

Congratulations, Kyle!



Princeton Posse home Captain Kyle L'Arrivee became the team's Career Points Leader over the weekend after scoring a goal and adding an assist in the January 24th game in Kimberly. Those totals brought L'Arrivee's stats up to 41 goals and 47 assists for 88 points. Details are located on Page 24. Congratulations, Kyle from all of us at the News Leader. *

Fair Board changes dates

This year's Fall Fair will be held before September. The dates are August 29 and 30. These dates do not conflict with any other nearby fairs. The former dates conflicted with Rock Creek and Summerland. BC Fairs Association was pleased to approve the dates.

Members met on January 20 at Town Hall to begin planning for the 2009 fair. Some committees were struck, and some of the needs for work parties were discussed.

Due to a lower budget this year, members considered changing some of the attractions. A showcase of local talent is under consideration, and the possibility of hav-

ing a rebirth of local logger sports is being explored.

Racing Days President John Bey attended to advise that Racing Days will be held June 26, with the parade and Youth Ambassador event on June 27.

President Keith Olsen had discussed with B.C. Fairs the Princeton 150 anniversary in 2010. BC Fairs has asked for a history of Princeton's fair for publication in the quarterly magazine. Members will put together a history and some photographs for publication.

The next meeting will be held at Town Hall at 6:30 PM February 24. New members are welcome.

Rescue crew needs rescue

Princeton needs to rescue the people who would rescue us, and anybody else who has a serious motor vehicle accident in our area.

Peter Hartinger, representing Princeton and District Highway Extrication Society, attended the January 19 Town Council meeting to appeal to Council for funds. Hartinger explained the volunteer group's financial problems.

Princeton's highway rescue team has been helping people survive motor vehicle accidents for the past 26 years. Last year, the 11 volunteers were called out 81 times, and increase over the average of 60 to 70 calls each year. Each time they do a rescue, the Provincial Emergency Program (PEP) pays a small fee. Hartinger gave an example of their last rescue at Manning Park: PEP paid \$125, fuel cost \$74, more than half of the compensation they received.

There are a lot of expenses in addition to fuel costs. Last year, the group spent \$24,000 on a new Jaws of Life. They must cover the cost of First Aid training and upgrading, as well as refresher courses in high angle and highway rescue. They need new equipment, but there is no money in their meagre budget. They are driving a 13 year old truck, and there is no money to fund the more than \$100,000 new vehicle expense.

Despite all of their problems, this dedicated group won an award three years ago for the best road rescue volunteer team in B.C.

This team relies on donations to carry on their work. They have lost some donors, including Husky, which formerly donated fuel for the truck. They asked Council if they could find some money in the budget to help fund the group. They are asking RDOS for some funding as well.

Mayor Randy McLean was sympathetic, but explained the Town does not collect taxes to pay for highway matters. The province collects taxes for that purpose, and

if the Town began funding highway rescue, then the province would be more than willing to turn the responsibility over to the Town.

"The more the Town does, the more the province will expect the

Town to do," Mayor McLean said. Mayor McLean told Hartinger the best Town Council can do is lobby the Minister of Transportation to do more for the rescue service. The Town will assist the group to find sources of grants.

At the same time, Mayor McLean said there is a moral issue involved. Town Council could not "sit back and ignore it".

Mayor McLean praised the work of the volunteers, saying they are an excellent team.

Doctors: Back to square one

At the January 19 meeting, Town Council dealt with the issue of locum doctors covering Princeton General Hospital. Due to a standardization of pay for locum doctors, which was designed by the Ministry of Health, doctors doing locum work in Princeton will receive less pay than they have during the past year.

A locum doctor working in Princeton received a set fee plus transportation costs, plus the doctor could bill MSP for each patient seen in emergency. The new pay scale does not permit individual billing of MSP for emergency patients.

Interior Health fears this will lead to fewer doctors being willing to come to Princeton General.

Interior Health is doing all it can to attract doctors willing to reside and practice in Princeton, as well as to ensure continued coverage by locum doctors in February, but the bottom line is this: there are no guarantees.

Gordon Comeau asked Town Council what local citizens can do about this situation. Councillor Marilyn Harkness advised people to write letters or send e-mails to the Minister of Health. She advised people not to contact Interior Health, as this is a situation that

originates out of Victoria, and Interior Health can do nothing about it.

Mayor Randy McLean said, "We were in this position last year when doctors left town and we had to find locums. Now we have to be concerned about getting locums."

Minister of Health Services George Abbott can be reached by phoning (250) 953-3547. His fax number is (250) 356-9587, e-mail: george.abbott.mla@leg.bc.ca or write to Room 337, Parliament Building, Victoria, BC V8V 1X4.

**HEALTH MINISTER GEORGE ABBOTT
WRITES THE NEWS LEADER
See Page 22**



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Fiddle Frazzle during their January 18th performance at Riverside Centre. Photo: Rika Ruebsaat

Top Ten Reasons why TEACHERS are Concerned about FSA EXAMS

10. They are inaccurate.

Students know that the scores do not 'count' for the report card, so some do not do their best work.

9. They are impractical.

Reading and Math in real life are not a series of multiple choice questions!

8. The marks are invalid.

Markers are given 10-minutes to mark each FSA booklet. They may not even have time to read the students' completed work!

7. The costs are downloaded.

The Ministry of Education only funds part of the FSA Costs. The Nicola-Similkameen School Board is forced to make up the shortfall out of children's programs.

6. They are unhelpful.

Student answer sheets do not reveal areas that need more teaching.

5. They reduce learning and instruction time.

Practicing for and writing the FSA steals valuable learning time from students and instruction time from teachers.

4. They are incomplete.

FSA results are based on raw scores on just one test of reading, writing and numeracy. The results are not reliable, valid or fair.

3. They are unnecessary.

Report cards are a more reliable measure of a student's overall progress with evidence from diverse assessments over the term.

2. They are unsupported by any funding.

Test results bring no additional funding or support to students or schools, even if needs are identified.

1. They invite misuse.

Test results are often misused by third parties to create unauthorized school 'rankings.' This is like comparing all NHL teams based on one game in February!

A message from the Princeton District Teachers' Union

Group hosts successful concert

On the afternoon of Sunday, January 18th over sixty people crammed into the lounge of Riverside Centre for a concert of toe-tapping Celtic music.

Fiddle Frazzle from Penticton delighted the audience with tunes from Ireland, Scotland, England and North America.

Between them the six members of Fiddle Frazzle played over eleven instruments including fiddles, stand-up bass, mandolin, guitar, accordion and Celtic harp.

The group played upbeat tunes that had some audience members up on their feet dancing.

They also played some beautiful slow airs and a song accompanied

with the harp.

Fiddle Frazzle was a hit with the audience that left to their feet with a standing ovation at the end of the concert.

The group delighted everyone with an upbeat encore.

Sunday's concert was the first in a series of monthly concerts presented by the Princeton Traditional Music Society featuring performers who have performed or will perform at the Princeton Traditional Music Festival in August.

February's concert will present Claddach, an instrumental and vocal group from Kelowna.

- submitted by Rika Ruebsaat

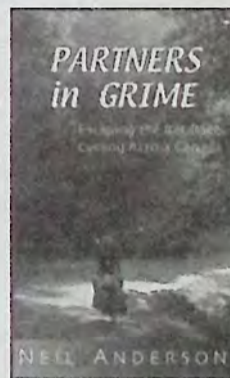
Earle praises movie night

Councillor Jason Earle told Council on January 19 that he and his family had attended the first "movie night" at Riverside Centre, and it was "great".

There were two movies shown in

the new theatre. There were 55 people at the first movie, and 65 at the second.

He encouraged everyone to go to the new theatre to enjoy not only movies, but the upcoming play.



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Museum Society starts new year

The 2009 executive of Princeton & District Museum and Archives Society was elected January 20 at the annual general meeting. The previous year's executive was returned to office by acclamation:

President Evelyn McCallum, Vice-President Brenda Gould, Secretary-Treasurer Lori Thomas, and Directors Jim Pincock and Kathy Clement. President McCallum welcomed

Councillor Frank Armitage, who is Council's liaison with the Museum Society, and Area H Director Brad Hope, representing Regional District Okanagan-Similkameen. The meeting began with a minute

of silence to honour the memory of Gloria Stout, who passed away during the winter recess. Stout was one of the three women who founded the museum in 1958, and continued to be active with the society until her health failed.

The financial report indicated a continuing sound financial structure, although donations from visitors did not reflect the record 6,141 who visited the museum.

Nick Mills, Operations Manager, gave the activity report for the year. He was busy with a lot of planning for the museum expansion which will take place when the library moves to the former Goldion Restaurant location on Vermilion Avenue. Mills was able to hire and train four students through government grants.

The customary work of maintaining the historic photographs records and the cemetery records for both Princeton and Coalmont continued, along with assistance to people seeking genealogical information.

Mills wrote historical articles for the News Leader and provided artifacts for display in shop windows

as part of the BC 150 celebration. In addition, the museum played a role in the Traditional Music Festival held in August.

Members gave a vote of thanks to Mills for his dedicated work in 2008.

Mills stated he will be applying for student employment grants in the near future.

The Princeton 150 celebration plans are in the works. Mills said he will be writing a series of articles on the history of Princeton and these will be compiled into book form to be sold in 2010. Jon Bartlett and Rika Ruebsaat are doing research on the wit and wisdom of Princeton from old newspapers.

These will be featured in a book about Princeton to be sold as a souvenir for the Princeton 150 celebration year.

On Friday, members met at the museum to review architectural plans for the museum expansion. The next meeting of the Museum Society will be held February 10 at 2:30 PM in the basement of the tourist information centre. New members are welcome to attend.



The Museum Society executive and liaison, from left: Operations Manager Nick Mills, President Evelyn McCallum, Secretary-Treasurer Lori Thomas, Vice-President Brenda Gould, Director Jim Pincock, Director Kathy Clement, Area H Director Brad Hope and Councillor Frank Armitage. Photo: Dawn Johnson

www.princeton.ca



Princeton Town Hall News

DANCE CLASSES

HIP HOP CLASSES FOR PRE-TEENS & YOUTH

Join Kat for a high energy dance class. Learn the latest in hip hop & Dance coordination in this funky energetic class at Riverside Centre. These classes begin the week of February 3. Youth are on Tuesdays & Pre-teens are on Thursdays. Call today to register & learn more. 250-295-6067

ADULT JAZZ DANCE CLASS

Join this high energy dance class with Kat. This class includes a fun warm up with stretching, learning basic steps & movement focusing on choreography at Riverside Centre. Thursday Evenings from 7:00-8:30 pm beginning Feb. 5 for 12 weeks/\$84.00 Call 250-295-6067 to learn more or register

YOGA CLASSES

Join Dell and Lynne for a morning of restorative yoga based on the gentle Hatha principals of breathing, stretching poses, meditation and relaxation. Please wear comfortable clothing, bring a yoga mat or blanket.

January 28 to Feb. 18 4 classes/\$16.80
Feb. 25 to May 13 12 classes/\$50.40
5 Time punch cards available for \$28.00
Each Wednesday at Riverside Centre 9:15-10:45am
Call 250-295-6067 for more information.



SPIRIT OF BC CELEBRATIONS

The Town of Princeton & China Ridge Cross Country Ski Association invite everyone to celebrate the Spirit of BC Week (February 6-14) & the 1 year countdown to the 2010 Olympics at two unique events in our community.



