



Similkameen News Leader

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Tuesday, November 9, 2010



"A hero is someone who has given his or her life to something bigger than oneself." - Joseph Campbell

Arts Council talks to Town Council

Del Hall, President of Princeton Community Arts Council, attended the November 1 Town Council meeting. She led a contingent of Arts Council members. Each gave a report on some phase of Arts Council activities. Hall asked Town Council to continue to allow the Arts Council to operate Sunflower Gallery. To date, the gallery has paid out approximately \$4,000 to local artists for work sold at the gallery.

Robin Lowe, who coordinated the Tree of Life mural project for Princeton's 150th anniversary, told Council an application had been sent for a grant to hold a Spirit Festival in February. Upper Similkameen Indian Band will participate in this festival which will include traditions and history of local First Nations people. Lowe told Town Council their support helps the Arts Council obtain grants for special projects.

Vicky Jones reported on the Cultural Plan survey and its results.

(see Princeton's Cultural Survey article). Councillor Jason Earle stated he was pleased to see the group has a plan, as so many groups do not.

The Arts Council had requested a regular budget allocation for art in public places. Councillor Marilyn Harkness urged Council to consider doing this.

Mayor Randy McLean was pleased with the Spirit Festival and its theme "Origins". He remarked on the importance of culture as "a huge part of healthy living". He praised

the Arts Council for creating events which bring people out of their homes to participate in community activities.

"Getting people out to events helps build community spirit," he said.

Councillor Ray Jarvis spoke of the eight years he had been attending Arts Council meetings, and how, under three succeeding presidents, the Arts Council had gone from a small, inactive group to the present very active group. He is impressed with the achievements of the members.

RCMP introduce new program to community

A series of presentations were made last week at Riverside Centre hosted by the Kelowna RCMP Drugs & Organized Crime Awareness Division.

The program, currently called Community Prevention Education Continuum (CPEC), has a very basic concept, which can easily be adapted to fit in any community.

"I think it's going to fit in Princeton very well," Princeton RCMP

Detachment Sgt. Dave Clare stated.

"It's something I think Princeton needs."

That something is a constant message, which is, "Healthy youth reach their full potential."

It may sound simple enough, but in order for the CPEC Program to succeed it involves key individuals - community leaders - participating at one of many levels providing a component in the overall strategy.

Local crime rate drops

RCMP Sgt. Dave Clare reports fewer crimes for the third quarter of the year. Overall crimes are down compared with 2009. The only marked increase was in thefts from vehicles, most from rural areas, particularly in Manning Park. Theft of vehicles was higher this year.

The number of assaults was down slightly, and no robberies were reported. Break-ins were down substantially, particularly in businesses, but residential break-ins were down just slightly.

In the third quarter of this year, the local RCMP detachment investigated 11 drug offenses, three of which were related to drug production, including two marijuana grow operations. One of the grow operations was a small outdoor crop discovered by helicopter. The other was a large indoor grow operation with more than 2,000 plants which were seized along with 10 lbs. of dried marijuana and grow equipment.

Only one driver was charged with impaired driving during the third quarter, but seven had 24 hour driving prohibitions.

Officers of the Princeton detachment were on the scene at most community events and did a lot of patrols on foot in downtown Princeton. Personnel at the Princeton detachment are now up to strength. Other activities included coordination with other emergency services (fire, medical, Highway Rescue).

A Community Consultative Group has been formed and agreed to support the Restorative Justice program. The first training program was conducted in October. The trainer expressed optimism for the program due to the quality of the people involved. Two members of the detachment are trained in the DARE program, an anti-drug program taught to elementary school children.

Mayor Randy McLean expressed appreciation for the efforts of Princeton detachment members in reducing the amount of drug trade within the community as well as for the drug awareness programs.

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The program is designed to run from Kindergarten through to Grade 12 with active participation along the way.

For example, a child enters preschool and is introduced to the message that healthy youth reach their full potential.

There may be an age-appropriate activity planned sometime during that school year, sponsored by a local community group, which will reiterate that message.

The same thing will happen in Grade 1 with a different community partner providing another age-appropriate way of keeping the message consistent. This continues all the way to graduation.

Research has shown that constant

teaching has greater success than a one-time attempt or a number of messages.

The constant teaching model has seen tremendous success in drug and alcohol prevention in youth in the Cranbrook area.

It was the Kootenay example that was presented at the meetings last week to members of various local community groups and organizations.

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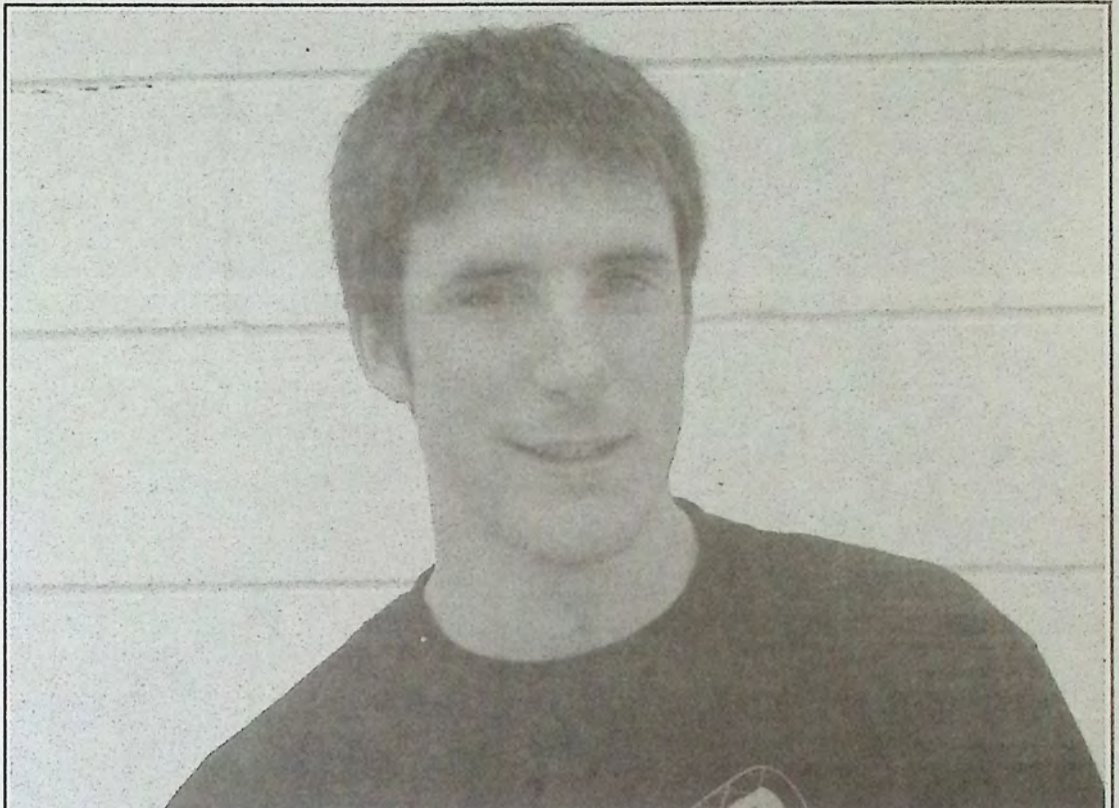
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Ian McKenzie is the PSS Student of the Month for October. The grade 12 student was nominated for his assistance with a number of school projects. Student of the Month is sponsored by PSS PAC. *

CMMC updates drilling program

Copper Mountain Mining Corporation ("CMMC" or the "Company") announced November 3rd initial results from its ongoing exploration program at the Copper Mountain Project near Princeton. Presently two diamond drills are working at the mine site to meet the three immediate objectives that include:

- 1) infill drilling to upgrade

resources to reserve status for detailed mine planning;

- 2) condemnation drilling to assist with infrastructure development related to mine operations and mine site planning; and
- 3) deep exploration drilling designed to evaluate deep seated geophysical anomalies and assist with long range mine and exploration planning.

Prior to the diamond drilling program in the Oriole zone 83 shallow percussion holes were drilled on an approximate 25 meter spaced grid in order to better understand the geology and controls of high grade mineralization. Samples were taken every 4 meters via a cyclone attached to the drill. Samples were split 4 times on site with a rifle splitter in order to reduce the sample to less than 5 kgs, and shipped to Pioneer Laboratory for analysis.

Assay results have been received for 83 percussion holes drilled in the Oriole zone and for three condemnation / exploration holes drilled just to the east of the eastern end of Pit 2 where a new access road is being planned.

The Oriole area, which is generally higher grade material, is located just to the south of Pit 3 and is being considered for early stage mining as it is situated within an area planned for future waste rock storage.

Mineralization in the Oriole zone is hosted by moderately altered volcanic rocks sandwiched between barren intrusive and unaltered volcanic rocks and cut by late non-mineralized felsite dykes. The percussion holes provided significant information on the contacts between mineralization and barren dykes and bounding non-mineralized rock.

Of the 83 percussion holes, 13 were located within barren intrusive rocks, 14 were drilled into barren volcanic rock, and an additional 10 holes were drilled within dyke rock. Of the remaining holes, 38 intersected grades above the 0.15% copper cut-off grade and define a northeasterly trending, elliptical shaped area of mineralization approximately 210 meters long by 120 meters wide.

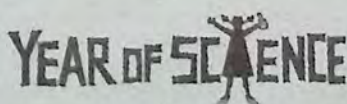
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Andrew Reeder is the new Public Works Manager for the Town of Princeton. He is a Professional Engineer who was formerly employed as manager of engineering services with RDOS. He has a lot of experience with housing developments. Reeder has met with the Town crew, considers them a dedicated crew with a lot of strengths, and he looks forward to working with the town. Photo: Dawn Johnson

..... continued from Page 2

On the basis of the results of the percussion holes, twelve diamond drill holes have just been completed in the Oriole zone to assist with reserve estimation and pit planning. Assays of the diamond drill holes are pending.

East of Pit 2, three diamond drill holes totaling 772m were drilled in an area slated for infrastructure development, but which hosted a small Titan 24 geophysical anomaly at shallow to moderate depths. Drill hole IOP2-161 drilled to the southeast towards the geophysical anomaly, intersected narrow mineralized zones (6m @ 0.93% Cu, 0.46g/t Au and 2.2 g/t Ag and 9m @ 0.20% Cu, 0.08g/t Au and 0.6 g/t Ag) near the collar but did not return significant intersections within the area of the geophysics anomaly.

