



Fraser Esdale takes a serious look at his small engine project during the 4-H Open House and Registration Night January 25th at Riverside Centre. If you missed it and have a child in your family interested in getting involved call Sue at (250) 295-3569 or Judi at (250) 295-0055. *

Local survey reaches international stage

Between August and October in 2007, the Similkameen Valley Planning Society mailed 2,600 surveys to owners of homes in the South Okanagan and Similkameen. The purpose of the survey was to measure the impacts of in-migration on the economy, social quality and environment. In particular, 'amenity migrants' were of interest. An astonishing 30% of surveys were returned and results are becoming available. Some interesting findings include:

- 17.7% of homes in the study area are second homes - Area H leads with 45.1% second homes.
- Across the study area, 1/3 of second home owners intend to retire to

- the second home, 1/3 do not and 1/3 are uncertain.
- 79.6% of residents in the Similkameen are immigrants; 73.0% are immigrants in the South Okanagan.
- Across the study area, 29.8% of life time residents are retired, 55.2% of amenity migrants are retired, and 29.3% of economic migrants are retired.
- There are only small differences in the frequency with which old homes were replaced by new homes by life time residents, amenity migrants and economic migrants, or in the size of properties owned.

.....continued on Page 26

Dr. Adams offers solutions to shortage

"Rescuing Rural Practice"

by Dr. John Adams

Rural hospitals and particularly remote rural emergency rooms in B.C. are in crisis!

Every rural physician in B.C. would agree with this statement! How to solve this escalating problem is under debate and every rural physician and other concerned health worker has their own point of view!

I have summarized below my current personal views based on 24 years in rural B.C. and 22 years as a General Practitioner and Hospitalist in the U.K.

- It is imperative not to short-change the number of rural physicians required for a particular community. Remote rural physician groups need to be at least five strong in the 3,000 to 5,000 population, four strong in the 2,000 to 3,000 population, three strong in the 1,000 to 2,000 population, and two strong below this. This is the only way to prevent burnout! Remote rural practice is a 24/7/365 commitment for emergencies, and on-call is hugely more challenging than urban on-call (I have done

both!).

- The B.C. populace expects and should receive timely first-world medical coverage in remote rural areas. This particularly applies in emergency situations e.g. when people are critically injured or have life threatening illnesses.

- Communities dealing with high levels of M.V.A.s, skidoo, and mountaineering accidents, require special consideration. They must have an up to date Emergency Department with at least two personnel skilled in Critical Care available 24 hours a day.

- Every person in a Rural Emergency Room setting should be familiar with and able to use all equipment, which should be regularly restocked and kept up to date.

- To be familiar and "comfortable" with the latest standards of care, every remote rural hospital should have at least three 'in house' educational sessions per annum A.C.L.S., A.T.L.S., rural deliveries etc.. A traveling Critical Care team, providing this education, could easily circulate through B.C.'s rural communities. The costs involved would be small compared with the benefits reaped.

- Triage and transport in Rural B.C. is at present under funded and needs a complete revision! Critically injured patients require on the spot stabilization and rapid transfer to a higher care Trauma

Centre.

- Alberta has a highly acclaimed critical Care rescue system, (see stars.ca), which utilizes helicopters and emergency Physicians to evacuate patients from the site of their

accident to the nearest Trauma Centre.

- Rural Communities with a high incidence of critical-care trauma require the full support of A.L.S.continued on Page 10

ER will close if no doctors come

Princeton's health care crisis became more intense last week as hospital staff were informed that the Emergency Room (ER) would be closed April 1 if no medical staff could be recruited. This issue was brought to the attention of Town Council on January 21 during question period, when Paul Adams advised Council his father, Dr. John Adams, had received this information from a reliable source.

Council did not put much strength in Adam's information. In fact, Councillor Pam Jones had given a report on all of the efforts Interior Health was making to recruit doctors. Councillor Maria Sadegur showed Adams a bulletin from Interior Health which said every effort would be made to keep the ER open.

Adams suggested to Council that they invite Interior Health to

Princeton to tell the public exactly what is going on.

Mayor Randy McLean did not like the confrontational approach, saying Princeton people had been angry with Interior Health before and it had not helped. Mayor McLean said there was more to be gained by working with Interior Health.

Adams said there is a clause in the Canada Health Act that says there must be a staffed ER for all isolated communities in Canada, and Princeton qualifies as an isolated community.

The plan for Princeton General Hospital now is to move Public Health into the basement of the hospital and use the vacated offices to house doctors. Interior Health has rented an apartment to house locum doctors. These doctors will see patients at the hospital.

Dr. John Adams will keep his downtown office open, but there is some concern about transportation for people who would have to go to the hospital to see a doctor. The BC Transit bus operated by Community Services is available only three days a week, and there is no taxi service.

Local ambulance personnel began upgrading their skills on January 18 and should complete the course in April. The higher level skills will free doctors from having to go with some patients while they are transferred to Penticton or Kelowna, but this is valuable to Princeton only if Princeton has an ER and doctors to staff it.

There was some discussion of increasing monetary incentives to attract medical staff, but these incentives must be authorized by Interior Health.

Advance Public Notice Load Restrictions

Pursuant to Section 66 of the *Transportation Act*, and to provisions of the *Commercial Transport Act*, notice is hereby given that load restrictions may be placed, on short notice in the near future, on all highways in the following Highways District:

Okanagan-Shuswap

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Restrictions will be imposed in each area individually as conditions warrant, normally the most westerly and southerly areas to be restricted first.

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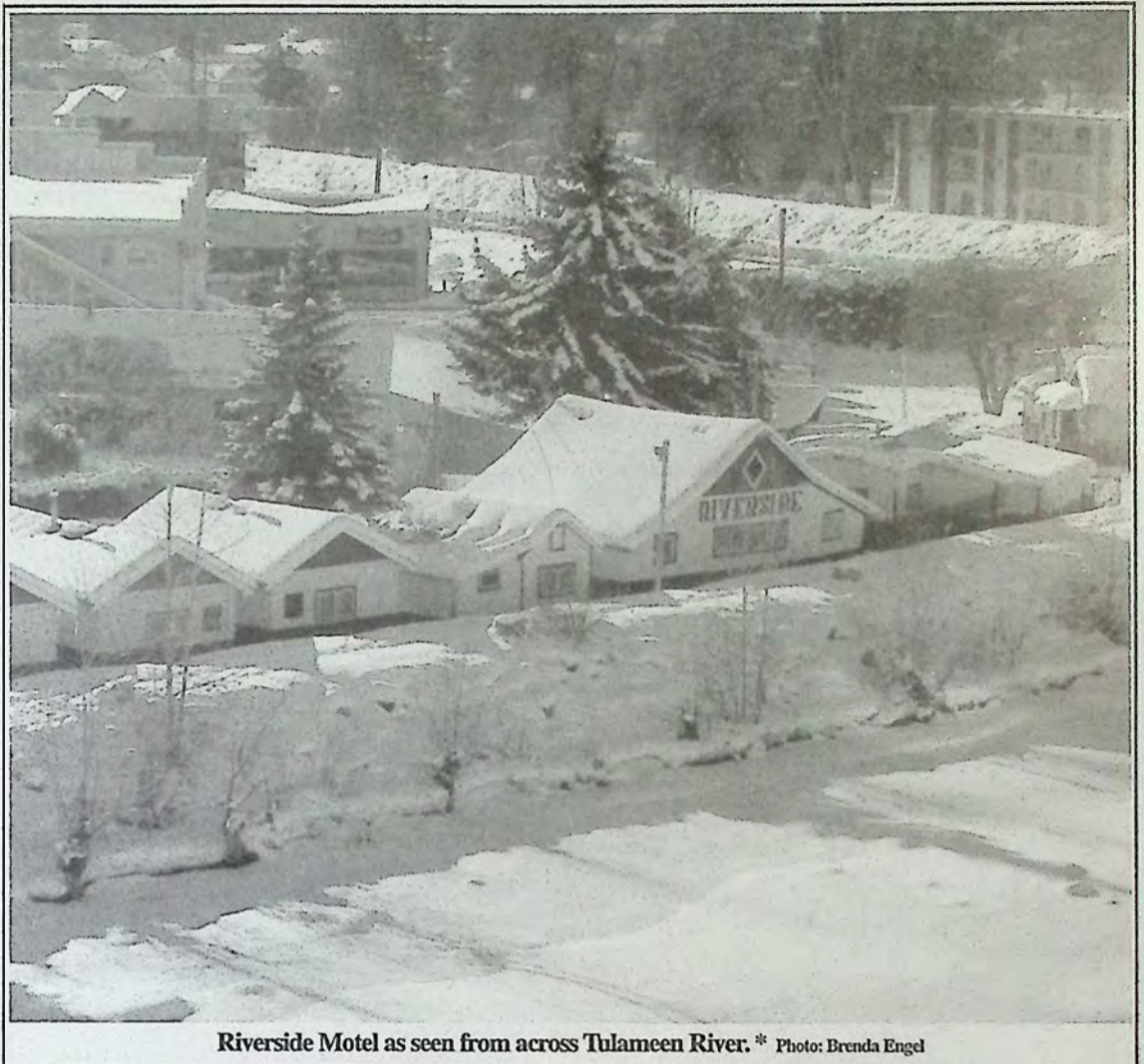
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Your cooperation in adhering to the above regulations is appreciated.

Dated at Kelowna, BC this 21st day of January 2008.

Murray Tekano
District Manager, Transportation

For more information about load restrictions,
visit the ministry's web site at
<http://www.Drivebc.com>



Riverside Motel as seen from across Tulameen River. * Photo: Brenda Engel

Council approves strata title plan

Riverside Motel owners applied to Town Council for a change in the Official Community Plan to allow for strata titling of the motel units.

The subject of strata titling raised some emotions in Council at the meeting following a hearing held on January 21. The public did not appear to raise any strong objections. During the regular meeting,

Town Council gave third reading to a bylaw allowing the change, but had some reservations about further strata title applications.

Councillor Jim Manion told Council he has "mixed emotions" about strata titling, but as cabins at Riverside Motel are not family dwellings, he would vote in favour, as the cabins will be upgraded.

Mayor Randy McLean went further, saying any future applications for strata titling of apartment buildings would not get his vote in favour.

Councillor Pam Jones stated, "We should be looking at proper housing for low income people in our community. We should be working on this, we should move to the next step. It's not up to private business, it is up to us."

Mayor McLean agreed with this point, adding, "This Council should take the initiative. We should find out how other commu-

nities have done it."

Councillor Maria Sadegur reminded Council there had been two low cost housing projects for seniors in Princeton's past. These are the Silvercrest apartments, an initiative of the Royal Canadian Legion.

Councillor Jarvis said he is opposed to any more low cost housing being strata titled.

Council had received a letter asking them to stop the rezoning of 185 Luard Avenue apartment building to strata or condo. Mayor McLean said no rezoning application had been received for that property.

At the end of the meeting, a man stood up and told Council he had planned to invest in a low cost housing building in Princeton, and had planned to upgrade it but keep it low cost. After hearing the remarks at the meeting, he planned to withdraw his offer to buy the property.

Will Council send letter?

The committee to arrange celebration of Princeton's 150th anniversary wants Council to invite Prince Edward to come to Princeton for a reception, but Council appears to be dragging its feet. Prince Edward will be in B.C. for the 2010 Olympics, and it seemed like a good time to have him come to Princeton. He was invited to attend the 125th anniversary of the founding of Princeton, but Queen Elizabeth would not allow him to come as he was still in school.

At the January 21 Town Council meeting, Nick Mills, a member of

the committee, asked Council if the letter had been sent. Mayor Randy McLean said it had not, as they were still waiting for a draft copy from the committee.

Mills had a copy of the draft letter with him, and said it had been delivered to Town Hall on December 14.

Mills told the News Leader the committee has some concerns about the delay, as arrangements for a royal visit take time to plan. There are just two years before the Olympics during which all of the arrangements must be made.

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Janine Esdale demonstrates some of the 'show' skills she learned through her years of participating in the 4-H Club. Princeton 4-H hosted an Open House and Registration Night January 25th at Riverside Centre which attracted a few 'first-timers' interested in getting involved with the program. *

Team studies dam potential

The growing need for water conservation prompted the formation last year of a small international group to study the feasibility of a dam on the Similkameen River. This is not the first time a dam on the Similkameen has been proposed.

The first time was early in the past century, and resulted in the construction of the Enloe Dam south of the border.

The Similkameen River is notorious for major spring run-off and possible flooding, followed by a late summer inadequate flow for irrigation purposes.

Michael McLaughlin, Economic Development Officer for Similkameen Valley Planning Society, attended the January 21 Town Council meeting to update Council on what the joint committee is doing toward a dam on the Similkameen.

McLaughlin stated the group is comprised of five representatives from the Similkameen Valley and five from Okanogan County in Washington State. The group was formed one year ago to gather information about the best place to put a dam on the Similkameen. One of the locations proposed is Shanker's Bend, which would flood a lot of land, including the South Similkameen in Canada. McLaughlin said this is not favoured.

The top priority is ecological benefit, the second is economical benefit. During the past decade, the river is lower in late summer than it has ever been, and the group would like to see water conserved in spring to keep the river depth mod-

erate throughout summer.

Councillor Maria Sadegur asked McLaughlin whether the group had considered the dam proposed by Princeton Light and Power in 1990.

McLaughlin said it was not ruled out, and offered some advantages.

This committee does not have the authority to initiate a dam project, but could lobby for it as a conservation measure.

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keremeos and area news

Mayor Walter Despot, left, is joined by Okanagan-Westside MLA Rick Thorpe and Abbotsford MP Ed Fast to make the announcement January 21st in Keremeos Village Council Chambers. Photo: Brenda Engel

Officials announce sewer extension

A federal and provincial investment of more than \$685,000 will help Keremeos extend its sewer to the Upper Bench area, helping to protect the community's water supply from risk of contamination.

The funding is being provided through the Canada-B.C. Municipal Rural Infrastructure Fund (CBCMRIF), which enables communities across B.C. to become healthier, greener and more sustainable places to live.

The announcement was made January 21st by Ed Fast, MP for Abbotsford, and Rick Thorpe, Okanagan-Westside MLA and Minister of Small Business and Revenue and Minister responsible for Regulatory Reform.

