Volume 13 Issue 40 #650 ISSN 1712-090X

Tuesday, October 5, 2010



Rotarian Ed Staples joins fellow Rotarians in Princeton, and throughout District 5060, on October 1st to start a month-long campaign to 'Stop Polio Now.' Visit www.Polio5060.com for the details. *

Student increase pleases School Board

Increased enrolment in Princeton schools has school trustees smiling. The number at John Allison Elementary School increased by seven, with Vermilion Forks Elementary showing 11 more students than projected. There is an increase of nine at Princeton Secondary School. Some of the increase is due to full day kindergarten.

District Superintendent Dr. Robert Peacock said there are actually 17 new students at Princeton Secondary, but there are nine more than projected.

The Bridge shows an increase of two students, but there may be more, due to the mine policy of hiring only those with Grade 12 completed. Some current employees of the mine have been informed they will not be hired on a permanent basis until they have their graduation certificates

Enrolment for the entire school district is up by 43, with half of the increase taking place in Princeton schools. Merritt area has eight schools. Princeton has four.

Valley First honours former President with award

Two Okanagan College students were on the receiving end of a generous donation made by Valley First and its employees last week when they accepted the first ever Harley Biddlecombe Legacy Awards.

Valley First paid tribute to its former president and chief executive officer, the late Harley Biddlecombe, through the creation of a \$100,000 legacy fund. The fund was established in honour of Biddlecombe's passion for education and commitment to community and lifelong learning.

"Harley Biddlecombe was a tremendous supporter of Okanagan College," explained Paulette Rennie, Valley First president.

"He was extremely passionate about the pursuit of education and had a community focus that was inspiring to many. After discussions with Harley's family, our board of directors felt a legacy scholarship in Harley's name would be a fitting tribute to acknowledge all he did in the name of learning."

Biddlecombe was a pioneer and leader in financial services. He served as president of Valley First for 31 years.

The Harley Biddlecombe Legacy Awards will create educational opportunities for Okanagan College students with a range of financial means now and into the future.

"The Okanagan College Foundation is honoured to offer a scholarship in the name of Harley Biddlecombe," said Steve Tuck, President of the Okanagan College Foundation.

"Harley was a great friend to Okanagan College and his legacy will extend through the disbursement of these awards."

The \$100,000 Harley Biddlecombe Legacy Award contribution is just one of many donations made by Valley First this year. Individual employees contributed thousands of dollars to the fund, which is managed by the Okanagan College Foundation.

On Thursday, September 30th two Okanagan College students received the \$1,500 legacy awards, which will be disbursed to students on an annual basis.

Valley First is a division of First West Credit Union, B.C.'s thirdlargest credit union, which has 37 branches and 29 insurance offices throughout the Lower Mainland, Fraser Valley, Kitimat and Okanagan, Similkameen and Thompson valleys.

First West has approximately \$5.6 billion in assets under administration, 167,000 members and more than 1,150 employees.

School Board reviews local class sizes

WS LOAGOF THIS WEEK:

MP's Monthly Report - Page 2

The public is invited to a meeting at Princeton Secondary School at 4:30 PM on October 13th for a review of class sizes in local schools.

Superintendent Dr. Robert Peacock reviewed the figures for the Board of Education on September 29, showing the Board where some classes exceed the recommended number.

Most classes have the legislated class size, and some have fewer. An important factor in class size is the inclusion of a number of students identified as Special Needs.

At the October 13th meeting, parents will have the opportunity to find out whether their child's class fits the format.

Aboriginal student numbers climb

The number of aboriginal students in the Princeton area has climbed to 139.

This does not mean all of these students have status, but rather that they may identify with a First Nations cultural origin. The number of aboriginal students in Princeton surprised Upper Similkameen Indian Band Council when it met in Hedley with representatives from School District #58 (Nicola-Similkameen).

Hedley students may attend Princeton schools if their parents so desire, and First Nations Education is important to many Hedley residents.

Christine Squakin, who lives in Hedley, is employed as a First Nations Support teacher in Princeton schools. With the current number of aboriginal students in the Princeton area, the Board is considering hiring an assistant for Squakin.

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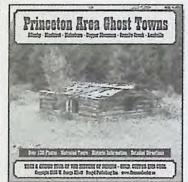
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MP Alex Atamanenko

BC Southern Interior Monthly Report

Has Canada Lost Its Way? - Part 1

I have long appreciated how fortunate I am to live in a country where fairness, tolerance, bridge building between nations and strong domestic social policies have always been championed. However, for some time I have grown increasingly concerned as I've watched our nation undergo a consistent and seemingly deliberate transformation away from these values.

This "transformation" was begun in the 1990s by then Liberal Finance Minister, Paul Martin with his radical cuts to federal health and social transfers to the provinces, all in the name of debt reduction and "fiscal responsibility". In 2000 Martin went even farther by dramatically cutting corporate tax rates by one quarter over five years, from 28% to 21%. The Harper Government has continued those cuts from 21% in 2007 to 18% today and will further reduce that rate to 15% by 2012 at which time we will have the lowest comorate tax rates in the G7. Individual Canadians paid two thirds of the tax revenue collected in the last fiscal In spite of all this government largesse multinational corporations have not been obligated to invest in Canadian research and development or to provide or maintain good paying jobs in our country. According to Statistics Canada and Finance Canada, the last decade has seen corporations make record profits while business spending and investing has declined.

What these cuts have done is take hundreds of billions of dollars out of the revenues that pay for health care, education, infrastructure and fighting climate change.

The decrease in funding for post secondary education has led to skyrocketing university fees and forced students into enormous debt averaging about \$40,000. And yet, we see other countries with vibrant economies such as Finland who can provide free university tuition for its students.

How can it be that so many Canadians are unable to access Employment Insurance (EI) when the fund which all of us had paid into once had a surplus of over \$50 billion! Today, employers and workers are being asked to pay more into the EI fund because somehow this money has conveniently "disappeared" in order to help pay off our national debt.

Seniors are finding it increasingly difficult to make ends meet as are those on disability pensions. Meanwhile, regressive taxes such as the HST are introduced and increase the cost of basic services such as restaurant meals and haircuts. When Conservative Government ministers are questioned about these vital

issues, their answers appear to reflect an almost total disregard for the reality that exists.

Why are we dismantling our strong social network, decent wages, effective public sector and viable public utilities such as Canada Post and BC Hydro instead of maintaining and improving on them? Why can't we follow the model of countries that are not afraid to re-invest in their education, healthcare and energy?

When one begins to "scratch beneath the surface", to try to understand the bizarre state of affairs, we start to put pieces of this "puzzle" together.

This past summer I read John Perkin's latest book, The Secret History of the American Empire which helped to shed light on these questions. As a chief economist who once advised the World Bank, United Nations, IMF, U.S. Treasury Department, Fortune 500 corporations, and many governments in Africa, Asia, Latin America, and the Middle East he has a very firm grasp of how the world really works. According to Perkins, the plain truth of the matter is that the "corporatocracy" does not want nation states to have control of their natural and human resources. As a result, they wield their enormous power to pressure national governments to get on board with the global free trade agenda. Those that have refused to play along, such as President Omar Torrijos of Panama and President Jaime Roldas of Ecuador, have been assassinated. Stayed tuned for more "free trade" and the corporate agenda in Part II

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Active Renewable Marketing Ltd. 1-866-628-9427 activerenewable.com				\$8.99
FireFly Energy 1-888-780-3298 fireflyenergy.ca	\$5.10	\$5.75		
Just Energy 1-866-587-8674 justenergy.com			\$6.99	\$6.99
MXenergy (Canada) Ltd. 1-800-785-4373 mxenergy.com	\$8.79			
Smart Energy (BC) Ltd. 604-415-3599 smartenergybc.com		\$6.10	\$6.50	\$6.75
Summitt Energy BC LP 1-877-222-9520 summitenergy.ca				\$6.99
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Board accepts financial statement

The Board of Education for School District #58 (Nicola-Similkameen) received the financial statement for the past year and accepted it. This is a lengthy document with breakdowns for each area of expense and income, but the bottom line shows the books balance.

Thanks to funds accrued in previous years, the school district has been able to maintain the desired level of quality education and services, but this may not be possible in the future.

of this column due next month.

To add to the Board's difficulty, new accounting procedures have been ordered by the provincial government, and nobody knows, at this time, how those procedures will impact school districts.





after high schoo ard approves li

A survey funded by Human Resources Development Canada will be in our local secondary

school in May and June next year. The survey seeks responses from both students and counsellors to

determine what non-financial barriers prevent students from seeking post-secondary education.

Grade 12 students will be asked about their knowledge of post-secondary education options, student aid, and the student's perception of the merits of applying. They will be asked if they had applied or expected to apply to post-secondary education and for aid, and what supports or barriers they experienced while applying. If they have applied, they will be asked the outcome of their applications, if

Student surveys will cover the following topics: schooling and labour market expectations, knowledge of post-secondary costs and potential benefits, understanding financial aid, awareness of postsecondary options, familiarity of the process of applying for postsecondary admittance and financial aid, and other pertinent data. All responses will be confidential.

immer reading helps students

The summer reading program has a success, Assistant Superintendent Steve McNiven told the Board of Education on September 29

cent. Many students enrolled in the program advanced their reading by

as much as four levels.

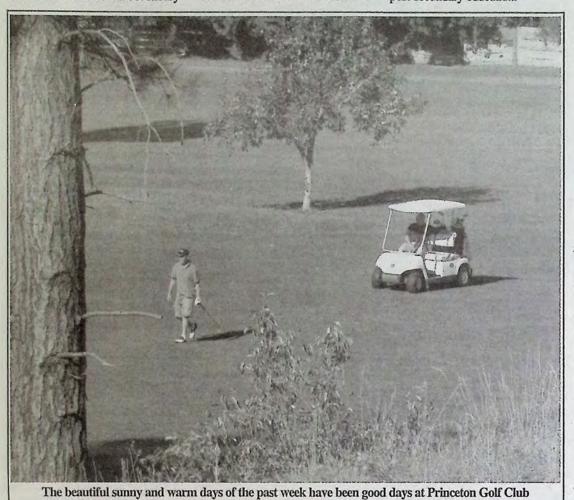
The summer reading program fit in well with Princeton's summer recreation program.

The students involved in summer reading benefit by not losing their reading skills over the summer hol-

Attendance was good, at 80 per-

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www.princeton.ca



as golfers get in extra rounds before the facility is completely winterized for the season. *

Princeton **Town Hall News**

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

FREE DUMPING is being offered once again at the LANDFILL on October 23 & 24, 2010 for Town of Princeton and Regional District Okanagan Similkameen Area "H" residents only.

Free Dumping is an opportunity to drop off trash items that are regularly charged a fee such as: Home renovation materials (i.e. floor coverings, drywall, roofing, etc.)



BROWN BRIDGE CLOSED

Construction on the Brown Bridge will start October 4th, 2010. The Bridge will be closed during construction and traffic will be re-routed via Old Hedley Road and Highway 5A. The Bridge closure will last five (5) weeks. This is necessary for the rehabilitation of the bridge. We are sorry for any inconvenience this may cause you. Your patience is appreciated while this work is being completed.



MOVIE NIGHTS



Riverside Theatre presents: KNIGHT & DAY

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> Friday, October 8, 2010 7:00 pm Showtime

\$5.00 at the door -Concession open Movie Hotline at 250-295-6067 line 2

2010 ROADWORKS PAVING PROJECT

During the month of October there will be some disruptions and or road dosures in the following areas:

Tulameen Avenue - Water Project to Deerview Bill Miner Way—Water Project Ingerbelle Drive—Water Project Penryn Avenue-Sewer Project Dewdeny Street-Paving Project Allison Avenue-Paving Project Luard Avenue—Paving Project Johnson Street-Paving Project

Angela Avenue—Paving Project Grant Street-Paving Project Sapper Street—Paving Project

We are sorry for any inconvenience this may cause you. Your patience is appreciated while this work is being completed.

FALL LEISURE ACTIVITIES

The Fall Leisure Guide is here! Fall Leisure Programs are starting. Register today at Town Hall or call the recreation office at 250-295-6067 to learn more. Late registrations are always welcome. School age programs include sports, dance, arts & crafts, cooking and seasonal events. Youth and Adult programs include fitness & yoga, baking, arts & craft work-

TOWN OF PRINCETON TAX EXEMPTION BYLAW

At the October 4th, 2010 Regular Meeting Town Council will consider providing permissive tax exemption for the following properties for the 2011 taxation year in accordance with Section 224 of the Community Charter.

		2010
Name	Civic Address	Exemption
Roman Catholic Church	43 Billiter	300.93
Princeton Silver Crest Housing	30 Billiter	105.42
Princeton Silver Crest Housing	23 Fenchurch	197.37
Foursquare Gospel Church	38 Kenley Ave	178.52
Foursquare Gospel Church	Kenley Ave	102.01
Foursquare Gospel Church	Kenley Ave	28.90
Foursquare Gospel Church	Haliford Ave	13.60
Pentecostal Assemblies	165 Vermillion	115.19
St Paul's Presbyterian Church	1901st St	267.78
Princeton Long Term Care Society		110.99
Interior Health Authority	98 Ridgewood	2,035.34
Princeton Congregation of Jeho-		
vah's Witnesses	604 Ridgewood	299.23
Trails Society of BC		16.15
Trails Society of BC		19.13
Baptist Church of Princeton	160 Old Hedley	285.63
Trails Society of BC		11.48
Trails Society of BC		61.21

This bylaw proposes to exempt properties from taxation that would have otherwise generated approximately \$4,000 annual tax revenue.

Shirley McMahon

Deputy Treasurer/Collector for the Town of Princeton

OFFICE CLOSED THANKSGIVING DAY

Princeton Town Hall will be closed Monday, October 11th, 2010 for the Thanksgiving Day holiday. Regular office hours will resume Tuesday, October 12, 2010.



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Keremeos News



June Murray and Jeanette Clark of Central Interior Traffic Control were contacted at 6:00 PM on Friday, September 24th to perform flagging duties for Fortis BC workers the following morning as part of the Yellow Lake Safety Improvements Project. Photo: Arlene Arlow

Directors meet to discuss plans

by Dave Cursons

Similkameen Trails Society Directors met Thursday, September 23 at The Village Office to discuss developments through the past summer and to plan for 2010-2011.

The trails society will send a delegation to a trails workshop planned by The Regional District of Okanagan Similkameen. It is expected that the workshop will review the progress of the Provincial Trails Strategy within the RDOS.

Similkameen Trails Society is based in RDOS Areas B, G and the Village of Keremeos and has an interest in walking trails extending from the Red Bridge through Keremeos to Cawston at Kobau Park.

Trails Stewardship is the primary work of the Similkameen Trails Society. Stewardship involves engaging the public in securing, constructing and maintaining local walking trails.

An outreach to new and long-time Trails Society members is part of this year's plan.

Special attention will go to follow up with the Regional District of Okanagan Similkameen around opening the old Burlington Northern rail bed, a Crown Property, from Willis Ranch Road to Coulthard Road in Cawston.

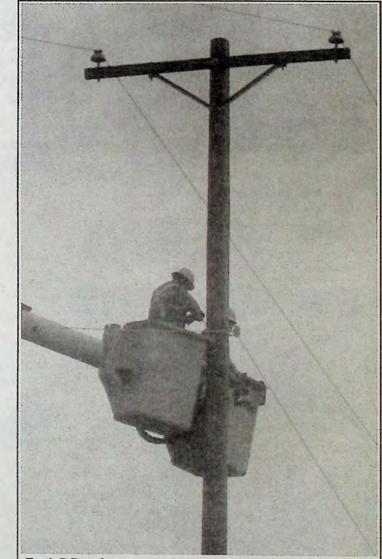
Trail users in the stretch from Willis Ranch Road to Becks Road will be asked about a development and maintenance plan.

Brian Dunn, whose work with volunteers and Keremeos Village staff has realized the Keremeos Promenade, including a dike walkway, has new trails society funding to arrange with Keremeos Village to landscape The Keremeos Promenade between the packinghouse and cement works.

The September 23rd meeting discussed an "adopt a piece of the trail" program to enlist neighbourhood involvement in trail development and maintenance.

The society is ordering Similkameen Trails baseball caps for sale to volunteers and supporters.

The next Trails Society meeting is on Thursday, November 18th at the Village Office.



Fortis BC workers were re-routing power lines to the Yellow Lake pumphouse on September 25th as part of the Yellow Lake Safety Improvements Project along Highway 3. Photo: Arlene Arlow



A FortisBC crew gets into position near Yellow Lake Saturday, September 25th. The Yellow Lake Safety Improvements Project is funded jointly by the federal and provincial governments as part of the federal Canada Action Plan to create jobs. The plan was launched January 27, 2009.