WINTER CELEBRATION
SUNDAY, FEBRUARY 8
1:00-4:00 PM
China Ridge-Snowpatch



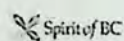
Come out for an afternoon of winter fun and participate in some great activities planned for the day that include:

- Wacky Winter Olympics for all ages with prizes to be won!
 - Cross Country & Snow Shoe demonstrations with a chance to try out our rental equipment
 - Bring your own equipment if you have it!
 - Dress as your favorite Olympic Country.
 - Bon Fire, warm beverages and lunch provided
 - Don't forget your sleigh for our great luge run!
- For more information or to volunteer call 295-6067

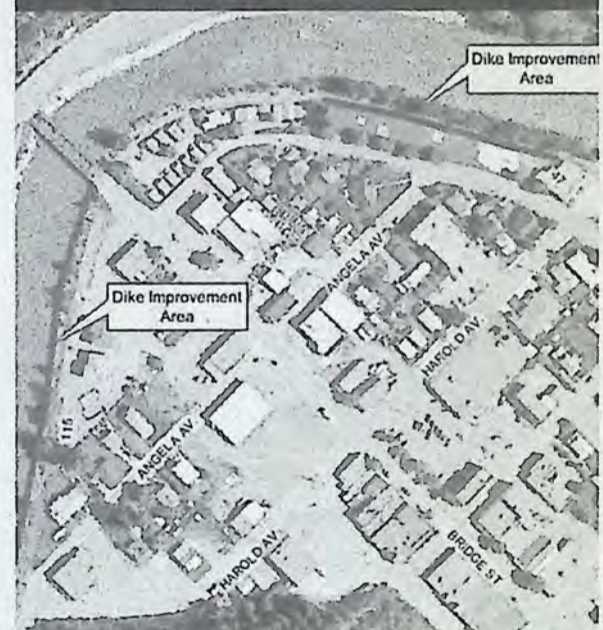


BEDTIME & BOOKS LITERACY EVENT
WEDNESDAY, FEBRUARY 11
6:00-8:00 PM

John Allison Elementary School
Join the Princeton Community for Kids Task Group & JAE volunteers for the 5th Annual Bedtime & Books event. Dress in PJ's, read stories that reflect the Spirit of BC & Winter Olympics, listen to community storytellers & enjoy a treat.



DIKE UPGRADE NOTICE



The Town will be undertaking dike improvements to sections of the Tulameen River beginning on Monday January 26 and should be completed within three weeks. The work generally includes the widening of dike sections near Rotary Park near Lime Street and sections of the dike near Harold Street/ Angela Avenue extending to Bridge Street.

Residents may experience some minor inconveniences in these areas. Residents can expect dump trucks moving material to the dike sites and heavy equipment will be working directly on these sections of the dike. Our contractor is aware that these dike sections are in residential neighbourhoods.

Thank you for your patience.

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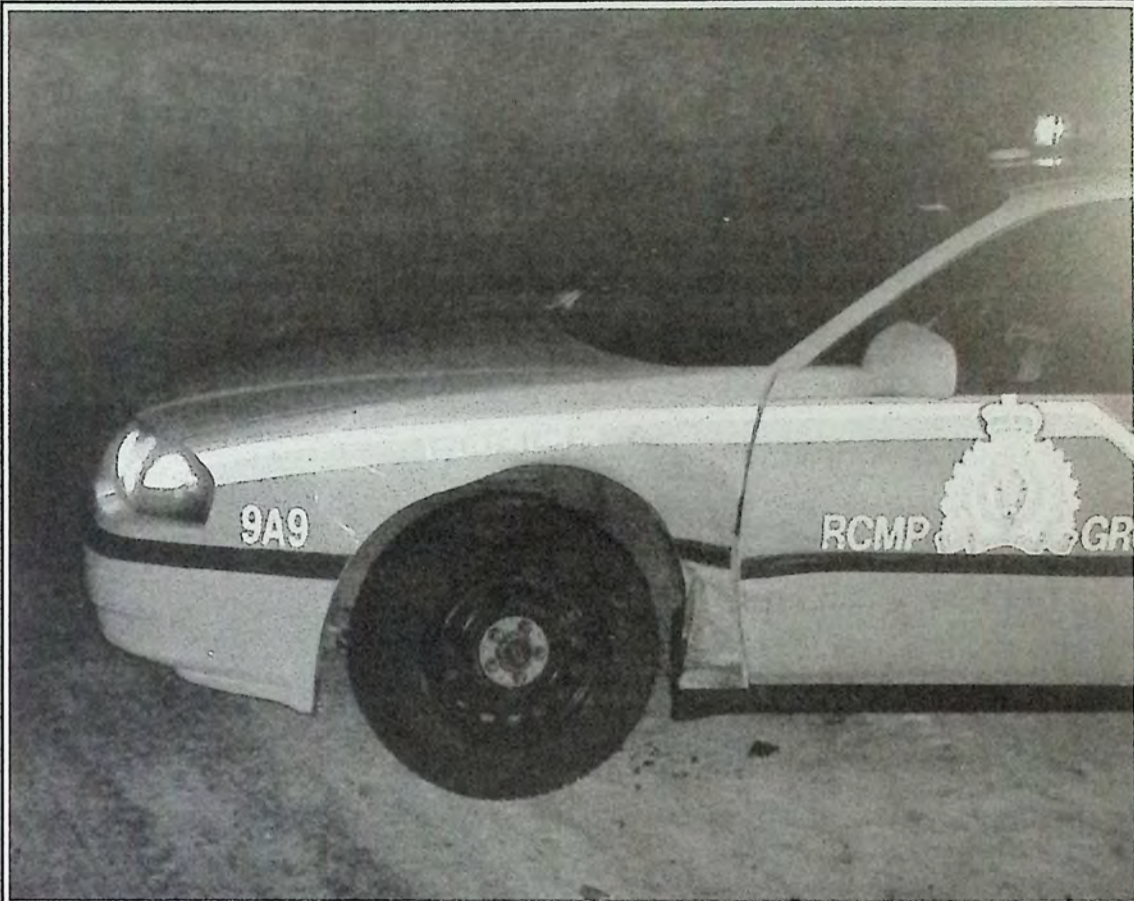


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keremeos and area news



This is a close up view of the damage done to a RCMP vehicle last week near the historic Keremeos Red Bridge. Details on the accident are on Page 5. Photo: Keremeos RCMP

Centre offers long-term treatment for youth

A ribbon-cutting ceremony was held January 22nd to mark a construction milestone at British Columbia's first long-term residential treatment centre for youth challenged by addiction.

The event at The Crossing at Keremeos was held to celebrate the completion of Ashnola Lodge, a residential building that will provide accommodation for 20 youth, along with space for programs. The first clients will start arriving in early 2009, while construction on other buildings and amenities for the 42-bed centre is on schedule for completion by May 2009.

"British Columbia offers a range of services to youth with addictions, but The Crossing at Keremeos will provide a service not yet available in this province - long-term residential treatment for drug and alcohol addiction," said Health Services Minister George Abbott.

"This centre will provide young people with a proven treatment program that can help them rebuild their lives."

The centre is the result of collaboration between the Ministry of Health Services, Fraser Health, Interior Health and Vancouver Coastal Health, the community organizations Central City Foundation and From Grief to Action, and the operator, Portage Program for Drug Dependencies.

"The Central City Foundation

board truly welcomed the opportunity to push forward with the early completion and occupancy of the Ashnola Lodge, having long recognized the urgency of the needs of BC families and young people challenged by addiction," said Central City Foundation president and CEO Jennifer Johnstone.

"We have been dreaming of this day for ten years," said Susie Ruttan, co-founder of From Grief to Action.

"Now addicted youth of BC will have the benefit of Portage's life-changing program in their home province. In this spectacular, uplifting setting, they will have the chance to restore their health, reconnect with their families and reclaim their future."

The Crossing at Keremeos will provide treatment for up to 42 youth, aged 14 to 18, who will live on site for between six months to a year, depending on their needs. While at the centre, they will participate in a program developed by the Portage Program for Drug Dependencies, which features daily group therapy and regular recreation and sports activities to promote physical health and well-being. Residents will also be able to complete their high school education and receive vocational counselling.

Vancouver Coastal Health and Fraser Health are providing \$2.4-million in annual operating fund-

ing for The Crossing at Keremeos. Interior Health will provide urgent or emergent medical services required by the residents of the centre.

"Today, young people in BC are exposed to alcohol and drugs at an earlier age than ever, putting them at greater risk of developing addictions," said Vancouver Coastal Health President and CEO Ida Goodreau, who represented the health authorities at the opening event.

"Having a long-term residential treatment centre will be essential to reducing the health and social impacts addiction has on these young people, their families and communities."

Central City Foundation owns the 58-acre Keremeos property and is leasing it to the health authorities at no cost. The foundation also led the \$6.5-million capital campaign for construction and renovation of existing buildings and amenities on the site. Contributors to the capital campaign include the Province, with a \$2-million grant, the Central City Foundation, with a \$1-million contribution, private individual and corporate donors, foundations, the health authorities and the Okanagan Similkameen Regional Hospital District.

The Crossing at Keremeos was inspired by the needs identified by continued on Page 5



From the Keremeos RCMP Files: On Sunday, January 18th, at approximately 2:40 AM, RCMP in Keremeos were stopped at the intersection of River Road and Ashnola Road past the Red Bridge in an attempt to check a vehicle approaching the intersection. The driver of that vehicle failed to stop and collided with the driver side front end of the police vehicle causing extensive damage to both vehicles. "While the roads were snow-packed and slippery, the driver failed to react accordingly due to impairment," says Keremeos RCMP. There were four occupants in the vehicle, three passengers and the 19-year old driver, who was detained at the scene until backup arrived. No one suffered injuries and both vehicles were towed from the scene. The male driver, a resident of Coquitlam, was then transported to the RCMP Keremeos Detachment where he provided two samples of his breath which were 120 and 110 mg of alcohol per 100 ml of blood - over the legal limit of 80 mg per 100 ml. "He was issued a 24-hour driving prohibition, an Administrative Driving Prohibition and a violation ticket for driving contrary to his restrictions as he has an 'N' driver learner status." Charges of Impaired Driving and Driving While Over 80 are pending against him. - submitted by Keremeos RCMP

..... continued from Page 4
From Grief to Action, a non-profit society formed by the parents of drug users, which promotes recognition of drug use as a health issue. The Portage Program for Drug Dependencies is a non-profit organization based in Montreal and is a recognized leader in residential addiction treatment. It operates 17 similar residential treatment programs in 10 facilities in Quebec, Ontario and New Brunswick.

About The Crossing at Keremeos
- The Ministry of Health Services, Vancouver Coastal Health, Fraser Health, Interior Health, Central City Foundation, From Grief to Action and Portage Program for Drug Dependencies have collaborated on the establishment of The Crossing at Keremeos, a youth residential treatment facility.

- The Crossing at Keremeos will provide group therapy, peer support, education and vocational counselling intensive therapy to youth between the ages of 14 and 18, who have been unable to escape the cycle of addiction in their current environment and are motivated to change.

- Youth will be referred to the program following an assessment conducted by health authority staff and after they have gone through medical withdrawal and are no longer actively using alcohol or drugs. They also must have a clear commitment to treatment.

- The first clients are expected to arrive in early 2009, with full occupancy scheduled for May 2009.

- The Crossing at Keremeos is

located on a 58-acre site owned by Central City Foundation, 10-kilometres west of Keremeos and 55-kilometres southwest of Penticton. The foundation is leasing it to the health authorities at no cost.

- The Central City Foundation led a \$6.5-million capital campaign for construction and renovation of existing buildings and amenities on the site. Contributors to the capital campaign include the Province, with a \$2-million grant, the Central City Foundation, with a \$1-million contribution, private individual and corporate donors, foundations, the health authorities and the Okanagan Similkameen Regional Hospital District.

