



Referee Clint Clifton drops the puck during action in the Pee Wee Hockey Tournament held January 9-11 at Princeton Arena. More photos inside this week's News Leader. \*

## Council applies for expansion

A notice to the public in October asked people to respond if they opposed Princeton's proposed boundary expansion.

The expansion would include East Princeton and properties on Airport Road and area. There were no petitioners in response to the advertisements.

At the January 5 Town Council meeting, Council approved pro-

ceeding to the next step. Council will petition the Ministry of Community Development to approve the municipal boundary extension.

When Letters Patent have been sent, the extension areas will officially become part of Princeton. The matter will be dealt with in Victoria when the Provincial Legislature reconvenes.

# Building plan raises hackles

A simple application for setback variances brought two people to the January 5 Town Council meeting to oppose the variance.

The owner of the property at 68 Billiter Avenue, formerly the OAP Hall and parking lot, applied for a variance in front and rear setback, allowing for the proposed structures to be closer to the property boundaries. The setback at the front would be reduced from 6 metres (19 feet) to 4 metres (13 feet), and the rear setback would be reduced from 6 metres to 3.96 metres.

Councillor Frank Armitage and Councillor Marilyn Harkness both spoke in favour of more small affordable rental units in the downtown area. They had attended the Attainable Housing Society meeting and both felt the proposed development fit into the goals of the society, and the goal of Council to increase density in the down-

town core.

The first complainant said he did not think Council should allow "bylaws to be bent".

Further, he stated he did not think there was a high demand for affordable housing as he had an apartment for rent in the downtown core for \$550 a month and it

sat empty for three months.

He went on to express further concerns about proximity to other properties and possible fire spread problems.

It was clear the complainant had little understanding of the role Council plays and the role the Building Inspector plays in con-

structing of new buildings, as some of his concerns would be addressed by the Building Inspector and adherence to the BC Building Code.

His other concerns were about the attractiveness of the development, which he said affects the neighbours and everyone in town.

The second complainant was primarily concerned about fire hazard if the buildings were too close at the side boundaries of the property.

Council had received a petition from the neighbours, and two letters of objection, and tabled the matter for further consideration.

## Council forms 150th committee

Next year, Princeton will celebrate the 150th anniversary since founding. At the January 5 Town Council meeting, Council established the Princeton 150th Anniversary Select Committee terms of reference. This paves the way for an officially recognized committee to begin planning the celebration activities.

The committee will be chaired by the Town of Princeton Recreation and Culture Coordinator Nadine McEwen, and a representative will come from each of the following organizations: Princeton Arts Council, Princeton Museum and Archives, Princeton Chamber of Commerce, China Ridge Ski Association, Vermilion Trails

Society and Vermilion Forks Field Naturalists. Council will appoint one Councillor to the committee, with Mayor Randy McLean as ex-officio member. A recorder of proceedings will be appointed from among the members.

### Goals

The 150th Anniversary Select Committee will encourage the promotion of the anniversary to make all citizens aware of the anniversary, and invite all citizens and organizations to submit ideas on how to celebrate the anniversary. The committee will report to Town Council outlining planned events and recommend to Town Council the role the Town should take and the funding

needed from the Town.

The members of the committee have not been named at this point, but the News Leader will advise the public as to who is on the committee and will report how to contact

the committee with ideas. At this time, any person or group with ideas can outline those ideas in a letter left at Town Hall or contact Nadine McEwen at Riverside Centre.

**CARTER'S**  
Sudoku Challenge  
PAGE 16 - IN YOUR TV GUIDE SECTION

**Princeton 4-H Club**

**Open House & Registration**  
3:30 - 5:30 PM  
Wednesday, January 14  
Riverside Centre

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Princeton's Janine Esdale recently attended the National 4-H Skills & Thrills Conference. \*

SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

**BOARD MEETING DATES FOR 2009**

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

**Thursday, January 29, 2009 - Princeton  
Wednesday, February 18, 2009 - Merritt  
Wednesday, March 11, 2009 - Princeton  
Wednesday, April 1, 2009 - Merritt  
Wednesday, April 22, 2009 - Princeton  
Wednesday, May 13, 2009 - Merritt  
Wednesday, June 3, 2009 - Princeton  
Wednesday, June 24, 2009 - Merritt**

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

**Senior 4-H member attends conference**

by Janine Esdale

From November 28 to 30 I was lucky enough to be sent to Winnipeg and Brandon, Manitoba by 4-H Canada for the National 4-H Skills and Thrills Conference.

I was one of two senior 4-H members selected from BC for this trip during a separate program that I attended called Provincial Club Week which is held annually in Naramata.

Two delegates were selected from each of Canada's provinces, as well as 34 Manitoba senior members and 8 chaperones.

On the first day of the conference, we travelled to Brandon, toured the Assiniboine Community College and participated in an incredible lecture by renowned keynote

speaker Troy Payne.

November 29th was full of career-related workshops, including sessions about work safety, banking, resumes and marketing.

Our last evening in Brandon also provided an elegant banquet, a hilarious routine by comedian Matt Falk and an interesting attempt at learning square dancing.

The conference ended with a presentation by the Ambassadors of Manitoba, and then we headed off to the airport. Sponsored by Service Canada, Agrium and Monsanto imagine, this was a won-

derful trip and tons of fun!

I met 4-H members from all over Canada, attended informative job-related seminars, made many new friends and explored 4-H in other provinces. My Newfie roommate taught me a whole new English dialect!

This has been an extraordinary experience and I encourage other kids to explore their options within 4-H. For more information, come to our Open House on January 14 from 3:30 to 5:30 PM at Riverside Centre or visit the 4-H BC website at [www.bc4h.bc.ca](http://www.bc4h.bc.ca).

**Council questions fastball funding**

Princeton Minor Fastball Association submitted a request for funding by the Town of Princeton. At the January 5 Town Council meeting, Council had a lot of questions about the request. Minor Fastball Association stated in the letter, "The cost for training our coaches is \$1,500. In the past we have charged \$81 for enrollment for the children and it is our wish to reduce the enrollment to \$30 in hopes that this will bring more children out to play fastball!"

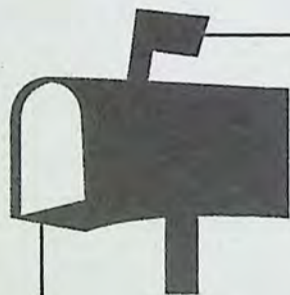
The Association stated they are now holding monthly bingo evenings and raffles and conces-

sions to raise funds but these efforts would not provide money in time for the 2009 season.

Councillor Ray Jarvis said the cost of coach training was being donated by the Princeton's Royal Canadian Legion, and the Legion was donating the hall for the bingo evenings. He wondered just what Minor Fastball wanted from Council.

Councillor Jason Earle said he would like representatives of Minor Fastball to appear before Council to explain the request.

Council will not make a decision on the request until Minor Fastball has provided some answers.

**RECEIVED  
YOUR  
NOTICE?**

2009 property assessment notices were mailed to all owners of property in British Columbia on December 31, 2008.

If you have not received an assessment notice by January 20, contact your local BC Assessment office or call 1 800 668-0086 toll free.

If you DO NOT require a new notice but would like to change your address online, please complete the form at [www.bcassessment.ca](http://www.bcassessment.ca)

*BC Assessment*

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**Princeton 4-H Club**

**Open House  
& Registration**

**3:30 - 5:30 PM  
Wednesday, January 14  
Riverside Centre**

FOR MORE INFORMATION CALL:  
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# Group rehearses for winter performance

The photo below is of the cast of ten during a break from busy rehearsal times this month in preparation for Princeton Performing Arts Society's winter play, "You Have The Right To Remain Dead" by Pat Cook.

They will be presenting the mystery/comedy the last two weekends of this month beginning on January 23rd.

The play is set in the deep south and has an incredible cast of questionable characters. Of course, it is

our own talented theatre crew and they are having a blast with this production, not to mention the blast from the favorite pistol of Fat Daddy.

"It is great to be working with such a talented group of actors and

actresses and this play promises to be a lot of fun for everyone," says Director Esther Donovan.

"You won't want to miss it!"

Advance tickets are available at Pharmasave and there will be tickets at the door if the show isn't sold out prior to performance.

"It is exciting to be able to offer this kind of quality entertainment here in Princeton in our newly completed theatre at Riverside

Centre."

Donovan adds, "We are so fortunate to have this great new facility and thankful to our community for their vision in building it."

The group hopes to present several plays a year and are always looking for new recruits to be involved in every aspect of theatre, whether acting or assisting in other behind the scenes parts of theatre production.



The cast of Princeton Performing Arts Society's "You Have The Right To Remain Dead." - photo submitted

## Town receives bridge permit

The "Bridge of Dreams" has spanned the final chasm of government paperwork.

The federal Ministry of Environment has issued a permit for construction.

The Bridge of Dreams is under construction in sections in the lower mainland, and will be shipped to Princeton this spring and put in place.

The footbridge will link two ends of the TransCanada Trail across Tulameen River.

The bridge will utilize a supporting concrete pylon left in place after removal of a railroad trestle that ran parallel to the present steel bridge across the Tulameen River on Highway 5A.

Expect a big celebration when the structure is put in place.

## Princeton 4-H Club



### Open House & Registration

3:30 - 5:30 PM  
Wednesday, January 14  
Riverside Centre

FOR MORE INFORMATION CALL:  
Sue (250) 295-3569 / Judi (250) 295-0055



## Princeton Town Hall News

We would like to take this opportunity to thank residents for their patience and cooperation during recent extreme snow events.

During extreme conditions we make extra effort to recall staff that are scheduled off and also hire local contractors to supplement our equipment fleet.

The Town has a snow removal schedule that is based on a road priority system. Salting and plowing begins on the main arterial roads, followed by collector roads, and then moves onto residential streets and lanes as necessary. Please assist our crew when they are plowing by not parking on streets during snow removal.

During snow removal operations, plow operators cannot avoid leaving ridges of snow (called windrows) at the foot of driveways. Residents and business owners are responsible for clearing the windrow from their own driveways and entrances.

Residents and businesses are responsible for removing snow and ice from sidewalks in front of their homes and businesses. Failure to do so can result in a fine of up to \$100.

Thank you for your cooperation in following these simple steps to ensure a safe winter season and remember, if you're out on the roads during a snowstorm, drive with caution and according to road conditions. Stay a safe distance from snow removal equipment. They need room to do the job safely!

### COME OUT TO THE MOVIES

#### RIVERSIDE THEATRE OPENS JANUARY 16, 2009

The Community Recreation & Culture Department invites you out to MOVIE NIGHTS at Riverside Centre.

#### "CITY OF EMBER" Rated PG

It is up to 2 teenagers to search the City of Ember, crack the code of an ancient mystery and help the people of Ember escape before the lights go out forever.

Stars: Bill Murray, Tim Robbins and Martin Landau  
Show Time: 6:30pm Doors Open: 6:00pm

#### "BODY OF LIES" Rated 14 A

A former journalist injured in the Iraq War is hired by the CIA to track down Al Qaeda leader in Jordan.

Stars: Leonardo DiCaprio, Russell Crowe, Carice Van Houten  
Show Time: 8:45pm Doors Open: 8:15pm

Call 250-295-6067 for more information.

### WINTER LEISURE GUIDE

The Town of Princeton Winter/Spring 2009 Leisure Guide is out and available to you. If you did not receive one in the mail please stop in at Town Hall, Princeton Arena, Riverside Centre or Chamber of Commerce for your copy. The Leisure Guide is full of recreational activities for all ages. Babysitting Training, First Aid, Dance, Sports, Arts & Crafts, Birthday Parties, Clubs, Arena Schedule, Curling, Riverside Centre and so much more.

REGISTER TODAY for programs beginning January 19 by calling 250-295-6067.



### BE A RAY OF LIGHT FOR A LOST CAT



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### REMINDER- DOG LICENSES

2009 Dog licenses are due now. All dogs over the age of eight weeks are required to wear a current 2009 license, which can be obtained at Town Hall at a cost of \$10.00 for neutered or spayed dogs and \$30.00 for non neutered animals.



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## keremeos and area news



Keremeos Volunteer Fire Department, RCMP and BC Ambulance were busy last week in the Keremeos area with a number of accident calls related to road conditions. Photos: Cst. Myrl Stus, Keremeos RCMP

## New Year brings many accidents

January 7th and 8th were busy days for Keremeos RCMP, Keremeos Volunteer Fire Department and BC Ambulance for calls involving motor vehicle collisions.

One vehicle went off road left on January 7th on Highway 3 near Stewart Road. Police report there were no injuries but the vehicle sustained minor damage to the driver's side.

On January 8th two collisions occurred on Highway 3A near Olalla.

One vehicle slid off the road into

the ditch with no damage or injuries, the driver was issued a violation ticket.

Shortly after attending that scene, BC Ambulance and Keremeos Volunteer Fire Department were on scene for a roll over collision involving two female passengers. Both were taken to hospital with undetermined injuries. The green Ford Ranger involved in the accident was totalled.

"These collisions are the result of various reasons," states Keremeos RCMP Cst. Myrl Stus.

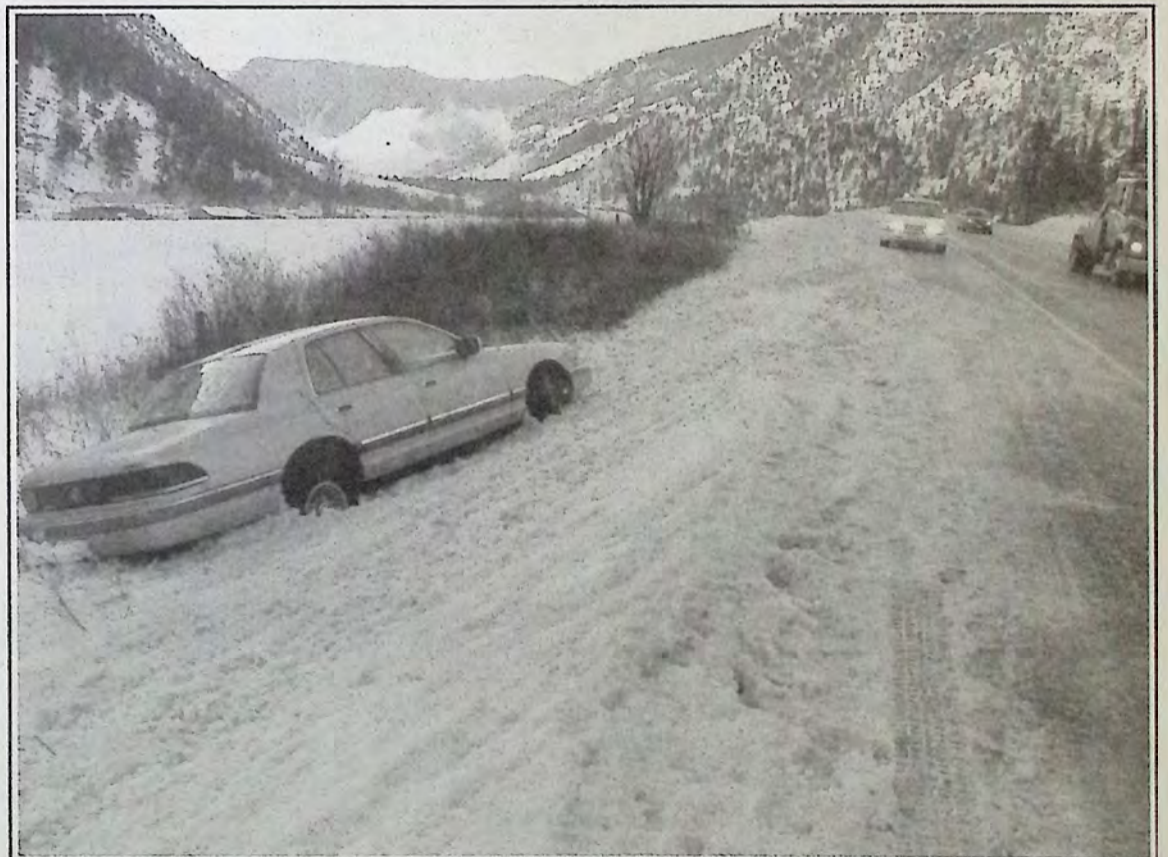
"One or more of the following:

inadequate tires, speed, driver inexperience, inattentive drivers and, of course, poor road conditions."

