News Leader

Tuesday

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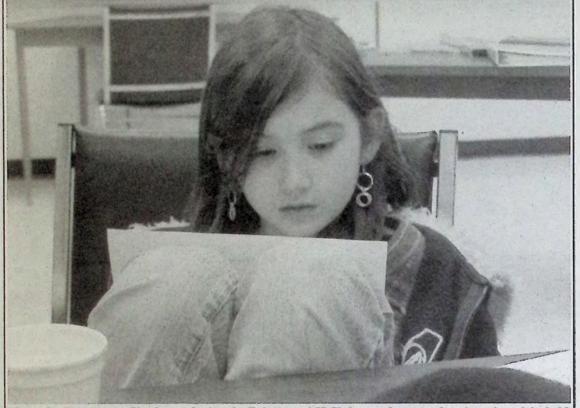
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Interior Health issues statement Interior Health issued the followon contract) to maintain hospital ing statement titled, 'Information coverage. As of February 1st the on Princeton General Hospital' to

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 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



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. *

rails Preside peaks 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 peo-

3) Yes, we erect signs, which dis-

ple's/agencies control.

pleases people because it is a des-

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.

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 messen-

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

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

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.

Similkameen

ws Leader

THIS WEEK Page 3 - Youth project needs help / Page 11 - Olympic skiers say thanks

REGULAR FEATURES

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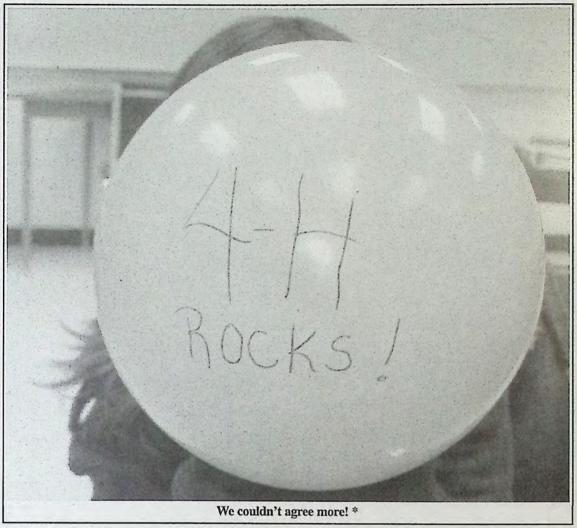
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- For information on how to register as an election or referendum advertising sponsor visit www.elections.bc.ca
- For more information on the rules about election and/or referendum advertising see the Guide to Election Communications and the Guide to Referendum Advertising at www.elections.bc.ca





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.

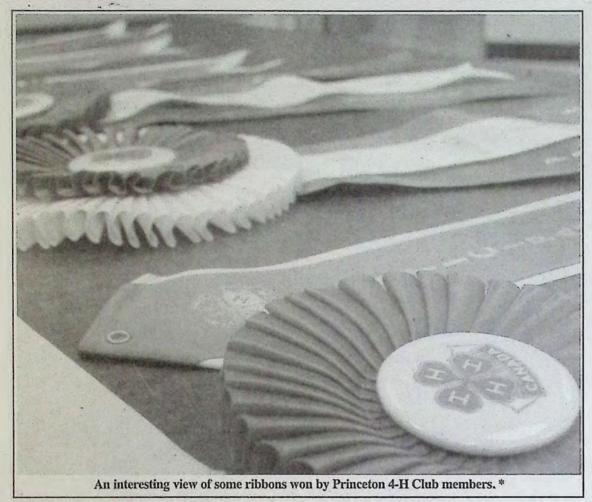
I am saying I, me and my as these are just my feelings that I felt had to be aired.

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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



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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:

Okanagan-Shuswap

(Chase/Vernon/Salmon Arm/Malakwa/ Vermon/ Cherryville/Kelowna/Penticton/Osoyoos/Princeton)

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.

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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 Medical Cascade 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-

utes and Interior Health is hopeful that we will be successful in not only recruiting physicians to Princeton, but also ensuring they're a good fit and will want to call Princeton home for a long time to come."

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 prac-

- 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 activi-

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 designated 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.ht

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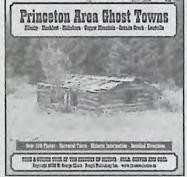


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news leader health and lifestyle page

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

hours. Remove from heat; allow

to sit for two more hours. Remove

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

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

For more delicious recipes and

store locations visit www.top-

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your local health food store.

astragalus root. Reheat.

take your life back from tobacco. hour later each day until you are no Hard, yes! Impossible, no! Many 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
- 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
- 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, email 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

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 seratonin, a brain chemical that makes us feel happy. One of the primary causes of low seratonin 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 seratonin, 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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Bright ideas

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For more bright ideas, visit www.fortisbc.com or call FortisBC PowerSense at 1-866-4FORTIS (1-866-436-7847).

Enter to win 2 tickets to the next Princeton Posse home game - Friday, January 30 vs. Revelstoke or Saturday, January 31 vs. Kamloops

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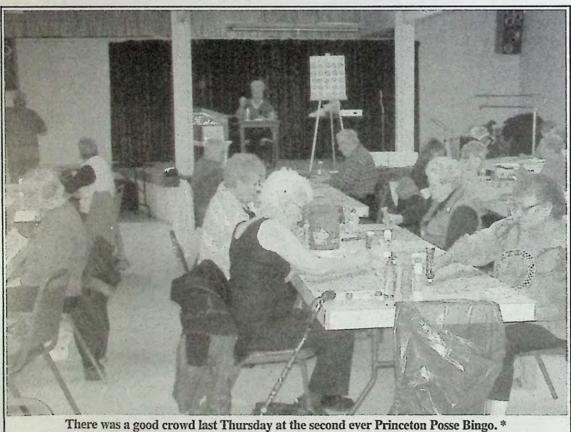
Winners will be notified at least one day before scheduled game!

Saving energy makes sense



It's called fundraising and your community-owned hockey team (Princeton Posse) became the newest Bingo host this month with their Thursday night event at Princeton Legion. *







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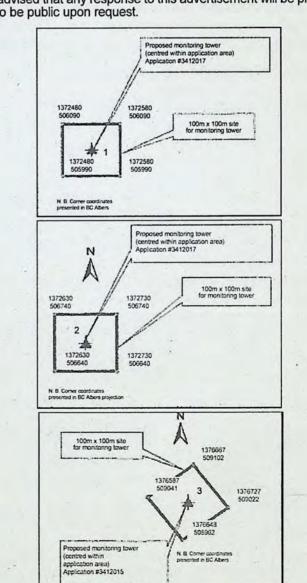
Notice of Intention to Apply for a Disposition of Crown Land

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

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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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.

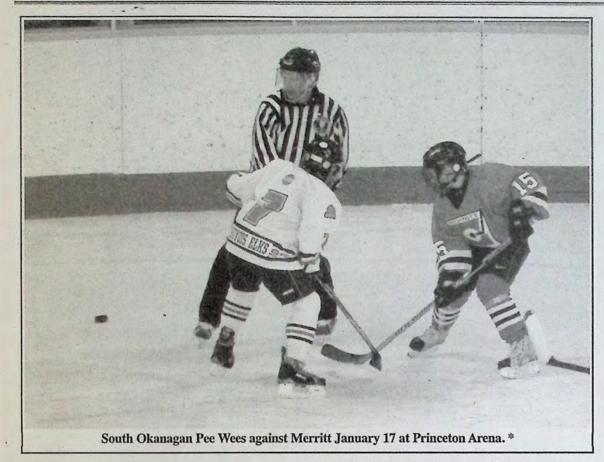
When we have the lovely organ music rendered by Ruth many of

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!









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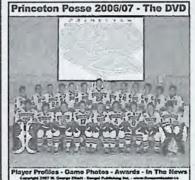
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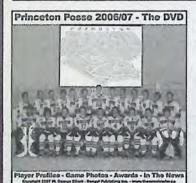
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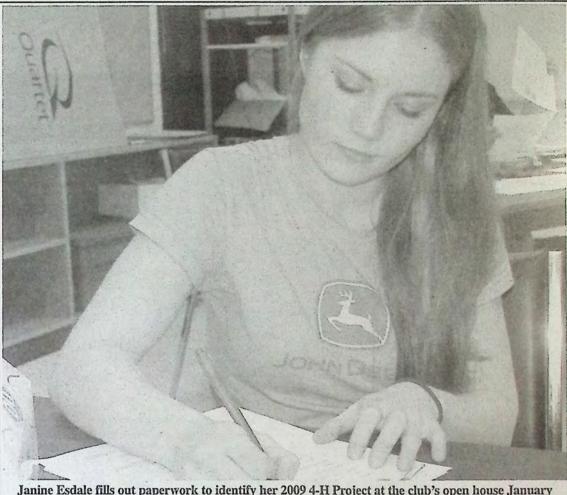
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Janine Esdale fills out paperwork to identify her 2009 4-H Project at the club's open house January 14th. She plans to ride her horse 'Eclipse' as part of the Sunflower Saddles Horse Club.*

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.

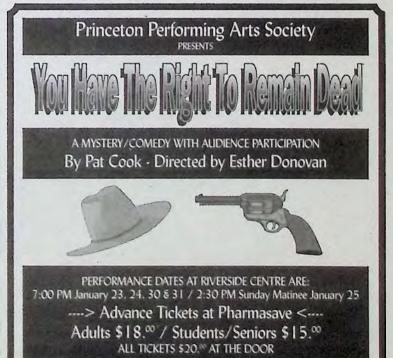
Always recycle all plastics of all kinds.

