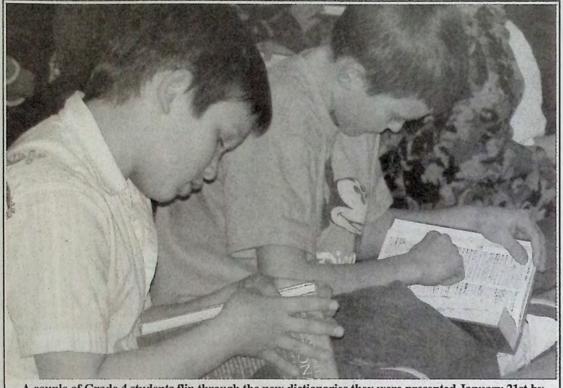
Similkameen

Volume 13 Issue 4 #614 ISSN 1712-090X

Tuesday, January 26, 2010



A couple of Grade 4 students flip through the new dictionaries they were presented January 21st by Princeton Rotary Club. This is the fifth year the local club has been involved in this literacy project. *

Water, sewer rates increase

Town Council has approved a hike in both water and sewer rates for 2010. The average home owner will pay \$267 for water and \$128 for sewer. Early payment will reduce the cost by 10 percent.

Mayor Randy McLean justified the increase by describing the need to keep a reserve fund to allow for proper maintenance of the water system. He noted many communities have been forced to go to an extremely costly (\$millions) water filtration system due to their inability to provide clean water through ordinary measures.

He added the same philosophy applies to the sewerage system. Town Council will not allow any more septic tanks within municipal boundaries.

In order to properly service waste water demands, a reserve fund is

Del Hall, President of Princeton Community Arts Council, attended the January 18 Town Council meeting to explain what our local Arts Council does, and what its goals are. Hall did a power point presentation with added commentary, leaving time for questions and comments from members of Town Council.

One of the most important aspects of the Arts Council is the team effort, Hall said. The Arts Council is comprised of both individual members as well as 11 member groups ranging from painters, quilters, actors, gardeners, potters, musicians and writers. Hall explained that funding from the BC Arts Council came in automatically until 2009, when the funding format changed to funding on the basis of projects.

Financial support has come from the Town of Princeton and Area H. With the opening of former Riverside School as a community

Similkameen

centre, the Arts Council has been able to encourage more arts and cultural activities.

This year, the Arts Council has secured a \$1,400 Arts Catalyst grant and Ed Staples, on the executive of the Arts Council, announced an \$8,000 2010 Legacy Now grant for the creation of a community mosaic mural.

Hall and Staples thanked Town Council and Area H Director Brad Hope for ongoing financial support, and thanked Lyle Thomas and Nadine McEwen for their ongoing cooperation, advice and assistance with Arts Council goals and pro-

"As a team, we can bring money into Princeton," Hall told Town Council.

The goal of the Community Arts Council is to enhance, stimulate and explore the arts in the community, and to support creativity, innovation and arts education. This year's project is Princeton Art in Public Places, which will include the mosaic project as well as art

Hall reminded Town Council that Arts and Culture Week in B.C. begins on April 18. In Princeton, it will begin on April 15 with the ded-

ication of the Bridge of Dreams; to be followed on April 18 with a return performance of Kelowna

Councillor Ray Jarvis praised the

progress made by the Arts Council during the past seven years.

Mayor Randy McLean said to Hall, "You people are fulfilling something that warms our hearts."

then take time to learn how to

design and create clay tiles that will become a permanent art display for

our community.

Would you like to make a ceramic tile mosaic mural? This year, you will be given an opportunity under the leadership and guidance of Robin Lowe, a local glass and mosaic artist. She will show you how to do it, and it will not cost you

The creation of a community mosaic mural is an inspiration of the Princeton Potters Guild. Thanks to an \$8,000 2010 Legacy Now Innovations grant obtained by Princeton Community Arts Council, the project will go ahead. The mural to be installed at Riverside Centre, will be created from glass and hand made ceramic tiles. It will be completed as a Princeton 150 project.

The entire local community will be invited to create coloured ceramic tiles to be used in the mosaic. Whether you are a senior, a student, an industrial worker or a business owner, you can learn to make a tile and become part of the mosaic project.

Princeton Community Arts Council encourages everyone to help with the creation of this work of art. In the near future, the Arts Council will advise the public as to the dates and times of the creation workshops.

Watch for these announcements,

Go, Posse, Go!



Go, Posse, Go!

Robin Lowe, key artist on the local Mosaic Mural Project.

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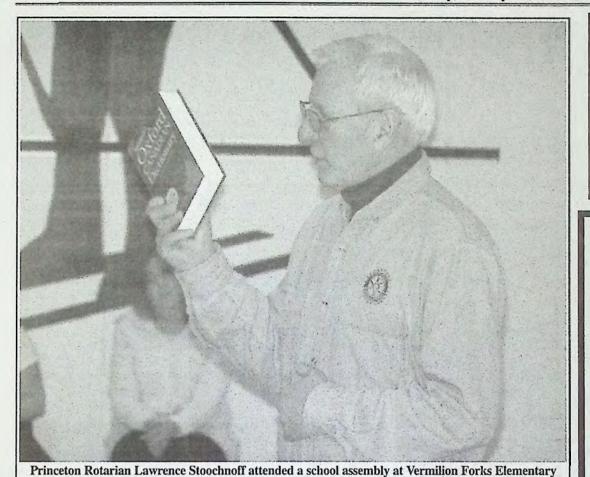


WS LOAGOT THIS WEEK

Doing God's Work In Haiti - Page 8, 22 Town Gets Torched - Olympic Style - Page 2

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School January 21st to present Grade 4 students with dictionaries supplied by Rotary. *

Princeton's Olympic Spirit Day is coming

In just two weeks, the eyes of the world will turn to our town as the Olympic Flame arrives in Princeton as part of the Vancouver 2010 Olympic Torch Relay, presented by Coca-Cola and RBC and supported by the Government of Canada.

"Everywhere you look in Princeton, excitement is building for the arrival of the Olympic Flame and everyone is invited to come out and cheer it on its journey to Vancouver," said Mayor Randy McLean.

"On Sunday, February 7th, we're expecting our community to turn out for this emotional once-in-alifetime opportunity to see the Olympic Flame in person right here in Princeton and feel inspired by its universal message of peace, brotherhood and friendship."

To celebrate the arrival of the flame, the community is planning a day of Olympic Spirit Celebration. Princeton Olympic Committee is commemorating the 2010 Olympic Games through community celebration and the sharing of unique Canadian Culture. Spectators are encouraged to wear red and white, dress in team uniforms and make banners to cheer on the Olympic Torch. Veterans Square is the place to be at 7:30 AM to pick up flags and line the streets.

approximately 8:00 AM as part of day.

a convoy of vehicles, which will include torchbearer shuttles, media vehicles, relay support vehicles and police cruisers. Temporary rolling road closures will ensure the safety of the torchbearers and spectators lining the relay route. The crowd will see a new torchbearer carry the flame every 300 metres through Princeton as it travels on its 45,000 kilometre long journey across Canada - the longest domestic torch relay in Olympic history.

Opening ceremonies will begin at approximately 8:15 AM in Veterans Square celebrating the torchbearers, Inuit Singers and the China Ridge Inuit Games. The Princeton Royal Canadian Legion invites the community to a pancake breakfast following the beginning of the China Ridge relay to the Longhouse.

The day continues at 11:00 AM on the mountain at the China Ridge Trails Longhouse with special guests from the Inuit community. Local throat singer Bernice Niakrok (Kunderman), worldrenowned throat singer Karen Panigaoniak and traditional Inuit Sport Demonstrator Inuuyaq Dean will be performing at the China Ridge Games.

China Ridge Trails have developed an outdoor snow playground, including an obstacle course, luge run and toboggan hill, for people of The torch relay will arrive at all ages to enjoy throughout the

For more information on the Princeton Olympic Spirit Day contact the Town of Princeton Parks, Recreation and Culture Services at (250) 295-6067 or e-mail recreation@princeton.ca.

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FAMILY LITERACY DAY JANUARY 27TH

Family literacy programs focus on parents as the means to improve the reading and writing skills of all family members. Family literacy is a powerful way to support parents by showing them how they can help their children become confident and effective communicators. Promoting learning activities at home ensures that children acquire the reading comprehension, writing and math skills that prepare them for productive, fulfilling lives.

Family literacy not only teaches children about the importance of reading and writing, it also helps parents improve their literacy skills. Learning is a lifelong endeavor that doesn't stop after school. By reading to children and engaging in fun literacy activities, parents are actively keeping their own skills sharp while at the same time strengthening the relationship between the family which, in turn, encourages lifelong

FAMILY LITERACY ACTIVITIES

- Read books together
- Make a craft
- Bake a favourite recipe with children
- Go for a walk, learn about local history
- Volunteer for a local literacy program/initiative
- **Family Game Night**

The possibilities are endless; the key is to take the time to enjoy learning with your family. For more ideas go to www.literacybe.ca, www.2010legaciesnow.ca, www.abc-canada.org

To contact the local literacy group, Princeton Leaders for Literacy, please contact Shauna Hassell, Literacy Outreach Coordinator @ (250)295-0112 or hassells@telus.net.

We're different, and we like that.

Similkameen News Leader

own agrees to justice initiative

In 2009, Princeton RCMP received funding approval for a program called Restorative Justice (RJ). Start-up funding is \$5,000, with annual grants of \$2,500. The problem for Princeton RCMP is

that it is not permitted to administer the funds.

On January 18, Town Council

agreed to administer the funds on behalf of the RJ program.

Restorative Justice is program in which a person accused of a crime (not a major crime such as murder) is asked to meet with members of the community and any person or persons who suffered harm as the result of the crime.

Many people do not believe the present criminal justice system and the court system do enough to meet the needs of the community, victims, or offenders.

In RJ, the offender hears the views of the community and the victim or victims, and then a settlement is negotiated.

The offender has the opportunity to make amends. This process satisfies the needs of the community and is less costly than having the offender go through the court sys-

Supporters of RJ say it prevents the offender from repeating the

There are people in Princeton interested in participating in this process. With administration problems solved, the program can be established.

Council receives fire control funds

If you live in the West China Creek area or in the airport area, expect some forestry activity in your neighbourhood this spring.

The Town of Princeton has received approval for \$32,750 worth of forest fuel management funds. Some of the money will be spent on work on the hillside above the road leading to the Town works

Forest fuel management means

getting rid of some underbrush, dead wood, low branches and any other fire hazards in the "fringe" area of town bordering the forest. Town Council does not anticipate any burning, but some could occur, depending on the type and amount of debris. Most of the debris will be chipped.

The Town hopes to have the project completed before temperatures rise and the woods become dry.



Princeton Town Hall News

ADULT RECREATION ACTIVITIES

Town of Princeton Community Recreation and Culture Services offer unique activities for adults that challenge your creativity and physical well being. Sign up today for the following programs at Riverside Centre:

Yoga Classes 12 weeks/\$63.00 5 visits/\$31.50

Wednesdays

9:15-10:45am Drop In/\$6.50

Hip Hop & Jazz Dance Tuesdays

6:30-7:30pm

12 weeks/\$60 Jan 19 to April 20

Drawing the Human Figure Thursdays 7:00-9:00pm 6 classes/\$86.00 Feb. 4-March 11

Prices includes materials & model fee 6:00-8:00pm **Pottery Class** Tuesdays 6 classes/\$90 plus \$15.00 materials/firing Feb.16-March 23

Mosiac Workshop Sat/Sun 2 Days/\$95.50 Feb 27 & 28 10am-2pm

Price includes materials

Call the Princeton Community Recreation and Cultural Office at 250-295-6067 to register.

RIVERSIDE MOVIE THEATRE

January 29 TIME TRAVELER'S WIFE

A romantic drama about a Chicago librarian with a gene that causes him to involuntarily time travel, and the complications it creates for his marriage. Rated: PG13

Doors Open at 6:30pm Showtime: 7:00pm \$5.00 at the door 148 Old Hedley Road Call the movie hotline at 250-295-6067 line 2

PRINCETON'S OLYMPIC DAY February 7, 2010

The Princeton Olympic Committee wishes to commemorate the 2010 Olympic Games through community celebration and the sharing of unique Canadian Culture. Come out on Day 101 of the 2010 Olympic Torch Relay for this once in a lifetime opportunity to see the Olympic Flame in person and cheer on torchbearers as they run through Princeton. We encourage you to wear red and white, dress in your team uniforms and make banners to cheer on the Olympic Torch.

Following the Olympic Torch Relay are the opening ceremonies for the China Ridge Games, relay to China Ridge and Legion Pancake Breakfast. China Ridge welcomes the community to the Long house for a day of Inuit and traditional winter games. Special guests from the Inuit community will sing and demonstrate Inuit Games. Don't forget your sleigh for the toboggan and luge run!

> 7:30 am Veteran's Square Pick up your Canadian Flags & Line the Streets 8:00am Olympic Torch Relay begins 8:15am Welcoming Ceremonies 8:30am Princeton Relay to China Ridge Pancake Breakfast at Legion Hall 11:00am China Ridge Games at Long House

For more information contact the Princeton Community Recreation and Cultural Office at 250-295-6067.

PRINCETON 150 2010 CALENDARS

Princeton 150 Anniversary Limited Addition 2010 Calendars are on sale at Town Hall and various businesses around town. The calendars showcase Princeton's unique Heritage with beautiful pictures and historical tid-bits from the Princeton & District Museum & Archives, along with Princeton's community events for 2010. Cost: \$10.00 each. To order 20 or more call the Princeton Community Recreation Office at 250-295-6067

HAITI NEEDS YOUR HELP

On January 12, 2010, a 7.0-magnitude earthquake struck off the western coast of Haiti. Buildings all over the Haitian capital of Port au Prince collapsed, killing thousands and trapping thousands more. It is estimated that three million people have been affected by the disaster, and 200,000 have been left homeless. Chaos has descended in the city, as survivors desperately search for food, water and shelter amid

The response was immediate, thanks to hundreds of local volunteers with the Haitian Red Cross-many of whom lost loved ones. Since the earthquake struck, more than 400 International Red Cross workers have hit the ground in Haiti (including 12 trained emergency response workers), along with 70 tons of food, water and medical supplies. More aid is arriving every day.

The Canadian Red Cross is mobilizing to support relief efforts in Haiti-providing medical support, clean water, food and shelter to people who have lost everything.

The Town of Princeton is receiving donations to help with the relief efforts in Haiti and submitting them to the Canadian Red Cross All donations are eligible for an income tax receipt. Please drop by town hall if you wish to help.

