



A broken window at Realty Executives was covered in cardboard early February 4th. The night before an unidentified local man smashed windows in eleven local businesses with a baseball bat. *

Lone batter smashes windows

Princeton RCMP report receiving a complaint at 10:30 PM on Tuesday, February 3rd "of an individual walking down Bridge Street armed with a baseball bat."

Princeton Detachment Sgt. Gary Macahonic says the suspect was at first believed to be intent on striking a vehicle with the bat until further investigation revealed a total of eleven incidents of property damage.

"It is believed that the male - apprehended at the scene, and a resident of Princeton, was emotionally disturbed and used the

baseball bat to smash windows in a number of businesses," Sgt. Macahonic states.

Windows were broken at Pizza Party, Dairy Queen, Work Zone, Peoples Pharmacy, Princeton Laundromat, Princeton Paint & Decorating, Realty Executives, Cowboy Coffee, the Ministry of Human Resources, Quick Pick Grocery and Princeton Loonie Bin.

"The male has been charged and is scheduled to face eleven Criminal Code charges of property damage on April 16th in Princeton Provincial Court."

Council looks at housing liaison

Town Council welcomed Lynn Pelly to the February 2 public meeting. Pelly is the Administrator for Princeton and District Community Services Society. Pelly was there to give Council an overview of housing presently administered by Community Services, and to present options for future housing development.

Community Services operates many programs funded by the provincial government. The society also administers three different kinds of housing: Vermilion Court (assisted living), Aspen Court (low income family housing) and housing for developmentally disabled adults. There are waiting lists for all of this housing.

Pelly told Council that Community Services looks to future needs, but as a non-profit society, it does not have money for capital projects.

Pelly advised Council about the

opportunity to purchase a piece of property adjacent to Vermilion Court property. The vacant lot could be acquired with future expansion in mind. Thanks to a generous donation from the Stenvold family, Community

Services is in a position to begin negotiations to buy the lot, but needs more money.

Mayor Randy McLean and Councillors praised the work of Community Services Society, and will look at helping the society

while preparing the budget.

Mayor McLean asked Pelly whether the lot could be used for parking if it could be acquired. Pelly said the society had considered that use until housing could expand.

In the meantime, residents of Vermilion Court are holding a small fundraiser. They will serve strawberry shortcake at a Valentine's Tea and bake sale on February 14 at Vermilion Court at 2:00 PM.

Council hears CrimeStoppers report

Al Sismey, South Okanagan-Similkameen CrimeStoppers Coordinator, appeared before Town Council February 2 to give a power point presentation. Sismey explained the functions of CrimeStoppers, a community based organization run by volunteers and funded by community donations.

CrimeStoppers appeals to the public for tips on crimes. Sismey emphasized the importance of keeping the tipsters secret. Nobody is allowed to know the tipsters' names, not even police, and a tipster will never appear in court.

There are rewards given to some tipsters if a criminal is convicted, but the tipster has to call in to claim the reward, and still remains anonymous. Rewards are funded by spon-

sors. This is one of the most cost effective crime fighting tools available, Sismey told Council.

"The more support you have in the community, the better it works," Sismey said.

CrimeStoppers has a phone number, 1-800-222-TIPS (8477), but it

has added a website vip.net/crimestoppers, and now tipsters can text 'sostips' and send to CRIMES (274637).

Crime Stoppers operates throughout North America, providing information to local and national police forces, including US

Marshals, and internationally cooperating with Interpol. Thanks to tipsters, the South Okanagan-Similkameen CrimeStoppers has helped recover more than half a million dollars worth of stolen property and more than seven million dollars worth of illegal drugs.

Town receives beetle money

The Town of Princeton has been granted \$33,000 from SIBAC, an organization dedicated to easing the economic impact of the Mountain Pine Beetle on small forest-dependent communities. Princeton's money will be used to access a system which will analyze Merritt TSA available fibre.

Princeton will work with Merritt, which has received \$150,000 from SIBAC. The Merritt grant will use the wood fibre analysis as a foundation for developing a project to convert unusable timber into a usable energy source.

In other news, Council has been asked to donate some kind of prize

to the Princeton RCMP Regimental Ball to be held on March 28 at Rock Ridge Canyon. Council referred the matter to staff.

The 2009 Airport Appreciation Day will take place on Saturday, July 18. Councillor Ray Jarvis advised Council there is an air show planned.



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PSS Student of the Month for January is Milen Wilkenson. The Grade 11 student was nominated because, "she has been a dedicated player on the senior girls basketball team" and "on several occasions stopped students from throwing out juice boxes" choosing to recycle them herself. PAC sponsors the Student of the Month program at Princeton Secondary School. *

Detachment plans regimental ball

Princeton RCMP have announced preparations for the Royal Canadian Mounted Police Regimental Ball, planned for Saturday, March 28th, are on track and going very well. "Invitations have gone out to the dignitaries and positive responses have been received from the Commanding Officer of RCMP 'E' Division (British Columbia), Commanding Officer of the South

East District (south east area of British Columbia) along with local politicians," says Princeton Detachment Sgt. Gary Macahonic. The Premier's office and office of the Solicitor General are yet to respond to their invites. The announcement has also gone out to the general RCMP membership of BC and Macahonic says "interest is high" and adds that "it is believed that a large number of 'Red Coats' will be attending."

An RCMP Regimental Ball is steeped in tradition and a formal event that goes back many years. However, in the spirit of new tradition Princeton's Regimental Ball will be the first ever alcohol free event.

"This, in conjunction with the fantastic venue of Young Life's Rockridge Canyon, has set the stage for a remarkable event that will put Princeton on the map," Macahonic says.

Macahonic and his wife, Kim, have already attended many meetings with organizations and community groups in the Princeton area to introduce the gala affair.

They have received "huge positive response and excitement from the community members that were in attendance."

Ticket have been available for the past couple of weeks and are available at the Princeton RCMP Detachment. Call (250) 295-6911 to reserve yours.

Gardeners: Plant for the Fair

This is the time of year when gardeners start planning and buying seeds.

This year, the Fall Fair Association offers a new opportunity to local gardeners to show off what they can grow.

For the first time in many years, the Fall Fair has a new date: August 29 and 30. These dates occur before the anticipated first frost and the Fair Board is hoping gardeners will present a broader range of vegetables and flowers at the fair.

Frost has been a discouraging factor to most gardeners, as it is nearly impossible to protect every frost-sensitive plant in the garden.

In some years, the flower display has been pitifully lacking in exhibits.

This year, the frost factor should be minimal.

The Fair Board encourages gardeners to think about exhibiting the broadest possible range of vegetables, fruit and flowers at the fair.

Princeton Rotary Club Proudly Presents:



Midwinter Wine Fest 2009



Saturday, February 21st
7:00 - 10:00 PM - Princeton Legion

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- * International Hors D-oeuvres
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Meet The Youth Ambassadors!

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EACH WEEK WE WILL INTRODUCE YOU TO ONE OF THE FIVE CANDIDATES

Alyssa Larsen - Weyerhaeuser



Alyssa Larsen is a grade 11 student at Princeton Secondary School. She hopes to pursue post-secondary schooling after grade 12. Alyssa enjoys playing volleyball and baseball, dancing, swimming and cheerleading. She is involved in peer counselling and student council through her school. She also likes music, singing and learning to play guitar. She enjoys spending time with family and friends. Alyssa thanks Weyerhaeuser for sponsoring her and for helping her to participate in the Youth Ambassador Program. *

CYC hands out awards

People who give of their time and skills to youth are an invaluable asset to any community. At the annual general meeting of Princeton Child & Youth Committee, the following people were recognized for their contributions.

They are the 2008 Asset Building Champions.

Cst. Mike Leiding

This member of Princeton's RCMP Detachment teaches the DARE program, volunteers with the Young Life Youth Group, is involved in Princeton Performing Arts, organized a community clean-up, and participates in a number of community activities.

Rob and Wanda Marshall

Founders of Princeton Soccer Club, they have kept it going for several years.

Rob coaches basketball and helps out in community activities. Wanda organizes the Youth Curling Program, and has worked with figure skating and Highland dancing, as well as having been actively involved in the Parent Advisory Council.

Daniel Davidson

He shares his love of music with children and youth in creative

ways, and spends time working with children at Vermilion Forks Elementary School.

Sue Coyne

Sue has organized Princeton 4-H for 20 years.

She has been a role model, encouraging young people in leadership and volunteerism.

Myrna Coates

Hired to teach band twice a week, Myrna Coates has gone far beyond that role. She has developed a unique community music program in which both youth and adults learn and develop their music skills together.

She encourages her students to be involved in the community by entertaining residents at every opportunity.

John McKay

One of the founding members of Princeton Child & Youth Committee, his belief in Youth Asset Building gave our community an opportunity to help young people and families make healthy choices.

As an advocate for the CYC within the Ministry of Children and Families, he added credibility to the initiatives undertaken by the Committee.

www.princeton.ca



Princeton Town Hall News

OPPORTUNITY

The Town of Princeton is seeking *Proposals* for the operation and maintenance of the Princeton Municipal Campground and R.V. Park from May until October. The municipality operates a seasonal full-service 72 site campground and R.V. park at the banks of the Similkameen River, minutes from downtown Princeton, and requires the management and maintenance of the Park over the season.

For a proposal package, further information and details on this opportunity please contact Patrick Robins at Town Hall at 169 Bridge Street or call 250.295.3135.

2009 WATER & SEWER BILLS

2009 Water and sewer notices have been mailed to property owners. If you did not receive your notice please contact the town office at 250-295-3135.

To receive a 10% discount, full payment must be received in the town office by 4:30pm on Friday February 20, 2009. Postmarks on mailed remittances will not be considered as date of payment.

Payment Options

Payments can be made by cash, cheque, debit card, telephone banking or online through your bank's website.

PRINCETON & DISTRICT COMMUNITY FOREST CORPORATION 2009 GRANT PROGRAM

Interested non-profit organizations are invited to obtain a Grant Information Package for the upcoming 2009 Grant Program of the Princeton and District Community Forest Corporation (PDCFC).

The 2009 Grant Program's objective is to make financial contributions to eligible *recreation and cultural* programs, services or capital projects within Princeton and Area 'H' of the Regional District. Eligible organizations are encouraged to pick up an information package (including guidelines to eligibility and application process) from the Secretary-Treasurer, PDCFC, at Town Hall, 169 Bridge Street during regular business hours.

Preference will be given to applications that have additional or matching funding. In-kind contributions may be considered as part of matching funding.

Grant applications from eligible organizations are to be received no later than March 16, 2009 for consideration for the 2009 grant allocation year. Eligible grant applications will be reviewed and evaluated by the Board of Directors at their second quarter meeting in 2009 with awarding of successful application(s) in late spring 2009. Please refer to the information package for evaluation criteria used by the PDCFC Board of Directors.

RIVERSIDE 'MOVIE' THEATRE

Experience a small town theatre with BIG sound & screen. Doors open 1/2 hour before show times listed. Price is \$5.00 per person aged 3 & up.

Madagascar: Escape 2 Africa

A great movie for children of all ages Madagascar 2 continues the adventure of the New York Zoo Animals, Alex, Marty, Melman and Gloria! Rated G.

Friday, February 20 Showtime: 6:30 pm

Australia

This 3 hour romantic action-adventure set in northern Australia prior to World War 2 starring Nicole Kidman and Hugh Jackman. Rated: PG

Friday, February 27 Showtime: 7:00 pm

Call 250-295-6067 for more information.

FEBRUARY RECREATION PROGRAMS

KIDPROOF CANADA SAFETY COURSES

Two course are being offered this February to help children and families to make safe choices.

AT HOME ALONE 10 yrs + Feb. 17 3:15-5:15 pm

STRANGER SMARTS 7-10 yrs Feb. 19 3:30-5:00 pm

CLAY FOR KIDS

Sue Lepoidevin will teach hand building with clay, glazing and firing the children's castles & creature creations.

Ages: 8-12 yrs Feb.18 to March 11 3:30-4:45 pm

Check out the Winter/Spring 2009 Leisure Guide to learn about these programs & many others available in our town.

REGISTER TODAY by calling 250-295-6067.

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keremeos and area news

A view of what Winter looked like in Keremeos last week. *

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LSIB works on health plans

The Health Department of Lower Similkameen Indian Band (LSIB) is working on a five year community health plan. The plan was developed through consultations with elders, youth council and the general Band membership. Some new funding has been received for community health but the Band will be

negotiating for health funding to fully implement the plan.

Chief and Council have developed a five year business plan and a corresponding five year operations plan. Advisory committees for health and social development, along with education, are in the planning stages.

LSIB will be hosting a Cowboy Honoring Dinner in March, and a Veteran's Honoring Dinner the same month.

The Allison family is planning the annual Easter Sunday Rodeo for April 12.

An Okanagan language program has been established for sec-

ondary school students, and the Band office staff.

A new service is available to aboriginal patients. Interior Health has hired Jayne Taylor as Aboriginal Health Navigator. Her job is to assist aboriginal patients, their families, and Interior Health staff to enhance health services for them, and to facilitate cultural safety during patient care. Jayne Taylor is a member of the Vntut Gwitchin Nation located at Old Crow, Yukon. She has extensive training as a health counsellor, including the field of traditional family healing circle training.

USIB goes forward with plans

Upper Similkameen Indian Band is continuing renovations to the Mascot tours reception building. The top floor is being prepared for the move of the Band office from Keremeos to Hedley. In addition to the band office, the top floor will be the location next winter for viewing the 2010 Olympics on a big screen.

The third annual powwow is planned for March 20 to 22 in Chuchuwaya Community Hall.

Grand entry starts Friday at 7:00 PM, and 1:00 PM on Saturday. Derek "Buck" Sheena is Master of Ceremonies, with Cecil Sheena as Whipman and Oly Bent as Arena Director.

Craft tables will be available at \$25 a day, \$50 for the weekend, plus a donated item. To book a table, contact Oly Bent at (250) 292-8258 or email olybentarow@hotmail.com

A concession will be open for the weekend.

**Hired Equipment Registration
Okanagan Shuswap District**

The Okanagan Shuswap District of the Ministry of Transportation and Infrastructure is creating its hired equipment list for the 2009/10 fiscal year. The district covers the area east of the U.S. border to Osoyoos, west of Princeton and north of Salmon Arm.

Those who registered in 2008 through the district office will receive mailed invitations to re-register, and should contact the district office if changes to their listings are needed.

Those who weren't registered in 2008, but who wish to have their equipment listed, are invited to register online through the BCBid web site or contact the district office to obtain registration forms.

Equipment can only be registered in one area, and seniority is not transferable between areas. Only owned or lease-to-own equipment is eligible for registration.

Comprehensive Commercial General Liability Insurance and up-to-date WorkSafeBC coverage are not mandatory for registration, but they must be obtained prior to working on any ministry projects.

Okanagan Shuswap District office:

1358 St. Paul Street, Suite 300, Kelowna, 250 712-3660

Or register online at www.bcbid.gov.bc.ca

Deadline for registrations is March 20, 2009



Ministry of
 Transportation
 and Infrastructure

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 and we like that.**

Similkameen News Leader

www.princetonbcnews.com



Lyle Thomas, BC Spirit Chair for the Town of Princeton drops the ceremonial puck to launch the 100-player Princeton Flyers Int. 'C' Spirit of 2010 Hockey Tournament earlier this month at Princeton Arena. Across the province more than 47,000 young hockey players hit the ice in more than 250 Spirit of 2010 tournaments and helped promote physical activity, amateur sport and the Spirit of BC. - submitted

IH responds to Victim Services Program

by Sherry Uribe, Director Health Services, Interior Health

I understand many Princeton residents are concerned about the future of the Victim Services program.

Let me assure you that Interior Health believes this service is important and beneficial to our community.

A historical arrangement has been in place for Interior Health to administer a contract on behalf of the Ministry of Public Safety and Solicitor General (MoPSSG) to deliver Victim Services in Princeton. As you know, this program operates out of our local

RCMP Detachment.

Victim Services is not an Interior Health program. Interior Health simply administers the contract. In Keremeos, for example, the contract is administered through the Lower Similkameen Community Services Society. In fact, Princeton is the only community in the BC Interior where Interior Health administers the Victim Services contract.

