

Taneesha Beaupre studies forms during the Princeton 4-H Club open house and registration night held January 14th at Riverside Centre. The group welcomed regular and new members to 4-H. *

Interior Health issues statement

Interior Health issued the following statement titled, 'Information on Princeton General Hospital' to the News Leader late Friday, January 16th.

"Interior Health would like to confirm that we are committed to the community of Princeton, and we are committed to keeping Princeton General Hospital open.

"While we are recruiting additional permanent physicians for Princeton, Interior Health is using the services of locums (physicians

on contract) to maintain hospital coverage. As of February 1st the Interior Health locum package will mirror the provincial program. Some locums have indicated this change means they are unlikely to return to work in Princeton. Interior Health, local physicians, the Town of Princeton and the Ministry of Health Services are all working diligently to ensure Princeton has sufficient physicians to ensure proper Emergency De-
..... continued on Page 5

Trails President speaks out

by Judy Short, President Vermilion Trail Society

For the past many years we have read complaints of what the local club (the Vermilion Trail Society) have not done to the satisfaction of the residents of Princeton.

We would now like to be afforded the opportunity to express our opinions. We are a small volunteer group of people that have been given the title of stewards of the Brookmere to Trout Creek section of the Kettle Valley Trail, known as a section of the Trans Canada Trail. We have little difference from you than just that.

1) This gives us the right to raise money for the betterment of the trail and community through government grants. These application areas have to be found, written and applied for. We then wait for the outcome. All are not successful but take the same time to create.

2) Maintain the trail, which

entails removing rocks from slides on the trails, repairing damaged bridges, rebuilding flooded out areas, repairing washouts, erecting signs, weeding gardens, building a park and plowing the snow off the trail. Continually working toward the beautification of the trail. This is all done, not through our dictatorship but through the instructions from TCT, BC Trails, engineers, government funding (remember the grants?) and also these people's/agencies control.

3) Yes, we erect signs, which displeases people because it is a des-

ignated non-motorized trail and because we have been instructed to do so.

We ask people to respect the trail and the people who use it. This is certainly not always done by the numerous complaints we get from that side of the picture.

Please, don't shoot the messengers!

1) We are a small society of people who are dedicated to working on the trail to attract tourists to our Town, improve our economy and give the residents something to be proud of and enjoy.

2) We get no money for these efforts and actually in many cases it costs us money.

3) We have a financial report at every meeting and the books are available for those attending to see.

So what we would like to express is if you would like to come to our meetings, join our society and help to improve the work that is done we would be very grateful for that.

In my opinion we only see complaints to the Editor never a letter stating:

1) Gee, did you see the Trail was plowed so we could use it?

2) My gosh, that Bridge of Dreams will be nice for us to view the beauty of our area and maybe encourage people to come to Town to see it.

3) Golly, that park they are creating will be nice to enjoy and maybe we can take our grandchildren there to play when we walk up to see the Bridge of Dreams.

If people think we are doing such a poor job, step up to the plate and take over the hours and hours spent for what appears no gratification.

..... continued on Page 2

RCMP continue investigations

Princeton RCMP are investigating a shooting which occurred at approximately 7:15 PM on Monday, January 12th on Webster Street in Hedley.

"The gunshot victim fled the scene and was subsequently attended to by BC Ambulance personnel in Hedley," says Princeton RCMP Detachment Sgt. Gary Macahonic.

The victim was later transported to hospital in Penticton.

The 24-year old man was treated at Princeton Regional Hospital for a non-life threatening wound to his arm/elbow and received surgery.

"When police attended to the scene of the shooting the suspect and two other individuals surrendered to police without incident."

A 40-year old male was taken in custody and appeared in Penticton Court the following day to face several weapon-related charges.

"Both subjects are residents of Hedley and known to each other," Sgt. Macahonic adds. RCMP continue to investigate the incident.

Members of the RCMP "E" Division Serious Crimes Unit, in conjunction with members of the Princeton RCMP Detachment, continue to investigate the murder of Willard Bruce McInroy which occurred in Princeton in early December 2008.

"Investigators cannot comment on the investigation other than to say that they have completed most of the interviews of McInroy's friends and associates and are working diligently to follow up investigational leads," states Princeton Detachment Sgt. Gary Macahonic.

If you have any information that may assist in the investigation, you are asked to contact local police at (250) 295-6911.

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PAGE 16 - IN YOUR TV GUIDE SECTION



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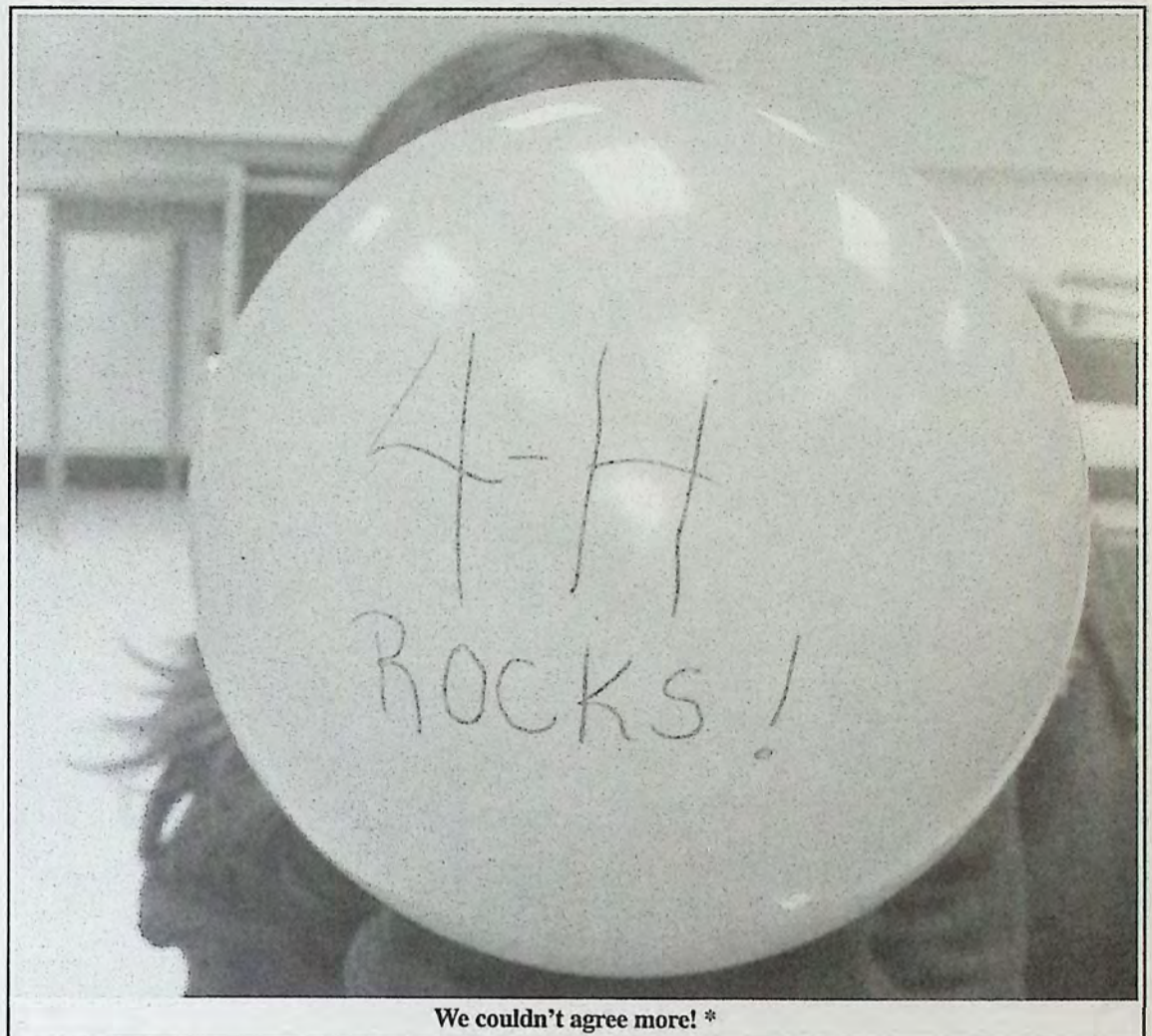
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We couldn't agree more! *

How the rural locum program started

The original news release issued by the Ministry of Health Services - BC Medical Association was dated September 19, 2008 and was titled, 'Rural BC communities get better doctor coverage.'

Here is what that release said:

More than 60 rural communities in British Columbia are set to benefit from changes to the Province's rural doctor coverage program, which are made possible by a funding increase of approximately \$800,000.00 on top of the \$2.6-million provided annually for this program, announced Health Services Minister George Abbott.

Revisions to BC's Rural General Practitioner Locum Program will increase financial incentives up to \$1,000.00 per day based upon community isolation and the enhanced skills necessary to support the community's hospital.

"Physicians offering locum services to provide relief for general practitioners practising in eligible rural communities will be compensated at different rates depending on the degree of isolation of the community and on the additional skills they provide to hospitals in those rural communities," said Abbott.

"Revisions are also being made to BC's Rural Specialist Locum Program to attract more locum relief for specialists working in eligible rural communities. The enhancements to our rural locum programs are part of our strategy to strengthen health-care services in rural communities and ensure that patients have the best access to medical care."

The Rural General Practitioner and the Rural Specialist Locum Programs are province-wide initiatives designed to help physicians working in eligible rural communities to secure subsidized periods of leave from their practices for vacation or continuing education. These programs are developed and implemented by the Province in collaboration with the BCMA (British Columbia Medical Association) through the Joint Standing Committee on Rural Issues (JSC).

"The Rural Locum Program provides a great opportunity for doctors to experience working and living in different areas of the province," said Dr. Granger Avery, co-chair of the JSC and a rural GP.

"But more importantly, it reduces the challenges that rural doctors face when looking for locum

replacements when time off from their practice is needed. We're pleased to work with the government on this program."

The new guidelines recognize differences in degrees of isolation of rural communities within four categories. This eliminates the flat rate currently provided to all physicians for locum service and the standard number of days offered for potential locum relief. The enhancements will strengthen medical coverage for BC's more isolated and vulnerable communities.