2010 BUSINESS LICENSES

All businesses operating within the town of Princeton are required to hold a valid business license. Business licence renewal invoices have been mailed and are due upon receipt Business license application forms are available at town hall.

REMINDER- DOG LICENSES

2010 Dog licenses are due now. All dogs over the age of eight weeks are required to wear a current 2010 license, which can be obtained at Town Hall at a cost of \$10.00 for neutered or spayed dogs and \$30.00 for non neutered ani-

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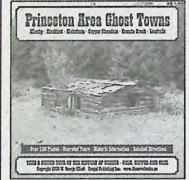
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Keremeos News



The Elks Rodeo will be one of the events promoted at the Similkameen Booth at the Olympic Games.*

Olympic visitors will see our valley

Thanks to the efforts of the Similkameen Valley Planning Society, the Similkameen Valley will be featured for the last three days of the 2010 Winter Olympics.

Councilor Frank Armitage described the venue to Princeton Town Council at the January 18 Council meeting. He said the Similkameen contingent has been given a "booth" which he says is a very large space located behind the Olympic skating oval in Richmond.

Our valley will be featured in many ways, from the visual aspects to the business and industry opportunities.

While tourism is always featured, Princeton's industrial park will be included, and Princeton Co-Gen will have an actual wood pellet heater set up with information on utilizing bug killed wood. Both Keremeos and Princeton brochures will be available.

Councillor Armitage emphasized the excellence of the location as it is close to the international press area and will be sure to attract their attention, as well as the attention of all persons passing by.



Similkameen Sizzle www.gotpeppers.info



Interior Health improves local food systems

Interior Health has recently invested \$75,000 to build community food security in communities throughout the Interior region. The Community Food Action Initiative (CFAI) provides single and multi-year grants to support a variety of projects that will increase a community's ability to influence and contribute to the positive growth and development of their local food system.

A local food system strengthens the health of a community, while a healthy community contributes to improving the health of the individuals living in that community. It's a win-win for everyone.

"Food security initiatives improve access to healthy foods in communities and also raise the profile of locally grown food, allowing people to buy fresh fruits and vegetables in their own community," said Ida Chong, Minister of Healthy Living and Sport.

"The Community Food Action Initiative promotes food security programs across the province and continues to help British Columbians make the healthy choice the easy choice."

Supported with the most recent round of funding, 10 communities will be carrying out food security projects. Some examples include: Building raised garden beds at the Summerland Seniors Village, where Summerland Secondary students will learn gardening techniques from seniors; Creating/implementing a community food security plan in the North Thompson, and establishing a "food hub"—which is a place for the organization and provision of food programs and services – in the community of Kaslo.

"The end goal is to establish food security within each community", says Heather Deegan, IH's Manager of Food Security and Community Nutrition.

"This is when all citizens are able to obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone."

At Interior Health, CFAI is a collaboration between communities and the health authority, supported to a large degree by the Community Nutritionists.

The specific objectives are:

- Increase awareness about food
- Increase access to local healthy food
- Increase food knowledge and

skills

- Increase community capacity to address local food security
- Increase development and use of policy that supports community food security.

The CFAI is a collaborative effort between BC's six health authorities and the Ministry of Health Living and Sport. It's aimed at increasing food security for all British Columbians.

- submitted

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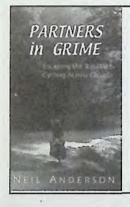
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Health / Lifestyle Hews

Estate planning: Lessons from the King of Pop

by Keith Damsell

(NC)—While the world knew Michael Jackson as a celebrated singer, dancer and a beloved entertainer, few realize that he was an estate planner.

Plans for a comeback tour ended when Jackson died suddenly in June 2009. Although the 50-year-old pop star had the foresight to plan his multi-million dollar estate, even the most careful arrangements can go awry. Despite his effort to protect his three children, Jackson's estate may be the subject of litigation for years to come because he missed following through on a number of details.

"Estate planning has many challenges. It is important that you receive professional help as the choices you make today can eliminate any confusion or potential legal issues your family may have to deal with tomorrow," said Tom Junkin, senior vice president, Fiduciary Trust Company of Canada.

There are some simple rules to follow when beginning the process of estate planning:

Start the discussion early

Whether it's approaching your parents or sitting down for a frank discussion with your children, smart estate planning begins with an open

and can easily be added to salads,

- Add beans and squash as vegetable

- Use soybean oil, canola oil or high

quality virgin olive oil in salad

cereals and baked items

side dishes at dinner time

and pasta.

conversation. The key is to explain all resolutions clearly and concisely to avoid confusion later.

Document everything

From simple transactions to more complex investment decisions, it is important that all income sources, assets and liabilities be properly documented. This will ensure that all financial matters are handled properly as any indiscretion, even accidental, can cause mistrust and suspicion.

Don't forget the details

Ensure all the documents are prepared and signed correctly, and attend to details like confirming the correct registration of your assets. Safe storage for safe keeping

Keep track of your will, power of attorney, advisor or lawyer contact information, pass codes and safety deposit box numbers. All of this information is invaluable and should be safely stored with members of your family.

There are specialists who can help with the entire estate planning process, from initial discussions to the signing of the documents. Additional estate planning tips can be found on www.fiduciarytrust.ca.

Eat more good fat

(NC)—Reducing fat consumption is one of the first things many of us do when resolving to eat better, or to lose weight. However, it's important to be selective in what we cut from our diet.

While it's right to cut out saturated and trans fats, most of us would benefit from increasing our consumption of the good fats, like omega-3.

Research shows that omega-3 fats help to lower the risk of heart attack, strokes, dementia and Alzheimers disease. They are also effective in the treatment of rheumatoid arthritis, inflammatory bowel disease, and are important for healthy brain development in children. Yet most North Americans do not eat enough omega-3, missing out on the benefits. Health professionals tell us that 2% to 4% of our total daily calories (2 to 4 grams) should consist of omega-3.

"Paying attention to omega-3 consumption is important but this doesn't mean bringing a calculator to the dining room table every time you eat," says Dr. Doug Tkachuk at LifeLabs. "All you have to do is learn which foods contain omega-3 and include them whenever possible in your daily diet. A simple test that measures your omega-3 levels before and after the dietary change can confirm you've made an improvement."

With patient locations near most doctors, LifeLabs conducts more than 50 million, physician-requested diagnostic tests on more than 10 million Canadians every year, so this laboratory is in a prime position to identify new and emerging health trends, including the growing interest in improving omega-3 levels.

Try these LifeLabs tips to boost your intake of omega-3 fats:

 Have at least two servings of fish per week (Mackerel, salmon, herring, trout, sardines, halibut, cod or tuna)

 Eat Walnuts. (Provided you are not allergic.) They are high in omega-3

dressings and recipes process, fr - Choose omega-3 fortified staples the signing such as eggs, milk, yogurt, bread Additional

Living Past 100

Nose Plugged? It May Not Be Sinusitis

According to Dr. Alan Hirsch, an expert on the diagnosis and treatment of sinusitis, most people who are treated for infected sinus do not have sinusitis. The most common treatment is oral antibiotics, but this may be the wrong treatment in 90 percent of patients diagnosed with sinusitis.

A real case of sinus infection includes the following symptoms: greenish nasal discharge, a fever of more than 39 degrees C, swollen lymph nodes and tenderness over the sinuses.

The majority of patients diagnosed as having sinusitis actually have an allergy, a cold or a migraine headache.

There are many small sinus cavities over the eyes, along and behind the nose, above the roots of upper teeth, and along the upper cheekbone. These can become congested by anything that interferes with normal drainage, such as a cold or allergy reaction.

The best way to avoid a real case of infected sinuses is to reduce congestion. Drink plenty of water to thin the mucous and promote normal drainage. This is very important if you have a cold or allergy.

Do not take over-the-counter decongestants or nasal sprays: these dry out the nasal passages, increasing congestion. You can flush with a saline solution. Your pharmacist can advise you on what product is best. Flush once or twice daily.

During the cold, dry winter weather and days indoors with dry forced air heating, it is easy for the nasal passages to become too dry. A humidifier (home steamer) can help. If you have facial pain, put a hot wet washeloth over the affected area and hold it there. Repeat several times. Another way to treat these symptoms is to gently massage the affected area. This helps by bringing a fresh supply of blood to the area.

Believe it or not, what you eat may help clear your nasal passages. Garlic, horseradish and hot sauce (red pepper sauce) can help relieve the congestion. Eating a spicy Cajun supper can work wonders.

To prevent the pain of sinus congestion, keep your face covered if you are out in very cold weather (sub-zero) or in a cold wind. A warm scarf over your nose and mouth is a great way to avoid sinus congestion. Keep your ears and neck covered, too, because your nose, throat and ears are all hooked into the same system of mucous passages.

If your problem persists more than three days, despite these home remedies, then maybe you have a real sinus infection, See your physician.

This Week - 3 Years

Celebrating Princeton's 150th W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - January 23, 2007

Partnerships form, plans develop



Regional District Area H Director Gerri Logan, USIB Chief Rick Holmes and Princeton Mayor Randy McLean prior to signing the 'historic document' (a MOU) three years ago this week. *

Three years ago the Town of Princeton, Area H and Upper Similkameen Indian Band celebrated a written working relationship. A Memorandum of Understanding made a formerly casual cooperation between the three governing bodies a formal and official documentation of the partnership.

"We felt it is quite important between the Band and the Town of Princeton as we have some common goals and it's quite important to work together to achieve these goals," USIB Chief Rick Holmes said at the ceremony, complete with Aboriginal drums, prayer and live entertainment at Riverside

It was three years ago this week that the ball officially got rolling on the East Princeton Water Project. The East Princeton Waterworks Initiative was presented at the regular meeting of Town Council on January 15, 2007. The purpose of the project was described as 'providing potable water and ongoing operations to East Princeton resiand provide dents red/enhanced rworks to the Deerview/Snowpatch residen- overall good year for 2006 at their

"In my mind this is coming to the rescue of East Princeton residents who have been on a boil water advisory since 2002," Mayor Randy McLean stated at the time.

He went on to say the "win-win" situation would also aid in the development of the Industrial Park and Airport.

"If we could get the funding this would be a positive situation for the Town of Princeton and East Princeton."

Veterans Square was still a hot topic this time three years ago. Town Council endorsed the final concept plan for the changes to downtown Princeton's former Cenotaph Park and area surrounding the Bridge Street/Vermilion Avenue intersection.

The concept plan called for 'the cenotaph as a featured landmark along with expanded green space, a covered multi-directional stage and seating area, additional street lights, a relocation of the town Christmas tree and various enhancements to the existing area.'

Princeton Museum reported an

AGM. Visitor numbers were down slightly with smoke from forest fires in the region being cited as the major contributing factor, which scared off many tourists. Membership numbers had gone up slightly, but recruiting volunteers to catalogue archives, arrange displays and greet visitors continued to be a challenge.

Also three years ago this week, Stan Thompson was honoured for his years of dedication to local rodeo events with a dinner and the Town of Princeton started work on updating its rather outdated Emergency Plan.







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Haiti - before the earthquake. The hillside in the background is covered in homes built one above the other as high as they can go on the terrain. Photo: Mike Leiding

Separated By A Fence

Haiti - Before The Earthquake

"The work this mission does is unbelievable, touching so many lives and helping many people." – Mike Leiding on Canaan, Haiti

Until a 7.0 magnitude earthquake hit southern Haiti on January 12th, many of us in the Similkameen Valley knew little about the Western Hemisphere's poorest nation. Only hours later we were bombarded with video and reports of heavy damage and bodies in the streets of the capital, Port-au-Prince as the death toll continued to climb as fast as the temperature on the tiny island nation.

Only weeks before Princeton's Mike Leiding traveled to Haiti, along with his daughters Kendra and Alyssa, to the tiny community of Canaan.

The Destination

"Canaan is a Christian community which has an orphanage, clinic, school and other residences for workers, staff and visitors. There are a lot of groups that come to help out throughout the year which lowers the cost of operation," Leiding explains.

Prior to leaving Princeton an 'unofficial' fundraising effort took life of its own and raised a goodsized donation that Leiding made sure went directly to the Canaan mission in Haiti.

"There was 6-thousand dollars given to Canaan by the time we left on November 29th and that is so amazing seeing that it wasn't an organized fundraiser. I deposited most of it into their account but brought 1-thousand US to give to them in person. This was money that was very needed at that very time. When I gave it to Sister Gladys, all she said was, 'Thank you, God is so good and always provides.' This is how they operate!"

The Purpose

The mission at Canaan is to help children from desperate situations and give them a second chance with the ultimate goal of teaching them Christian values, work ethic and respect for themselves and the world around them.

"Most of the children there have come from extreme conditions in one way or another. The staff is passionate about giving them hope for the future and an education to follow their dreams. Canaan and all the things that they do and represent depend entirely on their faith in Jesus Christ and His provision to meet all their physical, emotional, spiritual and financial needs. There are a number of churches, individuals and others who give financially and then others who volunteer their time to work there or volunteer for short periods of time." The Reality

The Leidings worked in a number of locations in their short stay in Haiti.

"We had the opportunity to go to City Soliel which is the poorest and roughest part of Haiti and a suburb of Port-au-Prince. I wish I could describe the smells, sounds, sights and feelings a person goes through as you go through something like that. It is a garbage dump city where thousands of people fight for survival every day. A slum of all slums, disease everywhere and death commonplace."

Only weeks later the rest of the world would learn what life was like in Haiti following that devastating earthquake and after shocks that continue to today.

Leiding summed up the condition of the country, pre-earthquake, with these words:

"Haiti has some of the worst living conditions anywhere in the world as well as some of the richest people in the world, all separated with a fence, literally, in some areas. The UN presence there is extremely strong but the level of safety that the country is feeling right now is more than they have felt for many years."

The Sickness

The clinics Mike, Kendra and Alyssa assisted at left quite an impression on them.

"We had the privilege to help out at two 'Medica Mumba' clinics, which is a sad and humbling experience. Medica Mumba is a medicine made with peanut butter and other minerals. It is given to children who are severely malnourished. The first clinic was so busy and most of the children qualified for the medicine. Babies so malnourished and dehydrated that one baby couldn't even blink his eyes. One 2-year old baby weighed in at 16.5-pounds. Growth so stunted that they look years younger than they actually are. Baby after baby on the brink of starvation, malaria or even worse."

The medical system is so very different to what we are used to here in Canada.

