



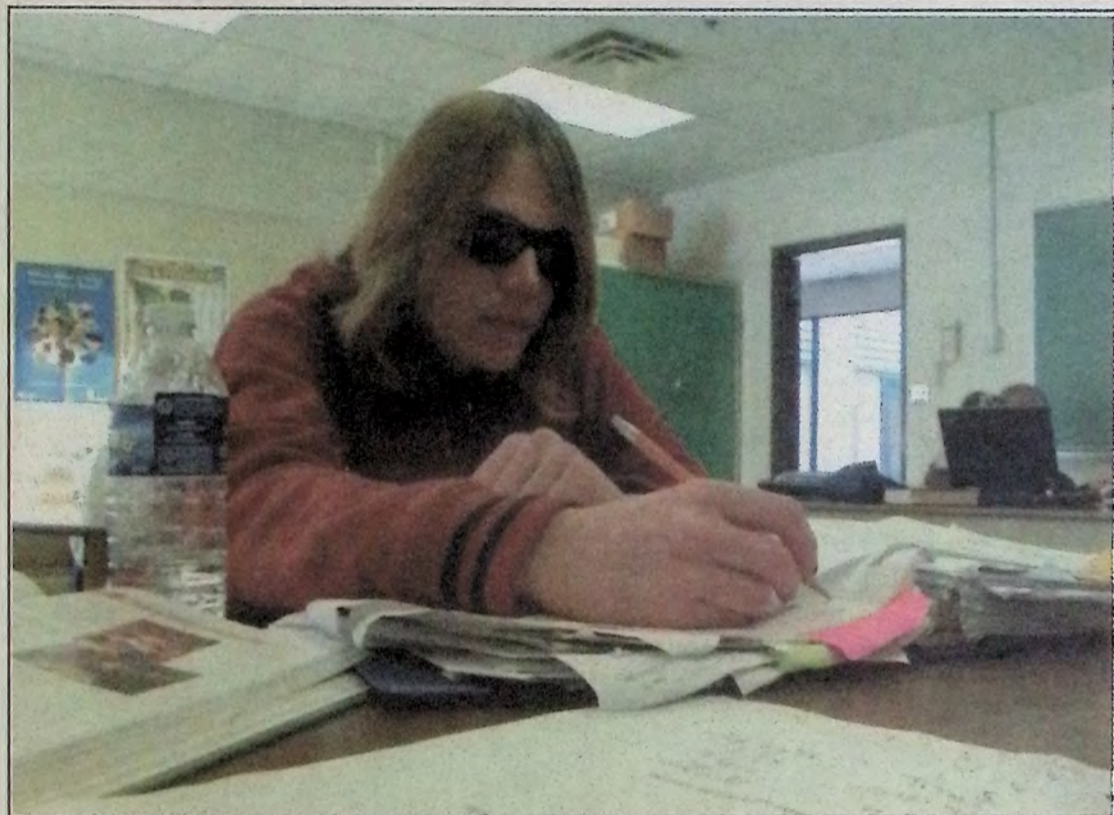
Similkameen

News Leader

INCLUDES HST! \$1

Volume 14 Issue 3 #664 ISSN 1712-090X

Tuesday, January 18, 2011



Princeton Secondary School student Sam Kastor studies for semester final exams. Photo: Des Cosman

RCMP nab thieves

On January 7th, at approximately 4:00 AM Princeton RCMP responded to a possible break and enter in progress at the Compliance Coal Mine site off of the Blakeburn Forest Service Road near Coalmont and arrested two "prolific property offenders" from the Lower Mainland.

"Compliance Coal Mine has been the target of numerous break, enter and thefts over the past several years," says Princeton RCMP Sgt. Dave Clare.

"The site had been targeted on January 5th, however, nothing was stolen at this time."

On January 7th local logging con-

tractors observed a Red 1995 Chevrolet pickup truck near the mine site and alerted the police who stopped and arrested a 39-year old male and a 42-year old male, both from the Lower Mainland.

Charges of Attempt Break, Enter and Theft, Possession of Break-in Instruments and Possession of a Concealed Weapon are pending.

"It is believed these individuals are responsible for other offences in the Princeton area and the RCMP are continuing their investigation," Sgt. Clare adds.

The public is reminded to report any suspicious activity to the Princeton RCMP at 250.295.6911.

CMMC releases positive assay results

Copper Mountain Mining Corporation ("CMMC" or the "Company") announced January 13th assay results from five diamond drill-holes completed below Pit 3 and in the Saddle Zone of the Copper Mountain project.

Two deep holes (>1,000m) were completed below the Pit 3 area and three holes are in the Saddle Zone. An additional twelve holes have been drilled from the Saddle zone, of which six are deep, targeting geophysical anomalies and depth extensions to mineralization below the planned super-pit. Splitting and assaying of this drill core is ongoing.

Pit 3 Area:

Deep drilling below Pit 3 was designed to follow up on the 2008 drill results in hole 08P3-08 which intersected 292m grading 0.55% Cu, 2.23g/t Ag and 0.14g/t Au, an interval which was made up of a number of higher grade intervals

including, 98m grading 1.31% Cu, 5.53g/t Ag and 0.34g/t Au.

The 08P3-08 intersection occurs approximately 150m below the bottom of the planned Super-pit, and passed through the upper part of a large, deep seated Titan-24 chargeability anomaly.

Drill-hole 10P3-60 was recently drilled from a collar just to the south of the 08P3-08 collar with a slightly steeper dip and angled in a more southerly direction, resulting in sub-parallel hole to 08P3-08 but 120m deeper and 100m further to the south.

Mineralized zones within 10P3-60 correlated well with those in 08P3-08 but were of lower grades and narrower widths. Drill-hole 10P3-61 was drilled from the west side of Pit 3 to form a scissor section with 10P3-60 and test the lower part of the deep chargeability anomaly.

Drill-hole 10P3-61 intersected 94.0m grading 0.72% Cu, 2.77g/t Ag and 0.11g/t Au, approximately 80m below the historical under-

ground workings and immediately below the currently designed Super-pit.

This high-grade intersection is likely part of the same zone that hosts the 98m of 1.31% Cu in 08P3-08, which is situated approximately 130m deeper and 180m further to the north. Drill core between 459m and 1,011m in hole 10P3-61 did not encounter significant mineralization and more drilling will be required to understand the relationship between geology, mineralization and geophysical results in the large (700m long by 400m wide by 400m deep) chargeability anomaly that underlies the Pit 3 area.

Saddle Zone:

The Saddle Zone is the ridge separating Pit 2 from Pits 1 and 3. Current drilling targeted the part of the Saddle Zone between Pits 2 and 1 that is not included in the current mine plan because of insufficient drill information. Drill holes 10SD-60 and 10SD-61 intersected

mineralization within an area classified as waste and consequently excluded from the mine plan.

Delineation of ore within this area of the Saddle Zone, and inclusion into the mine plan provides additional resources and has the potential to facilitate deepening of the Super-pit.

Drill-hole 10SD-62 returned a near surface intersection that will upgrade the reserves within the current mine plan area. Continued successful drilling on the property will result in incremental improvements to the current mine plan and/or increased mine life.

The mineralized system at Copper

Mountain is classified as a bulk-tonnage, alkalic porphyry copper deposit that is hosted within Nicola Group volcanic rocks. Mineralization is structurally controlled and focused at multi-directional vein intersections and within vein stockwork systems. Drill holes are usually drilled at angles of -45 or -55 degrees to provide the best indication of the lateral extents of vertically oriented mineralization.

Quality Assurance

The company employs a system of quality control for drill results which includes the use of blanks, continued on Page 2



News Leader THIS WEEK:

Posse 'Stars On Ice' - Page 9

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Important Notice From Alex Atamanenko Your Federal Member of Parliament

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Princeton: 12:00 noon to 3:30 pm

Community Skills Centre, 206 Vermilion

Keremeos: Call 250-498-5353 for appointment.

Or 1-800-667-2393 AtamaA1@parl.gc.ca
www.alexatamanenko.ndp.ca or www.alexndp.ca



The News Leader was impressed with these two fellows who turned last week's weather into a business venture. They cleared a lot of snow off downtown awnings in a few days. *

..... continued from Front Page certified reference material (standards) and check assaying. Core is logged on site and split with a diamond saw.

Samples are shipped to Pioneer Laboratories for analysis. The drilling program is being supervised by Peter Holbek, M.Sc., P.Ge., a qualified person as defined by National Policy

Instrument 43-101.

About Copper Mountain Mining Corporation:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM".

Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain

Project. The 18,000 acre mine site is located 20 km south of the town of Princeton.

The Copper Mountain Project has a current resource of approximately 5 billion pounds of copper, the project is fully financed (\$438M) and in construction and on schedule for the mine to produce approximately 100 million pounds of copper per year by mid 2011.

Additional information is available on the Company's web page at www.CuMtn.com. - submitted

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PRESENTED BY:

Crystal Compton BSW, RSW & **Laura Hockman** BSW, M.A., RSW

TO REGISTER PLEASE CONTACT:



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Crystal Compton
Independent Living Vernon

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Fax: 250.545.9226

Toll Free: 1-877-288-1088

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Funding for this session is provided by the
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Similkameen News Leader

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SCHOOL DISTRICT NO. 58
(NICOLA-SIMILKAMEEN)

RELIEF JANITOR

Applications are invited for the position of Relief Janitor with School District No. 58 (Nicola-Similkameen) in Princeton schools only.

This is an on-call position. Salary and benefits will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

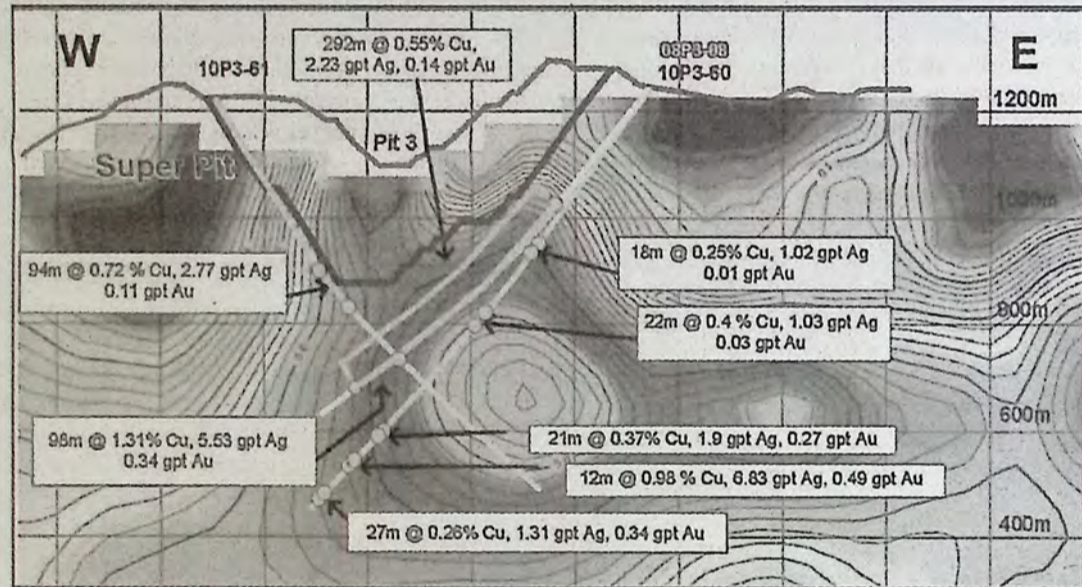
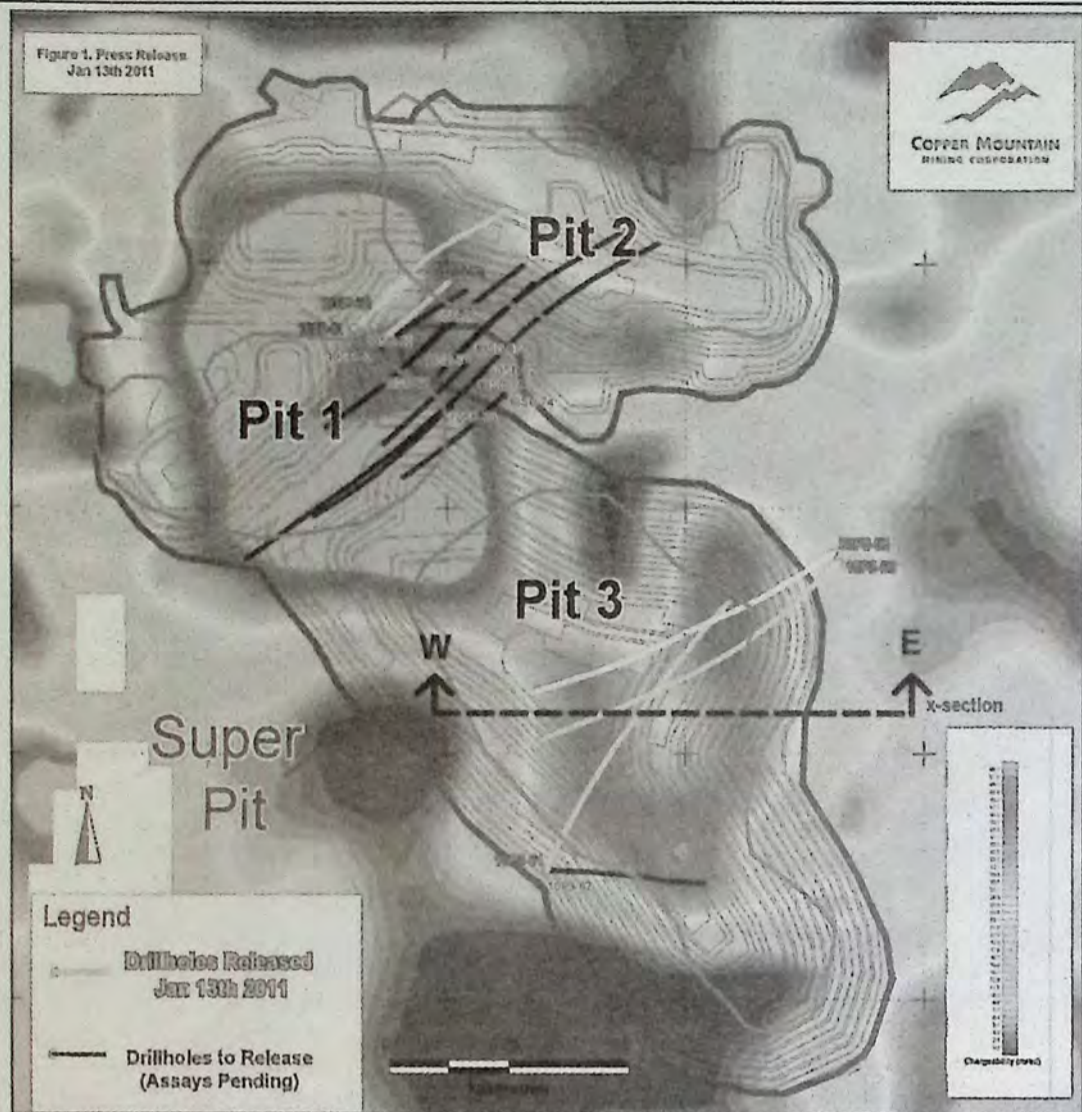
Applicants are required to have a minimum Grade 10 education and a valid BC Driver's License.