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.



weekly entertainment guide

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



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, Trenna 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





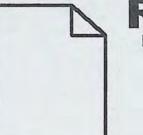
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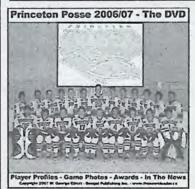


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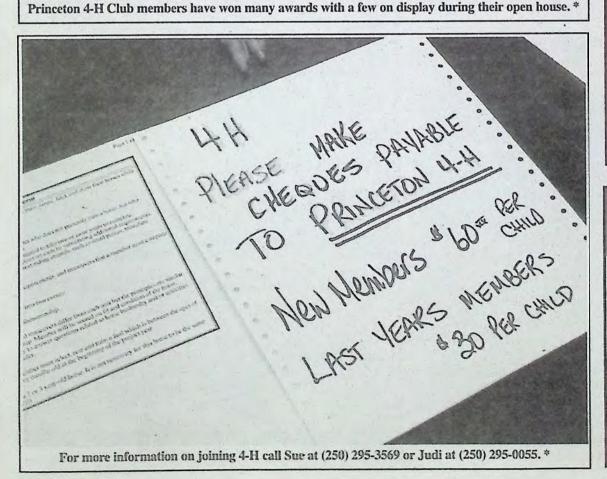
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Princeton 4-H Club hosted an open house and registration January 14th at Riverside Centre. *

Dairy Goot Manual Manua

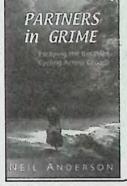


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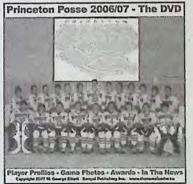
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		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN 19	VTV 22	DISC (24)	FAM (26)	CITY 29	SPIKE	TROP
6		Jeffersons	News (N)	(6:12)	Thomas	News (N)	News (N)	The Sopranos	News	(5:30) News (N) (E)	(4.30) News (N) @	CBC Newst Morning	Being Ian	SportsCentr e (II)	Canada AM	Daily Planet		CityLine [6]		Power Play
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^	AM	Fam. Feud	Three Takes	Berenstain	Super Why!	the oath of office as	44th presi-	Cold Case	44th presi-	100 Huntley			Berenstain	Off-Record		Daily Planet	Feet	News (N)	Unsolved	Soap
9	:30	Fam. Feud	(6)	Clifford	Clifford	44th presi-	dent of the United	Files [6]	dent of the	Street (N)	Sick Kids		Timothy	Tennis:	Kelly	Œ	Tigger	City	Mysteries (N)	What
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	200	Harvey	One House	Rolie Polie	Dragon	Capitol in	Washington. (Live) (Date" Crossing	Washington. (Live) [E]	World	(10:59)	Miracles	Dewitt	Day 2.	Twice in a	Really Big	Benj Bear	The Bonnie	(N) Unsolved	Beverly
11	:30	Harvey	Designer	Berenstain	Sit-Be Fit	Washington.	(Lave) (La	Jordan (E)	(Lave) in	Vision 🖭	News (N)	Antiques	Willa	From Melbourne,	Lifetime (ff)	Things	(11:25) King	Hunt Show	Mysteries	Hills, 90210
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2	PM	Scinfeld	Whose	Zoboomafo	Big World	Judge	Dr. Phil @	Cold Case	Rachael	The Doctors	Young and	Living	Grossology	Off-Record	Dr. Phil 🔃	Canada's Worst	Replace	News (N)	CSI: NY	What
3	:30	Friends	Wedding Is	o "H2O" The rain	WordGirl	Judge		Files (ff)	Ray 🖽	CEL	the Restless	Food	Pokemon	Sports		Driver	Emperor	Œ	"Night, Mother"	What
	PM	Payne	Debt Part	dance.	Fetch! Ruff	Judge J.	Oprah	CSI: Miami	A PONDOCIONAL DESIGNATION OF THE PROPERTY OF T	Oprah	(3:59) News	Fashion F.	SpongeBob	Hockey	Ellen	Daily Planet	(4:08)	Law &	CSI: Crime	Soap
4	:30	Payne	Deal No	George S.	Cyberchas	Judge J.	Winfrey [6]	"Killer Date"	News- Gibson	Winfrey [tt	Global	Mercer	Scorpion	NHL	DeGeneres Show	(N) (E	Phineas	Order: SVU	Sen	Big Screen
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-	PM		Ruby (#)	Forgetful	Independen		(10:01) The	The First 48		Kitchen	News Hour	National	Falcon		(10:01) The	Toughest	School	(10:06)	Disorderly	Married
10	:30	Jamie Foxx.	Kimora	Not Forgotten	t Lens [6]	NBC 🖭	Mentalist	"Blackout"	in History	Nightmares (N)	Final (N)		Beach 🔃	e (Live) [E	Mentalist (c)	Race: Iditarod	Cory	Celebrity Fit Club @	Con.	Raymond
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11	:30	Montel W.	Guy Stuff	Lost Boys	Rose (N)	Tonight	Late Show	Manhunter	(11:35)	Œ	ET Canada	Hour (Ghost	e @	News (N)	How-Made	Life Derek	Paid Prog.	Amazing Videos	King

WEDNESDAY, JANUARY 21, 2009

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	ARE	In the Heat	Doom	Martha	Arthur (EI)	Today		American	Good			Turbo	Hawks	SportsCentr		The	(6:56)	The Tyra	Married	The Outer
7	:30	of the Night	That News	Dora	Martha	Inauguration fashion; Sue		Justice	Morning America (N)	3 3		Animal	Scorpion	e Œ		Ultimate	Phineas	Banks Show	Married	Limits @
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8			What	Magic Bus	Sid	Carmen Flowers;		Files @			Street (N)	Busytown	Viva Pinata	e (#)		How-Made	K. Possible	Ray 🖽	Mysteries	Œ
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9		Fam. Feud	Œ	Clifford	Clifford	Hazan. (N)	Club @	Files (G)	Kelly	Street (N)	Vision	Gofrette	Timothy	Tennis:	Kelly	Œ	Tigger	City	Mysteries (N)	What
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0		Trivial	Show (E)	(10:34)	Street (EI)		Right (N)	"Recoil"	(N) Œ	Vision	House	Doodlebop	Jane	Early Round	(N) EE	Time Warp	Handy	Œ	Mysteries (N)	The Nann
			One House	Rolie Polie	Dragon	Ellen	Young and	Crossing	Paid Prog.	World	(10:59)	Miracles	Dewitt	Day 3.	Twice in a	Mayday (4)	Benj Bear	The Bonnie	Unsolved	Beverly
11	1000000	Harvey	Guys	Berenstain	Sit-Be Fit	DeGeneres		Jordan 🖽	Paid Prog.	Vision (E)	News (N)	Antiques	Willa	From Melbourne,	Lifetime (C)		(11:25) King	Hunt Show	Mysteries (N)	Hills, 902
	100	Fresh Pr.	Dinner	(11:58)	Charlie	Show	News (N)	The	All My	News (N)	Days of our		Being Ian	Australia.	etalk (t)	Survivorma	(11:49)	CityLine @		Seinfeld
12	10000	Fresh Pr.	Design U	(12:36)	Rose 🖭	Carried Land	Bold & B.	Sopranos	Children	Œ	Lives @	CBC News	George S.	(Taped) [ff]	Bold & B.	n (tt	Weekend		"Tri- Borough"	Seinfeld
_		Still Stnd	Home to	Maggie	Art Work	Days of our	As the	(III) American	(N) EE	To Be	As the	Martha	Jacob		Sue	Toughest	Dragon	ER Œ	CSI: NY	Raymond
1		Still Stnd	Buy Me	Daniel	Sewing	Lives (N)	World	Justice	Live (N)	Announced	World	Stewart	Erky Perky		Thomas:	Race:	Emperor		"Recycling"	'70s Show
	150757	King	Guiding	(1:58)	Barney	The Bonnie	Turns (N) Guiding	Cold Case	General	Young and	Turns (N) The Doctors	Steven and	DOMESTIC BOOK	Horn	F.B.Eye General	Iditarod MythBuster	(1:54)	News [ft]	CSI: NY	'70s Show
2		King	Light (N)	BluesClues	WordWorld	Hunt Show	Light (N)	Files [ff]		the Restless	Œ	Chris @	Ruby	Interruptio	Hospital (N)	s Œ	K. Possible		"Tanglewoo	Family G
	PM	Seinfeld	Whose	(2:58)	Big World	Judge		Cold Case	Rachael	The Doctors		Living	Grossology	Off-Record	Dr. Phil [6	How-Made	Replace	News (N)	CSI: NY 📆	What
3	107000	Friends	Wedding Is It?	Zoboomafo o "Families"	WordGirl	Judge		Files @	Ray [tt]	EC	the Restless	Food	Pokemon	Sports		How-Made	Emperor	[tt]		What
		Payne	Debt Part	(DVS)	Fetch! Ruff	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	Fashion F.	SpongeBob	Hockey	Ellen	Daily Planet	(4:08)	Law &	3.5	Reality
4	:30	Payne	Deal No	George S.	Cyberchas	Judge J.	Winfrey ("Recoil"	Deal No	Winfrey @	Global	Laughs	Scorpion	NHL	DeGeneres Show	(N) (E)	Phineas	Order: SVU	Scn	Ad Pers
_	PM	Movie: "The	News (N)	Martha	BBC News	News (N)	News (N)	Dog	News	News (N)	(4:59) News	Simpsons	OddParent	Hockey: Boston	News (N)	Dirty Jobs	Suite Life	13: Fear Is		Family G
5	:30	Pelican Brief"	(E)	(5:31)	Business	NBC News	CBS News	Dog	ABC News	Global	(N) (E)	Fortune	SpongeBob	Bruins at	(f)		Montana	Real (N)	Sen	Seinfeld
-	PM	(1993) Julia	Global	Think Big	News-	News (N)	News (N)	Dog the	News	News (N)	ET Canada	News [E]	Drake	Toronto Maple Leafs	News (N)	Deadliest	Zoey 101	Chris	UFC	Seinfeld
6	:30	Roberts. [tt]	News	Water	Lehrer	Millionaire	Hollywood	Bounty Hunter	News	(E)	Entertain		iCarly @	(tt)	(EE)	Catch [65]	Life Derek	Friends	Unleashed	Raymond
	PM		E! News	Into Wild	Jack Benny:	Jeopardy!	The Doctors		Entertain	Entertain	House [tt]	Coronatn	Scorpion	SportsCentr	etalk [tt]	Mayday	Wizards	I Love	UFC	Family G
7		Seinfeld	The Insider	Meerkat	Comedy	Fortune	(3)	Parking	The Insider	ET Canada		Jeopardy!	Prank Ptrl	e (Live) [E	Hollywood		So Raven	Money (f)	UFC	Married
		Family Guy	Knight	Man Made	Make 'em	Knight	Christine	Parking	Lost	The Guard	The Guard	26.742.7446	Malcolm	Tennis:	American	Daily Planet	Suite Life	News (N)	UFC	Seinfeld
8		I The Control of the		Marvels	Laugh: The Funny	Rider (f)	Gary	Parking	"Destiny Calls" (N)	Œ	(II)	Women	Futurama	Australian Open	Idol (N) III	(E)	Sadie	(8:35) News	Unleashed	Seinfeld
-		Movie: "The	Party	Movie:	Business	Law &	Criminal	Dog	Lost	Lie to Me	Lie to Me	fifth estate	Adrenaline	Early Round		MythBuster	Montana	(9:06)	CSI: NY	'70s Shov
9	:30	Pelican Brief"	Monsters: Cabo	"Music From the		Order: SVU	Minds (N)	Dog	"Because You Left;	"Pilot" (N)	"Pilot" (N)		Prank Ptrl	- Day 4. (Live) @	Criminal Minds (N)	s Œ	Life Derek	Jimmy Kimmel	"Tri- Borough"	'70s Show
		(1993) Julia	Renée	Inside Out"	Black	Law &		Dog the	The Lie" (N)		News Hour	National	Falcon		CSI: NY	Dirty Jobs	School	(10:06) The	Disorderly	Married.
10	:30	Roberts. [6]	Zellweger: THS	(2004) (6)	Coffee [ff]	Order "Pledge"		Bounty Hunter	Œ	House "Whac-A-	Final (N)		Beach (C)		(N) EE		Cory	Flavor of Love [3]	Con.	Raymond
	PM		News (N)	Montreal	Charlie	News (N)	News (N)	Parking	News	News (N)	ET Canada	(11:05) The	Mystery	SportsCentr	News (N)	Mayday	Suite Life	Judge	Most	'70s Shov
11		Montel W.	Gny Stuff	Jazz	Rose (N) 图	Tonight	Late Show	Parking	(11:35)	Œ	Late Poker	Hour (Ghost	e (Live) @	News (N)		Life Derek	News (tc)	Amazing Videos	'70s Show