Interior Health is responsible for the delivery of health services to our community. The Victim Services Program provides victims of crime with information about the justice system, practical help,

emotional support and referrals to other appropriate programs. Interior Health believes these types of services would be best managed by another agency in the community, allowing Interior Health to remain focused on our core business - the delivery of health services.

Therefore, Interior Health has informed MoPSSG that we do not wish to continue to administer the contract for Victim Services. Interior Health is working closely with MoPSSG to discuss options to ensure this valuable program continues to be available to the Princeton community.

Vermilion Court Report

by Dorothy Stenvold

As the daylight hours lengthen we're all hoping Spring is on the way. I think we're all pleased the sidewalks are dry making walking less hazardous.

The residents here are looking forward to their Tea on Valentine's Day. Rose buds are blooming in various vases, and the aroma of delicious foods permeate the air. Our main room is being decorated with many 'heart motifs' so do come and enjoy our efforts. By the way, our Tea is by donation but

there will be a table of home cooking to tempt you.

The groundhog saw his shadow! OK, we know Spring does not come before mid-March. Of course, we can hope!

Chinese New Year was celebrated. We had a special lunch of Chop Suey, pork-fried rice, etc. and of course fortune cookies.

Each resident was given their personal horoscope scroll. Many thanks to the staff for all their efforts. It's these things that are

done which makes life for us so nice.

We found 224 words derived from February, the short month before time was up. How many can you find?

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- Leave a message at (250) 295-7216
- e-mail pgsrs@telus.net for more information

**Princeton Ground Search & Rescue Society
is now accepting applications for the
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Trades & Transitions

School District 58 is investigating the possibility of running a Level C Welding Program in Princeton.

The program would be open to adults and grade 12 high school students.

If you are interested in taking a 6-month Level C Welding Program in Princeton, please contact Darren Coates, SD58 Trades & Transitions Coordinator by e-mail: dcoates@sd58.bc.ca or phone (250) 315-1117.

news leader health and lifestyle page

Would you recognize an eating disorder in your child?

(NC)—Marnie James is very proud of her 17-year old daughter, Jenni. Marnie points to the achievements of the straight A student, volleyball team captain and Food Bank volunteer.

"She literally came back from the dead. That's her biggest achievement. She fought and won against an illness that even I didn't understand. At first, I think that I made her sicker. I thought that I was doing the right thing for her," recounts James.

Finding her feet in a new school at thirteen wasn't easy for Jenni. Feeling different for being a late developer physically, she tried to fit in by becoming ever better — at everything she turned her hand to. This led to increasingly demanding physical fitness routines and 'healthier' eating behaviours.

"Mom thought that she was helping me to do well at the things I wanted most" says Jenni of James' initial support of her increasingly demand-

ing exercise routine and restrictive diet — first eliminating high caloric snacks and then animal proteins and then increasingly smaller portions of all foods. Within a few months the formerly healthy teen was moody, lethargic and anti-social, withdrawing from all activities other than school work, physical activity and obsessive food management. She hid her ever-thinner body under track pants and long sweaters.

When Jenni first began complaining of extreme stomach distress after eating meals and feeling faint when getting to her feet, James took her to their family doctor. Diagnosed with an eating disorder after exhaustive tests for other ills, Jenni spent time in an eating disorder program. Over the next four years, she haltingly learned how to deal with her fear of loss of control over her body, and to recognize it as a proxy for feeling out of control over her life.

"Eating disorders result from manipulating food and physical activity in an attempt to manage what feel like unmanageable problems" says Merryl Bear, director of the National Eating Disorder Information Centre, www.nedic.ca.

"Because many of the behaviours of an eating disorder are socially desirable — things like self-discipline, control and 'taking care of' food and weight, it can be easy for parents and teachers to miss the warning signs," says Bear.

It was the essential support of her family, eating disorder specialists and the friends who stuck with her — reminding Jenni that she is much more than her illness — that Jenni credits with helping her in her long and difficult recovery from her anorexia. "Once Mom and Dad realized I was struggling, they were really there for me...they called everywhere to find out more. They devoured NEDIC's website for information to help me."

living past 100

Put your heart into life

February is Heart Month. Although a great deal of research has gone into saving lives from heart disease, it is still with us and killing people. If you want to live past 100, you will need to put your heart into how you live your life.

The primary cause of heart disease is poor circulation. This can be caused by lack of exercise as well as a number of other physical problems, such as inflammation. By keeping your heart strong, through exercise, you can ward off many heart problems. Remember: your heart is the most important muscle in your body! Your heart needs exercise to keep it strong.

Being slim is the next best way to keep your heart strong and healthy. Being overweight contributes to heart stress. Your heart has to work harder for every pound you weigh. Being fat contributes to a lot of other health problems.

You will hear all about keeping down your cholesterol, but high cholesterol, by itself, does not cause problems.

What happens is a spot of inflammation begins in a blood vessel and the cholesterol sticks to the inflamed spot, causing the blood vessel to begin to build up plaque. Eventually the blood vessel becomes clogged and may bulge and break, or may let insufficient amounts of blood through the vessel. When this occurs in an important artery, a heart attack or an aneurism can happen.

There are many medications available to reduce cholesterol, but overall good health is the best way to prevent the inflammation. Part of preventing inflammation and plaque is getting enough of the kinds of foods that combat oxidation.

Fruit and vegetables do the job, along with Vitamin C. However, just taking a Vitamin C tablet is not enough on its own: you need those fresh vegetables and fruit. They contain much more than Vitamin C to keep your heart and blood vessels healthy.

Cut out junk foods such as potato chips, which have a lot of salt and fat. Cut out sugar snacks, too. No individual junk food is at fault, but the combination of salt, sugar and fat is bad for your heart.

Cardiologists, who specialize in treatment of heart problems, always have something to say about the psychological aspect of heart health. You need a good supportive social network. You need friends and loved ones. There is nothing like a happy life to keep your heart healthy and ensure a healthy later life.

People who are constantly unhappy, afraid, stressed, angry and socially isolated are at a greater risk for heart disease than people who are optimistic, have friends and a caring family, and live with less stress.

Smoking and drinking alcoholic beverages can take a toll on heart health. You may read about red wine being good for you, but that does not mean you need to drink a lot of it. One glass a day should be your maximum. Too much alcohol damages your body.

Exercise, such as just going for a walk, taking time for a swim, or dancing, reduces stress, reduces weight, and makes you feel happier. Start it now and keep your heart healthy.

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Saturday, February 14 vs. Revelstoke / Sunday, February 15 vs. Sicamous

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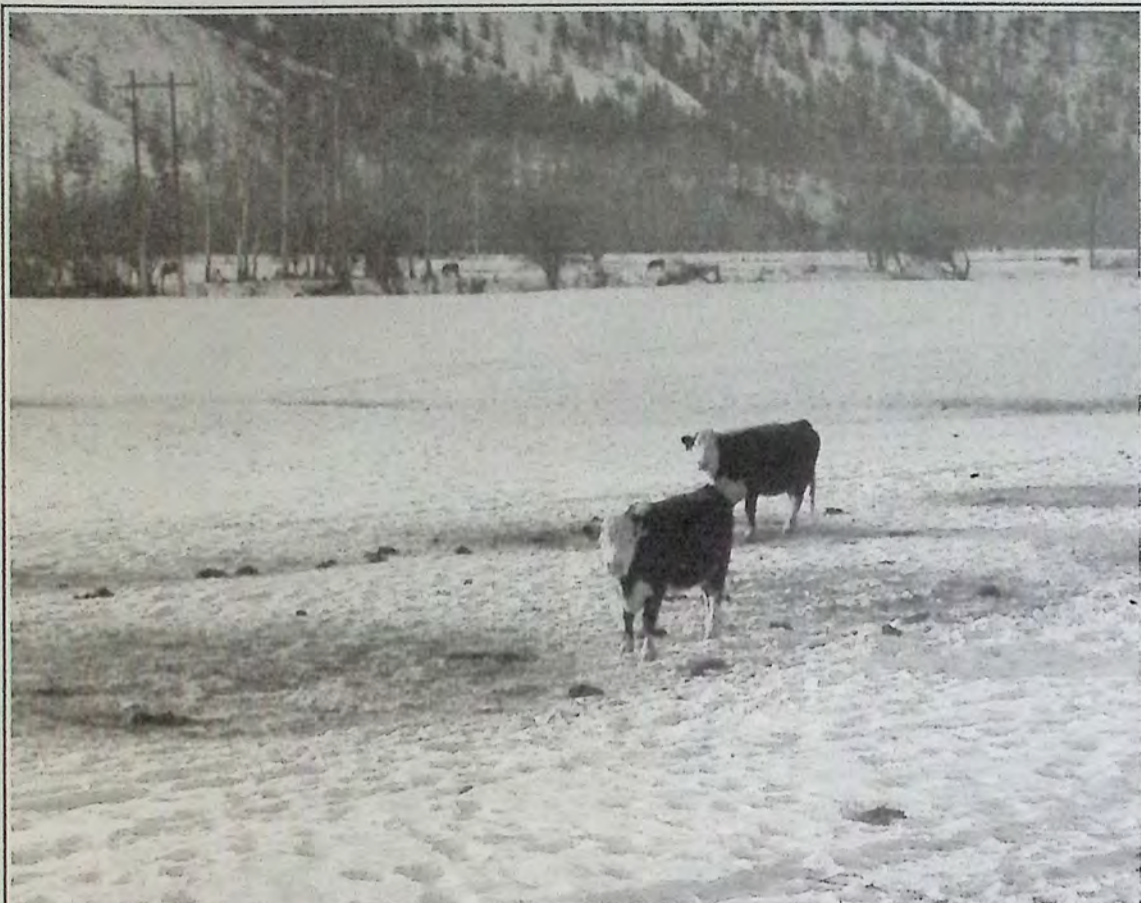
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Saving energy makes sense



This B.C. product will be starring in the Junior Hereford Championships and the BC Hereford Association conference to take place at Copper Creek Ranch in August. Photo: Dawn Johnson

Council proclaims Hereford Week

Hereford Week in Canada is August 11-15, and Princeton is going to play a role in celebrating it. At Copper Creek Ranch, near Princeton, the BC Hereford Association is hosting the Canadian Junior Hereford Association National Cattle Show and Bonanza, and the Canadian Hereford Association

Conference. This is the first time this has been held outside a major city.

Quite a number of activities are planned in addition to the Junior competitions and the adult conference. Local wines and fresh fruit will be part of the menu, with a wine tasting as part of the fun. A golf tournament is in the

planning phase.

Jaymie Atkinson, Co-Chair of the event, asked Council to proclaim the week as Hereford Week in Princeton. Council was pleased to agree. A member of Council will attend the opening ceremonies.

VFFN host AGM

Vermilion Forks Field Naturalists will host their Annual General Meeting and election of officers on Tuesday, February 10th at Riverside Centre at 7:00 PM.

Following the meeting the group will hold a Quiz Night, which will challenge members to identify common flora, fauna and mineral specimens from the Princeton area.

Everyone is welcome to attend as the meetings are open to the public.

Coffee and tea are provided.

The February walk was a long hike through the tunnel and up the KVR/TCT. March's hike is set for March 14th. It is a 'Mystery Walk' led by Peter Antonick.

If you'd like to participate meet at Billy's Restaurant at 9:00 AM. Be sure to bring a good lunch and binoculars.

To confirm your spot call Peter at (250) 295-3640. - submitted

Council news

Plans are in place to complete the town square project as soon as the snow is gone.

The Ladies Orange Benevolent Association will hold a banquet in Princeton on Friday, April 10 (Good Friday). Mayor Randy McLean and his wife were invited to attend. The mayor was pleased to accept, saying the ladies are "a lot of fun".

Princeton's Chamber of Commerce

will have a promotional booth at the Fraser Valley Boat & Sportsman Show to be held March 6, 7 and 8 at the TRADEX Centre in Abbotsford.

Two members of Princeton Town Council will attend the booth that weekend.

Councillor Frank Armitage will do the Friday promotion, and Councillor Jason Earle will do Saturday and Sunday.

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- Willing to attend Justice Institute of BC Certification in Ground Search & Rescue and other SAR related disciplines and get a First Aid ticket?
- Prepared to represent the 'Team' in a professional and proficient manner and accept direction and guidance?
- Prepared to have a Criminal Record Background Check done?

THEN YOU:

- Should join the Princeton Ground Search and Rescue Team

HOW YOU CAN JOIN:

- Call Arnie at (250) 295-8482 or Randy at (250) 295-5364
- Leave a message at (250) 295-7216
- e-mail pgers@telus.net for more information

Princeton Ground Search & Rescue Society
is now accepting applications for the
Spring 2009 Training Session



The front window at Princeton Paint & Decorating was smashed last February 3rd along with many other windows in Princeton Plaza and a couple of businesses downtown. *

The 'Green' Corner

Keep Your Air Simple

by Dawn Johnson

There has been an obsession with air freshener products for the past 30 years, but most of these scented products come with a health and/or environmental hazard. Aerosol cans are one of the favourite kinds of containers for air fresheners, and these cans should be avoided. They have an environmental price tag.

Many air fresheners are simply not good for your health. They can coat your nasal passages with an oily film and should not be used in a home where members have allergies or respiratory problems. Some air fresheners contain toxic substances.

Some people burn scented candles as air fresheners. These consume

oxygen from the air you breathe, and may pose a fire hazard if children or pets (such as a cat) bumps the candle or is burned by it.

There are many aromatherapy products which come in the form of oils. Liquid air fresheners, which require a drop be placed on something or in some container, should be kept out of the reach of children and pets. Pets should never have any perfumed substance put on their skin or hair.

The safest air freshener, if you really want scent, is simply to place a large bowl of potpourri on a shelf. The scent will gradually spread through the house.

If you want your home to smell clean and fresh, the best way to do

so is to keep it clean by washing with a good soap product, and airing the house frequently. Washing cupboards and walls with a baking soda solution will freshen a home for a long time.

Good ventilation in the kitchen and bathroom takes care of most odours. If you have problems with odours in fabrics and carpets, a zeolite product will remove these odours safely through an ionization process. Zeolites also remove any radiation or static electricity problems.

There are some natural products which will create a pleasing scent. Lavender, mint and sage leaves, freshly crushed or dried, will do the trick without any harm.



The front window at Cowboy Coffee was smashed last February 3rd along with many other windows in Princeton Plaza and a couple of businesses downtown. *

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- 2) The \$2,500.00 in Advertising Support has no 'cash' value and cannot be transferred into cash and must be completely 'spent' in the 2009 calendar year.

