in Princeton.

The partnership produces Secondary School Apprenticeship

1173 Sudoku Challenge PAGE 16 - IN YOUR TV GUIDE SECTION Sponsors.

"In British Columbia, if the current trends of birth, mortality, inmigration and out-migration continue, those retiring from the work force will outnumber those entering the workforce by the year 2010," Kitts says.

This shortage of workers will require new sources of workers; both domestic and immigrant workers to fill the void.

"Our mandate is to provide as many opportunities for our students as possible. There is currently a big demand for trades people in the industry. It is predicted that demand will grow and there will be a shortage of trained workers."

This is where Career Development Programs can be used to connect school-based learning with work place experiences.

"Our focus is to form ongoing working relationships with the trades people in our community." The programs are designed to prepare students to attain their educational and occupational goals. In addition students develop effective work habits and the flexibility to

deal with the change in school and the work place.

The Princeton Secondary School Career Program Goals for 2007-08 are as follows:

YES 2 IT (Youth Exploring Skills to Industry Training)

- An interactive hands-on activity for youth in grades 6 to 9 centered on skills used in trade careers.

- Provide awareness of trade careers to parents through parent involvement in the activity.

- Trades people in the community participating in the activity.

Proposal: To construct a gazebo with the aid of carpentry and metal fabrication trades people working together with students in Grade 8. TAKE YOUR KIDS TO WORK DAY

- On November 2nd Grade 9 PSS students attended a one-day jobshadowing experience with a parent, friend, relative, or volunteer host to learn about the range of career options; including careers in the trades.

JOB SHADOWING

- Princeton Secondary School is currently in the stages of implementing a 30 Hour Work Experience partnership with

Weyerhaeuser that would allow Grade 10-12 students the opportunity explore a career path as a:

- Welder

- Electrician

- Millwright

- Heavy Duty Mechanic

The 30 hours will also satisfy the Graduation Transitions requirements for graduation.

"Six students will rotate through each of the trades over four Saturdays starting in the third week of January," Kitts explains.

will a be a Health and Safety orientation presented to the students." SECONDARY SCHOOL

School Apprenticeship (SSA) is a provincial Career Program that enables students to move directly into the apprenticeship training system while attending high school.

- The Program is available to grade 10, 11 and 12 students. (15 years or older)

- Four courses totaling 16 credits which include SSA11A, SSA11B, SSA12A, and SSA12B.

"Students are required to work 480 hours of employment under the tutelage of a qualified trades person. These hours can be used towards their regular apprenticeship. Students are expected to receive payment for a minimum of 240 hours," Kitts says.

How does a student register for a Secondary School Apprenticeship?

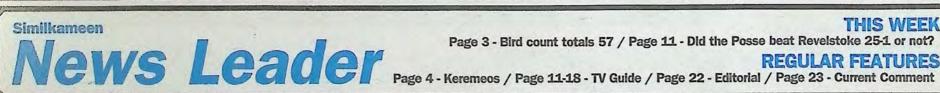
The student must first complete an application package available at Princeton Secondary School. The teacher can help in the selection of a Sponsor.

"In the Package there is a Trainee Apprentice and Sponsor/Employer Registration Form through the Industry Training Authority (I.T.A.) that must be filled out," explains Kitts.

"B.C. training program lists and accredited (Red Seal) Training Programs are recognized."

Upon successful completion of the Registration, the student will receive Trade Worker ID numbers including: a Registration Number and Apprenticeship Agreement Number with the I.T.A. (Kitts says these numbers will be useful later on when applying to Post Secondary Institutions).

..... continued on Page 8



Phone: (250) 295-4149 • 1-888-350-9969 • Fax: (250) 295-4103 website: www.thenewsleader.ca - visited by 549* people daily in December 2007 * average figure according to AWStats

"Prior to the job shadow, there

APPRENTICESHIP Secondary

MP Alex Atamanenko BC Southern Interior monthly report Corporate Tax Cuts - Carving Away At Canada's Soul

The Harper Conservative Government has introduced massive corporate tax cuts. Their goal, they say, is to make Canada more competitive.

I believe that it is time to address this issue by putting it into a global context.

Of the world's 100 largest economies, 51 are corporations and only 49 are countries. Because of this, multinational corporations are progressively increasing their influence over elected governments.

In fact, in Canada, the Canadian Council of Chief Executives, made up of the CEOs of the country's most powerful corporations, regularly advises government on policy.

For example, lets not forget that it was representatives of business that Environment Minister John Baird invited to accompany him to the World Summit on climate change, not environmental organizations or opposition MPs.

As we advance the corporate agenda consisting of privatization, deregulation and a pull-out of social programs, many Canadians are finding it increasingly difficult to make ends meet.

One in six Canadians lives in poverty, and in British Columbia with our booming economy one in 5 children live in poverty and many families are only a few pay cheques away from falling into it. The cost of rental housing is increasing in our communities and often young families are not able to move here because of this. At the same time, we have no affordable

housing strategy in Canada. Young parents, especially single mothers and fathers, are often not able to find meaningful employment due to the prohibitive cost of child care. A national affordable child care program would go a long way to assist them.

According to Statistics Canada, there are approximately 650,000 working poor in our country. Often this is a result of privatization as we have seen in the health sector in our province. Many people who were earning a half-decent union wage find themselves having to support their families on \$10 to \$12 per hour.

These are people who in many instances must now work 2 or 3 jobs in order to cover the basic necessities of housing, food and clothing.

It is time for our governments, both federal and provincial to take a balanced approach to adequately deal with both taxes and investment in people.

Is it fair that big oil corporations that already get a tax break and make record profits, get another tax break?

Is it logical to cut the GST by 1%

which takes \$5.5 Billion out of the federal treasury every year?

I would like to submit that the answer to both these questions is, NO.

So, how do we fix it? Well, we can start by looking at what other countries have done.

For example, Ireland has made significant progress in reducing poverty with a plan involving targets, timelines, resources and accountability.

Along with their strong and prosperous economy, they have a national housing program and free tuition for university students. What is wrong with us? Why can't we do the same thing?

We could take the current federal surplus and additional revenue from taxes to eliminate our infrastructure deficit.

This money could pay for roads, water, sewers, railways and other public services.

At the same time, we could build a million units of affordable housing for families and ensure that students who finish university do not have a debt of \$20, \$30 or \$40,000. Reducing poverty is good for the

economy. Statistics have shown that children born and raised in poverty are much more likely than others to commit crimes, to need more health care, and to be less productive in the workforce.

It is no secret that a strong network of services such as an improved health care system, affordable housing, and a national drug plan will go a long way in reducing the misery and deprivation inflicted on our youngest and most vulnerable citizens.

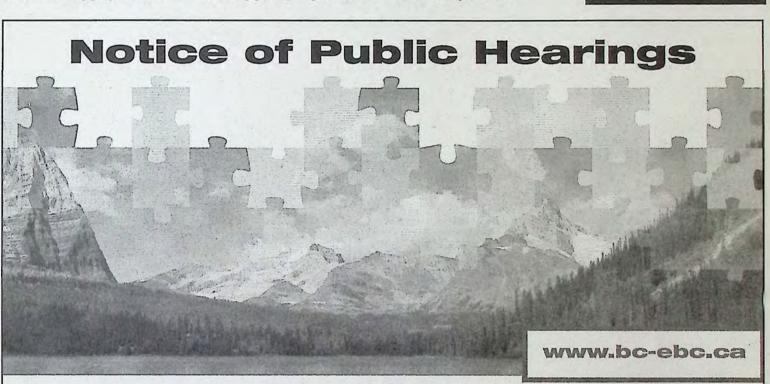
We have to dream big. If others can do it, why cant we?

Princeton Area Ghost Towns The DVD

Only \$19.99 See Us For Details!

Princeton Posse 2006/07 The DVD

Only \$19.99 See Us For Details!



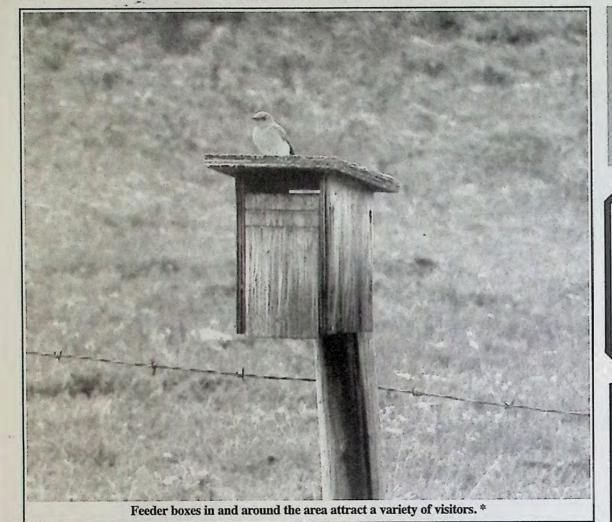
The British Columbia Electoral Boundaries Commission is responsible for proposing the names, number, area and boundaries of electoral districts in the province by February 15, 2008.

The commission's Preliminary Report was submitted to the Speaker of the Legislature and circulated throughout the province. The report can be viewed on the commission's website: www.bc-ebc.ca. A printed copy or a DVD of the Preliminary Report can be obtained by calling 1 877 660 1203.

A province-wide conference call and five other public hearings will take place this month to obtain feedback on the report. To register to make a presentation at a hearing or participate in the conference call, visit www.bc-ebc.ca or call 1 877 660 1203. You may also visit our website to make a written submission or call 1 877 660 1236 to make an oral submission. The deadline for all submissions is January 23, 2008.

Conference call	Presenters must register with the commission (see above) to obtain a time and the conference call toll-free number. To listen only, please call 1 866 226 1799 (toll free) by 9:45 am.	January 14	10 am - Noon PST
New Westminster	Inn at Westminster Quay, 900 Quayside Drive	January 14	6:30 - 9:30 pm
Castlegar	Fireside Inn, 1810 Eighth Avenue	January 16	6:30 - 9:30 pm
Kelowna	The Grand Okanagan, 1310 Water Street	January 17	6:30 - 9:30 pm
Quesnel	Quesnel and District Seniors' Centre, 461 Carson Ave	January 22	1:30 - 4:30 pm
Nanaimo	Dorchester Hotel, 70 Church Street	January 23	6:30 - 9:30 pm
MLAs	Conference Centre, 720 Douglas St, Victoria	January 24	1:30 - 4:30 pm

British Columbia Electoral Boundaries Commission PO Box 10073 601 - 700 West Georgia St. Vancouver, BC V7Y 1B6 Tel: 604 660 1203 Toll-free: 1 877 660 1203 Submissions: 1 877 660 1236 Email: info@bc-ebc.ca Web: www.bc-ebc.ca



Bird count totals 57 species

The sixteenth Princeton Christmas Bird Count was held on December 22nd. Initially the weather did not cooperate. The overcast sky and occasional light snow kept the birds under cover; even where well-stocked feeders were available!

Fifteen observers tramped the snowy roads and trails; a dozen feeder watchers contributed good numbers of species and numbers of individuals.

Bird activity picked up by noon, especially when the sun came through. The Princeton Count never gets the high species numbers other counts such as Penticton, Osoyoos or Vernon are able to compile.

However, as Dick Cannings, who is the Western Coordinator of the Canadian Counts has stated – the data we have been collecting are getting more valuable by the year. Prior to the first count held in 1991 no formal surveys of winter bird populations had been done in this area.

Our total count on the 22nd was 57

species.

Surprising high numbers of American Goldfinches were found at feeders; Evening Grosbeaks were also observed in good numbers. It is of interest that Princeton in the past four years has had this species present at each count. Coastal and Interior counts have tallied few or none at all for years. Bohemian Waxwings, Common Redpolls, Red Crossbills, the two species of Chickadees were seen in good numbers by almost all observers.

This year some unusual species were recorded: A Short-Eared Owl being the most unusual. Dick Cannings and his son Russell covered part of Baldy and were able to photograph the bird. This is only the third sighting of this species in the sixteen years data have been collected by the Vermilion Forks Field Naturalists.

Other unusual sightings for the time of the year were a Marsh Wren, a Winter Wren, a Wilson's Snipe and one lone Cedar Waxwing in a flock of Bohemian Waxwings. These last four species should be in the south or at the Coast at this time.

A day, that started rather slow, became another successful count thanks to observers who joined us from Penticton, Summerland our local observers and the local feeder counters.

- submitted by Madelon Schouten, Count Coordinator



Princeton & District Museum & Archives Society ANNUAL GENERAL MEETING & ELECTION OF OFFICERS

2:30 PM Tuesday, January 15, 2008 Chamber of Commerce Boardroom FOLLOWED BY MONTHLY MEETING OF MEMBERS

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

BOARD MEETING DATES FOR 2008

Regular Meetings of the Board of Education will be held as follows:

January 16, 2008 - Princeton February 6, 2008 - Merritt February 27, 2008 - Princeton March 12, 2008 - Merritt (Monday) April 14, 2008 - Princeton May 7, 2008 - Merritt May 28, 2008 - Princeton June 18, 2008 - Merritt

Meetings are held in the School Board Office and start at 7:00 PM.

Notice of Opportunity: Curbside Garbage & Recycling Collection Services

The Town of Princeton is seeking responses from qualified, innovative, service oriented, solid waste and recycling service providers. The following curbside residential and commercial collection services are required:

- Residential single-family and multi-family garbage and recycling collection;
- Commercial garbage and recycling (cardboard only) collection; and
- Hauling to the Princeton & District Landfill and Recycling Centre or other designated location.

Curbside collection is for Princeton town proper only. All residential properties participate in the curbside collection system at present (approx. 955 single-family, 37 apartment dwelling units and 224 mobile home dwelling units). Commercial businesses participate voluntarily (approx. 201 commercial businesses). Residential collection is based upon curbside placement of garbage cans and a blue bag/box system for recyclables with some restrictions. Commercial businesses employ various means of garbage and cardboard storage but the town currently does not process bins (there is an opportunity for a proponent to include this as an option).

Proponents are invited to submit a Proposal for solid waste services that represent an Innovative opportunity to increase the amount of material removed from the waste stream and into the recyclable stream, to increase operational efficiency and to reduce costs. As experts in the field of waste management, Proponents may also wish to propose an innovative plan to address issues of fairness, equity and waste reduction.

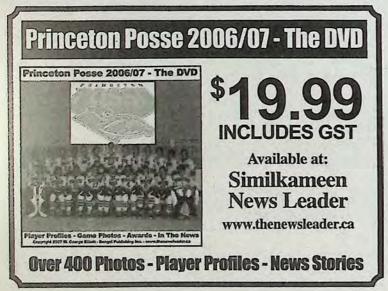
A detailed RFP document is available at Princeton Municipal Hall, 169 Bridge Street, Princeton, BC or an electronic version is available through the internet at www.bcbid.gov.bc.ca or www.civicinfo.bc.ca. Please contact Patrick Robins, Town of Princeton at 295-3135 for additional information.

The closing date and time is 2:00 PM PST, Friday, January 25, 2008.

