

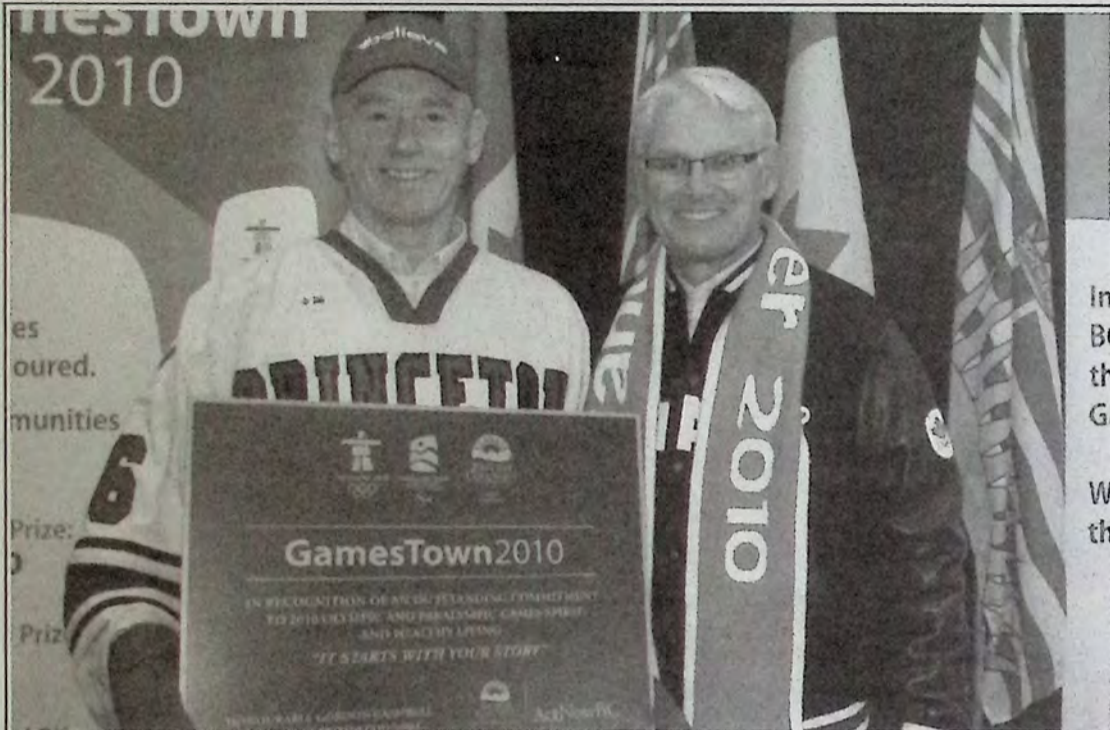


Similkameen News Leader

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Tuesday, February 2, 2010



Premier Gordon Campbell congratulates Mayor Randy McLean on Princeton being named GamesTown 2010 in honour of the community's commitment to active living and the Olympic spirit. The title comes with a \$100,000 cash award to go towards upgrading a local healthy living or sport facility. - photo submitted

Fall Fair starts planning

This year's Fall Fair will be bigger and better, with three days of activities from August 27 through 29. Members of Princeton & District Agricultural Fall Fair Association met for the first 2010 planning session on January 26. The theme this year is Heritage, as it is Princeton's 150th year since the townsite was named. Princeton Collectors Car Club was welcomed back for 2010, fitting in perfectly

with the theme. April Earle will do the exhibitor's booklet, with Ruby Bey and Dawn Johnson seeking sponsors to pay costs through advertisements in the booklet, and for events at the fair. The booklet for 2010 may be expanded to feature photos of the Fall Fair from years gone by. Anyone with good photos of the first few Fall Fairs could bring continued on Page 2

Princeton wins GamesTown gold!

The town of Princeton rallied together to proudly display its healthy living and Olympic spirit and capture the coveted title of GamesTown 2010. Premier Gordon Campbell announced January 27th. Dawson Creek and Kamloops were named the silver and bronze GamesTown 2010 finalists.

An Interior community of less than 3,000 people, Princeton emerged ahead of 123 other communities that submitted online entries into GamesTown, the ActNow BC initiative launched almost a year ago. Princeton's impressive showing earned the community a \$100,000 cash award to be put toward upgrading a local healthy living or sport facility.

"Residents from Princeton should be proud of the enthusiasm and spirit they showed in capturing the title of GamesTown 2010. They shared more than 600 stories, pho-

tos and videos that were both creative and enthusiastic and also captured the best in healthy living and Olympic spirit in the community," said Premier Campbell.

"Congratulations also to Dawson Creek and Kamloops, who won silver and bronze, respectively, by showcasing their natural surroundings as a great opportunity for sport and healthy living and by proudly promoting their recreation facilities."

Dawson Creek and Kamloops received cash awards of \$50,000 and \$25,000, respectively, as the silver and bronze winners. Their prize money will also be put toward the upgrade of a sport or healthy living facility in each of those communities. Princeton, Dawson Creek and Kamloops will also each receive a number of tickets to the 2010 Winter Games as GamesTown medal winners.

GamesTown 2010 was initiated by ActNow BC in February 2009. The contest gave British Columbians

across the province the opportunity to submit stories, photos and videos to the GamesTown 2010 website that promoted healthy living, Olympic spirit, involvement in sport and recreation and environmental sustainability. The site will remain active through the 2010 Games so that communities can continue to share their stories of the torch relay and excitement for the 2010 Games.

"GamesTown 2010 rallied communities across the province together to promote their commitment to healthy living, but the nearly 7,500 entries submitted online also showed that British Columbians are very proud of their communities," said Mary McNeil, Minister of State for the Olympics and ActNow BC.

Between early November 2009 and January 4, 2010, almost 200,000 votes were cast by British Columbians to determine the top 10 communities.

"While we have always been very

determined to strive for gold, we knew very early on that, win or lose, GamesTown 2010 was an absolutely positive process for Princeton that would reveal a number of insights into our character - that we love our community, our children, our environment and active lifestyle and that we are very proud of all these things," said Princeton Mayor Randy McLean.

Entries for GamesTown 2010 were judged by a GamesTown 2010 celebrity panel based on criteria that included promotion and support of healthy living and environmental sustainability, Olympic spirit, level of community engagement at recreation facilities and in amateur sports, and participation in the World Healthy Living Challenge.

The GamesTown 2010 judging panel included Olympians Steve

Podborski, Simon Whitfield and Nancy Greene Raine, along with Dr. Rhonda Low from CTV and Dr. Art Hister from Global. These judges selected the gold, silver and bronze medal winners.

There were 95 GamesTown 2010 communities that won prizes as part of monthly draws. Prizes included tickets to the Olympic and Paralympic Winter Games, athlete visits by ActNow BC athlete ambassadors, as well as healthy living and Winter Games prize packs.

BACKGROUND

As GamesTown 2010 gold, silver and bronze winners, the communities receive 2010 Winter Games tickets:

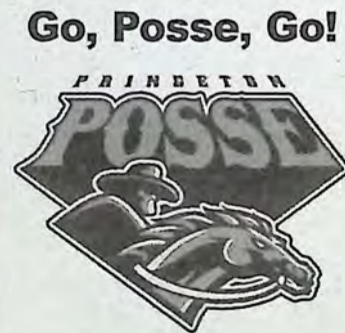
- * Princeton receives five pairs of Olympic tickets and five pairs of Paralympic tickets.
- * Dawson Creek receives two pairs of Olympic tickets and two pairs of Paralympic tickets.
- * Kamloops receives one pair of

..... continued on Page 8



Similkameen News Leader THIS WEEK:

Princeton Posse Play At Home...Finally - Page 9
Where Not To Spend \$100,000 - Page 20



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FINANCIAL FOCUS**Which Should Take Priority: RRSP or TFSA?**

The federal Government has established two valuable programs to help Canadians save for their retirement. There's the long-established Registered Retirement Savings Plan (RRSP) and the more recently introduced Tax-Free Savings Account (TFSA).

With the TFSA, any growth on your investment is tax free. In contrast, when you make an RRSP contribution, your taxable income for that year is lowered by the amount you contributed. In other words, you will pay less income tax that year compared to what you would have paid had you not made the RRSP contribution. However, when you take that money out of your RRSP at a future date, the amount becomes taxable at that time.

With the 2009 RRSP contribution deadline approaching - and the start of a new year ushering in the opportunity to put new money into a TFSA - many investors are wondering which programs should take precedence as a vehicle for housing their retirement savings.

From a tax-advantaged standpoint, * a key consideration involves tax rates at contribution and at withdrawal. If the two rates are identical, the TFSA and the RRSP are equally effective alternatives for saving on tax. If your tax rate at the time of withdrawal will be lower than at the time of contribution, the RRSP comes out ahead. If your tax rate at the time of withdrawal will be higher than at the time of contribution, the advantage goes to the TFSA. Because most Canadians can expect to experience a lower tax rate during their retirement compared to their working years, the RRSP is probably the preferred savings option for the majority of investors.

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

- The RRSP carries a maximum age restriction for contributions, while the TFSA does not.
- You can re-use contribution room in subsequent years after funds are withdrawn from the TFSA. You cannot do this with the RRSP.
- A maximum of \$5,000 per year can be contributed to a TFSA. Annual RRSP contribution maximums are generally larger than that. For the 2009 tax year, your RRSP contribution can be as high as \$21,000, or 18% of your earned income as reported on your 2008 tax return (whichever is less).
- Unlike with the RRSP, income earned in or withdrawals made from a TFSA do not affect your eligibility for federal tax credits or income-tested benefits such as the Canada Child Tax Benefit, Old Age Security (OAS) or the Guaranteed Income Supplement (GIS).

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

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The News Leader's Brenda Engel had an amazing experience as she happened across an Olympic Torchbearer on a main street in Penticton January 25th. Photo: Brenda Engel

Torch relay arrives February 7th

In just a few days the eyes of the world will turn to Princeton when the Olympic Torch arrives in the early morning of Sunday, February 7th as part of the Vancouver 2010 Olympic Torch Relay, presented by Coca-Cola and RBC and supported by the Government of Canada.

"We're pleased to announce Paula Barchard, a teacher from Princeton Secondary School, as one of three Princeton torchbearers for the Vancouver 2010 Olympic Winter Games," said Mayor Randy McLean.

"This is a once-in-a-lifetime opportunity for Paula, who is one

of 12,000 Canadians chosen to carry the Olympic Flame on the longest domestic torch relay in Olympic history! On Sunday, February 7, we want everyone in our community to join together with other Canadians and show the world how inspired we feel by the Olympic Flame and its message of peace, brotherhood and friendship."

To celebrate the arrival of the flame, the community is planning a day called Olympic Spirit Day. The Princeton Olympic Committee is commemorating the 2010 Olympic Games through community cele-

bration 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.