"This project will expand water services and improve its quality for residents of Keremeos," said Fast on behalf of the Honourable Rona Ambrose, President of the Queen's Privy Council for Canada, Minister of Intergovernmental Affairs and Minister of Western Economic Diversification.

"By funding projects such as this, we are delivering on our promise to help communities grow as vibrant and productive places to

live, work and raise families."

Approximately 250 people will benefit from the sewer extension, which includes a new pump station, 1.2 kilometres of sewer pipe, manholes, inspection chambers and service connections. Improved septic systems will also protect the community's drinking water wells.

"There is nothing more important to a thriving community than a clean, reliable source of drinking water and we're pleased, through this project, to be protecting that resource," said Thorpe, on behalf of Community Services Minister Ida Chong. "This project will make a tremendous difference to the health and sustainability of the community by removing threats to the groundwater wells that supply the community's drinking water."

"The Village of Keremeos is very pleased to participate with both the federal and provincial governments in a joint venture to reduce the number of aging septic systems in the easterly section of the municipality in the proximity of the Keremeos Irrigation District's well," said Keremeos Mayor Walter Despot.

"This sewer service extension will allow our municipality to fur-

ther protect our drinking water source and allow us to continue expanding our waste water collection system."

The majority of the program funding from the CBCMRIF, which was launched in June 2006, supports communities of fewer than 250,000 people in minimizing the costs to taxpayers of local infrastructure upgrades or new construction projects.

At least 60 per cent of the funding will assist with 'green projects' that are geared towards enhancing environmental sustainability, such as water and wastewater systems, public transit and environmental energy improvements. Other infrastructure projects will support local roads, cultural and recreational facilities, tourism and broadband connectivity. The funding for this project is conditionally approved pending the successful completion of an environmental assessment.

The total amount available through the CBCMRIF, with federal and provincial investments and matching local government contribution, is over \$220 million. More details on the program are available online at www.canadabcmrif.ca.

- submitted

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From left, Princeton Mayor Randy McLean, SOSMF Chair Ken Jaggard, BC Ambulance Attendant Tara Steele, SOSMF Executive Director Janice Perrino, SOSMF Director Bill Spring, Keremeos Mayor Walter Despot, SOSMF Director Bill Quinlan and BC Ambulance Attendant Mark Simon. Photo submitted

SOSMF gives Princeton a hand

We would like to announce that the South Okanagan Similkameen (SOS) Medical Foundation is giving a grant of \$23,896 to the Town of Princeton and the Village of Keremeos, which represents half of the costs for upgrading the training for eight ambulance attendants who serve the two communities. This training will allow ambulance workers to transport patients more often, without requiring a nurse or doctor in attendance for the transport to Penticton Regional Hospital. Which allows more staff to remain at the Princeton General Hospital.

In addition to this grant the SOS Medical Foundation are also supporting the Princeton General Hospital and Ridgewood Lodge's 2nd Annual Christmas Lighting Our Healthcare campaign with a grant of \$32,500 to purchase all of the medical equipment requested that is estimated to cost about \$48,000.

Council refers grants to budget

Town Council received several grant applications at the January 21 meeting.

The Fall Fair Association asked for \$5,000 for a mobile entertainment stage. The South Okanagan-Similkameen Invasive Plant Society requested \$5,000 to help get rid of noxious weeds.

Vermilion Trails Society asked for \$6,000 for further development and beautification of the Trans

The SOS Medical Foundation is able to provide these two grants due to an anonymous donor in December and it was designated to be used for any projects in the South Okanagan and Similkameen region.

Janice Perrino, Executive Director of the SOS Medical Foundation said, "the decision to support these particular campaigns was an easy one. It is about supporting the citizens in our region in good times and in hard times. We want Princeton to know, we are there to support them in your efforts to provide the best health care available. We feel very honoured to be able to support these important projects."

Ken Jaggard, Chair of the Medical Foundation would like to thank the people of Princeton who sent in donations totaling more than \$15,000 for their Christmas campaign.

"Each and every donation got us that much closer, it was heart-

Canada Trail.

The Legion asked for \$5,000 toward rebuilding the cenotaph monument.

Princeton Exhibition Association requested a \$25,000 grant for operation of the fairgrounds for 2008.

All of these requests were referred to budget.

A request for a \$250 advertisement to support the Military Service Recognition Book was granted.

warming to see the dozens of brochures coming back with their gift enclosed. Our thanks to everyone!"

The SOS Medical Foundation would like to say thank you to the staff and management at the Princeton General Hospital and Ridgewood Lodge for their belief in and commitment to their community and their healthcare facilities.

- submitted

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FOUNDATION SKILLS ASSESSMENT (FSAs) INFORMATION FOR PARENTS IN SCHOOL DISTRICT #58 (Nicola-Similkameen)

In accordance with Ministry of Education requirements, School District No. 58 (Nicola-Similkameen) will once again be administering the Foundation Skills Assessment tests (FSAs) and would like to provide parents with the following information:

KEY FACTS:

- FSAs are assessments of reading comprehension, writing, and numeracy. FSAs are administered to all BC students in grades 4 and 7, were developed by BC teachers, and link directly to the BC curriculum.
- The assessments provide a snapshot on how well BC students are doing in these important subject areas. When results are compared over several years, trends may emerge that indicate how well the district and the school is doing in improving student achievement.
- FSA results are not used as marks for individual students but are one piece of information that can be used to plan for improving student outcomes.

CHANGES TO FSA:

- The FSAs this year will be administered in February rather than May.
- The earlier date is to provide parents and teachers with more time to use the results to help students prior to the end of the school year.
- Parents will be receiving marked written responses along with individual student results.

FSAs ARE NOT OPTIONAL:

- The Ministry of Education has made it clear to all Boards and Superintendents that writing FSA tests is mandatory for all grades 4 and 7 students, with very limited exceptions.
- Only students with exceptional needs and ESL students who have not developed their basic English skills may be exempted from all or part of the FSAs.
- Boards and teachers may not opt out of administering the tests.

RANKINGS AND QUESTIONS:

- FSA results should not be used to rank schools as they were not intended for that purpose.
- Parents having questions about the FSAs should contact their local principal or the Superintendent of Schools.

GO, POSSE, GO!

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news leader health and lifestyle page

Lifelong resolutions for Canadians living with type 2 diabetes

(NC)—Every January, millions of Canadians take time to reflect on what can be done to help improve their lifestyles, their habits and their health. For the one in 15 Canadians living with type 2 diabetes, making and keeping simple, meaningful resolutions must be a lifelong endeavour. This year, contribute to the improvement of your overall health by following several simple steps and focusing on managing your blood sugar levels, your heart and your weight.

Know your numbers

Dr. Roxane Néron, general practitioner and spokesperson for Acti-Menu, an organization dedicated to motivating and encouraging individuals to take charge of their physical and psychological health, suggests starting by learning the importance of your target HbA1c level (average blood sugar level over three months). "Results from a recent survey conducted by PSL Research Canada showed that over half (55%) of people with type 2 diabetes did not know what their target HbA1c level should be. This number is extremely important in the management of the disease and is something that people living with type 2 diabetes should learn early on," she explains.

The Canadian Diabetes Association (CDA) recommends maintaining your HbA1c at 7% or less by adopting a two-step approach starting with diet and exercise. If this is not sufficient, physicians may then decide to prescribe appropriate diabetes medication.

Think heart smart

Type 2 diabetes can lead to serious complications such as cardiovascular disease so it's important to think

about your heart when taking steps to improve your overall health. Diabetes Québec suggests several ways to help you keep your heart healthy.

Make sure your blood cholesterol is in the normal range

If you have too much cholesterol in your bloodstream, the excess may be deposited in arteries, including the heart arteries, where it can contribute to the narrowing and blockages that cause the signs and symptoms of heart disease.

Reduce high blood pressure

This year, choose to get your blood pressure checked regularly. High blood pressure can damage the heart, the kidneys and the eyes and can result in other conditions such as congestive heart failure, kidney disease, and blindness.

Manage your blood glucose levels

Check your blood glucose regularly as recommended by your physician. This will help avoid serious cardiovascular complications that can arise as a result of high blood sugar levels.

Eat well, exercise regularly

According to Acti-Menu, Canadians should strive to maintain a healthy body weight and a normal waist circumference through diet and exercise since controlling diabetes is very much about making good lifestyle choices and making an effort to change things that you can change.

Incorporating exercise into your routine can be as simple as talking a walk with friends or making a splash at an indoor pool. Healthy eating tips could be as easy as eating fruit for a snack or replacing white bread or rice by whole grain products. Whether it's at home or at a restaurant, refer to the Canadian Food Guide for more tips at www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html.

If you are among the more than two million Canadians living with type 2 diabetes and want to keep your resolutions as planned, act now. Contact your health care professional to help set goals that are right for you, to report any changes you may have noticed such as unusual fatigue, weight gain and foot problems.

- News Canada

living past 100

Don't think about your age

How often do you hear people say, "Well, I am over 50!" (or 40, or 60, or 80).

This is an excuse for whatever ails them, or for whatever tires them.

In fact, people should not be thinking about their age at all if they want to grow into a healthy old age.

For people age 60 today, we are looking at the new 40. Most of the baby boomers are healthier at age 60 than their parents were at the same age. One of the reasons may be that the baby boomers focus on staying young.

For the most part, age means nothing. Age is a time line established by people as a frame of reference for when they were born. What we call "time" does not really exist. We have established time to measure the number of days, hours, weeks, years. We invented clocks and calendars to keep track of things like when to go to work, when to meet for lunch, when to take a bus. That is all time is, and it should have nothing to do with aging.

People who live to be 100 years old have a characteristic of not worrying about how old they are. They tend to live for each day as it comes. They neither live in the future nor in the past. They do not have to think much about time, and they do not spend time thinking about how old they are.

Many people wonder whether living to be 100 has any point to it. Their idea of being 100 years old is being decrepit, senile and confined to a wheelchair. In a recent television special, 100 year old people were interviewed to find out what they do with their days and how active they are. They interviewed, and filmed, a 100 year old man as he enjoyed dancing a waltz. Another 100 year old man walks a mile every day, then goes to work at his office. A 101 year old woman likes to go out to lunch with her friends, and still enjoys playing the piano and singing. The remarkable thing about all of these old folks is they have strong immune systems and rarely even catch a cold.

Life is about living, and enjoying life for a long time is about staying healthy. How do we do that?

Dr. Deepak Chopra says, in *Ageless Body, Timeless Mind*, "an invisible part of us is immune to the ravages of time."

What he says is this: it is our intelligence, our awareness, that keeps us alive. It is the spirit within us that keeps us going.

If we habitually think we are going to get sick, fall apart, or become weak and useless in old age, that is what will happen. If we think we can stay alive and enjoying life far past retirement age, then we have given ourselves the first boost toward living a long healthy life.

You might say a long healthy life is a product of your own attitude toward life.

Among the traditional native people of Arizona, each day begins with a song of praise to the Creator for bringing the blessings of a new day as a new beginning. Perhaps all of us need to begin the day with a song of praise for the new beginning, the new opportunities, and the new life we can create for ourselves.

GO, POSSE, GO!



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\$429,000



106 Deerview Crescent
Executive rancher, Deerview Estates. MLS 42103
\$449,000



Lot 2 Highway 3 West
Only pub in town, overlooks river. MLS 42240
\$1,138,000



117 Bridge Street
Commercial building on highway corner. MLS 42276
\$358,800



375 Rainbow Lake Road
Contingent. Unique resort. MLS 42673
\$7,700,000

LAND ONLY

- 301 Coalmont Road**, Great buy, highway frontage!
- Fenchurch Avenue**, Don't overlook the potential in this lot.
- 189 Angela Avenue**, Contingent, 2 separate titled duplex zoned lots.
- Lot 3 Hidden Valley**, Acreage just minutes from town.
- 199 Angela Avenue**, Contingent, stone's throw from the river!
- 308 Highway 3 E**, 3.23 acres with highway exposure.
- Lot 3 Highway 3**, Contingent. 2.71 acres on highway.
- Coalmont Road**, 10 acres of panoramic views.
- Lot B Coalmont Road**, 4.25 acres, a perfect spot for a hobby farm.
- Lot 1 Summers Creek Road**, 20 acres with mountain view.
- Lot 19 Lockie Subdivision**, 1/2 acre of level creekfront.
- Lot A Coalmont Road**, Superior acreage near Princeton.
- Lot 1 Coalmont Road**, Contingent, lakeview single acre in Tulameen.
- Lot 2 Summers Creek Road**, 20 acres with fishing nearby.
- Lot 5 28 km Summers Creek Road**, Mountain view, private setting.
- Lot A Lawless Creek**, Minutes from Otter Lake.
- Lot 6 28 km Summers Creek Road**, Large lot near Missezula Lake.
- Coalmont Road**, 8.60 acres waiting for your dream home.