The district has a high percentage of First Nations and other multi-cultural students and so being sensitive to cultural diversities would be an asset.

Application forms are available at Princeton Secondary School, 201 Old Merritt Road, Princeton, BC, or you can apply online at www.sd58.bc.ca, click on Jobs, Support Positions, Job Postings. Applications, including a detailed resume with a minimum of three references, will be accepted until January 28, 2011. Please forward to:

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

For further information, contact Mr. Jim Garfield at 250-315-1113. Only those applicants being interviewed will be contacted.



This is a chart which shows recent drilling activity at the Copper Mountain Mine Project. It was included with the January 13th News Release. The project is still on schedule and is expected to go into production this summer. To find out more visit the company website at www.cumtn.com.

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Investing in the communities we share

Thousands of volunteers contribute countless hours in their communities to educate and inspire friends and neighbours alike through the development of programs and initiatives that bring our communities together.

In 2010, FortisBC helped support more than 200 community initiatives, including the Princeton Fall Fair, Kootenay Association for Science and Technology, Slocan River Streamkeepers, Naramata Community Garden Society and Okanagan Falls Parks and Recreation Commission. We thank those and other dedicated volunteers throughout the region who contribute to making our communities whole.

For more information about FortisBC's community investment program visit fortisbc.com/community/community.html



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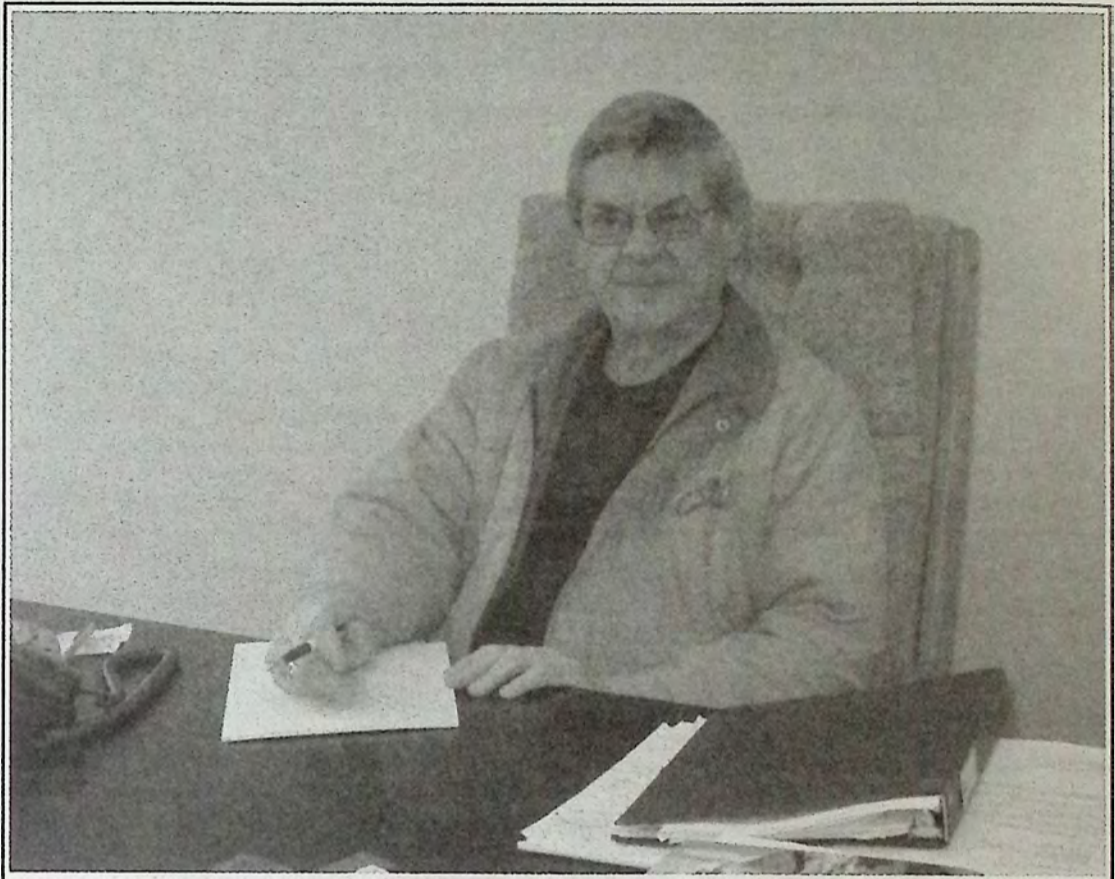
MERRITT
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Q: My family and I are avid skiers and our question is: What type of tint should we use for ski goggles or sunglasses?

A: The type of tint for ski goggles will vary on the time of day and the weather conditions. On dull weather days, skiers would benefit from brown or rose coloured tints as these are high contrast tints that make variations in terrain stand out more. For later in the day and overcast conditions, an orange tint will do better. For nighttime skiing, a yellow tint will lighten everything up. For high sun conditions a grey tint works best as it is a relief tint that makes things dimmer. Polarization and a back side anti-reflection coating (on sunglasses) is recommended for all these types of conditions.

Keremeos News



Keremeos Mayor Walter Despot during a rare break from the business of being Mayor. Photo: Arlene Arlow

Candid Words - Mayor Walter Despot

Part 1 - Interviewed by Arlene Arlow

Mayor Walter Despot has been around Keremeos a long time. Since the '60's in fact. He believes in a job well done and believes he has done a good job. He would like to retire, but he's not willing to give up the chair to just anybody: You had best know about business, about people, about hard work, about government and about patience if you want his job. If you fit the bill, he'll tell you to fill your boots. If you aren't cut for the job, expect a run for your money –

from Walter, that is.

Q: What was the highlight of 2010?

"Seeing the completion of the affordable housing units as chair of Lower Similkameen Community Services Society. There are 16 units and I think only one unit is left to fill. Keremeos was the pilot project in BC and the program is continuing now in other communities. The units are available to persons over 55 on low incomes and those who are handicapped."

Q: What was the biggest challenge in 2010?

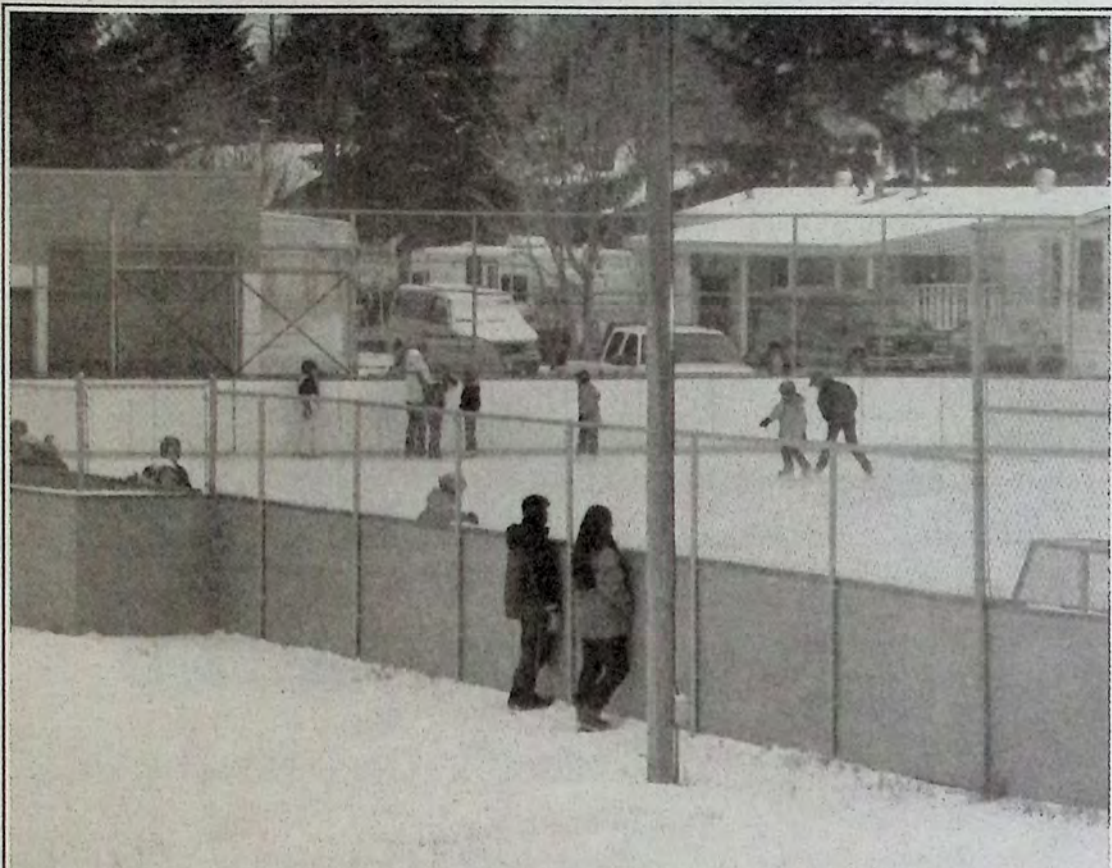
"Keeping the Village functioning on a small budget. Keremeos is a very small community – 10 blocks by 12 blocks – and thus has a small tax base to draw on for the services it provides. We do an amazing job with the monies that we receive."

Q: How did the forest fires of 2010 affect Keremeos?

"As a former Fire Chief and firefighter, I don't think the fires continued on Page 5"



Winter creates some interesting photo-ops. Fresh snow added a completely new contrast to otherwise unimposing rock faces east of Hedley on January 9th. Photo: Arlene Arlow



Youngsters and a few spectators were enjoying the outdoor rink in Keremeos January 10th. Photo: Arlene Arlow

..... continued from Page 4 affected Keremeos adversely. We had at least three strategy meetings at the Keremeos Fire Hall this past summer, and the Forest Ministry staff were very qualified. Some of them I worked with as a firefighter over 20 years ago. They had the behavior of the fire pegged pretty closely. Essentially, the strategy was to monitor the fire but let the fire burn because the fuel was relatively sparse – the topography was mostly rockface. Those areas that did burn will offer greener pastures for wild sheep and goats.”

Q: What is the biggest contributor to the Keremeos economy?

“Pension incomes probably provide the most spending dollars here in Keremeos. Salaries and services in the health care industry are the largest year-wide contributor. Education and farming (organic farming, vineyards, etc.) follow close behind. I would like to emphasize that organic farming is very labour-intensive, and is still a growth industry.”

Q: How can we change the fact that jobs are hard to find for young people here in Keremeos and there isn't a great variety of businesses?

“Not easily. Seniors need yard work done, in-home care, home renovations and other services. You are not going to get heavy industry because we just don't have the room plus clean air is a priority for residents of Keremeos. Agriculture and the commercial sector downtown could pick up more.

“It depends on the attitude of the people who live here. The residents of Keremeos need to give local business a look before they head out to shop in Penticton, and they need to do it a lot more often. Most people don't realize that if they buy local, they might pay a bit more but the service is better.

Businesses will in turn have more revenues to offer a wider range of services and better prices. It's all relative.

