

Mayor Randy McLean lays a wreath at Princeton Cenotaph on behalf of the Town of Princeton during the Royal Canadian Legion Remembrance Day service November 11th. *

Town group goes after doctors

A committee to recruit doctors and nurses has been formed by Town Council and is headed by Councillor Pam Jones. In addition to members of Council, the committee has included the hospital and Ridgewood Lodge administrators and members of the local health watch group.

The most promising avenue for recruitment action is the University of B.C. Medical School graduation class. The government will pay a \$100,000 incentive to any of the 250 grads who will agree to go to a rural community and stay for three years. The committee intends to go to UBC and start recruiting in the near future. In the meantime, the committee is

preparing a package of local incentives to bring doctors and nurses to Princeton.

Interior Health has urged the committee to do everything it can to preserve the emergency facilities in Princeton General Hospital, but local doctors are being burnt out by emergency on-call work. Recruiting more doctors is essential to preserving hospital services.

Mayor Randy McLean told the public, "It will be a community effort that solves this problem."

Councillor Jones stated the committee will provide housing, or free golf, or any other kind of incentive it takes to get doctors into Princeton.

Town receives \$1.7 million for water system

The Town of Princeton will receive more than \$1.7 million in federal and provincial funding to extend and upgrade its water system, and improve water quality and fire protection.

Ron Cannan, MP for Kelowna-Lake Country, and Rick Thorpe, MLA Okanagan-Westside, announced the funding under the Canada-B.C. Municipal Rural Infrastructure Fund (CBCMRIF) at an outdoor ceremony at Princeton Town Hall on November 9th.

"Through the Canada-B.C. Municipal Rural Infrastructure Fund, our Government is investing in infrastructure that supports a growing economy, a

clean environment and more prosperous communities," said Mr. Cannan, on behalf of the Honourable Rona Ambrose, President of the Queen's Privy Council for Canada, Minister of Intergovernmental Affairs and Minister of Western Economic Diversification.

"The extension of Princeton's water system will enable the East Princeton Waterworks District and Airport/Jacobsen Road area to lift recent boil water advisories and improve fire protection through the installation of new fire hydrants."

The project involves the construction of a 700-cubic metre

reservoir, installation of approximately 4.5 km of new water main, upgrades to the existing distribution system and installation of fire hydrants. This project is conditionally approved pending the successful completion of an environmental assessment.

"Our government is committed to investing in environmentally sustainable infrastructure that ensures British Columbians have safe and clean drinking water," said Thorpe.

"We are pleased to work with the federal government and the Town of Princeton to improve water quality and help remove boil water advisories in this area."

Under the initial CBCMRIF Agreement signed in June 2006, the federal and provincial governments each committed \$51 million to the fund, with participating local governments expected to make up the remaining costs. This year, the Government of Canada and the Province of B.C. have each provided an additional \$23.5 million to the Canada-B.C. Municipal Rural

Infrastructure Fund as part of their commitment to help smaller communities meet their pressing infrastructure needs. This additional funding brings the total federal and provincial investment and matching local government contribution in CBCMRIF projects to over \$220 million.

The majority of the funding is targeted towards communities of fewer than 250,000 people and at least 60 per cent of the fund-

ing will assist with 'green projects' such as drinking water supply, treatment and distribution needs as well as wastewater and energy efficiency projects. The remaining funds will be dedicated to other projects like tourism, recreation and other infrastructure.

More details on the program are available through the Canada-British Columbia Municipal Rural Infrastructure Fund website, at www.canadabcmrif.ca.

Mills take 'down time'

Weyerhaeuser Media Relations Director Lawrence Pillon told the News Leader last Thursday (November 8) that talk around town regarding a temporary shut down of operations is true.

"We will be taking seven weeks of down time at our combined interior mills in Kamloops and Princeton."

The majority of the closure will take place in Kamloops with two weeks starting on November 19th and another two weeks starting December 17th.

Princeton will experience a total

of three weeks of 'down time' starting December 10th.

Pillon says the reasons for the temporary suspension of operations are obvious.

"The US housing market continues to be weak, reducing demands and we have high inventory."

He further explains, "The down time will be used to balance our mill production with mill orders."

42 DAYS
BEFORE
CHRISTMAS

Manion praises volunteers

Councillor Jim Manion attended the October 26 volunteer appreciation dinner for the Princeton Exhibition Association user

groups.

"It was great," Manion told Council on November 5. "There are a lot of volunteers. It was nice to see them enjoy an evening together."

He praised the work they do in putting together three of Princeton's big events: the rodeo, horse racing and the Fall Fair.




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Princeton Rotary President Lawrence Stoochnoff, left, welcomes Rotary District Governor Corwin King to Princeton at the club's November 6th luncheon meeting at Copper Mountain Bar & Grill. *

Princeton Court News
EXCLUSIVE TO THE NEWS LEADER
News Leader Court Reporter Dawn Johnson

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Man loses right to drive

Douglas E. Plunkett appeared in Provincial Court in Princeton on November 8 to plead guilty to a charge of driving over the alcohol limit. Police had responded to a report of a motor vehicle accident, which they could not find. In the meantime, they noted a vehicle without tail lights.

Plunkett was the driver, and showed signs of impairment. He was taken for a breath analysis and readings of .190 and .170 blood alcohol were obtained.

The 47 year old Princeton man was sentenced to pay a \$600 fine and is prohibited from driving for one year.

Assault brings probation

David J. Goulet appeared in Provincial Court in Princeton on November 8 to plead guilty to an assault charge. The incident occurred in 2006 when Goulet and his girlfriend were walking home after having a few drinks at a friend's house.

there and his girlfriend on the ground.

Goulet had accused his girlfriend of being unfaithful, and had knocked her down.

A witness called police when he heard loud voices outside his residence and saw Goulet standing

The 32 year old Princeton man had two prior convictions for assault. He was sentenced to 12 months probation which may include counselling for substance abuse, anger management and domestic violence.

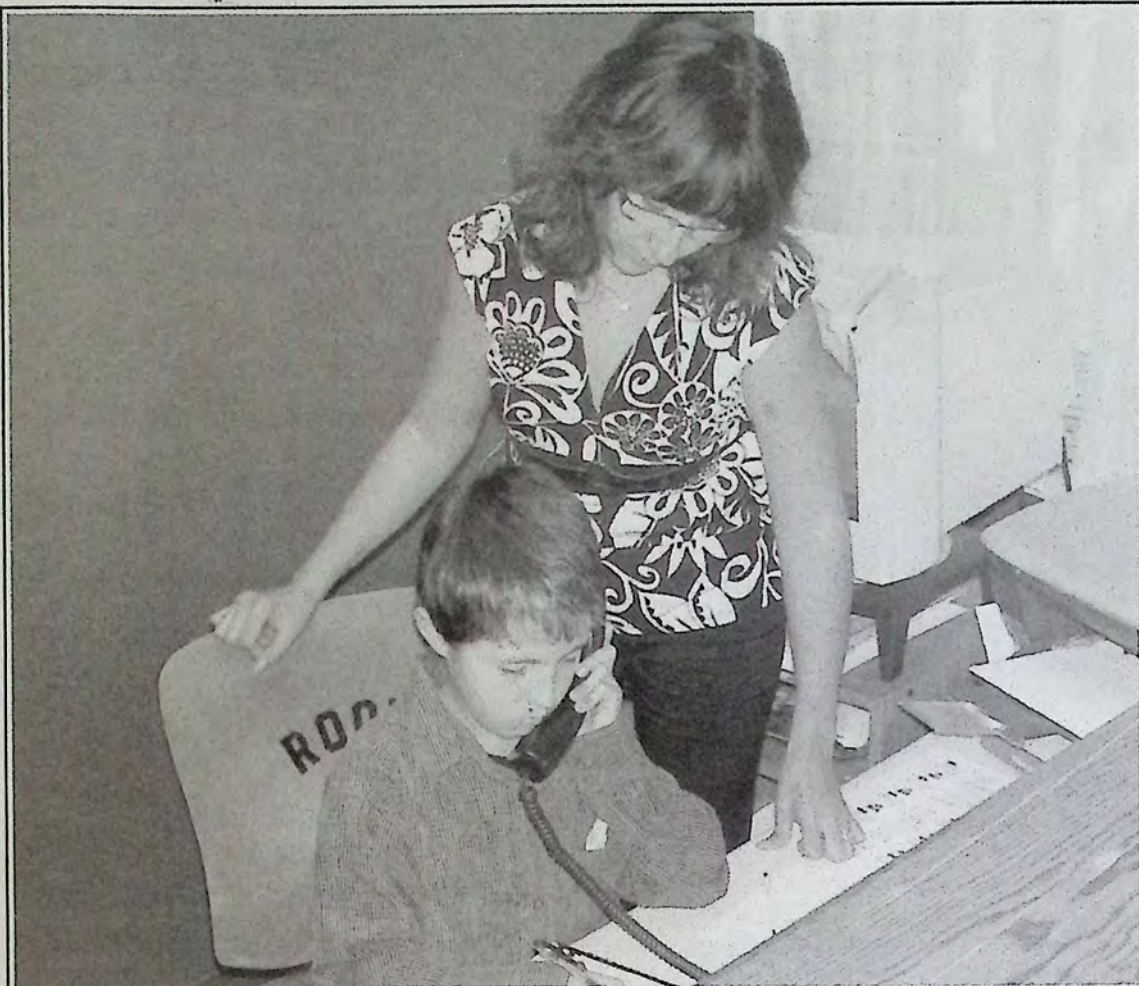
MORE COURT NEWS ON PAGE 5

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Grade 9 students received some work experience during "Take Your Child To Work Day" on November 7th. We found Jade Wasylenchuk answering phones at RE/MAX country with assistance from his mom, Kathy.*

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Council likes music festival

Town Council is in favour of a proposed traditional music festival for next summer.

At the November 5 Town Council meeting, Del Hall and Rika Ruebsaat presented the plan and asked for Council's contribution of \$2,000 toward publicizing the event. Hall reminded Mayor Randy McLean of a remark he

made in the past when he said communities are successful if they are culturally diverse.

Mayor McLean said the festival would be a great addition to the community.

Rika Ruebsaat, Arts Council President, presented Council with a draft budget for the event. Because the festival will be free to those

who attend, the Traditional Music Society is applying for a heritage grant in the amount of \$19,000. In order to meet the conditions of the grant, Town Council must sign a form giving approval. Council was willing to do this, adding a letter of support.

The request for \$2,000 will go to the 2008 budget process.

Legion plans to rebuild cenotaph

The Cenotaph monument is breaking down. The base is crumbling. Princeton's Legion members want it repaired, and there is a Royal Canadian Legion grant to do it. Legion President Sharon Paterson, along with Bud Sadegur, attended the November 5 Town Council meeting to iron out who owns the monument.

Sadegur told Council the Legion has tried to find out who built the Cenotaph but there is no record that it belongs to the Legion, nor even any date when it was constructed, although it was in place in 1927.

To complete the grant application forms, there must be a clear state-

ment of ownership.

Sadegur asked Council for a letter clarifying Legion ownership, and asked for support for the project when it is being done. He suggest-

ed the Town could haul away the rubble.

Town Council will write a letter stating the Cenotaph monument is owned by the Legion.

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Community-led Meetings

ARE YOU INTERESTED IN THE
NATIONAL PARK/RESERVE PROPOSAL?

The Grassland Park Review Coalition (National Park opposition) and the South Okanagan Similkameen National Park Network (National Park support) invites your participation at upcoming public meetings.

Osoyoos

1:30 - 4:30 PM Saturday, November 17
Royal Canadian Legion Hall, 8310-78th Street

Oliver

6:30 - 9:30 PM Tuesday, November 20
Royal Canadian Legion Hall, 36217-97th Street

Penticton

6:30 - 9:30 PM Wednesday, November 21
Great Hall, South Main Seniors Centre, 2965 South Main Street

Keremeos

6:30 - 9:30 PM Thursday, November 22
Victory Hall, 427-7th Avenue

Please join us to ask questions and express your thoughts, listen to your neighbour's views and hear an update from Parks Canada. Refreshments will follow the meeting.

For information on the feasibility study and park concept, visit the Parks Canada website (www.pc.gc.ca/sols)

keremeos and area news



Valu-Plus Anniversary Prize Draw Winners gather to pick up their prizes. The complete winners list includes: Jack Popavich (19" LCD TV/DVD Player), Barbara Despot (Stainless Steel Pot & Pan Set), Larry Brown (19" LCD Computer Monitor), Mike Lion and Mark Yamada (Canucks Tickets), Siobhan Wyman (Sony DVD/VCR Player), Claudette Giese (Youth 12-Speed Mountain Bike), Kelly Sanders (Cuisinart Panini Grill), Lisa Fraser (Coke Stainless Steel Cooler), Al Phillips (Pepsi Fleece Pullover & Hat), Denise Beaudoin and Bruce Tomy (Old Dutch Duffle Bag of Chips), Guy Villecourt, Yolande Froment and Roy Shannon (Sunglasses). Photo submitted

Odd Squad visits Keremeos students

The South Similkameen Anti Crystal Meth Initiative is continuing its education and awareness campaign on substance abuse in the valley.

