Similkameen INCLUDES HSTI

Volume 13 Issue 44 #654 ISSN 1712-090X

Tuesday, November 2, 2010



A crew worked last week on digging the trench for the new waterline which will run from the airport bench down to Bill Miner Way. It's one of many public works projects currently underway. Photo: Dawn Johnson

Government takes tax off poppies

The government has listened to the Royal Canadian Legion and Canada's New Democrats and will remove the sales tax from the purchase of poppies and wreaths for the Legion's annual poppy campaign.

When the Harmonized Sales Tax was implemented in Ontario and B.C. this summer, the production of poppies fell under the new tax system since a private firm in Toronto makes the poppies. This means they would have been subjected to a 13 per cent tax.

The move will save Legions across the country around \$780,000 a year.

"Charging HST on poppies and wreaths is just plain wrong," said BC Southern Interior New Democratic MP Alex Atamanenko on October 28th.

"The poppy campaign is a crucial fundraising tool for the Royal Canadian Legion. By charging 13 per cent HST on the purchase of poppies, the federal government was inadvertently hurting veterans and their families."

"Legions lose an extra 13 per cent of their costs in purchasing the poppies from their supplier in Toronto, which will come out of the millions of dollars donated by Canadians when they buy poppies every year for Remembrance Day," said NDP MP Malcolm Allen (Welland).

"This HST comes at an unfortunate time, as legions need those funds more than ever to support our military, police and veterans, and their families."

Allen's Private Members Bill, C-480, An Act to amend the Excise Tax Act, first tabled on November 5th, 2009, called for the tax to be removed from poppies and wreaths purchased for the benefit of veterans, and would allow the legions to recoup the 5 per cent federal portion of the HST.

Princeton Royal Canadian Legion members were out distributing poppies October 29th on what has locally been identified as Poppy

The date is chosen each year to coincide with the start of the national campaign used to distribute poppies in advance of Remembrance Day on November 11. Approximately 18 million poppies are distributed each year in remembrance of Canada's military service around the world.

Vermilion Forks Field Naturalists will host an evening about snakes on Tuesday, November 9th, beginning at 7:00 PM at Riverside Centre. Environmental educator Jim Shaver will offer a fascinating and informative presentation on snakes in the province, including the infamous Western Rattlesnake. Everyone is welcome to attend.

The next Vermilion Forks Field Naturalists hike will be around the Allison Lake Circuit, hosted by Trish Reid. This is an easy walk on flat terrain that circles Allison Lake. The hike will take approximately an hour and a half.

If you wish to participate meet the group at 10:00 AM that morning at Billy's Restaurant with your lunch, water, binoculars and camera.

Vermilion Forks Field Naturalists have hosted regular hikes for a number of years.

For more information on the Allison Lake hike, or to confirm your attendance, call Trish at 250.295.6002.

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yields coke the seizure of crack cocaine and the arrest of a 45-year old male from Oliver/Osoyoos."

While the quantity has not been released, Clare referred to the seizure as being "a significant amount of cocaine."

Charges are pending for possession of cocaine for the purpose of trafficking. RCMP continue their investigation into the incident.

applauds worker

Traffic stop

Members of the Fall Fair Association met October 26 to prepare for the annual general meeting on November 23. There were a number of items of business to review, and a presentation.

Princeton RCMP report an inter-

esting result from a traffic stop on

Highway 3 during the evening of

"A Vehicle stop was conducted

when a Princeton RCMP officer

noticed that the insurance had

expired on a vehicle travelling on

Highway 3," states Princeton Detachment Sgt. Dave Clare.

"Subsequent investigation lead to

October 21st.

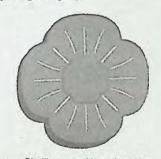
Terry Inglis, who was unable to attend the annual volunteer appreciation dinner, attended the Fall Fair meeting and received a presentation delayed due to his illness. Lyn Melnechenko presented him with a framed drawing from all of the user groups at the exhibition facility in appreciation for his dedicated volunteer work during the

past few years.

The Fall Fair received a letter from Princeton Garden Club asking that the date of the fair go back to the second weekend in September. Prior discussions with the Rodeo Club president had suggested the same date to combine the fair with the bull riding finals. The change of date is under consideration.

The Lions Club no longer has storage facilities at its former location. Goods for the annual auction will be stored in the Junior Fair building at the exhibition grounds until the auction date.

John Bey reported on the use of the grounds by the Gisborne Group, and on renting the tent and chairs for the Copper Mountain mine open house on November 18. He added that the heritage building will not be paved this year due to the high cost quoted to him by the paving company.



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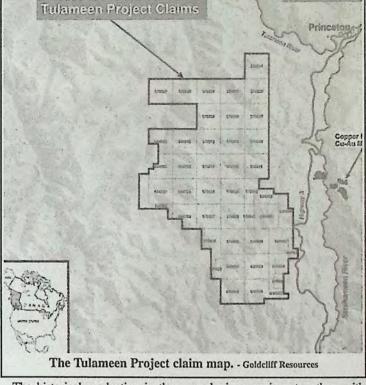
Goldcliff locates new showings

George W. Sanders, President of Goldcliff Resource Corporation (GCN.TSXV), reported October 27th that the first phase of exploration work on the Copper Mountain-Tulameen project has been completed. The three copper and gold porphyry targets were explored and three additional mineralized showings were located on the Goldcliff holdings.

The field work consisted of geological mapping and sampling, stream sediment and water-bar sampling, and a geophysical radiolithic ground survey. In total, 261 samples were taken from rock-outcrop and stream-soil locations, along with 120 kilometres of radiolithic measurements.

Three new sulphide-rich showings were discovered on new logging roads. The three targets contain copper and gold mineralized sulphides similar to the Copper Mountain ore deposits within the Princeton Copper-Gold mining district. The samples and radiolithic data are in the process of being analyzed.

The Princeton Copper-Gold mining district is a world-class copper-silver-gold mining region hosting porphyry-style mineralization. The super-pit at the Copper Mountain mine consists of a copper resource of 518.6 million tons of 0.31% Cu containing 3.2 billion pounds of copper with gold-silver credits. The mine is scheduled to restart in 2011.



The historical production in the Princeton mining district, together with Copper Mountain's current copper resource, totals 4.9 billion pounds.

The Goldcliff multi-sensor airborne geophysical survey indicates that the intrusive suite hosting the Copper Mountain deposits extend to the southwest through the Goldcliff claim block.

Recent mapping by the BC Geological Survey confirms that the prospective geology extends onto the Company holdings. This geologic mapping, together with the historical data, provides strong evidence of structural settings that are magnetically similar to the Copper Mountain ore deposition.

The airborne geophysical signatures also indicate conductivity and potassic alteration patterns consistent with porphyry-style mineralization at Copper Mountain. The radiolithic ground survey was conducted to help determine rock types and alteration zones associated with mineral deposits.

The Goldcliff Copper Mountain-Tulameen project is a contiguous block of 56 mineral claims totalling 25,387 hectares.

The claims were acquired by staking and are 100 per cent-owned by Goldcliff. The project area has established infrastructure, with the town of Princeton as the centre of commercial activity.

The project is situated west of Highway 3, a major route in the province of British Columbia, and contains abundant access roads. The project also has water and access to electrical power.

For further information, contact George W. Sanders, President, at 250.764.8879, toll free at 1-866-769-4802 or via e-mail at sanders@goldcliff.com.





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Princeton's Colby Williams continues to lead team

The Thompson Okanagan Female Midget AAA Rockets travelled to Nelson this past weekend (October 23-24) for a BC Hockey Female Midget AAA league tournament. All 5 teams in the league participated. The Rockets went undefeated throughout their 4 games, dominat-

ing most of the competition and are currently 1st place in the league with 5 wins and 1 loss.

Game #1 was against the Prince

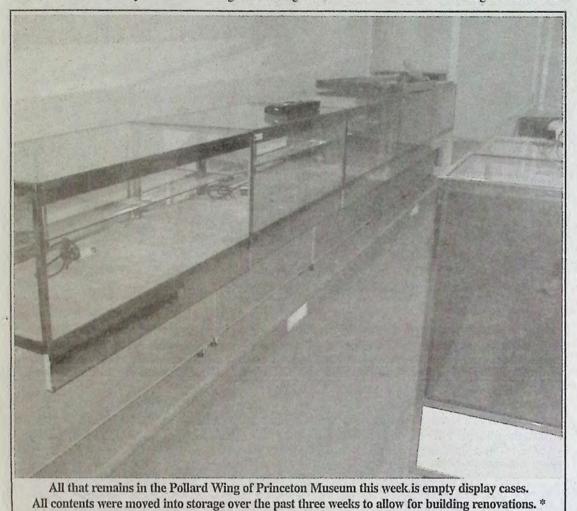
George Cougars. The Rockets got off to a slow start, and were down 2 - 0 at the start of the 2nd period. The team came out strong in the second and scored 4 unanswered goals in the 2nd and 3rd periods to win the game 4 - 2. Points came from Colby Williams (assist Kelsey Freudenberger/Shylah Janessa Jenkins (assist Steph Schaupmeyer/Bre Frasca), Lauren Hume (assist Nicole Case) and Kelsey Freudenberger (unassisted). Tara Bouvette had a strong game in net.

Game #2 was against the Kootenay Wildcats and the Rockets dominated the game and won the game 9-2. Two players, Colby Williams and Steph Schaupmeyer scored hat tricks. Other goals were from Janessa Jenkins, Bre Frasca and Shylah Gibb.

Game #3 saw the Rockets facing their toughest competition in their second game of the day vs. the Fraser Valley Phantom in their 1st game of the day. It was a back and

forth, fast paced game all through. The score remained 0 - 0 until the third period when the Phantom scored first. The Rockets answered with two unanswered goals from Kelsey Freudenberger (assist Shylah Gibb/Cora Sutton) and Janessa Jenkins (assist Bre Frasca). The Phantom's goalie was pulled in the last minutes but the Rockets held strong and the game was won 2-1. Shelby Tse made some key saves to help the Rockets to victo-

Game #4 was against the Vancouver Fusion who tied the Rockets in league play last year. The Rockets dominated the game and were victorious 8 - 2. Goals were scored by Colby Williams (assist Cora Sutton/Kelsey Freudenberger), Nicole Case (assist Bre Frasca), Kelsey Freudenberger (unassisted), Emily Gervais (assist Janessa Jenkins/Bre Frasca), Lauren Hume (unassisted), Shylah Gibb (unassisted), Cora Sutton (unassisted) and Janessa Jenkins (assist Bre Frasca).



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OR CONTACT TOWN HALL AT 250,295.3135

Princeton **Town Hall News**

DO THEY KNOW WHERE YOU ARE?



Calling 911 is the second step to getting help. The first step is displaying your civic number! PLEASE ENSURE YOUR HOUSE NUMBER CAN BE SEEN FROM THE ROAD And remember-the emergency responder trying to find your house may not be from Princeton.

REMEMBRANCE DAY

Town Hall will be closed for Remembrance Day on Thursday, November 11th. The office will re-open on Friday, November 12th from 8:30 am to 4:30 pm.



RIVERSIDE MOVIE THEATRE

The A-Team Action/Comedy Rated PG13 Saturday November 6

Showtime: 7:00 pm

Doors open 1/2 hour before showtime \$5.00 at the door Concession open Movie Hotline at 250-295-6067 line 2 148 Old Hedley Road across from the Princeton Arena.

RAY JARVIS TERMINAL BUILDING OPEN HOUSE

Join us at the Ray Jarvis Terminal Building at the Princeton Regional Airport on Sunday, November 7th, 2010 from 1:00 pm to 4:00 pm for our

OPEN HOUSE. Come and see the finished terminal building and enjoy some light refreshments.



WINTER SNOW REMOVAL

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

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

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

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

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

MEETINGS WITH COUNCILLOR EARLE

Councillor Earle will not be at Town Hall on Fridays. To leave a message or to contact Councillor Earle please call Town Hall or email jearle@princeton.ca.

NOVEMBER RECREATION PROGRAMS

ARTS & CRAFTS

ADVANCED CLAY FOR KIDS

MOSIAC SUNCATCHERS

Young Potters will have an opportunity to work on the potter's wheel and hand build pieces with an autumn theme. Price includes clay, glazes, and firing.

RIVERSIDE CENTRE 4 classes/\$55 Wed Nov 10

9-12 yrs 3:30-5:00 pm

During this fun afternoon class for kids they will learn the basics of mosaic and create a stained glass window using marbles, beads and small square tiles to a framed piece of glass ready to hang on the wall or in a sunny window.

RIVERSIDE CENTRE 1 class/\$31.50 7-12 vrs Tues Nov 16 3:00-4:30 pm

ADULT MOSIAC WORKSHOP Come interested and leave inspired as you skillfully design your own mirror with stained glass. Price includes supplies and instruction.

RIVERSIDE CENTRE 2 classes/\$106 Adult/16+

Sat/Sun Nov 20 &21 10:00 am-2:00 pm

FOODS

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Sat COOKING FOR KIDS 9:00 am-noon

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4 dasses/\$105.00

Gr. 3-7

Wed Nov 24 3:30-5:30 pm

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Dennis Walker of Giant FM, left, Colleen Christensen, Manager of Similkameen Country and Judy Sentes Executive Director of the OSNS Centre in Penticton, right, worked the morning airwaves October 29th to help fundraise for the OSNS. Each day October 25th through October 29th, Dennis and Judy promoted the programs of the OSNS by broadcasting from one of the Info Centres in Summerland, Penticton, Oliver, Osoyoos and Keremeos. The Similkameen Country Info Centre was the final venue building up to the annual Telethon on Shaw Cable on October 31st. The Okanagan Similkameen Neurological Society (OSNS) Child Development Centre serves children of the South Okanagan and Similkameen from Summerland and Naramata through to Tulameen. Since 1978, the centre has offered programs for children who are developmentally at risk due to autism, speech difficulties, social difficulties, learning disabilities or unusual gifts. Photo: Arlene Arlow

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Active Renewable Marketing Ltd. 1-866-628-9427 activerenewable.com				\$8.99
FireFly Energy 1-888-780-3298 fireflyenergy.ca	\$4.70	\$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 summittenergy.ca				\$6.99
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Cawston hosts 'Songs from the Wars'

Remembering the old songs, the staunch and the cheeky along with the downright dirty and tragic, some Similkameen players and singers have gotten together to produce a show they call Folies de Guerre.

Folies de Guerre (the madnesses of war) is a rollicking old time view of modern wars through lenses of doubt and disquiet. Folies de Guerre offers a bright side to the worst of it.

It happens in a café style presentation at the Cawston Community Hall, on Sunday, November 14th at 2:00 PM. Doors open at 1:30

Folies de Guerre features Cawston Players members Jim Bagley, Gabi Cursons and Dave Cursons, Princeton Traditional Music Society members, Rika Ruebsaat and Jon Bartlett supported by players Jacob Matte of Chopaka and Jaquin Manet-Bobier of Hedley.

There is an admission fee with proceeds after expenses evenly divided between the Canadian Military Families Fund and the Canadian Peace Alliance.

There will be language that may not be suitable for some.

Refreshments will be served from the hall kitchen.

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Explore The History Of Mining - Gold, Copper and Coal



Keremeos CIBC Branch Manager Gina Chapman is pictured with tellers Robin Bickner, Natalie Elgie and Sheri Felker on October 29th as the branch celebrated Hallowe'en in costume. In case you can't guess, the tellers wanted to dress up as "money" - three different \$100 bills! Photo: Arlene Arlow

RDOS addresses zoning issue

In response to concerns raised by the local Keremeos/Hedley community regarding the number of dwelling units being constructed on agricultural properties, the Regional District of Okanagan-Similkameen is investigating the potential expansion of land use planning in Electoral Area 'G' -Rural Keremeos/Hedley.

Proposed Zoning Regulations

The concerns that have been raised include the possible conversion of buildings and structures on agricultural properties for the rental accommodation of persons not associated with the operation of the farm.

To address this, new zoning regulations that would regulate the number of dwelling units permitted on a parcel of land in the ALR are being proposed. These would limit the number and size of dwellings as follows:

Parcel Area/Number of Dwellings Less than 8.0 ha - 1

+

8.0 ha to 19.9 ha - 2 Greater than 20 ha - 3 Floor Area Restrictions 1st Dwelling - N/A 2nd Dwelling - 140 sq meters 3rd Dwelling - 70 sq meters

As Building Inspection Services are not currently provided to residents of Electoral Area 'G' (and are NOT being contemplated at this time), compliance with the Zoning Bylaw would be monitored through the issuance of Dwelling Authorization Permits (DAP).

Permits would be required prior to the construction of any new dwellings or additions to an existing dwelling. Applications for a DAP would need to be accompanied by a set of plans, a completed application form, a proposal summary, a copy of Certificate of Title and a \$50.00 application fee.

An open house was hosted by the Electoral Area 'G' Advisory Planning Commission (APC) on October 27th in Victory Hall.

