



Similkameen

News Leader

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Tuesday, September 14, 2010



A close up view of the 'Tree of Life' shows detail and a variety of leaves. Can you spot yours? The Tree of Life hangs on the outside wall of Riverside Centre and greets all who enter the building. *

RDOS plans smoke bylaw

Janice Johnson, Air Quality Coordinator for Regional District of Okanagan Similkameen (RDOS), explained to Town Council on September 7 that a smoke control bylaw is now in draft form. She was looking for support from Town Council for the new bylaw, but Council had not yet read the bylaw.

The bylaw, if approved, will ban burn barrels, ban outdoor boilers that are not regulated, and will address poor burning practices, such as burning garbage. The bylaw is to encourage responsible burning to reduce smoke particulate in the air from open burning and from home heating. The draft will apply to all areas except Crown lands and Band lands.

Poor burning practices include burning garbage, burning wood that is too wet, and burning grass or compostible garden waste. This does not mean there will be no

burning allowed. The key is to have a good hot fire that is relatively smokeless. The draft addresses home wood burning appliances, and anyone having an outdated wood burner that does not meet today's standards will be encouraged to enter into a wood stove

Council says no to victim funding

In a surprise move, Town Council refused the appeal of Community Services Society for funding for Victim Services. The problem Community Services faces is that there is a limited amount of money provided for victim services. If the need is greater than the budget, then Community Services must look for money other than from the Ministry of Public Safety and the Solicitor General.

The demand for services for victims has been high this year, and the result has been denial of services to some people. The worker hired for the job is allocated only 20 hours a week of funding. When demand exceeds

exchange (locally, Irly Bird is participating in this program).

If the smoke control bylaw becomes part of regional law, an enforcement officer will meet with violators as required. A fine is possible if the violator continues to burn contrary to best practices.

funding, the government does not allocate more funds, but simply tells Community Services to operate within the budget or look for money from other sources. The government gives no leeway for the fact that Princeton is a rural community lacking many other support services, so the Victim Service worker is often the only source of help for those who need it. Community Services learned that other municipalities assist in funding Victim Services, so appealed to Town Council.

Councillor Frank Armitage stated, "This is one more example of the provincial government downloading on local taxpayers for services sorely

Festival reports to Council

Jon Bartlett told Council, "The star of the show was the town square."

Jon Bartlett and Rika Ruebsaat, organizers of the Traditional Music Festival, reported to Town Council on September 7. The report had several features, including a financial report.

The 2010 festival was comprised of 55 acts including 122 individuals. Two performers came all the way from Maryland, others were from the prairies and Washington State and others were from the South Okanagan and Lower Mainland areas. This year, the festival welcomed a contingent of horseback riders.

Income was slightly over \$22,000,

which was used to cover costs such as insurance, advertising and feeding musicians and volunteers. The musicians volunteered their talents and others helping with seating, set-up and trash control were volunteers. Musicians received 25 cents per kilometer, one way, for travel expenses.

A lot of promotion was done using Internet, newspapers, magazines, and a Festival Guide. Signs were posted on Highway 3 and Highway 5A.

An estimated 2,000 people attended the festival, judging from the number of programs sold. Approximately 20 percent were local people.

Many of the performers brought CDs to sell and did well with their sales.

Princeton Traditional Music Society has begun planning for next year's festival to be held August 19 and 20. Bartlett hopes to have a special Scottish show in the 2011 festival, featuring Doug Reid, the Highland Dancers, and others interested in Scottish traditional music and dance.

Bartlett said he had learned, while researching local newspapers of the past, there is a strong Scottish element in Princeton's history.

Bartlett described the festival as one and a half times larger this year than last, with "extremely supportive" response from a survey done among those attending the festival last month.

needed."

Acting Mayor Marilyn Harkness agreed with Councillor Armitage, adding the Town already supports Community Services through the agreement for lease of their building.

Councillor Armitage suggested Council meet with the appropriate government agencies and ministers during UBCM to present Council's views. UBCM, a conference of municipal representatives and government officials, take place later this month.

NEXT PRINCETON POSSE HOME GAME
 7:00 PM Saturday, September 18
Spokane Braves

Similkameen News Leader
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Similkameen **News Leader THIS WEEK:**



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News Leader

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Junior Fair Winners List

Children learn many skills, both at home and at school. To enter exhibits in the Junior Fair, youngsters often require the assistance of parents, grandparents or other caregivers to help them organize items for display and take them to the fair. Many children need encouragement from parents and children to do handicrafts, bake, engage in hobbies, and learn skills in needlework, sewing and woodwork. Many children have their own little gardens, and a few children have their own chickens.

This winter, why not encourage your youngsters to learn new skills, take up hobbies, or do handicrafts for next year's fair? Materials for handicrafts can be found around the house, in thrift shops, or can be excellent Christmas gifts to keep kids busy indoors during the cold months.

There is a bonus to having your children enter items in the fair. This year's top exhibitor took home \$111 in prize money. Many other youngsters won more than \$20.

The other bonus is the skills children learn and can take pride in, building self-esteem and self-confidence.

Winners in Junior Fair are divided according to age, beginning with pre-school, then kindergarten to Grade 3, followed by Grades 4 to 7, and ending with Grade 8 to 12. Many in this last division choose to compete in the adult classes.

Vegetables

Beans: Pre-school - Graham Atkinson

K-3 - 1. Holly Atkinson 3. Colleen White

Gr. 4 - 7 - 2. Ashlyn White

Beets: Pre-school - Teagan Cranston

K-3 - Shared first - Payton Cranston and Colleen White

Cabbage: Pre-school - Teagan Cranston

K-3 - Payton Cranston

Carrots: K-3 - 2. Colton White

Gr. 4 - 7 - Ashlyn White

Cucumber: pre-school - Teagan Cranston

Onions: pre-school - Teagan Cranston K-3 - Payton Cranston

Potatoes: pre-school - Teagan Cranston K-3 - 1. Payton Cranston

2. Colton White Gr. 4-7 - 1. Ashlyn White

Zucchini: pre-school - Teagan Cranston K-3 - Payton Cranston

Gr. 4-7 - Natasha Murphy

Tomatoes, large: K-3 - 2. Piper Manning

Tomatoes, cherry: pre-school - Teagan Cranston K-3 - 3. Piper Manning

Any other vegetable: Pre-school - 1. Graham Atkinson Gr. 4-7 - 2. Ashlyn White

Vegetable collection: Gr. 4-7 - 1. Ashlyn White

Canning: K-3 - 1. Piper Manning

Eggs

Pre-school - 1. Teagan Cranston K-3 - 2. Payton Cranston

Fruit

Plums: Gr. 4-7 - 1. Ashlyn White

Chokecherries: Gr. 4-7 - 1. Lane Robinson

Rose hips: K-3 - 2. Colton White

Huckleberries: Gr. 4-7 - 1. Lane Robinson

Flowers

Bouquet of large flowers same kind: Pre-school - 1. Teagan Cranston K-3 - Tie for first - Payton Cranston and Piper Manning Gr. 8 - 12 - Destiny Earle

Bouquet of small flowers of same kind: Pre-school - Teagan Cranston K-3 - 2. Payton Cranston Gr. 4-7 - 2. Ashlyn White Gr. 8-12 - 1. Destiny Earle

Bouquet of mixed large flowers: Pre-school - 2. Teagan Cranston K-3 - Payton Cranston Gr. 8-12 - 3. Destiny Earle

Bouquet of mixed small flowers: Pre-school - 1. Teagan Cranston K-3 - 1. Payton Cranston Gr. 8-12 - 1. Destiny Earle

House plant: Pre-school - 1. Teagan Cranston 2. Andrew

Graves K-3 - 1. Payton Cranston Gr. 4-7 - 1. Shelby Maynard Gr. 8-12 - 1. Destiny Earle

Wildflower arrangement: Gr. 8-12 - 2. Dallas Earle

Baking

Squares: Gr. 8-12 - 2. Destiny Earle

White cake: K-3 - 1. Payton Cranston

Chocolate cake: Gr. 8-12 - 3. Destiny Earle

Muffins: K-3 - 3. Payton Cranston

Baking Powder Biscuits: K-3 - 3. Payton Cranston Gr. 8-12 - 2. Destiny Earle

Rice Crisp squares: K-3 - 2. Payton Cranston

Pie: K-3 - 3. Payton Cranston

Loaf, any kind: K-3 - 2. Payton Cranston

Art

Colour painting, oil or acrylic: Pre-school - 1. Teagan Cranston

K-3 - 1. Tallis Dixon 2. Holly Atkinson 3. Payton Cranston Gr. 4-7 - 1. Coby Hepting Gr. 8-12 - 1. Destiny Earle 2. Megan Hepting 3. Jeanine McIntosh

Watercolour painting: Pre-school - 1. Teagan Cranston K-3 - 1. Holly Atkinson 2. Shaun Harrison 3. Quinn Harrison Gr. 4-7 - 1. Shayna Thompson Gr. 8-12 - 1. Destiny Earle

Black & white scene: Gr. 8-12 - 1. Kristina Murphy 3. Destiny Earle

Sketch book: Gr. 4-7 - 1. Natasha Murphy Gr. 8-12 - 1. Megan Hepting 2. Destiny Earle 3. Kristina Murphy

Computer art: Gr. 8-12 - 1. Colby Williams 2. Destiny Earle 3. Megan Hepting

Scrapbooking page: Pre-school - 2. Jadelyn K-3 - 1. Payton Cranston 2. Riley Young Gr. 8-12 - 1. Destiny Earle

Handmade Greeting card: K-3 - 1. Riley Young Gr. 8-12 - 2. Destiny Earle

Any pencil drawing: K-3 - 1. Logan Larsen 2. Riley Young 3. Payton Cranston Gr. 4-7 - 1. Ashlyn White Gr. 8-12 - 1. Megan Hepting 2. Kristina Murphy 3. Destiny Earle

Mask: Pre-school - 1. Teagan Cranston K-3 - Payton Cranston Gr. 4-7 - 1. Natasha Murphy 2. Taneasha Baird Gr. 8-12 - 1. Kristina Murphy 2. Destiny Earle

Papier Mache: K-3 - 1. Payton Cranston Gr. 8-12 - 1. Destiny Earle

Cartoon: Pre-school - 1. Coby Young K-3 - 1. Logan Larsen 2., Riley Young Gr. 4-7 - 1. Shayna Thompson Gr. 8-12 - 1. Destiny Earle 2. Kristina Murphy

Printmaking picture: K-3 - 2. Devon Harrison Gr. 8-12 - 3. Destiny Earle

Coloured page from colouring book: Pre-school - 1. Andrew Graves 2. Noah Obey K-3 - 2. Holly Atkinson 3. Quinn Harrison Gr. 4-7 - 1. Ashlyn White Gr. 8-12 -

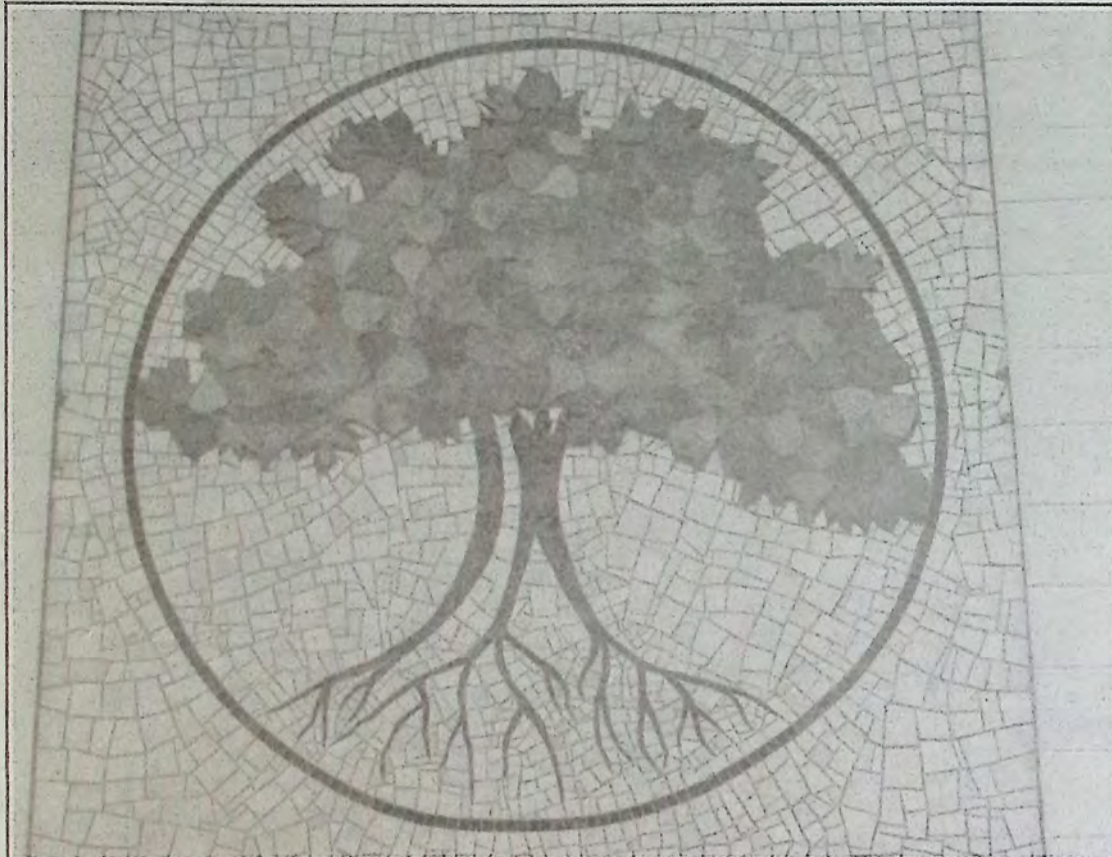
..... continued on Page 19



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Full day kindergarten - It's back to school time and, in today's skill based economy, it's more important than ever to ensure children get an early start on their education. That's why the Province of B.C. is implementing full day kindergarten for more than half of all five-year olds in 2010 and for all eligible children starting in 2011. Providing kids with an early start will give them the skills they need to be successful in school and to be prepared for the opportunities of the twenty-first century.