The committee has invited the 'odd squad' to come to the Similkameen Elementary Secondary School (SESS).

In March 1998, seven Vancouver City Police Officers, all working the Downtown Eastside beat, an area with an international reputation for its street open drug scene, decided to embark on an educational video for youth on drug abuse.

Since then the group has produced a number of documentaries on their work with drug addiction, and their productions have educated communities around the world.

On November 23rd two police officers from the odd squad team will come to Keremeos to talk to local students from grade 8 to 12 on the dangers of substance abuse and its ramifications. Randy Miller, a former drug addict, will accompany them, to talk about his experiences in the streets of Vancouver.

This interactive presentation will take place between 9:00 and 11:00 AM at the high school gym.

The South Similkameen Anti Crystal Meth Initiative will also extend their 'dedicated computer' program to Princeton. These computer terminals serve as an information centre on substance abuse as well as information on local and provincial resources.

Presently the group has one information kiosk in the school library of the SESS and a second one in the waiting area of the local health centre (SSHC).

Plans are to set the next terminal up in the waiting area of the Princeton hospital by the end of 2007.

Anti drug group plans info meeting

A public information meeting hosted by Citizens Against Narcotic Drug Operations (Can-Do) is set for 7:00 PM on Tuesday, November 13th in the Multi-Purpose Room of the Keremeos Health Centre.

The group says the informal meeting for adults and youth is to create an open discussion on the Can-Do Action Plan.

The plan is to create a task force by area citizens to represent all sectors of the community and out-

lying areas.

- to ensure a fair nomination and election process to select the task force;
- to avoid political affiliations that could restrict the ability to hold council, local and regional governments and the RCMP accountable;
- to make council, government and police accountable to the people;
- to provide, collect and forward to RCMP, forms that log suspicious

activities;

- to work with neighbouring communities, like a gigantic neighbourhood watch;
- to work with all churches and schools, all groups that want to be involved;
- to back up the RCMP with information that will support their charges.

Items to be discussed at the meeting include:

- crime rate
- minimum policing
- open drug transactions
- public drinking
- assaults
- transients
- lack of youth programs in the village
- drug-related crimes

Organizers encourage youth to participate and request the sharing of their views and suggestions.

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Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

Driver loses licence

A 38 year old Coquitlam man, a husband and father, and a business owner, will pay a steep price for impaired driving. Kevin M. Craft appeared in Provincial Court in Princeton on November 8 to plead guilty to a charge of care and control of a vehicle while impaired.

Craft barely avoided a head on collision on Highway 3 on September 11, 2006. The near miss occurred between Hedley and Princeton, and Craft's vehicle and licence number were reported to police.

When police found him, he had pulled off the highway. He was found asleep in his pick-up. The motor was running and music playing. A cooler with a number of beer were found in the truck.

Judge G. Sinclair ordered Craft to pay a \$600 fine and prohibited Craft from driving for one year.

Judge finds woman guilty

In Provincial Court in Princeton on November 9, Lisa Allen stood trial on an impaired driving charge. Evidence from an RCMP witness stated that, at 2:10 AM, September 8, 2006, the officer stopped a pick-up truck making a wide turn from highway 3 going toward Mayne Avenue. Allen was driving.

The RCMP witness said he noted signs of impairment on Allen both while she was in the truck and when she walked to the rear of the truck. He took her to the police station and administered a breath test which yielded two readings of .150 blood alcohol.

Although Allen's friend, who was with her in the truck, and Allen herself, testified she had not had that much to drink, Judge G. Sinclair did not buy it. After hearing all of the evidence, Judge Sinclair decided the evidence showed Allen was guilty.

Allen was convicted of having care and control of a vehicle while her blood alcohol level was over .08 mg. Judge Sinclair ordered her to pay a \$600 fine and prohibited her from driving for one year.

Judge orders probation

Steve Bishop appeared in Provincial Court in Princeton on November 8 to plead guilty to an assault charge. The charge arose out of a dispute at a local pub when the complainant, who was drunk, objected to Bishop talking to a woman the complainant fancied.

Measure up group moves ahead

Laurie Quick and Ken Carlson have formed a committee to address accessibility issues in Princeton and 'manage' the Measuring Up grant. They have asked Town Council's support.

Councillor Ray Jarvis will be part of the committee and serve as

The complainant threatened Bishop and Bishop responded with a punch.

Bishop was given a conditional discharge and ordered to serve six months probation. He is to have no contact with the man he hit.

Man loses licence

Edward J. Hews attended Provincial Court on November 8 to plead guilty to driving without due care and attention. Police were advised of two men, likely impaired, leaving a local pub. Police located the vehicle and pulled it over after seeing some erratic driving. On questioning the driver, Hews, they noted an odour of marijuana and liquor.

The 23 year old man had no criminal record and was ordered to pay a \$400 fine. He is prohibited from driving for 90 days.

Council's representative.

The committee requested Town Council consider setting aside a fund toward maintaining and improving accessibility in Princeton for persons in wheelchairs or using walkers. Council referred the request to budget.

Shop here, get a free bag

Town of Princeton and Overwaitea have joined together in encouraging shoppers to go "green". If you go to the Overwaitea on Friday, November 16, you will receive a FREE Enviro Bag. This initiative is aimed at reducing the number of

plastic bags in use by replacing plastic with a reusable bag.

Park proposal leads to meetings

Are YOU interested in the National Park/Reserve Proposal?

Some people are for it, others are against it, and yet others are not sure what 'it' is all about.

'It' is a National Park in the South Okanagan Similkameen, currently being explored by Parks Canada.

The South Okanagan Similkameen National Park Network (SOSNPN, National Park support) and The Grassland Park Review Coalition (GPRC, National park opposition) invite you to attend public meetings being held in November.

These meetings will give the public an opportunity to express their concerns or support for the park concept, and ask Parks Canada representatives questions about the Feasibility Study. There will also be reference to current Provincial Crown land management and protected areas.

OSOYOOS: Saturday, November 17, 1:30 to 4:30 PM, at the Royal Canadian Legion 8310, 78th Street, Osoyoos

OLIVER: Tuesday November 20, 6:30 to 9:30 PM at the Royal

Canadian Legion Hall, 36217, 97th Oliver

PENTICTON: Wednesday November 21, 6:30 to 9:30 PM South Main Seniors Centre, 2575 South Main Street, Penticton.

KEREMEOS: Thursday November 22, 6:30 to 9:30 PM Victory Hall, 427, 7th Avenue (Highway 3), Keremeos.

The meetings will be facilitated by Derek Murphy, from the Slocan Valley. A Parks Canada representative will present an update on the Feasibility Study which began in 2003.

Spokespeople for the GPRC and SOSNPN will briefly state their views. Following the presentations the floor will be open for the public to ask questions.

This is an excellent opportunity for the community to get up to date information on how a National Park could affect the South Okanagan Similkameen region.

For more information on the feasibility study and park concept, visit Parks Canada website at (www.pc.gc.ca/sols).

- submitted

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- Residents of nursing homes and other chronic care facilities
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PRINCETON

Tuesday, November 20, 9:00 a.m. - 1:00 p.m.
Seniors' Branch 30 Hall, 162 Angela Avenue

KEREMEOS

Wednesday, November 21, 9:00 a.m. - 12 Noon
Keremeos Seniors' Centre, 421-7th Avenue

HEDLEY

Wednesday, November 14, 1:00 p.m. - 2:30 p.m.
Hedley Elementary School

Interior Health www.interiorhealth.ca

news leader health and lifestyle page

Best ways to 'Beat the Break'

(NC)—November is Osteoporosis Month and Osteoporosis Canada is letting Canadians know that they can beat the break.

Osteoporosis affects more than 1.4 million Canadians. Its symptoms are low bone mass and deterioration of bone tissue which increases the risk of breaking bones, particularly the hip, spine and wrist. There are many risk factors for osteoporosis, some of which can be changed. The risks you can't do anything about include age, family history, previous fractures and hormone imbalances. Lifestyle changes can minimize the effects of the other risk factors, which include excessive alcohol consumption, smoking, living a sedentary lifestyle and suffering frequent falls. Knowing which risk factors apply to you and taking action to manage them can help you to reduce your risk of developing osteoporosis.

Osteoporosis risk factors are additive. This means that the more risk factors you have, the greater your chance of developing the disease. If you think you might be at risk, Osteoporosis Canada encourages you to beat the break by:

- Visiting www.osteoporosis.ca to take the 60-second risk quiz and to find out more about osteoporosis.
- Speaking with your doctor about your osteoporosis risk and prevention strategies, including nutrition, physical activity and whether you should have a bone mineral density (BMD) test.

Osteoporosis can be regarded as a pediatric disease with geriatric consequences. Since peak bone mass is reached in adolescence, it is important for children and youth to build bone mass by eating a calcium-rich, balanced diet, getting enough vitamin D from their diet, sun exposure or supplements, and getting plenty of physical activity. Bone mineral loss typically begins in the mid-30s. Therefore adults should continue to eat a calcium-rich, balanced diet, get the required vitamin D and exercise regularly.

Maintaining bone health as you age is a key part of fighting osteoporosis. This is especially important for people over 50 who have broken bones since a history of fractures increases the risk of future breaks. Adding a vitamin and/or mineral supplement helps to ensure ade-

quate intake of calcium and Vitamin D. Osteoporosis Canada recommends a daily calcium intake of 1500 mg and a daily Vitamin D intake of 800 mg for adults over 50. In Canada, most adults need a vitamin D supplement from October to April. Those over 50, or with limited exposure to the sun, should take one all year.

For osteoporosis, the best defense

is a strong offense; therefore, it's important to identify your individual risk factors and speak to your doctor to develop a strategy which includes a diet, exercise and lifestyle plan that can help you beat the break. You can receive more information and assess your level of risk online at www.osteoporosis.ca or toll-free at 1-800-463-6842.

- News Canada

living past 100

Ten Top Foods

There are many foods we take for granted as part of our daily fare. If you are looking at food from the nutrition standpoint, some foods are a whole lot better than others.

Pork and beans

This food is considered "cheap" but there is nothing cheap about the nutrition it delivers. It is a great source of iron, especially if made with molasses. If you add some chopped onion to the mix, it is even better. Pork and beans deliver a lot of calcium, phosphorus and potassium, along with B vitamins and fibre.

Chili con carne (home cooked)

Anyone who cooks chili con carne knows it should be made with pinto beans. Pintos cook up better than most beans. Good chili con carne contains tomatoes, onions, peppers, lean ground beef, grated carrots and diced celery. This is a rich source of iron, calcium, potassium, phosphorus, Vitamins A and B.

Stew

Most stews are made to the taste of the cook or the cook's family, but the basic recipe is meat, potatoes, carrots and onions. Some cooks include turnips, others add celery or parsnips. Most add parsley and sage, many add garlic. This food is loaded with vitamins, minerals, potassium, phosphorus, and a number of trace elements.

Peanut butter

If you can tolerate peanuts, this is a great food, but a little high in salt. Peanut butter is loaded with potassium, phosphorus, iron and B vitamins. Peanut butter cookies made with oatmeal are actually good foods for kids if applesauce replaces shortening. Peanut butter is loaded with fat, but it is good fat.

If you cannot tolerate peanuts, switch to almonds or sunflower seeds. For iron content, sunflower seeds and pumpkin seeds beat peanut butter any day.

Spinach

Spinach is a powerhouse of nutrition, especially if you serve it cooked. It is packed with enough vitamin A to ward off most colds and flu. It contains plenty of iron, some calcium, phosphorus and potassium. Make a salad with onions, radishes and celery, with a little olive oil and lemon juice if you eat it raw, or add a few flaked almonds and cooked mushrooms if you eat it cooked.

Spaghetti

Spaghetti with meat sauce is really good to taste, but it is a high nutrition dish. The tomatoes provide a big boost in nutrition, the meat provides protein and B vitamins, and what you add for flavour, such as garlic, carrots, or celery, just boosts the nutritional value. Tomatoes are good for the preserving eyesight in old age and for preventing prostate problems at any age.

Blueberries

Blueberries preserve eyesight and fight off colds and flu. In Sweden, blueberry juice is the 24-hour cure for colds and flu. No Swedish home is without blueberry juice concentrate.

You can eat blueberries raw in season, but they are just as valuable if frozen or juiced.

Apricots

The people of the Tashkent swear it is apricots that make them live past 100. That could be true, as apricots deliver a lot of Vitamin A, essential in protecting the respiratory organs, helping ward off colds and sinus problems. Apricots are rich in iron when eaten dried, but good for you if eaten any other way.

