



Similkameen

News Leader

75¢

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Tuesday, February 9, 2010



The 2010 Olympic Torch Relay passed through Princeton February 7th along Bridge Street and up Vermilion Avenue. Ceremonies at Veterans Square welcomed the torchbearers to Princeton. *

Local air quality check begins

Town Council is in favour of having an air quality measuring device installed on top of the fire hall this spring. In a telephone interview with Ralph Adams of the Ministry of Environment, Council learned the machine will provide a baseline of data for downtown Princeton. The device, called a Partisol, is designed to measure particles in the air.

poses a two year period of daily measurements. Adams said Council may have access to the averages in perhaps six months, but the most accurate air quality evaluation is based on one year, as particulate matter readings can change with the weather and with the seasons. Depending on measurements, further tests may be done.

The Ministry of Environment pro-

..... continued on Page 8

Legion honours members

Members of Branch #56 of the Royal Canadian Legion gathered at the Legion Hall February 5 for a potluck supper and an evening of awards.

This is an annual event in which Legion and Ladies Auxiliary members are honoured for their contribution to the Legion.

Longtime Legion member Ray Jarvis received one of the top honours, becoming a Life Member. This honour is awarded by Ottawa for an outstanding member nominated by the Branch. Jarvis has been Legion President for three terms, inheriting a big debt, and implementing measures to bring down the debt.

He faithfully called bingo year after year and began Superstar sports day. In the community, Jarvis has served nine years on Town Council, several years on the Board of Directors of

Community Services, and has been President of Senior Citizens Branch 30.

Another special award went to a much younger person, Daniel Kostiuk, a local student who entered the Remembrance Day literary contest.

He won first prize for Branch #56 and second prize in the Okanagan-Similkameen for his poem. He read the poem to the crowd. It was excellent.

Certificates of appreciation were given to those who assisted in raising money for the Poppy Fund. Ladies Auxiliary members receiving certificates were Ann Bauder, Arlene Marsel, Beryl Olson, Gail Madill, Eleanor Sinclair, Norma Kraetor and Charlene Longdo.

For the Branch, recipients were Karen Norrington, Laura Haw, Robert Clark, John and Liz Kightley, Kathryn and Cliff Glover, Carl and Faye Niska,

Doreen Sheaves, Jean Bowles and Chuck Whitlock.

A special award went to Jim Turner and Bud Sadegur for going to the schools to talk about Remembrance Day.

Certificates of appreciation went to Vermilion Forks and John Allison Elementary Schools.

Some Legion members take on jobs not on a list of official duties. These people received certificates of appreciation: Patty and Gerry Rodgers for Christmas decorations; Tom Parsons, Keith Parsons and Hans DeVos for calling bingo, John Haayer for the Diamond Dinner and other fundraising; Chuck Whitlock for Beef on a Bun suppers and more; Jean Lindsay for organizing the kitchen; Dave Gilham for welding jobs and Bud Sadegur for doing the news letter and obtaining a grant for cenotaph restoration.

The remainder of the awards were service pins.



Legion Life Member Ray Jarvis and wife Betty. Photo: Dawn Johnson



Similkameen

News Leader THIS WEEK:

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Student of the Month for January is Kiana Paterson. The Grade 10 student was nominated for her hard work and dedication to course development in her role as Teaching Assistant in the Computer Applications Program. Student of the Month is sponsored by PSS PAC. *

Campaign reaches \$1.7-million

The CT Scan campaign was a complete success! The goal; to raise \$1.7 million dollars for a

new state of the art CT Scanner for the Penticton Regional Hospital. Private individuals,

Auxiliaries, Service clubs and businesses all came together to donate the much needed funds.

Campaign Chair Walter Despot, said, "this is fantastic news for the 90,000 people in the region who will use the new CT Scan. Every dollar brought us closer to the goal. We want to sincerely thank everyone who made a donation towards this important campaign."

The South Okanagan Similkameen Medical Foundation (SOSMF) officially launched the campaign last June to replace the current, aging CT Scanner at Penticton Regional Hospital (PRH).

The CT Scan is used up to 50 times each day for diagnostic examinations of the head, neck, chest, abdomen/pelvis and bones. Along with diagnosing infections, problems with the heart and strokes, appendicitis and internal injuries which cause bleeding, the new CT Scan will deliver a minimum of 40% less radiation.

This week, a medical team from PRH are visiting other major hospitals across Canada to see the new technology in CT Scans available, which will help them make the decision regarding the best machine for the Penticton Regional Hospital. The goal is to have the machine operational by August, 2010.

Ken Jaggard, Board Chair, said, "there are still many pledges outstanding and people will be continuing to raise funds for the CT Scan. We want to thank everyone who made a donation towards this incredible campaign and for helping us make sure our regional hospital has state of the art technology."

PUBLIC NOTICE

RECALL AND INITIATIVE ACT

This Notice is published pursuant to section 4 of the *Recall and Initiative Act*.

Approval in principle has been granted on an application for an initiative petition. The petition will be issued to proponent William Vander Zalm on Tuesday, April 6, 2010 and signature sheets must be submitted to the Chief Electoral Officer by July 5, 2010.

The Title of the Initiative is:

An initiative to end the harmonized sales tax (HST).

Summary of Initiative:

The purpose of the initiative draft Bill is to declare that the agreement between the federal government and the British Columbia government to establish a harmonized sales tax (HST) is not in effect. The draft Bill would reinstate the 7% provincial sales tax (PST) with the same exemptions as were in effect as of June 30, 2010 and establish the provincial sales tax as the only sales tax in British Columbia for the purposes of raising provincial revenue. The draft Bill proposes that it be effective retroactively to June 30, 2010. The Bill also proposes that the provincial share of HST revenues received between June 30, 2010 and the date of Royal Assent of the Bill that exceeds what would be collected under the PST rules as of June 30, 2010 would be reimbursed to British Columbians on a per capita basis.

Opponent Registration:

Individuals or organizations who intend to incur expenses as opponents must apply for registration with the Chief Electoral Officer by Monday, March 8, 2010. Registration applications for opponents are available from Elections BC.

Initiative Advertising:

Individuals or organizations who sponsor initiative advertising, other than the proponent and registered opponents, must register with the Chief Electoral Officer before they conduct or publish initiative advertising. Registration applications are available from Elections BC.

Who May Sign the Petition:

Registered voters as of Tuesday, April 6, 2010 may sign the Initiative petition. Individuals may only sign the petition once, and must sign the petition sheet for the electoral district in which they are registered at the time of signing. Signed petitions are available for public inspection.

For More Information:

The initiative application and draft Bill are available for public inspection on the Elections BC website and at the Elections BC office at the address below.

Location:

333 Quebec Street, Victoria, BC

Mailing Address:

PO Box 9275 Stn Prov Govt, Victoria, BC V8W 9J6

Phone: 250-387-5305

Toll-free: 1-800-661-8683

Fax: 250-387-3578

Email: electionsbc@elections.bc.ca

Website: www.elections.bc.ca



www.elections.bc.ca / 1-800-661-8683

Welcome to the Year of the Tiger

February 14 is Chinese New Year. Chinese astrology runs in 12-year cycles corresponding to the movement of Jupiter in our heavens. Each of the 12 years is given a name. This year is the Year of the Tiger.

People born in the Year of the Tiger will have a great year, despite the fact that Tiger years are generally full of political unrest, catastrophes and turbulence of all kinds. During a Tiger year, it is good for everybody to look before they leap, no matter what year they were born. Tiger years are notoriously unpredictable and full of danger. Individually, we may have to confront an open enemy. This is a year to test your strength and stamina. The Chinese have an old saying about the "paper" Tiger. Sometimes Tiger years bring out the people who lead the fight for causes that turn out to be as transparent and insubstantial as a piece of rice paper. Watch out for paper Tigers this year.

With that said, what if you were born in the Year of the Tiger? Tiger years were Jan. 1938 to Feb. 19, 1939; Feb. 17, 1950 to Feb. 6, 1951; Feb. 5, 1962 to Jan. 25, 1963; Jan. 23, 1974 to Feb. 10,

1975; Feb. 9, 1986 to Jan. 28, 1987 and Jan. 28, 1998 to Feb. 15, 1999. If you were born in any of those Tiger years, you are a generous person, well-mannered, brave, active, broad-minded, lucky, strong, a deep thinker, and full of your own authority. You can also be vain, rash, stubborn, rebellious, hotheaded, and definitely one who can make a leap of faith into the chasm of the unknown. This is your year.

Tiger people will enjoy this year. It can be life-changing for them. They can launch big projects. If they can visualize a venture, or an adventure, they can succeed. All you Tigers have to do is formulate a plan of action and go for it.

This does not mean Tiger years are comfy for those born in other years. For example, if you were born in the Year of the Rat (1936, 1948, 1960, 1972, 1984, 1996, 2008), don't meddle in other's business this year. Rats like security, and there is nothing secure about the events of a Tiger year. Keep a low profile and stick to doing what you do. Just observe what others are doing.

Year of the Ox (1937, 1949, 1961, 1973, 1985, 1997, 2009). If you were born in the Year of the

Ox, you may feel a strong anger and frustration about the events of a Tiger year. You like to follow a steady, routine pattern and this year will knock you out of your routine. Keep your temper, act with prudence and do not resort to violence.

Year of the Cat (1939, 1951, 1963, 1975, 1987, 1999). People born in the Year of the Cat (a.k.a. Rabbit) prefer life to be comfortable and peaceful. You don't like to alter your way of thinking nor your lifestyle. This year will force changes upon you and you may have to rethink a lot of things. Don't let this Tiger year throw you into a hissy fit: the Tiger is a lot stronger than the Cat. Do what Cats do best: you've got nine lives, so survive.

Year of the Dragon (1940, 1952, 1964, 1976, 1988, 2000) People born in the Year of the Dragon will do just fine this year. Dragon people like Tiger years and Tiger people. Tiger years stimulate the Dragon sense of adventure and their need to stand out in the crowd, which they can do very well this year.

Year of the Snake (1941, 1953, 1965, 1977, 1989, 2001) If you were born in the Year of the Snake,

you may be exhausted by the end of this year. It's going to be way too lively for your taste. You would prefer to be the onlooker who watches the parade go by. Sorry, you might have to work at that onlooker role this year!

Year of the Horse (1942, 1954, 1966, 1978, 1990, 2002) People born in Horse years are in for a year of changes. Horse people can make big decisions this year, and the Tiger year will support them. Horse people are due for some changes anyway.

Year of the Goat (1943, 1955, 1967, 1991, 2003) If you were born in a Goat year, this may not be your happiest year. You are going to keep a low profile and do some serious planning for next year. Goat people like to be elegant and gracious, but a Tiger year will stir up the dust and make things messy. The best you can do is try to avoid the messes.

Year of the Monkey (1944, 1956, 1968, 1980, 1992, 2004) People born in a Monkey year may actually enjoy a Tiger year. They can sit back and watch the show or they can join in the fun. People born in a Monkey year like a lot of things going on at once, and this is a great year for it. If they do not

join in the action, they may be unhappy at being left out.

Year of the Rooster (1945, 1957, 1969, 1981, 1993, 2005) People born in the Year of the Rooster like to have something to crow about, and there may be just too much to crow about this year. In fact, the Rooster may become hoarse and tired from all that crowing by the time the year is over. Roosters may need a good rest.

Year of the Dog (1946, 1958, 1970, 1982, 1994, 2006) Those born in the Year of the Dog are often left on the sidelines, paid little attention and generally overshadowed by others. Not this year. You can shine in a Tiger year. You can team up with a leader of a good cause and the world will sit up and take notice. You can gain stature this year by following the right leader, or bite the dust following a paper Tiger.

Year of the Pig (1935, 1947, 1959, 1971, 1983, 1995, 2007) People born in the Year of the Pig (Boar) admire the good deeds of Tiger people. They have no fear of the uproar and action of a Tiger year. They can get in there where the action is and root hog or die. Expect to have plenty of action this year.

PUBLIC HEARING NOTICE

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 Part 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 p.m. in Council Chambers, Princeton Town Hall, 169 Bridge Street, Princeton, B.C.

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 these bylaws 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 a.m. to 4:30 p.m., 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, B.C.



PRINCETON'S OLYMPIC DAY THANK YOU

The Princeton Olympic Committee wishes to thank the Princeton residents and organizations for all their efforts in helping make the Princeton Olympic Day a time of community spirit. Thank you to the Royal Canadian Legion for the great breakfast, Town Crew for all their support before and after the Olympic Torch Relay, Mr. Smith's VFE grade 6 class and Miss Robbie's JAE fine art classes for the wonderful Olympic Street banners, C.O.P.S and Princeton RCMP, PARTY, Princeton Ambassador Alyssa Larsen, Patrick Robins, Town Council, Bonnie LeClaire and Shania Bertucci, Princeton Girl Guides, Terry Malanchuk, Andrew Nordequist, Shauna Hassell, Princeton's Search and Rescue, Princeton Community Band, Auto Tac, Bob's Uphostery, Inuit Singers and Demonstrators-Bernice Kunderman, Karen Panigoniak and Inuuyaq (Leslie) Dean, Lisa and Kevin Thompson, K&M Trucking, Princeton Posse, Peach City Runners and VFE for ski equipment, Mimi Kruz and her dog sled team, Lorraine Stubbins, Santos Restaurant, Argo maintenance, Lynch Bus Lines, Nadine McEwen, Sharon Anderson, Kelley Cook and all the hard workers from the China Ridge Trails Association who made our day a time of community celebration and the sharing of unique Canadian Culture. Financial support from Ministry of Tourism, Culture and the Arts, Heritage Canada, and Princeton Leaders for Literacy made this day possible.

2010 BUSINESS LICENSES

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

GamesTown 2010



Princeton Town Hall News

RECREATION AND CULTURAL DEPARTMENT

Town of Princeton Community Recreation and Culture Services offer unique activities for all ages. Sign up today for the following programs beginning in February:

| | |
|---|----------------|
| Family Reading & Activity Circle (K-Gr.3 + Adult) | FREE |
| Thurs. JAE School Feb. 25 Ongoing | 6:00-7:15pm |
| Youth Drop In Sport (Gr. 8-12) | \$2.00 drop in |
| Thurs. VFE Gym Ongoing | 7:00-9:00pm |
| Advanced Clay for Kids (Gr. 4-7) | 6 classes/\$78 |
| Wed. Riverside Centre Feb. 10 | 3:30-5:00pm |
| Adult/Youth Pottery Class Feb. 16 | 6 classes/\$90 |
| Tues Riverside Centre \$15.00 materials | 6:00-8:00pm |
| Adult/Youth Mosaic Workshop | 2 Days/\$95.50 |
| Sat/Sun Riverside Centre Feb 27 & 28 | 10am-2pm |

Registration is required a minimum of one week prior by calling the Princeton Community Recreation and Cultural Office at 250-295-6067.

RIVERSIDE MOVIE THEATRE

Saturday Matinee February 13

WHERE THE WILD THINGS ARE

An adaptation of Maurice Sendak's classic children's story, where Max, a disobedient little boy sent to bed without his supper, creates his own world—a forest inhabited by ferocious wild creatures that crown Max as their ruler.

Rated: PG

Doors Open at 1:30pm Showtime: 2:00pm

\$5.00 at the door 148 Old Hedley Road

Call the movie hotline at 250-295-6067 line 2.

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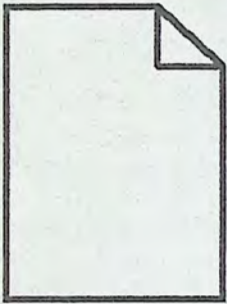
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Keremeos News



This is a common sight along Highway 3 in the Keremeos area. Photo: Brenda Engel

Similkameen Sustainability Strategy makes progress

by Melanie Bagley
Community Liaison Project Manager for the Sustainable Similkameen Project

"We're at the bottom of the food chain and usually we're dumped on and have very little say in what we have to do," said Mayor Walter Despot at the January 30th Sustainable Similkameen Project panel meeting. Mayor Despot was describing the frustrations of local politicians regarding Federal and Provincial decisions which impact on local communities.

In Mayor Despot's opinion, 95 percent of local politicians work towards sustainability, however, they are hampered by Federal or Provincial regulations which are difficult to implement and take time, money and resources.

"Senior governments are going to break the taxpayer," said Despot.

Increasing local politicians' and residents' input into policy making is one of the areas that the

Sustainable Similkameen Project panel is looking into.

Volunteer panel members also discussed the huge importance of volunteers in the community. Without volunteers, safety, security and tourism would be affected. "What happens to a community if there are no cultural events? It would hurt the cultural fabric of the community," said Princeton resident and business owner, George Elliott.

Giving the example of grads helping with the Similkameen Sizzle, high school student panel members, Kelsey Colpitts and Satinder Lidher, explained that local youth volunteer in the community and would be prepared to help more. Students need more information on what's needed in the community and encouragement to participate.

Despite difficulties in moving towards sustainability, progress is being made.

There are several examples including the Organic Farming

Institute (OFI) which is up and running and is proving to be a success. The OFI is one of the Similkameen Valley Planning Society's (SVPS) projects.

The SVPS, a unique partnership that includes the municipalities of Keremeos and Princeton, the Lower Similkameen Indian Band, the Upper Similkameen Indian Band and Electoral Areas 'B', 'G' and 'H' of the Regional District of Okanagan-Similkameen, was formed in the spring of 2003. According to Despot, among the many benefits of the SVPS is that its members have acquired a lot of understanding and respect for their neighbours.