Stus points out that out of that list only poor road conditions cannot be controlled by travellers.

"It is up to the driver to adjust their driving to the environment, including ensuring adequate tread on tires and the appropriate tires for the conditions."

Remember: inadequate tires and not slowing down aren't worth damage to your vehicle, or yourself!  
- submitted by Keremeos RCMP







The new cop in town is Cst. Anthony Pankratz of Mission, BC. He joined the Princeton Detachment, his first posting, on December 11th. The News Leader welcomes Anthony to Princeton. \*

# Vermilion Court Report

by Dorothy Stenvold

How can I say 'thank you' to all those who have done so much to bring sunshine and happiness to the residents here? Even snow and cold did not diminish their wonderful efforts.

The Waits carolers sang ancient Christmas tunes. Such a change from those of today. The John Allison Elementary School choir came and sang more familiar tunes. Several sang solos so sweetly and one boy acted as if he played the trumpet and looked so at ease.

The entire assembly were so very well behaved. Such a pleasure to see them.

The Girl Guides also came for a visit - sang to us then each spoke briefly of their lives and dreams. We then introduced ourselves giving our age (three of us are over 90!) and told what we had done in our lives.

The Princeton Band arrived one evening and played for us while

we tried to sing with them.

One afternoon the staff entertained us with a Christmas party. The Hillbillies did their thing and finally encouraged several of us residents to get on our feet in a short dance around the room.

Santa came and each resident and all staff received a gift. Thanks, Santa! Then we had a wonderful supper - cold plate with everything imaginable.

The Canadian Legion sent a huge basket of fruit, candy and chocolates. It was divided between us and so we all join in saying 'thank you' to the members.

Christmas is over for another year but we are still enjoying the lovely poinsettias donated from Ridgewood Lodge.

Before the end of the year we were taken to dinner at an Italian cafe where we enjoyed meals of our choice.

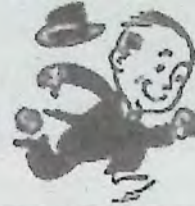
The New Year has arrived and we are planning a tea and sale of home

cooking for February 14th. All monies raised will go towards the Vermilion Court extension project. Hope to see many of you there. Let's hope the snow will be less and temperature warmer. Best wishes for 2009!

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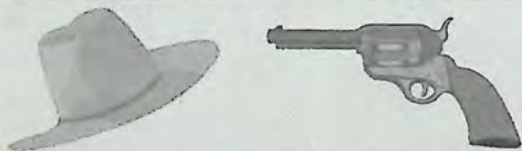
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Princeton Performing Arts Society  
PRESENTS

**You Have The Right To Remain Dead**

A MYSTERY/COMEDY WITH AUDIENCE PARTICIPATION  
By Pat Cook - Directed by Esther Donovan



PERFORMANCE DATES AT RIVERSIDE CENTRE ARE:  
7:00 PM January 23, 24, 30 & 31 / 2:30 PM Sunday Matinee January 25

---> Advance Tickets at Pharmasave <---  
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*news leader health and lifestyle page*

# How to beat winter weight gain

(NC)—It's wintertime and many people struggle to maintain their weight when it's cold outside. There are lots of reasons for this, but the likely culprit is that people are less active and they consume more calorie rich comfort foods. Follow these suggestions to avoid winter weight gain and to keep you feeling energized and confident.

### Picture Yourself Happy

Before you start any weight loss journey, you need motivation. It's hard to stay positive when it's dreary out, but try reminding yourself of

how happy you were at your goal weight. Pull out a picture of yourself from that time and tape it to your mirror to help keep you on track.

### Forgive and Move on

It also helps to remember that we naturally reach for comfort foods like mac 'n' cheese, homemade cookies, and hot cocoa during the winter months. Forgive yourself when you indulge and then continue eating healthy.

### Take Small Steps

Start by making lifestyle shifts that won't overwhelm you. Switch from

sugar to sweetener, take the stairs, go to bed early and eat more fresh foods. By adjusting small aspects of your life, you're preparing yourself for long term success.

### Be Realistic

Winter is a difficult time to lose weight. It's cold and slushy out and the last thing you want to do is schlep to the gym at 7:00 AM. Take this into consideration when setting your goals. It's not the best time to lose 20 pounds in two months, but you might be able to shed 10 in the same amount of time.

### Buddy Up

If you're having trouble staying on track, get some support. Recruit a friend to hold you accountable or look for a gym buddy. You might also want to join a common sense system for weight loss like the one offered by Herbal Magic, where you are partnered with a personal coach to help you through the long winter months. Research shows that those with a strong support network are more successful in achieving their weight loss goals. More information on this topic is available online at [www.herbalmagic.com](http://www.herbalmagic.com).

Weight loss is a difficult journey no matter what time of year. Follow these simple tips and you'll be beating winter weight gain in no time.

# Winterize your skin

(NC)—If your skin is prone to the effects of cold weather, like many of us, you know that the winter months can wreak havoc on your skin. No matter where you go, it seems that one thing or another is draining your skin of essential moisture. From heating systems to sharp winds to wool fabrics, it can feel impossible to protect yourself from dry, itchy and cracking skin.

Dermatologist and spokesperson for Curel, Dr. Sandy Skotnicki-Grant, has developed this simple list of dos and don'ts that will help you achieve more radiant skin this winter.

- Opt for warm – not hot – baths or showers, as hot water strips essential moisture away from your body and can irritate skin.
- Left-over detergent residue on your clothes can irritate skin. Ensure your clothes are fully rinsed after washing and consider switching to a milder detergent in winter months.
- Put a humidifier in your bedroom and sleep with it on. Using a humidifier will add moisture to the air and leave your skin looking refreshed.
- After bathing, pat yourself dry, don't rub, and moisturize immediately. By patting dry, you allow the moisture resting on the top of your skin to remain and by using a deep moisturizer, you can seal in the dampness.
- Hot, forced air from a hair dryer will deplete your face's moisture level within seconds. If you blow-dry your hair regularly, make sure you moisturize your face before and after if needed.

• When choosing a moisturizer, select one that is noted for its effectiveness. A favourite is Curel because its lotions are dermatologist tested, hypo-allergenic, non-greasy and provide 24-hour moisturization. As an added bonus, from January to March, 50 cents from the sale of every purchase of Curel moisturizer will be donated to the Starlight Children's Foundation.

The program is also encouraging families to upload photos of themselves making snow angels to [www.curel.ca](http://www.curel.ca), and Curel will donate one dollar for every photo uploaded.

- News Canada

## living past 100

### Caffeine affects weight and blood sugar

Any person with type 2 diabetes will tell you how important it is to balance blood sugar levels. A recent study into the effects of caffeine on blood sugar produced some surprising results. Each participant had type 2 diabetes, and each was given an amount of caffeine equal to four cups of coffee one day, and nothing the next. Each day caffeine was given in a pill, blood sugar levels jumped eight percent. Worse still, the caffeine caused an even greater increase after meals – 15 percent after lunch and 25 percent after dinner.

Researchers were astonished that caffeine could cause such dramatic increases. Further investigation showed that caffeine causes a release of adrenalin and this makes the cells less responsive to insulin. This means the cells are not absorbing blood sugar and turning it into energy.

Worse still, because there is so much blood sugar available, the body sees it as an overdose that is not being utilized and therefore must be stored as fat. This is a vicious circle of weight gain and impaired ability to burn fat.

The interesting thing about the study is that coffee drinkers can switch to decaffeinated coffee and there is no problem with blood sugar.

Caffeine occurs in many products, including tea, many soft drinks, and chocolate. Avoidance of caffeine can have major benefits for diabetics by keeping blood sugar levels stabilized.

There is a lot of information in the news about the benefits of drinking coffee, but coffee without caffeine offers the same benefits as coffee with caffeine. Drinking decaf will still offer some protection from heart disease and DNA damage.

For the rest of the population, those not dealing with diabetes, there is a lesson. Caffeine has the same effect on everybody: it blocks the utilization of blood sugar, which then becomes stored as fat, making weight loss difficult. Switching to decaf is a simple way to start weight loss and have more energy. Avoiding tea, caffeinated soft drinks, and chocolate can be one way of ensuring weight loss is easier.

The key factor appears to be controlling the release of adrenalin. For diabetics and the rest of us, it is important to note that intense exercise releases adrenalin, and has the same effect as caffeine! Moderate exercise, such as walking or swimming or dancing, will not raise the adrenalin level and will help burn fat.

The release of adrenalin is the real cause of increases in blood sugar levels and added weight. Stress, fatigue, fear, anger and some medical conditions trigger the release of adrenalin. By avoiding the release of adrenalin, we can avoid blood sugar and weight problems to some extent.

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Keremeos area emergency crews were kept busy responding to accident calls last week. Photo: Cst. Myrl Stus

## Keremeos celebrates literacy with two events

Saturday, February 7th at the Cawston Hall is a day of fun in the theatre for grown ups and youngsters with a yen to try a bit of performance art.

'Stories From The Best Place On Earth' will be a historical romp developed in the Lower Similkameen.

"It will be an easy going day of improvisation and story-making with a show at the end of the day," says local theatre promoter Dave Cursons.

"The event is being offered in association with Similkameen Family Literacy."

Similkameen Family Literacy aims to promote the enjoyment and good use of language in heard, read, spoken and written communication.

Regional Literacy Coordinator Caroline Pennelli encouraged Cursons to obtain funding to put on a community event in connection with 2010 Legacies Now - an Olympics promotion.

'Stories From The Best Place On Earth' will be a day wherein short pieces of Similkameen history are acted out from a script outline of times, places, people and situations acted by participants with a view to developing the piece for public performance.

The day starts at 9:00 AM with orientation and workshops starting at 9:45 and running to 12 Noon. A light luncheon will be presented. From 1:00 to 3:30 PM workshops will continue with a half-hour break before the 4:00 PM performance try outs.

With family, friends and the public invited the February 7th 'Stories From The Best Place On Earth'

workshop will wind up at 4:00 PM with presentation of some or all of the pieces developed through the day and then break for a social of light refreshments.

The day-long workshop is free and pre-registration is needed by January 30th for planning purposes. Youngsters under 14 need to be accompanied by a parent and otherwise anyone of any age may register by leaving a message for Dave Cursons at (250) 499-5417.

On Saturday, January 24th, the Keremeos Public Library joins Similkameen Family Literacy to celebrate Canada Family Literacy Week.

From 12:30 to 2:30 PM in the Keremeos Public Library 'childrens area' a home-made event called 'Be A Reader, Be A Listener' will feature readings, songs and recitations from grown ups and youngsters keen to promote the good use of language.

Also on January 24th the winners of the 'Stories Of Our Lives' writers contest will be announced and gift certificates awarded. The works will be compiled and published by Similkameen Family Literacy.

Two cases of childrens books provided by Literacy BC will be sorted and awarded to winners of a contest held at the Keremeos Public Library from January 10th to 23rd. Kids may win their first, second or third choice in a book from the collection on display at the library.

"We want kids to enjoy the fun of a contest and the thrill of getting if not their first choice in a book, then maybe their second or third choice," says Similkameen Family

Literacy coordinator Dave Cursons.

Children are invited to stop into the library, fill out an entry form and view the books on display.

The 'Stories Of Our Lives' is the first of this year's writing contests presented by Similkameen Family Literacy.

Contest rules are at the Keremeos and Hedley libraries and entries will be received from writers 15 years and younger, 16 years and older.

Three judges will award three gift certificates each for the two categories on January 24th.

Hedley writers can submit their work before 7:00 PM on January 22nd at the Hedley Library or as with other entrants at the Keremeos Library by 5:00 PM on Friday, January 23rd.

The 'Stories Of Our Lives' contest is all about the writers craft and how we set down in words our poem, our film or play script, our true story, the way we do a thing, our fantasies, our thoughts and opinions and all from the point of view of one person - ourselves.

In 2008 Similkameen Family Literacy published all of the entries to both the Haiku (17 syllables in three lines) and the Limerick (humour in rhyme) contests. In another contest, several short stories were compiled for all of the entrants.

'Stories Of Our Lives' entrants will have the chance to read their work at a Literacy Week Celebration from 12:30 to 2:30 PM Saturday, January 24th at the Keremeos Public Library.

For more information call (250) 499-2352.

- submitted

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Pee Wee Hockey Tournament action from the weekend of January 9-11. \*

**Princeton Court News**  
**EXCLUSIVE TO THE NEWS LEADER**  
News Leader Court Reporter Dawn Johnson

**Judge issue peace bond**

In Provincial Court in Princeton on January 8, 2009, Judge G. Sinclair ordered a \$500 peace bond for Sheri Caruso. Conditions on the bond were no

contact with Lisa Carleton, or Carleton's daughter, and she is not to go to Carleton's home nor her place of work. Caruso readily agreed to the conditions, and asked Judge Sinclair what she should do if Carleton tried to make contact with her. Judge Sinclair advised her to call the police.

**Man does second probation**

Christopher Ryles, age 20, was under a six month probation order issued in Penticton. He appeared in Provincial Court in Princeton on January 8 to plead guilty to a breach of probation charge. Ryles had moved to Princeton and had not bothered to report to his Probation Officer as required. Judge Sinclair ordered Ryles to pay a \$200 fine and serve a six month probation with all of the same conditions as the

first probation order.

**Judge orders another year**


In Provincial Court in Princeton on January 8, Dea Terbasket, of Hedley, stood trial on a charge of driving while disqualified.

Evidence presented to the court stated Terbasket had received a 10 year prohibition in 2001, along with a jail sentence. His driver's licence had been taken from him when he went to jail, but was sent to him after he was freed.

Terbasket told the court he believed he was entitled to drive because his licence was returned to him.

Judge Sinclair did not buy that reasoning, saying it is the right to drive that is prohibited, not the piece of paper. He sentenced Terbasket to one additional year of prohibition and a \$600 fine.

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Please join us in celebrating our success!

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Here are some more photos from the January 9-11 Pee Wee Hockey Tournament at Princeton Arena. \*



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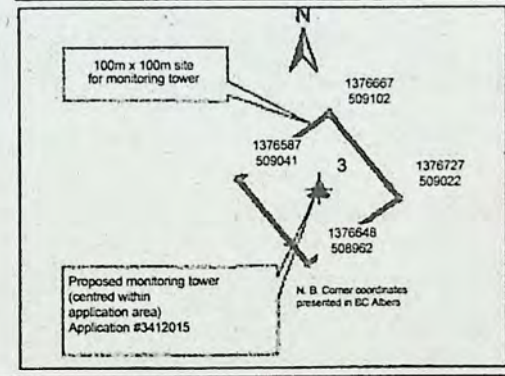
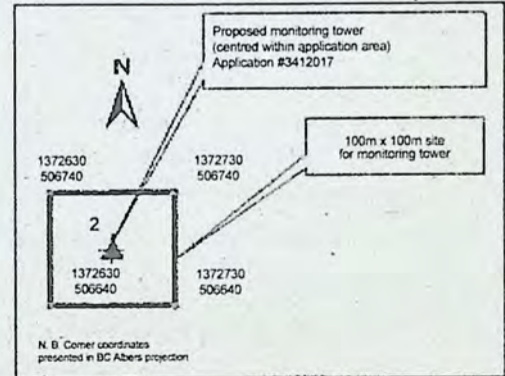
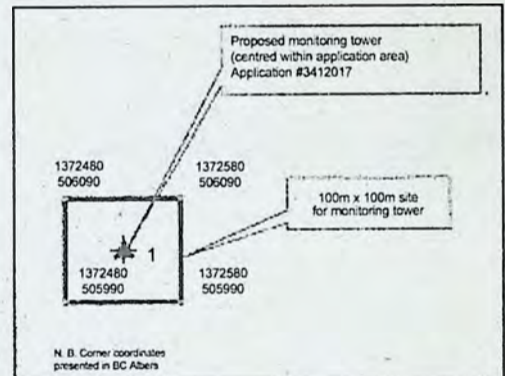
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**Notice of Intention to Apply for a Disposition of Crown Land**

Take notice that Geilectric Inc. of Brossard, Quebec intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Kamloops Service Centre, Crown Land Adjudication office, for a licence for wind monitoring tower purposes covering **unsurveyed Crown Land in the vicinity of Lodestone and Treasure Mountain YDYD** situated on Provincial Crown land located in the vicinity of Princeton.