Yogurt

Although it is fairly high in sodium, yogurt has less sodium than milk, and is more easily digested. Yogurt is rich in calcium, phosphorus and potassium as well as containing Vitamin A and several B vitamins. Yogurt helps the digestive system work well.

Dark rye bread

People may think, "Bread is bread" but when it comes to nutrition, dark rye bread is a star. It is richer in all nutrients than other breads, has more fibre, but is more fattening.

Why worry about nutrition?

When you go grocery shopping, every dollar you spend on food should be money well spent. The foods listed above give the greatest value for your dollar.

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2609 Strathcona , Escape from the city to this cute remodeled mobile in Tulameen.	MLS 42443	\$223,800
403 Lapworth Street , 5-bedroom large lot backing China Creek.	MLS 41148	\$239,900
286 Panorama Crescent , 4-bedroom home in excellent location.	MLS 41332	\$269,900
104 Ridgewood Drive , 4-bedroom, 3-bath home with tile and laminate floor.	MLS 40493	\$285,000
483 Palmer , Newly remodeled and painted split level family home.	MLS 42474	\$323,800
145 Thistle Drive , Fantastic year round recreation only minutes from Manning Park.	MLS 41643	\$329,000
1385 Coalmont Road , Well maintained 3-bedroom home. Beauty, peace, privacy!	MLS 40882	\$355,000
106 Beaver Lane , 3-bedroom home, detached garage, big corner lot, view deck.	MLS 40914	\$359,900
2972 Allison Lake Road , Best value lakefront in BC.	MLS 41007	\$499,900
800 Copper Mtn. Road , 4-bedroom home overlooks Princeton.	MLS 35533	\$548,800
2729 Highway 3 , Almost 1 mile of highway frontage.	MLS 41309	\$558,300
2207 Princeton-Summerland Road , Privacy and miles of creekfront.	MLS 41144	\$649,000
3313 Coalmont Road , 1 acre of lakefront in tranquil setting.	MLS 40724	\$1,300,000
615 Cedar Creek Road , 145 acre ranch, 5 miles from Princeton.	MLS 39772	\$1,388,300

PROPERTY FOR SALE

308 E Highway 3 , Highway exposure!	MLS 41845	\$149,900
Lot B Coalmont Road , 4.25 acres, a perfect spot for a hobby farm.	MLS 40077	\$230,300
Lot 1 Summers Creek Road , Mountain view and private setting.	MLS 41540	\$235,000
2844 Old Hedley Road , 12.33 acres on the desirable Old Hedley Road.	MLS 40263	\$279,900
Lot 2 Summers Creek Road , 3.5 hours from Vancouver.	MLS 41541	\$285,000
Lot 5 28 KM Summers Creek Road , Mountain view, private setting.	MLS 41544	\$285,000
Lot A Lawless Creek , Minutes from Otter Lake.	MLS 41429	\$339,900
Lot C Highway 3 E , Fantastic .71 acre commercial building lot.	MLS 35383	\$423,800
Coalmont Road , 8.60 acres. Come build your dream here!	MLS 40081	\$438,300

COMMERCIAL PROPERTIES FOR SALE

301 Coalmont Road , Highway frontage at a great buy!	MLS 38500	\$123,800
265 Vermilion Avenue , Well established restaurant with highway exposure.	MLS 41469	\$458,300
Lot 2 Highway 3 W , Only pub in town, overlooks Similkameen River.	MLS 42240	\$1,138,000



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295-8591



Doug Haayer
295-1585



Dean Stinson
295-8537



Marty Gray
295-5044



Carol Bertrand
295-5341



Lee Mowry
295-1990

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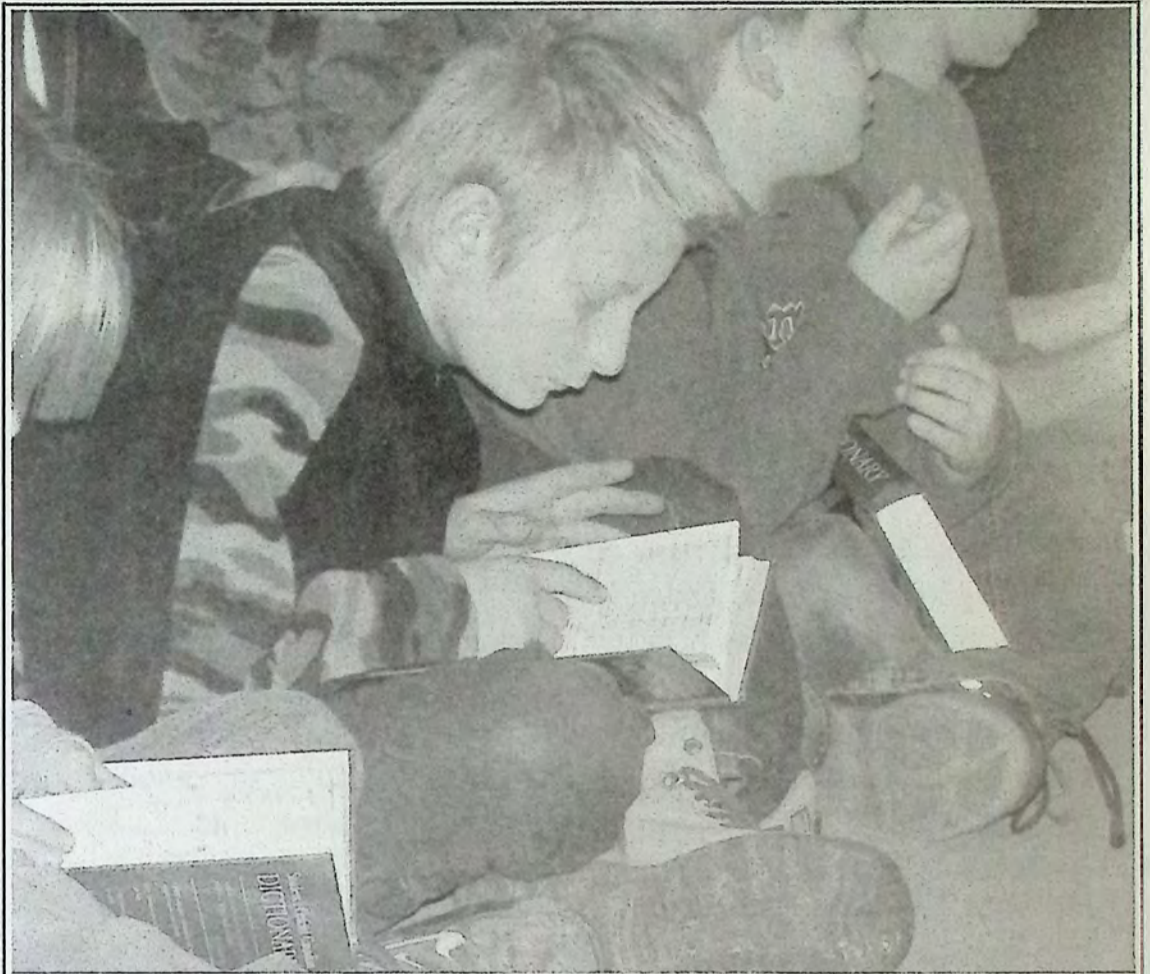
— Dr. Penny Paterson —

Princeton Chiropractic Centre is pleased to announce the addition of Jeremy Wilson, Registered Massage Therapist to our office.



Jeremy will be working Mondays starting November 19th. Please call Jeremy at (250) 298-9864 to book your appointment.

CALL SHALA FOR AN APPOINTMENT
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139 Vermilion Avenue, Princeton
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The gift last week of student dictionaries to Grade 4 students from Princeton Rotary Club was obviously well received by many of the recipients at Vermilion Forks Elementary School. *

Lali says audit reveals problem

New Democrat Lotteries Critic Harry Lali said British Columbians have endured enough failures by John Les for them to endure more time with him as BC's Solicitor General and Minister Responsible for Lotteries.

"Another damning lotteries audit shows Solicitor General John Les is not up to the job," said Lali, the NDP MLA for Yale-Lillooet.

"Last Spring, Ombudsman Kim Carter revealed serious flaws in BC's gaming regulations - and this latest audit shows Les has failed to act on recommendations."

In the same week that Les botched his stance on policing related to the gang violence problem, a Deloitte and Touche audit of BC Lotteries sheds more light on mounting failures by Les in handling BC Lotteries.

"The latest lotteries audit further reveals the seriousness of problems exposed by Ombudsman Kim Carter last year. It proves there are gaping holes in a system that is supposed to protect British Columbians," said Lali.

Lali said the most alarming flaw in the November 8th report is what the NDP has been calling to fix for a long time, which is the need for gaming regulations to be re-organized in a way that separates

responsibilities for lotteries and gaming enforcement.

"All this while, Les has conveniently put the conflict of interest issue related to gaming overlaps on the back burner. The NDP has consistently called on him to keep lotteries and gaming enforcement apart, but he has refused to recognize the importance of it," said Lali.

"From ignoring Ombudsman Kim Carter's gaming recommendations, to dismissing evidence of lotteries mismanagement revealed through media investigations, to white-washing a government investigation earlier this year, the list of failures and cover-ups by Les goes on and on," said Lali.

"Enough damage control already; the Campbell Liberals have to get on with fixing the system now. And with a flawed record like that, Les simply cannot be trusted to deliver results," Lali said.

Town Hall closes on holiday

Town Hall will be closed for an extended period during the Christmas holiday season. Staff will not be paid for the days added to the statutory holiday period.

Christmas Day is on a Tuesday

this year. Town Hall will be closed on Christmas Eve (December 24) through the week up to January 2.

The regular meeting of Town Council scheduled for January 7 will be postponed to January 21.

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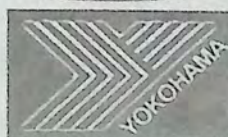
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Princeton Secondary School Grade 8 Volleyball team ended a great season with playoffs in Penticton on November 5th. The girls send a BIG THANK YOU to Ray and Susie Michaud for supplying the new jersey tops and Shelly Carlson for printing. In the photo: Front Row - Katie Lamoureux, Jessie Badger, Courtney Hassell. Middle Row - Taylor Robillard, Kelsey Crawford, Katrina Morton. Back Row - Coach Sara Illingworth, Assistant Coach Miranda Newman, Mia Crawford, Amy Brewer, Morgan Reichert, Hannah Crawford, Allana Michaud, Assistant Coach Maria Shenton. Photo submitted

McEwen reports on summer fun

Recreation Co-ordinator Nadine McEwen reported to Town Council on November 5 regarding the summer recreation program. Although it had its ups and downs, the program did not lose money. The pre-school program ran five weeks with an average attendance of six youngsters a day, plus their caregivers. A variety of "camps" were held for school age children. Some camps had a good turnout, such as the Aaron Heuser basketball camp. Winter recreation activities are under way now. McEwen said adults do not seem so interested in a recreation program and seem satisfied with what the community offers. The focus now is on activities for teens. Mayor Randy McLean thanked McEwen for her hard work.



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<p>57% OFF! 20pc Cabot flatware. 4 x 5pc settings. \$69.99.  \$29⁹⁹</p>	<p>70% OFF! 39cm/16" non-stick roaster w/rack. It's just so much easier to clean! \$149.99.  \$44⁹⁹</p>	<p>AVAILABLE AT</p> <p style="text-align: center;">PRINCETON Princeton Builders Mart 222 Burton Ave (250) 295-6938</p>	

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weekly entertainment guide

TUESDAY, NOVEMBER 13, 2007 THROUGH MONDAY, NOVEMBER 19, 2007



Princeton Dairy Queen and Finning Tractor Kamloops have partnered to present the Posse Player of the Game Awards for each of the remaining Posse home games. From left, Posse player Brad Goss, Dairy Queen owner John Babiak, Posse player Tanner Sheridan and Posse player Tyler Martin. The players were the first recipients in the program and were presented their prizes at the end of the November 9th game. *

Posse drench Storm

The Valley First Princeton Posse earned six points to move into third place overall in the KIJHL standings following a three-game road trip November 2nd to 4th and were still riding high on that news when they hosted Kamloops Storm November 9th.

The first period whizzed by quickly with no scoring although Princeton had 11 shots on goal to 9 by Kamloops.

The second period continued to be fast with plenty of action from both teams.

Princeton's first goal of the night came at 13:04 and was credited to Tyler Martin. Assists went to Garrett Pfeifer and Spencer Brooks.

Princeton ended the period with another goal, scored at 18:04 when Wade Masch took a pass from

Spencer Brooks, went up the bench side of the rink and passed across the front of the Storm goal to Brad Goss who gently flicked the puck past the spread-eagled Storm goalies right leg and into the net.

The third period saw Princeton extend their lead three minutes into the frame on the power play. Scott Ramsey, Brad Goss and Dan Hillman were in position in Storm territory cycling the puck back and forth between them until Hillman had an opening and popped it in.

