Vews Leader

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Nadine McEwen, left, presents a CYC Asset Building Champion Award to Sharon Dennis of Princeton Library. The library has provided free literacy programs over the years to the community for children and families. Popular programs include the Summer Reading Program and Preschool Story Time. *

CYC hosts 11th nual AGM

The Princeton & District Child & Youth Committee marked eleven years of service at their January 17th Annual General Meeting.

The CYC started the meeting by presenting Asset Building Champion Awards to seven groups and individuals who have supported youth and youth programs in the past year.

Recipients included John Allison Elementary School, PSS PE Department, Princeton Library, Debbie Grigg, Shirley & Wah Fee Low, Rae Campana and Lorna Gregson, Kathy Froese, Sue Hamilton, Beatrice Bibby and Bonnie Jesten.

Elections were held which saw Ken Heuser returned as Committee Chair and John MacKay continues as Vice Chair.

Nadine McEwen will assume the role of Secretary-Treasurer with Jessica Kaiser, Dina Slowikowski-Campbell, Shae Evans, Barry Clark and Rosemary Clark as Directors.

The 2007 Budget for Princeton & District CYC, dated December 31st, 2007, shows revenues totaling \$25,350.84 and expenses for the year at \$15,244.50 leaving \$10,106.34 to start 2008.

School District 'ima

The January 16th Princeton meeting of School Trustees for District. 58 (Nicola-Similkameen) included a comprehensive presentation on a program that would see laptop computers injected into the school system for both teachers and stu-

The presentation, made by Merritt teacher Steve McNiven and Computer Tech Bert Bergmann, outlined benefits, observations and provided recommendations based on the committee's research.

"We come to you as a committee as we believe a laptop program will be good for students," McNiven

Research showed the benefits of a school laptop program were many including: measurable improvements in writing output; in motivation; in student organization; in the writing process (form and style); in willingness to edit; for boys and First Nations students (the District First Nations population is estimat-



ed at 38%).

Observations and interviews revealed: increases in task behavior; increased student/teacher communication; increased school-related student communication and increased confidence and pride in work produced.

There were cautionary notes the committee stated would hamper the program which included problems if teaching staff was not supportive of the implementation; teaching staff not provided support/training before implementation; ongoing staff development opportunities not provided during implementation and daily on-site support not available during implementation.

The committee recommended the School District implement a laptop initiative for teachers and students for the purpose of improving student achievement with the laptop program aligned with specific, measurable and relevant goals for improving student achievement. The program would also include long term planning and funding to allow for the time needed to implant laptops across multiple duce and distribute them to 'subgrade levels and include a compre-scribers' at a local community hensive professional development location once a month.

component at both the classroom level for teachers and school level for students. The initiative would also have to be evaluated according to a set of targets that reflect student achievement goals, the change in teaching and learning and the costs and benefits of the technology.

As for costs, the laptop program, identified by the term 'imagine,' a three-year proposal shows a total

cost in the start-up year between \$415,000 and \$429,000 with costs increasing slightly each following year as more laptops, upgrades and related material get added into the program.

School trustees were visibly impressed with the committee's work and passed a motion to accept the recommendations in principle. The committee will appear before

School Trustees again on February 27th with a firm timeline devel-

It was not decided at the time what grade would be targeted in the first wave of the program, nor what brand or platform (PC or Mac) would be chosen, or the actual start date of the program as all those details still need to be worked out at the committee level.

scusses food for all

A meeting January 17th at Princeton Skills Centre saw a total of 26 people attend to discuss plans for implementing, among other things, healthy food programs for residents of the Princeton area.

The successful Healthy Harvest Box program will return, but will primarily focus on a locally operated program.

The Healthy Harvest Box is a program where a group of people order bulk volumes of produce at wholesale or farmer direct prices, and then pack variety bins of pro-

Other initiatives discussed at the meeting included the possible development of a community garden and the hosting of community dinners featuring food produced

The group identified as Food Security SOS also discussed the topic of Food Security with a presentation.

Food Security is when all people, at all times, have access to nutritious food, which is produced in a manner that is environmentally sound and socially just.

Food Security SOS is a grassroots coalition of individuals and service providers who are working

together to support food security for future generation of people in the South Okanagan/Similkameen. They are currently developing a Community Food Plan and Princeton area residents have consistently shown an interest in developing locally based solutions, such as a community garden, to address food supply and access.

Plans are currently in place for the Healthy Harvest Box program, a community garden and community dinners.

Details will be published in the News Leader when they are avail-

REGULAR FEATURES

Similkameen

ews Leader

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website: www.thenewsleader.ca - visited by 549* people daily in December 2007 *average figure according to AWStats

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Power Points for Success

Clients get priority

Filter e-mail from clients so it goes into a folder that you read immediately. Source: eSoup blog

The definition of success

How do you define success in your business? List the things that will mark when your business or team is successful – be it sales figures, customer satisfaction, or reduced work hours – and then ask the same question about your success of others, such as staff and family. Source: Donald Cooper's E-Newsletter

Rapid fire presentations

Pecha Kucha is a new approach to PowerPoint presentations – originally started to squeeze in many talks during one evening – in which you must use 20 slides, each shown for 20 seconds, as you tell your story in six minutes and forty seconds. Presentations expert Garr Reynolds says it's a good exercise for getting your story down even if you do not use the method exactly for the eventual talk. Source: Presentation Zen blog

Take an innovation quiz

Ideally, what should your company's approach to innovation be, and what is the reality? Corporate Innovation Online (http://www.corporateinnovationonline.com) has a 25-question checkup that probes the most important issues, and then compares your results with others who have taken the quiz, giving an indication of where you fall short.

THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

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Princeton Museum executive includes, from left, Director Jim Pincock, President Evelyn McCallum, Director Kathy Clement, Secretary-Treasurer Lori Thomas and Operations Manager Nick Mills. Photo: Dawn Johnson

useum starts anniversary year

2008 marks the fiftieth anniversary of the founding of Princeton's museum, and this will be celebrated along with the 150th anniversary of the founding of British Columbia. Special displays are planned.

The annual general meeting of the Museum Society saw the return of the previous Board of Directors. Evelyn McCallum is President, with Brenda Gould as Vice-President and Lori Thomas as Secretary-Treasurer. Directors are Kathy Clement and Jim Pincock. Nick Mills continues as Operations Manager.

The annual report showed a slight decrease in the number of visitors, largely due to a late start in opening the museum last year. All in all, 2007 was a difficult year for the museum, and plans for expansion were put on hold until work is done on the building. The need for structural upgrading came to a head last fall when the basement began to show groundwater leakage.

The basement of the museum is where the archives had been stored. The extensive collection of documents, newspapers and photographs can be damaged by humidity. These were moved to the Skills Centre pending repairs to the basement wall facing the Pentecostal Tabernacle.

The Museum Society employed young people as visitor guides, using grant money from Weyerhaeuser and Young Canada Works, supplemented by the society's own funds. The society will apply for more youth employment grants this year. The other major expenditure was shelving obtained at a bargain price from the University of B.C.

Visitors to the museum are not charged an admission fee, but are encouraged to leave a donation. Donations were down slightly last year, totalling only \$3,580, but other donations were received, adding \$1,060. Persons wishing access to the archives must pay a small fee.

Plans for the museum expansion are still in the works, and the work is expected to be complete in 2010. Plans can go ahead when the building is repaired and the library has moved to its new location in the former Goldion Restaurant.

The Museum Society welcomed Councillor Maria Sadegur for another year as Town Council representative.

February 18-24 is designated as Heritage Week in B.C., but the Princeton Museum will be closed at that time, as Heritage Week in Princeton will be celebrated in August. At that time, Princeton Traditional Music Society will host a weekend music festival.

Jon Bartlett addressed the problem of the deteriorating audio tapes in the museum archives. These tapes contain interviews conducted with elders of the Princeton area, preserving their recollections. These are priceless bits of local history, but they are reaching the point where they may not be able to be reclaimed. The museum is acquiring machines that will transcribe the tapes onto CDs. Bartlett said he has hundreds of hours of taped music in his own collection and is looking for a grant to have these tapes transposed to CDs. The mechanical function is not costly, but a person must be employed to monitor each tape. This will be an ongoing project.

New members of the Museum Society are always welcomed. Meetings are held in the Chamber of Commerce Boardroom at 2:30 PM the second Tuesday of the month.

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal



John Allison Elementary School received a CYC Asset Building Champion Award January 17th.

From left, Dina Slowikowski-Campbell who presented the award on behalf of the CYC, Rae
Campana, John Allison School Principal Bonnie Jesten, Kathy Froese and Lorna Gregson. The CYC
says they "are not only dedicated to the education of their primary students but to Early Childhood

Education for our youngest community members. The success of the Early Literacy and Gym program held monthly has become a standard set to the rest of the province." JAE Staff were also recognized for many volunteer hours put towards Early Childhood Education in the community. *

District figures show growth

On examination of the summary of operating grant comparisons for School District 58 (Nicola-Similkameen) from the 2007/08 final budget, there is some good news.

School Trustees reviewed the budget at their January 16th meeting in Princeton.

The student-based grant allocation for 2006/07 totaled \$2,497.13.

The estimated grant for 2007/08 was projected to be down slightly to \$2,423.50 when in actual fact it went up to \$2,514.06.

What does that mean? According to district Secretary-Treasurer Bruce Tisdale it's a very significant figure, which shows there has been an increase in student population in the district.

"For the first time in a while we

are a growing district," Tisdale announced.

"We are one of about ten districts in the province that can say that."

This brings the total operating grant to \$24,234,384, which puts District 58 in 34th place out of the 60 districts in the province.

Enrolment-based funding for the Nicola-Similkameen district totals \$14,698,444.

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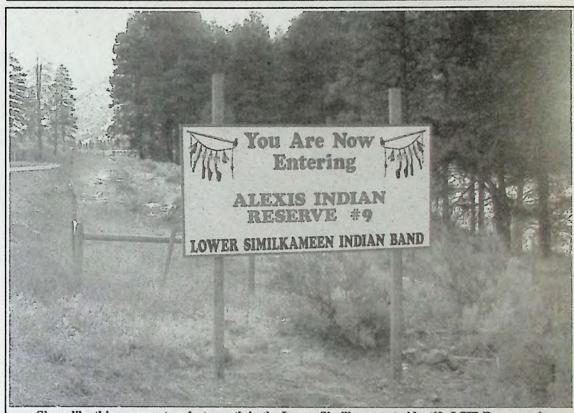


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keremeos and area news



Signs, like this one, went up last month in the Lower Similkameen to identify LSIB Reserves. *

Village issues meeting highlights

The following are media highlights provided by Village of Keremeos from the January 7th regular meeting of Village Council.

Similkameen Trails Society addressed Council and asked for support to proceed with the preparation of a grant application for funding for upgrades to the trail network in the Village and the extended portions into Electoral Areas B and G, "Red Bridge Centennial 2008 Project".

The Village and Areas B and G would be required to commit some funding as the grant money is "50-cent dollars" funding. A sub-committee will be formed to discuss the application and to decide on costs so that the Village

and RDOS areas can be given estimates of their portions of funding before full support is given to the project.

The Similkameen Valley Planning Society budget was discussed and it was noted that there was a request for an increase of up to 15%.

Councillors all agreed that it would be acceptable to provide some increase but were more comfortable with a 3 to 4% increase. It was agreed that a separate budget meeting be held on January 23rd to discuss the SVPS roles and budget, the Similkameen Country budget requests (as they do tourism marketing and tourist information services) and possible downtown

beautification initiatives.

Mayor Walter Despot raised issue regarding recent development of a 5-plex building adjacent to the Village's boundaries, and the fact that a septic system had been installed approximately 300 feet from one of the main water wells for the Keremeos Irrigation District.

Concerns were raised about potential contamination of the water source in the future and that it may be time to start discussing more ways to ensure the future safety of the water supply for all area residents.

Concerns were raised about the fact that there are no regulations for building or zoning in Electoral Area G or B and with more development occurring in the Village boundaries, these interface issues will continue to be of issue.

In regard to the Regional Governance Review - Mayor Despot noted that a meeting was scheduled for January 11th with representatives of the three Regional Districts (RDs) to discuss potential changes - he noted that he would stress the importance of the autonomous nature of the areas in the Similkameen Valley, and that it would be unlikely that the needs of the valley would be met by one RD centered in Kelowna.

- submitted by Village of Keremeos

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Beatrice Bibby presents a CYC Asset Building Champion Award to Debbie Grigg, right. Grigg was recognized as being "a constant and dedicated parent volunteer who gives her energy to all three schools as PAC President, Lunch Coordinator and organizer of many programs." She also volunteers her time to Little Folks Nursery School and the Community For Kids Committee. *

Interior Health mails update

Titled "Health Services in Princeton and Surrounding Areas - A Community Update," Interior Health sent a single page information sheet to all Princeton area mailboxes January 15th.

It states, "As you may be aware, the community of Princeton is facing the loss of three physicians by the end of April 2008. Interior Health is partnering with physicians and the community to recruit replacements, but it will take some time. We ask that you read this update and consider how you can support physicians and our existing services, through the appropriate use of health services in the area." Health Services are being maintained.

There are no immediate plans to change services currently provided through Interior Health at the Princeton General Hospital and Health Centre. Princeton physicians are committed to providing emergency and weekend coverage with the assistance of visiting locum physicians. If there are challenges with emergency service coverage in Princeton, patients will be notified.

What you can do:

Please use the following options to the ER in Princeton, so that together we can reduce the burden on physicians who continue to provide service to the community under challenging circumstances:

- For non-urgent matters, we suggest booking an appointment with your GP's office: and recognize there may be increased wait times for appointments given the current doctor situation. For patients without a family physician, walkin clinics are available in Penticton for non-urgent issues.

- Ensure your medications are upto-date. Plan ahead, using your local pharmacy.

- For health care concerns or questions, refer to the BC Health Guide or contact the BC Nurse Line at 1-866-215-4700. The toll-free line offers 24-hour, confidential health information and advice from a registered nurse.

- In the event of an emergency, call 911 or go to the ER at Princeton General Hospital.

Your patience and appropriate use of the Princeton ER is appreciated. Family Physician Recruitment to Rural BC

Physician recruitment and retention in rural areas is a recognized challenge across B.C. and there are incentives in place at the provincial and health authority level to attract physicians to practice in our rural communities.

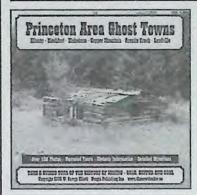
Combine these with the welcoming nature of the Princeton community and its many attributes, Interior Health is hopeful that our joint recruitment efforts with physicians and the community

recruitment committees will be successful in not only bringing physicians to the area, but also ensuring they're a good fit and will want to call Princeton home for a long time to come.

Questions?

If you have questions you can call: 1-800-663-7867 (Toll free Access BC line) and then ask for Jeanette Turpin, Client Relations Coordinator at the Penticton Health Center at her direct line - (250) 770-3441.

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Classes are on a drop-in basis at the moment. When there are enough people interested in a certain project I will be having structured classes.

Children's classes will also be available. Drop in and see what is available.

Oil Painting only requires two 2-hour sessions to complete. Watercolours and some

of the other crafts can be completed in a morning or afternoon. Class fees are structured to enable you to try something new without investing a lot of money on supplies.

Class fees are \$6.50 per hour and includes the use of all my paints and brushes and firing, where required. The only extra you have to buy is the surface you work on, such as canvas or a ceramic piece or piece of glass, or wood, etc. You may start ANYTIME.

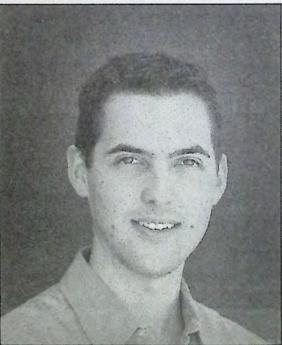
Until Spring, when I have finished moving from Osoyoos, the Shop will only be open three days a week.

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CENTURY 21 Princeton Realty Congratulates Lee Mowry





Heather Johnson Owner/Manager of CENTURY 21 Princeton Realty Ltd. would like to congratulate Lee Mowry on the completion of Create 21 Canada - a part of the ongoing CENTURY 21 educational program.

"Lee has done an exceptional job since joining our company in July. He has made a positive impact to an already strong team. We are looking forward to a successful year ahead," said Johnson.

Lee Mowry 295-1990

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news leader health and lifestyle page

Start the new year on a cleaner note

(NC)—Did your cleaning routine make it through the holidays?