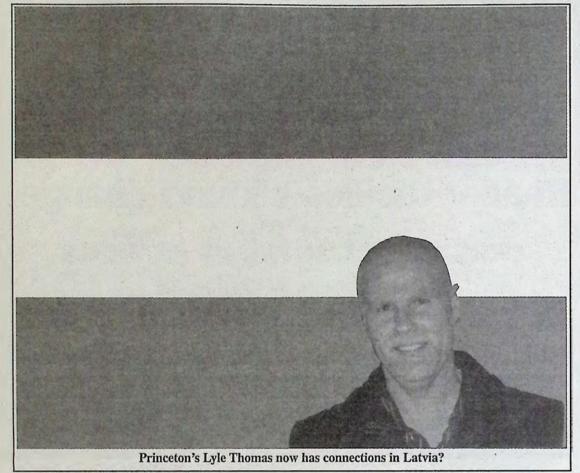
"If the babies get the mumba, often times there are huge changes in less than two weeks. Medical supplies are supplied to them for free at the clinic and they have to pay a two-dollar visit fee. Remember, that two-dollars is the average daily pay for someone in this area of Haiti. That is a day's pay. It takes sixty to seventy dollars per month to feed a family. Help is needed physically, but more than that, the love of God is needed to reach these people."

Another clinic showed more of the poor conditions people in Haiti live and raise their children in.

"Some of our friends, my daughters and myself went to McDonaldcontinued on Page 22

Fight All Control of the Control of

Similkameen News Leader TV Guide Listings - January 26 - February 2, 2010



Our link to Latvia

Lyle Thomas, Princeton's Community Recreation Director, has been assigned to the Latvian contingent of athletes. Thomas is a volunteer for the 2010 Winter Olympics. He will be working at Whistler, but his special assignment is to provide assistance to Latvia's athletes.

Princeton is still in the running for

the \$100,000 Gamestown B.C. prizes. The top three communities selected by the judges will be announced at the opening ceremonies of the Olympics. Will Thomas be coming home with the money?

At the January 18 Town Council meeting, Thomas praised the many people in Princeton who expressed their pride in our community on the Gamestown site. The stories and videos were excellent, Thomas said.

Mayor Randy McLean praised Thomas for getting the community involved in the Gamestown challenge.

If Princeton wins one of the top prizes, the money must be spent to improve a local recreational facility.

Arts Council looks ahead

The January 20 meeting of Princeton Community Arts Council proved art and cultural pursuits are alive and well in our town. In addition to the mosaic workshops and art workshops happening at Riverside Centre, Nadine McEwen, Recreational and Cultural Coordinator, told the Arts Council the theatre is booked nearly every weekend between April and December.

The Arts Council website is up and running at princetonarts.ca.

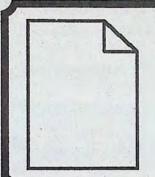
A new member group joined the Arts Council. The Bridge Club brings the number of affiliated groups to 11. Princeton Concerts Society has amalgamated with the Arts Council. The Garden Club is planning a trip to Summerland, and is looking for somebody to teach them how to graft trees. The Writers Group is increasing in numbers and Harry Toews said they are thinking of holding a Scrabble tournament. On April 10 and 11, Vermilion Artists are holding a workshop instructed by Pat Weber.

The Potters Guild is holding workshops beginning in February. On Sunday, March 14, the Denton Trio will be performing at Riverside Centre.

Princeton Performing Arts presented a highly successful play, Cinderella, in December. They are moving forward quickly, holding auditions February 2-4 for their next production, a western play called Dirty Works at the Crossroads.

The Arts Council now meets during the day, at 11:00AM the third Wednesday of the month. Meetings are in the Arts Council room at Riverside Centre.





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Lali puts pressure on Kamloops MLA

It is time for Liberal MLA Terry Lake to defend his constituents in North Kamloops who are feeling betrayed by the B.C. Liberals' HST deception, say New Democrats.

"Mr. Lake needs to heed the warning from the service and tourism secto r- major employers in the region - that the HST will lead to the loss of thousands of jobs," said Harry Lali, the New Democrat MLA for Fraser Nicola.

After telling British Columbians during the election campaign that they would not bring in the HST, last summer Lake and the B.C. Liberals went back on their word and announced the new tax, which is slated to take effect July 1, 2010.

Letter To The Editor

"The HST is a \$1.9 billion tax shift from big businesses on to the backs of consumers. Mr. Lake must to listen to his constituents, who are telling him loud and clear that now is not the time for a new tax that will take money out of the pockets of middle and lower income British Columbians," said Lali. "On these grounds, the New Democrats are calling on Mr. Lake to join with us and help stop the HST."

Lali noted that stopping the HST would only require seven B.C. Liberal MLAs opting to represent their constituents, not their political masters, when the tax comes before the legislature for a vote this spring.

"New Democrats are working

with British Columbians from every walk of life and every community around the province to stop this tax," said Lali. "Mr. Lake can still do the right thing and help stop the HST."

Added Lali, "Mr. Lake appears to be finally listening to his constituents' concerns over proposed gasification at Mission Flats. New Democrats encourage him to do the same on the HST."

Carole James and New Democrats are holding the B.C. Liberals accountable for breaking their word on the HST, and for backtracking on their election promises to protect health care, education, and other vital services.

Reader tackles climate change

To the Editor:

Environment Canada's list of the "top ten" weather stories for 2009 contains some alarming examples of how rapidly and drastically Canada's climate is changing. As Environment Canada states, there was nothing "normal" about Canada's weather in 2009.

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Seasons were out of whack across the country and new records or near records were set in every region.

With the exception of British Columbia, where we had an unusually long and hot summer, all other provinces experienced an unusually cold summer. In Ontario it was so cold that air conditioners sat silent for much of the summer leading to a 45% drop in the amount of carbon-emitting fossil fuels being burned by Ontario's electricity producers; a grim 'silver lining' to an eye-opening story.

In British Columbia, the unusually hot, dry conditions we experienced led to the most expensive and wide-spread fire season on record with fire-fighting costs reaching nearly \$400 million. And sockeye salmon returning to the Fraser River began showing signs of severe stress and premature death because of near-record wafer temperatures.

The earth's surprisingly thin layer

of atmosphere, which we all depend upon for survival, cannot continue to absorb the amounts of CO2 we've been releasing into it. We can no longer ignore the consequences of our ravenous energy consumption, and we must switch as fast as we can to clean, carbonless alternative forms of energy that don't push the planet to protest our negligent ways by manifesting extreme weather.

It speaks volumes that the Vancouver area, which typically experiences a hot day at or above 30°C once every five years on average, experienced four days like this in 2009 complete with smog warnings and oppressive humidity. And on July 29, Vancouver set an all-time high of 33.8°C and then proceeded to break that record the very next day by topping 34.4°C. That same day, Victoria reached an unbelievable 35.0°C and I can only wonder what this year will have in store for us.

- Yolanda Lora Vilchis, Surrey

Council hires Thompson students

Town Council received an offer they could not refuse.

In a letter from the Thompson Rivers University, Sydney Johnsen, in charge of the School of Tourism, offered to have the tourism students create a tourism strategy for Princeton. The team working on the strategy would be 35 students led by a professional planner. The cost to Princeton would be \$2,000.

The strategy would include a report of primary research, a draft action plan to be considered by stakeholders in local tourism, and identification of tourism goals.

Mayor Randy McLean told fellow Council members they could hire a consultant to do this for thousands and thousands of dollars more. Council agreed to the offer immediately.

COMING SOON TO PRINCETON POSSE HOME GAMES



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NO MINORS ALLOWED

TUESDAY, JANUARY 26, 2010

		WTBS	CHBC	KNOW	KSPS (6)	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV (12)	CBC	YTV (18)	TSN (19)	VTV	DISC 24	FAM (26)	CITY [29]	SPIKE	TROP
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WEDNESDAY, JANUARY 27, 2010

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3		Name Earl	©	Bear (E)	Electric	Judge		Œ	Ray 🔃	Œ	Restless	Mosque	League	Sports	Dr. Oz Show @	Worst Driver	Suite Life	6 (N) @	Scene	Runway
-		Family Guy	Oprah		Fetch! Ruff	Jdg Judy	Oprah	Criminal	Deal-Deal	Oprah	(3:59) Early		SpongeBob	NHL	Ellen	Daily Planet	Phineas	Law &	Ways Die	Rescue Ink
4		Family Guy	Winfrey 🖭	George S.	Cyberchas	Judge J.	Winfrey [ff]	Minds 🖽	Deal No	Winfrey @	Global Nat.	Whisperer	OddParent	Hockey: Montreal	DeGeneres Show	(N) (C	Wizards	Order: SVU	Ways Die	(E)
	pM	College	Early News	(4:57)	BBC News	News (N)	News	Dog	News	Early News	(4:59) News	CBC News:	Penguins	Canadiens at	CTV News		Suite/Deck	Mercy (a)	Ways Die	Hoarders
5	-	Basketball:	News	Martha	Business	NBC News	CBS News	Dog the	ABC News	Global Nat.	Hour (N)	Vancouver	SpongeBob	Tampa Bay	at Five (N)	(N)	Zoey 101		Ways Die	(1)
100	100	LSU at Alabama.	Global Nat.	Creatures	PBS	News (N)	News	Bounty /	News	(5:59) News	ET Canada	(N) 🖭	iCarly 🔃	Lightning.	CTV News	License to	Montana	Family	Die	Hoarders
6		Charles and Section 1	News	Dogs	NewsHour	Millionaire	Access H.	Hunter Bounty	News	Hour (N)	Ent. Ton.	Coronation	Indie	Tennis:	(N) (E)	Drill @	Wizards	Cougar	Die	"Augustine"
-	1200	Law &	Ent. Ton.	Blue Realm	(N) (E) Unchartere	Jeopardy!	The Doctors		Ent. Ton.	Ent. Ton.	The Deep	Wheel	iCarly [t]	Australian	etalk 🕮	Mayday (t)	Sonny	The Jay	Die	Parking
7	:30		ET Canada	(DVS)	d Territory	Wheel	(E)	Seagal	707-4912		End (N) @	Jeopardy!	Weird	Open, Women's	Access H.		Suite Life	Leno Show	MANswers	Parking
-	0.00200	and a second	House (E)	Chinese	The	Mercy (E)	Christine	Seagal	Scrubs (N)	House (tt)	House [tt]	Dragons'	Malcolm	Semifinals.	Criminal	Daily Planet	Overruled!	News	Ways Die	Spoiled
8		The Office		School @	National		Gary	Seagal	The Middle			Den (N) 📧	Chris	From Melbourne,	Minds ((III)	Montana	CityNews	Die	ET Canada
_		Movie:	Kitchen	In Search of	Parks: America's	Law &	Criminal	Dog	Family	Kitchen	Kitchen	Republic of	8 Rules	Australia.	American	Mayday (6)	Wizards	Glam God-	MANswers	Parking
9	:30	"Mrs.	Nightmares		Best Idea	Order: SVU	Minds I	(9:31) Dog	Cougar	Nightmares	Nightmares	Doyle (N)	What I Like	(Live)	Idol (N) 🖭		Buzz	Fox	Die	Parking
	10.00	Winterbourn e" (1996),	The Deep	In Search of	Thvis	The Jay	CSI: NY	the Bounty	(10:01) Ugly	The Deep	(N) News Hour	National	Family Biz		CSI: NY	The Colony	School	Coach (ff)	CSI: Crime	Hoarders
10	-30	Ricki Lake	End (N)	Mozart	Smiley	Leno Show	"Epilogue"	Hunter Bounty	Betty (N)	End (N) 📧			Indie		"Epilogue"		Cory	Judge	Sen	Œ
	.00	In the Heat	CHBC	Royal	Reports Charlie	(N) News (N)	News	Seagal	News	News Hour	Ent. Ton.	(11:05) The	Prank Ptrl	SportsCentr	CTV News	License to	So Raven	Home Imp.	Unsolved	Hoarders
44	1.141	of the Night	News Final	Journey (N)	Rose (N) (E)	Tonight	Letterman	Seagal	(11:35)	Final (N)	ET Canada	Dann Fee	Fries That?	e Œ	CTV News	Drill 🖽	Life Derek	Paid Prog.	Mysteries	"Augustine"

WS Leader - Horoscope

January 27 - February 3, 2010

Aries - Group activities can be fun this week. You enjoy more peace of mind. Health is good. Job brings benefits. Group discussion proves valuable. Pay attention to career information.

Taurus - Focus is on satisfaction from your career, and on good relationships with the older folk in your life. You can benefit from groups of associates, as well as enjoy their company.

Gemini - This is the year when your career can bring you rewards, and you can gain success and status. A parent or older person may give you benefits. Use sense and work.

Cancer - Money problems are moving back to square one. Keep your budget rules. You may have to take a course, learn new skills, to find employment. Travel will be pleasurable now.

Leo - Interaction with others on a one-to-one basis may be the foundation for a good relationship, especially if you curb your ego. If single, you could find romance now. Fun!

Virgo - Things that seemed "on hold" are moving ahead now. Action is centered on health and job, and on pleasant relationships. Money is still scarce, so stick to budget. Look for love.

Libra - You could get news of a great new job, a promotion on current job, or benefits from a job. Your health is good. Your creativity level is high, and you look for romance.

Scorpio - The planet of good luck has moved into your sign of goodluck. Expect good things to come your way but don't start gambling your money away. Spend time beautifying home.

Sagittarius - This is a good news kind of week. You can look forward to a happier home life this year. Plan for property improvement later. Groups you belong to demand much.

Capricorn - Money seems to come your way this week. Others share their resources with you. Express yourself clearly but graciously to gain benefits. You gain through communications.

Aquarius - You look good, you feel good. This is a good time for a makeover or some new clothes and haircut. You can make a good impression now. Others are difficult, grouchy.

Pisces - A new sense of appreciation for yourself and your life is emerging now and will continue through the year. You develop a new positive perspective on who you are, what you do.

NOWS Leadel - Recipe Corner

Recipe #307

Grilled Pork Chops with Apple-Almond Salsa

(NC)—This crunchy and fresh salsa combines fragrant rosemary, crunchy almonds, and sweet and tart apples. This dish is easy to prepare and the unusual flavour combinations make it perfect for a dinner party or an everyday meal. Makes: 2-4 servings

Ingredients:

- 1 cup (250 mL) green apple, chopped
- 1 cup (250 mL) red apple, chopped
- 1/2 cup (125 mL) red onion, diced
- 1/3 cup (75 mL) slivered almonds, toasted
- 2 tablespoons (30 mL) champagne vinegar - 2 teaspoons (10 mL) rosemary, minced
- 1 teaspoon (5 mL) lemon juice
- Salt and pepper
- 8 (4-ounce, 120 g) boneless center-cut pork chops
- 1 tablespoon (15 mL) canola oil

Preparation:

In a medium-sized bowl, combine apples, onion, almonds, vinegar, rosemary, lemon juice, and salt and pepper to taste. Set aside. Sprinkle pork chops with salt and pepper. Heat oil in a large, nonstick pan over medium high. Add pork and cook without moving for 3 to 4 minutes on each side, or until browned. Remove from the pan and top with reserved Apple-Almond Salsa. Serve.