Another example of progress is the Princeton Skills Centre. Marilyn Harkness, Princeton Councillor, explained that the centre provides many valuable services including offering further education and skills applicable to jobs and starting businesses.

The panel identified what they considered were the main strengths and weaknesses of the valley. These will be used in a strengths-weaknesses-opportunities-threats analysis, which will then be used to write the Similkameen's sustainability strategy.

The sustainability strategy will be presented to Similkameen Valley residents for input on the evening of Saturday, March 20, at the Victory Hall in Keremeos.

For future information on this project including notes on meetings, media releases and a form to submit ideas and request to be put on the e-mail list, visit the Sustainable Similkameen Project website: www.rdos.bc.ca/ssp.

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USIB Council welcomes visitors at the grand opening of the new administration offices in Hedley. From left, Councillor Carmelita Holmes, Chief Richard Holmes and Councillor Mason Squakin. Photo: Dawn Johnson

USIB comes home to Hedley

Last Friday was a day of immense satisfaction and pride for Upper Similkameen Indian Band (USIB). The Band opened its new administration headquarters in Hedley with tours for the public, coffee and snacks.

The move to Hedley was seen by Band Council as a homecoming. Chief Richard Holmes welcomed everyone to the grand opening and remarked on the importance of having the administration office close to the people it serves. Councillor Carmelita Holmes said the move to Hedley will strengthen the community, and Councillor Mason Squakin encouraged everyone to see the move as positive for the community.

Until a month ago, the administration offices were in Keremeos. The cramped quarters and lack of comfort made every day a challenge. The archaeological section moved to Hedley two years ago to have more space. Last month, the contents of the Keremeos office were packed into boxes and trucked to Hedley, where the Band had prepared the top floor of the Mascot Mines Tour building to accommodate the offices.

Chief Richard Holmes estimated seven years of work had gone into the building. The first phase was the money-making mine tours project, but the vision of having the office in the top floor was never far from

mind.

The administration floor is reached by stairs or elevator near the main entrance. The offices are spacious, but the greatest asset is the conference room, big enough to hold the entire Band and more. It can be used for conferences, seminars and special occasions. A small kitchen with a pass-through to the conference room makes luncheons and banquets possible for special occasions. According to the employees and Band Council members, the biggest asset during a work day is the windows. The former offices in Keremeos offered little in the way of a view outdoors, and no sunlight to speak of. The new offices have the big old windows of the former school building.

It is hard to describe the amount of labour that has gone into the building since USIB gained possession. Workers describe removing layer after layer of linoleum and carpet to expose the original hardwood floors, which have been sanded and finished to a golden glow. Old wainscoting was revealed and lovingly restored. The old heating system was removed and a new forced air system put in place. The window frames were sanded, repaired and painted. New wiring is in place to service present computer technology. The Band received a grant to make the new

facility an Olympic Live Site, which will go into operation on Friday for the Olympic opening ceremonies, and the entire community is invited to attend and watch all the Olympics. This is the beginning of a new phase for USIB but it is not a time for sitting back and taking life easy for this go-ahead group. They have a vision of what they could be and what they could do. The new administration offices are just another benchmark of achievement.



Mary Hogan greets visitors at the reception desk in the new USIB administration headquarters. Photo: Dawn Johnson



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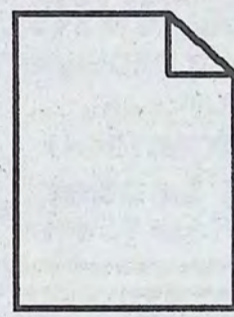
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Health / Lifestyle News

Clock is ticking on your retirement

by Sarah Kingdon (NC)—No matter what your age, it's never too early or too late to start thinking seriously about retirement. **Your 20s – pain-free saving** This is the decade marked by education and entering the work force. It's a perfect time to put disposable income to work in an RRSP. "Investing in an RRSP is valuable because not only do you save for your future, you can reduce the income tax you pay today," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp. "The earlier you start contributing, the more time you have on your side to compound interest and re-invest gains, which grow tax free in your RRSP portfolio until you retire and

begin to withdraw the money." **Your 30s – the debt decade** It's the decade when most Canadians take on substantial debt through the purchase of a home and starting a family. Don't let debt and interest payments overwhelm your retirement planning. Reduce your spending, consolidate your debt with the lowest interest rate possible and set up a plan to pay off outstanding loans. **Your 40s – how much is enough?** Make retirement savings your top priority. Aim to save at least 15 per cent of your gross annual salary each year for retirement. Develop a retirement plan with your financial advisor and stick to it. Diversify your portfolio by asset class, geo-

graphical region, investment style and market capitalization. **Your 50s – the final lap** For many, the fifties are the peak earning years. Try and set aside a greater portion of earnings to ensure you have enough money saved to meet retirement goals. Review asset allocation. Are you being too conservative by putting a large portion of your assets in fixed income investments? Are you taking more risk than you're comfortable with by investing too heavily in equities? Speak to an investment advisor that you trust to figure out a financial plan that suits your risk tolerance. More information on investing is available at www.franklin-templeton.ca.

Tips on how to donate wisely

(NC)—Think about the last time you made a charitable donation. Odds are you were approached by a friend, neighbour, or co-worker, and you made a donation based on the amount of cash you had on hand. You probably gave little thought to how the charity would use your money. Next time, why not turn your good intention into a wise move by using the tips below.

Plan your giving Make charitable donations a part of your budget, and use the Canada Revenue Agency's Charities Listings at www.cra.gc.ca/donors to find a charity that is right for you. **Determine whether your donation is eligible for a tax credit** Registered charities and qualified donees may issue official donation receipts for gifts of money and goods. With these receipts, you can reduce your taxes when you file your annual income tax return. To confirm whether a charity is registered, go to www.cra.gc.ca/donors. **Get to know your charities** Start by visiting your charity's Web site and reviewing their publications. Learn about their activities and how they are managed. **Review financial information filed with the Canada Revenue Agency** All registered charities have to provide the Canada Revenue Agency with detailed financial information each year. This information is available to the public at www.cra.gc.ca/donors. If

you have questions or concerns about the information, contact the charity for answers. **Ask questions** When you're asked to make a donation, ask yourself, "How will my money be used? Is the organization a registered charity?"

You have the right to say "no" Refuse to donate if there is inappropriate pressure to give immediately or you are offered a receipt for more than you actually donate. For more information, go to www.cra.gc.ca/donors or call 1-800-267-2384.

Living Past 100

Do This For Your Kids

Would you like to live long enough to see your kids grow up? What if somebody told you this is probably not going to happen unless you change your ways? Would you change? Most people would answer "Yes!" The reason this question is asked is due to the shocking increase in the number of people under 40 who are being treated for high blood pressure. High blood pressure is generally an indication that your arteries are being blocked by fat. Anyone who is under 40 and has high blood pressure is in danger of a serious heart problem. This is a life-threatening condition, not for today or tomorrow, but for the years to come. If you are a 35 year old man with two children ages 9 and 5, you might not live to see them grow up. Whether or not you have children, wouldn't you like to live past age 45? Wouldn't you like to live to collect your Canada Pension? Here are some things you can do to reduce your blood pressure permanently. First, stop eating fatty foods, especially those fries, potato chips, fat meats such as sausages. Stop eating trans fats like margarine and things containing lard, or any oil derived through heat processing. If your blood type is O, stop eating anything containing gluten, which means stop eating bread, cakes, cookies, crackers (unless they are rice crackers). Most cereals contain gluten except for buckwheat and rice cereals. Walk a lot, at least 1.5 km. a day, every day. Keep your weight below the upper BMI limit. Your doctor can explain this to you. Anyone with a BMI over 22 needs to lose weight. Don't smoke. Give up alcoholic beverages and soft drinks (high sugar content). You can have a glass of red wine now and then. Reduce your salt intake. One of the things salt does is increase blood pressure due to creating an imbalance between sodium and potassium. Potassium is found in potatoes, bananas, watermelon and most fruits and vegetables. Salt is found in all prepared and preserved foods including potato chips, ham, cheese, and ready to serve meals. Become accustomed to cooking without adding salt, and banish the salt shaker from your dining table. Maybe you hate the idea of doing all these things to lower or prevent high blood pressure. It's better than the alternative.

Go, Posse, Go!

Go, Posse, Go!

This Week - 5 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - February 8, 2005

A whiner, foreman and a thief

Similkameen News Leader

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KORREKOS NEWS
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TV Guide

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Spring has

Riding gear goes missing



Helen Bibby cuddles a hamster during the 4-H Open House held last Thursday afternoon in the Arena Mezzanine. There were numerous displays, plus information available to attract new members.

\$10,000 worth stolen from PXA

Whiner's RCMP are looking for assistance from the community to report by a truck and enter in the Princeton Exhibition Grounds. Sometimes during the evening hours of February, the RCMP are looking for help into the Princeton rd.

Helen Bibby was on the front page of the February 8, 2005 issue of the Similkameen News Leader. She was cuddling a hamster during the 4-H Open House held the week before at the Arena Mezzanine. *

Five years ago this week the main headline story in the Similkameen News Leader was in reference to \$10,000 worth of riding gear stolen from the Princeton Fairgrounds in addition to other acts of vandalism.

"The thieves must have utilized a vehicle during the commission of this offence and we are hoping someone may have noticed something suspicious some time that evening," Princeton RCMP Detachment Commander Sgt. Kurt Lozinski stated at the time.

Six months before, on August 5, 2004, the property was hit by vandals who raced around on the horse race track with ATVs and broke into a storage room on top of the grandstand.

Lloyd Forman was a name soon to be somewhat familiar to local residents this time five years ago. Forman won the nomination as Liberal Candidate for Yale-Lillooet, in effect, replacing Dave Chutter as the province moved towards another election.

"I am looking forward to listening and serving Princeton over the next four years," Forman told the News Leader at the time.

Forman never got a chance as the NDP's Harry Lali steamrolled his way back to Victoria. Lali referred to Forman as a "die-hard Gordon Campbell loyalist" and sliced the Liberals in typical Lali fashion with the comment:

"This is the third provincial election in a row that the local Liberals

have managed to field a relic from the old Social Credit to run against me. It's Back to the Future: Part III."

Princeton 4-H Club hosted another successful open house five years ago this week. The group, which has seen its share of ups and downs, did not host an open house this year and there has been talk that the club may fold locally as a result.

The intersection of Highway 3 and Burton Avenue was an issue of concern five years ago. While a pedestrian-controlled crossing light has since been installed and further improvements were made last summer, the intersection is still considered dangerous.

Leading up to Valentine's Day 2005, Copper Mountain Bar & Grill opened their upstairs fine dining venture Ram's Head Restaurant. It was obviously slightly ahead of it's time as support overall was lukewarm over time. The location has recently been converted into living space.

Calling herself 'a local whiner' in a letter to the Editor five years ago, Joyce Fraser responded to a letter published the week before about the growing problem of deer within the Town Limits.

The deer problem still exists, but months ago the Town of Princeton adopted a bylaw against the feeding of deer in the community.

No word yet on any fines actually being collected, but the deer are still here.



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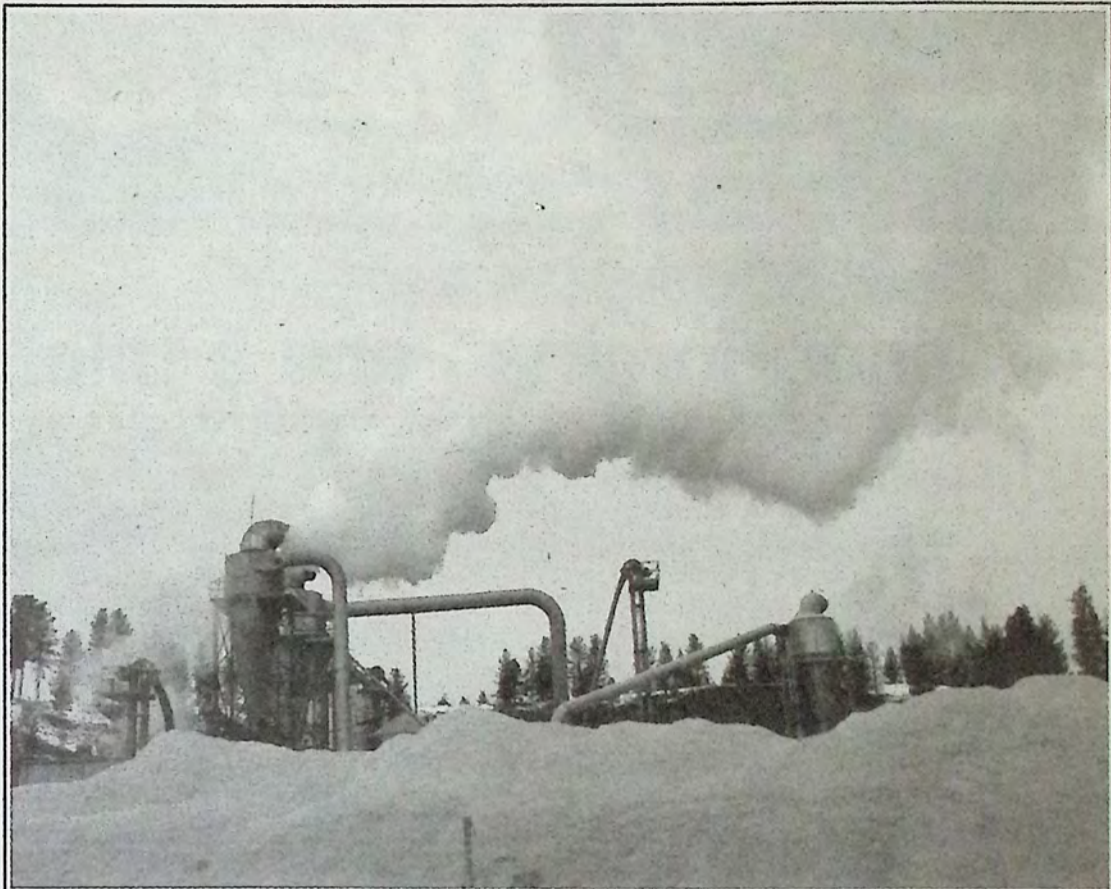


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How safe is the air we breathe in Princeton? Air monitoring equipment is coming soon. Photo: Brenda Engel

..... continued from Front Page
Members of Council and Area H Director Brad Hope expressed concern based on a background of citizen complaints about emissions from the local pellet plant. Hope reminded Adams of a report Adams made to Regional District saying the pellet plant had harmful emis-

sions. Adams replied there is a difference between measurements of what is being emitted and what is actually falling in the area. Measurements taken at the point of emission meet

standards established by the Ministry of Environment when it issued a licence to operate the pellet plant. The Partisol device will show how much particulate matter is dispersed throughout the town.

Personal crime climbs

RCMP Sgt. Dave Clare reported Princeton's fourth quarter crime statistics to Town Council on February 1.

For the last three months of 2009, person to person crime was up 28 percent. These crimes include assaults, threats and domestic violence.

Property crime was up 13 percent, due to auto theft, but the overall property crime rate for 2009 was down 20 percent.

Motor vehicle accidents were down 25 percent in the fourth

quarter, and down 32 percent over the year. These statistics come primarily from Highway 3 traffic.

There were six drug offenses in the fourth quarter.

Mayor Randy McLean commented on the statistics, saying a healthy lifestyle and activities for youth, as well as the DARE program, make a positive difference.

Sgt. Clare responded by saying, "The community has to take ownership of the problems we have."

He commented favourably on promoting a healthy lifestyle.

Mayor reflects on GamesTown

Mayor Randy McLean took a few minutes at the February 1 Town Council meeting to thank Lyle Thomas, Dierra Maynard and all those who wrote stories about Princeton to help our town win the GamesTown 2010 award. People who wrote stories will have an opportunity to receive one of the 22 tickets to the Olympics which were part of the prize.

A committee will be set up to decide how the \$100,000 cash prize will be spent.

Mayor McLean then began to reflect on the impact of being GamesTown B.C.

"It is excellent for marketing Princeton," he said, adding the townspeople may have to work at maintaining the happy, healthy lifestyle image.

One of the first steps takes place this week as the Thompson Rivers University students did interviews on Monday and begin the process of devising a tourism strategy for Princeton.

Princeton Rotary Club Proudly Presents:



Midwinter Wine Fest 2010



Saturday, February 27th
7:00 - 10:00 PM - Princeton Legion

- * Wine tasting from the Okanagan-Similkameen Wine Country
- * International Hors D'oeuvres
- * Bid for great items in the Silent Auction and Raffle (CASH OR CHEQUE ONLY)

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News Leader Entertainment

Similkameen News Leader TV Guide Listings - February 10 - 16, 2010

An inconsistent loss for Princeton

Princeton Posse played host to Nelson Leafs February 5th in what could only be called a very inconsistent game.

Both teams played extremely well, it was the officiating that was inconsistent.

Nelson got on the scoreboard first at 18:21.

At 15:07 Nelson earned a penalty shot following a play, which saw Princeton's John Minot put his glove over the puck in the goal crease as he tried to block a 2-on-1 play on the Posse goal.

Brett Patchett stopped the shot and the teams got back to playing hockey.

Nelson widened their lead with a power play goal at 11:15.

Missed calls or wrong players being called for penalties started to become a common occurrence early in the game.

At 8:43 Princeton's Chase Salisbury was called for boarding when he knocked Nelson's Sean Muller to the ice. Only moments before, on the other side of the rink, Nelson's Bennett Hambrook had used the same move on Salisbury.