Even if January 'blahs' have set in, a clean house makes you feel good. Cleaning may not be your favourite pastime, but it can be enjoyable if you're prepared for it.

"Cleaning is easier with the right products for the job," says Vivian Mah, marketing manager for Arm & Hammer. "A million different products are unnecessary; just some good ones will get your home back in shape. And that might even inspire you to keep other resolutions."

The multi-tasker:

Baking soda offers effective cleaning, deodorizing power and 101 uses—alone or as a key ingredient in other products. An economical choice while credit card bills are rolling in from holiday purchases, it's also powerful, non-toxic and safe for use around children and pets. You probably have a box in the pantry—

what could be easier?

In the kitchen:

Your feasting left enough leftovers to get you through to Valentine's Day, but do they taste like they should?

"Odours happen in your fridge and freezer, but baking soda is powerful enough to eliminate them so you can enjoy your holiday leftovers," says Mah.

Arm & Hammer's Fridge Fresh Air Filter exposes twice the baking soda of a regular box and its suction cup grips any surface in your fridge or freezer. The replacement indicator reminds you to change it after three months, too.

In the laundry room:

"There's something comforting about fresh laundry," says Arm & Hammer's Mah. "Even when it's cold and blustery out, crisp, clean sheets are a treat to slip into at night." For cleaner, fresher, whiter laundry,

boosted with baking soda to deliver naturally powerful cleaning and fresher clothes. It's also safe for septic systems. Wherever the pets are: Fido loved the attention during those

add baking soda to every wash. Or,

try Arm & Hammer Essentials, an

affordable laundry detergent using

biodegradable plant based soaps

get-togethers, so don't forget him now. Help dogs stay fresh by giving them periodic dry baths. Sprinkle baking soda into dry fur and rub before brushing through.

Look for products with baking soda to eliminate odours and refresh fabrics and rugs. With litter box odours, clumping cat litter teamed with baking soda destroys odours on contact and enables you to locate and remove the source of the smell easily.

More baking soda tips are available online at www.armhammer.ca.
- News Canada

10 easy remedies for winter's beauty blues

(NC)—What's the best way to combat the effects of chilly weather? Check out these simple fixes for winter's 10 most dreaded beauty bummers from experts on this subject, Sunsilk (www.gethairapy.ca) and Vaseline (www.vaseline.ca).

1. Dark Circles

Whether it's the sign of a late night out or a look you've (unfortunately) grown accustomed to, dark circles under the eyes are a universal dilemma. The tannin in tea has been shown to reduce swelling and discoloration. Wet and refrigerate two tea bags before you go to bed at night. In the morning, lie down, close your eyes, and apply the cool tea bags for 10-15 minutes.

2. Puffiness

Rinse your face with cool water, which causes blood vessels to constrict and reduces swelling. Cold cucumbers, which are over 90% water, also do the trick. Try Dove Cool Moisture Foaming Facial Cleanser twice daily. It has an uplifting scent of cucumber and green tea and leaves your skin feeling clean, fresh and very hydrated.

3. Red Nose

The combination of blustery weather and the common cold can make anyone look like Rudolph. Gently massage Vaseline Petroleum Jelly on a sore nose throughout the day to soothe and facilitate healing.

4. Chapped Lips

Unlike skin on other parts of the body, lips do not produce natural oils to protect them against low humidity and cold winds. Use Vaseline Petroleum Jelly or beeswax to soften and heal cracks.

5. Itchy Skin

Switching to a heavier body cream, such as Vaseline Intensive Rescue Extra Strength Lotion, is a simple way to replenish moisture. Wearing non-irritating fabrics like cotton or moisture-wicking synthetics like polypropylene will also help. Lastly, run a humidifier in your bedroom at night to combat the drying effects of indoor heat.

6. Dry Scalp

Reduce the number of times you wash your hair each week, as strong detergents and hot water will dry out your scalp. Use lukewarm water and switch to a mild shampoo recommended for everyday use.

7. Dandruff

Not to be confused with dry scalp, dandruff is actually caused by the fungus Malassezia. Dandruff typically becomes worse in winter, so use anti-dandruff products regularly during cold months to help keep itching, flaking and dryness at bay.

8. Split Ends

Wrap a thick cotton towel around your hair for a few minutes after you

get out of the shower to cut down on blow-dryer time. Use curling wands, hot curlers and straightening irons sparingly, and be sure to switch over to new Sunsilk Winter Collection Conditioner every time you wash.

9. Hat Head

Before putting on your hat, apply new Sunsilk Anti-Static Mist to your hair. After taking off your hat, turn your head upside down and massage your scalp to reactivate the mist in your hair.

10. Rough Feet

Feet bundled in warm socks and heavyweight boots tend to perspire and then dry out. Use powder during the day to keep feet dry, and apply Vaseline Intensive Rescue Hydrating Foot Cream and wear cotton socks to bed at night to keep feet soft.

- News Canada

living past 100

Don't give up on long life

More and more medical researchers are studying why so many people are living past 100 years. Some are sure there must be a genetic link, but no clear evidence has emerged to confirm that theory. On the contrary, more evidence has emerged to indicate there are lifestyle factors contributing to living past 100. Near the Black Sea in Russia is a group of people who generally live past 100. Researchers could find no genetic chain to account for their long life, nor could they find any particular cultural influences leading to longer life. In fact, people of this region are both genetically and culturally diverse.

In addition to living past 100, these people share a common trait of having very strong immune systems. They do not suffer from the same high rate of cancer prevalent in industrialized nations, nor do they succumb to a lot of the viral and bacterial diseases common world-wide.

What these people do share is a love of physical work, which they claim keeps them healthy. Most prefer outdoor work on local farms after they retire. After age 80, they cut back to three to five hours of labour in the fields or chopping wood.

The other thing these people have in common is a healthy diet of fresh vegetables and fruits, meat and yoghurt. (They do love yoghurt!).

Beyond work and diet, nobody has really studied the mindset of these exceptional Russians. However, researchers noted a very positive attitude toward life seems to be the norm among the people of this region, despite political upheavals, wars and the typical problems most people have.

Could it be that all of these factors work together to produce long healthy life: physical work, good food, and a positive attitude?



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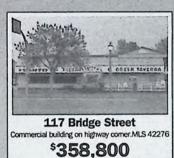














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MLS 42913 \$129,500 **Fenchurch Avenue,** Don't overlook the potential in this lot. \$129,900 **189 Angela Avenue,** Contingent, 2 separate titled duplex zoned lots. MLS 42666 \$139,900 Lot 3 Hidden Valley, Acreage just minutes from town. MLS 43006 MLS 42668 \$149,900 199 Angela Avenue, Contingent, stone's throw from the river! 308 Highway 3 E, 3.23 acres with highway exposure. \$149,900 MLS 41845 Lot 3 Highway 3, Contingent. 2.71 acres on highway. \$179,900 MLS 42537 \$230,000 Coalmont Road, 10 acres of panoramic views. MLS 42604 \$230,300 MLS 40077 **Lot B Coalmont Road,** 4.25 acres, a perfect spot for a hobby farm. Lot 1 Summers Creek Road, 20 acres with mountain view. \$235,000 MLS 41540 \$245,300 MLS 40078 Lot A Coalmont Road, Superior acreage near Princeton. Lot 1 Coalmont Road, Contingent, lakeview single acre in Tulameen. \$249,900 MLS 42990 2844 Old Hedley Road, Over 12 acres on Old Hedley Road. \$279,900 MLS 40263 Lot 2 Summers Creek Road, 20 acres with fishing nearby. \$285,000 MLS 41541 \$285,000 Lot 5 28 km Summers Creek Road, Mountain view, private setting. MLS 41544 \$339,900 Lot A Lawless Creek, Minutes from Otter Lake. MLS 41429 Lot 6 28 km Summers Creek Road, Large lot near Missezula Lake. \$395,000 MLS 41545 Coalmont Road, 8.60 acres waiting for your dream home. MLS 40081 \$438,300

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Arts Council plans clean-up

Food Security SOS made a presentation January 17th at Princeton Skills Centre outlining their role in

the implementation of a Community Food Plan for the South Okanagan/Similkameen. Photo: Brenda Engel

FOOD SECURITY

IN THE SOUTH OKANAGAN - SIMILKAMEEN

TO ENSURE A HEALTHY SUSTAINABLE FOOD

SUPPLY FOR ALL CITIZENS

If you want to see some improvements to downtown, circle Monday, April 21, and join the party. Princeton Community Arts Council has chosen this project for Arts and Culture Week. The main project of the Arts Council is the repair and painting of the foot trail from First Bench down to Billiter Avenue. Some local business people have decided to do small beautification projects to improve their store fronts.

Council has agreed to form a committee to work with the Arts Council and local business people to make improvements.

The Arts Council met at Riverside Wellness Centre on January 16 to discuss what member groups are doing. There are a lot of activities in the planning stage.

Community Band

Joan Kelly reported that Princeton Community Band played at Vermilion Court in December, and has been invited back monthly. On January 31, the band will go to Penticton to hear a symphony in which three of the local band members will be performing.

Field Naturalists

water availability

dustrial agriculture

Kelly advised that Vermilion Forks Field Naturalists will welcome Tanya Lutz who will be speaking about bats. This event occurs on February 12 at Riverside Wellness Centre. The public is welcome to

Potters Guild

Princeton Potters Guild is hosting a workshop on February 3. There are no vacancies for this workshop.

Vermilion Artists

Vermilion Artists earned \$400 as a result of their raffle of a water-colour. Their next workshop is on pastels, with teacher Irene Gray. The workshop will begin on April 11 in the afternoon and continue on the following day. For further information, contact Mary Bedford.

Bedford said the watercolour given for the raffle has been made into art cards which can be purchased at Image Emporium. Bedford showed the Arts Council one of these unique attractive cards. Vermilion Artists will receive 50 percent of the sale price of a card.

Princeton Museum

Nick Mills reported the museum will be open, if all goes well, on Easter weekend.

He added that August will be proclaimed Heritage Month in Princeton, and the museum and Princeton Traditional Music Society (PTMS) will hold a festival that month. The museum will celebrate its 50th anniversary along with British Columbia's 150th anniversary.

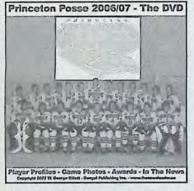
Traditional Music Society

PTMS has applied to Heritage Canada for a grant for the music festival to be held August 15 and 16.

Jon Bartlett told the Arts Council that PTMS has invited every Morris dancer he knows to come for the festival.

Bartlett said the singers group called Princeton Waits had a great time singing at residences and the Overwaitea at Christmas time. The group will meet again in February.

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Shirley and Wah Fee Low were presented CYC Asset Building Champion Awards at the January 17th CYC AGM by Ken Heuser, centre. The Lows were recognized for "giving countless hours of their time in organizing a badminton program where adults and youth learn and play together in a safe, fun atmosphere." They also give their time to young people in developing a variety of film productions. *

eport lists accomp

The Princeton & District Child & Youth Committee Society's 2007 Asset Development Year End Report was reviewed during their January 17th Annual General Meeting at Riverside Centre.

The list is long, extensive and very impressive.

Accomplishments include the Asset Development Coordinator being hired by the Town of Princeton to become the Princeton Community Recreation Coordinator; grants secured from the Regional District (\$5,000) and UBCM (an extension to utilize a \$10,000 grant); a continuation of CYC Community Recreation Programs; the Princeton Youth Drug Education Initiative (offering drug/alcohol educations talks, working with the RCMP DARE Program and Crystal Meth presentations at PSS); the Princeton Community for Kids Committee (successfully opening Princeton Family Place, on-going fundraising for the Preschool Support Program and Little Folks Nursery School); Princeton Leaders for Literacy (received a \$10,000 grant to develop a Princeton Literacy Plan, a

partnership with School District 58 which added additional funding and the eventual hiring of a Princeton Literacy Coordinator to prepare the local Literacy Plan); John Allison Elementary School Healthy Snacks Program (a total of 45 students participating every Monday and Wednesday); Student Councils (many student activities designed to foster fun, community spirit and leadership skills); attendance at various community organization committee meetings and the development of a full-time CYC Asset Development Office.

save representation

The three New Democrat MLAs from the Cariboo-Thompson Region are encouraging rural communities to speak out strongly in favour of protecting rural representation in the B.C. Legislature.

MLAs Harry Lali from Yale-Lillooet, Bob Simpson from Cariboo North, and Charlie Wyse from Cariboo South have written a joint letter to municipal governments, First Nations bands, and community organizations with details about how groups and individuals can make representations to Electoral Boundaries Commission.

"The Commission needs to be convinced to reverse its Preliminary Report recommending that Yale-Lillooet and Cariboo South be col- Commission began hearings in the

lapsed into one seat instead of two separate seats," said Lali.
"Residents in the Cariboo-Thompson need to be loud and clear that they will not stand for the reduction of their representation in the Legislature through the elimination of one of the seats in their region."

The letter notes the Commission will hold a hearing in Quesnel on January 22 from 1:30 PM to 4:30 PM at the Quesnel & District Seniors Centre, 461 Carson Avenue and is accepting written submissions online at http://www.bcebc.ca/submissions.

The three NDP MLAs have been speaking out strongly for protecting rural representation since the fall of 2006, both at hearings and in a detailed written submission pointing out that the loss of a rural seat would undermine effective representation for the Cariboo-Thompson

In August, the Commission released a report that would see three rural seats removed from the North, the Kootenays, and Cariboo-Thompson. Public hearings were scheduled for the fall, but were delayed until January. A final report is due in

"This is our last chance for Yale-Lillooet residents to attend these hearings or to write and convince the Commission to protect the region's representation by re-instating the seat proposed to be eliminated in the Cariboo-Thompson," said Lali.

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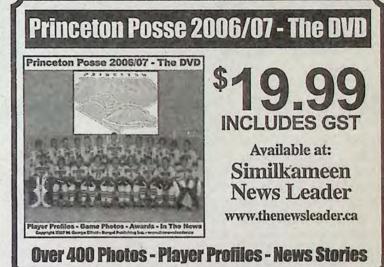
Ask Sue For Your Copy At The Next Game!



Have you picked up your souvenir copy of the "Princeton Posse 2006/07" DVD yet? Last week Valley First Princeton Posse forward Kyle L'Arrivee's parents Don and Charlene picked up copies of the DVD which contains over 400 photos, player profiles, awards photos and every news story that ran in the Similkameen News Leader during that season. The DVD sells for \$19.99, including GST, and is available at the News Leader office. The DVD was produced by News Leader Owner/Publisher George Elliott. *







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weekly entertainment guide

TUESDAY, JANUARY 22, 2008 THROUGH MONDAY, JANUARY 28, 2008



Prospects Players Andrew Walsh, Brendan Stephan, Logan Johnston and Brooks Christensen. Photo submitted

Chase Chiefs double Posse

The Valley First Princeton Posse hosted their first home game of 2008 on January 15th – a rare Tuesday night match against Chase Chiefs.

Chase recorded their first goal of the night 1:26 into the game, but Princeton rallied back to tie the game at 4:31 when Tyler Martin ripped a shot from the stick side corner. The power play goal earned Curtis Gerlig and Taylor Stuart assists.

The tying goal put some life into the Posse who scored again at 7:37. Randall Groot got the power play goal with Riley Ferster adding an assist

Then Chase turned it on and added two goals of their own at 9:47 and with 1:59 left in the period to finish the first frame with a 3 to 2 lead.

The second period started with a couple short delays as officials repaired three different locations in the arena where the ice surface was

apparently gouged. Almost as soon as play started, another delay, at 3:59, lasted quite some time as the officials concentrated on repairing a part of the ice surface located near the Posse goal.

The delays lit a fire inside the Posse as Princeton lit up the score-board adding two quick goals within 30-seconds (5:08 and 5:38). The first goal was a skillfully mastered backhand from in front of the goal by Logan Johnston off a pass from Tyler Martin. The second goal, a short-handed marker, was credited to Wade Masch with assists going to Dan Hillman and Dylan Becker.

Chase tied the game at 4-all at 9:04 and despite many opportunities, neither team added more goals in the period.

The third period was all Chase. The Chiefs scored four goals (5:12, 10:32, 16:56 and 17:50).

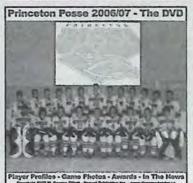
The Posse did score what appeared to be a goal with 4:32 left to play when a rebound slipped out

from beneath the Chase goalie's pads and into the goal crease, which was then tapped, into the net. Officials waved it off.

