

## Candidates attend forum



BC Southern Interior federal election candidates, from left, Liberal Brenda Jagpal, NDP incumbent Alex Atamanenko, Andy Morel (Green Party) and Conservative Rob Zandee. \*

Princeton and District Chamber of Commerce and Royal Canadian Legion Branch 56 co-hosted the all candidates forum October 9th.

The forum, attended by about 50 local residents, was held at Princeton Legion Hall and allowed each candidate in the upcoming Federal Election to give a three minute opening statement, answer some questions and finish the evening with a short closing statement.

Conservative Rob Zandee stated, "This campaign is about leadership and about the economy...this government has been focused on the economy the past two years."

Green Party Candidate Andy Morel agreed with Zandee and the

Conservatives saying, "The economy and environment are linked together...but it's all about the economy according to the other parties."

Liberal Brenda Jagpal says there has to be a balance between the economy, social programs and the environment.

"We need to balance everything...we need to work hard to balance them."

New Democrat incumbent Alex Atamanenko stated, "This election is about what direction we'd like to see our country take."

He pointed to affordable housing, childcare, environmental issues and the economy as all parts of the puzzle.

## Twenty candidates file for five council seats

The jokes are already circulating about the upcoming Municipal All-Candidates Forum lasting two days to allow all candidates to say their piece.

The fact of the matter is that a total of sixteen candidates are seeking the four Councillor seats and an additional four Candidates are running for Mayor.

The official Declaration of Candidates issued late October 10th by Town of Princeton Chief Election Officer Patrick Robins shows that the four Candidates for Mayor of Princeton are Esther Donovan, Jim Manion, Randy McLean and Maria Sadegur.

Three of those candidates have previous experience on Town Council, McLean as the incumbent Mayor, Manion and Sadegur as Councillors in the current Council.

The sixteen candidates running for the four Councillor seats are Solana Allison, Frank Armitage, John Babiak, Jon Bartlett, Jim Bernard, Darrell Dobie, Jason Earle, Randall

Gibson, Tom Guerster, Marilyn Harkness, Bob Hart, Rick Hudson, Ray Jarvis, Kim Maynard, Douglas Rebagliati and Dina Slowikowski-Campbell.

The only candidate with previous experience on Princeton Town Council is incumbent Ray Jarvis.

Dina Slowikowski-Campbell has been a Trustee of School District 58 (Nicola-Similkameen).

Speaking of the School Board, Chief Election Officer Patrick Robins has declared the three candidates who were nominated for the three Trustee seats elected by acclamation (in accordance with Section 76 of the Local Government Act).

They are incumbents Gordon Comeau and Ken Heuser and newcomer David Rainer.

In the Regional District of Okanagan-Similkameen (RDOS) Chief Election Officer Tracey Batton has declared two candidates elected by acclamation.

Electoral Area B (Cawston) incumbent George Hanson and Electoral Area D (Kaleden/OK Falls) incumbent Bill Schwarz were unchallenged for their RDOS Director seats.

In Electoral Area H (Princeton Rural) there are two candidates

vying for the Director seat.

They are Brad Hope and Gerri Logan. Logan is the incumbent.

In Electoral Area G (Keremeos Rural/Hedley) there are three candidates: Elef Christensen, Joe Nitsch and Holly Tilstra. Nitsch is the incumbent.

The rest of the candidates for RDOS Director seats are as follows:

Electoral Area A (Osoyoos Rural) - Sherry Linn and Mark Pendergraft.

Electoral Area F (Okanagan Lake West/West Bench) - Sandy Berry and Michael Brydon.

Electoral Area C (Oliver Rural) - David George Evans, John Hack and Allan Patton.

Electoral Area E (Naramata) - Tom Chapman and Catherine Provost.

RDOS Chief Election Officer Tracey Batten has extended the nomination period (pursuant to Section 74 of the Local Government Act) for the Olalla Local Community Commission.

Only three candidates have indicated interest in running for the four Commissioner seats. They are Wayne Chapin, Flo Winfrey and James Winfrey.

The nomination extension for the position of Local Community

Commissioner for the Olalla Local Community runs to 4:00 PM on Tuesday, October 14th.

In Keremeos there will be an election for Mayor but not for Councillors for the Village Council.

Chief Election Officer for the Village of Keremeos, Joni Heinrich, has declared the four candidates who put their names forward for

### Do you want a bigger town?

The Town of Princeton has received funding to extend water services to East Princeton, Airport Road and Jacobson Road residents. This project will require that the Town extend its boundaries, as the Town cannot give water services to residents not living within Town boundaries. To ensure that Town residents are in favour of extending the boundaries, an Alternative Approval Process will be implemented.

Electors in the Town of Princeton are being served notice through newspaper advertisements this

Councillor positions as elected by acclamation.

They are Manfred Bauer, Charlene Cowling, Ed Minshull and Gary Thielman.

Bauer and Minshull were the incumbents.

The race for Mayor of Keremeos sees Kevin Andrews challenging incumbent Walter Despot.

week and next as to the procedure for voicing their opinion. Electors who do not want the boundary extension may go to Town Hall up to November 24 to register their objections.

At the October 6 Town Council meeting, Councillor Pam Jones said she hopes nobody will object, as the industrial park water supply is tied into the project.

She pointed out there is no tax increase as the cost is carried by those residents who need Town water, in addition to the provincial grants.

**CARTER'S**  
Sudoku  
Challenge  
PAGE 16 - IN YOUR TV GUIDE SECTION

[www.princetonbcnews.com](http://www.princetonbcnews.com)



# Secondary school works to keep grades

Teachers at Princeton Secondary School want every student to graduate, but keeping students in school is no easy task. Principal Bill Lawrence and councillor Sandee Blair attended the October 8 School Board meeting in Princeton to explain what they do to encourage students to remain in school.

Every student in the school is evaluated to find out whether the student is at risk of not graduating. The risk may include learning

problems, attendance problems and/or behaviour problems.

Boys appear to be more likely to have behaviour problems, but any student may have a combination of factors which put graduation at risk.

Parents, teachers, counsellors and principal work with students to help resolve the problem. Lawrence said parents must be involved, as often the parents do not know the extent of the problem and do not know that their child is likely to drop out

of school.

"Kids don't drop out in a day," Sandee Blair told school trustees, "They start in Grade 9."

She stressed the importance of starting to work with the student and parents as soon as a risk factor is identified.

The good news is that the majority of students identified as "at risk" in the past did stay in school and finish Grade 12.

## OAP property will be housing

The former Old Age Pensioners Hall and parking lot will become an apartment development in the coming year.

At the October 6 Town Council meeting, a rezoning bylaw was given first, second and third readings to facilitate the development by Les Binkley Investments.

A spokesperson for the developer stated the apartments would be bachelor and one bedroom suites, but could not guarantee they would be considered "affordable" housing, as the investors need a return on their money. However, the units will be rented as reasonably as the investors can afford.



Things are winding down for Princeton Rodeo Queen Janine Esdale. She will be participating in another event at Tonasket, Washington, Princeton's Sister City and attends all Rodeo Club meetings but her official duties are pretty much over. A new Rodeo Queen will be selected prior to the 2009 Rodeo in May. \*

## UPCOMING PRINCETON TOWN COUNCIL MEETING DATES:

Monday, October 20  
Monday, November 3  
Monday, November 17  
Monday, December 1



## Princeton Town Hall News

### NOTICE TO ELECTORS OF THE TOWN OF PRINCETON ALTERNATIVE APPROVAL PROCESS PROPOSED EXTENSION OF MUNICIPAL BOUNDARIES

Notice is hereby given that under Section 86 (alternative approval process) of the *Community Charter* and Section 20 of the *Local Government Act*, the Council of the Town of Princeton intends to petition the Minister of Community Development requesting an extension of the area of the municipality to include the lands shown in the shaded areas and labeled "Airport Road Lands, Jacobson Road Lands and East Princeton Lands" on the map below:



A detailed listing of properties for the boundary extension is available at Princeton Town Hall (169 Bridge Street with office hours Monday to Friday 8:30 a.m. to 4:30 p.m. excluding statutory holidays) from October 14 to November 24, 2008.

The Town of Princeton has received the endorsement and request from property owners for a boundary extension. This boundary expansion includes properties within "East Princeton" and Jacobson and Airport Roads. The boundary extension is premised on the Town extending its water system to the expansion areas that are currently receiving water from systems with boil water notices/advisories or are obtaining water from private wells. There are also a few properties that are being included in the boundary expansion proposal for practical purposes in order to keep contiguous boundary lines. The pro-

posed properties lie within the Regional District of Okanagan-Similkameen.

**And Further Take Notice** That the Town may proceed with the boundary extension request unless at least ten (10) percent of the Town electors indicate that a referendum must be held by submitting a signed *Elector Response Form* to Town Hall, PO Box 670, 169 Bridge Street, Princeton BC V0X 1W0 no later than 4:30 p.m. on August 2008.

*Elector Response Forms* must be in the form established by the Town of Princeton, and only those persons who qualify as electors of the municipality are entitled to sign *Elector Response Forms*.

**Resident Elector** - you are entitled to submit an *Elector Response Form* as a resident elector if you are age 18 or older on the day of submission, are a Canadian citizen, have lived in British Columbia for at least six months, and have been a resident of the Town of Princeton for the past 30 days or more.

**Non-resident Elector** - you are entitled to submit an *Elector Response Form* as a non-resident property elector if you are age 18 or older on the day of submission, are a Canadian citizen, have lived in British Columbia for at least six months, have owned and held registered title to a property in the Town of Princeton for the past 30 days or more, and do not qualify as a resident elector. NOTE: only one non-resident property elector may submit an *Elector Response Form* per property, regardless of how many homeowners there may be.

If less than ten (10) percent of the Town electors submit an *Elector Response Form*, the boundary extension request will be deemed to have the approval of the electors and the Town of Princeton may proceed to the British Columbia provincial government cabinet for approval. For the purpose of conducting the alternative approval opportunity, the number of electors is calculated as two-hundred and sixty-three (263).

*Elector response forms* are available at the town hall Princeton Town Hall (169 Bridge Street with office hours Monday to Friday 8:30 a.m. to 4:30 p.m. excluding statutory holidays) from October 14 to November 24, 2008 and must be returned to the Town of Princeton, PO Box 670, 169 Bridge Street, Princeton, BC V0X 1W0 **on or before November 24, 2008.**

**THE TOWN OF PRINCETON HEREBY GIVES NOTICE THAT ON NOVEMBER 13, 2008 AT 10:00 AM AT 1000 DARCY MTN RD, THE FOLLOWING PERSONAL PROPERTY SHALL BE SOLD IN ACCORDANCE WITH THE MANUFACTURED HOME PARK TENANCY ACT, BY PUBLIC AUCTION.**

**PROPERTY:** Commodore Manufactured Home (1973), model 4-73-2452-35, Manufactured Home Registry #032868.

**LOCATION:** The above mentioned property is being stored at Amber Ski Area, 1000 Darcy Mtn. Rd, Princeton British Columbia.

### TOWN OF PRINCETON TAX EXEMPTION BYLAW

At the October 20 regular meeting town council will consider providing permissive tax exemption for the following properties for the 2009 taxation year in accordance with section 224 of the Community Charter.

Name	Civic Address	2008 Exemption
Roman Catholic Church	43 Billiter	305.65
Princeton Silver Crest Housing Center	30 Billiter	89.08
Princeton Silver Crest Housing Center	23 Fenchurch	167.02
Foursquare Gospel Church	38 Kenley	154.98
Foursquare Gospel Church	Kenley Ave	103.61
Foursquare Gospel Church	Kenley Ave	293.56
Foursquare Gospel Church	Hallford Ave	13.81
Pentecostal Assemblies	165 Vermillion	99.29
W. Long - St Paul's Presbyterian Church	190 1st St	199.45
Princeton Long Term Care Society		171.75
Interior Health Authority	595 Ridgewood	2,120.84
Princeton Congregation of Jehovah's Witnesses	604 Ridgewood	257.30
Crown Provincial BC - trails	Trans Canada Trail	16.41
Crown Provincial BC - trails	Trans Canada Trail	19.86
Baptist Church of Princeton	160 Old Hedley Rd	290.11
Crown Provincial BC - trails	Trans Canada Trail	11.65
Crown Provincial BC - trails	Trans Canada Trail	68.21

This bylaw proposes to exempt properties from taxation that would have otherwise generated approximately \$4,300 annual tax revenue.

### NOTICE OF ABANDONMENT SALE

The Landlord, Town of Princeton, intends to dispose of the above manufactured home by public sale unless the Tenants, Jodi Phyllis Coles and Robert Shawn Coles, take possession; establish a right of possession; or make an application with to a court to establish such a right with respect to the manufactured home within thirty (30) days of the date of this notice.

For information please contact:  
Patrick Robins Town of Princeton  
169 Bridge St, PO Box 670  
Princeton BC V0X 1W0  
250.295.3135





A good crowd attended the Homes For All demonstration October 4th at Cenotaph Park. - photo submitted

## We need affordable housing

Councillor Ray Jarvis attended two major conferences recently where the main topic was the need for affordable housing. This issue has been raised in Princeton for the past six months, but it is a need throughout B.C.

Councillor Jarvis first attended the B.C. Council of Senior Citizens held in Richmond.

"By far, the topic that took up most of the agenda was housing," Councillor Jarvis stated at the October 6 Town Council meeting.

Seniors want housing they can afford. They want it appropriately located, well built, well designed and secure. They want it near accessible transportation.

The second conference Councillor Jarvis attended was the annual convention of the Union of BC Municipalities. He attended a meeting on affordable housing, where he learned affordable housing is an issue in municipalities

### Town Square project makes progress

Reporting to Town Council on October 6, Lyle Thomas stated the majority of the underground work on the new Town Square has been completed and work is now focused on the surface features. He thanked Dave Woodruff and Town crew for their good work on the project.

A new library is part of the project. Deputy Mayor Maria Sadegur reported on the progress, or lack of it, toward turning the former Goldion Restaurant into a new library.

She stated there are two concepts under consideration for the renovation of the building, but the project cannot go ahead without funding from the provincial government. The grant anticipated by the Town was denied, but there is new

throughout B.C. It is needed for rent, purchase, for the handicapped and the homeless.

Recommended possible solutions included tax incentives from all levels of government, compact housing for low wage earners, good design that contributes to affordability, increased funding from senior governments, and municipalities making use of their land and zoning to make affordable housing viable.

Both conferences noted poverty is a good part of the problem. Councillor Jarvis learned poor people spend 67 percent of their income on their household. Many seniors spend 30 percent of their income on rent alone. Twelve percent of all seniors in B.C. live on incomes below the poverty line.

An estimate 10,000 to 15,000 people are homeless in British Columbia. Part of the problem is welfare rates which have lost 25

percent of their purchasing power since they were set in 1996. A single person on welfare receives a maximum of \$375 a month for rent and \$235 for everything else, such as food, heat, power, and so on. Families on welfare, unemployment insurance and disability pensions are equally strapped for money.

In some cases, people face homelessness due to rent increases. In others, higher property taxes force them to sell and move.

At the UBCM conference, Deputy Mayor Sadegur learned the Town can apply again, and will be informed by January.

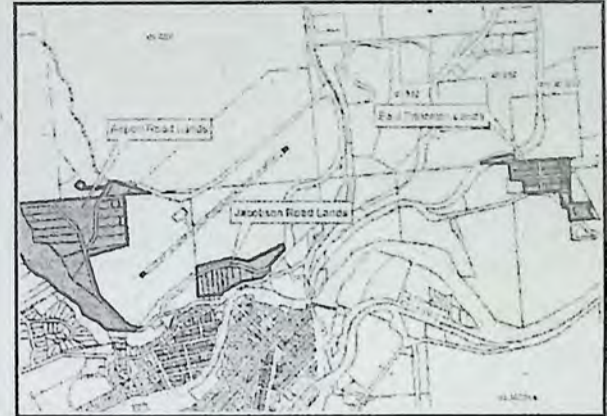
Thomas added praise for the work the Lions Club has done on the park at the west entrance of Princeton, across from the curling rink on Highway 3.

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### Notice To Electors of the Town of Princeton Alternative Approval Process Proposed Extension of Municipal Boundaries

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## Elections Regional District Okanagan-Similkameen Electoral Area 'H' (Rural Princeton)



### ADVANCE VOTING

Advance voting will take place at the **Town of Princeton, Council Chambers, 169 Bridge Street, Princeton, BC** on **Wednesday, November 5, 2008**, between the hours of **8:00 AM and 8:00 PM**.

### Elector Qualifications

There is no need to pre-register to vote as the registration of all electors for this election will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older (born November 15, 1990 or earlier)
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day (May 13, 2008)
- resident of OR registered owner of real property in the Electoral Area 'H' (Princeton Rural) for at least 30 days immediately preceding voting day (October 15, 2008), and
- not otherwise disqualified by law from voting.

Resident electors will also be required to produce **2 pieces of identification** (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce **2 pieces of identification** (at least one with a signature) to prove identity, proof that they are entitled to register in relation to the property, and, if applicable, written consent from the other property owners.

