



Similkameen

# News Leader

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Tuesday, September 29, 2009



Posse Coach Dale 'Duner' Hladun, left, presents Herb Hodgson with a Posse jacket. \*

## Posse attract new volunteers

Almost 30 people attended the Princeton Posse Volunteer Thanks and Recruitment Dinner held September 23rd at Billy's Restaurant.

"We had planned on a two-pronged approach to this dinner," says Posse Marketing Director George Elliott.

"First off we wanted to thank our volunteers for being part of the team and didn't want to wait until the end of the season to do this, and secondly, we thought we could interest a few more people to get involved with us."

A total of five new volunteers made commitments during the evening, which turned the event

into a huge success.

"To have five more people come out or phone to say they'll do virtually anything we need them to do on game nights is amazing," Elliott adds.

The volunteers not only received a free dinner, courtesy of the Princeton Posse and Billy's Restaurant, but also were thanked by Team Head Coach Dale 'Duner' Hladun who spoke about the importance of all the volunteers working together to achieve various goals.

Hladun used the recent purchase of a team bus as an example of volunteers heading in the same direction..... continued on Page 10

## Princeton RCMP release second quarter stats

In his last official act as interim Detachment Commander for Princeton RCMP Sgt. Mike Savage presented Town Council with the second quarter Crime and Calls for Service report on September 21st.

The report, prepared by South Okanagan Similkameen Crime Analyst J. Scott, shows that criminal code offences remain comparable to the same period in 2008 (May to July) although Princeton RCMP recorded a 3% increase in calls during the second quarter of this year.

"Persons offences continue to drive up Princeton's otherwise low crime rates," states the report.

Sgt. Savage told Town Council "the majority of our Persons Crimes are drug or alcohol related" and gave much of the credit to COPS (Citizens on Patrol) in assisting with crime figures continuing to be low in the Princeton area.

"You're only as good as the people you surround yourself with and they should be commended for the job they do."

In the first half of 2009 local police responded to 83% more reports of crimes against persons than during the same period a year before. Persons crimes are defined as crimes including murder, assault, sex offences, uttering threats, robbery, criminal harassment and harassing/obscene phone calls. The increase in Princeton Detachment calls were attributed to a higher incidence of persons crimes in the utter threats and level 1 assault categories.

"Property crime numbers remain noticeably lower than last year's," notes the report with particular emphasis on the decrease in vehicle crime (stolen vehicles and thefts from vehicles) and points out Princeton RCMP did not record its first vehicle crime report of the year until mid-April.

Taking a closer look at the report Auto Theft was down 50% over

the same period last year with Theft from Vehicles down 67%, Break and Enters down 40%, Other Thefts (including theft over and under \$5,000, bicycle theft and shoplifting) down 17%.

Drug related incidents remained

unchanged with Mischief/Property Damage down 9%, Utter Threats up 140%, Assaults up 100% and Persons Crimes up 94%.

Sgt. Savage also took the opportunity before Town Council to introduce the new Princeton

Detachment Commander, Sgt. Dave Clare who comes to town from Quesnel.

Sgt. Savage returns to Division Headquarters in Kelowna after filling in the vacancy left by the retirement of Sgt. Gary Macahonic.

## Council hears good Fall Fair report

Princeton & District Agricultural Fall Fair President Keith Olsen appeared before Princeton Town Council September 21st and gave a very positive report on the recent event.

Olsen explained that considering current economic conditions the Fair Board decided to try to host the annual event "on the cheap" without canvassing local businesses for financial support.

The plan worked well leaving the group with a small profit after expenses.

"We were quite pleased to come out ahead," Olsen said.

2009 marked a radical shift in dates of the annual Fall Fair to the

last weekend in August. The event has traditionally been held after the September Labour Day weekend.

Olsen listed a number of reasons for the change in dates, which aided the event with a 33% increase in vendors and an increase in the number of exhibitor entries, although attendance remained close to last year's numbers.

Improvements to Princeton Fairgrounds, including a large concrete dance floor in the 'beer garden' area added to the event.

"I think because of that people stayed longer," Olsen added saying the increase in profit was partially generated through the sale of alcoholic beverages.

There was also an increase in revenue generated from the auction program at the end of the fair.

Plans are already in place for the 2010 Fall Fair, which will be the 45th annual and will take place during celebrations of Princeton's 150th birthday.

Olsen says the dates will remain in late August with the 2010 Fall Fair to take place August 27th, 28th, and 29th - a shift to a three-day event with hopes of attracting more vendors, exhibits and possibly a midway/carnival.

**FOLLOW THE PRINCETON POSSE ONLINE AT:**  
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## Similkameen News Leader THIS WEEK:

Insects - Nature's Weed Whackers - Page 7  
She Can Grow Corn In Hedley! - Page 8  
Posse Game Summaries - Page 11 & 12



Similkameen News Leader



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Princeton Posse Webcast play-by-play announcer George Elliott, webcast camera girl Des Cosman and Posse Music Director Ian Elko share some laughs at the Posse Volunteer Thanks and Recruitment Dinner September 23rd at Billy's Restaurant. Photo: Brenda Engel \*

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## RDOS extends photo contest deadline

The deadline for the Okanagan-Similkameen's first ever invasive plant photo contest has been extended. This summer, the Regional District Okanagan-Similkameen in

cooperation with the South Okanagan-Similkameen Invasive Plant Society invited all amateur photographers to enter their best digital photo of an invasive plant for a chance to win some great prizes. This contest has been extended into the fall with a new submission deadline of October 15.

Often mistaken for wildflowers, invasive plants are spreading through our natural ecosystems, urban landscapes, and agricultural lands at an alarming rate. An invasive plant is non-native to BC and typically lacks the natural enemies that would normally keep it from spreading in its homeland.

Invasive plants establish aggressively and out-compete native plants, crops and ornamental species, bringing detrimental impacts to humans, animals and nat-

ural habitats.

To ensure that the plant you are photographing is indeed an invasive species, refer to any of the three following websites for assistance: [www.rdos.bc.ca](http://www.rdos.bc.ca), [www.weedsbc.ca](http://www.weedsbc.ca) or [www.invasiveplantcouncilbc.ca](http://www.invasiveplantcouncilbc.ca).

Entry forms and rules and regulations are available at the Regional District office located at 101 Martin Street in Penticton or an entry form may be downloaded from the 'Press Releases' section of the regional district's website [www.rdos.bc.ca](http://www.rdos.bc.ca).

The contest is only open to BC residents.

There is a youth and adult category. The youth (18 years old or younger) contest winner will receive a \$25 gift certificate for Sirius Science and Nature. Adult prizes include a \$50 or \$25 gift certificate from Canadian Tire.

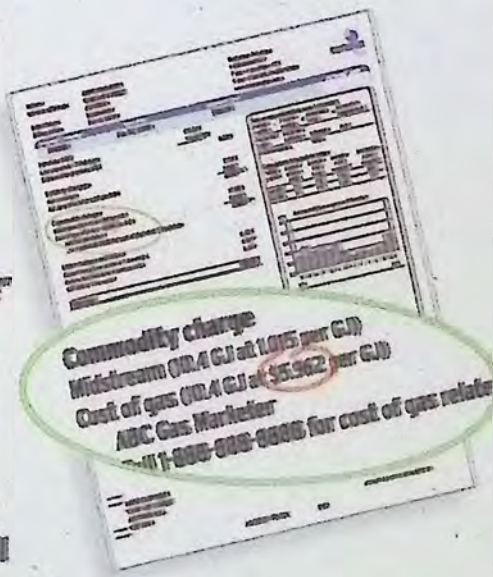
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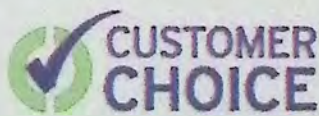
**Similar to a fixed or variable mortgage, you need to decide whether the natural gas marketer's fixed rate is a better "Customer Choice" than Terasen Gas' variable rate.**

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**Each gas marketer offers a different plan. To compare rates and conditions, visit [terasengas.com/choice](http://terasengas.com/choice)**



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Princeton Posse team captain Dan Hillman, left, and his assistant captains Derrick Delisser and Brooks Christensen attended the Posse Volunteer Dinner to thank those who keep the team running. \*

## Small Business 101

### CFIB - Canadian Federation of Independent Business

#### Apprenticeship ratios: BC clears the way for a rewarding career

As a small business owner, you know full well the importance of passing on skills and knowledge. Not only does effective teaching and training grow the competence of your labour force, but it also ensures the tricks of the trade continue to circulate. At no time does the need for qualified employees who can support business growth become more evident than when others are either approaching retirement or exiting their positions. If you are in the skilled trades, however, it may not be a question of how many apprentices you choose to train, but how many you are permitted under provincial laws.

Confusingly, Canada currently has 13 different apprenticeship systems, allowing for each province and territory to develop its own training and certification programs. Considering that apprenticeship is a provincial/territorial responsibility, the actual journey-person-to-apprentice ratios for each trade vary across the country. The problem with the enforcement of ratios is that they make it harder to address skilled labour shortages aimed at developing the next generation of workers.

In promotion of apprenticeships,

Western Canada, the Prairies and the Atlantic provinces have already made considerable efforts to relax stringent ratios. Some provinces, such as British Columbia, have even eliminated ratio requirements altogether as a way of addressing labour shortages.

As well, the BC government recently announced they were doubling the BC Training Tax Credit to \$4,000 per apprentice as of July 1st 2009. The increase in the training tax credit offers employers additional incentives to hire and train apprentices especially in difficult economic times.

The training tax credit program started in 2007 to encourage employers to take on apprentices. The program provides refundable income tax credits equal to 10 per cent of salary and wages paid up to \$4,000 per eligible apprentice.

British Columbia is expected to have an estimated 47,000 apprentices registered this year. With 40 per cent of new jobs over the next two decades predicted to be in trades and technologies, these apprentices and their employers will play a vital role in British Columbia's future.

In the meantime, here is what you could do to grow your business:

- Communicate with your provincial training authority regarding

the opportunities and challenges in providing apprenticeship training – e.g. Training costs, completion rates, “poaching” of apprentices by larger businesses, etc.

- Take advantage of the current government incentives – the federal government and most provincial governments provide tax relief (usually in the form of tax credits) to employers who sponsor apprentices. While such incentives may not be the main reason you offer apprenticeship training, they may help offset some training costs, informal or otherwise.

- Promote your business to youth – talk to young people about the benefits of apprenticeship training. As they hear more about the career opportunities that apprenticeship training can lead to, they will develop a heightened sense of pride about their choice to start an apprenticeship, which in turn will draw more people to these programs.

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**Trades & Transitions**

The SD58 Level 1 Residential Carpentry Course is filling up fast. The Application deadline is September 30th. Please fax applications to (250) 378-9711 or drop them off at Princeton Secondary School ASAP. For further information or if you need assistance with your application please call:  
Darren Coates at (250) 315-1117 or Val Kynoch at (250) 315-1128

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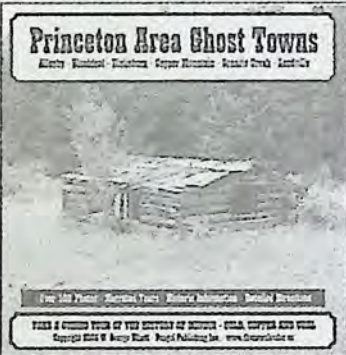
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# Keremeos News



Did you miss the Chili Cook Off during Similkameen Sizzle on September 19? \*

## Fire Department needs you!

The Keremeos Volunteer Fire Department (KVFD) is actively seeking new recruits.

Previous training or experience in emergency response is not required as every new recruit brings valuable previously acquired skill and enthusiasm to the team.

Firefighters are given training in a variety of skills and tasks, many of which contribute to their personal life and careers.

As the KVFD is a volunteer organization firefighter versatility is key to their success. The KVFD training motto is simple: "Everyone has to know how to do everything."

The KVFD responds to approximately 120 calls per year. The KVFD practices every Tuesday evening with periodic (attendance optional) weekend sessions through the year.

The KVFD also participates in various community and family social events through the year. Firefighters are not expected to attend every call, practice or event.

Being a Keremeos volunteer firefighter is a unique and worthwhile experience. If you are interested in contributing to your community in an exciting and positive way contact any firefighter or drop by on Tuesday practice night to investi-

gate further.

Application forms can be picked up at Keremeos Village Office, during office hours. Forms can also be downloaded at the KVFD website (see under Membership). The KVFD website is [www.keremeosfire.ca](http://www.keremeosfire.ca).

For further information, phone Doug MacLeod (250) 499-2785 or Jordy Bosscha at the Fire Hall (250) 499-2200.

Return the completed application to the Village Office or the Fire Hall or post to Keremeos Fire Hall, Box 17, Keremeos, B.C. V0X 1N0

The deadline for applying is October 23.

- submitted



Harker Organics set up this booth in Memorial Park for Similkameen Sizzle. \*





Alysha Harker admires apples in her family's orchard in Cawston. \*

## Apple Day returns to the Grist Mill

It all happens at The Grist Mill from 1:00 PM to 6:00 PM on Sunday, October 11th, during Thanksgiving Weekend.

Music will include Hot Apple Pie from Summerland with their repertoire of high-spirited tunes.

There will be an Apple Pie Baking Contest with ribbons and prizes awarded.

Pies can be delivered to the judges at the grist mid-day with tasting and awards at 3:00 PM.

An apple race will feature Apples tagged by contestants, released into the creek the mill and winners plucked out at the bridge a ways

downstream.

The Lawns by the Grist Mill will be the scene of adult and children's croquet and other family activities.

Hot edibles with trimmings will be on offer from an outdoor grill. Vendors are invited to bring their handiwork for sale at Apple Day.

The Grist Mill is owned by the Province of BC and operated this year by curators, Jim and Brenda Millar. Celia Pattendon cares for the garden.

The Grist Mill Heritage Club was formed this past June in the face of reduced funding for the site. The club aims to maintain, preserve and

further promote "our community treasure".

The Grist Mill Heritage Club offers annual memberships that include a season's pass to the mill works, showrooms and artifacts.

In 2009 major Heritage Club contributors have been Keremeos Valu Plus, The Similkameen Wine Association, Area B and G of the RDOS and The Village of Keremeos.

To book a vendor's space or make inquiries about October 11th Apple Day call (250) 499-5417 or (250) 499-5566. Or send your request via e-mail to either jim@nethop.net or d\_dale@nethop.net. - submitted

## CMMC starts mill construction, featured on BTV

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced September 24th that the Company has received approval from the Province of British Columbia, Ministry of Energy, Mines and Petroleum Resources to proceed with the new mill foundation construction immediately.

The construction contract was awarded to Gisborne Industrial Construction Ltd. to complete the foundation work this fall allowing for the erection of the mill building steel to start early next spring. This approval fits the schedule to meet the Company's planned start of production by mid 2011. Mobilization of crews and equipment has been initiated and work at site will commence immediately.

Jim O'Rourke, Chief Executive Officer of the Company stated: "We appreciate the cooperation of the BC Government, and all other stakeholders for their efforts to accommodate the Company's schedule to allow the construction to proceed immediately. With this approval from government and our recently completed \$50 million

financing we can continue to maintain our schedule and build a new mine for British Columbia's future."

Copper Mountain Mining Corporation (TSX: CUM) (the "Company" or "Copper Mountain") announced September 25th that the Company will be featured on National TV this weekend as BTV-Business Television profiles Copper Mountain Mining Corporation.

BTV, a half-hour weekly business program, profiles emerging publicly trading companies across Canada and the USA.

With Host Taylor Thoen, BTV features companies at their location, interviews the company's key executives, features their products and services, and unveils their plans for future growth.

About Copper Mountain Mining Corporation:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of explo-

ration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM". Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Project.

The 18,000 acre mine site is located 15 km south of the town of Princeton.

The Copper Mountain Project is a past producer of 1.7 billion pounds of Copper that closed in 1996, and therefore, there is significant developed infrastructure on site that the Company can build upon. The Copper Mountain Project has a current resource of approximately 5 billion pounds of copper and it is Copper Mountain's goal to develop the Copper Mountain Project as a mid tier copper and precious metal mine to produce approximately 100 million pounds of copper per year by mid 2011.

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

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

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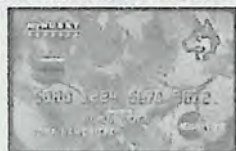
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# Health / Lifestyle News

## Herbal treatment is effective for psoriasis

(NC)—Psoriasis may not be life threatening, but for those who cope with it worldwide, it can be a life of quiet desperation. At least one million Canadians rely on a combination of daily treatments to control the red, itchy blotches associated with this condition.