“I look at some of the stores here in Keremeos and they aren't getting the support they need. No business is going to come to Keremeos if it can't see sufficient volume for a profit. Some people think another grocery store would be a great idea, but they likely don't realize that anyone opening a business like that

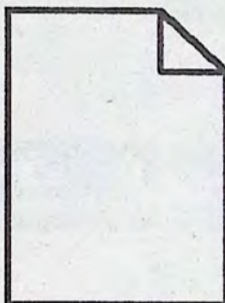
would need close to a million dollars and about 10 years to grow the business. I have 35 years of business including operating the Pharmasave in Keremeos as my guide. The goods, services and prices I could offer were limited by not being able to order in volume. Residents need to open their wallets here a bit more often instead of assuming that Keremeos is overpriced. The downtown core will continued on Page 19

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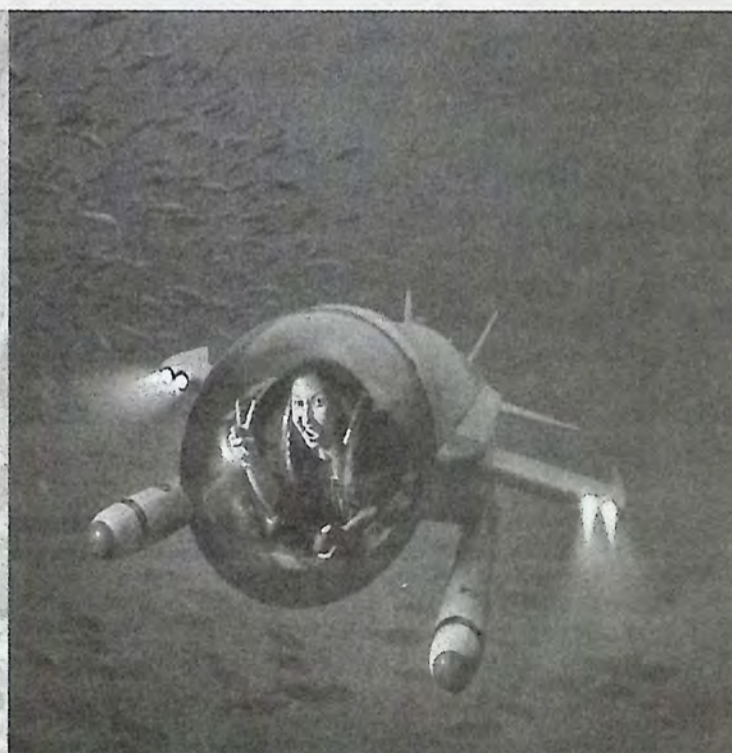
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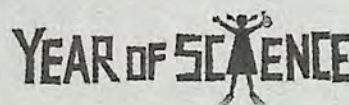
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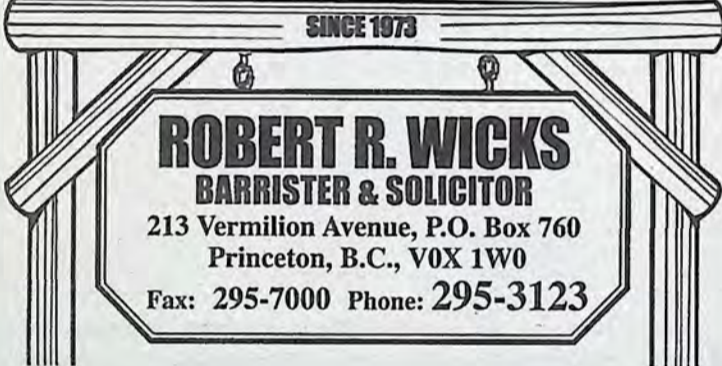
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Health / Lifestyle News

Canadians are in the dark when it comes to seasonal flu

(NC)—Seasonal flu season has arrived - and surprising new poll results reveal that Canadians need to brush up on their 'flu facts.' It turns out Canadians have little knowledge of who is at risk, what symptoms to look for and how to manage the flu if they do get sick.

According to the World Health Organization (WHO) and the Public Health Agency of Canada (PHAC), populations most at risk for complications from seasonal flu include: people 65 years and older, pregnant women, and those with chronic medical conditions such as diabetes, heart disease, cancer, chronic obstructive pulmonary disease (COPD) and asthma.

These at-risk groups need to take extra precautions during influenza season and have a written action plan on how to manage their disease so they know what to do if they do become ill. Curling up under the covers and suffering in the dark is no longer a sufficient approach to treating seasonal flu! Canadians at increased risk of contracting the flu may experience serious complications that could lead to hospitalization or even death.

According to new poll data from the Ontario Lung Association, 41 per cent of at-risk Canadians don't feel that seasonal influenza is serious, when in fact between 4,000 and 8,000 Canadians die from it each year. Over half of respondents - people over the age of 65, pregnant women, and people living with chronic illness - felt they were not at an increased risk of serious complications if they got the seasonal flu. This could not be further from the truth.

When it comes to managing the seasonal flu, quick action is key for these at-risk populations. Seeing your doctor as soon as symptoms appear is the best bet to getting the flu under control. Ironically, the majority of respondents (67 per cent) said they hold off seeing their doctor when they experience symptoms because they feel "it's not a big deal." And 70 per cent hold off seeing a doctor in part because they believe there are only over-the-counter remedies for their illness. In reality, physicians can recommend prescription medications to effectively treat the flu that could help prevent more serious complications.

Many at-risk Canadians are unable to correctly identify the top symptoms of the flu. Typical symptoms include: fever, headaches, malaise, loss of appetite as well as muscle aches and pains. The flu is not a cold. A cold is a mild infection of the upper respiratory passages caused by a variety of viruses. It may last for a week and symptoms include a runny nose, stuffy nose, cough and sore throat. A cold is caused by a rhi-

novirus, which is much different from an influenza virus. Symptoms such as headache, fever, muscle aches, and nausea do not usually accompany a cold.

Only 38 per cent of respondents were able to correctly identify rapid onset of symptoms as a key sign of the flu.

There are many steps Canadians can take to ensure they are healthy and strong as the cold weather sets in: learn to tell cold symptoms from the

flu, get plenty of sleep and eat a well-balanced diet.

If you do get sick and you're one of the at-risk candidates to develop serious complications, visit your doctor or healthcare provider as soon as possible to get the flu under control.

To speak to a certified respiratory educator, please call The Lung Association's Helplines at 1-888-344-LUNG (5864) or email info@on.lung.ca. - www.newscanada.com

Living Past 100

Yes, Lifestyle Changes The Odds

Perhaps you have noticed the increasing number of 100th birthday congratulations on television and radio. More people are living past 100. They are not only living a long time, but enjoying their lives. What makes the difference?

Lifestyle is the difference. Studies of the very elderly reveal a long life is not merely in the genes, it is in the lifestyle. Anyone will tell you life is not worth living if you are going to be unhealthy for years, but those people living past 100 have been healthy for most of their lives, including their old age.

People who live past 100 have some lifestyle characteristics in common. You may be thinking, "They don't drink, they don't smoke, they eat all the right foods."

This is not necessarily what they have in common. Many enjoy the occasional cigar or pipe. Many have a glass of wine every day. Many eat just about anything they please.

The do smoke rarely, they drink just that one glass of wine, and they eat what they want, in moderation. Those things are just a small part of the common threads of their long lives. Moderation is a cornerstone of good health.

The other things these oldsters have in common are more about the spirit rather than the body. Studies have been done on the things about lifestyle that simply cannot be measured. These may be more important in the long run.

First, these over-100 people love other people. Most of them have enjoyed a loving relationship with the opposite sex well into old age, and speaking of sex, that is something they enjoyed for longer than most. Perhaps a loving sexual relationship is key to living a longer, healthier life?

The over 100 group has a lot of community spirit. They have all been active in the community in some way. They have a lot of friends, and they value their friends.

They do things with and for their friends. Many researchers have come to the conclusion that being involved with friends and the community is a key to staying healthy and living longer.

People who live past 100 do not spend much time worrying. They are busy, optimistic people who find things to do. They tend to take each day as it comes, and make the most of every day. They are optimistic about life. They want to enjoy their lives.

This last bit, about being optimistic, seems odd in today's 100 year old people. If a person was born in 1910, they lived through two world wars, the Great Depression, the Korean War, Viet Nam, the Cold War, terrorism, and so on. If they wanted to look on the dark side of life, they have had plenty to complain about and worry about. Researchers say optimistic people, that is, those who look on the bright side, are healthier than worriers or whiners.

Those who live to be 100 years old are physically active. This does not mean they do an hour of gym workout every day. On the contrary, few ever do organized exercising.

However, they are active in the sense that they are always doing something. They may walk to the corner store, do gardening, go dancing once a week, swim, do all their own housework, and those everyday things that all of us do.

There are all kinds of books and shows about eating right and losing weight, staying fit and staying healthy, but the real secret of a long, healthy life may be quite removed from our physical selves. Staying in love, staying busy with friends, doing things as part of the community, looking on the bright side - these may be what keeps people healthy and gives them a long life.

This Week - 12 Years Ago

Celebrating Princeton's History

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - January 19, 1999



Millionaires retire Krenn jersey

PRINCETON - The bleachers at Princeton's arena were full on Thursday evening, January 14, when the #7 jersey, worn by the late Kurt Krenn, was formally retired. His team, Princeton Millionaires, lined the boards during the brief ceremony. Other teams: Bantams, Sherwood Maidens, Lynch Bus Lines and Mac Lind Flyers, joined in the ceremony.

Kurt Krenn's sister, Linnea, was Mistress of Ceremonies, and was proud to give the family's

Murder trial goes to big city

TRUDEAU - The body of a young male was discovered by hunters in the autumn of 1992. After a lengthy search for information, the victim was identified as Christine Brown, formerly of Kimberley RCMP continued their

thanks to many individuals and the community at large. Kurt's jersey, in a wood and glass case, was mounted on the mezzanine end of the rink, on the wall above the ice. Jack Krenn, Kurt's father, and Kurt's son, Kaleen, pulled the cord to unveil the jersey. Lenore Krenn, Kurt's mother, presented flowers to Lisa Panchenko, who made the case for the jersey. Appreciation was expressed to Shane O'Malley for his many kindnesses to the Krenn family.

To Iyle Thomas and the arena staff for their cooperation and assistance, and to the Arena Board of Management.

"Thanks to the Board, there's still something of Kurt in this building, a second home to Kurt."

Lenore Krenn gave Minor Hockey Association many items to use for fundraising rallies. Gary Frank and the Mighty Pumpkins received words of appreciation for their efforts in having the Kurt Krenn Memorial Trophy made, and to Princeton



A ceremony January 14, 1999 formally retired Kurt Krenn's #7 jersey. - News Leader Archives

A week of tributes and new beginnings

The January 19, 1999 issue of the Similkameen News Leader featured the story of the retirement of the jersey once worn by Princeton Millionaires player Kurt Krenn.

The bleachers were full at Princeton Arena January 14, 1999 for the ceremony, which saw jersey #7 formally retired. The jersey, in a wood and glass case, is still on display on the wall high above the bleachers.

Kurt Krenn's sister, Linnea, said at the time that the family was grateful for the outpouring of support from individuals and the community at large.

She gave hockey players three wishes from Kurt: "May you always have love of family, may you always shoot for the stars and may you always have a passion for hockey."

The Mighty Pumpkins Men's Rec Team was praised for naming their annual tournament in honour of Kurt, who had died months before

in an automobile accident.

Princeton Museum announced January 12, 1999 the biggest news that organization had had for a long time. Shirley Pollard of Princeton donated the extensive fossil collection left by her late husband, Joe.

The collection was the result of forty years of rock hounding and was donated as a complete collection not to be separated or loaned out in any part.

Museum President Rosemary Doughty said at the time, "Joe Pollard labeled, photographed and recorded his entire collection, which would have taken a team of museum workers years to accomplish."

It was at that meeting that the suggestion was made by museum society Vice President Don Coyle that an addition be added to the existing building to house the massive collection. The addition was to be named the Joe Pollard Wing and once opened, attracted attention from around the globe to

Princeton's fossil collection.

The 1999 Museum Executive elected at that meeting included Rosemary Doughty President, Don Coyle Vice President, Bob Ostrosser Treasurer and Evelyn McCallum Secretary. Directors elected were Kathy Clement, Lorraine Lance, Eric Jacobson and Dorothy Stenvold.

Princeton's first baby of 1999 was born at 6:55 AM January 10th. Her name was Cassidy Ann Hanna, daughter of Tophy and Andrea Hanna of Princeton.

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Princeton Coopers Foods Store



The view inside the new Coopers Store from Harold Avenue gives a real sense of the massive size of the store. The store is expected to open this Spring. *



The back of the Coopers Store as viewed from Harold Avenue to the loading dock. *



A side view of the Coopers Store from Harold Avenue towards Bridge Street. *



The main entrance of the new Coopers Store as it looked last week. *



Progress continues to be made at the new Coopers Store downtown. This sidewalk, which runs along the front of the property on Bridge Street, remains closed. *



The front of the new Coopers Store looking from Bridge Street shows the size of the parking lot, which has been used for storage during the construction phase. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - January 18 - 24, 2011



Princeton's Jaden Janzen was on the Top Prospects team over the weekend. *

Princeton's own stars on ice

The annual all-star break in the Kootenay International Junior Hockey League (KIJHL) schedule was January 14 and 15 in Fernie and Princeton had a total of four players and one coach named to teams in the conference.

Posse rookie Jaden Janzen, who wears #15 on ice for Princeton, was named to the Okanagan/Shuswap

Team in the Top Prospects game. The 17-year old from Penticton, BC had played a total of 39 games in a Posse jersey up to the all-star break. In those games Janzen has scored 11 goals and added 12 assists for a total of 23 points. He has spent only 26 minutes in the penalty box.