Calories 447 Cholesterol 143 mg Total fat 21 g Fibre 3 g Saturated 5 g Calcium 62 mg Monounsaturated 10.7 g Magnesium 90 mg Polyunsaturated 3.7 g Sodium 156 mg Carb 13 g Potassium 1009 mg Protein 50 g Vitamin E 3 mg Recipe courtesy of the Almond Board of California

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

226A Bridge Street, Princeton

HOWS Leader

Tuesday Movies

EVENING

7:00 pm WTBS 3 **"Doom"
(2005, Science Fiction) The Rock.
Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars.

9:00 pm KNOW [5] "Hear and Now"
(2007, Documentary) Premiere. [6]
9:30 pm WTBS [3] * *"Doom"
(2005, Science Fiction) The Rock.
Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. [6]

Wednesday

9:00 pm WTBS 3 ** "Mrs. Winterbourne" (1996, Comedy)

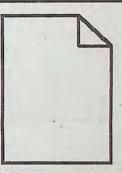
between a rich family's matriarch and a luckless pregnant woman mistaken for a dead heir's dead wife.

Thursday Moy

EVENING.

100 pm WTBS 3 * "The Haunting" (1999, Horror) Liam Neeson. A parapsychologist and three others stay in a house reputed to be the site of many awful

17agedies. Leg
9:30 pm WTBS [3] *%"The
Haunting" (1999, Horror) Liam
Neeson. A parapsychologist and three
others stay in a house reputed to be
the site of many awful tragedies. [5]



NEED SOME WORK?

SEE BRENDA AT:

Similkameen News Leader 226A Bridge Street

Phone: (250) 295-4149

Friday Movies

EVENING

7:00 pm WTBS 3 **"Gothika"
(2003, Horror) Halle Berry. A criminal psychologist awakens to find herself confined in a penitentiary, accused of murdering her husband. [6]
YTV [8] **%"Liar Llar" (1997, Comedy) Jim Carrey. A boy's birthday wish comes true that his neglectful father, a fast-talking lawyer, will not be

father, a fast-talking lawyer, will not be able to tell a lie for 24 hours. (In Stereo) [6]

(2009, Comedy) Jason Dolley. A teenager becomes a big hit when he

dentager becomes a big hit when he dons a chicken suit to become a high-school mascot. (In Stereo) [5]
9:00 pm FAM [26] **Joey" (1997, Drama) Jamie Croft. Seeking a baby kangaroo's kidnapped parents, an Australian farm boy heads for the city

and teams up with an American girl. (In Stereo) (©)

9:30 pm WTBS (3) * * "Gothika"
(2003, Horror) Halle Berry. A criminal psychologist awakens to find herself confined in a penitentiary, accused of murdering her husband. (©)

10:36 pm FAM (26) * * * "Free Willy"
(1993, Drama) Jason James Richter. A lonely boy forms a bond with a captive killer whale. (In Stereo) (©)

11:00 pm SPIKE (44) * * "Hard to Kill" (1990, Action) Steven Seagal. A

Kill" (1990, Action) Steven Seagal. A policeman, who was pronounced dead but lived, eventually recovers with the help of a gorgeous nurse, and years later he seeks revenge. (In Stereo)

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

THURSDAY, JÄNUARY 28, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV (B)	TSN ①	VTV	DISC (24)	FAM (26)	CITY 29	SPIKE	TROP
6	AM :30	In the Heat of the Night	Morning	Franklin George S.	Thomas	News (N)	News	CSI: Miami "Identity"	News	(5:30) Morning	(4:30) Morning	CBC News Now (N)	Being Inn (6:25) Viva	SportsCentr e Œ	Canada AM	Daily Planet	Henrys Feet	CityLine III	CSI; NY "Super Men"	Inside Box Reality
7	AM :30	Cosby	News (N)	(7:01) Clifford the		Today Pasta; Chuck Nice;	Show (N)	Cold Case Files @	Good Morning	News (N)	News (N)	Dirtgirl Animal	Invasion League	SportsCentr		Mayday 📧	Mickey	The Tyra Show III	CSI: Crime Sen	Soap Reality
8	AM	Harvey Fresh Pr.		Big Red Dog (ff) Sid the	Curious	speed dating. (N)		The First 48	America (N)		100 Huntley Street [ff]	Bo on Go Busytown	(7:55)	SportsCentr e [6]		Mars Rising		Rachael Ray (E)	CSI: Crime Scn	Comeback
9	AM	Fam. Feud	100 Huntley Street (E)	Science Kid Exercising.	Super Why! Dinosaur		The 700 Club 🕮	The First 48	Regis &	100 Huntley Street 📧	World Vision 📧	Super Why! News		SnowTrax Speed	Live With Regis &	Daily Planet	22000	News	CSI: Crime Sen	
0	AM	Reba 🖭	World Vision	Spider (10:36)	Sesame Street (EI)		The Price Is Right (N)	The First 48	Kelly The View (N) ①	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	PBA Bowling	Kelly The View (N) @	How-Made	Mickey Handy	The O.C.	CSI: Crime Sen	Whatever
11		Accrd/Jim Name Earl	World Vision (E)	Rolle Polie	Clifford Sit-Be Fit	DeGeneres	Young & Restless	The Sopranos	Paid Prog.	World Vision @	(10:59) Noon News	Gofrette Dirtgirl	George S. (11:40) Erky	Tennis:	Fashion Fashion	The Colony	Phineas Suite Life	CityLine [fg]	CSI: Crime Sen	Golden
2	PM :30	King King	Noon News Hour (N)	Maggie (12:38)	Charlie Rose 🖽	Show Paid Prog. Paid Prog.	News The Bold	CSI: Miami "Identity"	All My Children (N) (E)	Noon News Hour (N)	Hour (N) Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	Australian Open, Men's First	etalk (6)	License to	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Sen	3's Co.
1		Seinfeld 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 [6]	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob	Semifinal. (Taped)	Sue Thomas: F.B.Eye	Mayday [8]	Cory	Jdg Judy Judge J.	CSI: Crime Sen	Seinfeld Seinfeld
2	PM :30	The Office Friends	Young & Restless	(2:01) BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	MONROS SECTIONAL PROPERTY AND ADMINISTRATION OF THE	Young &	The Doctors	Steven and Chris (4)	Ruby Invasion	Around Interruptio	Dr. Phil @	MythBuster s 🖫	Replace School	CityNews at 5 (N) (30)	CSI: Crime Sen	Golden Golden
3	PM ;30	Friends Name Earl	The Doctors	(3:02) Little Bear "I Can Do That" [6]	WordGirl Electric	Judge Judge	Dr. Phil 📵	The First 48	Rachael Ray 🖭	The Doctors	Young & Restless	Recipes 22 Minutes	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show [tt]	Cash Cab How-Made	Life Derek Suite Life	CityNews at 6 (N) IE	CSI: Crime Scn	Soap Comeback
4	2	Family Guy	Oprah Winfrey 🖭	George S.	Fetch! Ruff Cyberchas	Jdg Judy Judge J.	Oprah Winfrey 📧	The First 48	Deal-Deal Deal No	Oprah Winfrey @	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: Ottawa	Ellen DeGeneres Show	Daily Planet (N) @	Phineas Wizards	Law & Order: SVU	UFC's Ultimate Fight Night	Reality Whatever
5	PM :30	Payne Payne	Early News News	(4:58) Martha	BBC News Business	News (N) NBC News	News CBS News	The First 48	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N) (E)	Penguins SpongeBob	Senators at Pittsburgh Penguins.	CTV News at Five (N)	Journey to the Edge of the	Suite/Deck Zoey 101	Community Parks	EE .	Family G
6	PM :30	Law & Order: SVU	Global Nat.	Heads Up Dogs	PBS NewsHour	News @ Millionaire	News Access H.	The First 48	News News	(5:59) News Hour (N)	ET Canada Ent. Ton.	Coronation	iCarly @	SportsCentr	CTV News (N) [E]	The second second	Montana Wizards	30 Rock	TNA IMPACT!	Seinfeld Seinfeld
7	PM :30	Movie: "The Haunting"	Ent. Ton. ET Canada	Frontiers of	(N) (E) Profiles Yellowston	Jeopardy! Wheel	The Doctors	Manhunters : Fugitive	Ent. Ton. The Insider	Ent. Ton.	90210 "Unmasked"	Wheel Jeopardy!	iCarly E	e (Live) [E] Hockey	etalk @ Access H.	MythBuster s 🔃	Sonny Suite Life	The Jay Leno Show	(N)	'70s Show King
8		(1999) Liam Neeson. 国	(PA) (E)	New York:	Sherlock Holmes	Community	Live for the Moment (N)	Manhunter Manhunter	The Deep End (N)	Bones (N) (PA) @	Bones (N) (PA) @	The Nature of Things	Malcolm	Sports Off-Record	The Vampire	Daily Planet	Overruled! Montana	(N) News CityNews	Prisoners- Ctrl	Comeback ET Canad
9		The Office Movie: "The	The Office	Documentar y Film [6] (DVS)	MI-5 🕮	The Office	CSI: Crime Scene	(9:01) The First 48 @	Grey's Anatomy	The Office	The Office	CannaBiz (N) 🕮	8 Rules What I Like	Boxing: Juan Diaz	Diaries (N) CSI: Crime Scene	Journey to	Wizards Buzz	New York	MANswers Trailers	Family G
10	PM :30	Haunting" (1999) Liam Neeson. [62]	90210 "Unmasked"	C. D. Hoy: Portraits	Soundstage "The Fray"	The Jay Leno Show	The Mentalist	(10:01) The First 48 📧	Private	90210 "Unmasked"	News Hour Final (N)	National	Family Biz	vs. Paulie Malignaggi. (Taped)	The Mentalist	the Universe @	School Cory	Coach @	(10:04)	Seinfeld Seinfeld
11	PM :30	Cheers	CHBC News Final	Beautiful Noise (N)	Charlie Rose (N) 📧	(N) News (N) Tonight	News Letterman	Manhunters : Fugitive	Practice (c) News (11:35)	News Hour Final (N)	Ent. Ton.	(11:05) The Hour &	Prank Ptrl Fries That?	SportsCentre (Live) [ft]	CTV News	MythBuster s [t]		Home Imp.	Unsolved Mysteries	'70s Show