**Chief Election Officer**



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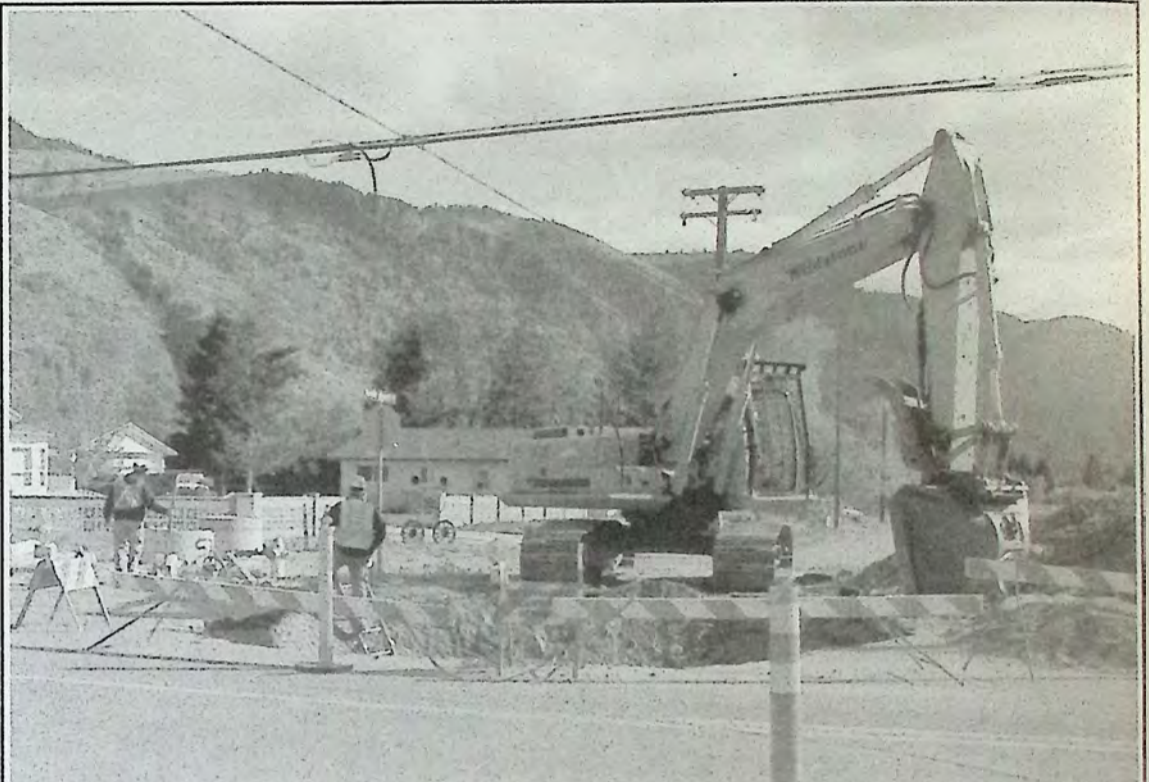
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RR 1, Keremeos, B. C., V0X 1N0

OPEN: 10:30 AM - 5:00 PM Daily

Phone: (250) 499-5785 e-mail: don\_annas@nethop.net

**keremeos and area news**

Last week the Keremeos sewer project passed under Highway 3A and moved onto Middle Bench Road. \*

**Committee asks, got peppers?**

Hot off the heels of a very successful 7th annual Similkameen Sizzle, the committee that plans the pepper festival met October 8th to conduct a 'post mortem' and examine what needs to be changed for future celebrations.

All members present agreed that only a little fine tuning will be necessary as most everything

planned during the day long event September 20th in Memorial Park went extremely well. Vendors on site all reported very good sales with many already indicating interest in returning for the 2009 Sizzle.

The dinner/dance will likely be dropped altogether from the schedule of events in favour of a

smaller dinner in the park. The Cruzeros were mentioned as having a lot to do with the success of the pepper celebration along with favourable weather and the Sear Factor pepper-eating contest.

"The band cost Similkameen Country two-thousand dollars for three hours and everyone was able to enjoy them perform for free in the park," stated Mayor Walter Despot.

"The community needs to know that Similkameen Country worked hard to provide this level of entertainment."

The children's games, the climbing wall in particular, cost the group \$200.00 per hour to rent and in turn did not charge anyone to use it, as is customary in other communities.

The committee will also examine better ways to market the event outside of the Similkameen Valley.

"There was discussion about a new domain name to create a fun, festive atmosphere around Sizzle," says Committee member George Elliott.

"I did some searching online and found www.gotpeppers.info and have already started to market with the slogan 'Got Peppers? For info visit got peppers dot info.' to get it out there."

The committee will not take a winter recess and will meet again in November to discuss, among other things, the actual date for Sizzle 2009. Plans are to try not to be on the same weekend as other big events in the region.

**Paving projects planned**

The Village of Keremeos has contracted Cantex Okanagan Construction Ltd. to re-construct and pave some roads in the Village.

Roads slated for work include 10th Avenue from 7th Street to 9th Street, 2nd Street from Highway 3

to Veterans Avenue and 4th Street from Highway 3 to Veterans Avenue.

Cantex will begin moving their equipment into the Village this week with work to start shortly afterwards.

**Village sewer project continues**

The Village of Keremeos sewer installation project continues along 9th Street, Sparks Drive and underneath Highway 3A to Middle Bench Road and north along Highway 3A.

As can be expected with any major construction project, noise and restricted travel near the project site will take place.

"The road surfaces are currently very rough, and cannot be properly graded until all the underground works are complete," states a release from the Village.

"You may also experience water service disruptions from time to time."

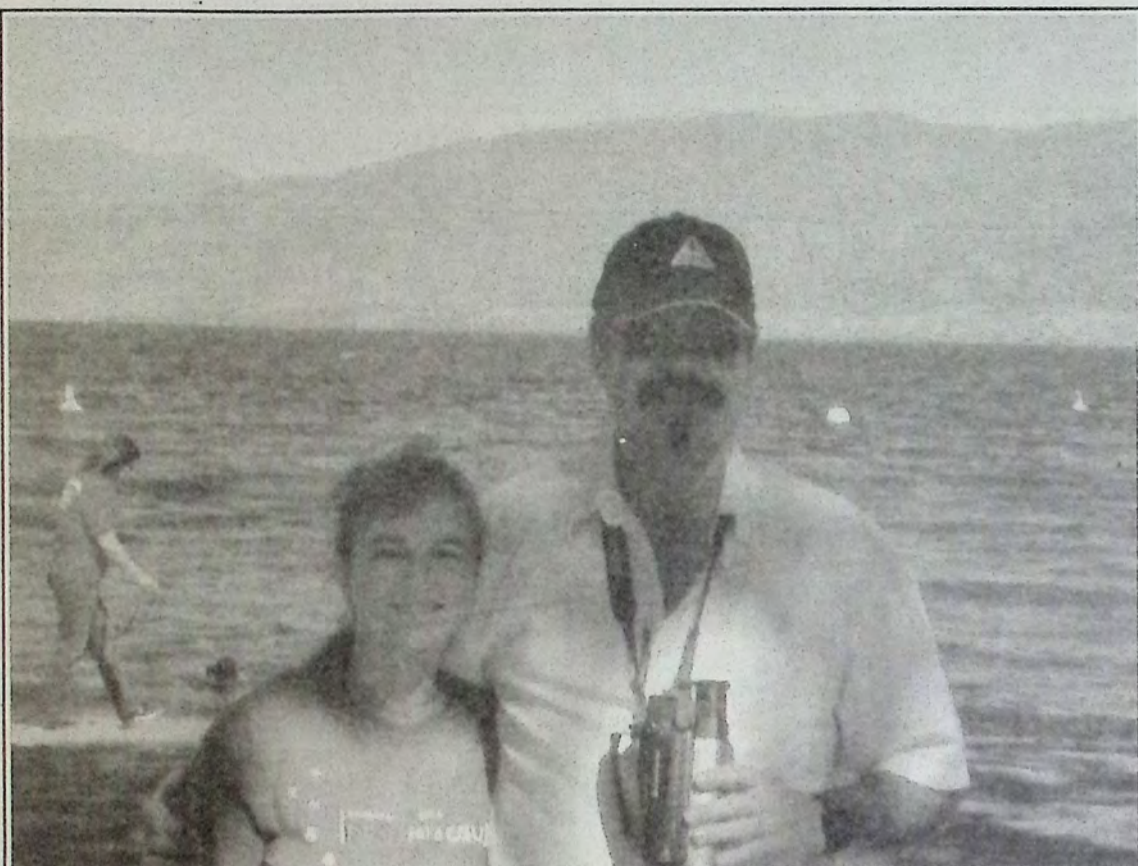
Some of the water pipes in the area are made of old material, while currently operational, can easily be broken with digging and disturbance of the surrounding soils.

"We will endeavour to keep everyone informed of issues that may directly affect you during this time," says the Village.

"We again thank you for your continued patience in dealing with the construction."

**Got Peppers? For info visit:  
www.gotpeppers.info****www.princetonbcnews.com**





Lenore and Greg Bond take a break during the annual Paws For The Cause Walk in Penticton. - photo submitted

## Local pet lover attends walk

Sunday, September 14th, what a great day for a walk – a Paws For The Cause Walk! With 21C weather and 200 people, what more could you ask for.

This was our 8th annual walkathon and the most successful in the past three years. We all gathered at Gyro Park and 110 people took part in the 3-kilometre walk with their four-legged furry friends by their side.

There were water stations available along the walk as well as the lake, for both two-legged and four-legged walkers. For those who went solo or walked 'In Memory' of their loved one, there were ten BC canine residents (currently looking to be adopted into their forever homes), available and quite happy to team up with you for their walk.

Once again, this year's goal was to raise funds to support continued care of our animals, spaying and neutering, vaccines and veterinary care. Our financial goal was to improve on the almost \$16,000.00 raised last year.

Local walker Lenore Bond spoke with Tracy Westmoreland (Penticton Shelter Manager) and they are happy to report "we reached our goal and exceeded our expectations by raising over \$20,000.00. Community support at events like 'PAWS' enables us to continue to provide the best care possible for strays, abandoned, neglected and unfortunately abused animals and ultimately find them loving homes."

This event also took place in 36 other BC communities on the same day, all in an effort to raise much-

needed funds for our furry friends.

Sunday was definitely a fun day for everyone. Along with the BBQ and refreshments were several raffles including pet goodie baskets, wine packages and a Petcetera deluxe spa package. There were featured contests that included best pet trick, best-dressed pet and pet look alike. There was a variety of entertainment throughout the day, which contributed to the warm atmosphere and of course Scruffy the BCSPCA Mascot was seen participating in the walk. Most importantly, everyone was gathered together for this great and wonderful cause, to help all animals.

The BCSPCA not only advocates for cats and dogs but also rabbits, rodents, birds and large farm and exotic animals.

A total of \$2,305.00 was raised from Princeton!

I'd like to extend a very warm Thank You to all those who donated and pledged me on my walk. None of this is possible without your support and for those who didn't, I hope to see you next year...in addition, a huge hug goes out to my husband, Greg who has continuously been by my side supporting me in this important and wonderful cause, all animals!

A big shout out goes to Laurene Koller of Tulameen, who came out again and walked along with her parents and furry companions. This year she raised \$120.00 in support of the cause...good work!

PS Please remember: have your pet spayed or neutered so that one day everyone will have a home where they can give love and be

loved. Thank you.

PPS Don't forget to join us for the BCSPCA SOS event on October 30th at the Barley Mill Brew Pub for our dinner and auction with items including sports memorabilia from West Coast Authentic.

For information on events or how to become a volunteer or a foster parent, or to adopt an animal, please visit your shelter at 2200 Dartmouth Drive, from 12 Noon to 5:00 PM Monday to Saturday or visit the website at [sPCA.bc.ca/Penticton](http://sPCA.bc.ca/Penticton).

Thank you, all! - submitted by Lenore Bond

[www.princetonbcnews.com](http://www.princetonbcnews.com)

Regional District Okanagan-Similkameen

Rural Land Use Bylaw Amendment Application  
1725 Princeton-Summerland Road, Electoral Area 'H'  
Lot 5, Plan KAP51323, District Lot 3775, KDYD

**NOTICE OF PUBLIC HEARING:**  
Monday, October 20, 2008 - 6:00 PM  
Riverside Wellness Centre  
148 Old Hedley Road, Princeton, BC

**PURPOSE:**

*Proposal:* amend the Official Community Plan and Zoning Bylaw in order to subdivide the subject property into two separate parcels of approximately 3.5 hectares (ha) and 8.0 hectares (ha) in area.

*Amendment Bylaw No. 1725.21, 2008:* to amend the Official Community Plan Bylaw No. 2463, 2008 and the Zoning Bylaw 2464, 2008 by changing the land use designation of the subject property from Resource Area (RA) to Small Holdings (SH) and zoning from Resource Area (RA) to Small Holdings 2 (SH2).

Permitted uses within the proposed SH2 (Small Holdings Two) designation include: agriculture; forestry; stables; kennels; animal hospitals; single family dwellings; home occupation; home industry; auxiliary dwellings; care centre; public parks; fruit and vegetable stand; processing and sale of farm products; buildings and auxiliary structures including roof shelters over travel trailers.

Amend Official Community Plan Bylaw No. 2463, 2008:

from: Resource Area (RA)  
to: Small Holdings (SH)  
*indicative only*

Amend Zoning Bylaw No. 2464, 2008:

from: Resource Area (RA)  
to: Small Holdings Two (SH2)  
*indicative only*



**VIEW COPIES OF THE BYLAWS & SUPPORTING INFORMATION AND MATERIALS AT:**

Regional District Okanagan-Similkameen  
101 Martin Street, Penticton, BC  
Monday to Friday - 8:30 AM to 4:30 PM

Princeton Town Hall  
169 Bridge Street, Princeton, BC  
Monday to Friday - 8:30 AM to 4:30 PM

The public and all persons who believe that their interest in property is affected by the proposed bylaw amendments can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing, Bylaw No. 1725.21, c/o Regional District Okanagan-Similkameen. No letter, report or representation from the public will be received after the conclusion of the public hearing. This public hearing has been delegated to a Director of the Regional District.

**FOR MORE INFORMATION PLEASE CONTACT DEVELOPMENT SERVICES:**  
Telephone (250) 490-4107 - Fax (250) 492-0063 - e-mail: [planning@rdos.bc.ca](mailto:planning@rdos.bc.ca) - Web: [www.rdos.bc.ca](http://www.rdos.bc.ca)

Tracey Batten, BBA  
General Manager of Administrative Services

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## news leader health and lifestyle page

### Remote viewing of electronic health images saves lives

(NC)—Doctors can now diagnose Canadians in far-away locales by viewing medical imaging like CT scans, MRIs and X-rays remotely with the flick of a switch, using state-of-the-art electronic health record technologies.

"New technologies are expanding and improving frontiers of patient diagnostic care," says Richard Alvarez, president and CEO of Canada Health Infoway (Infoway), the not-for-profit body that invests in electronic health record initiatives across the nation.

Nova Scotia's Dr. Mike Silver recalls how the new PACS (short for Picture Archiving and Communications System) helped a nine-year-old from rural Cape Breton who was injured while snowmobiling. His remote home town was snowed in, and the local GP worried he may have had a

spinal injury.

"This can be a very tough call with a child," says Dr. Silver, a radiologist with St. Martha's Regional Hospital in Antigonish, NS.

Using the technology, Dr. Silver viewed a digital spinal image and confirmed the boy was fine, saving a possible lengthy, costly and, due to weather, potentially dangerous trip to Sydney or Halifax.

"With PACS, patients don't have to travel as often for care, but importantly, diagnosis and treatment are more accurate and waiting times are reduced," Alvarez says.

Using digital electronics, PACS captures, stores, transmits and distributes medical images.

It also creates a province-wide bank of patient images, radically improving care.

"Before PACS, if I was looking at a

CT scan and saw an indeterminate sized lymph node in a patient, I likely would suggest a follow up CT in three months," Dr. Silver says. "But today I would easily and immediately pull up any old CTs of the patient. If the node hasn't changed, follow up would be unnecessary. If it had, the patient would have a biopsy, getting quicker, more appropriate treatment."

The system increases productivity, making for quicker consults and easier information sharing.

Dr. Silver cites a recent case where a 40-year-old Halifax man tore some knee ligaments and needed an MRI, but assessment backlogs meant a nine-month wait for the results. Thanks to PACS, the MRI image was assessed remotely by Dr. Silver in Antigonish, and results were available in a matter of weeks.

PACS technology is also used by British Columbia's Fraser Health Authority in 12 different hospitals. Each year, based on an approximate \$12 million Infoway investment, it has saved millions in lower film costs, increased productivity and increased storage space and now processes 800,000 images a year.

During the last fiscal, Infoway invested \$316 million in 21 diagnostic imaging projects, currently completed or still in progress, across eight provinces and one territory. This is part of \$1.457 billion in overall electronic health record project investments since Infoway's inception.

You can learn more about the difference electronic health records are making in the lives of Canadians online at [www.infoway-inforoute.ca](http://www.infoway-inforoute.ca).

### The heart of the matter: women and cardiovascular disease

(NC)—When it comes down to it, what is more important to women: spring cleaning or a healthy heart? Surprisingly enough, according to a new Leger Marketing survey, on a yearly basis, more women are likely to participate in spring cleaning than have their cholesterol levels checked. The LIPitor: Women'S InSighTs Into Cholesterol Knowledge (LIPSTICK) survey, released by the Federation of Medical Women of Canada (FMWC), reveals that many Canadian women aged 40 and over still possess little knowledge about their own risk factors for cardiovascular disease, including their personal cholesterol target levels, and appear not to be taking the time to address these risk factors. High cholesterol is one of the leading risk factors for heart disease — which in a year, claims the lives of more women than men. Shockingly, 45 per cent of Canadian women between the ages of 18 to 74 have cholesterol levels that are too high. In addition to high cholesterol, women face a number of other unique risk factors for heart disease including menopause and pregnancy.

