Similkameen

Volume 12 Issue 44 #603 ISSN 1712-090X

Tuesday, November 3, 2009

Downtown Princeton looking down Vermilion Avenue from Bridge Street early on the morning of October 29th. A light dusting of snow occurred only days before and was gone by midday.

Province provides H1N1 vaccine update

Despite unexpected delays in the manufacture of pandemic H1N1 influenza vaccine in Canada, all British Columbians who need or want the vaccine will be able to receive it before the end of the year as has been said previously, Minister of Healthy Living and Sport Ida Chong and Provincial Health Officer Dr. Perry Kendall reiterated October 30th.

The federal government has advised all provinces, including B.C. that they won't be receiving as many doses of pandemic vac-

cine in the next few weeks as anticipated. Nevertheless, the provincial rollout will continue with a significant number of doses over the next week, and B.C. has ordered more than four million doses of the vaccine, more than enough to cover the province.

"Based on the information the federal government has conveyed, every British Columbian who needs and wants the vaccine will be able to receive it before the end of this year," said Chong.

..... continued on Page 10

silver finds! eports gold

Sego Resources reported October 26th the latest results from the ongoing excavator trenching program on its Miner Mountain Project which is expanding the gold area in the South Zone.

The trenching and reclamation is being done by the Upper Similkameen Indian Band. Vic Preto, Ph.D., P.Eng. is consultant and QP for NI 43-101 purposes.

Trench 09-88 is the most southerly trench excavated in the South Zone where the 2.5 km chargeability zone, located by Quantec Geoscience, comes to surface.

The target remains open to the South, Southwest, Southeast and East. Sego has received a Petrographic Report from Kathryn Dunne, M.Sc., P.Geo. which will be available on their website.

Results are as follows:

Trench 86 105m West to East From MM09TR86C38 - To MM09TR86C40 three metres of 0.23 g/t Au and 0.16g/t Ag From MM09TR86C42 - To MM09TR86C66 Twenty five metres of 0.34 g/t Au and 0.21 g/t Ag

From MM09TR86C95 - To MM09TR86C98 Four metres of 0.25 g/t Au, and 0.20 g/t Ag

Trench 88 70 m East to West From MM09TR88C48 - To MM09TR88C52 Five metres of 0.32 g/t Au, and 0.2 g/t Ag From MM09TR88C55 - To MM09TR88C70 sixteen metres of 0.34 g/t Au, and 0.32 g/t Ag* *Includes MM09TR88C65 one metre of 31.47 g/t Au, and 27.2 g/t Ag - This sample was not included in the group assay to avoid the nugget effect. The average values of 0.32 g/t Au, and 0.32 g/t Ag were used

Trench 91 North to South From MM09TR91C1 -To

Learn more about Princeton & District Community Services through our 4-part series on the group

instead.

MM09TR91 Five metres of 0.74% copper and 0.6 g/t Ag

The Petrographic Report prepared by Kathryn Dunne, M.Sc., P.Geo., studied 11 samples from which thin sections and Sodium Cobaltinitrate Staining for Potassium feldspar were done.

The report notes four phases of intrusion from Syenite in the Granby Zone to brecciated Monzonite, micro-diorite and quartz diorite in the south zone. Pervasive Secondary Potassium Feldspar (Potassic alteration) and brecciation were observed. Mineralization was two phase with bornite and/or chalcopyrite rims being replaced by chalcocite and covellite on fracture fillings and in disseminations.

In the south zone where the IP anomaly comes to surface pyrite magnetite and pyrrhotite were observed.

The full Petrographic Report and a map of all trenches can be found at the company website:www.segoresources.com.

Inio meer

Previous trenching done in the area in 2008 located the following results:

Trench 36 - 32m of 0.29% Cu and 1.00 g/t Au

Trench 37 - 4m 0.19% Cu and 1.15 g/t Au

Trench 42 - 10 metres 1.18% Cu with diagnostic alkalic porphyry alteration (see Sego NR June 5, 2008 and September 9, 2009).

Sego Resources Inc. is planning a drill program prior to the Christmas break.

Sego Resources Inc. is a mineral exploration company, exploring the Miner Mountain Project, a large scale porphyry copper gold target northeast of Princeton that is 2,400 hectares

Exploration to date, has located zones of high grade surface copper-gold mineralization and drilling has confirmed the presence of significant copper-gold grades at depth.

The Miner Mountain Project is 15 kilometres north of Copper Mountain Mining Corporation's former copper producer (closed 1996) that is scheduled to resume production in 2011, following a recent favourable feasibility study.

The Miner Mountain Project is situated within the traditional territory of the Upper Similkameen Indian Band with whom Sego has a memorandum of understanding which provides a constructive framework for future development and exploration.

For more information on Sego Resources and previous News Releases visit www.segoresources.com.

Go, Posse, Go!



Go, Posse, Go!

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Similkameen News Leader



- Part 2 starts this week on Page 2 -

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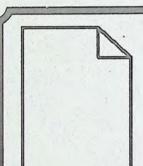
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Community Services

Part 2: Taking On A Big Job



Princeton & District Community Services Board of Directors includes, from left, Joann Gabriel, Russ Pederson, Ray Jarvis, Diane Rodewoldt, Spencer Coyne and Ken Carlson. Missing from photo: Carol Clarke, Torry Small and Janice Stevens. Photo: Brenda Engel

The closure of the Tranquille facility for mentally challenged adults gave Community Services a new job.

The return of institutionalized handicapped adults to the community posed some big challenges to the society, including more public criticism from people who reacted negatively to the idea of providing community care for mentally and emotionally challenged adults.

The drop-in centre became the Mini Chef Restaurant, and the new members of the community began their new lives in Princeton under the care and guidance of Community Services.

Among the first were Patricia Reid, June Marchand, and Carol Loucks

They became truly part of the community. They received more than care: they learned to work in the Mini Chef, they learned to read in some cases, they went to church and they became neighbours when Mary Anne Apartments were purchased in 1978.

The first few were followed by many more who learned to live independently and join in community activities. Mary Anne Apartments was too small, and Mary Anne Court was constructed in 1984, opened by MLA Bill Vander Zalm.

The mentally and emotionally challenged adults learned self help skills to enable them to live independently with a little help and guidance.

Perhaps the best measure of success of the program to "mainstream" mentally challenged adults came when June Marchand passed away, the first of the previously institutionalized adults to come to life's end. At her funeral, a broad range of Princeton's people turned out to mourn the loss of this very special community member.

In the meantime, the elderly and physically handicapped received services, including the Community Service transportation service around town and to Penticton, and Meals on Wheels. The model set by Community Services was followed in many other communities in B.C.

As Community Services expanded its role in the community, the need for more administrative space required a new office location. A house on Halliford Avenue, almost directly across from the Mini Chef Restaurant. Once again, there was not enough money for the job, and numerous volunteers and donations turned the house into an office space. Volunteers painted and did repairs to the old house, creating an inviting front office and conference room as well as private offices.

Constantly meeting the needs of the community brought an expanding role to Community Services, and employees needed to be certified home support workers. Community Services persuaded Simon Fraser University to hold college courses in Princeton. Graduation day marked a great achievement for the employees and for Community Services.

In 1987, Community Services Board of Directors launched a new project to provide assisted living for seniors. This new project received the solid backing of the community, with no outery of criticism. Community Services had earned respect.

With donations from the community and a pledge from the Rebekah Assembly of B.C., all that was left was required cooperation from the BC government. A community assisted living facility was a new concept for the government, but with persuasion from Town Council and our MLA, Vermilion Court was finally constructed 10 years after the project was launched.

The 18 unit complex, which provides personal care and two meals a day along with a positive social environment, was filled in no time. There is always a waiting list.

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Similkameen Historical Society hosts Cook

Have you ever walked through the North Cascades west of Princeton and seen overgrown vertical scars on the trunks of trees? Or perhaps you've been bushwhacking offtrail and noticed a stretch of

ground that doesn't look like a trail and yet the vegetation there is noticeably sparser than the rest of the forest.

If you have then you've probably been walking along a Hudson's Bay Brigade trail or along a stretch of the old Dewdney Trail. The fur traders who traveled through the North Cascades used to slash the bark of trees along their routes to mark the trail. The passage of horses and miners along the Dewdney Trail during the gold rushes compressed the soil making it difficult for vegetation to grow.

There have been trails through the north Cascades for thousands of years, traveled by First Nations people while hunting, gathering food and trading.

These trails were later used by the Hudson's Bay Company brigades and then by miners and prospectors. When gold was discovered in the Similkameen and Rock Creek areas in the mid-1800's, James Douglas, the Governor of the Crown Colony of British Columbia, commissioned Edgar Dewdney to build a trail to the interior.

These and many other fascinating facts will be part of a historical presentation by Kelley Cook, Princeton's trail historian, on Wednesday November 4th at 7:00 PM.

The presentation is sponsored by the Similkameen branch of the Okanagan Historical Society (OHS). The OHS was incorporated in 1925 and is one of the oldest societies in BC dedicated to the preservation of local history.

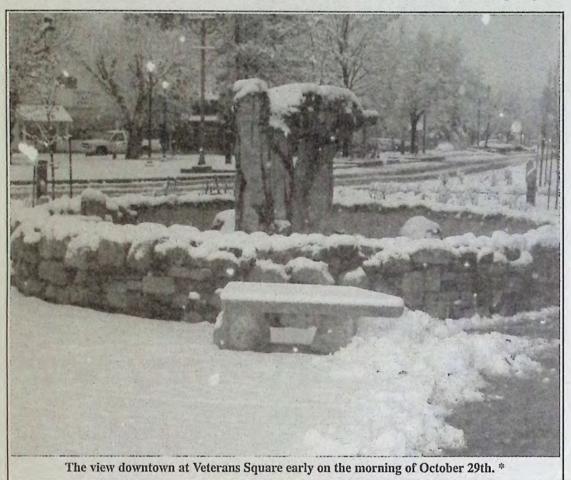
The Similkameen branch of the OHS closed a few years ago, but it has recently been revived and is sponsoring historical presentations on the fourth Tuesday of the month in Hedley, Princeton and Keremeos. The series began in Hedley in September with a presentation by archaeologist/historian Brenda Gould on the ancient history of the Similkameen Valley. The next presentation will be in Keremeos.

This week Kelley Cook will be giving a presentation on the history of the many old trails that run through our landscape. Last month Kelley gave a talk for the Vermilion Forks Field Naturalists on the recreational possibilities of these trails.

This OHS presentation will focus on the history of the trails – who built them and when and who traveled them and why. Her presentation will be accompanied by a stimulating Power Point presentation.

The presentation will take place in the Riverside Theatre on Wednesday, November 4th at 7:00 PM. Admission is free. Memberships in the Similkameen branch of the OHS will be available at the door as will copies of the OHS's history books.

Local trails were featured in Princeton BC News - Issue #04. Copies are still available free of charge at the Similkameen News Leader office.



Princeton Town Hall News

PRINCETON 150 INVITATION

The Princeton 150 Anniversary Committee has been busy planning Princeton's 150 Anniversary year and require assistance from the community to bring these ideas to life. Our committee would like to invite anyone interested in Princeton 150th Anniversary year to the:

Princeton 150 Community Planning and Sharing Session Thursday, November 5, 2009 Riverside Centre 6:30-8:30 pm

RSVP is required by calling Nadine at 250-295-6067 or email recreation@princeton.ca

The 2010 Princeton 150 Calendar is being produced and we would like to include every event, activity and program that the community is offering throughout 2010 in celebration of our 150th year.

RIVERSIDE MOVIES

Friday night movies at Riverside Centre are a great place to bring the family, go on a date or come to enjoy a great show.

Upcoming Shows for November Nov. 13 Shorts Rated PG

Nov. 20 Terminator: Salvation Rated PG13 Nov. 27 Julie & Julia Rated PG13

Doors open at 6:30 pm Showtime: 7:00 pm Cost: \$5.00 at the door Riverside Movie Hotline 250-295-6067 Line 2

HIRED EQUIPMENT REGISTRATION

The Town of Princeton is accepting the registration of equipment for hire such as, but not limited to, loaders, crawler tractors, graders, backhoes, excavators, trucks, etc., for construction/maintenance projects.

Equipment will be hired on an as required basis between January 1st and December 31, 2010.

Registration forms are available at the town office and completed registration forms should be submitted to the town office no later than 4:30 p.m. on December 18, 2009. All hired equipment owners must:

 Ensure that the equipment is properly and fully licensed and that insurance is current and in compliance with the Town's requirements.

Display current Municipal Decal where appropriate (required for any equipment travelling on Town roads);

Ensure that WorksafeBC coverage is maintained and kept current.

Ensure that only the specified registered equipment contracted for hire is dispatched.

Ensure that their GST status has been confirmed and, if registered for GST must provide their GST registration number.

Ensure that the operator has and maintains a valid B.C. Driver's license for the class of vehicle being driven.

7. Ensure that the operator is fully trained in the safe operation of the equipment.

Have a current Town of Princeton Business License and must provide their Business License number at the time of registration.

REGISTRATION DOES NOT GUARANTEE ANY WORK WITH THE TOWN OF PRINCETON. YOUR EQUIPMENT WILL BE KEPT ON FILE AND, IF AND WHEN IT MAY BE NEEDED TO ASSIST THE TOWN WITH ITS WORK, WE WILL CALL YOU.

REMEMBRANCE DAY

Town hall will be closed for Remembrance Day on Wednesday, November 11th. The office will re-open November 12th from 8:30 to 4:30.



WINTER SNOW REMOVAL AND PARKING REGULATIONS

It's that time again and we would like to remind residents of winter snow removal regulations.

The Town has a snow removal schedule that is based on a road priority system. Salting and plowing begins on the main arterial roads, followed by collector roads, and then moves onto residential streets and lanes as necessary. Please assist our crew when they are plowing by not parking on streets during snow removal.

During snow removal operations, plow operators cannot avoid leaving ridges of snow (called windrows) at the foot of driveways. Residents and business owners are responsible for clearing the windrow from their own driveways and entrances.

Residents and businesses are responsible for removing snow and ice from sidewalks in front of their homes and businesses. Failure to do so can result in a fine of up to \$100.

Thank you for your cooperation in following these simple steps to ensure a safe winter season and remember, if you're out on the roads during a snowstorm, drive with caution and according to road conditions. Stay a safe distance from snow removal equipment. They need room to do the job safely!

RECREATION & CULTURAL DEPARTMENT

2010 OLYMPIC TORCH RELAY VOLUNTEERS NEEDED
On Day 101 (February 7, 2010) Princeton will welcome the Olympic Torch to our town. This morning event requires volunteers to assist in a variety of roles from traffic control to hot chocolate servers. A grant of \$7,150 was awarded to our community to support a morning 2010 Olympic Torch Relay community celebration from the Ministry of Tourism, Culture and the Arts. We gratefully acknowledge the financial support of the Province of British Columbia.

If you are interested in learning more please contact Nadine at 250-295-6067 or email recreation@princeton.ca.

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Similkameen News Leader

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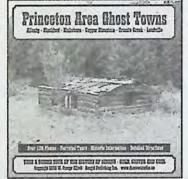
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Keremeos News



This is a familiar sight along Highway 3 near Keremeos and Olalla. *

Similkameen Country News

Similkameen Country sends members a Newsletter monthly. It can also be viewed at their website: www.similkameencountry.org. The News Leader is a member of Similkameen Country and is proud to present the most recent Newsletter below.

Info Centre

There was a 25% increase in visitors over last September. Giant FM broadcast from the centre on October 7th to help raise funds for the CT scan project.

Community Calendar

The calendar is completed and has been mailed away for publication. All 38 advertising spaces have been filled.

Taste of Our Valley

This event was held on October 17th. It was well attended and vendors did a great job of decorating their tables. The silent auction was very successful.

AGM

The Annual General Meeting of Similkameen Country will be held November 24 art 7:00 PM. Coffee and dessert will be served. Mayor Walter Despot will moderate the election of directors. Anyone interested in becoming a director of Similkameen Country should contact Manager Colleen Christensen at the Info Centre.

Victory Hall Tendering

Mayor Despot apologized personally and on behalf of the council for not making sure that local businesses were included in the bidding process.

Rodeo Grounds

Mayor Despot reported that the Village will soon be taking possession of the grounds from the Elks. Christmas Lightup

A chairperson for the crafts fair has been found. Colleen Christensen will chair the parade committee. Joan McMurray and Anna Bartlett will also help with this event.

TOTA Tourism Summit

Colleen Christensen will be attending this event in Kelowna on November 12 and 13.

Next Meeting

November 17th, 7:30 AM at the Info Centre.



Giant-FM's Dennis Walker interviews Dave Cursons of Cawston Players at the InfoCentre. *

www.gotpeppers.info



Swany Burnier and Laura Haw, winners of this year's St. Paul's/St. Cuthbert's United/Anglican Church annual Fall Bridge Tournament October 22nd. - photo submitted

Open air burning season now open

To ensure the Okanagan-Similkameen's air quality is as good as it can be, the Regional District implemented an Open Air Burning Bylaw for the fire protection areas of Naramata, Okanagan Falls, Kaleden, Willowbrook and Tulameen.