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
6		In the Heat of the Night	Morning	Franklin George S.	Bob Build Lions	News (N)	News	CSI; Miami	200 00 00 00 00 00 00 00	(5:30) Morning	(4:30) Morning	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentr e @	Canada AM	Daily Planet	Henrys Feet	CityLine @	CSI: NY [6]	Inside Box MakeBreak
7	AM	Cosby	News (N)	(7:01) Clifford the Big Red	Arthur (EI) Martha	Today You Tube sensa- tions;	The Early Show (N)	CSI: Miami	Good Morning America (N)	News (N)	News (N)	Dirtgirl Animal	Invasion League	SportsCentr e @		Mayday "Lost" [6]	Mickey Mickey	The Tyra Show @	CSI: Crime Scn	
8		Harvey Fresh Pr.		Dog (Sid the	Curious	Gemma Genazzano.	GE .	CSI; Miami			100 Huntley Street @	Bo on Go Busytown	(7:55) (8:20)	SportsCentr e @		MythBuster s	Handy Handy	Rachael Ray 🔃	CSI: Crime Scn	6 Degrees Switch
9		Fam. Feud	100 Huntley Street 🖾	Science Kid	Super Why! Dinosaur	(N) (E)	The 700 Club 🔃	CSI: Miami	Regis &	100 Huntley Street [#]	Nature Nature	Super Why!	Rolie Polie Timothy	24/7 Boxing:	Live With Regis &	Daily Planet	Feet Agent Oso	News	CSI: Crime Scn	Colin-Justin
40	AM	Reba 📧	World Vision	Spider	Sesame Street (N)		The Price Is Right (N)	Criminal Minds [6]	Kelly The View (N) 🖭	World Vision	Debt Part	Poko	Berenstain	Juan Diaz vs. Paulie	Kelly The View (N) @		Mickey	The O.C.	CSI: Crime Sen	Color
15	AM	Reba 📧 Jim	World Vision @	(10:36) Rolie Polie	Clifford	Ellen DeGeneres	Young &	The Sopranos	Paid Prog.	World Vision (E)	ET Canada (10:59) Noon News	Gofrette	Willa's George S.	Malignaggi.	Fashion	How-Made Mighty Ships @	Handy Phineas	CityLine [ff]		
11	:30 PM	Name Earl King	Noon News	Berenstain Maggie	Sit-Be Fit Charlie	Show Paid Prog.	News	CS1; Miami		Noon News	Hour (N) Days of our	Action Company and Company	(11:40) Erky (12:05) Kid	Tennis: Australian Open, Men's	Fashion etalk [E]	Journey to	Suite Life Wizards	The Bonnie	CSI: Crime	Golden 3's Co.
12	:30	King Seinfeld	Hour (N)	(12:38) (1:02) Go,	Rose (E) Wyland's	Dragon Days of our	The Bold	CSI: Miami	Children (N) (E) One Life to	Hour (N)	Lives (N) As the	Now (N)	Flamingo (12:55) Viva	Second Semifinal.	The Bold Sue	the Edge of the Universe @	Montana Cory	Hunt Show Jdg Judy	Sen CSI: Crime	Ellen Œ Seinfeld
1	:30	Seinfeld	World Turns (N)	Diego, Go!	B Organic	Lives (N)	World Turns (N)	Œ	Live (N)	World Turns (N)	World Turns (N)	匯 (DVS)	Jacob		Thomas: F.B.Eye		Recess	Judge J.	Sen	Seinfeld
2	200	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Hant Cham	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	The Doctors	Chris [6]	Ruby Invasion	Around Interruptio	Dr. Phil @	MythBuster s	School	CityNews at 5 (N) [E]	Scn Crime	Golden
3	PM :30	Friends Name Earl	The Doctors	(3:02) Little Bear 🖭	WordGirl Electric	Judge Judge	Dr. Phil @	CSI: Miami	Rachael Ray [6]	The Doctors	Young & Restless	Recipes Red Green	(2:50) Kid League	Off-Record Sports	(2:59) The Dr. Oz Show [tt]	Cash Cab How-Made	Life Derek Suite Life	CityNews at 6 (N) Œ	CSI: Crime Sen	Deal-No Deal
4		Family Guy Family Guy	Oprah Winfrey 📧	George S.	Biz Kid\$ Cyberchas	Jdg Judy Judge J.	Oprah Winfrey @	Criminal Minds [65]	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	Murdoch Mysteries	UFC Fight Night	6 Degrees Switch
5	PM	Payne Payne	Early News News	(4:58) Martha	BBC News	News (N)	News CBS News	Criminal Minds	News ABC News	Early News Global Nat.	Hour (N)	CBC News: Vancouver	Penguins SpongeBob	Maple Leafs at New		Dirty Jobs	Suite/Deck Zoey 101	Supernanny (N) 🖭		Family Guy
6	PM	Law & Order: SVU	Global Nat.	Animals .	PBS NewsHour	News (N)	News	"P911" Criminal Minds [5]	News	(5:59) News Hour (N)	ET Canada Ent. Ton.	(N) Œ	iCarly 📧	Devils. @ SportsCentr	CTV News	Man vs. Wild	Zeke	Man Tracker 🔯	Best of PRIDE	Cleveland
7	:30 PM	Movie: "Gothika"	News Ent. Ton.	Red Run	(N) [6] Wash.	Millionaire Jeopardy!	Access H. The Doctors	Criminal Minds [#]	News Ent. Ton.	Ent. Ton.	NUMB3RS "Hangman"	Wheel	Movie: "Liar Liar"	e (Live) 🖫	etalk 🕮	"Vietnam" Machines of Malice		(DVS) The Jay Leno Show	Fighting Best of PRIDE	'70s Show
-	:30 PM	(2003, Horror)	ET Canada Dollhouse	Poirot (N)	McLaughlin Bill Moyers	Law &	Ghost	Criminal	The Insider Supernanny	Dollhouse	Dollhouse	Jeopardy! Mercer	(1997) Jim Carrey. 📧	Hockey Sports	Access H. Ghost	Daily Planet	Movie: "Hatching Pete" (2009)	(N)	Fighting Die	6 Degrees
8	:30 PM	Halle Berry. The Office	(N) (S) Shark Tank	Dalziel &	Journal (N)	[11]	Whisperer (tt) Medium	Minds (#)	(N) (E) Shark Tank	(N) E	(N) (E) Shark Tank	M'ketplace fifth estate	Weird	Off-Record	Whisperer Medium	Man vs.	Movie:	City News Real	Die MANswers	ET Canada Family Guy
9	:30	Movie: "Gothika"	(N) @	Pascoe @	Moment Windsors-	NBC (E)	"Psych" (N) NUMB3RS	Criminal Minds (10:01)	(N) [5]	(N) (E) NUMB3RS	(N) [E] News Hour	National	Fries That?	Strongman NFL Films	"Psych" (N) Flashpoint	Wild "Vietnam" Dirty Jobs	"Joey" (1997) Jamie Croft	Chance of Love Coach (4)		Family Guy
10	PM :30	(2003, Horror) Halle Berry.	NUMB3RS "Hangman"	(N) [2]	Royal	Leno Show (N)	"Hangman"	Criminal Minds (E)		"Hangman"	Final (N)		Prank Ptrl	Boxing	運 (DVS)	©	(10:36) Movie:	Judge	Amazing Videos	Seinfeld
11	PM	Cheers	CHBC News Final		Globe Trekker	News (N) Tonight	News	(11:01) Criminal Minds (6)	News (11:35)	News Hour Final (N)	Ent. Ton. ET Canada	(11:05) The Hour [6]	Prank Ptrl Fries That?	SportsCentr e (Live) 🖫	CTV News	Machines of Malice	"Free Willy" (1993) @	Home Imp. Paid Prog.	Movie: "Hard to	'70s Show King

NOWS Load of Puzzlo Pag

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 #263 - Rated Easy

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

CHALLENGE #264 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 18

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We're different, and we like that.

Similkameen News Leader

MORNING

6:00 am SPIKE 44 **Hard to Kill" (1990, Action) Steven Seagal. A policeman, who was pronounced dead but lived, eventually recovers with the help of a gorgeous nurse, and years later he seeks revenge.

and years later he seeks revenge. (In Stereo)
8:00 am WTBS ③ **%"Ladder
49" (2004, Drama) Joaquin Phoenix.
Trapped in a burning building, a firefighter reflects on his life and career
as he awaits rescue from his captain
and colleagues. [6]
11:30 am A&E ⑤ **%"Eraser"
(1996, Action) Arnold
Schwarzenegger. A Witness
Protection Program agent hides a
woman who knows about defensefield traitors planning to sell a super-

woman who knows about defense-field traitors planning to sell a super-weapon. Et .

SPIKE 44 ***"Deliverance"
(1972, Adventure) Jon Voight. Four Atlanta businessmen encounter unexpected terrors during a rafting trip down a raging backwoods river. (In Stereo) (In Stereo)

AFTERNOON

12:00 pm FAM ② ★ * "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After mov-

ing to New Jersey with her mother, a teen tries to dethrone the most popular girl at her new school. (In Stereo) (E)

1:30 pm FAM (25) "Roxy Hunter and the Secret of the Shaman" (2008, Mystery) Aria Wallace. A girl believes the town's old vagrant is a shaman in disguise. (In Stereo) (E)

2:00 pm A&E (9) ***%"The Green Mille" (1999, Drama) Tom Hanks. In 1935 a head prison guard realizes a man on death row may be

Hanks. In 1935 a head prison guard realizes a man on death row may be innocent and have a supernatural ability to heal others. ESPIKE 44 * *Cradle 2 the Grave" (2003, Action) Jet Li. A Taiwanese intelligence agent and a thief try to recover stolen diamonds and the latter's kidnapped daughter.

and the latter's kidnapped daughter. (In Stereo)
5:00 pm WTBS ③ **Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (E)

A&E ⑨ *%"Gone in Sixty Seconds" (2000, Action) Nicolas Cage. Premiere. A former thief must agree to steal 50 cars in one night to

agree to steal 50 cars in one night to save his brother from being killed by a vehicle smuggler. [6]

:00 pm CITY 29"Deadly Encounter" (2004, Suspense) Laura Leighton. Premiere. Life becomes increasingly dangerous for 6:00

Encounter" (2004, Suspense)
Laura Leighton. Premiere. Life
becomes increasingly dangerous for
a woman and her young son when a
crazed stranger begins stalking,
them. (E) (DVS)

7:00 pm WTBS (3) ** *"Grosse
Pointe Blank" (1997, RomanceComedy) John Cusack. An assassin
on assignment attends his highschool reunion. (E)
CITV (12) "Ice Blues" (2008,
Mystery) Chad Allen. Premiere. After
the death of a lawyer, Strachey hunts
the killer before he strikes again. (E)
8:00 pm KREM (8) "The Magic of
Ordinary Days" (2005, Drama) Keri
Russell. During World War II, the
father of an unwed mother marries
her off to a farmer who will raise her
baby as his own. (In Stereo) (E)
8:05 pm KSPS (6)

** ** "Carousel" (1956, Musical)
Gordon MacRae. A carnival barker
finds a wife, dies in a holdup and
returns to Earth to guide his daughter. (In Stereo) (E)
9:00 pm FAM (26) ** %"Batman &
Robin" (1997, Action) Arnold
Schwarzenegger. Premiere. Batgirl
joins the caped crusaders to stop Mr.
Freeze and Poison lvy from wreaking revenge upon the world. (In
Stereo)
9:01 pm A&E (9) ** "Gone in Sixty
Seconds" (2000, Action) Nicolas
Cage. Premiere. A former thief must
agree to steal 50 cars in one night to
save his brother from being killed by
a vehicle smuggler. (E)
10:00 pm WTBS (3) ** "Feeling
Minnesota" (1996, Comedy-Drama)
Keanu Reeves. Two lowlife lovers
and a dog flee with loot to Las Vegas
with angry people on their trail. (E)
10:30 pm SPIKE (44)

** ** "Deliverance" (1972,
Adventure) Jon Voight. Four Atlanta
businessmen encounter unexpected
terrors during a rafting trip down a
raging backwoods river. (In Stereo)
11:10 pm FAM (26) ** ** "Grumpier

businessmen encounter unexpected terrors during a rafting trip down a raging backwoods river. (In Stereo) 11:10 pm FAM 26 ** "Grumpier Old Men" (1995, Comedy) Jack Lemmon. The wedding of their children and the arrival of a romantic prospect preoccupies bickering Minnesota retirees John and Max. (In Stereo)

Princeton Area Ghost Towns - The DVD



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MORNING

8:00 am WTBS 3 *%"Vegas Vacation" (1997, Comedy) Chevy Chase. Clark and Ellen Griswold's disastrous family outing includes a visit with boorish Cousin Eddie.

AFTERNOON

12:00 pm FAM 26 ** "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (In Stereo)

1:00 pm VTV(22)"Fast Food High" (2003, Comedy-Drama) Alison Pill. A teenage risks losing her job, boyfriend and social status to start a

boyfriend and social status to start a union at the burger joint where she works. (In Stereo) (E) (DVS)

1:40 pm FAM (28) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (E)

2:00 pm WTBS (3) ** * "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. An assassin on assignment attends his high-school reunion. (E)

YTV (18) ** "The Rugrats Movie" (1998, Adventure) E.G. Daily. Animated. Tommy and his plucky pals go on a forest adventure in his father's latest invention, the Reptar Wagon. (In Stereo) (E) Wagon. (In Stereo) [6]

SPIKE 44 "Today You Die" (2005, Action) Steven Seagal. A world-class thief escapes from prison to exact revenge on the partners who doubled-crossed him. (In Stereo) 3:00 pm VTV (22) "Bookfair Murders" (2000, Mystery) Samantha Bond. Two friends put their sleuthing skills to work after a highly sought-after author is murdered. (In Stereo) (2000) pm WTBS (3) **Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas. (2005) Travis Tedford. For wooing Darla, Alfalfa has a falling out with Spanky and the all-boys clubhouse gang. (In Stereo) (2005) pm CBC (13)

i:00 pm CBC [3]

***Remember the Titans"
(2000, Drama) Denzel Washington.

A Virginia high school hires a black football coach after undergoing integration in 1971. (In Stereo) 5:00

6:00 pm YTV [18] ** "Nacho Libre" (2006, Comedy) Jack Black. To raise money for an orphanage, a Mexican cook named Ignacio moonlights as a professional wrestler. (In Stereo) (5) SPIKE (44) "Driven to Kill" (2009,

Action) Steven Seagal. Premiere. A former Russian gangster springs into action when his family becomes the target of violence. (In Stereo) 6:30 pm WTBS 3 **Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas. (E) 8:00 pm SPIKE 44"Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer. (In Stereo) 9:00 pm WTBS (3) *%"The Whole Ten Yards" (2004, Comedy) Bruce Willis. A retired hit man, his wife and a dentist face the wrath of a mobster just released from prison. (E)

a dentist face the wrath of a mobster just released from prison.
FAM 23 * *"Nancy Drew" (2002, Mystery) Maggie Lawson. The famous teenage sleuth enters her freshman year at college and investigates an on-campus mystery. (In Stereo)
10:00 pm SPIKE 44" "Urban Justice" (2007, Action) Steven Seagal. A former government agent begins a relentless pursuit of his son's murderer. (In Stereo)
10:30 pm FAM 23 * * "With Honors" (1994, Drama) Joe Pesci. A homeless man finds a Harvard student's thesis. (In Stereo)

dent's thesis, (In Stereo) [65]