"Women today have a lot on their plates — which is why their health may be taking a back seat," says Dr. Mussarat Qadri, Toronto physician and Toronto branch president of the Federation of Medical Women of Canada (FMWC). "The good news is that it is never too late for women to take action to protect their heart. Women can speak to their doctor to find out more about their personal risk and steps they can take to reduce their chances of cardiovascular disease, through diet and lifestyle changes and statin medications, like Lipitor, if necessary."

Although the odds are against them, the LIPSTICK survey reveals that few women acknowledge their personal risk for heart disease. More than one-third of women interviewed (37 per cent) may underestimate their own risk for heart disease believing they are 'not at risk' for developing heart disease or only to a 'very small

extent.'

"My father passed away from a massive heart attack and this was a huge wake-up call for me to go to my doctor and find out my own risk for heart disease," says Rita Cascagnette, aged 43. "After my doctor diagnosed me with high cholesterol, I started to pay attention to my own health. I eat better, walk regularly and take medication to manage my high cholesterol."

LIPSTICK reinforces the need for women to start taking their heart health seriously. For more information on treatment options and prevention tips for cardiovascular disease, talk to your physician.

## living past 100

### Keep immune system strong

We are entering the time of year when people become ill with flu and colds. At the same time, there are always those people who never seem to get sick. They can be exposed to all of the same germs, but they do not become ill, or they fight off an illness in a day while others spend three days or a week of suffering.

What makes the difference? A strong immune system. There are two parts to the immune system. The first part is the outer part, such as the skin, sinuses, saliva, tears, and even your stomach. This part of your immune system goes after all kinds of viruses and bacteria. The second system takes care of those invaders who actually make it past the outer barriers. This second system puts out antibodies to defeat the invaders. Both systems must remain strong to keep you healthy and alive. One of the reasons people are healthier in warm weather is due to sunshine killing a lot of viruses, but sunshine also builds your immune system by stimulating the production of Vitamin D. We can replace the Vitamin D, starting now, with vitamin supplements: cod or halibut liver oil.

Beta-carotene is a huge immune booster found in carrots, sweet potatoes, winter squash, broccoli and spinach. Vitamin C is another great immune builder, and taking it in supplement form daily will help fend off colds and flu. Fresh fruit and raw vegetables can provide most of the ingredients needed to boost your immune system. These are the good foods you need to help fight off disease, but there is something you can do to build immunity: stay off the couch! Daily exercise builds immunity. Nobody really understands why exercise is essential in building immunity, but it is. So take a long walk every day or work out at a gym, but build your immunity. Let's suppose you do all of the above, but you still come down with every cold or flu in circulation. Yes, you eat a lot of fruit and vegetables, and you exercise. What could you be doing wrong? Researchers have found that people who eat high fat diets suffer a loss of immune system strength. This is another of those immune system puzzles. Lay off the potato chips, French fries, cheese, cream, and any other high fat ingredient in your daily diet, and you will find you have more resistance to disease.

If you want to live a long, healthy life, you have to keep your immune system strong.





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This view is of the Lower Portal #2 Spiral Tunnel. Note, the locomotives in the foreground are passing under the train cars they are pulling. - photo submitted



**The Big Hill**  
INSIGHTS INTO BC'S HISTORY

Published by Similkameen News Leader

**by Nick Mills, Princeton Museum & Archives**

The Big Hill, on the Canadian Pacific Railway main line in BC, was the most difficult piece of railway track on the CPR route. It was situated in the rugged Canadian Rockies west of the Continental Divide and the Kicking Horse Pass. The area has long been a challenge to the operation of trains and remains so to this day.

To complete the railway to the Pacific coast as quickly as possible, a decision was made to delay blasting a lengthy 1,400-foot tunnel through Mount Stephen and instead build a temporary eight-mile line over it.

Instead of the desired 2.2% grade (116 feet to the mile), in 1884 a 4.5% grade was built, making it one of the steepest lines anywhere. It descended from Wapta Lake to the base of Mount Stephen, along the Kicking Horse River to a point just west of Field, BC, and then it rose again to meet its original route.

Three safety switches were built to protect against runaway trains. These switches led to short spurs with a sharp reverse upgrade and they were kept in the uphill position until the operator was satisfied that the trains descending the grade towards him were not out of control. Speed was restricted to eight miles per hour for passenger trains and six for freight and elaborate brake testing was required for trains prior to their going down the hill. Nevertheless, disasters occurred with dismayed frequency!

Field was created solely to accommodate the CPR's need for additional locomotives to be added to trains about to tackle the Big Hill. Here a stone roundhouse was built with a turntable and at was first known as "Third Siding", but in December 1884 the CPR renamed it Field after C. W. Field, a Chicago businessman who the Company hoped might invest in the region.

The Big Hill "Temporary" line was to remain the main line for twenty-five years until the famous Spiral Tunnels were opened on September 1st, 1909. Following

many avalanches on the line, such as the one that in 1899 destroyed the Rogers Pass station, the senior engineer, John Edward Schwitzer, was persuaded that the expensive solution of digging spiral tunnels was the only practical way forward.

The first to be built was about one thousand yards in length and ran to the south of the original track under Cathedral Mountain. When the new line emerged from this tunnel it had doubled back running beneath itself and fifty feet lower. It then descended the valley side in almost the opposite direction to its previous course before crossing the Kicking Horse River and entering Mount Ogden to the north.

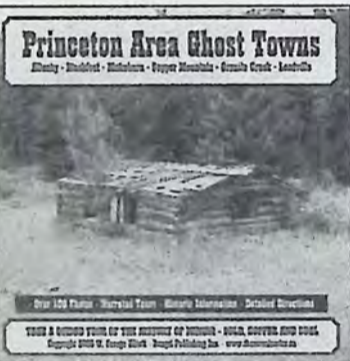
The second tunnel was a few yards shorter than the first and again the descent was about fifty feet. From the exit of this tunnel the line continued down the valley in the original direction towards Field. The constructions and extra track would effectively double the length of the climb, but reduce the gradient to one of 2.2%.

The contract was awarded to MacDonnell, Gzowski and Company, with work starting in 1907.

The labour force employed was around 1,000 and the cost totalled about 1.5 million dollars.

Even after the opening of the spiral tunnels, Field Hill remained a significant challenge and it was necessary to retain powerful locomotives at Field locomotive depot.

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# Princeton Court News

EXCLUSIVE TO THE NEWS LEADER

News Leader Court Reporter Dawn Johnson

## Man ordered to leave town again

Kevin Reinhardt was ordered to stay out of Princeton unless given written permission by his probation officer. The order was made in May this year as part of the conditions of his probation. Reinhardt had been convicted of a serious assault on his employer at Linguini's Restaurant in Princeton. In May, Reinhardt told the court that he and his girlfriend were moving to Bowden, Alberta, where he planned to open a restaurant. On October 9, Reinhardt appeared in Provincial Court in Princeton to apply for a change in his probation conditions that would allow him to come to Princeton just by informing his probation officer and local RCMP that he was in Princeton. He gave evidence he and his girlfriend, Emerita Smith, had been in Princeton since late August. Reinhardt claimed he had to come to Princeton with Smith to help care for her husband, who is in poor health.

Reinhardt further wanted out of an obligation to attend violence prevention counselling. The counselling program would require his attendance one night a week for 18 weeks. Reinhardt said attending the program in a town 60 km. from Bowden would mean he would have to close his restaurant for one night a week, and that would cost him money.

Crown Counsel objected to any change in the probation order, saying Reinhardt was "playing fast and loose" with his probation order.

Reports from two probation officers, one local and one in Alberta, also opposed the change. One report said Emerita Smith had managed to care for her husband

### Theft nets curfew

On September 15, 2007, Juanita Giroux was a passenger in a car containing property stolen from Copper Mountain Mining Company. Both the driver and Giroux were arrested for possession of stolen property.

On October 9, Giroux pled guilty to a charge of breach of recognizance, the terms of which were that she was not to be a passenger in any private vehicle. The 32 year old Giroux had a lengthy record including jail time.

Giroux told the court she had recently been able to have her son come and live with her and would abide by any conditions set, but could not go to jail again.

Judge G. Sinclair ordered a 45 day conditional sentence with a curfew.

on her own prior to leaving with Reinhardt, and could do so now without Reinhardt's help.

Judge G. Sinclair said Reinhardt was "making a mockery" of his probation, and would have to do what his probation officer told him

## Two receive big fines

On March 16, 2006, a police officer saw what he believed to be a drug transaction taking place between two local men, both of whom fled the scene. The officer followed one man on foot, and arrested Robert Mullin for possession of cocaine.

The other man, Troy Esselink, was arrested later, and was charged with both possession and trafficking.

Both men appeared in Provincial Court in Princeton on October 9 to plead guilty to possession.

Mullin was ordered to pay a \$500 fine and serve a one year probation

with conditions of no illegal drugs, no weapons, and no wireless communication devices.

Esselink's home had been searched following his arrest, and 14 grams of marijuana had been seized. He was ordered to pay a \$1,000 fine, with the same conditions as Mullin, except Esselink was allowed to have a cell phone due to needing it in case of an emergency with his son.

Judge G. Sinclair warned Esselink not to come back to court with a similar charge, because "I will remember you."

## In other Court News...

### Man fined for assault

In Provincial Court in Princeton, on October 9, 25 year old Dion Lewis pled guilty to a charge of common assault. On July 9, 2008, he had struck a man, breaking the man's glasses.

Judge G. Sinclair ordered Lewis to pay a \$300 fine for the assault, and \$200 for breaking the glasses. In addition, Lewis must pay for the glasses.

### Woman's probation continues

In Provincial Court in Princeton

on October 9, Maria Ball was brought into court in custody charged with obstructing a police officer in his duty.

That morning, she had appeared at the RCMP detachment office to be fingerprinted, and had made a big fuss about it, smearing fingerprinting ink on objects close by and otherwise creating a disturbance.

As Ball was already on probation for a prior offence, Judge G. Sinclair ordered her probation be continued.

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**Notice of Zoning Amendment**  
Bylaw No. 809, 2008

Pursuant to the provisions of Section 893 of the *Local Government Act*, notice is hereby given that Town Council will consider amending the Town of Princeton Zoning Bylaw No. 646, 1994.

The proposed Amendments are as follows:

Town of Princeton Zoning Bylaw No. 646, 1994

- a) That Lots 6 and 7, Plan 51, District Lot 706, Yale (formerly Osoyoos) Division, Yale District, Plan 51 (civic address 68/74 Billiter Avenue) to rezone the properties from I1 Institutional to RM2 Multi-family Residential (low density).

The purpose of which is to facilitate the redevelopment of the property at 68/74 Billiter Avenue for residential apartment use.

A public hearing is being waived under the provisions of Section 893 of the *Local Government Act*, as the subject properties are consistent with the Town of Princeton Official Community Plan designating the property as residential.

A copy of the subject Bylaw No. 809, 2008 is available for examination during normal business hours 8:30 AM to 4:30 PM, Monday to Friday inclusive in the Town Office, 169 Bridge Street, Princeton, BC.



Patrick Robins,  
CAO  
Town of Princeton



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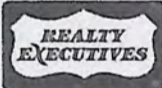
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Friday, October 24, 2008 6:00 - 10:00 PM  
Saturday, October 25, 2008 8:00 AM - 4:00 PM

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Saturday, October 25, 2008 8:00 AM - 4:00 PM

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The Town Square Project continues to take shape. We wandered around the construction site last Saturday morning to see what was going on and to imagine the final outcome. \*



New concrete flower beds have been poured as part of the changes to be made at the Town Square. \*



New sidewalk forms have been put in place to better define their location at the Town Square. \*



# weekly entertainment guide

TUESDAY, OCTOBER 14, 2008 THROUGH MONDAY, OCTOBER 20, 2008



Vermilion Forks Field Naturalists are delighted to report that Joan Kelly, left, was presented with the Outstanding Naturalist Award by Pat Westerhauser, right, at the recent British Columbia Nature Fall general meeting held October 4th in Sorrento. The award is given to a person who has helped to advance the cause of conservation in British Columbia. - submitted

## Community garden group plans for '09

Shirley Low attended the October 6 Town Council meeting to report on the plans for a community garden, and to ask for cooperation from Town Council in the form of "in kind" donations when needed, such as irrigation hook-up.

Low described the community garden project as a means of encouraging food security, which means growing food close to home. The garden will also be used as an educational tool, teaching students how to plant a garden, how to nurture the plants, and how to compost. John Allison Elementary has already begun a

school composting project and a worm farm.

The garden group has raised \$10,500 for the project, which will cover the cost of fencing, soil for the raised beds, gardening and irrigation equipment, but they would be pleased to have donations of

garden tools.

Councillor Pam Jones commented, "We all have to get back to basics" and gave her full support to the project. She laughingly remarked we may have to grow our own food to survive the way the stock market has been going.

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## Princeton Posse 2006/07 - The DVD

Princeton Posse 2006/07 - The DVD



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## FINANCIAL FOCUS

### Buy And Hold Still Makes Sense

It happens every time the stock market drops and goes through any kind of difficult patch, similar to what we have seen during much of 2008: Many investors question their strategy, their investment choices and their timing.

In response, they panic by selling their investments and then sit on the sidelines.

If a declining market tempts you in this way, you might want to pause, take a deep breath, and gain some long-term perspective before doing anything rash. In particular, remind yourself of the value of "buying and holding" a diverse portfolio of quality stocks, bonds and mutual funds.

While diversification does not guarantee a profit or protect against loss, making sure that your portfolio includes a diverse mix of long-term investments in shares of high-quality companies is a proven, fundamental approach for many successful investors. This includes the legendary Warren Buffet, who has become one of the wealthiest people in the world by adhering to a philosophy of purchasing quality investments and rarely selling them.

Why does buy-and-hold strategy work so well for so many? It's because over time - notwithstanding the fact that past performance is not a guaranteed indication of future results - the direction of financial markets has generally been higher. It means that over the long haul, temporary fluctuations in markets or security price changes can generally be viewed as inconsequential for quality investments.

In fact, if you sell when prices are temporarily depressed, you'll miss out on the potential price rise that often follows a decline. Remember that market declines are part of the investment process. According to Ned Davis Research, Inc., between 1948 and 2007, the TSX (an unmanaged index that cannot be invested into) averaged a decline of five percent or more about once per year, ten percent or more about every two years, and 20 percent or more about every six to seven years.

So instead of thinking that a severe market decline is a once-in-a-lifetime disaster that "just had to happen" while you were investing, don't lose sight of the fact that market declines are normal, frequent and, for the most part, short-term. And if you're a long-term investor, these declines usually offer an opportunity to buy quality investments at a lower price.

You also should reflect on the fact that investors who trade stocks or other investments can easily buy and sell at the wrong times. Attempting to "time the market" by moving in and out of investments at their valleys and peaks is notoriously difficult, even for professionals. The reality is that it's easy for people to buy on emotion, when prices are too high, or sell when they've hit bottom.

George Santayana, a well-known philosopher, wrote: "Those who cannot remember the past are condemned to repeat it." As an investor, you can benefit from heeding these words, learning from history and not getting too rattled by short-term market downturns. By owning investments that are suited to your risk tolerance, time horizon and long-term goals, you can develop a strategy designed to weather any storm that hits the financial markets.

Ask your financial advisor how you can put together an investment portfolio designed for long-term results. You may see that buy-and-hold really does work.

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# Concert celebrates Princeton's history in song

"I always ride up on the roof of the Kettle Valley Line...."

That's the opening line of a song about a man who rode the rails on the Kettle Valley Railway during the First World War. You can hear this and many other such songs about life in early Princeton on Sunday, October 19th at 2:00 PM at Riverside Centre.

Jon Bartlett and Rika Ruebsaat have been exploring Princeton's archives, especially the old newspapers, and have found many such gems going back as far as 1900. The songs talk about mining, logging, ranching and, of course, the railway.

Rika likens finding such songs to panning for gold, "You sift through the gravel and you find these precious nuggets that have been lying there for over a hundred years."

The earliest song they found is one about a stamp mill. It was published in the Similkameen Star in 1900, shortly after the paper was founded. "The song is about the hang-up stick, a tool used to stop a stamping piston so it can be repaired," says Jon.

Inspired by what they found, Jon and Rika proposed to the Princeton Traditional Music Society that they put out a CD of these songs and poems, and the Society agreed. Support from the Princeton Arts Council, BC 150, and the Community Forest Corporation was sought and found, and a CD, titled "Now It's Called Princeton: Songs and Poems of BC's Upper Similkameen" was produced. Since so much of the material on the CD came from the Princeton Archives, the Society decided to donate 60% of the CDs to them.

"We wanted people to hear the voices of Princeton's pioneers", says Rika.

"These songs and poems are about the lives and work of early Princetonites."

On the CD there are songs about Blakeburn, Coalmont, Tulameen, Nickel Plate and Copper Mountain. There is even a song telling the story of the Hope Slide. There are also logging songs about driving a haywire old truck and working on a greenchain.

"We played the CD to a couple of long-time Princeton residents and they were slapping their thighs laughing because they knew the people mentioned in some of the songs," says Jon.

"Finding the tunes to these songs was like detective work," Says Rika. "Occasionally the tune was indicated. 'Wait Till the Railroad's Finished', for example, is to be sung to the tune of 'Wait Till the Sun Shines, Nellie', but more often than not we had to figure it out."

"You had to be familiar with the kinds of songs people sang in those days," adds Jon.

"The song, 'The Hang-up Stick', had no tune mentioned but it



Rika Ruebsaat and Jon Bartlett invite you to celebrate Princeton's history in song at their upcoming CD release concert. - photo submitted

begins with the line 'How dear to my heart my remembrance of milling...' which is almost exactly the same as the opening line to 'The Old Oaken Bucket,' a popular song in the early 1900's."

