



Similkameen

# News Leader

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Tuesday, January 19, 2010



Princeton Museum Society 2010, from left, Director Diane Sterne, Secretary/Treasurer Lori Thomas, Vice President Evelyn McCallum, Director Jim Pincock and President Kathy Clement. Photo: Dawn Johnson

## Community Garden receives \$20,000 grant

John Allison School Community Garden was successful in obtaining a \$20,000 grant from Success by 6/Community for Kids, South Okanagan Similkameen Region, Interior Health.

The grant will fund the costs of completing the School-Community Garden as well as gardening materials for children, parents and community users.

Learning materials, garden amendments, garden supports, additional planting beds, comple-

tion of the garden shed, permanent plants, fruit and shade trees, irrigation system, communication board, cold frames, outdoor learning area, additional library resources, garden shade pergola, benches and a fountain are all items included in the funding budget received.

The John Allison School Community Garden Committee thanks the CFK Princeton Table and the Success by 6/CFK South Okanagan-Similkameen for their support of children in Princeton.

## 2010 Museum Society faces challenges

The new Board of Directors of Princeton & District Museum Society faces a lot of challenges during the coming year. Incoming President Kathy Clement, along with Vice-President Ev McCallum, Secretary/Treasurer Lori Thomas, and Directors Jim Pincock and Diane Sterne are looking at a year when uncertainty and disruption appear to be the agenda.

Operations Manager Nick Mills advised members the major problem is the potential for the museum to be closed during Princeton's 150th anniversary.

The possible closure is the result of the slow progress made in moving the public library to a new location. This has meant the needed upgrade and expansion of the museum is delayed. The current schedule shows the final drawings for the museum will not be finished until the end of this month. Then the contract for the

job must go to tender.

Nobody could see work begin until early March. According to information acquired by Councillor Frank Armitage, work is not likely to be finished until July.

There is no question that members are upset by the situation. They want the museum open, if not in the museum building, then at another location, particularly during the summer months. Councillor Armitage will take members' concerns to Town Council.

In other business, the Museum Society is establishing a Museum Development Fund. This fund is not to be used for the building, as the building belongs to the Town of Princeton.

The fund will be used for such things as display cases, equipment, and special items used by the museum. Those who donate to this fund will receive a receipt which can be used as an income tax deduction, as the Museum

Society is a registered charitable organization.

Visitors to Princeton Museum totalled 5,074 during 2009, second only to the number in 2008. This was despite the downtown construction and an earlier than usual closing date of the museum. Groups in Princeton received assistance from the archives division which has been located in the Skills Centre for nearly a year. Vermilion Trails Society, Princeton 150 Committee and the Curling Club needed information stored in the museum archives.

There were many favourable comments about the calendar created for Princeton's 150th anniversary. There are still many available (Town Hall, Home Hardware, The News Leader). Members commented on the high quality of the calendar and the excellence of the photographs of early days in Princeton.

Two people working with the Museum Society, Nick Mills and Lori Thomas put it together on

behalf of the Princeton 150 Committee. Proceeds go to the festivities planned for September 4.

The museum still has quite a number of the music CD of traditional songs put together by Jon Bartlett and Rika Ruebsaat. Check with Nick Mills at the Skills Centre if you want to buy

one.

A schedule of meetings for the year was accepted by members. The next meeting will be held on Tuesday, February 9.

Meetings are always held at the Chamber of Commerce meeting room at 2:00 PM Anyone interested in museums and history is invited to join.

## BC supports Haiti earthquake victims

Premier Gordon Campbell announced January 14 the Province will provide \$500,000 to the Red Cross to support victims of the January 12 earthquake in Haiti. The Province will also work with the federal government to offer

**Go, Posse, Go!**



**Go, Posse, Go!**

assistance to help Haiti rebuild.

"The \$500,000 will go to the Red Cross for immediate medical and emergency support and we are also encouraging all British Columbians to consider reaching out through aid agencies like the Red Cross," said Premier Campbell. "We will also co-ordinate with the federal government to ..... continued on Page 8

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## Similkameen News Leader THIS WEEK:

Princeton Court News - Page 8  
Foursquare Coffee House - Pages 10, 19

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# Kicking off Red Tape Awareness Week

**Red Tape continues to be a \$30.5 billion liability for businesses – smaller firms hit hardest**

To assist with kicking-off the country's first ever Red Tape Awareness Week, the Canadian Federation of Independent Business (CFIB) has released a report revealing that the annual costs associated with red tape totals an estimated \$30.5 billion. While this amount is a slight improvement on CFIB's 2005 estimate of \$30.9 billion, the message to government remains clear across the country – regulatory costs are still far too high.

"The majority of business owners

believe that a 10 to 25 per cent reduction in the regulatory burden would be possible without sacrificing the public interest goals of regulation such as business and consumer protection," explained CFIB president, Catherine Swift. "Imagine the productivity, jobs, higher wages and lowered prices that would result, especially as we emerge from a recession," she added.

According to CFIB's report, the smaller the firm, the harder they are being hit by their annual regulatory costs. Whereas businesses with more than 100 employees spend a yearly average of \$1,117

per employee to comply with regulations, the cost per employee rises sharply as the number of employees decreases.

At the opposite extreme, companies with 0 to 4 employees pay an average of \$5,825 per employee on regulation.

"When over a quarter (26 per cent) of business owners express that they might not have gone into business had they known the burden of regulation, it becomes clear that Canada is over-regulating," added CFIB's vice-president of western Canada and lead author of the report, Laura Jones.

"The work done thus far has not

gone unnoticed, but governments need to get much more serious about being accountable for regulatory costs," Jones concluded.

In order to assist governments in their reduction of red tape, CFIB has put forth a ten-point plan for Effective Regulatory Reform. Included in these recommendations are:

- Measure the regulatory burden
- Legislate the measure by reporting it regularly to the public
- Make regulatory accountability a political priority and appoint a minister responsible

To view Prosperity Restricted by Red Tape in full, please visit [cfib.ca](http://cfib.ca)

The CFIB survey on regulation was conducted from November 2008 to February 2009. A total of 10,566 small- and medium-sized business owners across Canada participated, corresponding to a margin of error of 0.95 per cent, 19 times out of 20.

## Plan early morning for Torch Relay

Right now: mark it on your calendar: get up early on February 7. That Sunday morning is when the Olympic torch is lit in Princeton at 8:00 AM.

Don't think, "Oh, I only have to be there at eight."

Wrong!

You, your spouse and the kids need to be at Veterans Square by 7:30 AM to pick up Canada flags to wave as you cheer the torch along its route.

Then you have to find yourself a good spot on the street so you can wave the flag and cheer.

You may think, "This is going to be a pain. How do we get dressed and have breakfast by 7:30 in the morning?"

Skip breakfast. Free pancake breakfast will be served at the Legion Hall after the opening ceremonies.

This is a once in a lifetime opportunity for your children. For all of the Princeton oldtimers, it is a historic moment. The Olympic torch has never been here before.

As soon as the official ceremonies are over, a relay begins from Princeton to China Ridge, where the fun begins at 11:00 AM. This special day of winter sports includes Innu sports demonstrator Inuuyaq Dean, and music by throat singer Bernice Niakrok (Kunderman), a local Innu singer, and world renowned throat singer Karen Panigaoniak.

Bring your sleigh or toboggan for the toboggan run and Princeton's version of the luge.

For more information, email [recreation@princeton.ca](mailto:recreation@princeton.ca) or watch for details to be advertised in local newspapers.

If you tossed out your Princeton Leisure Guide, you can pick up a replacement at Town Hall, Riverside Centre, or the arena and turn to page 3 to learn more about the Olympic Torch Relay in Princeton.



## Making BC's roads safer was an easy call.

An overwhelming majority of British Columbians support restricting cellphone use by drivers.

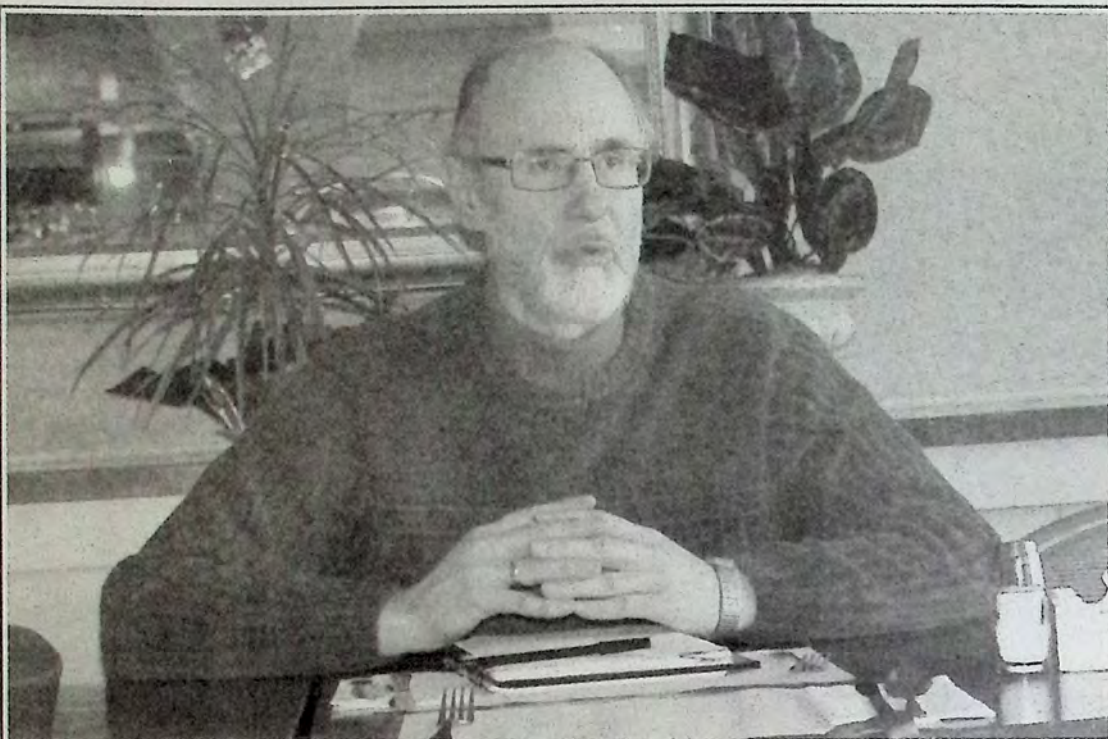
Beginning January 1, talking, typing, texting or dialing on a handheld cellphone or any handheld portable electronic device while driving is against the law. The fine is \$167. Texting or emailing while driving gets you an extra 3 penalty points. For new drivers, there will be a full ban on all cellphone and electronic devices including hands-free. This will help keep them focused and make the roads safer for everyone.

To learn more visit [DriveCellSafe.ca](http://DriveCellSafe.ca)



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BC Southern Interior MP Alex Atamanenko is asking his constituents to assist in relief efforts in Haiti following a devastating earthquake that hit the area early last week. \*

## Atamanenko raises plea from Haiti

Another group of people from the Kootenays are caught in the Haitian disaster, yet are calling to people of southern BC to help out.

The office of MP Alex Atamanenko (BC Southern Interior) received a call from constituent Rik Valentine of Argenta January 13th. Valentine had received news of three Nelsonites who were in Haiti to work with the group Pure Water for the World to help provide clean drinking water to communities there.

Sebastien DeMarre, Maire-Paule Brisson and David Putt were caught in the quake in Port-au-Prince shortly after leaving their workplace in the bottom of a four storey building. "They're currently sleeping in the street, distributing bits of medical supplies and helping with triage," Valentine explained.

"They were making splints out of bed sheets and cardboard and diluting alcohol to make it stretch farther. Supplies were running out fast."

He called the office because Putt, who is managing the Pure Water project, had managed to get an email out to his daughters that the three were unhurt but were seeing looming shortages in food, water and medical supplies.

The group is there to help Haitians produce their own household-sized water filters using local materials.

"It's an effective design using biologically-active slow sand filtration to remove or neutralize nearly all pathogens," said Valentine, who has received the training for this. "And, they can be made onsite."

"Unfortunately, word is that many of the filters they had built were damaged in the earthquake. The need for pure water is urgent, and their goal is to get back on track and produce and distribute as many filters as possible."

Valentine asked Atamanenko to get the word out that Canada and Canadians need to send help immediately.

diately.

"I am passing on a plea from three BC residents on the scene," said Atamanenko.

"They are asking Canadians for immediate aid because there are almost no medical supplies left and food and water will be in short supply soon. They are doing what they can, and are in position to resume and redouble their safe water project."

"I am asking constituents to think about what they can do to help, and hopefully donate to some of the relief and re-building efforts in Haiti."

Atamanenko also noted the federal government has now pledged to match Canadian donations dollar for dollar to eligible organizations made between January 12 and February 12. (Go to <http://www.acdi-cida.gc.ca/acdi-cida/ACDI-CIDA.nsf/eng/FRA-11482615-HRY> for info).

"This whole disaster, and the fact that these three constituents, plus the group of students and adults from Mount Sentinel High School in South Slokan are caught in the middle of it in Haiti, has really brought home the reality that we live in this world together, and must strive to support each other," said Atamanenko.

"This is true not only in times of crisis like this, but on an on-going basis, as these BC residents exemplify through their service efforts."

Atamanenko's office was also contacted by Mt. Sentinel School Tuesday afternoon, and has been working with them and School District 8 in contacting Foreign Affairs and the Department of

Defense around securing the whereabouts, status, safety and evacuation of the High School group.

"We are thankful that the staffs of Foreign Affairs and the Department of Defense are working hard for Canadians and communities in Haiti. It is my hope that they will ensure a speedy evacuation of the Mt. Sentinel group, so we can get our kids home as soon as possible."