"Inversions are common in the Okanagan-Similkameen valleys, making our airshed susceptible to the build up of air contaminants that impact human health, visibility and the environment," said Chair Dan Ashton

"We can do our part by reducing emissions from open burning and eliminate the burning of garbage."

The Open Air Burning Season opened October 15th requiring residents to hold a valid calendar year permit. Permits can be obtained online at www.rdos.bc.ca, click on Burning Permits, or in person at the Regional District office.

Tulameen residents may also apply at their local volunteer fire hall. Residents now have the option of tracking the progress of their application through the online Permit Tracking System.

To reduce the amount of smoke pollution residents are encouraged to utilize alternatives to burning such as wood waste disposal at their local landfill, local yard waste collection service, or chipping programs.

The Open Air Burning bylaw defines yard waste as a compostable material and is not permitted to be burned. However, yard waste is accepted free of charge at all local landfills, on each load up to 500 kilograms (1,100 pounds).

The Campbell Mountain and Okanagan Falls landfills accept correctly prepared agricultural wood waste and separated wood waste, up to 500 kilograms (1,100 pounds) free of charge. Ensure loads are covered when transporting to the landfills, untarped loads are charged double the regular landfill tipping fee, with a minimum fee of \$10.00.

Anyone burning without a permit, could receive a fine or be charged with the cost of putting out the fire. Residents are encouraged to report anyone who is illegally burning by calling Penticton Regional Dispatch at (250) 490-2300 or to report a wildfire at 1-800-663-5555 or *5555 from a cellular phone.

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Similkameen News Leader

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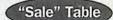
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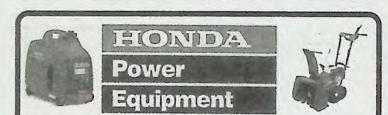
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Health / Lifestyle Hews

Get the 411 on managing your diabetes

(NC)—Most people don't realize that diabetes is not only the world's fourth leading cause of death, it's also increasing daily and now affects an estimated 246 million people globally. Despite the odds, Canadians with diabetes can educate themselves about their condition and take control of their daily management with ongoing care and the support of their doctor, pharmacist, family and friends.

Here are some tips to help you get on the right path to successful diabetes management:

Get the 411

Getting the information you need about your condition and how to manage it is one of the most impor-

tant steps to success. Check out credible websites to learn about the disease, symptoms and management tips. Elicit the support of family members and friends in developing and sticking to a diet and exercise regimen that works for you. Your doctor and pharmacist are probably the most valuable resources because they can provide you with information specific to your condition. Talk to a Rexall pharmacist about the new Rexall Diabetes Starter Kit containing all the tools and information you need - in one package - to begin your treatment. The kit is designed to ensure the newly diagnosed receive high-quality information and guid-

ance to help with their diabetes management routine.

Regular Testing

Keeping your blood glucose levels in a healthy range may require checking your blood glucose several times a day. Self-monitoring is an integral part of diabetes management because it puts you in the driver's seat. Regardless of how you manage your diabetes - through diet and exercise alone or combined with oral medicines or insulin - regular blood glucose monitoring provides immediate feedback on how your program is working. Some studies have found that the more often people monitor their blood glucose with a conventional blood glucose meter, the better their glycosylated hemoglobin (HbA1c) levels, thereby decreasing the progression of the long-term consequences of diabetes.

Diet and Exercise

If these are two words you love to hate, then you better start loving them. Healthy eating and physical activity provide a host of benefits for your quality of life, blood glucose control, and overall health. Exercise, not only burns glucose, it improves the body's ability to use insulin. This improvement in insulin sensitivity may allow some people with Type 2 diabetes to reduce or even discontinue bloodglucose-lowering medicines with increased physical activity. If you're making a commitment to physical activity or making any major changes in your diet, make sure you talk to your doctor to discuss any limitations or restrictions you may have.

Follow up with Your Team

It's often said that diabetes is best managed with a team approach. Your physician and pharmacist are your key points of contact. Your doctor will prescribe medicines for you, recommend target blood glucose goals, order laboratory tests, examine you, and look out for your overall health.

Your pharmacist helps you manage your drug therapy, identifies potentially harmful interactions among the drugs and over-thecounter products you use, and provides you with advice on lifestyle choices, alternate therapies and new products or services available at the pharmacy in the management of diabetes. It's also important to know that many pharmacists also have additional training in diabetes care and management. Many have even become certified diabetes educators, and some offer diabetes classes or one-on-one educational sessions in local pharmacies.

More information, tips and podcasts about managing your diabetes are available online at www.rexall.ca/diabetes.

Living Past 100

The Essential Canadian Vitamin: Replace Your Sun

As the dark days of winter come to Canada, there is one essential vitamin we Canadians MUST take, whether we are young or old, healthy or unhealthy. That vitamin is the "sunshine vitamin", Vitamin D.

During spring, summer and autumn, most of us are out in the sunshine often enough for our bodies to form Vitamin D from sun exposure. In winter, when daylight is limited, most of us will not be exposed to sunlight enough. We go to work or school in darkness and we return home in darkness. We need a Vitamin D supplement. Health Canada recommends that every Canadian takes a supplement every day during the winter.

Why is this so important? First, Vitamin D is required for the absorption of calcium, a mineral required for bone maintenance, proper digestion, and prevention of cancer. Vitamin D is especially important for children for the development of strong bones and teeth, but just as important for persons over 40 years to ensure maintenance of bone density, to prevent osteoporosis. Vitamin D supplements help many people beat the winter blues, which are often associated with depression and lack of energy.

Vitamin D is essential to enhance the immune system. In the season of colds and flu, we need strong immune defences. Vitamin D helps keep us healthy.

So, where can we get Vitamin D when the sun doesn't shine? First and foremost, fish liver oils are the best source of Vitamin D. Cod or halibut liver oil capsules are available in any health food store or pharmacy.

Many dairy products are fortified with Vitamin D, and eggs contain this essential vitamin. In youngsters, milk fortified with Vitamin D is an excellent way to add this vitamin to the diet, but the child must drink at least three large glasses of milk each day.

Vitamin D can be found in alfalfa, butter, liver, oatmeal, salmon, sardines, sweet potatoes, and tuna.

The recommended daily dosage of Vitamin D for adults is 400 IU, but for older persons taking calcium supplements to offset bone density loss, as much as 2,000 IU is recommended. The dosage for children will depend on the size of the individual child.

Parents should consult a physician or pharmacist for the best Vitamin D supplement for children.

People can have a Vitamin D deficiency as a result of liver or kidney disorders, or from taking cholesterol-lowering medications, antacids, or steroids.



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and
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Vermilion Court hosted their annual Bazaar on October 24th. Photo: Donna Wilson

Vermilion Court Report

by Donna Wilson

We had our annual Bazaar on Saturday October 24th, and would like to thank everyone who donated crafts, baking, floral arrangements and miscellaneous items for our sale. We would also like to thank the community for coming to support our Bazaar and making it a big success.

Thanks to all the volunteers, staff,

residents and our families and friends for all the hard work, love and support and generosity. Also thank you to Megan Hepting and Jessica Dennis who volunteered their time to help us.

Our 50/50 door prize was won by Marion Marcel whose ticket was drawn by Myrt Small, the afghan was won by Peter Donahoe and Irene Manion drew his name.

The crochet bag was won by Teresa Antonick drawn by Daniel Davidson, set of cushions and matching tablecloth was won by Kris Graham drawn by Irene Muir, crochet boy and girl pillows won by Liza White drawn by Sharon Galuch and the last was a huge floral arrangement won by Shelley Giles drawn by Jeannette Sulentich. See you next year!

Legion L. A. Report

by Carol Seaman

Our meeting opened with the reading of dedication, the singing of O Canada and a brief moment of silence for the departed. We had two guests, Maria the branch president, and Cathy the new secretary. We didn't waste a moment to get into the coming up events.

The first event will be Poppy Day, so watch for us on October 30 as our volunteers will be selling poppies here in town. November 11 is a very important day we celebrate also, so if you haven't already ordered your wreath to be placed on the cenotaph please do so.

This year our Remembrance Day service will take place in our newly renovated Veterans Square. We also have our tea and bake sale coming up on the 28th of November, so we have so much planning and baking to do to get things ready. At the moment we are having our hall painted and I had a peek inside and was pleased to see how great it looks. The colors that were chosen really compliment our hall and add a fresh new look.

Diane Huey is holding a food safe course for those who are interested on November 13, from 8:30 AM to 4:30 PM. Try and register early, as we expect a full house. Before we adjourned the meeting, we were told the "Bugler" will no longer be printed, but the branch news will be in the local paper. This is truly a big change for George Pearkes Branch mem-

bers. We closed the evening, sharing ideas on the up coming events, over coffee, and homemade tarts. We meet again November 10 at 6:00 PM, and our door is always open for new ladies to join us.

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Princeton Exhibition

Association

ANNUAL GENERAL MEETING 7:00 PM

Tuesday, November 10th PRINCETON TOWN HALL

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a Classified Ad in the News Leader. The vehicle sold.

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The first snow of the season fell October 27th. It was gone in most places by midday, but the News Leader car did get a few second glances early that morning on Bridge Street. *

Five tips to inspire kids to go green

(NC)-As tomorrow's eco leaders, it's never too early to nurture kids' green dreams. Here are five inspiring ways to get kids going green at home, at school or in their commu-

Go Green Idea #1 -

Establish waste-free lunch days

- Ask kids to come up with fun ideas for lunch boxes with re-useable containers and utensils or challenge kids to create a waste-free lunch pledge to post in classrooms. It's a green idea kids can encourage their parents and teachers to do as well.

Go Green Idea #2 -

Get kids going green in the community

- Teachers or community group

leaders can inspire kids to be green champions through fun events like a green community fair where kids can show off their inspirational eco-ideas like starting a composting project or anti-idling program for cars.

Go Green Idea #3 -Re-use, recycle ideas

- Ask kids to fill a large bag or box with long-forgotten books, toys, games and clothing and go with them to donate them to local organizations. It's an old-school green idea that gets kids thinking about green and their community.

Go Green Idea #4 -

Get kids to share their green ideas for a chance to receive a green grant

- Inspire kids to create and share their great green ideas by submitting them to the Sunlight Green Clean Kids Grants program at www.SunlightGreenCleanKids.ca. Kids ages six to 13 could receive a grant valued between \$250 and \$1,500 to make their eco-dreams a reality. Deadline for grant submissions is June 30, 2010.

Go Green Idea #5 -

Give eco-conscious birthday gifts

- Kids attend a lot of birthday parties. Give them a chance to pick out gifts that are fun and that will spread an eco-message, like enviro-themed games, books or educational eco-explorer kits. Also try replacing plastic loot bags with recycled or reusable ones.



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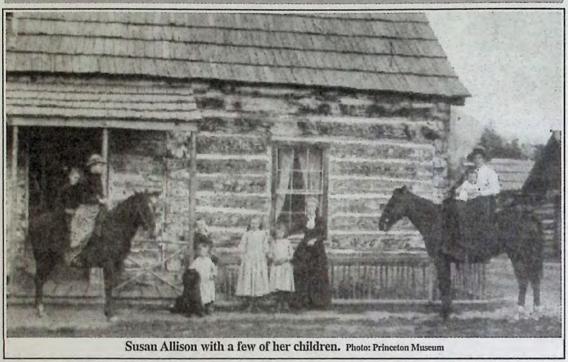
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Championships. Runners from throughout the Okanagan-Similkameen participated. Photo: Brenda Engel

150 Years of Similkameen History Nick Mills - Princeton & District Museum & Archives

Susan Allison's Children - Part 1



in Leeds, Yorkshire, England, John Fall Allison first got to the Similkameen Valley in 1859 via Illinois and California, having first arrived in Victoria, British Columbia, during 1858.

Susan Moir, a tea planters daughter, was born in Colombo, Ceylon, on August 18th, 1849, but following the death of her father returned with her mother to the United Kingdom. In 1860 her mother, sister and new stepfather arrived in BC, settling in Fort Hope at the top of the Fraser Valley.

In 1866 Susan Moir met and married John Fall Allison at Hope, they honeymooned together on the Hope - Princeton Trail, before settling down to pioneer life in the

Together they had fourteen children, this is their story.

The first child, a son, Edgar Moir Allison, known to everyone as Ed, was born on August 4th, 1869.

He died in 1947, Ed had three children and three wives, although the last marriage was childless. Ed moved to Sardis where he was a long time farmer and is buried in Chilliwack.

In 1871, at Hope, Susan gave birth to their second, also a boy, Robert Wilford. "Wilf" as he was commonly known, married native Arabell Sxwultku with whom he had ten children.

Buried in Princeton at the Allison Family Cemetery, he passed away in 1926.

The first girl born to the Allison's was their third child, Beatrice Jane, born in Keremeos on January 20th, 1872, it is said that she was the first white girl born East of Hope.

As a young woman, Beatrice returned to the Coast to train as a nurse and then left for Korea where she later turned to teaching at a school, before marrying the Headmaster, Charles Bruce-Mitford. Eventually, upon returning to England, the pair separated. Beatrice had four sons and passed away aged 88 in 1960.

January 22nd, 1874, saw their second daughter, Susan Louisa, born at Westbank. She married Al Johnston and they had four children. She died on May 1st, 1955, and is buried in the family cemetery too. Today's Parsons and Meldrum families are direct descendants of Susan Louisa.

Rose Isabella was born on August 30th, 1875. She married Samuel Dickson Sands in 1897 and it was S.D. Sands that acquired the land for the Princeton town site from the

Rose died in Vancouver in 1902 and is believed to have been buried at sea. Sands subsequently left the Similkameen Valley to try his luck in New Guinea, where he passed away around 1950. The couple had one son, "Dickie".

After two daughters, John and Susan's next child was a son, John Stratton, "Jack". Born at Westbank on January 4th, 1877, some records show that he was unmarried and others in the Princeton Archives state that he was married to Matilda Surprise and that he fathered one son, John.

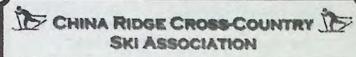
Whatever his marital status was, sadly, in 1903, whilst prospecting in the Queen Charlotte Islands, he fell over a bluff and was killed. He is buried at the Coast.

The seventh child of Susan and John was a girl. Also born at Westbank, on September 10th, 1878. Caroline Elizabeth, "Carrie", married William (Bill) Thomas at Penticton on March 21st, 1904, in a service conducted by the Reverend

They ranched on the site of the old Allison home and had three sons together - Alfred, Ross and Roy and one daughter - Clover. The mother passed away in December of 1975 at the age of 97, her funeral being held on the last day of the

(To be continued next week with the remaining seven children - beginning with George Mortimer Allison)





ANNUAL GENERAL MEETING

7:00 PM - Monday, November 16, 2009 China Ridge Longhouse, 7km Snowpatch Road

WELCOME TO EVERYONE - including New Members!

We have started the development of new bike trails. We would like all members to help set the new direction of these increased activities.

Directions: Drive up the hill from 0km Snowpatch, stay on the main road (left at 5km), at 7km is the Longhouse!

QUESTIONS? Call Kelley Cook (250) 295-7295

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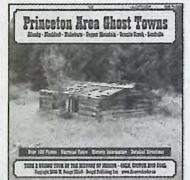
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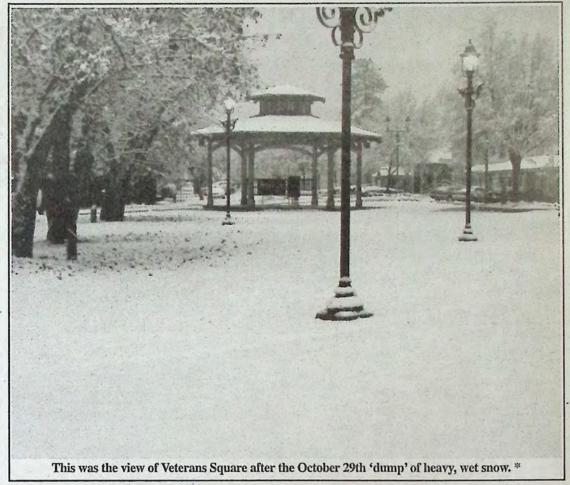
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The real dope on the H1N1 vaccine

...... continued from Front Page

"The Province has a plan in place to first deliver the vaccine to those most at risk from serious consequences of H1N1 infection, and we will continue to implement that plan."

B.C. began the largest immunization campaign in its history last week with the vaccine made available to the first groups of high-risk residents - people under 65 years of age with chronic health conditions, pregnant women and individuals, including First Nations living on reserves, who reside in remote or isolated areas.

Beginning next week, eligibility to receive the vaccine will be extended to include front-line health care workers, children between six months and five years of age, and household contacts of babies less than six months old and of immuno-compromised people. Not everyone in these groups will be immunized in the second week of the program. Each region will need to gauge supply and demand, and there may be some differences in timing because of these variables.

As a result of smaller than expected shipments of the vaccine, further distribution will include a phased approach. Vaccination of health care workers will be prioritized to first cover those deemed to require it most in order for critical health care services in B.C. to be maintained.

Not all health care workers will be able to receive the vaccine immediately but, as supplies increase, all health care workers who want the vaccine will get it.

