



Princeton's Alyssa Larsen spent part of the Christmas holiday in a recording studio in Osoyoos. *

Larsen records three songs

Princeton singer Alyssa Larsen recorded three songs at The Master Factory Studio in Osoyoos last month.

Producer Ken Repkow says, "Wow, Princeton rocks! She came in and warmed up her vocals and then started laying down tracks like a pro."

Larsen recorded "Somewhere Over The Rainbow," "Another Year" by Celine Dion and a version of a Christmas song called "Chestnuts."

"Her vocals and range is up there with the best of them and she had no problem making the songs as if they were her own," Repkow adds.

The recording session was one of the prizes Larsen earned from her win at the Osoyoos Idol competition.

"I am so pleased with the young talent in the Okanagan and Similkameen and it's no wonder that many of the big recording artists today seem to be well kept secrets in small towns," Repkow says.

The recording session has been a prize in the Osoyoos Idol competition for the past three years. Repkow says it's a fitting prize for contestants.

"They are up there singing their hearts out and it only seems fit to offer the studio as a prize so they can record and experience what it's like to be in a studio."

Repkow says the experience is valuable to beginners like Larsen.

"They get a great demo out of it and it all helps towards their careers in the music industry."

2008 - A year of hard work still not done

Everything about 2008 was to become coloured by a major world economic crisis that began in the United States when thousands of people could not pay their mortgages. The crisis erupted full-scale in mid-September, affecting even Canada's political scene, when newly elected Prime Minister Harper failed, as he opened his new Parliament, to present any plan to bolster the economy. The three other parties threatened to form a coalition to oust the Harper government on a vote of confidence. Governor General Michel Jean gave Harper and the Conservatives a reprieve to January 27. If the Conservatives do not come up with an acceptable budget for an economy in crisis, we may go to the polls as we did in October, or have a coalition government.

Locally, economic issues revolved around the potential for a forest industry closure due to bug kill, and the promise of re-opening the copper mine in 2010.

Health care continued to be an issue in Princeton during 2008. The retirement of Dr. Douglas Reid and the move out of town by Dr. Whittle left Princeton with only Dr. John Adams on duty, and he did not want to do emergency call-outs. For awhile, it looked as if Princeton's Emergency Room would close. Princeton's needs have been met by a continuing rotation of temporary physicians who have offices in Princeton General Hospital. Dr. Adams continued to maintain his downtown practice and added a number of "orphaned" patients. Town Council did its best to help, providing some funding, along with private contributions, to upgrade local ambulance attendants.

The next social issue to hit Princeton was the possibility of homelessness. An apartment building was being converted to strata titles, leaving many tenants with no choice but to find a place to rent. Later in the year, a motel received permission to go to strata title, and then, even later in the year, residents of a downtown mobile home park became concerned that they would be asked to move their residences as the property was sold. It

had never been zoned as a mobile home park. To make matters worse, most of the people who were, or would be, affected by these changes were low income seniors. This situation has not been resolved, but it is being worked on by a committee involving members of Town Council. The issue is not at the point of homelessness, but the issue of affordable housing is being addressed. Affordable housing became an issue in Keremeos a couple of months later.

For the first time in more than a century, Hedley was left without a school. The elementary school buildings were removed during the summer and now all students are bussed to Keremeos.

Princeton Rodeo Club announced in January it would go back to hosting a BC Rodeo Association rodeo after several years of hosting the more expensive Canadian Pro rodeo, which had resulted in major losses.

The annual rodeo in May, and the BC Bullriding Finals in September, were successes, and the club finished in the black in 2008.

Princeton established a BC 150 committee to organize events for BC's 150th anniversary of being

founded as a Crown Colony. Princeton's Museum Society was celebrating a 50 year anniversary, and joined in displaying BC history. Museum Operations Manager Nick Mills entertained our readers with a series of articles about historic events and figures (much appreciated). The museum was undergoing some preparations for its expansion. The archives were moved over to the Skills Centre while repairs were made to the museum/library building foundations. A plan has been developed for the expanded museum, and members hope to have the new museum ready by the end of this year.

Treasures of the Tulameen was a major outdoor event to celebrate BC 150 with hikes over old trade routes near Tulameen.

The Traditional Music Festival in August was another major BC 150 event.

An ongoing rather bizarre saga continued throughout the year. A former funeral home owner, Fred Netherton, was charged with 38 crimes involving fraud and improper care of human remains. He appeared in Provincial Court in Princeton a few times, and entered

a not guilty plea. The preliminary inquiry will be held this year in June. Four days have been allocated for the hearing.

Town Council learned a lot in 2008 about accessibility issues for people with mobility problems. Town Council and a number of businesses have been very cooperative and have made improvements, but there is still a lot to be done.

In 2008, the issue of a dam on the Similkameen River became the subject of a feasibility study. Although studies have been done at least twice during the Valley's history, another study was undertaken. There seems to be little opposition locally to the idea of having a dam on the Similkameen River to conserve water as well as to provide power, but the provincial government is in no hurry to launch the project, nor is the Washington Water Authority.

Rotarians did a lot in 2008, hosting a wine fest, and a beer fest, among other things. Princeton Lions held their annual auction, and worked hard on making the west entrance to Princeton more attractive.

Hockey continued to be Princeton's foremost sport for the

..... continued on Page 2

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PAGE 16 - IN YOUR TV GUIDE SECTION

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Once again the annual 'Teddy Bear Game' at Princeton Arena was a huge success. The game, on December 13th, provided hundreds of stuffed animals for children at Christmastime. The Teddy Bear Game is co-sponsored by Princeton Posse, Princeton Dairy Queen and Similkameen News Leader. *



PROPOSED BOARD DATES
SUBJECT TO CHANGE

PUBLIC NOTICE IS HEREBY GIVEN THAT the Board Meeting dates for the year 2009 are as follows:

Regional District of Okanagan-Similkameen 2009 Meeting Schedule

January	February	March	April	May	June
8	12	12	2	7	4
22	26	26	16	21	18
July	August	September	October	November	December
2	6	3	8	5	10
16	20	17	22	19	

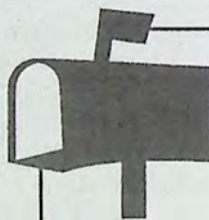
Regular Board Meetings will be held at the Regional District of Okanagan-Similkameen Boardroom located at 101 Martin Street, Penticton, BC per the above scheduled dates, please refer to the RDOS website www.rdos.bc.ca for meeting start times.

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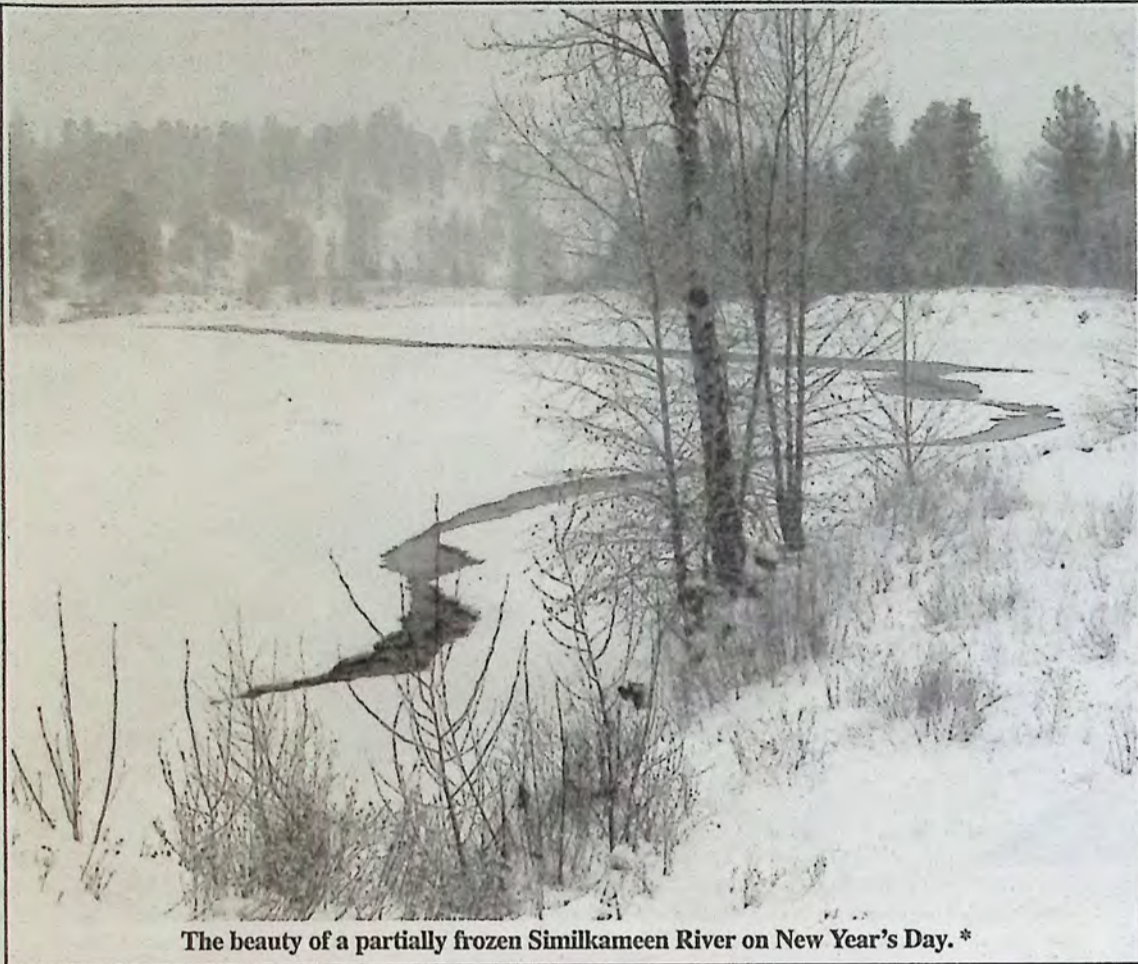
If you have any questions about your assessment, or you have not received a Notice by January 20, contact your local BC Assessment office.

For contact information, please consult your telephone directory, Assessment Notice or visit www.bcassessment.ca

..... continued from Front Page young, and some of the not so young, although many people enjoyed a great season of curling, cross country skiing, snowmobiling, quad riding, swimming, hiking, hunting and angling. The Valley First Posse team won the championship in the Eddie Mountain West division of Junior B hockey. Their coach, Dale Hladun won the Coach of the Year award. Princeton's Bantam Flyers won the banner for the South Central Super League. Princeton joined a youth football league, and fastball went on all summer. Golfers went out on the links in April and kept at it until October. Vermilion Forks Field Naturalists continued their excellent work on the Swan Lake preserve, but truly missed Don Burbidge.

In February, Town Council announced the intent to expand Town boundaries to include East Princeton and Airport Road properties. Both areas had appealed to Council to do this in order to solve water problems. During the year, plans were drawn and budget estimates made for the expansion of water services. This is a major infrastructure program, and the money must be in place before it goes ahead. Council hopes to have the project completed this year. Another project launched in 2007 ran into financial problems in 2008. The project was to improve the Town square, to be known as Veterans Square. Original estimates fell far short of actual bids on the project. Council consulted with its crew, and decided the crew could go ahead with the project, doing half in 2008 and the remainder this year. Dave Woodruff supervised the work, and the crew has done a very good job of the first half. Two other projects, the "Bridge of Dreams" and moving the library to the former Goldion Restaurant, are in the works and should be completed this year. The idea of building an aquatic center is still in the dream stage, and who knows whether it can be more than a dream in the present economic climate. Sometimes it takes a long time for a dream to be realized, but the dream of having a proper theatre facility came true last year as the new stage, with up to date sound and lighting, was completed at Riverside Centre. Another dream came true for Princeton in 2008 as the airport brought in a fuelling system for aircraft. Princeton hosted a very successful Airport Appreciation Day with some exciting fly-past activities. This event will be repeated this year.

A project in Keremeos was finally completed in autumn, after numerous delays. The new Tourist Information Centre and home of Similkameen Country organization was erected in Memorial Park. It was planned as part of the park usage in a number of community events held there. Barb Gagnon and Tammy Holland encouraged the women of Princeton to decorate their bras for the Bra Auction. The proceeds from the bra auction go to breast cancer research. The auction proved to be a very successful event. The tiny village of Tulameen raised \$25,000 for breast cancer research by holding a Snow Golf event. The Board of School Trustees for District #58 decided to put laptop computers into the hands of students up to Grade 7 to ensure every student becomes literate. A Literacy Group in Princeton developed a number of projects to improve literacy. The Healthy Harvest box program began again in 2008. Crime in Princeton took an unusual turn with a number of break-ins. This had not occurred to any extent since Citizens on Patrol was formed. RCMP still rated Princeton as a low crime area. Most of the cases in Provincial Court in Princeton involved illegal drug possession, common assault and impaired driving. The Similkameen Valley continues to be a relatively safe place to live. Even highway fatalities dropped in 2008. The worst crime of the year occurred in December when a man was discovered murdered in his home in Princeton. During the past 27 years, there have been three murders and one murder-suicide in Princeton, a relatively low rate. continued on Page 3



The beauty of a partially frozen Similkameen River on New Year's Day. *

..... continued from Page 2
Upper Similkameen Indian Band decided to build a traditional canoe from a cottonwood poplar. The project was initiated to keep canoe construction knowledge and skills alive within the Band. One cottonwood tree provided enough material for three canoes.

Arts groups in the valley continued to produce events, including drama productions in both Princeton and Cawston. Art shows, musical events, and line dancing continued throughout the year. Both Upper and Lower Similkameen Indian Bands held powwows last year.

The group called Save Our Similkameen (SOS), which had successfully opposed development of a coal and wood fired power plant in 2007, launched a campaign against coalbed methane exploration and development in 2008. As a result, the government called a moratorium on Coalbed methane development, and Petrobank called a halt to further exploration in the

upper Similkameen area for the present.