MLS 38500	\$123,800
MLS 42913	\$129,500
MLS 42666	\$129,900
MLS 43006	\$139,900
MLS 42668	\$149,900
MLS 41845	\$149,900
MLS 42537	\$179,900
MLS 42604	\$230,000
MLS 40077	\$230,300
MLS 41540	\$235,000
MLS 43315	\$239,900
MLS 40078	\$245,300
MLS 42990	\$249,900
MLS 41541	\$285,000
MLS 41544	\$285,000
MLS 41429	\$339,900
MLS 41545	\$395,000
MLS 40081	\$438,300

Heather Johnson 295-8591	Doug Haayer 295-1585	Dan Pippin 295-6977	Dean Stinson 295-8537	Marty Gray 295-5044	Carol Bertrand 295-5341	Lee Mowry 295-1990
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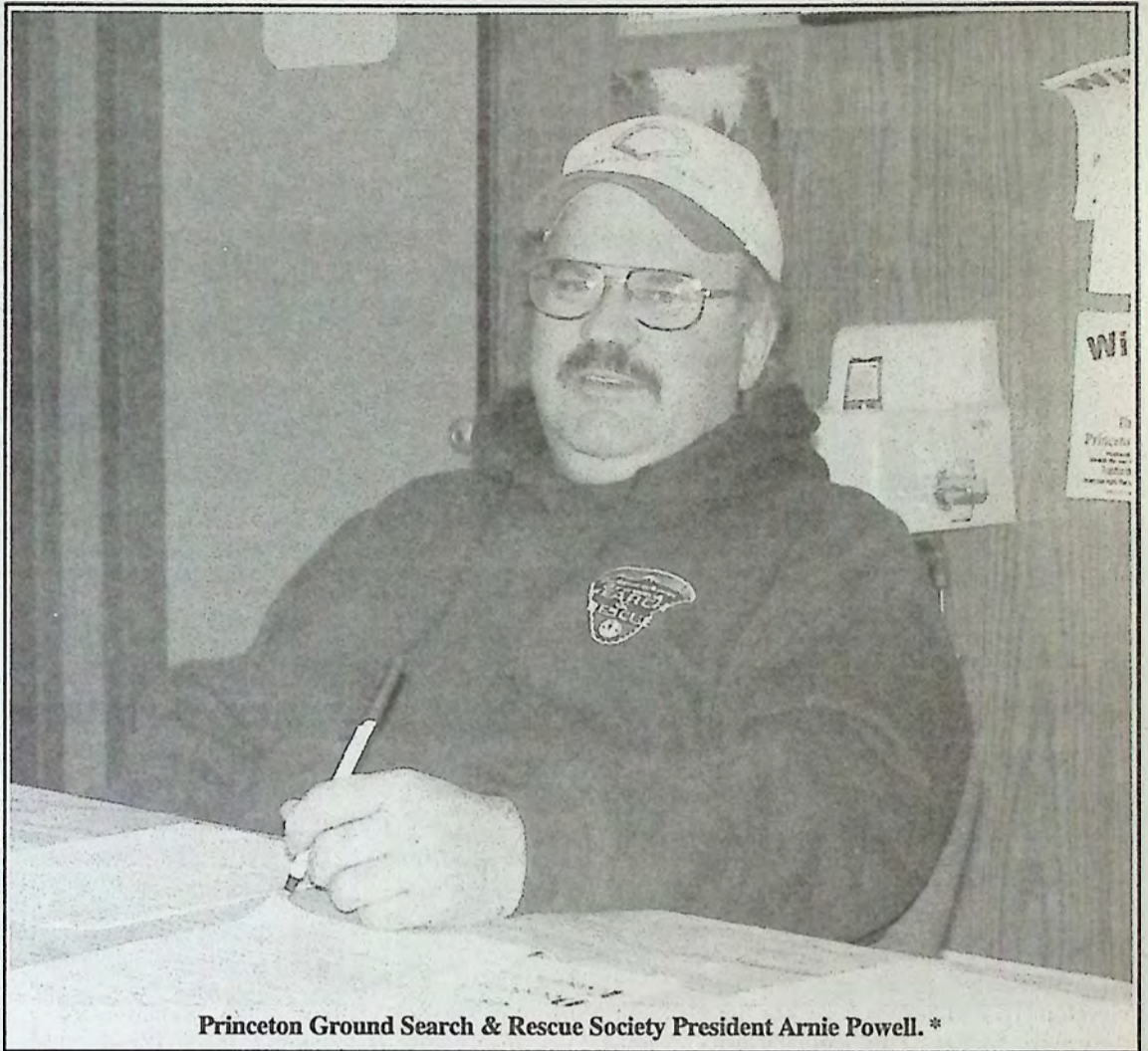
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Explore The History Of Mining - Gold, Copper and Coal



Princeton Ground Search & Rescue Society President Arnie Powell. *

PGSAR reviews previous year

Princeton Ground Search and Rescue Society hosted their Annual General Meeting January 22nd at the SAR Hall.

The year end review indicated PGSAR had been in attendance at 5 call outs in 2007. They included a 'carry out' of an injured man at Arrastra Creek in March; a 'body recovery' at Friday Creek in May; another 'body recovery' at Britton Creek in August; an 'overdue hiker search' at Jacobson Lake in September and an 'overdue hunter search' at Connelly Creek in October. The team also received two stand-by calls, a 'lake search' at Merritt and 'overdue hiker search' near Manning Park, both in August.

Although the call out number was half of the previous year, PGSAR Society Secretary Randy Rorvik says the calls they did receive shows a disturbing trend: "People are still going out totally unpre-

pared."

The local Search and Rescue members stayed busy in 2007 with ongoing training programs which include weekly GSAR Course modules, First Aid renewals, Tracker Training, Critical Incident Stress Debrief Program training and Helicopter Training. The group also attended an annual camp out in the Ashnola Valley which brings other regional SAR groups together to socialize, relax and share ideas and plans.

Other highlights over the past year included (as part of the South Okanagan Similkameen SAR Committee) a purchase of a Flood Trailer, a Mock Search in Keremeos and the annual Ashnola Camp Out.

Local SAR highlights include attendance at the Freshet 2007 Conference in Kelowna; assisting Princeton Lions Club with Auction-related support; the digiti-

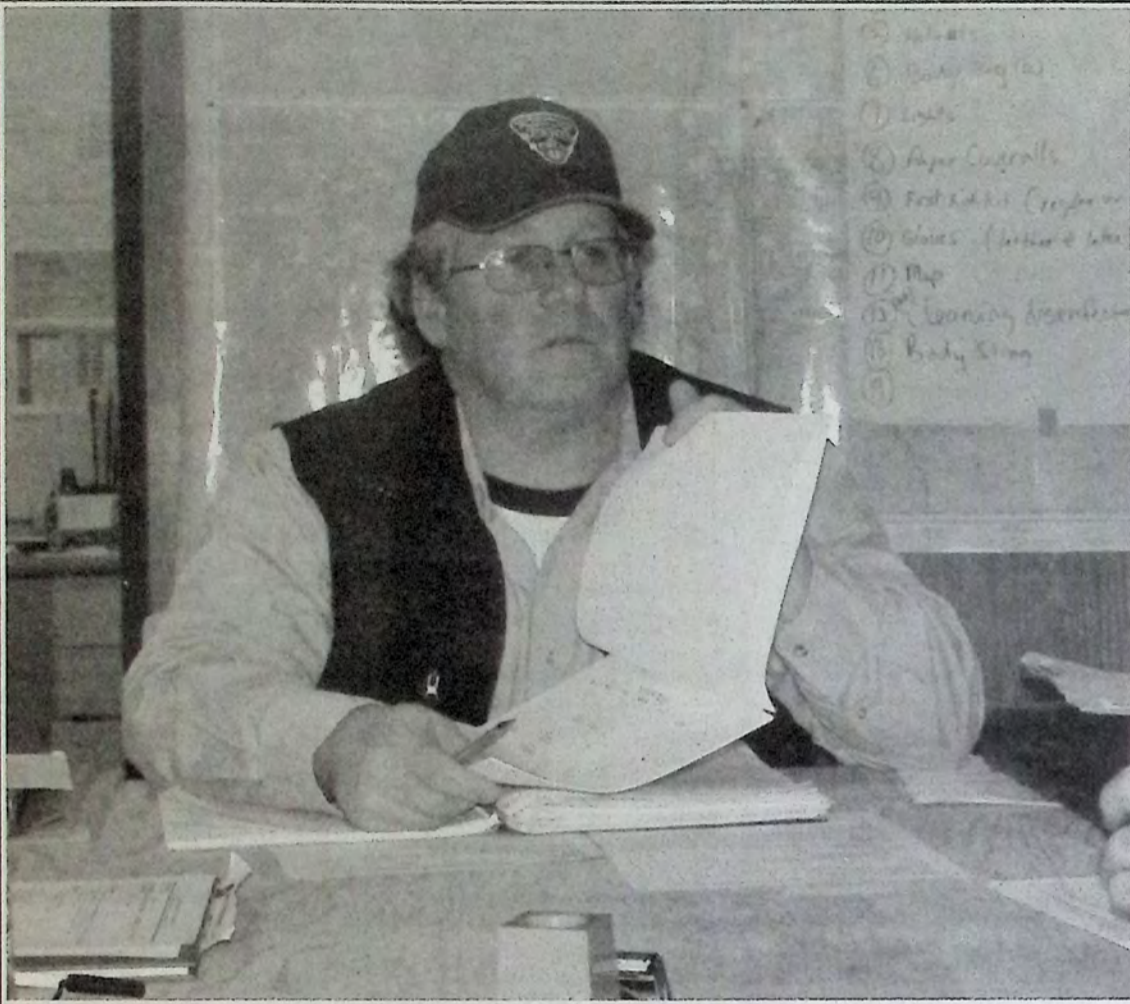
zation of the PGSAR logo for use in clothing and promotional materials; participation in the Rotary Parade; fundraising through a rifle and shotgun raffle; the purchase of over 50 1:20,000 scale topographical maps and an equipment donation through supplier North Water Rescue.

PGSAR President Arnie Powell says support from local groups, businesses and individuals are greatly appreciated and he thanked the following: Osprey Ratepayers Association, Otter Valley Fish & Game Club, Similkameen News Leader, Ron and Loretta Young at Princeton Outdoor Supply, Bill Quinlan of Q-Tech Industries, Princeton Lions Club, Pete Hartinger, Weyerhaeuser, Cpl. Joe Houben of Princeton RCMP Detachment, Town of Princeton Employees and Council, North Water Rescue, Regional District of Okanagan Similkameen and Ken's Janitorial.

As for the election of officers, all seats were filled by acclamation. Arnie Powell returns as President. Brian Hurd (Vice President), Randy Rorvik (Secretary), Erika Leschert (Treasurer) and (Directors) Devin Huff, Lorraine Stubbins and Jim Cranston, joins him.

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Princeton Ground Search & Rescue Society Secretary Randy Rorvik reviews scheduling issues during the groups January 22nd annual general meeting. PGSAR meets Tuesday nights at the SAR Hall. *

Fraser adopts Princeton solution

Following the disastrous flood of November 29, 1995, Princeton oldtimers argued for lowering the bottom of the river. The dikes were raised, but there were some places where removal of accumulated river bottom debris made more sense.

The environmental watchdogs said it would be pointless to do so and disturbing the river bottom would cause environmental damage. The experts said the areas where the debris was removed would simply fill up again, and the river banks where the debris was pulled to the side would break down and fill the river bed once more.

The main bottleneck occurred where the Tulameen River flowed into the Similkameen. Despite the

expert's advice, local oldtimers prevailed. Bulldozers went into the river when it was at its lowest and pushed the accumulation of rocks and gravel up the sides of the river.

Contrary to expert opinion, the river banks did not deteriorate, and deepening the river worked.

On January 16, a public safety expert announced there was too much gravel in the Fraser River, making the river more shallow than it was 60 years ago. The solution: remove the gravel!

Thousands of tons of gravel are slated for removal from sandbars. Of course, this deepening of the Fraser River will be done very carefully in order to avoid destruction of fish habitat.

For years, oldtimers have argued

in favour of removing certain obstructive sandbars from both the Tulameen and Similkameen Rivers in order to avoid flood damage and river bank erosion. Now that the provincial government sees the sense of this, perhaps residents living near our rivers will be able to proceed with deepening the rivers where needed.

District purchases new bus

School District 58 (Nicola-Similkameen) will add a brand new school bus to its own fleet following the January 16th meeting of School Trustees in Princeton.

The 2008 Bluebird 72-passenger school bus will cost \$79,850, plus taxes – the lowest of three quotes received.

The bus will be purchased from

Kirkman Bus Sales in Langley. The other two quotes were from Western Canada IC Bus, Chilliwack and Thomas Bus of BC, Surrey.

The diesel-fueled bus was purchased as part of the ongoing district bus replacement program and will have an expected lifespan of between 12 and 15 years.

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Dr. Adams offers solutions to shortage

..... continued from Front Page crews. They should be suitably rewarded for their isolated situation. They would play an invaluable role in ensuring rapid stabilization and transfer of critically ill patients.

- Young graduates are often intimidated by Isolated Rural Medicine and require full training in Critical Care Medicine with at least three months in anesthetics, obstetrics, and six months in "Hands-on" emergency experience. Adequate funding and tutoring needs to be put in place.

- To enable remote rural physicians, nurses and other personnel to have a balanced lifestyle, they should be guaranteed generous locum coverage for holidays and study leave. (6 weeks holiday and 2 weeks study leave would be appropriate).

- Rural Locum Physicians are a highly valued and very scarce resource. Their numbers need to be at least doubled. To achieve this their remuneration should be comparable to other provinces (particularly Ontario and the North West Territories who at present are employing many B.C rural locum

physicians.
- Rules and regulations relating to walk-in clinics should be revisited, particularly with regards to on-call obligations. The Quebec solution is not ideal – but a modification of the plan might be considered.

- There are a considerable number of Rural Physicians retiring prematurely or migrating to the city. The various bodies need to be sensitive to the new reality of an aging physician population. They should encourage older doctors to stay in Rural Practice giving day to day care, while adequately compensating younger doctors to cover on-call.

- The mindset that every physician should retire at 65 or be willing to give 'all or nothing' is outdated!

Finally, it is essential to create a pool of emergency physicians and hospital workers able to provide 24 hour coverage to rural emergency departments in crisis. This service is overdue and should be urgently created and activated.

This article is intended to encourage productive debate and I hope is taken in the spirit in which it is intended.

Adams, John. "Medical Resources and Manpower." Canadian Journal of Rural Medicine 3.2: (1998):105 at http://www.cma.ca/index.cfm/ci_id/37313/la_id/1.htm

Dr. Reid announces retirement

To the People of Princeton

It is with very mixed feelings that I am announcing my retirement from medical practice in Princeton as from 1st May 2008. It has been my privilege to be a family doctor in this community for almost twenty five years and I wish all my patients health and happiness for the future.

My main reason for leaving is that I am finding the on call commit-

ment too onerous for a man of my advanced years! Although I will be doing some part time work in the Kelowna area, Jenni and I will keep our home in Princeton and we plan to stay involved in the community.