In addition, health authorities that had been running seasonal influenza clinics for seniors may temporarily be suspending those clinics, depending on local logistics, in order to focus on delivering the H1N1 vaccine to those most at risk. Seniors' influenza clinics will resume later in November, the time of year that they are normally held. This change isn't expected to have any impact on the rate of seasonal influenza among seniors this win-

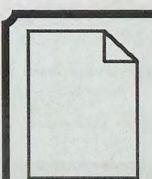
To date, B.C. has received nearly a half-million doses of the adjuvanted H1N1 vaccine and is expecting a shipment of another 350,000 doses for distribution this week. In addition, the province is scheduled to receive 58,000 doses of adjuvanted and 25,000 of unadjuvanted vaccine from Canada's pandemic H1N1 vaccine manufacturer GlaxoSmithKline - the latter specifically for pregnant women - later this week.

Health authorities in B.C. are receiving vaccine shipments based on their respective populations. Each health authority has implemented a vaccination plan which best suits its geographical area and population densities.

"We acknowledge that there may be concern among the public that the H1N1 vaccine is not getting to B.C. and other provinces as quickly as it should," noted Dr. Kendall, "but I am confident that the federgovernment GlaxoSmithKline are doing their best to ensure that the vaccine is manufactured and distributed as quickly as possible. There have been similar challenges in the United States and other countries as well. In the meantime, our provincial health authorities will tailor their delivery plans to ensure that the vaccine we do have is used in the best possible way."

"Members of the general population who don't fall into the highrisk categories identified in the phased implementation approach will be able to receive the H1N1 vaccine as soon as supply is sufficient but not at this time," said Dr. Monika Naus, medical director of immunization programs at the B.C. Centre for Disease Control, an agency of the Provincial Health Services Authority.

"We ask that healthy individuals allow those who need the vaccine most at this time to get it first. In the meantime, we remind everybody that basic infection control measures remain a powerful weapon against influenza infection and spread. Wash your hands properly and often, cough or sneeze into your sleeve or a disposable tissue, and remain at home if you are sick."



RESUME

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Similkameen News Leader TV Guide Listings - November 3 - 9, 2009



Runners sail by in the Valley Cross Country Running Championships October 27th at Snowpatch.

The event was the Valley and Regional deciding finals. Photo: Brenda Engel

They made us think pink!

Well, we have come to the end of October and the support that people have shown for our fight against breast cancer has been overwhelming.

As we explained at the beginning of October, our Midget Rep Hockey Team wore pink jerseys and pink laces in their skates in all of their games for the month of October to show their support for the fight against breast cancer.

At our first exhibition game here in town on the 3rd we had a table set up at the arena and we raised \$100.00 in donations and \$78.00 from the 50/50, which amounted to \$178.00.

Our game in Chase on the 10th showed that people are very aware and very much supportive in this fight. They had made up a beautiful basket that was raffled off and they gave us all the proceeds from the raffle, plus the proceeds from their 50/50 which amounted to \$230.30.

Then, in Kamloops on the 17th we received a donation of \$36.35.

Back to Princeton on the 18th where we got another \$39.00 from the 50/50 and \$30.00 from donations for a total of \$69.00.

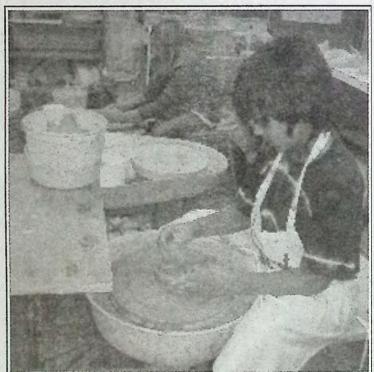
The Sherwood Penticton Vees wore pink ribbons on their jerseys and had pink tape on their hockey sticks for our game against them in Penticton and donated \$97.51.

The final event was at our pub night at the Brown Bridge Pub which was held on the 24th. We raffled off a pink jersey which brought in \$175.00 and another pink jersey at the live auction which made \$80.00 for a total of \$255.00. Just before this article was sent to the News Leader we were told that we had a donation of

\$500.00 from Invis/Wilkins & Associates.

Altogether the Princeton Midget Rep Hockey Team has raised a total of \$1,366.16 which will be sent to the Breast Cancer Society.

At this time we would like to say a huge Thank You to everyone who supported us in the communities that we played in and - of course - the people here.



Eric Ogrinc, right foreground, and Asia Gronen make a small water bowl for a cat on the wheel! See Page 12 for details!

We're different, and we like that.

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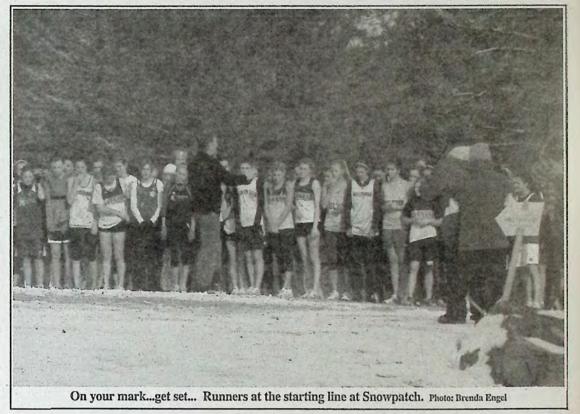
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The Pottery Studio at Riverside Centre is all afire with activity of late. Princeton Community Recreation is offering two Clay for Kids programs and one adult evening class this Fall with instructor, Sue Delatour LePoidevin.

Princeton Potter's Guild is also holding monthly supper meetings, with members taking turns sharing their projects in clay. Last month Ed Staples brought examples of teabowls he had made, while living in Japan and gave a slide show explaining the process of a Japanese tea ceremony and some excellent slides of pieces from exhibitions that he attended there. Thursday afternoons, members have been coming in to make pottery pieces. Our next meeting is November 12 and new members are welcome.

You will also find Sue working in the studio on her own work which, when finished will be shipped off to Jonathon Bancroft Snell Gallery in London, Ontario.

Sue had the opportunity last August to fly out to London and attend an opening where the group of 18 ceramic artists from BC, Fired-Up, Contemporary

Works in Clay, had their 25th Anniversary show.

Sue had huge success with her own pieces selling 6 out of her 10 sculptures she exhibited and is now being asked to send more work for the pre-Christmas

The first kids class is winding up, with the children learning to make small pots on the wheel. The second session is for younger children ages 6-8 and will be handbuilding only with a winter theme. This session starts at 3:30 PM on Wednesday November 18 and runs until December 9. Please contact Nadine now to register at (250) 295-6067. - article and photos submitted



Samantha McEwen trims a foot on the bottom of a pot on the wheel.

It was voted on and passed that we

donate \$10,000.00 to Ridgewood

Lodge for window coverings. Also

voted on and passed that we donate

Our meeting was held on October 19th at 1:00 PM with president Christina chairing the meeting.

> Princeton Area **Ghost Towns** The DVD

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\$600.00 to Public Health for a baby measurer and a baby scale bag. We also donated \$25,000.00

towards the new CT Scanner for which a cheque was presented to Janice Perrino at our meeting. A photo and article about this presentation appeared in the News Leader last week.

We are in need of volunteers so come to a meeting and check us out,

we meet the second Monday of each month at 1:00 PM in the hospital board room.

Thank you to all who helped in the change over from summer to fall and winter, great job.

Next month I will provide an itemized list of all donations made for the year which so far amounts to \$87,600.00

And without the residents of Princeton supporting our Thrift Store we could not do this. Thank you Princeton. Until next time, keep smiling. - submitted by A. Salter

TUESDAY, NOVEMBER 3, 2009

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-	PM	The Office	The Doctors		WordGirl	Judge.	Dr. Phil 🕮	The First 48		The Doctors		Fashion F.	Barnyard	Off-Record	(2:59) The	Destroyed	Life Derek	PROFESSION SERVICES		Parker
3	:30	Name Earl		Bear	Electric	Judge		Œ	Ray 🖽	(E)	the Restless	Mercer	SpongeBob	Sports	Dr. Oz Show [ct]	Destroyed	Suite Life	6 (N) @	Sen	Parker
A	PM	Family Guy		WordWorld	Fetch! Ruff	Judge J.	Oprah	Criminal	Deal No	Oprah	(3:59) Early		SpongeBob	NHL	Ellen	Daily Planet	Phineas	Law &	CSI: Crime	'70s Show
4	:30	Family Guy	Winfrey (11)	George S.	Cyberchas	Judge J.	Winfrey (E)	Minds 🖽	Deal No	Winfrey (C)	Global	Whisperer	OddParent	Hockey: Boston	DeGeneres Show	(N) @	Wizards	Order: SVU	Sen	'70s Show
_	PM	Payne	Early News	Babar	BBC News	News (N)	News	The First 48	News	Early News		CBC News:	OddParent	Bruins at	CTV News	How-Made	Suite Life	12 C C C C C C C C C C C C C C C C C C C	UFC	The Outer
5	:30	Payne	News	Martha	Business	NBC News	CBS News	6	ABC News	Global	Hour (N)	(N) [6]	SpongeBob	Detroit Red Wings.	at Five (N)	How-Made	Zoey 101	Loser (N)	Unleashed	Limits @
_	PM	Law &	Global	Taste Buds	News-	News (N)	News	Parking	News	(5:59) News	ET Canada		iCarly (tt	(Live) @	CTV News	Destroyed	Montana		UFC	ET Canada
6	:30	Order: SVU	News	Dogs	Lehrer	Millionaire	Hollywood	Parking	News	Hour (N)	Entertain	Coronatn	iCarly (t)	Sports	(N) (E)	Destroyed	Wizards		Unleashed	Switch (N)
-	PM		Entertain	Frontiers of		Jeopardy!	The Doctors	Parking	Entertain	Entertain	The Good	Fortune	Drake	NHL	etalk [ff]	10.54 MACROSCOCO 1967	Sonny	The Jay	UFC	Family Guy
1	:30	Force One" (1997,	ET Canada		⊞ (DVS)	Fortune	(C)	Parking	The Insider	ET Canada	Wife (N)	Jeopardy!	Prank Ptri	Hockey: New York	Hollywood	(N)	Suite Life	Leno Show (N)	Unleashed	'70s Show
0	PM	Suspense)	NCIS (N)	Britain	Frontline	The Biggest	NCIS (N)	Parking	V "Pilot"	NCIS (N)	NCIS (N)	Mercer	Malcolm	Rangers at	V "Pilot"	Daily Planet	Overruled!	News	Surviving	'70s Show
8	:30	Harrison Ford. (£)	(E)	From Above (N)	(DVS)	Loser (N)	Œ	Parking	(N) (E)	Œ	E	22 Minutes	Chris	Vancouver Canucks. [#]	(N) Œ	(6)	Montana	CityNews	Disaster (N)	'70s Show
0	PM		NCIS: Los		Independen		NCIS: Los	(9:01) The	Dancing	NCIS: Los	NCIS: Los	Being Erica	8 Rules		Dancing	Destroyed	Wizards	Make Me a	11. 21.5.5%	Family Guy
9	:30	Movie: "Air	Angeles (N)		t Lens (N)	1	Angeles (N)	First 48 🖭	With the Stars	Angeles (N)	Angeles (N)	(N)	What I Like	Sports	With the Stars	Destroyed	Buzz	Supermodel		Seinfeld
	PM	Force One" (1997,	The Good	A Promise	То Ве	The Jay	The Good	Parking	(10:01) the	The Good	News Hour	National	Family Biz	This Great	Law &	A STATE OF THE STA	School	Coach (ff)	CSI: Crime	Family Guy
10	:30	Suspense)	Wife (N) 🖽	To The Dead	Announced	Leno Show (N)	Wife (N) 🖭	Parking	forgotten (N) @	Wife (N)	Final (N)		Prank Ptrl	Land-Torch	Order: SVU		Cory	Judge	Scn	Married
44	PM	Harrison Ford. [6]	CHBC	Diamond	Charlie	News (N)	News	Parking	News	News Hour	Entertain	(11:05) The	Adrenaline	SportsCentr	CTV News	How-Made	So Raven	Home Imp.	Star Trek:	3's Co.
11	:30		News Final	Road @	Rose (N)	Tonight	Late Show	Parking	(11:35)	Final (N)	ET Canada	Hour @	Mystery	e (Live) Œ	CTV News	How-Made	Life Derek	Northern	Voyager (6)	3's Co.

WEDNESDAY, NOVEMBER 4, 2009

	WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV 11	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
	M In the Heat of the Night	Marning		Bob Build Lions	News (N)	News	American Justice	News	(5:30) Morning News (N)	(4:30) Morning News (N)	Nam /NI	Being Ian Viva Piñata	SportsCentr e @	Canada AM	Daily Planet	Henrys Feet			Crow- Stairway
	M Cosby	Œ	Clifford the Big Red Dog (DVS)	Mortho	Vancouver	The Early Show (N)	CSI: Miami "Skeletons"		Œ	œ .		Neutron Dinosaur	SportsCentr e 🖽		Heli- Loggers @	Mickey Mickey	The Tyra Show (N)	Married	The Outer Limits (K)
	M Harvey 30 Fresh Pr.		Sid the	Curious	Dr. Drew Pinsky; Olympic			Œ		100 Huntley Street (#)	P0010/2017	Pokemon Kid vs. Kat	SportsCentr e 🖭		How-Made How-Made	Handy Handy	Rachael Ray Œ	Married Married	North of 60
9 4	M Fam. Feud 30 Fam. Feud		Science Kid	Super Why! Dinosaur	fashions. (N)	The 700 Club ®	The First 48		100 Huntley Street [E]	Siek Kide	A	Rolie Polie Timothy	Fishing Billiards:	Regis and Kelly	Daily Planet	Feet Tigger	News City	Movie: "Kung Fu Killer"	Reality What
A A	M Reba 🖾		Spider (10:35)	Sesame Street (EI)	V	The Price Is Right (N)	Minds	The View	World Vision 🕮	Debt Part ET Canada	Poko Doodlebop	Berenstain Willa's	WPBA X-Games	The View	Destroyed Destroyed	Mickey Handy	The O.C.	(2008) David	Dawson's Creek [f]
4 A	M Jim 30 Name Earl	Hospital for		Cit Do Elt	DeGeneres	Young and the Restless	"Lucky" The Sopranos	Paid Prog	Sick Kids	(10:59) Noon News	Gofrette Dirtgirl	(11:10) Erky George S.	Classix	Canada- Model	Verminator s @	Phineas Suite Life	The Bonnie Hunt Show	CSI: NY "Pay Up"	Raymond
10 P	M King		Maggie (12:35)	Charlie Page (77)		News	American Justice	All My Children	Noon News	Hour (N) Days of our Lives (N)	The state of the s	Mr. Men GoGoRiki	Series World	etalk (ff) Bold	Man vs. Wild	Wizards Montana	CityLine [#]	CSI: Crime Scn	
4 P	M Seinfeld	As the World	Wibbly Pig Dinosaur	the state of	Days of our Lives (N)	As the World	CSI: Miami "Skeletons"		Co. Section Co. St.	As the World	Life & Times Œ	Viva Piñata Jacob	Series OverBolts	Sue Thomas:	"Ireland" Time Warp	The state of the s	Judge J. Judge J.	CSI: Crime Scn	
OF	M Friends 30 Friends	Turns (N) Young and the Restless	Franklin BluesClues	The second second	The Bonnie	Turns (N) Let's Make a Deal (N)	Cold Case Files 🐯	General Hospital (N)	A	Turns (N) The Doctors	Steven and Chris 🖭	Edgar Casper	Horn Interruptio	F.B.Eye Dr. Phil @	MythBuster s @		CityNews at	CSI: Crime Scn	1.00
O F	M The Office			WordGirl	Judge Judge	Dr. Phil @	The First 48	Rachael Ray [6]	The Doctors	Young and the Restless	Fashion F. Mosque	Barnyard SpongeBob		(2:59) The Dr. Oz	How-Made	Life Derek Suite Life	CityNews at 6 (N) Œ	CSI: Crime Scn	Project Runway
1 F	M Family Guy	Oprah	WordWorld George S.	Fetch! Ruff Cyberchas		Oprah Winfrey 🖾	Criminal Minds	Deal No Deal No	Oprah Winfrey @	(3:59) Early Global		SpongeBob OddParent	Hockey OverBolts	Show (ff) Ellen DeGeneres	Daily Planet		Law & Order: SVU		Canada King King
pa F	M Law &	Early News	Babar	BBC News	News (N)	News	"Lucky" Dog	News		(4:59) News Hour (N)	CBC News: Vancouver	OddParent	NHL Pre	Show CTV News at Five (N)	Pitchmen (N)	Suite Life Zoey 101		UFC Unleashed	The Outer
o F	M The Office	Global	Martha Creatures	News- Lehrer	NBC News News (N)	CBS News	Dog	News	(5:59) News Hour (N)	ET Canada	(N) III	SpongeBob iCarly @	Hockey: Calgary	CTV News	Mega Builders (N)	Montana		UFC Unleashed	ET Canada
7	The Office M Movie: "Bac News Bears'		Dogs Oldest- Band	To Be Announced	Millionaire Jeopardy!	Hollywood The Doctors		News Entertain	Entertain	Entertain Melrose Place	Fortune	Drake	Flames at Dallas Stars. (Live) [£]	etalk 🖭	Mayday (N)	Wizards Sonny Suite Life	Cougar The Jay Leno Show	The Ultimate	What Family Gu
_ 1	(2005) Billy M Bob	ET Canada Bones 🖭	The Story	Bill Cosby: Twain Prize	Fortune Mercy (N)	Christine	Dog Manhunter	The Insider Hank (N) The Middle	ET Canada Bones Œ	"Gower" Bones (N)	Jeopardy! Dragon's Den (N) (f)	Weird Malcolm Chris	SportsCentr e (Live) [ff]	0.0000000000	Daily Planet		(N) News CityNews	Fighter (N) The Ultimate	King
0	30 Œ	Glee 🖭	Live at Carnegie	Bill Cosby:	Law & Order: SVU		Manhunter Dog Dog	Family Cougar	Glee [f]	Glee (N) [E]	The Tudors	8 Rules What I Like	Boxing	Criminal Minds (N)	Mayday 🔢	Wizards Buzz	Celebrity Fit Club [f]	Fighter DEA	King Family Gu Seinfeld
10	Movie: "Bac News Bears'	Place	Hall A Long Journey	Twain Prize	Leno Show	CSI; NY (N) (E)	Dog Dog	(10:01) Enstwick	Melrose Place	News Hour Final (N)	National	Family Biz	Boxing (R)	CSI: NY	Pitchmen	School Cory	Couch [ff] Judge	CSI: Crime Scn	
	30 (2005, M Comedy) (E	"Gower"	Home	Charlie	(N) News (N)	News	Dog	(N) EE	"Gower" News Hour	ET Canada	(11:05) The	Adrenaline	SportsCentr	CTV News	Mega	So Raven	Home Imp.	Star Trek:	3's Co.