The development of units is only one issue affecting agricultural lands within the Electoral Area and the Regional District is also interested to know what other issues or concerns the community may have.

Electoral Area 'G' is the second largest Electoral Area within the Regional District representing 23.6% of the overall land base (i.e. 215,039 ha), yet comprising only 2.6% of the total population (i.e. 2,308 persons).

Approximately 593 parcels are situated within the ALR, which represents 3,923 ha or 30% of all parcels in the Electoral Area. Of these, over 84.1% are less than 8.0 ha (20 acres) in size.

The history of land use planning in the Electoral Area dates to March 24, 1977 and the adoption of Zoning By-law No. 325. The current Zoning By-law applies to approximately 288 ha — or 0.13% of the Electoral Area.

- submitted



Keremeos CIBC staff displayed true Hallowe'en spirit Friday October 29th. Pictured are Evelyn Yuzik, Loans Officer, Sunny Dhaliwal, Loans Officer and Gina Chapman, Branch Manager. The branch was adorned with Hallowe'en ornaments, including a 4-foot spiderweb and requisite spider. Photo: Arlene Arlow

Nows Leader



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PLEASE TAKE A MOMENT.







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

In addition, let's continue to understand that the actions we take today and the plans we make for tomorrow can have a significant impact on our own futures.

In remembrance, we are.



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FINANCIAL FOCUS

What You Need To Know About Converting An RRSP to A RRIF

A Registered Retirement Savings Plan (RRSP) is a great way to save and invest for retirement. But you can't save forever.

At some point, you'll use the funds you've accumulated in your RRSP for retirement income. You can wait, but not past a certain age. Government regulations require you to wind up your RRSP by the end of the year in which you turn 71.

When it's time to draw on RRSP funds for income, there are three basic choices. You can convert your RRSP to a Registered Retirement Income Fund (RRIF), buy an annuity or take the entire amount in cash. (Or you can combine any of these options). In reality, the first two options are the most popular, because receiving funds in cash could result in a substantial income tax bill in a single year.

RRIFs are by far the most common choice. They offer investment and income flexibility, and let you keep the same investments you held in your RRSP. They're also widely available from financial institutions and can be tailored to meet your needs. If you want maximum flexibility you can open a self-directed plan.

A RRIF is similar to an RRSP, only you distribute money instead of contributing funds. Your investments grow tax deferred as long as they remain in the plan. Amounts withdrawn for income are taxable.

You can withdraw as much as you want from a RRIF. However, a minimum annual withdrawal is required under government regulations. This is based on your current age, and the value of your RRIF.

If you turn 71 this year, you should have already started the process of winding up your RRSP. Most financial institutions require at least a month's notice to complete the necessary transactions. Failure to wind up your RRSP by December 31 could result in the entire amount being converted to cash and considered income in one year. It would then be taxed accordingly.

The main alternative to a RRIF is an annuity. With an annuity you create a simple income stream, without the chore of managing investments.

You can buy a life annuity, through which you provide a lump sum to an insurance company in exchange for a guaranteed income stream for life. Payments, usually made monthly, are a combination of investment returns and repayment of part of your principal amount. Generally they're fixed for the term of the annuity. Some type of annuities provide payments until age 90, or offer different features.

You don't have to choose between a RRIF and an annuity. You can combine the two so an annuity provides a predictable income stream in retirement and a RRIF gives you a chance to exercise greater control over part of your assets.

Speak to a financial advisor* before you make a retirement decision. With professional help you can select the right income option for your needs.

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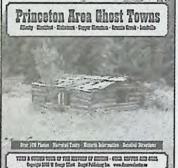




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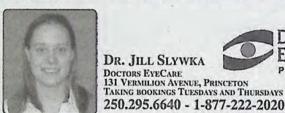
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Disposable contact lenses, either monthly or bi-weekly, are the best option. Discarding the contact lenses according to the proper wearing schedule keeps the wearer ahead of the protein deposits that form on the contacts (protein deposits occur as a natural process the body under-goes to make the foreign substance look like its own self...unfortunately these break down the lens material and are difficult to see through when located centrally). Good cleaning with the recommended solution, wearing schedules as well as lubricating drops allow for maximum use out of contact lenses. Contact lenses need to be fit properly so discuss these options with your eye care professional...contact lenses are great when used and worn properly.



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Are you wondering what has happened to your retirement savings? Are you struggling to determine how much money you need and how long your investment portfolio will last if you were to retire soon?

I'll take the time to understand what's important to you and offer advice that goes beyond investment choices. I'll help you structure your portfolio, determine how long your money will last and identify solutions to save you tax and make your retirement dreams come true.

You've got questions. I've got answers, Call me and let's work together to help you get back on track.



Al Anderson, BBA, CFP, TEP

Phone: (250) 295-3555

The Plan Investors Group

Health / Lifestyle News

Tips to manage eczema-prone skin

(NC)-Eczema is increasingly becoming a common skin condition, with 15 to 20 per cent of the population suffering from this disease. Symptoms of eczema include very dry, flaky skin, red rashes and constant itching. Symptoms can range from mild to severe, where, in the most severe cases, the skin is so inflamed that it becomes irritated and bleeds.

Managing eczema is more than dealing with dry, itchy skin. It's about developing a treatment regime that lets sufferers feel in control of eczema-prone skin.

Here are some simple tips and facts to help you become more proactive with the condition:

Bathe and Moisturize - Bathing is the first line of defense in managing eczema-prone skin.

Prepare a bath with lukewarm water, add an emulsifying oil and soak for five minutes or apply moisturizing wash directly to the skin and gently rinse off. The skin will actually absorb some of the water and oil. Gently dry off excess water with a soft towel, or briefly air dry if

air is warm. Moisturizing the skin is a necessary final step which will help protect the skin's natural moisture barrier.

There are over the counter products available, such as Cetaphil Restoraderm Eczema Moisturizing Wash and Lotion which are clinically proven to restore the skin's moisture barrier with essential skin emollients.

Avoid the Triggers - Harsh soaps and detergents, fragrances and perfumes and certain foods may cause eczema occurrences. Heat and sweating cause irritation, and can worsen eczema. Staying in a cool place during hot weather will help prevent itching. Consider wearing loose, 100 per cent cotton clothes so as not to irritate the skin. Excessive heat and low humidity creates an environment with reduced moisture content in the air. Consider using a humidifier in the house or bedroom. Educate Yourself and Seek Support - Know you are not alone. There are many others out there that share the frustration of eczema. If you think you or a family member might be suffering from eczema, consult your doctor or dermatologist before starting any treatment. For more information on eczema you can visit the Eczema Society of Canada's website at www.eczema-- www.newscanada.com

The dirty truth: cleaning isn't disinfecting

(NC)-The kitchen looks sparkling Bacteria, fungi and viruses can surclean after you've wiped down the counter, wiped off fingerprints from the fridge door and washed the sink. However, did you know that although a surface may look clean it could be harbouring bacteria or viruses that could be harmful to your health? When you clean your home, rather than disinfect it, you may just be spreading those germs around.

In fact, the Hygiene Council's 2010 Hygiene Home Truths Study sponsored by Lysol found that 12 per cent of sites that actually appeared to be in a new or visibly clean condition still harbored microorgan-

"Visibly clean doesn't necessarily mean disinfected," says Dr. Donald Low, Microbiologist-in-Chief at Mount Sinai Hospital in Toronto. "Cleaning with a dirty cloth or using the wrong cleaning product could simply spread bacteria around the home rather than destroy it.

vive on surfaces for extended periods of time, from hours to days, so you need to use disinfectants to remove them." Disinfectants are specifically regis-

tered with Health Canada and carry a Drug Identification Number (DIN) on the label. Check the label for the "DIN" to ensure you're buying a disinfectant. Disinfectants, such as Lysol, can work to eliminate the likelihood of cross-contamination and can help maintain a clean, healthy environment for the whole family. - www.newscanada.com

Living Past 100

Balance Your Calcium

These days, it seems everybody is being urged to take calcium supplements to avoid osteoporosis, but there are dangers to taking too much calcium. Too much calcium can be the culprit in osteoarthritis, heart and blood vessel problems, muscle and joint pain, and fatigue.

Most of us are not deficient in calcium. What really goes wrong is an inability by our bodies to properly use the calcium to build bones. Calcium all by itself is not going to solve the problem of bone density loss leading

There are a number of medications prescribed today to help bones absorb calcium, but these medications are not 100 percent safe for everyone. There are side effects. There is another problem with some of these medications: while the bones become denser, they also become more brittle, and fracture more easily. Healthy bones are not brittle.

A study done 60 years ago successfully proved what the missing ingredient is when people begin losing bone density. A doctor in Texas studying the incidences of bone fracture and osteoporosis in patients from various locations discovered those locations with the most magnesium in the water had the fewest fracture cases and fewest osteoporosis cases,

Recently, two American doctors did a study in which they put patients on a low magnesium diet and a high calcium and Vitamin D diet. They were shocked to discover their patients soon became deficient in calcium as well as magnesium. They learned that being deficient in magnesium can cause osteoporosis. They learned the body needs more magnesium than calcium to prevent osteoporosis. Yes, Vitamin D helps the process.

Where do you find magnesium? Magnesium is in most foods, but rich sources are dairy products, fish, meat and seafood. Other good sources are apples, apricots, avocadoes, bananas, blackstrap molasses, brewer's yeast, brown rice, figs, garlic, lima beans, millet, nuts, peaches, chick peas, salmon, sesame seeds, whole grains and green leafy vegetables.

If you have bone density loss, maybe you should be tested for magnesium deficiency.

More on magnesium next week.



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News Leader - November 2, 2004

Similkameen News Leader This Week

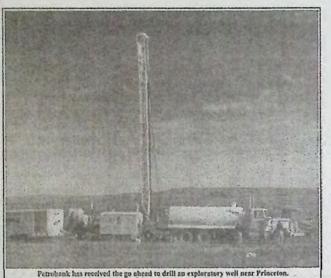
Petrobank receives licence

Pages 7, 8 Meet Your Meter Contest Page 26 Country Harvest Fest

Page 4 Keremeos News Pages 9-16 TV Guide

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RCMP mab driver



Petrobank to Increase Public Communication

Pehobank Lineary and Resources officials of the project through per. Their about our exploration well

approves exploratory well drilling

Government

Petrobank Energy and Resources 13d. (Petrobank) announces that it has received all government and reg-ulatory approvals to drill an exploratory natural gas from coal (NGC) well near Princeton. "We are truly pleased that our NGC exploration resource is fluidly ext-

"We are truly pleased that our NOE
exploration program is finally getting underway," said Grogg Smith,
Vice-President, Caruda, Petrobarde,
Our drilling nativities with help us
assess the potential of this field and
moneour, if the reserves are sufficient to warrian further development
in 2005."

Parchaet, with dell'a user mell best.

Parchaet, with dell'a user mell best.

Petrobank will drill a test well locat ed 4.5 km southwest of Princeton. As the well is drilled, a constant monitoring of well bore chameteristies will be conducted. All findings The November 2, 2004 Similkameen News Leader front page. - News Leader Archives

Petrobank begins exploratory

It was exactly six years ago this week that Petrobank Energy and Resources Ltd. received "all government and regulatory approvals" to drill an exploratory natural gas from coal (NGC) well near Princeton.

A lot has happened since including a change in company name to Petrobakken Energy Ltd. and NGC eventually became known as CBG (coalbed gas).

But at the time of the announcement Petrobank Canada Vice-President Gregg Smith told the News Leader, "We are truly pleased that our NGC exploration program is finally getting underway."

Smith said the drilling activities would help the company assess the potential of NGC reserves in the area and whether or not further development would follow in

The plan was to drill a test well 4.5-kilometres southwest of the community, more specifically, in a field just off of Wright Road.

The project was first introduced to the community in April 2004 through letters to residents immediately surrounding the well site. Two open houses were held with approximately 200 people attending and the company kept community officials informed through personal visits and correspondence as well as through regular news releases published here in the News Leader.

Petrobank even set up a toll free number where residents could get information on the project.

"We know a desire for more information exists," Vice President Operations Rene LaPrade stated at the time.

"Our interest is to ensure the community knows the facts about our exploration well and we will be sharing information in a very public fashion."

Princeton Fall Fair Association supported a plan presented by Princeton & District Community Skills Centre Manager Sharan Jung on October 26, 2004.

She outlined a plan to apply for Western Diversification funding for a year to set up an organization to assist non-profit groups with administration, accounting, record keeping and storage, policy and

procedure manuals and access to technology to assist them with a number of activities, including marketing.

Jung explained the economic impact of events, which bring outside money to Princeton and had documents that revealed even small events, could generate a lot of direct and indirect revenue to

She received a letter of support from the Fall Fair.

A headline in the sports section of night by Summerland Sting.

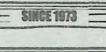
It was a tough time for the Posse who had just lost local boy Chance Lintick from the line up following an injury sustained the previous week in a hunting accident.

the community.

the November 2, 2004 News Leader announced, "Posse still looking for second win" and were beaten 8-3 the previous Friday

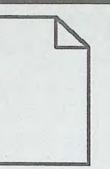
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Museum Renovation Project



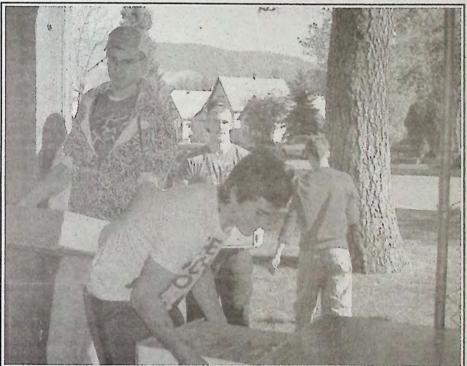
Princeton Posse players help move items from Princeton Museum into storage prior to major renovations at the facility. Photo: Sharon Anderson



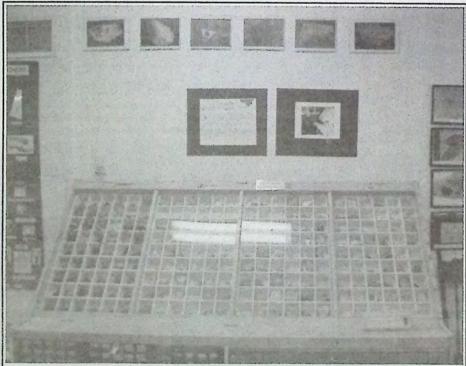
Posse hockey players have worked many hours over the past few weeks by moving all the artifacts housed at the site into storage. Photo: Sharon Anderson



Items not considered weather sensitive are being kept in storage in buildings located at the museum grounds. Photo: Sharon Anderson



Princeton Posse players have saved museum society members time and moving expenses related to the pre-renovation phase. Photo: Sharon Anderson



This is how a small section of the Pollard Wing looked before everything was hauled into storage elsewhere on site. Photo: Sharon Anderson



One of the Princeton Posse work crews following a long day of work at Princeton Museum. The boys have new fans as a result! Photo: Sharon Anderson

News Leader

Similkameen News Leader TV Guide Listings - November 2 - 8, 2010



Princeton's Jaden Janzen (#15) waits for the puck to drop. *

Creston hands sixth loss

Streaks are a sign.

Winning or losing, a streak often signals a trend. Others say streaks mean nothing at all.

Creston Valley Thundercats met Princeton Posse for the only time this season on October 24th and handed them their sixth loss in a

Princeton's Ben Reinbolt gave Creston their first power play of the game only 24-seconds after the opening face-off with a 2-minute boarding penalty but the Cats could not pounce.

Then at 15:22 it was Princeton's turn when Creston's Colton Meaden went off for holding. With that penalty nearly over Matt Geurts joined Meaden in the box serving a hooking penalty which gave Princeton a 2-man advantage for 33-seconds.

The home team couldn't produce but still had the balance of Geurts'

penalty for a power play.

That was until Princeton's Lee Muir got called for hooking at

It was that kind of game for Princeton - one full of tough breaks and opportunities either missed or

Creston scored first at 8:18 of the first period - on the power play.

Kane Dawe got the marker with Jovi Fabbri and Skylar Pacheco earning assists.

Creston added two more goals in the second period (7:30 - Scott Swiston from Eric Smith and at 4:35 - Kane Dawe from Jovi Fabbri and Travis Ludwar).

Emotions were running high by this point with a series of roughing penalties being called and minors shifted to majors at 2:37 when Princeton's Ben Reinbolt nailed Creston's Matt Geurts. A scrap followed and Reinbolt earned a

checking from behind penalty and a game misconduct. Geurts ended up with a roughing call.

The third period was just as emotional with roughing and slashing penalties commonplace.

Creston's Scott Swiston challenged Princeton's Tim Martens at 12:43, which earned both players fighting penalties and game misconducts.

Creston bagged their fourth goal at 6:09 (Brock Ward from Matt Geurts) and it was pretty obvious Princeton was done.

