



Similkameen

News Leader

INCLUDES HST! \$1

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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

School Board reviews local class sizes

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 rec-

ommended 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.

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 third-largest 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. -submitted

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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News Leader THIS WEEK:



MP's Monthly Report - Page 2

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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 corporate tax rates in the G7. Individual Canadians paid two thirds of the tax revenue collected in the last fiscal year.

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 of this column due next month.

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.

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.

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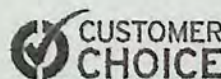
Terasen Gas residential rate (per GJ)* \$4.976 per GJ effective October 1, 2010

Gas Marketers' Residential Fixed Rates (per GJ)

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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
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Board approves life after high school

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

known. 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 post-secondary options, familiarity of the process of applying for post-secondary admittance and financial aid, and other pertinent data. All responses will be confidential.



The beautiful sunny and warm days of the past week have been good days at Princeton Golf Club as golfers get in extra rounds before the facility is completely winterized for the season. *

Summer reading helps students

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

Attendance was good, at 80 percent. 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 holiday.

VISIT THE TOWN OF PRINCETON WEBSITE AT:
www.princeton.ca

Town of PRINCETON 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.



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MOVIE NIGHTS



Riverside Theatre presents:
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Friday, October 8, 2010
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\$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 closures in the following areas:

- Tulameen Avenue - Water Project to Deerview
- Bill Miner Way—Water Project
- Ingerbelle Drive—Water Project
- Penryn Avenue—Sewer Project
- Dewdney 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 workshops.

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.

Name	Civic Address	2010 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	190 1st St	267.78
Princeton Long Term Care Society		110.99
Interior Health Authority	98 Ridgewood	2,035.34
Princeton Congregation of Jehovah'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 fund-

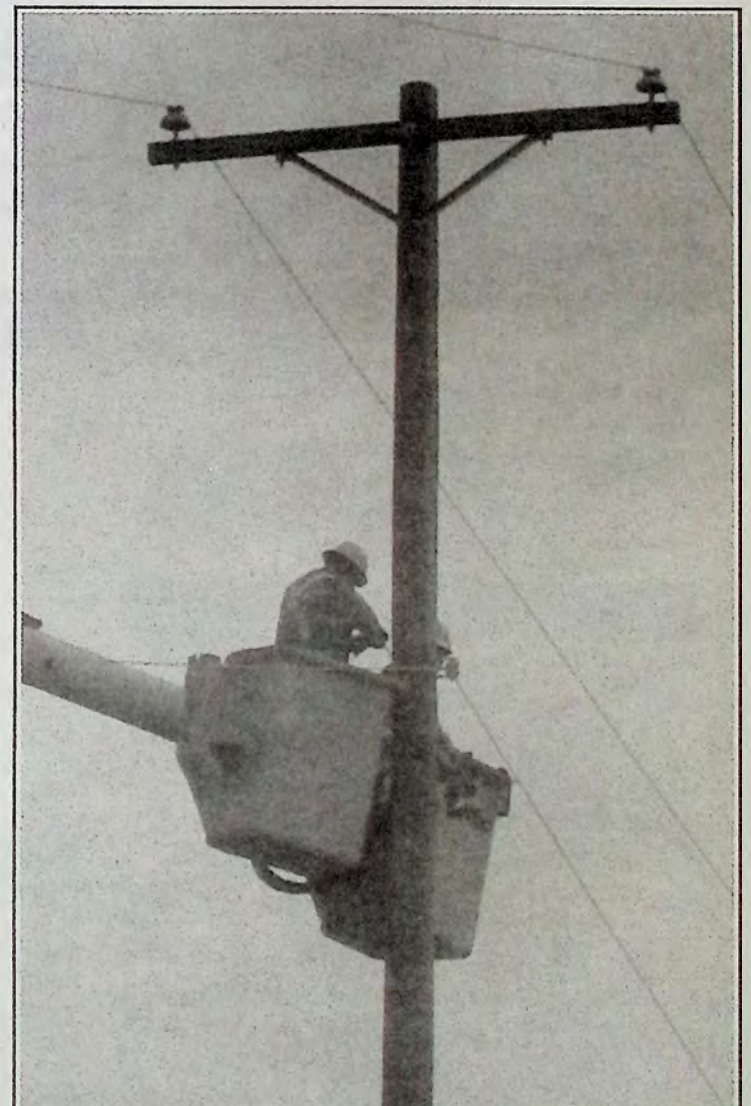
ing to arrange with Keremeos Village to landscape The Keremeos Promenade between the packinghouse and cement works.