Effective October 1, 2008, the following changes will be made to the rural locum programs:

- Physicians providing general practitioner locum services will be compensated at rates ranging from \$750.00 to \$900.00, depending on the degree of isolation of the host community;
- General practitioner locums will receive between \$50.00 and \$100.00 on top of the daily rate if they provide specific, core services needed by the rural hospital and provided by the host physician. These include: general surgery, anesthesia, emergency medicine and obstetrics;

..... continued on Page 5
President speaks out

..... continued from Front Page

Thank you for giving me your time to release my feelings. I now will be able to sleep at night rather than plot and plan what the next move will be to make the Town a prettier place, a healthier place and eventually - just maybe - a few more travellers leaving their money in our Town.

I am saying I, me and my as these are just my feelings that I felt had to be aired.

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An interesting view of some ribbons won by Princeton 4-H Club members. *

Youth project needs help

Recently the PASTRY, not the pie, the Princeton Active Strategy To Reenergize Youth, has run into some road blocks.

They are in desperate need to secure space for their office (for broadcasting) and lounge for youth and the community to meet to participate together in fun and healthy activities.

This would not require a large amount of space, and this is run on a part-time basis so the idea of 'partnering' on space would certainly be welcomed.

For the short term, Ed Muckle of

Image Emporium has offered the youth space, at no cost to at least get started in the near future.

The group is also looking for community champions to help them implement their project. The roles are volunteer, you don't need to be a professional, and people with interests in broadcasting, media or various other ideals would be welcomed.

PASTRY is looking to partner with the community in the following area: they need to have a Youth Support Worker (supervisor) to 'hang' with the group when they

are programming and/or participating in activities.

PASTRY meets at PSS every Tuesday afternoon at 3:15 PM in the counseling suite. Anyone interested in the program is welcome to meet the youth involved, share ideas or bring solutions to the table. You can also contact Shauna Hassell the Project Leader for more information at (250) 295-0112.

The sustainability of the project is contingent upon community engagement.

PASTRY thanks you in advance for your support. - submitted



Princeton 4-H Club welcomes new members at their January 14th open house. *

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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.

Advance Public Notice Load Restrictions

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

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

The restrictions will limit vehicles to 100 per cent, 70 per cent, or 50 per cent of legal axle loading, as allowed under the Regulations pursuant to the *Commercial Transport Act*.

Overweight permits will not be granted. All term overweight permits are invalid for the duration of the restrictions.

The public and trucking and transportation companies should govern themselves accordingly.

Your cooperation in adhering to the above regulations is appreciated.

Dated at Kelowna, BC this 9th day of January 2009.

Murray Tekano
District Manager, Transportation

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



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keremeos and area news



Rick and Hollie Tayal stand next to their 'duct sucker' portable unit which fits inside a van. They are based in Penticton but have serviced many clients in the Similkameen. *

New service reaches Similkameen

Residents from Keremeos to Princeton are too familiar with having fewer service choices than people in bigger towns, including air duct cleaning.

Modern PurAir, however, developed a strong, portable vacuum that makes cleaning the lungs of a home extremely efficient, and can easily be brought to smaller towns.

Hollie Tayal, owner of Modern PurAir in South Okanagan says that since they started their Penticton-based company in August, over 50 percent of their business has come from rural areas and smaller towns in their territory. Hollie has met dozens of people that are relieved to know that an air duct cleaning company will finally come to their neck of the woods.

"Most people we've talked to claim duct cleaners from bigger towns won't even return their

calls," says Hollie, 22.

"It's not that their bad business people, they just don't have the equipment to travel farther distances and service smaller jobs."

Lane Martin says that since his company, Modern PurAir, developed a small portable air duct cleaning unit, the company's business reach has expanded immensely.

"Our high powered vacuum is literally the only one in the industry," Lane says.

"The huge diesel trucks that we used to run sucked up a lot of gas getting to the job and during the job. They were just not feasible to bring out to smaller towns."

Now Modern PurAir has smaller vans with vacuums that can be wheeled into people's homes, which make less noise and don't require hoses tracking across people's gardens and sidewalks.

Lane started franchising Modern PurAir last year and already has six franchises throughout the Okanagan, with one opening recently in Chilliwack.

Lane expects that with his efficient vans and portable vacuums, his company will be able to service parts of BC that most companies don't even consider.

"I wonder how many other kinds of opportunities there are in small towns for companies that are willing think different and get more efficient," Lane says. -submitted

Keremeos celebrates Literacy Week

Local author, Vernon Frolick, will be a special guest at The Keremeos Library for the BC Literacy Week Be A Reader, Be A Listener event on Saturday, January 24th in Keremeos.

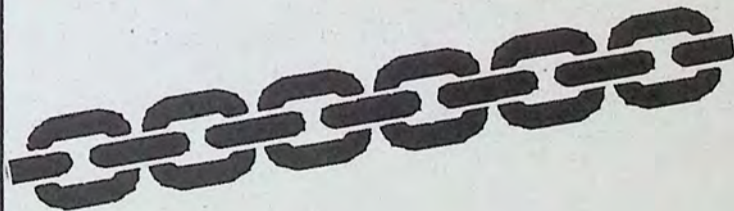
Descent into Madness and Fire Into Ice, The Great Diamond Hunt are two of Frolick's most popular titles. He will be reading from Fire Into Ice.

A number of Lower Similkameen personalities will also give readings in poetry, essay and children's literature for families gathered at the Children's Reading area of the Keremeos Library.

The Literacy Week event begins at 12:30 PM and runs to 2:30 PM at the Keremeos Library.

Similkameen News Leader

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Many non-profit organizations host Bingo in the Similkameen Valley as a means to raise funds for a variety of reasons. The majority of these events would not take place without dedicated volunteers. *

..... continued from Front Page
-partment coverage at Princeton
General Hospital.

"It's important to remember that family physician recruitment and retention in rural communities is a challenge across BC, indeed across Canada. Interior Health is taking steps to address this challenge and ensure the community gets the health care and emergency services it needs. We are committed to keeping Princeton General Hospital open. We have applied to the provincial rural locum program, HealthMatch, which assists in the recruitment of locum physicians.

"We continue to work with local elected officials on the recruitment of health care professionals to Princeton; both the Town and Interior Health are offering incentives to bring qualified people to the area. For example Interior Health is assuming the cost of housing for locums through renting a house and an apartment. The Cascade Medical Clinic Physicians' office was relocated to the hospital last March where physicians may lease space; they no longer need to set up their own office and find staff.

"And finally, Princeton is eligible for funding under the FPS4BC program (Family Physicians for BC); a joint initiative of the Ministry of Health Services and the BC

Medical Association that encourages physicians to establish a group practice in areas of need by assisting with up to \$100,000.00 in financial support.

"Princeton is a wonderful community with many excellent attrib-

Background on the rural locum program

..... continued from Page 2

- Rural physicians will receive up to 43 days of potential general practitioner locum support, depending on the level of isolation of the community where they practise;

- The rate paid to specialists providing locum services to 18 rural communities will increase to \$1,200.00 per day; and

- The potential number of days of locum relief for specialists in rural communities will increase to 35 days to recognize the time spent in professional development activities.

To be eligible for the Rural General Practitioners Locum Program, physicians must work in a community with seven or fewer physicians. For eligibility in the Rural Specialist Locum Program physicians must work in specified communities with fewer than five specialists working in the areas of general surgery, anesthesia, internal medicine, orthopedics, pediatrics and obstetrics. The 18 design-

ated Rural Specialist Locum Program communities in BC are: Campbell River, Comox, Courtney, Cranbrook, Dawson Creek, Fort St. John, Kitimat, Nelson, Port Alberni, Powell River, Prince George, Prince Rupert, Quesnel, Sechelt, Smithers, Terrace, Trail and Williams Lake.

These changes and the continuing review of rural programs by the JSC reflect the joint commitment by the Province and the BC Medical Association to maintain BC's national leadership position in the provision of health care services to rural communities.

For more information on the changes to the Rural General Practitioners Locum Program and the Rural Specialist Locum Program, as well as information on how to become a locum, visit www.health.gov.bc.ca/pcb/rural.html.

- submitted

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Tips on becoming tobacco free!

by Jill Rhynard, Interior Health

Tobacco kills more people in Canada every year than the population of Penticton.

That is 37,000 Canadians every year - twice as many die from smoking than from alcohol, drug use, car crashes, suicides, homicides and AIDS combined.

The average Canadian teenage tobacco user spends \$1,500.00 a year on tobacco. Someone smoking a pack a day will spend up to \$3,000.00 a year. If you are a parent who smokes, there is double the chance that your child will also smoke.

Tobacco use remains the number one preventable cause of illness and death in our society. It is possible to

take your life back from tobacco. Hard, yes! Impossible, no! Many people quit several times before they are successful. But each attempt at quitting is worth the effort.

Here are some tips that will help you be successful:

- Make a plan that works for you.
- Make a list of the reasons you would like to quit smoking.
- List your concerns about quitting and then list possible solutions.
- Surround yourself with supportive people.
- Decide how you want to quit.
- Cold turkey?
- Cut back on one cigarette a day until you are no longer smoking.
- Have your first cigarette half an

hour later each day until you are no longer smoking.

- Use nicotine replacement therapy, the patch, gum or inhaler.
- Use the prescription drug Champix or Zyban.
- If you get the urge to smoke, call QuitNow at 1-877-455-2233.
- If you slip, learn from it and try again.
- Be good to yourself - the first few days are the most difficult.
- Identify and avoid your triggers for smoking.
- When you have a 'nic-fit' try the four Ds: Delay, Deep Breathe, Drink Water and Do Something Else.
- Reward yourself for no longer smoking.
- If you're not ready to quit, think: What would it take to make me ready?
- Never give up!

British Columbians can either log on to the free QuitNow website or phone their toll-free number to receive an expert, individualized plan that will help them quit smoking for good. Click on www.quitnow.ca for tips, expert advice, e-mail reminders and chat rooms where you can connect with others who are also quitting.

Or call 1-877-455-2233 for a confidential talk with a specialist who will help you with the quitting process, provide information or assist you if you are helping someone else to quit.