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**Keremeos News**



Dick Whittington, played by Taina Sipponen squares off with her stingy boss, Alderman Twicenightly, played by Corentin Caro-Chambard in a Cawston Players Christmas show, A Gift of Light. - photo submitted

**Council issues meeting highlights**

**Village of Keremeos Media Highlights**  
**Regular Meeting of Village Council, January 4, 2010**

Council considered a letter from the South Fraser Family Court & Youth Justice Committee. The committee was requesting support for their letter writing campaign, to urge the Provincial Government to discuss legislation that would require someone to be admitted to detox/treatment for substance abuse if they did not voluntarily choose treatment. Council discussed pros and cons of such an approach and raised concerns about legislation that would force someone to get treatment. Council eventually defeated the motion to support the request.

The Mayor highlighted aspects of his bi-weekly report, particularly

the H1N1 virus situation. He noted that Interior Health believes that the second wave of the virus is coming to an end, and depending on how many people have been vaccinated, a third wave may not occur.

The Mayor also added that Similkameen Country is participating in planning for the Olympic BC Street initiative during the Olympic Winter games.

Standing Committee, Select Committee and Liaison Appointments, as well as the Acting Mayor Schedule, all for 2010 were adopted during the meeting.

Council considered the lease agreement between the Village and Similkameen Country for the Information Centre premises and after some small changes,

approved the lease for a 3 year period.

Council approved a contribution to Similkameen Country of \$2,000 for visual upgrades to the large Information Sign in Memorial Park. The contribution comes from the Village's "Spirit Square" grant funding.

Council denied any financial contribution to a local property owner who alleges that Village equipment damaged her fence adjacent to Pine Park in October 2009. No proof could be shown that the damage was caused by Village equipment.

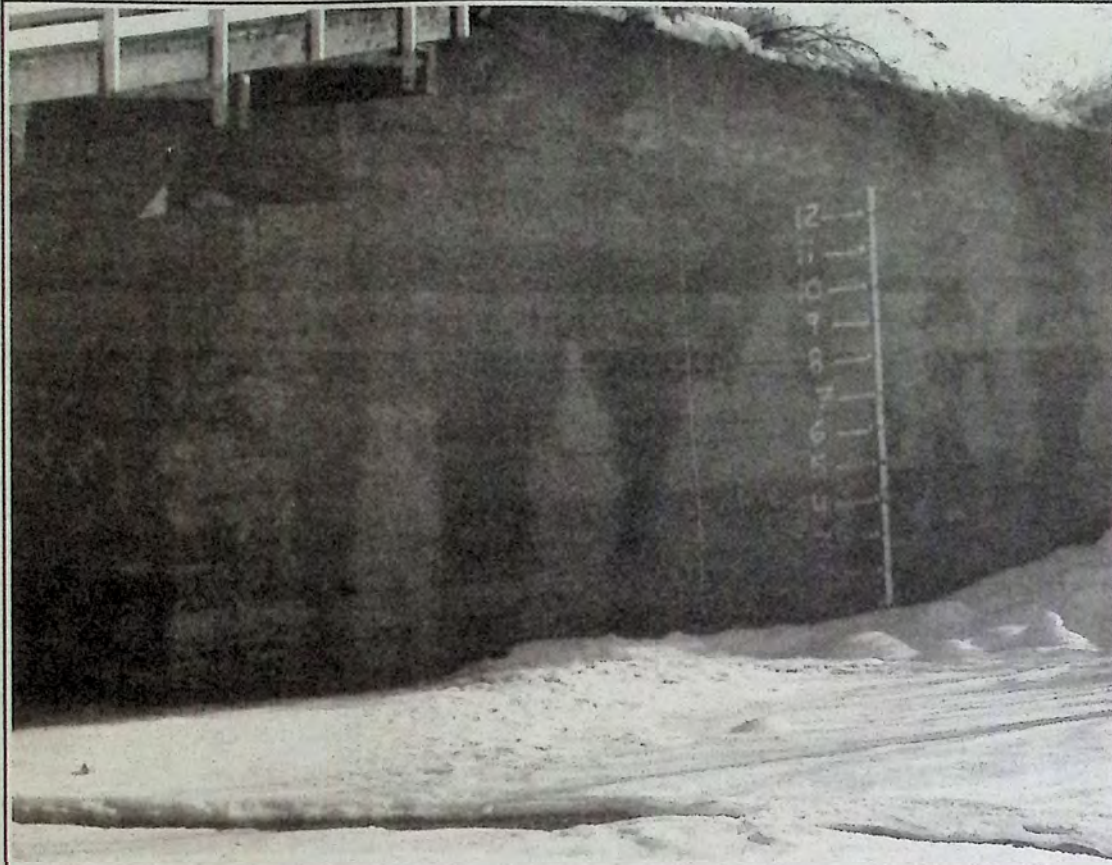
Council reminded the public that it will be receiving input on the 2010 budget from 6:30 to 7:00 PM on Monday, January 18, 2010 prior to the Regular meeting of Council.

- submitted by Village of Keremeos



From upper left are Della Barrett as King Rat with Jenna Sipponen and Glynn Wheeler as her nasty cohorts Bubonic and Plague as they ensnare Dick Whittington (lower right) played by Taina Sipponen and Dear Alice (lower left) played by Katie Fransch in the Cawston Players Christmas romp titled A Gift of Life.





The province has already issued warnings that warmer weather may increase the risk of flooding. Last weekend the level of Tulameen River was normal for this time of year. \*

## SCA Branch 30 News

by Carol Seaman

Do Seniors have a voice? They need to exercise it now on the new harmonized sales tax that is being implemented. This tax will make the taxation system more unfair than it is now. It will reduce taxes for business and shift this huge cost to the already overburdened consumer.

Seniors know that society needs taxes to provide a quality health care, affordable housing, transportation, safe roads and bridges, safe water, sewage, and garbage service.

Unfortunately the past 28 years have seen the development on an unfair taxation. A war between the rich against the poor was seen in the Regan / Thatcher era when taxes on unearned capital gains and corporations kept declining, costing the public endless billions of dollars.

This war is waged constantly at all levels of the tax system with more tax evasion, offshore banking, tax loopholes, transfer pricing, and corporate shell companies that combine to get even lower up front tax rates for the wealthy. It's heart rendering to know how many families are below the poverty line since the 1990's. Their incomes have dropped by 31% since 1984, and all the while the wealthy got a lot wealthier.

This tax system allows our tax dollar to be distributed to the wealthy, meanwhile the unemployed, low income seniors, students and the disabled benefits are drastically cut. RRSPs are too expensive for the low income people and not now considered to be a good investment.

The HST will raise the cost of any

taxed item to 12%. This will hurt seniors! Everyone needs staple items like toothpaste, and toilet paper, while the rich will scarcely notice the tax. It won't be easy but the future cannot be controlled by the interests of a small but hugely wealthy minority. Its time for seniors to speak out on the HST.

As we started out the 2010 year, there was lots on the agenda, and there are plans in the works for upgrading our existing bingo machine. This will be a great asset to our hall, and to the bingo players in Princeton.

We look forward to February 7th when the Olympic torch arrives in our town. Our seniors want to be there in their red and white to welcome the torch bearer procession.

While the quilters are busy working on a new set of quilts, we want

to tell you the winner of the December 13th draw.

The queen sized hand quilted bedspread brought in over \$870, and was won by Mrs B. Gordon of Westbank, second prize went to Mrs C. Heck of Princeton, and the third prize went to C. Powley of Princeton. Janet sends a big thank you to all who participated and donated to make this such a worthy cause.

The crib tournament was won by Fred and Ruth, and Dorothy and Linda placed second in whist. We have a new dart board donated by John Knightly, so hopefully we will see some tournaments happening for darts.

Now that the kitchen is back in full swing, serving their delicious lunches, from 11:30 AM to 1:00 PM, maybe we will see you there.

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Regional District Okanagan-Similkameen

**Request for Expression of Interest**

**Professional Forestry Management Services,  
Fuel Management and Logging Contractors,  
Forest Labourers, First Aid Attendants**

The Regional District Okanagan Similkameen (RDOS) has received funding to undertake fuel management treatments to help reduce the wildfire risk within the wildland urban interface. These treatments will range from small scale thinning projects to large scale selective harvesting operations.

Valhalla Consulting will be managing the program on behalf of the RDOS and is creating a short list of companies and individuals that are capable of undertaking any or all of the following activities:

- Professional forest management services related to fuel management and harvesting operations
- Services associated with the assessing, felling, pruning, piling, burning, chipping, grinding and trucking of trees
- Selective, low impact harvesting operations
- First aid attendant services
- General forest labour services

Preference will be given to companies and individuals based within those RDOS communities being treated.

Enquiries, resumes, and company profiles should be received by January 29, 2010 and directed to:

John Davies, RPF  
Valhalla Consulting Inc  
[info@ValhallaConsulting.ca](mailto:info@ValhallaConsulting.ca)


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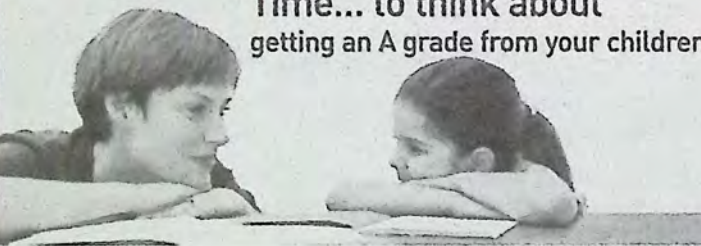
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# Health / Lifestyle News

## Three steps to becoming debt-free in 2010

(NC)—New Year's has long since past, but you may still be dealing with your financial hangover from the recent holidays. Perhaps you spent too much even though you had a budget. Here are some helpful tips to get you back in control before the next holiday season.

**Step 1: Assess how do you spend money**

Are you an emotional spender who needs to spend all the time? Or are you a careless spender, who doesn't know or care where your money goes? Or are you in the middle? Identifying your spending style and taking positive steps to make a

change will put you on the right financial path this year.

**Step 2: Watch where the money goes**

Do you have a personal and/or family budget? If yes, then go through it very carefully. You may be able to find extra money by cutting expenses in less important categories.

**Step 3: Pay off the debt and start saving**

Apply the new found money to pay off the debt and to start a savings program.

"It's not impossible to change bad financial habits," said Michael Aziz, regional vice-president of sales and

business development of individual savings products at Desjardins Financial Security. "People just need to make a concerted effort to simplify their lives. Change your consuming mindset now to enrich your life later."

*Aziz suggests making spending harder:*

- Set up a pre-authorized payment program every payday to force yourself to save and pay down your debt.

- Limit your ATM withdrawals and bank fees. Plan your spending and always use cash. You may want to consider leaving your debit card at home, too.

- Put your plan in place and then meet with a financial advisor for added guidance.

"The key to financial success in 2010 is discipline," says Aziz. "Keep your eye on your goal. It may hurt at first but after a while your program will feel very natural."

More information and useful financial calculators are available online at [www.dfs.ca](http://www.dfs.ca).

## Getting the skinny on fats

by Stephanie Lawrence

(NC)—When many of us hear the word "fat" as an ingredient in our food, we automatically think "bad." Surprisingly this is not always the case as not all fats are created equal. There are several different kinds of fat in the foods we eat, and some of them are an important part of our diet that should be eaten daily in small amounts.

**The good**

The healthy fats include monounsaturated and polyunsaturated fats which help lower the bad kind of cholesterol (LDL cholesterol) in our blood. Canada's Food Guide recommends consuming a small amount of unsaturated fat each day.

Monounsaturated fats can be found in olive, canola and peanut oils, avocados, non-hydrogenated margarines, nuts and seeds. Polyunsaturated fats include Omega-6 fat and Omega-3 fat. Omega-6 is found in safflower, sesame, sunflower and corn oils as well as non-hydrogenated margarines, nuts and seeds. Sources of Omega-3 include fatty fish like salmon, certain nuts, Omega-3 eggs, flax seed and canola and soybean oils.

**The bad and the ugly**

Saturated and trans fats are considered unhealthy fats as they tend to increase levels of LDL cholesterol in our blood which can increase our risk for heart disease. Saturated fats can be found in fatty meats, full-fat dairy products, coconut oil, palm oil and palm kernel oils, butter and lard, fast foods, snack foods, many ready-prepared foods and those made with hydrogenated vegetable oil.

Trans fats are particularly harmful to our health because they also decrease the good kind of cholesterol (HDL cholesterol) in our blood. Some trans fats are naturally occurring but for the most part these unhealthy fats come from processed foods such as commercial baked goods and foods made with shortening or partially hydrogenated veg-

etable oil.

Carol Dombrow, Heart and Stroke Foundation registered dietitian offers the following tips for limiting your fat intake:

- Follow the recommendations in Canada's Food Guide and include a small amount (about 2 – 3 tbsp) of

.....continued on Page 23

## Living Past 100

### Help Your Kids Stay Alive

All parents want their children to live long, healthy, happy lives. Parents want their children to survive and thrive, and warn them of the dangers of the world. There is a new danger out there for young people. It is a substance called "salvia", and kids think it is okay to get high on salvia because it is a plant, and therefore "natural".

Furthermore, it is legal to obtain it in Canada (not in most other countries). Parents need to know how to respond to this argument of "natural plant substance". There are many natural plant substances used for drugs, from opium to cocaine to marijuana. Used properly, and not merely to get high, these drugs serve an excellent purpose. Who would not bless morphine for its painkilling effect on a dying person? Who would want to have a root canal done without the numbing effect of a cocoa derivative? Most of the drugs used in medical practice are derived from plants, but let's not kid ourselves: these drugs can kill just as easily as the so-called "chemical" drugs like crystal meth or Ecstasy.

Herbalists and botanists can tell you the names of dozens of "killer" plants. For example, the leaves of tomato, potato, pepper, rhubarb and elderberry are poisonous. The jimson, or loco, weed is poisonous, but it can be used to achieve hallucinations. The same can be said for peyote buttons. There are many more such plants. Just because a substance is derived from a plant does not make it safe to use.

Parents need to explain to their children about substances derived from plants: some are good, some are not.