The September 23rd meeting discussed an "adopt a piece of the trail" program to enlist neighbourhood involvement in trail develop-

ment 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., V0X 1N0.

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 born 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 like to have.

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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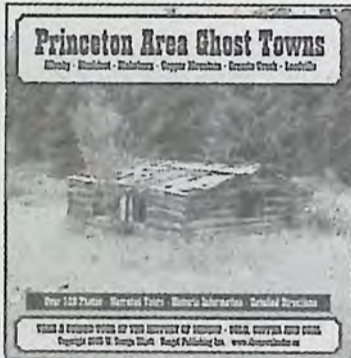
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Health / Lifestyle News

Smoke alarm maintenance is just the first safety step

(NC)—Canadians should replace 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-

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 drills.

"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 survey. www.newsCanada.com

Autumn ah-choos? Beat your allergies with these tips

(NC)—Between the changing 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 Chang, 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 hair, skin, and even on sheets and 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 coat.

Leave the leaves — it may sound like an excuse to avoid yard work, but since mould thrives in damp conditions, raking old, wet leaves can release mould spores into the air.

Seasonal allergy sufferers should 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. Laced 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 Ago

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

Building facilities 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 need."

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!

Similkameen News Leader

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Saskia & Darrel



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\$33 per Person
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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 - Tiramisu

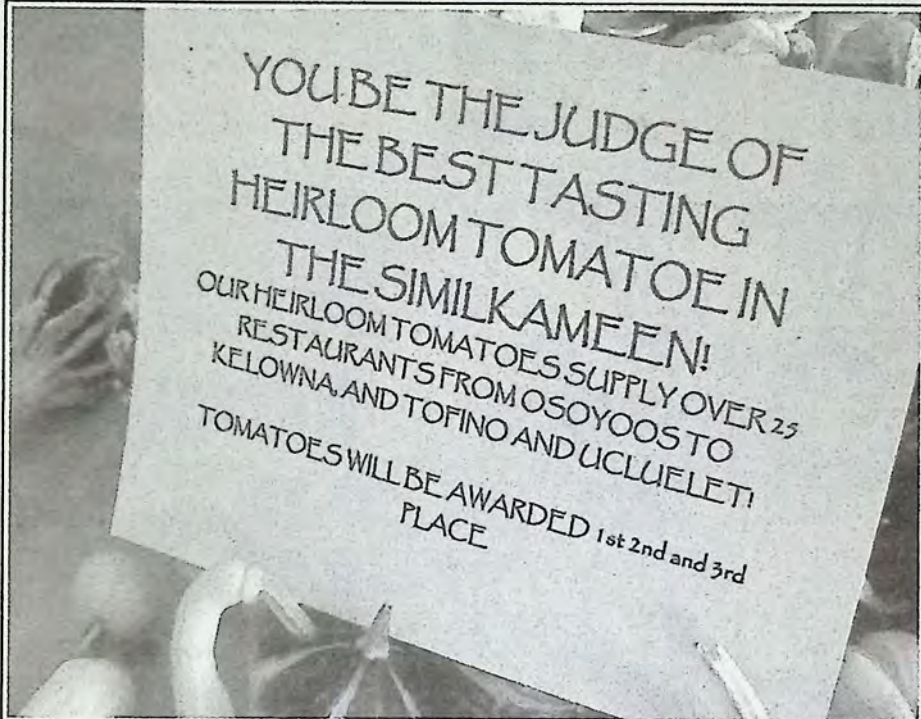
The Meal includes Coffee/Tea/Iced Tea

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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. *