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 (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.

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. ⑥

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. [cc]

EVENING

9:00 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)

KNOW (5) ** ** "Music From the Inside Out" (2004, Documentary)

Premiere. Filmmaker Daniel Anker interviews members of the Philadelphia

Orchestra shout their relationship to Orchestra about their relationship to music.

Princeton Posse 2006/07 - The DVD



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

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

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. [6]

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.

EVENING

7:30 pm YTV (8) **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)

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

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 (2) **X'', "Jumanji" (1995, Fantasy) Robin Williams. A magic board-game brings forth African perils and a guy who disappeared in 1969 while playing it. (E)
10:30 pm FAM (2) **X*"Curly Sue" (1991, Comedy-Drama) James Belushi. A con man targets a corporate lawyer and steals her heart with his

lawyer and steals her heart with his adorable adopted daughter. [60]

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THURSDAY, JANUARY 22, 2009

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ	KREM (8)	A&E	KXLY	BCTV	CITV	CBC	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY 29	SPIKE	TROP
6	2000		News (N) (6.34) Tube	(6:12) George S.	Thomas	News (N)	News (N)	The First 48		(5:30) News (N) 🖭		CRC News: Morning	Being Ian Team			Daily Planet		CityLine IE		Traders [6]
7	AM	In the Heat	Room	Martha	Arthur (El)	Today Today's	The Early Show (N)	The First 48	Good Morning			(N) Razzberry	Hawks	SportsCentr		Mega Builders [6]	(6.56)	The Tyra Banks Show	Married	The Outer
*	.30	Cosby	That News Ad Pers	Dora (7:58) Hi-5	Martha	Health; adoption; pie	圃	The First 48	America (N)		100 Huntley	Animal Bo On Go	Scorpion Pokemon	SportsCentr		Toughest	Phineas Weekend	Ruchael	Married Unsolved	North of 60
8	:30	Cosby	What	Magic Bus	Sid	crust; Jacqui Stafford. (N)		m			Street (N)	Busytown	Viva Pinata	e Œ		Race: Iditarod	K. Possible	Ray [6]	Mysteries	TEC
9		Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford	(CD)	The 700 Club 🖭	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Super Why! Gofrette	Berenstain Timothy	Off-Record Tennis:	Regis and Kelly	Daily Planet	Feet Tigger	News (N)	Unsolved Mysteries	Muke
10	AM	Trivial	The Mom Show [2]	Sid	Sesame Street (EI)	-	The Price Is Right (N)	The First 48	The View Makeup. (N)	World	World Vsn	Wilbur [6]	George S.	Australian Open		Dirty Jobs	Mickey	The O.C.	(N) Unsolved	What
10		Haviai	One House	(10:35) Rolie Polie	Dragon	Ellen	Young and	The First 48		Hospital for	House (10:59)	Doodlebop Miracles	Jane Dewitt	Early Round Day 4.	Makeup. (N) Twice in a	Forensic	Movers Benj Bear	(ff) The Bonnie	Mysteries (N) Unsolved	The Nanny Beverly
11	:30	Steve H.	Designer	Berenstain	Sit-Be Fit	DeGeneres Show	the Restless	GOLDAN SCHOOL BUILDING	Paid Prog.	Sick Kids	News (N)	Antiques	Willa	Melbourne,	CARLO DE LO SERVICIO DE LA CARLO DEL CARLO DE LA CARLO DEL CARLO DE LA CARLO D	Factor [E]	(11:25) King	Hunt Show	Mysteries (N)	Hills, 90210
12		Fresh Pr. Fresh Pr.	Dinner Design U	Babar [6] (12:37)	Charlie Rose [6]	Paid Prog.	News (N) Bold & B.	The First 48	Children	News (N)	Days of our Lives (N)	News (E)	Being Ian George S.	Australia. (Taped) [62]	etalk [@] Bold & B.	Mayday	(11:49) Weekend	CityLine [ff]	CSI: NY [6]	Seinfeld Seinfeld
1	PM	Still Stnd	Home to	Maggie	Landscape	Days of our Lives [6]	As the World	The First 48	(N) (E) One Life to Live (N)	As the World	As the World	Martha Stewart	Jacob		Sue Thomas:	Deadliest Catch (6)	Dragon	ER [#]	CSI: NY "Hush" [@]	Raymond
-	0000000	Still Stnd King	Buy Me Guiding	Daniel (1:59).	Quilting Barney	The Bonnie	Turns (N) Guiding	The First 48	General	Young and	Turns (N) The Doctors	1 4 YES HARD COSTS SIGNATURE	Erky Perky Viva Pinata	Horn	F.B.Eye General		Emperor (1:54)	News [@]	CSI: NY	Just Shoot Just Shoot
2	C/3/3/1	King	Light (N)	BluesClues	WordWorld		Light (N)			the Restless		Chris (ff)	Ruby	Interruptio	Hospital (N)		K. Possible		"The Fall"	Family Guy
3	0.000	Seinfeld Friends	Whose . Wedding Is It?	(2:59) Zoboomafo o "Itchy" 📵	Big World WordGirl	Judge Judge	Dr. Phil @	The First 48	Ray [tt]	The Doctors	the Restless	Living	Grossology Pokemon	Off-Record Sports	Dr. Phil [6]	How-Made How-Made	Replace Emperor	News (N)	CSI: NY @	What
4	mer con u	Payne Payne	Debt Part Deal No	(DVS)	Fetch! Ruff		Oprah Winfrey [tt]	The First 48	+	Oprah Winfrey (#)	(3:59) News Global		SpongeBob	Tennis: Australian	Ellen DeGeneres	Daily Planet		Law & Order: SVU	CSI: Crime Sen	Make
-	5-466-714	Friends	News (N)	George S. Martha	Cyberchas BBC News	Judge J. News (N)	News (N)	The First 48	Deal No News	News (N)	(4:59) News	22 Minutes Simpsons	Scorpion OddParent	Open Early Round	Show News (N)	Squid	Phineas Suite Life	Ugly Betty	CSI: Crime	Fashion Family Guy
5	100000	Friends	(II)	(5:32)	Business	NBC News	CBS News	(E)	ABC News	Global	(N) (EI)	Fortune	SpongeBob	Day 5. From	Œ	Invasion @	Montana	"Kissed Off"		Seinfeld
6	0.000	Friends Friends	Global	Working Working	News- Lehrer	News (E) Millionaire	News (N) Hollywood	The First 48 (N) [ff]	News	News (N)	ET Canada Entertain	News [6]	Drake iCarly [6]	Melbourne, Australia.	News (N)	Feeding Frenzy	Zoey 101 Life Derek	30 Rock (6:31) 30	TNA iMPACT! (N) [6]	Seinfeld Raymond
7	PM	Movie: "The	E! News The Insider	Strange Days	Health Matters	Jeopardy! Fortune	The Doctors	The Beast (N) [ff]	Entertain The Insider	Entertain ET Canada	The Unit	Coronatn	Scorpion	(Live) Œ	etalk @	MythBuster s [6]	Wizards So Raven	Murdoch Mysteries	(N) (EC	Family Guy
	:30 PM	Comedy) [6]	Name Earl	Palin's	Poirot @	Name Earl	NCIS	The Beast	Ugly Betty	Bones (N)	Conduit" Bones (N)	Jeopardy!	Prank Ptrl Malcolm		Hollywood CSI: Crime	Daily Planet	2000000	News (N)	CSI: Crime	Married Seinfeld
8	:30	Family Guy	Kath &	Europe Architectur	New Tricks	Kath &	"Recoil" (E)		"Kissed Off"	The Office	The Office	of Things Doc Zone	Futurama Adrenaline		Sen Grey's	Deadliest	Sadie Montana	(8:35) News	Sen UFC	Seinfeld Just Shoot
9	:30	Family Guy		e	(E)	(9:31) 30	Sen	Œ	Anatomy (N)	The Office	The Office	(N) (E)	Prank Ptrl		Anatomy (N)	Catch (6)	Life Derek	Jimmy Kimmel	UFC	Just Shoot
10	PM :30	Seinfeld Mavie: "The	(2005) Linda Purl. 📵	Vertical e2 🖭	Soundstage (N) [6]	(10:01) ER (N) (E)	(10:01) Eleventh Hour (N)	The First 48	(10:02) Private	The Unit "The Conduit"	News Hour Final (N)	National	Falcon Beach [6]	SportsCentr e (Live) [f]		Squid Invasion @	School Cory	Flavor of Love	MANswers MANswers	Married Raymond
24	PM	Pallbearer" (1996) [E]	100000	My Different	Charlie Rose (N) 📵	News (N)	News (N)	The Beast	News	News (N)	Entertain	(11:05) The Hour [ff]	Mystery	SportsCentr	News (N)	Feeding -	Suite Life	Judge	Disorderly Con.	Just Shoot