Drill hole IOP2-162 drilled to the south towards the geophysical anomaly intersected low grade mineralization within the anomalous area (25.4m grading 0.16% Cu).

Drill hole IOP2-162 was drilled from near the same collar area as the other two holes but in a south-westerly direction towards Pit 2 and intersected an 18m thick zone of mineralization grading 0.35% Cu, 0.13 g/t Au and 2.1 g/t Ag just beyond the planned pit wall, highlighting the potential for additional shallow drilling to add resources in this area.

Deep drilling adjacent to and below the Pit 3 area is ongoing as is additional exploration drilling within the Saddle zone adjacent to

pits 1, 2 and 3 and results will be released as information becomes available.

Quality Assurance

The company employs a system of quality control for drill results which includes the use of blanks, certified reference material (standards) and check assaying. Core from the 2010 exploration program will be logged on site and split with a diamond saw.

Samples will be shipped to Pioneer Laboratories for geochemical analysis of copper with all values of greater than 1,000 ppm copper being re-analysed by assay methods for copper, gold and silver.

The drilling program is being supervised by Peter Holbek, M.Sc., P.Geo., a qualified person as defined by National Policy Instrument 43-101.

About Copper Mountain Mining Corp.:

Copper Mountain is a Canadian resource company managed by an experienced team of professionals with a solid track record of exploration and development success. The Company's shares trade on the Toronto Stock Exchange under the symbol "CUM".

Copper Mountain owns 75% and Mitsubishi Materials Corporation owns 25% of the Copper Mountain Project. The 18,000 acre mine site is located 20 km south of the town of Princeton.

The Copper Mountain Project has a current resource of approximately 5 billion pounds of copper, the project is fully financed (\$438M) and in construction and on sched-

ule for the mine to produce approximately 100 million pounds of copper per year by mid 2011.

Additional information is available on the Company's web page at www.CuMtn.com. - submitted

Princeton Exhibition Association

ANNUAL GENERAL MEETING

7:00 PM

Tuesday, November 16th

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NOTICE OF PUBLIC INFORMATION MEETING

Public Notice is hereby given that a Public Information Meeting will be held on **Wednesday, November 17, 2010, from 6:30 - 8:30 pm (brief presentation at 7:00 pm)** at the Princeton Skills Centre, 206 Vermilion Avenue, to provide the public with information regarding the following:

Community Climate Action Plan

The South Okanagan Similkameen Climate Action Planning Project is a collaborative effort between the Regional District of Okanagan Similkameen (RDOS) and its member municipalities including Princeton and Area 'H', to develop corporate and community climate action plans to meet their voluntary commitments under the provincial Climate Action Charter, as well as their legislated obligations under the Local Government (Green Communities) Statutes Amendment Act (Bill 27, 2008).

This meeting will provide an overview of the Community Climate Action Plans for the: (1) Town of Princeton; (2) Electoral Area 'H' and; (3) RDOS.

The Climate Action Plan's purpose is to set a target to reduce emissions of Greenhouse Gases, by selecting potential implementation actions, such as green building construction, alternative energy use, less vehicle dependent development, and alternative transportation.

The meeting will include a presentation and question and answer period, followed by informal discussion and information-sharing. Attendees will be invited to share their input on the Climate Action Plans.

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Keremeos News



Rick and Moyna Bennett visit with Colleen Christensen, Manager of Similkameen Country (centre). The couple dropped in to the Info Centre October 29th on their way back to the coast. Rick prefers to combine a bit of business and pleasure after the rush of the tourist traffic in the Okanagan and Similkameen valleys has diminished. Moyna praised Linda at the Burrowing Owl winery for going out of her way to contact another winery on their behalf. As it turns out, the vintage that Rick and Moyna desired at the other winery was out of stock, hence Linda saved them the trouble of a needless side trip. Photo: Arlene Arlow

RCMP enforcement programs net results

On Wednesday, October 27th and Thursday, October 28th South Okanagan Traffic Services conducted traffic enforcement activities with the assistance of the Integrated Road Safety Units (IRSU) of Keremeos and Kelowna Detachments using Automatic License Recognition Program

(ALRP) units.

"On patrol an ALRP unit reads vehicle license plates and automatically queries the database," explains Cpl. Dave Cramm of the IRSU based out of Keremeos RCMP Detachment.

"If there are any problems with a vehicle's licensing, for example,

no insurance, or with the registered owner, for example, the driver is prohibited from driving by the Motor Vehicle Branch, the offending vehicle will be identified to a patrol officer who in turn will stop the vehicle and take the appropriate enforcement action."

As a result of the two day enforcement program a total of 13 no insurance charges were laid, 16 no valid drivers license charges, 8 driving prohibitions were issued in accordance with the Motor Vehicle Act, two vehicles were impounded, one drive while prohibited charge was laid and one stolen validation tag was recovered.

There were also an additional 33 Motor Vehicle Act charges laid for various offenses.

RCMP say a total of 14,866 vehicle license plates were read by the device resulting in 241 hits during the two day period.

Operation Click It or Ticket

The South Okanagan Traffic Services and Integrated Road Safety Unit at Keremeos RCMP Detachment conducted a seatbelt enforcement program Friday, October 29th in the Penticton area.

"The purpose of the campaign was to maintain awareness of wearing a seatbelt," says Cpl. Dave Cramm of Keremeos IRSU.

Police ended up issuing 39 tickets at \$167 each for failing to wear seatbelt, 34 tickets for moving violations, 11 \$167 tickets for use of an electronic device while driving and 6 drivers license violation tickets.

Elders enjoy outing

A small contingent of Ridgewood Lodge residents joined with residents of the Keremeos elder care facility on November 3 to attend the Elders Dinner.

This dinner is held monthly at the Elks Hall. A committee puts together a dinner for which diners pay a donation, and following the dinner, there is a loonie auction. The Elders Dinner raises money to cover the costs of the elders bus

operated by the Lower Similkameen Indian Band.

There was a good turnout to last week's dinner, and everyone enjoyed a special treat, the Darrell Brewer Band. This band is comprised of older men and women who come from the South Okanagan, including Oroville, Washington. They played a number of toe-tapping old-time tunes, and received hearty applause.

Songs of Soldiers at Cawston Hall

"Bless 'em All", "Roll Me Over" and "I Saw Him" are but a few of the songs featured from a collection of battlefield memories being presented at the Cawston Community Hall Sunday, November 14th at 2:00 PM.

Proceeds from Folies de Guerre (madnesses of war) will go to the Canadian Military Families Fund and to the Canadian Peace Alliance.

The Military Families Fund was created in April 2007 by General Rick Hillier to assist military families faced with "unforeseen and often immediate needs that have resulted due to conditions of ser-

vice".

The Canadian Peace Alliance (CPA), founded in 1985 helps member groups to provide a strong, coordinated voice for peace at the national level.

The afternoon concert features Rika Ruebsaat and Jon Bartlett of the Princeton Traditional Music Society and Jim Bagley, Jacob Matte, Gabi Cursons and Dave Cursons of Cawston with Jaquin Manet-Bobier of Hedley.

Tickets for Folies de Guerre are available in advance at the Cawston Marketplace and Similkameen Agencies.



Karl Donaghue, Recreation Director for the Similkameen Rec Centre and Keremeos Community Pool was camera-shy when visited October 29th but would like to encourage the residents of the valley to take in the amenities at the centre. A 4-lane bowling alley, squash court, racquetball court, fitness equipment and skating rink are there to be enjoyed. Visit the Village of Keremeos website www.keremeos.ca for more information. Staff at the Village office advised that the website will be updated soon. Photo: Arlene Arlow

Trails Society plans AGM

by Dave Cursons

The Annual General Meeting of the Similkameen Trails Society will be on November 18th at 7:00 PM at the Cawston Community Hall, Main Hall.

This past October 5th trails society members attended an afternoon workshop given by the Regional District of Okanagan Similkameen at their offices in Penticton. At that meeting the Similkameen Trails Society affirmed it's intention to develop trails for non-motorized use.

Similkameen Trails Society recently approved funds for further landscaping on the Keremeos Promenade.

The Ministry of Transportation and Infrastructure Finance which owns and manages the abandoned Burlington Northern right of way through the Barrington Ranch and south alongside the Crownsnest Highway has not yet issued a trails permit affecting a route planned from Willis Ranch Road and Beck Road through to Coulthard and thence along Coulthard to Kobau Park.

A committee of the trails society has provided a report on prospects of a circle route out of Kobau Park and upriver around the Keremeos Creek, Wainwright Nature Preserve and back to Kobau Park in Cawston.

The purpose of the Similkameen Trails Society is to promote and enhance the trails of the Similkameen, to raise funds necessary for trails stewardship, to promote courtesy to stakeholders and respect the environment and to cooperate with stakeholders at all levels of government.

Individual memberships in the Similkameen Trails Society costs \$10.



LEST WE FORGET
November 11



Membership is only \$125.00 for a 3-month swipe-card pass at Similkameen Rec Centre, Keremeos. Card-holders can access the fitness centre and courts from 5:30AM to 11:00 PM. Photo: Arlene Arlow

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Health / Lifestyle News

Epilepsy Awareness

Rescue plan helps parents control seizures

(NC)—When an emergency seizure strikes it can be extremely dangerous for the patient who suffers from epilepsy.

Time is definitely of the essence. The longer an emergency seizure goes untreated, the more likely the risk of brain injury.

The Epilepsy Foundation recommends that treatment should begin within five to 10 minutes to avoid increased risk of complications, including long-term neuronal damage.

In most cases, a trip to the emergency room could delay treatment, especially if the patient lives in a remote or rural area.

Emergency seizures are called breakthrough, serial or cluster seizures and are defined as a bout of

seizure activity experienced by a patient with epilepsy, on a stable regimen of antiepileptic drugs (AEDs), who suffers intermittent and periodic episodes of markedly increased seizure activity, which its onset is predictable and recognizable and sometimes signaled by non-convulsive symptoms.

According to Dr. John Pellock, Professor and Chairman at the Division of Child Neurology Virginia Commonwealth University Medical College of Virginia, it is critical to intervene in these cases to reduce long-term health risks.

"When a patient begins to have prolonged or recurrent seizures outside of their normal patterns, it's a medical emergency that needs to be treated immediately."