The Olympic Torch Relay will begin on the Brown Bridge on Bridge Street, be carried with pride to Vermilion Avenue and continue along Vermilion Avenue at 8:00 AM.

Princeton will continue celebrating its Olympic Spirit with welcoming ceremonies in Veterans Square, a pancake breakfast at the Legion with Princeton Community Band performing.

Other local activities planned include the China Ridge Relay, Inuit singing and game demonstrations and various winter activities throughout the day.

The 106-day Olympic Torch Relay will visit more than 1,030 communities and places of interest in every province and territory. On February 12th the Olympic Flame will make its way to downtown Vancouver to light the Olympic Cauldron in a magical and awe-inspiring moment before a television audience of three billion people worldwide, signalling the kick off to the start of the Vancouver 2010 Olympic Winter Games.

For more information on the Vancouver 2010 Olympic Torch Relay, visit this website: www.vancouver2010.com.

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

Fall Fair starts planning

..... continued from Front Page them to the News Leader, attention Dawn Johnson.

Party Perfect and Matt Duffus will be invited back for the children's amusements. Other events under consideration are the possibility of a midway, a farrier, a blacksmith, Clydesdale horses and wagons, trick riders, potters, dog grooming, line dancers, a Little Britches rodeo, and a variety of competitions in the heritage theme. A fiddler's contest is under consideration, or old-time musicians.

The flea markets held last year by the Fall Fair were successful, so another is planned for this year. The Fall Fair will apply to the PXA for use of the grounds on Saturday, May 1 for a spring flea market.

Convenors were designated. Head

convenor is Dawn Johnson, with Rose Flegel taking over baking, canning, vegetables, dairy, eggs, and beverages. Dan Kastor is looking after the horseshoe tournament. Fran Murphy and Char Smith will convene Flowers, Jason Earle will run the pet parade, Lyn Melnechenko will convene Livestock, and Fran, Nicola Hodgson and Lisa Carleton will handle Junior Fair and kids' amusements. Lyn and Christina will look after the Art, Photography and Needlework divisions. A convenor is still needed for Leisurecraft and Vendors.

A great deal was accomplished at the meeting, with many items to be reported on at the next meeting, on February 23 at 6:30 PM at Town Hall.

Similkameen
News Leader



PRINCETON

At the January 23 free concert at Riverside Centre hosted by Princeton Crisis Assistance, members of New Beginnings join Patty Ann and Alan in a special rendition of This Little Light. Photo: Dawn Johnson

What a way to say 'thanks'

A free evening of music and refreshments was the way Princeton Crisis Assistance chose to thank the community on January 23 for the generosity shown during the Christmas hamper drive. The man who organized the evening, Alan Kovaltsenko, who is President of Crisis Assistance Society, spoke with gratitude of what the community does to meet the needs of the community.

A group called Jazz on 3, Eh? opened the concert with a selection of familiar tunes ranging from Could I Have This Dance, through Misty, My Girl, Quando Caliente e Sol, Killing Me Softly and Strangers in the Night. Karen Smart sang and played an electronic keyboard, Corry Oerlemans played the trumpet and sang, and Barbara Buchewsky handled the drums.

They did a great job of pleasing the audience.

Patty Ann played the grand piano, then switched to guitar and sang The Rose, Let Me Be There, In The Ghetto and Bye Bye Love.

Alan Kovaltsenko took over from Patty Ann with a series of old favourites such as Good-hearted Woman, Beautiful Sunday and Eve of Destruction, then went into some audience participation numbers including She'll Be Comin' Round the Mountain and Put Your

Hand in the Hand.

Then Kovaltsenko and Patty Ann joined their talents with a great version of Them Old Cotton Fields Back Home, leading into another series of old favourites, with plenty of audience participation. On one song, members of New Beginnings joined Kovaltsenko and Patty Ann on stage for a rousing rendition of This Little Light.

Many people have listened to both Alan Kovaltsenko and Patty Ann during the years, and both just get better as they develop their musical talents.

The same is true for the group Jazz on 3, Eh?

Special mention was made of Hugh Money, who had planned to perform but had a heart attack followed by heart surgery. Even in his absence, he received a hearty round of applause.

At the end of the concert, Kovaltsenko introduced members of the Board of Directors to thank them for their work. He invited anyone interested in what Crisis Assistance does to attend the next meeting. Thanks went to Sheryl Kovaltsenko and crew for the refreshments (what a spread!) to Lyle Thomas, the volunteer "sound man", and to Regional District for making Riverside Theatre available.

The last big thank you went to all of the musicians who volunteered

their time and their talent to the concert.

Good news: another concert is planned for the future.



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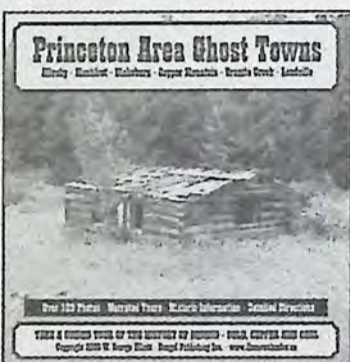
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Keremeos News



Keremeos Mayor Walter Despot, centre, discusses youth issues with SESS Grade 12 students Kelsey Colpitts (left) and Satinder Lidher (right) during the Sustainable Similkameen Project Committee session January 30th in Keremeos. Both girls sit on the board and represent area youth. *

Lia (Anna Lisa) Bartlett

April 29, 1976 - January 25, 2010



Born April 29, 1976 in Penticton Hospital. Passed away suddenly at the Vernon Jubilee Hospital January 25, 2010 at the age of 33.

Lia is survived by parents Don and Anna Bartlett, 2 brothers Cam and Will Bartlett, nieces Annalisa, Alexandra, Kaitlyn and Kylie Bartlett and one nephew Robert Bartlett.

Celebration of Life was held on Friday January 29 in the Christian Fellowship Church in Keremeos.

Committee identifies strengths and weaknesses

The Sustainable Similkameen Project committee members met January 30th for a daylong session in Keremeos.

The group examined a list of thirty-six key Similkameen Valley strengths and weaknesses for achieving a sustainable Similkameen. The panel's Internal Analysis group had compiled the list.

By the end of the day the committee had identified the top five strengths and top five weaknesses currently existing that would impact the strategy being developed in creating a sustainable Similkameen Valley.

The top five strengths were:

- Water** (quality and quantity);
- Air Quality, Natural Amenities** (quality and diversity),
- Volunteerism** (availability and variety of opportunities) and a tie between **Percentage of In-Migrants** (and the things attracting them here) and **Farming Activity** (cost effective and various types of production still available).

The top five weaknesses were:

- Housing** (lack of availability and quality),
- Forestry** (beetle infestation and market fluctuations),
- Public Planning** (still no standardized regulations),
- Employment** (lack of availability, especially for youth) and
- Demographic Imbalance** (high percentage of 55+ residents in the entire valley).

The strengths and weaknesses will be better defined and will form the first half of a SWOT Analysis, which will lead into the next session for the Sustainable Similkameen Project Committee which will focus on opportunities and threats faced in achieving the desired sustainable Similkameen.

The project will include at least two more public meetings into March.

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Melanie Bagley makes a presentation on natural amenities identified at a series of public meetings during the Sustainable Similkameen Project Committee session January 30th in Keremeos. *



Majica, the aboriginal clown, entertained youngsters and grownups at The Keremeos Library, January 23rd and 27th, as part of BC Literacy Week and Canada Literacy Day. - photo submitted

Library celebrates BC Family Literacy Week

The Keremeos Branch of the Lower Similkameen Family Literacy and Majica, the aboriginal clown, during BC Family Literacy Week and Canada Literacy Day.

Society looks at trail proposal

The Similkameen Trails Society directors met January 21 at the Keremeos Village Office. The directors received a committee report on a proposed 'circle trail' around the Keremeos Creek Wainwright nature preserve, through Crown lands to Kobau Park and upriver from Kobau park to the Wainwright preserve. The proposed 'circle trail' would be an addition to the trail underway from Kobau Park along Coulthard to the abandoned Burlington Northern rail bed. The rail bed trail runs into Keremeos below the Highways 3

and 3A hilltop route to join the existing Keremeos Promenade which extends upriver to the Red Bridge Heritage Site. The abandoned rail bed is owned by the province and is managed by the British Columbia Transportation Finance Authority. The BCTFA have issued two temporary permits for private use on the rail bed between Cawston and Keremeos and the last of these run out in 2013. The Similkameen Trails Society will continue working with the Regional District of Okanagan-Similkameen to advance the trails system in the area.

A variety of prize books were on special display and offered to youngsters who handed in a winning written or drawn expression about books they enjoy. Similkameen Family Literacy is a program of Lower Similkameen Community Services Society funded from provincial gaming funds and other sources. The Similkameen Family Literacy Program aims to increase the enjoyment and good use of language in read, spoken, heard and written communication in the very young through to old age. Majica, the aboriginal clown, entertained both young and old.



Dr. Laurence Moss listens to a panel member during the Sustainable Similkameen Project session January 30th in Keremeos Council Chambers in the Keremeos Village Office. *

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Town of
PRINCETON

Notice of Zoning Amendment Bylaw No. 826, 2010

Pursuant to the provisions of Section 892 of the *Local Government Act*, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylaw No. 646, 1994.

The proposed Amendments are as follows:

Town of Princeton Zoning Bylaw No. 646, 1994

That that part of Lot 3 shown on Plan B72; Block 4 District Lot 107 Yale (formerly Osoyoos) Division Yale District Plan 37 be rezoned from RM4 Multi-Family Residential (High Density) to C2 Central Business

The purpose of which is to facilitate commercial development on the property.

A public hearing is scheduled for February 15, 2010 at 7:00 PM in Council Chambers, Princeton Town Hall, 169 Bridge Street, Princeton, BC.

All persons who believe their interest in property is affected by the proposed bylaw will be afforded an opportunity to be heard in person and/or by written submission. Written submissions will be accepted up to the conclusion of the Public Hearing. If you are submitting a written submission prior to the Public Hearing, please submit it to the CAO office at Town Hall. Council will receive no representations on this bylaw after the close of the Public Hearing.

A copy of the subject Bylaw No. 826, 2010 is available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday (excluding statutory holidays) up to and including the Public Hearing date of February 15, 2010 in the Town Office, 169 Bridge Street, Princeton, BC.



Patrick Robins,
CAO
Town of Princeton

Health / Lifestyle News

Parents play an important role in financial education

(NC)—According to a number of recent surveys, many Canadians lack financial literacy. In other words, they have trouble understanding, analyzing and using the information they need to make day-to-day financial decisions. Part of the problem is that most Canadian schools do not teach financial concepts. Instead, young people educate themselves as best they can, often after accumulating years of debt or falling victim to financial fraud.