Kamloops didn't give up and put some extra pressure on Princeton's Tanner Sheridan who did everything but stand on his head in making incredible save after incredible save.

Princeton added goal number 4 at 13:10 (Brad Goss from Scott

Ramsey) before Kamloops managed to score two goals of their own at 16:21 and with 1:27 left to play.

The Storm pulled their goalie for an extra man and Princeton's Kyle L'Arrivee got his stick on the puck and raced towards the empty net, passed to Brooks Christiansen who then fired it into the goal with 1:11 remaining.

Shots on goal: Kamloops 42, Princeton 19. Final score: Princeton 5, Kamloops 2.

The Princeton Dairy Queen/Finning Tractor Kamloops Posse Players of the Game were Brad Goss, Tyler Martin and Tanner Sheridan.

Goss received a Dairy Queen watch, Martin was presented a hoodie and Sheridan received a water bottle and toque.

Leafs fall in Princeton

The Valley First Princeton Posse hosted Nelson Leafs November 10th in their first meeting of the current season.

Going into the game with only a two-point lead over Nelson in the overall standings, fans were expecting a pretty evenly matched game and they were not disappointed.

Fast skating and solid checking punctuated the first period, which ended with no scoring.

Nelson took control of the second period by adding two power play goals (5:07 and 13:22) but Princeton rebounded with a power play goal with just 1:42 left in the frame

(David Smith from Brenden Stephan).

The third period saw Princeton tie the game with their second goal, on the power play, at 8:57 when Kyle L'Arrivee popped in a rebound. Assists went to Brett Van Riper and David Smith.

The tying goal fired up the Posse and they appeared energized on ice and the momentum produced a third Posse goal at 10:31 when Wade Masch took a pass from Taylor Stuart and sailed behind the Nelson net and passed out from behind where Dan Hillman connected for the goal.

With 1:33 to play Nelson called a

time out and pulled their goalie for an extra man, but could not capitalize on the move.

Shots on goal: Princeton 29, Nelson 26. Final Score: Princeton 3, Nelson 2.

The Princeton Dairy Queen/Finning Tractor Kamloops Posse Players of the Game were Brett Van Riper, David Smith and Brenden Stephan.

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7:00 PM

Tuesday, November 27th

Princeton Town Hall

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Princeton's Brad Goss (#10) wins the face off in the Posse zone in a game against Kamloops November 9th. *

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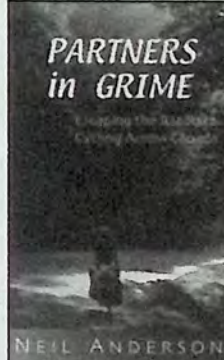
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2007/08
Valley First Princeton Posse**

October 2 - 7:00 PM - Summerland	November 24 - 7:00 PM - Chase
October 12 - 7:00 PM - Chase	December 15 - 7:00 PM - Kamloops
October 14 - 2:00 PM - Kamloops	December 19 - 7:00 PM - Summerland
October 19 - 7:00 PM - Fernie	December 22 - 7:00 PM - Chase
October 20 - 7:00 PM - Sicamous	January 5 - 7:00 PM - Revelstoke
October 26 - 7:00 PM - Grand Forks	January 15 - 7:00 PM - Chase
October 27 - 7:00 PM - Beaver Valley	January 30 - 7:00 PM - Summerland
November 5 - 7:00 PM - Kamloops	February 3 - 2:00 PM - Golden
November 10 - 7:00 PM - Nelson	February 8 - 7:00 PM - Kimberley
November 17 - 7:00 PM - Summerland	February 15 - 7:00 PM - Golden
November 23 - 7:00 PM - Kamloops	February 16 - 7:00 PM - Castlegar

Similkameen News Leader

Clip 'n' Save Home Game Hockey Schedule

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Princeton's Dan Hillman (#18) watches his shot on goal during the November 10th game against Nelson. *

TUESDAY, NOVEMBER 13, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM). Each row contains a grid of program titles and times for various stations.

WEDNESDAY, NOVEMBER 14, 2007

Table with 20 columns (WTBS to TROP) and 24 rows (6 AM to 11:30 PM). Each row contains a grid of program titles and times for various stations.

Horoscopes

November 14 - 21, 2007

Aries - Conflict may erupt between you and your partner over things happening at home. You want to talk about sharing, partner does not. Neither wants to be died down. Compromise!

Taurus - Health continues to improve. Energy levels rise. Try to curb your tongue - you sound too egotistical and aggressive. Partner may have a few quick words if you don't. Use charm!

Gemini - Be creative about solving money problems. Discuss debts, investments, assets and liabilities with professional if necessary. Watch out for colds, flu. Focus on job, health.

Cancer - Energy levels are high and can be best applied on home, family and property. Now is a good time to decorate or renovate. Get projects done soon - you will want fun next month.

Leo - Put worries into positive action this week. Take steps at home to clear up problem areas. Discuss with siblings, family members. This phase is coming to an end. Look ahead.

Virgo - Be creative about what you own and what your values are. Money remains tight, but you could get what you want with a little imagination. Talk with sibling about plans, problems.

Libra - You can make good things happen in your career by reviewing what you value and what you need to own or let go of. Stay away from scarcity thinking. Guard health.

Scorpio - You want to be active this week, going places and doing things. Your mind is stimulated and demands expression. If you must travel, it will be hectic due to problems. Stay home.

Sagittarius - Be very cautious about spending at this time. Problems you thought were solved will need review before the end of the week. Planning ahead will prevent damage.

Capricorn - Partner and career seem to be in conflict. Resolve problem by discussing plans. You have a lot going on in your mind. Changes are in motion behind the scenes. Be patient.

Aquarius - Health is still a concern but you should get some good news by the end of the week. Money situation needs attention. Be very conservative. Travel may be difficult on weekend.

Pisces - You may be feeling down these days. People may not respond to you the way you would like. You are prone to sudden upsets and others may see you as "touchy". Situation eases soon.

Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall, Rocklin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.

thursday movies

MORNING

6:00 am SPIKE (4) ★★½ "Welcome to Collinwood" (2002, Comedy) Luis Guzman. A safecracker in a wheelchair helps a group of bumbling criminals plan a heist. (In Stereo)

10:00 am CITY (29) ★★½ "An American Rhapsody" (2001, Drama) Nastassja Kinski. After fleeing Communist Hungary in the 1950s, a couple reunites with their daughter after years of separation. (E)

EVENING

6:00 pm WTBS (3) ★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr. Loveless who plans to assassinate President Grant.

9:00 pm WTBS (3) ★ "Wild Wild West" (1999, Action) Will Smith. Secret agent James T. West and his partner fight evil inventor Dr.

Loveless who plans to assassinate President Grant.

CHBC (4) "The Party Never Stops" (2007, Drama) Sara Paxton. Premiere. Binge drinking takes its toll on a college freshman and her new roommate. (E)

10:06 pm CITY (29) ★★ "Kindergarten Cop" (1990, Comedy) Arnold Schwarzenegger. An undercover officer teaches a rowdy class of peewees, to identify one whose mother must be found. (E)

11:30 pm WTBS (3) ★★ "Hawk's Vengeance" (1996, Action) Gary Daniels. A British martial artist seeks those responsible for killing his brother, a police detective in the United States.

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friday movies

MORNING

10:00 am CITY (29) ★★ "Undercover Angel" (1999, Drama) Dean Cain. A struggling writer's life changes for the better when an ex-girlfriend asks him to take care of her daughter for a month. (E)

AFTERNOON

5:00 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army.

YTV (18) ★★½ "Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) (E)

EVENING

6:00 pm CITY (29) "Third Man Out" (2005, Suspense) Chad Allen. Premiere. A gay man hires a private investigator after becoming the target of a drive-by shooting. (E)

7:30 pm FAM (26) ★★ "Slappy and the Stinkers" (1998, Comedy) B.D. Wong. Second-graders save a sea lion from their principal, an animal thief, and a groundskeeper who mis-

takes it for an oversized gopher.

9:00 pm WTBS (3) ★★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty army.

FAM (26) ★★ "Stuart Little" (1999, Comedy) Geena Davis. Based on the book by E.B. White. Two human parents adopt a mouse as a little brother for their son.

10:06 pm CITY (29) "Bare Sex" (2003, Adult) Aria. Young women play an intimate game.

10:30 pm FAM (26) ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou.

11:30 pm WTBS (3) ★½ "Double Team" (1997, Adventure) Jean-Claude Van Damme. An international spy teams with a flamboyant weapons dealer to escape from a penal colony and save his family.

Similkameen News Leader

Recipe Corner (Recipe #193)

Brought To You By: Similkameen News Leader

Pineapple Upside Down Gingerbread

TOPPING:

- 1 tbsp. butter or margarine
- 1/3 cup Fancy Molasses
- 1/4 cup sugar
- 6 slices pineapple
- 6 maraschino cherries

CAKE BATTER:

- 1/3 cup shortening
- 1/3 cup sugar
- 1/2 cup Fancy Molasses
- 1 1/2 cups sifted flour
- 3/4 tsp. salt
- 3/4 tsp. baking powder
- 1/2 tsp. each ginger and cinnamon
- 1/4 tsp. cloves
- 1/2 tsp. baking soda
- 1 egg
- 1/2 cup sour milk

Place butter in a 9" square pan or casserole dish, melt, add molasses and sugar. Over this arrange pineapple and cherries.

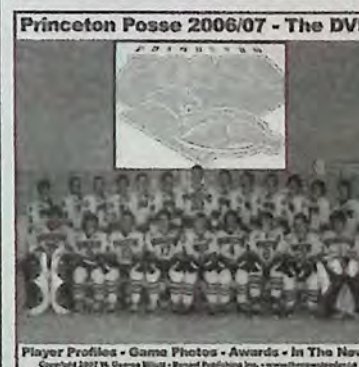
CAKE PART: Cream shortening, sugar and baking soda. Add Fancy Molasses. Stir in 1/4 of sifted dry ingredients. Beat in egg. Add remaining flour and sour milk alternately. Beat until smooth. Pour over pineapple and spread to corners. Bake at 350°F for 1 hour. Cool 10 minutes, turn out upside down.

- News Canada

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

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CARTER'S Sudoku Challenge

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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 #39 - Rated Easy

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

CHALLENGE #40 - Rated Hard

		9		3		6		2
4		7	9			5		
1			6					8
	4			6	1			7
2								6
	7		8	9				2
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THIS WEEK'S SOLUTIONS:
Page 20

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saturday movies

MORNING

- 9:00 am WTBS (3) ★½ "Small Soldiers" (1998, Action) Kirsten Dunst. Faulty military microchips turn children's action toys into a tiny but lethal army. Live action/animatronics.
- 10:00 am KREM (8) ★★ "Dinosaur" (2000, Adventure) Voices of D.B. Sweeney. Live action/animated. An iguanodon and its friends journey to a valley to escape from meteors and a diminishing water supply.
- 11:00 am WTBS (3) ★★½ "Reign of Fire" (2002, Fantasy) Christian Bale. A hotshot American and a firefighter unite to fight a horde of dragons in post-apocalyptic London.

AFTERNOON

- 12:00 pm FAM (26) ★★ "Man of the House" (1995, Comedy) Chevy Chase. A district attorney tries to win over the bratty son of his future wife.
- 1:00 pm WTBS (3) ★★½ "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. A hit man returns to his hometown for a high-school reunion and meets the prom date he stood up years before.
- CITY (29) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his

captive father and prevent Dr. Evil's malevolent minions from taking over the world. (E)

- 1:34 pm FAM (26) ★★½ "The Muppets Take Manhattan" (1984, Comedy) James Coco. Kermit and company try to take their variety show to Broadway, while Miss Piggy grows jealous of a friendly waitress.
- 2:00 pm YTV (18) ★★½ "Spy Kids 3-D: Game Over" (2003, Adventure) Antonio Banderas. A boy tries to rescue his sister inside a virtual-reality game created by a madman out to enslave children. (In Stereo) (E)
- 4:00 pm YTV (18) ★★½ "Jimmy Neutron: Boy Genius" (2001, Comedy) Voices of Megan Cavanagh. Animated. A smart child and his mechanical dog blast into outer space after aliens kidnap adults from his hometown. (In Stereo) (E)
- CITY (29) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (E)
- 5:00 pm WTBS (3) ★★½ "What Lies Beneath" (2000, Suspense) Harrison Ford. Supernatural events plague a college professor and his wife as they investigate a murder she believes occurred next door.
- A&E (9) ★★½ "Forrest Gump" (1994, Drama) Tom Hanks. JFK,

LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)

EVENING

- 7:45 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investigate.
- 8:00 pm YTV (18) ★★ "Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (E)
- 9:00 pm A&E (9) ★★½ "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (E)
- FAM (26) "The Cactus Kid" (2000, Adventure) Thomas Curtis. A boy fantasizes about robbing a bank in the style of his comic-book hero. (E)
- CITY (29) ★★½ "Girl, Interrupted" (1999, Drama) Winona Ryder. A young woman with a borderline personality disorder stays in a 1960s mental institution for 18 months. (E)
- 10:46 pm FAM (26) "Now You See It..." (2005, Adventure) Alyson Michalka. While producing a reality TV show, a teenager meets a magician whose powers are real but put him in danger.
- 11:00 pm SPIKE (44) ★½ "China Strike Force" (2000, Action) Aaron Kwok. A rogue cop draws a bead on a ruthless Asian gangster and his American partner in a drug-smuggling ring. (In Stereo)
- 11:30 pm CITY (29) ★★ "Limbo" (1999, Drama) Mary Elizabeth Mastrantonio. A traumatized fisherman falls in love with a lounge singer, but things change when his half-brother comes to town. (E)

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sunday movies

MORNING

- 9:00 am WTBS (3) ★★½ "Reign of Fire" (2002, Fantasy) Christian Bale. A hotshot American and a firefighter unite to fight a horde of dragons in post-apocalyptic London.
- 11:00 am WTBS (3) ★★½ "Grosse Pointe Blank" (1997, Romance-Comedy) John Cusack. A hit man returns to his hometown for a high-school reunion and meets the prom date he stood up years before.
- CITY (29) ★★½ "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world. (E)

AFTERNOON

- 12:00 pm FAM (26) ★★ "Snow Dogs" (2002, Comedy) Cuba Gooding Jr. A Miami dentist travels to Alaska to claim his inheritance, a mischievous team of sled dogs.
- 1:00 pm WTBS (3) ★½ "Domestic Disturbance" (2001, Suspense) John Travolta. A troubled boy claims he witnessed his new stepfather commit a murder, prompting his father to investigate.
- 1:38 pm FAM (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.