Herbal Immune Soup

(NC)—Most of us know when a cold is coming before it takes hold. This season, nip it in the bud with this warming, immune-boosting soup.

- 8 cups water
- 1 tablespoon extra virgin olive oil
- 1 onion, diced
- 10 Toppits Garlic Cubes
- 1 1/2 cups vegetable stock or low-sodium
- 4 Toppits Ginger Cubes
- chicken stock
- 5 pieces sliced dried astragalus root
- 2 cups fresh, sliced shiitake mushrooms
- Cayenne powder, if desired

Bring water to boil in large pot. In a skillet over medium heat add olive oil, sauté onion, garlic, and ginger until soft and aromatic. Add contents of skillet to water.

Add broth, shiitake and astragalus. Simmer covered for two

hours. Remove from heat; allow to sit for two more hours. Remove astragalus root. Reheat.

Add salt and pepper to taste, and cayenne powder if desired (just enough to bring out a light sweat) * Astragalus Root can be found at your local health food store.

For convenience, we recommend using Toppits Frozen Garlic & Herb Cubes in this recipe. Toppits Cubes can be found in the produce section of most major grocery stores.

For more delicious recipes and store locations visit www.toppits.com.

living past 100

Yes, it is depressing, but you can change

Everyone feels winter is a bit depressing, primarily due to darkness and lack of sunshine. We can change some of our feelings of depression just by what we eat, and what we refuse to eat. Research into brain chemistry has offered some interesting conclusions into why any of us can feel depressed.

For example, researchers have learned that depression is linked to a deficiency of serotonin, a brain chemical that makes us feel happy. One of the primary causes of low serotonin is zinc deficiency. Zinc can be found in the following foods: peas, beans, lentils, brown rice, whole wheat bread, milk, and cocoa (real cocoa). Zinc is essential for the transmission of the body's chemicals, and zinc has a soothing effect.

Some foods counteract serotonin, so if you are feeling depressed, avoid these foods: all cheeses, mustard, berries, yeast of any kind, soy sauce, vinegar, smoked or cured meats, chocolate, onions, garlic, avocado, alcohol, yogurt, miso and tofu. In fact, any aged or fermented food should be avoided.

Other anti-depressants can be taken as supplements. These include the B vitamins, including niacin and folic acid. Magnesium and calcium are good for making you feel happier. Choline helps your body uptake magnesium. Vitamin D helps your body uptake calcium.

Much of the research done into brain chemistry included studies of migraine and fibromyalgia. Avoiding the foods mentioned above is also beneficial for these conditions, and so are the supplements.

All of the above information does not mean everyone should start avoiding the foods mentioned, as these apply only to those people suffering mild depression. Most of those foods are good for most people.

A further bit of advice: if you are currently taking anti-depressant medication, avoiding the foods mentioned, and taking the supplements mentioned, may be helpful, but you should continue taking your meds. Anti-depressants are prescribed for serious depression.

If avoiding the foods listed above does not improve your feelings of depression, and if you take the supplements and you still feel depressed, see your doctor. This column is about the "winter blahs", not about treating serious depression.

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There was a good crowd last Thursday at the second ever Princeton Posse Bingo. *

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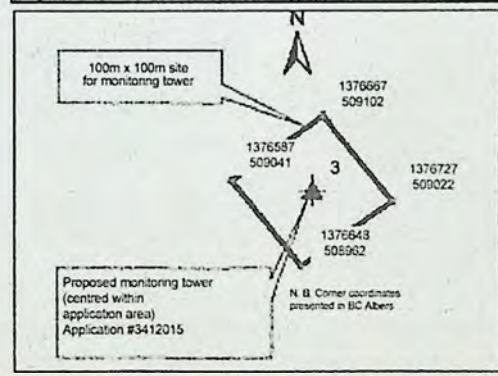
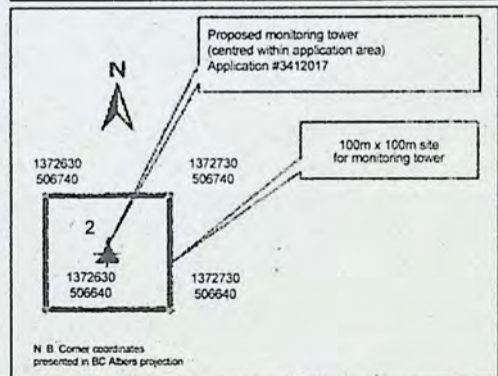
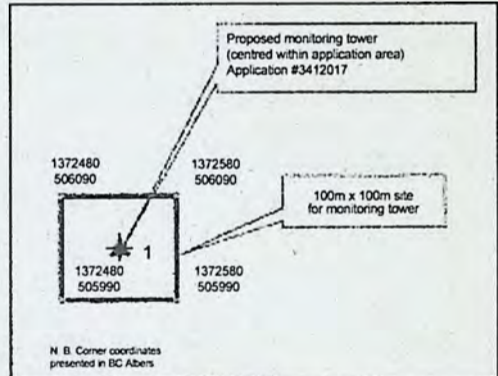
Notice of Intention to Apply for a Disposition of Crown Land

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 3rd Floor, 145-3rd 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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Pee Wee Rep hockey action January 17th. South Okanagan against Merritt at Princeton Arena. *

Vermilion Court Report

by Dorothy Stenvold

The past week has been so warm and sunny it has given us a welcome rest after the cold and snow falls over the holidays. I cannot believe this will last, so I'm enjoying it now.

We realized the Christmas season was over but felt a bit sad to see all the beautiful decorations put away for another year. But we're now preparing for Chinese New Year. So, once again, our spirits are lift-

ed by the appearance of parasols and kimonos and other artifacts. We will be enjoying some lovely Chinese food on January 27th.

Of course in the meantime we've played word games - finding edible foods beginning with the letter 'P' (for example: peanuts, pears, etc.) I believe we had a list of nearly 75 words.

When we have the lovely organ music rendered by Ruth many of

us enjoy doing exercises. We don't seem to enjoy them without the music.

Occasionally we play 'Five In A Row'. A new game to me but most enjoyable. Four persons per game.

Jigsaw puzzles are always on the go. Anyone may sit as long as they wish to assemble the picture. A 1,000 piece puzzle usually takes three to four days but others much longer. More next week!



More Pee Wee Rep hockey action from January 17th at Princeton Arena. *



South Okanagan Pee Wees against Merritt January 17 at Princeton Arena. *



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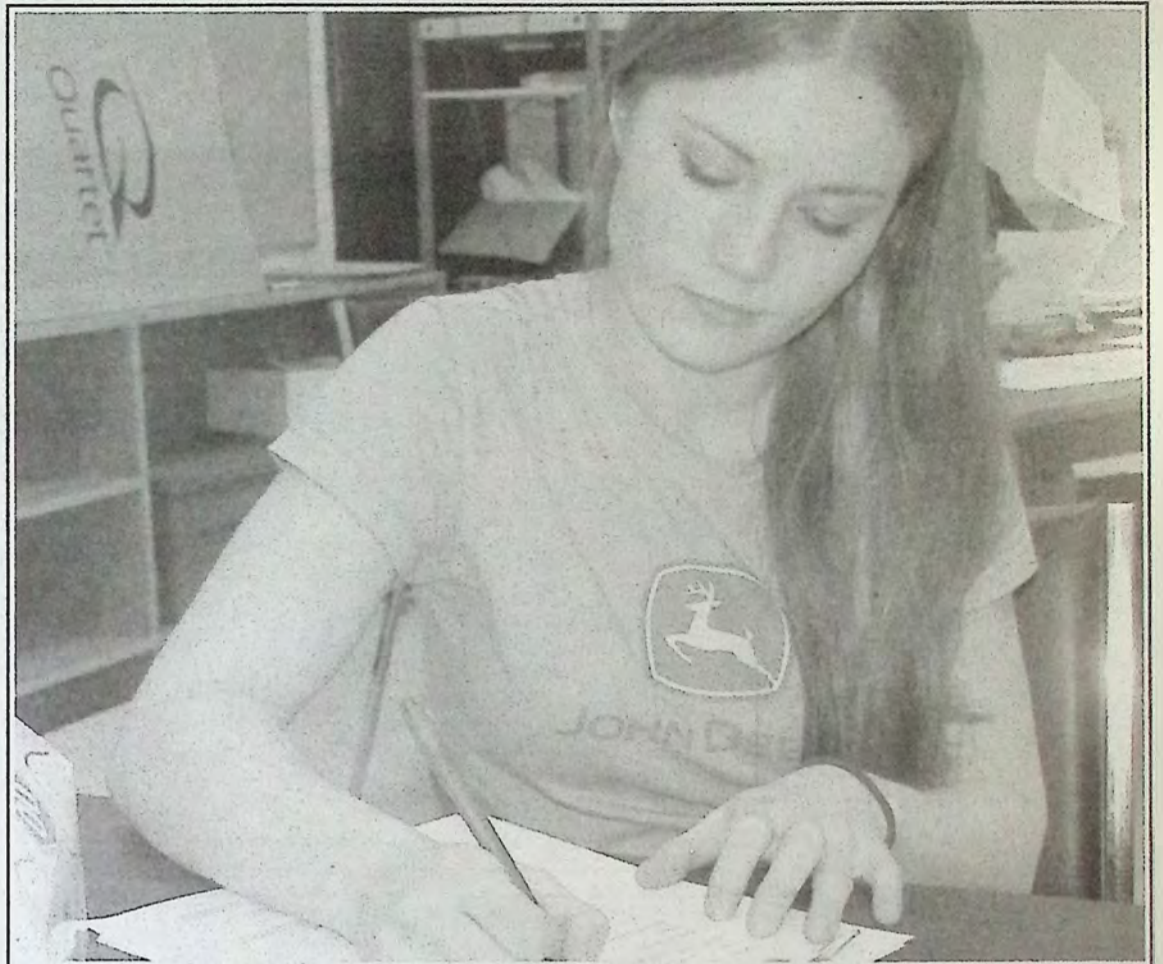
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Janine Esdale fills out paperwork to identify her 2009 4-H Project at the club's open house January 14th. She plans to ride her horse 'Eclipse' as part of the Sunflower Saddles Horse Club. *

The 'Green' Corner

Make War On Plastics

by Dawn Johnson

Plastics are very useful, but they are very expensive to our health and to our environment. It is time to seriously reduce the amount of plastics we use. We may have to campaign to remove plastics, but it is worth the effort.