Posse Captain Dan Hillman tried to explain to the official on ice that he had just missed the same penalty moments ago and was tossed

from the game for defending his teammate.

"The referee missed the first call on Salisbury when he got hit from behind, which is a dangerous play," explained Posse Assistant Coach Kevin Robillard during the team webcast.

"He was far enough from the boards where it's borderline in my opinion, but the way he's kicking Danny Hillman out of the game here - this is what we talk about - about an official who tries to take over a game. He was doing a good job of controlling it here but it's these kinds of plays where he misses the one call at the one end and calls the exact same thing five feet away. So, you know, that frustrates teams as the consistency isn't there and that's what's the frustrating part. He just missed a call right in front of him and then the same play he calls."

Princeton tied the game at two-all to finish the period (2:30 - Dayton Shaw from Ben Morgan and Chad Brears and at 1:03 - Ben Reinbolt from Nick Cecconi and Dayton Shaw).

Nelson scored again at 6:54 of the second period, another twenty minutes of flubbed and confusing calls.

"The inconsistency is what really drives us crazy," Robillard said during the webcast.

"Again, if you're going to make that call make it both ways on both teams."

The third period was not much better prompting Robillard to point out, "The good thing about all this is the league officials are able to use these games to basically look at - similar to what we do - looking at the game films for what the officials are calling so certainly this official will get some feedback just on his game management today."

Princeton scored at 13:39 in the third to tie the game at 3-all. Evan Stack got the goal with assists going to Spencer Kristensen and Bill Marshall.

Nelson took the lead back at 8:20. Then the strangest call of all was made at 6:20 when a Princeton fan beating on a drum was asked by the officials to leave the building.

Posse webcast play-by-play announcer George Elliott said after the game, "I'm a bit stunned. It's not as if the fan was obnoxious and was shouting obscenities or anything. He's a long time supporter of the Posse who was banging on a homemade drum he fashioned out of what appeared to be a couple of old plastic ice cream pails. There's fans in the stands with louder noise-makers than his drum. It didn't make sense, but considering how the rest of the game went, it pretty much fit in with the overall tone of the game."

Final score: Nelson 4, Princeton 3. Shots on goal: Princeton 37, Nelson 24. Penalties in Minutes: Princeton: 14 for 55-minutes, Nelson 13 for 26-minutes.

Go, Posse, Go!



Go, Posse, Go!

**FOLLOW THE POSSE
ONLINE AT:**

www.princetonposse.org

Posse chase Chiefs to victory

Princeton Posse welcomed Chase Chiefs to town February 6th.

The Chiefs took advantage of the welcome and scored first at 17:04 and added a second goal at 6:02 although Princeton out shot them 10 to 7 in the first twenty-minutes of play.

Chase was also first to earn a penalty in the game, which didn't occur until 15:56 of the second period.

Princeton then scored their first goal of the game at 15:06, a power play goal by Dan Hillman who had assistance from Evan Stack and Spencer Kristensen.

Chase widened their lead scoring two fast goals only 17-seconds apart at 8:39 and 8:22.

Princeton rose to the challenge and added two of their own goals with only 14-seconds between them (6:25 - Spencer Kristensen from Jared Hidber and 6:11 - Chase Salisbury from Brooks

Christensen and Ben Morgan).

The third period saw Princeton tie the game at 4-all at 14:19 (Dan Hillman from Lee Muir and Chad Brears).

Both teams battled it out in the final six-minutes of the period but could not break the tie.

The first overtime period of 4-on-4 hockey sailed by with no additional scoring, which meant a second overtime period of 3-on-3 hockey was needed.

At 3:21 Princeton's Dan Hillman popped a rebound into the Chase net for the win. Ben Morgan earned an assist on the play.

Hillman collected three points in the game with both Spencer Kristensen and Ben Morgan adding two each to their season totals.

Final Score: Princeton 5, Chase 4 (Double OT). Shots on goal: Princeton 28, Chase 23. Penalties in minutes: Chase: 8 for 24-minutes, Princeton 5 for 21-minutes.

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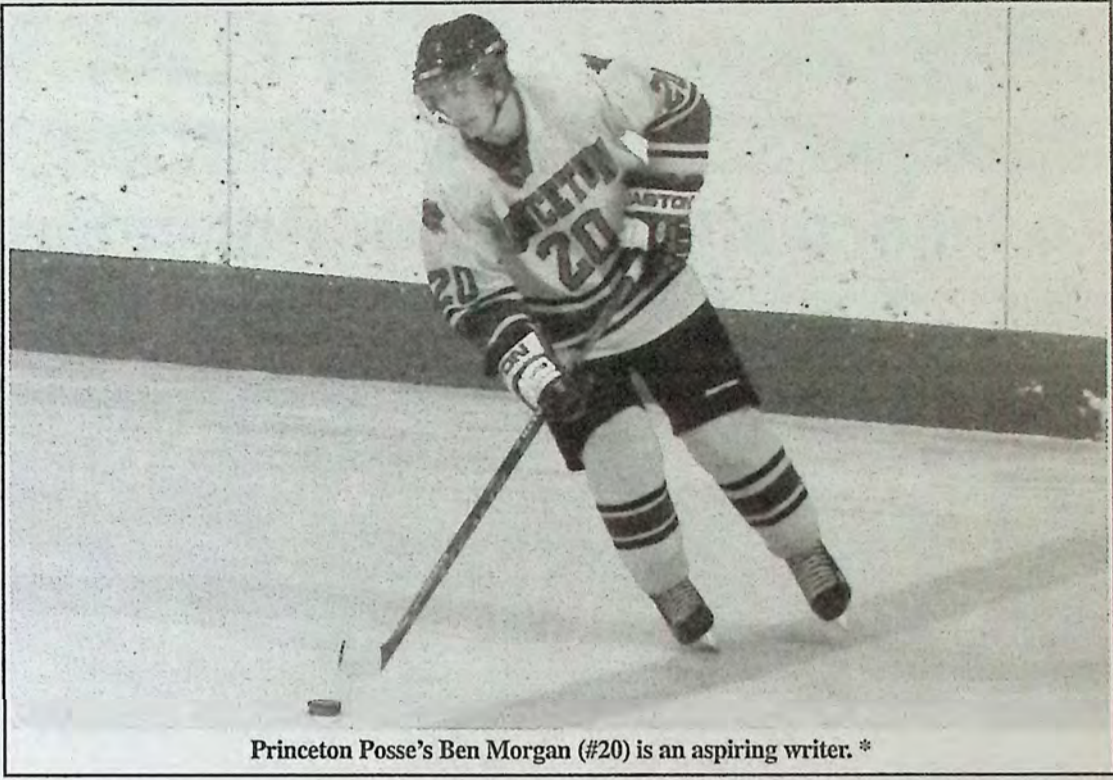
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Princeton Posse

An Insider View of the Posse



Princeton Posse's Ben Morgan (#20) is an aspiring writer. *

by Ben Morgan

January is always an interesting time of year. Playoff races are heating up and the bottom end teams have improved a lot and are fighting to make the playoffs. The Posse is not fighting for a playoff spot but for a first round bye. We're currently sitting in second place which would mean a first round bye, quite a success story if you ask me.

I, Ben Morgan #20 along with my editor in chief Evan Stack #9 will be writing team updates before all the home games to give the fans a little update on the team. Not only is this an exciting opportunity for us but we hope to be able to give the fans a little more insight into the team.

The best thing to happen to the

Posse in the New Year for sure is the completion of our brand new lounge. It is simply amazing. It is equipped with a ping pong table, a projection monitor, a Playstation 3, a great kitchen and best of all a beautiful 32' flat screen television. We also have workout equipment and the rumour is we are getting stationary bikes. It has provided the team with a great place to go and hang out and do some real team bonding. We are incredibly thankful to have our new lounge.

The month started off really hot for the Posse. We were able to string together 6 straight wins and 7 in a row overall vaulting us into second place. During that time Chad Brears #17 put together quite a strong per-

formance with 11 points including an overtime winner. Chad did not play for us during our Friday January 29 7-2 victory over the Kamloops Storm as he was playing for the Merritt Centennials.

Congratulations to him on getting an assist and having a good game despite the team losing. As for me, well I had as my teammate Dayton Shaw #23 put it horse shoes or four leaf clovers not sure which one, but I was able to get off to a good start. I had 9 goals and 2 assists in those first 6 games including 3 game winners and a hat trick against Golden.

It was finished off with receiving the player of the month for January, I am very thankful for the honour. Chad and I however have to give some props to our line-mate Brooks Christensen #15 who also had a great start to the month with 7 points in the first 6 games. The team hit a rough patch losing our last 3 games going into the end of January, but we were able to turn it around with two big victories. We worked hard all week in practice and it really paid off. We spent the last 3 days of practice really focusing on our speciality teams and defensive zone play.

Letter To The Editor

Alex sends good wishes

Dear Editor,

I would like to extend my sincere congratulations to the residents of Princeton in their Gamestown 2010 victory. The fact that Princeton beat out 123 other BC communities is a

testimony to the enthusiasm, dedication and community spirit of Princeton residents. Well done Princeton!

Sincerely, Alex Atamanenko, MP
BC Southern Interior

Letter To The Editor

More on GamesTown '10

To The Editor;

It has been a poor winter for winter activities. No longer do we have the lovely dry, stimulating, cold powdery snow to play in. It is time to find a new physical activity for all ages. If possible a year round one.

Thanks to Lyle Thomas, Princeton's Community Recreation Director, through his enthusiasm and drive to encourage our community in the Gamestown Challenge, along with the support and appreciation of Mayor Randy McLean we won the "Gold".

We now have the means to lay the corner stone of further achievement and a need for us all, as well as our

community.

Yes, it is time to stand up and be counted, we who have discussed, seen conceivable plans, and recognized how attractive to new arrivals in Princeton an indoor recreational pool would be.

Let us not let projects of limited use, drain by their cost, take away the possibility of a worthwhile development that would suffice a need for many and be used by all. Best of all how could we in any other way improve our established recreational facility, such as the Riverside Wellness Centre, but by adding another year round physical activity center to compliment it?

- Peter Middleton, Princeton

In other Posse news our Captain Dan Hillman #18 along with line-mate Spencer Kristensen #24 and defenceman Brendan Stephen #7 participated in this year's all-star game for the Eddie Mountain Division. I was not there but I heard they played well despite falling in defeat 11-3 to the Neil Murdoch all-stars. Congratulations to them on making the team.

I truly believe this year we have a team that the fans can be really proud of and excited about. These last few regular season games will be crucial for making our final preparations in hopes of a deep playoff run. Thank you for all your support. Have fun and cheer hard!

TUESDAY, FEBRUARY 9, 2010

| | WTBS (3) | CHBC (4) | KNOW (5) | KSPS (6) | KHQ (7) | KREM (8) | A&E (9) | KXLY (10) | BCTV (11) | CITV (12) | CBC (13) | YTV (18) | TSN (19) | VTV (22) | DISC (24) | FAM (26) | CITY (29) | SPIKE (44) | TROP (45) |
|-----------|-----------------------------|---------------------------|--------------------------------------|----------------------------------|--|----------------------------|---------------------------|------------------------------|--------------------------|----------------------------|-----------------------------|------------------------|--|-----------------------------|-------------------------|-----------------------|--|--------------------|----------------------|
| 6 AM :30 | In the Heat of the Night | (5:30) Morning News (N) | Franklin George S. | Thomas Lions | News (N) | News | CSI: Miami "Prey" (E) | News | (5:30) Morning News (N) | (4:30) Morning News (N) | CBC News Now (N) | Being Ian (6:25) Viva | SportsCentre (E) | Canada AM (E) | Daily Planet (E) | Henry's Feet | CityLine (E) | CSI: NY (E) | Inside Box That News |
| 7 AM :30 | Cosby | (E) | (7:01) Clifford the Big Red Dog (E) | Arthur (E) Jackie Collins; | Today Sade; Show (N) (E) | The Early Show (N) (E) | Cold Case Files (E) | Good Morning America (N) (E) | (E) | (E) | Dirtygirl Animal | Invasion League | SportsCentre (E) | Mayday "Ghost Plane" | Mickey Mickey | The Tyra Show (E) | CSI: Crime Scn | End Leash Bootcamp | |
| 8 AM :30 | Harvey | Fresh Pr. | Sid the Science Kid (E) | Curious Sid | Valentine's candy. (N) (E) | (E) | The First 48 (E) | (E) | 100 Huntley Street (E) | 100 Huntley Street (E) | Bo on Go Busytown | (7:55) (8:20) | SportsCentre (E) | Dirty Jobs (E) | Handy Handy | Rachael Ray (E) | CSI: Crime Scn | Tube Tales | |
| 9 AM :30 | Fam. Feud | 100 Huntley Street (E) | Super Why! (E) | Dinosaur | (E) | The 700 Club (E) | The First 48 (E) | Live With Regis & Kelly (E) | 100 Huntley Street (E) | World Vision (E) | Super Why! News | Rolie Polie Timothy | SnowTrax Speed | Live With Regis & Kelly (E) | Daily Planet (E) | Agent Oso | Role Amazing | CSI: Crime Scn | Colin-Justin |
| 10 AM :30 | Reba (E) | PLAN Canada (E) | Spider (10:35) | Sesame Street (E) | (E) | The Price Is Right (N) (E) | Criminal Minds (E) | The View (N) (E) | PLAN Canada (E) | Debt Part ET Canada | Poko Doodlebop | Berenstain Willa's | World's Strongest Man | The View (N) (E) | How-Made How-Made | Mickey Handy | The O.C. (E) | CSI: Crime Scn | Whatever |
| 11 AM :30 | Jim Name Earl | World Vision (E) | Rolie Polie Berenstain | Clifford Sit-Be Fit | Ellen DeGeneres Show | Young & Restless | The Sopranos | Paid Prog. (E) | World Vision (E) | (10:59) Noon News Hour (N) | Gofrette Dirtygirl | George S. (11:40) Erky | 30 for 30 (E) | Fashion (E) | Toughest Race: Iditarod | Phineas Suite Life | CityLine (E) | CSI: NY (E) | Golden |
| 12 PM :30 | King King | Noon News Hour (N) | Maggie Rose (12:37) | Charlie Rose (E) | Paid Prog. Babar (E) | News The Bold | CSI: Miami "Prey" (E) | All My Children (N) (E) | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | (12:05) Kid Flamingo | (E) | etalk (E) | Deadliest Catch | Wizards Montana | The Bonnie Hunt Show | CSI: Crime Scn | 3's Co. Ellen (E) |
| 1 PM :30 | Seinfeld 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 (E) | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Greatest Canadians | (12:55) Viva Jacob | The Great Tournament | Sue Thomas: F.B.Eye | Dirty Jobs (E) | Cory Recess | Judge J. Judge J. | CSI: Crime Scn | Seinfeld Seinfeld |
| 2 PM :30 | The Office Friends | Young & Restless | Franklin BluesClues | Barney WordWorld | The Bonnie Hunt Show | Let's Make a Deal (N) | The First 48 (E) | General Hospital (N) | Young & Restless | The Doctors (E) | Steven and Chris (E) | Ruby Invasion | Around Interruptio | Dr. Phil (E) | MythBusters (E) | Replace School | CityLine (E) | CSI: Crime Scn | Golden Golden |
| 3 PM :30 | Friends Name Earl | The Doctors (E) | (3:01) Little Bear Fishing trip. (E) | WordGirl Electric | Judge Judge | Dr. Phil (E) | The First 48 (E) | Rachael Ray (E) | The Doctors (E) | Young & Restless | Recipes Mercer | (2:50) Kid League | Record Sports | (2:59) The Dr. Oz Show (E) | Destroyed Destroyed | Life Derek Suite Life | CityNews at 6 (N) (E) | CSI: Crime Scn | End Leash Bootcamp |
| 4 PM :30 | Family Guy Family Guy | Oprah Winfrey (E) | George S. Cyberchas | Fetch! Ruff Judge J. | Judge J. | Oprah Winfrey (E) | Criminal Minds (E) | Deal-Deal Deal No | Oprah Winfrey (E) | (3:59) Early Global Nat. | Ghost Whisperer (E) | SpongeBob OddParent | Hockey Interruptio | Ellen DeGeneres Show | Daily Planet (N) (E) | Phineas Wizards | Law & Order: SVU | UFC Unleashed (E) | Parking Parking |
| 5 PM :30 | Payne Payne | Early News News | (4:57) Martha | BBC News Business | News (N) NBC News | News CBS News | Criminal Minds (E) | News ABC News | Early News Global Nat. | (4:59) News Hour (N) (E) | CBC News: Vancouver (N) (E) | OddParent SpongeBob | NHL Hockey: Detroit Red Wings at St. Louis Blues. (Live) (E) | CTV News at Five (N) | How/Made How-Made | Suite/Deck Zoey 101 | The Biggest Loser Olympic training facility. (N) | UFC Unleashed | Rescue Ink (E) |
| 6 PM :30 | Law & Order: SVU | Global Nat. News | Taste Buds Dogs | PBS NewsHour (N) (E) | News (N) Millionaire | News Access H. | Psychic Kids | News News | (5:59) News Hour (N) (E) | ET Canada Ent | Coronation Drake | iCarly (E) | (E) | etalk (E) | License to Drill (N) | Sonny Suite Life | The Jay Leno Show (N) | UFC Unleashed | Dog Whisperer (E) |
| 7 PM :30 | Movie: "Ladder 49" (2004) | Ent ET Canada | Frontiers of Nova (N) (E) | Jeopardy! Wheel | The Doctors (E) | Paranormal (E) | Paranormal The Insider | Ent The Insider | ET Canada | The Good Wife "Hi" (N) | Jeopardy! (E) | Fries That? (E) | SportsCentre (Live) (E) | Access H. (E) | License to Drill (N) | Sonny Suite Life | The Jay Leno Show (N) | UFC Unleashed | Bootcamp |
| 8 PM :30 | Drama: Joaquin Phoenix. (E) | NCIS "Jack Knife" (N) | Russia: Journey | Wild Lives (E) | The Biggest Loser Olympic training facility. (N) | NCIS "Jack Knife" (N) | Paranormal State (E) | Lost "LA X (Part 2)" | NCIS "Jack Knife" (N) | NCIS "Jack Knife" (N) | Mercer 22 Minutes | Chris | (E) | American Idol (N) (E) | Daily Planet (E) | Overruled! Montana | News EP Daily | UFC Unleashed | Tube Tales ET Canada |
| 9 PM :30 | The Office | NCIS: Los Angeles (N) (E) | Sugartown (DVS) | Frontline (N) (E) | NCIS: Los Angeles training facility. (N) | NCIS: Los Angeles (N) | (9:01) Criminal Minds (E) | Lost "What Kate Does" | NCIS: Los Angeles (N) | NCIS: Los Angeles (N) | Kids in Hall 8 | What I Like | (E) | Lost "What Kate Does" | Destroyed Destroyed | Wizards Buzz | Chopping Block (E) | UFC Unleashed | Parking Parking |
| 10 PM :30 | Movie: "Flubber" (1997) | The Good Wife "Hi" (N) | Movie: "Yoga, Inc." (E) | Independent Lens "P-Star Rising" | The Jay Leno Show (N) | The Good Wife "Hi" (N) | Psychic Kids | the forgotten (N) (E) | The Good Wife "Hi" (N) | News Hour Final (N) | National Family Biz Indie | NHL Charity Poker | (E) | Law & Order (E) | License to Drill | School Cory | Coach (E) Judge | Pros vs. Joes | Rescue Ink (E) |
| 11 PM :30 | Robin Williams. (E) | CHBC News Final (N) | Black Coffee (E) | Crown | Tonight | Letterman | Paranormal | News (11:35) | News Hour Final (N) | ET Canada | (11:05) The Hour (E) | Prank Ptrl Fries That? | SportsCentre (Live) (E) | CTV News | How/Made | So Raven Life Derek | Home Imp. Role | Unsolved Mysteries | Dog Whisperer (E) |

