

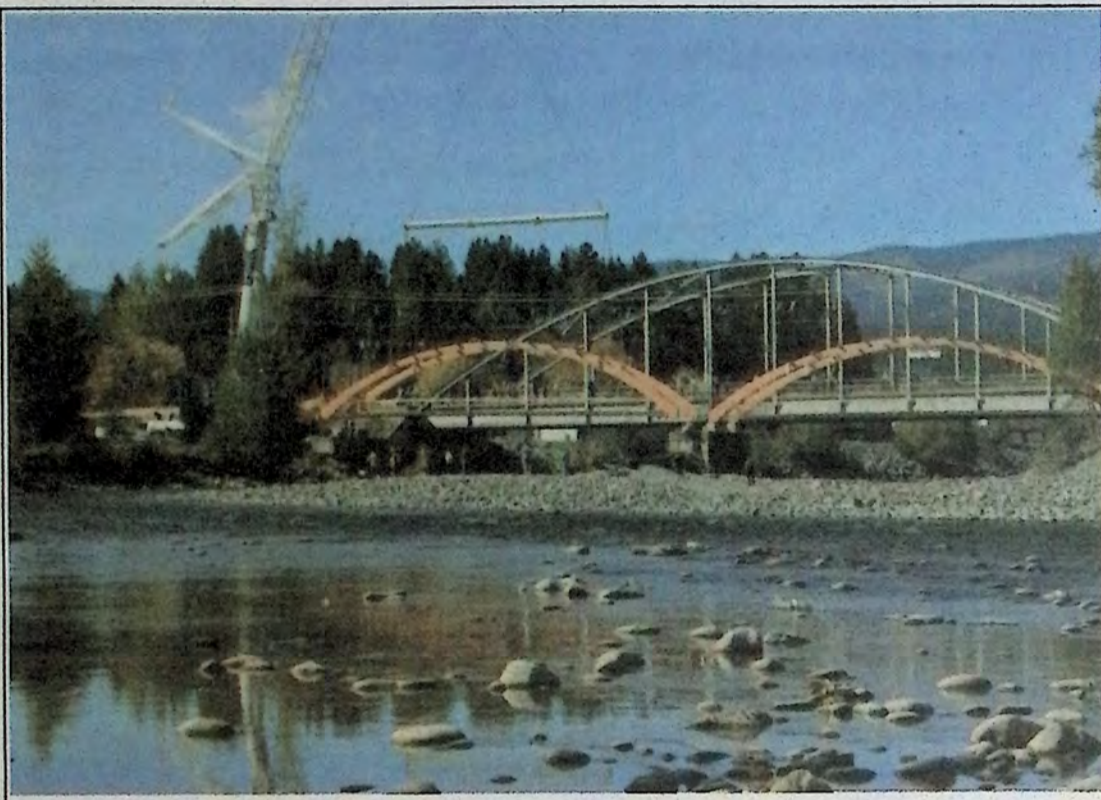


# Similkameen News Leader

75¢  
INCLUDES GST

Volume 12 Issue 38 #597 ISSN 1712-090X

Tuesday, September 22, 2009



The final span of the Bridge of Dreams is gingerly put in place September 17th. Photo: Randy Clark

## Copper Mountain rejects proposal

Copper Mountain Mining Corporation ("CMMC" or the "Company") announced September 17 that on the afternoon of September 15, 2009 the Company received a highly conditional, non-binding untimely share exchange proposal ("Proposal") from Taseko Mines Limited ("Taseko"). The Copper Mountain Board ("CM Board") allowed Taseko to personally present the Proposal to the CM Board. The Proposal contemplated a \$10 million private placement by Taseko in the Company at \$2.20 per share conditional, amongst other things, that the Company enter into an exclusivity agreement with Taseko. The CM Board

noted that the Proposal was subject to among other things a 14 day due diligence period. Taseko also informed the CM Board that the final terms of the Proposal required Taseko's board approval. In addition, Taseko required the Proposal to be effected under a plan of arrangement and Taseko required more than 120 days to complete this.

In considering the Proposal the CM Board took into careful consideration the relationships of its key strategic partners and the potential of long term growth and opportunities for the Company. The resulting entity as outlined in ..... continued on Page 7

## Posse recruits volunteers with free dinner

The Princeton Posse Junior Hockey Club needs your help and will feed you this week just for showing up.

In an effort to thank existing volunteers and attracting new ones, the hockey club is hosting a free dinner at Billy's Restaurant Wednesday, September 23rd starting at 6:00 PM.

"What we are trying to do is say thank you to those dedicated individuals who have already been helping during game nights at the arena and maybe interest a few more in getting involved," explains Princeton Posse Marketing Director George Elliott.

"The Princeton Posse is truly a community-owned hockey team and it functions better when the community actively takes part in the delivery of home games."

There are currently a handful of volunteers who show up to each home game at Princeton Arena and handle a variety of tasks from tick-

et and raffle sales to goal judges and timekeepers. The club is hoping the free dinner will entice those who have considered becoming part of the organization but didn't know how or what was expected of them.

"I'd really like to see enough people show up that we can fill positions where we need extra help and have a list of spares available to spell off those volunteers who either want a night off or may not be able to attend a few games for some reason," Elliott adds.

The Volunteer Thanks and Recruitment evening will feature Posse Head Coach Dale 'Duner' Hladun and a number of Posse players.

"Duner has a way about him that when he talks about hockey you can't help but get excited about it and he genuinely wants the community to be proud of it's team so the dinner is an opportunity to get the word out and maybe a few more people will want to be part of it," Elliott says.

Coach Hladun will speak at the dinner on what the hockey program in Princeton does for players and what the community does for the team. He will also be able to explain the duties and tasks required of volunteers.

The club is looking for people to assist in the following positions: game ticket sales, raffle and puck

toss ticket sales, goal judges, penalty box attendants, security, ushers and various 'go-fer' type roles. There is still a need for a couple more billet homes for players and assistance would be appreciated in other 'behind the scenes' roles that are active outside of the game night schedule. Volunteers are required to meet two main criteria: that they

are 18-years of age or older and that they commit to participating in a number of games scheduled this hockey season.

If you are unable to attend the Posse Volunteer Thanks and Recruitment Dinner and would like help the team contact Club President Jim Manion at (250) 295-8155.

## Fall Fair looks forward

Princeton Fall Fair Association met September 15 at the fairgrounds to review the recent fair and the Association's financial position.

President Keith Olsen praised Association members and volunteers for the excellent job they did in organizing and presenting the 44th annual Fall Fair.

"This was a bad year to approach local businesses for sponsorships," Olsen told the News Leader. "We went ahead without our usual level of sponsorships, and I was quite

please when our bank balance showed we came out \$875 better than last year."

This was achieved with the assistance of Regional District and Town of Princeton grants.

Olsen was pleased with the support of local residents. Approximately 800 people paid admissions (which were lower this year), and the people who bid on the auction, bought raffle tickets, and attended the evening entertainment.

"The new dance floor was a

worthwhile investment," Olsen said. "People enjoyed dancing to the music by the band."

Most of the meeting was taken up with discussion of what can be done at next year's fair. The Fall Fair Association will mark 45 years, while Princeton celebrates 150 years. Olsen anticipates a different kind of fair next year, with perhaps an extra day of activities.

**FOLLOW THE PRINCETON POSSE ONLINE AT:**  
[www.princetonposse.org](http://www.princetonposse.org)

Similkameen News Leader



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## Similkameen News Leader THIS WEEK:

PXA Thanks Volunteers - Page 3  
Pepperfest Sizzles In Keremeos - Page 4  
Golf Club Goes Pink - Page 11



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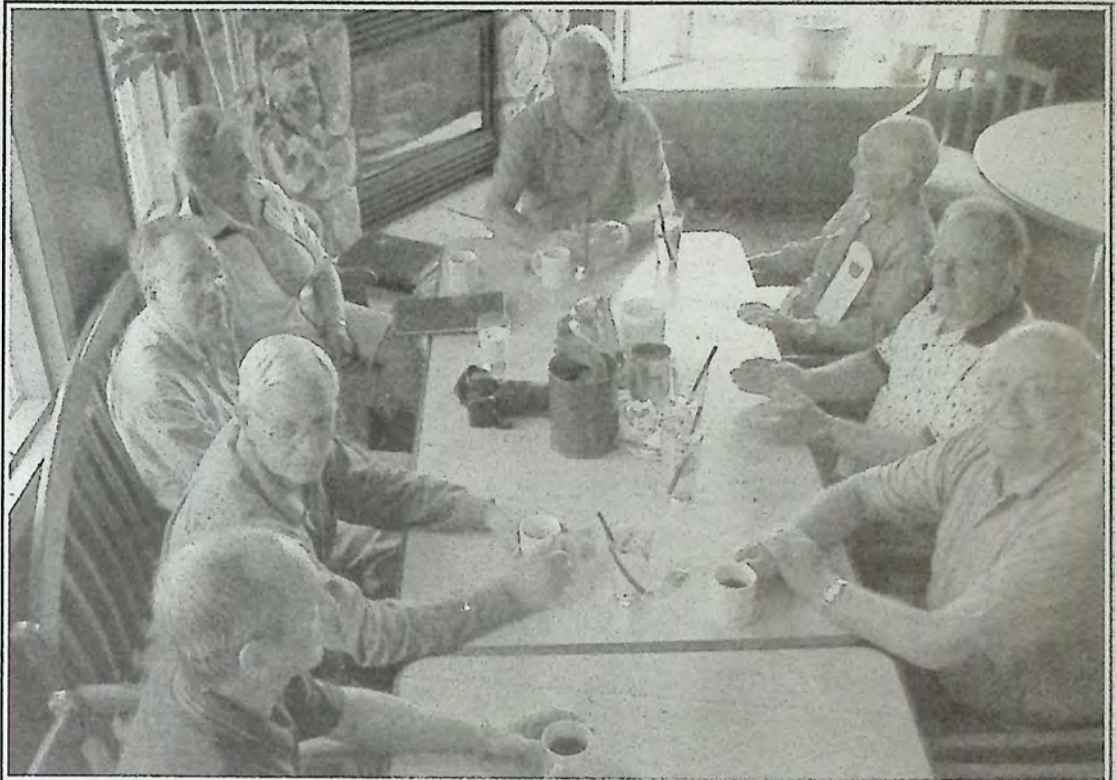
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Princeton Rotary Club members continue to meet casually for lunch at Copper Mountain Bar & Grill. With a decline in membership the drive is on to attract those interested in serving their community. \*

## Looking forward to El Nino

We will have an El Nino winter this year. Scientists say it is a major El Nino year. We hear a lot of concerns expressed regarding the Winter Olympics, but what can this mean for us?

To understand what we may expect, we need to look back at past El Nino years. The usual pattern brings us heavy snow followed by sudden warming trends.

Our last major El Nino year was the winter of 1995-96. We had a lot of snow in early November, particularly in the mountains to the west. On November 26, the weather brought us a warm low from the Pacific, accompanied by rain. On November 29, we had one of the worst floods in local history. There were 200 people in emergency quarters, their homes flooded. Many homes were badly damaged. The communities of Tulameen, Coalmont and Princeton were strongly affected.

Prior to 1995, there were two other major El Nino winters worth mentioning. 1990-91 saw snow arrive in early November, followed by a sudden warming on November 9, with rain, and a minor flood on November 10. The Remembrance Day ceremonies were probably the warmest in the past 50 years. The winter went on to offer some heavy snow, with highways closed off and on.

The El Nino major event of 1980-81 saw plenty of snow right up to Christmas Eve, when a warm low from the Pacific brought rain. We had rain Christmas Eve, Christmas Day and Boxing Day of 1980. Highways were closed due to flooding and wash-outs. Water crept over the banks along the Similkameen River, but there was no major flooding. The rest of the winter alternated between cold and warm, with icy conditions on many occasions.

How can we prepare for the major

El Nino winter?

First, if you have property along the river, move your possessions to high ground. In the past, people have lost travel trailers, sprinkler systems, and machinery of various kinds due to having left them on low ground. If you live near rivers and creeks, make sure you have a working pump if your basement tends to fill during run-off.

The snow can be very heavy during an El Nino winter. Make sure your roof is in good shape, and make sure you clean it off frequently. If you plan to be away during the winter, hire somebody to clean off your roof. Keep the snow well back from basement windows in case it turns to slush and causes flooding.

Do not leave any tools or equip-

ment around your yard. They may become buried in the snow or covered with ice in freezing rain. The only tools you need are shovels, snowblowers and roof rakes, and leave them under cover.

Have good tires on your vehicle and be prepared to be stranded if you travel. Have flashlights, blankets, emergency food, water, ice melt and gravel in your vehicle this winter, even if you have never done so before.

Keep flashlights up to date at home, as power failures may occur. Keep an emergency store of foods such as canned milk, bread and other staples in case highways are closed.

Nobody knows what will happen, but being prepared for the worst is better than just hoping for the best.



This photo only hints at the size of the crane that moved into position September 15th along the Trans-Canada Trail for placement of the Bridge of Dreams across Tulameen River. \*



### 5th Annual Charity Golf Tournament

**JOIN US!**

## COPPER MOUNTAIN Bar & Grill

**Saturday September 26th**  
Shot Gun Start At 2pm

All proceeds of this event are going to  
**THE SPIRIT OF ANGELS**

Tournament Is Being Held At  
The Princeton Golf Course At 2pm.

BBQ to Follow At The Copper Mountain Bar & Grill.  
There Will Be 50/50 Draws On The Course And At The BBQ,  
Live Music, Prizes And Much Much More!!!

\$60.00 Entry Fee For Non-Princeton Golf Course Members  
\$35.00 Entry Fee For Member Of The Princeton Golf Course  
Includes Green Fees, T-Shirt Designed especially for the event, BBQ Dinner W/One Beer & Live Entertainment  
Register online at <http://thespiritofangels.bounceme.net>  
Or  
At the Copper Mountain Bar & Grill  
Registration Required By September 14th For Guaranteed Shirt Size

**IF YOU BRING A NEW UNWRAPPED TOY YOU WILL RECEIVE \$5.00 OFF YOUR ADMISSION FEES!!!**

**SPREAD THE JOY**

The spirit of angels collects toys and funds to purchase needed items for the children and young families who are unable to have the holidays during the holiday season. Last year they collected over 20,000 gifts. They were able to give to the entire hospital & intensive care unit at the Vancouver Children's Hospital as well as the Ronald McDonald house.



# PXA praises volunteers

John Bey, President of Princeton Exhibition Association (PXA), is preparing to shut down the fairgrounds for the winter. He has nothing but praise for the people

who put on four big events at the fairgrounds this year.

The PXA is a volunteer board of management for the fairgrounds, which is a year-round operation.

The big events occupy the good weather months, but there is a lot more to the fairgrounds than just the big events. There are stall rentals, racetrack users, caretaker

rental units, and a number of other activities, such as the ATV/BC jamboree which took place in June this year, with the assistance of the PXA and volunteers.

"Every event has been successful this year," Bey told the News Leader.

"None of this would be possible without the volunteers."

The BCRA rodeo held in May began the series of big events by the three user groups who give Princeton the event drawing cards for the public to enjoy. The next event was the horse racing meet, hosted by Princeton Racing Days Association, at the end of June. The annual Fall Fair, presented by Princeton Agricultural Fall Fair Association, took place in August, followed in September by the BC Bull Riding Finals, which is hosted

by Princeton Rodeo Club.