All you need to do is write or e-mail us with details on why your group needs our Advertising Support.
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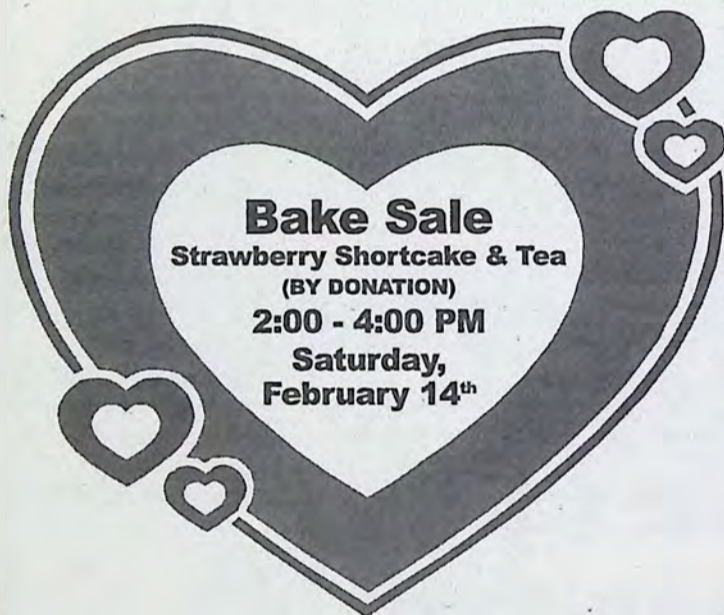
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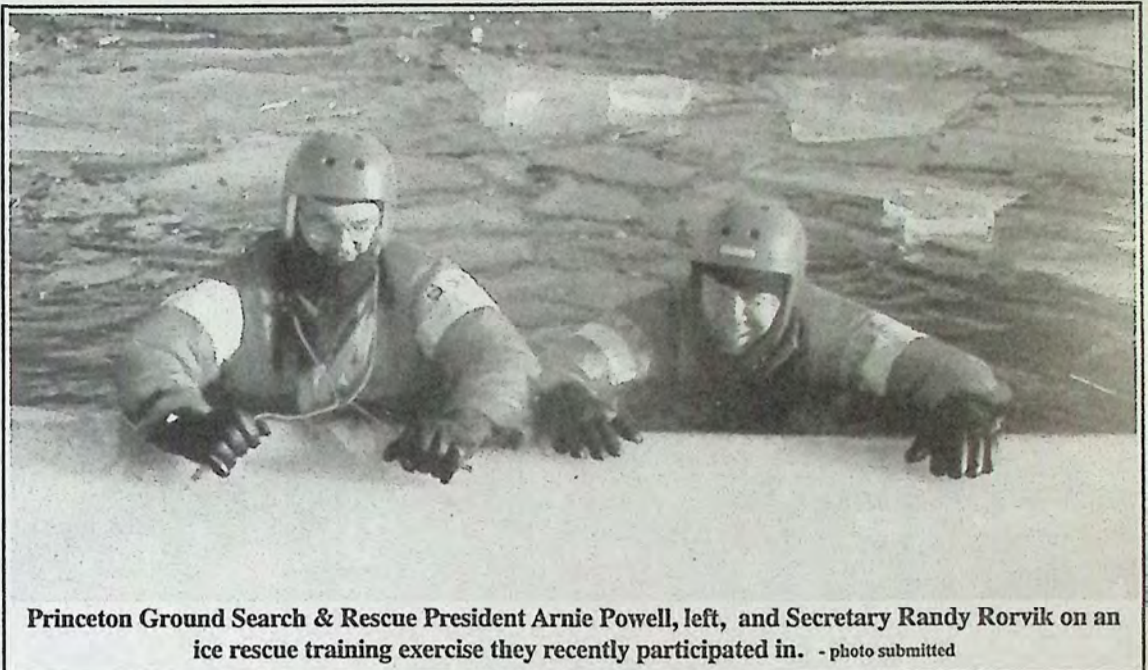
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Princeton Ground Search & Rescue President Arnie Powell, left, and Secretary Randy Rorvik on an ice rescue training exercise they recently participated in. - photo submitted

Local SAR members take ice rescue training

Members of Princeton Ground Search and Rescue attended a two-day training course in Ice Rescue at Winfield/Oyama this past week.

Arnie Powell and Randy Rorvik were taught the techniques to use so that they could safely rescue themselves or someone else who had fallen through the ice.

The following is a summary of the experience provided by Rorvik.

The first day of the two-day course, delivered by Tim Wheeler of Raven Rescue, consisted of classroom instruction where participants learned the theory and methods of ice rescue such as determining ice conditions, assessing the scene, rescuer safety, rescue equipment and techniques and patient handling.

Day 2 started bright and early at the Oyama Fire Hall where, after a quick review of the day before, dry suits were struggled on and we proceeded to the training site on Kalamalka Lake. This area was perfect for practicing as it had a stretch of open water. After the safety plan and signals were reviewed it was time to proceed onto the ice.

The first task for us was to head towards the open water on foot, then onto hands and knees as the ice started to creak and groan, then onto our bellies when our 'spidey senses' told us the ice was very unsafe. We continued further until we experienced what it's like to break through the ice.

Even with a dry suit on it was a pretty scary feeling (by the way, we

found that dry suits aren't completely dry...brrrr!). We then had to try and climb back onto the mantle of good ice, without the benefit of any traction aids. It was almost impossible to get oneself back onto the ice as it would sometimes break while trying to climb out. Some of the participants had to have a rope thrown to them to assist them getting out.

We did a review of that scenario and all agreed that falling through the ice would be pretty terrifying if one was not prepared to deal with that possibility. After adding ice picks to our gear, it was back through the ice into the water and self-rescues were practiced using the ice picks.

This made it easier, but we still had to deal with the ice breaking and surrounding us as we tried to get back onto the mantle.

We then all took turns being the subject in the water and throw bags were used for rescue. This progressed to being on a tethered line, sliding out to the subject and attaching a makeshift webbing harness to them to pull them out onto the ice. This occasionally required going into the water to assist them over the mantle to safe ice.

In addition, we practiced with a couple of different commercial harnesses and rescue board set ups.

As there were a number of different industries attending besides SAR that worked on ice, such as diamond drillers, spill response, water samplers and conservation

officers, we reviewed the different types of single or self-rescue rope/pulley/anchor combinations that could be used.

We finished up by again practicing all the different ways of ice rescue. The instructor called it the 'fun' part of the ice rescue training course. We all had to concur that once we got comfortable with our gear and self-rescue techniques it was indeed fun.

We then returned to the fire hall and removed our dry suits, and got into some warm, dry clothing. As we did a review of the course, everyone agreed that if you're going to go on the ice that you should have a plan of how you're going to rescue yourself or a friend if you do go through the ice.

The number one item in your gear should be a set of ice picks, that you have easily available (i.e.: not in your pack) if you do go through the ice. Remember the number one rule: Don't panic! First thing is to go to the spot you fell through, grab your ice picks, reach for the ice and kick with full leg strokes as you pull yourself onto the ice. Don't stand up, but barrel roll away from the edge and keep going until you are certain you can safely rise to your hands and knees, then crawl away towards firm ground.

Princeton GSAR is now accepting applications for new members. Call for more details: Arnie Powell (250) 295-8482 or Randy Rorvik (250) 295-5364 or leave a message at (250) 295-7216. - submitted by PGSAR



Princeton Ground Search & Rescue President Arnie Powell, left, rescues Secretary Randy Rorvik as part of an ice rescue training exercise they recently participated in. - photo submitted

weekly entertainment guide

TUESDAY, FEBRUARY 10, 2009 THROUGH MONDAY, FEBRUARY 16, 2009



Hockey action from the February 6th game between Valley First Princeton Posse and Kimberley. *

Posse blast Dynamiters in OT

Valley First Princeton Posse Assistant Coach Tyler Gunn said it best the morning after his team beat Kimberley 5-4 in OT with the statement, "This is huge."

The huge game he was referring to took place Friday, February 6th in Princeton.

Both teams were playing a fast-paced game with Princeton outshooting the visiting Dynamiters in each period.

That being said, Kimberley dominated the scoreboard scoring three goals in the first period (the first two on the power play) to Princeton's single goal at 5:50 (Brody Brewster from Brendan Stephen).

The second period was a continuation of the first, but no scoring. Again, the home team dominated

the shots on goal stats for the frame, but Kimberley netminder Dylan Tait did everything short of magic tricks to keep his team in the game, which was quite a feat considering the pelting he was receiving.

The third period saw Princeton kick it into high gear and score their second goal of the night at 16:15 (Nate Rempel from David Harrison).

Kimberley added their fourth goal at 11:24.

The ink on the stats sheet wasn't dry before Princeton's Nolan O'Brian added a goal at 11:04. Assistance was credited to Derrick DeLisser.

Princeton tied the game at 4-all at 9:22 when Brendan Stephen drilled a backhander high and it ricocheted into the goal off the crossbar.

Assists went to Kyle L'Arrivee and Leeland Malkinson.

It was not the first time goal posts and crossbars came into play during the game, but the only time a goal resulted from the metal bars.

Both teams scrambled to break the tie in the final 8-plus minutes of the game, but could not which forced overtime.

At 1:04 in the extra period Princeton's Matt Chomyc sealed the deal with a pass from Dan Hillman.

Final score: Princeton 5, Kimberley 4 (OT). Shots on goal: Princeton 45, Kimberley 22.

The Princeton Dairy Queen/Overwaitea Foods players of the game were: #3 - Nate Rempel, #2 - Mike Gartieg and #1 - Brendan Stephen.



Dylan Tait was awesome in goal for Kimberley. *



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Princeton's Nate Rempel (#10) takes a face off against Kimberley February 6th. *



Princeton's Wade Masch (#14) tries to steal the puck after a face off February 6th. *



Princeton's Kyle L'Arrivee (#24) feeds the puck to Matt Chomyc (#9). *

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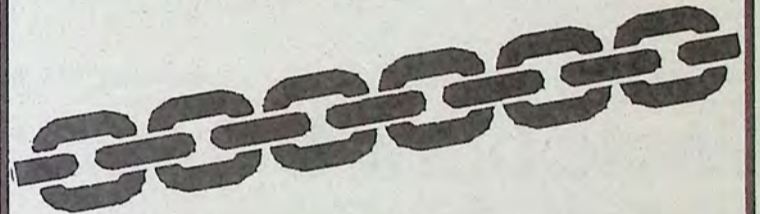
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TUESDAY, FEBRUARY 10, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons Jeffersons	News (N) [E]	(6:12) George S.	Thomas Lions	News (N) [E]	News (N) [E]	The Sopranos "Eloise"	News [E]	(5:30) News (N) [E]	(4:30) News (N) [E]	CBC News: Morning (N) Razzberry Animal	Being Ian Team Hawks Rollbots	SportsCentr e [E]	Canada AM [E]	Daily Planet [E]	Henry's King [E]	CityLine [E]	Married... Married...	Power Play [E]
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today Lily Allen; Ina Garten; Ruth Westheimer. (N) [E]	The Early Show (N) [E]	American Justice	Good Morning America (N) [E]							What's That About?	(6:56) Phineas	The Tyra Banks Show	Married... Married...	Outer Limits [E]
8 AM	Cosby Cosby	Ad Pers What	(7:55) Hi-5 Bus	Curious Sid			Cold Case Files [E]		100 Huntley Street (N)	100 Huntley Street (N)	Bo On Go Pokemon Bustown	Viva Pinata	SportsCentr e [E]		Verminator s [E]	Weekend K. Possible	Rachael Ray [E]	Unsolved Mysteries	North of 60 [E]
9 AM	Fam. Feud Fam. Feud	Three Takes [E]	Berenstain Clifford	Super Why! Clifford		The 700 Club [E]	Cold Case Files [E]	Regis and Kelly	100 Huntley Street (N)	Hospital for Sick Kids	Super Why! Gofrette	Berenstain Timothy	Off-Record Motoring	Regis and Kelly	Daily Planet [E]	Feet Tigger	News (N) City	Unsolved Mysteries	Soap What
10 AM	Trivial Trivial	The Mom Show [E]	Sid (10:35)	Sesame Street (E1)		The Price Is Right (N) [E]	CSI: Miami "Nailed"	The View (N) [E]	World Vision [E]	World Vis House	Wilbur [E]	George S. Jane	Bowling	The View (N) [E]	How Do They Do It?	Mickey Handy	The O.C. [E]	Unsolved Mysteries	What The Nanny
11 AM	Harvey Harvey	One House Guys	Rolie Polle Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan [E]	Skin Wall St	World Vision [E]	(10:59) News (N) [E]	Miracles Antiques	Dewitt Willa	Premier League Poker II [E]	Twice in a Lifetime [E]	Really Big Things [E]	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr. Fresh Pr.	Dinner Design U	(11:59) (12:37)	Charlie Rose [E]	Money Paid Prog.	News (N) Bold	The Sopranos "Eloise" (N) [E]	All My Children (N) [E]	News (N) [E]	Days of our Lives (N) [E]	News [E]	Being Ian George S.		etalk [E] Bold	Man vs. Wild "Iceland"	(11:49) Weekend	CityLine [E]	CSI: NY "Blink" [E]	Seinfeld Seinfeld
1 PM	Still Std Still Std	Home to Buy Me	Maggie Daniel	Painting Quilt	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 [E]	Sue Thomas: F.B.Eye	Verminator s [E]	Dragon Emperor	ER "The Test" [E]	CSI: NY [E]	Raymond King
2 PM	King King	Guiding Light (N) [E]	(1:59) BluesClues	Barney WordWorld	The Bonnie Hunt Show [E]	Guiding Light (N) [E]	Cold Case Files [E]	General Hospital (N)	Young and the Restless	The Doctors [E]	Steven and Chris [E]	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBuster s [E]	(1:54) K. Possible	News (N) [E]	CSI: NY [E]	King Family Guy
3 PM	Seinfeld Friends	Whose Wedding Is It?	Zoboomafo o "Scary- looking ani- mals."	Big World WordGirl	Judge Judge	Dr. Phil [E]	Cold Case Files [E]	Rachael Ray [E]	The Doctors [E]	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil [E]	Canada's Worst Driver	Replace Emperor	News (N) [E]	CSI: NY [E]	What What
4 PM	Payne Payne	Debt Part Deal No	George S.	Cyberchas	Judge J. Judge J.	Oprah Winfrey [E]	CSI: Miami "Nailed"	Inside Deal No	Oprah Winfrey [E]	(3:59) News Global	Fashion F. Mercer	SpongeBob OddParent	NHL Hockey: San Jose Sharks at Boston Bruins. (Live) [E]	Ellen DeGeneres Show	Daily Planet (N) [E]	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Soap Big Screen
5 PM	Movie: "Eraser" (1996)	News (N) [E]	Martha (5:34) Business	BBC News NBC News	News (N) NBC News	News (N) CBS News	The First 48 [E]	News ABC News	News (N) Global	(4:59) News (N) [E]	Simpsons Fortune	OddParent SpongeBob		News (N) [E]	How-Made How-Made	Suite Life Montana	Privileged (N) [E]	CSI: Crime Scn	Family Guy Seinfeld
6 PM	Action) Arnold Schwarzeneg ger. [E]	Global News	Mechanics Reach	News- Lehrer	News (N) Millionaire	News (N) Hollywood	The First 48 [E]	News [E]	News (N) [E]	ET Canada Entertain	News [E]	Drake iCarly [E]	SportsCentr e (Live) [E]	News (N) [E]	Destroyed Time Warp	Zoey 101 Life Derek	Scrubs Scrubs	UFC Unleashed (N)	Seinfeld Raymond
7 PM	Seinfeld Seinfeld	The Insider Recreating Eden "Saving Cities"	Gardens Nova	Nova "Judgment Day: Intelligent Design on Trial"	Jeopardy! Fortune	The Doctors [E]	Manhunter Manhunter	Entertain The Insider	Entertain ET Canada	90210 (N) [E]	Coronatn Jeopardy!	Adrenaline Prank Ptrl	Hockey	etalk [E] Hollywood	Toughest Race: Iditarod	Wizards Montana	Primetime: What Would	DEA (N)	Family Guy Married...
8 PM	Family Guy Family Guy	The Biggest Loser (N) [E]	Intelligent Design on Trial"	The Biggest Loser (N) [E]	NCIS "Deliverance (N) [E]	The Beast "Infected"	Be My Valentine	NCIS "Deliverance (N) [E]	NCIS "Deliverance (N) [E]	NCIS "Deliverance (N) [E]	Mercer 22 Minutes	Malcolm Futurama	Sports In Corner	American Idol (N) [E]	Daily Planet [E]	Suite Life Buzz	News (N) (8:35) News	Real Vice Real Vice	Seinfeld Seinfeld
9 PM	Movie: "Eraser" (1996)	Ruby [E] Kimora	Movie: "Carly" (2008)	Independen t Lens (N)	Law & Order: SVU	(10:01) What Trace (N)	The First 48 [E]	Primetime: What Would	Project Runway Canada	News Hour Final (N)	National Falcon Beach	Winter X Games [E]	Law & Order: SVU	Toughest Race: Iditarod	School Cory	Wizards Jimmy Kimmel	(9:06) (10:06)	Real Vice Real Vice	King Married...
10 PM	Action) Arnold Schwarzeneg ger. [E]	News (N) Guy Stuff	Documentar y	Charlie Rose (N) [E]	News (N) Tonight	News (N) Late Show	Manhunter Manhunter	News (11:35)	News (N) [E]	Entertain ET Canada	(11:05) The Hour [E]	Mystery Ghost	SportsCentr e (Live) [E]	News (N) [E]	How-Made How-Made	Suite Life Life Derek	Judge Paid Prog.	Most Amazing Videos	King King