WEDNESDAY, FEBRUARY 10, 2010

| | WTBS (3) | CHBC (4) | KNOW (5) | KSPS (6) | KHQ (7) | KREM (8) | A&E (9) | KXLY (10) | BCTV (11) | CITV (12) | CBC (13) | YTV (18) | TSN (19) | VTV (22) | DISC (24) | FAM (26) | CITY (29) | SPIKE (44) | TROP (45) |
|-----------|--|-------------------------|---|---|---------------------------|----------------------------|-------------------------------|------------------------------|------------------------------------|----------------------------|-----------------------------|------------------------|--|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 6 AM :30 | In the Heat of the Night | (5:30) Morning News (N) | Franklin George S. | Bob Build Lions | News (N) | News | CSI: Miami (E) | News | (5:30) Morning News (N) | (4:30) Morning News (N) | CBC News Now (N) | Being Ian (6:25) Viva | SportsCentre (E) | Canada AM (E) | Daily Planet (E) | Henry's Feet | CityLine (E) | CSI: NY (E) | Inside Box Spoiled |
| 7 AM :30 | Cosby | (E) | (7:01) Clifford the Big Red Dog (E) | Arthur (E) Martha | Today Lady Gaga and Cyndi | The Early Show (N) (E) | Cold Case Files (E) | Good Morning America (N) (E) | (E) | (E) | Dirtygirl Animal | Invasion League | SportsCentre (E) | Mayday "Ripped Apart" | Mickey Mickey | The Tyra Show (E) | CSI: Crime Scn | Project Runway Canada | |
| 8 AM :30 | Harvey | Fresh Pr. | Sid the Science Kid (E) | Curious Sid | Lauper. (N) (E) | (E) | The First 48 (E) | (E) | 100 Huntley Street (E) | 100 Huntley Street (E) | Bo on Go Busytown | (7:55) (8:20) | SportsCentre (E) | Worst Handyman | Handy Handy | Rachael Ray (E) | CSI: Crime Scn | Are You Smarter | |
| 9 AM :30 | Fam. Feud | 100 Huntley Street (E) | Super Why! (E) | Dinosaur | (E) | The 700 Club (E) | The First 48 (E) | Live With Regis & Kelly (E) | 100 Huntley Street (E) | Canada Canada | Super Why! News | Rolie Polie Timothy | Yachting Billiards: Trick Shots | Live With Regis & Kelly (E) | Daily Planet (E) | Agent Oso | Role Amazing | CSI: Crime Scn | Colin-Justin |
| 10 AM :30 | Reba (E) | World Vision (E) | Spider (10:35) | Sesame Street (E) | (E) | The Price Is Right (N) (E) | Criminal Minds (E) | The View (N) (E) | World Vision (E) | Debt Part ET Canada | Poko Doodlebop | Berenstain Willa's | 30 for 30 (E) | The View (N) (E) | How-Made How-Made | Mickey Handy | The O.C. (E) | CSI: Crime Scn | Whatever |
| 11 AM :30 | Jim Name Earl | Canada Canada | Rolie Polie Berenstain | Clifford Sit-Be Fit | Ellen DeGeneres Show | Young & Restless | The Sopranos | Paid Prog. (E) | Canada Canada | (10:59) Noon News Hour (N) | Gofrette Dirtygirl | George S. (11:40) Erky | Hey Rookie | Fashion (E) | Destroyed Destroyed | Phineas Suite Life | CityLine (E) | CSI: NY (E) | Golden Golden |
| 12 PM :30 | King King | Noon News Hour (N) | Maggie Rose (12:37) | Charlie Rose (E) | Paid Prog. (E) | News The Bold | CSI: Miami (E) | All My Children (N) (E) | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | (12:05) Kid Flamingo | Hockey | etalk (E) | Forensic Factor (E) | Wizards Montana | The Bonnie Hunt Show | CSI: Crime Scn | 3's Co. Ellen (E) |
| 1 PM :30 | Seinfeld Seinfeld | As the World Turns (N) | (1:02) Dinosaur | Art Work Sewing | Days of our Lives (N) | As the World Turns (N) | Cold Case Files (E) | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Canadian Experience | (12:55) Viva Jacob | Sid vs. Alexander | Sue Thomas: F.B.Eye | License to Drill (E) | Cory Recess | Judge J. Judge J. | CSI: Crime Scn | Seinfeld Seinfeld |
| 2 PM :30 | The Office Friends | Young & Restless | Franklin BluesClues | Barney WordWorld | The Bonnie Hunt Show | Let's Make a Deal (N) | The First 48 (E) | General Hospital (N) | Young & Restless | The Doctors (E) | Steven and Chris (E) | Ruby Invasion | Around Interruptio | Dr. Phil (E) | MythBusters (E) | Replace School | CityLine (E) | CSI: Crime Scn | Golden Golden |
| 3 PM :30 | Friends Name Earl | The Doctors (E) | (3:01) Little Bear Chasing dandelion fluff. (E) | WordGirl Electric | Judge Judge | Dr. Phil (E) | The First 48 (E) | Rachael Ray (E) | The Doctors (E) | Young & Restless | Recipes Mosque | (2:50) Kid League | Record Sports | (2:59) The Dr. Oz Show (E) | Canada's Worst Driver | Life Derek Suite Life | CityNews at 6 (N) (E) | Die Die | Project Runway Canada |
| 4 PM :30 | Family Guy Family Guy | Oprah Winfrey (E) | George S. Cyberchas | Fetch! Ruff Judge J. | Judge J. | Oprah Winfrey (E) | Criminal Minds (E) | Deal-Deal Deal No | Oprah Winfrey (E) | (3:59) Early Global Nat. | Ghost Whisperer (E) | SpongeBob OddParent | Hockey NHL | Ellen DeGeneres Show | Daily Planet (N) (E) | Phineas Wizards | Law & Order: SVU | Die Die | Rescue Ink (E) |
| 5 PM :30 | College Basketball: Florida at South Carolina. | Early News News | (4:57) Martha | BBC News Business | News (N) NBC News | News CBS News | Dog | News ABC News | Early News Global Nat. | (4:59) News Hour (N) (E) | CBC News: Vancouver (N) (E) | OddParent SpongeBob | NHL Hockey: Washington Capitals at Montreal Canadiens. | CTV News at Five (N) | The Colony (N) | Suite/Deck Zoey 101 | Mercy "I Have a Date" | Die Die | Hoarders (E) |
| 6 PM :30 | Law & Order: SVU | Global Nat. News | Creatures Dogs | PBS NewsHour (N) (E) | News (N) Millionaire | News Access H. | Dog the Bounty Hunter | News News | (5:59) News Hour (N) (E) | ET Canada Ent | Coronation Sabrina | iCarly (E) | (E) | etalk (E) | License to Drill (E) | Montana Wizards | Family Cougar | Die Die | Hoarders (E) |
| 7 PM :30 | Movie: "A Simple Plan" (1998) | Ent ET Canada | Blue Realm (E) | Faces of America | Jeopardy! Wheel | The Doctors (E) | Dog the Bounty Hunter | Ent The Insider | ET Canada | The Deep End (N) (E) | Wheel Jeopardy! (E) | iCarly (E) Weird | NHL Hockey: Edmonton Oilers at Anaheim Ducks. (Live) (E) | etalk (E) | Mayday "Blown Apart" | Sonny Suite Life | To Be Announced | Die Die | Parking Parking |
| 8 PM :30 | The Office The Office | Bones (E) | Chinese School (E) | The National Parks: America's Best Idea | Mercy "I Have a Date" | Chris Unmarried | Seagal | Charlie B. The Middle | Bones (E) | Bones (E) | Dragons' Den (N) (E) | Malcolm Chris | Criminal Minds (N) (E) | Daily Planet (E) | Overruled! Montana | News EP Daily | I Bet You Die | Spilled ET Canada | |
| 9 PM :30 | Suspense: Bill Paxton. (E) | CHBC News Final (N) | Keaton Rides | Charlie Rose (N) (E) | News (N) Tonight | Letterman | (10:01) Dog the Bounty Hunter | (10:01) Ugly Betty (N) (E) | News (11:01) Dog the Bounty Hunter | News Hour Final (N) | Ent (11:05) The Hour (E) | Prank Ptrl Fries That? | SportsCentre (Live) (E) | CTV News | License to Drill (E) | So Raven Life Derek | Home Imp. Paid Prog. | Unsolved Mysteries | Hoarders (E) |

Similkameen News Leader - Horoscopes

February 10 - 17, 2010

Aries - You may be feeling some tension between the demands of home, partner, family and career. Put your energy into career now, but do some optimistic planning for family time.

Taurus - Plan home repairs now. Check home for safety issues. New information comes through career sources. Pay attention. Activities with groups of friends brings fun this weekend.

Gemini - You gain most by focusing on career now. You can advance this year but you may have to curb your tongue to make any gains right now. Creativity is at low ebb now. Work!

Cancer - You are still having money problems. You have a strong urge to get away from it all, but forget it for now. Home life seems better, but you are not satisfied with home's appearance.

Leo - You spend time comparing what others have to what you have. Stop! Your money situation is finally improving. Clear away debts, pinch pennies. You can shop later in the year.

Virgo - Good things start to come your way now. Money is still tight and will be all year, but you benefit through one-to-one encounters such as interviews, making friends, consulting experts. Smile!

Libra - You gain most from good health and a good job. Take both seriously, as they will lead to real gains this year. Keep your mind and your options open, seek opportunity everywhere.

Scorpio - Home and family are still concerns and you derive joy from young people. Your creativity is increasing and this is a good year for creative projects. You can benefit from sports, youth.

Sagittarius - You gain from happy home life. You may want to improve home to make it more attractive. News about finances improves this weekend. Work on solid money foundation.

Capricorn - Your level of activity picks up with many errands, messages, short trips. Some benefits can come this week. You feel very social. Career settles into rewarding pattern. Enjoy gains.

Aquarius - Make a point of expressing who you are for the rest of this month. You could encounter critics this weekend. Laugh at them. Keep a level head. Avoid drugs and alcohol.

Pisces - You begin a new era of being happy with who you are. You are setting the tone for the next 12 years. Listen to your inner self and heed the messages. Take care of health problems. Exercise!

Similkameen News Leader

Tuesday Movies

EVENING
7:00 pm WTBS (3) ★★ "Ladder 49" (2004, Drama) Joaquin Phoenix. Trapped in a burning building, a firefighter reflects on his life and career as he awaits rescue from his captain and colleagues. (R)

10:00 pm WTBS (3) ★★ "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée. (G)
KNOW (5) "Yoga, Inc." (2006, Documentary) Filmmaker John Philp examines the Westernization of yoga. (R)

Wednesday Movies

EVENING
9:00 pm WTBS (3) ★★ "A Simple Plan" (1998, Suspense) Bill Paxton. A

Minnesota, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million. (R)

Thursday Movies

EVENING
7:00 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians. (R)

9:30 pm WTBS (3) "American Pie Presents: Band Camp" (2005, Comedy) Tad Hilgenbrink. A lewd teen causes mischief when he must attend a camp for musicians. (R)

Similkameen News Leader - Recipe Corner

Recipe #309

Stacked Ice Cream Sandwiches WITH STRAWBERRIES

(NC)— You can make this easy, showy dessert with round ice cream sandwiches as shown, or cut rectangle ice cream sandwiches in half and stack them tall. A delicious treat that lets you enjoy the summer delight of ice cream, all winter long! Makes: 3 servings

Ingredients:

- 2 prepared round ice cream sandwiches
- 1/2 cup (125 mL) chopped almonds, chopped finely
- 1 cup (250 mL) fresh strawberries, sliced
- 1/4 cup (40 mL) prepared chocolate sauce

Preparation:

Allow ice cream sandwiches to soften slightly, about 3 minutes. Place almonds in a shallow bowl and roll ice cream sandwiches in almonds, so almonds stick well to the sides. Stack sandwiches onto a dinner plate. Top with any remaining almonds and scatter strawberries on bottom of plate and atop stacked ice cream sandwiches. Drizzle with chocolate sauce and serve immediately.

Calories 431 Cholesterol 0 mg
 Total fat 18.5 g Fibre 5 g
 Saturated 4.8 g Calcium 149 mg
 Monounsaturated 7.5 g Magnesium 106 mg
 Polyunsaturated 3.2 g Sodium 120 mg
 Carb 61 g Potassium 480 mg
 Protein 9 g Vitamin E 6 mg

Recipe courtesy of the Almond Board of California

- News Canada

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Friday Movies

EVENING
7:00 pm WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. (R)

CITY (2) ★★ "Spider-Man 2" (2004, Action) Tobey Maguire. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (R)

YTV (2) ★★ "Just My Luck" (2006, Romance-Comedy) Lindsay Lohan. A young woman, who has always led a charmed life, suffers a reversal of fortune after kissing a stranger at a costume party. (In Stereo) (R)

7:30 pm FAM (2) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (R)

8:00 pm CHBC (4) BCTV (1) ★★ "Spider-Man 2" (2004, Action) Tobey Maguire. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (R)

KXLY (1) ★★ "Spider-Man 2" (2004, Action) Tobey Maguire. Tormented Peter Parker battles a sinister scientist who uses mechanical tentacles for destructive purposes. (In Stereo) (R)

9:00 pm FAM (2) ★★ "Holes" (2003, Adventure) Sigourney Weaver. A boy and his friends question the motives of a woman who forces them to dig holes at a detention camp. (In Stereo) (R)

9:30 pm WTBS (3) ★★ "The Wood" (1999, Drama) Omar Epps. Young men, one of whom is about to be married, reminisce about their childhood during the 1980s in Inglewood, Calif. (R)