Parents should also explain to their children the real meaning of "intoxication". Whether it is a hallucinatory drug or too much alcohol, the body becomes intoxicated. The word "intoxicated" is derived from the word "toxic", meaning "poisonous". When the body is subjected to a substance that poisons it, then we say the body is intoxicated. We talk about "detox" centres where drug and alcohol abusers go. What they undergo is "detoxification", meaning the toxic substances are cleared from their bodies. In short, they get the poison out.

It is the job of the liver to clear the toxic substances from our bodies. When there is too much, or too many toxic substances in the blood, the liver must work extremely hard to screen the poisons from the blood. In the case of drug and alcohol abusers, the liver is overworked and may cease to function properly, or may cease to function at all. Death from liver disease is a horrendously agonizing way to go. Parents need to explain to their children the consequences of putting toxic substances into their bodies.

Most youngsters would not go out and eat potato leaves, rhubarb leaves or elderberry leaves. Salvia is just one more plant substance they should not eat.



# This Week - 2 Years Ago

## Celebrating Princeton's 150<sup>th</sup>

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - January 15, 2008

Some things never seem to change

Similkameen  
**News Leader**

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The Town Crew hard at work last Friday clearing snow from downtown streets after a 'mini dump' of the white stuff that blanketed the area on January 10th.

### Will homelessness hit Princeton?

People need homes, but what do you do if you cannot afford to buy a home and there are no places to rent?

If you have a low fixed income, as many of our seniors do, what can you do?

This is a concern of a group of citizens whose residences are about to become strata titled. They have the option of purchasing their apartment, but if they cannot afford to purchase, then they must find other recommendations. Safe, affordable rental units are becoming scarce in Princeton.

An appeal was made to Town Council last month, but Council has not offered any solutions to the problem.

Concerned citizens are needed to show strong support for finding a solution to the problem, particularly as another landlord has petitioned Town Council to seize title Riverside Motel property.

A meeting will take place this Thursday January 17, at Riverside Centre gym at 7:00 PM to strike a committee to find a solution to the problem of lack of affordable housing in our town.

Anyone unable to attend the meeting but willing to work on the problem can call Sylvia at 295-4149 or leave name and phone number.

### Local Notary receives Life Membership

An Honorary Life Membership in the Society of Notaries Public of British Columbia is bestowed upon Notaries who have "served the interests of the Society's" founding members who have "worked for a shared task in various branches in BC."

It was in 1963 when he began in the banking field. In fact, Stevens spent eight years working for a chartered bank in various branches in BC.

It was in 1963 when he began to practice. This changed in 1976 when Stevens' father-in-law, a Board member of the Society at the time, called to say the Board would award to practice.

In 2001 Larry Stevens, Jr. was sworn in as a member of the Society of Notaries Public of BC and took over his father's practice while Larry Sr. took the vacant

Foundered from its inception in 1889 until 2000 and again from 2003 to 2007.

Locally he is active within St. Paul's United Church, Princeton and the Princeton and Okanagan

Two years ago this week the News Leader front page screamed out the question, "Will homelessness hit Princeton?"

At the time a group of local citizens were concerned about low income earners and seniors in Princeton unable to afford a place to call home. A public meeting was held later that week to determine the level of need and the group that came out of the meeting later became known as the Princeton Attainable Housing Society.

Larry Stevens, Sr. was honoured by the Society of Notaries Public of British Columbia with a Honourary Life Membership. His son, Larry, Jr. eventually took over the Princeton office and has just recently moved his business to Westbank.

The Hedley School was in the news two years ago this week when Yale-Lillooet (now Fraser-Nicola) MLA Harry Lali used the proposed closure of the school to accuse the provincial government - and more specifically, Premier Gordon Campbell - of abandoning rural communities.

Local doctor John Adams made national news this week two years ago with an announcement stating he planned to keep working while the community attempted to deal with a doctor shortage. Adams is still working and a committee was formed to address the problem which has had some success in attracting doctors to the area.

Princeton Rodeo Club shifted back to hosting BCRA-sanctioned events

after hosting CPRA events for six years. The decision, made two years ago this week, would not only save the club a tremendous amount of expense, it also allowed the group to keep hosting the annual BC Bullriding Finals. Committee member Bob Lind said it best at the time with this statement, "People don't come here because there's a professional rodeo. They come because there's something going on."

The club continues to host BCRA-

sanctioned rodeos, a fundraising trail ride and the bullriding finals. This year the group is also looking to add a new fundraiser to the calendar. It's been promoted as 'dinner on the river' - any ideas what that could be about?

And it was in January 2008, Goldcliff Resources announced more good news in relation to their Panorama Ridge property near Hedley, and continue to do so on a regular basis.



It was this week in 2008 when Dr. John Adams announced he'd keep working while plans to attract doctors to the area were put in place.\*

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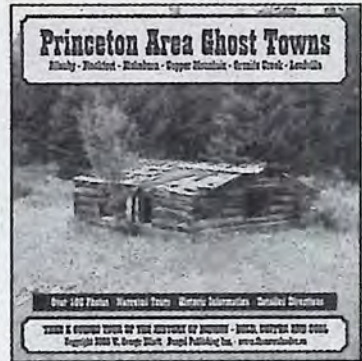
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**Princeton Court News**

Exclusive to the News Leader - by Dawn Johnson

**Three men lose licences**

Donald G. Cathro appeared in Provincial Court on Thursday, January 14 for sentencing on an impaired driving charge. He had entered a guilty plea on December 10, 2009, to a charge resulting from an incident on June 27, 2008 outside Princeton fairgrounds. Police observed him stop, get out of his pick-up truck, and go to the vehicle behind him. Then he had walked back to his own vehicle. Police observed his uneven gait and went to speak to him. He showed signs of impairment. Witnesses told police they had seen him veering from one side of the highway to the other and driving on the shoulder. Breathanalysis showed readings of .200. As Cathro's violation had occurred prior to the latest impaired driving legislation, he was ordered to pay \$800 fine and is prohibited from driving for one year.

The next two drivers to lose their licences would pay much more.

Dion Lewis entered a guilty plea to a charge resulting on October 10,

2009. Police had seen two men in a pick-up truck outside a local pub.

The officer spoke to the driver, and suggested he find an alternative way of getting home. The driver agreed. Later that evening, the same driver and truck were observed by the same officer. Lewis was stopped, taken for a breath test which yielded readings of .210, and was charged. He had no prior impaired driving convictions but due to the high breath test readings was ordered to pay a \$1,200 fine and is prohibited from driving for one year.

The third driver to lose his right to drive had been charged on October 24, 2009. Jedson Long was in Surrey when police saw his vehicle swerving all over the road. He was ordered to pay a \$1,500 fine in addition to his one year prohibition.

**BC supports Haiti Relief Fund**

..... continued from Front Page explore the possibility of helping Haitians rebuild their homes, schools, hospitals and other infrastructure."

Forests and Range Minister Pat Bell is working with the federal government to co-ordinate an effort to provide wood products for rebuilding as well as construction expertise, just as British Columbia did after the 2008 Sichuan, China earthquake.

The January 12 earthquake measured 7.0 on the Richter scale and caused immense destruction, leaving millions of Haitians without homes.

"Everyone's priority right now is to put forth a co-ordinated support

effort to save lives and treat as many victims as possible," said Premier Campbell.

"Right now our hearts and thoughts are with the victims and their families of this terrible tragedy."

Princeton area residents wishing to make donations to the Haiti Relief Fund can do so through the Canadian Red Cross. Call 1-800-418-1111 or send your donation to: Canadian Red Cross Western Division 100-1305 11th Avenue SW Calgary, Alberta T3C 3P6

The federal government has already announced it will match every cash donation made for the Haiti Relief Fund.

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CELEBRATE PRINCETON'S 150<sup>th</sup> WITH THIS UNIQUE SOUVENIR



Former PSS Grad Kailee Smith recently graduated from the University of Alberta with her Bachelor of Education Degree. Congratulations, Kailee with love from your Dad, Mom and Lewis.





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 19 - 25, 2010

This sign, designed by Arthouse Sign & Design, went on the side of the Arena last week. \*

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## Posse season far from over

With only a handful of games remaining in the regular season, the Princeton Posse Junior Hockey Club is planning a number of events to keep the team front and centre going into play-offs.

"We're not even talking about the first round," says Posse Marketing Director George Elliott.

"We're talking about the second round and beyond and are looking at possible scenarios that we can address before we have to."

Elliott is talking about subtle changes to the game night format.

"We're exploring the addition of a refreshment garden in the Arena Mezzanine for a couple of the remaining regular season home games to gauge whether or not we want to add that to all playoff games or not."

There has been interest from fans requesting alcohol sales to the offerings at the arena as well as additional activities.

"We're looking at organizing the year end Awards Banquet, fundraising activities in the off-season which could include a Golf Tournament or a celebrity event of some kind along with fine tuning some of the things we've learned

during this year to make things a little smoother for next season."

Elliott has been in contact with all other teams in the league to find out fee structures being used elsewhere on such items as billet fees, player fees and payment options offered to player parents.

"One of the biggest jobs happens to be collecting the monthly billet fees. We will spend part of the off-season developing a policy manual which will spell out in great detail what is expected of player parents on such matters once their boy is signed to play for the Posse," Elliott explains.

"These are things that need to be solved at camp, long before the regular season starts."

There were a lot of new faces on the Posse executive this season and they learned a lot about what it takes to run the business of junior hockey in Princeton.

"A lot of lessons have been learned and we will be carrying that knowledge into next season," Elliott says.

"We all knew this season was going to be a real eye-opener for us and we've tried hard to not let the curve balls and monkey wrenches throw us as we try to

make it easier for next season. The added bonus is we happen to have a team this season that is going to go deep into the playoffs."

Elliott is quick to give credit to others.

"The business of running the actual team - the hockey part of it - we've left to the coaching staff and they have done a tremendous job. The running of the business has been left to the executive, which has also done a good job. It's a great bunch of volunteers with the same goals in mind and that makes it a lot easier for all of us to deal with."

Elliott says that although the fan base appears to be down slightly from last year it's not serious.

"The economic conditions for the past year affected a lot of things so live entertainment just happened to be one of them. Next season will be different."

The Posse have spent most of January on the road and will play their last home game this month on the 29th against Kamloops. The schedule next month features four home games and two away games. The regular season ends for Princeton in Chase on February 13th with playoffs to follow.

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# Foursquare Coffee House



Friday nights are 'Coffee House' nights at Living Water Foursquare Church on Kenley Avenue where musicians gather to play and jam. Check it out this Friday! Photo: Brenda Engel

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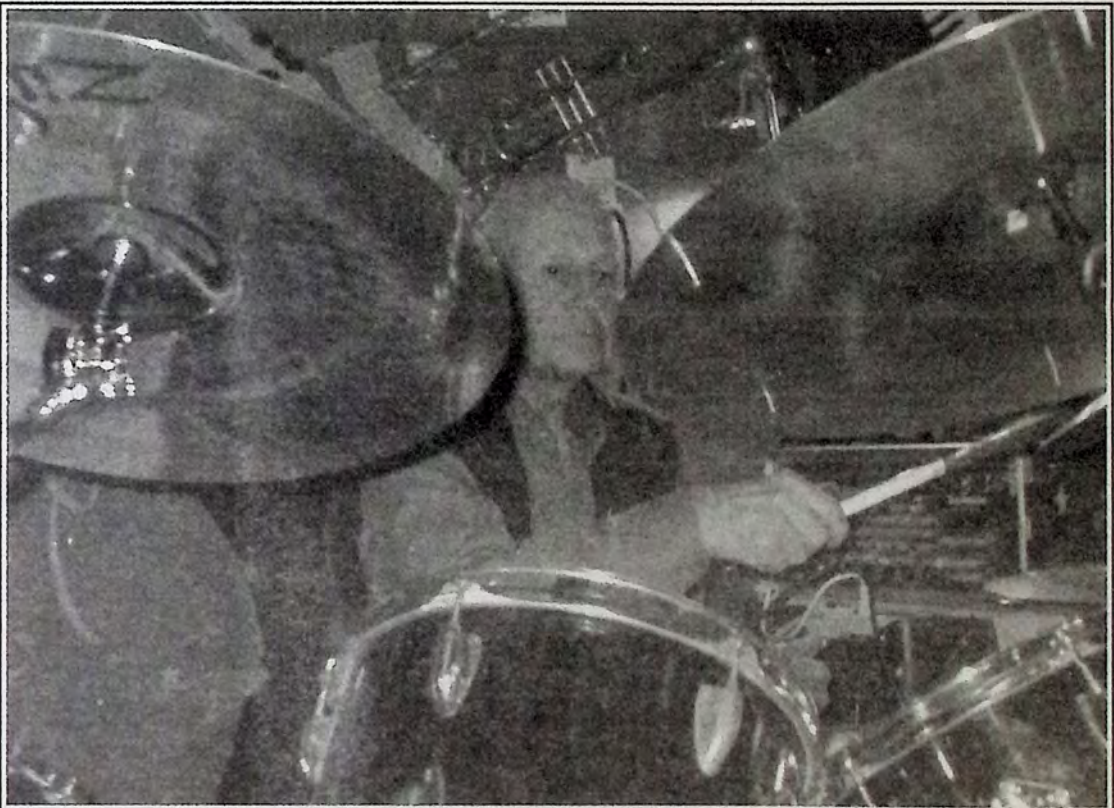
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TUESDAY, JANUARY 19, 2010