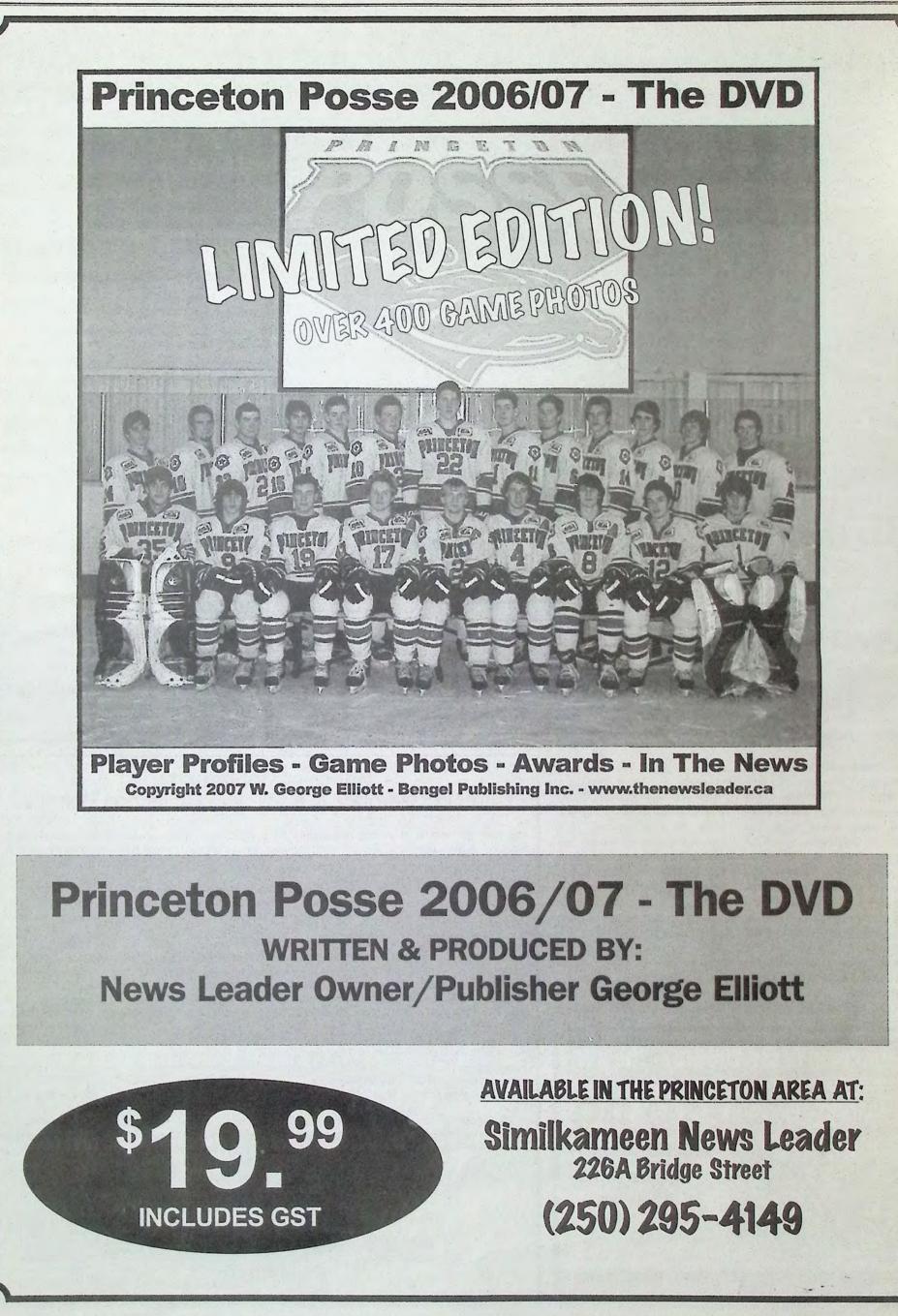
Town of Princeton PO Box 670, 169 Bridge Street Princeton, BC V0X 1W0 Phone: (250) 295-3135 Fax: (250) 295-3477



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Similikameen News Leader



Similkameen News Leader

Stefan tackles the doctor issue

Dear Editor:

Wake Up, Princeton! I didn't know this town was such

a big gambling town! I like gambling, too - a few \$\$\$ here and there is fun and it doesn't hurt normally - once in a while you even win! But if you put all your money on four horses - let's call them Doctor #1, Doctor #2, Doctor #3 and Doctor #4 than you better be sure one of them wins! In our case it looks pretty grim because horses #1 and #2 are retiring and horses #3 and #4 won't be part of our community anymore in the very near future.

Now that is more than a rumour and one no one can ignore!

The end of March we all could be without a doctor in this town! No one can expect for a doctor or any person for that matter, to put in one overtime after another without a break. It's about time the government knows that there are small towns in BC that need just as much medical help than any other place in and around Vancouver. What I don't understand is that how it can be cheaper for the BC Government to let a few towns like Princeton totally down with healthcare personnel if already one dead person or heavily insured person a year on Highways 3 or 5A can cost ICBC millions in damages?

Every single life saved - because of proper facilities and available doctors - especially in rural areas, will save the government huge money down the road. Another 400 or so people will move here shortly with the mine opening. If they find a place to live they certainly need a doctor and there are already none! Imagine the new doctor coming in April reading the paper today or hearing the news about how many patients he will have - let's hope he won't bail out!

Someone has to get the news across to the government that without the hospital Princeton will not exist. Why can't we have some kind of special surgery like we had ten years ago? All babies should be born here - not in Penticton or Spokane...there should be no need to consider shutting this hospital down or downsizing it any further...we have to get the message across that only a bigger hospital with more doctors will help this community to grow in a healthy way.

The government has to know that they put this whole town on hold without the hospital or lousy service at the hospital because of no doctors and/or nurses.

They are able to ship RCMP members all over the place without asking and airline pilots cannot choose where they want to fly in the first years - so why can't there be an arrangement that younger doctors or even some more experienced older ones have to work for a year or two in a rural area? What I hear is that the two younger doctors who left actually loved the area and the town but working all year round without support from the government by providing more support staff (doctors) wears them out. So I hope Mr. Lali and us can produce a little fire in Victoria that wakes them up!

If we get plenty of TV time for our dead people it should be possible to get Mr. Lali TV time to fight for this since we are all still alive! Please send your opinions to abetterprinceton@hotmail.com.

The hospital is important to this town and we can't trade it off for a heli pad!

Everybody who owns a place here will feel it if there is no hospital up and running!

A town in this location will not attract more people without a hospital!

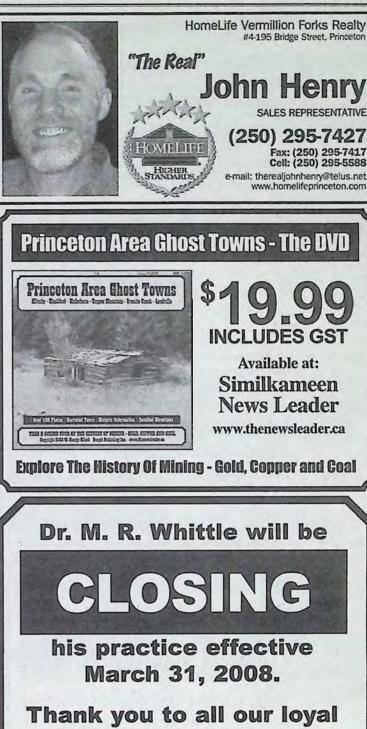
A lot of support work can be provided by all of us living here!

See it out of the eyes of a doctor...coming here...can't find a nice place to live...lots of eyesores in town...4,000+ possible patients 24/7...we have to make this town spotless - like when we invite friends over...I guarantee you it will be a place people will want to come, visit and stay!

We have something other towns don't have - the best people!!!

As long as we don't get sick. A doctor doesn't want a free burger a day - a doctor wants a nice work environment, regular work hours, things to do in town...a nice cool town with people who care and have pride in their town.

HAPPY NEW YEAR! - Stefan Dietz, Princeton



patients for their support.

Doctor plans to stay put

...... continued from Front Page individuals who require extensive medical care."

Adams also says he won't be slowing down or reducing his services anytime soon.

"I personally have no intention of retiring at this time and work continually to assist the Town, the Interior Health Authority and the Ministry of Health in attempts to attract new physicians to our beautiful town."

He does issue a warning of sorts. "I should however state that in this, my 68th year the demands of 24-hour on-call coverage take their toll and cannot be tolerated without full Emergency Room coverage. The Interior Health Authority must act quickly to recruit physicians and I will work closely with IHA and all parties in this regard."





193 Vermilion Avenue, Princeton Phone 295-6944



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news leader health and lifestyle page Has your eczema hit a rough patch?

Knowing when it's time to try something new

(NC)-Eczema is a chronic skin condition characterized by rough, red and extremely dry skin. Sufferers must cope with the challenges and frustrations of living with this condition on a daily basis. For those struggling with the disease, it can be difficult to know when you've hit a 'rough patch' that will pass, or when it's time to consider switching to a new or different treatment regimen.

Hamilton, Ontario dermatologist, Ronald Vender, MD, FRCPC and Director of Dermatrials Research, has this advice for eczema sufferers wondering if it's time to try a new treatment:

 Consult your doctor – Your doctor needs to know how you are currently managing your eczema in order to help you in the best way possible. Never make any changes to your existing treatment plan without consulting your doctor first. Share your thoughts and experiences with your doctor, who can help you achieve the best treatment results.

· Over-the-counter vs. prescription medications - If you have been trying to manage your eczema with over-the-counter (OTC) products, you may find that your symptoms are not as well controlled as you would like.

Prescription medications tend to be more effective in controlling eczema. Talking to your doctor should be the first step on your way to successfully getting symptoms under control

• Persistence pays - Allow about six weeks before deciding whether a given treatment is the right one for you.

Schedule a follow-up visit with your doctor within a month of starting your eczema treatment to discuss your progress. Most eczema medications are available in several strengths, and simple adjustments or helpful tips from your doctor may be all you need to start seeing results.

 Using medication properly – It's important to follow directions from your doctor on exactly how to apply prescribed treatments. For example, most topical eczema medications have to be applied twice every day in order to keep symptoms under control. Not using medication as prescribed by your doctor can often be a key reason for setbacks. Although staying on track can be difficult, ask your dermatologist about specific programs that can help you chart your progress.

According to Dr. Vender, newer medicines for eczema offer individuals dealing with this condition safe and effective treatment. His advice: speak to your doctor and explore the options.

For comprehensive information and tips on how to manage your eczema, look to credible and recognized resources that are easily accessible on the web.

The CDA (Canadian Dermatology Association) award-winning EASE (Eczema Awareness, Support and Education) program can be found at www.eczemacanada.ca. For children, visit www.pennysworld.ca, part of the Penny's World program designed for young children suffering from eczema. - News Canada

Arthritis pain treatments must be communicated (NC)-Arthritis is a debilitating

disease that affects over four million Canadians. It is one of the most common chronic conditions and is a leading cause of pain, physical disability, and use of health care services.

Given the potentially devastating nature of this disease, it is no wonder that Canadians living with arthritis are branching out and seeking help from a variety of health care providers. According to a new national Leger Marketing poll, people living with arthritis are consulting with family physicians, pharmacists, rheumatologists, physiotherapists, and acupuncturists.

"It is not uncommon for arthritis patients to seek pain management advice from several health care experts," says Dr. Vivien Brown, family physician.

"But, health care providers should be aware of each others' recommen-

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dations so that they can empower patients to make good choices for themselves."

People living with arthritis use a wide variety of treatments including over-the-counter drug therapies (61 per cent), lifestyle changes (33 per cent), prescription pain medications (29 per cent), and natural therapies (26 per cent).

"Usually, patients are recommended to take over-the-counter medications like TYLENOL* Arthritis Pain to manage their day-to-day pain," says Dr. Brown.

"However, techniques such as diet, exercise or weight reduction are also suggested often. It is important that all management efforts are complimentary, and good communication between health care providers will help avoid conflicting recommendations."

To help open the lines of communication, a new tool has been created called the Arthritis Pain Management Diary. It is made up of sections that cover a person's treatment history (pinpointing where their pain occurs and describing their pain), the latest recommendations made by each provider, a caregiver address book and appointment scheduler, and a resource guide. The Arthritis Pain Management Diary can be found at www.arthritis.ca, www.pharmacists.ca and www.livingwell.ca. - News Canada

living past 100 News clues to Alzheimer's

As our population ages, the number of Alzheimer's patients increases. At the same time, researchers continue their quest for answers to this debilitating condition. January is Alzheimer's Month, and you will hear and read a great deal about Alzheimer's.

Treatment today consists primarily of a prescription for donepezil, a drug which increases levels of acetylcholine, a brain chemical that controls memory. Along with donepezil, a doctor may recommend Vitamin E, an antioxidant once ignored for Alzheimer's, but which has proven to help slow the progress of Alzheimer's.

Everywhere you turn these days, somebody is telling you to exercise. For Alzheimer's patients, exercise is critical in slowing the disease. Alzhiemer's patients should walk every day from the first day of diagnosis, and should engage in other exercise as ability permits.

Dr. D.S. Khalsa, President of the the Alzheimer's Prevention Foundation, recommends Huperxzine A, which prevents the breakdown of acetylcholine, along with Phosphatidylserine, which helps regenerate the outside layer of neurons on brain cells and has been shown to improve the mental ability of Alzheimer's patients.

Other recommendations include Omega-3 fatty acids, DHA, and Gingko Biloba.

Although all of these things may help stem the tide of brain cell loss, at this time there is no cure for Alzheimer's Disease.



CENTURY 21 Princeton Realty 224 Bridge Street, Princeton

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1,000 Air Miles



Century 21 Princeton Realty congratulates Pat Parsons - Winner of our \$1,000 Air Miles Draw. Pat was entered in the Draw after making a non-perishable donation to our December Food Drive.

RESIDENTIAL PROPERTIES FOR SALE

51-406 BrandImyr Gate, Very well maintained mobile with addition.	MLS 42040	\$34,500
	MLS 42479	\$58,000
211 Allison Avenue, Finally a properly renovated home in a great location.	MLS 42914	\$214,900
439 Similkameen Avenue, 3-bedroom immaculate rancher.	MLS 36919	\$215,000
286 Panorama Crescent, 4-bedroom home in excellent location.	MLS 41332	\$269,900
104 Ridgewood Drive, 4-bedroom, 3-bath home with tile and laminate floor.	MLS 40493	\$285,000
281 Panorama Crescent, 3-bedroom rancher in quiet area.	MLS 42844	\$299,900
538 Taylor Way, 1/2 acre riverfront located in San Ang Estates.	MLS 42959	\$319,000
4176 Princeton-Summerland Road, Privacy plus lakeview. Cabin on acreage.	MLS 42737	\$323,800
145 Thistle Drive, Fantastic year round recreation only minutes from Manning Park.	MLS 41643	\$329,000
2207 Princeton-Summerland Road, Privacy and miles of creekfront.	MLS 41144	\$649,000

PROPERTY FOR SALE

308 E Highway 3, Highway exposure!	MLS 41845	\$149,900
Lot 3 Highway 3, Contingent - Nearly 3 acres on major highway.	MLS 42537	\$179,900
Lot B Coalmont Road, 4.25 acres, a perfect spot for a hobby farm.	MLS 40077	\$230,300
Lot 1 Summers Creek Road, Mountain view and private setting.	MLS 41540	\$235,000
2844 Old Hedley Road, 12.33 acres on the desirable Old Hedley Road.	MLS 40263	\$279,900
Lot 2 Summers Creek Road, 3.5 hours from Vancouver.	MLS 41541	\$285,000
Lot 5 28 KM Summers Creek Road, Mountain view, private setting.	MLS 41544	\$285,000
Lot A Lawless Creek, Minutes from Otter Lake.	MLS 41429	\$339,900
Coalmont Road, 8.60 acres. Come build your dream here!	MLS 40081	\$438,300

COMMERCIAL PROPERTIES FOR SALE

301 Coalmont Road, Highway frontage at a great buy! Lot 2 Highway 3 W, Only pub in town, overlooks Similkameen River. MLS 38500 MLS 42240 \$123,800 \$1,138,000





Doug Haaver 295-1585

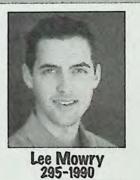




Marty Gray 295-5044



Carol Bertrand 295-5341



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similkameen News Leader



Similkameen **News Leader**



British Columbia is 150 years old this year. Founded in 1858 by order of Queen Victoria, British Columbia was being invaded by gold seekers. The prospectors were the second wave of Europeans (or Americans). The first wave came for furs.