With normal skin, the time necessary for an epidermal cell to go from creation to shedding is about 28 days. Psoriasis skin completes the process in three to four days. As a result, there is enormous build up, inadequate maturation, and finally plaque formation on the surface cells.

### Stress can make your stomach churn

(NC)—There's a good chance your heartburn or indigestion is not a symptom of a serious health problem. Leading diagnostic labs tell us they are seeing an increase this year in doctor-requested tests for this complaint, and the reason may be an increase in stress levels.

"Compared to previous years, we're performing significantly more tests to detect gastrointestinal-related illnesses," says Dr. Michael Kelly at LifeLabs in British Columbia. "And it may be that stress is what's really behind this discomfort.

"No wonder. The daily bombardment of bad economic news has caused the average person far more worries than normal."

With patient locations near most doctors, LifeLabs conducts more than 50 million, physician-requested diagnostic tests on more than 10 million Canadians every year, so this laboratory is in a prime position to identify both positive and disturbing health trends. Here is a LifeLabs guide to reducing stress:

- **Breathe** – Inhale deeply through your nose feeling your lungs and diaphragm expand. Hold the breath for a count of six. Exhale slowly through the mouth to the count of six. Repeat several times.

- **Talk** – Don't keep feelings inside. Open up to a friend or family member or seek the professional help of a counsellor. And be sure to consult your caregiver to ensure you aren't overlooking a true infection.

- **Take Time Out** – Schedule activities that give you joy, like walking, gardening, playing music or participating in a favourite sport – and do at least two of them every day.

- **Exercise** – Pump the stress out with daily aerobic exercise. Solutions to life's daily problems often arise when exercising.

- **Laugh** – Try to get rid of negative thoughts and seek ways to have a good belly laugh like watching funny movies and videos.

- **Solution Search** – Be willing to examine and let go of the pressures that are unrealistic, but work cleverly on the problems that you can solve.

To deal with the frustration and embarrassment of cracked and scaling skin, daily routines usually include an annoying cycle: flare ups; scratching; showering away scales with coal-tar soaps; applying cortisone-steroid creams; repeat. Worse still, the long-term application of many creams and soaps can produce serious side effects ranging from advanced osteoporosis and high blood pressure (from corticosteroids) to liver and kidney abnormalities (from methotrexate) or hair loss, gingivitis, and foetal malformation with the use of retinoids.

### 82 percent effective

It is encouraging, therefore, to learn that researchers have discovered an effective new herbal treatment from a plant known as Mahonia aquifolium (M-Folia), otherwise known as Oregon Grape Root. The active ingredients of this plant have been found to effectively alleviate the symptoms for more than 82 percent of psoriasis and eczema sufferers.

"Mahonia aquifolium is abundant in the forests of the North American Pacific coast," says Vince Leitao at GoaPharma Canada. "In recent

years, scientists have discovered that the extract of the bark and root contains alkaloids, which are believed to be strong antimicrobial and antifungal agents. Cell culture studies have demonstrated that these alkaloids induce powerful antioxidant activity. They inhibit the growth of abnormal skin cells and alleviate inflammation."

The action of these alkaloids explains why M-Folia extract (sold in Canada as PsoEzze Care) has been successfully used to treat psoriasis and eczema, as well as other skin conditions.

"And tolerance of the ointment and cream is also very positive," Leitao adds. "It has been evaluated as 'good' or 'very good' by 82.4 percent of patients. Mahonia aquifolium (and PsoEzze Care) are considered to be safe with no apparent adverse side effects observed in any tests to date.

"But of equal importance," he continued, "the treatment is also seen to produce a significant 'improvement of life', a subjective parameter throughout the testing."

More information is available online at goapharma.com.

## Living Past 100

### Meat Is Still The Main Dish

The push toward making us vegetarians goes on with all kinds of recommendations for how healthy we will be if we do not eat meat. We are encouraged to eat more and more whole grains, vegetables and fruit, and while all of those things are good for most of us, there are some drawbacks. First, you can get fat and still be undernourished if you turn into a vegetarian and you do not know what you are doing. Second, you may not be able to consume a lot of grain if you are one of those people who has a condition in which your body cannot properly digest grain or, in particular, wheat gluten.

There is a battle raging among doctors about eating meat and animal fat. There are doctors who are opposed to the vegetarian trend. A study done at the University of Georgia actually proved the more meat you eat, the lower your blood cholesterol becomes, and your blood pressure drops. This really goes against the grain (pun intended) of current nutritional advice. To make matters even more confusing, it is the fat in meat and butter that does the most good!

Our bodies need iron to carry oxygen to our cells. Low iron can result in a condition called anemia, which can do a lot of damage. Red meat is rich in iron, as well as calcium, zinc, Vitamins A and D, high quality proteins and amino acids. These are life's building blocks, and it is a rare person who cannot digest the meat portion of a daily diet. Humans developed as meat-eating creatures tens of thousands of years ago, and we evolved a digestive system to make use of the nutrients in meat and fish.

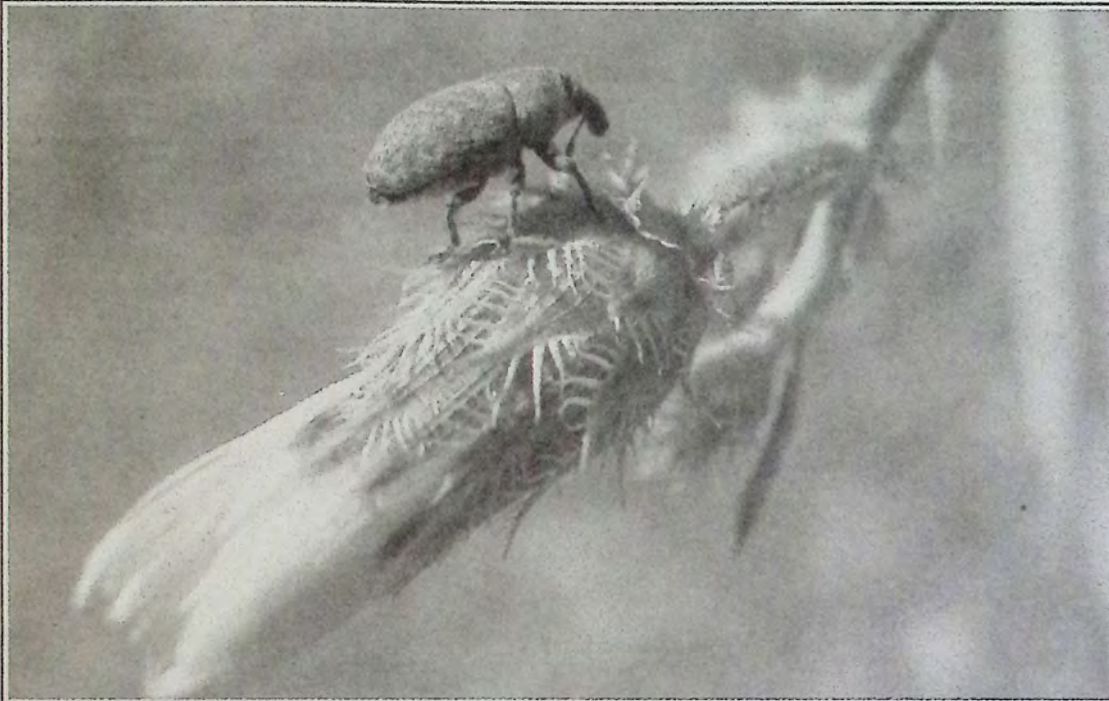
While the controversy over vegetarian diet versus meat rages on, the rest of us are left with a lot of confusion about what we should and should not eat. To make matters worse, we are bombarded with so-called "facts" of nutrition through the media, most of it in support of advertisers. Here are some facts you can sink your teeth into: 1. Starchy foods, like foods based on grains, make you fat. If you can cut back on cereals, breads, cakes, cookies and other grain foods, you can lose weight. 2. Avoiding hydrogenated fats is good for you. 3. Fruit and vegetables are good for you, but they do not provide the protein building blocks our children need for proper growth, and adults need to maintain cellular health.

One doctor, who specializes in diets for athletes, says we should screen out all foods we would not likely have eaten 10,000 years ago! That is his way of keeping athletes in top condition. You may note that people 10,000 years ago had a daily diet rich in meat, vegetables, fruit in season and very little grain. The native people of North America relied almost entirely on meat, a few vegetables, wild berries and wild rice. They had no grains. They did not suffer from today's epidemic of diabetes and obesity. What does this tell us?



# Invasive Plant Alert

## Insects: Nature's Own Weed Whackers



Larinus on seed. Photo: Lisa Scott

by Lisa Scott

It is time to change the way you think about bugs. They are the new best friends of your ranch, field or garden. From beetles to moths, insect predators are being investigated by Canada's research scientists to aid in invasive plant control. Biological control, or the use of natural enemies for the suppression of weed populations, was first introduced to BC in 1952 with the release of the St. John's-wort defoliating beetle. Since then, close to 60 agents have been established in British Columbia providing control of approximately 20 different invasive plants. In fact, BC has the best track record in Canada for running an effective provincial biocontrol program.

Many years of research and many stages of approval are required for the development of a biological control agent before its release. Most of the research takes place in Switzerland, as the majority of invasive plants are of European origin. Pre-release studies cost many hundreds of thousands of dollars. However, this cost is justified by the potential control benefits obtained - specifically in terms of cost savings through crop yield increases and herbicide reductions, as well as the undetermined benefits to previously displaced native plants and the wildlife they support.

Prior to establishing a biological control agent, insects must be screened for host specificity to the target weed. Seeds of native and agricultural plants in close association with the weed are collected and shipped to Switzerland where they are germinated and tested for damage from the potential agent. The agents are then tested to determine their impact to the host weed. Depending on biology, bioagents will attack many different parts of a weed. Some agents reduce seed pro-

duction in the larval stage by feeding on seed heads, as well as decreasing plant strength by feeding on plant foliage as adults. Others directly weaken the plants by attacking the plant tissue or root reserves, yielding plants with stunted growth and reduced reproductive vigor.

In the Okanagan-Similkameen region, biological control is proving especially fruitful. Many invasive species are now considered under control in localized areas due to the establishment of biological control agents. These species include, diffuse knapweed, Dalmatian toadflax, purple loosestrife and St. John's-wort. In recent years, many landowners have observed significant population reductions of diffuse knapweed. There are in fact 12 different species of insects and a fungus that have been released in BC since 1972 in an effort to control diffuse knapweed.

Dalmatian toadflax populations in BC have seen a significant reduction in recent years. This invasive plant with its bright yellow snapdragon flowers was once prolific along our roadsides and grassland habitats. However, the release of a small (4-5 mm long), black stem-boring weevil has seriously thwarted the spread of this weed during the last decade. The adults emerge in May and begin mating after a short feeding period. Eggs are laid into cavities chewed into the shoots. When larvae hatch, they mine the centre of the shoot and then pupate in the stem. Stems generally swell and crack with the developing larvae inside, and the stem portion above the larvae often dies. The new adults winter in the stem and emerge in spring to start the whole process over again.

Some years, an invasive plant may make somewhat of a comeback and we have seen this situation arise

with both diffuse knapweed and toadflax. This appears to be due to a temporary reduction in the number of beetles. This is not totally unexpected, as the introduction of these insect enemies essentially results in the establishment of a predator-prey relationship. In this sense, when the prey (invasive plant) is abundant one year, the predator (insect enemy) will follow suit the next year. Once the prey is successfully reduced in abundance, the predator will also decrease.

One of our newer and most exciting bioagents attacks hound's-tongue, an invasive plant that produces sticky, velcro-like seeds. The root-mining weevil is 3.5-4.2 mm long, oval-shaped and blackish brown with a white cross on its back. Young beetles, or larvae feed primarily within roots. Mature adult beetles heavily feed on the tops of plants in the spring, at the time of egg laying. Attack by these beetles causes plant death and patch-level control has been reported within 2-3 years of a beetle release (100 adults).

Biological control is proving to be one of the most effective means of controlling weed infestations that have reached significant proportions. Agents are self-propagating and self-dispersing, thus supporting a long-term, cost-effective and environmentally friendly means of control. With a large number of sensitive habitats and areas with difficult access in the Okanagan-Similkameen, biocontrol is even more important and often the only practical choice. Unfortunately, insect enemies are not available or have not proven effective on all of our invasive plants, so we need to continue to seek other ways of controlling these species.

For more information on invasive plants, go to the regional district website [www.rdos.bc.ca](http://www.rdos.bc.ca) or check out [www.weedsbc.ca](http://www.weedsbc.ca).

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**The Green Corner****She Can Grow Corn In Hedley!**

Yep, that's very tall corn! - photo submitted

by Angelique Wood

I thought you might get a kick out of this ornamental corn I grew this summer. I planted the corn kernels directly into the soil on June eleventh, and in three months the tallest had grown to twelve and a half feet tall. If you consider that at the time of the harvest, the corn was about three months old, the plant was growing at a rate of about one quarter of an inch a day. This is a place where you really can "watch grass grow"!

I got seven full cobs of multi-coloured corn off the crop, and gave at least a dozen small tender but undeveloped cobs to my chickens. Their eggs really benefit from the addition of this to their diet (they get a lot of scraps from all the neighbors too).

I tried eating two half cobs and found the flavour good, with the darker kernels having an inky flavour rather like some purple black rice I've tried from Chinatown. The corn was a bit tougher on the teeth than the Chilliwack corn I've grown up on.

The secret to my success in Hedley's Zone Five climate has been the heat of the sun (direct seeded corn plants seem WAY hardier than greenhouse started plants). Later planting in hotter weather seems to work well for vegetables in the heat sink of Hedley.

I also planted the corn in a foot of freshly sifted topsoil, which was layered over a hot layer of very fresh turkey manure. I laid a soaker hose under an inch or so of soil so the plants only ever receive

moisture at the root level, and so that daily watering would weaken the strength of the rotting manure, with the intended result that the underlying soil would be nutrient rich but speeded in its decomposition by the time the young corn roots reached it.

I think the bottom heat from the composting turkey poop kick-started the corn, because lovely healthy green stalks emerged on day three

and quickly grew to impressive corn plants.

In order to ensure the fattest cobs I could get, I tickled the tassels of the corn against the silks on the developing ears. My favorite stalks were an inky purple-black which I will definitely try to select for in the future. The stalks were as much as an inch and a half across with large finger-like roots projecting out of each joint up to about two feet along the stem.

The attached photo shows me in front of one of Hedley's newest "oldest" buildings. The Hitching Post Restaurant has fourteen foot ceilings, so I took my corn for a photo-op where the scale of the plants could be appreciated! I have taken the liberty of designating myself the unofficial winner of Hedley's unknown contest to grow the tallest corn! Brenda Gould and Wilson Wiley have kindly allowed me to leave my blue-ribbon corn on display in front of their newly painted and renovated restaurant on Hedley's "main drag" of Scott Street.

PS Did I mention that the only reason I harvested the corn is that it was blocking my internet signal? I kept trying to power down and reset everything on my system until I finally realized that the wall of corn was preventing the dish signal from reaching the satellite tower on the far mountain. Otherwise it would have continued to grow and might have reached fourteen feet at four months....