Final score: Chase 8, Princeton 4. Shots on goal: Princeton 26, Chase 25.

The Princeton Dairy Queen/Finning Tractor Kamloops Players of the game were #1 Tyler Martin, #2 Dan Hillman and #3 Jeremy Wagner.

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Princeton Posse sent coaches and players to the KIJHL All-Star Game January 12th in Creston. From left, Assistant Coach Tyler Gunn, players Dan Hillman, Brett Van Riper and Brad Goss. Assistant Coach Kevin Robillard is on the far right. Photo submitted



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A centre ice face-off during the January 15th Princeton Posse/Chase Chiefs game at Princeton Arena.*

Can you identify the foreman on this job site? *



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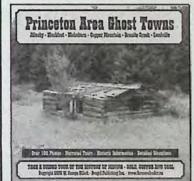
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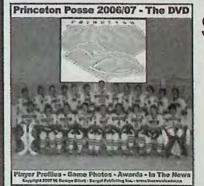
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TUESDAY, JANUARY 22, 2008

		WTBS	CHBC 4	KNOW 5	KSPS (6)	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV (18)	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE	TROP
6	AM :30			Bali (E) George S.	Caillou (El)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News	(5:30) News (N) @	(4:30) News (N) @	Morning	Gadget Viva Pinata	SportsCentr e 🕮	News [ff]	Daily Planet	Henrys King (E)	Rachael Ray (N) [6]	MXC Sports	F/X: The Series [6]
7	AM			Clifford	Barney	Today	The Early	American	Good			(N) Animalia	Grossology	SportsCentr	CATA FEET	I Shouldn't		CityLine [E]	Disorderly	Due South
1	:30	Temptation	Past Lives	Dora	Arthur (EI)	Stephen King; Terri	Show (N)	Justice	Morning America (N)			Curious	Hawks	6 (8)		Be Alive	(7:24)		Con.	(E)
0	AM	Jeffersons	Room	(7:54) Hi-5	Curious	and Bindi		American	œ		100 Huntley Street [6]	Bo On Go	Pokemon	SportsCentr		Dirty Jobs	Weekend	The Tyra	Most	North of 60
8	:30	Jeffersons	Vanity	Magic Bus	Clifford	Irwin; Natasha		Justice			Sueet (th)	Busytown	Flamingo	e 🖽			Lloyd	Banks Show	Amazing Videos	
0	AM	Sanford	Inside Box	Berenstain	Super Why!		The 700	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Super Why!	Adrenalini	Off-Record	Printed Street, Street	Daily Planet	Feet	News (N)	MXC	ET Canada
9	:30	Sanford	Antique	(9:34)	Dragon	(N) (E)	Club 🖺	rues (5)	Kedy	Street (E)	YESIOU	Gofrette	George S.	Motoring	Kelly	(E)	Tigger	City	Sports	What
40	AM	Harvey	PoPQ (Live)	Franklin 🖫			The Price Is Right (N)	CSI: Miami "Whacked"	The View	World Vision	Room	Wilbur [6]	Erky Perky	Bowling	The View	Megabuilde	Mickey	Movie:	Disorderly	Videos
10	:30	Harvey	(E)	(Street (EI)		Right (N)	Whacked	(14) [[5]	VISION	House	Doodlebop	Jane		(N) (E)	rs @	Sprites	"She" (2001) Ophélie	Con.	Grace
44	AM	Cosby	Playing	Rolie Polie	Big World	Ellen	Young and	Crossing	Paid Prog.	Past Lives	(10:59)	Martha	Care Bears	Billiards:	eTalk 🔃	What's	Benj Bear	Winter. [82]	Most	The Nanny
11	:30	Cosby	Homes	Pancakes	Sit-Be Fit	DeGeneres Show	the Restless	Jordan 🖽	Paid Prog.	House	News (N)	Stewart	Jacob	WPBA	FashionTel	That About?	(11:25) King	(DVS)	Amazing Videos	Frasier
10	PM	Still Stnd	News (N)	History	Charlie	Paid Prog.	News (N)	Crossing	All My Children	News (N)	The second second second	1 PORT MANUSCO, 125 (2015)	Being Ian	Tennis:	Degrassi	How Do	(11:49)	CityLine [8]	Most	Seinfeld
12	:30	Still Stnd	That News	Scattering	Rose 🕮	Paid Prog.	Bold & B.	Jordan [#]	(N) (E)	Œ	Lives (N)	Today (N)	Grossology	Australian Open	Bold & B.	They Do It?	Weekend		Amazing Videos	Seinfeld
4	PM	Fresh Pr.	Design	Planet	Paulson	Charles of the State of the Control	As the	American	One Life to	As the	As the	Living	George S.	Quarterfinals		Dirty Jobs	Dragon	Ellen	Star Trek:	Beverly
1	:30	Fresh Pr.	Vanity	By Design	Quilting	Lives (N)	World Turns (N)	Justice	Live (N)	World Turns (N)	World Turns (N)	Dinner	Viva Pinata	. @	Thomas: F.B.Eye		Emperor	DeGeneres Show	Voyager [6]	Hills, 90210
0	PM	King	Charles and the	Pan Asia	Word	Millionaire	Guiding	American	General	Guiding	Guiding	Steven and	Ruby		General	How-Made	(1:48)	News (N)	Star Trek:	Fresh Pr.
2	:30	King	Wilkos Show	Undersea	Lions	Millionaire	Light (N)	Justice	Hospital (N)	Light (N)	Light (N)	Chris @	Flamingo	Interruptio	Hospital (N)	How-Made	Weekend	(EI)	Voyager [6]	Family Guy
0	PM	Friends		Blue's Clues	Maya	Judge	Dr. Phil 🖫	Cold Case	Rachael	Young and	Young and	Food	Being Ian	Off-Record	Dr. Phil 🔃	Ultimate	K. Possible	News (N)	CSI: Crime	Inside Box
3	:30	Seinfeld	Daily 10	EE	Arthur (EI)	Judge		Files @	Rny (N) 🕮	the Restless	the Restless	Miracles	Phantom	Sports		Ten	Replace	(1)	Sen	Vanity
4	PM	Family Guy	5-Y50854353 Sc	Dora	Cyberchas	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet	Emperor	Friends	CSI: Crime	That News
4	:30	Family Guy	Girls	(4:35) Little	Fetch! With	Judge J.	Winfrey ("Whacked"	Cops (E)	Winfrey @	Global	Mercer	OddParent	NHL	Colbert	(N) Œ	Proud	Hollywood	Sen	That News
-	PM			Bear 🔃	BBC World	News (N)	News (N)	The First 48	News (N)	News (N)	(4:59) News	Simpsons	Grown Up	Hockey: Boston	News (N)	How-Made	Suite Life	Reaper	CSI: Crime	ET Canada
5	:30	Art of War" (2000)	Œ	(5:35)	Business	NBC News	CBS News	Œ	ABC News	Global	(N) (E	Arrested	Sabrina	Bruins at	(磁)	How-Made	Montana	"Charged"	Sen	What
^	PM	Wesley	Ad Pers	World Og	News-	News (N)	News (N)	The First 48	News (N)	News (N)	ET Canada	ACCUMANT AND AND AND ADDRESS OF	Drake	Montreal Canadiens.	News (N)	Smash Lab	Zoey 101	Movie:	CSI: Crime	Family Guy
6	:30	Snipes. [E]	News	(6:35) CG	Lehrer	Raymond	Hollywood	(E)	News (N)	(3)	Entertain	(C)	Fresh Pr.	Œ	(E)	(N)	Sadie	"Basic" (2003) John	Sen	Seinfeld
-	PM		E! News	Into Wild	Nova 🖽	Jeopardy!	Friends	Parking	Entertain	Entertain	The Guard	Coronatn	Malcolm	Tennis:	eTalk 🔢	Jetstream	So Raven	Travolta, @	CSI: Crime	Seinfeld
1	:30	Frasier	Jeopardy!	Eden	(DVS)	Fortune	Scrubs	Parking	The Insider	ET Canada	"Waheguru"	Laughs	Prank Ptrl	Australian Open	Hollywood	(N) Œ	Smart Guy		Sen	Frasier
-	PM	Seinfeld	77	The	Wild!	The Biggest	NCIS "Ex-	The First 48	Laughs	NCIS "Ex-	NCIS "Ex-	Mercer	Fries That?	Quarterfinals		Daily Planet	Suite Life	News (N)	CSI: NY (E)	Family Guy
8	:30	Frasier	THE PROPERTY OF THE PARTY.	Romantics Religion.		Loser: Couples (N)	File" (E)	Œ	Laughs	File" [6]	File" (E	22 Minutes	Monster	. From Melbourne,	Idol (N) @	Œ	Life Derek	(8:35) News		Married
•	PM	Movie: "The		Yousuf	Frontline	E	The Unit	The First 48	Jim	House	House	jPod (N) 🖭	Futurama	Australia.	Law &	Smash Lab	Montana	(9:06)	CSI: Crime	Seinfeld
9	:30	Art of War" (2000)		Karsh 🔃	(N) (E) (DVS)		Œ	(EE)	Carpoolers	"Games" (tt	"Games" (E	(DVS)	Shadow	(Live) @	Order "Driven"		Phil	Jimmy Kimmel	Scn	Seinfeld
10	PM	Wesley	Boston	Chiefs	Escape	Law &	48 Hours	The First 48	The Charles of Manager and A Company	The Guard	News Hour	National	Falcon		Law &	Jetstream	School	(10:06)	Star Trek:	Married
10	:30	Snipes. [6]	Legal (N)	Gregg	From Iran	Order: SVU	Mystery (N)	Œ	Legal (N)	"Waheguru"	Final (N)		Beach (Order: SVU	Œ	Cory	Movie: "Basic"	Voyager [6]	Fresh Pr.
44	PM		News (N)	Growing Up		News (N)	News (N)	Parking	News (N)	News (N)	Entertain	(11:05) The	Mystery	SportsCentr	News (N)	How-Made	Suite Life	(2003) John	Deep Space	Frasier
11	:30	"Principal"	Guy Stuff	Canadian	Rose (N)	Tonight	Late Show	Parking	(11:35)	(E)	ET Canada	Hour E	Ghost	e (Live) [News (N)	How-Made	Life Derek	Travolta. [tt]	9	The Nanny

WEDNESDAY, JANUARY 23, 2008

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
		All-Family All-Family	force of the party of the con-	Bali @ George S.	Caillou (EI) Bob Build	News (N)	News (N)	Crossing Jordan (#)	(5:00) News	(5:30) News (N) [E]	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Viva Pinata		Canada AM	Daily Planet	Henrys King Œ	Rachael Ray (N) @	TNA Wrestling	F/X: The Series (#)
-	1000	Temptation Temptation	the state of the s	Clifford	Barney Arthur (EI)	THE SALASSIC STREET, T.	Show (N)	American Justice	Good Morning			Animalia Curious	Grossology Team	SportsCentr	(N) (E)	Man vs. Wild	K. Possible (7:24)	CityLine @	Disorderly Con.	Due South "Eclipse"
0	AM	And the second	Room	(7:54) Hi-5 Magic Bus	Section Co.	stress; sim- ple cleaning; vegetables.	œ	American Justice	America (N)		100 Huntley Street @		Pokemon Flamingo	SportsCentr e [#]		"Mexico" How-Made How-Made	Weekend	The Tyra Banks Show		North of 60
0	AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (g)	Cold Case Files [tt]	Regis and Kelly	100 Huntley Street @	World Vision	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	MXC	ET Canada
	STORY.	Sanford Harvey		(9:34) Franklin 🖭	Dragon Sesame		The Price Is	CSI: Miami	The View	Fighting for		Gofrette Wilbur @	George S. Erky Perky	SnowTrax Vegas Darts	The View		Tigger Mickey	Movie:	Sports Disorderly	What
	0.655450	Harvey Cosby	Playing	Rolie Polie	Street (EI) Big World		Right (N) Young and	"10-7" Œ	(N) @ Paid Prog.	Canada Past Lives	House (10:59)	Doodlebop Martha	Jane Care Bears	Billiards:	(N) Œ	Building the	Handy Benj Bear	"Jaws the Revenge" (1987,	Con. Most	Grace The Nanny
17	:30	Cosby	Homes	Pancakes	Sit and Be	DeGeneres Show	the Restless	Jordan (ff	Paid Prog.	House	News (N)	Stewart	Jacob	WPBA	FashionTel	Biggest	(11:25) King	Horror) (E) CityLine (E)	Amazing Videos	Frasier Seinfeld
400	1500	Still Stnd Still Stnd	News (N) That News	History Wildness	Charlie Rose [f]	Paid Prog.	News (N) Bold & B.	Crossing Jordan [ff]	All My Children (N) @	News (N)	Days of our Lives (N)	CBC News: Today (N)	Being Ian Grossology	Tennis: Australian Open	Degrassi Bold & B.	World's Biggest Airliner	(11:49) Weekend	CityLine (ii)	Amazing Videos	Seinfeld
1	200	Fresh Pr. Fresh Pr.	Design Vanity	Moving On Home	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living What's-	George S. Viva Pinata	Quarterfinals . @	Sue Thomas: F.B.Eye	MythBuster s Whirlpools.	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager [6]	Beverly Hills, 9021
2	PM	King King	The Steve Wilkos	Entrada Landscape	Word	Millionaire Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris @	Ruby Flamingo	Interruptio	General Hospital (N)	Jetstream ©	(1:48) Weekend	News (N)	Star Trek: Voyager [ff]	Fresh Pr. Family Gu
-	PM	Friends Seinfeld	Show Big Screen Daily 10	Blue's Clues	Maya Arthur (EI)	Judge	Dr. Phil (6)	Cold Case Files [f]	Rachael Ray (N) @	Young and the Restless	Young and the Restless	Food Miracles	Being Ian Neutron	Off-Record Sports	Dr. Phil @	How-Made	K. Possible Replace	News (N)	CSI: Crime Scn	Inside Box Vanity
_	D14	Family Gny	M.	Dora	Cyberchas	Judge J.	Oprah Winfrey @	CSI: Miami		Oprah Winfrey [ff]	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet	Emperor	Friends	UFC Unleashed	TV Made
-		Movie:	Hutchence News (N)	(4:35) Little Bear 匪	Fetch! With BBC World		News (N)	CSI: Miami	Cops (E)	News (N)	Global (4:59) News	Just-Gags Simpsons	OddParent Grown Up	NHL Hockey: Washington	Colbert News (N)	Really Big	Proud Suite Life	Hollywood Bio.: Martn	UFC	Ad Pers ET Canada
5	:30	"Assassins" (1995, Action)	Ad Pers	(5:35) Creatures	Business News-	NBC News News (N)	CBS News News (N)	"Wannabe"	ABC News	Global News (N)	(N) Œ	Arrested News (N)	Sabrina Drake	Capitals at Toronto	News (N)	Things (N) Dirty Jobs	Montana Zoey 101	Short Movie:	Unleashed (N) UFC Fight	What Family Gu
6	:30	Sylvester Stallone. [65]	News	Mechanics	Lehrer	Raymond	Hollywood	"Deadline"	News (N)	Œ	Entertain	Œ	Fresh Pr.	Maple Leafs.	(H)	Œ	Sadie	"Kinsey" (2004) Liam	Night (N)	Seinfeld
7	PM	Frasier	E! News Jeopardy!	Meerkat Sustain	Pioneers of Television	Jeopardy! Fortune	Friends Scrubs	CSI: Miami "The Oath"	260000000000000000000000000000000000000	Entertain ET Canada	NUMB3RS	Coronatn Marketple	Malcolm Prank Ptrl	Tennis: Australian Open	Fashion	Last One Standing (N)	So Raven Smart Guy	Neeson, Laura Linney. [85]		Seinfeld Frasier
8		Seinfeld Frasier	Deal or No Deal (N)	Time "Daytime" (N)	The Jewish Americans "Home" (N)	Deal or No Deal (N)	Power of 10 (N) 🖭	CSI: Miami	Wife Swap (N) [E]	Power of 10 (N) [E]	Power of 10 (N) @	Mosque Sophie (N)	Fries That? Monster	Women's Semifinals. (Live) [6]	American Idol [ff]	Daily Planet	Suite Life Life Derek	News (N)	Pros vs. Joes (N)	Family Gu Married
9	1.001	Movie: "Assassins"	Snoop Kimera	RX for Survival (N	(DVS)	Law Order: CI	Minds (N)	CSI: Miami "Wannabe"	Supernanny (N) [£]	Life 🖭	Life @	fifth estate	Futurama Shadow	Sports	The Moment of	MythBuster s	Montana Phil	(9:06) Jimmy	UFC Fight Night	Seinfeld Seinfeld
10		Action) Sylvester	Cashmere Mafia (N)	Love and Duty @	Richard Bangs	Law & Order	CSI: NY (N) (E)	CSI: Miami "Deadline"	Cashmere Mafia (N)	NUMB3RS	News Hour Final (N)	National	Falcon Beach 🖭	Series of Poker	Truth CSI: NY (N) (E)	Whirlpools. Really Big Things	School	Kimmel (10:06) Movie:		Married Fresh Pr.
11	PM	Stallone.	News (N)	Yousuf Karsh	Charlie Rose (N) [#	"Driven" News (N)	News (N)	CSI: Miami		News (N)	Entertain	(11:05) The Hour 🖾	Mystery	SportsCentr		Last One Standing	Suite Life	"Kinsey" (2004) Liam Neeson. (ff)		Frasier
BE	:30	"Target"	Guy Stuff		1.7	Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)		Life Derek			The Nar

Horoscopes

January 23 - 30, 2008

Aries - At this time of year, you should engage in planning for the future. This is a good month to set your budget, plan a vacation or education, do work schedules or clean house.