Usually, the white man's version of British Columbia is the only version known, but the land was here before the white man came to establish an official history. We know, from archaeological finds, that there were people here for at least the past 12,000 years. Who knows how many thousand years people were here?

British Columbia was occupied by 24 nations of indigenous people. Some had migrated from the sea to settle on Vancouver Island and the Queen Charlottes, as well as northern coastal areas on the mainland. These were Polynesian people like the Maoris of New Zealand and the Hawaiians. Other nations migrated from the north, and still others arrived from the south.

These 24 nations were somewhat isolated from each other due to the four ranges of mountains in British Columbia, but there were many disputes where the nations contacted each other.

For example, the Thompson nation (Nlaka'pamux) built timber forts to ward off attacks from Chilcotins. Some coastal tribes, true to their Polynesian origins, indulged in cannibalism, which set them well apart from nations who did not.

Each nation had its own language

and customs. Each nation had its own territory, with boundaries roughly understood and frequently challenged. The boundaries had a lot to do with resource opportunities. Hunting, fishing (especially salmon fishing), berry patches, and mining created food and trade goods.

Trade goods were important, and one of the tribes famous for its trade goods was our own Similkameen tribe, which is part of the Okanagan Nation. This nation extends far south into Washington State, and north to the headwaters of the Okanagan Lake system.

The Similkameens had ochre, a soft rock that can be pounded down into powder then turned into paint by mixing it with grease. The Similkameen ochre has been found in archaeological sites in the Yellowhead area and near Prince George.

The Similkameens were a tribe with rich resources and the skills to utilize these resources. They traded not only ochre, but baskets, furs, hides, and wool. Wool from the wild sheep of the Similkameen Valley went as far as Vancouver Island where it was woven into blankets.

The Similkameens had another mining asset: quartz and chert for making spear points and arrow heads.

Each year, at Tulameen, there was a big trade fair where local Interior tribes traded with coastal and northern tribes. The trade fair took place in August, when the huckleberries were ripe and everybody

FAX SERVICE

was going there anyway. This was British Columbia before

the white man came to give it the name it bears today. This land had been occupied by 24 nations for at least 12,000 years, but the invaders would change all that in the blink of an eye.

Now, 150 years later, the descendants of 22 of those 24 nations are still trying to get the invader's government to admit the land belongs to the nations.





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FortisBC Inc.

Certificate of Public Convenience and Necessity for the Okanagan Transmission Reinforcement Project

NOTICE OF APPLICATION AND PROCEDURAL CONFERENCE

Date: Wednesday, February 27, 2008 1:00 pm

Time: Location: Penticton Lakeside Resort and Convention Centre 21 Lakeshore Drive W., Penticton, BC

THE APPLICATION

On December 14, 2007 FortisBC applied to the British Columbia Utilities Commission (Commission) for approval of a Certificate of Public Convenience and Necessity (Application) for the Okanagan Transmission Reinforcement Project (OTR Project).

The proposed OTR Project will complete a 230 kilovolt (kV) transmission system in the Okanagan by replacing the existing 28 kilometer 161 kV transmission line between Vaseux Lake and Penticton with two new 230 kV lines in double circuit configuration and upgrading 11 kilometers of 161 kV transmission line to 230 kV between Vaseux Lake and Oliver, all within the existing line corridor. Other major project components are upgrades to Vaseux Lake Terminal station near Oliver and RG Anderson Terminal station in Penticton, the construction of a new Bentley Terminal station approximately 300 meters from the existing Oliver Terminal station on Osoyoos Indian Band land, conversion of the Oliver Terminal station to a distribution substation, and installation of capacitor banks at the FA Lee and DG Bell Terminal stations in Kelowna.

The OTR Project is estimated to cost \$141.4 million and is to be placed in service by November 2010. The Application states that the OTR Project is required to alleviate system constraints, enhance reliability, and serve emerging load in the Okanagan region of FortisBC's service territory. THE REGULATORY PROCESS

The Commission will hold a Procedural Conference on Wednesday, February 27, 2008 commencing at 1:00 pm at the Penticton Lakeside Resort and Convention Centre in Penticton, BC to hear submissions on the regulatory process for review of the Application.

INTERVENTIONS

Persons who expect to actively participate in the FortisBC proceeding should register as Intervenors with the Commission, and should identify the issues that they intend to pursue and the nature and extent of their anticipated involvement in the review process. Intervenors will each receive a copy of the Application and all correspondence and filed documentation, and should provide an e-mail address if possible.

Persons not expecting to actively participate, but who have an interest in the proceeding should register as Interested Parties. Interested Parties will receive a copy of the Executive Summary in the Application, and all Orders and Decisions issued.

Intervenors and Interested Parties should register in writing, no later than Friday, February 1, 2008. Notification by mail, courier delivery, fax or e-mail is acceptable.

All submissions and/or correspondence received from active participants or the general public relating to the Application will be placed on the public record and posted to the Commission's web site.

PUBLIC INSPECTION OF THE DOCUMENTS

The Application and supporting materials will be available for inspection at the following locations:

- FortisBC Inc.
- Head Office: 1975 Springfield Road, Suite 100, Kelowna, BC V1Y 7V7 Trail Office: 1290 Esplanade, Trail, BC V1R 4L4
- British Columbia Utilities Commission
- Sixth Floor, 900 Howe Street, Vancouver, BC V6Z 2N3
- Websites www.fortisbc.com www.bcuc.com
- Public Libraries Kelowna, Oliver, and Penticton, BC
- **Further** information

For further information, please contact Ms. Erica Hamilton, Commission Secretary, or Mr. Brian Williston, Director, Engineering and Energy Markets, as follows:

- Telephone: (604) 660-4700 Telephone (BC Toll Free): 1-800-663-1385
- Facsimile: (604) 660-1102

E-mail: Commission.Secretary@bcuc.com

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Ranching Ain't Easy

Fencing Made Easy

by Lyn Melnechenko

When I moved to Princeton my daughter, Dusti, was supposed to move up with me and help with the chores and expenses of running a horse farm. Unfortunately for me she got a great job offer and decided to stay in Langley.

She did, however, send up most of her belongings and one of her horses for me to "store".

Hawk, the gelding was used to being ridden every day and soon became bored with just standing around waiting for Dusti to drive up once a month to ride. He started to get into mischief.

Besides picking on the stallion, he decided to chew on the fences. Being that my fences are barb wire with wood posts and one wooden rail on the top, he couldn't eat the whole fence but he sure gave it his best effort.

He chewed huge chunks out of the rails and ate one whole post which caused the fence to fall over in that spot and give the rest of the herd an escape route. In the effort he also manage to lodge a chunk of wood in his throat which cost me a fortune in vet bills and a lot of sleepless nights pouring mineral oil down his throat.

Then I had to fix the fence. My property is on the old road bed.

After several hours of digging and prying I managed to get the new post in. Now I needed to string the wire. No problem! I'd done that before. I attached one end of the roll of barb wire to the end post and unrolled it to the spot where the fence was broken.

I cut the strand of wire and attached the wire puller. Then I cranked for all I was worth.

Here's where I learned that if the wire puller lets go, barb wire will recoil to it's original shape, taking with it the jacket you left hanging on the fence, several sage brush, your beer and the hide off the dog that is taking a nap in the shade of the fence post.

After I found the dog and made sure that he was all right, I restrung the wire and stapled it into place quickly before it could repeat its little maneuver.

The wire was now nice and tight and all I had to do was put in a new latch for the gate and I was all finished. I went into the garage to find the drill. The whole place was full of boxes. As I shuffled through box after box in my fruitless search, I cursed the blasted horse and began to imagine the beast with a nice bullet hole placed neatly between his eyes.

Suddenly the idea struck me!

Bullets made holes! I still hadn't found the drill, so I went in the house, loaded the rifle and went out to the fence. After making sure all my livestock was well behind me, I took aim and shot a hole right through the middle of the fence post. My dad was a champion marksman and had taught me very well.

The hole wasn't quite as neat as if it had been done by the drill, but it was certainly good enough to screw the latch into. Fifteen minutes later and my job was done.

Now, that may not have been the conventional way of fencing but it got the job done and no one ever knew the difference until now.

(Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!' Contact her at lyn@nethop.net to purchase your copy.) copyright 2008 Lyn Melnechenko

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Princeton Area Ghost Towns - The DVD







Revelstoke could not score against Princeton's defence January 5th. *

Posse take 25-1 landslide victory

The first KIJHL hockey game for the Valley First Princeton Posse of the New Year saw Revelstoke Grizzlies come to town on January 5th.

Princeton, holding on to first place in their division, has not beat the leagueleading Grizzlies yet this season. The game had all the makings of your classic David and Goliath battle.

Princeton did not wait to get the party started as Kyle L'Arrivee snapped the opening face-off off a bounce at centre ice and drilled it into the Grizzly net for an unassisted goal recorded at 0.01-seconds into the game.

The lightning fast reflexes pretty much peppered the entire game with Princeton winning the majority of face-offs and firing rapid shots on goal.

Princeton continued to pummel Revelstoke scoring five more unanswered goals in the first period (1:56 Logan Johnston from Dan Hillman; 4:56 Dan Hillman from Logan Johnston; 6:38 Spencer Brooks from Kyle L'Arrivee and David Smith; 12:12 Brad Goss unassisted and 16:52 Brett Van Riper from Brad Goss and Dan Hillman).

The period ended with Princeton

leading 6 to zip with 15 shots on goal. In the second period Revelstoke put up a great fight and managed to keep the play out of their zone for part of the period but it wasn't enough to hold off the incredible strength of the Posse.

Princeton added a staggering 15 goals in the middle period with virtually every player on the team earning either the points for a goal or assist.

The most amazing goal of the game was scored by Jeremy Wagner who took the puck from behind his own net, sailed down the length of the rink to the Grizzly zone, zipped behind their net and attempted a wraparound goal from the stick side. The Revelstoke goalie got a piece of his stick on the puck, sending a rebound back out to Wagner who then blasted it between the goalie's legs.

After two periods Princeton was leading Revelstoke with a league record score of 21 to zero and there was still another period left to play!

Kyle L'Arrivee tore the puck away from the first face-off of the period and zipped into the Grizzly zone all alone. He deked to the left, then the right and popped an incredible wrist shot over the goalie's glove hand and

Revelstoke did score. Once. It was actually a fluke of a goal that saw the puck bounce off of a Posse players skate (we won't say who, but he knows who he is) and into the

into the net.

Princeton goal. The mis-cue was not enough to dampen the spirits of the home team as Brett Van Riper plowed his way through the Revelstoke defence to score an unassisted goal at 18:19.

That prompted the Revelstoke coaching staff to pull their goalie and Dan Hillman scored an empty net goal with 32-seconds left in the game. If that wasn't enough, Posse goalie Andrew Walsh scored an empty net goal of his own as he cleared the puck out of his crease and it skipped the entire length of the arena and into the open goal as time expired.

Final score: Princeton 25, Revelstoke 1. Shots on goal: Princeton 57, Revelstoke 15.

(Editor's note: the actual January 5th Princeton/Revelstoke game was postponed. A road closure west of Revelstoke prevented the team from travelling to Princeton. The game will be made up later in the season).



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FINANCIAL FOCUS

How Much Income Will You Need After You Retire?

When it comes to retirement planning, there is no shortage of opinion on how much of your pre-retirement income you will need after you stop working.

The discussion focuses on what's called the replacement ratio - the percentage of your pre-retirement income you would like to have in retirement. Some experts suggest that a person can retire with a replacement ratio as low as 50 to 60 per cent. The thinking is that in retirement our expenses may be much lower - because we will no longer have to worry about mortgage payments, children's educations and the cost of commuting to work that are typical of our pre-retirement lives. In addition, there's the possibility of moving to a community with a lower cost of living.

All of this may be true but there are also some other factors to consider. First and fore-most, people are living longer and longer. The average life expectancy for a 65-year old is 84, implying that half of all retirees will live longer than 84. In fact, according to Statistics Canada, there's a 40-per cent chance one spouse in a couple will reach the age of 90.

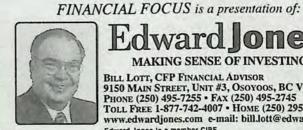
Moreover, health care expenses will probably increase as you grow older. And many peo-ple wish to travel when they retire because they find they finally have the time for it - or they discover that they may need to provide financial support to their grown children.

These are just some of the many reasons why your retirement income needs could be much higher than you might suspect when looking at your long-term picture from the van-tage point of your thirties, forties or fifties.

Whether you plan to stop working altogether or work part time in early retirement, it's a prudent idea to assume that you'll likely need between 70 and 90 per cent of your pre-retirement income to maintain your standard of living in retirement.

While this range is just a guideline - and you may need more or less depending on your individual situation that will likely change over time - it's a good general rule to follow as a starting point. For example, if your yearly income was \$60,000 before you retired, it's wise to plan for needing between \$42,000 and \$54,000 each year in retirement.

To determine if your needs are within this range, or perhaps above or below, start by hav-ing a discussion with a financial advisor who can help you put a comprehensive retirement strategy in place.