This type of intervention is called giving "rescue" treatments such as Diastat, when prescribed, to help safely stop or shorten seizures quickly. Diastat is the only portable form of benzodiazepine for use by family members and non-medical caregivers to treat uncontrolled seizures immediately where they

occur, in most cases eliminating the need to seek emergency hospital care.

It's a fast-absorbing medication intended for use by caregivers to treat selected people with refractory epilepsy (2 years of age and older) who are on stable regimens of seizure medicines and who require intermittent use of diazepam to control bouts of increased seizure activity in the home setting, as well as in hospitals, emergency and urgent care units and residential institutions.

Administered rectally, Diastat is quickly absorbed and provides a safe and effective means of stopping continuous or multiple seizures between five to 15 minutes.

"When a person has epilepsy, the main thing we can do is be prepared to help them. Helping them may be medication, it may be first aid but keep them safe, stop the seizure, get them medical care. That's the importance of preparedness," said Dr. Pellock. For more information, speak to your doctor or visit epilepsy.ca

- www.newscanada.com

LEST WE FORGET
November 11



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Living Past 100

Chocolate Beats Skin Aging

We grew up with the idea there was something almost sinful about eating a lot of chocolate, but today's research shows us chocolate is good for us. Dark chocolate, which is made from cocoa, is very good for us. Research has also shown chocolate has a soothing effect on our moods.

Women are always looking for ways to make their skin look younger. Chocolate is the answer. No, don't spread it on your face like those expensive creams. Eat the chocolate! Enjoy the treatment!

To protect skin from the harmful UV rays, to keep it moist and more dense, eat dark chocolate.

The beneficial effects of dark chocolate come from its extraordinarily high level of flavanols, which studies have shown to improve blood vessel function, lower cholesterol levels, and help the body fight off chronic diseases. These flavanols increase skin density and improve moisture content in the skin.

Researchers did a study in which some women were given high levels of flavanols and others had low levels. The group consuming high levels of flavanols had thicker, smoother skin that was far more resistant to inflammation caused by exposure to the sun's UV rays.

In addition to this good news, dark chocolate contains two fatty acids, stearic and oleic, which neutralize and lower cholesterol. Dark chocolate has an added benefit for women: it contains iron.

Before you get carried away buying boxes of chocolates, remember this: milk chocolate and white chocolate will not provide the benefits of dark chocolate.

How much chocolate should you eat every day? That's up to you, of course. However, if you feel a craving for chocolate, buy some dark chocolate and enjoy it. It will be good for your heart, your skin, and will make you feel happier.

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This Week - 5 Years Ago

Celebrating Princeton's 150th

W. George Elliott - Owner/Publisher Similkameen News Leader

News Leader - November 8, 2005

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Bravos for Halloween!



The driver of this truck loaded with coal was not hurt following an accident on Highway 3 last Monday afternoon. Princeton RCMP Cpl. Mike McVicar says, "the truck driver had a momentary lapse of attention, went off on to the shoulder, and by the time he discovered what was happening it was too late and the truck went over onto its side against the hillside." The truck and debris were removed after midnight with single lane traffic around the scene until then.

All-Candidates Forum attracts a crowd

Well over 100 people packed the Legion Hall last Tuesday night for the All-Candidates Forum. Each of the Candidates were joined by their families, if left quite a crowd and

Community bands together for fun

Local organizations and businesses linked together to put on a great Halloween party once again. Approximately 1,000 people, mostly youngsters and parents, attended the annual Spook House at the fairgrounds to celebrate Halloween.

Princeton's Fire Department built the Spook House, while Citizens on Patrol and other emergency services personnel helped with crowd control and keeping everyone safe.

Connie Howe organized youth, including Katimavik volunteers, as the ghosts, ghouls, witches and other spooks to scare the children. The Lions Club served hot chocolate and cookies, and more child

The November 8, 2005 Similkameen News Leader front page. - News Leader archives.

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Explore The History Of Mining - Gold, Copper and Coal

'X' marks the spot

It was five years ago this week when a lot of Princeton area residents attended an all-candidates forum in the Legion Hall. Over 100 people listened to the nine candidates seeking to fill the four available Councillor seats. There was no election for Mayor as Randy McLean was re-elected by acclimation - no one challenged him.

The candidates included Darrel Alexandre, John Babiak, Spencer Coyne, Lorne Esselink, Ray Jarvis, Pam Jones, Jim Manion, Maria Sadegur and Dan Sulentic and each had personal reasons for running for Town Council.

Alexandre said he wanted to make Princeton a destination "instead of a blip on the map," while Babiak viewed bylaws, the arena and wellness centre as important issues.

Coyne viewed the industrial park, airport, community wellness centre, long-term development strategies and infrastructure maintenance and development as key issues.

Esselink said he supported the coal-fired power generation plant and methane gas project because, "if completed properly they will

satisfy local concerns."

Jarvis said he wanted to see improvements to the airport and supported the coal-fired plant because, "it will create about 70 well-paid jobs for the area."

Jones wanted to give something back to the community by serving on council while Manion saw the Official Community Plan as a key issue to the future of Princeton.

Sadegur asked, "Why isn't Princeton advancing? I want to know why and what's causing it."

Sulentic identified the OCP and business park as issues of concern.

"Once you get a community plan and business park I think the airport is a go. First we need to develop a business park then we can look at the airport."

Five years later there is an OCP, but it is slowly being incorporated into planning for the future of Princeton. The industrial park sits virtually empty, although Town Council recently announced lots have been sold.

The airport, on the other hand, has become a true success story with a refueling station and terminal building on site.

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5/8" to 2" 18-gauge fasteners
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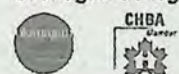
5/8" to 2" 18-gauge fasteners
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Remembrance Day



Princeton's Cenotaph sits quietly in Veterans Square, downtown Princeton. A silent reminder that we should never forget those who gave their lives for our freedom. *



The plaques on Princeton Cenotaph with the roll call of World War I and II casualties from the area. Also the plaque honouring those who fought in Korea. *



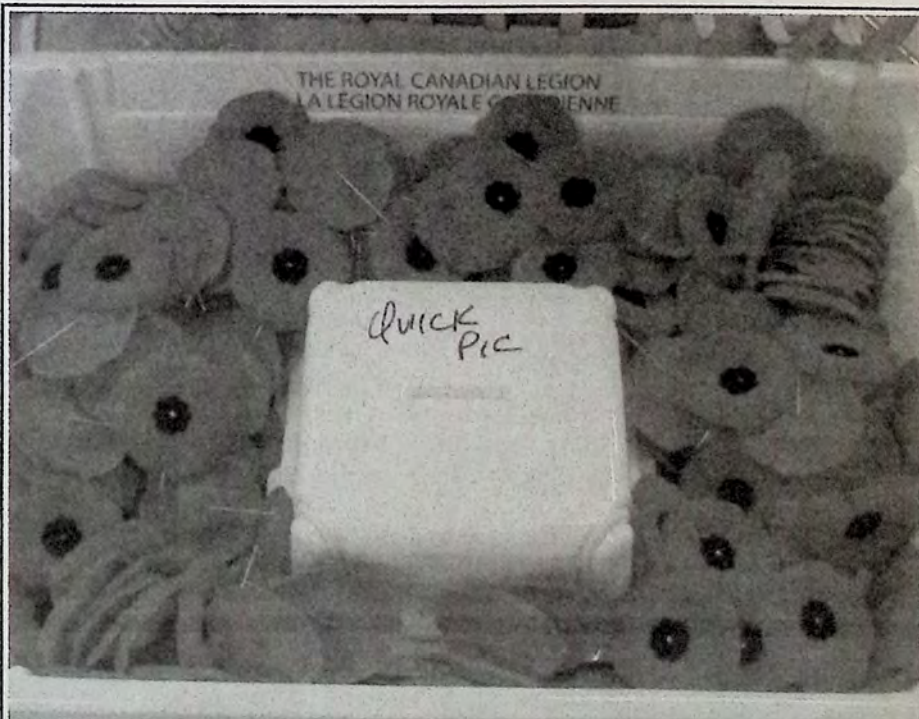
The protective shield makes it hard to read at times, but this plaque on Princeton's Cenotaph honours those who were deployed in other parts of the world. *



Many local businesses show their respect by purchasing wreaths in support of the Royal Canadian Legion's Poppy Fund for veterans and their families. *



A small portion of the window display at Heart To Heart Flowers & Gifts on Bridge Street marking November 11th as Remembrance Day - Lest We Forget. *



Another way of supporting the Royal Canadian Legion's Poppy Fund is through the purchase of poppies. Trays like this one are located throughout the community. *



News Leader Entertainment

Similkameen News Leader TV Guide Listings - November 8 - 14, 2010



Princeton's Nick Ceconi (#22) had an awesome game October 30th against Pentiction Lakers. He collected three points during the game which was his 100th as a Posse player. *

Posse pull Pentiction into double OT

October 30, 2010. Princeton Posse on a seven game losing streak. Princeton Posse host their next closest Divisional rivals Pentiction Lakers for their first meeting of the 2010/11 season. Nick Ceconi's 100th game in the league and with the Posse.

There was a lot riding on this game, to say the least.

Pentiction scored first at 10:55 of the first period (Brandon Halls from Michael Pond and Jeff Hodgkinson).

Princeton got their first power play at 7:38 when Pentiction's Steve Garcia got called for boarding - the only penalty of the period.

The home team could not take advantage of the opportunity but did give up another goal to Pentiction at 4:26 (Grant Nicholson from Jeff Coates and Michael Pond).

Princeton lit up the scoreboard at 18:32 with a goal scored by Jaden Janzen. Devon Grossler earned an assist.

The visitors bagged goal number three at 15:29 (Adriano Mungoli from Dylan Burton and Mike Sandor) and goal number four at 3:35 (Michael Pond from Jeff Hodgkinson).

It was starting to look as if Princeton was going to extend their losing streak to eight games when they handed Pentiction their first power play of the game at 2:56 when Princeton's Adrian Coulter was called for high-sticking. Then at 2:22 Kieran Friesen also earned a high-sticking call and went to the penalty

box. It gave Pentiction a two-man advantage for 1:26.

The Lakers couldn't get anything near or past Posse goalie Brett Patchett and the game took a shift at that point.

Aside from Pentiction scoring their fifth goal on the power play at 13:51 of the third period (Brandon Halls from Kyle Ambrosie and Grant Nicholson), Princeton took control of the rest of the game.

