



Meet the 2009/10 Princeton Ambassador candidates! From left, Danielle Hassell (Princeton Redi-Mix), Makenzie Johnston (Princeton Co-Gen), Karis Bergsma (Reichert Sales & Service), Alyssa Larsen (Weyerhaeuser) and Kael Glowacki (Princeton Lions Club). The candidates were announced last week. *

Board responds to teachers' request

Should students across BC be tested for reading and mathematics every year? Local school trustees viewed a Teachers Union video presentation Thursday evening in Princeton that made a case for a different approach.

Teachers want an end to annual tests called Fundamental Skills Assessment (FSA). The Board of Education does not agree entirely with the teachers' position, and the Ministry of Education demands the tests under the law embodied in the School Act. This has led to an ongoing dispute between the BC Teachers Federation and the

Ministry. In turn, BC Boards of Education have become involved.

The Ministry of Education uses FSA scores to evaluate how well students are learning the basic literacy and number skills. The Fraser Institute has used the test results to rank schools, and that appears to be the crux of the problem from the teachers' point of view. Teachers argue the Fraser Institute ranks schools based on single tests written by nine year olds.

Board Chair Gordon Comeau stated, "The Fraser Institute should not be the driving force in public edu-
..... continued on Page 8

Arts Council looks forward

Every year since Riverside Centre opened, the arts and culture scene offers more to Princeton area residents. At the January 21 Community Arts Council meeting, a review of what's happening proved the value of the Centre.

Princeton Traditional Music Society hosted a concert on January 18 with 60 people attending. This is the beginning of a series of concerts to be held in the lounge.

The next performance will feature "Claddach" on February 15 at the Riverside Centre lounge.

Princeton Performing Arts put on three plays, two before Christmas and one last weekend.

The Traditional Music Society is putting together plans for a third music festival to take place August 21, 22, and 23. The festival will begin at sunset on Friday, August 21, with a dance at the town square with two bands. The music contin-

ues through Sunday afternoon. Details will be posted on the festival web blog as the festival nears.

Arts and Culture week is April 19 to 25. The week will begin with a ballet hosted by Princeton Concert Society, and will end with a traditional music concert.

Kelowna Ballet, a group that thrilled local residents two years ago, will be performing. Tickets will be on sale at the Winking Pedlar, \$25 per adult, \$20 per senior or student. There are only 270 seats available, so do not wait until the last minute.

Between these events, the Potters Guild plans a formal unveiling of their ceramic mosaic wall in the lobby of Riverside Centre. The Arts Council hopes to put together a formal grand opening of Riverside Centre theatre at some point.

Vermilion Forks Field Naturalists hosted a lecture in addition to doing the annual bird count and a field trip to Vermilion Bluffs. President Joann Gabriel pointed out an article in BC Nature magazine which showed Joan Kelly receiving a Nature Education

Award. The article contains a nice review of the work she has done with Vermilion Forks Field Naturalists and with local youth.

Nine adults have signed on for pottery lessons in February, and there is a children's class slated to go ahead at that time.

Princeton Garden Club is going to present a picnic table to the new park under development across

from the curling rink. In the spring, the group will do a tour of Summerland Experimental Farm.

Members discussed possible participation in plans for Princeton's 150th anniversary in 2010. The official committee, chaired by Nadine McEwen, meets for the first time on February 3. Jon Bartlett told members the planning committee will not exclude participa-

tion by local groups who want to plan some kind of event. In his view, the committee appointed by Town Council is there to coordinate activities.

The next meeting of the Arts Council takes place on February 18, but the March meeting will be delayed a week until March 26. Arts Council meetings take place at Riverside Centre.

A residential construction project to teach carpentry skills will involve 12 students in building a 1,500 square foot home in Merritt. Princeton students will go to Merritt for instruction. Trustee Troy Hunter suggested the project could address the need for low cost housing, but Board Chair Gordon Comeau said this is not possible this year, but could be considered in the future.

Students learn CPR
The Board of Education has approved instruction of Cardi-pulmonary Resuscitation (CPR) in secondary schools as part of the Physical Education curriculum.

The Board approved a band trip for Vermilion Forks and Princeton Secondary band students. The students will leave on March 7 to see a musical production of "Annie" in Vancouver.

Family fitness
The Ministry of Education has issued booklets describing recommended daily physical activities for families. These take-home booklets will be given to each student. Students will be given booklets appropriate to their age group. The Ministry hopes families will involve students in some form of daily physical activity aimed at sus-

taining and improving heart health and muscular strength.

Caring for baby
The I.O.D.E. has given two computerized dolls to Princeton Secondary School. The dolls mimic real babies. A student is given a doll to care for and must care for it all day. The experience helps students learn first hand how much time and dedication is required to care for an infant. The Board of Education learned that some students soon discovered it was tiresome, and wanted to give the doll back, but that was not part of the real-life experience.

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Youth Ambassador Candidate Kael Glowacki with Fern Cote-Goudreau of Princeton Lions Club. Cote-Goudreau presented Glowacki with his sponsor banner in a ceremony January 27th. *

Gifts from the heart on Valentine's Day

The residents, staff and volunteers of Vermilion Court are preparing to make this Valentine's Day memorable!

From 2:00 to 4:00 PM on Saturday, February 14th they will hold a bake sale 'extravaganza' - offering a tempting array of delectable homemade treats created by their own group of excellent 'chefs.'

There will be a variety of pies, cakes, loaves, cookies and other delicacies to tempt you. And, if that isn't enough to motivate you to make the trip down to Vermilion Court, they are also offering strawberry shortcake and tea (or coffee) strictly by donation!

What a delicious way to celebrate Valentine's Day...and to take something home for later! A sweetheart of a deal!

All donations and funds raised by this 'hearty' event will go towards the purchase of the property on Fenchurch Avenue. Community Services is spearheading a fundraising drive to raise money to assist with the purchase of this property, which will enable the Society to pursue opportunities to expand Vermilion Court and provide additional affordable housing and support services to those in need.

Our Vermilion Court 'family' supports our vision and wishes to contribute to our efforts to provide further housing options for seniors. Their contributions are greatly appreciated.

Please mark Saturday, February 14th on your calendar and join us at Vermilion Court for an afternoon of friendship and fun, accompanied by good food!

That's the Valentine's Day Bake Sale, including strawberry shortcake and tea (or coffee) by donation) between 2:00 and 4:00 PM on Saturday, February 14th at Vermilion Court located at 72 Fenchurch Avenue.

We look forward to seeing you and gaining your support as we continue to work towards completion of this worthwhile cause for our community.

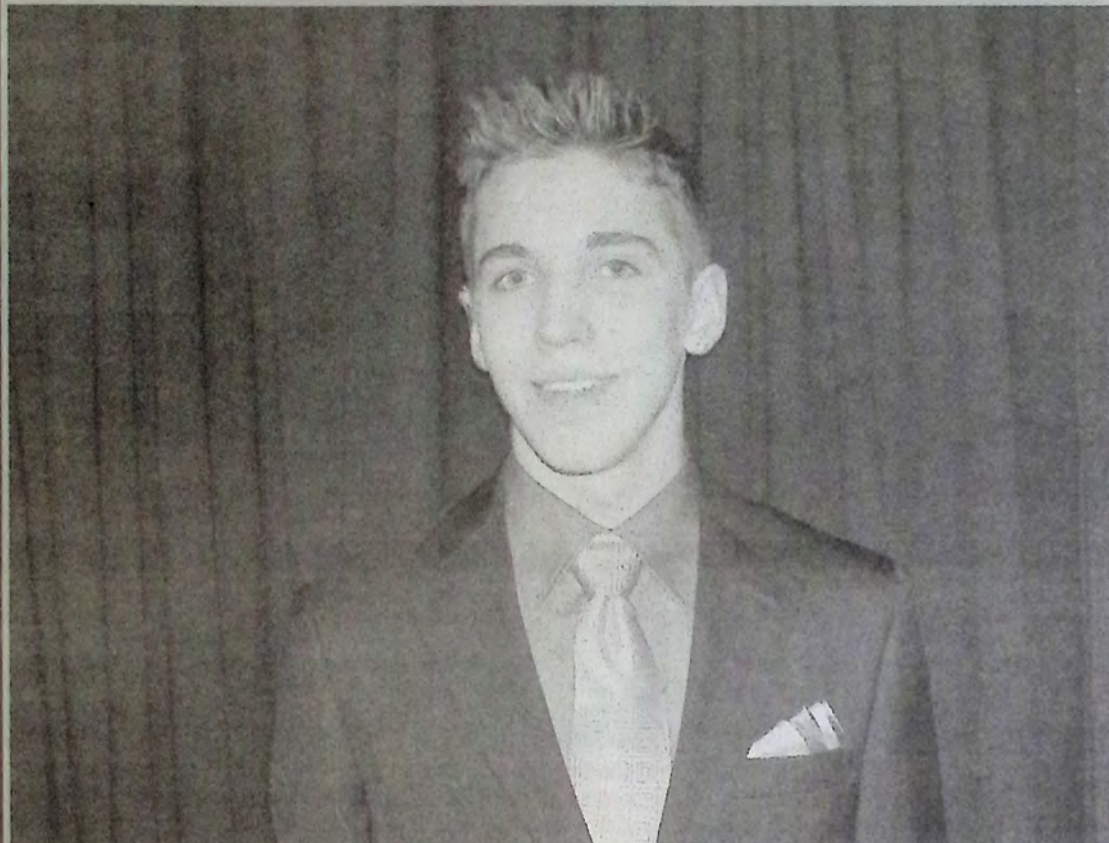


Proud dad Jamie Hassell stands with his daughter Ambassador Candidate Danielle Hassell. Her parents are sponsoring her through their business, Princeton Redi-Mix. *

Meet The Youth Ambassadors!

A PRESENTATION OF SIMILKAMEEN NEWS LEADER
EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE FIVE CANDIDATES

Kael Glowacki - Princeton Lions Club



Kael Glowacki is a 16-year old grade 11 student at PSS. He was born in Vancouver and moved to Princeton at the age of 4 months. Kael's interests include watching movies, hanging out with friends and going to Vancouver to visit relatives. Kael loves Art and everything about the subject. His favourite classes include ceramics, drawing and painting. Kael is a TA for grade 8 english and is looking towards teaching as a career. He is also the youth representative on the Princeton Accessibility Awareness Committee. He also believes more boys should do what he is doing by being part of the Ambassador program. Kael is sponsored by Princeton Lions Club. *

Year of the Ox: What does it mean to you?

Last week, the Chinese celebrated the beginning of the Year of the Ox.

It runs from January 26, 2009, to February 14, 2010. Chinese New Year is always on the new moon in Aquarius.

In Chinese astrology, there is a 12-year cycle of years, and each year has certain characteristics. The Year of the Ox, in general, is a year in which everybody has to buckle down and work hard. It is not a year for lazy people.

The Year of the Ox is believed to be good for farmers: crops will be abundant, there will be no floods or drought, and farmers will reap the benefits.

This is a good year for gardens, and for harvesting.

If you were born in the year of the Ox, this is your year, when your hard work pays off. This is the year when you can be the boss and you will do best if your authority is not questioned.

for those born in other years:

Rat - Rats like to live off the fat of the land, but there will be no fat for lazy Rats. You really have to scramble this year and make the most of every opportunity.

Tiger - This is not a great year for you to start any new enterprises. Sit tight and wait for better years.

Cat (also Rabbit) - Use your charms, work at smoothing out any work problems. You cannot be self-indulgent this year.

Dragon - Ox years do nothing to make Dragons happier or more successful, but Dragon people just brush it off and fly forward.

Snake - This is the kind of year when it pays to sit back and let others take the lead. Just keep on doing what you do, and ignore the rest.

Horse - Your work will turn a profit this year, but don't neglect your loved ones or they may leave. Emotional distress could lead to stupid decisions.

Goat - You love a peaceful life, but the Year of the Ox will not grant it. Be prepared for a hectic

year. **Monkey** - You can get through this year by using wit, charm and a good sense of humour. You can be sunlight through the gloom.

Rooster - Your workload can be heavy this year, but you can make a profit if you apply yourself.

Dog - Don't take on any projects to make yourself look heroic. Keep a low profile and don't jeopardize your position.

Pig (also Boar) - Hard work and no play, the kind of year you hate. It may not be fun, but you can make a solid foundation for gains next year.

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This time of year we keep thinking about the heat of summer and then we start thinking about spicy hot peppers, which makes us think about Similkameen Sizzle. The annual pepperfest is in September. *

Village Council issues meeting highlights

From the January 19th regular meeting of Village Council:

Acting Mayor Ed Minshull noted that he had attended a scoping meeting in Oroville, Washington on Wednesday, January 14th regarding the proposals for various dam projects on the Similkameen River in Washington State. He added that the Shanker's Bend proposed project will not be going ahead at this time, but a hydroelectric project associated with the Enloe Dam is being seriously contemplated.

Council agreed to provide a donation to the South Similkameen Hamper Fund in the amount of \$375.00 to offset the cost of the use of Victory Hall for their 2008 hamper drive.

Council passed a resolution to enter into a contract for services with the Regional District Okanagan Similkameen for the provision of GIS and mapping services for 2009 which includes an internet mapping application fee of \$3,500.00 and mapping services (updates) at a rate of \$65.00 per hour for Information Services Administrator and \$50.00 per hour for GIS Analyst/Technician services to an amount not to exceed \$1,800.00.

Council discussed the Federal Government Summer Student program and agreed to forward its suggested program funding priori-

ties of Heritage and Historical Preservation initiatives, Tourism initiatives and Community Beautification initiatives to the Minister of Human Resources and Skills Development via Alex Atamanenko, MP for BC Southern Interior.