For more on helping prepare your children for tomorrow, visit gov.bc.ca



It's impressive. The 'Tree of Life' as it appears on the outside wall of Riverside Centre. *

Princeton Court News

News Leader Court Reporter - Dawn Johnson

"Colour of right" refutes charge

Walter Everett, Dean Stevens and Randy Myers stood trial in Provincial Court on September 9, all charged with theft of a 1989 black Jimmy SUV. The incident leading to the charges occurred on May 2, 2009, on the property of Wanda Marriott, who lives 26 km. from Princeton on Highway 40 (Princeton-Summerland Road).

Marriott testified that three men in a white pick-up truck towing a flatbed trailer came to her mobile home in the afternoon of May 2 and said they were taking the SUV. Marriott told them they could not, it belonged to her son, David. She ordered them off her property. Two of the men left in the pick-up, then Myers started the SUV and drove it out to the highway. She contacted her son and called the RCMP to tell them what had happened. She said she had no knowledge of her son giving anyone permission to take the vehicle.

David Leblanc testified he had bought the SUV from Carmen Petersen, paying him an initial \$1,000 and later an additional \$1,000. He had a document showing the vehicle registration with Leblanc listed as owner. He told the court he had been at Myers house and Myers had said, in front of a number of people present, "I'm going to take that truck."

Leblanc said he replied, "Go ahead. You've got no rights to it."

Leblanc said he did not give them permission to take the truck as he was the owner, and he had instructed his mother to call the police when it was taken.

Cst. B. Matchin, Princeton RCMP Detachment, received the call from Mrs. Marriott, and soon located the pick-up towing the SUV. He pulled them over, saying they were angry. Stevens and Myers were passengers, Everett was driving. He ordered the men to take the SUV off the trailer. He called a towing company to bring it to Princeton. He checked the VIN and found Leblanc listed as owner.

Stevens took the witness stand and told Judge G. Sinclair he had gone along for the ride, but believed Myers and Everett had the authority to take the SUV. Crown Counsel asked him why he had not resisted going along with Myers and Everett after Mrs. Marriott had told them the SUV belonged to her son and ordered them off her property.

Stevens replied, "They were my ride home."

When Walter Everett took the witness stand, he said he had driven the pick-up truck and trailer out to the Marriott residence as a favour to Myers, to help him bring the SUV back to Petersen. The night before this incident, Everett had heard Leblanc say he had not paid Petersen in full, and had heard Leblanc tell Myers to take the SUV. Everett said he believed Petersen still owned the vehicle. Petersen had not told Everett that himself, but Everett had heard it from somebody else. Everett believed Petersen had given permission to seize the SUV.

There was no doubt in Randy Myers' mind that the SUV was still

in Petersen's name and Petersen had asked him to go and get it. He understood no money had been paid for the vehicle. He had not seen any documents identifying the rightful owner.

He said he heard Leblanc give him permission to take the vehicle, and he had done so as a favour to Petersen. He did not dispute the evidence given by other witnesses for the defense.

Carmen Petersen took the witness stand to tell the court he had no recollection of ever signing transfer papers to Leblanc, and claimed Leblanc had never paid anything for the SUV. He had given Leblanc the SUV on the understanding that Leblanc would pay him eventually. He recalled being with Myers on one occasion when he saw the SUV drive by and had remarked, "There goes my truck." He further recalled saying to Myers, "I should pick up the truck."

Judge Sinclair said to Defense Counsel Robert Wicks, "I want to hear only three words: colour of right."

Wicks gave him those three words, saying Myers had no doubt that Leblanc had given permission to take the vehicle, so the incident had the 'colour of right' because the three men had no intention of violating any laws.

Judge Sinclair said the 'self-styled repo men' should look for documents on any future occasion. He added that in small towns "everybody does favours for everybody else". He found the three accused not guilty of theft.

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Photos and Commentary on the following sites:

Duck Creek	Yokum Valley
Grimes Point	Marble Canyon
Parowan Gap	Rochester Creek
Sloan Canyon	SUS Site
Old Hedley Road	

Rochester Owl Girl

Vermilion Forks Field Naturalists
 Riverside Community Centre
 Tuesday, September 14 @ 7:00 PM

Similkameen News Leader

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Keremeos News



A 2009 pepper eating contest participant is closely watched by judge Dave Egli, right. *

Keremeos sizzles Saturday

Similkameen Country is announcing the 9th annual Similkameen Sizzle Pepperfest will be held on September 18th. The event's title sponsor is Valley First Credit Union. This event is free to the public and is held each year to thank all the people in the Similkameen Valley who provide us with great wine and fabulous fruit and vegetables. The Similkameen Sizzle Pepperfest is the only hot pepper festival in Canada.

The day will start with a Pancake Breakfast that begins at 7:30 AM with entertainment starting at 8:30 AM with the Corner Turtles and then Matt Duffus performs from 11:00 AM to 1:00 PM. The Headliners, Gary Comeau and the Voodoo Allstars will take the stage starting at 2:00 PM until 5:00 PM. Food vendors will be offering their specialties throughout the day.

Immediately following performance by Gary Comeau, the highly popular Sear Factor Hot Pepper Eating Contest will take place. This year's judge will be the Minister of Agriculture and Land, the Honourable Steve Thomson.

"I think it's great to have the Agriculture Minister involved in an event that owes its success to the soil and land of the Similkameen," says Sear Factor Organizer George Elliott. "It's not the first time we've had politicians involved with our event. Stockwell Day was on the

very first pepper eating contest judges panel and Harry Lali has participated as a celebrity chef during Sizzle."

The Sear Factor contest is a timed event and usually involves more than one jalapeno pepper.

"I think having the Agriculture Minister assisting with Sear Factor will give it and Sizzle the exposure it needs in Victoria - to bring attention to the importance of the farms and orchards in the area - and to show we can also let our hair down and have some fun after a hard day's work."

Other events during the day include Vendor's Alley, the annual Amateur Chili Cook-off, face painting, Climbing Wall and Sea Castle for the kids, who also get a chance to show their talents by painting 45-gal barrels that will later be auctioned off. The Beverage Gardens open at 12 Noon and remain open until 6:00 PM. Tickets for this year's feature raffle for a \$500.00 travel voucher and travel accessories from Flight Centre will be available for purchase throughout the day.

Starting August 28 and each Saturday up to Sizzle Day, local restaurants are featuring a Sizzle Saturday Hot Special that fits in with the Hot Pepper theme.

Come out and enjoy a day of fun, food and great music. For more information call 250.499.5225 or visit www.gotpeppers.info.



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Pam Ferens

Pam is strong in styles that range from Thea Visserwood, Linda Ronstadt, Janis Arden, K.d. Lang, & Patsy Cline

Notice of Road Closure

The Ashnola Forest Service Road at the 27km marker will be closed to all traffic for bridge installation between September 27 and October 20, 2010.

For project status contact the Okanagan Shuswap Forest District at 250-558-1784



BRITISH COLUMBIA
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Valley First Credit Union hosted a beef on a bun fundraiser Saturday, September 11th as part of their Feed The Valley Program. Princeton Crisis Assistance Society received the proceeds collected. *

Princeton Court News

News Leader Court Reporter - Dawn Johnson

On Friday, September 10, Cody Adam Lyon, an oil rig worker from Alberta, appeared in Provincial Court in Princeton on September 10 to plead guilty to a charge of driving without a licence. Police had pulled him to the roadside on Highway 3 on February 8, 2009. The 19 year old man was ordered to pay a \$1,000 fine.

On September 10, Sean Johnston, age 21, of Hedley, appeared in Provincial Court in Princeton to plead guilty to driving with alcohol in his blood. He had originally been charged under the impaired driving section of the Canada Criminal Code, but the charge was changed to a section under the B.C. Motor Vehicle Act. Johnston had been pulled over by police in Princeton on December 13, 2008 because he had no tail lights. He was ordered to pay a \$750 fine.

Jeffery W. Leiser, of Surrey, appeared in Provincial Court in Princeton on September 9 facing a charge of assault causing bodily harm. On July 5, 2009, while drunk, he had assaulted a family member and threatened to burn down the house. The matter was settled by Leiser agreeing to enter a peace bond for one year with conditions, the primary condition being no contact with John Pike.

Jodi L. Head pled guilty on September 9 in Provincial Court in Princeton to a charge of having care and control of a motor vehicle while having over .08 mg. of alco-

hol in her blood. Head had been stopped in a road check on Bridge Street on the evening of May 15, 2010. As she had no priors, she was ordered to pay a \$1,000 fine and loses her right to drive for one year.

Robert J. Kerslake appeared in

Provincial Court in Princeton on September 9 to plead guilty to a charge of driving while prohibited on July 21, 2010. He had been stopped in a routine road check in Princeton. He was ordered to pay a \$500 fine and will not be permitted to drive for one year.

News Leader Town Council News

Council praises Princeton's people

Councillor Frank Armitage, in his regular report to Town Council on September 7, was glowing in his praise of community events and the people who made those events possible. He attended the music festival, the Fall Fair, and Princeton's 150th anniversary party. "It was a great birthday party for a wonderful community," he said, adding praise for all of the volunteers who did so much to make it a

success. Councillor Jason Earle remarked on the same three events, saying, "The last three weeks of summer in our town offered something for everybody."

Mayor Randy McLean was absent, but the other Councillors, Marilyn Harkness and Ray Jarvis, added their comments on how proud they felt about Princeton's summer events.

Airport group explores big plan

Councillor Ray Jarvis told Town Council on September 7 that the Airport Committee is working on trying to have the 2015 aircraft pilots' conference in Princeton. He said this is a big event, attracting hundreds of privately owned aircraft and their pilots. The committee is not sure Princeton will be consid-

ered, but is going to try to promote Princeton as a conference site.

The committee has nominated Patrick Robins and Dave Woodruff for a special provincial award recognizing their hard work and achievement at Princeton Airport. The results will be known in the next month.

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FALL/WINTER PROGRAMS



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Fridays 3:30 - 4:30 PM

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Fridays 4:30 - 6:00 PM

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Explore The History Of Mining - Gold, Copper and Coal

Health / Lifestyle News

Retirement saving strategies for boomers

by Sarah Twomey
(NC)—During the last recession, some boomers lost up to 15 per cent of their retirement portfolio value. Because this has been a source of concern for many investors, we asked Michael Aziz, regional vice-president for Desjardins Financial Security, to suggest the best ways in which boomers can rebuild their savings. "As the economy continues to improve, one strategy is income splitting," said Aziz.

What is income splitting?

The spouse with the higher tax bracket can split his/her income with the spouse with the lower tax bracket. This means that more of the family income is saved because it will be taxed at a lower rate.

Carbon Monoxide: Did You Know?

- CO is produced when fuels such as wood, propane, oil, natural gas, kerosene, gasoline, diesel, coal or charcoal do not burn properly.
 - A person exposed to CO may display flu-like symptoms, such as headaches, nausea, fatigue, dizziness, drowsiness, burning eyes, confusion and unconsciousness. In severe cases, prolonged exposure to CO poisoning could result in death.
 - If anyone is experiencing symptoms of CO exposure, seek medical help or call 911.
 - If your CO alarm sounds, open windows and doors and evaluate the situation. If anyone is experiencing symptoms of CO exposure, seek medical help or call 911.
 - Remember to change the batteries in your CO alarms every year when you change your clocks. If your CO alarm plugs into the wall, double check to see if it needs fresh back-up batteries.
 - The best defence against CO is proper use and maintenance of fuel-burning equipment, including fireplaces and furnaces.
 - Install CO detectors in all sleeping areas in your home as a second line of defence.
- For more information on carbon monoxide and natural gas safety, visit www.enbridgegas.com.

What kind of income can be split? Income from an eligible pension, retirement or employment can be split.

How is an eligible pension split?

To be clear, splitting a pension is not technically income splitting, but it does help couples save on paying tax. A Canadian resident, 65 years or older, may choose to split up to 50% of an eligible pension like a corporate pension or the CPP with their spouse. Both need to fill out the Revenue Canada form T1032-Joint Election for Pension Splitting, which is then filed with their tax returns.

What investment choices are available when splitting other income?

One option is the spousal RRSP which helps the spouse with the lower tax bracket save for their own retirement. If they elect to withdraw the funds within two years of the deposit, the spouse with the higher tax bracket will be required to pay the withdrawal tax.

Another option for risk adverse investors is the Guaranteed Investment Funds (GIF), which protects your principal during market downturns. It's a good pension alter-

native because you may decide to choose the Guaranteed Lifetime Withdrawal Benefit (GLWB) option, which provides a reliable retirement income. It can be used in an RSP or RIF portfolio, as a supplement to the CPP/OAS, or as an alternative to annuities, dividend producing stock, bond and other investments.

Is there an ideal age to start investing in a GIF with a GLWB? There is no age restriction for this type of product.

Is it better to have a diversified or simple retirement savings portfolio?

It's important that boomers maintain a diversified, balanced portfolio that keeps pace with inflation. Invest in a number of income-generating products like equities, bonds and annuities to ensure that there is enough income for their entire retirement.

How can boomers learn more about income splitting, pensions and GLWB products?

Consult an investment advisor that you trust. More detailed information is also available at the Desjardins Financial Security website which can be found online at: www.desjardinslifeinsurance.com.

Living Past 100

Be Kind To Your Liver

Most of us never think about our livers, or what the liver does for our bodies. As long as it is doing its job, we ignore it. However, the liver is one of the vital organs, and if it fails, we look death in the face. Keeping your liver healthy can add years of good health to your life.

Everything you put in your mouth eventually goes through your liver. Your liver acts like a filter for your blood. Your liver screens everything in your blood stream, identifying any toxic substances, and then trying to neutralize those substances. Toxins come from disease, improper digestion, and things we take into our body that have nothing to do with good food. For example, if you drink alcohol, your liver has to clean it from your blood. That is why alcoholics can die of liver dysfunction. The liver does have its limits. Like any other vital organ, if it is overstressed, it will deteriorate or just give up.

