



Recreation Director Lyle Thomas, left, drops the puck officially starting the Spirit of 2010 Novice Hockey Tournament on February 9th. Cory Thompson holds the event trophy while Marcus Brodie takes the face off. Holding the official banner are Sarah Parker, Steve Smeaton and Ty French of Princeton Minor Hockey. *

Community Services urges Council action

The Board of Directors of Princeton and District Community Services wants Town Council to take an active role in promoting and supporting "initiatives that will alleviate the housing shortages currently existing in Princeton." Community Services "grave concern" over housing was expressed in a letter to Town Council.

The letter told Council, "Some of our clients are desperately searching for safe and affordable housing."

Mayor Randy McLean responded by saying Council is already working with a committee, but they need a group to spearhead the initiative. The Town would contribute the land, and work with the spear-

head group to secure funding from both provincial and federal governments.

Councillor Pam Jones added, "We're really taking this seriously. We'll do everything necessary."

The News Leader asked whether the land that might be used would be the former Highways Department works yard. Mayor McLean said Council would consider it, or part of it could be sold to buy land in a better location. He said he would not want to do anything until a planner looked at the situation. A downtown location might be preferred.

A meeting of a concerned group was scheduled for February 5 at the hospital.

IH issues another 'doctor' update

Health Services in Princeton and Surrounding Areas

A Community Update

Dear community members of Princeton and area:

This bulletin will update you on Health Services in Princeton and efforts to attract physicians to the community. As you may be aware, Princeton is facing the loss of 3 physicians in the next few months. Since the last update on January 15th, Princeton physicians, Mayor McLean, Councillor Pam Jones and the Recruitment and Retention Committee, along with Interior Health, have all been working diligently to find some solutions.

Princeton General Hospital ER:

There have been lots of letters in the newspaper about possibly closing the Hospital Emergency Department. We are working very hard to prevent that from happening. Princeton physicians are committed to providing emergency

and weekend coverage with the assistance of visiting locum physicians. If there are challenges with emergency service coverage in Princeton, the community will be notified.

Recruitment Efforts:

For the short term, we are firming up arrangements to bring doctors into Princeton from other Communities to provide relief as we work toward a longer term solution. Interior Health has rented an apartment in Princeton to be

able to provide a place for visiting physicians to stay.

We are also currently in discussions with physicians from other parts of the province and as soon as we are able to obtain a firm commitment, we will be back to the community with more information. In addition, Interior Health is advertising across Canada and abroad.

Office Space:

In order to make it an easier decision for a physician to choose

Princeton over another community, Interior Health is renovating space at the Princeton General Hospital, so that physicians can establish their offices on site. This will save time when a physician needs to come to the ER as they will already be at the site. The space will be ready before the end of March.

Community Involvement:

We want to acknowledge the support of Mayor McLean, Councillor Jones and the Recruitment and Retention Committee who have

been meeting regularly to discuss ways that the community can help market Princeton as a place where physicians would want to come and practice.

What you can do:

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

- For non-urgent matters, we
..... continued on Page 2

Survey says tourists become residents

Perhaps our valley slogan should be "Visit us once and you'll want to stay". From the survey of valley residents, 55 percent of people retired here came here first as tourists, as did 30 percent of people who moved here for economic reasons.

To Mayor Randy McLean, this bit of information from the survey was the most significant. The other most significant bit of information to Town Council was the reason people would move: lack of health care topped the list.

Michael McLaughlin, Economic Development Officer for Similkameen Valley Planning Society, presented study findings to Town Council on February 4. McLaughlin told Council the survey data is still subject to analysis by a consultant, and should be finalized by March.

The survey was done last year to find out why people moved to the Similkameen Valley. Clean air, clean rivers and lakes, peace and quiet, the valley's natural beauty, a safer environment, and abundant

recreation opportunities were among the top reasons for choosing the Similkameen Valley.

The survey was completed by homeowners only. For 25.3 percent, their home in the Similkameen Valley is a second home, but in Area H, 45 percent said their home was a second home, and in the town, 34.9 percent said their home was a second home. Of those whose residence is in the valley as a second home, one-third said they intend to retire here.

What surprised McLaughlin was 76 percent of those surveyed were not born in the Similkameen Valley. Similkameen Valley residents are confident of the future here, and 32 percent either have children or are planning to have children.

McLaughlin thanked Town Council for helping to fund the study. McLaughlin said the group who did the survey will appeal to Regional District for funding the second phase, using the information for strategic planning for the future.

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Sudoku
Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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Early birds around Princeton get to see the Town Crew working hard to clean up the downtown core following a snowfall. We appreciate their efforts and thank them for making it easy to get around. *

CFC announces grant program

The Princeton and District Community Forest Corporation (PDCFC) is pleased to announce that it will be accepting applications for the 2008 Grant Program.

In 2007 eleven not-for-profit organizations shared in over \$295,000 in grants from the PDCFC.

"Building on the success of the past two years, the Board of Directors is excited about the opportunity our grant program will provide for not-for-profit organizations in Princeton and Area 'H' of the Regional District. We look forward to receiving this years applications," said Corporation Chair Randy McLean.

"We are also excited about our capacity building program we are introducing this year. The Board of Directors places a lot of emphasis

on leveraging dollars and we believe our capacity building program will assist applicants with leveraging the PDCFC financial contributions."

The capacity building program will include a two-day workshop that successful applicants will participate in.

The workshop will provide an opportunity for the non-profit sector and their volunteers to gain valuable skills in developing budgets, preparing effective grant applications, leveraging financial contributions and running a successful organization.

The program is free of charge. Workshop dates will be announced.

The Princeton and District Community Forest Corporation

offers grants to recreational and cultural organizations to assist in their capital projects and operations. The corporation receives Grant applications annually and organizations can apply for major funding (>\$5,000) or for minor funding (<\$5,000).

In 2007 the forest corporation distributed \$295,000 to eleven organizations. To be eligible for these grants, organizations must have the mandate to provide recreational and cultural services and/or facilities in Princeton or within Area 'H' of the Regional District Okanagan-Similkameen.

Grant applications, along with guidelines and details are available at Princeton Town Hall, 169 Bridge Street. For more information call (250) 295-3135. - submitted

IH sends community update

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

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

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

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

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

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

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

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

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

We will keep you updated as things change, and thank you for your patience and understanding. - submitted by Interior Health



Madison Johnston is the PSS Student of the Month for January. The Grade 12 student was nominated for a variety of reasons related to her many contributions at the school (yearbook, Law 12 'mock trial' and cheerleader coach). The Student of the Month program is sponsored by PSS PAC. *

Notes from Town Council

Business smiles on airport

Councillor Ray Jarvis reported to Town Council on February 4 that fundraising is underway to support development at Princeton Airport. Councillor Jarvis told Council the committee has begun approaching local business people for donations, and the business community appears to be in favour. One businessman had already given \$1,000. All business people will be asked, and private individuals can contribute as well.

Want a Grant? Take the course!

The Princeton & District Community Forest Corporation is not happy with the lack of leveraging done by those groups who have received grants from the corporation. At the February 4 Town Council meeting, Mayor Randy McLean said, "The Community Forest Corporation is pleased with what is done with the grants, but not pleased with leveraging not done to secure grants from other sources."

Mayor McLean announced a one day free workshop for groups applying for \$10,000 or more in grant money from the Community Forest Corporation. The workshop will teach applicants about all of the funding agencies and how to access grants from them. Applicants will be trained in how to prepare a grant application to government.

Any group applying for a grant of \$10,000 or more MUST send a representative to this workshop. Groups applying for a grant of less than \$10,000 may send a representative if they wish, but it is not a requirement.

For more information, contact Town Hall.

Mayor says "We're all concerned"

Mayor Randy McLean addressed the health care crisis at the February 4 Town Council meeting, saying, "We're all concerned, we're all working as hard as we can."

Mayor McLean said almost every day is spent trying to solve the doctor crisis. The committee is working with Dr. Douglas Reid, Dr. John Adams and Interior Health. The Health Authority has launched an expensive advertising campaign across Canada and overseas, Mayor McLean advised.

"Better than criticism or blame, we need to show the world that this community is solidly behind our efforts," Mayor McLean said.

Council plans water route

The Town of Princeton has applied to own a small portion of the TransCanada Trail which is currently Crown land. The purpose of the application to own the land is to put a water line from the industrial park to East Princeton at some point in the future.

Mayor Randy McLean expressed concern about the length of time it would take to have the land transfer approved, and was relieved to find it would likely take no more than four months.

Council wants pub hearing

The application for a new location for the Brown Bridge Pub came before Town Council on February 4. Although Town Council was in favour of the new location, they decided that property owners in the vicinity of the proposed location should have an opportunity to express their feelings at a public hearing.

The new location is 271 Vermilion Avenue, formerly the property of Mikado Restaurant. Council will hear concerns from neighbouring property owners located within a 50 meter radius of the location. The date of the hearing will be advertised.

Council supports better crossing lights

The pedestrian controlled lights at the intersection of Burton Avenue and Highway 3 have proven inadequate.

Princeton Accessibility Awareness Committee petitioned Town Council for support for improvements to the crossing.

The control switch for the present lights cannot be reached by a person seated in a wheelchair, and the committee believes there should be some kind of auditory alert to tell visually impaired pedestrians when the lights are on.

Some members of Town Council noted that traffic is not stopping even when the lights are on, making passage unsafe. Councillor Pam Jones commented that the lights are too high and too small. Councillor Jim Manion agreed. What Council would like is red and green lights, as well as an auditory alert for the visually impaired. Council plans to discuss the matter with Highways Department regional supervisor.

Council adopts strata bylaw

At the February 4 Town Council meeting, Council adopted a bylaw which will allow for the development of strata titling at Riverside Motel. The owner can now proceed with the improvements required to meet present building code, and prepare for sale of the cabins which have been motel units and will later be owned residences.

Jones is the whole team

Councillor Pam Jones is going to be Town Council's entire team in an activity challenge. None of the other members of Council wished to participate in the Activity Challenge for South Okanagan civic officials.


Councillor Jones will wear a pedometer daily and record the total number of steps she took each day.

Councillor Jones and CAO Patrick Robins compared notes on pedometer readings. Councillor Jones said she had taken 11,000 steps on February 4. Robins said he was surprised to have taken 5,000 steps just taking a walk around downtown Princeton.

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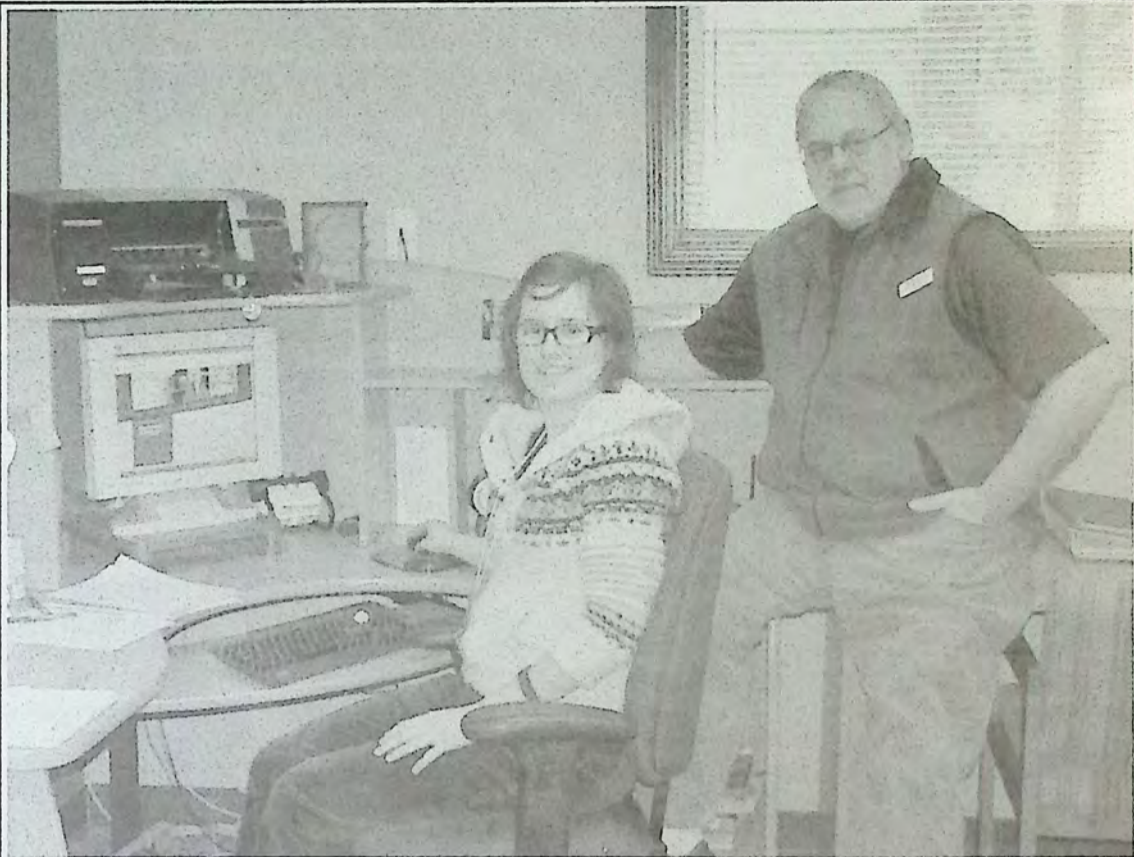
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keremeos and area news



Katimavik volunteer Catherine Petel-Langevin of Montreal assists Ken Randle at WorkZone Keremeos.*

Regional governance discussion shifts gears

The discussion on area-wide governance in the Okanagan-Similkameen region is moving to the local level.

Over the next three weeks, a consultant to the Regional Governance Working Committee will be meeting with local council's and the elected representatives of the North Okanagan, Okanagan-Similkameen and Central Okanagan Regional Districts. These 90-minute sessions will be open for public viewing, although each local government will determine the scope of public input during the meeting. The consultant plans to brief each local government on the work of the Okanagan-Similkameen Regional Governance Working Committee and invite feedback and input from the elected officials.

This information will be compiled and presented to the next meeting of the Working

Committee February 27th in Vernon.

Working Committee Chair Robert Hobson says, "Today we compiled a draft list of principles that reflect common goals and vision of the committee members. Among them, we agree there are issues like, air, water and transportation that should be addressed on an area-wide regional basis and that cooperation and coordination are necessary. We also believe there shouldn't be any new level of government created and that we recognize the diversity of all communities throughout the Okanagan-Similkameen and that all, including rural and electoral area communities should have the opportunity to have their views and concerns represented. There was also a strong consensus by the committee that agricultural land should be protected to ensure food security and the viability of agricultural operations."

Hobson adds, "In addition to air, water and transportation, the committee also identified other key areas in which a region-wide focus could be directed. For example, we could see further cooperation and coordination when it comes to Solid Waste Management, Emergency Preparedness Planning, Area-wide Climate Change initiatives, 9-1-1 and Regional Growth Management."

Hobson says, "There have been some misconceptions about the work of our committee. We want to ensure residents that we are not addressing the issues of municipal amalgamations, boundary extensions or incorporation. These topics are clearly guided by the provisions of the Community Charter with which we agree."

In order to keep valley residents informed about the upcoming local government meetings a schedule will be posted on the committee website as soon as it's available.

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Residents are encouraged to visit www.valleygovern.ca to keep informed of upcoming committee meetings as well as links to agenda and reports from past and future sessions. A direct email contact form is also available online for residents to complete, so that their thoughts, ideas and suggestions can be considered by the Governance committee.

The next meeting of the Okanagan Similkameen Regional Governance Working Committee is scheduled for Wednesday, February 27th at 10:00 AM at the North Okanagan Regional District office (9848 Aberdeen Road, Coldstream). The meeting will be open for residents to view the proceedings.

- submitted



Katimavik volunteers Laurence Messier and Taylor Booth work at Hedley Museum but belong to a group of Katimavik volunteers living in Keremeos. *

Volunteer program aids lower valley

My name is Taylor Booth, I am one of the current participants in the Katimavik program for Hedley and Keremeos. Arriving in the Similkameen was a lovely change of scenery, atmosphere and climate from where I was born and raised, Vancouver Island, and certainly from Australia where I have been residing for the past few years.

I joined Katimavik as a way of discovering my own country and also to take stock on my life and what direction to take in the future. I am volunteering with Hedley Heritage Museum and so far it has been a blast!

My boss is Angelique Wood who has a wealth of knowledge about museums, galleries and life in general which she bestows to us free of charge.

Volunteering with me at the museum is Laurence Messier from Quebec. Our first two weeks have been filled with documenting the museums current holdings and describing them as objectively as possible.

We have also been conducting interviews with other museum volunteers about their involvement with the museum. The interviews are being tabulated in a resource book so that one day hopefully anyone can walk in and understand how the museum got where it is today.

Many people have already stopped by to be interviewed including Gerry Wilkin, Chuck Schmidt, Rebecca Murbach, Peggy Terry, Myrtill Gore, Sharon Hildebrandt and Sharon Minshull.

Between Gerry and Ralph Mackay's contributions we have also received a computer to work on. Different people have also driven us from Keremeos including

Ben and Rebecca Murbach, Chuck Schmidt, Lynn Wells and of course Angelique Wood.

I look forward to the coming months with pleasure.

Please note that transportation for

CMMC issues results

The Copper Mountain Mining Corporation (CMMC or the Company) has released assay results from the last 32 drill holes of the 2007 exploration program at the 100% owned Copper Mountain project. Six drill-holes were completed immediately north of Pit 1, fifteen drill-holes to the northeast and northwest of Pit 2, five drill-holes in the Saddle Zone between Pit 1 and Pit 3, and seven drill-holes in the northeast wall of Pit 3.