To their credit, the Posse did a pretty good job of killing penalties as well as pressuring the Creston

It just wasn't their afternoon to

Final score: Creston 4, Princeton 0. Shots on goal: Creston 31, Princeton 25. Penalties in minutes: Princeton 12 for 43-minutes, Creston 9 for 29-minutes.

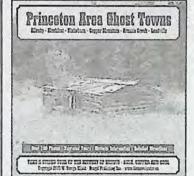
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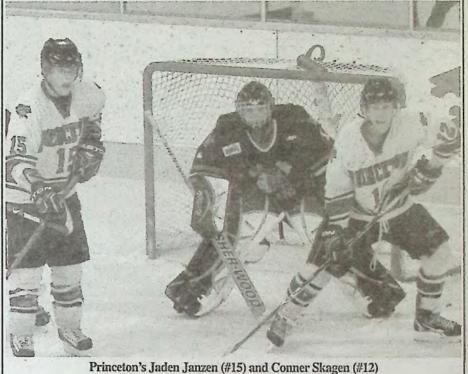
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Princeton Posse / Kelowna Chiefs



midway through the third period October 29th against Kelowna Chiefs.*



wait in position in front of the Kelowna net October 29th. *

Kelowna extends Posse streak

For many the number seven is considered lucky.

On October 29th Kelowna Chiefs met Princeton Posse for the first time this season and the number seven was present.

A total of seven goals were scored

in the game with the Chiefs hand-

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ing Princeton their seventh loss in a row.

Princeton's first power play was at 16:21 when Kelowna's Marc Mackenzie went off for interference. Princeton couldn't score on it or the other five power plays they received during the game.

Conversely, the Posse set Kelowna up for their first power play at 12:06 of the same period when Conner Skagen was called for high sticking. Then at 11:24 Princeton's Ben Reinbolt was tagged for crosschecking which gave the Chiefs a two-man advantage for 1:15.

Kelowna did score on the power play at 10:03, but it was only with one Posse player in the box.

Marc Mackenzie got the marker with assists going to Colten DeFrias and Turner Lawson.

Princeton tied the game at 18:52 of the second period when Alex Demchuk rammed one home unassisted and while the Posse were short handed.

Princeton took the lead at 15:52 when Alex Demchuk smacked a shot on goal and Keenan Fordy was on the spot to finish the play sending the rebound into the Kelowna net. Jaden Janzen earned an assist.

Kelowna tied the game at two-all at 13:37 (Dane Rupert from Marc Mackenzie and Colten DeFrias).

The Chiefs took the lead at 6:42 in a goal that looked as if it may have been batted in by Colten DeFrias, but the referee said it was good and he was in the right position at the time to make that call. Assists for the power play goal went to Dane Rupert and Steve Soto.

Kelowna's fourth goal was scored at 14:39 of the third period (Colten DeFrias from Tanner Clarkson and Dane Rupert).

As the puck dropped at 11:50 four players paired off. When the dust

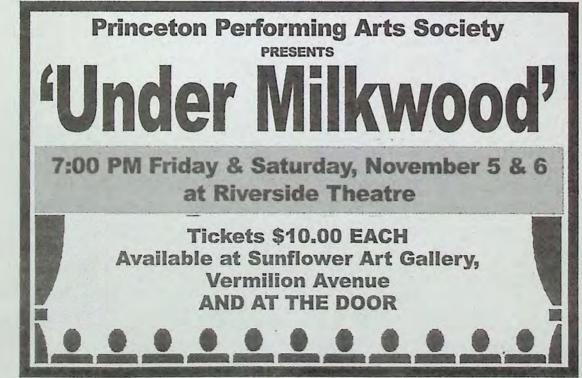
settled Princeton's Keenan Fordy and Kelowna's Brett Naka earned unsportsmanlike penalties and Princeton's Brett Serpico received a fighting penalty and game misconduct along with his sparring partner Brandon Redschlag of the

Princeton pulled netminder Weston Joseph at 2:24 but the move did not produce and forced Princeton to call a time out at 1:31.

With the Posse net still empty Princeton did a great job of keeping the puck in the Kelowna zone but could not beat Chief goalie Conor Barrie who played an incredible game between the pipes.

Kelowna's Luke Richardson fired a long shot at the empty net and bagged another goal with only 3seconds left to play. Landon Andrusiak earned an assist.

Final score: Kelowna 5, Princeton 2. Shots on goal: Princeton 35, Kelowna 30. Penalties in minutes: Princeton 10 for 39-minutes, Kelowna 10 for 31-minutes.





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TUESDAY, NOVEMBER 2, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN 19	VTV	DISC 24	FAM (26)	CITY 29	SPIKE	TROP 45
6		Colo	(5:30) Morning News (N)	Little Bear (6:35)	Thomas Llons	News (N)	News	The Sopranos		(5:30) Morning	(4:30) Morning	CBC News	Being Inn Rollbots	SportsCentr e 🕮	Canada AM		Henrys Feet	CityLine [6]	"Night.	Real Renos
7	AM	In the Heat of the Night	(II)	Hi-5 "Colors: Playing"	Arthur (EI) Martha	Today Robert Downey Jr.;	The Early Show (N)	CSI: Minmi	Good Morning America (N)	News (N)	News (N)	Artzooka	League Pokemon	SportsCentr e 🕮		MythBuster	Mickey	The Nate Berkus Show	Mother" Pros vs. Joes	Buy Me Buy Me
8		Lyrics! Lyrics!		Bus Poppet	Curious Cat in the	Dionne Warwick.		CSI: Miami			100 Huntley Street [II]	Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentr e 🖭		Word	Manny Manny	Rachael	Pros vs. Joes	Whatever Whatever
9		ramny ra	Street [4]	Clifford George S,	Super Why! Dinosaur		The 700 Club 🔞	The First 48		100 Huntley Street [3]	World Vision 🖫	Super Why! News	Timothy Berenstnin		Live With Regis & Kelly	MythBuster s 🖭	Feet Agent Oso	Role Amazing	CSI: NY "Night, Mother"	Restaurant Makeover
10	:30	Investigator s	Hospital for Sick Kids	Franklin (E)	Sesame Street (N) (EI)		The Price Is Right (N)	The First 48	The View	Hospital for Sick Kids	City Agent	Poko Doodlebop	(9:50) Little Mng Fero		The View (N) Œ	How/Made Cash Cab	Mickey Manny	EP Daily Out There	CSI: NY Murder vic- tims.	The Nanny The Nanny
11		Forensies Evidence	Vision (77)	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels Jewels	Paid Prog.	World Vision [6]	(10:59) Noon News Hour (N)	Gofrette dirtgirl	George S, (11:35) Erky	UEFA	Fashion Fashion	"Flying	Suite Life Suite Life	CityLine (K)	CSI: Crime Scene	Gold Girls Gold Girls
12	100	King	Hour (N)	(11:59) Dinosaur	Charlie Rose 🖭	Paid Prog.	News Bold	The Sopranos	All My Children (N) (E)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men (12:25) Kld	Champions League Soccer	etalk (E) Bold	American Loggers (E)	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	America's Worst Driver
1		Friends Friends	Days of our Lives (N)	Train (1:29)	Dewberry Quilting	A REST OF THE REST	The Talk			Days of our Lives (N)	The Doctors	Heartland	(12:50) Viva (1:20)		Sue Thomas F.B.Eye	Canada's Worst Driver	Cory	Jdg Judy Jdg Judy	CSI: Crime Scene	The Marriage Ref [6]
2		King		(1:58) The Ocean Room	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	End/Leash Debt Part	Steven and Chris (N)	Casper's Garfield	Off Record Interruptio	Dr. Phil 🔢	MythBuster s	Replacemn Ned's	Access Hollywood Live	CSI: Crime Scene	
3	:30	The Office		"There Will Be Mud" [E]	WordGirl Electric	The Doctors	Dr. Phil 🔢	The First 48	Rachael Ray (E)	The Doctors	Young & Restless	Recipes Air Farce	OddParent League	SportsCentr e 🔃	(2:59) The Dr. Oz Show (N)	I Could Do Destroyed	Life Derek Suite Life	CityNews at 6 (N) @	CSI: Crime Scene	Restauran Makeover
4		Family Guy Family Guy	Winfrow	(4:31)	Fetch! With Cyberchas	Jdg Judy Jdg Judy	Oprah Winfrey	The First 48	Seinfeld Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Fanboy	Hockey 24/7	Ellen DeGeneres Show	Daily Planet (N) (E)	Phineas Phineas	Law & Order: SVU	Ways Die Ways Die	Buy Me Buy Me
5	PM :30	Browns Payne		George Shrinks Martha	BBC News Business	News (N) NBC News	News News	Billy Billy	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N) (E)	SpangeRob	UEFA Champions League	CTV News at Five (N)	How/Made How-Made	Wizards Hannah	The Biggest Loser (N)	Ways Die Ways Die	America's Worst Driver
6		Onden CVII	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 (ff	Soccer	CTV News (N) [E]	Destroyed Destroyed	Suite/Deck Wizards	The Whole Truth @	Ways Die Ways Die	The Marriage Ref [f]
7		22.55.55	Ent ET Canada	Ancient Clues 📧	NOVA (N)	Jeopardy! Wheel	The Dr. Oz Show (N)	Parking Parking	Ent The Insider	Ent ET Canada	Bones @	Wheel Jeopardy!	iCarly Œ Indie	SportsCentr e (Live) [E]	etalk @ Big Bang	River Monsters (N)	Sonny	Parenthood	Ways Die Ways Die	Family Gu
8	-00	Movie: "Rat Race" (2001)	Glee "Funk"	The History of Scotland	Wild!	The Biggest Loser (N)	NCIS @	Parking Parking	Dancing With the Stars (E)	Glee "Funk"	Glee "Funk"	Mercer 22 Minutes	Chris 8 Rules	Off Record	Dancing With the Stars (E)	Daily Planet	Suite/Deck I'm in Band	News EP Daily	Ways Die Ways Die	Buy Me ET Canada
9	-	Rowan	NCIS: Los Angeles 🖭	(9:05) Movie: "Unmistaken	Frontline (DVS)	Decision 2010 Voting results and	NCIS: Los Angeles [[]	Billy Billy	Vote 2010	NCIS: Los Angeles @	NCIS; Los Angeles [6]	The Tudors (N)	8 Rules What I Like	FullTiltPok er.net	Dad Says	Destroyed Destroyed	Majority Buzz	Charm School @	Entourage Entourage	Family Gu
10	-00	Movie: "Rat Race" (2001)		Child" (2008) Premiere.	Independen t Lens (N)	analysis. 🔞	Election Coverage	Billy Billy	(Live) (E	Bones [4]	News Hour Final (N)	National	Madison Family Biz	E:60 Œ	Law & Order: SVU	River Monsters	Ned's Stone	Justice Home Imp.	Star Trek: Voyager [ff]	Parking Parking
11	PM :30	Rowan	PROPERTY OF STREET	Buffy St Marie	Charlle Rose (N) 🖾	News (N) Decision	News Letterman	Parking Parking	News (11:35)	News Hour Final (N)	Ent ET Canada	George S	Prank Ptrl	SportsCentr e (Live) [6]		How/Made How-Made	So Raven Life Derek	Paid Prog.	Most Amazing	America's Worst Driver

		WTBS	CHBC (4)	KNOW 5	KSPS	KHQ (7)	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV 22	DISC 24	FAM (26)	CITY 29	SPIKE	TROP 45
-	ARA		(5:30)		Bullder	News (N)	News	The	News	(5:30)	(4:30)	CBC News	Being Ian		Canada AM		Henrys	CityLine (f)	1 - 1	Bootcamp
6		Cosby	Morning News (N)	(6:35)	Between	E	, tems	Sopranos	2000	Morning News (N)	Morning	Now E	Rollbots	e @	(PP)	How/Made	Feet	CityLine (iii)	"Recycling"	Bootcamp
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7		of the Night			Martha	Martin;	Show (N)	Œ	Morning America (N)			Œ (DVS)	Pokemon	e [E]	-	s Œ	Mickey	3770.4732.473	Joes	End/Leash
_	AM	Lyrics!		Bus	Curious	Franco;	(E)	CSI: Miami			100 Huntley	Bo On/Go	SpongeBob	SportsCentr		Deadliest	Manny	Rachael	Pros vs.	Whatever
8	:30	Lyrics!		Poppet	Cat in the	Danny Boyle. (N)		Œ			Street @	Busytown	Kid vs. Kat	e Œ		Catch @	Manny	Ray Œ	Joes	Whatever
0	AM	Family Fd	100 Huntley	Clifford	Super Why!	EE	The 700	The First 48	Fig. 10 Control of the last	100 Huntley	Canada	Super Why!	Timothy	SportsCentr		MythBuster	Feet	Role	CSI: NY	Restaurant
9	:30	Family Fd	Street @	George S.	Dinosaur		Club [ff]	(E)	Regis & Kelly	Street @	Canada	News	Berenstain	e Œ	Regis & Kelly	s Œ	Agent Oso	Amazing	"Recycling"	Makeover
10		The Investigator	World	Franklin Franklin is	Sesame Street (N)		The Price Is Right (N)	The First 48	The View	World Vision @	Big Flip	Poko	(9:50) Little	Drag Racing:	The View	How/Made	Mickey	EP Daily	CSI: NY "Tanglewoo	Dawson's Creek @
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12		Jim King	Noon News Hour (N)	Arthur	Charlie Rose (E)		News Bold	The Sopranos	All My Children (N) &	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Mr. Men (12:25) Kid	Eliminations Motoring	etalk @ Bold	Dirty Jobs	Wizards Hannah	DOMESTIC PURE PURE	CSI: Crime Scene	"Sandy"
4	PM	Friends	Days of our	Train	Oil Painting		The Talk			Days of our	The Doctors		(12:50) Viva	RESPONSE THE VALUE OF THE	Charles Spike Charles Charles	River	Cory	Jdg Judy	CSI: Crime	I Survived
1	:30	Friends	Lives (N)	Wibbly Pig	Sewing	Lives (N)	(N) Œ	Œ	Live (N)	Lives (N)	Œ	"Full Circle"	(1:20)	er.net	F.B.Eye	Monsters	Recess	Jdg Judy	Scene	<u>ss</u>
2	200	Earl King	Young & Restless	The Ocean Room The	Barney WordWorld	Judge B. Judge B.	Let's Make n Deal (N)	CSI: Miami	General Hospital (N)	Young & Restless	End/Leash Debt Part	Steven and Chris (N)	Casper's Garfield	Off Record Interruptio	Dr. Phil @	MythBuster s [tt]	Replacemn Ned's	120,627,000,000,000	CSI: Crime Scene	Gold Girls
	100		The Doctors	Ocean Room kids make	WordGirl	The Doctors	Dr. Phil 📵	The First 48	Rachnel	The Doctors	Young &	Recipes	OddParent	SportsCentr	(2:59) The	I Could Do	Life Derek	Live CityNews at	CSI: Crime	Restaurant
3	:30	The Office	@	sock pup- pets.	Electric	Œ		Œ	Ray 📧	Œ	Restless	Air Farce	Super Evil	e (Live) 🖭	Dr. Oz Show (N)	Destroyed	Suite Life	6 (N) 🖭	Scene	Makeover
1	PM	Family Guy		peen	Fetch! With	Jdg Judy	Oprah	The First 48	Seinfeld	Oprah	(3:59) Early		SpongeBob	NHL	Ellen	Daily Planet	Phineas	1.1 100 LOG D. W T. A.	UFC: Best	End/Leash
4	:30	Family Guy	Winfrey	George	Cyberchas	Jdg Judy	Winfrey	Œ	Seinfeld	Winfrey	Global Nat.	Whisperer	Penguins	Hockey: Toronto	DeGeneres Show	(N) @	Phineas	Order: SVU	of 2009	End/Leash
Par .	PM		Early News	Shrinks	BBC News	News (N)	News	Dog	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver	OddParent	Maple Leafs	CTV News at Five (N)	When Fish Attack [tt]	Wizards	Undercover s (N) 🖭		Interventio "Sandy"
5	:30	"Men in Black"	News	Martha	Business	NBC News	News	Dog the Bounty		Global Nat.	(f)	(N) (E)	SpongeBob	Washington		20.00	Hannah			
6	PM	(1997) Tommy Lee	Global Nat.		PBS NewsHour	News (N)	News	Hunter	News	(5:59) News Hour (N)	ET Canada		iCarly 📧	Capitals.	(N) E	River Monsters		Family		I Survived
U	:30	Jones.	News	Parks	(N) (E)	Millionaire	Access IL	Dog	News	Ent	Ent Shattered	Coronation Wheel	Weird	NHL Hockey:		0 1	Wizards	Cougar	773	1
7	PM	Seinfeld Seinfeld	Ent ET Canada	Rivers	Secrets of the Dead	Jeopardy! Wheel	The Dr. Oz Show (N)	Seagal Seagal		ET Canada	"In the	Jeopardy!	iCarly III	Detroit Red Wings at	etalk (E) Big Bang	Breakout (N) @	Sonny	\$100,000 com	The Ultimate	Family Guy Parking
	:30	Law &	Survivor:	Gandhi [6]	(N) Circus	Undercover	Survivore	Seagal		Survivor:	Dark" Survivor:	Dragons'	Chris	Calgary	The	Daily Planet			Fighter (N) BlueMount	End/Leash
8	:30		Nicaragua (N)	Gandin 197	Circus char- acters: dress	s (N) [6]	Nicaragua (N)	Seagal	Better With	Nicaragua (N)	Nicaragua (N)	Den (N) E	8, Rules	Flames. (Live)	Defenders (N) [6]	Œ	I'm in Band		BlueMount	ET Canada
9	***	Movie: "Men in	NCIS 🕮	Rolando Viliazón	rebearsal.	Law & Order: SVU	Criminal Minds (N)	Dog (9:31) Dog	Family	NCIS (E)	NCIS @	Being Erica (N)	8 Rules What I Like	Sports 24/7	Criminal Minds (N)	Breakout	Majority Buzz	Friends Friends	The Ultimate	Family Guy
	:30	Black"	Ct	Rolando	To Be	Law-Order	The	the Bounty	In the	Shattered	News Hour	National	Madison	Firefit	Law-Order	When Fish	Ned's		Fighter UFC	
10	PM :30	(1997) Tommy Lee Jones.	Shattered "In the Dark"	Villazén	Announced	Law-Order L.A.	Defenders (N) 3	Hunter Dog	Spotlight	"In the Dark"	Final (N)	Ivational	Family Biz	Champ.	L.A.	Attack @	Stone	Home Imp.	Unleashed	Hoarders
14	PM	Forensics	CHEC Nous Final	(11:01) Saulan	Charlie Rose (N) (E)	News (N)	News	Seagal	News	News Hour Final (N)	Ent	George S	Prank Ptrl	SportsCentr e (Live) E	The second second	River Monsters	So Raven		BlueMount	Interventio
11	:30	Evidence	News Final	Saving Luna (fi)	tense (IV) (III	Jny Leno	Letterman	Seagal	(11:35)	r man (14)	ET Canada	(11:40) 22	Prank Ptrl	C (Live) III	CTV News	Monsiers	Life Derek	Pald Prog.	BlueMount	"Sandy"

News Leader - Horoscopes

November 3 - 10, 2010

Aries - You will find you can get along better with those who share things with you because you are in more of a sharing mood. You will be able to communicate better with others now, and you will be eager to talk.