Taurus - Focus on your career and money now to February 21. You need to make firm decisions about finances, and you need to put effort into your career. Travel is out. Study can advance.

Gemini - Do some serious thinking about what you want in terms of education, travel and spiritual development. Your plans now can advance you to success next year. Work hard.

Cancer - Old worries come back to haunt you. Find right solution now. Spend time reviewing taxes, mortgage, debts, investments and work on ideas to gain security. Partner cooperates.

Leo - Focus is on interaction with others: friends, partner, people you consult. You need to review plans made last fall and make adjustments. Watch out for overeating sweets.

Virgo - Focus on job and health now. Physical activity such as walking will enhance health. Old problem in career comes back. You can win by being gracious, not aggressive. Fun weekend.

Libra - Cleaning and decorating home, spending time to improve property, will give you a boost to mid-February. You are full of ideas for having more fun. Drive carefully!

Scorpio - Focus is still on home and family, but you receive good news and pleasant messages. Focus on debts, mortgages, financial obligations Find best solution to money squeeze.

Sagittarius - Now until mid-March you are full of ideas. Communication skills improve, you are very active in short trips. contacting people, writing. Money picture brightens.

Capricorn - You need to turn your attention to health and job matters. where problems faced in September must be solved. Focus on ideas to improve possessions, income. Luck now!

Aquarius - You need to look inward now and take steps toward improving impression you make on others. Maybe you need a makeover. Whatever it is, talk about it.

Pisces - Matters related to home and family demand action now. Perhaps you need to clean house or make changes. Do not put it off any longer. Use those ideas creating mental turmoil.

Regular Meetings

Otter Valley Fish & Game Club regular

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

econd and fourth Thursday 7pm at Riverside Wellness Centre

Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
 PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital

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

Sunday at 10 a.m. Contact 295-0673

Princeton Rifle and Revolver Club neets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.

Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray

Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm Legion Branch 56 meets 3rd Sunday of

month 1:00 p.m. Legion Hall Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena

Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
• Vermilion Trails Society meets 2nd

Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.

• Princeton GSAR meets first 3 Tuesday of he month, 7:00 PM in GSAR Hall, Rocklin Avenue

Princeton Lions Club meets 1st and 3rd Tuesday 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 feaure a Spiritual Movie U'th Group 7 PM, 1st and 3rd Tuesdays,

iving Water Church 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

Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.

Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

10:00 am CITY 29 * * "Kung Pow: Enter the Fist" (2002, Comedy) Steve Oedekerk. New footage is inserted and dialogue re-dubbed in this comedic re-working of a 1970s martial-arts movie.

EVENING

6:00 pm WTBS (3) ***"Murder at 1600" (1997, Suspense) Wesley Snipes. A homicide detective and a Secret Service agent investigate a secretary's

murder in the White House. (3)
9:15 pm WTBS (3) **s"Murder at

1600" (1997, Suspense) Wesley Snipes. A homicide detective and a Secret murder in the White House. (£)
10:05 pm CITY (£) *Double Take"
(2001, Comedy) Eddie Griffin. Framed for money laundering, an investment banker switches places with a petty thief. (£) Service agent investigate a secretary's

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

friday movies

MORNING

10:00 am CITY ② **"Josle and the Pussycats" (2001, Comedy) Rachael Leigh Cook. In a plot to take over the world, a music mogul tries to use the band to brainwash America's youth. 個

AFTERNOON

5:00 pm WTBS (3) **"John Q" (2002, Drama) Denzel Washington. A desperate man takes hostages at a hospital in order to force doctors to save his dying son. [6]

6:00 pm CITY ② ★%"American
Outlaws" (2001, Western) Colin Farrell.
Jesse James and his gang rob banks in
order to foil a railroad baron who forces people from their homesteads.

7:30 pm FAM 28"Minutemen" (2008, Comedy) Jason Dolley. Premiere. Three high-school outcasts face unexpected problems when they use a time machine

to change the past. 8:00 pm KNOW [5]"Hot Money" (2001,

Crime Drama) Caroline Quentin. Premiere. Three women plan to steal old money that the Bank of England has scheduled for incineration.

9:00 pm WTBS ③ **"John Q" (2002, Drama) Denzel Washington. A desperate monthly of the premier of

case. [1]

11:00 pm SPIKE 4 **Road House" (1989, Action) Patrick Swayze, Hired to tame a rowdy Missouri bar, a Ph.D. bouncer romances a doctor and tames

the whole town.

11:03 pm FAM (2) *"3 Ninjas Knuckle
Up" (1995, Comedy) Victor Wong. Three
boys stop a polluter's henchmen with
martial arts learned from their Asian grandfather. [63]

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10.[∞] PER WEEK

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2 cups mashed sweet potatoes* or yams

- 1 cup heavy cream
- 1/2 cup BeeHive or Crown Golden Corn Syrup
- 2 eggs
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon Spice Islands ground Saigon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon Spice Islands ground nutmeg
- 1 (9 inch/23 cm) unbaked deep-dish pie crust

MIX together mashed sweet potatoes, cream, corn syrup and eggs using a wire whisk. Add remaining ingredients; blend well. POUR filling into pie crust. Place pie on a baking sheet. BAKE in preheated 375°F//190°C oven for 55 to 60 minutes, or until knife inserted in the center of pie comes out clean. COOL on wire rack for 2 hours before serving.

Similkameen News Leader

Recipe Corner (Recipe #202)

Brought To You By: Similkameen News Leader

Southern Sweet Potato Pie

(NC)—For those who've heard of sweet potato pie for years, but never tasted it, this is a great recipe for the

Makes One Pie / Prep Time: 15 minutes / Bake Time: 1 hour / Chill Time: 2 Hours

RECIPE NOTE: To make mashed sweet potatoes, peel 1-1/2 pounds/750g sweet potatoes and cut into 2-inch/5 cm chunks. Place in a saucepan; cover with water and bring to a boil. Simmer for about 15 minutes, or until potatoes are soft. Drain off water and mash in a mixer or food processor to get a smooth consistency. Cool before using. - News Canada

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

226A Bridge Street, Princeton

Princeton Posse 2006/07 - The DVD



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THURSDAY, JANUARY 24, 2008

		WTBS	CHBC	KNOW	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV (18)	TSN (19)	VTV	DISC 24	FAM (26)	CITY 29	SPIKE	TROP 45
-	AM	All-Family	News (N)	Bali [@]	Calllou (EI)		News (N)	Crossing	(5:00) News	(5:30) News	(4:30) News		Gadget	SportsCentr		Daily Planet		Rachael	MXC	F/X: The
6	:30	All-Family	2nd Chnce	George S.	Thomas	(E)		Jordan 🖫	(E)	(N) (E)	(N) (E)	Morning	Viva Pinata	a 700	Canada AM	TOTAL STATE OF THE PARTY OF THE	King [ff]	Ray (N) 値	Sports	Series [6]
-	AM	Temptation	Body	Clifford	Barney	Today Diane	The Early	American	Good			(N) Animalia	Gross	SportsCentr	(N) @	Canadian	K. Possible	City Line (ii)	Disorderly	Due South
1	:30	Temptation	Past Lives	Dora	Arthur (El)	Lane; Christopher	Show (N)	Justice	Morning America (N)			Curious	Hawks	e 🖽		Geographic	(7:24)		Con.	Œ
0	AM	Jeffersons	Room	(7:54) Hi-5	Curious	Kimball. (N)		American	CED .		100 Huntley	Bo On Go	Pokemon	SportsCentr		Jetstream	Weekend	The Tyra	Most	North of 60
8	:30	Jeffersons	Vanity	Magic Bus	Clifford	Œ)		Justice			Street [E]	Busytown	Flamingo	e (tt			Lloyd	Banks Show	Amazing Videos	(E)
0	AM	Sanford	Inside Box	Berenstain	Super Why!		The 700	Cold Case	Regis and		Fighting for	Super Why!	Adrenalini	Off-Record		Daily Planet	Feet	News (N)	MXC	ET Canada
9	:30	Sanford	Antique	(9:34)	Dragon		Club @	Files [ff]	Kelly	Street [E]	Canada	Gofrette	George S.	Luge	Kelly	Œ	Tigger	City	Sports	What
40	AM	Harvey		Franklin Ar	The second secon		The Price Is			World	Room	Wilbur [6]	Erky Perky	Vegas Darts		Really Big	Mickey	Movie:	Disorderly	Videos
10	:30	Harvey	(E)	contest.	Street (EI)		Right (N)	(E)	(N) 🖭	Vision	House	Doodlebop	Jane		(N) (E	Things	Sprites	"Kung Pow: Enter the	Con.	Grace
44	AM	Cosby	Playing	Rolle Polie	Big World	Ellen	Young and	Crossing	Paid Prog.	Past Lives	(10:59)	Martha	Care Bears	Billiards:	eTalk [ff]	MegaWorld	Benj Bear	Laborate applicable and the second	Most	The Nanny
11	:30	Cosby	Homes	Pancakes	Sit-Be Fit	DeGeneres Show	the Restless	Jordan 🖽	Paid Prog.	House	News (N)	Stewart	Jacob	WPBA	FashionTel	: England	(11:25) King	(E)	Amazing Videos	Frasier
10	PM	Still Stnd	News (N)	History	Charlie	Paid Prog.	News (N)	Crossing	All My	News (N)	Days of our	MARKET MARKET PROVIDED	Being Ian	Tennis:	Degrassi	Megabuilde	(11:49)	CityLine [8]	Most	Seinfeld
12	:30	Still Stnd	That News	Scattering	Rose (E)	Paid Prog.	Bold & B.	Jordan (Children (N) (E)	EE	Lives (N)	Today (N)	Gross	Australian Open	Bold & B.	rs (E)	Weekend		Amazing Videos	Seinfeld
-1	PM	Fresh Pr.	Design	Planet	Simply	ARTHUR AR	As the World	American Justice	One Life to	As the World	As the World	Living	George S.	Men's	Sue	Dirty Jobs	Dragon	Ellen	Star Trek:	Beverly
1	:30	Fresh Pr.	Vanity	By Design	Needle Art	Lives (N)	Turns (N)	Justice	Live (N)	Turns (N)	Turns (N)	Dinner	Viva Pinata	Semifinal.	Thomas: FB.Eye	Œ	Emperor	DeGeneres Show	Voyager (E)	Hills, 90210
2	PM	King	The Steve Wilkos	Avventura	Word	Millionaire	Guiding	American Justice	General Hospital (N)	Guiding	Guiding	Steven and	Ruby		General	Last One	(1:48)	News @	Star Trek:	Fresh Pr.
-	:30	King	Show	Undersea	Lions	Millionaire	Light (N)	Justice	Hospital (N)	Light (N)	Light (N)	Chris @	Flamingo	Interruptio	Hospital (N)	Standing	Weekend		Voyager [@]	Family Guy
3	PM	The second	Big Screen	Blue's Clues	and the second	Judge	Dr. Phil 🔃	Cold Case Files (E)	Rachael Ray (N) (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil 🔃	How-Made	K. Possible	News (N)	CSI: Crime	Inside Box
0	:30	Seinfeld	Daily 10		Arthur (EI)	Judge		rues (tel	ray (N) (M)	the Restless	the Restless	Miracles	Phantom	Sports		How-Made	Replace	Œ	Sen	Vanity
Л	PM		Dukes of Hazzard:	Dora	Cyberchas	Judge J.	Oprah Winfrey 🔃	CSI; Miami	Inside	Oprah Winfrey [6]	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet	Emperor	Friends	CSI: Crime	Big Screen
7	:30	Family Guy	THS	(4:35) Little Bear [E]					Cops E	winitey (St	Global	22 Minutes	OddParent	Strongest	Colbert	(N) Œ	Proud	Hollywood	Sen	Big Screen
5	PM	Friends	News (N)		BBC World		News (N)	The First 48		News (N)	(4:59) News (N) (E)	Simpsons	Grown Up	Boxing: Friday Night	News (N)	Super Comet:	Suite Life	Ugly Betty	CSI: Crime Sen	ET Canada
9	:30	Friends		(5:35)	Business	NBC News	CBS News		ABC News	Global		Arrested	Sabrina	Fights. (C)	CE .	After the	Montana	(N) (E)	Scn	What
6	PM	Movie: "Murder at	Ad Pers	Mentors	News- Lehrer	News (N)	News (N)	The First 48		News (N)	ET Canada	News (N)	Drake		News (N)	Impact [tt]	Zoey 101	Supernatur al @	TNA iMPACT!	Family Guy
0	:30	1600"	News	Reach-Top		Raymond	Hollywood		News (N)		Entertain		Fresh Pr.				Sadie	an Gel	(N)	Seinfeld
7	PM	(1997) Wesley	E! News	Profiles of Nature (N)	Health Matters	Jeopardy!	Friends	The First 48		Entertain	The Limelighter	Coronatn	Malcolm	SportsCentre (Live) [6]	A STATE OF THE STA	MythBuster	So Raven	Murdoch Mysteries	1	Seinfeld
-	:30	Snipes.	Jeopardy!			Fortune	Scrubs		The Insider	ET Canada	s (N)	Who Do	Prank Ptrl	c (Live) (Li	Hollywood		Smart Guy	(N)		Frasier
8	PM	(8:15)	You Smarter?	Arctic Mission [E]	Masterpiece "Northanger		CSI: NY [ff]	American Justice	Ugly Betty (N) @	Name Earl	Name Earl	The Nature of Things	Fries That?		CSI: NY 🐷	Daily Planet		News (N)	Pros vs. Joes	Family Guy
_	:30	(8:45)			Abbey" (N)	learns. (N)			200	The Office	The Office	1	Monster	In Corner		Enced	Life Derek	(8:35) News	Joes	Married
9	PM	(9:15) Movie:	Moyie	Voyages of Discovery		Cel. Apprentice	CSI: Crime Scn	The First 48	Grey's Anatomy	Cel. Apprentice	Cel. Apprentice	A Dog's Breakfast	Futurama	Motoring	CSI: Crime Scn	Dirty Jobs	Montana	(9:06) Jimmy	MANswers	Seinfeld
_	:30	"Murder at			Motorcycl		P 255		(2)			(N)	Shadow	Receivers			Phil	Kimmel	Sports	Seinfeld
10	PM	(1997)		Glories of Islamic Art	Soundstage (N) [tt]	(10:01) Chuck (N)	Without a	The First 48	(10:02) Big Shots (N)	(10:01) The Limelighter	News Hour Final (N)	National	Falcon Beach (#)	Poker Night (Taped)	Without a Trace [6]	Super Comet:	School	(10:06) Movie:	Action Sports	Married
-	:30	Wesley	N (NO	1		(3)			(I)	s (N)						After the	Cory	"Double		Fresh Pr.
11	PM	Snipes. [#]	News (N)	No Price Too High	Charlie Rose (N) [t]	News (N)	News (N)	The First 48 (N) @	THE PARTY OF	News (N)	Entertain	(11:05) The Hour [6]	Mystery	SportsCentre (Live) [#]		Impact [tt]	Suite Life	Take" (2001) Eddie	Pros vs. Joes	Frasier
	:30	Frasier	Gny Stuff	0.00		Tonight	Late Show		(11:35)		ET Canada		Ghost	(22,15) (11)	News (N)		Life Derek	Griffin. (ff)		The Nanny