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Similkameen News Leader



TUESDAY, JANUARY 8, 2008

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WEDNESDAY, JANUARY 9, 2008

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14		Cosby	Gamer	Rolie Polie	A CONTRACTOR	Ellen DeGeneres	Young and the Restless	Crossing Jordan (#)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears	Champions Cup Dog	eTalk (#	Building the Biggest	Benj Bear	Style" (1966) [[]	V.I.P. Œ	The Nanr
	:30	Cosby	Homes	Pancakes	Sit-Be Fit	Show	the results	Jordan (E)	Paid Prog.	House	Œ	ounar	Jacob	Show (N)	FashionTel		(11:25) King			Frasier
0	PM	Still Stnd	News (N)	History	Charlie	Paid Prog.	News (N)	Crossing	All My Children	News (N)	Days of our	CBC News:	Being Ian	Œ	Degrassi	Biggest	(11:49)	CityLine @	Most Amazing	Seinfeld
2	:30	Still Stud	That News	Wildness	Rose (E)	Paid Prog.	Bold & B.	Jordan (#	(N) E	LEET .	Lives (N)	Today (N)	Grossology	Series of	Bold & B.	Alluner	Weekend		Videos	Seinfeld
4	PM	Fresh Pr.	Design	Moving On	Art Work	Days of our	As the	American	One Life to	As the	As the	Living	George S.	Poker	Sue	MythBuster	Dragon	Leo Laporte	All the second sec	Beverly Hills, 902
1	:30	Fresh Pr.	Vanity	Home	Sewing	Lives (N)	World Turns (N)	Justice	Live (N)	World Turns (N)	World Turns (N)	Dinner	Viva Pinata	Adv. Sports	Thomas: F.B.Eye	s 🖽	Emperor		Voyager [ff]	rins, 902
-	PM	King	The Steve	Entrada	Word	Millionaire	Guiding	American	General	Guiding	Guiding	Wind at My	Ruby	-	General	Jetstream	(1:48)	Ellen	Star Trek:	Fresh Pr.
2	:30	King	Wilkos Show	Landscape	Lions	Penguins	Light (N)	Justice	Hospital (N)	Light (N)	Light (N)	Back @	Flamingo	Interruptio	Hospital (N)	œ	Weekend	DeGeneres	Voyager [Family G
-	PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (Cold Case	Rachael	Young and	Young and	Food	Being lan	Off-Record	Dr. Phil 🔃	How-Made	K. Possible	News (N)	CSI: Crime	Inside Bo
3	:30	Seinfeld	Daily 10	(E)	Arthur (EI)	Judge		Files [f]	Ray [6]	the Restless	the Restless	Miracles	Neutron	Sports		How-Made	Replace	œ	Scn	Vanity
-	PM	Family Guy	Montel:	Dora	Cyberchas	Judge J.	Oprah	CSI: Miami	Videos	Oprah	(3:59) News	Frasier	SpongeBob	NHL	Daily Show	Daily Planet	Emperor	Friends	CSI: Crime	TV Made
4		Family Guy	True Story	(4:35) Little	Fetch! With	Judge J.	Winfrey 🖽	Œ	Inside	Winfrey (#)	Global	Just-Gags	El Tigre	Hockey:	Colbert	(N) [5]	Proud	Hollywood	Sen	Ad Pers
	20.00	Movie: "The	News (N)	Bear 🖽	BBC World		News (N)	CSI: Miami	News (N)	News (N)	(4:59) News	Simpsons	Grown Up	Colorado Avalanche at	News (N)	Really Big	Suite Life	Blood Ties	CSI: Crime	ET Cana
5	:30	Cable Guy"	(E)	(5:35)	Business	NBC News	CBS News	œ	ABC News	Global	(N) 🖭	Arrested	Sabrina	Washington	œ	Things (N)	Montana	8	Scn	What
		(1996) Jim Carrey.	Ad Pers	Creatures	News-	News (N)	News (N)	CSI: Miami		News (N)	ET Canada	News (N)	Drake	Capitals.	News (N)	Dirty Jobs	Zocy 101	Movie: "The	The	Family G
6	1.40	carey.	News	Mechanics	Lehrer	Raymond	Hollywood	œ	News (N)		Entertain	Œ	Fresh Pr.	Hockey			Sadie	Perfect	Ultimate	Seinfeld
	:30	Emolog	E! News	Meerkat	Pioneers of	Jeopardy!	Friends	CSI: Miami	The second second	Entertain	NUMB3RS	Coronatn	Malcolm	SportsCentr	eTalk (tt)	Man vs.	So Raven	Score" (2004,	Fighter	Seinfeld
7		Frasier Frasier	1 million	Sustain	Television	Fortune	Scrubs	œ	The Insider	Den states a	(N) (E	Marketplc	Prank Ptrl	e (Live)	Hollywood	Wild G	Smart Guy	Comedy) [ff]		Frasier
	:30		Jeopardy!		The Jewish	Deal or No	Power of 10	CSI: NY [E			Power of 10		Fries That?		Law &	Daily Planet		News (N)		Family G
8	PM	Seinfeld	Deal or No Deal (N)	Who's Aping	Americans	Deal (N)	(N) (E)	CSI: NT U	(N) E	(N) (E	(N) G			Of Deserved	Order (N)	E	Life Derek	(8:35) News		Married.
0	:30	Cheers		Who? [(N) 🗉 -		Ordenteral	COL Miler	0	THE R. R.	No. 1	Sophie (N)	Monster	Off-Record	(f)	Math			CCL Colors	
9	PM	Cheers	Snoop	RX for Survival (E)	(DVS)	Law Order: CI	Minds (N)	CSI: Miami	(N)	Nightmares	Kitchen Nightmares	fifth estate	Futurama	Triathlon	Criminal Minds (N)	MythBuster s	and the second second	(9:06) Jimmy	CSI: Crime Scn	201000
3	:30	Movie: "The Cable Guy"					E			(N)			Shadow		œ		Phil	Kimmel		Seinfeld
10	PM	(1996) Jim	Cashmere Mafia (N)	Cola Conquest	Family of Jesus	Law & Order (N)	CSI: NY (N) E	CSI: Miami	Mafia (N)	NUMB3RS (N) [E]	News Hour Final (N)	National	Falcon Beach [6]	Poker Night (Taped)	CSI: NY	Really Big Things	School	(10:06) Movie: "The	Star Trek: Voyager [61]	Married.
10	:30	Carrey.	Manna (14)	Conquest		(E)							1				Cory	Perfect		Fresh Pr.
4.4	PM		News (N)	Buffy St Marie	Charlie Rose (N) [E]	News (N)	News (N)	CSI: Miami	News (N)	News (N)	Entertain	(11:05) The Hour [6]	Mystery	SportsCentr		Man vs. Wild (E)	Suite Life	Score" (2004,	Deep Space	Frasier
11	:30	"Eyefor	Guy Stuff	warie	Lose (N) LEL	Tonight	Late Show		(11:35)		ET Canada	mour III	Ghost	e (Live) 🖽	News (N)	ind the	Life Derek	Comedy)	-	The Nana

Regular Meetings Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse

Similkameen Christian Riders meet at

Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up

Princeton Writers Group meets every

Hospital Auxiliary meets 2nd Monday

each month at 2 pm Hospital board room • PGH/Ridgewood Lodge Foundation

Hedley Library open 2-7pm Thursdays Princeton Paintball Club meets every

October 1 to May 30 at the indoor range in he Cultural Centre. 295-6150.

Princeton Fish & Game Club meets first

Princeton Chamber of Commerce meet

very 3rd Thursday at Chamber office 7 pm

Legion Branch 56 meets 3rd Sunday of nonth 1:00 p.m. Legion Hall Princeton Motor Sports meets the first

Tuesday of month 5:30 pm Arena

Southern Cruisers Similkameen Chapter #53 meets for rides every

Thursday night. • Vermilion Trails Society meets 2nd

Wednesday of the month, 7:00 PM in

he month, 7:00 PM in GSAR Hall,

luesday of the month, 6:30 PM in the Chamber of Commerce meeting room. Course Of Miracles Group meets every

Tuesday, 7:00 PM at The Anchorage on

Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will fea-

U'th Group 7 PM, 1st and 3rd Tuesdays,

U'th Social Night 7 PM, 2nd and 4th
 U'th Social Night 7 PM, 2nd and 4th
 Fridays, Living Water Church
 Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM
 PSS Gum

Little Folks Nursery School Parent/Boan

Meetings, 3rd Wednesday of each month, 7:00 PM at the school.

Chamber of Commerce meeting room. • Princeton GSAR meets first 3 Tuesday of

Princeton Lions Club meets 1st and 3rd

Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray

Sunday at 10 a.m. Contact 295-0673 Princeton Rifle and Revolver Club

neets every Thursday at 7 p.m. from

second and fourth Thursday 7pm at Riverside Wellness Centre

neets 2nd Monday, 12:15 Hospital

Boardroom

295-7508.

Mezzanine

Rocklin Avenue.

Vermilion.

ure a Spiritual Movie

thursday movies

MORNING

10:00 am CITY (29) **%"Fun in Acapulco" (1963, Musical Comedy) Elvis Presley. A shaken trapeze artist turns cliff diver while working as a singer/lifeguard at a Mexican hotel.

EVENING

6:00 pm WTBS 3 *%"Scary Movie 2" (2001, Comedy) Shawn Wayans. Psychology students and their professor spend the weekend in a haunted house in this sendup of horzer films. horror films.

8:45 pm WTBS 3 *%"Scary Movie 2" (2001, Comedy) Shawn Wayans. Psychology students and their professor spend the weekend in a brunched house in this conduct of a haunted house in this sendup of

Similkameen

News Leader

- a hadned house in his sendup of horror films.
 9:00 pm CHBC (4) "Still Small Voices" (2007, Suspense) Catherine Bell. Premiere. A 911 operator uncovers a startling secret while investigating her visions of a
- while investigating her visions of a missing girl. (E) 10:06 pm CITY (2) * "Whipped" (2000, Comedy) Amanda Peet. A seductress catches the attention of

three longtime friends who are sexual legends in their own minds.



Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

10:00 am CITY 29 **"G.I. Blues" (1960, Musical Comedy) Elvis Presley. A singing GI forms a combo in Germany and bets his buddies he can charm a cabaret dancer. [C]

AFTERNOON

- 5:00 pm WTBS ③ ★★★%"The Talented Mr. Ripley" (1999, Drama) Matt Damon. A young man travels to 1950s Italy and begins to assume the identity of a playboy he was hired to bring back to the United States. () EVENING
- 6:00 pm CITY 2 ★ ** Jackass: The Movie" (2002, Comedy) Johnny Knoxville. Nitwits perform outrageous

stunts and pull practical jokes on an unsuspecting public. (E)
7:30 pm FAM (26) *** (Matilda" (1996, Comedy) Mara Wilson. A little girl develops extraordinary mental

- abilities, despite neglectful parents and a brutal headmistress. 8:00 pm KNOW (5)"Ahead of the Class" (2005, Docudrama) Julie Walters. A woman becomes the headmistress at a school plagued by crime and delineuency [6]
- Walters. A woman becomes the headmistress at a school plagued by crime and delinquency. [E]
 9:08 pm FAM [26] ** ** * "The Horse Whisperer" (1998, Drama) Robert Redford. A New Yorker takes her daughter and the girl's horse, both traumatized in a terrible accident, to a Montana healer.
 9:30 pm WTBS [3] ** ** ""The Talented Mr. Ripley" (1999, Drama) Matt Damon. A young man travels to 1950s Italy and begins to assume the identity of a playboy he was hired to bring back to the United States. [E]
 10:06 pm CITY [29] "Naked Ambition" (2003, Adult) Jessica Drake. A sexy pathologist joins forces with a detective to solve her sister's murder.
 11:00 pm SPIKE [44] "Blood Angels" (2005, Horror) Siri Baruc. A teenager moves to the city to stay with her sister, not knowing that she belongs to a gang

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Over 400 Photos - Player Profiles - News Stories

Horoscopes

January 8 - 15, 2008

Aries - This week you will feel a need to travel or learn more, and you may talk about or plan some future action toward travel or education. Hard work ties you down. Dream, plan.

Taurus - Other people will share their resources with you, and you may be keen on career plans or travel plans. You focus on money, possessions. Prepare for a burst of creativity coming.

Gemini - Your high energy may create tension in you this week. Take time to exercise, even if just a long walk. Partner and friends are good to you - enjoy social events. Organize!

Cancer - Worries come back after Christmas holiday. Action is better than moping. Job runs smoothly, others are good to you. Focus is on partnership, friendship. Weekend brings surprise.

Leo - If you made a lot of plans last fall, you may need to revise them. Focus on groups you belong to, and spend more time with young folk. Money picture needs adjustments.

Virgo - Home life is happy, family relationships run smoothly, but you still feel old and tired. This is a time to meet your obligations, avoid debts and engage in self-discipline. Plan ahead.

Libra - Family life takes on a special joy for you now. Parents are good to you. This is a good time to solidify relationships with parents. Avoid putting foot in mouth. Charm!

Scorpio - You receive information about home, family. Financial picture is good. You can receive benefits from communication, siblings, publications. Make firm plans for future.

Sagittarius - Money and career are going to be your top concerns all year, and this month simply highlights this trend. Work hard at career, look at making more money. Plan!

Capricorn - You have peace of mind, and you feel good. You can make gains through diminishing debts. Action centers around job, work, health. Meet obligations, enjoy birth month.

Aquarius - You have a lot of ideas this week and you want to share your ideas with friends, partner. Talk to people, go places, do errands. Guard against debt, be conservative.

Pisces - You have a lot of things going on in your head right now, and a lot of things you need to plan. Right now, action is about home and family matters. Surprise friend this weekend.

> Similkameen News Leader Recipe Corner (Recipe #200) Brought To You By: Similkameen News Leader

Molasses Coconut Chews

Ingredients

- 1/3 cup butter or margarine
- 2 cups sifted cake flour
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 cup sugar
- 1 cup Fancy Molasses
- 1/4 tsp. vanilla
- 4 egg whites, unbeaten
- 1 3/4 cups moist, shredded coconut

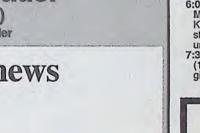
Method

Melt butter or margarine, add sifted dry ingredients. Stir in molasses, vanilla and egg whites. Mix well. Stir in coconut. Spread in two greased 8" square pans, lined with waxed paper, greased and lightly floured. Bake at 350°F 30 to 35 minutes. When cool cut each cake in 24 bars. Store in closed container.

- News Canada

If you have a favourite recipe you would like to share, contact us for details! 226A Bridge Street, Princeton