Taurus - Partners, friends, people you consult, will be good to you. Enjoy their company. At the same time, listen to what they can teach you. This is a good time to plan to do some different things with your daily life. Renew yourself.

Gemini - There is a lot of activity involving partner, friends. Others may seem more aggressive or egotistical right now. Don't react. It is their problem. Do stand up for yourself. Health and job run smoothly. Patience!

Cancer - Home continues to need work, family still makes demands, but this is a time when you could have some fun. Learn new things, travel to new places. Guard against colds, flu, burns, infections. Job becomes hectic. Hang in there.

Leo - Home life can surprise you this weekend with visitors or good friends. You are in the mood for having more fun. Don't overindulge. You may have the urge to be creative, and now is a good time to do art, crafts, sing...

Virgo - You are focused on messages, talking, doing cleaning, mending relationships with siblings. Your home may need repairs, renovations, or just a good fall cleaning. Partner, friend, may give you a pleasant surprise. Enjoy.

Libra - Your concern about money and possessions continues, but keep your wallet closed as much as possible. You are moving into a phase in which you need to communicate with those around you. Do it nicely.

Scorpio - This is a good week for you. You look better, feel better, and can charm anybody. You may be tempted to spend too much, or some money emergency will arise. Don't spend until later this month. Mind the budget.

Sagittarius - You have a sudden burst of energy that may make you seem aggressive or egotistical to others. Turn on the charm, mind your manners. Don't let your ego run your life. You have help you're not aware of. Relax.

Capricorn - Plan now for the future. Siblings may bring surprises. Talk to them about your plans. You may have unnecessary worries. Try to express what is really bothering you. Career demands hard work. Get organized, efficient.

Aquarius - Focus on getting along with people at work, your boss, and with older folk. This will pay off. You need to take a look at the plans you made as they are facing problems. Don't fight with others out of ego and pride.

Pisces - This is a good time for you to review your financial matters and put them in order. Career becomes quite demanding. Put in all of the energy required to make real progress, and do it graciously. Think clearly, think facts.

Small Business 101

Insurance Tips To Protect Your Business

(NC)—With startup costs, personnel and cash-flow top of mind, most entrepreneurs wouldn't say that insurance is the first thing they thought about when starting a small business. Even so, choosing the right insurance coverage may be the factor that makes or breaks a business. Whether it's a one-man operation or a larger company with 40 employees, having the right insurance makes sure company assets are protected no matter what happens.

"For a small business a comprehensive insurance policy is extremely important," says Shelley Toyota, small business director at RSA Canada. "Even a relatively small loss can drastically impact a small business if the right coverage is not in place."

RSA Canada offers a list of the top five types of insurance that small businesses should consider:

· Property insurance

This covers all physical assets related to your business. Look for a provider that offers flexible property insurance that can be adjusted as your business grows.

· Liability insurance

Having this type of coverage will protect you from being sued and any damages that result from legal action against your business or employees.

Business income insurance
If for whatever reason your busi-

ness has a temporary shutdown, this type of insurance will cover the payroll and expenses by providing income on a regular basis.

Contents insurance

If your company is the subject of a burglary or vandalism, this coverage will provide replacement funds to cover damages or losses.

• Fleet insurance

Regardless of whether you have one vehicle or 20, a comprehensive fleet insurance package will assure that accidents will not result in damage to your bottom line.

Crime and Fidelity Insurance
 Protect yourself from loss of money, securities, or property due to crime such as burglary and employee dishonesty.

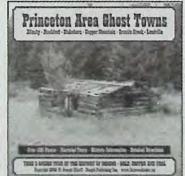
• Equipment Breakdown Insurance

Ensure you can cover the cost to repair or replace equipment damaged by a breakdown, or the loss of business income and the extra expense incurred to resume business, spoilage of perishable goods as a consequence of equipment breakdown.

There are a number of factors to keep in mind when choosing your company insurance. The right policy will provide you with a menu of choices that will allow you to get the best coverage for your particular line of business.

More information on insurance for small businesses is available online at www.rsagroup.ca.

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Tuesday Hovies

EVENING

8:00 pm WTBS ③ ★★"Rat Race"
(2001, Comedy) Rowan Atkinson. A
hotel owner devises a contest where
six Las Vegas gamblers frantically
search for a bag containing \$2 milllon.

Documentary) Premiere. Nepalese monk Tenzin Zopa scours his country's Tsum Valley for the reincarnation of revered Buddhist master, Geshe Lama Konchog. © 10:00 pm WTBS ③ ★ "Rat Race" (2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million.

Wednesday Movies

AFTERNOON

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

EVENING

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

Thursday Movies

EVENING

8:00 pm WTBS 3 ** ½"Prime" (2005, Romance-Comedy) Meryl Streep. A recently divorced woman faces numerous challenges when she starts dating the son of her therapist.

10:00 pm WTBS 3 ** "Prime" (2005, Romance-Comedy) Meryl Streep. A recently divorced woman faces numerous challenges when she starts dating the son of her therapist.

Friday Movies

EVENING

7:00 pm YTV [3] "Another Cinderella Story" (2008, Romance-Comedy) Selena Gomez. Premiere. A young man longs to reunite with a beautiful dancer that he met at a masked ball. (In Stereo) [2] 8:00 pm WTBS [3] **Starship Troopers 3: Marauder" (2008, Science Fiction) Casper Van Dien. Soldier Johnny Rico battles giant man-eating insects while leading a

Troopers 3: Marauder" (2008, Science Fiction) Casper Van Dien. Soldier Johnny Rico battles giant man-eating insects while leading a rescue mission to a hostile planet. FAM 26"Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) [6]

Stereo) © 10:00 pm WTBS 3 **"Starship Troopers 3: Marauder" (2008,

Science Fiction) Casper Van Dien.
Soldier Johnny Rico battles giant
man-eating insects while leading a
rescue mission to a hostile planet.
KNOW 5 *** "The Big One"
(1997, Documentary) Michael Moore.
Premiere. Filmmaker/satirist Michael
Moore examines downsizing, factory
closings and other aspects of corpo-

Moore examines downsizing, factory closings and other aspects of corporate America. ☑ FAM ② ★★"Angels in the Outfield" (1994, Comedy) Danny Glover. The manager of the lowly California Angels puts his faith in a boy who can see an angel. (In Stereo) ☑

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THURSDAY, NOVEMBER 4, 2010

		WTBS	CHBC	KNOW	KSPS 6	KHQ 7	KREM ®	A&E	KXLY	BCTV	CITV	CBC	YTV (18)	TSN 19	VTV [22]	DISC 24	FAM (26)	CITY	SPIKE	TROP
6	AM ·30	Cachy	(5:30) Morning	Little Bear (6:35)	Thomas	News (N)	News	The Sopranos	News	(5:30) Morning	(4:30) Morning	CBC News Now (E)	Being Ian Rollbots			How/Made	Henrys		CSI: NY (80	6 Degrees
	AM	In the Heat	News (N)	HI-5 [6]	Arthur (EI)	Today	The Early	CSI: Mland		News (N)	News (N)	Artzooka	Sidekiek	SportsCentr		MythBuster	Feet Mickey	The Nate	Disorderly	6 Degrees Tracked
1	:30	Lyrics!		Bus	Martha Curious		Show (N)	CEL MI	Morning America (N)		100 11 11	(DVS)	Pokemon	e III		La company of	Mickey	Berkus Show	Con.	Switch
8	100000	Lyrics!		Poppet	Cat in the	McHale. (N)	•	CSI: Miami	1001		100 Huntley Street [#]	Bo On/Go Busytown	SpongeRob Kid vs. Knt	SportsCentr e [6]		JFK: Inside the Target	Manny	Rachael Ray [6]	Disorderly Con.	Whatever
9	:30	Family Fd Family Fd	Cture to Fee	Clifford George S.	Super Why! Dinosaur	-	The 700 Club 📵	The First 48	Live With Regis &	100 Huntley Street [6]	World Vision 📧	Super Why!	Timothy Berenstain	SportsCentr	Live With Regis &	MythBuster s 📧		Role	CSI: NY III	Restaurant
10	AM	The Investigator	World	Franklin	Sesame Street (N)		The Price Is Right (N)	The First 48		World	Newlywed	Poko		Lumberjek	Kelly The View	How/Made	Agent Oso Mickey	Amazing EP Daily	CSI: NY @	Tracked
10	190	5			(EI)			Œ	(N) Œ	Vision (E)	Brides	Doodlebop	Mag Fero	Billiards	(N) Œ	Cash Cab	Manny	Out There		Switch
11		Forensics Evidence	Hospital for Sick Kids	Rolie Polie Berenstain	Sid Sit-Be Fit		Young & Restless	Jewels Jewels	Paid Prog. Fast Meals	Hospital for Sick Kids	(10:59) Noon News	Gofrette dirtgirl	George S.	Ch	Fashion Fashion	When Fish Attack @	Suite Life Suite Life	CityLine (6)	CSI: Crime Scene	
	PM	The state of the s	Noon News	Arthur	Charlie	Show Paid Prog.	News	The	All My	Noon News	Hour (N) Days of our	CBC News	(11:35) Erky Mr. Men	2010 Poker		Di		0		Gold Girls
12		King	**	Dinosaur	Rose 📵		Bold	Sopranos	Children (N) [E]	Hour (N)	Lives (N)	Now (N)	(12:25) Kid	2010 Poker	etalk [ff] Bold	River Monsters	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	Friends Friends
1		Friends Friends	Days of our Lives (N)	Train Wibbly Pig	Painting Quilting Art	2.2	The Talk		One Life to Live (N)	Days of our Lives (N)	The Doctors	Heartland	(12:50) Viva	2010 Poker	Sue Thomas F.B.Eye		Cory	Jdg Judy	CSI: Crime Scene	Friends Friends
	PM	Earl	Young &	The Jungle Room Kids	Barney	Judge B.	Let's Make a Deal (N)	CSI: Miami	General Hospital (N)	Young &	End/Leash	Steven and	Casper's	Off Record	Dr. Phil (E)	MythBuster		Jdg Judy Access	CSI: Crime	Gold Girls
_	5 340 0 11	King The Office		build their	WordWorld WordGirl			The First 48		The Doctors	Debt Part	Chris (N) Recipes	Garfield OddParent	Interruptio SportsCentr	(O.CO) The	s Cash Cab	Ned's	Live	Scene	Gold Girls
3	:30	The Office	(C)		Electric	(E)		(E)	Ray 🖭	@	Restless	3 5 5 2 2 2 2 2 2	Super Evil	e (Live) 🖭		ACCOUNT OF	Life Derek Suite Life	CityNews at 6 (N) III	Scene	Restaurant Makeover
4	PM	Family Guy Family Guy	Winter	George	Fetch! With Cyberchas	Jdg Judy Jdg Judy	Oprah Winfrey	The First 48	Seinfeld Seinfeld	Oprah Winfrey	(3:59) Early	Ghost Whisperer	SpongeBob	Hockey	Ellen	Daily Planet	CONTRACTOR OF	Law & Order: SVU	CSI: Crime	
_	25000		Early News	Shrinks	BBC News	News (N)	News	The First 48		Paulu Nama	Global Nat.	(E)	Fanboy	NHL Hockey:	Show		Phineas			Switch
5	100	1	News	Martha	Business	NBC News	News	E	Market Johnson	Early News Global Nat.	Hour (N)	CBC News: Vancouver (N) @	OddParent SpongeBob	New York Islanders at		MythBuster s @	Hannah	Community 30 Rock	CSI: Crime Scene	Friends Friends
6	PM :30	Law & Order: SVU	Global Nat.		PBS NewsHour	News (N)	News	The First 48		(5:59) News Hour (N)	ET Canada		iCarly (6)	Ottawa Senators.		MythBuster s @	A CONTRACTOR OF THE PARTY OF TH	Fringe (ff)	TNA Wrestling	Friends
	:30		News Ent	Parks Frontiers-	(N) (E) To Be		Access H. The Dr. Oz	The First 48	News		Ent	Coronation	Indie	(Live)			Wizards		(N) E	Friends
		Seinfeld	ET Canada	Cnst.	The state of the s	Jeopardy! Wheel	Show (N)	Ine Pirst 48	The Insider	Ent ET Canada	The Apprentice (N) 📧	Wheel Jeopardy!	iCarly @	e (Live) @		MythBuster s @	Sonny Hannah	Law & Order: UK		Family Guy Worked
8		Movie: "Prime"	Bones @	Inside Mecca	New Tricks	Community 30 Rock	Big Bang Dad Says	The First 48	Anatomy	Bones (II)	Bones [ff]	The Nature of Things	Chris 8 Rules	Off Record		Daily Planet	Suite/Deck I'm in Band	News	TNA ReACTION	Tracked ET Canada
0	PM	(2005) Meryl	The Office	Yusuf Islam	MI-5 @	The Office	CSI: Crime			The Office	The Office	Doc Zone	8 Rules	2010 Poker	Grey's	MythBuster	The second second	Dark Blue	(N) Son Beach	Family Guy
		Streep.	Outsourced			Outsourcea	Scene		(N)	Outsourced	20.000000000000000000000000000000000000	"Pet Pharm"	10 Things		(N)	(many	Buzz	Œ	Son Beach	Worked
	-	Movie: "Prime"	Apprentice		Depression	Apprentice			Private	Apprentice	News Hour Final (N)	National	Madison Family Biz	2010 Poker		MythBuster s 🔃	Ned's Stone	Justice Home Imp.	Trailers	Friends Friends
	DAN	Manul		(11:02)	Charlie	News (N)	(N) 🖭 News	(11:01) The	Practice (N) News	(N) (E) News Hour	Ent	George S	Prank Ptrl	SportsCentr	(N) 🖭	MythBuster		Paid Prog.	(10:40) (11:10) The	Friends
11	:30	Streep.	News Final (N)	Beautiful Noise (N)	Rose (N)	Jay Leno	Letterman			SUCCESSION AND STREET	ET Canada	A Secretary and the second	Prank Ptrl			PT-1		Daid Deag	Unit	Friends