Angelique Wood with her amazing crop! - photo submitted

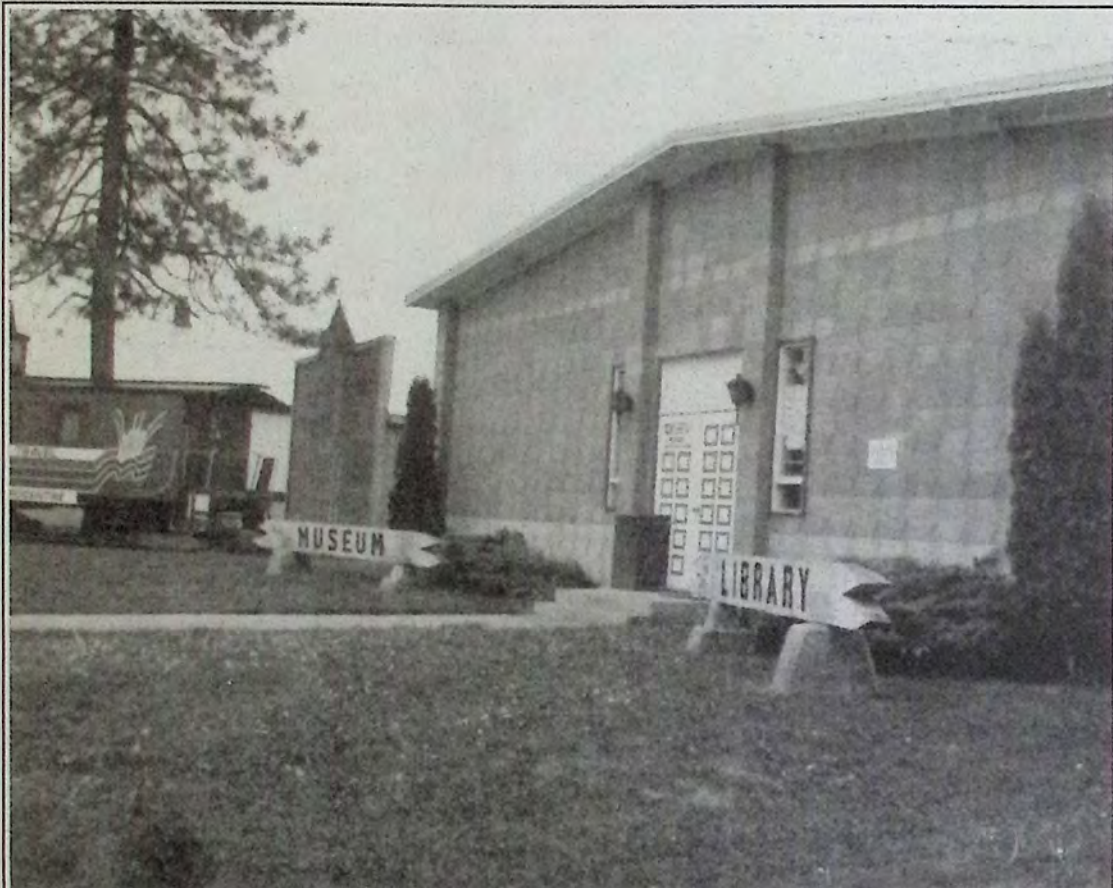


# Princeton 1860 - 2010

## 150 Years of Similkameen History

Nick Mills - Princeton & District Museum & Archives

### History of Princeton District Pioneer Museum (In the Words of Gloria Stout - A Founder)



Princeton Museum/Library building on Vermilion Avenue as it appeared in May 1987. At the time the former CPR Caboose (seen in the left of this photo) was used as the Princeton & District Chamber of Commerce Tourist Information Centre. Years later it was moved to a spot next to the Husky gas station on Highway 3 and eventually to the Princeton Fairgrounds. It will move once again to a location near the Weyerhaeuser Roundhouse to be part of the Trans-Canada Trail. Photo: Princeton Museum

In late 1957 Rosemary Pesut, Isabel Cattermole and myself met to discuss a museum project for Princeton. The Granby Mine and Princeton Brewery had just closed resulting in devastating job losses. Prospects for the future were grim. Our idea was to preserve our history and provide a badly needed tourist attraction.

The year of 1958 was a Centennial year and I was elected to present a proposal to the Centennial Committee. We received a \$100 grant. Fortunately, Princeton wholeheartedly supported us as the money wasn't much. Elmer Burr gave us permission to locate on his property - still the present Museum site. My husband, Tom, was a Kinsman and they were elected to bring the old log cabin we had obtained from Summers Creek into Princeton. They numbered the logs and dismantled it. It was hauled into Princeton by Kinsman Rollo Cecon, where they reassembled the cabin on site. Our total expenditure was \$5 - the cost of two cases of beer!

Rosemary's husband was a Rotarian and they provided the material and labour to build the fence. Rosemary and Isabel gathered material for the displays while I worked at getting the building complete. The Volunteer Fire

Brigade provided the roof. The windows came courtesy of Granby Mining and the hardware for the windows was provided and installed by Curtis Huey. The wiring was donated by Princeton Light and Power Company. A cement block chimney was donated by Ewart Hardware and an old cook stove, which is still on display, came from the Burr family. We were able to obtain two mannequins for \$30 each which brought the total cost expenditure for our original museum to \$465!

President Mary Cavino and the Senior Citizens were asked to staff it and they kept it open for many years. Their only pay was the volunteer "collection" at the door, this money going to the Seniors Centre.

By August, 1958 Rosemary Pesut had resigned and left Princeton. Isabel also resigned and left on an extended trip around the World. It was a lonely feeling to be left, but the project was just too good for the Village to let go. Each Spring a group of volunteers and I would gather and do a thorough house-cleaning. It was a daunting task as there were cracks in the wall and a big crack in the floor where grass grew! The Museum was authentic, but a nightmare to maintain!

1967 was another Centennial Year and since the Village had pur-

chased the Burr property, the Centennial project was to be the current Library/Museum Building. The old log cabin was sold to Rod Dixon for \$25. He reassembled it in Tulameen as his cabin and there it remains. Money was always a problem - we simply didn't have any. We arranged with the Chamber of Commerce to use our office as their tourist booth. The person opening the Tourist Booth also opened the museum. This saved our members from daytime volunteering, but we kept the museum open evenings and dispensed tourist information as needed.

Mayor David Brown gave us our first grant of \$1,000, which was gratefully accepted. The Town now provides the maintenance, insurance, heat and light, as well as grants. Not only is our Museum an excellent tourist attraction, it is the repository for Princeton's colourful history.

In 1970 the Museum was incorporated by Stan Turner who donated his legal work. Isabel Cattermole was the first President. Gloria Stout was the first Secretary.

**Editorial note: Gloria Stout passed away in Princeton on November 30th 2008, after a long illness. Gloria was born in Sumas Prairie, on July 3rd, 1926.**

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### Regional District Okanagan-Similkameen

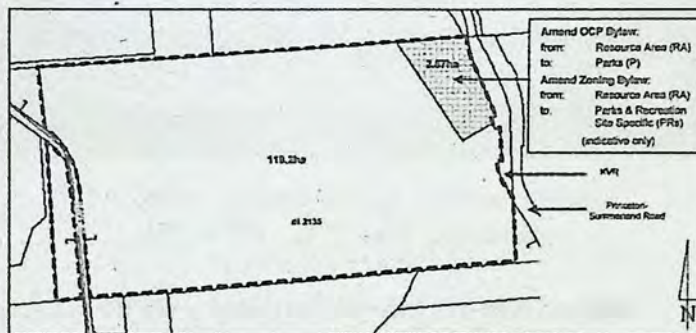
#### Official Community Plan and Zoning Amendment Application Highway 5A, Princeton Rural, Electoral Area 'H' District Lot 2135, Except Plan A735 and H13692, KDYD

**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

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:**  
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Posse Crew Members Gerry and Patti Vinthers show their true colours! \*

..... continued from Front Page  
 -tion together and gave the new  
 Posse Executive heaps of praise  
 for saving the Club nearly \$40,000  
 in bussing costs.

"The team bus will likely be what  
 this Executive will be measured by  
 in years to come," Elliott explains.

"But it also shows that this new  
 executive has plans and those  
 plans include putting this team in a  
 place where hopefully it can gener-  
 ate funds in the off-season with bus  
 charters thus saving us from  
 always banging on doors with our  
 hand out looking for donations."

Speaking of fundraising, Herb  
 Hodgson was honoured at the din-

ner for his efforts in collecting  
 returnables year round for the  
 Posse.

Last month alone the total collect-  
 ed was just over \$1,200.

"Herb quietly goes about the job  
 of getting the bottles dropped off  
 outside the Arena to the bottle  
 depot and often takes several trips  
 a week in doing so, and we  
 thought we had to recognize that  
 dedication in some way."

Hodgson was presented with a

Posse jacket personalized with his  
 name on one sleeve and '#1  
 Fundraiser' on the other.

Volunteers and fans will be hon-  
 oured later in the season during a  
 home game when the #1 jersey is  
 officially retired.

"It's our way of giving something  
 back to the most important mem-  
 bers of our team - volunteers and  
 fans," Elliott explains.

"Without them, we truly couldn't  
 host a Posse game here at all."

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



Posse Head Coach Dale 'Duner' Hladun thanks volunteers. \*

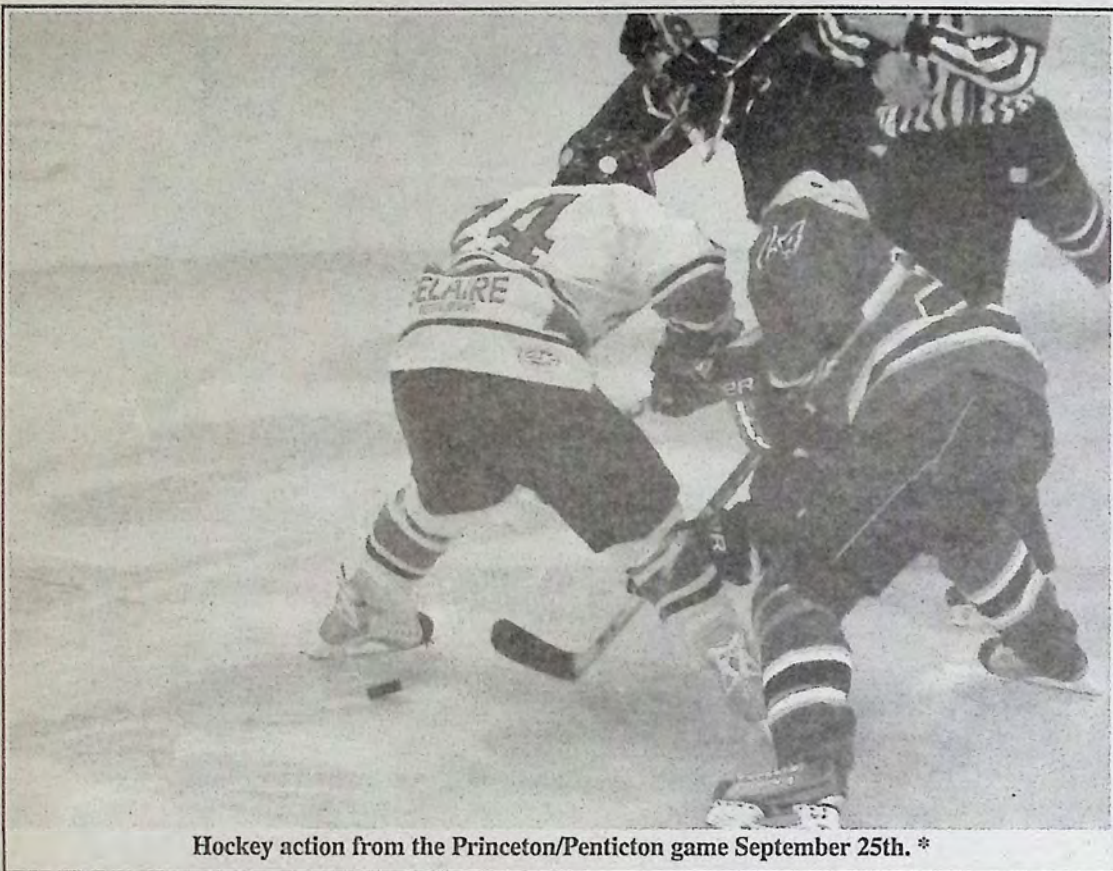




News Leader

# Entertainment

Similkameen News Leader TV Guide Listings - September 29 - October 5, 2009



Hockey action from the Princeton/Penticton game September 25th. \*

## Posse drown Penticton Lakers

Princeton Posse played host to Penticton Lakers September 25th and basically showed the South Okanagan team a thing or two about Junior B Hockey.

Princeton scored first at 12:53 on the power play. Quinn Rempel got the credit with assists going to Ben Reinbolt and Ben Morgan.

Then at 10:51 Princeton's Derrick Delisser scored a short-handed goal. Assists went to Lee Muir and Dan Hillman.

Penticton managed to get on the scoreboard at 7:19.

In the second period it was all Princeton scoring another three goals (9:40 - Dan Hillman from Derrick Delisser and Tim Martens, 6:56 - Ben Morgan from Brooks Christensen and Dayton Shaw and with 56-seconds left in the period - Spencer Kristensen from Alex Whitfield).

The third period saw the Posse continue to dominate the scoreboard with their sixth goal of the night at 11:30 (Brooks Christensen from Jordan Perkins and Tylar Bestward).

To this point only eight penalties had been assessed, four per team and just in the first period.

That changed at 2:39 when Randy Finkbeiner of Penticton tangled with Princeton's Elliott Dixon. The following face off at

2:37 saw Penticton's Dylan Playfair challenge John Minot of the Posse. The next face off at 2:17 saw David Tooms of Penticton take on Bill Marshall of Princeton. Following a number of fighting penalties and game misconducts everyone got back to playing hockey.

It was at that time when Princeton added two more power play goals within 20-seconds of each other. The first at 1:58 (Dan Hillman from Lee Muir) and the second at 1:38 (Lee Muir from Ben Morgan and Tylar Bestward).

The home team added their final goal of the game with just 54-seconds left to play (Ben Morgan from Alex Whitfield and Brooks Christensen).

Final score: Princeton 9, Penticton 1.

The victory gave Princeton a 2-2 start to the season, an improvement compared to previous seasons. In 2008-09 the Posse were 1-3 after their first four games and ended the month of September with a 3-3 record.

In the 2007-08 season Princeton was 3-4 at the end of September.



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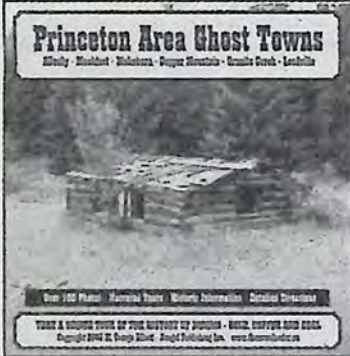


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# Princeton Posse



Derrick Delisser in position in front of the Kimberley goal. \*

## Posse finish weekend with 6 points

With three games in two and a half days, it's going to wear down even the toughest athlete. The September 27th game between Princeton Posse and Kimberley Dynamiters saw two tired teams meet in Princeton Arena for an afternoon game.

Kimberley scored first at 19:41 of the first period.

Princeton replied at 17:27 (Spencer Kristensen from Derrick Delisser and Dan Hillman).

Kimberly added two more goals at 12:48 and 6:43.

The exhaustion started to show in the beginning of the second period until 7:13 when Princeton's Elliott Dixon fed a pass to Spencer Rabby who blasted a shot on goal from

inside the blue line that was deflected into the net by Chad Brears.

The energy level in the arena increased and both teams started playing a much better match.

"The teams were looking a little sluggish," Posse Assistant Coach Kevin Robillard said during the team's webcast and added that the goal seemed to give both teams the spark they needed to finish the game.

In the third period Princeton scored twice (14:56 - Spencer Kristensen from Dan Hillman and Lee Muir and 13:37 - Dan Hillman from Derrick Delisser and Bill Marshall) which led Posse webcast play-by-play announcer George

Elliott to comment, "You can mine gold with these guys."

Kimberley tied the game at 4-all at 8:31 and although both teams continued to battle it out neither could break the tie and the game went into overtime.

With only 11-seconds left in the extra period Princeton scored (Jordan Perkins from Lee Muir and Brooks Christensen).

Final score: Princeton 5, Kimberley 4 OT. Shots on goal: Princeton 34, Kimberley 27. Penalties: Kimberley 7 for 22-minutes, Princeton: 5 for 10-minutes.

The victory earned Princeton a six-point weekend winning games against Penticton, North Okanagan (Armstrong) and Kimberley.