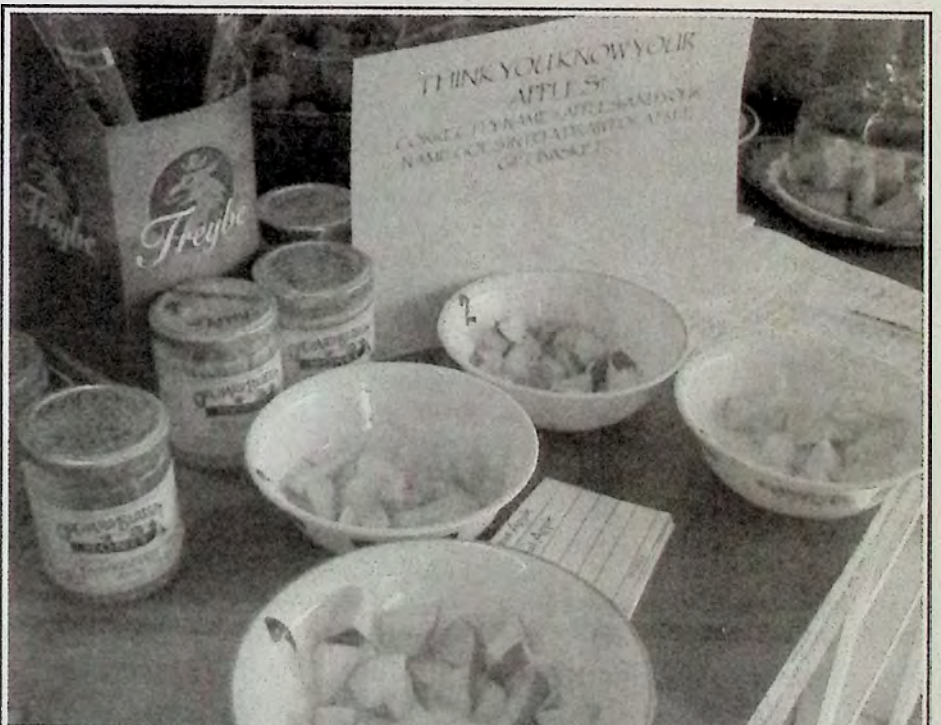
Harvest is the time when all the crops are gathered and everyone celebrates the end of a growing season. Harvest Festival included old-time ploughing demonstrations. *



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 Potato variety. *

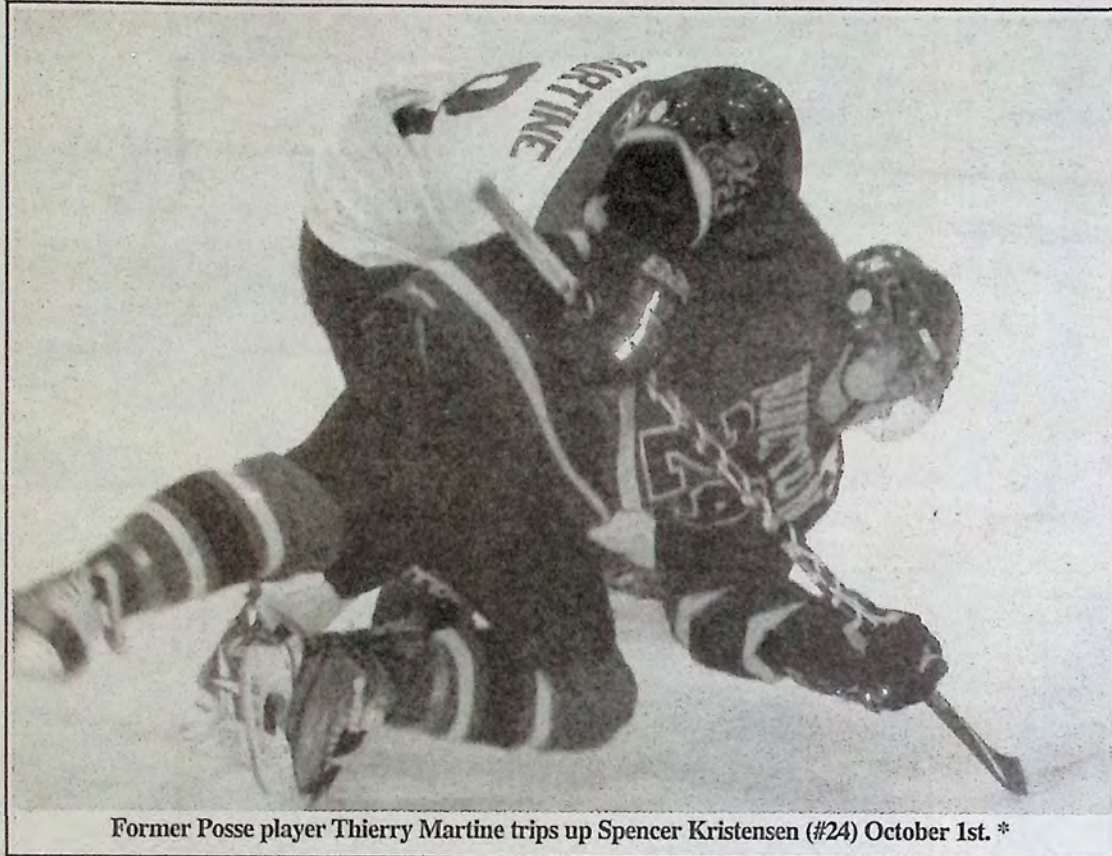


Think you know your apples? There was a way to find out for sure during Harvest Festival. You could also guess the weight of a giant pumpkin squash. *