THURSDAY, JANUARY 10, 2008

		WTBS 3	CHBC 4	KNOW	KSPS 6	KHQ (7)	KREM 8	A&E 9	KXLY	BCTV	CITV (12)	CBC 13	YTV 18	TSN 19	VTV 22	DISC	FAM (26)	CITY	SPIKE	TROP
-	AM	All-Family	News (N)	Bali ()	Caillou (EI)		News (N)	Crossing	(5:00) News	and the second sec	(4:30) News	CBC News:	Gadget	SportsCentr	and the second of	Daily Planet	the second second second second	Rachael	VIP. T	F/X: The
6	:30	All-Family	2nd Chnce	George S.	Thomas	B		Jordan 🖽		œ	(N) 00	Morning	Viva Pinata	e	Canada AM	00	King IE	Ray [E]		Series III
-		Temptation	Body	Clifford	Barney	Today Niki	The Early	American	Good	1000		(N) Animalia	Grossology	SportsCentr	INT TE	Canadian	in here and	CityLine [6]	VIPE	North of 60
_		Temptation	Past Lives	Dora	Arthur (El)	Taylor and	Show (N)	Justice	Morning		1 3	Curious	Hawks	e III		Geographic	(7:24)	Cuyrane 00	Tant DE	Œ
		Jeffersons	Room	(7:54) HI-5	Curious	Tyson Beckford;	Œ	The First 48	America (N)		100 Huntley		Pokemon	SportsCentr		Jetstream	Weekend	The Tyra	VIP. CC	North of 60
		Jeffersons	Vanity	Magic Bus	Clifford	closet cre-		(E)	CEL .		Street [E]			e E		E	100 C	Banks Show	ATT. IE	"Binhright"
		Sanford	Inside Box	Berenstain	Super Why!	ativity;	The 700	Th 12		100.11		Busytown	Flamingo				Lloyd			
0		and the second sec		DIVE-WLL!	Carl and the second	Lomonaco.	Club (E)	The First 48	Kelly	100 Huntley Street (E)	Vision	Super Why!		Off-Record	Regis and Kelly	Daily Planet	Contraction of the second	News (N)	MXC	ET Canada
~		Sanford	Antique	(9:34)	Dragou	(N) (E)						Gofrette	George S.	X Games			Tigger	City	Sports	What
10		Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View Nikki	World Vision	Room	Wilbur [ff]	Erky Perky	Billiards:	The View Nikki	Really Big Things	Mickey	Movie: "Fun in Acapulco"	Disorderly Con.	Videos
10	:30	Harvey	0.0		Direct (III)		Augus (11)	20	Blonsky.	4 SIGH	House	Doodlebop	Jane	Challenge	Blonsky.	I mings	Sprites	(1963) Elvis	con.	Grace
	AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres	Young and	Crossing	Paid Prog.	Past Lives	(10:59)	Martha	Care Bears	Golf: 2007	eTalk (K)	Megaworld:	Benj Bear	Presley.	Most	The Nanny
11	:30	Cosby	Homes	Pancakes	Sit-Be Fit	Show	the Restless	Jordan 🖽	Paid Prog.	House	News (N)	Stewart	Jacob	Long Drive Champ.	FashionTel	France	(11:25) King		Amazing Videos	Frasier
	PM	Still Stud	News (N)	History	Charlie	Paid Prog.	News (N)	Crossing	All My	News (N)	Days of our	CBC News:	Being Ian	- and the second	Degrassi	Megabuilde	(11:49)	CityLine [4]		Seinfeld
12	:30	Still Stnd	That News	Scattering	Rose [f]	Paid Prog.	Bold & B.	Jordan [6]	Children (N) (E)	[EE]	Lives (N)	Today (N)	Grossology	Series of	Bold & B.	rs (ff)	Weekend		Amazing Videos	Seinfeld
-	PM	Fresh Pr.	Design	Planet	Simply	Days of our	As the	American	One Life to	As the	As the	Living	George S.	Poker	Sue	Dirty Jobs	Dragon	Leo Laporte		Beverly
٦	:30	Fresh Pr.	Vanity	By Design	Needle Art	Lives (N)	World Turns (N)	Justice	Live (N)	World Turns (N)	World Turns (N)	Dinner	Viva Pinata	Adv. Sports	Thomas:		Emperor		Voyager [tf]	Hills, 90210
-		King	The Steve	Avventura	Word	Millionaire	Guiding	The First 48	General	Guiding	Guiding	Wind at My	Ruby		F.B.Eye General	Man vs.	(1:48)	Ellen	Star Trek:	Fresh Pr.
F B		King	Wilkos	Undersea	Lions	Dragon (El)	Light (N)	œ	Hospital (N)		Light (N)	Back (Flamingo	Interruptio	Hospital (N)	Wild [ff]	Weekend	DeGeneres	Voyager (@)	Family Guy
		Friends	Show Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (#)	The First 48	Rachael	Tel Young and	EE Young and	Food	Being Ian	Off-Record	Dr. Phil (How-Made	K. Possible	Show News (N)	CSI: Crime	
		Seinfeld	Daily 10	E	Arthur (EI)			(C)	Ray [the Restless	the Restless	Miracles	Phantom	Sports		How-Made	Replace	Œ	Scn	Vanity
1		Family Guy	Constant of the second s	Dora	Cyberchas	Judge J.	Oprah	The First 48	Videos	Oprah	(3:59) News	10000	SpongeBob	Hockey	Daily Show	Daily Planet		Friends	CSI: Crime	Big Screen
4		Family Guy		(4:35) Little	Fetch! With		Winfrey [and the second sec	Inside	Winfrey (tt)	Global					(N) E			Scn	
			Stewart	-Bear [6]	and the second							22 Minutes	El Tigre	NHL Hockey:	Colbert		Proud	Hollywood		Big Screen
5		Friends	News (N)		BBC World		News (N)	The First 48		News (N)	(4:59) News (N) [ff]		Grown Up	Montreal	News (N)	Paris 2010: The Great	Suite Life	Ugly Betty (N) [E]	CSI: Crime Scn	
0	1000	Friends		(5:35)	Business	NBC News	CBS News		ABC News	Global		Arrested	Sabrina	Canadiens at Boston		Flood	Montana	1117 665		What
6		Movie: "Scary	Ad Pers	Mentors	News- Lehrer	News (N)	News (N)	The First 48	News (N)	News (N)	ET Canada	News (N)	Drake	Bruins.	News (N)		Zocy 101	Supernatur	TNA iMPACT!	Family Guy
6	:30	Movie 2"	News	Reach-Top	Lenter	Raymond	Hollywood	1221	News (N)	Les	Entertain	LED.	Fresh Pr.		Cen .		Sadie	al 🔃	(N)	Seinfeld
-	PM	(2001)	E! News	Profiles of	Lincoln	Jeopardy!	Friends	The First 48	Entertain	Entertain	The	Coronatn	Malcolm	SportsCentr	eTalk 🔃	MythBuster	So Raven	Across the		Seinfeld
1	:30	(7:45)	Jeopardy!	Nature (N)	Center	Fortune	Scrubs	"Memphis"	The Insider	ET Canada	Limelighter s (N)	Who Do	Prank Ptrl	e (Live) 🖭	Hollywood	s 🖽	Smart Guy	River		Frasier
-	PM	(8:15)	You	Arctic	Mystery!	Name Earl	CSI: NY	Parking	Ugly Betty	Name Earl	Name Earl	The Nature	Fries That?	1	Degrassi	Daily Planet	Suite Life	News (N)	Most	Family Guy
8	:30	(8:45)	Smarter?	Mission: Climate	值 (DVS)	30 Rock		Parking	(N) 🖭	The Office	The Office	of Things	Monster	Off-Record	Degrassi	(G)	Life Derek	(8:35) News	Amazing Videos	Married
-	PM	Movie: "Scary	Movie:	Voyages of	Mysteryl	Cel.	CSI: Crime	The First 48	Grey's	Cel.	Cel.	Polar Bear	Futurama	3rd and a	Grey's	Dirty Jobs	Montana	(9:06)	MANswers	Seinfeld
9	:30	MOVIC Z	"Still Small	Discovery	匠 (DVS)	Apprentice	Sen	(C)	Anatomy	Apprentice	Apprentice	Fever (N)	Shadow	Mile	Anatomy		Phil	Jimmy	Sports	Seinfeld
1853	PM	(2001) Shawn	Voices" (2007)	Welcome to	Soundstage	(10:01) ER	Without a	The First 48	(N) (10:02) Big	The	News Hour	National	Falcon	Poker Night	(N) (10:02) ER	Paris 2010:	School	Kimmel (10:06)	Action	Married
10	.20	Shawn Frasier	Catherine	Tehran (N)	(N) 🗉	(N) (E)	Trace "4G"	œ	Shots (N)	Limelighter			Beach ((Taped)	(N) (E	The Great	Cory	Movie:	Sports	Fresh Pr.
1		Cheers	Bell. News (N)	No Price	Charlie	News (N)	News (N)	The First 48	EE News (N)	s (N) News (N)	Entertain	(11:05) The	Mystery	SportsCentr	News (N)	Flood	Suite Life	"Whipped" (2000)	Most	Frasier
11		Heat	Guy Stuff	Too High	Rose (N)	Tonight	Late Show	"Memphis"		E	ET Canada	Hour (Ghost	e (Live)	News (N)		and the second	Amanda	Amazing	
	:30	ricat	Guy Stuir			rought	Late Show		(11:35)		El Canada		Gnost		Hews (N)		Life Derek	Peet.	Videos	The Nanny

FRIDAY, JANUARY 11, 2008

2		WTBS 3	CHBC 4	KNOW 5	KSPS	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN (19)	VTV 22	DISC 24	FAM (26)	CITY 29	SPIKE 44	TROP 45
6	AM :30	All-Family All-Family	News (N) 2nd Chnce	Bali (E) George S.	Caillou (El) Bob Build	News (N)	News (N)	Crossing Jordan (#)	(5:00) News @	News (N)	(4:30) News (N) [E]	CBC News: Morning (N)	Gadget Viva Pinata	SportsCentr e [ff]	News 📧 Canada AM	Daily Planet	Henrys King 🔃	Rachael Ray 🔃	Disorderly Con.	F/X: The Series [[]
7	AM :30	Temptation Temptation	Body & Past Lives	Clifford Dora	Barney Arthur (El)		The Early Show (N)	American Justice	Good Morning America (N)			Animalia Curious	Grossology Team	SportsCentr e 🔃	(N) (9)	The Bull Shark	K. Possible (7:24)	CityLine œ	Disorderly Con.	North of 60
8	AM :30	Jeffersons Jeffersons	Room Vanity	(7:54) Hi-5 Magic Bus	Curious	Waldy Malouf. (N)	CEL .	"Vegas and the Mob"	(II)		100 Huntley Street @	Bo On Go Busytown	Pokemon Flamingo	SportsCentr e 🖽		MythBuster s (ff)	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60
9	0.00	Sanford Sanford	Inside Box Antique	Berenstain (9:34)	Super Why! Dragon	œ	The 700 Club 📧	Cold Case Files @	Regis and Kelly	100 Huntley Street [6]	World Vision [£]	Super Why! Gofrette	Adrenalini George S.	Off-Record X Games	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Disorderly Con.	ET Canada What
10	AM	Harvey		Franklin (E)			The Price Is Right (N)	CSI: Miami "Identity"	The View (N) 🔄	World Vision	Room	200 200 A	Erky Perky Jane	Billiards:	The View (N) 📧	Ultimate Ten:	Mickey	Movie: "G.I. Blues"	Disorderly Con.	Videos
11		Harvey Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres	Young and the Restless	Crossing Jordan [2]	Paid Prog.	Past Lives	(10:59) News (N)	Martha	Care Bears	Challenge Beach Volleyball	eTalk (#)	Military Air Dogs	Benj Bear	(1960) Elvis Presley. (#	Disorderly Con.	The Nanny
10		Still Stnd	Homes News (N)	Pancakes Gregg	Sit-Be Fit Charlie	Show Paid Prog.	News (N)	Crossing	Paid Prog. All My	House News (N)	(ff) Days of our	CBC News:	Dewitt Being Ian	Boxing:	FashionTel Degrassi	How Do MythBuster	(11:25) King (11:49)	(12:15) Citra (11)	Sports	Frasier Seinfeld
12	22.00	Still Stnd Fresh Pr.	That News Design	Edge SportFish	Rose [f] Painting	Paid Prog. Days of our	Bold & B. As the	Jordan (ff)	Children (N) छ One Life to	As the	Lives (N) As the	Today (N) Living	Grossology George S.	Friday Night Fights. 🖭	Bold & B. Sue	s 🖽 Paris 2010:	Weekend Dragon	CityLine (E)	Sports Sports	Seinfeld Beverly
1	:30 PM	and the second second	Vanity The Steve	Animals Dotto Tech	Scrapbook Word	Lives (N) Millionaire	World Turns (N) Guiding	Justice "Vegas and the Mob"	Live (N) General	World Turns (N) Guiding	World Turns (N) Guiding	What's- Wind at My	Viva Pinata Ruby	In Corner	Thomas: F.B.Eye General	The Great	Emperor (1:48)	Ellen	Sports Star Trek:	Hills, 90210 Fresh Pr.
2	:30	No. A. V	Wilkos Show Big Screen	Animals Blue's Clues	Lions	Jacob /	Light (N)	Cold Case	Hospital (N)	Light (N)	Light (N)	Back E	Flamingo Being Ian	Interruptio Off-Record	Hospital (N)	How-Made	Weekend K. Possible	DeGeneres Show News (N)	Voyager [f] CSI: Crime	Family Guy Inside Box
3	PM :30	Seinfeld	Daily 10	œ	Arthur (El)	Judge		Files 🖫	Ray 🖻	the Restless	the Restless	Miracles	Urban	Sports		How-Made	Replace	œ	Scn	Vanity
4	PM :30		Macaulay Culkin: THS	Dora (4:35) Little	Cyberchas Biz Kid\$	Judge J. Judge J.	Oprah Winfrey 🔃	CSI: Miami "Identity"	Videos Inside	Oprah Winfrey [ff]	(3:59) News Global	(SpongeBob El Tigre	Hockey NBA	Daily Show Colbert	Daily Planet (N) 📧	Emperor Proud	Friends Hollywood	CSI: Crime Scn	Tribute Bands (N)
5	PM :30	Talanted Mr.		Bear (1) (5:35)	BBC World Business	News (N) NBC News	News (N) CBS News	CSI: Miami	News (N) ABC News	News (N) Global	(4:59) News (N) 🖽	Simpsons Arrested	Grown Up Sabrina	Basketball: Toronto Raptors at	News (N)	Killer Ice	Suite Life Montana	Two Men Two Men	CSI: Crime Scn	ET Canada What
6	PM :30	(1999, Drama) Matt	Ad Pers News	Desert Creatures	News- Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami "Bait" @	News (N) News (N)	News (N)	ET Canada Entertain	News (N)	(6:05) Endurance	New York Knicks. [6]	News (N)	Revealing the Coffin	Zoey 101 Life Derek	Movie: "Jackass: The Movie"	Good Pets- Bad	Family Guy Seinfeld
7	PM :30	Danion, cas	E! News Jeopardy!	Emily of New Moon	Wash Wk McLaughlin	Jeopardy! Fortune	Friends Scrubs	CSI: Miami "Extreme"	Entertain The Insider	Entertain ET Canada	Friday Night	Coronatn 22 Minutes	Ghost Adrenaline	SportsCentr e (Live) @	eTalk (E) Hollywood	A Haunting (N)	Wizards Movie:	(2002) (E)	Most Amazing	Seinfeld Frasier
8	100	Seinfeld	1 vs. 100 (N) 🖭	Movie: "Ahead of	Foreign Ex	1 vs. 100 (N) [E]	Ghost Whisperer	The Sopranos	Grey's Anatomy	Bones (PA)	Lights (N) Bones (PA)	Air Farce Mercer	Naruto Avatar	Off-Record	Whisperer	Daily Planet	"Matilda" (1996, Comedy)	News (N) Party	Videos Disorderly Con.	Family Guy Married
9	PM	Frasier Movie: "The	Women's Murder	the Class" (2005) @	Bill Moyers Journal (N)	Night	(N) Moonlight (N) (E)	CSI: Miami	Cashmere	Friday Night	Las Vegas (N) [E]	MVP "Game On"	Futurama Bleach	Boxing: Friday Night		A Haunting	(9:08) Movie: "The	(9:06) Jimmy	MXC MXC	Seinfeld
10	PM	Talented Mr. Ripley"	(10:02) 20/20 (N)	Sherlock Holmes	Swiss Rail Journeys	Lights (N) Las Vegas (N) [E]	NUMB3RS (N) [6]	CSI: Miami "Bait" @	20/20 (N)	Lights (N) Las Vegas (N) [E]	News Hour Final (N)	(N) National	Death Note Gundam	Fights. (Same-day Tape)	and the state of the second second	Revealing the Coffin	Horse Whisperer" (1998,	Kimmel (10:06) Movie:	Game	Married
11	:30 PM :30	Damon. 🕮	E News (N) Guy Stuff	Beyond Memory (@	Austin City Limits (N)	News (N) Tonight	News (N) Late Show	CSI: Miami "Extreme"	[ii] News (N) (11:35)	News (N)	(11:03) ECW (N)	(11:05) The Hour 🔃	Shadow Hawks	SportsCentr e (Live) [5]	News (N) News (N)	Killer Ice	Drama) Robert Redford,	"Naked Ambition" (2003)	Movie: "Blood	Frasier The Nanny

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saturday movies

1:30 pm FAM (26) * * "Space Jam" (1996, Comedy) Michael Jordan. Live action/animated. NBA star Michael Jordan helps the good Looney Tuners take on the bad Monstars in a basketball game.
5:00 pm WTBS (3) * * "Enough" (2002, Suspense) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband. (Ef A&E (9) * * * "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Premiere. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (Ef)

EVENING

- 6:00 pm CITY (2) "Murder 19C: Detective Murdoch Mysteries: Under the Dragon's Tail" (2004, Mystery) Peter Outerbridge. Detective William Murdoch investi-gates the murder of an underground abortionist. (E) (DVS)
 7:30 pm WTBS (3) **"Just Cause" (1995, Drama) Sean Connery. A law professor tries to prove a death-row inmate did not rape or murder a girl in small-town Florida. (E)
 8:00 pm KSPS (6) ***%"A Shot
- 8:00 pm KSPS (6) ****/*A Shot In the Dark" (1964, Comedy) Peter Sellers. Clumsy Inspector Clouseau visits a nudist camp to prove a French maid innocent of murder.