The Yellow Lake project alone will receive \$3,000,000 in federal funding. Photo: Arlene Arlow

KVFD is looking for a few good (wo)men!

by Melanie Bagley, KVFD Public Relations

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

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

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

Being a Keremeos volunteer fire-

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

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

Application forms will also be available at the ValuPlus on October 9th at the fire safety and prevention display where there will be an opportunity to talk to volunteer firefighters.

Return the completed application to the Village Office or the Fire Hall or send in the mail to Keremeos Fire Hall, Box 17, Keremeos, B.C., VOX 1NO.

For further information, phone Doug MacLeod at 250.499.2785 or Jordy Bosscha at the Fire Hall (250.499.2200).

The application deadline is October 29th.

Players need soldiers' gear for show

by Dave Cursons

Some Similkameen players and singers have put out a call out for soldier's, sailors' and flyers' gear from WWI through the 30's, 40's and 50's.

Lower Similkameen performers are teaming up with traditional music folks from Princeton to give Folies de Guerre, billed as "a sweet and irreverent look at the hard underbelly of war".

The afternoon concert will include songs, poems and skits that come out of modern wars. They are the songs and recitations of war veterans as well as social activists. These are the colorful fare that the audiences will be offered in Folies de Guerre.

Folies de Guerre (The Madnesses of War) will happen at 2:00 PM on Sunday afternoon, November 14th at the Cawston Community Hall.

Tickets go on sale October 25th. For more information call 250.499.5417.



McElhanney Associates Land Surveying Ltd. survey staff were working along Yellow Lake on September 23rd preparing for the Safety Improvement Project at that site. Photo: Arlene Arlow

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FINANCIAL FOCUS

Gen-Xers Face Retirement Challenge

If you're part of "Generation X," it's time to get serious about retirement planning. Or if you have children who are Gen-Xers, why not help ensure their retirement planning is on the right track?

Members of Gen-X-loosely defined as those born between 1965 and 1980-may still have plenty of time before retirement. But they should still be thinking about retirement, and how to save and invest for the day they leave the workforce.

The reality is that many members of this generation tend to be spenders instead of savers, not as focused on retirement planning. One U.S. study revealed that about half of all workers bom between 1965 and 1972 are "at risk" of having too little money to maintain their standard of living during retirement. (The study didn't include younger Gen-Xers because their financial histories are not long enough to yield meaningful interpretations of future behaviour.)

What's the problem? Gen-Xers aren't saving enough to pay for the type of retirement they'd

If you're one of the reluctant savers, or have a child who isn't paying enough attention to his or her financial future, what changes can be made to reach a more favourable retirement destination? Here are a few suggestions:

Don't panic. Gen-Xers have one critically important asset on their side: time. Even the first wave of Generation X members have about 25 years until they reach the typical retirement age of 65. That's long enough to make financial moves that will enable substantial progress toward retirement goals. But don't wait too long.

Take advantage of retirement savings opportunities. A Registered Retirement Savings Plan (RRSP) is one of the best ways to save for retirement. Money contributed to an RRSP grows tax-deferred, so over the long-term it provides the opportunity to accumulate much more wealth than by investing outside of a retirement plan. Plus, RRSP contributions can result in a generous tax break. It's best to contribute as much as you can, as soon as you can. And don't forget, you can make up for RRSP contributions you've missed in past years.

Identify retirement goals. We all have different visions of the ideal retirement. While one person might want to work until 65 and then open a small business, another might want to retire early and travel the world. The savings and investment strategy required should be based on individual goals.

Get professional help. It's not always easy to create and maintain long-term investment strategies. A financial professional can help decide which investments are appropriate, how aggressive an investment strategy should be and when it's time to make changes to a portfolio.

And remember, retirement may seem like a distant vision for Generation X, But it's getting closer every day.

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Smoke alarm maintenance is just the first safety step

their home smoke alarm batteries at least once a year as recommended by the Canadian Association of Fire Chiefs. The good news, according to a recent TNS Canada poll, is that the majority of Canadians (about 73%) with smoke alarms are following that advice.

But fire officials also warn that good home fire safety practices also mean having a fire escape plan in place and practicing home fire drills once a year.

Unfortunately, the same TNS Canada poll, conducted in July 2010 on behalf of Duracell, showed that nearly half of Canadians sur-

(NC)—Canadians should replace veyed said they do not have a home fire escape plan. The poll also showed that two in three homes with children never practice home fire

> "A working smoke alarm is a critical element of home fire safety but knowing exactly what to do in the event of a real fire emergency is also crucial," said Bruce Burrell, president of the Canadian Association of Fire Chiefs (CAFC). "Having a proper fire escape plan and practicing fire drills can make the difference between a safe escape and tragedy when a fire hits."

This year, Duracell is partnering with the CAFC and Kidde Canada to promote fire safety with the Great Canadian Fire Drill campaign, which is encouraging Canadians to develop escape plans and be counted in by doing a drill. Complete details on this special campaign are available online at www.safeathome.ca/drill.

"Fire safety in the home is something all Canadians should take very seriously and we want to spread the word on the importance being fully prepared in the event of a real emergency," said Victoria Maybee, external relations manager for Duracell.

"The Great Canadian Fire Drill campaign is an easy way for parents to help children understand what to do in case of fire."

Fire Prevention Week in Canada runs October 3 to 9, 2010 and is a good time to update your fire safety practices. More home fire safety resources and tips, including a fire escape plan builder and an email reminder tool are available online at www.duracellfiresafety.com.

The TNS Canada poll was conducted July 15 to 20, 2010 and is based on a national sample of 1,074 adults from TNS Canadian Facts' Internet research panel who were invited to complete an online sur-- www.newscanada.com

Autumn ah-choos? Beat your allergies with these tips

(NC)-Between the changing Leave the leaves - it may sound foliage and the crisp air, there's a lot to look forward to this fall season - although allergy sufferers may not feel the same way.

As the seasons change, so do pesky allergens - and chances are, if you have seasonal allergies in the spring, you'll be affected just as much in the fall.

"It's a common misconception that once the leaves start to fall, the allergies end," says Dr. Ross allergy specialist. "Ragweed is one of the top fall allergens, and regardless of where you live, they can be troublesome for seasonal allergy sufferers."

Ragweed in particular is an allergen that is specific to the fall season in central and eastern Canada, since it generally blooms from August to October.

Given that each ragweed plant produces one billion pollen grains on average each season, and that pollen can travel several hundred kilometres, it can be difficult, if not impossible, to avoid.

Here are a few tips from Dr. Chang for managing seasonal allergies during the fall season:

Make the right choice - it's almost impossible to totally avoid allergens altogether, so it's best to be prepared with the right antihistamine. Non-drowsy options like Reactine can start to work in as little as 20 minutes and just one dose can provide allergy symptom relief for a full 24 hours.

Goodbye pollen - pollen can hide anywhere, including your towels if you hang them outside to dry. By taking a shower after coming in from the outdoors, you can minimize exposure and reaction. Be sure to watch your pets too, as they may be contributing to your allergy woes by giving allergens a free ride on their fur but since mould thrives in damp conditions, raking old, wet leaves can release mould spores into the Seasonal allergy sufferers should

like an excuse to avoid yard work,

wear a mask when raking - or better yet, leave the leaves for someone else.

More information is available online at LivingWell.ca.

Living Past 100

Home Remedies For Colds

A cold is a virus, and there are probably about 200 different viruses that can cause a cold. Viruses are hard to fight off, and when your nose runs, your throat hurts and you cough, that's your body fighting the virus. It is damned uncomfortable, but for most of us, we know we'll be better in a few days. We just want to feel better sooner.

If you want to prevent suffering from a cold, you have to keep your immune system in top condition. That's another story. This article is about what happens after your immune system allows the virus to take hold and give you that nasty cold.

Probably the best thing you can take for a cold is Vitamin C, and with winter coming on, maybe you should start taking it now. The next thing you can do is eat chicken soup. Don't eat just any chicken soup. Lace the soup with garlic and onions, both of which prevent bacterial infections to piggyback on the cold virus. If you eat nothing else but chicken soup while you have a cold, then go ahead, unless you suffer from rheumatoid arthritis, in which case just stick to the Vitamin C.

When you have a cold, stay away from coffee and cola drinks, or any other source of caffeine, such as chocolate. Caffeine interferes with healing. Stay away from alcoholic drinks for the same reason.

Berry juice is very beneficial when fighting a cold. Blueberry juice is exceptionally good, and so is elderberry extract.

Buy some ginger root, grate a bit, and make a tea from it by putting it in a cup of boiling water and letting it steep. Strain the tea and drink it three or four times during the day. Add a little honey to it. Ginger contains a substance that fights cold viruses, reduces coughing, pain and fever. Honey stops throat irritation.

A strong cup of green tea is helpful too, and some people swear by ginseng tea as helpful in fighting a cold.

Eating yogurt can help both prevent catching a cold and curing a cold, because yogurt contains a bacteria that stops the virus from multiplying in your digestive tract.

Whatever you do to fight a cold, fight it for all of us. Don't go to work and spread it around, keep it to yourself, and keep your eating utensils to yourself. Cover your nose and mouth when you cough, and hide yourself away as much as possible. Everyone will thank you.

This Week - 10 Years A Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - October 3, 2000



Acting Deputy Mayor Kathy Clement signed a proclamation at the September 25, 2000 Town Council meeting declaring October as Community Living Month in Princeton. Standing from left, Ruth Murphy, Carol Loucks, Joyce Fraser and Barbara McIntosh. - News Leader Photo Archives

lities you can bank on

It was ten years ago this week, in the October 3, 2000 Similkameen News Leader, when Valley First Credit Union first announced plans for their new 6,200 square foot branch to be located at the corner of Highway 3 and Bridge Street.

At the time, VFCU President and CEO Harley Biddlecombe stated the new building would, "provide much needed space for the growing credit union, in addition to the added services of a resident financial planner and a Valley First owned insurance office offering Autoplan, general and private insurance services."

Valley First Credit Union first acquired the Princeton Branch of the Yale District Credit Union in 1982. Construction of the new facility was scheduled to start in early 2001 with a grand opening of the new Valley First Credit Union and adjacent Valley First Insurance Services office slated for August 2001.

The former Valley First building on Bridge Street is currently occupied by Lordco Auto Parts. Do you remember which Princeton business filled half of that location before Lordco came to town? The answer is at the end of this article.

Marilyn Harkness took on the responsibility for all of the health needs in the entire Similkameen watershed a decade ago.

With the title of Similkameen Community Health Services Administrator, Harkness told the News Leader in October 2000 she divided her time between Princeton and Keremeos working with health care professionals throughout the valley and region.

She started her new position with both Princeton and Keremeos health facilities under construction.

"It's very exciting but a lot of work," Harkness said at the time.

"It's a huge job staying on top of things, but it's also nice to work in new facilities."

The doctor shortage existed even then and Harkness indicated that difficulties in recruiting doctors and nurses was a worldwide issue due to shortages in trained professionals and noted smaller communities were at a disadvantage.

"It's important to work with the community to recruit the people we

The famous Nickel Plate information sign was returned to Hedley on September 16, 2000. It went missing two years before following a mishap where the sign was knocked over, then stolen. It took a tip that led RCMP to recover it from a property in Surrey.

Hedley Museum Society started the search once they determined replacing the vintage 1959 Province of British Columbia Stops of Interest Information Sign would cost about \$2,500. So they offered a \$100 reward for its return.

Long story short: a supplier of a local business indicated seeing the missing sign at a private residence in the lower mainland. The supplier went as far as taking a photograph of the "Gold In Nickel Plate" sign to verify which launched recovery plans.

Apparently the sign was purchased for \$250 at a garage sale!

It was eventually placed back at the roadside pull out just west of Hedley.

The classic 1959 Department of Recreation and Conservation sign erected during the W.A.C. Bennett government now sits in Hedley Museum having been replaced by a newer sign a couple years ago.

The business once located in half of the old Valley First building on Bridge Street was the Similkameen News Leader!

aws Leader

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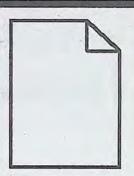
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7:00 PM Friday, October 8th Linguini's

\$33 per Person INCLUDES A 3-COURSE MEAL

Appetizers - Choice of One Spinach Salad - Wasabi Shumai & Potstickers - Dried Pork Ribs

Main Course - Choice of One

- 6oz AAA NY Strip, Potato/Rice and Vegetables - Turkey Breast Schnitzel, Stuffing, Potato/Rice and Vegetables

Cornish Game Hen, Potato/Rice and Vegetables - Pan Fried Sole, Potato/Rice and Vegetables

Dessert - Choice of One

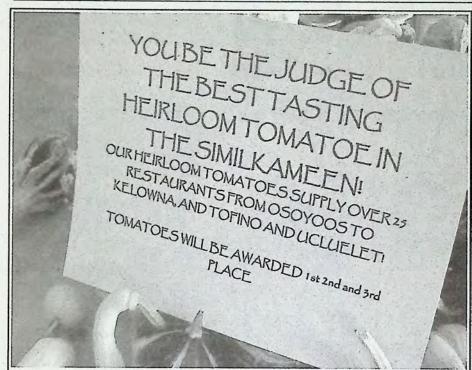
Cheesecake Bites - Tiramasu

The Meal includes Coffee/Tea/Iced Tea

IF YOU WISH TO ORDER OFF THE MENU THERE WILL BE AN ADDITIONAL \$10.00 COVER CHARGE www.myspace.com/saskiadarrel www.saskia.ca

Licensed Dining - Reservations: 250.295.3390 255 Vermilion Avenue, Princeton

Harvest Festival - Cawston



The Harvest Festival October 2nd at Harkers Organics in Cawston featured numerous activities including this one. Many in attendance cast ballots for their favourites. *



The Land Conservancy had a display set up as part of Harvest Festival which details information on habitat protection and various other programs from the group.*



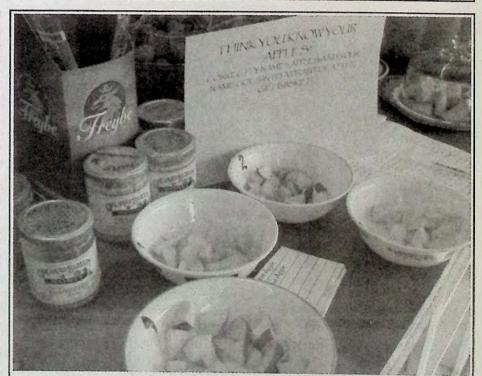
Harvest is the time when all the crops are gathered and everyone celebrates the end of a growing season. Harvest Festival included old-time ploughing demonstrations. *



Cooking staff from the Burrowing Owl were on hand to grill up some treats as part of Harvest Festival October 2nd at Harkers Organics in Cawston. *



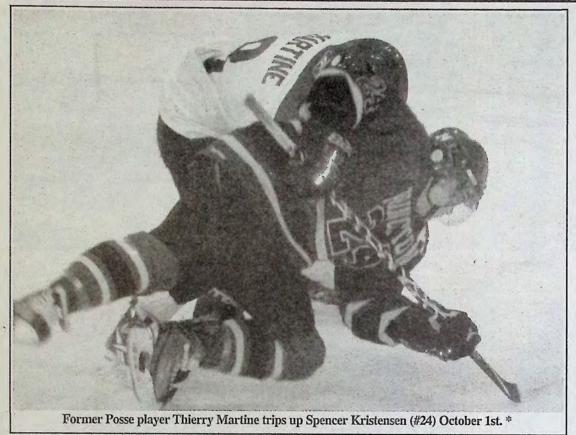
The News Leader's Brenda Engel couldn't wait to taste the heirloom tomatoes and cast her vote for her favourite. She picked the Hillbilly Potatoe variety.*



Think you know your apples? There was a way to find out for sure during Harvest Festival. You could also guess the weight of a giant pumpkin squash. *

News Leader

Similkameen News Leader TV Guide Listings - October 6 - 12, 2010



Covotes into double

The Princeton Posse hosted Osoyoos Coyotes October 1st in what was the first-ever pay-perview webcast of the teams and fans and viewers got their money's worth in 70-minutes of hockey.

Yes, 70-minutes!

Both teams jumped into action from the opening face-off with Princeton lighting up the scoreboard first at 16:23 (Dylan Beston from Alex Demchuk).

Osoyoos replied at 7:25 (Taylor House from Brandon Watson and Shane Hanna).