SATURDAY, JANUARY 30, 2010

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ (7)	KREM ®	A&E	KXLY	BCTV	CITV	CBC (ii)	YTV (18)	TSN ①	VTV	DISC 24	FAM 26	CITY 29	SPIKE	TROP 45
6	AN	Paid Prog.	Hunter	Wibbly Pig	Heartland	Today (N)	(5:00) The	Sell House	Paid Prog.	Hunter	Fishing		Grossology	Sports	OWLTV	Canada's	Jungle	CHIN	Movie:	(Olf Air)
6	:30	Paid Prog.	Fishing	Franklin	Fly Tying	100	Early Show (N)	Sell House	Paid Prog.	Fishing	Fishn	Busytown	Rollhots	NFL Films	Kingdom	Worst Driver	Wubbzy	Dharti	"Hard to Kill" (1990)	Paid
7	AN	Paid Prog.	Saturday	(7:05) Little	MotorWeek	News (N)	Busytown	Sell House	Good	Saturday	Saturday	Animal	OddParent	Fishing	Anne Grn	Man vs.	Mickey	Eye on Asia	Steven	Friends
1	:30	Paid Prog.	Morning News (N)	Clifford	Travels		Noonbory-7	Sell House	Morning America	Morning News (N)	Morning News (N)	Super Why!	OddParent	Motoring	Anne Grn	Wild "Vietnam"	Handy		Sengal.	Friends
0	AN		(E)	George S.	Woodsmith		Busytown	Flip This	Emperor	Œ	(EC)	Razzberry	SpongeBob	SnowTrax	Kids	Mayday (E)	Phineas	Polish	Xtreme 4x4	Family Guy
O	:30	"Ladder 49" (2004,		Magie Bus	Hometime		Sabrina	House [16]	Replace			Goldfish	Kid vs. Knt	Speed	Lit. Hobo		School	Studio [6]	Horse.	Family Guy
0	AN	Drama)	. 0	(8:58)	Woodshop		Busytown	Filp This	Rangers		Driving TV	Hockey Day	Penguins	World	Hobo	Cash Cab	Zoey 101	Travels	Trucks! (N)	'70s Show
9	:30	Joaquin Phoenix. [8]		Arthur "D.W.'s	Old House		Noonbory-7	House 🖫	Rangers		Fishing	in Canada From	Penguins	Poker	Alice	How-Made	So Raven	Planet	MuscleCar	King
10	AN		Fishn	Library	Old House	To Be	College	Flip This	Montana	Fishn	Powerboat	Stratford,	SpongeBob	Tennis:	Amnesty	StephenHa	Montana	Hockey	Die	Parking
10	:30		Fishing	Spider	Kitchen	Mary Address of the Control of the C	Basketball: Duke at	House [6]	Suite Life	Fishing	Tradition	Ont. @	SpongeBob	Australian Open,	Amnesty	wk	Wizards	Tow Biz	Die	Parking
	AN	Basketball:	Powerboat	Rolie Polie	Christina		The second secon	Flip House	Rangers	Powerboat	Simpsons	NHL	OddParent	Women's	ls Written	StephenHa	Sonny	EP Weekly	Die	Launch My
11	:30	Mississippi	Tradition	Olie 🖫	Gourmet		Œ	Movie:	Rangers	Tradition	Simpsons	Hockey: Montreal	League	Final.	Children	wk	Suite/Deck	Reviews	Movie:	Line [8]
40	PN	State, (Live)	News	(12:01)	Cook	Skiing	PGA Tour	"Eraser" (1996,	Paid Prog.	News	PGA Tour	Canadiens at	Pokémon	Curling:	To Be	The	"Confessions	Amazing	"Deliverance " (1972) Jon	Flipping
12	:30)	PGA Tour	Zoboo	Victory		Golf: San Diego Open,	Action)	Paid Prog.	PGA Tour	Golf: San Diego Open,	Ottawa Senators.	Pretty Cure	Scotties Tournament	Announced	Detonators [tt]	of Drama Queen"	Role	Voight, Burt	Out [II]
	PN		Golf: San Diego Open,		Antiques		Third	Arnold Schwarzeneg	Paid Prog.	Golf: San Diego Open,	Third	(Subject to	Dinosaur	of Hearts.		Dirty Jobs	Queen.	Paid Prog.	Reynolds.	Survivor [
1	:30	Basketball: Alabama at	Third	Down Show	Roadshow (N)	Bull Riding:	Round. (Live) 📧	ger. (E)	Hometime	Third	Round. (Live) (E)	Blackout)	Storm	From Kindersley,	Plates [ft]	(EC)	"Roxy	Paid Prog.		
_	PN	Charles Cont. Car Car Car	Round. [6]	Franklin	American	PBR Tour. (Taped) [E]	(Live) Lin	Movie: "The	Kitchen	Round. [8]	(Live) (SE	Hockey Day	Invasion	Sask. (Live)	Car Bass	MythBuster	Hunter and the Secret"	Travels	Movie:	Parking
2	:30	(Live)		(2:35) Little	Experience	(Tapeo) Est		Green Mile" (1999,	Storms			in Canada	Invasion		Frisky	s (tt)	une occite	Role	"Cradle 2 the Grave"	Parking
	PN	The Office	Simpsons	Bear [E]	Globe	Judge J.	Paid Prog.	Drama) Tom	Shark Tank	Simpsons	Family Guy	National	Invasion	SportsCentr	14 17 3 1 1 1 1 1 1 1	Cash Cab	Suite Life	CityNews/6	(2003) Jet	Re-Vamped
3	:30	The Office	Simpsons	Martha	Trekker	Turbo	Paid Prog.	Hanks, David	®	Simpsons	Family Guy	HNIC	Invasion	e (Live) [E]	Thomas: F.B.Eye	How-Made	Suite/Deck	Travels	Li, DMX.	Œ
- "	PN	Payne	Family Guy	Arthur	Europe	Shelldon	Access	Morse.	NASCAR	Family Guy	Family Guy	N. 1965 W. G	Kid vs. Kat	NFL Films	This Is	Cash Cab	Stone	what cook	UFC	Survivor 3
4	:30	Payne	Family Guy	(4:35)	Food Trip	Pengulns	Hollywood (N)		Storms	Family Guy	Global Nat.	Hockey: Vancouver	Kid vs. Kat	Curling:	Madonna	Cash Cab	Wizards	Amazing	Unleashed	
200	PN		Family Guy	George S.	Moment	News (N)	News	Movie:	Storms	Family Guy	(4:59) News	Canucks at	Kid vs. Kat	Scotties Tournament	etalk [tt]	Destroyed	Sonny	Music	UFC	Friends
5	:30	Brothers"	News	(5:26) Art	Keep Up	NBC News	CBS News	"Gone in Sixty	ABC News	Global Nat.	Hour (N)	Toronto Maple Leafs.	Kid vs. Knt	of Hearts.	Hockey	Destroyed	Montana	Awards	Unleashed	Friends
	PN	(2005) Mark	Global Nat.	Profiles of	Lawrence	News (N)	News	Seconds"	News	(5:59) News	renegade	(Live)	Kid vs. Knt	From Kindersley,	CTV News	Dirty Jobs	(6:01) Jonas	CEST GEOGRAPHIC	UFC	Family Guy
6	:30	Wahlberg.	News	Nature 🕮	Welk	College	Scrubs	(2000) Nicolas	The Insider	Hour (N)	Jane Show		League	Sask. (Live)	(N) @	Œ	(6:27)	"Deadly Encounter"	Unleashed	Family Guy
	PN	Movie:	Variety	National	May-Dec.	Basketball	Grey's	Cage.	Entertainm	Variety	Movie: "Ice	10 T C C C C C C C C C C C C C C C C C C	Zeke's Pad		W5 [tt]	Verminator	Suite/Deck	(2004)	UFC (N)	6 Degrees
7	:30	"Grosse Pointe	Show of Hearts (N)	Geographic	As Time		Anatomy	Seagal	ent Tonight	Show of Hearts (N)	Blues" (2008) Chad	Hockey:	Prank Ptrl	SportsCentr	(DVS)	s (N)	(7:19) Zoey	Premiere.	1	TV-Torrens
	PN	A Blank"	(E)	Heartbeat	(8:05)	Truth in	Movie: "The	Seagal	Extreme	Œ	Allen.	Oilers at	Funnlest	e (Live) 🖾	Movie (#)	Criss Angel	Suite Life	News		Bob-Doug
8	:30	(1997) 🖫		(E)	Movie: "Carousel"	Motion	Magic of Ordinary	Seagal	Makeover: Home		Premiere.	Calgary Flames.	Home Videos			Mindfreak	Montana	Role		Bob-Doug
	PN	Family Guy		Midsomer	(1956,	Law &	Days"	(9:01)	Edition	. 1	Love-Death	(Live) (Weird	Boxing:		Dirty Jobs	Movie:	Real		Friends
9	:30	Family Guy		Murders 📵	Musical) Gordon	Order @	(2005)	Movie: "Gone in	"Ward Family"		G-Spot	HNIC:	Prank Ptrl	Jesse Brinkley vs.		Œ	"Batman & Robin"	Chance of Love	UFC 109	Friends
	PN	Movie:		Homeland	MacRae.		48 Hours	Sixty	Castle	1 3	News Final	After Hours	Survive	Curtis	Law &	Destroyed	(1997)	Glam God-	Countdown	Family Guy
10	:30	"Feeling	3	(E)	NW Profi	Order: SVU	Mystery (N)	Seconds** (2000)	"Love Me Dead"	1 1	Driving TV	News	Ghost	Stevens.	Order: SVU	Destroyed	Premiere.	Fox .	Movie:	Family Guy
	PN	Millinesota			Austin City	News (N)	News	Nicolas	Inside Edit.		J.R. Digs	Hockey	Adrenaline	SportsCentr	CTV News	Verminator	(11:10)	Role	"Deliverance " (1972)	*70s Show
11	:3				Limits (N)	SNL	(11:35) Cold		Paid Prog.	-	SNL	Night:	Mystery	e (Live) [CTV News	s	"Grumpier	Reviews	(17,2)	King

SUNDAY, JANUARY 31, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
	AM	Sports	Variety	Wibbly Pig				Private	Paid Prog.	Variety	Hunter	Razzberry	Grossology	Sports	Daily Planet	Mean	Rangers	Travels	Unsolved	(Off Air)
6		Canad Pall	Show of Hearts (N)	Franklin	Angelina		Paid Prog.	Sessions 🖫	Wall Street	Show of Hearts (N)	Fishn	Bo on Go	Rollbots	SportsCentr	Œ	Mean	Wubbzy	Planet	Mysteries	Temptatn
00	AM	Saved-Bell	Street Street Street	(7:05) Little	Zula Patrol	News (N)	CBS News	The	Good	(II)	Canada	Super Why!	Casper	e Œ	Sue		Mickey	Eye on Asia	Unsolved	Friends
7	:30	JJ Atlanta		Clifford	Big World	Northwest	Sunday Morning	Sopranos [E]	Morning America		Fishing	Coronation	SpongeBob	Curling:	Thomas: F.B.Eye	the Edge of the	M. Mouse		Mysteries	Friends
	AM	Movie:		George S.	Dragonfly	Meet the		The	This Week	Sunday	TribalTrail	Coronation	Garfield	Scotties Tournament	Alice	Universe [4]	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld
8	:30	"Vegas Vacation"	Morning News (N)	Magic Bus	Fetch! Ruff	Press (N)	Nation	Sopranos	Œ	Morning News (N)	Living	Coronation	Kid vs. Kat	of Hearts.	Is Written		School	Festival	Horse.	Seinfeld
	AM	(1997)	(E)	(8:58)	Animalia	Babar 🔃	700 Club	Movie	Mtthws	Œ	Hour of	Coronation	Penguins	From Kindersley,	Nature	Mayday 🔃	Zoey 101	Italiano di Johnny	Trucks!	'70s Show
9	:30	Chevy Chase.		Arthur "Buster's	Biz Kid\$	NHL	Telethon		NBA		Power [tt]	Coronation	SpongeBob	Sask. (Live)	Nature		So Raven	Lombardi	MuscleCar	King
-		King	Variety	Breathless."	Design	Hockey: Regional	College		NBA	Variety	Listen Up	fifth estate	OddParent		Jeff	Against the	Montana	(In Italian)	Unsolved	Shark Tar
10	:30	King	Show of Hearts (N)	Spider	Travel	Coverage.	Basketball: Regional		Basketball: Denver	Show of Hearts (N)	Design		Drake	Reporters	Pringle	Elements	Wizards		Mysteries	1
	AM	Women's	E	Rolie Polie	Life	(Live) [E]	Coverage.		Nuggets at	Œ	Simpsons	The Nature	iCarly @	Reporters	Question	Printed Street, Street, St.	Suite/Deck	Hockey	Xtreme 4x4	
11	:30	College Basketball		Olle 🔢	European		Œ	TBA	San Antonio Spurs. [ff]		Simpsons	of Things	iCarly 🔃	Hockey	Period @	Park Œ	Suite/Deck	Tow Biz	Horse.	Whisperer
10	PM		1	(12:01) Lilly	Profiles	Internation	PGA Tour	Intervention			PGA Tour	Land/ Sea	Scorpion	Curling:	W5 [8]	Canada's Worst	Movie: . "Cadet	Paid Prog.	Trucks!	Rescue In
12	:30			Zoboo	Yellowston	al Auto Show	Golf: San Diego Open,	"Marie"	NBA		Golf: San Diego Open.	One/One	Scorpion	Scotties Tournament	(DVS)		Kelly"	I Cook	MuscleCar	
4	PM	Seinfeld	1		Tavis	Figure	Final Round.	Intervention "Brooke"	Basketball: Los Angeles		Final Round. (Live) @	Snowboardi ng: World	Sci Q 🖭	of Hearts. From	Movie: "Fast Food	Animals	(2002) 🖽	Without a	Disorderly Con.	Hoarders "Tara;
1	:30	Seinfeld		Down Show	Smiley Reports	Skating: Skate For	(Live) @	Brooke	Lakers at		(Live) (K)	Cup. (Taped)	Adrenaline	Kindersley,	High"	Animals	(1:40) Movie:			Betty"
0	PM	Movie:	Variety	Franklin	Maloof [60]	the Heart.	. 1	Intervention	Celtics.	Variety Show of			Movie: "The Rugrats	Sask. (Live)	(2003) Alison Pill.	MythBuster s @	"Dadnapped	Without a Trace [tt]	Movie: "Today You	Shark Tai
2	:30	"Grosse Pointe	Show of Hearts	(2:35) Little		(Taped) @	9	JIII 1352		Hearts	-	Figure Skating	Movie"				" (2009) 🔃		Die" (2005)	
-	PM	Blank"	(Cont'd) (N)	Bear (E)	Wild Lives	Foods		CSI: Miami	0.000	(Cont'd) (N)	Family Guy	Skatting	(1998) E.G. Daily.	SportsCentr e (Live) [#]	Movie: "Bookfair		Suite Life	CityNews/6	Steven Scagal.	Project Runway
3	.00	(1997) 匝		Martha		Pald Prog.	Paid Prog.		Paid Prog.	un.	Family Guy	155.1			Murders"		Suite/Deck	what cook		Canada
1	PM	Movie: "Miss		Arthur	Coronation	CSI: NY 📵	Motorcycle Racing	CSI: Miami			Family Guy	1,45,46,124	Movie: "The Little		(2000, Mystery) @	MythBuster s [#]		n ((DVS)	Contract of the Contract of	Hoarders "Tara;
4	:30	Congeniality	1 3	(4:35)					At-Movies		Global Nat.		Rascals"	Curling: Scotties			Wizards			Betty"
E	. PM	2: Armed	3	George S.	Hometime	News [E]	News	Criminal Minds [tt]	Lost-Final		(4:59) News Hour (N)	Movie: "Remember	(1994), Bug Hall @	Tournament	THE STREET	TT111- CT	Sonny Montana	Extreme Makeover	Disorderly Con.	Rescue In
5		Fabulous"		(5:26) Art	Old House	NBC News	CBS News		ABC News		(1)	the Titans"		of Hearts. From	Fashion	(N)		Charle (N)	Manda	Vallender
6		(2005)		Frontiers of	Lark Rise	News 🔠	KREM 2 News at 6	Criminal Minds (#)	News		16:9	(2000) 🖫	Movie: "Nacho	Kindersley,	CTV News (N) 個	42 Ways to Kill Hitler	(6:01) Jonas (6:27)	Chuck (N)	Movie: "Driven to	Flipping Out [6]
-	.00	Movie: "Miss			Candleford	Mark Few	(N)		Bsktbl	ET Canada	Family ET Canada	Wassellan A	Libre" (2006) Jack	Sask. (Live)	Lost 🖫	MythBuster	Suite/Deck	Murdoch	Kill* (2009) Steven	Big Flip
-7	PM	Congeniality	ET Canada- Grammy	National Geographic	Nature "Wild	Dateline NBC (E)	(N) (E)	Criminal Minds (E)	Funniest Home	Grammy	Grammy	(N)	Black. (E)	SportsCentr	Section 1	e (NI)	(7:19) Zoey	Mysteries	Seagal.	Mansions
11	:30	2: Armed			Balkans"		The 52nd	Criminal	Videos Extreme	The 52nd	The 52nd	Love	SpongeBob	e (Live) [44	Anthony	Suite Life	News	Movie: "Kill	Project
8	PM	Fabulous"	The 52nd Annual	The Royal	Masterpiece Classic (N)		Annual	Minds (6)	Makeover	Annual	Annual	Letters (N)	Family Biz		Last (14) In	Bauedain	Montana	Role	Switch"	Runway
-	,30		Grammy	0.1	Marta	Saturday	Grammy Awards	(9:01)	Desperate	Grammy Awards	Grammy Awards	Just for	Fries That?	Tennis:	Desperate		Movie:	EP Weekly	(2008) Steven	Canada Friends
6	PM	Whole Ten	Awards (Same-day	Prime Suspect	Magic Never	Night Live	(Same-day	Criminal	Housewives	(Same-day	(Same-day	Laughs	Fries That?	Australian		Hidden City	"Nancy	Reviews	Scagal.	Friends
-	.00	Tatus	Tape) [ff]	(Part 2 of 2)	MI-5 (6)	Sports Extra (N)	Tape) [[]	Minds (3)	(10:01)	Tape) [#]	Tape) (E)	National	Survive	Open, Men's Final.	(10:01) Cold	42 Ways to	Drew" (2002) [#]	Amazing	Movie:	Seinfeld
10		(2004) 匝		Maj.	mirs de	EXITA (IV)		Criminal	Brothers &				Ghost			Kill Hitler	Movie:	Role	"Urban	Scinfeld
-	.00	American		Beautifut	Justice:	News (N)	1	Minds (11:01)	Sisters (N) News	-		News	Adrenaline	SportsCentr	CTV News	MythBuster	"With	Paid Prog.	Justice" (2007)	'70s Show
20 4	PM	Chopper E		Noise (N)	Right	Paid Prog.	News	Criminal	Van Impe	News Final	D. (2) 15	Doc Zone	Mystery	e (Live) (E)	CTV News	S	Honors" (1994) 🔃	Paid Prog.	Steven	King