Plastics are great for so many things, but they are hazardous to our health and the health of our environment when they come into contact with water and other liquids. Our food should not contact plastics, if at all possible. We should favour products sold in glass. Glass is recyclable, and reusable.

Many plastics are recyclable, but there is still a hazard to plastics.

Plastics are killing hundreds of thousands of sea birds. Plastics in the sea break down into particles. The particles are eaten by fish. Sea birds feed small fish to their offspring, and those little birds cannot digest the plastics and ultimately die. There is, in the Atlantic Ocean, a section of plastic waste the size of Texas.

Plastics in lakes and ponds can alter the sex of male water creatures. Certain plastics give off synthetic female hormones which affect the sexual development of male water-dwelling creatures. Without virile, fertile males, extinction of the species is the outcome.

These sex-altering plastics conta-

minate our food supply, too.

Remember: many fleece garments and bedding are made from recycled plastic. They will break down into plastic particles.

What you can do to fight plastics

Be sure to use non-plastic shopping bags. You can carry your own, or you can request the vendor to use paper. Carrying your own bag is most desirable.

Ask that many products be wrapped in paper. Meat products are sold wrapped in paper in old-fashioned meat markets where you select the meat you want from a cooler where the meat is laid out without wrapping.

If you have no choice but to buy plastic wrapped food, remove it from the plastic as soon as you get it home.

When you buy foods in containers, buy foods stored in glass. Glass carries no contaminants.

Always recycle all plastics of all kinds.

When you can find an alternative to a plastic product, go for the alternative. For example, choose real rubber boots instead of plastic boots. Buy leather sandals instead of plastic sandals (your feet will thank you). Buy wooden or paper storage boxes instead of plastic (banker's boxes are cheap and make great storage boxes).

Buy soft drinks in glass bottles whenever possible.


Avoid buying water in plastic bottles.

Be sure to thank the shopkeeper who wraps products in paper, or sells many products in glass containers.

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

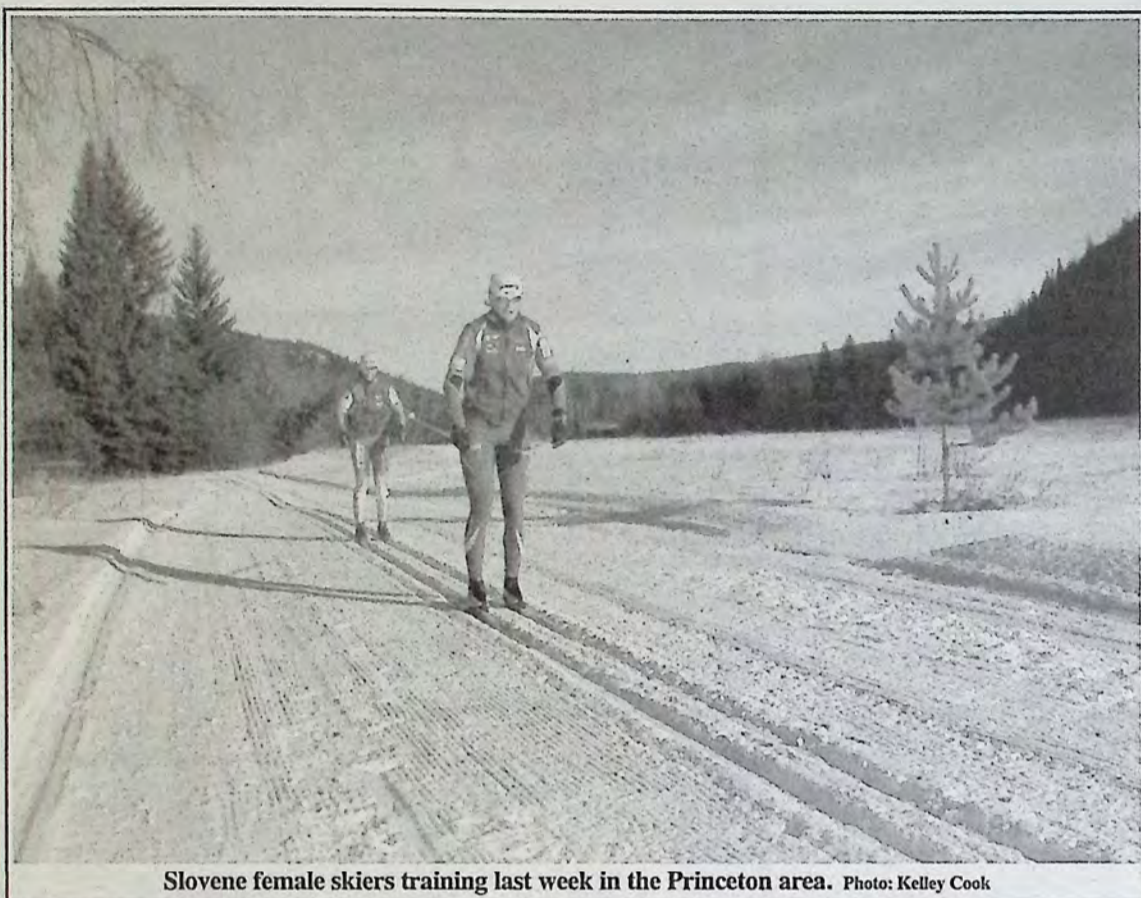


PERFORMANCE DATES AT RIVERSIDE CENTRE ARE:
7:00 PM January 23, 24, 30 & 31 / 2:30 PM Sunday Matinee January 25

---> Advance Tickets at Pharmasave <---
Adults \$18.00 / Students/Seniors \$15.00
ALL TICKETS \$20.00 AT THE DOOR

weekly entertainment guide

TUESDAY, JANUARY 20, 2009 THROUGH MONDAY, JANUARY 26, 2009



Slovene female skiers training last week in the Princeton area. Photo: Kelley Cook

Olympic skiers say thanks

by Marko and the Slovenia Cross Country Team

The days we spent with you were gone too fast, but the memory will stay forever.

Thank you so much for helping and supporting us girls and the team were very surprise to see that in such a small town and all around there are so many friendly people, and people who like our sport so much.

We spent with you a number of great days, it was easier to forgot the troubles we had with our baggage!

Everything was so perfectly organized. The food was good and the course was one of the best possible for our last preparation before competition.

Ice skating in Canada was a great

experience for all of us. It was great in school, cross country can make a big step in your area, because kids know how to live with nature and cross country is a sport which gives everyone the opportunity to be a part of nature.

Thank you so much Kelley, Nat, John H., Ernie, John B. and all of you who helped us. We are going to compete now and we'll do our best not only for Slovenia but also for Princeton - for you.

(The ice skating reference was because the team's equipment was delayed, they had to find other means of keeping their fitness level up for competition - so one of the things they did was skate at the Princeton Arena. Some of them hadn't been skating possibly ever or at least for many years!)

The Slovene's would also like to thank the following volunteers:

Hosts: The Bennett's, Norm Druck and Delta Coutu, John and Trisha Akerley.

Drivers: John Hughes, Burke Bullington.

Cooks: Santo's, Sharon Anderson, Sue Ash, Kelley Cook, Marilyn and Ernie Lawrence, Charlotte Sellers, Shirley Campbell, Karen Brewer, Trena MacLeod, Susan LePoidevin, Rod Dixon, Rika Ruebsaat, Lorraine Stubbins, Myrna Bosomworth and Johanna Nott.

Groomers: Rod Dixon, John Henry.

Slovenian Trail Signs: Pat Hayes.

We wish you all the best until next winter and thank you again!

- submitted



This is serious Bingo! Princeton Posse Bingo last week in the Legion Hall. *



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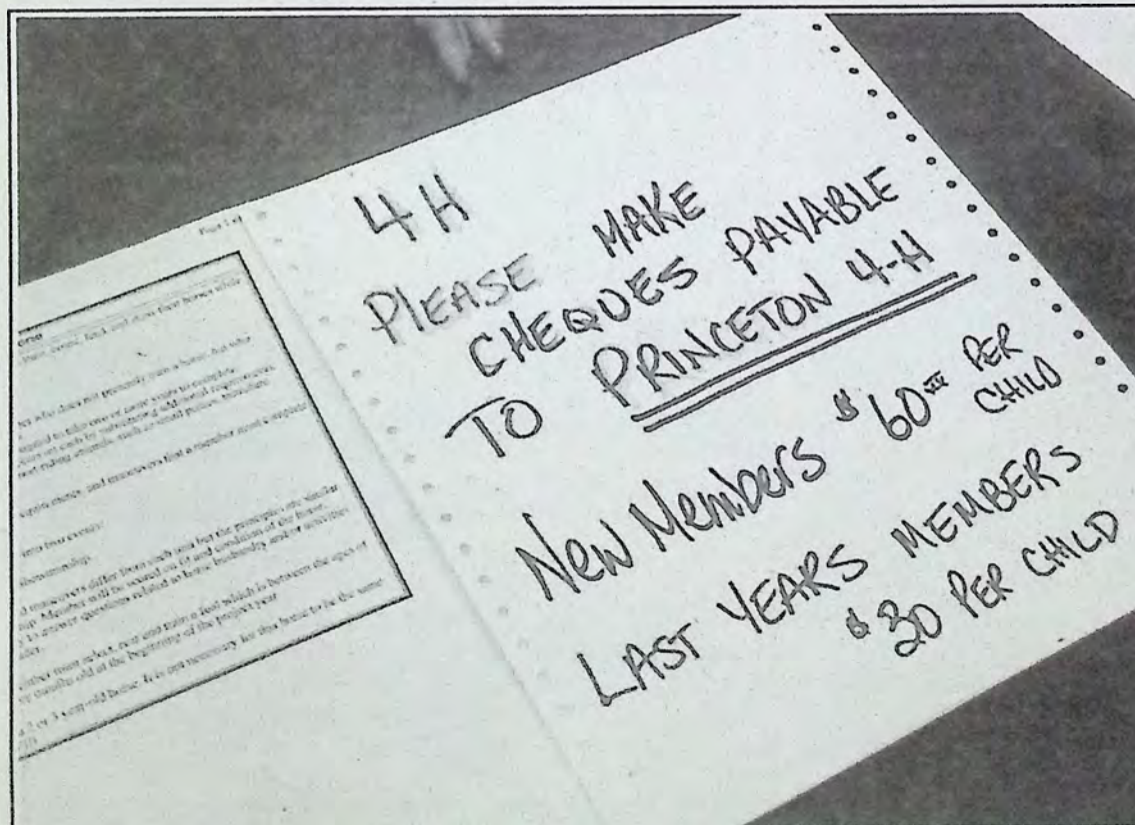
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Princeton 4-H Club hosted an open house and registration January 14th at Riverside Centre. *