Sunday's concert is the official release of the "Now It's Called Princeton" CD. Admission is free. CD's will be on sale at the concert for \$20 each.

"They make great a Christmas gift celebrating our home town," says Rika.

The CD contains 27 songs and poems and includes a 28-page booklet with historical background and photographs from the

Princeton Archives. All proceeds from CD sales at this concert go to support the activities of the Princeton Traditional Music Society, which organized the Traditional Music Festival in August.

The Princeton Traditional Music Society and the Princeton and District Museum and Archives are deeply grateful to the Community Forestry Corporation, BC 150 and the Princeton Arts Council, without whom the production of the CD would not have been possible.

The concert takes place at 2:00 PM, Sunday, October 19th at Riverside Centre.



On Saturday, October 4th three PSS students competed in the pre-provincial cross-country run at Crescent Park in Surrey. All three students ran hard and each set personal bests for the 4.7-kilometre distance. Steve Macmurdo, front, shaved 5 minutes from his previous best, while Mark Cimbaro, right, and Calli Martin, left, shaved 2.5 and 2 minutes respectively from their previous bests. Congratulations, runners! The runners are seen here with PSS Principal Bill Lawrence. - submitted

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TUESDAY, OCTOBER 14, 2008

	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	Jeffersons	News (N)	(6:15)	Thomas	News (N)	News (N)	Cold Case Files	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Cash Cab	Henry's	CityLine	Star Trek: Voyager	F/X: The Series
6:30	Jeffersons	Christine	George S.	Lions								Grossology			Cash Cab	King			
7 AM	Montel Williams	Room	Martha	Arthur (E)	Today Josh Brolin; Maureen	The Early Show (N)	Cold Case Files	Good Morning America (N)				Poko	Hawks	SportsCentre	What's That About?	(6:56) Phineas	The Tyra Banks Show	Sports	The Outer Limits
7:30	That News	Dora	Martha								Animal	Monster							
8 AM	Cosby	Ad Pers	Hi-5 (E)	Curious	McCormick; fashion trends for fall. (N)	The 700 Club	Cold Case Files		100 Huntley Street	World Vision	Bo On Go	Pokemon	SportsCentre	Dirty Jobs	Weekend	Rachael Ray	Married...	North of 60	
8:30	Cosby	What	Magic Bus	Sid							Busytown	Flamingo		Turkey farm.	K. Possible		Married...		
9 AM	Fam. Feud	Three Takes Jealousy.	Berenstain Clifford	Super Why!		The Price Is Right (N)	The First 48	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	Record	Regis and Kelly	Cash Cab	Feet	News (N)	Married...	Soap
9:30	Fam. Feud										Gofrette	George S.	Motorcycle Racing		Cash Cab	Tigger	City	Married...	What
10 AM	Trivial	The Mom Show	Noonbory (10:31)	Sesame Street (N) (E)						Debt Part	Wilbur	Erky Perky	ATP Tennis: Masters Madrid	The View (N)	Mega Builders	Mickey Movers	The O.C.	Sports	Survivor-Aust. Outback
10:30	Trivial									House	Doodlebop	Jane		Twice in a Lifetime	Mayday "Lost"	Benj Bear (11:25) King	The Bonnie Hunt Show	Married...	Deal No
11 AM	Harvey	Dinner	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Cold Case Files	Paid Prog. Travis' Facelift	Debbie	(10:59) News (N)	Miracles	Care Bears	Antiques	Antiques	Antiques	Jacob			
11:30	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Jacob							
12 PM	Fresh Pr.	News (N)	(12:05)	Charlie Rose	Bootcamp	News (N)	Cold Case Files	All My Children (N)	News (N)	Days of our Lives (N)	News	SpongeBob	NFL Primetime (N)	etalk (N)	Sport Science	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
12:30	Fresh Pr.	Design U	Arthur		Paid Prog.	Bold & B.					CBC News	Grossology			Weekend				
1 PM	Still Std	Home to	Maggie	Painting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	Dewitt	Golf: PGA Grand Slam of Golf -- F.B.Eye	Sue Thomas: F.B.Eye	Dirty Jobs	Dragon	ER "Makemba"	CSI: Crime Scn	King
1:30	Still Std	Buy Me	Daniel	Quilting							Ruby				Turkey farm.	Emperor			King
2 PM	King	Guiding Light (N)	Franklin	Barney	Raymond	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Day One. (Live)	General Hospital (N)	MythBusters	(1:54) K. Possible	News	Unsolved Mysteries (N)	Family Guy
2:30	King		BluesClues	WordWorld	Millionaire							Jib Jab							
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "Jumpers"	Big World	Judge	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young and the Restless	Coronatn	Being Ian	Jeopardy!	Dr. Phil	Naked Science	Replace	News (N)	Unsolved Mysteries (N)	Soap
3:30	Friends			WordGirl	Judge						Jeopardy!	Pokemon			Emperor	Emperor			Big Screen
4 PM	Payne	Debt Part	Paddington	Fetch! Ruff	Judge J.	Oprah Winfrey	The First 48	Inside	Oprah Winfrey	(3:59) News	Mercer	SpongeBob	Sports	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Beverly Hills, 90210
4:30	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No		Global	22 Minutes	OddParent	Hockey		(4:36)				
5 PM	Movie: "Guess Who" (2005)	News (N)	Martha	News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Series of Poker	News (N)	How-Made	Suite Life	Opportunit y Knocks (N)	CSI: NY	Soap
5:30				Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob		How-Made	Montana				What
6 PM	Bernie Mac.	Global	Mechanics	News-Lehrer	News (N)	News (N)	The First 48	News	News (N)	Decision	News	Drake	NHL Pre	News (N)	Destroyed	Zoey 101	UFC 2008 (Live)	UFC Unleashed	Family Guy
6:30		News	Nationals	Millionaire	Hollywood					Decision	CBC News	iCarly	NHL Hockey: Colorado Avalanche at Calgary Flames.	Election 2008 (Live)	Destroyed	Life Derek			Seinfeld
7 PM	Harvey	Decision Canada 2008 (Live)	Gardens	Nova (N) (DVS)	Jeopardy!	Avista Sp.	The Cleaner (N)	Entertain	Decision Canada 2008	Decision Canada 2008 (Live)	Special: "Canada Votes 2008" Coverage of the federal election 2008. (Same-day Tape)	Malcolm	Hockey: Colorado Avalanche at Calgary Flames.	Election 2008 (Live)	Mighty Ships "Faust"	Wizards	So Raven	UFC Unleashed	King
7:30	Family Guy		Eden		Fortune	Extra (N)		The Insider				Home Imp.			Daily Planet	Suite Life			Family Guy
8 PM	Family Guy		World of Albert Kahn	Wild! The five big cats.	The Biggest Loser: Families (N)	NCIS "Heartland" (N)	The Cleaner	Opportunit y Knocks (N)	News	News (N)	Futura	Sports	Election Results	Destroyed	Montana	(9:06) Jimmy Kimmel	CSI: NY "Admissions"	Seinfeld	
8:30	Seinfeld	Decision Canada 2008	The Mu	Frontline "The Choice 2008" (N)			The Mentalist (N)	The First 48	Dancing With the Stars	Crime Stories (N)	Prank Ptrl	In Corner		Destroyed	Life Derek				Seinfeld
9 PM	Movie: "Guess Who" (2005)	Coverage of local election results.	Death in the Forest	Law & Order: SVU	Without a Trace (N)	The First 48		(10:01) Eli Stone "The Path"	News Hour Final (N)	News Hour Final (N)	Mystery	E:60	TBA	Mighty Ships "Faust"	Cory	EP Daily	Star Trek: Voyager	Married...	
9:30	Bernie Mac.										Adrenaline		TBA						King
10 PM	Cheers		Health	Charlie Rose (N)	News (N)	News (N)	The Cleaner	News	News (N)	Entertain	After the Vote	Mystery	SportsCentre (Live)	News (N)	How-Made	Suite Life	New York	Deep Space 9	King
10:30	Sanford				Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)	How-Made	Life Derek	News		King

WEDNESDAY, OCTOBER 15, 2008

	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	Jeffersons	News (N)	(6:15)	Bob Build	News (N)	News (N)	Parking	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henry's	CityLine	Star Trek: Voyager	F/X: The Series
6:30	Jeffersons	Christine	George S.	Lions			Parking					Grossology				King			
7 AM	Montel Williams	Room	Martha	Arthur (E)	Today Tony Curtis; snacks for children with braces. (N)	The Early Show (N)	Parking	Good Morning America (N)				Curious	Hawks	SportsCentre	Ultimates	(6:56) Phineas	The Tyra Banks Show	Sports	The Outer Limits
7:30	That News	Dora	Martha								Animal	Skunk Fu!							
8 AM	Cosby	Ad Pers	Hi-5 (N)	Curious			Cold Case Files		100 Huntley Street	World Vision	Bo On Go	Pokemon	SportsCentre	How-Made	Weekend	Rachael Ray	Married...	North of 60	
8:30	Cosby	What	Magic Bus	Sid							Busytown	Flamingo		How-Made	K. Possible		Married...		
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why!	Timothy	UEFA	Regis and Kelly	Daily Planet	Feet	News (N)	Married...	Reality
9:30	Fam. Feud										Gofrette	George S.	Fishing		Tigger	City	Married...	What	
10 AM	Trivial	The Mom Show	Sid (10:31)	Sesame Street (N) (E)		The Price Is Right (N)	Dog	The View (N)	World Vision	Debt Part	Wilbur	Erky Perky	Motoring	The View (N)	Destroyed	Mickey Handy	The O.C.	Sports	Survivor-Aust. Outback
10:30	Trivial									House	Doodlebop	Jane	ATP Tennis: Mutua Madrilena	Destroyed	Handy				
11 AM	Harvey	Dinner	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Parking	Paid Prog. Travis' Facelift	Debbie	(10:59) News (N)	Miracles	Care Bears	Madrid -- Early Round.	Twice in a Lifetime	Bone Detectives	Benj Bear (11:25) King	The Bonnie Hunt Show	Married...	Deal No
11:30	Harvey	Designer	Berenstain	Sit-Be Fit							Antiques	Jacob	Masters Madrid						
12 PM	Fresh Pr.	News (N)	(12:05)	Charlie Rose	Paid Prog.	News (N)	Parking	All My Children (N)	News (N)	Days of our Lives (N)	News	SpongeBob	NFL Round.	etalk	Verminator s	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
12:30	Fresh Pr.	Design U	Arthur		Paid Prog.	Bold & B.					CBC News	Grossology		Bold & B.	Weekend				
1 PM	Still Std	Home to	Maggie	Art Work	Days of our Lives (N)	As the World Turns (N)	Parking	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Martha Stewart	George S.	From Madrid, Spain.	Sue Thomas: F.B.Eye	Mighty Ships "Faust"	Dragon	ER "Touch and Go"	CSI: Crime Scn	'70s Show
1:30	Still Std	Buy Me	Daniel	Sewing							Ruby					Emperor			'70s Show
2 PM	King	Guiding Light (N)	Franklin	Barney	Raymond	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News	Unsolved Mysteries (N)	Family Guy
2:30	King		BluesClues	WordWorld	Millionaire							Mr. Men	Interruptio						
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo o "H2O"	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living	Being Ian	Off-Record	Dr. Phil	How-Made	Replace	News (N)	Unsolved Mysteries (N)	Reality
3:30	Friends			WordGirl	Judge						Food	Pokemon	Sports		How-Made	Emperor			Ad Pers
4 PM	Payne	Debt Part	Paddington	Fetch! Ruff	Judge J.	Oprah Winfrey	Dog	Inside	Oprah Winfrey	(3:59) News	Fashion	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Beverly Hills, 90210
4:30	Payne	Deal No	George S.	Cyberchas	Judge J.		Dog	Deal No		Global	Laughs	Being Ian (N)	NHL Hockey: Boston Bruins at Montreal Canadiens.		(4:36)				
5 PM	Movie: "The Cookout" (2004)	News (N)	Martha	BBC News	News (N)	News (N)	Dog the Bounty Hunter	News	News (N)	(4:59) News (N)	Simpsons	SpongeBob	Hockey: Boston Bruins at Montreal Canadiens.	News (N)	Cash Cab	Suite Life	Secret-Teen	CSI: NY (N)	Reality
5:30				Business	NBC News	CBS News		ABC News	Global		Fortune			News (N)	Factory	Montana			What
6 PM	Harvey	News	Wild	Presidential Debate (Live)	Presidential Debate (Live)	Presidential Debate (Live)	Dog the Bounty Hunter	Presidential Debate (Live)	News (N)	ET Canada	News	Drake	NHL Hockey: Edmonton Oilers at Anaheim Ducks. (Live)	News (N)	Monster Moves (N)	Zoey 101	Privileged "Pilot"	UFC Unleashed	Family Guy
6:30										Entertain	House "Birthmarks" (N)	Coronatn	Malcolm	etalk	Mayday "Fire Fight"	Wizards	Lipstick Jungle	The Ultimate Fighter (N)	Seinfeld
7 PM	(7:15)	ET News	Meerkat				Parking	Analysis	ET Canada	Bones	Mosque	Malcolm	Edmonton Oilers at Anaheim Ducks. (Live)	Hollywood					'70s Show
7:30	(7:45)	The Insider	Undersea								Sophie (N)	Fresh Pr.							
8 PM	(8:15)	Knight Rider	Chinese School	Great Performances	Knight Rider	Christine	Parking	Pushing Daisies (N)	Bones	Bones (N)	Sophie (N)	Fresh Pr.		So You Think You Can Dance Canada Top 18.	Daily Planet	Suite Life	News (N)	The Ultimate Fighter	Family Guy
8:30	(8:45)	Movie: "The Cookout" (2004) Ja Rule.	Handel's Water Music		Millionaire	CSI: Miami	Dog the Bounty Hunter	To Be Announced	NCIS "Heartland" (N)	NCIS "Heartland" (N)	fifth estate	Futura	Sports			Sadie	(8:35) News		Married...
9 PM					Jeopardy!							Prank Ptrl			MythBusters	Montana	(9:06) Jimmy Kimmel	CSI: NY	Seinfeld
9:30																Life Derek			
10 PM	"Kickboxer 4: The Aggressor"	News (N)	Montreal Jazz	Charlie Rose (N)	News (N)	News (N)	Parking	News	News (N)	Entertain	(11:05) The Hour	Mystery	Triathlon: Ironman	Law & Order: SVU	Cash Cab	School	Judge	Star Trek: Voyager	Married...
10:30												Adrenaline			Factory	Cory	EP Daily		'70s Show
11 PM					Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)	Mayday "Fire Fight"	Life Derek	News	Deep Space 9	'70s Show



# Horoscopes

October 15 - 22, 2008

**Aries** - Plans you made in early September can move ahead now, but slowly. People are being generous to you now, but don't expect it to last. Learn something good on weekend.

**Taurus** - Health remains good. Partner may be more demanding now, or bossy. Find out which ego issues are in play. You could gain in some way this weekend. Travel goes smoothly.

**Gemini** - Health problems could arise from burns, cuts. Be careful! Partner, friends want fun this weekend. Matters arise from early September re: kids, pets, sports, recreation.

**Cancer** - Home is still the center of your world, along with kids, artistic activities. Start new health regime this weekend. You get a lot of joy from spouse, friends. Plans for home go ahead now.

**Leo** - You can't afford to spend any more on your home, and you will be tempted to spend on kids, pets or fun this weekend. Hold the line. Health remains good. Talk to siblings.

**Virgo** - You may want to spend on home this weekend, but don't. A thorough-housecleaning could do the trick. Visit with family can be fun. Problem from last month can be solved now.

**Libra** - Home and family are a source of joy now. You may want to go ahead with plans made in early September. Express your plans clearly. Talk to sibling this weekend.

**Scorpio** - Energy levels continue high. Money, or some other benefit, could come this weekend. Health problems from early September can be resolved now. Contacts bring good news.

**Sagittarius** - Matters of concern from early September have been put on hold, but progress can be made now. Your health and personal appearance need a boost. Do it now.

**Capricorn** - Action centers around groups you belong to. Weekend brings peace of mind. Career problem or family problem from early September can be resolved now. Be optimistic.

**Aquarius** - Your activity centers around your career. Spend time this weekend with group of friends just for fun. Travel plans can be made now. Avoid debt, do not overspend.

**Pisces** - Plans you made with partner early last month can go ahead now. Discuss methods thoroughly, put you and partner on same page. Family could be source of fun this weekend.