The Cascade Medical Centre will be moving up to a new health clinic at the Hospital within the next two or three months and all our patient records will be moving continued on Page 26

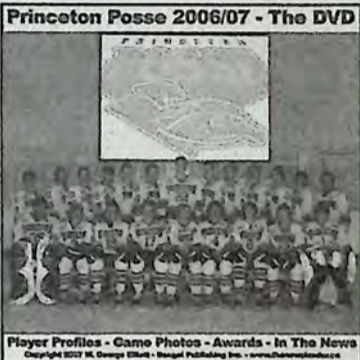
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Photos courtesy of B.C. Archives and Rick Hansen Foundation

weekly entertainment guide

TUESDAY, JANUARY 29, 2008 THROUGH MONDAY, FEBRUARY 4, 2008



Princeton Atom Flyers celebrate another victory! Photo submitted

Coach talks minor hockey

The Atom Flyers attended the Merritt Invitational tournament this past weekend. Teams, from Logan Lake, Williams Lake, Chilliwack and Merritt completed in a week-end of hockey fun.

Our first game against the home town Merritt Red Rockets eased the team as they proceeded to light up the red light for a 9-0 win Friday night. The coaching staff switched the line-up mixing several line combinations, emphasis was placed on play-making to hone some of those practice skills.

Cache's line combined for a total of 9 points with Parker, Avin, Cache, Mort and Kolton finding the back of the net. Avin Gill scored a highlight reel goal when he cleanly beat the Merritt defense going in alone with an amazing backhand shot.

We faced a big city team from Chilliwack Saturday morning. Our kids demonstrated they can play an impressive defensive game as well. Allowing only 5 shots the entire game through some impressive back checking and fore checking at the blue line. The Defensive pairings of Craig, Kolton, Avin, and Parker put up an impenetrable wall at the blue line stopping the Chilliwack offence. The combination of Cache, Mort and Craig combined for the Flyers goals as Cache combined for three for the hat trick.

The third game against the Logan Lake Leafs started off extremely fast. The newly formed line combination of Hayden, Breanne and Brett initiated the scoring quickly after the opening face off. Directly

off the face off Hayden won the draw moving the puck into the Logan Lake end passing off to Brett with Breanne getting a rebound scoring her first goal of the year. Breanne would go onto score a second goal before the period was over.

Another first came early in the second when Tanner Sulentic pounced on a loose puck quickly firing a shot past an out stretched goal tender. As the game progressed the players continued to refine their game skills passing back and forth on the defense and cycling down low setting up a total of nine goals against a goose egg. Ryan was finally tested when he received a tripping penalty late in the third and Logan Lake received a penalty shot.

Ryan played it flawless when he skated out challenging the shooter skating well in front of the net cutting off any angle and opening as he moved back into his crease and finally sliding sideways making a sensational pad save. Every one on the team contributed with this offensive hockey demonstration.

Additional scoring and assist contributions from Tristan, Cole, Avin, Jacob, Parker, Brett, Cache, Mort and Craig. Breanne received the player of the game breaking out scoring her first two goals. Tanner Sulentic experienced an outstanding game as well picking up his game tempo. The Flyers were seeded first overall moving them into the A-Final game against the Chilliwack Knights. Inspiration was provided from a quote Larry Bird (a famous Basketball player)

made when asked by a reporter what does it take to win? His response - everything you got! Well the kids gave everything proving they are unquestionably the best team in the tournament.

The Knights coaching staff knew they had to try something different after we handled them easily in the round robin.

They proceeded to place one of their best players behind our defense for most of the game to generate some scoring. This strategy didn't work as our defense ignored the floater and continued to pin their team in their end for most of the game.

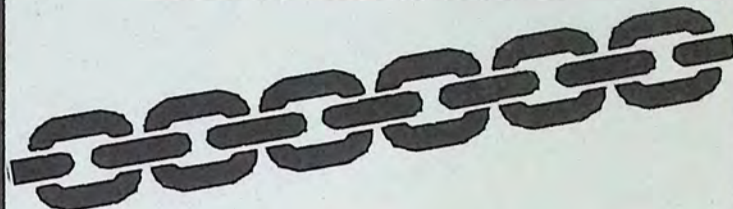
Finally the coach abandoned this tactic as we enjoyed two periods essentially a man advantage for half the game. Seven different players contributed to our offensive scoring. The Flyers won the A-final 7-2 to win the tournament with a 28 goals for versus 5 against, an amazing +23 in 4 games.

Overall, the coaching staff is extremely proud of the players as they have taken their game to a new level utilizing skills they have learned and applied to their game. They proved and demonstrated good sportsmanship throughout the tournament with few penalties and good team work and support from all the players.

- submitted by Coach Denis Thibert

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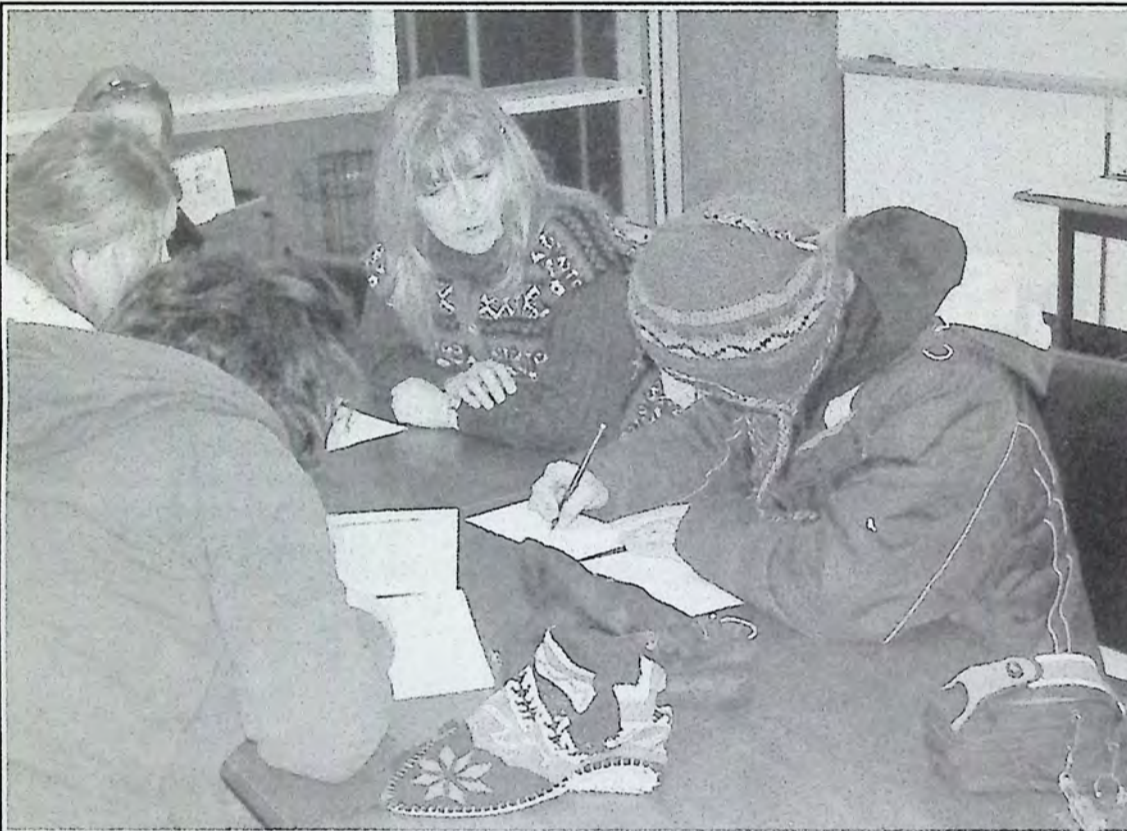
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Miranda Newman discusses 4-H Club activities with an interested parent during the 4-H Open House and Registration Night January 25th at Riverside Centre. A few new members joined! *



The registration table got busy January 25th during the 4-H Club Open House and Registration Night. *

Grey Matters

Seniors Branch 30 News - Monty Raine

On Tuesday, January 15th at least fifty people attended a preliminary meeting to discuss action regarding the ominous outlook for future health services in Princeton unless doctors and nurses are attracted to our town. Tension, worry, and some disbelief pervaded the hall. Even though everyone understood the fact that doctors and nurses can't be obligated to practice in our town, there was a distinct feeling that we are being neglected, similar to many other rural or remote communities.

It was also mentioned that the Interior Health Authority and the provincial health ministry were apparently fully aware of our plight and making every effort to solve the problem, but belief is

hard to find when a community such as ours has seen drastic cuts to our once proud Princeton Hospital over the last ten years or so.

Understanding the intricacies involved in administering provincial health care is virtually beyond the average citizen.

Nevertheless, one speaker suggested that much money was likely being wasted when many necessary hospital items were being purchased at exorbitant prices.

Another question concerned the total budget for health care and why more funds weren't transferred from peripheral sections of health services to the more essential services on a priority basis. The only definite outcome of the meeting was the chance of a com-

mittee being formed at a future date and a pledge by Tom Parsons to be in charge of a letter writing campaign.

The monthly General Meeting held on Wednesday, January 9th was the first opportunity for the new executive, headed by Ray Jarvis, to discuss issues with the thirty seven members present.

As usual, the main topic of concern was the need for more volunteers, and in conjunction with that problem is the subsequent decline in planned activities and, for that matter, the attendance at such functions.

Ray Jarvis stated that he would welcome input or even complaints as long as they were reasonable and a possible solution offered.

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6 AM	All-Family	News (N)	Bali (E)	Callou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Viva Pinata	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	MXC Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today John Grisham; green washing; Idina Menzel. (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)	I Shouldn't Be Alive	K. Possible (7-24)	CityLine (E)	Disorderly Con.	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)	Dirty Jobs	Weekend Lloyd	The Tyra Banks Show	V.I.P. "Val in Space"	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	MXC	ET Canada
10 AM	Harvey	PopQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	Fighting for Canada	Room House	Wilbur (E)	Erky Perky	Bowling	The View (N) (E)	Megabuilders (E)	Mickey Sprites	Movie: "Flech" (1985)	Disorderly Con.	Videos Grace
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Auto Racing: Lucas Oil	eTalk (E)	What's That About?	Benj Bear (11:25) King	Chevy Chase. (E)	V.I.P. "Val Squared"	The Nanny Frasier
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian	Chili Bowl Nationals. (E)	Degrassi	How Do They Do It?	(11:49) Weekend	CityLine (E)	MXC	Seinfeld
1 PM	Fresh Pr.	Design	Planet	Paulson	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	George S.	Strongest	Sue Thomas: F.B.Eye	Dirty Jobs	Dragon	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Pan Asia	Word	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	SpoCenter	General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	Mega Builders (E)	K. Possible Replace	News (N) (E)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Richie	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NBA Basketball: Toronto Raptors at Washington Wizards.	Daily Show	Daily Planet (N) (E)	Emperor	Friends	CSI: Crime Scn	That News
5 PM	Movie: "Rules of Engagement"	News (N) (E)	Bear Uncle Rusty. (5:35)	BBC World	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Grown Up	Raptors at Washington Wizards.	News (N) (E)	How-Made	Suite Life	Reaper "All Mine" (E)	CSI: Crime Scn	ET Canada
6 PM	Tommy Lee Jones. (2000)	Ad Pers	World Og	News-Lehrer	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	ET Canada	News (N)	Drake	Hockey	News (N) (E)	Smash Lab (N)	Zoey 101	Movie: "Training Day" (2001)	CSI: Crime Scn	Family Guy
7 PM	Frasier	Jeopardy!	Eden	Nova (N) (E) (DVS)	Jeopardy!	Friends	Parking	Entertain	Entertain	The Guard "Live Free"	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	Jetstream (N) (E)	So Raven	Denzel Washington. (E)	UFC Fight Night	Seinfeld
8 PM	Seinfeld	The Biggest Loser: Couples (N)	Beethoven "The Rebel"	Crank: Dark	The Biggest Loser: Couples (N)	NCIS "Identity Crisis"	Parking	Laughs	NCIS "Identity Crisis"	NCIS "Identity Crisis"	Mercer	Fries That?	In Corner	American Idol (N) (E)	Daily Planet (E)	Suite Life	News (N)	Married...	Family Guy
9 PM	Movie: "Rules of Engagement"	News (N) (E)	Gordon Pinsent	Frontline (E) (DVS)		The Unit (E)	The First 48 (E)	Jim Carpoolers	House House. (N) (E)	House House. (N) (E)	jPod "Feed the Need"	Futurama	Premier League Poker	Criminal Minds (E)	Smash Lab	Montana	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Tommy Lee Jones. (2000)	Boston Legal "Do Tell"	Chiefs	Frontline (E) (DVS)	Law & Order: SVU	48 Hours Mystery (E)	The First 48 (E)	Boston Legal "Do Tell"	The Guard "Live Free"	News Hour Final (N)	National	Falcon Beach (E)		Law & Order: SVU	Jetstream	School Cory	(10:06) Movie: "Training Day" (2001)	Star Trek: Voyager (E)	Married... Fresh Pr.
11 PM	"Caught"	News (N)	Growing Up Canadian	Charlie Rose (N) (E)	News (N)	News (N)	Parking	News (N)	News (N)	Entertain (11:05) The Hour (E)	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	How-Made	Suite Life	Denzel Washington.	Deep Space 9	Frasier The Nanny