- Ashnola Lodge has now been completed, while construction continues on a dining/recreation hall, three bunk houses, two cabins, a shower building, trailer, office building, a cottage, band shell and bath.

- Fraser Health and Vancouver Coastal Health are funding 42 beds, at an annual operating cost of about \$2.4-million per year.

- The operator will be Portage Program for Drug Dependencies, a non-profit organization based in Montreal. Portage has pioneered the 'therapeutic communities' model of treatment - creating a community in which young people are actively involved in their recovery, take responsibility for their actions, and help each other regain their health. Young people who have not completed high school can attend classes on site, and work with qualified teachers from the local school district.

Family involvement is encouraged and welcome.

- The Crossing at Keremeos aims to return young people to society with improved social functioning, a connection to their family and friends, and a plan for further education or employment.

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

BOARD MEETING DATES FOR 2009

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

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

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

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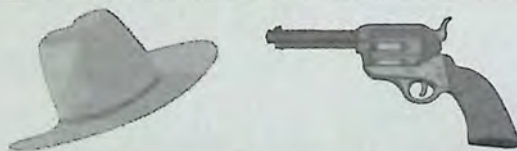
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PRESENTS

You Have The Right To Remain Dead

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



PERFORMANCE DATES AT RIVERSIDE CENTRE ARE:

7:00 PM January 30 & 31

----> Advance Tickets at Pharmasave <----

Adults \$18.00 / Students/Seniors \$15.00

ALL TICKETS \$20.00 AT THE DOOR

news leader health and lifestyle page

Keep your brain fit for life!

(NC)—When it comes to New Year's resolutions, we're full of healthy promises for our body such as to stop smoking and to lose weight. But keeping our brain healthy should also be an important New Year's resolution. We know that our body changes as we get older, but did you know that our brain changes too?

"Our memory ages as we do," explains Dr. Ruth Anne Baron, a naturopathic doctor. "Normal bio-

HRT alternatives exist for menopause

(NC)—Synthetic Hormone Replacement Therapy (HRT) has been shown in a large study of 16,000 women to increase the risks of coronary heart disease, stroke and blood clots. New research has also highlighted the link to HRT and breast cancer. Doctors now agree that long term use of HRT may not be best for many women. Women don't however need to suffer through what should be a natural and gradual process. Along with diet and lifestyle support, there are a number of herbs that help to balance hormones and relieve the many symptoms, such as hot flashes, night sweats, abdominal bloating, weight gain, mood swings, anxiety, vaginal dryness, fatigue, loss of libido, joint aches and pains, mental confusion and more.

Naturopathic physicians have had effective results with the herb Rehmannia which acts as an energy tonic and is known as a thermogenic (heat regulator) herb. Traditionally Rehmannia clears heat from the body, cools the blood and nourishes, which makes it perfect for relief from hot flashes, night sweats and irritability. Previously, practitioners had been prescribing the herb Black Cohosh as it was clinically proven to reduce the incidence of hot flashes. Rehmannia is also known to reduce hot flashes, but has the advantage of relieving many of the other symptoms and is therefore becoming the preferred herb. Rehmannia also builds the body's reserves by increasing energy and wellbeing. Vitex (chaste tree) is a well researched Western herb which is also clinically proven to assist with headaches, anger, mood swings, breast tenderness and fluid retention, so combining these herbs together leads to highly effective symptom relief.

Treatments need to quickly alleviate symptoms and also achieve lasting results by addressing the cause of menopause. Rehmannia, along with vitex, paeonia, angelica, dioscorea and bupleurum, provide support by balancing 'out of control hormones' allowing women to stay calm and cool during this natural process. Women can now have confidence through menopause with harmony.

More information on this topic is available online at www.martinandpleasance.com.

logical and chemical changes that take place in our brain are part of the aging process that can result in a condition known as Age Associated Memory Impairment or AAMI. It's an age-related memory complaint and not a neurological disease."

AAMI is a fairly common condition that affects close to one in three people aged 60 to 78. Forgetting the name of a recent acquaintance, misplacing objects or having difficulty recalling information quickly are some of the symptoms. But if you're having trouble remembering, don't worry, you're not alone. According to a survey conducted this year by Ipsos on behalf of the Alzheimer's Foundation for Caregiving in Canada, six in ten Canadians between the ages of 40 and 60 experienced short-term memory loss over the past year.

"To minimize memory loss as we get older we should all take measures as early on as possible to keep our brain healthy," advises Dr. Baron. "We need to make good on those New Year's resolutions for our body as well as our brain health,

and considering a natural health brand such as Vivimind can play an important role in protecting memory function as we age."

Resolutions for Brain Fitness

- Eat a brain-healthy diet that includes fish, lentils, lots of fruits and vegetables.
- Keep your mind active by doing crossword puzzles or learning a new skill such as another language.
- Get regular exercise that not only improves blood circulation but also your coordination.
- Stay socially active; don't be a recluse; become a volunteer for a worthy cause in which you believe, go on regular outings to new places, meet new people.
- Sleep well because when you are deprived of sleep your brain suffers.
- Reduce stress by doing yoga, engage in an enjoyable hobby, going for a massage or spa treatment.

You can find out more about memory loss by speaking with your healthcare professional, pharmacist, naturopathic doctor or going online at www.vivimind.com. - News Canada

living past 100

Plan for your added years

If you are nearing retirement age, you are going to have to plan better for the next 30 years of your life.

There was a time when it was rare that a person could count on living past 50. The Bible tells us we will live three score and ten years (age 70). People born in the 1920's thought they would be lucky to live that long. Now, life expectancy for the majority is set at more than 80 years. Barring accidents, war and incurable diseases, most North Americans now in their 60s and 70s can expect to live to be 100 years old. In fact, the number of people living past 100 is growing by leaps and bounds.

Modern medications, as well as today's hip and knee replacement surgeries, are not only making it possible for people to live longer, they help people live longer while enjoying life. There is no age in which we do not suffer broken bones, aching muscles, and days when we feel down in the dumps. Sometimes the elderly feel this is what they have to put up with as part of aging, but doctors are less likely these days to ascribe chronic conditions as just "old age". They look for solutions, and because they are looking, they find more solutions.

Dentistry helps us live longer, too. A study done on the correlation between keeping your teeth and living longer showed that those people who keep their teeth tend to live longer. This could be a sign of overall good health, but a lot of credit must go to modern dentistry in ensuring that we have good dental health and keep our teeth to much older ages. There are many people over age 70 who still have their teeth, or nearly all their teeth.

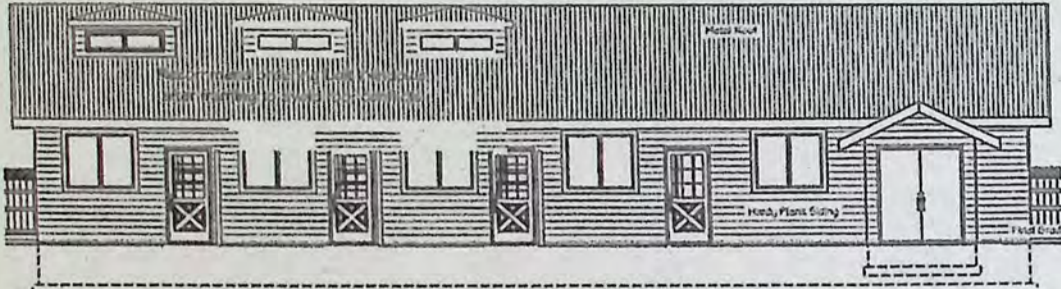
Let us suppose you are now age 60 and you are thinking about retiring. Keep in mind that you are probably going to live another 30 years. You may even live past 100. Do your plans for retirement include living another 30 or 40 years? If not, you should probably revise your plans.

Most people, when they retire, have plans for the next five or ten years. After that, they expect to be too decrepit to do much. This is no longer the reality. As people live longer, they need to find more things to do to keep life interesting. There are a number of studies showing aging begins in the brain, and the less you use your brain, the less you challenge yourself with things to do, the faster you will age. Busy people live longer, as a general rule.

During the next 30 to 40 years, how are you going to challenge yourself? How are you going to keep your brain busy and your body active? Those are the kinds of plans you need to make.

The most recent studies into aging show that you will need a lot of variety in your activities to keep you enjoying life. You might plan to go on a walk every day, but researchers have found that going on a walk one day, gardening the next, and perhaps swimming or dancing the next day, is good for both mind and body. Aging seems to go with doing the same thing every day. Routine is great to a point, but it dulls the mind. Plan for variety.

The most important trap you can avoid in your retirement years is the trap of stagnation. Put some variety into your life and keep on living.



This is one view of the plans for an affordable housing building for Billiter Avenue.

Council okays housing variance

A developer who asked for a setback variance to build affordable housing on Billiter Avenue was opposed by several local residents owning nearby properties. The opposition presented a petition, letters and a presentation at the January 5 Town Council meeting.

The developer received permission from Council at the January 19 public meeting, but there was a strong vocal response, out of order, from one of the people who had opposed the variance.

Mayor Randy McLean introduced the matter by saying the permit conformed to zoning, the Official Community Plan and the need for affordable housing. Councillor Frank Armitage said he had gone to the property, which was the former OAP Hall, and agreed to allow the setback variance.

Councillor Jason Earle said he had gone to the site, found it met all requirements, and added that the affordable housing consultant expressed Princeton's luck in finding such an investor.

Both Councillor Marilyn Harkness and Councillor Ray Jarvis agreed.

When the motion to permit the variance had passed, one of the people opposing the development spoke loudly, out of order, saying there should be more opportunity

to speak. Mayor McLean said Council had heard the objections at the last Council meeting, and the matter was closed.

At this point, the protester again spoke out loudly and voiced his

objection to the proceeding, saying it was not democratic and not fair. He was settled down by another person attending the meeting, but the protests continued while he walked out of Town Hall.

SCA #30 Report

by Carol Seaman

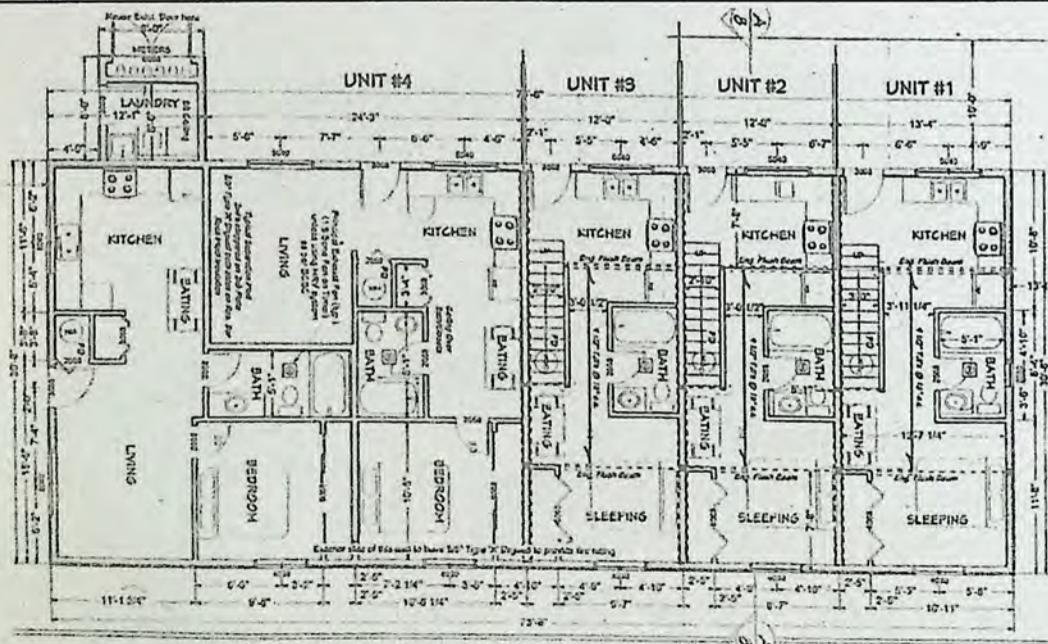
We might be called seniors, but the fact is we do not act like any seniors I know. Our Secretary Isabelle Johnson will be 90 this year and is still very precise with recording and reading the material of all the meetings.