News Leader Entertainment

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



Former Posse player Thierry Martine trips up Spencer Kristensen (#24) October 1st. *

Posse pull Coyotes into double OT

The Princeton Posse hosted Osoyoos Coyotes October 1st in what was the first-ever pay-per-view 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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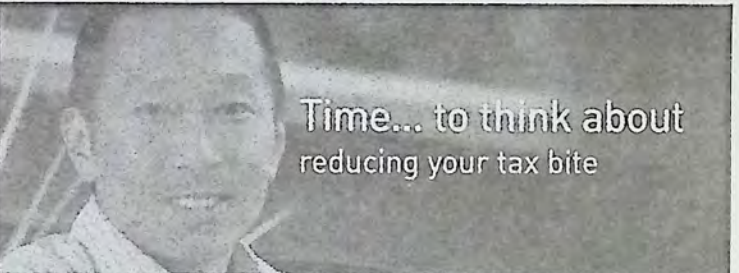
1. Children should have their eyes examined only when they say they are having problems seeing well. TRUE or FALSE?
2. As much as 80% of learning in the early years is based on visual stimulus. TRUE or FALSE?

1. FALSE. Children will not necessarily tell you if they have a vision problem, as their ability to identify normal vision is not developed until age 9 or 10. Babies as young as six months of age can be tested.
2. TRUE. Visual stimulus plays a large role in the development of a child's brain and knowledge.

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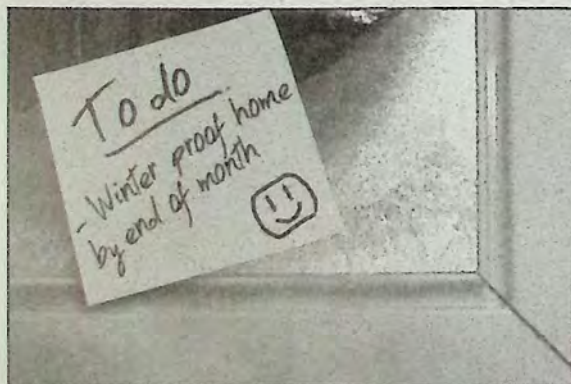


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Princeton Posse / Osoyoos Coyotes



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. *



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

Main TV schedule table for Tuesday, October 5, 2010. Columns include channel numbers (WTBS 3, CHBC 4, KNOW 5, KSPS 6, KHQ 7, KREM 8, A&E 9, KXLY 10, BCTV 11, CITV 12, CBC 13, YTV 18, TSN 19, VTV 22, DISC 24, FAM 26, CITY 29, SPIKE 44, TROP 45) and program titles.

WEDNESDAY, OCTOBER 6, 2010

Main TV schedule table for Wednesday, October 6, 2010. Columns include channel numbers (WTBS 3, CHBC 4, KNOW 5, KSPS 6, KHQ 7, KREM 8, A&E 9, KXLY 10, BCTV 11, CITV 12, CBC 13, YTV 18, TSN 19, VTV 22, DISC 24, FAM 26, CITY 29, SPIKE 44, TROP 45) and program titles.

Similkameen News 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 day-to-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:

1. 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.



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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) ★★½ "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.

Power: Art Now After Mao" (2009, Documentary) A history of contemporary art reveals its key movements and events in China. (E)
8:30 pm WTBS (3) ★★½ "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

Thursday Movies

EVENING

7:30 pm WTBS (3) ★★½ "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 Iraq and around the world illustrates how they are changing the face of modern warfare.