The liver regulates blood sugar. It stores a sugar substance called glycogen for times when you need more blood sugar, but when you take in too much sugar, the liver acts to reduce blood sugar. The liver also regulates fat in the blood. A study of fats in the diet has shown the major cause of fat in the bloodstream is poor liver and gallbladder performance. When these organs become sluggish, they cannot screen fat from the bloodstream effectively.

The liver regulates metabolism, blood protein, and hormones. If the liver is working well, everything else works well. When the liver isn't working well, a person may suffer from moodiness, pessimism, and irritability.

What is good for your liver? How can you keep your liver healthy?

First and foremost, eat a healthy diet. Do not drink much coffee, tea or soft drinks. Note: the advice was "do not drink much", meaning keep consumption to a minimum. Avoid chocolate, white sugar, alcohol and smoking. Avoid foods which do not digest well. If some food gives you intestinal cramps, avoid that food.

Eat plenty of fruit and vegetables because these foods tend to go through your digestive tract more quickly. The faster the food is processed, the less likely you will be to produce intestinal toxins the liver will have to clear out. Constipation is a condition in which intestinal poisons will build up, causing more work for the liver.

Finally, think about your liver and how long you want to live. You will not live forever, but you could live longer and healthier.

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This Week - 1 Year Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - September 15, 2009



That's going to smart! Bull riding action from last year's Finals in Princeton. *

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Council talks trash

It was a year ago, in the September 15, 2009 Similkameen News Leader, that the Town of Princeton announced they had awarded a five-year contract for garbage and recycling collection service to 582138 BC Ltd.

The details of the contract showed a cost of \$52.00 per year per residence for weekly garbage collection and \$21.00 per residence per year for weekly recycling collection. It was revealed at the September 8, 2009 Town Council meeting that the municipality provides garbage and recycling collection on a contract basis and that the contract had expired in 2006 but had been extended on a month-to-month basis "to allow for time to strategize on the town's solid waste and recycling programs."

In early 2008 the town issued a request for proposals for the provision of garbage and recycling collection services.

"Two responses to the request for proposals were received," CAO Patrick Robins said at the time.

"582138 BC Ltd's response was clearly superior."

The annual cost proposed by the local contractor, who had already

been providing the service, was \$125,496.00 where the only other proposal (from a company called WSI) was for \$305,943.36 per year.


In other news from a year ago, Princeton RCMP busted a grow-op September 10, 2009 on Crown Land on Blackmine Road near Princeton. They seized 75 marijuana plants valued at over \$50,000.

"The RCMP would like to thank the public for their assistance in reporting unusual vehicle activity in the area," Princeton RCMP Detachment Commander Sgt. Mike Savage stated at the time.

Residents reporting high traffic volumes in backcountry locations at odd times of the day tipped off the police. It lead police to promote those circumstances as reasons to give them a call.


Princeton Rodeo Club hosted the 2009 Bull Riders Finals September 12th and 13th which featured the top 20 bull riders in the province participating in a total of four rounds (two per day) to determine the all-around champions.

A lack of a major sponsor forced the club to cancel plans for hosting the event this year.




Generic drugs prices in B.C. are dropping now. And by 2012, seniors will pay on average, 40% less on generic forms of prescription drugs such as Lipitor and Altace. It's all part of an agreement between the provincial government and B.C. pharmaceutical associations, resulting in annual savings of up to \$380 million overall.

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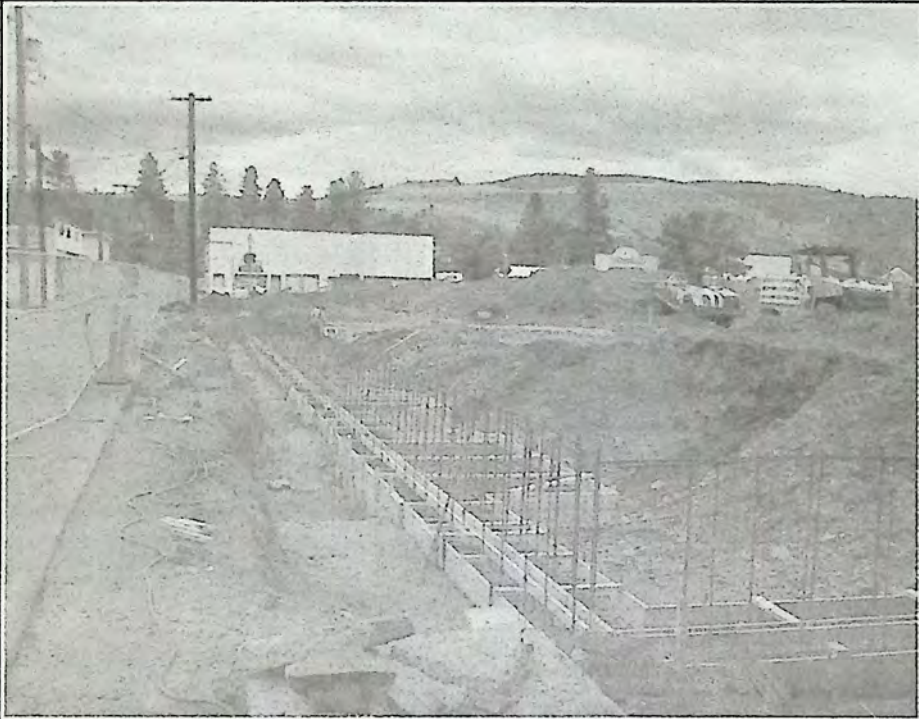


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Princeton Cooper's Food Store



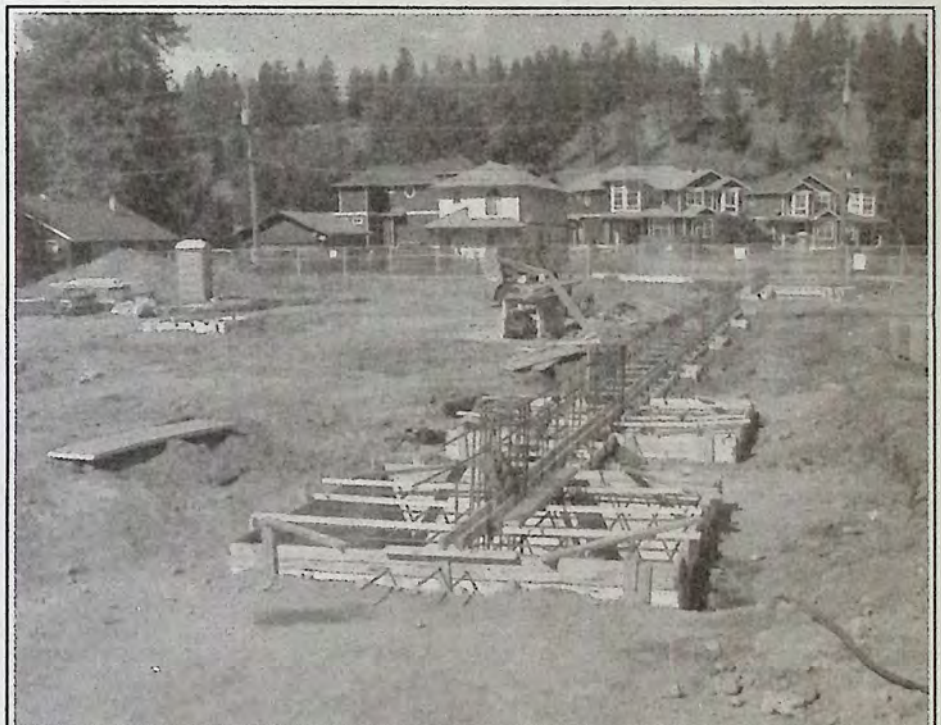
Construction of the new Cooper's Store is progressing well. This view, along Harold Avenue, shows foundation forms are already in place. *



This shot from Angela Avenue looks across the back of the lot back towards Harold Avenue. The foundation forms give a sense of the size of the building. *



Another shot along Harold Avenue, this time looking towards Bridge Street. There is no parking allowed along Harold Avenue until October 31st. *



Looking right across the centre of the property from Harold Avenue to Angela Avenue shows the size of the project. Norson Construction Ltd. is the main contractor. *



Angela Avenue has one way traffic, but no parking. One side of Bridge Street has no parking near the construction zone and the sidewalk is closed at the same location. *



The view along the closed sidewalk on Bridge Street with all the paver bricks from the sidewalk removed and stacked. To find out more call 250.862.6317. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - September 14 - 20, 2010



Princeton Posse played the newest team in the KIJHL, the Osoyoos Coyotes, on September 8th. *

Posse end exhibition season

Princeton Posse fans had a chance to see their team play three of their four exhibition games at home and although the pre-season games don't count in the overall stats the team did produce some interesting numbers.

Princeton hosted Squamish Wolf Pack (September 2nd), Kamloops Storm (September 5th) and the newest team to the KIJHL Osoyoos Coyotes (September 8th).

A total of 39 different players wore Posse jerseys in those games with a number of them playing their only games in Princeton (and in some cases, in the league) during the pre-season while many of the other players will either stay to play the season as a member of the Posse or be placed onto another team in the KIJHL.

Looking at game stats, the shots on goal figures were close with Princeton totaling 71 over the three home games to the 78 shots faced by Posse goalies. The only game Princeton out shot their opponent was the Kamloops game (27 to 24). The other two games were close with Osoyoos getting 6 more shots on goal than Princeton and

Squamish outshooting the Posse by 4 shots.

Penalties were few and far between during the exhibition season with Princeton collecting 10 for 28-minutes in the Osoyoos game and 7 for 16-minutes against Squamish. In the Kamloops game Princeton had just 6 penalties for just 12-minutes.

Although Princeton did not win an exhibition game (they tied Kamloops 4-all on the road) they didn't give up easy victories. The Squamish game was tied 1-all after one period before the Wolf Pack scored four more unanswered goals. The Kamloops game was also tied at 1-all after the first period and Princeton tied the game at 2-all part-way through the second period before the Storm scored another to take a 3-2 win.

The only exception was the Osoyoos game where the first period ended with no scoring. The Coyotes scored three times in the second and had a 5-0 lead going into the final few minutes of the game before Princeton added one of their own. The final score was 5-1 but does not accurately describe the level of play exhibited by both

teams. "There's a real maturity to this team already," Posse internet play-by-play announcer George Elliott said during the Osoyoos webcast.

"Getting so deep into the playoffs last season did something to the Posse - it's hard to describe but with a number of veteran players returning there's a solid core, a nucleus to build around and guys coming back from their rookie year last season have already matured into much smarter players on ice."



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Princeton Posse

Junior B Hockey Club
ANNUAL GENERAL MEETING



Election of Officers (Directors)

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7 PM Tuesday, September 21
Riverside Centre

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to think about a charitable legacy

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Fall Fair Winners list - continued from last week

NEEDLECRAFT

There were few entries in this division, although they were good quality items.

Knitting

Child's garment - Mary Mogge
Sweater - Mary Mogge
Small article - 1. Lydia Carter 2. Fran Murphy

Crochet

Afghan - 1. Laura Haw 2. Cheryl Ferguson 3. Vicki Hepting
Any other - Mary Mogge

Needlework

Cross stitch - 1. Lorna Aitchison 2. Lydia Carter

Plastic Canvas - Laura Haw

Sewing

Child's garment - 1. Janice Ashby
Woman's garment - 3. Dawn Johnson

Other - 1. Janice Ashby

Quilting

Patchwork - 1. Janice Ashby
Applique - 1. Pearl Taylor 2. Carol Lawes

FLOWERS AND PLANTS

Asters - 1. Laura Haw
Mini Zinnia - Rose Flegel
Dahlias, 2 of a kind - 1. Marg Eyre 2. Vince Milligan 3. Terry Inglis
Dahlias, 1 bloom - 1. Terry Inglis 2. Rose Flegel

Daisies - 1. Terri Corsi 2. Vince Milligan 3. Dawn Johnson

Gladiolus - 1. Vince Milligan
Petunias, single - 1. Marg Eyre 2. Laura Haw

Petunias, double - Rose Flegel
Roses, 1 bloom - Onna Onofrechuk

Sweet peas - Rose Flegel
Sunflower, large - 1. Rose Flegel 2. John Sandness 3. Onna Onofrechuk

Sunflowers, 3 of a kind - Rose Flegel 2. Dawn Johnson 3. John Sandness

Cosmos - Marg Eyre
Viola - Marg Eyre

Any other annual - Glow Lemon
Any other perennial - 1. Glow Lemon 2. Dawn Johnson

Large arrangement - 1. Glow Lemon 2. Fran Murphy 3. Ellen Davies

Mini arrangement - 1. Rose Flegel 2. John Sandness

African violet - Marg Eyre
Cactus - 1. Rose Flegel 2. Vince Milligan 3. Fran Murphy

Ivy - Glow Lemon
Container Garden - 1. Marg Eyre 2. Glow Lemon 3. Fran Murphy

Any other - 1. Marg Eyre 2. Glow Lemon 3. John Sandness

PHOTOGRAPHY

Fall scene - 1. Rosemary Doughty 2. Leanne Atkinson 3. Marg Obey

Winter scene - 1. Marg Obey 2. Jennifer Bernard 3. Rosemary Doughty

Spring scene - 2. Spencer Coyne
Summer scene - 1. Jennifer Bernard 2. Marg Obey 3. Spencer Coyne

Sky scene - 1. Jennifer Bernard 2. Marg Obey 3. Rosemary Doughty

Domestic livestock - 2. Lori Thomas 3. Onna Onofrechuk

Household pets - 1. Dawne Graves 2. Onna Onofrechuk 3. Bree Lindley

Wildlife, animals - 1. Dawne Graves 2. Onna Onofrechuk 3. Ed Atkinson

Wildlife, birds - Jennifer Bernard
Children, informal - 1. Spencer Coyne 2. Jennifer Bernard 3. Leanne Atkinson

Portrait - 1. Ed Atkinson 2. Lori Thomas 3. John Sandness

Five photos that tell a story - 2. Onna Onofrechuk 3. Jennifer Bernard

Humorous photo - 2. Lori Thomas 3. John Sandness

Action photo - Dawne Graves
Black and white photo - 3. Onna Onofrechuk

Fall Fair photo - 2. Lori Thomas 3. Jennifer Bernard

Farm or ranch activities - 3. Onna Onofrechuk

Old building - 1. Onna Onofrechuk 2. Jennifer Bernard 3. April Earle

Landscape - 2. Lori Thomas 3. John Sandness

Night photo - 2. Matt Maynard
Flower photo - 1. Dawne Graves 3. Jennifer Bernard

WRITING

Short fiction - Bethany Harbaugh
Poem or verse - Jennifer Bernard

ART

The number of entries was down substantially this year.