KXLY (10) ** "Pearl Harbor" (2001, War) (PA) Ben Afileck. Best friends join the war effort after the Japanese attack U.S. troops sta-tioned on the Hawaiian island of Oahu. (In Stereo) (2) 9:00 pm A&E (2) ** ** "Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (2) VTV (2) "The Life" (2004, Drama) Bruce officers document the lives of the drug addicts they encounter daily

bolice olicers document the lives of the drug addicts they encounter daily on their beat. (In Stereo) (ⓒ (DVS) FAM (ⓒ) ★★★"Dave" (1993, Comedy) Kevin Kline. White House aides draft a down-to-earth double to impersonate the president, who has had a strake

impersonate the president, who has had a stroke.
CITY (29) ****"Nurse Betty" (2000, Comedy) Morgan Freeman. After seeing her no-good husband killed by hit men, a woman thinks she is a nurse who must find her lover, a soap-opera doctor. [E]
9:45 pm KSPS (3) **", "What's New Pussycat?" (1965, Comedy) Peter Sellers. A Vienna psychiatrist who wants women treats a Paris fashion editor who has too many.
10:00 pm SPIKE (4) ***", "Boyz N the Hood" (1991, Drama) Larry Fishburne. Three boys become men, one guided by his father, in their racially divided Los Angeles neighborhood.
11:06 pm FAM (20) **", "Tiger Courter" (2004)

borhood. 11:06 pm FAM 26 ★ * "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation. 11:30 pm CITY 29 ★ "Born in East L.A." (1987, Comedy) Cheech Marin. A Hispanic-American ends up on the wrong side of the border after being caught up in an immigration-department raid.

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sunday movies

MORNING

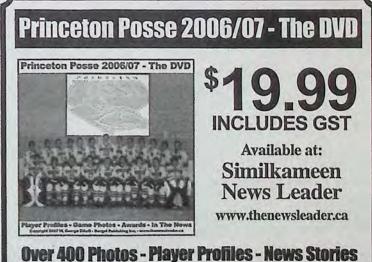
- 9:00 am WTBS ③ ★★★½"Fly Away Home" (1996, Drama) Jeff Daniels. A Canadian sculptor builds an ultralight plane so his teen daugh-
- an ultralight plane so his teen daugh-ter can lead geese south. (E) 10:00 am A&E (9) ***"Godfather Part III" (1990, Crime Drama) Al Pacino. Dignified Michael Corleone joins his wild nephew in a Sicilian vendetta involving the Vatican. (E) SPIKE (44) **"Predator 2" (1990, Science Fiction) Danny Glover. Local and federal police hunt a sneaky alien creature, now skina sneaky alien creature, now skin-ning drug dealers in 1997 Los
- Angeles. 11:00 am WTBS ③ ★%"Lost & Found" (1999, Romance-Comedy) David Spade. To spend time with an attractive neighbor, a man kidnaps her dog, which proceeds to swallow a valuable ring.

AFTERNOON

:00 pm FAM 26 **"Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his par-12:00 ents announce they are moving, a schoolboy decides to take revenge against his tormentors. (E) 12:30 pm SPIKE (44) **%"Predator" (1987, Science Fiction) Arnold Schwarzenegger. A sneaky alien monster attacks commandos on a jungle mission in South

andos on a jungle mission in South America.
1:00 pm WTBS (3) **"Enough" (2002, Suspense) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband. (E)
1:30 pm FAM (25)"Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show.
3:00 pm WTBS (3) **"Just Cause" (1995, Drama) Sean Connery. A law professor tries to prove a death-row inmate did not rape or murder a girl in small-town rape or murder a girl in small-town Florida.

Florida. (E)
4:00 pm YTV (B) ** "Kart Racer" (2003, Drama) Randy Quaid. A teenager and his estranged father rekindle their relationship by trying to win a race. (In Stereo) (E)
CITY (29) ** "Dickle Roberts: Former Child Star" (2003, Comedy) David Spade. Hoping to make a comeback, a man stays with a suburban family to prepare for the lead role in a Rob Reiner film. (E)
5:00 pm WTBS (3) ** "Boys" (1996, Mystery) Winona Ryder. A



bored high-school senior falls for a mystery woman somehow linked to a baseball star's disappearance. [65] CBC [13] ★★*"Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980. [65]

EVENING

- 6:00 pm YTV (B) ★★%"The Little Rascals" (1994, Comedy) Travis Tedford. For wooing Darla, Alfalfa has a falling out with Spanky and the all-boys clubhouse gang. (In Stereo)
- ali-boys ciubnouse gang. (in Stereo) [E] CITY [2] ★★"Bewitched" (2005, Romance-Comedy) Nicole Kidman. Premiere. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom. [E] 6:45 pm WTBS [3] ★★"Boys" (1996, Mystery) Winona Ryder. A bored high-school senior falls for a mystery woman somehow linked to a baseball star's disappearance. [E] 8:00 pm CBC [3] "Victor: The Victor Davis Story" (2008, Biography) Mark Lutz. Premiere. Canadian swimmer Victor Davis breaks world records and wins medals at the 1984 Summer Olympics in Los Angeles. [E]
- 1984 Summer Olympics in Los Angeles. 8:30 pm WTBS 3 ★½"Warlock" (1989, Horror) Richard E. Grant. A 17th-century Satanist and the witch hunter who snared him are pro-pelled 300 years into the future. 9:00 pm FAM 20 ★ *"Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to bis former team and resurrects their
- his former team and resurrects their spirit.
- 10:00 pm KNOW (5 "Anna Karenina" (2000, Romance) (Part 2 of 2) Helen McCrory. A woman jeop-ardizes her social standing and her marriage to an older man when she begins an affeir with a young count begins an affair with a young count.

11:02 pm FAM 20 ★ * "My Favorite Martian" (1999, Comedy) Christopher Lloyd. A befuddled martian crash-lands on Earth, assumes human form and befriends a TV-news producer.

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SATURDAY, JANUARY 12, 2008

-		WTBS	CHBC (4)	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY 29	SPIKE	TROP
		Paid Prog.	News (N)	5	6 Desert		8	9	10	1	12	[]	18	19	22	24 Out Cold	26 Overdrive	About You	Movie:	Fish TV
6	AM :30	Paid Prog.	Body	Second Second	Fly Tying	(5:00) Todny (N) 臣]	(5:00) Saturday Early Show	Sell House Sell House	Good Morning America	Fishing Hunter	Fishing Fishn	Super Why! Busytown	Flamingo	SportsCentr e 🔃	Kingdom	Out Cold	Overdrive	Dharti	"Boyz N the Hood"	Paid Prog.
-	AM	Paid Prog.	Design	Dora	MotorWeek	News (N)	Care Bears	Sell House	Good	News (N)	News (N)	Bo On Go	Robot Boy	Fishing	Katie-Orbie	Revealing	Yin Yang	Eye on Asia	(1991)	Ellen (@)
7	:30	Paid Prog.	Antique	Clifford	Lassle	1	Strawberry	Sell House	Morning	(6)	Œ	Pinky	Urban	Motoring	Hobo	the Coffin	(7:20) Pucca		Premiere.	Mad Abt.
	AM	Videos	Vanity	George S.	Building		Cake (E)	Flip This	Northwest Saturday			Wilbur (E)	SpongeBob	NFL	Good	A Haunting	Suite Life	Polish	Trucks!	Grace
8	:30	Videos	Whata	Magie Bus	Hometime		Horseland	House (E)	œ			Goldfish	OddParent	Countdwn	Morning		(8:43) Zory	Studio 🖭	Trucks!	The Nanny
-	AM	Movie:		(9:07)	Workshop		and the second shall	Flip This	So Raven		Driving TV	Goldfish	Phantom	Bowling	Canada 🖭	How-Made	Cory	Bio.: Moore	Hrsepwer	Seinfeld
9	:30	"Man of the House"	Biker TV	Upside	Old House		Dino	House [6]	So Raven		Fishing	Magi	Transform			How-Made	So Raven		MuscleCar	Seinfeld
	AM	nouse	Big Coast	Word	Ask This	Jacob	Paid Prog.	Paranormal	Montana	Fishn	Energy TV	Chilly	Hawks	Golf: 2007	Justice	Mayday	Phil	CityLine [0]	Trucks!	Family Guy
10	:30	Chevy	Paid Prog.	Little Bear	Test Kitch	Dragon (EI)		Paranormal	Suite Life	Fishing	CEOTV	Chilly	Fantaste 4	Long Drive	Amnesty		Wizards		Xtreme 4x4	
		Chase,	E! News	Rolie Polie	Complete	Paid Prog.	Basketball:	Paranormal	Emperor	Fishing	Fishing	World Cup	Legion	Champ.	PLAN	Deadliest	School	Leo Laporte	CSI: Crime	Frasier
11	:30	Away	Daily 10	(11:36)	Chefs	Adv. Sports	Regional Coverage	Paranormal	Replace	CEO TV	Big Coast	Skiing	Team	Wtr. X-	Canada (E)	Catch (E)	Suite Life		Sen	Frasier
3.0	PM	Home" (1996) Jeff	Simple	Macphee	Ming			The First 48	Paid Prog.	News (N)	Malcolm		Pokémon	Games	Daily Planet	Jetstream	Movie: "Go	Reviews	CSI: Crime	Friends
12	:30	Daniels.	Simple	Planet	Garden	Brink: PGA		(E)	Paid Prog.	35	Seinfeld	Boxing	Yu-Gi-Oh!	Strongest	(EE)		Figure"	Electric	Scn	Friends
		1.5-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0	Whitney &	Avventura	Painting	Tour	Snowboardi	Movie:	Paid Prog.	Mining TV	Seinfeld		Robot Boy	Boxing:	Pregame	Dirty Jobs	(2005, Drama)	Bio.: Moore	CSI: Crime	Beverly
1	:30	"Lost &	Bobby: The	Entrada	Donnas	Qualifying	ng	"Wyatt	Recipe	Seinfeld	Simpsons	World Cup	Shuriken	Friday Night	NFL		Movie:		Scn	Hills, 90210
-		round	E! True Hollywood	Pan Asia	Antiques	Horse	ReGenesis	Earp" (1994) Kevin	Celebrate	Seinfeld	Simpsons	Skiing: Men's	Battle	Fights. (ff)	Football: NFC	Mayday [tt]	"Space Jam"	CityLine [tt]	CSI: Crime	Deal or No
2			Story	Dotto Tech	Roadshow	Racing:	œ	Costner.	Stars On	Simpsons	Simpsons	Downhill.	Urban		Divisional		(1996)		Scn	Deal 🚯
	PM	King	20 Most	Dora	Great	AQHA Fortune	Paid Prog.	Premiere. Portrait	Ice 🖾	Simpsons	Family Guy	Sat. Report	Hawks	SportsCentr	Playoff -	How-Made	Lizzie	News (N)	CSI: Crime	Family Guy
3	:30	Seinfeld	Horrifying	Go Diego	Railway	Friend	Paid Prog.	traces him	NBA Acc	Simpsons	Family Guy	HNIC	Erky Perky	e (Live)	Teams TBA. Time tenta-	How-Made	Cory	Speakers	Scn	Family Guy
		Family Guy	Hollywood Murders	Zoboomafo	Journeys Europe	Penguins	McCarver	from boy to lawman.	NASCAR	Family Guy	Family Guy	NHL	ReBoot	Series of	tive. (Live)	Out Cold	Suite Life	Stargate	CSI: Crime	Frasier
4	:30	Family Guy	(N) 🖭	o "Hot and Cold"	Travels	Veggie	NFL Today		Edition	Family Guy	Global	Hockey: Detroit Red	"Daemon Rising"	Poker	Œ	Out Cold	Proud	Atlantis	Sen	Frasier
-	PM		News (N)	Cold	Summer	News (N)	NFL	Movie: "Die	News (N)	Family Guy	(4:59) News	Wings at	Daemon's	Series of	NFL	Dirty Jobs	K. Possible	Stargate	CSI: Crime	Friends
5	:30	"Enough" (2002)	Sports	George S.	Keep Up	College	Football: AFC	Hard With a Vengeance"	ABC News	Global	House	Ottawa Senators.	infection.	Poker	Football: AFC	Coal mining.	Montana	SG-1 "Bounty"	Sen	Friends
-	PM	Jennifer	That News	Meerkat	Lawrence	Basketball:	Divisional	(1995) Bruce	News [News (N)	To Be	(Live)	Prank Ptrl	Series of	Divisional	Jetstream	Sadie	"Murder	CSI: Crime	Seinfeld
6	:30	Lopez, Billy Campbell.	What	Into Wild	Welk Show	Gonzaga at LMU	Playoff Teams TBA.	Willis.	Explorer	((()	Announced		Adrenaline	Poker	Playoff Teams TBA.	Œ	Flight 29	19C: Detective	Sen	Seinfeld
-	PM	and the second se	Next Great	National	Time Goes		Time tenta-		Entertainm	To Be	Painkiller	NHL	Mystery	SportsCentr		Angel	So Raven	Murdoch	CSI: Crime	Family Guy
7	:30		Chef (N)	Geographic	My Family	Raymond	tive. [E]	Parking	ent Tonight	Announced	Jane (N)	Hockey: Toronto	Ghost	e (Live) 🖽	tive. 🔃	Angel	(7:22) Zocy	Mysteries"	Scn	Family Guy
	PM	Cause" (1995) Sean	Movie	Heartbeat	Movie: "A	Dateline	Access	Flip This	Movie:	Painkiller	Adv. Racing	Maple Leafs	Smallville		TBA	MythBuster	Life Derek	News (N)	TNA	That News
8	:30			œ	Shot in the Dark"	NBC (N)	Hollywood (N)	House (G	"Pearl Harbor"	Jane 🖽		at San Jose Sharks.	œ	NFL Films	Jeff Ltd.	s Œ	Montana	Pink Planet	IMPACT!	What
-	PM			Midsomer	(1964)		Paid Prog.	Movie: "Die	(2001, War)	Adv. Racing	Dangerous	(Live) (E	Falcon	NFL	Movie: "The	the second s	Movie:	Movie:		Friends
9	:30	Cheers		Murders "A Worm in the	(9:45)		Paid Prog.	Hard With a Vengeance"	(PA) Ben Affleck, Josh		Murder	1	Beach [G]	Golf: 2007	Life" (2004) Bruce	Coal mining.	"Dave" (1993,	"Nurse Betty"		Friends
10	PM	King	Jennifer	Bud" (N) [[]	Movie: "What's	Law &	To Be	(1995) Bruce	Hartnett. (1)		News (N)	After Hours	Prank Ptrl	Long Drive Champ.	A CONTRACTOR OF A CONTRACTOR O	Angel	Comedy)	(2000,	Movie:	Seinfeld
10	:30	Seinfeld	Lopez: The E! True		New	Order: SVU	Announced	Willis.		Murder	Driving TV	News [f]	Mystery			Angel	Kevin Kline.	Comedy) Morgan	"Boyz N the Hood"	Seinfeld
100	PM	24 (8)	Hollywood	Cola	Pussycat?" (1965,	News (N)	News		News (N)	News (N)	(11:02) J.R.	Hockey	Ghost	SportsCenta	News (N)	Jetstream	(11:06)	Freeman.	(1991), Ice	Deal or No
11	:30		Story (N)	Conquest 匪	Blekadder	Sat. Night	Without	Parking	Paid Prog.	Sat. Night	Sat. Night	Night Replay	Adrenaline	e (Live) 🖽	News (N)	Œ	Movie: "Tiger	"BornLA"	Cube	Deal 📴