S Leader - Horoscopes

November 4 - 11, 2009

Aries - You should be thinking about making your future secure. You are actively involved in sports, young people's activities and/or pets, be creative. Friends seem distant.

Taurus - You're still not at your peak. Take good care of your health, don't overdo. Establish a good health regimen, diet and exercise. Make home as safe as possible, no fire hazards.

Gemini - You are entering a new phase when you feel less like being creative. You may feel old, and may not enjoy life as you did. This lasts 2 1/2 years. Be patient with yourself.

Cancer - Money problems, or problems with your possessions, may be the result of needing to repair or refurbish your home. Work out a plan to do what needs to be done. One step at a time.

Leo - A new phase begins for you. People expect you to be more serious, take more responsibility for the views you express. Focus on effective communication. Impress others.

Virgo - Money is scarce. Decide what your real values are, and plan for prosperity. Take budget seriously. Plan to sell off what you don't need, pay off debts, focus on future security.

Libra - There is a new influence in your life. You may begin to feel much older than your true age, and you take life more seriously. Trouble with groups you belong to needs review.

Scorpio - Keep in touch with what is said about you: be conscious of possible opponents. Take health seriously. Conditions work against health and job. Keep mind, body & spirit active.

Sagittarius - Look for subtle changes in groups with whom you associate. They look to you to integrate yourself. Work hard for the group and for your own hopes and dreams.

Capricorn - If you have been living properly, you are going to have to be a leader now. You can reap the benefits now if you have been responsible. Be productive, don't take shortcuts.

Aquarius - Friends continue opposition, but you're in good spirits. Make sure you are realistic about career, authorities. Keep a clear head. You can use charm to defeat opponents.

Pisces - Problems on the job can make you crazy, but don't give up. Keep your spirits high. Big improvements come in the next three months. Focus on gathering information, communication.

HOWS Leader - Recipe Corner Recipe #296

Ginger Shrimp Rotini

(NC)-Looking for a different taste on everyday pasta? Try this exotic take that's sure to have guests and family alike asking for seconds.

- 1 pkg (500 g) Catelli Smart Rotini pasta
- 30 mL (2 tbsp) olive oil
- 1 each clove garlic and small red onion, thinly sliced
- 454 g (1 lb) large shrimp, peeled and deveined
- 250 mL (1 cup) chicken broth
- 5 mL (1 tsp) cornstarch
- 1.5 L (6 cups) lightly packed spinach
- 15 mL (1 tbsp) minced fresh ginger
- Salt and pepper, to taste
- Cook rotini according to package directions.
- Heat olive oil in a large, nonstick skillet set over medium-high heat.
- Add onion and garlic; stir-fry for 2 minutes.
- Add shrimp; stir-fry shrimp for 2 minutes.
- Whisk broth with cornstarch; add to pan. Bring to a boil.
- Add hot rotini, spinach and ginger; toss until spinach is wilted.
- · Season with salt and pepper to taste.

Serves 6 / Prep time: 20 minutes

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

9:00 am SPIKE (44) * * *Kung Pow: Enter the Fist" (2002, Comedy) Steve Oedekerk. New footage is inserted and dialogue re-dubbed in this comedic re-working of a 1970s martial-arts movie. (In Stereo)

EVENING

7:00 pm WTBS 3 ***"Air Force One" (1997, Suspense)

Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane.

president's plane. (5) "Sugartown: The 9:05 pm KNOW (5) "Sugartown: The (2006,

9:05 pm KNOW [5]"Sugartown: The Bridegrooms" (2006, Documentary) Premiere.
9:30 pm WTBS [3] * * * "Air Force One" (1997, Suspense) Harrison Ford. Demanding the release of a political prisoner, a terrorist and his gang hijack the U.S. president's plane. [6]

WE'RE DIFFERENT, AND WE LIKE THAT.

Hednesday Movi

MORNING

9:00 am SPIKE 44" (Kung Fu Killer" (2008, Adventure) (Part 1 of 2) David Carradine. A monk infiltrates the Chinese underworld to punish a warlord and his deadly army. (In Stereo)

EVENING

7:00 pm WTBS 3 ** "Bad

News Bears" (2005, Comedy) Billy
Bob Thomton. A single mother
recruits a former baseball player to
coach a ragtag team of misfit Little
Leaguers. (2005, Comedy) Billy
Bob Thomton. A single mother recruits
a former baseball player to coach a
ragtag team of misfit Little Leaguers.

Thursday Movies

9:00 am SPIKE (44) "Kung Fu Killer" (2008, Adventure) (Part 2 of 2) David Carradine. A monk infiltrates the Chinese underworld to punish a war-lord and his deadly army. (In Stereo)

EVENING

7:00 pm WTBS 3 ** "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. An ad exec and a shower-curtain-ring salesman

become co-travelers on the way to Thanksgiving in Chicago.
9:30 pm WTBS 3 * * * "Planes, Trains and Automobiles" (1987, Comedy) Steve Martin. An ad exec and a shower-curtain-ring salesman become co-travelers on the way to Thanksgiving in Chicago.
11:00 pm SPIKE 44 "Crash and Burn" (2008, Suspense) Erik Palladino. An FBI agent works under cover to infiltrate a group of car thieves. (In Stereo)

thieves. (In Stereo)

Friday Movies

MORNING

9:00 am SPIKE 44 *¼"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)

EVENING

7:00 pm WTBS [3] **x"The Da Vincl Code" (2006, Mystery) Tom Hanks. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that early rock the

religious mystery that could rock the foundations of Christianity.
YTV (B) **"Cheaper by the Dozen 2" (2005, Comedy) Steve Martin. While on vacation, Tom Baker discovers old rival Jimmy Murtaugh and his family are also there; the and his family are also there; the Bakers and Murtaughs find them-

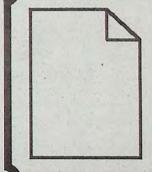
selves in less-than-friendly competition. (In Stereo) (2) ** Agent Cody Banks" (2003, Adventure) Frankie Muniz. Premiere. Recruited by the CIA, a teen works under cover to

befriend a girl whose father is a pawn befriend a girl whose father is a pawn for an evil organization. (In Stereo) 9:00 pm FAM 26 ** "The Thirteenth Year" (1999, Drama) Chez Starbuck. As a boy approaches adolescence he grows scales and fins, communicates with fish and breathes underwater. (In Stereo) 10:00 pm KNOW 5 ** "Let It Come Down: The Life of Paul Bowles" (1999, Documentary) Premiere. Author Paul Bowles gives a candid interview about his life, work, famous friends and homosexuality.

ality. (E)

10:30 pm WTBS (3) **Doom"
(2005, Science Fiction) The Rock.
Soldiers use heavy firepower to battle

Soldiers use heavy firepower to battle mutants at a high-tech research facility on Mars. [EF]
FAM 20 *** "The Last Starfighter" (1984, Science Fiction) Lance Guest. A teenage video-game whiz stems an intergalactic invasion. (In Stereo) [EF]
11:00 pm SPIKE 44"Depth Charge" (2008, Suspense) Eric Roberts. The American capitaln of a nuclear submarine demands a ransom of \$1 billion from the United States, (In Stereo)



SEE BRENDA AT:

Similkameen **News Leader** 226A Bridge Street

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

THURSDAY, NOVEMBER 5, 2009

		WTBS	CHBC	KNOW 5	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY (10)	BCTV	CITV (12)	CBC	YTV (18)	TSN (19)	VTV	DISC (24)	FAM (26)	CITY 29	SPIKE	TROP 45
6	AM :30	In the Heat of the Night	(5:30) Morning	Franklin George S.	Thomas		News	American Justice	News	(5.30) Morning	(4:30) Morning		Being Ian Viva Piñata	the second second second second	Canada AM	Daily Planet	A CONTRACTOR OF THE PARTY OF TH	CityLine (6)		Traders @
7	AM		News (N)	Clifford the	Arthur (EI)	Today Keith		CSI: Minmi		News (N)	News (N)	Dirtgirt	Neutron	SportsCentr			Mickey	The Tyra	Married	The Outer
1	:30	Cosby		Big Red Dog (DVS)	Martha	Urban; disci- plining other		"Deviant"	Morning America (N)			Animal	Yu Gi Oh	e Œ		How-Made	Mickey	Show (N)	Married	Limits IE
8	:30	Harvey Fresh Pr.		Sid the	Curious Sid	people's children;	-	Investigativ e Reports	(E)	- 1	100 Huntley Street [E]	Bo on Go Busytown	Pokemon Kid vs. Kat	SportsCentr e 🖭		rest -	Handy Handy	Rachael Ray (#)	Married	North of 60
9	AM :30	Fam. Feud Fam. Feud	100 Huntley Street [6]	Science Kid	Super Why!	contest win- ners. (N) [II]	The 700 Club (E)	The First 48	Regis and Kelly	100 Huntley Street [6]	World Vision [6]	Super Why! Wilbur (t)	Rolle Polie	Timber Fort Strong	Regis and Kelly	Daily Planet		News	Movie: "Kung Fu	Make What
	AM	Reba [6]	World	Spider	Sesame		The Price Is	Criminal	The View	World	Children	Poko	Berenstain	Triathlon:	The View	Pitchmen	Tigger Mickey	City The O.C.	Killer" (2008)	Dawson's
10		Reba 🕮	Vision 🖾	(10:35)	Street (EI)		Right (N)	Minds (E)	(N) (E)	Vision (E)	ET Canada		Willa's	Ironman	(N) EE	2012010000	Handy	(E)	David	Creek 🗷
-0.0	AM	Jim	Children	Rolle Polie	Clifford	Ellen	Young and	The	Paid Prog	Children	(10:59)	Gofrette	(11:10) Erky	NHRA Drag	Canada-	Mega	Phineas	The Bonnie	Carradine CSI: NY	Raymond
11	:30	Name Earl	TV Made	Berenstaln	Sit-Be Fit	DeGeneres Show	the Restless	Sopranos	Paid Prog	TV Made	Noon News Hour (N)	Dirtgirl	George S.	Racing: Las Vegas	Model	Builders 🕮	Suite Life	Hunt Show	"Blink" [B]	Raymond
10	PM	King		Maggie	Charlie	Paid Prog	News	American	All My	Noon News	Days of our	CBC News	Mr. Men	Nationals	etalk [6]	Mayday 📧	Wizards	CityLine [8]		Seinfeld
12		King	Hour (N)	(12:35)	Rose [6]	Paid Prog	Bold .	Justice	(N) [k]	Hour (N)	Lives (N)	Now (N)	GoGoRiki	Final Eliminations	Bold		Montana		Sen	Seinfeld
1		Seinfeld	As the World Turns (N)	Go Diego Dinosaur	Painting Quilt Art	A STATE OF THE STA	As the World Turns (N)	CSI; Miami "Deviant"	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Life & Times [ii]	Viva Piñata Jacob	. (Taped) [tf]	Suc Thomas: F.B.Eye		Cory	Judge J. Judge J.	CSI: Crime Sen	Seinfeld Seinfeld
2	PM :30		The second second second	Franklin BluesClues	Barney WordWorld	The Bonnie Hunt Show	Let's Make a Deal (N)	Investigativ e Reports	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris [6]	Edgar Casper	Horn Interruptio		MythBuster s 📧	Replace	CityNews at 5 (N) (E)	CSI: Crime Sen	3's Co.
3	PM	The Office Name Earl	Strange of the state of	(3.01) Little Bear	WordGirl Electric	Judge	Dr. Phil 🔞	The First 48	Ruchael Ray [tt]	The Doctors	Young and the Restless	Fashion F.	Barnyard	Off-Record	(2:59) The Dr. Oz	How-Made	Life Derek	City News nt	CSI: Crime Sen	Bob-Doug Bob-Doug
	:30 PM	Family Guy	Openh	WordWorld		Judge J.	Oprah	Criminal	Deal No	Oprah	(3:59) Early	Ghost	SpongeBob SpongeBob	Sports	Show [tt]	Daily Planet	Suite Life	Law &	UFC	Scinfeld
4	:30	Family Guy	Winfrey (62)	George S.	Cyberchas	Judge J.		ACCOUNT OF THE PARTY OF THE PAR	Deal No	Winfrey @	Global	Whisperer	OddParent	Hockey: Montreal	DeGeneres Show	(N) Œ	Wizards	Order: SVU		Seinfeld
5	PM	Payne		Babar	BBC News	News (N)	News	The First 48		Early News	(4:59) News Hour (N)	CBC News: Vancouver	OddParent	Canadiens at Boston	CTV News at Five (N)	Race to Mars [6]	Suite Life	Community	The Ultimate	The Outer
5	:30	Payne	News	Martha	Business	NBC News	CBS News		ABC News	Global	Œ	(N) EE	SpongeBob	Bruins.			Zoey 101	Parks	Fighter	
6	PM	Law & Order: SVU	Global	Heads Up	News- Lehrer	News III	News ·	The First 48		(5:59) News Hour (N)	ET Canada		iCarly @		CTV News (N) @	Race to Mars [#]	Montana	30 Rock	TNA Wrestling	ET Canada
	:30 PM	Movie:	News Entertain	Dogs Frontiers of			Hollywood	The First 48	News	Entertain	Entertain 90210 (N)	Coronatn Fortune	iCarly @ Drake	SportsCentr e (Live) @	The	MythBuster	Wizards	30 Rock	(N) (E)	TV Made
7	;30	"Planes, Trains and	ET Canada	Prontiers of	Announced	Jeopardy! Fortune	(E)	CC PIPST 40		ET Canada	(N)	Jeopardy!	Family Biz	Hockey	Vampire Diaries (N)	A STATE OF THE STA	Suite Life	The Jay . Leno Show (N)		Family Guy Seinfeld
0	PM	Automobiles	Survivor:	Victorian	To Be	Community	- Epita 2000 (2000 - 2000)	Crime 360	FlashForwa	Charles and the second of the	Survivor:	Doc Zone	Malcolm	Sports	CSI: Crime	Daily Planet	Overruled!	News	Deadliest	Seinfeld
8	:30	" (1987)	Samoa (N)	Farm @	Announced	Parks	Samoa (N)	(CC)	rd (N)	Samoa (N)	Samoa (N)	(N) (EI)	Chris	Off-Record	Sen	Œ	Montana	CityNews	Warrior	Seinfeld
9	PM :30	The Office Movie:	The Office The Office	(9:05) Britain From Above	MI-5 🖭	The Office 30 Rock	CSI: Crime Sen	(9:01) The First 48 [tt]	Grey's Anatomy (N)	The Office	The Office	The Border (N) @	8 Rules What I Like	World Series	Grey's Anatomy (N)	Race to Mars @	Wizards Buzz	I Love New York @	MANswers Game	Family Guy Seinfeld
10	PM	"Planes, Trains and	District Control of the Control of t	A Man and	Soundstage	The Jay	The	(10:01) The	(10:01)	90210 (N)	News Hour	National	Family Biz	World	The	Race to	School	Coach [6]	(10:04)	Family Guy
10	:30	Automobiles		His Music		Leno Show (N)	Mentalist (N) 🕮	First 48 🚱	Private Practice (N)	[8]	Final (N)		Prank Ptrl	Series	Mentalist (N) 📧	Mars [60]	Cory	Judge	(10:34)	Married
11	PM	" (1987) Heat		(11:05) Beautiful Noise (N)	Charlie Rose (N) 🖭	News (N) Tonight	News Late Show	(11:01) The First 48 🖭	News (11:35)	News Hour Final (N)	Entertain ET Canada	(11:05) The Hour (#)	Adrenaline Mystery	SportsCentre (Live) @	CTV News	MythBuster s	So Raven Life Derek	Home Imp.	"Crash and Burn"	3's Co.