WEDNESDAY, JANUARY 30, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Callou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Viva Pinata	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	MXC Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Family cars; making	The Early Show (N) (E)	American Justice: Cops	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)	Man vs. Wild "Iceland"	K. Possible (7-24)	CityLine (E)	Disorderly Con.	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious	Valentine's Day cards. (N) (E)		American Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)	How-Made	Weekend Lloyd	The Tyra Banks Show	Most Amazing Videos	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	MXC	ET Canada
10 AM	Harvey	PopQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	World Vision (E)	Room House	Wilbur (E)	Erky Perky	Darts: Las Vegas	The View (N) (E)	Smash Lab	Mickey Handy	Movie: "Look Who's"	Disorderly Con.	Videos Grace
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Billiards: Trick	eTalk (E)	Building the Biggest	Benj Bear (11:25) King	Talking" (1989) (E)	Most Amazing Videos	The Nanny Frasier
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian	Adv. Sports	Degrassi	World's Biggest Airliner	(11:49) Weekend	CityLine (E)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	Moving On	Art Work	Days of our Lives (N)	As the World Turns (N)	American Justice: Cops	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	George S.	Strongest	Sue Thomas: F.B.Eye	MythBusters (E)	Dragon	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Entrada	Word	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	SpoCenter	General Hospital (N)	Jetstream	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	K. Possible Replace	News (N) (E)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Hilary Swank: Story	Dora	Cyber	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Pittsburgh Penguins at Atlanta Thrashers.	Daily Show	Daily Planet (N) (E)	Emperor	Friends	CSI: Crime Scn	TV Made
5 PM	Movie: "The Contender"	News (N) (E)	Bear Uncle Rusty. (5:35)	BBC World	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Grown Up	Raptors at Atlanta Thrashers.	News (N) (E)	Really Big Things (N)	Suite Life	Biography (E)	CSI: Crime Scn	ET Canada
6 PM	Allen, Gary Oldman. (E)	Ad Pers	Creatures	News-Lehrer	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	ET Canada	News (N)	Drake	Hockey: San Jose Sharks at Calgary Flames. (Live) (E)	News (N) (E)	Dirty Jobs	Zoey 101	Movie: "Serenity" (2005)	UFC Unleashed	Family Guy
7 PM	Frasier	Jeopardy!	Eden	Nova (N) (E) (DVS)	Jeopardy!	Friends	Parking	Entertain	Entertain	NUMB3RS "Velocity"	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	Last One Standing (N)	So Raven	Nathan Fillion. Premiere. (E)	Pros vs. Joes	Seinfeld
8 PM	Seinfeld	Deal or No Deal (E)	Time "Lifetime" (N)	Eden at the End	Deal or No Deal (E)	Power of 10 (N) (E)	CSI: Miami (E)	Wife Swap (N) (E)	Power of 10 (N) (E)	Power of 10 (N) (E)	Mosque	Fries That?	Monster	American Idol (N) (E)	Daily Planet (E)	Suite Life	News (N)	UFC 81 Count.	Married...
9 PM	Movie: "The Contender"	News (N) (E)	RX for Survival (E)	American Masters (E)	Law Order: CI	Criminal Minds (E)	CSI: Miami (E)	Lost "Through the Looking Glass" (E)	Life (E)	Life (N) (E)	fifth estate	Futurama	Sports	The Moment of Truth	MythBusters (E)	Montana	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Allen, Gary Oldman. (E)	Cashmere Mafia (E)	Eyewitness to War (E)	Rock Hudson-Tall, Dark	Law & Order (N) (E)	CSI: NY (E)	CSI: Miami (E)	Glass" (E)	NUMB3RS "Velocity"	News Hour Final (N)	National	Falcon Beach (E)	Beach Volley.	Law & Order (N) (E)	Really Big Things	School Cory	(10:06) Movie: "Serenity" (2005)	Star Trek: Voyager (E)	Married... Fresh Pr.
11 PM	"Hair"	News (N)	Growing Up Canadian	Charlie Rose (N) (E)	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	Entertain (11:05) The Hour (E)	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	Last One Standing	Suite Life	Nathan Fillion. (E)	Deep Space 9	Frasier The Nanny

Horoscopes

January 30 - February 6, 2008

Aries - Concerns about career and family ease up now. Action centers around things you have to do. Tensions will ease by going for a long walk. Speak softly, no angry words.

Taurus - Your mind is much more peaceful. Pay attention to finances, taxes. Spiritual change is underway. Make plans to do something new in your life. Focus is on career competence.

Gemini - Yes, you are more creative right now. You could redecorate, have a baby or do art work. You want to make things, and make things beautiful. Go with the feeling.

Cancer - Problems seem to solve themselves now and you move forward. Partner is cooperative, good to you. Friends are fun to be with. Complete projects, do errands, mix and mingle.

Leo - If you did financial adjustments earlier this month, money matters should not be a source of worry now. Things you talked about before Christmas need to be reviewed.

Virgo - You should feel much better this week and enjoy some fun for a change. Tension at work will ease if you promote pleasant atmosphere. Impress others with stability, courtesy.

Libra - You would really like to have more fun, do more things. Action centers around improving home life. Your mind is focused on travel. Watch out for spiritual confusion.

Scorpio - You can enjoy pleasant outings, visits, this week. Good news comes. Home and family are still focal points. Work on taxes, investments, matters of estates and debts. Keep busy.

Sagittarius - You need to communicate an attitude of prosperity through your career. Money flows from career this week. Partner seems more aggressive, or bossy. Be calm.

Capricorn - Improve personal appearance, create new you with investment in self. Keep communications with others very clear. Health improves with effort. Guard against cuts, burns, scrapes.

Aquarius - Your mind is more active this week with lots of plans and ideas. You want to have fun. Get rid of debts, mortgage. You feel stronger and happier now. Enjoy life.

Pisces - Action centers around home and family. Your plans run smoothly and your mind is very active. Your sense of humour is in top form. Don't be discouraged by slow pace of projects.

Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second 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 Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in 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 Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living 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 PSS Gym
- 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) ★★½ "Muppets From Space" (1999, Comedy) Jeffrey Tambor. Premiere. After learning about his origins, Gonzo must decide whether to seek his own kind or stay with friends. (E)

EVENING

6:00 pm WTBS (3) ★★ "Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. (E)

9:00 pm WTBS (3) ★★ "Sleepy Hollow" (1999, Horror) Johnny Depp. A Colonial-era constable probes a series of grisly decapitations in an upstate New York hamlet. (E)

CHBC (4) "Obituary" (2006, Suspense) Josie Bissett. People question the sanity of an obituary writer as she investigates a murder. (E) (DVS)

10:06 pm CITY (29) ★ "Fire on the Amazon" (1993, Adventure) Sandra Bullock. Animosity and passion brew between an environmental activist and a photographer while investigating a murder.

11:30 pm WTBS (3) ★★½ "No Small Affair" (1984, Romance-Comedy) Jon Cryer. An infatuated teenage photographer pursues and promotes an aspiring singer at his own expense.

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friday movies

MORNING

10:00 am CITY (29) ★★ "Johnson Family Vacation" (2004, Comedy) Cedric the Entertainer. Premiere. Disaster strikes when a man takes his wife and three unruly children on a road trip from Los Angeles to Missouri. (E)

AFTERNOON

5:00 pm WTBS (3) ★★ "Shanghai Knights" (2003, Comedy) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (E)

EVENING

6:00 pm CITY (29) ★★½ "The Replacements" (2000, Comedy) Keanu Reeves. A football coach and his team's owner recruit a ragtag band of has-beens and wannabes after failed negotiations lead to a strike. (E)

7:30 pm FAM (26) ★★½ "The Swan Princess" (1994, Musical) Voices of Jack Palance. Premiere. Animated. A vengeful wizard curses a princess to exist as a swan by day until her prince declares his undying love. (E)

8:00 pm KNOW (5) ★★½ "Longitude" (2000, Drama) (Part 1 of 2) Michael Gambon. Premiere. Scientist John Harrison faces many obstacles in his quest to invent an accurate method to calculate longitude. (E)

8:30 pm WTBS (3) ★★ "Shanghai Knights" (2003, Comedy) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (E)

9:00 pm VTV (22) "Sticks and Stones" (2008, Docudrama) David Sutcliffe. The captain of a Canadian peewee hockey team organizes a tournament against U.S. players who were treated unfairly during a prior visit. (In Stereo) (E)

FAM (26) "Just Like Dad" (1996, Comedy-Drama) Wallace Shawn. A nerd's bullied 12-year-old son hires a macho guy to pose as his dad at a father/son picnic. (E)

10:06 pm CITY (29) "Candid Sex" (2004, Adult) Premiere. Beautiful women speak from the heart. (E)

10:33 pm FAM (26) "My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into swine his sister and best friend race to find the cure. (E)

11:00 pm SPIKE (44) ★★½ "Beverly Hills Cop II" (1987, Comedy) Eddie Murphy. A clever detective from Detroit shows Los Angeles how to stop a hit woman's so-called Alphabet Crimes.

11:30 pm WTBS (3) ★½ "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach Little League Baseball in Chicago in order to pay his gambling debts.

Similkameen News Leader

Recipe Corner (Recipe #203)

Brought To You By: Similkameen News Leader

Chili 'n' Nut Marinade

(NC)—This versatile and universal marinade works a treat with any meats, tiger prawns, tofu, in fact anything that needs spicing up! You can use it immediately, for example on chicken wings, or you can marinate a whole roast in the fridge for up to 24 hours.

Preparation time: 5 minutes

Makes enough marinade for a serving for 4 people

Ingredients

- 1 inch (2.5cm) piece root ginger, peeled and crushed
- 2 cloves garlic, crushed
- 2 tsp (10ml) red chili powder
- 1 tbsp (15ml) peanut oil
- 1 tbsp (15ml) honey
- 2 tsp (10ml) dijon mustard
- 4 tbsp (60ml) peanut butter
- 2 tbsp (30ml) light soy sauce
- 1 tbsp (15ml) coriander leaves, finely chopped
- 5 tbsp (75ml) cold water

Method

1. Mix all the ingredients together and brush over your favourite meat, fish, tofu or vegetables.
2. Cook either under the grill, in a non-stick pan, or in a moderately hot oven, depending on the food chosen.

Cooking Tip

This easy marinade can be made up and frozen in bulk. Simply defrost, stir well and use. You can either brush it onto the food, or just stir it into the raw ingredients, cover and store in the refrigerator for up to 24 hours. You can use smooth or crunchy peanut butter, and if you're a real nut-o-holic, you can even throw in some chopped peanuts. For more great peanut recipes or information, visit www.peanutbureau.ca.

- News Canada

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

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CARTER'S 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 #59 - Rated Easy

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

CHALLENGE #60 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

- 8:30 am WTBS (3) ★★"Antz" (1998, Romance-Comedy) Voices of Woody Allen. Animated. A nonconforming ant disrupts colony life by impersonating a soldier and falling in love with a princess.
- 10:15 am WTBS (3) ★★"Rat Race" (2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million.
- 10:30 am A&E (9) ★★½"Wyatt Earp" (1994, Biography) Kevin Costner. The portrait traces him from Southern boy to Western lawman defending boomtowns with his brothers and Doc Holliday.

AFTERNOON

- 12:00 pm FAM (26) ★★"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.
- 12:30 pm WTBS (3) ★★"Three Men and a Cradle" (1987, Comedy) Tom Selleck. Three swinging Manhattan bachelors grow paternal minding a baby girl left on their doorstep.
- 1:25 pm FAM (26) ★★½"Honey, I Blew Up the Kid" (1992, Comedy) Rick Moranis. The wacky inventor who shrunk the kids makes his 2-

year-old boy the size of a Las Vegas casino.

- 2:30 pm A&E (9) ★★"Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.
- 4:00 pm YTV (18) ★½"Yu-Gi-Oh!" (2004, Fantasy) Voices of Dan Green. Animated. Young Yugi must use his game skills to defeat his bitter rival and an Egyptian mummy.
- 5:00 pm WTBS (3) ★★½"Heartbreakers" (2001, Comedy) Sigourney Weaver. Mother and daughter con-artists try to swindle a cigarette tycoon, but things go wrong when one falls in love.
- A&E (9) ★★"Matchstick Men" (2003, Comedy) Nicolas Cage. Premiere. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman.
- 6:00 pm CITY (29) ★★½"Marine Life" (2000, Comedy-Drama) Cybill Shepherd. Premiere. A twice-divorced lounge singer and her much-younger lover add to the confusion surrounding an adolescent.
- 7:30 pm WTBS (3) ★★½"Heartbreakers" (2001, Comedy) Sigourney Weaver. Mother

and daughter con-artists try to swindle a cigarette tycoon, but things go wrong when one falls in love.

- 8:00 pm CHBC (4) KXLY (10) ★★"War of the Worlds" (2005, Science Fiction) (PA) Tom Cruise. Premiere. A New Jersey man and his two children face an epic battle for survival when hostile aliens invade Earth. (In Stereo)
- KSPS (6) ★★"Help!" (1965, Musical Comedy) The Beatles. John, Paul, George and Ringo are chased by religious zealots seeking one of Ringo's rings.
- 9:00 pm A&E (9) ★★"Matchstick Men" (2003, Comedy) Nicolas Cage. After meeting his daughter for the first time, a con man and his partner try to swindle a boorish businessman.
- FAM (26) ★★½"Short Circuit" (1986, Comedy) Ally Sheedy. An animal lover befriends harmless runaway military robot No. 5, followed by its inventor.
- CITY (29) ★★"Escape From New York" (1981, Action) Kurt Russell. A hardened criminal is offered a pardon if he rescues the president from convicts in the prison city of Manhattan.
- 10:54 pm FAM (26) ★★½"Superman III" (1983, Science Fiction) Christopher Reeve. Ersatz kryptonite laced with tobacco tar splits Superman in two: good Clark Kent and bad Man of Steel.
- 11:00 pm CITY (29) ★½"Barb Wire" (1996, Action) Pamela Anderson Lee. A bounty hunter seeks a device that could restore her brother's sight and save millions during U.S. civil war in 2017.

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sunday movies

MORNING

- 7:00 am A&E (9) "Behind Enemy Lines II: Axis of Evil" (2006, Action) Matt Bushell. Navy SEALs fight for their lives after a top-secret mission in North Korea goes awry.
- 9:00 am A&E (9) ★★"Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber.

- 12:00 pm FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club.
- 2:07 pm FAM (26) "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain.
- 4:00 pm YTV (18) ★★½"3 Ninjas Kick Back" (1994, Comedy) Victor Wong. Young martial artists face their grandfather's foes when they

accompany him to Japan to deliver a priceless dagger.

- CITY (29) ★★½"Bring It On" (2000, Comedy) Kirsten Dunst. An urban cheerleading squad accuses a champion team's captain of stealing its choreography on the eve of a national competition.
- 5:00 pm CBC (13) ★★"Chicken Little" (2005, Comedy) Voices of Zach Braff. Animated. A young fowl and his friends flock together to save skeptical townfolk from an alien attack.

EVENING

- 6:00 pm YTV (18) ★★"The Adventures of Sharkboy and Lavagirl" (2005, Adventure) Taylor Lautner. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness.
- CITY (29) ★★½"Notting Hill" (1999, Romance-Comedy) Julia Roberts. A man's life changes when an international star walks into his bookshop.
- 8:00 pm BCTV (11) CITY (12) ★★"Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. Premiere. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas.
- 9:00 pm KXLY (10) ★★½"Meet the Fockers" (2004, Comedy) Robert De Niro. A man fears the worst when he accompanies his fiancée's uptight father and mother to meet his free-spirited mom and dad. (In Stereo)
- FAM (26) ★★"Simon Birch" (1998, Comedy-Drama) Ian Michael Smith. An undersized New Hampshire boy helps a friend learn his father's identity.
- 11:10 pm FAM (26) ★★"Little Big League" (1994, Comedy) Luke Edwards. The 12-year-old heir and manager of the Minnesota Twins coaches the baseball team to a winning streak by teaching the players to love the game once more.