The drill holes were completed during December, 2007, and were primarily drilled to convert areas of inferred resources within the preliminary designed Super-Pit to the measured and indicated categories in advance of the Feasibility Study, which is currently underway and expected to be completed early in 2008. Additionally, where drill-holes encountered significant mineralization near the edge of the design pit, more holes were drilled resulting in extensions beyond the pit boundary.

Key results from the five areas of drilling are:

- Drill-holes CM07P2-78-81, 83, and 85-90 were drilled to the northeast of Pit 2, in the entrance ramp area and intersected numerous, narrow to moderate length, intersections which will likely result in an extension and deepening of the design pit in this area. Of significance, CM07P2-89 intersected 67 feet grading 0.98% Cu, 0.34g/t Au

and 4.34g/t Ag, starting at 23. - Drill-holes CM07P2-77 and 82 were collared 300 west of the north-western edge of Pit 2 and intersected relatively continuous mineralization including 360 feet of 0.29% Cu, 0.13g/t Au and 0.9g/t Ag starting at 47; which provides low-strip material for additional pit expansion.

- Drill-holes P1-02 to 06, were collared between 200 and 800 feet north of Pit 1 in an area of sparse drilling and inferred resources. All of these holes contained significant intersections, many of which are above average in grade. In particular, CM07P1-04 intersected 60 feet grading 1.03% Cu, 0.18g/t Au and 3.23g/t Ag from 275 to 335; and the bottom of CM07P1-06 intersected 215 feet grading 0.85% Cu, 0.45g/t Au and 4.93g/t Ag.

- Drill-holes QA5 to QA9, are short holes within the saddle zone located between Pits 1 and 3, and did not intersect any significant near-surface mineralization.

- Seven holes were drilled in the northeast wall of Pit 3 in order to upgrade the classification of an area of inferred blocks within the resource estimate. Results were mixed, but CM07P3-05 returned an intersection of 90 feet grading 0.75% Cu, 0.10g/t Au and 1.98g/t Ag.

A total of 44,000m (144,000 feet) of drilling was completed in 163 continued on Page 10

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IMPORTANT NOTICE!
From Alex Atamanenko, your M.P.

Due to Princeton staff leaving for overseas and low caseload volume to date, constituents in the Keremeos / Princeton areas can now

Phone 1-800-667-2393 for assistance or meet with
Federal Constituency Office staff
Thursday, Feb 21st
and
the 2nd Thursday of the month thereafter
(March 13, April 10, May 8 etc.)

► In Keremeos, 9:00 am to 11:00 am
Village Council Chambers (702- 4th Street)

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DEVELOPMENT OF A PEST MANAGEMENT PLAN

Pest Management Plan Number:
RDOS-MOS-PMP-2008/2013

Applicant: Regional District of the Okanagan-Similkameen (RDOS). 101 Martin Street, Penticton, BC V2A 5J9. Tel: (250) 490-4135 Fax: (250) 492-0063 Attention: Pat Hickerson

Application Method: Larval Control: backpack blower, helicopter, and hand application.

Pesticides: The active ingredients and trade names of the pesticides proposed for use under this plan include: *Bacillus thuringiensis israelensis* (Vectobac 200G, Vectobac 1200L, Aquabac 200G, Aquabac XT, Aquabac II XT, Teknar G, Teknar HP-D); *Bacillus sphaericus* (VectoLex WSP, VectoLex CG and VectoLex WDG); and methoprene (Altosid XR Briquets and Altosid Pellets).

Location: Within the boundaries of the Regional District of the Okanagan-Similkameen including the municipalities of Penticton, Oliver, Osoyoos, Summerland and Princeton, and Electoral Areas A, B, C, D, F, G and H. Treatments will be conducted on public, private and crown lands within the above listed municipalities and Electoral Areas.

The selection of insecticides has been chosen to target mosquito populations in the most environmentally responsible manner.

The proposed duration of the PMP is from April 7th, 2008 to April 7th, 2013.

A draft copy of the PMP and maps of the proposed treatment areas may be examined in detail at the address listed above. The draft PMP can also be viewed on the RDOS website at www.RDOS.bc.ca

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

A public open house will be held at the Regional District office (address above) on February 28th, 12 noon to 7:00 PM.

news leader health and lifestyle page

Tips For Valentines: Don't make him sweat on the hot seat!

(NC)—What's a surefire way to close down communication? Put your mate on the defensive. Every relationship is different, but there are some universal things women do — often unintentionally — that drive men crazy (and not in a good way). Homebasics.ca shows you how to turn a heated situation into a win-win for your relationship.

NAGGING

Hot Button: What you see as a gentle reminder, he calls nagging. When you pounce on him as soon as he walks in the door about the dirty dishes/clothes on the floor/failure to pick up the dry cleaning, you end up with a husband who's afraid to come home.

Cool It: Give him 45 minutes to unwind and make the transition from work to home. Then phrase your needs using 'I' instead of

'You.' For example, 'I have been feeling overwhelmed with the housekeeping and I'm starting to feel unappreciated. If this continues, I'm going to go nuts trying to keep up with everything by myself.'

SILENT TREATMENT

Hot Button: Stewing in your anger and waiting for him to do the thing that is so obvious any idiot can figure it out. Meanwhile, he can't read your mind and retreats out of confusion and frustration.

Cool It: Use words. If you want him to come home and give you a kiss before he gives one to your child, you have to ask him to do it, explicitly. Learning to ask for what you want, no matter how uncomfortable it makes you feel, is a huge step toward relationship happiness.

CRYING

Hot Button: Men are solution-oriented, and when you become emotional, it triggers a fight or flight response. It doesn't necessarily mean he isn't listening to you, he simply cannot decode the emotion, and it makes him feel helpless.

Cool It: Let him know that you just want a shoulder to cry on, not necessarily a solution. And if you're still not getting the empathy you need, call a girlfriend.

CRITICIZING

Hot Button: It starts with a suggestion that he switch shirts. Then it's a hint that he should go to the gym. And before you know it, you're on a roll, and there's no end to the number of 'helpful hints' you can provide.

Cool It: Men are looking for applause. He knows he's not perfect, but he still wants you to tell him that he is. Make a point to praise the things he does best and to take a break from carping on those you wish he did better.

JUDGING HIS FAMILY

Hot Button: His mother is overbearing and his sister ridiculed you the last time you were together. When he rants about his annoying family members, it's tempting to chime in.

Cool It: Make an effort to be kind to his family, especially his mother. A little patience and effort go a long way, and he will appreciate the fact that you never forced him to choose sides. And when you need to vent, call your own mother. - News Canada

When feeding the blues is more than the munchies

(NC)—Despite New Year's diet resolutions, junk foods and comfort foods hit the spot on cold and dark winter days. Overeating during the long festive season, or during winter, is a common complaint. However, there are people for whom overeating is a serious year-round concern. Tom Peplar is one of these people. On any given evening, Peplar drives to three or four different fast food outlets, piling bags of fries, burgers, donuts and bagels onto the passenger seat. Sometimes he makes it home before beginning to consume the food. Sometimes he doesn't.

"My name is Tom. I'm a binge-eater," Peplar says with desperate irony. Binge eating disorder (BED) is readily recognized by healthcare providers as affecting a large number of people, almost evenly divided between men and women. Individuals with BED are often genetically predisposed to weigh more than the 'average' person, let alone the unrealistic cultural ideal. There are two distinctive kinds of bingeing; bingeing caused by restrictive eating, and bingeing used to comfort oneself emotionally, as a distraction or as a numbing tactic.

"Due to culturally reinforced body dissatisfaction, many people diet, making themselves hungry, and then binge in response to that hunger," says Meryll Bear, director of the National Eating Disorder Information Centre, www.nedic.ca. "The person may also eat for emotional reasons: to soothe themselves, to avoid uncomfortable situations or to numb uncomfortable feelings." Feelings of shame and embarrassment are prominent among people who binge-eat.

"Just stop eating — that's what a lot of people tell me. But it's not that simple," says Peplar. "Once I start, I just keep eating until I literally can't take another bite. I can't stop."

Overcoming binge eating is largely dependent on understanding why it happens, says Anne Elliot, program

director at Sheena's Place in Toronto, which offers support groups for binge eaters. Therapists work on helping binge eaters to become aware of feelings that accompany the urge to binge. Approaches to dealing with bingeing include teaching individuals to examine relationships with family and friends, and the way in which they respond to difficult situations. Planned and balanced meals and snacks throughout the day can also help binge eaters normalize how they eat.

living past 100

A garden is healthy for everyone

This is the time of year when gardeners and farmers spend time poring over seed catalogues. You may not see spring for another couple of months, but this is the time the growers plan for harvest time.

If you are a gardener or farmer, you know all about the benefits of growing your own food. The first benefit is economic. Let's say some good carrot seed costs you \$1.69. This would plant a good-sized row and would yield approximately 20 kilos of carrots. There is where you made your profit!

You profit in other ways when you grow a garden. Your food is fresh and packed full of flavour and nutrients. If you are like most people who have a small household garden, you grow organically. That is, you don't put a lot of artificial fertilizers in your soil and you don't shower your plants with pesticides. Any good garden shop will advise you on ways to grow organic vegetables.

What other benefits does your garden bestow? First, the pleasure of connecting you with the earth. This is very soothing and one of the reasons gardeners do not mind the hard work that goes with a garden. Second, the hard work is good exercise. As a gardener must bend, lift, walk, carry, push and pull, this is a pastime to keep you in good shape and keep you flexible.

Finally, a garden is tended in the sunshine, and all of us need sunshine to be healthy.

For some families, gardening becomes a time to work together, to take pride in producing good food, and a time to teach youngsters about tilling the soil, planting seeds, sprinkling, and harvesting. If you have children you would like to encourage to take an interest in gardening, here are three kinds of seeds you can plant early and harvest soon: radishes, spinach and onion sets.

These can be planted in mid-April in the upper Similkameen and earlier in the lower valley. These plants are frost resistant and do not need any special attention. Plant them, water them, and watch them grow. Kids will love how fast they grow, and when it is time to pull some radishes, the kids will love the idea of a healthy snack right from the garden.

While you are busy doing all this good stuff, give yourself a pat on the back for doing something good for the environment. Your garden saves trucking all that food to you, and the plants you grow suck carbon-dioxide from the air. Gardens are good for our planet.



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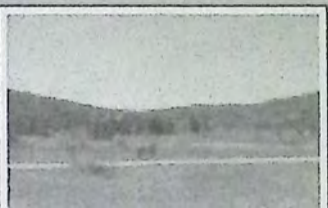
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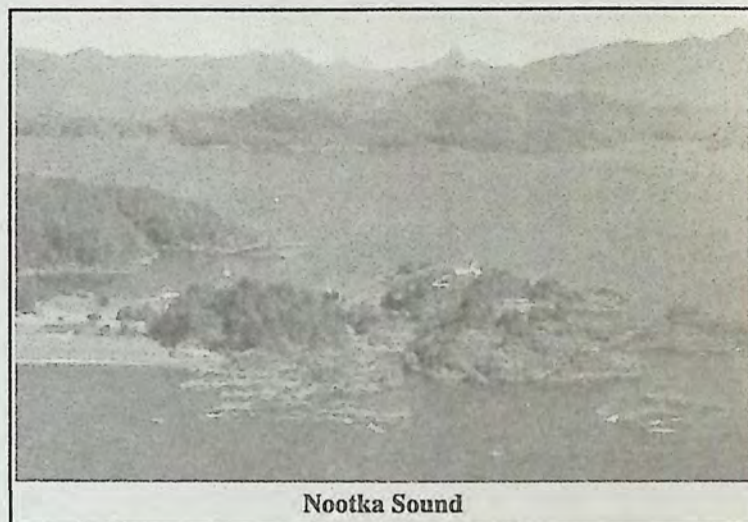
INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

The story of the establishment of British Columbia is a thrilling one, full of exciting events and colorful people. It is an amazing story for so much has happened in a relatively short period of time.

Much of the early history is shrouded in mystery, the earliest record of the coast is reputed to have been written by a Buddhist monk, Hwei Shin, who claimed that he crossed the Pacific by way of Alaska and passed down the coastal waters in the year 499 – nearly a thousand years before Columbus made his epic crossing of the Atlantic Ocean. Similarly, although Juan de Fuca's claim to the discovery of his strait in 1592 has not been fully substantiated.

British activity in the North Pacific began with the voyage of Sir Francis Drake in 1579. Drake had become notorious as a raider of Spanish settlements in Central America and then he extended his activity by sailing around Cape Horn and pillaging the Spaniards on the West coast of America. He was also under orders to investigate and report on the possibility of trade between England and the Orient. For that reason he sailed his ship, the Golden Hind, northward to try and find the mythical Strait of Anian connecting the Pacific and Atlantic Oceans. The cold and fogs of northern waters caused him to turn south to make his famous landing in the San Francisco Bay region, before which he may have reached the west coast of Vancouver Island. He did, however



Nootka Sound

take formal possession of the land and gave it its first name – New Albion.

Another century and a half was to pass before the exploration of the Pacific Northwest really got underway, Russia being the first to profit from contact with the northern shores. In 1724, acting for Czar Peter the Great, Danish explorer Vitus Bering organized an expedition from Kamchatka which resulted in the discovery of Alaska. Here Bering found that the waters teemed with seals and sea otters and the islands were alive with blue foxes. Soon Russian trading posts were set up on the Alaska shorelines and the era of the fur trade had begun.

Spain, believing that the papal bull of 1499 had secured her the whole of the Pacific coast, had done little to extend herself northward beyond Mexico. Rumors of Russian activity came as a distinct shock and led to hastily planned explorations in the 1770's, but no landfalls were made in the territory now known as British Columbia. That honor fell to Captain James Cook, RN, Britain's leading explorer in the South Pacific, who came north under the instruction to find the North West Passage.

In March 1778, Cook landed at Nootka Sound on Vancouver Island, remaining there for some weeks repairing his two ships – the first recorded use of the coastal timber resource and where his men traded trinkets for furs from the Indians. Later, when the expedition reached China, it was found that these furs were in great demand by the mandarins. Publication of this information in Cook's Journals caused a commercial stampede with men coming from all parts of the World, records include representation from England, France, the United States, Austria, Sweden and India. Many paid with their lives for lack of vigilance against attacks from the native Indians. Some made fortunes, many did not.

James Strange, an Englishman who arrived at Nootka Sound from India in 1786, under the auspices of Cook formally took possession of the country for Great Britain, persuaded the ship surgeon, John MacKay, to remain on Vancouver Island with the

Indians when Strange set sail; thus MacKay became the first resident of British Columbia. Strange failed to return the following year, but MacKay was rescued by Captain Charles William Burkley sailing the Imperial Eagle. Although an Englishman by birth, by virtue of monopoly of the East India Company, he was forced to sail under Austrian colors and to him must go the credit for the discovery of the Straits of Juan de Fuca. With Burkley came his bride, one Frances Hornby, who thus became the first white woman to visit this part of the world.

To Captain John Meares goes the credit in 1778 of building the first ship on the coast, the North West America, also, on returning to China, he joined with other interests to form a large company to extend trade. A fur factory was planned for Nootka and no less than four ships, three of them under British colors, were built to serve the Company.

Once again Spain became alarmed at this northwest activity and a crisis arose then Esteban Jane Matinez seized two ships out of Bristol and sent some of the officers and crews to Mexico as prisoners. When news reached London the British protested to no avail and both countries prepared for war, but Spain capitulated when it became plain that in the throes of their own revolution France could not be relied upon as an ally.

The resulting Nootka Sound Convention of 1790 brought to the coast in 1792 Juan Francisco de la Bodega y Quadra and Captain George Vancouver, RN, charged with working out the restitution of property. Both men were of splendid character and became close friends despite the fact that they could not reconcile their national differences, differences that were not settled until 1795 and then by other representatives. Captain Vancouver spent three years surveying the coastal water, preparing for the first time accurate charts. In the course of this work he completed the first circumnavigation of Vancouver Island.

To mark BC's 150th, the News Leader presents a weekly series on the history of BC.

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One of Bob Kingsmill's expressive masks created over a wok form. - photo submitted

Potters host two-day clay workshop

Princeton Potter's Guild hosted a very successful two day workshop by internationally renowned potter, Bob Kingsmill on the weekend of February 2 and 3.

Kingsmill has over 40 years experience working in clay and more recently bronze, and is known worldwide for his sculptural wall murals and large masks. Many of his commissions can be viewed in public spaces throughout the province and beyond.

On February 2nd thirteen participants from Princeton, Tulameen and White Rock took advantage of this fabulous opportunity to watch Bob create a clay mural, several masks and a beautiful handbuilt bowl form. Kingsmill is very entertaining and a wonderful story teller so if anyone walked into the building, laughter would have

been heard down the halls all weekend. At lunch on both days Bob showed slides of historical pots and masks from museums around the world and some examples of his pieces.

On Sunday, it was the student's turn to make their own masks and the array of colourful characters that were produced were a sight to behold. Sue LePoidevin, resident instructor at Riverside Pottery Studio will be taking the next few weeks to fire everyone's mask as well as the mural that Kingsmill, to everyone's surprise and delight, has donated to the Riverside Centre.

The mural will be glazed by the class members and mounted somewhere in the building in the spring, the location still to be determined. Kingsmill also donated the bowl to

the Guild, to be raffled off for a fundraiser for the Pottery Studio.

Saturday night, Joan, Frank and Chris Kelly hosted a potluck for the participants, spouses and friends and Bob showed a wonderful DVD of his stay in the New Zealand bush country in a small town called Coromandel, outside of Auckland, where another famous potter, Barry Brickell, has a fascinating pottery and narrow gauge railway tourist attraction.

Members of Princeton Potter's Guild are now going to take what they have learned and create another mural for the Riverside building in the months to come. We are welcoming anyone interested in helping out on the tile project or joining the Guild to call Sue Delatour LePoidevin at (250) 295-0527.