Friday Movies

EVENING

7:00 pm YTV (18) "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) Kurt Russell. Doc Holliday joins Wyatt Earp and his brothers for an OK Corral showdown with the Clanton gang.
8:00 pm FAM (26) "Twiches Too" (2007, Mystery) Tia Mowry. Twin sisters who have magic powers uncover evidence that their missing father is alive. (In Stereo) (E)

10:00 pm WTBS (3) ★★½ "Under Siege" (1992, Action) Steven Seagal. Two military madmen hijack a nuclear-armed Navy battleship with a SEAL commando on board as a cook. (E)
KNOW (5) ★★½ "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. (E)
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) (E)

Similkameen News Leader

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Explore The History Of Mining - Gold, Copper and Coal

THURSDAY, OCTOBER 7, 2010

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6:30 AM to 11:30 PM) listing TV programs and channels.

FRIDAY, OCTOBER 8, 2010

Table with 19 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows (6:30 AM to 11:30 PM) listing TV programs and channels.

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #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
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Explore The History Of Mining - Gold, Copper and Coal

Saturday Movies

MORNING

11:00 am CITY 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. [E]

AFTERNOON

12:00 pm FAM 26 ★★ "The Haunted Mansion" (2003, Comedy) Eddie Murphy. A real estate agent and his family encounter ghosts in an old New Orleans house on a remote bayou. (In Stereo) [E]

1:00 pm CHBC 4 BCTV 11 ★★ "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. [E]

1:30 pm FAM 26 "Roxy Hunter and the Horrific Halloween" (2008, Mystery) Aria Wallace. Roxy thinks that her classmate is a vampire from Transylvania. (In Stereo) [E]

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.

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 29 ★★ "Crash" (1996, Action) Michael Biehn. An underworld figure joins a lovely undercover agent against drug lords and corrupt police. [E] (DVS)

7:00 pm CITY 12 "Thrill of the Kill" (2006, Suspense) Shiri Appleby. A mystery novelist helps a woman investigate the death of her sister. [E]

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 novelist helps a woman investigate the death of her sister. [E]

KSPS 6 ★★ "Ninotchka" (1939, Comedy) Greta Garbo. A playboy charms a Russian envoy sent to fetch three wayward comrades in Paris. (In Stereo) [E]

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) [E]

9:30 pm SPIKE 44 ★★ "Without a Paddle" (2004, Comedy) Seth Green. Three childhood friends embark on a canoe trip to find a plane hijacker's stash of money. (In Stereo)

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 26 ★★ "Innerspace" (1987, Comedy) Dennis Quaid. A grocery clerk gets jabbed with a hypodermic holding a miniaturized Air Force pilot and craft. (In Stereo) [E]

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Sunday Movies

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 form.

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. [E]

CITY 12 ★★ "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. [E]

AFTERNOON

12:00 pm FAM 26 "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) [E]

1:00 pm CHBC 4 BCTV 11 ★★ "Trust the Man" (2005, Romance-Comedy) David 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 13 ★★ "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 13 ★★ "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.

CBC 13 ★★ "The Princess Diaries" (2001, Comedy) Julie Andrews. A woman gives etiquette lessons to her reluctant granddaughter who is heir apparent to a throne. (In Stereo) [E]

EVENING

6:00 pm YTV 13 ★★ "Daddy Day Camp" (2007, Comedy) Cuba Gooding Jr. Premiere. Chaos reigns when two clueless fathers take charge of a dilapidated summer camp and its ill-behaved attendees. (In Stereo) [E]

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 26 ★★ "Hocus Pocus" (1993, Comedy) Bette Midler. Halloween trick-or-treaters come face to face with three witch 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) [E]

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.

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. [E]

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SATURDAY, OCTOBER 9, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Saturday, October 9, 2010.

SUNDAY, OCTOBER 10, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of program listings for Sunday, October 10, 2010.