	1	WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
		3	4	5	6	7	8	9	10	11	12	(13)	[18]	19	22	24	26	29	44	45
6		Jeffersons Jeffersons	News (N) (6:34) Tube	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N) (E)	(4:30) News (N) 🔃	CBC News: Morning	Being Ian Team	e 🖭	(#)	Daily Planet	King (G)	CityLine @	Married	Adventures of Sinbad
			Room	Martha		Today	The Early	Amer.	Good -			(N) Turbo	Hawks	SportsCentr		Monster	(6:56)	The Tyra	Married	The Outer
7	C. 3.14.	of the Night	HEAVEN STREET,	Dora	Martha	Today's	Show (N)	Justice	Morning			Animal	Scorpion	e @		Moves [6]	Phineas	Banks Show	Married	Limits [6]
-	200	Cosby	Ad Pers	(7:58) Hi-5	Curious	Style; Molly Rosen;	(65)	Cold Case	America (N)		100 Huntley	Bo On Go	Pokemon	SportsCentr	8 3	MythBuster	Weekend	Rachael	Unsolved	North of 60
Q		Cosby	What	Magic Bus	Sid	Chelsea	1	Files 🔃			Street (N)	Busytown	Viva Pinata	e Œ		s Œ	K. Possible	Ray 🔃	Mysteries	Œ
	.00	Fam. Feud	Three Takes	45CK11554	Super Why!	Handler; Luke	The 700	Cold Case	Regis and	100 Huntley	Hospital for	Super Why!	Berenstain	Off-Record	Regis and	Daily Planet	Feet	News (N)	Unsolved	Tube Tales
a		Fam. Feud	œ	Clifford	Clifford	Mangan. (N)	The state of the s	Files @	Kelly	Street (N)	Sick Kids	Gofrette	Timothy	Tennis:	Kelly	Œ	Tigger	City	Mysteries	What
	0.00	Trivial	The Mom	Noonbory	Sesame	(3)	The Price Is	CSI: Miami	The View	World	World Vsn	Wilbur [tt]	George S.	Australian	The View	Blueprint	Mickey	The O.C.	(N) Unsolved	What
		Trivial	Show @	(10:34)	Street (EI)		Right (N)	Œ	Œ	Vision	House	Doodlebop	Jane	Open Early Round	(6)	for Disaster	Handy	FA.75281.765 E.	Mysteries	The Nanny
	11 11 11 11	Harvey	One House	Rolie Polie	Dragon	Ellen	Young and	Crossing	Paid Prog.	World	(10:59)	Miracles	Dewitt	- Day 5.	Twice in a	Canada's	Benj Bear	The Bonnie	(N) Unsolved	Beverly
		Steve H.	Designer	Berenstain	Sit-Be Fit	DeGeneres	the Restless	Jordan 🖭	Paid Prog.	Vision @	News (N)	Antiques	Willa	From Melbourne,	Lifetime @	Worst	(11:25) King	Hunt Show	Mysteries	Hills, 90210
	1100	Fresh Pr.	Eat, Shrink	(11:59)	Charlie	Show Paid Prog.	News (N)	The	All My	News (N)	Days of our	News (tt)	Being Ian	Australia.	etalk @	Driver Squid	(11:49)	CityLine [tt]	CSI: NY [tt]	Seinfeld
2	360	Fresh Pr.	Design U	(12:36)	Rose 🖽	Paid Prog.	Bold & B.	Sopranos	Children (N)	Œ	Lives (N)	CBC News	George S.	(Taped) @	Bold & B.	Invasion @	Weekend			Seinfeld
233	200	Still Stnd	Home to	Maggie	Painting	Days of our	As the	Amer.	One Life to	As the	As the	Martha	Jacob	- 1	Sue	Feeding	Dragon	ER @	CSI: NY 🖭	Raymond
1	2000	Still Stnd	Buy Me	Daniel	Beads Bbl	Lives (N)	World Turns (N)	Justice	Live (N)	World Turns (N)	World Turns (N)	Stewart	Erky Perky		Thomas:	Frenzy	Emperor			Frasier
	1000	King	Guiding	(1:58)	Barney	The Bonnie	Guiding	Cold Case	General	Young and	The Doctors	Steven and	Viva Pinata	Horn	F.B.Eye General	MythBuster	(1:54)	News [tt]	CSI: NY	Frasier
47)	:30		Light (N)	BluesClues	WordWorld	Hunt Show	Light (N)	Files 🕮	Hospital (N)	the Restless	Œ	Chris @	Ruby	Interruptio	Hospital (N)	s Œ	K. Possible		"On the Job"	Frasier
0	PM	Scinfeld	Whose	(2:58)	Big World	Judge	Dr. Phil 📧	Cold Case	Rachael	The Doctors	CALCO SALCHER SECTION	Living	Grossology	Off-Record	Dr. Phil @	How-Made	Replace	News (N)	CSI: NY	What
3	:30	Friends	Wedding Is It?	Zoboomafo o A wolver-	WordGirl	Judge		Files @	Ray [ff]	Œ	the Restless	Food	Pokemon	Sports		How-Made	Emperor	Œ	"The Closer"	What
	PM	Payne	Debt Part	ine moves	Biz Kid\$	Judge J.	Oprah	CSI: Miami	Inside	Oprah	(3:59) News	Fashion F.	SpongeBob	Hockey	Ellen	Daily Planet	(4:08)	Law &	CSI: Crime	Tube Tales
4	:30	Payne	Deal No	George S.	Cyberchas	Judge J.	Winfrey (Œ	Deal No	Winfrey @	Global	Air Farce	Scorpion	Strongest	DeGeneres Show	(N) @	Phineas	Order: SVU	Sen	Tube Tales
ma		Movie: 'The	10 to 2 to	Mortha	BBC News	News (N)	News (N)	CSI: Miami	News	News (N)	process and the second second	Simpsons	OddParent	Strongest	News (N)	POLICE OF CALL SHOW	Suite Life	Man		Family Guy
5	:30	Legend of Zorro"	Œ	(5:31)	Business	NBC News	CBS News	(11)	ABC News	Global	(N) 🖭	Fortune	SpongeBob	NBA	Œ	Project Earth	Montana	Tracker @	Sen	Family Guy
-	PM	(2005)	Global	Heads Up	News-	News (N)	News (N)	CSI: Miami	News	News (N)	ET Canada	News @	iCarly 🕾	Basketball: Toronto	News (N)	Man vs.	Zoey 101	Survivorma	CSI: NY 🖭	Seinfeld
6	:30	Antonio Banderas.	News	Time	Lehrer	Millionaire	Hollywood	(E)	News	(E)	Entertain		Prank Ptrl	Raptors at	Œ	Wild "Sahara"	Buzz	n Œ		Family Guy
_	PM	Œ	E News	Hockey	Wash Wk	Jeopardy!	The Doctors		Entertain	Entertain	NUMB3RS	Coronatn	Scorpion	Chicago Bulls. (Live)	etalk [tt]	Deranged	Wizards	Crusoe [6]	CSI: NY (E)	Family Guy
7	:30	Seinfeld	The Insider		McLaughlin	Fortune	(6)	Œ	The Insider	ET Canada	(N) (E)	Jeopardy!	Movie:		Hollywood	Ted Bundy.	Movie:			Married
0	PM	Family Guy		Poirot (N)	Bill Moyers	Howie Do	Ghost	Criminal	Wife Swap	Hawie Do	Howie Do	Mercer	"Raise Your Voice"	Sports	Ghost	Daily Planet	"Camp Rock"	News (N)	CSI: NY	Seinfeld
8	:30	Family Guy	Smarter?	(6)	Journal (N)	Howie Do	(N)	Minds [ff]	Œ	Howie Do	Howie Do	Marketplc	(2004,	Tennis:	Whisperer (N)	Œ	(2008) 📧	(8.35) News	"On the Job"	Seinfeld
6	PM	Movie: "The	A Street of the latest and the lates	Dalziel and	NOW	Friday	Flashpoint		Supernanny	Friday	Friday -	Montreal	Drama) Hilary Duff.	Australian Open	Flashpoint		Movie:	100000	MANswers	Family Guy
9	:30	Legend of Zorro"	Announced	Pasene (N)	Served	Night Lights (N)	(N) EE	(E)	(N) (E)	Night Lights (N)	Night Lights (N)	Canadiens	Œ	Early Round	(N) (EE)	Wild "Sahara"	"Jumanji" (1995) @	Jimmy Kimmel	MANswers	Family Guy
		(2005)	20/20 [6]	Bethune (6)	The second secon	Dateline	NUMBBRS		20/20 🖭	NUMB3RS	News Hour	National	Falcon	Day 6. (Live) [6]	Raising the	Discovery	The Control of the Printer of the Control of the Co	(10:06)	Game	Married
0	:30	Antonio Banderas.			of Dibley	NBC (III)		(11)	1-018	(N) @	Final (N)		Beach (ff)		Bar (N) @	Project Earth	Movie:	Party Poker	Samurai	Raymond
	PM	Œ.	News (N)	Ladies-	Austin City	News (N)	News (N)	The Beast	News	News (N)	(11:03)	(11:05) The	Mystery	SportsCentr	News (N)	Deranged	"Curly Sue" (1991) @		MXC IE	Frasier
		Montel W.	Guy Stuff	Gntlemn	Limits (N)	Tonight	Late Show	(II)	(11:35)	(E)	ECW (N)	Hour @	Ghost	e (Live) [ff]	News (N)	Ted Bundy.	(1) (1) (III	News Et .	MXC (E)	Frasier



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
		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

am WTBS (1992, Suspense) Robert Redford. An ex'60s-radical computer hacker and his company are tapped for :30 am WTBS ★★★"Sneakers"

Two young professionals create an underground club where men can compete in hand-to-hand combat.