At a time when financial services are becoming increasingly complex, parents must play a crucial role in educating their children about personal finance. By taking the time to discuss money matters with their children and to share their own

financial experiences with them, parents can help their children avoid costly mistakes.

You're not alone
Luckily, things are changing. Parents now have access to resources that can help them teach their children about money matters in ways that are simple and fun. In September 2008, the Financial Consumer Agency of Canada launched a complete online educational resource called The City at themoneybelt.gc.ca, to help people aged 15 to 18 learn essential financial knowledge.

The City is a unique bilingual program that was developed in partnership with the British Columbia Securities Commission; it uses fic-

tional scenarios to address real-life financial situations. As they work through the program modules, young people learn to deal with a wide range of financial situations and acquire financial skills that will serve them throughout their lives.

The Canadian Securities Administrators also offer a program that can help parents incorporate personal money management lessons into their family's daily routine. The educational resource Make it Count, available at MakeitCountOnline.ca, is an ideal tool that can help you deal with money matters as a family and ensure that your children will practice sound financial management in their own lives.

- News Canada

Proposed changes to the Tax-Free Savings Account

(NC)—When the Tax-Free Savings Account (TFSA) was introduced in January 2009, most people who opened one played by the rules. They stuck to the \$5,000-a-year contribution limit or carried over unused amounts into the following year, all the while watching their savings grow tax free.

Great incentive, right? Indeed, yet it appears that a small number of sophisticated investors weren't playing by the rules. As a result, the Department of Finance has proposed amendments to the Income Tax Act to strengthen the TFSA rules.

Ottawa vows to crack down on investors who knowingly put more into a TFSA than permitted and who willingly pay a 1% penalty per month hoping to gain a higher rate of return than they lose in penalties. After the change, any income or gains accrued on deliberate excess contributions will be taxed at 100%.

Another legislative change targets the transferring of assets between a Registered Retirement Savings Plan

and a TFSA. Certain investors would transfer assets between the two accounts (sometimes referred to as swapping) where gains that would be taxable when withdrawn from their RRSP would be sheltered from tax when withdrawn from their TFSA. These investors also gained the benefit of artificially increasing their TFSA contribution room the following year.

Ottawa plans to prohibit these asset transfer transactions by taxing related amounts at 100%.

The last change will dissuade risk takers from depositing prohibited investments into their accounts, paying penalties, yet continuing to make gains even after withdrawing their ineligible investments. The proposed changes involve taxing any such gains at 100%.

Living Past 100

A Healthy Heart Needs Care

February is Heart Month. People who have healthy hearts tend to ignore their need to keep their hearts healthy. Just because there is nothing wrong with your heart now does not mean you can abuse it. Everybody knows all of the things they are not supposed to do if they want to have a healthy heart.

The major causes of heart disease are well known. Obesity is the number one predictor of heart problems, followed by diabetes, low levels of thyroid hormone, and lack of exercise. You need to keep all of these things in mind, but more than that, you need to do the things that are good for your heart.

February is a good time to think about keeping your heart healthy. Winter is the time when there are more heart attacks than at any other time of year. People who have heart attacks in December are more likely to die than those who have heart attacks at other times of the year. This fact should remind us of the need for maintaining our levels of Vitamin D and exercise.

Good nutrition is essential in keeping your heart healthy. A balanced diet leads to a good digestive system providing essential food factors the body requires to remain healthy.

Reducing stress is important, too. There is a strong link between stress reduction and exercise. It is well known that exercise relieves tension that causes a stress reaction.

Stress is hard on the body.

Walking is the best exercise for seniors who do not have knee or hip problems. If you live in a community where snow and ice prevent a good walk, encourage your local recreation department to start a walking program for seniors during the winter. If a senior cannot walk comfortably, then swimming is a good alternative exercise.

A recent study has shown Omega 3 fatty acids can help the heart stay healthy. Omega 3 is found in fish and flax seed, but if you don't like fish, try an Omega 3 supplement. Make sure the supplement says "pharmaceutical quality" on the label. Not all Omega 3 supplements are equal. If you can tolerate cod liver oil, you can gain the benefits of Omega 3 and Vitamin D in one tablespoonful.

Those people who have a good social network tend to have better heart health than those who are "loners". To remain heart healthy, people need contact with friends and a loving family helps, too. Seniors who live alone should make every effort to be part of a group and engage in group activities that are fun.

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Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - January 31, 2006

From NGC to tin boxes and beyond



From four years ago: Dianne Rainer and Karen McKenzie hit the big time with their Tin Box Creations following a trip to the Craft & Hobby Association Exhibition in Las Vegas. They were one of over 1,600 exhibitors at the event which attracted 10,000 buyers companies. Rainer commented at the time this photo was taken in her store (which was located on Vermilion Avenue) "We're putting Princeton on the map."

It was four years ago this week that Petrobank Energy and Resources announced they had completed evaluation of its natural gas from coal (NGC) test well located 4.5-kilometres southwest of Princeton.

"I can say this well was a success and has helped us to understand the geological characteristics of the reservoir," Gregg Smith, Vice President Canada Petrobank said at the time.

"Without this knowledge about the composition of this basin we would not be in a position to advance further pilot activities in the area."

Some progress has taken place since that time with Petrobank (now Petrobakken) still holding interests in the region. They also have since re-branding the product they are exploring with the more user friendly term 'coalbed methane' or CBM.

In other news from four years ago this week: Princeton Town Council chose to put some snow removal decisions in the hands of Works Foreman Henry Rykers.

The issue revolved around clearing of snow at the arena and airport, which were bumped up the list to be taken care of once streets in and around town were cleared.

Following a request from Princeton & District Community Services, Town Council agreed to supplement BC Transit services with local taxi service.

At the time, four years ago,

Council passed a motion to provide taxi service up to \$200 a month under the specified conditions.

Doug Ricketts announced he was about to embark on his fourth annual Walk for the Heart Fund. Ricketts, who was 70 at the time, walked a 67-kilometres loop from his home on Old Hedley Road, along Highway 3 and back home. The year before he raised close to \$4,000.

Ricketts 'retired' once from walking but has since continued his fundraising walks with his most recent planned for this month in support of his favourite charity the BC/Yukon Heart & Stroke Foundation.

The Similkameen Valley Tourism Advisory Committee (TAC) was created by the Similkameen Valley Planning Society (SVPS) to make recommendations on how to advertise the valley and develop a regional tourism industry.

TAC Chair Philippe Batini said at the time, "The more input we have and the more people who know what we are doing, the more successful will be our strategy."

The SVPS has since seen many successful programs launched under the group's direction. The most recent being the Sustainable Similkameen Project which has been in place since this past summer and continues to develop an overall sustainable strategy for the Similkameen Valley with support from local governing bodies.



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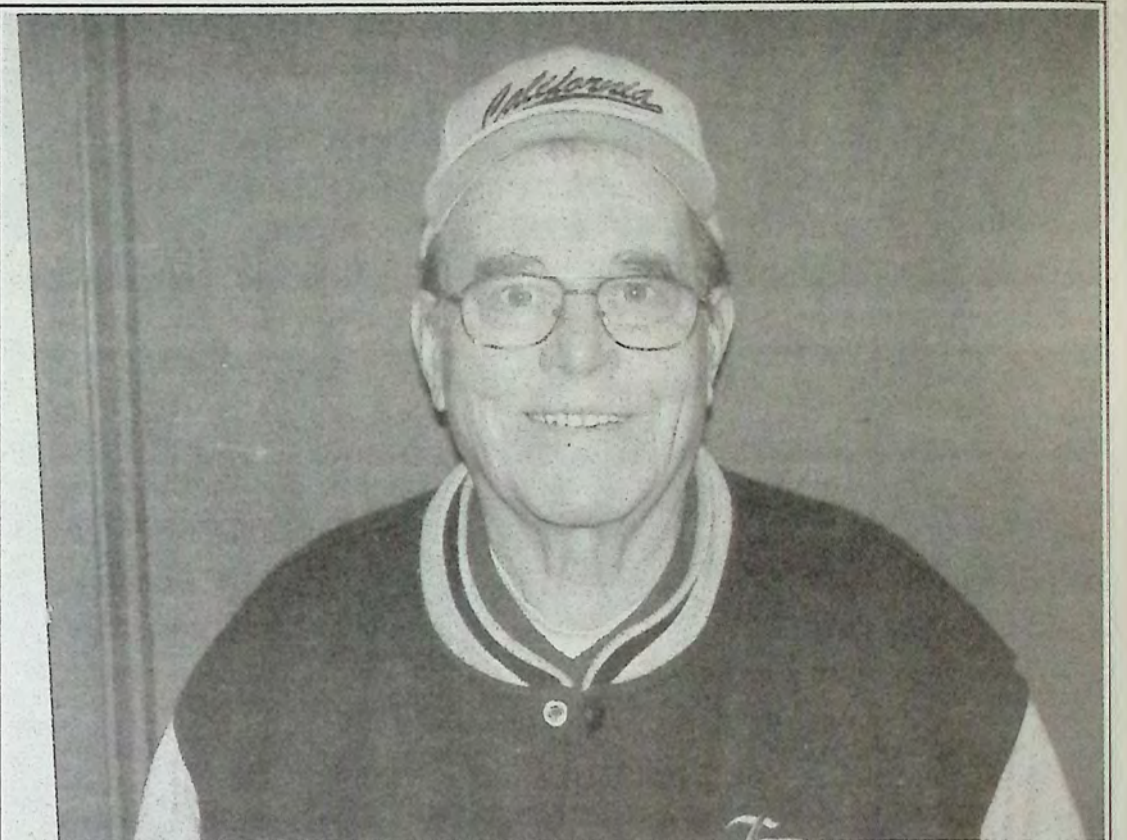
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Doug Ricketts has come out of retirement to continue his annual Walk for the Heart Fund project. Ricketts, who is 74 years old, will walk 23-kilometres on February 14th. Donations may be made at the Princeton CIBC with all monies collected going to the BC/Yukon Heart & Stroke Foundation. *

New fire department takes shape

by Ainsley Beauchamp

Good news for residents of Highway 40 – President Ron Smith and the hard working board of directors are making huge progress with the new Erris Volunteer Fire Brigade.

The Hayes Creek Fire Hall in the Bankier area has been invaluable within their community fighting structural fires and offering first response for accidents. However, their mandate prohibits them from leaving their district, and the volun-

teer firefighters for the Town of Princeton are under the same restriction. This left a 19km long stretch of unprotected properties in a fast growing area.