Osoyoos took the lead at 4:10 (Jason Bell from Thierry Martine and Taylor House) and widened it on the power play at 2:51 (Shane Hanna from Brandon Parrone and Stefan Jensen).

Princeton's team captain Derrick DeLisser closed the period with an unassisted goal at 2:08.

After one it was Osoyoos out

shooting Princeton 15 to 9 and leading 3 to 2.

The second period started with a slightly slower pace although Osoyoos pulled away with two more goals. The first, on the power play at 9:15 (Brandon Watson from Troy Quintal and Josh Gray) and the second at 8:36 (Mark Ferguson from Van Bettauer and Jake Newton).

After two it was Osoyoos leading 5 to 2 and working their way into another victory.

Or at least that's how it looked before the start of the third period. The next twenty-minutes of hockey saw a pace slightly faster, and sometimes more frantic, than the first 20-minutes were played.

Only 37-seconds into the frame Princeton's Spencer Kristensen tallied a power play goal with assistance from Ben Reinbolt and Derrick DeLisser. The goal set the

pace for an amazing comeback for the home team.

Princeton muscled their way to a 5-all tie with goals scored at 6:32 (Derrick DeLisser from Lee Muir and Spencer Kristensen) and at 1:57 (Dylan Beston from Keenan Fordy and Jayden Janzen).

"The pay-per-view fans were certainly getting good hockey for the 6.95 they paid for this game," Posse internet play-by-play announcer George Elliott said.

"And the fans in the Arena were also getting good value for their ticket price.'

Then only 13-seconds after Princeton tamed the Coyotes by tying the game, Osoyoos took the lead back with players battling in front of the Princeton net and slapping at rebounds.

Brandon Watson got enough stick on the puck when Posse goalie .. continued on Page 22

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Princeton Posse / Osoyoos Coyotes



Princeton's Devon Grossler (#11) keeps an eye on the play while waiting in front of the Osoyoos Coyote net October 1st at Princeton Arena. *



Alex Demchuk (#16) moves the puck out of the Osoyoos zone while Princeton's Nick Cecconi (#22) watches. Princeton took the game into overtime. *



Devon Grossler (#11) wins a blue line face off while Nathan Voytechek (#23) gets ready to spring into action during the October 1st game against Osoyoos. *

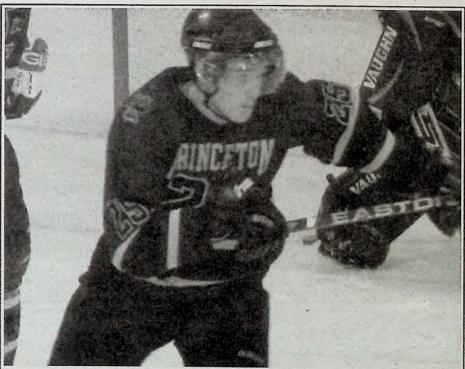


Kennan Fordy (#26) of the Princeton Posse follows the play in front of his own net in the Osoyoos game October 1st at Princeton Arena. *



Princeton goalie Weston Joseph (#1) makes the save while team mates provide extra assistance in defending their net in the October 1st game against Osoyoos. *

at a first of afficiently interesting and in



Ben Reinbolt (#25) on the move during the October 1st Princeton Posse/ Osoyoos Coyote game which ended up a 6-all tie in double overtime, *

TUESDAY, OCTOBER 5, 2010

		WTBS	CHBC	KNOW 5	KSPS 6	KHQ	KREM (8)	A&E	KXLY	BCTV	CITV	CBC	YTV (B)	TSN (19)	VTV	DISC 24	FAM 26	CITY	SPIKE	TROP 45
6		Coshy	(5,30) Morning News (N)	Little Bear (6:35)	Thomas Lions	News (N)	News	Billy Billy	News	(5.30) Morning News (N)	(4:30) Morning News (N)	CBC News Now [E]	Being Ian Rollbots	SportsCentr e [tt]	Canada AM	How-Made How-Made	Henrys Feet		CSI: NY 🗷	
7	AM :30	In the Heat of the Night		HI-5 "Games: Silly Day"	Arthur (EI) Martha	Today Lisa Rinna and Harry	The Early Show (N)	Billy	Good Morning America (N)	Œ	Œ	Artzooka (E) (DVS)	League Pokemon	SportsCentr e 📧		Realty Big Things (E)	Mickey Mickey	The Nate Berkus Show	Pros vs. Joes	Buy Me Buy Me
8		Lyries!		Magle Bus Poppet	Curious Cat In the	Hamlin, (N)		Billy	œ		100 Huntley Street [ff]	Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentr e [ff]		Cruise Ship Rescue	Manny Manny	Ruchael Ray (E)	Pros vs. Joes	Whatever Whatever
9	AM :30	Family Fd Family Fd	100 Huntley Street [E]	Clifford George S.	Super Why! Dinosaur		The 700 Club (6)	Billy	Live With Regis & Kelly	100 Huntley Street [E]	World Vision (底)	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	MythBuster s 🕮	Feet Agent Oso	Role Amazing	CSI; NY 📧	Restaurant Makeover
10	AM	The Investigator	Hospital for	(10:01) Franklin Harriet	Sesame Street (N) (EI)		The Price Is Right (N)	Billy	The View	Hospital for Sick Kids	City Agent	Pako Doodlehap	(9:50) Little Mag Fero	NASCAR Racing	The View	How-Made Cash Cab	Mickey Handy	EP Daily Out There	CSI: NY "Admissions	The Nanny The Nanny
11		Forensics Evidence	World Vision 🖭	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Billy Billy	Paid Prog.	World Vision 🖫	Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	30 for 30 Œ	Fashion Fashion	Mayday "Falling Fast"	Suite Life Suite Life	CityLine (6)	CSI: Crime Scene	Gold Girls Gold Girls
12	PM :30	Jim King	Noon News Hour (N)	Arthur (fi)	Charlie Rose [f]	Paid Prog.	News Bold	Billy Billy	All My Children (N) (E)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men (12:25) Kid	2010 Poker	etalk (ff) Bold	I Could Do	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	America's Worst Driver
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2	:30	Friends Friends	Young & Restless	The Ocean Room "Cirque du	Barney WordWorld	Jane Judge B.	Let's Make a Deal (N)	Billy Billy	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris (N)	Casper's Garfield	Off Record Interruptio	Dr. Phil (E)	MythBuster s 🕮	Replacemn School	Access Hollywood Live	CSI: Crime Scene	
3	1000	The Office The Office	The Doctors		WordGirl Electric	The Doctors	Dr. Phil @	Billy Billy	Rachael Ray [E]	The Doctors	Young & Restless	Commonwe alth Games	OddParent Super Evil	SportsCentr e (Live) @	(2:59) The Dr. Oz Show (N)	I Could Do Destroyed	Life Derek Suite Life	CityNews at 6 (N) [E]	CSI: Crime Scene	Restaurant Makeover
4		Family Guy Family Guy	Oprah Winfrey	(4:31)	Fetch! With Cyberchas	Jdg Judy Jdg Judy	Oprah Winfrey	Billy Billy	Seinfeld Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Fanboy	Hockey NHL Prev	Ellen DeGeneres Show	Daily Planet (N) 🖭	Phineas Phineas	Lnw & Order @	Ways Dle Ways Dle	Buy Me Buy Me
5	PM :30	Browns Payne	Enrly News News	George Shrinks (E) Martha	BBC News Business	News (N) NBC News	News News	Billy	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N) (E)	OddParent SpongeBob	Top Players	CTV News at Five (N)	How/Made How-Made	Wizards Hannah	The Biggest Loser Tennis	Ways Die Ways Die	America's Worst Driver
6	:30		Global Nat. News	Dogs Parks	PBS NewsHour (N) (E)	News (N) Millionaire	News Access H.	Billy Billy	News News	(5:59) News Hour (N)	ET Canada Ent	Coronation	iCarly (E)	NHL Funtasy	CTV News (N) @	Destroyed Destroyed	Suite/Deck Wizards	lessons. (N)	Ways Die Ways Die	The Marriage Ref (E)
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8	PM :30	Fellow	Glee "Grilled Cheesus"	Electric Dreams (N)	Wild! (E) (DVS)	The Biggest Loser Tennis	NCIS "Short Fuse" (N)	Billy Billy	No Ordinary Family (N)	Glee "Grilled Cheesus"	Glee "Grilled Cheesus"	Mercer 22 Minutes	Chris 8, Rules	Off Record	No Ordinary Family (N)	Daily Planet	Suite/Deck I'm in Band	News EP Daily	BlueMount BlueMount	Buy Me ET Canada
9	:30	(1996, Comedy)	NCIS: Los Angeles (N)	The Rainbow Warriors	POV Military planner	Decree of the second	NCIS: Los Angeles (N)	Billy Billy	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Being Erica (N)	8, Rules What I Like	Billiards Billiards	Dancing With the Stars	Destroyed Destroyed	Majority Buzz	Real Chance of Love	BlueMount BlueMount	Family Guy Stings
10	PM :30	Movie: "My Fellow Americans"	The Good Wife (N)		Daniel Ellsberg. (N)	Parenthood (N) [E]	The Good Wife (N)	Billy Billy	(10:01)	The Good Wife (N) @	News Hour Final (N)	National	Madison Family Biz	Wide World of Fights		Swamp Loggers @	School Stone	Judge B. Home Imp.	Star Trek: Voyager @	Parking Parking
11	PM :30	(1996, Comedy)	CHBC News Final (N)	T'lina: The	Charlie Rose (N)	News (N) Jay Leno	News Letterman	Billy Billy	News (11:35)	News Hour Final (N)	Ent ET Canada	George S Ron James	Prank Ptrl Prank Ptrl	SportsCentre (Live) (CTV News	How/Made How-Made	So Raven Life Derek	Paid Prog.	BlueMount BlueMount	America's Worst Driver

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV ®	TSN 19	VTV 22	DISC 24	FAM 26	CITY 29	SPIKE 44	TROF
6		Cochy	Morning	Little Bear (6:35)	Bob Build Llons	News (N)	News	Seagal Seagal	News	(5:30) Morning	(4:30) Morning	Now [77]	Being Ian Rollbots	SportsCentr e 🕮	Canada AM	How-Made How-Made	Henrys Feet	CityLine @	CSI: NY 🔃	Bootcamp
7	AM	In the Heat of the Night	(News (N)	Hi-5 Hiccups. 🕮	Arthur (EI) Martha	Cora; Mira	The Early Show (N)	Seagal Seagal	Good Morning	News (N)	News (N)	TER (DUC)	Beyblade Pokemon	SportsCentr		Really Big Things (£)	Mickey	The Nate Berkus	Pros vs. Joes	End Lea
8	AM	Lyrics!		Magie Bus Poppet	Curious Cat in the	Sorvino. (N)	Œ	Dog Dog	America (N)		100 Huntley Street @	Bo On/Go	SpongeBob Kid vs. Kat	SportsCentr e @		Deadliest Catch [E]	Manny Manny	Show Rachael Ray @	Pros vs. Joes	Whateve
9		Family Fd Friends	100 Huntley Street (E)		Super Why!		The 700 Club 📧	Dog	Live With Regis &	100 Huntley Street @	Cunada	Super Why!		SportsCentr	Live With Regis &	MythBuster s &	1200	Role	CSI: NY 🔃	Restaura
	AM	The	World	George S. Franklin	Dinosaur Sesame		The Price Is		Kelly The View	World	Canada Big Flip	News Poko	Berenstain (9:50) Little	Billiards	Kelly The View	How/Made	Agent Oso Mickey	Amazing EP Daily	CSI: NY	Dawson
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11	:30	Evidence	Canada	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Seagal	Paid Prog.	Canada	Hour (N)	dirtgirl	(11:35) Erky	Sports	Fashion	Destroyed	Suite Life		Scene	Gold Gi
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1		Seinfeld Earl	Days of our Lives (N)	Train (E) Wibbly Pig	Oil Painting Sewing		The Price Is Right (N)	Seagal Seagal	One Life to Live (N)	Days of our Lives (N)	End Leash Debt Part	Recipes Air Farce	(12:50) Viva (1:20)		Sue Thomas F.B.Eye	1 noners	Cory Recess	Jdg Judy Jdg Judy	CSI: Crime Scene	I Survi
2	PM		Restless	The Ocean Room	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	Dog	General Hospital (N)	Young & Restless	The Doctors	Chris (N)	Casper's Garfield	Off Record	Dr. Phil @	MythBuster s 🔃	Replacemn School	Control of the latest	CSI: Crime Scene	Gold G
3	PM	Contract of the Contract of th	The Doctors	"There Will Be Mud" [E]	WordGirl Electric	The Doctors	Dr. Phil 🔃	Dog	Rachael Ray 🕮	The Doctors	Young & Restless	Commonwe alth Games	OddParent League	SportsCentr e (Live) @	Dr. Oz		Life Derek Suite Life	CityNews at 6 (N) [E]	CSI: Crime Scene	Restaur Makeov
4	PM	Family Guy	Winfras		Fetch! With		Oprah Winfrey	Dog	Seinfeld Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	Hockey	Control of the Contro	(N) [FF]	Phineas Phineas	Law & Order Œ	UFC Unleashed	End Lea
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5		"Austin Powers in Goldmember	Walter and the	Martha Does	Business PBS	NBC News News (N)	News News	Bounty Hunter Dog the	ABC News	Global Nat. (5:59) News	Hour (N) ET Canada	Vancouver (N) @	SpongeBob iCarly @	TSN Season Preview (Live) @			Hannah Suite/Deck		Unleashed (t) UFC	"Janet"
6	:30	" (2002)		Parks	NewsHour (N) 🖭		Access H.	Bounty Hunter	News	Hour (N)	Ent		Weird		(N) EE	Scenario	Wizards	Cougar	Unleashed	33
7		Seinfeld Law &	Ent ET Canada	Rivers Rescue	American Songbook	Jeopardy! Wheel	The Dr. Oz Show (N)	Seagal Seagal	Ent The Insider	Ent ET Canada	Shattered	Wheel Jeopardy!	iCarly @	NBA Preseason Basketball:	etalk 🕮 Big Bang	Tee?	Sonny Hannah	Truth (N)	The Ultimate Fighter (N)	Family (
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0	PM	"Austin Powers in	(N) NCIS "Short Fuse" (N)	Fiddle- Drum	es "Macbeth" Patrick	Law & Order: SVU	(N) Criminal Minds (N)	(9:01) Dog the Bounty	Family	(N) NCIS "Short Fuse" (N)	(N) NCIS "Short Fuse" (N)	The Tudors	8, Rules	Toronto Raptors	Criminal Minds (N)	Mayday [tt]	Majority	Friends	The	Family
3	:30 PM	Goldmember " (2002)	Shattered	Royal	Stewart stars in	Law-Order	The	Hunter (10:01) Dog	Cougar The Whole	Shattered	News Hour		What I Like Madison	Foll Tilt	Œ Law-Order	Swamp	Buzz School		Fighter Star Trek:	Parking Hoarde
10	.00	Movie		Winnipeg	"Macbeth." (N) Charlie	L.A. News (N)	Defenders (N) [6] News	the Bounty Hunter Seagal	Truth (N)	News Hour	Final (N)		Family Biz Prunk Ptrl	Poker SportsCentr			Stone So Raven	Home Imp. Paid Prog.	Voyager 📧	Interver
11	PM :30		The state of the s	Seeking Doctors	Rose (N)	Jay Leno	Letterman	Seagal	(11:35)	Final (N)	ET Canada	(11:40) 22	Prank Ptri	e (Live) [Life Derek	Paid Prog.	UFC	"Janet"

HOWS Leader - Horoscopes

October 6 - 13, 2010

Aries - Your plans can move ahead now, if you can speak openly to your partner and others involved. You must also listen. Things you counted on others to do may not be possible now. Don't be pessimistic, be serious.

Taurus - You can make a real improvement in your health by beginning an exercise regimen now. The lusty high spirits of your romantic interest may tone down a little this week, but it won't go away entirely. Make the most of it.

Gemini - This is a good week for you to go places and have fun. Nobody can have as much fun as you can now, but you must avoid consuming too much sugar, including alcohol, or you will suffer. Expect beneficial surprises.

Cancer - See your home and family in a new light now. You can take action around home to improve it. You should plan any redecoration projects now as your taste is good. You can put a lot of creative energy into your plans now.

Leo - Seriously discuss matters with a sibling to avert alienation. Take care of necessary errands, pay bills, and take care of contacting people you need to further your goals. Work around home may be delayed. Step back now.

Virgo - You need a sound financial plan now. Draw up a budget and stick to it. You will not have the resources you want for a couple of years, but you can actually save if you plan, even if your resources are not great. Persistence pays.