WEDNESDAY, FEBRUARY 11, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	Jeffersons Jeffersons	News (N) [E]	(6:12) George S.	Bob Bulld Lions	News (N) [E]	News (N) [E]	The Sopranos [E]	News [E]	(5:30) News (N) [E]	(4:30) News (N) [E]	CBC News: Morning (N) Turbo	Being Ian Team Hawks Skunk Fu!	SportsCentr e [E]	Canada AM [E]	Daily Planet [E]	Henry's King [E]	CityLine [E]	Married... Married...	Crow- Stairway	
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (E1) Martha	Today Mark Bittman; Patti	The Early Show (N) [E]	American Justice	Good Morning America (N) [E]							Ultimates "Thrill Rides"	(6:56) Phineas	The Tyra Banks Show	Married... Married...	The Outer Limits [E]	
8 AM	Cosby Cosby	Ad Pers What	(7:58) Hi-5 Bus	Curious Sid	Stranger, the Scottos; Tori Spelling;		Cold Case Files [E]		100 Huntley Street (N)	100 Huntley Street (N)	Bo On Go Pokemon Bustown	Viva Pinata	SportsCentr e [E]		How-Made How-Made	Weekend K. Possible	Rachael Ray [E]	Unsolved Mysteries	North of 60 [E]	
9 AM	Fam. Feud Fam. Feud	Three Takes [E]	Berenstain Clifford	Super Why! Clifford	Valentine's Day cock- tails. (N) [E]	The 700 Club [E]	Cold Case Files [E]	Regis and Kelly	100 Huntley Street (N)	World Vision [E]	Super Why! Gofrette	Berenstain Timothy	Off-Record SnowTrax	Regis and Kelly	Daily Planet [E]	Feet Tigger	News (N) City	Unsolved Mysteries	Reality What	
10 AM	Trivial Trivial	The Mom Show [E]	Noonbory (10:36)	Sesame Street (E1)		The Price Is Right (N) [E]	CSI: Miami [E]	The View (N) [E]	World Vision [E]	World House	Wilbur [E]	George S. Jane	Auto Race: Targa	The View (N) [E]	Destroyed Time Warp	Mickey Handy	The O.C. [E]	Unsolved Mysteries	What The Nanny	
11 AM	Harvey Harvey	One House Guys	Rolie Polle Berenstain	Dragon Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan [E]	Paid Prog. Paid Prog.	World Vision [E]	(10:59) News (N) [E]	Miracles Antiques	Dewitt Willa	Premier League Poker II [E]	Twice in a Lifetime [E]	Mayday	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210	
12 PM	Fresh Pr. Fresh Pr.	Dinner Design U	Babar [E] (12:38)	Charlie Rose [E]	Gibbons Paid Prog.	News (N) Bold	The Sopranos [E]	All My Children (N) [E]	News (N) [E]	Days of our Lives (N) [E]	News [E]	Being Ian George S.		etalk [E] Bold	Blueprint for Disaster	(11:49) Weekend	CityLine [E]	CSI: NY "A Man a Mile"	Seinfeld Seinfeld	
1 PM	Still Std Still Std	Home to Buy Me	Maggie Daniel	Art Work Sewing	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 [E]	Sue Thomas: F.B.Eye	Toughest Race: Iditarod	Dragon Emperor	ER "Blackout" [E]	CSI: NY "Outside Man"	Raymond "70s Show"	
2 PM	King King	Guiding Light (N) [E]	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show [E]	Guiding Light (N) [E]	Cold Case Files [E]	General Hospital (N)	Young and the Restless	The Doctors [E]	Steven and Chris [E]	Viva Pinata Ruby	Horn Interruptio	General Hospital (N)	MythBuster s [E]	(1:54) K. Possible	News (N) [E]	CSI: NY "Rain" [E]	"70s Show" Family Guy	
3 PM	Seinfeld Friends	Whose Wedding Is It?	(3:01) Zoboomafo o "Buddies"	Big World WordGirl	Judge Judge	Dr. Phil [E]	Cold Case Files [E]	Rachael Ray [E]	The Doctors [E]	Young and the Restless	Living Food	Grossology Pokemon	Off-Record Sports	Dr. Phil [E]	How-Made How-Made	Replace Emperor	News (N) [E]	CSI: NY [E]	What What	
4 PM	Payne Payne	Debt Part Deal No	George S.	Cyberchas	Judge J. Judge J.	Oprah Winfrey [E]	CSI: Miami [E]	Inside Deal No	Oprah Winfrey [E]	(3:59) News Global	Fashion F. Laughs	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show	Daily Planet (N) [E]	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Reality Ad Pers	
5 PM	Movie: "A Simple Plan" (1998)	News (N) [E]	Martha (5:35) Business	BBC News NBC News	News (N) NBC News	News (N) CBS News	The First 48 [E]	News ABC News	News (N) Global	(4:59) News (N) [E]	Simpsons Fortune	OddParent SpongeBob	Hockey: Ottawa Sabres. (Live) [E]	News (N) [E]	Deadliest Catch [E]	Austin Stevens	Suite Life Montana	To Be Announced	CSI: Crime Scn	Family Guy Seinfeld
6 PM	Suspense) Bill Paxton. [E]	Global News	Think Big Water	News- Lehrer	News (N) Millionaire	News (N) Hollywood	Dog Dog	News [E]	News (N) [E]	ET Canada Entertain	News [E]	Drake iCarly [E]	SportsCentr e (Live) [E]	etalk [E] Hollywood	Mayday [E]	Wizards Montana	I Love Money [E]	UFC's Ultimate Fight Night	Seinfeld Raymond	
7 PM	Seinfeld Seinfeld	The Insider Recreating Eden "Saving Cities"	Canadian Waterways	Ask the Governor [E]	Jeopardy! Fortune	The Doctors [E]	Dog Exterm	Entertain The Insider	Entertain ET Canada	(7:02) Life on Mars (N) [E]	Coronatn Jeopardy!	Prank Ptrl Prank Ptrl	SportsCentr e (Live) [E]	etalk [E] Hollywood	American Idol (N) [E]	Suite Life Buzz	News (N) (8:35) News	Ways Die Ways Die	Family Guy Married...	
8 PM	Family Guy Family Guy	Knight Rider (N) [E]	Man Made Marvels (N) [E]	Looking for Lincoln (N) [E]	Knight Rider [E]	Christine Gary	Exterm Dog	Lost "The Little Prince"	Lie to Me [E]	Lie to Me "Pilot" [E]	Week Women	Malcolm Futurama	Off-Record	American Idol (N) [E]	Daily Planet [E]	Suite Life Buzz	News (N) (8:35) News	Ways Die Ways Die	Seinfeld Seinfeld	
9 PM	Movie: "A Simple Plan" (1998)	Party Monsters: Cabo [E]	Concert for Europe (N) [E]	Joan Crawford: Star	Life "Mirror Ball" (N) [E]	Criminal Minds (N) [E]	The First 48 [E]	Lost (N) [E]	Life "Mirror Ball" (N) [E]	Life "Mirror Ball" (N) [E]	Being Erica [E] (DVS)	Adrenaline Prank Ptrl	Preview	etalk [E] Hollywood	MythBuster s [E]	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY "A Man a Mile"	"70s Show" "70s Show"	
10 PM	Suspense) Bill Paxton. [E]	Kardashian s	Concierto	Joan Crawford: Star	Law & Order (N) [E]	CSI: NY (N) [E]	Dog Dog	(10:02) Life on Mars (N) [E]	(10:02) Life on Mars (N) [E]	News Hour Final (N)	National Falcon Beach [E]	Winter X Games [E]	CSI: NY (N) [E]	Austin Stevens	School Cory	(10:06) The Flavor of Love [E]	Disorderly Con.	Married... Raymond		
11 PM	Montel W. Guy Stuff	News (N) Guy Stuff	Montreal Jazz	Charlie Rose (N) [E]	News (N) Tonight	News (N) Late Show	Dog Exterm	News (11:35)	News (N) [E]	Entertain ET Canada	(11:05) The Hour [E]	Mystery Ghost	SportsCentr e (Live) [E]	News (N) [E]	Mayday [E]	Suite Life Life Derek	Judge Paid Prog.	Most Amazing Videos	"70s Show" "70s Show"	

News Leader Horoscopes

February 11 - 18, 2009

Aries - If you have looked after your health, this continues to be a good month for you. You have a pleasant energy, and you feel at ease with your world. You can achieve a lot.

Taurus - Your energy levels continue to soar, and you can gain a lot in your career combining good-will and good work. You may feel a little rebellious due to restrictions. Persistence pays.

Gemini - Sudden upsets in your neighbourhood, or too many demands for you to do things, can make you snappish, so focus on the positive and help others with a smile.

Cancer - Partner and friends may surprise you by bringing gifts or other benefits. Be cautious about going into debt. Career matters run smoothly if you use charm. Expect good news now.

Leo - You have to keep an eye on your budget. Unexpected expenses may stress you. Friends, partner, can cheer you as they are enjoying success and may want to share it with you.

Virgo - Friends and partner may be flighty. Do not let it get to you. Focus on your health and your work. If you need to find a better job, now is a good time. Look for opportunity to shine.

Libra - You can be much more creative now. You have a lot of positive energy and some luck. Put your best foot forward. Take good care of your health: exercise, vitamins.

Scorpio - Life at home can be busy, productive, and pleasant. Career runs smoothly. Children and young folk may bring sudden upsets or limit you in some way. Lovers are flighty.

Sagittarius - There is conflict between home, family and career, but you can mend fences by being charming. Pay attention to messages. This is a busy month for short trips.

Capricorn - Money could come from unexpected source. Home is where the heart is this week: do all you can to make home more pleasing. Sibling can surprise/upset you. Patience!

Aquarius - Things are going well for you, and energy increases. You may have money problems, but careful budget will solve this. Siblings are kind, loving. Enjoy friends.

Pisces - You are impatient with limitations from others. Your mind is busy with new ideas, health is good, and you want to expand your scope. Others see you as flighty: accept limits.

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tuesday movies

AFTERNOON

5:00 pm WTBS (3) ★★½ "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness Protection Program agent hides a woman who knows about defense-field traitors planning to sell a super-weapon. [E]

9:00 pm WTBS (3) ★★½ "Eraser" (1996, Action) Arnold Schwarzenegger. A Witness Protection Program agent hides a woman who knows about defense-field traitors planning to sell a super-weapon. [E]

10:00 pm KNOW (5) ★★★ "Carny" (2008, Documentary) Premiere. Filmmaker Alison Murray examines the colorful characters who work at a traveling carnival. [E]

EVENING

wednesday movies

AFTERNOON

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

EVENING

9:00 pm WTBS (3) ★★½ "A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and

Princeton Posse 2006/07 - The DVD



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thursday movies

EVENING

7:00 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his

father to investigate. [E]
 10:15 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investigate. [E]

friday movies

EVENING

7:00 pm YTV (18) ★½ "Just My Luck" (2006, Romance-Comedy) Lindsay Lohan. A young woman, who has always led a charmed life, suffers a reversal of fortune after kissing a stranger at a costume party. (In Stereo) [E]

to pay his gambling debts. [E]
 KNOW (5) "Dalziel and Pascoe: Bones and Silence" (1998, Mystery) (Part 2 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) [E]

7:30 pm FAM (26) ★★½ "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. [E]

9:08 pm FAM (26) "High School Musical 2" (2007, Musical Comedy) Zac Efron. A teenager befriends members of a wealthy family while working at a country club. [E]

9:00 pm WTBS (3) ★½ "Hardball" (2001, Drama) Keanu Reeves. A sports junkie agrees to coach a little

10:54 pm FAM (26) ★★★ "Awakenings" (1990, Drama) Robert De Niro. A doctor tries the drug L-dopa on an immobile man and others like him in 1969 New York

News Leader Recipe Corner

(Recipe #258)

Brought To You By: Similkameen News Leader

Sensational Salad Dressing

(NC)—Start the entertaining meal with homemade dressing that is simple to prepare and enhances any combination of greens and vegetables. The dressing is versatile and adds a boost of flavour.

Ingredients

- 1/2 cup (125 mL) olive oil
- 2 tbsp (30 mL) lemon juice
- 1 tbsp (15 mL) red wine vinegar
- 1 tsp (5 mL) Lea & Perrins Worcestershire Sauce
- 1 garlic clove, crushed
- 1/2 tsp (2 mL) salt
- 3 tbsp (50 mL) freshly grated Parmesan cheese

Preparation

Combine all ingredients, whisk to blend.

Serve with assorted salad greens.

- News Canada

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If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

THURSDAY, FEBRUARY 12, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:12)	Thomas	News (N)	News (N)	The 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...	Traders
6:30 AM	Jeffersons	News (N)	George S.	Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Traders
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Today's Health;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		Mega Builders	(6:56)	The Tyra Banks Show	Married... Married...	Outer Limits
7:30 AM	In the Heat of the Night	That News	Dora	Martha	Today at the Rink; Scott Conant;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		Mega Builders	(6:56)	The Tyra Banks Show	Married... Married...	Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Today at the Rink; Scott Conant;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		Mega Builders	(6:56)	The Tyra Banks Show	Married... Married...	Outer Limits
8:30 AM	Cosby	What	Bus	Sid	Today at the Rink; Scott Conant;	The Early Show (N)	American Justice	Good Morning America (N)			Razzberry	Hawks	SportsCentre		Mega Builders	(6:56)	The Tyra Banks Show	Married... Married...	Outer Limits
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Daisy Fuentes. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	Make
9:30 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	Daisy Fuentes. (N)	The 700 Club	The First 48	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	Make
10 AM	Trivial	The Mom Show	Sid	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	World Vis House	Wilbur	George S.	Preview	The View (N)	Austin Stevens	Mickey Handy	The O.C.	Unsolved Mysteries	What
10:30 AM	Trivial	The Mom Show	Sid	Sesame Street (El)		The Price Is Right (N)	The First 48	The View (N)	World Vision	World Vis House	Wilbur	George S.	Preview	The View (N)	Austin Stevens	Mickey Handy	The O.C.	Unsolved Mysteries	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Gibbons	World Vision	(10:59) News (N)	Miracles	Dewitt	NASCAR Racing: Sprint Cup	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
11:30 AM	Harvey	Guys	Berenstain	Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Gibbons	World Vision	(10:59) News (N)	Miracles	Dewitt	NASCAR Racing: Sprint Cup	Twice in a Lifetime	Forensic Factor	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	(11:59)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	Gatorade Duel at Daytona.	etalk	Mayday	(11:49)	CityLine	CSI: NY "Officer Blue"	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:37)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	Gatorade Duel at Daytona.	etalk	Mayday	(11:49)	CityLine	CSI: NY "Officer Blue"	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Landscape	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	Sue Thomas: F.B.I. Eye	Sue Thomas: F.B.I. Eye	Deadliest Catch	Dragon Emperor	ER "Coming Home"	CSI: NY "Night, Mother"	Raymond
1:30 PM	Still Stnd	Buy Me	Daniel	Quilting	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	Sue Thomas: F.B.I. Eye	Sue Thomas: F.B.I. Eye	Deadliest Catch	Dragon Emperor	ER "Coming Home"	CSI: NY "Night, Mother"	Raymond
2 PM	King	Guiding Light (N)	(1:59)	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	Interruption	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY "Tri-Borough"	Just Shoot
2:30 PM	King	Guiding Light (N)	(1:59)	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	Interruption	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY "Tri-Borough"	Just Shoot
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "Running" (DVS)	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Recycling"	What
3:30 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "Running" (DVS)	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Recycling"	What
4 PM	Payne	Debt Part	George S.	Cyberchase	Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Make
4:30 PM	Payne	Deal No	George S.	Cyberchase	Judge J.	Oprah Winfrey	The First 48	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Make
5 PM	Friends	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Westminster Kennel Club Dog Show	News (N)	Machines of Malice	Suite Life Montana	Ugly Betty (N)	CSI: Crime Scn	Family Guy
5:30 PM	Friends	News (N)	Martha	BBC News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Westminster Kennel Club Dog Show	News (N)	Machines of Malice	Suite Life Montana	Ugly Betty (N)	CSI: Crime Scn	Family Guy
6 PM	Friends	Global	Creatures	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News (N)	Drake	"Opening Night" (Taped)	News (N)	Machines of Malice	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld
6:30 PM	Friends	Global	Creatures	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	ET Canada	News (N)	Drake	"Opening Night" (Taped)	News (N)	Machines of Malice	Zoey 101	30 Rock	TNA IMPACT! (N)	Seinfeld
7 PM	Movie: "Domestic Disturbance"	The Insider	e2 (N)	Carnegie	Fortune	The Doctors	The Beast	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	The Nature of Things	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Seinfeld	
7:30 PM	Movie: "Domestic Disturbance"	The Insider	e2 (N)	Carnegie	Fortune	The Doctors	The Beast	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	The Nature of Things	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Seinfeld	
8 PM	Movie: "Domestic Disturbance"	Name Earl	Palin-Europe	Poirot "Incredible Theft"	Name Earl Kath &	Survivor: Tocantins	The Beast	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	The Nature of Things	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Seinfeld	
8:30 PM	Movie: "Domestic Disturbance"	Name Earl	Palin-Europe	Poirot "Incredible Theft"	Name Earl Kath &	Survivor: Tocantins	The Beast	Ugly Betty (N)	Survivor: Tocantins (N)	Survivor: Tocantins (N)	The Nature of Things	Malcolm Futurama	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	CSI: Crime Scn	Seinfeld	
9 PM	Movie: "Domestic Disturbance"	Orange British	Architecture	New Tricks	The Office (9:31) 30	CSI: Crime Scn	The First 48	Grey's Anatomy (N)	The Office Kink	The Office Kink	Doc Zone (N)	Zixx Level Prank Ptrl	NASCAR Racing: Sprint Cup	Grey's Anatomy (N)	Deadliest Catch	Wizards	(9:06) Jimmy Kimmel	DEA	Just Shoot
9:30 PM	Movie: "Domestic Disturbance"	Orange British	Architecture	New Tricks	The Office (9:31) 30	CSI: Crime Scn	The First 48	Grey's Anatomy (N)	The Office Kink	The Office Kink	Doc Zone (N)	Zixx Level Prank Ptrl	NASCAR Racing: Sprint Cup	Grey's Anatomy (N)	Deadliest Catch	Wizards	(9:06) Jimmy Kimmel	DEA	Just Shoot
10 PM	Movie: "Domestic Disturbance"	Academy Film Awards (N)	Vertical e2	Soundstage "Seal" (N)	(10:01) ER "The Family Man"	(10:01) ER "The Family Man"	The First 48	(10:02) Private Practice (N)	The Unit	News Hour Final (N)	National	Falcon Beach	Gatorade Duel	(10:01) ER "The Family Man"	Machines of Malice	School Cory	Flavor of Love	I Bet You	Raymond
10:30 PM	Movie: "Domestic Disturbance"	Academy Film Awards (N)	Vertical e2	Soundstage "Seal" (N)	(10:01) ER "The Family Man"	(10:01) ER "The Family Man"	The First 48	(10:02) Private Practice (N)	The Unit	News Hour Final (N)	National	Falcon Beach	Gatorade Duel	(10:01) ER "The Family Man"	Machines of Malice	School Cory	Flavor of Love	I Bet You	Raymond
11 PM	Movie: "Domestic Disturbance"	News (N)	Crystal Fear	Charlie Rose (N)	News (N)	News (N)	The Beast	News	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Machines of Malice	Suite Life	Judge	Disorderly Con.	Just Shoot
11:30 PM	Movie: "Domestic Disturbance"	News (N)	Crystal Fear	Charlie Rose (N)	News (N)	News (N)	The Beast	News	News (N)	Entertain ET Canada	(11:05) The Hour	Mystery Ghost	SportsCentre (Live)	News (N)	Machines of Malice	Suite Life	Judge	Disorderly Con.	Just Shoot