Spencer Kristensen scored Princeton's second goal of the game unassisted at 10:09 and then the fireworks started flying.

Ben Reinbolt added another Posse goal at 7:17 with Nick Ceconi and Jaden Janzen collecting assists.

Then the trio of Nick Ceconi, Derrick DeLisser and Spencer Kristensen gave Princeton fans the show they had been waiting for with Ceconi bagging two goals (3:15 and at 1:34) with assists on both from DeLisser and Kristensen to bring the game to within one goal and then tying it at 5-all.

Princeton called a time-out with 34.2-seconds left and wisely chose to keep Brett Patchett in goal.

The game went into overtime with 4-on-4 hockey for the first overtime period. Both teams fired two shots on goal each, but there was no scoring which pushed the game into double overtime - 5-minutes of 3-on-3 hockey. At 4:48 of the extra frame Princeton's Lee Muir was tripped by Pentiction's Jeff Kennedy, which earned Muir a penalty shot.

The game came to an end at 2:40

when Steven Killy got one in the Posse net. Jordan McCallum received an assist on the play.

Final score: Pentiction 6, Princeton 5 (OT). Shots on goal: Princeton 36 (13 in the third period), Pentiction 23. Penalties in minutes: Pentiction 4 for 8-minutes, Princeton 6 for 12-minutes.

A total of six Posse players shared a total of 12 points including Nick Ceconi with 3 (2 goals, 1 assist), Spencer Kristensen with 3 (2 assists, 1 goal), Derrick DeLisser and Jaden Janzen with 2 assists each and Devon Grossler and Ben Reinbolt with one assist each.

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Princeton Posse / Golden Rockets



Princeton's Jaden Janzen (#15) and Ben Reinbolt (#25) play the puck along the boards during the November 5th game against Golden Rockets. *



Princeton's Dylan Beston (#4) and Ben Reinbolt (#25) in position following a save by the Golden goalie November 5th. *

Golden Rockets blast Posse

Princeton Posse hosted Golden Rockets November 5th in what was expected to be a big game for the home team. Princeton had just come off of a huge 4-1 victory two nights before in Penticton breaking their early season losing streak.

It took only 41-seconds after the opening face off for Princeton to score.

The goal was poetry in motion as the Posse's Lee Muir scrambled along the boards and into Golden territory. He flicked a fast wrist shot from the glove side into the top stick side corner. Assists went to Kieran Friesen and Adrian Coulter.

Princeton gave Golden their first power play at 17:20 when the

Posse's Tim Martens went off for roughing – a penalty called seven more times during the game.

Golden could not capitalize with the one-man advantage and gave Princeton their first power play at 10:36 when Brad Orr went off for roughing.

Again, the extra man was little help and Princeton could not score.

Golden tied the game at 2:51 at even strength (Tyler Fairall from Kyle Garcia and Justin Fulton).

Golden took the lead at 18:47 of the second frame (Tyler Fairall from Justin Fulton) and added their third goal at 13:32 (Kyle Garcia from Tyler Fairall and Justin Fulton).

It was immediately after that goal that Princeton switched goalies putting Weston Joseph in for Brett Patchett.

Golden added their fourth goal at 11:47 on the power play while Princeton's Tim Martens was serving another roughing penalty. The goal was credited to Kyle Garcia with assistance from Aidan Nisse and Tyler Fairall.

Princeton started to shine midway through the second period, about the time the Posse usually start to play their best at home.

Nick Ceconi nailed Princeton's second goal of the night at 10:41 with assists going to Derrick DeLisser and Lee Muir.

Golden responded at 7:55 on the power play while Princeton's Alex Demchuk was serving time for a roughing call. The goal was credited to Justin Fulton with assists going to Kyle Garcia and Ryan Dormer.

Golden added their sixth goal with 58.8-seconds left in the period.

Lane Erickson scored with an assist from Joshua MacDonald.

Just 40-seconds into the third period Princeton's Nick Ceconi smacked in another goal. He was helped by Derrick DeLisser and Spencer Kristensen.

At 12:13 Princeton's Spencer Kristensen ended up collecting two penalties, one for boarding and another for unsportsmanlike setting Golden up for a two-man advantage for the 59-seconds remaining in a hooking penalty issued at 13:14 to Princeton's Nathan Voytechek.

The Posse did a great job of killing those penalties and scored their fourth goal at 1:43 on the power play (Derrick DeLisser from Spencer Kristensen and Lee Muir).

Kristensen earned a penalty shot at 19:03 and just about scored, but Golden's James Leonard's leg was just long enough to kick away the shot.

Final score: Golden 6, Princeton 4. Shots on goal: Princeton 42 (16 in the third period), Golden 37. Penalties in Minutes: Golden 5 for 10-minutes, Princeton 12 for 40-minutes.

Princeton's Lee Muir and Derrick DeLisser had the hot sticks for the home team collecting three points each with Nick Ceconi continuing his streak with two more goals.

Lost local hunter found

The Princeton RCMP and several Search and Rescue teams continued their third day of search efforts in the Princeton Snowpatch Mountain area Thursday morning November 5th, locating the body of 66-year old Allen Murray at around 11:30 AM.

"Mr. Murray's body was discovered approximately half a kilometre from where his vehicle was located. Allen Murray was found by a Search and Rescue dog team at around 11:30 AM. Allen's family was at the search command centre, and received the tragic news relayed to them by the team on site. All those involved in the search effort including the RCMP, PEP volunteer aircraft personnel, SAR members and community of Princeton continue to support the Murray family and have offered their condolences to them," stated RCMP Cpl. Dan Moskaluk.

The search effort for the 66-year old Princeton man began Tuesday, November 2nd when family reported him missing, after he failed to return from a one day hunting excursion on Monday.

The Princeton RCMP immediately activated an extensive search

with PEP volunteer air assets, RCMP helicopter, RCMP Police Dog Services and six area volunteer Search and Rescue teams from the Southern and Central Interior area, including SAR teams from Princeton, Penticton, Keremeos, Oliver/Osoyoos, Merritt, Logan Lake and Kamloops.

"These searches are emotionally difficult for the community, volunteers and professional emergency personnel alike. In this case we did have some heightened hope shortly after the search began when we received a more concentrated location reported by a backcountry cyclist on a Tuesday. It was an outcome that we were all hoping would not materialize. Given the weather conditions seen in the area

at this time of year, searchers and family alike knew that as the search went into it's third day that there was a strong likelihood that the effort was transitioning into a recovery effort. Search volunteers and local RCMP remained committed to completing as thorough a search as possible in efforts to locate Mr. Murray. The third day of the search saw a review of areas already covered in the near vicinity of the truck based on the information of where Allen Murray was last seen. Mr. Murray was recovered in thickly forested area by a SAR tracking dog some 500 metres from his truck. The BC Coroners Service and the Princeton RCMP continue their investigation into Mr. Murray's death," added Cpl Dan Moskaluk.

RESUME

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TUESDAY, NOVEMBER 9, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Cosby	(5:30) Morning News (N)	Little Bear (6:35)	Thomas Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	How/Made	Henry's Feet	CityLine	Ways Die	Real Renos
7 AM	In the Heat of the Night		Hi-5	Arthur (E1) Martha	Today George W. Bush; Harrison Ford. (N)	The Early Show (N)	CSI: Miami	Good Morning America			Artzooka (DVS)	Super Evil Pokemon	SportsCentre		Mighty Ships	Mickey	The Nate Berkus Show	Ways Die	Buy Me
8 AM	Lyrics!		Bus Poppets	Curious Cat in the			CSI: Miami "Bad Seed"	Reba McEntire performs.	100 Huntley Street		Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentre		Canada's Worst Driver	Manny	Rachael Ray	Ways Die	Whatever
9 AM	Family Fd	100 Huntley Street	Clifford G. Shrinks	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	MythBusters	Agent Oso	Amazing	Ways Die	Restaurant Makeover
10 AM	The Investigators	Canada	Franklin	Sesame Street (E1)		The Price Is Right (N)	The First 48	The View (N)	Canada	City	Poko	(9:50) Little Mag Fero	2010 Hockey Hall of Fame Induction Ceremony	The View (N)	How/Made	Mickey	EP Daily	Ways Die	The Nanny
11 AM	Forensics Evidence	World Vision	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	ATP Tennis	Five Books	Mayday: Flying	Suite Life	CityLine	Ways Die	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur Train	Charlie Rose	Paid Prog.	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		etalk	American Loggers	Wizards Hannah	General Hospital (N)	Ways Die	America's Worst Driver
1 PM	Friends	Days of our Lives (N)	Wibbly Pig	Dewberry Quilting	Days of our Lives (N)	The Talk (N)	CSI: Miami	One Life to Live (N)	Days of our Lives (N)	The Doctors	Heartland (DVS)	(12:50) Viva (1:20)		Five Books	Canada's Worst Driver	Cory Recess	Jdg Judy	Ways Die	The Marriage Ref
2 PM	Earl King	Young & Restless	The Ocean Room Fundraiser	Barney WordWorld	Judge B. Judge B.	Let's Make a Deal (N)	CSI: Miami "Bad Seed"	General Hospital (N)	Young & Restless	End/Leash Debt Part	Steven and Chris	Casper's Garfield	Off Record Interruption	Dr. Phil	MythBusters	Replacemn Ned's	Access Hollywood Live	Ways Die	Gold Girls
3 PM	The Office	The Doctors	For North Toronto Cat Rescue.	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Air Farce	OddParent Super Evil	SportsCentre (Live)	(2:59) The Dr. Oz Show (N)	I Could Do Destroyed	Life Derek Suite Life	CityNews at 6 (N)	Ways Die	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George Shrinks	Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Fanboy	Hockey 24/7	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order: SVU	Ways Die	Buy Me
5 PM	Browns Payne	Early News	Martha	BBC News	News (N)	News	Billy	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	30 for 30 (N)	CTV News at Five (N)	How/Made	Wizards Hannah	The Biggest Loser (N)	Ways Die	America's Worst Driver
6 PM	Law & Order: SVU	Global Nat.	Dogs Parks	PBS NewsHour (N)	News (N)	News	Billy	News	(5:59) News Hour (N)	ET Canada	Coronation	iCarly		CTV News (N)	Destroyed	Suite/Deck	Wizards	Ways Die	The Marriage Ref
7 PM	Seinfeld	Ent	Ancient Clues	NOVA "Dogs Decoded"	Jeopardy!	The Dr. Oz Show (N)	Parking	Ent	The Good Wife (N)	ET Canada	Wheel Jeopardy!	iCarly	2010 World Series of Poker (Same-day Tape)	etalk	River Monsters (N)	Sonny Hannah	Parenthood (N)	Auction	Family Guy
8 PM	Movie: "The Patriot" (2000, War)	Glee (N)	Victorian Farm	Wild!	The Biggest Loser (N)	NCIS "Broken Arrow"	Parking	No Ordinary Family (N)	Glee (N)	Glee (N)	Mercer	Chris		No Ordinary Family (N)	Daily Planet	Suite/Deck	News	Auction	Buy Me
9 PM	Mel Gibson, Heath Ledger.	NCIS: Los Angeles (N)	(9:05) Sisters in Arms (N)	Frontline "The Confessions" (N)	NCIS: Los Angeles (N)	Billy	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	The Tudors (N)	8 Rules	What I Like	Sports Strength	Dancing With the Stars	Destroyed	Majority Buzz	I Love Money	Entourage	Family Guy
10 PM	(DVS)	The Good Wife (N)	(10:05) "To See If I'm Smiling"	TBA	Parenthood (N)	The Good Wife (N)	Billy	(10:01) Detroit 1-8-7 (N)	The Good Wife (N)	News Hour Final (N)	National	Madison Family Biz	Wide World of Fights	Law & Order: SVU	River Monsters	Ned's Stone	Justice Home Imp.	Star Trek: Voyager	Parking
11 PM	Forensics Evidence	CHBC News Final (N)	(11:05) Hands of History	Charlie Rose (N)	News (N)	News Jay Leno	Parking Letterman	News (11:35)	News Hour Final (N)	Ent ET Canada	George S Ron James	Prank Ptrl	SportsCentre (Live)	CTV News	How/Made	So Raven	Paid Prog.	Most Amazing Videos	America's Worst Driver