## 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.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

## thursday movies

### AFTERNOON

5:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance. (E)

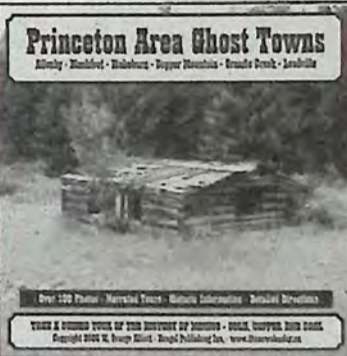
### EVENING

9:00 pm WTBS (3) ★★ "Save the Last Dance" (2001, Romance) Julia Stiles. A white teenager moves to Chicago after her mother's death and falls for a black student who shares her love of dance. (E)

CHBC (4) "Dr. Jekyll & Mr. Hyde" (2008, Suspense) Dougray Scott. A compassionate attorney helps Dr. Henry Jekyll, a physician whose mental imbalance leads to murder. (E)

11:00 pm SPIKE (4) "Backwoods" (2008, Suspense) Haylie Duff. A group of executives go camping for fun and games until someone stalks them through the forest. (In Stereo) (E)

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## friday movies

### AFTERNOON

5:00 pm WTBS (3) ★★ "U.S. Marshals" (1998, Crime Drama) Tommy Lee Jones. A chief deputy and his team pursue an escaped fugitive accused of killing two government agents. (E)

### EVENING

7:00 pm YTV (18) ★★ "A Cinderella Story" (2004, Romance-Comedy) Hilary Duff. A teenager with a wicked stepmother develops an online relationship with a popular high-school quarterback. (In Stereo)

7:30 pm FAM (26) ★★ "The Little Vampire" (2000, Adventure) Jonathan Lipnicki. Premiere. Misunderstood vampires enlist a California boy living in Scotland to help them retrieve an amulet that will make them human. (E)

9:00 pm WTBS (3) ★★ "U.S. Marshals" (1998, Crime Drama)

Tommy Lee Jones. A chief deputy and his team pursue an escaped fugitive accused of killing two government agents. (E)

KNOW (5) "Dalziel & Pascoe: An Advancement of Learning" (1996, Mystery) (Part 1 of 2) Warren Clarke. Detectives probe the death of a principal, whose disinterred body is found on school grounds. (N) (E)

FAM (26) "Don't Look Under the Bed" (1999, Fantasy) Erin Chambers. A girl calls on her brother's imaginary friend to banish a mischievous boogeyman who has framed her for his pranks. (E)

10:33 pm FAM (26) ★★ "Short Circuit" (1986, Comedy) Ally Sheedy. An animal lover befriends harmless runaway military robot No. 5, followed by its inventor.

## Similkameen News Leader

Recipe Corner (Recipe #241)

Brought To You By: Similkameen News Leader

# Gibson's Canadian Whisky Chili

### Ingredients:

- 1 tbsp (15 mL) vegetable oil
- 1 medium onion, chopped
- 1 red pepper, diced
- 1 lb (500 g) extra lean ground beef or ground sirloin
- 2 cloves garlic, minced
- 2 tbsp (30 mL) chili powder
- 1 tsp (5 mL) cumin powder
- 1/3 cup (75 mL) Gibson's Finest Canadian Whisky
- 2 28 oz (2 - 796mL) canned tomatoes, diced with liquid
- 1 tbsp (15 mL) tomato paste
- 2 19oz (2 - 540mL) canned kidney beans, drained and rinsed
- 1 tbsp (15 mL) yellow mustard
- 2 tsp (10 mL) granulated sugar
- 6 crusty bread rolls (optional)

### Method:

1. In a large pot, heat oil over medium high heat. 2. Add onion, red pepper and beef. Cook, stirring occasionally, until onions and peppers are softened and the meat is no longer pink, about 10 minutes. 3. Add garlic, chili powder and cumin and cook for 1 minute. 4. Add Gibson's Finest Canadian Whisky, tomatoes, and tomato paste; bring to a boil. Reduce heat and simmer, uncovered, for 20 minutes. Stir occasionally. 5. Add beans and mustard; cook until beans are heated through. 6. Add sugar, if desired, to adjust acidity. 7. Season to taste, with salt and pepper.

Serving suggestion: Hollow out crusty bread rolls and use as serving bowls.

- News Canada

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THURSDAY, OCTOBER 16, 2008

	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	Jeffersons	News (N)	(6:15)	Thomas	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Star Trek: Voyager	F/X: The Series
7 AM	Montel Williams	Room That News	Martha Dora	Arthur (EI)	Today	The Early Show (N)	American Justice	Good Morning America (N)			Poko	Hawks	SportsCentre		Machines	(6:56)	The Tyra Banks Show	Sports	The Outer Limits
8 AM	Cosby	Ad Pers	Hi-5 (N)	Curious	George Hamilton; Chassie		Cold Case Files			100 Huntley Street	Bo On Go	Pokemon	SportsCentre		Mighty Ships "Faust"	Weekend K. Possible	Rachael Ray	Married... Married...	North of 60
9 AM	Fam. Feud	Three Takes Blind date.	Berenstain Clifford	Super Why!	Post; Maura Tierny; Everyone	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Married...	Make
10 AM	Trivial	The Mom Show	Noonbory (10:31)	Sesame Street (EI)	Has a Story (N)	The Price Is Right (N)	CSI: Miami	The View (N)	Hospital for Sick Kids	Debt Part House	Wilbur	Erky Perky	NASCAR Racing	The View (N)	Cash Cab Factory	Mickey Movers	The O.C.	Sports	Survivor: Countdown
11 AM	Harvey	Dinner	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Care Bears	NFL Films	Twice in a Lifetime	Blueprint for Disaster	Benj Bear (11:25) King	The Bonnie Hunt Show	Married...	Deal No
12 PM	Fresh Pr.	News (N)	(12:05)	Charlie Rose	Paid Prog.	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	SpongeBob		etalk	Mayday "Fire Fight"	(11:49)	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Still Stnd	Home to Buy Me	Maggie Daniel	Painting Knitting	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)	Martha Stewart	Dewitt Ruby	Masters Madrid	Sue Thomas: F.B. Eye	Monster Moves	Dragon Emperor	ER "NICU"	CSI: Crime Scn	Frasier
2 PM	King	Guiding Light (N)	Franklin	Barney	Raymond	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54)	News	Unsolved Mysteries (N)	Frasier
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Being Ian	Off-Record	Dr. Phil	How-Made	Replace	News (N)	Unsolved Mysteries (N)	Make
4 PM	Payne	Debt Part	Paddington	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Beverly Hills, 90210
5 PM	Movie: "Save the Last Dance"	News (N)	Martha (5:37)	News	News (N)	News (N)	The First 48	News	News (N)	(4:59) News (N)	Simpsons	OddParent	NHL Hockey: Vancouver Canucks at Detroit Red Wings	News (N)	Colossal Squid	Suite Life Montana	Ugly Betty (N)	CSI: NY "Taxi" (N)	Make
6 PM	(2001) Julia Stiles	Global News	Creatures Animals	News-Lehrer	News	Millionaire	The First 48 Cabdriver	News	News (N)	ET Canada	News	Drake iCarly		News (N)	I Was Bitten	Zoey 101 Life Derek	Glam God-Fox	TNA IMPACT! (N)	Family Guy
7 PM	Harvey	EI News	Edge	Vote! 2008	Jeopardy!	The Doctors	Jacked	Entertain	Entertain	Life on Mars (N)	Coronatn	H2O Just	SportsCentre (Live)	etalk	MythBusters	Wizards	Friends	Friends	Seinfeld
8 PM	Family Guy	Name Earl	Himalaya-Palin	Sherlock Holmes	Name Earl	Survivor: Gabon	Crime 360	Ugly Betty (N)	Survivor: Gabon (N)	Survivor: Gabon (N)	The Nature of Things	Malcolm Sabrina	Off-Record	CSI: Crime Scn	Daily Planet	Suite Life	News (N)	MANswers	Family Guy
9 PM	Movie: "Save the Last Dance"	Movie: "Dr. Jekyll & Mr. Hyde"	Art of the Heist (N)	Globe Trekker	The Office SNL Up	CSI: Crime Scn	The First 48	Grey's Anatomy (N)	The Office SNL Up	The Office SNL Up	Doc Zone (N)	Futurama	NASCAR Racing	Grey's Anatomy (N)	Monster Moves	Montana Life Derek	(9:06) Jimmy Kimmel	UFC 89 Countdown	Seinfeld
10 PM	(2001) Julia Stiles	Regular	Soundstage	ER "The Book of Abby"	Eleventh Hour (N)	The First 48 Cabdriver	(10:01) Life on Mars (N)	(10:01) Life on Mars (N)	News Hour Final (N)	National	Mystery	Poker Night (Taped)	ER "The Book of Abby"	Colossal Squid	School	Judge	Married...	Married...	Frasier
11 PM	Cheers	News (N)	Autism is a World	Charlie Rose (N)	News (N)	News (N)	Jacked	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	I Was Bitten	Suite Life	News	Movie: "Backwoods"	Frasier

FRIDAY, OCTOBER 17, 2008

	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	Jeffersons	News (N)	(6:15)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Star Trek: Voyager	F/X: The Series
7 AM	Montel Williams	Room That News	Martha Dora	Arthur (EI)	Today	The Early Show (N)	American Justice	Good Morning America (N)			Poko	Hawks	SportsCentre		Mayday	(6:56)	The Tyra Banks Show	Sports	The Outer Limits
8 AM	Cosby	Ad Pers	Hi-5 (N)	Curious	George Hamilton; Chassie		Cold Case Files			100 Huntley Street	Bo On Go	Pokemon	SportsCentre		MythBusters	Weekend K. Possible	Rachael Ray	Married... Married...	North of 60
9 AM	Fam. Feud	Three Takes	Berenstain Clifford	Super Why!	(N)	The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Married...	Tube Tales
10 AM	Trivial	The Mom Show	Sid (10:31)	Sesame Street (EI)		The Price Is Right (N)	CSI: Miami	The View (N)	World Vision	Debt Part House	Wilbur	Erky Perky	Timber	The View (N)	Storm Chasers	Mickey Handy	The O.C. "The Test"	Sports	Survivor: Africa
11 AM	Harvey	Dinner	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Care Bears	ATP Tennis: Mutua Madrilena	Twice in a Lifetime	Dirty Jobs "Pig Farmer"	Benj Bear (11:25) King	The Bonnie Hunt Show	Most Amazing Videos	Deal No
12 PM	Fresh Pr.	News (N)	(12:05)	Charlie Rose	Ten-Trainer	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	SpongeBob	Masters Madrid - Quarterfinals (Live)	etalk	MythBusters	(11:49)	CityLine	Married...	Seinfeld
1 PM	Still Stnd	Home to Buy Me	Maggie Daniel	Watercolor Scrapbook	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)	Martha Stewart	George S. Ruby	Sue Thomas: F.B. Eye	Colossal Squid	Dragon Emperor	ER "Get Carter"	Most Amazing Videos	Fresh Pr.	
2 PM	King	Guiding Light (N)	Franklin	Barney	Raymond	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	I Was Bitten	(1:54)	News	Most Amazing Videos	Family Guy
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafo	Big World	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Being Ian	Off-Record	Dr. Phil	Cash Cab	Replace	News (N)	Unsolved Mysteries (N)	Tube Tales
4 PM	Payne	Debt Part	Paddington	Fetch! Ruff	Judge J.	Oprah Winfrey	CSI: Miami	Inside Deal No	Oprah Winfrey	(3:59) News Global	Fashion	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud	Law & Order: SVU	CSI: Crime Scn	Beverly Hills, 90210
5 PM	Movie: "U.S. Marshals"	News (N)	Martha (5:37)	News	News (N)	News (N)	CSI: Miami	News	News (N)	(4:59) News (N)	Simpsons	OddParent	Series of Poker	News (N)	Greensburg (N)	Suite Life Montana	Crusoe "Rum and Gunpowder" (N)	CSI: NY "Hostage" (N)	Tube Tales
6 PM	(1998) Tommy Lee Jones	Global News	Heads Up	News-Lehrer	News (N)	Millionaire	CSI: Miami	News	News (N)	ET Canada	News	Mighty B iCarly	CFL Football: BC Lions at Edmonton Eskimos. (Live)	News (N)	Man vs. Wild (N)	Zoey 101 Buzz	(N)	UFC Unleashed	Family Guy
7 PM	Family Guy	E News	Emily of New Moon	Wash Wk	Jeopardy!	The Doctors	CSI: Miami "The Oath"	Entertain	Entertain	Life "Crushed" (N)	Coronatn	Movie: "A Cinderella Story" (2004)	etalk	Mummy-King	Wizards	Kaya	MANswers	Seinfeld	
8 PM	Family Guy	You Smarter?	The Royal	Bill Moyers Journal (N)	Crusoe "Rum and Gunpowder" (N)	Ghost Whispherer (N)	Criminal Minds	Wife Swap (N)	Life "Crushed" (N)	NUMB3RS "Blowback" (N)	Air Farce	Hilary Duff	Ghost Whispherer (N)	Daily Planet	Movie: "The Little Vampire" (2000)	(8:35) News	MANswers	Married...	
9 PM	Movie: "U.S. Marshals"	Deal or No Deal	"Dalziel-Pascoe"	NOW Served	The Ex List (N)	CSI: Miami	Supernanny (N)	The Ex List (N)	The Ex List (N)	Doctor Who	Smallville	Sports	Supernanny (N)	Man vs. Wild	Movie: "Don't Look Under the Bed"	(9:06) Jimmy Kimmel	MANswers	Seinfeld	
10 PM	(1998) Tommy Lee Jones	20/20	The Atomic Cafe (N)	Vicar-Dbly	Life "Crushed" (N)	NUMB3RS "Blowback" (N)	CSI: Miami	20/20	NUMB3RS "Blowback" (N)	News Hour Final (N)	National	Oracle	Morning Light	Without a Trace	Greensburg	(10:33)	EP Daily	Game	Married...
11 PM	Cheers	News (N)	Halda Art	Austin City Limits (N)	News (N)	News (N)	CSI: Miami "The Oath"	News	News (N)	(11:03) ECW (N)	(11:05) The Hour	Mystery	Formula One Racing	News (N)	Mummy-King	Movie: "Short Circuit"	News	MANswers	Frasier



# CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

## HOW TO PLAY:

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

### CHALLENGE #133 - Rated Easy

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

### CHALLENGE #134 - Rated Hard

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

THIS WEEK'S SOLUTIONS:  
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

## saturday movies

### MORNING

9:00 am WTBS (3) ★★½ "Nothing to Lose" (1997, Comedy-Drama) Martin Lawrence. A dispirited white ad executive teams up with a black car-jacker for a crime spree. (E)  
11:00 am WTBS (3) ★★½ "Connie and Carla" (2004, Comedy) Nia Vardalos. After witnessing a mob hit, two Chicago waitresses go to Los Angeles and disguise themselves as drag queens.

### AFTERNOON

12:00 pm FAM (26) ★★ "Halloweentown" (1998, Comedy) Debbie Reynolds. After discovering that she comes from a family of witches, a girl comes to their aid against a sinister force.  
1:00 pm A&E (9) ★★½ "Escape From New York" (1981, Action) Kurt Russell. Premiere. A hardened criminal is offered a pardon if he rescues the president from convicts in the prison city of Manhattan. (E)  
1:30 pm FAM (26) "Halloweentown II: Kalabar's Revenge" (2001, Adventure) Debbie Reynolds. People will be permanently transformed into their costume characters on Halloween if a warlock has his way. (E)  
2:00 pm YTV (18) ★★½ "Tim Burton's Corpse Bride" (2005, Fantasy) Voices of Johnny Depp. Animated. In 19th-century Europe, a

gifted pianist mistakenly weds a dead woman who takes him to the underworld. (In Stereo) (E)  
3:00 pm A&E (9) ★★½ "The Terminator" (1984, Science Fiction) Arnold Schwarzenegger. A cyborg from the future arrives in 20th-century Los Angeles to kill the woman who will give birth to mankind's post-apocalyptic savior. (E)  
4:00 pm YTV (18) "Casper's Scare School" (2006, Adventure) Jim Belushi. Animated. Casper wants to learn how to be a hobgoblin but returns to his friendly ways after learning about a diabolical plot. (In Stereo) (E)  
5:00 pm WTBS (3) ★★½ "Cop Land" (1997, Crime Drama) Sylvester Stallone. The sheriff of a small New Jersey police community confronts key men on both sides of a law-enforcement cover-up. (E)

### EVENING

7:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. (E)  
8:00 pm KSPS (6) ★★½ "The Great Escape" (1963, War) Steve McQueen. Allied soldiers dig a tunnel out of a Nazi prison camp, pocketfuls of dirt at a time.

9:00 pm FAM (26) ★★½ "Air Bud: Golden Receiver" (1993, Comedy-Drama) Kevin Zegers. A golden retriever with a flair for sports helps a boy handle football and the new boyfriend of the boy's widowed mother. (E)  
10:30 pm WTBS (3) ★★½ "Mary Shelley's Frankenstein" (1994, Horror) Robert De Niro. Dr. Frankenstein creates a soulless monster from cadavers and tries to hide it from his beloved.  
FAM (26) ★★½ "Akeelah and the Bee" (2006, Drama) Laurence Fishburne. Akeelah, an 11-year-old girl living in South Los Angeles, discovers she has a talent for spelling, which she hopes will take her to the National Spelling Bee.