- submitted



Bob Kingsmill rolls out slabs in preparation for making a clay mural. - photo submitted



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LET'S TALK!

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Corporate Survival:

Be ready to chart a new course when Industry winds blow - Part 2

When your industry is changing, it's important to read the signals clearly. Anita McGahan, a professor at Rotman School of Business, says you have to determine whether your core activities or core assets are threatened — or both. Core activities are those actions that have historically generated profits for the industry, such as owning dealerships in the auto industry, which is less significant in an Internet era, while core assets are the resources, knowledge, and brand capital that have made the organization unique, like blockbuster drugs in the pharmaceutical industry. That leads to four trajectories of change, she notes in Rotman Management:

Creative Change

Core assets are under threat but core activities remain stable, as in pharmaceuticals or oil and gas exploration, where relationships with customers and suppliers are fairly steady but assets turn over constantly. Innovation occurs in fits and starts. Leading companies will try to spread the risk of new-product development over a portfolio of initiatives, to reduce volatility of earnings.

Progressive Change

Both core assets and core activities are stable, but significant change still threatens, as in discount retailing, long-haul trucking, and commercial airlines. Technology can have a tremendous impact in these situations, but it happens within the existing framework of the business. The most profitable strategies are to carve out distinct positions based on geographic, technical, or marketing expertise, building your resources and capabilities steadily and incrementally to handle the future.

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.

Accountant & Business Advisor

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CMMC announces assay results

..... continued from Page 5
drill holes in 2007. Completion rate for drill holes was 94%. The 2007 drill program had three primary objectives:

1) to provide enough data to upgrade inferred resources to the indicated and measured categories; 2) to validate and confirm the historical data; and 3) to provide additional drill information peripheral to, and between, the existing open pits; and at depth in order to delineate additional resources. The interim resource estimate (September 6, 2007) demonstrated that the program had been highly successful in achieving all of the objectives to that point and it is anticipated that the additional drilling since then will be equally successful.

All of 2007 drill results will be added to the historical database for an updated, independent 43-101 compliant resource estimate which is anticipated early in 2008.

A complete list of the significant intersections from all of the 2007 drilling can be found on the company's website. It should be noted that there are numerous narrow or low-grade zones within the drill holes that are not reported but that still contribute to the resource estimate.

Mayor speaks on affordable housing

Over the past few years affordable housing has become a concern in Princeton, in previous times vacancy rates were high, there were a large number of units available and low rental housing was not a problem.

The years of high vacancy rates that resulted in low rents also contributed to an accumulating deterioration of building standards. Over time rents simply did not keep up with increasing utility and maintenance costs and buildings deteriorated.

Building inspection officials inform us that many rental units are in dire need of upgrading and improvement. The onset of strata developments across the country is the result of the landlord-tenant act whose rules make landlords unable to catch up on lost rent raises and afford proper maintenance and safety expenses.

The town is at a result faced with a dilemma. While affordable housing is a necessity, it is also absolutely essential that building improvements and maintenance standards are at a level that guarantees the health and wellbeing of the residents. As a council, while we remain concerned and compassionate of those less fortunate, lessons in the recent past have proven that we simply cannot compromise on the issue of safe standards. When Council was approached by a developer who would renovate the building and ensure it's safe future we were unable to rule against that restoration of standards.

The mineralized system at Copper Mountain is classified as a bulk-tonnage, alkalic porphyry copper-gold deposit that is hosted within Nicola Group volcanic rocks.

Mineralization is structurally controlled and focused at multi-directional vein intersections and within vein stockwork systems. Drill holes are usually drilled at angles of -45 or -55 degrees to provide the best indication of the lateral extents of vertically oriented mineralization.

The Copper Mountain project is situated 300 km east of Vancouver. The Copper Mountain project is a former producer of 1.7 billion pounds of copper and has extensive infrastructure in place, including power and water. The site can be accessed year round as a paved highway goes right to site.

Quality Assurance

The company employs a system of quality control for drill results which includes the use of blanks, certified reference material (standards) and check assaying. Core is logged on site and split with a diamond saw.

Samples are shipped to Pioneer Laboratories for geochemical analysis of copper with all values of greater than 1,000 ppm copper being re-analyzed by assay meth-

Clearly, both short and long term solutions need to be found that address both affordable housing and adequate safety and maintenance standards.

It should be made clear that long term solutions must by necessity involve both the federal and provincial governments. The mandate of municipal governments is to collect taxes primarily for community infrastructure, water, sewer, roads, parks, recreational facilities and the like. The responsibility for hospitals, schools and other social facilities fall under the federal and provincial jurisdictions who collect taxes for those purposes. How can we ask homeowners struggling to pay monthly mortgages and annual taxes to fund major long term social housing projects?

Having said that, we can contribute land and services wherever possible, we can negotiate with upper level government and we can petition and encourage them to do the right thing. While Council is presently involved in this process, we are aware that this will not resolve our immediate concerns.

In the short term Council did have some options, through the issue of the strata development on the Angela Apartments we will be able to ensure that standards were upgraded and regulated for the foreseeable future. Upgraded apartments will be available to investors to buy and rent out with a number of reliable tenants readily available, equities can be created while helping out with community rental

ods for copper, gold and silver. The drilling program is being supervised by Peter Holbek, M.Sc., P.Geo., a qualified person as defined by National Policy Instrument 43-101. *About Copper Mountain Mining Corp.:*

CMMC is a new public BC resource company managed by an experienced team of professionals with a solid track record of exploration and development success. The Company owns 100% of Copper Mountain Project which holds the mineral claims and crown grants over the 18,000 acre mine site.

Copper Mountain Mining Corp. has the goal of developing the Copper Mountain Project as a major copper and precious metal producer within the next three years. Additional information is available on the Company's web page at www.CuMtn.com.

Note: This release contains forward-looking statements that involve risks and uncertainties. These statements may differ materially from actual future events or results. Readers are referred to the documents, filed by the Company on SEDAR at www.sedar.com, specifically the most recent reports which identify important risk factors that could cause actual results to differ from those contained in the forward-looking statements. The Company undertakes no obligation to review or confirm analysts' expectations or estimates or to release publicly any revisions to any forward-looking statement.

accommodations. As well the developers agreed to:

- 1) offer tenants only, the ability to buy their unit, as is, with no upgrading costs, with a price reduced by up to \$23,000. If tenants buy they will receive an additional \$1,500 for new appliances which will be installed for them. As the building is going to be remodeled, their investment should immediately increase in value;
- 2) extend the 1-3 month normal vacate notice to 9 months for the remaining 11 tenants;
- 3) extend the 1-3 month normal vacate notice on up to 4 apartments to 18 months, and;
- 4) install an elevator which will create handicap and senior accessibility throughout the building.

In conclusion, these difficulties are arising because our community is healthy and growing, many investors are wanting to become involved locally, making even more important the need to do effective planning for safe and affordable housing.

- Randy McLean, Mayor
Town of Princeton

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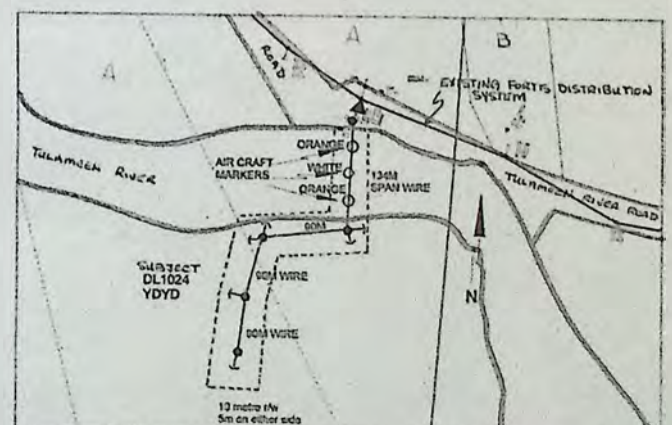
Take notice that FortisBC Inc. of Trail BC, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a Right-of-way for Electrical Distribution Line purposes covering that portion of District Lot 1024, Yale Division Yale District situated on Provincial Crown land located in the vicinity of Tulameen.

The Lands File Number that has been established for this application is 3411744. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3rd Floor, 145-3rd Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until March 2, 2008. ILMB may not be able to consider comments received after this date.

Please visit our website:

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(A) R/W within River (10m wide) = 1340' (0.193 ha) DETAIL
(B) R/W within DL 1024 (10m wide) = 9700m (0.27ha)

weekly entertainment guide

TUESDAY, FEBRUARY 12, 2008 THROUGH MONDAY, FEBRUARY 18, 2008



Princeton's Brad Goss (#10) scores a goal against Kimberly in the second period. *

Posse blast Dynamiters

Valley First Princeton Posse hosted Kimberly Dynamiters at Princeton Arena Friday, February 8th.

Both teams looked evenly matched and played a fast, solid-hitting game.

Princeton opened the scoring at 9:36 when Jeremy Wagner came around the Nitros goal and tried to poke the puck past former Posse goalie Tanner Sheridan on the glove side. Sheridan stopped it, but Wagner stayed near the crease and poked at one rebound and then a loose puck and never gave up until the puck was behind Sheridan in the Kimberly goal.

The short handed goal was unassisted.

Princeton added their second goal at 13:36 on the power play. Riley Ferster fed the puck to Taylor Stuart who then passed to Brad Goss who took that pass from the corner and somehow lured Sheridan out of his goal far enough to sneak behind and pop the puck into the net.

As part of the celebration Goss shared words with Sheridan which earned the scorer a ten-minute misconduct. It didn't matter as the home team was in the lead.

Kimberly did manage to tighten the gap with a goal at 17:00.

The second period saw Princeton score another power play goal at 3:54 (Logan Johnston from Taylor Stuart) and Kimberly replied at 5:54 then tied the game at 3-all at 16:04.

Princeton's Brad Goss broke the tie with 51-seconds left in the frame. Assists went to Riley Ferster and Tyler Martin.

The third period saw both teams battle it out and at one point a Kimberly goal was waved off as the net had been knocked out of position.

A time out called by the Dynamiters with 45-seconds left in the game saw the eventual empty net, but the visitors did a good job of holding Princeton in their own zone with the

Posse lose 5-1 to Revelstoke

The Valley First Princeton Posse hosted Revelstoke Grizzlies for a make-up game on Sunday, February 10th. The original match-up had been postponed in early January due to highway conditions.

After a scoreless first period and what looked like a scoreless second period, Revelstoke got the first goal of the game with 13.3-seconds in the frame.

The third period was like a bad episode of Survivor. The Grizzlies outwitted, outplayed and in some cases, outlasted the Posse.

Revelstoke scored three goals in the first six minutes of the period and following a scuffle after their fourth goal of the night at 6:20, the game was pretty much over for Princeton.

After a fourth Posse player was sent to the penalty box at 9:32, it set Revelstoke up for a little 5 on 3 hockey. Then at 10:16 there were five Princeton players in the penalty box.

The penalties kept flying and at 8:59, Revelstoke received a penalty shot, but did not score.

By 12:29 Princeton had burned off one penalty and managed only a few

extra man, but neither team was able to change the score.

The Players of the Game as chosen by Princeton Dairy Queen/Finning Tractor Kamloops were: #3: Andrew Walsh, #2: Riley Ferster and #1: Brad Goss.

Shots on goal: Princeton 35, Kimberly 31. Final score: Princeton 4, Kimberly 3.

seconds of 5 on 4 hockey before another penalty put Revelstoke back into a 5 on 3 situation.

It didn't seem to matter as Princeton did a pretty good job of keeping the Grizzlies off the scoreboard while killing penalties.

Revelstoke did score their fifth goal of the game at 14:06, but by then they only had a one-man advantage.

And like the game of Survivor, the Posse put an alliance together and masterfully executed a play that saw Taylor Stuart feed the puck to Brad Goss who then skated along the boards in front of both team benches to the stick side of the Revelstoke net and shoveled a pass out to Brooks Christensen who then blasted the frozen piece of rubber into the goal.

The goal came at 14:27 and seemed to light a spark which saw the home team continue to rise above the penalties and give their all to the end of the game.

Shots on goal: Princeton 41, Revelstoke 27. Princeton Dairy Queen/Finning Tractor Kamloops players of the game were #3: Kyle L'Arrivee, #2: Riley Ferster and #1: Tyler Martin.

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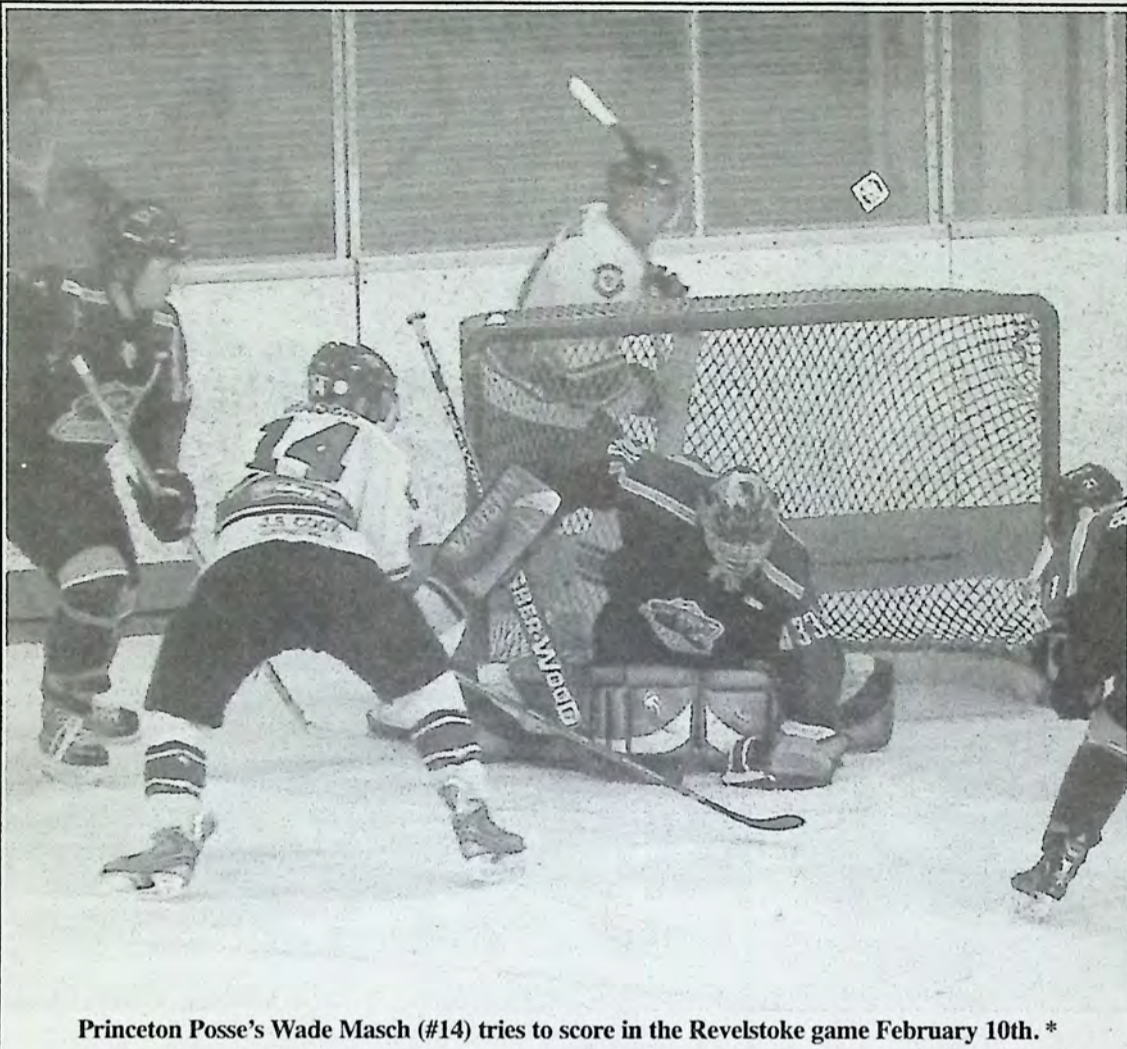
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Princeton Posse's Wade Masch (#14) tries to score in the Revelstoke game February 10th. *

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2007/08 Valley First Princeton Posse Home Schedule