Lee Muir, Spencer Kristensen and

Kieran Friesen were all named to the Okanagan/Shuswap All-Star team. Friesen did not make the trip to Fernie for the game as he had recently been traded to the Everett Silvertips of the WHL. Friesen made his season debut with that team on December 28th in Kelowna.

..... continued on Page 10



Princeton's Spencer Kristensen was on the All-Star team over the weekend. *

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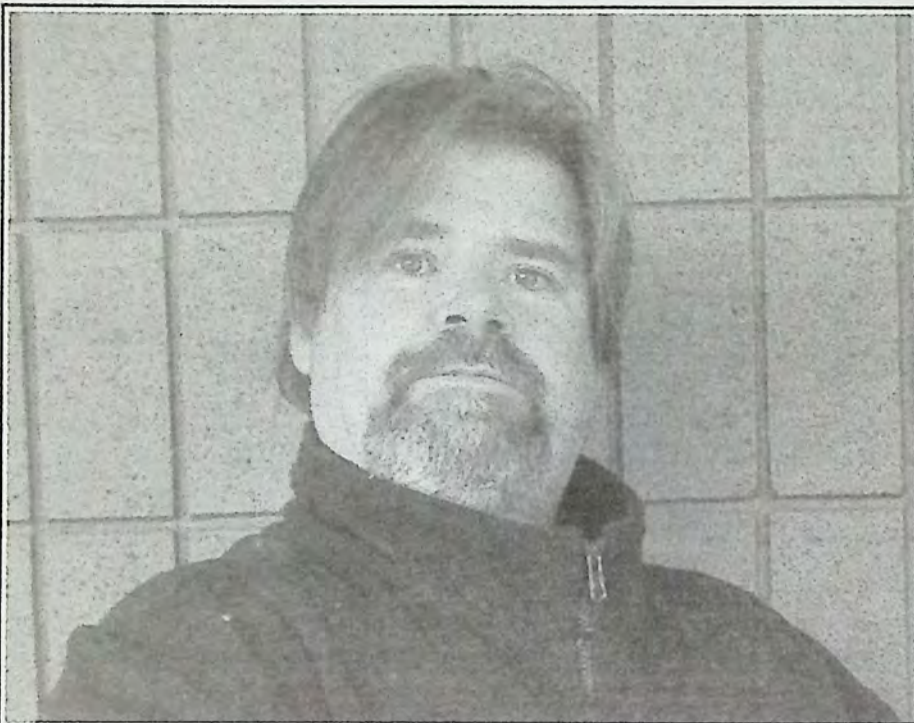
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Princeton Posse / All-Star Break



Princeton Posse Head Coach Dale 'Duner' Hladun was chosen to coach the All-Star Game from the Okanagan/Shuswap bench. *



Princeton Posse's Lee Muir (#14) was named to the All-Star team last weekend. *

..... continued from Page 09

While in a Posse jersey (#7) Friesen played two seasons. His first, 2008/09, saw him play 28 games where he had no goals and only seven assists. He did have 33 penalty minutes, though. This season, the 18-year old Friesen, who calls Vanderhoof, BC home, played 24 games and added 2 goals and 5 assists (7 points) to his totals along with 54 PIM.

While the Posse will miss him, they also wish him the best in the Western Hockey League.

Lee Muir, who wears #14 for Princeton, is currently in his second season with the Posse and has

played in a total of 80 games to date. The 19-year old from Terrace, BC has collected 13 goals and 39 assists for 52 points in those games. He's also got 57 minutes in penalty time on his stat sheet.

Spencer Kristensen, a 19-year old from Langley, BC, wears #24 on ice for Princeton and is in his second season with the Posse.

He has played a total of 79 games scoring 40 goals with 55 assists for 95 total points. He has had only 34 PIM in the two seasons.

Princeton's Head Coach Dale 'Duner' Hladun was chosen to coach the Okanagan/Shuswap All-Star Team.

Lower Similkameen celebrates Literacy Day

Similkameen Family Literacy is joining with ntaamtqen snma'a_m'aya_tn, the LSIB band school, to present a family Literacy Day Celebration at The Cawston Hall from 4:00 to 7:00 PM on Thursday January 27th.

The event is free of charge and includes door prizes, games, contests and a 4:30 PM appearance by Majica, the aboriginal clown!

Michele Thrush, playing Majica, is a television actress with many years of experience in professional acting. Kokum Martha is another of Michelle Thrush's popular personas.

Volunteers from ntaamtqen snma'a_m'aya_tn are coordinated by Stacey Donovan. Lower Similkameen Community Services and its Similkameen Family Literacy

program will assist.

Catherine Jameson will read Zoe and The Fawn and Sarah Peterson, an Okanagan Elder, will tell a story. Keremeos Mayor, Walter Despot,

and Lower Similkameen Band Chief, Robert Edward, will be on hand.

There will be a light dinner and dessert provided. Everyone is welcome.

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TUESDAY, JANUARY 18, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Thomas	News (N)	News	CSI: Miami "Bombshell"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry's Feet	CityLine	CSI: NY "Hostage"	Real Renos
7 AM :30	Cosby		Hi-5	Arthur	Today Planning a budget; Mark	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Sidewalk	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Buy Me
8 AM :30	Cash Cab		Hi-5	Arthur	Today Planning a budget; Mark	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Sidewalk	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Buy Me
9 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	To School	Tennis: Australian Open, Day 2. From Melbourne, Australia. (Taped)	Live With Regis & Kelly	Cash Cab	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	Canada	Franklin	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	Canada	Home to	Poko	Little Bear		The View (N)	Megaworld "Hawaii"	Mickey	EP Daily	CSI: NY "Veritas"	The Nanny
11 AM :30	Forensics Evidence	World Vision	Rolie Polle Berenstain	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	G. Shrinks		Marilyn Denis	Mayday	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	CSI: Miami "Bombshell"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies		etalk	License to Drill	Wizards	General Hospital (N)	Ways Die	Fear Factor
1 PM :30	Friends	Days of our Lives (N)	Dinosaurs	Landscaping	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata		Marilyn Denis	Brew Masters	Cory	Jdg Judy	Ways Die	Fear Factor
2 PM :30	Earl King	Young & Restless	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End Leash	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacem	Access Hollywood Live	Ways Die	Gold Girls
3 PM :30	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (N)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 5 (N)	Ways Die	Restaurant Makeover
4 PM :30	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Buy Me
5 PM :30	Browns	Early News	Dino Dan	BBC World	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	NHL Hockey: Montreal Canadiens at Buffalo Sabres.	CTV News at Five (N)	How/Made	Wizards	The Biggest Loser (N)	Ways Die	Fear Factor
6 PM :30	Law & Order: SVU	Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	The First 48	News	(5:59) News Hour (N)	ET Canada		ICarly	CTV News (N)	Gold Rush: Alaska (N)	Suite/Deck	Wizards	Ways Die	Fear Factor	
7 PM :30	Seinfeld	Ent	Hope for Wildlife	NOVA (DVS)	Jeopardy!	The Dr. Oz Show (N)	The First 48	Ent	Ent	The Good Wife (N)	Wheel	Weird	Tennis: Australian Open, Day 3. From Melbourne, Australia. (Live)	etalk	River Monsters	Sonny	Parenthood (N)	Ways Die	Family Guy
8 PM :30	Movie: "Guess Who" (2005, Comedy)	NCIS "Recruited" (N)	Ascent of Money (N)	Pioneers of Television	The Biggest Loser (N)	NCIS "Recruited" (N)	The First 48	No Ordinary Family (N)	NCIS "Recruited" (N)	NCIS "Recruited" (N)	Mercer	ICarly	No Ordinary Family (N)	Big Bang	Daily Planet	Suite/Deck	News	Permanent	Buy Me
9 PM :30	Movie: "Guess Who" (2005, Comedy)	NCIS: Los Angeles (N)	Movie: "Startup.com" (2001)	Frontline (N)	Parenthood (N)	The Good Wife (N)	(10:01) The First 48	(10:01) Detroit 1-8-7 (N)	The Good Wife (N)	News Hour Final (N)	National	Family Biz	Law & Order: SVU	Flashpoint (N)	River Monsters	Ned's	Justice	UFC Unleashed	Fear Factor
10 PM :30	Movie: "Guess Who" (2005, Comedy)	The Good Wife (N)	Chiefs	Charlie Rose (N)	News (N)	News	(11:01) The First 48	News	News Hour Final (N)	Ent	George S	Prank Ptrl	CTV News	CTV News	How/Made	So Raven	Paid Prog.	Permanent	Fear Factor
11 PM :30	Forensics	CHBC News Final (N)	Red Run	Jay Leno	Letterman	Storage	Nightline		ET Canada	22 Minutes	Prank Ptrl	SportsCentre (Live)	CTV News	CTV News	How/Made	Life Derek	Paid Prog.	MANswers	

WEDNESDAY, JANUARY 19, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Builder	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry's Feet	CityLine	CSI: NY "Page Turner"	Bootcamp
7 AM :30	Cosby		Hi-5	Arthur	Today The Google Doodle;	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Beyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	End/Leash
8 AM :30	Cash Cab		Hi-5	Arthur	Today The Google Doodle;	The Early Show (N)	Criminal Minds	Good Morning America (N)			Artzooka	Beyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	End/Leash
9 AM :30	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Timothy	Tennis: Australian Open, Day 3. From Melbourne, Australia. (Taped)	Live With Regis & Kelly	Cash Cab	Mickey	Role	CSI: Crime Scene	Restaurant Makeover
10 AM :30	The Investigators	World Vision	Franklin	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Big Flip	Poko	Little Bear		The View (N)	Megaworld "Italy"	Mickey	EP Daily	CSI: NY "Turbulence"	Roseanne
11 AM :30	Forensics Evidence	Canada	Rolie Polle Berenstain	Sid	Ellen DeGeneres Show	Young & Restless	The Sopranos	Paid Prog.	Canada	Noon News Hour (N)	Gofrette	G. Shrinks		Marilyn Denis	Gold Rush: Alaska	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Heal Power: Juicing	News	CSI: Miami	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Super Evil		etalk	Auction	Wizards	General Hospital (N)	CSI: Crime Scene	Downsized
1 PM :30	Friends	Days of our Lives (N)	Dinosaurs	Oil Painting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata		Marilyn Denis	River Monsters	Cory	Jdg Judy	CSI: Crime Scene	Downsized
2 PM :30	Earl King	Young & Restless	Numbrjack	Barney	Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	End Leash	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacem	Access Hollywood Live	Ways Die	Gold Girls
3 PM :30	The Office	The Doctors	Mirabelle	WordGirl	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Cash Cab	Life Derek	CityNews at 5 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM :30	Family Guy	Oprah Winfrey	Rob Robot	Fetch! With	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	NHL Hockey: Toronto Maple Leafs at New York Rangers.	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Reality
5 PM :30	College Basketball: Arkansas at South Carolina.	Early News	Dino Dan	BBC World	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	CTV News at Five (N)	CTV News at Five (N)	Machines	Wizards	Minute to Win It (N)	Ways Die	Downsized
6 PM :30		Global Nat.	Dogs	PBS News-Hour (N)	News (N)	News	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada		ICarly	NHL Hockey: Minnesota Wild at Calgary Flames. (Live)	CTV News (N)	River Monsters	Suite/Deck	Family	Ways Die	Downsized
7 PM :30	Seinfeld	Ent	Rescue	Nova scienceNOW	Jeopardy!	The Dr. Oz Show (N)	Storage	Ent	Ent	Off the Map (N)	Wheel	Weird		etalk	Storm Chasers (N)	Sonny	Chase "Narco, Part 2"	Ways Die	Family Guy
8 PM :30	Law & Order: SVU	Raising	China Blue	NOVA (DVS)	Minute to Win It (N)	Live to Dance	Storage	The Middle	Raising	Raising	Dragons' Den (N)	ICarly	American Idol Hopefuls perform for the judges.	Big Bang	Daily Planet	Suite/Deck	News	BlueMount	Reality
9 PM :30	Movie: "The Guardian" (2006) Kevin Costner	Glee	Handel Celebration Concert	Killer Stress: National	Chase "Narco, Part 2"	Criminal Minds (N)	Dog	Family	Glee	Glee	Republic of Doyle (N)	8 Rules	Sports	Storm Chasers	Hannah	Home Imp.	UFC Unleashed	Family Guy	
10 PM :30		Off the Map (N)	American Future	Law & Order: SVU	Blue Bloods (N)	Dog the Bounty Hunter	Off the Map (N)	Off the Map (N)	News Hour Final (N)	Ent	George S	Prank Ptrl	Billiards	Blue Bloods (N)	Machines	Ned's	Justice	UFC Unleashed	Downsized
11 PM :30	Forensics	CHBC News Final (N)	The Corporation	Charlie Rose (N)	News (N)	News	Storage	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentre (Live)	CTV News	River Monsters	So Raven	Paid Prog.	BlueMount	Downsized

Similkameen News Leader - Horoscopes

January 19 - 26, 2011

Aries - You may be focused now on groups you belong to, and you may be involved in group activities which may seem hectic. Watch out for ego problems in the group. Expand with caution. You can't do everything & win.

Taurus - Your career sector is highlighted now. Pay attention to what is going on in your career. Your boss may be demanding, or there may be problems with elders. You may have to travel for business. Take it in stride, things settle soon.

Gemini - Friends, partner, people you ask for advice, are generous now. Watch out for colds and flu. You may hear of problems in insurance, mortgage, debts, or with people dying. You can only do your best to solve problems. Don't guilt.