A community meeting was held September 19, 2009 to discuss forming a fire fighting association to service the area between 12km and 31km on Princeton/Summerland Rd. Between the first meeting and January 9, 2010, the board has received a certificate of incorporation, which confirms the Erris Fire

Brigade as a non-profit association. With that in place, things are moving forward quickly. An occupancy permit to build a new fire hall has been applied for on the crown land/logging road access at 22km. A bank account has been opened with Valley 1st and Brad Hope, Area H Regional Director, has come through with \$1,000 in funding to help get things established.

Director Nancy Gibson is looking into government grants and available funding options, and the board is researching fire fighting equipment choices. Dale Kronebusch, RDOS Emergency Services Supervisor and Mark Woods, Community Services Manager came out to the last meeting to discuss fire and safety training and emergency services. Brad Hope was also in attendance to offer encouragement and the support of the RDOS.

Members of the Hayes Creek Fire Hall have been extremely generous in their guidance and information in creating the Erris Brigade; their help has cut out lot of the learning curve and is helping the Erris Board proceed through the government channels quickly.

By now, residents in the Erris coverage area will have received a bright yellow flyer asking for contact information for the mailing list, so that they can be kept informed of the progress. A website is planned to help keep people up to date. Those who have sent in contact information will be notified of the upcoming general meeting, where officials will be elected and fund raising ideas discussed. Your community involvement is needed!

For more information, please contact Ron Smith at (250) 295-1605 or e-mail rasmith@xplornet.com.

Princeton wins GamesTown gold!

..... continued from Front Page Olympic tickets and one pair of Paralympic tickets.

Communities that finished first or second in their respective population categories in the GamesTown competition online voting advanced to the Top 10 finalists, ensuring a variety of sizes of B.C. communities were considered by the GamesTown judges. However, the size of a community was not part of the criteria when the judges determined the gold, silver and bronze winners.

GamesTown finalists from five dif-

ferent population categories included:

- * Population up to 5,000 - Houston, Princeton.
- * 5,001 to 10,000 - Smithers, Quesnel.
- * 10,001 to 25,000 - Salmon Arm, Dawson Creek.
- * 25,001 to 100,000 - Prince George, Kamloops.
- * Over 100,000 - Kelowna, Coquitlam.

More information about GamesTown 2010 can be found at www.gamestown2010.ca.

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Princeton's Jared Hidber (#5) listens to the officials explain a call during the January 29th game. *

Posse tame Storm

January 29th was a big date on the calendar for Princeton Posse fans. It not only marked the second and final home game of the month for the team, following three weekends on the road, but it was also the first night the team had an added feature to game night activities.

"I had mixed feelings about adding a refreshment garden to home games," says Posse Marketing Director/Treasurer George Elliott.

"I had some real issues with 'going there' but also realized the club has to find different ways to generate revenue to pay the bills and based on the success at other arenas in the league we thought we would try an initial test during our final five home games."

If the results from the first night are any indication, the club may have discovered a very profitable way to raise funds during a home game.

"We set an all-time attendance record this season with 225, sold out of the supply of game programs we had on hand, had one of the biggest 50/50 prizes this season, sold out of pucks in our Lucky

Puck Toss fundraiser and sold out of beer," Elliott adds.

"It was a very successful night for the club."

It was also a successful night for the team itself with three players collecting three points each and one player earning two as the Posse dominated the Kamloops Storm virtually from the opening face off.

Princeton scored first at 4:51 in the first period (Ben Morgan from Lee Muir and Brendan Stephen).

The home team added three more unanswered goals in the second period at 13:35 (Ben Morgan from John Minot), 8:05 (Evan Stack from Brody Brewster and Dayton Shaw) and 2:40 (Chase Salisbury from Ben Morgan and John Minot).

By the end of the second period the Storm's goalie, Anthony Manfredi, had faced 28 shots while Princeton's Brett Patchett saw only 17. Manfredi was clearly upset with the lack of support he was receiving on ice with a weak defence and did not come back into the game until 12:32 of the third following three more unanswered goals by Princeton.

The home team had a 100% success rate against back up goalie Will Folek scoring on all three shots on goal (14:41 - Dayton Shaw from Brooks Christensen and Evan Stack, 13:39 - Dan Hillman from Derrick DeLisser and Tylar Bestward and 12:32 - Evan Stack from Devon Grossler and Dayton Shaw).

With just over five minutes to play it looked as if Princeton's Brett Patchett was going to earn a shut out but the Storm caught some wind and spoiled Patchett's stat scoring at 5:19 and 2:28.

Final Score: Princeton 7, Kamloops 2. Shots on goal: Princeton 31, Kamloops 20.

Go, Posse, Go!



Go, Posse, Go!

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Princeton Posse



Action in front of the Kamloops net January 29th. *



Princeton's Ben Morgan (#20) pushes a Kamloops player away from a blue line face off. *



Princeton's Dayton Shaw (#23) tries to reach a rolling puck. *

TUESDAY, FEBRUARY 2, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami "Recoil"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	Sports	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside Box That News	
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (EI) Martha	Today Shoshana Johnson; Melissa Rivers. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	Invasion	Animal League		Mayday "Cruel Skies"	Mickey Mickey	The Tyra Show (N)	CSI: Crime Scn	End Leash Bootcamp	
8 AM	Harvey		Sid the Science Kid	Curious Sid			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) Busytown	From Kindersley, Sask. (Live)		Dirty Jobs: Egg Farm	Handy Handy	Rachael Ray	CSI: Crime Scn	Tube Tales	
9 AM	Fam. Feud	100 Huntley Street	Spider-Man	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy	From Kindersley, Sask. (Live)	Live With Regis & Kelly	Daily Planet	Agent Oso	Amazing	CSI: Crime Scn	Colin-Justin	
10 AM	Reba	Hospital for Sick Kids	(10:36) Spider-Man	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View (N)	Hospital for Sick Kids	Debt Part	Poko	Berenstain Willa's	Strongman	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Scn	Whatever	
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Foods Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Boxing	Fashion	Toughest Race: Iditarod	Phineas Suite Life	CityLine	CSI: NY	Golden	
12 PM	King	Noon News Hour (N)	Maggie Rose	Charlie Rose	Paid Prog.	News	CSI: Miami "Recoil"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	etalk	Deadliest Catch	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Scn	3's Co. Ellen	
1 PM	Seinfeld	As the World Turns (N)	(1:02) Dinosaur	Your Brush Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob	Sue Thomas: F.B. Eye	Dirty Jobs: Egg Farm	Cory Recess	Judge J. Judge J.	CSI: Crime Scn	Seinfeld		
2 PM	The Office	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion	Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden		
3 PM	Friends	The Doctors	(3:01) Little Bear Learning	WordGirl Electric	Judge Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid Mercer	Sports	(2:59) The Dr. Oz Show	Destroyed	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scn	End Leash Bootcamp	
4 PM	Family Guy	Oprah Winfrey	Oprah Winfrey	Fetch! Ruff	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	UFC Unleashed	Parking	
5 PM	Payne	Early News	(4:57) BBC News	BBC News	News (N)	News	Criminal Minds	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	From Kindersley, Sask. (Live)	CTV News at Five (N)	How-Made	Suite/Deck Zoey 101	The Biggest Loser (N)	UFC Unleashed	Rescue Ink "No Bull"	
6 PM	Law & Order: SVU	Global Nat.	Taste Buds Dogs	PBS NewsHour (N)	News (N)	News	Psychic Kids	Access H.	ET Canada	(5:59) News Hour (N)	Coronation	Indie	etalk	License to Drill (N)	Sonny Suite Life	The Jay Leno Show (N)	(7:06) Pros vs. Joes	End Leash Bootcamp		
7 PM	Movie: "In the Mix" (2005)	ET Canada	Frontiers of Nova (N) (DVS)	Jeopardy!	The Doctors	Paranormal	Paranormal	The Insider	ET Canada	The Good Wife "Bad"	Wheel Jeopardy!	Fries That?	SportsCentre (Live)	Access H.	American Idol (N)	Daily Planet	Overruled! Montana	EP Daily	ET Canada	
8 PM	Usher	NCIS: Los Angeles (N)	Russell: Journey	Wild Lives	The Biggest Loser (N)	NCIS: Los Angeles (N)	Paranormal	Paranormal	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Malcolm Chris	8 Rules	Off-Record	Lost the aftermath from the bomb detonation. (N)	Wizards Buzz	Chopping Block	(9:12) Pros vs. Joes	Parking
9 PM	The Office	NCIS: Los Angeles (N)	A Good Man (N)	Frontline "Digital Nation" (N)	The Jay Leno Show (N)	The Good Wife "Bad"	Psychic Kids	The Good Wife "Bad"	The Good Wife "Bad"	News Hour Final (N)	National	Family Biz Indie	Strongman	CTV News	How-Made	So Raven	Home Imp.	(11:13) Unsolved Mysteries	Dog Whisperer	
10 PM	Movie: "Stealth" (2005)	The Good Wife "Bad"	Eden	Independent Lens (N)	News (N)	News	Paranormal	Paranormal	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	How-Made	Life Derek	Role			
11 PM	Jessica Biel	CHBC News Final (N)	My Different Life	Parks	Tonight	Letterman	Paranormal	Paranormal	News Hour Final (N)	ET Canada	(11:35)			CTV News	How-Made	Life Derek	Role			