Several of our volunteers can remember the first meetings held in Princeton, back in 1954. They started holding meetings in a small house on Halliford Avenue. After several years this old building was dismantled and reassembled on a new property elsewhere in town. By May 10, 1989 the new building on Angela Avenue was opened and has been full of activities ever since.

We now have 190 members. For those who join the association there is plenty for them to do. Pool and snooker, oil and water colour

painting, teas, bake sales, picnics, dinners, pot luck the last Friday of the month. Whist and crib, bingo and so much more. On Saturday there was a birthday party for Helen Sheppard, who still volunteers on occasion. For our dearly departed member John Zamluk, a plaque will be placed on the board to recognize all his volunteer work done for Branch #30. There is a Valentine's Tea in the works for Saturday, February 14th, hosted by our Ways & Means Committee Anita Drees and our hard working volunteers.

We always have the door open for new members, even if they join just to have lunch with us during the week, a game of cards or just to sit and chat. The general meeting is held on the second Wednesday of each month.



Here's a view of the actual layout for the five unit building for Billiter Avenue.

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CMMC releases final drill program results

Copper Mountain Mining Corporation (CMMC) released the balance of assay results from their 2008 exploration program on January 21st.

A total of 63,126 metres of drilling was completed making this one of the largest exploration drilling programs in Canada. The 2008 program was successful in extending known mineralized zones, and in defining new areas of mineralization. A number of the drilling successes also demonstrated significant correlation of copper mineralization with the Titan 24 geophysical results.

The objectives of the drilling program were to increase the size and grade of the overall resource base, particularly in areas adjacent to and below the currently defined Super-pit area, and discover and/or define new zones of mineralization. In addition, a certain amount of condemnation and geotechnical drilling was required in order to move forward with mine development.

All assay data has now been received, compiled, verified and incorporated into the extensive project database and the previously reported, December 2007 resource estimate, is currently being updated with the 2008 results. All data can be viewed at the Company's website. Following completion of the new resource estimate, the Company will refine existing mine plans to further optimize the project.

The most significant results of the program came from the area to the west of Pit 2, termed the Copper King zone, from depth extensions in the Pit 3 area, expansion and delineation of the Mill Zone and expansion and upgrading of the Oriole deposit. Additional results were also obtained from drill holes filling in some of the remaining gaps within the Saddle zone.

COPPER KING

Drilling to the west of Pit 2, in the Copper King zone, has extended mineralization by 2,000 feet to the west. The defined area of mineralization measures 2,000 feet (west of Pit 2) by 2,000 feet (north of Pit 1) and to depths of 1,000 feet. Mineralization remains open to the west and at depth.

Drilling was carried out on approximately 200 foot spacing of inclined holes. An east-west trending band, approximately 200 to 300 feet wide, of mineralization grading above the 0.5% copper range forms a core to the mineralized zone and correlates very well with

the core of the very high Titan 24 chargeability anomaly. The chargeability anomaly extends to depths in excess of 2,600 feet.

Some of the more significant intersections include drill holes: P2-67 with 400 feet of 0.79% Cu Eq., P2-130 with 250 feet of 0.60% Cu Eq., and P2-140 with 390 feet of 0.46% Cu Eq. Drill hole P2-151, is the most north-westerly hole in the zone and intersected a near surface zone of 280 feet grading 0.42% Cu, with additional lower grade intersections at depth. This step-out hole confirms that the zone remains open to the northwest and that additional drilling is warranted in this area for the Company's 2009 exploration program.

PIT 3 AREA

Drilling in the Pit 3 area was conducted to define additional resources in the pit walls and to extend mineralization to depth. Drilling in the pit walls was successful in intersecting mineralization in areas peripheral to known mineralization and in some new areas, particularly along the north-eastern wall in a trend highlighted by the Titan 24 geophysical survey. Deep drilling below Pit 3 was successful at demonstrating the extension of mineralization to depth.

Drill hole P3-08 was 3,000 feet in length drilled from the eastern edge of Pit 3 and intersected four zones of mineralization. The deepest of which was 322 feet (254 feet in horizontal thickness) grading 1.5% Cu Eq. and occurs 1,200 feet below the current pit bottom and 600 feet below the bottom of the Feasibility design pit.

Subsequent drill holes confirmed the continuity of mineralization to these depths and geophysical data indicates that chargeability anomalies extend to much greater depths.

ORIOLE ZONE

Twenty drill holes were completed in the Oriole Zone, an extension of the Copper Mountain trend to the southeast of Pit 3, and resulted in an expansion of mineralization with significant high grades. Drill hole OL-07 intersected 131 feet grading 1.44% Cu Eq. and nearby OL-17 intersected 119 feet of 2.31% Cu Eq.

The Oriole zone is a relatively small area but may provide an economically significant starter pit which would likely merge into Pit 3, resulting in a southeasterly expansion of the Super-pit by more than 1,000 feet. Additional drilling is warranted in this area and will be

incorporated into the Company's 2009 exploration program.

SADDLE ZONE

The saddle area between Pit 2 and Pit 3 was predominately drilled during the 2007 program but the block model for the Feasibility study indicated a number of untested areas at depth where resources could be developed. An additional six holes were completed to test some of the barren areas. Results were modestly favourable with potential to add to the resource base in this area.

MILL ZONE

The Mill Zone area is a small plateau area just to the east of Pit 2. Initial condemnation drilling related to the proposed crusher location identified some broad zones of lower grade disseminated mineralization with some bands of higher grade mineralization.

A wide spaced drill grid was subsequently established over the area. A total of 23 drill holes were completed and indicate a large area of 1,400 by 2,300 feet of generally, low-grade mineralization, with some higher grade sections. Potential development of this area will be dependent upon the results from the current resource estimation and subsequent mine planning.

The mineralized system at Copper Mountain is classified as a bulk-tonnage, alkalic porphyry copper deposit that is hosted within Nicola Group volcanic rocks. Mineralization is structurally controlled and focused at multi-directional vein intersections and within vein stockwork systems. Drill holes are usually drilled at angles of -45 or -55 degrees to provide the best indication of the lateral extents of vertically oriented mineralization.

The Copper Mountain project is located 300-kilometres outside of Vancouver. The Copper Mountain project is a former producer of just under 2-billion pounds of copper and as a result has extensive infrastructure in place, including power and water.

The site can be accessed year round via a paved public road to the mine gate, 20-kilometres from the Town of Princeton.

CMMC has the goal of developing the Copper Mountain Project as a mid-tier copper and precious metal producer within the next three years.

Additional information is available on the Company's web page at www.CuMtn.com. -submitted

**HARRY
LALI**
MLA

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Bob Compton presented Princeton Royal Canadian Legion Branch #56 with an unusual piece of history last week - a framed front page of the September 3, 1939 Vancouver Province which had been saved by his father, Martin. Compton, who lives in Ridgewood Lodge, is seen giving the framed paper to Maria Sadegur in a quiet ceremony that took place January 18th. Photo: Bethany Brama

The 'Green' Corner

Shop For Safer Cleaning Products

All housewives know how much of the grocery bill goes into cleaning products, and there are hundreds of products for just about every cleaning job around the house. Very few are environmentally safe, and all of them are expensive. If you count the cost to the environment, they are extremely expensive.

Still, most housewives will say, "What else is there?"

There are many safer products, beginning with pure soap. Pure soap will clean just about anything, and if you want to boost its effect in laundry, add a little washing soda. However, washing soda is slightly toxic, so wear gloves.

Borax is a great product for cleaning wallpaper, painted walls, and floors.

Borax cuts odours, is a stain remover, and will boost the power of your detergent, if you use detergents.

Borax has one other great use: it kills those little brown ants that invade gardens and homes. Sprinkle borax liberally near the source of the ants or on the ant trail. The ants will soon be gone.

Ordinary baking soda is a great cleaner, especially if you want to clean marks from plastic or vinyl. Baking soda is great for cleaning the inside of your refrigerator, and it deodorizes as well. Baking soda can be used to brighten stainless steel and silver, and can be used on carpets and upholstery. It is good for cleaning drains, too. Baking soda can be used to clean your teeth, too.

White vinegar is an excellent cleaning product, and it is very inexpensive.

Vinegar gets rid of mildew, stains and wax build-up. You can use it to clean your coffee pot, grout, win-

dows and fireplace. Vinegar is about the only product that will remove the smell of cat spray and the smell of bush rats which will linger in wood. Mix it half and half with soapy water to get rid of almost any odour.

Ammonia is another great cleaner. It can be used on carpets, linoleum, to shine copper and enamel, and can be used on enamel surface appliances.

Ammonia can irritate skin and the eyes, so wear gloves and use it in a well-ventilated area. **Never mix ammonia and chlorine bleach: the result is a poisonous gas.**

Concern for your budget should motivate you to switch to some of these cleaning products when your present supply runs out, so you might want to save this article. You will find that a box of borax will last a long time. A four litre container of white vinegar is cheap, and per litre, beats the cost of all of those window sprays, tile sprays, and wax removers.

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weekly entertainment guide

TUESDAY, JANUARY 27, 2009 THROUGH MONDAY, FEBRUARY 2, 2009



Princeton's Wade Masch (#14) collides with a Chase player during the January 21st game at the Arena. *

Posse chase after Chiefs

A mid-week game against Chase filled Princeton Arena as the Valley First Princeton Posse hosted the Chiefs January 21st.

In the words of Posse Assistant Coach Kevin Robillard, "The Chiefs always bring their 'A' game," which obviously forced the home team to amp it up a notch.

It also marked the first home game for returning Posse veteran and fan favourite Dan Hillman.

Talk about amping it up a notch or two! The first period was over in exactly 25-minutes of real time with only one penalty (Princeton's Matt Chomyc for Boarding at 9:04) and the scoreboard showed both teams had scored a goal each (Princeton was first at 14:43, John Minot from Matt Chomyc and Chase tied it at 4:23).

The second period was another blazing fast 20-minute third of a game with no more scoring but end-to-end play that led internet play-by-play announcer George Elliott to state, "It's a lot like watching the back and forth play of a tennis match."

The third period saw Chase take the lead at 17:17 on the power play and then widen the gap at 2:51.

Princeton chose to pull goalie Tanner Sheridan, who played an incredible game making diving saves and giving up few rebounds,

for an extra attacker in the final two-minutes of play. The Posse did a great job of keeping the puck in Chase territory and shut down a couple attempts at goals on the empty net.

The hard work paid off with 1:20 left in the game when Wade Masch passed to Jason Alessio who fired a shot on goal and Kyle L'Arrivee managed to get enough stick on it to deflect the puck into the Chase net.

The power play goal gave L'Arrivee the all-time Posse career goals scored record with 40, passing former Posse player Jeremy

Wagner's total of 39 and bringing him within one point of tying Wagner for the all-time Posse career points record.

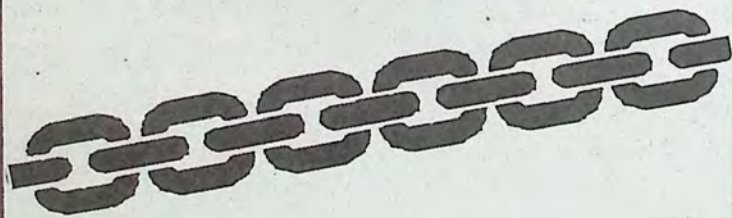
There were other scoring chances, but not enough time and Princeton could not tie the game to force overtime.