Bey added a lot of praise for the bullriding event held recently. He said Ken Crompton and John Ross did a great job, along with all of the Rodeo Club members.

"Even their wives volunteered to help," Bey remarked.

He said Mike Theal, who entertained in the evening, "did a tremendous job" providing quality entertainment.

The PXA members and the user group members work very hard all during the good weather months. The Town of Princeton owns the property and provides money for maintenance materials, but most of the actual work is done through volunteer labour.

These groups will take a rest for the next few months, but most are already planning for next year.



Princeton Posse players pitched in September 17th at the Community Garden located at John Allison School. The team members took care of a variety of chores in setting up additional planting beds. \*

[www.princeton.ca](http://www.princeton.ca)

Similkameen  
**News Leader**

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## Princeton Town Hall News

### TOWN OF PRINCETON AND REGIONAL DISTRICT AREA "H" FREE LANDFILL DAYS

FREE DUMPING is being offered once again at the LANDFILL on October 24 & 25, 2009 for Town of Princeton and Regional District Okanagan Similkameen Area "H" residents only.

Free Dumping is an opportunity to drop off trash items that are regularly charged a fee such as:

- Home renovation materials  
(i.e. floor coverings, drywall, roofing, etc.)
- Refrigerators
- Air conditioners
- Televisions
- Old furniture, etc.



### RIVERSIDE MOVIE THEATRE

Riverside Theatre is hosting movie nights once again every second Friday. Come to the movies to enjoy a show on the big screen and surround sound while snacking on movie treats from the Loonie Concession.

Night at the Museum 2: Smithsonian  
Rated: PG

Friday, September 25  
Door Open at 6:30 pm  
Show Time at 7:00 pm  
Cost: \$5.00 at the door

MOVIE HOTLINE 250-295-6067 LINE 2



### INVITATION TO TENDER

#### TOWN OF PRINCETON PHASE 1 INDUSTRIAL PARK SERVICING ROADWORKS

Sealed Tenders clearly marked "Phase 1 Industrial Park Servicing—Roadworks" will be received at the office of the Town of Princeton, PO Box 670 - 169 Bridge Street, Princeton, BC V0X 1W0 up to 2:00 p.m. local time, Thursday October 1, 2009. Tenders will be opened in public in the office of the Town of Princeton at 2:05 p.m. on the tender closing date. The work will consist of the construction of approximately 1000 metres of road with asphalt paving and gravel shoulders.

Tenders are available at town Hall at 169 Bridge St.

Tenders received after the closing time will be returned unopened. The lowest or any Tender will not necessarily be accepted.

### REGISTRATION BEGINS

Fall Leisure Programs are starting next week. Check out the Fall Leisure Guide that was mailed out to your post office box or stop in at Town Hall, Arena or Riverside Centre to pick one up today!

Dance Classes begin Sept. 29 for preschoolers, children, youth and adults. Sports program at VFE begin Sept. 28. Clay programs begin on Oct. 7. Adult Yoga begins Sept. 30. Day camps are offered for each Pro-D day.

Sign up today so you don't miss out.

Why Good Programs are Cancelled? Nothing kills a great program than everyone leaving it to the last minute to register. If minimum registration is not met one week prior to the start date listed; programs may be cancelled or delayed. So, please register early by calling 295-6067.



### ANNUAL TAX SALE NOTICE

Pursuant to Section 403 of the Local Government Act on the 28<sup>th</sup> day of September 2009 in the Council Chambers of the Town Hall, 169 Bridge Street at the hour of 10:00 am there shall be offered for sale by public auction each and every parcel of property including improvements upon which any of the taxes are delinquent.

The following properties have Delinquent Taxes owing as of September 17, 2009.

Roll Number	Legal Description	Property Address
00272.010	PLAN NUMBER: KAP69510; LOT: A; DISTRICT LOT: 706;	240A BRIDGE ST
00680.000	PLAN NUMBER: 1459; BLOCK: 2; LOT: 4; DISTRICT LOT: 706;	316 BILLITER AVE

The following Manufactured Homes have Delinquent Taxes owing.

70005.102	Manufactured Home Regis- try # 30719; Bay 10, Deblyn 10 - 473 CORINA Trailer Crt	AVE
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If payment is not received prior to Monday September 28, 2009 the Town of Princeton will be registering a lien on the title and proceeding with collection action.

Shirley McMahon, Deputy Treasurer/Collector  
Town of Princeton

### WHAT'S IN A NAME

Princeton town council invites suggestions from the public for a name for our newly revitalized square. Suggestions in writing will be welcomed until September 30, 2009 by mail, email or in person at town hall.

Council will choose a name for the square at its regular council meeting on October 5, 2009.

www.gotpeppers.info

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# Harvest Moon

## HARVEST FESTIVAL

### Saturday, October 3

WINE TASTING - APPETIZERS  
MEET AND GREET OUR LOCAL GROWERS  
**HARKERS ORGANICS, CAWSTON**

### HARVEST REPORT ON HARKERS ORGANICS

NOW READY: Peaches, Apples, Cantaloupe, Field Tomatoes, Sweet and Hot Peppers!

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# Keremeos News



Chili Cook Off winners Durby's Hilbilly Chili - an entry from Princeton. \*

## Pepperfest sizzles in Keremeos

The 8th annual Similkameen Sizzle Pepperfest started Saturday, September 19th with light rain and eventually turned into a mostly warm day of activity in Memorial Park, Keremeos.

Sizzle Committee Chair Carroll MacLean was pleased with the day.

"The weather turned in our favour and we had a great turnout of participants and spectators for everything we planned for Sizzle."

The tiny handful of committee members worked throughout the year planning the Pepperfest.

"The hard work of our dedicated volunteers paid off as we couldn't do this without their sup-

port and the support of many sponsors," MacLean adds.

There were a total of five entries in the Chili Cook-Off with Durby's Hilbilly Chili of Princeton taking First Place for the second year in a row. Chili of the Caribbean won Second Place with Cawston Chili Cookers taking Third Place. Cawston Chili Cookers were also selected Best Decorated Booth. A People's Choice format was used for judging.

Memorial Park was filled with vendors, food concessions and children's games throughout the day. Local bands provided live entertainment in the morning with the main attraction coming in the

form of popular Kelowna band The Cruzeros who played on the main stage all afternoon.

Keremeos resident Tony Kalichuk won the Brooks & Dunn prize package worth \$780.00 and included four tickets to the show plus hotel accommodations.

A total of twenty entries were registered for the Sear Factor Hot Pepper Eating Contest.

"We actually turned away another eight or ten people just prior to the event," explains Sear Factor organizer George Elliott.

"There were only four entries two hours before the event and then—boom—over a dozen signed up in the matter of minutes."

..... continued on Page 5



A good crowd tasted chili in the Chili Cook Off event at Similkameen Sizzle. \*

# TOOLS, CHRISTMAS DECOR & MORE!

SEPTEMBER 24, 25 & 26 - Princeton Legion



Tony Kalichuk is presented with his Brooks & Dunn prize by Joan McMurray. \*

..... continued from Page 4

The Sear Factor challenge is built around the excitement of a timed event where no one really knows what the actual details are until the event begins.

"We basically try to change it up each year," Elliott says. "Last year it was three jalapeno peppers with the fastest time winning. This year we had jalapenos and cayenne peppers and decided at the last minute to make it a timed event involving one of each pepper."

The fastest time recorded, worth First Prize of \$100, went to Kelly Dennis of Cawston who gobbled

the peppers in 15.06-seconds. Dennis has finished in the top three virtually each year he has entered.

Second Prize (\$50) went to Jose Huitron of Osoyoos (17.17-seconds) with Third Prize (\$25) going to Jonatan Espinosa of Cawston (17.68-seconds).

The rest of the top fifteen finishers were: Sandor Koleszar - 4th with a time of 18.20-seconds, Abraham Mohoboob finished 5th at 19.59-seconds, Omar Moreno was 6th with 21.60-seconds, Alisha Chaudhry - 7th with 22.07-seconds, Cody Rutledge was a close 8th with 22.21-seconds, Jesus

Duran finished 9th with 23.28-seconds, Abraham Correa was 10th with 26.19-seconds, Erick Alvarez - 11th with 28.22-seconds, Martin Tomljenovic was 12th with 32.20-seconds, Sarah Budd was a close 13th with a time of 32.24-seconds, Brian Kelm finished 14th with 33.02-seconds and Allan Young was 15th with 39.78-seconds.

The Sizzle Committee will meet again in two weeks to 'debrief' and begin planning for the ninth annual Pepperfest, set for Saturday, September 18, 2010.

More photos from Similkameen Sizzle 2009 on Pages 21 & 26.




Popular 'Sear Factor' contestant Kelly Dennis gets the signal to start from 'Level 3' Pepper Eating Contest Judge Dave Egli. Dennis went on to win the contest with a blazing fast time. \*

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SCHOOL DISTRICT NO. 58 (NICOLA-SIMILKAMEEN)

**BOARD MEETING DATES FOR 2009**

Regular Meetings of the Board of Education will be held as follows:

September 23, 2009 - Merritt  
October 14, 2009 - Princeton  
November 25, 2009 - Merritt  
December 16, 2009 - Princeton

Meetings are held in the School Board Office and start at 7:00 PM.

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**Regional District Okanagan-Similkameen**

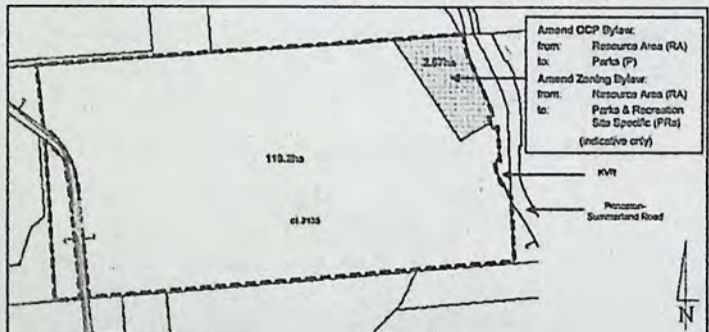
Official Community Plan and Zoning Amendment Application  
Highway 5A, Princeton Rural, Electoral Area 'H'  
District Lot 2135, Except Plan A735 and H13692, KDYD

**NOTICE OF PUBLIC HEARING:**  
Monday, October 5, 2009 - 7:00 PM  
Riverside Centre  
148 Old Hedley Road, Princeton, BC

**PURPOSE:**

Proposal: Amend the OCP and Zoning Bylaws in order to subdivide an approximately 2.67 hectare parcel of land that is to be donated to the Regional District as parkland.

Amendment Bylaw No. 1725.16, 2008: to amend the Official Community Plan Bylaw by changing the land use designation of the subject property from Resource Area (RA) to Parks (P); and to amend the Zoning Bylaw by changing the zoning designation of the subject property from Resource Area to Parks and Resource Site Specific (PRs).



**VIEW COPIES OF THE DRAFT BYLAWS & SUPPORTING INFORMATION 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
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Anyone who considers themselves affected by the proposed bylaw amendment can present written information or speak at the public hearing. All correspondence for the public hearing to be addressed to: Public Hearing Bylaw No. 1725.16, 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 • Web: www.rdos.bc.ca

Donna Butler, MCIP Manager of Development Services	Bill Newell Chief Administrative Officer
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**Health / Lifestyle News**

**Canadians coping with cancer diagnosis can find answers online**

(NC)—A cancer diagnosis brings emotional, social, spiritual and practical consequences for patients and families that can reach well beyond the time spent in treatment. A new comprehensive, trustworthy online resource is now available for Canadians who need access to cancer information including services and resources that can help.

Cancer View Canada (www.cancerview.ca) is an online community for patients, caregivers, health-care professionals and others interested in improving cancer.

Through partnerships with other cancer organizations, the portal provides a single access point to the best available cancer services,

**Becoming physically active is easier than you think**

(NC)—Good news for those who don't like to exercise -- you don't necessarily have to exert yourself to reap the benefits of physical activity. Did you know that 30 minutes of moderate physical activity on most days of the week is all it takes to reduce the risk of many health problems? Physical activity can even help relieve joint pain.

Here are four tips from The Arthritis Society to help you squeeze that half-hour of physical activity into your day -- and make the minutes fly by at the same time. **Take 10 (or 15).** If you don't have a solid half-hour block of time, split your physical activity into shorter sessions throughout the day -- say, a 15 minute walk and 15 minutes of gardening.

**Build it in.** Figure out ways to build some extra steps into everyday chores. Walk to the corner to buy milk, park the car at the back of the mall parking lot or spend your lunch break running errands on foot.

**Make it social.** Make an exercise date with a friend: Attend a Tai Chi class or take a short walk together.

**Add some distraction.** Take the 'work' out of working out by focusing your mind on something you enjoy. Put the exercise bike in front of the TV and watch while you pedal. Or clip on your MP3 player and listen to your favourite tunes while you do yard work.

You can find more pointers on becoming more active plus descriptions of specific stretching and strengthening exercises online at [www.arthritis.ca](http://www.arthritis.ca).

resources and information in Canada from prevention through to treatment and care.

Any number of cancer-related questions can be addressed through the tools and resources available at [cancerview.ca](http://cancerview.ca). For example:

*I have just been diagnosed with breast cancer. Where can I talk to someone who knows how I feel?*

Access online support networks for people affected by cancer or speak with a cancer survivor through the Canadian Cancer Society's peer support service.

*Where can I find out about cancer studies that are going on in my province?*

The Canadian Cancer Trials tool is a searchable national database available through Cancer View Canada. It is a one-stop source for referring physicians, patients and family members to learn about cancer trials

recruiting patients. Searchable by cancer type, province, community, trial centre and drug, Canadian Cancer Trials is updated on an ongoing basis by participating provinces and currently provides information about more than 600 trials.

*My dad is dying. Where can I turn for help?*

The Canadian Virtual Hospice is a website providing trusted information and personalized support about palliative and end-of-life care, loss and bereavement to patients, families and health-care providers.

*How can I get home care?*

The Canadian Cancer Society's Community Services Locator directs you to services available in your community or use the Cancer View Finder tool to search for information about local cancer care services.

- News Canada

**Living Past 100**

**Protect Your Kids' Lifespan**

The season of coughs and colds is fast approaching. There are a few things parents should be aware of (besides the flu) when treating these common autumn and winter diseases. The first, and most important thing to remember: **beware of over-the-counter medications!**

The Center for Disease control in the United States did a study showing more than 6,000 sick children went to hospital as a result of parents giving them cough and cold remedies sold in drugstores. This should give parents something to think about. Worse still, the constant barrage of television advertising tends to lull us into believing these over-the-counter medications actually help cure a cold.

It was only last year that the FDA, an American agency which controls the issuance of permits allowing the sale of medicines, issued a public statement saying cough and cold medications, even those thought to be safe for infants, are not safe for children under two years old.

Go one step further: treatment of the earaches that so commonly accompany children's colds. The over-the-counter preparations, by and large, are not safe for use. In fact, they could do damage.

So what does a parent do when the child is suffering?

First, try some of the old preventative tricks. The first is to make sure your child is getting enough sunlight, or Vitamin D. As the days grow darker, be sure your child is outdoors in the sunlight for at least 15 minutes every day. As winter sets in, give your child Vitamin D supplements. Vitamin D supplements are recommended by Health Canada for both adults and children from November 1 to April 1.

Second, make sure your child is getting enough Vitamin C. You should be feeding your children plenty of fruits and vegetables, but the winter months in Canada means these are often cooked. Orange juice is recommended, but not every child can tolerate orange juice. Keep Vitamin C supplements in your home and use them during the winter months.