MONDAY, OCTOBER 11, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Cosby	(5:30) Morning News (N)	Little Bear (6:35)	Bob Build Between	News (N)	News	Hoarders	News	(5:30) Morning News (N)	(4:30) Morning News (N)	Razzberry	Being Inn	SportsCentre	Canada AM	How/Made	Henrys	CityLine	CSI: NY	Spoiled
6:30 AM	Cosby										Poko	Rollbots			How-Made	Franny			Spoiled
7 AM	In the Heat of the Night		Hi-5	Arthur (N) Martha	Today (N)	The Early Show (N)	Hoarders "Linda; Todd"	Good Morning America (N)			Artzooka (DVS)	Yu-Gi-Oh! Pokemon	SportsCentre		Life	"Mickey's Adventures"	The Nate Berkus Show	Pros vs. Joes	Tooned
7:30 AM																			Tooned
8 AM	Lyrics!		Magie Bus	Curious			Hoarders				100 Huntley Street	Bo On/Go	SpongeBob	SportsCentre	The Detonators	Manny	Ruchael Ray	Pros vs. Joes	Whatever
8:30 AM	Lyrics!		Poppets	Cat in the							Busytown	Kid vs. Kat				Handy			Whatever
9 AM	Fam. Feud	100 Huntley Street	Clifford	Super Why!		The 700 Club	Hoarders	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	"Land Before Time XII: Great Day"	Sportfish	Live With Regis & Kelly	MythBusters	Agent Oso	Role	CSI: NY	Restaurant Makeover
9:30 AM	Fam. Feud		George S.	Dinosaur							News		CFL Pre				Amazing		
10 AM	The Investigator	Hospital for Sick Kids	Franklin Canoe trip.	Sesame Street (N) (EI)		The Price Is Right (N)	Hoarders "Tra; Jill"	The View (N)	Hospital for Sick Kids	X-Weighted	Poko	"Land Before Time: Wisdom"	CFL	The View (N)	How/Made	Handy	EP Daily	CSI: NY	Grace
10:30 AM											Doodlebop		Football: Calgary Stampede at Montreal Alouettes.		Cash Cab	Manny	Out There		Grace
11 AM	Friends	World Vision	Rolie Polie Berenstain	Sid	Ellen DeGeneres Show	Young & Restless	Hoarders "June; Doug"	Paid Prog.	World Vision	Noon News Hour (N)	Gofrette	Before Time: Wisdom	(Live)	Fashion	Treasure Quest	(11:11) Fish	CityLine	CSI: Crime Scene	Gold Girls
11:30 AM	Evidence			Sit-Be Fit				Paid Prog.			dirtdgirl			Fashion		(11:41) Fish			Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur	Charlie Rose	Paid Prog.	News	Hoarders	All My Children (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News	Movie: "Surf's Up" (2007), Jeff Bridges		etalk	What's That About?	(12:11) Fish Kings	General Hospital (N)	CSI: Crime Scene	Total Wipeout (N)
12:30 PM			Dinosaur Train (N)	Fine Art	Days of our Lives (N)	Young-Restless	Hoarders	One Life to Live (N)	Days of our Lives (N)	End Leash	Recipes		CFL Pre	Sue Thomas	Dirty Jobs	Kings	Jdg Judy	CSI: Crime Scene	Total Wipeout (N)
1 PM	Seinfeld	Days of our Lives (N)	Wibbly Pig	Sewing						Debt Part	Air Farce		CFL	EB.Eye		Kings	Jdg Judy		Total Wipeout (N)
2 PM	Earl King	Young & Restless	The Ocean Room	Barney	Judge B.	Let's Make a Deal (N)	Hoarders	General Hospital (N)	Young & Restless	The Doctors	Steven and Chris (N)	Movie: "Ice Age" (2002) Voices of Ray Romano.	Football: BC Lions at Winnipeg Blue Bombers. (Subject to Blackout)	Dr. Phil	MythBusters	Kings	Access Hollywood Live	CSI: Crime Scene	Gold Girls