The Lands File Numbers that has been established for this application is 3412017 and 3412015. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 3<sup>rd</sup> Floor, 145-3<sup>rd</sup> Avenue, Kamloops, BC V2C 3M1. Comments will be received by ILMB until February 20, 2009. ILMB may not be able to consider comments received after this date.

Please visit our website for more information at:  
<http://www.arfd.bc.ca/ApplicationPosting/index.jsp> -->  
Search --> Search by File Number: insert Lands File Number.

Be advised that any response to this advertisement will be provided to be public upon request.





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# The 'Green' Corner

## Soybeans Versus Meat

by Dawn Johnson

There has been a big promotion of soy products during the past few years. Vegetarians help promote soy, but the biggest promotion comes from soy producers, usually from big agribusinesses. In addition, to big agribusiness, there are fringe area spiritualists who feel ashamed of eating meat because animals must be killed to become food.

One of the hidden costs of soybean production is the enormous toll taken when rain forests are cut down to make room for soybean production. Wetlands in South America are being drained for soybean production, too, resulting in the deaths of hundreds of thousands of wetland creatures (who says you don't kill animals for food?). Another cost in soybean production is energy: energy to plow the fields, energy to produce fertilizers, energy to run the machinery of planting and harvesting, energy to separate the soybean waste from the bean, and energy to refine the soybean so it is edible (raw soybean is not edible, and can make you sick). Then there is the energy used to market soybeans, to transport soy products, and energy to package soy products.

Add to all of this the fact that more than 40 percent of the world's population cannot tolerate soy products, and you see just how expensive soybeans are to the planet. The biodegrading of soybean waste (rotting of the part of the plant not used) produces methane.

When we hear arguments about the high environmental cost of producing meat animals, soybeans are

touted as an alternative as if there were no environmental cost to soybean production. This is simply a convenient form of blindness. For every agricultural product, there is an environmental cost.

Environmentalists have been quick to point out the environmental cost of beef production. Perhaps we should look at the stories of the wild west in the time the buffalo herds roamed the plains. Historical records speak of herds a mile across and seven miles long moving over the grasslands and leaving a wide path of bare, torn-up soil behind them. Were the plains destroyed by these herds? No! The cropped, churned soil was sprinkled liberally with buffalo droppings, and the grass grew back just as strong as ever. Were there reports of excessive air pollution as a result of methane produced by these huge herds of wild cattle? No!

Cattle are much the same as buffalo, and a lot of beneficial products come from cattle in addition to meat. The meat produced by cattle is a source of higher quality protein than soy products. The best quality meat we could eat would have come from the buffalo, but unfortunately, buffalo production is not as common as beef production, so beef is second best. Both are far superior to soy in terms of protein quality.

Cattle frequently graze on land that would otherwise have no agricultural value. Scrub forest lands, open grasslands, and the edges of wetlands are good grazing areas for cattle, but are not suitable for intensive farming. Hay grown to feed

cattle is a source of oxygen in the environment, although perhaps not as big an oxygen source as trees. In any area where beef can be purchased from the producer, the costs of transporting beef are very little. Dung from beef goes back into the soil.

Sheep production is most often carried out in areas where any other form of agriculture is nearly impossible. Sheep, like cattle, make food production possible on marginal soils. Sheep produce not only meat, but wool and the finest fleece, as well as other products. Dung from sheep goes back into the soil.

Pork producers have a bigger impact in terms of the environment, particularly in waste disposal. Good handling of small numbers of swine has no such impact. In fact, pigs will till the soil and improve it if left in a more natural state. However, big production plants consume a lot of grain and the energy cost rises with housing and the cost of grain production and waste disposal.

Chicken and turkey production have the same drawbacks as pork production.

When you do a fair and reasonable assessment of the cost of soy production versus the cost of meat production, the costs are roughly equal, except that free-range animals will reduce the cost substantially and tip the balance toward meat production. In terms of benefit to humans, the superior quality of meat over soy tips the balance even further.

Spiritual or physical necessity for becoming vegetarian should not enter into the discussion of which products are 'greener'.

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# weekly entertainment guide

TUESDAY, JANUARY 13, 2009 THROUGH MONDAY, JANUARY 19, 2009



Congratulations, Colby on earning a spot on the under 16 female Okanagan hockey team! - photo submitted

## Local player makes team

Colby Williams, a local hockey player who has spent most of her hockey development in Princeton, has spent the past two years playing out of town (currently in Kamloops playing for the AAA Bantam female hockey team).

On January 3rd and 4th the Okanagan area held their best under 16 camp in Clearwater for

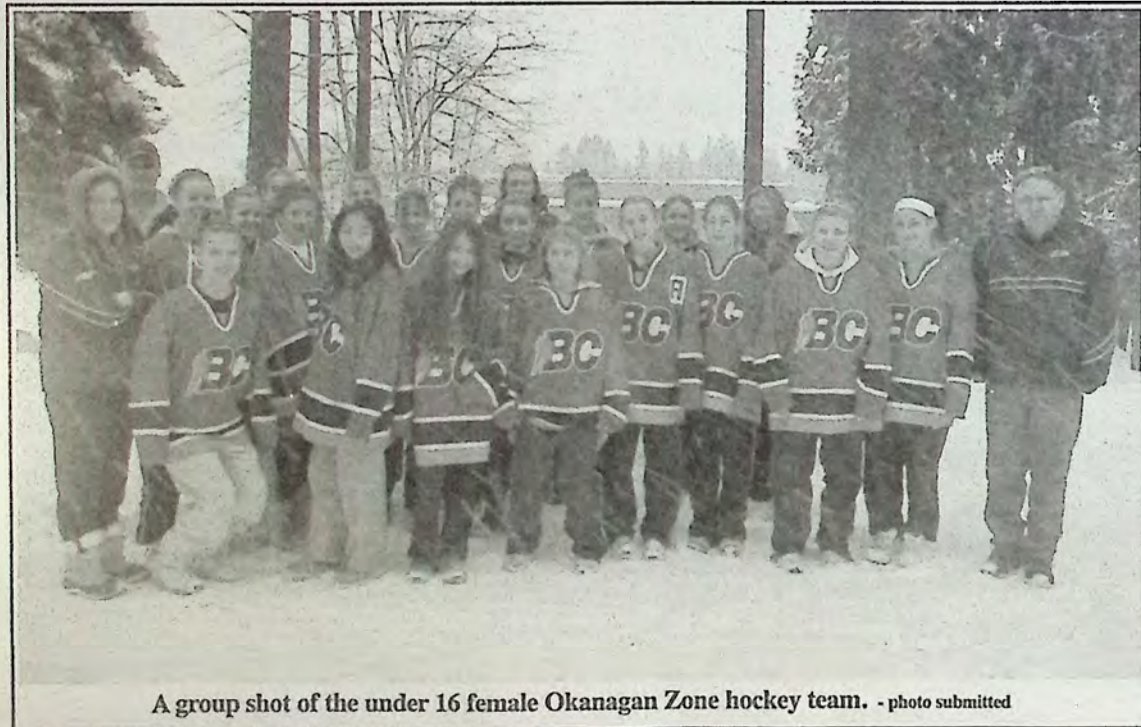
female hockey players born in the years of 1994 and 1995.

There were 50 girls trying out for 20 spots, they were put through two days of gruelling on ice and off ice high performance sessions. This being Williams' first year of trying out she was up against some tough competition.

When it was all over, Colby had

made the team along with five other team mates from Kamloops to represent Team Okanagan. They will travel to 100 Mile House in April for a tournament against five other zone teams selected from different parts of the province to see who will win the BC Cup. Colby's next goal is to make the BC Winter Games next year.

- submitted



A group shot of the under 16 female Okanagan Zone hockey team. - photo submitted



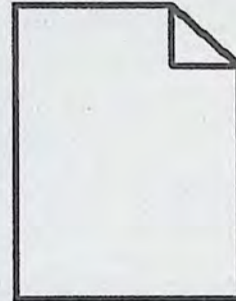
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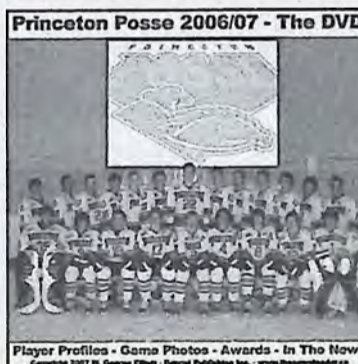
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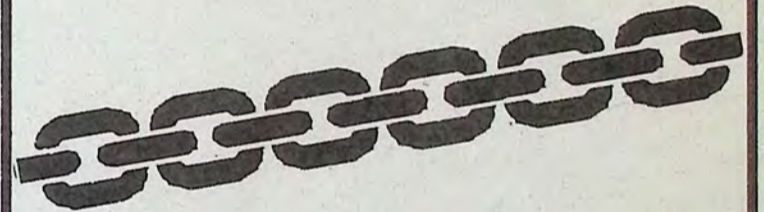
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TUESDAY, JANUARY 13, 2009

	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 (45)
6 AM	Jeffersons	News (N)	(6:12)	Thomas	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	The Shield	Power Play
6:30	Jeffersons	(6:34) Tube	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today Daniel	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30	That News	Dora	Martha	Martha	Craig; Chris Kimball;						Animal	Scorpion							
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Josh Bazell;		Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		Verminator	Weekend	Rachael Ray	Married... Married...	North of 60
8:30	Cosby	Whatever	Magie Bus	Sid	Bret						Busytown	Viva Pinata			K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Michaels;	The 700 Club	CSI: Miami "Identity"	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries (N)	Soap
9:30	Fam. Feud	Clifford	Clifford	Clifford	cooking gadgets. (N)						Gofrette	Timothy	Motoring			Tigger	City		What
10 AM	Trivial	The Mom Show	Sid	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View Deirdre Imus.	World Vision	Debt Part House	Wilbur	George S.	Bowling	The View Deirdre Imus.	How Do They Do It?	Mickey Movers	The O.C. "The Gamble"	Unsolved Mysteries (N)	What
10:30	Trivial	(10:35)									Doodlebop	Jane							The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Bootcamp	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt	Premier League Poker II	Twice in a Lifetime	Really Big Things	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210
11:30	Harvey	Designer	Berenstain	Sit-Be Fit							Antiques	Willa				(11:25) King			
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose	Juicing	News (N)	The Sopranos	All My Children	News (N)	Days of our Lives (N)	News	Being Ian	(Taped)	etalk	Man vs. Wild	(11:49) Weekend	CityLine	CSI: NY "Boo"	Seinfeld
12:30	Fresh Pr.	Design U	(12:37)		Paid Prog.	Bold & B.					CBC News	George S.							
1 PM	Still Std	Home to	Maggie	Painting	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	Verminator	Dragon	ER "Reason to Believe"	CSI: NY	Raymond
1:30	Still Std	Buy Me	Daniel	Quilting											Emperor				King
2 PM	King	Guiding Light (N)	(1:59)	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	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Buzzkill"		King
2:30	King	BluesClues	WordWorld								Ruby	Interruptio							Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	(2:59) Zoboofa o "Buddies"	Big World	Judge	Dr. Phil	CSI: Miami "Identity"	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Canada's Worst Driver	Replace	News (N)	CSI: NY	What
3:30	Friends	Fetch! Ruff	Judge J.	Judge							Pokemon	Sports			Emperor				What
4 PM	Payne	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Soap
4:30	Payne	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	Global	Laughs	Scorpion	Strongest		(4:36)				Big Screen
5 PM	Movie: "Dumb and Dumber"	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	2008 World Series of Poker	News (N)	How-Made	Suite Life	Privileged (N)	CSI: Crime Scn	Family Guy
5:30	Movie: "Dumb and Dumber"	(5:32)	Business	NBC News	CBS News			ABC News	Global		Fortune	SpongeBob			How-Made	Montana			Seinfeld
6 PM	(1994) Jim Carrey.	Global	Mechanics	News-Teacher	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News	Drake		News (N)	Destroyed	Zoey 101	Scrubs (N)	UFC	Seinfeld
6:30	(1994) Jim Carrey.	News	Reach	Lehrer	Millionaire	Hollywood		News		Entertain	iCarly				Time Warp	Life Derek	Scrubs (N)	Unleashed	Raymond
7 PM	Harvey	E! News	Gardens	Nova	Jeopardy!	The Doctors	Manhunter	Entertain	Entertain	90210 (N)	Coronatn	Scorpion	SportsCentre (Live)	etalk	Toughest Race: Iditarod	Wizards	Primetime: What Would	UFC	Family Guy
7:30	Seinfeld	The Insider	Eden	(DVS)	Fortune		Manhunter	The Insider	ET Canada		Jeopardy!	Prank Ptrl		Hollywood		So Raven		Unleashed	Married...
8 PM	Family Guy	The Biggest Loser (N)	Cola Conquest	Wild! (DVS)	The Biggest Loser (N)	NCIS "Broken Bird" (N)	Rookies	Homeland Security USA	NCIS "Broken Bird" (N)	NCIS "Broken Bird" (N)	Mercer	Malcolm	American Idol (Season Premiere)	Daily Planet	Suite Life	News (N)	MANswers	Seinfeld	
8:30	Family Guy										22 Minutes	Futurama	In Corner		Sadie	(8:35) News	MANswers	Seinfeld	
9 PM	Movie: "Dumb and Dumber"	A President to Remember	(N)	The Ascent of Money (N)		The Mentalist (N)	The First 48	Scrubs (N)	90210 (N)	Kitchen Nightmares	Wild Roses (N)	Prank Ptrl	Poker Champ.	Destroyed	Montana	(9:06) Jimmy Kimmel	CSI: NY "Boo"	King	
9:30	Movie: "Dumb and Dumber"													Time Warp	Life Derek			King	
10 PM	(1994) Jim Carrey.	Ruby	Movie: "Our Brand Is Crisis"		Law & Order: SVU	(10:01) Without a Trace (N)	The First 48	Primetime: What Would	Kitchen Nightmares (N)	News Hour Final (N)	National	Falcon Beach	Rodeo: PRCA	Law & Order: SVU	Toughest Race: Iditarod	School Cory	(10:06) Celebrity Fit Club	Disorderly Con.	Married...
10:30	(1994) Jim Carrey.	The Dish																	Raymond
11 PM	Sanford	News (N)	Brand Is Crisis" (2005)	Charlie Rose (N)	News (N)	News (N)	Manhunter	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Most Amazing Videos	King
11:30	Montel W.	Guy Staff			Tonight	Late Show	Manhunter	(11:35)		ET Canada		Ghost		News (N)	How-Made	Life Derek	Paid Prog.		King