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM	A&E	KXLY	BCTV	CITV	CBC	YTV	TSN	VTV	DISC	FAM	CITY	SPIKE	TROP
-	ANA	Cosby	(5:30)	Little Bear	Builder	News (N)	News	The	News	11)	(4:30)	CBC News	18	19	22	24	26	29	44	45
6		Cosby	Morning News (N)	(6:35)	Lions	Œ C	ivens	Sopranos		(5:30) Morning	Morning	Now @	Being Ian Rollbots	e Œ	Canada AM	How-Made	Henrys Feet	CityLine @	"Hush" [Comebaci
	AM	In the Heat	(News (IV)	Hi-5 @	Arthur (EI)	Today Keith	The Early	Justice:	Good	News (N)	News (N)	Artzooka	League	SportsCentr		MythBuster	Mickey	The Nate	Disorderly	Torrens
7	:30	of the Night			Martha		Show (N)	Polly Klaas	Morning America (N)	,		团 (DVS)	Pokemon	e III		s ct	Mickey	Berkus	Con.	Torrens
0	AM	Lyrics!		Bus	Curious	Carolla. (N)		American	(E)		100 Huntley	Bo On/Go	SpongeBob	SportsCentr		MythBuster	Manny	Rachael	Disorderly	Whatever
8	:30	Lyrics!		Poppet	Cut in the	Œ		Justice [6]			Street [tt]	Busytown	Kid vs. Kat	e (#)		s Œ	Manny	Ray [ff	Conduct	Whatever
_	AM	Family Fd	100 Huntley	Clifford	Super Why!		The 700	American	Live With	100 Huntley		Super Why!	Timothy	SportsCentr	Live With	MythBuster	Manny	Role	CSI: NY	Restauran
9	:30	Family Fd	Street @	George S.	Dinosaur		Club 🖫	Justice [E]	Regis & Kelly	Street @	Sick Kids	News	Berenstain	e 🖽	Regis & Kelly	s Œ	Manny	Amazing	"Hush" @	Makeover
10	C3111	The	World	Franklin 🖭	Sesame		THE SHARE STREET, NO.	The First 48	Contract Con	World	Crash Test	Poko	(9:50) Little	Speed	The View	How-Made	Manny	EP Daily	CSI: NY	Torrens
10	:30	Investigator s	VISION (E)		Street (N) (EI)	1	Right (N)	Œ	(N) 🖾	Vision 3	Mommy	Doodlebop	Fly Rhino	Boxing:	(N) (E)	Cash Cab	Manny	Out There	"The Fall"	Torrens
4-4	AM	Forensics	PLAN	Rolie Polie	Sid	Ellen	Young &	Jewels	Paid Prog.	PLAN	(10:59)	Gofrette	George S.	Jesse Brinkley vs.		Verminator	Suite Life	CityLine (#)	CSI: Crime	Gold Girls
11	:30	Evidence	Children	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Jewels	Paid Prog.	Children	Noon News Hour (N)	dirtgirl	(11:35) Erky	Lucian Bute.	Manhattan	s 🔃	Suite Life		Scene	Gold Girls
10	PM	Jim	Noon News	Arthur	Charlie	Paid Prog.	News	The		Noon News	Days of our	CBC News	Mr. Men	儘	etalk 🕮	MythBuster	Wizards		CSI: Crime	'70s Show
12	:30	King	Hour (N)	Dinosaur	Rose 🖽	Paid Prog.	Bold	Sopranos	Children (N) (E)	Hour (N)	Lives (N)	Now (N)	(12:25) Kid	24/7	Bold	s Œ	Hannah	Hospital (N)	Scene	'70s Show
4	PM	Friends	Days of our	Train	Painting	Days of our	The Talk	Justice:	DC253482424 S00005	Days of our	The Doctors	March Strategy (March Strategy	(12:50) Viva	112020900000	BA 1985 BARRES SERVING A	MythBuster	Cory	Jdg Judy	CSI: Crime	King
1	:30	Friends	Lives (N)	Wibbly Pig	Scrapbook	Lives (N)	(N) (E)	Polly Klaas	Live (N)	Lives (N)	Œ	"Miracle"	(1:20)	Racing: Breeders'	F.B.Eye	s Œ	Recess	Jdg Judy	Scene	King
0	PM	Earl	Young &	The Jungle	Barney	Judge B.	Let's Make	American	General	Young &	End/Leash	Steven and	Casper's	Cup. From	Dr. Phil 🔃	MythBuster	Replacemn	74 Value 100 Co. 100 C	CSI: Crime	Gold Girls
2	:30	King	Restless	Room "Bananimati	Word World	Judge B.	a Deal (N)	Justice @	Hospital (N)	Restless	Debt Part	Chris (N)	Garfield	Churchill Downs in		s Œ	Ned's	Hollywood Live	Scene	Gold Girls
0	PM	The Office	The Doctors	The Control of the Control of the	WordGirl	The Doctors	Dr. Phil 📧	American		The Doctors	100000000000000000000000000000000000000	Recipes	Parents	Louisville,	Action Control of the	Cash Cab	Life Derek	CityNews at	Entourage	Restaurant
3	:30	The Office	(6)	trip.	Electric	(1)		Justice @	Ray 🖭	Œ	Restless	Air Farce	Super Evil	Ky. (Live)	Dr. Oz Show (N)	How/Made	Suite Life	6 (N) (E)	Entourage	Makeover
A	PM	Family Guy			Biz Kid\$	Jdg Judy	Oprah	The First 48	Seinfeld	Oprah	(3:59) Early	CARLO SALES OF THE SECOND	SpongeBob		Ellen	45, 515 FIRST STATE	Phineas		Entourage	Torrens
4	:30	Family Guy	Winfrey	George	Cyberchas	Jdg Judy	Winfrey	(E)	Seinfeld	Winfrey	Global Nat.	Whisperer	Penguins		DeGeneres Show	(N) (E)	Phineas	Order: SVU	Entourage	Torrens
-	PM	Browns	Early News	Shrinks	BBC News	News (N)	News	Criminal	News	Early News	(4:59) News	CBC News:	OddParent	CFL	CTV News	Canada's	Wizards		Entourage	'70s Show
5	:30	Payne	News	Martha	Business	NBC News	News	Minds @	ABC News	Global Nat.	Hour (N)	(N) @	SpongeBob	Football: Calgary		Worst Driver	Hannah	(N) (E)	Entourage	'70s Show
0	PM	Law &	Global Nat.	Dogs.	PBS	College	News	Criminal	News	(5:59) News	ET Canada		iCarly (N)	Stampeders	CTV News	Man vs.	Suite/Deck		Entourage	King
6	:30	Order: SVU	News	Parks	NewsHour (N) @	Basketball	Access H.	Minds @	News	Hour (N)	Ent	Coronation	Victorious	at Winnipeg Blue	(N) Œ	Wild @	Jonas L.A.	Got Talent	Entourage	King
-	PM	Scinfeld	Ent	John	Wash.	,		Criminal		Ent	90210 (N)	Wheel	Movie:	Bombers.	etalk [ff]	CONTRACTOR STATE	Good Luck		Entourage	Family Gu
7	:30	Scinfeld	ET Canada	McCrae's War	McLaughlin	-	Show (N)	Minds @	The Insider	ET Canada	Œ	Jeopardy!	"Another Cinderella	(Live)	Big Bang	Peril (N)	Wizards	III (DVS)	Entourage	Worked
-	PM	Movie:	90210 (N)	Poirot	Need to	School	Medium (N)		Supernanny		Ice Pilots	Ron James	Story"		Medium (N)		"Camp Rock	News	Entourage	Torrens
8	:30	"Starship Troopers 3:		"Dumb Witness" A	Know (N)	Pride (N)		Minds @	(N) (E)	(C)	NWT [C]	Mercer	(2008) 🖭	e (Live) 🔣	Œ		2: The Final Jam" (E)	EP Daily	Œ	ET Canada
0	PM	Marauder"	Ice Pilots	terrier dog		Dateline NBC 750	CSI: NY	(9:01)	19670000 00000000000000000000000000000000	Ice Pilots	TOTAL STREET SET SET SETS SETS SETS SETS SETS	fifth estate	10 Things	Boxing:		Man vs.			Ways Die	Family Gu
9	:30	(2008)	NWT 🗉	helps Poirot.	Candleford	NBC (E)	"Hide Sight"	Minds 🖭	Would	NWT @	Œ		10 Things	Jesse Brinkley vs.	"Hide Sight"	wita (3)	Connor	Œ	Ways Die	Worked
10	PM	Movie:		ACCUSED AND THE PARTY.	Doc Martin		Blue Bloods	(10:01)			News Hour	National	Life	Lucian Bute.			Movie:	Justice	MANswers	'70s Show
U	:30	"Starship Troopers 3:		Big One" (1997) [E]			"Brothers"	Criminal Minds (ff)			Final (N)		Unexpected	Œ	D. ROSENSKY K. C. S. SERVICE STREET	Worst Driver	"Angels in the Outfield"	Home Imp.	Knockout	70s Show
4.4		Marauder"	CHBC		Charlie	News (N)	News	(11:01)	Sports	News Hour	Ent	George S	Prank Ptrl	SportsCentr	CTV News	Extreme	@	Paid Prog.	Knockout	King
11	:30	(2008)	News Final	Landscape	Rose (N) 🖾	Jay Leno	Letterman	Criminal Minds (E)	(11:35)	Final (N)	ET Canada	Comedy	Prank Ptrl	e (Live) 🖭	CTV News	Peril	Life Derek	Paid Prog.	Knockout	King

News 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 #324 - Rated Medium

	1	4	8	3	20	5		
		2	4					6
7							3	4
			9		5		4	8
4				8				1
8	2		1		7			
1	9							5
5					1	4		
		6		5	8	1	7	

THIS WEEK'S SOLUTION: Page 18

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CALL FOR DETAILS Similkameen News Leader

MORNING

10:00 am SPIKE 44 *"Cobra" (1986, Crime Drama) Sylvester Stallone. A Los Angeles detective and his partner protect a model from a night slasher and his neo-fascist

a night slasher and his neo-fascist army. (In Stereo)

11:00 am CITV [12] **The Dukes of Hazzard" (2005, Comedy) Johnny Knoxville. Bo, Luke and Daisy Duke try to thwart a scheme by Boss Hogg involving a high-profile auto race.

AFTERNOON

12:00 pm FAM 26 ** %"The Lizzie McGuire Movie" (2003, Comedy) Hilary Duff. After graduating from junior high school, a teenager travels to Rome and meets a pop singer. (In Steree)

to Rome and meets a pop singer. (In Stereo)
SPIKE 44 **"Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

1:00 pm CHBC 4 BCTV 11 ** "Ocean's Twelve" (2004, Comedy-Drama) George Clooney. Premiere. To pay back a casino boss, Danny Ocean and his team of criminals plan an elaborate heist in Europe. (2)

1:30 pm FAM 26 **"The Cheetah

(2003, Comedy-Drama)

Girls" (2003, Comedy-Drama)
Raven. Four teens aim to take the
world by storm with their music. (In
Stereo) [€]
3:00 pm SPIKE [44] ★★"Rambo"
(2008, Action) Sylvester Stallone.
John Rambo calls upon his longburied but lethal skills to rescue a
missionary and her comrades from
the Burmese army. (In Stereo)
5:00 pm WTBS [3] ★★★"The
Lookout" (2007, Suspense) Joseph
Gordon-Levitt. A brain-damaged former athlete finds himself pulled into
a heist at the bank where he works
as a janitor.

EVENING

6:00 pm CITY (29)

*** %"Waydowntown" (2000,
Comedy) Fabrizio Filippo. Four office
workers bet to see who can last the
longest without venturing outside
Calgary's maze of underground living. (E) (DVS)
SPIKE (44) **"Rambo" (2008,
Action) Sylvester Stallone. John
Rambo calls upon his long-buried
but lethal skills to rescue a missionary and her comrades from the
Burmese army. (In Stereo)
7:00 pm WTBS (3) ** *"Cellular"
(2004, Suspense) Kim Basinger. A
young man tries to help a kidnapped
stranger after she contacts him on a
cell phone.

9:00 pm WTBS (3) **"Cellular" (2004, Suspense) Kim Basinger. A young man tries to help a kidnapped stranger after she contacts him on a

FAM 29 ** *"13 Going on 30" (2004, Romance-Comedy) Jennifer Garner. Premiere. An uncool girl magically becomes a successful adult after making a wish at her disastrous birthday party (in Steree). astrous birthday party. (In Stereo)

CITY 29 ***"Bull Durham" (1988, Romance-Comedy) Kevin Costner. A literary baseball groupie romances a pitcher and a catcher on a minor-league North Carolina team.

SPIKE 44 **"Rambo" (2008, Action) Sylvester Stallone. John Rambo calls upon his long-buried but lethal skills to rescue a missionary and her comrades from the Burmese army. (In Stereo)

10:40 pm FAM 26"The Secret Garden" (In Stereo)

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Sunday Movies

MORNING

8:00 am WTBS ③ **%"Pride"
(2007, Drama) Terrence Howard. In
the 1970s an aficionado and a janitor
renovate an abandoned pool and
establish a swim team in one of
Philadelphia's roughest neighborhoods. ②
9:00 am A&E ② **%"Sixteen
Candles" (1984, Comedy) Molly
Ringwald. A girl turning 16 likes
another girl's guy and feels nobody
cares about her birthday. ②
10:00 am WTBS ③ **The Last
Time" (2006, Comedy-Drama)
Michael Keaton. A foul-mouthed
salesman undergoes a transforma-

Michael Keaton. A foul-mouthed salesman undergoes a transformation after beginning an affair with his protege's fiancee. (a)

11:00 am A&E (9) ** ** "Cocktail" (1988, Romance) Tom Cruise. The hottest bartender in Manhattan leaves his partner, goes to Jamaica and falls for a nice girl. (b)

CITV (12) ** "Made of Honor" (2008, Romance-Comedy) Patrick Dempsey. A commitment-shy guy realizes he is in love with his best friend and accepts a spot in her

friend and accepts a spot in her bridal party in the hope of stopping her wedding.

AFTERNOON

12:00 pm FAM 26 "Camp Rock 2: The Final Jam" (2010, Musical Comedy) Demi Lovato. Musicians challenge rivals to the ultimate battle of the bands. (In Stereo) (E) 1:00 pm CHBC (4) BCTV (11)

**"Made of Honor" (2008, Romance-Comedy) Patrick Dempsey. Premiere. A commitment-shy guy realizes he is in love with his best friend and accepts a spot in her bridal party in the hope of stopping her wedding. (E)

1:38 pm FAM (26) "Dadnapped" (2009, Comedy) Emily Osment. A girl springs into action when fans kidnap her father, a famous author. (In Stereo) (E)

2:00 pm YTV (18) "Barble: A Fashion Fairytale" (2010, Adventure) Premiere. Animated. Barbie dashes to Paris to help her aunt's fashion

Premiere. Animated. Barbie dashes to Paris to help her aunt's fashlon house by staging a runway show with the help of three magical fairy muses. (In Stereo) [8]

4:00 pm YTV [8] ** * "The Princess Bride" (1987, Adventure) Cary Elwes. A storybook stableboy turns pirate and rescues his beloved, who is about to marry a dreadful prince. (In Stereo) [8]

5:00 pm WTBS [3] ** **Monster-in-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiance's shrewish mother tries to destroy their relationship. [8]
CBC [3] ** **"Hannah Montana: The Movle" (2009, Musical) Miley Cyrus. Miley's father takes her home for a reality check when the teen's soaring popularity threatens to take over her life. (In Stereo) [8]

EVENING

6:00 pm YTV (18) ****The Wizard of Oz" (1939, Fantasy) Judy

Garland. After a tornado whisks Kansas farm girl Dorothy to a magic land, she must travel to the Emerald City for help in getting back home. (In Stereo) E3

7:00 pm WTBS 3 ** "Monster-in-Law" (2005, Romance-Comedy) Jennifer Lopez. A woman fights back when her fiance's shrewish mother tries to destroy their relationship. E9

9:00 pm FAM 26 "Skyrunners" (2009, Science Fiction) Kelly Blatz. A teen and his younger brother uncover an extraterrestrial plot against Earth. (In Stereo) E1

10:00 pm WTBS 3 ** "The Last Time" (2006, Comedy-Drama) Michael Keaton. A foul-mouthed salesman undergoes a transformation after beginning an affair with his protege's fiancee. E1

10:32 pm FAM 26 ** ** "Driving Miss Daisy" (1989, Comedy-Drama) Morgan Freeman. An Atlanta widow and her chauffeur reflect the changing times, from 1948 to 1973. (In Stereo) E1

11:00 pm KNOW 5 ** ** "The Big One" (1997, Documentary) Michael Moore. Premiere. Filmmaker/satirist Michael Moore examines downsizing, factory closings and other aspects of corporate America. E2