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SATURDAY, FEBRUARY 2, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog.	News (N)		Animal	(5:00) Today (N)	(5:00) Saturday Early Show	Sell House	Good Morning America	Fishing Hunter	Fishing Fishn	Super Why! Flamingo	Gadget	SportsCentre	OWLTV Kingdom	What's That About?	Overdrive	About You	UFC 81 Count.	Fish TV
6:30 AM	Paid Prog.	Body	Paddington	Fly Tying			Sell House												Paid Prog.
7 AM	Paid Prog.	Design	Dora	MotorWeek	News (N)	Care Bears	Sell House	Good Morning America	News (N)	News (N)	Bo On Go	El Tigre	Fishing	Katie-Orbie	Bone Detectives	Yin Yang	Eye on Asia	All Access	Ellen
7:30 AM	Paid Prog.	Antique	Clifford	Lassie		Strawberry	Sell House									(7:20) Pucca		Sports	Mad Abt.
8 AM	Videos	Vanity	George S.	Building		Cake	Flip This House	Saturday Northwest			Wilbur	SpongeBob	SnowTrax	Good Morning Canada	A Haunting	Suite Life	Polish Studio	Pros vs. Joes	Grace
8:30 AM	Movie: "Antz" (1998), Sharon	Whata	Magie Bus	Hometime		Horseland	Flip This House	Saturday			Goldfish	OddParent	X Games			(8:43) Zoey			The Nanny
9 AM		Foodies (9:07)	Workshop			To Be Announced	Flip This House	So Raven	Driving TV	Goldfish	Phantom	Bowling		How-Made	Cory	Biography "Bea Arthur"	Hrsepwer	Seinfeld	
9:30 AM		Biker TV	Upside	Old House			So Raven		Fishing	Magi	Transform			How-Made	So Raven		MuscleCar	Seinfeld	
10 AM	(10:15) Movie: "Rat Race" (2001)	Big Coast	Word	Ask This	Jacob	College Basketball: Regional Coverage	Parking	Montana	Fishn	Energy TV	W. Cup Skiing	Hawks	Boxing	Amnesty	Mayday	Phil	Jack Nation Countdown	Trucks!	Family Guy
10:30 AM		Paid Prog.	Little Bear	Test Kitch	Dragon (E)		Movie: "Wyatt Earp" (1994, Biography)	Suite Life	Fishing	CEO TV	Fantast 4			Amnesty		Wizards		Xtreme 4x4	Family Guy
11 AM	Rowan Atkinson, John Cleese.	El News	Rolie Polie	Chefs	Paid Prog.		Emperor	Fishing	Fishing	NHL Hockey: New York	Legion		PLAN Canada	Deadliest Catch	School	Leo Laporte	Sports	Frasier	
11:30 AM		Daily 10 (11:36)	Chefs	Paid Prog.			Replace	CEO TV	Big Coast		Team				Suite Life		Train	Frasier	
12 PM	Movie: "Three Men and a Cradle" (1987) Tom Selleck.	Simple	Macphee	Ming	Track and Field	PGA TOUR Golf: FBR Open -- Third Round. (Live)	Madness	News (N)	Malcolm Seinfeld	Islanders at Montreal Canadiens. (Live)	Pokémon	PGA TOUR Golf: FBR Open -- Third Round. (Live)	Daily Planet	Jetstream	Movie: "Stuart Little" (1999)	Reviews	Electric	Scariest	Friends
12:30 PM		Simple	Planet	Garden			College Basketball: Kansas at Colorado or Miami at Duke	Mining TV	Seinfeld	Seinfeld	Robot Boy	Shuriken	Valerie Pringle Has Left	Dirty Jobs	(1:25) Movie: "Honey, I Blew Up the	Biography "Bea Arthur"	Prisoners-Ctrl	Deal or No Deal	
1 PM	King	Goldie & Kate: The E! True	Dora	Great Railway Journeys	Fortune	To Be Announced	Hard With a Vengeance" (1995) Bruce Willis.	To Be Announced	Simpsons	Family Guy	Sat. Report	Hawks	SportsCentre (Live)	MTV Shuffle	How-Made	Lizzie	News (N)	UFC 81 Count.	Family Guy
1:30 PM	Seinfeld		Go Diego		Friend				Simpsons	Family Guy	HNIC	Erky Perky		How-Made	Cory	Speakers		Family Guy	
2 PM	Family Guy	Hollywood Story	Zoboomafo o "Humans" (DVS)	Europe	College Basketball: Gonzaga at Santa Clara.	Access Hollywood (N)		Ebert	Family Guy	Family Guy	NHL Hockey: Ottawa	Movie: "Yu-Gi-Oh!" (2004)	Boxing	Sue Thomas: F.B. Eye	What's That About? (N)	Suite Life	Stargate Atlantis	World's Most Shocking	Frasier
2:30 PM	Family Guy			Travels		News	Movie: "Matchstick Men" (2003)	News (N)	Family Guy	(4:59) News	Senators at Toronto Maple Leafs. (Live)	Voices of Dan Green.	Boxing: Friday Night Fights.	First Story	Dirty Jobs	K. Possible	Murdoch Mysteries	Shocking Moments	Friends
3 PM	Movie: "Heartbreakers" (2001) Sigourney Weaver.	Sports	George S.	Keep Up		CBS News	Nicolas Cage. Premiere.	News (N)	News (N)	Stamp Fishery		Prank Ptrl		News (N)	Jetstream	Sadie	Movie: "Marine Life" (2000)	UFC 81 Count.	Seinfeld
3:30 PM		That News	Meerkat	Lawrence Welk Show	News (N)	News		News (N)	News (N)			Adrenaline		News (N)	Jetstream	Flight 29		Seinfeld	
4 PM	Movie: "Heartbreakers" (2001) Sigourney Weaver.	Next Great Chef	National Geographic	Time Goes My Family	CSI: Miami "Extreme"	Cold Case "Revenge"	Parking	Entertainment Tonight	Stamp Fishery	Painkiller Jane	NHL Hockey: Dallas Stars at Calgary Flames. (Live)	Mystery	SportsCentre (Live)	Sinner in Paradise	Angel	So Raven	Cybill	World's Most Shocking	Family Guy
4:30 PM																			Family Guy
5 PM	Movie: "War of the Worlds" (2005) (PA) Tom Cruise. Premiere.	Heartbeat	Movie: "Help!" (1965) The Beatles.	Law Order: SVU	Ghost Whisperer	Flip This House	Movie: "War of the Worlds" (2005) (PA) Tom Cruise. Premiere.	Painkiller Jane	Mutant X	Mutant X	Dangerous	Murder	PGA TOUR Golf: FBR Open -- Third Round.	Whistler "Blindside"	MythBusters	Life Derek	News (N)	TNA iMPACT!	That News
5:30 PM		Midsomer Murders "Painted in Blood" (N)	Queen and Paul Rodg	Law & Order	48 Hours Mystery (N)	48 Hours Mystery (N)	Nicolas Cage, Sam Rockwell.	Dangerous	News (N)	After Hours	Prank Ptrl		Law & Order	Dirty Jobs	Movie: "Short Circuit" (1986)	Movie: "Escape From New York" (1981)	Train	Seinfeld	
6 PM	King	True Hollywood Story	Canterbury Tales	My Hero	News (N)	News		News (N)	News (N)	(11:02) J.R.	Hockey Night -- Replay	Ghost	SportsCentre (Live)	News (N)	Jetstream	(10:54) Movie: "Superman	Scariest Explosions	Deal or No Deal	
6:30 PM	Seinfeld			Bickkader	Sat. Night	Without		Paid Prog.	Sat. Night	Sat. Night		Adrenaline		News (N)					

SUNDAY, FEBRUARY 3, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Animal R.	Pioneers		Pocoyo	Today (N)	Paid Prog.	Private Sessions	Good Morning America	Is Written	Hunter	Nanalan'	Gadget	SportsCentre	Kingdom	Jetstream	Overdrive	Mix TV	Disorderly Con.	That News
6:30 AM	Ultimate	Taste	Paddington	SeeMore		Paid Prog.			Fishful	Big Coast	Lunar Jim	Dewitt		Kids		Overdrive		What	
7 AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News Sunday Morning (N)	Movie: "Behind Enemy Lines II: Axis of Evil"	News (N)	Foodies (N)	Canada	Doodlebop	Winx Club	Reporters	Good Morning Canada	Behind the Great Wall	Yin Yang	Eye on Asia	Hrsepwer	Ellen
7:30 AM	Videos	Antique	Clifford	Word					Canada	Is Written	Coronatn	Ruby	Reporters			(7:20) Pucca		Hrsepwer	Mad Abt.
8 AM	Videos	Vanity	George S.	Reading	Meet the Press (N)	Nation			News (N)	TribalTrail	Coronatn	Creepie	Sunday NFL Countdown			Suite Life	Eye-Asia	Hrsepwer	Grace
8:30 AM	Videos	Powerboat	Magie Bus	Mama						Marriage	Coronatn	Flamingo			(8:43) Zoey	Festival	MuscleCar	The Nanny	
9 AM	Cheers	Neighborhood	(9:07) Upside	College	Dragon	Paid Prog.	Movie: "Die Hard With a Vengeance" (1995) Bruce Willis.	This Week With George	Driving TV	Listen Up	CBC News: Sunday	SpongeBob		Road to the Super Bowl	Funnest Animals	Cory	Italiano di Johnny Lombardi (In Italian)	Trucks!	Seinfeld
9:30 AM	Cheers																	Xtreme 4x4	Seinfeld
10 AM	Cheers	Dinner	Word	Exposé	Paid Prog.	To Be Announced		Matthews	Driving TV	Listen Up		Being Ian		Rings	Genghis Khan	Phil		Prisoners-Ctrl	Fresh Pr.
10:30 AM	Cheers	Marriage	Little Bear	European	Paid Prog.			Old House	Listen Up	Foodies				Tough	Wizards			Fresh Pr.	
11 AM	Cheers	I Propose	Rolie Polie	Great	NHL Hockey: New York	Motorcycle Racing	Cold Case	NBA Count	Hour of Power	Energy TV	NHL Hockey: New York	Grown Up	Triathlon	Super Bowl Sunday Pregame	Behind the Great Wall	School	Paid Prog.	Dangerous Animals	Frasier
11:30 AM	Cheers	I Propose	(11:36) Healthy							Driving TV		iCarly				Suite Life	Role	Frasier	
12 PM	Cheers	50 Most Shock	Mechanics	Eden at the End	Rangers at Montreal Canadiens.	PGA TOUR Golf: FBR Open -- Final Round. (Live)	Cold Case Files	Dallas Mavericks at Detroit Pistons.	News (N)	Malcolm Seinfeld	Rangers at Montreal Canadiens. (Live)	Unfabulous	PGA TOUR Golf: FBR Open -- Final Round. (Live)	Show From University of Phoenix Stadium in Glendale, Ariz. (Live)	Dirty Jobs	Movie: "High School Musical 2" (2007)	World Poker Tour	Most Amazing Videos	Singing
12:30 PM	Cheers								Big Coast	Seinfeld	Simpsons	Naked							Singing
1 PM	Cheers	50 Most Shock	Jungle	Globe Trekker	Bull Riding: PBR Tour. (Taped)		Cold Case Files		Seinfeld	Simpsons	Sunday Encore	Mystery		Meerkat	How-Made	Movie: "Wendy Wu: Homecoming Warrior"	News (N)	Animals Attack	Cel. Apprentice
1:30 PM	Cheers																		
2 PM	Cheers	50 Most Shock	Profiles of Nature	Christiane Northrup: Menopause and Beyond	Paid Prog.	To Be Announced	Cold Case Files		Simpsons	Family Guy	Marketple	Adrenaline	SportsCentre (Live)	NFL	Dirty Jobs	Homecoming Warrior	News (N)	Animals Attack	You Smarter?
2:30 PM	Cheers																		
3 PM	Cheers	50 Most Shock	Dora	Go Diego	Paid Prog.		Cold Case Files		Simpsons	Family Guy	Land Sea	Prank Ptrl		Football: Super Bowl XLII -- New England Patriots vs. New York Giants. (Live)	Dirty Jobs	Suite Life	Movie: "Bring It On" (2000)	Good Pets-Bad	Extreme-Home
3:30 PM	Cheers																		
4 PM	Cheers	50 Most Shock	Zoboomafo o "Green Creatures"	The Brain Fitness Program	CSI: Miami	News	Cold Case Files	Ebert	Family Guy	Family Guy	Wind at My Back	Movie: "3 Ninjas Kick Back"	Strongest Man	Dirty Jobs	Suite Life	Movie: "Bring It On" (2000)	Good Pets	Friends	
4:30 PM	Cheers																		
5 PM	Cheers	News	Emily of New Moon	American Soundtrack: Doo Wop's Best	News (N)	News (N)	The First 48	News (N)	News (N)	Shark		Movie: "The Adventures of Sharkboy and Lavagirl" (2005)	Premier League Poker (Taped)	Dirty Jobs	Sadie	Movie: "Notting Hill" (1999)	Animals Attack	TV Made	
5:30 PM	Cheers																		
6 PM	Cheers	The Biggest Loser: Couples	Geographic Specials	Best on PBS	The Biggest Loser: Couples	CBS Reports (N)	The First 48	Extreme-Home	House	House (N) (PA)	Heartland (N)	Prank Ptrl	SportsCentre (Live)	To Be Announced	Dirty Jobs	So Raven	Julia Roberts, Hugh Grant.	Animals Attack	What
6:30 PM	Cheers																		
7 PM	Cheers		Doc Martin	Masterpiece "Miss Austen Regrets"	(9:08) The Biggest Loser: Couples	Shark	The First 48	Funnest Home Videos	"Miss Congeniality 2: Armed and Fabulous"	"Miss Congeniality 2: Armed and Fabulous"	Monarchy: The Royal Family at Work (N)	Falcon Beach	PGA TOUR Golf: FBR Open -- Final Round.	To Be Announced	Discovery Presents	Movie: "Simon Birch" (1998) Ian Michael Smith.	Party	Dangerous Animals	Friends
7:30 PM	Cheers																		
8 PM	Cheers	The Biggest Loser: Couples	Life Begins	Queen															
8:30 PM	Cheers																		
9 PM	Cheers		Canterbury Tales (N)	The Medici: Godfathers of the Renaissance	(11:08) News (N)	News (N)	The First 48	Amer Dad	Simpsons	Can Files	CBC News: Sun.	Weird	SportsCentre (Live)	News (N)	MythBusters	(11:10) "Little Big League"	Hollywood	When Stunts Go Bad	You Smarter?
9:30 PM	Cheers																		
10 PM	Cheers	News (N)	Edge	Renaissance															
10:30 PM	Cheers																		
11 PM	Cheers	Okanagan	Undersea		Paid Prog.	McCarver		Van Impe	House	Key-David	fifth estate	Oracle							