Brooks Christensen watches the play from outside a face off. \*



TUESDAY, SEPTEMBER 29, 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 :30	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 Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Movie: "Basic" (2003)	Power Play
7 AM :30	Cosby		Clifford the Big Red Dog Moving in.	Arthur (El) Martha	Today Barbra Streisand; fall wines; Jillian Michaels; Richard Kind (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	Suspense! John Travolta	The Outer Limits
8 AM :30	Harvey		Sid the Science Kid	Sid			CSI: Miami "Bait"		100 Huntley Street		Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		Mayday	Handy Handy	Rachael Ray	CSI: Crime Scn	North of 60 "Birthright"
9 AM :30	Fam. Feud	100 Huntley Street	Spider (10:35)	Super Why! Dinosaur		The 700 Club	CSI: Miami "Extreme"	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record Fishing	Regis and Kelly	Daily Planet	Feet	News City	CSI: Crime Scn	Soap What
10 AM :30	Reba	World Vision		Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Motorcycle Racing	The View (N)	Earthshocks	Mickey Handy	The O.C.	CSI: Crime Scn	Dawson's Creek
11 AM :30	Jim Name Earl	Debt Part House	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	Debt Part House	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	NHRA Drag Racing: O'Reilly	Canada-Model	Junk Raiders	Phineas Suite Life	The Bonnie Hunt Show	CSI: Crime Scn	Raymond Raymond
12 PM :30	King King	Noon News Hour (N)	Maggie Rose (12:35)	Charlie Rose	Hypnosis, Loss	News Bold	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men GoGoRiki	Super Start Batteries Fall	etalk Bold	Against the Elements	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld Seinfeld
1 PM :30	Seinfeld	As the World Turns (N)	Wibbly Pig (N)	Dewberry 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 "Cellphones"	Viva Piñata Jacob	Nationals. (Taped)	Sue Thomas: F.B. Eye	Dirty Jobs Leeches.	Dragon Emperor	Judge J. Judge J.	Movie: "Rocky III" (1982)	"70s Show
2 PM :30	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	The Price Is Right	CSI: Miami "Bait"	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)	Sylvester Stallone.	3's Co. 3's Co.
3 PM :30	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami "Extreme"	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)	Movie: "Rocky IV" (1985)	Parker Parker
4 PM :30	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchase	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	Hockey NHL Fantasy	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Hell's Kitchen (N)	Sylvester Stallone.	"70s Show
5 PM :30	Payne	Early News	Babar	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	OverBolts	CTV News at Five (N)	How-Made	Suite Life Montana	The Biggest Loser (N)	UFC Unleashed	The Outer Limits
6 PM :30	Law & Order: SVU	Global News	Taste Buds Dogs	News-Lehrer	News (N)	News	Manhunter	News	(5:59) News Hour (N)	ET Canada	Coronatn	iCarly	World Series	CTV News (N)	Destroyed	Zoey 101	Life Derek	DEA	ET Canada Switch (N)
7 PM :30	Movie: "The Fugitive" (1993)	Entertain ET Canada	Frontiers of	Paying the Way	Jeopardy! Fortune	The Doctors	Manhunter	Entertain	Entertain	The Good Wife (N)	Fortune Jeopardy!	Drake Prank Ptrl	SportsCentre (Live)	etalk Hollywood	American Loggers (N)	Wizards Montana	The Jay Leno Show (N)	DEA "Up the Ladder"	Family Guy "70s Show
8 PM :30	Suspense) Harrison Ford	NCIS "Reunion" (N)	First Australians (N)	The National Parks: America's Best Idea (N)	The Biggest Loser (N)	NCIS "Reunion" (N)	Manhunter	Shark Tank (N)	NCIS "Reunion" (N)	NCIS (N)	Mercer 22 Minutes	Malcolm Chris	Olympic	You Can Dance	Daily Planet	Suite Life Buzz	CityNews	Surviving Disaster (N)	"70s Show
9 PM :30	Movie: "About Schmidt" (2002) Jack Nicholson.	NCIS: Los Angeles (N)	Movie: "Helvetica" (2007)	The National Parks: America's Best Idea	The Jay Leno Show (N)	NCIS: Los Angeles (N)	The First 48	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Being Erica (N)	8 Rules What I Like	Olympic	Dancing With the Stars	Destroyed	Wizards Life Derek	(9:05) Make Me a Supermodel	DEA "Deadly Chase"	Family Guy Seinfeld
10 PM :30	The Good Wife (N)	The Good Wife (N)	Eden	The National Parks: America's Best Idea	The Jay Leno Show (N)	The Good Wife (N)	Manhunter	Manhunter	The Good Wife (N)	News Hour Final (N)	National	Family Biz Prank Ptrl	NASCAR Racing	Law & Order: SVU	American Loggers	School Cory	Coach Judge	CSI: Crime Scn	Family Guy Married...
11 PM :30	CHBC News Final (N)	My Big Fat Diet		America's Best Idea	News (N) Tonight	News Late Show	Manhunter	News (11:35)	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour	Adrenaline Mystery	SportsCentre (Live)	CTV News	How-Made	Suite Life Life Derek	Home Imp. Paid Prog	Star Trek: Voyager	3's Co. 3's Co.

WEDNESDAY, SEPTEMBER 30, 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 :30	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 Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Movie: "Edison Force" (2005)	Crow-Stairway
7 AM :30	Cosby		Clifford the Big Red Dog (DVS)	Arthur (El) Martha	Today Today's Woman; Today's Kitchen; Money 911; Dennis Hopper (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron Dinosaur	SportsCentre		Super Ships	Mickey Mickey	The Tyra Banks Show	Morgan Freeman.	The Outer Limits
8 AM :30	Harvey		Sid the Science Kid Sense of vision.	Sid			CSI: Miami		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 :30	Fam. Feud	100 Huntley Street	Spider (10:35)	Super Why! Dinosaur		The 700 Club	CSI: Miami	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! Wilbur	Rolie Polie Timothy	Off-Record Bowling	Regis and Kelly	Daily Planet	Feet	News City	CSI: Crime Scn	Reality What
10 AM :30	Reba	World Vision		Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Darts: Las Vegas	The View (N)	Destroyed	Mickey Handy	The O.C.	CSI: Crime Scn	Dawson's Creek
11 AM :30	Jim Name Earl	Debt Part House	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	Debt Part House	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	NASCAR Racing	Canada-Model	Mighty Ships	Phineas Suite Life	The Bonnie Hunt Show	I Bet You	Raymond Raymond
12 PM :30	King King	Noon News Hour (N)	Maggie Rose (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 GoGoRiki	Olympic	etalk Bold	The Detonators	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld Seinfeld
1 PM :30	Seinfeld	As the World Turns (N)	Wibbly Pig (N)	Art Work Sewing	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	Viva Piñata Jacob	OverBolts	Sue Thomas: F.B. Eye	American Loggers	Dragon Emperor	Judge J. Judge J.	CSI: Crime Scn	King King
2 PM :30	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 Interruptio	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	I Bet	3's Co. 3's Co.
3 PM :30	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 :30	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchase	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	Hockey NHL	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	King King
5 PM :30	Law & Order: SVU	Early News	Babar	BBC News	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	NHL on TSN Season Preview (Live)	CTV News at Five (N)	Pitchmen (N)	Suite Life Montana	Mercy (N)	UFC Unleashed	The Outer Limits
6 PM :30	The Office	Global News	Creatures Dogs	News-Lehrer	News (N)	News	Dog	News	(5:59) News Hour (N)	ET Canada	Coronatn	iCarly	World Series	CTV News (N)	Mighty Ships	Zoey 101	Family Cougar	UFC Unleashed	ET Canada What
7 PM :30	Movie: "Enemy at the Gates" (2001) Joseph Fiennes.	Entertain ET Canada	Gwishalany Spirit	Paying the Way	Jeopardy! Fortune	The Doctors	Dog	Entertain	Entertain	Melrose Place "Vine"	Fortune Jeopardy!	Drake Weird	SportsCentre (Live)	etalk Dance	Mayday	Wizards Montana	The Jay Leno Show (N)	The Ultimate Fighter (N)	Family Guy King
8 PM :30	Bones	The Story of India (N)	The National Parks: America's Best Idea (N)	The National Parks: America's Best Idea	Mercy (N)	Christine Gary	Dog	Hank (N) The Middle	Bones (N) (PA)	Bones (N) (PA)	Dragon's Den (N)	Malcolm Chris	Off-Record	Next Top Model	Daily Planet	Suite Life Buzz	CityNews	The Ultimate Fighter	King King
9 PM :30	Glee	Duo (N)	America's Best Idea (N)	Law & Order: SVU	Criminal Minds (N)	Dog	Family Cougar	Glee (N)	Glee (N)	The Tudors (N)	8 Rules What I Like	World Series	Criminal Minds (N)	Mayday	Wizards Life Derek	(9:05) I Love Money	Coach Judge	DEA	Family Guy Seinfeld
10 PM :30	Movie: "Enemy at the Gates" (2001, War)	Melrose Place "Vine"	The National Parks: America's Best Idea	The Jay Leno Show (N)	CSI: NY (N)	Dog	Eastwick (N)	Melrose Place "Vine"	News Hour Final (N)	News Hour Final (N)	National	Family Biz Prank Ptrl	NHL Fantasy	CSI: NY (N)	Pitchmen	School Cory	Coach Judge	CSI: Crime Scn	Family Guy Married...
11 PM :30	CHBC News Final (N)	Paddle-Sea City Gold		America's Best Idea	News (N) Tonight	News Late Show	Dog	News (11:35)	News Hour Final (N)	ET Canada	(11:05) The Hour	Adrenaline Mystery	SportsCentre (Live)	CTV News	Mighty Ships	Suite Life Life Derek	Home Imp. CityNews	Star Trek: Voyager	3's Co. 3's Co.



# Similkameen News Leader - Horoscopes

September 30 - October 7, 2009

**Aries** - Home life is hectic and seems to conflict with career. One on one relationships pose a challenge. Health and job run smoothly if you keep a reasonable balance. Life is good.

**Taurus** - You may have respiratory problems and kidney problems at this time. Be sure to seek medical advice. Avoid over-indulgence in sweets and refined foods. Get plenty of rest.

**Gemini** - Focus is still on home improvement when you're not on the job. Expenses can pile up now: stick to a budget. Take care of possessions. Watch out for damaged goods.

**Cancer** - Temper may be hard to control this week and may erupt suddenly over nothing. Because of this, drive very carefully. Re-direct anger energy into productive work energy.

**Leo** - This is a week when you could put your foot in your mouth more than once, especially in regard to budget, finance and investments. Pull in your horns: wait a week.

**Virgo** - Somebody, a friend or partner, could react unpredictably to something you say as a joke, and may turn a group against you. Focus on what you own. Sing some good songs.

**Libra** - Career continues hectic. Watch out for unexpected incidents: things will not be predictable. Health is good. Give support behind the scenes. Improve social position.

**Scorpio** - Plans for fun could encounter surprises. Sudden illness at home could affect family member. Don't expect things to run smoothly. News you hear could be upsetting, unexpected.

**Sagittarius** - For a change your career runs smoothly. Do some planning for the future on a positive note. Problem could arise re: home, family, money matters. Pay attention.

**Capricorn** - Partner could be a source of difficulties now due to unexpected circumstances. Relationship matters seem to conflict with career. Good news comes re: investments, insurance.

**Aquarius** - Your focus may be on travel right now, but it is not recommended for another two weeks due to adverse influences. Look for good news re: finances, investments.

**Pisces** - Others will be good to you now, and you can enjoy an active social life. You may be the bright spot in the lives of people you know by having a surprise party or special event.

# Similkameen News Leader - Recipe Corner

Recipe #291

## Citrus Chicken Stir Fry Wraps

(NC)—Busy training schedules need not lose out to healthy meals with this portable rice wrap. Packed with the essentials—energy enhancing carbohydrates, fibre and protein—athletes can rest assured they are receiving the necessary nutrients for optimal performance.

- 2 cups trimmed, cut into small pieces, broccoli (may use frozen) 500 mL
- 1 lb boneless, skinless chicken breast, cut into strips 500 g
- 1 tbsp cornstarch 15 mL
- 1 tbsp canola oil 15 mL
- 6 green onions, cut into 1-inch (2.5 cm) pieces 6
- 2 cloves garlic, minced 2
- 1/4 cup hoisin sauce 50 mL
- 1/4 cup water 50 mL
- 1 orange, peeled and cut into segments 1
- 1 cup cooked, U.S. long grain brown rice 250 mL
- 4 10-inch (25 cm) flax seed whole grain wraps 4
- 8 sprigs, fresh cilantro 8

In a small glass bowl, microwave broccoli until tender crisp, about 3 minutes. (If using frozen, thaw by placing broccoli in a colander and running it under hot tap water for about 30 seconds). Drain.

In a small bowl, toss chicken with cornstarch until coated. In a large skillet, heat oil over medium-high heat. Brown chicken on all sides, about 3 minutes. Transfer to a plate. In the same skillet, add green onion, garlic, hoisin, water, oranges and broccoli. Cook until onions soften and sauce thickens slightly, about 2 minutes. Add chicken back to skillet and remove from heat.

To assemble: divide rice over the middle third of each wrap. Arrange chicken mixture over top and place cilantro over each. Fold in sides and roll to enclose the filling. Can be served warm, room temperature or cold.

Makes 4 servings.  
Source: www.riceinfo.com

- News Canada

FREE Better Homes & Gardens RECIPES 24/7  
<http://myhomeandgardennews.blogspot.com>  
A FREE SERVICE OF SIMILKAMEEN NEWS LEADER

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

226A Bridge Street, Princeton

## Tuesday Movies

### MORNING

6:00 am SPIKE (44) ★★ "Basic" (2003, Suspense) John Travolta. A DEA agent investigates the disappearance of a fearsome sergeant and his Special Forces trainees. (In Stereo)

### AFTERNOON

1:00 pm 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)

3:00 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 Fugitive" (1993, Suspense) Harrison Ford. An innocent man must evade the law as he pursues a killer. (3)

9:00 pm KNOW (5) "Helvetica" (2007, Documentary) Michael Bierut. Premiere. (3)

9:30 pm WTBS (3) ★★ "About Schmidt" (2002, Comedy-Drama) Jack Nicholson. A 66-year-old retiree, deals with his wife's sudden death and tries to stop his daughter from marrying a salesman. (3)

## Wednesday Movies

### MORNING

6:00 am SPIKE (44) ★★ "Edison Force" (2005, Suspense) Morgan Freeman. A cub reporter tries to expose a squad of corrupt lawmen. (In Stereo)

### EVENING

7:00 pm WTBS (3) ★★ "Enemy at the Gates" (2001, War) Joseph

Fiennes. A Nazi sniper (Ed Harris) travels to Stalingrad to find and kill a Russian sharpshooter, the hero of the propaganda campaign of a political officer. (3)

10:00 pm WTBS (3) ★★ "Enemy at the Gates" (2001, War) Joseph Fiennes. A Nazi sniper (Ed Harris) travels to Stalingrad to find and kill a Russian sharpshooter, the hero of the propaganda campaign of a political officer. (3)

## Thursday Movies

### MORNING

6:00 am SPIKE (44) ★★ "Friday the 13th" (1980, Horror) Betsy Palmer. The reopening of Camp Crystal Lake spells murder and mayhem for a group of sexually promiscuous counselors. (In Stereo)

### EVENING

7:00 pm WTBS (3) "Shattered" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to com-

ply with a series of daunting tasks. (3)

9:30 pm WTBS (3) "Shattered" (2007, Suspense) Pierce Brosnan. After kidnapping the daughter of a couple, a man forces the two to comply with a series of daunting tasks. (3)

10:00 pm KNOW (5) ★★ "The Kid Stays in the Picture" (2002, Documentary) Robert Evans. Premiere. Filmmakers Brett Morgan and Naneite Burstein trace the meteoric rise of Hollywood producer Robert Evans. (3)

## Friday Movies

### AFTERNOON

4:00 pm SPIKE (44) ★★ "Forrest Gump" (1994, Drama) Tom Hanks. Premiere. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (In Stereo)

### EVENING

7:00 pm WTBS (3) ★★ "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking. (3)

YTV (18) ★★ "She's the Man" (2006, Romance-Comedy) Amanda Bynes. Romantic complications ensue when a student poses as her twin brother and replaces him at his boarding school. (In Stereo) (3)

7:30 pm FAM (26) "Roxy Hunter and the Horrific Halloween" (2008, Mystery) Aria Wallace. Premiere. Roxy thinks that her classmate is a vampire from Transylvania. (In Stereo) (3)

SPIKE (44) ★★ "Forrest Gump" (1994, Drama) Tom Hanks. JFK, LBJ, Vietnam, Watergate and other history is seen through the eyes of an Alabama man with an IQ of 75. (In

Stereo)

9:01 pm FAM (26) ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) (3)

10:00 pm WTBS (3) ★★ "Con Air" (1997, Action) Nicolas Cage. A wrongly convicted parolee on a flight with a group of vicious prisoners tries to stop their violent hijacking. (3)

KNOW (5) ★★ "Startup.com" (2001, Documentary) Premiere. Two longtime friends create an online business that enjoys rapid success before its spectacular fall. (3)

10:30 pm FAM (26) ★★ "My Favorite Martian" (1999, Comedy) Christopher Lloyd. A befuddled martian crash-lands on Earth, assumes human form and befriends a TV-news producer. (In Stereo) (3)

11:00 pm SPIKE (44) ★★ "Lake Placid" (1999, Horror) Bill Pullman. A New York paleontologist goes to the backwoods of Maine and teams up with the local game warden to stop a 35-foot killer crocodile. (In Stereo)

## RESUME

NEED SOME WORK?