WEDNESDAY, NOVEMBER 10, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Cosby	(5:30) Morning News (N)	Little Bear (6:35)	Builder Lions	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	How/Made	Henry's Feet	CityLine	CSI: NY	Bootcamp
7 AM	In the Heat of the Night		Hi-5	Arthur (E1) Martha	Today George W. Bush; Julie Andrews. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Artzooka (DVS)	Beyblade Pokemon	SportsCentre		Mighty Ships	Mickey	The Nate Berkus Show	CSI: Crime Scene	End/Leash
8 AM	Lyrics!		Magie Bus Poppets	Curious Cat in the			CSI: Miami		100 Huntley Street		Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentre		Deadliest Catch	Manny	Rachael Ray	CSI: Crime Scene	Whatever
9 AM	Family Fd	100 Huntley Street	Clifford G. Shrinks	Super Why! Dinosaur		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	Hospital for Sick Kids	Super Why! News	Timothy Berenstain	SportsCentre	Live With Regis & Kelly	MythBusters	Agent Oso	Amazing	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	World Vision	Franklin	Sesame Street (E1)		The Price Is Right (N)	The First 48	The View (N)	World Vision	Big Flip Stagers	Poko	(9:50) Little Fly Rhino	Fishing	The View (N)	How/Made	Mickey	EP Daily	CSI: NY "On the Job"	Dawson's Creek
11 AM	Forensics Evidence	Canada	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	Canada	(10:59) Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	Motoring	Giller Prize	Destroyed	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur Train	Charlie Rose	Paid Prog.	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		etalk	Dirty Jobs	Wizards Hannah	General Hospital (N)	The Ultimate Fighter	Intervention "Sharon"
1 PM	Friends	Days of our Lives (N)	Wibbly Pig	Oil Palnting Sewing	Days of our Lives (N)	The Talk (N)	CSI: Miami	One Life to Live (N)	Days of our Lives (N)	The Doctors	Heartland (DVS)	(12:50) Viva (1:20)		Giller Prize	River Monsters	Cory Recess	Jdg Judy	The Ultimate Fighter	I Survived
2 PM	Earl King	Young & Restless	The Ocean Room "Boats, Leaning boat safety.	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Air Farce	OddParent Super Evil	SportsCentre (Live)	(2:59) The Dr. Oz Show (N)	I Could Do Destroyed	Life Derek Suite Life	CityNews at 6 (N)	The Ultimate Fighter	Restaurant Makeover
3 PM	The Office	The Doctors	Actually	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Air Farce	OddParent Super Evil	SportsCentre (Live)	(2:59) The Dr. Oz Show (N)	I Could Do Destroyed	Life Derek Suite Life	CityNews at 6 (N)	The Ultimate Fighter	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George Shrinks	Cyberchas	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Penguins	Hockey: Toronto Maple Leafs at Florida Panthers.	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order: SVU	UFC Unleashed	End/Leash
5 PM	Movie: "Four Brothers" (2005) Mark Wahlberg.	Early News	Martha	BBC News	News (N)	News	Dog the Bounty Hunter	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	OddParent SpongeBob	Hockey: Toronto Maple Leafs at Florida Panthers.	CTV News at Five (N)	Auction	Wizards Hannah	Hell's Kitchen A blind taste test. (N)	UFC Unleashed	Intervention "Sharon"
6 PM	Seinfeld	Ent	Rivers	Secrets of the Dead (N)	Jeopardy!	The Dr. Oz Show (N)	Dog the Bounty Hunter	Ent	ET Canada	Shattered (N)	Wheel Jeopardy!	iCarly	SportsCentre (Live)	etalk	Breakout (N)	Sonny Hannah	Undercover "Crashed"	The Ultimate Fighter (N)	Family Guy
7 PM	Seinfeld	ET Canada	Rescue	Secrets of the Dead (N)	Jeopardy!	The Dr. Oz Show (N)	Dog the Bounty Hunter	Ent	ET Canada	Shattered (N)	Wheel Jeopardy!	iCarly	SportsCentre (Live)	etalk	Breakout (N)	Sonny Hannah	Undercover "Crashed"	The Ultimate Fighter (N)	Family Guy
8 PM	Law & Order: SVU	Survivor: Nicaragua (N)	Gandbi	Circus The circus arrives in Virginia. (N)	Undercover "Crashed"	Survivor: Nicaragua (N)	Billy	The 44th Annual CMA Awards (Same-day Tape)	Survivor: Nicaragua (N)	Survivor: Nicaragua (N)	Billy Bishop	Chris	8 Rules	The Defenders (N)	Daily Planet	Suite/Deck	News	UFC Unleashed	End/Leash
9 PM	Movie: "The Mexican" (2001) Brad Pitt, Julia Roberts.	NCIS "Broken Arrow"	Oldest-Band	Law & Order: SVU	Criminal Minds (N)	Dog the Bounty Hunter	Dog the Bounty Hunter	Shattered (N)	News Hour Final (N)	News Hour Final (N)	National	Madison Family Biz	E:60 (N)	Law-Order L.A.	Auction	Ned's Stone	Justice Home Imp.	UFC Unleashed	Hoarders
10 PM	Forensics Evidence	CHBC News Final (N)	(11:05) Hands of History	Charlie Rose (N)	News (N)	News Jay Leno	Parking Letterman	News (11:35)	News Hour Final (N)	Ent ET Canada	George S Ron James	Prank Ptrl	SportsCentre (Live)	CTV News	How/Made	So Raven	Paid Prog.	Disorderly Con.	Intervention "Sharon"

Similkameen News Leader - Horoscopes

November 10 - 17, 2010

Aries - You still feel an urge to expand your knowledge in some way. You enjoy your partner and friends more these days, and they enjoy you. This is an energizing phase. A lot is going on in your mind. It will surface soon.

Taurus - You may have difficulties now in resolving conflicts with people with whom you share resources, such as a person living in your home. You must talk about the situation. Debts, mortgage, insurance must be discussed. Take charge.

Gemini - You may spend the next four weeks trying to get along with a partner or friend. These folks are full of themselves now, and could get on your nerves. What you want to do is have some fun. Career is still hectic.

Cancer - Work at home continues to be a burden. In fact, you do have to focus on home and property for some time to make improvements. You need to expand your knowledge. Clear up, clean out. New phase begins in February.

Leo - You feel a need to express yourself now. You want the world to really see you. This month is good for self-expression through communication and creativity, but don't be too aggressive in pursuing other's admiration.

Virgo - You can expect some surprises within existing relationships with friends and partner. If you have no partner, you could meet a special person and start a new relationship that will be different but beneficial. Let others spend.

Libra - It is extremely important that you speak to others to express your ideas, but do so firmly but not aggressively. Be cautious about overspending on job or health. Stay focused on personal responsibilities. Lead with grace.

Scorpio - Money matters are an issue. You may feel you need more things because your ego identifies who you are by what you own. This is a reflection of your values. If you feel egotistical about possessions, overhaul value system.

Sagittarius - You are full of energy now, ready to achieve a great deal. You can do it if you focus on what you want to achieve. If you are a man, this is a good time to express your manly interests. Ladies, express femininity.

Capricorn - Worries may occupy the back of your mind. Stress affects your health and your job, so take time to talk about what bothers you. Disruptions in home and family activities are all for the better in the long run. Patience!

Aquarius - Your primary concern right now is your career. Focus on doing everything that needs doing. Groups you associate with may be a source of problems and/or conflicts. Back off for awhile. Give it a month of peace.

Pisces - Career activity speeds up with a lot of messages, errands, and interaction. You may feel a little stressed at times, but you do have the energy you need. You can relax a bit in mid-December, but work hard until then.

Small Business 101

Small Business Owners Are Happy

(NC)—Owning a small business may offer more freedom to make decisions, but it can also mean working long hours. According to the TD Small Business Happiness Index which examined the attitudes and behaviours of small business owners in a dozen North American urban centres, the majority of Canadian small business owners work 50 or more hours each week, with 19% working 50-59 hours and 38% saying they work 60 hours or more.

"Despite often 'burning the midnight oil', small business owners are happy people," says Alec Morley, senior vice president at TD Canada Trust. "Small business owners enjoy a sense of control and freedom that they don't generally realize when working for someone else."

Which cities report working the longest hours?

- Ottawa
- Calgary
- Vancouver
- Which cities report working the shortest hours?
- Montreal
- Saskatoon
- Kelowna

In addition, 58% of Canadian small business owners say that the long hours they work, are what they

expected when they first started their business, while 28% feel that they are working more hours than they ever expected.