The Princeton Dairy Queen/Overwaitea Players of the Game were: #3 - Dan Hillman, #2 - Tanner Sheridan and #1 - Kyle L'Arrivee.

Final score: Chase 3, Princeton 2. Shots on goal: Princeton 31, Chase 20. Penalties: Princeton 9 for 26-minutes, Chase 4 for 8-minutes.

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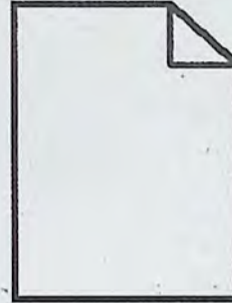


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Returning Posse veteran Dan Hillman (#25) takes a shot on the Chase goal January 21st. *



More Posse action from the January 21st game against Chase. *



Princeton's Thierry Martine wrestles the puck away from a Chase player January 21st. *

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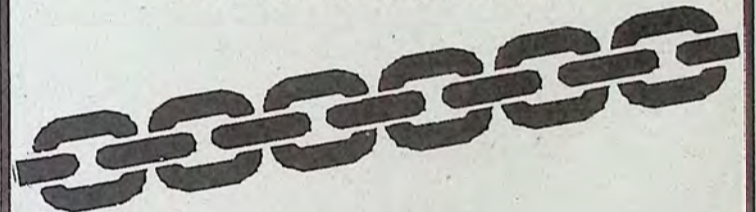
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News Leader Horoscopes

January 28 - February 4, 2009

Aries - You start to feel really good, really energetic. You want to make big plans that include big groups. Don't go overboard, but do enjoy planning process. Work is hectic.

Taurus - Continue hard work. By end of this week, you gain satisfaction from achievements. Positive vibes help all aspects of your life. Build up strength and energy. Health gets better.

Gemini - Bad news re: debts, mortgage or inheritance needs detailed study. Take nothing for granted. Learn all you need to know, then make constructive decision. Keep own mind.

Cancer - Problems brought on by mate, close friend or partner need discussion. Make him/her spell it out in detail. Make hard decision later. Travel goes well, you could consult sibling.

Leo - You need to focus on health. Friends are generous now, and you may get surprise benefit. News about health or job may not be good. Sibling will give assistance next week.

Virgo - You may have to do some sensible counselling to kids to curb overly ambitious plans. Partner or friend helps lift spirits. Job situation runs smoothly. Go forward with plans. Relax!

Libra - News regarding home, family and job may need a big decision this week. Be sensible. Your children are doing well. You do hard work on home now. Be determined.

Scorpio - Groups you belong to may be difficult now. Keep sense of humour. News from sibling or child may surprise you. Find out everything you need to know, then make decision.

Sagittarius - You may want or need to spend money on home improvement this week. Shop around, find bargain this weekend. Watch for surprising event in career on Friday.

Capricorn - News this weekend may be sad as well as surprising. You may have to change your mind about things you thought you knew. You may have to spend money not budgeted.

Aquarius - Life keeps getting better for you now. You feel good, you are optimistic, but don't count chickens that have not been hatched! Unexpected expense could spoil weekend.

Pisces - You're still feeling good and being your best self. You may have to make decision re: groups you belong to. Partner or friend may tell you some bad news this weekend. Find facts.

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tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Exit Wounds" (2001, Action) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. (E)

EVENING

9:00 pm WTBS (3) ★★ "Exit Wounds" (2001, Action) Steven Seagal. A tough Detroit policeman lands in a new precinct and discovers a rogue group of cops who run a drug ring. (E)

wednesday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "Signs" (2002, Suspense) Mel Gibson. With the help of his brother, a Pennsylvanian investigates the appearance of 500-foot-diameter circles in his crop fields. (E)

EVENING

9:00 pm WTBS (3) ★★★ "Signs" (2002, Suspense) Mel Gibson. With the help of his brother, a Pennsylvanian investigates the appearance of 500-foot-diameter circles in his crop fields. (E)

News Leader Recipe Corner

(Recipe #256)

Brought To You By: Similkameen News Leader

Thai Coconut Chicken

Makes 5 Servings

Claims

- No Trans Fat
- No Artificial Colour
- No Artificial Flavour

All You Need

- 1 tbsp (15 mL) vegetable oil
- 1 lb (500 g) chicken, cut into strips
- 2 1/2 cups (625 mL) thinly sliced vegetables
- 3/4 cup (175 mL) each coconut milk and milk
- 2 tbsp (30 mL) peanut butter

All You Do

1. In wok or large skillet heat vegetable oil over medium-high heat.
2. Add chicken and stir-fry 4 minutes.
3. Add vegetables. Stir-fry 5-7 minutes or until chicken is no longer pink.
4. Reduce heat to medium. Add coconut milk, milk, peanut butter and Club House Thai Coconut Chicken seasoning mix stirring constantly until sauce is thickened. Simmer 1 minute.
5. Serve over bed of rice or noodles.

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thursday movies

EVENING

7:00 pm WTBS (3) ★★★ "Panic Room" (2002, Suspense) Jodie Foster. A single woman and her daughter must play a cat-and-mouse game after three thieves invade their New York brownstone. (E)

9:00 pm CHBC (4) ★★ "Shock to the System" (2006, Mystery) Chad Allen. A private detective infiltrates a

therapy group for people who were actively gay, in order to investigate the murder of one of its best-known members. (E)

10:30 pm WTBS (3) ★★★ "Panic Room" (2002, Suspense) Jodie Foster. A single woman and her daughter must play a cat-and-mouse game after three thieves invade their New York brownstone. (E)

friday movies

AFTERNOON

5:00 pm WTBS (3) ★★★ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

EVENING

7:00 pm YTV (18) ★★★ "The Sisterhood of the Travelling Pants" (2005, Comedy-Drama) Amber Tamblyn. Four teenage friends keep in touch during their summer apart by passing along a cherished pair of blue jeans. (In Stereo) (E)

7:30 pm FAM (26) "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls go to India to appear in a Bollywood musical, but the director can choose only one of them for the role. (E)

9:00 pm WTBS (3) ★★★ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (E)

10:00 pm KNOW (5) ★★★ "Project Grizzly" (1996, Documentary) Canadian scrap-metal dealer Troy Hurtubise devotes his life to building a suit that can withstand a grizzly attack.

10:30 pm FAM (26) ★★ "The Thirteenth Year" (1999, Fantasy) Chez Starbuck. As his 13th birthday approaches, a youngster's true heritage is revealed as he undergoes a "fishy" transformation. (E)

THURSDAY, JANUARY 29, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12) George S.	Thomas Lions	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Hoze King	CityLine	CSI: NY	Traders "Options"
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Today's Health;	The Early Show (N)	The First 48	Good Morning America (N)			Razberry Animal	Hawks Monster	SportsCentre		Mega Builders	(6:56) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	home decor; Sandi Richards.		The First 48		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		Toughest Race: Iditarod	Weekend K. Possible	Rachael Ray	CSI: NY	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford	(N) (E)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record SnowTrax	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: NY	Make What
10 AM	Trivial	The Mom Show	Sid (10:35)	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Vision House	Wilbur Doodlebob	George S. Jane	Strongman	The View (N)	Dirty Jobs	Mickey Movers	The O.C.	CSI: NY	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The First 48	Juicing Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Tennis: Australian Open -- Men's Semifinal.	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose	The Firm	News (N) Bold	The First 48	All My Children (N)	News (N)	Days of our Lives (N)	News (N) CBC News	Being Ian George S.		etalk	Mayday	(11:49) Weekend	CityLine	CSI: NY	Seinfeld
1 PM	Still Std	Home to	Maggie Daniel	Landscape Quilting	Days of our Lives	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky		Sue Thomas: F.B.Eye	Deadliest Catch	Dragon Emperor	ER "I Don't"	CSI: NY	Raymond Just Shoot
2 PM	King	Guiding Light (N)	(1:59) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruption	General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: NY	Just Shoot Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	(2:59) Zoboomafo o "Ears"	Big World WordGirl	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What What
4 PM	Payne	Debt Part	Hears"	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. 22 Minutes	SpongeBob OddParent	NHL Hockey: Montreal Canadiens at Florida Panthers.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: NY	Make Fashion
5 PM	Friends	News (N)	Martha (5:32)	BBC News Business	News (N) NBC News	News (N) CBS News	The First 48	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob		News (N)	Apocalypse How	Suite Life Montana	Ugly Betty	CSI: NY	Family Guy Seinfeld
6 PM	Friends	Global	Creatures	News-Lehrer	News (N) Millionaire	News (N) Hollywood	The First 48	News	News (N) ET Canada	News (N) Entertainment	News (N) Drake		SportsCentre (Live)	News (N)	Life Derek	30 Rock (6:31) 30	TNA IMPACT! (N)	Seinfeld	Raymond
7 PM	Movie: "Panic Room"	E! News	Eden e2 (N)	Born-Be King	Jeopardy! Fortune	The Doctors	The Beast "Nadia" (N)	Entertain The Insider	Entertain ET Canada	The Unit	Coronatin Jeopardy!	H2O Just Prank Ptrl	Hockey	etalk	MythBusters Sayings.	Wizards So Raven	Hell's Kitchen (N)	CSI: NY	Family Guy Married...
8 PM	(2002) Jodie Foster.	Name Earl Kath &	Palin-Europe	Poirot	Name Earl Kath &	Criminal Minds	The Beast "Nadia" (E)	Ugly Betty	Bones	Bones	The Nature of Things	Malcolm Futurama	Sports American Idol (N)	Daily Planet	Suite Life	News (N) (8:35) News	Seinfeld	CSI: NY	Seinfeld
9 PM	Family Guy	Movie: "Shock to the System"	Architectur e	New Tricks	The Office (9:31) 30	CSI: Crime Scn	The First 48	Grey's Anatomy (E)	The Office	The Office	Doc Zone (N)	Adrenaline Prank Ptrl	Motoring Strongman	CSI: Crime Scn	Deadliest Catch	Montana Life Derek	(9:06) Jimmy Kimmel	UFC	Just Shoot
10 PM	Seinfeld	(2006) Chad Allen.	Vertical e2	Soundstage (N)	(10:01) ER "Heal Thyself" (E)	(10:01) Eleventh Hour	The First 48	(10:02) Private Practice (N)	The Unit	News Hour Final (N)	National	Falcon Beach	Wtr. X-Games	(10:01) ER "Heal Thyself" (E)	Apocalypse How	School Cory	Flavor of Love	UFC MANswers	Married... Raymond
11 PM	Movie: "Panic Room" (2002)	News (N) Guy Stuff	Deciphering Dyslexia	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	The Beast "Nadia" (E)	News (11:35)	News (N) ET Canada	Entertain (11:05) The Hour	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Suite Life Life Derek	Judge Paid Prog.	Disorderly Con.	CSI: NY	Just Shoot