SEE BRENDA AT:

Similkameen  
News Leader  
226A Bridge Street

Phone: (250) 295-4149  
Fax: (250) 295-4103



THURSDAY, OCTOBER 1, 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 :30	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 Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Movie: "Friday the 13th" (1980)	Traders "Options"
7 AM :30	Cosby		Clifford the Big Red Dog	Arthur (El) Martha	Tbday Breast cancer awareness month: Martha Stewart;	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	Betsy Palmer	The Outer Limits
8 AM :30	Harvey		(8:29) Sid the Science Kid	Curious Sid	Harry Connick Jr.; fall boots. (N)	The 700 Club	CSI: Miami "Slow Burn"	Regis and Kelly	100 Huntley Street	World Vision	Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		Mighty Ships	Handy Handy	Rachael Ray	CSI: Crime Scn	North of 60
9 AM :30	Fam. Feud	100 Huntley Street	Spider the Science Kid	Super Why! Dinosaur					100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polie Timothy	Off-Record Bowling	Regis and Kelly	Daily Planet	Feet Tigger	News City	CSI: Crime Scn	Make What
10 AM :30	Reba	World Vision	Spider (10:35)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Children ET Canada	Poko Doodlebop	Berenstain Willa's	Darts: Las Vegas	The View (N)	Pitchmen	Mickey Handy	The O.C.	CSI: Crime Scene Investigation	Dawson's Creek
11 AM :30	Jim Name Earl	Debt Part TV Made	Rolie Polie Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	Debt Part TV Made	(10:59) Noon News Hour (N)	Gofrette Animal	(11:10) Erky George S.	NHL Fantasy	Canada-Model	Mighty Ships	Phineas Suite Life	The Bonnie Hunt Show	Wild World	Raymond
12 PM :30	King King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Reshape Bold	News	American Justice	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men GoGoRiki	NHL on TSN Season Preview	etalk	Mayday	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld
1 PM :30	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	Viva Piñata Jacob		Sue Thomas: F.B. Eye	Time Warp Destroyed	Dragon Emperor	Judge J. Judge J.	CSI: Crime Scene Investigation	Seinfeld
2 PM :30	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 Interruptio	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	Disorderly Con.	3's Co.
3 PM :30	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami "Slow Burn"	Rachael Ray	The Doctors	Young and the Restless	Coronatn Jeopardy!	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	How-Made	Replace Emperor	CityNews at 6 (N)	Disorderly Con.	Bob-Doug
4 PM :30	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	(4:15) NHL Hockey: Montreal Canadiens at Toronto Maple Leafs	SpongeBob OddParent	Hockey Interruptio	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	Wild World	Seinfeld
5 PM :30	Payne	Early News	Babar	BBC News	News (N)	News	The First 48	News	Early News	(4:59) News Hour (N)	CBC News: Today (N)	SpongeBob	World Series	CTV News at Five (N)	Dinosaurs Return	Suite Life Montana	30 Rock Parks	UFC Unleashed	The Outer Limits
6 PM :30	Law & Order: SVU	Global News	Heads Up Dogs	News-Lehrer	News	News	The First 48	News	(5:59) News Hour (N)	ET Canada	Entertain National	iCarly	World Series	CTV News (N)	Dino Lab II	Zoey 101 Life Derek	30 Rock Community	TNA Wrestling (N)	ET Canada
7 PM :30	Movie: "Shattered" (2007)	Entertain ET Canada	Frontiers of Educating Spokane	Jeopardy! Fortune	The Doctors	The First 48	The First 48	Entertain The Insider	90210 "The Porn King"	NHL Hockey: Vancouver Canucks at Calgary Flames. (Live)	Drake Family Biz	SportsCentre (Live)	The Vampire Diaries (N)	MythBusters	Wizards Montana	The Jay Leno Show (N)		Family Guy	
8 PM :30	Pierce Brosnan	Survivor: Samoa (N)	Francesco	The National Parks	Update Parks	Survivor: Samoa	Crime 360 "Hunted"	FlashForward (N)	Survivor: Samoa (N)	Survivor: Samoa (N)	Malcolm Chris	Boxing: Juan Diaz vs. Paulie Malignaggi. (Live)	CSI: Crime Scn	Daily Planet	Buzz	CityNews	MANswers	Seinfeld	
9 PM :30	The Office	The Office	Architecture	America's Best Idea (N)	The Office Community	CSI: Crime Scn	The First 48	Grey's Anatomy (N)	The Office Update	The Office Update	8 Rules What I Like	Grey's Anatomy (N)	Dinosaurs Return	Life Derek	Wizards	(9:05) I Love New York	Halo	MANswers	Family Guy
10 PM :30	Movie: "Shattered" (2007)	90210 "The Porn King"	Movie: "The Kid Stays in the Picture" (2002)	The National Parks: America's Best Idea	The Jay Leno Show (N)	(10:01) The Mentalist (N)	The First 48	(10:01) Private Practice (N)	90210 "The Porn King"	News Hour Final (N)	National	Family Biz Prank Ptrl	(10:01) The Mentalist (N)	Dino Lab II	School Cory	Coach Judge	Stripperella	Married...	
11 PM :30	Cheers	CHBC News Final (N)		America's Best Idea	News (N) 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. Paid Prog	Stripperella	3's Co.

FRIDAY, OCTOBER 2, 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 :30	In the Heat of the Night	(5:30) Morning News (N)	Franklin George S.	Bob Build Lions	News (N)	News	American Justice: Riot	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY "Hostage"	Adventures of Sinbad
7 AM :30	Cosby		Clifford the Big Red Dog	Arthur (El) Martha	Today Mariah Carey; maternity clothing; diets; Selena Gomez; makeovers. (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Save-Ums! Animal	Neutron League	SportsCentre		Austin Stevens	Mickey	The Tyra Banks Show	CSI: NY "Veritas"	The Outer Limits
8 AM :30	Harvey		(8:29) Sid the Science Kid	Curious Sid			CSI: Miami		100 Huntley Street	100 Huntley Street	Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		MythBusters	Handy Handy	Rachael Ray	CSI: NY "Page Turner"	North of 60
9 AM :30	Fam. Feud	100 Huntley Street	Spider the Science Kid Five senses.	Super Why! Dinosaur	Gomez; makeovers. (N)	The 700 Club	CSI: Miami "Invasion"	Regis and Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! Wilbur	Rolie Polie Timothy	NHL Hockey: Chicago Blackhaws vs. Florida Panthers. (Live)	Regis and Kelly	Daily Planet	Feet Tigger	News City	CSI: NY "Turbulence"	What
10 AM :30	Reba	World Vision	Spider (10:35)	Sesame Street (El)		The Price Is Right (N)	Criminal Minds	The View (N)	World Vision	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Blackhaws vs. Florida Panthers. (Live)	The View (N)	Great White Appetite	Mickey Handy	The O.C.	CSI: NY	Dawson's Creek
11 AM :30	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.	NHL Pre	Canada-Model	Against the Elements	Phineas Suite Life	The Bonnie Hunt Show	CSI: NY "Hostage"	Raymond
12 PM :30	King King	Noon News Hour (N)	Maggie (12:35)	Charlie Rose	Paid Prog Bold	News	American Justice: Riot	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News: Today (N)	Mr. Men GoGoRiki	NHL Hockey: Detroit Red Wings vs. St. Louis Blues. (Live)	etalk	Dinosaurs Return	(11:49) Weekend	CityLine	CSI: NY "Veritas"	Seinfeld
1 PM :30	Seinfeld	As the World Turns (N)	Go, Diego, Go!	Wylands Beads Bbl	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)	Viva Piñata Jacob		Sue Thomas: F.B. Eye	Dino Lab II	Dragon Emperor	Judge J. Judge J.	CSI: NY "Page Turner"	Frasier
2 PM :30	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	Interruptio	Dr. Phil	MythBusters	(1:54) K. Possible	CityNews at 5 (N)	CSI: NY "Turbulence"	3's Co.
3 PM :30	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami "Invasion"	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: NY	What
4 PM :30	Family Guy	Oprah Winfrey	WordWorld George S.	Biz Kid\$ Cyberchas	Judge J. Judge J.	Oprah Winfrey	Criminal Minds	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	Hockey CFL	Ellen DeGeneres Show	Daily Planet (N)	(4:08) Phineas	Law & Order: SVU	Movie: "Forrest Gump" (1994)	Frasier
5 PM :30	Payne	Early News	Babar	BBC News	News (N)	News	Criminal Minds	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	World Series	CTV News at Five (N)	Junk Raiders	Suite Life Montana	Model Search	The Outer Limits	
6 PM :30	Law & Order: SVU	Global News	World News-Dogs	News-Lehrer	News	News	Criminal Minds	News	(5:59) News Hour (N)	ET Canada	Entertain Coronatn	iCarly	Winnipeg Blue Bombers. (Live)	CTV News (N)	Man vs. Wild	Zoey 101 Jonas (N)	Mercy	Robin Wright, Gary Sinise.	ET Canada
7 PM :30	Movie: "Con Air" (1997)	Entertain ET Canada	Chiefs "Poundmake"	Wash Wk McLaughlin	Jeopardy! Fortune	The Doctors	Criminal Minds	Entertain The Insider	Clubland	Clubland	Fortune Jeopardy!	Movie: "She's the Man" (2006)	CFL Football: Saskatchewan Roughriders at BC Lions. (Live)	etalk	Secrets-Crystal	Sonny	The Jay Leno Show (N)	Movie: "Forrest Gump" (1994)	Frasier
8 PM :30	Nicolas Cage, John Cusack	Clubland	Poirot	The National Parks: America's Best Idea (N)	Law & Order (N)	Ghost Whisperer (N)	CSI: Miami	FlashForward	Clubland	NUMB3RS (N)	Ron James Mercer	Amanda Bynes		Ghost Whisperer (N)	Daily Planet	"Roxy Hunter and Halloween"	CityNews	CSI: NY (1994)	Frasier
9 PM :30	The Office	Dollhouse "Instinct" (N)	New Tricks	America's Best Idea (N)	Dateline NBC	Medium (N)	Criminal Minds	the forgotten	Dollhouse "Instinct" (N)	Dollhouse "Instinct" (N)	fifth estate	Prank Ptrl		Medium (N)	Man vs. Wild	(9:01) Movie: "The Haunted Mansion"	Coach	Drama: Tom Hanks, Robin Wright.	Family Guy
10 PM :30	Movie: "Con Air" (1997)	NUMB3RS (N)	Movie: "Startup.com" (2001)	The National Parks: America's Best Idea	The Jay Leno Show (N)	NUMB3RS	Criminal Minds	20/20 (N)	NUMB3RS (N)	News Hour Final (N)	National	Weird Sorry	Sports	Flashpoint (N)	Junk Raiders	Movie: "My Favorite Martian" (1999)	Judge	MANswers	Married...
11 PM :30	Nicolas Cage	CHBC News Final (N)	Premiere	America's Best Idea	News (N) 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	Secrets-Crystal	Home Imp. CityNews	Movie: "Lake Placid"	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 #231 - Rated Easy

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

#### CHALLENGE #232 - Rated Hard

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

#### 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

### MORNING

6:00 am SPIKE (44) ★★ ★ "Airplane!" (1980, Comedy) Robert Hays. A pilot afraid to fly follows his stewardess ex-girlfriend and must take over for the poisoned crew. (In Stereo) [E]

10:00 am SPIKE (44) ★★ ★ "The Quick and the Dead" (1995, Western) Sharon Stone. A female gunslinger enters a deadly quick-draw competition. (In Stereo) [E]

### AFTERNOON

12:00 pm FAM (29) "Phantom of the Megaplex" (2000, Adventure) Taylor Handley. A theater employee wonders if a legendary spirit is up to its old tricks after a series of strange occurrences. (In Stereo) [E]

SPIKE (44) ★★ ★ "Lake Placid" (1999, Horror) Bill Pullman. A New York paleontologist goes to the back-

woods of Maine and teams up with the local game warden to stop a 35-foot killer crocodile. (In Stereo) [E]

12:30 pm WTBS (3) ★★ ★ "Gladiator" (2000, Historical Drama) Russell Crowe. A fugitive general becomes a gladiator in ancient Rome. [E]

1:30 pm FAM (29) "Don't Look Under the Bed" (1999, Fantasy) Erin Chambers. A girl calls on her brother's imaginary friend to banish a mischievous boogeyman who has framed her for his pranks. (In Stereo) [E]

2:00 pm SPIKE (44) "Until Death" (2007, Action) Jean-Claude Van Damme. After waking from a coma, a troubled detective must save his kidnapped wife from the men he tried to apprehend. (In Stereo) [E]

5:00 pm WTBS (3) ★★ ★ "Demolition Man" (1993, Science Fiction) Sylvester Stallone. The police defrost an imprisoned ex-

officer to catch an escaped convict in 2032 San Angeles. SPIKE (44) ★★ ★ "Lake Placid" (1999, Horror) Bill Pullman. A New York paleontologist goes to the backwoods of Maine and teams up with the local game warden to stop a 35-foot killer crocodile. (In Stereo) [E]

### EVENING

6:00 pm CITY (29) "Bag the Wolf" (2009, Suspense) Jennifer Dale. A notorious hit man returns to the United States as a hunted target. [E] (DVS)

7:30 pm WTBS (3) ★★ "Doom" (2005, Science Fiction) The Rock. Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. [E]

8:00 pm KSPS (6) ★★ ★★ "Top Hat" (1935, Musical) Fred Astaire. A woman believes that an enamored dancer is her best friend's husband. [E]

9:00 pm FAM (29) ★★ ★ "Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo) [E]

10:30 pm WTBS (3) ★★ "Playing God" (1997, Drama) David Duchovny. A decertified surgeon accepts a job as personal doctor for a Los Angeles mobster sought by the FBI. [E]

10:52 pm FAM (29) ★★ ★ "The Goonies" (1985, Adventure) Sean Astin. Coastal Oregon kids follow the treasure map of pirate One-Eyed Willie past his deadly traps to gold. (In Stereo) [E]

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## Sunday Movies

### MORNING

8:00 am WTBS (3) ★★ ★ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. The independent-minded Volkswagen helps the feisty daughter of a NASCAR champion find her way to the fast lane. [E]

10:00 am WTBS (3) ★★ ★ "Harriet the Spy" (1996, Comedy-Drama) Michelle Trachtenberg. Spying on and writing about family, friends and neighbors turn a preteen aspiring novelist into an outsider. [E]

### AFTERNOON

12:00 pm FAM (29) ★★ "Mom's Got a Date With a Vampire" (2000, Adventure) Caroline Rhea. A brother and sister must save their mother from the bite of a bloodsucking suitor. (In Stereo) [E]

1:30 pm FAM (29) ★★ "Halloweentown" (1998, Comedy-Drama) Debbie Reynolds. After learning she is a witch, a girl helps save a town full of other supernatural creatures. (In Stereo) [E]

2:00 pm WTBS (3) ★★ ★ "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel. [E]

YTV (18) ★★ ★ "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratropolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat. (In Stereo) [E]

4:00 pm WTBS (3) ★★ ★ "28 Days" (2000, Comedy-Drama) Sandra Bullock. A writer is forced to come to terms with her addictions. [E]

YTV (18) "The Reef" (2006, Comedy) Voices of Freddie Prinze Jr. Premiere. Animated. An orphaned fish must deal with a jealous bully while trying to win the heart of a finned beauty. (In Stereo) [E]

5:00 pm CBC (13) ★★ ★ "The Pacifier" (2005, Comedy) Vin Diesel. A Navy SEAL faces the ultimate test when he must care for five children and protect them from their father's enemies. (In Stereo) [E]

### EVENING

6:00 pm WTBS (3) ★★ "28 Days" (2000, Comedy-Drama) Sandra Bullock. A writer is forced to come to terms with her addictions. [E]

YTV (18) ★★ ★ "The SpongeBob SquarePants Movie" (2004, Comedy) Voices of Tom Kenny. Animated. SpongeBob and Patrick head for Shell City to retrieve King Neptune's stolen crown and save the life of Mr. Krabs. (In Stereo) [E]

8:00 pm WTBS (3) ★★ ★ "Forces of Nature" (1999, Romance-Comedy) Sandra Bullock. A bridegroom hurries by plane to his wedding, but he and his seatmate must find other modes of travel. [E]

9:00 pm FAM (29) ★★ ★ "The Witches" (1990, Fantasy) Anjelica Huston. A coven schemes to turn English children into mice. (In Stereo) [E]

10:00 pm WTBS (3) ★★ "Head of State" (2003, Comedy) Chris Rock. An alderman becomes a presidential candidate and chooses his unsophisticated brother as a running mate. [E]

10:31 pm FAM (29) ★★ ★ "Superman" (1978, Science Fiction) Christopher Reeve. Jor-El of Krypton sends his baby to Earth, where he grows up as Clark Kent and works at the Daily Planet. (In Stereo) [E]

11:00 pm SPIKE (44) "Kill Switch" (2008, Action) Steven Seagal. A homicide detective resorts to violence to nab a cunning inner-city killer. (In Stereo) [E]