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THURSDAY, FEBRUARY 11, 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 | Henrys Feet | CityLine | CSI: NY "Oedipus Hex" | Inside Box Reality |
| 7 AM | Cosby | | (7:01) Clifford the Big Red Dog | Arthur (El) Martha | Today Kim Kardashian; Patti Stanger. (N) | The Early Show (N) | Cold Case Files | Good Morning America (N) | | | Dirtygirl Animal | Invasion League | SportsCentre | | Mayday | Mickey Mickey | The Tyra Show | CSI: Crime Scene | Soup Reality |
| 8 AM | Harvey | | Sid the Science Kid (DVS) | Curious Sid | | | The First 48 | | 100 Huntley Street | 100 Huntley Street | Bo on Go (7:55) Busytown (8:20) | | SportsCentre | | Mars Rising | Handy Handy | Rachael Ray | CSI: Crime Sen | Comeback Whatever |
| 9 AM | Fam. Feud | 100 Huntley Street | Spider (10:30) | Super Why! Dinosaur | | The 700 Club | The First 48 | Live With Regs & Kelly | 100 Huntley Street | World Vision | Super Why! News | Rolie Polle Timothy | Motoring Preview | Live With Regs & Kelly | Daily Planet | Agent Oso | Amazing | CSI: Crime Sen | Collin-Justin |
| 10 AM | Reba | World Vision | Spider (10:30) | Sesame Street (El) | | The Price Is Right (N) | The View (N) | | World Vision | Debt Part ET Canada | Poko Doodlebop | Berenstain Willa's | Preview 24/7 Jim | The View (N) | How-Made | Mickey Handy | The O.C. | CSI: Crime Sen | Whatever |
| 11 AM | Jim Name Earl | World Vision | Rolie Polle Berenstain | Clifford Sit-Be Fit | Ellen DeGeneres Show | Young & Restless | The Sopranos | Sweeper Paid Prog. | World Vision | (10:59) Noon News Hour (N) | Gofrette Dirtygirl | George S. (11:40) Erky | NASCAR Racing: Sprint Cup | Fashion | The Colony | Phineas Suite Life | CityLine | CSI: NY "Oedipus Hex" | 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 | Duel at Daytona. (Live) | etalk | License to Drill | Wizards Montana | The Bonnie Hunt Show | CSI: Crime Sen | 3's Co. Ellen |
| 1 PM | Seinfeld | As the World Turns (N) | Go Diego Dinosaur | Simp Paint Quilting | Days of our Lives (N) | As the World Turns (N) | Cold Case Files | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Canadian Experience | (12:55) Viva Jacob | | Sue Thomas: E.B. Eye | Mayday "Blown Apart" | Cory Recess | Judge J. | CSI: Crime Sen | Seinfeld |
| 2 PM | The Office | Young & Restless | (2:01) BluesClues | Barney WordWorld | The Bonnie Hunt Show | Let's Make a Deal (N) | The First 48 | General Hospital (N) | Young & Restless | The Doctors | Steven and Chris | Ruby Invasion | Interruption | Dr. Phil | MythBusters Ninjas | Replace School | CityLine | CSI: Crime Sen | Golden |
| 3 PM | Friends | The Doctors | (3:02) Little Bear | WordGirl Electric | Judge | Dr. Phil | The First 48 | Rachael Ray | The Doctors | Young & Restless | Recipes 22 Minutes | (2:50) Kid League | Record | (2:59) The Dr. Oz Show | Cash Cab | Life Derek | CityNews at 6 (N) | CSI: Crime Sen | Soap |
| 4 PM | Family Guy | Oprah Winfrey | Fetch! Ruff George S. | Judge J. Cyberchas | Judge J. | Oprah Winfrey | The First 48 | Deal-Deal Deal No | Oprah Winfrey | (3:59) Early Global Nat. | Ghost Whisperer | SpongeBob OddParent | NIHL Hockey: Washington Capitals at Ottawa Senators. | Ellen DeGeneres Show | Daily Planet (N) | Phineas Wizards | Law & Order: SVU | UFC Fight Night | Reality |
| 5 PM | Payne | Early News | (4:50) BBC News | BBC News | News (N) | News | The First 48 | News | Early News | (4:59) News Hour (N) | CBC News: Vancouver (N) | OddParent SpongeBob | Capitals at Ottawa Senators. | CTV News at Five (N) | MythBusters | Suite/Deck Zoey 101 | Community Parks | | Family Guy |
| 6 PM | Law & Order: SVU | Global Nat. News | Heads Up Dogs | PBS NewsHour (N) | News | News | The First 48 (N) | News | (5:59) News Hour (N) | ET Canada | Coronation | Jackson | SportsCentre (Live) | CTV News (N) | MythBusters | Montana Wizards | To Be Announced | TNA IMPACT! (N) | Seinfeld |
| 7 PM | Movie: "American Pie Presents: Band Camp" | Ent ET Canada | Frontiers-Const | Health Matters | Jeopardy! Wheel | The Doctors | Manhunter | Manhunter | Ent | The Office | Wheel | (Carly) | Jeopardy! Fries That? | The Vampire Diaries (N) | MythBusters | Sonny Suite Life | The Office | | 70s Show King |
| 8 PM | Survivor: Heroes vs. Villains (N) | New York: A Documentary (DVS) | Sherlock Holmes MI-5 | Community Parks | Survivor: Heroes vs. Villains (N) | Manhunter | The Deep End (N) | Survivor: Heroes vs. Villains (N) | Survivor: Heroes vs. Villains (N) | The Nature of Things | Malcolm Chris | Record | Record | Daily Planet | Overruled! Montana | News EP Daily | TNA Epics "Sting" (N) | | Comeback ET Canada |
| 9 PM | The Office | Survivor: Heroes vs. Villains (N) | MI-5 (DVS) | 30 Rock | The Office | The Office | (9:01) The First 48 | Grey's Anatomy (N) | (10:01) Private Practice (N) | The Office | News Hour Final (N) | National | Family Biz | MythBusters | School | Coach | (10:04) | Seinfeld | |
| 10 PM | Movie: "American Pie Presents: Band Camp" | The Office | Sanne Sannes | Soundstage "Seal" | The Office | The Office | (10:01) The First 48 | Private Practice (N) | The Office | News Hour Final (N) | Ent | (11:05) The Hour | Prank Ptrl Fries That? | CTV News | MythBusters | So Raven | Home Imp. | Unsolved Mysteries | 70s Show King |
| 11 PM | Cheers | CHBC News Final (N) | Beautiful Noise | Charlie Rose (N) | News (N) | News | Manhunter | News | News Hour Final (N) | Ent | (11:05) The Hour | Prank Ptrl Fries That? | SportsCentre (Live) | CTV News | MythBusters | Life Derek | Paid Prog. | | |

FRIDAY, FEBRUARY 12, 2010

| | WTBS (3) | CHBC (4) | KNOW (5) | KSPS (6) | KHQ (7) | KREM (8) | A&E (9) | KXLY (10) | BCTV (11) | CITY (12) | CBC (13) | YTV (18) | TSN (19) | VTV (22) | DISC (24) | FAM (26) | CITY (29) | SPIKE (44) | TROP (45) |
|-------|------------------------------------|-------------------------|---------------------------------|---------------------|--|------------------------|------------------------|--------------------------|-------------------------|------------------------------|---------------------------------|------------------------------|--|--|--------------------------------|----------------------------|------------------------|-------------------------|------------------|
| 6 AM | In the Heat of the Night | (5:30) Morning News (N) | Franklin George S. | Bob Build Lions | News (N) | News | CSI: Miami | News | (5:30) Morning News (N) | (4:30) Morning News (N) | CBC News Now (N) | Being Ian (6:25) Viva | SportsCentre | (4:00) Canada AM (Joined in Progress) (Live) | Daily Planet | Henrys Feet | CityLine | CSI: NY | Inside Box |
| 7 AM | Cosby | | (7:01) Clifford the Big Red Dog | Arthur (El) Martha | Today Michael Bublé performs. (N) | The Early Show (N) | CSI: Miami "Nailed" | Good Morning America (N) | | | Dirtygirl Animal | Invasion League | SportsCentre | | Mayday | Mickey Mickey | The Tyra Show | CSI: Crime Sen | Deal-No Deal |
| 8 AM | Harvey | | Sid the Science Kid | Curious Sid | | | CSI: Miami | | 100 Huntley Street | 100 Huntley Street | Bo on Go (7:55) Busytown (8:20) | | SportsCentre | | MythBusters | Handy Handy | Rachael Ray | CSI: Crime Sen | 6 Degrees Switch |
| 9 AM | Fam. Feud | 100 Huntley Street | Spider "The Bug Club" | Super Why! Dinosaur | | The 700 Club | CSI: Miami "Shattered" | Live With Regs & Kelly | 100 Huntley Street | Hospital for Sick Kids | Super Why! News | Rolie Polle Timothy | Olympic Moments | Vancouver 2010 Preview (N) | Daily Planet | Agent Oso | Amazing | CSI: Crime Sen | Colin-Justin |
| 10 AM | Reba | World Vision | Spider (10:30) | Sesame Street (El) | | The Price Is Right (N) | Criminal Minds | The View (N) | World Vision | Debt Part ET Canada | Poko Doodlebop | Berenstain Willa's | Olympics: On Home Ice | The View (N) | How-Made | Mickey Handy | The O.C. | CSI: Crime Sen | Whatever |
| 11 AM | Jim Name Earl | World Vision | Rolie Polle Berenstain | Clifford Sit-Be Fit | Ellen DeGeneres Show | Young & Restless | The Sopranos | Paid Prog. | World Vision | (10:59) Noon News Hour (N) | Gofrette Dirtygirl | George S. (11:40) Erky | Hockey | Junk Raiders | 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) | To Be Announced | CBC News Now (N) | (12:05) Kid Flamingo | Hockey | MythBusters | Wizards Montana | The Bonnie Hunt Show | CSI: Crime Sen | 3's Co. Ellen | |
| 1 PM | Seinfeld | As the World Turns (N) | Go Diego Dinosaur | Wyland's B Organic | Days of our Lives (N) | As the World Turns (N) | CSI: Miami "Nailed" | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Heartland "Showdown!" | (12:55) Viva Jacob | Hockey | MythBusters | 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) | CSI: Miami | General Hospital (N) | Young & Restless | The Doctors | Steven and Chris | Ruby Invasion | Over Bolts | MythBusters | Replace School | CityLine | CSI: Crime Sen | Golden | |
| 3 PM | Friends | The Doctors | (3:02) Little Bear | WordGirl Electric | Judge | Dr. Phil | CSI: Miami "Shattered" | Rachael Ray | The Doctors | Young & Restless | Recipes Red Green | (2:50) Kid League | SportsCentre (Live) | CTV News (N) | Cash Cab | Life Derek | CityNews at 6 (N) | CSI: Crime Sen | Deal-No Deal |
| 4 PM | Family Guy | Oprah Winfrey | Fetch! Ruff George S. | Biz Kid\$ Cyberchas | Judge J. | Oprah Winfrey | Criminal Minds | Deal-Deal Deal No | Oprah Winfrey | (3:59) Early Global Nat. | Ghost Whisperer | SpongeBob OddParent | XXI Winter Olympics: Opening Ceremony. From Vancouver, B.C. Parade of the Olympic Cauldron. (Live) | Daily Planet (N) | Phineas Wizards | Murdoch Mysteries | UFC Fight Night | 6 Degrees Switch | |
| 5 PM | Payne | Early News | (4:50) BBC News | BBC News | News (N) | News | Criminal Minds | News | Early News | (4:59) News Hour (N) | CBC News: Vancouver (N) | Penguins | Ceremony. From Vancouver, B.C. Parade of the Olympic Cauldron. (Live) | CTV News (N) | Dirty Jobs | Suite/Deck Zoey 101 | G. Martin | | Family Guy |
| 6 PM | Law & Order: SVU | Global Nat. News | Animals Dogs | PBS NewsHour (N) | News | News | Criminal Minds | News | (5:59) News Hour (N) | ET Canada | Coronation | (Carly) | Parade of the Olympic Cauldron. (Live) | Man vs. Wild "Alaska" | Zeke Jonas | Man Tracker (DVS) | Best of PRIDE Fighting | Cleveland Seinfeld | |
| 7 PM | Movie: "The Wood" (1999) Omar Epps | Ent ET Canada | From Harling Point | Wash. McLaughlin | Jeopardy! XXI Winter Olympics: Opening Ceremony. (Same-day Tape) | The Doctors | Criminal Minds | Ent | Ent | Movie: "Spider-Man 2" (2004) | Wheel | Movie: "Just My Luck" (2006) | Jeopardy! Mercer | Flying Aircraft Carrier | Sonny Movie: "Jump In!" (2007) | Murdoch Mysteries | Best of PRIDE Fighting | 70s Show King | |
| 8 PM | Movie: "Spider-Man 2" (2004) | Ent ET Canada | From Harling Point | Wash. McLaughlin | Jeopardy! XXI Winter Olympics: Opening Ceremony. (Same-day Tape) | The Doctors | Criminal Minds | Ent | Ent | Movie: "Spider-Man 2" (2004) | Wheel | Movie: "Just My Luck" (2006) | Jeopardy! Mercer | Daily Planet | Sonny Movie: "Jump In!" (2007) | Murdoch Mysteries | Best of PRIDE Fighting | 70s Show King | |
| 9 PM | The Office | Action | Dalziel and Pascoe | NOW, PBS Moment | The Office | The Office | (9:01) Criminal Minds | Action) Tobey Maguire. | Action) Tobey Maguire. | News Hour Final (N) | National | Prank Ptrl | Prank Ptrl | MythBusters | School | Coach | (10:04) | Seinfeld | |
| 10 PM | Movie: "The Wood" (1999) Omar Epps | The Office | Movie: "Warendale" (1967) | Guarding the Queen | The Office | The Office | (10:01) Criminal Minds | Premiere. | News | (11:01) Criminal Minds | Ent | (11:05) The Hour | Prank Ptrl Fries That? | CTV News (N) | Flying Aircraft Carrier | (10:57) Movie: "Curly Sue" | Home Imp. Paid Prog. | Movie: "Soldier" (1998) | 70s Show King |
| 11 PM | Cheers | CHBC News Final (N) | Beautiful Noise | Charlie Rose (N) | News (N) | News | Manhunter | News | News Hour Final (N) | Ent | (11:05) The Hour | Prank Ptrl Fries That? | SportsCentre (Live) | CTV News (N) | MythBusters | Life Derek | Paid Prog. | | |

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 #267 - Rated Easy

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

CHALLENGE #268 - Rated Hard

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

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

8:30 am 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.

10:00 am A&E (9) ★★"Jesus Camp" (2006, Documentary) Filmmakers Heidi Ewing and Rachel Grady visit an evangelical Christian summer camp called Kids on Fire, where children take part in programs designed to strengthen their beliefs.

AFTERNOON

12:00 pm FAM (25) "Johnny Kapahala: Back on Board" (2007, Comedy) Brandon Baker. A snowboarder from Vermont goes to Hawaii for the wedding of his grandfather, a legendary surfer. (In Stereo)

SPIKE (44) ★★"Die Hard With a Vengeance" (1995, Action) Bruce Willis. Suspended from the police force, John McClane enlists a Harlem shopkeeper to help stop a terrorist bomber. (In Stereo)

1:00 pm CBC (13) "Miss Marple: Nemesis" (2007, Crime Drama) Geraldine McEwan. At the request of a dying friend, the detective investigates a 20-year-old story of a murder. (In Stereo)

1:32 pm FAM (26) ★★"Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors. (In Stereo)

2:00 pm KXLY (10) ★★"Anchorman: The Legend of Ron Burgundy" (2004, Comedy) Will Ferrell. A 1970s San Diego newscaster feels threatened by the arrival of an ambitious woman looking to climb the ranks of journalism. (In Stereo)

3:00 pm SPIKE (44) ★★"Die Hard" (1988, Action) Bruce Willis. A New York policeman outwits foreign thugs holding his wife and others in a Los Angeles high-rise. (In Stereo)

5:00 pm WTBS (3) ★★"Diary of a Mad Black Woman" (2005, Comedy-Drama) Kimberly Elise. A woman must put her life back together after her husband of 18 years abruptly kicks her out of the house.

EVENING

6:00 pm CITY (29) ★★"Julie Walking Home" (2002, Drama) Miranda Otto. A Canadian housewife meets a Russian faith healer who cures her dying son and falls in love with her. (DVS)

7:00 pm CITY (12) "A Valentine

Carol" (2007, Romance) Emma Caulfield. Three spirits try to restore a romantic woman's faith in true love.

7:30 pm WTBS (3) ★★"Code Name: The Cleaner" (2007, Comedy) Cedric the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring.

8:00 pm CHBC (4) BCTV (11) "A Valentine Carol" (2007, Romance) Emma Caulfield. Three spirits try to restore a romantic woman's faith in true love.

KSPS (6) ★★"The Bridges of Madison County" (1995, Romance) Clint Eastwood. Memoirs tell a deceased woman's children of her four-day affair in 1965 with a photographer on assignment. (In Stereo)

KREM (8) ★★"Wedding Crashers" (2005, Comedy) Owen Wilson. Two divorce mediators spend a wild weekend partying with a politician and his eccentric family. (In Stereo)

KXLY (10) ★★"Harry Potter and the Chamber of Secrets" (2002, Fantasy) Daniel Radcliffe. The young wizard and his best friends investigate a dark force that is terrorizing their school, Hogwarts. (In Stereo)

9:00 pm FAM (24) ★★"Contact" (1997, Science Fiction) Jodie Foster. A scientist seeks alien beings after receiving mysterious messages from deep space via radio telescope dishes. (In Stereo)

10:20 pm SPIKE (44) ★★"Deliverance" (1972, Adventure) Jon Voight. Four Atlanta businessmen encounter unexpected terrors during a rafting trip down a raging backwoods river.

10:30 pm 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.

11:00 pm KNOW (5) ★★"Warendale" (1967, Documentary) Filmmaker Allan King visits an Ontario center for emotionally disturbed children.

11:29 pm FAM (24) ★★"The Bridges of Madison County" (1995, Romance) Clint Eastwood. Memoirs tell a deceased woman's children of her four-day affair in 1965 with a photographer on assignment. (In Stereo)

Princeton Area Ghost Towns - The DVD



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News Leader**

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Explore The History Of Mining - Gold, Copper and Coal

Sunday Movies

MORNING

8:00 am WTBS (3) ★★"Code Name: The Cleaner" (2007, Comedy) Cedric the Entertainer. A janitor with amnesia becomes convinced he is an undercover agent involved in a federal investigation of an international arms ring.

AFTERNOON

12:00 pm FAM (24) "Princess Protection Program" (2009, Comedy) Selena Gomez. A princess stays with a covert agent and his daughter. (In Stereo)

1:30 pm FAM (24) "Read It and Weep" (2006, Comedy) Kay Panabaker. A girl's private journal becomes a best-seller by accident. (In Stereo)

2:00 pm WTBS (3) ★★"Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel.