WEDNESDAY, JANUARY 14, 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 (45)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	CSI: Miami	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Hoze King	CityLine	The Shield	Crow- Stairway
6:30	Jeffersons	(6:34) Tube	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today Susan Quilliam;	The Early Show (N)	CSI: Miami "Bloodline"	Good Morning America (N)			Turbo	Hawks	SportsCentre		Ultimates	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30	That News	Dora	Martha	Martha	making mealof; inauguration animals. (N)						Animal	Scorpion							
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Josh Bazell;		CSI: Miami "Rush"			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	Married... Married...	North of 60
8:30	Cosby	What	Magie Bus	Sid							Busytown	Viva Pinata			How-Made	K. Possible			
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Michaels;	The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries (N)	Reality
9:30	Fam. Feud	Jealousy.	Clifford	Clifford							Gofrette	Timothy	NFL Films			Tigger	City		What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	George S.	Desert Classic Darts	The View (N)	Destroyed	Mickey Handy	The O.C. "The Debut"	Unsolved Mysteries (N)	What
10:30	Trivial	(10:34)									Doodlebop	Jane			Time Warp				The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	CSI: Miami	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt	Premier League Poker II	Twice in a Lifetime	Mayday	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Willa				(11:25) King			
12 PM	Fresh Pr.	Dinner	(11:58)	Charlie Rose	Paid Prog.	News (N)	CSI: Miami	All My Children	News (N)	Days of our Lives (N)	News	Being Ian	(Taped)	etalk	Survivorman	(11:49) Weekend	CityLine	CSI: NY	Seinfeld
12:30	Fresh Pr.	Design U	(12:36)		Paid Prog.	Bold & B.					CBC News	George S.							
1 PM	Still Std	Home to	Maggie	Art Work	Days of our Lives (N)	As the World Turns (N)	CSI: Miami "Bloodline"	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	Toughest Race: Iditarod	Dragon	ER "Scoop and Run"	CSI: NY "Child's Play"	Raymond
1:30	Still Std	Buy Me	Daniel	Sewing											Emperor				'70s Show
2 PM	King	Guiding Light (N)	(1:58)	Barney	The Bonnie Hunt Show	Guiding Light (N)	CSI: Miami "Rush"	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	'70s Show
2:30	King	BluesClues	WordWorld								Ruby	Interruptio							Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	(2:58) Zoboofa o Zobo	Big World	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What
3:30	Friends	Fetch! Ruff	Judge J.	Judge							Pokemon	Sports			How-Made	Emperor			What
4 PM	Payne	Deal No	George S.	Cyber	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Reality
4:30	Payne	Deal No	George S.	Cyber	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	Global	Laughs	Scorpion	NHL Hockey: Ottawa Senators at Atlanta Thrashers.		(4:36)				Ad Pers
5 PM	Movie: "A Simple Plan" (1998).	News (N)	Martha	BBC News	News (N)	News (N)	Dog	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Hockey: Ottawa Senators at Atlanta Thrashers.	News (N)	Dirty Jobs	Suite Life	13: Fear Is Real (N)	CSI: Crime Scn	Family Guy
5:30	Movie: "A Simple Plan" (1998).	(5:31)	Business	NBC News	CBS News		Dog	ABC News	Global		Fortune	SpongeBob			Montana				Seinfeld
6 PM	Suspense) Bill Paxton.	Global	Think Big	News-Teacher	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	ET Canada	News	Drake		News (N)	Deadliest Catch	Zoey 101	Chris	UFC	Seinfeld
6:30	Suspense) Bill Paxton.	News	Water	Lehrer	Millionaire	Hollywood		News		Entertain	iCarly				Life Derek	Friends		Unleashed (N)	Raymond
7 PM	Seinfeld	E! News	Into Wild	Jackie Gleason	Jeopardy!	The Doctors	Parking	Entertain	Entertain	House	Coronatn	Scorpion	SportsCentre (Live)	etalk	Mayday	Wizards	I Love Money	UFC	Family Guy
7:30	Seinfeld	The Insider	Meerkat	Fortune			Parking	The Insider	ET Canada		Jeopardy!	Prank Ptrl		Hollywood		So Raven		Primetime	Married...
8 PM	Family Guy	Knight Rider (N)	Lai Man	Make 'em Laugh: The Funny	Knight Rider	Christine Gary	Parking	Lost	The Guard	The Guard	Hockeyville 2009 (N)	Malcolm	Off-Record	Daily Planet	Suite Life	News (N)	UFC	Seinfeld	
8:30	Family Guy							Confrontation between				Futurama			Sadie	(8:35) News	UFC	Seinfeld	
9 PM	Movie: "A Simple Plan" (1998).	True Hollywood Story	Missa Solemnis	Business	Law & Order: SVU	Criminal Minds (N)	Dog	the survivors and the freighter	The Unit (N)	The Unit (N)	fifth estate	Adrenaline	Poker Champ.	MythBusters	Montana	(9:06) Jimmy Kimmel	CSI: NY	'70s Show	
9:30	Movie: "A Simple Plan" (1998).														Life Derek				'70s Show
10 PM	Suspense) Bill Paxton.	News (N)	Montreal Jazz	Charlie Rose (N)	News (N)	News (N)	CSI: NY "Help" (N)	Dog the Bounty Hunter	News	News (N)	ET Canada	Falcon Beach	Golf: ESPN Challenge	CSI: NY "Help" (N)	Dirty Jobs	School Cory	(10:06) The Flavor of Love	Disorderly Con.	Married...
10:30	Suspense) Bill Paxton.							people begins.	House	News Hour Final (N)									



# News Leader Horoscopes

January 14 - 21, 2009

**Aries** - Career and family matters continue challenging, but ease up a little. Talking to groups you belong to helps. Very good now to look into self and sum up your natural assets.

**Taurus** - Groups you work with can inspire you. Poor time to travel. Career could bring great benefits this year: work well with optimism. This is not your year to play. Times are hectic.

**Gemini** - Demands of family continue. A trip far away can be good for you now. Career runs smoothly, old folks are well. Debts, mortgages, could be problem. Be money-smart.

**Cancer** - Partner and friends are still touchy, but ease up a little. Avoid ego conflicts. Benefits come to you from shared resources, investments, or windfall. Is car a burden? Solve it!

**Leo** - Guard against infections, burns, flu, colds. Partner, friends and advisors will bring benefits to you this year. Be good to them. Finances are still area of concern: conserve!

**Virgo** - A lover may be cranky, kids too, and it is all about their need for attention and pampering. Stand your ground, but kindly. Your health is good all year, and job runs smoothly. Relax!

**Libra** - Home and family continue to be troublesome in some way, but children are source of joy. Work place is pleasant. Take time to look into self and see self-sabotage.

**Scorpio** - Watch out for respiratory infections all month. Home life is source of joy all year. Children bring pleasure now. Groups you belong to may be a burden or source of worry now.

**Sagittarius** - Money situation continues to trouble you, but ease up next week. Career continues to make big demands. Benefits come from communications. Home life is happy.

**Capricorn** - Guard against infections, colds, cuts and burns this month. Your resources grow this year. Look for opportunities and ways to enhance income. Follow ideals, express values.

**Aquarius** - This is the beginning of a great year for you, but there is a drawback: weight gain if you don't want it. You will want to expand in every sense of the word. Restraint!

**Pisces** - You continue to charm the world! Difficulty may arise with travel or with people who want to tell you what to believe in. You can establish your own peace of mind this year. Smile!

# News Leader Recipe Corner

(Recipe #254)

Brought To You By: Similkameen News Leader

## Ham & Cheese Strata Muffins

Breakfast on the go!

(NC)—Here's a delicious treat to have at the ready during the busy holiday season. Instead of the classic sit-down brunch dish, this strata is transformed into a portable and microwavable treat.

### Ham and Cheese Strata Muffins

- 8 slices whole-wheat sandwich bread
- 4 slices Cheddar cheese
- 4 slices Black Forest ham
- 1/4 cup Imperial Margarine
- 6 eggs
- 1 cup milk
- 1/2 tsp each salt and pepper
- 1/4 tsp each dry mustard and Worcestershire sauce

Preheat the oven to 350° F (180° C). Top 4 slices of bread with cheese and ham, then crown with the remaining slices of bread to make 4 sandwiches. Spread the margarine evenly over the outside of each sandwich. Using a serrated knife, cut each sandwich into 12 cubes. Lightly pack 4 cubes into each of 12 greased muffin cups.

In a medium bowl, whisk together the remaining ingredients. Spoon the egg mixture over the cubes. Let stand for 10 minutes. Bake for 30 minutes or until golden and set. Let stand for 15 minutes and then remove the muffins from their cups. Serve immediately or wrap individually and refrigerate. May be kept in the refrigerator for up to 2 days. Serve warm or at room temperature. Makes 12 muffins.

- News Canada

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## tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Dumb and Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (G)

EVENING

9:00 pm WTBS (3) ★★½ "Dumb and Dumber" (1994, Comedy) Jim Carrey. An inept dog groomer and a limousine driver chase the latter's dream girl cross country. (G)  
10:30 pm KNOW (5) ★★ "Our Brand Is Crisis" (2005, Documentary) James Carville and his team go to Bolivia to manage an unpopular candidate's presidential campaign. (G)

## wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million. (G)

EVENING

9:00 pm WTBS (3) ★★½ "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million. (G)

## Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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## thursday movies

EVENING

6:00 pm WTBS (3) ★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. A White House aide becomes a target himself when he uncovers a highly placed plot against the president. (G)

9:00 pm CHBC (4) "The House Next Door" (2006, Suspense) Lara Flynn

Boyle. A successful young woman becomes drawn to a mysterious new house that destroys those who enter it. (G)

9:30 pm WTBS (3) ★ "Shadow Conspiracy" (1997, Suspense) Charlie Sheen. A White House aide becomes a target himself when he uncovers a highly placed plot against the president. (G)

## friday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise. A woman must put her life back together after her husband of 18 years abruptly kicks her out of the house.

EVENING

7:30 pm YTV (18) ★★ "First Daughter" (2004, Romance-Comedy) Katie Holmes. Under close guard by the Secret Service, the president's daughter heads to college and finds romance with a fellow student. (In Stereo) (G)

FAM (26) ★★ "Miracle" (2004, Drama) Kurt Russell. Premiere. Coach Herb Brooks leads the U.S.

Olympic hockey team to victory over the Soviet team in 1980.

9:00 pm WTBS (3) ★★½ "What Women Want" (2000, Romance-Comedy) Mel Gibson. A freak accident gives a Chicago advertising executive the ability to read women's minds. (G)

9:30 pm FAM (26) "Roxy Hunter and the Mystery of the Moody Ghost" (2007, Mystery) Aria Wallace. With help from her best friend, a 9-year-old tries to solve an enigma related to the supernatural. (G)

10:30 pm FAM (26) ★½ "Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie. (G)

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THURSDAY, JANUARY 15, 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	Jeffersons	News (N)	(6:12)	Thomas	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	The Shield	Traders
6:30	Jeffersons	(6:34) Tube	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today	The Early Show (N)	The First 48	Good Morning America (N)			Razberry	Hawks	SportsCentre		Mega Builders	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30		That News	Dora	Martha	Health; Bob Beaudine;						Animal	Scorpion							
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			The First 48			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		Toughest Race: Iditarod	Weekend K. Possible	Rachael Ray	Married... Married...	North of 60
8:30	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata							
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Vincent. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries (N)	Make What
9:30	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	NFL Films						
10 AM	Trivial	The Mom Show	Sid	Sesame Street (EI)		The Price Is Right (N)	The First 48	The View (N)	Hospital for Sick Kids	Debt Part House	Wilbur	George S.	Desert Classic Darts	The View (N)	Dirty Jobs	Mickey Movers	The O.C.	Unsolved Mysteries (N)	What The Nanny
10:30	Trivial		(10:36)								Doodlebop	Jane							
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The First 48	Juicing	(10:59) News (N)	Miracles	Dewitt	Premier League Poker II	Twice in a Lifetime	Forensic Factor	Benj Bear	The Bonnie Hunt Show	Married... Married...	Beverly Hills, 90210	
11:30	Harvey	Designer	Berenstain	Sit-Be Fit						Antiques	Willa				(11:25) King				
12 PM	Fresh Pr.	Dinner	(12:01)	Charlie Rose	Paid Prog.	News (N)	The First 48	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	(Taped)	etalk	Mayday	(11:49)	CityLine	CSI: NY	Seinfeld
12:30	Fresh Pr.	Design U	(12:30)			Bold & B.					CBC News	George S.		Bold & B.		Weekend			
1 PM	Still Std	Home to	Maggie	Landscape	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	CSI: NY	Raymond
1:30	Still Std	Buy Me	Daniel	Quilting															Just Shoot
2 PM	King	Guiding Light (N)	Franklin	Barney	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	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY	Just Shoot
2:30	King		BluesClues	WordWorld									Interruption						Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "Fling" (DVS)	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What
3:30	Friends	Debt Part		Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet	Proud	Law & Order: SVU	CSI: Crime Sen	Make Fashion
4 PM	Payne	Deal No	George S.	Cyberchas	Judge J.					Global	22 Minutes	Scorpion	NHL	Ellen DeGeneres Show	Tutankhamun	Suite Life	Ugly Betty (N)	CSI: Crime Sen	Family Guy
4:30	Payne										Fortune	SpongeBob	Hockey: Toronto Maple Leafs at Carolina Hurricanes.	News (N)	Secrets-Crystal	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld
5 PM	Friends	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Hockey: Toronto Maple Leafs at Carolina Hurricanes.	News (N)	Secrets-Crystal	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld
5:30	Friends		(5:33)	Business	NBC News	CBS News		ABC News	Global							Montana			Raymond
6 PM	Movie: "Shadow Conspiracy"	Global	Creatures	News-Lehrer	College Basketball: Santa Clara at Gonzaga.	News (N)	The First 48	News	News (N)	ET Canada	News	Drake	Maple Leafs at Carolina Hurricanes.	News (N)	Secrets-Crystal	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld
6:30	Movie: "Shadow Conspiracy"		Animals			Hollywood		News	News (N)	Entertain		iCarly				Life Derek	(6:31) 30		Raymond
7 PM	(1997)	El News	Strange Days	NW Profil	The Doctors	The Beast "Pilot" (N)	The First 48	Entertain	Entertain	The Unit	Coronatn	Scorpion	SportsCentre (Live)	etalk	MythBusters	Wizards	Murdoch	Married...	Family Guy
7:30		The Insider		Sanibel				The Insider	ET Canada		Jeopardy!	Prank Ptr		Hollywood	So Raven				
8 PM	Family Guy	Name Earl	Palin's Europe	Poirot	Name Earl	CSI: Crime Sen	The First 48	Ugly Betty (N)	Bones (N) (PA)	Bones (N) (PA)	The Nature of Things	Malcolm Futurama	Off-Record	CSI: Crime Sen	Daily Planet	Suite Life	News (N)	CSI: Crime Sen	Seinfeld
8:30	Family Guy	Kath &		Kath &												Sadie	(8:35) News		Seinfeld
9 PM	Seinfeld	Movie: "The House Next Door"	We Built This City	New Tricks	The Office	CSI: Crime Sen	The First 48	Grey's Anatomy (N)	The Office	The Office	Doc Zone (N)	Adrenaline	Second Chance Season	Grey's Anatomy (N)	Deadliest Catch	Montana	(9:06) Jimmy Kimmel	UFC Primetime	Just Shoot
9:30	Movie: "Shadow Conspiracy"	(2006)	Vertical	Soundstage (N)	(10:01) ER "Dream Runner" (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 "Dream Runner" (N)	Tutankhamun	School	Flavor of Love	All Access	Married...
10 PM	Movie: "Shadow Conspiracy"		e2													Cory		Married...	Raymond
10:30																			
11 PM	Montel W.	News (N)	The Bully's Mark	Charlie Rose (N)	News (N)	News (N)	The Beast "Pilot"	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Secrets-Crystal	Suite Life	Judge	Pros vs. Joes	Just Shoot
11:30	Montel W.	Guy Stuff	Haida Art	Tonight	Late Show			(11:35)		ET Canada		Ghost		News (N)		Life Derek	Paid Prog.		Just Shoot