- 2:30 pm WTBS (3) ★★½ "S.W.A.T." (2003, Action) Samuel L. Jackson. A Los Angeles Special Weapons and Tactics team must protect a criminal after he offers \$100 million to his prospective rescuers.
- 4:00 pm YTV (18) "The Sandlot 2" (2005, Comedy) James Earl Jones. A group of baseball-playing friends must retrieve a model spaceship from a yard containing a fearsome dog. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★½ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A Baltimore newswoman falls for a Seattle widower she hears on talk radio, thanks to his moppet son.

EVENING

- 6:00 pm YTV (18) ★★ "Kicking and Screaming" (1995, Comedy-Drama) Josh Hamilton. Premiere. Preppie graduates face their first year out of college and reminisce about student life. (In Stereo) (E)
- CITY (29) ★★½ "The Village" (2004, Suspense) Bryce Dallas Howard. Members of a 19th-century community fear the strange creatures that inhabit the surrounding forest. (E)

- 7:15 pm WTBS (3) ★★½ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A Baltimore newswoman falls for a Seattle widower she hears on talk radio, thanks to his moppet son.
- 8:00 pm CBC (13) ★★½ "Super Size Me" (2004, Documentary) Filmmaker Morgan Spurlock conducts an experiment in which he only eats food from McDonald's for 30 days. (E)
- 9:00 pm FAM (26) ★★½ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies.
- 9:30 pm WTBS (3) ★½ "Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI.
- 10:52 pm FAM (26) "Motocrossed" (2001, Adventure) Alana Austin. A teenager secretly masquerades as her injured twin brother so that she can compete in motocross races.

712*

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SATURDAY, NOVEMBER 17, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	In the Heat of the Night	News (N) Body	Babar (E) Paddington	Desert Fly Tying	(5:00) Today (N) (E)	(5:00) Saturday Early Show	Sell House	Good Morning	Fishing Hunter	Fishing Fishin	Poko Doodlebop	Gadget Flamingo	SportsCentre (E)	OWL/TV Kingdom	Machines How Do	Overdrive	About You Dharti	Disorderly Con.	Fish TV Paid Prog.
7 AM :30	In the Heat of the Night	Design Antique	Dora Clifford	MotorWeek Travels	News (N)	Care Bears Strawberry	Sell House Spender	Emperor Replace	News (N) (E)	News (N) (E)	Bo On Go Pinky	Robot Boy Grossology	Fishing Motoring	Katie-Orbie Hobo	Mammals vs. Dinos	Yin Yang (7:20) Pucca	Eye on Asia	Disorderly Con.	Ellen (E) Mad Abt.
8 AM :30	Videos	Vanity GetUpGrow	George S. Magic Bus	Building Hometime		Cake (E) Horseland	Design Cougar	NASCAR			Wilbur (E) Goldfish	SpongeBob OddParent	Timber Score Golf	Good Morning Canada (E)	Against All Odds	Suite Life (8:43) Zoey	Polish Studio (E)	Disorderly Con.	Grace The Nanny
9 AM :30	Movie: "Small Soldiers" (1998)	Foodies (N) Biker TV	(9:02) Upside	Workshop Old House		Sushi Pack Dino	Sell House	College Football: Teams to Be Announced. (Live)		Driving TV Fins Skins	Gymnastics	Phantom Fantastic 4	Bowling		How-Made	Cory So Raven	Speakers CityLine (E)	Hrseperw	Seinfeld
10 AM :30	Movie: "Reign of Fire" (2002)	Big Coast Paid Prog.	Lilly (E) (10:35)	Ask This Americas	Jacob Dragon (E)	Movie: "Dinosaur" (2000), Alfre Woodard	Flip This House (E)		Fishn	Energy TV	Beach Soccer: FIFA World Cup. (E)	Tn-Titans Legion Team	ATP Tennis: Masters Cup -- Semifinals. From Shanghai, China. (E)	Wildlife	Mayday	Phil Wizards	NewMusic	Xtreme 4x4 Trucks!	Family Guy
11 AM :30	Movie: "Reign of Fire" (2002)	E! News Daily 10	Rolie Polie Big World	Barbecue Chefs	Paid Prog. College Football: Duke at Notre Dame. (Live) (E)	College Football: LSU at Mississippi. (Live) (E)	Flip This House (E)		Fishing CEO TV	Fishing Big Coast	Equestrian: Royal Winter Fair	Pokemon Yu-Gi-Oh!	Semifinals. From Shanghai, China. (E)	PLAN Canada (E)	Greatest Ever... (E)	School Suite Life	Best! In Fashion	Ultimate Fighting Champions	Videos
12 PM :30	Christian Bale.	Sunset Tan	Macphee Planet	Recipes Garden		College Football: LSU at Mississippi. (Live) (E)	Simmons	College Football: Teams to Be Announced. (Live)	News (N) (E)	Malcolm Seinfeld			China. (E)	Desert Blast	Movie: "Man of the House" (1995)	MuchOnDemand (E)	hip 70: Nations Collide	Friends	
1 PM :30	Movie: "Grosse Pointe Blank" (1997)	To Be Announced	Avventura Entrada	Painting Donnas			Simmons		Energy TV Seinfeld	Simpsons	Figure Skating: Skate Canada	Idaten	NASCAR Racing: Busch Series -- Ford 300. (Live) (E)	Outdoor Get Out	Dirty Jobs	Movie: "Austin Powers in Goldmember" (2002)	UFC 78 Countdown	Beverly Hills, 90210	
2 PM :30	King	True Hollywood Story (E)	Dora Go Diego	Europe Tracks	Paid Prog. Friend		Gene Simmons		Seinfeld Simpsons	Simpsons	Sat. Report	Movie: "Spy Kids 3-D: Game Over" (2003) (E)		Car Into Wild	Mayday	Manhattan (1984)	News (N) FashionTel	The Ultimate Fighter	Deal or No Deal (E)
3 PM :30	Family Guy		Zoboomafo o "Creature Neighbors"	Wild! (E)	Pengulns Veggie	Access Hollywood (N)	Gene Simmons	Health News (E)	Family Guy	Family Guy Global	NHL Hockey: Ottawa Senators at Toronto Maple Leafs. (Live) (E)	Movie: "Jimmy Neutron: Boy Genius" (2001) (E)	The Contender (N) (E)	W FIVE	Greatest Ever... (E)	Suite Life Proud	Movie: "Austin Powers in Goldmember" (2002)	CSI: Crime Scn	Survivor: Marquesas
4 PM :30	Movie: "What Lies Beneath" (2000, Suspense) Harrison Ford.	News (N) Sports	George S. Roost	Summer Basketball: UC	College Basketball: UC	News CBS News	Movie: "Forrest Gump" (1994, Drama) Tom Hanks, Robin Wright. (E)	College Football: Teams to Be Announced. (Live) (E)	Family Guy Global	(4:59) News House	Senators at Toronto Maple Leafs. (Live) (E)	Prank Ptrl Ghost	Boxing: Joan Guzman vs. Humberto Soto. (Live) (E)	First Story	Dirty Jobs	K. Possible Montana	Goldmember (2002)	CSI: Crime Scn	Friends
5 PM :30	That News	Meerkat	Lawrence Welk Show	Riverside at Gonzaga.		News Scrubs			News (N) Santa	Santa Legends	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live) (E)	Adrenaline Mystery	W-Five Presents (E)	Extreme Machines (N)	Sadie Flight 29	Chuck (E)	CSI: Crime Scn	Seinfeld	
6 PM :30	Zoe Busiek: Wild Card	National Geo.	Time Goes My Family	CSI: Miami (E)	Cold Case (E)	Robin Wright. (E)			Santa Andromeda (E)	Blue Murder (E)	Movie: "Are We There Yet?" (2005) Ice Cube.		Without a Trace (E)	MythBusters (E)	Life Derek Montana	News (N) SexTV (E)	TNA iMPACT! (E)	That News	
7 PM :30	Movie: "Domestic Disturbance"	Movie: Heartbeat (N) (E)	Movie: Midsomer Murders "Destroying Angel" (N) (E)	Red Green Bickladder	Law & Order: SVU	48 Hours Mystery (E)	Movie: "Forrest Gump" (1994, Drama) Tom Hanks, Robin Wright. (E)	Videos	Andromeda (E)	Fatherhood Dreams	After Hours News (E)	Smallville (E)	Series of Poker	Without a Trace (E)	Dirty Jobs (E)	Movie: "The Cactus Kid" (2000) (E)	Movie: "Girl, Interrupted" (1999, Drama) Winona Ryder. (E)	Disorderly Con.	Friends
8 PM :30	King (9:45)	Movie: "Domestic Disturbance"	Movie: Heartbeat (N) (E)	Red Green Bickladder	Law & Order: SVU	48 Hours Mystery (E)	Movie: "Forrest Gump" (1994, Drama) Tom Hanks, Robin Wright. (E)	Videos	Andromeda (E)	Fatherhood Dreams	After Hours News (E)	Smallville (E)	Series of Poker	Whistler "Crossroads"	Dirty Jobs (E)	Movie: "The Cactus Kid" (2000) (E)	Movie: "Girl, Interrupted" (1999, Drama) Winona Ryder. (E)	Disorderly Con.	Friends
9 PM :30	King (9:45)	Movie: "Domestic Disturbance"	Movie: Heartbeat (N) (E)	Red Green Bickladder	Law & Order: SVU	48 Hours Mystery (E)	Movie: "Forrest Gump" (1994, Drama) Tom Hanks, Robin Wright. (E)	Videos	Andromeda (E)	Fatherhood Dreams	After Hours News (E)	Smallville (E)	Series of Poker	Whistler "Crossroads"	Dirty Jobs (E)	Movie: "The Cactus Kid" (2000) (E)	Movie: "Girl, Interrupted" (1999, Drama) Winona Ryder. (E)	Disorderly Con.	Friends
10 PM :30	(10:15) 24 (E)	TBS Investigates Spring	Angel (N) (E)	Red Green Bickladder	Law & Order: SVU	48 Hours Mystery (E)	Movie: "Forrest Gump" (1994, Drama) Tom Hanks, Robin Wright. (E)	Videos	Andromeda (E)	Fatherhood Dreams	After Hours News (E)	Smallville (E)	Series of Poker	Whistler "Crossroads"	Dirty Jobs (E)	Movie: "The Cactus Kid" (2000) (E)	Movie: "Girl, Interrupted" (1999, Drama) Winona Ryder. (E)	Disorderly Con.	Friends
11 PM :30	(11:15) Paid Prog.	Break Nightmares (N)	Women-Badge	Doctor Who (E)	News (N) Sat. Night	News (N) Without	Robin Wright. (E)		News (N) Sat. Night	News (N) Sat. Night	(11:02) J.R. HNHC -- Hockey Tonight	Adrenaline Frank Ptrl	SportsCentre (Live) (E)	News (N) Extreme Machines	(10:46) "Now You See It..."	Ryder. (E) "Limbo"	"China Strike Force"	Seinfeld	