Libra - You can impress others now with the seriousness of your plans or your intentions. You will be able to express yourself well and show others how confident you are. Others may not respond right away, but they listen.

Scorpio - You are full of fun and energy, but this week will call for a lot of work on your part to do what needs doing. You can make gains by being charming. A romantic surprise could shake you up in a pleasant way. Enjoy!

Sagittarius - A lot of things are going on in your mind. You gain by looking deep into yourself and bringing some of your creative ideas into action. Focus on plans, groups with whom you associate. Home front is exciting.

Capricorn - Your career demands some serious consideration. You may have to talk to somebody about where you're going with your career. Be open and forthright. It may be time to change your career, but move slowly. Plan now.

Aquarius - You may want to travel but it is not the time to do it. Your career is becoming more demanding. Unexpected gains or losses may upset you. Be cautious in everything you do where buying or selling are part.

Pisces - You are full of great ideas. You seek change, but you may be the catalyst who causes others to change in beneficial ways. You have the ability now to make a big favorable impact on others. Discuss shared resources.

Small Business 101

Five Little Tools For Small Business Success

(NC)—Profitability relies on keeping overhead costs in line while striking just the right balance with business performance. Start-up costs, especially, require careful planning to ensure every bit of equipment paves the way to revenues.

The bare necessities for your dayto-day administration usually include a desk, telephone, computer, printer, fax machine, and general desk supplies. Each business has its own unique essentials for making sales, but owners often ask: Of all the equipment available, what is wisest investment? Or put another way: What products do the most successful businesses not do without?

"These questions are the right ones for a start up, and should be asked again as the business grows," says Steve Matyas, president of Staples Canada. "It's always valuable for business people to learn from each other through industry associations, or with general networking in person and online. Business blogs serve this purpose for time-strapped entrepreneurs, so check us out at http://blog.staples.ca/."

And when it comes to the wisest investments, here is this retailer's Top 5 Tools list for leading you directly to the money:

 Own the best notebook: Efficient time-management is maximized if records and files are kept up-to-date everywhere you go. Equip yourself with the very latest laptop technology, like the HP Probook line. The features of the 4320 model includes: built-in wireless; DVD and Bluetooth capability; 2.26 GHz Intel Core i3-350 M processor with 4 GB memory; 320 GB hard drive; 13.3" LED-backlit HD display; and the latest Windows operating system with a spill resistant keyboard and top energy efficiency.

2. Carry data on your key chain: USB drives today are lighter and more durable than ever. Take a look at the Verbatim Tuff-N-Tiny line. It's penny-thin, travel-tough, resists dust and water, and fits into all standard USB ports. With a choice of 8 or 16 GB data storage potential, you can share files with customers and co-workers easily – and take it with you on your key chain.

3. Buy a mobile mouse: Business activity is often on the road, so the latest tool is a wireless mouse with built-in receiver to let you operate up to six devices. The Logitech Anywhere Mouse MX allows better precision on a wider range of surfaces, including clear glass and lacquered desks. This mouse conforms to your business needs, including hyperfast scrolling from zero to 10,000 lines in 7 seconds. With its tiny wireless receiver, there's no need to plug it in or deal with the hassle of multiple receivers.

4. Be wireless instantly: The Valet line is a breakthrough product to quickly and simply make your home or business wireless. The Easy Setup USB Key gets you connected to the Internet in 3 simple steps. And, Cisco Connect software lets you quickly link and manage your other wireless devices. With Valet, the set up is a breeze and you can connect additional computers, block unwanted websites, and give temporary passwords to visiting customers.

5. Calculate the profit: Owning at least one HP Calculator is essential for any deal, big or small. Hewlett-Packard has designed many models and very popular for small business is item HP 17-BII with more than 250 built-in functions and date calculations. This calculator has RPN and algebraic entry-system logic; 28 KB user memory, plus the HP Solve functionality which will calculate any variable without re-writing the equation. Guided by the right calculator, you'll keep overheads low and revenues high.



ON YOUR CELL PHONE OR MOBILE DEVICE

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Tuesday Movies

EVENING

8:00 pm WTBS ③ ★★"My Fellow Americans" (1996, Comedy) Jack Lemmon. Rival ex-presidents grudgingly team up to fight a frame-up.

10:00 pm WTBS ③ ★★"My Fellow Americans" (1996, Comedy) Jack Lemmon. Rival ex-presidents grudgingly team up to fight a frame-up.

Wednesday Movies

AFTERNOON

5:00 pm WTBS ③ ★★¼"Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world.

EVENING 8:00 pm KNOW 5 "China Power: Art Now After Mao" (2009, Documentary) A history of contemporary art reveals its key movements and events in China. Estador Salo pm WTBS 3 * * "Austin Powers in Goldmember" (2002, Comedy) Mike Myers. Austin must rescue his captive father and prevent Dr. Evil's malevolent minions from taking over the world.

Thursday Movies

EVENING

7:30 pm WTBS ③ ★★%"A Simple Plan" (1998, Suspense) Bill Paxton. A Minnesotan, his dimwitted brother and his brother's redneck friend find and decide to keep \$4 million.

10:00 pm WTBS [3] "Shadow Company" (2006, Documentary) Peter Singer. Examining the lives and origins of private soldiers who operate in fraq and around the world illustrates how they are changing the face of modern warfare.

Friday Movies

EVENING

7:00 pm YTV (B)"Her Best Move"
(2007, Comedy) Leah Pipes.
Premiere. Encouraged by her best friend, a 15-year-old soccer prodigy learns to live like a normal teenager.
(In Stereo) (E)
7:30 pm WTBS (3)
** * *Tombstone" (1993, Western) Kutt Pupes (1994, Political)

7:30 pm WTBS

***Tombstone" (1993,
Western) Kurt Russell. Doc Holliday
joins Wyatt Earp and his brothers for
an OK Corral showdown with the
Clanton gang.

Clanton gang.
8:00 pm FAM 26 "Twitches Too"
(2007, Mystery) Tia Mowry. Twin sisters who have magic powers uncover evidence that their missing father is alive. (In Stereo) 2

10:00 pm WTBS ③ ★★★"Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a

KNOW 5 ** * "Etre et Avoir" (2002, Documentary) Alizé. In a one-room schoolhouse in France, a dedicated teacher instructs children from age 4 to 10 on every subject.
FAM 26 * * "Mom's Got a Date With a Vampire" (2000, Comedy) Caroline Rhea. Two children set their mother up with a mysterious man, not realizing he may be one of the undead. (In Stereo)

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Explore The History Of Mining - Gold, Copper and Coal

THURSDAY, OCTOBER 7, 2010

		WTBS	CHBC (4)	KNOW 5	KSPS (6)	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV	CBC (i3)	YTV	TSN	VTV	DISC [24]	FAM (26)	CITY 29	SPIKE	TROP
-	AM	Coshy	(5:30)		Thomas	News (N)	News	The	News	(5:30)	(4.30)	CBC News	Being Ian		Canada AM		Henrys	CityLine [6]		6 Degrees
6	:30	Cosby	Morning News (N)	(6:35)	Lions	[6]		Sopranos		Morning News (N)	Morning News (N)	Now (III)	Rollbots	e 🗉	Œ.	How-Made	Franny		'Hostage'	6 Degrees
7	AM :30	In the Heat of the Night		HI-5 [8]	Arthur (EI) Martha	Today Meatballs; Giada de	The Early Show (N)	CSI: Mlami "Identity"	Good Morning America (N)	(E)	E	Artzooka	Sidekick Pokemon	SportsCentr		Colossal Squid @	Mickey	The Nate Berkus	Pros vs. Joes	Tracked Switch
8		Lyrics! Lyrics!		Magie Bus Poppet	Curious Cat in the	Laurentiis.		CSI: Miami			100 Huntley Street @	Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentr		Discovery Project	Manny	Show Rachael Ray [6]	Pros vs. Joes	Whatever
9		Family Fd Friends	100 Huntley Street [6]	Cilfford George S.	Super Why! Dinosaur		The 700 Club [6]	The First 48	Regis &	100 Huntley Street [II]	World Vision (E)	Super Why!	Timothy Berenstain	NHL Hockey:	Live With Regis &	Earth MythBuster s [6]		Role Amazing	CSI: NY "Hostage"	Hestaurant Makeover
10	AM	Access to the second se	World Vision @	Franklin	Sesame Street (N)		The Price Is Right (N)	The First 48	Kelly The View Naomi	World Vision 🖭	Newlywed	Poko	(9:50) Little	Carolina Hurricanes	Kelly The View Naomi	How/Made	Mickey	EP Daily	CSI: NY	Tracked
-	:30 AM	s	Hospital for	Rolle Polic	(EI) Sid	Ellen	Young &	Jewels	Watts. Paid Prog.	Hospital for	Brides Noon News	Doodlehop Gofrette	Maggie George S.	Minnesota Wild. (Live)	Watts. Fashion	Cash Cah Swamp	Handy Suite Life	Out There CityLine (3)	"Veritas" (E)	Switch Gold Girls
11	100	Evidence	Sick Kids	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Jewels	Paid Prog.	Sick Kids	Hour (N)	dirtgirl	(11:35) Erky	100000000000000000000000000000000000000	Fashion	Loggers [t]	Suite Life	Cityrane 30	Scene	Gold Girls
12	PM :30	Jim King	Noon News Hour (N)	Arthur (1)	Charlle Rose [6]	Paid Prog.	News Bold	The Sopranos		Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men (12:25) Kid	30 for 30	etalk [8] Bold	Scenario Scenario	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	Friends Friends
1	PM	Seinfeld	Days of our Lives (N)	Train (N)		Days of our Lives (N)	The Price Is Right (N)	CSI: Miami "Identity"	ACADOM SPACES	Days of our	End Leash	Wheel	(12.50) Viva		Sue Thomas		Cory	Jdg Judy	CSI: Crime	Friends
-	:30 DM	Earl Earl	Young &	Wibbly Pig The Jungle	Quilting Art Barney	Babar (E)	Let's Make	CSI: Miami		Lives (N)	Debt Part	Jeopardy!	(1:20)	Poker	F.B.Eye		Recess	Jdg Judy	Scene	Friends
2	:30	King	Restless	Room Repels.	WordWorld	Judge B.	a Deal (N)	(st) Whatmi	General Hospital (N)	Young & Restless	The Doctors	alth Games	Casper's Garfield	Off Record Interruptio	Dr. Phil @	MythBuster s [tt]	School	Access Hollywood Live	CSI: Crime Scene	Gold Girls Gold Girls
3	PM :30	The Office	The Doctors		WordGirl Electric	The Doctors	Dr. Phil 📵	The First 48		The Doctors	Young & Restless	Coronation Face-Off	OddParent League	SportsCentr e (Live) [ff]	(2:59) The Dr. Oz Show (N)		Life Derek Suite Life	CityNews at 6 (N) @	UFC Unleashed	Restaurant Makeover
4	-	Family Guy	Winfrey	George	Fetch! With Cyberchas	Jdg Judy Jdg Judy	Oprah Winfrey	The First 48	Seinfeld Seinfeld	Oprah Winfrey	(3.59) Early Global Nat.	NHL Hockey:	SpongeBob Fanboy	Hockey Off Record	Ellen	Daily Planet	320000	Law & Order 📧	CSI: Crime Scene	
-	PM	Browns	Early News	Shrinks (ff)	BBC News	News (N)	News	The First 48		Early News	(4:59) News	Montreal Canadiens at	OddParent	2010 Poker	Show CTV News	MythBuster	Phineas Wizards		CSI: Crime	Switch Friends
5	:30	Payne	News Global Nat.	Martha	Business		News	(C)		Global Nat.	Hour (N)	Toronto Maple Leafs.	SpongeBob			s [cc]	Hannah	30 Rock	Scene	Friends
6	:30	Luw & Order: SVU	A	Parks	PBS NewsHour (N) @	News (N) Millionaire	News Access II.	The First 48 (N) ©	News	(5:59) News Hour (N)	ET Canada Ent	News	iCarly (E) Indie	2010 Poker	(N) Œ	Bad Universe	Suite/Deck Wizards	A CONTRACTOR AND ADDRESS.	TNA Wrestling	Friends Friends
7	100000	11221200	Ent	Frontiers of		Jeopardy!	The Dr. Oz Show (N)	The First 48	The same of	Ent	The Apprentice	NHL Hockey:	iCarly (ff)	SportsCentr e (Live) @	CSI: Crime Scene	MythBuster s @	Sonny	Law & Order; UK	(Live) Œ	Family Guy
-	:30 PM	Simple Plan"		Syrian		Wheel Community		Seagal	The Insider My	ET Canada Bones (N)	(N) [E] Bones (N)	Calgary Flames at	Indie Chris	- truck ma	Big Bang	Daily Planet	Hannah Suite/Deck	(N) News	TNA	Worked Tracked
8	:30	Paxton, Billy Bob			œ		Dad Says	Seagal	Generation (N) 🔃	(PA) 📧	(PA) (E)	Edmonton Oilers.	8, Rules	Off Record	Can Dance	TE	I'm in Band		ReaCTION (Live)	ET Canada
9	PM :30	Thornton.	The Office Outsourced	Travels- Tanger	MI-5 🔢	The Office Outsourced	CSI: Crime Scene	(9:01) The First 48 🕮	Grey's Anatomy (N)	The Office Outsourced	The Office Outsourced	(Subject to Blackout)	8, Rules 10 Things	Billiards Speed	Grey's Anatomy	MythBuster s @	Majority Buzz	Dark Blue	UFC All Access	Family Guy Worked
10	PM	Movie: "Shedow	The Apprentice	Stanley Kubrick	Depression		The Mentalist	(10:01) The First 48 @	(10:01)	The	News Hour	National	Madison	30 for 30 @		Bad	School	Judge B.	(10:08)	Friends
10	:30 PM	Company"	(N) E	Boxes Beautiful	Charlie	(N) E	(N) (E) News	5.000	Private Practice (N)	(N) @	Final (N)	Correct C	Family Biz	6 4 6	Mentalist (N) [E]	Universe	Stone	Home Imp.	(10:38)	Friends
11	:30	Singer.	News Final	(2) (2) (2) (2) (2) (3) (3) (3) (3) (3) (3) (3) (3) (3) (3	Rose (N) TE		Letterman	Times 49 FF	News (11:35)	News Hour Final (N)	ET Canada	George S Comedy	Prank Ptrl Prank Ptrl	SportsCentr e (Live) @	CTV News	MythBuster s		Paid Prog.	Disorderly Conduct	Friends Friends