FRIDAY, JANUARY 25, 2008

- "		WTBS	CHBC 4	KNOW	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE	TROP 45
6	2000		News (N) 2nd Chnce	Bali (ff) George S.	Caillou (EI) Bob Build	News (N)	News (N)	Crossing Jordan [tt]	(5:00) News	(5:30) News (N) @	(4:30) News (N) (E)	CBC News: Morning	Gadget Viva Pinata	SportsCentr	A STATE OF THE PARTY OF THE PAR	Daily Planet	the second second second	Rachael Ray (N) 📧	MXC Sports	F/X: The Series [ff]
7	AM	Temptation	Body	Clifford	Barney	Today Taking chil-	The Early Show (N)	American Justice	Good Morning			(N) Animalia	Grossology	SportsCentr		American	K. Possible	CityLine [8]	Disorderly	Due South
1	-	Temptation		Dora	Arthur (EI)	dren to	E		America (N		Carrier I	Curious	Team	e (#)		Shark @	(7:24)	- 1	Con.	(C)
0	-	Jeffersons Jeffersons	Room	(7:54) Hi-5 Magic Bus	Curious	work; chef Floyd		American Justice	Œ		100 Huntley Street @	Bo On Go Busytown	Pokemon Flamingo	SportsCentr e @		MythBuster s 🕮	Weekend Lloyd	The Tyra Banks Show		North of 60
	2200	Sanford	Inside Box	Berenstain	Super Why!	Cardoz. (N)	The 700	Cold Case	Regis and	100 Huntley	A STATE OF THE PARTY OF THE PAR	Super Why!	The state of the s	Off-Record		Daily Planet	1000	News (N)	Videos MXC	ET Canada
	25.30	Sanford	Antique	(9:34)	Dragon		Club @	Files @	Kelly	Street @	Vision (ff	Gofrette	George S.	In Corner	Kelly	Œ	Tigger	City	Sports	What
		Harvey	PoPQ (Live)	Franklin Fixing a	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View	World Vision	Room	Wilbur @	Erky Perky	Golf: 2007 People vs.	The View	Ultimate Ten [ff]	Mickey	Movie: "Josie and	Disorderly Con.	Videos
	136.60	Harvey		boat.	m/- 11/14						House	Doodlebop	Jane	The Pros.			JoJo	the		Grace
11		Cosby	Playing Homes	Rolie Polie Pancakes	Big World Sit-Be Fit	Ellen DeGeneres	Young and the Restless	Crossing Jordan (ff)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears		eTalk @	Air Dogs	Benj Bear	Pussycats" (2001) @	Most Amazing	The Nanny
	.00	Still Stnd	News (N)	Gregg	Charlie Charlie	Show Paid Prog.	News (N)	Crossing	All My	House News (N)	Œ	CBC News:	Dewitt	Therefore	MANAGEMENT !	How Do	(11:25) King		Videos	Frasier
12	-	Still Stnd	That News	TBA	Rose @	Paid Prog.	Bold & B.	Jordan (E)	Children (N)	(II)	Days of our Lives (N)	Today (N)	Being Ian Grossology	Tennis: Australian Open	Degrassi Bold & B.	MythBuster s 旺	Weekend	CityLine @	Most Amazing Videos	Seinfeld Seinfeld
MI.	100.000	Fresh Pr.	Design	SportFish	Watercolor	Days of our	As the	American	One Life to		As the	Living	George S.	Men's	Sue	Super	Dragon	Ellen	Star Trek:	Beverly
	2000	Fresh Pr.	Vanity	Animals	Scrapbook	Lives (N)	World Turns (N)	Justice	Live (N)	World Turns (N)	World Turns (N)	Dinner	Viva Pinata	Semifinal.	Thomas: FBEye	Comet: After the	Emperor	DeGeneres Show	Voyager @	Hills, 90210
W))		King	The Steve Wilkos	Dotto Tech Animals	Word	Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris &	Ruby		General Hospital (N)	Impact 😉	(1:48)	News (N)	Star Trek: Voyager [#]	Fresh Pr.
	PS 25151	King Friends	Show Big Screen	Blue's Clues	WordGirl	Judge	Dr. Phil @	Cold Case	Rachael	Young and	Young and	Food	Flamingo Being Ian	Interruptio Off-Record	D- PLI (F	How-Made	Weekend K. Possible	News (N)	CSI: Crime	Family Guy
			Daily 10	"Signs!"	Arthur (El)	Judge	Dr. Pau (c)	Files III	AND SHARE LOST SURVEYOR AND THE	the Restless	the Restless	Miracles	Urban	Sports	Dr. Phil (t)	How-Made	Replace	Mews (N)	Scn Scn	Vanity
4	PM	Family Guy		Dora	Cyberchas	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	Frasier	SpongeBob	NBA	Daily Show	Daily Planet	Emperor	Friends	CSI: Crime	Tribute
4	:30	Family Guy	Hollywood	(4:35) Little	Biz Kid\$	Judge J.	Winfrey [#]	Œ	Cops 🔃	Winfrey (E)	Global	Air Farce	OddParent	Basketball: Milwaukee	Colbert	(N) Œ	Proud	Hollywood	Sen	Bands @
		Movie:	News (N)	Bear @	BBC World	News (N)	News (N)	CSI: Miami	News (N)	News (N)	(4:59) News	Simpsons	Grown Up	Bucks at	News (N)	Survive	Suite Life	Friends	CSI: Crime	ET Canada
5	:30	(2002,		(5:35)	Business	NBC News	CBS News	"Rap Sheet"	ABC News	Global	(N) 🖭	Arrested	Sabrina	Raptors. (£	Œ	Survive	Montana	Friends	Sen	What
100		Danval	Ad Pers News	Fetch! With Creatures	News- Lehrer	News (N) Raymond	News (N) Hollywood	CSI: Miami	News (N)	News (N)	ET Canada Entertain	News (N)	Prank Ptri Endurance	Tennis:	POPAL SERVICE CONTRACTOR	Bone Detectives	Zoey 101 Life Derek	Movie: "American	Shocking Moments	Family Guy Seinfeld
	PM	Washington.	E! News	Emily of	Wash Wk	Jeopardy!	Friends	CSI: Miami	Entertain	Entertain	Friday	Coronatn	Ghost	Australian	eTalk [tt]	(N) A Haunting	Wizards	Outlaws" (2001) Colin	Most	Seinfeld
7	3000	Frasier	Jeopardy!	New Moon (N)	McLaughlin	Fortune	Scrubs	"Innocent"	The Insider	ET Canada	Night Lights (N)	22 Minutes	Adrenaline	Open Women's	Hollywood	(N)	Movie:	Farrell	Amazing Videos	Frasier
0	PM	Seinfeld	1 vs. 100	Movie: "Hot	Foreign Ex	1 vs. 100	Ghast	The	Grey's	Bones (PA)	Bones (PA)	Air Farce	Naruto	Final.	Ghost	Daily Planet	"Minutemen" (2008,	News (N)	Disorderly	Family Guy
8	:30	Frasier	(iTV) (N) ©	(2001)	NOW	(iTV) (N)	Whisperer	Sopranos	Anatomy	(E)	Œ	Mercer	Avatar	SportsCentr	Whisperer	Œ	Comedy)	Party	Con.	Married
9	PM :30	Movie: "John Q" (2002,	Women's Murder Club	Caroline Quentin.	Bill Moyers Journal (N)		Garth Brooks	CSI: Miami "Rap Sheet"	(9:02) Desperate Honsewives	Friday Night Lights (N)	Las Vegas (N) [ff]	MVP-Wives	Futurama Bleach	e (Live) [f] Boxing:	Moonlight	A Haunting	"Superman	(9:06) Jimmy	MXC MXC	Seinfeld Seinfeld
10	200	Drama)	(10:02) 20/20 (N)	Genius, Photo.	Swiss Rail Journeys	Lights (N) Las Vegas (N) [ff]	NUMB3RS	CSI: Miami		Las Vegas	News Hour	National	Death Note	Castillo vs. Molitor	ACC09608.2649524538141	Bone	III" (1983) Christopher	(10:06)	Game	Married
10		Washington.	News (N)	Belfast	Austin City	News (N)	News (N)	CSI: Miami	(E)	(N) Œ	Final (N)	MANDEL TEL	Gundam	Count C		Detectives	Reeve.	Movie: "Deviant	Game	Fresh Pr.
11	0.000	"Dead	News (N) Guy Stuff	Girls (3)	Limits (#)	Tonight	Late Show	"Innocent"	News (N) (11:35)	News (N)	(11:03) ECW (N)	(11:05) The Hour (6)	Shadow	SportsCentr e (Live) @		Survive Survive	(11:03) "3 Ninjas	Passions" (2003)	Movie: "Road	Frasier The Nanny

Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #57 - Rated Easy

		6	4		8	1		7
	7			6			4	
8				2		1		12 2
2				5				
	4			9	2	7	8	
5				9			2	
5		2	5	4			3	10
	8				6	9	5	
	1				3			

CHALLENGE #58 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 20

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saturday movies

MORNING

6:00 am SPIKE 44

\frac{1}{2} \text{Spaceballs}" (1987, Comedy) Mel Brooks. President Skroob pits evil Dark Helmet against Lone Starr and the half-man, halfdog Barf. 9:00

Lone Starr and the hair-man, hair-dog Barf.

9:00 am WTBS 3

**Beethoven" (1992, Comedy)
Charles Grodin. Children talk their
father into letting them keep a St.
Bernard puppy, which grows to be a
problem. ©

11:00 am WTBS 3 *%"Hardball"
(2001, Drama) Keanu Reeves. A
sports junkie agrees to coach Little
League Baseball in Chicago in order
to pay his gambling debts. ©

A&E 9 **%"The Whole Nine
Yards" (2000, Comedy) Bruce
Willis. A hit man in the Witness
Protection Program and his nextdoor neighbor team up to find out
who is trying to kill them. ©

SPIKE 44 **Road House"
(1989, Action) Patrick Swayze. Hired
to tame a rowdy Missouri bar, a
Ph.D. bouncer romances a doctor
and tames the whole town.

AFTERNOON

12:00 pm FAM 25 "The Proud Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula.

1:00 pm WTBS 3 * * %"Turner &

Hooch" (1989, Comedy-Drama) Tom Hanks. A drooling dog helps a tidy detective link California beach-

tidy detective link California beachtown foul play to a drug-money laundry. (E)

A&E (9) **** "The Godfather" (1972, Drama) Marlon Brando. Crime boss Vito Corleone and his sons rule their New York empire with Mafia justice. (E)

1:31 pm FAM (2) ** "Hometown Legend" (2002, Drama) Terry O'Quinn. Retired for 12 years, a high-school football coach returns to his former team and resurrects their spirit.

4:00 pm YTV 18 ★ * "The Rugrats Movie" (1998, Adventure) E.G. Daily. Animated. Tommy and his plucky pals go on a forest adventure in his father's latest invention, the Poeter Wagne, (In Stare).

In his father's latest invention, the Reptar Wagon. (In Stereo)
5:00 pm WTBS 3 ** "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (El (DVS) A&E 9 ** * * "The Godfather, Part II" (1974, Drama) Al Pacino. Michael Corleone rules his father's criminal empire, while flashbacks recall young Vito's climb to power.

EVENING 6:00 pm CITY 29 Down" (2000, ★★"We All Fall Drama) Darcy

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Belsher. Premiere. Reeling from his mother's death, a Vancouver man seeks solace in his friends and their use of drugs. (E) (DVS)
7:00 pm WTBS (3) * ½"Lucky Numbers" (2000, Comedy) John Travolta. A TV-weatherman in financial trouble teams with his girlfriend to rig the state lottery. (E) CBC (3) * * "Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (E) 8:00 pm KSPS (5) * * * "The Paper Chase" (1973, Comedy-Drama) Timothy Bottoms. A first-year law student dates his toughest professor's daughter.

fessor's daughter.

KXLY [iii] ★★*"Pretty Woman"

(1990, Romance-Comedy) Richard

Gere. A corporate raider pays a gorgeous hooker to be his escort of a business week in Beverly Hills. (In

Stereo)
9:00 pm A&E ① ****The Godfather, Part II" (1974, Drama) Al Pacino. Michael Corleone rules his father's criminal empire, while flashbacks recall young Vito's climb to power. ES FAM ② **"Armageddon" (1908, Science Estimate)

(1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mayericks to save Earth

rom an oncoming asteroid.

CITY ② ** "Welcome to the Dollhouse" (1995, Comedy-Drama)

Heather Matarazzo. Premiere. A homely 11-year-old endures the slings and arrows of her cruel classmates as she struggles to survive

slings and arrows of her cruel class-mates as she struggles to survive seventh grade. (E)

11:00 pm CITY [29] *"Battlefield Earth" (2000, Science Fiction) John Travolta. A young man takes a courageous stand against an alien leader and his cohorts hoarding nat-ural resources on Earth in the year

urai resources on Earth in the year 3000. (€)
SPIKE (44) ★½"Sniper 2" (2002, Suspense) Tom Berenger. A former Marine and a Marine on death row work together to assassinate an Eastern European rogue general.

sunday movies

MORNING

7:00 am A&E (9) *****The Godfather, Part II" (1974, Drama) Al Pacino. Michael Corleone rules his father's criminal empire, while flashbacks recall young Vito's climb to power. (EI)

power. ES
9:00 am WTBS 3 *%"Hardball"
(2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts. ES
10:00 am SPIKE 44 *%"Sniper 2"
(2002, Suspense) Tom Berenger. A former, Marine, and a Marine, on

former Marine and a Marine on death row work together to assassi-nate an Eastern European rogue general.

11:00 am WTBS ③ ★★½"Turner & Hooch" (1989, Comedy-Drama)
Tom Hanks. A drooling dog helps a tidy detective link California beachtown foul play to a drug-money laun-

A&E (9) ***The Godfather, Part III" (1990, Crime Drama) Al Pacino. Dignified Michael Corleone joins his wild nephew in a Sicilian vendetta involving the Vatican.

AFTERNOON

12:00 pm FAM 26 * 1/2 "Cadet Kelly" (2002, Comedy-Drama)

Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her.

SPIKE (4) "Sniper 3" (2004, Action) Tom Berenger. Hired to kill a suspected terrorist, a sniper learns his target is an old friend.

1:00 pm WTBS (3) ** *"Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers. The secret agent travels back in time to the 1960s to rescue his stolen mojo from Dr. Evil. (E) (DVS)

1:40 pm FAM (2) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach.

3:00 pm WTBS (3) * *"Lucky Numbers" (2000, Comedy) John Travolta. A TV-weatherman in financial trouble teams with his girlfriend to rig the state lottery. (E)

4:00 pm YTV (B) ** * *"Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo)

(In Stereo)
CITY 29 ** "Orange County"
(2002, Comedy) Colin Hanks. A high schooler tries to fix a mistake after his guidance counselor sends the wrong papers to Stanford University. 5:00 pm WTBS 3 ** "Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (E)

6:00 pm YTV (18) * * %"Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) CITY (29) * * * * "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (5)
7:00 pm SPIKE (44) "Sharpshooter" (2007, Action) James Remar. Premiere, For his last assignment, a sniper must stop a terrorist who

Premiere. For his last assignment, a sniper must stop a terrorist who plans to sell nuclear materials.
7:30 pm WTBS (3) ** * *"Ghost" (1990, Fantasy) Patrick Swayze. A slain Manhattan yuppie reaches out to his lover, with a medium as his middlewoman. (5)
9:00 pm KREM (8) "The Russell Girl" (2008, Drama) Amber Tamblyn. Premiere. A woman tries to make amends with a neighbor who lives across the street from her fam-

make amends with a neighbor who lives across the street from her family. (In Stereo) (E)

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.

10:00 pm WTBS (3)

* * "Consenting Adults" (1992, Suspense) Kevin Kline. A psychotic neighbor ensnares a suburban couple in a nightmarish plot of wife-

reignfor enshares a suburban cou-ple in a nightmarish plot of wife-swapping and murder. (E) SPIKE (44) "Sharpshooter" (2007, Action) James Remar. For his last assignment, a sniper must stop a

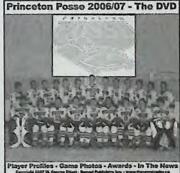
terrorist who plans to sell nuclear materials

materials.

10:46 pm FAM ② ★★★"Dave"

(1993, Comedy) Kevin Kline. White
House aides draft a down-to-earth
double to impersonate the president,
who has had a stroke.