Council passed a resolution strongly opposing any dam project at Shanker's Bend on the Similkameen River in the US that

Literacy event features local talent

Similkameen Family Literacy and the Keremeos Library hosted two authors, four readers and as many more listeners on January 24th from 12:30 to 3:30 PM. The event marked BC Literacy Week.

Cawston poet David Prest read some of his own poems and led group discussion into some of the elements of the poet's work.

Aidan Neilson read 'When Thunder Died,' his own piece on the loss of a family pet. Donna Stocker related some of the delights of backyard birding.

Herman Edward shared stories from the Okanagan and Similkameen peoples that included a wooden flute rendition to accompany his spoken word.

Guest author Vern Frolick, from Penticton, read from some of the more thrilling episodes of the adventures of diamond hunter Chuck Fipke, in Frolick's book

would flood Canadian lands north of the Canada/US Border in the southern area of the South Similkameen.

Council amended its Loan Authorization Bylaw (769) that authorizes borrowing of \$245,000.00 to pay for a portion of two Sewer Extension projects in the Village. The bylaw amendment clarifies the specific projects being funded. -submitted

titled, 'Fire Into Ice.'

Jim Bagley gave a delightful rendering from E. A. Milne's 'Winnie the Pooh' and Donna Stocker read some nonsense poems by Toad of Toad Hall from the Graham Green classic, 'Wind in the Willows.'

Dave Cursons read from pieces entered in the Stories of Our Lives Writing Contest. The works were 'Vertical Vertigo' by D. Barrett and 'My Homing Pigeons' by Charley Cottrill.

There was interest expressed in future more frequent gatherings of writers, readers and listeners.

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

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Ambassador Candidate Karis Bergsma receives her banner from her sponsor, Marg Reichert of Reichert Sales & Service. The presentation was made January 27th at Princeton Legion Hall. *

Free theatre event marks Spirit of BC Week

An open Theatre Workshop and a performance in Cawston called 'Stories from the Best Place on Earth' will form part of the Spirit of BC countdown to the Olympics in the Lower Similkameen.

The all-day event invites grown-ups and youngsters to try their hand at acting and to enjoy the fun of preparing short historical vignettes based upon life in the Similkameen in the 19th and early 20th centuries.

There will be a light lunch laid on for the participants who are asked to wear loose clothing and soft-soled footwear for the workshop.

Dave Cursons of the Cawston Players will conduct 'Stories from the Best Place on Earth' with the assistance of helpers engaged through a grant from the province.

Cursons notes that there is a treasury of local lore about First Nations life, the first Europeans, the fur trade, ranching, mining, settlement, the railway and the many aspects of family and community life. All of it will be drawn upon to give interesting and sometimes humorous renderings of valley life.

The Spirit of BC sponsors these local events in communities throughout the province to mark the beginning of the countdown to the lighting of the Olympic Torch in Vancouver on February 12,

2010.

"We hope that folks who enjoy the workshop will want to continue to work on heritage performance pieces in the months to come so that we will have our own local repertoire to celebrate life in our area," says Cursons.

The workshop portion of the day from 9:00 AM to 3:00 PM will be limited to twenty participants. A wrap up performance of the pieces developed during the day will be

presented to the community at 4:00 PM at the Cawston Hall followed by a free buffet supper in the Women's Institute Room.

Admission to the Saturday, February 7th 9:00 AM to 3:00 PM workshop and the 4:00 PM performance and reception are free.

You are requested to pre-register for the workshop, performance and reception weekdays between 8:00 AM and 12 Noon by calling (250) 499-2352. -submitted

Crib tournament results

On Sunday, January 11th the Princeton Legion hosted their in-house doubles crib tournament. The tournament was for all players who participate regularly on Mondays, Thursdays or Fridays at the Legion.

There were a total of 21 teams entered. Jean Borud made two soups, Jan and Wayne Terepocki and Gloria Miller helped make all the sandwiches. Bob Paterson had the coffee ready when players arrived at 8:30 AM. Cecil Anderson helped Kim Herzig check all the crib scores (with assistance from Sharon Paterson) and Cam Powley sold raffle tickets for the event.

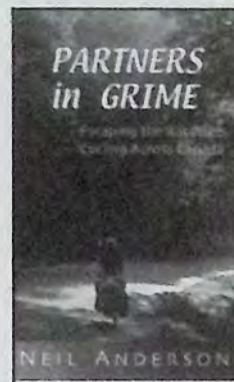
Organizers thank all who helped set up and take down tables with thanks also going to all volunteers and to Swany Bernier for her kind donations to the raffle table. The

winners after 19 games were:

- 1st Place - Ron White and Kim Herzig - 2249 (\$300.00)
- 2nd Place - Robert Clark and Bing Wong - 2224 (\$200.00)
- 3rd Place - Fred and Norma Jean Krenn - 2194 (\$100.00)
- 4th Place - was a tie with Chuck Whitlock and Judy Robinson and Linda Dore and Helen Gallagher - 2182 (\$60.00)

There were also 8 names pulled out of all entries for a chance at \$100.00. Four teams played off until there was one winning team. Stan White with Judy Robinson, Flossy Parsons with Roy Larson, Ross Edwards with Bob Huckle and Ed White with Charlie Weatherbie. Ed and Charlie took 1st Place for \$80.00 and Stan and Judy earned \$20.00 for their 2nd Place finish. -submitted

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news leader health and lifestyle page

Are you getting enough iron?

(NC)—Iron is a trace mineral that is essential to our health. It has several vital functions, including carrying oxygen to the tissues in the form of hemoglobin, participating in enzyme reactions in various tissues, and supporting proper immune function. Surprisingly, iron deficiency is the most common and widespread nutritional disorder in the world.

There are several factors that can lead to iron deficiency, including low dietary intake (vegetarians are at increased risk), malabsorption disorders (such as celiac disease) and blood loss caused by an underlying gastrointestinal disorder, such as

ulcers or haemorrhoids.

Women are particularly vulnerable to iron deficiency, be it due to heavy periods, low dietary intake or as a result of pregnancy and childbirth. Due to the high demands a growing baby places on iron stores, research shows that over 80% of pregnant women will be iron deficient by the end of their pregnancy.

Couple that with normal blood loss at birth and increased needs during breastfeeding and we have a situation that needs our attention. Breastfeeding depletes iron stores further, with new research showing iron deficiency is more common in infants due to low levels in breast

milk.

Common symptoms of iron deficiency are feeling fatigued, poor concentration, headaches, brittle nails, intolerance to exercise and a depleted immune system.

The World Health Organization has supported recent research that we need to consider lower dose iron supplements that are more easily absorbed by our body, and therefore still effective at restoring our iron levels. An iron rich mineral water, Spatone, offers several advantages to iron tablets.

It has been researched and shown to be effective in the prevention of iron deficiency in pregnancy and unlike most iron supplements it is well tolerated and not associated with constipation and other stomach upsets. This unique, natural, highly bio-available iron spring water has no additives and is backed up by great scientific evidence, confirming a safe and effective result.

If your iron levels are low, supplementation over one to three months, or longer if you are pregnant, is important - combine this with a proper diet and healthy lifestyle to ensure you don't suffer from fatigue and frustration.

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

- News Canada

Do you feel good in your own skin?

(NC)—Recent statistics reveal that over 10 million Canadians are affected by moderate to severe skin conditions such as eczema and psoriasis. Since skin is visible by others, sufferers often result in having psychological and social problems that lead to depression, diminished self-esteem, family conflicts and social withdrawal at school and work.

"Dry skin conditions often have an impact that goes far beyond what you see on the outside. Sufferers often have to put up with ill-informed comments, which can have a huge impact on self-esteem and interactions with others," said Dr. Mary McKenzie, a dermatologist from Toronto. "Living with a moderate to severe skin condition can make one feel like a social outcast at times."

Psychological impact of skin conditions

Like it or not, kids can be cruel. In school, they face peers who can be friendly or insulting, which can lead to a child with a skin condition being an outsider. This can have an impact on parental bonding and can result in a child using their condition to manipulate their parents. Most importantly, a child with a skin condition may need more attention than a sibling with no such problem, skewing family dynamics.

Adolescence can be a difficult time, particularly for those who are going through puberty, which can have an influence on their appearances, as well as their moods.

Teenagers are especially particular about their physical appearance. When dealing with a skin condition teens are often bullied, which can lead to shyness and underperformance. In effect, teenage girls tend to have a lower self-image than boys. A negative self-image can eventually lead to depression among girls; where as a positive self-image has a positive long-term effect on their overall health.

In older age groups, when a skin condition becomes increasingly, inflamed and cracked, it is seen as unattractive and can cause much

anxiety or depression. But the older the sufferer, the greater sense of control and tolerance the person has on their skin condition.

Stress can cause skin condition problems such as flare-ups. The natural response when under stress is to scratch and too much stress can lead to depression and irritability. Dry skin conditions can be very difficult to control, but using relaxation techniques will create less incidents of flare-ups or scratching.

Lack of quality sleep due to scratching is common in 80 per cent

..... continued on Page 26

living past 100

Self love is good for you

There is plenty of evidence to show the connection between loving yourself and living a long healthy life. People who love themselves tend to live longer and better, no matter what life throws at them.

Self-love is not the same thing as self-indulgence. Loving yourself is not the same thing as having an inflated ego. Loving yourself is about taking good care of yourself, doing what is good for your health, your safety and your sanity.

It is amazing how many dysfunctions come from not loving who you are the way you are. Most people start comparing themselves with others and finding fault with themselves. This is especially true for teenagers, who begin by finding fault with their own bodily features, or their own sports abilities, or their own academic abilities. As they mature, they tend to accept themselves better, but may still compare their achievements with others, or their love life with that of others. It is the act of comparing that takes away from loving oneself.

Truly loving yourself means keeping yourself in good shape. It means eating a healthy diet, getting the exercise you need to keep your circulatory system functioning well. It means having a good night's sleep, and keeping yourself and your environment clean. Loving yourself means protecting yourself from dangerous situations, not taking silly risks. Loving yourself in relationships means avoiding people who put you down or criticize everything you do. Loving yourself means giving up friends who want you to join them in unhealthy lifestyles. Loving yourself means staying away from risky sexual relationships in which you may be injured or infected with disease.

Loving yourself means developing your own talents, becoming confident of what you can do. Loving yourself means being financially responsible, being dependable, and being a good citizen who avoids contact with crooks.

There are many people who are constantly on the alert for every little ache and pain, or every time they feel a little less than their best. They look for something wrong with themselves. We call them hypochondriacs but what is really wrong is a lack of confidence in their own body's ability to heal itself and bounce back. Our bodies are controlled by our minds, and if we look for something wrong with ourselves, we are sure to find it. The more we look, the more we'll find.

People who have a positive view of life, who see the future with optimism, live longer than those who look for the dark side of everything, and who focus on what is wrong. If you focus on loving yourself, you can get rid of a lot of those negative views and become healthier and live longer.



Ambassador Candidate Makenzie Johnston receives her banner in a short ceremony January 27th in Princeton Legion Hall. She is sponsored by Princeton Co-Gen. *

MP speaks out on new budget

"Despite borrowing from some of the proposals of the Liberal-NDP policy accord in his budget, Prime Minister Harper has not convinced New Democrats that his budget plan is sincere or credible," says BC Southern Interior New Democrat MP, Alex Atamanenko.

"Until a few short weeks ago Stephen Harper built his career on fighting against social and economic safety nets," said Atamanenko.

"This budget is a failure in terms of protecting the most vulnerable and won't provide the stimulus needed during these hard economic times."

Atamanenko says that the onerous regulations outlined in the

Conservative budget for municipalities trying to access infrastructure funds and housing support money will ensure that little if any of the money will actually flow where it is most needed.

"BC Southern Interior municipalities simply do not have the money or the capacity to satisfy the requirement to match federal funding," noted Atamanenko.

"What is likely to happen is that the majority of infrastructure funding will go to the larger cities which have a stronger tax base."

Municipal leaders across Canada are still waiting for almost all of the \$1.5-billion in infrastructure funding that has yet to flow from previous promises under the Building

Canada Fund.

The BC MP also noted that there was no mention of improving access to Employment Insurance (EI).

"Even though the benefit period has been lengthened for those already collecting EI, without more flexible eligibility requirements far too many who are now losing their jobs will still be unable to access the insurance program they have paid into," said Atamanenko.

"Again the new funding announced for skills training is good for those who can collect EI but for the 60 percent of workers - 70 percent of which are women - who are ineligible for EI under the

..... continued on Page 8



Ambassador Candidate Alyssa Larsen with her father, Jeff. She is sponsored by Weyerhaeuser. *

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The Valley First Princeton Posse could not exist without the assistance of a dedicated group of volunteers. Shelley Carlson 'mans' the souvenir booth at each home game and is one of many residents who give freely of their time more than fifty nights of the year so that fans can enjoy their local hockey team. *

Board reports student achievement

Superintendent Byron Robbie presented the annual Student Achievement Report to the Board of Education on January 29. The report shows improvement in many areas. FSA scores are used to measure reading, writing and number skills, and these remain strong. Local students feel safe at school.

The number of students achieving graduation is increasing. Some improvement is needed in the

areas of social skills, communication skills and general knowledge.

The focus of the district has shifted to more assessment of individual needs and addressing individual needs.

The report expresses concern about student health in the district, as well as concern for the level of poverty in the district. The district is doing all it can to ensure students complete Grade 12.