FRIDAY, JANUARY 30, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12) George S.	Bob Build Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Hoze King	CityLine	CSI: NY	Adventures of Sinbad
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (El) Martha	Today Today's Gardening;	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentre		Monster Moves	(6:56) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Today's Pets; Super Bowl party.	(N) (E)	Cold Case Files		100 Huntley Street (N)		Bo On Go	Pokemon	SportsCentre		MythBusters Sayings.	Weekend K. Possible	Rachael Ray	CSI: NY	North of 60 "Refugees"
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why! Clifford		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Berenstain Timothy	Off-Record In Corner	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City	CSI: NY	Tube Tales What
10 AM	Trivial	The Mom Show	Noonbory (10:34)	Sesame Street (El)		The Price Is Right (N)	CSI: Miami	The View	World Vision	World House	Wilbur Doodlebob	George S. Jane	Strongman	The View	Blueprint for Disaster	Mickey Handy	The O.C.	CSI: NY	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	The Firm Wall St	Hospital for Sick Kids	(10:59) News (N)	Miracles Antiques	Dewitt Willa	Tennis: Australian Open -- Men's Semifinal.	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210
12 PM	Fresh Pr.	Eat, Shrink	(11:59) Charlie Rose	Charlie Rose	Paid Prog.	News (N) Bold	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N) CBC News	Being Ian George S.		etalk	Apocalypse How	(11:49) Weekend	CityLine	CSI: NY	Sweet 16 Seinfeld
1 PM	Still Std	Home to	Maggie Daniel	Painting Beads Bbl	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky		Sue Thomas: F.B.Eye	Dragon Emperor	ER "Sea Change" (E)	CSI: NY	Raymond Frasier	
2 PM	King	Guiding Light (N)	(1:58) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata Ruby	Horn Interruption	General Hospital (N)	MythBusters Sayings.	(1:54) K. Possible	News	CSI: NY	Frasier
3 PM	Seinfeld	Whose Wedding Is It?	(2:58) Zoboomafo o "Hot and Cold"	Big World WordGirl	Judge Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What What
4 PM	Payne	Debt Part	Hears"	Biz Kid\$	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Air Farce	SpongeBob Mighty B	NBA Basketball: Milwaukee Bucks at Toronto Raptors.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: NY	Tube Tales "Sweet 16"
5 PM	Movie: "The School of Rock"	News (N)	Martha (5:31)	BBC News Business	News (N) NBC News	News (N) CBS News	CSI: Miami	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob		News (N)	Discovery Project Earth	Suite Life Montana	Mantracker	CSI: NY	Family Guy
6 PM	(2003) Jack Black.	Global	Heads Up	News-Lehrer	News (N) Millionaire	News (N) Hollywood	CSI: Miami	News	News (N) ET Canada	News (N) Entertainment	News (N) Drake	iCarly	Prank Ptrl	etalk	Man vs. Wild	Zoey 101 Buzz	Survivorman	DEA	Seinfeld
7 PM	Seinfeld	E News	Arctic Mission: Voyage	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors	CSI: Miami	Entertain The Insider	Entertain ET Canada	NUMB3RS	Coronatin Jeopardy!	Movie: "The Sisterhood of the Traveling Pants" (2005)	Hockey	etalk	Deranged (N)	Wizards "The Cheetah Girls: One World"	Crusoe	DEA "Deadly Chase"	Family Guy Married...
8 PM	Family Guy	You Smarter?	Poirot (N)	Bill Moyers Journal (N)	Howie Do	Ghost Whisperer	Criminal Minds	Wife Swap (N)	Howie Do	Howie Do	Mercer Marketple	Traveling Pants" (2005)	Sports Off-Record	Ghost Whisperer	Daily Planet	News (N) (8:35) News	Seinfeld	CSI: NY	Seinfeld
9 PM	Movie: "The School of Rock"	20/20	Dalziel and Pascoe (N)	NOW Served	Friday Night Lights (N)	Flashpoint	CSI: Miami	20/20	Friday Night Lights (N)	Friday Night Lights (N)	Just for Laughs (N)	Falcon Beach	World Extreme Cagefighting (Taped)	Flashpoint	Man vs. Wild	Movie: "Cadet Kelly" (2002)	(9:06) Jimmy Kimmel	MANswers	Family Guy
10 PM	(2003) Jack Black.	20/20	Movie: "Project Grizzly" (1996)	Vicar-Dbly	Dateline NBC	NUMB3RS	CSI: Miami	20/20	NUMB3RS	News Hour Final (N)	National	Mystery	Raising the Bar	Discovery Project Earth	Movie: "The Thirteenth Year" (1999)	Judge Paid Prog.	Samurai	Raymond	
11 PM	Montel W.	Guy Stuff	Ravens	Austin City Limits (N)	News (N) Tonight	News (N) Late Show	CSI: Miami	News (11:35)	News (N) ET Canada	(11:03) ECW (N)	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Deranged	News (N)	MXC	CSI: NY	Frasier

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #161 - Rated Easy

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

CHALLENGE #162 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

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

saturday movies

MORNING

- 8:00 am A&E (9) ★★★ "GoodFellas" (1990, Crime Drama) Robert De Niro. In the 1950s an Irish-Italian hoodlum joins the New York Mafia, but his mob career is not what he expected. [E]
- 10:00 am WTBS (3) ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brainwashing and assassination plot. [E]
- 11:00 am A&E (9) ★★½ "Braveheart" (1995, Historical Drama) Mel Gibson. Enraged by the killing of his wife, Scotsman William Wallace leads a revolt against the tyrannical English king in the 13th century. [E]

AFTERNOON

- 12:00 pm FAM (26) "The Proud

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Family" (2005, Fantasy) Voices of Kyla Pratt. Animated. A mad scientist unleashes evil clones of a family to find their secret formula. [E]

- 1:30 pm FAM (26) "Recess: Taking the Fifth Grade" (2003, Comedy) Voices of Rickey D'Shon Collins. Animated. TJ and his friends find some unwelcome changes in store for them when the new school year begins.
- 5:00 pm WTBS (3) ★★★ "The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarterback on a case of sports gambling and murder. [E]

EVENING

- 6:00 pm CITY (29) "Fatal Reunion" (2005, Suspense) Erika Eleniak. A terrified woman works with a district attorney to stop an old acquaintance who is stalking her. [E]
- 7:00 pm WTBS (3) ★★½ "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground. [E]
- 8:00 pm CHBC (4) "Her Sister's Keeper" (2006, Suspense) Dahlia

Salem. A woman links missing drug money to the disappearance of her sister. [E]

- KXLY (10) ★★½ "Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism. (In Stereo)
- 8:05 pm KSPS (6) ★★★ "North by Northwest" (1959, Suspense) Cary Grant. Mistaken identity spurs a foreign spy to pursue an innocent New Yorker, all the way to Mount Rushmore.
- 9:00 pm FAM (26) ★★★ "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980.
- 9:30 pm WTBS (3) ★★½ "Zoolander" (2001, Comedy) Ben Stiller. A supermodel befriends a rival while becoming mixed-up in a brainwashing and assassination plot. [E]
- 10:30 pm FAM (26) ★★ "Look Who's Talking Now" (1993, Comedy) John Travolta. Mikey and Julie each get dogs, while James fends off an over-friendly boss. [E]
- 11:00 pm SPIKE (44) ★½ "Lake Placid" (1999, Horror) Bill Pullman. A New York paleontologist goes to the backwoods of Maine and teams up with the local game warden to stop a 35-foot killer crocodile. [E]

sunday movies

AFTERNOON

- 12:00 pm FAM (26) ★★½ "Johnny Tsunami" (1999, Drama) Brandon Baker. A teenage Hawaiian surfer moves to Vermont, where his grandfather helps him become a first-class snowboarder. [E]
- 1:32 pm FAM (26) ★★½ "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980.
- 4:00 pm YTV (18) ★ "The

Flintstones in Viva Rock Vegas" (2000, Comedy) Mark Addy. Young Fred Flintstone courts heiress Wilma Slaghoople, while Barney Rubble romances Betty O'Shale during a weekend in Rock Vegas. (In Stereo) [E]

EVENING

- 6:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mis-

chievous children on a disastrous road trip. (In Stereo) [E]

- 8:00 pm CBC (13) "Marple: Murder Is Easy" (2008, Mystery) Julia McKenzie. Miss Marple searches for a killer in a village after an informant turns up dead. (In Stereo) [E]
- 9:00 pm FAM (26) ★★ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months.
- 10:30 pm FAM (26) ★★½ "Michael" (1996, Drama) John Travolta. Tabloid employees investigate a rumor about an angel and find a surprising creature with healing powers and a lot of sex appeal. [E]

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ADVICE AND TIPS ON HOW TO GET FITTER!

MONDAY, FEBRUARY 2, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	CSI: NY "Silent Night"	Once a Thief
6:30 AM	Jeffersons	Tube Tales	George S.	Lions															
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentre		Cash Cab	(6:58) Phineas	The Tyra Banks Show	CSI: NY "Obsession"	The Outer Limits
7:30 AM																			
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	CSI: NY	North of 60
8:30 AM	Cosby	What	Magic Bus	Sid							Busytown	Viva Pinata		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	TV Made
9:30 AM	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	Fishing		Tigger	City			What
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street		The Price Is Right (N)	CSI: Miami "Prey"	The View	World Vision	Debt Part	Wilbur	George S.	PBA Bowling	The View	Ult Cars	Mickey	The O.C.	CSI: NY	What
10:30 AM	Trivial		(10:36)							House	Doodlebop	Jane			Destroyed	Handy			The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt		Twice in a Lifetime	Mega Builders	Benj Bear	The Bonnie Hunt Show	CSI: NY "The Ride-In"	Beverly Hills, 90210
11:30 AM	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Willa	NFL Films		(11:25) King				
12 PM	Fresh Pr.	Dinner	(12:01)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian	Premier League Poker II	etalk	Super Ships	(11:49) Weekend	CityLine	CSI: NY "Silent Night"	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:39)								CBC News	George S.		Bold					Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob Erky Perky	(Taped)	Sue Thomas: E.B. Eye	Dirty Jobs Penguins	Dragon Emperor	ER	CSI: NY "Obsession"	Raymond
1:30 PM	Still Stnd	Buy Me	Daniel	Sewing															Raymond
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: NY	Raymond
2:30 PM	King		BluesClues	WordWorld								Ruby	Interruption						Raymond
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zooboomafo o "Snake Bellicies"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Worst Handyman	Replace Emperor	News (N)	CSI: NY	What
3:30 PM	Friends			WordGirl	Judge							Pokemon	Sports						What
4 PM	Payne	Debt Part	Bellies"	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami "Prey"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Red Green	SpongeBob OddParent	NHL Hockey: St. Louis Blues at Detroit Red Wings. (Live)	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	TV Made That News
4:30 PM	Payne	Deal No	George S.	Cyberchas	Judge J.														
5 PM	Movie: "Boyz N the Hood"	News (N)	Martha	BBC News	News (N)	News (N)	Intervention "Janet"	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Red Wings. (Live)	News (N)	MythBusters	Suite Life Montana	The Bachelor (N)	CSI: Crime Scn	Tube Tales E News
5:30 PM			(5:35)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob							
6 PM	(1991), Ice Cube	Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention "Lana" (N)	News	News (N)	ET Canada	News	Drake		News (N)	Dirty Jobs (N)	Zoey 101	Movie: "Stripes" (1981) Bill	TV Made	
6:30 PM		News	Mechanics	Millionaire	Hollywood			News	News	Entertain		iCarly	SportsCentre (Live)						
7 PM	Welcome	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes (N)	Coronatn	Adrenaline		etalk	Verminator s (N)	Wizards Montana	True Beauty (N)	Murray, Harold Ramis.	Soap Reality
7:30 PM	Welcome	The Insider	Landscape	Europe	Fortune		Paranormal	The Insider	ET Canada		Jeopardy!	Prank Ptr	Hockey	Hollywood					
8 PM	Family Guy	The Soup	History of Britain	Antiques Roadshow (N)	Chuck (N) 3D	Big Bang	Paranormal	The Bachelor (N)	House (N)	House (N)	Mosque	Malcolm	Sports	Big Bang	Daily Planet	Suite Life	News (N)	Premiere.	Deal-No Deal
8:30 PM	Family Guy	How I Met				How I Met	Paranormal				Sophie	Futurama	Off-Record	Gary		Buzz	(8:35) News	MANswers	
9 PM	Seinfeld	Rules	Riviera	American Experience	Heroes (N)	Two Men	Intervention "Janet"	News	24 (N) (PA)	24 (N) (PA)	Being Erica (N)	Prank Ptr	Premier League Poker II	Two Men	Dirty Jobs	Wizards	(9:06) Jimmy Kimmel	CSI: NY	Seinfeld
9:30 PM	Movie: "Boyz N the Hood"	Worst	Cocktail (N)			Worst		Samantha				Zibx Level	(Taped)	(9:31)					Seinfeld
10 PM	Movie: "Boyz N the Hood" (1991), Ice Cube	Momma's Boys	Sabrina's Law (N)	"Forgotten Ellis Island"	Medium "Soul Survivor"	CSI: Miami (N)	Intervention "Lana"	True Beauty (N)	Heroes (N)	News Hour Final (N)	National	Falcon Beach "Tidal"		CSI: Miami (N)	Verminator s	School of Love	Rock of Love	Disorderly Con.	Married... Raymond
10:30 PM																			
11 PM	Montel W.	Guy Stuff	Landscape	Charlie Rose (N)	News (N)	News (N)	Paranormal	News	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Judge	I Bet You	Raymond
11:30 PM					Tonight	Late Show	Paranormal							News (N)		Life Derek	Paid Prog.	MANswers	Raymond

monday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Boyz N the Hood" (1991, Drama) Larry Fishburne. Three boys become men, one guided by his father, in their racially divided Los Angeles neighborhood.