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## sunday 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. (E)  
A&E (9) ★★½ "The Terminator" (1984, Science Fiction) Arnold Schwarzenegger. A cyborg from the future arrives in 20th-century Los Angeles to kill the woman who will give birth to mankind's post-apocalyptic savior. (E)  
11:00 am WTBS (3) ★★½ "Cop Land" (1997, Crime Drama) Sylvester Stallone. The sheriff of a small New Jersey police community confronts key men on both sides of a law-enforcement cover-up. (E)

### AFTERNOON

12:00 pm FAM (26) ★★ "The Little Vampire" (2000, Adventure) Jonathan Lipnicki. Misunderstood vampires enlist a California boy living in Scotland to help them retrieve an amulet that will make them human. (E)  
1:00 pm WTBS (3) ★★ "Ace Ventura: Pet Detective" (1994, Comedy) Jim Carrey. A bungling gumshoe uncovers more than just a simple kidnapping when he searches for the Miami Dolphins' missing mascot. (E)  
1:30 pm FAM (26) ★★ "Mom's Got a Date With a Vampire" (2000, Adventure) Caroline Rhea. A brother and sister must save their mother from the bite of a bloodsucking suitor. (E)  
2:00 pm YTV (18) ★★½ "The Addams Family" (1991, Comedy)

Anjelica Huston, Gomez, Morticia and their ghoulish household are prey to a scam involving long-lost Uncle Fester. (In Stereo) (E)  
3:00 pm WTBS (3) ★★½ "In Good Company" (2004, Comedy-Drama) Dennis Quaid. Demoted from his corporate job, a man learns his new, younger replacement is also dating his daughter. (E)  
4:00 pm YTV (18) ★★½ "Beetlejuice" (1988, Comedy) Michael Keaton. A ghoul helps a newly dead couple haunt the tasteless new owners of their beloved home. (In Stereo) (E)  
5:00 pm WTBS (3) ★★½ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife. (E)  
CBC (13) ★★½ "Bridge to Terabithia" (2007, Fantasy) Josh Hutcherson. A boy and his new friend, the class outsider, create an imaginary world in which they rule as king and queen. (In Stereo) (E)

### EVENING

6:00 pm YTV (18) ★★½ "Monster House" (2006, Fantasy) Steve Buscemi. Animated. No adults believe three youths' assertion that a neighboring residence is a living creature that means them harm. (In Stereo) (E)  
SPIKE (44) ★★½ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)  
7:30 pm WTBS (3)

★ ★ ★ "Spanglish" (2004, Comedy-Drama) Adam Sandler. A single mother becomes a housekeeper for a laid-back chef and his neurotic wife. (E)  
8:00 pm CBC (13) "Bon Cop, Bad Cop" (2006, Comedy) Colm Feore. Two policemen from different Canadian provinces must work together to solve a crime. (In Stereo) (E)  
9:00 pm FAM (26) ★★½ "Zenon: The Zequel" (2001, Science Fiction) Kirsten Storms. The 21st-century girl makes the most of a dull assignment by lending a hand to some homeless aliens. (E)  
SPIKE (44) ★★½ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)  
10:00 pm 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. (E)  
KNOW (5) "Dalziel & Pascoe: An Advancement of Learning" (1996, Mystery) (Part 1 of 2) Warren Clarke. Detectives probe the death of a principal, whose disinterred body is found on school grounds. (N) (E)  
10:30 pm FAM (26) ★★ "Father and Scout" (1994, Comedy-Drama) Bob Saget. A man gets a chance to demonstrate his total lack of athleticism when he joins his son on a week-end camping trip. (E)

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SATURDAY, OCTOBER 18, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog.	News (N)		America	Today (N)	(6:00) The Early Show (N)	Sell House	Good Morning America	Fishing	Whata	Super Why!	Being Ian	(4:30) ATP Tennis: Mutua	OWL/TV Kingdom	Survivorman	Overdrive	About You	TNA IMPACT!	Let's Build
6:30	Paid Prog.	Powerboat		Fly Tying			Sell House		Fishing	Fishu	Busytown	Grossology				Rangers	Dharti		Paid Prog.
7 AM	Subaru	Ad Pers	Martha	MotorWeek		Cake	Business	Good Morning	News (N)	News (N)	Bo On Go	Viva Pinata	Madriena	Katie-Orbie	Man vs. Wild	(6:54)	Eye on Asia		"70s Show"
7:30	Paid Prog.	Big Coast	Clifford	Lassie		Horseland	Sell House				Animal	Skunk Fu!	Masters Madrid	Lit. Hobo	School				"70s Show"
8 AM	Videos	Foodies	George S.	Everyday	News (N)	Dino	Flip This House	Emperor			Wilbur	SpongeBob	Semifinals.	Good Morning Canada	Mummy-King	Suite Life	Polish Studio	Hrseper	Raymond
8:30	Videos	Driving TV	Magic Bus	Hometime		Sushi Pack	House	Replace			Goldfish	OddParent	Fishing			(8:43) Zoey		MuscleCar	Raymond
9 AM	Movie: "Nothing to Lose" (1997)	E! News	(9:07)	Workshop		Strawberry	Flip This House	So Raven	Driving TV	Bold	Mighty B	Motoring			Cash Cab	Cory	Paid Program	Trucks! (N)	Seinfeld
9:30	Daily 10	Upside	Old House			Care Bears	House	So Raven	Fishing	Presents	Barnyard	Skiing			How-Made	So Raven		Xtreme 4x4	Seinfeld
10 AM		50 Best Chick Flicks: Sex, Cries and Videotape	Maggie	Ask This	Dragon	Paid Prog.	Rocco-Real	Montana	Fishu	Energy TV	Miracles	Tak		Justice	Worst	Phil	CityLine	DEA	Family Guy
10:30		(10:31) Test Kitch	Zula Patrol	Motorcycle Racing: Supercross			Flip House	Suite Life	Fishing	Real Invest	Antiques	Monster	Series of Poker	Amnesty	Handyman	Wizards			Family Guy
11 AM	Movie: "Connie and Carla" (2004) Nia Vardalos.	Extreme Hollywood	Rolie Polie	Garden	Paid Prog.	Football	Flip This House	Football	News (N)	Seinfeld	Update	Wolverine	CFL	Daily Planet	Deadliest Catch	Movie: "Halloween own" (1998)	Hospitality	DEA	Amer Dad
11:30			(12:35) Miss Garden	Paid Prog.	College Football: Teams to Be Announced. (Live)	Movie: "Escape From New York" (1981)	House	College Football: Teams to Be Announced. (Live)	Energy TV	Seinfeld	Chicago Fire at Toronto FC. (Live)	Dinosaur	Montreal Alouettes at Toronto Argonauts. (Live)	Stratus	Greensburg	"Halloween own II: Revenge"	Jack Nation Countdown	DEA "Up the Ladder"	Raymond
1 PM	Friends	Scream Play	Paddington	Antiques Roadshow	Action Sports From Orlando, Fla. (Live)	Movie: "The Terminator" (1984)		College Football: Teams to Be Announced. (Live)	Seinfeld	Simpsons	Simpsons	Simpsons	Simpsons	Life Trip	Mayday	Nite Life	The Ultimate Fighter	Wipeout	Raymond
1:30	King	George S.	Lilly	Swiss Rail Journeys					Seinfeld	Simpsons	Simpsons	Simpsons	Simpsons	Car Breeder	"Blow Out"	In Fashion			Raymond
2 PM	American Chopper	Charlie and Denise	Babar	Travels	Fortune				Seinfeld	Simpsons	Simpsons	Simpsons	Simpsons	Corpse Bride	(2005)	Lizzie	News (N)	UFC 89 Countdown	Family Guy
2:30			(3:35) Travel	Penguins					Seinfeld	Simpsons	Simpsons	Simpsons	Simpsons	HNIC	How-Made	Cory	Amazing		Family Guy
3 PM	Seinfeld	Pam Anderson: The E! True Story	WordGirl	Europe	Veggie	Access Hollywood		Movies	Family Guy	Family Guy	NHL Hockey: Regional Coverage	Movie: "Casper's Scare School" (2006)	Winnipeg Blue Bombers at Calgary Stampeders. (Live)	Twice in a Lifetime	Mighty Ships "Faust"	Suite Life Proud	Survivorman (DVS)	UFC Unleashed	Amer Dad
3:30	Family Guy	Hollywood Story	(4:32) Taste	Rudy Maxa	Turbo			News	Family Guy	Global				First Story	Monster Moves	K. Possible	Less Kind	UFC Unleashed	Friends
4 PM	Payne	That News	Gardens	Lawrence Welk Show	News (N)	News (N)	CSI: Miami	College Football: Teams to Be Announced. (Live)	News (N)	Disaster-Cent.	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Wolverine	SportsCentre (Live)	W-FIVE	Angel	So Raven	Test of Will	Ultimate Fighting Champions	Seinfeld
4:30	Payne	What	Meerkat	Raymond	Scrubs				Disaster-Cent.	Turning Points	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Transform	Wolverine	Angel	So Raven	(7:22) Zoey	News (N)	Ultimate Fighting Champions	Seinfeld
5 PM	Movie: "Cop Land" (1997)	E News	Wall of Death	May-Dec. Time Goes	CSI: NY "Tri-Borough"	Political Debate (Live)	The Sopranos "Kaisha"	Explorers	Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Naruto	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
5:30	Sylvester Stallone.	The Soup	Heartbeat	Movie: "The Great Escape"	Criminal Minds	The Sopranos			Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Dragon	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
6 PM	Movie: "Ace Ventura: Pet Detective" (1994)	Behind	Heartbeat	Movie: "The Great Escape"	Criminal Minds	The Sopranos			Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Dragon	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
6:30		Behind	Heartbeat	Movie: "The Great Escape"	Criminal Minds	The Sopranos			Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Dragon	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
7 PM	Movie: "Ace Ventura: Pet Detective" (1994)	Behind	Heartbeat	Movie: "The Great Escape"	Criminal Minds	The Sopranos			Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Dragon	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
7:30		Behind	Heartbeat	Movie: "The Great Escape"	Criminal Minds	The Sopranos			Turning Points	Painkiller Jane	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Dragon	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
8 PM	Family Guy	Dr. 90210	Midsomer Murders	"Dead in the Water" (N)	James Garner.	Law & Order: SVU	48 Hours Mystery	Entertainment Tonight	Kenny	News (N)	HNIC - After Hours	Bleach	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
8:30	King	Dr. 90210	Midsomer Murders	"Dead in the Water" (N)	James Garner.	Law & Order: SVU	48 Hours Mystery	Entertainment Tonight	Kenny	News (N)	HNIC - After Hours	Bleach	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
9 PM	Movie: "Cop Land" (1997)	E News	Montreal Jazz	Ayo: Live-Mont	News (N)	News (N)	The Sopranos "Kaisha"	Paid Prog.	News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
9:30		FA National			Sat. Night	(11:35) Cold			News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
10 PM	Seinfeld	To Be Announced							News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
10:30	"Mary Shelley's Frankenstein"	E News							News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
11 PM		FA National							News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld
11:30		FA National							News (N)	J.R. Digs	Hockey Night - Replay	Mystery	SportsCentre (Live)	W-FIVE	Angel	So Raven	News (N)	Ultimate Fighting Champions	Seinfeld

SUNDAY, OCTOBER 19, 2008

	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	Stars	Pioneers	Timothy	Fetchl Ruff	Today (N)	Paid Prog.	Private Sessions (N)	Good Morning America	Is Written	Driving TV	Nanalan'	Being Ian	SportsCentre	Good Morning Canada	Mayday "Blow Out"	Overdrive	Mix TV	Married...	Fish TV
6:30	Saved-Bell	Pioneers	Timothy	Fetchl Ruff		Paid Prog.			Fishful	Let's Build	Lunar Jim	Dewitt			Rangers			Married...	Paid Prog.
7 AM	Saved-Bell	Hunter	Martha	Zula Patrol	News (N)	CBS News Sunday Morning	The Sopranos "Kaisha"	KXLY Good Morning	Foodies (N)	Canada	Doodlebop	Winx Club	Reporters		Colossal Squid	(6:54)	Eye on Asia	Married...	King
7:30	Videos	Fishing	Clifford	Animalia					Canada	Is Written	Coronatn	Viva Pinata	Reporters		School			Hrseper	King
8 AM	Videos	Let's Build	George S.	Reading	Meet the Press (N)	Nation	The Sopranos	Montana	News (N)	TribalTrail	Coronatn	Being Ian	NFL Countdown (Live)	Kids	I Was Bitten	Suite Life	Eye-Asia	MuscleCar	Raymond
8:30	Videos	Powerboat	Magic Bus	Real						Marriage	Coronatn			PLAN	(8:43) Zoey	Festival	Trucks!	Raymond	
9 AM	Movie: "Small Soldiers" (1998)	Neighborhood	(9:07)	Wishbone	Friend	NFL Today (Live)	Movie: "The Terminator" (1984)	This Week With George	Hour of Power	Coronatn	Coronatn	OddParent		PLAN	Funnest Animals	Cory	Italiano di Johnny Lombardi (In Italian)	Xtreme 4x4	Seinfeld
9:30		Upside	Biz Kid\$	Paid Prog.						Coronatn	Coronatn	Barnyard		PLAN	So Raven			Action	Seinfeld
10 AM	Movie: "Cop Land" (1997)	In Fashion	Maggie	Design	Paid Prog.	NFL Football: San Diego	The Cleaner	Countdown	Driving TV	Listen Up	CBC News: Sunday	SpongeBob	Timber	NFL Football: Teams to Be Announced. (Live)	Rogue Nature	Phil		Sports From Orlando, Fla.	King
10:30	Kirsten Dunst.	Marriage	(10:35)	Place	Paid Prog.					Foodies		Mighty B	Season of Dreams	Colossal Squid	Wizards			King	
11 AM	Movie: "Cop Land" (1997)	E! News	Go Diego	Foreign	Auto Racing: Monterey	Chargers at Buffalo Bills. (Live)	The Cleaner	Hour of Power	Energy TV	Mining TV		iCarly	CFL Pre	Suite Life	School	Reviews	CSI: Crime Scn	"70s Show"	
11:30	Sylvester Stallone.	Style	Rolie Polie	Vote! 2008	Sports Car Championship.		The Cleaner "Rebecca"	News (N)	Seinfeld	Land Sea	Mystery	Mystery	CFL Football: Hamilton Tiger-Cats at Saskatchewan Roughriders.	I Was Bitten	Movie: "The Little Vampire" (2000)	Amazing	CSI: Crime Scn	Friends	
1 PM	Movie: "Ace Ventura: Pet Detective" (1994)	Mean Girls: True Story	Paddington	American Experience	"Reagan: An American Crusade"	NFL Indianapolis Colts at Green Bay Packers. (Live)	The Cleaner	Speedway in Martinsville, Va. (Live)	Big Coast	Seinfeld	Doc Zone	Mystery	Tiger-Cats at Saskatchewan Roughriders.	Really Big Things	NFL Football: Teams to Be Announced. (Live)	Role	CSI: Crime Scn	Raymond	
1:30		Secret World of Og	George S.						Seinfeld	Simpsons	Steven and Chris	Prank Ptrl	Sue Thomas: F.B. Eye	How-Made	"Mom's Got a Date-Vampire"		CSI: Crime Scn	Deal or No Deal (N)	
2 PM	Movie: "In Good Company" (2004)	THS Investigates	Babar	Father	Paid Prog.		Gangsta Girls	Food Fast	Simpsons	Family Guy	Mansbridg	Antiques	SportsCentre (Live)	W-FIVE	Cash Cab	Cory		CSI: Crime Scn	You Smarter?
2:30		Cheerleading	WordGirl	Chronicles	Football Night	Extra (N)	CSI: Miami	Wall St	Family Guy	Family Guy	Jeopardy!	Movie: "Beetlejuice" (1988)	Football Night	Question Period	MythBusters	Suite Life Proud	TBA	CSI: Crime Scn	Soap
3 PM	Movie: "Spanglish" (2004) Adam Sandler, Tea Leoni.	News (N)	Mechanics	Workshop	(5:15) NFL Football: Seattle	News (N)	CSI: Miami	News	Family Guy	(4:59) News (N)	Movie: "Bridge to Terabithia" (2007)	Michael Keaton	(5:15) NFL Football: Seattle Seahawks at Tampa Bay Buccaneers. (Live)	In Fashion	To Be Announced	K. Possible	Valentine (N)	CSI: Crime Scn	Friends
3:30		That News	Emily of New Moon	Spain-On Road	Seahawks at Tampa Bay Buccaneers. (Live)	60 Minutes (N)	CSI: Miami "All In"	Funnest Home Videos	renegade	Brothers & Sisters (N)	Heartland "Gift Horse"	Movie: "Monster House" (2006) Steve Buscemi.	Seahawks at Tampa Bay Buccaneers. (Live)	FashionTel	To Be Announced	Sadie	Easy Money (N)	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	Reality
4 PM	Movie: "Spanglish" (2004) Adam Sandler, Tea Leoni.	Instant Beauty Pageant	Raptor Force	Nature (DVS)		The Amazing Race 13	The Cleaner	Extreme-Home	renegade	Brothers & Sisters (N)	Movie: "Bon Cop, Bad Cop" (2006) Colm Feore.	SpongeBob	SportsCentre (Live)	The Amazing Race 13	MythBusters (N)	So Raven	Privileged	Weekend	
4:30		Extreme-Home	The Impressionists	Contemporary					Simpsons	King of Hill	Movie: "Bon Cop, Bad Cop" (2006) Colm Feore.	Prank Ptrl	SportsCentre (Live)	The Amazing Race 13	Anthony Bourdain	Life Derek	News (N)	What	
5 PM	Movie: "Spanglish" (2004) Adam Sandler, Tea Leoni.	To Be Announced	New Tricks (N)	Ventures	Law & Order: SVU	Cold Case "Roller Girl"	CSI: Miami	Desperate Housewives	Family Guy	Family Guy	Amer Dad	The Next Star	ATP Tennis: Masters Madrid	Desperate Housewives	To Be Announced	Movie: "Zenon: The Zequel" (2001)	Amazing	Movie: "Star Wars IV: A New Hope" (1977) Mark Hamill, Harrison Ford.	Friends
5:30		Real Housewives of OC	"Dalziel-Pascoe"		CSI: NY "Recycling"	The Unit "The Conduit"	CSI: Miami "Ambush"	(10:01) Brothers & Sisters (N)	Brothers & Sisters (N)	News (N)	Disaster	CBC News: Sun.	Falcon Beach	Law Order: CI	To Be Announced	Movie: "Father and Scout" (1994)	Role	Seinfeld	
6 PM	Movie: "Small Soldiers" (1998)	News (N)	Montreal Jazz	Chronicles	News (N)	News (N)	CSI: Miami "All In"	News	News (N)	Paid Prog.	News	Mystery	SportsCentre (Live)	News (N)	MythBusters	Role	Seinfeld		
6:30	Kirsten Dunst.	Okanagan		America	Paid Prog.	Seahawks		Van Impe	House	Paid Prog.	fifth estate	Ghost	SportsCentre (Live)	News (N)	MythBusters	Body Tech		You Smarter?	