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.

AFTERNOON

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

Princeton Area Ghost Towns The DVD

Only \$19.99 See Us For Details! Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son.

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 (B) "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)

to pm WTBS 3

*%"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. @

EVENING

:00 pm CITY 29 "Tornado Warning" (2002, Suspense) Gerald McRaney. A renowned scientist and

Michaney. A renowned scientist and his former protégé alert small-town residents about an impending tornado.
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.

weapons. (E):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.
DISC 24"Guinea Pigs" (N)
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.
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

tioned on the Hawaiian island of Oahu. (In Stereo)

9:00 pm FAM (26)

***Something's Gotta Give"
(2003, Romance-Comedy) Jack
Nicholson. Premiere. A music execu-

tive falls for the mother of his young girlfriend after having a heart attack in her home.

9:30 pm WTBS 3 **"Judge Dredd" (1995, Action) Sylvester Stallone. An archerolinal escapes in 23rd century. New York and seeks

Stallone. An archcriminal escapes in 22nd-century New York and seeks revenge on the lawman who sent him to prison.

10:30 pm FAM 23 *** "Men In Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth.

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)

11:00 pm DISC 24 "Guinea Pigs"

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 [6]

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.

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

1:00 pm SPIKE 44 "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from

world-class thief escapes from prison to exact revenge on the partners who doubled-crossed him. (In Stereo) [6]
1:30 pm WTBS [3] * * "Under Slege 2: Dark Territory" (1995, Action) Steven Seagal. A CIA operative aboard a train tries to stop a mad applies who threatens to use a

tive 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 (2) "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) * %"Resident Evil"
(2002, Horror) Milla Jovovich.
Commandos infilitrate a research facility after a deadly virus turns the entire staff into ravenous zombies.

(In Stereo)
3:30 pm WTBS ③ ★★"Walking
Tall" (2004, Action) The Rock. A former Special Forces soldier becomes

mer Special Forces soldier becomes sheriff and deputizes an old friend to help rid their town of thugs. © 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. © CITY ② ★★"Tomorrow Never Dies" (1997, Action) Pierce Brosnan. James Bond and female agent Wai Lin pursue a megalomaniacal tycoon trying to start World War III.

EVENING

6:00 pm YTV (B) ** * "Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to res-cue his sister inside a virtual-reality game created by a madman out to

game created by a madman out to enslave children.

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. ©

8:00 pm CBC [③"Miss Marple - The Moving Finger" (2006, Mystery) Geraldine McEwan. Miss Marple investigates when a writer sends a

investigates when a writer sends a series of poison-pen letters to resi-

dents of a sleepy village. (In Stereo)

9:00 pm Suspense) Ray Liotta. A scuffle aboard a 747 bound for New York

aboard a 747 bound for New York frees a murderer-in-transit, kills the pilot and puts a stewardess at the helm. [5]
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) [6]

KREM (8) "Loving Leah" (2009, Romance) Lauren Ambrose. Premiere. To honor an ancient cus-

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.

sled dogs.

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.

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ADVICE AND TIPS ON HOW TO GET FITTER!

SATURDAY, JANUARY 24, 2009

		WTBS	CHBC	KNOW 5	KSPS 6	KHQ	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV 18	TSN	VTV	DISC 24	FAM (26)	CITY	SPIKE	TROP
6	AM	Paid Prog.	News (N)		America's	Today (N)	(5:00) The	Sell House	Paid Prog.	Fishing	Whata	Super Why!	Being Ian	SportsCentr	OWL/IV	Surviving	Overdrive	About You	TNA	Let's Build
6	:30	Paid Prog.	Powerboat		Fly Tying	(C)	Early Show (N)	Sell House	Paid Prog.	Fishful	Fishn	Busytown	Grossology	e III	Kingdom	Disaster (E)	Rangers	Dharti	impact!	Paid Prog.
-	AM	Paid Prog.	Ad Pers	Martha	MotorWeek	News (N)	Cake [ff]	Business	Good	News (N)	News (N)	Turbo	Viva Pinata	Fishing	Katie-Orbie	Man vs.	(6:54)	Eye on Asin	1522	'70s Show
1	:30	Paid Prog.	Big Coast	Clifford	Field Guide		Horseland	Sell House	Morning America	(E)	(EE)	Animal	Skunk Fu!	Motoring	Hobo	Wild "Sahara"	School			'70s Show
0	AM	Videos	Foodles	George S.	Everyday		Dino	Flip This	Emperor			Razzberry	SpongeBob	SnowTrax	Good	Deranged	Suite Life	Polish	Hrsepwer	Raymond
8	:30	Videos	Driving TV	Magic Bus	Hometime	1 /	Sushi Pack	House [6]	Replace			Goldfish	Kid vs. Kat	Strongman	Morning Canada (6)	Ted Bundy.	(8:43) Zoey	Studio [11]	MuscleCar	Raymond
-	AM	Videos	Paid Prog.	(9:08)	Workshop		Strawberry	Flip This	So Raven		Driving TV	Bold	SpangeBob	Bowling	Canada (E)	How-Made	Cory	Biography	Trucks!	Seinfeld
9	:30	Movie: .	Paid Prog.	Upside	Old House		Care Bears	House [6]	So Raven		Fishing	Presents [t]	Casper		1	How-Made	So Raven	Œ	Xtreme 4x4	Seinfeld
40	AM	"Sneakers" (1992)	E! News	Maggie-	Ask This	Jane	Paid Prog.	Movie:	Montana	Fishn	Energy TV	Miracles	OddParent	Tennis:	Justice	Forensic	Phil	CityLine [8]	Movie:	Family Guy
10		Robert	Daily 10	Beast	Test Kitch	Zula Patrol	Backroads	"Fight Club" (1999,	Suite Life	Fishing	Real Invest	World Cup	Monster	Australian	Amnesty	Factor [E	Wizards		"Training Day" (2001)	Family Guy
	A-8.4 I	Redford, Dan	Celebrity	Rolle Polie	Christina	Money	Pald Prog.	Suspense)	To Be	In Fashion	Fishing	Skiing: Men's	Transform	Open Early Round	PLAN	Destroyed	School	Paid Prog.	Denzel	Amer Dad
11	4000	Aykroyd. 📧	Perks Special	Paddington	Perfect	Paid Prog.	Extra (N)	Brad Pitt, Edward	Announced	Real Invest	Big Coast	Downhill.	Wolverine	Day 6.	Canada 📧	Destroyed	Suite Life	Paid Prog.	Washington.	King
	PM	Friends	20 Richest	(12:04) Lilly	Kntie	Figure	(E)	Norton.	Winter X-	News (N)	Paid Prog.	Curling:	Pokemon	From Melbourne,	Daily Planet	Mighty	Movie;	Amazing	Scott Glenn.	Friends
12	:30	Seinfeld	Women	(12:35) Miss	Garden	Skating: U.S.	College		Games [E]	Œ	Seinfeld	Capital One Grand Slam	Dinosaur	Australia.	(6)	Ships [6]	"Stuart Little"	Role	UFC	Friends
	PM	King	10 Ways	(1:10) Taste	Antiques	Championshi	Basketball:	Paranormal	Winter X-	Energy TV	Seinfeld	- BDO	Hawks	(Taped) [E]	Uber Guide	Discovery	(1999) EE	CityLine (g)	Unleashed	Raymond
1	:30	King	Behind	Mechanics	Roadshow	ps Dance	Memphis at Tennessee.	Paranormal	Games 🖾	Paid Prog.	Simpsons	Canadian	Monster		33	Project	Movie: "Go	***	UFC	Raymond
	PM	American	Christina	(2:09)	Spain-On	and Pairs Free	(Live) 図	Paranormal	Winter X-	Seinfeld	Simpsons	Open Quarterfinal.	SpongeBob		Car	Earth MythBuster	Figure"	EP Canada	UFC	'70s Show
2	:30	Chopper [6]	Applegate	(2:42) Fetch	Road	Programs.		Paranormal	Games [II]	Simpsons	Simpsons	(E)	SpongeBob		Animals	s Ninjas.	(2005) 🔃	Reviews	Ultimate	'70s Show
	PM	Seinfeld	Sexiest Red	Zoboo	Travels	Fortune	Paid Prog.	Paranormal	Incredible	Simpsons	Family Guy	Sat. Report	SpongeBob	SportsCentr	MTV	How-Made	Cory	News (N)	Iceman:	Family Guy
3	:30	Family Guy	carpet.	(3:36) Little	Travel	Penguins	Paid Prog.	Paranormal	Dog	Simpsons	Family Guy	HNIC	SpongeBob	e (Live) [Shuffle [ff]	How-Made	Suite Life	Amazing	Chuck Liddell	Family Guy
	PM	Payne	Forbes TV	(4:14)	Rick Steves'	Veggie	Access	CSI: Miami	Wall St	Family Guy	Family Guy	NHL	"Dork	NFL Films	Twice in a	Cash Cab	Suite Life	Without a	UFC	Amer Dad
4		Payne	20: Famous	(4:39)	Iran 🖾	Turbo	Hollywood	"Dispo Day"	Storms	Family Guy	The same of	Hockey:	Hunters and	E:60	Lifetime @	Out Cold	Proud	Trace (6)	Unleashed	Reality
-	2000	Movie:	News (N)	George	Summer	College	(N) News (N)	CSI: Miami	Storms	Family Guy		Honda/NHL All-Star	the Pirates"	100	First Story	Toughest	K. Possible	Out There	UFC	Friends
5	:30	"Turbulence	Sports	Shrinks (5:41)	Keep Up	Basketball:	CBS News	©	ABC News	Global	Œ	Superskills	Kid vs. Kat	2009	First Story	Race:	Montana	(E)	Unleashed	Friends
	PM	" (1997) Ray Liotta. 📵	That News	Profiles of	Lawrence	Gonzaga at LMU	News (N)	CSI: Miamí	News	News (N)	Still Long	(Live) [E]	Kid vs. Kat	Crashed Ice	News (N)	Iditarod Destroyed	Sadie	Movie:	Ultimate	Seinfeld
6	:30		What	Nature	Welk Show		Scrubs	(E)	The Insider	(M)	Shots	,,	Kid vs. Kat	(Live) @	(C)	Time Warp	Flight 29	"Tornado	Fighting	Seinfeld
		Movie: "The	Chef	Planet	May-Dec.	CSI: NY	Cold Case	The Beast	Entertainm	Still Long	Zero Hour	Montreal	Team	Tennis:	W-FIVE-	Criss Angel	So Raven	Warning" (2002), Thea	Champions hip 91:	Family Guy
7	-00	Devil's	E News	Carnivore	Time Goes	"Cool	(E)	Œ	ent Tonight	Shots	Œ	Canadiens	Team	Australian	Swans	Mindfreak	(7:22) Zoey	Gill @	Couture vs.	Family Guy
-	PM	Own" (1997) Harrison	Movie: "A	Heartbeat	(8:05)	Hunter" Crusoe (N)	Game	The	Lost	Zero Hour	Mob Stories	News [tt]	Zixx Level	Open Round of 16.	To Be	"Guinea	Life Derek	News (N)	Lesnar (N)	What
8	:30	Ford.	Life	(N) (E)	Movie: "Pat	E	Game	Sopranos	"Destiny	Œ	Œ	Movie:	Hawks	From	Announced	Guinea Pig	Montana	Reviews	UFC	What
-	1000	Family Guy	Interrupted" (2007) [E]	Midsomer	and Mike" (1952)	Figure	Cold Case	CSI: Miami	Calls"	Mob Stories	Go Deep	"Pearl	Naruto	Melbourne, Australia.	To Be	Destroyed	Movie:	EP Canada	Unleashed	Amer Dad
9		Movie:		Murders	Spencer	Skating:	(6)	(E)	"Because	Œ		Harbor" (2001, War)	Bleach	(Live) (E)	Announced	Time Warp	"Something"	Amazing	UFC	Friends
	PM	"Judge	Show Me	"Last Year's Model" [6]	Tracy. Johnny	U.S. Championshi	48 Hours	CSI: Miami	You Left; The Lie" [6]	Go Deep @	News (N)	Ben Affleck,	Ghost		Law &	Criss Angel	s Gotta Give"	Paid Prog.	Unleashed	Seinfeld
10	:30	Dredd" (1995)	G-Spot		Cash	ps	Mystery [Charles and the same	Inc Lie Las	Jo Deep (M)	Driving TV	Josh Hartnett,	Ghost	Sports	Order: SVU	Mindfreak	Movie:	Role	Movie:	Seinfeld
	PM	Sylvester	E News	Montreal	The High	News (N)	News (N)	The Beast	Edition	News (N)	J.R. Digs	Kate	Mystery	SportsCentr	News (N)	"Guinea	"Men in	Role	"Training	Raymond
111		Stallone. Heat	Ad Pers	Jazz	Kings 🖾	Sat. Night	Legend of	(E)	Paid Prog.	Sat. Night	Sat. Night	Beckinsale.	Ghost	e (Live) [C]	News (N)	Guinea Pig	Black" (1997) [4]	Paid Prog.	Day" (2001)	Raymond
100	:30		Tau L CLD	4		Caterright	LACKETTO OF	V .	and Flog.	Saturaght	Sat. Hight		Juniost	1	ilens (iv)	Junea Fig	(1997) (191	and Frog.		- Cary mond