	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 :30	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	Paranormal	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	UFC Unleashed	Inside-Box That News
7 AM :30	Cosby	(7:01) Clifford the Big Red Dog	Arthur (El)	Martha	Today Whoopi Goldberg; Harley Pasternak. (N)	The Early Show (N)	Paranormal State	Good Morning America (N)	(3)	(3)	Animal	Invasion League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	UFC Unleashed	End Leash Last 10
8 AM :30	Harvey Fresh Pr.	100 Huntley Street	Sid the Science Kid	Sid			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) Busytown (8:20)	SportsCentre		Dirty Jobs	Handy Handy	Rachael Ray	UFC Unleashed	Tube Tales
9 AM :30	Fam. Feud	100 Huntley Street	Spider-Man	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	Motoring	Live With Regis & Kelly	Daily Planet	Feet	News City	UFC Unleashed	Colin-Justin
10 AM :30	Reba	Hospital for Sick Kids	Spider-Man (10:36)	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View (N)	Hospital for Sick Kids	Debt Part ET Canada	Poko	Berenstain Willa's	Australian Open, First Round.	The View (N)	How-Made	Mickey Handy	The O.C.	UFC Unleashed	Whatever
11 AM :30	Accrd/Jim Name Earl	World Vision	Rolie Polie Berenstain	Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Paranormal	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	From Melbourne, Australia. (Taped)	Fashion	Toughest Race: Iditarod	Phineas Suite Life	CityLine	UFC Unleashed	Golden
12 PM :30	King	Noon News Hour (N)	Maggie Rose (12:37)	Charlie Rose	Total Gym	News	Paranormal	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo		etalk	Deadliest Catch	Wizards Montana	The Bonnie Hunt Show	UFC Unleashed	3's Co. Ellen
1 PM :30	Seinfeld	As the World Turns (N)	(1:02) Wibbly Pig	Quilting	Days of our Lives (N)	As the World Turns (N)	Paranormal State	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	India Reborn (DVS)	(12:55) Viva Jacob		Sue Thomas: F.B. Eye	Dirty Jobs	Cory	Judge J.	UFC Unleashed	Seinfeld
2 PM :30	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby	Around	Dr. Phil	MythBusters	Replace School	CityNews at 5 (N)	UFC Unleashed	Golden
3 PM :30	Friends	The Doctors	(3:01) Little Bear makes a mask.	Electric	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Destroyed	Life Derek	CityNews at 6 (N)	UFC Unleashed	End Leash Last 10
4 PM :30	Family Guy	Oprah Winfrey	George S.	Cyberchase	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NBA Basketball: Toronto Raptors at Cleveland Cavaliers.	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Parking
5 PM :30	Payne	Early News	(4:57) BBC News	BBC News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Raptors at Cleveland Cavaliers.	CTV News at Five (N)	How/Made	Suite/Deck Zoey 101	The Biggest Loser A contestant threatens to quit.	UFC Unleashed	Rescue Ink
6 PM :30	Law & Order: SVU	Global Nat. News	Taste Buds Dogs	PBS NewsHour (N)	News (N)	News	Psychic Kids	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	AHL Hockey: All-Star Game. From Portland, Maine. (Taped)	CTV News (N)	Destroyed	Wizards	Montana	Entourage (6:33)	Dog Whisperer
7 PM :30	Moviet: "XXX: State of the Union"	Ent. Ton. ET Canada	Frontiers of (DVS)	Nova (N)	Jeopardy!	The Doctors	Paranormal	Ent. Ton.	Ent. Ton.	The Good Wife	Wheel	iCarly	Hockey: All-Star Game. From Portland, Maine. (Taped)	etalk	License to Drill (N)	Sonny Suite Life	The Jay Leno Show (N)	(7:06) Pros vs. Joes	End Leash Last 10
8 PM :30	NCIS "The Inside Man"	NCIS "The Inside Man"	Wild Lives	The Biggest Loser A contestant threatens to quit.	NCIS "The Inside Man"	NCIS: Los Angeles	Paranormal	Better Off	NCIS "The Inside Man"	NCIS "The Inside Man"	Mercer	Malcolm 22 Minutes	Chris	American Idol (N)	Daily Planet	Overruled! Montana	CityNews	(8:06) ET Canada	Tube Tales
9 PM :30	The Office	NCIS: Los Angeles	Moviet: "The Ice Harvest" (2005) John Cusack.	Frontline (N)	threatens to quit.	NCIS: Los Angeles	(9:01) Criminal Minds	Better Off	NCIS: Los Angeles	NCIS: Los Angeles	Kids in Hall	8 Rules	Comedy	Human Target "Pilot"	Destroyed	Wizards	Chopping Block	(9:12) Pros vs. Joes	Parking
10 PM :30	Moviet: "The Ice Harvest" (2005) John Cusack.	The Good Wife	Eden	Independent Lens (N)	The Jay Leno Show (N)	The Good Wife	Psychic Kids	the forgotten	The Good Wife	News Hour Final (N)	National	Family Biz	Indie	Law & Order: SVU	License to Drill	School	Coach	CSI: Crime Sen	Rescue Ink
11 PM :30	TBA	CHBC News Final (N)	A Mind Like Mine	Charlie Rose (N)	News (N)	News	Paranormal	News	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour (N)	Prank Ptrl	SportsCentre (Live)	CTV News	How/Made	So Raven	Home Imp.	(11:13) Unsolved Mysteries	Dog Whisperer

WEDNESDAY, JANUARY 20, 2010

	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)
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7 AM :30	Cosby	(7:01) Clifford the Big Red Dog	Arthur (El)	Martha	Today Carole King and James Taylor perform. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)	(3)	(3)	Animal	Invasion League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: Crime Sen	Project Runway Canada
8 AM :30	Harvey Fresh Pr.	100 Huntley Street	Sid the Science Kid	Sid			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) Busytown (8:20)	SportsCentre		Worst Handyman	Handy Handy	Rachael Ray	CSI: Crime Sen	Are You Smarter
9 AM :30	Fam. Feud	100 Huntley Street	Spider-Man	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Nature	Super Why! News	Rolie Polie Timothy	SnowTrax	Live With Regis & Kelly	Daily Planet	Feet	News City	CSI: Crime Sen	Colin-Justin
10 AM :30	Reba	World Vision	Spider-Man (10:36)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part ET Canada	Poko	Berenstain Willa's	Australian Open, Second Round.	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Sen	Whatever
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12 PM :30	King	Noon News Hour (N)	Maggie Rose (12:37)	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo		etalk	Forensic Factor	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Sen	3's Co. Ellen
1 PM :30	Seinfeld	As the World Turns (N)	(1:02) Wibbly Pig	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	India Reborn (DVS)	(12:55) Viva Jacob		Sue Thomas: F.B. Eye	License to Drill	Cory	Judge J.	CSI: Crime Sen	Seinfeld
2 PM :30	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby	Around	Dr. Phil	MythBusters	Replace School	CityNews at 5 (N)	CSI: Crime Sen	Golden
3 PM :30	Friends	The Doctors	(3:01) Little Bear	Electric	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Canada's Worst Driver	Life Derek	CityNews at 6 (N)	CSI: Crime Sen	Project Runway Canada
4 PM :30	Family Guy	Oprah Winfrey	George S.	Cyberchase	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: St. Louis Blues at Montreal Canadiens.	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Rescue Ink
5 PM :30	College Basketball: Auburn at LSU. (Live)	Early News	(4:57) BBC News	BBC News	News (N)	News	Dog the Bounty Hunter	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Raptors at Cleveland Cavaliers.	CTV News at Five (N)	The Colony (N)	Suite/Deck Zoey 101	Mercy "Wake Up, Bill"	UFC Unleashed	Hoarders (N)
6 PM :30	Law & Order: SVU	Global Nat. News	Creatures	PBS NewsHour (N)	News (N)	News	Millionaire	Access H.	News	(5:59) News Hour (N)	ET Canada	iCarly	AHL Hockey: All-Star Game. From Portland, Maine. (Taped)	CTV News (N)	License to Drill	Wizards	Montana	Family Cougar	Die
7 PM :30	Moviet: "Above the Rim" (1994)	Ent. Ton. ET Canada	Blue Realm (DVS)	The Human Spark (N)	Jeopardy!	The Doctors	Seagal	Ent. Ton.	Ent. Ton.	The Deep End "Pilot"	Wheel	iCarly	SportsCentre (Live)	etalk	Mayday	Sonny Suite Life	The Jay Leno Show (N)	Die	Parking
8 PM :30	The Office	House	Chinese School	Great Performances at the	Mercy "Wake Up, Bill"	Christine Unmarried	Seagal	Family	House	House	Dragons' Den (N)	Malcolm Chris	Tennis: Australian Open, Second Round.	American Idol (N)	Daily Planet	Overruled! Montana	CityNews	Die	ET Canada
9 PM :30	Moviet: "Above the Rim" (1994)	Kitchen Nightmares	Moviet: "Music From the Inside Out"	Met "The Audition"	Law & Order: SVU	Criminal Minds (N)	Dog (9:31) Dog the Bounty Hunter	Cougar	Kitchen Nightmares	Kitchen Nightmares	Republic of Doyle (N)	8 Rules	What I Like	Criminal Minds (N)	Mayday	Wizards Buzz	Glam God-Fox	MANswers	Parking
10 PM :30	Duane Martin	The Deep End "Pilot"	Battle	"Note by Note"	The Jay Leno Show (N)	CSI: NY (N)	CSI: NY (N)	Bounty	The Deep End "Pilot"	News Hour Final (N)	National	Family Biz	Melbourne, Australia. (Live)	CSI: NY (N)	The Colony	School	Coach	CSI: Crime Sen	Hoarders
11 PM :30	TBA	CHBC News Final (N)	Paddle-Sea City Gold	Charlie Rose (N)	News (N)	News	Seagal	News	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour (N)	Prank Ptrl	SportsCentre (Live)	CTV News	License to Drill	So Raven	Home Imp.	Unsolved Mysteries	Hoarders



# Similkameen News Leader - Horoscopes

January 20 - 27, 2010

**Aries** - This is a fairly pleasing week for you as you get involved in group activities and make plans. You enjoy good health, and spend time with youngsters and/or pets. Romance, too!

**Taurus** - Your career can take off now if you present yourself in a nice way. You can have fun with groups you belong to. Health concerns ease up a bit, but do take care of yourself.

**Gemini** - You can be very charming now, speaking pleasantly, being humorous. This is a good time to travel to warmer climes, review travel details. Check health of pets, kids.

**Cancer** - You may feel your money problems are decreasing, but watch out! If you are not careful, they will come back again in April. Make a strict budget and stick to it. Check resources.

**Leo** - You start a month in which partnership means everything. You can get cooperation if you compromise a bit. This could be a lucky year financially. Listen to job information.

**Virgo** - Job runs smoothly, health is good. Romance could bloom this week and grow. This is a good year for partnerships and one to one relationships, starting now. Listen to youngsters.

**Libra** - Employment offers big opportunities starting now. Health is good. Take responsibility and run with it. You can have fun with youngsters, or you may feel really creative.

**Scorpio** - Your career has fewer problems than before, but will turn hectic again by April. This week, you will be concerned with home, family. Could be a lucky week for you. Take a chance.

**Sagittarius** - Pace picks up rapidly. You could get some good news, or maybe make good news. Home life is good, family ties bring good fortune. Money situation improves.

**Capricorn** - This is a time to think about what you value, what your income is, what assets you have. You should get good news this week, or perhaps a new vehicle or bountiful visitor.

**Aquarius** - This is your week to shine, and you may receive benefits, either money or valuables. Or you may feel like spending a lot. Don't spend: tough times aren't over yet.

**Pisces** - You have some kind of insight that opens your mind and brings a lot of contentment or joy to your life. Your subconscious mind is telling you how to enjoy life. Pay attention.

## Tuesday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "XXX: State of the Union" (2005, Action) Ice Cube. In Washington, D.C., the new XXX agent must eliminate a threat to the president from within the U.S. government. (R)  
9:00 pm KNOW (5) "Forgetting Dad"

(2008, Documentary) Premiere. A 45 year old man suffers amnesia after an accident and starts a new life with a new family. Sixteen years later his oldest son tracks him down to figure out why his memory never returned. (R)

## Wednesday Movies

**EVENING**

9:00 pm WTBS (3) ★★ "Above the Rim" (1994, Drama) Duane Martin. A high-school basketball star is torn by loyalties to a drug dealer and an ex-player.  
KNOW (5) ★★ "Music From the Inside Out" (2004, Documentary) Filmmaker Daniel

Anker interviews members of the Philadelphia Orchestra about their relationship to music. (R)  
10:00 pm KSPS (6) ★★ "Note by Note: The Making of Steinway L1037" (2007, Documentary) Filmmaker Ben Niles shows the painstaking process of constructing a concert grand piano. (In Stereo) (R)

## Thursday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "Aeon Flux" (2005, Science Fiction) Charlize Theron. In the last city on Earth, underground rebels dispatch their top assassin to kill a government

leader. (R)  
9:30 pm WTBS (3) ★★ "Aeon Flux" (2005, Science Fiction) Charlize Theron. In the last city on Earth, underground rebels dispatch their top assassin to kill a government leader. (R)

# Similkameen News Leader - Recipe Corner

Recipe #306

## Almond Hot Toddy

(NC)—This soothing treat is the perfect finale to a long winter day.  
Makes: 2 servings

**Ingredients:**

- 2 cups (470 mL) vanilla-flavored almond milk
- 2 ounces (60 g) spiced rum
- 1 ounce (30 g) brandy
- 1/3 teaspoon (4 mL) almond extract
- 1/2 teaspoon (2 mL) cinnamon
- 1/3 teaspoon (4 mL) nutmeg, plus more for garnish
- Light whipped cream to garnish
- Slivered almonds to garnish

**Preparation:**

Over low heat, combine almond milk, rum, brandy, almond extract, cinnamon and nutmeg in a medium saucepan, stirring constantly with a whisk until very warm. Pour into large mugs, leaving an inch of room to the top. Top with whipped cream, almonds and a sprinkle of nutmeg.