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SATURDAY, NOVEMBER 6, 2010

		WTBS	CHBC (4)	KNOW (5)	KSPS 6	KHQ (7)	KREM (8)	A&E	KXLY (iō)	BCTV	CITV (12)	CBC (i3)	YTV	TSN (19)	VTV	DISC [24]	FAM	CITY	SPIKE	TROP 45
C	AM	Pald Prog.	Driving TV		Heartland	Today (N)	(5:00) The	Sell House	Paid Prog.	Driving TV	Fishing	Jungle	Grossology	SportsCentr	Kids	Mighty	Jungle	Kitchen	What If?	Torrens
6	:30	Pald Prog.	Big Coast		Fly Fisher	I	Early Show (N)	Sell House	Paid Prog.	Big Coast	Fish'n	Busytown	Invasion	e iii	Kingdom	Ships 🖭	Wow Wow	Dharti	Lives	Pald
neg	AM	Paid Prog.	Saturday	Rolle Polie	MotorWeek	News (N)	Doodlebop	Fix Kitchen	Good	Saturday	Saturday	Animal	Parents	Sportfish	Anne	Man vs.	Mickey	Eye on Asia	Practical	Friends
1	:30	Pald Prog.	Morning News (N)	George S.	Aviators		Doodlebop	Sell House	Morning America	Morning News (N)	Morning News (N)	Super Why!	Parents	Motoring	Anne	Wild III	Manny	TRI)	Conceal &	Friends
0	AM	Frasier	(3)	Rob Robot	Woodsmith		Sabrina	Flip This	Emperor	100	TEI .	Doodlebop	Kid vs. Kat	Lumberjek	Kingdom	Extreme	(8:11) Fish	Polish	Xtreme 4x4	'70s Show
0	:30	Jim		(8:41) Art	Homelime		Sabrina	House [6]	Replacemn			Goldfish	Kid vs. Kat	Strength	Hebo	Peril	Suite/Deck	Studio (E)	Horse.	*70s Show
0	AM	College		(9:01) Dino	Woodshop		Busytown	Flip This	So Raven		Driving TV	Figure	Kid vs. Kat	Formula	Sue Thomas	Cash Cab	I'm in Band	Travels	Trucks! (N)	Family Guy
9	:30	Footballt SEC		(9:37)	Old House		Busytown	House [86]	So Raven		Fishing	Skating	Penguins	One Racing	F.B.Eye	How/Made	Wizards	Planet	MuscleCar	Family Guy
40	AM	Teams THA.	Fishn	Bus	Old House	Willa's	Fast Meals	Seagal	Hannah	Fishn	Powerboat	Figure	Fanboy	Auto Rac'g	Printer and Printers and Printe	Man vs.	Wingin' It	Spirit for	Movie:	Frasier
10	:30	(Live)	Fishing	Martha	Kitchen	Pearlie (EI)	King	Seagal	Horse	Fishing	Tradition	Skating: ISU Grand	Sidekick	CFL Pre	Foundation	Wild [6]	Sonny	Survival [15]	"Cohra" (1986)	Frasier
-1-1	AM		Powerboat	Lilly [ft]	Rachel	Paid Prog.	То Ве	Seagal	Racing: Breeders'	Powerboat	Movie: "The	Prix: Cup of	OddParent	CFL.	Is Written	American	Kings	EP Weekly	Sylvester	King
II	:30		Tradition	(11:35)	Food	Pald Prog.	Announced	Seagal	Cup. (Live)	Tradition	Dukes of Hazzard"	China	Super Evil	Football: BC Lions at	Car Buss	Loggers [6]	Hannah	Reviews	Stallone	King
10	PM		Noon News	Gardens	Entless	PGA	Football	Seagal	(B)	Noon News	(2005)	Curling:	Beyblade	Hamilton	Canada's	What a Tool		Amazing	Movie:	Friends
16	:30	Frasier	Hour (N)	Gardens	Victory	Review	College	Seagal	College	Hour (N)	Johnny Knoxville.	Capital One Grand Slam	Pokemon	Tiger-Cats. (Subject to	Worst	[R]	Lizzie McGune	Role	"Rambo" (2005)	Friends
4	PM	Amer, Dad	Movie:	Parks	Antiques	Figure	Football: Alabama at	Dog	Football: Teams To Be	Movie:	[36]	Grey Power	Yu-Gi-Oh!	Blackout)	Worst	Canada's	Movie"	Paid Prog.	Sylvester	Frasier
ı	:30	Amer. Dad	"Ocean's Twelve"	Parles	Roadshow	Skating	LSU. (Live)	Dog	Announced.	"Ocean's Twelve"	Simpsons	World Cup, Quarterfinals	Three	(E)	Handyman	Worst Driver	Movie: "The	Paid Prog.	Stallone.	Frasier
9	PM	King	(2004)	Rivers	Black		[66]	Dog	(Live)	(2004)	Simpsons		iCarly [tc]	Horse	At the	MythBuster	Cheetah Girls*	Travels	Disorderly	'70s Show
2	:30	Amer. Dad	Clooney.	Rivers	Coffee		1	Dog		George Clooney.	Simpsons		iCarly II	Racing: Breeders	Concert	s (G)	(2003)	Reviews	Con.	'70s Show
2	PM	Amer. Dad	Premiere.	Meerkat	Globe	Judge J.		Dog		Premiere.	Family Guy	National	iCarly [tt]	Cup. (Live)	Sue Thomas	Cash Cab	Suite Life	Planet	Movie:	Torrens
3	:30	King	Simpsons	Rescue	Trekker	Turbo		Dog		Simpsons	Family Guy	HNIC	iCarly @	[30]	F.B.Eye	How/Made	Suite/Deck	Out There	"Rambo" (2008)	Torrens
A	PM	Family Guy	Family Guy	Frontiers of	Europe	Shelldon	Access	Dog	The Insider	Family Guy	Family Guy	(527 b Proc.)	Big Time	CFL	Corner Gas	Cash Cab	I'm in Band	cooking	Sylvester	Family Guy
4	:30	Family Guy	Family Guy	1	West	Magic Bus	(N)	Dog -	News	Family Guy	Global Nat.	Hockey: Regional	Big Time	Football: Edmonton	Corner Gas	Cash Cab	Wizards	Amazing	Stallone.	Family Guy
pros.	PM	Movie: "The Lookout"	Family Guy	School	Last/Wine	News (N)	News	Dog the	College	Family Guy	(4:59) News	Coverage.	Big Time	Eskimos at	etalk (18)	Man vs.	Hannah	G. Martin	Disorderly	Stings
5	:30	(2007), Jeff	News	School	Keep Up	NBC News	CBS News	Bounty Hunter	Football: Teams To Be	Global Nat.	Hour (N)	(Live) [6]	Big Time	Saskatchewa n	Stock	Wild @	Good Luck	Out There	Con.	Stings
6	PM	Daniels	Global Nat.	Rivers	Lawrence Welk	News	News	Dog the	Announced.	(5:59) News Hour (N)	Battle of the		Indie	Roughriders.	A DATE OF THE REAL PROPERTY.	Canada's	(6:01) Jonas		Movie:	Worked
0	:30		News	Rescue		Wheel	Scrubs	Bounty Hunter	(Live) @	(N)	Somme: True		Prank Ptrl	(Live)	100 100 000	Worst Driver	Suite/Deck	"Waydownto wn" (2000)	"Rambo" (2008)	Worked
7	PM	Movie: "Cellular"	Battle of the Sommer	Secret Gold	ALCOHOLD CO.	Criminal Minds @	Grey's Anatomy	Dog	-	Battle of the Somme:		NHL	No. of Concession, Name of Street, Name of Str	SportsCentr	STORY OF THE REST OF THE PARTY.	River	(6:53)	Fabrizio	Sylvester	Family Guy
II.	:30	(2004,	True		As Time	Stantes (M)	(III)	Dog		True	Vimy	Hockey: Detroit Red	(EE)	e (Live) [ff]	Arden: Free (N)	Monsters	Wizards	Filippo.	Stallone,	Family Guy
Q	PM	Suspense) Kim		"Outsiders"	Movie	Outlaw (N)	NCIS "Jack Knife" (E)	Dog			Verrieres	Wings at	Funniest Home		To Be	No	(8:10) Jonas	A DESCRIPTION OF THE PARTY OF T	Disorderly	Restaurant
0	:30	Basinger.	Vimy	Outsiders		COLUMN TO THE PARTY OF THE PART	Kille (M)	Dog	Road to	Vimy	Ridge	Vancouver Canucks. [65]	Videos	30 for 30	Announced	Reservation	(8:36)	(DVS)	Con.	Makeover
0	930	Movie: "Cellular"	Verrieres Ridge	Midsomer Murders		Law-Order L.A.	The Defenders	(9:01) Dog the Bounty	Stargate Universe [tt]	Verrieres Bidge	Million _ Dollar		Weird	(N) @	The Defenders	Canada's Worst	Movie: "13	Movie:	Movie:	Friends
3	:30	(2004,		(N) @			(III)	Hunter	Chiverse (E)	Riuge	Challenge	HNIC: After Hours	Weird	E:60 [6]	THE RESERVE OF THE PERSON NAMED IN	F-0.276-00	Going on 30" (2004)	"Bull Durham"	"Rambo" (2008)	Friends
10		Suspense) Kim	Million Dollar		Globe Trekker	Law & Order: SVU	48 Hours	(10:01) Dog the Bounty	Stargate Atlantis [6]	Million Dollar	News Final	Alter Hours	Indie		Law & Order: SVU		[33]	(1988)	Sylvester	Frasier
10	:30	Basinger.	Challenge	John McCrne's			mysicry (81	Hunter		Challenge	(10:35) Saturday	News	Indie	Speed	Order: SVU	wild (E)	(10:40)	Costner. @	Stallone.	Frasier
11	PM	Forensics	News Final	War	Austin City Limits (N)	News (N)	News	Dog	Storm	News Final	Night Live	NHL Hockey (f)	Prank Ptrl	SportsCentr e (Live) [t]		River	Movie: "The Secret	Paid Prog.	Disorderly	King
1 1	:30	Evidence	SNL		Zinnia (14)	SNL	(11:35) The	Dog	Paid Prog.	SNL	(33)	DOCKEY (III)	Prank Ptrl	e (Live) (E)	CTV News	Monsters [tt]	Garden" 🖾	Paid Prog.	Con.	King

	WTBS	CHBC	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN (19)	VTV	DISC 24	FAM (26)	CITY 29	SPIKE 44	TROP 45
~ A	M Sports	Hunter		Mr Rogers	Today (N)	Back Help	Private	Million \$	Hunter	Aviators	Razzberry	Grossology	SportsCentr	Sue Thomas		Jungle	Travels	Married	Fish TV
6 .	30 Mad	Fishful		Angelina	Œ	Paid Prog.	Sessions [ff]	Paid Prog.	Fishful	Canada	Poko	Zeke's Pad	e (E)	F.B.Eye	Loggers [Wow Wow	Planet	Married	Paid Prog.
_ A	M Career Day	Fishing	Rolie Polie	Zula Patrol	News (E)	CBS News	The	Good	Fishing	Ground Up	News	Mr. Men	Reporters	Sue Thomas	MythBuster	Mickey	Eye on Asia	Married	Worked
1 :	30 JJ Atlanta	Canada	G. Shrinks	Clifford	Northwest	Sunday Morning	Sopranos	Morning America	Canada		Coronation	Casper's	Reporters	F.B.Eye	s [W]	Mickey	(3)	Married	Worked
	M Movie:	Sunday	Rob Robot	Sid	Meet the	(N) E	The	This Week-	Sunday	TribalTrail	Coronation	Garfield	(7:55)	Inst't Star	MythBuster	(8:11) Fish	Eye-Asia	Xtreme 4x4	Stings
8 :	(2007)	Morning News (N)	(8:41) Art	Cut in the	Press (N)	The Nation	Sopranos	Amanpour	Morning News (N)	Big Coast	Coronation	Kid vs. Kat	Formula One	Is Written	s 🔃	Suite/Deck	Festival	Horse.	Stings
- A	M Terrence	Œ	(9:01) Dino	Animalia	Babar (ff)	The NFL	Movie:	Mtthws	(II)	Hour of	Coronation	SpongeBob	Racing:	PLAN	Junk	I'm in Band	Italiano di Johnny	Trucks!	I Survived
9 .	Howard.		(9:37)	Biz Kid\$	Paid Prog.	Today [t]	"Sixteen Candles"	Wall Street		Power 🔃	Coronation	SpongeBob	Brazilian Grand Prix.	Canada @	Raiders	Wizards	Lombardi	MuscleCar	E
- A	M Movie: "The	Foodies	Bus	Design	Fast Meals	NFL	(1984)	Hometime	Foodies	Listen Up	Curling:	iCarly [cc]	NFL	NFL	Dual	Wingin' It	(In Italian)	CSI: NY	Hoarders
U:	30 Last Time" (2006)	Listen Up	Martha	Travel	Paid Prog.	Football: Miami	Molly Ringwald.	Your Home	Listen Up	Foodies	Capital One Grand Slam:	Big Time	Football: Teams TBA.	Football: Teams TBA.	Survival (N)	Sonny	1967	"The Formula"	@
	M Michael	Hour of	Babar	Generation	Running:	Dolphins at	Movie:	Fast Meals	Hour of	Movie:	Grey Power	Victorious	(Subject to	(Live) [C]	Scenario	Kings	Out There	CSI: NY	Intervention
1 .	Keaton.	Power (6)	(11:35)	European	New York City	Baltimore Ravens.	"Cocktail" (1988) Tom	Paid Prog.	Power [tt]	"Made of Honor"	World Cup, Final. (Live)	Indie	Blackout) (Live) [6]		Destroyed	Hannah	Paid Prog.	"Pot of Gold"	"Sandy"
F	M Payne	Noon News	Dogs	Health	Marathon.	(Live) [Cruise. [ff]	Paid Prog.	Noon News	(2008)	(C)	In Real Life	(Live) Iss		Heli-	"Camp Rock	cooking	CSI: NY [E]	The
2 .	30 Payne	Hour (N)	Dogs	Matters	(E)			In Kitchen	Hour (N)	Patrick Dempsey.		[66]		1	Loggers [tt]	2: The Final Jam" [6]	I Cook		Marriage Ref 🔯
, F	M Browns	Movie:	Undersea	Secrets of	Shall We	NFL	Paranormal	Relish	Movie:	Simpsons	Dragons'	Weird	CFL	SportsCentr	Animals	Jam (6)	NFL	CSI: NY	Wipcout @
1 .	30 Browns	"Made of Honor"	Undersea	the Dend	Dance On Ice? (N) [8]	Football: Regional	State [6]	Hollywood	"Made of Honor"	Simpsons	Den 📧	Weird	Football: Toronto	e (Live) [Animals	(1:38)	Football: Teams TBA.	"Redemptio"	
o F	M Seinfeld	(2008)	Into Wild	To Be	(17,125)	Coverage.	Paranormal	1929 GLP, ALDRED Q SETS T	(2008)	Simpsons	Steven and	Movie:	Argonauts at	In Fashion	MythBuster	Movie: "Dadnappéd	(Live) [CSI: NY [t]	Total
2 .	Seinfeld	Patrick Dempsey.	Meerkat	Announced		Colts at Eagles or	Paranormal	Œ	Patrick Dempsey.	Simpsons	Chris [tt]	"Barbie: A Fashion	Montreal Alouettes	First Story	s (E)	" (2009) @			Wipeout [tt]
o F	M The Office	Simpsons	Be the		Paid Prog.	Chiefs at	Paranormal	Shaq VS 🖭	Simpsons	Family Guy	Recipes	Fairytale"	(Live) [E]	W5 (t)	Cash Cab	Suite/Deck		CSI: NY [E]	Tracked
3	The Office	Simpsons	Creature	1/4 3/	Paid Prog.	Raiders.	Paranormal		Simpsons	Family Guy	Air Farce	(2010) 📆		(DVS)	How/Made	Suite/Deck			Tooned
m F	M The Closer	THE RESERVE OF THE PARTY OF	Victorian	Doe Martin	\$100 CO. GOLD ST. SA. THERED	Extra (N)	Paranormal	Entertainm	Family Guy	Family Guy	Jeopardy!	Movie: "The	The state of the s	Question		I'm in Band		CSI: Crime	Wipeout 3
4 :	Mom Duty	Family Guy	Farm (C)	(E)	Night/Amer ica	Œ	Paranormal	ent Tonight	Family Guy	Global Nat.	Wheel	Princess Bride"	Night/Amer ica	Period (C)	s Œ	Wizards	Two Men	Scene	
_ F	M Movie:	Family Guy		Hometime	(5:15) NFL	News	Paranormal	Seinfeld	Family Guy	(4:59) News	Movie:	(1987) Cary	(5:15) NFL	First Story	Bad	Hannah	Extreme	CSI: Crime	America's
5 .	"Monster-in Law" (2005)		History of Scotland	Old House	Football: Dallas	News	Paranormal	ABC News	Global Nat.	Hour (N)	"Hannah Montana:	Elwes.	Football: Dallas	Fashion	Universe [6]	Good Luck	Makeover	Scene	Worst Driver
	M Jennifer	(5:59) News	Frontiers of	Lark Rise	Cowboys at	KREM 2	Paranormal	News	(5:59) News	16:9	The Movie"	Movie: "The	Cowboys at	P.349-25-25-277	Bad	(6:01) Jonas	Conviction	CSI: Crime	
6 .	30 Lopez	Hour (N)		to Candleford	Green Bay Packers.	News at 6 (N)	Paranormal	Road to	Hour (N)	Simpsons	(2009)	Wizard of Oz" (1939)	Green Bay Packers.	(N) E	Universe [ff]	Suite/Deck	Kitchen	Scene	Real Renos
_ F	M Movie:	16:9	Inside the	Nature	(Live) [60 Minutes	Psychic	Funniest	16:9	(7:01)	Heartland	Judy	(Subject to	Contraction of Contraction of	MythBuster	(6:53)	Murdoch	CSI: Crime	Buy Me
1 :	"Monster-in		Pod	"Braving Iraq"		(N) (E)	Kids	Home Videos	Simpsons	Brothers & Sisters (N)	(N) -	Garland, III	(Live) [6]	Boss (N)	s (N)	Wizards	Mysteries	Scene	Buy Me
- F	M Jennifer	Simpsons	Doc Martin	Masterpiece		The	Psychic	Extreme	Simpsons		Battle of the		(Lave) (Eq.	ACCOUNT NAME OF THE PARTY OF TH	Bad	(8:10) Jonas	Crusoe [8]	CSI: Crime	Restaurant
8	30 Lopez.	Cleveland	36)	Mystery!	Mark Few	Amazing Race 17	Kids	Makeover	Cleveland	Cleveland	Blades (N)	Indie	SportsCentr	Amazing Race 17	Universe [#]	(8:36)	(DVS)	Scene	Makeover
_ F	M The Closer	Family Guy		(DVS)	NUMB3RS	Undercover	Paranormal	THE RESIDENCE OF STREET	Family Guy	Family Guy		In Real Life	e (Live) III	Desperate	Bad	Movie:	Without a	CSI: Crime	I Survived
9 .	"Slippin"	Amer. Dad	(N) (E)	West	Œ	Boss (N)	Paranormal	Housewives	Amer. Dad	Amer. Dad	Travis	(E)	Motoring	Housewives	Universe [ff]	"Skyrunners " (2009) [6]	Trace [6]	Scene	Œ
OF	M Movie: "Th		Cracker (N)	MI-5 [8]	Criminal	SPARISON FOR STANK	Paranormal	(10:01)	(10:01)	News Final	National	Survive	Auto Rac'g	CSI: Miami	MythBuster		Home Imp.	CSI: Crime	Carried State of the
0 .	30 Last Time" (2006)	Brothers & Sisters (N)	Œ		Minds (E)	(N) (E)	Paranormal	Brothers & Sisters (N)	Brothers & Sisters (N)	16:9		Survive	Lumberjek	(N) (E)	5		Home Imp.	Scene	Œ
of F	M Michael		Movie: "The	ACCRECATION OF THE PARTY OF	News	News	Psychic	News	News Final	Paid Prog.	News	Prank Ptrl	SportsCentr	CTV News	Bad	Movie: "Driving	Paid Prog.	CSI; Crime	Intervention
1.	Keaton.	16:9	Big One"	Announced	Paid Prog.	Seahawks	Kids	Van Impe	16:9	Paid Prog.	Pineapple	Prank Ptrl	e (Live) @	CTV News	Universe I	Control of the Contro	Paid Prog.	Scene	"Sandy"