Oil - 1. Ellen Davies 2., Loretta Gardiner 3. Marg Eyre

Water Colour - 1. Loretta Gardiner 2. Norma Kraetor

Acrylic - Kaylie Gibb
Pastels - Norma Kraetor

Pencil - 1. Jennifer Bernard 2. Kaylie Gibb 3. Bethany Harbaugh

Pen and ink - 1. Jennifer Bernard
Mixed media - 1. Jennifer Bernard

VEGETABLES

Beans, bush - 1. Dawn Johnson 2. Jennifer Bernard 3. Glow Lemon

Beans, pole - 1. Dawn Johnson 2. Glow Lemon 3. Terry Inglis

Beans, dried - Spencer Coyne
Broccoli - 1. Onna Onofrechuk 2. Glow Lemon

Cabbage, red - 1. Glow Lemon
Carrots - 1. Glow Lemon/Teri Corsi 2. Onna Onofrechuk 3. Vince Milligan

Celery - 1. Glow Lemon
Corn, table - 1. Glow Lemon 2. Dawn Johnson

Cucumbers, slicing - 1. Glow Lemon 2. Ken Heuser 3. Jennifer Bernard

Garlic, cured - 1. Currie Ranch 2. Harold Hansen 3. Terri Corsi

Herbs, culinary - 1. Terri Corsi 3. Dawn Johnson

Herbs, potted - 1. Vince Milligan 2. Glow Lemon

Kohlrabi - 1. Onna Onofrechuk
Lettuce - 1. Jennifer Bernard/Dawn Johnson 2. John Sandness 3. Glow Lemon

Onions, cooking - 1. Spencer Coyne 2. Glow Lemon 3. Currie Ranch

Peas - 1. Terri Corsi 2. Spencer Coyne 3. Doreen Paulson

Peppers, sweet - 1. Jennifer Bernard 2. Glow Lemon 3. Ken Heuser

Peppers, hot - 1. Glow Lemon 2. Jennifer Bernard

Potatoes - 1. Spencer Coyne 2. Onna Onofrechuk 3. Vince Milligan

Swiss chard - 1. Spencer Coyne 2. Dawn Johnson 3. Currie Ranch

Sunflower head - 1. Spencer Coyne 2. Onna Onofrechuk

Tomatoes, green - 1. Vince Milligan/Spencer Coyne 2. Glow Lemon 3. Onna Onofrechuk

Tomato, cherry - 1. Teri Corsi 2. Vince Milligan 3. Glow Lemon

Tomatoes, ripe - Onna Onofrechuk 2. Glow Lemon

Winter Squash - 1. Vince Milligan
Zucchini, small - 1. Ellen Davies 2. Spencer Coyne 3. Glow Lemon

Any other - 1. Dawn Johnson
Oversize vegetable - 1. Diane Hansen 2. Vince Milligan

Organically grown vegetable collection - 1. Sandra Dixon 2. Teri Corsi

Odd shape vegetable - 1. Terry Inglis

FRUIT

Apples - 2. Ken Heuser 3. Glow Lemon

Apples, cooking variety - 1. Ken Heuser
Crabapples - 1 Ken Heuser

Plums - Ken Heuser
Berries - 1 Teri Corsi/ Spencer Coyne 2. Ken Heuser 3. Glow Lemon

Grapes - 1. Ken Heuser
Rhubarb - 1. Spencer Coyne 2. John Sandness

HOME CANNING

Preserves
Cherries - Dawn Johnson

Peaches - 1. Dawn Johnson 2. Laura Haw

Tomatoes, whole - 1. Marg Eyre 2. Laura Haw

Tomatoes, stewed - 1. Laura Haw
Pickles

Bread and butter - 1. Marg Eyre
Dill cucumber - 1. Laura Haw

Dill carrots - 1. Laura Haw
Relish

Pepper - Marg Eyre
Chutney

Any other - 1. Glow Lemon
Sauce

Hot - 1. Sandra Clark
Jam

Apricot - 1. Sandra Clark
Blueberry - 1. Dawn Johnson

Mixed fruits - 1. Laura Haw
Peach - 1. Sandra Clark 2. Dawn Johnson

Raspberry - 2. Teri Corsi
Strawberry - 1. Teri Corsi 2. Dawn Johnson 3. Laura Haw

Cherry - 1. Dawn Johnson
Freezer jam

Raspberry - 1. Teri Corsi
Wild fruit jam

Any - 1. Laura Haw
Marmalade - Vince Milligan

Jelly
Beet - 1. Laura Haw

Blueberry - 1. Laura Haw

..... continued on Page 23

TUESDAY, SEPTEMBER 14, 2010

Table with columns: Time, WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP. Rows 6:30-11:30 AM and 12:30 PM-11:30 PM.

WEDNESDAY, SEPTEMBER 15, 2010

Table with columns: Time, WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP. Rows 6:30-11:30 AM and 12:30 PM-11:30 PM.

Similkameen News Leader - Horoscopes

September 15 - 22, 2010

Aries - Talk to those who share their resources with you. This could be a parent, a child, a partner, or a bank. Discuss what is a fair share, if that is an issue. Maybe it's time to make a will or buy life insurance. Discuss it!

Taurus - This is a time to focus on your partner or friend. There may be some criticism directed toward you if you try to avoid issues they bring up. This can be a bad time for a Taurus who doesn't feel lusty, because your partner does.

Gemini - Your workplace is going to see a lot more action this week, and it could be fun. Your health should get a boost now. More energy. Focus on home, family, your home property. Fix what needs fixing. Clean house.

Cancer - Tend to matters in your neighbourhood, run errands, pay attention to siblings. There may be a lot of work to do at home. Be determined to do it one step at a time. It will seem worse if you just want to have fun. You feel lusty.

Leo - If you have been putting off housecleaning, redecoration or other home improvement, now is the time to get started on it. Plans you made last month can be carried out now. Be cautious driving on short trips, errands.

Virgo - Money picture is still tight but you can get by with a sensible budget. Focus on good relations with neighbours, siblings, people with whom you do business. Partnership matters surprise you. Take lead in personal business.

Libra - Things you couldn't say last month can be said now. Take full responsibility for words and actions. Romance may come with strings attached. Guard your money and possessions. Don't spend on frills, fun.

Scorpio - The stars smile on you now. You're full of energy and goodwill. Proceed with plans you made last month. This is a time when good times may come unexpectedly. Enjoy yourself. Pursue romance openly. Guard health, job.

Sagittarius - Your health is good, your energy climbs, but you must avoid junk food for a month. Sugar, alcohol, soft drinks can cause illness now. You must make plans regarding groups you belong to. Strike balance.

Capricorn - You can have fun planning for the future with groups you belong to. Travel may be difficult and tiring. Discuss resources you share with others. Review debts, financial matters, life insurance, investments. Build security.

Aquarius - Define what you expect from others and what they can expect from you. Matters left undone last month must be attended to now in regard to your finances, debts, investments. Sibling may surprise you.

Pisces - You may be the source of a lot of surprises for others. You mean well. Discuss matters with partner, spouse, close friends. The one to one interaction is good for you and could be productive for all. Short trips go smoothly.

Small Business 101

CFIB - Canadian Federation of Independent Business

BC business confidence drops significantly in August

Although British Columbia's business confidence has shown signs of recovery in recent months, small business owners optimism dropped significantly in August. The BC barometer dipped by 5.8 points to 64.5 in August from 70.3 in July and lowered the BC index below the national average for the first time this year. Only months ago BC small businesses led the country in optimism and now ranks sixth in Canada.

Overall optimism across the country has seen a downward drift and while the economy is growing, it is growing at a very modest pace. Leading the country in business confidence in August is Newfoundland and Labrador (index of 67.9).

Lowest in the country were Manitoba (index of 57.9) and Prince Edward Island (index of 61.6).

Measured on a scale between 0 and 100, an index level above 50 means owners expecting their business' performance to be stronger in the next year outnumber those expecting weaker performance. According to past results, index levels normally range between 65 and 75 when the economy is growing.

The current Barometer reading

suggests the economy is only growing at a modest 2 per cent clip.

More highlights:

- 45 per cent of businesses in BC say the overall state of business is satisfactory, 32 per cent say it is good, and 23 per cent say it is bad.
- 15 per cent of BC businesses plan to increase full-time employment and 13 per cent plan to increase part-time employment. 69 per cent of BC business owners say they will keep current levels of full time employment.

- Tax and regulatory costs continue to be the most significant cost pressure in BC, with 67 per cent of business owners saying these costs are causing difficulties for their business.

- 57 per cent of BC small business-

es say that insufficient domestic demand is their greatest business constraint, followed by shortage of qualified labour and working capital (31 per cent).

- Industries most pessimistic include agriculture, natural resources, and hospitality.

All of this is outlined and illustrated in the attached BC Business Barometer for July 2010. The national report, including a comparison chart of CFIB's business barometer and GDP, can be located online at this webpage address : <http://www.cfib.ca/research/barometer/>.

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Tuesday Movies

EVENING

8:00 pm WTBS (3) ★★ ★ "Dan in Real Life" (2007, Romance-Comedy) Steve Carell. A widower advice-columnist faces a personal and professional challenge when he falls in love with his brother's girlfriend. (E)

10:00 pm WTBS (3) ★★ ★ "Dan in Real Life" (2007, Romance-Comedy) Steve Carell. A widower advice-columnist faces a personal and professional challenge when he falls in love with his brother's girlfriend. (E)

Wednesday Movies

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "Men In Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)

EVENING

9:00 pm WTBS (3) ★★ ★ "Men In Black" (1997, Comedy) Tommy Lee Jones. A veteran agent and a rookie protect mankind from dangerous extraterrestrials roaming the Earth. (E)

Thursday Movies

EVENING

8:00 pm WTBS (3) ★★ ★ "In the Mix" (2005, Comedy-Drama) Usher. A disc jockey must dodge gunfire instead of groupies when he becomes the bodyguard for a mobster's beautiful daughter. (E)

instead of groupies when he becomes the bodyguard for a mobster's beautiful daughter. (E)
KNOW (5) "Picasso and Braque Go to the Movies" (2008, Documentary) Narrated by Owen Lund. Premiere. (E)

10:00 pm WTBS (3) ★★ ★ "In the Mix" (2005, Comedy-Drama) Usher. A disc jockey must dodge gunfire

RESUME

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Friday Movies

EVENING

7:00 pm YTV (18) ★★ ★ "August Rush" (2007, Drama) Freddie Highmore. Premiere. A boy uses his prodigious musical gifts to find his parents, unaware that they have begun a similar journey to find him. (In Stereo) (E)

8:00 pm WTBS (3) ★★ ★ "Step Up 2 the Streets" (2008, Drama) Briana Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest. (E)

FAM (20) "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (E)

10:00 pm WTBS (3) ★★ ★ "Step Up 2 the Streets" (2008, Drama) Briana

Evigan. A street dancer enrolls at Maryland School of the Arts and teams up with a talented classmate to take a team to an underground dance contest. (E)

KNOW (5) ★★ ★ "Murderball" (2005, Documentary) Premiere. Filmmakers Henry Alex Rubin and Dana Adam Shapiro profile members of paraplegic rugby teams in the United States and Canada. (E)

FAM (20) "Bailey's Billions" (2005, Comedy) Dean Cain. Two embezzlers plot to steal money from a talking dog that has inherited a fortune. (In Stereo) (E)

11:00 pm SPIKE (44) "Hard Ride to Hell" (2010, Horror) Miguel Ferrer. Devil-worshipping bikers pursue a group of campers to an old church in a ghost town. (In Stereo)

THURSDAY, SEPTEMBER 16, 2010

Table of TV schedules for Thursday, September 16, 2010, listing channels (WTBS, CHBC, etc.), times, and program titles.

FRIDAY, SEPTEMBER 17, 2010

Table of TV schedules for Friday, September 17, 2010, listing channels (WTBS, CHBC, etc.), times, and program titles.