WEDNESDAY, FEBRUARY 3, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	Seagal	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	Sports	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside Box Spoiled
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (EI) Martha	Today Martha Stewart;	The Early Show (N)	Seagal	Good Morning America (N)			Dirtgirl	Invasion	Animal League		Mayday	Mickey Mickey	The Tyra Show (N)	CSI: Crime Scn	Project Runway Canada
8 AM	Harvey		Sid the Science Kid	Curious Sid	Super Bowl Trivia. (N)		Dog		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) Busytown	From Kindersley, Sask. (Live)		Worst Handyman	Handy Handy	Rachael Ray	CSI: Crime Scn	Are You Smarter
9 AM	Fam. Feud	100 Huntley Street	Spider-Man	Super Why! Dinosaur		The 700 Club	Dog	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! News	Rolie Polie Timothy	Speed	Live With Regis & Kelly	Daily Planet	Agent Oso	Amazing	CSI: Crime Scn	Colin-Justin
10 AM	Reba	World Vision	(10:36) Spider-Man	Sesame Street (EI)		The Price Is Right (N)	Dog	The View (N)	World Vision	Debt Part	Poko	Berenstain Willa's	SnowTrax	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	Canada	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Seagal	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	Fashion	Destroyed	Phineas Suite Life	CityLine	CSI: NY	Golden
12 PM	King	Noon News Hour (N)	Maggie Rose	Charlie Rose	Paid Prog.	News	Seagal	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	etalk	Forensic Factor	Wizards Montana	The Bonnie Hunt Show	CSI: Crime Scn	3's Co. Ellen	
1 PM	Seinfeld	As the World Turns (N)	(1:02) Dinosaur	Art Work Sewing	Days of our Lives (N)	As the World Turns (N)	Seagal	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob	Sue Thomas: F.B. Eye	License to Drill	Cory Recess	Judge J. Judge J.	CSI: Crime Scn	Seinfeld	
2 PM	The Office	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion	Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden	
3 PM	Friends	The Doctors	(3:01) Little Bear Learning	WordGirl Electric	Judge Judge	Dr. Phil	Dog	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid Mosque	Sports	(2:59) The Dr. Oz Show	Canada's Worst Driver	Life Derek Suite Life	CityNews at 6 (N)	Ways Die	Project Runway Canada
4 PM	Family Guy	Oprah Winfrey	Oprah Winfrey	Fetch! Ruff	Judge J. Judge J.	Oprah Winfrey	Dog	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas Wizards	Law & Order: SVU	Ways Die	Rescue Ink "No Bull"
5 PM	College Basketball	Early News	(4:57) BBC News	BBC News	News (N)	News	Dog	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	From Kindersley, Sask. (Live)	CTV News at Five (N)	The Colony (N)	Suite/Deck Zoey 101	Mercy (N)	Die	Hoarders
6 PM		Global Nat.	Creatures	PBS NewsHour (N)	News (N)	News	Bounty Hunter	Access H.	ET Canada	(5:59) News Hour (N)	Coronation	Indie	NHL	CTV News (N)	License to Drill	Montana Wizards	Family Cougar	Die	Hoarders
7 PM	Law & Order: SVU	ET Canada	Blue Realm	Secrets of Shangri-La	Jeopardy!	The Doctors	Seagal	Ent	ET Canada	The Deep End (N)	Wheel Jeopardy!	Weird	Hockey: Philadelphia Flyers at Edmonton Oilers. (Live)	etalk	Mayday	Sonny Suite Life	The Jay Leno Show (N)	Die	Parking
8 PM	The Office	Bones (N)	Chinese School	The National Parks	Mercy (N)	Commercial	Seagal	Family	Bones (N)	Bones (N)	Dragons' Den (N)	Malcolm Chris	Criminal Minds (N)	Daily Planet	Overruled! Montana	EP Daily	News	I Bet You	Spoiled
9 PM	Movie: "Almost Famous" (2000)	Kitchen Nightmares	Giselle (N)	America's Best Idea (DVS)	Law & Order: SVU	Criminal Minds (N)	Dog	Family	Kitchen Nightmares	Kitchen Nightmares	Republic of Doyle (N)	8 Rules	Sports	American Idol (N)	Mayday	Wizards Buzz	Glam God-Fox	MANswers	Parking
10 PM	(2000) Billy Crudup	The Deep End (N)		Parks	The Jay Leno Show (N)	CSI: NY	The Bounty Hunter	(9:31) Dog the Bounty Hunter	(10:01) Ugly Betty (N)	The Deep End (N)	News Hour Final (N)	Family Biz Indie	Strongman	CTV News	How-Made	So Raven	Home Imp.	(11:13) Unsolved Mysteries	Hoarders
11 PM	Cheers	CHBC News Final (N)	Helicopter Canada	Charlie Rose (N)	News (N)	News	Seagal	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Ptrl Fries That?	SportsCentre (Live)	CTV News	License to Drill	Life Derek	Role		

Similkameen News Leader - Horoscopes

February 3 - 10, 2010

Aries - You will be busy with demands of children, and will be creative, but you need to focus on career. One to one relationships may be strained due to others feeling neglected.

Taurus - You can make repairs around home if you ask for help. Job demands concentration, work. Health issues need attention, especially if back is causing trouble. Don't ignore it.

Gemini - Success in your career requires mental focus. You don't have time for fun. Parents or boss can be source of benefits. Urge to travel has to be put on hold. Settle down.

Cancer - You can get a grip on your budget now and work toward solving money problems. Stick to plan, work toward financial freedom. Seek out benefits from bank, insurance.

Leo - You are more focused on others now rather than self. Romance can come your way. If you need a loan, you can get it. Others will share resources with you this year. Relax.

Virgo - Money situation eases a little. Save what you can. Others feel generous toward you. Encourage their goodwill. Worries decrease this month, but come back next. Stand firm.

Libra - You are feeling more settled, job and health are good this year. You can move ahead at a steady pace. Groups you work with are cooperative. A little romance helps. Enjoy.

Scorpio - Your focus is on home and family. You may beautify your home, or create a better environment around you. This is a good week to clear up any paperwork you've postponed.

Sagittarius - You can gain from groups you belong to, but only by working with them. This is a good year to look into yourself to build up your best qualities. Home runs well.

Capricorn - Look for financial advantages. Career is demanding but pleasant. Family may cause some restrictions. Work on making beneficial contacts. Communicate with gracious charm.

Aquarius - You are in your own element. You can look good, feel good. Conflict in relationships decreases as opposition fades. Financial situation will improve gradually. Steady!

Pisces - You feel greater peace of mind now. You need to look at the kind of image you project and make plans to improve what others see in you. Travel is restricted, money needs care.

Similkameen News Leader

Tuesday Movies

EVENING

7:00 pm WTBS (3) ★★ "In the Mix" (2005, Comedy-Drama) Usher. A disc jockey must dodge gunfire instead of groupies when he becomes the bodyguard for a mob-

ster's beautiful daughter. (E) 9:30 pm WTBS (3) ★★ "Stealth" (2005, Action) Josh Lucas. Three naval pilots must stop a fighter jet controlled by artificial intelligence that has run amok. (E)

Wednesday Movies

EVENING

9:00 pm WTBS (3) ★★ "Almost Famous" (2000,

Comedy-Drama) Billy Crudup. An aspiring teenage rock journalist gets his big break when he follows an up-and-coming band on its tour. (E)

Thursday Movies

EVENING

7:00 pm WTBS (3) ★★ "48 HRS." (1982, Action) Nick Nolte. A rumpled detective gets a slick convict released into his custody for two days to help him find a murderer in

San Francisco. 9:30 pm WTBS (3) ★★ "Blade: Trinity" (2004, Horror) Wesley Snipes. Blade and a pair of vampire slayers battle Dracula, the newly resurrected ancestor of the undead. (E)

Similkameen News Leader - Recipe Corner

Recipe #308

Spiced Chocolate Almonds

(NC)—Serve these spicy delicious almonds alone, or mix them with 2-3 cups of popcorn. This tasty treat is the perfect mix of salty and sweet and also makes a great gift. Makes: 2 cups

Ingredients:

- 1 large egg white
- 1 teaspoon (5 mL) vanilla extract
- 2 cups (250 mL) whole natural almonds
- 1/2 cup (125 mL) sugar
- 1/4 cup (50 mL) cornstarch
- 1 tablespoon (15 mL) unsweetened cocoa powder
- 1 teaspoon (5 mL) chili powder
- 1/2 teaspoon (2 mL) kosher salt
- 1/2 teaspoon (2 mL) ground cinnamon
- 1/2 teaspoon (2 mL) ground cumin

Preparation:

Preheat oven to 225°F (110°C). Line a baking sheet with parchment paper. Place egg white in a large stainless steel bowl; whisk until frothy. Whisk in vanilla. Add almonds and gently toss until completely coated. Place remaining ingredients in a bowl and toss until well combined. Add sugar mixture to the almonds, a quarter at a time, and gently toss until well coated. Transfer almonds to the prepared sheet and arrange in a single layer. Bake for 15 minutes, then stir and bake for 15 more minutes, or until coating is lightly colored and dried out. Remove from oven and immediately loosen with a metal spatula. Cool before serving.

Calories 136 Cholesterol 0 mg Total fat 9 g Fibre 2 g Saturated 0.7 g Calcium 52 mg Monounsaturated 5.7 g Magnesium 53 mg Polyunsaturated 2 g Sodium 81 mg Carb 12 g Potassium 163 mg Protein 4 g Vitamin E 5 mg

Recipe courtesy of the Almond Board of California

- News Canada

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RESUME

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Friday Movies

EVENING

7:00 pm WTBS (3) ★★ "Sahara" (2005, Adventure) Matthew McConaughey. A treasure hunter and his sidekick join forces with a doctor to search for a Confederate ship in Africa. (E)

YTV (8) ★★ "Zoom" (2006, Comedy) Tim Allen. Premiere. A former superhero becomes mentor to a ragtag group of young heroes-in-training. (In Stereo) (E)

7:30 pm FAM (26) "The New Adventures of Spin and Marty" (2000, Adventure) David Gallagher. Premiere. Two newfound friends spy on a pair of creepy neighbors in this updated version of the 1950s serial. (In Stereo) (E)

9:00 pm FAM (26) ★★ "The Thirteenth Year" (1999, Drama)

Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) (E)

10:00 pm WTBS (3) ★★ "Sahara" (2005, Adventure) Matthew McConaughey. A treasure hunter and his sidekick join forces with a doctor to search for a Confederate ship in Africa. (E)

10:30 pm FAM (26) ★★ "The Neverending Story" (1984, Fantasy) Barret Oliver. An imaginative boy is transported to a magical kingdom in danger of destruction. (In Stereo) (E)

SPIKE (44) ★★ "Navy SEALs" (1990, Action) Charlie Sheen. Sea/air/land commandos and a TV newswoman rescue hostages from terrorists armed with Stinger missiles. (In Stereo) (E)