In the south Similkameen, residents vehemently opposed a proposal for a national park which would have prevented access to valuable grazing land located between Cawston and Oliver.

Three Princeton men were declared heroes: Ernie Lawrence, George Haws and Roy Rippon. Their combined efforts saved the life of Bill Whiting, an Irly Bird employee who had fallen unconscious in the store.

Princeton Exhibition Association (PXA) continued improvements to the fairgrounds in 2008. New water lines and electrical cables, along with a new admission booth and numerous repairs and minor improvements kept volunteers busy all year. The PXA saw five major events take place on the grounds last year: two rodeo events, horse racing, an ATV jamboree and the Fall Fair.

Autumn saw local residents go to

the polls twice. The first time was a federal election which saw NDP candidate Alex Atamanenko re-elected as Member of Parliament for BC Southern Interior riding. The second round of voting was in the civic election, which saw Randy McLean returned as mayor of Princeton, and Walter Despot as mayor of Keremeos. Brad Hope is the new Area H Director. New faces appear on Town Council, School Board and Regional District for the Similkameen Valley. This year, we will go to the polls to elect our provincial government.

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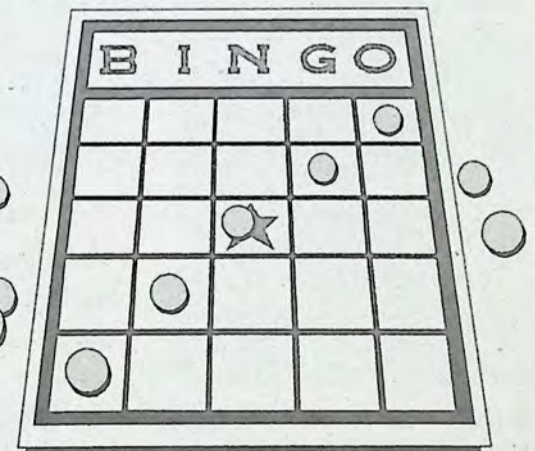


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keremeos and area news



Similkameen Sizzle is coming! September 19th in Memorial Park. Last year's Chili Cook Off included a commercial category with judges tasting the many entries in the competition. Photo: Brenda Engel

Village Council busy at end of '08

Keremeos Village Council gave first two readings to the Official Community Plan Bylaw No. 675, 2004 Amendment Bylaw No. 763, 2008 (Watt - 524-6th Avenue) and to the accompanying Zoning Amendment bylaw to change the OCP designation of the property from a Multi-Family Residential designation to a High Density Residential designation and to change the zoning of the property from Multi-Family Residential to an R-4 (Residential - very small lot) zone in order to facilitate a subdivision of the one

lot into two.

The readings took place at the final regular meeting of Village Council of 2008 on December 15th.

At the same meeting, Council gave Mobile Business Licence Bylaw No. 752, 2007 Amendment Bylaw No. 752-2, 2008 - Inter Community Mobile Business License Program first, second and third readings.

Council also supported an application for the balance of the Phase II UBCM Community Tourism Grant of \$14,923.63 to fund a

Welcome to Keremeos sign for the west entrance to the Village, the creation of an information package for visitors and potential new residents, and Village of Keremeos banners for the downtown core.

Village Council also approved the Village staff salting and sanding the parking area at the south end of the Keremeos Health Unit building for a fee, contingent upon Interior Health covering the Village staff and Equipment for liability.

- submitted by Village of Keremeos



Similkameen Sizzle is coming! September 19th in Memorial Park. The 'Sear Factor' Pepper Eating Contest is a crowd favorite as contestants complete various stunts involving peppers. Photo: Audrey Flynn



Rotary Park playground equipment sits partially covered in fresh snow on January 1st. *

Princeton's 2009 Horoscope

News of economic downturn begins to affect Princeton, but it does not have as big an impact locally as it does nationwide. It may affect Princeton in late August, but it will not be a severe downturn. In fact, Princeton is likely to fare quite well in 2009, despite all of the problems faced by other communities. Improvements to infrastructure will account for some of the economic benefits, along with positive news for Princeton from outside sources. We may have to dream a little smaller, but we can be very practical.

Local government will undergo some permanent fundamental changes which will benefit all of the residents. Changes in our community structure will bring about new development.

By the end of the year, there may be less opportunity for youth, and Council would be wise to find the means to offset this trend.

As the year begins, Princeton goes through a cold period for two weeks, then the temperature should warm up and lead into a very nice February, although cold winds will hamper real enjoyment.

Spring should be warmer this year than last, but not until well into April. The summer should be very hot and very dry, but look for some heavy rains just as summer begins, in June. Stormy weather could interfere with some celebrations between June 8 and 21. There is a high potential for some kind of flooding as well at that time.

There are likely to be forest fires affecting Princeton this summer.

This may well be one of the most windy years for Princeton, particularly in late February and early

March.

The year will end with sudden sharp cold near Christmas time with heavy snows. This will be a good year to be well prepared for winter. However, autumn is very nice for the most part until November.

Town Council will have a difficult year of hard work and trying to find money for projects. This has been a trend for the past two years and will continue. Next year, money and benefits will be available for Princeton, but only due to the hard work and practical good sense of our local government. It is in the best interests of Council to form partnerships with various government bodies and industry to ensure prosperity in 2010. Next year could be a banner year for Princeton if the right kind of planning is done this year.

Princeton residents should pay great attention to the potential for fire or other damage to public property during January.

Although there are periods of very hot dry weather in the summer months, this year has the potential for being one of the wettest on record due to periods of heavy rain. 2009 is a year of many big, long-lasting changes for Princeton. One of the changes will likely be an upswing in mining for the local area. The prospects for mining are very good, and prospects for investments in local mining are good, especially for gold.

Agriculture has taken a beating for the past year and a half, but this trend will come to an end at the end of this year. Agriculture should move ahead well in 2010.

In some respect, 2009 is a year of

“more of the same”, and some people may feel it is standing still and going nowhere, just as it has seemed for most of 2007 and 2008. In fact, it is a year of completion of projects planned two years ago, and when these projects are completed, they will change the face of Princeton. It is a year of cleaning up the past and planning for the future. So, even though life in Princeton may seem to be at a standstill, this is a very good year for making real progress. With that theme in mind, residents of the community should see the year in more personal terms, as a time to finish projects related to their homes and grounds in preparation for next year.

There will be a great deal of involvement of the public in committees, cultural groups, music groups, teams, and groups dealing with the past. Many aspects of Princeton's past will be revealed, not always to the approval of the public. All of this activity will create change. There could be pressure on people and some emotional upheaval connected with making changes and going forward with activities. It is important for Princeton people to demonstrate a spirit of cooperation rather than antagonism toward change. People will be challenged to develop a clearer vision of the future.

In October, a major clean-up of residential areas would be most beneficial to Princeton. The public may feel burdened by the need to do repairs, maintenance, landscaping and improvements, but those who do so will feel much better for it. The Town will be pinching pennies by this time, and it is up to continued on Page 8

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news leader health and lifestyle page

How to stop colds in their tracks

by Estelle Richard
(NC)—The term 'common cold' is deceptive because it doesn't actually refer to a single virus. Rather, it's a name to identify more than 200 germs that can infect your upper respiratory system. Typically a cold infection lasts three to five days, from when you start feeling symptoms to when your immune system successfully fights off the virus.

So once you have a cold, are there ways to get rid of it faster?

Studying this subject for more than 40 years, cold expert Dr. Jack Gwaltney reports that if you do get a cold, there is limited evidence that mega-doses of vitamin C may lessen and shorten its hold on you. Echinacea and goldenseal, two herbal remedies, may also help, but there is less scientific evidence. Dr. Gwaltney recommends taking an antihistamine every 12 hours as well as an anti-inflammatory drug until you feel better, but he points out these will only lessen symptoms.

There is not a single cure that will eradicate every cold virus strain, so the best defence, experts agree, is to keep one's immune system strong to fight them off in the first place.

Clinical studies have shown that a certain extract from North American ginseng root, such as new extra strength Cold-FX, is highly effective and can be taken at the first sign of cold and flu symptoms. The extract itself is scientifically proven to strengthen the immune system. Health Canada has

approved significant health claims for Cold-FX — stating that it "helps reduce the frequency, severity and duration of cold and flu symptoms by boosting the immune system." It is one of very few medicines approved by the Canadian government to fight colds and flu by boosting the immune system.

Colds By the Numbers:

• Adults get between two and four colds a year

• 25% of us don't get colds at all while another 25% of people get more colds than average and they suffer from them longer

• Typically, hands are the transmitting culprits because (a) tiny mucus drops deposited on surfaces, such as doorknobs, can be infectious for up to three hours and (b) the average person touches their eyes and nose — the main way cold viruses enter the system — dozens of times a day.

living past 100

Yes it is your metabolism!

At this time of year, it seems everybody has gained undesired weight, and everybody will tell you it is hard to lose it in winter. That is true, because most of us have bodies that will store extra weight in winter. Much as we hate to admit it, most of us overeat in winter, too.

We want heavier foods that stick with us and make us feel warmer. It is all part of our survival mode learned through millennia of feast and famine: feast in summer and starve in winter was the rule.

Our metabolism determines how much weight we gain and how much we lose. We hear a lot about exercise, and of course exercise is good for everyone, but it may result in more muscle which will add weight.

Exercise does not always mean loss of weight, but it does help lose fat. The kind of exercise you do may be very good for you, but it may not cause fat loss unless you exercise to extremes. The best way to lose fat is to eat fewer calories.

What about metabolism?

There are people who can pack away big meals and never gain any weight. Some people struggle to gain weight.

What makes the difference?

Metabolism, also known as the rate at which your cells burn off calories. Dieting has been shown to actually slow down metabolism. Our bodies have been programmed to burn calories more slowly when we do not have enough food.

Therefore, any diet which severely restricts calories will slow down metabolism, which is why so many diets fail because the weight comes back as soon as eating returns to normal, but the metabolism stays slower. The older you are, the more your metabolism slows down and stays down if you indulge in the starvation diet syndrome.

Anyone who is putting on weight too quickly and cannot seem to lose it should consult a physician before going on any diet. There may be an insulin problem, and diabetes could be at the root of the weight gain. Other problems, such as carrying too much water in the body, can indicate a serious imbalance.

Thyroid problems can cause weight gain, and must be dealt with medically. NEVER go on any sort of diet without help from a professional dietician and a physician.

Two ordinary supplements may be missing from your daily fare: vitamin C and essential fatty acids also known as Omega 3 and Omega 6. Most of us do not eat enough Omega 3 at any time, and most of us do not eat enough vitamin C foods in winter. You can safely take both of these supplements, which will help you lose weight.

One exercise easy on the body but very beneficial is deep breathing. Breathe in very deeply for about 20 minutes a day. Lie on your back with a book on your stomach and your hands palm down on the floor. Breathe so deeply the book raises up, then let out all the air until the book is as low as it can go. Getting rid of the carbon dioxide in your lungs and replacing it with oxygen helps speed up metabolism.

If you are sure you have no medical problems and have just overeaten, then gradually slow down the amount of food you consume. Replace refined foods with coarse foods, and increase the number of vegetables you consume.

Do exercise to tone your body and keep yourself healthy, but do not crash diet or launch suddenly into rigorous exercise. You will do more harm than good.

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'Santa' Arnie Powell, right, presents Kelley Cook, President of the China Ridge Cross-Country Ski Association, with a much needed and much appreciated rescue toboggan. Photo: Randy Rorvik

China Ridge receives early gift

In the spirit of the season, Princeton Ground Search and Rescue delivered a special gift to the China Ridge Ski Club on Saturday, December 20th.

The present was a much needed rescue toboggan that can be pulled by a skier or snowshoer.

The timing could not have been better with the Slovene World Cup Team arriving this month to train. The club is also offering lessons through the Princeton Recreation Department later this season.

The toboggan enables the club to provide assistance in case of an emergency out on the ski trails. The club has recently completed the construction of a public warming hut and equipment storage facility at the trailhead.

This building will provide safe

storage for their toboggan and other equipment. China Ridge and Princeton Ground Search and Rescue had been working together on a joint purchase of toboggans.

China Ridge had applied for a UBCM Grant through the RDOS, but it was not enough to cover the entire cost of a toboggan along with much needed first aid supplies.

The China Ridge Cross-Country Ski Association would like to express their gratitude to Princeton Ground Search and Rescue for "rescuing" us and providing us with such a special gift.