Princeton Posse 2006/07 - The DVD



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SATURDAY, JANUARY 26, 2008

		WTBS	CHBC	KNOW	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN 19	VTV 22	DISC 24	FAM (26)	CITY 29	SPIKE	TROP (45)
-	AM	Paid Prog.	News (N)		Desert	(5:00) Today	The second second	Sell House	Good	Fishing	Fishing	Super Why!		SportsCentr		Out Cold	Overdrive	About You	Movie:	Fish TV
6	:30	Paid Prog.	Body	Paddington	Fly Tying	(N) (E)	Saturday	Sell House	Morning	Hunter	Fishn	Busytown	Flamingo	e Œ	Kingdom	Out Cold	Overdrive	Dharti	"Spaceballs" (1987,	Paid Prog.
	AM	Paid Prog.	Design	Dora	MotorWeek	News (N)	Early Show Care Bears	Sell House	America Good	News (N)	News (N)	Bo On Go	El Tigre	Fishing	Katie-Orbie	Bone	Yin Yang	Eye on Asia	Comedy)	Ellen (III)
7	:30	Pald Prog.	Antique	Clifford	Lassie		Strawberry	Sell House	Morning	[9]	CED	Pinky	Urban	Motoring	Hobo	Detectives	(7:20) Pucca		Mel Brooks	Mad Abt.
	AM	Videos	Vanity	George S.	Building		Cake [6]	Flip This	Northwest Saturday			Wilbur [6]	SpongeBob	SnowTrax	Good	A Haunting	Suite Life	Polish	Pros vs.	Grace
8	:30	Videos	Whata	Magic Bus	Hometime		Horseland	House [(8)			Goldfish	OddParent	NFL.	Morning		(8:43) Zoey	Studio (E)	Joes	The Nanny
	AM	Movie:	Foodies (N)	(9:07)	Workshop	1 8	To Be	Parking	So Raven		Driving TV	Goldfish	Phantom	Bowling	Canada [6]	How-Made	Cory	Bio.:	Hrsepwer	Seinfeld
9	:30	"Beethoven" (1992)	Biker TV	Upside	Old House		Announced	Parking	So Raven		Fishing	Magi	Transform			How-Made	So Raven	Leonard	MuscleCar	Seinfeld
	AM	Charles	Big Coast	Word	Ask This	Jacob	College	Parking	Montana	Fishn	Energy TV	World Cup	Hawks	Auto	Amnesty	Mayday [ft]	Phil	CityLine [E]	Trucks!	Family Guy
10	:30	Grodin.	Paid Prog.	Little Bear	Test Kitch	Dragon (El)	Baskethall: Connecticut	Parking	Suite Life	Fishing	CEO TV	Skiing	Fantaste 4	Racing:	Internation		Wizards		Xtreme 4x4	Family Guy
	AM	Movie:	E! News	Rolie Polie	Chefs	Paid Prog.	at Indiana.	Movie: "The	Emperor	Fishing	Fishing	World Cup	Legion	Lucas Oil Chili Bowl	PLAN	Deadliest	School	Leo Laporte	Movie:	Frasier
11	:30	"Hardball" (2001)	Daily 10	(11:36)	Chefs	Paid Prog.	(60)	Whole Nine Yards"	TBA	CEO TV	Blg Coast	Skiing	Team	Nationals.	Canada 🖭	Catch [ff]	Suite Life		"Road House"	Frasler
	PM	Keanu	Simple Life	Macphee	Ming	Paid Prog.	PGA Tour	(2000) (E)	Winter X-	PGA Tour	Malcolm	Curling:	Pokémon	(Taped) (E	Daily Planet	Jetstream	Movie: "The	Reviews	(1989)	Friends
12	:30	Reeves, [ff]	Simple Life	Planet	Garden	Paid Prog.	Golf: Buick Invitational -		Games [Golf: Buick Invitational -	Seinfeld	Capital One Grand Slam	Yu-Gi-Oh!		Œ		Proud	Electric	Patrick	Friends
-	PM		True	Avventura	Painting	Figure	- Third	Movie: "The	Winter X-	- Third	Seinfeld	The	Robot Boy	Tennis:	Fantasy	Dirty Jobs	Family" (2005)	Bio.:	Swayze. Most	Beverly
1	:30	"Turner & Hooch"	Hollywood Story 📧	Entrada	Donnas	Skating:	Round.	Godfather"	Games 🖫	Round.	Simpsons	Masters -	Shuriken	Australian	Lands 🖭		(1:31)	Leonard	Amazing	Hills, 90210
	PM	(1989) Tom	atory (E)	Pan Asia	Antiques	U.S. Championshi	(Live) 🖾	(1972) Marlon	Winter X-	(Live) 🖫	Simpsons	Semifinals. (Live) [E]	Battle	Open Women's	Car	Mayday [ff]	Movie:	CityLine [tt]	Videos Pros vs.	Deal or No
2	:30	Hanks.		Dotto Tech	Roadshow	ps	1	Brando, A	Games (ff)		Simpsons		Urban	Final. [6]	Hall		"Hometown Legend"		Joes	Deal [6]
	100	King	To Be	Dora	Great	Fortune	To Be	mafia patri- arch tries to	NASCAR	Simpsons	Family Guy	Sat. Report	Hawks	SportsCentr	MTV	How-Made	(2002,	News (N)	UFC Fight	Family Guy
3		Seinfeld	Announced	Go Diego	Railway	Friend	Announced	hold his	Health	Simpsons	Family Guy	NHL	Erky Perky	e (Live) 🖫	Shuffle (E)	How-Made	Drama) Cory	Speakers	Night	Family Guy
-		Family Guy	To Be	Zoboomafo	Journeys Europe	Penguins	Access	empire together.	Edition	Family Guy	Family Guy	Hockey:	Movie: "The	Boxing	Twice in a	What's	Suite Life	Stargate		Frasier
4	:30	Family Guy		o "Talk To	Travels	Veggie	Hollywood		All My	Family Guy	Global	YoungStars Game &	Rugrats	(Taped) [ff]	Lifetime (That	Proud	Atlantis (N)		Frasier
200	PM	"Austin	News (N)	Me"	Summer	News (N)	(N) News	Movie: "The	News (N)	Family Guy	(4:59) News	SuperSkills	Movie" (1998) E.G.		First Story	About? (N) Dirty Jobs	K. Possible	Murdoch	UFC	Friends
5		Powers: The	Sports	George S.	Keep Up	NBC News	CBS News	Godfather,	ABC News	Global	House	Competition.	Daily.		First Story	"Vexcon"	Montana	Mysteries	Unleashed	Friends
100		Spy Who Shagged	That News	Meerkat	Lawrence	News (N)	News	Part II" (1974,	News (3)	News (N)	To Be		Prank Ptrl	2008	News (N)	Jetstream	Naturally	Movie: "We	UFC Fight	Seinfeld
6		Me"	What	Into Wild	Welk Show	Raymond	Scrubs	Drama) Al	The Insider	(III)	Announced		Adrenaline	Crashed Ice	A SOUTH THE PARTY OF THE PARTY	Œ	Flight 29	All Fall	Night	Seinfeld
- 10	70.30	Movie:	Next Great	National	Time Goes		Cold Case	Pacino, Robert	Entertainm	To Be	Painkiller	Movie:	Mystery	(N) SportsCentr	Fashion	Angel	So Raven	Down" (2000)		Family Guy
7	:30	"Lucky	Chef 🕮	Geographic	My Family	(E)	"Revolution"		ent Tonight	Announced	Jane (tt)	"Pearl	Ghost	e (Live) 🖽		Angel	(7:22) Zoey	Darcy		Family Guy
		Numbers" (2000) John	Movie	Heartbeat	Movie: "The	Figure	Commercial	Diane Keaton. (#)	Movie:	Painkiller	Thrga	Harbor" (2001) Ben	Smallville		One X One	MythBuster	3.83	Belsher. News (N)	TNA	That News
8	:30	Travolta.		(6)	Paper	Skating:	s	1	"Pretty	Jane 🖽		Affleck.	33	NFL	Gala (N) 🖽	s 🔃	Montana	Pink Planet	IMPACT!	What
	PM	Cheers	41 3	Midsomer	Chase" (1973)	U.S. Championshi	48 Hours	Movie: "The	Woman" (1990)	Targa	Dangerous	Friends join a war effort	Falcon	3rd and a		Dirty Jobs	Movie:	Movie:		Friends
9		King		Murders	7 7 3	ps - Ladies		Godfather,	Richard	-	Murder	after the	Beach [#]	Mile		"Vexcon"	"Armageddo	"Welcome to		Friends
		Seinfeld	True	"Death and Dreams" (N)	Best Pop	Free Program. [6]	48 Hours	Part II" (1974) Al	Gere, Julia Roberts,	Dangerous	News (N)	Japanese attack	Prank Ptrl	Golf:	CSI: Miami	Angel	n" (1998) Bruce Willis.	the Dollhouse"	Pros vs.	Seinfeld
10		24 @	Hollywood	(E)			Mystery [6]	Pacino,	Ralph	Murder	Driving TV	Hawaii.	Mystery	National	Œ	Angel	Billy Bob	(1995) 🕮	Joes	Seinfeld
	PM		Story	Canterbury	My Hero	News (N)	News	Robert Duvall. [6]	Bellamy. News (N)	News (N)	(11:02) J.R.	News 🔃	Ghost	Challenge SportsCentr	News (N)	Jetstream	Thornton.	"Battlefield	Movie:	Deal or No
11		Cheers	The state of the s	Tales @	Blckndder	Sat. Night	Without		Paid Prog.	Sat. Night	Sat. Night	"Fierce"	Adrenaline	e (Live) @	News (N)	Œ	Movie Ent	Earth" @	"Sniper 2"	Deal 🐯

SUNDAY, JANUARY 27, 2008

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV ®	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
0	MA	Animal R.	Pioneers		Berenstain	STRUCTURE DAME STATES	Paid Prog.	Private	Good	Is Written	Hunter	Nanalan'	Gadget	Sports	Kingdom	Jetstream	Overdrive	Mix TV	Disorderly	That New
6	:30	Ultimate	Taste	Paddington	SeeMore	Œ	Paid Prog.	Sessions (#	Morning America	Fishful	Big Coast	Lunar Jim	Dewitt	SportsCentr	Kids	Œ	Overdrive		Con.	What
	AM	Stars	Design	Dora	Zula Patrol	DAY HOLD TO A STORY OF THE PARTY OF THE PART	CBS News	Movie: "The		Foodies	Canada	Doodlebop	Winx Club	e Œ	Good	Super	Yin Yang	Eye on Asia	Action	Ellen 🔃
7	:30	Videos	Antique	Clifford	Word	(E)	Sunday Morning	Godfather, Part II"	Œ	Canada	Is Written	Coronatn	Ruby	Reporters	Morning Canada [6]	Comet: After the	(7:20) Pucca		Sports	Mad Abt.
	AM	Videos	Vanity	George S.	Reading	Meet the	(N) (E)	(1974,		News (N)	TribalTrail	Coronatn	Neutron	Reporters	Canada (S)	Impact [ff]	Suite Life	Eye-Asia	Hrsepwer	Grace
8	:30	Videos	Powerboat	Magic Bus	Mama	Press (N)	Nation	Drama) Al Pacino,	(Œ	Marriage	Coronatn	Hawks	NFL			(8:43) Zoey	Festival	MuscleCar	The Nam
	AM		Neighborho	(9:07)	Wishbone	Jane	Paid Prog.	Robert	Paid Prog.		Hour of	Coronatn	OddParent	Countdwn	PLAN	Funniest	Cory	Italiano di Johnny	Trucks!	Seinfeld
9	:30	"Hardball" (2001)	od	Upside	College	Paid Prog.	Paid Prog.	Duvall, Diane	NBA Count		Power [Coronatn	Viva Pinata	PBA	Canada [t]	Animals	So Raven	Lombardi	Xtreme 4x4	Seinfeld
	AM	Keanu	Dinner	Word	Exposé	Paid Prog.	College	Keaton.	NBA	Driving TV	Listen Up	Figure	SpongeBob	Bowling	Amnesty	Perfect	Phil	(In Italian)	Movie:	Fresh Pr
0	:30	Danuar FET	Marriage	Little Bear	European	Paid Prog.	Basketball: Michigan at		Basketball: Boston	Listen Up	Foodies (N)	Skating: Canadian	Being Ian	(0)	Balance-TV	Disaster 🖽	Wizards		"Sniper 2" (2002) Tom	Fresh Pr
	NO CALL	Movie:	I Propose	Rolie Polie	Great	Paid Prog.	Michigan	Movie: "The		Hour of	Energy TV	Championshi	Grown Up	Golf:	PLAN	Super	School	Paid Prog.	Berenger.	Frasier
	2212	"Turner & Hooch"	I Propose	(11:36)	Healthy	Paid Prog.	State.	Godfather. Part III"	Orlando	Power (#	Driving TV	ps	iCarly [tt]	National Challenge	Canada [f]	Comet: After the	Suite Life	Role		Frasier
4	PM	(1989) Tom	Michael J.	Mechanics	Health	Paid Prog.	PGA Tour	(1990,	Magic. (Live) [ff]	PGA Tour	PGA Tour	Curling:	Unfabulous	Tennis:	To Be	Impact [ff]	Movie:	Battlestar	Movie:	Friends
	:30	Hanks.	Fox: The E! True	(12:35)	Matters	Skiing:	Golf: Buick Invitational -	Crime	NBA	Golf: Buick Invitational -	Golf: Buick Invitational -	Capital One	Jordan	Australian Open	Announced		"Cadet Kelly"	Galactica	"Sniper 3" (2004,	Friends
		"Austin	120000000000000000000000000000000000000	Jungle	Globe	USSA Freestyle	- Final	Drama) Al Pacino,	Basketball: Cleveland	- Final	- Final	The	Naked	Men's Final.	TBA	Dirty Jobs	(2002) 📧	World	Action) Tom	Singing
1	4		Story (N)	Reach-Top	Trekker [ff]	Cup	Round. (Live)	Diane Keaton,	Cavaliers at	Round. (Live) [#]	Round. (Live) [5]	Masters - Final. From	Fries That?	From Melbourne,	VIP	"Vexcon"	(1:40)	Poker Tour	Berenger.	Singing
	PM	Shagged	To Be Profiles of America	American	Adv. Sports	(Live) tai	Talia Shire.	Los Angeles Lakers.	(LIVE) (EL	(Live) tu	Saskatoon.	Mystery	Australia.	Sue	Meerkat	Movie: "Go Figure"	CEL .	CSI: Crime	Cel.	
	:30	Me"	To Be Pro	Nature @	Experience			Œ	Lakeis.	3			Ghost	Œ	Thomas: FB.Eye	How-Made	(2005)		Sen	Apprent
	PM	Movie:	To Be	Dora	Pioneers of	Paid Prog.		Cold Case	This Week			NHL	Adrenaline	SportsCentr	W-FIVE-In	MythBuster	Jordan Hinson.	News (N)	CSI: Crime	
400	100	"Lucky Numbers"	Announced	Go Diego	Television	Paid Prog.	To Be	Files (E)	With George	Simpsons	Family Guy	Hockey: All-Star	Prank Ptrl	e (Live) 🖽	the Cards	s et	Cory	Role	Scn	Smarter'
	PM	(2000) John	To Be	Zoboomafo	Chronicles	CSI: Miami	Announced	The First 48		Family Guy	Family Guy	Game, From	Movie:	Strongest	Question	Daily Planet	Suite Life	Movie:	CSI: Crime	250 20 L/G 40 N/S
4	:30	Travolta.	Announced	o "Pop Goes the Tiger"	Hometime	"Bait" (ff)		(E)	Ebert	Family Guy	Global	Philips Arena in	"Stuart Little"	Strongest	Period (Œ	Proud	"Orange County"	Sen	Home
_		Movie:	News (8)	the riger	Workshop	News	News (N)	The First 48	News (N)	Family Guy	(4:59) News	Atlanta.	(1999)	Premier	Making of	MythBuster	K. Possible	(2002) Colin	CSI: Crime	Friends
5	:30	"Chace"	Okanagan	George S.	Old House	NBC News	CBS News		ABC News	Global	Mysteries	(Live) Œ	Geena Davis.	League Poker	Lost	s (N)	Montana	Hanks.	Sen	Friends
_	317-60		E! Red	Emily of	Heartbeat	News (N)	News (N)	The First 48	News (N)	News (N)	Amer Dad	To Be	Movie: "Spy	12426.30.30	News (N)	Behind the	Naturally		CSI: Crime	TV Made
6	:30	Swayze, Demi	Carpet Special (N)	New Moon		Paid Prog.	*	œ	Sterling	E	Kink	Announced	Kids 3-D: Game Over"		Œ	Great Wall (N)	Flight 29	School of Rock"	Sen	Tube Tal
_		Moore.	(II)	National	Nature (N)	Figure	CARCAGO BARANTAN	The	Funniest	Amer Dad	Shark (ff)		(2003)		Gossip Girl		So Raven	(2003) Jack	Movie:	What
7		Movie:		Geographic	(DVS)	Skating: U.S.	æ	Sopranos	Home Videos	Kink				e (Live) 🖽	"Pilot" (E		(7:22) Zoey	Black. (#	"Sharpshoot er" (2007)	Coreys
_	PM	"Ghost" (1990)	Extreme	Service St. St. St. Addition of the Control of the				(8:14) The	Extreme	Simpsons	Simpsons	1	Prank Ptrl		To Be	Daily Planet	Life Derek		James	That Nev
8	:30	Patrick	Makeover: Home	(6)	"Mansfield Park" (N)	ps		First 48 🖭	Makeover: Home	King of Hill	King of Hill		Prank Ptrl	NFL	Announced	(EE)	Montana	News (N)	Remar.	What
-	PM		Edition (N)		1	Guinness		(9:14) The	Edition (N)	Family Guy	Family Guy	K. S.	Falcon	E:60 (N)	Cold Case	Behind the	Movie:	Party	Pros vs.	Friends
9		Moore.	Œ	(N) (E)	Parent Agn	World Records:	Russell Girl' (2008)	First 48 🖽	Œ	Amer Dad	Amer Dad	Laughs	Beach [tt]		[ft]	Great Wall	"Space Jam" (1996)	World	Joes	Friends
	C.903	Movie:	Dr. 90210	Canterbury		Top 100 (N)	Amber		Brothers &	Company of the Company	News (N)	CBC News:	Weird	Beach	Law Order:			Poker Tour	Movie:	Seinfeld
10	:30	"Consenting Adults"	(E)	Thles [E]	t Lens (fi	(B)	Tamblyn.	First 48 🖭	Sisters @	Œ	Can Files	Sun.	Fries That?	Volley.	CI		Movie Ent	CILL .	"Sharpshoot er" (2007)	Seinfeld
		(1992)	News (N)	Edge		News (N)	News (N)	(11:14) The	News (N)	News (N)	Popoff	News [tt]	Mystery	SportsCentr	News (N)	MythBuster			James	You
11	:30	Kevin Kline.	Okanagan	Undersea	Ind Lens	Paid Prog.	McCarver	Sopranos	Van Impe	House	Key-David	fifth estate	Oracle	e (Live) 🖭	News (N)	S	Movie: "Dave"	Hollywood	Remar.	Smarter's