SUNDAY, JANUARY 25, 2009

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV ®	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
-	AM	Stars	Pioneers		Maya	Today (N)	Paid Prog.	Private	Paid Prog.	Is Written	Driving TV	Animal	Being Ian	SportsCentr		Mayday	Overdrive	Kaya	Married	Fish TV
6	:30	Saved-Bell	Pioneers		Fetch! Ruff	Œ	Paid Prog.	Sessions (t)	Paid Prog.	Fishful	Let's Build	Coronatn	Grossology		Morning Canada &		Rangers	Kaya	Married	Paid Prog.
Name of Street	AM	Saved-Bell	Hunter	Martha	Raggs [ff]	News (N)	CBS News	The	Good	Foodies (N)	Canada	Coronatn	Winx Club	Reporters		Squid	(6:54)	Eye on Asia	Married	King
1	:30	Videos	Fishing	Clifford	Animalia	(6)	Sunday Morning	Sopranos (G)	Morning America	Canada	Is Written	Coronatn	Viva Pinata	Reporters	-	Invasion (School		UFC	King
-	AM	Videos	Let's Build	George S.	Reading	Meet the		The	This Week	News (N)	TribalTrail	Coronatn	Ruby	NFL	Kids	Feeding	Suite Life	Eye-Asia	Hrsepwer	Raymond
8	:30	Videos	Powerboat	Magic Bus	The Elec	Press (N)	Nation	Sopranos	With George	(C)	Marriage	Coronatn	Casper	(Live) [E]	Pringle	Frenzy	(8:43) Zoey	Festival	MuscleCar	Raymond
-	AM	Videos		(9:08)	Wishbone	Friend	700 Club		Matthews		Hour of	Figure	OddParent		PLAN	Funniest	Cory	Italiano di Johnny	Trucks!	Seinfeld
9		Movie:	od	Upside	Biz Kid\$	Paid Prog.	Telethon	Manhunter	NBA Count		Power (CC)	Skating: Canadian	Barnyard	Tennis:	Canada 🔃	Animals	So Raven	Lombardi	Xtreme 4x4	Seinfeld
	AM	"Playing God" (1997)	In Fashion	Maggie-	Design	Paid Prog.	Paid Prog.	Manhunter	NBA	Driving TV	Listen Up	Championshi	SpongeBob	Australian Open	To Be	Mean	Phil	(In Italian)	UFC	King
10	:30	David	Marriage	Beast	Place	Skiing:	College	Manhunter	Basketball: Dallas	Listen Up	Foodies (N)	ps Gala	Mighty B	Round of 16.	Announced	Mean	Wizards		Unleashed	King
	AM	Dunhammer	The Soup	Rolie Polie	Foreign	USSA Freestyle	Basketball: Florida at	The Beast		Hour of	Energy TV	Curling:	iCarly [t]	From Melbourne,	To Be	How-Made	School	Reviews	UFC	'70s Show
11		Movie:	The Dish	Paddington	European	Cup	Vanderbilt.	"Pilot" [6]	Boston Celtics.	Power [#]	Mining TV	Capital One Grand Slam	Adrenaline	Australia.	Announced	How-Made	Suite Life	EP Weekly	Unleashed	'70s Show
	PM	"Shattered" (2007)	Celebrity	(12:04) Lilly	Health	Internation	(E)	The Beast	Celucs. (gg	News (N)	Seinfeld	- BDO	Adrenaline	(Taped) (tt	Question	Forensic	"Roxy	Amazing	UFC	Friends
12		Pierce	Cash Couples	(12:35) Miss	Matters	al Auto Show	(12:45)	Œ	NBA	Œ	Seinfeld	Canadian Open Final.	Adrenaline		Period [tt]	Factor [4]	Hunter and the Secret"	Role	Unleashed	Friends
-	PM	Brosnan. [6]	Behind	(1:10) Think	How Art	Figure	College Basketball:	The Beast	Basketball: San Antonio	Big Coast	Seinfeld	(Live) @	Adrenaline	AHL	W-FIVE-	Mayday		To Be	Movie:	Raymond
1	:30	Movie:	Scenes	Big (N) 🖭	Made	Skating: U.S.	Michigan	"Pilot" @	Spurs at Los	Seinfeld	Simpsons		Adrenaline	Hockey: All-Star	Swans		Movie:	Announced	"Today You Die" (2005)	Raymond
-	PM	"Under	Extreme	(2:03)	The Bible	Championshi	State at Ohio State. (Live)	The Beast	Angeles Lakers.	Seinfeld	Simpsons	Jeopardy!	Adrenaline	Skills	Twice in a	MythBuster	"Matilda" (1996) [6]		Steven	Seinfeld
2		Siege 2: Dark	Hollywood	(2:36) Fetch	Unearthed	ps	CC	Œ	Lakers.	Simpsons	Simpsons	Fortune	Adrenaline	Competition. (Live)	Lifetime @	s Œ	(1990) [66]		Seagal.	Seinfeld
	PM	Territory"	Extreme	Zoboo	The Bible	Paid Prog.	700 Club	CSI: Miami	Paid Prog.	Simpsons	Family Guy	NHL	Adrenaline	SportsCentr	Movie:	Cash Cab	Cory		Movie:	You
3		(1995) Movie:	Hollywood	(3:32) Little	Unearthed	Paid Prog.	Telethon - Continues	"Dispo Day"	Paid Prog.	Simpsons	Family Guy	Hockey: All-Star	Adrenaline		"Fast Food High"	How-Made	Suite Life		"Resident Evil" (2002)	Smarter?
_	PM	"Walking Tall" (2004)	Fashion Dos	(4:10)	Chronicles	CSI: NY 🔃	Continues	CSI: Miami	Matthews	Family Guy	Family Guy		Adrenaline	Tennis:	(2003)	MythBuster	Suite Life	TBA	Milla	Soap
4	:30	C233	and Don'ts	(4:35)	Hometime			(II)	Storms	Family Guy	Global	the Bell Centre in	Adrenaline	Australian Open	Alison Pill.	s (tt	Proud	Two Men	Jovovich.	Make
-		Movie:	Countdown	George Shrinks	Workshop	News [t]	News (N)	CSI: Miami	Movies	Family Guy	(4:59) News		Adrenaline		In Fashion	Apocalypse	K. Possible	Movie:	Disorderly	Friends
5	:30	uplade.		(5:37)	Old House	NBC News	CBS News	(E)	ABC News	Global	Œ	(Live) [Adrenaline	From Melbourne,	FashionTel	How (N) [ff]	Montana	"Tomorrow Never Dies"	Con.	Friends
		(2004)	Red Carpet	Saddle	Canada's	News 📧	News (N)	CSI: Miami	News	News (N)	16:9	Week	Movie: "Spy		News (N)		Sadie	(1997,	Disorderly	Tube Tales
6	:30	Wesley	Special: 2009 SAG	Saddle	War in Colour	Sports		(E)	Basketball	(66)	King of Hill	Women	Kids 3-D: Game Over"	(Live) (Œ		Flight 29	Action) Pierce	Con.	Fashion
		Snipes. Movie:		Doomsday	Nature (N)	Dateline	Extra (N)	CSI: Miami	Funniest	16:9	Family Guy	The Nature	(2003)		Star Wars	MythBuster	So Raven	Brosnan.	Afro	Weekend
7		"Blade: Trinity"		Volcano	图 (DVS)	NBC @	Œ	Œ	Home Videos	King of Hill	Family Guy	of Things			Degrassi	s Sayings.	(7:22) Zoey		Samurai "Afro	TV Made
	PM	(2004)	15th Annual	Doe Martin	Masterpiece		Cold Case		Extreme	Simpsons	Simpsons	Movie:	SpongeBob		To Be	Anthony	Life Derek	News (N)	Samurai:	What
8		Wesley Snipes.	Screen	60	Classic (N)		(N) (E	[3]	Makeover: Home	Simpsons	Simpsons	"Miss Marple - The	Prank Ptrl		Announced	Bourdain	Montana	EP Weekly	Resurrection "(N)	What
	PM	Movie:	Actors Guild	Rebus (N)	Egalité for	Movie: "The	Movie:	CSI: Miami	The Carlotte Carlotte Control of the Carlotte Ca	Family Guy	Family Guy	ALL COLD AND AND THE RESIDENCE	The Next		To Be	Apocalypse	Movie:	American	Samurai	Friends
9	:30	1 Turbulence	Awards [62]	(6)	All	Last Templar*	"Loving Leah"	Œ	(M)	Amer Dad	Amer Dad	Finger" [ff]	Star		Announced	How [ff]	"Snow Dogs"	Gladiators	Samurai	Friends
-		Liona. 3	To Be	(10:15)	Mystery!	(2009) Mira	(2009)	CSI: Miami		Family Guy	News (N)	CBC News:	Adrenaline	SportsCentr			(2002),	Amazing	Samurai	Seinfeld
10	:30	1	Announced	Dalziel and Pascoe (N)	匯 (DVS)	Sorvino.	Lauren Ambrose	(E)	Housewives	Family Guy	16:9	Sun.	Zixx Level	e (Live) [E]	Mentalist		Movie: "My	Paid Prog.	Samurai	Seinfeld
-		American	News (N)	Montreal		News (N)	News (N)	CSI: Miami	News	News (N)	Popoff	News [tt]	Mystery	SportsCentr		MythBuster	Dog Skip"	Paid Prog.	Samurai	You
19	:30	Chapper [tt]	Okanagan	Jazz	Chronicles	Paid Prog.	(11:35)	(cr)	Van Impe	16:9	Paid Prog.	fifth estate	Ghost	e Œ	News (N)	s Sayings.	(2000)	Body Tech	MXC [tt]	Smarter?