SUNDAY, NOVEMBER 18, 2007

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM :30	Animal R. Ultimate	Pioneers Taste	Babar (E) Paddington	Berenstain Cliff Pup	Today (N) (E)	Discover Discover	Private Sessions Seal.	Good Morning America	Is Written Fishful	Hunter Big Coast	Franklin Nanalan'	Gadget Jane	CFL Countdown (E)	Kingdom Kids	Extreme Machines	Overdrive	Mix TV	Trucks!	Fish TV Paid Prog.
7 AM :30	Stars	Design Antique	Dora Clifford	Noddy Word	News (N) (E)	CBS News Sunday Morning	Private Sessions (E)	News (N) (E)	Foodies (N) Canada	Canada Is Written	Coronatn Coronatn	Winx Club Ruby	Reporters	Good Morning Canada (E)	Egypt Untold "Curse of King Tut"	Yin Yang (7:20) Pucca	Eye on Asia	Hrseperw	Ellen (E) Mad Abt.
8 AM :30	Videos	Vanity Powerboat	George S. Mngic Bus	Jakers Mama	Meet the Press (N) (E)	Nation	American Justice	This Week With George	News (N) (E)	TribalTrail Marriage	Coronatn Coronatn	Neutron Flamingo	Sunday NFL Countdown (Live) (E)	PLAN Canada (E)	Funnest Animals	Cory So Raven	Festival Italiano di Johnny Lombardi (In Italian)	Hrseperw	Grace The Nanny
9 AM :30	Movie: "Reign of Fire" (2002)	Neighborhood Upside	(9:02) Lilly (E) (10:35)	Wishbone College	Paid Prog. Paid Prog.	NFL Today (Live) (E)	American Justice	MLS Soccer: MLS Cup 2007 -- Teams TBA. (Live) (E)	Driving TV Listen Up	Listen Up Foodies (N)	CFL Football: East Division Championship -- Teams TBA. (Live) (E)	SpongeBob Grown Up	ATP Tennis: Masters Cup -- Final. (E)	NFL Football: Teams to Be Announced. (Live) (E)	Dungeons of Alcatraz	Phil Wizards	Movie: "Austin Powers in Goldmember" (2002)	Hrseperw	Seinfeld
10 AM :30	Christian Bale.	News Marriage	Lilly (E) (10:35)	Exposé European	Paid Prog. Paid Prog.	NFL Football: San Diego Chargers at Jacksonville Jaguars. (Live) (E)	Amer. Justice	Detroit SWAT (E)	Hour of Power (N) (E)	Energy TV Driving TV	Division Championship -- Teams TBA. (Live) (E)	iCarly (E) Drake	NASCAR Racing: Nextel Cup -- Ford 400. From Homestead-Miami Speedway in Homestead, Fla. (Live) (E)	PLAN Canada (E)	Egypt Untold "Curse of King Tut"	School Suite Life	Movie: "Austin Powers in Goldmember" (2002)	Hrseperw	Videos
11 AM :30	Movie: "Grosse Pointe Blank" (1997)	Gastineau Madeline	Rolie Polie Madeline	Presidential Debate (E)	Paid Prog. Paid Prog.	Chargers at Jacksonville Jaguars. (Live) (E)	Kansas City SWAT (E)	Countdown (12:45) NASCAR Racing: Nextel Cup -- Ford 400. From Homestead-Miami Speedway in Homestead, Fla. (Live) (E)	News (N) (E)	Malcolm Seinfeld	TBA. (Live) (E)	Unfabulous Naked	NASCAR Racing: Nextel Cup -- Ford 400. From Homestead-Miami Speedway in Homestead, Fla. (Live) (E)	PLAN Canada (E)	Egypt Untold "Curse of King Tut"	Movie: "Snow Dogs" (2002), (1:38)	World Poker Tour (E)	CSI: Crime Scn	Friends
12 PM :30	Movie: "Domestic Disturbance"	The View: True H'wood	Mechanics Reach-Top	Presidential Debate (E)	LPGA Golf: ADT Championship -- Final Round. (Live) (E)	Motorcycle Racing	Dallas SWAT (E)	To Be Announced	Seinfeld Simpsons	Simpsons Santa	CFL Football: West Division Championship -- Teams TBA. (Live) (E)	Academy Mystery	Sports VIP	Canada's Worst Driver	Movie: "Wendy Wu: Homecoming Warrior"	World Poker Tour (E)	CSI: Crime Scn	Beverly Hills, 90210	
1 PM :30	Movie: "S.W.A.T." (2003) Samuel L. Jackson, Colin Farrell.	True Hollywood Story	Profiles of Nature (E)	All Creatures	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
2 PM :30	Movie: "S.W.A.T." (2003) Samuel L. Jackson, Colin Farrell.	True Hollywood Story	Profiles of Nature (E)	All Creatures	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
3 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
4 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
5 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
6 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
7 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
8 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
9 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
10 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)
11 PM :30	Movie: "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan.	News (N) Okanagan	George S. Into Wild	Heartbeat Science	Fortune	Cold Case Files (E)	Cold Case Files (E)	Cold Case Files (E)	Simpsons Santa	Simpsons Santa Claus Parade (N) (E)	Division Championship -- Teams TBA. (Live) (E)	Adrenaline Frank Ptrl	Speedway in Homestead, Fla. (Live) (E)	W-FIVE Degrassi Story	MythBusters (E)	Movie: "Wendy Wu: Homecoming Warrior"	News (N) FashionTel	CSI: Crime Scn	Deal or No Deal (E)

MONDAY, NOVEMBER 19, 2007

	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	All-Family	News (N)		Body Elec.	News (N)	News (N)	Crossing Jordan	(5:00) News	News (N)	(4:30) News (N)	CBC News: Morning (N)	Gadget Viva Pinata	SportsCentre	News	Daily Planet (N)	Henry's King	Rachael Ray	CSI: Crime Scene	F/X: The Series	
6:30 AM	All-Family	2nd Chnce	George S.	Bob Build										Canada AM (N)						
7 AM	Temptation	Body	Clifford	Barney	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Arthur	Grossology	SportsCentre		Love to Hate	K. Possible (7-24)	CityLine	V.I.P. "Kiss the Val"	Traders	
7:30 AM	Temptation	Past Lives	Dora	Arthur (EI)							Curious	Team								
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice			100 Huntley Street	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Star Trek: Voyager	V.I.P.	Due South "The Duel"	
8:30 AM	Jeffersons	Vanity	Magic Bus	Clifford							Busytown	Flamingo		How-Made	Lloyd					
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Lunar Jim (DVS)	Adrenalini	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	CSI: Crime Scene	Tube Tales	
9:30 AM	Sanford	Antique	(9:33)	Dragon							Viva Pinata	Fishing			Tigger	City			What	
10 AM	Harvey	PoPQ (Live)	(9:57)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami "Hard Time"	The View (N)	Fighting for Canada	Room	Wilbur	Jane	PBA Bowling	The View (N)	Mayday "Ghost Plane"	Mickey Handy	Movie: "Boys and Girls" (2000)	V.I.P. "Sunshine Girls"	Videos	
10:30 AM	Harvey		Pancakes							House	Doodlebob	Erky Perky								Videos
11 AM	Cosby	Playing	Rolie Polie Olie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Past Lives	(10:59) News (N)	Martha Stewart	Jacob		eTalk	Tutankhamun	Benj Bear (11:25) King		V.I.P. "True Val Story"	The Nanny	
11:30 AM	Cosby	Homes		Sit-Be Fit				Paid Prog.	House			George S.	NASCAR	Diary					Frasier	
12 PM	Still Std	News (N)	History	Charlie Rose	Paid Prog.	News (N)	Crossing Jordan	All My Children (N)	News (N)	Days of our Lives (N)	News (N)	SpongeBob	Series of Poker	Degrassi	Killer Asteroids	(11:49) Weekend	CityLine	V.I.P.	Seinfeld	
12:30 PM	Still Std		Reach-Top		Paid Prog.	Bold & B.					CBC News	Grossology		Bold & B.					Seinfeld	
1 PM	Fresh Pr.	Design	Through a Blue Lens	Fine Art	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	LazyTown	NFL Films	Sue Thomas: F.B.Eye	Deep Sea Detectives	Dragon	NewMusic	V.I.P. "Valley Wonka"	Beverly Hills, 90210	
1:30 PM	Fresh Pr.	Vanity		Sewing							What's-What's	Winx Club	NFL	General Hospital (N)	How-Made	Emperor	Cover			
2 PM	King	The Steve Wilkos Show	Macphee	Word	Millionaire	Guiding Light (N)	American Justice	General Hospital (N)	Guiding Light (N)	Guiding Light (N)	Wind at My Back	Ruby	Primetime (N)	General Hospital (N)	How-Made	(1:48) Weekend	Ellen DeGeneres Show	V.I.P. "Kiss the Val"	Fresh Pr.	
2:30 PM	King		Moving On	Lions	Millionaire						Flamingo		Interruption	How-Made					Family Guy	
3 PM	Friends	Big Screen	Blue's Clues "Nurture!"	Maya	Judge	Dr. Phil	Cold Case Files	Rachael Ray	Young and the Restless	Young and the Restless	Food	Team	Off-Record	Dr. Phil	Greatest Ever...	K. Possible	News (N)	V.I.P.	Inside Box	
3:30 PM	Seinfeld	Daily 10		Arthur (EI)	Judge						Miracles	Neutron	Sports		Replace				Vanity	
4 PM	Family Guy	True Hollywood Story	Dora	Cyberchas	Judge J.	Oprah Winfrey	CSI: Miami "Hard Time"	Videos	Oprah Winfrey	(3:59) News	Frasier	Naked	Hockey	Friends	Daily Planet (N)	Emperor	Friends	V.I.P.	Tube Tales	
4:30 PM	Family Guy		(4:35) Little	Fetch! With Judge J.				Inside		Global	Red Green	Naked	Countdown	Frasier		Proud	Hollywood	"Sunshine Girls"	Ad Pers	
5 PM	Movie: "Drumline" (2002) Nick Cannon, Zoe Saldana.	News (N)	Timothy	BBC World	News (N)	News (N)	Intervention "Caylee"	News (N)	News (N)	(4:59) News (N)	Simpsons	"Naked Brothers Band"	NFL	News (N)	MythBusters	Suite Life Montana	Chuck (N)	V.I.P. "True Val Story"	ET Canada	
5:30 PM			(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested								What	
6 PM		Ad Pers	Saddle	News-Lehrer	News (N)	News (N)	Intervention "Kim"	News (N)	News (N)	ET Canada	News (N)	SpongeBob	Football: Tennessee Titans at Denver Broncos.	News (N)	Dirty Jobs	Zoey 101	Stargate SG-1	V.I.P.	Family Guy	
6:30 PM		News	renegade		Raymond	Hollywood		News (N)		Entertain		iCarly	(Live)		Sadie				Seinfeld	
7 PM		E! News	Edge	Served	Jeopardy!	Friends	The First 48	Entertain	Entertain	Journeyma n "Emily" (N)	Coronatn	Malcolm		eTalk	Canada's Worst Driver	So Raven	(7:02) The Bachelor (N) News (N)	V.I.P. "Valley Wonka"	Seinfeld	
7:30 PM	Frasier	Jeopardy!	History	Wait God	Fortune	Scrubs		The Insider	ET Canada		Fashion	Fresh Pr.		Hollywood		Movie: "Read It and Weep" (2006)	News (N)	V.I.P.	Frasier	
8 PM	Seinfeld	How I Met	Child of Our Time	Antiques Roadshow (N)	Chuck (N)	How I Met	The First 48	Dancing With the Stars (Live)	Prison Break (N)	Prison Break (N)	Dragon's Den	Frank Ptrl		Dancing With the Stars	Daily Planet				Family Guy	
8:30 PM	Frasier	Rules				Big Bang					Adrenaline		SportsCentre (Live)				(8:35) News		Married...	
9 PM	Cheers	K-Ville "Melissa" (N)	The Thin Club (N)	Athens: Dawn	Heroes (N)	Two Men	Intervention "Caylee"	Samantha	Heroes (N)	Heroes (N)	Intelligence (N)	Futuraama		Dirty Jobs	Montana	Phil	Jimmy Kimmel	CSI: Crime Sen	Seinfeld	
9:30 PM	Cheers					Rules					Pinky	UEFA	(9:32)						Seinfeld	
10 PM	Movie: "Drumline" (2002) Nick Cannon.	J. Dickinson	Stockholm	Athens: Dawn	(10:01) Journeyma n "Emily"	CSI: Miami (N)	Intervention "Kim"	(10:02) The Bachelor (N)	Journeyma n "Emily"	News Hour Final (N)	National	Naruto	Motoring	CSI: Miami (N)	Canada's Worst Driver	School	(10:06) Movie: "Instinct" (1999)	V.I.P.	Married...	
10:30 PM			(10:25) No								Shadow	Score Golf			Cory				Fresh Pr.	
11 PM		News (N)	(11:05) Profiles of Nature	Charlie Rose (N)	News (N)	News (N)	The First 48	News (N)	News (N)	Entertain	(11:05) The Hour	Spider-Man	SportsCentre (Live)	News (N)	MythBusters	Suite Life	Anthony Hopkins	V.I.P.	Frasier	
11:30 PM		Guy Stuff			Tonight	Late Show		(11:35)		ET Canada		Prank Ptrl		News (N)	Life Derek				The Nanny	

monday movies

MORNING

10:00 am CITY (29) ★ "Boys and Girls" (2000, Romance-Comedy) Freddie Prinze Jr. Two longtime friends, each with a string of failed romances, wonder if they should date each other. [E]

AFTERNOON

5:00 pm WTBS (3) ★★ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader.