SUNDAY, JANUARY 13, 2008

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 | Paid Prog. | Sessions I | Morning | Fishful

 | Big Coast | Doodlebop | Dewitt
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 | Kids
 | (ff) | Overdrive |
 | Con. | Paid Prog. |
| AM | Stars | Design | Dora | Zula Patrol | News (N)

 | CBS News | Mick Foley | News (N) | Foodies

 | Canada | Coronatn | Winx Club
 | Reporters
 | Good
 | Paris 2010: | Yin Yang | Eye on Asia
 | Action | Ellen (# |
| :30 | Videos | Antique | Clifford | Word | œ

 | Sunday | Œ | (EC) | Canada

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Connada [77]
 | The Great | (7:20) Pucca |
 | Sports | Mad Abt. |
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 | riood de | Suite Life | Eye-Asia
 | Hrsepwer | Grace |
| :30 | Videos | Powerboat | Magic Bus | Mama | Press (N)

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 | Marriage | Coronata | Flamingo
 | the second se
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 | | (8:43) Zoey | Festival
 | MuscleCar | The Nanny |
| AM | Movie: "Fly | | (9:07) | Wishbone | Dragon

 | NFL Today | Parking | This Week |

 | Hour of | Coronatn | OddParent
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 | Trucks! | Seinfeld |
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Home" | od | Upside | College | Paid Prog.

 | (Live) IE | Parking | Charles and the second s |

 | Power (| NBA | Viva Pinata
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 | Animals | So Raven | Lombardi
 | Xtreme 4x4 | Seinfeld |
| | | Dinner | Word | Exposé | Paid Prog.

 | NFL | Movie: | Matthews | Driving TV

 | Listen Up | Basketball: | SpongeBob
 | PBA
 | NFL
 | Perfect | Phil | (In Italian)
 | Movie: | Fresh Pr. |
| :30 | Daniels. | Marriage | Little Bear | European | Paid Prog.

 | Football: | "Godfather | Old House | Listen Up

 | Foodies (N) | | Being Ian
 | Bowling:
 | Football:
 | Disaster 🖽 | Wizards | -
 | | Fresh Pr. |
| AM | Movie: | E! News | Rolie Polie | Drives | Paid Prog.

 | Divisional | (1990, | Paid Prog. | Hour of

 | Energy TV | at Toronto | Grown Up
 | Anthony
 | Divisional
 | Paris 2010: | School | Paid Prog.
 | Danny | Frasier |
| :30 | "Lost &
Found" | Weekend | Madeline | Healthy | Paid Prog.

 | Playoff - | and the second se | Paid Prog. | Power (N)

 | Driving TV | Rapiora | iCarly (E)
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Teams TBA
 | Contraction for the second state | Suite Life | Role
 | | Frasier |
| PM | (1999) | | Popular | Secret | Paid Prog.

 | Time tenta- | Pacino, | Paid Prog. | News (N)

 | Malcolm | World Cup | Unfabulous
 | Games
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 | "Predator"
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 | College | - CE | Angels | Seinfeld

 | Simpsons | Sunday [tt] | Fries That?
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0	AM	Sanford	Inside Box	Berenstain	Super Why!			Cold Case Files (#)	Regis and Kelly	100 Huntley Street [t]	World Vision		Dewitt		Regis and Kelly	Daily Planet			MXC	Tube Tal What
9	:30	Sanford	Antique	(9:34)	Dragon							Gofrette	George S.	Fishing			Tigger		Sports	1
10		Harvey	PoPQ (Franklin [ff]	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N) 🔃	Fighting for Canada	Room House	Wilbur (E) Doodlebop	Erky Perky Jane	PBA Bowling:	The View (N) (E)	Mayday 🕮	Mickey Handy	"Bewitched"	Disorderly Con.	Videos
10	:30	Harvey							-		and a second			Earl				(2005)		
11		Cosby	Gamer	Rolie Polie	Big World		Young and the Restless	Crossing Jordan 🖽	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears	Anthony	eTalk []	Lost Nuke	Benj Bear	Nicole Kidman. [6]	Most Amazing	The Nan Frasier
	:30	Cosby	Homes	Pancakes	Sit-Be Fit	Show			Paid Prog.	House	(EE)		Jacob	NFL Films	In Fashion		(11:25) King	E	Videos	
10	PM	Still Stnd	News (N)	History	Charlie	Paid Prog.	News (N)	Crossing	All My Children	News (N)	Days of our Lives (N)	News E	Being Ian	Tennis: Australian	Degrassi	Anatomy of a Warship	(11:49)	CityLine [6]	MXC	Seinfeld
12	:30	Still Stnd		Reach-Top	Rose 🔃	Paid Prog.	Bold & B.	Jordan 🔃	(N) G	(EE)	Lives (IV)	CBC News:	Grossology	Open	Bold & B.	a maranp	Weekend		Sports	Seinfeld
	PM	Fresh Pr.	Design	Planet	Fine Art	Days of our	As the	American	One Life to Live (N)	As the World	As the World	Today (N)	George S.	Early Round	Sue Thomas:	Extreme Engineering		Leo Laporte	Star Trek: Voyager [6]	Beverly Hills, 90
1	:30	Fresh Pr.	Vanity	Parent I	Sewing	Lives (N)	World Turns (N)	Justice	Live (N)	Turns (N)	Turns (N)	Dinner	Viva Pinata	(Taped)	F.B.Eye	Cugueering	Emperor		rojuger da	
-	PM	King	The Steve	Macphee	Word	Millionaire	Guiding	American	General	Guiding	Guiding	Steven and	Ruby		General	How-Made	(1:48)	Ellen DeGeneres	Star Trek:	Fresh Pr
2	:30	King	Wilkos Show	Moving On	Lions	Millionaire	Light (N)	Justice	Hospital (N)	Light (N)	Light (N)	Chris (N)	Flamingo	Interruptio	Hospital (N)	How-Made	Weekend	Show	Voyager 🔃	Family (
	10.12.10	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil @	Cold Case	Rachael	Young and	Young and	Food	Being Ian	Off-Record	Dr. Phil 🕮	Worst	K. Possible	News (N)	CSI: Crime	Inside B
3	:30	Seinfeld	Daily 10	"Nurture!"	Arthur (EI)	Judge		Files (#	Ray 🔃	the Restless	the Restless	Miracles	Neutron	Sports		Handyman	Replace	Œ	Sen	Vanity
	1.5.5.7.1	Family Guy	River	Dora	Cyberchas	Judge J.	Oprah	CSI: Miami	Videos	Oprah	(3:59) News	Frasier	SpongeBob	NHL	Friends	Daily Planet	Emperor	Friends	CSI: Crime	Tube Ta
4	:30	Family Guy	Phoenix: THS	(4:35) Little	Fetch! With	Judge J.	Winfrey 🔃	Œ	Inside	Winfrey (#	Global	Red Green	El Tigre	Hockey: New York	Frasier	œ	Proud	Hollywood	Sen	Tube Ta
	PM	Friends	News (N)	Bear [t]	BBC World	News (N)	News (N)	Intervention	News (N)	News (N)	(4:59) News	Simpsons	Naked	Rangers at	News (N)	MythBuster	Suite Life	American	CSI: Crime	ET Can
5	:30	Friends	(CC)	(5:35)	Business	NBC News	CBS News	"Coley"	ABC News	Global	(N) 🖭	Arrested	Drake	Pittsburgh Penguins.	œ	s 🔃	Montana	Gladiators (N)	Scn	What
-	PM	Movie:	Ad Pers	Saddle	News-	News (N)	News (N)	Intervention	News (N)	News (N)	ET Canada	News (N)	Jordan	œ	News (N)	Guinea Pig	Zcey 101	Movie: "Taxi"	Movie: "Spaceballs"	Family
6	:30	"Bless the Child"	News	renegade	Lehrer	Raymond	Hollywood	"Jason"	News (N)	Œ	Entertain	1 20	iCarly 🔃	Tennis:	(EE)	Machines	Sadie	(2004)	(1987,	Seinfeld
-	PM	(2000) Kim	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Prison	Coronatn	Malcolm	- Australian Open	eTalk 😰	Dirty Jobs	So Raven	Queen	Comedy) Mel Brooks.	Seinfeld
7	:30	Basinger.	Jeopardy!	History	Wait God	Fortune	Scrubs	Paranormal	The Insider	ET Canada	Break (N)	Coronatn	Prank Ptrl	Early Round	Hollywood	(N)	Smart Guy	Latifah. Premiere.	Met Brooks.	Frasier
	PM	Seinfeld	How I Met	Rage	Antiques	American	How I Met	Parking	Dance War:		Movie: "50	Comedy	Fries That?	Day 2. From	and the second sec	Daily Planet	Suite Life	News (N)	UFC 80	Family
8	:30	Frasier	Rules	Against	Roadshow (N)	Gladiators (N)	Big Bang	Parking	Bruno vs. Carrie Ann	Break (N)	First Dates" (2004) Adam	Comedy	Adrenaline	Melbourne,	Bruno vs. Carrie Ann	œ	Life Derek	(8:35) News	Countdown (N)	Married
0	PM	Movie:	Deal or No	Perspectives "Our Brand	American Experience	Deal or No Deal (N)	Two Men	Intervention "Coley"		Movie: "50 First Dates"	Sandler.	The Border (N) (E)	Futurama	Australia. (Live) [6]		Guinea Pig	Montana	(9:06) Jimmy	CSI: Crime Scu	1.
9	:30	"Bless the Child"	Deal (N)	is Crisis"	(N) E		Rules		Underbelly	(2004) Adam			Shadow		Corner Gas	1	Phil	Kimmel		Seinfeld
10	PM	(2000) Kim	Final 24 (E)		(DVS)	Medium (N)	CSI: Miami (N) [ff]	Intervention "Jason"	October Road (N)	Sandler.	News Hour Final (N)	National	Falcon Beach [6]	Series of Poker	CSI: Miami	Dirty Jobs	School	(10:06) Movie:	Star Trek: Voyager [6]	Marrie
10	:30	Basinger.		Gregg	Army	Œ	(14) (12)	Jason	Koad (N)		a mai (iv)	harring h	Jonen III				Cory	"Taxi"		r resu r
4.4		Frasier	News (N)	Profiles of	Charlie	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour [6]	Mystery	SportsCent		MythBuster s (E)	and a state of the	(2004) Queen	Deep Space	a frank in
11	.20	Heat	Guy Stuff	Nature [#]	Rose (N)	Tonight	Late Show	Paranormal	(11:35)	((()	ET Canada	nour un	Ghost	e (Live) au	News (N)		Life Derek	Latifah.		The Na

monday movies

MORNING

10:00 am CITY 29 ★★"Bewitched" (2005, Romance-Comedy) Nicole Kidman. An actual witch and a neurotic movie star land the lead roles in a television remake of the 1960s sitcom. (€)

EVENING

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6:00 pm WTBS ③ ★¼"Bless the Child" (2000, Suspense) Kim Basinger. A nurse learns her 6-year-old niece possesses special powers that evil people wish to harness. (E) CITY ② ★¼"Taxl" (2004, Comedy) Queen Latifah. Premiere. A bumbling policeman enlists the aid of a skillful cabdriver to chase Brazilian bank robbers through New York. (E)

bers through New York. E SPIKE 44 ** "Spaceballs" (1987, Comedy) Mel Brooks. President Skroob pits evil Dark Helmet against Lone Starr and the half-man, half-dog

Barf. 8:00 pm CITV 12 ★★ "50 First Dates" (2004, Romance-Comedy) Adam Sandler. A veterinarian tries to make a woman who has short-term memory loss fall in love with him. 9:00 pm WTBS 3 ★ %"Bless the Child" (2000, Suspense) Kim Basinger. A nurse learns her 6-year-old niece possesses special powers that

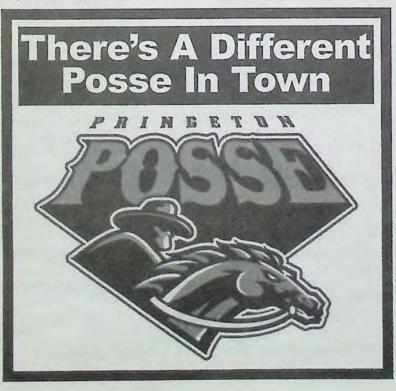
Child" (2000, Suspense) Kim Basinger. A nurse learns her 6-year-old niece possesses special powers that evil people wish to harness. (E) BCTV [1] ★★"50 First Dates" (2004, Romance-Comedy) Adam Sandler. A veterinarian tries to make a woman who has short-term memory loss fall in love with him. (E)

Norman who has short-term memory loss fall in love with him. (£)
 10:06 pm CITY (29) ★%"Taxi" (2004, Comedy) Queen Latifah. A bumbling policeman enlists the aid of a skillful cabdriver to chase Brazilian bank robbers through New York. (£)

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my turn

30 pounds, give or take

There's a very good reason why I don't make New Year's Resolutions. Well, okay, there are a number of good reasons, the first one being that if I ever really wanted to do such a thing it would more than likely be a very long list.

Make that a V-E-R-Y long list.

The second reason is the simpler of the two – had I ever been able to complete the list of resolutions, that is to say, manage to get them written down on paper – I would stand a better chance of losing the list than fulfilling even the easiest of the listed resolutions.

Television commercials in January confirm for me why I don't make resolutions.

The weight I'm not going to lose will continue to be with me as we slowly transition from Year Y2K8 to Year Y2K9 and although I don't smoke the pressure put on us to use the New Year as a reason to 'fix' something in our lives is almost enough to get me started.

For a change I'd like to see K-Tel or Ronco or maybe that guy who yells at you about the magic sponge address something other than weight loss and stop smoking gadgets and deal with something more in tune with our real problems.

"Waste too much time on the Internet? Try our new Internet Time Out! It's a device that controls the time you spend online. That's right. Just set the timer for your desired time limit and once it's reached, your computer not only shuts off, it stays off until the next day or whenever you program it to come back on. That's the Internet Time Out! Just \$19.99 + GST! Not available in stores, so be sure to order yours today and if you call our toll free number in the next 19 minutes...blah-blah-blah..."