MONDAY, FEBRUARY 4, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Gadget Viva Pinata (E)	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henrys King (E)	Rachael Ray (E)	Sports	P/X: The Series (E)	
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build	(E)													Sports		
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)	Daily Planet (N) (E)	K. Possible (7:24)	CityLine (E)	MXC	Due South (E)	
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)								Curious	Team					MXC		
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)	How-Made	Weekend	The Tyra Banks Show	Disorderly Con.	North of 60 (E)		
8:30 AM	Jeffersons	Vanity	Magic Bus	Clifford							Busytown	Flamingo		How-Made	Lloyd					
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why!	Dewitt	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	Tube Tales	
9:30 AM	Sanford	Antique	(9:34) Dragon								Gofrette	George S.	Fishing		Tigger	City		What		
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N)	CSI: Miami (E)	The View Hot topics. (N)	Fighting for Canada	Room House	Wilbur (E)	Erky Perky Jane	PBA Bowling	The View Hot topics. (N)	Mayday "Flying Blind"	Mickey Handy	Movie: "Bring It On" (2000)	Most Amazing Videos	Videos	
10:30 AM	Harvey										Doodlebop			eTalk (E)	Las Vegas-Limits	Benj Bear (11:25) King	Kirsten Dunst. (E)	Disorderly Con.	Grace	
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Back Day	In Fashion	Degrassi	Sideshow Stars	Weekend	CityLine (E)	Disorderly Con.	Seinfeld
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit				Paid Prog.	House			Jacob								
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	News (E)	Being Ian	Strongest	Degrassi	Sideshow Stars	Weekend	CityLine (E)	Disorderly Con.	Seinfeld	
12:30 PM	Still Std		Reach-Top			Bold & B.						George S.								
1 PM	Fresh Pr.	Design	Planet Parent "Fertility"	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Dinner	Viva Pinata	2007 Dubai X Games	Sue Thomas: F.B.Eye	Extreme Engineering	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
1:30 PM	Fresh Pr.	Vanity												General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr.	
2 PM	King	The Steve Wilkos Show	Macphee	Word Moving On	Millionaire	Guiding Light (N) (E)	American Justice (E)	General Hospital (N)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Flamingo	Interruptio	How-Made	Weekend		Star Trek: Voyager (E)	Family Guy	
2:30 PM	King																			
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya Arthur (E)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian	Off-Record	Dr. Phil (E)	Worst Handyman	K. Possible Replace	News (N) (E)	CSI: Crime Scn	Inside Box	
3:30 PM	Seinfeld	Daily 10																	Vanity	
4 PM	Family Guy	True Hollywood Story	Dora (4:35) Little Bear (E)	Cyberchas Fetch! With BBC World	Judge J. Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Pittsburgh Penguins at New Jersey Devils. (E)	Friends	Daily Planet (N) (E)	Emperor Proud	Friends	CSI: Crime Scn	Tube Tales	
4:30 PM	Family Guy													Frasier			Hollywood		Tube Tales	
5 PM	Friends	News (N)	(5:35) Business	NBC News	News (N)	News (N)	Intervention "Lauren"	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Naked	Penguins at New Jersey Devils. (E)	News (N)	MythBusters (E)	Phineas Montana	American Gladiators	CSI: Crime Scn	ET Canada	
5:30 PM	Friends													News (N)	Guinea Pig Mean	Zoey 101	Movie: "Two for the Money" (1993)	Movie: "Cliffhanger" (1993)	Family Guy	
6 PM	Movie: "Cheaper by the Dozen"	Ad Pers	Saddle renegade	News-Lehrer	News (N)	News (N)	Intervention "Brad" (N)	News (N)	News (N)	ET Canada	News (N)	Jordan	Hockey	News (N)	Guinea Pig Mean	Zoey 101	Movie: "Two for the Money" (1993)	Movie: "Cliffhanger" (1993)	Seinfeld	
6:30 PM	Movie: "Cheaper by the Dozen"	News			Raymond	Hollywood		News (N)	News (N)	Entertain		iCarly (E)	Hockey							
7 PM	(2003) (E)	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Prison Break (N) (E)	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	Dirty Jobs (N)	So Raven Smart Gay	(2005) Al Pacino. Premiere.	Sylvester Stallone. Premiere.	Seinfeld	
7:30 PM	(2003) (E)	Jeopardy!	History	Wait God	Fortune	Scrubs	Paranormal	The Insider	ET Canada		Count	Prank Ptrl		Degrassi					Frasier	
8 PM	Seinfeld	How I Met	Documentar	Antiques Roadshow (N)	American Gladiators (N) (E)	How I Met	To Be Announced	Dance War: Bruno vs. Carrie Ann	Prison Break (N) (E)	Movie: "Fantastic Four" (2005)	Week Women	Fries That?	Off-Record	To Be Announced	Daily Planet (E)	Suite Life	News (N)	CSI: Crime Scn	Married...	
8:30 PM	Frasier	10 Items				Captain					Adrenaline					Life Derek				
9 PM	Movie: "Cheaper by the Dozen"	Deal or No Deal (E)	Dragon Sons, Phoenix	American Experience	Deal or No Deal (ITV) (N) (E)	Two Men	Intervention "Lauren"	Underbelly	Movie: "Fantastic Four" (2005)	Ioan Gruffudd.	The Border (N)	Futurama	Premier League Poker	Two Men	Guinea Pig Mean	Montana	(9:06) Jimmy Kimmel	Star Trek: Voyager (E)	Seinfeld	
9:30 PM	Movie: "Cheaper by the Dozen"										Shadow			Corner Gas		Phil				
10 PM	(2003) (E)	Paradise Hotel (E)	Journey to Little Rock	American Experience		Christine	Intervention "Brad"	(10:01) October Road (N)	Ioan Gruffudd.	News Hour Final (N)	National	Falcon Beach "Tidal"		CSI: Miami (E)	Dirty Jobs	School	(10:06) Movie: "Two for the Money" (2005) Al Pacino.	Deep Space 9	Fresh Pr.	
10:30 PM	(2003) (E)															Cory				
11 PM	Frasier	News (N)	Profiles of Nature (E)	Charlie Rose (N) (E)	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Suite Life	Life Derek	Blade	The Nanny	
11:30 PM	"Cheatin"	Guy Stuff			Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)						

monday movies

MORNING

10:00 am CITY (29) ★★½ "Bring It On" (2000, Comedy) Kirsten Dunst. An urban cheerleading squad accuses a champion team's captain of stealing its choreography on the eve of a national competition. (E)

EVENING

6:00 pm WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)

8:00 pm CITY (12) ★★ "Fantastic Four" (2005, Action) Ioan Gruffudd. Premiere. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (E)

9:00 pm WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)

BCTV (11) ★★ "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (E)

CITY (29) ★★½ "Two for the Money" (2005, Drama) Al Pacino. Premiere. A former college athlete joins forces with a sports consultant to handicap football games for high-rolling gamblers. (E)

SPIKE (44) ★★ "Cliffhanger" (1993, Action) Sylvester Stallone. Premiere. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies.

(1993, Action) Sylvester Stallone. Premiere. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies.

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BCTV (11) ★★ "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (E)

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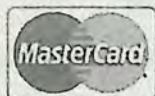
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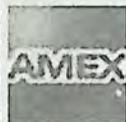
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 729 461 853
 356 298 471
 678 953 214
 132 847 596
 495 126 738
 213 584 967
 964 372 185
 587 619 342

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874 913 625
 125 764 839
 396 582 741
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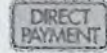
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my turn

By the way, are you a doctor?

I've been kicking this thought around for days. If I were a realtor, how would I do at 'working the phones' when it was my day to be on call?

I can hear it now.

INTERESTED BUYER: "So, why should I invest in your town?"

ME: "Because it's a great place to raise a family!"

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"What about schools?"

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"What's the housing situation like?"

"We have some new construction currently underway with a great assortment of everything from low-maintenance housing to rustic dwellings suitable for the handyman or do-it-yourselfer."

"What's the pricing like?"

"Well, the market has made significant gains in the past couple of years with property values growing in proportion with the rest of the province."

"So it's climbing?"

"Let's just say there's been a lot of interest shown in the local market with promises of growth continuing on an uphill path."

"What's the job situation like?"

"Well, that's one of the oddities, to be honest with you. We have a mill that's just gone through a short shut down due to inventory and price-related matters with an interesting future as a result of those inventory and pricing issues along with a mine that could open any day, week, month or year from now, maybe, along with very strong indications of new services coming to town, maybe, along with major overtures of existing downtown services receiving upgrades and expansion work, maybe, although there have been no real concrete announcements made on any of them. But we are hopeful."

"What about medical services?"

"We have most of them."

"Didn't I hear your hospital closed?"

"Not all of it, just the parts that weren't being used anymore, like maternity and surgery and stuff like that. It's part of a trend."

"A trend?"

"Oh, for sure. Everything has a cycle. Like real estate. Before you know it we'll be a big ol' city in no time, providing there's enough houses and water and sewer services to those new houses and people with jobs to buy those houses, but it'll happen. I'm sure of it."

"So why would I want to invest there now?"

"Did I mention the 'natural' attractions including clean air and water? Those are a big draw today. No, really. They are."

"Well, thank you for your time I think ---."

"You never did say what you did for a living, maybe that'll help me to help you a little better."

"Actually, I'm in medicine."

"Why didn't you say so...have I got a deal for you!!!"

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws.

The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense!

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

Similkameen News Leader

ISSN 1712-090X

An Independent Newspaper - There Are No Chains On Us!

Published weekly by Bengel Publishing Inc.

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

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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

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Dawn Johnson



your turn

BC should change name

Dear Editor:

With the world's attention on Vancouver in 2010, we now have a rare opportunity to establish and market a new and inclusive image of Canada's Shangri-La and Pacific Gateway province through a new name, which could be phased in over a few years.

A new name could be selected by our elected representatives in the legislature through free non-partisan votes on potential names put forward by residents of the province.

A new name for our province will demonstrate our solid confidence in ourselves rather than a perception that we are still clinging to the coattails of the British colonialists, whose rule ended 137 years ago.

British colonial rule in what is now a Canadian province lasted only 13 (1858-1871) of the last 150 years, or just 8.7 per cent. This does not include the centuries when our First Peoples inhabited the area.

A new name would:

* erase any confusion people around the world may have of

whether we are still part of Britain, as in 'British Columbia,' or part of Canada;

* be inclusive of all Canadians living in the province - while the decreasing number of Canadians of British ethnic origin, now less than 25 per cent, may insist they are both 'British,' as in 'British Columbian,' and 'Canadian,' others born in Canada or of other ethnic origin would prefer to be exclusively 'Canadian' and/or have no association with being 'British;'

* reflect more effectively, for tourism promotion, the province's awesome grandeur, its 14 diverse biogeoclimatic zones and its mosaic of multi ethno-cultures;

* be more exciting rather than the dull and downcast 'British Columbia' that has little or no attachment today to the land nor its people - 'British Columbia,' is also a long, cumbersome name that is endearing to no one and is hence commonly abbreviated to 'B.C.,' which is cold, meaningless and perfunctory.

Queen Victoria, who never did

set foot on this land, unilaterally named it 'British Columbia' on July 24, 1858, without input or consultation with its residents, the First Peoples and early European settlers.

In his book, British Columbia Coast Names, Captain John T. Walbran quotes the letter of that date of Queen Victoria to Sir E. Bulwer Lytton: "If the name of New Caledonia is objected to as being already borne by another colony or island claimed by the French, it may be better to give the new colony west of the Rocky Mountains another name. New Hanover, New Cornwall and New Georgia appear from the maps to be names of subdivisions of that country, but do not appear on all maps.

The only name which is given to the whole territory in every map the Queen has consulted is 'Columbia,' but as there exists also a Columbia (sic) in South America, and the citizens of the United States call their country also Columbia, at least in poetry, 'British Columbia' might be, in the Queen's opinion, the best name."

150 years of tolerating the name 'British Columbia' is enough. It is time for a new name for the province so that it better reflects the land and its people.

Personally, as a Canadian and resident of this province, I do not feel I am fully included in 'British Columbia' because I am not of British ethnic origin.

Yours truly,
- Ben J. Pires, Victoria



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Current Comment:

Celebrity is not constructive



Dawn Johnson
editor@thenewsleader.ca

One Canadian TV network went E! last year, and so I do not watch it much anymore. I have little patience with celebrity news. In fact, I resent celebrity news thrown into a standard news program. I do not care which movie star was thrown in jail nor which pop singer is pregnant.

The obsession these days with celebrity is goofy, in my opinion. We see magazines telling us which of the stars are splitting, wedding, procreating or suffering from ailments. Every detail of their lives is there for the public to see, and apparently the public is gobbling it up like chocolates.

All of this bothers me because these people are at the fringe of society, not at the center. They do nothing but entertain us when we feel we have nothing better to do. I do not admire them.

They appear to be self-obsessed, worried about looks, blowing their money, and creating headlines. They know how insecure their status is. They could be nobodies tomorrow.

The truth is that these show business people may become familiar to all of us, but only a few leave a permanent impression. Even those who do leave a lasting memory do so because they appeared in a well-written, well-directed movie. Many of them had appeared in movies before, but nobody remembered because the movies were poorly done.