FRIDAY, FEBRUARY 13, 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...	Adventures of Sinbad
6:30 AM	Jeffersons	News (N)	George S.	Lions	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Married... Married...	Adventures of Sinbad
7 AM	In the Heat of the Night	Room	Martha	Arthur (El)	Today Kids read to animals; foods that are aphrodisiacs; bedroom makeovers.	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
7:30 AM	In the Heat of the Night	That News	Dora	Martha	Today Kids read to animals; foods that are aphrodisiacs; bedroom makeovers.	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious	Today at the Rink; Scott Conant;	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
8:30 AM	Cosby	What	Bus	Sid	Today at the Rink; Scott Conant;	The Early Show (N)	Amer. Justice	Good Morning America (N)			Turbo	Hawks	SportsCentre		Monster Moves	(6:56)	The Tyra Banks Show	Married... Married...	The Outer Limits
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	makeovers. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	Tube Tales
9:30 AM	Fam. Feud	Three Takes	Berenstain	Super Why!	makeovers. (N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Berenstain	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Unsolved Mysteries	Tube Tales
10 AM	Trivial	The Mom Show	Noonbory	Sesame Street (El)		The Price Is Right (N)	CSI: Miami "Shattered"	The View (N)	World Vision	World Vis House	Wilbur	George S.	Score Golf	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	Unsolved Mysteries	What
10:30 AM	Trivial	The Mom Show	Noonbory	Sesame Street (El)		The Price Is Right (N)	CSI: Miami "Shattered"	The View (N)	World Vision	World Vis House	Wilbur	George S.	Score Golf	The View (N)	Blueprint for Disaster	Mickey Handy	The O.C.	Unsolved Mysteries	What
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Gibbons	World Vision	(10:59) News (N)	Miracles	Dewitt	Winter X Games	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
11:30 AM	Harvey	Guys	Berenstain	Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Gibbons	World Vision	(10:59) News (N)	Miracles	Dewitt	Winter X Games	Twice in a Lifetime	Canada's Worst Driver	Benj Bear (11:25) King	The Bonnie Hunt Show	Unsolved Mysteries	Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	NASCAR Racing: Nationwide Series -- Camping World 300	etalk	Machines of Malice	(11:49)	CityLine	CSI: NY "Tanglewood J"	Seinfeld
12:30 PM	Fresh Pr.	Design U	(12:38)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	Being Ian	NASCAR Racing: Nationwide Series -- Camping World 300	etalk	Machines of Malice	(11:49)	CityLine	CSI: NY "Tanglewood J"	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	Sue Thomas: F.B.I. Eye	Sue Thomas: F.B.I. Eye	Machines of Malice	Dragon Emperor	ER "Skye's the Limit"	CSI: NY	Raymond
1:30 PM	Still Stnd	Buy Me	Daniel	Beads Bbl	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Jacob	Sue Thomas: F.B.I. Eye	Sue Thomas: F.B.I. Eye	Machines of Malice	Dragon Emperor	ER "Skye's the Limit"	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	Qualifying.	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	Frasier
2:30 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	Qualifying.	General Hospital (N)	MythBusters	(1:54)	News (N)	CSI: NY	Frasier
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo o Zoboo invents a	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Hush"	What
3:30 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboomafo o Zoboo invents a	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Grossology	Off-Record	Dr. Phil	How-Made	Replace	News (N)	CSI: NY "Hush"	What
4 PM	Payne	Debt Part	George S.	Cyberchase	Judge J.	Oprah Winfrey	CSI: Miami "Shattered"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	CSI: Crime Scn	Tube Tales
4:30 PM	Payne	Deal No	George S.	Cyberchase	Judge J.	Oprah Winfrey	CSI: Miami "Shattered"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F.	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet	(4:08)	Law & Order: SVU	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	NHL Pre	News (N)	Discovery Project Earth	Suite Life Montana	Mantracker	CSI: Crime Scn	Family Guy
5:30 PM	Black in America																		

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Similkameen News Leader

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 #165 - Rated Easy

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

CHALLENGE #166 - Rated Hard

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

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2009 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

10:00 am WTBS (3) ★★½ "Cheaper by the Dozen" (2003, Comedy) Steve Martin. While his wife is away on business, a college-football coach must handle the chaos surrounding his 12 children. (E)

AFTERNOON

12:00 pm FAM (26) "Zenon: Girl of the 21st Century" (1999, Science Fiction) Kirsten Storms. A mischievous youngster who has spent her whole life in space has a lot of

adjusting to do on Earth. (E)
1:37 pm FAM (26) ★★½ "A Little Princess" (1995, Drama) Eleanor Bron. A British Army captain's 10-year-old daughter irks the headmistress of her girls school in 1914 New York.

3:00 pm SPIKE (44) ★★ "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

4:00 pm YTV (18) ★★ "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. (E)

EVENING

6:00 pm CITY (29) "Killer Bash" (2005, Horror) Raquel Riskin. Terror strikes a campus after the vengeful spirit of a murdered collegian possesses a student. (E)

SPIKE (44) ★★½ "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker,

protect the former queen from political separatists. (In Stereo)

7:00 pm WTBS (3) ★★ "The Specialist" (1994, Action) Sylvester Stallone. Helping a woman avenge her parents' death leaves an ex-CIA explosives ace open to an old foe in Miami. (E)

8:00 pm CHBC (4) "A Valentine Carol" (2007, Romance) Emma Caulfield. Three spirits try to restore a romantic woman's faith in true love. (E)

9:00 pm FAM (26) ★★½ "Magic in the Water" (1995, Fantasy) Mark Harmon. Premiere. A local sea-monster legend entrances a divorced radio psychologist and his kids while they vacation on a Canadian lake.

SPIKE (44) ★★ "The Hills Have Eyes" (2006, Horror) Aaron Stanford. A family road trip takes a terrifying turn when the travelers become stranded in a government atomic zone inhabited by a band of bloodthirsty mutants. (In Stereo)

9:30 pm WTBS (3) ★★ "Striking Distance" (1993, Suspense) Bruce Willis. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. (E)

10:30 pm FAM (26) ★★ "Michael" (1996, Drama) John Travolta. Tabloid employees investigate a rumor about an angel and find a surprising creature with healing powers and a lot of sex appeal. (E)

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sunday movies

MORNING

9:00 am WTBS (3) ★★ "Love Walked In" (1997, Suspense) Denis Leary. Things don't go well for a lounge pianist using his singer girlfriend to seduce and blackmail a rich patron.

10:00 am SPIKE (44) ★★ "Star Wars: Episode I - The Phantom Menace" (1999, Science Fiction) Liam Neeson. As an enemy threatens the peaceful Galactic Republic, young Anakin Skywalker comes under the tutelage of Obi-Wan Kenobi and his Jedi master. (In Stereo)

11:00 am WTBS (3) ★★½ "Trapped" (2002, Crime Drama) Charlize Theron. A young anesthesiologist and his wife try to turn the tables on three kidnappers who have their 6-year-old daughter. (E)

AFTERNOON

12:00 pm FAM (26) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (E)

1:00 pm WTBS (3) ★★½ "Long Kiss Goodnight" (1996, Action) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin. (E)

SPIKE (44) ★★½ "Star Wars: Episode II - Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)

1:33 pm FAM (26) ★★ "Slappy and the Stinkers" (1998, Comedy) B.D. Wong. Second-graders save a sea lion from their principal, an animal

thief, and a groundskeeper who mistakes it for an oversized gopher. (E)

3:00 pm WTBS (3) ★★ "Striking Distance" (1993, Suspense) Bruce Willis. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. (E)

VTV (22) "Zeyda and the Hitman" (2004, Comedy) Judd Hirsch. Denied access to his grandson, a man hires a gangster to kill his mouthy son-in-law. (In Stereo) (E) (DVS)

4:00 pm YTV (18) ★★½ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son. (In Stereo) (E)

5:00 pm WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. (E)

CBC (13) ★★ "The Shaggy Dog" (2006, Comedy) Tim Allen. A workaholic prosecutor becomes infected with an experimental serum that turns him into a canine at unexpected times. (In Stereo) (E)

EVENING

6:00 pm YTV (18) ★★½ "Over the Hedge" (2006, Comedy) Voices of Bruce Willis. Animated. An opportunistic raccoon teaches fellow animals about the edible treasures that the new humans in the neighborhood conveniently leave outdoors. (In Stereo) (E)

7:00 pm WTBS (3) ★★½ "Trapped" (2002, Crime Drama) Charlize Theron. A young anesthesiologist and his wife try to turn the tables on three kidnappers who have their 6-year-old daughter. (E)

8:00 pm CBC (13) "Booky's Crush" (2009, Drama) Megan Follows. Premiere. A woman offers guidance to her 11-year-old daughter when the girl develops her first crush. (In Stereo) (E)

9:00 pm WTBS (3) ★★½ "Long Kiss Goodnight" (1996, Action) Geena Davis. Former cohorts come after a small-town New England mom who gradually remembers her past as a government assassin. (E)

CHBC (4) KHQ (7) "XIII" (2009, Suspense) (Part 2 of 2) Val Kilmer. An amnesiac faces accusations of assassinating the first female U.S. president. (In Stereo) (E)

FAM (26) ★★½ "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980.

10:15 pm KNOW (5) "Dalziel and Pascoe: Bones and Silence" (1998, Mystery) (Part 2 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)

10:30 pm FAM (26) ★★½ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. (E)

11:00 pm SPIKE (44) "Backwoods" (2008, Suspense) Haylie Duff. A group of executives go camping for fun and games until someone stalks them through the forest. (In Stereo)

We're different, and we like that.