Atamanenko speaks out

..... continued from Page 07
existing rules won't have any access.

Atamanenko says that the federal government has also failed to address the problem of crippling student debt which prevents many young people from contributing to the economy.

"By granting \$60-billion in corporate tax benefits and ignoring the needs of students, Mr. Harper has again shown where his priorities

lie. It is truly disappointing that the Liberal Party has chosen once again to prop up the Conservative government by supporting this deeply flawed budget that hits the vulnerable hard," said Atamanenko.

"This is a government who does not believe that access to Employment Insurance, affordable housing, childcare and education are vital to the economic and social health of communities during these critical times," stated Atamanenko.

Board responds to request

..... continued from Front Page
cation in B.C. I think the Fraser Institute should be dealt with appropriately. The Teachers' Union should take on the Fraser Institute."

On the video, a First Nations parent best expressed the damage done by ranking schools.

She pointed out that the FSA measures only one aspect of what a student knows and what a school teaches. She said the students in her local school have been ranked very low for several years, and feel discouraged, yet the students have learned their culture, their traditions, the songs and stories of their people.

Other parents speaking on the video said much the same thing. Schools teach much more than just reading and mathematics.

Trustees discussed the way The Fraser Institute ranks schools, and

how this ranking is published annually by a major daily newspaper, influencing parents and communities to view schools from one perspective. While trustees see the value of the FSA test as a way of assessing the achievement of the public education system in B.C., they were opposed to the way the Fraser Institute uses the results.

Local teachers asked the Board to write to the Minister of Education to request an alternative: random sampling. Trustees agreed, and further requested that The Fraser Institute be denied use of the test results as a means of ranking schools.

Trustee Gordon Swan remarked on the amount of time spent on this dispute between the Ministry and BC Teachers Federation. He suggested these two parties sit down and work out a solution.

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No, Valley First Princeton Posse player Mark Claffey is not feeling the effects of a solid hit - he's stretching as part of his warm up during the pre-game skate prior to the January 30th home game against Revelstoke. Many fans show up just before face off and miss the pre-game skate. *

MP Alex Atamanenko
BC Southern Interior monthly report

NAFTA

I recently received a letter from Maude Barlow, National Chairperson for the Council of Canadians where she expressed her concerns about the North American Free Trade Agreement (NAFTA).

I agree with her that this agreement has failed to live up to its promises, eroded social programs, destroyed jobs (especially in the manufacturing sector), given up control of our energy, increased the gap between the rich and poor and put our water and environment in danger.

Free trade has also made it possible to flood our market with cheap foreign produce putting many local farmers out of business. We used to have in-season tariffs on produce coming into Canada which basically guaranteed Canadian farmers a market for their fruit and vegetables.

It is not right that American apples, for example, are allowed to be sold in Canada below the cost of production, e. g. subsidized by the American government and dumped in Canada. As a result, many of our apple growers have gone out of business or been forced to convert to grapes. NAFTA is clearly an agreement that benefits large multi-

national corporations which are pushing for the implementation of the Security & Prosperity Partnership (SPP), and expansion of NAFTA.

As Maude points out in her letter, all of this benefits corporate interests and has a profound effect on our sovereignty. In her words, NAFTA practically erased the border as far as foreign investment is concerned, radically lowered wages and labour standards, and took away Canada's sovereign ability to pass meaningful new environmental legislation.

There has been talk that President Barack Obama wishes to re-negotiate NAFTA. This provides us with a golden opportunity to take back our energy security. It is unthinkable that Canada is the only NAFTA country that does not have an energy policy. We have agreed to supply cheap oil and gas to the United States and are unable to cut back on export without proportionally decreasing our domestic consumption.

While we export 63% of our oil and 56% of our natural gas to the US, east of Ottawa, we import 90% of our oil. We could be self-suffi-

cient in oil and gas by developing more refining capacity right here in Canada. We could be constructing pipelines across Canada as well as an East-West power grid. Over 400 people showed up in Nelson last year to hear NDP International Trade critic Peter Julian outline the dangers of the SPP for Canada. Subsequently, a number of our communities passed resolutions against Canadian participation in the SPP.

In her letter, Maude also mentions that NAFTA defines water as a good which means that once bulk water exports begins in one province, they cannot be shut off and all of Canada's water would be up for grabs.

Personally, I view all of this as pretty scary stuff. Most people that I have talked to, regardless of political affiliation, would like to see Canada control its sovereignty. It simply does not make sense that we sign all these so-called free trade agreements and hand over control of our destiny to foreign governments or corporations. How is it possible that Chapter 11 of NAFTA allows Exxon Mobil to sue the federal government because Newfoundland requires that some of the company's revenues from off-shore development be re-invested?

By signing NAFTA and promoting the SPP, we are rapidly losing Canada as we know it.

I do not believe this is what most Canadians want. It is time for our Prime Minister to protect Canadian interests so that we have a future for our children.

Let's put Canada first!

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weekly entertainment guide

TUESDAY, FEBRUARY 3, 2009 THROUGH MONDAY, FEBRUARY 9, 2009



Princeton Flyers hosted a 'C' Spirit of 2010 Hockey Tournament over the weekend. The youngsters also played a 6-minute 'mini game' against Kamloops Steelers during the January 31st Posse/Storm game. *

Posse win big against Revelstoke

The scene was set.

The Valley First Princeton Posse has had a pretty rough couple of weeks. The team is coming off a four-game losing streak, which includes a pointless three-game road trip deep into the Kootenays and looks to end the season with nine out of their last ten games inter-divisional contests. To add to this, the Posse currently sits in fifth place in their division, the last play-off spot.

So when the Revelstoke Grizzlies came to town January 30th, there was a lot riding on the game, especially considering the Grizzlies are ahead of Princeton by only two points in the standings.

Former Posse trainer Clint Clifton described the match up perfectly during the team's webcast prior to the opening face-off.

"The teams are a mirror image of each other. Even the refs will say in this league these two teams play very similar styles of hockey and obviously, with the standings they're a couple points away from each other so it should be a really hard fought hockey game tonight."

Clifton called it spot on.

The first period saw a lot of posturing from both teams but no scoring.

Princeton got on the scoreboard first at 13:49 of the second period with a goal by Matt Chomyc. Assists went to Kyle L'Arrivee and Leeland Malkinson.

Then at 7:59 Spencer Brooks took a pass from Jared Hidber and took the puck into Grizzly territory. Brooks had his stick extended as far

as he could get it with one hand and whipped himself around a Revelstoke player and managed to one-hand a backhander into the net for Princeton's second goal of the night.

Revelstoke replied with a power play goal with 56.1-seconds left in the frame.

The third period saw Revelstoke tie the game at 10:06.

Princeton applied intense amounts of pressure on the Revelstoke net and it paid off at 9:38 when Brody Brewster fed the puck to Derrick DeLisser who passed across the front of the goal crease and Nate Rempel was able to poke the puck behind the goalie before he could

Kamloops 124, Princeton 117

When you talk about a game where one team clearly dominates the other, it usually means everything from playing the game to stats and data collected from that match.

The January 31st game at Princeton Arena where the Valley First Princeton Posse hosted Kamloops Storm for their final regular season game together was all about domination.

The Storm controlled the play virtually from the opening face-off and scored two goals in the first period.

The first intermission featured a 6-minute 'mini game' with the Princeton Flyers taking on Kamloops Steelers. The game was to assist in cross promoting the Princeton Flyers 'C' Spirit of 2010

get into position.

Princeton added another goal at 8:06 by Matt Chomyc. Assists went to John Minot and Kyle L'Arrivee.

Although both teams were obviously evenly matched throughout the game, it was the incredible play by both netminders (Princeton's Michael Garteig and Revelstoke's Jordan Barry) that kept the scoring down to a minimum.

Final score: Princeton 4, Revelstoke 2. Shots on goal: Revelstoke 31, Princeton 25.

The Princeton Dairy Queen/Overwitea Foods players of the game were: #3 - John Minot, #2 - Matt Chomyc and #1 - Michael Garteig.

Hockey Tournament taking place over the weekend at the arena.

The Posse and Storm players stayed on the bench to cheer their respective junior teams on.

The 6 and 7-year olds played a great game, which entertained spectators and prompted the Princeton Posse webcast crew to provide a play-by-play of the action.

The Steelers finished the match with a 2-0 victory.

Speaking of domination, the Storm added three more goals to their total in the second period of the KIJHL contest.

The third period saw a frustrated Princeton Posse attempt to come back adding some hard hits to their repertoire.

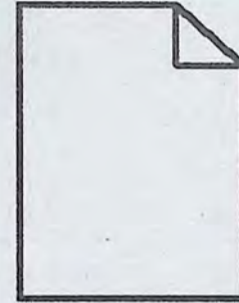
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Hockey action from over the weekend featuring the Valley First Princeton Posse. *



Posse home captain Kyle L'Arrivee added more points to his totals over the weekend at Princeton Arena. *



Minor hockey players Kyle Cosman and Jet Larsen join Jared Hidber and Brooks Christensen as players line up for the National Anthem prior to the January 30th Posse game against Revelstoke. *

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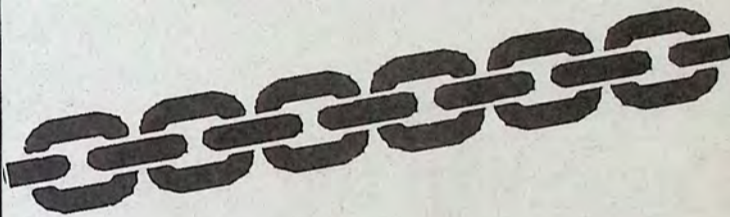
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6 AM	Jeffersons	News (N)	(6:12)	Thomas	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	CSI: NY	Power Play	
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Today's Kitchen;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		What's That About?	(6:59) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits	
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Dierks Bentley; Adriann		Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		Verminator's	Weekend K. Possible	Rachael Ray	CSI: NY	North of 60	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Trigiani. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Soap	
10 AM	Trivial	The Mom Show	Sid	Sesame Street		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	George S.	Bowling	The View (N)	How Do They Do It?	Mickey Handy	The O.C.	CSI: NY "Cold Reveal"	What The Nanny	
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Wall St Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt	Dog Show	Twice in a Lifetime	Really Big Things	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210	
12 PM	Fresh Pr.	Dinner	(11:59)	Charlie Rose	Pilates	News (N)	The Sopranos	All My Children	News (N)	Days of our Lives (N)	News	Being Ian	Premier League Poker II	etalk	Man vs. Wild Panama.	(11:49) Weekend	CityLine	CSI: NY	Seinfeld	
1 PM	Still Std	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	(Taped)	Sue Thomas: F.B. Eye	Verminator's	Dragon Emperor	ER	CSI: NY	Raymond King	
2 PM	King	Guiding Light (N)	(1:59)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBuster's	(1:54) K. Possible	News	CSI: NY	King Family Guy	
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "Talk To Me"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Canada's Worst Driver	Replace Emperor	News (N)	CSI: NY	What	
4 PM	Payne	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Mercer	SpongeBob	NBA Basketball: Toronto Raptors at Cleveland Cavaliers.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Soap	
5 PM	Movie: "Next of Kin" (1989)	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Fortune	SpongeBob	News (N)	How-Made	Suite Life	Privileged (N)	CSI: Crime Scn	Family Guy
6 PM	Patrick Swayze	Global News	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News	Drake	SportsCentre (Live)	News (N)	Destroyed	Zoey 101	Scrubs (N)	Real Vice	Seinfeld	
7 PM	Harvey	El News	Gardens	Nova (N) (DVS)	Jeopardy!	The Doctors	Manhunter	Entertain	Entertain	90210 (N)	Coronatn	Adrenaline	Hockey	etalk	Toughest Race: Iditarod	Wizards	Primetime: What Would	Real Vice	Family Guy	
8 PM	Seinfeld	The Insider	Recreating Eden Lois Hole.	Wild!	The Biggest Loser (N)	NCIS "Agent Afloat"	The Beast "Nadia"	Homeland Security USA	NCIS "Agent Afloat"	NCIS "Agent Afloat"	Mercer	Malcolm	Sports	American Idol (N)	Daily Planet	Suite Life	News (N)	Disorderly Con.	Seinfeld	
9 PM	Movie: "Next of Kin" (1989)	Global News	Choir (Part 3 of 5)	Frontline (N) (DVS)	The Mentalist	The First 48	Scrubs (N)	90210 (N)	Project Runway Canada	News Hour Final (N)	National	Falcon Beach	(Taped)	Law & Order: SVU	Toughest Race: Iditarod	School Cory	(10:06) Make Me a Supermodel	Disorderly Con.	Married...	
10 PM	Patrick Swayze	Ruby	Rebellion: The Litvinenko Case (N)	Independent Lens (N)	Law & Order: SVU	(10:01) Without a Trace (N)	The First 48	Primetime: What Would	Project Runway Canada	News (N)	ET Canada	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	Judge	Disorderly Con.	King	
11 PM	Sanford Montel W.	News (N)	Case (N)	Charlie Rose (N)	News (N)	News (N)	Manhunter	News	News (N)	ET Canada	(11:05) The Hour	Ghost		News (N)	How-Made	Life Derek	Paid Prog.	Disorderly Con.	King	