Cancer - When you have one-on-one conversations with friend, partner or a person you consult, listen carefully. There may be more to the message than just the words spoken. Double check insurance, financial records, estate will.

Leo - Others may appear to be confronting you, but don't take it personally. You are encountering ego forces from others. This is no time to fight as you are at a low point. Stand your ground softly, or wait a month when others are nicer.

Virgo - You are entering a month when it is all about work and health. Work hard but look after your health. Relationships at home with family are good. Listen to what youngsters want to tell you. Others share resources with you.

Libra - You are beginning a very good year when others are good and generous to you. If you are single, you could meet many potential lovers, or The One. Make the most of all of your relationships this year. Rely on good advice. Enjoy.

Scorpio - You could get a promotion this year or a better job. Your health will be excellent, but you will have to avoid gaining weight beginning now. The next two weeks are good for making contact with people you know. Budget!

Sagittarius - You begin a new phase in which sports activities and creativity will be at a peak. If you have problems with gambling, this year will tempt you too much, seek counseling. Put your best foot forward now. Improve wardrobe.

Capricorn - This is the beginning of a lively, enjoyable year for you at home with family. You may beautify or expand your home, or even move to a bigger nicer home. Whether you move or not, the goal is to enjoy your home life.

Aquarius - You may feel like wanting to dominate every conversation or be the life of the party with jokes and fun. This is your ego speaking, and you may say or do things that make others question your motives. Cool it a little and enjoy.

Pisces - This year could see you go overboard with spending, and you could live to regret it. Draw up plans for anything you want to do, and stick to the budget. This month, look inside yourself and sort yourself out for the coming year.

Small Business 101

Home Office Income Tax Deductions

(NC)—Did you know that the Income Tax Act limits the circumstances under which a self-employed individual can deduct the costs related to a workspace in the home?

They are confined to situations where the space is used exclusively to earn income from a business and on a regular and continuous basis for meeting clients, customers or patients; or if it is the individual's principal place of business.

This claim may be based on the proportionate space within the home that is used as a workplace. Eligible expenses include rent, mortgage interest, realty taxes, insurance, utilities and maintenance.

It is generally not advisable to claim capital-cost allowance (CCA), on a portion of the home because that portion would then not qualify for the principal residence exemption when it is ultimately sold.

Similarly, claiming 50 per cent or more business use of the home or

making major structural alterations to adapt it to business use will trigger a "change in use", resulting in loss of the principal residence exemption.

The amount a taxpayer can claim is limited to his or her business income before deductions for home workspace.

Any unused amount may then be carried forward and claimed in the subsequent year against related business income.

To the extent that unused amounts cannot be claimed in the following year, they can be carried forward indefinitely to be claimed at the first available opportunity.

TIPS:

- A bed-and-breakfast enterprise

may also qualify as workspace in the home, provided the guest rooms are located inside the owner's home and not in a separate dwelling. Calculate the percentage of space that is designated exclusively for guests, as well for joint-use of owner and guests, in order to determine a realistic apportionment of expenses that can be deducted for business purposes.

- Don't forget to include business storage space in the basement and elsewhere, when determining the proportion of your home used for commercial purposes.

Reference: 2010-11 Personal Tax Planning Guide, CGA Ontario, www.cga-ontario.org.

We're different, and we like that.

Similkameen News Leader

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Tuesday Movies

EVENING

8:00 pm WTBS ch.3 "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend.

9:00 pm KNOW ch.5 "Startup.com" (2001, Documentary) Two entrepre-

neurs who have been friends since high school create an Internet site to help citizens do business with local governments. (CC)
10:00 pm WTBS ch.3 "Guess Who" (2005, Comedy) Bernie Mac. The sarcastic patriarch of a black family freely expresses his opinion of his daughter's white boyfriend.

Wednesday Movies

EVENING

9:00 pm WTBS ch.3 "The Guardian" (2006, Drama) Kevin Costner. A trainer in a

Coast Guard program for rescue swimmers turns a cocky recruit into his protege and takes him on a mission to the Bering Strait. (CC)

Thursday Movies

EVENING

8:00 pm WTBS ch.3 "Father of the Bride" (1991, Comedy) Steve Martin. A harried patriarch faces separation anxiety, exorbitant costs and more as he prepares for his daughter's wedding. (CC)

9:00 pm KNOW ch.5 "The Big One" (1997, Documentary) Michael Moore.

Filmmaker/satirist Michael Moore examines downsizing, factory closings and other aspects of corporate America. (CC)
10:00 pm WTBS ch.3 "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter.

Friday Movies

EVENING

7:00 pm YTV ch.18 "Kit Kittredge: An American Girl" (2008, Comedy-Drama) Abigail Breslin. Premiere. After a hobo boy is accused of a string of robberies in Depression-era Cincinnati, a girl and her pals go on a hunt for the real culprit. (In Stereo) (CC)

8:00 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (CC)

FAM ch.26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In

Stereo) (CC)
9:00 pm SPIKE ch.44 "Commando" (1985, Action) Arnold Schwarzenegger. A human killing machine and an airline hostess take on an ousted dictator's private army. (In Stereo)
10:00 pm WTBS ch.3 "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill. (CC)
10:07 pm FAM ch.26 "D3: The Mighty Ducks" (1996, Comedy) Emilio Estevez. Teenage hockey players get a prep-school scholarship, with a new team name and a new coach. (In Stereo) (CC)

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THURSDAY, JANUARY 20, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM). Each cell contains program names and channel information.

FRIDAY, JANUARY 21, 2011

Table with 19 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM). Each cell contains program names and channel information.

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 #334 - Rated Medium

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

THIS WEEK'S SOLUTION:
Page 18

Carter's Sudoku Challenge
grids, puzzles and solutions
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Saturday Movies

MORNING

8:00 am WTBS ch.3 "Mortal Kombat" (1995, Action) Robin Shou. Three martial artists are forced to battle demonic adversaries with the fate of the world hanging in the balance.
11:00 am CITV ch.12 "Fantastic Four" (2005, Action) Ioan Gruffudd. Four people gain unusual powers after a space mission exposes them to cosmic radiation. (CC)

AFTERNOON

12:00 pm FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (CC)
1:00 pm CHBC ch.4 BCTV ch.11 "Fantastic Four: Rise of the Silver Surfer" (2007, Science Fiction) Ioan Gruffudd. Premiere. Reed, Susan, Johnny and Ben face an intergalactic messenger who has arrived to prepare Earth for destruction. (CC)
1:47 pm FAM ch.26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to

the ultimate battle of the bands. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (CC)

EVENING

6:00 pm CITY ch.29 "Wicked Minds" (2002, Suspense) Angie Everhart. After returning home from college, a man embarks on a passionate affair that leads to the murder of his father. (CC) (DVS)
7:00 pm CITV ch.12 "12 Hours to Live" (2006, Suspense) Ione Skye. A deranged gunman kidnaps two teenage girls. (CC)
7:30 pm WTBS ch.3 "300" (2007, Action) Gerard Butler. Sparta's King Leonidas and his badly outnumbered warriors fight to the death against King Xerxes' massive Persian army at the Battle of Thermopylae. (CC)
8:00 pm CHBC ch.4 BCTV ch.11 "12 Hours to Live" (2006, Suspense) Ione Skye. Premiere. A deranged gunman kidnaps two teenage girls. (CC)
9:00 pm KXLY ch.10 "Blades of Glory" (2007, Comedy) Will

Ferrell. Several years after being banned from men's singles competition, two rival skaters exploit a loophole that allows them to compete as a pair. (In Stereo) (CC)
FAM ch.26 "Batman & Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking revenge upon the world. (In Stereo) (CC)
10:00 pm WTBS ch.3 "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. (CC)
11:03 pm FAM ch.26 "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save the world from an evil villain. (In Stereo) (CC)

Sunday Movies

MORNING

6:00 am SPIKE ch.44 "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a plane hijacker's stash of money. (In Stereo)
7:30 am A&E ch.9 "Ferris Bueller's Day Off" (1986, Comedy) Matthew Broderick. Premiere. A cool teen plays hooky in Chicago with his girlfriend, his buddy and the classic Ferrari of his buddy's father. (CC)
8:00 am WTBS ch.3 "Air Buddies" (2006, Comedy) Patrick Cranshaw. Five talking puppies band together to save their kidnapped parents.
11:00 am CITV ch.12 "The Big Bounce" (2004, Comedy-Drama) Owen Wilson. A seductive woman asks for the help of a drifter who works for a judge to double-cross a shady developer. (CC)

AFTERNOON

12:00 pm FAM ch.26 "All Dogs Go to Heaven" (1989, Fantasy) Voices of Dom DeLuise. Animated. A junkyard dog returns to life and his dachshund buddy in 1939 New Orleans. (In Stereo) (CC)
1:00 pm CHBC ch.4 BCTV ch.11 "The Big Bounce" (2004, Comedy-Drama) Owen Wilson. Premiere. A seductive woman asks for the help of a drifter who works for a judge to double-cross a shady developer. (CC)
1:30 pm FAM ch.26 "All Dogs Go to Heaven 2" (1996, Fantasy)

Voices of Ernest Borgnine. Animated. A junkyard dog and a newly deceased pal return to Earth to retrieve Gabriel's trumpet. (In Stereo) (CC)
2:00 pm YTV ch.18 "The Neverending Story" (1984, Fantasy) Barret Oliver. An imaginative boy is transported to a magical kingdom in danger of destruction. (In Stereo) (CC)
4:00 pm YTV ch.18 "Snow Day" (2000, Comedy) Chris Elliott. Students steal a snow plow and fend off its crazy driver in an attempt to keep school closed for a second day. (In Stereo) (CC)
5:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest. (CC)
CBC ch.13 "The Game Plan" (2007, Comedy) Dwayne "The Rock" Johnson. A star football player tries to juggle his carefree lifestyle, his team's bid for the championship and the needs of his newly discovered young daughter. (In Stereo) (CC)

EVENING

6:00 pm YTV ch.18 "The Mighty Ducks" (1992, Comedy) Emilio Estevez. To get out of trouble, a hotshot lawyer opts for community service coaching rowdies in peewee hockey. (In Stereo) (CC)
7:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-

Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest. (CC)
8:00 pm KHQ ch.7 "Sex and the City" (2008, Romance-Comedy) Sarah Jessica Parker. Carrie Bradshaw and her gal pals find new adventures and surprises while they enjoy companionship, cupcakes and Cosmopolitan in New York. (In Stereo)
9:00 pm FAM ch.26 "Glory Road" (2006, Drama) Josh Lucas. Coach Don Haskins leads the first all-black basketball team to NCAA victory during the 1966 season. (In Stereo) (CC)
10:00 pm WTBS ch.3 "Envy" (2004, Comedy) Ben Stiller. A man becomes jealous after his best friend's invention, a spray that dissolves animal feces, brings him wealth. (CC)
10:58 pm FAM ch.26 "With Honors" (1994, Drama) Joe Pesci. A homeless man finds a Harvard student's thesis. (In Stereo) (CC)
11:00 pm KNOW ch.5 "The Big One" (1997, Documentary) Michael Moore. Filmmaker/satirist Michael Moore examines downsizing, factory closings and other aspects of corporate America. (CC)

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SATURDAY, JANUARY 22, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

SUNDAY, JANUARY 23, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11:30 PM) listing TV programs and channels.