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SATURDAY, OCTOBER 3, 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	Paid Prog	Hunter	Wibbly Pig	America	Today (N)	(5:00) The Early Show (N)	Business	Paid Prog	Hunter	Fishing		Grossology	SportsCentre	OWLTV	Treasure Quest	(6:10)	CHIN	Movie: "Airplane!" (1980)	Mysteries
6:30 AM	Paid Prog	Fishing	Franklin	Fly Tying			Business	Paid Prog	Fishing	Fishn	Busytown	Rollbots		Kingdom		Wubbzy	Dharti	"Airplane!" (1980)	Paid
7 AM	Paid Prog	Saturday Morning News (N)	Little Bear	MotorWeek	News (N)	Busytown	Business	Good Morning America	Saturday Morning News (N)	Saturday Morning News (N)	Animal	Pretty Cure	Fishing	Anne Grn	Man vs. Wild	Mickey	Eye on Asia	Robert Hays	Raymond
7:30 AM	Paid Prog		Clifford	Seasoned		Noonbory-7	Sell House	Morning America			Super Why!	Invasion	Motoring	Anne Grn		Handy			Raymond
8 AM	American Chopper		George S.	Woodsmith		Busytown	Flip This House	Emperor Replace			Razzberry	SpongeBob	Timber	Kids	Secrets-Crystal	Phineas School	Polish Studio	Xtreme 4x4	Seinfeld
8:30 AM			Bus	Hometime		Sabrina					Goldfish	Kid vs. Kat	Score Golf	Hobo				Hersepower	Seinfeld
9 AM	College Football: Alabama at Kentucky. (Live)		Arthur	Workshop		Busytown	Flip This House	So Raven		Driving TV	Triple Sensation	Penguins		Hobo	How-Made	Zoey 101	Travels	Trucks!	King
9:30 AM			(0:43) WordWorld (DVS)	Old House		Noonbory-7		So Raven		Fishing		Barnyard	CFL Pre	Alice	How-Made	So Raven	Planet	MuscleCar	King
10 AM		Fishn	Spider	Test Kitch	Jacob	To Be Announced	Flip This House	Montana	Fishn	Powerboat	Dinner	OddParent	CFL	Amnesty	Nature's Most Amazing	Montana	Hockey	Movie: "The Quick and the Dead" (1995)	Family Guy
10:30 AM		Fishing	Spider	Test Kitch	PGA Tour Golf: Champions			Suite Life	Fishing	Big Coast	Antiques	League	Football: Montreal	Child Fund		Wizards	Tow Biz		Family Guy
11 AM		Big Coast	Rolie Polie Olie	Christina Gourmet		Super Boat Grand Prix	Flip This House	NASCAR	Big Coast	TBA	Mountain Biking	Pokemon	Alouettes at Toronto Argonauts.	Is Written	American Loggers	Sonny	EP Weekly		Cleveland
11:30 AM		Paid Prog						Cougar	Paid Prog	TBA		Transform		Children	Suite Life	Reviews			Frasier
12 PM		Noon News Hour (N)	WordGirl	Cook		Football	Hoarders "Patty: Bill"	Football	Noon News Hour (N)	Paid Prog	NHL Hockey: Detroit Red Wings vs. St. Louis Blues. (Live)	Dinosaur	Yu Gi Oh	Portraits	Junk Raiders	Movie: "Phantom of the Megaplex" (1999)	Amazing Role	Movie: "Lake Placid" (1999)	Friends
12:30 PM	Movie: "Gladiator" (2000)	TBA	Zoboo	Garden	College Football: Washington at Notre Dame. (Live)	College Football: LSU at Georgia. (Live)	Hoarders	College Football: Teams TBA (Live)	TBA	Will-Grace	TBA	Hawks	NASCAR Racing: Nationwide Series - Kansas Lottery 300.	Portraits	Funnest Animals	Kaya	Paid Prog	Horror Bill Pullman	"70s Show"
1 PM	Russell Crowe, Joaquin Phoenix	TBA	Go, Diego, Go!	Antiques Roadshow			Hoarders		TBA	Will-Grace	TBA	Rollbots		To Be Announced	MythBusters Frisky	Movie: "Don't Look Under the Bed"	Travels	Movie: "Until Death" (2007)	Friends
2 PM	Phoeni	Will-Grace	Franklin	Great Lodges-Parks			Intervention		Will-Grace	Simpsons	Simpsons	SpongeBob	Sue Thomas: F.B. Eye	Car	MythBusters	Travels	Role	Friends	Friends
2:30 PM	Phoeni	Will-Grace	Franklin	Great Lodges-Parks			Intervention		Will-Grace	Simpsons	Simpsons	SpongeBob	Sue Thomas: F.B. Eye	Car	MythBusters	Travels	Role	Friends	Friends
3 PM	The Office	Simpsons	(3:31)	Paving the Way			CSI: Miami "Broken"		Simpsons	Family Guy	Family Guy	SpongeBob	Sue Thomas: F.B. Eye	Sue Thomas: F.B. Eye	Cash Cab	Suite Life	Travels	CityNews/6	Friends
3:30 PM	The Office	Simpsons	(3:31)	Paving the Way			CSI: Miami "Broken"		Simpsons	Family Guy	Family Guy	SpongeBob	Sue Thomas: F.B. Eye	Sue Thomas: F.B. Eye	Cash Cab	Suite Life	Travels	CityNews/6	Friends
4 PM	Payne	Family Guy	Arthur	Europe	Friend	Access Hollywood (N)	CSI: Miami	Storms	Family Guy	Family Guy	NHL Hockey: Toronto	Penguins	CFL	To Be Announced	Cash Cab	Wizards	Trauma "Pilot"	Disorderly Con.	Family Guy
4:30 PM	Payne	Family Guy	(4:45)	Food Trip	Willa's			News	Family Guy	Global	Maple Leafs at Washington Capitals. (Live)	Penguins	Football: Hamilton	Cash Cab	Cory				Family Guy
5 PM	Movie: "Demolition Man" (1993)	Family Guy	George S.	Summer	News (N)	News	CSI: Miami "Inside Out"	College Football: Teams TBA. (Live)	Family Guy	(4:59) News Hour	Maple Leafs at Washington Capitals. (Live)	Penguins	Tiger Cats at Calgary Stampeders. (Live)	etalk	Destroyed	Sonny	G. Martin	Movie: "Lake Placid" (1999)	Friends
5:30 PM	Movie: "Demolition Man" (1993)	Family Guy	George S.	Summer	News (N)	News	CSI: Miami "Inside Out"	College Football: Teams TBA. (Live)	Family Guy	(4:59) News Hour	Maple Leafs at Washington Capitals. (Live)	Penguins	Tiger Cats at Calgary Stampeders. (Live)	etalk	Destroyed	Sonny	G. Martin	Movie: "Lake Placid" (1999)	Friends
6 PM	Sylvester Stallone.	Global	Profiles of Nature	Lawrence Welk Show	News (N)	News	CSI: Miami	(5:59) News Hour (N)	Global	reneegade	Kid vs. Kat	League	CTV News (N)	Junk Raiders	(6:01) Jonas	Movie: "Bag the Wolf" (2009)	Jennifer Dale.	Pros vs. Joes	Seinfeld
6:30 PM	Sylvester Stallone.	Global	Profiles of Nature	Lawrence Welk Show	News (N)	News	CSI: Miami	(5:59) News Hour (N)	Global	reneegade	Kid vs. Kat	League	CTV News (N)	Junk Raiders	(6:01) Jonas	Movie: "Bag the Wolf" (2009)	Jennifer Dale.	Pros vs. Joes	Seinfeld
7 PM	Movie: "Doom" (2005)	Jane Show	National Geographic	May-Dec. Time Goes	CSI: NY "All Access"	Cold Case "8:03 AM"	CSI: Miami	Project Runway Canada	Project Runway Canada	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Prank Ptrl	SportsCentre (Live)	W-FIVE "Kulisek" (N)	American Loggers	Suite Life	News	Pros vs. Joes	Switch	
7:30 PM	Movie: "Doom" (2005)	Jane Show	National Geographic	May-Dec. Time Goes	CSI: NY "All Access"	Cold Case "8:03 AM"	CSI: Miami	Project Runway Canada	Project Runway Canada	NHL Hockey: Calgary Flames at Edmonton Oilers. (Live)	Prank Ptrl	SportsCentre (Live)	W-FIVE "Kulisek" (N)	American Loggers	Suite Life	News	Pros vs. Joes	Switch	
8 PM	The Rock.	Movie	Heartbeat	Movie: "Top Hat" (1935, Musical)	Law & Order	CSI: NY	The Sopranos	Movie	Movie	Flames at Edmonton Oilers. (Live)	Funnest Home Videos	WEC WreckCage Speed	Criminal Minds	Junk Raiders	Movie: "Batman" (1989)	PartyPoker	Pros vs. Joes	Cleveland	
8:30 PM	The Rock.	Movie	Heartbeat	Movie: "Top Hat" (1935, Musical)	Law & Order	CSI: NY	The Sopranos	Movie	Movie	Flames at Edmonton Oilers. (Live)	Funnest Home Videos	WEC WreckCage Speed	Criminal Minds	Junk Raiders	Movie: "Batman" (1989)	PartyPoker	Pros vs. Joes	Cleveland	
9 PM	The Office	Midsomer Murders "Death and Dust"	Fred Astaire	Trauma "Pilot"	Criminal Minds	CSI: Miami "Inside Out"	Entertainment Tonight			HNIC	Smallville	HNIC	Survive	Formula One	Destroyed	Action) Jack Nicholson.	All Access	Pros vs. Joes	Friends
9:30 PM	The Office	Midsomer Murders "Death and Dust"	Fred Astaire	Trauma "Pilot"	Criminal Minds	CSI: Miami "Inside Out"	Entertainment Tonight			HNIC	Smallville	HNIC	Survive	Formula One	Destroyed	Action) Jack Nicholson.	All Access	Pros vs. Joes	Friends
10 PM	Jim	Project Runway Canada	Dust	Mike Neum Jammin	Law & Order: SVU	48 Hours Mystery	ReGenesis	Project Runway Canada	News Final	Driving TV	News	Ghost	Formula One	Destroyed	Action) Jack Nicholson.	All Access	Pros vs. Joes	Friends	Friends
10:30 PM	Jim	Project Runway Canada	Dust	Mike Neum Jammin	Law & Order: SVU	48 Hours Mystery	ReGenesis	Project Runway Canada	News Final	Driving TV	News	Ghost	Formula One	Destroyed	Action) Jack Nicholson.	All Access	Pros vs. Joes	Friends	Friends
11 PM	Playing God" (1997, Drama)	News Final	Montreal Jazz	Austin City Limits (N)	News (N)	News	CSI: Miami	News Final	News Final	J.R. Digs	Hockey	Adrenaline	Racing: Japanese Grand Prix.	CTV News	American Loggers	(10:52) Movie: "The Goonies"	American Gladiators	Pros vs. Joes	Friends
11:30 PM	Playing God" (1997, Drama)	News Final	Montreal Jazz	Austin City Limits (N)	News (N)	News	CSI: Miami	News Final	News Final	J.R. Digs	Hockey	Adrenaline	Racing: Japanese Grand Prix.	CTV News	American Loggers	(10:52) Movie: "The Goonies"	American Gladiators	Pros vs. Joes	Friends

SUNDAY, OCTOBER 4, 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	Sports	Foodies	Noonbory-7	Angellina	Today (N)	Paid Prog	Private Sessions	Paid Prog	Foodies	Hunter	Razzberry	Grossology	Formula One Racing	Daily Planet	Deadliest Catch	Rangers	Travels	Xtreme 4x4	Fish TV
6:30 AM	Saved-Bell	Fishful	Franklin	Big World		Paid Prog		Paid Prog	Fishful	Fishn	Bo On Go	Rollbots				Wubbzy	Planet	Hersepower	Paid Prog.
7 AM	Saved-Bell	Fishing	Little Bear	Raggs	News (N)	CBS News Sunday Morning (N)	The Sopranos	Good Morning America	Fishing	Canada	Super Why!	Kid vs. Kat	Reporters	Sue Thomas: F.B. Eye	Dinosaurs Return	Mickey	Eye on Asia	Trucks!	Raymond
7:30 AM	JJ Atlanta	Canada	Clifford	Animalla	Northwest	Nation	The Sopranos	This Week With George	Canada	Fishing	Coronatin	Barnyard	Reporters	Sue Thomas: F.B. Eye	Dinosaurs Return	Mickey	Eye on Asia	Trucks!	Raymond
8 AM	Movie: "Herbie: Fully Loaded" (2005)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	The NFL Today	The Sopranos "Kaisha"	Matthews	Sunday Morning News (N)	TribalTrail	Coronatin	Garfield	NFL Countdown (Live)	Alice	Dino Lab II	Phineas School	Eye-Asia	NRL Rugby: Grand Final	Seinfeld
8:30 AM	Movie: "Herbie: Fully Loaded" (2005)	Sunday Morning News (N)	George S.	Dragonfly	Meet the Press (N)	The NFL Today	The Sopranos "Kaisha"	Matthews	Sunday Morning News (N)	TribalTrail	Coronatin	Garfield	NFL Countdown (Live)	Alice	Dino Lab II	Phineas School	Eye-Asia	NRL Rugby: Grand Final	Seinfeld
9 AM	Loaded	Arthur	Wishbone	Babar	The NFL Today			Wall St	Hour of Power	Coronatin	Penguins		PLAN Canada	The Detonators	Zoey 101	Italiano di Johnny Lombardi (In Italian)	CSI: Crime Scn	'70s Show	
9:30 AM	Loaded	Arthur	Wishbone	Babar	The NFL Today			Wall St	Hour of Power	Coronatin	Penguins		PLAN Canada	The Detonators	Zoey 101	Italiano di Johnny Lombardi (In Italian)	CSI: Crime Scn	'70s Show	
10 AM	Movie: "Harriet the Spy" (1996).	Driving TV	Design	Paid Prog	NFL Football (Live)	Criss Angel Mindfreak	NASCAR Countdown	Driving TV	Listen Up	Design	fifth estate	OddParent	NASCAR Racing: Sprint Cup-- (Live)	NFL Football: Teams TBA. (Live)	Man vs. Wild "Namibia"	Wizards	Hockey	CSI: Crime Scn	Raymond
10:30 AM	Movie: "Harriet the Spy" (1996).	Driving TV	Design	Paid Prog	NFL Football (Live)	Criss Angel Mindfreak	NASCAR Countdown	Driving TV	Listen Up	Design	fifth estate	OddParent	NASCAR Racing: Sprint Cup-- (Live)	NFL Football: Teams TBA. (Live)	Man vs. Wild "Namibia"	Wizards	Hockey	CSI: Crime Scn	Raymond
11 AM	Rosie O'Donnell	Hour of Power	Rolie Polie Olie	Foreign European	Paid Prog	Criss Angel Mindfreak	NASCAR Racing: Sprint Cup--	Hour of Power	TBA	The Nature of Things	iCarly	Carly Jackson	Price Chopper 400. From Kansas	Deadliest Catch	Suite Life	Hockey	Tow Biz	CSI: Crime Scn	Raymond
11:30 AM	Rosie O'Donnell	Hour of Power	Rolie Polie Olie	Foreign European	Paid Prog	Criss Angel Mindfreak	NASCAR Racing: Sprint Cup--	Hour of Power	TBA	The Nature of Things	iCarly	Carly Jackson	Price Chopper 400. From Kansas	Deadliest Catch	Suite Life	Hockey	Tow Biz	CSI: Crime Scn	Raymond
12 PM	King	Noon News Hour (N)	Lilly	Great Lodges-Parks	Paid Prog	Criss Angel Mindfreak	Price Chopper 400. From Kansas	Speedway in Kansas City.	Noon News Hour (N)	Will-Grace	Steven and Chris	Weird	Indie	American Loggers	"Mom's Got a Date-Vampire"	Ed's Up	CSI: Crime Scn	Friends	
12:30 PM	King	Noon News Hour (N)	Lilly	Great Lodges-Parks	Paid Prog	Criss Angel Mindfreak	Price Chopper 400. From Kansas	Speedway in Kansas City.	Noon News Hour (N)	Will-Grace	Steven and Chris	Weird	Indie	American Loggers	"Mom's Got a Date-Vampire"	Ed's Up	CSI: Crime Scn	Friends	
1 PM	Seinfeld	Paid Prog	Go, Diego, Go!	The National Parks: America's Best Idea	PGA Tour Golf: Champions	To Be Announced	Criss Angel Mindfreak	Kansas	Will-Grace	Seinfeld	Simpsons	Fashion F.	Movie: "Flushed Away" (2006), Kate Winslet	SportsCentre (Live)	Funnest Animals	Movie: "Halloween Town" (1998)	Buffalo Bills at Miami Dolphins. (Live)	CSI: Crime Scn	Seinfeld
1:30 PM	Seinfeld	Paid Prog	Go, Diego, Go!	The National Parks: America's Best Idea	PGA Tour Golf: Champions	To Be Announced	Criss Angel Mindfreak	Kansas	Will-Grace	Seinfeld	Simpsons	Fashion F.	Movie: "Flushed Away" (2006), Kate Winslet	SportsCentre (Live)	Funnest Animals	Movie: "Halloween Town" (1998)	Buffalo Bills at Miami Dolphins. (Live)	CSI: Crime Scn	Seinfeld
2 PM	Movie: "Forces of Nature" (1999)	Will-Grace	Franklin	America's Best Idea	Paid Prog	Criss Angel Mindfreak	CSI: Miami "Broken"	Paid Prog	Simpsons	Family Guy	Diet Confidential	W-FIVE "Kulisek" (N)	Cash Cab	Suite Life	Wizards	CityNews	CSI: Crime Scn	Project Runway Canada	
2:30 PM	Movie: "Forces of Nature" (1999)	Will-Grace	Franklin	America's Best Idea	Paid Prog	Criss Angel Mindfreak	CSI: Miami "Broken"	Paid Prog	Simpsons	Family Guy	Diet Confidential	W-FIVE "Kulisek" (N)	Cash Cab	Suite Life	Wizards	CityNews	CSI: Crime Scn	Project Runway Canada	
3 PM	Movie: "28 Days" (2000)	Magle	Arthur	America's Best Idea	Football Night	Extra (N)	CSI: Miami "Innocent"	Paid Prog	Magie	Family Guy	Jeopardy!	Movie: "The Reef" (2006) Premiere.	Football Night	Question Period	MythBusters	Wizards	CityNews	CSI: Crime Scn	Project Runway Canada
3:30 PM	Movie: "28 Days" (2000)	Magle	Arthur	America's Best Idea	Football Night	Extra (N)	CSI: Miami "Innocent"	Paid Prog	Magie	Family Guy	Jeopardy!	Movie: "The Reef" (2006) Premiere.	Football Night	Question Period	MythBusters	Wizards	CityNews	CSI: Crime Scn	Project Runway Canada
4 PM	Sandra Bullock.	Family Guy	George S.	Workshop	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
4:30 PM	Sandra Bullock.	Family Guy	George S.	Workshop	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
5 PM	Movie: "28 Days" (2000)	Global	Frontiers of Nature	Lark Rise to Candleford	Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
5:30 PM	Movie: "28 Days" (2000)	Global	Frontiers of Nature	Lark Rise to Candleford	Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
6 PM	Movie: "28 Days" (2000)	Global	Frontiers of Nature	Lark Rise to Candleford	Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
6:30 PM	Movie: "28 Days" (2000)	Global	Frontiers of Nature	Lark Rise to Candleford	Chargers at Pittsburgh Steelers. (Live)	60 Minutes (N)	Criminal Minds "Lucky"	Extreme-Home	Family Guy	Global	Fortune	Movie: "The Pacifier" (2005) Vin Diesel.	(5:15) NFL Football: San Diego Chargers at Pittsburgh Steelers. (Live)	In Fashion	Drain the Ocean (N)	Sonny	Extreme-Home	CSI: Crime Scn	Friends
7 PM	Sandra Bullock.	16:9 Parker																	