Princeton 4-H Club members have won many awards with a few on display during their open house. *



For more information on joining 4-H call Sue at (250) 295-3569 or Judi at (250) 295-0055. *

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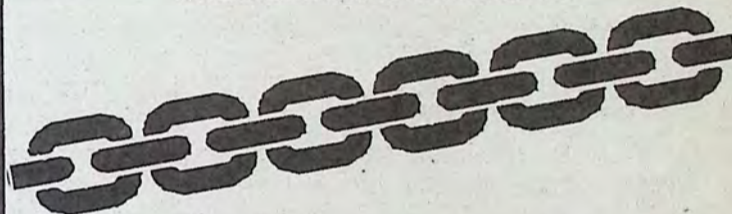
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TUESDAY, JANUARY 20, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6:30 AM to 11:30 PM) listing TV programs and channels.

WEDNESDAY, JANUARY 21, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6:30 AM to 11:30 PM) listing TV programs and channels.

News Leader Horoscopes

January 21 - 28, 2009

Aries - A group you made plans with changes mind. Time to rethink plans. Still, you'll have fun with them. Career is hectic. Don't count on others helping with finances. Work hard.

Taurus - You can make career gains starting now, but review and adjust goals. Your ideals may be upset, but think them through. Travel is not easy now. Kids and pets need attention.

Gemini - Review your ideals and set goals aligned with ideals. You can make progress if you do. Career runs smoothly. Make plans to clear up financial problems.

Cancer - Same old problems with spouse, friends. Stick to your principles and ignore ego trips. Revise financial situation, look for ways to clear debt. You can gain from others this year.

Leo - Others begin to respond well to you. Spouse, friends, partner will be in giving mood. You may need help with health or job problems. Continue caution with finances.

Virgo - Kids, pets create or are problems. You thought they were solved, but they are not. Go back and start over. Friends, partner are good to you now. Health is good, job runs smoothly.

Libra - Go to work on problems at home or with family this weekend. Keep positive attitude, and you can solve problems. Job is good, health is good, others share with you.

Scorpio - If you have a cold, stay in bed this weekend and it should clear up. Avoid harsh words, keep sense of humour. Family life improves, remains good. Kids, pets bring joy.

Sagittarius - Career should be fun this weekend, if you can combine work and fun. Life is keeps you busy in a good way now. Excellent for communications. Money plans change.

Capricorn - Continue to make safety and health top priority. Income gains can come through work this weekend. Plans you made for future spending must be reviewed. Times change.

Aquarius - You will be in top form this week, but do show spending restraint this weekend. You will not get something for nothing. Avoid over-confidence. Listen to inner voice.

Pisces - Combine energy with enjoyment this week and you will have the best time! Go out with groups you enjoy, and be a beacon of cheer for others. You can be a powerful influence now.

News Leader Recipe Corner

(Recipe #255)

Brought To You By: Similkameen News Leader

Maple-Glazed Asparagus Bundles

(NC)—Asparagus wrapped with prosciutto, a combination that will win over your guests of all ages. Serves: 8

Ingredients

- 1 large bunch of asparagus, about 24 to 32 spears, trimmed
- 1/2 red pepper, sliced into long, thin strips
- 8 slices trimmed, thinly sliced black forest ham or prosciutto, about 4 oz (125 g)
- 1/3 cup (75 mL) Diana Sauce, Maple flavour
- 2 tsp (10 mL) coarsely cracked mixed peppercorns
- 2 tsp (10 mL) lemon zest
- 1 tbsp (15 mL) each lemon juice and melted butter

Preparation

- Blanch the asparagus in boiling salted water for 3 minutes. Rinse under cold running water until cool. Drain well and pat dry.
- Divide the asparagus into 8 bundles. Add a few strips of red pepper to each bundle. Wrap the ham tightly around the base of the asparagus. Secure each bundle firmly together with a toothpick.
- Stir the sauce with the lemon zest, juice and butter. Brush half of the sauce over the bundles. Sprinkle the prosciutto evenly with cracked pepper.
- Grill the bundles for 2 minutes on a grill pan. Turn and brush with remaining sauce. Grill for 2 minutes, turning as needed, until vegetables are marked and prosciutto is crisp. Remove the toothpicks before serving.

Tip

- If you would rather use the oven, bundles can be baked until ham or prosciutto is crisp.
- To make ahead, assemble the bundles and store in a Freezer Bag until ready to brush and grill.

- News Canada

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tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "Ali" (2001, Biography) Will Smith. Muhammad Ali battles Sonny Liston, Joe Frazier and George Foreman and raises controversy outside the ring. (E)

EVENING

9:00 pm WTBS (3) ★★★ "Ali" (2001, Biography) Will Smith. Muhammad Ali battles Sonny Liston, Joe Frazier and George Foreman and raises controversy outside the ring. (E)

wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "The Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up. (E)

Pelican Brief" (1993, Suspense) Julia Roberts. A Washington reporter helps an on-the-run law student who knows too much about a government cover-up. (E)

KNOW (5) ★★★ "Music From the Inside Out" (2004, Documentary) Premiere. Filmmaker Daniel Anker interviews members of the Philadelphia Orchestra about their relationship to music. (E)

EVENING

9:00 pm WTBS (3) ★★★ "The

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thursday movies

EVENING

7:00 pm WTBS (3) ★★★ "The Pallbearer" (1996, Comedy) David Schwimmer. A directionless young man faces romantic complications after he is asked to attend a forgotten classmate's funeral. (E)

Accused of murdering his ex-wife, a man hires her lawyer to defend him. (E)

10:30 pm WTBS (3) ★★★ "The Pallbearer" (1996, Comedy) David Schwimmer. A directionless young man faces romantic complications after he is asked to attend a forgotten classmate's funeral. (E)

9:00 pm CHBC (4) "Criminal Intent" (2005, Suspense) Linda Purl.

friday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The masked swordsman and his wife fight a European count plotting to block California's statehood. (E)

9:00 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The masked swordsman and his wife fight a European count plotting to block California's statehood. (E)

FAM (26) ★★½ "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it. (E)

EVENING

7:30 pm YTV (18) ★★ "Raise Your Voice" (2004, Drama) Hilary Duff. A small-town teenager defies her father and heads to Los Angeles to study at a performing arts school. (In Stereo) (E)

10:30 pm FAM (26) ★★½ "Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his adorable adopted daughter. (E)

FAM (26) "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians.

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THURSDAY, JANUARY 22, 2009

Grid of TV schedule for Thursday, January 22, 2009, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs (e.g., Jefferisons, News (N), Martha, Arthur (EI), Today's Health, The Early Show (N), The First 48, Good Morning America (N), etc.)

FRIDAY, JANUARY 23, 2009

Grid of TV schedule for Friday, January 23, 2009, listing channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITV, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and programs (e.g., Jefferisons, News (N), Bob Build, News (N), The Sopranos, News, (5:30) News (N), (4:30) News (N), etc.)

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 #159 - Rated Easy

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

CHALLENGE #160 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

saturday movies

MORNING

- 9:30 am WTBS (3) ***"Sneakers" (1992, Suspense) Robert Redford. An ex-'60s-radical computer hacker and his company are tapped for a shady black-box job. [E]
- 10:00 am A&E (9) ***½"Fight Club" (1999, Suspense) Brad Pitt. Two young professionals create an underground club where men can compete in hand-to-hand combat. [E]
- SPIKE (44) ***"Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. [E]

AFTERNOON

- 12:00 pm FAM (26) ***"Stuart Little" (1999, Comedy) Geena

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Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. [E]

- 1:30 pm FAM (26) "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach. [E]
- 4:00 pm YTV (18) "Dork Hunters and the Pirates of Tortuga Island" (2008, Adventure) Animated. Ghostly pirates search for a buried treasure chest on a tropical island. (In Stereo) [E]
- 5:00 pm WTBS (3) ½"Turbulence" (1997, Suspense) Ray Liotta. A scuffle aboard a 747 bound for New York frees a murderer-in-transit, kills the pilot and puts a stewardess at the helm. [E]

EVENING

- 6:00 pm CITY (29) "Tornado Warning" (2002, Suspense) Gerald McRaney. A renowned scientist and his former protégé alert small-town residents about an impending tornado. [E]
- 7:00 pm WTBS (3) ***"The Devil's Own" (1997, Suspense) Harrison Ford. A New York policeman learns that his Irish houseguest is an IRA terrorist seeking U.S. weapons. [E]
- 8:00 pm CHBC (4) "A Life Interrupted" (2007, Docudrama) Lea Thompson. Suburban housewife Debbie Smith campaigns for

stronger anti-rape legislation after surviving a brutal attack. [E]

- DISC (24) "Guinea Pigs" (N) [E]
- 8:05 pm KSPS (6) ***"Pat and Mike" (1952, Comedy) Spencer Tracy. A promoter falls for a gym teacher he bills as the world's top woman athlete. [E]
- 8:30 pm CBC (13) **"Pearl Harbor" (2001, War) Ben Affleck. Best friends join the war effort after the Japanese attack U.S. troops stationed on the Hawaiian island of Oahu. (In Stereo) [E]
- 9:00 pm FAM (26) ***"Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. Premiere. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. [E]
- 9:30 pm WTBS (3) ***½"Judge Dredd" (1995, Action) Sylvester Stallone. An archcriminal escapes in 22nd-century New York and seeks revenge on the lawman who sent him to prison. [E]
- 10:30 pm FAM (26) ***"Men in Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. [E]
- SPIKE (44) ***"Training Day" (2001, Crime Drama) Denzel Washington. A rookie cop meets a corrupt Los Angeles narcotics officer who wants to include him in his schemes. (In Stereo) [E]
- 11:00 pm DISC (24) "Guinea Pigs" [E]

sunday movies

MORNING

- 9:30 am WTBS (3) ½"Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI. [E]
- 11:30 am WTBS (3) "Shattered" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to comply with a series of daunting tasks. [E]