KXLY (10) ★★"The Princess Diaries 2: Royal Engagement" (2004, Romance-Comedy) Anne Hathaway. While living with her royal grandmother, a young princess must find a suitable husband in 30 days or give up the throne. (In Stereo)

YTV (18) ★★"New York Minute"

(2004, Comedy) Ashley Olsen. An uptight teenager and her laid-back twin spend a wild day on the streets of Manhattan. (In Stereo)

4:00 pm WTBS (3) ★★"Daddy's Little Girls" (2007, Romance) Gabrielle Union. An unexpected romance blooms between a struggling mechanic and the attorney who is representing him in a custody battle for his young daughters.

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

5:00 pm CBC (13) ★★"March of the Penguins" (2005, Documentary) Narrated by Morgan Freeman. Filmmaker Luc Jacquet follows emperor penguins as they make an annual journey across the Antarctic. (In Stereo)

EVENING

6:00 pm WTBS (3) ★★"Daddy's Little Girls" (2007, Romance) Gabrielle Union. An unexpected romance blooms between a struggling mechanic and the attorney who is representing him in a custody battle for his young daughters.

YTV (18) ★★"Ever After: A Cinderella Story" (1998, Romance) Drew Barrymore. A courageous

scullery maid wins the heart of a prince. (In Stereo)

8:00 pm WTBS (3) ★★"Last Holiday" (2006, Comedy) Queen Latifah. Upon learning of a terminal illness, a shy woman decides to sell off all her possessions and live it up at a posh European hotel.

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

9:00 pm FAM (24) ★★"Mr. Wonderful" (1993, Romance-Comedy) Matt Dillon. Premiere. A man tries to marry off his ex-wife to escape alimony. (In Stereo)

10:38 pm FAM (24) ★★"You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (In Stereo)

SATURDAY, FEBRUARY 13, 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 | Paid Prog. | Hunter | Wibbly Pig | Heartland | Today (N) | (5:00) The Early Show (N) | Sell House | Paid Prog. | Hunter | Fishing | News | Grossology | SportsCentre | (3:00) XXI Winter Olympics | Canada's Worst Driver | Jungle | CHIN | Fastest Police Chases | TV-Torrens |
| 6:30 AM | Paid Prog. | Fishing | Franklin | Fly Tying | | | Sell House | Paid Prog. | Fishing | Fishn | Busytown | Rollbots | | | | Wubbzy | Dharti | | Paid |
| 7 AM | Paid Prog. | Saturday Morning News (N) | (7:05) Little Clifford | MotorWeek | News (N) | Busytown | Sell House | Good Morning America | Saturday Morning News (N) | Saturday Morning News (N) | Animal | OddParent | XXI Olympic Morning (Live) | Preview | Man vs. Wild "Alaska" | Mickey | Eye on Asia | Xtreme 4x4 | Friends |
| 7:30 AM | Paid Prog. | | | Travels | | Noonbory-7 | | | | | Super Why! | OddParent | | | Handy | | | Horse. | Friends |
| 8 AM | Jim | | George S. | Woodsmith | | Busytown | Flip This House | Emperor | | | Razzberry | SpongeBob | | | Flying Aircraft Carrier | Phineas School | Polish Studio | Trucks! (N) | Family Guy |
| 8:30 AM | Movie: "48 HRS." (1982, Action) Nick Nolte. | | Magic Bus | Hometime | | Sabrina | | Replace | | | Goldfish | Kid vs. Kat | | | | | | MuscleCar | Family Guy |
| 9 AM | | | (8:55) Arthur Arthur baby-sits twins. | Woodshop | | Busytown | Flip This House | Rangers | | Driving TV | Battle of the Blades | Penguins | XXI Winter Olympics: Hockey, Ski Jumping. | XXI Winter Olympics From Vancouver, British Columbia. (Live) | Cash Cab | Zoey 101 | Travels | Fastest Police Chases | '70s Show |
| 9:30 AM | | | | Old House | | Noonbory-7 | | Rangers | | Fishing | | Penguins | | | How-Made | So Raven | Planet | | King |
| 10 AM | | | | Old House | Will's | College Basketball: Maryland at Duke. (Live) | Movie: "Jesus Camp" (2006, Documentar y) | Montana | Fishn | Powerboat | Blades | SpongeBob | | | Megabuilders | Montana | Hockey | Xtreme 4x4 | Parking |
| 10:30 AM | College Basketball: LSU at Vanderbilt. (Live) | | Spider | Kitchen | Jane | | Suite Life | Rangers | Powerboat | Auto Show | Doc Zone "Shock Wave" | Parents League | Switzerland vs. Sweden; Ski Jumping; Men's. (Live) | | Blueprint for Disaster | Soony | EP Weekly | Trucks! (N) | Launch My Line |
| 11 AM | | | Rolie Polie Olie | Christina | Paid Prog. | PGA Tour Golf: AT&T Pebble Beach National Pro-Am, Third Round. | Manhunter | Manhunters: Fugitive | Shark Tank | Will-Grace | Will-Grace | Movie: "Miss Marple: Nemesis" (2007) | Dinosaur Storm | | The Detonators | "Johnny Kapahala: Back on Board" | Amazing Role | Movie: "Die Hard With a Vengeance" (1995) Bruce Willis, Jeremy Irons. | Survivor: Heroes vs. Villains (N) |
| 11:30 AM | | | Zoboo | Victory | Paid Prog. | | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | | Dirty Jobs | (1:32) Movie: "Max Keeble's Big Role" | | | Parking |
| 1 PM | College Basketball: South Carolina at Georgia. | Mining TV | The Upside Down Show | Antiques Roadshow (N) | Paid Prog. | Beach National Pro-Am, Third Round. | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | Manhunter | | MythBusters | | | | Parking |
| 2 PM | | Will-Grace | Franklin | American Experience | XXI Winter Olympics: Speed Skating, Ski Jumping, Biathlon. (Same-day Tape) | Access Hollywood (N) | CSI: Miami | NASCAR | Family Guy | Family Guy | NHL Hockey: Regional Coverage. (Live) | Drake | Drake | XXI Winter Olympics: Ski Jumping, Freestyle Skiing, Hockey. (Live) | Cash Cab | Suite Life | Amazing | Movie: "Die Hard" (1988, Action) | Re-Vamped |
| 3 PM | The Office | Simpsons | Martha | Globe Trekker | | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 3:30 PM | The Office | Simpsons | Martha | Globe Trekker | | CBS News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 4 PM | Payne | Family Guy | Arthur | Europe | | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 4:30 PM | Payne | Family Guy | Arthur | Europe | | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 5 PM | Movie: "Diary of a Mad Black Woman" (2005) Kimberly Elise. | Family Guy | George S. | Moment | | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 5:30 PM | Movie: "Diary of a Mad Black Woman" (2005) Kimberly Elise. | Family Guy | George S. | Moment | | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 6 PM | | Global Nat. | Profiles of Nature | Lawrence Welk | News | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 6:30 PM | | Global Nat. | Profiles of Nature | Lawrence Welk | News | News | CSI: Miami | The Insider | Family Guy | (4:59) News Hour (N) | ABC News | Global Nat. | Drake | Drake | Drake | Drake | Drake | Drake | Drake |
| 7 PM | | renegade | National Geographic | May-Dec. Time Goes | CSI: NY | Grey's Anatomy | CSI: Miami | Entertainment Tonight | renegade | Movie: "A Valentine Carol" (2007) | NHL Hockey: Anaheim Ducks at Calgary Flames. (Live) | Zeke's Pad | Skiing: Short Track Speed Skating; Hockey. (Live) | Verminator s (N) | Suite/Deck | Home" (2002) (DVS) | (7:36) | TV-Torrens | |
| 7:30 PM | | renegade | National Geographic | May-Dec. Time Goes | CSI: NY | Grey's Anatomy | CSI: Miami | Entertainment Tonight | renegade | Movie: "A Valentine Carol" (2007) | NHL Hockey: Anaheim Ducks at Calgary Flames. (Live) | Zeke's Pad | Skiing: Short Track Speed Skating; Hockey. (Live) | Verminator s (N) | Suite/Deck | Home" (2002) (DVS) | (7:36) | TV-Torrens | |
| 8 PM | | Movie: "A Valentine Carol" (2007) | Heartbeat | Movie: "The Bridges of Madison County" (1995) | XXI Winter Olympics: Speed Skating, Freestyle Skiing, Skiing. (Same-day Tape) | Movie: "Wedding Crashers" (2005) Owen Wilson. | CSI: Miami | Movie: "Harry Potter and the Chamber of Secrets" (2002) Daniel Radcliffe. | Movie: "A Valentine Carol" (2007) | Love-Death | News Final | After Hours | Survive | XXI Winter Olympics (Live) | Criss Angel Mindfreak | Movie: "Contact" (1997, Science Fiction) | Jodie Foster | Real Chance of Love (2002) "New York" | Family Guy |
| 8:30 PM | | Movie: "A Valentine Carol" (2007) | Heartbeat | Movie: "The Bridges of Madison County" (1995) | XXI Winter Olympics: Speed Skating, Freestyle Skiing, Skiing. (Same-day Tape) | Movie: "Wedding Crashers" (2005) Owen Wilson. | CSI: Miami | Movie: "Harry Potter and the Chamber of Secrets" (2002) Daniel Radcliffe. | Movie: "A Valentine Carol" (2007) | Love-Death | News Final | After Hours | Survive | XXI Winter Olympics (Live) | Criss Angel Mindfreak | Movie: "Contact" (1997, Science Fiction) | Jodie Foster | Real Chance of Love (2002) "New York" | Family Guy |
| 9 PM | | Family Guy | Love-Death | secrets are revealed. | NW Prof | (10:15) 48 Hours Mystery (N) | (10:01) CSI: Miami | Inside EdL | News Final | (10:58) J.R. | Hockey Night: Replay | Adrenaline | Mystery | SportsCentre (Live) | Verminator s | "Bridges" | Reviews | Movie: "Deliverance" (1972) | King |
| 9:30 PM | | Family Guy | Love-Death | secrets are revealed. | NW Prof | (10:15) 48 Hours Mystery (N) | (10:01) CSI: Miami | Inside EdL | News Final | (10:58) J.R. | Hockey Night: Replay | Adrenaline | Mystery | SportsCentre (Live) | Verminator s | "Bridges" | Reviews | Movie: "Deliverance" (1972) | King |
| 10 PM | | Movie: "Now and Then" (1995) | News Final | Movie: "Warrendale" | Austin City Limits (N) | News (N) | (11:01) CSI: Miami | Paid Prog. | SNL | SNL | | | | CTV News (N) | | | | | |
| 10:30 PM | | Movie: "Now and Then" (1995) | News Final | Movie: "Warrendale" | Austin City Limits (N) | News (N) | (11:01) CSI: Miami | Paid Prog. | SNL | SNL | | | | CTV News (N) | | | | | |
| 11 PM | | SNL | | | | | | | | | | | | | | | | | |

SUNDAY, FEBRUARY 14, 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 | Sports | Driving TV | Wibbly Pig | Mr Rogers | Today (N) | Paid Prog. | Private Sessions | Paid Prog. | Driving TV | Hunter | Razzberry | Grossology | SportsCentre | (3:00) XXI Winter Olympics | Super Ships | Wubbzy | Travels | Unsolved Mysteries | Mansions |
| 6:30 AM | Saved-Bell | Fishful | Franklin | Angelina | | Paid Prog. | | Paid Prog. | Fishful | Fishn | Bo on Go | Rollbots | | | | Wubbzy | Planet | | Paid Prog. |
| 7 AM | Saved-Bell | Fishing | (7:05) Little Clifford | Zula Patrol | News (N) | CBS News Sunday Morning (N) | The Sopranos | Good Morning America | Fishing | Canada | Super Why! | OddParent | XXI Olympic Morning (Live) | Preview | MythBusters | Handy | Eye on Asia | Unsolved Mysteries | Friends |
| 7:30 AM | JJ Atlanta | Canada | Clifford | Big World | Northwest | News (N) | The Sopranos | This Week | Canada | Fishing | Coronation | SpongeBob | | | MythBusters | Mickey | | | Friends |
| 8 AM | Movie: "Code Name: The Cleaner" (2007) | Sunday Morning News (N) | George S. | Dragonfly | Meet the Press (N) | Nation | The Sopranos | Sunday Morning News (N) | TribalTrail | Coronation | Coronation | Charlie B. | | | MythBusters | Phineas School | Festival | Xtreme 4x4 | Seinfeld |
| 8:30 AM | Movie: "Code Name: The Cleaner" (2007) | Sunday Morning News (N) | George S. | Dragonfly | Meet the Press (N) | Nation | The Sopranos | Sunday Morning News (N) | TribalTrail | Coronation | Coronation | Charlie B. | | | MythBusters | Phineas School | Festival | Xtreme 4x4 | Seinfeld |
| 9 AM | | | (8:55) Arthur Baby Kate arrives. | Animalia | Babar | Motorcycle Racing | The Sopranos | Wall Street | Hour of Power | Coronation | Coronation | Penguins | NASCAR Racing: Sprint Cup: Daytona 500. From Daytona | XXI Winter Olympics From Vancouver, British Columbia. (Taped) | MythBusters Testing Hollywood shark myths. | So Raven | Johnny Lombardi (In Italian) | Trucks! | '70s Show |
| 9:30 AM | | | (8:55) Arthur Baby Kate arrives. | Animalia | Babar | Motorcycle Racing | The Sopranos | Wall Street | Hour of Power | Coronation | Coronation | Penguins | NASCAR Racing: Sprint Cup: Daytona 500. From Daytona | XXI Winter Olympics From Vancouver, British Columbia. (Taped) | MythBusters Testing Hollywood shark myths. | So Raven | Johnny Lombardi (In Italian) | Trucks! | '70s Show |
| 10 AM | King | Auto Show | Design | Paid Prog. | College Basketball: Ohio State at Illinois. | The First 48 | The First 48 | Hometime | Auto Show | Listen Up | Fifth estate | OddParent | International Speedway in Daytona Beach, Fla. (Live) | | Sharks: Hunting Us? | Suite/Deck | Hockey | DEA | Dog Whisperer |
| 10:30 AM | King | Auto Show | Design | Paid Prog. | College Basketball: Ohio State at Illinois. | The First 48 | The First 48 | Hometime | Auto Show | Listen Up | Fifth estate | OddParent | International Speedway in Daytona Beach, Fla. (Live) | | Sharks: Hunting Us? | Suite/Deck | Hockey | DEA | Dog Whisperer |
| 11 AM | Women's College Basketball | Hour of Power | Rolie Polie Olie | Europe Jrnl | Fortune | The First 48 | The First 48 | Hour of Power | Auto Show | Driving TV | The Nature of Things | iCarly | | | Canada's Worst Driver | "Princess Protection Program" | Ed's Up | DEA | Rescue Ink |
| 11:30 AM | Women's College Basketball | Hour of Power | Rolie Polie Olie | Europe Jrnl | Fortune | The First 48 | The First 48 | Hour of Power | Auto Show | Driving TV | The Nature of Things | iCarly | | | Canada's Worst Driver | "Princess Protection Program" | Ed's Up | DEA | Rescue Ink |
| 12 PM | | Noon News Hour (N) | (12:01) Lilly Zoboo | Health Matters | CSI: NY | PGA Tour Golf: AT&T Pebble Beach National Pro-Am, Final Round. (Live) | The First 48 | Nobel Concert | Noon News Hour (N) | Will-Grace | Land/ Sea | iCarly | | | Funnest Animals | Movie: "Read It and Weep" (2006) | Without a Trace | DEA | Hoarders |
| 12:30 PM | | Noon News Hour (N) | (12:01) Lilly Zoboo | Health Matters | CSI: NY | PGA Tour Golf: AT&T Pebble Beach National Pro-Am, Final Round. (Live) | The First 48 | Nobel Concert | Noon News Hour (N) | Will-Grace | Land/ Sea | iCarly | | | Funnest Animals | Movie: "Read It and Weep" (2006) | Without a Trace | DEA | Hoarders |
| 1 PM | Seinfeld | Let's Build | The Upside Down Show | Gospel, Symp. | XXI Winter Olympics: Speed Skating, Skiing, Luge, Biathlon. (Same-day Tape) | Beach National Pro-Am, Final Round. (Live) | The First 48 | "The Princess Diaries 2: Royal Engagement" | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | All-Star | XXI Winter Olympics: Freestyle Skiing. (Live) | MythBusters | Cash Cab | Suite Life | Role | DEA "Flip The Stripper" |
| 1:30 PM | Seinfeld | Let's Build | The Upside Down Show | Gospel, Symp. | XXI Winter Olympics: Speed Skating, Skiing, Luge, Biathlon. (Same-day Tape) | Beach National Pro-Am, Final Round. (Live) | The First 48 | "The Princess Diaries 2: Royal Engagement" | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | All-Star | XXI Winter Olympics: Freestyle Skiing. (Live) | MythBusters | Cash Cab | Suite Life | Role | DEA "Flip The Stripper" |
| 2 PM | Movie: "Last Holiday" (2006) Queen Latifah. | Will-Grace | Franklin | In Performance... Wild Lives | | Extra (N) | CSI: Miami | TBA | Family Guy | Global Nat. | Fortune | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | How-Made | Suite/Deck | Cooking | DEA | Project Runway Canada |
| 2:30 PM | Movie: "Last Holiday" (2006) Queen Latifah. | Will-Grace | Franklin | In Performance... Wild Lives | | Extra (N) | CSI: Miami | TBA | Family Guy | Global Nat. | Fortune | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | How-Made | Suite/Deck | Cooking | DEA | Project Runway Canada |
| 3 PM | Queen Latifah. | Simpsons | Martha | Guarding the Queen | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | MythBusters | Stone | Survivorman (DVS) | DEA | Hoarders |
| 3:30 PM | Queen Latifah. | Simpsons | Martha | Guarding the Queen | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | MythBusters | Stone | Survivorman (DVS) | DEA | Hoarders |
| 4 PM | Movie: "Daddy's Little Girls" (2007) | Family Guy | George S. | Hometime | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | The Great Sperm Race | Sonny | Extreme Makeover | DEA | Rescue Ink |
| 4:30 PM | Movie: "Daddy's Little Girls" (2007) | Family Guy | George S. | Hometime | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | The Great Sperm Race | Sonny | Extreme Makeover | DEA | Rescue Ink |
| 5 PM | | Global Nat. | (5:25) Art | Old House | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | Time Warp | (6:01) Jonas | Murdoch Mysteries (DVS) | DEA | Flipping Out |
| 5:30 PM | | Global Nat. | (5:25) Art | Old House | | News | Criminal Minds | At-Movies | Family Guy | Family Guy | Jeopardy! | Movie: "A Cinderella Story" (2004) | NBA Basketball: 2010 All-Star Game. (Live) | | Time Warp | (6:01) Jonas | Murdoch Mysteries (DVS) | DEA | Flipping Out |
| 6 PM | Movie: "Daddy's Little Girls" (2007) | (5:59) News Hour (N) | Frontiers of Nature | Lark Rise to Candleford | News | KREM 2 News at 6 (N) | Criminal Minds | Funnest Home Videos | Family | Brothers & Sisters | Heartland | Movie: "Ever After: A Cinderella Story" (1998, Romance) | | | MythBusters | Suite/Deck | | Entourage | Big Flip |
| 6:30 PM | Movie: "Daddy's Little Girls" (2007) | (5:59) News Hour (N) | Frontiers of Nature | Lark Rise to Candleford | News | KREM 2 News at 6 (N) | Criminal Minds | Funnest Home Videos | Family | Brothers & Sisters | Heartland | Movie: "Ever After: A Cinderella Story" (1998, Romance) | | | MythBusters | Suite/Deck | | Entourage | Big Flip |
| 7 PM | | Family | Planet Carnivore | Nature (DVS) | XXI Winter Olympics: Figure Skating, Freestyle Skiing, Luge, Skiing. (Same-day Tape) | The Amazing Race 16 | Criminal Minds | Funnest Home Videos | Simpsons | Simpsons | Movie: "Booky's Crush" (2009) | Family Biz | | | Anthony Bourdain | Suite Life | Crusoe (DVS) | (8:04) (8:36) | Project Runway Canada |
| 7:30 PM | | Family | Planet Carnivore | Nature (DVS) | XXI Winter Olympics: Figure Skating, Freestyle Skiing, Luge, Skiing. (Same-day Tape) | The Amazing Race 16 | Criminal Minds | Funnest Home Videos | Simpsons | Simpsons | Movie: "Booky's Crush" (2009) | Family Biz | | | Anthony Bourdain | Suite Life | Crusoe (DVS) | (8:04) (8:36) | Project Runway Canada |
| 8 PM | Movie: "Last Holiday" (2006) Queen Latifah. | Cleveland | "Tutti Frutti" | Masterpiece Classic (DVS) | | Undercover Boss (N) | Criminal Minds | Extreme Makeover: Home Edition | Family Guy | Family Guy | Fries That? | Fries That? | | | The Great Sperm Race | Movie: "Mr. Wonderful" (1993) | EP Weekly | Disorderly Con. | Friends |
| 8:30 PM | Movie: "Last Holiday" (2006) Queen Latifah. | Cleveland | "Tutti Fr | | | | | | | | | | | | | | | | |