EVENING

6:00 pm SPIKE (44) ★★½ "Stripes" (1981, Comedy) Bill Murray, Premiere. A lazy New York cabbie quits his job and convinces his bored buddy they should join the Army. (In Stereo)

9:30 pm WTBS (3) ★★½ "Boyz N the Hood" (1991, Drama) Larry Fishburne. Three boys become men, one guided by his father, in their racially divided Los Angeles neighborhood.

10:00 pm KSPS (6) "Forgotten Ellis Island" (2008, Documentary) Narrated by Elliott Gould. Doctors and nurses examine immigrants as they arrive on Ellis Island.

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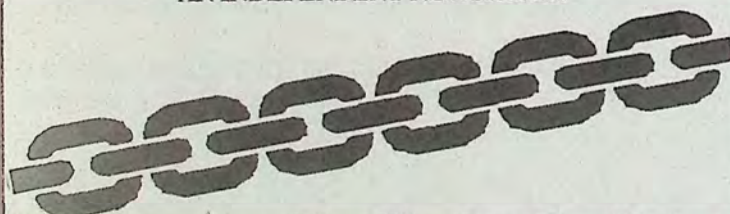
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Scrap Metal Removal. Cars, appliances, farm implements, etc. You call - I'll haul. (250) 295-5102 or 295-3055. Jan 20 Feb 24

for sale

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

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

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

Craftex portable workshop/dust collector. Brand new. Asking \$185.00. Call (250) 295-3545. Jan 27 Feb 10

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for rent

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4-5 bedroom lakefront house for rent. \$2,200.00 per month inclusive. Luxury chalets for rent. \$1,200.00 and \$1,800.00 per month, includes utilities+. Call (250) 295-7988. Nov 25th

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

Bachelor apartment in Princeton. Available immediately. Asking \$400.00 per month plus utilities. Also a 1-bedroom apartment. Asking \$450.00 per month. Excellent references and damage deposit required. No pets, adult only building. Call (778) 786-0935 or (250) 295-1113 for details. Jan 27 Feb 10

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Sat, Jan 31 - Kamloops

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

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AWAY

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

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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #161 - Easy

479	268	135
238	154	769
165	739	284
793	812	546
584	697	312
612	345	897
341	526	978
927	483	651
856	971	423

CHALLENGE #162 - Hard

718	269	435
942	835	176
365	174	982
139	658	247
487	921	653
256	347	819
571	492	368
823	716	594
694	583	721

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my turn

It's still got a pulse

The saga continues regarding the future of Princeton General Hospital.

If you saw our front page story last week, you would have learned that contrary to what you may be hearing on the street, Interior Health does not plan to close the hospital.

A letter to the Editor this week from the Health Services Minister himself confirms this.

So what is happening at PGH that has the town in such a fit over local health care?

The latest change to the service revolves around the pay scale for locum doctors. Up until February 1st Princeton Locums were receiving a little extra pay. After that date all locums in the province will have to follow new pay schedules as set out by the Ministry of Health Services.

What we are hearing is that local locums aren't happy with the changes and have indicated a real possibility of leaving Princeton for 'greener' pastures.

What the average citizen does not know is that the pay schedule designed by the Ministry of Health Services has split BC rural communities into four different categories (identified as Community Isolation Category A, B, C and D).

Princeton happens to be in Community Isolation Category A (along with 40 other communities/districts) which is considered the most isolated, therefore, provides the highest minimum daily rate. That rate, as detailed in a News Release from the Ministry and BC Medical Foundation this past September, is \$900.00 per day.

And as locums say they feel the crunch as a result of the standardization, Princeton will once again be on the hunt for doctors.

I think we should be giving credit where credit is due. The Town of Princeton has partnered with other local agencies and businesses to 'package' Princeton as an attractive place to live, work and play.

If the locums feel the Ministry is squeezing too much out of them or taking too much away, then either the locums are expecting too much or the standardization program is too restrictive.

Either way, it's not the fault of Town Council, Interior Health or Princeton Hospital.

Will the situation change after the Provincial Election? Who knows, but it certainly would make a pretty good election issue, wouldn't it Mr. Lali?

EDITORIAL GUIDE

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

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

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

Similkameen News Leader

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Office Administrator:
Reporter:

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Brenda Engel
Dawn Johnson

TISTOONS
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your turn

Health Minister writes us

The Editor;

I understand many Princeton residents are concerned about the future of their hospital. Let me assure you the Ministry of Health Services is working diligently to ensure the community has the health care services it needs. We have a solid partnership at work involving local physicians, the community, Interior Health and Health Match BC.

Family physician recruitment and retention is a challenge across BC and across Canada, particularly in rural communities. Physicians are interested in balancing their work and home lives, and when you combine emergency department shifts with running a family practice, burn-out quickly results if there aren't enough physicians to share the

Letter To The Editor

Joe views US politics

To The Editor;

Following the President Obama inauguration, we were at the President G. W. Bush Texas ranch looking directly into the eyes of one of their riding horses and asked it the pre-eminent question, "What will President Bush's 8-year term legacy be in history?"

The horse grimaced, never so much as gave a neigh, but flubbed it's soft brown nose, showed it's teeth and said nothing. However,

workload. As a result we are dedicating time and resources to attract physicians to the community; they are the key to delivering emergency department coverage at Princeton General Hospital.

Mayor Randy McLean, his council and the Chamber of Commerce are to be commended for their efforts in welcoming new physicians to the community with the use of a car, gift baskets and gift certificates to local businesses. The committee has also generously provided the furnishings for housing that's available for locum physicians who are in the community on short term contracts.

Interior Health has made Princeton a high priority advertising extensively in physician journals, through websites and at career fairs, spending about

their actions speak louder than words. It was well known that the President G. W. Bush horses do not move a muscle, or budge unless they are properly fitted with blinkers because they are so embarrassed who their riders are.

Now, you draw your own conclusions. Horses are renowned for their 'horse sense' unlike many humans.

Regards,
Joe Schwarz, Princeton

\$15,000 last year alone. The Ministry of Health Services has jointly funded this effort. Interior Health has also engaged a professional search firm and is offering paid recruitment visits as well as financial assistance to relocate.

Permanent physicians wishing to settle in Princeton no longer need to set up their own office and find staff - they can simply lease space at the Cascade Medical Clinic Physicians' office which Interior Health successfully relocated to the hospital last March.

Interior Health also provides locums with housing, rent-free, while continuing to work with the rural practice programs office of the Ministry of Health Services on locum recruitment.

The South Okanagan Similkameen Medical Foundation and Princeton council partnered with Interior Health to provide training for eight BC Ambulance Service emergency medical responders to become primary care paramedics. With their enhanced skills these paramedics, in some cases, will be able to transport patients to Penticton Regional Hospital without an accompanying doctor or nurse. This means more health care professionals on site at Princeton Hospital.

We'll continue this collaborative approach in our efforts to maintain Princeton General Hospital as a viable, sustainable community resource; we understand how important the hospital is to the residents of Princeton.

- George Abbott
Minister of Health Services

www.thenewsleader.ca

Current Comment:

Why I don't like the Olympics



Dawn Johnson
editor@thenewsleader.ca

The Winter Olympics are coming to Vancouver next year, and already the cost to British Columbians is growing by the day. The commitment to host the Olympics cannot be reversed, so we have to bite the bullet and I feel sure we will be left to bail out Vancouver. I hope the young people of our province will kick up a big fuss if anybody in the future ever gets the idea of hosting the Olympic or a world Expo. My reasons for saying this goes back to a study done several years ago which clearly showed that we dwellers of the Interior of B.C. produce the export wealth of the province, while those who dwell on the Lower Mainland spend the money we earn. Every time B.C. puts on a big show for the world, we who dwell outside the Lower Mainland pay the price and reap none of the big benefits. These world events no doubt benefit the Vancouver business community, but what does it do for those of us who work in the forests, the mines, and the oil/natural gas fields of the province? We are recipients of grants amounting to several millions of dollars, while billions of dollars are spent in the Vancouver area.

I remember what we got out of Expo 86. We got the Coquihalla Highway, and some pretty earth-mound signs that were removed after Expo was over. Vancouver got the science center, Canada Place, False Creek redevelopment, and the new transit system. I expect the same thing will happen with the Olympics. We have had a few grants that helped our arena, China Ridge, and Riverside Centre, but those grants should have been justified without the Olympics.

There is a myth that says when people come to the 2010 Olympics, they will stay and tour the rest of the province. I do not believe this. They will come for

the Olympics, they may tour the Vancouver area, and they will go home. I doubt very much they will want to rent a car and travel through wintery B.C. Interior.

What gripes me even more is the fact that during the Premiership of Bill Vander Zalm, a study was done which showed how inadvisable it was to keep building Vancouver area. The area was reaching a point where it was environmentally and socially hazardous.

In addition to all of those growth problems and environmental problems, Vancouver area is prone to major earthquakes. What is built today may not survive the next 10 years. The recent heavy snows and rains show how unstable the land is even without an earthquake. Mudslides and flooding are a yearly event along the coast. Still, development marches on.

What really makes the difference? It is the voting system we have. The majority of the people of British Columbia live in the Lower Mainland. They have much more voting clout than we have in the Interior because they have more members of the legislature. If the Vancouver representatives want to please the voters, they will see that the big money flows to their constituents. To quote an old saying, "Them what has, gets."

During the past 20 years, we have seen the steady erosion of services to rural communities of

British Columbia, especially in terms of government services and health care. The Similkameen Valley is no different in this regard than any other rural area of B.C. In fact, our area may be more fortunate than some East Kootenay, Cariboo, or northeast areas. Who, in Vancouver, would tolerate a 112 km. drive to see a specialist or have a CAT scan? Who, in Vancouver, would not scream about unavailability of medical practitioners in a local hospital?

To me, the Olympics are just another example of the inequality in treatment of Vancouver and Victoria residents and the rest of B.C. This lack of concern for the people of B.C. who are producing wealth spells out the injustice under which we live. Think of what those billions of dollars being spent on the Olympics could be doing to provide support services, and the jobs that go with them, for the people of the Interior and North Island.