We are now well prepared in case of an emergency up on the trails and our community now has two quality rescue toboggans. - submitted

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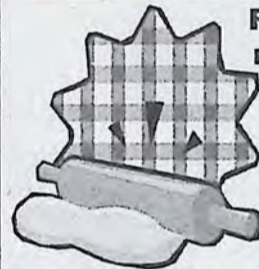
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It's a science project titled 'Burn Barbie Burn' and we couldn't ignore it during the Grade 8 Science Fair at Princeton Secondary School just before the Christmas break. *

Ski club starts new year with omelettes

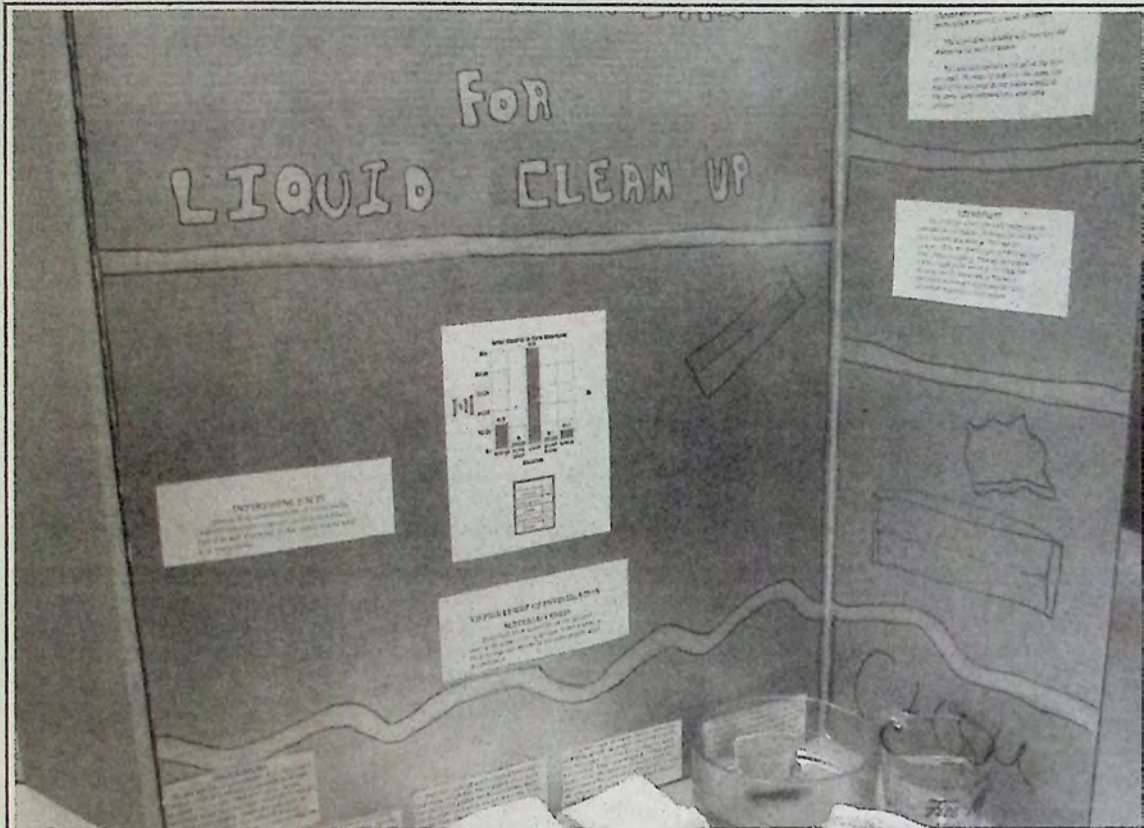
Over the years China Ridge Cross Country Ski Club members and friends have joined together on New Year's Day for a tradition that is both nutritious and invigorating. Seventeen alpine enthusiasts gathered at 10:00 AM on January 1st at the club's new Longhouse at the trailhead in preparation for the long trek in the club cabin at the far end of the trails. Backpacks containing many baggies stuffed with soon-to-be scrambled raw eggs and other tasty goodies, were loaded for the trek. The group set off with freshly falling snow blanketing the trails and toques deadening the noise of their passing and softly bending the boughs of the pine trees. Some members were enjoying what has become a family tradition over the years, some new members skied the route for their first time having been newly converted from snowshoe to ski. Visitors from the coast and Midway joined the gang, everyone coming together after many differing Christmas traditions. Conversation was lively and varied. Most skiers at some time during the day pointed out the fact that far too much prosperity had been deposited on hips and thighs over the holidays. The general feeling was that all were glad to be out under their own steam, in the fresh mountain air, sweating off a few extra pounds! It was wonderful to arrive at the

distant cabin and discover that another coastie ski-tourer had spent the night in the cabin and been kind enough to stoke up a blazing fire in the woodstove. The group enjoyed a toasty reception upon arriving. They hope this part of the tradition continues in years to come, as it takes a long time to warm the logs up otherwise! With the new Longhouse at the bottom, the favour can be returned as the stove there was lit before the group left.continued from Page 5 local residents to do their own work. It is very important this year that all plans involving the public are made very clear from the outset, or there will be chaos and confusion among groups and the public. If this year has any big trend, it is the trend for Princeton to want to stand out as unique and individual, along with a trend toward being unconventional. Princeton will do things in new ways, perhaps ways that have not been tried before. At the same time, Princeton will have to do it without much help from anywhere, so it will take strong, practical effort as well as clear vision. Unexpected news, or circumstances, may force Princeton to

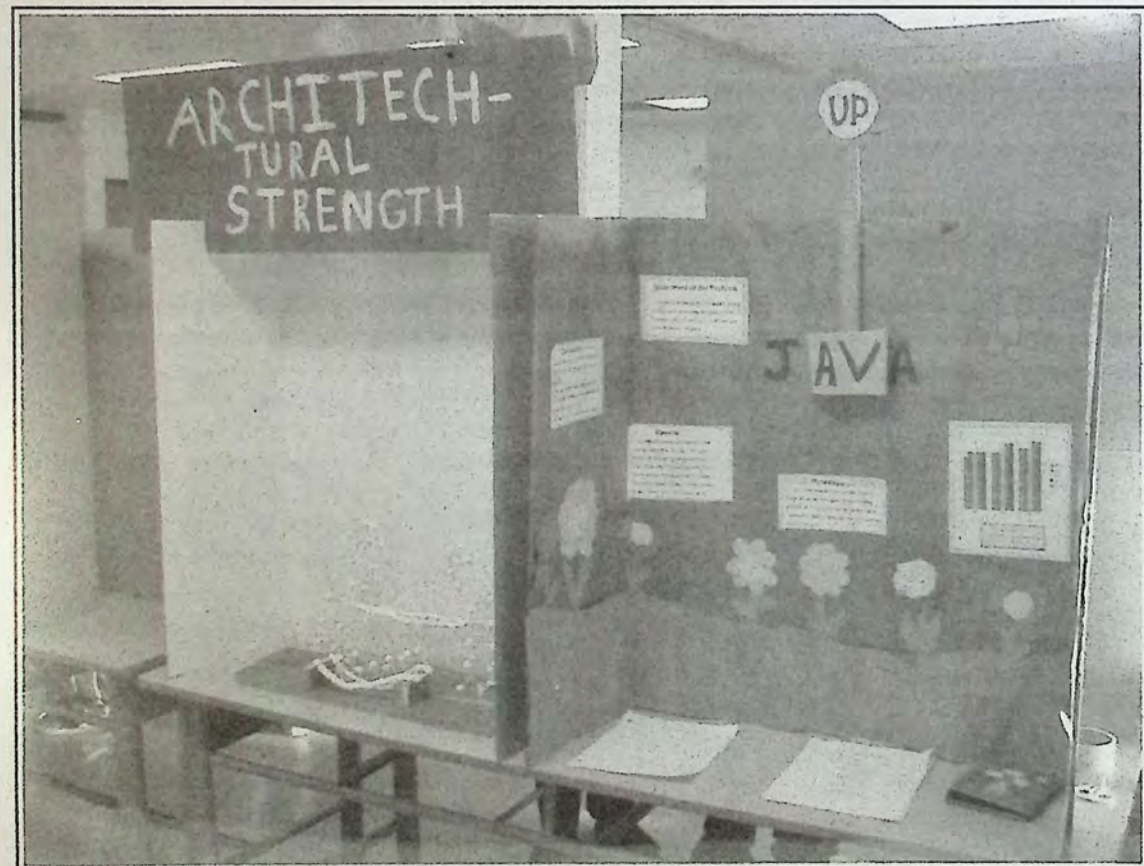
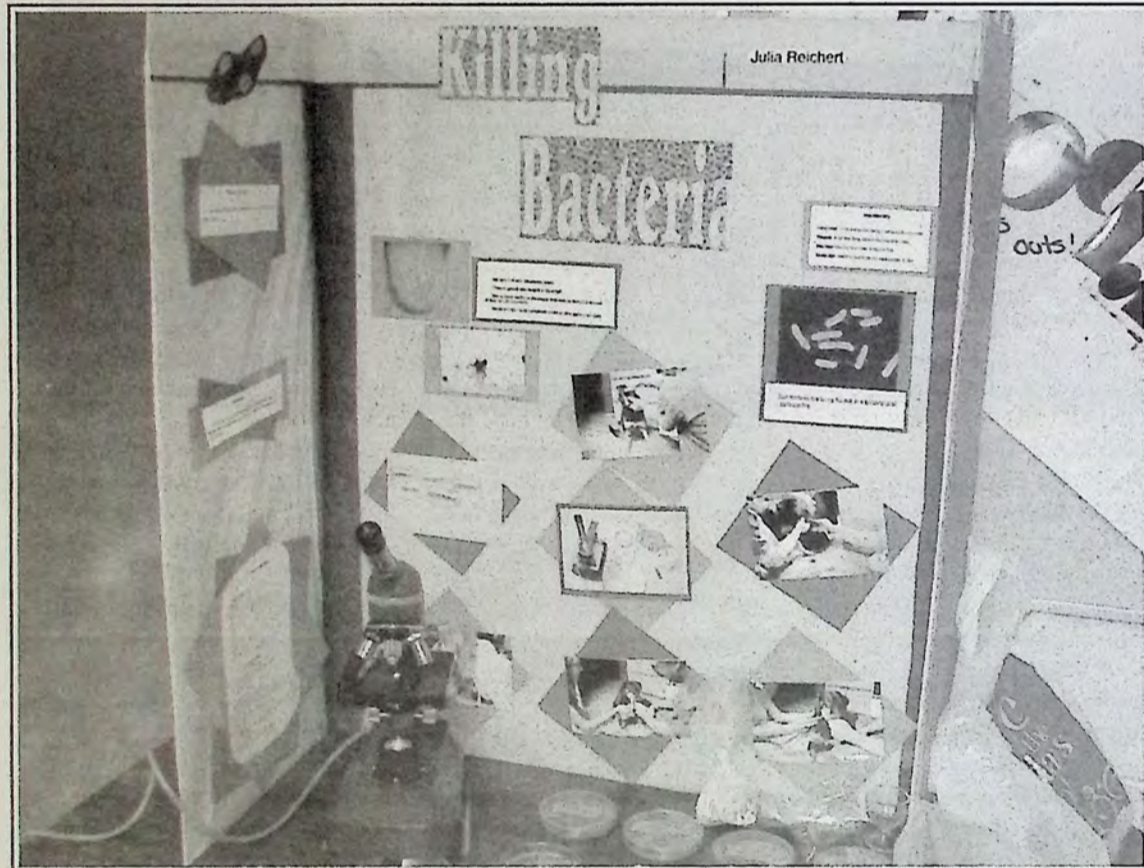
It takes a couple hours to make omelettes for 17 people on a woodstove cook top, but once everyone was stuffed full of eggs and the last of the Christmas baking all headed back down the trails to burn off the new calories. Everyone had a great day and all are looking forward to meeting Sunday at Nat Brown's trails where club members and friends will be anticipating the arrival of the Slovenian Olympic Nordic team members in a few short weeks. - submitted by Lorraine Stubbins

Princeton's horoscope

make dynamic changes. Sudden publicity could have unexpected consequences, but in the long run, despite the demands on the community, there will be a positive outcome. All this sounds like a struggle or uproar, but in fact Princeton is entering a year of powerful accomplishment during which the community will have greater control and responsibility in advancing its ambitions. A new sense of direction is emerging. Our attitude will be practical and calculating, and we will set new standards for achieving the kind of town we want. Things that held us back before are going to drop away while we work to full capacity with discipline, enterprise, endurance and determination.



PSS hosted the Grade 8 Science Fair just before the holiday. As always, the displays were impressive. *



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The News Leader's Brenda Engel and George Elliott celebrate a fresh start to a New Year with their dalmatian Eddie. The couple celebrate 5 years of running the paper on February 1st. *

Local independent paper turns 11

by W. George Elliott
News Leader Owner/Publisher

If you had told me five years ago that I'd be the owner of an independent newspaper I would have laughed. To say I would end up owning and operating an independent weekly community newspaper in BC, one of only a handful left in the province, would have been insane, but here we are five years later and the Similkameen News Leader is celebrating eleven years as an independent.

We did a two-page spread last year to mark our first decade so I don't plan on repeating that but do think it's important to point out that the past year has been pretty exciting for us at the News Leader.

I formed the company that bought this paper from the Johnson's in December 2003 and named it Bengel Publishing Inc. The name comes from combining the first initial and last name of my wife, Brenda Engel, to form a word.

I officially took over the operation of the business on February 1, 2004.

The road taken to get to where we are today has had its share of ups and downs, but it has been anything but boring.

2008 has been a huge year for us in the expansion of the business to incorporate more products and marketing tools.

The two biggest steps taken in the past year include a stable of internet projects including various websites, blogs and online business programs which are starting to take

hold and realize some of the potential we see for them.

Another big step was a new publishing product. Over the years the News Leader published not one, but two different tourist information guides. A couple years after I bought the business I phased out the Winter issue. In 2007 I seriously considered dropping the Summer issue, but decided at the last minute (thanks to the encouragement of some of the advertisers) that I should print one more.

We have always encountered difficulties in getting our guide distributed and opted for placing it ourselves in key high traffic business locations throughout the Similkameen Valley.

That move worked better than we had expected, so when 2008 rolled around I was quite certain I wasn't going to attempt to publish another information guide until an idea came to me from a conversation with Princeton Museum's Nick Mills.

"Princeton BC News" was born - an information guide with a twist, historic information and photos telling part of the story of Princeton.

Advertisers jumped on board almost instantly and we knew we had a hit on our hands. We printed two different issues last year and plan to publish three or four more in 2009. The product will also soon be launched as a stand-alone website on the history of Princeton.

Another huge step for us in the past year was the hiring of a sales-

man. John Gillis has been taking on part-time advertising projects and has been quite successful at it. Even more so interesting in that newspaper advertising is something he's never done before. We see great things in the future for John, and the News Leader.