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6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	Dog	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	Crow-Stairway
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Today's Home;	The Early Show (N)	Dog	Good Morning America (N)			Turbo	Hawks	SportsCentre		Ultimates	(6:56) Phineas	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious	Seamus Mullen; Andy		Dog			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend K. Possible	Rachael Ray	CSI: NY	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Garcia. (N)	The 700 Club	Dog	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: NY	Reality
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street		The Price Is Right (N)	Dog the Bounty Hunter	The View (N)	World Vision	Debt Part House	Wilbur	George S.	High School Football	The View (N)	Destroyed	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	Dog	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Dewitt	Dog Show	Twice in a Lifetime	Mayday	Benj Bear (11:25) King	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	(12:02)	Charlie Rose	Money	News (N)	Dog	All My Children	News (N)	Days of our Lives	News	Being Ian	Premier League Poker II	etalk	Blueprint for Disaster	Weekend	CityLine	CSI: NY	Seinfeld
1 PM	Still Std	Home to	Maggie	Art Work	Days of our Lives (N)	As the World Turns (N)	Dog	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	(Taped)	Sue Thomas: F.B. Eye	Toughest Race: Iditarod	Dragon Emperor	ER "In a Different Light"	CSI: NY	Raymond
2 PM	King	Guiding Light (N)	(2:01)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Dog	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBuster's	(1:54) K. Possible	News	CSI: NY	70s Show
3 PM	Seinfeld	Whose Wedding Is It?	(3:02) Zoboomafo o "Pop Goes the Tiger"	Big World	Judge	Dr. Phil	Dog	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace Emperor	News (N)	CSI: NY	What
4 PM	Payne	Deal No	George S.	Cyberchas	Judge J.	Oprah Winfrey	Dog the Bounty Hunter	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Laughs	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Reality
5 PM	Movie: "The Fifth Element" (1997) Bruce Willis	News (N)	Martha	BBC News	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Hockey: Toronto Maple Leafs at Buffalo Sabres.	News (N)	Austin Stevens	Suite Life	13: Fear Is Real	CSI: Crime Scn	Family Guy
6 PM	Global News	Think Big	News-Lehrer	News (N)	News (N)	Dog	News	News	News (N)	ET Canada	News	Drake	SportsCentre (Live)	News (N)	Deadliest Catch	Zoey 101	Chris	UFC's Ultimate Fight Night	Seinfeld
7 PM	Seinfeld	The Insider	Canadian Waterways	Monarchy-Royl	Jeopardy!	The Doctors	Dog	Entertain	Entertain	Life on Mars (N)	Coronatn	In The Real World (N)	Sports	etalk	Mayday	Wizards	I Love Money	Married...	
8 PM	Family Guy	Knight Rider (N)	Man Made Marvels (N)	George Carlin; Twain Prize	Knight Rider	Criminal Minds	Dog	Lost "Jughead"	House	House	Week Women	Malcolm	Sports	American Idol (N)	Daily Planet	Suite Life	News (N)	UFC	Seinfeld
9 PM	Movie: "The Fifth Element" (1997) Bruce Willis	Party Monsters: Cabo	Giuseppe Verdi; Messa da Requiem	Mike Neun	Life "Re-Entry" (N)	Grammy Special	Dog the Bounty Hunter	Lost "The Little Prince"	Lie to Me (N)	Lie to Me (N)	fifth estate	Adrenaline	Premier League Poker II	Criminal Minds	MythBuster's	Wizards	(9:06) Jimmy Kimmel	CSI: NY	70s Show
10 PM	Patrick Swayze	Bruce Jenner: THS	Requiem	Jack Lemmon	Law & Order (N)	CSI: NY "Page Turner"	Dog	(10:02) Life on Mars (N)	(10:02) Life on Mars (N)	News Hour Final (N)	National	Falcon Beach	(Taped)	CSI: NY "Page Turner"	Austin Stevens	School Cory	(10:06) The Flavor of Love	Disorderly Con.	Married...
11 PM	Sanford Montel W.	News (N)	Montreal Jazz	Charlie Rose (N)	News (N)	News (N)	Dog	News	News (N)	ET Canada	(11:05) The Hour	Ghost		News (N)	How-Made	Life Derek	Paid Prog.	Disorderly Con.	70s Show

News Leader Horoscopes

February 4 - 11, 2009

Aries - This is a good month for you. You feel happier, more energetic, and you want to do things with groups. Do not go overboard with fun & plans. Take good care of your health.

Taurus - You feel a new surge of positive energy. Career prospects will benefit from your work and charm. Groups you belong to will be in turmoil. Don't let their problems affect you.

Gemini - If you want to go on a winter holiday, now is the time. If you are studying, you can make real progress if you buckle down. Career and home can have major conflicts.

Cancer - You need to deal with debts, mortgage, taxes, investments. You may receive benefits from others but don't count on it. Put your financial house in order. Job runs smoothly.

Leo - You could have some turmoil re: investments, possessions, or taxes. Proceed with caution. Friend or partner has big ego, but means well. Sibling may visit, offer advice.

Virgo - Job runs smoothly, health is good. There may be some conflict between you and partner or with friend. Don't demand too much, but don't put up with unreasonable behaviour.

Libra - You have fun with young folk, keep busy with creative projects. You need to find ways to enjoy life and may look for more freedom. Guard health, work hard on job.

Scorpio - Home can be a place where you have a lot of fun, and a lot of activity you enjoy. Perhaps you entertain at home, or make home a brighter place. Expect health or job upsets.

Sagittarius - Home may seem restrictive this month, or upsets in the family may test you. Career demands conflict with home life. You hear lots of good news from sibling.

Capricorn - You need to be concerned about money. You may get more but have to spend more. Sibling may need help or have or cause problems. Guard against colds, flu. Be happy at home.

Aquarius - You are in your element, you have lots of energy and you feel good. Sibling may bring benefits, or you may get some good news. Finances are tight, pay debts, taxes.

Pisces - You are full of bright ideas, and may chafe at limitations that seem to come from partner, friends. Try to be more stable, less erratic. See into yourself and seek the positive.

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tuesday movies

AFTERNOON

EVENING

5:00 pm WTBS (3) ★★½ "Next of Kin" (1989, Crime Drama) Patrick Swayze. A Chicago policeman and his Kentucky hills brother hunt a mob enforcer for killing another brother. (G)

9:00 pm WTBS (3) ★★½ "Next of Kin" (1989, Crime Drama) Patrick Swayze. A Chicago policeman and his Kentucky hills brother hunt a mob enforcer for killing another brother. (G)

wednesday movies

AFTERNOON

EVENING

5:00 pm WTBS (3) ★★★ "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (G)

9:00 pm WTBS (3) ★★★ "The Fifth Element" (1997, Science Fiction) Bruce Willis. A New York City cabdriver tries to save 2259 Earth from impact with an onrushing anti-life force. (G)

News Leader Recipe Corner (Recipe #257)

Brought To You By: Similkameen News Leader

Honey Crystal Almonds

Ingredients

- 1/4 cup honey
- 2 tablespoons butter
- 2 cups whole natural almonds
- 1 cup turbinado sugar (raw sugar crystals)

Directions

- Spread almonds in a shallow pan. Place in cold oven; turn oven to 350°F and roast 12 to 20 minutes, stirring occasionally, until well roasted.
- Over medium heat in medium saucepan, heat honey and butter to boiling. Reduce heat to medium low, simmer 2 minutes, stirring occasionally.
- Add almonds; simmer and stir 2 minutes.
- Using slotted spoon, transfer almonds to baking sheet lined with parchment paper or sprayed with non-stick cooking spray; spread in single layer and cool slightly.
- Toss almonds with sugar to coat using a medium plastic food storage bag.

Per serving for 12 servings:

Calories 237, Cholesterol 5 mg, Fat 14 g, Fibre 3.3 g, Saturated 2.3 g, Calcium 66 mg, Monounsaturated 8.3 g, Magnesium 69 mg, Polyunsaturated 2.5 g, Sodium 23 mg, Carb 27 g, Potassium 182 mg, Protein 4 g, Vitamin E 1.3 mg*

*Total Alpha-Tocopherol Equivalents

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thursday movies

EVENING

7:00 pm WTBS (3) ★½ "The Cookout" (2004, Comedy) Ja Rule. After her son signs a contract with an NBA team, a woman invites friends and family to a wild barbecue at his new mansion. (G)

young couple jeopardize their marriage when they rent their guest-house to a seductive woman. (G)

10:15 pm WTBS (3) ★½ "The Cookout" (2004, Comedy) Ja Rule. After her son signs a contract with an NBA team, a woman invites friends and family to a wild barbecue at his new mansion. (G)

9:00 pm CHBC (4) "Ties That Bind" (2006, Suspense) Nicole de Boer. A

friday movies

EVENING

7:30 pm FAM (26) ★★★ "My American Cousin" (1985, Comedy-Drama) Margaret Langrick. Premiere. Summer-of-'59 boredom ends for a British Columbia girl when her handsome cousin arrives in a red Cadillac.

9:00 pm WTBS (3) ★★ "The Sixth Man" (1997, Comedy) Marlon Wayans. A college athlete returns from the dead to help his brother's basketball team win the NCAA title. (G)

Bones and Silence (1998, Mystery) (Part 1 of 2) Warren Clarke. Dalziel believes that a neighbor killed his wife for her money, but the suspect claims the death was a suicide. (N)

FAM (26) ★★½ "Tiger Cruise" (2004, Drama) Hayden Panettiere. Terrorists strike on Sept. 11, 2001, while a teenager is visiting her father aboard the USS Constellation. (G)

10:30 pm FAM (26) ★★ "Strange Brew" (1983, Comedy) Dave Thomas. Premiere. The Canadian McKenzie brothers cork a beer-factory brewmeister who's out to rule the world.

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THURSDAY, FEBRUARY 5, 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 ⑰	TSN ⑱	VTV ⑳	DISC ㉔	FAM ㉒	CITY ㉑	SPIKE ㉔	TROP ㉕	
6 AM	Jeffersons	News (N)	(6:12)	Thomas	News (N)	News (N)	The First 48	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henrys	CityLine	CSI: NY	Traders	
:30	Jeffersons	(6:34) Tube	George S.	Lions								Team				King		"Boo"		
7 AM	In the Heat of the Night	Room	Martha	Arthur (E)	Today	The Early Show (N)	The First 48	Good Morning America (N)			Razberry	Hawks	SportsCentre		Mega Builders	(6:56)	The Tyra Banks Show	CSI: NY	Outer Limits	
:30		That News	Dora	Martha	Women's heart health; Amy Wechster; Amanda		"Hard Fall"				Animal	Monster			Phineas					
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			The First 48			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		Toughest Race: Iditarod	Weekend	Rachael Ray	CSI: NY	North of 60	
:30	Cosby	What	Magie Bus	Sid	Freitag; Jane Seymour; Dierks						Busytown	Viva Pinata			K. Possible			"Buzzkill"	"The Visit"	
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record		Regis and Kelly		News (N)	CSI: NY	Make	
:30	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	Strongman			Tigger	City		What	
10 AM	Trivial	The Mom Show	Sid	Sesame Street (E)	Bentley (N)	The Price Is Right (N)	The First 48	The View (N)	Hospital for Sick Kids	Debt Part House	Wilbur	George S.	2009 Crashed Ice		The View (N)	Austin Stevens	Mickey Handy	The O.C.	CSI: NY	What
:30	Trivial		(10:35)								Doodlebop	Dragon			Twice in a Lifetime	Forensic Factor	Benj Bear	The Bonnie Hunt Show	CSI: NY	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	The First 48	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Living	Dewitt					(11:25) King	CSI: NY	Beverly Hills, 90210	
:30	Harvey	Guys	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Willa	Premier League Poker II	etalk	Mayday		Weekend	CSI: NY	Seinfeld	
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose			The First 48	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian						CSI: NY	Seinfeld	
:30	Fresh Pr.	Design U	(12:38)								CBC News	George S.	(Taped)	Bold				CSI: NY	Seinfeld	
1 PM	Still Stud	Home to Buy Me	Maggie	Landscape	Days of our Lives	As the World Turns (N)	The First 48	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob		Sue Thomas: F.B. Eye	Deadliest Catch	Dragon	ER "Officer Down"	CSI: NY	Raymond	
:30	Still Stud		Daniel	Quilting							Erky Perky	NHL			Emperor			CSI: NY	Just Shoot	
2 PM	King	Guiding Light (N)	Franklin	Barney	The Bonnie Hunt Show	Guiding Light (N)	The First 48	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54)	News	CSI: NY	Just Shoot	
:30	King		BluesClues	WordWorld							Ruby	Interruptio		K. Possible				CSI: NY	Family Guy	
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboofafo "Feeling"	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Figure Skating: Four	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What	
:30	Friends	Debt Part	Good"	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News Global	Continents Champ.	SpongeBob	NHL	Ellen DeGeneres Show	Daily Planet (N)	(4:08)	Law & Order: SVU	CSI: Crime Scn	Make	
4 PM	Payne	Deal No	George S.	Cyber	Judge J.						Simpsons	OddParent	Bruins at Ottawa Senators. (Live)	News (N)	Destroyed	Suite Life	Ugly Betty "Kissed Off"	CSI: Crime Scn	Family Guy	
:30	Payne										Fortune	SpongeBob		Destroyed	Montana			CSI: Crime Scn	Seinfeld	
5 PM	Friends	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Sports	Grey's Anatomy (N)	Destroyed	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld	
:30	Friends		(5:34)	Business	NBC News	CBS News					Fortune	SpongeBob		Destroyed	Life Derek	(6:31) 30		CSI: Crime Scn	Raymond	
6 PM	Friends	Global	Creatures	News-Lehrer	News	News (N)	The First 48	News	News (N)	ET Canada	News	Drake	NHL	etalk	MythBusters	Wizards	Hell's Kitchen (N)	CSI: Crime Scn	Family Guy	
:30	Friends	News	Working		Millionaire	Hollywood				Entertain		iCarly		Hollywood	Wizards	Montana		CSI: Crime Scn	Seinfeld	
7 PM	Movie: "The Cookout" (2004)	El News	Eden	Educating Spokane	Jeopardy!	The Doctors	The Beast "Infected"	Entertain	Entertain	The Unit "Inquisition"	Coronatn	H2O Just Jeopardy!	Hockey: Chicago Blackhawks at Calgary Flames.	etalk	MythBusters	Wizards		CSI: Crime Scn	Seinfeld	
:30		The Insider	e2 (N)		Fortune			The Insider	ET Canada			Prank Ptrl			Wizards	Montana		CSI: Crime Scn	Married...	
8 PM	Movie: "The Cookout" (8:45)	Name Earl	Falin-Europe	Poirot "Problem at Sea"	Name Earl	Big Bang	The Beast "Infected"	Ugly Betty "Kissed Off"	Bones (N) (PA)	Bones (N) (PA)	The Nature of Things	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Seinfeld		
:30		Kath &			Kath &	How I Met								Buzz	Life Derek	(8:35) News		CSI: Crime Scn	Seinfeld	
9 PM	Movie: "Ties That Bind" (2009)	Vertical	Architecture	New Tricks "Casualty"	The Office	CSI: Crime Scn	The First 48	Grey's Anatomy (N)	The Office	The Office	Doc Zone (N)	In The Real World	Sports	Grey's Anatomy (N)	Destroyed	Life Derek	Wizards	Jimmy Kimmel	MANswers	Just Shoot
:30		Nicole de Boer.			(10:01) ER (N)	(10:01) Eleventh Hour		(10:02) Private Practice (N)	The Unit "Inquisition"	News Hour Final (N)	National	Falcon Beach "Lost"	Strongman	Destroyed	School	Flavor of Love	Married...	MANswers	Just Shoot	
10 PM	Movie: "The Cookout" (2004)	News (N)	Sabrina's Law	Charlie Rose (N)	News (N)	News (N)	The Beast "Infected"	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Destroyed	Suite Life	Judge	Disorderly Con.	Just Shoot	
:30		Guy Staff			Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)	Destroyed	Life Derek	Paid Prog.		Just Shoot	