MONDAY, JANUARY 24, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Wibbly Pig	Bob Build	News (N)	News	CSI: Miami	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian	SportsCentre	Canada AM	Mayday	Henry's Feet	CityLine	CSI: NY	Spilled
7 AM	Cosby		Hi-5	Arthur	Today (N)	The Early Show (N)	Criminal Minds	Good Morning America			Artzooka	Boyblade	SportsCentre		How/Made	Phineas	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM	Cash Cab		Pinky	Martha							Animal	Super Evil			How/Made	Suite/Deck			Tooned
9 AM	Family Fd	100 Huntley Street	Magic Bus	Curious			Dog the Bounty Hunter		100 Huntley Street	100 Huntley Street	Bo On/Go	Kid vs. Kat	SportsCentre		Auction	Hannah	Rachael Ray	CSI: Crime Scene	Whatever
10 AM	The Investigators	Canada	Poppet	Cat in the			The 700 Club	Heavy Tom: Jodi	Live With Regis & Kelly	World Vison	Super Why!	Timothy	Sportfish	Live With Regis & Kelly	Canada's Worst Driver	Mickey	Rolo	CSI: Crime Scene	Restaurant Makeover
11 AM	Forensics	World Vison	G. Shrinks	Dinosaur			The Price Is Right (N)	Intervention	The View (N)	Canada	News	Berenstain	Tennis: Australian Open, Round of 16. From Melbourne, Australia. (Taped)	The View (N)	Worst Handyman	Mickey	EP Daily	CSI: NY	Grace
12 PM	Jim King	Noon News Hour (N)	Franklin	Sesame Street (E)	Ellen DeGeneres Show	Young & Restless	Paid Prog.	Paid Prog.	World Vison	Canada	Gofrette	Babar	Marilyn Denis	Junk Raiders	Suite Life	CityLine	CSI: Crime Scene	Gold Girls	
1 PM	Friends	Days of our Lives (N)	Rolie Polie Berenstain	Sit & Be Fit			CSI: Miami	All My Children (N)	Days of our Lives (N)	Days of our Lives (N)	CBC News Now (N)	Sidekick	etalk	Swamp Loggers	Wizards	General Hospital (N)	UFC Unleashed	Wipeout (N)	
2 PM	Earl King	Young & Restless	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Doctors	Dragons' Den	Viva Piñata	Kid vs. Kat	Marilyn Denis	Breakout	Cory	Jdg Judy	UFC Unleashed	Wipeout (N)	
3 PM	The Office	The Doctors	The Ocean	Barney	Judge B.	Let's Make a Deal (N)	Dog the Bounty Hunter	General Hospital (N)	Young & Restless	End Leash	Steven and Chris (N)	Monster	Off Record	Dr. Phil	Myth-Busters	Replacemn	Access Hollywood Live	UFC Unleashed	Gold Girls
4 PM	Family Guy	Oprah Winfrey	Mr. Moon	WordWorld	Judge B.					Debt Part	Garfield	Interruption							
5 PM	Browns	Early News	Mirabelle	WordGirl	The Doctors	Dr. Phil	Heavy Tom: Jodi	Rachael Ray	The Doctors	Young & Restless	Recipes	Kid vs. Kat	SportsCentre (Live)	(2:59) The Dr. Oz Show	Machines	Life Derek	CityNews at 6 (N)	UFC Unleashed	Restaurant Makeover
6 PM	Law & Order: SVU	Global Nat. News	WordWorld	Electric							Mosque	Super Evil							
7 PM	Seinfeld	Ent	Fetch! With Wiggles	Wild Kratts	Jdg Judy	Oprah Winfrey	Intervention	Selinfeld	Oprah Winfrey	Early News	Ghost Whisperer	SpongeBob	NBA Basketball: Memphis Grizzlies at Toronto Raptors.	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	UFC Unleashed	Tooned
8 PM	Movie: ** "The Last Time" (2006)	House (N)	Rob Robot	G. Shrinks	Jdg Judy	Jdg Judy	Oprah Winfrey	Selinfeld	Selinfeld	Global Nat.	Whisperer	Penguins		CTV News at Five (N)	Myth-Busters	Wizards	The Bachelor (N)	Movie: ** "Barbershop" (2002)	Wipeout
9 PM	Movie: ** "The Last Time" (2006)	Lie to Me (N)	Fetch! With Wiggles	Wild Kratts	Jdg Judy	Jdg Judy	Oprah Winfrey	Selinfeld	Selinfeld	Global Nat.	Whisperer	Penguins		CTV News (N)	Myth-Busters	Hannah	News	Movie: ** "Barbershop" (2002)	ET Canada
10 PM	Movie: ** "The Last Time" (2006)	Lie to Me (N)	Fetch! With Wiggles	Wild Kratts	Jdg Judy	Jdg Judy	Oprah Winfrey	Selinfeld	Selinfeld	Global Nat.	Whisperer	Penguins		CTV News (N)	Myth-Busters	Hannah	News	Movie: ** "Barbershop" (2002)	ET Canada
11 PM	Movie: ** "The Last Time" (2006)	Lie to Me (N)	Fetch! With Wiggles	Wild Kratts	Jdg Judy	Jdg Judy	Oprah Winfrey	Selinfeld	Selinfeld	Global Nat.	Whisperer	Penguins		CTV News (N)	Myth-Busters	Hannah	News	Movie: ** "Barbershop" (2002)	ET Canada

Monday Movies

AFTERNOON
 5:00 pm SPIKE ch.44 "Barbershop" (2002, Comedy) Ice Cube. Premiere. The owner of a popular barbershop considers selling the place to a loan shark who wants to convert it into a strip club. (In Stereo)

EVENING
 7:30 pm SPIKE ch.44 "Barbershop" (2002, Comedy) Ice Cube. The owner of a popular barbershop considers selling the place to a loan shark who wants to convert it into a strip club. (In Stereo)

8:00 pm WTBS ch.3 "The Last Time" (2006, Comedy-Drama) Michael Keaton. A foul-mouthed salesman undergoes a transformation after beginning an affair with his protege's fiancée. (CC)
 10:00 pm WTBS ch.3 "The Last Time" (2006, Comedy-Drama) Michael Keaton. A foul-mouthed salesman undergoes a transformation after beginning an affair with his protege's fiancée. (CC)

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notices

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sudoku

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SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #334

783	459	261
921	867	453
456	123	789
367	598	142
294	671	835
518	342	697
675	234	918
139	786	524
842	915	376

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**Similkameen
News Leader - Recipe Corner**

Recipe #356

Toasted Almond Scramble

(NC)—Rich in nutrients and deliciously satisfying, this dish uses simple ingredients to take your breakfast to the next level. Makes an ideal weekend brunch or hearty meal for any time of day. Yields one serving.

Ingredients:

- 1 tablespoon (15 mL) sliced almonds, toasted
- 2 egg whites*
- 1 whole egg*
- 1 tablespoon (15 mL) canola oil
- 1 garlic clove, minced
- 2/3 cup (150 mL) baby portobello mushrooms, sliced
- 1 cup (250 mL) baby spinach leaves
- 1/2 cup (125 mL) cherry tomatoes, halved
- 1 oz. (30 g) goat cheese, softened
- Salt and pepper, to taste

Preparation:

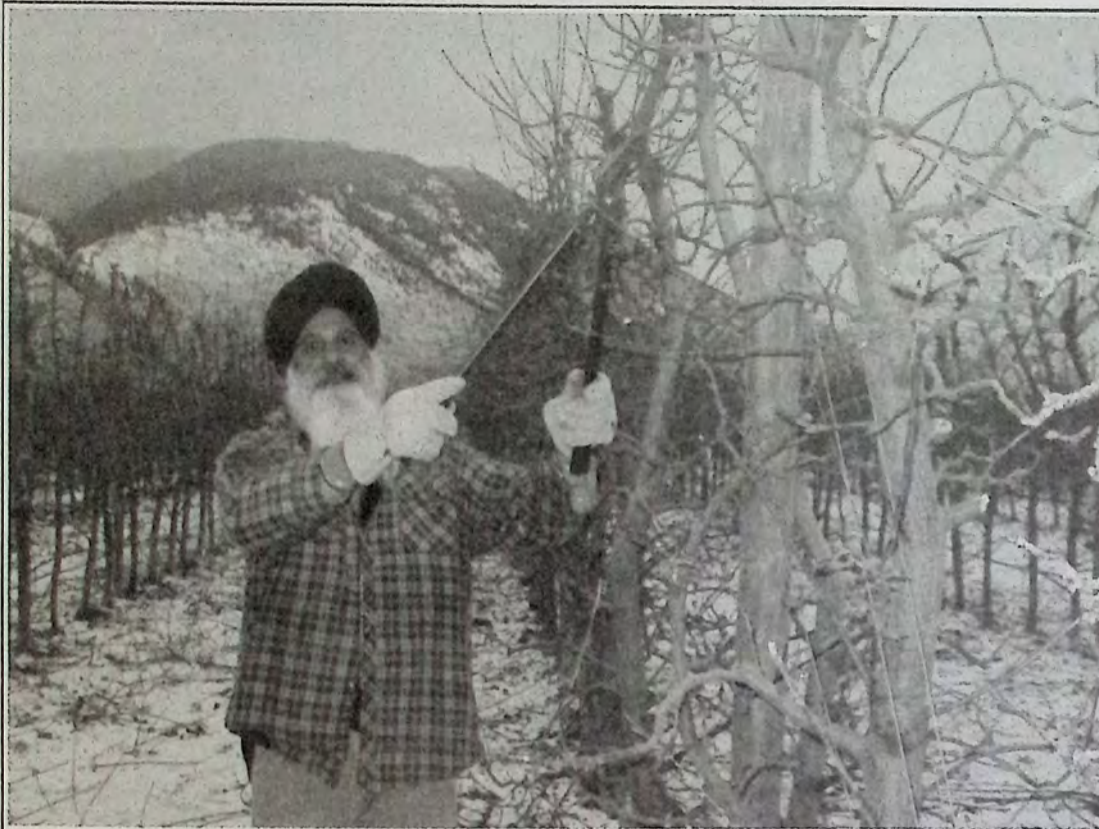
- In a dry non-stick skillet over low heat, lightly toast sliced almonds until golden brown. Set aside.
- In a bowl, whisk egg and egg whites together. Season with salt and pepper and set aside.
- In the same skillet over medium heat, heat the oil and cook the garlic until lightly browned, about one minute. Add mushrooms and spinach and cook until spinach has wilted, about 2-3 minutes. Add tomatoes and cook, stirring, just one minute more.
- Reduce heat and gently pour eggs into pan, but do not stir. Cook and gently push and lift eggs with a heat-proof spatula while tilting the pan from one side to the other, until eggs are just set.
- Spread goat cheese onto egg mixture, sprinkle with toasted almonds.
- Slide scramble from the pan to a plate and serve.

Kitchen notes:

Recipe can also be made with 4 egg whites or 1/2 cup (125 mL) of egg substitute instead of using a combination of egg whites and whole egg as listed above. Toasted almonds can be prepared ahead of time and stored in the refrigerator in an air-tight container to save time when preparing above scramble.

This recipe was developed for the Almond Board of California by Bonnie Taub-Dix, R.D. www.AlmondBoard.com
www.newscanada.com

If you have a favourite recipe you would like to share, contact us for details!
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Surjit Lidher of Cawston has his work cut out for him (no pun intended). Surjit has 20 acres of Gala apples to prune by the end of February. He is a bit behind schedule, partly because he doesn't like to work in temperatures colder than -3 Celcius. On January 11th, Surjit was busy pruning on his leased land on Daly Drive. He has Gala apples to prune on his own property, too. Photo: Arlene Arlow

Princeton Posse 2010/11

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Game Schedule

PRESENTED BY:

Similkameen
News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

HOME

5-3 L SUN SEP 12 - vs Kelowna 2:00 PM
2-1 W SAT SEP 18 - vs Spokane 7:00 PM
5-3 W FRI SEP 24 - vs Kamloops 7:00 PM
6-6 T FRI OCT 01 - vs Osoyoos 7:00 PM
4-2 L SAT OCT 16 - vs Sicamous 7:00 PM
4-1 L TUE OCT 19 - vs Osoyoos 7:00 PM
5-4 L FRI OCT 22 - vs Beaver Valley 7:00 PM
4-0 L SUN OCT 24 - vs Creston 2:00 PM
5-2 L FRI OCT 29 - vs Kelowna 7:00 PM
6-5 OTL SAT OCT 30 - vs Penticton 7:00 PM
6-4 L FRI NOV 05 - vs Golden 7:00 PM
4-0 L SUN NOV 07 - vs Osoyoos 2:00 PM
4-1 L FRI NOV 12 - vs Revelstoke 7:00 PM
5-4 L SAT NOV 13 - vs Revelstoke 7:00 PM
6-5 OTW SUN NOV 21 - vs Osoyoos 2:00 PM
5-2 W FRI NOV 26 - vs Kelowna 7:00 PM
5-1 W FRI DEC 03 - vs N Okanagan 7:00 PM
4-1 L SUN DEC 05 - vs Kelowna 2:00 PM
6-2 W FRI DEC 10 - vs Columbia Valley 7 PM
5-0 W WED DEC 15 - vs Penticton 7:00 PM
6-3 W SAT JAN 01 - vs Penticton 7:00 PM
5-4 OTL FRI JAN 07 - vs Penticton 7:00 PM
FRI JAN 21 - vs Kamloops 7:00 PM
FRI FEB 04 - vs N Okanagan 7:00 PM
FRI FEB 11 - vs Sicamous 7:00 PM

AWAY

5-1 L SAT SEP 11 - at Kamloops 7:00 PM
6-3 L FRI SEP 17 - at Sicamous 7:00 PM
8-3 L SUN SEP 19 - at Osoyoos 2:00 PM
7-0 L TUE SEP 21 - at Kelowna 7:00 PM
5-0 L FRI OCT 08 - at Fernie 7:30 PM
5-3 W SAT OCT 09 - at Kimberley 7:30 PM
2-0 L SUN OCT 10 - at Nelson 1:00 PM
5-4 L FRI OCT 15 - at N Okanagan 7:30 PM
4-1 W WED NOV 03 - at Penticton 7:00 PM
6-4 W SAT NOV 06 - at N Okanagan 7:30 PM
6-2 L FRI NOV 19 - at Kelowna 7:00 PM
3-3 T SAT DEC 04 - at Kelowna 7:00 PM
5-2 W SAT DEC 11 - at Kamloops 7:00 PM
3-3 T SUN DEC 12 - at Osoyoos 2:00 PM
5-1 L FRI DEC 17 - at Revelstoke 7:00 PM
3-2 OTL SAT DEC 18 - at Revelstoke 7:00 PM
4-0 L FRI DEC 31 - at Osoyoos 7:00 PM
5-1 L TUE JAN 04 - at Kelowna 7:00 PM
SAT JAN 08 - at Penticton 7:00 PM
WED JAN 19 - at Osoyoos 7:00 PM
SAT JAN 22 - at Sicamous 7:00 PM
SAT JAN 29 - at Castlegar 7:30 PM
SUN JAN 30 - at Grand Forks - 1:00 PM
SAT FEB 05 - at Penticton 7:00 PM
SAT FEB 12 - at Penticton

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..... continued from Page 5
respond in kind. I believe that 100 percent.

"For example, Keremeos could well support a lawyer, but residents would need to support that business in order to make it viable. When the only veterinarian was going to retire a few years ago, the Village spent close to \$1,000.00 and well over a year trying to get a part-time vet for the area.