Only 12% of small business owners are working less than they anticipated.

Interestingly, owners with 20 employees or more report working longer hours on average than those with 10 employees or less.

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Tuesday Movies

EVENING

8:00 pm WTBS 3 ★★★ "The Patriot" (2000, War) Mel Gibson. A pacifist farmer of South Carolina reluctantly joins the Revolutionary War and fights alongside his son. (DVS)

10:05 pm KNOW 5 "To See If I'm Smiling" (2007, Documentary) Stories from Israeli women who served in occupied areas. (D)

Wednesday Movies

AFTERNOON

5:00 pm WTBS 3 ★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother. (D)

EVENING

9:00 pm WTBS 3 ★★½ "The Mexican" (2001, Comedy-Drama) Brad Pitt. A bungling gangster must reform to please his girlfriend but still has one last job to fulfill.

Thursday Movies

EVENING

8:00 pm WTBS 3 ★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother.

10:00 pm WTBS 3 ★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg. Diverse siblings reunite for revenge after learning about the murder of their adoptive mother.

Friday Movies

EVENING

7:00 pm YTV 18 ★★★ "Hairspray" (2007, Musical Comedy) John Travolta. In 1960s Baltimore a plump teen becomes an overnight celebrity after she wins a spot on a local dance program called "The Corny Collins Show." (In Stereo) (D)

8:00 pm WTBS 3 ★ "D.O.A.: Dead or Alive" (2006, Action) Devon Aoki. Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat. (D) FAM 26 "Avalon High" (2010, Fantasy) Britt Robertson. Premiere. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) (D)

9:45 pm WTBS 3 ★ "D.O.A.: Dead

or Alive" (2006, Action) Devon Aoki. Four rivals at an invitation-only martial-arts tournament join forces against a sinister threat. (D) 10:00 pm KNOW 5 ★★★ "Bowling for Columbine" (2002, Documentary) Michael Moore. Premiere. Filmmaker Michael Moore's Oscar-winning examination of gun violence and America's love affair with firearms. (D)

FAM 26 ★★★ "Freaky Friday" (2003, Comedy) Jamie Lee Curtis. Two fortune cookies cause an engaged psychotherapist and her teenage daughter to magically exchange bodies. (In Stereo) (D)

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LEST WE FORGET
November 11



LEST WE FORGET

THURSDAY, NOVEMBER 11, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming details for Thursday, November 11, 2010.

FRIDAY, NOVEMBER 12, 2010

Table with 20 columns (WTBS, CHBC, KNOW, KSPS, KHQ, KREM, A&E, KXLY, BCTV, CITY, CBC, YTV, TSN, VTV, DISC, FAM, CITY, SPIKE, TROP) and 24 rows of programming details for Friday, November 12, 2010.

News Leader Puzzle Page

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

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

CHALLENGE #325 - Rated Medium

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

THIS WEEK'S SOLUTION:
Page 18

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

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Saturday Movies

MORNING

11:00 am CITY 12
★★★"Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. [G]

AFTERNOON

12:00 pm FAM 26 ★★★"The Mighty

LEST WE FORGET November 11



LEST WE FORGET

Ducks" (1992, Comedy) Emilio Estevez. To get out of trouble, a hot-shot lawyer opts for community service coaching rowdies in peewee hockey. (In Stereo) [G]

1:00 pm CHBC 4 BCTV 11
★★★"Seabiscuit" (2003, Drama) Tobey Maguire. Premiere. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. [G]

1:43 pm FAM 26 ★½"D2: The Mighty Ducks" (1994, Comedy) Emilio Estevez. An injured hockey player coaches a peewee team set to face off against skaters from Iceland. (In Stereo) [G]

3:00 pm VTV 22 "Tagged: The Jonathan Wamback Story" (2002, Drama) Tyler Hynes. A family fights for reforms to the Youth Offender Act after their son becomes a victim of gang violence. (In Stereo) [G] (DVS)

5:00 pm WTBS 3 ★★½"The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community. [G]

EVENING

6:00 pm CITY 29
★★★"Margaret's Museum" (1995, Drama) Helena Bonham Carter. A Nova Scotia woman fights the tyranny of a coal mine where accidents have killed loved ones. [G]

(DVS) 7:30 pm WTBS 3
★★★"Conspiracy Theory" (1997, Suspense) Mel Gibson. An obsessive New York cabbie, in love with a government worker, learns that one of his suspicions is justified. [G]

9:00 pm FAM 26 ★½"Houseguest" (1995, Comedy) Sinbad. An impostor fools a lawyer and his family as an old friend trained in oral surgery. (In Stereo) [G]

CITY 29 ★★½"Platoon" (1986, War) Tom Berenger. Two sergeants and a private join others lost in war along the 1967 Cambodian border.

10:30 pm WTBS 3 ★★½"The Mist" (2007, Horror) Thomas Jane. Trapped townspeople face monsters inside and out after a supernatural fog engulfs their Maine community. [G]

FAM 26 ★★½"Batman" (1989, Action) Jack Nicholson. The Caped Crusader saves dismal Gotham City and gorgeous Vicki Vale from the freaky Joker. (In Stereo)

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Sunday Movies

MORNING

8:00 am WTBS 3 ★★"Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. [G]

9:00 am A&E 9 ★★½"Murder by Numbers" (2002, Suspense) Sandra Bullock. Two young men engage in a battle of wits with a homicide detective who is investigating grisly strangulations. [G]

10:00 am WTBS 3 ★★"Are We There Yet?" (2005, Comedy) Ice Cube. Hoping to impress a beautiful divorcee, a man takes her two mischievous children on a disastrous road trip.

11:00 am CITY 12 ★★"Alexander" (2004, Historical Drama) Colin Farrell. The young Macedonian king and general leads his army into battle to conquer much of the known world. [G]

AFTERNOON

12:00 pm FAM 26 "Avalon High" (2010, Fantasy) Britt Robertson. A high-school student believes that her new classmates are reincarnations of King Arthur and members of his court. (In Stereo) [G]

1:00 pm CHBC 4 BCTV 11
★★★"Alexander" (2004, Historical Drama) Colin Farrell. Premiere. The young Macedonian king and general leads his army into battle to conquer much of the known world. [G]

1:30 pm FAM 26 "The Cheetah Girls 2" (2006, Comedy-Drama) Raven. A teenage vocal group attends a music

festival in Spain. (In Stereo) [G]

2:00 pm YTV 18 ★★½"Over the Hedge" (2006, Comedy) Voices of Bruce Willis. Animated. An opportunistic raccoon teaches fellow animals about the edible treasures that the new humans in the neighborhood conveniently leave outdoors. (In Stereo) [G]

4:00 pm YTV 18 ★★½"Ice Age" (2002, Comedy) Voices of Ray Romano. Animated. A woolly mammoth, a saber-toothed tiger and a sloth find a human baby and try to reunite him with his tribe. (In Stereo) [G]

5:00 pm WTBS 3 ★★½"The Preacher's Wife" (1996, Fantasy) Denzel Washington. A handsome angel saves a New York Baptist and his wife from spiritual doubt and marital woe. [G]

CBC 13 ★★½"Toy Story" (1995, Comedy) Voices of Tom Hanks. Animated. A flashy new action hero's arrival creates upset in a community of toys that comes to life when people are absent. (In Stereo) [G]

EVENING

6:00 pm YTV 18 ★★½"Dr. Seuss' Horton Hears a Who!" (2008, Adventure) Jim Carrey. Premiere. Animated. Horton the elephant's friends and neighbors think he has gone crazy when he claims that a tiny community lives on a speck of dust. (In Stereo) [G]

7:30 pm WTBS 3 ★★½"The Preacher's Wife" (1996, Fantasy)

Denzel Washington. A handsome angel saves a New York Baptist and his wife from spiritual doubt and marital woe. [G]

9:00 pm FAM 26 ★★½"The Bridges of Madison County" (1995, Romance) Clint Eastwood. Memoirs tell a deceased woman's children of her four-day affair in 1965 with a photographer on assignment. (In Stereo) [G]

11:00 pm WTBS 3 ★★"Metro" (1997, Action) Eddie Murphy. A hostage negotiator and a SWAT marksman track a psychotic jewel thief who killed a colleague. [G]

KNOW 5 ★★½"Bowling for Columbine" (2002, Documentary) Michael Moore. Filmmaker Michael Moore's Oscar-winning examination of gun violence and America's love affair with firearms. [G]

11:12 pm FAM 26 "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans. (In Stereo)