		WTBS	CHBC 4	KNOW	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV	CBC	YTV (18)	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE 44	TROP
•	AM	Cosby	(5:30)	Little Bear	Bob Build	News (N)	News	The	News	(5:30)	(4:30)	CBC News	Being Ian		Canada AM	A Committee of the Comm	Henrys	CityLine (ff)	CSI: NY	Comebaci
6	:30	Cosby	Morning News (N)	(6:35)	Between	(E)		Sopranos (E)		Morning News (N)	Morning News (N)	Now (#)	Rollbots	e @	æ	How/Made	Franny		"Page	Comeback
7		In the Heat of the Night		Hi-5 🖭	Arthur (EI) Martha	THE R. LEWIS CO., LANSING MICH.	The Early Show (N)	Amer. Justice	Good Morning	E	E	Artzooka (E) (DVS)	Yu-Gi-Oh! Pokemon	SportsCentr		Investigatio n X 🔃	Mickey	The Nate Berkus	Turner" Pros vs. Joes	Torrens
0	AM	Lyrics!		Magic Bus	Curious	self-hatred; Cory	(E)	American	America (N)		100 Huntley	Bo On/Go	SpongeBob	SportsCentr		MythBuster	Manny	Show Rachael	Pros vs.	Whatever
8	:30	Lyries!		Poppets	Cat in the	Feldman. (N) @		Justice [E]			Street @	Busytown	Kid vs. Kat	e @	-	s Œ	Manny	Ray @	Joes	Whatever
0			100 Huntley Street @		Super Why!		The 700 Club [f]	Amer. Justice	Live With	100 Huntley Street [6]	Hospital for Sick Kids	Super Why!	Timothy	NHL	Live With	MythBuster	Feet	Role	CSI: NY	Restauran
9	.00	Family Fd		G. Shrinks	Dinosaur		Club (6)	Jusuce	Regis & Kelly	Street (M)	SICK KIGS	News	Berenstain	Hockey: Carolina	Regis & Kelly	s Œ	Agent Oso	Amazing	"Page Turner"	Makeover
10	AM	The Investigator	World Vision (E)	Franklin	Sesame Street (N)		The Price Is Right (N)	The First 48	The View	World Vision (E)	Crash Test Mommy	Poko	(9:50) Little	Hurricanes vs.	The View	How-Made	Mickey	EP Daily	CSI: NY "Turbulence	Torrens
	:30	5		D W D W	(EI)							Doodlebop	Fly Rhino	Minnesota		Cash Cab	Manny	Out There	*	Torrens
11	100	Forensics Evidence	PLAN Children	Rolie Polie Berenstain	Sit-Be Fit	2010/2000/2000/2009	Young & Restless	Jewels Jewels	Paid Prog.	PLAN Children	Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	Wild. (Subject to	Fashion Fashion	Verminator s @	Suite Life Suite Life	CityLine @	CSI: Crime Scene	Gold Girls Gold Girls
	PM	Jim	Noon News	Arthur @	Charlie	Show Paid Prog.	News	The	All My	Noon News	Days of our	CBC News	Mr. Men	Blackout) NHL		MythBuster	Wizards	General	CSI: Crime	'70s Show
12	:30	King	Hour (N)	Dinosaur	Rose 🖭	Paid Prog.	Bold	Sopranos	Children (N) @	Hour (N)	Lives (N)	Now (N)	(12:25) Kid	Hockey: Columbus	ACCUPATION OF THE PARTY OF THE	s (tt)	Hannah	Hospital (N)		'70s Show
4	PM	Friends	Days of our	Train (E)	Painting			Amer.	One Life to	Days of our	End Leash	Recipes	(12:50) Viva	Blue Jackets	Control of the Contro		Cory	Jdg Judy	CSI; Crime	King
1	:30	Seinfeld	Lives (N)	Wibbly Pig	Scrapbook	Lives (N)	Right (N)	Justice	Live (N)	Lives (N)	Debt Part	Air Farce	(1:20)	vs. San Jose Sharks.	F.B.Eye	Universe	Recess	Jdg Judy	Scene	King
2	PM		Young & Restless	The Jungle Room A	Barney	Judge B.	Let's Make a Deal (N)	American Justice (t)	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris (N)	Casper's		Dr. Phil 🗷	MythBuster s tt	Replacemn	Access Hollywood	CSI: Crime Scene	Gold Girls
Eins		King		huge web	WordWorld								Garfield	Interruptio			School	Live		Gold Girls
3		The Office	The Doctors	appears.	WordGirl Electric	The Doctors	Dr. Phil @	Amer. Justice	Rachael Ray [tt]	The Doctors	Young & Restless	Commonwe alth Games	OddParent Super Evil	SportsCentr e (Live) [ff]	Dr. Oz	Cash Cab How/Made	Life Derek Suite Life	6 (N) (E)	Entourage Entourage	Restaurant Makeover
	PM	Family Guy	Oprah		Biz Kid\$	Jdg Judy	Oprah	The First 48	Seinfeld	Oprah	(3:59) Early	Ghost	SpongeBob	Hockey	Show (N) Ellen	Daily Planet	Phineas	Law &	Entourage	Torrens
4	:30	Family Guy	Winfrey	George	Cyberchas	Jdg Judy	Winfrey	Œ	Seinfeld	Winfrey	Global Nat.	Whisperer	Penguins	CFL	DeGeneres Show	(N) [tt]	Phineas	Order [4]	Entourage	Torrens
pres	PM	Browns	Early News	Shrinks [6]	BBC News	News (N)	News	Criminal	News	Early News	(4:59) News	CBC News:	OddParent	Football: Edmonton	CTV News	Dirty Jobs	Wizards	Hell's	Entourage	'70s Show
5	:30	Payne	News	Martha	Business	NBC News	News	Minds @	ABC News	Global Nat.	Hour (N)	(N) [tt]	SpongeBob	Eskimos at	at Five (N)	E	Hannah	Kitchen Hosting a	Entourage	'70s Show
0		Law &	Global Nat.	Dogs	PBS	News (N)	News	Criminal	News	(5:59) News	ET Canada		iCarly 📧	Hamilton Tiger-Cats.	Control of the Contro	1.404.00	Suite/Deck	prom with a	Entourage	King
6	:30	Order: SVU	News	Parks	NewsHour (N) @	Millionaire	Access H.	Minds @	News	Hour (N)	Ent	Coronation	Victorious	(Live)	(N) (E	Wild (N) 📧	Jonas L.A.	retro theme.	Entourage	King
7	PM	Seinfeld	Ent	Warriors of	Wash.	Jeopardy!	The Dr. Oz	Teach: Tony Danza (N)	· · · · · · · · · · · · · · · · · · ·	Ent	90210 "The Bachelors"		Movie: "Her Best Move"			Deat (N) Ter	Good Luck		Entourage	Family Gu
1	:30	Movie: "Tombstone"	ET Canada	the Night	McLaughlin	Wheel	Show (N)	Danza (N)	The Insider			Jeopardy!	(2007) Leah	SportsCentr e (Live) (6)	Big Bang	Peril (N) 🕮	Wizards	歪 (DVS)	Entourage	Worked
8	PM :30	(1993, Western)	90210 "The Bachelors"	Poirot 362	Need to Know (N)	Dateline NBC (N) Œ		Criminal Minds [6]	Family The Middle	90210 "The Bachelors"	NWT IE	Ron James Mercer	Pipes. [6]	e (Live) (E)	Target (N)	Daily Planet	Twitches	News EP Daily	Entourage E	Torrens ET Canada
-	PM	Kurt Russell,	Ice Pilots	Dalziel &	Lark Rise		CSI: NY	(9:01)	My	Ice Pilots	Outlaw (N)	fifth estate	10 Things	Wide World	CSI: NY		Too" (2007)		Knockout	Family Gu
9	:30	Val Kilmer.	NWT [6]	Pascoe [6]	to Candleford		(N) (E	Criminal Minds (E)	Generation "Pilot"	NWT (E)	(E)		10 Things	of Fights	(N) (E)	Wild	Connor	3	Trailers	Worked
10		Movie: "Under	Outlaw (N)	Movie: "Etre et		Outlaw (N)	Blue Bloods	(10.01) Criminal		Outlaw (N)	News Hour Final (N)	CONTRACTOR AND ADDRESS OF THE PARTY.	Life Unexpected	Formula One Racing	Blue Bloods	1000	"Mom's Got a Date-		Knockout	'70s Show
		Siege"		Avoir"	Charlie	News (N)	News	Minds (#)	Snorte	News Hour	Ent		(1)				Vampire"		Knockout	'70s Show
11	1	(1992) Steven	CHBC News Final	(2002) Alizé Axel. 📧	Rose (N)	Jay Leno	Letterman	Teach: Tony	Sports (11:35)	Final (N)	ET Canada	George S	Prank Ptrl	SportsCentr e (Live) [f]		Extreme Peril (f)	A SHAREST AND ADDRESS OF		Knockout	King
M II		Seagal.	(N)	400000	13	any Lenn	Acterman	Danza	(11.00)		El Canada	Comedy	rank Piri	1	CTV News		Life Derek	Paid Prog.	Knockout	King

NOWS Leader Puzzle Page

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 #320 - Rated Medium

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

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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Explore The History Of Mining - Gold, Copper and Coal

MORNING

11:00 am CITV 12 **Bulletproof Monk" (2003, Action) Chow Yun-Fat. A martial-arts master finds an unlikely protégé to take over the responsibility of protecting an ancient scroll.

AFTERNOON

AFTERNOON

12:00 pm FAM ② * *"The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) ②
1:00 pm CHBC ④ BCTV ① * *Bulletproof Monk" (2003, Action) Chow Yun-Fat. Premiere. A martial-arts master finds an unlikely protégé to take over the responsibility of protecting an ancient scroll. ②
1:30 pm FAM ② "Roxy Hunter and the Horrific Halloween" (2008, Mystery) Aria Wallace. Roxy thinks that her classmate is a vampire from Transylvania. (In Stereo) ⑤
5:00 pm WTBS ③ * * "Star Trek II: The Wrath of Khan" (1982, Science Fiction) William Shatner. Kirk, Spock and the Enterprise crew battle an old foe who blames Kirk for the death of his wife

battle an old foe who blames Kirk for the death of his wife.

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)

EVENING

6:00 pm CITY ② ***Crash"
(1996, Action) Michael Biehn. An underworld figure joins a lovely undercover agent against drug lords and corrupt police. ② (DVS)
7:00 pm CITV [2]*Thrill of the Kill**
(2006, Suspense) Shiri Appleby. A mystery novelist helps a woman investigate the death of her sister.

7:30 pm WTBS 3 **"The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. On the run from mercenaries, a fugitive lands on a planet endangered by an invading ruler and his bloodthirsty

army.
8:00 pm CHBC 4 BCTV 11 "Thrill of the Kill" (2006, Suspense) Shiri Appleby. Premiere. A mystery novel-

Appleby. Premiere. A hystery hoverist helps a woman investigate the death of her sister.

KSPS 6 ****Ninotchka" (1939, Comedy) Greta Garbo. A playboy charms a Russian envoy sent to fetch three wayward company of the state of

rades in Paris. (In Stereo) (©)
9:00 pm FAM (26) ** "Practical Magic" (1998, Comedy-Drama) Sandra Bullock. Raised by their aunts, two sisters use different

means to avoid a family legacy of witchcraft. (In Stereo)
9:30 pm SPIKE 44 **Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a cance trip to find a plane hijacker's stash of money. (In Stereo)

plane hijacker's stash of money. (In Stereo)
10:00 pm WTBS ③ ***"Star
Trek II: The Wrath of Khan" (1982,
Science Fiction) William Shatner.
Kirk, Spock and the Enterprise crew
battle an old foe who blames Kirk for
the death of his wife.
10:44 pm FAM ②
***"Innerspace" (1987, Comedy)
Dennis Quald. A grocery clerk gets
jabbed with a hypodermic holding a
miniaturized Air Force pilot and craft.
(In Stereo) [E]

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MORNING

8:00 am WTBS ③ ★★"Take the Lead" (2006, Musical) Antonio Banderas. Renowned ballroom dancer Pierre Dulaine takes a job at a New York City public school and helps his students meld hip-hop and classical styles to create a dance

torm.

10:00 am WTBS ③ ★★*"My Best Friend's Wedding" (1997, Romance-Comedy) Julia Roberts. A writer tries to stop her former lover from marrying another woman, a guileless heiress.

11:00 am A&E ⑨ ★★*"Ghostbusters" (1984, Comedy) Bill Murray. Parapsychologists with nuclear guns go into business ridding New York of poltergeists. [©]

CITV [② ★★"Trust the Man" (2005, Romance-Comedy) David Duchovny. Two New York couples with too much spare time try to navigate through the challenges and pitfalls of love and marriage. [©]

AFTERNOON

12:00 pm FAM ② "Halloweentown II: Kalabar's Revenge" (2001, Fantasy) Debbie Reynolds. Two witches try to stop a villain who wants to permanently transform trick-or-treaters into their costume characters. (In Stereo) [£]

1:00 pm CHBC ④ BCTV [1]

e Man" (2005, dv) David * * "Trust the Romance-Comedy) Duchovny. Premiere. Two New York couples with too much spare time try to navigate through the challenges and pitfalls of love and marriage. (E)

1:30 pm FAM (26) "Phantom of the Megaplex" (2000, Adventure) Taylor Handley. A theater employee wonders if a legendary spirit is up to its old tricks after a series of strange occurrences. (In Stereo) (E)

2:00 pm YTV (B) **"Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip. (In Stereo) (E)

4:00 pm YTV (B) **"Daddy Day Care" (2003, Comedy) Eddie Murphy. After company downsizing, two former executives decide to open a day-care center for kids in their neighborhood. (In Stereo) (E)

5:00 pm WTBS (3) **"Runaway Bride" (1999, Romance-Comedy) Julia Roberts. A New York reporter travels to Maryland to profile a woman who left three bridegrooms at the altar.

woman who left three bridegrooms at the altar.
CBC [3] **%"The Princess Diaries" (2001, Comedy) Julie Andrews. A woman gives etiquette lessons to her reluctant grand-daughter who is heir apparent to a throne. (In Stereo)

EVENING

6:00 pm YTV (8) *"Daddy Day Camp" (2007, Comedy) Cuba Gooding Jr. Premiere. Chaos reigns when two clueless fathers take charge of a dilapidated summer. charge of a dilapidated summer camp and its ill-behaved attendees. (In Stereo) [6]

(in Stereo) (Eg)
7:30 pm WTBS 3 * *"Runaway
Bride" (1999, Romance-Comedy)
Julia Roberts. A New York reporter

travels to Maryland to profile a woman who left three bridegrooms

at the altar.

9:00 pm FAM 20 **%"Hocus
Pocus" (1993, Comedy) Bette
Midler. Halloween trick-or-treaters
come face to face with three witch
sisters from the past in Salem, Mass.

sisters from the past in Salem, Mass. (In Stereo)

10:36 pm FAM ②6"My Brother The Pig" (2000, Comedy) Scarlett Johansson. When a spell turns an 8-year-old boy into a swine his sister and best friend race to find the cure. (In Stereo) ③

11:00 pm WTBS ③ ★★"Take the Lead" (2006, Musical) Antonio Banderas. Renowned ballroom dancer Pierre Dulaine takes a job at a New York City public school and helps his students meld hip-hop and classical styles to create a dance form.

torm.

KNOW ⑤ ★★%"Etre et Avoir"
(2002, Documentary) Alizé. In a oneroom schoolhouse in France, a dedicated teacher instructs children from
age 4 to 10 on every subject. ☑