MONDAY, OCTOBER 5, 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 Build Lions	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News: Morning (N)	Being Ian Viva Piñata	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	Movie: "Until Death"	Once a Thief
7 AM	Cosby		Clifford the Big Red Dog (DVS)	Arthur (E) Martha	Today (N)	The Early Show (N)	Cold Case Files	Good Morning America (N)			Dirtygirl Animal	Neutron Invasion	SportsCentre		Discovery Project Earth	Mickey Mickey	The Tyra Banks Show	(2007, Stephen Rea)	The Outer Limits
8 AM	Harvey		Sid the Science Kid	Curious Sid			CSI: Miami		100 Huntley Street	100 Huntley Street	Bo On Go Busytown	Pokemon Kid vs. Kat	SportsCentre		How-Made	Handy Handy	Rachael Ray	Most Amazing Videos	North of 60
9 AM	Fam. Feud	100 Huntley Street		Super Why! Dinosaur		The 700 Club	CSI: Miami "Wannabe"	Regis and Kelly	100 Huntley Street	World Vision	Super Why! Wilbur	Rolie Polle Timothy	Off-Record Fishing	Regis and Kelly	Daily Planet	Feet Tigger	News City	Most Amazing Videos	TV Made What
10 AM	Reba	Hospital for Sick Kids	Spider (10:35)	Sesame Street (E)		The Price Is Right (N)	Criminal Minds "P911"	The View (N)	Hospital for Sick Kids	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	Darts: Las Vegas	The View (N)	Worst Handyman	Mickey Handy	The O.C.	Married... Married...	Dawson's Creek
11 AM	Jim Name Earl	World Vision	Rolie Polle Berenstain	Clifford Sit-Be Fit	Ellen DeGeneres Show	Young and the Restless	The Sopranos	Paid Prog	World Vision	(10:59) Noon News Hour (N)	Golfette Animal	(11:10) Erky George S.	Motoring E:60 (N)	Canada-Model	Mayday	Phineas Suite Life	The Bonnie Hunt Show	CSI: NY	Raymond Raymond
12 PM	King King	Noon News Hour (N)	Maggie Rose (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 GoGoRiki	NFL Films	etalk	Nature's Most Amazing	(11:49) Weekend	CityLine	CSI: Crime Scn	Seinfeld Seinfeld
1 PM	Seinfeld	As the World Turns (N)	Wibbly Pig	Fine Art Sewing	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	Viva Piñata Jacob	NFL PrimeTime	Sue Thomas: F.B. Eye	Man vs. Wild "Namibia"	Dragon Emperor	Judge J. Judge J.	CSI: Crime Scn	Raymond Raymond
2 PM	Friends	Young and the Restless	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris	Edgar Casper	Horn Interruption	Dr. Phil	MythBuster's Sayings	(1:54) K. Possible	CityNews at 5 (N)	CSI: Crime Scn	3's Co. 3's Co.
3 PM	The Office Name Earl	The Doctors	(3:01) Little Bear	WordGirl Electric	Judge Judge	Dr. Phil	CSI: Miami "Wannabe"	Rachael Ray	The Doctors	Young and the Restless	Fashion F. Sophie	Barnyard SpongeBob	Off-Record Sports	The Dr. Oz Show	Canada's Worst Driver	Replace Emperor	CityNews at 6 (N)	CSI: Crime Scn	Carlawood Carlawood
4 PM	Family Guy	Oprah Winfrey	WordWorld George S.	Fetch! Ruff Cyberchas	Judge J. Judge J.	Oprah Winfrey	Criminal Minds "P911"	Deal No Deal No	Oprah Winfrey	(3:59) Early Global	Ghost Whisperer	SpongeBob OddParent	Hockey Countdown	Ellen DeGeneres Show	Daily Planet	(4:08) Phineas	Law & Order: SVU	CSI: Crime Scn	Raymond Raymond
5 PM	Payne	Early News	Babar	BBC News	News (N)	News	Intervention	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob	NFL	CTV News at Five (N)	MythBuster's	Suite Life Montana	How I Met My Purpose	UFC Unleashed	The Outer Limits
6 PM	Law & Order: SVU	Global News	Mechanics Dogs With	News-Lehrer	News (N)	News Millionaire	Intervention	News Hollywood	(5:59) News Hour (N)	ET Canada	Coronatn	Jackson	Football: Green Bay Packers at Minnesota Vikings (Live)	CTV News (N)	Junk Raiders (N)	Zoey 101 Life Derek	Trauma "All's Fair" (N)	The Ultimate Fighter	ET Canada Comeback
7 PM	Movie: "The Fighting Temptations" (2003)	Entertain ET Canada	Eden Landscape	'Allo, 'Allo! Europe	Jeopardy! Fortune	The Doctors	Hoarders "Tara; Betty"	Entertain The Insider	Entertain ET Canada	Heroes "Acceptance"	Fortune Jeopardy!	Drake Indie	Dirty Jobs	etalk Hollywood	Dirty Jobs	Wizards Montana	The Jay Leno Show (N)	The Ultimate Fighter	Family Guy Raymond
8 PM	Cuba Gooding Jr.	House "The Tyrant" (N)	Monarchy	Antiques Roadshow	Heroes "Acceptance"	How I Met My Purpose	Paranormal State	Dancing With the Stars	House "The Tyrant" (N)	House "The Tyrant" (N)	Battle Mosque	Malcolm Chris	SportsCentre (Live)	Dancing With the Stars (Same-day Tape)	Daily Planet	Suite Life Buzz	CityNews	The Ultimate Fighter	Raymond Raymond
9 PM	Movie: "The Fighting Temptations" (2003)	Lie to Me "Honey" (N)	Mona Lisa Curse (N)	Inventing LA: The Chandlers and Their Times (N)	Trauma "All's Fair" (N)	Two Men Big Bang	Intervention	(Same-day Tape)	Lie to Me "Honey" (N)	Lie to Me "Honey" (N)	Just for Laughs (N)	8 Rules	World Series	MythBuster's	Wizards Life Derek	Rock of Love Bus	DEA "Up the Ladder"	Family Guy Seinfeld	
10 PM	Cuba Gooding Jr.	Heroes "Acceptance"	My Big Fat Diet	The Jay Leno Show (N)	CSI: Miami (N)	CSI: Miami (N)	Intervention	(10:02) Castle (N)	Heroes "Acceptance"	News Hour Final (N)	National	The Next Star	Motoring	(10:02) CSI: Miami (N)	Dirty Jobs	School Cory	Coach Judge	CSI: Crime Scn	Family Guy Married...
11 PM	CHBC News Final (N)	Gwishalaayt Spirit	Charlie Rose (N)	News (N)	News Tonight	News Late Show	Hoarders "Tara; Betty"	News (11:35)	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour	Adrenaline Mystery	SportsCentre (Live)	CTV News	Junk Raiders	Suite Life Life Derek	Home Imp. CityNews	Star Trek: Voyager	3's Co. 3's Co.

# Monday Movies

**MORNING**

6:00 am SPIKE (44) "Until Death" (2007, Action) Jean-Claude Van Damme. After waking from a coma, a troubled detective must save his kidnapped wife from the men he tried to apprehend. (In Stereo)

**EVENING**

7:00 pm WTBS (3) ★★½ "The

Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success. (E)  
 9:30 pm WTBS (3) ★★½ "The Fighting Temptations" (2003, Comedy) Cuba Gooding Jr. To collect his aunt's inheritance, an unemployed man must form a gospel choir and lead it to success. (E)

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

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**notices**

**notices**

**for sale**

**services**

**for rent**

**The Board of Directors of Princeton Silvercrest Housing would like to express their condolences to Alice Cook's friends and family...the loss of Alice is going to put a large hole in our Board...because for the past few years she has been a great asset to us...**

Over 100 evening party dresses from \$50.00 or rent from \$20.00. Call Kim (250) 295-4373 or 295-7988. Nov 29th

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 03-27

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...6 piece solid pine livingroom set \$150.00...10 HP x 28" snowblower, low time \$450.00...Gas powered weed trimmer \$40.00...Supercycle girls mountain bike, 2 years old \$50.00...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 15th

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 05

Puppies for sale. Min. Bordie Collie X Pappilon. Will be medium size. \$200.00. Call (250) 295-0267. Sep 22-Oct 05

**garage/yard sale**

**CAROL HAS TOO MUCH STUFF SALE**

8:00 AM - ???  
Saturday, October 3  
493 Corina Avenue

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1-888-647-3377  
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**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

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

Fully furnished, all inclusive rental accommodation available. For more information contact Princeton Castle Resort (250) 295-7988. Sep 23-1th

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 15th

House for rent in Hedley. 2-bedroom, fenced yard, wood heat. \$650.00 per month. 1032 Scott Avenue. Call Jennifer (250) 292-8097. Sep 20-Oct 13

Room for rent. \$400.00 per month. Includes laundry. Quiet neighbourhood by the Similkameen River. Call (250) 295-3956. Sep 24-Oct 13

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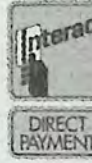
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notices

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162 Angela Avenue  
4:30 PM Sales Start  
5:30 PM 1st 47 Bonanza #'s  
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notices

Narcotics Anonymous

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Wednesdays 7:30 PM

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Baptist Church Basement  
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sudoku



SOLUTIONS TO PUZZLES ON PAGE 16

CHALLENGE #231 - Easy

486	357	921
579	281	364
312	649	857
157	438	296
638	792	145
294	165	783
965	873	412
823	514	679
741	926	538

CHALLENGE #232 - Hard

834	657	912
129	348	576
765	129	348
941	785	263
356	912	784
278	436	159
612	594	837
587	263	491
493	871	625

notices

**Princeton Posse 2009/10**

CLIP 'N' SAVE

**Game Schedule**



PRESENTED BY:



- 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
- SAT FEB 13 - PRINCETON at Chase

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# Charity Golf Tournament



This sand trap was not a hazard at the 5th annual Copper Mountain Bar & Grill Charity Golf Tournament to benefit 'The Spirit of Angels' on September 26th. More photos on Pages 24 & 27. \*



What better place to spend a sunny afternoon? \*



The Copper Mountain Bar & Grill Charity Golf Tournament was fun for everyone! \*

## RESUME

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# Editorial Page News Leader

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

## My Turn...

### Moving Forward With Baby Steps

When I agreed to be part of the 15-person select Similkameen Sustainability Committee I expected major challenges.

The daylong session I participated in over the weekend presented challenges of a different kind.

I think everyone in the room clearly wanted to preserve and protect the future of our region, which put all of us on the same page.

The only problem was that that page was buried under piles of other pages used to explain a lot of terms and positions and possibilities that made understanding the whole point of the exercise, well, hard to understand.

One very good observation from a member of the group was that if we couldn't understand it, how could we make others understand it in a public forum?

That led to a serious 'dumbing down' of the process and once we all were able to grasp it the wheels started turning and ideas flowed like the Similkameen River in April.

It made me realize that although the question arose as to whether or not our group was a true representation of the Similkameen Valley it sort of answered itself when we got down to business once everyone understood the rules of the game and in record time a Mission Statement had been chosen, re-worded, re-written and accepted by all in the room.

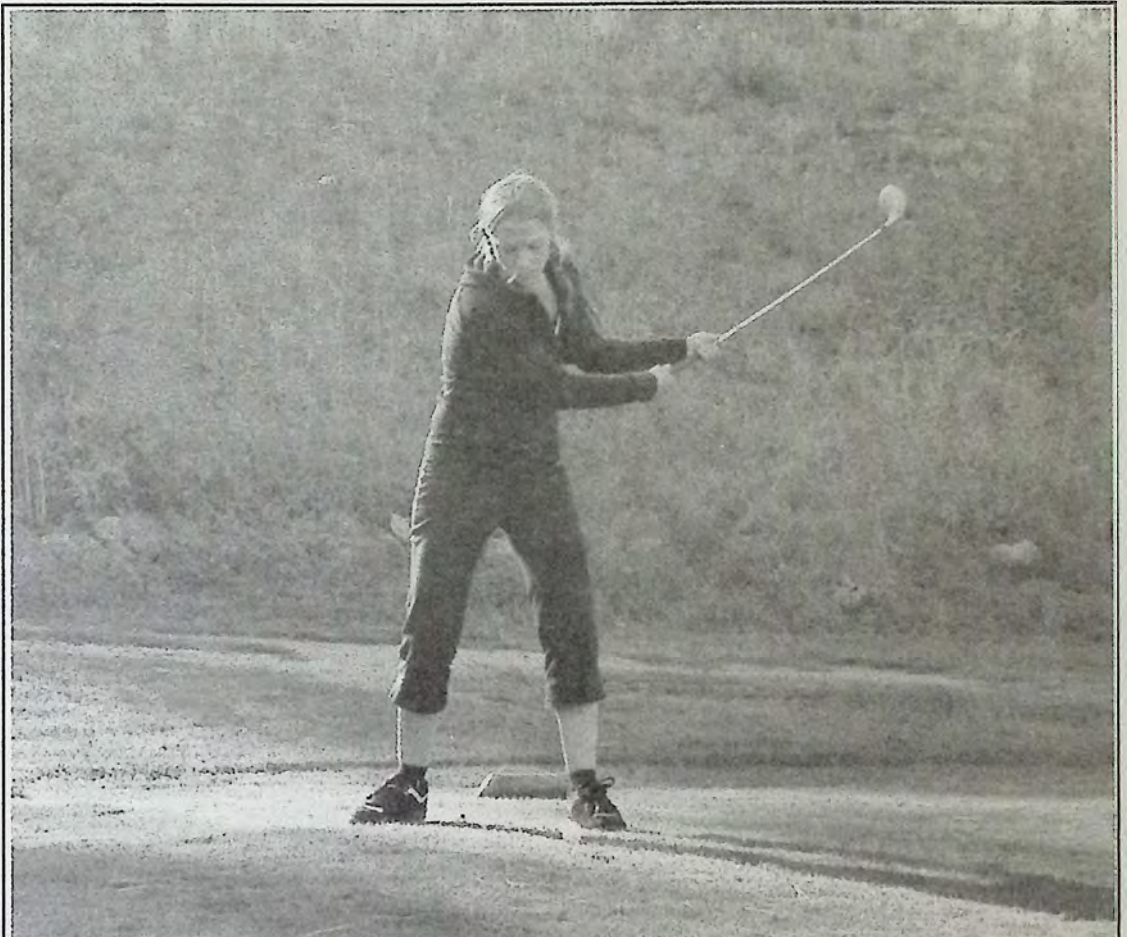
I expected that to take all day.