Similkameen News Leader

SATURDAY, FEBRUARY 14, 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	Paid Prog.	News (N)		America	Today (N)	(5:00) The Early Show (N)	Sell House	Paid Prog.	Fishing	Whata	Super Why!	Being Ian	SportsCentre	OWL/TV	Westminster Kennel Club Dog Show	Overdrive	About You	TNA	Friends
6:30 AM	Paid Prog.			Fly Tying			Sell House	Paid Prog.	Fishing	Fishn	Busytown	Grossology		Kingdom		Rangers	Dharti	IMPACT!	Friends
7 AM	Paid Prog.	Ad Pers	Martha	MotorWeek		Cake	Business	Good Morning America	News (N)	News (N)	Turbo	Skunk Fu!	Fishing	Katie-Orbie		(6:54)	Eye on Asia		Friends
7:30 AM	Paid Prog.	Big Coast	Clifford	Field Guide		Horseland	Sell House				Animal	Rollbots	Motoring	Anne Gra		School			Friends
8 AM	Videos	Foodies	George S.	Everyday	News (N)	Dino	Flip This House	Emperor			Razzberry	SpongeBob	SnowTrax	Kids	Deranged	Suite Life	Polish Studio	Hrsepwer	Friends
8:30 AM	Videos	Driving TV	Bus	Hometime		Sushi Pack		Replace			Goldfish	Neutron	Motorcycle	Hobo		(8:43) Zoey		MuscleCar	Friends
9 AM	In the Heat of the Night	Paid Prog.	(9:08)	Workshop		Strawberry	Flip This House	So Raven	Driving TV	Bold Presents	SpongeBob	NASCAR	To Be Announced	How-Made	Cory	Biography	Trucks!	Friends	
9:30 AM		Paid Prog.	Upside	Old House		Care Bears		So Raven	Fishing		Mighty B	Nationwide	How-Made	So Raven		Clive Owen.	Xtreme 4x4	Friends	
10 AM	Movie: "Cheaper by the Dozen"	E! News	Maggie-Beast	Ask This	Dragon	College Basketball: Ky. at Ark. or UCLA at Ariz.	Flip This House	Montana	Fishn	Energy TV	Miracles	OddParent	Amnesty International	Forensic Factor	Phil	CityLine	Married...	Friends	
10:30 AM		Daily 10		Test Kitch	Zula Patrol		Suite Life	Fishing	Real Invest	Antiques	OddParent	Series -- Camping World 300.	PLAN Canada	Destroyed	School	Paid Prog.	Married...	Friends	
11 AM	Friends	40 Smokin' On-Set Hookups	Rolie Polie	Christina	Money		Flip This House	Rangers	Mining TV	Fishing	Bobsled-Skel.	Edgar & El	Daily Planet	Mighty Ships "Decruz"	"Zenon: Girl of the 21st Century"	Amazing	Married...	Friends	
11:30 AM	Seinfeld		(12:04) Lilly	Katie	Snowboarding: USSA GP	PGA Tour Golf: AT&T Pebble Beach National Pro-Am -- Third Round.	Extern	NASCAR	News (N)	Paid Prog.	Skiing: FIS Alpine Champ.	Drake	PGA Tour Golf: Pebble Beach	Uber Guide	Discovery Project Earth	(1:37)	Married...	Friends	
12 PM	King	10 Ways	(1:10) Taste	My Music: The British Beat	Ball Riding: PBR Tour. (Taped)		Intervention "Jason"	College Basketball: Teams TBA. (Live)	Energy TV	Seinfeld	Seinfeld	Drake	National Pro-Am	Animals	MythBusters	Movie: "A Little Princess" (1995)	Reviews	Married...	Friends
12:30 PM	King	Love Story	Mechanics	My Music: Love Songs			Intervention "Sandra"	Paid Prog.	Simpsons	Simpsons	Simpsons	iCarly	Animals						Friends
1 PM	American Chopper	Love Ride	(2:10)	Fetch! Ruff	Fortune	Paid Prog.	Intervention "Tressa"	Paid Prog.	Simpsons	Family Guy	Sat. Report	iCarly	SportsCentre (Live)	MTV Shuffle	How-Made	Suite Life	In Fashion	Movie: "Star Wars: Episode I -- The Phantom Menace" (1999)	Friends
2 PM	Family Guy	Love Ride	(3:35) Little		Penguins	Paid Prog.		Storm	Simpsons	Family Guy	HNIC	iCarly		How-Made	Suite Life	Without a Trace			Friends
3 PM	Welcome	Celebrity Cash	(4:14)	Daniel O'Donnell: Can You Feel the Love	Veggie	Access Hollywood (N)	CSI: Miami "Breathless"	Movies	Family Guy	Family Guy	NHL Hockey: Pittsburgh Penguins at Toronto Maple Leafs. (Live)	Movie: "A Cinderella Story" (2004)	Poker	Twice in a Lifetime	Cash Cab	Suite Life	Without a Trace		Friends
3:30 PM	Welcome	Couples	(4:39)	George Shrinks	Turbo	News (N)	CSI: Miami	Buzz	Family Guy	Global	(4:59) News	Hilary Duff.	NBA Basketball: 2009 All-Star Skills Competition. (Live)	First Story	Toughest Race: Iditarod	K. Possible	Less-Kind		Friends
4 PM	Movie: "The Wood" (1999)	Omar	(5:41)	Andre Rieu: Live in Vienna	News (N)	News (N)	CSI: Miami	News	News (N)	Homefront	NHL Hockey: Calgary Flames at Phoenix Coyotes. (Live)	Charlie B. Valentine	Competition. (Live)	W-FIVE	Angel	So Raven	News (N)	Movie: "Star Wars: Episode II -- Attack of the Clones" (2002)	Friends
4:30 PM					CSI: NY	Paid Prog.	CSI: Miami "Sunblock"	Entertainment Tonight	Variety Show of Hearts	Turning Points	NHL Hockey: Calgary Flames at Phoenix Coyotes. (Live)	Team		Angel	So Raven	News (N)	Reviews		Friends
5 PM	Movie: "The Specialist" (1994)	E News	Raptor Force	My Music: Doo Wop Love Songs	Law Order: CI	NUMB3RS "In Security"	CSI: Miami	Be My Valentine		Painkiller Jane	Flames at Phoenix Coyotes. (Live)	Zixx Level	SportsCentre (Live)	To Be Announced	Guinea Pig	Life Derek	News (N)		Friends
5:30 PM					Law & Order: SVU	NCIS "About Face"	CSI: Miami	Grey's Anatomy		Kenny	Naruto	Bleach	Law & Order: SVU	Destroyed	Movie: "Magic in the Water" (1995)	Party Poker	Movie: "The Hills Have Eyes" (2006)	Friends	
6 PM	Family Guy	Movie: "A Valentine Carol" (2007)	Midsomer Murders "Kings Crystal" (N)	Roy Orbison & Friends	Law & Order	48 Hours Mystery	CSI: Miami	Private Practice		Kenny	HNIC -- After Hours	Ghost	Law & Order	Angel	Movie: "Michael" (1996)	Paid Prog.	Horror	Friends	
6:30 PM					News (N)	News (N)	CSI: Miami "Sunblock"	Paid Prog.		J.R. Digs	Hockey Night -- Replay	Ghost	SportsCentre (Live)	Guinea Pig	Guinea Pig	Body Tech	MANswers	Friends	
7 PM	Sylvester Stallone.	Movie: "A Valentine Carol" (2007)	Midsomer Murders "Kings Crystal" (N)	Roy Orbison & Friends	Law Order: SVU	NCIS "About Face"	CSI: Miami	Private Practice		Kenny	HNIC -- After Hours	Ghost	Law & Order	Angel	Movie: "Michael" (1996)	Paid Prog.	Horror	Aaron Stanford.	Friends
7:30 PM					News (N)	News (N)	CSI: Miami "Sunblock"	Paid Prog.		J.R. Digs	Hockey Night -- Replay	Ghost	SportsCentre (Live)	Guinea Pig	Guinea Pig	Body Tech	MANswers	Friends	

SUNDAY, FEBRUARY 15, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Sports	Pioneers		Maya	Today (N)	Paid Prog.	Private Sessions (N)	Paid Prog.	Variety Show of Hearts	Driving TV	Animal	Being Ian	SportsCentre	To Be Announced	Westminster Dog Show	Overdrive	Kaya	Married...	Fish TV
6:30 AM	Saved-Bell	Pioneers		Fetch! Ruff		Paid Prog.		Living		Let's Build	Turbo	Grossology				Rangers	Kaya	Married...	Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Raggs	News (N)	CBS News Sunday Morning	The Sopranos "Kaisha"	Good Morning America		Canada	Razzberry	Winx Club	Reporters	To Be Announced		(6:54)	Eye on Asia	Married...	King
7:30 AM	Videos	Fishing	Clifford	Animalia						Is Written	Coronatn	Viva Pinata	Reporters			School		Hrsepwer	King
8 AM	Videos	Let's Build	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	This Week With George		TribalTrail	Coronatn	Ruby	Bowling	TBA	Tutankhamun	Suite Life	Eye-Asia	Hrsepwer	Raymond
8:30 AM	Videos	Powerboat	Bus	Electric						Marriage	Coronatn	Casper		Pringle		(8:43) Zoey	Festival Italiano di Johnny Lombardi (In Italian)	MuscleCar	Raymond
9 AM	Movie: "Love Walked In" (1997)	Denis Leary.	Neighborhood	Upside	Biz Kid\$	NHL Hockey	Parking	Wall St		Hour of Power	Coronatn	OddParent	Boxing: Friday Night Fights.	PLAN Canada	Funnest Animals	Cory	Trucks!	Seinfeld	
9:30 AM										Listen Up	CBC News: Sunday	SpongeBob		To Be Announced	Mayday	Phil	Movie: "Star Wars: Episode I -- The Phantom Menace" (1999)	Xtreme 4x4	Seinfeld
10 AM	Movie: "Trapped" (2002)	Charlize Theron.	Why Stars Split	Rolie Polie	Foreign		Parking	Hometime		Foodies		Mighty B			How-Made	School	Reviews	The "70s Show"	
10:30 AM				Paddington	European		Parking	Paid Prog.		Energy TV		iCarly	NASCAR Racing: Sprint Cup -- Daytona	Question Period	Forensic Factor	"Johnny Kapahala: Back on Board"	Amazing		Friends
11 AM	Movie: "Long Kiss Goodnight" (1996)	Kevin	20 Acts of Love Gone Wrong	(12:03) Lilly	NW Profl	Skiing: FIS Alpine World	PGA Tour Golf: AT&T Pebble Beach National Pro-Am -- Final Round. (Live)	Parking	Movie	Seinfeld	Land Sea	Prank Ptr	International Speedway in Daytona Beach, Fla. (Live)	W-FIVE	Mayday	Role	The O.C.	Movie: "Star Wars: Episode II -- Attack of the Clones" (2002)	Raymond
11:30 AM				(12:33) Miss	Carnegie	Championships. (Taped)		Road to Gold		Seinfeld	Chocolate Confidential	The Next Star			MythBusters	Movie: "Slappy and the Sunkers"	The O.C.	Attack of the Clones" (2002)	Seinfeld
12 PM	Movie: "Striking Distance" (1993)	Bruce Willis.	THIS Investigates: Dating Nightmares	Zoboo	Joan Crawford: Star	Paid Prog.	CSI: Miami "Breathless"	XTERRA	Continued The Children's Charity of British Columbia raises funds.	Simpsons	Fashion F.	Adrenaline		Twice in a Lifetime	MythBusters	Cash Cab	Cory	News (N)	You Smarter?
12:30 PM				(3:31) Little	Chronicles	CSI: NY "Heroes"	Extra (N)	Storm	Charity of British Columbia raises funds.	Family Guy	Jeopardy!	Movie: "Stuart Little" (1999)	Sports	Movie: "Zeyda and the Hitman" (2004, Comedy)	MythBusters	How-Made	Suite Life	2Half Men	UFC
1 PM	Movie: "The Wood" (1999)	Omar	Okanagan	George Shrinks	Workshop	News	News (N)	Buzz	ABC News	Global	Fortune	Movie: "The Shaggy Dog" (2006)	NBA Basketball: 2009 All-Star Game. From U.S. Airways Center in Phoenix.	In Fashion	Machines of Malice (N)	K. Possible	Friends	UFC	
1:30 PM				(5:36)	Old House	News (N)	News (N)	News	News (N)	(4:59) News (N)	Movie: "The Shaggy Dog" (2006)	Tim Allen.	Movie: "Over the Hedge" (2006, Comedy)	FashionTel	Ancient World	Sadie	Rock of Love Bus	UFC	
2 PM	Movie: "Trapped" (2002)	Charlize Theron.	The Best Years	Nature (N) (DVS)	Dateline NBC	60 Minutes	The Sopranos	Funnest Home Videos	King of Hill	King of Hill	Heartland "Do or Die"	SpongeBob	SportsCentre (Live)	The Amazing Race 14	Anthony Bourdain	Life Derek	News (N)	MANswers	What
2:30 PM										King of Hill	Movie: "Booky's Crush" (2009)	Prank Ptr				Montana	EP Weekly	MANswers	What
3 PM	Movie: "Long Kiss Goodnight" (1996)	Val Kilmer.	Movie: "XIII" (2009) (Part 2 of 2)	Rebus "Strp Jack" (N)	Twist	Movie: "XIII" (2009) (Part 2 of 2)	CSI: Miami	Desperate Housewives	Family Guy	Family Guy	Megan Follows.	The Next Star	National Pro-Am	Desperate Housewives	Machines of Malice	Movie: "Miracle" (2004, Drama)	American Gladiators	MANswers	Friends
3:30 PM										Amer Dad	Amer Dad					Paid Prog.	DEA	Seinfeld	
4 PM	American Chopper	News (N)	Montreal Jazz	Chronicles	Paid Prog.	(11:35) Cold	The Sopranos	Van Impe	16:9	Paid Prog.	News (N)	Mystery	SportsCentre (Live)	News (N)	MythBusters	Movie: "Something's Gotta Give"	Paid Prog.	Movie: "Backwoods"	You Smarter?
4:30 PM										Paid Prog.	Who Do	Ghost		News (N)		Body Tech			Friends

MONDAY, FEBRUARY 16, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (49)
6 AM	Jeffersons	News (N)	(6:12)	Bob Build	News (N)	News (N)	Paranormal	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian Team	SportsCentr e	Canada AM	Daily Planet	Henry's King	CityLine	UFC Fight Night	Once a Thief
7 AM	In the Heat of the Night	Room That News	Martha Dora	Arthur (EI) Martha	Today (N)	The Early Show (N)	Paranormal	Good Morning America (N)			Turbo Animal	Hawks Dinosaur	SportsCentr e		Cash Cab	(8:56) Phineas	The Tyra Banks Show		The Outer Limits
8 AM	Cosby	Ad Pers	(7:58) Hi-5	Curious			Paranormal State		100 Huntley Street (N)		Bo On Go	Pokemon Viva Pinata	SportsCentr e		How-Made	Weekend K. Possible	Rachael Ray	UFC Fight Night	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why!		The 700 Club	Intervention "Asa"	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why! Gofrette	Neutron Barnyard	Off-Record Fishing	Regis and Kelly	Daily Planet	Feet Tigger	News (N) City		TV Made
10 AM	Trivial	The Mom Show	Noonbory (10:36)	Sesame Street (EI)		The Price Is Right (N)	Intervention "Sylvia"	The View (N)	World Vision	World Vis House	Wilbur Doodlebop	Kid vs. Kat Mighty B	PBA Bowling: USBC	The View (N)	Ult Cars Destroyed	Mickey Handy	The O.C.	UFC Fight Night	What The Nanny
11 AM	Harvey	One House	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Paranormal	Paid Prog.	World Vision	(10:59) News (N)	Miracles Antiques	OddParent SpongeBob	Masters. NFL Films	Twice in a Lifetime	Mega Builders	Benj Bear (11:25) King	The Bonnie Hunt Show		Beverly Hills, 90210
12 PM	Fresh Pr.	Dinner	Babar	Charlie Rose	Paid Prog.	News (N)	Paranormal	All My Children (N)	News (N)	Days of our Lives (N)	News	iCarly	Billiards: WPBA	etalk	Super Ships	(11:49) Viewers' Choice	CityLine	Ultimate Knockouts 5	Seinfeld
1 PM	Still Stnd	Home to	Maggie	Fine Art	Days of our Lives (N)	As the World Turns (N)	Paranormal	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Movie: "Dennis the Menace" (1993)	Winter X Games	Sue Thomas: F.B. Eye	Dirty Jobs "Shrimper"	ER "300 Patients"	Ultimate Knockouts	Raymond	
2 PM	King	Guiding Light (N)	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Guiding Light (N)	Paranormal State	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris		Horn Interruptio	General Hospital (N)	MythBuster s Ninjas.	News (N)	Ultimate Knockouts 2	Raymond	
3 PM	Seinfeld	Whose Wedding Is It?	(3:01) Zoboofa	Big World WordGirl	Judge	Dr. Phil	Intervention "Asa"	Rachael Ray	The Doctors	Young and the Restless	Living Food	The Fairly OddParents	Off-Record Sports	Dr. Phil	Worst Handyman	News (N)	Ultimate Knockouts 3	What	
4 PM	Payne	Debt Part	"Powerhouse"	Fetch! Ruff	Judge J.	Oprah Winfrey	Intervention "Sylvia"	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion F. Red Green	SpongeBob OddParent	Hockey NHL Pre	Ellen DeGeneres Show	Daily Planet (N)	Law & Order: SVU	Ultimate Knockouts 4	That News	
5 PM	Payne	News (N)	Martha (5:34)	BBC News Business	News (N) NBC News	News (N) CBS News	Intervention "Chad"	News ABC News	News (N) Global	(4:59) News (N)	Simpsons Fortune	OddParent SpongeBob	NHL Hockey: Ottawa Senators at Nashville Predators.	News (N)	MythBuster s	The Bachelor (N)	Ultimate Knockouts 6	Tube Tales E News	
6 PM	Payne	Global	Taste Buds	News-Lehrer	News (N) Millionaire	News (N) Hollywood	Intervention "Chris" (N)	News	News (N)	ET Canada	News	Drake iCarly	Senators at Nashville Predators.	News (N)	Dirty Jobs (N)	Movie: "Aladdin" (1992)	True Beauty (N)	Movie: "Ring of Death" (2008)	Make TV Made
7 PM	Welcome	E! News	Undersea	'Allo, 'Allo!	Jeopardy!	The Doctors	Paranormal	Entertain	Entertain	Heroes "Building 26"	Coronatn Jeopardy!	Malcolm Prank Ptrl	etalk	To Be Announced	Montana	News (N)	UFC 95 Countdown (N)	Deal-No Deal	
8 PM	Family Guy	The Soup	History of Britain	Antiques Roadshow (N)	Chuck (N)	Big Bang	Paranormal	The Bachelor (N)	House (N) (PA)	House (N) (PA)	Mosque Sophie (N)	Movie: "Cheaper by the Dozen 2" (2005)	Billiards	Two Men (9:31)	Dirty Jobs	Wizards Life Derek	(9:06) Jimmy Kimmel	CSI: NY "The Fall"	Seinfeld
9 PM	Seinfeld	Rules	Stardust: Bette Davis	American Experience	Heroes "Building 26"	Two Men Gary	Intervention "Chad"	True Beauty (N)	News Hour Final (N)	News Hour Final (N)	National	Falcon Beach "Vigil"	Winter X Games	CSI: Miami	To Be Announced	School Rock of Love	Disorderly Con.	Married...	
10 PM	"Gone Fishin" (1997)	Snoop	FASD: Finding Hope (N)	Simon Schama's Rough	News (N)	News (N)	Paranormal	News	News (N)	Entertain	(11:05) The Hour	Mystery Ghost	SportsCentr e (Live)	News (N)	MythBuster s	Suite Life Life Derek	Judge Paid Prog.	Most Amazing Videos	Raymond
11 PM	Montel W.	Guy Stuff	Landscape	PBS	Tonight	Late Show	Paranormal	(11:35)	News (N)	ET Canada									


monday movies

AFTERNOON
 1:00 pm YTV (18) ★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. The comic-strip moppet plays pranks on Mr. Wilson, the crotchety fellow who lives next door. (In Stereo) [E]
EVENING
 6:00 pm FAM (26) ★★½ "Aladdin" (1992, Fantasy) Voices of Scott Weinger. Animated. Disney's version of a tale about an Arabian thief who finds a magic lamp and tries to win a princess's heart. [E]
 SPIKE (44) "Ring of Death" (2008, Action) Johnny Messner. Premiere. A former lawman infiltrates a sadistic prison where inmates fight to the death. (In Stereo)
 8:00 pm YTV (18) ★★ "Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker discovers old rival Jimmy Murtaugh and his family are also there; the Bakers and Murtaughs find themselves in less-than-friendly competition. (In Stereo) [E]
 9:30 pm WTBS (3) ★ "Gone Fishin'" (1997, Comedy) Joe Pesci. Two life-long friends have disastrous misadventures after winning a fishing trip to the Everglades.