In 2009 expect to see more 'extra' products and specialty items coming out. We are trying to be very careful in what all we produce as part of Bengel Publishing Inc. but some interesting propositions have come our way, so we see some interesting publishing products on the horizon.

I know it's pretty easy for me to just sit and say these things, but none of what we do would be possible if it wasn't for your support.

Whether you buy the News Leader every so often, or have a subscription, we thank you so very much in supporting our business.

To our many advertisers throughout the Similkameen Valley and beyond, we thank you so very much for your continued support.

Without it we wouldn't be here and we certainly would not be an independent newspaper.

We try very hard weekly to keep the main focus of our paper 100 percent local. There's always a local angle we try to find and we try hard to celebrate local people and local accomplishments.

Contributions from readers, local clubs and groups make it possible for us to keep doing this.

Thanks for all the help and here's to another eleven years or so!

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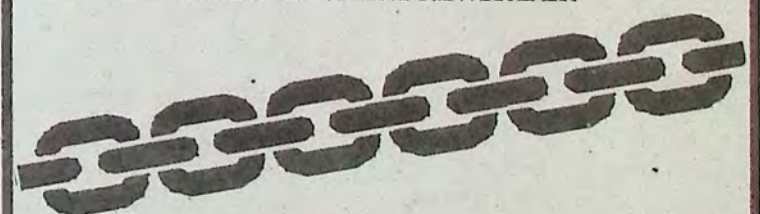
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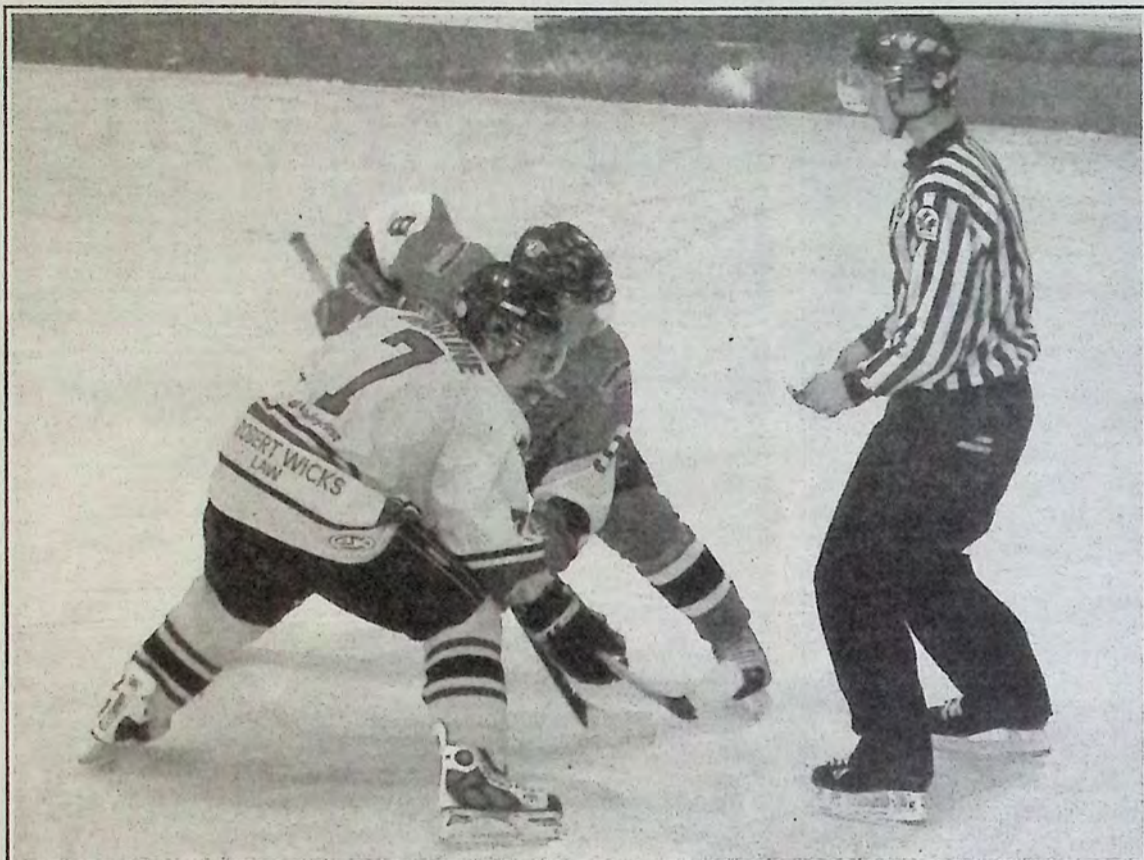
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weekly entertainment guide

TUESDAY, JANUARY 6, 2009 THROUGH MONDAY, JANUARY 12, 2009



Princeton Posse player Thierry Martine (#7) celebrated his birthday January 2nd playing in a game against Sicamous Eagles. Unfortunately the Posse did not celebrate with a win. *

Sicamous Eagles stuff Posse

The Christmas break may have been too long for the Valley First Princeton Posse, as they appeared a little sluggish in their first home game of 2009 on January 2nd against Sicamous Eagles.

It could have been the turkey and stuffing and it could have been a combination of delayed flights and bad roads, which saw a few players arrive later than planned missing at least one practice.

The game did see the return of Billy Marshall, wearing jersey #2 instead of #6, and fully recovered from a wrist injury he sustained early in the season as well as the return of veteran Brenden Stephen.

The game opened with a moment of silence in memory of 21-year old Don Sanderson, a defenseman with the Whitby Dunlops in Ontario's top senior amateur league who had died earlier in the morning in Hamilton after three weeks in a coma which occurred when his unprotected head struck the ice during a fight on December 12th.

Sanderson sustained massive head trauma after his helmet came off during the fight and he and the player he was fighting both fell to the ice during the scrap.

Sicamous scored first at 11:06 on the power play.

Princeton tied the game at 12:56 of the second period with a goal by Brooks Christensen with assists going to Spencer Brooks and Billy Marshall and added their second goal of the game at 12:44 (Matt Chomyc from Jason Alessio and Kyle L'Arrivee).

Sicamous tied the game up with

another goal at 12:29, which meant a total of three goals were scored in the span of 30-seconds.

Sicamous took the lead at 7:57 on the power play.

The third period saw Sicamous widen the gap at 12:38.

Probably the most amazing play of the game was at 13:44 when a loose puck bounced off the boards from a face off to Riley Ferster, who was just inside the blue line to the left of the Sicamous goal, who drilled the black chunk of rubber to the net which went high and bounced off of the face mask of Sicamous goalie Chris Kingdon.

"He didn't even flinch," commented webcast announcer George Elliott to which Posse colour commentator Kevin Darcy replied, "I don't think he even saw it."

Kingdon continued to play the rest of the game as if nothing had happened, that was until Princeton scored a power play goal at 4:49 (Jason Alessio from Matt Chomyc and Kyle L'Arrivee).

Princeton pulled goalie Tanner Sheridan in the final minute of play for an extra man but attempts to tie the game were unsuccessful.

The moment of silence at the beginning of the match must have set the tone for the rest of the game as there were only 16 minor penalties called (eight per team).

Final score: Sicamous 4, Princeton 3. Shots on goal: Princeton 38, Sicamous 32. The Princeton Dairy Queen/Overwaitea players of the game were: #3 - Jason Alessio, #2 - Nate Remple and #1 - Matt Chomyc.



Princeton's Kyle L'Arrivee (#24) tries to get the puck out from beside the Sicamous net in a game on January 2nd. *



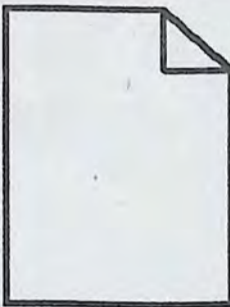
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Princeton's Jason Alessio (#17) watches his shot on goal bounce in front of Sicamous netminder Chris Kingdon in the first of two home games over the weekend at Princeton Arena. *

Summerland loses sting in Princeton

After what could only be described as an 'off' night for the Valley First Princeton Posse, the boys regrouped and virtually set Princeton Arena ablaze January 3rd when they hosted Summerland Sting.

Both teams played a lightning fast game which saw very few penalties (a total of eleven - six for Summerland and five for Princeton), and just a wide-open battle of speed and skill that was a joy to watch.

As the first period was drawing to a close, in probably the fastest 20-minute frame ever played in Princeton, Summerland surprised

the the home team with a quick goal with 13.6-seconds on the clock.

The last minute goal did not shift the momentum of the game as both teams continued to push at each other throughout the second period, which was when Princeton scored two goals. The first one was at 16:28 (Nolan O'Brien from Brooks Christensen) and the second was with 1:17 left in the period (Spencer Brooks from Brenden Stephan and Nick Cecconi).

The third period was no less exciting with Princeton widening their lead to 3-1 at 17:31 when Thierry Martine picked up the puck in the

Summerland zone and flipped a quick little backhander into the goal.

Summerland responded to Martine's unassisted goal with one of their own at 12:53.

Final score: Princeton 3, Summerland 2. Shots on goal: Princeton 27, Summerland 14.

The Princeton Dairy Queen/Overwaitea players of the game were: #3 - Kyle L'Arrivee, #2 - Nolan O'Brien and #1 - Thierry Martine.

Princeton's next home game is after the All-Star break, a mid-week contest on Wednesday, January 21st against Chase.



Princeton's Nate Rempel (#10) takes the face off during a game over the weekend at Princeton Arena. *

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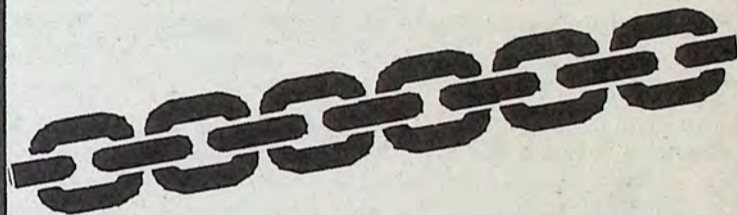
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TUESDAY, JANUARY 6, 2009

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WEDNESDAY, JANUARY 7, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM). Each cell contains program names and times.

News Leader Horoscopes

January 7 - 14, 2009

Aries - Career matters are difficult now and well into February. Problems with old family members may add to difficulties. You handle it calmly. Weekend brings insight.

Taurus - Look for surprise visit from friend this weekend. Career plans may have to be revised. Travel plans will not run smoothly. Watch out for injury to upper legs and hips. Take care.

Gemini - You may experience problems with money this week and next. Use charm in career. Parent is helpful. Guard against infection below the waist. Care for health.

Cancer - Financial plans you made awhile ago will have to be reviewed. A woman far from you brings pleasure in some way. Partner, friend or spouse is touchy: stick up for yourself calmly.

Leo - You need to be very careful of your health this month. Financial news is good, but money must be handled carefully. Stay home and rest this weekend. Partner is generous.

Virgo - Children or pets have, or are, problems this month. Partner, spouse or friend brings you cheer. Your health is improving and your job is rewarding, but rewards are delayed.

Libra - Problems are on the home front this month. Your house may need cleaning, repairs, or is just a source of trouble in some way. Job runs smoothly. Plans re child reviewed.

Scorpio - You may experience difficulties with communications this month, or you may hear bad news. Beware of problems with vehicle, or with running errands. Avoid colds.

Sagittarius - Money problems, or problems regarding what you value (or your valuables) may upset you. Expect a surprise this weekend at home. Avoid confusion in career goals.

Capricorn - Be very cautious about your health and safety this month. Be sure to keep your head warm to avoid illness. Good news comes, and surprising news lights up your weekend.

Aquarius - Take a good look at what is making you secretly angry, and face it honestly. This should be a good year for you, so look at all the ways you can improve yourself first!

Pisces - You are your best self this week, and you can gain much by working in a disciplined manner to achieve your goals. Groups you belong to may have problem: let them find solution.

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tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "Executive Decision" (1996, Action) Kurt Russell. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas.

EVENING

9:00 pm WTBS (3) ★★ ★ "Executive Decision" (1996, Action) Kurt Russell. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas.

wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "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.

EVENING

9:00 pm WTBS (3) ★★ ★ "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.

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.

VTV (2) "Of Murder and Memory" (2008, Drama) Annabeth Gish. Premiere. A former juror for a murder trial suspects that the convicted woman may be innocent. (In Stereo) (2)

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thursday movies

EVENING

7:00 pm WTBS (3) ★★ ★ "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole

within the organization.

10:30 pm WTBS (3) ★★ ★ "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole within the organization.

friday movies

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "Absolute Power" (1997, Suspense) Clint Eastwood. A veteran thief catches the president of the United States in adultery and a murder cover-up.

EVENING

6:00 pm SPIKE (4) ★★ ★ ★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

7:30 pm YTV (18) ★★ ★ "Aquamarine" (2006, Comedy-Drama) Sara Paxton. A mermaid washes ashore after a violent storm and enlists the help of two teenage girls in winning the heart of a handsome lifeguard. (In Stereo) (2)

FAM (26) ★★ ★ "Matilda" (1996,

Comedy) Mara Wilson. A little girl develops extraordinary mental abilities, despite neglectful parents and a brutal headmistress. (2)

9:00 pm WTBS (3) ★★ ★ "Absolute Power" (1997, Suspense) Clint Eastwood. A veteran thief catches the president of the United States in adultery and a murder cover-up.

FAM (26) "You Wish!" (2003, Fantasy) A.J. Trauth. An exasperated teen makes a wish that he didn't have a younger brother, and awakens to find that it has come true. (2)

10:00 pm KNOW (5) ★★ ★ "Picture of Light" (1994, Documentary) A film crew braves the rigors of the Canadian Arctic Circle in winter to document the beauty of the aurora borealis.

10:30 pm FAM (26) ★★ ★ "The Last Starfighter" (1984, Science Fiction) Lance Guest. The alien inventor of a video war-game whisks a teen into outer space to play it for real.