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SATURDAY, NOVEMBER 13, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Paid Prog. Driving TV	Driving TV		Heartland	Today (N)	(5:00) The Early Show (N)	Sell House	Paid Prog.	Driving TV	Fishing	Jungle	Grossology	SportsCenter (Live) (E)	Kids	Mighty Ships (E)	Jungle	Kitchen	What If?	Torrens
:30	Paid Prog. Big Coast	Big Coast		Fly Tying			Sell House	Paid Prog.	Big Coast	Fish'n	Busytown	Invasion	(Live) (E)	Kingdom		Wubbzy	Dharti	Lives	Paid
7 AM	Paid Prog. Saturday Morning News (N)	Saturday Morning News (N)	Rolie Polle	MotorWeek	News (N)	Doodlebop	Fix Kitchen	Good Morning America	Saturday Morning News (N)	Saturday Morning News (N)	Animal	Parents	Sportfish	Anne	Man vs. Wild	Mickey	Eye on Asia	Practical	Friends
:30	Paid Prog. Saturday Morning News (N)	Saturday Morning News (N)	George S.	Aviators		Doodlebop	Fix Kitchen				Super Why!	Parents	Motoring	Anne	Wild	Manny		Conceal &	Friends
8 AM	Fraser		Rob Robot	Woodsmith		Sabrina	Fix Kitchen	Emperor			Doodlebop	SpongeBob	LumberJek	Kingdom	Extreme Peril	(8:11) Fish	Polish Studio (E)	Xtreme 4x4	70s Show
:30	Jim		(8:41) Art	Hometime		Sabrina	Fix Kitchen	Replacemn			Goldfish	Kid vs. Kat	Strength	Hobo		Suite/Deck		Horse.	70s Show
9 AM	College Football: SEC Teams		(9:01) Dino	Rough Cut		College Football: Mississippi at Tennessee.	Flip This House (E)	So Raven		Driving TV	Love, Hate	SpongeBob	30 for 30 (E)	Sue Thomas F.B.Eye	Cash Cab	I'm In Band	Travels	Trucks!	Family Guy
:30	TBA. (Live)		(9:37) Old House			College Football: Mississippi at Tennessee. (Live) (E)	Flip This House (E)	So Raven		Fishing		Penguins			How/Made	Wizards	Planet	MuscleCar	Family Guy
10 AM		Fish'n	Magic Bus	Old House	Willi's		Flip This House (E)	Hannah	Fish'n	Powerboat	Breeze (N)	Fanboy	Triathlon	SickKids Foundation	Man vs. Wild "Ecuador"	Wingin' It	Spirit for Survival (E)	The Ultimate Fighter	Fraser
:30		Fishing	Martha	Kitchen	Pearlie (E)		Suite Life	Fishing	Tradition	Antiques	Sidekick					Sonny			Fraser
11 AM		Powerboat	Lilly (E)	Rachel	Sexy Hair!		Flip This House (E)	Powerboat	Movie: "Seabiscuit" (2003)	Rowing: 2010 World Championships. (Live) (E)	Parents	Special Olympics Day	Is Written	American Loggers (E)	Kings	EP Weekly	The Ultimate Fighter	King	
:30		Tradition	(11:35)	Food	College Football: Utah at Notre Dame. (Live) (E)		The First 48 (E)	Football	Noon News Hour (N)	Drama	Tobey Maguire, Jeff Bridges, Premiere. (E)	Simpsons	Simpsons	Simpsons	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob
12 PM	Fraser	Noon News Hour (N)	Gardens	Endless	Footbal: Utah at Notre Dame. (Live) (E)	College Football: Auburn. (Live) (E)	The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
:30			Gardens	Victory			The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
1 PM	Amer. Dad	Movie: "Seabiscuit" (2003)	Parks	Antiques Roadshow			The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
:30	Amer. Dad	Tobey Maguire, Jeff Bridges, Premiere. (E)	Rivers	To Be Announced			The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
2 PM	King	Tobey Maguire, Jeff Bridges, Premiere. (E)	Rivers	To Be Announced			The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
:30	Amer. Dad	Premiere. (E)	Meerkat	Globe Trekker	Wheel		The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
3 PM	King	Premiere. (E)	Meerkat	Globe Trekker	Turbo		The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
:30			Rescue				The First 48 (E)	College Football: Auburn. (Live) (E)	Movie: "Seabiscuit" (2003)	Figure Skating	Yu-Gi-Oh! Three	NASCAR Racing: Nationwide Series: Wypall 200. (Live) (E)	Worst Handyman	Canada's Worst Driver	(1992)	Paid Prog.	UFC's Ultimate 100	Fraser	
4 PM	Family Guy	Simpsons	Frontiers of	Europe	Sheldon	Access Hollywood (N)	The First 48 (E)	Hollywood	Simpsons	Family Guy	NHL Hockey: Regional Coverage. (Live) (E)	OddParent	Sports	Jonathan Wamback Story"	Cash Cab	I'm In Band	cooking	UFC's Ultimate 100	Family Guy
:30	Family Guy	Family Guy	West	Magic Bus			The First 48 (E)	News	Family Guy	Global Nat.		Parents	NBA Basketball: Toronto Raptors at Miami Heat. (Live) (E)	Cash Cab	Wizards	Amazing	UFC's Ultimate 100	Family Guy	
5 PM	Movie: "The Mist" (2007, Horror)	Family Guy	School	Last/Wine	News (N)	News	The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Hannah	G. Martin	UFC's Ultimate 100	Stings	
:30	Thomas Jane. (E)	News	School	Keep Up	NBC News	CBS News	The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
6 PM	Global Nat.	Rivers	Lawrence Welk	News	News	Millionaire	The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30	News	Rescue		Millionaire	Scrubs		The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
7 PM	Mas.	Extreme Ice (E)	My Family As Time...	Criminal Minds (E)	Grey's Anatomy (E)		The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30	Movie: "Conspiracy Theory" (1997) Mel Gibson, Julia Roberts. (E)	Mas.					The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
8 PM	Movie: "Conspiracy Theory" (1997) Mel Gibson, Julia Roberts. (E)	The Gemini Awards (E)	Heartbeat (E)	Movie	Outlaw (N)	The Mentalist (E)	The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30							The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
9 PM	Stalker of the Seas	Midsomer Murders (N) (E)	Law-Order L.A.	Hawaii Five-0 "Ohana"	(9:01) The Stargate Universe (E)		The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30							The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
10 PM	Movie: "The Mist" (2007)	renegade	(10:45) Love and Duty (E)	Austin City Limits (N)	News (N)	News	(11:01) The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30							(11:01) The First 48 (E)	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
11 PM	SNL	SNL	(11:35) The				(11:35) The	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	
:30							(11:35) The	College Football: USC at Arizona. (Live) (E)	Family Guy	(4:59) News Hour (N)		Parents	Parents	Auction	Good Luck	Out There	UFC's Ultimate 100	Stings	

SUNDAY, NOVEMBER 14, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	Sports	Hunter		Mr Rogers	Today (N)	Back Help	Private Sessions (N)	Paid Prog.	Hunter	Aviators	Razzberry	Grossology	Formula One Racing	Sue Thomas F.B.Eye	Diabetes Special	Jungle	Travels	Auction	Fish TV
:30	Mad...	Fishful		Angelina				Million \$	Fishful	Canada	Poko	Zeke's Pad				Wow Wow	Church	Auction	Paid Prog.
7 AM	Career Day	Fishing	Rolie Polle	Zula Patrol	News (E)	CBS News Sunday Morning (N) (E)	The Sopranos (E)	Good Morning America	Fishing	Ground Up	News	Mr. Men	Reporters	Sue Thomas F.B.Eye	Bad Universe (E)	Mickey	Eye on Asia	Auction	Worked
:30	JJ Atlanta	Canada	George S.	Clifford	Northwest		The Sopranos (E)		Canada		Coronation	Casper's	Reporters			Mickey		Auction	Worked
8 AM	Movie: "Metro" (1997) Eddie Murphy. (E)	Sunday Morning News (N)	Rob Robot	Sid	Meet the Press (N) (E)	The NFL Today (E)	Movie: "Murder by Numbers" (2002) Sandra Bullock. (E)	This Week-Amanpour	Sunday Morning News (N)	TribalTrail	Coronation	Garfield	NFL Countdown (Live) (E)	Instant	Bad Universe	(8:11) Fish	Eye-Asia	Xtreme 4x4	Stings
:30			(8:41) Art	Cat in the Hat						Big Coast	Coronation	Kid vs. Kat	Is Written			Suite/Deck	Festival	Horse.	Stings
9 AM	Movie: "Are We There Yet?" (2005) Ice Cube.	Foodies	Magic Bus	Design	Paid Prog.	Busytown	Busytown	Hometime	Foodies	Listen Up	fifth estate	iCarly (E)	CFL Football: Eastern Conference Semifinal -- Argonauts at Tiger-Cats	NFL Football: Teams TBA. (Live) (E)	Scenario	Kings	Out There	CSI: NY (E)	Intervention "Sharon"
:30		Listen Up	Martha	Travel	Paid Prog.	Busytown	Busytown	Your Home	Listen Up	Foodies		Big Time			Destroyed	Hannah	Paid Prog.		
10 AM	Movie: "Are We There Yet?" (2005) Ice Cube.	Hour of Power (E)	Babar	Generation	Paid Prog.	Paid Prog.	Celebrity Ghost Stories	Fast Meals	Hour of Power (E)	Movie: "Alexander" (2004)	The Nature of Things	Victorious	Conference Semifinal -- Argonauts at Tiger-Cats	NFL Football: Teams TBA. (Live) (E)	Scenario	Kings	Out There	CSI: NY (E)	Intervention "Sharon"
:30			(11:35)	European	Paid Prog.	Paid Prog.	Celebrity Ghost Stories	Fast Meals	Hour of Power (E)	Movie: "Alexander" (2004)	The Nature of Things	Victorious	Conference Semifinal -- Argonauts at Tiger-Cats	NFL Football: Teams TBA. (Live) (E)	Scenario	Kings	Out There	CSI: NY (E)	Intervention "Sharon"
11 AM	Payne	Noon News Hour (N)	Dogs	Health Matters	Adv. Sports	TBA	Celebrity Ghost Stories	Health	Noon News Hour (N)	Historical Drama	Land/Sea	In Real Life (E)			Heli-Loggers (E)	Movie: "Avalon High" (2010) (E)	cooking	CSI: NY (E)	The Marriage Ref (E)
:30	Payne		Dogs			Courage	Celebrity Ghost Stories	Health	Noon News Hour (N)	Historical Drama	Land/Sea	In Real Life (E)			Heli-Loggers (E)	Movie: "Avalon High" (2010) (E)	cooking	CSI: NY (E)	The Marriage Ref (E)
12 PM	Browns	Movie: "Alexander" (2004)	Undersea	Secrets of the Dead	College Football: IUPUI at Gonzaga. (Live)	NFL Football: Kansas City Chiefs at Denver Broncos. (Live) (E)	Paranormal	Cook Your Heart Out	Historical Drama	Colin	Simpsons	Figure Skating	Movie: "Over the Hedge" (2006, Comedy) (E)	W5 (E) (DVS)	Cash Cab	Suite Life		CSI: Crime Scene	Tracked
:30	Browns		Undersea				Paranormal	Heartland (E)	Farrell, Angelina Jolie.	Family Guy	Family Guy				How/Made	Suite/Deck		CSI: Crime Scene	Tracked
1 PM	Seinfeld	Historical Drama	Into Wild	To Be Announced	Paid Prog.	Paid Prog.	Paranormal	Heartland (E)	Farrell, Angelina Jolie.	Family Guy	Family Guy				How/Made	Suite/Deck		CSI: Crime Scene	Tracked
:30	Seinfeld		Meerkat				Paranormal	Heartland (E)	Farrell, Angelina Jolie.	Family Guy	Family Guy				How/Made	Suite/Deck		CSI: Crime Scene	Tracked
2 PM	The Office	Farrell, Angelina Jolie.	Be the Creature		Paid Prog.	Paid Prog.	Paranormal	Heartland (E)	Farrell, Angelina Jolie.	Family Guy	Family Guy				How/Made	Suite/Deck		CSI: Crime Scene	Tracked
:30	The Office						Paranormal	Heartland (E)	Farrell, Angelina Jolie.	Family Guy	Family Guy				How/Made	Suite/Deck		CSI: Crime Scene	Tracked
3 PM	The Closer "Aftertaste"	Premiere. Simpsons	Victorian Farm (E)	Doc Martin (E)	Football Night/America	Extra (N)	Paranormal	Entertainment Tonight	Premiere. Simpsons	Global Nat.	Wheel	Movie: "Ice Age" (2002) Voices of	Football	Question Period (E)	MythBusters (E)	I'm In Band	Wizards	Two Men	Wipeout (E)
:30							Paranormal												
4 PM	Movie: "The Preacher's Wife" (1996)	Family Guy	(5:01) The History of Scotland	Hometime Old House	(5:15) NFL Football: New England Patriots at Pittsburgh Steelers. (Live) (E)	60 Minutes (N) (E)	Psychic Kids	Funnest Home Videos	Amer. Dad	(7:01) Brothers & Sisters (N)	Heartland	Hears a Who!" (2008)	England Patriots at Pittsburgh Steelers. (Live) (E)	Undercover Boss (N) (E)	MythBusters (N) (E)	Wizards	Murdoch Mysteries	CSI: Crime Scene	Buy Me
:30		Global Nat.																	
5 PM	Denzel Washington. (E)	(5:59) News Hour (N)	Frontiers of	Lark Rise to Candleford	England Patriots at Pittsburgh Steelers. (Live) (E)	60 Minutes (N) (E)	Psychic Kids	Funnest Home Videos	Amer. Dad	(7:01) Brothers & Sisters (N)	Heartland	Hears a Who!" (2008)	England Patriots at Pittsburgh Steelers. (Live) (E)	Undercover Boss (N) (E)	MythBusters (N) (E)	Wizards	Murdoch Mysteries	CSI: Crime Scene	Buy Me
:30																			
6 PM	Movie: "The Preacher's Wife" (1996)	Simpsons	Doc Martin (E)	Tina Fey: The Mark Twain Prize	Mark Few	The Amazing Race 17	Psychic Kids	Extreme Makeover	Cleveland	Cleveland	Battle of the Blades (N)	Indie	SportsCenter (Live) (E)	The Amazing Race 17	Into the Universe	(8:10) Jonas (DVS)	Crusoe (E)	Auction	Restaurant Makeover
:30																			
7 PM	Movie: "The Preacher's Wife" (1996)	Family Guy	New Tricks (N) (E)	West	NUMB3RS "Harvest"	Undercover Boss (N) (E)	Paranormal	Desperate Housewives	Amer. Dad	Amer. Dad	Debbie Travis	In Real Life (E)	Motoring	Desperate Housewives	Into the Universe</				