Or maybe we need a gadget to warn us when the batteries are low on the remote control so we don't miss our daily six-hour fix of television. Or a snow shovel with a battery-operated heater built into the blade end of the tool that helps when you have extra ice in the snow you're trying to move. So back to those resolutions.

The word 'resolution' is defined as a 'firm decision to do or not to do something', which makes me think I may have actually been making them all the years I thought I wasn't. In fact, my 'firm decision' to not make any New Year's Resolutions is in reality the act of making a New Year's Resolution.

Argh!

I think I'm screwed here and I have decided to cave in and reexamine my priority related to those thirty pounds I've been carrying around for far too long.

A plan to lose them would be an easy resolution to make while failure to do so would make it an easy resolution to break. One cancels the other out and I'm back to learning about the extra absorbency of the magic sponge.

I can live with that.





Group says 'thank you

To The Editor;

Once again the Christmas spirit is evident in Princeton, with donations as generous as ever. For Crisis Assistance this is a particularly busy time of year, delivering in excess of 100 Christmas Hampers and food vouchers.

We have been doing this since 1988, and are proud of our record. Hamper recipients are carefully screened to ensure need, and we liaison with Keremeos and Penticton food hampers to ensure nobody takes advantage of the generosity of this community. We encourage anyone who knows of a family in need to fill in an application form.

However, each year someone or organization will decide to make up and distribute food hampers for the community. We at Crisis Assistance really appreciate the thought and effort these people put into making up these hampers, no one knows better just how much work goes into this, but without checking with Crisis Assistance (as we do with Keremeos) double hamper delivery is not only likely, but probable.

We always require between 20 and 30 volunteers from December 18 to 23 each year to make up and deliver the hampers, and each year this community comes through with flying colours, so give yourself a pat on the back for a job well done.

From personal experience, however, it is discouraging to deliver a hamper to some one in apparent need and be told to "just put it there with the other hampers." This is one more reason for the existence of Crisis Assistance.

In 1988 our founder, Ted Worthington, invited service organizations, local churches and any interested individuals to participate in Crisis Assistance, an invitation that has been repeated numerous times over the years.

Our current board members consist of all local churches and members of local business and service clubs. These are dedicated people unwavering with their effort to make Crisis Assistance successful. Hampers are only one aspect of the Crisis Assistance mandate. We also help accident victims, stranded travelers and burn out/flood victims with short-term accommodation and food. Any organization that feels the need to participate with Crisis Assistance activities would be more than welcome to join our organization. We meet every third Thursday of each month at Noon at the Elks Hall.

Thank you, Princeton for your support!

- Corry Oerlemans, Treasurer, Princeton Crisis Assistance

Letter To The Editor Directors send notice

Letter to The Editor;

This letter is directed to all residents of the Electoral Areas in the Regional District of Okanagan Similkameen.

Since November 2007, the Three Regional Districts in the Okanagan and Similkameen have been taking part in a Governance Review. At this time we have grave concerns that this review may ultimately end up with one Regional District serving the entire area. If this is the case it would significantly diminish rural representation. Decisions would be made at a centralized level without consideration for local goals, needs or desires.

We have grave concerns that our voices are not being heard during this process. If this is to continue, the fate of the Electoral Areas will not be in our hands, but in those of others.

There will always be a need to

review governance and how services are delivered and we are always open to this type of discussion. However at this time we feel that our Regional District is functioning well. We are pro-active and provide good solid governance to our constituents.

In the New Year a website will be activated that will provide information on the process of the Governance Review. The Regional District of Okanagan Similkameen will provide a link to this site on its webpage, www.rdos.bc.ca.

We will do our utmost to represent you as equal shareholders in this Governance Review and we will strive to have our voices heard.

Sincerely;

Gerri Logan, George Hansen, Tom Chapman, Ron Perrie, Bill Schwarz, Allan Patton, Joe Nitsch, Mark Pendergraft

1.0

Why do we obsess about hair?



Dawn Johnson editor@thenewsleader.ca

Not long before Christmas, national news told of a father who confessed to killing his daughter because she would not wear the traditional Muslim scarf over her hair. The general reaction to this news was in the form of "the guy must be nuts".

I thought about the scarf over the hair, as Muslim women are supposed to wear it, and remembered a time when every good Christian woman was supposed to wear a scarf over her hair when in church. The men, on the other hand, were to remove their hats and expose their hair. This was not so very long ago, certainly not back in ancient history. What is it about hair that makes it so damned important? There are, and have been, so many irrational customs focused on hair, and not just women's hair.

In the 1970's, young men obsessed about growing long hair. In fact, there was even a Broadway musical called "Hair". The musical was considered avant garde and controversial, but it had a great song about hair.

Older men obsess about preventing hair from falling out. Men do funny things with hair on their faces. Beards range from long and scraggly to goatees and mustaches, and other peculiar beard cutting designs that must take a lot of effort every day.

Men take a lot of pride in hair on their chests, but body-builders who go professional start waxing body hair immediately. All that hair does not look so great in a Mr. Universe contest.

While men see nothing wrong with the hair on their chests, in their armpits and on their legs, they do not want to see hair on a woman's armpits, chest or legs, and certainly not on the face.

Women spend a lot of time and money on shavers, tweezers, and wax jobs to keep the unwanted hair from decreasing their sex appeal. Women who wear bikinis even tolerate waxing in places men would never tolerate any pain.

The old tribes of North and South America are noted for their lack of body hair. In their culture, men took time to pluck out any facial hair that dared appear. Today's young tribal men take pride in their long hair and spend time braiding it. In some cultures, the men let their hair grow long and bind it in a turban, while young men in North America will shave their heads (for a variety of reasons) although in the past a shaved head was considered a sign of either head lice or some crime.

Millions of dollars are spent every year on hair care products, from colorants to curling solutions, from straightening products to hair gels and hair mousse. Why are humans so obsessed about hair? What is so special about hair or lack of it? Why would we make up rules about covering hair or not covering it? Why would we humans make up a hair rule so strict a father would be willing to kill a daughter who broke the rule?

As Abe Lincoln said, "The world must come to wisdom slowly." Come on, Abe, does it have to be this slow? Couldn't we find ways to speed it up?

Marketplace Ministry by Jim Caruso We sold our house.

Have you ever put your house up for sale? We just did a few months ago. This is an experience that you can actually survive if you have lots for support and a good medical plan that offers long term professional counseling. The idea was to downsize, that means we wanted a smaller payment each month.

The first thing that we did was to fix everything that was broken, that we had lived with broken and I might add lived quite well even though it was broken. But if you want someone to buy your house, you must make it better than when you lived in it. This goes for the yard as well. Our yard was nice. The lawn area was a combination of differing shades of green. It was dominated by weed green, followed closely by clover green and sprinkled amongst these shades of green was some actual lawn green. Since the for sale sign had gone up, the lawn was acceptable with all the green colours but only if was a uniform height. I needed to mow it on regular intervals.

I had already painted many of the rooms inside of the house. In the guest room I had many fond memories of the adventure that took place as I painted this room, a light sunshine yellow. Sunshine yellow is the same as ordinary yellow except that it has a designer name and so it costs more. I was cutting in the trim while standing on a kitchen chair and I started to realize that this was not very safe. I found a small step ladder that was safety approved and as I was opening it up to place it in the room, I pinched my finger in the movable part of the ladder causing my finger to bleed profusely. The grey carpet in the guest bedroom had just been shampooed and now had a unique designer pattern in a natural red. I stopped the bleeding and went back to painting. The brush didn't fit as well in my hand as it did before due to the large pressure bandage that was wrapped around my injured finger. I poured some more paint into a margarine container; they are so handy to hold when you are standing on a safety approved ladder. Well I climber up to the second step the safety approved ladder tipped and I watched as the handy margarine container left my unbandaged hand an became airborne, gravity took over and the sunshine yellow paint hit the freshly cleaned grey carpet and cover all the uncovered area of room. Of course I had covered every place on the carpet with plastic except where the paint hit. Now I needed a rug shampooer, but alas! It was not at my home. I drove as the paint dried and finally I secured the rug shampooer and cleaned up the mess

The real estate agents liked the house, but of course they had to stage it for sale. Staging means that you now live as visitor who has no household privileges and must leave at any time of the day or night. Also all your furniture is placed in a totally different configuration leading to many small cuts and abrasions when you try to find your way to the bathroom in the middle of the night. Another important thing is that you are not allowed to keep any antique vegetables, milk or other refrigerator collectables that bring a certain comfort to the homeowners. The most important thing is never put anything in the garbage cans until the house is sold. They are for looks only, after all what would someone think if they came into your house and saw garbage in a garbage can under the sink or in the bathrooms.

Well we finally sold our house and the first thing I did was walk through the house and left my shoes on and then I put garbage in all the garbage cans and began to pile my papers and books all over the place again, I felt that I was back home again.

There is at least one more move in my life, to a home that has been prepared in heaven. Jesus spoke these words, "Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. (John 14:1-3). There is plenty of room in this mansion for everyone and it has one unique feature that my house and your down here doesn't have, there are no garbage cans. You see, Jesus took all our garbage and sin and removed it while He was on the cross.

Jim Caruso, Pastor Oceanside Community Church. Parksville, BC

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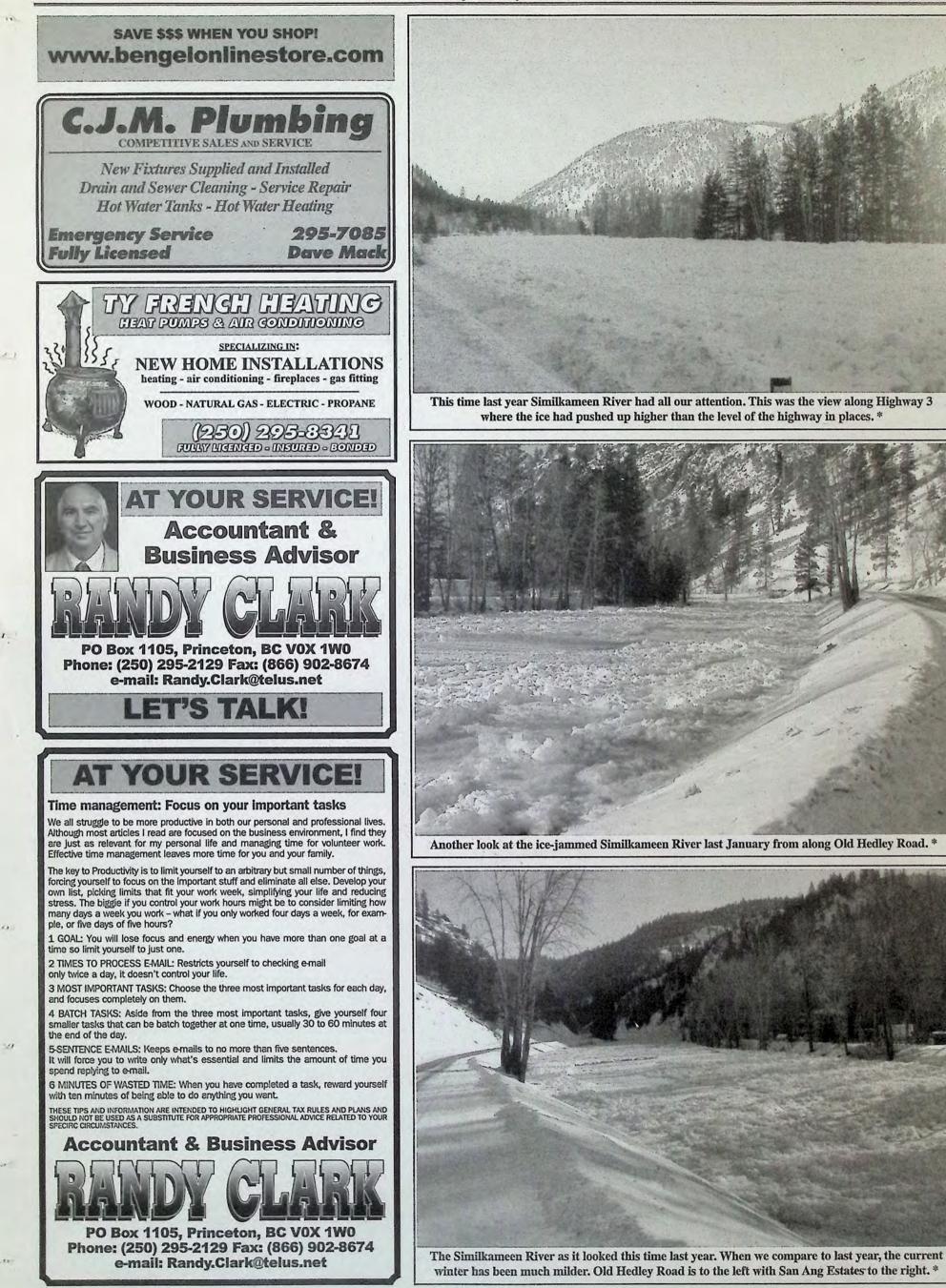
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Similkameen News Leader



Grey Matters

Seniors Branch 30 News - Monty Raine

Over one hundred and twenty members and guests attended the Christmas dinner. Honoured guests were members of the local detachment of the RCMP. Dressed in their finery the officers helped serve and be of assistance when needed. Shirley Hill and her expert crew produced a turkey dinner to remember.

A festive atmosphere pervaded the hall all evening and Ray Jarvis did an excellent job of being master of ceremonies. A seniors instrumental group including vocalist Flossy Parsons started the entertainment after supper and then the Movers and Shakers, with Dot Raine on the piano and directed by Peggy Coyne, sang a number of popular carols interspersed with comic skits including a singing Christmas tree.

Many prizes were drawn and the lucky winner of the quilt, lovingly designed and made by Seniors Branch 30 quilters, was Keith Parsons. Longtime member Elenor

RDOS introduces plan

Windstorms up and down the valley brought widespread damage and power outages last month. It also provides another reason to prepare for emergencies and disasters. Are you prepared for an emer-

gency? Do you know the hazards in your community or neighbourhood?

Have you prepared an emergency kit for your home, your car or your business?

A kit may include:

- a wind-up radio

- 3 days supply of water
- a First Aid Kit
- a family meeting place
- sleeping bags or blankets

The RDOS is introducing a program called '26 Weeks To Emergency Preparedness For Your New Year's Resolution.'

A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous.

Check the RDOS 'Hot Topics' webpage at www.rdos.bc.ca weekly to aid you in putting your emergency kit together. This guide will assist you in organizing your emergency kit and other important activities over a period of time to make things easier.

Let the RDOS know how you're doing. If you would like to share photos of your emergency kit in progress (or already completed) send them in and the RDOS will send you something extra for your kit. - submitted Sinclair and President Anita Drees, spoke about Isabella Johnson's dedication to Branch 30 over the past twenty five years, and the fact that she is still donating her time as secretary and other necessary jobs that help the organization function as well as it does.

As usual, success for this occasion

came only after much organizing and hard work. In this case the number of workers behind the scene are too numerous to mention. I know that all Branch 30 members will be in unison when I say we wish everyone in our cozy little town and surrounding area all the best for the New Year.

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The new cost of breaking traffic laws will make these really handy.



Bad driving habits will soon cost you more.

Starting January 1, ICBC introduces the Driver Risk Premium. It makes drivers with bad habits pay more. For very bad habits—a lot more. The decisions you make, including whether or not to speed, drive recklessly, or drink and drive, are all within your control. Whether you pay more to drive is now up to you as well. For more information visit ICBC.com.



icbc.com

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