2:30 PM				WordWorld	Judge B.											Movie: "Agent Cody Banks 2: Destination London" (2004)	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
3 PM	The Office	The Doctors		WordGirl	The Doctors	Dr. Phil	Hoarders	Ruchael Ray	The Doctors	Young & Restless	Commonwealth Games			(2:59) The Dr. Oz Show	Canada's Worst Driver	"Agent Cody Banks 2: Destination London" (2004)	Law & Order	UFC Fight Night	Tooned
3:30 PM				Electric										Ellen	Bad Universe				Tooned
4 PM	Family Guy	Oprah Winfrey		Fetch! With Cyberch'e	Jdg Judy	Oprah Winfrey	Hoarders "Claudie"	Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob	NFL	DeGeneres Show	MythBusters	(5:11) Fish	How I Met		Total Wipeout
4:30 PM			George Shrinks										Cntdwn	CTV News at Five (N)		Rules			Total Wipeout
5 PM	Browns	Early News		BBC News	News (N)	News	Hoarders "Robin; Ken"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent	NFL	CTV News at Five (N)	MythBusters				
5:30 PM	Payne	News	Martha	Business	NBC News	News		ABC News	Global Nat.										
6 PM	Law & Order: SVU	Global Nat.	Dogs	PBS NewsHour (N)	Millionaire	Access H.	Hoarders "Carolyn; Jo"	News	(5:59) News Hour (N)	ET Canada	Coronation	Indie	Football: Minnesota Vikings at New York Jets. (Subject to Blackout)	CTV News (N)	Dirty Jobs	Kings	The Event (N)	Movie: "Taking Lives" (2004)	Total Wipeout
6:30 PM																			
7 PM	Seinfeld	Ent	Be the Creature (N)	My Family	Jeopardy!	The Dr. Oz Show	Hoarders (N)	Ent	Ent	Hawaii Five-0 (N)	Wheel	In Real Life (N)	etalk	Man vs. Wild	Kings	Chase "Paranoia" (N)	News	Knockout	Family Guy
7:30 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz.	ET Canada	Monarchy	Antiques Roadshow	Chuck (N)	How I Met My Rules	Intervention "Amber"	Dancing With the Stars	House (N)	House (N)	Blades	Chris	Dancing With the Stars	Bad Universe			EP Daily	Knockout	ET Canada
8 PM																			
8:30 PM																			
9 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz.	Lone Star	Vincent: The Full Story	God in America	The Event (N)	Two Men Mike	Hoarders "Robin; Todd"	(9:01) (Same-day Tape)	Lone Star	Lone Star	Just for Laughs (N)	Kyle XY	Triathlon	MythBusters	Majority	Real Chance of Love	Judge B.	Star Trek: Voyager	Parking
9:30 PM																			
10 PM	Movie: "Eurotrip" (2004) Scott Mechlowicz.	Hawaii Five-0 (N)	FASD: Finding Hope	European settlers. (N)	Chase "Paranoia" (N)	Hawaii Five-0 (N)	Hoarders "Carolyn; Punked"	(10:01) (10:01) "Punked"	Hawaii Five-0 (N)	News Hour Final (N)	National	In Real Life	Firefit Champ.	(10:01) Castle "Punked"	Man vs. Wild	School Stone	Home Imp.		Parking
10:30 PM																			
11 PM	Cheers	CHBC News Final (N)	Ancient Clues	Charlie Rose (N)	News (N)	News	Hoarders	News	News Hour Final (N)	ET Canada	George S	Prank Ptrl	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.	Knockout	Total Wipeout
11:30 PM											Mercer	Prank Ptrl		CTV News		Life Derek	Paid Prog.	Knockout	Total Wipeout