**FINAL TWO HOME GAMES
ARE THIS WEEKEND**

**Friday, February 15 - 7:00 PM - Golden
Saturday, February 16 - 7:00 PM - Castlegar**

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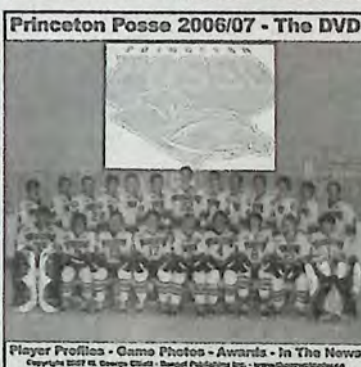
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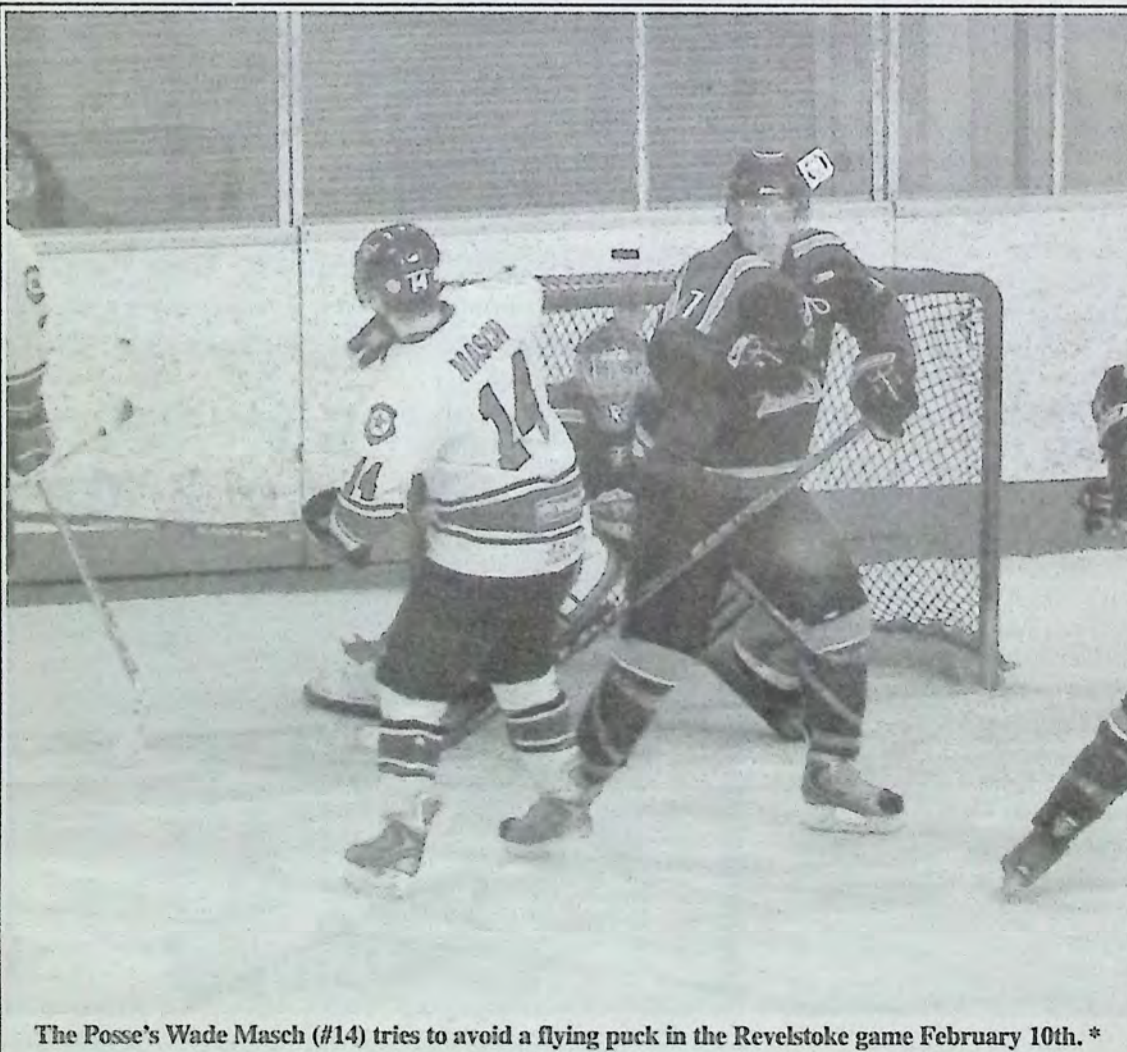
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The Posse's Wade Masch (#14) tries to avoid a flying puck in the Revelstoke game February 10th. *

TUESDAY, FEBRUARY 12, 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 (EI)	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)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)	
7 AM	Temptation	Body	Clifford	Barney	Today Natalie Portman and Scarlett Johansson; flooring makeovers. (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentre (E)		I Shouldn't Be Alive (7:24)	K. Possible (7:24)	CityLine (E)	MXC	Due South "Pilot" (E)	
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		Dirty Jobs	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	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 "Voice"	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada	
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (EI)		The Price Is Right (N) (E)	CSI: Miami "Bunk" (E)	The View (N) (E)	Hospital-Sick	Room House	Wilbur (E)	Erky Perky	Bowling	The View (N) (E)	Megabuilders (E)	Mickey Sprites	Movie: "Crossroads" (2002) Britney Spears. (E)	Most Amazing Videos	Videos	
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	Strongest	eTalk (E)	What's That About?	Benj Bear (11:25) King		Most Amazing Videos	The Nanny	
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	Volleyball	Degrassi	How Do They Do It?	(11:49) Weekend	CityLine (E)	Most Amazing Videos	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.	Dog Show	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 Undersea	Word Lions	Millionaire	Guiding Light (N) (E)	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Flamingo	Interruptio	General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Clean House (E)	Blue's Clues (E)	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)	CSI: Crime Scn	Inside Box	
4 PM	Family Guy	Clean House (E)	Dora (4:35) Little Bear (E)	Cyberchase	Judge J.	Oprah Winfrey (E)	CSI: Miami "Bunk" (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Montreal	Daily Show	Daily Planet (N) (E)	Emperor Proud	Friends	CSI: Crime Scn	That News	
5 PM	Movie: "Crimson Tide" (1995)	News (N)	(5:35) Business	News (N)	News (N)	News (N)	The First 48 "Torched"	News (N) ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons	Grown Up	Canadiens at Tampa Bay Lightning.	News (N) (E)	How-Made	Phineas Montana	Reaper "Leon" (E)	CSI: Crime Scn	ET Canada	
6 PM	Denzel Washington. (E)	Ad Pers	World Og	News-Lehrer	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	ET Canada	News (N)	Drake	NHL Hockey: Anaheim Ducks at Colorado Avalanche. (E)	News (N) (E)	Smash Lab (N)	Zoey 101 Sadie	Movie: "High Fidelity" (2000) John Cusack, Iben Hjejle. (E)	CSI: Crime Scn	Family Guy	
7 PM	Frasier	Jeopardy!	Eden	Nova "AstroSpies" (N)	Jeopardy!	Friends	Parking	Entertain	Entertain	The Guard (N) (E)	Coronatn	Malcolm	Hockey: Colorado Avalanche. (E)	eTalk (E)	Jetstream (N)	So Raven Smart Guy	CSI: Crime Scn	Seinfeld		
8 PM	Seinfeld	The Biggest Loser: Couples (N)	Beethoven (E)	Wild! "Forest Tigers"	The Biggest Loser: Couples (N) (E)	NCIS "Leap of Faith"	Parking	Laughs	NCIS "Leap of Faith"	NCIS "Leap of Faith"	Mercer	Fries That?	22 Minutes	American Idol (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N)	CSI: NY "Heroes" (E)	Family Guy	
9 PM	Movie: "Crimson Tide" (1995)	Ad Pers	Chiefs	The Mormons (Part 2 of 2) (DVS)	Law & Order: SVU	Jericho (N) (E)	The First 48 (E)	Boston Legal (N) (E)	The Guard (E)	News Hour Final (N)	National	Falcon Beach	Score Golf Motoring	Jericho (N) (E)	Jetstream	School Cory	(10:06) Movie: "High Fidelity" (2000) Mel Gibson. (E)	Star Trek: Voyager (E)	Married...	
10 PM	Denzel Washington. (E)	News (N)	Growing Up Canadian	Charlie Rose (N) (E)	News (N)	News (N)	Parking	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	How-Made	Suite Life Life Derek	Blade: The Series (E)	Frasier		
11 PM	Movie	Guy Stuff			Tonight	Late Show	Parking	(11:35)		ET Canada		Ghost		News (N)	How-Made			The Nanny		

WEDNESDAY, FEBRUARY 13, 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 (EI)	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)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)	
7 AM	Temptation	Body	Clifford	Barney	Today Amy Sutherland; educational bribery. (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentre (E)		Man vs. Wild "Sahara" (7:24)	K. Possible (7:24)	CityLine (E)	MXC	Due South "Free Willy"	
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)		How-Made	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	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)	Fighting for Canada	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada	
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (EI)		The Price Is Right (N) (E)	CSI: Miami "Bunk" (E)	The View (N) (E)	World Vision "Voice"	Room House	Wilbur (E)	Erky Perky	Thrills	The View (N) (E)	Smash Lab	Mickey Handy	Movie: "Change of Habit" (1969) Elvis Presley. (E)	Most Amazing Videos	Videos	
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	Strongest	eTalk (E)	Building the Biggest	Benj Bear (11:25) King		Most Amazing Videos	The Nanny	
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	Volleyball	Degrassi	Ultimate Ten Inventions	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld	
1 PM	Fresh Pr.	Design	Moving On	Art Work	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.	What's-What?	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 Landscape	Word Lions	Millionaire	Guiding Light (N) (E)	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Flamingo	Interruptio	General Hospital (N)	Jetstream	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Clean House (E)	Blue's Clues (E)	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)	CSI: Crime Scn	Inside Box	
4 PM	Family Guy	Clean House (E)	Dora (4:35) Little Bear (E)	Cyberchase	Judge J.	Oprah Winfrey (E)	CSI: Miami "Bunk" (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	Hockey: Toronto Maple Leafs at Buffalo Sabrcs. (E)	Daily Show	Daily Planet (N) (E)	Emperor Proud	Friends	CSI: Crime Scn	TV Made	
5 PM	Movie: "A Few Good Men" (1992)	News (N)	(5:35) Business	News (N)	News (N)	News (N)	CSI: Miami "Identity"	News (N) ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons	Grown Up	Canadiens at Tampa Bay Lightning.	News (N) (E)	Really Big Things (E)	Phineas Montana	Next Top Model	CSI: Crime Scn	ET Canada	
6 PM	Tom Cruise, Jack Nicholson. (E)	Ad Pers	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	ET Canada	News (N)	Drake	NHL Hockey: Colorado Avalanche. (E)	News (N) (E)	Dirty Jobs (E)	Zoey 101 Sadie	Movie: "What Women Want" (2000) Mel Gibson. (E)	UFC Unleashed	Family Guy	
7 PM	Frasier	Jeopardy!	Meerkat	Ballroom Chall	Jeopardy!	Friends	CSI: Miami (E)	Entertain	Entertain	NUMB3RS (E)	Coronatn	Malcolm	Olympic Journey	eTalk (E)	Last One Standing (N)	So Raven Smart Guy	Want" (2000) Mel Gibson. (E)	Pros vs. Joes	Seinfeld	
8 PM	Seinfeld	Deal or No Deal (N)	Time "Cosmic Time"	African American Lives 2 (N) (E)	Deal or No Deal (N)	Big Brother 9 (E)	CSI: Miami (E)	Wife Swap (N) (E)	Big Brother 9 (E)	Big Brother 9 (Taped)	Mosque	Fries That?	SportsCentre (Live) (E)	American Idol (N) (E)	Daily Planet (E)	Suite Life Life Derek	News (N)	UFC Unleashed	Family Guy	
9 PM	Frasier	Snoop	RX for Survival (E)	Evening-Diahann Carroll	Law Order: CI	Criminal Minds (E)	CSI: Miami "Identity"	Supernanny (N) (E)	The Office	The Office	fifth estate	Futurama	World Extreme Cagefighting (Taped) (E)	The Moment of Truth & Order "Illegal"	MythBusters (E)	Montana Phil	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld	
10 PM	Movie: "A Few Good Men" (1992)	Cashmere Mafia (N)	The True Intrepid (E)	Evening-Diahann Carroll	Law & Order "Illegal"	CSI: NY (E)	CSI: Miami (E)	Cashmere Mafia (N) (E)	NUMB3RS (E)	News Hour Final (N)	National	Falcon Beach (E)	Score Golf Motoring	Really Big Things (E)	School Cory	(10:06) Movie: "What Women Want" (2000) Mel Gibson. (E)	Star Trek: Voyager (E)	Married...	Fresh Pr.	
11 PM	Movie	Guy Stuff			Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)	Last One Standing			Blade: The Series (E)	Frasier	

Horoscopes

February 13 - 20, 2008

Aries - This week begins with you feeling the need for some fun in your life, and ends with you wondering what your life is about. Spend the next month thinking deep thoughts.

Taurus - Career plans may have been at a standstill, but they can go forward now. Avoid pushing your opinions on others, even in a joke. You are too protective and proud of your ideas.

Gemini - You are going to have to snap out of all of your philosophical thoughts and focus on your career, family, and parents. If you do your taxes now, it will be easy. Focus!

Cancer - This would be a good week to look at all the stuff you worry about and laugh at it. Stop simmering over things you cannot change. Your health suffers. You can change only you.

Leo - Health and relationships are good, and a little romance improves your health. By the end of the week, plans on back burner can go ahead. Control your spending.

Virgo - Work on your income taxes, review budget, focus on career. You can have some fun this weekend, but nose goes back to grindstone on Monday. Watch for job offer from January.

Libra - Home is full of fun now, but things change this weekend. Fun will be elsewhere. Creative plans made mid-January can move ahead now. Action keeps you happy.

Scorpio - This is really a great week to do your income taxes. It won't be so easy next week. Ideas formed in mid-January can go into action now. You want to be busy and active, go places.

Sagittarius - Money and your partner could be topics for discussion this week. Express yourself with consideration for people listening. Major changes in your values begin.

Capricorn - You could get some good news about your health or your job, but count on spending money. Pay attention to budget. Keep fighting to stop from feeling lazy. Keep moving!

Aquarius - You feel in the mood for fun, and you want to share it with children. Do something active. Go somewhere, take up a sport, get out and get fit. Do budget for 2008.

Pisces - At the end of the week, you come into your own sign and you immediately feel better. At the same time, keep in mind you are still under the influence of unpredictability. Keep calm!

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 Tuesdays 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) ★★ ★ "Dish" (2000, Comedy) Sam Neill. A sheep-farming town in New South Wales gets media attention when NASA needs to use its large radio telescope for Apollo 11. (E)

11:30 pm WTBS (3) ★★ "Woolly Boys" (2001, Comedy) Peter Fonda. Two ranchers from North Dakota find adventure in Minneapolis after one goes to visit his only daughter. accidentally activates a wristwatch that allows him to make time stand still. (E)

EVENING

9:00 pm WTBS (3) ★★ "Twisted" (2004, Suspense) Ashley Judd. With help from her partner, a police inspector searches for a killer who is murdering her former lovers. (E)
 CHBC (4) "A Valentine Carol" (2007, Romance) Emma Caulfield. Three spirits try to restore a romantic woman's faith in true love. (E)
 10:06 pm CITY (29) ★★ "Clockstoppers" (2002, Comedy) Jesse Bradford. A teenager

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friday movies

MORNING

10:00 am CITY (29) ★★ "Clockstoppers" (2002, Comedy) Jesse Bradford. A teenager accidentally activates a wristwatch that allows him to make time stand still. (E)

the Gates" (2001, War) Joseph Fiennes. A Nazi sniper (Ed Harris) travels to Stalingrad to find and kill a Russian sharpshooter, the hero of the propaganda campaign of a political officer. (E)

AFTERNOON

5:00 pm WTBS (3) ★★ "Enemy at the Gates" (2001, War) Joseph Fiennes. A Nazi sniper (Ed Harris) travels to Stalingrad to find and kill a Russian sharpshooter, the hero of the propaganda campaign of a political officer. (E)

9:06 pm FAM (26) ★★ "The Thirteenth Year" (1999, Fantasy) Chez Starbuck. As his 13th birthday approaches, a youngster's true heritage is revealed as he undergoes a "fishy" transformation.

EVENING

6:00 pm CITY (29) ★★ "The Glass House" (2001, Suspense) Leelee Sobieski. The lives of two orphaned siblings are threatened by new guardians who stand to profit greatly from their deaths. (E)

10:06 pm CITY (29) ★★ "Undercover Sex" (2003, Adult) Beverly Lynne. Premiere. A maverick detective goes under cover at an exclusive sex club to unmask a killer who preys on exotic dancers. (E)

7:30 pm FAM (26) ★★ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (E)

10:34 pm FAM (26) ★★ "Man of the House" (1995, Comedy) Chevy Chase. A district attorney tries to win over the bratty son of his future wife. (E)

8:00 pm KNOW (5) "My Boy Jack" (2007, Docudrama) David Haig. Premiere. Author Rudyard Kipling and his wife search for their son after he goes missing in action during World War I. (E)

11:00 pm SPIKE (44) ★★ "Tommy Boy" (1995, Comedy) Chris Farley. A ne'er-do-well auto-parts heir must stop his father's widow from selling the business. (In Stereo)

9:00 pm WTBS (3) ★★ "Enemy at

11:30 pm WTBS (3) ★★ "Whatever It Takes" (2000, Comedy) Shane West. Two teenagers use contrived e-mails, phone calls and double dates to win their dream girls.

Similkameen News Leader

Recipe Corner (Recipe #205)

Brought To You By: Similkameen News Leader

Breaded Tilapia with Mango Salsa

Preparation time: 25 minutes / Total time: 30 minutes / Servings: 5

Ingredients:

- 5 Blue Water Breaded Tilapia Fillets
- 1 mango - peeled and diced
- 1/2 cup red onion - diced
- 2 tbsp jalapeño - seed and minced
- 1/2 cup cucumber - peeled, seeded and diced
- 1/2 cup red pepper - seeded and diced
- 1/2 cup tomatoes - seeded and diced
- 1 tbsp fresh cilantro - chopped fine
- 3 tbsp lime juice
- 2 tsp apple cider vinegar
- 1/2 tsp sugar
- 1 tsp olive oil
- Salt and pepper to taste

Directions: Bake fillets according to the package.

Combine the remaining ingredients in a bowl and set aside in the refrigerator. Top baked fillets with salsa and serve immediately.