Third, make sure your child has plenty of physical exercise such as running, long walks, sports activities, or other vigorous activity. Exercise builds and maintains a healthy immune system.

If your child becomes ill after all of this, there are some old-fashioned remedies you may want to try. As colds are caused by a virus, try aspirin (consult your physician as to the dosage). Cooked mashed carrots mixed with butter is a dish that will fight the cold. Garlic capsules work too, and so do zinc gluconate lozenges. There are herbal combinations known to work, but do not assume you can feed these to your children. Most herbal remedies are too strong for children.

A warm drink of lemon juice with some honey added will be soothing for a cough.

Avoid feeding a sick child foods that will increase flow of mucous. These include refined grain products, dairy products, sugary foods, and meat. Raw fruits and vegetables are acceptable.

The major part of the treatment should be bed rest with plenty of fluids, preferably 100 percent fruit juices. Keep your child warm and comfortable, and assure the child the illness will go away soon.

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Princeton Posse players showed local pride September 17 by working in the Community Garden. \*

### Community Living Month - Inspiring A World Where Everybody Belongs

We are pleased to once again have the opportunity to celebrate the many accomplishments achieved by community members who are also persons with disabilities. Community Living Month provides an opportunity to spotlight their accomplishments, highlight our progress in becoming an inclusive community and celebrate the contributions persons with disabilities make to our community.

We can assess the effectiveness of our programs by the successful integration of people with disabilities into the mainstream of community life. When we reach the point where there is no segregation, no exclusion, no exceptions, we will know that we have succeeded.

Until that time, we are pleased with the progress evidenced by community employers who have enthusiastically welcomed persons

with disabilities into their workforce. You cannot imagine how empowering it is to earn money for real work. Employers speak highly of the workers and find they are a very positive addition to the workplace. Some people are not ready to tackle the challenges of paid employment but are very proud to volunteer their services on a regular basis.

Princeton & District Community Services Society is kicking off Community Living month by celebrating the gifts that people with developmental disabilities bring to our community. In celebration of Community Living Month, we will be hosting a winter clothes drive and barbeque on Friday, October 2 at the new Cenotaph Gazebo from 11:00 AM to 2:00 PM. All winter clothes and financial proceeds will be donated to Princeton Crisis

Assistance.

We will be offering hot chocolate and barbequed hot dogs, by donation, and will accept donations of new and gently used winter clothing (coats, jackets, scarves, snow pants, snow suits, toques, gloves and mitts). All proceeds will go to Princeton Crisis Assistance. Please come out and join us in helping others in our community!

Clothing may be dropped off prior to October 2 at 47 Harold Avenue, site of the New Beginnings Day Program. For additional information, contact Joan or Gloria at (250) 295-3444. - submitted

**WINTER CLOTHES  
DRIVE & BARBECUE  
+ LIVE ENTERTAINMENT**

**11:00 AM - 2:00 PM  
Friday, October 2**

**Cenotaph Gazebo  
Downtown Princeton**

**Hosted by:  
Princeton & District  
Community Services**

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

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### CMMC rejects proposal

..... continued from Front Page the Proposal would have resulted in Taseko Shareholders owning 88% of the combined entity.

The CM Board was particularly concerned about accepting the Proposal in lieu of the \$50 million equity financing as there was no certainty that the acquisition would take place nor was there any certainty that a definitive agreement would be entered into or the acquisition could be concluded in time to maintain the project schedule and meet financial commitments of the project.

This would have jeopardized the Company's ability to maintain its interest in the Copper Mountain project for all shareholders.

If the private placement was completed and the Proposal was not concluded, the Company would be in the position of having a competitor as a significant shareholder. The CM Board concluded that the

Proposal was not in the best interests of the Company's shareholders.

Commenting on the Proposal Mr. Jim O'Rourke, Chief Executive Officer said: "the Proposal from Taseko was not an unconditional offer capable of immediate acceptance. It would jeopardize the Company's current financing and fails to give credible value to the Company's growth potential. Taseko is currently taking action in an attempt to stop our equity offering. Their approach of interfering with the Company's financing could deprive our shareholders of substantial benefit that could result from the development program which is underway. The \$50 million equity offering satisfies the Company's equity requirements for the Copper Mountain Project. We are taking all steps necessary to protect the Company and our shareholders." - submitted



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It came to town in pieces and will leave the same way. One of the largest cranes in western Canada. \*

**The Green Corner**

**Common stain removal myths**

(NC)—We've all heard them—the do's and don'ts of stain removal. But what is a myth and what is real?

Let us help you get down to the nitty-gritty of a laundry list of old wives' tales.

- You may have heard about home remedies that are known to be successful at stain removal, but household products like rubbing alcohol, hairspray, lemon or salt can be abrasive and actually hurt fabric more than help it.

Do your research before putting your clothes to the test.

- It is a general rule to never wash your clothing in hot water and that only cold temperatures will get out your stains.

However, there are some stains; like hard-to-remove grease, that do well in hot water. Research before washing.

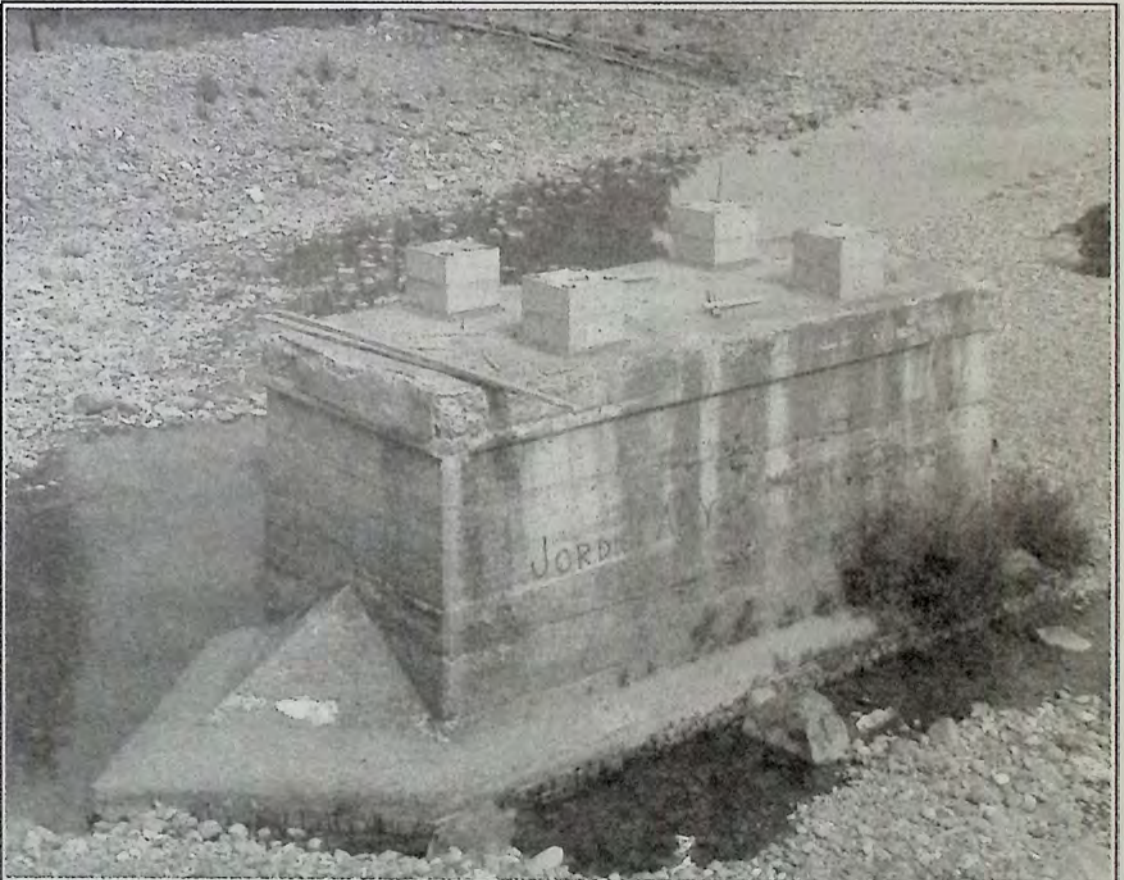
- Some believe that using various methods of stain removal and a combination of products are best at attacking tough stains.

But think before you treat, as mixing different chemicals can cause toxic odours and mixed results on your clothing.

Save yourself the time and frustration of wading through fact and fiction by trying new Tide Stain Release.

It works with any detergent to target and help remove fresh and dried stains, right in the wash.

For more tips on beating tough stains, visit this helpful website: [www.tide.ca](http://www.tide.ca).  
 - News Canada



The centre pillar of the old railway bridge across Tulameen River will become part of the support structure used for the Bridge of Dreams tying the past to the future for years to come. \*



# Princeton 1860 - 2010

150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

## The Tulameen Ice Mine



Ivor Knudsen and Harder Hansen cutting ice for the Stenvold Dairy in 1934. Photo: Princeton Museum

Before the days of refrigeration huge quantities of ice were "Mined" from Otter Lake at Tulameen and shipped hundreds of miles. All across the Continent, during the winter months ice was cut from rivers and lakes as a year round supply of natural ice and sent in huge volumes to warehouses in towns and cities across North America.

As elsewhere, in Tulameen the ice harvest was a skilled operation and this source was chosen for its quality, purity and being free from silt. Weather conditions had to be just right; the desired thickness was between fourteen and sixteen inches and this normally arrived in January.

Starting at the loading point, blocks were sawn sized 50 to 100 feet and then floated shoreward down the channels that had been made. They were then cut into smaller blocks and loaded into wagons on the railway that skirted the lakeshore. At first hooks and cables were used, but later conveyors were introduced.

Special trains ran around the clock carrying the glittering cargo through Princeton to Oroville, Washington, where it was distributed to serve Great Northern Railway facilities and a ready market.

By 1915, North American railways had developed insulated boxcars to haul perishable commodities. The preferred method of cool-

ing cars was to place large blocks of natural ice into special compartments that would allow for the circulation of cool air inside the car.

Up to sixty local men were employed and in 1921 a total of 2,300 cars were shipped. Sam Roper of Oroville Divisional staff supervised while Alex McRae from Tulameen was employed as the local foreman.

In 1915, a specialist by the name of Pipe was brought in from North Dakota to supervise the installation of a plant that would allow 3,000 tons a day to be shipped.

On January 17th, 1917, the Princeton Star reported on the operations; *the ice harvest at Tulameen will be handled on a larger scale than ever this season. Last winter's shipments totalled somewhere about nineteen hundred cars whereas this year's cut is expected to reach three thousand carloads. The ice harvesting plant on Otter Lake near Tulameen is one of the largest in Western Canada. The work gives employment to fifty to sixty men and ten or fifteen horses.*

*The ice-loading conveyor is four hundred feet in length and has a capacity of three thousand tons a day. It runs between two railway tracks and each of these sidings holds eight boxcars, thus making it possible to load sixteen cars at a time.*

*Buildings in connection with the plant include a bunkhouse 24 x 60*

*feet, an engine room 16 x 36 feet, a barn 32 x 32 feet with room for sixteen head of horses. The plant was built and is owned by the Great Northern Railway and the ice is shipped to the various points of the system in the Western States and Canada. It will require about a fifty-acre area for the season's supply.*

Modern refrigeration made this picturesque technique obsolete and the last ice train to run in 1928. It had been a major activity from the time the railway reached Tulameen from Princeton in 1910. Ice for local use was harvested and stored from various waterways until well into the 1930's.

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\* 23 of 25 institutes; Selkirk and College of New Caledonia pending

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SEPTEMBER 24, 25 & 26 - Princeton Legion

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Princeton Posse take their new team bus on its first road trip September 18. Photo: Brenda Engel

## Legion Ladies Auxillary

by Carol Seaman

Well here we are again to keep you in the know, after spending a wonderful summer at nearby lakes. The meeting started with 11 of us present to sing 'O Canada' and give a few moments of silence to think of those who are no longer with us. Then it was down to business, as it is time again to give donations to different organizations. Janice Perrino, executive director with South Okanagan Similkameen Medical Foundation, had come to us last spring to let us know that a CT Scan Imaging machine was badly needed for the Penticton Regional Hospital. In 2008 Penticton Regional Hospital per-

formed over 11 thousand CT exams. This CT scanner is used forty to fifty times a day. These exams are fast and safe.

They 'reveal internal injuries and bleeding' thus saving lives. The new technology in CT scans delivers 40% less radiation than machines in the past. And why should we care? Because over eight thousand of those patients using the Penticton Regional Hospital are from Princeton. So it was agreed to send them a cheque to help in raising one million five hundred dollars to purchase this machine.

Again this year we have decided to do a tea and bake sale with a raf-

fle. It was so successful last spring, and it is a way we can all work together to help raise funds. With fall fast approaching and with so many activities on the go, we will have to jump in and get things started. We hope you plan to attend the tea, as in the past it has had a very good turn out.

We will keep you posted on exact dates and how we are progressing. As the meeting came to an end, tea, coffee and cookies were served, and a flood of wonderful new ideas were being shared. If you would like to join us, we meet the second Tuesday of the month at 7:00 PM, in the Legion Hall. We look forward to meeting you.



A grant from the Princeton & District Community Forest Corporation funded this! Photo: Brenda Engel



# News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 22 - 28, 2009



Posse players show they have green thumbs in the Community Garden last week. \*

## Club hosts 'in the pink' event

The sun absolutely shimmered on 58 ladies in various shades of pink ranging from "pastel" to "shocking" when they played in a fun 9-hole tournament September 12. The "In the Pink" Tournament was an annual event up to 2001 when it was discontinued for lack of an organizer, but was revived last year and the ladies club hope to carry on the yearly tradition. 30 Princeton ladies were joined by 14 ladies from Hope, 8 from Osoyoos, and 7 from the Penticton area.

What makes this fun day different is that most clubs have an eighteen-hole tournament that places more emphasis on competition, while our "In the Pink" attracts the women who like the fun, camaraderie, lower cost entry fee, and the wonderful luncheon Princeton Golf course is known to put on for tournaments. Some ladies attended just for the fun, knowing they would not be eligible for some of the prizes without the necessary handicap factors required in most tournaments.

Princeton ladies provided coffee, muffins and fruit to start the day, and donated generously of their time to organize and help with the many functions of a tournament preparing scorecards, name tags, registering, selling tickets, donating prizes. Eyecatching bouquets of pink flowers adorned the banquet tables com-

pliments of Sharon Blower. The senior men had the unenviable job of selecting the best dressed pink lady and best dressed pink cart, provided the air to blow up the balloons, decorated tables, set up the games on the course, and did the scorekeeping. Many thanks to Lloyd Wilson, Larry Evans, Al Lambe, Ken Blower and others who volunteered so generously. It takes many willing hands to put on a successful tournament and all the help was appreciated.