"The population base, the size of the town (10 blocks by 12 blocks), and the attitude of the local people are hurdles.

"The Village offered an incentive for businesses to renovate their storefronts a few years ago. Property assessments were guaranteed not to go up to participating businesses for five years. We still offer incentives for businesses to paint and upgrade their exteriors.

"About four years ago, the C1 commercial tax rate downtown was 2.45. That means they paid 2.45 times more tax than a residential property. That C1 rate is now 2.31. A further reduction will be discussed in February and early March, but is not guaranteed."

Q: You have filled many volunteer roles including that of Fire Chief over the years. How have those positions painted your view of Keremeos?

"It's all good. The Fire Department, for example, had limited equipment, narrow boundaries and a limited water supply back in December of 1964 when I first became a firefighter. A lot of people worked very hard to grow the Fire Department, and now the boundaries are a lot broader and we have excellent equipment. I gained a lot of knowledge there.

"In health services, I learned that quality of life and quality of service is paramount. Our care facility took 14 years of work. It took about 10 years of work to gain a resident physician - around 1975. The care facility is still toured by professionals from other jurisdictions as a model. Something as simple as round tables in the dining room. We insisted on round tables because they are friendlier than square or rectangular tables."

Q: How do you feel the dynamic, the spirit of Keremeos, has changed over the years?

"It has changed a lot. People move here for retirement around 60 years of age. They move here because the weather is milder, property values are more affordable, and they can do things that they might not even be able to do in say, Kelowna - like

plant a garden. At times the newer people want more from the Village than the people who lived here in the 60's and 70's but they don't want to pay for it."

Q: What initiatives is Council taking in 2011 to ensure a viable Keremeos down the road?

"Phase 2 of the Liquid Waste Management Plan will be complete by about April. Phase 3 of the Liquid Waste Management Plan will bring the entire Village on line with sewer service. There are a few areas in the upper part of Keremeos that still have no sewer service. Phase 3 will happen over the next few years.

"We have had a water use committee for about 5 years with the Keremeos Irrigation District. The K.I.D. did an engineering plan about 10 years ago and is doing more engineering plans for a potential 500,000-gallon cement water reservoir. The Village has an opportunity to apply for a \$400,000.00 grant for the water reservoir. The application must be in by this coming Friday. Receiving the grant would reduce the cost to taxpayers immensely.

"Our street upgrade program is continuing slowly. A single block can cost \$60,000.00. All streets constructed in the Village are now engineered.

"We would like to look at boundary expansion. In 20 years' time the boundaries will expand past Boundary Road and Schneider Road and we will proceed when the community at large is ready.

"Fire protection and health services are constantly in play. Council wants to complete the Official Community Plan before the next election. Population density will be reviewed: it is more cost-effective to provide snow removal for ten homes on a block instead of two or three.

"We want to implement water metering for all newly-constructed houses. Low-flush toilets are already mandatory in new home construction."

Q: What would you like to see more of coming from the residents of Keremeos?

"A positive attitude and solutions. Don't just bring a "bitch". I have no doubt that Council and Village staff would relish good ideas and solutions for being more cost-effective or to put forth a better product."

Part 2 of Arlene Arlow's interview with Keremeos Mayor Walter Despot will be in next week's News Leader.

Similkameen
News Leader

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Editorial Page News Leader

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

My Turn...

How To Get Through To Town Council

The volume of letters to the editor complaining about one or two issues has prompted me to save everyone a lot of work and reveal the secret to getting your problem(s) solved.

It's actually quite simple.

Step One: Quit writing letters to the editor complaining. The key word here is 'complaining' as it doesn't take long before complaint letters are viewed as being written by whiners. That goes against your overall goal and puts you in a category that is hard to recover from.

Instead of 'complaining' in your letters, offer a solution. It doesn't even have to make sense, but at least show some effort by tossing an olive branch at the problem. This does two things: It gives Council the feeling you are not a complainer, which puts you in the category you want to be in, and it also gives Council a reason to research your suggestion and possibly come up with a better one.

Step Two: Get in their face. The action here is to attend Town Council meetings. Sit in the meeting as either an observer or as a part of the agenda (petitions and delegations are a good place to start). The goal here is to become a visible connection to the issue.

But don't expect your issue to be solved after sitting through your first Town Council meeting. You'll have to sit through some. Say, six or eight to get a feel of the rhythm in the room and to show persistence on your part.

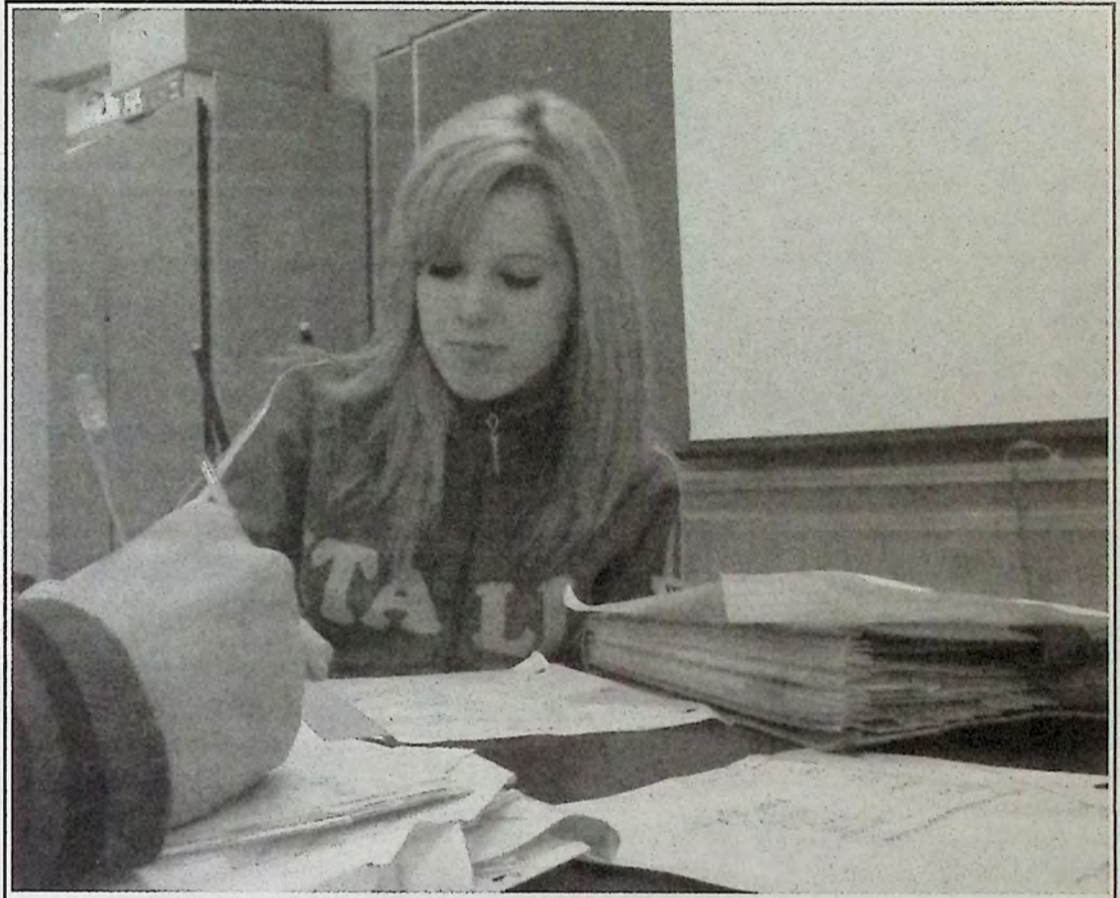
Hint: Don't use Town Council meetings as the place to complain or you'll end up back in that category you don't want to be in and you'll be back in my office trying to convince me the letter in your hand is the last one you're writing.

I know, it sounds like a lot of work. I know it sounds like you'll be putting some time and effort into solving your issue with Town Council, but typically anything worth doing takes time and effort.

If you don't agree, then obviously your issue isn't as big a deal to you as you've made it out to be.

If, on the other hand, your issue is worth all the complaining - and let's face it, when is an issue not worth a bit of noise? - you'll be rewarded by the time you finish these two helpful steps I've provided here.

Now get in there swinging and remember, no hitting below the belt!



PSS student Burgandy Crozier pours over notes as she prepares for exams. Photo: Des Cosman

...Your Turn

Chipper Issue: Part 12

To The Editor:

Here is my response to Mayor Randy McLean's statement, as appeared in the December 14, 2010 issue of the Similkameen News Leader.

Tenants and myself went to Town Council with a petition of around sixty signatures regarding the noise and dust from the chipper.

At that time they decided to put up a hog barrier to restrict the noise. Well, that barrier has since gone to the wayside.

We don't disagree with what Renew Resources is doing, it's the location which disrupts our way of living due to the noise and the dust.

As far as Weyerhaeuser paying \$380,000.00 in taxes, it has nothing to do with the above-noted

issue.

It's a well-known fact that there is double standards in this town for it's citizens and that our Mayor and Council just don't care for the people who voted them in.

One oldtimer told me that a few

years ago that they went through the same thing with the beehive burner at the mill and that the Mayor and Council of the day did nothing, as our Mayor and Council.

- George Henry, Princeton

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Current Comment

Are All Of Us Insane?



Dawn Johnson
editor@thenewsleader.ca

Did you ever think about whether or not you are sane? Most of us assume we are sane, living ordinary lives and getting by, but some of us have problems bigger than others. Sometimes those problems are our own fault.

I read a book a couple of months ago and it started my thinking about sanity. The book began with Einstein's definition of insanity: when you do the same thing again and again and expect different results.

I thought about the drunk drivers I've seen in court, many of them for the second time in their lives. They went out drinking and then drove, expecting a different result.

I thought about the women I have known whose husbands have knocked them around, then promised to never do it again. These women took their men back again, only to have it happen again, then again. By Einstein's definition, both the husband and the wife are not sane, as they both believed it would not happen again.

When I really got to thinking about it, I saw many instances of ordinary people who are not "legally" insane, but by Einstein's definition, they are insane. They keep doing the same thing again and again and expect different results.

The student who does not do homework or pay attention in class seems to be surprised by receiving

failing marks, but continues the same pattern of shirking, and is still surprised by the failing marks next time.

Is this sane? In politics, we elect the same people again and again, expecting better government from the same group we complained about after the previous election. Is this sane? Why do we repeat behaviour that did not work the last time?

Reliability is something we expect from all of the things we use. When I turn the key in the ignition of my car, I expect the car to start. It does, thousands of times. I am surprised when it does not start.

When I switch on a light, or an appliance, I expect it to work, and it does. That is reliability.

It seems we go into the insanity zone when we deal with people. In fact, with some people, even they expect to be reliable despite the strong evidence that they are not. I will give an example: I have known people who will set a time to meet them or a time to do something, and they are always late. It seems clear that they expect to be on time or they would never decide the time, yet they are never on time.

Why do they expect to be on time? Are they not sane?

I knew a man who would say to his wife, "I'm going out for a couple of beers with the boys. I'll only be gone a couple of hours."

She would reply, "I will expect you at home drunk at midnight. That's what happens every time you go out for a couple of beers with the boys."

He would deny this, and they would squabble about it, but sure enough, he would follow his usual

pattern. It was clear to his wife what would happen, so why did he pretend it was going to be different this time?

I think the worst cases of this kind of insanity is when we trust somebody who tells us a certain thing will never happen again, and then it does, and we go on trusting them. That's really insane, isn't it?

Is there some form of insanity built into all of us? I think of a place I saw on television where the land floods every three or four years, but people keep on rebuilding in the same place. Do they actually believe the river will not overflow again?

Perhaps our greatest form of insanity, as a species, is war. We have had ample time throughout history to recognize that war solves no problems, gains nothing but death and destruction, and even when you win a war, you lose human and material resources that could have been better used for the benefit of people. Yet, time and again, we see some tinpot little nation challenging the rest of the world and threatening nuclear attacks, and so on.

I believe Einstein's definition of insanity is accurate. It is insane to do the same thing again and again and expect different results. Sanity would be doing the same thing again and again expecting the same results.

Of course, when the results turn out really pleasing, or really productive, we keep on doing them, because we expect the same positive results. Why would we keep repeating the things that give negative results if we were not insane?

I guess each one of us must question our own sanity now and then.