- News Canada

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

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THURSDAY, FEBRUARY 14, 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)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)	
6:30 AM	All-Family	2nd Chnce	George S.	Thomas														Sports		
7 AM	Temptation	Body	Clifford	Barney	Today Ryan Reynolds; what flowers say about the sender. (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)		Canadian Geographic	K. Possible (7:24)	CityLine (E)	MXC	Due South (E)
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)							Curious	Hawks						MXC		
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (E)		Bo On Go	Pokemon	SportsCentre (E)		Jetstream	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 "Trapped"	
8:30 AM	Jeffersons	Vanity	Bus	Clifford's Valentine's (E)							Busytown	Flamingo								
9 AM	Sanford	Inside Box	Berenstain			The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (E)	World Vision	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada	
9:30 AM	Sanford	Antique	(9:34)	Dragon							Gofrette	George S.	In Corner			Tigger	City		Whatever	
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N) (E)	CSI: Miami (E)	The View (N) (E)	World Vision	Room	Wilbur (E)	Erky Perky	NASCAR Racing: Sprint Cup --	The View (N) (E)	Really Big Things (E)	Mickey Sprites	Movie: "Dish" (2000, Comedy) Sam Neill. (11:25) King (E)	Most Amazing Videos	Videos	
10:30 AM	Harvey									House	Doodlebop	Jane							Grace	
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Gatorade Duel at Daytona.	eTalk (E)	MegaWorld: Spain (E)	Benj Bear (11:25) King (E)	Comedy	Most Amazing Videos	The Nanny	
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit					House			Jacob		FashionTel					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	(Live) (E)	Degrassi	Mega Builders (E)	(11:49)	CityLine (E)	Most Amazing Videos	Seinfeld	
12:30 PM	Still Std	That News	Scattering		Paid Prog.	Bold & B.						Grossology		Bold & B.		Weekend			Seinfeld	
1 PM	Fresh Pr.	Design	Planet	Simply	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.		Sue Thomas: F.B.Eye	Dirty Jobs (E)	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
1:30 PM	Fresh Pr.	Vanity	By Design	Quilting							What's-	Viva Pinata								
2 PM	King	The Steve Wilkos Show	Avventura	Word	Millionaire	Guiding Light (N) (E)	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Interruption	General Hospital (N)	Last One Standing	(1:48)	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy	
2:30 PM	King		Undersea	Lions	Millionaire							Flamingo				Weekend				
3 PM	Friends	Clean House (E)	Blue's Clues (E)	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	News (N)	CSI: Crime Scn	Inside Box	
3:30 PM	Friends	Seinfeld		Arthur (E)	Judge						Miracles	Phantom	Sports		How-Made	Replace			Vanity	
4 PM	Family Guy	Clean House (E)	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet (N) (E)	Emperor	Friends	CSI: Crime Scn	Big Screen	
4:30 PM	Family Guy		(4:35) Little Bear Fishing trip.	Fetch! With Judge J.				Cops (E)		Global	22 Minutes	OddParent	NASCAR Racing: Sprint Cup --	Colbert		Proud	Hollywood		Big Screen	
5 PM	Friends	News (N)	BBC World	News (N)	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Grown Up	Gatorade Duel at Daytona.	News (N) (E)	Dungeons of Alcatraz	Phineas Montana	Friends	CSI: Crime Scn	ET Canada	
5:30 PM	Friends		(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested	Sabrina							Whatever	
6 PM	Friends	Ad Pers	Mentors	News-Lehrer	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	ET Canada	News (N)	Valentine	Gatorade Duel at Daytona.	News (N) (E)	Alcatraz: Living Hell	Zoey 101	Supernatural (N) (E)	TNA IMPACT! (N)	Family Guy	
6:30 PM	Frasier	News	Reach-Top		Raymond	Hollywood		News (N)		Entertain		Charlie B.				Sadie			Seinfeld	
7 PM	Frasier	E! News	Profiles of Nature (E)	Spokane's Century Fox	Jeopardy!	Friends	The First 48 (E)	Entertain	Entertain	Big Love (N) (E)	Coronatn	Malcolm	SportsCentre (Live) (E)	eTalk (E)	MythBusters	So Raven	Murdoch Mysteries		Seinfeld	
7:30 PM	Frasier	Jeopardy!		Fortune	Scrubs			The Insider	ET Canada		Project X	Prank Ptrl		Hollywood		Smart Guy			Frasier	
8 PM	Seinfeld	Deal or No Deal (N)	Global Dimming (E)	New Tricks (E)	Deal or No Deal (N)	Survivor: Micro	Crank-America	Lost "Confirmed Dead"	Survivor: Micro	Survivor: Micro	Dating Confidential (N)	Fries That? Monster	Off-Record	CSI: Crime Scn	Daily Planet (E)	Suite Life	News (N)	Pros vs. Joes (N)	Family Guy	
8:30 PM	Seinfeld			Arthur (E)	Judge											Life Derek	(8:35) News		Married...	
9 PM	Movie: "Twisted" (2004)	Movie: "A Valentine Carol" (2007) (E)	Voyage-Zheng	Globe Trekker (E)	Cel. Apprentice	CSI: Crime Scn	The First 48 (E)	Lost "The Economist"	Cel. Apprentice	Cel. Apprentice	Doc Zone: How-Happy	Futurama	Sprint Cup Preview	Lost "The Economist"	Dirty Jobs (E)	Montana	(9:06) Jimmy Kimmel	MANswers	Seinfeld	
9:30 PM											Shadow				Phil				Wild World	
10 PM	Ashley Judd (E)	Movie: "A Valentine Carol" (2007) (E)	Inside Mecca (E)	Soundstage (N) (E)	(10:01) Lipstick Jungle (N)	Without a Trace (E)	The First 48 (E)	(10:02) Eli Stone (N) (E)	The Limelights (E)	News Hour Final (N)	National	Falcon Beach (E)	Poker Night (Taped)	(10:02) Eli Stone (N) (E)	Dungeons of Alcatraz	School Cory	(10:06) Movie: "Clockstoppers" (2002)	Pros vs. Joes	Married...	
10:30 PM																			Fresh Pr.	
11 PM	Cheers	News (N)	Love and Duty (E)	Charlie Rose (N) (E)	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	Alcatraz: Living Hell	Suite Life	Jesse Bradford.		Frasier	
11:30 PM	"Woody"	Guy Stuff		Tonight	Late Show			(11:35)		ET Canada		Ghost		News (N)		Life Derek			The Nanny	

FRIDAY, FEBRUARY 15, 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)	Henry's King (E)	Rachael Ray (E)	Sports	F/X: The Series (E)	
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build														Sports		
7 AM	Temptation	Body	Clifford	Barney	Today Justin Bruening; dealing with the loss of a pet. (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)		Catching-Killer	K. Possible (7:24)	CityLine (E)	MXC	Due South "Manhunt"
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)							Curious	Team							MXC	
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (E)		Bo On Go	Pokemon	SportsCentre (E)		MythBusters	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
8:30 AM	Jeffersons	Vanity	Bus	Clifford							Busytown	Flamingo								
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	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet (E)	Feet	News (N)	Disorderly Con.	ET Canada	
9:30 AM	Sanford	Antique	(9:34)	Dragon							Gofrette	George S.	Score Golf			Tigger	City		What	
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N) (E)	CSI: Miami (E)	The View (N) (E)	Fighting for Canada	Room	Wilbur (E)	Erky Perky	Dog Show	The View (N) (E)	Ultimates	Mickey JoJo	Movie: "Clockstoppers" (2002)	MXC	Videos	
10:30 AM	Harvey									House	Doodlebop	Jane							Grace	
11 AM	Cosby	Gamer	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	Motoring	eTalk (E)	Air Dogs	Benj Bear (11:25) King (E)	Jesse Bradford.	Most Amazing Videos	The Nanny	
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit					House			Dewitt	Preview	FashionTel	How Do				Frasier	
12 PM	Still Std	News (N)	Gregg	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	NASCAR Racing: Nationwide Series -- Camping World 300 Qualifying. (E)	Degrassi	MythBusters	(11:49)	CityLine (E)	Most Amazing Videos	Seinfeld	
12:30 PM	Still Std	That News	Edge		Paid Prog.	Bold & B.						Grossology		Bold & B.		Weekend			Seinfeld	
1 PM	Fresh Pr.	Design	SportFish	Watercolor	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.		Sue Thomas: F.B.Eye	Dungeons of Alcatraz	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210	
1:30 PM	Fresh Pr.	Vanity	Animals	Beads Bbl							What's-	Viva Pinata								
2 PM	King	The Steve Wilkos Show	Dotto Tech	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	Qualifying. (E)	General Hospital (N)	Alcatraz: Living Hell	(1:48)	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy	
2:30 PM	King		Animals	Lions	Millionaire							Flamingo				Weekend				
3 PM	Friends	Clean House (E)	Blue's Clues "Shy"	WordGirl	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	News (N)	CSI: Crime Scn	Inside Box	
3:30 PM	Friends	Seinfeld		Arthur (E)	Judge						Miracles	Urban	Sports		How-Made	Replace			Vanity	
4 PM	Family Guy	Clean House (E)	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside	Oprah Winfrey (E)	(3:59) News	Frasier	SpongeBob	Hockey	Daily Show	Daily Planet (N) (E)	Emperor	Friends	CSI: Crime Scn	Tribute Bands (E)	
4:30 PM	Family Guy		(4:35) Little Bear	Biz Kid\$	Judge J.			Cops (E)		Global	Air Farce	OddParent	NHL	Colbert		Proud	Hollywood			
5 PM	Movie: "Enemy at the Gates" (2001)	News (N)	BBC World	News (N)	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Grown Up	Hockey: Columbus Blue Jackets at Detroit Red Wings.	News (N) (E)	Megalightning	Phineas Montana	Friends	CSI: Crime Scn	ET Canada	
5:30 PM			(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested	Sabrina							What	
6 PM	Joseph Fiennes (E)	Ad Pers	Fetch! With Creatures	News-Lehrer	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	ET Canada	News (N)	Thumb	Endurance	News (N) (E)	Bone Detectives (N)	Zoey 101	Movie: "The Glass House" (2001) (E)	Train Wrecks! (E)	Family Guy	
6:30 PM					Raymond	Hollywood		News (N)		Entertain						Life Derek			Seinfeld	
7 PM	Frasier	E! News	Emily of New Moon	Wash Wk McLaughlin	Jeopardy!	Friends	CSI: Miami "Killer Date"	Entertain	Entertain	House (PA) (E)	Coronatn	Ghost	SportsCentre (Live) (E)	eTalk (E)	A Haunting (N)	Wizards	Movie: "Freaky Friday" (2003) (E)	Disorderly Con.	Family Guy	
7:30 PM	Frasier	Jeopardy!			Fortune	Scrubs		The Insider	ET Canada		22 Minutes	Adrenalini		Hollywood					Married...	
8 PM	Seinfeld	1 vs. 100 (N) (E)	Movie: "My Boy Jack" (2007) (E)	Foreign Ex NOW	1 vs. 100 (N) (E)	Ghost Whisperer (E)	The Sopranos (E)	Grey's Anatomy (E)	House (PA) (E)	Las Vegas "Three Weddings and A Funeral" (N)	Air Farce	Naruto	Off-Record	Grey's Anatomy (E)	Daily Planet (E)	Party	News (N)	Disorderly Con.	Family Guy	
8:30 PM	Seinfeld										Merccer	Avatar								
9 PM	Movie: "Enemy at the Gates" (2001)	Paradise Hotel 2 (E)	David Haig. (E)	Bill Moyers Journal (N)	Las Vegas "Three Weddings and A Funeral" (N)	Celine Bion: Woman	CSI: Miami (E)	Desperate Housewives (E)	Las Vegas "Three Weddings and A Funeral" (N)	News Hour Final (N)	iPod (N) (E) (DVS)	Futurama	Boxing: Friday Night Fights. (Same-day Tape)	Celine Dion: Woman	A Haunting (E)	(9:06) Movie: "The Thirteenth Year" (1999)	(9:06) Jimmy Kimmel	MXC</		

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 #63 - Rated Easy

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

CHALLENGE #64 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 20

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saturday movies

MORNING

6:00 am SPIKE (44) ★★½ "Boyz N the Hood" (1991, Drama) Larry Fishburne. Three boys become men, one guided by his father, in their racially divided Los Angeles neighborhood. (In Stereo)

8:30 am WTBS (3) ★★½ "Something to Talk About" (1995, Comedy-Drama) Julia Roberts. A Southern woman causes trouble for many after learning of her husband's infidelity. (E)

10:30 am WTBS (3) ★★½ "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic widow assists the police in a missing persons case. (E)

11:00 am A&E (9) ★★½ "The Execution of Wanda Jean" (2002, Documentary) Wanda Jean Allen. Filmmaker Liz Garbus chronicles a woman's final three months on death row. (E)

AFTERNOON

12:00 pm 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)

12:30 pm WTBS (3) ★★½ "Blood Work" (2002, Suspense) Clint Eastwood. A former FBI agent comes out of retirement to find the killer who murdered his heart donor. (E)

EVENING

1:33 pm FAM (26) ★★½ "Double Teamed" (2002, Docudrama) Poppi Monroe. Twins Heather and Heidi Burge develop a budding rivalry in high school and make it to the WNBA. (E)

2:00 pm A&E (9) ★★½ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)

5:00 pm WTBS (3) ★★½ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (E)

A&E (9) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)

EVENING

6:00 pm CITY (29) ★★½ "Julie Walking Home" (2002, Drama) Miranda Otto. A Canadian housewife meets a Russian faith healer who cures her dying son and falls in love with her. (E) (DVS)

7:30 pm WTBS (3) ★★½ "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for

possession of a powerful artifact. (E)

8:00 pm CHBC (4) "Last Chance Cafe" (2006, Suspense) Kate Vernon. A woman falls in love with a ranch owner after fleeing from her ex-husband and a ring of corrupt lawmen. (E)

KSPS (5) "A Letter to Three Wives" (1949, Drama) Katharine Hepburn, Bette Davis, Jane Powell. A woman's husband's infidelity leads to a divorce. (E)

KXLY (10) ★★½ "Miracle" (2004, Drama) Kurt Russell. Premiere. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980. (In Stereo)

9:00 pm A&E (9) ★★½ "Erin Brockovich" (2000, Drama) Julia Roberts. A law clerk researching a client's health case stumbles on a cover-up of a contaminated water supply in a desert town. (E)

FAM (26) ★★½ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A Baltimore news-woman falls for a Seattle widower she hears on talk radio, thanks to his moppet son. (E)

CITY (29) ★★½ "Monster's Ball" (2001, Drama) Billy Bob Thornton. A racist prison-guard has an intense affair with a black woman after her husband dies on death row. (E)

10:00 pm SPIKE (44) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (In Stereo)

11:01 pm FAM (26) ★★½ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (E)

11:15 pm CITY (29) ★★½ "Chuck Berry Hall! Rock 'n' Roll" (1987, Documentary) Chuck Berry. Eric Clapton, Bruce Springsteen, Little Richard, Roy Orbison and Linda Ronstadt appear in a 60th-anniversary salute to Chuck Berry. (E)

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sunday movies

MORNING

8:00 am WTBS (3) ★★½ "The Gift" (2000, Suspense) Cate Blanchett. Telling fortunes to support herself and her daughter, a psychic widow assists the police in a missing persons case. (E)

10:00 am WTBS (3) ★★½ "Blood Work" (2002, Suspense) Clint Eastwood. A former FBI agent comes out of retirement to find the killer who murdered his heart donor. (E)

10:30 am SPIKE (44) ★★½ "The Hunt for Red October" (1990, Suspense) Sean Connery. Moscow, Washington and a CIA analyst track a renegade Soviet captain and his new submarine. (In Stereo)

11:00 am A&E (9) ★★½ "True Lies" (1994, Action) Arnold Schwarzenegger. A Washington wife discovers her computer-salesman husband is a spy out to stop nuclear terrorists. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "Breaking Free" (1995, Drama) Jeremy London. A troubled teen saves a starving stallion and helps an athlete find her competitive spirit at a training camp for the blind. (E)

12:30 pm WTBS (3) ★★½ "Lara Croft: Tomb Raider" (2001, Adventure) Angelina Jolie. A beautiful globe-trotter battles otherworldly creatures for possession of a powerful artifact. (E)

1:34 pm FAM (26) ★★½ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a

MORNING

mouse as a little brother for their son.

2:30 pm WTBS (3) ★★½ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (E)

3:00 pm VTV (22) "Another Woman" (1994, Romance) Justine Bateman. An amnesiac wakes up in a hospital, unaware of her life, her husband and her unhappy marriage. (In Stereo)

4:00 pm CBC (13) ★★½ "Toy Story 2" (1999, Adventure) Voices of Tom Hanks. Animated. When a toy collector kidnaps Woody, Buzz Lightyear and the other toys band together to bring him home. (E)

YTV (18) "Like Mike 2: Streetball" (2006, Comedy) Jascha Washington. A pair of lucky sneakers turns a small, untalented basketball player into a star.

5:00 pm WTBS (3) ★★½ "Pretty Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills. (E)

EVENING

6:00 pm CITY (12) "Knight Rider" (2008, Action) Justin Bruening. Premiere. A former Army Ranger, an FBI agent and a young woman search for the culprits who want the crime-fighting car KITT. (In Stereo)

YTV (18) ★★½ "Roll Bounce" (2005, Comedy-Drama) Bow Wow. Premiere. The closure of their

EVENING

favorite rink forces a roller-skater and his friends to gather at an uptown establishment.

CITY (29) ★★½ "Shoggirl" (2005, Romance) Steve Martin. A scruffy bachelor and an older millionaire vie for the affection of a lonely artist. (E)

7:00 pm SPIKE (44) ★★½ "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies. (In Stereo)

7:30 pm WTBS (3) ★★½ "Pretty Woman" (1990, Romance-Comedy) Richard Gere. A corporate raider pays a gorgeous hooker to be his escort for a business week in Beverly Hills. (E)

9:00 pm KHQ (7) BCTV (11) "Knight Rider" (2008, Action) Justin Bruening. Premiere. A former Army Ranger, an FBI agent and a young woman search for the culprits who want the crime-fighting car KITT. (In Stereo)

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.