Monday Movies

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 (18) "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 (18) "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

12:00 pm YTV (18) "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 (18) "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) (E)

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 trying to recover stolen mind-control software. (In Stereo) (E)

EVENING

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. (In Stereo) (E)

7:30 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. FAM (26) "Agent Cody Banks 2: Destination London" (2004, Adventure) Frankie Muniz. A 16-year-old CIA agent poses as a clarinet prodigy while trying to recover stolen mind-control software. (In Stereo) (E)

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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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**.

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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.

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News Leader - 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

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.



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

Princeton Posse 2010/11

CLIP 'N' SAVE
Game Schedule

PRESENTED BY:

Similkameen
News Leader

WE'RE DIFFERENT, AND WE LIKE THAT.

HOME

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

AWAY

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

FOLLOW THE PRINCETON POSSE ONLINE AT;

www.princetonposse.org

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Editorial Page News Leader

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

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?"

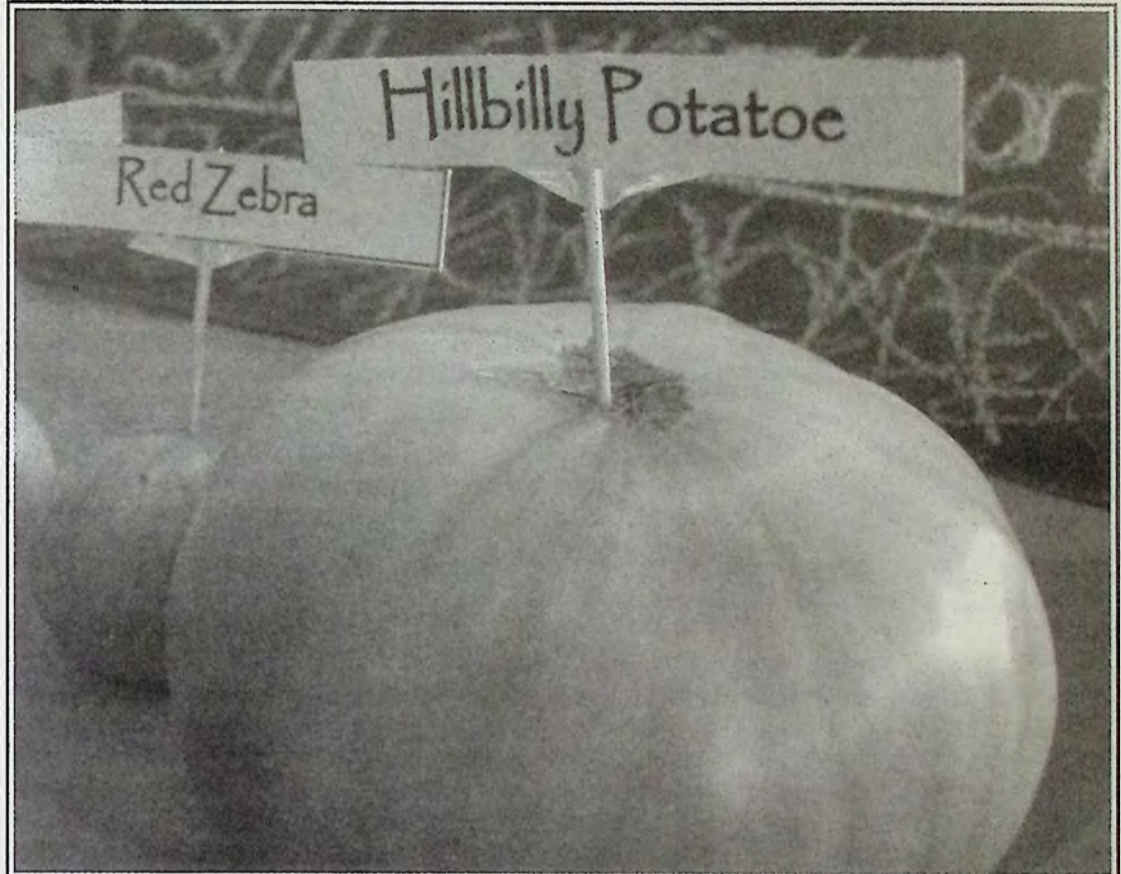
Actually, the ordering process went well. What I wasn't prepared for was the answer to the question, "Can I have yam fries with that?"

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.



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 accor-

dance 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 pro-

gram 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 knowl-

edge 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.

Similkameen
News Leader

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Dawn Johnson - Reporter
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EDITORIAL GUIDE

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

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

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

Similkameen
News Leader

www.thenewsleader.ca

Current Comment

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 ago!

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 knowledge when 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 a fish!

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 water.

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 foot-shaped 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 pot-bellied stove on a cold winter day and indulge in cheese and crackers.

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 computers.

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

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and we like that.**

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Princeton's Nick Cecconi (#22) tries to muscle his way past Osoyoos Coyotes. *

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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 6-all.

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.

The second 5-minute overtime

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 3-points, 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.

Twitter?

@PosseWebCrew



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



Centennial Pool. Quiet, serene, empty. A sign that summer has been over for a while. *

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.

Princeton Racing Days Association
ANNUAL GENERAL MEETING
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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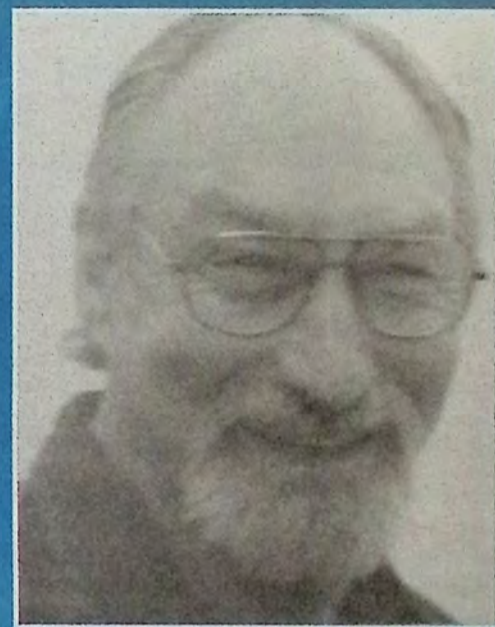
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