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WEEKLY DEADLINE IS 12 NOON FRIDAYS

obituary

obituary

Theodore Alexander Engel

January 30, 1930 - February 1, 2009



"God's Finger touched him and he sleeps"

Alex was born January 30, 1930 in Rhein, Saskatchewan and passed away February 1, 2009 in Kelowna General Hospital. He is survived by his loving wife, Violet Ruth Engel of Kelowna, BC and children Brenda Lee (George) Elliott of Princeton, BC, Blair Alexander (Wendy) Engel of Williams Lake, BC and Denise Louise (Wes) Hargreaves of Wetaskiwin, Alberta, and grandchildren Amy Rae (Cole) Guenette, Nigel Alexander Engel (Haley Ferguson) and Christopher Blair Engel.

A memorial service was held Saturday, February 5, 2009 at Mountain View Chapel in Armstrong, BC. Donations in memory of Alex may be made to the Parkinson Society of British Columbia, 600-890 West Pender Street, Vancouver, BC, V6C 1J9.

Deberah Gene (Pratico) Morrison

February 5, 1952 - January 8, 2009



"Either God will take my cancer from me, or me from my cancer, either way I win."

Our beloved wife, sister, mother and Grams passed away peacefully after a courageous battle with breast cancer on January 8, 2009 with her loving husband by her side. Mom was born in Princeton, BC on February 5, 1952 to Arthur and Barbara (Lindley) Pratico, the fourth of six children. Mom grew up and attended school in Princeton. While waitressing there she met the love of her life, Wayne. According to Mom she saw a cute butt go into the Post Office and the rest as they say is history. Mom and dad got married June 16, 1973 and made their life on the Morrison family farm outside of Davidson, SK. Being a town girl from BC meant a lot of adjusting for Mom but she thrived in her new environment, learning the difference between gas and diesel and how to escape from the crazy roosters. Mom will be remembered for her loving spirit and generous nature. She never judged, but always listened. As someone once said, she was always there to hold our hand when we fell down, not always stopping the fall from happening because sometimes the fall and getting back up was strengthening of character. Mom taught us the true meaning of family and made sure that we knew how much she loved us. Every phone call or goodbye was ended with an I Love You. Mom enjoyed scrapbooking, reading and playing with her grandkids. She always took an active interest in all her girl's activities whether it was Brownies, Air Cadets or gymnastics. Mom was also very involved in the Optimist Club of Davidson where she received recognition for her contributions. She will be truly missed by all who knew her.

Mom is survived by her husband, Wayne, children, and grandchildren Kara (Jack), Breanne and Erica Howarth of Saskatoon, Jan (Stacey), Stajan and Jax Reiniger of Medicine Hat, AB, and Jessica Morrison also of Medicine Hat. She is also survived by her mother-in-law Justina Morrison, and her brothers and sisters, Frank (Gail) Lindley, June (Glenn) Meston, and Linda Olson of Princeton, BC, Art (Linda) Pratico of Houston, BC, Kathie (Ken) Van Dooyeweert of Sicamous, BC, Wendy (Roger) Morrow of Maple Creek, SK, Reid (Melanie) Morrison of Calgary, AB, Les (Gail) Morrison, Monica (Mark) Thiel all of Saskatoon, SK and Bruce (Cheryl) Rempel of Aylesbury, SK. She is also survived by numerous nieces and nephews. Mom was predeceased by her father Art Pratico, mother Barbara, and her father-in-law Jack Morrison. The family would like to thank the wonderful staff at University Hospital for making Mom's final days so peaceful, especially Sue, Brad and Doreen. A memorial service for Debby was held on Thursday, February 5, 2009 in Davidson, SK with Hanson's Funeral Home of Davidson in care of arrangements, and also in Princeton, BC. A service in Princeton, BC will be held at a later date. Donations in memory of Mom can be made to the Breast Cancer Society or the Heart and Stroke Foundation.

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

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2008 550 Freestyle Bombardier Ski-Doo. Brand new. \$6,500.00 OBO. Call (250) 295-6117 or 295-1722. Feb 03 17

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

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1-bedroom suite, downtown. Close to everything. Call Sharon (250) 295-1845. Nov 25th

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2-bedroom and loft. 507 Similkameen Avenue. \$700.00 per month, plus utilities. No smoking, no pets. References required. Contact Heather Johnson at Century 21 Princeton Realty. Call (250) 295-6977. Feb 03 -th

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

Room for rent. Asking \$500.00 per month. Call (250) 295-1622. Jan 20 Feb 10

Newly remodeled apartment. All utilities included. Two bedroom, full bathroom and kitchen. Washer and dryer in unit. Nice neighbourhood. Pets and smoking allowed. \$700 per month. e-mail: michealanders1@gmail.com Feb 10 - Mar 31

wanted

WANTED: DEAD OR ALIVE!

Large construction equipment. Cats, bulldozers, etc. Call Scotty at (250) 295-0101. Oct 25th

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

for sale

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

Cross country skis, boots and poles. Never been used. Skis: Nordkap Dynastar, made in France. Ski boots: Leather, size 9. Asking \$65.00. Call (250) 295-6864 after 3:00 PM. Jan 27 Feb 10



SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

SPECIAL EDUCATION ASSISTANT ASSIGNMENT: SPEECH-LANGUAGE PATHOLOGIST ASSISTANT

School District No. 58 (Nicola-Similkameen) is accepting applications for a Special Education Assistant with the specific assignment to be District Speech-Language Pathologist Assistant in the Merritt schools. This is a 5 hour per day, 4 days per week, temporary position until June 19, 2009.

Completion of an accredited Speech-Language Assistant Program is required. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

Application forms are available at the School Board office, 1550 Chapman Street, Merritt, BC, Princeton Secondary School 201 Old Merritt Road, Princeton, BC, or on-line at www.sd58.bc.ca, click on Jobs/Support Positions and follow the prompts. Applications will be accepted until **February 20, 2009**.

Please forward to:

Attn: Secretary Treasurer
School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street
Merritt, BC V1K 1B8
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Only those applicants being interviewed will be contacted.

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

HOME

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

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AWAY

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

Home Game Webcasts:
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sudoku

CARTER'S
Sudoku
Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #165 - Easy

794	238	561
168	459	237
523	761	849
432	597	618
981	642	753
675	183	924
216	874	395
357	916	482
849	325	176

CHALLENGE #166 - Hard

236	159	847
718	462	395
594	378	621
469	835	712
153	724	986
872	916	534
981	547	263
647	283	159
325	691	478

RESUME

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my turn

The Family Reunion

It was supposed to be a surprise.

My father-in-law was going to turn 79 in a matter of days and family members were going to gather together to celebrate with him in Kelowna. Then my wife received a call that he had had a heart attack. She went to Kelowna days before she had planned. At one point, doctors called all family to Kelowna. It was looking pretty grim. He was a day short of 79 and all his children were nearby spending special moments with him as the hours slowly passed.

Then magically, the day after his birthday doctors announced he was likely to 'pull out of it' and were scheduling tests and making plans for the weeks ahead, including placement for re-hab. Brenda chose to come home for a day once she determined all would be fine.

I don't think she was more than 20-minutes out of Kelowna when I got the call that my father-in-law had passed away. I spoke to my wife at least twice after that call not letting on I had bad news opting to wait until I saw her to share the information.

It was a long afternoon for me.

Then when she arrived in the office (I was at work), she and I greeted each other and she shared with me the good news from the doctors and how her father was probably going to be okay.

That was when I told her the truth.

I thought I had experienced some tough situations before. I can't think of a single instance that would match telling my wife her father died just minutes after she left her family behind.

It had a profound affect on me for the rest of the week. It's not as if it unlocked any special understanding for me or put things into some sort of perspective.

What it did was made me realize I hope I never have to do that again.

When my father died 18 years ago it was different. My younger brother told me what doctors had told him. I never had to be the one with The News.

Which is sort of funny when you think about it.

All I basically do for a living is tell everyone else the news about what's going on around them. It's normally 'informational' news with the occasional instance of bad things happening to good people or just people paying for back calls of judgement.

It's never announcing The News.

But considering what I do for a living, I guess it was best that she heard it from me and not someone else.

The strange thing is, I knew my father-in-law for just a few years, and somehow he managed to give me something to always remember him by.

Although I'd prefer to remember how he repeatedly beat me senseless around a pool table.

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.

Similkameen News Leader

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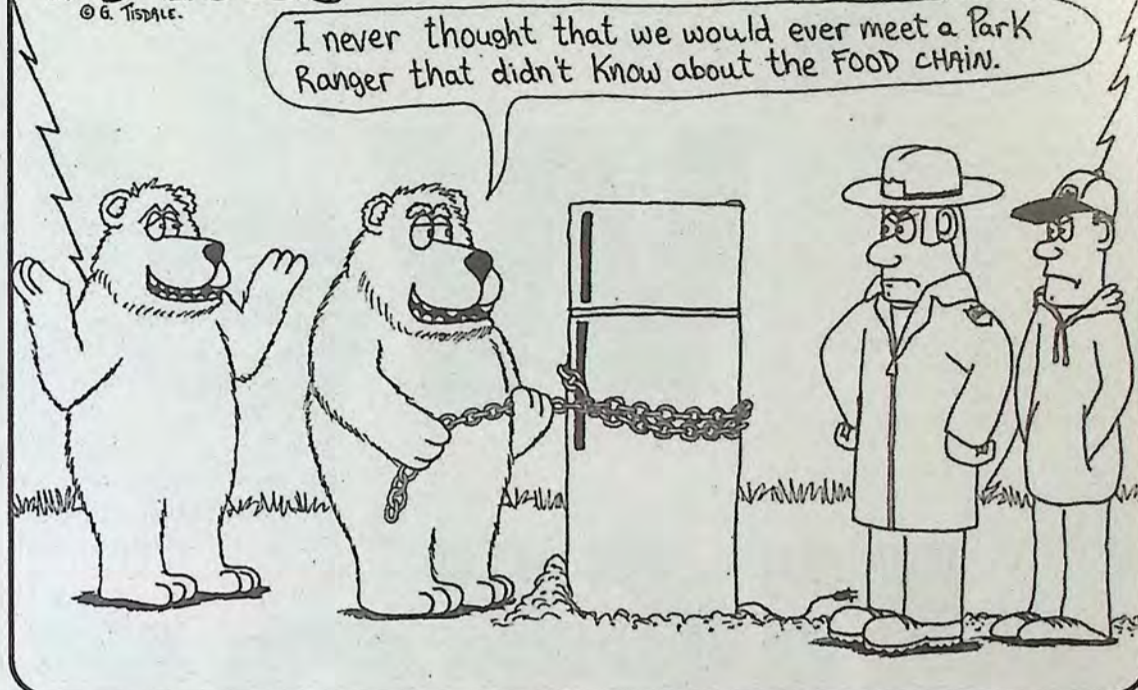
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Reporter:

George Elliott
Brenda Engel
Dawn Johnson

TIS TOONS

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your turn

Here's a spin on recycling news

Dear Editor:

I thought your readers might be interested in our latest research project, and what we found in a treasure trove of old newspapers.

Rika Ruebsaat and I are just back from ten days at Selkirk College in Castlegar. The Princeton Traditional Music Society had just received a very generous grant from BC 150 to continue the research we had begun in Princeton, the result of which was the CD, "Now It's Called Princeton: Songs and Poems from BC's Upper Similkameen."

The material on that CD is mostly drawn from Princeton newspapers from 1900 to 1930. Our hopes were to find much the same sort of songs and poems we found in Princeton, and we weren't disappointed. The fact that we spent over \$550.00 on photocopies indicates the amount of material we found.

In the early years of the last century, Princeton had just the one paper. At the College we found over forty from the West Kootenays, at least eight of them from what are now ghost towns (Trout Lake, Brooklyn, Ferguson, Lardeau, Sandon, Anaconda, Camborne and Poplar).

Of these newspapers, over half were dead in just three years, and only three survived more than ten years (the Trail News which ran to 1925, the Kaslo Kootenaiian which ran to 1932 and the Rossland Miner which survived to 1973).

Most were four to eight-page weeklies, with six or seven columns devoted to editorials,

mining information (either technical or legal), jokes, poems and songs, serialized stories and lots of local advertisements. Most of the material was locally generated, with occasional national and international stories.

The war poems were the most immediately interesting - they covered the Spanish-American War in Cuba, the Dominican Republic and the Philippines, the Boer War in South Africa and the First World War. We even found an editorial complaining of

Letter To The Editor

MP writes Environment

Hon. Jim Prentice, P. C., M. P.
Minister of the Environment
Room 401 Confederation Bldg.
House of Commons
Ottawa, ON K1A 0A6

Dear Mr. Prentice,

As you are aware the Okanagan County Public Utility District in Washington State has undertaken a feasibility study to build a hydroelectric dam at Shanker's Bend on the Similkameen River south of Osoyoos, BC.

Part of the study includes an 80-metre dam which, if built, would flood about 7,200 hectares on the Canadian side of the border.

The study has been expanded to involve the US Federal Energy Regulatory Commission (FERC) with a two-year timeline. According to an article in the January 21st edition of the Osoyoos Times, many are concerned that the utility district's

American 'waterboarding' of Filipino soldiers, the torture technique recently used again by the US. The papers were, most of the time, a pleasure to read - except when the microfilms were poorly done, and then they were a royal pain!

Ahead of us is the monumental task of indexing, cataloging, databasing and transcribing these photocopied pages. When we've got a better sense of the material, I'll write again.

- Jon Bartlett, Princeton

application to FERC is focusing on the high-dam concept.

Feasibility studies are expensive. The fact that millions of dollars are being spent means that the Americans are serious.

At the board meeting on January 8, 2009, the Board of Directors for Regional District of Okanagan-Similkameen passed as resolution supporting the notice of intervention submitted by the Okanagan Alliance of First Nations and the Canadian Parks and Wilderness BC. Under FERC rules, these are the organizations that will have to present the Canadian argument against the project through the FERC regulatory process.

Minister, on behalf of all those who oppose this project, I strongly urge you to:

1) Notify your US Government counterpart and all those concerned that Canada unequivocally opposes this project.

..... continued on Page 24

Current Comment:

Is this a terrible world?



Dawn Johnson
editor@thenewsleader.ca

A remark made recently by a friend started me thinking about all of the doomsayers who tell us our world is not worth living in.

I know there are nasty things happening in our world. People in some places are starving, other places are involved in war, and still others recovering from natural disasters. There are terrorists and nut cases of other sorts, and the stock market climbs and falls on a whim. There are lots of reasons, if you look for them, that are cause for pessimism, but are these black thoughts based on a total reality? I doubt it.

I recall that, when I was in my teens, the Cold War was the big issue. World War 3 was not a question of "if", but a question of "when". We thought we could avoid it, although it came very close with the Cuban missile crisis. Those were scary times, but not as scary as when my parents were raising a toddler or two (me and my sister) with the entire world waging war, and two sons on the front lines.

There were some other things to be afraid of in my early years. While men and women were dying in the war, children back home were dying of polio and pneumonia. Civilians were dying of heart disease, kidney disease, pneumonia, stroke, and infections. There were no antibiotics to speak of, nor Salk vaccine, nor the tremendous advances in medicine that we take for granted today.