FRIDAY, NOVEMBER 6, 2009

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY 10	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
C		In the Heat	(5:30)	Franklin	Bob Build	13000 T. S. S. S. W.	News	American	News	(5:30)	(4:30)	CBC News	Being Ian	11.5 EVEN	The state of the s	Daily Planet	Henrys	CityLine (Adventures
6	:30	of the Night	News (N)	George S.	Lions	Œ		Justice		Morning News (N)	Morning News (N)	Now (N)	Viva Piñata	e Œ	Œ	(E)	Feet		Con.	of Sinbad
7		Cosby	E		Arthur (EI)	0.00	The Early Show (N)	The Shell of the State of the S	Good Morning	Œ	Œ	Dirtgirl	Neutron	SportsCentr		Real Matrix	Mickey	The Tyra Show (N)	Married	The Outer
7	.00	Cosby		Big Red Dog (DVS)	Martha	11/1/06/19/19 1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1/1	Ellow (IV)	Collision	America (N)			Animal	League	e Œ			Mickey	EE (N)	Married	Limits [tt]
8		Harvey			Curlous	anniversary; Jeff Corwin;		Cold Case Files @	Œ		100 Huntley Street (E)	Bo on Go	Pokemon	SportsCentr		MythBuster s @	D.O.	Rachael Ray @	Married	North of 60
0	-	Fresh Pr.		Sid the Science Kid	Sid	Fran					Con my n	Busytown	Kid vs. Kat				Handy	reay (eg	Married	
0		Fam. Feud	100 Huntley Street (E)	Chore chart.	Super Why!		The 700 Club @	The First 48	Regis and Kelly	100 Huntley Street [E]	Hospital for Sick Kids	Super Why!	7146	Motoring	Regis and Kelly	Daily Planet		News	Movie: "Lake	Tube Tales
9	200	ram, Feud			Dinosaur	(N) (E)			The second			Wilbur [6]	Timothy	Billiards: WPBA			Tigger	City	Placid"	Whatever
10	2000	0.00	World Vision @	Spider	Sesame Street (EI)		The Price Is Right (N)		The View	World Vision (t)	Debt Part	Poko	Berenstain		The View	Mayday 🔃		The O.C.	(1999, Horror) Bill	Dawson's Creek [tt]
10		Reba 🕮		(10:35)							H255500000	Doodlebop	Willa's	World Series			Handy		Pullman.	Citer III
11	AM		World Vision (E)	Rolie Polie	Clifford	Ellen DeGeneres	Young and the Restless	The Sopranos	Paid Prog	World Vision @	(10:59) Noon News	Gofrette	(11:10) Erky		Canada- Model	Mighty Ships	Phineas	The Bonnie Hunt Show	CSI: NY [E	Raymond
11	-	Name Earl	Vision (st.	Berenstain	Sit-Be Fit	Show	the resuess	(C)	Paid Prog	VESION GE	Hour (N)	Dirtgirl	George S.	World Series	Model	"Maersk"	Suite Life			Raymond
10	PM		Noon News Hour (N)	Maggie	Charlie Para (E)	Slim Down	News	American Justice	All My Children	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men	Series	etalk [#]	Race to Mars [tt]	Wizards	CityLine (ff)	CSI: Crime Sen	1000000
12		King	Hour (N)	(12:35)	Rose [ff]	Indoor Grill	Bold	Justice	(N) Œ	Hour (iv)	Lives (IV)	14011 (14)	GoGoRiki	Horse Racing:	Bold	mars (sc	Montana		SCII	Seinfeld
4			As the World	Go Diego	Wylands	Days of our Lives (N)	As the World	CSI: Miami "Collision"	One Life to Live (N)	As the World	As the World	Heartland (DVS)	Viva Piñata	2009	Sue Thomas:	Race to Mars [tt]	Cory	Judge J.	CSI: Crime Sen	Frasier
1		Seinfeld	Turns (N)	Dinosaur	Bends Bbl	Laves (A)	Turns (N)	Comsion	Live (IV)	Turns (N)	Turns (N)	(DV3)	Jacob	Breeders Cup	F.B.Eye	Williams (M)	Recess	Judge J.	oca .	Frasier
9	PM		Young and the Restless	Franklin	Barney	Unnt Chou	Let's Make a Deal (N)	Cold Case Files (E)	General Hospital (N)	Young and the Restless	The Doctors	Steven and Chris [6]	Edgar	Challenge.	Dr. Phil 🔃	MythBuster s @		CityNews at 5 (N) [6]	CSI: Crime Scn	11222
2	:30	Friends	the Resuess	BluesClues	WordWorld	Пиде Зион	a Dear (14)						Casper	From Lexington,			School		The state of	3's Co.
2	PM		The Doctors	(3:01) Little Bear	WordGirl	Judge	Dr. Phil @	The First 48	Rachael Ray (t)	The Doctors	Young and the Restless	Fashion F.	Barnyard	Ky. (Live)	(2:59) The Dr. Oz	How-Made		CityNews at 6 (N) @	CSI: Crime Scn	
3	100	Name Earl			Electric	Judge						Red Green	SpongeBob	(E)	Show [C]	How-Made	- 100 miles			TV Made
A		Family Guy	Oprah	WordWorld		Judge J.	Oprah Winfrey (f)	Criminal Minds (t)	Deal No	Oprah Winfrey (t)	(3:59) Early	Ghost Whisperer	SpongeBob	Sports	Ellen DeGeneres	Daily Planet	Appropriate Control	Law & Order: SVU	CSI: Crime	Frasier
4	:30	Family Guy	Winfrey 🖫	George S.	Cyberchas	Judge J.			Deal No		Global	(tt)	(4:25) The Fairly	Hockey	Show		Suite Life			Frasier
1	PM	Payne	Early News	Babar	BBC News	News (N)	News	Criminal Minds [6]	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver	OddParents	NBA Basketball:	at Five (N)	Canada's Worst	Suite Life	Supernanny (N) [©]	UFC Unleashed	The Outer
5	:30	Payne	News	Martha	Business	NBC News	CBS News		ABC News	Global	(E)	(N) (E)	Penguins	Toronto		Driver	Suite Life		35	
C		Law & Order: SVU	Global	World	News- Lehrer	News (N)	News	Criminal Minds [6]	News	(5:59) News Hour (N)	ET Canada		iCarly 📧	Raptors at New Orleans	(N) (E)	Man vs. Wild	Suite Life	"Plus None"	UFC Fight for the	ET Canada
6			News	Dogs			Hollywood		News	(1)	Entertain	Coronatn	Indie	Homets.		"Texas"	The Suite Life on		Troops	TV-Torrens
7	1000	Movie: "The Da Vinci		Canada's War in	ТВА	Jeopardy!	The Doctors	Criminal Minds (6)	Entertain	Entertain	"Last Night"	Fortune	Movie: "Cheaper by		etalk 📧	Investigatio n X 📧	Deck	The Jay Leno Show		Family Guy
1	:30	Code"	ET Canada	Colour	McLaughlin		1		The Insider	ET Canada		Jeopardy!	the Dozen 2"	CFL Football:	Hollywood		Movie: "Agent Cody	(N)		Frasier
0	Control of the last	(2006) Tom Hanks,		Poirot (N)	Wash Wk	Law & Order (N)	Ghost Whisperer	CONTRACTOR SERVICES	Supernanny (N) E	The Guard "Last Night"	NUMB3RS (N) (E)	Ron James	(2005) 📵	Edmonton	Ghost Whisperer	Daily Planet	Banks"	News		Frasier
0	:30	Audrey			NOW	GE .	(N)					Mercer		Eskimos at BC Lions.	(N)	M Y	(2003)	CityNews	Disorderly Con.	Frasier
0	PM.	Tautou. (E)	Dollhouse (B)	New Tricks (N) @	Bill Moyers Journal (N)		Medium "New	(9:01) Criminal	"Plus None"	Dollhouse [tc]	Bones (E)	fifth estate	Prank Ptrl	(Subject to	Medium "New	Man vs. Wild	Movie: "The Thirteenth	Movie		Family Guy
9	.00					"Doped"	Terrain"	Minds (E)					Prank Ptrl	Blackout)	Terrain"	"Texas"	Year" (1999)		DEA .	Seinfeld
10		The second second	NUMB3RS	"Let It Come Down"	To Be Announced	The Jay Leno Show	NUMB3RS	(10:01) Criminal	20/20 (N)	NUMB3RS (N) [6]	News Hour Final (N)	National	Weird		Flashpoint (N)	Canada's Worst		1		Family Guy
10	A	Movie: "Doom"	(N) 🔟	Donu		(N)		Minds (E)					Sorry	Sports	Y	Driver	Movie: "The		Ways Die	Married
44	PM	(2005) The	CHBC News Final	8	To Be Announced	News (N)	News	(11:01) Criminal	News	News Hour Final (N)	(11:03) ECW (N)	(11:05) The Hour (#)	Adrenaline	SportsCentre (Live) [E]	HOUSE THE REAL PROPERTY.	Investigatio n X 🕮	Starfighter"	Home Imp.	Movie:	3's Co.
11	:30	Rock.	(N)	Landscape	Amounced	Tonight	Late Show	Minds (6)	(11:35)	(14)	ECW (N)	Trut GE	Mystery	(Live) IN	CTV News	a A est	(1984)	Northern	"Depth Charge"	3's Co.

News Leader Puzzle Page

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 #241 - Rated Easy

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

CHALLENGE #242 - Rated Hard

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

THIS WEEK'S SOLUTIONS: Page 20

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MORNING

6:00 am SPIKE 44"KIII Switch" (2008, Action) Steven Seagal. A homicide detective resorts to vio-lence to nab a cunning inner-city killer. (In Stereo)

AFTERNOON

12:00 pm FAM 26 "Wendy Wu: Homecoming Warrior" (2006, Adventure) Brenda Song. A popular teen learns she is the reincarnation of a Chinese warrior who must save

the world from an evil villain. (In Stereo) 😥

Stereo) (E)

12:30 pm WTBS (3) ***"Planes,
Trains and Automobiles" (1987,
Comedy) Steve Martin. An ad exec
and a shower-curtain-ring salesman
become co-travelers on the way to
Thanksgiving in Chicago.

1:30 pm FAM (26) "Go Figure" (2005,
Drama) Jordan Hinson. A teenage
figure skater must join the girls' hockev team to obtain a scholarship at

ey team to obtain a scholarship at the school of a renowned coach. (In

Stereo) © 5:00 pm WTBS 3 **%"The Da

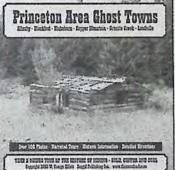
Vinci Code" (2006, Mystery) Tom Hanks. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity.

EVENING

6:00 pm CITY 29 **"False Pretenses" (2003, Drama) Nick Stahl. A smitten runaway follows a handsome drug addict into the world

Stahl. A smittèn runaway follows a handsome drug addict into the world of Montreal's gay hustlers.
8:00 pm WTBS 3 ** **The Door in the Floor" (2004, Drama) Jeff Bridges. A children's author seduces women when painting their nude portraits, while his wife has an affair with a teen.
9:00 pm CHBC 4 BCTV 11 "Mom, Dad and Her" (2008, Drama) Melora Hardin. Premiere. Upset about her parents' divorce, a teen develops a hostille relationship with her pregnant stepmother.
FAM 29 ** **Curly Sue" (1991, Comedy-Drama) James Belushi. A girl and her mentor con their way into a lawyer's heart. (In Stereo)
10:00 pm WTBS 3 ** **"The Door in the Floor" (2004, Drama) Jeff Bridges. A children's author seduces women when painting their nude portraits, while his wife has an affair with a teen.
10:41 pm FAM 26 ** **Michael" (1996, Drama) John Travolta. Tabloid employees investigate a rumor about an angel and find a surprising creature with healing powers and a lot of sex appeal. (In Stereo)

Princeton Area Ghost Towns - The DVD



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MORNING

8:00 am WTBS 3 **%"Romy and Michele's High School Reunion" (1997, Comedy) Mira Sorvino. Two dizzy underachievers pose as successful career gals. E 10:00 am WTBS 3 **"Grease 2" (1982, Musical Comedy) Maxwell Caulfield. A square British exchange student turns hip motorcyclist to woo

student turns hip motorcyclist to woo a cool girl in his 1961 high school.

AFTERNOON

12:00 pm FAM ② ** "Max Keeble's Big Move" (2001, Comedy) Alex D. Linz. When his parents announce they are moving, a schoolboy decides to take revenge against his tormentors. (In Stereo)

1:30 pm FAM 26 "Minutemen"

(2008, Comedy) Jason Dolley. Three high-school outcasts face unexpected problems when they use a time machine to change the past. (In Stereo) (E)

2:00 pm WTBS (3) ** %"The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole within the organization. (E)

YTV (B) * * "Dennis the Menace" (1993, Comedy) Walter Matthau. A mischievous boy's antics annoy his grumpy old neighbor. (In Stereo) (E)

4:00 pm WTBS (3) * * %"The Da Vincl Code" (2006, Mystery) Tom Hanks. A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity. (E)

YTV (B) * %"Catch That Kid" (2004, Adventure) Kristen Stewart.

With help from her two friends, an adventurous 12-year-old plots to rob a bank to pay for her father's surgery. (In Stereo) (£) 5:00 pm CBC (13) ** * "Ella Enchanted" (2004, Romance-Comedy) Anne Hathaway. A young woman embarks on a journey to break the curse of obedience placed upon her by a fairy godmother. (In Stereo) (£)

EVENING

6:00 pm YTV 18 * * "Agent Cody Banks" (2003, Adventure) Frankle Muniz. Recruited by the CIA, a teen works under cover to befriend a girl

Muniz, Recruited by the CIA, a teen works under cover to befriend a girl whose father is a pawn for an evil organization. (In Stereo) 12 7:00 pm WTBS 3 ** ** "The Da Vinci Code" (2006, Mystery) Tom Hanks, A murder in the Louvre Museum and clues in paintings by Leonardo lead to the discovery of a religious mystery that could rock the foundations of Christianity. 12 9:00 pm FAM 26 ** ** "You've Got Mail" (1998, Romance-Comedy) Tom Hanks. Professional rivalry threatens to thwart romance when anonymous e-mail pals meet each other. (In Stereo) 15 10:00 pm WTBS 3 ** "The Recruit" (2003, Suspense) Al Pacino. A veteran CIA agent assigns his young protégé to find a mole within the organization. 15 10:59 pm FAM 26 ** *"City Slickers" (1991, Comedy) Billy Crystal. A midlife crisis prompts an ad exec to join a cattle drive. (In Stereo)