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #317 - Rated Medium

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

THIS WEEK'S SOLUTION: Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2010 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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Saturday Movies

MORNING

- 9:00 am A&E (9) ★★★ "Out of Time" (2003, Suspense) Denzel Washington. Considered a suspect in a deadly arson, a police chief must cover his tracks while trying to prove his innocence. (E)
- 11:00 am A&E (9) ★★★ "Heat" (1995, Crime Drama) Al Pacino. A wily bank robber planning retirement leaves scant clues for a Los Angeles detective with family problems. (E)
- CITY (12) ★★★ "Starksy & Hutch" (2004, Comedy) Ben Stiller. Thrown together as partners, two detectives investigate a cocaine dealer suspected of murder. (E)

AFTERNOON

- 12:00 pm FAM (26) "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (E)
- 1:00 pm CHBC (4) BCTV (11) ★★★ "Starksy & Hutch" (2004, Comedy) Ben Stiller. Premiere. Thrown together as partners, two detectives investigate a cocaine dealer suspected of murder. (E)
- 1:35 pm FAM (26) "Jump In!" (2007, Drama) Corbin Bleu. A promising young boxer joins an all-girl team to compete in double Dutch jump-rope. (In Stereo) (E)
- 2:30 pm A&E (9) ★★★ "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (E)

- 5:00 pm WTBS (3) ★★★ "Mission: Impossible III" (2006, Action) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (E)
- A&E (9) ★★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (E)

EVENING

- 6:00 pm CITY (29) ★ "Free Money" (1998, Comedy-Drama) Marlon Brando. An eccentric relative complicates the plans of two losers planning to rob a freight train. (E) (DVS)
- 7:00 pm CITY (12) "Maternal Obsession" (2010, Suspense) Jean Louisa Kelly. A desperate counselor wants the baby of a pregnant high-school senior. (E)
- 7:30 pm WTBS (3) ★★★ "Mission: Impossible III" (2006, Action) Tom Cruise. Now a trainer for IMF recruits, agent Ethan Hunt squares off against the toughest foe he has ever faced: a ruthless arms and information broker. (E)
- 8:00 pm CHBC (4) BCTV (11) "Maternal Obsession" (2008, Suspense) Nicholle Tom. A lonely woman sabotages any relationship that her daughter tries to maintain. (E)
- KSPS (6) ★★★ "Arsenic and Old Lace" (1944, Comedy) Cary Grant. A theater critic learns his two elderly

- aunts serve poisoned elderberry wine to lonely gentlemen callers.
- 9:00 pm FAM (26) ★ "Batman & Robin" (1997, Action) Arnold Schwarzenegger. Batgirl joins the caped crusaders to stop Mr. Freeze and Poison Ivy from wreaking revenge upon the world. (In Stereo) (E)
- 9:01 pm A&E (9) ★★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (E)
- 10:00 pm WTBS (3) ★★★ "Sahara" (2005, Adventure) Matthew McConaughey. A treasure hunter and his sidekick join forces with a doctor to search for a Confederate ship in Africa. (E)
- 10:30 pm CBC (13) ★★★ "Master and Commander: The Far Side of the World" (2003, Adventure) Russell Crowe. In 1805 a British captain and his crew endure hardships while trying to prevent a French ship from reaching the Pacific Ocean. (In Stereo) (E)
- 11:04 pm FAM (26) ★ "Joey" (1997, Drama) Jamie Croft. Seeking a baby kangaroo's kidnapped parents, an Australian farm boy heads for the city and teams up with an American girl. (In Stereo) (E)

Sunday Movies

MORNING

- 8:00 am WTBS (3) ★★ "Becoming Jane" (2007, Biography) Anne Hathaway. Though her parents expect her to marry a wealthy suitor, young Jane Austen becomes involved with a penniless lawyer who inspires her future writings. (E)
- 9:00 am A&E (9) ★★★ "The Fugitive" (1993, Suspense) Harrison Ford. A U.S. marshal hunts a doctor on the run who was convicted of murdering his wife. (E)
- 10:00 am WTBS (3) ★★★ "School Ties" (1992, Drama) Brendan Fraser. A scholarship student hides his Jewish heritage to fit in at an Eastern prep school in the mid-1950s. (E)
- 11:00 am CITY (12) ★★ "The Big Bounce" (2004, Comedy-Drama) Owen Wilson. A seductive woman asks a drifter who works for a judge to help her double-cross a shady developer. (E)
- 11:30 am A&E (9) ★★★ "The Perfect Storm" (2000, Suspense) George Clooney. At sea in October 1991, the crewmen of the Andrea Gail encounter a storm with hurricane-strength winds and 100-foot waves. (E)

AFTERNOON

- 12:00 pm WTBS (3) ★★★ "Charlie's Angels" (2000, Action) Cameron Diaz. Three private detectives try to rescue a kidnapped computer pro whose voice-ID software would threaten global security. (E)
- FAM (26) "Roxy Hunter: The Myth of the Mermaid" (2008, Mystery) Aria Wallace. A girl realizes that a mysterious amnesiac is a mermaid who needs to find her way home. (In Stereo) (E)
- 1:00 pm CHBC (4) BCTV (11) ★★ "The Big Bounce" (2004, Comedy-Drama) Owen Wilson. Premiere. A seductive woman asks a drifter who works for a judge to help her double-cross a shady developer. (E)
- 1:32 pm FAM (26) ★★ "Max Is Missing" (1995, Adventure) Charles Napier. A 12-year-old's vacation includes exploring Inca ruins, possessing a priceless mask and fleeing

- from grave robbers. (In Stereo) (E)
- 2:00 pm WTBS (3) ★★ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter. (E)
- YTV (18) ★★ "The Last Mimzy" (2007, Fantasy) Joely Richardson. The parents and teacher of a pair of siblings notice the children are developing amazing mental abilities following their discovery of a box of strange toys. (In Stereo) (E)
- 4:00 pm YTV (18) ★★ "Mr. Magorium's Wonder Emporium" (2007, Fantasy) Natalie Portman. An ominous change creeps over the world's most incredible toy store after its eccentric owner bequeaths the business to his mousy manager. (In Stereo) (E)
- 5:00 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)
- CBC (13) ★★ "Spy Kids 2: The Island of Lost Dreams" (2002, Adventure) Antonio Banderas. A young sister and brother encounter mutants and a wild scientist while searching for a device that could destroy Earth. (In Stereo) (E)

EVENING

- 6:00 pm YTV (18) ★★ "The Spiderwick Chronicles" (2008, Fantasy) Freddie Highmore. Siblings learn that magical creatures are behind the strange occurrences at their great-great-uncle's rundown estate. (In Stereo) (E)
- 7:00 pm VTV (22) ★★ "Bee Movie" (2007, Comedy) Voices of Jerry Seinfeld. Animated. After he talks to a human florist, a college-educated bee decides to sue the human race for stealing his kind's honey over the centuries. (In Stereo) (E)
- 7:30 pm WTBS (3) ★★★ "Hitch" (2005, Romance-Comedy) Will Smith. A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress. (E)
- 8:00 pm CBC (13) ★★ "National Treasure: Book of Secrets" (2007,

- Action) (Part 1 of 2) Nicolas Cage. A page from the diary of John Wilkes Booth implicates Ben Gates' great-great grandfather as a major conspirator in the assassination of President Lincoln. (In Stereo) (E)
- 9:00 pm FAM (26) ★★ "Grumpy Old Men" (1993, Comedy) Jack Lemmon. Minnesota neighbors rekindle a 10-year feud when they fall for the same widow. (In Stereo) (E)
- 10:10 pm CBC (13) ★★ "National Treasure: Book of Secrets" (2007, Action) (Part 2 of 2) Nicolas Cage. A page from the diary of John Wilkes Booth implicates Ben Gates' great-great grandfather as a major conspirator in the assassination of President Lincoln. (In Stereo) (E)
- 10:32 pm FAM (26) ★★ "Camp Nowhere" (1994, Comedy) Jonathan Jackson. Youths dupe their parents into sending them to an unsupervised summer camp. (In Stereo) (E)
- 11:00 pm WTBS (3) ★★ "Father of the Bride Part II" (1995, Comedy) Steve Martin. A worrisome family patriarch is driven to further distraction by the simultaneous pregnancies of his wife and daughter. (E)
- KNOW (5) ★★★ "Murderball" (2005, Documentary) Premiere. Filmmakers Henry Alex Rubin and Dana Adam Shapiro profile members of paraplegic rugby teams in the United States and Canada. (E)

SATURDAY, SEPTEMBER 18, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CIVT, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM). Each cell contains program details like title, time, and channel.

SUNDAY, SEPTEMBER 19, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CIVT, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6 AM to 11:30 PM). Each cell contains program details like title, time, and channel.

MONDAY, SEPTEMBER 20, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Cosby	(5:30) Morning News (N)	Little Bear (6:35)	Bob Build Between	News (N)	News	The Glades "Pilot"	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	Daily Planet	Henry's Feet	CityLine	CSI: NY	Spilled
7 AM	Harvey S. Harvey		Hi-5 "Water Animals"	Arthur (E) Martha	Today (N)	The Early Show (N)	CSI: Miami "Legal"	Good Morning America (N)			Artzooka (DVS)	Yu-Gi-Oh! Pokemon	SportsCentre		Inside Noah's Ark	Mickey Mickey	The Nate Berkus Show	Pros vs. Joes	Tooned
8 AM	Lyrics		Magic Bus Poppet	Curious Cat in the			CSI: Miami		100 Huntley Street	Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentre		Junk Raiders	Manny Manny	Rachael Ray (N)	Pros vs. Joes	Whatever	
9 AM	Fam. Feud	100 Huntley Street	Clifford George S.	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Chef End Leash	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	Daily Planet	Agent Oso	Role Amazing	CSI: NY	Restaurant Makeover
10 AM	The Investigators	Canada	(10:01) Franklin	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	Canada	Dr.-House ET Canada	Poko Doodlebop	(9:50) Little Fly Rhino	Youth Olympic Games	The View (N)	How/Made Cash Cab	Mickey Manny	EP Daily Out There	CSI: NY	Grace
11 AM	Forensics Evidence	World Vision	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	Sportfish Billiards	Fashion	Treasure Quest	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur Train (N)	Charlie Rose	Paid Prog.	News Bold	The Glades "Pilot"	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men (12:25) Kid	Equestrian	etalk	What's That About?	Wizards Hannah	General Hospital (N)	CSI: Crime Scene Investigation	Total Wipeout (N)
1 PM	Friends	Days of our Lives (N)	Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	The Price Is Right (N)	CSI: Miami "Legal"	One Life to Live (N)	Days of our Lives (N)	The Doctors	Wheel Jeopardy!	(12:50) Viva	NFL PrimeTime	Sue Thomas F.B. Eye	Worst Handyman	Cory Recess	Jdg Judy	CSI: Crime Scene	Total Wipeout (N)
2 PM	Earl King	Young & Restless	The Ocean Room (N)	Barney WordWorld	Judge B.	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	Will/Grace Debt Part	Steven and Chris (N)	Casper Garfield	Off Record	Dr. Phil	MythBusters	Replacemn School	CityLine	(2:33) CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	The Doctors	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray (N)	The Doctors	Young & Restless	Recipes Air Farce	OddParent League	SportsCentre (Live)	(2:59) The Dr. Oz Show	Canada's Worst Driver	Life Derek Suite Life	CityNews at 6 (N)	Crime Scene Investigation	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	(4:31) George Shrinks	Fetch! Ruff Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Penguins	NFL Monday Night Countdown	Ellen DeGeneres Show	Daily Planet (N)	(4:10) Fish Phineas	Law & Order: SVU	Deadliest Warrior	Tooned
5 PM	Browns Payne	Early News	Martha	BBC News Business	News (N)	News	Intervention "Danielle"	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	SpongeBob NFL	NFL Countdown	CTV News at Five (N)	MythBusters	Wizards Hannah	How I Met Rules	Total Wipeout	
6 PM	Law & Order: SVU	Global Nat. News	Dogs Parks	PBS NewsHour (N)	News (N)	News Millionaire	Hoarders	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly	Football: New Orleans Saints at San Francisco	CTV News (N)	Dirty Jobs	Suite/Deck Wizards	The Event "Pilot" (N)	Movie: "Without a Paddle" (2004) Seth Green.	Total Wipeout
7 PM	Seinfeld	Ent	Be the Creature (N)	Benny Europe	Jeopardy!	The Dr. Oz Show	Hoarders	Ent	Ent	Hawaii Five-0 "Pilot"	Queen Elizabeth in 3D	The Next Star (N)	Chris 8 Rules	Dancing With the Stars The 12 couples perform.	Daily Planet	Suite/Deck I'm in Band	News EP Daily	UFC 119 Countdown (N)	ET Canada
8 PM	Movie: "Michael" (1996) John Travolta	House "Now What" (N)	Monarchy	Antiques Roadshow	Chuck (N)	How I Met Rules	Intervention	Dancing With the Stars The 12 couples perform.	House "Now What" (N)	House "Now What" (N)	Movie: "The Queen" (2006) Helen Mirren.	Chris 8 Rules	SportsCentre (Live)	Dancing With the Stars The 12 couples perform.	Daily Planet	Suite/Deck I'm in Band	News EP Daily	UFC 119 Countdown (N)	ET Canada
9 PM	Travolta	Lone Star "Pilot" (N)	Visions of Space	American Masters (N)	The Event "Pilot" (N)	Two Men Mike	Intervention "Danielle"	Lone Star "Pilot" (N)	Lone Star "Pilot" (N)	Lone Star "Pilot" (N)	2010 Poker	The Next Star	NFL Films	2010 Poker	Motor City Motors	School Stone	Judge B.	CSI: Crime Scene	Parking
10 PM	Movie: "Michael" (1996) John Travolta	Hawaii Five-0 "Pilot"	(10:02) Warrior Boyz	American Masters	Chase "Pilot" (N)	Hawaii Five-0 "Pilot"	(10:01) Hoarders	Castle "A Deadly"	Hawaii Five-0 "Pilot"	News Hour Final (N)	National	The Next Star	2010 Poker	(10:01) Castle "A Deadly"	Motor City Motors	School Stone	Judge B.	CSI: Crime Scene	Parking
11 PM	Travolta	CHBC News Final (N)	Death of a Skyline	Houseboat	Jay Leno	Letterman	Hoarders	News (11:35)	News Hour Final (N)	Ent ET Canada	George S Mercer	Prank Ptrl	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.	Star Trek: Voyager	Total Wipeout

Monday Movies

EVENING

6:00 pm SPIKE (44) ★★ "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a plane hijacker's stash of money. (In Stereo)

8:00 pm WTBS (3) ★★ "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.

CBC (13) ★★½ "The Queen" (2006, Biography) Helen Mirren. Queen Elizabeth II and Prime Minister Tony Blair try to reach a compromise in determining the royal family's public reaction to Princess Diana's death. (In Stereo)

10:15 pm WTBS (3) ★★ "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.

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Jeraldine 'Jerry' June Waddell



Jeraldine "Jerry" June Waddell nee Lawrence passed away unexpectedly September 7, 2010 at the age of 64 in Prince George, BC.

Jery was born and raised in Princeton and resided in Tulameen. She enjoyed sharing her memories with family and friends. All of us that had the honour of being part of her life know there is no other person on this earth with a bigger heart. She was the "rock" in our family and our lives won't be the same without her.