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SATURDAY, OCTOBER 9, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ	KREM (8)	A&E	KXLY	BCTV	CITV	CBC	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY	SPIKE	TROP
6		Paid Prog.	Driving TV		Heartland	Today (N)	(5:00) The	Sell House	Good	Driving TV	Fishing	Jungle	Grossology	SportsCentr		Howe &	Jungle	Kitchen	Practical	Torrens
0	:30	Paid Prog.	Big Coast		Fly Fisher	[6]	Early Show (N)	Sell House	Morning America	Big Coast	Fishn	Busytown	Invasion	e 🖭	Kingdom	Howe Tech	Wow Wow	Dharti	Lives	Paid
7		Paid Prog.	Saturday	Rolie Polie	MotorWeek	News (N)	Doodlehop	Sell House	Emperor	Saturday	Saturday	Animal	Parents	Sportfish	Anne	Man vs.	Mickey	Eye on Asia	What If?	Friends
-		Paid Prog.	News (N)	George S.	Aviators		Doodlehop	Sell House	Replacemn	Morning News (N)	Morning News (N)	Super Why!	OddParent	Motoring	Anne	Wild IE	Manny		Conceal &	Friends
8	AM	Frasier	印	Rob Robot	Woodsmith		Sabrina	Flip This	Emperor	Œ	Œ	Doodlebop	SpongeBob	Lumberjek	Kingdom	Extreme	(8:11) Fish	Polish	Xtreme 4x4	70s Show
0		Jim		(8:41) Art	Hometime		Sabrina	House [E]	Replacemn		V	Goldfish	Kid vs. Kat	Triathlon	Hobo	Peril [ii]	Suite/Deck	Studio (16)	Horse,	'70s Show
9		College Football:		(9:01) Dino	Woodshop		Busytown	Flip This	So Raven		Driving TV	Africa on	SpongeHob	NHL	1 CONTROL COMP. 64	Cash Cab	I'm in Band	Travels	Trucks! (N)	Family Guy
3	:30	Tennessee at		(9:37)	Old House		Busytown	House [6]	So Raven		Fishing	the Move	Penguins	Hockey: Boston	F.B.Eye	How/Made	Wizards	Planet	MuscleCar	(E)
	AM	Georgia.	Fishin	Magle Bus	Old House	Willa's	Free Grill!	Seagal	Hannah	Fishn	Powerboat	2010	Fanboy	Bruins vs.	Nature	Man vs.	Wingin' It	Out There	UFC	Frasier
10			Fishing	Martha	Kitchen	Pearlie (N)	Paid Prog.	Sengal	Suite Life	Fishing	Tradition	Commonwe alth Games	Sidekick	Phoenix Coyotes.	Nature	Wild	Sonny	Tow Biz	All Access	Frasier
11	AM		Powerboat	Lilly (E)	Rachel	Paid Prog.	Home.	Seagal	In Kitchen	Powerboat	Movie:	From Delhi,	Parents	(Live)	Is Written	The	Kings	EP Weekly	Ways Die	King
11	:30		Tradition	(11:35)	Food	Paid Prog.	HouseCalls	Seagni	Sports	Tradition	"Bulletproof Monk"	India.	Super Evil	Sports	Car Bass	Detonators [6]	Hannah	Reviews	Ways Die	King
12	PM		Noon News Hour (N)	Gardens	Endless	Paid Prog.	Football	Sengal	Football	Noon News Hour (N)	(2003) Chow	100000000000000000000000000000000000000	Pokemon	Firefit	Canada's	Salvage	Andrews Co., 1987 by 1887 by 1887	Amazing	Ways Die	Friends
12	-020	Frasier		Gardens	Victory	College Football:	College Football:	Seagal	College Football:	ribur (N)	Yun-Fat.	Hockey: Columbus	Pokemon	Champ.	Worst Driver	Code Red	Haunted Mansion"	Role	MuscleCar	Friends
1		Amer. Dad	Movie: "Bulletproof	Parks	Antiques Roadshow	Pittsburgh at	Teams To Be	CSI: Miami	Teams TBA.	Movie: "Bulletproof	Simpsons		Pokemon	30 for 30	Worst	Dirty Jobs	(EE)	Paid Prog.	UFC	Frasier
	1000	Amer, Dad	Monk*	Parks		Notre Dame. (Live) [15]	Announced. (Live) [@]	1192	(Live)	Monk"	Simpsons	vs. San Jose Sharks.	Pokemon	(N) (E)	Handyman	Œ	"Roxy	Paid Prog.	All Access	Frasier
2		King	(2003) Chow Yun-Fat.		Black Coffee [6]	(Live) im	(Live) (the	CSI: Miami		(2003) Chow Yun-Fat.	Simpsons	(Live) [6]	Super Evil	CFL	Frisky	MythBuster	Hunter and Halloween"	Travels	Ways Die	'70s Show
-	1	Amer. Dad		Rivers				(III)		run-rat.	Simpsons		Super Evil	Football: Toronto	Frisky	s (E)		Reviews	Ways Die	'70s Show
3			Simpsons	Meerkat	Globe Trekker	1		CSI: Miami	100	Simpsons	Family Guy	National	Super Evil	A Charles of Table 19 Account	Sue Thomas	Cash Cab	Suite Life	Planet	Ways Die	Torrens
0		King	Simpsons	Rescue						Simpsons	Family Guy	HNIC	Super Evil	Saskatchewa n	r.b.r.ye	How/Made	Suite/Deck	Out There	Disorderly	Torrens
1	200			Frontiers of		Shelldon	Access Hollywood	CSI: Miami		Family Guy	DE 2615 225	NHL Hockey:	Fanboy	Roughriders.	Corner Gas	Cash Cab	I'm in Band	cooking	Con.	Family Guy
		Family Guy			West	Magic Bus	(N)	1415	News	Family Guy	Global Nat.	Regional	Fanboy	(Live)	Corner Gas	Cash Cab	Wizards	Amazing	Wild World	(8)
5		Movie: "Star Trek II: The	Family Guy	Syrian School	Summer	News (N)	News	CSI: Miami "Kill	College Football:	Family Guy	(4:59) News Hour (N)	Coverage. (Subject to	Fanboy	Boxing: Super 6	etalk [tt]	Dual Survival	Hannah	G. Martin	Movie: "Without a	Stings
	:30	Wrath of	News		Keep Up	NBC News	CBS News	Clause"	USC at	Global Nat.	(II)	Blackout)	Fanboy	World	Stock	"Split Up"	Good Luck	Out There	Paddle"	Stings
6		(1092)	Global Nat.		Lawrence Welk Show	News	News	CSI: Miami	Stanford. (Live) [8]	(5:59) News Hour (N)	renegade	(Live) [II]	Indie	Classic. (Taped) [ff]	CTV News (N) @	Dirty Jobs	(6:01) Jonas	Movie: "Crash"	(2004) Seth	Worked
0	:30		News	Rescue		Fortune	Scrubs		(Lave) the	(13)	renegade		Prank Ptri	(Tapeu) (M	(14) (81	7257	Suite/Deck	(1996)	Green.	Worked
7	PM	A CONTRACTOR OF THE PARTY OF TH	renegade	Dino Death Trap (N)	My Family	Criminal Minds (6)	Grey's Anatomy	CSI: Miami		renegade	Movie:	NHL Hockey: Los	CONTRACTOR CONTRACTOR	SportsCentr e (Live) [ff]	Property of the second	Swamp Loggers [6]	(6:53)	Michael Biehn. [8]	Disorderly Con.	Family Guy
	2001	Movie: "The Chronicles	Destroy Control		As Time		(6)		3	renegade	Kill" (2006)	Angeles		C (LIVE) EE	(DV3)	coggers (s)	Wizards	(DVS)	Con.	TREE .
8	PM	of Riddick"	Movie: "Thrill of the	Heartbeat	Movie: "Ninotchka"	Law-Order L.A.	"Mother's	CSI: Miami		Movie: "Thrill of the	Shiri Appleby		Funniest Home		Property and the second second	Ultimate Car Build-	(8:10) Jonas	(DVS)	Disorderly Con.	Restaurant Makeover
0		(2004) Vin Diesel,	Kill" (2006)		(1939) Greta		Day"		Seinfeld	Kill" (2006)		Canucks. [t]	Videos	2010 Poker	100 4 107	or -	(8:36)	(DVS)		
9	PM		Shiri Appleby.	(9:02) Midsomer	Garbo. [6]	Chase [E]	The Defenders	(9:01) CSI: Miami "Kill	Stargate Universe [tt]	Shiri Appleby	Million Dollar		Weird		The Defenders	Criss Angel Mindfreak	Movie: "Practical	Without a	Wild World	Friends
-	:30			Murders			(E)	Clause"			Challenge	HNIC: After Hours	THE REAL PROPERTY.	2010 Poker	(ft)		Magic"		Movie: "Without a	Friends
10		Movie: "Star Trek II: The	Million Dollar	"Secrets and Spies" [E]	Globe Trekker	Law & Order: SVU	48 Hours Mystery (N)	(10:01) CSI: Miami (#)	THE RESERVE OF STREET	Million Dollar	News Final		Indie	30.00	Law & Order: SVU	Dual Survival	(1998) 🖭	Home Imp.	Paddle"	Frasier
	:30	Wrath of	Challenge							Challenge	(10:35) Saturday	News	Indie	Speed		"Split Up"	(10:44) Movie:	Home Imp.	(2004) Seth Green.	Frasier
11		Khun" (1982)	News Final	Warriors of the Night	Austin City Limits (N)	News (N)	News	(11:01) CSI: Miami [6]	Inside Edit.	News Final	Night Live	NHL Hockey @	Prank Ptri	Formula One Racing	20.000000000000000000000000000000000000	Swamp Loggers @	"Innerspace"	Paid Prog.		King
	:30	1	SNL			SNL	(11:35) The		Paid Prog.	SNL	(N) (E)	:	Prank Ptrl	one manning	CTV News	ToPPeru [m]	(1987) 🕮	Paid Prog.	Ways Die	King

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY 10	BCTV	CITV	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM (26)	CITY 29	SPIKE	TROP 45
-	AM	Sports	Hunter		Mr Rogers	Today (N)	Back Help	Private	Paid Prog.	Hunter	Aviators	Razzberry	Grossology	Formula-	Sue Thomas	American	Jungle	Travels	Married	Fish TV
6	:30	Mad	Fishful		Angelina	Œ	Paid Prog.	Sessions @	Paid Prog.	Fishful	Canada	Poko	Zeke's Pad	One Racing	F.B.Eye	Loggers [tt]	Wow Wow	Planet	Married	Paid Prog.
7	MA	Career Day	Fishing	Rolie Polie	Zula Patrol	News [6]	CBS News	The	Good	Fishing	Ground Up	News	Mr. Men	Reporters	Sue	MythBuster	Mickey	Eye on Asia	Married	Worked
1	:30	JJ Atlanta	Canada	George S.	Clifford	Northwest	Sunday Morning	Sopranos	Morning America	Canada		Coronation	Casper's	Reporters	Thomas: F.B.Eye	s Œ	Mickey	(E)	Married	Worked
0	AM	Movie: Take the	Sunday Morning	Rob Robot	Sid	Meet the	(N) (E)	The	This Week-	Sunday	TribalTrail	Coronation	Garfield	NFL	Instant	Bad	(8:11) Fish	Eye-Asia	Xtreme 4x4	Stings
0	:30		News (N)	(8:41) Art	Cat in the	Press (N)	The Nation	Sopranos	Amanpour	Morning News (N)	Big Coast	Coronation	Kid vs. Kat	(Live) [E]	Is Written	Universe	Suite/Deck	Festival	Horse.	Stings
0		A STATE OF THE PARTY OF THE PAR	•	(9:01) Dino	Animalia	Babar [6]	The NFL	Teach: Tony	Mtthws	Œ	Hour of	Coronation	SpongeBob		PLAN	Dirty Jobs	I'm in Band	Italiano di Johnny	Trucks!	I Survived
9	:30	Brown		(9:37)	Biz Kid\$	Paid Prog.	Today [E]	Danza	Wall Street		Power (N)	Coronation	SpongeBob		Canada @	13	Wizards	Lombardi	MuscleCar	(E)
10		Movie: "My Best Friend's	Foodies	Magic Bus	Design	Paid Prog.	NFL	Teach: Tony	Hometime	Foodies	Listen Up	fifth estate	iCarly (ff)	NASCAR	NFL	Dual	Wingin' It	(In Italian)	CSI: NY [6]	
10		Wedding"	Listen Up	Martha	Travel	Paid Prog.	Football: Regional	Danza	Your Home	Listen Up	Foodies		Big Time	Racing	Football: Teams TBA.	Survival "Split Up"	Sonny			Œ
11	AM	(1997)		Babar	Generation	Paid Prog.	Coverage.	Movie:	Paid Prog.	Hour of	Movie:	The	Victorious	NASCAR	(Live) [#	Monster	Kings	Out There	CSI: NY [6]	
11	:30		Power 🖭	(11:35)	Europe Jrnl	All That Skate From	(Live) @	"Ghostbuster s" (1984)	Paid Prog.	Power 🔃	"Trust the Man" (2005)	Adventurer s @	Indie	Racing: Sprint Cup:		Bug Wars!	Hannah	Paid Prog.		"John C."
10	PM	Payne	Noon News Hour (N)	Dogs	Wild! @	Los Angeles.		Bill Murray, Dan	Pald Prog.	Noon News Hour (N)	David	Land Sea	In Real Life			Heli-	"Halloweent	cooking	CSI: NY 📧	
12	:30	Payne	11001 (14)	Dogs	(DVS)			Aykroyd.	Storm	Hour (N)	Duchovny.	One/One	(E)	From Auto Club		Loggers [ff]	own II: Revenge"	I Cook		Marriage Ref (#)
4	PM	Browns	Movie: "Trust the	Undersea	American Songbook	Equestrian: 2010 World	NFL Football:		Heartland	Movie:	Simpsons	Dragons'	Weird		SportsCentr	Animals		NFL	CSI: NY 📧	Wipeout [tt
1	:30	Browns	Man" (2005)	Undersea	Bottgoook	Games,	Regional	Paranormal	Œ	"Trust the Man" (2005)	Simpsons	Den 🕮	Weird	Fontana, Calif. (Live)	e (Live) @	Animals	Movie:	Football: Tennessee		
0		Seinfeld	David	Into Wild	Great Museums	CARLO SALES AND CARLOS	Coverage. (Live) @	Paranormal	300 W W W W W W W W W W W W W W W W W W	David	Simpsons	2010 Commonwe	Movie: "Are	æ	First Story	MythBuster	"Phantom of the	Titans at	CSI: NY 🔃	7 5 5 4 Carlotter 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
2	:30	Seinfeld		Meerkat	(E)		(Live) is	Paranormal	Announced	Duchovny.	Simpsons	164504670483*190484.MI	Yet?" (2005)		First Story	s @	Megaplex"	Dallas Cowboys.		Wipcout [
9	PM	The Office	Simpsons	Be the Creature	Public Affairs @	Paid Prog.		Paranormal		Simpsons	Family Guy	Charles and Carrier and Control of the	Ice Cube.	- 1	W5 (tt)	Cash Cab	Suite Life	(Live) (E)	CSI: NY [E]	Tracked
3	:30	The Office	Simpsons	Œ		Paid Prog.		Paranormal		Simpsons	Family Guy	India.		Sports	(DVS)	How/Made	Suite/Deck			Tooned
A		The Closer	Family Guy	Electric Dreams	Doc Martin	Football Night/Amer	Extra (N)	Paranormal	Entertainm ent Tonight	Family Guy	Family Guy	Jeopardy!	Movie: "Daddy Day	Football Night/Amer	Question	MythBuster s @	I'm in Band		CSI: Crime	Wipeout [
4	:30	ted	Family Guy	Dieanis	160	ica	CEL .	Paranormal	ent romgat	Family Guy	Global Nat.	Fortune	Care" (2003)		Period (G)	S (EC)	Wizards	Two Men	Scene	
E	PM	Movie: "Runaway	Family Guy	(5:02) Canadian	Hometime	(5:15) NFL Football:	News	Paranormal	Lancas Control	Family Guy	(4:59) News Hour (N)		Eddie Murphy.	(5:15) NFL Football:	200000000000000000000000000000000000000	Daily Planet's	Hannah	Extreme Makeover	CSI: Crime Scene	America's
5	:30	Bride"	Global Nat.	Waterways	Old House	Philadelphia	News	Paranormal	ABC News	Global Nat.	E	Diaries"		Philadelphia	Fashion	Greatest	Good Luck	Makeover	Scene	Worst Driver
6	20.000	(1999) Julia Roberts,	(5:59) News Hour (N)	Frontiers of	Lark Rise	Can	News	Paranormal	SE SE	(5:59) News Hour (N)	16:9	(2001) 🖭	Movie: "Daddy Day	Eagles at San	CTV News (N) @	Show Ever (N)	(6:01) Jonas	Conviction Kitchen (N)	CSI: Crime Scene	Real Renos
0		Richard	(E)		Candleford	Francisco	Upfront	Paranormal		(E)	Simpsons		Camp"	Francisco			Suite/Deck	Kitchen (N)	Scene	Real Renos
7				Ape Genius	Nature (E) (DVS)	49ers. (Live)	60 Minutes (N) (E)	Paranormal	Home	16:9	Brothers & Sisters (#)	Heartland (N)	(2007) Premiere.	49ers. (Subject to	Undercover Boss (N)	c (N) Tel	(6:53)	Murdoch Mysteries	CSI: Crime Scene	Buy Me
11	:30	Movie: "Runaway	Simpsons					Paranormal	Videos	Simpsons			(E)	Blackout)			Wizards	Mysteries	Scene	Buy Me
Q		Bride"		Doc Martin	Masterplece Mystery!		The Amazing	Psychic Kids	Extreme Makeover	Simpsons	Simpsons	Battle of the Blades (N)	0.00	100	The Amazing	Daily Planet's	(8:10) Jonas	Crusoe (ff) (DVS)	CSI: Crime Scene	Restaurant Makeover
0		(1999) Julia Roberts,	Cleveland		(N) (E)		Race 17			Cleveland	Cleveland	(3)	Indie	SportsCentr e (Live) (11)	Race 17	Greatest	(8:36)	(DV3)	Scene	Makeover
9		Richard Gere.	Family Guy Amer. Dad	New Tricks	West	Y04/E-201024-00/05-40%	Undercover Boss (N)	Paranormal Paranormal	Desperate Housewives	Amer. Dad	Family Guy Amer. Dad	Brooms	In Real Life	Motoring	Desperate Housewives		Movie: "Hocus Pocus"	Without a Trace (ff)	CSI: Crime Scene	I Survived
10	PM :30	The Closer "Batter Up"	Brothers & Sisters (N)	Cracker @	MI-5 🕮	Criminal Minds Cults.	CSI: Miami (N) @	Paranormal Paranormal	ASSESSMENT OF THE PARTY OF THE	Brothers & Sisters (N)	News Final 16:9		Survive Survive	NASCAR Racing	CSI: Miami (N) (E)		CONTRACTOR OF THE PARTY OF THE	Home Imp.	CSI; Crime Scene	Hoarders
	PM	Take the	News Final		Black	News	News	Paranormal	News	News Final	Paid Prog.	News	Prank Ptri	SportsCentr	CTV News	Daily Planet	Movie: "My	Paid Prog.	CSI: Crime	Intervention
11	-	Lead" (2006)	16:9	"Etre et Avoir"	Coffee 個	Paid Prog.	Senhawks	Paranormal	Van Impe	16:9	Paid Prog.	Abbey	Prank Ptrl	e (Live) 🖽	CTV News	1	Brother The Pig" (2000)	Paid Prog.	Scene	"John C."