The overall Low Gross winner was Sharleen Anderson, and the Overall Low Net winner was Kaye Palmar, both local ladies. Other winners were as follows:

- Flight 1: HCP 0-25
- Flight 3: HCP 31 - 35
- Low Gross - Helen Rogers (Princeton)
- Low Gross - Kaye Palmar (Princeton)
- Low Net - Wanda Marshall (Princeton)
- Low Net - Joy Wallace (Princeton)
- Long Drive - Sharleen Anderson (Princeton)
- Long Drive - Lisa Coulter (Princeton)
- K.P. - Elaine Dachshyon (Princeton)
- Flight 2: HCP 26 - 30
- Flight 4: HCP 36 - 40
- Low Gross - Heather Hutchinson (Penticton)
- Low Gross - Sheila Roffel

- (Penticton)
- Low Net - Gail Nelmes (Osoyoos)
- Low Net - Paula Cooper (Princeton)
- Long Drive - Faye Stewart (Hope)
- Long Drive - Lois Funk (Princeton)
- K.P. - Gail Nelmes (Osoyoos)
- K.P. - Louise Dawe (Osoyoos)
- The low gross amongst the non-handicappers went to Linda Bryant (Princeton)
- Best "In the Pink" Lady - Tara Atkinson (Princeton)
- Runner-up "In the Pink" Lady - Wanda Marshall (Princeton)
- Best dressed cart - Tara Atkinson & Wanda Marshall (Princeton)
- Accuracy - A tie, Liz Wilson (Hope) and Pat Homer (Penticton)
- Least putts - Helen Rogers with 12 putts (Princeton)
- Shortest legal drive on #1 was made by Faye Stewart (Hope) and the most putts (24) were made by Darlene Sheehan (Penticton). The birdie pot was won by Helen Rogers (Princeton), and the chip-in pot was divided among 3 ladies. The 50/50 draw was won by Helen Rogers (Princeton).
- The winners of the ladies club raffle were drawn. First prize, a quilt, was won by Cheryl Pryor, second prize was the basket of goodies won by Annie Hassel, and the three flower arrangements were won by Audrey Niehaus, G. Heck, and N. Elliott.

- submitted by Muriel Peterson

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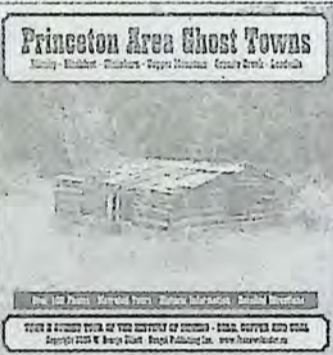
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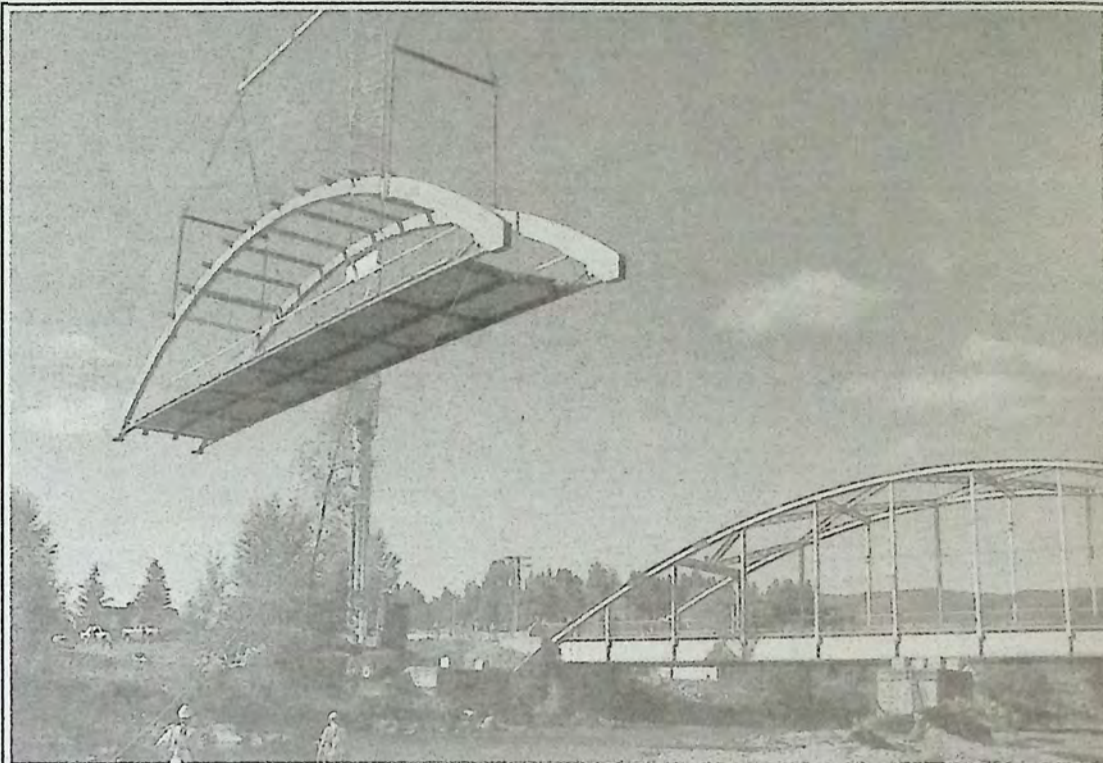
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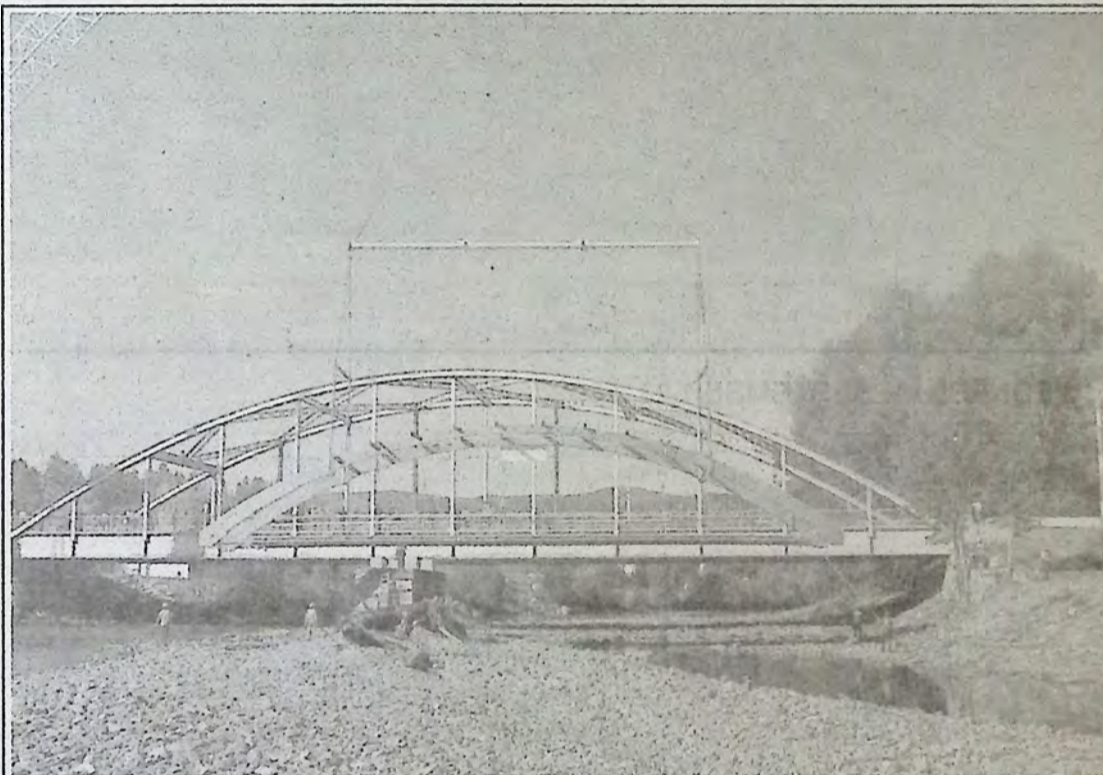
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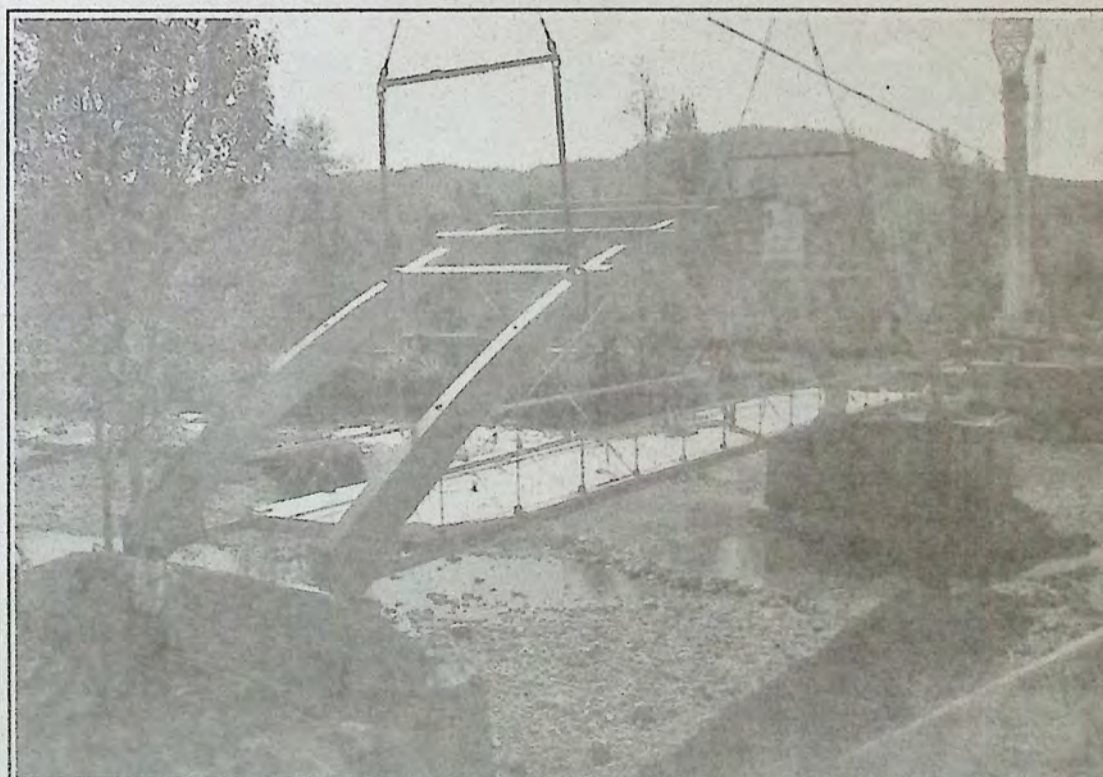
# Bridge of Dreams



The Bridge of Dreams - Part 1 - passing over Tulameen River, September 17. \*



Crews carefully move the span into place. \*



A view of the first part of the job looking from Highway 5A. \*

TUESDAY, SEPTEMBER 22, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Power Play
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Paula Deen; Jillian Michaels; room makeover; Mandy Moore; skin care. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron Rollbots	SportsCentre		Man vs. Wild	Mickey Mickey	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Harvey		(DVS) Sid the Science Kid Sid is growing.	Curious Mandy			CSI: Miami		100 Huntley Street	100 Huntley Street	Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		Mayday	Handy Handy	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet	News	CSI: Crime Scn	Soap
10 AM	Reba	PLAN Canada	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View (N)	PLAN Canada	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa	Champ. Darts	The View (N)	Extreme Engineering	Mickey Handy	The O.C.	CSI: Crime Scn	Dawson's Creek
11 AM	Jim Name Earl	World Vision	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Hair Care Paid Prog	World Vision	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	Incredible Dog	Canada-Model	Junk Ralders	Phineas Suite Life	The Bonnie Hunt Show	CSI: Crime Scn	Raymond
12 PM	King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Paid Prog	News Bold	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men (12:25)	NASCAR Racing	etalk Bold	Against the Elements	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Seinfeld	As the World Turns (N)	Wibbly Pig (N) Quilling	Dewberry	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)	Doc Zone	(12:50) Viva Jacob	WEC WrekCage	Olympic	Dirty Jobs: Egg Farm	Dragon Emperor	Judge J. Judge J.	CSI: Crime Scn	'70s Show
2 PM	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	The Price Is Right (N)	CSI: Miami	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Edgar Casper	Horn Interruptio	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	3's Co.
3 PM	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Fashion F. Mercer	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	Destroyed Destroyed	Replace Emperor	CityNews at 6 (N)	CSI: Crime Scn	Parker Parker
4 PM	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyber	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	NHL Preseason Hockey: Penguins at Maple Leafs	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Hell's Kitchen (N)	CSI: Crime Scn	'70s Show
5 PM	Payne	Early News	Babar	BBC News	News (N)	News	The First 48 Cabdriver.	News ABC News	Early News Global	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Penguins at Maple Leafs	CTV News at Five (N)	How-Made	Suite Life Montana	The Biggest Loser (N)	CSI: Crime Scn	Stunt Stars
6 PM	Law & Order: SVU	Global News	Taste Buds Dogs	News-Lehrer	News (N) Millionaire	News Hollywood	Manhunter	News	(5:59) News Hour (N)	ET Canada	Coronatn	iCarly	SportsCentre (Live)	CTV News (N)	Destroyed	Zoey 101	Surviving Disaster	ET Canada	
7 PM	Movie: "Shanghai Knights" (2003)	Entertain ET Canada	Frontiers of	Magnificent Mind at Any Age-Amen	Jeopardy! Fortune	The Doctors	Manhunter	Entertain The Insider	Entertain ET Canada	The Good Wife "Pilot"	Fortune Jeopardy!	Drake Prank Ptrl	Interruptio	etalk	Deadliest Catch (N)	Wizards Montana	The Jay Leno Show (N)	Surviving Disaster (N)	Family Guy
8 PM	Jackie Chan. (2003)	NCIS (N)	First Australlans (N)		The Biggest Loser (N)	NCIS (N)	Manhunter	Dancing With the Stars	NCIS (N)	NCIS (N)	Mercer 22 Minutes	Malcolm Chris	Sports Boxing: Juan Diaz vs. Paulie Malignaggi. (Taped)	You Can Dance	Daily Planet	Suite Life Buzz	CityNews	Surviving Disaster	'70s Show
9 PM	Movie: "Shanghai Knights" (2003)	NCIS: Los Angeles (N)	Movie: "The English Surgeon" (N)	Magic Moments: The Best of 50's Pop	The Jay Leno Show (N)	The Good Wife "Pilot"	Manhunter	the forgotten "Pilot" (N)	The Good Wife "Pilot"	News Hour Final (N)	National	Family Biz Frank Ptrl		The Mentalist (N) Law & Order: SVU	Destroyed Destroyed	Wizards Life Derek	NY Goes to Hollywood	CSI: Crime Scn	Family Guy
10 PM	Jackie Chan. (2003)	The Good Wife "Pilot"	Eden				Manhunter							Deadliest Catch	School Cory	Coach Judge	Surviving Disaster	Married...	
11 PM	In the Heat of the Night	CHBC News Final (N)	Warrior Boyz	Charlie Rose (N)	News (N) Tonight	News Late Show	Manhunter	News (11:35)	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour Mystery	Adrenaline	SportsCentre (Live)	CTV News	How-Made	Suite Life Life Derek	Home Imp. CityNews	Disorderly Con.	3's Co.