MONDAY, NOVEMBER 8, 2010

		WTBS	CHBC 4	KNOW 5	KSPS 6	KHQ 7	KREM 8	A&E	KXLY	BCTV	CITV 12	CBC	YTV 18	TSN 19	VTV	DISC 24	FAM 26	CITY 29	SPIKE	TROP
	AM	Cosby	(5:30)	Little Bear	Builder	News (N)	News	The	News	(5:30)	(4:30)	CBC News	Being Ian	SportsCentr			Henrys		CSI: NY 🗊	
6		Cosby	Morning News (N)	(6:35)	Between	(E)	150 3	Sopranos		Morning News (N)	Morning News (N)	Now [f]	Rollbots	e 🔃	60	How-Made	Feet			Spoiled
7		In the Heat		Hi-5 @	Arthur (EI) Martha	Today (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)	[66]	(E)	Artzooka (DVS)	Yu-Gi-Oh! Pokemon	SportsCentr e 🖫		Mighty Ships [6]	Mickey		Pros vs. Joes	Tooned Tooned
		Lyrics!		Bus	Curious		Œ	CSI: Miami			100 Huntley	Bo On/Go	SpongeBob	SportsCentr		The	Manny	Show Rachael	Pros vs.	Whatever
8		Lyrics!		Poppets	Cat in the			"Bad Seed"		10	Street [Busytown	Kid vs. Kat	e 🖽		Detonators	Manny	Ray 📧	Joes	Whatever
		Family Fd	100 Huntley	Clifford	Super Why!		The 700	The First 48	Live With	100 Huntley	World	Super Why!	Timothy	SportsCentr	Live With	MythBuster	Feet	Role	CSI: NY 📧	Restaurant
9		Family Fd	Street [f]	George S.	Dinosaur		Club III	Œ	Regis & Kelly	Street [E	Vision [#	News	Berenstain	e 🖭	Regis & Kelly	s Œ	Agent Oso	Amazing		Makeover
	AM	The	Hospital for	Franklin (t				The First 48	The View		X-Weighted	Poko	(9:50) Little		The View	How/Made	Mickey	EP Daily	CSI: NY	Grace
10	:30	Investigator	Sick Kids		Street (N) (EI)		Right (N)	Œ	(N) (E)	Sick Kids	Œ	Doodlebop	Fly Rhino	Strength	(N) III	Cash Cab	Manny	Out There		Grace
	AM	Forensics	World	Rolie Polie	Sid	Ellen	Young &	Jewels	Paid Prog.	World	(10:59)	Gofrette	George S.	ATP Tennis	Fashion	Treasure	Suite Life	CityLine [15]	CSI: Crime	Gold Girls
11	:30	Evidence	Vision (C)	Berenstain	Sit-Be Fit	DeGeneres Show	Restless	Jewels	Paid Prog.	Vision (#	Noon News Hour (N)	dirtgirl	(11:35) Erky		Fashion	Quest	Suite Life		Scene	Gold Girls
10	PM	Jim	Noon News	Arthur @	Charlie	Paid Prog.	News	The	All My	Noon News	Days of our	CBC News	Mr. Men		etalk 🕮	Mayday 🖭	Wizards	General	CSI: Crime	Total
12	:30	King	Hour (N)	Dinosaur	Rose [tt]	Paid Prog.	Bold	Sopranos	Children (N) (E)	Hour (N)	Lives (N)	Now (N)	(12:25) Kid		Bold		Hannah	Hospital (N)	Scene	Wipcout (N
4	PM	Friends	Days of our	Train (E)	Fine Art	Days of our	The Talk	CSI: Miami	One Life to	Days of our	The Doctors	Provide Prospect Assembly Full	(12:50) Viva		Sue Thomas	V-00 C C C C C C C C C C C C C C C C C C	Cory	Jdg Judy	CSI: Crime	Total
1	:30	Friends	Lives (N)	Wibbly Pig	Sewing	Lives (N)	(N) EE -	Œ	Live (N)	Lives (N)	Œ	Œ (DVS)	(1:20)	PrimeTime	F.B.Eye	(II)	Recess	Jdg Judy	Scene	Wipeout (N
0	PM	Earl	Young &	The Ocean	Barney	Jeopardy!	Let's Make	CSI: Miami	NEW POWER STATE OF THE PARTY OF	Young &	End/Leash	Steven and	Casper's	Off Record	Dr. Phil 📧	MythBuster	Replacemn	Access	Movie: "Star	
2	:30	King	Restless	Room Saying	Word World	Wheel	a Deal (N)	"Bad Seed"	Hospital (N)	Restless	Debt Part	Chris @	Garfield	Interruptio		s (tt)	Ned's	Hollywood Live	Wars: Episode II	Gold Girls
0	PM	The Office	The Doctors	goodbye to a	WordGirl	The Doctors	Dr. Phil 🔃	The First 48	150-050-050-05	The Doctors		Recipes	OddParent	SportsCentr		Canada's	Life Derek	CityNews at	Attack of the	Control of the Contro
3	:30	The Office	[66]	friend. [E]	Electric	Œ		Œ	Ray [tt]	EE	Restless	Air Farce	League		Dr. Oz Show @	Worst Driver	Suite Life	6 (N) 🖭	Clones" (2002) Ewan	Makeover
А		Family Guy			Fetch! With	Jdg Judy	Oprah	The First 48	Seinfeld	Oprah	(3:59) Early	Ghost	SpongeBob	NFL	Ellen	Daily Planet	Phineas	Law &	McGregor.	Tooned
4	:30	Family Guy	Winfrey	George	Cyberchas	Jdg Judy	Winfrey	Œ	Seinfeld	Winfrey	Global Nat.	Whisperer	Penguins		DeGeneres Show	(N) (E)	Phineas	Order: SVU		Tooned
-	PM	Browns	Early News	Shrinks [II]	BBC News	News (N)	News	Intervention	News	Early News	(4:59) News	CBC News:	OddParent		CTV News	MythBuster	Wizards	How I Met		Total
5	:30	Payne	News	Martha	Business	NBC News	News	"Joey"	ABC News	Global Nat.	Hour (N)	(N) [t]	SpongeBob	NFL	at Five (N)	s Œ	Hannah	Rules	Movie: "Star	Wipcout @
0	PM	Law &	Global Nat.	Dogs	PBS	News (N)	News	Hoarders	News	(5:59) News	ET Canada		iCarly 🕮	Football: Pittsburgh	CTV News	Dirty Jobs	Suite/Deck	The Event	Wars: Episode II	Total
6	:30	Order: SVU	News	Parks	NewsHour (N) [E]	Millionaire	Access H.	Œ	News	Hour (N)	Ent	Coronation	Big Time	Steelers at	(N) (E)	(N)	Wizards	(N) (E)	Attack of the	Wipcout (6)
-7	PM	Seinfeld	Ent	Be the	British	Jeopardy!	The Dr. Oz	Hoarders	Ent	Ent	Hawaii	Wheel	In Real Life	Cincinnati Bengals.	etalk 🖽	Canada's	Sonny	Chase "The	Clones" (2002) Ewan	Family Guy
-		100000000000000000000000000000000000000	ET Canada	(N)	Europe	Wheel	Show (tt)	"Al; Julie" (N)	The Insider	ET Canada	Five-0 "Mana'o"	Jeopardy!	(N) @		Big Bang	Worst Driver	Hannah	Posse" (N)	McGregor.	Stings
0		Movie: "The		The History	Antiques	Matt Lauer	How I Met	Intervention	11/12/2014	House	House	Blades	Chris		Dancing	Daily Planet	Suite/Deck	News		Tooned
O	:30	Devil's Own" (1997)	"Office Politics"	of Scotland	Roadshow	Reports (N)	Rules	"Andrew"	With the Stars	"Office Politics"	"Office Politics"	Brooms	8, Rules	SportsCentr	With the Stars (Live)	(EI)	I'm in Band	EP Daily		ET Canada
0	PM	Harrison	Lie to Me	Chasing	The Tenth	The Event	Two Men	(9:01)	(Same-day	Lie to Me	Lie to Me	Just for	Kyle XY	e (Live) 🖽	Œ	MythBuster	Majority	I Love	Disorderly	Family Guy
9	:30	70.37	(N) Œ	Wild Horses	Inning "Top of the Tenth"	(IN) LEE	Mike	Intervention "Joey"	Tape) [tt]	(N) E	(N) (E)	Laughs (#	(N) @	NFL Films		s @	Buzz	Money 🖫	Con.	Stings
10	PM	Movie: "The		Unwanted	Œ (DVS)	Chase "The	Hawaii	(10:01)	(10:01)	Hawaii	News Hour	National		E:60 (N) 🖭		Canada's	Ned's	Justice	Star Trek:	Parking
10		Devil's Own" (1997)	Five-0 "Mana'o"	Soldiers @		Posse" (N)	Five-0 "Mana'o"	Hoarders	Castle (N)	Five-0 "Mana'o"	Final (N)		Œ		Castle (N)	Worst Driver	Stone	Home Imp.	Voyager 🕮	Parking
-1-1			CHBC	Ancient	Charlie	News (N)	News	(11:01)	News	News Hour	Ent	George S	Prank Ptrl	SportsCentr		Dirty Jobs	So Raven	Paid Prog.	Most	Total
11	:30	2.72.72.7	News Final (N)	Clues @	Rose (N) [C]	Jay Leno	Letterman	Hoarders "Al; Julie"	(11:35)	Final (N)	ET Canada	Mercer	Prank Ptrl	e (Live) [CTV News		Life Derek	Pald Prog.	Amazing Videos	Wipcout (

AFTERNOON

2:00 pm SPIKE 444 * * * * * * "Star Wars: Episode II — Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice, Anakin Skywalker, protect the former queen from political separatists. (In Stereo)
5:30 pm SPIKE 444 * * * "Star Wars: Episode II — Attack of the Clones" (2002, Science Fiction) Ewan McGregor. Obi-Wan Kenobi and his Jedi apprentice. Anakin Skywalker.

Jedi apprentice, Anakin Skywalker, protect the former queen from political

separatists. (In Stereo)

EVENING

B:00 pm WTBS ③ ★★★"The Devil's Own" (1997, Suspense) Harrison Ford. A New York policeman learns that his Irish houseguest is an IRA terrorist seeking U.S. weapons.

Devil's Own" (1997, Suspense)
Harrison Ford. A New York policeman
learns that his Irish houseguest is an
IRA terrorist seeking U.S. weapons. 10:00

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obituary

obituary

Edson 'Eddie'

May 1999 - October 26, 2010

A Dog's Prayer - Beth Norman Harris

Treat me kindly, my beloved master, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick, for though I should lick your hand between the blows, your patience and understanding will more quickly teach me the things you would have me do.

Speak to me often, for your voice is the world's sweetest music, as you must know by the flerce wagging of my tail when your footstep falls upon my waiting ear.

When it is cold and wet, please take me inside... for I am now a domesticated animal, no longer used to bitter elements... and I ask no greater glory than the privilege of sitting at your feet beside the hearth... though had you no home, I would rather follow you through ice and snow than rest upon the softest pillow in the warmest home in all the land... for you are my god... and I am your devoted worshiper.

Keep my pan filled with fresh water, for although I should not reproach you were it dry, I can not tell you when I suffer thirst. Feed me clean food, that I may stay well, to romp and play and do your bidding, to walk by your side, and stand ready, willing and able to protect you with my life, should your life be in danger.

And, beloved master, should the Great Master see fit to deprive me of my health or sight, do not turn me away from you. Rether hold me gently in your arms as skilled hands grant me the merciful boon of eternal rest...and I will leave you knowing with the last breath I drew, my fate was ever safest in your hands.

Eddle 'went international' when he started his own blog online at www.frameyourpets.com and will be sadly missed by his human companions Brenda and George and his many friends in the neighbourhood and beyond.

"There is a great big hole in my life where you used to be. Words cannot explain my heartbreak. Run pain free my little friend. Love, Brenda."

Ronald, Donald and Rick Haker

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

Barb, Carlo, Barbie and J. R.

help wanted

help wanted



Employment Opportunity

Full time office assistant required immediately for our busy plant. Must be mature, reliable and have excellent phone, communication and customer service skills. A strong background with numbers and computers, particularly Microsoft Word and Excel is necessary. Some experience with Simply Accounting would be an asset. Must be able to work independently and be part of a team.

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

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help wanted

help wanted



Gisbome Industrial Construction is the General Works Contractor at the Copper Mountain Mine Construction Project. To date we have approximately 350 people working on this project, with roughly 80% of them from out of the area. This has put rental accommodations at a premium and so we are asking the community to contact our site office at 250.295.4711 to speak with Harmony Brittain if anyone has any rentals to offer. We do appreciate all the cooperation to date from the local hotels, trailer parks, campsites and residents who have offered space to our employees. Should anyone have any questions or concerns we also encourage you to contact Harmony Brittain to discuss them with her.

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wanted

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notices

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PHS Leader - Recipe Corner

Recipe #347

Gigantic Turtle Candies

(NC)—Try this new twist on a family favourite that includes some tasty popcorn. You can even put some in a holiday tin to give as a gift.