News Leader Recipe Corner

(Recipe #253)

Brought To You By: Similkameen News Leader

Walnut Crescent Cookies

(NC)—These rich, buttery cookies can be prepared days before the big party and are sure to wow your holiday guests. A sprinkle of vanilla sugar is a delightful addition to each crumbly bite.

- 2-1/3 cups flour (575 mL)
- 3/4 cup ground California walnuts (175 mL)
- 1/4 tsp salt (1 mL)
- 1/4 tsp cinnamon (1 mL)
- 1 cup icing sugar (250 mL)
- 1 tsp vanilla (5 mL)
- 2 eggs
- 1 cup cold butter, cubed (250 mL)
- 1/4 cup melted butter (50 mL)
- 1/3 cup vanilla sugar (75 mL)

In food processor, pulse together flour, walnuts, salt, cinnamon and icing sugar to combine. Pulse in vanilla and eggs. Add butter and pulse to form dough, about 30 seconds.

Shape dough into a disc and wrap in plastic wrap. Refrigerate for at least one hour and up to two days.

Preheat oven to 325°F (160°C).

Form chilled dough into little finger shaped cookies, about 1-1/4-inch (3 cm) in length. Shape into crescents and place on parchment lined cookie trays 1-inch (2.5 cm) apart. Bake in preheated oven 10 to 12 minutes or until bottoms are lightly browned.

Brush warm baked cookies with melted butter and roll in vanilla sugar.

Cool cookies completely on wire rack.

Makes about 60 cookies.

Source: www.walnutinfo.com.

- News Canada

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THURSDAY, JANUARY 8, 2009

	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 :30	Jeffersons	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Hoze King	CityLine	Unsolved Mysteries (N)	Traders
7 AM :30	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Food mistakes that parents make; Laird Hamilton; Govind	The Early Show (N)	The First 48	Good Morning America (N)			Razberry Animal	Hawks Scorpion	SportsCentre		Mega Builders	(6:56) Phineas	The Tyra Banks Show	Unsolved Mysteries (N)	The Outer Limits
8 AM :30	Cosby	Ad Pers	(7:58) Hi-5	Curious	Curious		The First 48		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		Toughest Race: Iditarod	Weekend K. Possible	Rachael Ray	Unsolved Mysteries (N)	North of 60
9 AM :30	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford	Armstrong (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record In Corner	Regis and Kelly	Daily Planet	Feet Tigger	Year in Review	Unsolved Mysteries (N)	Make What
10 AM :30	Trivial	The Mom Show	Sid (10:35)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	World Vsn House	Wilbur Doodlebop	George S. Jane	Desert Classic Darts	The View (N)	Dirty Jobs	Mickey Movers	The O.C.	Unsolved Mysteries (N)	The Nanny
11 AM :30	Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The First 48	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Premier League Poker II	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM :30	Fresh Pr.	Dinner Design U	Babar (12:37)	Charlie Rose	Paid Prog. Veggie	News (N) Bold & B.	The First 48	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Being Ian George S.	(Taped)	etalk	Mayday	(11:49) Weekend	CityLine	Unsolved Mysteries	Seinfeld
1 PM :30	Still Std	Home to Buy Me	Maggie Daniel	Landscape Quilting	Days of our Lives	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	Rodeo: PRCA	Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER "Ames vs. Kovac"	Unsolved Mysteries	Raymond Just Shoot
2 PM :30	King	Guiding Light (N)	(1:59) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	Unsolved Mysteries	Just Shoot Family Guy
3 PM :30	Seinfeld	Whose Wedding Is It?	(2:59) Zoboomafo o "Trucks"	Big World WordGirl	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What
4 PM :30	Payne	Debt Part Deal No	George S.	Fetch! Ruff Cyber	Judge J. Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. 22 Minutes	SpongeBob Scorpion	Hockey	Ellen DeGeneres Show	Daily Planet	Proud (4:36)	Law & Order: SVU	CSI: Crime Sen	Make Fashion
5 PM :30	Friends	News (N)	Martha (5:32)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	Football: FedEx BCS National	News (N)	Human Toolkit (N)	Suite Life Montana	Ugly Betty (N)	CSI: Crime Sen	Family Guy Seinfeld
6 PM :30	Friends	Global	Creatures	News-Lehrer	News Millionaire	News Hollywood	The First 48	News	News (N) ET Canada	ET Canada	News Drake iCarly	Scorpion	Championship - Florida vs. Oklahoma. (Live)	News (N)	Connected (N)	Zoey 101 Life Derek	30 Rock (6:31) 30	TNA iMPACT! (N)	Seinfeld Raymond
7 PM :30	Movie: "The Recruit" (2003, Suspense) Al Pacino.	El News The Insider	Strange Days	Educating Spokane	Jeopardy! Fortune	The Doctors	The First 48	Entertain The Insider	Entertain ET Canada	The Unit	Coronatn Jeopardy!	Scorpion Frank Ptrl		etalk Hollywood	MythBusters	Wizards So Raven	Murdoch Mysteries	Family Guy	Married...
8 PM :30	Family Guy	Movie "Name Earl Kath &	Palin's Europe	Poirot	Name Earl Kath &	CSI: NY	The First 48	Ugly Betty (N)	Life (N)	Life	The Nature of Things	Malcolm Futurama		CSI: NY	Daily Planet	Suite Life Sadie	News (N) (8:35) News	TNA iMPACT! (N)	Seinfeld
9 PM :30	Family Guy	Movie "We Built This City"	New Tricks	The Office (9:31) 30	CSI: Crime Sen	The First 48	Grey's Anatomy (N)	The Office Billable	The Office Billable	Doc Zone (N)	Adrenaline Prank Ptrl	Sports Golf: 2008 World Long Drive Champ.		Grey's Anatomy (N)	Deadliest Catch	Montana Life Derek	(9:06) Jimmy Kimmel		Just Shoot
10 PM :30	Seinfeld	Movie: "The Recruit" (2003)	Vertical Design e2	Soundstage (N)	(10:01) ER (N)	(10:01) Eleventh Hour	The First 48	(10:01) Private Practice (N)	The Unit	News Hour Final (N)	National Falcon Beach			(10:01) ER (N)	Human Toolkit	School Cory	Flavor of Love	MANswers	Married... Raymond
11 PM :30	Eastwood.	News (N) Guy Stuff	Super Kids	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	The First 48	News (11:35)	News (N) ET Canada	Entertain (11:05) The Hour	Mystery Ghost	SportsCentre (Live)		News (N)	Connected	Suite Life Life Derek	Judge Paid Prog.	Disorderly Con.	Just Shoot

FRIDAY, JANUARY 9, 2009

	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 :30	Jeffersons	News (N)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Hoze King	CityLine	Unsolved Mysteries	Adventures of Sinbad	
7 AM :30	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Kathy Bates; Howie	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Scorpion	SportsCentre		Monster Moves	(6:56) Phineas	The Tyra Banks Show	Unsolved Mysteries (N)	The Outer Limits	
8 AM :30	Cosby	Ad Pers	(7:58) Hi-5	Curious	Mandel; Lidia Bastianich;		Cold Case Files		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	Unsolved Mysteries (N)	North of 60	
9 AM :30	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford	Cheryl Scruggs (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why! Gofrette	Berenstain Timothy	Off-Record NFL Films	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries (N)	Tube Tales What	
10 AM :30	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (El)		The Price Is Right (N)	CSI: Miami "Shootout"	The View (N)	Hospital for Sick Kids	World Vsn House	Wilbur Doodlebop	George S. Jane	Desert Classic Darts	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C. TIFF City	Unsolved Mysteries (N)	The Nanny	
11 AM :30	Harvey	One House Designer	Rolie Polie Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Premier League Poker II	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210	
12 PM :30	Fresh Pr.	Eat, Shrink Design U	(12:01) (12:38)	Charlie Rose	Paid Prog. Turbo	News (N) Bold & B.	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News CBC News	Being Ian George S.	(Taped)	etalk	Human Toolkit	(11:49) Weekend	CityLine	Unsolved Mysteries	Seinfeld	
1 PM :30	Still Std	Home to Buy Me	Maggie Daniel	Watercolor Beads Bbl	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)	Martha Stewart	Jacob Erky Perky	Rodeo: PRCA	Sue Thomas: F.B.Eye	Connected	Dragon Emperor	ER	Unsolved Mysteries	Raymond Frasier	
2 PM :30	King	Guiding Light (N)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	Unsolved Mysteries	Frasier Frasier	
3 PM :30	Seinfeld	Whose Wedding Is It?	(2:59) Zoboomafo o "Green Creatures"	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What	
4 PM :30	Payne	Debt Part Deal No	George S.	Biz Kid\$ Cyberchas	Judge J. Judge J.	Oprah Winfrey	CSI: Miami "Shootout"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Air Farce	SpongeBob Scorpion	NBA Basketball: Memphis Grizzlies at Toronto Raptors.	Ellen DeGeneres Show	Daily Planet	Proud (4:36)	Law & Order: SVU	CSI: Crime Sen	Tube Tales	
5 PM :30	Movie: "Absolute Power" (1997, Suspense) Clint Eastwood.	News (N) The Insider	Martha (5:33)	BBC News Business	News (N) NBC News	News (N) CBS News	CSI: Miami	News ABC News	News (N) Global	(4:59) News (N) ET Canada	Simpsons Fortune	OddParent SpongeBob	Grizzlies at Toronto Raptors.	News (N)	Discovery Project Earth	Suite Life Montana	Mantracker	CSI: Crime Sen	Family Guy	
6 PM :30	Movie: "Absolute Power" (1997, Suspense) Clint Eastwood.	Global	Heads Up Time	News-Lehrer	News Millionaire	News Hollywood	CSI: Miami	News	News (N) ET Canada	ET Canada	News iCarly	Scorpion Frank Ptrl		News (N)	Man vs. Wild "Siberia"	Zoey 101 Buzz	Lipstick Jungle (N)	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	Seinfeld Family Guy	
7 PM :30	Seinfeld	El News The Insider	Hockey	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors	CSI: Miami	Entertain The Insider	Entertain ET Canada	NUMB3RS (N)	Coronatn Jeopardy!	Scorpion Movie: "Aquamarine" (2006)		etalk Hollywood	Wizards Dark Fellow.	Movie: "Matilda" (1996)	News (N) (8:35) News		Seinfeld	
8 PM :30	Family Guy	THIS Investigates	Poirot (N)	Bill Moyers Journal (N)	Howie Do It "Pilot" (N)	Ghost Whisperer (N)	Criminal Minds	Wife Swap (N)	Howie Do It "Pilot" (N)	Howie Do It "Pilot" (N)	Mercer Marketple	Sara Paxton	Off-Record	Sports Whisperer (N)	Daily Planet	Man vs. Wild "Siberia"	Movie: "You Wish!" (2003)	(9:06) Jimmy Kimmel	MANswers	Family Guy
9 PM :30	Movie: "Absolute Power" (1997, Suspense) Clint Eastwood.	Dalziel & Pascoe	NOW Served	Lipstick Jungle (N)	Flashpoint "Eagle Two"	CSI: Miami	Supernanny (N)	Friday Night Lights	Friday Night Lights	Just for Laughs (N)	Boxing: Friday Night Fights. (Same-day Tape)	Falcon Beach Mystery		Flashpoint "Eagle Two"	Man vs. Wild "Siberia"	Movie: "The Last Starfighter" (1984)	(9:06) Jimmy Kimmel	MANswers	Family Guy	
10 PM :30	Movie: "Absolute Power" (1997, Suspense) Clint Eastwood.	20/20 (N)	Movie: "Picture of Light" (1994)	The Vicar of Dibley	Dateline NBC	NUMB3RS	CSI: Miami	20/20 (N)	NUMB3RS (N)	News Hour Final (N)	National Falcon Beach			Raising the Bar "Pilot"	Discovery Project Earth	Movie: "The Last Starfighter" (1984)	(10:06) Party Poker	Samurai	Raymond	
11 PM :30	Eastwood.	News (N) Guy Stuff	Halda Art	Austin City Limits	News (N) Tonight	News (N) Late Show	CSI: Miami	News (11:35)	News (N) ET Canada	(11:03) ECW (N)	Mystery Ghost	SportsCentre (Live)		News (N)	Dark Fellow.	Judge Paid Prog.	MXC	MXC	Frasier	

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 #155 - Rated Easy

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

CHALLENGE #156 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

saturday movies

MORNING

- 8:30 am A&E (9) ★★★½ "Fight Club" (1999, Suspense) Brad Pitt. Premiere. Two young professionals create an underground club where men can compete in hand-to-hand combat. [E]
- 10:00 am WTBS (3) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. [E]
- 11:30 am A&E (9) ★★ "Road House" (1989, Action) Patrick Swayze. Hired to tame a rowdy Missouri bar, a Ph.D. bouncer romances a doctor and tames the whole town. [E]

AFTERNOON

- 12:00 pm FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. [E]
- SPIKE (44) ★★★ "In the Line of Fire" (1993, Suspense) Clint Eastwood. An assassin toys with a White House Secret Service agent haunted for 30 years by his failure in 1963 Dallas. (In Stereo)
- 1:30 pm FAM (26) ★★½ "Gotta Kick It Up" (2002, Drama) Susan Egan. A teacher inspires a group of Latina schoolgirls to reach for their full

- potential and become a championship dance team. [E]
- 3:00 pm SPIKE (44) ★★★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)
- 4:00 pm YTV (18) "Zorro and the Scarlet Whip Revealed!" Premiere. Zorro and the Scarlet Witch must battle the evil Catalano brothers using low-tech gadgets. (In Stereo) [E]
- 5:00 pm WTBS (3) ★★★ "Disclosure" (1994, Suspense) Michael Douglas. A computer-firm boss seduces her married co-worker, then accuses him of sexual harassment. [E]