We need a new government with a new attitude about rewarding the people who produce the mineral wealth, who make the lumber, who produce the gas and oil wells, and who grow the fruit, vegetable and grain crops that flow out of the rural areas as money-making exports that line the coffers in Victoria. I do not know how this could come about, but it needs to be done. Spending on the producers makes more sense to me than spending on Olympics.

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Posse On The Road

by Assistant Coach Kevin Robillard

Posse vs. Fernie

The Posse bus left the Princeton Arena at 6:00 AM Friday morning, January 23rd. The team travelled to the east Kootenays to face the defending league champion Fernie Ghostriders.

The Ghostriders wanted to make the only visit to Fernie a physical affair in front of 900 excited Ghost rider fans. Fernie started the game with a physical shift. The physical play lasted throughout the game.

The Posse started out slow defending their end for the first few minutes. After the first half of period one the Posse started to generate a chance or two.

The Ghostriders got the only goal of the first period by banking a centering pass from behind net past goalie Michael Garteig. The second period was as physical as the first with both teams trying to win the physical battle.

The play was even except for a two-minute stretch, where the Ghostriders scored two unanswered

goals. The first during 4-on-4 play, the second shorthanded. The third period was again a physical battle with both teams taking a number of penalties.

The Posse were unable to capitalize on six power play attempts for the game. Fernie scored midway through the third period stretching their lead to 4-0 before Matt Chomyc ended the Ghost rider shutout when he took a long pass from Leeland Malkinson.

The game ended much as it had started, with both teams playing physical. Final score: Fernie 4, Princeton 1.

Posse vs. Kimberley

Saturday, January 24th the Valley First Princeton Posse travelled to Kimberley to face the Dynamiters.

Princeton was eager to change the results from the night before. Kimberley opened the scoring with a bad angle goal. Brody Brewster responded for the Posse less than two minutes later by stripping the Kimberley defenseman in the offensive zone and putting the puck

between the Dynamiter goalie's legs.

The Dynamiters quickly answered scoring two more before the end of the second period. Kimberley also scored two early goals in the second period before Princeton's Jason Alessio scored to cut the deficit to 5-2. Kimberley added one more before the end of the second. Princeton came out in the third with two goals to cut the lead to 7-4 but that was as close as they would come. The home team added one more goal late in the game to finish the match with an 8 to 4 victory.

Princeton's Kyle L'Arrivee set a career record in the game by adding a goal and an assist. The goal gave him a Posse career record 41 goals and the assist rounded out his Posse career assists total to 47 making L'Arrivee the Princeton Posse Top Points Player with 88, one more than previous records holder Jeremy Wagner.

Congratulations, Kyle from your fans, team mates and the Posse organization!

Branch #56 L.A. News

Our first meeting to start off the New Year opened with ten members present which was a good attendance with so many down with that nasty cold, and poor health.

Barb Gould and Carolynne Munk attended as guests, and our own representative, Maria Sadegur was there with a big welcome and encouragement to us all.

This year will bring much needed repairs and renovations to our hall. New equipment is in the works, and a new format for the main branch activities are all in the plan-

ning starting as soon as February 14 for a Ukrainian Dinner followed by a Valentine Dance.

And not to forget Awards Night, with a pot luck, on the 20th. It was also mentioned that in future months there will be more dinners planned and more dances scheduled.

Two members were installed at our January meeting. Eleanor Sinclair and Carol Seaman. Eleanor was thanked for the baskets she donated in December which Dorothy and Evelyn sold tickets on.

We have our Zone Meeting coming up in March, so hopefully all the snow will be gone and spring is in full bloom.

We have three members receiving awards this year, one being Dorothy Monkman who will be receiving her 25-year pin.

As our meeting came to a close coffee, tea and cookies were served, and it was time to get to know our visitors. If you wish to attend our meetings, they are held the second Tuesday of each month at 7:00 PM in the Legion Hall.

Hope to see you there! -submitted

Vermilion Court Report

by Dorothy Stenvold

I expect most people, like the residents here, were watching the Inauguration of Barack Obama. That was such an interesting and

historic event.

How many words can be made from the phrase 'The President Barack Obama?' We filled our

blackboard with over 150 words before our allotted time was up.

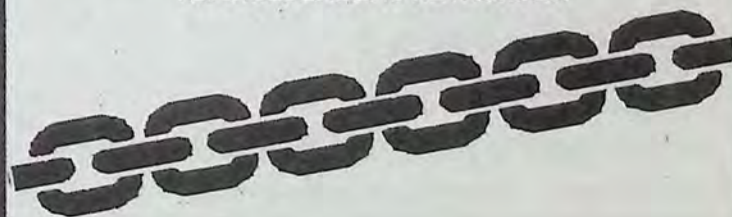
Highlights from a local newspaper were read with discussion following and of course, our horoscopes were read bringing a few laughs and quite a few wishes they were true.

This week has been so mild it has made us think Old Man Winter has left us. But that can't be true. The real winter weather will return with frost and snow.

We did remember Robbie Burns. Each resident was given a pretty plaid lapel pin to wear for the day. Regretfully, we did not have haggis for lunch but enjoyed the substitute.

We've started baking for our sale next month when we celebrate Valentine's Day. Hope to see many here that day.

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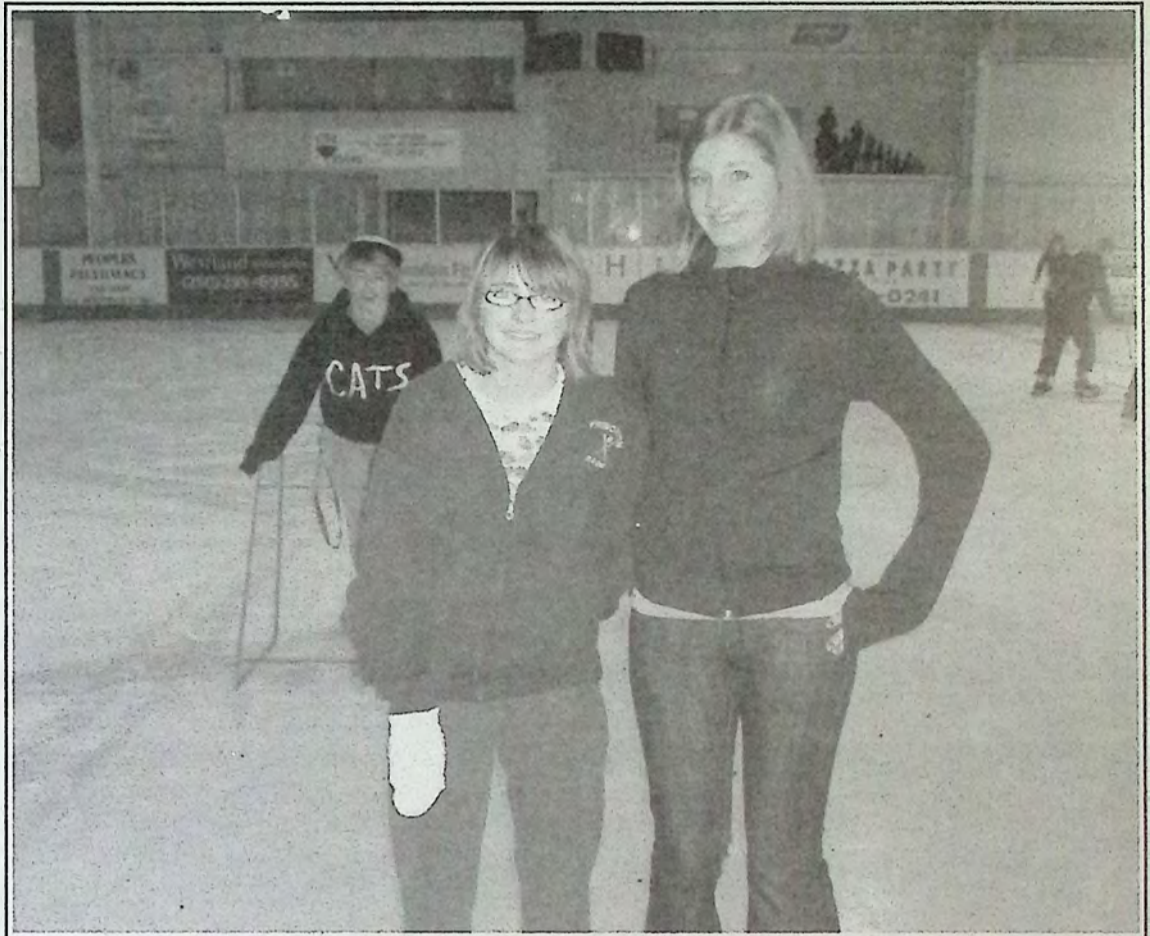
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PSS students enjoy skating activities at Princeton Arena. - photo submitted

Students explore active lifestyle choices

by Justin Oliver, PSS

Hello Princeton, my name is Justin Oliver and I am teaching physical education this year at PSS. Besides being a physical educator, I am also an advocate for living an active lifestyle.

I wanted to let people in the community know about some of the activities we have been doing this semester. With the cooperation and support of many knowledgeable individuals in the community, physical education students have been, and will continue to receive, exposure to a wide range of physical activities not only in the winter months, but year round.

As a kinesiology graduate from

Acadia University, I understand the importance of living a healthy, active, balanced life, even when it might seem a little more difficult to do so when we have snow on the ground.

My PE program has been very broad when it comes to activities that students have been a part of and that was my intention. Exposing students to a wide range of physical activities that we have access to in our community is important to me because my hope is for students to find an interest in an activity and remain active as they continue through life.

Activities that are inexpensive, non-traditional and life long are the

ones that the majority of students have a greater likelihood of continuing with.

Physical Education students at PSS have been keeping busy in class this winter. Traditional activities ranging from curling and skating, to non-traditional activities like broomball have been exposed to students ranging in grades from 8 to 12.

As a special surprise to grade 8 PE students, Marco Gracer, an Olympic cross country skiing coach from Slovenia, made a surprise visit to class to speak to students about cross country skiing and the Olympic Games when he continued on Page 27



Students also learn how to curl at Princeton Curling Club. - photo submitted



PSS students have learned the basics of curling. - photo submitted

..... continued from Page 26 and his team were here in Princeton. Gracer was very excited to see the curiosity and interest the students had about this great outdoor winter activity.

The Princeton Curling Club, with the support of Wanda Marshall, has welcomed grade 8 and 9 students to their club for a lesson in curling. A lot of the students have tried curling before through youth programs and it was apparent by the skill level the students had when playing in class.

Being active while socializing with peers (which curling offers) is constantly mentioned in studies as to why youth remain involved in organized activities.

This past week saw grade 10 to 12 students spend time at the rink trying an activity many were not familiar with.

Broomball requires students to use balance, hand-eye coordination, power and reaction time; all of which are skill related components of fitness. Individuals with different skill levels can achieve success in this non-traditional activity which is another attribute that is valued when participating in physical activities.

And last but not least, cross country skiing is being planned for students in early February because of the interest coach Marco Gracer created during his visit. With the excellent venue of China Ridge in

our backyard, cross country skiing opportunities for high school students has great potential and I am looking forward to exploring it with the students.

There are many opportunities to be physically active in our community in the following winter months and I encourage you to engage in at least one. The benefits of living a healthy lifestyle are numerous and our youth need leaders in the community to set an example of ways to lead healthy, active lives.

As I tell my students, remember Sir Isaac Newton's First Law of Motion, which is: "a body in motion stays in motion."

Get out, get moving and enjoy yourself!



PSS students have also tried broomball. - photo submitted

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