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SATURDAY, NOVEMBER 7, 2009

		WTBS	CHBC	KNOW (5)	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY (10)	BCTV	CITV (12)	CBC	YTV	TSN	VTV	DISC (24)	FAM (26)	CITY	SPIKE	TROP
0	AM	Paid Prog	Hunter	Wibbly Pig	America	Today (N)	(5:00) The	Sell House	Paid Prog	Hunter	Fishing		Grossology	SportsCentr		Worst	(6.10)	CHIN	Movie: "Kill	Mysteries
6	:30	Paid Prog	Fishing	Franklin	Fly Tying	Œ	Early Show (N)	Sell House	Wall St.	Fishing	Fishn	Busytown	Rollbots	e Œ	Kingdom	Handyman	Wubbzy	Dharti	Switch" (2008)	Paid
term	AM	Paid Prog	Saturday	Little Bear	Motor Week	News (N)	Busytown	Sell House	Good	Saturday	Saturday	Animal	Pretty Cure	Special	Anne Grn	Man vs.	Mickey	Eye on Asia	Steven	Raymond
1	:30	Paid Prog	Morning News (N)	Clifford	Travels		Noonbory	Sell House	Morning America	Morning News (N)	Morning	Super Why!	Invasion	Olympies	Anne Grn	Wild "Texas"	Handy		Sragal	Raymond
	AM			George S.	Woodsmith	1	Busytown	Filp This	Emperor	(E)	News (N)	Razzberry	SpongeBoh	Day Timber	Kids	Investigatio	Phineas	Polish	Xtreme 4x4	Scinfeld
8	:30	Chopper [6]		Magic Bus	Hometime		Sabrina	House [#]	Replace			Goldfish	Kid vs. Kat	Fishing	Hobo	n X 🖽	School	Studio (@)	Hrsepwer	Seinfeld
7	AM	College		Arthur	Workshop		Busytown	Flip This	NASCAR		Driving TV	Triple	Penguins	Motoring	Hobo	How-Made	Zeey 101	Travels	Trucks! (N)	King
9	:30	Football: SEC		Miss BG (E)	Old House		Noonbory	House [4]	Cougar		Fishing	Sensation	Barnyard	CFL Pre	Alice	How-Made	So Raven	Planet	MuscleCar	King
	AM	Teams TBA.	Fishn		Ask This	Shelldon	Paid Prog	Parking	Horse	Fishn	Powerboat	What's-	OddParent	CFL	Amnesty	Junk	Montana	Hockey	MuscleCar	Family Guy
10	:30	(Live)	Fishing	Splder	Test Klich	Jane	Paid Prog	Parking	Racing:	Fishing	Big Coast	Antiques	League	Football:	Amnesty	Raiders	Wizards	Tow Biz	I Bet You	Family Guy
-	AM		Powerboat	Rolie Polle	Christina	Paid Prog	To Be	Parking	Breeders' Cup	Powerboat	To Be	Figure	Pokemon	Montreal Alouettes at	Is Written	Dirty Jobs	Sonny	EP Weekly	Xtreme 4x4	Cteveland
11	:30	-	Big Coast	Olie III	Gourmet	College	Announced	Parking	Championshi	Big Const	A POSSESSE AND ADDRESS OF THE PARTY OF THE P	Sknting:	Pokemon	Toronto	Children	Œ	Suite Life	Reviews	Hrsepwer	Frasier
	PM		Noon News	WordGirl	Cook	Football:	Football	Parking	p. (Live) 🖭	Noon News	Paid Prog	Grand Prix of Japan.	Dinosaur	Argonauts, (Live) (E)	Minds	Destroyed	"Wendy Wu:	Amazing	Trucks!	Friends
12	:30	Movie:	Hour (N)	Zoboo	Garden	Navy at Notre Dame.	College	Parking	College	Hour (N)	Will-Grace	(Taped) 📧	Yu Gi Oh	,,	Minds	Destroyed	Homecomin	Role	MuscleCar	Friends
-	PM	"Planes,	To Be	Go, Diego,	Antiques	(Live) 📧	Football:	Parking	Football:	To Be	Will-Grace		Hawks	Horse	Race to	Canada's	g Warrior"	Kaya [6]	Disorderly	'70s Show
1	:30	Trains and Automobiles	Announced	Go! (E)	Roadshow		LSU at Alabama.	Parking	Teams TBA. (Live)	Announced	Simpsons		Rollbots	Racing:	Mars 🖽	Worst	Movie: "Go	Kaya [6]	Con.	*70s Show
	PM	" (1987)	Will-Grace	Franklin	History		(Live) Œ	Parking		Will-Grace	Simpsons	Speed	Penguins	2009 Breeders	Car	Driver MythBuster	Figure"	Travels	Disorderly	Seinfeld
2	:30	Family Guy		Little Bear	Detectives			Parking		Simpsons	Simpsons	Skating	Penguins	Cup	Breeder	s [H]	(2005) 匝	Role	Con.	Seinfeld
	PM	The Office	Simpsons		Globe	Fortune		Parking		Simpsons	Family Guy	National	Penguins	Challenge. From	Sue	Cash Cab	Suite Life	CityNews/6	Disorderly	Friends
3	:30	The Office	Simpsons	(3:31)	Trekker	Zula Patrol		Parking		Simpsons	Family Guy		Penguins	Lexington,	Thomas:	How-Made	Suite Life	Travels	Con.	Friends
	PM	Payne	Family Guy	1	Europe	Friend	Access	Criminal	Storms	Family Guy	Family Guy		iCarly [tt]	CFL	F.B.Eye This Is	Cash Cab	Stone	My RONA	UFC	Family Guy
4	:30	Payne	Family Guy	(4:45)	Food Trip	Willa's	Hollywood	Minds [6]	News	Family Guy	Global	Hockey:	iCarly (B)	Football:	Jon Bon	Cash Cab	Wizards	Home (C)	Unleashed	Family Guy
	PM	Movie: "The		1	Summer	News (N)	(N) News	Criminal	College	Family Guy		Regional Coverage.	8.001	Calgary	Jovi etalk @	Destroyed	Sonny	G. Martin	UFC	Friends
5		Da Vinci	News	(5:26) Art	Keep Up	NBC News	CBS News	Minds (E)	Football:	Global	Hour [f]	(Live) I	iCarly [6]	Stampeders	OverBolts	Destroyed	Montana	Out There	Unleashed	Friends
_	:30	Code" (2006) Tom	Global	Profiles of	Lawrence	News (N)	News	Criminal	Teams TBA. (Live)	(5:59) News			iCarly (E) Kid vs. Kat	Saskatchewa	CTV News	Canada's		Movie:	Ultimate	Seinfeld
6	PM	Hanks,	Maria S.	Nature [6]	Welk Show			Minds [6]	(Live)	Hour (N)	renegade		1	Roughriders.	2010 NO TO STATE OF THE PARTY O	Worst	(6:01) Jonas	"False	Fighting	Cleveland
_	:30	Andrey	News	Netteral		Judge J.	Scrubs	loct. M		(E)	Jane Show		League	(ff)		Driver	(6:27)	Pretenses"	Champions	
7	PM	Tautou. 🕮	renegade	National Geographic	Benny	CSI: NY "Turbulence	Grey's Anatomy	CSI: Miami		renegade	Project Runway	NHL Hockey:	Prank Ptrl	SportsCentr e (Live) @	(DVS)	Time Warp	Suite Life	(2003) Nick Stahl. IC	hip 102: Couture	Family Guy
	:30		Jane Show		Time Goes	*	Œ			Jane Show	Canada	New York	Prank Ptrl				(7:19) Zoey			Family Guy
8		Movie: "The Door in the	Project Runway	Heartbeat	To Be Announced	Mercy (B)	NCIS: Los Angeles [ff]	CSI: Miami "Shattered"		Project Runway	Movie	Rangers at Calgary	Funniest Home		To Be Announced	Angel	Suite Life	News	Ultimate Fighting	TV-Torrens
0	:30	Floor"	Canada	1					The Insider	Canada		Flames. [6]	Videos	NASCAR Racing:		Angel	Montana	Role	Champions	What
9	PM	(2004) ₪	Movie: "Mom, Dad	Midsomer Murders		Law & Order [E]	Strikeforce: Fedor vs.	(9:01) Criminal	Entertainm ent Tonight	Movie: "Mom, Dad			Smallville "Abyss" @	Nationwide	Law & Order [6]	Canada's Worst	Movie: "Curly Sue"	Party Poker	hip 102; Couture	Cleveland
3	:30		and Her"	"Shot at			Rogers	Minds (C)		and Her"		HNIC: After Hours		Series O'Reilly		Driver	(1991) 🔃			Friends
10	PM	Movie: "The Door in the	(2008) Premiere.	Dawn" (N)		Law & Order: SVU	(Same-day	(10:01) Criminal	ReGenesis "Blackout"	(2008) Premiere.	News Final	P -	Survive	Challenge.	Law & Order: SVU	Destroyed	1	Bills	Disorderly Con.	Friends
10	:30	Floor"	remiere,	CEL		Joida. Svo	Tape)	Minds (E)	Diackout	Temere.	Driving TV	News	Ghost	(H)	Sider. SVC	Destroyed	(10:41) Movie:	Thomas	Cou.	Friends
11	PM	(2004) 個	News Final	Montreal	Austin City	News (N)	News	(11:01) CSI:	Edition	News Final	J.R. Digs	Hockey	Adrenaline	SportsCentr	CTV News	Time Warp	"Michael"	Paid Prog	Disorderly	Friends
11	:30		Sat. Night	Jazz	Limits (N)	Sat. Night	(11:35) Cold	Miami (E)	Paid Prog	Sat. Night	Sat. Night	Night: Replay	Mystery	e (Live) [CTV News		(1996) 匪	Paid Prog	Con.	'70s Show

SUNDAY NOVEMBER 8 2000

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
	AM	Sports .	Foodies	Noonbory-7	Angelina	Today (N)	Paid Prog	ACCEPTAGE OF THE PARTY.	Paid Prog	Foodies	Hunter	Razzberry	Grossology	SportsCentr	Daily Planet	Company of the second	Rangers	Travels	Unsolved	Fish TV
6	:30	Saved-Bell	Fishful	Franklin	Big World	(E)	Paid Prog	Sessions (E)	Hometime	Fishful ·	Fishn	Bo on Go	Rollbots	e Œ	(E)	Catch	Wubbzy	Planet	Mysteries	Paid Prog
	AM	Saved-Bell	Fishing	Little Bear	Raggs	News (N)	CBS News	The	Good	Fishing	Canada	Super Why!	Kid vs. Kat	Reporters	Sue	Race to	Mickey	Eye on Asia	Unsolved	Raymond
7	:30	JJ Atianta	Canada	Clifford	Animalia	Northwest		Sopranos G	Morning America	Canada	Fishing	Coronatn	Barnyard	Reporters	Thomas: F.B.Eye	Mars (G)	Mickey		Mysteries	Raymond
	AM	"Romy and	Sunday	George S.	Dragonfly	Meet the		The		Sunday	TribalTrail	Coronatn	Garfield	Sunday	Alice	Race to	Phineas	Eye-Asia	Xtreme 4x4	Seinfeld
8	:30	Michele's High School	Morning	Magic Bus	Fetch! Ruff	Press (N)	Nation	Sopranos	With George	Morning News (N)	Foodies	Coronatn	Casper	NFL Countdown	Is Written	Mars [tt]	School	Festival	Hrsepwer	Seinfeld
	0.11	Reunion"		Arthur	Wishbone	Babar @	The NFL	The	So Raven	(C)	Hour of	Coronatn	Penguins	(Live) [E]	PLAN	Against the	Zoey 101	Italiano di Johnny	Trucks!	King
a	:30			(9:31)	Biz Kid\$	Paid Prog	Today (ff)	Sopranos "Boca"	So Raven		Power (6)	Coronatn	SpongeBob		Canada Œ	Elements	So Raven	Lombardi	MuscleCar	King
	-	Movie:	Driving TV	Frances The	Design	Adv. Sports	NFL	Paranormal	Paid Prog	Driving TV	Listen Up	fifth estate	OddParent	CFL	NFL	Secrets-	Montana	(In Italian)	CSI: Crime	'70s Show
	:30	"Grease 2" (1982)		Spider	Travel		Football: Miami	Paranormal	Auto	Listen Up	Design		Drake	Football: Hamilton	Football: Teams TBA.	Crystal	Wizards		Sen	'70s Show
	-	Maria and Park	Hour of	Rolie Polie	Life	Figure	Dolphins at	Paranormal	Racing	Hour of	Big Coast	The Nature	iCarly [t]	Tiger-Cats at	(Live)	Deadliest	Suite Life	Hockey	CSI: Crime	Raymond
1			Power 🖽	Olie 🖭	European	Skating: ISU Grand	New England	Paranormal	Countdown	Power @	To Be	of Things	Jackson	Winnipeg Blue		Catch [ff]	Suite Life	Tow Biz	Sen	Raymond
-	200	King	Noon News	Lilly (CC	Globe	Prix	Patriots.	Extreme	(12:15)	Noon News	Announced	Land Sea	The Next	Bombers.	9	Man vs.	Movie:	Cook	CSI: Crime	Friends
0		King	Hour (N)	Zohoo	Trekker		(Live) I	Paranormal	NASCAR Racing:	Hour (N)	Will-Grace	Mansbridg	Star "16 to	(Live) @	3	Wild "Yukon"	"Max Keeble's Big	Ed's Up	Sen	Friends
	500507	Seinfeld	Paid Prog	Go, Diego,	The History	Bull Riding:	NFL	Extreme	Sprint Cup -	Paid Prog	Will-Grace	Steven and	Weird	NASCAR	SportsCentr		Move"	NFL	CSI: Crime	'70s Show
ME	1211411	Seinfeld	Will-Grace	Go! 🖭	Project	PBR World Finals.	Football: Tennessee	Paranormal	Dickies 500. From Texas	Will-Grace	Simpsons	Chris @	Sorry	Racing: Sprint Cup	e [#]	Animals	Movie:	Football: San Diego	Scn	'70s Show
	2000	Movie: "The	Will-Grace	Franklin	Swiss Rail	(Live) (E)	Titans at San	CSI: Miami		Will-Grace	Simpsons	Figure	Movie:		In Fashion	MythBuster	"Minutemen " (2008) 🖫	Chargers at	CSI: Crime	Seinfeld
43	120.00	Recruit" (2003) Al	Simpsons	Little Bear	Journeys		Francisco	Œ	Speedway in	Simpsons	Simpsons	Skating	"Dennis the Menace"	(Live) [E	First Story	s @	(2008) (81	New York	Sen	Seinfeld
	PM	Pacino. I	Simpsons		Wait God	Indoor Grill	49ers. (Live)	CSI: Minmi	Fort Worth, Texas. (Live)	Simpsons	Family Guy	Skating	(1993) E	. 1	W5 [6]	Cash Cab	Suite Life	Giants. (Live) [tt]	CSI: Crime	Friends
2	:30		Simpsons	(3:31)	Wait God	Paid Prog		"Inside Out"		Simpsons	Family Guy				(DVS)	How-Made	Suite Life		Sen	Friends
	17.00	Movie: "The	Family Guy	Arthur	Moneytrk	Football	Paid Prog	CSI: Miami		Family Guy	Family Guy	Jeopardy!	Movie:		Question	MythBuster	Stone	CityNews	CSI: Crime	Project
/	:30	Da Vinci	Family Guy		Hometime	Night	Backroads	Œ	Matthews	Family Guy	Global	Fortune	"Catch That Kid" (2004)	Football	Period [6]	s Œ	Wizards	G. Martin	Sen	Runway
	DATE:	Code" (2006) Tom	Family Guy	George S.	Workshop	(5:15) NFL	News	Criminal	Moyies	Family Guy	(4:59) News	Movie: "Ella	Kristen	(5:15) NFL	First Story	Nostradamu	Sonny	Extreme-	CSI: Crime	Canada Friends
Page 1	:30	Hanks,	News	(5:26) Art	Old House	Football: Dallas	CBS News	Minds (f)	The Badge	Global	Hour (t)	Enchanted" (2004) Anne	Stewart:	Football: Dallas	Fashion	s Decoded	Montana	Home	Scn	Friends
	1000	Audrey Tautou. [8]	Global	Frontiers of	To Be	Cowboys at	KREM 2	Criminal	News	(5:59) News	16:9	Hathaway.	Movie:	C. C	CTV News	- ((6:01) Jonas	My RONA	CSI: Crime	Comeback
6	:30		News		Announced	Philadelphia	News at 6	Minds [ff]	Explorer	Hour (N)	Parker		"Agent Cody Banks"		(N) (E)		(6:27)	Home [E]	Sen	Parker
	-3000	Movie: "The	16:9	National	Nature	Eagles.	(N) 60 Minutes	Criminal	Funniest	16:9	Brothers &	Heartland	(2003)	Eagles. (Live) [C]	Degrassi	MythBuster	Suite Life	Conviction	CSI: Crime	Project
7	:30	Da Vinci	Parker	Geographic			(N) EE	Minds @	Home Videos	Parker	Sisters (N)	(N)	Frankie		Degrassi	s (N) 🕮	(7:19) Zoey	Kitchen [4]	Sen	Runway
	PM	(2006) Tom	Simpsons	A Touch of	Mamba" Contempor		The	CSI: Miami	Extreme-	Simpsons	Family Guy	Battle of the	Muniz. [8]		The	Anthony	Suite Life	News	CSI: Crime	Canada What
0	:30	Hanks,	Cleveland	Frost "Close	ary	News	Amazing	E	Home	Cleveland	Seth-Alex	Blades (N)	H2O Just	SportsCentr	Amazing	Bourdain	Montana	Role	Sen	What
	200	Audrey Tautou, (EC)	Family Guy	Encounters"	American	CSI: Miami	Race 15 Three	(9:01)	Desperate	Family Guy	Family Guy	The Nature	In Real Life	e (Live) 🖫	Race 15 Desperate	Nostradamu	Movie:	American	CSI: Crime	Seinfeld
9	:30	-	Amer Dad		Experience	100	Rivers (N)	Criminal Minds (E)	Housewives	Amer Dad	Cleveland	of Things	(E)	OverBolts	Housewives	s Decoded	"You've Got Mail" (1998)	Gladiators	Sen	Friends
-		Movie: "The		New Tricks	MI-5	CSI: NY (B)	Cold Case	(10.01)	(10:01)	(10:01)	News Final	National	Survive	E:60 📧	Cold Case			Paid Prog	CSI: Crime	Friends
10	:30	Recruit"	Brothers &	Œ	Terrorist		"Dead Heat"	Criminal Minds (6)	Brothers & Sisters (N)	Brothers & Sisters (N)	16:9		Ghost		"Dead Heat"	1-		Paid Prog	Sen	Friends
	PM	(2003) Al Pacino. 33	Sisters (N) News Final	Beautiful	Globe	News (N)	News	(11:01)	News	News Final	Paid Prog	News	Adrenaline	SportsCentr	CTV News	MythBuster	(10:59)	Paid Prog	CSI: Crime	Friends
0.4		1000		Noise (N)	Trekker		Seahawks	Criminal	The same of	C. C.		No. St. on Co.		e Œ	The second second	s [tt]	Movie:	The second	Sen	