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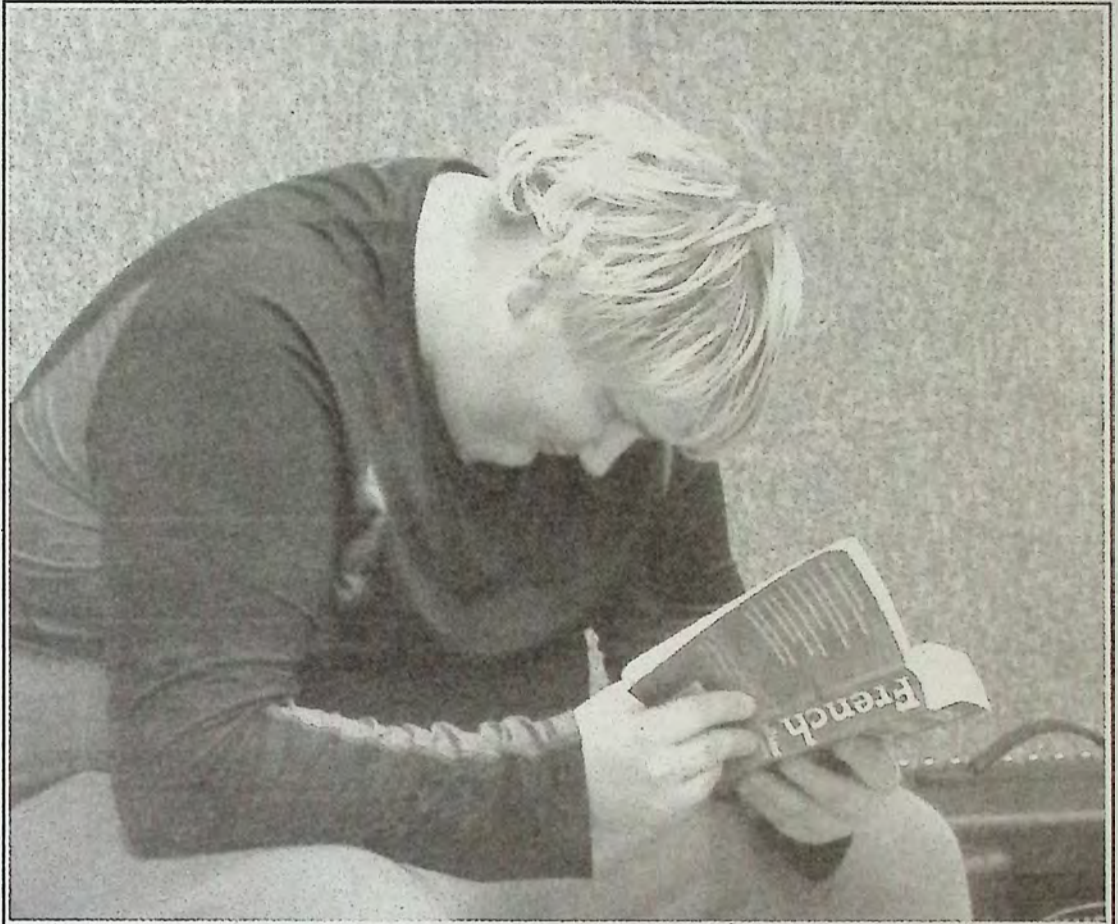
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Colton Callihoo 'bones up' on French before writing term final exams this week. Photo: Des Cosman

School, stress and the future

by Desiree Cosman
News Leader Youth Rep

You know how we all stress; well you probably know it's bad for you, right? Well you know those teens, what could they be stressing about in there simple life? Well I can sure tell you what they're thinking of now...Exams!

Yup, it's that time of year again where most kids sit down and actually do there work, mainly because there parents tell them to, but there are the few that do it without being told. With the stress of relationships, friends and hormones out of whack who's brilliant idea was it to throw exams in there? I do say it's

not that difficult if you keep up all year 'round but dare fall behind and you sweat for the last month or two if you're going to pass.

Well, we have it kind of rough but on the other hand we should know better, we should know that if we procrastinate we will stress. We should also be smart enough to plan our time to do our work because that's what life is all about.

After 12 years of quizzes, tests and exams I have learned to use my time wisely but could use maybe a little less stress in my life but that's what we have to learn to live with, right?

I mean those ever day stresses of

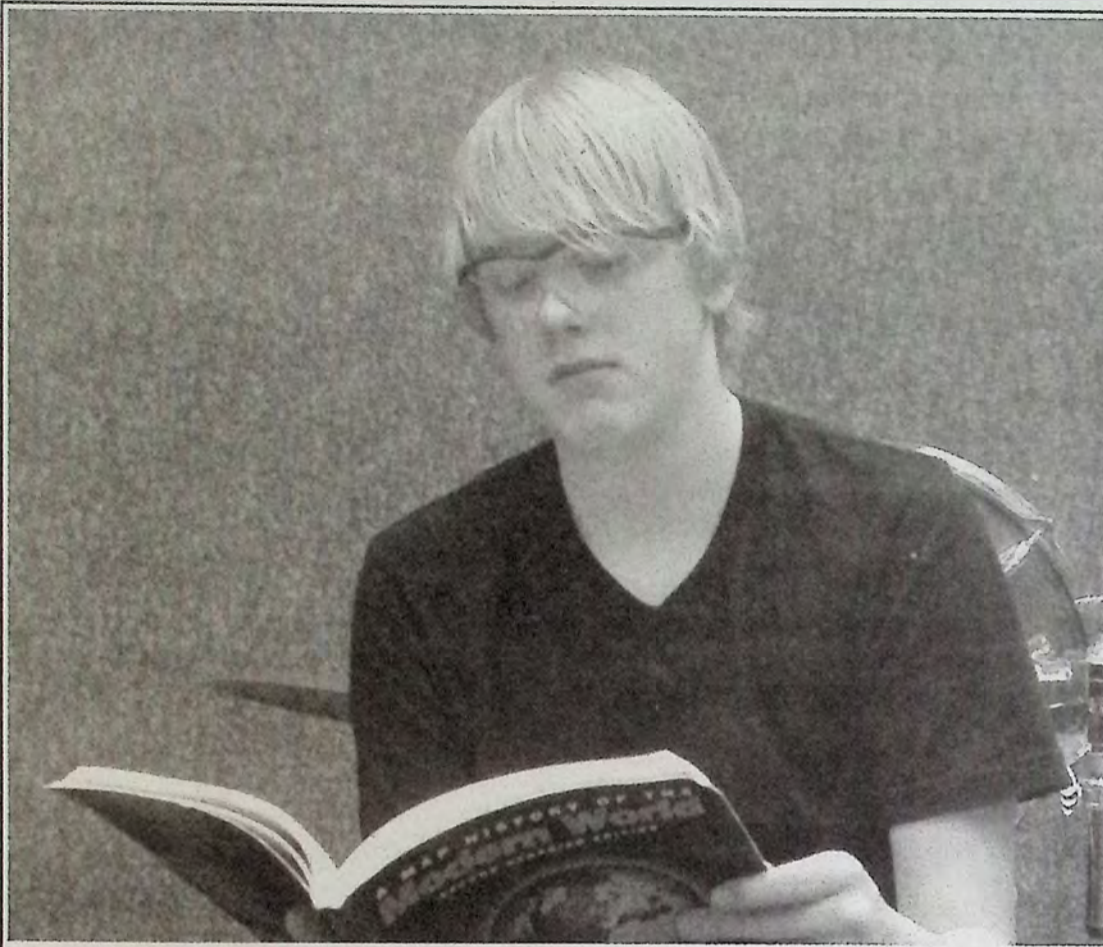
finding a job, paying the bills, having enough food to eat and buying the toilet paper.

School isn't just about learning out of a textbook it's also about teaching us to cope with life and all of its pleasures and if we don't have the skills to deal with school, then what's going to happen to us students?

So when you hear us students complain about too much stress remember we are learning and one day we will really feel the stress, and you know what, we will probably still complain because no matter how old we are, we are never too old to stop learning.



Skye Davis and Jolene Goodman hit the books leading up to exams. Photo: Des Cosman



Morgan Dobbs had his nose buried in text books last week before writing exams. Photo: Des Cosman

CFIB's 'Red Tape Awareness Week' receives praise

Finance Minister Colin Hansen congratulated the Canadian Federation of Independent Business (CFIB) January 15th for its success in highlighting the benefits to business and the economy of reducing red tape through "Red Tape Awareness Week".

The Province will continue to help British Columbians cut through red tape in 2011, including through a simplified tax system and a streamlined business licence system.

"British Columbia has successfully reduced regulatory requirements by over 42 per cent since 2001," said Hansen. "Small businesses are the heart and soul of our economy, and we're taking further steps this year to make sure regulations and approval processes don't get in the way of creating jobs and improving their competitiveness."

For the past 10 years, the Province has been a global leader in implementing regulatory reforms while protecting public health, safety and the environment. Here are a few examples of regulatory reforms that will continue to reduce the red-

tape burden on small business:

- **Mobile Business Licence:**

The Province continues to promote and support the adoption of a mobile business licence by local governments. By purchasing one licence rather than multiple non-resident permits, a mobile business licence allows a business to operate in any participating municipality.

- **Straightforward Forms:**

The Province is working on simplifying government forms and business processes to make them more citizen-centred and available online.

- **Harmonizing the sales tax:**

This change has significantly reduced the paperwork and filing requirements small businesses faced under the old GST/PST regime.

- **BCeID:**

This service allows businesses to sign in securely to any participating government online service. The main advantage is having a single password so that users do not need a different login ID and password for every website. In addition,

BCeID eliminates the need to go through the process of registering for a new login ID and password when first using a service.

The Province continues to work with the permanent Small Business Roundtable Board to identify new issues and opportunities for improving the regulatory environment. Consultations continue to occur with small business across the province.

Red Tape Awareness Week, a national initiative of the CFIB, ran from January 10-14. Established in 1971, the CFIB has more than 107,000 members in every sector nationwide, giving independent business an influential voice at all levels of government.

The Similkameen News Leader is one of hundreds of small businesses in the Similkameen Valley with a CFIB Membership.

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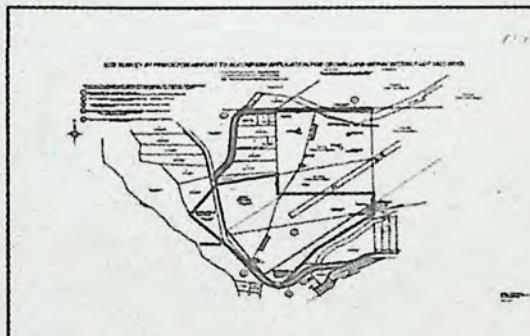
Land Act:

Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Town of Princeton of Princeton BC, intends to make application to Integrated Land Management Bureau (ILMB), Southern Service Region - Thompson Okanagan Service Centre, Crown Land Adjudication office, for a Crown grant for airport purposes covering that part of District Lot 1823 shown on Plan B4044 together with Block C, District Lot 1823, Plan B4953 all being part of Parcel A, (DD8296F) District Lot 1823, Similkameen Division Yale District, containing 21.52 hectares, more or less situated on Provincial Crown land located in the vicinity of Princeton.

The Lands File Number that has been established for this application is 3412199. Written comments concerning this application should be directed to the Section Head, Crown Land Adjudication at 441 Columbia St, Kamloops BC V2C 2T3. Comments will be received by ILMB until February 26, 2011. ILMB may not be able to consider comments received after this date. Please visit our website <http://www.arfd.gov.bc.ca/ApplicationPosting/index.jsp> → Search → Search by File Number: insert Lands File Number for more information.

Be advised that any response to this advertisement will be provided to be public upon request.



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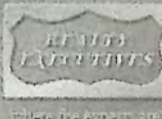
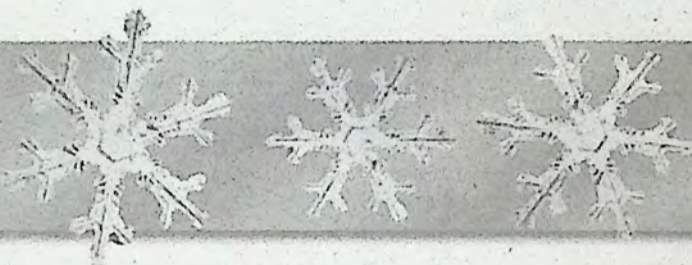
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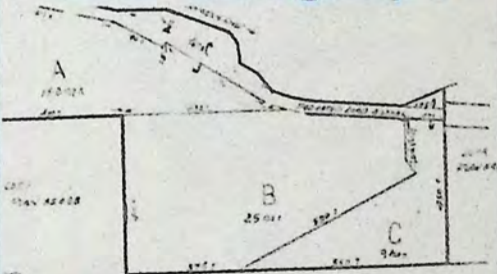
This sweet getaway is only a few hours from the Lower Mainland - close enough to get home Sunday with plenty of time to relax before the work week begins. Hedley is a heritage village between Princeton and Keremeos with breathtaking mountain views and walking distance to nature's hikes, creeks and the Similkameen River - hunt, fish, swim or just relax in your own cozy corner! **MLS © 112340 \$135,600**

411 Huey Road



Surround yourself with the comforts of life! This charming country-style home has had all the hard work done. Hardwood oak flooring, fresh paint throughout, new kitchen countertops, appliances and the list continues! The main floor has both a livingroom with large picture windows and family room so everyone has a space to go to. There are 3 bedrooms up with one on the main. **MLS © 112156 \$498,000**

Lot A - 661 Highway 3



NEW!

CONTINGENT - SUBJECT TO FINAL REGISTRATION. Looking for riverfront with an awesome natural sandy beach? This is it. The locals have been watching this property for years and the owner says SELL! Truly a great piece of water frontage just outside of Princeton with excellent access off Highway 3 East towards Keremeos. This parcel is on both sides of the highway. **MLS © 112321 \$249,900**

#11-473 Corina Avenue



Light, bright and roomy describes this spotless mobile. 21x11 addition gives you plenty of space for the kids, or a den. There is even a small workshop for hobbies. Two good-sized bedrooms, the master bedroom with oversized ensuite. A covered 16x11 porch is a great place for morning coffee. Easy care lot, walking distance to town - move in and enjoy! **MLS © 111284 \$ 87,000**

REALTY EXECUTIVES PRINCETON
Gateway to the Okanagan

#8-136 Tapton Avenue (Princeton Plaza)
Office: (250) 295-1811 Fax: (250) 295-1851 www.bcland.net
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