WEDNESDAY, SEPTEMBER 23, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Bulld Lions	News (N)	News	Amer. Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Sweet 16"	Crow-Stairway
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Giada De Laurentiis; accessories; Sandra Bernhard; fall closet makeover. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron Dinosaur	SportsCentre		Super Ships "Top Ten"	Mickey Mickey	The Tyra Banks Show	CSI: NY	The Outer Limits
8 AM	Harvey		(8:29) Sid the Science Kid Sid is growing.	Curious Mandy			CSI: Miami		100 Huntley Street	100 Huntley Street	Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		How-Made	Handy Handy	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record	Regis and Kelly	Daily Planet	Feet	News	CSI: Crime Scn	Reality
10 AM	Reba	World Vision	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa	Champ. Darts	The View (N)	Destroyed Destroyed	Mickey Handy	The O.C.	CSI: Crime Scn	Dawson's Creek
11 AM	Jim Name Earl	Hospital for Sick Kids	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Anti Aging Paid Prog	Hospital for Sick Kids	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	Incredible Dog	Canada-Model	Mighty Ships	Phineas Suite Life	The Bonnie Hunt Show	CSI: Crime Scn	Raymond
12 PM	King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Gibbons Jacob	News Bold	Amer. Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men (12:25)	Triathlon	etalk Bold	The Detonators	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Seinfeld	As the World Turns (N)	Wibbly Pig (N) Sewing	Art Work	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)	Doc Zone	(12:50) Viva Jacob	Golf	Sue Thomas: F.B. Eye	Deadliest Catch	Dragon Emperor	Judge J. Judge J.	CSI: Crime Scn	King
2 PM	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	The Price Is Right (N)	CSI: Miami	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Edgar Casper	Horn Interruptio	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	3's Co.
3 PM	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Fashion F. Mosque	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	How-Made	Replace Emperor	CityNews at 6 (N)	CSI: Crime Scn	Project Runway Canada
4 PM	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchus	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	Olympic	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Hell's Kitchen (N)	CSI: Crime Scn	King
5 PM	Law & Order: SVU	Early News	Babar	BBC News	News (N)	News	Dog the Bounty Hunter	News ABC News	Early News Global	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	World Series	CTV News at Five (N)	Pitchmen (N)	Suite Life Montana	Mercy (N)	UFC Unleashed	Stunt Stars
6 PM	The Office	Global News	Creatures Dogs	News-Lehrer	News (N) Millionaire	News Hollywood	Dog the Bounty Hunter	News	(5:59) News Hour (N)	ET Canada	Coronatn	iCarly	World Series	CTV News (N)	Mighty Ships	Zoey 101	Family Cougar	UFC Unleashed (N)	ET Canada
7 PM	Movie: "Road Trip" (2000)	Entertain ET Canada	T'ina: The Rendering	Great Lodges-Parks	Jeopardy! Fortune	The Doctors	Dog the Bounty Hunter	Entertain The Insider	Entertain ET Canada	Melrose Place "Grand"	Fortune Jeopardy!	Drake Weird	SportsCentre (Live)	etalk	Mayday	Wizards Montana	The Jay Leno Show (N)	The Ultimate Fighter (N)	Family Guy
8 PM	Seann William Scott.	Bones (N) (PA)	Tailor Made	Great Lodges-Parks	Mercy (N)	Christine Gary	Criss Angel Mindfreak	Dancing With the Stars	Bones (N) (PA)	Bones (N) (PA)	Dragon's Den	Malcolm Chris	Off-Record	Next Top Model	Daily Planet	Suite Life Buzz	CityNews	The Ultimate Fighter	King
9 PM	The Office	Glee "Preggers" (N)	Celebrating Mozart: A Gala	Paving the Way	Law & Order: SVU	Criminal Minds (N)	Dog the Bounty Hunter	Family Cougar	Glee "Preggers" (N)	Glee "Preggers" (N)	The Tudors (DVS)	8 Rules What I Like	NASCAR Racing	Criminal Minds (N)	Mayday	Wizards Life Derek	(9:05) I Love Money	CSI: Crime Scn	Family Guy
10 PM	Seann William Scott.	Melrose Place "Grand"	Concert The Vienna Philharmoni c.	Paving the Way	The Jay Leno Show (N)	CSI: NY "Epilogue" (N)	Dog the Bounty Hunter	Eastwick "Pilot" (N)	Melrose Place "Grand"	News Hour Final (N)	National	Family Biz Frank Ptrl	Golf	CSI: NY "Epilogue" (N)	Pitchmen	School Cory	Coach Judge	Disorderly Con.	Married...
11 PM	Sanford	CHBC News Final (N)	Concerto	Charlie Rose (N)	News (N) Tonight	News Late Show	Dog the Bounty Hunter	News (11:35)	News Hour Final (N)	ET Canada	(11:05) The Hour Mystery	Adrenaline	SportsCentre (Live)	CTV News	Mighty Ships	Suite Life Life Derek	Home Imp. CityNews	The Ultimate Fighter	3's Co.

# Similkameen News Leader - Horoscopes

September 23 - 30, 2009

**Aries** - Your life shifts gears this week. You will have many one-to-one discussions, and your partner and friends may give a lot of advice. Key to success is a work/family balance.

**Taurus** - Try to speak graciously to others. Don't say things that make others work against you. Health could be adversely affected if tensions build. Physical activity releases negative energy.

**Gemini** - Work on making your home and property as attractive as possible. Fall clean-up, an improvement project, make best use of coming four weeks. Prepare for winter.

**Cancer** - Your ego energy is still running high and will hit opposition this week. You may be right, but you'll have to prove it! Use all this energy for productive physical work. Achieve!

**Leo** - Be careful of your health now, and avoid upsetting people on the job. You could be your own worst enemy. Avoid arguments. Use energy to improve finances, possessions.

**Virgo** - You could hear some good news this week regarding your finances. Somebody may give you something valuable. Be gracious, pay attention to messages. Charm the world now.

**Libra** - Career hits a hectic period and you have to solve some problems. You now have the energy to successfully carry out plans. Support comes from secret sources.

**Scorpio** - Plans work out better now. Groups you deal with are supportive. Travel is not favoured. You may have problems with health due to over-indulgence, especially liver problems.

**Sagittarius** - You needed a break, and you will get one. Career matters run smoothly. You may have problems involving financial dealings, estate matters, investments.

**Capricorn** - Partner continues to be difficult. Friends are not helpful. It seems people oppose you in some way. You may feel tired and out of sorts. Focus on career, travel, income. Rest!

**Aquarius** - You really need to pay attention to health and safety. Matters related to mortgages, investments, insurance, go smoothly. Job problems may last two more weeks.

**Pisces** - Make the effort to improve relationships with others, one-to-one. Partner, friends try to please you. Problems may arise from sports, pets, or youngsters. Hold creative projects.

# Similkameen News Leader - Recipe Corner

Recipe #290

## Rice and Beef Burritos

(NC)—Rice and Beef Burritos offer families a portable and worry-free meal when leading an on-the-go lifestyle. Whether running to soccer practice, swimming lessons or a t-ball game, rice, fresh vegetables, black beans and lean ground beef will give your body the fuel it needs for maximum performance.

- 1/2 lb extra lean ground beef 250g
- 1 cup minced onion 250 mL
- 1 tsp ancho chili powder\* 5 mL
- 1/2 tsp ground cumin 2 mL
- 1 19 oz (540 mL) can black beans, rinsed well and drained 1
- 1-1/2 cups salsa (mild, medium or hot) 375 mL
- 1 cup frozen corn kernels 250 mL
- 3 cups cooked white or brown short or long grain U.S. rice 750 mL
- 6 10-inch whole grain tortillas 6
- 3 cups chopped romaine lettuce 750 mL
- 1-1/2 cups shredded Monterey Jack cheese 375 mL
- 12 thin slices, ripe avocado 12

**Garnishes:**

- Sprigs of cilantro, Lime wedges, Sour cream or plain yogurt

In a large skillet, cook ground beef over medium-high heat until no pink remains, about 10 minutes. Drain any fat, crumble and return meat to skillet. Add onion, ancho chili powder and cumin. Cook, stirring often, until onions are slightly softened; about 5 minutes. Stir in beans and salsa. Cook until heated through, about 5 minutes. Stir in corn (do not need to thaw) and rice until well combined.

To serve: Spoon about 1 cup (250 mL) of the rice mixture in the center of each tortilla. Top with 1/2 cup (125 mL) lettuce and 1/4 cup (50 mL) of cheese and two pieces of avocado. Add a sprig of cilantro, a squeeze of lime and dollop of sour cream/yogurt if desired. Fold bottom edge, then sides; roll up.

Can be served cold, at room temperature or warmed in the microwave if desired. Makes 6 servings.

\* Substitute chili powder if ancho chili powder is not available Source: www.riceinfo.com

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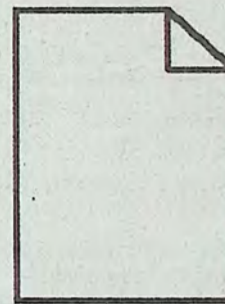
## Tuesday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "Shanghai Knights" (2003, Comedy) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (C)

9:00 pm WTBS (3) ★★ "Shanghai Knights" (2003,

Comedy) Jackie Chan. With help from his sister and a friend, a martial-arts master travels to London to find his father's murderer. (C) **KNOW (5)** "The English Surgeon" (2007, Documentary) Premiere. A brain surgeon embarks on an errand of mercy in the Ukraine. (C)



## RESUME

NEED SOME WORK?

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## Wednesday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend.

9:30 pm WTBS (3) ★★ "Road Trip" (2000, Comedy) Seann William Scott. Friends embark on a lengthy car trip to intercept an illicit videotape mistakenly mailed to one's girlfriend. (C)

## Thursday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "Good Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ. (C)

10:00 pm WTBS (3) ★★ "Good

Will Hunting" (1997, Drama) Matt Damon. A therapist, a mathematician and working-class roughs vie for the soul of a janitor with a genius IQ. (C) **KNOW (5)** ★★ "What Remains" (2005, Documentary) A profile of photographer Sally Mann as she prepares her series on death and decay. (C)

## Just The Fax, Ma'am!

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## Friday Movies

**EVENING**

7:00 pm WTBS (3) ★★ "The Ringer" (2005, Comedy) Johnny Knoxville. Special Olympians train a man, who is pretending to be mentally impaired, to go toe-to-toe with the hated champion of the games. (C)

7:30 pm FAM (2) "Roxy Hunter: The Myth of the Mermaid" (2008, Mystery) Aria Wallace. A girl realizes that a mysterious amnesiac is a mermaid who needs to find her way home. (In Stereo) (C)

9:30 pm WTBS (3) ★★ "Varsity Blues" (1999, Comedy-Drama) James Van Der Beek. A second-string quarterback is propelled to sudden glory. (C)

8:00 pm YTV (19) ★★ "Freedom Writers" (2007, Drama) Hilary Swank. A Los Angeles teacher inspires a class of at-risk students to believe in themselves. (In Stereo) (C)

9:02 pm FAM (2) "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (C)

10:00 pm **KNOW (5)** ★★ "Theremin: An Electronic Odyssey" (1994, Documentary) Clara Rockmore. Premiere. Filmmaker Steven M. Martin profiles Russian Leon Theremin, inventor of the world's first electronic musical instrument. (C)

10:36 pm FAM (2) ★★ "Good Boy!" (2003, Comedy) Molly Shannon. After adopting a dog, a 12-year-old learns the animal is an interplanetary scout sent to investigate other canines. (In Stereo)

THURSDAY, SEPTEMBER 24, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Thomas Lions	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Silent Night"	Traders "In Toto"
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Martha Stewart; mudroom makeover; Cat Cora;	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron Yu Gi Oh	SportsCentre		How-Made Qubit	Mickey	The Tyra Banks Show	CSI: NY "Obsession"	The Outer Limits
8 AM	Harvey		(8:29) Sid the Science Kid	Curious Sid			CSI: Miami "Hard Time"		100 Huntley Street		Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		Mighty Ships	Handy Handy	Rachael Ray	CSI: Crime Scn	North of 60
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record Bowling	Regis and Kelly	Daily Planet	Feet	News	CSI: Crime Scn	Make What
10 AM	Reba	World Vision	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Children ET Canada	Poko Doodlebop	Berenstain Willa	Speed Motoring	The View (N)	Pitchmen	Mickey Handy	The O.C.	CSI: Crime Scn	Dawson's Creek
11 AM	Jim Name Earl	Children TV Made	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	Children TV Made	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	NHRA Drag Racing: Carolina Nationals. From Concord.	Canada-Model	Mighty Ships	Phineas Suite Life	The Bonnie Hunt Show	CSI: Crime Scn	Raymond
12 PM	King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Paid Prog	News Bold	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men (12:25)	N.C. (Taped)	etalk	Mayday	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM	Seinfeld	As the World Turns (N)	Go, Diego, Go!	Painting Quilting	Days of our Lives (N)	As the World Turns (N)	Cold Case Files	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Doc Zone	(12:50) Viva Jacob	N.C. (Taped)	Sue Thomas: F.B. Eye	Time Warp Destroyed	Dragon Emperor	Judge J.	CSI: Crime Scn	Seinfeld
2 PM	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	The Price Is Right	CSI: Miami "Hard Time"	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Edgar Casper	Horn	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	3's Co.
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Fashion F. 22 Minutes	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	How-Made	Replace Emperor	CityNews at 6 (N)	CSI: Crime Scn	Bob-Doug
4 PM	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchas	Judge J.	Oprah Winfrey	Criminal Minds	Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	WEC WreckCage (N)	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Seinfeld
5 PM	Payne	Early News	Babar	BBC News	News (N)	News	The First 48 Past cases.	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	NHL	CTV News at Five (N)	Bear Feeding Frezzy	Suite Life Montana	30 Rock Parks	UFC Unleashed	Stunt Stars
6 PM	Law & Order: SVU	Global News	Heads Up Dogs	News-Lehrer	News	News	The First 48 Millionaire	News Hollywood	(5:59) News Hour (N)	ET Canada	Coronatn	iCarly	Preseason Hockey: Oilers vs. Lightning	CTV News (N)	Pig Bomb	Zoey 101 Life Derek	30 Rock Community	TNA Wrestling (N)	ET Canada
7 PM	Movie: "Good Will Hunting" (1997)	Entertain ET Canada	Frontiers of	Wolves In Paradise	Jeopardy! Fortune	The Doctors	The First 48	Entertain The Insider	Entertain ET Canada	90210 (N)	Fortune Jeopardy!	Drake Family Biz		The Vampire Diaries (N)	MythBusters	Wizards Montana	The Jay Leno Show (N)		Seinfeld
8 PM	Friends	Young and the Restless	Voyage	Sherlock H.	Update Parks	Survivor: Samoa	Crime 360	FlashForward (N)	Survivor: Samoa (N)	Survivor: Samoa (N)	Pedal Power (N)	Malcolm Chris	SportsCentre (Live)	CSI: Crime Scn	Daily Planet	Suite Life Buzz	CityNews	The Ultimate Fighter	Seinfeld
9 PM	The Office	The Doctors	Architecture	MI-5 "The Special"	The Office (9:31)	CSI: Crime Scn	The First 48 Past cases.	Grey's Anatomy "Good Mourning; Goodbye" (N)	The Office Update	The Office Update	Doc Zone	8 Rules What I Like	World Series	Grey's Anatomy "Good Mourning; Goodbye" (N)	Bear Feeding Frezzy	Wizards Life Derek	(9:05) I Love New York	MANswers Game	Family Guy
10 PM	Movie: "Good Will Hunting" (1997)	90210 (N)	Movie: "What Remains"	Soundstage	The Jay Leno Show (N)	(10:01) The Mentalist (N)	The First 48	Mourning; Goodbye" (N)	90210 (N)	News Hour Final (N)	National	Family Biz Frank Ptrl	World Series	Pig Bomb	School	Coach Cory	Judge	(10:04) Married...	Family Guy
11 PM	Sanford	CHBC News Final (N)	Outsdr Art	Charlie Rose (N)	News Tonight	News Late Show	The First 48	News (11:35)	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour	Adrenaline Mystery	SportsCentre (Live)	CTV News	MythBusters	Suite Life Life Derek	Home Imp. CityNews	Ways Die	3's Co.