EVENING

- 6:00 pm CITY (29) "Christie's Revenge" (2007, Drama) Danielle Kind. Premiere. A woman seeks vengeance against the man she blames for the death of her father. [E]
- SPIKE (44) ★★★ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo) [E]

- 7:00 pm KSPS (6) ★★★ "Ben-Hur" (1959, Historical Drama) Charlton Heston. An enslaved Judean prince meets his Roman betrayer, a former friend, in a chariot race. [E]
- 7:30 pm WTBS (3) ★★ "Suspect Zero" (2004, Suspense) Aaron Eckhart. With help from his former partner, an FBI agent searches for a man who is hunting and murdering serial killers. [E]
- 9:00 pm FAM (26) ★★ "Little Big League" (1994, Comedy) Luke Edwards. The 12-year-old heir and manager of the Minnesota Twins coaches the baseball team to a winning streak by teaching the players to love the game once more. [E]
- SPIKE (44) ★★½ "Red Dawn" (1984, Action) Patrick Swayze. Colorado teens fight back after Soviet-led paratroops drop into town for World War III. (In Stereo)
- 10:00 pm WTBS (3) ★★ "Mimic" (1997, Horror) Mira Sorvino. Married scientists battle killer cockroaches with the ability to assume human form.
- 10:30 pm FAM (26) ★★★ "Men in Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. [E]

sunday movies

MORNING

- 8:30 am WTBS (3) ★★ "Richie Rich" (1994, Comedy) Macaulay Culkin. The boy zillionaire saves his parents and Rich Industries from a scheming executive. [E]
- 9:00 am A&E (9) ★★ "Road House" (1989, Action) Patrick Swayze. Hired to tame a rowdy Missouri bar, a Ph.D. bouncer romances a doctor and tames the whole town. [E]
- 10:30 am WTBS (3) ★★½ "Housesitter" (1992, Comedy) Steve Martin. An architect has a girlfriend who won't move into his house and a dizzy woman who won't move out. [E]

AFTERNOON

- 12:00 pm FAM (26) ★★★ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. [E]
- 12:30 pm WTBS (3) ★★★ "About Schmidt" (2002, Comedy-Drama) Jack Nicholson. A 66-year-old retires, deals with his wife's sudden death and tries to stop his daughter from marrying a salesman. [E]
- 1:30 pm FAM (26) ★★ "Blank Check" (1994, Comedy) Brian Bonsall. An 11-year-old cashes a crook's check for \$1 million and becomes the envy of his family. [E]
- 3:00 pm WTBS (3) ★★ "Suspect Zero" (2004, Suspense) Aaron Eckhart. With help from his former partner, an FBI agent searches for a man who is hunting and murdering serial killers.
- SPIKE (44) ★★★ "Star Wars V: The Empire Strikes Back" (1980, Science Fiction) Mark Hamill. Yoda teaches Luke Skywalker to be a Jedi knight, and Han Solo woos Princess Leia, as Darth Vader returns to threaten the rebel forces trying to save the galaxy. (In Stereo) [E]
- 4:00 pm YTV (18) ★½ "Catch That Kid" (2004, Adventure) Kristen Stewart. With help from her two friends, an adventurous 12-year-old plots to rob a bank to pay for her father's surgery. (In Stereo) [E]
- 5:00 pm WTBS (3) ★★½ "Cellular" (2004, Suspense) Kim Basinger. A young man tries to help a kidnapped stranger after she contacts him on a cell phone. [E]
- CBC (13) ★★★ "Eight Below" (2006, Adventure) Paul Walker. Members of a scientific expedition must leave their beloved sled dogs

behind in the frozen wilderness of Antarctica. (In Stereo) [E]

EVENING

- 6:00 pm YTV (18) ★★½ "Alex Rider: Operation Stormbreaker" (2006, Action) Alex Pettyfer. A teenage spy for MI6 investigates a billionaire who may have an ulterior motive for his recent donation of computers to England's schools. (In Stereo) [E]
- SPIKE (44) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
- 7:00 pm WTBS (3) ★★½ "Cellular" (2004, Suspense) Kim Basinger. A young man tries to help a kidnapped stranger after she contacts him on a cell phone. [E]
- 9:00 pm WTBS (3) ★★½ "Housesitter" (1992, Comedy) Steve Martin. An architect has a girlfriend who won't move into his house and a dizzy woman who won't move out. [E]
- CHBC (4) ★★ "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. [E]
- FAM (26) ★★★ "Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his adorable adopted daughter.
- 10:30 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. [E]

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ADVICE AND TIPS ON HOW TO GET FITTER!

SATURDAY, JANUARY 10, 2009

Table for Saturday, January 10, 2009. Columns include channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and time slots (6:00 AM to 11:00 PM) with program titles.

SUNDAY, JANUARY 11, 2009

Table for Sunday, January 11, 2009. Columns include channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and time slots (6:00 AM to 11:00 PM) with program titles.

MONDAY, JANUARY 12, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (49)
6 AM	Jeffersons	News (N)	(6:12) George S.	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentr e	Canada AM	Daily Planet	Hoze King	CityLine	Pros vs. Joes	Once a Thief
6:30 AM	Jeffersons	Tube Tales	George S.	Lions								Team							
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Hawks	SportsCentr e		Cash Cab	(6:56)	The Tyra Banks Show	Married...	The Outer Limits
7:30 AM		That News	Dora	Martha							Animal	Scorpion		Out Cold	Phineas			Married...	
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentr e		How-Made	Weekend	Rachael Ray	Married...	North of 69
8:30 AM	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata		How-Made	K. Possible			Married...	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	CSI: Miami "Cop Killer"	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	TV Made
9:30 AM	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	Fishing		Tigger	City		Mysteries	What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View Ann Coulter	World Vision	Debt Part	Wilbur	George S.	PBA Bowling	The View Ann Coulter	Ult Cars	Mickey	The O.C.	Unsolved Mysteries (N)	What
10:30 AM	Trivial		(10:36)							House	Doodlebop	Jane		Destroyed	Handy				The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt		Twice in a Lifetime	Mega Builders	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210
11:30 AM	Harvey	Designer	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Willi	Golf: 2008			(11:25) King			
12 PM	Fresh Pr.	Dinner	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	World Long Drive Champ.	etalk	Super Ships	(11:49)	CityLine	CSI: NY	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:39)	Rose	Paid Prog.	Bold & B.					CBC News	George S.		Bold & B.	Weekend				Seinfeld
1 PM	Still Std	Home to	Maggie	Fine Art	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)	Martha Stewart	Jacob	Rodeo: PRCA	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon	ER "Jigsaw"	CSI: NY "Time's Up"	Raymond
1:30 PM	Still Std	Buy Me	Daniel	Sewing							Erky Perky				Emperor				Raymond
2 PM	King	Guiding Light (N)	(2:01)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBuster s	(1:54)	News (N)	CSI: NY	Raymond
2:30 PM	King		BluesClues	WordWorld							Ruby	Interruptio			K. Possible				Raymond
3 PM	Seinfeld	Whose Wedding Is It?	(3:01)	Big World	Judge	Dr. Phil	CSI: Miami "Cop Killer"	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	Destroyed	Replace	News (N)	Movie: "Star Wars VI: Return of the Jedi" (1983)	What
3:30 PM	Friends		Zoboomafo o Scary-	WordGirl	Judge						Food	Pokemon	Sports		Emperor				What
4 PM	Payne	Debt Part	looking ani-	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Inside	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	Mark Hamill.	TV Made
4:30 PM	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No		Global	Red Green	Scorpion	NBA	News (N)	MythBuster s	(4:36)			That News
5 PM	Movie: "Lethal Weapon 2"	News (N)	Martha	BBC News	News (N)	News (N)	Intervention "Phillip"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Basketball: Toronto Raptors at Boston Celtics.	News (N)	MythBuster s	Suite Life	The Bachelor (N)		Tube Tales
5:30 PM	Movie: "Lethal Weapon 2"		(5:33)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		News (N)	Dirty Jobs	Montana			What
6 PM	Mel Gibson, Danny Glover.	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention (N)	News	News (N)	ET Canada	News	Drake		News (N)	Dirty Jobs	Zoey 101	Movie: "Resident Evil" (2002)	Milla Jovovich.	Make TV Made
6:30 PM		News	Mechanics	Millionaire	Hollywood			News		Entertain	iCarly				Life Derek	Less-Kind			TV Made
7 PM	Seinfeld	The Insider	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Intervention "Pam"	Entertain	Entertain	Cold Blood (N)	Coronatn	Scorpion	SportsCentr e (Live)	etalk	Verminator s	Wizards	True Beauty (N)		Soap
7:30 PM			Landscape	Chronicles	Fortune			The Insider	ET Canada		Jeopardy!	Prank Ptrl		Hollywood	So Raven				Reality
8 PM	Family Guy	The Soup	History of Britain	Antiques Roadshow (N)	Superstars of Dance (N)	Big Bang	Paranormal State	The Bachelor (N)	24 (N) (PA)	24 (N) (PA)	Mosque	Malcolm		Big Bang	Daily Planet	Suite Life	News (N)	MANswers	Deal-No Deal
8:30 PM	Family Guy	How I Met				How I Met					Sophie (N)	Futurama	Off-Record	Two Men		Sadie	(8:35) News	MANswers	
9 PM	Movie: "On Deadly Ground"	Rules	Samuel John.	The Story of India (N)		Two Men	Intervention "Phillip"	Samantha			Being Erica (N)	Prank Ptrl	Poker Champ.	Two Men	Dirty Jobs	Montana	(9:06)	CSI: NY	Seinfeld
9:30 PM	Movie: "On Deadly Ground"	Worst				Worst					Zixx Level			(9:31)	Life Derek	Jimmy Kimmel			Seinfeld
10 PM	(1994, Action)	Momma's Boys (N)	The Bully's Mark (N)	The Story of India (N)	Momma's Boys (N)	CSI: Miami (N)	Intervention	True Beauty (N)	Momma's Boys (N)	News Hour Final (N)	National	Falcon Beach	Rodeo: PRCA	CSI: Miami (N)	Verminator s	School	Rock of Love	Disorderly Con.	Married...
10:30 PM														News (N)	MythBuster s	Cory			Raymond
11 PM	Sanford	News (N)	Ravens	Charlie Rose	News (N)	News (N)	Intervention "Pam"	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentr e (Live)	News (N)	MythBuster s	Suite Life	Judge	MANswers	Raymond
11:30 PM	Montel W.	Guy Stuff	Landscape		Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)		Life Derek	Paid Prog.	MANswers	Raymond

monday movies

AFTERNOON

3:00 pm SPIKE (44) ★★½ "Star Wars VI: Return of the Jedi" (1983, Science Fiction) Mark Hamill. Luke Skywalker, now an experienced Jedi knight, tries to discover Darth Vader's identity. (In Stereo)
 5:00 pm WTBS (3) ★★½ "Lethal Weapon 2" (1989, Action) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs.

EVENING

6:00 pm SPIKE (44) ★½ "Resident Evil" (2002, Horror) Milla Jovovich. Premiere. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo)
 9:00 pm WTBS (3) ★★ "On Deadly Ground" (1994, Action) Steven Seagal. An oil-company trouble-shooter must blow up his employer's unsafe refinery to protect Inuit land in the far North.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



obituary

obituary

notices

Carol Ann Lambert

December 12, 1952 - December 29, 2008



It is with great sadness that we announce the passing of Carol after a courageous battle with cancer. Carol is predeceased by her grandparents Gordon and Vivian Smith of Kirkland Lake, Ontario and her oldest brother David Leclair of Hinton, Alberta and she is survived by her loving husband of 33 years Gary, daughters Leanne (Bob), Trish (Tim) and grandchildren Courtney, Dillon, Cody, Chase, Morgan and Ann. She also leaves behind her mother Joan, father Ed (Ginette), brother Danny, sister Sandy (Pat), numerous extended family, friends and her faithful companion Rotti.

Carol was born in Kirkland Lake, Ontario. In 1969 she moved to Ashcroft where she met and married Gary and started their family. She will be remembered for her sense of humour and her strength and love of life. She enjoyed playing bingo, camping, ATVing and spending time with family and friends.

Should friends so desire donations in Memory of Carol may be made to either the Canadian Cancer Society, Box 862, Ashcroft, BC V0K 1A0 or the Scleroderma Society, Box 218 Delta Main, Delta, BC V4K 3N7.

We will all miss you, Carol!

Thompson Valley Funeral Home, Ashcroft entrusted with arrangements.

in memory

in memory

Diana Lee Smith

October 4, 1953 - December 28, 2007

It has been a year now since you left, and we still find ourselves looking for you every now and again.

We knew you had to leave, but we didn't want you to go...it was too soon.

We know you are in a better place, and that your presence is in our hearts and memories.

When others say your name, or when the grand kids ask for 'Granny,' we hurt a little, but we smile a lot.

Missing you always, Mom (and Granny!)

Love,
Jerry, Lori, Shane, Justin, Jason, Jordyn, Jarod, Halley, Stran and Andy.

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Jul 06-tfn

for rent

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For rent immediately - clean, cozy 2-bedroom mobile home in adult park. Covered carport. Quiet area, close to town. Call (250) 295-6760 during office hours or (250) 295-6775 after hours. Nov 04th

1-bedroom suite, downtown. Close to everything. Call Sharon (250) 295-1845. Nov 25th

Princeton Castle Resort

2-bedroom apartment, fully furnished. \$700.00 per month (includes utilities and cable).

1-bedroom loft, fully furnished. \$500.00 per month (+\$100.00 utilities and cable).

Luxury chalets from \$1,200.00 to \$1,500.00 per month, includes utilities+.