**Nutrition Analysis for one drink:**

Calories 197, Cholesterol 0 mg, Total fat 2.7 g, Fibre 0 g, Saturated 0 g, Calcium 208 mg, Monounsaturated 0 g, Magnesium 1 mg, Polyunsaturated 0 g, Sodium 0 mg, Carb 17 g, Potassium 186 mg, Protein 1 g, Vitamin E 7.5 mg

Recipe courtesy of the Almond Board of California

- News Canada

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## RESUME

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226A Bridge Street

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Fax: (250) 295-4103

## Friday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal. (R)  
YTV (8) "Alice, Upside Down" (2007, Comedy) Alyson Stoner. A girl uses daydreams to cope with the growing pains of adolescence. (In Stereo) (R)  
7:30 pm FAM (26) ★★ "Good Boy!" (2003, Comedy) Molly Shannon. After adopting a dog, a 12-year-old learns the animal is an interplanetary scout sent to investigate other canines. (In Stereo) (R)  
9:00 pm FAM (26) ★★ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (In Stereo) (R)

9:30 pm WTBS (3) ★★ "Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal. (R)  
10:00 pm KNOW (5) ★★ "If Only I Were an Indian ..." (1995, Documentary) Narrated by John Paskievich. Premiere. Filmmaker John Paskievich explores European fascination with American Indian cultures. (R)  
10:36 pm FAM (26) "Get a Clue" (2002, Comedy) Lindsay Lohan. A 13-year-old student enlists her friends to rescue her English teacher. (In Stereo) (R)  
11:00 pm SPIKE (4) ★★ "The Lost Boys" (1987, Horror) Jason Patric. A woman and her sons move to a coastal California town full of teenage vampire punks. (In Stereo)

## Princeton Area Ghost Towns - The DVD



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THURSDAY, JANUARY 21, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami "Addiction"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian (6-25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Stuck on You"	Inside-Box Reality
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (E) Martha	Today Julie Andrews: breast cancer. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	Invasion League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: Crime Scn	Soap Reality
8 AM	Harvey		Sid the Science Kid	Curious Sid			The First 48		100 Huntley Street	Bo on Go	(7:55) Busytown	(8:20)	SportsCentre		Mars Rising	Handy Handy	Rachael Ray	CSI: Crime Scene	Comeback Whatever
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	Hockey	Live With Regis & Kelly	Daily Planet	Feet	News	CSI: Crime Scn	Collin-Justin
10 AM	Reba	World Vision	(10:36)	Sesame Street (N)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Debt Part	Poko	Berenstain Willa's	Australian Open, Second Round.	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Scn	Whatever
11 AM	Accrd/Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	From Melbourne, Australia. (Taped)	Fashion	The Colony	Phineas Suite Life	CityLine	CSI: Crime Scn	Golden
12 PM	King	Noon News Hour (N)	Maggie (12:38)	Charlie Rose	Paid Prog.	News	CSI: Miami "Addiction"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo		etalk	License to Drill	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Scene	3's Co. Ellen
1 PM	Seinfeld	As the World Turns (N)	(1:02) Go, Diego, Go!	Simp Paint Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	India Reborn (DVS)	(12:55) Viva Jacob		Sue Thomas: F.B.Eye	Mayday	Cory	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office	Young & Restless	(2:01) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby	Around	Dr. Phil	MythBusters	Replace School	CityNews at 5 (N)	CSI: Crime Scn	Golden
3 PM	Friends	The Doctors	(3:02) Little Bear Owl is grumpy.	WordGirl Electric	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Soap
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Judge J.	Oprah Winfrey	The First 48	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Toronto	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC's Ultimate Fight Night	Reality
5 PM	Payne	Early News	(4:58)	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News Vancouver (N)	Penguins	Maple Leafs at Tampa Bay	CTV News at Five (N)	Dirty Jobs	Suite/Deck Zoey 101	Community Parks		Family Guy
6 PM	Law & Order: SVU	Global Nat. News	Heads Up Dogs	PBS NewsHour (N)	College Basketball: Pepperdine at Gonzaga.	News	The First 48 (N)	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	NHL Hockey: Chicago Blackhawks at Calgary Flames.	CTV News (N)	Dirty Jobs	Montana	30 Rock	TNA IMPACT! (N)	Seinfeld
7 PM	Movie: "Aeon Flux" (2005)	Ent. Ton. ET Canada	Frontiers of	Educating Spokane	The Doctors	Manhunter	Manhunter	Ent. Ton.	Ent. Ton.	90210	Wheel Jeopardy!	ICarly	Hockey: Blackhaws at Calgary Flames.	The Vampire Diaries (N)	MythBusters	Sonny Suite Life	The Jay Leno Show (N)		70s Show King
8 PM	Charlize Theron	Bones (N) (PA)	New York: A Documentar (DVS)	Sherlock Holmes MI-5	Community Parks	Big Bang Big Bang	Manhunter	The Deep End "Pilot"	Bones (N) (PA)	Bones (N) (PA)	The Nature of Things	Malcolm Chris		CSI: Crime Scene	Daily Planet	Overruled! Montana	News CityNews	Police Chases	Comeback ET Canada
9 PM	The Office	The Office	MI-5 (DVS)	MI-5	The Office	CSI: Crime Scene	(9:01) The First 48	Grey's Anatomy (N)	The Office	The Office	Mounties Under Fire (N)	8 Rules	Sports	Grey's Anatomy (N)	Dirty Jobs	Wizards Buzz	New York	MANswers	Family Guy
10 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz	90210	Shooting Indians	Soundstage	The Jay Leno Show (N)	The Mentalist (N)	(10:01) The First 48	(10:01) Private Practice (N)	90210	News Hour Final (N)	National	Family Biz Indie	Bowling	The Mentalist (N)	Dirty Jobs	School	Coach	(10:04)	Seinfeld
11 PM	TBA	CHBC News Final (N)	Beautiful Noise Sloan.	Charlie Rose (N)	Tonight	Letterman	Manhunter	Manhunter	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour (N)	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	MythBusters	So Raven	Home Imp.	Unsolved Mysteries	70s Show King

FRIDAY, JANUARY 22, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Fare Game"	Inside-Box MakeBreak
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (E) Martha	Today Barbara Corcoran and P. Allen Smith. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl	Invasion League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: Crime Scn	Deal-No Deal
8 AM	Harvey		Sid the Science Kid	Curious Sid			CSI: Miami "Ambush"		100 Huntley Street	Bo on Go	(7:55) Busytown	(8:20)	SportsCentre		MythBusters	Handy Handy	Rachael Ray	CSI: Crime Scn	6 Degrees Switch
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	CSI: Miami "All In"	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! News	Rolie Polie Timothy	Hockey	Live With Regis & Kelly	Daily Planet	Feet	News	CSI: Crime Scn	Colin & Justin
10 AM	Reba	World Vision	(10:36)	Sesame Street (E)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part	Poko	Berenstain Willa's	Australian Open, Third Round.	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Scn	Whatever
11 AM	Accrd/Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	From Melbourne, Australia. (Taped)	Fashion	Mighty Ships	Phineas Suite Life	CityLine	CSI: Crime Scn	Golden
12 PM	King	Noon News Hour (N)	Maggie (12:38)	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo		etalk	Dirty Jobs	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Scn	3's Co. Ellen
1 PM	Seinfeld	As the World Turns (N)	(1:02) Go, Diego, Go!	Wyland's B Organic	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Heartland (DVS)	(12:55) Viva Jacob		Sue Thomas: F.B.Eye	Dirty Jobs	Cory	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office	Young & Restless	(2:01) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami "Ambush"	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby	Around	Dr. Phil	MythBusters	Replace School	CityNews at 5 (N)	CSI: Crime Scn	Golden
3 PM	Friends	The Doctors	(3:02) Little Bear Fishing trip.	WordGirl Electric	Jeopardy!	Dr. Phil	CSI: Miami "All In"	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League	Off-Record	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Deal-No Deal
4 PM	Family Guy	Oprah Winfrey	George S.	Biz Kid\$ Cyberchas	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NBA Basketball: Milwaukee Bucks at Toronto Raptors.	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Murdoch Mysteries	UFC's Ultimate Fight Night	6 Degrees Switch
5 PM	Payne	Early News	(4:58)	BBC News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News Vancouver (N)	Penguins	Bucks at Toronto Raptors.	CTV News at Five (N)	Dirty Jobs	Suite/Deck Zoey 101	Supernanny (N)		Family Guy
6 PM	Law & Order: SVU	Global Nat. News	Animals Dogs With	PBS NewsHour (N)	News (N)	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Tennis: Australian Open, Third Round.	CTV News (N)	Man vs. Wild	Zeke Jonas	Man Tracker (DVS)	Best of PRIDE Fighting	Cleveland Seinfeld
7 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz	Ent. Ton. ET Canada	Fraser River	Wash Wk McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent. Ton.	Ent. Ton.	NUMB3RS "Devil Girl"	Wheel Jeopardy!	Movie: "Alice, Upside Down" (2007)	Australian Open, Third Round. From Melbourne, Australia. (Live)	etalk	Machines of Malice	Sonny	The Jay Leno Show (N)	Best of PRIDE Fighting	70s Show King
8 PM	Mechlowicz	Dollhouse (N)	Polrot "One, Two, Buckle My Shoe"	Bill Moyers Journal (N)	Law & Order (N)	Ghost Whisperer (N)	Criminal Minds	Supernanny (N)	Dollhouse (N)	Dollhouse (N)	Mercer M'etplace	Movie: "Alice, Upside Down" (2007)	From Melbourne, Australia. (Live)	Ghost Whisperer (N)	Daily Planet	Boy!	CityNews	Die	6 Degrees ET Canada
9 PM	The Office	Shark Tank (N)	NOW	Dateline NBC	Medium "Psych" (N)	(9:01) Criminal Minds	Shark Tank (N)	Shark Tank (N)	Shark Tank (N)	Shark Tank (N)	fifth estate	Weird		Medium "Psych" (N)	Man vs. Wild	Movie: "Freaky Friday" (2003)	Movie	MANswers	Family Guy
10 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz	NUMB3RS "Devil Girl"	Movie: "If Only I Were an Indian ..."	Windsors-Royal	The Jay Leno Show (N)	NUMB3RS "Devil Girl"	(10:01) Criminal Minds	20/20	NUMB3RS "Devil Girl"	News Hour Final (N)	National	Prank Ptrl Prank Ptrl	SportsCentre (Live)	Flashpoint (DVS)	Dirty Jobs	Leeches.	(10:36)	Most Amazing Videos	Cleveland Seinfeld
11 PM	TBA	CHBC News Final (N)	Beautiful Noise Sloan.	Globe Trekker	News (N)	News	(11:01) Criminal Minds	News	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour (N)	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Machines of Malice	Home Imp.	Movie: "The Lost Boys"	70s Show	King



# News Leader Puzzle Page

## 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 #261 - Rated Easy

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

#### CHALLENGE #262 - Rated Hard

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

#### THIS WEEK'S SOLUTIONS: Page 18

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

**We're different,  
and we like that.**  
Similkameen News Leader

## Saturday Movies

### MORNING

- 6:00 am SPIKE (4) ★★★ "The Lost Boys" (1987, Horror) Jason Patric. A woman and her sons move to a coastal California town full of teenage vampire punks. (In Stereo) (E)
- 8:00 am WTBS (3) ★★★ "Mission: Impossible III" (2006, Action) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (E)
- 9:30 am A&E (9) ★★★ "Executive Decision" (1996, Action) Kurt Russell. A commando squad must conduct a midair assault upon a hijacked plane loaded with terrorists and a deadly nerve gas. (E)
- 10:00 am SPIKE (4) ★★★ "Lethal Weapon 4" (1998, Action) Mel Gibson. Los Angeles police partners take on members of a Chinese triad who are smuggling families from the mainland. (In Stereo)

### AFTERNOON

- 12:00 pm A&E (9) ★★★ "Shanghai Noon" (2000, Comedy) Jackie Chan. Premiere. A Chinese Imperial Guardsman teams up with a robber to rescue a princess, taken to the Old West by the guard's former captain. (E)

- FAM (26) "The Cheetah Girls: One World" (2008, Comedy-Drama) Adrienne Bailon. The Cheetah Girls travel to India to appear in a musical. (In Stereo) (E)
- 12:30 pm SPIKE (4) ★★★ "Lethal Weapon 3" (1992, Action) Mel Gibson. Los Angeles police detectives crush a guns-to-gangs operation with a wild woman from internal affairs. (In Stereo)
- 1:30 pm FAM (26) "Roxy Hunter and the Mystery of the Moody Ghost" (2007, Mystery) Aria Wallace. With help from her best friend, a 9-year-old tries to solve an enigma related to the supernatural. (In Stereo)
- 2:30 pm A&E (9) ★★★ "Striking Distance" (1993, Suspense) Bruce Willis. Premiere. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. (E)
- 3:00 pm SPIKE (4) ★★★ "Lethal Weapon 2" (1989, Action) Mel Gibson. An accountant leads a wild detective and his cautious partner to a South African diplomat running drugs. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★★ "The General's Daughter" (1999, Suspense) John Travolta. Army investigators probe an officer's brutal slaying. (E)
- A&E (9) ★★★ "The Green Mile" (1999, Drama) Tom Hanks.