It did take all morning but it showed me that the panel is made up of Similkameen Valley residents who are not going to just accept the first suggestion without re-working it to properly fit the circumstances.

We all agree that the diversity of the valley will likely create more challenges as we define what it is we want to see the Similkameen Valley become in the next twenty years.

But rest assured that it will also be because of that diversity that a "Made in the Similkameen" plan will have to take time to develop and shape until it is deemed the right fit.

And at this point I think the members of the Committee are the right fit for the job.



Similkameen News Leader congratulates Copper Mountain Bar & Grill on the success of their 5th annual Charity Golf Tournament held September 26th. The event supported the Spirit of Angels. \*

## ...Your Turn

### A vet speaks out

Dear Editor,

I have just learned that the Mayor, Randy McLean has decided to let the people of this town rename the Town Square.

As a very proud member of the Royal Canadian Legion I do not understand the reasoning behind this. Are there plans to move the Cenotaph that I am not aware of?

Has something happened that requires that Veterans Square be

renamed?

We have long since congregated at Veterans Square for our Remembrance Day ceremonies in which we remember our fallen comrades. Those people fought for our freedom. Why would you take the honour of having a town park named in their memory away from them?

I would hope that the Mayor and Town Council remember our fallen comrades and keep the Veterans

Square name intact.

Fraternally,  
Cam Powley, Princeton  
(Editor's Note: There is currently no official name of the park located in downtown Princeton which contains the Cenotaph Monument. The park has been nicknamed many things and Veterans Square happens to be nothing more than a nickname for that park at this time).

Canada

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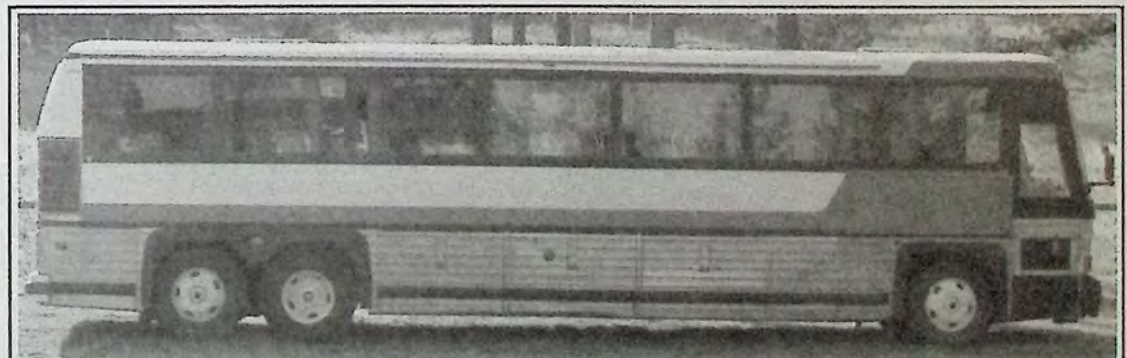
We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

#### 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.



The new Princeton Posse team bus may soon contain a number of signs advertising a variety of local businesses. Interest in the project has been high with inquiries coming from a number of local sources. "The advertising revenue for signs on the bus will be used to cover operating expenses for the bus," explains Posse Marketing Director George Elliott. "We have set up a separate account just for the bus and are very pleased with response received to date from potential advertisers." \*



# Current Comment

## Why Some People Oppose Stem Cell Therapy



**Dawn Johnson**  
editor@thenewsleader.ca

Although Canada has never outlawed stem cell research, the Americans have had laws against it. These laws were recently overturned by Congress, but an undercurrent of opposition still exists, fuelled primarily by religious groups.

The opposition to stem cell research and stem cell therapy began when the first researchers were using stem cells from human embryos. This is no longer the case. Researchers now use stem cells from the patient's own fat and bone marrow, as it is safe, simple and more economic. This is called adult stem cell transplantation.

Still, the opposition continues, partly due to ignorance, and partly due to the idea that we should not mess with God's creation, or with God's will. There is a contradiction inherent in this concept. If you believe God created man, then you must also believe God created a weak form of animal with no natural defences but a big brain.

Humans do not have the teeth, the claws, the sense of smell and hearing, nor the muscular strength, of other of God's creations. All God gave us was this big brain to figure out how to defeat our enemies and protect ourselves any way we can.

It took a big brain, and all of the devices this big brain has developed, to come to the point where stem cells were discovered and can be used to defeat the enemy called injury and disease.

Stem cell therapy has been in use in Europe for a long time, and is effective. It replaces the need for organ transplant, and has none of the terrible side effects of immune suppression that accompanies an organ transplant. What European doctors have been

doing is injecting stem cells into diseased organs. The stem cells then repair the damaged organ, making it healthy again.

Rather than waiting months or years to replace a diseased organ with a transplant, patients receiving stem cell therapy wait only a few weeks, during which they undergo a few tests.

Who knows how many lives could be saved if we develop good stem cell therapies in our country?

Who knows how much suffering could be ended by rejuvenating diseased or injured organs? Would stem cell therapy cure a diabetic? a weak heart? an injured spine? an injured brain? Could a diseased liver be repaired, or a diseased kidney?

The answer to this is yes, and we could have this therapy very soon at a fraction of the cost of organ transplants, and a fraction of the cost of medical care.

Think of what it would mean in terms of savings to individuals and to governments if we could put an end to expensive surgeries, expensive medications, and expensive hospital stays involved in organ breakdown.

Think of the suffering that could be spared.

Stem cell researchers see a potential to cure Parkinson's dis-

ease, ALS, cancer, arthritis, multiple sclerosis, stroke damage, and senility. Imagine the boon it would be to millions of people in North America who have these diseases, and what a saving it would be to our economy.

I know people in my own family who would be alive today if stem cell research had become as popular and well-financed as cancer research has become. I know people in my family who could still benefit from stem cell research.

I know people who have suffered injury to the brain, to the spine, to the eyes, and to the heart, and these people could have those injuries repaired if we got on the stem cell bandwagon.

I am sure our medical practitioners feel a sense of frustration when they face so many patients with incurable conditions. What physician would not be delighted to tell a patient with a damaged heart, "We'll have you back to normal in two months."

What physician would not be thrilled to phone all of his patients with MS, diabetes, arthritis and stroke damage and tell them, "We'll have you well again very soon."

Don't tell me God would be opposed to making people healthy!

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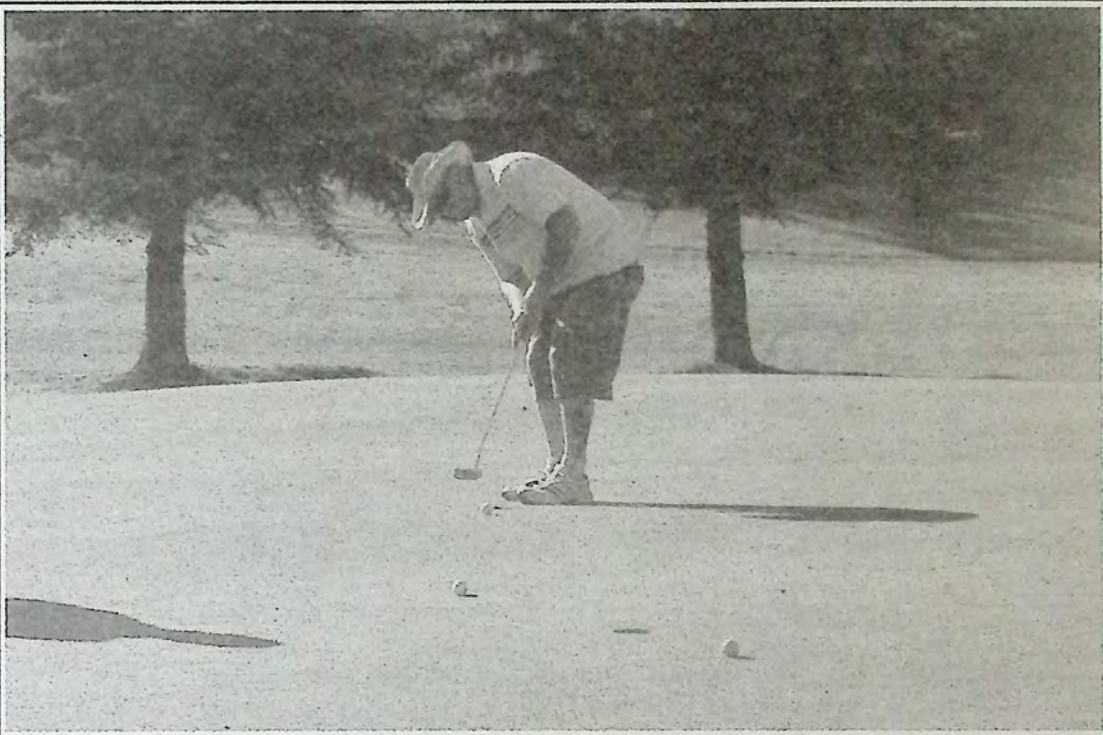


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# Charlty Golf Tournament



Not just putting around as part of the successful 5th annual Copper Mountain Bar & Grill Charity Golf Tournament to benefit 'The Spirit of Angels' Program. A BBQ followed nine holes of golf. \*

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One of many beautiful views at Princeton Golf Club. \*

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Golfers of all skill levels enjoyed the September 26th Copper Mountain Bar & Grill Charity Golf Tournament at Princeton Golf Club. The event was in support of 'The Spirit of Angels' Program. \*



# Ghost Town

A town that has been abandoned, usually because the economic activity that supported it no longer exists.

There are a total of six such ghost towns in the Princeton area:

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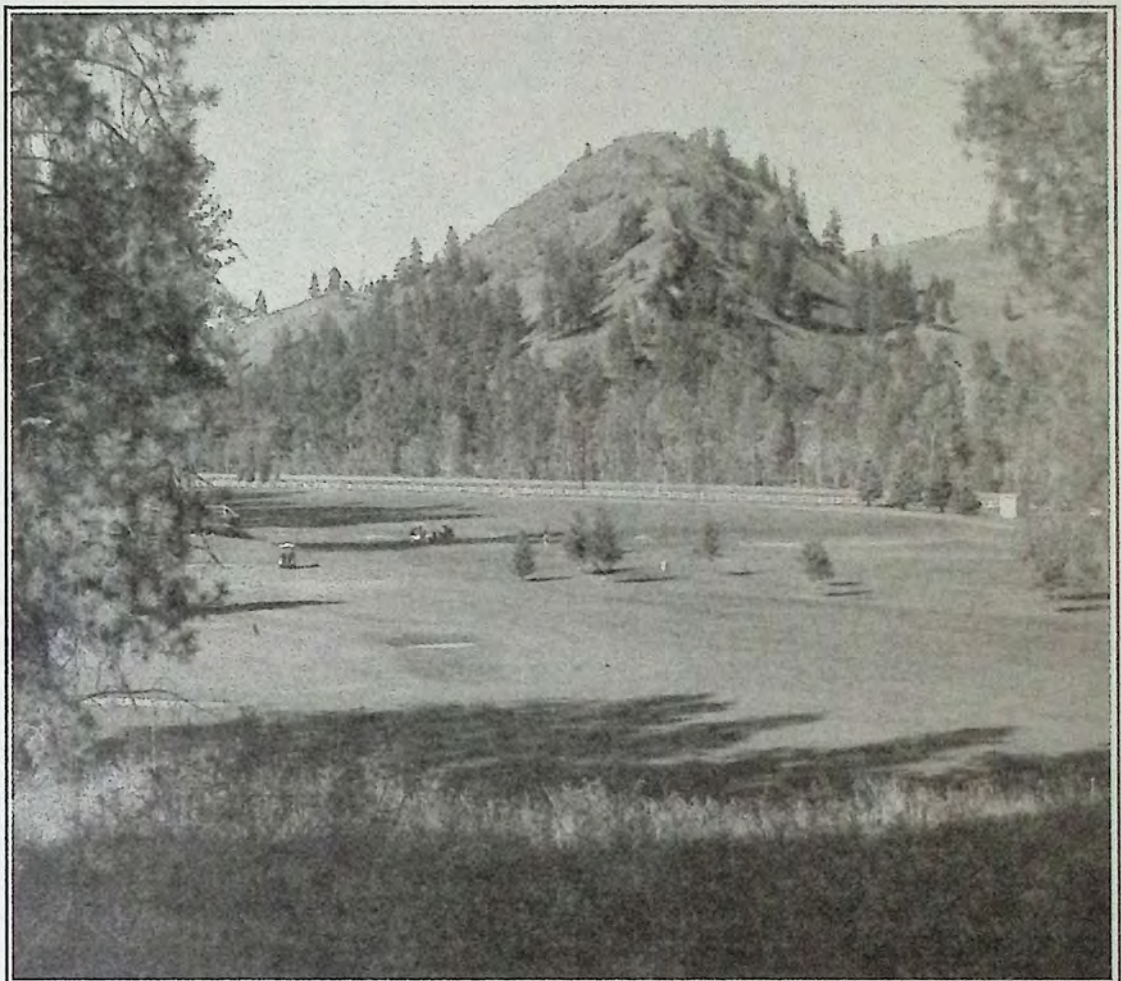
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One of the many great views to discover at Princeton Golf Course. \*

**Two different music festival letters**

The Similkameen News Leader recently received two different letters via e-mail concerning two different music festivals located at two different ends of the Similkameen Valley.

To The Editor;  
 I recently had the pleasure of performing in Princeton with our band Fiddle Frazzle for the Traditional music festival.  
 I have to say that Princeton pulled out all the stops to welcome us! Your new and improved town square is beautiful and a real legacy for the future.

The hospitality of the festival volunteers, organizers and towns peo-

ple was really outstanding and my husband and I want to extend our congratulations and heartfelt thanks!

Great job Princeton!!! We're already looking forward to next year!

Yours truly,  
 Debi Johnson and Larry Crawford  
*To Citizens of the South Similkameen:*

This past Friday, September 25th, the Mayor of Keremeos had attempted to organize interested citizens to re-activate a Music Festival during the last weekend in May.

Unfortunately only 4 people turned out for the meeting. To attempt a

Festival, 12 to 15 dedicated key people would be required for many hours of volunteer work.

I found this lack of interest very discouraging and disappointing. I suggest anyone who feels we should have a Music Festival or any other Community event, look in your mirror and convince the person you see there to take a greater interest in making Keremeos a better place to live.

Thank you,  
 Walter Despot, Mayor  
 Village of Keremeos  
 (Editor's Note: Despot is referencing the Music Under the K Music Festival).



Princeton Posse beat Kimberley Dynamiters 5-4 in OT Sunday, September 27th. \*



# Charity Golf Tournament



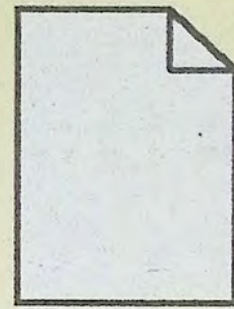
A nice chip shot onto the green during the 5th annual Copper Mountain Bar & Grill Charity Golf Tournament to benefit 'The Spirit of Angels' Program on September 26th at Princeton Golf Club. \*



The 'fun' tournament hosted by Copper Mountain Bar & Grill was an afternoon of fun! \*



The weather was perfect for nine-holes to benefit The Spirit of Angels. \*



## RESUME

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