AFTERNOON

- 12:00 pm FAM (26) "Roxy Hunter and the Secret of the Shaman" (2008, Mystery) Aria Wallace. A girl believes the town's old vagrant is a shaman in disguise. [E]
- 1:00 pm SPIKE (44) "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from prison to exact revenge on the partners who double-crossed him. (In Stereo) [E]
- 1:30 pm WTBS (3) ***"Under Siege 2: Dark Territory" (1995, Action) Steven Seagal. A CIA operative aboard a train tries to stop a mad genius who threatens to use a weapon from space if the government does not meet his \$1 billion ransom. [E]
- FAM (26) ***"Matilda" (1996, Comedy) Mara Wilson. A little girl develops extraordinary mental abilities, despite neglectful parents and a brutal headmistress. [E]
- 3:00 pm VTV (22) "Fast Food High" (2003, Comedy-Drama) Alison Pill. A teenage risks losing her job,

boyfriend and social status to start a union at the burger joint where she works. (In Stereo) [E]

- SPIKE (44) ½"Resident Evil" (2002, Horror) Milla Jovovich. Commandos infiltrate a research facility after a deadly virus turns the entire staff into ravenous zombies. (In Stereo) [E]
- 3:30 pm WTBS (3) ***"Walking Tall" (2004, Action) The Rock. A former Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. [E]
- 5:00 pm WTBS (3) ***"Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. [E]
- CITY (29) ***"Tomorrow Never Dies" (1997, Action) Pierce Brosnan. James Bond and female agent Wai Lin pursue a megalomaniacal tycoon trying to start World War III. [E]

EVENING

- 6:00 pm YTV (18) ***½"Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. [E]
- 7:00 pm WTBS (3) ***"Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. [E]
- 8:00 pm CBC (13) "Miss Marple - The Moving Finger" (2006, Mystery) Geraldine McEwan. Miss Marple investigates when a writer sends a series of poison-pen letters to resi-

dents of a sleepy village. (In Stereo) [E]

- 9:00 pm WTBS (3) ½"Turbulence" (1997, Suspense) Ray Liotta. A scuffle aboard a 747 bound for New York frees a murderer-in-transit, kills the pilot and puts a stewardess at the helm. [E]
- KHQ (7) "The Last Templar" (2009, Adventure) Mira Sorvino. Premiere. An archaeologist and an FBI agent try to uncover the secrets of the medieval Knights Templar. (In Stereo) [E]
- KREM (8) "Loving Leah" (2009, Romance) Lauren Ambrose. Premiere. To honor an ancient custom, a doctor agrees to marry the widow of his older brother. (In Stereo) [E]
- FAM (26) ***"Snow Dogs" (2002, Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs. [E]
- 10:30 pm FAM (26) ***"My Dog Skip" (2000, Drama) Frankie Muniz. In 1942 a shy boy receives an exuberant Jack Russell terrier that plays matchmaker and helps protect him from bullies. [E]

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SATURDAY, JANUARY 24, 2009

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their times.

SUNDAY, JANUARY 25, 2009

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM) listing TV programs and their times.

MONDAY, JANUARY 26, 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)	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	CSI: NY	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentre		Cash Cab	(6:58) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	CSI: NY	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		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	News (N)	CSI: NY	TV Made
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Whacked"	The View Hot topics (N)	World Vision	World Vsn House	Wilbur	George S.	PBA Bowling	The View Hot topics (N)	Ult Cars	Mickey	The O.C. "The Links"	CSI: NY	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles	Dewitt		Twice in a Lifetime	Mega Builders	Benj Bear	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	(11:59) Charlie Rose	Fine Art	Money	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian		etalk	Super Ships	(11:49) Weekend	CityLine	CSI: NY	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Dragon	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	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 Coal mining	Dragon	ER	CSI: NY	Raymond
2 PM	King	Guiding Light (N)	(1:58) Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn		General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: NY	Raymond
3 PM	Seinfeld	Whose Wedding Is It?	(2:59) Zobo	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Worst Handyman	Replace	News (N)	CSI: NY	What
4 PM	Payne	Debt Part	wants armor.	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Whacked"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Red Green	SpongeBob	AHL Hockey: All-Star	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: NY	TV Made
5 PM	Movie: "Men in Black" (1997)	News (N)	Martha	BBC News	News (N)	News (N)	Intervention	News	News (N)	(4:59) News Global	Simpsons	OddParent	Game. From Worcester, Mass. (Live)	News (N)	MythBusters	Suite Life	The Bachelor (N)	CSI: NY	Tube Tales
6 PM	Tommy Lee Jones.	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention	News	News (N)	ET Canada	News	Drake		News (N)	Dirty Jobs Leeches (N)	Zoey 101	Life Derek	Movie: "The Quick and the Dead"	Make TV Made
7 PM	Welcome	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Capt Cook	Coronatin	Adrenaline	Tennis: Australian Open --	etalk	Verminator	Wizards	True Beauty (N)	(1995)	Soap
8 PM	Seinfeld	The Soup	History of Britain	Antiques Roadshow (N)	Superstars of Dance (N)	Big Bang	Paranormal	The Bachelor (N)	House "Big Baby" (N)	House "Big Baby" (N)	Mosque	Malcolm	Men's and Women's Quarterfinals (Live)	Big Bang	Daily Planet	Suite Life	News (N)	MANswers	Deal-No Deal
9 PM	Family Guy	Movie: "The Last Templar"	Van Gogh	American Experience (N)	Movie: "The Last Templar"	Two Men Worst	Intervention	Samantha	24 (N)	24 (N)	Being Erica (N)	Prank Ptrl		Two Men	Dirty Jobs Leeches.	Montana	Life Derek	(9:06) Jimmy Kimmel	Seinfeld
10 PM	Tommy Lee Jones.	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	CSI: NY	Raymond
11 PM	Montel W.	Guy Stuff	Landscap		Tonight	Late Show	Paranormal	(11:35)	ET Canada			Ghost		News (N)	Life Derek	Paid Prog.			Raymond

monday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Men in Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

EVENING

6:00 pm SPIKE (44) ★★ "The Quick and the Dead" (1995, Western) Sharon Stone. Premiere. A cowgirl enters a quick-draw contest to get revenge on an outlaw in a town called Redemption. (In Stereo)

9:00 pm CHBC (4) "The Last Templar" (2009, Adventure) (Part 2 of 2) Mira Sorvino. An archaeologist and an FBI agent try to uncover the secrets of the medieval Knights Templar.

KHQ (7) "The Last Templar" (2009, Adventure) Mira Sorvino. An archaeologist and an FBI agent try to uncover the secrets of the medieval Knights Templar. (In Stereo)

9:30 pm WTBS (3) ★★ "Men in Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

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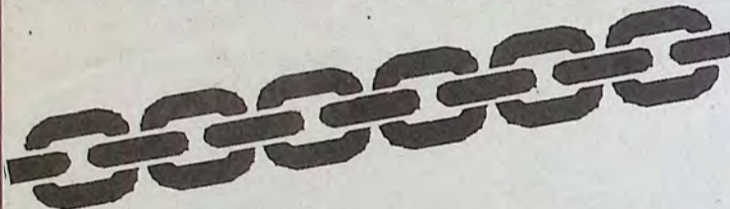


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Scrap Metal Removal. Cars, appliances, farm implements, etc. You call - I'll haul. (250) 295-5102 or 295-3055. Jan 20/Feb 24

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

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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

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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

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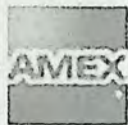
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2008/09 Similkameen News Leader Clip 'n' Save Game Schedule

HOME

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

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

Home Game Webcasts:
www.kijhl.com

AWAY

Fri, Jan 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

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Challenge
SOLUTIONS TO PUZZLES ON PAGE 16

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358 719 426
194 326 578
276 584 193

835 162 749
417 958 362
962 437 851
789 241 635
521 673 984
643 895 217

CHALLENGE #160 - Hard

168 392 457
427 581 693
593 764 821
256 417 938
841 953 276
379 826 145
984 135 712
615 279 384
732 648 569

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my turn

There better be a Plan B

Last week Princeton Town Council chose not to renew their agreement with the Similkameen Valley Planning Society for economic development services.

It basically means Princeton will forge ahead into the future without the services of an Economic Development Officer - unless, of course, Town Council has an alternative plan in place - which I seriously doubt as that's not normally how things get done here.

I've lived here long enough to know that when things are going pretty good in the town, the big picture gets pushed aside or forgotten.

I suspect that since it seems a pretty good bet that the copper mine will re-open in 2010 and the water project to East Princeton (and ultimately the dry, lonely and quiet industrial park) maybe the train of thought around the Council table is we won't need anyone flogging the wonders of Princeton because people will just flock here to set up business...and even if they don't, who cares? The mine will be open and people will be working and happy to be here.

How I hope I'm wrong on this one.

I would think now would be the most important time in the history of our community to have a Economic Development Officer or Committee of some kind in place to capture long-term interest in the town now that the mine is going to re-open and water will be servicing those sad and lonely lots in the industrial park.

Of course, if the Town already has some sort of 'top secret' plan to save the economics of the community by promoting it's benefits in a manner that could possibly lead to business investment (in other words, economic development) then let's here it.