- Premiere. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (E)
- 5:30 pm SPIKE (4) ★★★ "Lethal Weapon" (1987, Action) Mel Gibson. A detective with a family hunts drug smugglers with his new partner, a loner with a death wish. (In Stereo) (E)

### EVENING

- 6:00 pm CITY (29) ★★★ "Emile" (2003, Drama) Ian McKellen. Premiere. A Briton tries to reconnect with his niece while bonding with her young daughter. (DVS)
- 7:30 pm WTBS (3) ★★★ "Domino" (2005, Action) Keira Knightley. Domino Harvey turns her back on wealth and privilege for the excitement of life as a bounty hunter. (E)
- 8:00 pm SPIKE (4) ★★★ "Deliverance" (1972, Adventure) Jon Voight. Premiere. Four Atlanta businessmen encounter unexpected terrors during a rafting trip down a raging backwoods river. (In Stereo)
- 8:05 pm KSPS (6) ★★★ "Eye of the Needle" (1981, Suspense) Donald Sutherland. A Nazi spy seduces the wife of a crippled pilot on the Scottish coast before D-Day. (In Stereo) (E)
- 9:00 pm FAM (26) ★★★ "Batman Forever" (1995, Action) Val Kilmer. The Caped Crusader woos a criminal psychologist, takes on a sidekick and battles Two-Face and the Riddler. (In Stereo) (E)
- 9:01 pm A&E (9) ★★★ "The Green Mile" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. (E)
- 10:30 pm SPIKE (4) ★★★ "Deliverance" (1972, Adventure) Jon Voight. Four Atlanta businessmen encounter unexpected terrors during a rafting trip down a raging backwoods river. (In Stereo)
- 11:00 pm WTBS (3) "Princess of Thieves" (2001, Adventure) Keira Knightley. Robin Hood's daughter leads a gang of merry men to free her imprisoned father and defeat Prince John. (E)
- KNOW (5) ★★★ "If Only I Were an Indian ..." (1995, Documentary) Narrated by John Paskievich. Filmmaker John Paskievich explores European fascination with American Indian cultures. (E)

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## Sunday Movies

### MORNING

- 8:00 am WTBS (3) "Princess of Thieves" (2001, Adventure) Keira Knightley. Robin Hood's daughter leads a gang of merry men to free her imprisoned father and defeat Prince John. (E)
- 9:00 am A&E (9) ★★★ "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)

### AFTERNOON

- 12:00 pm FAM (26) "Bailey's Billions" (2005, Comedy) Dean Cain. Two embezzlers plot to steal money from a talking dog that has inherited a fortune. (In Stereo) (E)
- 1:33 pm FAM (26) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (E)
- 2:00 pm WTBS (3) "Princess of Thieves" (2001, Adventure) Keira Knightley. Robin Hood's daughter leads a gang of merry men to free her imprisoned father and defeat Prince John. (E)
- YTV (18) ★★★ "Dennis the Menace" (1993, Comedy) Walter Matthau. A mischievous boy's antics annoy his

- grumpy old neighbor. (In Stereo) (E)
- 4:00 pm WTBS (3) ★★★ "The Guardian" (2006, Drama) Kevin Costner. A trainer in a Coast Guard program for rescue swimmers turns a cocky recruit into his protege and takes him on a mission to the Bering Strait. (E)
- YTV (18) ★★★ "Dennis the Menace Strikes Again" (1993, Comedy) Don Rickles. A devilish boy introduces his grandfather to crotchety neighbor Mr. Wilson and thwarts two con men. (In Stereo) (E)
- 5:00 pm CBC (13) ★★★ "Bridge to Terabithia" (2007, Fantasy) Josh Hutcherson. A boy and his new friend, the class outsider, create an imaginary world in which they rule as king and queen. (In Stereo) (E)

### EVENING

- 6:00 pm YTV (18) ★★ "Snow Day" (2000, Comedy) Chris Elliott. Students steal a snow plow and fend off its crazy driver in an attempt to keep school closed for a second day. (In Stereo) (E)
- 6:30 pm WTBS (3) ★★★ "The Guardian" (2006, Drama) Kevin Costner. A trainer in a Coast Guard program for rescue swimmers turns a cocky recruit into his protege and takes him on a mission to the Bering Strait. (E)
- 7:00 pm CITY (12) ★★★ "The Da

- Vinci Code" (2006, Mystery) Tom Hanks. Premiere. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity. (E)
- 8:00 pm CHBC (4) BCTV (11) ★★★ "The Da Vinci Code" (2006, Mystery) Tom Hanks. Premiere. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity. (E)
- 9:00 pm WTBS (3) ★★★ "XXX: State of the Union" (2005, Action) Ice Cube. In Washington, D.C., the new XXX agent must eliminate a threat to the president from within the U.S. government. (E)
- FAM (26) ★★★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)
- SPIKE (4) ★★★ "First Blood" (1982, Action) Sylvester Stallone. Green Beret veteran Rambo takes on a Pacific Northwest sheriff and the National Guard. (In Stereo)
- 10:52 pm FAM (26) ★★★ "Strange Brew" (1983, Comedy) Dave Thomas. The Canadian McKenzie brothers cork a beer-factory brewmeister who's out to rule the world. (In Stereo) (E)



SATURDAY, JANUARY 23, 2010

	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	Paid Prog. Hunter	Hunter	Wibbly Pig	Hearland	Today (N)	(6:00) The Early Show (N)	Sell House	Paid Prog. Wall Street	Hunter	Fishing Fishn	Busytown	Grossology Rollbots	SportsCentre (E)	OWL/TV Kingdom	Canada's Worst Driver	Jungle Wubbzy	CHIN Dharti	Mov: "The Lost Boys" (1987) Jason	TBA
6:30	Paid Prog. Fishing	Fishing	Franklin	Fly Tying															Paid
7 AM	Paid Prog. Saturday Morning News (N)	Saturday Morning News (N)	(7:05) Little Clifford	MotorWeek Travels	News (N)	Busytown	Sell House	Good Morning America	Saturday Morning News (N)	Saturday Morning News (N)	Animal Super Why!	OddParent	Sportfish	Anne Grn	Man vs. Wild (E)	Mickey Handy	Eye on Asia	Patric	Friends
7:30	Paid Prog. Hunter	Hunter	George S.	Woodsmith	Busytown	Flip This House (E)	Emperor	Replace			Razzberry	SpongeBob	SnowTrax	Kids	Mayday	Phiness	Polish Studio (E)	Xtreme 4x4	Family Guy
8 AM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
8:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
9 AM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
9:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
10 AM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
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11 AM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
11:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
12 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
12:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
1 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
1:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
2 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
2:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
3 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
3:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
4 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
4:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
5 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
5:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
6 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
6:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
7 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
7:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
8 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
8:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
9 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
9:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
10 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
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11 PM	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy
11:30	Mov: "Mission: Impossible III" (2006) Tom Cruise. (E)	(E)	George S.	Woodsmith	Sabrina	House (E)	Emperor	Replace			Goldfish	Kid vs. Kat	Speed	Hobo	"Gimli Glider"	School	Studio (E)	Horse.	Family Guy

SUNDAY, JANUARY 24, 2010

	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	Sports	Foodies	Wibbly Pig	Mr Rogers	Today (N)	Paid Prog.	Private Sessions (E)	Paid Prog.	Foodies	Hunter	Razzberry	Grossology	SportsCentre (E)	Daily Planet (E)	Mean	Rangers	Travels	Unsolved Mysteries	TBA
6:30	Saved-Bell	Fishful	Franklin	Angelina		Paid Prog.		Paid Prog.	Fishful	Fishn	Bo on Go	Rollbots			Mean	Wubbzy	Planet	Mysteries	Paid Prog.
7 AM	Saved-Bell	Fishing	(7:05) Little Clifford	Zula Patrol	News (N)	CBS News Sunday Morning	The Sopranos (N) (E)	Good Morning America	Canada	Fishing	Coronation	SpongeBob	Reporters	Sue Thomas: F.B. Eye	Dirty Jobs (E)	Mickey	Eye on Asia	Unsolved Mysteries	Friends
7:30	JJ Atlanta	Canada	Clifford	Big World	Northwest	(N) (E)	The Sopranos (E)	This Week (E)	Canada	Fishing	Coronation	SpongeBob	Reporters	Sue Thomas: F.B. Eye	Dirty Jobs (E)	Mickey	Eye on Asia	Unsolved Mysteries	Friends
8 AM	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
8:30	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
9 AM	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
9:30	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
10 AM	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
10:30	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
11 AM	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	
11:30	Mov: "Princess of Thieves" (2001) (E)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	Nation	The Sopranos (E)	Living	TribalTrail	Coronation	Garfield	Sunday NFL Countdown (Live) (E)	Alice	Is Written	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld	



MONDAY, JANUARY 25, 2010

	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	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	CSI: Miami "Shootout"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Cool Hunter"	Inside Box Switch
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (E) Martha	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl Animal	Invasion League	SportsCentre		Mayday "Fire Fight"	Mickey Mickey	The Tyra Show	CSI: Crime Sen	Carlawood Parker
8 AM	Harvey Fresh Pr.		Sid the Science Kid	Curious Sid			The First 48		100 Huntley Street	Bo on Go Busytown	(7:55) (8:20)	SportsCentre		Canada's Worst Driver	Handy Handy	Rachael Ray	CSI: Crime Sen	Re-Vamped	
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polle Timothy	Sportfish	Live With Regis & Kelly	Daily Planet	Agent Oso	News City	CSI: Crime Scene	Colin-Justin
10 AM	Reba	Hospital for Sick Kids	Spider (10:36)	Sesame Street (N)		The Price Is Right (N)	Criminal Minds	The View (N)	Hospital for Sick Kids	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Australian Open, Round of 16. From Melbourne, Australia. (Taped)	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Sen	Whatever Whatever
11 AM	Accrd/Jim Name Earl	World Vision	Rolie Polle Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette Dirtgirl	George S. (11:40) Erky		Fashion Fashion	Forensic Factor	Phineas Suite Life	CityLine	CSI: Crime Sen	Golden Golden
12 PM	King King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Paid Prog.	News The Bold	CSI: Miami "Shootout"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo		etalk	Sport Science	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Sen	3's Co. Ellen
1 PM	Seinfeld	As the World Turns (N)	(1:02) Wibbly Pig (N)	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob			Sue Thomas F.B.Eye	Dirty Jobs	Cory Recces	Judge J. Judge J.	CSI: Crime Sen	Seinfeld Seinfeld
2 PM	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion	Around Interruptio	Dr. Phil	MythBuster's	Replace School	CityNews at 5 (N)	CSI: Crime Scene	Golden Golden
3 PM	Friends Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Sen	Carlawood Parker
4 PM	Family Guy	Oprah Winfrey	George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Pittsburgh Penguins at New York Rangers. (Live)	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Law and Order	Movie: "Deep Blue Sea" (1999)	Re-Vamped
5 PM	Payne Payne	Early News News	(4:57) Martha	BBC News Business	News (N) NBC News	News CBS News	Intervention Relapse.	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins SpongeBob	Penguins at New York Rangers. (Live)	CTV News at Five (N)	MythBuster's	Suite/Deck Zoey 101	The Bachelor: On the Wings of Love (N)	Thomas Jane.	Parking Parking
6 PM	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N)	News (N) Millionaire	News Access H.	Intervention "Robby"	News	(5:59) News Hour (N)	ET Canada	Ent. Ton. Coronation	Carly	Tennis: Australian Open, Men's and Women's Quarterfinals. From Melbourne, Australia. (Live)	CTV News (N)	Breaking Point "Bus"	Montana Wizards	Wings of Love (N)	UFC Unleashed	Flipping Out
7 PM	Movie: "Code Name: The Cleaner" (2007)	Ent. Ton. ET Canada	Eden Landscape	'Allo, 'Allo! Europe	Jeopardy! Wheel	The Doctors	Hoarders (N)	Ent. Ton. The Insider	Ent. Ton. ET Canada	Heroes (N)	Wheel Jeopardy!	Scorpion	Hockey: Pittsburgh Penguins at New York Rangers. (Live)	etalk	Dirty Jobs (N)	Sonny Suite Life	The Jay Leno Show (N)	Best of PRIDE Fighting	Launch My Line
8 PM	Movie: "Code Name: The Cleaner" (2007)	House	Art of the Heist	Antiques Roadshow (N)	Chuck (N)	How I Met My Purpose	Paranormal Cops	The Bachelor: On the Wings of Love (N)	House	House	18 to Life Mosque	Malcolm Chris	Women's Quarterfinals. From Melbourne, Australia. (Live)	Human Target (N)	Daily Planet	Overruled! Montana	CityNews	Best of PRIDE Fighting	Parker ET Canada
9 PM	Movie: "Code Name: The Cleaner" (2007)	24 (N)	Buffy St Marie	American Experience	Heroes (N)	Two Men Big Bang	Intervention Relapse.	Wings of Love (N)	24 (N)	24 (N)	Winnipeg Comedy	8 Rules What I Like		Two Men Big Bang	MythBuster's	Wizards Buzz	Rock of Love Bus	Riots-Control	Parking Parking
10 PM	Movie: "Code Name: The Cleaner" (2007)	Heroes (N)	Deciphering Dyslexia	Sound Tracks	The Jay Leno Show (N)	CSI: Miami	(10:01) Intervention "Robby"	Castle "The Third Man"	Heroes (N)	News Hour Final (N)	National	Family Blz Indie		CSI: Miami	Dirty Jobs	School Cory	Coach Judge	CSI: Crime Sen	Flipping Out
11 PM	TBA	CHBC News Final (N)	Fraser River	Charlie Rose (N)	News (N) Tonight	News Letterman	(11:01) Hoarders	News (11:35)	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	Breaking Point "Bus"	So Raven Life Derek	Home Imp. Paid Prog.	Unsolved Mysteries	Launch My Line

Monday Movies

AFTERNOON

4:00 pm SPIKE (44) ★★½ "Deep Blue Sea" (1999, Science Fiction) Thomas Jane. Premiere. A marine biologist and her staff become the prey of scientifically altered sharks that have a hunger for human flesh. (In Stereo)

EVENING

7:00 pm WTBS (3) ★½ "Code Name: The Cleaner" (2007, Comedy) Cedric

the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring.

9:00 pm WTBS (3) ★½ "Code Name: The Cleaner" (2007, Comedy) Cedric the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring.