MONDAY, NOVEMBER 9, 2009

TBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV 18	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP 45
	5:30)	Franklin	Bob Build	News (N)	News	American	News .	(5:30)	(4:30)	CBC News	Being Inn		Canada AM			CityLine (6)	Disorderly	Once a
e Night M	dorning lews (N)	George S.	Lions	Œ	7	Justice III		Morning News (N)	Morning News (N)	Now (N)	Viva Piñata	e 🖽	Œ	Œ	Feet		Con.	Thief [iii]
		Clifford the	Arthur (EI)	Today (N)	The Early	CSI: Miami	Good	Œ	Œ	Dirtgirl	Neutron	SportsCentr		Extreme	Mickey	The Tyra	Married	The Outer
y		Big Red Dog (DVS)	Martha	(1)	Show (N)	(C)	Morning America (N)			Animal	Invasion	e @		Machines	Mickey	Show (E)	Married	Limits (E)
ey		Dog (DV3)	Curious		1092	Cold Case	Œ		100 Huntley	Bo on Go	Pokemon	SportsCentr			Handy	Rachael	Married	North of 60
Pr.		R. P. St. T. St. Talanta and Rev. B. St. To.	Sid			Files (C)			Street [6]	Busytown	Kid vs. Kat	e 📧		How-Made	Handy	Ray @	Married	"Partners"
Feud 10	00 Huntley	Science Kid	Super Why!	1	The 700	The First 48		Children of the Application of the Control		Super Why!	Rolie Polie	Fishing	Regis and	Daily Planet	Feet	News	Movie:	TV Made
Feud	treet @		Dinosaur		Club @	Œ	Kelly	Street @	Vision (t)	Wilbur [6]	Timothy	PBA	Kelly	[3]	Tigger	City	"Escape From L.A."	What
	lospital for	Spider	Sesame	12	The Price Is	Criminal	The View		Debt Part	Poko	Berenstain	Bowling	The View	Biggest	Mickey	The O.C.	(1996) Kurt	Dawson's
Si	ick Kids	(10:35)	Street (EI)	3	Right (N)	Minds @	(N) Œ	Sick Kids	ET Canada	Doodlebop	Willa's		(N) (E)	Airliner	Handy	Œ)	Russell.	Creek (1)
W	Vorld	Rolie Polie	Clifford	Ellen	Young and	The	Paid Prog	World	(10:59)	Gofrette	(11:10) Erky	ATP Tennis:	Canada-	Mayday 📧	Phineas	The Bonnie	CSI: NY 📧	Raymond
e Earl Vi	ision [t]	Berenstain	Sit-Be Fit	DeGeneres Show	the Restless	Sopranos	Paid Prog	Vision @	Noon News Hour (N)	Dirtgirl	George S.	BNP Paribas Masters.	Model		Suite Life	Hunt Show		Raymond
N	ioon News	Maggie	Charlie	Paid Prog	News	American	All My	Noon News	Days of our	CBC News	Mr. Men	From Paris.	etalk (E)	Rogue	Wizards	CityLine 🔠	CSI: Crime	Seinfeld
H	lour (N)	(12:35)	Rose [E]	Paid Prog	Bold	Justice [t]	Children (N) @	Hour (N)	Lives (N)	Now (N)	GoGoRíki		Bold	Nature	Montana		Sen	Seinfeld
	A 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Wibbly Pig	Fine Art	Days of our	As the	CSI: Miami	One Life to	As the	As the	Life &	Viva Piñata	7.07023.752.350	Sue	Man vs.	Cory	Judge J.	CSI: Crime	Raymond
eld	Vorld urns (N)	Dinosaur	Sewing	Lives (N)	World Turns (N)	(6)	200	World Turns (N)	World Turns (N)	Times E	Jacob	PrimeTime	Thomas: F.B.Eye	Wild "Sahara"	Recess	Judge J.	Sen	Raymond
ds Yo	oung and	Franklin	Barney	The Bonnie	Let's Make	Cold Case	General	Young and	The Doctors		Edgar	Horn		MythBuster	Replace	CityNews at	Designation of the Control of the Co	3's Co.
ds	ne Restless	BluesClues	WordWorld	Hunt Show	a Deal (N)	Files [tt]	Hospital (N)	the Restless	Œ	Chris @	Casper	Interruptio		s Sayings.	School -	5 (N) III	Sen	3's Co.
Office Ti		The second secon	WordGirl	Judge	Dr. Phil [cc	The First 48		The Doctors	TAKE SALE ASSESSED.	Fashion F.	Barnyard	Off-Record	(2:59) The	Canada's	Life Derek	CityNews at	CSI: Crime	Carlawood
Earl	1	Bear	Electric	Judge		[23]	Ray (t)	Œ	the Restless	Sophie ·	SpongeBob	Sports	Dr. Oz Show (#)	Worst Driver	Sulte Life	6 (N) 🖭	Sen	Carlawood
ly Guy O	prah	WordWorld	Fetch! Ruff	Judge J.	Oprah	Criminal	Deal No	Oprah	(3:59) Early		SpongeBob	Hockey Hall	Ellen	Daily Planet	Phinens	Law &	Movie:	Raymond
ly Guy W	Vinfrey [tt]	George S.	Cyberchas	Judge J.	Winfrey [tt]	Minds [tt]	Deal No -	Winfrey [tt]	Global	Whisperer	OddParent	of Fame Induction	DeGeneres Show	(N)	Wizards	Order: SVU	"Kung Fu Hustle"	Raymond
e Ea	arly News	Babar	BBC News	News (N)	News	Intervention	News	Early News	(4:59) News		OddParent	THU DE LIVE	CTV News	MythBuster	Suite Life	How I Met	(2004)	The Outer
e No	ews	Martha	Business	NBC News	CBS News	"Dan" 🔃	ABC News	Global	Hour (N)	(N) E	SpongeBob	NFL	at Five (N)	s 🖭	Zoey 101	Purpose	Stephen Chow.	Limits (
Section of the Control of the Control	lobal	Mechanics	News-	News (N)	News	Intervention	News	(5:59) News	ET Canada	(14)	iCarly [f]	Football: Pittsburgh	CTV News	Dirty Jobs	Montana	Trauma	UFC Fight	ET Canada
r: SVU	ews	Dogs	Lehrer	Millionaire	Hollywood	"Gloria"	News	Hour (N)	Entertain	Coronatn	Jackson	Steelers at	(N) @	(N) (E)	Wizards	"Home Court"	Night	Comeback
	ntertain	Eden	'Allo, 'Allo!	Jeopardy!	The Doctors	CONTRACTOR AND ADDRESS OF THE LIBERTY	Entertain	Entertain	Heroes (N)	Fortune	Drake	Denver Broncos.	etalk 📵	Canada's	Sonny	The Jay	3	Family Guy
(2002, E7	T Canada	Landscape	Europe	Fortune	Œ	[66]	The Insider	ET Canada	(E)	Jeopardy!	Indie	(Live) [Hollywood	Worst Driver	Suite Life	Leno Show (N)		Raymond
em. Œ Ho					How I Met	Paranormal		House (N)	House (N)	Blades	Malcolm		Dancing	Daily Planet	Overruled!	News	UFC 105	Raymond
(P.	PA) (E	Œ	Roadshow	Œ	Purpose	Paranormal	With the Stars	(PA) (E	(PA) (E)	Mosque	Chris	SportsCentr	With the Stars		Montana	CityNews	Countdown (N)	Raymond
e: "8 (9:	:01) Lie to	Samuel -	То Ве	Trauma	Two Men	(9:01)		(9:01) Lie to	(9:01) Lie to	Just for	8 Rules	e (Live) 🖫	(Same-day	MythBuster	Wizards	Rock of	Movie:	Family Guy
	le "Fold , quity"	John.	Announced	"Home Court"	Big Bang	Intervention "Dan" (#)		Me "Fold Equity"	Me "Fold Equity"	Laughs (N)	What I Like	NFL Films	Tape) ((1)	s 🖽	Buzz	Love Bus	"Kung Fu	Seinfeld
m. Œ Ho		(10:05)	То Ве		CSI: Miami	(10:01)			News Hour	National	The Next	Motoring	(10:02) CSI:	Canada's	School	Coach [E]	Hustle" (2004)	Family Guy
	<u>(1</u>	The second second	Announced	CALCON SECRETARIAN SECURITION	(N) (E	N/86/65/5/5/5/6/5/6/5/6/5/6/5/6/5/6/5/6/5	COARS STATE OF STATE ASSESSED.	(E)	Final (N)		Star "16 to	Timber	Colored Presidents	A CONTRACTOR OF THE PARTY OF TH	Cory	Judge .	Stephen	Married
Heat CI	HBC :		Charlie		News	(11:01)		News Hour	Entertain	(11:05) The	Adrenaline	SportsCentr	440		So Raven	Home Imp.	Star Trek:	3's Co.
Night Ne	ews Final	Charles and Charle	Rose (N) E	Tonight	Late Show	Hoarders	(11:35)	Final (N)	ET Canada	Hour (C)	Mystery	e (Live) 🖭	CTV News	(E)	Life Derek	Pald Prog	Voyager [6]	3's Co.
Heat CI	HB	C Final	Diamond Road EE	Diamond Road E C Smoke Charlie From His Rose (N) E	Diamond Announced Leno Show (N)	Diamond Road (E) C Smoke Charlie From His Rose (N) (E) Contained Leno Show (N) (E) (N) News (N) Togeth Lete Show	Diamond Road Ed Announced Leno Show (N) Ed Intervention "Gloria"	Diamond Road (E) C Smoke Charlie From His Rose (N) (E) Diamond (N) Leno Show (N) (E) (N) (N) (N) (N) (N) (N) (N)	Diamond Road (E)	Diamond Road E	Diamond Road E	Diamond Road Announced Leno Show (N) Intervention Castle (N) Final (N) Star "16 to 6"	Diamond Road E Announced Leno Show N E Intervention Castle (N) E Final (N) Star "16 to 6" Timber	Diamond Road E Leno Show (N) E Intervention Castle (N) E Final (N) Star "16 to Miami (N) E C Smoke Final From His Rose (N) E Tonicht Late Show (11:01) News News Hour E Final (N) Final (N	Diamond Road E Leno Show (N) E Intervention (Castle (N) E Final (N) Star "16 to 6" Timber E Driver C Smoke Charlie News (N) News (11:01) News News Hour Entertain (11:05) The Adrenaline Sports Centre CTV News Dirty Jobs (Final (N) Final (N) Final (N) Final (N) For Connect E (Live) E CTV News E (Live) E	Diamond Road E Cory C Smoke Charlie News (N) E News (11:01) News News Hour Entertain (11:05) The Adrenaline SportsCentr CTV News Dirty Jobs So Raven From His Rose (N) E Tonight Late Show (11:35) Final (N) ET Consider (N)	Diamond Road E	Diamond Road E Cory Judge Chow. C Smoke Charlie Rose (N) E Rose (N) E Final (N) From His Rose (N) E Tonight Late Show (N) E

Monday Movies

MORNING 9:00 am SPIKE 44 **"Escape From L.A." (1996, Action) Kurt Russell. The fascist U.S. president enlists a jailed war hero to retrieve a top-secret device stolen by his daughter on island Los Angeles in 2013. (In Stereo)

AFTERNOON
4:00 pm SPIKE 44 ** "Kung Fu
Hustle" (2004, Action) Stephen
Chow. An aspiring hoodlum gets a
chance to prove his abilities when
gang members hire him to spring a

powerful master from an asylum. (In Stereo)

EVENING
7:00 pm WTBS ③ ***** Mile"
(2002, Drama) Eminem. Living with

(2002, Drama) Eminem. Living with his destitute mother, a young man in Detroit tries to overcome obstacles and achieve success as a rapper.

9:00 pm WTBS ③ ★★** Mile" (2002, Drama) Eminem. Living with his destitute mother, a young man in Detroit tries to overcome obstacles and achieve success as a rapper.

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Happy 80th Ray!



LOVE & BEST WISHES FROM: Betty, Michelle & Steve & Ryan

help wanted

help wanted

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

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

Princeton & District Community Services is accepting applications for the position of caretaker in an Assisted Living Complex. The preferred candidate will enjoy working with seniors, be able to do light maintenance and live on site. Caretaker must be on site from 8:00 PM to 8:00 AM. The caretaker is not required to be awake through the night. Duties include common area maintenance, evening security check and responding to emergency night calls. First Aid would be an asset. Terms of employment are negotiable. Address applications to the attention of Lynn Pelly, Executive Director, Princeton & District Community Services, Box 1960, Princeton, BC VOX 1WO. Closing date for applications is November 15, 2009. Further information is available at 47 Harold Avenue during regular business hours.

notices

HELP!!

My name is Susie, I'm a 9 yr old Purebred spayed female Chesapeake Retriever. Due to unforeseen circumstances, my master Nick Cook, cannot care for me this winter and I need a dogsitter. I love people and have never ever growled at anyone, I don't chase deer or cows and have grown up with horses. If you might be able to look after me from mid November until mid February please contact my master's Dad, Barry Cook at (250) 295-6212.

Miscellaneous engine rebuilding equipment for sale. Valve refacer, valve seat grinder, etc. Call (250) 295-7828.

in memoriam

Donald, Ronald & Rick Haker

Wonderful memories woven in gold These are the memories we tenderly hold Deep in our hearts their memory is kept To love, to cherish and never forget.

> Carl, Barb, Barbie & J. R.

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for sale

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

Classic 1978 Jaguar XJ12, 4-door sedan. White exterior, red upholstery, 94,159kms. Good condition. Asking \$6,000.00 OBO. Call (250) 295-4048.

Beef-whole or side, \$2.25 per pound, cut and wrapped. Ground beef also available. Call Emie (250) 295-7345 or Terry (250) 295-8121.

1 Bobcat \$5,000.00. Call for info. (250) 295-6173 or (250) 295-8377 cell.

1990 Suburban 350 Automatic — 2WD, Barn doors \$1,000.00. See at The Hut (250) 295-3835.

Large snow blower, self-propelled, electric start, used very little. Phone (250) 295-6063 evenings.

1978 Dodge Aspen. Good winter transportation. Dependable 225 slant 6. New front brakes, muffler and starter. Extra set of tires. \$700.00 OBO Call (250) 295-0280.

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Jul 06-tfn

for sale

1980 Motorhome, 25 foot, new motor, new tires, propane. \$8,000.00. 1997 Dodge half ton truck, canopy. \$700.00 OBO. New snowblower, \$900.00 (250) 295-3048.

1993 Dodge Caravan 3.3 V6 Automatic, needs starter \$750.00. 1990 Suburban 350 Automatic — 2wd, Barn doors \$1,000.00. See at The Hut (250) 295-3835.

1992 Ford Ranger, 4WD, Gov't inspected, brand new tires, good body, new paint, runs excellent. Must sell. \$3000.00 OBO Call (250) 295-0333.

www.gotpeppers.info

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NOTICE TO CREDITORS

In the Estate of Diana Lee Smith, also known as Diane Smith, late of Princeton, British Columbia

Take Notice that all persons having claims upon the Estate of the above-named must file with the undersigned Administrator by the 15th day of November 2009 a full statement of their Claims and Securities held by them.

Jerry L. Smith
Box 58, Old Hedley Road
Hedley, British Columbia, Canada
V0X 1K0

for rent

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

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

Large 1-bedroom apartment near downtown. No pets. Responsible adults only. \$575.00. Utilities and more included. Call (250) 295-3691. Nov. 0317

3-bedroom, 4 appliances on quiet downtown street. 260 Penryn \$750.00/month. Contact Heather Johnson at Century21 (250) 295-6977.

1-bedroom suite for rent in downtown Princeton. Level access. \$450.00 per month including utilities. Need excellent references and damage deposit. No pets. Available now. Phone (604) 484-2783 and leave a message. Nov 0347

Three bedrooms, 2 bath family town-houses with enclosed yards available at Aspen court for qualified applicants. BC Housing offers affordable rents based on 30% of your gross income. Please contact Princeton & District Community Services at (250) 295-6666 for application and information.

2-bedroom suite in heritage building, Hedley, suits 1-2 people, laundry, no smoking, references required, cat okay, no dogs, \$450/mo plus utilities, Brenda: (250) 292-8680. No 03.17

3-bedroom country home 20 minutes from town, fenced, shop. \$1,000 per month available immediately call Heather Johnson at Century 21 Princeton Realty (250) 295-6977.