9:30 pm SPIKE (44) ★★½ "Cliffhanger" (1993, Action) Sylvester Stallone. Villains force two Colorado climbers to find three suitcases containing \$100 million lost in the Rockies. (In Stereo)

10:00 pm WTBS (3) ★★½ "Feeling Minnesota" (1996, Comedy-Drama) Keanu Reeves. Two lowlife lovers and a dog flee with loot to Las Vegas with angry people on their trail. (E)

11:19 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. (E)



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SATURDAY, FEBRUARY 16, 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) [E]	(5:00) The Early Show [E]	Sell House	Good Morning America	Fishing	Fishing	Seper Why?	Gadget	SportsCentre [E]	OWL/TV Kingdom	What's That About?	Overdrive	About You	Movie: "Boyz n the Hood" (1991), Ice Cube	Fish TV
6:30 AM	Paid Prog.	Body	Paddington	Fly Tying			Sell House		Hunter	Fishn	Busytown	Flamingo				Overdrive	Dharti	"Boyz n the Hood" (1991), Ice Cube	Paid Prog.
7 AM	Paid Prog.	Design	Dora	MotorWeek	News (N)	Care Bears	Sell House	Good Morning Northwest	News (N) [E]	News (N) [E]	Bo On Go	El Tigre	Fishing	Katie-Orbie	Bone Detectives	Yin Yang (7:20) Pucca	Eye on Asia		Ellen [E]
7:30 AM	Paid Prog.	Antique	Clifford	Animal		Strawberry	Sell House				Pinky	Urban	Motoring 2008	Hobo					Mad Abt.
8 AM	Videos	Vanity	George S.	Building		Cake [E]	Flip This House [E]	Saturday (N) [E]			Wilbur [E]	SpongeBob		Good Morning Canada [E]	A Haunting	Suite Life (8:43) Zoey	Polish Studio [E]	Pros vs. Joes	Grace
8:30 AM	Movie: "Something to Talk About" (1995) [E]	Whata	Bus	Hometime		Horseland					Goldfish	OddParent	Motorcycle						The Nanny
9 AM		Foodies	(9:07)	Workshop		Sushi Pack	Flip This House [E]	So Raven		Driving TV	Goldfish	Phantom	NASCAR Racing: Nationwide		How-Made	Cory	Bio.: Martn Short	Hrsepwer	Seinfeld
9:30 AM		Biker TV	Upside	Old House		Dino		So Raven		Fishing	Magi	Transform		How-Made	So Raven			MuscleCar	Seinfeld
10 AM		Big Coast	Word	Ask This	Jacob	College Basketball: Va. Tech at UNC	Dead Men Talking [E]	Montana	Fishn	Energy TV	Chilly	Hawks	Series -- Camping World 300. (Live) [E]	Amnesty International	Mayday "Out of Sight"	Phil	Jack Nation Countdown	Trucks!	Family Guy
10:30 AM	Movie: "The Gift" (2000) Cate Blanchett. [E]	Paid Prog.	Little Bear	Test Kitch	Dragon (E)			Suite Life	Fishing	CEO TV	Chilly	Fantastic 4		PLAN Canada [E]	Deadliest Catch [E]	School Suite Life	Paid Prog.	The Kill Point	Fraser
11 AM		El News	Rolie Polie	Chefs	Triathlon: Ironman Champ.		Movie: "The Execution of Wanda Jean" (2002)	Emperor	Fishing	Fishing	Cross Country Skiing	Legion		Daily Planet [E]	Jetstream [E]	Movie: "Just Like Dad" (1996) [E]	Reviews		Friends
11:30 AM		Daily 10	(11:36)	Gourmet		PGA Tour Golf: Northern Trust Open - Third Round. (Live) [E]	Back in the Hood	Paid Prog.	PGA Tour Golf: Northern Trust Open - Third Round. (Live) [E]	Malcolm Seinfeld	Speed Skating	Pokémon Yu-Gi-Oh!		Let's Shop [E]	Dirty Jobs (1:33)	Movie: "Double Teamed"	CityLine [E]	The Kill Point	Deal or No Deal [E]
12 PM		The Soup	Planet	Garden	Snowboardng: USSA GP			Basketball: Regional Coverage		Seinfeld	Cross Country Skiing	Robot Boy Shuriken	Curling: Scotties Tournament of Hearts - Draw 1. (Same-day Tape) [E]	MTV Shuffle [E]	How-Made	Lizzie	News (N)	The Kill Point	Family Guy
12:30 PM	Movie: "Blood Work" (2002) Clint Eastwood, Jeff Daniels. [E]	Snoop Dogg: True Story	Avventura	Painting						Simpsons	World Cup - Sprints. [E]	Battle Urban		Cur	Mayday [E]				Beverly Hills, 90210
1 PM		Donald Trump: THIS	Pan Asia	Antiques Roadshow	Adv. Sports		Movie: "True Lies" (1994)	Madness	Simpsons	Family Guy	Sat. Report	Hawks		MTV Shuffle [E]	How-Made	Lizzie	News (N)	The Kill Point	Family Guy
1:30 PM		King Seinfeld	To Be Announced	Go Diego	Fortune Friend	Paid Prog.	Arnold Schwarzenegger, Jamie Lee Curtis. [E]	NBA All-Star Special	Simpsons	Family Guy	HNIC	Erky Perky		MTV Shuffle [E]	How-Made	Cory	Speakers		Family Guy
2 PM		Family Guy	To Be Announced	Zoboomafo o Scary-looking animals.	Europe Travels	Penguins	Access Hollywood (N)	Your World	Family Guy	Global	NHL Hockey: Regional Coverage	The Adventures of Jimmy Neutron: Boy Genius	Sports Boxing	Sue Thomas F.B.Eye	What's That About? (N)	Suite Life Proud	Stargate Atlantis [E]	The Kill Point	Fraser
2:30 PM		Family Guy											Pregame	First Story	Dirty Jobs [E]	K. Possible Montana	Murdoch Mysteries	The Kill Point	Fraser
3 PM		Movie: "The Perfect Storm" (2000) George Clooney. [E]	News (N)	George S.	Keep Up	News (N)	News (N)	ABC News	Global	House			NBA Basketball: 2008 All-Star Skills Competition. (Live) [E]	First Story	Jetstream	Sadie	Movie: "Julie Walking Home" (2002) Miranda Otto. [E]		Friends
3:30 PM		That News	Meerkat	Lawrence Welk Show	News (N)	News (N)	News (N)	News (N)	News (N)	Dads Who Fought Back			Basketball: 2008 All-Star Skills Competition. (Live) [E]	News (N) [E]	Jetstream	Sadie	Movie: "Julie Walking Home" (2002) Miranda Otto. [E]		Seinfeld
4 PM		What	Gardens		Paid Prog.	Scrubs	Drama Julia Roberts, Albert Finney. [E]	The Insider						W-FIVE [E] (DVS)	Angel	So Raven (7:22) Zoey			Seinfeld
4:30 PM		Next Great Chef [E]	Amazing Planet [E]	Time Goes My Family	CSI: Miami "Slow Burn" [E]	Cold Case [E]	Movie: "Erin Brockovich" (2000), Drama Julia Roberts, Albert Finney. [E]	Entertainment Tonight	Variety Show of Hearts The Children's Charity of British Columbia raises funds for children. (Live) [E]	Painkiller Jane (N) [E]	NHL Hockey: Edmonton Oilers at Vancouver Canucks. (Live) [E]	Mystery Ghost		W-FIVE [E] (DVS)	Angel	So Raven (7:22) Zoey			Family Guy
5 PM		Movie: "Lara Croft: Tomb Raider" (2001) [E]	Heartbeat [E]	Movie: "A Letter to Three Wives"	Law Order: CI	Jericho [E]	Flip This House [E]	Movie: "Miracle" (2004), Drama Kurt Russell, Patricia Clarkson. Premiere.	Variety Show of Hearts The Children's Charity of British Columbia raises funds for children. (Live) [E]	Painkiller Jane (N) [E]	NHL Hockey: Edmonton Oilers at Vancouver Canucks. (Live) [E]	Mystery Ghost		Whistler "End Game" s [E]	MythBusters s [E]	Life Derek Montana	Movie: "Monster's Ball" (2001, Drama) [E]		Friends
5:30 PM		Movie: "The Perfect Storm" (2000) George Clooney. [E]	Heartbeat [E]	Movie: "A Letter to Three Wives"	Law & Order: SVU	48 Hours Mystery [E]	Movie: "Erin Brockovich" (2000), Drama Julia Roberts, Albert Finney. [E]	Entertainment Tonight	Variety Show of Hearts The Children's Charity of British Columbia raises funds for children. (Live) [E]	Painkiller Jane (N) [E]	NHL Hockey: Edmonton Oilers at Vancouver Canucks. (Live) [E]	Mystery Ghost		Whistler "End Game" s [E]	MythBusters s [E]	Life Derek Montana	Movie: "Monster's Ball" (2001, Drama) [E]		Friends
6 PM		Cheers	Midsomer Murders "Birds of Prey" [E]	Newton-John	Law & Order [E]	48 Hours Mystery [E]	Movie: "Erin Brockovich" (2000), Drama Julia Roberts, Albert Finney. [E]	Entertainment Tonight	Variety Show of Hearts The Children's Charity of British Columbia raises funds for children. (Live) [E]	Painkiller Jane (N) [E]	NHL Hockey: Edmonton Oilers at Vancouver Canucks. (Live) [E]	Mystery Ghost		Whistler "End Game" s [E]	MythBusters s [E]	Life Derek Montana	Movie: "Monster's Ball" (2001, Drama) [E]		Friends
6:30 PM		King Seinfeld	True Hollywood Story	Canterbury Tales [E]	My Hero	News (N)	News (N)	News (N)	News (N)	(11:02) J.R. Sat. Night	Hockey Night -- Replay	Ghost	SportsCentre (Live) [E]	News (N)	Jetstream	"Haunted Mans."	"Chuck Berry"	Movie: "The Hunt for Red October" (1990)	Deal or No Deal [E]
7 PM		24 [E]	True Hollywood Story	Canterbury Tales [E]	My Hero	News (N)	News (N)	News (N)	News (N)	(11:02) J.R. Sat. Night	Hockey Night -- Replay	Ghost	SportsCentre (Live) [E]	News (N)	Jetstream	"Haunted Mans."	"Chuck Berry"	Movie: "The Hunt for Red October" (1990)	Deal or No Deal [E]
7:30 PM		24 [E]	True Hollywood Story	Canterbury Tales [E]	My Hero	News (N)	News (N)	News (N)	News (N)	(11:02) J.R. Sat. Night	Hockey Night -- Replay	Ghost	SportsCentre (Live) [E]	News (N)	Jetstream	"Haunted Mans."	"Chuck Berry"	Movie: "The Hunt for Red October" (1990)	Deal or No Deal [E]

SUNDAY, FEBRUARY 17, 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) [E]	Paid Prog.	Private Sessions [E]	Good Morning America	Variety Show of Hearts	Hunter	Nanalan'	Gadget	SportsCentre [E]	Kingdom	Jetstream	Overdrive	Mix TV	Disorderly Con.	That News
6:30 AM	Ultimate	Taste	Paddington	SeeMore		Paid Prog.				Big Coast	Lunar Jim	Dewitt		Kids		Overdrive			Paid Prog.
7 AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News Sunday Morning (N) [E]	Encounters	News (N) [E]	Continued The Children's Charity of British Columbia raises funds. (Live) [E]	Canada	Doodlebop	Winx Club	Reporters	Good Morning Canada [E]	Dungeons of Alcatraz	Yin Yang (7:20) Pucca	Eye on Asia	Hrsepwer	Ellen [E]
7:30 AM	Videos	Antique	Clifford	Word			Encounters			Is Written	Coronatn Ruby	Creepie	Curling: Scotties Tournament of Hearts -- Draw 3. (Live) [E]	Alcatraz: Living Hell	Suite Life (8:43) Zoey	Festival Italiano di Johnny Lombardi (In Italian)	MuscleCar	The Nanny	
8 AM	Movie: "The Gift" (2000) Cate Blanchett. [E]	Vanity	George S.	Reading	Meet the Press (N) [E]	Nation	Encounters			TrihalTrail	Coronatn	Flamingo	Draw 3. (Live) [E]	PLAN Canada [E]	Funnest Animals	Cory	Trucks!	Seinfeld	
8:30 AM		Powerboat	Bus	Mania						Marriage	Coronatn	OddParent		PLAN Canada [E]	Animals	So Raven	Xtreme 4x4	Seinfeld	
9 AM		Neighborhood	Upside	College	Paid Prog.	Motorcycle Racing	Parking	This Week With George		Hour of Power [E]	Coronatn	Viva Pinata		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
9:30 AM										Listen Up	CBC News: Sunday [E]	SpongeBob		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
10 AM	Movie: "Blood Work" (2002) Clint Eastwood, Jeff Daniels. [E]	Dinner	Word	Exposé	Paid Prog.	College Basketball: Ohio State at Michigan. [E]	Parking	Old House		Energy TV		Grown Up	NASCAR Racing: Sprint Cup -- Daytona 500. From Daytona International Speedway in Daytona Beach, Fla. (Live) [E]	Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
10:30 AM		Marriage	Little Bear	European	Paid Prog.					Foodies (N)	Sunday [E]	Being Ian	Sprint Cup	Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
11 AM		Holly. Secrets	Rolie Polie	Great	Paid Prog.	Movie: "True Lies" (1994)	Paid Prog.	Old House		Driving TV		iCarly [E]	Sprint Cup -- Daytona 500. From Daytona International Speedway in Daytona Beach, Fla. (Live) [E]	Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
11:30 AM													Sprint Cup -- Daytona 500. From Daytona International Speedway in Daytona Beach, Fla. (Live) [E]	Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
12 PM		25 Most Sensational Hollywood Meltdowns [E]	Mechanics (12:35)	Spokane's Century Fox Globe	NHL Hockey	PGA Tour Golf: Northern Trust Open - Final Round. (Live) [E]	Health	Continued The Children's Charity of British Columbia raises funds. (Live) [E]		PGA Tour Golf: Northern Trust Open - Final Round. (Live) [E]	Marketple	Unfabulous		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
12:30 PM														Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
1 PM		Movie: "Lara Croft: Tomb Raider" (2001) [E]	Heads Up	Trekker [E]			All My Ebert	Continued The Children's Charity of British Columbia raises funds. (Live) [E]		Sunday Encore [E]	Encore [E]	Fries That?		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
1:30 PM														Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
2 PM		Movie: "The Perfect Storm" (2000) George Clooney. [E]	Profiles of Nature	Remember [E]			Detroit SWAT [E]	NASCAR		Antiques	Mystery	Ghost		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
2:30 PM										On Road	Ghost			Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
3 PM		To Be Announced	Dora	Ballroom Chall	Paid Prog.	Paid Prog.	Dallas SWAT [E]	NBA Acc Explorer		World Cup Skiing	Adrenaline	Prank Ptrl		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
3:30 PM										Family Guy	Movie: "Toy Story 2" (1999), Tim Allen [E]	Movie: "Like Mike 2: Streetball" (2006, Comedy)		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
4 PM		To Be Announced	Zoboomafo o "Buddies" [E] (DVS)	Chronicles	CSI: Miami [E]	Extra (N) [E]	The First 48 [E]	Road to Gold		Family Guy	Movie: "Toy Story 2" (1999), Tim Allen [E]	Movie: "Like Mike 2: Streetball" (2006, Comedy)		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
4:30 PM										Global	Movie: "Toy Story 2" (1999), Tim Allen [E]	Movie: "Like Mike 2: Streetball" (2006, Comedy)		Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
5 AM		News [E]	George S.	Old House	News (N)	News (N)	The First 48 [E]	News (N)	News (N)	(4:59) News	ABC News			Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
5:30 AM														Wildlife	Hazard Pay [E]	Phil			Fresh Pr.
6 AM		That News	Emily of New Moon	Heartbeat	News (N)	News (N)	The First 48 [E]	News (N)	News (N)	News (N)	News (N)	Movie: "Knight Rider" (2008) Justin Bruening. [E]	Hockeyville (N) [E]	News (N)	Dinosaurs Return	Sadie	Movie: "Shoppgirl" (2005) Steve Martin. [E]	CSI: Crime Scn	TV Made Tube Tales
6:30 AM														News (N)	Dinosaurs Return	Sadie	Movie: "Shoppgirl" (2005) Steve Martin. [E]	CSI: Crime Scn	TV Made Tube Tales
7 AM		On E! [E]	National Geographic	Nature "Arctic Bears" (Season Finale) (N) [E]	American Gladiators (Season Finale) (N) [E]	60 Minutes [E]	The Sopranos "Long Term Parking" (8:17) The First 48 [E]	Funnest Home Videos	Family Guy	Family Guy	British Academy of Film and Television	Prank Ptrl		Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
7:30 AM														Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
8 AM		Movie: "Pretty Woman" (1990) Richard Gere. [E]	Extreme Makeover: Home Edition (N) [E]	Life Begins (N) [E]	Masterpiece "Pride and Prejudice" (N) [E]	Movie: "Knight Rider" (2008) Justin Bruening. [E]	Cold Case "Spiders" (9:17) The First 48 [E]	Extreme Makeover: Home Edition (N) [E]	Movie: "Knight Rider" (2008) Justin Bruening. [E]	Family Guy	British Academy of Film and Television	Prank Ptrl		Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
8:30 AM														Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
9 AM														Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
9:30 AM														Gossip Girl [E]	MythBusters (N) [E]	So Raven (7:22) Zoey	News (N)	Party	That News
10 AM		Movie: "Feeling Minnesota" (1996) [E]	Paradise Hotel 2 [E]	Canterbury Tales (N)	Independent Lens [E]	Dexter "Dexter" [E]	(10:17) The First 48 [E]	Brothers & Sisters (N)	News (N)	News (N)	Popoff	Mystery	SportsCentre (Live) [E]	News (N)	MythBusters	Movie Ent	Access Hollywood (N)		Friends
10:30 AM														News (N)	MythBusters	Movie Ent	Access Hollywood (N)		Friends
11 AM														News (N)	MythBusters	Movie Ent	Access Hollywood (N)		Friends
11:30 AM														News (N)	MythBusters	Movie Ent	Access Hollywood (N)		Friends