1

MONDAY, JANUARY 28, 2008

		WTBS	CHBC	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY 10	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE	TROP 45
	AM	All-Family	News (N)	Bali [tt]	Caillou (EI)	News (N)	News (N)	Crossing	(5:00) News	(5:30) News	(4:30) News	CBC News:	Gadget	A CONTRACTOR OF THE PARTY OF TH		Daily Planet		Rachael	MXC	F/X: The
6	:30	All-Family	2nd Chnce	George S.	Bob Build	æ		Jordan 🖭	Œ	(N) Œ	(N) (E)	Morning (N)	Viva Pinata		(N) (E)	©	King [@	Ray (E)	Sports	Series [6]
7	AM	Temptation	Body	Clifford	Barney	Today (N)	The Early	American	Good		1	Animalia	Grossology	SportsCentr		Daily Planet	K. Possible	CityLine @		Due South
1	:30	Temptation	Past Lives	Dora	Arthur (EI)		Show (N)	Justice	Morning America (N)			Curious	Team	e (C)		(N) @	(7:24)		Con.	[60]
0	AM	Jeffersons	Room	(7:54) Hi-5	Curious	100		Amer. Justice	Œ		100 Huntley Street [6]	Bo On Go	Pokemon	SportsCentr		How-Made		The Tyra Banks Show	V.I.P. "Bodyguards	North of 60
8	:30	Jeffersons	Vanity	Magic Bus	Clifford		1	Justice			Street (M)	Busytown	Flamingo	e @		How-Made	Lloyd		"	
0	AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club [E]	Cold Case Files [ff]	Regis and Kelly	100 Huntley Street [#]	World Vision @		20,000		Regis and Kelly	Daily Planet			MXC	Tube Tales
9	:30	Sanford	Antique	(9:34)	Dragon		Club (M)				VESION (4)	Gofrette	George S.	Fishing			Tigger	City	Sports	What
10	AM	Harvey	PoPQ (Live)	Franklin Earth Day.	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View	World Vision	Room	Wilbur [6		PBA Bowling	The View	Mayday [ff]	Mickey	Movie: "Perfect Pie"	Disorderly	Videos
10	:30	Harvey	(E)	Œ			ragui (iv)	ites.	(11) (11)	V LSION	House	Doodlebop	Jane	Downing	(14) (11)		Handy	(2002)		Grace
11	AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres	Young and the Restless	Crossing Jordan (#)	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Care Bears		eTalk 🔃	Japan's Ghost Fleet	Benj Bear		VI.P. "Val in Space"	The Nanny
	:30	Cosby	Homes	Pancakes	Sit-Be Fit	Show			Paid Prog.	House	(E)		Jacob	Boxing: Castillo vs.	In Fashion		(11:25) King			Frasier
12	PM	Still Stnd	News (N)	History	Charlie Rose tt	Paid Prog.	News (N)	Crossing Jordan [£]	All My Children	News (N)	Days of our Lives (N)	News [tt	Being Ian	Molitor	Degrassi	Frontiers of	(11:49)	CityLine @	Most Amazing	Seinfeld
12	:30	Still Stnd		Reach-Top	Kuse (iii	Paid Prog.	Bold & B.	Jordan (E	(N) EE		Service !	CBC News: Today (N)	Grossology		Bold & B.		Weekend		Videos	Seinfeld
1	PM	Fresh Pr.	Design	Planet Parent (C)	Fine Art	Days of our Lives (N)	As the World	American Justice	One Life to Live (N)	As the World	As the World		George S.		Sue Thomas:	Extreme Engineering	Dragon	Ellen DeGeneres	Star Trek: Voyager 🚱	Beverly Hills, 90210
	:30	Fresh Pr.	Vanity	rarent (cs)	Sewing	Lives (iv)	Turns (N)	Jusace	Live (iv)	Turns (N)	Turns (N)	Dinner	Viva Pinata	NFL Films	F.B.Eye		Emperor	Show		
2	PM	King	The Steve Wilkos	Macphee	Word	Millionaire	Guiding Light (N)	Amer. Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Steven and Chris [6]	Ruby	SpoCenter	General Hospital (N)	How-Made	(1:48)	News 🔃	Star Trek: Voyager [tt]	Fresh Pr.
2	:30	King	Show	Moving On	Lions	Millionaire	Œ	Justice	Liospian (11)	Œ	(2)		Flamingo	Interruptio		How-Made	Weekend			Family Guy
2	PM	Friends	Big Screen	Blue's Clues "Thankful"		Judge	Dr. Phil 🔃	Cold Case Files [#]	Rachael Ray [tt]	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil 🔃	Worst Handyman	K. Possible	News (N)	CSI: Crime Sen	
3	:30	Seinfeld	Daily 10		Arthur (EI)							Miracles	Neutron	Sports			Replace			Vanity
Л	PM		Barbi Twins: THS	Dora	Cyberchas	Judge J.	Oprah Winfrey 🖽	CSI: Miami	200	Oprah Winfrey (6)		Frasier	SpongeBob	Hockey	Friends	Daily Planet (N) [E]		Friends	CSI: Crime Scene	
4	:30	Family Guy	Twitis. This	(4:35) Little Bear @	Fetch! With		Willing (III)		Cops (f)		Global	Red Green	OddParent	Interruptio	Frasier		Proud	Hollywood		Tube Tales
E	PM	Friends	News (N)	Dear G	BBC World	News (N)	News (N)	Intervention "Emily"		News (N)	(4:59) News (N) [tt]	Simpsons	Naked	Premier League	News (N)	MythBuster s 🔃	View and	American Gladiators	CSI: Crime Scene	
5	:30	Friends		(5:35)	Business	NBC News	CBS News		ABC News	Global		Arrested	Drake	Poker			Montana	(N)		What
6	PM	Movie: "A Thin Line	Ad Pers	Saddle	News- Lehrer	State of the Union	State of the Union	Intervention "Tressa"	State of the Union	News (N)	ET Canada	News (N)	Jordan	(Taped)	News (N)	Guinea Pig	Zoey 101	Movie: "Friday	Movie: 'Tommy	Family Guy
6	:30	Between	News	renegade	Lemer	(Live) @	(Live) (E		(Live) EE		Entertain		iCarly [tt]			Mean	Sadie	Night	Boy" (1995)	Seinfeld
7	PM	Love and Hate"	E! News	Edge	Served			Paranormal	Land Carlot	Entertain	Prison Break (N)	Coronatn	Malcolm	SportsCentr e (Live) [#]	W. S. W. S. W.	Dirty Jobs (N)	So Raven	Lights" (2004) Billy	Chris Farley.	. Seinfeld
-	:30	riate	Jeopardy!	History	Wait God		Scrubs	0.000	The Insider	ET Canada	(tt)	Count	Prank Ptrl	C (LIVE) (LL	Degrassi		Smart Guy	Bob		Frasier
0	PM	Seinfeld	How I Met	Winning (#	Antiques Roadshow	Jeopardy!	How I Met	The Other Nostradamu	Dance War	Prison Break (t)	"Anchorman : The	Week Women	Fries That?		To Be Announced	Daily Planet		Thornton.	CSI: NY "All Access"	Family Guy
8	:30	Frasier	Rules		(N)	Fortune	Two Men	s			Legend of		Adrenaline	Auto Racing:			Life Derek	News (N)		Married
0	PM	Movie: "A Thin Line	Deal or No	Cracking Up @	American Experience	American Gladiators	To Be Announced	Intervention "Emily"	To Be Announced	"Anchorman	Ron Burgundy"	The Border (N)		Lucas Oil	TBA	Guinea Pig		(9:06) Jimmy	CSI: Crime Sen	
9	:30	Between			(DVS)	(N)	, imounced			Legend of		Y	Shadow	Chili Bowl Nationals.	Corner Gas	District Co.	Phil	Kimmel		Seinfeld
10	PM	Love and Hate"	Final 24 @	(9:50) OCD: The War		Dateline NBC @		Intervention "Tressa"		Ron Burgundy"	News Hour Final (N)	National	Falcon Beach [ff]	Œ	CSI: Miami	Dirty Jobs	School	(10:06) Movie:	Star Trek: Voyager [f]	Married
10	:30	Tate		Inside	Encore		Rules		Samantha								Cory	"Friday		Fresh Pr.
11	PM	Frasier	News (N)	Profiles of Nature @	Charlie Rose (N) [tt]	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour [6]	Mystery	SportsCentre (Live) [6]		MythBuster s [#]		Night Lights"	Deep Space	
11	:30	Heat	Guy Stuff	Tratore (K)	Nose (IV) (E)	Tonight	Late Show	Paranormal	(11:35)		ET Canada	TOUR CALL	Ghost	(Live) LE	News (N)	- 111	Life Derek	(2004,		The Nanny

monday movies

MORNING

10:00 am CITY 29 ★★"Perfect Pie"
(2002, Drama) Wendy Crewson. An operatic diva reunites with her child-hood friend after returning to her hometown in Ontario. [€]

EVENING

6:00 pm WTBS ③ ★★"A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A

Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)
CITY (29) *** *"Friday Night Lights" (2004, Drama) Billy Bob Thornton. A high-school football coach in Odessa, Texas, tries to lead his players to the state championship. (E)
SPIKE (44) ** *"Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well

auto-parts heir must stop his father's widow from selling the business.

8:00 pm CITV (2) ** %"Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. Premiere. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism. (E)

9:00 pm WTBS (3) ** A"A Thin Line Between Love and Hate" (1996, Comedy-Drama) Martin Lawrence. A wealthy woman stalks the womanizing club owner who seduced, then betrayed, her. (E)

BCTV (11) ** ** "Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism. (E)

the arrival of an ambitious woman looking to climb the ranks of journalism.

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7:00 PM

Tuesday, January 22

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appointment to view.

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obituary

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Allan Merwin Tomkins

January 4, 1925 - January 15, 2008



The family sadly announces the passing of our Dad, Al Tomkins in Penticton Extended Care, Predeceased by his wife of 53 years, Vinni Nelson, he will be remembered by sons Rick (Denise) Summerland, Curt (Michelle) Kelowna, Chris (Brenda) Port Coquitlam and daughter Susan Alton (Harry) Princeton, grandchildren Jonathan, James, Rory, Daphne, Conner, Matt, Elizabeth and Nicole. Bom in London, Ontario, Al came to BC with his family in the 1930s. At 17, he volunteered for the Canadian Army that helped the allied forces liberate France, Belgium and the Netherlands. He returned with his regiment, and the Netherlands. He returned with his regiment the VIII Reconnaissance, twice to celebrate the Anniversary of the Netherlands' liberation.

For over 40 years Al worked at Burrard Dry Dock Shipyards in the Sheet Metal Shop. He married Vinni in 1948 and together they raised their family in North Vancouver. Later they retired to 5 Mile where they enjoyed the good life. Al was a Golden Gloves Boxer, fisherman, golfer and bocce player with a huge personality - not to be forgotten. At 80 he learned to curl. A Memorial Service will be held January 26th at 12 Noon at St. Paul's United Anglican Church in Princeton with Minister Diane Robinson officiating.

Forever remembered with love.

notice

notice

NOTICE TO CREDITORS

Notice to Creditors in the Estate of Ralph Edwin Robson, Deceased, late of Princeton, B. C. who died on November 16, 2007.

TAKE NOTICE that all persons having a claim upon the Estate of the above-named must file their claim with the undersigned on or before February 15, 2008.

STANLEY G. TURNER Solicitor for the named Executor, William Gerrard Allen Box 568, Princeton, BC VOX 1WO

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> 4-H Open House & Registration

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> For more information: Sue - (250) 295-3569 Judi - (250) 295-0055

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my turn

How I Would Rig The Election

With all the talk going on around town about the continuing process of stratification, it occurred to me while I was in the shower the other morning (I do a lot of thinking there, for some reason) that it surprises me that with Municipal Elections on the horizon someone hasn't jumped on this issue and turned it into an election tool.

So as I drove to work that very same morning I thought about how ten months away from the actual election - someone could win election to Town Council in a landslide victory by taking the low-income housing issue and running it up the flagpole.

That is why I offer to you the easy steps listed below that will guarantee you a spot on Princeton Town Council for the first meeting of

- 1) Pick your issue. (I've already done the hard work for you). Take ownership of the issue. Immerse yourself in that issue. Do research on that issue. Attend meetings related to that issue.
- 2) Write Letters to The Editor. Once you gain the knowledge you need to speak out about the stratification issue and sound as if you really do understand it, start writing about it. Write letters no less than every two weeks so that when election time comes your name will be recognizable and most everyone will know where you stand.
- 3) Slogan up. Once everyone knows who you are and what you're key issue is, hammer the message home with a cute slogan of some kind. "OCP stands for Official Community Plan NOT Outsiders Castrate Princeton" could work on brochures, but would have to be shortened for campaign signage.
- 4) Start your campaign FIRST. You've built momentum to this point. Make it official by announcing your intentions months before anyone else. Here's a case where Number One is a good thing.
- 5) Host public meetings related to low-income housing. Host them outside Town Hall during the day and in front of buildings/properties slated for stratification. Make everyone else in town aware of your targets and start firing. (I would lean on the fact that the OCP could include clauses preventing stratification in certain parts of town. Maybe work in a clause that allows ONLY new multi-family dwelling development to be stratified, as long as certain conditions were met).
- 6) Encourage EVERYONE to vote. The week before the election I would shift gears and put together a fleet of drivers and publish their names and phone numbers saying they will take you to the polls and drive you home on election day - FREE. Focus on getting people who could be affected by stratification to the polls.
- 7) Win election, make good on single-issue promise (making too many promises and not fulfilling them will screw your re-election plans, so keep this in mind).

There you have it, the easy way to get elected to Princeton Town Council. I wish you good luck, and by the way, you're welcome.

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The Editor reserves the right to condense any letter or to substitute proper language for improper language.