FRIDAY, JANUARY 16, 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	Jeffersons	News (N)	(6:12)	Bob Build	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	Pros vs. Joes	Adventures of Sinbad
6:30	Jeffersons	(6:34) Tube	George S.	Lions															
7 AM	In the Heat of the Night	Room	Martha	Arthur (EI)	Today	The Early Show (N)	American Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30		That News	Dora	Martha	Inauguration fashion; skin myths; Jeff Kinney; Diana						Animal	Scorpion							
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	Married... Married...	North of 60
8:30	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata							
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Kirschner. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	Unsolved Mysteries (N)	Tube Tales
9:30	Fam. Feud	Blind date.	Clifford	Clifford							Gofrette	Timothy	In Corner						What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	George S.	Desert Classic Darts	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	Unsolved Mysteries (N)	What The Nanny
10:30	Trivial		(10:34)								Doodlebop	Jane							
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	(10:59) News (N)	Living	Dewitt	Premier League Poker II	Twice in a Lifetime	Canada's Worst Driver	Benj Bear	The Bonnie Hunt Show	Unsolved Mysteries (N)	Beverly Hills, 90210	
11:30	Harvey	Guys	Berenstain	Sit-Be Fit						Antiques	Willa				(11:25) King				
12 PM	Fresh Pr.	Eat, Shrink	(11:59)	Charlie Rose	Money	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	(Taped)	etalk	Tutankhamun	(11:49)	CityLine	CSI: NY	Seinfeld
12:30	Fresh Pr.	Design U	(12:37)			Bold & B.					CBC News	George S.		Bold & B.		Weekend		"Admissions"	Seinfeld
1 PM	Still Std	Home to	Maggie	Watercolor	Days of our Lives	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	Secrets-Crystal	Dragon Emperor	ER "City of Mercy"	CSI: NY	Raymond
1:30	Still Std	Buy Me	Daniel	Beads Bbl															Frasier
2 PM	King	Guiding Light (N)	(1:59)	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 Ruby	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News (N)	CSI: NY "Taxi"	Frasier
2:30	King		BluesClues	WordWorld									Interruption						Frasier
3 PM	Seinfeld	Whose Wedding Is It?	(2:59) Zoboomafo o "Bovine" (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Figure Skating: BMO	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Hostage"	What
3:30	Friends	Debt Part		Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News	Canadian Championships.	SpongeBob	NBA Basketball: Toronto Raptors at Indiana Pacers.	Ellen DeGeneres Show	Daily Planet	Proud	Law & Order: SVU	CSI: Crime Scene	Tube Tales
4 PM	Payne	Deal No	George S.	Cyberchas	Judge J.					Global	Simpsons	OddParent	Hockey: Toronto Maple Leafs at Carolina Hurricanes.	News (N)	Discovery Project Earth	Suite Life	Mantracker	CSI: Crime Scene	Family Guy
4:30	Payne										Fortune	SpongeBob				Montana			Family Guy
5 PM	Movie: "Diary of a Mad Black Woman"	Global	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami	News	News (N)	ET Canada	News	iCarly	News (N)	Man vs. Wild (N)	Zoey 101	Survivorman	CSI: NY "Admissions"	Seinfeld	
5:30	Movie: "Diary of a Mad Black Woman"		Time	Millionaire	Hollywood					Entertain		Prank Ptr			Buzz				Family Guy
6 PM	Elise.	E News	Hockey	Wash Wk	Jeopardy!	The Doctors	The Beast "Pilot"	Entertain	Entertain	NUMB3RS "Jacked" (N)	Coronatn	Scorpion	Hockey: Edmonton Oilers at Colorado Avalanche.	etalk	Deranged (N)	Wizards	Crusoe	CSI: NY	Family Guy
6:30	Kimberly	The Insider		McLaughlin	Fortune			The Insider	ET Canada		Jeopardy!	Movie: "First Daughter" (2004) Katie Holmes.		Hollywood	Movie: "Miracle"				Married...
7 PM	Seinfeld																		
7:30																			
8 PM	Family Guy	You Smarter?	Poirot (N)	Bill Moyers Journal (N)	Howie Do It (N)	Ghost Whisperer (N)	Criminal Minds	Wife Swap (N)	Howie Do It (N)	Howie Do It (N)	Mercer	Marketple		Ghost Whisperer (N)	Daily Planet	News (N)	CSI: NY "Taxi"	Seinfeld	
8:30	Family Guy																		Seinfeld
9 PM	Movie: "What Women Want"	Fashion Police	Dalziel & Pascoe	NOW Served	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami	Supernanny	Friday Night Lights (N)	Friday Night Lights (N)	Just for Laughs (N)		Sports	Flashpoint (N)	Man vs. Wild	"Roxy Hunter"	(9:06) Jimmy Kimmel	MANswers	Family Guy
9:30	Movie: "What Women Want"												NFL Films						Family Guy
10 PM	Montel W.	News (N)	The Bully's Mark	Charlie Rose (N)	News (N)	News (N)	The Beast "Pilot"	News	News (N)	Entertain	(11:03) ECW (N)	Mystery	SportsCentre (Live)	News (N)	Deranged	Suite Life	Judge	All Access	Frasier
10:30	Montel W.	Guy Stuff	Haida Art	Tonight	Late Show			(11:35)		ET Canada		Ghost		News (N)		Life Derek	Paid Prog.		MXC
11 PM	Montel W.	Guy Stuff	Haida Art	Tonight	Late Show			(11:35)		ET Canada		Ghost		News (N)		Life Derek	Paid Prog.		MXC



# CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

## HOW TO PLAY:

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

### CHALLENGE #157 - Rated Easy

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

### CHALLENGE #158 - Rated Hard

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

THIS WEEK'S SOLUTIONS:  
Page 20

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## saturday movies

### MORNING

6:00 am A&E (9) ★★☆☆ "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. (E)  
 9:00 am WTBS (3) ★★☆☆ "Thirteen Days" (2000, Historical Drama) Kevin Costner. President John F. Kennedy and members of his staff react to news of a Soviet missile buildup in Cuba. (E)  
 10:00 am SPIKE (44) "Urban Justice" (2007, Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo) (E)  
 11:00 am A&E (9) ★★☆☆ "Braveheart" (1995, Historical Drama) Mel Gibson. Enraged by the killing of his wife, Scotsman William Wallace leads a revolt against the tyrannical English king in the 13th century. (E)

### AFTERNOON

12:00 pm FAM (26) ★★☆☆ "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After moving to New Jersey with her mother, a teen tries to dethrone the most popular girl at her new school. (E)  
 SPIKE (44) ★★☆☆ "Wake of Death" (2004, Action) Jean-Claude Van Damme. A former mob enforcer takes on the vicious Chinese crime lord responsible for his wife's murder. (In Stereo) (E)

1:30 pm FAM (26) "Get a Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists the aid of her friends in order to rescue her English teacher. (E)  
 3:00 pm SPIKE (44) ★★☆☆ "Wake of Death" (2004, Action) Jean-Claude Van Damme. A former mob enforcer takes on the vicious Chinese crime lord responsible for his wife's murder. (In Stereo) (E)  
 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) ★★☆☆ "Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise. A woman must put her life back together after her husband of 18 years abruptly kicks her out of the house. (E)

### EVENING

6:00 pm CITY (29) ★☆☆ "The Clown at Midnight" (1998, Horror) Christopher Plummer. Upon the reopening of the opera house where her mother was murdered, a teen becomes the next target of the same clown-garbed killer. (E)  
 7:30 pm WTBS (3) ★★☆☆ "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. (E)  
 8:00 pm CHBC (4) "Making Mr.

Right" (2008, Romance-Comedy) Dean Cain. A magazine editor bets that she can transform a scruffy man into a handsome, mannerly bachelor. (E)  
 KXLY (10) ★★☆☆ "The Pacifier" (2005, Comedy) Vin Diesel. A Navy SEAL faces the ultimate test when he must care for five children and protect them from their father's enemies. (In Stereo) (E)  
 SPIKE (44) "Urban Justice" (2007, Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo) (E)  
 9:00 pm FAM (26) ★★☆☆ "Look Who's Talking" (1989, Comedy) John Travolta. An unwed accountant gives birth to Mikey, a hip baby who provides sarcastic commentary on events. (E)  
 10:00 pm WTBS (3) ★★☆☆ "Before and After" (1996, Drama) Meryl Streep. A Massachusetts man destroys evidence after his teen son is arrested for a girlfriend's murder. (E)  
 10:05 pm KSPS (6) ★★☆☆ "Invasion of the Body Snatchers" (1978, Science Fiction) Donald Sutherland. San Francisco health inspectors find alien pods are taking over people as they sleep. (E)  
 10:30 pm FAM (26) ★★☆☆ "Awakenings" (1990, Drama) Robert De Niro. A doctor tries the drug L-dopa on an immobile man and others like him in 1969 New York. (E)

## sunday movies

### MORNING

10:30 am WTBS (3) ★★☆☆ "The Original Kings of Comedy" (2000, Documentary) Cedric the Entertainer. Spike Lee directed this document of an evening of stand-up comedy performed by four prominent black entertainers. (E)

### AFTERNOON

12:00 pm FAM (26) ★★☆☆ "Full-Court Miracle" (2003, Drama) Alex D. Linz. Jewish schoolboys convince a former college-basketball player to coach their winless team. (E)  
 12:30 pm WTBS (3) ★★☆☆ "Metro" (1997, Action) Eddie Murphy. A

hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. (E)

1:30 pm FAM (26) ★★☆☆ "The Thirteenth Year" (1999, Fantasy) Chez Starbuck. As his 13th birthday approaches, a youngster's true heritage is revealed as he undergoes a "fishy" transformation. (E)  
 2:30 pm WTBS (3) ★★☆☆ "John Q" (2002, Drama) Denzel Washington. A desperate man takes hostages at a hospital in order to force doctors to save his dying son. (E)  
 4:00 pm YTV (18) ★★☆☆ "The Flintstones" (1994, Comedy) John Goodman. Betty's Barney helps Wilma's Fred move up the ladder at Slate & Co. in Stone Age Bedrock. (In Stereo) (E)  
 5:00 pm WTBS (3) ★★☆☆ "Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise. A woman must put her life back together after her husband of 18 years abruptly kicks her out of the house. (E)  
 CBC (13) ★★☆☆ "Ice Princess" (2005, Comedy-Drama) Joan Cusack. A teen risks disappointing her mother by forgoing college plans to become a champion figure skater. (In Stereo) (E)  
 CITY (29) ★★☆☆ "GoldenEye" (1995, Action) Pierce Brosnan. A secret weapon's theft sends Agent 007 to Russia, where a pretty computer programmer helps him track an ex-cohort believed dead. (E)

### EVENING

6:00 pm YTV (18) ★★☆☆ "The Adventures of Sharkboy and

Lavagirl" (2005, Adventure) Taylor Lautner. A 10-year-old and his imaginary friends try to save a distant planet from the forces of darkness. (In Stereo) (E)  
 7:30 pm WTBS (3) ★★☆☆ "John Q" (2002, Drama) Denzel Washington. A desperate man takes hostages at a hospital in order to force doctors to save his dying son. (E)  
 9:00 pm CHBC (4) ★★☆☆ "The Sentinel" (2006, Suspense) Michael Douglas. A fugitive Secret Service agent must clear himself of charges of murdering a colleague and save the president from an assassination plot. (E)  
 FAM (26) ★★☆☆ "Look Who's Talking Now" (1993, Comedy) John Travolta. Premiere. Mikey and Julie each get dogs, while James fends off an over-friendly boss. (E)  
 10:30 pm FAM (26) ★★☆☆ "Remember the Titans" (2000, Drama) Denzel Washington. A Virginia high school hires a black football coach after undergoing integration in 1971. (E)  
 11:00 pm WTBS (3) ★★☆☆ "The Original Kings of Comedy" (2000, Documentary) Cedric the Entertainer. Spike Lee directed this document of an evening of stand-up comedy performed by four prominent black entertainers. (E)

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SATURDAY, JANUARY 17, 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 (45)	
6 AM	Paid Prog.	News (N)		America's Fly Tying	Today (N)	(5:00) The Early Show (N)	Movie: "GoodFellas" (1990)	Paid Prog.	Fishing	Whata	Super Why!	Being Ian	SportsCentre	OWL/TV Kingdom	Earthshocks	Overdrive	About You	TNA IMPACT!	Let's Build	
6:30	Paid Prog.	Powerboat						Paid Prog.	Fishing	Fishn	Busytown	Grossology				Rangers	Dharti		Paid Prog.	
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek	News (N)	Cake	Crime Drama	Good Morning America	News (N)	News (N)	Turbo	Viva Pinata	Fishing	Katie-Orbie	Man vs. Wild	(6:54)	Eye on Asia		"70s Show"	
7:30	Paid Prog.	Big Coast	Clifford	Field Guide		Horseland	Robert De Niro, Ray Liotta	Emperor			Animal	Skunk Fu!	Motoring	Hobo		School			"70s Show"	
8 AM	Videos	Foodies	George S.	Every day		Dino	Niro, Ray Liotta	Replace			Razzberry	SpongeBob	SnowTrax	Good Morning Canada	Deranged	Suite Life	Polish Studio	Hrsepwer	Raymond	
8:30	Videos	Driving TV	Magic Bus	Hometime		Sushi Pack					Goldfish	Kid vs. Kat	Strongman			(8:43) Zoey		MuscleCar	Raymond	
9 AM	Movie: "Thirteen Days"	Paid Prog.	(9:08)	Workshop		Strawberry	The Beast "Pilot"	So Raven		Driving TV	Cross Country Skiing	SpongeBob	Bowling		How-Made	Cory	Biography: Diaz	Trucks!	Seinfeld	
9:30	Paid Prog.	Upside	Old House			Care Bears		So Raven		Fishing		Casper		How-Made	So Raven			Xtreme 4x4	Seinfeld	
10 AM	(2000) Kevin Costner	El News	Maggie-Beast	Ask This	Jane	TBA	The Beast "Pilot"	Montana	Fishn	Energy TV	World Cup Skiing: Men's	OddParent	Dog Show (N)	Amnesty International	Forensic Factor	Phil	CityLine	Movie: "Urban Justice"	Family Guy	
10:30		Daily 10		Test Kitch	Zola Patrol	College Basketball: Georgetown at Duke	Movie: "Braveheart" (1995) Mel Gibson. A Scottish rebel rallies his countrymen against England.	Rangers	Mining TV	Fishing	Downhill	Transform	Triathlon: Ironman	PLAN Canada	Destroyed	School	Paid Prog.		Steven Seagal	Amer Dad
11 AM	Bruce Greenwood	Diff'rent Strokes: The E! True Story	Rolie Polie	Cook	Paid Prog.			Rangers	Real Invest	Big Coast	Figure Skating: BMO Canadian Championships. From Saskatoon. (Taped)	Wolverine	Pokemon	Strongest	Daily Planet	Mighty Ships	"Confessions of Drama Queen"	Amazing Role	Movie: "Wake of Death" (2004), Simon Yam	Friends
11:30			(12:04) Lilly	Katie	Paid Prog.			Paid Prog.	News (N)	Paid Prog.	Seinfeld	Hawks	College Football: East/West Shrine Game. From Houston. (Live)	MTV Shuffle	Discovery Project Earth	Movie: "Get a Clue" (2002)	EP Canada	Disorderly Con.	"70s Show"	
12 PM	Friends	Hollywood Story	(12:04) Lilly	Katie	Paid Prog.	(12:45) Garden		College Basketball: Arizona State at UCLA.	Energy TV	Seinfeld	CEO TV	Simpsons	Pokemon	Animals	Car	MythBusters	Reviews		"70s Show"	
12:30	Seinfeld		(12:34) Miss	Garden	Paid Prog.			College Basketball: TBA. (Live)	Seinfeld	Simpsons	NASCAR	Simpsons	Pokemon	Animals	MTV Shuffle	How-Made	Cory	News (N)	Movie: "Wake of Death" (2004), Simon Yam	Family Guy
1 PM	King	Who's the Boss?: The E! True Hollywood Story	(1:10) Taste	NW Profl	Paid Prog.			College Basketball: PBR Tour. (Taped)	Bull Riding: PBR Tour. (Taped)	UCLA.										Raymond
1:30	King		Mechanics	Alone in the Wilderness (DVS)																Raymond
2 PM	American Chopper	Hollywood Story	(2:09)	(2:42) Fetch																"70s Show"
2:30																				"70s Show"
3 PM	Seinfeld	Full House: The E! True Hollywood Story	Zoboo	Dr. Wayne Dyer: The Power of Intention	Fortune	TBA	The Beast "Pilot"	Paid Prog.	Simpsons	Family Guy	Sat. Report	Pokemon	Pokemon	MTV Shuffle	How-Made	Cory	News (N)	Movie: "Wake of Death" (2004), Simon Yam	Family Guy	
3:30	Family Guy		(3:35) Little		Penguins	CBS News		Paid Prog.	Simpsons	Family Guy	HINIC	Pokemon	Pokemon	How-Made	Suite Life	Amazing	Without a Trace	(2004), Simon Yam	Amer Dad	
4 PM	Payne	Payne	(4:14)	(4:38)				Storms	Family Guy	Family Guy	NHL Hockey: Montreal Canadiens at Ottawa Senators. (Live)	Movie: "Zorro and the Scarlet Whip Revealed!"	Sports	Twice in a Lifetime	Cash Cab	Suite Life	Without a Trace		Amer Dad	
4:30								Storms	Family Guy	Global	Canadiens at Ottawa Senators. (Live)	Kid vs. Kat	Boxing	Out Cold	Out Cold	Proud			Reality	
5 PM	Movie: "Diary of a Mad Black Woman" (2005) Kimberly Elise.	News (N)	George Shrinks	(5:41)	College Basketball: San Francisco at Gonzaga.	News (N)	CSI: Miami	DTV	Family Guy	(4:59) News	Canadiens at Ottawa Senators. (Live)	Kid vs. Kat	Boxing: Friday Night Fights. (Taped)	First Story	Toughest Race: Iditarod	K. Possible	Out There	Disorderly Con.	Friends	
5:30								ABC News	Global			Kid vs. Kat	First Story	First Story	Iditarod	Montana		Disorderly Con.	Friends	
6 PM	Woman" (2005) Kimberly Elise.	That News	Profiles of Nature	(6:02) Great Performances	Francisco at Gonzaga.	News (N)	CSI: Miami	News	News (N)	Real Fight Club	(Live)	Kid vs. Kat	(Taped)	News (N)	Destroyed	Sadie	Movie: "The Clown at Midnight"	Disorderly Con.	Seinfeld	
6:30		What						Scrubs				Kid vs. Kat		News (N)	Time Warp	Flight 29	(1998)	Disorderly Con.	Seinfeld	
7 PM	Elise.	E News	Planet Carnivore (N)		CSI: NY "Stuck on You"	Cold Case	CSI: Miami	Entertainment Tonight	Real Fight Club	Zero Hour	NHL Hockey: Phoenix Coyotes at Calgary Flames. (Live)	Team	SportsCentre (Live)	W-FIVE	Criss Angel Mindfreak	So Raven	News (N)	Disorderly Con.	Family Guy	
7:30	Movie: "Metro" (1997) Eddie Murphy.	The Soup	Heartbeat	My Music: Love Songs	Crusoe (N)	Game	The Beast "Pilot"	Game	Zero Hour	Mob Stories "Fox Hunt"	Coyotes at Calgary Flames. (Live)	Team	SportsCentre (Live)	To Be Announced	Guinea Pig	Life Derek	News (N)	Movie: "Urban Justice" (2007) Steven Seagal.	What	
8 PM												Hawks	NFL Films	Guinea Pig	Guinea Pig	Montana	Reviews	Movie: "Urban Justice" (2007) Steven Seagal.	What	
8:30												Hawks	NFL Films	Guinea Pig	Guinea Pig	Montana	Reviews	Movie: "Urban Justice" (2007) Steven Seagal.	What	
9 PM	Family Guy	Family Guy	Midsomer Murders "Death in Secrets"		Law & Order	Without a Trace	CSI: Miami	Comedy Vin Diesel	Mob Stories "Fox Hunt"	To Be Announced	Naruto	Bleach	Poker Champ.	To Be Announced	Destroyed	Movie: "Look Who's Talking"	EP Canada	Disorderly Con.	Friends	
9:30														To Be Announced	Time Warp	Talking	Amazing	Disorderly Con.	Friends	
10 PM	Movie: "Before and After" (1996) Meryl Streep.	Show Me G-Spot	Chorus" (N)	(10:05) Movie: "Invasion of the Body Snatchers" (1978)	Law & Order: SVU	48 Hours Mystery	CSI: Miami	Desperate Housewives	To Be Announced	News (N)	Ghost	Ghost	Rodeo	Law & Order: SVU	Criss Angel Mindfreak	Movie: "Awakening S" (1990)	Paid Prog.	Disorderly Con.	Seinfeld	
10:30														Order: SVU	Mindfreak	"Awakening s" (1990)	Role	Disorderly Con.	Seinfeld	
11 PM	Meryl Streep.	E News	Montreal Jazz		News (N)	News (N)	CSI: Miami	Edition	News (N)	J.R. Digs	Hockey Night -- Replay	Mystery	SportsCentre (Live)	News (N)	Guinea Pig	Guinea Pig	Body Tech	Disorderly Con.	Raymond	
11:30					Sat. Night	Without		Paid Prog.	Sat. Night	Sat. Night		Ghost	News (N)	Guinea Pig	Guinea Pig	Drama	Body Tech	Disorderly Con.	Raymond	