With few exceptions, show business people are not builders. What they create lasts a very short time. Those who build our society are the people who make the biggest difference.

This is why it bothers me that so many people are content to admire those who will soon be

forgotten. I hate the thought that our young people may admire these "flash in the pan" entertainers and seek to be like them. There are higher goals to which they could aspire.

I think of my grandparents. They left England for a new land, and they travelled the west in a covered wagon, like thousands of others who made the same journey. These were solid people. They built for the future. They built nations.

They built two of the greatest societies in the world, Canada and the United States. They left their mark, and they are remembered and honoured as our pioneers. My grandparents have an industrial park named after them in Nanaimo. Their name is not forgotten.

There are still people who build. These are people who invest their time and money to make our lives better in some way. Teachers are a good example of builders of society, educating each new generation to fit them to become citizens and perhaps builders.

When we think of building, we think of construction projects. Many of these construction projects are important and of lasting value. When I was a kid, we had a new government led by W.A.C. Bennett.

That government built the British Columbia of today because it built the foundation. That government built roads, hospitals, schools and dams. Some of the projects were huge, some were smaller, but the projects focused on what people needed most, and British Columbia thrived. No provincial government, before or since, did so much for British Columbia.

In our own community, there are people who have been willing to invest their money in buildings and businesses. They have made, and are making, a lasting impres-

sion on our community.

They become part of our history. The same is true for those who created farms and ranches. They have made history.

Those who build leave a lasting impression. The Pharaohs of Egypt are still admired for the pyramids, because the pyramids still exist.

The aqueducts built by the Romans are still in use, as are bridges and buildings. The Turks, Greeks, people of India and China, have left some amazing structures for us to admire. The Mayans and Incas built structures that have become famous as tourist destinations. We like to go and see what others have built. Some builders have been inspired by what they have seen done by others.

Many famous people, who began to accept the idea that they would never be remembered after they were gone, started building. They built museums, libraries, concert halls, and hospitals. Frank Sinatra, in his later years, paid for hospital construction.

Recently, Oprah Winfrey built houses for victims of Hurricane Katrina, and built a school in Africa. Dolly Parton built Dollywood in Tennessee. American Presidents have endowed libraries and university programs and museums. Many celebrities have contributed huge amounts of money to building projects just to have the building named after them, so their names would be remembered.

Building something that will make your name remembered is better than just a name on a grave stone, isn't it?

Perhaps, if we took the time to honour more of the really important "builders" of our communities, people would be less obsessed with entertainment celebrities, and would give our youth better examples to follow.

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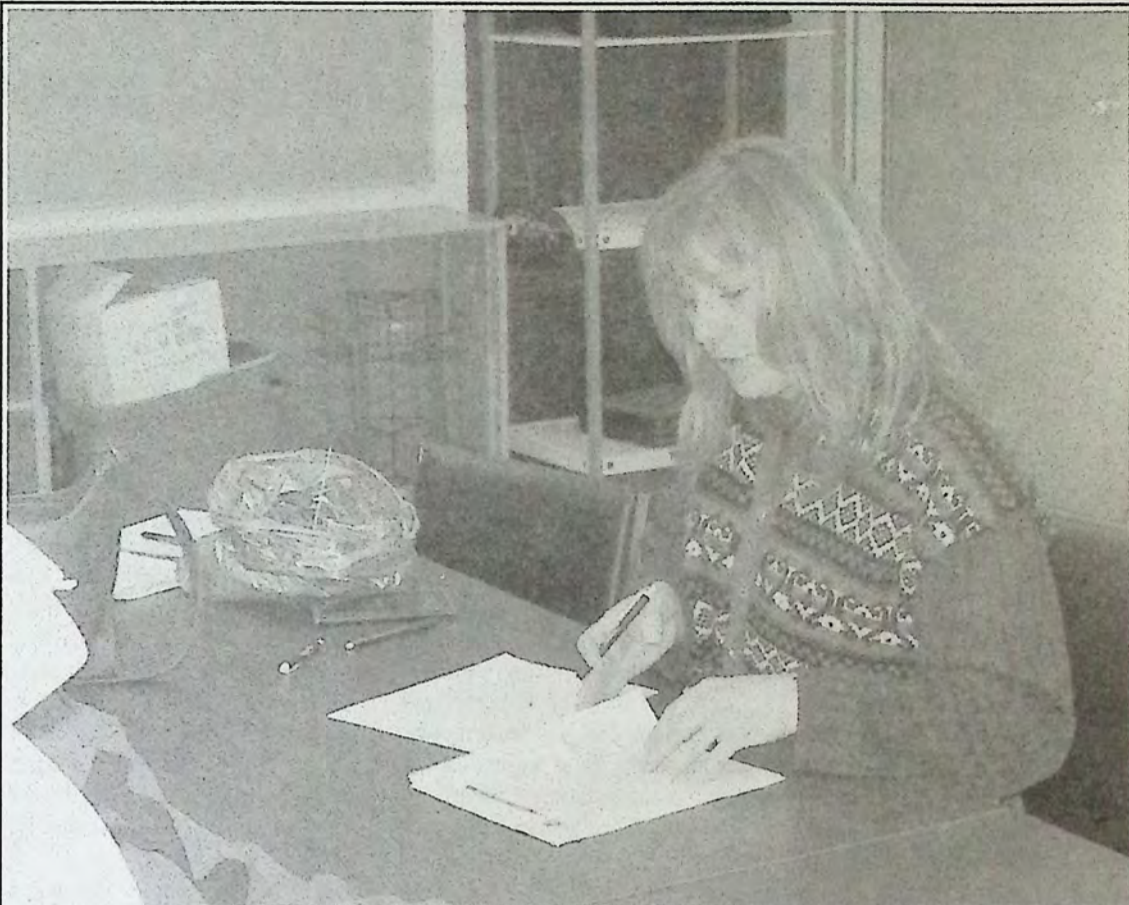
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Judi Esdale goes over a registration form during the January 25th 4-H Open House and Registration Night at Riverside Centre. Princeton's 4-H community includes the following clubs: horse, dog, small engines, rabbit/cavy, lamb, goat and Cloverbud (for those 6-8 years of age).*

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Letter To The Editor

Local man talks about doctors

To The Editor;

With regards to the doctor and hospital situation here in Princeton, things have quite literally gone from bad to worse.

How did it get this bad? The way I see it, there was a whole lot of politics involved, our so called Liberals wanted to dump on the previous NDP government, and claimed they were left a terrible financial mess.

In all their eminent wisdom they

decided shutting down operating rooms and wards in several small town hospitals would save lots of loot.

No doubt it very likely did, but the only way we are going to get doctors to stay is to reopen those O/R's and rejuvenate our small town hospitals.

Doctor shortages are a worldwide problem not just in Canada, so where can we get some doctors? Perhaps Fidel Castro could spare us

say, two or three hundred. Cuba has the highest doctor to patient ratio in the world. As for the long term anyone with teenagers should encourage them toward the medical profession.

Also, governments should lift the financial burden of medical training off low income families. As it is only well off families can afford medical training for their kids. If Fidel can do it what is wrong here?
- Jim Hodge, Princeton

Letter To The Editor

Senior calls Council 'heartless'

Dear Editor;

I was shocked when I learned that Mayor Randy McLean and all but one councillor had voted to rezone

Princeton Manor to become a condominium.

The residents have been informed that they either have to buy their

apartments or move out.

HOW CRUEL!

Most of the residents are senior citizens and live on fixed incomes. Where in Princeton are these citizens to go?

If any rentals are available they are run down and costly.

I can't believe Mayor Randy McLean and the councillors could be that cruel and heartless. Maybe when they grow old they may face hard times and they will remember this.

The mills of God grind slowly but they grind exceedingly small.
- Isabella Johnson, Princeton



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It was a major project and a major accomplishment in 2007 - the chain link fencing of the entire Princeton Exhibition Fairgrounds. Here's an interesting view along the top of the fence at Sunflower Downs race track looking towards the grandstand. Photo: Brenda Engel

Dr. Reid announces retirement

..... continued from Page 10 there also. We are delighted to welcome Sherry Uribe from Interior Health who is coordinating this project.

As you all know we are currently experiencing a shortage of Doctors and Nurses in Princeton. I know that those of you who watched 'Desperately Seeking Doctors' on

CBC last week were amazed to see the extent of the family doctor shortage in Canada. There are now five million Canadians without family physicians and for the first time ever we have orphan patients here in Princeton.

Survey goes international

..... continued from Front Page Economic Development Officer Michael McLaughlin has been invited to present results of the survey at an international conference at the Banff Centre in May. Speakers will come from Scandinavia, Eastern Europe, United States and South-east Asia. McLaughlin has also been asked to present survey results at the BC Rural Summit in 100 Mile House in March.

Results will be shared locally before those presentations. The SVPS thanks the many people who took the time to complete the survey.

In a next phase, the information will be used to examine ways to manage development that is driven by people selecting the South Okanagan and Similkameen as places to live or have a second home. - submitted

For the past year my fellow physicians and I along with Interior Health and Health Match BC, the government recruiting agency, have been aggressively looking for physicians to come to Princeton. We are currently in discussions with a Doctor in South Africa and with another Doctor currently working in British Columbia. Interior Health and the Provincial Government are well aware of the situation here and I am in discussions with Interior Health on an almost daily basis to make sure we remain on top of the recruiting list.

Dorothy sends update

Many of us were able to have lunch out one day - Italian food! Such a treat to have different food in different surroundings. Much appreciated!

fours and fives. I'm quite sure we enjoyed them as much as they enjoyed coming. All children were very well behaved - a credit to their teacher and their parents.

Of course a few of us brave slippery streets and colder air to go shopping or go to the post office or even visit with friends while having a cup of coffee.

Not to be forgotten are our exercises. It really does help to keep us mobile and we do need to keep on moving. Organ music by Ruth is much appreciated!

Six line dancers entertained us one afternoon. We see quite an improvement in the group.

The daylight hours are lengthening but winter will hang around for some time yet. I'm looking forward to green grass and the first dandelion.

Today we had the privilege of students from John Allison school visiting us. They brought board games and played with us in groups of

Will that be March?
- submitted by D. Stenvold

I can tell you that we will continue to do everything we possibly can to keep emergency services open at the hospital. The Mayor and Town Council have been very involved in attracting locum physicians to Princeton and we are extremely grateful to them. We are hoping that we will be able to man the emergency room with the help of locums from out of town until we have a full compliment of physicians in Princeton. This will become a real challenge in April but again we will do everything we possibly can to maintain services.

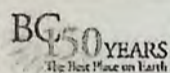
We will do our best to keep you updated with the current situation as things change and we ask you for your support during the next few months as we continue to work towards finding solutions. Sincerely,
- Dr Doug Reid, Princeton

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The history of Princeton would not be complete without mention of the miners who built towns where they worked only to abandon them when the riches dried up as was the case with Granite Creek.



Princeton 150 Task Force

by Nick Mills

"The Best Place On Earth" - so reads the official logo designed to celebrate 150 years of British Columbia history. All over the Province, communities and organizations large and small are ready to celebrate 2008 and the 150th birthday of the wonderful part of the world we live in.

The Town of Princeton is no exception and since late 2007 plans have been taking shape for events to happen. To coordinate those efforts, In December of last year the "Princeton 150 Task Force" Committee was formed which includes representation from Town Council, Princeton Recreation Department, Princeton Chamber of Commerce, Princeton Museum & Archives Society, Historic Trails, Princeton Traditional Music Society and Princeton Paintball Club.

The month of August will be

declared Princeton Heritage month when the centre piece will be the weekend of Saturday and Sunday, August 16th and 17th when the first Princeton Traditional Music Festival will take place - whilst throughout the month, the Museum and Chamber of Commerce will get together to plan displays for storefronts showing the big part that Princeton has played in the commercial development of the province.

The Hudson's Bay Trail around Jacobson Lake will be opened and horseback riders are organizing a heritage ride from Hope using the Hudson's Bay Trails. The Ministry has completed the recreation site and trail mapping and a brochure is soon to be published.

The Grand Opening has been tentatively set for July 26th.

After opening on Easter Saturday, the Museum will have an audio

visual display showing the historic sites and sounds of the province's past 150 years - in addition to a photographic display in the foyer showing a different 2008 milestone with pictures from 50 years of Princeton Museum.

Other planned events that the committee is involved with include a Vintage Car Tour, a new store in town selling amongst other things, heritage clothing, and a series of factual historical newspaper articles.

Any Princeton organization planning their own event or celebration and wish to be part of the town's 150 celebrations, especially during the month of August, is encouraged to get in touch with Nadine McEwen at Riverside Centre. Some Provincial funding is available for suitable projects - further details are available from Nadine. She can be reached at (250) 295-6067.



The incredible engineering feat of the Copper Mountain Railway can still be seen in places along the Similkameen River. The transportation route was used for many years before it was abandoned.

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LET'S TALK!

AT YOUR SERVICE!

Tax Tip

In light of the current medical services situation in Princeton more families will be traveling outside of the area for medical treatment. You can claim, as a non-refundable tax credit, medical expenses for yourself, your spouse or common-law partner, and your children born in 1990 or later. For 2007, the total expenses have to be more than 3% of your net income, or \$1,926, whichever is less.

This includes travel costs to/from the closest community that you could get the specific treatment. There are two methods of calculating your travel costs, detailed and simplified. I prefer the simplified method because it is based on flat rates and does not require receipts to support your claim. If you prefer the detailed method you will be required to support your claim with receipts and a detailed travel log and maintenance log for your vehicle.

By using the simplified method, you may claim a flat rate of \$17 a meal, to a maximum of \$51 per day, per person as well as 48.0 cents/kilometer in BC. For example if you are traveling to Penticton 112 km (according to Google Earth) you can claim $112 \times 2 \times \$0.48 + \$17 = \$124.52$.

To make this type of claim you will need to have a record of your trips out of the area including: date, name of Doctor, patent and treatment.

If I did not prepare your personal income tax returns for the past two years, we require copies of those returns already completed to bring to our files to date.

Reminder today is the best time to start your tax planning for 2008; small changes can result in significant savings in the future. I believe Canadians pay on average 10% more tax than they should due to poor planning.

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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295-3222
jimjunkin@princetonbcproperties.com

SUSAN COLLINS
295-5359
susan_collins@nethop.net

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