MONDAY, OCTOBER 11, 2010

		WTBS	CHBC	KNOW	KSPS	KHQ	KREM	A&E	KXLY	всту	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
		3	4	5	6	7	8	9	10	111	[12]	[3]	18	19	22	24	26	29	44)	45
6	AM	Cosby	(5:30) Morning	Little Bear	Bob Build	News (N)	News	Hoarders	News	(5:30) Morning	(4:30) Morning	Razzberry	Being Inn	SportsCentr e 🕮	Canada AM		Henrys	CityLine [1]	CSI; NY 🖽	Spoiled
O	:30	Cosby	News (N)	(6:35)	Between			CILI		News (N)	News (N)	Poko	Rollbots		Lan.	How-Made	Franny			Spoiled
7	AM	In the Heat of the Night	Œ	Hi-5 (C)	Arthur (N)	Today (N)	The Early Show (N)	Hoarders "Linda;	Good Morning	(1)	Œ	Artzooka	Yu-Gi-Oh!	SportsCentr e (ff)		Life [6]	"Mickey's Adventures"	THE RESERVE OF THE PERSON NAMED IN	Pros vs. Joes	Tooned
1	:30	of the rught			Martha	Ten.	Œ	Todd"	America (N)			E (D 13)	Pokemon	e cm			Adventures	Show	Juta	Tooned
0	AM	Lyrics!		Magic Bus	Curious	-		Hoarders	Œ D		100 Huntley	Bo On/Go	SpongeBob	SportsCentr		The Detonators	Manny	P-69-11-2-52-4-7	Pros vs.	Whatever
Ö	:30	Lyrics!		Poppets	Cat in the			Œ	A		Street @	Busytown	Kid vs. Kat	e 🕮		Detonators	Handy	Ray 📵	Joes	Whatever
0	AM	Fam. Feud	100 Huntley	Clifford	Super Why!		The 700	Hoarders	Live With	100 Huntley	Charles Company of the Company of th	Super Why!	WALKS AND ADDRESS OF THE PARTY	Sportfish	Live With	MythBuster	Manny	Role	CSI: NY 📵	Restaurant
9	:30	Fam. Feud	Street (E)	George S.	Dinosaur		Club 🖭	Œ	Regis & Kelly	Street [E	Vision @	News	Before Time XII: Great	CFL Pre	Regis & Kelly	3 E	Agent Oso	Amazing		Makeover
	AM	The	Hospital for	Franklin	Sesame		The Price Is	S1250E-3415-3515-31	The View	Hospital for	X-Weighted	Poko	Day"	CFL	The View	How/Made	Handy	EP Daily	CSI: NY 📵	Grace
10	:30	Investigator	Sick Kids	Canoe trip.	Street (N) (EI)		Right (N)	"Tra; Jill"	(N) (E	Sick Kids	Œ	Doodlebop	"Land	Football: Calgary	(N) 🖭	Cash Cab	Manny	Out There		Grace
	AM	Friends	World	Rolie Polie	Sid	Ellen	Young &	Hoarders	Paid Prog.	World	Noon News	Gofrette	Before Time: Wisdom"	Stampeders	Fashion	Treasure	(11:11) Fish	CityLine (6)	CSI: Crime	Gold Girls
11	100	Evidence	Vision (Berenstain	Sit-Be Fit	DeGeneres Show	Restless	"June;	Paid Prog.	Vision [#]	Hour (N)	dirtgirl	Wisdom	at Montreal	Fashion	Quest 🔃	(11:41) Fish		Scene	Gold Girls
	PM	Jim	Noon News	Arthur @	Charlie	Paid Prog.	News	Doug" Hoarders	All My	Noon News	Days of our	CBC News	Movie:	Alouettes. (Live)	etalk [tt]	What's	(12:11) Fish	General	CSI: Crime	Total
12	:30	King	Hour (N)	Dinosaur	Rose [tt]	Paid Prog.	Bold	(1)	Children	Hour (N)	Lives (N)	M'ketplace	"Surf's Up"		Bold	That	Kings	Hospital (N)	Scene	Wipcout (N)
	PM	Seinfeld	Days of our	Train (N)	Fine Art	Days of our	Young-	Hoarders	(N) (E) One Life to	Days of our	End Leash	Recipes	(2007), Jeff Bridges @	CFL Pre	Sue Thomas	About? Dirty Jobs	Kings	Jdg Judy	CSI: Crime	Total
1	:30	Earl	Lives (N)	Wibbly Pig	Sewing	Lives (N)	Restless	Œ	Live (N)	Lives (N)	Debt Part	Air Farce		CFL	F.B.Eye	Œ	Kings	Jdg Judy	Scene	Wipcout (N)
0	PM	Earl	Young &	The Ocean	Barney	Judge B.	Let's Make	Hoarders	General	Young &	The Doctors	18, C1000000000000000000000000000000000000	Movie: "Ice	Football: BC Lions at	Dr. Phil (E)	MythBuster	Kings	Access	CSI: Crime	Gold Girls
2	:30	King	Restless	Room [ff]	WordWorld	Judge B.	a Deal (N)	(E)	Hospital (N)	Restless	Œ	Chris (N)	Age" (2002) Voices of	Winnipeg		s Œ	Movie:	Hollywood Live	Scene	Gold Girls
-	PM	The Office	The Doctors		WordGirl	The Doctors	Dr. Phil 🔃	Hoarders	Rachael	The Doctors	75-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6	Commonwe	Ray	Blue Bombers.	(2:59) The	Canada's	"Agent Cody Banks 2:	CityNews at	THE SECTION SHEET STATES AND ASSESSED.	Restaurant
3	:30	The Office	Œ		Electric	Œ		Œ	Ray [tt]	(CC)	Restless	alth Games	Romano.	(Subject to	Dr. Oz Show (tt)	Worst Driver	Destination	6 (N) (E)	Scene	Makeover
-	PM	Family Guy			Fetch! With	Jdg Judy	Oprah	Hoarders	Seinfeld	Oprah	(3:59) Early		SpongeBob	Blackout)	Ellen	Bad	London" (2004)	Lnw &	UFC Fight	Tooned
4	:30	Family Guy	Winfrey	George	Cyberch'e	Jdg Judy	Winfrey	"Claudie"	Seinfeld	Winfrey	Global Nat.	Whisperer	Penguins	NFL	DeGeneres Show	Universe	(2004)	Order [6]	Night	Tooned
	PM	Browns	Early News	Shrinks [6]	BBC News	News (N)	News	Hoarders	News	Early News	(4:59) News	CBC News:	OddParent	Cntdwn	CTV News	MythBuster	(5:11) Fish	How I Met		Total
5	:30	Payne	News	Martha	Business	NBC News	News	"Robin; Ken"	ABC News	Global Nat.	Hour (N)	Vancouver (N) [6]	SpongeBob	NFL	at Five (N)	S	Kings	Rules		Wipcout (E)
	PM	Law &	Global Nat.	Dogs	PBS	News (N)	News	Hoarders	News	(5:59) News	ET Canada	(14) (82	iCarly 🔃	Football: Minnesota	CTV News	Dirty Jobs	Kings	The Event	Movie:	Total
6	:30	Order: SVU	News	Parks	NewsHour	Millionaire	Access H.	"Carolyn;	News	Hour (N)	Ent	Coronation	Indie	Vikings at	(N) (E)	3	Kings	(N) 🖾	"Taking	Wipcout @
-	PM	Seinfeld	Ent	Be the	(N) [C] My Family	Jeopardy!	The Dr. Oz	Jo" Hoarders	Ent	Ent	Hawaii	Wheel	In Real Life	New York	etalk [6]	Man vs.	Kings	Chase	Lives" (2004)	Family Guy
7	1000	Movie:	ET Canada	Creature	Europe	Wheel	Show [tt]	(N) EE	The Insider	ET Canada	Five-0 (N)	Jeopardy!	(N) (EI)	Jets. (Subject to	Big Bang	wild @	"Agent Cody	"Paranoia"	Angelina	Stings
	PM	"Eurotrip"	House (N)	(N) Monarchy	Antiques	Chuck (N)	How I Met	Intervention		House (N)	House (N)	Blades	Chris	Blackout)	Dancing	Bad	Banks 2"	(N) News	Jolie. Knockout	Tooned
8	:30	(2004) Scott Mechlowicz.	EE .	Œ	Roadshow	(E)	Rules	"Amber"	With the	Œ (II)	Œ	Brooms	8, Rules	SportsCentr	With the	Universe		EP Daily	Knockout	ET Canada
	0000	Wicelinowicz	Lone Star	Vincent:	God in	The Event	Two Men	(9:01)	Stars (Same-day	Lone Star	Lone Star	Just for	Kyle XY [t]	e (Live)	Stars (Same-day	MythBuster	Majority	Real	Knockout	Family Guy
9	PM	Maria	"Small	The Full	America	(N) (C)		Hoarders	Tape) [E]	"Small	"Small	Laughs (N)	Kyle X1 (tu	Triathlon	Tape) [6]	s		Chance of		
-	.00	Movie: "Eurotrip"		Story	Faiths of	Character	Mike	"Robin;		Time"	Time"		V . D 1 7 15				Buzz	Love	Knockout	Stings
10	PM	(2004) Scott	Hawaii Five-0 (N)	FASD: Finding	European settlers. (N)	Chase "Paranoia"	Hawaii Five-0 (N)	(10:01) Hoarders	(10:01) Castle	Hawaii Five-0 (N)	News Hour Final (N)	National	In Real Life	Firefit Champ.	(10:01) Castle	Man vs. Wild (C)	School	Judge B.	Star Trek: Voyager 🖼	Parking
10	100	Mechlowicz.	(ff)	Норе		(N)	Œ	"Carolyn;	"Punked"	Œ		4			"Punked"		Stone	Home Imp.		Parking
11	PM	L	CHBC News Final	Ancient Clues [t]	Charlie Rose (N) [6]	News (N)	News	(11:01) Hoarders	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentr	CTV News	Dirty Jobs	So Raven	Pald Prog.	Knockout	Total
11	:30	Cheers	(N)	Ciucs (tt)	Kuse (N) [E]	Jay Leno	Letterman	[tt]	(11:35)	Fillal (N)	ET Canada	Mercer	Prank Ptrl	e (Live)	CTV News	CC .	Life Derek	Paid Prog.	Knockout	Wipcout [6]

MORNING

7:00 am FAM 26 "Mickey's Adventures in Wonderland" (2009, Adventure) Voices of Wayne Allwine. Animated. Mickey Mouse and Donald Duck encounter a magic land full of colorful characters. (In Stereo) (E) 9:00 am YTV (B) "The Land Before Time XII: The Great Day of the Flyers" (2006, Adventure) Voices of Nick Price. Animated. Littlefoot and friends meet a mysterious creature, while other dinosaurs get ready for a flying exhibition. (In Stereo) (E) 10:30 am YTV (B) "The Land Before Time: The Wisdom of Friends" (2007, Adventure) Voices of Cuba Gooding Jr. Animated. Littlefoot and friends help two clumsy dinosaurs find their way back home. (In Stereo) (E)

AFTERNOON

15

12:00 pm YTV (B) ***"Surf's Up" (2007, Comedy) Voices of Shia LaBeouf. Animated. Followed by a documentary film crew, a teenage penguin heads to Pen Gu Island for his first professional surfing competition. (In Stereo) (E)
2:00 pm YTV (B) ***"Ice Age" (2002, Comedy) Voices of Ray Romano. Animated. A woolly mammoth, a saber-toothed tiger and a

sloth find a human baby and try to reunite him with his tribe. (In Stereo)

2:30 pm FAM 26 * *Agent Cody Banks 2: Destination London" (2004, Adventure) Frankie Muniz. Premiere. A 16-year-old CIA agent poses as a clarinet prodigy while try-ing to recover stolen mind-control soft-ware. (In Stereo)

6:00 pm SPIKE 44 ** "Taking Lives" (2004, Suspense) Angelina Jolie. Premiere. A top FBI profiler alienates Montreal detectives as she tries to help them catch a serial killer.

tries to help them catch a serial killer. (In Stereo)
7:30 pm WTBS 3 **"Eurotrlp"
(2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal.
FAM 26 **"Agent Cody Banks
2: Destination London" (2004, Adventure) Frankie Muniz. A 16-yearold CIA agent poses as a clarinet prodigy while trying to recover stolen mind-control software. (In Stereo)
9:30 pm WTBS 3 **"Eurotrip" (2004, Comedy) Scott Mechlowicz. A teenager and his friends have misadventures in Europe while trying to meet one's pen pal.

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SPECIAL EDUCATION ASSISTANT

School District No. 58 (Nicola-Similkameen) is accepting applications for a Special Education Assistant at Vermilion Forks Elementary School for 4 hours per day, 4 days per week, school days only, for the period October 2010 to June 29, 2011.

This position involves working with students who display diverse needs. Demonstrated high degree of proficiency in working with technology is required. Qualifications and salary will be in accordance with the C.U.P.E. Local 847 Collective Agreement.

Application forms are available at Princeton Secondary School 201 Old Merritt Road, Princeton, BC, or on-line at www.sd58.bc.ca, click on Jobs, Support Positions, How to Apply for an application form. Applications will be accepted until October 12, 2010.

Please forward to:

Attn: Secretary Treasurer
School District No. 58 (Nicola-Similkameen)
P. O. Box 4100, 1550 Chapman Street
Merritt, BC V1K 1B8
Fax: (250) 378-6263

Only those applicants being interviewed will be contacted.

notice

notice

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. for sale

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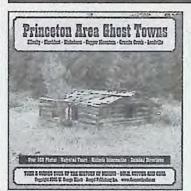
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ROWS LOADS - Recipe Corner
Recipe #343

Toasted Hazelnut Crème Caramel

Caramel:

- 3/4 cup (175 mL) granulated sugar
- 1/4 cup (50 mL) water

Custard:

- 1 bottle (400 mL) Dairyland Hazelnut Creama
- 1/2 cup (125 mL) 2% milk
- 2/3 cup (75 mL) granulated sugar
- 4 egg yolks
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- Pinch salt
- chopped toasted hazelnuts

Caramel: Combine the sugar and water in a small, heavy saucepan. Set over medium heat and cook without stirring, but gently swirling the pan by the handle, for 3 minutes or until a clear syrup forms. Increase the heat to high and bring to a rolling boil; cook for 5 to 6 minutes or until the syrup is a light amber colour. Swirl the saucepan to brown evenly during the last moments of cooking.

Remove from the heat and, working quickly, divide the caramel among 8 heat-proof ramekins or custard cups; tilt each dish to spread the caramel evenly. Reserve.

Custard: Preheat the oven to 325°F (160°C). Place the Creama, milk and sugar in a heavy saucepan; set over medium and heat, stirring occasionally, until steaming. (Bubbles will start to form around edges of pan.)

Whisk the egg yolks and eggs with vanilla and salt. Gently whisk the hot Creama mixture into the egg mixture. Strain the mixture into a large measuring cup; divide evenly between the prepared ramekins and place in a roasting pan. Add enough boiling water to come halfway up the sides of the ramekins. Cover the pan with foil and poke a few times to make vent holes.

Bake for 20 to 25 minutes or until custards are still slightly jiggly in the centres. Remove the roasting pan from oven and let stand, covered, for 15 minutes. Remove the ramekins from the water bath and cool to room temperature, Chill for about 2 hours (or, covered, for up to 2 days)

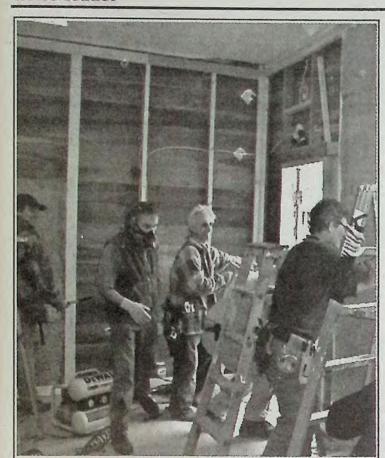
To serve, run a knife around the edges and dip the bottom of the ramekins in hot water; turn onto plates. Garnish with toasted hazelnuts.

Makes 8 servings. More recipes can be found online at www.dairyland.ca/ProductFamily_Creama.aspx.

- News Canada

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

226A Bridge Street, Princeton



Ongoing work at the Cawston Community Hall is supported by events like the upcoming Harvest Dance on October 23rd.