She is survived and will be greatly missed by many family members and friends. Parents: Bert & Grace Lawrence, Husband: Wayne Waddell, Daughter: Renee (Paul) Spence, Son: David (Leanne) Waddell, Son: Wade (Tina) Waddell, Grandchildren: Amanda (Ryan) Hall, Jenna Hansen (Shawn Birdsell), Riley Hansen, Jesse Waddell (Brent Dancy), Ross Waddell (Caitlin Larson), Monet Waddell van Vliet, Steven Waddell (Felecia Hoy), Great Grandchildren: Darren Waddell, Landen Hall, Siblings: Damella (Frank) Armitage, Grant Lawrence, Duane Lawrence. Many wonderful aunts, uncles, cousins, nieces, nephews and more friends than could be listed in the yellow pages!

Celebration of life to be held on September 18, 2010 at 11:00 AM at St. Paul's United Church in Princeton, BC with tea to follow.

Mothers hold their children's hands for just a little while... and their hearts forever. - Celtic Proverb

Portable, stackable washer/dryer by Sears. 6' high, 220 volt in good condition. Asking \$100.00. Used gas heater, \$50.00. 8 foot fence posts, \$1.00 each. Call 250.295.2498. Jul 27th

38" Pace Arrow Legend Custom Motor Home currently sitting on a year round lot in Princeton for more information or to view please contact Craig at 250.215.1393 evenings or 250.295.4707. Aug 31 Sep 14

1990 Chev Sprint. 50 mpg. \$50/month to insure, most parts under \$50, 200K, comes with summer/winter tires. Good car. Asking \$950.00 OBO. Call 250.295.0464. Aug 07 21

Sharp 27" color television, excellent condition \$50. Bell 3100 satellite receiver, remote, no dish \$20. Yamaha 690 natural sound speakers top quality \$250/pair. Panasonic Genius microwave, excellent \$75. Arborite table 4 chairs \$10. 1984 GMC Van with wheelchair lift, no rust, strong mechanicals, only 81,000 kms \$3,500. Call 250.295.7582. Aug 31 Sep 14

1985 Chev 23' Class A motorhome. 454 auto, mechanically very good. Roof air, Onan generator. Very clean, no pets, never smoked in. Ready to go!! \$7,900.00 OBO Call 250.295.7900. Aug 31 Sep 14

4 fuel containers with 81 lts of diesel \$75.00, 11 lts of 15/40 oil \$10.00, 20 lts TDH Transmission Fluid \$20.00, 19 lts AW/46 Hydraulic Oil \$20.00, 2 shovels (new) \$5.00 each, 1 garden rake \$5.00, call after 6:00 PM 250.295.6806. Aug 31 Sep 14

Ladies Rolex watch S.S. case and bracelet, auto winding, date display, original bill of sale and authenticity. \$400.00 OBO Call 250.295.0141. Sep 14 28

help wanted

Kitchen Helper - Kitchen helpers perform some or all of the following duties: Wash and peel vegetables and fruit, wash work tables, cupboards and appliances, remove trash and clear kitchen garbage containers, unpack and store supplies in refrigerators, cupboards and other storage areas, sweep and mop floors, and perform other duties to assist cook and kitchen staff, permanent, full time, shift, weekend, day, evening, \$11.31 per hour, some high school education needed, no experience needed-employer will train. How to apply: By mail: 158 Tipton Avenue, Box 1078, Princeton, BC VOX 1W0 By email: dqpbcc@yahoo.com Aug 31 Sep 14

Food Counter Attendant - Food service counter attendants and food preparers perform some or all of the following duties: Take customers orders, prepare food such as sandwiches, hamburgers, salads, milkshakes and ice cream dishes, portion and wrap food or place it directly on plates for service to patrons, and package take-out food, serve customers at counters or buffet tables, stock refrigerators and salad bars and keep records of the quantities of food used, may receive payment for food items purchased, permanent, full time, shift, weekend, day, evening, \$11.31 per hour, some high school education needed, no experience needed-employer will train. How to apply: By mail: 158 Tipton Avenue, Box 1078, Princeton, BC VOX 1W0 By email: dqpbcc@yahoo.com. Aug 31 Sep 14

My name is Miss Lucy. My Master Cowboy Tom is retiring into a retirement home, they don't allow pets, so I have to find somewhere else live. I am used to lots of room to run and play. I'm so sad that my Master is leaving me, and I really don't want to lose my freedom of running and playing too. I'm a good dog and don't chase deer. Is there someone out there who needs a companion? I won't disappoint you. Please call 250.295.7608. Aug 23 Sep 14

for sale

1993 Lincoln Mark VIII parts car that runs. 4.6L V8, 4 cams, 32 valves, missing drivers door. \$600.00 OBO Call 250.295.0141. Sep 14 25

lost

LG Rumor cell phone on August 26th. Call 250.295.0239.

help wanted

Senior Citizens Branch #30, Bingo Office Staff, two days a week, computer literate, must be bondable. Send resume to PO Box 1776, Princeton, BC VOX 1W0 Attention: Gayle.

Luxury rooms, own jacuzzi tub, fridge and microwave. \$300 - \$350/week. Large chalet 3-bedroom plus loft, call for more information. Princeton Castle Resort. (250) 295-7988. Sep 07 th

50+ lady looking for a 1-bedroom, unfurnished, upper level suite with utilities and storage for \$567.50/month. Non-smoker, non-drinker with no pets. Leave a message for Glenda Jones at 250.295.6936. Jul 21 th

3-bedroom, 2-bathroom mobile home in Keremeos. Pets negotiable. Non-smoking, non-drinking, no drugs. \$625/months plus utilities. Call 250.499.0237. Sep 07 21

1-bedroom suite for rent in downtown Princeton. Level access. Including power & heat & furnished for \$525.00. No pets. Need excellent references. D.D. Available now. Phone 604.484.2783 and leave a message. Sep 14 25

real estate

2-bedroom, 1 bath apartment, 780 sq ft, large balcony, in suite laundry, renovated building with elevator, 2nd floor south exposure. Currently rented. Realtors welcome at 5K Call 250.295.1315 \$169,900. Sep 14 25

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Guides du Canada


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Brownies
Guides
Pathfinders
Adults

REGISTRATION NIGHT
5:00 - 7:00 PM Tuesday, September 14
Riverside Centre
Information: Carol 250.295.7085

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News Leader
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Annual General Meeting



1:00 PM
Sunday, October 3rd, 2010
Princeton Curling Club

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sudoku

CARTER'S
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Challenge

SOLUTIONS TO PUZZLES ON PAGE 14

CHALLENGE #317

768	149	523
215	736	489
934	285	761
643	857	192
592	413	876
187	692	354
426	571	938
859	364	217
371	928	645

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Similkameen
News Leader - Recipe Corner

Recipe #340

Asian Noodle Bowl (WITH SPICY ALMOND SAUCE)

Developed by Ellie Krieger, R.D. for the Almond Board of California

Makes: 6 servings - Active Time: 18 minutes - Total time: 20 minutes

Ingredients:

- 1/4 cup (50 mL) sliced almonds
- 3/4 pound (340 g) whole-wheat spaghetti
- 1/2 head broccoli (about 3/4 pound, 340 g), tops cut into flowerets, stems peeled and sliced thinly
- 2 cups (500 mL, about 4 ounces) of snow peas, trimmed
- 1 red bell pepper, cut into 1 inch pieces
- 1/2 cup (250 mL) of unsalted almond butter
- 1/4 cup (120 mL) of reduced sodium soy sauce
- 3 tablespoon (45 mL) fresh lime juice
- 2 tablespoons (30 mL) of brown sugar
- 1 tablespoon (15 mL) chili-garlic sauce, such as Sriracha
- 1 scallion, green part only (about 3 tablespoons, 45 mL)

Directions:

Bring a large pot of water to a boil. Toast the almonds in a dry skillet over a medium-heat heat, stirring frequently, until they are golden, about 3 minutes.
Cook the pasta according to the directions on the package. Three minutes before the pasta is ready add the broccoli to the pasta pot. One minute before it is ready add the snow peas and red peppers to the pot.
While the pasta is cooking, make the sauce. Place the almond butter, soy sauce, lime juice, brown sugar, chili-garlic sauce and three tablespoon of boiling water (from the pasta pot) into a large bowl and whisk until smooth.
Drain the noodles and vegetables, return them to the pasta pot, add the sauce and toss to coat. Serve garnished with the toasted almonds and scallion greens.

- News Canada

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

226A Bridge Street, Princeton

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We, John Douglas Haayer and Jody Elaine Haayer of Box 323 Princeton, BC V0X 1W0 intend on making an application pursuant to Section 30(1) of the Agricultural Land Commission Act to exclude from the Agricultural Land Reserve the following property which is legally described as Plan (Portion S of H17683) DL 232 LD59 and located at 135 Blackmine Road, Princeton BC.

Any person wishing to express an interest in the application may do so by forwarding their comments in writing to the RDOS 101 Martin Street, Penticton BC V2A 5J9.

..... continued from Page 2

- 1. Destiny Earle
- Any other art:* Pre-school - 1. Coby Young 2. Jadelyn Lynn K-3 - 1. Holly Atkinson 2 Payton Cranston 3. Riley Young Gr 4-7 - 1. Natasha Murphy 3. Shayna Thompson Gr. 8-12 - 2. Destiny Earle
- Heritage colouring page from exhibitor's booklet:* Pre-school - 1. Noah Obey 2. Teagan Cranston 3. Andrew Graves K-3 - Holly Atkinson 2., Payton Cranston 3. Matt Maynard Gr. 4-7 - Justeen McIntosh 2. Megan Mintzler 3., Natasha Murphy Gr. 8-12 - 1. Destiny Earle
- Any other medium:* Pre-school - 1. Cody Young K-3 - 1. Holly Atkinson 2. Riley Young
- Photography*
- Wildlife:* K-3 - 1. Holly Atkinson 2., Matt Maynard Gr. 4-7 - 2., Bree Lindley
- Domestic animal:* Pre-school - 1. Andrew Graves K-3 - 2. Payton Cranston 3. Matt Maynard Gr 4-7 -

- 1. Shelby Maynard 2. Justeen McIntosh 3. Bree Lindley Gr. 8 - 12 - 1. Destiny Earle 2. Megan Hepting 3. Jeanine McIntosh
- Agricultural scene:* K-3 - 2. Willow Littlejohn Gr. 4-7 2. Shelby Maynard 3. Bree Lindley Gr. 8-12 - 3. Destiny Earle
- Group of people:* K-3 - 3. Holly Atkinson Gr. 4-7 - 2. Bree Lindley Gr. 8-12 - 1. Destiny Earle 2. Megan Hepting
- Single person:* K-3 - 1. Payton Cranston 2. Holly Atkinson Gr 4-7 - 1., Justeen McIntosh 2. Jodi McIntosh 3. Bree Lindley Gr. 8-12 - 2. Destiny Earle
- Spring/summer fun:* K-3 -2. Holly Atkinson Gr 4-7 -2. Bree Lindley Gr 8-12 - 2. Destiny Earle
- Winter/fall fun:* K-3 - 2. Holly Atkinson Gr. 4-7 - 2. Bree Lindley Gr 8-12 - 2. Destiny Earle
- Large truck or machine:* K-3 - 2. Payton Cranston 2. Willow Littlejohn Gr. 4-7 - 1. Shelby Maynard Gr. 8-12 - 2. Destiny Earle
- Flower or flowers:* Pre-school - 1. Andrew Graves K-3 2. Payton Cranston 3. Willow Littlejohn Gr 4-7 - 1. Shelby Maynard 2. Bree Lindley Gr. 8-12 1. Destiny Earle 3., Megan Hepting
- Handicrafts**
- Woodwork:* Pre-school - 1. Graham Atkinson K-3 - 1. Colton White Gr. 4-7 - 1. Ashlyn White Gr. 8-12 - 1. Destiny Earle 2. Dallas Earle
- Knitted article:* Gr 8-12 - 1. Megan Hepting
- Weaving:* Gr. 8-12 - 2. Kristina Murphy
- Ceramics:* K-3 - 1. Payton Cranston 2. Riley Young 3. Colton White Gr. 4-7 - 1. Ashlyn White Gr. 8-12 - 1. Kristina Murphy 2. Megan Hepting 3. Destiny Earle
- Dough art project:* Pre-school - 1. Teagan Cranston K-3 - 1. Payton Cranston
- Plastic art:* Pre-school - 1. Teagan Cranston K-3 - 1. Payton Cranston Gr 4-7 - 2. Natasha Murphy Gr. 8-12 - 1. Megan Hepting 2. Destiny Earle
- Rug Hooking:* Gr. 8-12 - 2. Destiny Earle
- Tie-dye article:* K-3 - 1. Payton Cranston 2. Holly Atkinson Gr. 4-7 1. Jodi McIntosh 2. Justeen McIntosh
- Crocheted article:* Gr. 8-12 - 1. Megan Hepting 2. Kristina Murphy
- Metal work project:* Gr. 8-12 - 1. Destiny Earle
- Pottery, hand built:* K-3 - 1. Holly Atkinson 2. Riley Young Gr. 4-7 - 1. Coby Hepting
- Halloween decoration:* Pre-school - 2. Teagan Cranston K-3 - 1.