Find out how we pick the Front Page Photo! www.princetonbcnews.info

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Teepee Lakes Store
2nd Annual Christmas
Craft and Garage Sale 3892 Highway 40
(Princeton Summerland Road)
Donations to the Princeton Food Bank
November 21st 10:00 AM - 2:00 PM.
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612	895	347	
849	376	512	
753	412	869	
165	249	738	
238	761	495	
974	583	126	
496	158	273	
521	637	984	
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Princeton Posse 2009/10



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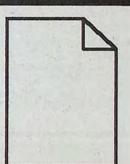
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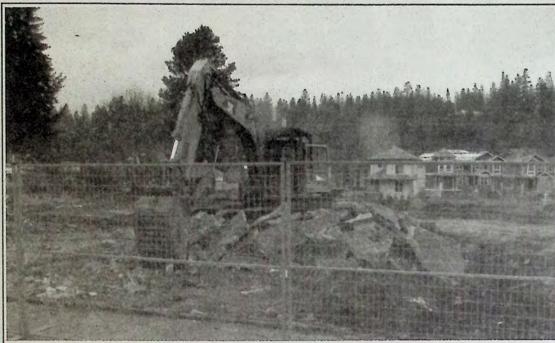
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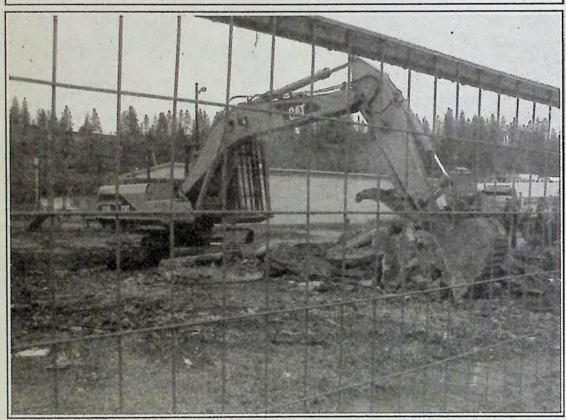
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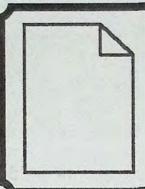
Coopers is Comingi



An old Princeton landmark was removed last week. The 'old pawn shop' on Harold Avenue was Princeton Small Engine Repair in the late 1980's and we are told was also an old Village Office and former Greyhound depot. It was cleared to make room for the eventual construction of a new Coopers Food Store - one of Princeton's worst-kept secrets. Photos: Brenda Engel







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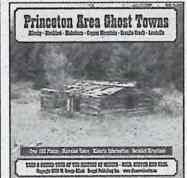
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Editorial Page

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

Feeding The Fever

I quit shaking hands two weeks ago. The excuse I used then was that I thought I may have a touch of something and didn't want to spread it.

The truth was that I was afraid to catch something from one of those germ clouds that follows everyone.

Since then I've fallen victim to some of the misinformation and instead of trying to separate fact from fiction I've decided to just bone up on endless precautions.

We now use hand sanitizer at work, and hide it so only we know where it is opting not to share it with other germ clouds that enter our office, and we spray just about everything we touch with a spray of some kind, depending on what it is we are touching or trying not to touch more often than necessary.

It's also made me very aware that I touch myself too much.

Let me clarify that last sentence. I touch my face too much. In fact, in the time it took for me to add that last line to clarify the previous one I touched my face six times. Once to pick my teeth and sadly enough, once to pick my nose. But they still count as touching.

I'm also reading things that sometimes scare me and sometimes make me wonder what I'm doing on such a germ-infested planet. With so many things to be concerned about I now have the decision on whether or not to take the flu shot to agonize over. It's made me long for the nights I lost sleep over stressing about work.

It's made me think that complete isolation with just an internet connection would be the best scenario until it occurred to me I'd probably contract some sort of virus from an e-mail I carelessly accepted without virus protection.

Then the other day I was in a public building and encountered someone wearing rubber surgical gloves. The wearer pointed out it was to protect against The Virus.

"I'll be sure not to lick your hand then," was my response.

But as I walked back to the office it occurred to me things are getting a little out of hand. Or are they?

I sprayed the door handle, phone and keyboard as soon as I got back to work. Chewed on a couple of fruit-flavoured Vitamin C tablets, squirted a bit of hand sanitizer into my palm then sprayed the hand sanitizer bottle, just in case.

Tomorrow I may wear some garlic around my neck for a little back up. At the very least it may keep people and their germ clouds far enough away from me that a good day will be one in which I venture out of the building only once to see if the sun is bright enough to feed me some Vitamin E or G or H. Or whatever I was supposed to get from the sun before I resorted to licking my hand.

And as I try to surf the internet without touching too many buttons I discover a story about kids drinking hand sanitizer because of the high alcohol content.

Which makes me think this could explain my sudden urge to rub some in my hand.

But only after I lick it first.

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EDITORIAL GUIDE

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



The bunkhouse ruins at Blakeburn. Photo: Terry Malanchuk

Your Turn

Historian fears for local site

To The Editor:

A historically significant and very fragile site has recently been placed in jeopardy.

Someone has taken it upon themselves to clear an ATV trail to the previously isolated Anchor Hill Trestle System site located one mile north of the ghost town of Blakeburn.

This activity was undertaken without consultation. Though the site rests on Crown land, the establishment of historic status for the area has been in progress for some

Currently Blakeburn and the Anchor Hill site have been placed in protected status from logging and development. Private development of new trails done without consultation could only accelerate the natural deterioration of this delicate site.

Such activity also highlights the need for enforced legislation to inhibit the ongoing destruction to our trails and historic sites brought on by a few selfish individuals and groups. Fortunately there are

many who do care and are looking out for these sites.

The trail in question to Anchor Hill will be blocked and kept

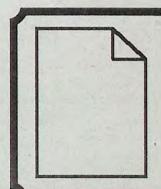
Letter To The Editor

Voter thanks Atamanenko

To The Editor;

It was refreshing to note that our NDP MP, Alex Atamanenko, is concerned and upset that the. Liberals supported a recent Conservative initiative that he feels was in direct opposition to what the polls indicated the public wanted.

I would hope that he keeps this in mind when the upcoming vote on the dismantling of the costly, ineffective, long gun registry takes place in the house November 4th. Glad to see you are finally putting the wishes of your constituents and voters ahead of party policy. - Fred Leard, Princeton,



under observation.

Author and Historian

The Blackburn Project

- Terry Malanchuk, Princeton

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Current Comment

Would You Rather Get Sick And Die?



Dawn Johnson editor@thenewsleader.ca

Every year about this time there is a lot of controversy about getting flu shots. There are people who don't believe in immunization, and there are people who don't believe in getting flu shots. There is a movement out there to keep everything pure and natural. To do so, these people say we should avoid immunization shots. This kind of thinking about "pure and natural" living would arise only in a generation or two who have never seen the devastation caused without modern medicine, which includes immunization.

When I was a little kid, I managed to catch most contagious diseases. I had whooping cough, measles, and chicken pox. Fortunately, I never caught any of the really deadly contagious diseases, but I remember how parents feared for their children's lives. Every winter and spring, children died of pneumonia. We did not have antibiotics. Every summer, children died from, or were crippled by, polio. Parents lived in terror when they heard diphtheria, mumps or scarlet fever were "going around". Homes were marked with quarantine warnings when a contagious disease hit one of the family members. Seen any quarantined homes lately?

I am not that old, so think about how recently medicine has been able to stop these diseases from killing so many children, and a few adults, too.

What you get when you keep a society "pure and natural" is a whole lot of contagious diseases taking lives at random. In my grandmother's time, it was a rare family who did not lose a child to some kind of contagious disease. Of course, people died of all kinds of infections treated

nowadays with antibiotics. We live in a fortunate time. We can complain a lot about our health care system, but deaths due to contagious diseases and infections are rare.

Prevention is always better than a cure, and immunization is a prevention of disease. Twenty years ago, flu killed a lot of people every year. When I was 18 years old, this so-called swine flu became a pandemic. We called it the Asian flu. It killed a lot of people, including a lot of children. It was so serious that in the town where I lived the hospital overflowed and emergency hospital facilities were set up in other locations. Despite good hospital care, several elderly and a few children died, mostly from extreme high fevers which brought on other complications.

Today, we have vaccine to immunize people against the swine flu and many other strains of flu. Would I go for a flu shot? Yes, I would, and would not think twice about it, I have been getting flu shots for the past nine years, and as a result, I have not had the flu for the past nine years. This makes me quite happy, as I recall having the flu and it is not something I want to experience again. I have had the pneumonia shot, too. I have had

two serious bouts of pneumonia in my life, and nearly died of the disease the first time I had it. Thanks to antibiotics, I'm still alive, and I don't want to have pneumonia ever again.

People all over the world die even today from diseases that could have been prevented through immunization. I believe we are fortunate to live in a country where immunization is available to everyone. Even if we have to pay for immunization (and for most diseases it's free), having the protection is worth a lot more money than we put out. When we talk about protecting our health care system, most of us forget about our public health departments who are our first line of defence. Our public health personnel work continuously to make sure our children do not die of preventable diseases and that our elderly and health impaired people do not

So, when you have to make a decision as to whether to have your flu shots, decide in favour, even if you have to pay for your immunization. If you can get the H1N1 shot, go for it. Remember, all of these strains of flu erupt time and again, almost in a big cycle. Protection now means protection for next time.

die from flu.

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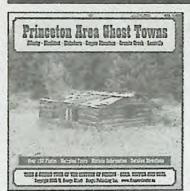
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On November 11, let us remember all the men and women who have bravely served our great country so that we can enjoy a better life today.

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If you died suddenly, would your loved ones be faced with catastrophic financial consequences? Who would pay for your funeral and your family's monthly bills? Who would pay your monthly mortgage payment and other outstanding debts? How would your children's future education be funded? And would your family be able to compensate for your lost paycheque, which would be gone forever?

That's why insurance is so important. It can provide money in a timely manner when you need to offset lost earnings to your household or business in the event of death or serious health change.

Just like your investment portfolio, which should be periodically reviewed to make sure everything you own is appropriate in terms of your long-term financial goals, you should also undertake a regular review to ensure you have adequate coverage in place that meets your needs.

You might need a carefully constructed insurance portfolio that contains different types to address different possibilities and to match your particular needs.

For example, you may need a permanent life insurance solution to meet requirements that exist no matter what age you pass away, such as funeral and burial costs, medical or emergency costs, and taxes on registered assets and capital gains.

Term insurance solutions might be best used to meet any particular temporary needs you could have, such as clearing your mortgage or replacing your income until your children are old enough to be self-sufficient.

There are a number of questions you should ask yourself about disability insurance. For instance, what coverage does your employer provide and what are the limitations and exclusions of that coverage?

Also, does critical illness insurance make sense for you to protect you from the long-term financial impact of suffering a heart attack, stroke, or the onset of cancer? This might spare you from having to withdraw money from your Registered Retirement Savings Plan, which could be critical in keeping your retirement plans intact.

Lastly, long-term care insurance is another consideration. It can help cover the major expense of living in a long-term care facility or receiving care in your home.

Speak with your financial advisor about your insurance needs and the different options that are available to you.

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St.Paul's United Church and St. Cuthbert's United Church Women held their Annual Fall Bridge Tournament Thursday, October 22nd. Nine tables enjoyed playing Bridge and a delicious lunch provide by the ladies. Eunice Bottenfield and Cathie Orser have organized this event for a few years and it is always a great day of fun. The winners this year were: Swany Burnier and Laura Haw. Ken Yingling was presented a Gift Basket. - photo submitted

MP Alex Atamanenko

BC Southern Interior Monthly Report

At Who's Expense? Lower Drug Costs

Drug costs are the fastest rising expense in health care and, without a national drug plan, they'll continue to hit Canadians unevenly and unfairly depending on where we live, whether we're in hospital or out, if we have a job with a drug plan and how much we make.

Last year, Canadians spent \$30 billion on medicine – 17% of total health spending. Only hospital costs were higher. With no national system in place for drug purchasing or a national standard, there remains vast differences in drug coverage from province to province. Our national Medicare program spreads the costs for necessary health procedures across the broader population, but

prescribed drug treatments which are equally as necessary, are not included.

This omission challenges our idea of equal access to care as it leaves the financial burden of medication cost on the individual.

Why are we paying the third highest prices in the world for brand-name prescription drugs? It is because of the price-setting process favouring Big Pharma profits which go unchallenged by the ineffective consumer protection of the Patented Medicines Prices Review Board as well as extended drug patents.

The cost of prescription medicine is an unacceptable financial drain. Compounded now by the economic crisis, hundreds of thousands of Canadians are not only losing their jobs, but also the family drug benefits that go with them.

The government refuses to take on the big drug companies. Even with the provinces and territories on side, they've taken no action on the National Pharmaceutical Strategy. Rather than trying to reduce drug costs, in 2006 the government actually extended patent protection in spite of opposition protest. To add insult to injury, the promise made in 1987 by the big Pharma companies to spend 10% of sales revenue on research in exchange for years more monopoly pricing was never kept. Now, Canada has the second worst Research & Development-to-sales ratio in the industrialized world.

And yet, the big pharmaceutical corporations keep coming back for more and the government seems only too willing to pave the way to more profits for them. No big surprise that last June, they caved under the pressure tactics by Big Phama's and made recommendations to legalize direct-to-consumer-advertising (DTCA) in Bill C-51.

Make no mistake, this was about boosting drug sales and revenue at the expense of Canadians' health.

We fought the government then and we'll fight, them again if they try to sneak DTCA into legislation again.

The time for federal government action is long overdue, Stop risking lives and start saving them.

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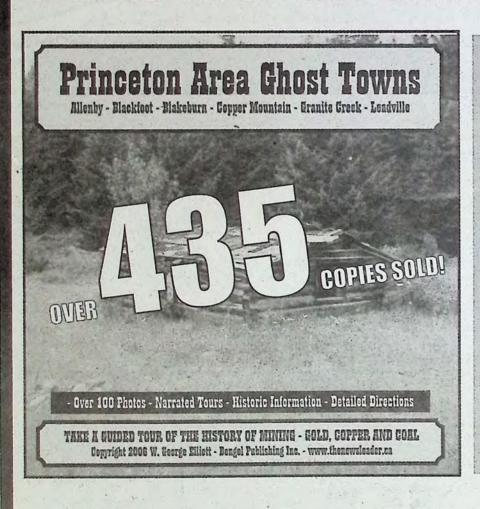
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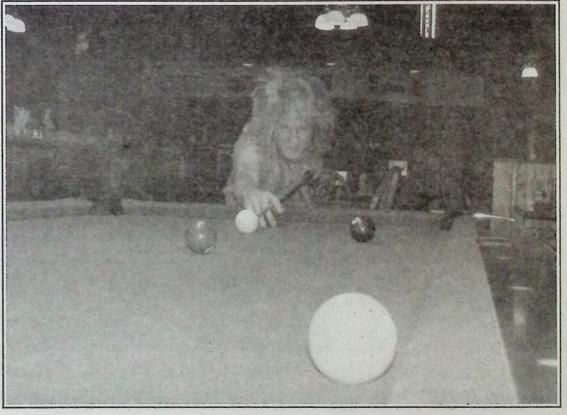
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Happy Halloween!



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Letter To The Editor

Reader writes about climate change

able revenues to Manitoba's trea-

sury and significantly reducing

Dear Editor:

Anyone concerned about climate change and clean energy will applaud the choice of Manitoba's long-time NDP premier, Gary Doer, as Canada's new ambassador to the U.S.

Doer has proven his credentials: As premier of Manitoba, Doer was aggressive in seeking out economy-building export opportunities for Manitoba's clean, renewable electricity—in the U.S. and Canada alike—adding consideroverall greenhouse gas emissions in the region by 172 million tonnes over the past 35 years. Manitoba's new NDP premier,

Manitoba's new NDP premier, Greg Selinger, isn't likely to let things slip backwards either. Like Doer, Selinger is committed to maximizing Manitoba's renewable electricity potential and he recently described a major electricity sales agreement with Minnesota Power as "a win-win situation for all parties involved."

Doer and Selinger's strong support for the win-win opportunities made possible by Manitoba's renewable electricity exports leads to an obvious question for British Columbians:

Why are Doer and Selinger's NDP counterparts here in B.C. so stubbornly opposed to pursuing similar win-win opportunities for our province?

That's the million dollar question.
- Christopher Law, Coquitlam

Letter To The Editor

Green Energy group speaks out

Letter to the Editor:

A refreshing acknowledgement of the seriousness of climate change recently came from B.C.'s labour movement and its leaders in the form of an editorial by the Columbia Institute's executive director, Charley Beresford. The Columbia Institute's board of directors is, of course, a who's who of the B.C. labour movement and its directors include Jim Sinclair, Barry O'Neill, Andy Ross (COPE 378) and Ken Georgetti among others.

We are pleased to say that we share the view expressed by Beresford and the Columbia Institute that Canadians see climate change as a high priority issue and want to do something about it. Climate change is the preeminent issue of the 21st century and it must be addressed.

Our group, B.C. Citizens for Green Energy, believes the biggest contribution the people of B.C. can make to the battle against climate change is to unleash our province's vast, untapped potential for generating clean, renewable electricity and thereby make an abundance of emission-free electricity available to our neighbouring states and province's whose citizens are largely dependent on burning coal to produce their electricity.

The undeniable fact that climate change and greenhouse gas emissions do not recognize international or provincial boundaries means that it is our clear international duty to contribute from our province's abundance for the benefit all. We sincerely hope that B.C.'s labour leaders can agree with us on this.

- Bruce Sanderson,

Co-spokesperson

B.C. Citizens for Green Energy Burnaby, B.C.

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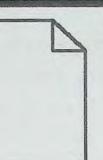


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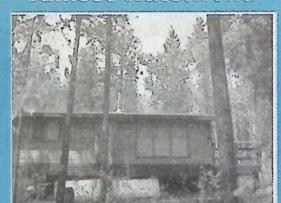


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