FRIDAY, SEPTEMBER 25, 2009

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian (6:25) Viva	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Most Amazing Videos	Adventures of Sinbad
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (EI) Martha	Today Today's Fashion: Today's	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron League	SportsCentre		Austin Stevens	Mickey	The Tyra Banks Show	Most Amazing Videos	The Outer Limits
8 AM	Harvey		(8:29) Sid the Science Kid	Curious Sid			CSI: Miami		100 Huntley Street		Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		MythBusters	Handy Handy	Rachael Ray	Disorderly Con.	North of 60
9 AM	Fam. Feud	100 Huntley Street	Spider	Super Why! Dinosaur		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record Bowling	Regis and Kelly	Daily Planet	Feet	News	Disorderly Con.	Tube Tules
10 AM	Reba	World Vision	Spider (10:35)	Sesame Street (EI)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Ad Pers ET Canada	Poko Doodlebop	Berenstain Willa	Yachting Rings	The View (N)	Feeding Frezzy	Mickey Handy	The O.C.	Most Amazing Videos	Dawson's Creek
11 AM	Jim Name Earl	Ad Pers TV Made	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	Ad Pers TV Made	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	Incredible Dog	Canada-Model	Against the Elements	Phineas Suite Life	The Bonnie Hunt Show	Most Amazing Videos	Raymond
12 PM	King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Reshape Jane	News Bold	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men (12:25)	NASCAR Racing: Sprint Cup	etalk	Bear Feeding Frezzy	(11:49) Weekend	CityLine	Most Amazing Videos	Seinfeld
1 PM	Seinfeld	As the World Turns (N)	Go, Diego, Go!	Wylands Bhd	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)	Heartland (DVS)	(12:50) Viva Jacob	NFL Films	Sue Thomas: F.B. Eye	Pig Bomb	Dragon Emperor	Judge J.	Most Amazing Videos	Frasier
2 PM	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	The Price Is Right	CSI: Miami	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Edgar Casper	Horn	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	Disorderly Con.	3's Co.
3 PM	The Office	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge	Dr. Phil	CSI: Miami	Rachael Ray	The Doctors	Young and the Restless	Fashion F. Red Green	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	How-Made	Replace Emperor	CityNews at 6 (N)	CSI: Crime Scn	What TV Made
4 PM	Family Guy	Oprah Winfrey	WordWorld George S.	Biz Kid\$ Cyberchas	Judge J.	Oprah Winfrey	Criminal Minds	Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	CFL Football: Montreal	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Frasier
5 PM	Payne	Early News	Babar	BBC News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	Alouettes at Hamilton Tiger-Cats. (Live)	CTV News at Five (N)	Junk Raiders	Suite Life Montana	Model Search	Disorderly Con.	Stunt Stars "The 4400"
6 PM	Law & Order: SVU	Global News	World Dogs	News-Lehrer	News	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Coronatn	The Next Star		CTV News (N)	Man vs. Wild "Yukon"	Zoey 101 Jonas (N)	Ugly Betty	CSI: Crime Scn	ET Canada
7 PM	Movie: "The Ring" (2005)	Entertain ET Canada	Chiefs "Sitting Bull"	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors	Criminal Minds	Entertain The Insider	Entertain ET Canada	To Be Announced	Fortune Jeopardy!	iCarly	CFL Football: BC Lions at Calgary Stampede. (Subject to Blackout)	etalk	Dark Fellow.	Sonny "Roxy Hunter: Myth"	The Jay Leno Show (N)	CSI: Crime Scn	Family Guy
8 PM	Johany Knoxville.	My Toxic Baby	Poirot	Bill Moyers Journal (N)	Law & Order (N)	Ghost Whisperer (N)	CSI: Miami	FlashForward	My Toxic Baby	NUMB3RS "Hangman"	Ron James Mercer	Movie: "Freedom Writers" (2007)	Hilary Swank	Ghost Whisperer (N)	Daily Planet	CityNews	News	NRL Rugby: Teams TBA.	Frasier
9 PM	The Office	Dollhouse "Vows" (N)	New Tricks	NOW Served	Dateline NBC	Medium (N)	Criminal Minds	Family Cougar	Dollhouse "Vows" (N)	Dollhouse	fifth estate	(2007) Drama Hilary Swank	Medium (N)	Man vs. Wild "Yukon"	(9:02) Movie: "Camp Rock"	(9:05) Real Chance of Love	(9:05) Real Chance of Love	(Same-day Tape)	Family Guy
10 PM	Movie: "Varsity Blues" (1999)	NUMB3RS "Hangman"	"Theremin: An Electronic Odyssey"	P.O.V. "Bronx Princess"	The Jay Leno Show (N)	NUMB3RS "Hangman"	Criminal Minds	20/20 (N)	NUMB3RS "Hangman"	News Hour Final (N)	National	Weird	SportsCentre (Live)	Flashpoint (N)	Junk Raiders	Coach	Police Chases	Family Guy	
11 PM	Sanford	CHBC News Final (N)	Landscape	Inside	News Tonight	News Late Show	Criminal Minds	News (11:35)	News Hour Final (N)	(11:03) ECW (N)	(11:05) The Hour	Adrenaline Mystery	SportsCentre (Live)	CTV News	Dark Fellow.	Movie: "Good Boy!" (2003)	Home Imp. CityNews	Police Chases	3's Co.

# News Leader Puzzle Page

## CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

### HOW TO PLAY:

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

#### CHALLENGE #229 - Rated Easy

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

#### CHALLENGE #230 - Rated Hard

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

THIS WEEK'S SOLUTIONS:  
Page 20

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

## Saturday Movies

### AFTERNOON

- 12:00 pm A&E (9) ★★★½ "The Matrix" (1999, Science Fiction) Keanu Reeves. A computer hacker joins forces with rebel warriors to battle a malevolent cyberintelligence. (In Stereo) (E)
- FAM (26) "Life Is Ruff" (2005, Comedy) Kyle Massey. A teenage slacker adopts a stray as part of a plan to win a large cash prize at an upcoming dog show. (In Stereo) (E)
- 12:30 pm WTBS (3) ★★★ "The Bourne Supremacy" (2004, Suspense) Matt Damon. A CIA chief sends a senior operative to take down Jason Bourne when it appears the rogue agent is behind the deaths of two people. (E)
- 1:30 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising

- young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The swordsman and his wife fight a count. (E)
- 5:18 pm FAM (26) ★★★ "Finding Nemo" (2003, Comedy) Voices of Albert Brooks. Premiere. Animated. A fish embarks on a journey to find his son after losing him in the Great Barrier Reef. (In Stereo)

### EVENING

- 6:00 pm CITY (29) ★★ "A Problem With Fear" (2003, Comedy) Paulo Costanzo. A young man in a futuristic Canadian city must overcome his fears in order to end a plot that is causing people to die. (E)

- 7:00 pm CBC (13) ★★★½ "Master and Commander: The Far Side of the World" (2003, Adventure) Russell Crowe. In 1805 a British captain and his crew endure hardships while trying to prevent a French ship from reaching the Pacific Ocean. (In Stereo) (E)
- 7:30 pm WTBS (3) ★★ "The Legend of Zorro" (2005, Adventure) Antonio Banderas. The swordsman and his wife fight a count. (E)
- 9:00 pm CHBC (4) BCTV (11) "Movie" FAM (26) ★★★ "City Slickers II: The Legend of Curly's Gold" (1994, Comedy) Billy Crystal. Three grown men follow a trail guide's map to buried treasure near Las Vegas. (In Stereo) (E)
- 10:00 pm WTBS (3) ★★ "Flubber" (1997, Comedy) Robin Williams. Enemies try to steal an absent-minded inventor's flying rubber creation and his fiancée. (E)
- 10:30 pm CBC (13) ★★★ "Raising Arizona" (1987, Comedy) Nicolas Cage. A childless couple decide to steal a rich family's baby. (In Stereo) (E)
- 10:55 pm FAM (26) ★★★ "Beetlejuice" (1988, Comedy) Michael Keaton. Two ghosts try to scare away their home's new tenants. (In Stereo) (E)

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## Sunday Movies

### MORNING

- 9:30 am WTBS (3) ★★★½ "King Kong" (1976, Fantasy) Jeff Bridges. An oil mogul seeks to exploit a monstrous ape in New York.
- 10:00 am A&E (9) ★★★ "The Silence of the Lambs" (1991, Suspense) Jodie Foster. An FBI trainee seeks advice from a brilliant, psychopathic prisoner to catch a killer who skins his victims. (E)

### AFTERNOON

- 12:00 pm FAM (26) ★★ "The Cheetah Girls" (2003, Comedy-Drama) Raven. Four teens aim to take the world by storm with their music. (In Stereo) (E)
- 1:33 pm FAM (26) "Wizards of Waverly Place The Movie" (2009, Comedy) Selena Gomez. A young wizard conjures a spell that jeopardizes her family. (In Stereo) (E)

- 2:00 pm WTBS (3) ★★½ "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (E)
- 5:00 pm CBC (13) ★★½ "Ratatouille" (2007, Comedy) Voices of Patton Oswalt. Animated. A Parisian rat who enjoys fine food lives beneath a famous restaurant and longs to be a great chef. (In Stereo) (E)

### EVENING

- 6:00 pm WTBS (3) ★★★½ "The Truman Show" (1998, Comedy-Drama) Jim Carrey. An unwitting man's life is arranged for him, captured on hidden cameras and broadcast internationally. (E)
- 7:00 pm CBC (13) ★★★ "Harry Potter and the Order of the Phoenix" (2007, Fantasy) Daniel

- Radcliffe. When a new professor's inadequacy leaves Hogwarts unprepared to fight the rising tide of evil, Harry teaches a small group of students how to defend against the dark arts. (In Stereo) (E)
- 8:00 pm WTBS (3) ★★★ "Clueless" (1995, Comedy) Alicia Silverstone. A Beverly Hills teen plays matchmaker for teachers, transforms a bad dresser and examines her own existence. (E)
- KNOW (5) "Inspector Morse: Twilight of the Gods" (1996, Mystery) John Thaw. Morse and Lewis investigate the murder of a freelance journalist who was writing an article about a wealthy businessman. (E)
- 9:00 pm FAM (26) ★★★ "Free Willy" (1993, Drama) Jason James Richter. An abandoned boy with a chip on his shoulder befriends an ill-fated killer whale at a water park. (In Stereo)
- 10:50 pm FAM (26) ★★★ "Innerspace" (1987, Comedy) Dennis Quaid. A grocery clerk gets jabbed with a hypodermic holding a miniaturized Air Force pilot and craft. (In Stereo) (E)
- 11:00 pm SPIKE (44) ★★ "Basic" (2003, Suspense) John Travolta. A DEA agent investigates the disappearance of a fearsome sergeant and his Special Forces trainees. (In Stereo) (E)

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MONDAY, SEPTEMBER 28, 2009

Table with 20 columns representing different TV channels (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and rows for time slots from 6 AM to 11 PM. Each cell lists the program name and channel number.

Monday Movies

MORNING

6:00 am SPIKE 44 ★★★★★ "Rocky" (1976, Drama) Sylvester Stallone. Heavyweight champ Apollo Creed gives Philadelphia club fighter Rocky Balboa a title shot. (In Stereo)
8:30 am SPIKE 44 ★★★★★ "Rocky II" (1979, Drama) Sylvester Stallone. Underdog Philadelphia fighter Rocky Balboa gets another shot at heavy-weight champ Apollo Creed. (In Stereo)
11:00 am SPIKE 44 ★★★★★ "Rocky III" (1982, Drama) Sylvester Stallone. Old foe Apollo Creed trains ex-boxing champ Rocky Balboa for a rematch

with brutish Clubber Lang. (In Stereo)

AFTERNOON

1:30 pm SPIKE 44 ★★ "Rocky IV" (1985, Drama) Sylvester Stallone. Champ Rocky Balboa trains in Siberia for a bout against a lab-tested Soviet with a 2000-psi punch. (In Stereo)

EVENING

7:00 pm WTBS 3 ★★★★★ "The Devil's Own" (1997, Suspense) Harrison Ford. A New York policeman learns that his Irish houseguest is an IRA terrorist seeking U.S. weapons.

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# News Leader Classified Ads

25 Words - \$7.00 (includes GST) - Pay for two weeks, the third week is FREE!

**for rent**

1-bedroom, shared bathroom with one other, shared laundry, free wireless internet, fully furnished, within walking distance of town. Asking \$300/month per single occupancy. Available immediately. No smoking, no pets, references required. Call (250) 295-0869. Sep 03/22

**for rent**

2 bedroom apartment downtown, no stairs, ideal for seniors. \$700.00 / month. Includes heat, lights and laundry. Adults only, no pets. Damage deposit and good references required. For more information call (250) 295-6408. Sep 03/22

**for sale**

Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988. Nov 25/09

Beef - whole or side, \$2.25 per pound, cut and wrapped. Call Ernie (250) 295-7345 or Terry (250) 295-8121. Sep 09/Oct 13

1,850 Watt Generator Lighting plant. Ran 3 hours. \$500 OBO...21' Security motorhome 59,300 km. No leaks, in good shape, \$5,500 OBO. Call (250) 295-0201. Sep 08/29

New, never used. 3 way beveled mirror bathroom cabinet. 3 shelves 32" x 30" \$125.00 Call (250) 295-0838. Sep 08/22

Bemina sewing machine and table. Model 930 \$340.00...Large deep freeze. Best offer. Call (250) 295-6129. Sep 08/22

25" Memorex TV \$75.00...Couch & Chair \$50.00...Glass dinner top table & 5 chairs \$75.00...5 piece bedroom set, Queen size bed, 5 yrs old \$250.00...Computer cabinet, new \$50.00...4 lawn chairs \$20.00 ...10 HP x 28" snowblower, low time \$450.00...Gas powered weed trimmer \$40.00...10' Kayak 1 year old \$250.00...1985 500CC Honda street motorbike \$600.00...Push type lawn mower 2 years old, \$40.00...Aircraft engine mount/spaceframe/fits Beaver 650 UL or Skywatch UL asking \$300.00 OBO...2 Pilot helmets with David Clark mikes \$50.00 each...1999 Plymouth Breeze BC Certified 2008, 4 new stud tires, the vehicle is in good running, condition \$1,200.00 OBO...Car top luggage carrier \$50.00...Call (250) 295-6455. Sep 15/09

Split firewood 10", 12", 14" long and split...Kids size desks 2 @ \$20.00 each...Solid wood desk \$50.00 OBO. Call (250) 295-6833 or stop by 1277 Highway 3 East. Sep 22/Oct 06

Ford Taurus 1989, 4 doors, needs brakes, \$400.00 OBO, as is. Red in color. Colin (250) 295-6284. Sep 22/Oct 06

Puppies for sale. Min. Bordie Collie X Pappion. Will be medium size. \$200.00. Call (250) 295-0267. Sep 22/Oct 06

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Jul 06-tfn

**notices**

**Dr. Barry Cook is pleased to announce that Dr. Greg Gill will commence practice at our office as of September 14, 2009.**  
**Dr. Gill practiced with our office from 1973 to 1976.**  
**Please phone (250) 295-6212 after September 14th for appointments.**  
Sep 01/22

**wanted**

Small acreage to buy. Must have water. \$150,000 budget. Call (604) 796-2649. Sep 15/29

Undercover winter storage for a 19' trailer in the Princeton area. Call (250) 295-0838. Sep 22/Oct 06

Wanted: Resident caretaker, one person or couple, must be handy for simple carpentry and maintenance to look after building. Paid by reduction in rent. Call (250) 295-4113. Sep 22/29

**ADVERTISING WORKS**  
Or you wouldn't be reading this!  
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For details call the News Leader at:  
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**1-888-350-9969**

**for rent**

1-bedroom suite, downtown. Close to everything. Call Sharon (250) 295-1845. Nov 25/09

Fully furnished, all inclusive rental accommodation available. For more information contact Princeton Castle Resort (250) 295-7988. Sep 22-tfn

2-bedroom apartment downtown, no stairs, ideal for seniors. Asking \$700.00/month. Includes heat, lights and laundry. Adults only, no pets. A damaged deposit and good references are required. Call (250) 295-6408. Sep 05/22

2 bedroom house for rent downtown. \$650 per month. Available October 1st, no smoking, no pets. Contact Heather Johnson at Century 21 (250) 295-6977. Sep 15/09

**card of thanks**

A big  
**THANK YOU**  
to Princeton RCMP and Sgt. Mike Savage for the water tank!  
**Tulameen & District Fire Department**

**announcements**


**MULTI-FAMILY GARAGE SALE**  
8:00 AM - 4:00 PM  
Saturday, September 26  
(rain or shine)  
105 Deerview Crescent  
12' aluminum boat and motor, small utility trailer, roll top desk, Lowery Organ with bench, 24' travel trailer and so much more...