FRIDAY, FEBRUARY 6, 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 ⑰	TSN ⑱	VTV ⑳	DISC ㉔	FAM ㉒	CITY ㉑	SPIKE ㉔	TROP ㉕	
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	SportsCentre	Canada AM	Daily Planet	Henrys	CityLine	CSI: NY	Adventures of Sinbad	
:30	Jeffersons	(6:34) Tube	George S.	Lions			American Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56)	The Tyra Banks Show	CSI: NY	The Outer Limits	
7 AM	In the Heat of the Night	Room	Martha	Arthur (E)	Today	The Early Show (N)	The First 48				Razberry	Dinosaur	SportsCentre							
:30		That News	Dora	Martha	Today's Style; Elizabeth Somer; Today's						Animal	Dinosaur								
8 AM	Cosby	Ad Pers	(7:59) Hi-5	Curious			The First 48			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		MythBusters	Weekend	Rachael Ray	CSI: NY	North of 60	
:30	Cosby	What	Magie Bus	Sid	Matters of the Heart. (N)						Busytown	Viva Pinata		K. Possible				"Buzzkill"		
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record		Regis and Kelly		News (N)	CSI: NY	Tube Tales	
:30	Fam. Feud		Clifford	Clifford							Gofrette	Timothy	In Corner			Tigger	City		What	
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	George S.	Boxing: Friday Night Fights.		The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	CSI: NY	What
:30	Trivial		(10:34)								Doodlebop	Jane			Twice in a Lifetime	Canada's Worst Driver	Benj Bear	The Bonnie Hunt Show	CSI: NY	Beverly Hills, 90210
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)	Living	Dewitt					(11:25) King	CSI: NY	Seinfeld	
:30	Harvey	Guys	Berenstain	Sit-Be Fit				Paid Prog.			Antiques	Willa	Premier League Poker II	etalk	Destroyed	Weekend		CSI: NY	Seinfeld	
12 PM	Fresh Pr.	Ent, Shrink	(11:59)	Charlie Rose			The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	Being Ian						CSI: NY	Seinfeld	
:30	Fresh Pr.	Design U	(12:37)								CBC News	George S.	(Taped)	Bold	Destroyed	Weekend		CSI: NY	Seinfeld	
1 PM	Still Stud	Home to Buy Me	Maggie	Painting	Days of our Lives	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob		Sue Thomas: F.B. Eye	Destroyed	Dragon	ER "Gravity"	CSI: NY	Raymond	
:30	Still Stud		Daniel	Beads Bbl							Erky Perky	NHL			Emperor			CSI: NY	Frasier	
2 PM	King	Guiding Light (N)	(1:59)	Barney	The Bonnie Hunt Show	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54)	News	CSI: NY	Frasier	
:30	King		BluesClues	WordWorld							Ruby	Interruptio		K. Possible				CSI: NY	Frasier	
3 PM	Seinfeld	Whose Wedding Is It?	Zoboofafo "Humans" (DVS)	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Figure Skating: Four	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY	What	
:30	Friends	Debt Part		WordGirl	Judge						Pokemon	Sports		How-Made	Emperor			CSI: NY	What	
4 PM	Payne	Deal No	George S.	Cyberchase	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Continents Champ.	SpongeBob	Hockey: Montreal Canadiens at Buffalo Sabres.	Ellen DeGeneres Show	Daily Planet (N)	(4:08)	Law & Order: SVU	CSI: Crime Scn	Tube Tales	
:30	Payne										Mighty B	NHL		Destroyed	Phineas			CSI: Crime Scn	Tube Tales	
5 PM	Black in America	News (N)	Martha	BBC News	News (N)	News (N)	CSI: Miami	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Sports	News (N)	Discovery Project Earth	Suite Life	Mantracker	CSI: Crime Scn	Family Guy	
:30			(5:33)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob	Strongman	News (N)	Man vs. Wild	Zoey 101	Survivorman	DEA "Up the Ladder"	Seinfeld	
6 PM		Global	Heads Up	News-Lehrer	News (N)	News (N)	CSI: Miami	News	News (N)	ET Canada	News	iCarly	NHL	etalk	Deranged	Wizards	Crusoe	DEA	Family Guy	
:30		News	Time		Millionaire	Hollywood				Entertain		iCarly		Hollywood	(N) (E)	Movie: "My American Cousin"		DEA	Seinfeld	
7 PM	Harvey	E News	Arctic Mission: Climate	Wash Wk	Jeopardy!	The Doctors	CSI: Miami	Entertain	Entertain	NUMB3RS (N)	Coronatn	iCarly "Go to Japan"	SportsCentre (Live)	etalk	Deranged	Wizards	Crusoe	DEA	Family Guy	
:30	Seinfeld	The Insider		McLaughlin	Fortune			The Insider	ET Canada		Jeopardy!			Hollywood		Movie: "My American Cousin"		DEA	Seinfeld	
8 PM	Family Guy	To Be Announced	Poirot (N)	Bill Moyers Journal (N)	Howie Do	Ghost Whisperer (N)	Criminal Minds	Wife Swap (N)	Howie Do	Howie Do	Marketple	iCarly	Off-Record	Ghost Whisperer	Daily Planet	News (N)	DEA	Seinfeld		
:30	Family Guy				Howie Do										(8:35) News			Seinfeld		
9 PM	Movie: "The Sixth Man" (1997)		"Dalziel and Pascoe"	NOW	Friday Night Lights (N)	Flashpoint (N)	CSI: Miami	Supernanny (N)	Friday Night Lights (N)	Friday Night Lights (N)	Just for Laughs (N)	Falcon Beach	Boxing: Friday Night Fights. (Same-day Tape)	Flashpoint (N)	Man vs. Wild	Movie: "Tiger Cruise"	(9:06)	MANswers	Family Guy	
:30				Served										Man vs. Wild				MANswers	Family Guy	
10 PM	Marlon Wayans.	20/20	A War Story POW Ben	Vicar-Dbly	Dateline NBC	NUMB3RS	CSI: Miami	20/20	NUMB3RS (N)	News Hour Final (N)	National	Ghost	Raising the Bar	Discovery Project Earth	Movie: "Strange Brew" (1983)	Party Poker	(10:05)	Game	Married...	
:30												Mystery		Deranged	Judge	MXC	Seinfeld	Raymond		
11 PM	Sanford	News (N)	Wheeler (N)	Austin City Limits (N)	News (N)	News (N)	CSI: Miami	News	News (N)	(11:03) ECW (N)	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	Destroyed	Life Derek	Paid Prog.	MXC	Frasier	
:30	Montel W.	Guy Staff	Haida Art		Tonight	Late Show		(11:35)				Ghost		News (N)				MXC	Frasier	

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #163 - Rated Easy

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

CHALLENGE #164 - Rated Hard

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

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

10:00 am WTBS (3) ★★ "Feeling Minnesota" (1996, Comedy-Drama) Keanu Reeves. Two lowlife lovers and a dog flee with loot to Las Vegas with angry people on their trail. (E)

AFTERNOON

12:00 pm FAM (26) ★★½ "First Kid" (1996, Comedy) Sinbad. A loud Secret Service agent understands

the president's teenage son, though most consider him difficult. (E)
1:41 pm FAM (26) ★★½ "The Adventures of Pinocchio" (1996, Fantasy) Martin Landau. A fairy answers a wish, bringing to life the puppet of woodcarver Geppetto, who names him Pinocchio. (E)

4:00 pm YTV (18) ★½ "Yu-Gi-Oh!" (2004, Fantasy) Voices of Dan Green. Animated. Young Yugi must use his game skills to defeat his bitter rival and an Egyptian mummy. (In

Stereo) (E)
5:00 pm WTBS (3) ★★½ "Titanic" (1997, Drama) Leonardo DiCaprio. A society girl abandons her haughty fiancé for a penniless artist on the ill-fated ship's maiden voyage. (E)

EVENING

6:00 pm CITY (29) "Wicked Minds" (2002, Suspense) Angie Everhart. After returning home from college, a man embarks on a passionate affair that leads to the murder of his father. (E)

8:00 pm CHBC (4) "Past Tense" (2006, Suspense) Paula Trickey. A woman uncovers alarming revelations after her 10-year-old daughter claims to have had a past life. (E)

8:05 pm KSPS (6) ★★½ "The Pink Panther Strikes Again" (1976, Comedy) Peter Sellers. Inspector Clouseau's on the trail of his ex-boss, out to destroy the world. (In Stereo) (E)

9:00 pm FAM (26) ★★½ "Short Circuit" (1986, Comedy) Ally Sheedy. An animal lover befriends harmless runaway military robot No. 5, followed by its inventor. (E)

9:30 pm WTBS (3) ★★ "Anaconda" (1997, Suspense) Jennifer Lopez. A snake hunter commandeers a documentary crew in the Brazilian jungle, forcing them to battle a monster boa.

10:39 pm FAM (26) ★★½ "Dancer, Texas" (1998, Comedy) Breckin Meyer. Four teens rile residents of a tiny town off Highway 91 with their decision to relocate in Los Angeles. (E)

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sunday movies

MORNING

8:30 am WTBS (3) ★★½ "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class president, a teacher/adviser schemes to keep her from winning. (E)

10:30 am WTBS (3) ★★½ "Interview With the Vampire" (1994, Horror) Tom Cruise. The immortal Louis tells of his life as a vampire recruited by Lestat in 1791 Louisiana. (E)

AFTERNOON

12:00 pm FAM (26) ★★ "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After moving to New Jersey with her mother, a teen tries to dethrone the most popular girl at her new school. (E)

1:00 pm WTBS (3) ★★ "Anaconda" (1997, Suspense) Jennifer Lopez. A snake hunter commandeers a documentary crew in the Brazilian jungle,

forcing them to battle a monster boa. (E)

1:30 pm FAM (26) "Stuck in the Suburbs" (2004, Comedy-Drama) Danielle Panabaker. Two friends set out to reveal the true persona of a pop star whose flashy image was manufactured by his record company. (E)

3:00 pm WTBS (3) ★★ "Anacondas: The Hunt for the Blood Orchid" (2004, Suspense) Johnny Messner. While exploring the jungles of Borneo, scientists and their guide encounter monstrous, man-eating snakes. (E)

4:00 pm YTV (18) ★★½ "Tim Burton's Corpse Bride" (2005, Fantasy) Voices of Johnny Depp. Animated. In 19th-century Europe, a gifted pianist mistakenly weds a dead woman who takes him to the underworld. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "The Grudge" (2004, Horror) Sarah Michelle Gellar. An American exchange student and her boyfriend encounter vengeful spirits that haunt a house in Tokyo. (E)

CBC (3) ★★½ "Sky High" (2005, Comedy) Michael Angarano. Hoping he will follow in their footsteps, two superheroes send their reluctant son to a training school. (In Stereo) (E)
CITY (29) ★★½ "Rain Man" (1988, Comedy-Drama) Dustin Hoffman. A wheeler-dealer meets his brother, an institutionalized autistic-savant, heir to \$3 million. (E)

EVENING

6:00 pm YTV (18) ★★½ "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) (E)

7:00 pm WTBS (3) ★★ "The Grudge" (2004, Horror) Sarah Michelle Gellar. An American exchange student and her boyfriend encounter vengeful spirits that haunt a house in Tokyo. (E)

9:00 pm WTBS (3) ★★ "Anacondas: The Hunt for the Blood Orchid" (2004, Suspense) Johnny Messner. While exploring the jungles of Borneo, scientists and their guide encounter monstrous, man-eating snakes. (E)

KHQ (7) "XIII" (2009, Suspense) (Part 1 of 2) Val Kilmer. Premiere. An amnesiac faces accusations of assassinating the first female U.S. president. (In Stereo) (E)

FAM (26) ★★½ "My Dog Skip" (2000, Drama) Frankie Muniz. In 1942 a shy boy receives an exuberant Jack Russell terrier that plays matchmaker and helps protect him from bullies. (E)

10:15 pm KNOW (5) "Dalziel and Pascoe: Bones and Silence" (1998, Mystery) (Part 1 of 2) Warren Clarke. Dalziel believes that a neighbor killed his wife for her money, but the suspect claims the death was a suicide. (E)

10:36 pm FAM (26) ★★½ "Rudy" (1993, Drama) Sean Astin. With heart and determination an Illinois youth tackles shortcomings to play Notre Dame football. (E)

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SATURDAY, FEBRUARY 7, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming schedules for Saturday, February 7, 2009.