YTV (18) "The Naked Brothers Band: Battle of the Bands" (2007, Comedy) Nat Wolff. Premiere. A teenage band prepares to compete with an edgier group for a charity event, while the bassist threatens to quit.

EVENING

7:30 pm FAM (26) "Read It and Weep" (2006, Comedy) Kay Panabaker. A schoolgirl's private journal becomes a best-seller after she accidentally hands it in as a homework assignment. [E]

10:00 pm WTBS (3) ★★ "Drumline" (2002, Comedy-Drama) Nick Cannon. A young man from Harlem joins a Southern university's marching band but antagonizes the musical director and its leader.

10:06 pm CITY (29) ★ "Instinct" (1999, Drama) Anthony Hopkins. A psychiatrist tries to help an anthropologist in a dilapidated prison for the criminally insane. [E]

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3-bedroom in Tunnel area. Available October 15. \$650/month. No laundry facilities. Contact RE/MAX country (250) 295-3222. Sep 18-tfn

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Regular Session 12:30 PM

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Feel no sorrow in a smile, that they're not here to share,
You cannot grieve forever, they would not want you to
They'd hope that you would carry on, the way you always do
So talk about the good times, and the ways you showed you cared
The days you spent together, all the happiness you shared.*

*Let memories surround you, a word someone may say,
Will suddenly recapture, a time, an hour, a day
That brings them back so clearly, as though they were still here
And fills you with all the feelings, that they are always near
For if you keep those moments, you will never be apart
And they will live forever, locked safe within your heart.*

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287 143 965
549 876 312
891 634 257
475 218 693
623 597 481
934 781 526
762 459 138
158 362 749

CHALLENGE #40 - Hard

589 137 642
467 928 531
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345 261 879
298 743 156
671 895 324
814 379 265
923 586 417
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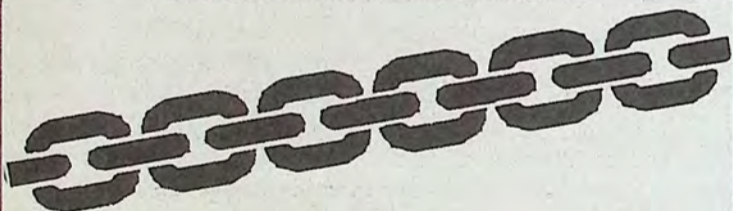
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my turn

Pet Peeves - Chapter 2

Winter.

We have never gotten used to the fact that for part of the year we have to adapt for cooler weather. We think it goes back to our childhood and poorly insulated homes, or it could be one of those rare allergies you never hear about.

Frostitis – an allergy related to cold weather.

If there was such a thing, we can pretty much prove we suffer from it, as once it gets cold outside, we start to shiver.

Sometimes the thought of October coming soon is enough to set off a fit of the shivers that can only be staved off by bundling up in front of the television with a big mug of hot chocolate and our memories of Fall Fair.

The shivers have got to be a side effect along with our blatant disregard for wearing extra layers, inability to properly operate a snow shovel, ice scraper and snow brush, fear of antibiotics, flu shots, chicken soup, vitamin C, cough medicines, herbal remedies, anything fur or fleece-lined, boots, mittens, gloves, toques, scarves, ear muffs, winter tires, black ice, snow banks and Boxing Day sales.

We'd love to be able to call in sick from November to March and blame it on the seasonal outbreak of frostitis but we'd never be able to pull it off.

We chose to live in a part of the world that has four very distinct seasons, winter, spring, summer and back to school.

We can't even blame the new change in Daylight Savings Time for it.

We just don't like winter.

But we are getting used to it. Lucky for us living in the Upper Similkameen Valley we often get to celebrate the joys of winter by digging out our driveway, skidding our way into work and spending part of our Christmas budget on the heating bill.

Speaking of which, what we should have done was signed up to a program that would have guaranteed us a 'locked in' temperature for the next five years, say something in the 22 to 25 degree range for twelve months of the year.

Of course, for something like that to work we'd have to move to somewhere tropical, where the Canadian Dollar has some real value, like Arizona or California.

So instead we are stuck in the Similkameen waiting for the snow to start falling and our frostitis to start flaring up so we can complain about how cold it is and how we miss those blistering hot days of summer.

Thankful that our sunburnitis has finally cleared up.

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.

Similkameen News Leader

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Brenda Engel
Dawn Johnson



your turn

More burning questions

To The Editor;
Princeton – Just another third world town.

Have people not looked out their window lately and noticed how much smoke is in the air? Are we not concerned about the smoke lingering in our valley day after day and harming us and the atmosphere?

I have noticed where most of this smoke is coming from because I work outside every day and I travel all the smaller valleys that join our larger one. This smoke travels through all of them, seems to me that nobody cares!

Some of the most obvious contributors to this problem are: pellet plant; a make work project by the Indian Band at Wright Road; people burning yard waste; people burning woodstoves at a very low temperature 24-hours a day and the dump just about burning every week and burning the wrong stuff.

Why not compost grass, leaves and even pine needles? These things create a lot of smoke!

I do work in public service so I do hear from people who travel through our town to their cottages. They can not believe the town is not doing much about this problem. Bylaws and air quality meters could be in place in areas of our valley.

Yes, this town did get together and stopped a coal fired generator. Why can't we lower the amount of smoke in our valley? It would make it more attractive to all people living here and people traveling through Princeton and the surrounding area. They might even

stop a little longer, not just gas and go.

I am just one of those people

Letter To The Editor

Developer clarifies plan

George;

I am writing in response to your article regarding a piece of land that I own just out of town.

In the article it stated that I was applying for rezoning with the intention of developing a 266 unit RV Resort.

I wanted to make clear that under current zoning I am allowed to build both the 266 unit RV park, the 142 Resort Development or a KOA campground. The land is not included in the ALR and has been proven suitable for development. The rezoning application that I have made is to create 37 separate parcels of land with a minimum parcel size of one acre.

I have spent the last three years doing all the studies and reports necessary for the development of this land and am trying to create

who moved here to enjoy this pace of life over the big city.

R. Rippon, Princeton

value both for my neighbours and the residents of Princeton.

I believe in a structured, controlled and responsible development and am looking to make this property my home as well.

The density of 37 lots on approximately 47 acres seems appropriate as it allows for great valley views and a natural environment that is not overdeveloped or commercialized.

I know there is a need for single family dwellings as the mine is looking to attract employees in the near future and I look forward to bringing business and income to the local economy.

I am available to answer any questions and comments in regards to this property.

- Jeremy Cowie, Kelowna
jeremy@summitlandscaping.com

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Current Comment:

There's not much to do here?



Dawn Johnson
editor@thenewsleader.ca

I was in the post office sorting through my junk mail when three people stopped near me to chat. Judging from their conversation, one of the people has recently settled in Princeton. He appeared to be happy about his choice, and it sounded like the other two were questioning his judgement.

"There's not much to do in Princeton," one of them said.

I do not know what the new resident replied, as I was too busy biting my tongue to prevent hooting and butting into their conversation. After all, you have to be a person of reclusive habits or no interest in anything to say there's not much to do in Princeton.

One of the problems in Princeton is finding people to do things because everybody is so busy doing things already.

A senior has more time to do things, so they are often the people who do the organizing and volunteering. At the Senior Citizens Hall, members keep busy with potluck suppers, playing cards or pool or bingo, and they have a singing group. They have regular dances, too.

Legion members tend to be retired, too, and they have lots of activities. They play crib, pool, and have special suppers and games. They like to dance, too.

The Arts Council has a lot of seniors but the groups who make up the membership offer opportunities for all kinds of activities. There is a community band, pottery classes, art classes, quilting, a writer's group, a gardening club, a performing arts group, a traditional music group (singing folk songs) and a concerts group. For those interested in the natural environment, there is Vermilion Forks Field Naturalists who put on fascinating shows and films and lectures, as well as organizing the annual bird count and going on hikes. In addition, members work on the Swan Lake wildlife conservation area.

For people who like sports, there is fastball, even for seniors. There is an excellent golf course. For those who enjoy the outdoors, there are more than 100 fishing lakes within an hour's drive, and plenty of hunting opportunities, especially for those who hunt with a camera. For people with an ATV, there is a group

here who like to go on treks through the hills. You could ride your bicycle on the Trans Canada Trail, or hike it. There is a rifle and revolver club here, and a fish and game club.

Winter offers curling, snowmobiling, cross country skiing, bowling and hockey games every weekend.

The spiritual side of life is not ignored in Princeton. We have a lot of churches, all of which are busy places looking for people to join in the activities.

We have a lot of clubs: Rotary, Lions, Elks Lodge, Vermilion Trails Society, the Hospital Auxiliary - all looking for members who want to do something.

There are three major events each year at our fairgrounds. If you like rodeos, why not join the Rodeo Club? If you like horse racing, why not join Princeton Racing Days Association. If you have a rural background, or are interested in an event with a broad sweep of interests, why not join the Fall Fair Association?

You can live in Princeton and have a horse and stable it, and ride it, at the fairgrounds.

If you like to help others in need, you could belong to Princeton

Crisis Assistance Society (they run the Christmas hamper drive and a thrift shop) or you could be a member of Princeton and District Community Services Society, which provides housing and activities for people with handicaps and for seniors.

If you are interested in history, you will find lots to do as a member of Princeton Museum Society, particularly now that the museum is expanding. Princeton has one of the great collections of fossils and minerals, as well as archives that show the wealth of history Princeton people have preserved.

One of the biggest problems in our community is finding enough people to get things done that we think need doing. If you are one of the people who think there is not much to do here, feel free to start joining groups and volunteering.

If you're a little shy about joining, or you don't know who to contact, the News Leader will put a little ad in free, giving your name and phone number, and we'll let people contact you!

Be sure we can put you to work year round while you're in Princeton!

Marketplace Ministry by Jim Caruso

Life After The Dance

I remember the first time I saw her. She was just new to our school. I was cool, standing against the radiator at the top of the stairs; it was obvious I was not attending high school for the intellectual stimulation. She smiled at me, now I think it may have been the way I looked. I had a green toque on my head, cowboy boots, blue jeans and a snap button shirt and a toothpick sticking out of my mouth. I fell in love. I always wondered if she was smiling or laughing inside. She was from the city, and had moved our small town in the country. She told me later that she didn't really like me. I did, that is, I liked me and so I just figured it was a matter of time before she would like me as well.

We went to a Halloween dance that year. We both had dates, but during the evening, both of us ended up alone. After the dance, I asked her if she would like me to take her home. My costume may have helped as she said yes; I stood with her on her back porch and in the light of the big harvest moon, kissed her good night. I turned to go, missed the first step and fell out into her yard. Looking at the moon and then at her, I just knew this was the gal for me.

The next day I asked her if she would like to go hunting. That was considered a date in my home town. She agreed and I went to pick her up at about 9:00 am. I had to wait while she got ready, just like a real date in the city, except the outfits we wore were quite different. Anyway, while I was waiting, her dad came into the kitchen and said, Elaine and I took self defense course in karate, and he showed me his white karate outfit with the brown belt. I realize now that he was probably saying, my daughter can look after herself, so watch yourself. Then he says to me, put me in any hold and I will get out of it. I was more than a little concerned as I didn't want to look foolish getting whooped by my future father-in-law the first day I date his daughter. Well, I figured I'll put him in a bear hug. I have two older brothers, Tony and Doug, the only way I could fight them was to get behind them and put them in a bear hug and squeeze and hold on. When they picked me off the ground and attempted to throw me so I would let go, I'd hang on instead and my weight added to their weight usually drove their face into the dirt and then I would let go and run. The running only prolonged the inevitable that is, an inevitable beating that I would get when they caught me. Anyway back to the bear hug on the karate guy. I watched as his feet began to move rapidly, I knew I was going down, so I squeezed harder and then his feet were still moving pretty fast, so I squeezed harder, I figured if I'm going down, he's coming with me. The feet began to slow down and the nothing seemed to be happening and Elaine was still not ready and so, I thought maybe I should let him go. I did, he left the room without saying anything and Elaine and I went hunting. The next day I was talking with Elaine's mom and she said, You sure made an impression on Mac yesterday, you cracked three of his ribs.