**YARD SALE**  
9:00 AM - ???  
Saturday, September 26  
509 Mayne Avenue  
(Third Bench)

**in memoriam**

**in memoriam**

**Ann Mandich**



Some day we hope to meet again  
Some day we know not when  
To clasp His hand in the better land  
Never to part again

Remembered by:  
Your husband Mike and all your relatives in Germany and Canada and by the Ladies of the Order of the Eastern Star

**help wanted**

**help wanted**

**Counsellors/Facilitators**

A counsellor is needed to fill a 9 hour per week contract. Applicants should have a degree in counselling or related field or the equivalent of education and experience. The position requires working with women who have experienced abuse.

A counsellor/facilitator is needed to fill the position for the Safe Home program. Applicants should have a degree in counselling or related field or the equivalent of education and experience. The position requires working with women and children who are in need of immediate assistance.

Preferred applicants for both of these positions will have:

- Well developed interpersonal counselling, oral and written communication skills with regard to reporting.
- Proficient interviewing and assessment skills.
- Good organizational and time management skills.
- A valid BC driver license and reliable vehicle.

Working outside of normal office hours and doing home visits may be required with either position. Successful applicants must be willing to submit to a criminal records search. More detailed job description information is available by contacting:

Heather at 250.295.3126 or mail to Box 1331, Princeton, BC VOX 1W0, or e-mail [childcareadmin@telus.net](mailto:childcareadmin@telus.net).

**Closing Date: September 25, 2009**

# Classified Advertising Rates



## 25 words \$7.00



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### notices

#### MONDAY NIGHT BINGO IN PRINCETON SENIOR CITIZENS BR. #30

162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
SPECIALS, REGULAR GAMES, ODD & EVEN, PROGRESSIVE SNOWBALL & LOONIE POT, "LUCKY 7" WON EVERY MONDAY (MIN. \$50.00 GUARANTEED)  
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Natural character chart - \$25.  
Basic chart plus predictive - \$50.

Phone 295-6063  
Completely confidential

### notices

#### Narcotics Anonymous

**OPEN MEETINGS**  
Wednesdays 7:30 PM

160 Old Hedley Road  
Baptist Church Basement  
(USE BACK DOOR)

Sundays 7:30 PM  
Living Water Foursquare Church, Kenley Avenue

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

#### Drinking a problem?

Alcoholics Anonymous

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

Fred 295-7272/Marena 295-7663

### notices

### notices

### notices

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Updated Weekly!

### sudoku

## CARTER'S Sudoku Challenge

SOLUTIONS TO PUZZLES ON PAGE 16

#### CHALLENGE #229 - Easy

167	598	243
425	173	698
983	642	517
319	427	856
642	859	371
578	316	924
891	264	735
756	931	482
234	785	169

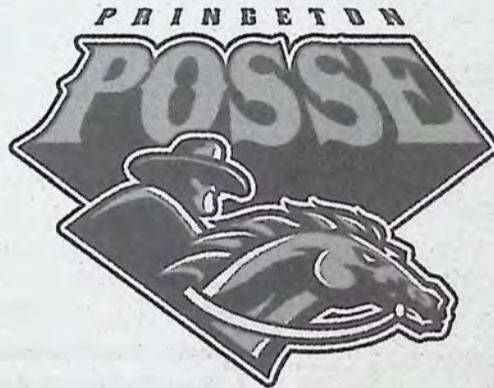
#### CHALLENGE #230 - Hard

174	829	635
925	763	814
863	145	297
251	438	976
796	251	348
438	976	521
519	384	762
642	597	183
387	612	459

## Princeton Posse 2009/10

CLIP 'N' SAVE

### Game Schedule



PRESENTED BY:

## Similkameen News Leader

- FRI SEP 25 - Penticton at PRINCETON
- SAT SEP 26 - PRINCETON at N Okanagan
- SUN SEP 27 - Kimberley at PRINCETON
- FRI OCT 02 - PRINCETON at Chase
- SAT OCT 03 - Chase at PRINCETON
- FRI OCT 09 - Revelstoke at PRINCETON
- SAT OCT 10 - Revelstoke at PRINCETON
- SAT OCT 17 - N Okanagan at PRINCETON
- TUE OCT 20 - Kamloops at PRINCETON
- FRI OCT 23 - Revelstoke at PRINCETON
- SAT OCT 24 - Sicamous at PRINCETON
- FRI OCT 30 - PRINCETON at Sicamous
- SUN NOV 01 - PRINCETON at Kamloops
- FRI NOV 06 - Penticton at PRINCETON
- SAT NOV 07 - PRINCETON at Penticton
- SUN NOV 08 - N Okanagan at PRINCETON
- FRI NOV 13 - PRINCETON at Revelstoke
- SAT NOV 14 - PRINCETON at Revelstoke
- SUN NOV 15 - PRINCETON at Chase
- FRI NOV 20 - PRINCETON at Beaver Valley
- SAT NOV 21 - PRINCETON at Spokane
- FRI NOV 27 - N Okanagan at PRINCETON
- SAT NOV 28 - Sicamous at PRINCETON
- FRI DEC 04 - Chase at PRINCETON
- SAT DEC 05 - PRINCETON at Chase
- FRI DEC 11 - Castlegar at PRINCETON
- SAT DEC 12 - PRINCETON at Kamloops
- WED DEC 16 - Kamloops at PRINCETON
- FRI DEC 18 - PRINCETON at Sicamous
- SAT DEC 19 - Grand Forks at PRINCETON
- SAT JAN 02 - Kamloops at PRINCETON
- SUN JAN 03 - PRINCETON at Sicamous
- FRI JAN 08 - PRINCETON at Col. Valley
- SAT JAN 09 - PRINCETON at Golden
- SUN JAN 10 - PRINCETON at Creston
- FRI JAN 15 - PRINCETON at Penticton
- SUN JAN 17 - PRINCETON at N Okanagan
- FRI JAN 22 - PRINCETON at Penticton
- SAT JAN 23 - PRINCETON at N Okanagan
- FRI JAN 29 - Kamloops at PRINCETON
- SAT JAN 30 - PRINCETON at Revelstoke
- FRI FEB 05 - Nelson at PRINCETON
- SAT FEB 06 - Chase at PRINCETON
- SUN FEB 07 - PRINCETON at Kamloops
- WED FEB 10 - Penticton at PRINCETON
- FRI FEB 12 - N Okanagan at PRINCETON

## FREE AND CONFIDENTIAL COUNSELLING SERVICE

Available to any woman who has experienced physical, sexual or emotional abuse in their past or present life.

Funded by the Ministry of Community Services, Stopping the Violence Branch

### OFFICE HOURS 8:30 AM - 4:30 PM

KEREMEOS: Tuesdays ONLY call (250) 499-3018  
PRINCETON: Tuesdays ONLY call (250) 295-4453

### help wanted

### help wanted

## Is debt turning your world upside down? Relief is only a call away!

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

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

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is available at Shoppers Drug Mart and Chamber of Commerce  
From the Author of: "Blakeburn - B. C.'s Forgotten Ghost Town"

# Similkameen Sizzle



The Cruzeros provided live entertainment in Memorial Park during Similkameen Sizzle. \*



The News Leader's Brenda Engel and George Elliott celebrated their 5th anniversary at Sizzle.



There was fun for everyone at Memorial Park in Keremeos during Similkameen Sizzle, September 19. \*

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# Editorial Page News Leader

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

## My Turn...

### Wanna See Some Free Hockey?

There's a really simple way to get to see the Princeton Posse play for free.

You just have to become a volunteer helping out on game nights.

Where do you sign up?

Just come to the free dinner hosted by the hockey club this Wednesday night, September 23rd at 6:00 PM at Billy's Restaurant.

If you can't make it to that event, just come to any Posse home game and say you want to be a volunteer. That's all it takes. You'll get in to see the games at Princeton Arena for free and you'll get to do something to help the team and have fun doing it.

I think I have probably the best seat in the Arena (I stand during the games) in the 'booth' above the timekeepers/announcer box. That's where the Posse films and broadcasts the home game webcasts from. I do the webcast play-by-play and get to see the game in a very different way from seeing it in the stands. I've also learned a great deal about the game from Assistant Coach Kevin Robillard, who actually runs the webcast program.

I've been very fortunate in my relatively short time with the Posse. I've had assistance from Referee Clint Clifton, who had yet a different perspective of the game to share. My camera girl 'Des' is simply awesome. She follows the game and makes my play-by-play look better than I ever could.

Ian Elko plays music during the games and really sets a mood with his selection. I'm entering my second season as the 'webcast guy' and it's like we are just great friends getting together for a few hours every week or so or several times a week, depending on the home schedule.

I couldn't ask for a better combination of people to be there with me and it's one of the main reasons why I keep going. These people, and the many other volunteers on game nights, make going to 'work' at a hockey game fun and not seem like work.

If you think you'd like to join us, you are most welcome. The Posse Hockey Club can always use a few more people helping in a variety of ways.

And as I've already mentioned, you see to cheer on the home team for free!

Canada

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

### EDITORIAL GUIDE

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

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

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



After a series of structural checks, the first part of the Bridge of Dreams was lifted into place over Tulameen River. The September 17th event turned into a huge spectator sport drawing many onlookers. \*

## ...Your Turn

### Carlson looks at intersection changes

Dear Editor,

As a new resident of Burton Avenue, I am using the pedestrian crossing at Burton and Highway #3 on a regular basis. I want to acknowledge the changes that have been made to the light system. The new light visors make the flashing amber lights more visible during daylight hours. The addition of a flashing amber light on each of the light standards is also an effective safety feature. These additions give drivers an improved chance to know that a pedestrian wants to use the crossing.

Some other ways that would further improve a driver's opportunity to stop include larger advance warning signs set at a greater distance from the intersection, higher intensity flashing lights, and an earlier reduced speed limit for east bound traffic. A stop line at the intersection would help drivers know where to stop to ensure they do not crowd or hide pedestrians.

Driver education would also improve safety. For instance,

legally, vehicles are not to cross through a crosswalk when it is occupied by a pedestrian, even if the pedestrian is beyond the lane the vehicle is travelling in and even if the lights are not flashing. Also, vehicles are not supposed to block an intersection, hence the value of stop lines.

There are also ways to improve this crossing from a pedestrian's perspective. For example, at the Burton crossing pedestrians have no easy way of determining if the lights are flashing. The beep that sounds when the activation button is pushed does not indicate that the traffic light is flashing. An indicator light facing the pedestrian that flashes when the highway lights are flashing would be useful. The 25 seconds of time to cross is too short, especially for a wheelchair user like myself. But ultimately pedestrian safety is the responsibility of the pedestrian. Pedestrians need to be prudent and should only cross after they have made eye contact with the driver

and when traffic has stopped.

Truly, the best way to make the Burton crossing as safe as possible for pedestrians and drivers is a pedestrian activated green, amber, red stop light with advance warning signals for drivers. Drivers know a red light means stop. Crossing a four lane highway when traffic is moving is not a safe or intelligent practice. Drivers need to know that a pedestrian is using the crosswalk so they can safely come to a stop. Pedestrians need to know that traffic is going to stop and stay stopped so they can safely use the crosswalk.

In closing, even with the recent improvements, many drivers do not stop for pedestrians at the Burton crossing. This might be because they are distracted, they do not see the flashing lights, they don't understand their legal obligation to stop, or they don't care. Regardless of the reason, pedestrian safety remains at risk.

Yours truly,  
Ken Carlson, Princeton

# Current Comment

## Why Drugs And Alcohol Need Parental Caution



Dawn Johnson  
editor@thenewsleader.ca

Watching television news from various parts of Canada during the past two months, I have been appalled at the number of teens involved in drunken behaviour leading to life-threatening situations. This is not a new thing. In fact, it is all too common.

Teens at a girl's seventeenth birthday party in Burlington, Ontario, became involved in a knife fight and one boy died of a stab wound. Nobody seemed to know how the fight started, but a neighbour said the teens were drinking alcohol. The mother had left the house so the teens could have fun.

I call this a dereliction of parental duty, but there is an attitude out there that goes like this: "they're going to drink anyhow, so why not have them safe at home". Excuse me, but the parents of that boy in Burlington will tell you there was nothing safe about being in that mother's home, especially when she was absent.

A 14 year old boy in Vancouver nearly died of alcohol poisoning, and if the police had not been called because of his violently aggressive behaviour, his life might not have been saved. Where were his parents? Where did he get the alcohol?

Four families in a small town in the Maritimes lost a child in a car crash this spring. The youths were in Grade 11. All had been consuming alcohol as part of an evening of fun. They made the mistake of going for a drive just for fun. They missed a curve, and all died.

I do not know where they got the alcohol, but I do know they were not old enough to be consuming alcohol.

It is strange that we never hear how or where teens buy the alco-

hol when they are involved in these deadly situations. They are not old enough to go to a liquor outlet and buy the alcohol, so where are they getting it? Does anybody care where they get it?

All of the News Leader readers know I go to court whenever it is held in Princeton. Lately, I have noticed an increase in the number of drunk driving cases coming to court, as well as a number of cases of youths being apprehended as a result of behaviour induced by consumption of alcohol. I never hear of anybody charged with providing alcohol to minors. Why is that? Has our society decided to turn a blind eye to alcohol consumption unless the inebriated person gets behind the wheel of a car?

A lot of criminal behaviour would not happen if alcohol were not part of the situation. Most of the cases of domestic violence that I see in court are the result of drunken loss of control. These are adults, who should know better, but seem to be unable to control their drinking. They get into trouble with the law after legally acquiring alcohol. Where do the teens get their alcohol?

In every community, there are bootleggers. A bootlegger is somebody who buys alcoholic beverages and sells them to people who did not go to the liquor outlet.

Are teens buying their alcohol from bootleggers, or are they buying it from older people who can purchase alcohol legally? Are youths stealing it from their parents or other relatives (I've heard of this).