SUNDAY, FEBRUARY 8, 2009

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming schedules for Sunday, February 8, 2009.

MONDAY, FEBRUARY 9, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	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	Married... Married...	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentre		Cash Cab	(6:56) Phineas	The Tyra Banks Show	Married... Married...	Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Cold Case Files			100 Huntley Street (N)	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	Unsolved Mysteries	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!			The 700 Club	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	TV Made
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (E1)			The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	George S. Jane	PBA Bowling	The View (N)	Ult Cars Destroyed	Mickey Handy	The O.C.	Unsolved Mysteries
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	World Vision	(10:59) News (N)	Miracles	Dewitt	Strongman	Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
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 (N)	Being Ian	Madden Challenge (N)	etalk	Super Ships	(11:49)	CityLine	CSI: NY "Admissions"	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	Winter X Games	Sue Thomas: F.B. Eye	Dirty Jobs	Dragon	ER	CSI: NY	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 (N)	CSI: NY "Taxi"	Raymond
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo o "Creature Neighbors"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	Worst Handyman	Replace	News (N)	CSI: NY "Hostage"	What
4 PM	Payne	Debt Part	Neighbors	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Red Green	SpongeBob	NHL Hockey: New York Rangers at New Jersey Devils.	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	TV Made That News
5 PM	Movie: "Men in Black II"	News (N)	Martha (5:35)	BBC News Business	News (N) NBC News	News (N) CBS News	Intervention "Marie"	News ABC News	News (N) Global	(4:59) News (N) ET Canada	Simpsons Fortune	OddParent	Rangers at New Jersey Devils.	News (N)	MythBusters	Suite Life Montana	The Bachelor (N)	CSI: Crime Scn	Tube Tales E News
6 PM	(2002), Will Smith	Global News	Taste Buds Mechanics	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Intervention "Angelina"	News	News (N) ET Canada	News (N) ET Canada	News (N) Drake	Drake iCarly	SportsCentre (Live)	News (N)	Dirty Jobs "Egg Farm"	Zoey 101 Life Derek		CSI: NY "Hostage"	Make TV Made
7 PM	Welcome	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes (N)	Coronatn Jeopardy!	Adrenaline	Hockey	etalk	Verminator	Wizards	True Beauty "Get Fit"	CSI: Crime Scn	Soap Reality
8 PM	Family Guy	The Soup	History of Britain	Antiques Roadshow (N)	Chuck (N)	Big Bang	Paranormal	The Bachelor (N)	House "Unfaithful" (N)	House "Unfaithful" (N)	Mosque	Malcolm	Sports	Big Bang	Daily Planet	Suite Life Buzz	News (N) (8:35) News	CSI: Crime Scn	Deal-No Deal
9 PM	Seinfeld	Rules	Sense Memories	American Experience (N)	Heroes (N)	Two Men Worst	Intervention "Marie"		24 (N) (PA)	24 (N) (PA)	Being Erica "Til Death"	Prank Ptrl Zixx Level	Auto Race: Targa	Two Men (9:31)	Dirty Jobs "Egg Farm"	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY "Admissions"	Seinfeld
10 PM	Movie: "Men in Black II" (2002), Will Smith	Snoop	Crystal Fear	(DVS) PBS	Medium (N)	CSI: Miami (N)	Intervention "Angelina"	True Beauty "Get Fit"	Heroes (N)	News Hour Final (N)	National	Falcon Beach	Winter X Games	CSI: Miami (N)	Verminator	School Cory	Rock of Love	Disorderly Con.	Married... Raymond
11 PM	Montel W.	Guy Stuff	Haida Art Landscape	Charlie Rose (N)	News (N) Tonight	News (N) Late Show	Paranormal	News	News (N) ET Canada	Entertain (11:05) The Hour	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	MythBusters	Suite Life Life Derek	Judge Paid Prog.	Disorderly Con.	Raymond

monday movies

AFTERNOON

5:00 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

EVENING

9:30 pm WTBS (3) ★★ "Men in Black II" (2002, Comedy) Tommy Lee Jones. Two interstellar agents try to stop an alien disguised as a lingerie model from destroying the world. (E)

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obituary

obituary

Emma Isabell Katherine McRae

July 17, 1921 - August 6, 2008

Emma Isabell Katherine McRae was born to the late Artemus and Anna White on July 17, 1921 in Walla Walla, Washington. Isabell graduated from school in Princeton and went on to take her teacher's training in Vancouver, BC. She married the late Fred McRae in 1943, and they lived together in Williams Lake before relocating to Princeton in 1945.

Isabell liked to curl and golf with her husband. She also enjoyed a good game of bridge and spending time in her garden. She loved going to Reno on bus trips with her husband and friends. Isabell could be found at Monday night bingo for many years.

Isabell was a member of Eastern Star and in her later years she volunteered making cancer dressings. She was also a member of the Royal Canadian Legion.

In 2005, Isabell fell and broke her hip and arm so she was no longer able to live on her own. She spent the last three years of her life at Ridgewood Lodge.

She is survived by her four children, Fred (Marilyn) McRae, Bill (Erma) McRae, Joan (David) Maki and Lora (John) Stinson. She is also survived by eight grandchildren and four great-grandchildren.

It was her request that she be cremated and there be no funeral service.

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for sale

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Gen/Set Diesel 6000 LE - electric start (new). New value \$6,500.00. Asking \$4,500.00 OBO. Gas powered Pressure Washer - 2500 PSI capacity. New value \$700.00. Asking \$475.00 OBO. Call (250) 295-6198 or 295-8288. Jan 27 Feb 10

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

Normandie New York Cabinet Grand Piano. Asking \$400.00. Call (250) 295-6129. Jan 27 Feb 10

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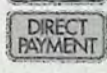
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 Sat, Feb 14 - Revelstoke
 Sun, Feb 15 - Sicamous
 Fri, Feb 20 - Chase

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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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sudoku

CARTER'S
 Sudoku Challenge
 SOLUTIONS TO PUZZLES ON PAGE 16
 CHALLENGE #163 - Easy

231	758	649
764	921	583
958	463	271
549	872	136
176	349	852
823	615	794
692	537	418
315	284	967
487	196	325

CHALLENGE #164 - Hard


769	254	381
182	936	547
534	871	962
895	612	734
417	398	625
326	547	819
971	483	256
658	129	473
243	765	198

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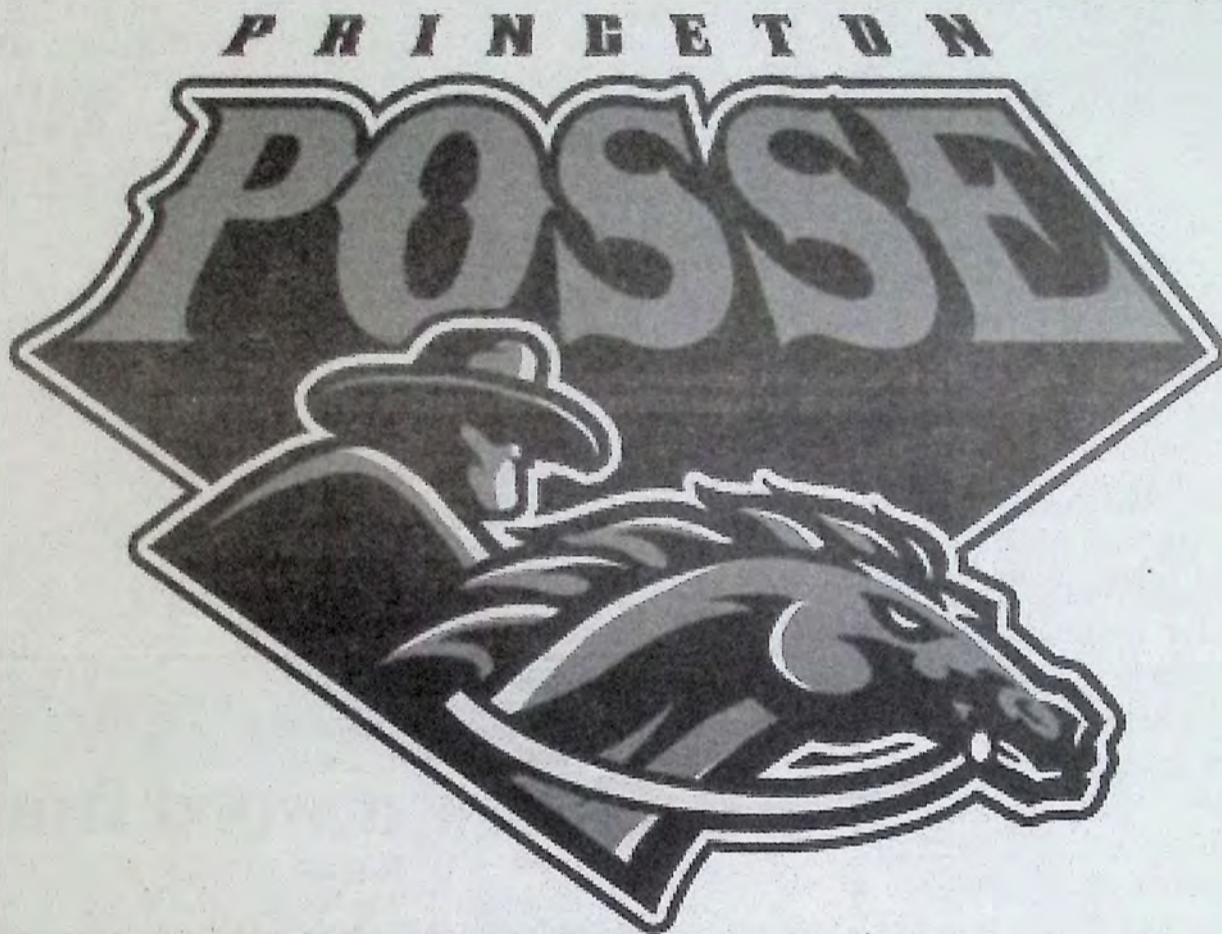
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my turn

I'm going to say blah.

For those of you who think we are sitting on a big bag of money in the newspaper business, let me share with you one of the tough realities of owning a small business in a small town.

Advertising, for most people, seems to be the last bill that gets paid.

Or at least that's what my bookkeeper keeps telling me at this time of year.

Well, having gone through enough 'skinny' Januarys in my life I came up with a plan to keep most of the wolves away from the front door while most everyone else catches up on paying those post-Christmas bills.

My plan actually went in place a few months ago. With a few extra bucks each month I started over paying bills. Yes, you read correctly, I over paid bills. I focussed primarily on gas, power, phones - those sorts of things. I did this with both the business and the home.

At first, at least one utility company contacted me to make sure I had actually intended to pay triple of what I owed on a bill. I confirmed that I was of sound mind and sort of sound body.

Then one day I got a call from another utility company strongly suggesting the size of the over payment I made was going to mess up their accounting of my account. I said I'd take care of it with their next bill, which I promptly over paid by a little bit more.

In December, when the bills started to appear (why does it always seem the bills make it through the mail and cheques sometimes get lost or stuffed in the wrong box?) I discovered I had accumulated credits on all the ones I had pre paid.

That was a pretty good feeling.

It also proved to me that I had to be proactive if I wanted to keep wolves away from the door while we (and most small businesses) wait for customers to catch up on what they owe us.

Last week I got an even better surprise.

The phone bill for the company came in. We owe less than \$25.00 as we've pretty much used up the credit we had accumulated with them. The phone bill for the house, which arrived the same day, still shows a small credit.

I think I'm going to do this every year and suggest that if you find yourself bogged down each December or end up playing 'catch up' each January, consider my over payment strategy.

It really works and it may bring you peace of mind when you may ordinarily be stressed out about how you are going to pay your bills in January.

It doesn't have to be a large amount of an over payment either. Most of our utilities are equal monthly payments, so if you can, pick a month to start over paying and do it every month that you can. You'll build a credit that will come in handy in those slow months.

If it worked for me, it can work for anyone.

Now to come up with a plan to move advertising up the 'bills to pay' list!



your turn

...And now a word from our MP

Dear Editor;

It was with dismay and disbelief that I read Kay Hardy's letter to the editor of January 20th. To think that somehow I and the Leader of our party are involved in some secret plans to break up this country is totally ludicrous.