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THURSDAY, FEBRUARY 4, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside Box
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (El) Martha	Today Lori Gottlieb; Martin Lindstrom. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtgirl	Invasion	SportsCentre		Mayday "Gimli Glider"	Mickey	The Tyra Show (N)	CSI: Crime Scn	Soap
8 AM	Harvey		Sid the Science Kid (DVS)	Curious Sid			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) League	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)		Mars Rising	Handy	Rachael Ray	CSI: Crime Scn	Comeback
9 AM	Fam. Feud	100 Huntley Street	Spider-Man (10:35)	Sesame Street (El)		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Rolie Polie Timothy		Live With Regis & Kelly	Daily Planet	Agent Oso	Amazing	CSI: Crime Scn	Collin-Justin
10 AM	Reba	World Vision				The Price Is Right (N)	The First 48	The View (N)	World Vision	Debt Part	Poko	Berenstain		The View (N)	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Strongman	Fashion	The Colony	Phineas Suite Life	CityLine	CSI: NY	Golden
12 PM	King	Noon News Hour (N)	Maggie (12:30)	Charlie Rose	Paid Prog.	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	etalk	License to Drill	Wizards	The Bonnie Hunt Show	CSI: Crime Scn	3's Co.
1 PM	Seinfeld	As the World Turns (N)	Go Diego	Simp Paint	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob		Sue Thomas: F.B. Eye	Mayday	Cory	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office	Young & Restless	(2:01) BluesClues	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby		Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden
3 PM	Friends	The Doctors	(3:02) Little Bear	WordGirl	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League		(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Soap
4 PM	Family Guy	Oprah Winfrey	Oprah Winfrey	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order: SVU	CSI: Crime Scn	Reality
5 PM	Payne	Early News	(4:58) BBC News	BBC News	News (N)	News	The First 48	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	CTV News at Five (N)	Hitler's Hidden City	Suite/Deck	Community	UFC Unleashed	Family Guy
6 PM	Law & Order: SVU	Global Nat.	Heads Up	PBS NewsHour (N)	News	News	The First 48	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	42 Ways to Kill Hitler	Montana	30 Rock	TNA iMPACT! (N)	Seinfeld
7 PM	Movies: "48 HRS." (1982)	Ent	Frontiers of Fighting Fraud	Jeopardy!	The Doctors	Manhunter	Manhunter	The Insider	ET Canada	90210	Wheel	iCarly		The Vampire Diaries (N)	MythBusters	Sonny	The Jay Leno Show (N)		"70s Show
8 PM	Action Nick Nolie.	Surviving Survivor (N)	New York: A Documentar	Sherlock Holmes	Community	Surviving Survivor (N)	Manhunter	The Deep End (N)	Surviving Survivor (N)	Surviving Survivor (N)	The Nature of Things	Malcolm Chris		CSI: Crime Scene	Daily Planet	Overruled!	News	UFC 109 Countdown	Comeback
9 PM	The Office	The Office	y Film (DVS)	MI-5	The Office	CSI: Crime Scene	(9:01) The First 48	Grey's Anatomy (N)	The Office	The Office	Hyper Parents	8 Rules	Off-Record	Grey's Anatomy (N)	Hitler's Hidden City	Wizards	Celebrity Fit Club	MANswers	Family Guy
10 PM	Movie: "Blade: Trinity" (2004)	90210	Urban	Soundstage (N)	The Jay Leno Show (N)	The Mentalist "Redline"	(10:01) The First 48	(10:01) Private Practice (N)	90210	News Hour Final (N)	National	Family Biz	Strongman	The Mentalist "Redline"	42 Ways to Kill Hitler	School	Coach	(10:04)	Seinfeld
11 PM	Wesley Snipes. Cheers	CHBC News Final (N)	Beautiful Noise	Charlie Rose (N)	News (N)	News	Manhunter	Manhunter	News Hour Final (N)	Ent	(11:05) The Hour	Prank Ptrl	SportsCentre (Live)	CTV News	MythBusters	So Raven	Home Imp.	Unsolved Mysteries	"70s Show

FRIDAY, FEBRUARY 5, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	CSI: Miami "Killer Date"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside Box
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (El) Martha	Today Melissa Gilbert; Valentine's lingerie. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Dirtgirl	Invasion	SportsCentre		Mayday	Mickey	The Tyra Show (N)	CSI: Crime Scn	Deal-No Deal
8 AM	Harvey		Sid the Science Kid (DVS)	Curious Sid			CSI: Miami "Whacked"		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) League	SportsCentre		MythBusters	Handy	Rachael Ray	CSI: Crime Scn	6 Degrees
9 AM	Fam. Feud	100 Huntley Street	Spider-Man (10:35)	Sesame Street (El)		The 700 Club	CSI: Miami "10-7"	Live With Regis & Kelly	100 Huntley Street	PLAN Canada	Super Why! News	Rolie Polie Timothy	Billiards: Trick	Live With Regis & Kelly	Daily Planet	Agent Oso	Amazing	CSI: Crime Scn	Collin-Justin
10 AM	Reba	World Vision				The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part	Poko	Berenstain	NFL Films	The View (N)	How-Made	Mickey	The O.C.	CSI: Crime Scn	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Strongman	Fashion	True Stories-Amityville	Phineas Suite Life	CityLine	CSI: NY	Golden
12 PM	King	Noon News Hour (N)	Maggie (12:30)	Charlie Rose	Paid Prog.	News	CSI: Miami "Killer Date"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	etalk	Hitler's Hidden City	Wizards	The Bonnie Hunt Show	CSI: Crime Scn	3's Co.
1 PM	Seinfeld	As the World Turns (N)	Go Diego	Wyland's B Organic	Days of our Lives (N)	As the World Turns (N)	CSI: Miami	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Heartland (DVS)	(12:55) Viva Jacob		Sue Thomas: F.B. Eye	42 Ways to Kill Hitler	Cory	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	The Office	Young & Restless	(2:01) BluesClues	Barney	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami "Whacked"	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby		Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Scn	Golden
3 PM	Friends	The Doctors	(3:02) Little Bear	WordGirl	Judge	Dr. Phil	CSI: Miami "10-7"	Rachael Ray	The Doctors	Young & Restless	Recipes	(2:50) Kid League		(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 6 (N)	CSI: Crime Scn	Deal-No Deal
4 PM	Family Guy	Oprah Winfrey	Oprah Winfrey	Biz Kid\$	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Murdoch Mysteries	CSI: Crime Scn	6 Degrees
5 PM	Payne	Early News	(4:58) BBC News	BBC News	News (N)	News	Criminal Minds	ABC News	Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Penguins	Curling: Scotties Tournament of Hearts. From Kindersley, Sask. (Live)	CTV News at Five (N)	Dirty Jobs	Suite/Deck	Supernanny (N)	UFC Unleashed	Family Guy
6 PM	Law & Order: SVU	Global Nat.	Animals	PBS NewsHour (N)	News	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Man vs. Wild "Texas"	Zeke	Man Tracker	Best of PRIDE Fighting	Cleveland
7 PM	Movie: "Sahara" (2005)	Ent	Sombrio	Wash. McLaughlin	Jeopardy!	The Doctors	Criminal Minds	Ent	Ent	NUMB3RS (N)	Wheel	Movie: "Zoom" (2006) Tim Allen.	SportsCentre (Live)	etalk	Somali Pirate	Sonny	The Jay Leno Show (N)	Best of PRIDE Fighting	"70s Show
8 PM	Matthew McConaughey	House "Instant Karma"	Patrol "The Underdog"	Bill Moyers Journal (N)	Law & Order	Ghost Whisperer (N)	Criminal Minds	Supernanny (N)	House "Instant Karma"	House "Instant Karma"	M'ketplace			Ghost Whisperer (N)	Daily Planet	Whisperer	EP Daily	Die	ET Canada
9 PM	The Office	Shark Tank (N)	Dalziel and Pascoe	NOW, PBS Moment	Dateline NBC	Medium (N)	(9:01) Criminal Minds	Shark Tank (N)	Shark Tank (N)	Shark Tank (N)	fifth estate	Weird	Off-Record	Medium (N)	Man vs. Wild "Texas"	Movie: "The Thirteenth Year" (1999)	Real Chance of Love	MANswers	Family Guy
10 PM	Movie: "Sahara" (2005)	NUMB3RS (N)	Allan King	Coronation	The Jay Leno Show (N)	NUMB3RS	(10:01) Criminal Minds	20/20	NUMB3RS (N)	News Hour Final (N)	National	Prank Ptrl	World's Strongest Man	Flashpoint (DVS)	Dirty Jobs		Coach	Movie: "The Neverending Story"	Seinfeld
11 PM	Matthew McConaughey	CHBC News Final (N)	Skid Row	Globe Trekker	News (N)	News	Criminal Minds	News	News Hour Final (N)	Ent	(11:05) The Hour	Prank Ptrl	SportsCentre (Live)	CTV News	Somali Pirate	Home Imp.	Paid Prog.	(1990)	King

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #265 - Rated Easy

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

CHALLENGE #266 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 18

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

**We're different,
and we like that.**

Similkameen News Leader

Saturday Movies

MORNING

- 6:00 am SPIKE (44) "Until Death" (2007, Action) Jean-Claude Van Damme. After waking from a coma, a troubled detective must save his kidnapped wife from the men he tried to apprehend. (In Stereo) [E]
- 8:00 am WTBS (3) ★★★ "Glory Road" (2006, Drama) Josh Lucas. Coach Don Haskins leads the first all-black basketball team to NCAA victory during the 1966 season. [E]
- 9:00 am A&E (9) ★★ "Striking Distance" (1993, Suspense) Bruce Willis. An alienated Pittsburgh police officer and his new partner on the River Rescue Squad hunt a serial killer. [E]
- 10:00 am SPIKE (44) ★★ "Jackass: The Movie" (2002, Comedy) Johnny Knoxville. Nitwits perform outrageous stunts and pull practical jokes on an unsuspecting public. (In Stereo) [E]
- 11:00 am A&E (9) ★★★ "Shanghai Noon" (2000, Comedy) Jackie Chan. A Chinese Imperial Guardsman teams up with a robber to rescue a princess, taken to the Old West by the guard's former captain. [E]

AFTERNOON

- 12:00 pm YTV (18) "Teen Titans: Trouble in Tokyo" (2006,

- Adventure) Voices of Greg Cipes. Animated. Five superheroes search for a Japanese criminal after a high-tech ninja attack. (In Stereo) [E]
- FAM (26) ★★ "Blank Check" (1994, Comedy) Brian Bonsall. An 11-year-old cashes a crook's check for \$1 million and becomes the envy of his family. (In Stereo) [E]
- 1:32 pm FAM (26) ★★½ "Cadet Kelly" (2002, Comedy-Drama) Hilary Duff. A new cadet at a military academy must prove that she is stronger than the upperclassman who wants to break her. (In Stereo) [E]
- 2:00 pm YTV (18) "Superman: Doomsday" (2007, Action) Voices of Adam Baldwin. Animated. The Man of Steel battles an intergalactic killer. (In Stereo) [E]
- 4:00 pm YTV (18) "Superman/Batman: Public Enemies" (2009, Action) Voices of CCH Pounder. Animated. Superman and Batman join forces against Lex Luthor. (In Stereo) [E]

EVENING

- 6:00 pm YTV (18) "Superman: Brainiac Attacks" (2006, Action) Voices of Tim Daly. Animated. The Man of Steel must save Lois Lane after Lex Luthor forms an alliance with a powerful foe. (In Stereo) [E]
- CITY (29) "Tipping Point" (2007,