MONDAY, FEBRUARY 15, 2010

| | WTBS (3) | CHBC (4) | KNOW (5) | KSPS (6) | KHQ (7) | KREM (8) | A&E (9) | KXLY (10) | BCTV (11) | CITV (12) | CBC (13) | YTV (18) | TSN (19) | VTV (22) | DISC (24) | FAM (26) | CITY (29) | SPIKE (44) | TROP (45) |
|-------|---|-------------------------|---------------------------------|--|--------------------------------------|------------------------|-------------------------|--|-------------------------|----------------------------|-------------------------|--|--|--|------------------------|-----------------------|--|----------------------------|-----------------------|
| 6 AM | In the Heat of the Night | (5:30) Morning News (N) | Franklin | Bob Build | News (N) | News | Hoarders | News | (5:30) Morning News (N) | (4:30) Morning News (N) | CBC News Now (N) | Being Ian (6:25) Viva | SportsCentre | (3:00) XXI Winter Olympics Preview (Live) | Daily Planet | Henry's Feet | CityLine | UFC Unleashed | Inside Box Switch |
| 7 AM | Cosby | | (7:01) Clifford the Big Red Dog | Arthur (El) | Today (N) | The Early Show (N) | Intervention "Charles" | Good Morning America (N) | | | Dirtygirl | Invasion League | XXI Olympic Morning (Live) | | Mayday | Mickey | The Tyra Show | UFC Unleashed | Carlawood Parker |
| 8 AM | Harvey | | Sid the Science Kid (DVS) | Curious | | | Intervention "Leslie" | | 100 Huntley Street | 100 Huntley Street | Bo on Go | (7:55) Kid | | | Canada's Worst Driver | Handy | Rachael Ray | Ultimate Knockouts 2 | Re-Vamped |
| 9 AM | Fam. Feud | 100 Huntley Street | | Super Why! | | The 700 Club | Intervention | Live With Regis & Kelly | 100 Huntley Street | World Vision | Super Why! | Penguins | XXI Winter Olympics: Snowboardin | XXI Winter Olympics From | Daily Planet | Wow! Wubbzy! | Role | Ultimate Knockouts 3 | Collin/Justin's Heist |
| 10 AM | Reba | Canada | Spider | Sesame Street (El) | | The Price Is Right (N) | Intervention | The View (N) | Canada | Debt Part | Poko | Penguins | g. Hockey, Snowboardin | Vancouver, British Columbia. | Cash Cab | Mickey | The O.C. | Ultimate Knockouts 4 | Whatever |
| 11 AM | Jim Name Earl | World Vision | Rolie Polie Berenstain | Clifford Sit-Be Fit | Ellen DeGeneres Show | Young & Restless | Hoarders "Patty; Bill" | Paid Prog. | World Vision | (10:59) Noon News Hour (N) | Gofrette | OddParent | Women's: Canada vs. Switzerland. (Live) | (Taped) | Cash Cab | Phineas | CityLine | Ultimate Knockouts 5 | Golden |
| 12 PM | King | Noon News Hour (N) | Maggie (12:37) | Charlie Rose | Paid Prog. | The Bold | Hoarders | All My Children (N) | Noon News Hour (N) | Days of our Lives (N) | CBC News Now (N) | Movie: "Yours, Mine & Ours" (2005) | | | Cash Cab | Wizards | The Bonnie Hunt Show | UFC's Ultimate 100 | 3's Co. Ellen |
| 1 PM | Seinfeld | As the World Turns (N) | (1:02) Dinosaur | Fine Art Sewing | XXI Winter Olympics: Snowboardin | As the World Turns (N) | Intervention "Charles" | One Life to Live (N) | As the World Turns (N) | As the World Turns (N) | Canadian Experience | | | | Cash Cab | Cory | Judge J. | UFC's Ultimate 100 | Seinfeld |
| 2 PM | The Office | Young & Restless | Franklin | Barney | g. Cross Country Skiing. | Let's Make a Deal (N) | Intervention "Leslie" | General Hospital (N) | Young & Restless | The Doctors | Steven and Chris | Movie: "Cheaper by the Dozen 2" (2005) | | | Cash Cab | Replace | CityLine | UFC's Ultimate 100 | Golden |
| 3 PM | Friends | The Doctors | (3:01) Little Bear | WordGirl Electric | (Same-day Tape) | Dr. Phil | Intervention | Rachael Ray | The Doctors | Young & Restless | Recipes Sophie | | XXI Winter Olympics: Hockey, Luge, Snowboardin | CTV News | Worst Handyman | Life Derek Suite Life | CityNews at 6 (N) | UFC's Ultimate 100 | Carlawood Parker |
| 4 PM | Family Guy | Oprah Winfrey | George S. | Cyberchas | | Oprah Winfrey | Intervention | Deal-Deal Deal No | Oprah Winfrey | (3:59) Early Global Nat. | Ghost Whisperer | Drake/Josh iCarly | | XXI Winter Olympics From Vancouver, British Columbia. (Live) | Breaking Point "House" | Phineas Wizards | Law and Order | UFC's Ultimate 100 | Re-Vamped |
| 5 PM | Payne | Early News | (4:57) BBC News | News | News | News | Intervention "Jennifer" | News | Early News | (4:59) News Hour (N) | CBC News: Vancouver (N) | SpongeBob | | | Breaking Point "Bus" | Suite/Deck Zoey 101 | The Bachelor: On the Wings of Love (N) | UFC Unleashed (N) | Parking |
| 6 PM | "Hope & Redemption: The Lena Baker Story" | Global Nat. News | Mechanics Dogs | PBS NewsHour (N) | News | News | Intervention "Kristine" | News | (5:59) News Hour (N) | ET Canada | Ent | Coronation | Movie: "Are We Done Yet?" (2007) | | Breaking Point "Boat" | Montana Wizards | Wings of Love (N) | Movie: "Facing All" (2009) | Flipping Out |
| 7 PM | Baker Story | Ent | Eden | 'Allo, 'Allo! | Jeopardy! | The Doctors | Hoarders (N) | Ent | Ent | Cold Blood | Wheel Jeopardy! | Ice Cube. | | | Breaking Point | Sonny Suite Life | Dark Blue | George Chuvalo. | Launch My Line |
| 8 PM | Law & Order: SVU | House (PA) | Art of the Heist | Antiques Roadshow (N) | XXI Winter Olympics: Figure Skating. | How I Met My Purpose | Paranormal | The Bachelor: On the Wings of Love (N) | House (PA) | House (PA) | 18 to Life | Malcolm | | | Breaking Point | I'm in Band | News | Movie: "Facing All" (2009) | Parker |
| 9 PM | Movie: "A Thousand Acres" | 24 (N) (PA) | Power of Art | American Experience "The Kennedys" (DVS) | Skating, Speed Skating, Snowboardin | Two Men Big Bang | Intervention "Jennifer" | Wings of Love (N) | 24 (N) (PA) | 24 (N) (PA) | Winnipeg Comedy | 8 Rules | | | Breaking Point "House" | Wizards Buzz | Rock of Love Bus | George Chuvalo. | Parking |
| 10 PM | (1997) Drama | Cold Blood | Black Coffee | | | CSI: Miami | Intervention "Kristine" | Castle "Love Me Dead" | Cold Blood | News Hour Final (N) | National | Family Biz | | | Breaking Point "Bus" | School | Coach | CSI: Crime Scn | Flipping Out |
| 11 PM | In the Heat of the Night | CHBC News Final (N) | From Harling Point | | | News Letterman | Hoarders | News | News Hour Final (N) | Ent | (11:05) The Hour | Prank Ptrl Fries That? | SportsCentre (Live) | CTV News (N) | Breaking Point "Boat" | So Raven | Home Imp. | Unsolved Mysteries | Launch My Line |

Monday Movies

AFTERNOON
 12:00 pm YTV (18) **"Yours, Mine & Ours" (2005, Comedy) Dennis Quaid. A household threatens to burst at the seams when the marriage of two widowed parents creates a family of 18 children. (In Stereo) (E)
 2:00 pm YTV (18) **"Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker discovers old rival Jimmy Murtaugh and his family are also there; the Bakers and Murtaughs

find themselves in less-than-friendly competition. (In Stereo) (E) **EVENING**
 6:00 pm WTBS (3) "Hope & Redemption: The Lena Baker Story" (2008, Historical Drama) Tichina Arnold. The life story of Lena Baker, the first and only woman executed in Georgia on the electric chair.
 YTV (18) **"Are We Done Yet?" (2007, Comedy) Ice Cube. A contractor with a bizarre business plan complicates a man's attempt to move his new family to the suburbs. (In Stereo) (E)

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LOCAL NEWS/SPORTS - LETTERS TO THE EDITOR - EDITORIALS
 COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

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Similkameen News Leader

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Relief is only a call away!

Call Anne Hamilton, Estate Administrator at 1-800-661-3661 today to set up your free consultation.

Donna Mihalcheon CA, CIRP, KPMG Inc. Trustee in Bankruptcy.

The Annual General Meeting of the Similkameen Improvement District

Will be held 7:00 PM Wednesday, February 17, 2010 at the Elks Hall 502 Veterans Avenue, Keremeos

card of thanks

Thank you to my home support girl, Dr. Smith, Dr. Adams, Nurses and staff at Princeton General Hospital for the excellent care I received. - Grace Lawrence

coming events

Pamper Yourself Women's Boutique" Saturday February 27th, 10:00 AM to 3:00PM. Community Skills Centre, 206 Vermillion Avenue, Princeton. Featuring: Arbonne International, Silpada Designs Jewellery, Shades of Linen Clothing, Send Out Cards, Voth Photography. Free admission - Prize Draws - Bring a Friend! (250) 494-4394 or (250) 492-2453. Feb 09 23

notices

Open house will be held at the Senior Citizens Hall on Saturday, February 13th from 2:00 PM to 4:00 PM to help John Sinclair celebrate his 95th birthday. Everyone is welcome. No gifts please.

Mez Smith of Northern Lights Massage Therapy would like her clients to know she'll be away until mid-April 2010.

TIN MAN

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Jul 06-11m

for sale

Star Choice dish & receiver. \$200.00 OBO Call (250) 295-6833. Feb 09 23

Horses Rock Tack Shop, 3078 Skaha Lake Road, Penticton. For the month of February, 25% off entire inventory (except consignment) For more information call (250) 492-2025. Feb 09 23

to give away

FREE. Beer fridge. Clean. Can deliver. Call between 10:00 AM-1:00 PM. Call (250) 295-6141. Feb 09 23

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Has an immediate opening for: **FRONT DESK RECEPTIONIST** 9 AM - 5 PM Tuesdays /Thursdays Weekly

While optical experience would be an asset it is not necessary Additional hours to follow as business expands

Send resumes/applications to: brsnee@gmail.com



SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

RELIEF SECRETARIAL EMPLOYEES

School District No. 58 is accepting applications for relief secretarial employees for Princeton schools. A minimum typing speed of 55 w. p. m. is required.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, or online at www.sd58.bc.ca, click on Jobs, Support Positions, and follow the prompts. Applications will be accepted until February 12, 2010.

Please forward to:

Attn: Secretary-Treasurer School District No. 58 (Nicola-Similkameen) P. O. Box 4100, 1550 Chapman Street, Merritt, B. C., V1K 1B8 Fax: (250) 378-6263

Only those applicants selected for an interview will be contacted.

Dinner...on the river?

Thursday, July 15

CO-SPONSORED BY LOCAL BREAST CANCER FUNDRAISERS

Classified Ad Deadline: 12 Noon Fridays • All Classified Ads MUST be paid in advance

Payment Options: Cash, Cheque, Debit, Visa, Mastercard

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notices

MONDAY NIGHT BINGO IN PRINCETON
SENIOR CITIZENS BR. #30

162 Angela Avenue
4:30 PM Sales Start
5:30 PM 1st 47 Bonanza #'s
SPECIALS, REGULAR GAMES, ODD &
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LOONIE POT, "LUCKY 7" WON EVERY
MONDAY (MIN. \$50.00 GUARANTEED)
BC Gaming License #16525
"KNOW YOUR LIMIT. PLAY WITHIN IT"

Narcotics Anonymous

OPEN MEETINGS
Wednesdays 7:30 PM

160 OLD HEDLEY ROAD
Baptist Church Basement
(USE BACK DOOR)
Sundays 7:30 PM
Living Water Foursquare Church, Kerley Avenue

Info: (250) 295-7919 OR 295-6531, 295-6723

FOLLOW US ONLINE AT:

www.thenewsleader.ca

Drinking a problem?
Alcoholics Anonymous

Meets 7:30 PM Thursdays
Princeton Baptist Church
160 Old Hedley Road

Fred 295-7272/Marena 295-7663

sudoku

CARTER'S
Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #267 - Easy

| | | |
|-----|-----|-----|
| 614 | 538 | 279 |
| 397 | 241 | 685 |
| 258 | 769 | 143 |
| 936 | 854 | 712 |
| 782 | 193 | 564 |
| 541 | 672 | 938 |
| 123 | 986 | 457 |
| 465 | 327 | 891 |
| 879 | 415 | 326 |

CHALLENGE #268 - Hard

| | | |
|-----|-----|-----|
| 482 | 569 | 371 |
| 137 | 428 | 569 |
| 695 | 317 | 248 |
| 213 | 675 | 984 |
| 546 | 891 | 732 |
| 879 | 234 | 615 |
| 951 | 746 | 823 |
| 728 | 153 | 496 |
| 364 | 982 | 157 |

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help wanted

help wanted



Village of Keremeos - Employment Opportunity
Office Assistant (Permanent Part-Time)

The Village of Keremeos is now accepting applications to fill the position of part-time Office Assistant — Overload (averages approximately 17 hours per week — hours per week will vary) to start February 22, 2010.