MONDAY, FEBRUARY 18, 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)	CSI: Miami (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)	MegaWorld (E)	Henry's King (E)	Rachael Ray (E)	CSI: Crime Scn	F/X: The Series (E)		
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build																	
7 AM	Temptation	Body	Clifford	Barney	Today (N) (E)	The Early Show (N) (E)	CSI: Miami (E)	Good Morning America (N) (E)				Animalia	Grossology	SportsCentre (E)			How Do They Do It? (7-24)	K. Possible (E)	CityLine (E)	CSI: Crime Scn	Due South (E)
7:30 AM	Temptation	Past Lives	Dora	Arthur (E)								Curious	Team								
8 AM	Jeffersons	Room	(7-54) Hi-5	Curious			CSI: Miami (E)			100 Huntley Street (E)	Bo On Go	Pokemon	SportsCentre (E)			Canada's Worst Driver	Weekend Lloyd	The Tyra Banks Show	CSI: Crime Scn	North of 60 "Harvest"	
8:30 AM	Jeffersons	Vanity	Bus	Clifford							Busytown	Flamingo									
9 AM	Sanford	Inside Box	Berenstein	Super Why!		The 700 Club (E)	CSI: Miami (E)	Regis and Kelly	100 Huntley Street (E)	World Vision (E)	Super Why! Gofrette	Dewitt	Off-Record	Regis and Kelly	Canada's Worst Driver	Feet Tigger	News (N) City	CSI: Crime Scn	Tube Tales		
9:30 AM	Sanford	Antique	(9-34) Dragon									George S.	Fishing								
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (E)		The Price Is Right (N) (E)	CSI: Miami (E)	The View (N) (E)	World Vision	Room House	Wilbur (E)	Erky Perky	PBA Bowling: Pepsi Championship	The View (N) (E)	Canada's Worst Driver	Mickey Handy	Movie: "High Adventure" (2001), Anja Kling (E)	CSI: Crime Scn	Videos		
10:30 AM	Harvey											Jane									
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	CSI: Miami (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears		eTalk (E)	Canada's Worst Driver	Benj Bear (11:25) King	CityLine (E)	CSI: Crime Scn	The Nanny		
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit								Jacob	UEFA	In Fashion							
12 PM	Still Stnd	News (N) (E)	History	Charlie Rose (E)	Paid Prog.	News (N)	CSI: Miami (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	News (E)	Being Ian	Curling: Scotties Tournament of Hearts -- Draw 7. (Live) (E)	Degrassi	Canada's Worst Driver	(11:49) Weekend	CityLine (E)	CSI: Crime Scn	Seinfeld		
12:30 PM	Still Stnd		Reach-Top		Paid Prog.	Bold & B.															
1 PM	Fresh Pr.	Design	From Grief to Action	Fine Art	Days of our Lives (N)	As the World Turns (N)	CSI: Miami (E)	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	What's- Viva Pinata			Sue Thomas: F.B. Eye	Canada's Worst Driver	Dragon Emperor	Ellen DeGeneres Show	CSI: Crime Scn	Beverly Hills, 90210		
1:30 PM	Fresh Pr.	Vanity		Sewing																	
2 PM	King	The Steve Wilkos Show	Macphee	Word	Millionaire	Guiding Light (N) (E)	CSI: Miami (E)	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris	Ruby		General Hospital (N)	Canada's Worst Driver	(1:48) Weekend	News (E)	CSI: Crime Scn	Fresh Pr.		
2:30 PM	King		Moving On	Lions	Millionaire							Flamingo									
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya	Judge	Dr. Phil (E)	CSI: Miami (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	Worst Handyman	K. Possible (E)	News (N) (E)	CSI: Crime Scn	Inside Box		
3:30 PM	Friends	Daily 10		Arthur (E)	Judge						Miracles	Neutron	Sports			Replace					
4 PM	Family Guy	Clean House (E)	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	Hockey	Friends	Daily Planet (N) (E)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	Tube Tales		
4:30 PM	Family Guy		(4:35) Little Bear (E)	WordGirl	Judge J.						Red Green	OddParent	Interruptio	Frasier							
5 PM	Friends	News (N) (E)	Bear (E)	BBC World	News (N)	News (N)	Intervention "Jacob"	News (N)	News (N)	(4:59) News Global	Simpsons	Naked	Curling: Scotties Tournament of Hearts -- Draw 8. (Live) (E)	News (N) (E)	MythBusters (E)	Phineas Montana	My Dad-Better	CSI: Crime Scn	ET Canada		
5:30 PM	Friends		(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested	Drake									
6 PM	Movie: "Shaft" (2000, Action)	Ad Pers	Saddle	News-Lehrer	News (N)	News (N)	Intervention "Cristy"	News (N)	News (N)	ET Canada	News (N) (E)	Jordan		News (N) (E)	Guinea Pig Mean	Zoey 101	Pussycat Dolls	CSI: Crime Scn	Family Guy		
6:30 PM	Movie: "Shaft" (2000, Action)	News	renegade		Raymond	Hollywood		News (N)		Entertain		iCarly (E)									
7 PM	Action) Samuel L. Jackson.	E! News	Edge	Served	Jeopardy!	Friends	Paranormal	Entertain	Entertain	Brothers & Sisters (N)	Coronatn	Malcolm		eTalk (N)	Dirty Jobs (N)	So Raven	Friends	CSI: Crime Scn	Seinfeld		
7:30 PM	Action) Samuel L. Jackson.	Jeopardy!	History	Wait God	Fortune	Scrubs	Paranormal	The Insider	ET Canada		Count	Prank Ptrl		Degrassi		Smart Guy	Friends				
8 PM	Seinfeld	How I Met	The Choir (E)	Antiques Roadshow (N)	Deal or No Deal (N)	How I Met	Paranormal	Dance War: Bruno vs. Carrie Ann (N) (E)	Prison Break (N) (E)	Prison Break (N) (E)	Week Women	Fries That? Adrenaline	SportsCentre (Live) (E)	Corner Gas	Daily Planet (E)	Suite Life Life Derek (8:35) News	News (N)	CSI: Crime Scn	Family Guy		
8:30 PM	Seinfeld	10 Items				Captain								Captain							
9 PM	Movie: "Shaft" (2000, Action)	Deal or No Deal (E)	Movie: "The Fog of War" (2003)	American Experience "Kit Carson"	My Dad-Better	Two Men Christine	Intervention "Jacob"	(10:01) October Road (N)	Brothers & Sisters (N)	News Hour Final (N)	National	Falcon Beach "Vigil"	Premier League Poker (Taped)	Sarah Connor	Guinea Pig Mean	Montana Phil	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld		
9:30 PM	Movie: "Shaft" (2000, Action)																				
10 PM	Action) Samuel L. Jackson.	Paradise Hotel 2 (E)	Premiere.	Previews	Medium (N) (E)	CSI: Miami (E)	Intervention "Cristy"		Brothers & Sisters (N)	News Hour Final (N)				Medium (N) (E)	Dirty Jobs	School Cory	(10:06) Movie: "Air Force One" (1997)	Star Trek: Voyager (E)	Married... Fresh Pr.		
10:30 PM	Action) Samuel L. Jackson.																				
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	Harrison Ford.	Bullrun	Frasier		
11:30 PM	"Señorita"	Guy Stuff			Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)							

monday movies

MORNING

10:00 am CITY (29) "High Adventure" (2001, Action) Thomas Ian Griffith. Archaeologists and adventurers strike out in search of hidden gold. (E)

EVENING

6:00 pm WTBS (3) ★★½ "Shaft" (2000, Action) Samuel L. Jackson. A detective and a narcotics cop track a sociopath out to kill a woman who can testify that he committed murder.

9:00 pm WTBS (3) ★★½ "Shaft" (2000, Action) Samuel L. Jackson. A detective and a narcotics cop track a sociopath out to kill a woman who can testify that he committed murder.

KNOW (5) ★★½ "The Fog of War" (2003, Documentary) Robert S. McNamara. Premiere. Former Defense Secretary Robert McNamara

discusses military issues and the Vietnam War with filmmaker Errol Morris. (E)

10:06 pm CITY (29) ★★ "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (E)

11:30 pm WTBS (3) "Señorita Justice" (2004, Action) Yancy Mendia. A successful young lawyer seeks revenge for the gang-related death of her brother.

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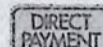
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NOTICE:
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announcements

The Families of
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Their Wedding will take place
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Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #63 - Easy

456 827 193
 273 591 648
 198 634 275
 671 482 539
 582 369 417
 934 175 862
 345 718 926
 869 243 751
 721 956 384

CHALLENGE #64 - Hard

583 197 234
 627 483 159
 914 562 387
 168 239 745
 395 741 826
 742 856 931
 836 974 512
 259 618 473
 471 325 698

Princeton Posse 2006/07 - The DVD

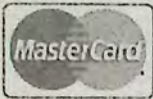


Posse Player Kyle L'Arrivee's parents Don and Charlene have copies!

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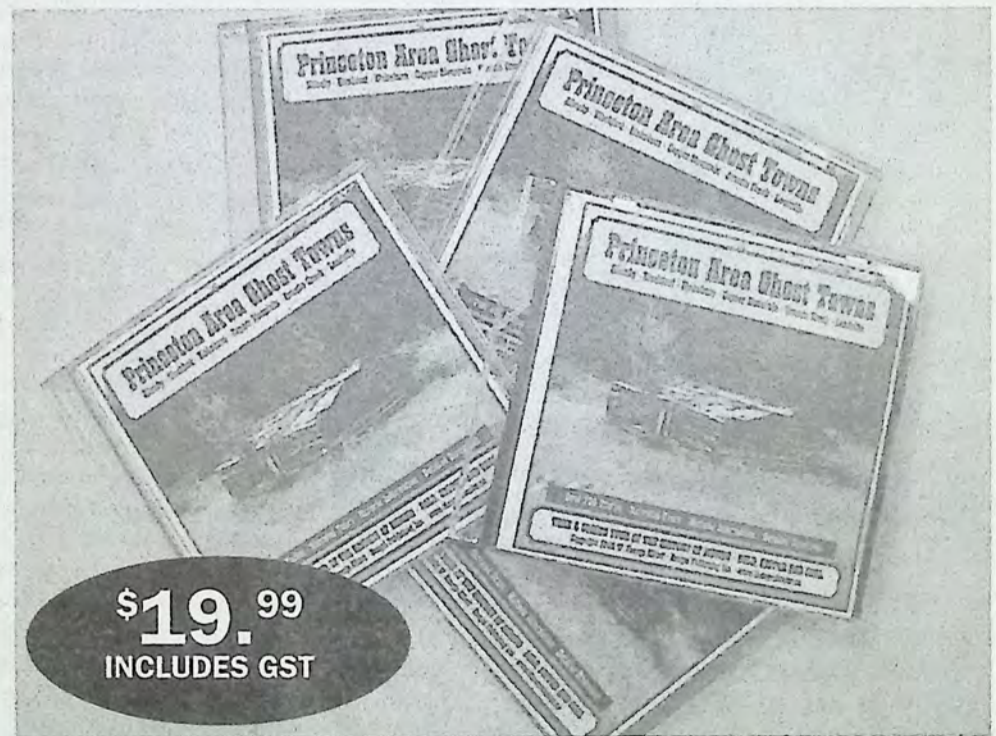
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my turn

Another no-brainer

Maybe I've been looking too hard for an answer. You ever get to the point where you want to offer assistance, but can't seem to find the right suggestion?

The low-income, affordable housing issue is what's been bugging me for weeks. There has to be a simple solution.

I even discussed it with a business associate in Keremeos last week. Believe it or not, they are faced with the same problem in their community which is a fraction of the size of Princeton.

She did make a pretty good suggestion, though.

In her words "it's up to the 'municipality' to step up to the plate." Then they would form part of a group of players that would solve the problem by building the affordable homes or apartments that were needed in the community.

Her scenario included four partners: the 'municipality,' the Provincial government, the Federal government and the developer. The four partners would contribute funding to create the homes/apartments.

So with that model in mind, I set out to kick around possible combinations in Princeton. I think there has to be a non-profit partner involved, so my model would include the 'municipality' which would be the Town of Princeton and Area H, provincial and federal partners and a non-profit organization like Community Services and/or the Legion. I would leave a developer out of the equation so that the control stays within the community and the focus stays on creating a solution rather than an investment. People are more valuable than an investment in my scenario.

There you go, I've solved the low-income, affordable housing issue in Princeton.

Then I receive a faxed news release from the Town of Princeton announcing the Princeton & District Community Forest Corporation (PDCFC) is now accepting applications for their 2008 Grant Program.

The PDCFC has done some wonderful things with it's money over the years. Paying off the Golf Club debt was a significant contribution. In recent years many 'non-profits' have received hefty cheques of support. It's all been good.

Part of the announcement caught my eye.

The part that says: "Part of PDCRC's remaining four-year mandate is to ensure net revenues generated from the Corporation's forestry operations are used to support the acquiring of community assets and provide our community with a long-term legacy."

A low-income, affordable housing development sounds pretty much like a long-term community legacy to me.

Or at least it appears to be a no-brainer from where I'm sitting.

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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Publisher:
Office Administrator:
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George Elliott
Brenda Engel
Dawn Johnson

TIS TOONS

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I LET THE DOGS IN SO THEY COULD EXPRESS THEIR OPINION TO YOU ABOUT THE NEW METAL DINNER DISHES YOU BOUGHT THEM. APPARENTLY THEY ARE NOT A COLD WEATHER ITEM.



your turn

To plow or not to plow

To The Editor;

Snow shoveling is a common subject in these parts. Most people would probably like to see more clearing of public areas and we no doubt all have our own favourite gripes. Where I live, for example, the kids have to stand right on the highway to wait for the school bus because the public area where they gather is unknown as such to the highway crew and hence used for piling excess snow. According to the people in charge, any change in procedure is out of the question. It's not a perfect world, and that's country living, but I believe it is time for some changes.

So far this year, I've been able to keep up with the snow. I have some disability, but I like to do what I can. There are many people out there who are much worse off, and I am lucky that I don't need a wheelchair. I am also not too fussy about snow clearing, so a couple of stairs and a spot for the car in the driveway is about all that I really need to keep things navigable. I manage OK. There's only one problem. Highway access.

Once I've cleared the bit behind the car, I have to tackle the wall of snow and ice which is piled up by the highway maintenance crew. Sometimes this is not so high and the work involved is relatively manageable so I don't mind 'doing my share' and making up for the deficiencies of the process.

However, other times there is so much compacted snow and ice that I simply cannot do it without help. Even then, because I can't just watch, the amount of work

typically leaves me unable to do anything else for a while. Recently I was blocked in for two days until a couple of boys came and helped me. I chose to live here, so that's my problem. Or is it?

In a recent conversation with the local highways contractor, I was told that they were not willing to accommodate anyone's needs regarding where they pile the snow from the clearing of the highway. Furthermore, if I wanted access to the highway, it was my responsibility to remove what they had placed in front of my driveway. I had barely been able to keep up with them so far this year, but when I mentioned that it was beyond my physical capability to remove the pile they had recently given me, they suggested that I ask for local charity or pay someone. A subsequent conversation with the Highways Department office confirmed that this is indeed the current policy.

So, I had to come to terms with the fact that there is no apparent regulation protecting a senior or disabled person's right to use the highway. Access can, in fact, be deliberately blocked. Or can it?

The snow blockage is not an 'act of God.' I have comparatively little problem with the snow which falls naturally. The difficulty is with heavily compacted snow and ice which is scraped from elsewhere and placed in front of driveways by the Highways Department using heavy machinery. Please note that I am NOT talking about the clearing of driveways or sidewalks. The mainte-

nance of private property is clearly a private responsibility. I am only referring to the piling of snow which has been collected and which is blocking highway access. In my case, like many others, there is plenty of vacant space up and down the road, so the problem is caused solely by policy or procedure.

From talking with other people in my community, I understand that the situation has not been so acute in the past. The maintenance of driveway access while clearing the highway is, after all, a relatively small matter where heavy machinery is involved. There seems to be less snow in recent years so maybe there has been a change in attitude or a degradation of ability. Whatever the problem, I maintain that forcing seniors and people with disabilities to essentially help with highway maintenance as a requirement for highway use, is discriminatory.

I would say that blocking access to a highway could likely be illegal. If there was an emergency, there could certainly be a liability in some cases.

A situation needing a trip to the hospital or perhaps requiring ambulance access could have serious consequences. Scheduling of hired help, if one can afford it, is impossible because there is no knowing when help is needed. Crews often work at night, and driveways could be blocked at any time without warning.

We all help one another. It is not too difficult for a couple of healthy continued on Page 24

Current Comment:

There are lies told about the cattle industry



Dawn Johnson
editor@thenewsleader.ca

There has been a trend toward blaming the cattle industry for air pollution and uneconomic use of land.

This trend really bothers me, not only because I have grown up in a ranching area, but because so many lies are involved. It is easy to fool city people, who know next to nothing about cattle except the dairy and meat products they buy in the supermarket.

First, let me dispel the myth about cattle causing air pollution. This begins with the fact that cattle expel methane gas from their digestive tracts.

I've got some news for those of you who don't want to acknowledge your own bodily functions: people expel methane gas, too. It's called farting.

We mammals have this characteristic, and if environmentalists want to point a finger at methane gas for air pollution, then all of us can take some share of the blame, along with every mammal on the planet. At the same time, I doubt we are going to fart our way into global extinction.

The second lie is that the production of cattle, and their products, is not economic.

There is a trend toward trying to make all of us vegetarians, but I can assure you, that path would likely lead to the deaths of an awful lot of us. I do not believe death and disease are economically sound.