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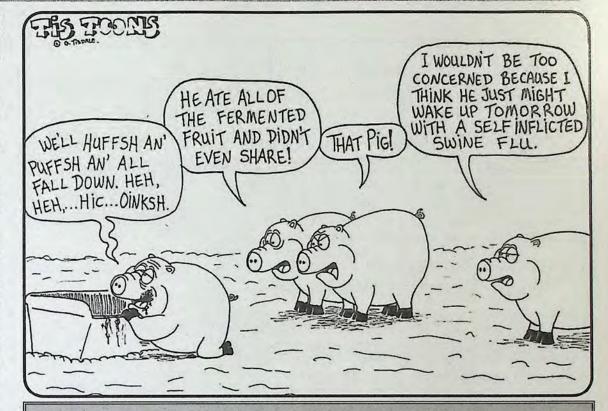
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Publisher: Office Administrator: Reporter:

George Elliott Brenda Engel Dawn Johnson



your turn

Reader takes on RDO

I have read with interest the letters to the Editor some of the Regional District of Okanagan Similkameen (RDOS) area directors sent in to the various local papers, asking for public support to remain as a separate entity versus being part of a single Regional District.

They express concern over the potential loss of the rural voice in a larger, singular regional district.

I would like to pose a question to the residents of the RDOS as to how they feel they have been represented to date by this board. I went online at www.RDOS.bc.ca to do some research. I counted the total motions made at RDOS corporate board meetings for 2007 and came up with a total of 443 motions put on the agenda for consideration.

Out of these a total of 7 failed to pass. Out of these 7, two were reworded and passed, 1 was to add another meeting so only 4 bylaw changes actually failed, that gives a percentage of less than 1% where the motions were defeated.

In addition individuals who wrote letters to Mr. Ashton, RDOS Chair expressing their concerns over Mr. Perrie, Area Director F changing the composition of The West Bench Water Advisory Committee (WBWAC) were told their letters never made it to the Boards Agenda under correspondence. Instead the letters were put into the RDOS Board's 'Reading File' because the letters did not specifically state that the writer wished for them to be brought forward at the Board meeting. I would like to ask why would someone take the time to write to the Chair of the RDOS if the intent was not to make their letter public and discussed by the entire board.

Are letters not a serious form of 'VOICING' your opinion?

I have had the pleasure of attending numerous RDOS Board meetings in the last year and personally witnessed where residents of Area H sent a letter to the Board protesting the appointment of certain people to an Area H advisory committee. The Area H Director got visibly upset at another directors mention of the discord that had occurred when Mr. Perrie had done something similar and she stated that she had the final word on who would sit on that committee and that she was exercising that power.

I am paraphrasing this conversation, but I feel these incidents show the power that the Area Directors have and the lack of involvement the remaining Board members have in regards as to what occurs in those rural areas.

From my personal experience dealing with the RDOS I was told by Chair Mr. Ashton that it is the Area Directors prerogative to make the terms of reference for committees under their guidance and add voting members as they see fit and that there is nothing the Board can do as they do not intervene in an Area Directors decisions.

The facts support this. If you were to do as I did and actually look at the minutes, you would see that very few directors ever vote in opposition to another director's motion.

I however disagree with Mr. Ashton because if the Board does not have any power in these decisions then why does the Area director have to bring the motion to the RDOS BOARD to be passed?

I know that the Board DOES have the power to refuse the Area Directors requests but instead choose to merely act as a formal rubber stamp for whatever Area Directors bring forward.

I personally do not know if an amalgamation of the three Regional Districts would be better or worse than what we have at present, but I strongly feel that presently there is no representation of the rural VOICE at all. Remember when you vote for your Regional Director they have a tremendous amount of clout at the RDOS Board level.

So however this proposed amalgamation plays out be very careful who you vote for to represent you at this level of government because from my perspective theirs is the only " RDOS board hears.

P.S. If you wish to sit in on the next governance review meeting on the future of the Regional Districts it is open to the public and is being held in Kelowna on January 31st - RDCO office, 1450 KLO Road, - 10:00 AM. Can't make the meeting? Email the committee at bsmith@cord.bc.ca with your comments or concerns. - Theresa Nolet, Penticton

Current Comment:

That golden half hour



Dawn Johnson editor@thenewsleader.ca

For years I have wondered about the long healthy lives of local ranchers, both past and present. Despite lack of antibiotics and other modern medicines and treatments, and despite a diet high in fats and carbohydrates, they lived well into their seventies and many lived into their eighties.

Most of them smoked, and certainly they lived in smoky homes, because everybody burned wood and coal.

I wondered about the even longer lives of my aboriginal ancestors, too. They lived even poorer, but they lived even longer, barring accidents

One of my ancestors lived to be more than 125 years old, smoked like a chimney, but was still riding horses at 125, even though he could no longer walk upright.

A few days before Christmas, I learned of a study done to see whether exercise made a difference in old people.

The doctor who explained the study said they had found that one half hour of physical exercise was all it took to keep older folk healthy and it kept their brains alert, too.

That's all it took, one half hour of walking, doing housework or gardening.

The study gave me the key bit of information about why these old-timers lived so long despite poor health care, poor diet and lack of comforts. They had to keep working.

I thought back to the oldtimers I remembered in my youth. They had a dreadful fear of becoming useless, so they chopped wood, fed stock, or did whatever they could around their homes or ranches.

Ranchers never really quit work.

They may do less heavy work, but they are still on the move, every day. There is always something to do. Most of the chores demand some walking back and forth, even if it is just from the house to the barn. In fact, the distance from the house to the barn can be a "fair piece" as they would say.

My aboriginal ancestors had to hunt to eat, and to plant and tend their gardens, and to gather food from the woods, and pick berries. They rode horses or walked everywhere they went.

I recall the stories about the longlived people of the Tashkent, where people commonly live to be more than 100 years.

They work on their farms and tend their livestock, and enjoy community life.

They walk to their fields and they do physical work when they get there. Then they walk home for lunch and walk back to the fields. This is a lot of walking in a day, but they stay healthy and live long lives.

The study mentioned people doing housework and gardening. Maybe that explains why women live longer than men.

Women, no matter how old, are expected to do housework, and I know an awful lot of women who garden.

Housework and gardening require not only physical labour, but a lot of walking.

You watch a woman doing

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housework and start counting the steps she takes, and you will see she does a lot of walking. Watch any gardener and count the steps taken to do weeding, watering, planting, or raking.

One of the things the study did not mention was doing work out-doors. I have often thought there might be an advantage to working or walking outdoors. I know I get a lot of sunshine because I do a lot of outdoor work. Most ranchers get a lot of sunshine in winter, as they are outdoors, especially on sunny days.

If we look at a lot of the lifestyles of working people these days, we see them driving to work to spend a day sitting down at a computer or other machine.

Then they drive home, sit down to dinner, and then sit and watch television.

Outdoor physical activity is confined to the weekend for most people these days, and a half hour of walking may not fit into schedules.

All of us have heard of that magic "golden hour" after physical trauma has occurred.

If a person receives medical care in that hour, chances of survival soar. That is why emergency health personnel call it the "golden" hour.

Now we know there is a "golden" half hour that can save our health and make our lives longer. Let's embrace that golden half hour and make it ours, every day.





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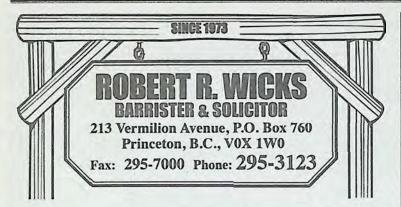
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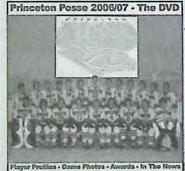
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Food For All meeting organizers IH Community Nutritionist Kristi Estergaard, left, and Community Developer for Food Security Christine Schwarz. The meeting was held January 17th at the Skills Centre and was planned in cooperation with IH Public Health Nurse Beatrice Bibby.* Photo: Brenda Engel

Letter To The Editor

Letter To The Editor

Local man reacts to 'homelessness'

To The Editor;

To The Editor;

the ditch.

hand.

The Allison Flats apartment building has an offer on it and rumour has it that the person is seeking seven investors each to put up

Chivalry is not dead! On

Monday, January 14, as I was dri-

ving to Merritt from Princeton, I

had the unfortunate experience of

leaving the road and driving into

Fortunately, two very kind gentle-

men, who were on their way home

from work, stopped to give me a

\$100,000.00 investment into the purchase.

If this is the case, does the Town want this low-income rental building to disappear? Where will these

They were able to get me out of

the ditch, and I made my way

home safely, with no damage to my

I did not get these men's names,

but I hope they know who they are,

as this letter is the only way I know

Thank you again from the bot-

iver says 'thanks'

car or myself.

how to thank them.

tom of my heart.

Jana Heffernan, Merritt

people go?

I suspect that they will try to be converted into either condos or strata. At this time, a stop can be put to this if the the Council and town cares about people who live here.

As if another low-income apartment goes it will change the town. I believe that there are always other options should someone seek them out.

Council can notify the owner and buyer that they will not allow this building to change from lowincome housing.

If you agree with my thoughts on this, then contact Mayor Randy McLean and Councillor Ray Jarvis and have a stop put to this ASAP!
- K. George, Princeton

Letter To The Editor

Reader discusses low-income housing

Dear Editor

Last night (January 17) I went to a meeting at Riverside concerning the fact that affordable rent is scarce, and I needed more clarity on the problem. The possible solution can vary to the different needs.

I feel that if we are talking about a senior and disabled population then being more central in town would be a concern of theirs, if we are talking about low income families I would think being reasonably close to town would be a concern.

I have had some experience in trying to help people, and one wise person helped me clarify in my own mind the first step is to ask, "How can I help you?"

There was one individual at the meeting that gave an answer, is that the only one? The rest of the peo-

ple there were either investors or concerned people.

Until the district has more jobs, that the wage reflects a higher income, can we really approach this problem with a positive solution?

It is important for individuals to attend these meetings if it is a concern for them.

- Edith Lapierre, Princeton

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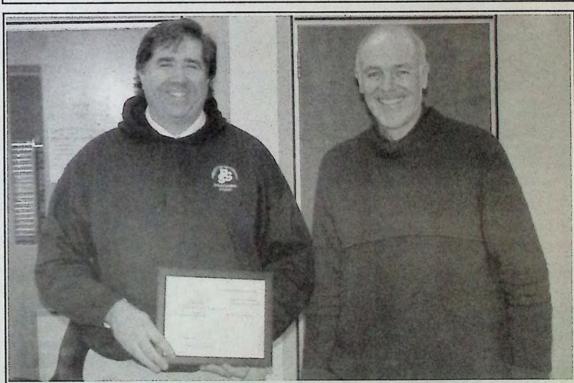
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Nadine McEwen, left, presents CYC Asset Building Champion Awards to Sue Hamilton, Beatrice Bibby, Bonnie Jesten, Kathy Froese and Lorna Gregson at the January 17th CYC AGM. The group was honoured for giving countless hours of their time and energy to advocate, fundraise, apply for grants and for organizing the Preschool Support Program (which funds children age 4 to attend Little Folks Nursery School) and Princeton Family Centre, which opened this past Summer. "They not only lobbied for the Town of Princeton for this building and wrote grants for funding but took paint brushes in hand to make this a wonderful addition to our community." *



Rae Campana, left, accepts her CYC Asset Building Champion Award from Dina Slowikowski-Campbell. Campana "dedicates many lunch hours to the children of JAE in organizing a very successful choir program. This program has grown to be almost half the school population." The choir not only entertains their parents but also performs for residents at Ridgewood Lodge. "Rae is dedicated to bridging the gap between older adults in our community and children." *



Kirk McConnell, left, accepts CYC Asset Building Champion Award from CYC Chair Ken Heuser January 17th. The PSS PE Department was recognized for their dedication to student athletics. "They have invited the community so that adult volunteers can share their skills and abilities with athletes." The invitation of sport training clubs to Princeton has led to a tripling of students involved in sport activities. *



One of the guest speakers at the Food For All meeting held January 17 at the Skills Centre was Carol Allen, President, Community Gardens Penticton. She discussed the community garden concept.* Photo: Brenda Engel



Thomas Tumbach of Summerland operates Localmotive Organic Delivery and spoke about the Healthy Harvest Box program and a farmer's market program. * Photo: Brenda Engel

Free flow of ideas at regional governance workshop

For the first time, the directors of the three Okanagan-Similkameen Regional District boards have met for a workshop in Vernon discussing area-wide governance issues.

The more than 40 elected and appointed members of the North Okanagan, South Okanagan Similkameen Central and Okanagan Regional District boards focused their discussions in the areas of air quality, water, transportation and transit and options for valley-wide governance. They talked about common areas of interest in each and possible ways of improving the services they deliver across the entire geographical area under perhaps a different governance structure.

The objective of the session, which was viewed by approximately 30 members of the public, was to set a framework for future discussion and research by the Okanagan Similkameen Regional Governance Study Working Committee. The 12-member com-

mittee of appointees from the three valley regional districts is reviewing and considering possible areawide governance options.

Working Committee chair Robert Hobson, says, "We certainly didn't make any decisions today, but the exercise was very beneficial as there was plenty of free flowing discussion on the issues and options being considered for areawide governance. There was a strong willingness from everyone involved to work together on valley-wide issues. The result will help guide the work of the study committee in the coming months as we move towards completion of a final report for the Minister of Community Services by the end of

He adds, "I'm impressed with the knowledge and thought given by all the workshop participants, representing not only the electoral areas but the municipal partners involved with each of the three regional districts. The consultants working with the Governance Committee will be meeting over the next few weeks with each of the regional district boards and member municipalities to update the progress and invite further input."

In order to keep valley residents informed, the committee has also launched a website: www.valley-govern.ca to keep them abreast of upcoming meetings, while providing links to agenda and reports from past and future sessions. A direct email contact form is also available online for residents to complete, so that their thoughts, ideas and suggestions can be considered by the Governance committee.

The next meeting of the Okanagan Similkameen Regional Governance Study Working Committee is scheduled for Thursday, January 31st at 10:00 AM in the Woodhaven Board Room at the Regional District of Central Okanagan office, 1450 KLO Road in Kelowna. The meeting will be open for residents to view the proceedings.

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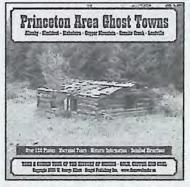
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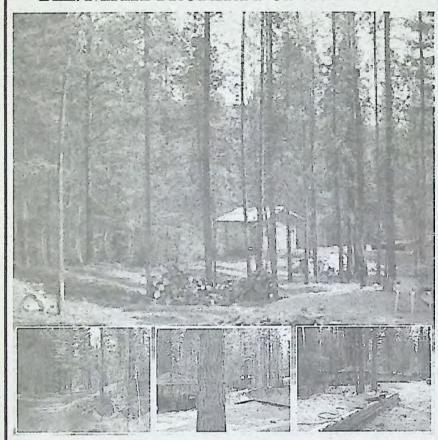
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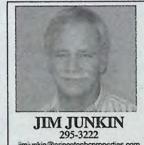
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228 Luard Avenue \$256,000 Without the 'heritage from top to bottom! mls.ca#41728

Elbow room!



2223 Old Hedley Rd \$219,000 Need some space, but not too much? This country-style 4-bedroom home is for you! 1/2 acre yard is landscaped and terraced. Drilled well and mls.ca#42755

Peaceful a Private!



Level 5 acres backing down to Siwash Cre Mobile has partial remodeling and large dou garage for the toys! mls.ca#41439

Country Comfort - Horse Heaven



2134 Highway 40 \$315,000 5+ acres of level fenced land for your animals! Extra large double garage for storage, vehicles and the toys! Mobile has addition so everyone has their own space. Minutes to KVR! mls.ca#42756

153 Tapton Avenue \$158,900

town location. Close to everything!

mls.ca#41390

Private. Peaceful. Perfect!



2496/2504 Hwy 40 \$499,000 Almost 20 acres of treed, useable land. Large burn, garage, corral. Home has warm, country feel, 3 bedrooms on one level. Pack up the family and all the animals there's room for everyone! mls.ca#42754

Unforgettable view!



3106 Highway 40 \$298,000 5 year old, 2-bedroom home furnished with guest cabin. Large decks and 20' x 24' garage. mls.ca#42977

Highway 5A Delight

Great Location! Subdividable



529 Copper Mtn \$595,000 66AC zoned RA-divide into 20AC parcels. Build and watch the sun set with unbel mls.ca#41536

947 Highway 5A Constructing highway access. Almost 25 acres of expansive views. Your only problem? Where to put the house. mls.ca#41651 Where to put the house.









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