SUNDAY, JANUARY 18, 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 (45)
6 AM	Stars	Pioneers		Myra	Today (N)	Paid Prog.	Private Sessions	Paid Prog.	Is Written	Driving TV	Animal	Being Ian	SportsCentre	Good Morning Canada	Mayday	Overdrive	Kaya	Married...	Fish TV
6:30	Saved-Bell	Pioneers		Fetch! Ruff		Paid Prog.		Paid Prog.	Fishful	Let's Build	Turbo	Grossology				Rangers	Kaya	Married...	Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News	The Sopranos	Good Morning America	Foodies	Canada	Coronatn	Winx Club	Reporters		Tutankhamon	(6:54)	Eye on Asia	UFC Primetime	King
7:30	Videos	Fishing	Clifford	Animalia		Sunday Morning (N)	The Sopranos	Wall St Tech	Canada	Is Written	Coronatn	Viva Pinata	Reporters			School			King
8 AM	Videos	Let's Build	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	Tech	News (N)	TribalTrail	Coronatn	Ruby	NFL Countdown (Live)	Kids	Secrets-Crystal	Suite Life	Eye-Asia	Hrsepwer	Raymond
8:30	In the Heat of the Night	Powerboat	Magic Bus	Postcards	Friend	Motorcycle Racing	The Beast "Pilot"	This Week With George		Marriage	Coronatn	Casper	PLAN Canada	PLAN	Funnist Animals	(8:43) Zoey	Festival Italiano di Johnny Lombardi (In Italian)	MuscleCar	Raymond
9 AM	In the Heat of the Night	Neighborhood	(9:08) Upside	Biz Kid\$	NHL				Hour of Power	Coronatn	OddParent	Barnyard	NHL	PLAN	Funnist Animals	So Raven		Xtreme 4x4	Seinfeld
9:30														PLAN	Funnist Animals	So Raven		Xtreme 4x4	Seinfeld
10 AM	Movie: "The Original Kings of Comedy" (2000)	Marrriage	Maggie-Beast	Design Place	Hockey: New York Rangers at Pittsburgh Penguins.	NFL Champ.	Parking Wars	Matthews	Driving TV	Listen Up	Basketball: Phoenix Suns at Toronto Raptors. (Live)	SpongeBob	Hockey: New York Rangers at Pittsburgh Penguins. (Live)	To Be Announced	Dinosaurs Return	Phil	(In Italian)	Unsolved Mysteries (N)	King
10:30														To Be Announced	Dinosaurs Return	Phil		Unsolved Mysteries (N)	King
11 AM	The Original Kings of Comedy" (2000)	The Soup	Rolie Polie	Foreign	T-Mobile Invitational	Parking Wars	Parking Wars	Hometime	Hour of Power	Energy TV	Toronto Raptors. (Live)	iCarly	Pittsburgh Penguins. (Live)	Fox NFL Sunday	How-Made	School	Reviews	Unsolved Mysteries (N)	"70s Show"
11:30														How-Made	School	Reviews	EP Weekly	Unsolved Mysteries (N)	"70s Show"
12 PM	Married... With Children: Hollywood Story	(12:05) Lilly	NW Profl	Adv. Sports	Pride, Passion	Paranormal	We Have a Dream	News (N)	Seinfeld	Land Sea	Scorpion	Strongest	NFL	Forensic Factor	Movie: "Full-Court Miracle" (2003)	Amazing Role	Unsolved Mysteries (N)	Friends	
12:30	Movie: "Metro" (1997) Eddie Murphy.	(12:35) Miss Sanibel				Paranormal						Strongest	NFL	Forensic Factor	Movie: "Full-Court Miracle" (2003)	Amazing Role	Unsolved Mysteries (N)	Friends	
1 PM	Movie: "Metro" (1997) Eddie Murphy.	(1:11) Think Big	How Art Made	Skating & Gymnastics Spectacular (N)	To Be Announced	Paranormal			Big Coast	Seinfeld	CBC News: Sunday	The Next Star	Dog Show (N)	Championship -- Teams TBA. (Live)	MythBusters	Movie: "The Thirteenth Year" (1999)	To Be Announced	Unsolved Mysteries (N)	Raymond
1:30						Paranormal			Seinfeld	Simpsons	Sunday	Adrenaline	Shaun White	MythBusters	Movie: "The Thirteenth Year" (1999)	To Be Announced	Unsolved Mysteries (N)	Seinfeld	
2 PM	Movie: "John Q" (2002) Denzel Washington.	Beverly Hills 90210: The E! True Hollywood Story	(2:03) (2:36) Fetch	The Bible Unearthed		Paranormal			Seinfeld	Simpsons	Sunday	Adrenaline	Shaun White	MythBusters	Movie: "The Thirteenth Year" (1999)	To Be Announced	Unsolved Mysteries (N)	Seinfeld	
2:30						Paranormal			Simpsons	Simpsons	Sunday	Adrenaline	Shaun White	MythBusters	Movie: "The Thirteenth Year" (1999)	To Be Announced	Unsolved Mysteries (N)	Seinfeld	
3 PM	Movie: "John Q" (2002) Denzel Washington.	Zoboo	Jackie Gleason	Paid Prog.	NFL Today	CSI: Miami	Storms	Simpsons	Family Guy	Mansbridg	Mystery	SportsCentre (Live)	NFL	How-Made	Suite Life	Cory	CSI: Crime Scn	You Smarter?	
3:30						CSI: Miami	Storms	Simpsons	Family Guy	Antiques	Mystery	SportsCentre (Live)	NFL	How-Made	Suite Life	Cory	CSI: Crime Scn	You Smarter?	
4 PM	Denzel Washington.	True H'wood	(4:11) (4:35) George Shrinks	Chronicles	CSI: NY "Fare Game"	CSI: Miami "Kill Switch"	Better Explorer	Family Guy	Family Guy	Jeopardy!	Fortune	Movie: "The Flintstones" (1994) John Goodman.	Tennis: Australian Open -- Early Round -- Day 1. From Melbourne, Australia. (Live)	Football: AFC Championship -- Teams TBA. (Live)	Squid Invasion (N)	K. Possible	Movie: "GoldenEye" (1995).	CSI: Crime Scn	Friends
4:30						CSI: Miami	Better Explorer	Family Guy	Family Guy	Jeopardy!	Fortune	Movie: "The Flintstones" (1994) John Goodman.	Tennis: Australian Open -- Early Round -- Day 1. From Melbourne, Australia. (Live)	Football: AFC Championship -- Teams TBA. (Live)	Squid Invasion (N)	K. Possible	Movie: "GoldenEye" (1995).	CSI: Crime Scn	Friends
5 PM	Movie: "Diary of a Mad Black Woman" (2005) Kimberly Elise.	That News	Saddle	Canada's War in Colour	News	CSI: Miami	News	News (N)	16:9	King of Hill	Heartland	and Lavagirl"	To Be Announced	MythBusters (N)	So Raven	Sean Bean	CSI: Crime Scn	Weekend TV Made	
5:30						CSI: Miami	News	News (N)	16:9	King of Hill	Heartland	and Lavagirl"	To Be Announced	MythBusters (N)	So Raven	Sean Bean	CSI: Crime Scn	Weekend TV Made	
6 PM	Woman" (2005) Kimberly Elise.	The Best Years	Hippo	Nature "Arctic Bears"	Saturday Night Live Presidential	Extra (N)	CSI: Miami	Funnist Home Videos	16:9	Brothers & Sisters (N)	Heartland	and Lavagirl"	To Be Announced	MythBusters (N)	So Raven	Sean Bean	CSI: Crime Scn	Weekend TV Made	
6:30						Extra (N)	CSI: Miami	Funnist Home Videos	16:9	Brothers & Sisters (N)	Heartland	and Lavagirl"	To Be Announced	MythBusters (N)	So Raven	Sean Bean	CSI: Crime Scn	Weekend TV Made	
7 PM	Movie: "John Q" (2002) Denzel Washington.	Extreme-Home	Doc Martin "Tick Tock"	Masterpiece Classic (N) (DVS)	Bash 2008	To Be Announced	The Beast "Pilot"	Extreme-Home	Simpsons	Simpsons	Figure Skating: BMO	SpongeBob	To Be Announced	Anthony Bourdain	Life Derek	News (N)	CSI: Crime Scn	What	
7:30									Simpsons	Simpsons	Figure Skating: BMO	SpongeBob	To Be Announced	Anthony Bourdain	Life Derek	News (N)	CSI: Crime Scn	What	
8 PM	Washington, Duvall.	Movie: "The Sentinel" (2006)	Rebus (N)		Saturday Night Live Film		CSI: Miami	Desperate Housewives	Family Guy	Family Guy	Canadian Championships.	The Next Star	Desperate Housewives	Squid Invasion	Movie: "Look Who's Talking"	EP Canada	Unsolved Mysteries	Friends	
8:30									Family Guy	Family Guy	Canadian Championships.	The Next Star	Desperate Housewives	Squid Invasion	Movie: "Look Who's Talking"	EP Canada	Unsolved Mysteries	Friends	
9 PM	American Chopper	Michael Douglas.	Dalziel & Pascoe	Mystery! (DVS)	Festival (N)	The Unit "Sacrifice"	CSI: Miami	(10:01) Brothers & Sisters (N)	(10:01) Brothers & Sisters (N)	News (N)	CBC News:								