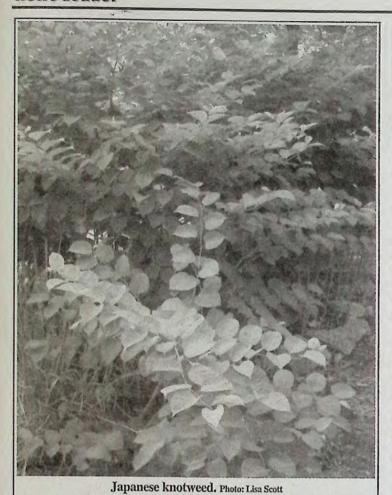
Ingredients

- 1 bag (2.9 ounces) (11 cups popped) butter flavoured microwave popcorn
- PAM Original No-Stick Cooking Spray
- Pecan halves (63 pecan halves)
- 1 bag (14 ounces) caramels, unwrapped
- 2 tablespoons of butter
- 2 tablespoons milk
- 1 bag (12 ounces) semisweet chocolate morsels

- Prepare popcorn according to package directions. Remove all unpopped kernels. Place popcorn in large bowl;
- Spray 2 large baking sheets with cooking spray. Arrange 21 groups of three pecan halves in cloverleaf pattern on baking sheet.
- Place caramels, butter, and milk in microwave-safe bowl; microwave on HIGH 3 to 4 minutes or until caramels are melted, stirring once. Pour over popcorn; gently toss to evenly coat. Allow to cool 2 minutes.
- Spray hands with cooking spray. Shape popcom into 1-inch mounds; press onto center of each pecan clover-
- Melt chocolate morsels in microwave on HIGH for 2 minutes or until smooth when stirred. Drizzle over each caramel mound. Chill 1 hour or overnight.
- News Canada

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

226A Bridge Street, Princeton



Invasive Plant Alert

Disposal of Invasive Plants

by Lisa Scott Coordinator, South Okanagan Similkameen Invasive Plant

One of the most common questions I am asked these days is how to properly dispose of invasive plants. This answer is much more simplified if plants are controlled before they set seed. However, with weeds having now reached maturity and produced seed, proper disposal is extremely important.

Knowing how a particular plant reproduces indicates its method of spread and helps determine the appropriate disposal method. Most are spread by seed and are dispersed by wind, water, animals, or people. Some reproduce by vegetative means from pieces of stems or roots forming new plants. Others spread through both seed and vegetative means. Some plants continue to grow, flower and set seed even after pulling or cutting. Seeds can remain viable in the ground for many years. If the plant has flowers or seeds, place the flowers and seeds in a heavy plastic bag "head first" at the weeding site and transport to the disposal site.

I am regularly asked about burning as a disposal option. This is not something I would typically recommend. Burning does not tend to be the magical answer that many landowners are hoping for. In fact, invasive plants with airborne seeds may disperse by the hot air created by the fire. Also, there are many burning restrictions that must be adhered to and its probably best we avoid putting more smoke into the atmosphere.

Bagging (also known as solarization) is a suitable technique for plants with softer tissue. Use heavy black or clear plastic bags (contractor grade), making sure that no parts of the plants poke through. Allow the bags to sit in the sun for several weeks and on dark pavement for the best effect. We have missed the ideal window of opportunity for this technique to be truly effective, but its something to keep in mind for next growing season.

Tarping and drying is another method that can be effective if done correctly. Plant material should be piled on a sheet of plastic and covered with a tarp, fastening the tarp to the ground and monitoring it for escapes. Let the material dry for several weeks, or until it is clearly nonviable. Again, this is a method to keep in mind for next

On some properties, burying plant material may be an option. This is risky, but can be done with watchful diligence. Check with me before trying this technique, as some species require fairly deep burial. Japanese knotweed, for example, must be buried at depths of 2 metres. Other species, such as puncturevine, only require burial of

Probably the most commonly used disposal technical at this time of year is composting. However, composting of invasive plants must be done with extreme care. These aggressive plants can take root in compost.

Species such as knotweed, morning glory (bindweed), sheep sorrel, ivy, several kinds of grasses, and many other plants can re-sprout from their roots or stems in the compost pile. Do not compost any

invasives unless you know there is no viable (living) plant material left. Use one of the above techniques to render the plants nonviable before composting. Keep this in mind as you dispose of the annual plants in your planters and hanging baskets. Improper disposal of garden waste can result in undesirable omamental plants moving into natural areas or parks adjacent to your property.

Closely examine plants before composting and avoid composting seeds. The majority of composting practices and processes often do not reach and maintain the temperatures needed to assure the destruction of all viable seeds; this is particularly the case with backyard composts.

A study by Agriculture Canada indicated that some species of weeds, including wild mustard and stork's-bill, were killed early in the composting process, with the temperature held at just 39 degrees Celsius for a week - a fairly low temperature for compost piles, which should be generating temperatures of 55-60 degrees Celsius. However, a graduate student in Washington recently showed that temperatures in excess of 100 degrees Celsius were required to effectively destroy the seeds of Dalmatian toadflax. While these extreme temperatures are not required for destruction of most.

Or better yet, any mature invasive plants with seeds should be carefully bagged or loaded into the back of a truck (covered with a tarp or canopy), and disposed of at the landfill. Be sure to inform the landfill operator that you have invasive plants and not simply yard waste, to ensure that your weeds are disposed of in the proper location. And if you have curbside pick up, do not include any invasive plants with your yard waste.

Also, keep in mind that fall is an excellent time to seed disturbed soils, particularly if your location is non-irrigated. During this time of year, seeding projects can take advantage of the fall rains. The soil is basically storing the dormant seeds until spring, at which time the soil will warm up signaling the seed to germinate. This process will also allow the seedlings to take advantage of the moisture from winter snow.

For more detailed information on invasive plants, go to the regional district website www.rdos.bc.ca or check out www.weedsbc.ca.

Princeton Posse 2010/11

CLIP 'N' SAVE Game Schedule PRESENTED BY:

ws Leader

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HOME

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

FRI FEB 11 - vs Sicamous 7:00 PM

AWAY

SAT SEP 11 - at Kamloops 7:00 PM

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

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

My Turn

I'm Still Seeing Spots

Apparently it was love at first sight.

She walked past him outside the entrance to a busy shopping centre in the South Okanagan and noticed him right away.

He looked at her and, as if on cue, gave her a look that pulled at her heartstrings.

It was only moments later and he was riding next to her in her truck heading out of town.

I heard about the stranger in her life barely days later. She even brought him over to meet me.

He was a bit smaller than I had imagined from her description on the phone, he walked as if he was still getting used to the size of his feet and was clumsy. I remember that distinctly as he fell off of the top of the picnic table we were sitting on in my yard.

There was no way I would have known he would grow to become such a fixture in my life for the next eleven years.

Mind you, I had no way of knowing at the time I would eventually marry her and along with her came three dogs, including him. A Dalmatian named Edson. Eddie for short.

Eddie was the youngest of the three dogs and he was the only male.

I tried hard not to bond too closely with him, being the only other male in the house (the cat – also female) I thought it would be natural for him to turn to me for that piece of guy advice or the odd game of catch but he was not that kind of dog.

When one of the trio got sick and the decision was made to "do the humane" thing, the female human made the decision.

The loss cut down the competition Eddie had in the house. He bonded with the remaining dog, but there was no doubt in my mind that the girl I married was his number one human.

When the time came to once again "do the humane thing" with Eddie's four-legged buddy, it was again the female human's decision. Probably because I don't think I could have made that call myself. I still miss that dog to this day.

Eddie also missed his buddy but the bond between him and the girl who picked him up in Penticton grew stronger and stronger.

It was so strong that if she went away for the weekend and I stayed home to take care of work and Eddie, he would just lay around. I described it as if someone unplugged the power to him. He would lie as if all the air was sucked out of him until his favourite human came home. Then the two of them would be inseparable for days.

Eddie started showing signs of age the past couple of years. His health was dipping and he was just not himself at times.

In recent months his appetite was off and on. Something he'd gobble up one day he'd turn his nose up at the next day.

It was obvious that a trip to see the vet was in order.

I suspected digestive issues or possibly something simple to fix.

So when she came home late in the day without Eddie I was stunned.

He had advanced kidney failure and rather than have him starve to death in front of us she chose to "do the humane thing."

When he closed his eyes in the sunshine that afternoon she was right there with him, just as she had always been through good times and bad.

And brought an end to an amazing friendship between two of the best friends I've ever known.

Helys Leader

W. George Elliott - Owner/Publisher Brenda Engel - Office Manager Dawn Johnson - Reporter John Gillis - Advertising Sales Lynette Boyd - Office Assistant

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.



Terry Malanchuk examines a series of stereo card images which create the illusion of 3D photography when viewed through a stereoscope. Malanchuk discovered the collection, along with many other treasures, while going through boxes of items stored in the basement of Princeton Museum last week.*

www.thenewsleader.info



Princeton Museum has over the years become the main depository of local artifacts related to just about any aspect of the history of the area. One such example is a complete box of Royal Export Beer from the assembly line of the now defunct Princeton Brewing Company Limited.*

HOME HOME

Protect Health, Protect Living Standard



Dawn Johnson editor@thenewsleader.ca

Canadians have enjoyed a good standard of living thanks to our health care system. The advocates of privatization, involving private health insurance and private hospitals, is seen by some people, including some members of the Canadian Medical Association, as a good thing for Canada. I believe these people do not know much about why Canada adopted our health care system.

Those of us who are old enough to recall how things were before Medicare can tell you private insurance and private hospitals were not the best solution for a sustainable society. Yes, I mean exactly that: a sustainable society. When a serious illness can wipe out a family's savings, job, their home and their future, then people become very, very thrifty because they fear what will happen to them. They do not spend on anything but essentials, and that is bad for every business in the country.

What makes the problem worse in a totally private system is this: some people will never be able to access private insurance because they have a pre-existing condition. Here is a good example: the birth of my first child was not covered by insurance because I had moved to Alberta during the second trimester.

I had a pre-existing condition when I was accepted into the health insurance coverage, so my pregnancy and childbirth expenses were not covered. My husband and I had to save every nickel to pay those costs. Needless to say, we were not spending on anything but food and shelter while we saved.

Imagine what would happen if the pre-existing condition was discovered to be a heart problem, or cancer, or a kidney problem.

Fear mongers pushing for privatization say our present health care system is not sustainable. That is pure balderdash. Canada has, since 1975, paid only five percent of the gross national product on health care. Health care takes up the same percentage of provincial revenues as it did 20 years ago. How is that not sustainable?

Do you know what is really making our health care system look like it is gobbling up more of our tax dollars? I will tell you: we are taxed less. Believe it or not, we pay less taxes, and that means we think health care costs more. Our income tax cuts that the government keeps telling us they give us so we can cheer on the politicians are actually making it look like our health care system is too costly.

In the meantime, we are taxed at the cash register with HST, and then those of us who really cannot

afford HST are given back a rebate. This is such a crazy system, isn't it?

In Sweden and France, people know they will be taxed a certain percentage of their income to pay for health care, and they don't mind. They have been doing this for a long time, and their health care system is not only sustainable, it is better than ours for benefits to the individual. We should ask ourselves what kind of mind games are being played concerning our health care system.

The health care question should not be about going to privatization, it should be about what we need to do to ensure our health care system stays in place and serves our economy. Any other approach to health care problems is subject to suspicion, in my view.



Thundercat Sunday, October 24th at Princeton Arena. *

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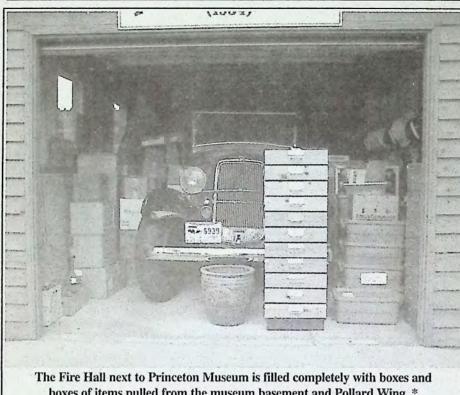
Hedley Grace Church

> 856 Ellis Avenue Hedley BC

Sunday Service 9:30 AM Pastor Graham Gore (250) 292-8444

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useum Renevation Project



boxes of items pulled from the museum basement and Pollard Wing. *



Large cabinets from the Pollard Wing of Princeton Museum are now sitting in the Livery Stable on site to allow for renovations to the building.



Climate sensitive items from Princeton Museum are being stored in the Museum Archives space at the Princeton & District Community Skills Centre. *



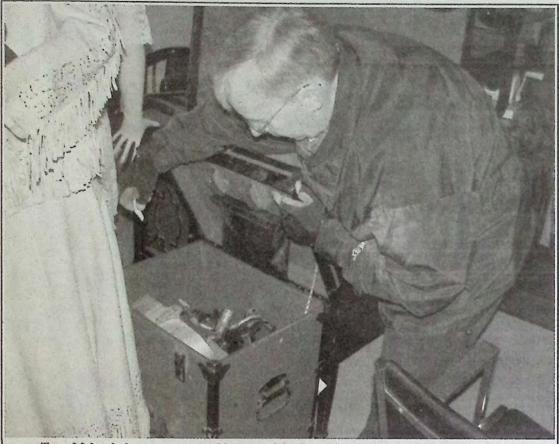
Princeton Posse players put in another shift October 28th loading boxes from the Princeton Museum basement to the Skills Centre building. *



Princeton Museum Society members can't say enough about how much the Princeton Posse work crews saved them in time and effort during the moving of contents. *



Players worked in various capacities in their work crews. On October 28th most of the work centred on moving artifacts and collections from the museum basement.



Terry Malanchuk uncovers a metal box containing breathing apparatus while cleaning out the Princeton Museum basement October 28th. The find was a complete mine emergency rescue kit. *

News from the Regional District

South Okanagan Electoral Areas Community Climate Action Plan Aviva Savelson of Stantec Consulting Ltd. recently addressed the RDOS Board regarding the Climate Action Plan draft report. The Board received the Draft Corporate Energy and Climate Action Plan for information. The Board also received the Draft South Okanagan Similkameen electoral Areas community Climate Action Plan and the Draft RDOS Climate Action Plan by Stantec Consulting and will forward the documents to a Public Open House for presentation and comment.

Regional District of Okanagan Similkameen Property Exemption Bylaw

The Board is empowered by the Community Charter and Local Government Act to exempt certain lands and improvements that it deems desirable and expedient to exempt specific properties from property taxation. The Board reviewed and adopted the list of 2011 property tax exempt properties.

911 Dispatch Services Review

The Board will notify the City of Penticton that the Regional District of Okanagan-Similkameen will not renew the Fire Dispatch Contract. The Board has directed RDOS staff to develop and immediately issue a Regional Fire Dispatch Service Request for Proposal. The Board has decided to maintain the current Emergency Call 911 service with Central Okanagan Regional District and Kelowna RCMP dispatch. Also staff will implement a cost allocation model for Emergency 911 calls and Fire dispatch calls to ensure that the costs are correctly described and that the ration of the total costs paid by the Regional District is equitable based on call

volume percentage.

RDOS Sterile Insect Release Establishment Amendment

The Board appointed Brian Mennell as the RDOS representative on the Sterile Insect Release board for the current year. Mennell resides in Cawston and has operated a 50 acre farm since 1973, which is currently growing apples and pears. He has served on the Board of the Certified Organic Association of BC for the past two years and on the SIR Board as a non-voting grower representative for the past two years.

FortisBC

The Board will be forwarding a letter to Fortis BC requesting that the silver electrical poles installed within the Regional District area have an esthetically pleasing treatment applied to allow for blending with the environment.







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7:00 PM Friday, November 5 vs. Golden, 2:00 PM Sunday, November 7 vs. Osoyoos

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75 Halliford Avenue



What a find! A New home built in 2008, with excellent floor plan and use of space. Up scale kitchen includes stainless steel appliances, marble cabinetry with vaulted ceiling for a wonderful feeling of space. The spacious master suite has a 3-piece ensuite, 10x5 walk-in closet, and skylight to keep it light and bright. There are 2 other bedrooms and a 4-piece bath. MLS © 111133 \$259,000

333 Riverside Avenue



Lots of room for a BIG family in this 3 storey home! A one bedroom 'in-law' suite on the lower floor and three large bedrooms on the main. The upper floor has 1,600 sq ft that is plumbed, wired and ready for your finishing. Situated on a quiet corner lot along the Tulameen River, there are lots of windows and balconies from which to enjoy the view. Close to a school and downtown.

MLS @ 110677 \$273,900

411 Huey Road



Surround yourself with the comforts of life! This charming country style home has had all the hard work done. Hardwood oak flooring, fresh paint throughout, new kitchen countertops, appliances and the list goes on! The main floor has both a living room with large picture windows and family room so everyone has a space to go to. 3 bedrooms up, one on main. MLS @ 110827 \$498,000

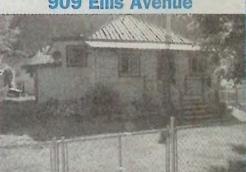
A. N. N. N. N. N. N.

#107-66 Angela Avenue



Easy one level living in this spacious 2-bedroom condo! Renovated only one year ago, everything is new. Comes with refrigerator, stove, microwave, washer and dryer. This bright unit is located at the back of the complex, next to parking so easy access to bring in groceries, no stairs or elevators to negotiate. Only a few minutes walk to town amenities. MLS © 111072 \$184,900

909 Ellis Avenue



Over 1,000 sq ft of pure 'home!' Nothing left to do but enjoy fishing, hunting and hiking the Okanagan and Similkameen valleys. Sitting quietly on a corner lot in the village of Hedley, this home boasts updates and detailed finishing that is evident from the foundation to the crown mouldings. Hardwood kitchen cabinets and perfectionist tile work only add to the beauty. MLS ® 111174 \$215,000

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