I would like to remind Ms. Hardy that if Parliament was dysfunctional prior to the October election, it was directly a result of the lack of desire by the Prime Minister to cooperate with other parties for the common good of this country. And, in spite of the partisan rhetoric and games played by the Conservatives,

Letter To The Editor

An open letter to Michael Ignatieff

Dear Mr. Ignatieff;

I was disappointed to hear from some journalists that you are moving toward Prime Minister Harper's policies and the coalition is just seen by you as an emergency measure.

I hope you haven't forgotten that the 62% of the members who would be part of the coalition were

Letter To The Editor

Thank you, Joe!

To The Editor;

Regarding the discussion on polygamy in Bountiful, BC, what's the difference of having a series of wives (or husbands) as in

Parliament was actually working. Bills were being passed and most committees were working productively. There was absolutely no need for an election.

When Parliament resumed last fall, the hope was that Harper would reach out to other political parties in a spirit of cooperation. What we saw was the complete opposite where he rejected any cooperative input from the opposition parties. As a result, the three opposition parties said, enough is enough!

As I have mentioned in my various newsletters and press releases, the formation of a coalition gov-

ernment is a viable option in our democratically elected Parliament. The government of the day can only function if it has the confidence of the House of Commons. If it loses this confidence, the leader of the opposition can be asked to form government.

It is as simple as that. No conspiracy. No East against West. In fact, it would be extremely interesting to know what Ms. Hardy has to say about Stephen Harper's attempt in 2004 to form a coalition government with the NDP and Bloc.

- Alex Atamanenko, MP
BC Southern Interior

also elected by their constituents and won their seats as fairly as the 38% who are Conservatives. If 62% of the Members of Parliament are willing, and have set out the guidelines, to work together for two years why would we choose to support the 38% who have refused to cooperate with the others and have tried to

force them into submission? This government has shown disdain for, and sometimes even belligerence towards the opposition, parliamentary motions and popular opinion.

For me it certainly comes down to trust now. Prime Minister Harper has proven many times over that he has no qualms about saying one thing and doing another.

He's very adamant about who's right (him in every case) and will say whatever he needs to in order to buy time and get his own way. In my opinion whatever he puts in his budget is not worth the paper it's written on.

I hope you've thought fully about this as we sat and twiddled our thumbs for the last several weeks waiting for parliament to open.

- Donna Stocker, Cawston

EDITORIAL GUIDE

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

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

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Dawn Johnson

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Current Comment:

Is it really all that bad?



Dawn Johnson
editor@thenewsleader.ca

Is the recession in Canada really as bad as what the major media keep telling us, or is this "recession" affecting only a small portion of our society?

George and I have been looking at indicators that tell us what this economic downturn is doing. We are looking at the down to earth daily living stuff, and we are seeing some things that tell us this recession may be exaggerated for us Canadians.

First, the economic forecast: analysts stated on January 19 that Canada would be the first nation to pull out of the economic slump because our corporations and government have managed their money better than others. The analysts estimate a six month turnaround for Canada. If you calculated from the first of October, six months later is April, and that's only two months from now. We are already heading out of the recession.

There has been an increase in the number of foreclosures, and these are in the same locations as the big drop in house prices. Both are in the really pricey areas of Vancouver, Toronto and other cities. This is an indication that these houses were over-priced and that the people who bought them went in over their heads to begin with. Some of the responsibility lies with banks who loaned to people who could not carry a big mortgage, and some of the responsibility goes to the borrowers who over-estimated their ability to pay.

The major media tells us of a number of major projects that are at a standstill because they cannot get financing. The credit crunch is the biggest problem these projects are facing. At the root of this problem is the lack of solid backers, individuals who have money to invest and see the project to completion. These developers are like the people who discover they can't pay their mortgages: they have

over-estimated their source of money. These are risk-takers who underestimated their risk, and now are left without resources.

Individual or personal bankruptcies are increasing. Those who delve into the reasons come up with one big reason: too much individual debt, primarily on credit cards. Many of these are students. I can sympathize with the students to some degree, as it is really expensive to get through university. However, many of the people who are going credit card bankrupt have overspent to a ridiculous degree. Again, they have over-estimated their own ability to pay, or they have been totally irresponsible about what they buy.

Unemployment figures are up. This seems to strike the major media as a big indicator of recession. The fact is this: job loss has occurred in two major sectors – the auto industry and the construction industry. Unemployment figures are always up in Canada in the winter due to the seasonal nature of agriculture and tourism. Considering we are in a recession, unemployment figures for Canada in the winter are surprisingly low. In fact, if this were a truly major recession, we would see much higher job loss numbers. I do not count Nortel in this because Nortel's problems are a little different and do not affect a big sector of the telecommunications industry.

We hear about loss of consumer sales in the United States as an indicator of a recession. In Canada, December sales figures tell a different story. Our December sales were the same as in any year before Christmas. There is a survey that asks Canadian householders about what they plan to buy for the coming year, especially big ticket items. The indicators were down in this survey. The survey is used to gauge consumer confidence.

Apparently, we are not so confident as we used to be. In my case, because I save before I buy what they call "big ticket" items like appliances, I have plenty of confidence.

Canadians can come out of this recession much more easily than most nations, and we ordinary citizens can do a great deal toward bringing back our economy simply by paying off our credit cards and putting money into savings. When we pay off our credit cards, there is suddenly more money to lend. When we put money into savings, there is more money to lend. We can also be more cautious about going into mortgages at rates we cannot afford.

I know there are many people with very good incomes who do not know how to get along with less. They are caught up in a habit of spending. Let me give you an example of a couple in their thirties who were having financial troubles and doing a poor job of handling them. The young woman told me they could not go out with friends nor even entertain friends due to the cost of babysitters, drinks, etc. I told her to invite friends over for a potluck supper, or go on a picnic with friends. It doesn't cost much and is fun. She did not know how to shop at discount and thrift stores for kids' clothing, and had no idea how to cook inexpensive meals. Saving money does not necessarily mean putting it in the bank. It can mean shopping wisely, finding the bargains in what you need, and refusing to buy what you do not need.

The worst thing that happens in a recession is the chain reaction of people becoming afraid it will never end. In Canada, the end will come soon and things will pick up in months, not years. In the meantime, it is probably a good idea for a lot of people to review their spending habits and make some changes to ensure our economy becomes stronger.

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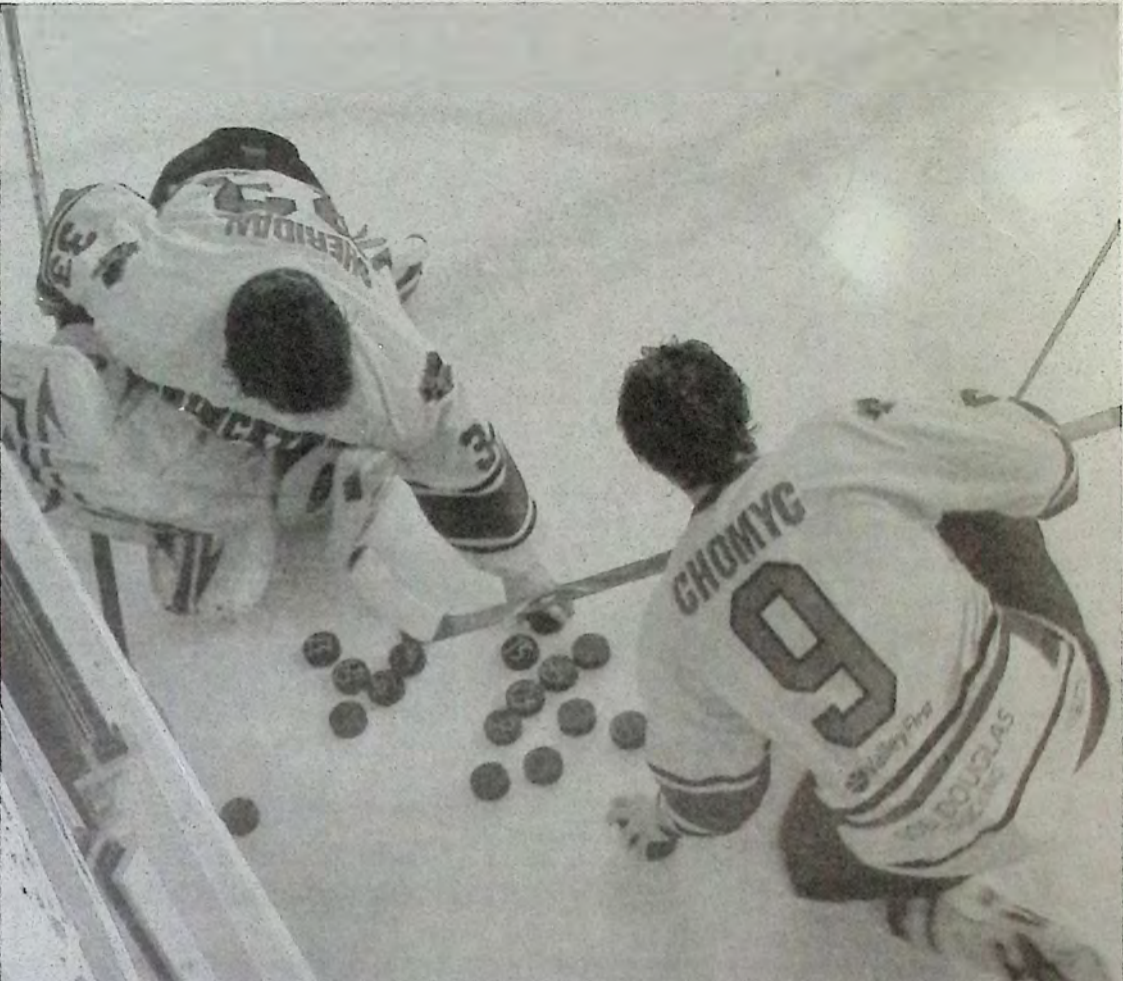
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Fundraising is a fact of life for non-profit organizations. The Princeton Posse continues to generate funds through the Lucky Puck Toss held at each home game. Players Tanner Sheridan and Matt Chomyc collect the numbered pucks following the January 30th event. *

Vermilion Court Report

by Dorothy Stenvold

Is it possible the weatherman has had a nervous breakdown? We no sooner have cold and snow then the clouds roll away giving us sunny days with blue skies and warm breezes. And now I'm told we are to have snow and cold again. We really need the snow so I'm not really complaining.

My daughter took me to see the performance of "You Have the Right to Remain Dead." We both enjoyed the performance immensely.

On Tuesday we were asked to make words from letters used in President Barack Obama. That was easy. We were still finding words

after the chalk board had been put away.

But on Thursday it was different as there were only three vowels in the quote "Hurry up spring." That was a toughie.

Our horoscopes were read from an

February 11 marks fifth annual event

The Princeton Community for Kids group with the support of John Allison Elementary School and Princeton Recreation & Culture Department will be hosting the 5th annual Bedtime and Books as part of its program of activities for Spirit of BC Week 2009.

"We hope families will join us in celebrating Literacy, Spirit of BC and the one year countdown to the 2010 Olympics alongside more than 100 other communities across the province," says a news release.

The Spirit of BC Bedtime and

Australian paper. So different from our local papers but much enjoyed.

Old Man Flu does not like to be forgotten.


Yes, he has visited me but I'm glad to say he's gone again. Hope everyone else evades him.

Books event will take place Wednesday, February 11th from 6:00 to 8:00 PM at John Allison Elementary School and will feature an evening of story telling, snacks and fun. Participants are encouraged to dress in their pajamas and read with family and friends and enjoy readings by guest story tellers.

The 5th annual Spirit of BC Week runs February 6 to 14. For more information about Spirit of BC Week 2009 visit the website located at: www.SpiritofBC.com.

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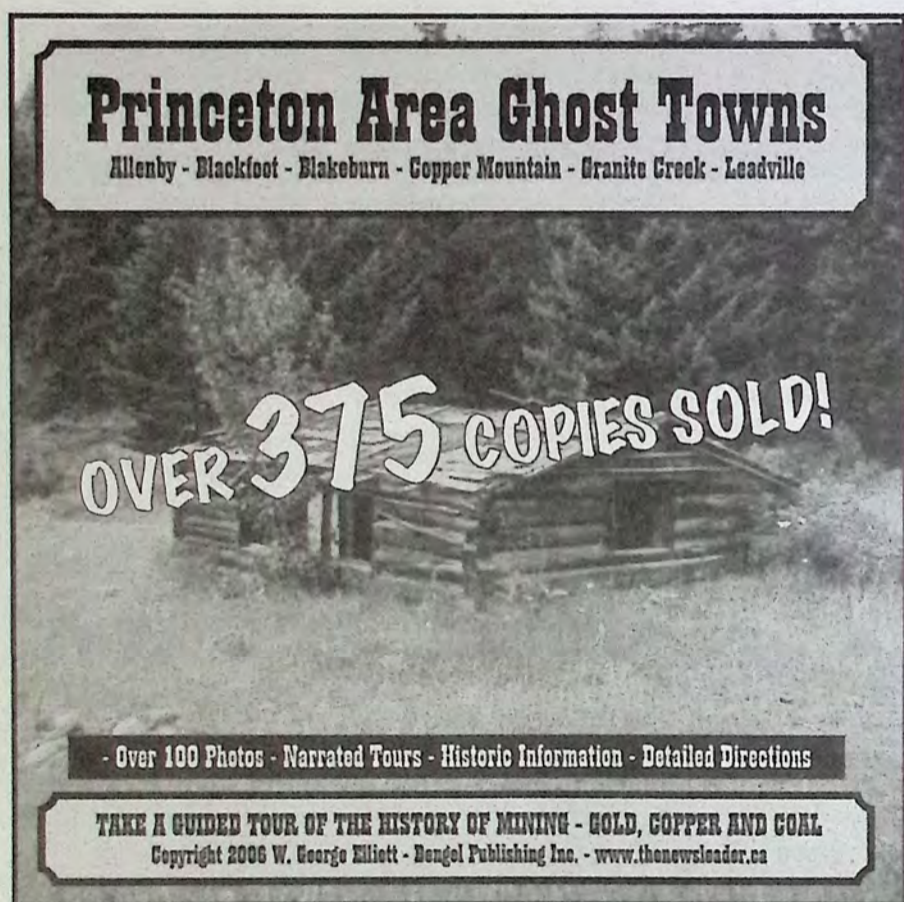
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FINANCIAL FOCUS

Important Differences Between The RRSP and TFSA

A new opportunity became available to Canadian investors as of January 1 with the introduction of the Tax-Free Savings Account (TFSA).