- Holly Atkinson 2. Payton Cranston Gr 4-7 - 1. Justeen McIntosh Gr 8-12 - 1. Destiny Earle
- Christmas decoration:* Pre-school - 1. Andrew Graves K-3 - 1. Payton Cranston 2. Holly Atkinson Gr. 8-12 - 1., Destiny Earle
- Any other decoration:* Pre-school - 1. Andrew Graves Gr 8-12 - 3. Destiny Earle
- Sewing, any article:* Gr. 8-12 - 1. Destiny Earle 2. Megan Hepting
- Model built from kit:* K-3 - 1. Colton White
- Stuffed toy or doll:* Gr. 8-12 - 1. Kristina Murphy
- Handmade jewelry:* Pre-school - 1. Andrew Graves 3. Teagan Cranston K-3 - 1. Riley Young 2. Payton Cranston 3. Holly Atkinson Gr. 4-7 - 1. Coby Hepting 2. Justeen McIntosh Gr 8-12 - 1. Megan Hepting 2. Destiny Earle
- Clay/play dough sculpture:* K-3 - 1. Holly Atkinson Gr 4-7 - 1. Ashlyn White
- Sculpture from any material:* Gr. 8-12 - 2. Destiny Earle
- Recycled item from any material:* Pre-school - 3. Andrew Graves 2. Teagan Cranston . K-3 - 1. Payton Cranston Gr. 4-7 - 1. Natasha Murphy 2. Ashlyn White
- Frames made of any material:* Pre-school - 2. Andrew Graves 3., Graham Atkinson K-3 - 2. Payton Cranston Gr. 4-7 - 1. Jodi McIntosh 2. Justeen McIntosh Gr 8-12 - 1. Destiny Earle
- Stained glass/suncatcher:* Pre-school - 2. Andrew Graves 3. Graham Atkinson K-3 - 1. Payton Cranston 2. Holly Atkinson
- Mosaic:* pre-school - 1. Teagan Cranston K-3 - 1. Payton Cranston Gr. 4-7 - 1. Taneasha Baird 3. Natasha Murphy
- Leather work:* Gr. 8-12 - 1. Destiny Earle
- Hobby display:* Pre-school - 2. Andrew Graves 3. Graham Atkinson K-3 - 1. Colton White 3. Holly Atkinson Gr. 4-7 - Tie for first - Ashlyn White & Bree Lindley
- Collection:* Pre-school - 1. Andrew Graves 2.1 Graham Atkinson K-3 - 1. Colton White 2. Holly Atkinson Gr. 4-7 - 1., Justeen McIntosh 2. Ashlyn White 3. Jodi McIntosh Gr. 8-12 - 1. Destiny Earle 2. Kristina Murphy
- Any other handicraft:* Gr. 4-7 - 1. Lane Robinson
- Painted Rock:* Pre-school - 1. Graham Atkinson 2. Noah Obey Gr. 4-7 - 1. Holly Atkinson 3. Natasha Murphy
- Writing**
- Poem:* Gr. 8-12 - 2. Megan Hepting
- Short story:* Gr. 4-7 - 1. Megan Hepting

Princeton Posse 2010/11

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Game Schedule

PRESENTED BY:



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HOME

- SUN SEP 12 - vs Kelowna 2:00 PM
- SAT SEP 18 - vs Spokane 7:00 PM
- FRI SEP 24 - vs Kamloops 7:00 PM
- FRI OCT 01 - vs Osoyoos 7:00 PM
- SAT OCT 16 - vs Sicamous 7:00 PM
- TUE OCT 19 - vs Osoyoos 7:00 PM
- FRI OCT 22 - vs Beaver Valley 7:00 PM
- SUN OCT 24 - vs Creston 2:00 PM
- FRI OCT 29 - vs Kelowna 7:00 PM
- SAT OCT 30 - vs Penticton 7:00 PM
- FRI NOV 05 - vs Golden 7:00 PM
- SUN NOV 07 - vs Osoyoos 2:00 PM
- FRI NOV 12 - vs Revelstoke 7:00 PM
- SAT NOV 13 - vs Revelstoke 7:00 PM
- SUN NOV 21 - vs Osoyoos 2:00 PM
- FRI NOV 26 - vs Kelowna 7:00 PM
- FRI DEC 03 - vs N Okanagan 7:00 PM
- SUN DEC 05 - vs Kelowna 2:00 PM
- FRI DEC 10 - vs Columbia Valley 7:00 PM
- WED DEC 15 - vs Penticton 7:00 PM
- SAT JAN 01 - vs Penticton 7:00 PM
- FRI JAN 07 - vs Penticton 7:00 PM
- FRI JAN 21 - vs Kamloops 7:00 PM
- FRI FEB 04 - vs N Okanagan 7:00 PM
- FRI FEB 11 - vs Sicamous 7:00 PM

AWAY

- SAT SEP 11 - at Kamloops 7:00 PM
- FRI SEP 17 - at Sicamous 7:00 PM
- SUN SEP 19 - at Osoyoos 2:00 PM
- TUE SEP 21 - at Kelowna 7:00 PM
- FRI OCT 08 - at Fernie 7:30 PM
- SAT OCT 09 - at Kimberley 7:30 PM
- SUN OCT 10 - at Nelson 1:00 PM
- FRI OCT 15 - at N Okanagan 7:30 PM
- WED NOV 03 - at Penticton 7:00 PM
- SAT NOV 06 - at N Okanagan 7:30 PM
- FRI NOV 19 - at Kelowna 7:00 PM
- SAT DEC 04 - at Kelowna 7:00 PM
- SAT DEC 11 - at Kamloops 7:00 PM
- SUN DEC 12 - at Osoyoos 2:00 PM
- FRI DEC 17 - at Revelstoke 7:00 PM
- SAT DEC 18 - at Revelstoke 7:00 PM
- FRI DEC 31 - at Osoyoos 7:00 PM
- TUE JAN 04 - at Kelowna 7:00 PM
- SAT JAN 08 - at Penticton 7:00 PM
- WED JAN 19 - at Osoyoos 7:00 PM
- SAT JAN 22 - at Sicamous 7:00 PM
- SAT JAN 29 - at Castlegar 7:30 PM
- SUN JAN 30 - at Grand Forks - 1:00 PM
- SAT FEB 05 - at Penticton 7:00 PM
- SAT FEB 12 - at Penticton

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Editorial Page News Leader

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

My Turn...

Sticks And Stones

I'm not a square.

Of course, now that I've said it I have pretty much lost all the credibility I thought I had before making that statement.

It occurred to me in a conversation the other day where I was sort of defending my character to someone else.

It went a lot like this:

"I'm not a wuss."

"Sure you aren't."

"Crap. The fact that I said it means I probably am. If I really wasn't a wuss I probably wouldn't have had to point it out."

"Exactly."

"Well, I'm not a whiner."

"Sure you aren't."

"Crap, again. I am a whiner."

"Yup."

"And a square and a fuddy-duddy and a lot of other things I claim I'm not."

"Exactly."

It was not what I would consider a crushing realization but it wasn't something I was all that pleased to discover about myself.

For years I thought I was worth less than I was simply because of my environment. I was usually the last kid picked for teams in school, unless that chubby little piano player was in class and then I'd be second last. I was getting pretty used to not sucking as bad as him until he moved away and became a concert pianist.

Which, by the way, still does not make me a square.

The fact that I actually know what a concert pianist is may push me a bit into that territory, but from what I understand the Steinway is quite the chick magnet so I'm pretty sure he's doing fine and barely remembers the guy who used to get picked before him for teams at school.

Back to school was not really my favourite season.

So when I finally graduated (on my first try, I might add) I was pretty sure I'd be able to erase all the school politics I had been victimized by in the dozen or so years I attended.

I was doing pretty well, I thought. I hadn't seen anyone I went to school with for years then one day I get a letter informing me of a grad reunion. I believe I ignored the five-year reunion but by the time the ten-year reunion rolled around I was ready to check things out.

I was disappointed. The jocks still hung out with the jocks, the cool kids were still intact and there I was standing way over there chatting with the weird kid and someone I'm sure never went to school with me. The concert pianist chose to pass on the event or I'd have been chatting with him as well.

I couldn't wait to get 100-kilometres away from that train wreck.

Another twenty-some years have passed and a conversation the other day put me right back in the school cafeteria during the ten year reunion.

Which I only stayed at long enough to see who was still around and who remembered who.

"I'm also not nostalgic," I said.

"Sure you're not."

"Oh, crap. Did it again."

"Yup."



The bike skid marks on the ramp mean it's getting used! It is one of three big ramps surrounding numerous dirt bowls in the 'dirt jump' portion of the Bike Skills park next to Princeton Arena. *

Your Turn...

Rachel did it, and Lori also helped

To The Editor;

Imagine my surprise! As President of Vermilion Artists I have long had an interest in the career of Rachel Hoiland who was one of last year's recipients of a bursary given to a PSS student by Vermilion Artists.

She has also been the recipient of a provincial award for her art.

More recently she has been engaged in the creation of the vivid and lively mural which now graces one of the walls of the Fire Hall in Princeton using the air-

brush technique which was a new 'tool' for her.

Herb Castle was her mentor, but was quick to emphasize the fact that all the airbrush work was done by Rachel herself.

So I was most surprised to have someone remark to me "Of course, 'he' did most of the work." Not so! Bravo, Rachel, all of us at Vermilion Artists look forward to hearing about your continued success in the next stages of your career as an artist.

- Mary Bedford, Princeton

To The Editor;

In last week's paper was a letter from me thanking all the people and organizations that had contributed to this year's Princeton Traditional Music Festival. Unfortunately I left out a very important person who has helped and supported the Festival from the very beginning.

Lori Thomas at the Visitors' Centre has been an indispensable resource. She was instrumental in designing posters for the last three Festivals. She did layout for the performer and volunteer nametags and has been a tireless promoter of the Festival at the Visitors' Centre.

Thanks, Lori! We couldn't do it without you.

- Rika Ruebsaat, President
Princeton Traditional Music Society

Go, Posse, Go!



Go, Posse, Go!

Letter To The Editor

Henry not feeling chipper

To The Editor;

Well, here we go again!

Do you have asthma or COPD and had to increase your medication?

Have you had a lung infection and had to get medication from your doctor?

Or do you get headaches throughout the day from noise caused by

Renew Resources' chipper?

See your doctor and get a note stating that it's from wood fibre, dust or noise. Phone me at 250.295.5429 or 250.295.3532 and then I will arrange to pick it up and fax it to Interior Health plus add it to the file going to our Health Minister in Victoria.

- George Henry, Princeton

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EDITORIAL GUIDE

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

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

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

Current Comment

Now, Let's Celebrate The Future!



Dawn Johnson
editor@thenewsleader.ca

In 1985, I was a member of the 125th anniversary of the founding of Princeton. We had a parade and a community supper, and a ceremony to honour the descendants of original settlers, but it was small compared with what Princeton's citizens have done this year. What a great celebration we had last week!

I heard one old-timer actually complain there was too much going on!

I sympathized with the sentiment because I didn't go to everything. That would have taken two of me. I ended the Saturday celebration with sore feet walking from one thing to another, but I'm not complaining.

The music was great, starting with our community band at the opening ceremony and ending with John Bosomworth's excellent jazz performance at Riverside Centre. The weekend proved we have tremendous musical talent in our community, whether it's folk music, pop, or rock. The group of drummers and dancers from the Lower Similkameen Indian Band added their own music, seldom heard in Princeton, but very much appreciated. The Highland Dancers, as well as the children dancing traditional First Nations dance, made me proud of the heritage elements of the celebration.

We have some remarkably skilled artists in our community, too. If

you want proof, look at the north wall of the Legion, or the amazing mural on the south wall of the fire hall.

Artistry can take many forms. One practical form is quilting. Bunchgrass Quilters put on an amazing show for our celebration. Quilting was a traditional way of making something useful out of scraps of fabric, sometimes derived from worn-out clothing. The Bunchgrass Quilters demonstrated how scrap fabric can become a work of art.

The artistry of potters and glass workers has added a wonderful mural to the north side of Riverside Centre. The ceramic leaves and glass mosaic give us a tree of life enclosed within a circle of life. It is beautiful. Thanks to Ed Staples, Robin Lowe, Sue Le Poidevin, the Potters Guild and the Arts Council, the mural is there for every passerby to enjoy. For every person who glazed a leaf, and there were a lot of you, think what a special meaning this work of art will always hold for you.

The dedication of Susan Louisa Allison as a person of national significance was excellent, and the honour was well-deserved and long overdue. Nobody else recorded the daily life of Similkameen residents except for Susan Allison. Her memoirs and other writings are not only significant to our local valley history, but to the history of British Columbia.

Think about it: the Allisons began life in a time when British Columbia was not even part of Canada. In a sense, Susan Allison had arrived in a foreign land when she came to the Similkameen Valley. Although she had lived in British Columbia for several years, she came here to a land

with few people who spoke her language, and to have friends and communicate with neighbours, she had to learn a foreign language. Then, she not only learned it, but she listened to the stories, translated them into English, and wrote them for the record. Her writings are not only used as references for Princeton history, but for the First Nations people of the Similkameen.

Another form of art was on display at Riverside Centre as Red Rock Productions entertained us with stories told by people whose families had lived a long time in the Princeton area. The Red Rock team did an excellent job and is still working on making DVDs of family histories. Contact Wah Fee or Shirley Low if you would like your family history recorded on film. The DVDs they have done will be stored in the Princeton Museum archives.

I want to express my appreciation to all of the people who put together projects for Princeton's 150th celebration year, whether they were part of the weekend official celebration or not. People have worked very hard to make this year truly memorable. We have celebrated the foundation of our community, maybe even cemented it to make it stronger. What impressed me most was the number of volunteers who stepped forward to do their bit toward making this year outstanding.

Now that we have thoroughly celebrated our past, can we look forward to celebrating our future? Next year is a year that will define a new future for Princeton, thanks to the re-opening of the mine. With our foundations so much stronger, we can focus on the future of our community. What will we celebrate next year?

Similkameen News Leader

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Similkameen News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.