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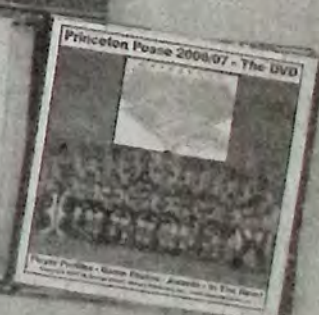
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<p>3-5 week old male Jack Russell puppies for sale. Very nicely marked. Call (250) 292-8477. <small>Jan 05/10</small></p>	<p>For quick sale: utility trailer. 13 1/2 feet. \$300.00 Must see! 1-cord cedar 1"x4"x24" starter wood, kindling. 50% pre-cut. \$60.00. Call (250) 295-3857. <small>Jan 05/10</small></p>	<p>Self-contained basement suite. Private entrance, many extras. N/S, DD. \$475/month. Call (250) 295-6329. <small>Jan 12/20</small></p>	<p style="text-align: center;"><b>card of thanks</b></p> <p>Thank you to everyone who sent messages, cards, and flowers to express their sympathy. It was a great comfort.</p> <p>- Dawn Johnson &amp; Family</p>	<p>2-bedroom, 2-bath mobile home. W/D, F/S, dishwasher, 55+ only, #20 Lynnwood. Damage deposit and references required. \$650/month + utilities. Call (604) 466-7543. <small>Jan 19</small></p>
<b>obituary</b>	<b>obituary</b>	<b>obituary</b>	<p><b>www.gotbulls.info</b></p>	



## William (Bill) Cecil Stevens

March 27, 1912 – January 8, 2010

Bill Stevens, a longtime Princeton area resident, passed away peacefully in his sleep at the age of 97 at Princeton Hospital on January 8th 2010.

Bill was born into a large family in Greenwood, BC where his father worked as a blacksmith at the Phoenix mine. The family moved to Hedley where his dad worked at the Mother Lode mine. Following a family move to Vancouver in 1917 Bill's mother died as a result of the 1918 influenza epidemic, Bill was sent to live in the Alexandra orphanage in Vancouver until he was 12. He then lived with his older brother in Rossland, and then worked as a ranch hand in Allen Grove. He came to the Penticton / Princeton area to work for the forestry service in the depression years. He spent several summers alone in a fire lookout station on Snow Mountain above Penticton that was only accessible by foot and later horse and pack mules. He came to Princeton in 1938 to work for the forest service and was a fire boss on the huge Osprey Lake fire that destroyed large tracts of timber. He often used to recount the story of stopping the freight train on the old Kettle Valley Railway that ran beside the lake to recruit unemployed men who were "riding the rails" to fight the fire in exchange for food and a dollar a day. During the later years of the Depression he also served as cavalryman, with the Venron Cavalry, a mounted militia.

In 1941 he answered the call to arms and enlisted with the Canadian Army. He was initially posted to an anti aircraft battery on Sea Island (now YVR) to defend against what was widely believed to be an imminent Japanese attack following Pearl Harbour. Growing restless over the lack of action, Bill and a dear friend signed up for the Canadian Airborne, completed their parachute training in Shilo Manitoba and were shipped to England in 1944 to participate in the Normandy invasion. He was injured in a low level practice jump weeks before D-Day and spent the remainder of the war recuperating in an English hospital.

Bill returned to Princeton in 1946 where he met and married his wife Rebecca Burton. Their honeymoon entailed a trip by horseback into Wells Grey Park near Clearwater where he took up his new duties as a park ranger. Bill and Rea returned to Princeton in 1947 where Bill worked first for the forest service and then at the old Princeton Brewery.

He went to work for Western Pines in 1960, later to become Northwood Mills, until his reluctant retirement in 1980. During his years with the companies Bill was responsible for the layout and construction supervision of hundreds of miles of logging roads in the southern interior. Following his retirement he enjoyed prospecting in the mountains around Princeton that he so loved.

Bill is survived by his loving wife Rea, his three children and spouses, Bev (Brian), Brenda (Graham), and Geoff (Nancy), seven grandchildren (Robert, Geoff, Megan, Kate, Stephanie, Mark, and Will), four great grandchildren (Maeve, Jacob, Angus, Levi) and his little dog Moki.

At Bill's request his remains were cremated and there was no public service.

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Fred 295-7272/Marena 295-7663

sudoku

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #261 - Easy

539	267	481
841	539	627
762	841	395
617	492	853
283	756	149
954	183	762
175	628	934
328	914	576
496	375	218

CHALLENGE #262 - Hard

178	263	495
629	145	378
543	798	216
736	429	851
492	851	637
851	376	924
914	582	763
367	914	582
285	637	149

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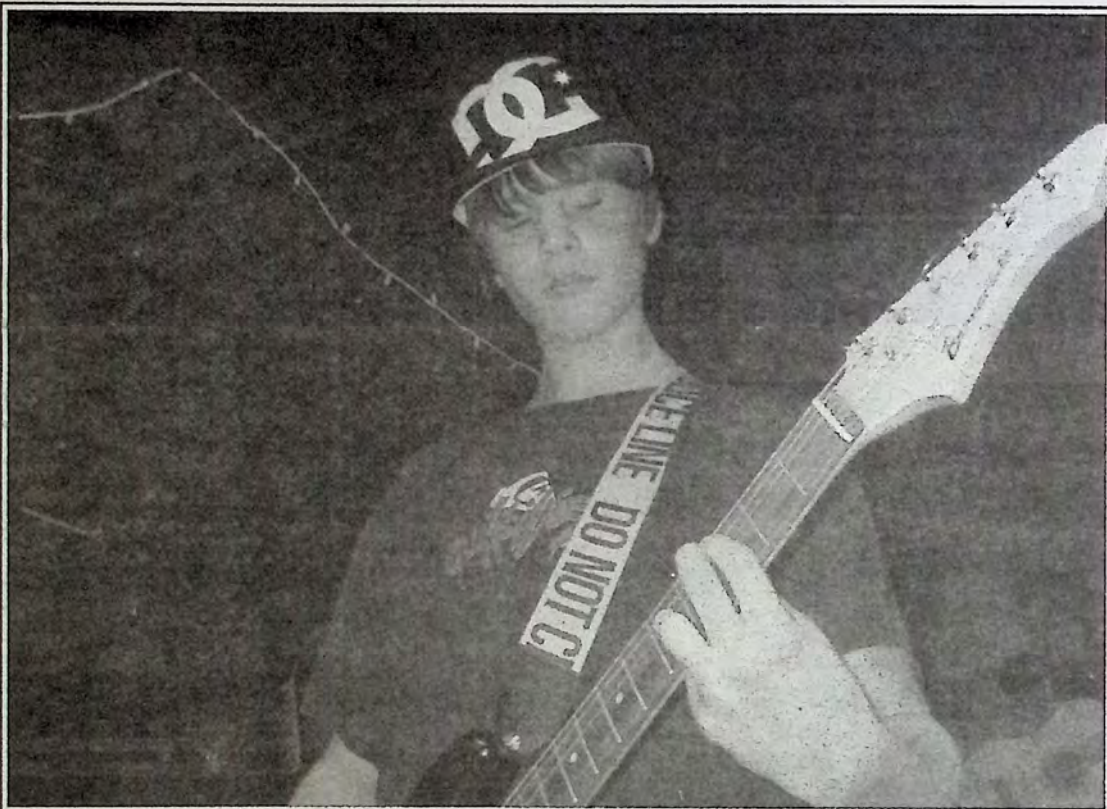
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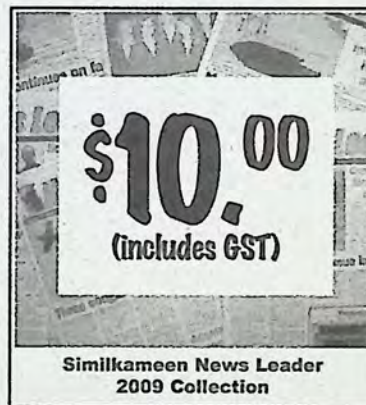


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# Editorial Page News Leader

Similkameen News Leader, 226A Bridge Street, PO Box 956, Princeton, BC V0X 1W0

## My Turn...

### Where'd All The Humans Go?

I think last week I spent a total of two hours navigating my way through too many menus on the phone.

My favourite one was a toll free number in Quebec where I got to hear the other official language explain each menu option first followed by a barely understandable repeat of the same thing in what I'm guessing was English.

When I finally gave up after having the main menu repeated twice I just picked one of them and found out whoever I was trying to reach was not in the office and didn't bother to leave an option for me to leave a message.

Then there was the call I made where I got to listen to music that made elevator music seem desirable.

When I finally connected with a human I couldn't understand her.

I'm thinking of installing one of those gadgets used for the hearing impaired so I can at least decipher conversations.

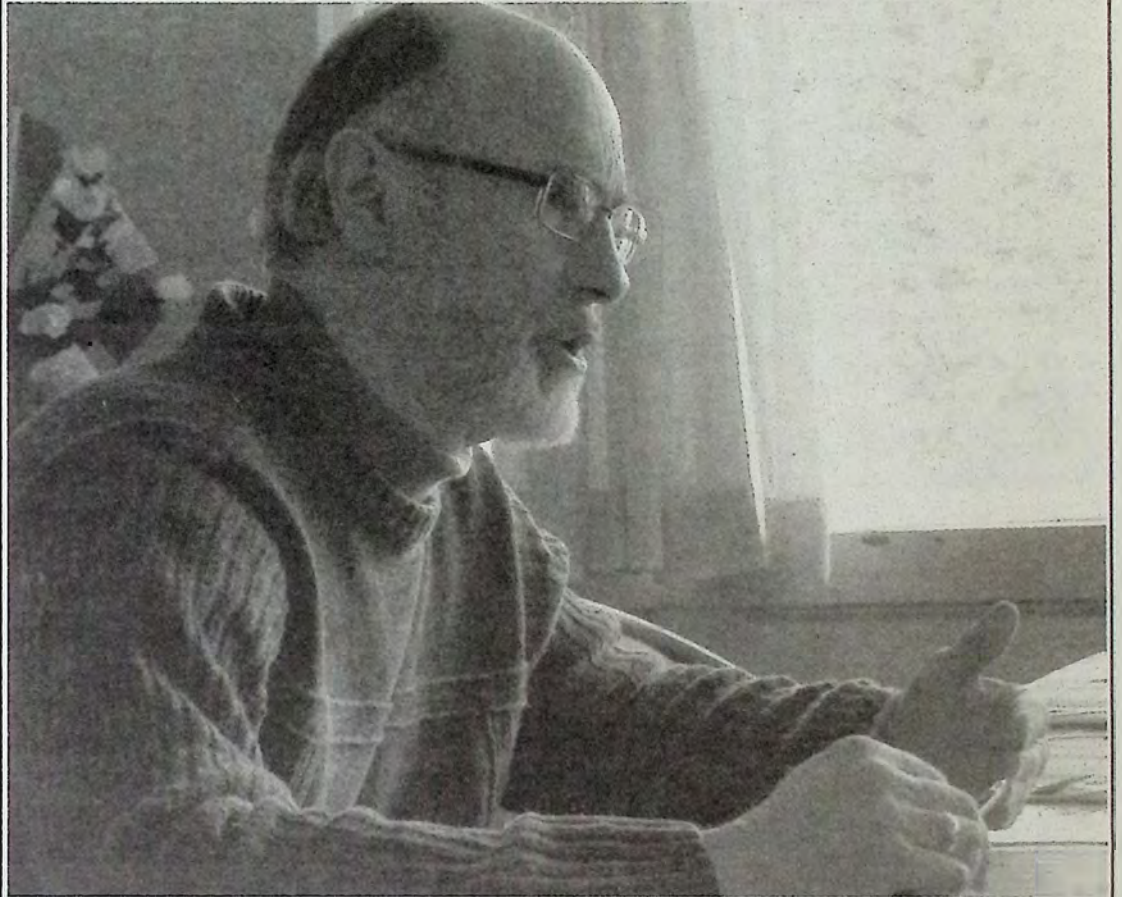
The week before I had a great conversation with an answering machine and spent an unreasonably long period of time on hold on another call where I was actually cut off.

When I called back I got to explain my whole story all over again only to find myself on hold again...and disconnected after 2-minutes. The funny thing was that was with a company that claims to pride itself in customer service in the delivery of various products including phone service.

I thought about what would happen if we added one of those automated phone menu programs to our office phone. I figured that the business we'd lose from customers fed up with trying to navigate their way through our grossly exaggerated list of options would make us further ahead without one.

"If you'd like to speak to our Editorial Department - Press 1. If you'd like to speak to our Circulation Department - Press 1. If you'd like to speak to our Advertising Department - Press 1. If you'd like to speak to our Bookkeeping Department - Press 1. If you'd like to speak to a human - Press 1. If you'd like to find out why you made this call - Press 1. If you called this number in error but would like to see how this ends - Press 1. If you don't understand a word I've said so far - Press 1. If you just locked your keys in your car - Press 1. If you have fallen and can't get up - Press 1. If you would like to place an order for pizza - Press 1. If you would like to hear this menu repeating in one of 50 different languages - Press 1. If you would like to leave a message - Please wait for the tone. Wait for it. It's coming soon. Just hang on a second or two. If there is no tone - Press 1...."

You get the idea. And wouldn't it just be easier for all of us if everyone just went back to answering his or her phone with that tried and true little gem, "Hello?"



BC Southern Interior MP Alex Atamanenko spoke to Rotary Club members during their January 11th regular monthly luncheon meeting. Atamanenko discussed many topics from local to federal. \*

## ...Your Turn

### Clean up after your pet!

To the Editor;

I wish to commend the Town and/or the Airport Authority for the great Xcountry skiing opportunity made available to all. I have been out there and have enjoyed it immensely. I have met on the track fellow skiing enthusiasts some with family Pooches and others without.

It seems that some pet owners respect the privilege of using the tracks and manage their pet accordingly in line with the generally accepted rules of societal and community norms.

Then there are others who are firmly entrenched in their believe that their Pooch is automatically immune to norms of general courtesy or propriety. They may believe that their pooch is some sort of canine artist. It is entirely possible that they are happy and proud that Fido has dropped a piece of art on the track. They are more than happy to share it with any skier and all the world if they could.

They are so taken by Fido's accomplishment(s) that they praise Fido to all that will listen. They also may be so-firm in their bliss that they arbitrarily insist that everyone feels that the same way even non-pet owners.