MONDAY, OCTOBER 20, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Jeffersons	News (N)	(6:15)	Bob Build	News (N)	News (N)	The Sopranos	News	(5:30) News (N)	(4:30) News (N)	CBC News: Morning (N)	Being Ian	SportsCentre	Canada AM	Daily Planet	Henry's King	CityLine	Star Trek: Voyager	F/X: The Series
6:30 AM	Jeffersons	Christine	George S.	Lions								Grossology							
7 AM	Montel Williams	Room That News	Martha Dora	Arthur (N) Martha	Today (N)	The Early Show (N)	American Justice	Good Morning America (N)			Curious Animal	Hawks Dinosaur	SportsCentre		Daily Planet (N)	(6:56) Phineas	The Tyra Banks Show	Sports MXC	The Outer Limits
7:30 AM																			
8 AM	Cosby	Ad Pers	Hi-5 (N)	Curious			Cold Case Files			100 Huntley Street	Bo On Go	Pokemon	SportsCentre		How-Made	Weekend	Rachael Ray	Married... Married...	North of 60
8:30 AM	Cosby	What	Magic Bus	Sid							Busytown	Flamingo		How-Made	K. Possible				
9 AM	Fam. Feud	Three Takes	Berenstain	Super Why!		The 700 Club	Cold Case Files	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Gofrette	Timothy George S.	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N)	Married... Married...	TV Made
9:30 AM	Fam. Feud		Clifford	Clifford												Tigger	City		What
10 AM	Trivial	The Mom Show	Sid	Sesame Street (N)		The Price Is Right (N)	Intervention "Tom"	The View Hot topics (N)	World Vision	Debt Part House	Wilbur	Erky Perky	PBA Bowling: Celebrity	The View Hot topics (N)	Blueprint for Disaster	Mickey Handy	The O.C.	Disorderly Con.	Survivor: Africa
10:30 AM			(10:31)	(E)															
11 AM	Harvey	Dinner	Rolie Polie	Dragon	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan	Paid Prog.	Debbie Travis' Facelift	(10:59) News (N)	Miracles	Care Bears	Invit.	Twice in a Lifetime	Megabuilders	Benj Bear (11:25) King	The Bonnie Hunt Show	Most Amazing Videos	Deal No The Nanny
11:30 AM	Harvey	Guys	Berenstain	Sit-Be Fit							Antiques	Jacob	Timber						
12 PM	Fresh Pr.	News	(12:05)	Charlie Rose	Paid Prog. Wall St	News (N)	The Sopranos	All My Children (N)	News (N)	Days of our Lives (N)	News	SpongeBob	Triathlon: Ironman	etalk	Super Ships	(11:49)	CityLine	Married... Married...	Seinfeld
12:30 PM	Fresh Pr.	Design U	Arthur			Bold & B.					CBC News	Grossology		Bold & B.	Weekend				
1 PM	Still Stnd	Home to	Maggie	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)	Martha Stewart	George S. Ruby	NFL Primetime	Sue Thomas: F.B. Eye	Sport Science	Dragon Emperor	ER "Impulse Control"	CSI: NY	Raymond
1:30 PM	Still Stnd	Buy Me	Daniel	Sewing															Raymond
2 PM	King	Guiding Light (N)	Franklin	Barney	Raymond	Guiding Light (N)	Cold Case Files	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Viva Pinata	Horn	General Hospital (N)	MythBusters	(1:54) K. Possible	News	CSI: NY "Super Men"	Raymond
2:30 PM	King		BluesClues	WordWorld	Millionaire							Mr. Men	Interruption						Raymond
3 PM	Seinfeld	Whose Wedding Is It?	Zoboomafoo (DVS)	WordGirl	Judge	Dr. Phil	Cold Case Files	Rachael Ray	The Doctors	Young and the Restless	Living Food	Being Ian	Off-Record	Dr. Phil	Canada's Worst Driver	Replace Emperor	News (N)	Movie: "Star Wars IV: A New Hope"	That News
3:30 PM	Friends										Creepie		Sports						That News
4 PM	Payne	Debt Part	Paddington	Fetch! Ruff	Judge J.	Oprah Winfrey	Intervention "Tom"	Inside	Oprah Winfrey	(3:59) News Global	Fashion	SpongeBob	Hockey	Ellen DeGeneres Show	Daily Planet (N)	Proud (4:36)	Law & Order: SVU	Hamill, Harrison Ford.	TV Made Very Bad Men
4:30 PM	Payne	Deal No	George S.	Cyberchas	Judge J.			Deal No			Red Green	OddParent	Countdown						
5 PM	Movie: "Metro" (1997) Eddie Murphy	News (N)	Martha	News	News (N)	News (N)	Intervention "John"	News	News (N)	(4:59) News (N)	Simpsons	OddParent		News (N)	MythBusters	Suite Life	Chuck (N)		What
5:30 PM			(5:37)	Business	NBC News	CBS News		ABC News	Global		Fortune	SpongeBob				Montana			
6 PM		Global	Taste Buds	News-Lehrer	News (N)	News (N)	Intervention "Allison"	News	News (N)	ET Canada	News	Drake	Football: Denver Broncos at New England Patriots. (Live)	News (N)	Verminator (N)	Zoey 101	Celebrity Fit Club	Movie: "Star Wars IV: A New Hope"	Make TV Made
6:30 PM		News	renegade	Millionaire	Hollywood			News		Entertain		iCarly				Life Derek			
7 PM	Harvey	E! News	Life in Cold Blood	Benny	Jeopardy!	The Doctors	Jose Canseco	Entertain	Entertain	Prison Break (N)	Coronnatn	Malcolm	Jeopardy!	Home Imp.	etalk	Dirty Jobs (N)	Wizards	Curb	Soap
7:30 PM	Family Guy	The Insider	Wait God	Fortune				The Insider	ET Canada	My Own Worst Enemy	Dragon's Den (N)	Fresh Pr.	SportsCentre (Live)	Dancing With the Stars	Daily Planet	Suite Life	News (N)	(1977) Mark Hamill, Harrison Ford.	Final 24 Sid Vicious.
8 PM	Family Guy	'Til Death	Hockey	Antiques Roadshow	Chuck (N)	Big Bang	Intervention After	Dancing With the Stars	Prison Break (N)	My Own Worst Enemy	Dragon's Den (N)	Fresh Pr.	SportsCentre (Live)	Dancing With the Stars	Daily Planet	Sadie	(8:35) News		
8:30 PM	Seinfeld	How I Met				How I Met													
9 PM	The Single: Monica	How I Met Worst	Ju Ming (N)	American Experience: LBJ	Heroes (N)	Two Men Worst	Intervention "John"	Samantha	Heroes (N)	Heroes (N)	The Border (N)	Futurama	Prank Ptrl	UEFA	Verminator (N)	Montana	Life Derek	Disorderly Con.	Seinfeld
9:30 PM																			
10 PM	Jermaine Dupri: Brutha	(10:01) Boston Legal (N)	The Boy Inside	Beautiful Texas	My Own Worst Enemy	CSI: Miami "Bombshell"	Intervention "Allison"	(10:01) Boston Legal (N)	My Own Worst Enemy	News Hour Final (N)	National	Mystery Adrenaline	E:60 (N)	CSI: Miami "Bombshell"	Dirty Jobs	School	Cory	Disorderly Con.	Married... The Nanny
10:30 PM																			
11 PM	In the Heat of the Night	News (N)	Haida Art	Charlie Rose (N)	News (N)	News (N)	Jose Canseco	News	News (N)	Entertain	(11:05) The Hour	Mystery	SportsCentre (Live)	News (N)	MythBusters	Suite Life	News	Wild World	Raymond
11:30 PM		Guy Stuff	Landscape		Tonight	Late Show		(11:35)		ET Canada		Ghost		News (N)		Life Derek	News	7 Days	Raymond

monday movies

AFTERNOON

3:00 pm SPIKE (44) ★★★★★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)

5:00 pm WTBS (3) ★★ "Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT

marksman track a psychotic jewel thief who killed a colleague. (E)

EVENING

6:00 pm SPIKE (44) ★★★★★ "Star Wars IV: A New Hope" (1977, Science Fiction) Mark Hamill. Robots and other allies help a youth and a space jockey rescue a rebel princess and battle dark forces bent on intergalactic rule. (In Stereo)



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**Fri, Oct 31 - Revelstoke**

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**Sun, Nov 2 - Sicamous**  
**Sat, Nov 8 - Nelson**  
**Fri, Nov 14 - Grand Forks**  
**Sat, Nov 15 - Kamloops**  
**Fri, Nov 28 - Castlegar**  
**Sat, Nov 29 - Summerland**

**Fri, Oct 3 - Castlegar**  
**Sat, Oct 4 - Nelson**  
**Fri, Oct 10 - Kamloops**  
**Fri, Oct 17 - Sicamous**  
**Sat, Oct 25 - Revelstoke**

**Fri, Nov 7 - Summerland**  
**Fri, Nov 21 - Sicamous**  
**Sat, Nov 22 - Col. Valley**  
**Sun, Nov 23 - Golden**

**Fri, Dec 12 - Kamloops**  
**Sat, Dec 13 - Chase**

**Fri, Jan 2 - Sicamous**  
**Sat, Jan 3 - Summerland**  
**Wed, Jan 21 - Chase**  
**Fri, Jan 30 - Revelstoke**  
**Sat, Jan 31 - Kamloops**

**Fri, Feb 6 - Kimberley**  
**Sat, Feb 14 - Revelstoke**  
**Sun, Feb 15 - Sicamous**  
**Fri, Feb 20 - Chase**

**Fri, Dec 5 - Chase**  
**Sat, Dec 6 - Kamloops**  
**Fri, Dec 19 - Beaver Valley**  
**Sat, Dec 20 - Spokane**  
**Sun, Dec 21 - Grand Forks**

**Sun, Jan 4 - Summerland**  
**Fri, Jan 9 - Sicamous**  
**Sat, Jan 10 - Revelstoke**  
**Fri, Jan 23 - Fernie**  
**Sat, Jan 24 - Kimberley**  
**Sun, Jan 25 - Creston**

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SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #133 - Easy

264	587	319
359	241	768
871	963	254
523	714	896
487	396	125
916	852	473
632	479	581
148	625	937
795	138	642

CHALLENGE #134 - Hard

452	918	637
179	365	824
368	274	159
216	793	548
945	821	376
837	456	912
793	582	461
581	647	293
624	139	785



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## my turn

### Forum plus forum equals confusion

After attending the all candidates forum last week for the four federal candidates in the BC Southern Interior riding I have a single skill testing question for you.

Which green party are you going to vote for?

From what I heard last week we now have four green choices. There's the NGP (New Green Party), the Liber-Greens, the Conserva-Greens and, of course, the original Green Party.

Sure, the candidates pointed to the economy as a key issue and even tried to explain the linking between the environment and the economy.

One can't live without the other; one supports the other; one is as important as the other and that both are essential to the future of our community, our riding and our country.

Okay.

I am a small business owner. I get all that about the economy and the environment.

I guess I was expecting something else.

There's no doubt that each candidate is right about what they were saying about protecting the environment helps to protect the economy, and for a change it's nice to see everyone leaning in the same direction. But if the environment and economy are such key issues to each party, then why do we have four parties to pick from in our riding?

Maybe the NGP (New Green Party) should merge with the original Green Party. They seem to agree with each other a lot these days. Maybe the Liber-Greens and Conserva-Greens should change their names. If you're Liberal about protecting the environment, does that mean you have a conservative approach to the economy or if you are Conservative about the environment does that mean you have a liberal approach to the economy?

I'm starting to side with those who say the two party system is a better way to go. It seems to me that it wasn't so many years ago that each party had a clearly defined platform with very little, if any, overlap into another party's platform.

Now it seems the parties have merged enough on environmental and economic issues that the lines have blurred somewhat.

And although each party may not be on the same page, they all appear to at least be in the same chapter this time around.

All that's left is the hard part.

Which green party to vote for.

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

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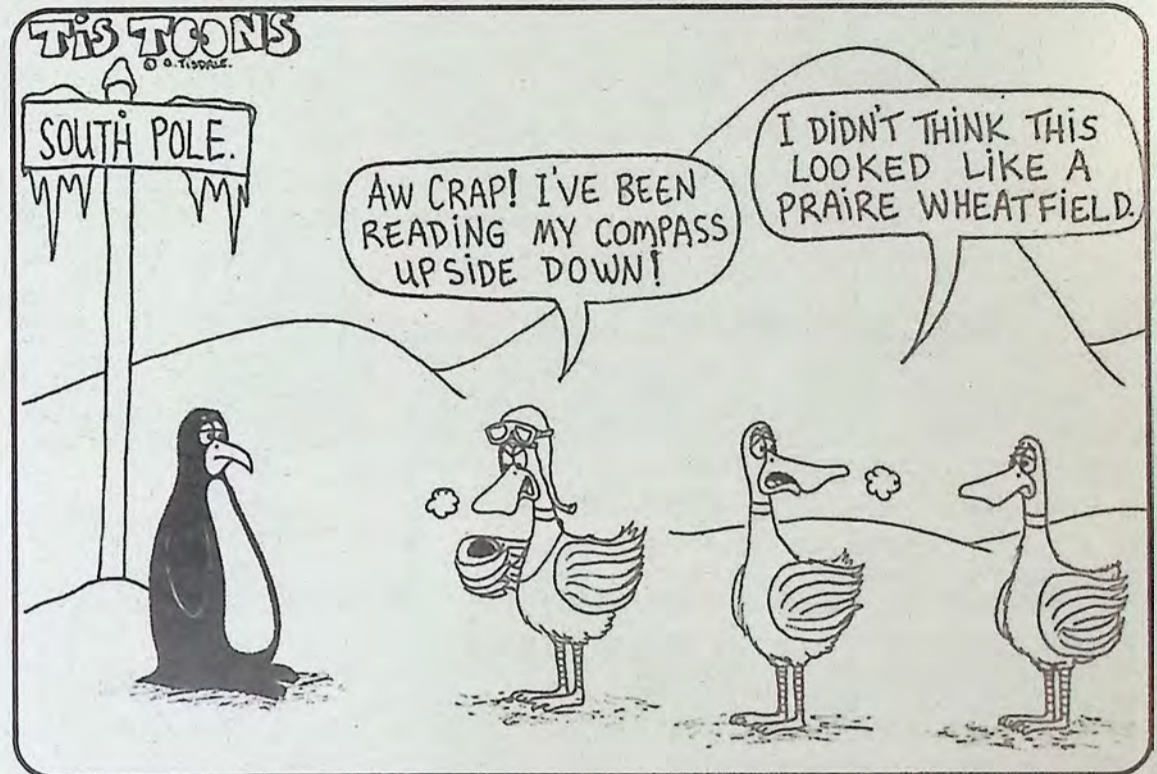
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## your turn

# Hope vs. Logan - Round 2

To The Editor;

First I need to apologize to our local Area H, RDOS, APC. In a previous article I said, "...no single elected official can effectively represent this large and diverse area without an active APC. This has not been the case in Area H. Over the years this APC process has been at best an on again, off again practice."

I should have made clear, that in 2008 the APC has been active and has met on numerous occasions, and also that the council is made up of unpaid volunteers, and that I am appreciative of their efforts. I should have been more specific and referred to previous councils. For example, the RDOS record shows only two meetings in 2007, and in prior years no meetings were recorded.

In any case, what I was suggesting is that the APC and similar forums be involved beyond their present role and consider more than land applications and variances. My concern is that many

important Area H decisions are made without community consultation.

As a case in point, in last weeks paper, Director Logan said she met and presented a brief to Environment Minister Penner to inform the Province of the potential risks of coal bed methane (CBM). She said she outlined the many concerns that our community has about CBM and then told the Minister; "Should you decide to permit the exploration of methane in our communities we believe that the following should be, at minimum, considered due diligence." She then listed the minimum requirements.

Director Logan asked Mayor McLean to add his name to her brief and was surprised that the Mayor would not, stating that "council did not agree with what I was asking and did not want any CBM drilling in the area at all."

SOS is a local organization with broad based community support. SOS has, over the past year, conducted extensive research into CBM, arranged numerous community forums, brought in many specialists, conducted extensive water well testing, put in thousands of volunteer hours and has worked on strategies with other provincial organizations to effectively lobby the province for a drilling moratorium. In all of the strategies considered none

involved giving the Province a list of requirements that would allow them to begin drilling for CBM.

I suspect that the reason the Mayor would not sign that document is that he and council members have met, on more than one occasion, with both SOS and the proponent, as well as other community members and realized that providing a list of minimum requirements is in fact capitulation.

Why, I wonder, would that brief be presented when the town refused to endorse it and without any consultation with the group that has worked so hard and in fact is the reason that Petrobank is not at this moment already drilling!

Director Logan ended her article with "I will keep you advised and up to date on any development." Rather than being advised on developments, I believe the community would be better served by being included in the discussions and in fact directing those developments, which brings me back to my original premise, that no one single person should make decisions for the entire area. Had prior consultation with the community taken place some of the inaccuracies and omissions Director Logan reported might have been avoided and we would not now be working at cross purposes.