MONDAY, JANUARY 26, 2009

		WTBS	СНВС	KNOW (5)	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY 10	BCTV	CITV [12]	CBC	YTV 18	TSN (19)	VTV	DISC 24	FAM 26	CITY 29	SPIKE	TROP (45)
-	***		4		Bob Build	News (N)			News	(5:30) News	(4:30) News		Being Ian			Daily Planet		CityLine (
6	:30	Jeffersons Jeffersons	News (N) Tube Tales	(6:12) George S.	Lions	(N)	News (N)	The Sopranos		(N) @		Morning	Team		(E)	TEE!	King [6]	City Zime (IZ		Thief [6]
	AM		Room	Martha	Arthur (EI)	Today (N)	The Early	Amer.	Good			(N) Turbo	Hawks	SportsCentr		Cash Cab	(6:56)	The Tyra	CSI: NY [6]	The Outer
7		of the Night	That News	Dora	Martha	CC (14)	Show (N)		Morning			Animal	Dinosaur	e 🕮			Phineas	Banks Show		Limits [62]
-	:30				1		Œ	0.110	America (N)		100 Huntley		Pokemon	SportsCentr		How-Made	Weekend	Rachael	CSI: NY [6]	North of 60
8	AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files [t]	Œ		Street (N)			e [ff]		Section 1		Ray [6]	COLUMN DE	EE .
0	:30	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata				K. Possible			
0	AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700	Cold Case	Regis and	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and	Daily Planet	Feet	News (N)	CSI: NY "Zoo York"	TV Made
9	:30	Fam. Feud	(1)	Clifford	Clifford		Club @	Files [tt]	Kelly	Street (N)	VISIOII	Gofrette	Timothy	Fishing	Kelly	(6)	Tigger	City	200 TOIK	What
	AM	Trivial	The Mom	Noonbory	Sesame		The Price Is	CSI: Miami	The View	World	World Vsn	Wilbur @	George S.	PBA	The View	Ult Cars	Mickey		CSI: NY 📧	What
10	:30	Trivial	Show [tt]	(10:34)	Street (EI)		Right (N)	"Whacked"	Hot topics. (N)	Vision [tt]	House	Doodlebop	Jane		Hot topics.	Destroyed	Handy	"The Links"		The Nanny
		Harvey	One House	Rolie Polie	Dragon	Ellen	Young and	Crossing	Paid Prog.	World	(10:59)	Miracles	Dewitt		(N) Twice in a	Mega	Benj Bear	The Bonnie	CSI: NY (E)	Beverly
11			Service Service	Berenstain	Sit-Be Fit	DeGeneres	the Restless	Jordan 🖽	Paid Prog.	Vision [ff]	News (N)	Antiques	Willa	Tennis:	Lifetime [8]		(11:25) King	Hunt Show		Hills, 9021
	:30		Guys			Show	No AND	The	All My	News (N)	Days of our			Australian		Comes China	(11:49)	CityLine [6]	CSI- NV	Seinfeld
10		Fresh Pr.	Dinner	(11:59)	Charlie Rose [tt]	Money	News (N)	The Sopranos	Children	(IV)	Lives (N)	News [tt]	Being Ian	Open	etalk (tt)	Super Ships		CityLine (&	"YoungBloo	
12	:30	Fresh Pr.	Design U	(12:36)	rease car	Paid Prog.	Bold & B.	(tt	(N) (E)			CBC News	George S.	TEA	Bold & B.		Weekend		ď"	Seinieid
-	PM	Still Stnd	Home to	Maggie	Fine Art	Days of our	As the	Amer.	One Life to	As the World	As the World	Martha	Jacob	5	Sue	Dirty Jobs Coal mining.	Dragon	ER 🖭	CSI: NY [6]	Raymond
-	:30	Still Stnd	Buy Me	Daniel	Sewing	Lives (N)	World Turns (N)	Justice	Live (N)	Turns (N)	Turns (N)	Stewart	Erky Perky		Thomas: F.B.Eye	Coai mining.	Emperor			Raymond
7.2	PM	King	Guiding	(1:58)	Barney	The Bonnie	Guiding	Cold Case	General	Young and	The Doctors	Steven and	Viva Pinata	Horn	General	MythBuster	(1:54)	News 🚭	CSI: NY 📧	Raymond
2	:30	King	Light (N)	BluesClues	WordWorld	Hunt Show	Light (N)	Files [#	Hospital (N)	the Restless	Œ	Chris [ff]	Ruby	Interruptio	Hospital (N)	s 🖽	K. Possible			Raymond
	PM	Seinfeld	Whose	(2:59)	Big World	Judge	Dr. Phil (t)	Cold Case	Rachael	The Doctors	Young and	Living	Grossology	Off-Record	Dr. Phil (6)	Worst	Replace	News (N)	CSI: NY	What
3		3000000	Wedding Is	Zoboomafo	WordGirl	Judge		Files (tt	Ray [tt]	Œ	the Restless	Food	Pokemon	Sports		Handyman	Emperor	(E)		What
_	:30	Friends	It?	o Zoboo		70.00	0	CSI: Miami	Inda.	01	(0.50) N			AHL	Ellen	Daily Planet		Law &	CSI: NY [65]	
1	PM	Payne	Debt Part	wants armor.	Fetch! Ruff	1	Oprah Winfrey (#)	"Whacked"		Oprah Winfrey (4)	(3:59) News		SpongeBob	Hockey:	DeGeneres	(N) (E)		Order: SVU	CSI: NI	
4	:30	Payne	Deal No	George S.	Cyberchas	Judge J.		0.000	Deal No		Global	Red Green	OddParent	All-Star	Show		Phineas			That News
-	PM	Movie:	News (N)	Martha	BBC News	News (N)	News (N)	Intervention	News	News (N)	(4:59) News	Simpsons	OddParent	NOTE THE PROPERTY OF THE PARTY	News (N)	MythBuster	Suite Life	The Bachelor	CSI: NY "Zoo York"	Tube Tales
5	:30	"Men in Black"	Œ	(5:33)	Business	NBC News	CBS News	Œ	ABC News	Global	(N) (E)	Fortune	SpongeBob	Worcester, Mass. (Live)		s 🖽	Montana	(N) (E)	200 TOTA	What
-	PM	(1997)	Global	Taste Buds	News-	News (N)	News (N)	Intervention	News	News (N)	ET Canada	News 🔃	Drake		News (N)	Dirty Jobs	Zoey 101		Movie: "The	Make
6	:30	Tommy Lee	News	Mechanics	Lehrer	Millionaire	Hollywood	"Anthony"	News	Œ	Entertain	1	iCarly [#]		Œ	Leeches. (N)	Life Derek	Less-Kind	Quick and the Dead"	TV Made
	PM	Jones. Welcome	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Capt Cook	Coronatn	Adrenaline	Tennis:	etalk (ff)	Verminator	Wizards	True Beauty	C-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1	Soap
7		Welcome		Landscape	Europe	Fortune	Œ	Paranormal	The Insider	ET Canada		Jeopardy!	Prank Ptrl	Australian	Hollywood	s (N) 🖭	So Raven	(N) (E)		Reality
	:30		ALCOHOL: NO.	ESC. 27		1-1-1-1	n: n	Sarround Sura			TT UDI-	1,000 00 00 00		Open	CALCADOM !	Daily Planet		News (N)	MANswers	
8	PM	Seinfeld	The Soup	History of Britain [tt]	Antiques Roadshow	Superstars of Dance	Big Bang	Paranormal	Bachelor	House "Big Baby" (N)	House "Big Baby" (N)	Mosque	Malcolm	Men's and Women's	Big Bang	CE Planet				Deal-No
0	:30	Family Guy	ASSESSMENT OF THE PARTY OF THE		(N)	(N)	How I Met	Paranormal	(N) EE			Sophie (N)	Futurama	Quarterfinals	Two Men		Sadie	(8:35) News	MANswers	
0	PM	Family Guy	Movie: "The	Van Gogh	American	Movie: "The	Two Men	Intervention		24 (N) 🔃	24 (N) 🖭	Being Erica	Prank Ptrl	. (Live) (Two Men	Dirty Jobs	Montana	(9:06)	CSI: NY [Seinfeld
9	:30	Movie:	Last Templar'	-	Experience (N) (E)	Last Templar"	Worst	Œ	Samantha		5	(N) (E	Zixx Level		(9:31)	Leeches.	Life Derek	Jimmy Kimmel		Seinfeld
	PM	"Men in		Deciphering		(2009) Mira	CSI: Miami	Intervention	True Beauty	Capt Cook	News Hour	National	Falcon		CSI: Miami	Verminator	School	Rock of	CSI: NY	Married
10	:30	(1997)	Sorvino.	Dyslexia		Sorvino.	Œ	"Anthony"	(N) @		Final (N)		Beach 📧	Motoring	(E)	s 🖭	Cory	Love		Raymond
70	PM	Tommy Lee	News (N)	Haida Art	Charlie	News (N)	News (N)	Paranormal	News	News (N)	Entertain :	(11:05) The	Mystery	SportsCentr	News (N)	MythBuster	Suite Life	Judge	CSI: NY	Raymond
11	:30	Jones. Montel W.	Guy Stuff	Landscape	Rose (N) [Tonight	Late Show	Paranormal	(11:35)	(1)	ET Canada	Hour E	Ghost	e (Live)	News (N)	s @	Life Derek	Paid Prog.	"YoungBloo	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. [tt]