- Suspense) Kathryn Winnick. A medical student investigates the death of a powerful man, but those around her begin to question her sanity. [E] (DVS)
- 7:00 pm CITY (12) "Safe Harbor" (2006, Suspense) Tracey Gold. A detective tracks a serial killer targeting former residents of a foster home for abused children. [E]
- 7:30 pm WTBS (3) ★½ "Blue Streak" (1999, Comedy) Martin Lawrence. A jewel thief returns to a construction site to retrieve his cache and finds a police station on the spot. [E]
- 8:00 pm CHBC (4) BCTV (11) "Safe Harbor" (2006, Suspense) Tracey Gold. A detective tracks a serial killer targeting former residents of a foster home for abused children. [E]
- KSPS (6) ★★½ "Driving Miss Daisy" (1989, Comedy-Drama) Morgan Freeman. An Atlanta widow and her chauffeur reflect the changing times, from 1948 to 1973. [E]
- KREM (8) "Front of the Class" (2008, Docudrama) Patricia Heaton. Brad Cohen overcomes the challenges of Tourette's syndrome to become a gifted teacher. (In Stereo) [E]
- KXLY (10) ★★½ "Harry Potter and the Sorcerer's Stone" (2001, Fantasy) Daniel Radcliffe. An orphan attends a school of witchcraft and wizardry and pieces together the mystery of his parents' deaths. (In Stereo) [E]
- 9:00 pm VTV (22) ★★★ "Cool Runnings" (1993, Comedy-Drama) Leon. Two Jamaicans make their way to Calgary as long-shot bobsledders in the 1988 Olympics. (In Stereo) [E]
- FAM (26) ★★½ "The Rookie" (2002, Drama) Dennis Quaid. A high-school baseball coach makes it to the major leagues as a middle-aged relief pitcher. (In Stereo) [E]
- 9:30 pm WTBS (3) ★★★ "Glory Road" (2006, Drama) Josh Lucas. Coach Don Haskins leads the first all-black basketball team to NCAA victory during the 1966 season. [E]
- 11:08 pm FAM (26) ★★½ "Magic in the Water" (1995, Fantasy) Mark Harmon. A local sea-monster legend enthralls a divorced radio psychologist and his kids while they vacation on a Canadian lake. (In Stereo) [E]

Princeton Area Ghost Towns - The DVD



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Explore The History Of Mining - Gold, Copper and Coal

Sunday Movies

MORNING

- 8:00 am WTBS (3) ★★ "Now and Then" (1995, Comedy-Drama) Christina Ricci. A modern-day reunion frames this account of the friendship shared by four girls during the summer of 1970. [E]

AFTERNOON

- 12:00 pm YTV (18) ★★½ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo) [E]
- FAM (26) ★★½ "Max Is Missing" (1995, Adventure) Charles Napier. A 12-year-old's vacation includes exploring Inca ruins, possessing a priceless mask and fleeing from grave robbers. (In Stereo) [E]
- 1:30 pm WTBS (3) ★★½ "The Holiday" (2006, Romance-Comedy) Cameron Diaz. Two women, one from America and one from England, swap homes at Christmastime after bad breakups with their boyfriends. [E]
- 1:35 pm FAM (26) "Junior Pilot" (2004, Adventure) Jordan Garrett. A boy obsessed with airplanes jumps into action when terrorists hijack his flight. (In Stereo) [E]
- 3:00 pm YTV (18)

- ★★★½ "Superman II" (1980, Science Fiction) Christopher Reeve. The Man of Steel gets serious with Lois Lane and fights three Krypton outcasts in league with Lex Luthor. (In Stereo) [E]
- 4:00 pm WTBS (3) ★★½ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. [E]

EVENING

- 6:00 pm YTV (18) ★★½ "Superman Returns" (2006, Adventure) Brandon Routh. While Lex Luthor plots against him, the Man of Steel tries to reconnect with Lois Lane and find his place in a world that learned to survive in his absence. (In Stereo) [E]
- 6:30 pm WTBS (3) ★★½ "Something's Gotta Give" (2003, Romance-Comedy) Jack Nicholson. A music executive falls for the mother of his young girlfriend after having a heart attack in her home. [E]
- 8:00 pm CBC (13) "Poitrot: Third Girl" (2008, Mystery) David Suchet. A distraught woman tells Poirot that she may be a murderer. (In Stereo) [E]
- 9:00 pm WTBS (3) ★★½ "The Holiday" (2006, Romance-Comedy)

- Cameron Diaz. Two women, one from America and one from England, swap homes at Christmastime after bad breakups with their boyfriends. [E]
- FAM (26) ★★ "Around the World in 80 Days" (2004, Adventure) Jackie Chan. With help from his two sidekicks, an eccentric inventor bets he can circle the globe in less than three months. (In Stereo) [E]
- 10:32 pm FAM (26) ★★½ "Doc Hollywood" (1991, Romance-Comedy) Michael J. Fox. An upstart plastic surgeon gets stuck in a one-doctor Southern town and falls in love with a local. (In Stereo) [E]
- 11:30 pm YTV (18) ★★½ "Superman Returns" (2006, Adventure) Brandon Routh. While Lex Luthor plots against him, the Man of Steel tries to reconnect with Lois Lane and find his place in a world that learned to survive in his absence. (In Stereo) [E]

MONDAY, FEBRUARY 8, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Bullid Lions	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Inside Box Switch
7 AM	Cosby		(7:01) Clifford the Big Red Dog	Arthur (E) Martha	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtygirl	Invasion League	SportsCentre		Mayday	Mickey Mickey	The Tyra Show	CSI: Crime Sen	Carlawood Parker
8 AM	Harvey		Sid the Science Kid "Hello Doggie"	Curious			The First 48		100 Huntley Street	100 Huntley Street	Bo on Go	(7:55) Busytown (8:20)	SportsCentre		Canada's Worst Driver	Handy Handy	Rachael Ray	CSI: Crime Sen	Re-Vamped
9 AM	Fam. Feud	100 Huntley Street	Spider	Sesame Street (E)	Super Why!	Dinosaur	The 700 Club	The First 48	Live With Regis & Kelly	World Vision	Super Why! News	Rolie Polie	Fishing	Live With Regis & Kelly	Agent Oso	Amazing	Role	CSI: Crime Sen	Colin-Justin
10 AM	Reba	Hospital for Sick Kids	Spider (10:36)	Sesame Street (E)			The Price Is Right (N)	Criminal Minds	The View (N)	Hospital for Sick Kids	Debt Part	Poko	Berenstain	The View (N)	How-Made	Mickey Handy	The O.C.	CSI: Crime Sen	Whatever
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette	George S. (11:40) Erky	Boxing: Joey Hernandez vs. Ed Paredes.	Fashion Factor	Forensic Factor	Phineas Suite Life	CityLine	CSI: NY	Golden
12 PM	King	Noon News Hour (N)	Maggie (12:37)	Charlie Rose	Will's	The Bold	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	(12:05) Kid Flamingo	Olympics: On Home Ice	Sue Thomas: F.B.Eye	Dirty Jobs	Cory Recess	Judge J.	CSI: Crime Sen	Seinfeld
1 PM	Seinfeld	As the World Turns (N)	(1:02) Dinosaur	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Greatest Canadians	(12:55) Viva Jacob	Olympics: On Home Ice	Sue Thomas: F.B.Eye	Dirty Jobs	Cory Recess	Judge J.	CSI: Crime Sen	Seinfeld
2 PM	The Office	Young & Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	The First 48	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris	Ruby Invasion	Around Interruptio	Dr. Phil	MythBusters	Replace School	CityLine	CSI: Crime Sen	Golden
3 PM	Friends	The Doctors	(3:01) Little Bear Owl is grumpy.	WordGirl Electric	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Sophie	(2:50) Kid League	Record Sports	(2:59) The Dr. Oz Show	Worst Handyman	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Sen	Carlawood Parker
4 PM	Family Guy	Oprah Winfrey	George S.	Cyberchas	Judge J.	Oprah Winfrey	Criminal Minds	Deal-Deal Deal No	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob OddParent	NHL Hockey: New Jersey Devils at Philadelphia Flyers.	Ellen DeGeneres Show	Daily Planet	Phineas Wizards	Chuck (N)	CSI: Crime Sen	Re-Vamped
5 PM	Payne	Early News	(4:57) Martha	BBC News Business	News (N)	News	Intervention "Greg"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob iCarly	Devils at Philadelphia Flyers.	CTV News at Five (N)	MythBusters	Suite/Deck Zoey 101	The Bachelor: On the Wings of Love (N)	CSI: Crime Sen	Parking
6 PM	Law & Order: SVU	Global Nat. News	Mechanics Dogs	PBS NewsHour (N)	News (N)	News	Intervention "Marquel"	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	SportsCentre (Live)	CTV News (N)	Breaking Point (N)	Wizards	Wings of Love (N)	CSI: Crime Sen	Flipping Out
7 PM	Movie: "Enough" (2002)	Ent	Eden Landscape	"Allo, 'Allo! Europe	Jeopardy!	The Doctors	Hoarders "June; Doug"	Ent	Ent	Heroes (N)	Wheel Jeopardy!	Scorpion	Hockey	etalk	Dirty Jobs	Sonny Suite Life	The Jay Leno Show (N)	CSI: Crime Sen	Launch My Line
8 PM	Jennifer Lopez, Billy Campbell.	House "5 to 9" (N)	Art of the Heist	Antiques Roadshow (N)	Chuck (N)	How I Met Purpose	Paranormal	The Bachelor: On the Wings of Love (N)	House "5 to 9" (N)	House "5 to 9" (N)	18 to Life Mosque	Malcolm Chris	Sports Record	Human Target "Run"	Daily Planet	Overruled! Montana	EP Daily	CSI: Crime Sen	ET Canada
9 PM	Movie: "Enough" (2002)	24 (N) (PA)	Power of Art	American Experience	Heroes (N)	Two Men Big Bang	Intervention "Greg"	Castle (N)	24 (N) (PA)	24 (N) (PA)	Vancouver Welcomes	8 Rules What I Like	Speed SnowTrax	MythBusters	Wizards Buzz	Rock of Love Bus	Real Vice	Parking	
10 PM	Jennifer Lopez, Billy Campbell.	Heroes (N)	Black Coffee	Blueprint America: Beyond	The Jay Leno Show (N)	CSI: Miami (N)	Intervention "Marquel"	Castle (N)	News Hour Final (N)	News Hour Final (N)	National	Family Biz Indie	The Great Tournament	CSI: Miami (N)	Dirty Jobs	School Cory	Coach Judge	CSI: Crime Sen	Flipping Out
11 PM	CHBC News Final (N)	Sombrio	Motor	Crown	Tonight	Letterman	Hoarders "June; Doug"	News	News Hour Final (N)	ET Canada	(11:05) The Hour	Prank Pirl Fries That?	SportsCentre (Live)	CTV News	Breaking Point	So Raven Life Derek	Home Imp. Role	Unsolved Mysteries	Launch My Line

Monday Movies

EVENING

7:00 pm WTBS (3) ★★"Enough" (2002, Suspense) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband. (E)

9:30 pm WTBS (3) ★★"Enough" (2002, Suspense) Jennifer Lopez. After running away fails, a terrified woman empowers herself in order to battle her abusive husband. (E)

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in memoriam

in memoriam


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CELEBRATE PRINCETON'S 150th WITH THIS UNIQUE SOUVENIR

Free 'Thank You' Concert



Patty Ann Harrower performs during the January 23rd free concert at Riverside Centre hosted by Princeton Crisis Assistance Society thanking resident for support of the Christmas Hamper Drive.