- Brad Hope, Princeton

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Current Comment:

# The real human money crisis



**Dawn Johnson**  
editor@thenewsleader.ca

What happens when a nation's financial institutions fail? We are seeing it in the United States, but we can dig a little deeper into the grassroots of their economy to see what is really going on. In fact, it has been going on for a long time, and leaders have chosen to ignore it. Homelessness, joblessness, and personal bankruptcies have been rampant.

The American government is partially to blame, and so are American corporations. The government spent a lot of money on war, sending troops, and corporations, overseas. I am sure some people made money out of that, but the ordinary American citizen was paying for it. Corporations took their operations overseas, too, pulling jobs out of the country of origin. The North American Free Trade agreement helped move a lot of corporations to Mexico, and a few to Canada, where cheaper wages would help corporations make more money.

I believe economists were at fault, too, because they failed to understand, or failed to persuade, the government to look at the average American's influence on the economy. Jobs that offer good pay, stability, and long term benefits provide a foundation for the economy. People with long term job security keep the economy strong. People with long term job security can pay their bills and their mortgages. People with long term job security can invest in their communities and in their economy. I know unions have been saying this for years, but it seems the most right wing elements of government always treat unions as the enemy of the economy. Corporate heads tend to believe they would have much better profits if they had no unions.

At some point, everybody forgot that the economy is a two-way street. If people cannot afford to

buy, then corporations cannot survive. It does not matter what the corporations are trying to sell. If nobody can afford to buy the product, then the corporation is sunk.

Another factor invading the American economy was the high level of personal debt. I watched a TV program about people who had committed suicide because they could not pay their credit card debts. Two were young people, in their twenties. They had no assets, but credit companies were willing to give them a card, and let them spend themselves into a hopeless situation. I am not saying it is entirely the fault of the credit card companies. These young people made the choice to spend money they did not have, but aren't we being programmed these days to think that is just fine?

The same program told the story of a man who lost his very good job, and could not pay his mortgage, his bills, or anything. He committed suicide so his insurance could feed his family.

The current crisis is being blamed on unpaid mortgages. Banks told people they could afford mortgages, and then the interest rate went up and those people could not pay the new monthly bill. That scenario is overly simple. A lot of things were going wrong with the American economy before the final crunch, including too much personal debt on credit cards.

There is no doubt a lot of Canadians will suffer from layoffs or shut-downs as a result of what is happening in the U.S.A.

When it comes to the issue of credit card debt, we Canadians are in a bad situation, too. For every \$100 earned, we are in debt

\$128. Fortunately, we have a little more time to get out of our debts, and for every person carrying debt, your first move should be to pay it down as quickly as possible NOW. Pay off everything you can. Not only will you come out of this bad time in better shape, you will have better skills at managing your personal finances if you do lose your job.

You can do well to save money, if at all possible, but there are other ways of making yourself more secure. When food is on sale, stock up. Stock up on groceries. There is one religious group, I won't say which one, that has a policy of always having on hand enough food to feed the family for three months. This is their cushion against bad times.

All of us can get along without a lot of useless stuff we buy, like paper towels. I never buy paper towels. When one of my regular towels gets too old, I cut it into pieces and use these instead of paper towels. It costs no more to throw these into the washer with a load of regular towels.

I am not suggesting you stop spending entirely, or that would ruin the economy, too. I am suggesting you live more moderately, and that your spending be for things you really need. If you have teenagers, sit them down and tell them there are more important things than having the latest of whatever it is they want. Show them what the budget is, and make them understand what must be done at this time. Tell them they will always have the essentials, but they will have to make do with a lot less spending.

While we can blame big corporations for poor management, we need to start first with our own financial management.

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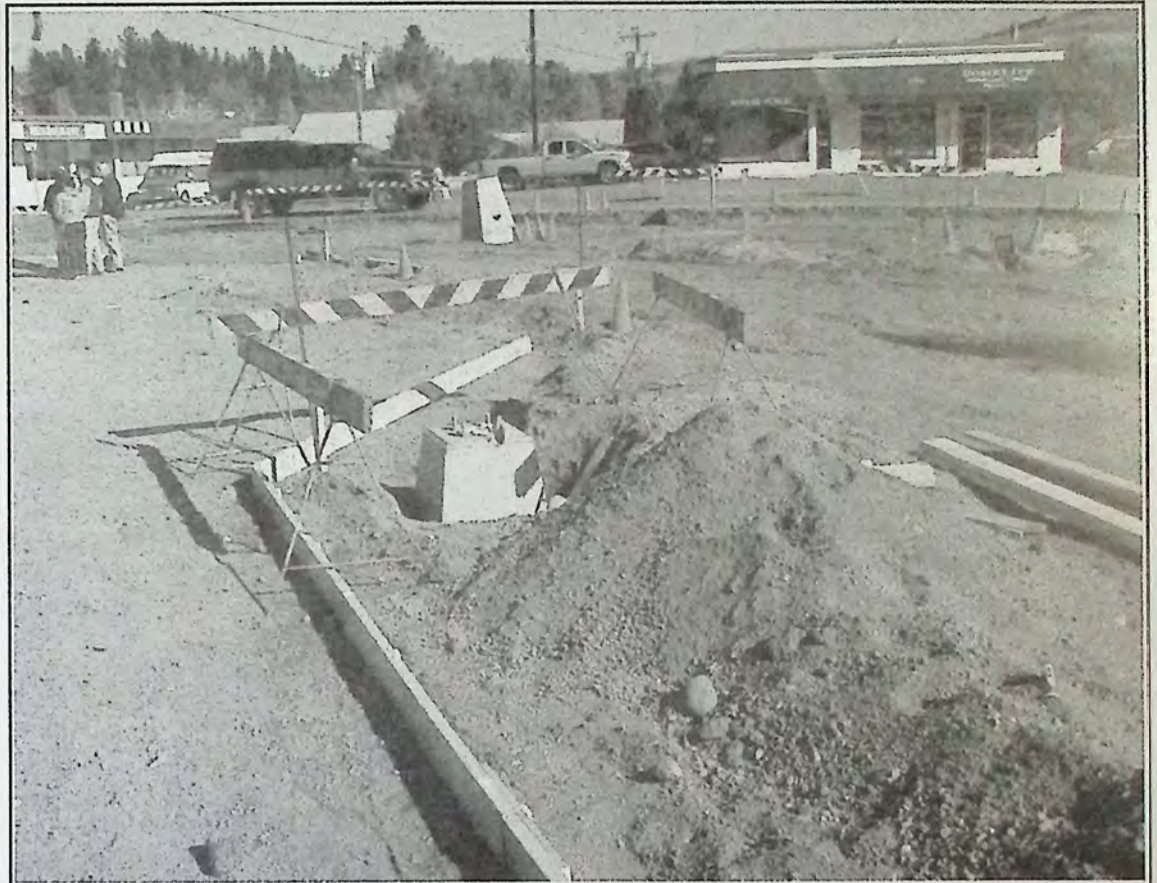
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Another look at progress being made on the Town Square Project. \*

### Letter To The Editor

## Organizer says thank you to all

Dear Editor,

The Princeton Attainable Housing Society would very much like to thank the Princeton District Teachers' Union, members of Living Water Foursquare Church and everyone else who came out to support the October 4th demonstration about the need for safe and attainable "Homes For All" in Princeton, as well as everywhere else in BC.

The BC Teachers Union Federation has encouraged their members to support the "Homes For All" demonstrations throughout BC because the teachers are the ones witnessing and dealing with children who are coming to school with no breakfast and no lunches because their parents have spent the food money on putting a roof over their heads.

We also very much appreciate the generous donations from Overwitea and Irlly Bird to make it possible for us to offer hamburgers, hot dogs and drinks to everyone who came out.

Princeton's homeless are not visible as the ones in big cities are because they are not sleeping on the streets and in the alleys but they are here nonetheless. They are sleeping in places that are not safe or heated; we have heard about, storage sheds, campers, tents and on other people's couches because there is no place to be found for them that is safe or a price they can afford.

We hope everyone who believes that everyone deserves a safe home will join Princeton Attainable Housing Society to help us find a viable, win/win solution to our local situation of homelessness. Call (250) 295-4464 for more information. We also hope to see you at our monthly "Homes For All" demonstrations at the cenotaph - please call the above number for

the dates. Princeton performing Arts Society will be entertaining at one of these demonstrations very soon.

Again, a very heartfelt thank you

Letter To The Editor

## One man's opinion

To The Editor;

The Canadian public have been subjected to a needless and very expensive election, thanks to a Prime Minister who could not have his own way 100%.

Thank goodness he could not.

Stephen Harper's for right thinking and style of economics, pander entirely to the corporate elite and are unable to think forward to a new low carbon economy.

A Carbon Tax is not something to

to everyone (approximately 60 to 75 people) who came out.

- Sylvia Bailey, President  
Princeton Attainable Housing Society

fear or dismiss as something that can't work. For an example of just how well it can work we can look to Norway, they have had a carbon tax since 1992. The economy is very strong and unemployment is low.

The BC Carbon Tax may have been hastily implemented, and need some refining but it is a step in the right direction, in a world that needs action urgently.

- Jim Hodge, Princeton

## Dorothy reports from The Court

Summer has definitely gone and Jack Frost has taken over. The beautiful leaves of fall are slowly drifting earthward leaving the bare stark branches to weather winter's fury.

In the meantime, parents are busy harvesting the last of their gardens and preparing suitable winter clothing for their families.

We at the Court are also busy. Our sale is scheduled for October 18th from 1:00 to 4:00 PM so we are making final preparations. The lovely aroma of cookies - fresh from the oven - makes our mouths water. Of course, broken ones sampled but others quickly bagged and priced.

Bread, buns and pies are also on the list. Sewing machines are busy and knitting needles fashioning socks, mitts and other things.

Do you think we have forgotten Bingo? Of course not! We also have word search and other games.

Our horoscopes are read and we all listen wondering if they could possibly be true.

Hope to see many at our sale on Saturday, October 18th to share a cup of friendship. - D. Stenvold

## Mayor praises auxiliary

Mayor Randy McLean was a guest speaker at a conference of Hospital Auxiliaries held in Merritt last month. He spoke in praise of their "never ending work".

Mayor McLean used Princeton's Hospital Auxiliary as an example of what hospital auxiliaries contribute to the community. Princeton Hospital Auxiliary raised \$57 thousand last year in support of Princeton General Hospital and Ridgewood Lodge. He noted hospital auxiliaries raised more than two million dollars in the region.



# Ghost Town

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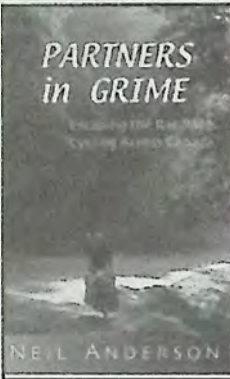
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**Thursday, October 23<sup>rd</sup>**  
**Princeton Town Hall**

Anyone interested in becoming a member of Princeton Racing Days or anyone wanting more information about Racing Days is more than welcome to attend this AGM

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**Letter To The Editor**

**Cawston resident talks politics**

To The Editor;

I'm writing this to put in a word for our representative in Parliament, Alex Atamanenko.

When I first met Alex I was almost intimidated. He exuded intelligence and I thought that anything I might say to him would come out almost incoherent. But I was very wrong. He seemed to understand everything I said and turned out to be a very good listener.

I introduced him to several people in town and noticed that he listened more than he talked. Alex has covered his riding from the Slokan to Manning Park and has participated in community forums, fought with us against the coal-fired plant, informed us about the very secretive Security and Prosperity Partnership being hatched by the Conservative and Bush governments, held a Shine A Light On Poverty Forum, comes to our Mother's Day Peace Walks, and generally is very visible. He was doing all this while he was our MP, not just while he was campaigning. I don't consider Alex a politician, he is our representative and he does it well. It would be a travesty to lose him now.

A lot of us were very impressed with Elizabeth May's intelligence in the debates but in our area a vote for the Greens won't help her to get in one whit. And the Liberals have never made a foothold in this riding and their candidate has almost no chance of getting in here. It's traditionally been a race between the Conservatives and the New Democrats.

I don't believe it's fear-mongering when I say I personally am afraid of Steven Harper and his Conservatives.

There has always been a push by his party for deep integration with the American government. He follows lock-step with Bush's policies, which are taking Reaganomics to new lows. We hear the mantra of "smaller government" and are told that's what we want. What that means is that government is letting go of the reins. We are left open to being sued by private companies. The Canadian government got sued when it tried to protect its citizens from getting an additive in their gasoline that was known to be harmful. But it was cutting into the profits of private business and they could sue for that.

Canada Post was sued by a private courier company for cutting into their profits. And often these are not real profits but projected ones!

The governments of the US and Canada (and BC for that matter) can't wait to offload their responsibilities.

Some of the direct results of government neglect appeared when babies were getting sick from imported toxic toys. Doesn't anyone inspect imported goods anymore? Now we have 20 people who have died of Listeriosis because the food inspectors have been dumped. Having the power to make companies behave in an ethical manner is now considered 'government interference'.

If I were Steven Harper's elementary teacher during the debates I would have told him to wipe that smirk off his face. Why do politicians smile when they're under fire for bad policies?

Out of five political parties, he stands alone when he says we should "stay the course". I don't think so.

- Donna Stocker, Cawston



The Gallery, formerly the Goldion Restaurant on Vermilion Avenue, has been a focal point of local talent since Princeton Arts Council started using the location to display works by local artists - most recently a display by Dr. Allan Gill. Photo: Brenda Engel

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Princeton Arts Council calls it "bringing art to the heart of our community" - the use of the former Goldion Restaurant as a local art gallery. The site was used October 9th for an open house featuring the work of Dr. Allan Gill and the rest of October will see displays by Bob Cormack and Dr. David Reid. Ruth Kavanaugh will be featured in early November. Photo: Brenda Engel

# Ranching Ain't Easy

## Strawberry Tea

by Lyn Melnechenko

Every once in a while I wished I'd paid attention when my mother was trying to teach me to be a lady.

I had to deliver a horse that I had trained back to its owner. My neighbor asked if I could deliver his Mother's Day gift while I was down at the coast. I owed him several favors so I told him I'd do it. Besides, White Rock wasn't too far out of my way.

I dropped the horse off and rode him for a few minutes to show the owner how much he'd learned. By the time I pulled up in front of my friend's mother's townhouse it was almost noon.

Now, I always travel with a pet to keep me company. On this trip I had along my pet raccoon, who always pulled off all the knobs in my truck if I left her alone. So I snapped the leash on her collar, picked up the parcel and walked up the sidewalk to deliver it. I had forgotten to take off my spurs and they jingled as I walked. I rang the

doorbell and was met by a very elegant woman. I handed her the parcel and she invited me in to join the party. Inside was a roomful of equally elegant ladies all dressed to the nines. I felt seriously out of place in my western clothes and tried to make my excuses. A couple of ladies beckoned me in and invited me to join them for tea. They giggled and cooed about how charming it was to meet a cowgirl.

I found myself sitting on a pink velvet chair. I sat the raccoon underneath the seat and propped my heels on the rungs of the chair to keep her there. I was handed a plate of shortcake and a cup of tea and glanced around to see how everyone else was handling this. I had no idea what to do with my Stetson, so I hung it on my bended knee. I had the plate in one hand and teacup in the other and balanced the saucer on the other knee.

As I sipped my tea the ladies asked questions about ranch life

and horses and seemed impressed with my answers. They kept saying "How charming!" whenever I told them a story about my lifestyle. I was beginning to relax and lose some of my tension, when suddenly the large cuckoo clock began to chime the noon hour. By the second cuckoo the raccoon was on the move and streaked across the room and dove onto the clock and climbed to the top. As the little wooden bird made an appearance the raccoon ripped it out of the clock and stuffed it into her mouth. Without even thinking I jumped to my feet. My Stetson and the saucer flew like UFOs across the room. My spurs caught up in the rungs of the chair and I fell face first onto the coffee table, splitting my lip and bloodying my nose. One of the ladies screamed and grabbed a Damask napkin to mop up the blood. I figured that time was of the essence, so I crawled across the floor and grabbed the raccoon. The chair dragged along, still hung up

on my spurs. I felt like I was caught in a leg-hold trap.

By the time I extracted the bird from the raccoon's throat she was gagging and choking and trying to claw the thing out and I got scratched in my efforts to remove it. I tucked the raccoon underneath my arm to keep her from getting away and scrambled to my feet. In the process the chair tipped over and before I could reach out and stop it from falling over, it knocked a vase off the cabinet behind it and smashed it all over the floor.

As I looked around I saw the horrified looks of the ladies. Apparently my charm had worn off.

The room was like a war zone, with strawberries and whipped cream everywhere. I don't know where my teacup went but my shortcake was sitting in the lace lap of one of the ladies. There was tea dripping off the edge of the table into the spilled sugar. The

remains of the broken vase and a couple of shattered cups crunched beneath my boots.

I plucked my hat from a puddle of whipping cream and shook it to remove a blob. It flew across the room and stuck on one lady's cheek. I mumbled several apologies as I backed towards the door. The hostess led the way and held the door open for me. As I passed her I handed back the bloody napkin and she smiled wanly. I muttered another apology as I stepped through the doorway.

The last thing I heard as I walked down the stairs was "Please, do come back and visit again, but not in the very near future. And Dear, if you return, could you please leave your spurs and raccoon at home?"

(Lyn has released a collection of her poems and drawings in "Cowgirls Cuss Too!" Contact her at [lyn@nethop.net](mailto:lyn@nethop.net) to purchase your copy.) copyright 2008 Lyn Melnechenko

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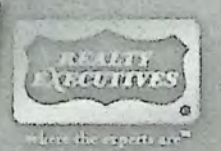


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