MONDAY, FEBRUARY 1, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV [18]	TSN (19)	VTV	DISC (24)	FAM 26	CITY 29	SPIKE	TROP 45
_		The state of the s		Franklin	Bob Build	News (N)	News	CSI: Miami		(5:30)	(4:30)	CBC News	Being Ian	Sports		Daily Planet		CityLine [6]		Inside Box
6	:30	In the Heat of the Night	(5:30) Morning News (N)	George S.	Lions	(K)	News	CSI: Sliam	4 (4)		Morning News (N)	Now (N)	(6:25) Viva	SportsCentr	Canada A.V.		Feet	Chy Line (h)	"All Access"	Switch
7	AM	Cosby	Mews (N)	(7:01)	Arthur (El)		The Early	Cold Case Files (t)	Good Morning	(Kews (N)	(E)	Dirtgirl	Invasion	e 🖫	(I- , ()	Mayday 🖽	Mickey	The Tyra Show [6]	CSI: Crime Sen	Acres de la constante de la co
1	:30	Cosby		Clifford the Big Red	Martha	Œ	Show (N)		America (N)	-		Animal	League	Curling: Scotties	1		Mickey			Parker
8	AM	Harvey		Dog 🖫	Curious			The First 48	Œ		100 Huntley Street [t]	Bo on Go Busytown	(7:55)	Tournament of Hearts.		Canada's Worst	Handy	Rachael Ray (E)	CSI: Crime Sen	Re-Vamped
-	:30 AM	Fresh Pr. Fam. Feud	100 Huntley	Sid the Science Kid	Super Why!		The 700	The First 48	Live With	100 Huntley	World	Super Why!		From	Live With	Driver Daily Planet		News	CSI: Crime	Colin-Justin
9	:30	Fam. Feud	Street E	(DVS)	Dinosaur		Club @	Œ	Regis & Kelly	Street [E	Vision @	News	Timothy	Kindersley, Sask. (Live)	Regis & Kelly	œ	Agent Oso	City	Sen	
10	AM	Reba 🔃	Hospital for	Spider	Sesame		The Price Is	Criminal Minds [tt]	The View	Hospital for Sick Kids	Debt Part	Poko	Berenstain		The Vlew	How-Made	Mickey	A STATE OF THE PARTY OF THE PAR	CSI: Crime Sen	Whatever
70	:30	Reba 🔃	Sick Kids	(10:36)	Street (EI)		Right (N)				ET Canada	Doodlebop	Willa's	Strongman		How-Made	Handy			Whatever
11		Jim	World Vision (f)	Rolie Polie	Clifford	Ellen DeGeneres	Young & Restless	The Sopranos	Paid Prog.	World Vision (ff)	(10:59) Noon News	Gofrette	George S.	Strongman	Fashion	Forensic Factor [6]	Phineas Suite Life	CityLine @	"All Access"	Golden
	:30 PM	Name Earl King	Noon News	Berenstain Maggie	Sit Be Fit Charlie	Show Paid Prog.	News	"D-Girl" CSI: Miami	All My	Noon News	Hour (N) Days of our	Dirtgirl CBC News	(11:40) Erky (12:05) Kid	Fishing Curling:	Fashion etalk (6)	Sport	Wizards	The Bonnle	CSI: Crime	3's Co.
12	:30	King	Hour (N)	(12:37)	Rose 🖾	Paid Prog.	The Bold	Œ	Children (N) 🖫	Hour (N)	Lives (N)	Now (N)	Flamingo	Scotties Tournament	The Bold	Colonco	Montana		Sen	Ellen @
4	PM	Seinfeld	As the	(1:02)	Fine Art	Days of our	As the	Cold Case	One Life to	As the	As the	Greatest	(12:55) Viva	of Hearts.	Sue	Dirty Jobs	Cory	Judge J.	CSI: Crime	Seinfeld
1	:30	Seinfeld	World Turns (N)	Dinosaur	Sewing	Lives (N)	World Turns (N)		Live (N)	World Turns (N)	World Turns (N)	Canadians	Jacob	From Kindersley,	Thomas: F.B.Eye		Recess	Judge J.	Sen	Seinfeld
2	PM :30	The Office Friends	Young & Restless	Franklin BluesClues	Barney WordWorld	Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris (#)	Ruby	Sask. (Live)	Dr. Phil @	MythBuster s	School School	The state of the second	CSI: Crime Sen	Golden
2	PM	Friends	The Doctors	(3:01) Little Bear		Judge	Dr. Phil 🔃	The First 48	Rachael Ray (#)	The Doctors	Young & Restless	Recipes	(2:50) Kid		(2:59) The Dr. Oz	Worst Handyman	Life Derek	CityNews at	CSI: Crime Sen	
3	:30	Name Earl		"Opposites	Electric	Judge	Oprah	Criminal				Sophie	League	Sports	Show (f)	Daily Planet	Suite Life	Law and	Die	Parker Re-Vamped
4	PM :30	Family Guy Family Guy	Oprah Winfrey &	Day" Œ George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Winfrey @	Minds (#	Deal-Deal Deal No	Oprah Winfrey @	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey Curling:	DeGeneres Show	(N) (E)	Wizards	Order	Movie: "The	TEET
-	PM	Payne	Early News	(4:57)	BBC News	News (N)	News	Intervention	News	Early News	(4:59) News	CBC News:	OddParent	Scotties Tournament	CTV News	MythBuster	Suite/Deck	The	Last Boy Scout"	Parking
5	:30	Payne	News	Martha	Business	NBC News	CBS News	"Linda"	ABC News	Global Nat.	Hour (N)	(N) @	SpongeBob	of Hearts. From	at Five (N)	s (E)	Zoey 101	Bachelor: On the	(1991, Action)	Parking
6	PM :30	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N) @	News (N) Millionaire	News Access H.	Intervention (N) @	News	(5:59) News Hour (N)	ET Canada Ent	Coronation	iCarly III	Kindersley, Sask. (Live)	(N) (E)	Breaking Point "House"	Montana Wizards	Wings of Love (N)	Bruce Willis	Flipping Out (ff)
7	PM	Movie:	Ent	Eden	'Allo, 'Allo	Jeopardy!	The Doctors	Hoarders	Ent	Ent	Heroes "The	Wheel	Scorpion		etalk 🔃	Dirty Jobs:	Sonny	The Jay	Best of PRIDE	Launch My Line [6]
1		"Freedom Writers"	15-20	Landscape	Europe	Wheel	Œ	"Tra; Jill" (N)	Charles and the	ET Canada	Wall" (N)	Jeopardy!	Scorpion	SportsCentre (Live)		Egg Farm	Suite Life	(N)	Fighting	
8	100	(2007, Drama)	House (N)	Art of the Heist (C)	Antiques Roadshow	Chuck (N)	How I Met Purpose	Paranormal	The Bachelor:	House (N)	House (N)	18 to Life Mosque	Malcolm	()	Human Target	Daily Planet	Overruled! Montana	News	UFC 109 Countdown	Parker ET Canada
	-	Hilary Swank. [ff]	24 (N) [6]	Libeskind	(N) To Be	Heroes "The		Paranormal (9:01)	On the Wings of	24 (N) EE	24 (N) [ff]	Winnipeg	8 Rules	Off-Record	"Run" Two Men	MythBuster	1000	Rock of	Police	Parking
9		Movie:		200	Announced	Wall" (N)	Big Bang		Love (N)			Comedy	What I Like	Motoring	Big Bang	s 🖽	Buzz	Love Bus	Chases	Parking
10	:30	"Freedom Writers" (2007,	Heroes "The Wall" (N)	My Different Life &	To Be Announced	The Jay Leno Show (N)	CSI: Miami (N) 🗷	(10:01) Intervention	Castle III	Heroes "The Wall" (N)	News Hour Final (N)	National	Family Biz Indie	SnowTrax Speed	CSI: Miami (N) 🖭	Dirty Jobs: Egg Farm	School	Coach (E) Judge	CSI: Crime Scene	Flipping Out 🕮
11	PM	Drama) Hilary	CHBC News Final	Red Run Bill Reid	Charlie Rose (N) [E]	News (N) Tonight	News	(11:01) Hoarders	News (11:25)	News Hour Final (N)	Ent ET Canada	(11:05) The Hour (E)	Prank Ptrl Fries That?	SportsCentre (Live) (3)	CTV News	Breaking Point	So Raven Life Derek	Home Imp.	Unsolved Mysteries	Launch My Line 🖾
	:30	Swank. [E]	(N)	Bill Keld	7.5	tonight	Letterman	"Tra; Jill"	(11:35)		Er Canada	****	Fries That?	111-111	CI V News	"House"	Lite Derek	Chynews		A COLOR

Monday Movies

AFTERNOON

4:30 pm SPIKE (44) ★★★"The Last Boy Scout" (1991, Action) Bruce Willis. An ex-Secret Service agent plays private eye with an ex-quarter-back on a case of sports gambling and murder. (In Stereo)

7:00 pm WTBS 3 ** * "Freedom Writers" (2007, Drama) Hilary Swank. A Los Angeles teacher inspires a class of at-risk students to believe in themselves. © 9:30 pm WTBS 3 ** * "Freedom Writers" (2007, Drama) Hilary Swank. A Los Angeles teacher inspires a class of at-risk students to believe in themselves. ©

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notices

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Fred 295-7272/Marena 295-7663

sudoku

Sudoku Challenge SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #263 - Easy

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

CHALLENGE #264 - Hard

154	673	928
826	149	573
793	285	461
219	437	856
368	952	147
475	816	392
932	568	714
647	391	285
581	724	639

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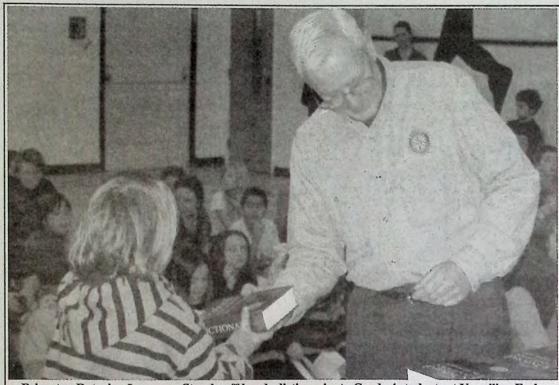
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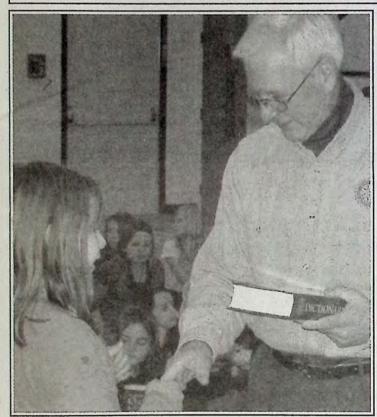
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Rotary Literacy Project



Princeton Rotarian Lawrence Stoochnoff hands dictionaries to Grade 4 students at Vermilion Forks Elementary School during an assembly January 21st. This is an annual local Rotary project. *





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Saturday, February 13

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Editorial Page

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

It's Not A Hat, It's A Crown!

We've been involved in an interesting weekly program at our church. It's formally called the Crown Biblical Financial Study but it's usually referred to as the Crown Financial Course or just Crown Financial.

The basic mechanics of the ten-week program is common sense driven with a strong scriptural foundation. The Bible mentions money over 2,300 times, so it must be pretty important and the program teaches such things as getting out of debt, how to budget effectively, handle credit responsibly and how to be a good steward of what is, in reality, God's possessions.

It's taught us a lot, confirmed a lot and made us realize in one exercise that although we thought we were so deep in debt we would never see daylight again that in actual factor we have a net worth that ended up on the positive side of zero.

I know when I filled out that one particular form I thought I had done it wrong, so I did it again. Then I asked Brenda to confirm for me we actually had as much debt as I thought we did.

Well, true to form, she discovered I had the numbers wrong. We actually had far more debt than I had considered. Conversely, she also determined we had far more assets than I had calculated and before I knew it we were still on the plus side, but far better than what I had figured out in the first place.

I'm still not entirely sure what that particular lesson was supposed to teach us, but it clearly showed us there was hope. A heap of hope and that helped us dive into the following days with a different kind

In fact, for a number of days following that discovery it seemed that almost every phone call received was another money wrench getting tossed into the works, but it did not bog us down because we have hope and somewhere on my laptop computer I have a PDF file with all the numbers verifying how much hope we have.

I think that regardless of where that lesson came from (in our case, from the Crown Financial Course) it was a lesson that came at the

It's no doubt part of the reason we told one of our largest accounts last week that we could no longer accept their business.

Talk about stepping out in faith!

It was scary for me at first thinking we'd never see business from them again and I considered their business good for our business. The reality of the situation is that if they don't pay for it, it's not really good business for us after all.