It is a criminal offense to supply liquor to minors, yet I see little being done about it. Have we decided this is not a public concern, or is it being ignored because most people consume alcohol and see nothing wrong with doing so?

Do not get the idea I am criti-

cizing the police force. On the contrary, I know they do their best to keep a lid on drugs and alcohol where teens are involved. I give our local constabulary top marks for the way they have gone after grow ops in our area, and for how they have cracked down on drugs, but I want to make one thing clear: as long as the public was willing to put up with all the drugs coming out of our area, the police did very little about it. They are busy people and when they talk to Town Council, and Town Council tells them what the policing priorities are for our local society, that is where they focus their efforts. Until Town Council gave specific direction to get rid of the drugs in Princeton, the police focused on keeping the highways safe. When Town Council, several years ago, directed local policing toward cleaning up the drug situation, I started to see case after case come to court related to drug production and distribution (and it was not all grow ops).

For several years, domestic violence was a hot issue, particularly during the late 1990's. Case after case came to court. These days, the number of domestic violence cases has dropped a bit, although they are still around, just as there are still people foolish enough to drink and drive. Yet, during the past 27 years I have been writing the court news, I can recall only two cases where an adult was charged with supplying liquor to a minor. Why is that?

Are we going to wait until a car full of drunk teenagers dies before we demand an end to teen drinking, and penalties for those who supply the booze? Are we going to wait until a teen dies from a stab wound? Are we going to wait until some youngster dies of alcohol poisoning? What will it take before we pay attention?

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OFFICE ADMINISTRATOR  
brenda@thenewsleader.ca

George Elliott  
OWNER / PUBLISHER  
george@thenewsleader.ca

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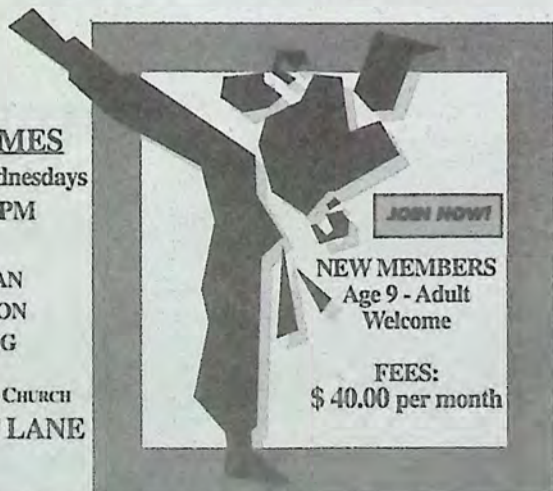
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Letter To The Editor

**Mayor shares experience**

To The Editor;  
 Thursday September 18, I was invited to a lecture at UBC as a result of "your work with resource based communities" which I think referred to my 2 1/2 years spent on SIBAC, the board I sit on which endeavors to direct government funding and programs towards mitigation and diversification of communities which are or will be suffering from pine beetle difficulties. The speaker was a most delightful professor "emeritus" with credentials, tributes and books to his credit which apparently covered 4 pages. Dr John Helliwell is an economics professor who has spent much of his life investigating the connection between people's happiness and the economic situation they live in. The captivating sentence in the comments concerning the topic of his lecture was that he believes that "the most encouraging evidence demonstrates that people's happiness depends much more on their success in working as a community, than from the traditionally emphasized rewards of income and influence." That alone would have drawn me to the lecture, it sheds another light on the job we do as councilors and SIBAC board members.

He has literally traveled to every corner of the globe any number of times and he gave numerous examples such as Tsunami disaster victims in Indonesia who had had their happiness quotients measured before and after the tragic event and even though they suffered tremendous personal loss throughout the

**Community Services marks 35 years**

From very humble beginnings, Princeton & District Community Services has grown to a multi-million dollar enterprise. The annual general meeting was held last week, with a financial report showing an excellent level of money management.

Joyce Fraser, the inspirational visionary who was instrumental in founding Community Services, attended the meeting, along with Ria Smith, one of the longstanding employees who retired a few years ago.

The new Board of Directors was elected. The Chair will be decided next month. Those serving on the Board are Torry Small, Carol Clarke, Diane Rodewoldt, Spencer Coyne, Joann Gabriel, Ken Carlson, Ray Jarvis, Janice Stevens and Rudd Pederson.

Members of the Advisory Group are Jenny Reid, Pamela Ottas and Terri Commandeur.

Thirty-five years ago, Community Services was a tiny group lodged in the basement of the court house in rooms formerly used as a jail. Today, Community Services occupies the entire former Public Health

country, their level of happiness was markedly happier after pulling together as communities and a country to resurrect their way of life. The same was evident in countries who had suffered earthquakes, hurricanes and volcanic eruptions and yet found a way to work together to restore their country. He also showed examples of similar cases that spent their time looking for people to blame and became a community in crisis, and went down in that happiness evaluation. Basically it seemed to come down to his concept which espoused "facing adversity-> forces working together -> which creates happiness". In his words: "you need a chance to mobilize as a community to work for each other to create happiness." In Princeton's recent history our example would have been "Flood 95", if they measured our happiness quotient after everyone joined together to help each other in the face of that disaster, there is no doubt in my mind we would have registered very high.

My comment when allowed to speak was the example of our town square, I stated that although we had over \$5 million in projects going on in town including the water project, the bridge of dreams, the library expansion, the airport and the industrial park servicing; the town square stood out in people's comments. I explained our council had a square supposedly designed for the amount of money we had which was \$600,000, however the consultants design and the lowest tender bid turned out to be

Unit on Lime Street.

During the past 35 years, Community Services has expanded from providing limited services for seniors to an umbrella organization providing home support, programs and housing for developmentally challenged adults, supportive housing for seniors, adult day care, and a community bus service. Community Services became a model for other communities to follow.

Joann Gabriel, who has been Chair for the past several years, was pleased with the excellent turnout to this year's annual general meeting. She gives thanks to the community for the "tremendous support" during the years Community Services has been in operation. During the years, every plan or initiative of Community Services has needed public support, from donations of furniture for the first drop-in center, to manual labour to turn the center into the Mini-Chef Restaurant, to raising funds to build Vermilion Court. The people and various organizations in Princeton have always come through and been generous.

\$1.1million. We took the blueprints to our local contractors and asked if they could bring it in for the money we had available, they came back with an answer that they could do it but they would have to work around the commitments they already had. We agreed and explained to the community that there would be delays and disruption during the busiest time of the year but our local contractors would complete the project at our cost. I then explained that the people of Princeton responded with almost no negative comments during the long process even though their lives and in some cases their businesses were adversely affected. When it was all done countless residents expressed their pride in the finished product.

Dr. Helliwell responded by commenting that that example was a perfect case of the community "taking ownership" of the project and subduing all of their own negative thoughts and in fact quieting anyone who dared to complain (indeed I had been told of a number of examples). He further commented that the finished product was so much more enjoyable to the people of Princeton because the project was in no small way a result of their effort to stand together in support of it. An example of one of his other comments that "doing things together makes you happy".

Finally he talked about the fact that; "people enjoy doing things for others, they just don't know it". I then wondered if we could do our own happiness quotient in our own community; go and ask all those people who volunteer every day to help others, the basketball and school sports coaches, the thrift shop workers, the many local clubs and organizations, the legion ladies, the church groups, the minor hockey and Posse volunteers, COPS, senior aide groups, etc. throughout Princeton and then measure their level of happiness. Then go around and measure all those who are unable to help out as a result of their commitments, lack of time as a result of children or jobs or just lack of interest.

It makes you wonder just how dramatic that difference could be.

Our duty as a community is to never forget the excellent way of life we all enjoy because of the efforts of our volunteers. Yet as Dr Helliwell states as they are helping others and creating a happier community they are unknowingly creating a happier existence for themselves.

I do believe that the good doctor brings to light many innovative lessons and concepts which could be invaluable in the community decisions we make in the positions we hold.

- Mayor Randy McLean



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# Similkameen Sizzle



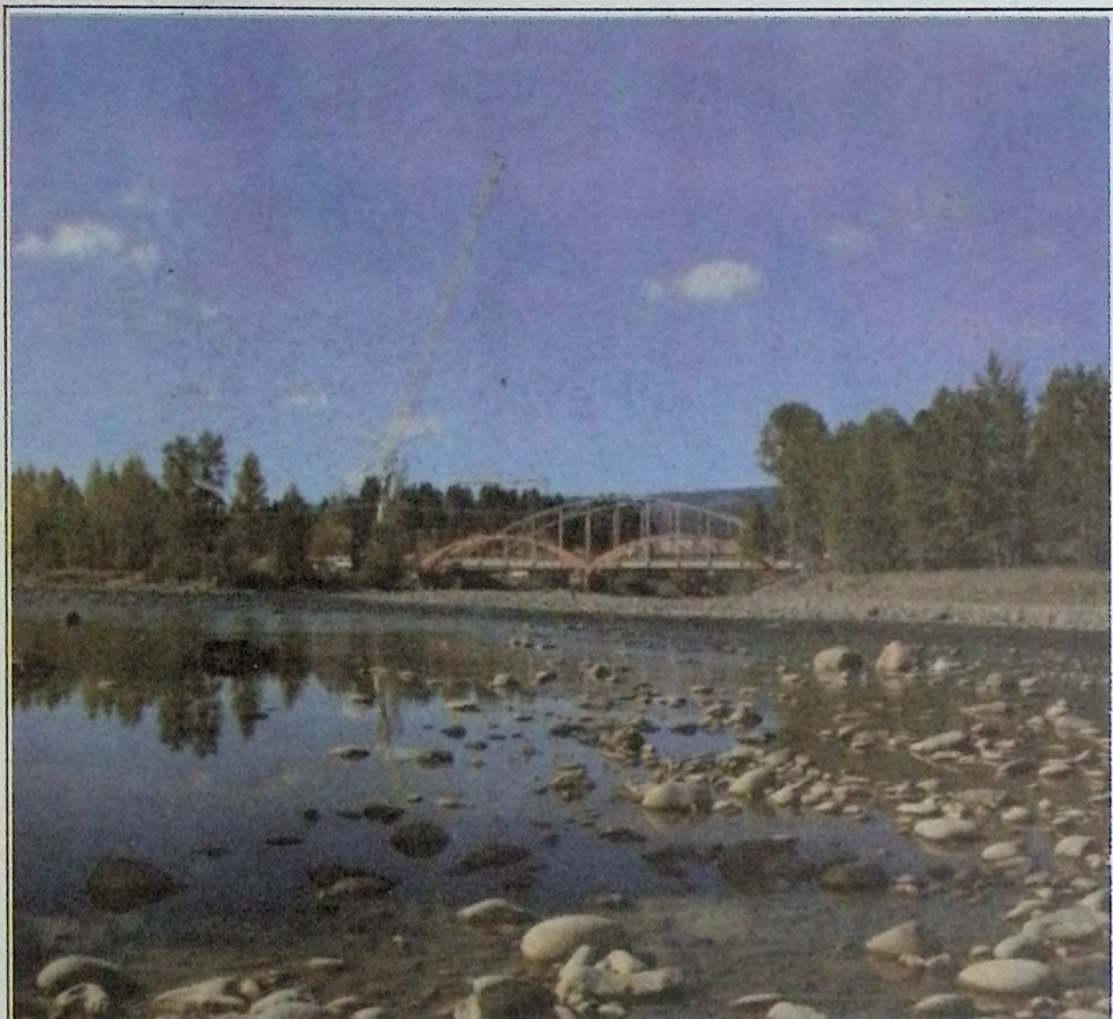
Garbage cans were painted at Similkameen Sizzle, September 19th. \*\*



A couple dance to the music of The Cruzeros in Memorial Park, Keremeos. \*



A close-up of The Cruzeros lead singer Barry Mathers at Similkameen Sizzle. \*



The installation of the Bridge of Dreams attracted a lot of photographers trying to capture the historic moment on film. This shot, taken a fair distance downstream from the bridge location, shows the beauty of the setting and the massive size of the crane used on the project. Photo: Randy Clark



## RESUME

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## SCA Branch 30 News

by Carol Seaman

Well it's been a great summer, except for the forest fires, now we have to get our thinking caps on, as we are back in full swing at the seniors center. With fall fast approaching, we have to consider what comes with it. Should seniors be worried about H1N1 swine flu virus? Is there a difference between seasonal flu and a pandemic? The symptoms are the same but more severe with pandemic and can last way longer.

Often several strains of flu are circulating at the same time, with all the same symptoms. Health officials are no longer doing diagnostic tests to determine types of flu, so patients who are hospitalized will be tested for H1N1.

As with seasonal flu, those who have diabetes, heart disease, asthma, and kidney disease are at a higher risk of complications. On the other hand, people over 65 do not seem to be at risk. Those seniors may have antibodies against the H1N1 virus, while those under 60 do not.

It is good to know that Canada is producing its own H1N1 vaccine rather than ordering from foreign suppliers. If we are feeling flu like symptoms, it is a good idea to avoid contact with others, and not go to the seniors center, or shopping, and stay away from social events and public gatherings, so as not to infect others. Instead, stay at home and seek medical care. Everyone knows to sneeze or cough into your arm, and wash your hands often, this protects you

from getting sick. When soap and water are not available use alcohol based hand wipes, or gel sanitizers. Avoid touching your eyes, nose, or mouth. Practice good health habits by getting plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods and if at all possible, avoid smoking, which may increase the risk of serious consequences if you are to contact the H1N1 flu. Hopefully our seniors will continue to stay healthy and look forward to receiving their flu shots coming up in the next months.

Over the summer months we have had a lot of repair and renovations done to our hall, including putting on a new roof. The kitchen is back serving hot lunches Monday to Friday from 11:30 AM to 1:00 PM, and they are enjoying the new coffee maker and dish sterilizer. Our Early Bird Bingo starts every Monday evening at 5:30, and they too are happy with their much needed new bingo machine. So from Monday to Friday we have activities for everyone. Our membership is only fifteen dollars a year and it covers all the events except your lunch and special dinners or teas.

If it wasn't for our volunteers doing lunches, and our bingo, we would have no activities and our doors would close. Therefore we would like to give special thanks to our member, Jack Kieler for opening the center all summer, and to his wife Grace for making hot dogs for those seniors. It was truly appreciated.

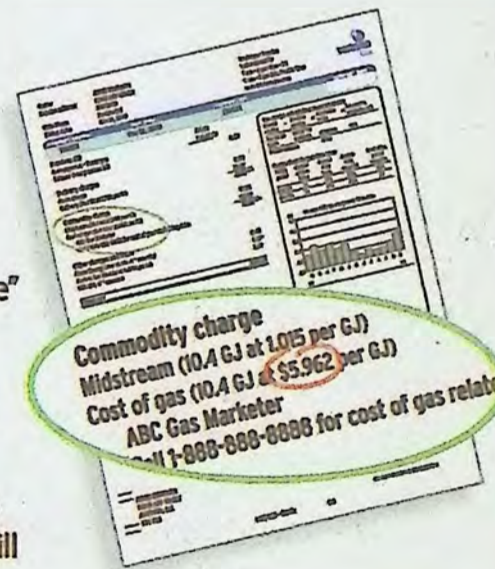
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April comes to us with both education and practical experience in designing, constructing and selling homes privately in the past and she also adds to the team with her backgrounds in financing and facilitating social development programs. April has worked, played and supported Princeton as a long-term resident and we hope that everyone will welcome her decision to join the team at Realty Executives Princeton with equal enthusiasm.

Please feel free to drop in and visit April in her new office or contact her at 250-293-1005. She'd love to see you!



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