MONDAY, JANUARY 19, 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	Jeffersons	News (N)	(6:12) George S.	Bob Build	News (N)	News (N)	Paranormal	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentr e	Canada AM	Daily Planet	Hoze King	CityLine	CSI: NY "Blink"	Once a Thief
6:30 AM	Jeffersons	Tube Tales	George S.	Lions			Paranormal												
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	Paranormal	Good Morning America (N)			Turbo Animal	Hawks Scorpion	SportsCentr e		Cash Cab	(6:58) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
7:30 AM																			
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			Paranormal				Bo On Go	Pokemon	SportsCentr e		How-Made	Weekend	Rachael Ray	CSI: NY	North of 60
8:30 AM	Cosby	What	Magic Bus	Sid			Paranormal				Busytown	Viva Pinata		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!			Paranormal				Super Why!	Berenstain	Off-Record	Regs and Kelly	Daily Planet	Feet	News (N)	CSI: NY	TV Made
9:30 AM	Fam. Feud	Clifford	Clifford				Paranormal				Gofrette	Timothy	Tennis: Australian Open - Early Round - Day 1. From Melbourne, Australia. (Taped)	The View	Ult Cars	Mickey Handy	The O.C.	CSI: NY "A Man a Mile"	Whatever
10 AM	Trivial	The Mom Show	Noonbory (10:35)	Sesame Street (EI)			Paranormal				Wilbur	George S.		Destroyed					The Nanny
10:30 AM											Doodlebob	Jane							
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Paranormal	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt	From Melbourne, Australia. (Taped)	Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY "Outside Man"	Beverly Hills, 90210
11:30 AM	Harvey	Designer	Berenstain	Sit-Be Fit			Paranormal	Paid Prog.			Antiques	Willia							
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose	Paid Prog.	News (N)	Paranormal	All My Children (N)	News (N)	To Be Announced	News	Being Ian		etalk	Super Ships	(11:49) Weekend	CityLine	CSI: NY "Blink"	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:37)		Paid Prog.	Bold & B.	Paranormal				CBC News	George S.		Bold & B.					Seinfeld
1 PM	Still Std	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	Paranormal	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob		Sue Thomas: F.B. Eye	Dirty Jobs	Dragon	ER	CSI: NY	Raymond
1:30 PM	Still Std	Buy Me	Daniel	Sewing			Paranormal				Erky Perky				Emperor				Raymond
2 PM	King	Guiding Light (N)	(1:59) BluesClues	WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Paranormal	General Hospital (N)	To Be Announced	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: NY	Raymond
2:30 PM	King										Ruby		Interruptio						Raymond
3 PM	Seinfeld	Whose Wedding Is It?	(2:59) Zoboomafo o Meeting	WordGirl	Judge	Dr. Phil	Intervention	Rachael Ray	The Doctors	To Be Announced	Living Food	Grossology	Off-Record	Dr. Phil	Destroyed	Replace	News (N)	CSI: NY	Whatever
3:30 PM	Friends										Pokemon	Sports		Destroyed	Emperor				Whatever
4 PM	Payne	Debt Part	smart ani-	Fetch! Ruff	Judge J.	Oprah Winfrey	Intervention	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Red Green	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	TV Made
4:30 PM	Payne	Deal No	George S.	Cyberchas	Judge J.								Strongest						That News
5 PM	Black in America: The King	News (N)	Martha (5:32)	BBC News	News (N)	News (N)	Intervention	News	News (N)	(4:59) News (N)	Simpsons	OddParent	NBA Basketball: Phoenix	News (N)	MythBusters	Suite Life	The Bachelor (N)	CSI: Crime Scn	Tube Thles
5:30 PM											Fortune	SpongeBob							Whatever
6 PM	Assassination	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention	News	News (N)	ET Canada	News	Drake	Suns at Boston Celtics.	News (N)	Dirty Jobs	Zoey 101	Movie: "The Hills Have Eyes" (2006.	Horror	Make
6:30 PM		News	Mechanics	Millionaire	Hollywood		"Casie" (N)	News		Entertain		iCarly	(Live)		Life Derek	Less-Kind			TV Made
7 PM	Welcome	ET News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Capt Cook	Coronatn	Scorpion		etalk	Verminator s (N)	Wizards	True Beauty (N)	Horror	Soap
7:30 PM	Welcome	The Insider	Landscape	Europe	Fortune			The Insider	ET Canada		Jeopardy!	Prank Ptrl	Tennis: Australian Open - Early Round - Day 2. From Melbourne, Australia. (Live)	Hollywood		So Raven	News (N)	Aaron Stanford.	Reality
8 PM	Family Guy	Movie: "The Last Templar"	History of Britain	Antiques Roadshow (N)	Superstars of Dance (N)	Big Bang	Paranormal	The Bachelor (N)	House "Painless" (N)	House "Painless" (N)	Mosque	Malcolm	Big Bang	Big Bang	Daily Planet	Suite Life	News (N)		Deal-No Deal
8:30 PM	Family Guy					How I Met					Sophie (N)	Futurama	Two Men	Two Men		Sadie	(8:35) News	MANswers	
9 PM	Seinfeld	(2009) Mira Sorvino.	Eileen Gray: Invitation	The Story of India (N)		Two Men	Intervention	Samantha	24 (N)	24 (N)	Being Erica (N)	Prank Ptrl	Two Men	Two Men	Dirty Jobs	Montana	(9:08) Jimmy Kimmel	CSI: NY "A Man a Mile"	Seinfeld
9:30 PM	Movie: "Corrina, Corrina" (1994)					Worst					Zixx Level		(9:31)		Life Derek				Seinfeld
10 PM	Whoopi Goldberg.	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentr e (Live)	News (N)	MythBuster s	Suite Life	Judge	Most Amazing Videos	Raymond
10:30 PM	Ray Liotta.	Guy Stuff	Landscape		Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)	Life Derek		News		Raymond

monday movies

EVENING

6:00 pm SPIKE (4) ★★"The Hills Have Eyes" (2006, Horror) Aaron Stanford. Premiere. A family road trip takes a terrifying turn when the travelers become stranded in a government atomic zone inhabited by a band of bloodthirsty mutants. (In Stereo)  
8:00 pm CHBC (4) "The Last Templar"

(2009, Adventure) (Part 1 of 2) Mira Sorvino. An archaeologist and an FBI agent try to uncover the secrets of the medieval Knights Templar.  
9:30 pm WTBS (3) ★★"Corrina, Corrina" (1994, Comedy-Drama) Whoopi Goldberg. A housekeeper brings joy to a Jewish widower and his young daughter in 1959 Los Angeles.



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**WEEKLY DEADLINE IS 12 NOON FRIDAYS**



### obituary

### obituary

### notices

#### Lisa Lock

October 9, 1965 - January 3, 2009

Lisa Lock of Princeton passed away suddenly at her home on Saturday, January 3rd of pneumonia at the age of 43 years. Lisa was born in Oliver on October 9, 1965. She is mourned by her mother Doreen; daughter Kara; grandmother Kathleen Benson (Bert); sister Janet and Janet's son, Ty. She was predeceased by her father Tony. Lisa was unconditional in her relationships and greatly cared for other people. Her smile lit up a room. She also loved flowers, shopping and having fun.

A memorial service to remember Lisa will be held in the chapel of Nunes-Pottinger Funeral Service, 34505-89th Street, Oliver with Rev. Dr. Ron Holden officiating. In lieu of flowers, donations may be made to the Multiple Sclerosis Society of Canada, South Okanagan Chapter, 109-246 Martin Street, Penticton, BC V2A 5K3 or a charity of choice.

Arrangements entrusted to Nunes-Pottinger Funeral Service & Crematorium (250) 498-0167.

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### notices

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Jul 06-1fn

### wanted

Similkameen News Leader classified ads get read. See what we mean? Call (250) 295-4149 for details. Nov 28th

#### WANTED: DEAD OR ALIVE!

Large construction equipment. Cats, bulldozers, etc. Call Scotty at (250) 295-0101. Oct 29th

### for sale

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

1998 Mercury Sable. 247,000kms, very clean, well maintained, excellent running condition. Winter tires all around. Asking \$3,250.00. Call (250) 295-3468. Jan 13/27

1999 Ford Explorer. 4WD. Minor rebuilt exterior, runs well, new tires x 4. 179,000 kms. Asking \$4,500.00. Call (250) 295-3468. Jan 13/27

ATV utility trailer. Ball hitch, tilt box. Asking \$175.00...10-gallon fish tank, complete. 2 filters, heater, decor, 12 tropical fish. Asking \$85.00. Call (250) 295-3215 (June). Jan 13/27

2007 Skidoo 550 Freestyle Park. Upgraded track 1 3/4 inch paddles. Low miles, hand warmers, reverse, electric start. Excellent condition. Must sell. Asking \$6,000.00 OBO. Call (250) 295-0468. Jan 13/27

List something you want to sell here for as low as \$6.50 per week (including GST). Call (250) 295-4149 for details. Jan 13/27

#### BINGO!

Thursday Nights  
Hosted by:  
Valley First Princeton Posse Hockey Club  
**Legion Hall, Bridge Street**  
4:00 PM - Doors Open/Sales Start  
5:30 PM - Numbers Called

### for rent

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). Nov 25th

1-bedroom loft, fully furnished. \$500.00 per month (+\$100.00 utilities and cable). Nov 25th

Luxury chalets from \$1,200.00 to \$1,500.00 per month, includes utilities+. Nov 25th

Call (250) 295-7988. Nov 25th

3-bedroom house, 213 West Place, \$900.00 per month. No pets, no smoking. References required. Contact Century 21 Princeton (250) 295-6977. Dec 02th

Newly renovated 2-bedroom, 1-bath home. 4 appliances, garage. Non-smokers, damage deposit and references required. \$700.00 per month, ideal for young or retired couple. Available now! Call (250) 295-0028. Jan 06/20

Bachelor apartment in Princeton. Available immediately. Asking \$400.00/per month plus utilities. Excellent references and damage deposit required. No pets, adult only building. Call (778) 786-0935 or (250) 295-1113 for details. Jan 06/20

3-bedroom house with full basement, washer/dryer, fridge/stove. Asking \$800.00 per month. Utilities not included. Heated by wood and natural gas. Pets okay, located in Tunnel area. Call (250) 486-6695. Jan 06/20

### notices

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### in memory

### in memory

## Ann Mandich



*Some day we hope to meet again  
Some day we know not when  
To clasp his hand in the better land  
Never to part again.*

Remembered by your husband Mike and all the relatives in Germany and Canada and by the Ladies of the Order of Eastern Star.

### notices

### notices

## Princeton 4-H Club



Open House  
& Registration  
3:30 - 5:30 PM  
Wednesday, January 14  
Riverside Centre

FOR MORE INFORMATION CALL:  
Sue (250) 295-3569 / Judi (250) 295-0055



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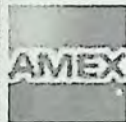
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WEEKLY DEADLINE IS 12 NOON FRIDAYS



## 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](http://www.kijhl.com)

### AWAY

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

Home Game Webcasts:  
[www.kijhl.com](http://www.kijhl.com)

[www.princetonbcnews.com](http://www.princetonbcnews.com)

### sudoku



CHALLENGE #157 - Easy

432 791 856  
758 264 931  
619 538 274  
263 487 195  
197 352 648  
584 619 723  
826 945 317  
941 873 562  
375 126 489

CHALLENGE #158 - Hard

654 382 179  
291 647 853  
783 591 426  
925 836 741  
437 159 682  
168 274 395  
476 425 918  
842 913 567  
519 768 234

## Princeton 4-H Club



Open House  
& Registration

3:30 - 5:30 PM  
Wednesday, January 14  
Riverside Centre

FOR MORE INFORMATION CALL:  
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162 Angela Avenue  
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5:30 PM 1st 47 Bonanza #'s  
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EVEN, PROGRESSIVE SNOWBALL &  
LOONIE POT, "LUCKY 7" WON EVERY  
MONDAY (MIN. \$50.00 GUARANTEED)  
BC Gaming License #9154  
"KNOW YOUR LIMIT. PLAY WITHIN IT"

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Natural  
character chart - \$25.  
Basic chart plus  
predictive - \$50.

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Completely confidential

### notices

Narcotics Anonymous

**OPEN MEETINGS**  
Wednesdays 7:30 PM

160 Old Hepley Road  
Baptist Church Basement  
(USE BACK DOOR)

Info: (250) 295-7919 OR  
295-8047, 295-6723

Drinking a problem?

Alcoholics Anonymous

Meets 7:30 PM Thursdays  
At The Anchorage,  
136 Vermilion Ave.

Fred 295-7272/Marena 295-7663

## FREE AND CONFIDENTIAL COUNSELLING SERVICE

Available to any woman who has  
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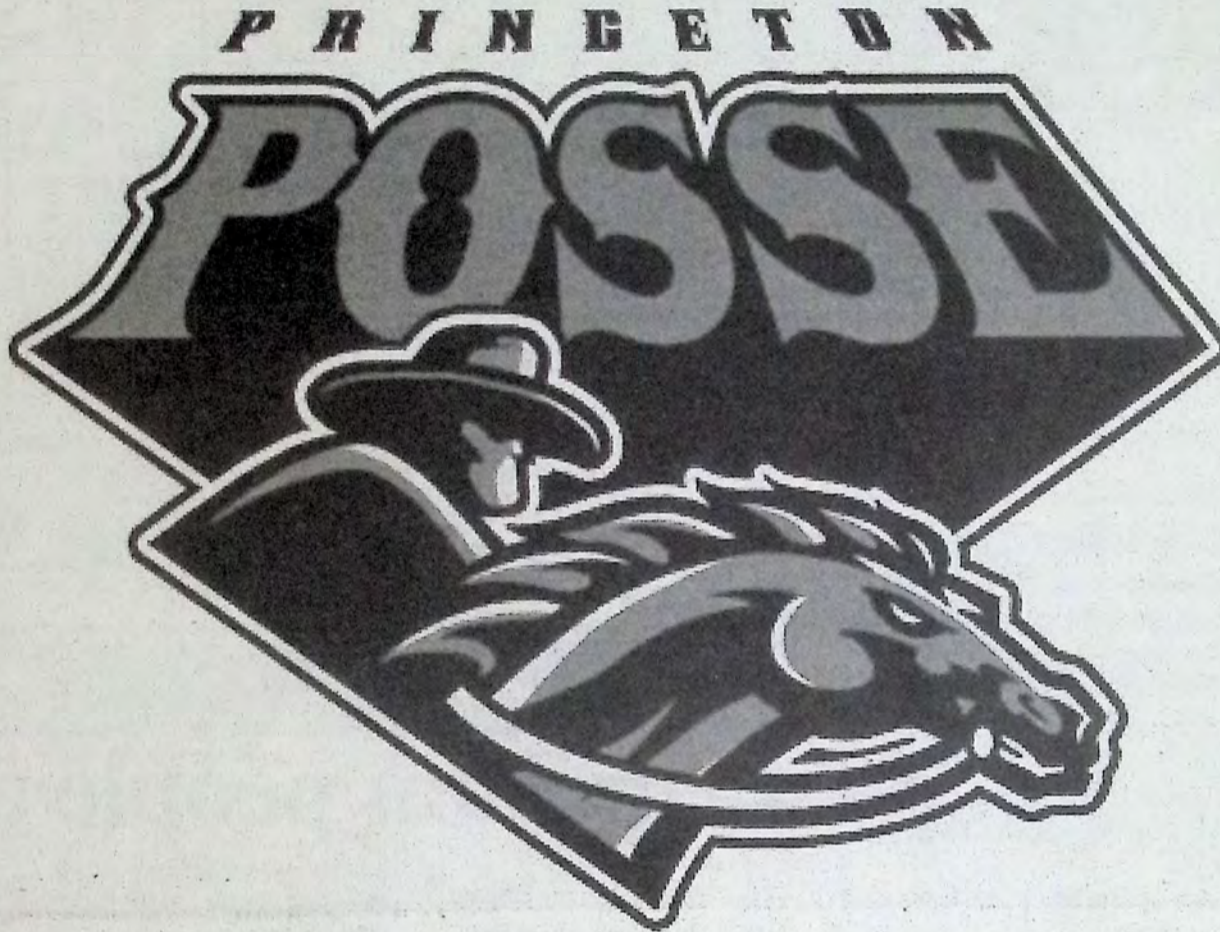
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# editor@thenewsleader.ca

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

## my turn

### You want to stick that thermometer where?

If you haven't already heard, there's going to be some (more) changes at Princeton hospital.

The official word from Interior Health's South Okanagan Health Services Department is this:

"There is a new Provincial Rural Locum Program for all rural communities in the Province funded by the Ministry of Health. All rural communities are expected to follow the locum program guidelines and Princeton will follow the guidelines as directed by the Provincial Government starting February 1st."

What I'm hearing is that it boils down to a money issue (from what I understand, a cut in pay) which looks as if we could very possibly lose the doctors currently working under the locum program.

Interior Health tells me this:

"We are diligently trying to ensure physician coverage for Princeton."

So you have to decide what's really true and what's really going to happen.

I can understand the concerns coming from the side that feel there's a very real possibility that coverage will be lost and another service gets flushed down the drain for Princeton, but I think we also owe it to Interior Health to not point the finger at them and try somehow to be part of the solution rather than throwing mud.

I know, it's not like me to defend IH, but I do think Julie Fleming has touched on not a bad idea. In her letter to the editor (see elsewhere on this page) she lists a number of e-mail addresses of people you should be contacting.

I think we should be contacting these people and pushing for improved service to all rural hospitals and not just our own as (noted above from IH's Lorraine Ferguson) the new Provincial Rural Locum Program is intended for ALL rural hospitals and not targeted to Princeton alone.

We need to remember this when we fire off our e-mails and maybe if all parties listed receive a flood of complaints they'll get the message that at least one rural community has had enough and demands the Province and Ministry treat us all with the same kind level of service rather than making cuts to small town services.

### 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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Office Administrator:  
Reporter:

George Elliott  
Brenda Engel  
Dawn Johnson



## your turn

# Princeton people are nice!

Dear Editor,

On December 28th my husband, 11-year old son and I were on our way up to our cabin at the Eastgate of Manning Park.

We hit ice and ended up flying off the highway and down an 80-foot cliff. Once we established our injuries, we looked up to see that many people had stopped and were eager to help.

A good majority of these people happened to be from Princeton. Someone threw down a rope and they pulled us up one by one. A kind gentleman who was travelling with his teenage daughter and son offered my son and myself a ride to our cabin and we took him up on his offer. Many others offered seats in their cars as well. Eventually we got help to my husband. I have a broken tailbone, my husband has damage to his knees and thankfully, our son is fine!