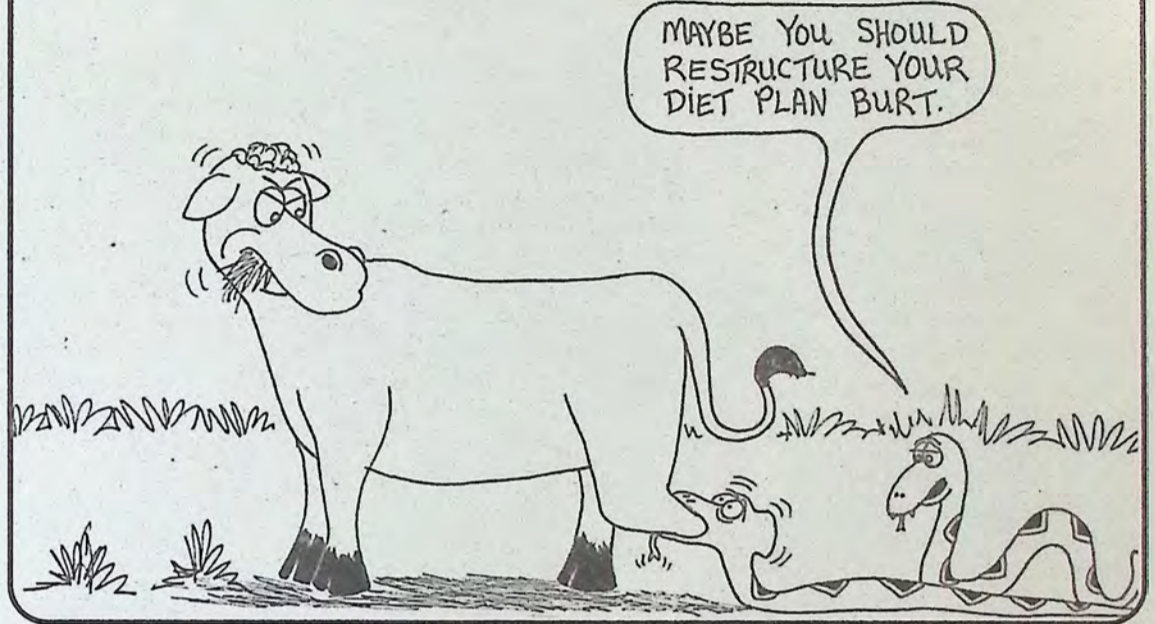
The Town has had a horrible record in the past doing this 'in-house' so I'm hoping that's not the route they'll be taking.

The Chamber of Commerce could use the tens of thousands of dollars the Town is going to save in not renewing their agreement with the SVPS so maybe they can muster up the power to do the job.

There's no doubt they can use the dough.

I'm not convinced the Town did the right thing on this one...but I've been wrong before. And, as I said before, I hope I'm wrong on this one because I'd hate to see the function shoved aside until the local economy takes another kick to the knees before it dawns on someone that the decision made back in 2009 may not have been such a good idea after all.

TIS TOONS



your turn

Still more on the coalition

To The Editor;

The local NDP Member of Parliament for our electoral area seems to be still playing the game of 'follow the leader' according to Alex Atamanenko's recent newsletter. Is it any wonder that MP Jack Layton the leader of the NDP Party is called Taliban Jack?

I can't believe that Alex is promoting the failed coalition other than being in concert with the secret plans of his party leader to break up this country. Is this a nasty case of the East against the West and the French against the English speaking majority in Canada?

Yes, we Canadians saw Democracy in action last fall. I was appalled at the way the opposition leaders behaved in the House of Commons that caused the Prime Minister to call a fall election because Parliament was dysfunctional.

The Hon. Stephen Harper and the Conservative Party made the only sensible decision to let the voters

have their say about what our taxpayers dollars should be producing in Ottawa. That is true democracy, not what Alex refers to by going against the voters and insanely forming a coalition of the small number of NDP and Liberal elected MPs with the support of the separatists whose goal is to drain the finances of the Central Government of Canada in Ottawa that has been provided by the Canadian tax payers.

This diabolical plot by the opposition parties endorsed the two party leaders to share the position of being the Prime Minister of Canada. The NDP only got about 40 MPs elected and the Liberals failed more miserably with only 77 MPs elected, the lowest number in the history of their party. The Conservatives increased their number of elected MPs for a total of 144 which is considerably more than the two other parties combined. Without the Bloc that's a majority of seats which confirms the confidence given to the Conservatives by the voters.

Because the goal of both leaders in the coalition was to become Prime Minister of Canada they ruthlessly lied, deceived and slandered the Conservatives. They viciously attacked their leader, Stephen Harper, throughout the election campaign. It was so disgusting that I dubbed videos from TV to prove it.

In the attempt by the opposition parties to rule the country by going through the back door process in forming a coalition they ignored the fact that Canada was

declared the #1 country in the world to protect their economy while other leaders in the G7 and the big G20 countries were encouraged to follow their example. Stephen Harper is an economist so with the Finance Minister they were held in high esteem on the world stage to deal with the disastrous effects of the planned U.S. stock market crash and the resulting economic downturn suffered by every country in the world. This was designed by the Money Masters to realize the success of their years of plotting the One World Government.

Democracy in Canada was well demonstrated by the voters who gave the Conservative Party a vote of confidence in Stephen Harper and his party. For the opposition politicians to vote a non confidence motion in the duly elected Government of Canada is to deny the rights of the voters in the democratic process. Alex says the campaign for change has started and will continue but he doesn't give any credence to the enormous protest across the entire country for the illegal tactics of those who attempted a coup to overthrow the results of the October 2008 election.

Alex is letting his true colours fly despite the fact that he never was elected to support his leader's secret ambitions to elevate himself in such an ungodly and bizarre process to become the Prime Minister. How long can Alex ignore the reality that the biggest change in our country has actually continued on Page 24

EDITORIAL GUIDE

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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.

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Current Comment:

A President fulfills goals of my generation



Dawn Johnson
editor@thenewsleader.ca

For those who lived through the 1960's, the election of Barack Obama is a confirmation of the goals of my generation. When I was young, the mere thought of the United States, or any other country of white people, electing a black president was a dream. We saw it just could not happen. Most of us doubted it could happen in our lifetimes.

Fifty years ago, in the American South, black people were not allowed to go to school with white children. Blacks could not go to the same restaurants, theatres, and hospitals that white people went to. Blacks riding city buses had to sit at the back of the bus, and thirsty black people could not drink from the same public fountains as white people. Most black people could not vote.

During the 1960's, the only black people we saw on television were entertainers, and even then, they suffered from discrimination. For example, they could sing in clubs but were not allowed to be customers in those clubs.

Black people were not welcome to live in "white" neighbourhoods.

During that time, many people struggled to create some kind of equality for American blacks. It was a struggle in which people were murdered for trying to help blacks become registered voters. If you saw the movie "Mississippi Burning", you would see a fairly accurate portrayal of events of that time. Yes, there really was a Ku Klux Klan, and yes, they really did burn crosses on people's lawns, and they did commit murder, rape and beatings of black people.

In most southern states, the law forbade the marriage of blacks with whites, although white men saw nothing wrong with having sex with black women, or even with keeping a black mistress.

Blacks, even in the northern states, had almost no hope of ever having a good job that paid well enough to properly support a family, and the majority of blacks had little hope of ever completing high school, let alone going to college.

The fight against segregation was intense, and I credit television for putting the pressure on the American conscience, on Christian conscience, and on lawmakers to change things. Television news showed peaceful marchers knocked down by fire hoses and attacked by dogs. The news showed a Christian reverend, Martin Luther King, Jr., leading marchers, and those marchers being attacked with clubs. The news told of a bomb thrown into a black people's church while Sunday School was in progress, killing many of the children. The news told of black Christian leaders being gunned down. Many black people's churches were burned.

During the past 50 years, things have changed a great deal in the United States. The struggle for real citizens' equality was won. Although I am not an American, I was part of the generation who had no tolerance for racial hatred. I feel the goals of my generation have been vindicated by the election of Barack Obama to the highest office. I know the black people of the United States feel their nation has achieved a milestone, and indeed, they have. Perhaps America has

grown up.

I expect Barack Obama will be a good President. Because he is black, he had to be a better candidate than all of his competitors. In addition, he speaks for the average American. He does not represent the monied ruling class of CEOs and oil industry giants of the Bush era.

President Obama has a major job to pull the USA out of its current financial disaster, and he will have plenty of critics. Every American president has critics. Because Obama has been so popular, he will have more critics than usual. He will probably disappoint a lot of his supporters, who seem to feel he can produce miracles.

Just the fact that the American people have seen fit to elect a black president has a lot of meaning for me. It means there are goals worth the long struggle. There are principles worth fighting for. When a thing is right, it is right, and it is worth the effort to insist that the right thing be done.

Now, when are we going to join the struggle to eradicate so much of the prejudice against our aboriginal people? I still hear it now and then, and I wonder how much longer we will wait before we have an aboriginal Prime Minister, or even an aboriginal Governor General. If you are among those who think aboriginals are not ready for that role, I suggest you remember Elijah Harper, and maybe you should watch APTN.

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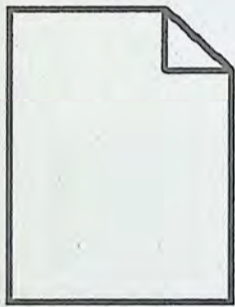
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These Bingo fans helped support Princeton Posse last week. *

..... continued from Page 22
already occurred? We certainly have seen an 'awakening' of the political process in our country as Alex stated in the first paragraph of his newsletter. However, he refuses to acknowledge that the coalition is dead because the Canadian people were rudely 'awakened' and infuriated by the skullduggery of his leader. They got in high gear to bombard the opposition politicians with phone calls, faxes and e-mails plus internet blogs, etc. to tell them to get on with the job they were elected to do. The protest was deafening and the politicians couldn't stand it.

The final nail was hammered in the coalition coffin when the farmers and ranchers drove their equipment from as far away as Saskatchewan to set up the biggest protest against

Letter To The Editor

Writer suggests we all 'butt out'

Dear Editor;

During National Non-Smoking Week (January 18-24) the Canadian Cancer Society encourages British Columbians to speak out in support of initiatives that prevent youth from starting to smoke and encourage adults who wish to quit.