That was at 38 years ago and this coming June we will celebrate 36 years of marriage. Over the course of these years some things have changed. For me, no more cowboy boots, toothpicks and toques. These have been replaced with grey hair, a few extra pounds, and a beautiful wife, who is an awesome mom and a wonderful nana to three precious grandchildren. I have been married longer than I have been single and these years together have allowed me to share not only one life with my best friend, but the lives of our son and daughter and their spouses and their offspring.

Reflecting on that first kiss, I am really glad I fell for her. Our plans in our 36th year are to grow old together, after all whom else would I rather spend time with than my best friend I met in High School more than a third of a century ago. Scripture says that, a man should leave his mother and father and be joined to his wife and the two will become one flesh. Ephesians 5:31. In the process, try not to damage the in-laws.

Jim Caruso, Pastor
Oceanside Community Church, Parksville, BC
pjcaruso@telus.net

Similkameen News Leader

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Phone Shirley at (250) 295-4076 for more information



Reichert Sales & Service in Tulameen hosted their 39th annual Open House November 10th and was busy over the weekend. In addition to new and used Ski-Doo's there were many Can Am ATV's on display.*



Kelowna-Lake Country MP Ron Cannan speaks to a crowd outside Town Hall November 9th during the public announcement of funding in the amount of \$1.7-million dollars to improve the local water system.*



Okanagan-Westside MLA Rick Thorpe was also on hand for the 'big' announcement November 9th.*

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George Judd receives his annual flu shot from Public Health Nurse Beatrice Bibby during the Flu Shot Clinic on November 6th. The next clinic is set for November 20th from 9:00 AM to 1:00 PM.



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LET'S TALK!

Christmas season kicks in soon

The annual Christmas light-up and shopping spree will be held November 30. The following day, a Saturday, will be devoted to the Santa Claus parade and visits with Santa.

Lisa Carleton, speaking for the Christmas celebration committee, attended the November 5 Town

Council meeting to outline the plans and ask for Council's support in the form of \$250 and photocopying.

The plan is to have prizes for the best decorated businesses and the best shopping experience.

The format this year for the shopping spree will be the same as last

year, featuring a shopper's passport. Carleton asked Council if there could be more lights in Cenotaph Park and on the wooden bridge.

Councillors Maria Sadegur and Jim Manion assured her there will be more lights this year.

Council agreed to give \$250 for prizes and help with photocopies.

AT YOUR SERVICE!

The Underground Economy - Part 1

The underground economy typically involves commercial activity that is unreported for tax purposes. It is of concern to the CRA, as well as all provincial, territorial and municipal jurisdictions, and all law-abiding businesses and individuals across the country.

Know the Facts

Underground economic activity is particularly prevalent in industry sectors where cash transactions are common, such as hospitality, automotive repairs and construction, including home renovations. It is a myth that operating in cash and failing to keep records makes you immune to taxes. If your lifestyle is not in line with the income you report, and you cannot explain the difference, the CRA can assess taxes based on indirect or alternate methods of calculating your income. Evading taxes is illegal and can result in criminal convictions leading to fines and jail time in addition to any taxes and penalties owing under the Income Tax and Excise Tax Acts. The CRA publicizes criminal convictions in the newspapers and on its Web site.

Why you should not support those who participate in the underground economy.

The underground economy hurts all Canadians. Those who participate in the underground economy avoid their tax responsibilities at your expense, and place an unfair burden on all law-abiding taxpayers. Unpaid taxes mean less money for programs, such as health care, childcare, employment insurance and pensions. The underground economy also undermines the competitiveness of businesses and individuals because it offers an unfair, illegal advantage to those who fail to comply with Canada's tax laws. It undermines the integrity of our tax system. For consumers, paying "under the table" for a job is not a better deal. If you pay cash you have no warranty, no recourse for poor workmanship, and the added risk of liability if an injury takes place on your property.

How to protect yourself

Before you hire anyone be sure to ask a lot of questions, make sure a written contract is in place, and ask for proof of Workers' Compensation or equivalent private liability insurance to cover injury as well as any damage that could occur in your home. This will protect you from being liable for an injury in your home, as well as damage to your home, and to the worker's equipment. Information is the key. Know the businesses and individuals with whom you are dealing, and use the information at your disposal, including this Web site to recognize those who are participating in the underground economy.

THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

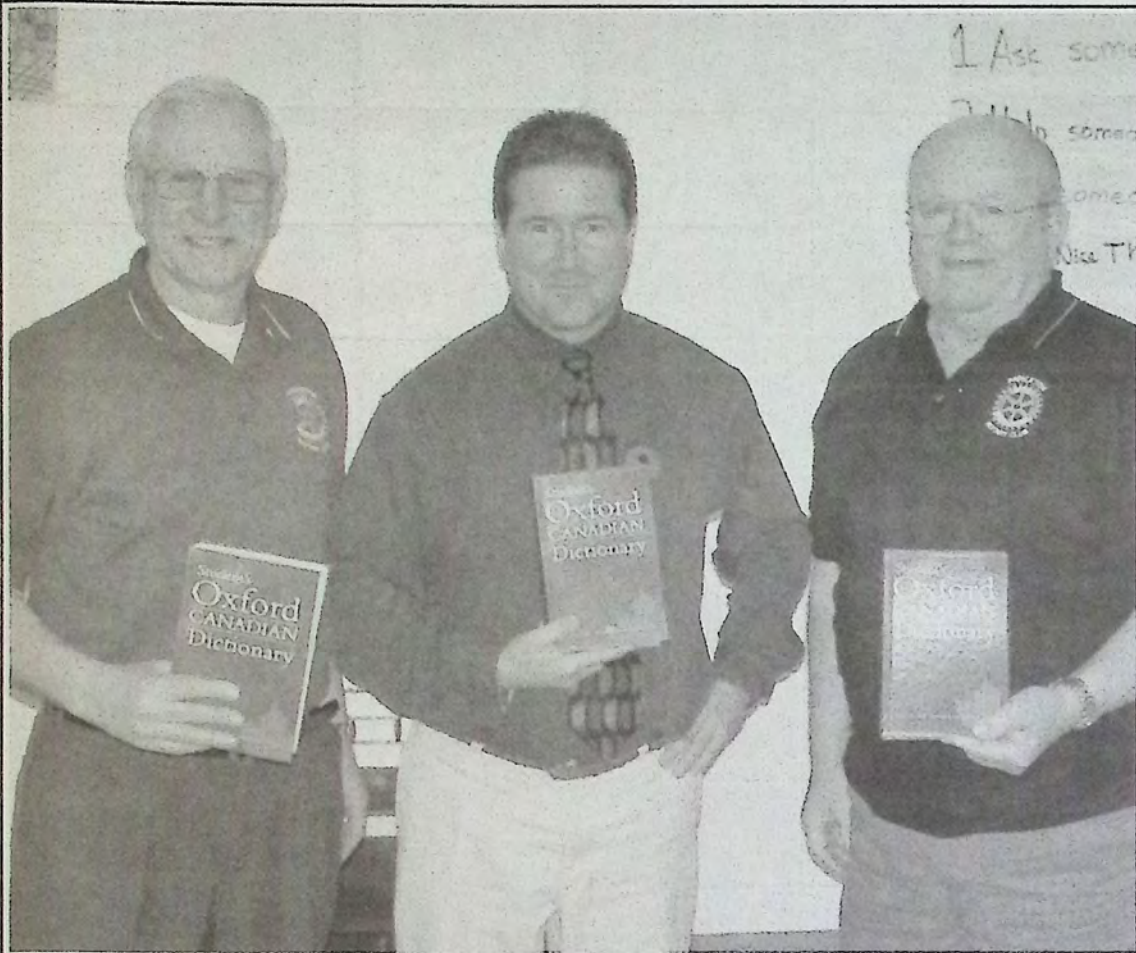
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There were four flu shot stations set up in Branch 30 Seniors Centre for the annual Flu Shot Clinic November 6th. The health care professionals were kept busy throughout the entire clinic. *



Rotary Club President Lawrence Stoochnoff, left, Vermilion Forks Elementary School Principal Barry Clarke and Rotarian Stan Hiebert display the Student's Oxford Canadian Dictionaries presented to Grade 4 students as part of Rotary's commitment to local literacy programs. *

ATV Club closes season with plans for '08

The Similkameen Valley Riders have enjoyed another successful riding season in and about our very picturesque valley. Our rides have taken us up and over mountains, viewing our valley from on top of the world, through forests and meadows, seeing Mother Nature's never ending assortment of flowers and animals.

Weather never seems to be a problem. If it happens to turn cold or wet, we just dig into our packs and pull out the appropriate gear and

we're on our way again feeling warm and comfy. Many members choose to go on rides other than scheduled club rides. They must have many stories to tell about this area we call 'God's Country'.

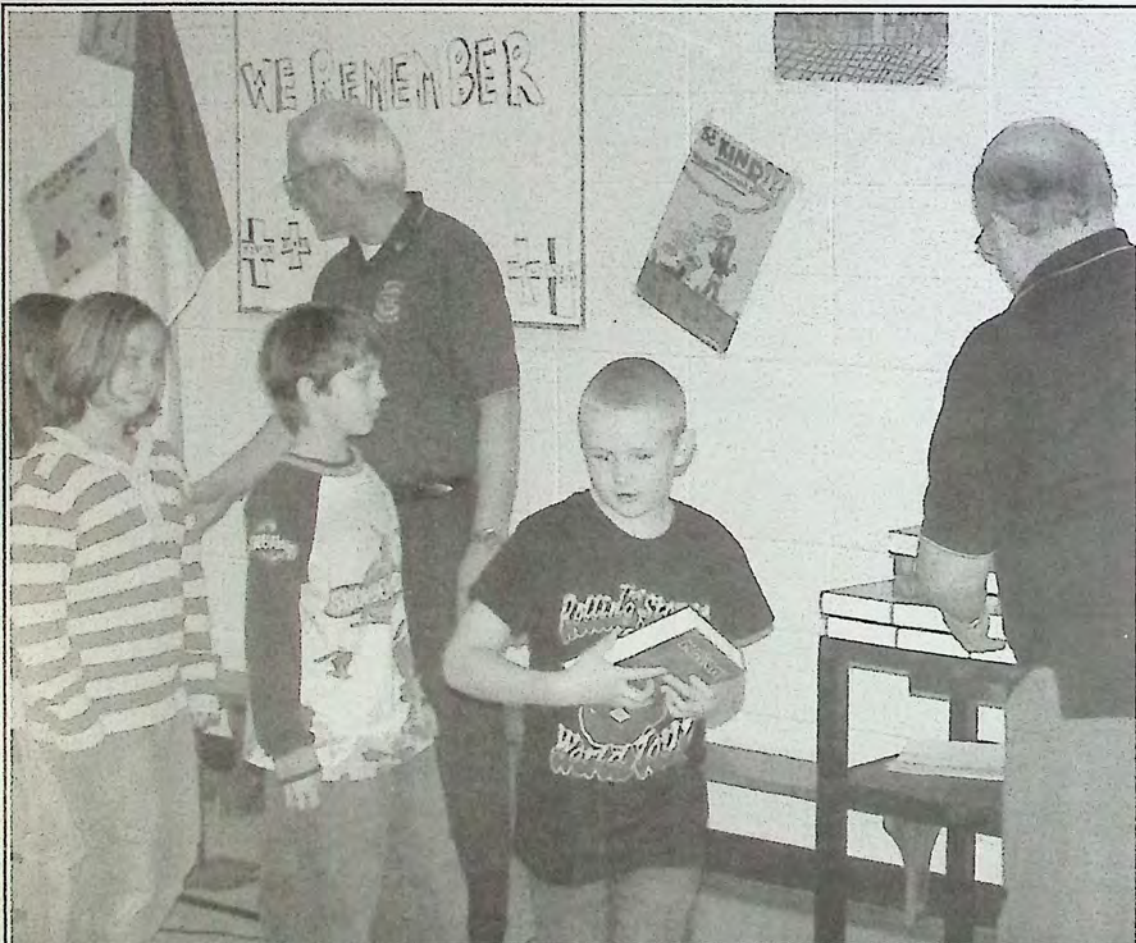
In October instructor John Reedy held an ATV Safety Course at Kennedy Lake. Some of our members took this course with each one of them receiving a certificate of completion.

Having insurance on your ATV is mandatory and being a member of

ATVBC will reduce the cost of this insurance by half. Members who have completed the safety course are entitled to still another discount on their insurance.

We have had our final meeting of 2007 and have scheduled our first meeting of 2008 for Friday, March 21st at 2:00 PM at the Princeton Chamber of Commerce. Anyone who may be interested in knowing more about the Similkameen Valley Riders is welcome to attend.

Happy trails! - submitted



Vermilion Forks Elementary School Grade 4's receive dictionaries presented by Princeton Rotary Club at a school assembly November 8th. The Rotary Club started this literacy program last year and intends to provide Grade 4 students with a brand new dictionary annually. *

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