We are very lucky to have walked away from such a crash. In my state of shock after the accident, I got no names of the people who had

helped us but would appreciate you publishing this letter as my way of thanking them.

We travel to Princeton quite often from our cabin and have always loved the little town and the people. To all those kind Princeton folk who stopped to help us on the highway that day, I send my sincere

**Letter To The Editor**

## Hospital loses service?

To The People of Princeton:

It has come to my attention that the Interior Health Authority is once again thinking of closing our Emergency Services and hospital in the near future.

After all the work that the people of Princeton have done to get good locum doctors that give us good medical care and to keep and maintain our hospital, I find that this is unacceptable.

Please contact your Premier, MLA, Interior Health and Mayor and Council regarding your con-

cerns. The e-mail addresses are as follows:

Good Karma will certainly come your way! A special thanks to the gentleman who drove us, he was so kind and generous - a very nice man! It's a friendly stock of citizens that come from Princeton, BC!  
Sincerely,  
Connie White, North Vancouver

cerns. The e-mail addresses are as follows:

**Premier Gordon Campbell**  
gordon.campbell.mla@leg.bc.ca  
**George Abbott, Health Minister**  
george.abbott.mla@leg.bc.ca  
**MLA Harry Lali**  
harry.lali.mla@leg.bc.ca  
**Interior Health Authority**  
feedback@interiorhealth.ca  
**Mayor & Council, Town of Princeton**  
admin@princeton.ca  
Yours truly,  
Julie Fleming, Princeton

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Current Comment:

# Grandmothers suffer media injustice



Dawn Johnson  
editor@thenewsleader.ca

Television advertising, and some of the regular programming, annoys me because of the way it depicts grandmothers. I wonder if the people who produce these ads and shows have looked around at real grandmothers these days.

Grandmothers and grandfathers on television are shown as elderly people with white hair, hearing aids, and all sorts of physical problems requiring products like Depends. These television grandparents don't look like the grandparents I know, and in particular, the grandmothers look too ancient to be the grandmothers I know. There is just one TV show I watch where the grandmother looks like the grandmothers I know. That show is Two and a Half Men, and my thanks goes out to the producers of that show, who obviously have looked at today's grandmothers.

I'll start with my own daughters, both of whom are grandmothers. Both of my daughters are slim, stylish women holding down jobs and doing all kinds of activities that prove they do not have any sort of physical disabilities. Although both daughters will admit to having a few grey hairs, neither are the grey-haired old women shown on television.

I look at my daughters' friends who are grandmothers. They are much the same. A few of them have given in to the added waist-line inches, but other than the extra weight, they are still busy living full lives. Not one of them needs to rely on Depends or hearing aids, and only recently needed to wear glasses. I'm not seeing a lot of grey heads among them.

The grandmothers of television are shown wearing dowdy dresses MY grandmother might have worn, but my daughters and their friends wouldn't be caught dead in dresses like that. In fact, they rarely wear dresses: their favourite clothes are blue jeans or

chinos, with sweaters or hoodies. Some of their friends work in situations where jeans are not appropriate, so they wear slacks and jackets on the job.

The fitness level of grandmothers I know is quite high. I see grandmothers out walking briskly, going to the gym, working in their gardens. Grandmothers ski, curl, golf, go snowmobiling, hiking, swimming, horseback riding and play fastball. There are local grandmothers who are ranchers.

These women are nothing like the television version of grandmothers, and I firmly believe grandmothers should speak up and object to the stereotype of Grandma on television. It is so outdated as to be ridiculous, and in many ways, it is insulting to real grandmothers.

You will note I am not including myself in the grandmother category. This is because I am a great-grandmother. Television hasn't even discovered my group of women. I expect they believe we are probably in a nursing home or cemetery. Instead, we are out there doing things in the community or, like me, still working part-time.

We great-grandmothers drive cars, and frequently, we look after a disabled husband or brother. We do our own shopping, go on trips here and there, do our own housework, and so on. I still chop wood, dig flower beds, grow a big vegetable garden, paint my house, and participate in the community. My hair has grey in it, but even if I were totally white haired, I could still be fully active, as are so many women of my age and older. Recently, I attended a dinner where I met an old family friend, age 95. She has a little trouble walking, but she still goes places and participates in community activities. She is a great-great-grandmother.

None of the great-grandmothers I know wear dowdy dresses. We wear slacks, sweaters, and our one concession to age and fitness: sensible shoes so we can keep walking.

My point here is the need to change the image of older women, and even elderly women. I am not sure anymore at what age one can be classified as "elderly". All I know about women of my age is this: we are younger than our grandmothers were at our age.

I am not commenting on grandfathers and great-grandfathers because they are not as young as their wives. There are a few exceptions, of course, but by and large, men still age faster and worse than women. I watched a documentary about the health of men, and researchers indicated that the average man does not take as good care of his health as the average woman. Men tend to ignore dental health, which is so important to health. They tend to show less concern about added pounds as they age, and most of them will not observe the rules of good nutrition. Most men, in their younger years, eat too much junk and drink too much booze. Men tend to be less concerned about getting enough exercise. However, men are living longer these days, so maybe some of the messages about staying healthy and fit are getting through to them.

Disease still strikes my generation harder than it does younger people. People my age need to take more medications to stay healthy. That said, it does not mean we are decrepit or out of style, which is what television would have us believe.

My favourite anecdote about old ladies comes from my 92 year old aunt who was quite offended when her daughter-in-law gave her a shawl for Christmas.

"Can you imagine - a shawl!" muttered Auntie. "Does she think I'm ready for the rocking chair?" At that point in her life, my aunt was still gardening, doing her own housework, walking 10 blocks every day, and teaching handicrafts three afternoons a week. Her biggest complaint was that she could no longer drive, due to cataracts. Yes, she still wore dresses, but there was nothing dowdy about that old lady!

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As the sign says, motor bikes, ATVs and vehicles aren't supposed to be on the Trail. Photo: Marvin Carlson

**Letter To The Editor**

**Local man speaks out about TCT**

To The Editor;

I follow the letters pertaining to the KVR (Trans Canada Trail) and write this with my opinion and some facts.

Ms. Masiel states, "...anyone who wants to use the KVR needs to get a bicycle." In my opinion, the trail bed is almost one hundred years old and has no need for dictators.

I personally take exception to the signs posted on the KVR/TCT. Green depicts cross country skiers, hikers, horseback riders, cyclists and snowmobiles and in red are motorcycles, ATVs and vehicles.

I am an ATV and hiking enthusiast, along with many others and we use the trail in all seasons, all hours and in all kinds of weather conditions. The signs on the trail are inaccurate and misleading. They

are designed to discriminate and deter. It is very frustrating to everyone and makes users uncomfortable when paths cross.

The signs are not the law of the trail. I refer to <http://www.tctrail.ca> where it states "The foundation does not own or operate any trails, it is therefore not in a position to impose its policies on any trail anywhere in Canada."

The policy address three types of activities: 1) Core activities, 2) Accepted activities and 3) non-endorsed activities.

There are cyclists riding too fast for hikers, horse manure gets on hikers' boots, ruts form in the path for cross country skiers and birds fly away from photographers, etc., etc.

Complaints of ATVs ruining the trail are absurd. There are many

bumps, rocks and other obstacles the great outdoors lay in our path.

More ATVs enjoy the KVR/TCT than any other hobbyist. We don't discriminate other users and will never run a red line through anyone's lifestyles or hobbies.

My opinion is simple: we can all find enjoyment on the KVR/TCT, respect others and work to make the trail an experience for everyone to enjoy.

This comes from the above-noted website: The Trans Canada Trail foundation's policy is designed to contain the presence of ATVs and provide our trail builders with the latitude they require to build the trail in every province and territory. Canada was built on compromise and the Trans Canada Trail will be no exception.

- Marv Carlson, Princeton

**Town approves rate increases**

The final reading of the new bylaws for water and sewer rates was passed by Town Council at the January 5 meeting.

Water rate for single family homes will be \$243 per year, and the same for each unit of multiple dwelling residences. Motels will pay \$119 per unit, service stations \$462, offices, shops, stores will pay \$231, restaurants will pay \$271 plus \$6 per seat, and hospitals will

pay \$231 per bed. For specific information for other businesses or services, inquire at Town Hall.

Sewer rates for dwellings are \$116 per unit per year, hospital \$94 per bed, schools \$233 per classroom, as an example. Check with Town Hall for specific locations.

A bill combining both rates will be sent out soon, payable in February. Arrangements can be made at Town Hall for staggered payments.

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The PAHS has been very busy, and visible, in the past few months.

**Letter To The Editor**

# Housing group reviews '08

To The Editor,

Hello and a very Happy New Year to everyone! 2008 was a very eventful year for Princeton Attainable Housing Society (PAHS) and we would like to sincerely thank everyone who supported our cause last year.

We would particularly like to give special thanks to the Town Council and Area H for their support. In addition to that, some of the local businesses who gave donations (in no particular order) were Princeton District Teachers Union, The Hut,

Irly Bird, Kevin Acres, The Villager Inn, Bob Wicks, The Source, Overwaitea, Senior Citizens Branch #30 and Princeton & District Community Services.

We would also like to acknowledge all our members for their memberships and those who paid more than the normal \$10.00 membership fee because they believe in everyone having housing everywhere, but in particular, in Princeton - 'A Town to be proud of/A home to be proud of.'

Secondly, we would like to

announce that our feasibility consultant, Alice Sundberg, will be in Princeton from January 14th to 17th and we hope that if she contacts you for information you will do your best to help her.

If you wish to meet her she will be at our monthly PAHS meeting on January 15th, starting at 7:00 PM in the Boardroom of Princeton Hospital.

Remember: 2009 - time to shine! Bigger and better this year than last!

- Sylvia Bailey, PAHS Chair

**Letter To The Editor**

# Local man responds to Kay

To The Editor:

The recent letter by one Kay Hardy calling Alex Atamanenko a

traitor is a way off base, and totally unfair. With regards to the big kerfuffle in Ottawa a few weeks ago, it

seems to me that what we saw was a very justified case of democracy in action.

The opposition were responding to a most unfair action of a minority government acting as if they held a majority.

The Conservative attack on electoral spending was a shameful move that could lead to corporate backing of political parties, with resultant indebtedness.

The opposition parties are the ones who were really standing up for Canada!

Thank goodness Steven Harper does not have a majority, otherwise we would all be riding the Harper & Western Railroad.

- Jim Hodge, Princeton

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There is an alternative...and it's NOT Harry!





They are called Fiddle Frazzle and they will be performing good ole toe tappin' Celtic music January 18th at Riverside Centre. The band is based out of Penticton and have performed here before.

## Celtic music comes to Riverside Centre

The Princeton Traditional Music Society is pleased to announce the opening of its monthly concert series.

From now until June there will be a concert every month, featuring musicians who have appeared or will be appearing at the Princeton Traditional Music Festivals.

The first concert, on Sunday, January 18th at Riverside Centre, will feature the music of Fiddle Frazzle, a Celtic band from Penticton. From sweet and haunting airs to lively traditional Irish, Scottish and New England Dance Music, Fiddle Frazzle will take you on a musical journey through the ages of Celtic mist and sunshine.

The traditional tunes of Ireland, Scotland and the subsequent New World, come alive when played by this exciting band of musicians!

Fiddle Frazzle banded together in 2007 and through the last year and a half have picked up a few more musicians and loads of toe-tappin' tunes! Their recent concert in Penticton, 'A Celtic Christmas Evening' was a sold out success with the audience clamouring for more. The band is in demand at the Penticton Artisan's Market and other community events including the Meadowlark Festival 'Nature in Song Concert.'

Ron Wall and Liz Lupton, founding members of Fiddle Frazzle, co-wrote a set of tunes in honour of the festival. The 'Meadowlark Jig,' 'Kokanee Waltz' and 'Paint Your Dragon' will be featured in the January 18th concert.

Each musician plays at least two other instruments, although not at the same time! You'll hear penny whistles, bodhran, mandolin, Irish bouzouki guitar, fiddles, viola, accordion, flute, recorder, keyboards, Celtic harp and percussion.

The dry humour of Ron Wall -

you'd think he kissed the Blarney Stone for sure - adds to the feeling of stepping into their parlour at a time when the only music was live music.

The driving rhythm of fast jigs, reels and horn pipes is offset by gentle airs featuring the Celtic harp and whistles, while the stories of the songs themselves set the stage for an unforgettable listening experience.

Band members are: Ron Wall, Liz Lupton, Phil D'aoust, Roswitha Masson, Paul D'aoust and Debi Johnson, all hail from communities in the Penticton area.

The concert takes place at 2:00 PM, Sunday, January 18th at the Riverside Centre.

Admission is \$10.00 (\$8.00 concession).

- submitted

## Council tables ambassador funding

Kim Macahonic, Program Coordinator for the Youth Ambassador Program, sent a letter to Town Council advising there are five candidates for 2009, and requesting some funding. At the January 5 Town Council meeting, Council discussed previous funding for the program but did not make a commitment, referring it to

budget. The Youth Ambassador Program does fundraising during the course of the year, but Council has always provided some money to assist with costs. Youth Ambassadors are officially recognized by Council, and represent the Town of Princeton at a variety of events in Princeton and out of town.


## Council puts hold on Elks request

Princeton Elks Lodge has requested Council grant them the municipal portion of property taxes. The expense and income sheet sent to Council left some questions unanswered. Looking at past practice, Council learned a grant in aid had

not been given to the Elks Lodge since 2002. Further, the tax exemptions list was compiled last fall and the Elks were not on that list.

At the January 5 Town Council meeting, Council referred the request to budget.

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## FINANCIAL FOCUS

**A Few Things You Need To Know This RRSP Season**


One of the most effective methods many Canadians use to help reach their retirement goals is saving within a Registered Retirement Savings Plan (RRSP). Your contributions can be deducted from your income, which will help reduce the amount of income tax you pay. In addition, any growth earned in your RRSP is not taxed as income until funds are withdrawn. That means investments in your RRSP grow tax-deferred so the total value may grow more quickly.

Whether you've had an RRSP for years or have yet to open an account, here are five keys pieces of information you should know:

- 1) The deadline for the 2008 tax year is fast approaching. There's a reason why the early part of the year is known as "RRSP season." It's because you only have until March 2, 2009 to make a contribution for the 2008 tax year. So if you haven't done so yet, now is the time to act. And while you're at it, try to make a contribution for next year as soon as possible. While the deadline may be a year away, it's to your advantage to make a contribution as early as you can to gain maximum benefit from compounding. It could result in a significant boost to your retirement savings.
- 2) If possible, contribute the maximum amount allowed. For the 2008 tax year, you're allowed to contribute \$20,000 or 18 per cent of your earned income, as reported on your 2007 tax return (whichever is less). Note that if you belong to an employer-registered pension plan or a deferred profit sharing plan, your contribution room will be reduced by what is known as the pension adjustment.
- 3) Make up for unused contribution room if you have any. You can make up for missed contributions in past years. You'll find your unused contribution room on the Notice of Assessment you receive each year from the Canada Revenue Agency after filing your income tax return.
- 4) You can only contribute up until age 71. You can contribute to an RRSP until the end of the year in which you turn 71. You must close your RRSP and transfer the assets into a Registered Retirement Income Fund (RRIF) or purchase an annuity (or a combination of the two) by the end of that year. You could also take the proceeds in cash, but this may be the least appealing option because you would be taxed on the entire amount.
- 5) You can hold whatever investments you want in an RRSP. Up until 2005, you could only hold a foreign content level of 30 per cent of your RRSP's book value (the original cost of your investments). With the elimination of that rule, you can have as much as you wish in eligible foreign securities - including stocks and bonds traded on many foreign markets and Canadian mutual funds that invest outside of Canada. So if your RRSP portfolio isn't well diversified outside of Canada, the time could be right to make new global investments. Keep in mind, however, that Canadian securities are likely still best as the core of your investment portfolio. For most Canadians, 25 to 35 per cent foreign content is suitable. Your individual percentage will depend on factors such as financial objectives and expectations of investment returns.

There are many other things you should know about the RRSP and the role it can play in your retirement planning. Speak with your financial advisor to learn more about your options in light of your own unique needs and circumstances.

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