The Canadian Cancer Society BC and Yukon is urging the BC government to enact legislation that will see the removal of tobacco from pharmacies and align British Columbia with the rest of Canada. Although smoking continues to plague the health of hundreds of thousands of British Columbians the sale of tobacco products is still permitted in BC pharmacies. British Columbia, Saskatchewan, Manitoba and the Yukon are the only remaining jurisdictions in

the coalition. They demonstrated in the coldest weather with signs to 'save our votes' and gave speeches to wake up the coalition I see nothing 'democratic' about the New Democratic Party's coalition agreement that Alex has distributed. The only hope we have is that the opposition parties come to their senses and co-operate with the official Government as the Conservatives

Letter To The Editor

Legion corrects statement

To The Editor;

The Princeton Royal Canadian Legion would just like to clear up a few things printed in the January 12, 2009 issue of the Similkameen News Leader.

Princeton Minor Fastball is paying for the use of our hall to run

have been asking them to do. We should give credit where credit is due to the Conservative Government for acting responsibly for the good of the country and all Canadians. The stability this country needs depends on the ability or senility of the opposition MPs when Parliament resumes to bring down the budget January 27th, 2009.

- Kay Hardy, Princeton

their Bingos.

We have promised them the funds they need to host their Coaches Clinic.

However, we have asked them to fundraise and to approach other avenues for funds as well.

- C. A. Glover, Princeton

Canada without legislation to ban the sale of tobacco products in retail locations containing a pharmacy.

Cigarettes - which can kill when used directly as intended - should not be sold in a location designed to improve a person's health. Selling tobacco products in places that sell vitamins and medicines sends young people the message that smoking is acceptable. It is time to get BC's number one disease-causing product out of BC pharmacies.

Individual pharmacies have begun to embrace their own policies to stop selling tobacco in their retail locations. Of the fifteen pharmacies surveyed in Penticton, Summerland, Okanagan Falls, Oliver and Princeton, 67% have chosen not to sell tobacco prod-

ucts. We congratulate these local businesses for their decision to be tobacco-free.

These progressive pharmacies are making great strides on the tobacco front; however, more can, and must, be done.

Tobacco use is one of the most pressing public health concerns facing British Columbia, Canada and the world today. Tobacco use remains the number one cause of disease and death in Canada, killing over 6,000 British Columbians each year. Tobacco use is estimated to cost the BC economy \$2.3-billion annually and causes 30 per cent of all cancer deaths and 85 per cent of lung cancers.

As we look towards 2010 and the goal of being the healthiest host of continued on Page 26

Ghost Town

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Pee Wee Rep hockey action January 17 at Princeton Arena. *

Ranching Ain't Easy

Travelling Mice

by Lyn Melnechenko

I suppose I caused the problem myself by leaving food in the truck. I spend many hours driving, and me and my driving partner, Shotgun, the Blue Heeler, often get the munchies as we travel. So I guess it was inevitable that some rodent would find the truck the perfect hotel for the winter.

When I discovered the problem, or at least when I discovered the evidence of a problem, I put all food in sealed containers. But there were still stray crumbs from our snacking in the truck, and my little mouse friend must have thought that a nice warm truck with room service was a good place to spend the winter. It was only slightly annoying to have to sweep the 'mouse residue' off the seat each morning, so I adopted a 'live and let live' attitude.

At least I did until the little bugger gnawed on my last Purdy's coffee cream chocolate. That was the very last straw. Being a confirmed Chocoholic I do not share my chocolate with anyone. He had signed his own death sentence.

I went to the feed store and bought a block of mouse poison. Then I put it in a small cage that only a mouse could get into and put it under the seat.

Then I forgot all about it. Several days later I was driving to Penticton and Shotgun was happily playing with a toy in the back seat. She decided she wanted me to join

the game and hopped up onto the console between seats, and leaned over me with her toy in her mouth.

I was concentrating on driving. She nudged me a couple of times and then tossed the toy at me. As it landed on my chest I suddenly realized that it wasn't a toy at all. It was a dead mouse.

Now, I'm not normally a squeamish person but the idea of a well mauled dead mouse dropping continued on Page 27


Letter To The Editor

..... continued from Page 24
 an Olympic Games, we must stop the sale of cigarettes in pharmacies; when you look to fill your next prescription consider filling it with a pharmacy that doesn't have tobacco on its product list.

Let's work together to urge our provincial politicians to ban the sale of tobacco products in retail locations that contain a pharmacy.

Sincerely,
 Lyn McMullen, Interior Region President
 Jerilynn Kiely, Community Action Coordinator

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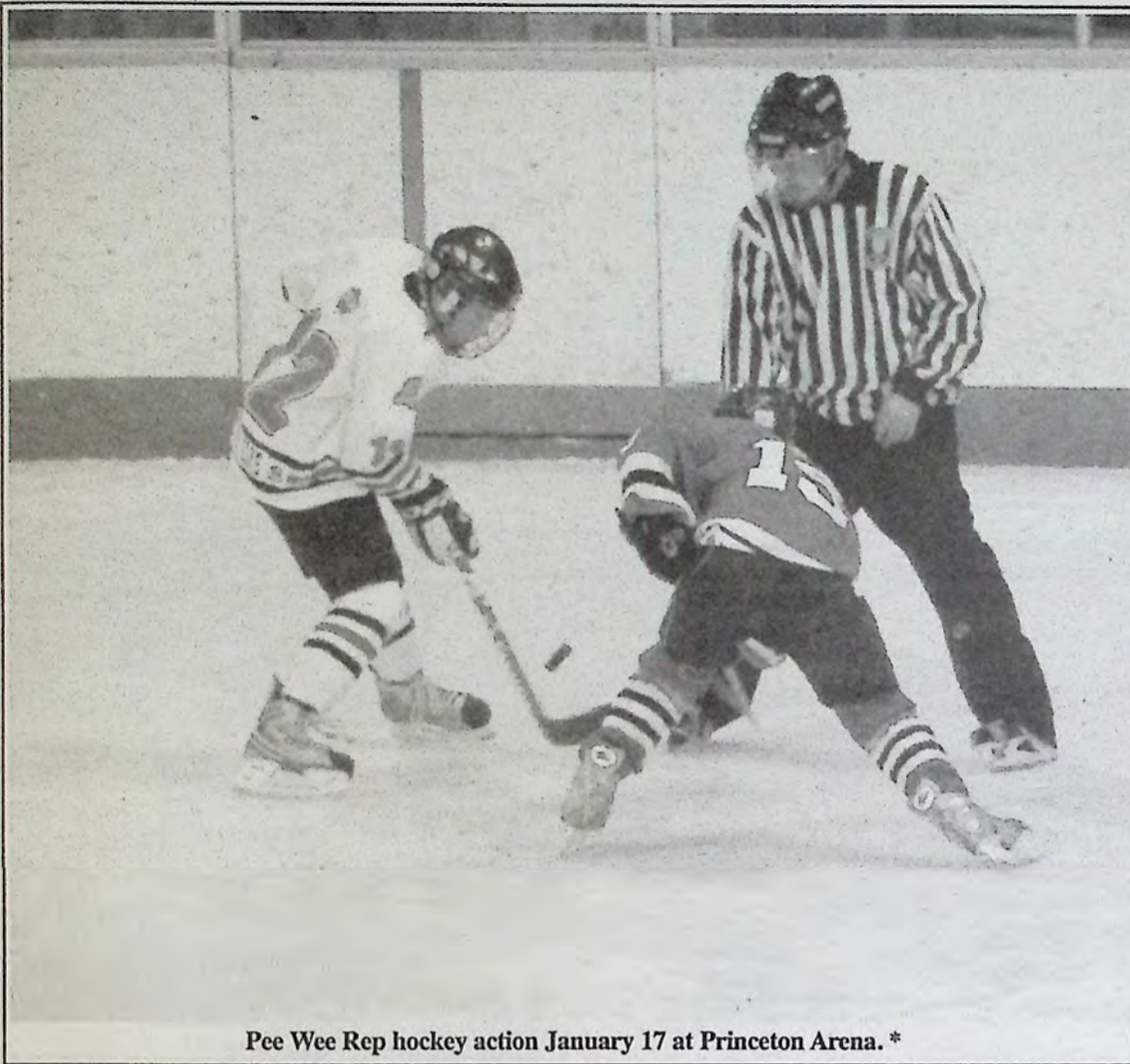
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Pee Wee Rep hockey action January 17 at Princeton Arena. *

..... continued from Page 26
down inside the neck of my shirt was not pleasant. My immediate reaction was to suck in my stomach. Wrong thing to do! That tiny dead body dropped down inside my shirt and settled against my belt.

Yuk!
As luck would have it I was on a winding section of Highway 3 with the river on one side and a rock mountain on the other. In front of me was a huge motor home dawdling along sight-seeing. Behind me was a string of traffic backed up behind the motor home.

Peering out the back window of the motor home were three children, grinning and waving at me and my dog.

I couldn't just slam on the brakes in the middle of the road, and I sure couldn't take off my shirt and shake it out with those kids watching. I have never held my stomach in quite so long. For the next couple of miles I tried not to take a deep breath that might cause that dead mouse to lay against bare skin.

In the meantime Shotgun was whining and pawing at me, wanting her 'toy' back.

When I finally came across a wide shoulder I quickly parked, walked behind a tree, and tore my shirt off and vigorously shook it out. It didn't matter to me that it was well below freezing.

I now have the most meticulously crumb-free truck you've ever seen. (Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at lyn@nethop.net to purchase your copy.) copyright 2009 Lyn Melnechenko

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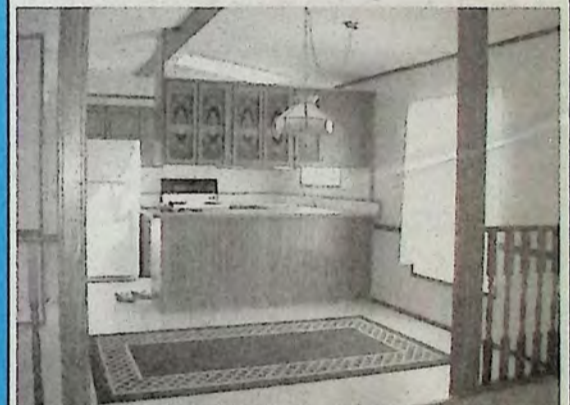
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