Call (250) 295-7988. Nov 25th

wanted

Similkameen News Leader classified ads get read. See what we mean? Call (250) 295-4149 for details. Nov 18th

WANTED: DEAD OR ALIVE!

Large construction equipment. Cats, bulldozers, etc. Call Scotty at (250) 295-0101. Oct 28th

for sale

Sheltie doodle. Male, 6 months old. Up-to-date shots, \$295.00. Contact by e-mail rcarle55@sympatico.ca or (250) 295-0409. Dec 16 Jan 09

Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988. Nov 25th

1995 Chevy Silverado truck. Half ton, extended 4x4, low kilometres, loaded. Asking \$6,000.00. Call (250) 295-7866. Jan 06-20

notices

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Thursday Nights
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Legion Hall, Bridge Street
4:00 PM - Doors Open/Sales Start
5:30 PM - Numbers Called

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notices

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List your rental ad here for \$6.50 a week. Call (250) 295-4149. Sep 03th

found

Keys with blue tag on Old Hedley Road at 'Christmas Tree.' Call (250) 295-6104. Dec 16-Jan 09

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WEEKLY DEADLINE IS 12 NOON FRIDAYS



Princeton Posse

KIJHL Junior 'B' Hockey Club

2008/09 Similkameen News Leader Clip 'n' Save Game Schedule

HOME

Wed, Jan 21 - Chase
Fri, Jan 30 - Revelstoke
Sat, Jan 31 - Kamloops

Fri, Feb 6 - Kimberley
Sat, Feb 14 - Revelstoke
Sun, Feb 15 - Sicamous
Fri, Feb 20 - Chase

Home Game Webcasts:
www.kijhl.com

AWAY

Fri, Jan 9 - Sicamous
Sat, Jan 10 - Revelstoke
Fri, Jan 23 - Fernie
Sat, Jan 24 - Kimberley
Sun, Jan 25 - Creston

Sun, Feb 8 - Summerland
Fri, Feb 13 - Chase
Wed, Feb 18 - Summerland
Sat, Feb 21 - Revelstoke

www.princetonbcnews.com

sudoku



SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #155 - Easy

743 265 198
196 748 235
285 139 647
958 471 326
627 893 514
314 526 789
479 612 853
832 957 461
561 384 972

CHALLENGE #156 - Hard

317 248 956
645 139 728
982 675 143
834 596 271
526 817 439
791 324 685
259 481 367
163 752 894
478 963 512

RESUME

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notices

Narcotics Anonymous

OPEN MEETINGS
Wednesdays 7:30 PM

160 Old Hegley Road
Baptist Church Basement
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Drinking a problem?

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Fred 295-7272/Marena 295-7663

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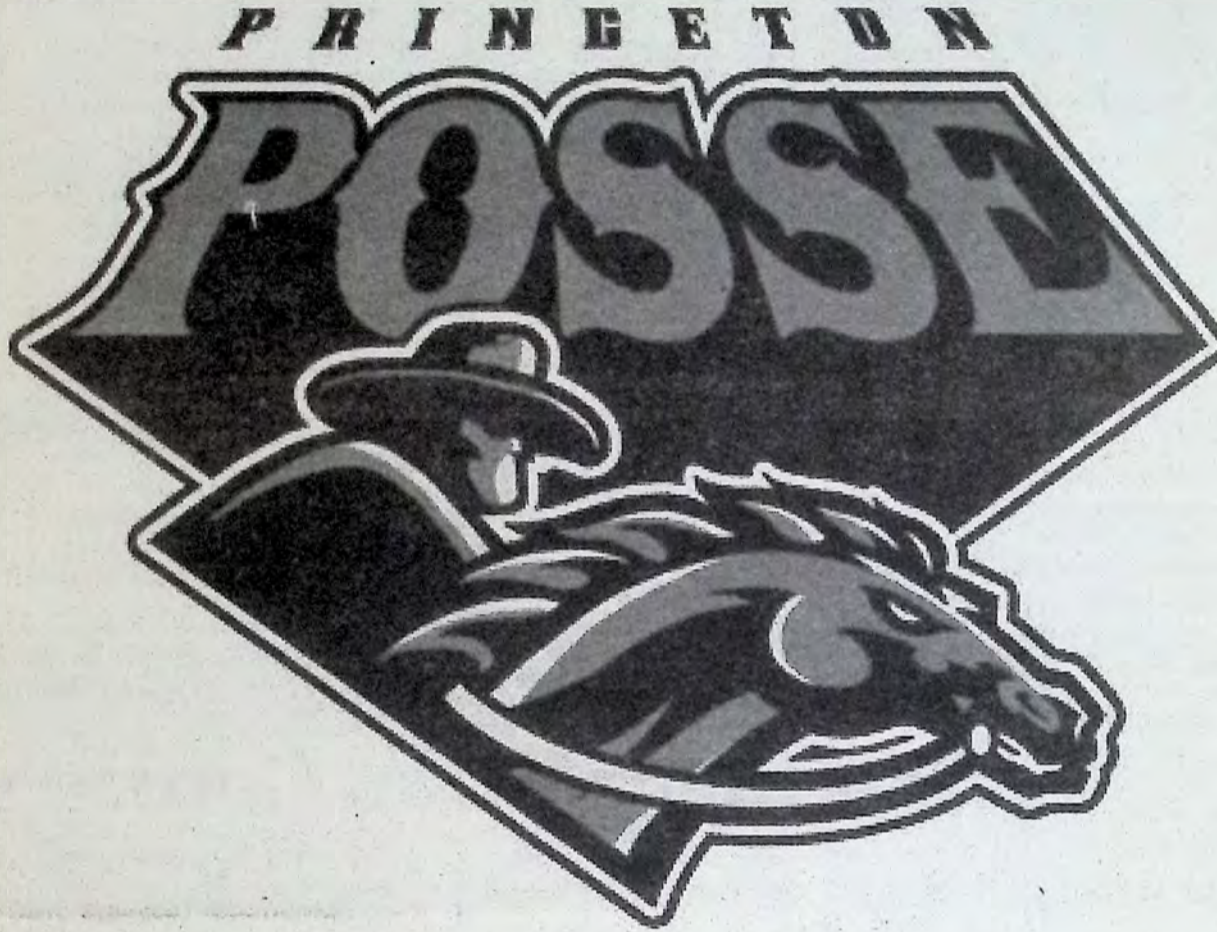
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Signed _____



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my turn

I resolve not to make resolutions

There's something about this time of year that really annoys me. It's all about New Year's Resolutions.

I can't remember the last time I made any. I think it's because I eventually realized all I was doing was making promises I couldn't keep, which is really out of character for me. I rarely break promises. But I'm also very careful when I say 'I promise...' to something.

Maybe that's what bothers me about resolutions.

We've all done it.

"I plan to quit (fill in your current vice) this year" is the way it always starts, but a few weeks into the New Year we're right back to where we started.

Why do you think weight loss programs and fitness equipment sales seem to suddenly be everywhere you look in January? It's all part of the plot to force you to stick with your resolution. It's the only legal way to publicly shame you into repeating that line you said just before midnight on December 31st a few drinks and platefuls of snacks before the counter rolls over to "000000" and starts counting again.

And I'm just as guilty. Our shed and front deck is littered with ab gadgets, leg gadgets, arm gadgets and other apparatus I don't remember how to get on let alone use properly, but I got sucked in by the pretty girl on the shopping channel who promised me I'd look like some amazing hunk if I used her specially designed product.

There's another thing I dislike about New Year's Resolutions.

There's some sort of train of thought that we need the first day of the New Year as our starting point to get healthy or to stop whatever it is we promised to stop.

Here's the part you may not realize: you can start to stop whatever you plan to change at any time in the year!

I have personally chosen to get serious about my fitness. I turned 48 a few weeks ago and set a goal of improving my health by the time I hit 50. I think it's an attainable goal and I was in pretty good shape a few years ago so it's not like I'm trying something I have never done before.

I even started a blog online to assist me in keeping motivated and maybe along the way I may motivate others to do the same. The blog is located at: www.lovechunk.info.

It's not a New Year's Resolution for me. It's just something I want to do for myself and I don't need to start on January 1st nor do I need to be around a bunch of people making silly resolutions to inspire me.

I know what my plan is, I have a timeline, I have numerous goals in mind to assist along the way and I know I can do it.

And I promise I will.

I also hope that if you have made any New Year's Resolutions that they are goals you can actually reach and that they are goals you honestly want to reach. That makes it so much easier.

Good luck, and have a happy and successful 2009!

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



your turn

Man dislikes Gordon's message

To The Editor;
RE: Gordon Campbell's New Year's Message

On his New Year's Message our Premier asks us to help him on his policy for the future.

In my opinion he has never listened to the average person in this Province. The only thing he has ever done is look down on poor and average people. From his first term in office he has shown nothing but contempt.

His government has shown their idea of democracy is to stampede on poor and the working man.

They started by cutting people from welfare and furthermore making it almost impossible of getting welfare in the first place. They are also the ones who tore up legal negotiated labour contracts from healthcare workers by laying off union workers and hiring new workers from the companies of their friends at much lower wages.

It is the government that has been investigated for criminal activities and wrong doing by the RCMP. Our Premier hit the low point when he got convicted for drunk-driving in another country. I

still wonder who paid for his legal costs and fines.

He showed his arrogance by coming to us teary-eyed for forgiveness from us. With all the turmoil going on in Ottawa at the present time and the election here in the horizon I have to wonder about the quality of our politicians in Canada. As it is today when a separatist party will hold the power in Canada.

Only in Canada, you say? I am one ticked off Canadian!

- Yukon Eric Holopainen, Princeton

Letter To The Editor

Tulameen residents say thanks

To The Editor:

On December 9th our residence was destroyed by a fire that was caused by a chimney being too close to the house frame.

The Tulameen Volunteer Fire Department did an awesome job of saving the main structure and kept the fire from spreading to adjacent residences.

We were amazed by the number of

Tulameen residents who came forth with generous offers of accommodation, clothing, food, cash and whatever else we might need.

It was gratifying to see how a small community like this comes together in times of crisis...so, a sincere thanks to you all!

We wish everyone a healthy and happy and safe New Year!

- Gerry & Judy Hughes, Tulameen

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Current Comment:

Who were these people?



Dawn Johnson
editor@thenewsleader.ca

There is an oasis in Egypt where Canadian archaeologists are digging into people from the ancient past.

Usually, when we think of archaeology in Egypt, we think of ancient temples and tombs of kings, but the dig I refer to is far from such illustrious features and reveals far older human remains. Far out in the desert sands, there are remains of people who lived in a village 400,000 years ago. Nearly half a million years ago, those people were building dwellings and living their lives.

Stone tools have been found at the site.

Archaeologists know what some of the tools were used for, but others remain a mystery. The identifiable tools were used for scraping hides, cutting things, and for weapons.

From the bones recovered, archaeologists know these people were smaller than today's people, and suffered from the same diseases we have today.

They died of infections, cancer, and physical trauma.

There is not a lot of evidence of war, so they were probably a peaceful people.

My curiosity is greatly aroused by those ancient people. We have no other archaeological site in the world that dates settlement back to 400,000 years ago.

A cave in France covered with paintings was considered a great find and so was a 40,000 year old lakeside settlement in France, but the oasis dig in the Sahara is ten times older.

Who were those people?

What can we surmise about those people of so long ago, and what does it tell us about who we are?

The first thing that came to my mind is the concept of settlement in a village.

The usual image of people that long ago is cave dwellers wearing skins and wandering from place

to place in search of food. The ancient settlement in Egypt contradicts that image.

When people settle and build permanent dwellings, they are not roving around after game or grain. They are likely to be harvesting what they need right where they are. At the time those people lived in that area of Egypt, it was not a desert. They lived on the shores of a big lake, where they probably found fish, and perhaps shellfish. No doubt edible animals came to the edge of the lake for a drink, and no doubt these villagers hunted and killed the animals for food.

We do not know what sort of other foods may have been growing by that lake, but we could guess there would be dates and some sort of root vegetables, and berries, and perhaps some kind of grain. Africa is rich in food plants, nearly as rich as North America was. Those people were able to live comfortably in a village.

What else does this tell us? For one thing, as soon as people settle down and live in a village, division of labour takes place. People good at one thing will concentrate on doing that, while others do other things.

Those who were good at fishing could catch fish and those good at making clay bricks and building could focus on construction. The end result of division of labour is a barter system, such as the construction specialist been paid in fish, and the fisherman being rewarded with a house, and so on, through cooks, hunters, potters, carvers, spear makers, cloth weavers, etc. Little evidence of these specialized activities exists, but we know this is what happens when a village is built.

You might think the building of a village is mainly for convenience and protection, but a village is much more than that. When people live in villages and divide labour, many skills develop, and those skills are more easily passed on.

Knowledge grows, and sometimes religion grows too. People in villages have leisure time, and they speculate on why they are here, and the meaning of life.

They tell stories from their experiences, puzzle over things they cannot explain, and try to explain why things are the way they are. This is the beginning of education, philosophy, science and religion.

Those people living at the edge of the lake may have discovered they could make things grow better if they took water to the plants. If that was so, then it was the beginning of agriculture, which would be a giant leap forward. They may have learned to pen animals, too, and to store food for bad times.

They could have done any number of things we do today, but there is no evidence. We can only guess.

There is one absolutely sure thing we know: as soon as people settle down in a village, all things are possible. Those ancient people probably had a village council, arts groups, industrial groups, teachers, and all sorts of crafts people.

This ancient village and its people were alive during an ice age that lasted nearly a million years. Their proximity to the equator was what made it possible for them to survive, while so much of the planet was under ice. As the ice retreated back to the poles, beginning about 15,000 years ago, archaeology has shown a sudden blossoming of agriculture, and the further ice retreated, the more civilization developed. Did it really begin just 6,000 years ago, or was it there all the time?