Performers included Corry Oerlemans, above, Jazz on 3, Eh? and others. All Photos: Dawn Johnson



Alan Kovaltsenko performs during the free concert. All Photos: Dawn Johnson

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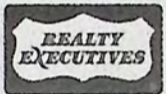
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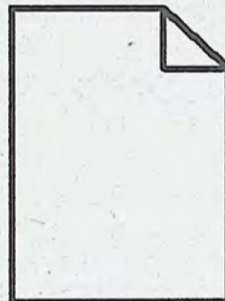
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Editorial Page News Leader

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My Turn...

The \$100,000 Challenge

The Town of Princeton has shown the rest of British Columbia that we have what it takes to come out on top following last week's announcement that we are, without a doubt, GamesTown 2010.

When you consider the peaks and valleys this town has experienced it's about time we had a few really good things to celebrate.

With the 'Gold Medal' GamesTown 2010 victory comes a \$100,000 cheque from the Province of BC (or more accurately, from you and me) to be spent on recreational facilities in the community.

Since you and I contributed to the grand prize, where would you like to see it spent?

I know what I'd like to see and it is NOT an aquatic centre or swimming pool.

I think it's time we pressed the Town of Princeton (and ultimately the Recreation Department) to spend the \$100,000 on finishing some unfinished projects that are recreational in nature.

My first choice would be to toss a bunch of it at the arena.

It's due for something other than cosmetic changes.

Sure, a realtor will tell you the number one way to improve the curb appeal of your property is a paint job.

The arena needs a lot more TLC than buckets of paint getting spilled all over it.

There have been huge improvements over the past few years to (among other things) the washrooms, change rooms and the ice resurfacing machine garage but what about the leaky roof, sound system and outdated circa-1970 interior?

There's a huge opportunity waiting for someone to fling some big bucks at it including seating on more than just one side of the ice surface.

But that's just one idea.

My selfish choice would be an all-season running track somewhere easy to get to and use regardless of the weather. Something like that would make me get off my ass once in a while for a light jog or intense run where rain, snow or darkness wouldn't deter me from my goal of getting back in shape (or at least alter my current blobbish form) before I turn 50.

Yes, I'm still not 50 but I sure feel like I am. I know I can go from zero to cranky a lot faster than I used to so it much be something to do with my age.

I'd also like to see more work done to establishing walking trails around the community that would run off of and eventually join up with the already well-established Trans-Canada Trail, which already slices through the community.

I'd like to see major improvements to all outdoor recreation facilities. This would include all outdoor basketball courts and every neighbourhood park within the Town Limits. If at least a couple of the larger parks in the area had lighting and something other than just swings and giant tires they may get used more.

I'd like to see the former school field below Riverside Centre used for something other than growing grass. Maybe it would be a good place for the bicycle safety park that was once kicked around which would partner just nicely with a small scale BMX/bike track complete with jumps and obstacles - another project that never really took wings.

Now that we have \$100,000 to spend (don't forget, you and I paid for it so we should have some input) on recreation facilities, let's do just that by showing the rest of the province we can also be first in finishing a number of unfinished or shelved projects that would benefit the community as a whole.

That would be my \$100,000 shopping spree which, I'd like to point out, did not have anything water related on the list.



Dr. Lawrence Anderson spoke to Princeton Rotary Club during their regular weekly luncheon meeting January 26th about his upcoming book titled, "Nutrition and Your Health."*

...Your Turn

Congratulations from Kamloops

As a resident of Kamloops I would like to congratulate the town of Princeton for your 1st place finish in the "Gamestown" contest. I would also like to apologize for the stupidity of our

Letter To The Editor

Alex sends thanks

Dear Editor,

I would like to thank Dawn Johnson for her latest column dealing with seniors' health.

Having just reached the "ripe old age of 65", I very much appreciate her advice.

Proper nutrition, exercise and an active mind are the key ingredients

Premier in making the announcement of the winners in the city of the 3rd place finisher.

Obviously the Premier was trying to score political points by making the announcement the day the

for those of us moving into the final few decades of our life.

Thanks again, Dawn.

I enjoy reading all of your columns.

Keep up the good work and I appreciate the helpful hints.

- Alex Atamanenko, MP
BC Southern Interior

Olympic torch arrived here. Given the enormous gap in populations between the cities of Kamloops, Prince George and Princeton, it makes your victory all the more stunning and should have warranted a visit by the Premier to your community.

Not lumped in with the passing of the Olympic torch relay through Kamloops.

- John A. Seymour, Kamloops



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

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

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

Current Comment

A Question Of Freedom



Dawn Johnson
editor@thenewsleader.ca

Christmas is past and Easter is some time away, so now is a good time to discuss the question of freedom of religion. In Canada, we are free to worship as we see fit. That's why I really resent people who try to persuade me to follow their beliefs.

I am not referring merely to those religious people who come to the door with reading materials. I am referring to people who really believe there is some kind of spiritual superiority in belonging to their church or their religion. This presumption of superiority bothers me.

I know one Jewish woman who has an acquaintance who keeps trying to turn her into a Christian. This does seem rather odd to me, considering most churches preach all kinds of things from the Old Testament, which is definitely a Jewish document.

The fine line between Islam, Judaism and Christianity is not obvious when you look at the way the world is now, but if you look at some of the customs, the resemblance shows up. We may think it is strange that Islamic women cover their hair, but this is an old Jewish custom and an old Christian custom. In fact, if you look at some of the headgear of Islamic women, it closely resembles the wimple worn by Christian nuns.

Many old-fashioned Christian sects insist women cover their hair, and it was not so many years ago that a Christian woman of our time was not to enter a church with her hair uncovered. People take these things very seriously, even though they are merely customs.

Islamic men and women are separated in the mosque, just as the Jewish men and women were separated in the synagogue, and

just as many of the old-fashioned Christian sects separated the men and women in the church.

Among Buddhists, there are monks. In all religions except the Quakers, there are priests or the equivalent thereof. It seems there is, in every organized religion, those people who lead and those who follow.

All of these groups think they have found the only way to worship. Nearly all of these groups will tell you there is only one God, and they are willing to fight and kill others who do not worship this one God in the same manner.

I wonder what God thinks of that kind of behaviour.

Our Constitution says we have freedom of religion. This freedom is limited, as we do not tolerate any religion that breaks our laws. Even though this religious freedom is enshrined in our Constitution, there are many Canadians who do not believe individuals should have that freedom. They do not simply try to convert others to their own way of worship, they look down on others. A follower of the Roman Catholic church may look down on all other churches, and a good Muslim may frown on any other religion.

There is an attitude of self-righteousness among the most religious people of one faith that tells them they are somehow more blessed, or smarter than, people of other faiths.

I am not suggesting people should not believe in some sort of code of conduct, nor that everyone should believe we are merely animals destined to live

and die without any spiritual qualities. Religion serves a purpose. Along with law, it helps us develop codes of conduct that support good behaviour, most of the time. It is when religion becomes fanaticism that the code of moral behaviour is tossed into the dirt and people start dying at the hands of fanatics.

I suspect what is behind all religious prejudice is the fear that the God we personally believe in and the religion we personally follow may not be superior to that of others.

When we look down on somebody else's belief system, and try to persuade them to switch, aren't we merely trying to reinforce our confidence in our own rightness?

In all my life, few people have ever asked me to share what I believe in. In my view, they are the only people who showed respect for what I believe in. I know they do not believe what I believe, but they were genuinely interested in my beliefs, and interested in finding parallels between what they believe and what I believe.

To me, this is an example of how we should behave in a society which guarantees freedom of religion.

Each of us tries to find a path to God, a way to connect the light of the individual soul to the greater Light. We owe each other respect for trying to find the path to being a better person.

What really rankles is when somebody acts as if there is only one path, and they are the only ones who have found it, and everybody else is inferior.

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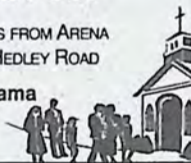
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Skate-A-Thon participants pause for a photo. - photo submitted

Figure skaters celebrate successful skate-a-thon

Princeton Figure Skating Club Canskate A & B participants took part in a Skate-A-Thon recently hosted by the club.

In Canskate A Noah Vandergulik completed the most laps while Aivry Thomas and Taelah Thomas brought in the most pledges.

In Canskate B Devon Harrison finished the most laps and most pledges were collected by Shambree Reichert.

In Junior Starskate Hanna Gould did the most laps with Danika Sulentich earning the most pledges. In Senior Starskate Taylor Kostiuik

finished the most laps and also collected the most pledges.

Princeton Figure Skating Club thanks everyone who supported and helped out during the skate-a-thon and remind you their upcoming Skating Carnival is set for February 28th at Princeton Arena.

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Judy Short, right, listens to Keremeos student Kelsey Colpitts make a point during the January 30th Sustainable Similkameen Project planning session in Keremeos. *

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Go, Posse, Go!



Vermilion Forks Elementary School band performs at a recent school assembly. *

Field Naturalists prepare for new year

The Annual General Meeting of the Vermilion Forks Field Naturalists will be held on Tuesday, February 9th at 7:00 PM at Riverside Centre. All members are invited to attend. The evening program will be presentations of members' experiences throughout 2009.

One of our members sighted an unusual guest, on Sunday, January 10th. Madelon Schouten while driving to Princeton on the Princeton-

Summerland Road, sighted a Snowy Owl on top of a telephone pole.

This is a very exciting find, as while this bird is not uncommon in the Lower Mainland where they often arrive in the winter, when their food source in the Arctic is poor. Princeton has had only about four sightings over approximately 50 years.

The bird was found near Separation

Lakes and looked to be an immature Snowy Owl. The Snowy Owl is an Arctic species, diurnal and most often is seen sitting on a rock or tree stump.

It's main food is lemmings, which of course we do not have here. Sad to say, it is quite likely this bird will not survive. Maybe if we all keep an eye out and find it weakened, but still alive, it could be taken to the Rehabilitation Centre in Oliver.



Vermilion Forks Elementary School band member takes her role seriously. *

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In a close knit community such as ours, it has been proven time and again that success can be accomplished when we all work together. Now that the season of giving has come and gone, we'd like to refresh your memories as to the need of many in our area.

Please give generously by dropping off any gently worn clothing, staple items and non-perishable food at our office in the Princeton Plaza.

We'd be pleased to pass your donations along to the Princeton Crisis Centre.

Thanking all of you in advance for all you do to make Princeton a proud community!



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