Duties include:

- Reception duties including answering public enquiries in person, by phone, and by email
 - Performing cashiering functions, assisting other office staff with assigned tasks
 - Assisting the public with queries relating to building inspection, garbage collection, taxation, bylaw enforcement issues and other local government related inquiries
 - Filing, photocopying, processing mail, distributing documents, assisting with maintenance of electronic and paper filing systems
- The successful candidate must be professional, flexible, and be able to multi-task.

Qualifications:

- Completion of Grade 12; Office Administration Certificate or equivalent
 - Strong computer skills particularly in MS Word, MS Excel and MS Outlook
 - Must be able to tactfully communicate with the public in all situations
 - Must be highly motivated, have excellent organizational skills and be able to prioritize a variety of tasks assigned by other office staff
 - Minimum of 5 years recent office experience
 - Local government administration experience preferred
- This position is unionized, classified as Office Assistant 1.

Closing date for applications is Monday, February 15, 2010.

Please send applications attention Joni Heinrich, Chief Administrative Officer:
By mail to The Village of Keremeos, PO Box 160, Keremeos, BC, VOX 1N0;
By Fax to: 250-499-5477; By e-mail to: cao@keremeos.ca;
Or in person at 702-4th Street, Keremeos, BC

For further information, please contact:
Joni Heinrich, CAO, at 250-499-2711 or email to cao@keremeos.ca

Olympic Torch Relay



The Olympic Torch is walked past the News Leader office on Bridge Street February 7th. *

PRINCETON B.C.



MLA Harry Lali presents Mayor Randy McLean with a certificate naming Princeton GamesTown. *



Inuit throat singers perform in the gazebo at Veterans Square. *



Mayor Randy McLean races Princeton Posse players on the streets of downtown Princeton in the first leg of the China Ridge Relay February 7th. *



This certificate is presented to

**Town of Princeton
GAMESTOWN
2010**

Princeton is home to passionate, caring and pride-filled citizens; and being selected the winner of the "Gamestown 2010" competition is a clear recognition that the community is a great place to live, work and play.

May you always strive toward keeping the community a truly wonderful place!

February 1, 2010

Harry S. Lali
Harry S. Lali, M.L.A.
Fraser-Nicola
Province of British Columbia

Fraser-Nicola MLA Harry Lali presented this certificate during ceremonies February 7th honouring the Town of Princeton on being named GamesTown 2010. Lali was in town for the torch relay.

Opportunity Tree

At Wine Fest

HELP ROTARY TO HELP SERVE

USE YOUR IMAGINATION TO PUT A LEAF ON THE OPPORTUNITY TREE

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Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

Wednesday, February 10 - Posse Fan Appreciation Night



2-For-1 Game Admission
(BRING A FRIEND FOR FREE!)
PRIZES - GIVEAWAYS
DRAWS - RAFFLES

Exhibition Game
Monday, February 15
TWIN CITIES NORTHERN LIGHTS
Minnesota Jr. Hockey League
Game Time: 7:00 PM





Editorial Page News Leader

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

My Turn...

Call It A Spiritual Experience

The Olympic Torch passed through Princeton over the weekend. I knew it was coming probably as long as you have, but never really thought much about it until two weeks ago.

I consider myself sort of 'neutral' about the whole Olympic movement.

Part of me thinks, "Yea! Go Team Canada. Whip some butts" and another part of me thinks, "Oh, what an expensive mistake" but you know, if the world is coming to the neighbourhood we still have to be reasonably hospitable.

What tipped me off to the effect of the promotional stunt of Olympic proportions was two weeks ago when Brenda was in Penticton picking up that week's News Leader from the printer and happened upon the Olympic Torch quite by accident on one of the main streets. She took some photos and called me right away.

To say she sounded delirious would be putting it mildly. She, too, has had what I would call a 'neutral' position on the Olympics, but, seeing the torch sort of swept her up into the spirit of the thing.

When you think about it, the Torch Relay is really not much more than a huge moving promotional tool used by the Olympic Committee to reach you. Whether or not you care about the games and whether or not you plan on attending the games or watching them on TV the torch and it's twisting route is supposed to at least make you think about the event.

Once Brenda managed to calm down she told me she didn't expect to get so swept up in the spirit of the relay, but she did. She watched it approach her, witnessed a 'hand off' to another runner take place almost in front of her and watched that runner disappear in traffic.

Since that happened I kept reminding myself the Torch Relay's arrival in Princeton to me is not much more than a news item. Every day or so I'd ask Brenda if she planned to be up early and downtown to see it arrive here. Each morning she sounded a bit more excited about it. It reminded me of the countdown to Christmas I experienced as a young boy.

So to say I wasn't a little excited nor a little bit proud to be a Canadian when the Olympic Torch passed me on Bridge Street last weekend would be a lie. I can't say I had the same experience Brenda had, but you could tell that many residents lining Bridge Street and standing in Veterans Square on Sunday morning were getting caught up in the spirit of the event.

Someone last week mentioned to me they were going because it was, in their view, an once-in-a-lifetime event.

Had there not been the Olympics in Calgary in 1988 I'd say that could have been a true statement, but there's no doubt it'll be a long time before British Columbia will be hosting the event again and with that in mind I was glad to be there to witness something that was truly a lot more than just a news item.

Canada

PAP Registration No. 11034

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

EDITORIAL GUIDE

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



Liz Knibbecke spoke to Princeton Rotary Club at their February 2nd luncheon meeting. Knibbecke shared details on her work with Young Life and area youth through a variety of projects. *

...Your Turn

Princeton Earns Thanks

Dear Editor,

The CT Scan campaign was a complete success in raising \$1.7 million for a new CT Scanner at the Penticton Regional Hospital. We would like to sincerely thank everyone who made donations from Princeton and the surrounding areas.

Letter To The Editor

Reader questions facts

To The Editor:

Your article on water and sewer increases is far from being correct. I have seen increases of around 10% or better for the last three years which has been around a \$1,000 increase a year for 30 tenants in a residential property. Where is the justice for this?

Due to these increases Princeton has now lost a low-income building. Where do these low-income people go - on the streets due to greed by the Town of Princeton?

My advice to anyone looking to invest in Princeton is to go somewhere else due to many reasons.

All of the funds were raised by people. People who volunteer with the Hospital Auxiliary, people in service clubs, in businesses and people who have no affiliation to any particular group but care deeply for their regional hospital. We thank each and every one of you - you make health care better, you make

Also, if you intend to build, do not do it. Is Council going to allow this to continue as rental increases allowed are only 3.2% per year? Otherwise a landlord has the option to match rents in Princeton - the going rate is around \$600 per month (1-bedroom). Many more landlords are going to do this increase soon.

- Keath George, Princeton
(Editor's Note: The article in question ran on the front page January 26th and quotes the 'average' cost to homeowners. An apartment building has a different rate).

giving to your community special and above all, you make the dreams become a reality.

We would like to give a special thanks to George and Brenda Elliott at the News Leader. Your leadership in printing our stories about the CT Scan, taking photos of different groups donating toward the CT Scan and especially for attending the Giant FM "Roadshow" back in the fall, to do your "DJ Gig".

This made such a difference for the campaign. You generated excitement and fun and more important you got folks to come out and make a financial gift towards this important medical equipment. Thank you, keep up the great work!

The CT Scan will be ordered very soon, a new room at the hospital will be renovated to accommodate the machine and hopefully by the summer, the equipment will be operational. You are all invited to be here in Penticton for the grand opening. Thank you everyone!

- Janice Perrino, Executive Director South Okanagan Similkameen Medical Foundation

Current Comment

Community Pride Can Bring Cash



Dawn Johnson
editor@thenewsleader.ca

Princeton is Gamestown 2010. For those of you who were not paying attention, the competition was to find out which town in B.C. was happiest and most proud of its lifestyle. Princeton won first prize, worth \$100,000. That's just the first installment of the potential cash flow from this award.

Let's let the whole world know how our citizens enjoy living here. We should have a big highway sign at all three entrances to town to tell the world this is Gamestown, the place people love to call "home".

Community pride is not often openly expressed. Even Mayor McLean was surprised by the things local citizens wrote about how much they appreciate living here. Of course, the mayor is often the recipient of more complaints than praise.

When I first heard the news, my first thought was to phone my sister who lives in Burnaby. I wanted to use Gamestown to explain to her why I live here. She has asked me many times through the years why I would choose to live in Princeton. She recalls it as the place she couldn't wait to leave after she graduated from high school.

My sister has been surprised frequently in the past few years as I tell her about things I'm doing or planning to do. I took her to her first horse racing meet two years ago. She loved it.

One time she phoned me and I told her I was on my way to a ballet performance.

"Ballet? In Princeton?" she exclaimed.

My sister has not gone to a ballet performance in the past 20 years. So much for the culture in the city!

Last summer, my sister visited to enjoy her second round of the Traditional Music Festival. She

was impressed with the new Veterans Square. During the same visit, she enjoyed going swimming every afternoon at the pool in town during seniors' hour. One weekend we took a trip to N'kmip Centre, and another weekend we went to the powwow in Keremeos. My cousin took her fishing at Allison Lake. All of these were new fun things to do, and all of it within an easy drive.

During her visit, my sister discovered the museum, the library, and an art show.

She is coming back this summer, and I will take her for a walk over the Bridge of Dreams, and through the tunnel, where trains were still running when she lived here, and it was off limits.

Using my sister as a city person discovering our town, I hope you can see how we need to show people what we have and what they can do in Princeton. I would love to see a big neon sign out by Highway 3 that says "Rodeo this

weekend" or "Horse racing today" and the like. We have so many good annual events worth stopping for and we need to tell people what is going on. We have hockey, skiing, curling, hiking, biking, boating, fishing and on and on just in sports activities. Add the cultural activities and we have a tremendous amount to offer to visitors.

Which leads me to my next observation: who wouldn't want to live in the Similkameen Valley? There is always something to do. If it is not happening in Princeton, then it is happening in Tulameen, Hedley or Keremeos.

Most of us who live here do not think of our lifestyle as a marketable commodity. As Gamestown, we are more than just marketable, we are a town with bragging rights.

We can benefit from that in many ways. Let's do so, for the benefit of all of us - business, industry, culture, sports, real estate, and jobs.

Broadband?
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Valentine's Day is Eggs Benny Day!

Breakfast Specials:
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8 oz. New York Steak & Tiger Prawns
SERVED WITH MUSHROOM, VEGGIES AND YOUR CHOICE OF POTATO
\$18.95



BILLY'S FAMILY RESTAURANT
301 Vermilion Avenue, Princeton



Maria Sadegur, President Wayne Terepocki, Legion poetry winner Daniel Kostiuk and Zone Commander Bud Sadegur celebrate Kostiuk's win during the Legion Awards Night last week. Photo: Dawn Johnson

Breaking out of the Valentine's monotony

(NC)—Many people celebrate Valentine's Day out of obligation for their loved one. This day rarely lives up to the hype, nor should we only show love on one day of the year. So, how can you break out of the mold and show love for the whole year?

Create a Calendar:

Select pictures from the previous year to represent each month of the year. Each month a new memory will be displayed resulting in a full year of love.

Sponsor a Child:

This monthly donation to a charity such as Christian Children's Fund (www.ccfcanada.ca) will not only be a reminder each month of the difference you are making, but you will also receive one letter a year from your child and an updated photo and letter from the program.

Purchase a Subscription:

Select a magazine of interest for your loved one and order a full year's subscription. Each month when they receive their magazine they will remember how much you love them.

Create a Scrapbook:

Using pictures and other mementos collected throughout the year cre-

ate a book that can be reviewed throughout the year. Highlight your favourite memories and why they are your favourite. Also feel free to include things you would like to do together in the future. The time put into this craft, along with the memories, will serve as a reminder of the fun you have had as a couple and the fun that is still to come.

Engraving or Monogramming an item:

Whether it be a key ring, a piece of jewelry or a cloth bag, creating a personalized message for your loved one is always a huge hit. Pick an item that they will carry with them on a daily basis such as a key ring. Have a special message engraved in it so, each time it catches their eye, they will remember their special message and the personal touch that went into this gift.

Valentine's Day Special AT:



Treat Your Sweetheart To...

Alaska King Crab Legs or Prime Rib or Chicken Neptune
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Princeton Olympic Torchbearer Paula Barchard, left, gives the News Leader's Brenda Engel an Olympic thrill. Thanks, Paula! *



Olympic Torchbearers, including Princeton's Paula Barchard, centre, pose for photos in the middle of Vermillion Avenue during the Olympic Torch Relay February 7th. *

A man's guide to making Valentine's Day unique

(NC)—With Valentine's Day just around the corner, it is now time to think about how you will impress that special someone. Since this tends to be a holiday women look forward to all year, men can win big points by putting a little thought into this big day. Here are some great suggestions to make your "typical Valentine's traditions" a little more unique.

Dinner in Bed:

Let's be honest, who has time for breakfast in bed? Although it sounds fun and romantic, the romance is stifled by the need to get to work or run errands. Why not try dinner in bed? This romantic picnic allows time to relax and enjoy conversation without worrying about the rest of the day.

Make a Donation in Her Name:

Select a charity and make a donation in your loved one's name. By selecting a charity such as Christian Children's Fund of Canada, you are able to customize your donation.

Valentine's Day

Did you ever wonder how and when Valentine's Day began?

This is the day designated for lovers and romance. The day must have been celebrated a very long time ago, as it is named after Saint Valentine, the patron saint of lovers. Valentine was a Roman priest who was martyred on February 14, 271 A.D.

It may seem strange to honour the saint of lovers on the day he died, but February 14 became the day when lovers sent messages of love to the loved one. These days, it is considered a day not only for loving messages, but maybe a bouquet of roses, a fancy heart-shaped box of chocolates, and maybe a romantic dinner. Certainly, there is something appealing about recharging a lover relationship with tokens of affection.

You could purchase a chicken in her name if she's an animal lover, or specifically choose a sponsor child whom you know she would love. Putting time into your selection is what will make this gift unique.

A Dozen Roses:

If by chance you get caught up in the last minute rush you can still save the day. Instead of surprising her with a dozen roses, leave her one in different places throughout the day so by the end of the day she ends up with an entire bouquet. She will spend the day looking forward

to the next place you thought of for her.

Love Coupon Book:

Although this might seem like one of those last minute ideas, it's the thought you put into it that makes it all the more special. Try to think of things that she would never expect such as a full day of shopping with no whining, or a chick-flick of her choice instead of the football game, again with no whining. These love tickets extend the celebration past one day and will result in a positive return.

Similkameen News Leader

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We offer a 4-course meal including your choice of a fresh mixed Green Salad or homemade Soup, your choice of either Chicken Wings or White Wine sauteed Prawns for an appetizer, a main course with your choice of Prime Rib Dinner or Oven-Baked Salmon and Dessert. Our main course offers your choice of Garlic Roasted Mashed Potato or Dill Lima Bean Rice.

We look forward to serving you!

Country Kitchen

245 Vermillion Avenue, Princeton 250.295-7838



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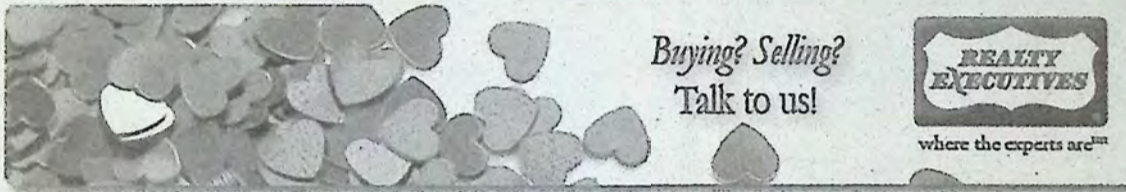
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336 Old Hedley Road

So you finally decided that you want to be out of the hustle and bustle. You're looking for that little piece of heaven, where you can roast marshmallows around the campfire and have enough room for your family and friends to RV in the back yard. Well, look no further! You have found that spot. Located close to town for convenience but far enough away to enjoy the country life. On 1.7 acres, this 3-bedroom, 2 bathroom bungalow has it all. Hardwood in the dining room, wood burning fireplace, new kitchen and many updates including a new furnace in 2007 and septic tank and field in 2003. Property features 12' x 24' storage shed, paved driveway and is fully fenced. Imagine yourself sipping tea on the 160 sq ft covered porch enjoying your mountain views.

NEW!

\$354,900
MLS ©107369

Hidden Jewel!



940 Cawston Avenue

Don't miss out on this beautiful old-timer tucked in neatly into the historic village of Hedley. Only hours from the rain-drenched coast, this beauty boasts original fir floors, doors and the gleaming hardware, too! Built solidly and kept clean to the corners, this home also has many updates including a new septic system, furnace and roof in 2008, so many of the deep-pocketed home maintenance costs have been taken care of for you! Located in the heart of the Similkameen Valley, Hedley offers you unlimited recreational activities and the comfort of small-town community while in walking distance of 20 Mile Creek, the Similkameen River and a 4-star restaurant. What more could you ask for? The moon, perhaps?

NEW!

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Motivated Seller!



1032 Kingston Avenue

Seller extremely motivated and open to any offer! This beautiful old-timer has the solid bones and characteristics of a turn of the century home - including 9 foot high tongue and groove ceilings in the original structure and a very private yard with mature landscaping. Located at the end of a quiet street in historic Hedley. This property has been neglected and needs attention in order to bring out it's true colours. The seller is aware of the work that is required and has priced this one accordingly for a quick sale!

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