Any Canadian who has reached the age of majority in his or her province can invest up to \$5,000 per year in a TFSA. Your account can hold investments such as stocks, bonds and mutual funds, to name a few. Any growth on your investment is tax-free. What's more, any withdrawal you want to make is tax-free too.

This makes the TFSA different from the federal government's long-established Registered Savings Plan (RRSP) program. For example, when you make an RRSP contribution, your taxable income for that year is lowered by the amount you contributed to your RRSP. It means you will pay less income tax that year compared to what you would have paid had you not made the RRSP contribution. However, when you take that money out of your RRSP at a future date, the amount becomes taxable at that time.

In other words, it's like using 'pre-tax' funds when you put money into your RRSP. That's just the opposite of what happens with the TFSA, where you're using 'after-tax' funds. You might think of it as putting into the account a portion of your income that's already had all its tax deducted.


A common question being asked is whether the TFSA should take precedence over the RRSP as a vehicle for housing retirement savings. From a tax-advantage standpoint, a key consideration involves tax rates at contribution and at withdrawal. If the two rates are identical, the TFSA and the RRSP are equally effective alternatives for saving on tax. If the tax rate at the time of withdrawal will be lower than at the time of contribution, the RRSP comes out ahead. If the tax rate at the time of withdrawal will be higher than at the time of contribution, the advantage goes to the TFSA. Because most Canadians can expect to experience a lower tax rate during their retirement compared to when they are working, the RRSP is probably the preferred savings option for the majority of us.

Of course, we all have different circumstances that shape our investment decisions, and there are many other factors to consider, including some additional differences between the RRSP and TFSA. Of note:

- There are maximum age restrictions for contributing to the RRSP, while there is not for the TFSA.
- You can re-use contribution room after funds are withdrawn from the TFSA in subsequent years. You cannot do that with the RRSP.
- RRSP contribution maximums per year are generally larger than the \$5,000 amount for the TFSA. For the 2008 tax year, your RRSP contribution can be as high as \$20,000, or 18 per cent of your earned income, as reported on your 2007 tax return (whichever is less).
- Unlike the RRSP, income earned in or withdrawals made from a TFSA do not affect your eligibility for federal tax credits or income-tested benefits such as the Canada Child Tax Benefit, Old Age Security (OAS) or the Guaranteed Income Supplement (GIS).

Given all of the different considerations - and the uniqueness of your particular situation - speak with your financial advisor to determine what RRSP and TFSA strategies make the most sense for you.

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Former Princeton resident Aron Herrick curling at the 2006 Brier. - photo submitted

Star curler comes from Princeton

Aron Herrick, son of Wendy and Russell Herrick is heading for the Mens Curling Provincials in Maple Ridge, February 9th with Team Rick Folk later this month. Born and raised in Princeton, Aron and his wife and family (two girls and a boy) now live in Vernon.

In 2006, Aron played in the Brier, he describes how this opportunity came about: "I was asked by long-time Kamloops rival, the Brian Windsor rink, to be their fifth man at the 2006 Brier in Regina. With Rick Folk as our coach, the Brier was an experience of a life time. I had the opportunity to play during the event, lead against Kevin Martin, and third in the final game against Pat Simmons of Saskatchewan. In addition to all of the great curlers at the event, I also met some of the legends including Sam and Ernie Richardson and Garnet Campbell (1955 Brier Champion)."

Aron started curling in 1988 when

his good friend Ian Elko asked him to join the high school team as they were short one player.

"Ian, along with coach Dave Elwell taught me how to curl. The Princeton club was a great place to learn the game. My Grandpa (aka 'Papa' Gordon Currie) was one of the volunteer ice makers then and he would lend us a key so our high school team could go practice. The members there were always very encouraging and supportive."

This year, Brent Giles and Aron and long-time Kelowna sharpshooter, Jamie Smith have teamed up with former world champion Rick Folk and have just qualified for the 2009 BC Provincials in Maple Ridge, starting February 9th.

Aron says, "I love the game of curling. I've been fortunate to have been able to play with so many great curlers over the years. I'm thankful for the experiences I've had and the great friends I've met

along the way. It's a game for all ages."

The Princeton Curling Club will be cheering Aron and his team and echo his sentiments about the wonderful game of curling. Princeton will be celebrating their 80th Anniversary of Curling in Princeton November 2009 with a banquet of memories. Watch for details to come.

- submitted

Grade 8 girls keep winning

The PSS Grade 8 girls basketball team have a winning streak going since the Christmas break and now have a record of 16 wins and 2 losses.

The team has participated in two tournaments in January and finished first in Penticton and first in Princeton.

On January 29th, the team played Skaha Lake Middle School and won

31-24 to clinch first place in the zone.

They play their last league game at home on Thursday, February 5th at 5:30 PM at PSS.

They are also looking forward to hosting the zone playoffs on February 13 and 14. Mark these dates on your calendar and come on out and support this team of very talented Grade 8 girls.

- submitted

OVF&GC crib results

On Saturday, January 24th Otter Valley Fish & Game Club held their second annual singles crib tournament. There was a full turn out with 48 people playing for the \$400.00 first prize.

The group thanks volunteers for making soup, sandwiches, selling tickets and helping set up the event. (Cam Powley, Ross Edwards, Rick Hutton, Ron White, Judy Robinson, Denise Duguay, Teresa Vieira, Jeanette Lee and Donna Rossum).

Thanks also to Swany Bernier, Flossy Parsons, Cam Powley and Laura Haw for their kind donations to the raffle table. The results after 19 games: 1st Place Jack Powell (2246, \$400.00), 2nd Place Marg Wetherup (2228, \$220.00), 3rd Place Kim Herzig (2227, \$100.00), 4th Place Flossy Parsons (2221, \$70.00), 5th Place Robert Clark (2215, \$40.00), 6th Place Ron White (2211, \$30.00). 19 pot was won by John Lacerino (\$56.00).

- submitted

..... continued from Page 6 of patients. Sixty per cent of those patients report that the condition affects their daily activities such as their performance at work or at school and ability to function well mentally. Dry skin conditions can be very difficult to control, but using relaxation techniques will create less incidents of flare-ups or scratching.

Treatment

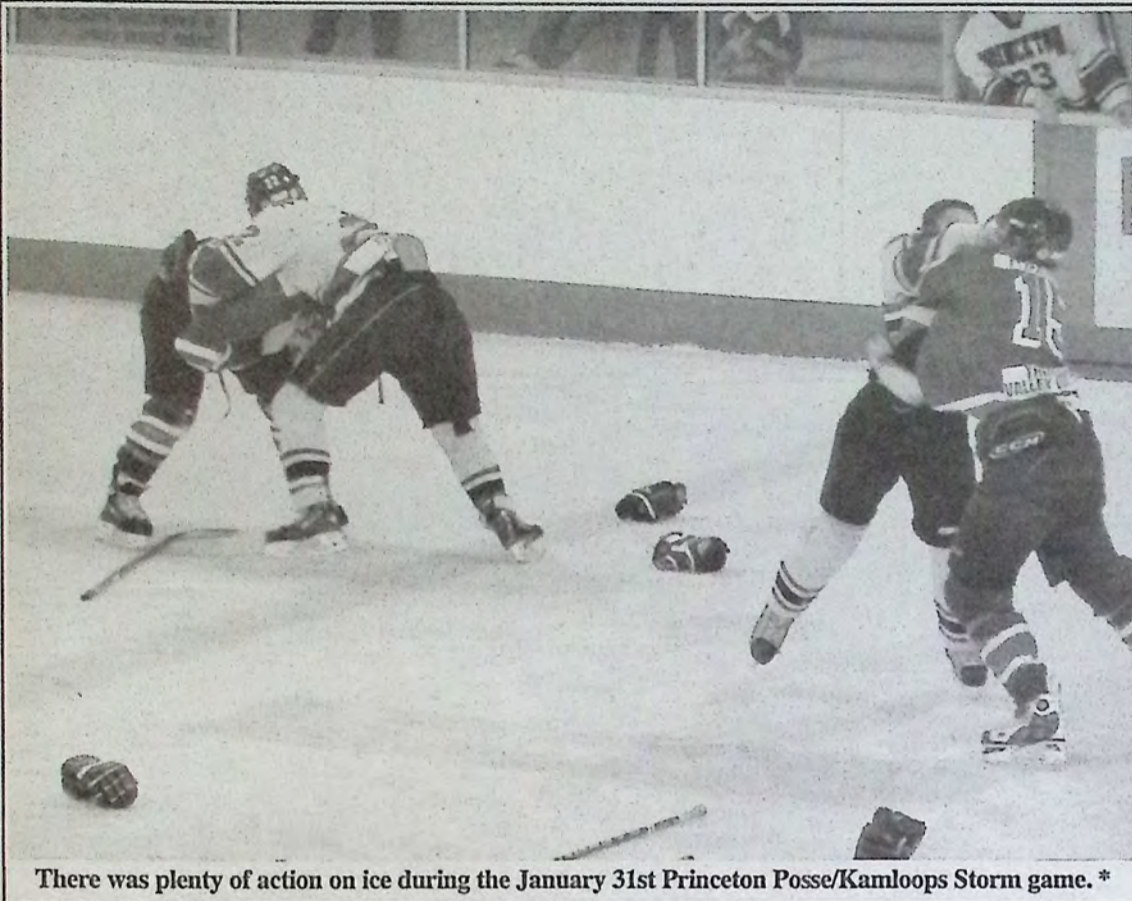
Although these skin conditions may not always be curable, with the appropriate treatment, Canadians can manage their condition while lessening its psychological and social impact.

"There are a variety of treatment options available like topical corticosteroids, immunomodulators and hypoallergenic moisturizers such as IMPRUV Cream, but it all depends on what is suitable for the patient and their condition," said Dr. McKenzie. "The role of a dermatologist is to help find an appropriate treatment that improves overall health and well-being."

IMPRUV Cream is one form of treatment that is specially formulated for all types of dry, sensitive skin of all ages including infants and children. Its unique Derma Membrane Structure helps to restructure the skin's damaged moisture barrier by reducing moisture loss, and replenishing the skin's lipid content for fast relief of dry skin and long lasting hydration.

For more information on dry, sensitive skin conditions and IMPRUV Cream; please see your health care professional or visit www.impruv.ca.

- News Canada



There was plenty of action on ice during the January 31st Princeton Posse/Kamloops Storm game. *

..... continued from Page 11
 Then Kamloops added two more goals.
 Finally Princeton got on the scoreboard at 6:44 when Bill Marshall passed to Brenden Stephen who blasted a missile at the Kamloops net which sailed high and over the left shoulder of the Storm goalie.

Then the wheels fell off.
 At 9:04 just about every player on ice picked a partner and started swinging. By the time the officials were able to regain control and decipher their notes a total of 143 penalty minutes were assessed.
 The final minutes of the game saw two decimated teams go through the motions until time

expired.
 Final score: Kamloops 7, Princeton 1. Shots on goal: Kamloops 28, Princeton 21. Penalty minutes: Kamloops 124, Princeton 117. The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Brenden Stephen, #2 - Derrick DeLisser and #1 - Jason Alessio.

Winter celebration set for February 8th

The Town of Princeton Recreation & Culture Department with the China Ridge Cross Country Ski Association will be hosting the 1st Annual Winter Community Celebration as part of its program of activities for Spirit of BC Week 2009.
 "We hope the whole community will join us in celebrating the Spirit of BC and one year countdown to the 2010 Olympics alongside more than 100 other communities across

the province," states a news release.
 The 1st Annual Winter Celebration will take place from 1:00 to 4:00 PM on Sunday, February 8th at China Ridge/Snowpatch.
 Residents are encouraged to take their family and friends out for an afternoon of winter fun including cross country ski and snowshoeing demonstrations along with tours.
 There will also be Wacky Winter

Olympic challenges for all ages, lunch, warm drinks and treats. There will also be a bonfire, perfect for roasting marshmallows.
 Residents are reminded to take their sleighs, skis and snowboards to use on the new winter playground.
 The 5th annual Spirit of BC Week runs from February 6th to 14th. For more information about Spirit of BC Week 2009 visit this website: www.SpiritofBC.com.



Players and officials check the stability of the ice surface. *

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Please join us in putting a smile on their faces, clothing on their backs and food on their tables by bringing your donations of non-perishable foods and men's clothing to our office in the Princeton Plaza.

By giving just a small part of ourselves, we are touching many hearts.

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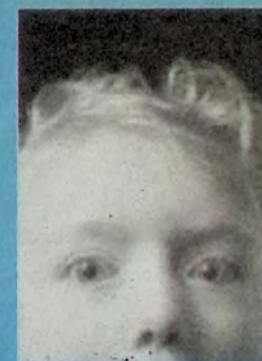
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