When the ice kept retreating, and opening new lands, did the lake begin to dry and force many of the villagers to roam?

Probably. Wherever they went, they took their knowledge with them.

Were they the people who taught others the beginnings of village life, of construction, agriculture, education and religion?

Did what they knew keep growing through the millennia, and finally lead to the tower of Babel, the gardens of Nineveh, and the pyramids at Giza?

One thing we know for sure: we human beings lived in villages 400,000 years ago, which means civilization is that old, too.

Similkameen Sizzle

Keremeos Peppercost
September 19, 2009

www.gotpeppers.info

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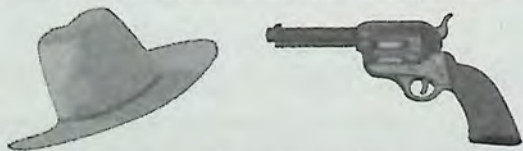
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One of the water sprayers in Princeton Rotary Park looks odd covered in fresh New Year's Day snow. *

Ranching Ain't Easy

Winter Bob-Catting

by Lyn Melnechenko

You can never ask too many questions.

We agreed to tend livestock for the neighbors for a few days and just assumed that it was the same as feeding at home.

The first few days were real easy. Just fill water troughs and count heads, checking for early calves. Twelve hundred pound bales in each pen would keep them fed.

Then the fourth day they ran out of hay. No big deal. The Bob-Cat that they used to move bales was sitting at the bottom of the hill ready to go.

JD's kids had driven up for the weekend and wanted to help with the chores so we could go for lunch. So JD and Brad headed for the Bob-Cat and Taylor and I went to fill troughs and count heads.

We had all water full and every animal accounted for but, although the Bob-Cat was running, it hadn't moved. Apparently neither man had driven a Bob-Cat before and couldn't figure out how to raise the forks off the ground. I suggested they read the manual and in true male form they answered that they could do this without instructions. After several minutes of pushing buttons, shifting levers and pedaling pedals they peeked in the book. You could tell the minute they discovered their error. They tossed the manual back beneath the seat and smoothly lifted the prongs with a triumphant hoot.

With forks overhead, JD shifted into gear. Nothing!

On closer inspection we discov-

ered that the unseasonably warm weather had melted little icy bowls under each wheel. That Bob-Cat wasn't going anywhere. They tried putting all manner of stuff under the tires to give it grip but nothing worked. I finally suggested that we just tow the blasted thing up the hill with the truck. It slipped and slid but finally the Bob-Cat made it to the haystack at the top of the hill.

There were three pens: one for steers, one for horses and the last for cows and bulls. The first pen was next to the hay pile and easy to access. As JD raised the huge bale over the gate. The steers gathered around under it and began munching on it. The only way to drop that bale was to get in the pen and chase them off. You would have thought they'd been without feed for a week not a night.

The rest of the feeding went OK until we came to the cow pen at the bottom of the hill.

JD was getting pretty competent with the Bob-Cat but with twelve hundred pounds of hay on the front it began to slip, slide and tip precariously, first on two wheels and then on one. He finally got to the steel bull gate which was wired shut. The only way to get that bale into the pen was to drop it over the gate. As JD raised it the Bob-Cat teetered and rocked forward. Just as I was about to yell 'Stop!' the thing lurched and the bale slid off the prongs and skewered itself on the gatepost like a lollipop. While JD was trying to recover his composure and rebalance the Bob-Cat,

that bale quivered a couple of times and then with a mighty creaking and cracking, tumbled, post and all, onto the gate, flattening it.

Cows and bulls came charging over, each one shoving and bunting for the best spot by the new bale. Prime, the senior bull, tossed one of the smaller ones into the water trough upside down. One of the cows tripped over another who'd been knocked down in the confusion, and also landed in the trough on top of the young bull. With great amounts of scrambling and splashing the two managed to scramble out taking out the side of the plastic trough as they went.

With cattle charging and fighting we figured we'd better get the fence fixed in a hurry before we had cattle all over that mountain.

There was no way to lift that bale off the post since it was now below the Bob-Cat. The only solution was to cut the bale open and toss the large flakes out into the pen. I climbed atop the bale and started cutting strands.

I don't know what Brad was thinking or if he was thinking at all.

He stood downhill and tried to pull flakes off the bale. As the last strand of twine snapped that 1,200 pound bale expanded with great pressure.

After we unburied poor Brad and found that although he was wet and mucky from lying in accumulated cow manure, and every crease and pocket was full of hay, continued on Page 26

Ghost Town

A town that has been abandoned, usually because the economic activity that supported it no longer exists.

There are a total of six such ghost towns in the Princeton area:

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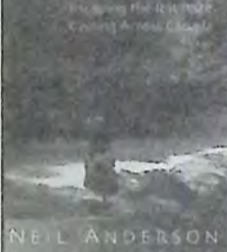
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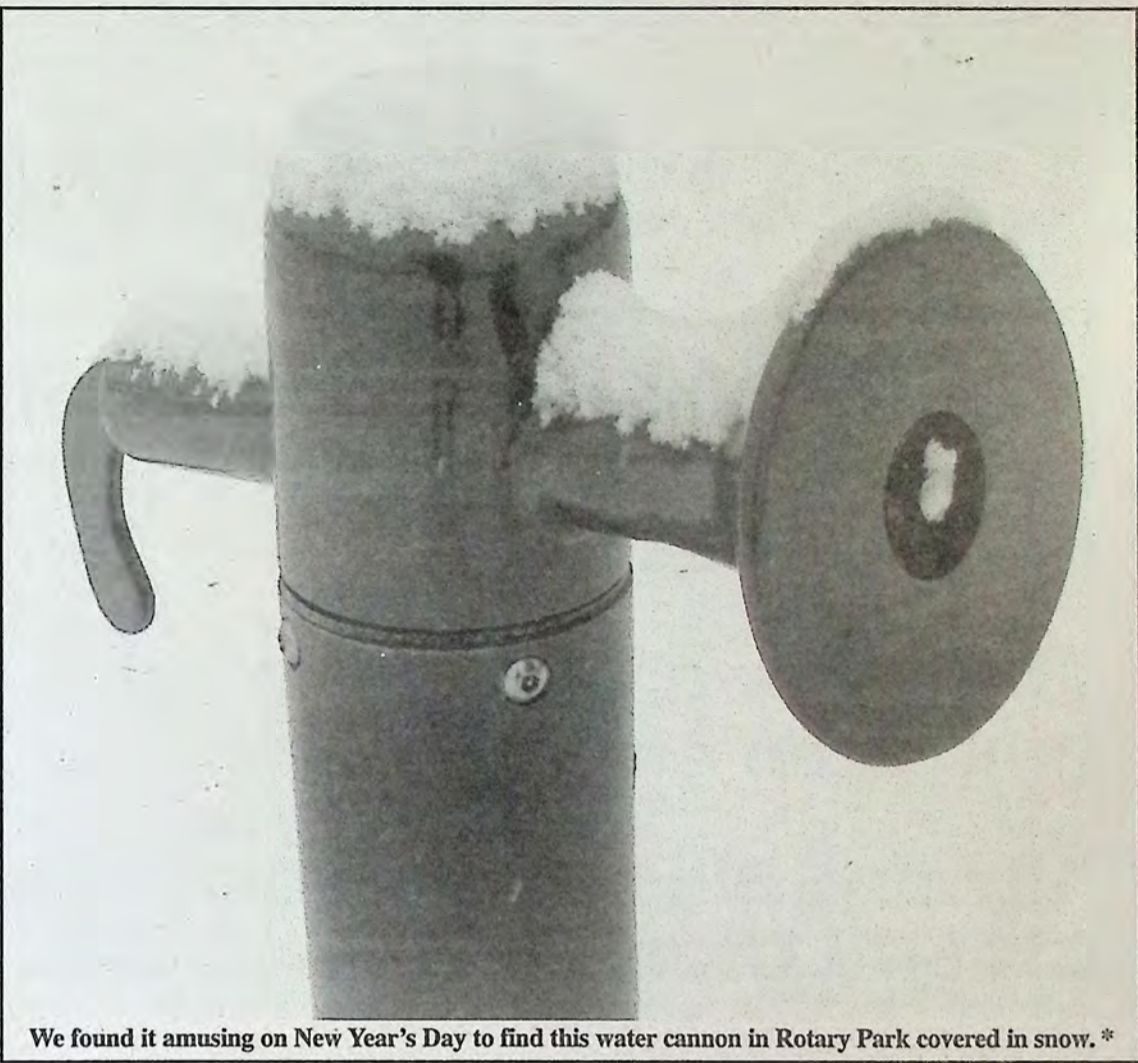
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We found it amusing on New Year's Day to find this water cannon in Rotary Park covered in snow. *

The 'Green' Corner

Green Home Saves Money

Reduce greenhouse gas emissions in your home, and you make your home "greener". How do you do this without turning to solar energy or wind or using nothing but electricity? Perhaps we should limit this to just solar, because there is, in most places, an environmental cost to using nothing but electricity if that electricity is produced any way but by wind or sun.

Ask yourself how efficient your home is. First, if your furnace is running just the way it should (you had it checked?), then you are going to have to look at your windows and doors. How well sealed are they? Do they have drafts coming from under the windows? Are there gaps under the doors? Maybe you need to retrofit, or buy better doors and windows.

Replacing doors and windows can be extremely expensive, but there are less expensive ways to cut down your heating bills, and your cooling bills. Put heavier drapes on your windows! If your drapes are not lined, look at lining them with inexpensive cotton. You can buy cheap cotton sheets and make buttonholes in the top edge, then hang the lining on the same hooks as your drapes.

If your windows are very drafty, you may need to put a sealant around the window. To do this, you must remove the window trim and put the sealant into any place the drafts flow through. Your building supplies outlet can recommend the best sealant for the job, along with instructions about "how to". However, many sealants are not

environmentally friendly products, so you might consider putting more fibreglas insulation around your windows. Do this job in spring, so you can reap the benefits of keeping your house cooler in summer.

Maybe your ceiling needs more insulation. Some insulations are very expensive to install. It is worth your time and effort to shop around and find out which insulation is best, and least expensive to install. Ask a contractor or building supply business. The greenest insulation is made from recycled paper. Avoid expanded plastic sheets. These are not "green" products.

If you can afford a double entry system on your doors, go for it! A double entry is one in which you enter, shut the door, then open another door to the house. The system can be as simple as a small enclosed porch.

On a cold, sunny day, let the sun shine in during the middle of the day. Even in very cold weather, the sunshine in a room will add heat. Be sure to close the drapes as soon as the sun sets or is no longer shining in the window.

You save money on natural gas and electricity when you have a "green" home.

Ranchin' Ain't Easy...

..... continued from Page 24 he was unhurt.

Brad and Taylor continued to pull flakes off from downhill while JD and I preferring to remain unstuffed with hay, tossed flakes from above.

Then there was the job of repairing the fence. The ground was still frozen solid so there was no chance of sinking a new post, so we made a tripod with other posts and tied it securely with lots of baler twine to the bull gate and the corner post.

Instead of the estimated fifteen minutes, the job had taken three and one-half hours.

When the neighbors phoned to say they were home late that night, I

apologized as I told them what had happened. We promised to help rebuild the fence as soon as the ground thawed.

Great amounts of hysterical laughter echoed over the phone as they told us that the exact same thing had happened to them last week. That's why the gates were so well tied with baler twine and wire. It was all woven together to hold up the broken posts.

But they gladly accepted our offer to replace the fence once it thaws. (Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at lyn@nethop.net to purchase your copy.) copyright 2009 Lyn Melnechenko



The Similkameen News Leader continues to sell locally-produced DVDs including Bryan Smith's 'Similkameen' DVD Slide Show and George Elliott's "Princeton Area Ghost Towns" and "Princeton Posse 2006/07" DVDs. "The ghost town project has been the most successful of the DVDs we've produced," Elliott says. "There's interest in the DVD regardless of the time of year." *

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(NC)—Not many of us are working nine to five anymore, and in fact, Canadians are working almost three hours more each week than our employers expect.

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1. In regards to the requirements of your employer, how many hours do you typically work a week?

3 Too many

2 Just enough

1 Less than required

2. How often would you say you work 'too hard'?

3 All the time

2 Almost all the time

1 Occasionally

0 Rarely

3. You know you're working too

hard when you _____.

3 Lack balance

3 Are not productive

3 Start getting sick or ill

3 Experience exhaustion or too much stress

0 I don't work too hard

You may be working too hard

(Score 8-9) Re-evaluate your current role and understand why you may be working too hard. Talk to your manager and outline the work that's been causing you stress, why it is you feel you're working too hard, and offer some solutions to resolve the situation and lighten or modify your workload.

You're working at a comfortable level

(Score 3-7) If you're content with your level of work, make sure you're thinking ahead. While it seems easy to coast along in your job, eventually, you'll become bored, so look for opportunities to take on more work and consider other opportunities within or externally to see if there may be something better suited for you.

You may not be working hard enough

(Score 1-2) Evaluate what you're contributing to the team, how that may differ from others and identify why you're not working hard enough. Is it lack of motivation? Are you bored? Whatever the answer, assess the situation and speak to your manager. Try to find the right level of challenge, motivation and work to keep you busy, content and developing new skills at work.

You can find more information and tips online at www.hardestworking.ca.

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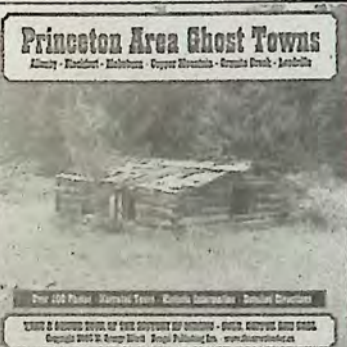
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