I expressed some of this to my daughter. She recalled the early 1970's when people were being discouraged from having children because the environment was dying, the planet was dying, and people were going to starve to death. She said many of the people she knew did a lot of drugs because, in their view, they did not have much of a future. My daughter is now living proof they had something to live for. My daughter

has a daughter and grandchildren.

In my grand-daughter's age group, they fear global warming is going to destroy the earth, and pollution in general is going to cause horrible illnesses and deformities in their children. Many young people do not want to have children because they see a dismal future.

From generation to generation, there have been those people who wondered, "What's the use in planning for a long life? Why bring children into such a horrible world?"

I look at the things we fear now, and chuckle to myself. My father's parents travelled through the west in a covered wagon. They lost a child to the rough life of the frontier. They lost another to the Spanish flu.

The hardships they endured were not covered by Employment Insurance, Medicare, Worker's Compensation nor Social Assistance. These did not exist. They worked and saved and worked and saved, until finally they could face a decent life in their old age, because nobody was going to give them a pension, nor provide Pharmacare for them. My father's father was a union firebrand who fought for better conditions for working people, and helped win a lot of the benefits we enjoy today, although he never had the opportunity to enjoy them himself.

If I look back at my grandparents' generation, I see that they were able to create a better world for us in so many ways. My parents' generation had a miserable time. That generation was born during the first World War and sent their children away for the second World War. My brothers, much older than I, fought in that war, and many fought in the Korean War. The world became sick of war. What my brothers and their age group wanted most was peace and an opportunity to live well.

In my own generation, I see we have done much to make living conditions better in our world. The fight for civil rights, equality of

treatment regardless of race, religion or ethnic origin, was a battle fought by my generation. When I was a youngster, you rarely saw a non-white person on television or in the movies. The Sixties changed that, but it was not easy. My generation campaigned for better treatment of women, and that was another barrier broken. I remember trying to get a job laying floor tiles, something I knew how to do. The company was desperate for an employee to do this, but when I went in and applied for the job, I was told it would not go to a woman because the men might become distracted from their work! I remember, when I was over 30 with a full-time job that paid well, I still could not get a small loan without my husband's signature. Those days are mostly gone. Women are a lot more equal than when I was growing up.

Yes, the daily dose of disasters and damnation (the evening news) can generate feelings that we live in a terrible world, and our planet might not survive, and we might blow ourselves to bits or die of starvation. The evening news tells us the worst news from around the world, or it tells us really stupid things about which young singer is pregnant or, in the news the other night, how football players combat sweaty palms.

If we do not like the world we live in, we must do what it takes to create a better world, and we must give that message to our children and their children. We need to make that message clear to everyone. We are not on the edge of extinction, nor are we in a society without hope. In fact, we have it so good we should be out there helping the rest of the world, and teaching the rest of the world how to make their world a better place.

If we work to eradicate hunger, pollution, war, prejudice and disease, maybe the world will be a much better place to live in 100 years from now, and our great-great-grandchildren will have very little to complain about or be depressed about.

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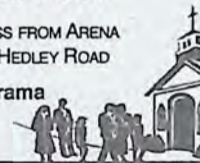
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Members of Princeton's Similkameen Shotokan Karate Club. - photo submitted

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Shotokan Karate Club sends update

Dave Takishita visited Princeton's Similkameen Shotokan Karate Club for belt testing and seminars January 16th and 17th. Sensei (teacher) Takishita is 4th Dan Black belt, many years Canadian National Champion in free fighting, and Vice President of ISKFBC (International Shotokan Karate Federation of British Columbia).

Sensei Takishita's main focus of his seminar was to help members in their Jyu Kumite (free fighting). From his extensive knowledge and background he helped participants develop safe but strong, effective techniques to spar with one another, and soft, responsive blocks that

keep the blocker out of harm's way. Sensei led training for a couple sessions and oversaw grading of club members as they achieved their next belts.

Six members tested, all of which upgraded to their next belt. A big congratulations to Tyme Wharton, who successfully completed the requirements for both Yellow and Orange belts. And to Billy Preston, Lou Preston and Bill Smart who completed requirements for Orange belts, Stevi Weissbach for Green belt and Clayton Jung for Purple belt.

All enjoyed the workout, learned something from the seminar and woke up sore the next morning!

Regular training in the dojo is Monday and Wednesday nights from 6:45 to 8:00 PM in the Christian Education Building (behind the United Church). New students are generally recruited in September. The club sends representation monthly to train at headquarters in the lower mainland

where Sensei Takishita teaches with Sensei Joe Dixon, technical director for ISKFBC.

Following ISKF events:

- BC is hosting Master Yaguchi, 9th Dan Black Belt, Vice Chairman of International Shotokan Karate Federation (ISKF), who has membership in approximately 40 countries worldwide. Dates are March 26 to 29th and he will be back again in December.

- BC is also hosting Master Okazaki, 10th Dan and Chairman of ISKF on June 25 to 28th.

These are some of the most respected Masters in the world of Japanese Karate.

Local Members say:

"Sensei makes sore muscles fun!" - Bill Smart

"Learned lots, Thanks!" - Patti Short

"Sensei Dave T. first came to Princeton in May 1986, when I first received my Orange belt. He had first Kyu Brown Belt and later that year received his first Black belt. It entuses me that 23 years later we are able to train with such a superb athlete!" - Sensei Paul Bedard. - submitted

MP writes

..... continued from Page 22
2) Contact the Hon. Barry Penner, BC Environment Minister to urge the Province of BC to take a definite stand against this project.

3) Commit to supporting both the Okanagan Alliance of First Nations and the Canadian Parks and Wilderness Society in their intervention against this project with the FERC.

Just as with your predecessor, the Hon. John Baird, I look forward to working very closely on this file with you.

Please rest assured that you have my ultimate cooperation.
Sincerely,
Alex Atamanenko, MP
BC Southern Interior

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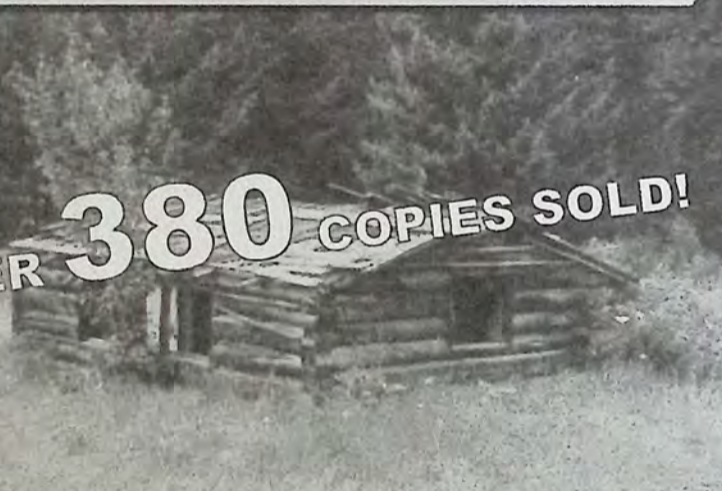
Ghost Town

A town that has been abandoned, usually because the economic activity that supported it no longer exists.

There are a total of six such ghost towns in the Princeton area:

Allenby, Blackfoot, Blakeburn, Copper Mountain, Granite Creek and Leadville.

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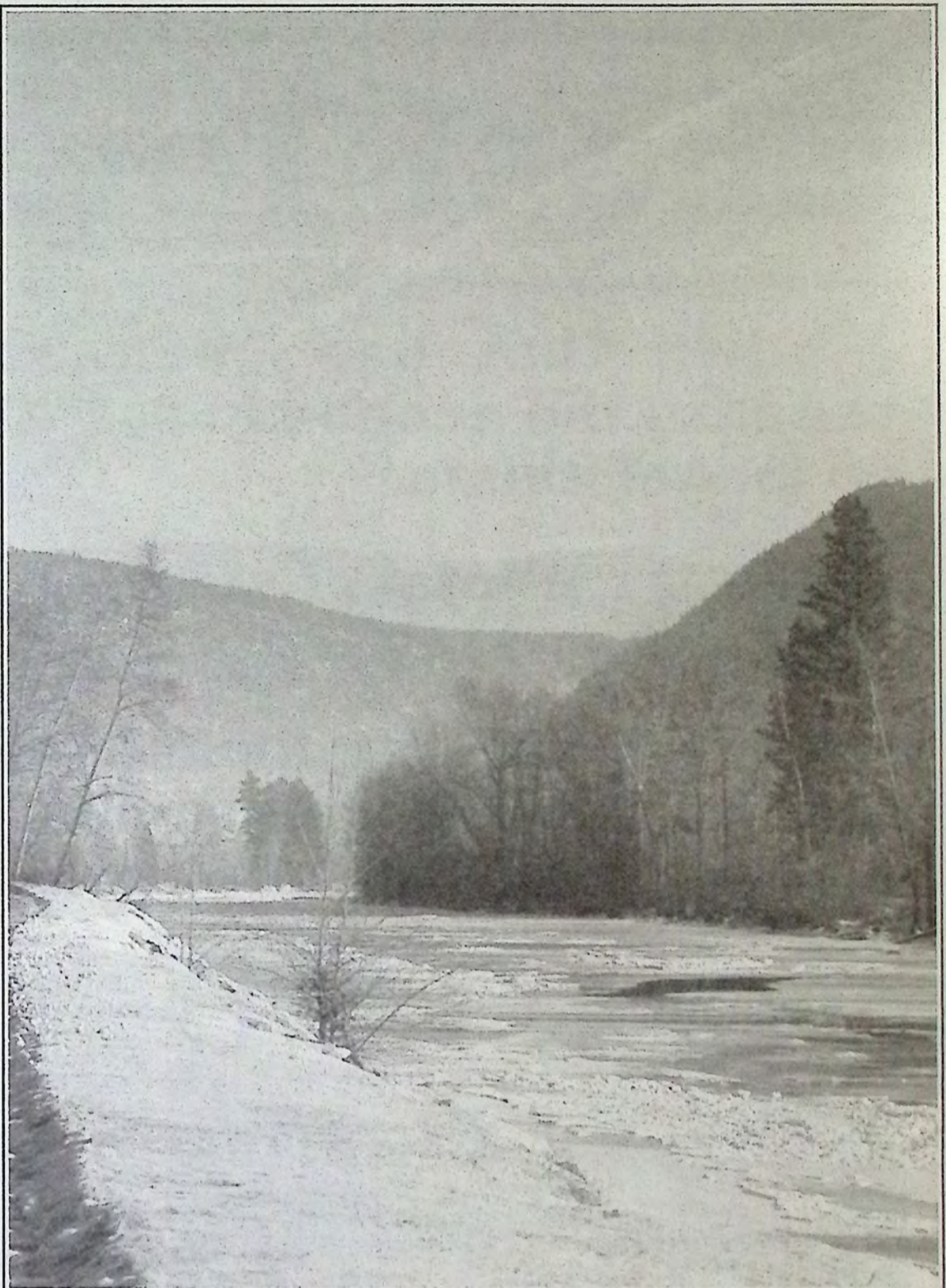
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River ice on the Similkameen upstream from one of the locations where ice has begun to jam and water has backed up. There are many sites like this throughout the valley. Photo: Dawn Johnson

Start river watch now

There is a lot of ice in the rivers of the Similkameen watershed. The ice poses a potential danger to residents living along the rivers. There is a danger of ice jams and subsequent flooding.

As the weather warms, ice jams occur when anchor ice (ice anchored to the riverbed) prevents the surface ice from flowing downstream as it breaks free of the river banks.

Floating ice then stops at this obstruction. When enough floating ice builds up behind the stationary ice, an ice dam is created. This dam begins to back up water, causing flooding if the dam does not break from water pressure.

At present, there are many locations along the Similkameen River where some ice jamming has occurred. There is an area adjacent to Copper Creek Ranch, approximately one kilometre in length, where there is no open water. There is evidence of water backed upstream. There are similar block-

ages and backed up water near Wolfe Creek, downstream of Bromley Rock and downstream from Lulu Reserve. Although most of the blockages occur in the upper Similkameen area, there are a couple of blockages further down the river. The Tulameen River ice has not begun to melt loose from the shore.

Although there are many open areas in the river, these areas do not prevent an ice jam.

The major danger arises if the temperature spikes for several days. Past history shows the warmer weather begins freeing the ice far upstream in the Tulameen and Manning Park areas. The ice then pushes downstream, slowing at every blockage until enough water backs up behind the flow and the pressure forces the ice jam further downstream.

Ice jams cause a lot of flooding. One of the worst ice jams occurred in early March 1986, flooding the Noppe property and the fields of

Copper Creek Ranch. A few years later, a fast-moving, powerful ice jam shook residences along the river as if an earthquake was underway. This ice jam ripped fully mature cottonwood poplars from the river bank and churned them in the ice, snapping them like toothpicks. On one occasion, enough water backed up high enough near the mushroom farm to mangle a sprinkler system and put floe ice on Highway 3.

Who can forget the most recent ice jam, which sent flood water and ice through fields just west of Keremeos and caused severe damage to Don and Anna's Greenhouses, homes and orchards?

The big warming trend in the Similkameen Valley can start as early as mid-February. If you live near the river, or drive along the river on a regular basis, watch what the ice is doing. If you see water or ice suddenly backing up to flood levels, notify nearby residents and the nearest Town Hall or RCMP.



Claddach consists of Ross McRae, Lorraine Helgerson and Rob Corbett. They will be performing live at Riverside Centre as part of a monthly series of concerts hosted by PTMS. - photo submitted

Music group hosts second concert

If you like toe-tapping fiddle tunes as well as soulful, meaningful songs you'll love Claddach.

Claddach is a folk trio from Kelowna who will be performing at Riverside Centre February 15th. The group has been together for over fifteen years and has played at coffee houses, pubs, benefits and weddings throughout the area.

They perform an exciting mix of songs and tunes from Britain and North America. At their concert you will hear everything from Scottish fiddle tunes or heart-rendering love ballads to songs from BC's history.

Claddach consists of Ross McRae on fiddle, mandolin, button accor-

dion, tin whistle and guitar, Rob Corbett on guitar, mandolin and vocals and Lorraine Helgerson on bodhran (Irish drum) and vocals.

The concert takes place on Sunday, February 15th at 2:00 PM in the lounge at Riverside Centre. Admission is \$10.00 and \$8.00 for seniors and Princeton Traditional

Councillors praise play

Councillors Marilyn Harkness and Jason Earle praised the play presented by Princeton Performing Arts.

Councillor Earle expressed gratitude to all of the volunteers who assisted the actors in putting on

Music Society members.

This is the second in a series of monthly concerts presented by the PTMS.

Next month's concert will be on Sunday, March 15th. More details to follow.

For more information call Jon or Rika at (250) 295-6010. - submitted

the play.

Councillor Ray Jarvis reminded Council of the upcoming musical concert at Riverside Centre. On Sunday, February 15, the Traditional Music Society presents "Claddach".



Pictured are the Grade 8 girls who won a tournament in Kamloops January 31-February 1. They also completed league play with a perfect 7-0 record. The team invites you to come out and support them on the February 13 and 14 weekend at PSS as they compete for the league championship. Back row from left, Colleen Stevens (Coach), Randee Kassa, Angela Marshall, Colby Williams, Kendra Leiding, Kirsten Haayer, Rob Marshall (Coach). Front row from left, Ciera Bamford, Julia Reichert, Breanna Musgrove, Ally Myers. - photo submitted

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Hollie Tayal,
General Manager

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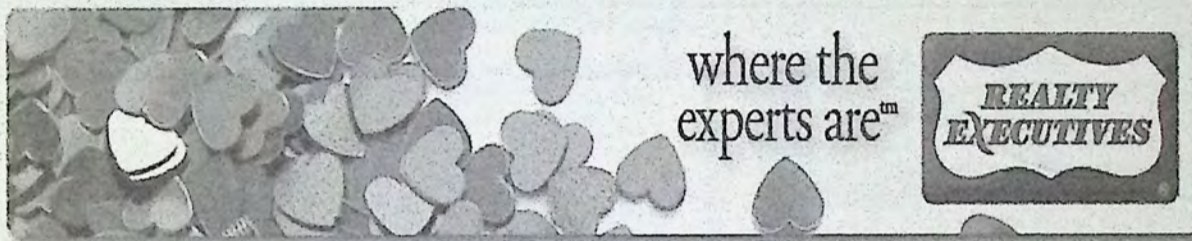
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