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

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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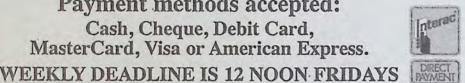
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BINGO!

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

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Princeton Posse

KIJHL Junior 'B' Hockey Club

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

HOME

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

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

Home Game Webcasts: www.kijhl.com

AWAY

Fri, Jan 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

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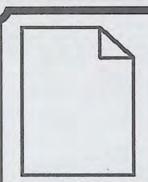


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Narcotics Anonymous

OPEN MEETINGS Wednesdays 7:30 PM

160 OLD HEDLEY ROAD Baptist Church Basement Sundays 7:30 PM ater Foursquare Church, Kenley

Info: (250) 295-7919 OR 295-6531, 295-6723

Drinking a problem? Alcoholics Anonymous

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

Fred 295-7272/Marena 295-7663

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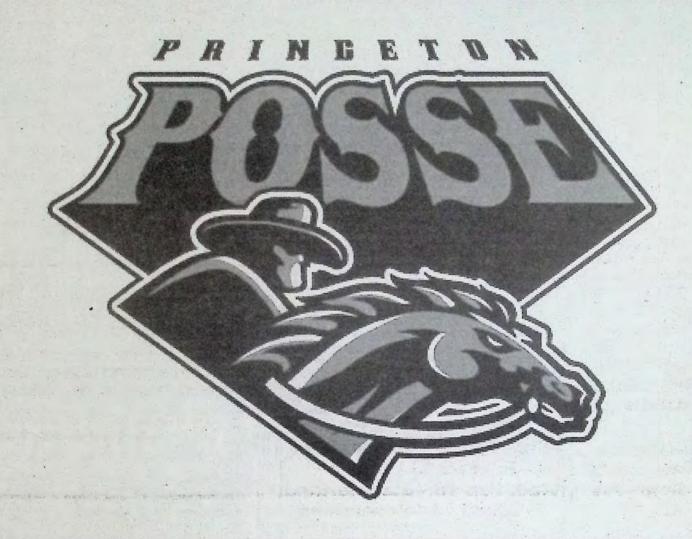
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my turn

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 'inhouse' 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

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.

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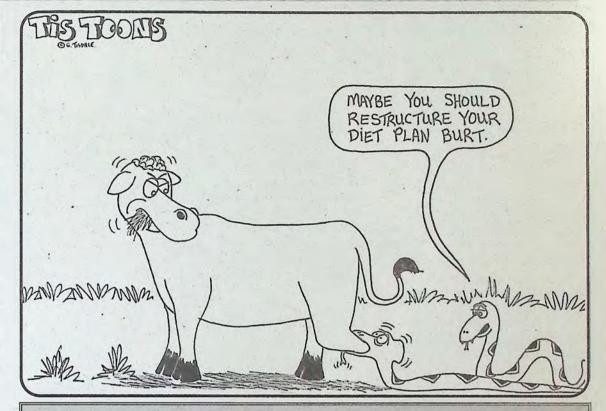
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Publisher: Office Administrator: Reporter:

George Elliott Brenda Engel Dawn Johnson



your turn

the coalitio

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 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 elec-

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

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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 yindicated 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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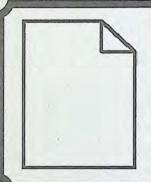
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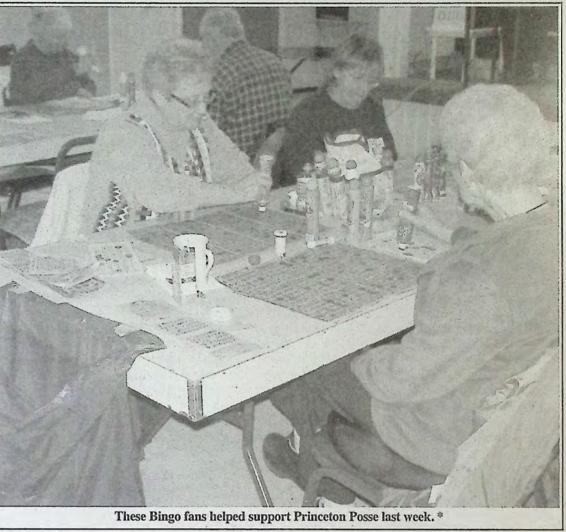


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...... continued from Page 22 already occurred? We certainly have seen an 'awakening' of the political process in our country as Alex stated in the first paragraph of his newsletter. However, he refuses to acknowledge that the coalition is dead because 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

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

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

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

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 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

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

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 products. 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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Ranching Ain't Easy

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.

Travelling Mice

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



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

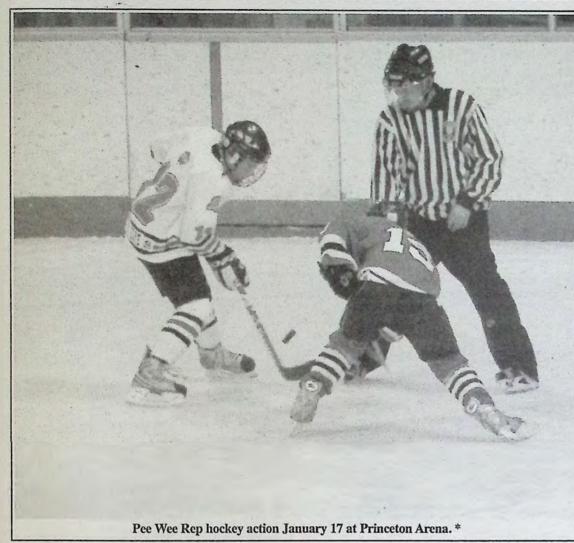
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..... continued from Page 26 down inside the neck of my shirt was not pleasant. My immediate reaction was to suck in my stomach. Wrong thing to do! That tiny dead body dropped down inside my shirt and settled against my belt.

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

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

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

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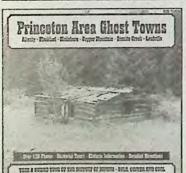
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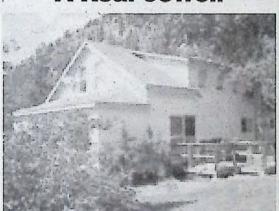


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