One of the easiest ways to become ill, unless you can tolerate a totally vegetarian diet, is to stop eating meat. Whereas a person with Type A blood is able to live on a vegetarian diet, the rest of us would not fare too well.

Take a good look at yourself in the mirror. Your eyes are placed in the front of your face, not on the

side of your head like a deer. Your eyes have an exceptional forward focus. This kind of eye is shared by all predators. Look at your teeth. You have canine teeth. Some of us have bigger or sharper canine teeth than others, but all of us have them. These are the teeth of meat-eating mammals. Our ancestors ate meat whenever they could catch another mammal to eat it. This is who we are. It is not economic to ignore who we are.

Next, let's deal with the other lie about raising cattle being uneconomic. In fact, raising cattle is gentle on the land, especially on the kind of land we have around here.

Cattle eat grass, a plant that grows naturally in our environment. Local cattle go to rangeland in summer and eat the grass that grows among the trees, just like the deer and elk. The cattle are not damaging the land.

In fact, through their manure, they fertilize the land, just as the buffalo once fertilized the prairie grasslands.

In addition, by keeping this wild grass short, cattle help prevent forest fires, which can start as grass fires. There is an argument that cattle eat a lot of grain, and growing grain is not good for our environment.

The truth is this: cattle get too much fat on them if raised on grain exclusively. The best beef, for flavour, is grass fed beef which is lean.

That is why our ranchers do not grow grain crops, they grow grass and alfalfa. Alfalfa is a legume that actually puts nutrients into the soil. Alfalfa is a rich source of vital nutrients.

If you watch our local ranchers and how they grow their crops, you will not see them plowing up alfalfa every year. They do not need to do so. Alfalfa can grow for three years without needing replanting.

Compare this with growing the vegetarian's favourite crop: soybeans. First, the land is plowed, then it is fertilized, and the seed is planted. The soybeans deplete the soil every year, so fertilizer is needed.

After the soybeans are harvested, the land lies bare and subject to erosion, as well as weed infestation. (There are chemicals to get rid of weeds.) Each year, the crop

depletes the soil a little more. Harvesting soybeans is a much more intensive process than cutting and baling hay.

While we are on the subject of the soybean, we can go past the harvest to the processing. Soybeans take a lot of processing, because they are not fit to eat if you just harvest them and cook them like other beans.

A lot of energy is used up every year in the processing of soybeans to turn them into oil, tofu, and other soy products. If you have ever seen a field of sunflowers or rapeseed (canola), you know how much these crops will deplete the soil if planted year after year.

Harvesting requires specialized machinery, as does the processing, all to provide not food, but oil with which to cook our food. How economic is this? How good is it for our planet?

Cattle are not only easy to feed, they reproduce themselves. When a vegetable produces what we want, we have to kill it to use the product we want from it. One dairy cow can produce milk for 10 years, and produce 10 more cattle while producing milk, butter, cheese, cream and yogurt. The processing of milk products is far simpler than processing soybeans or canola oil, and milk products are better for most people than either soybeans or canola oil.

When her time is done, we eat the cow, use her hide for leather, and we can make a dozen other products from what remains. What is uneconomic about that?

Cattle, goats and sheep are found all over the world, in every location where people eat meat. Meat is a great source of good protein, the building block of our cells. For the past umpteen thousand years, people have domesticated animals and have eaten them. If livestock were uneconomic or bad for our planet, we would not have survived.

Now, let's face another really hard question: how many of us own a vehicle that belches pollutants into the air and will our planet survive?

What I think is this - people would rather give up good food than give up their wheels, so they tell lies about cattle and pretend cars don't cause more air pollution than farting cows.

Similkameen News Leader

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NOTICE OF DISPOSITION OF LAND

In compliance with Section 26 (3) of the Community Charter, the Town of Princeton hereby gives notice of its intention to dispose of the unserved lot at 323 Laurie Currie Way. The property is legally described as: Lot 7, Plan KAP71238, District Lot 932, Kamloops Division of Yale Land District, PID 025-420-348. The Town is entering into an Agreement of Purchase and Sale with K&H Trucking Ltd. for consideration in the amount of \$50,000. Any questions pertaining to this disposition should be directed to Patrick Robins, Chief Administrative Officer, Town of Princeton.

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Letter To The Editor

Stefan earns a little attention

Dear Editor;

Over the past few months I have glanced at some of the strange ideas Mr. Dietz has suggested for this community.

But after his last letter regarding the low income rental problem, I have to speak up.

He suggested the Town turn the old Argo building into rental units, so the people living at Princeton Manor can move in.

To suggest that a 77-year old

woman pushing a walker, and a 70-year old woman with a bad leg could walk up and down the hill from the old Argo building on a daily basis, is absurd. If he had of checked it out, he would have realized these are mostly seniors, still capable of living on their own, but, need to live close to our local services.

He also suggested using the Riverside Cabins at the PXA grounds so Racing Days can sell

tickets.

Even if the cabins survived the trip, what tickets would Racing Days possibly sell out of the old Riverside Motel cabins? It doesn't even make sense.

If Mr. Dietz is going to continue writing these half baked solutions to all our problems, he should at least know what he is talking about.

Regards,
- Ed Vermette, Princeton

Letter To The Editor

Reader says what needs to be said

To The Editor;

Small town living - many of us have moved here to get away from the hustle and bustle of large city living and in doing so have had to learn to give up the convenience of multiple choices in services.

I have heard many complaints through the years of not being able to find a plumber, electrician or contractor, etc. when needed. These people do exist in our town. They are our friends and neighbours and they try to do their very best to fit us into their busy schedules...even to the point of putting their own lives on hold.

The same goes for our doctors and nurses. I remember when Dr. Doug came to our town (to join his brother at the clinic) bringing with him nurse Jenni and three small boys. I also know that he and the other doctors and nurses, and their families have made a lot of sacrifices to insure we get proper health care.

I find it a shame that instead of the joyous well wishes for their future adventures that these professionals have more than earned, they are also bearing the added weight of trying to find replacement doctors to keep our hospital going. This is happening not only in Princeton but also in many other towns across the country.

I love Princeton for all its beauty: the hills when the wildflowers are in bloom; the variety of birds and wildlife; and the snow clad trees sparkling in the sunlight. But what sets it apart is the warmth of its

people!

We are not just friends and neighbours. We are one big family that has always come together in times of need.

I think it is time we say congratulations to those deserving members of our family. We can start helping where we can: be it letters to MLAs and Ministers, or maybe a first aid course to prepare for emergencies.

How about just starting with a big smile and saying thank you to our Princeton family?

- Doris Whiting, Princeton

To plow or not to plow

..... continued from Page 22
people to carry someone in a wheelchair up a short flight of stairs. Certainly it takes less time and effort than it does to remove a three foot high wall of compacted snow. Some years ago, it was common to see a person in a wheelchair being helped up the stairs. Nowadays, thanks to our Human Rights acts, we have ramps and other facilities because the disabled person has a right to equal access in public places. Just like it used to seem reasonable for that person to have to hail a couple of helpers, it is nowadays expected that they do the same in order to overcome the unnecessary burden placed on them by the Highway Department's current policy.

It may seem reasonable that we all help with the job of dealing with highway snow. The people charged with that job have a lot of work to do and need to make a profit. They are, after all, a company, and perhaps we can't expect them to do it alone, nor even with the public interest in mind.

However, there are other ways to think about this.

For those with compromised health, there may not be a willing volunteer, or hired help, readily available. Without equal physical strength, or ability to pay workers, not everyone has equal access to the public highway and there is a contravention of the Canadian Human Rights Act. The BC Human Rights Act also makes it illegal to 'discriminate against a person or class of persons regarding any ... facility customarily available to the public.'

Clearly that includes access to public highways and reasonable freedom from interference with that access.

In my mind it comes down to this: If the Highway Department's policy is to include public help in their maintenance chores and to disregard human rights issues, then their policy needs to be changed and brought into line with the Human Rights Act. Furthermore if it is currently legal for the Highways Department, or their representatives, to block an individual's access to public roads then the law needs to be changed.

- Ole Juul, Coalmont

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Princeton & District Community Forest Corporation 2008 Grant Program

Interested non-profit organizations are invited to obtain a Grant Information Package for the upcoming 2008 Grant Program of the Princeton and District Community Forest Corporation (PDCFC).

The 2008 Grant Program's objective is to make financial contributions to eligible recreation and cultural programs, services and capital projects within Princeton and Area 'H' of the Regional District. Eligible organizations are encouraged to pick up an information package (including guidelines to eligibility and application process) from the Secretary-Treasurer, PDCFC, at Town Hall, 169 Bridge Street during regular business hours.

Part of PDCFC's remaining four-year mandate is to ensure net revenues generated from the Corporation's forestry operations are used to support the acquiring of community assets and provide our community with a long-term legacy.

Grant applications from eligible organizations are to be received no later than March 31, 2008 for consideration for the 2008 grant allocation year. Eligible grant applications will be reviewed and evaluated by the Board of Directors at their second quarter meeting in 2008 with awarding of successful application(s) in late spring 2008. Please refer to the information package for evaluation criteria used by the PDCFC Board of Directors.



Poor goalie, never saw it coming. Action from the Spirit of 2010 Novice Hockey Tournament. *

Letter To The Editor

Resident unhappy with service

Dear Editor;

For many months now I have been completely disillusioned with this Town Council. We have seen rises in our property taxes and now in our water and sewer rates. Personally, we have a problem with a Town pipe adjacent to our land which the Council have been aware of since October 2006.

This summer the Public Works Dept. painted lines on the grass and street TWICE indicating something was going to be done BUT nothing happened. What a waste of manpower and OUR money!

Then there are our roads for days one of the major hills is not ploughed then, when it is, access to the road leading to our house is blocked, not by soft snow, but by days of melted, refrozen snow (now blocks of ice) and a partially disabled person is left to shovel for over 30 minutes to gain access to his home. The town emergency number only services water and sewer after hours! We pay more and get less service.

At the council meeting on Monday, January 21st there was evidence that the Town Administrator had on two occasions withheld information from the Council - now we know about these but how many others do we not know about? As a precaution to this happening again, I sent copies of a letter I had written to the Town Administrator to individual Councillors and marked the envelopes in red print 'addressee only.' What happened next I will leave to the reader's imagination.

The Town Council are our elected representatives but they are spending our tax dollars on glorified dreams that cost money e.g. a plan for the town centre already investigated in the 80's.

How much did bringing in the consultants cost? Only for council to

decide they do not have the money to carry out the scheme anyway! What about the several unfinished projects around town? More wasted dollars! What accountability is there? How often in the last twelve months has there been a full complement of our elected representatives at Town Council Meetings?

Some Councillors are too lazy to report on which committee meetings they have attended in the last two weeks, arguing it is their right to choose what they report on! Not so, the minutes need to be accurate, sir, and reflect the work you do for the town. Then there is the increase in middle management - more of our dollars.

What about our seniors? Do any of the councillors understand what a fixed income means? Clearly the Council is being advised by someone who has no feeling or understanding for this Community.

In response to the Mayor's sup-

Letter To The Editor

Johnson tackles health issue

Dear Editor;

I have just read an article in the News Leader by Mayor Randy McLean regarding the situation Princeton is in with the loss of five doctors in less than six months.

Mayor McLean admits that the Interior Health Authority were responsible for the closing of the operating room at Princeton General Hospital but does not blame them for the loss of our doctors.

Since the operating room was shut down we have lost several doctors because they could not use the skills they were trained for.

I can remember quite a number of years ago when there was a large delegation of Princeton citizens who travelled to Kelowna to beg Murray Ramsden (Interior Health

Authority) not to close Princeton General's operating room. Their wishes were ignored. Naturally they are endeavouring to obtain locum doctors to ease their conscious knowing that they are the root of the predicament that Princeton is in.

While I am on the subject I would like to ask Mayor McLean if he knows where much of the equipment at Princeton General Hospital went when they dismantled the hospital? Some of that equipment was donated by Princeton organizations and citizens. It is time Princeton citizens asked some serious questions and got honest answers.

Sincerely,
- Isabella Johnson, Princeton



Mission beat Merritt in a game during the Spirit of 2010 Novice Hockey Tournament over the weekend. *

Letter To The Editor

Woodward examines doctor issue

To The Editor;
I suppose it's a waste of time to try to prod our council into more action on the doctor front? They seem to have the attitude that there's no use in hounding government because it will do no use. Baloney. The squeaky wheel gets the grease.

will live and work here for five consecutive years after graduation. That would give us a new doctor per year after two, three and four years in the first instance, or after one, two and three in the second. Three new doctors at the end of it. Add the cost to our tax rolls. Their presence would keep us alive to

pay it. And spread over our tax base (which would continue to grow rather than shrink because of the lack of doctors) it would hardly hurt a bit. Less than the absence of doctors, anyway.

Something to phone your councilors about.
- Murray R. Woodward, Princeton

Letter To The Editor

Reader says leave BCs name alone

Dear Editor;
Re: "B. C. should change name" letter in January 29, 2008 paper from Ben J. Pires

Well Boo-Hoo Mr. Ben J. Pires of Victoria, BC.

Firstly, there is absolutely nothing wrong with the name British Columbia! Or BC!

If you are not of British ethnic origin, join the crowd! I doubt very much that 10% of BCers were born here (my own family came here from Iceland and Hawaii). I have lived in 27 different places in my lifetime and I do not personally know ten people over the age of 40 who are native British Columbians

(born here).

Have you even considered a little bit, the cost of changing our name for the Federal and Provincial governments, all the businesses, the citizens of BC who would have to change their address for driver's licenses, insurance, taxes, doctors, dentists, schools, friends, relatives, etc.? I highly doubt it!

If you are so all-fired against British Columbia's name, move, go back to where your family came from! Immediately! I'm sure you'll feel right at home there!

Just leave British Columbia alone.
Yours truly,
- Lani Kelm, Keremeos

Dorothy updates activities at Vermilion Court

The Movers and Shakers came one afternoon to entertain us. They did an excellent job and we look forward to their next visit.

The organ had several work outs when Ruth came and tickled the ivories. We enjoy doing exercises to her melodies. It seems so much more interesting than just loosening our joints.

We were so pleased to have Edith Currie visit us for lunch. She has lived in Princeton since 1940. In the early years she taught many of our children. How kind of her to

present us with a large basket of fruit which we will gladly devour.

Today we celebrated Chinese New Year. Our dining/lounge area has been tastefully decorated with Chinese artifacts.

Dragons, strings of ornamental firecrackers, seven layered lanterns, tea sets, small statues, large vases, a gold-coloured turtle-shaped dish of special candy and much more.

The residents wore red clothing they had a kimono, blouses and skirts, etc. And then to top off the

day our dinner was truly in the theme. Chicken Chow Mien, Chop Suey, Beef and Broccoli, Honey Garlic Pork, Mini Spring Rolls with Plum sauce.

All this followed by Almond Jello with pears and grapes.

And, oh yes, we were given red envelopes with gold Chinese Money - chocolates. Everyone had a scroll with his/her individual horoscope.

Thank you to all Staff who helped make this a memorable day!

- submitted by D. Stenvold



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FINANCIAL FOCUS

Stick To Key Principles During Market Declines and Uncertainty

There's no doubt that 2008 has seen an extremely volatile start for global stock markets, including the S&P/TSX Composite index. Daily volatility has been high, especially when the index dropped 605 points on January 21, its worst one-day loss in almost seven years, followed by a rebound of more than 500 points the next day.

When times are uncertain, stock markets tend to swing from overly optimistic to overly pessimistic. It seems that the recent volatility reflected a sudden shift toward a more pessimistic outlook due to worries that the credit crunch and the slowing US economy would also dampen global growth. These concerns were partly offset by the interest rate cuts taken by the Bank of Canada and the US Federal Reserve, which helped calm the market.

Whatever the causes, the bottom line is that most stocks on the S&P/TSX Composite index have pulled back significantly since their highs in 2007. The key question now for investors is what to do in response to those declines.


For many investors, the best answer may be 'nothing.' If you own a well-diversified portfolio of quality investments, you are well-positioned for times of volatility. If you are thinking about making changes, however, don't let emotions sway your decisions. Stay calm, take a step back and reflect on both the risks and opportunities of uncertain times, while keeping the longer-term picture in proper perspective.

To help keep your focus on the long-term picture, consider the following seven principles of investment decision making. These apply at all times - no matter what the market is doing in the short term, and especially if there have been declines.

1. Focus on what you can control. You can't control oil prices, interest rates, the value of the dollar or the economy. You can control the quality of the investments you own, the diversification of your portfolio and how long you hold your investments.
2. Avoid extremes in your thinking. The challenges may seem big. But if history is a guide, the Canadian and US economies are resilient and self-correcting.
3. Don't chase winners. Avoid the temptation to buy investments that have performed very well for an extended period and sell those that have performed poorly. Instead, rebalance your portfolio to your target weights.
4. Base your portfolio on growth-and-income investments. While diversification does not guarantee a profit nor protect against a loss, it is best to be well diversified. And in that vein, quality bonds can help cushion the blow from a stock market decline.
5. Don't speculate. Some investors buy troubled companies hoping to strike it rich but they end up greatly disappointed. You should take great care to make decisions you can live with for a long time.
6. Asset allocation and quality are important. Own investments you wouldn't mind owning if the market decline becomes more serious or the US slips into recession. Blue chip equity investments are investment-grade bonds have a tendency to bounce back more than speculative investments when market declines end.
7. Look for opportunities. Market declines can present long-term investors with an opportunity to buy good investments at a lower price.

Above all, remember that investors who consistently apply sound investment principles in spite of the many short-term distractions may not only survive any setbacks, but in the long run could come out well ahead.

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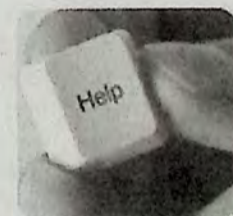
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