So with that in mind I wrote the e-mail that, in effect, said goodbye.

But thanks to Crown Financial we have hope and that is going to get us through. It's a pretty simple lesson for all of us to learn.

When things get rough, don't give up hope, as things will get better and all indications are that 2010 is going to be a great year for all of us in Princeton.

PAP Registration No. 11034

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

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.



Seniors Branch 30 hosted a Flea Market January 23rd. Photo: Dawn Johnson

-- Your Turn

Cawston man gives praise

To The Editor:

What a marvellous evening The Little Theatre Company at Similkameen Elementary Secondary School gave us last Thursday and Friday evening.

The director, orchestra, choreographer cast and crew overcame the obstacle of playing out of a box underneath a basketball hoop to bring us a robust interpretation of the musical version of Frank L. Baum's Classic, The Wiz (The Wonderful Wizard of Oz).

The original Broadway Show, which played with an all black cast in the 1970's, included such luminaries as Richard Prior, Diana Ross and Lena Horn.

These young actors at SESS Little Theatre Company delivered the charm and gusto of Harlem street jive afforded by the Brown and Smalls libretto and musical score. Sheena Anderson's choreography skillfully harnessed the wonderful energy that this Little Theatre Company brought to the piece.

Drama Teacher, Scott Tremblay,

staged the piece using a set of platforms extending out from the gymnasium stage affording the audience a fuller view of the performance and the cast and a better range of entrance and exit options allowing some work within the audience and back and onto the

The orchestra recruited and directed by Anita Prest lifted the cast in song and dance to a level

of excellence that the community has every reason to feel very proud of.

Let us hope that one day soon the students and their audiences will have in our local school a true stage facility of the kind already so valued and enjoyed in the other schools in District #53.

These young performers deserve the best.

- Dave Cursons, Cawston

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Current Comment

The World Deserves Praise



Dawn Johnson editor@thenewsleader.ca

The disaster in Haiti has been part of the news for the past two weeks, and I am very impressed with the aid sent to Haiti. First, the speed of nations to put people and supplies into Port au Prince, and secondly, the number of nations that responded.

We can take pride in what our own nation has done. This includes praise for the huge number of individual Canadians who have made donations to provide assistance, as well as for the government response.

The speed at which governments made decisions and moved people and goods was astonishing. Even though the airport at Port au Prince was badly damage, as soon as it was possible to fly in, the planes began to arrive, bringing not only water, food and medical supplies, but equipment to make rescues possible.

It is hard for us to imagine a nation so poor it did not have heavy equipment to move the rubble, but that was the situation.

I was impressed by the speed at which United States President Obama put the show on the road. I compared this situation with what happened in New Orleans when Hurricane Katrina hit. It took longer for American aid to reach New Orleans under the Bush administration than it did for American aid to reach Haiti. I wonder how many residents of New Orleans are making that comparison now?

There is background to the decisions and the speed at which nations have mobilized and deployed the aid. This kind of coordinated response does not happen overnight. A lot of planning took place for years before this happened.

Emergency response coordinators, their teams of officers, and the workers (including military personnel) were trained over a number of years. The supplies needed were identified and held in reserve.

When the "GO" button was pushed for these teams, they knew what they were supposed to do and how to do it.

This planning and training is not unique to Canada and the United States. France, China and Italy responded. This was not a North American project, it was a world project, and that means the planning, training of personnel and coordination took place on a global scale.

Think of the efforts to have enough clean water, medical supplies, food, blankets, fuel for machinery and vehicles, mattresses, infant formula, diapers, water purification equipment, hydraulic jacks, body bags and so on, that had to be immediately available for transport to the disaster scene. Think of the number of doctors, nurses and other medical personnel who had to be contacted, transported, and equipped. The needs of more than a million people had to be met.

We need to praise those worldwide organizations that stepped up and began their efforts to provide assistance.

Organizations such as the Red Cross, World Vision and Doctors Without Borders were making their own plans long before the earthquake struck, and they were prepared to go into action as soon as news of the disaster was broadcast

These organizations are experienced at dealing with disasters, and they know what to do.

I believe the media should come in for some praise, too. Within a day after the news of the earth-quake hit the headlines, there were radio stations, television stations, and newspapers informing people how and where to make donations, who to call about loved ones in Haiti, and what the government was doing to help.

I remember all of this happening before, when the tsunami hit a few years ago, and when a devastating earthquake hit in Turkey. To me, the fact that nations and organizations can coordinate their efforts to move quickly to help others is a sign not only of our excellent communications networks, but of a genuine humanitarian consciousness spreading throughout the world.

While all of this humanitarian aid was going on, there was bombing in Afghanistan and rioting in Nairobi by religious fanatics, but the way I see it, those fanatics are increasingly out of step with what is happening in the rest of the world.

Our sense of brotherhood is growing stronger. The response to the Haiti disaster is proof. The world does care, even when it is a poor little nation of no particular importance to the politics of our

Are we, the global people, becoming better people? Actions speak louder than words.



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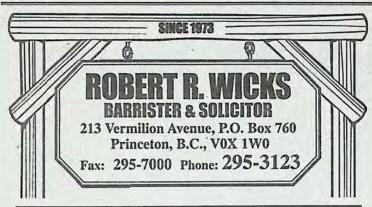
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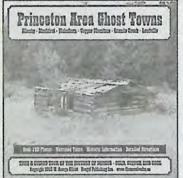


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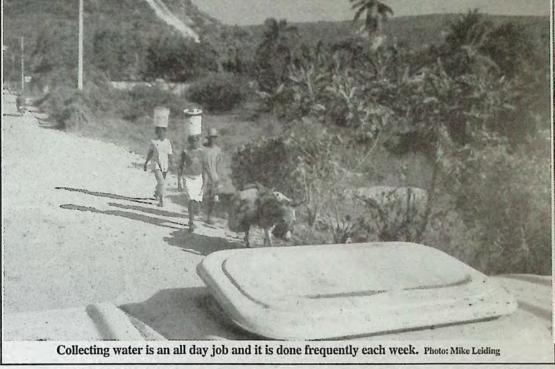
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CELEBRATE PRINCETON'S 150' WITH THIS UNIQUE SOUVENIR



.. continued from Page 8 one morning to do the Medica Mumba clinic. McDonald is a suburb of Saint Marc, which is the worst area in the area of Saint Marc. There are some American missionaries there running an orphanage and a clinic. There is a clinic, which is attached to the school in such a very small area. The rooms were about fifteen feet by fifteen feet and there were probably 30+ kids in there and a dirt floor. One class sang a song for me about them loving Jesus. I went out into the alleyway, which is really a road but is so deteriorated with garbage and ravines running down. I played with some kids playing ball hacky sack. It consisted of a soft rubber ball wrapped with string. I practiced my Creo with them, which consisted of four sen-

ball hacky sack. It consisted of a soft rubber ball wrapped with string. I practiced my Creo with them, which consisted of four sentences. At the clinic I held cute little black babies. Some were so sick that their eyes were rolling around in their head and we could hardly see their pupils. They were rolled back so far and cross-eyed. One baby's head was just flopping around. Unbelievable. We helped weigh, measure and give mumba to

the mothers." The Faithful

Yet, the presence of God was evident in some of the most unlikely places.

"Pastor Henry and Sister Gladys made a trip one weekend to the remote village that they work with. The living conditions there are so severe that the average North American can't even picture it or imagine it. There was a 101-year old lady who was completely healthy in every way. Her 57-year old son, who is the Pastor, hasn't ever been sick in his entire life. She is a praying woman who hasn't ever been sick in her life and says that the reason entirely is her faith in Jesus."

Talk about an amazing testimonial on the power of prayer!

"We don't 'need' God in America because we have Hospitals, medication, jobs, food, health and everything else that we need for any given hardship, illness or whatever else ails us. North America and the way we think and live is not normal to the rest of the world. I wish that everyone could see and experience what we experienced because I truly believe that this would change people's perspectives and way we all do things in Canada. Our worries are nothing in the big scheme of life compared to these people. These people are strong and persistent but we in America need to learn and understand what we truly have."

The Struggles - Part 1

"Getting water is an amazing experience that has to be done two to three times per week for the Canaan compound. About 20-30 kids pile onto the work truck with all the water jugs and tanks. We went to a waterspout 2-kilometres down the road and started to bucket the water up the hill to the truck using 5-gallon buckets. The kids form a chain gang, then on the back of the truck and then two of them lift it to a person on the top of the tank and they dump it in the tank. This happens over and over and over. One tank is 500-gallons, the other is 300 and then there are other ones that are 50 down to 5gallons each. The watering hole is only one of a very few and everyone in the area has to go there to get their water. It got very busy with other people wanting water so we went down the road and tried a different spot. The water was only trickling there so we packed up again and went south 10-kilometres to a residence of a friend of Pastor Joel. We hooked up a hose and filled the rest of the buckets. By the time we got home it was a 3.5 hour round trip just for water. This type of thing happens all the time but not always this long. Water is shut off whenever the governing people want to shut it off or when they want to punish the people for something. The entire time we were out getting water, the kids sang and banged on the buckets as drums. Very fun and full of life. This is the way life is and they make the very best of what they have. When we got back and were eating supper, we talked about the night. It meant so much to all of us and really makes a person think about water every time we will turn on the taps at home from now on. It is such a privilege but we don't see it until you actually 'see' it."

The Struggles - Part 2

"Hydro is another commodity that gets completely overlooked in America. It came for the first time days after we had been there. It is a total privilege to have even 24hours of government power per month. Water and hydro are services that we expect and demand and ultimately need but in Haiti, it is a luxury. Driving is another nightmare. There are no rules and the larger the vehicle, the more authority and right to passage a person has. It is common to see taxis (tap taps) carrying up to 35 people at one time. The tap taps are small Toyota pickups, for the most part, with metal rails on the sides or sometimes a canopy. People pile on, hang off the sides and back bumper. It is an experience like no other. Alyssa wasn't too impressed the first time, but by the last trip she was alright with it all. The worst one we went on was holding 25 or so plus luggage or supplies."

The Unusual

Doing mission work in a foreign country brings a level of risk and unexpected circumstances, as the Leidings experienced on one trip in Haiti.

"Nothing too crazy happened to us there other than their bizarre and wild driving and when we went into Port-au-Prince one day to get supplies, we were stopped at a UN road check. There were a few UN soldiers with machine guns ordering us to get out of the vehicle. Pastor Henry did the talking but all our bags were searched, we were questioned and then we were able to leave after a lot of talking. Questions about why four white people were with him going to Port. We didn't understand all the conversation but it seemed to be low key and polite and Henry ended up shaking hands with both continued on Page 23 there helping them." - Mike

Leiding on what he and his daugh-

ters, Kendra and Alyssa, gained

from their experience in Haiti, just

weeks before the January 12th

The News Leader thanks RCMP

Cst. Mike Leiding and his daugh-

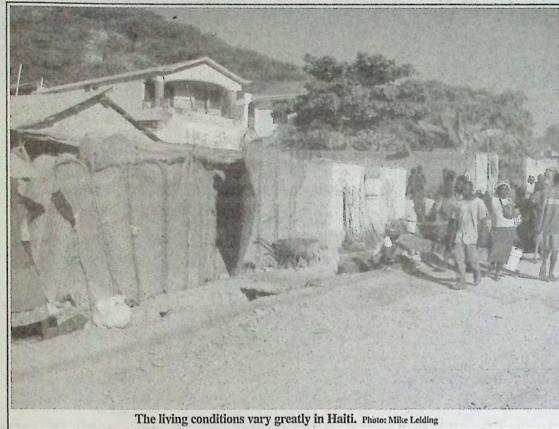
ters Kendra and Alyssa for shar-

ing their experience with us and

allowing us to share it with our

earthquake.

readers.



......continued from Page 22 soldiers before we left. Phew!"
The Money

As was noted earlier about 6thousand dollars went with the Leidings to Canaan, Haiti from the Similkameen Valley. Here's how some of it was used:

"Some of the money was spent to buy all the children new shoes which they tend to wear out very quickly, some to buying lots of plywood for a bunch of cabinets and shelves I built while I was there and the rest to be used as they see fit. They are starting to build a new hospital or larger clinic and are stalled right now due to funds. Some will be used for that I am sure. However it is used, I have complete faith and trust that it will be spent for the benefit and best interest of the children and for the work they are doing for God." The Sights

There was some time to sightsee and to just tour the area to get a feel for what Haiti has to offer.

"We went to Borel which is a little town North East of Saint Marc. It is considered 'the flats' and that is what they are. The terrain changes drastically as you come into a flat part, basically a large valley. There are trees everywhere and fields of rice and lots of fruit and vegetables. There is a large river running through and other canals branching off running through towns. Lots of people bathing, doing laundry and swimming all along the canal. We went to Operation Help, which is an organization that helps the people with agricultural, welding, farming and other skill-related things. We had a Coke after we got there and that was a nice treat. We went back to Saint Marc and went to a restaurant called Epi Dor. It is basically a Burger King Haitianstyle. Very good food. A restaurant like this is only for the more wealthy and all the other people eat in open markets where there isn't overhead costs."

The Gift

Anyone who has donated their time to a worthy cause can't help but be changed a little bit by the experience. To travel to the world's poorest nation just prior to Christmas to a tiny community to offer assistance and be exposed to a completely different way of life lived in standards so far below what you are accustomed to is going to have a profound effect on you.

"This trip has really made me understand again that we live in an amazing part of the world but have very messed up priorities. We don't understand what we have, and if we do, we take them completely for granted - for the most part. We live where we don't even think about water, hydro, where we are going to get our next meal. We live so wealthy that our worst worry is that we won't have 3-million dollars in our savings plan for when we retire. We complain about our highways, taxes, the school system, road maintenance, housing prices but forget to think past ourselves. We are a very selfish society but don't even realize it. We want to go back again soon to see our friends again and help them out, but one thing that we have learned while there is that they helped us out probably more than we helped them out."

Since the January 12th earthquake the world has come to the aid of Haiti. In Canada the majority of the financial aid is being funneled through the Canadian Red Cross. The federal government has pledged to match every monetary donation dollar-for-dollar.

Locally, groups, clubs, businesses and individuals have provided support in many ways. The Town of Princeton is accepting financial donations at the front counter of Town Hall and will ensure they are delivered to the Canadian Red Cross.

"I have a feeling that we were the ones that got helped, not us going

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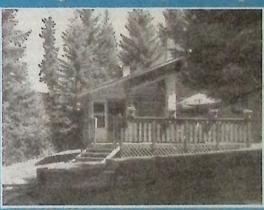
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