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brenda@thenewsleader.ca

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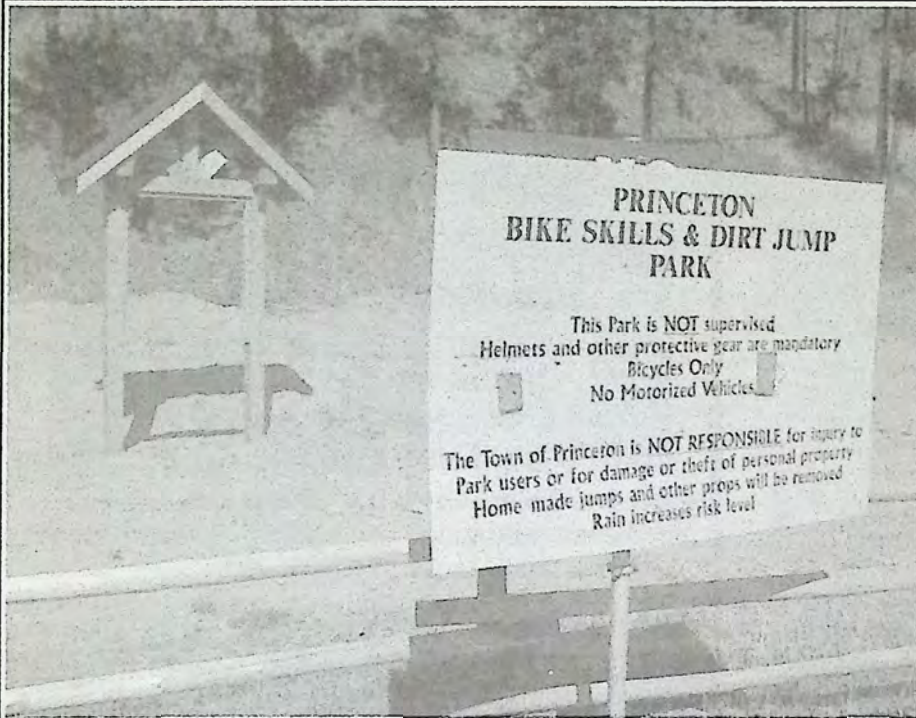
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Princeton Bike Skills & Dirt Jump Park



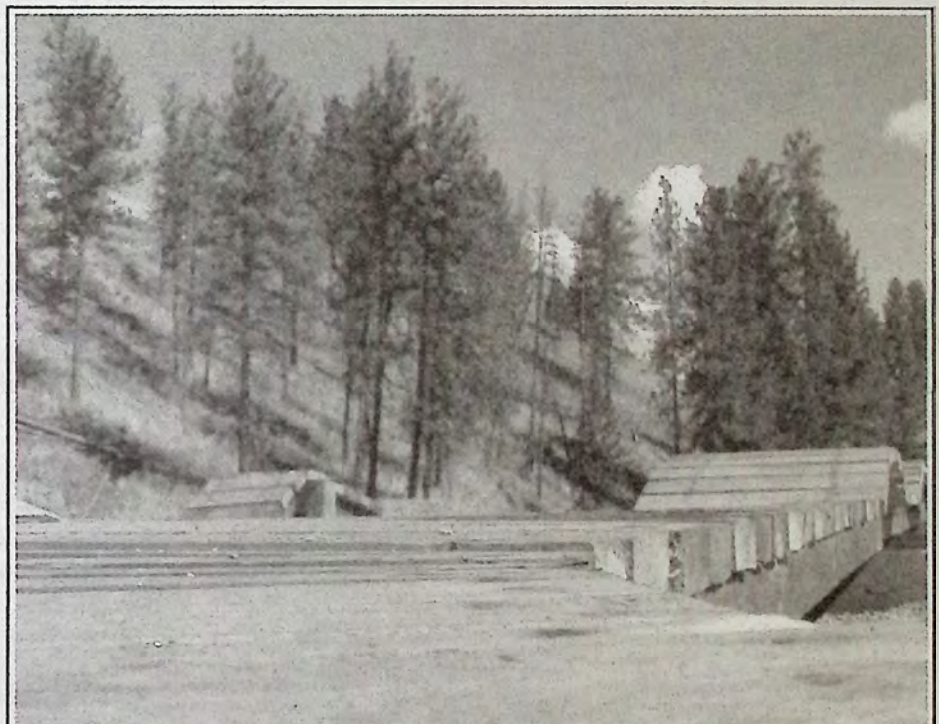
A portion of the GamesTown 2010 winnings to the Town of Princeton was spent on developing a Bike Skills/Dirt Jump Park located next to Princeton Arena. *



This is a 'ramp level' view along one of the ramps in the bike skills part of the park looking towards Princeton Arena. A number of dirt jumps are also visible. *



The ramps are designed in many ways to test skill and agility. A few are higher than others with each of the wooden 'skill' ramps having dirt access ramps. *



Another 'ramp level' view taken on one of the longer wooden ramps which contains a series of skill obstacles including a corner and successive 'bumps' to navigate. *



In the dirt jump area are a number of these large wooden ramps to allow for climbing and building momentum to send riders back down into the dirt bowls. *



The view of a number of the dirt bowls carved into the area surrounded by large wooden ramps. The park is an amazing accomplishment for those who built it. *

Police kept busy over long weekend

Over the Labour Day weekend South Okanagan Traffic Services and the Integrated Road Safety Unit out of the Keremeos RCMP Detachment conducted a traffic enforcement campaign throughout the South Okanagan/Similkameen area, including Manning Park. Traffic officers were on Highways 97 and 3 monitoring traffic resulting in a total of 310 charges being laid.

A closer look at those statistics shows 235 of them were for speeding, 45 were written warnings, 10 were Driver's Licence violations, 9 were seatbelt related, 5 prohibited drivers, and 3 each for intersection violations and mechanical issues.

On Friday, September 3rd at 3:39 AM Princeton RCMP responded to a single vehicle accident on Highway 5A approximately 5-kilometres north of Summers Creek Road.

"The incident involved a fully loaded logging truck that had rolled over hitting a power pole and blocking the entire roadway," says Princeton RCMP Cst. K. Slocombe.

The driver was wearing a seatbelt and only suffered minor injuries.

The road was closed for about four hours to allow for clean up.

"Speeding and an insecure load are believed to be factors in this incident."

On Saturday, September 4th at 10:05 PM the driver of a southbound Mercedes convertible lost control of his vehicle on Highway 5A north of Princeton, left the roadway and down an embankment ending up partially submerged in water on its roof.

"The driver, John Garry Vanderhook, 57-years old, from the Kamloops area died immediately as a result of the collision," says Cpl. Dave Cramm of the South Okanagan Traffic Services office in Keremeos.

Speed is believed to be a contributing factor.

SOTS and the Provincial Coroners Service continue their investigation to determine if there were other causes contributing to the incident. Anyone with information regarding the accident can contact Cst. Fry at 250.499.2250.

On Monday, September 6th at 6:00 PM Princeton RCMP assisted SOTS by attending a two vehicle crash with injuries on Highway 3 West of Princeton on the Whipsaw Creek Bridge.

"Investigation revealed that a 1999 Chev pick up was traveling east-bound on Highway 3 and as it rounded the corner on the Whipsaw Creek Bridge the pick up crossed the centerline and collided head-on with

a westbound 2003 Jeep with both vehicle receiving extensive front end damage," says Princeton RCMP Sgt. Dave Clare.

The 39-year old male driver and 28-year old female passenger of the Jeep were pinned in the vehicle and had to be extricated by Princeton Highway Rescue using their Jaws Of Life apparatus. They were taken to Princeton General Hospital, then on to Penticton Regional Hospital for further treatment.

"The driver suffered from a broken ankle and head injury, the passenger had a shoulder injury as well as a head injury."

The 21-year old male driver and 18-year old female passenger from the Chev pick up were treated and released from Princeton General Hospital. None of the injuries were considered life threatening. Highway 3 was closed for a period of time to allow emergency crews to work on the scene.

"This was a relatively slow speed impact with the main cause of the accident being attributed to the extremely slippery bridge deck due to the recent precipitation that had fallen in the area," explains Sgt. Clare.

Police remind drivers to obey speed limits and to be cautious when traveling on slippery roads.

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Panorama Veterinary Services Ltd.



PANORAMA VETERINARY SERVICES would like to announce that Dr. Alex Wales will be coming to the Princeton area on the fourth Wednesday of each month to provide veterinary care for horse clients.

Travel fees will be shared among the various farms receiving services for that day. New clients are welcome!
To make an appointment please call the office toll free at 1-866-766-4310.

Fall Fair Winners List

..... continued from Page 10

- Grape - 1. Laura Haw
- Raspberry - 1. Teri Corsi
- Wild fruit jelly, Saskatoon - 1. Laura Haw
- Any other - 1. Laura Haw
- Fruit butter - 1. Glow Lemon
- HOME BAKING**
- Bread, white - 1. Glow Lemon
- Bread, brown - 1. Maggie Trehearn
- Un-iced loaf - 1. Lynda Gibson
- Cake, chocolate - Ellen Davies
- Pie, cherry or berry - 1. Ruth Murphy
- Pie, Lemon - 1. Marg Obey
- Tarts, butter - 1. Judy Short 2. Marg Eyre
- Muffins - 1. Jennifer Bernard 2. Ruth Murphy 3. Judy Short
- Biscuits, baking powder - 1. Judy Short
- Cookies, chocolate chip - 1. Elizabeth Henderson 2. Natasha Gibson
- Bars, squares - 1. Natasha Gibson
- Candy, fudge - 1. Jennifer Bernard
- Best decorated cake - 1. Destiny Earle 2. Natasha Gibson 3. Colton and Adam, also Ashlin and Ainsley
- WINE & BEER**
- Wine**
- Red, dry 1. Marg Obey 2. John Corsi 3. Teri Corsi
- Red, sweet - 1. Marg Obey
- White, dry - Marg Obey 2. Joe Compart
- White, sweet - 1. Marg Obey 2. Marg Eyre
- Ice wine - Two firsts: Joe Compart, Marg Obey
- Beer**
- Lager - 1. Joe Compart
- Port or liqueur 1. Marg Obey 2. Marg Obey 3. Marg Obey
- EGGS**
- Chicken - 1. Kristina Murphy 2. Jeff Heintzman 3. Judy Bishop
- Bantam - 1. Glow Lemon
- Any other (duck, quail, pheasant, etc.) 1. Ellen Davies 2. Lori Jwaseko
- LEISURECRAFT**
- Woodwork**
- Toy - 1. Jim Short
- Furniture - 1. Jim Short
- Novelty item - 1. Jim Short
- Any other - 1. John Sandness 2. Roy Harker

- Handicrafts**
- Holiday decoration - 2. Ruth Murphy
- Leather work - 1., Dallas Earle
- Rock work - 1. Janice Ashby 2. Leanne Atkinson
- Handmade soap - 1. Laura Haw
- Handmade greeting card - 1. Ellen Davies 2. Marg Eyre 3. Onna Onofrechuk
- Scrapbooking page - 1. Onna Onofrechuk
- Paper crafts - 1. Laura Haw 2. Onna Onofrechuk
- Ceramics**
- Fired finish - 1. Shirley Freding
- Unfired finish - 1. Shirley Freding 2. Kristina Murphy
- Sculpting - 1. Fran Murphy
- Pottery**
- Hand formed - 1. Kristina Murphy 2. Shirley Freding
- Any other - 1. Shirley Freding
- Collections - 1. Glow Lemon 2. John Sandness
- Recycled articles**
- Fabric - 1. Ellen Davies 2., Janice Ashby
- Metal - 1. Doug Ricketts
- Wood - Doug Ricketts
- Glass - 1. Shirley Freding
- Any other - Doug Ricketts
- POULTRY**
- Bantam**
- Mixed breed, rooster or hen - 1. Gail Streton 2. Ellen Davies 3. Ellen Davies, Glow Lemon
- Standard**
- Purebred rooster - 1. Ellen Davies
- Purebred hen - 1. Jack Gardiner
- Mixed breed - 1. Payton Cranston 2. Teagen Cranston, Glow Lemon 3. Gail Streton
- Fancy chicken**
- Purebred rooster - 1. Ellen Davies 2. Ellen Davies
- Mixed breed - 3. Ellen Davies
- Geese**
- Purebred hen - 1. Gail Streton
- Mixed breed - 1. Judy Bishop 2. Gail Streton
- Turkeys**
- Purebred Tom - 1. Gail Streton
- Purebred hen - Gail Streton

Important CORRECTION Notice



Dear Constituent:

My last Householder incorrectly posted an old notice that my staff would be visiting Keremeos and Princeton on the 3rd Thursday of each month to meet with constituents who have any problems with a federal government agency or policy. THESE DATES AND OLIVER OFFICE HOURS WERE NOT CORRECT.

My Constituency Assistant will be visiting

PRINCETON: 12:00 to 3:30 PM
Princeton Community Skills Centre - 206 Vermilion Street
THURSDAY, SEPTEMBER 23rd
AND THE LAST THURSDAY OF EVERY MONTH THEREAFTER

KEREMEOS: Please phone 250-498-5353 to make appointments with my Constituency Assistant for the days she visits the Similkameen:
THURSDAY, SEPTEMBER 23RD
AND THE LAST THURSDAY OF EVERY MONTH THEREAFTER

PLEASE NOTE THE CORRECT HOURS OF THE OLIVER CONSTITUENCY OFFICE: 9964-350 Avenue, Box 1701, Oliver, V0H 1T0 Ph. 250-498-5353

TUESDAYS: 9:00 AM to 12:30 PM
WEDNESDAYS: 12 NOON to 3:30 PM

So, if you need help with a passport or have a problem with a federal government service or issue, please do not hesitate to meet with my staff. I apologize for any inconvenience the incorrect posting may have caused.

Sincerely,
Alex Atamanenko, MP, BC Southern Interior

1-800-667-2393 AtamaA1@parl.gc.ca www.alexndp.ca

Good-bye, Janice...



It is with great sadness that we say 'good-bye' to a fellow Broker/Realtor and friend, Janice Barclay.

Having worked in the past with Janice, she was inspirational to us as Realtors, always ready with a smile and sound advice.

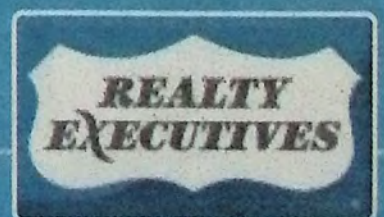
She enjoyed life to its fullest both in her professional career and her carefree days at Osprey Lake with those who loved her.

Our condolences to her many friends and family at this difficult time.

Brenda Crawford, Susan Collins, Steve & Cindy White,
April Earle, Sandra Simpson & Rhonda Falk

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