I pity the fellow skier who has had the unfortunate luck to ski into Fido's scat creation. But what a disappointment it must be for Fido's owner! He/she can no

longer praise the scatological art and must be heartbroken. My suggestion to Pooch owners who have had the fortunate experience of their pet's creational gift deposits on their outings pick it up and take it home.

Have it mounted or take picture of it. But please do not leave it for others to do so either on their skis. Sincerely,

Norbert Neumann, Princeton

Letter To The Editor

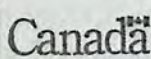
### Teachers warn parents

To the Editor:

Grade 4 and Grade 7 students in our district will soon be required to write the Foundation Skills Assessment (FSA) test. For many reasons the BCTF and the Nicola Valley Teachers' Union and the Princeton District Teachers' Union have opposed the mandatory writing of this test for years. This year we ask parents again to consider exempting their children from this test. Some people believe that

public school teachers are somehow opposed to testing, let me assure you that we are not. What teachers oppose are inappropriate testing and the inappropriate use of the results of tests.

Teachers do not assess students' learning simply so that they have marks to put on report cards. The main purpose of classroom assessment is to support student learning, not simply to measure it. .... continued on Page 23



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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

#### EDITORIAL GUIDE

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

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

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



# Current Comment

## What To Do To Preserve Your Sanity



**Dawn Johnson**  
editor@thenewsleader.ca

Health officials fear a huge increase in health care costs in the next 20 years as the boomers retire and develop dementia and Alzheimer's disease. The cost of caring for people who lose their minds is horrendous. They require 24/7 care.

Try looking at it from a more personal standpoint. If you develop dementia, you not only forget how to do things, you become a burden to others. People who lose their mental capacity are a tremendous burden to those who care for them. They wear out caregivers.

The goal of every person over 60 should be to do everything required to maintain mental alertness and prevent memory loss.

The first thing I would suggest is turning off the television set except for the morning and evening news. The television set stops people from doing the three basic things required to prevent mental aging.

Preventive measure #1: Keep fit. Keep weight down. Get off the recliner and walk. Even if you only walk around the house for half an hour, that's better than sitting on the recliner.

I knew a woman who claimed she was always busy. Yes, and no. She would sit and embroider, crochet or knit. Yes, her hands were busy, but she was not fit. She is dead. She didn't live long enough to collect her old age pension.

Another oldtimer I knew refused to walk. She said it hurt. Her doctor told her it hurt because she didn't walk enough. She could have lived several more years, but died as a result of poor circulation which led to gangrene. She developed dementia long before the gangrene.

Our community needs more programs for physical activities for seniors. My cousin, who lives in Arizona, turned 65 last year, and

automatically received an introductory free month at a local gym and a year's membership at \$10 a month. In other communities, there is a morning walking program for seniors. My sister who lives in the Vancouver area belongs to a ballroom dancing group sponsored by the Royal Canadian Legion, and she goes dancing once a week. Every summer, our local swimming pool has hours for seniors. My sister went there while she was visiting and was shocked to discover there were only two people in the pool! Where she lives, the swimming pools are very busy during seniors' hours. Bowling is another good sport for seniors. The goal of all of these activities is to keep you fit and preserve not only your body, but your mind. Experts say a healthy heart means a healthy mind.

Preventive measure #2: Keep your mind active. Use your brain. Take up a hobby requiring some mental ability. Travel and see new things. Do crossword puzzles or jigsaw puzzles, or play cards. Read. Write letters to family members and friends. Study some topic in which you are interested (you can go to your public library).

Sitting in front of the television set does not provide any real mental stimulation. It is delivered to you and all you have to do is let it flow in. My dad died at age 87 with all of his mental capacity intact. He read books, did gardening, made repairs, and kept his mind active through groups he belonged to. He walked every day, and he worked every day, up to the day before he died.

Preventative measure #3: Have an active social life. Make friends, spend time with them, do not isolate yourself. I remember a woman whose husband passed away in the autumn.

They had country property in the snow belt of Ontario. This woman grieved and spent the winter quite

isolated. Neighbours did drop in but the woman made little effort to go anywhere. By spring, one of the neighbours called the woman's sister to tell her there was something not quite right about the woman's mind. The woman is now in an institution.

It is important to have a social life no matter how old you are. One of the problems with aging is losing your friends. They may die, or move away to be cared for by family. Many people find themselves isolated because of the loss of friends and family members. That is no excuse for turning into a vegetable. There are plenty of organizations you can join to keep you busy socially. You could go to church, join an arts or crafts group, go to a movie, join Senior Citizens, and you could make new friends. In fact, being socially active could save your sanity: it gets you out of the house, stimulates your mind and makes you feel part of the community.

Preventive measure #4: Eat properly. Eat as if you were raising children and wanted them to be strong, slender, healthy children. Take a multivitamin daily, or whatever supplements you may need, such as Vitamin D and calcium. Eat three good meals a day consisting of plenty of fruit and vegetables, some whole grains, good quality meat and fish.

Anyone who lives alone knows how challenging it is to cook meals for one person, but if it defeats you, go to your public library and ask for books that give menus to follow. I personally have no problem with this, as I love to eat well, but I know it is difficult for some people.

These days, there are plenty of small portion products available, or you can buy larger packages and divide them at home into smaller packages for the freezer. This may require some thinking, some planning and some action, but it is all good for your brain.

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CELEBRATE PRINCETON'S 150<sup>th</sup>  
WITH THIS UNIQUE SOUVENIR



Princeton Ground Search & Rescue members participated in Ice Rescue Training January 10th in Laird (McKenzie) Lake on Highway 5A. A total of five local members were involved. Photo: Keith Bates

## PGSAR says you should be 'ice aware'

It's called Ice Rescue Training and it usually involves heavy suits, ropes and ice.

Princeton Ground Search & Rescue (PGSAR) conducted such a session January 10th at Laird (McKenzie) Lake demonstrating techniques used to rescue someone who has fallen into icy water from a layer of ice.

With many area lakes freezing over, thawing and freezing, the potential risk of breaking through lake ice, or even getting trapped on lake ice, is very real in the Similkameen Valley.

Snowmobilers, hikers, cross country skiers and ice fishermen are reminded to carry ice picks and to keep them where they can be reached in case of emergency.

Parents are reminded to warn children not to play near ice that forms on lakes or rivers in the area, regardless of how safe it may appear to be.

Here are some more tips, from the Canadian Red Cross:

### Ice Safety Know the dangers of ice

#### Ice Factors

Many factors affect ice thickness including: type of water, location,

the time of year and other environmental factors such as:

- Water depth and size of body of water.
- Currents, tides and other moving water.
- Chemicals including salt.
- Fluctuations in water levels.
- Logs, rocks and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles traveling on the ice.

#### Ice Colour

The colour of ice may be an indication of its strength.

- Clear blue ice is strongest.
- White opaque or snow ice is half as strong as blue ice. Opaque ice is formed by wet snow freezing on the ice.
- Grey ice is unsafe. The grayness indicates the presence of water.

#### Did you know ice thickness should be:

- 15 cm for walking or skating alone
- 20 cm for skating parties or games
- 25 cm for snowmobiles.

Check with local authorities before heading out. Avoid going out on ice at night.

#### When You Are Alone On Ice

If you get into trouble on ice and you're by yourself:

- Call for help.
- Resist the immediate urge to climb back out where you fell in. The ice is weak in this area.
- Use the air trapped in your clothing to get into a floating position on your stomach.
- Reach forward onto the broken ice without pushing down. Kick your legs to push your torso on the ice.

- When you are back on the ice, crawl on your stomach or roll away from the open area with your arms and legs spread out as far as possible to evenly distribute your body weight. Do not stand up! Look for shore and make sure you are going in the right direction.

#### When You Are With Others On Ice

Rescuing another person from ice can be dangerous. The safest way to perform a rescue is from shore.

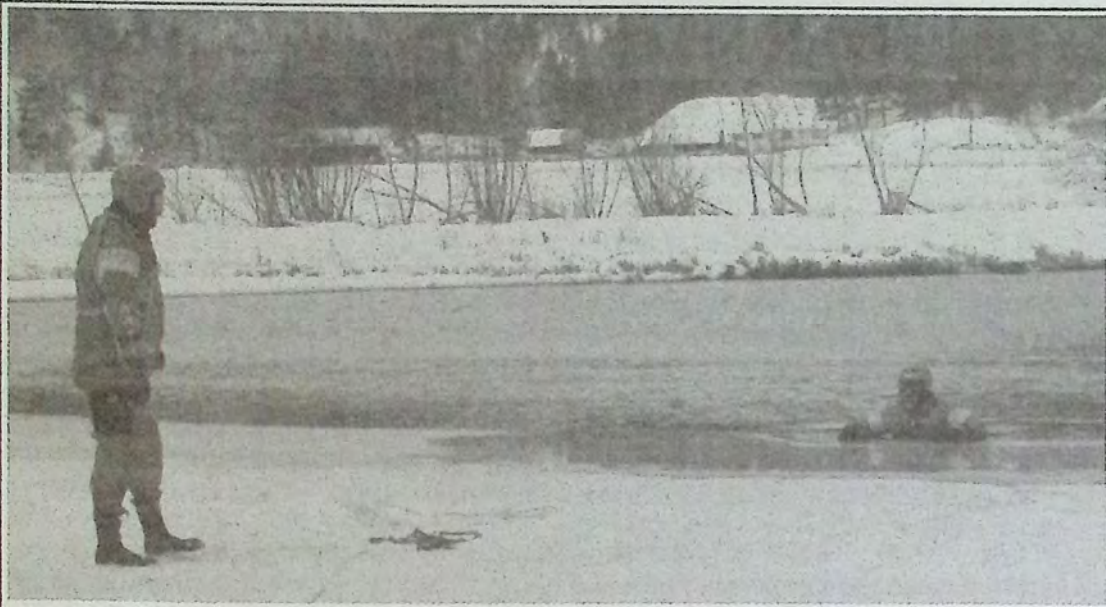
- Call for help. Consider whether you can quickly get help from trained professionals (police, fire fighters or ambulance) or bystanders.

..... continued on Page 23



Princeton Ground Search & Rescue members demonstrate ice rescue techniques. Photo: Keith Bates





Princeton Ground Search & Rescue members participated in Ice Rescue Training January 10th in Laird (McKenzie) Lake on Highway 5A. A total of five local members were involved. Photo: Keith Bates

Letter To The Editor

## Teachers warn parents - Part 2

Dear Parents of Grade Four and Seven Students,

You will receive an envelope from the Princeton District Teachers' Union.

It is a pamphlet informing you of teachers' concerns with the provincially mandated Foundations Skill Assessment test, also known as the FSA. The pamphlet will have a tear-off form which you can fill in, should you choose to, and send back to your child's teacher, withdrawing your child from writing this test.

These pamphlets are being sent home with the agreement of BCTF, the School District, and BCPSEA. As stated in a past legal decision on the Freedom of Expression, teachers have both the right and responsibility to discuss any information regarding the state

of public education in the province with parents. Just as importantly, parents have a right to receive this information to help form their own perspective on public school issues which affect their children.

Once this form is sent back to the school you may receive a phone call from your child's principal, or letter from School District #58 explaining why your child needs to/must write the test.

You have the right, as parents always have in School District #58, to change your position on your child writing the test, or to simply restate that your child will not be writing the FSA. Parents have always had the right to withdraw their children from specific activities, and their requests should be honoured.

You may wish to discuss this fur-

ther with the trustee assigned to your child's school.

If you have questions regarding the Foundation Skills Assessments test, please contact the Princeton District Teachers' Union at 250-295-6684.

Sincerely,  
Robert Tarswell, President  
Princeton District Teachers' Union

## Teachers warn parents Part 1

..... continued from Page 20 Teachers remain opposed to the FSA because it does not support student learning and actually interferes with instruction and learning opportunities.

Furthermore it is costly waste of time and resources and is ineffective in improving student achievement.

The result of this assessment does not help our students to learn or their teachers to teach - the FSA marks are not put on report cards. Nothing produced from the FSA is of any practical benefit for individual students or teachers.

Public school teachers are urging the Ministry of Education to adopt a two-year moratorium on all standardized tests, including the FSA. For all the above reasons we ask parents of students in these grades to consider having their sons and daughters excused from writing the FSA.

Improvements in public school education in BC will occur not as a result of any test analysis, but by ending the chronic under-funding of public education in this province.

- Loch Eddy, President Nicola Valley Teachers' Union.  
Co-Chair, Nicola Valley and Princeton Teachers' Union  
- Robert Tarswell, President Princeton District Teachers' Union  
Co-Chair, Nicola Valley and Princeton Teachers' Union

## Ice safety tips

..... continued from Page 22  
- Check if you can reach the person using a long pole or branch from shore - if so, lie down and extend the pole to the person.

- If you go onto ice, wear a PFD and carry a long pole or branch to test the ice in front of you. Bring something to reach or throw to the person (e.g. pole, weighted rope, line or tree branch).

- When near the break, lie down to

distribute your weight and slowly crawl toward the hole.

- Remaining low, extend or throw your emergency rescue device (pole, rope, line or branch) to the person.

- Have the person kick while you pull them out.

- Move the person to a safe position on shore or where you are sure the ice is thick.

- Signal for help.

## The skinny on fat

..... continued from Page 6  
unsaturated fat in your diet each day. Use vegetable oils such as canola, olive and soybean as well as soft margarines that are low in saturated and trans fats.

• Read the Nutrition Facts table on products in grocery stores and ask for nutrition information when dining out to help you choose lower fat options.

• When grocery shopping choose lower fat milk, cheese and yogurt. Choose fish and meat alternatives

more often. Opt for lean cuts of meat and serve poultry without the skin and watch your portion size.

• Check for Health Check. Look for the Heart and Stroke Foundation's Health Check logo in grocery stores and on restaurant menus.

Health Check products meet nutrient criteria developed by the Foundation's registered dietitians including criteria for total fat, saturated fat and trans fat. Learn more at healthcheck.org.

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