Cawston, Keremeos celebrate harvest

by Dave Cursons

The Harvest Dance at the Cawston Community Hall happens on Saturday night, October 23rd.

The dance is the hall's first fundraiser of the 2010-2011 season and will feature the popular local band, Infusion.

Last year scores of growers, artists, crafters and folks in general pitched in with prize donations, time and hard work. The 2010 dance raised nearly \$2,000.

Renovations at the Cawston Community Hall this past Spring were the start of a number of hall improvements including insulation work, washroom and kitchen upgrades and the addition of a stage and storage facilities.

The 88-year old Cawston Community Hall Society begins this season, and for the first time, as a full-fledged registered charity. Donations in cash and in kind to the Cawston Hall are now tax-creditable.

The Harvest Dance is family event featuring door prizes. There is an admission fee and doors will open at 7:00 PM on October 23.

For more information or to offer donations of prizes or volunteer time call 250.499.7097.

In Keremeos the Grist Mill ends the season with the annual Fall Apple Day.

Apple Day at the Grist Mill this Sunday, October 10th from 1:00 PM to 3:00 PM is the last day of a busy season for the Grist Mill Heritage Club.

The old water driven flour mill and heritage exhibits from the 1870's are all open from 9:00 AM to 4:00 PM as usual on Apple Day.

Apple Day is a family event featuring apple displays, demonstrations, games, prizes, and the Apple Pie Baking Contest.

Pies for the contest are received at

1:00 PM on Apple Day. Judging happens at 2:30 PM. The pies are sold by the each or by the slice afterwards.

Grist Mill operator and curator, Jim Millar, will preside as visitors pitch in to harvest some heritage Red Fife Wheat, plant a heritage apple tree, operate the old apple press and deposit an item in the heritage Time Capsule.

There are prizes for the winner of the 'Guess How Many Apples in The Barrel' contest and for the pitching of the winning apple in 'The Apple Down The Creek Race'. There is an admission fee with children under 12 admitted free.

Heritage Club memberships and membership renewals will be available at Apple Day.

For more information call 250,499,2888. Arts and crafts vendors can call 250,499,5417.

Princeton Posse 2010/11

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Game Schedule

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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 11 - vs Sicamous 7:00 PM

FRI FEB 04 - vs N Okanagan 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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My Turn

A Snack And A Half

I have not been able to figure out why the root of the word 'diet' is 'die.'
While I haven't really lost much sleep over it, what I have lost sleep over is why I can't just eat whatever I want.

It dates back a long time ago.

I remember as a kid I ate anything. And lots of it.

I was skinny as a rail. I have photographic proof.

I understand all the stuff about changing metabolic rates as we age and how we don't burn off as much energy as we used to because of it.

So when it was announced many months ago that our household was going gluten-free I was happy for a short while. Well, until I realized what gluten was. I thought it had something to do with eating too much. Apparently the root of the word 'glutton' is NOT 'gluten' and never will be.

I still look back at that year I quit eating red meat as the longest twelve months of my life. It was horrible. Restaurant menus appeared smaller and grocery store shelves looked bare when I ignored all the red meat.

Gluten-free is a whole new ball game.

Grocery shopping is once again a chore filled with label reading, substitutions and sometimes groveling.

Yes, I'm never afraid to show my weakness when it comes to food and if I need to grovel for a bag of chips, well, I'll do it.

Sometimes I even win.

So lucky for me the rules aren't as strict for me, but there are times I must admit the look of a plate of lukewarm seaweed with a side of what resembles various moulds looks interesting. Interesting in the way that makes me wonder what it is and not interesting in the way that makes me want to consume it.

So the other day we were out for a meal in a restaurant and I was prepared. Usually it's a very, very long time between when I make my order and when she makes hers. Usually the waiter or waitress ends up making three or four trips to the kitchen to confirm certain details or to ask such things as, "Do we use grain-fed beef and if we do is it from BC? Oh, and if it's from BC is it from the Similkameen and if not, what part of BC and why are we not getting our beef from the Similkameen?"

Actually, the ordering process went well. What I wasn't prepared for was the answer to the question, "Can I have yam fries with that?"

The owner/waiter said quickly, without batting an eye, "Sure, you can have anything you'd like."

Dude, are you in for an interesting afternoon was all I could think when I heard what he said.

As it turned out, the yam fries were a hit and I got to mow through a plate of greasy onion rings.

Which makes me think there is something to this 'happy wife, happy life' thing I hear every now and again.

Fews Leader

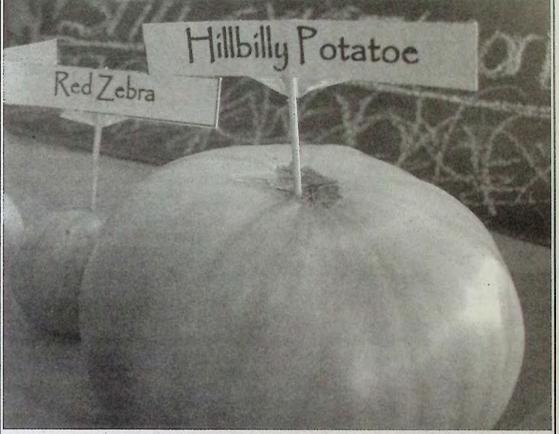
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The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is standerous , libelous or of uncommon sense!

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



Red Zebra and Hillbilly Potatoe are just two heirloom tomato varieties found in the Similkameen. *

Your Turn...

Here's A Chance To See Town Council In Action

Dear Editor,

I encourage everyone who supports Princeton's OCP (Official Community Plan) to attend the Monday October 4th Town Council meeting.

At this meeting, Town Council has an opportunity to support the Official Community Plan by following the plan and disallowing a new card lock on Burton Avenue. If the Official Community Plan can be ignored in our neighbourhood, other neighbourhoods are equally at risk!

Remember, the OCP (Official Community Plan) was created with our money and our time and our effort. Now we need to ensure that development occurs in accordance with the official plan.

The Official Community Plan can be viewed at www.town.princeton.bc.ca/downloads/ocp.pdf

Town Council meets at 7:30 PM, October 4th at Town Hall. Please join us there.

Yours truly,

Susan Hamilton, 250-295-7582 Burton Avenue, Princeton

School Board okays mentoring program

Students may be mentoring other students soon in the Merritt area. Big Brothers Big Sisters of Canada, Kamloops branch, has offered to partner with School District #58 (Nicola-Similkameen) to begin a program in which secondary school students become mentors to elementary school students. The students will meet at lunch hour and engage in activities of common interest.

Students wishing to enter the program will be screened and trained according to established child safety standards.

The Board of Education has approved the program for the Merritt area schools only, although the Board desires to have the program in Princeton schools. At this time, the distance from Kamloops

to Princeton is too great for adequate monitoring.

VFFN extends invitation

The next meeting of Vermilion Forks Field Naturalists is Tuesday, October 12 at 7:00 PM.

The featured guest speakers will be Kelley Cook, local expert and Hope Mountain School's Kelly Pearce who will share their knowledge of notable trails in the Cascade Mountains - a presentation which should appeal to history buffs as well as recreational hikers. Everyone is welcome to attend, Refreshments will be served following the meeting.

News Leader

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Gurrent Comma

This Is A Different World



Dawn Johnson editor@thenewsleader.ca

I was watching the Ron James show last Friday night and something he said triggered a long series of memories from my early youth. He said we Canadians are born with hockey in our DNA. Suddenly, I was mentally back in our living room in the old farm house on Old Hedley Road on Saturday night with our battery radio on full blast, and Foster Hewitt broadcasting, "He shoots! He scores!"

Wow! That was a long time ago, or was it? It was only sixty years

My kids and grandkids love to hear me tell of when I was a kid on the farm, and maybe it sounds like it was a couple of centuries ago. They can't imagine a time when we had to use a battery radio because B.C. had no rural electrification program. My parents never had electricity in our farm house until a few years after I left home.

I did my homework by the light of a kerosene lamp. We did our laundry with the help of a washing machine run by gasoline. We managed to do a lot of things without electricity. It was harder work, but we didn't owe the power company a cent.

We heated our water, and our house, using wood. Yes, it was hard work to cut down the trees, cut them up, split the wood, and carry it into the house, but we didn't have to pay for natural gas.

My mother cooked our meals, did the canning, and baked our bread on a wood stove. I remember my grand-daughter being quite impressed with my knowlwhen we visited Cottonwood House in the Cariboo. I told her exactly what every part of the old cook stove was used for.

When I tell my grandchildren

about how we raised our own beef, pigs and chickens, and butchered them for food, they are amazed. Although I haven't done any of this for a very long time, I would bet I could still cut up a side of beef, or a pig, or pluck and clean a chicken. My grandchildren are amazed. They are impressed that I can gut and filet

Of course, we grew our own vegetables, and stored them in a root cellar if we didn't preserve them in canning jars or pickle them. My mother made apple sauce and canned crabapples and made jelly. My parents bought fruit from Parsons in Keremeos (yes, the same family that still has Parsons fruit stand). My mother canned the fruit and made jam. We grew our own strawberries and raspberries, and we picked wild berries. My mother made wine, too.

We had homemade cottage cheese and butter from the milk we took from our cows. I still remember how we strained the milk, let it rise in covered pans, skimmed the cream from it. I remember cleaning the milk pails and rinsing them with boiling

We never ran out of eggs, and ate an abundance of them.

Our dogs ate eggs, too, when they weren't eating the dog food we made for them. Our dogs ate the same food we did, for the most part, and they lived to ripe old ages, far beyond the "norm" for their breed.

When I was very young, we still used work horses for all of the work around the farm. I remem-

ber winter weekends spent in an old log cabin where harness was mended and soaped, and where blades from the mower were sharpened by hand with a file. I remember the grinding stone that operated with a foot pedal something like the pedal on a treadle sewing machine. As the stone spun around, we could sharpen axes, hatchets, scythes, knives, the rounded edges of spades, and the tines of digging forks.

We had steel shoe mending tools. A shoe would be put on a footshaped piece of steel that fit on a steel pedestal. Tiny nails would be used to fasten a new leather sole or heel to a worn shoe or boot.

We could buy the hard leather at a local general store called F.P. Cook Estate, a wonderful place that kept dog biscuits in a barrel, a round of cheese on a cheese slicing board, and had horse collars and bridles hanging on the wall. You could sit in a chair by a potbellied stove on a cold winter day and indulge in cheese and crack-

I could go on and on, but just think of all of the memories triggered just by a mention of hockey in our DNA. What amazes me most was that those memories go back only sixty or sixty-five years. This is truly a different world we live in today.

That was a world my grandchildren can't imagine living in. We had no television, no cell phones (no phone at all), and no comput-

They wonder how we survived without all these things. I wonder how they could survive without

We're different, and we like that.

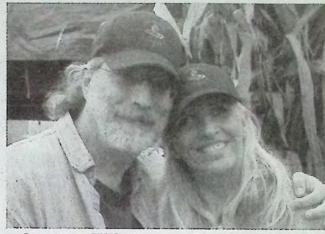
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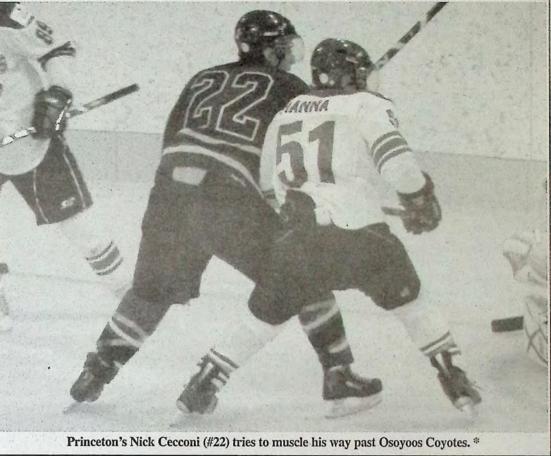
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.... continued from Page 9

Weston Joseph was sprawled on the ice and out of position to flip it past a toe and into the net. Assists went to Jake Newton and Brandon Parrone.

Princeton called a time out at 1:24 and pulled Joseph for an extra man. It was obvious that the Princeton goalie was disappointed in how his team lost the tie, but he wasn't disappointed for long as his teammates rallied and with only 5.2-seconds remaining snatched the win from Osoyoos by tying the game at

Ben Reinbolt got the goal with an assist going to Lee Muir.

The tie set the tone for overtime. The first 5-minute frame sailed by quickly with Joseph stopping everything Osoyoos sent at him.

period saw tired players struggling at times to get down the length of the rink and ended with no further scoring.

Final score: Princeton 6, Osoyoos 6 (OT)

Shots on goal: Osoyoos 53 (17 in OT), Princeton 40 (5 in OT).

Penalties in minutes: Princeton 10 for 36-minutes (4 for 22-minutes in OT), Osoyoos 8 for 24-minutes (2 for 12-minutes in OT).

The high scoring game saw 12 Osoyoos players earn points (Brandon Watson led with 3) with 8 Princeton players doing the same with Derrick DeLisser collecting 3points, Lee Muir, Ben Reinbolt, Spencer Kristensen and Dylan Beston all with 2-points each.

The Princeton Posse will spend the weekend on the road with three games scheduled in the Kootenays (October 8 in Fernie, October 9 in Kimberley and October 10 in Nelson).

The following weekend will see Princeton in Armstrong to play the North Okanagan Knights on October 15th with their next home game October 16th against Sicamous Eagles.

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Princeton's Lee Muir (#14) listens intently as the official explains a call during the October 1st game against Osoyoos Coyotes at Princeton Arena. *



Support groups assist local families

Princeton residents taking care of family members with Alzheimer's disease or other forms of dementia are experiencing severe stress, new studies show.

They are among the more than two million informal caregivers across Canada, a new national survey shows, who are struggling to cope with the impacts of caregiver stress, including depression.

According to reports released by the Canadian Institute for Health Information (CIHI), difficulty with memory, understanding and decision-making cause the most severe hardships. Caregivers were three times more frustrated when the senior needing care had Alzheimer's or other forms of dementia.

The findings come from CIHI research with more than 130,000 seniors. And they're no surprise, says Laurie Myres, the Princeton support and education coordinator for the non-profit Alzheimer Society of B.C.

"Supporting a person with Alzheimer's disease or another form of dementia is a challenging responsibility that can feel overwhelming throughout the different stages of the disease," she explains.

People who care for someone with dementia often talk about feeling guilty, even when others reassure them that they are doing the best they can, says Myres.

"They believe that it is their responsibility to provide all the care, all the time."

To further help families coping with the impact of Alzheimer's disease or related dementia, the society runs local support and information groups, one for family caregivers and the other for persons in the early stages of the disease.

They offer practical tips, a supportive environment, and a chance to learn from, and share with, others in similar circumstances.

For information, contact Myres toll-free at 1-888-318-1122 or email lmyres@alzheimerbc.org.

CIHI research shows that spouses were twice as likely to feel stress compared to other family members providing care.

Compounding the problem is the social isolation often felt by caregivers, due to the time they spend helping their loved ones at the expense of maintaining friendships.

"An area of caregiving that is frequently overlooked is self-care for caregivers themselves," Myres says.

"Although it may be difficult for a caregiver to prioritize his/her own needs, it is important to think about personal well-being too because it can positively impact the quality of life of both the caregiver and the person they are caring for."

Too much stress could leave family members unable to continue to provide care, which could lead to institutionalization - for the person with dementia and even for the caregiver, she says.

For more resources on coping with caregiver stress, visit this website: www.AlzheimerBC.org. -submitted

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The Fire Department will be hosting an 'info meeting' at 6:30 PM, Wednesday, October 13th at the Fire Hall.

If you can't be at this meeting applications are available at the Fire Hall (162-2nd Street) Wednesdays from 6:30 - 7:30 PM and at the Town of Princeton (169 Bridge Street) Monday to Friday during regular business hours.

For further information, speak to a member or call Eric Gregson at 250.295.0110 or Rob Banks at 250.295.7301.

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Princeton Racing Days Association

7:00 PM
Thursday, October 21st
Princeton Fairgrounds

Please be advised that unless we have someone step forward to run for the Racing Days Executive we will have to cancel horse racing in Princeton. Anyone interested in becoming a member of Princeton Racing Days or anyone wishing more information about the event is more than welcome to attend this AGM.



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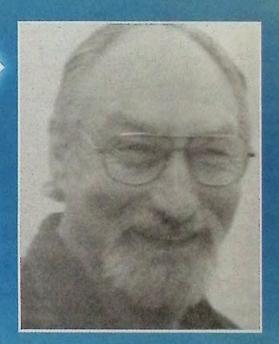
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