MONDAY, NOVEMBER 15, 2010

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITV (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (49)
6 AM	Cosby	(5:30) Morning News (N)	Little Bear (6:35)	Builder Between	News (N)	News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Being Ian Rollbots	SportsCentre	Canada AM	How/Made	Henry's Feet	CityLine	CSI: NY "Zoo York"	Spoiled
7 AM	In the Heat of the Night		Hi-5 "Action Heroes"	Arthur (E) Martha	Today (N)	The Early Show (N)	CSI: Miami "Darkroom"	Good Morning America (N)			Artzooka (DVS)	Yu-Gi-Oh! Pokemon	SportsCentre		License to Drill	Mickey Mickey	The Nate Berkus Show	CSI: Crime Scene	Tooned
8 AM	Lyrics!		Magic Bus	Curious Cat in the Poppet			CSI: Miami			100 Huntley Street	Bo On/Go Busytown	SpongeBob Kid vs. Kat	SportsCentre		The Defonators	Manny Manny	Rachael Ray	CSI: Crime Scene	Whatever
9 AM	Family Fd	100 Huntley Street	Clifford	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why!	Timothy	SportsCentre	Live With Regis & Kelly	MythBusters	Feet	Role	CSI: Crime Scene	Restaurant Makeover
10 AM	The Investigators	Canada	Franklin	Sesame Street (E)		The Price Is Right (N)	The First 48	The View (N)	Canada	X-Weighted	Poko	(9:50) Little Fly Rhino	Sportfish	The View (N)	How/Made	Mickey	EP Daily	CSI: NY	Grace
11 AM	Forensics Evidence	World Vision	Rolie Polie Berenstain	Sid Sit-Be Fit	Ellen DeGeneres Show	Young & Restless	Jewels	Paid Prog.	World Vision	(10:59) Noon News Hour (N)	Gofrette dirtgirl	George S. (11:35) Erky	2010 World Series of Poker	Fashion	Treasure Quest	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM	Jim King	Noon News Hour (N)	Arthur Dinosaur Train	Charlie Rose	Paid Prog.	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	NFL Films	etalk	Mayday	Wizards Hannah	General Hospital (N)	CSI: Crime Scene	Total Wipeout (N)
1 PM	Friends	Days of our Lives (N)	Wibbly Pig	Fine Art Sewing	Days of our Lives (N)	The Talk	CSI: Miami "Darkroom"	One Life to Live (N)	Days of our Lives (N)	The Doctors	Heartland (DVS)	(12:50) Viva PrimeTime	NFL	Sue Thomas F.B. Eye	Dirty Jobs	Cory	Jdg Judy	CSI: Crime Scene	Total Wipeout (N)
2 PM	Earl King	Young & Restless	The Ocean Room The Ocean Room	Barney WordWorld	Jeopardy!	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 Interruption	Dr. Phil	MythBusters	Replacemn Ned's	Access Hollywood Live	CSI: Crime Scene	Gold Girls
3 PM	The Office	The Doctors	kids dance.	WordGirl Electric	The Doctors	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes Air Farce	Parents Super Evil	SportsCentre (Live)	(2:59) The Dr. Oz Show	Canada's Worst Driver	Life Derek Suite Life	CityNews at 6 (N)	CSI: Crime Scene	Restaurant Makeover
4 PM	Family Guy	Oprah Winfrey	George Shrinks	Fetch! With Cyberchase	Jdg Judy	Oprah Winfrey	The First 48	Seinfeld	Oprah Winfrey	(3:59) Early Global Nat.	Ghost Whisperer	SpongeBob Penguins	NFL Monday Night Countdown	Ellen DeGeneres Show	Daily Planet (N)	Phineas	Law & Order	UFC Unleashed	Tooned
5 PM	Browns	Early News	Martha	BBC News	News (N)	News	Intervention "Angelina"	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	NFL	CTV News at Five (N)	MythBusters	Wizards Hannah	How I Met	UFC Unleashed	Total Wipeout
6 PM	Law & Order: SVU	Global Nat.	Dogs Parks	PBS NewsHour (N)	News (N)	News Millionaire	Hoarders	News	(5:59) News Hour (N)	ET Canada	Coronation	Big Time	Football: Philadelphia Eagles at Washington Redskins. (Live)	CTV News (N)	Dirty Jobs (N)	Suite/Deck Wizards	The Event (N)	Movie: "Kung Fu Hustle" (2004)	Total Wipeout
7 PM	Seinfeld	Ent	Be the Creature (N)	Europe	Jeopardy!	The Dr. Oz Show	Hoarders "Lloyd; Stella"	Ent	Ent	Hawaii Five-0 "Po'ipu"	Wheel Jeopardy!	In Real Life (N)	Chris	etalk	Canada's Worst Driver	Sonny Hannah	Chase (N)	Stephen Chow.	Family Guy
8 PM	Movie: "Star Trek: Insurrection"	House (N) (PA)	The History of Scotland	Antiques Roadshow	Chuck (N)	How I Met Rules	Intervention	Dancing With the Stars	House (N) (PA)	House (N) (PA)	Blades Brooms	Chris 8 Rules	SportsCentre (Live)	Dancing With the Stars (Same-day Tape)	Daily Planet	Suite/Deck I'm in Band	News EP Daily	UFC 123 Countdown (N)	Tooned
9 PM	Movie: "Star Trek: Insurrection"	Lie to Me (N)	The First Mad Man	The Tenth Inning Boston Red	The Event (N)	Two Men Mike	Intervention "Angelina"	(9:01) (Same-day Tape)	Lie to Me (N)	Lie to Me (N)	Just for Laughs	Kyle XY	NFL Films	CTV News (Live)	MythBusters	Majority Buzz	I Love Money	Entourage	Family Guy
10 PM	Movie: "Star Trek: Insurrection"	Hawaii Five-0 "Po'ipu"	(10:01) Diamond Road	Sox win the World Series.	Chase (N)	Hawaii Five-0 "Po'ipu"	(10:01) Hoarders	(10:01) Castle (N)	News Hour Final (N)	National	In Real Life	Triathlon	(10:01) Castle (N)	Canada's Worst Driver	Ned's Stone	Justice Home Imp.	Star Trek: Voyager	Parking	
11 PM	News Final (N)	CHBC News Final (N)	Ancient Clues	C. Rose	News (N)	News Jay Leno	Letterman	(11:01) Hoarders "Lloyd;	News Final (N)	ET Canada	George S Mercer	Prank Ptrl	SportsCentre (Live)	CTV News	Dirty Jobs	So Raven	Paid Prog.	UFC 123 Countdown	Total Wipeout

Monday Movies

EVENING

6:00 pm SPIKE (44) ★★ ★ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum. (In Stereo)

8:00 pm WTBS (3) ★★ ★ "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold the principles of his Starfleet oath and save an alien race, Capt. Picard defies

Federation orders. (E) 10:00 pm WTBS (3) ★★ ★ "Star Trek: Insurrection" (1998, Science Fiction) Patrick Stewart. To uphold the principles of his Starfleet oath and save an alien race, Capt. Picard defies Federation orders. (E)

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COURT NEWS - CLASSIFIEDS - WEATHER - ROADS

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Nicole Camille Zirk



Nicole passed away after a valiant effort on October 29, 2010 in Princeton, BC. Nicole will be sadly missed and lovingly remembered by her husband; Allen, two children; Lou (Melanie) of Maple Ridge, Alex (Meagan) of Abbotsford, three grandchildren; Tyler, Stephanie and Garrett. No service by request. Memorial tributes may be made to Ducks Unlimited Canada, 954 A Laval Crescent, Kamloops, BC.

Condolences may be sent to the family through providencefuneralhomes.com.



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Recipe #348

Chewy Popcorn Bars

(NC)—A high-fiber healthy treat! Mix it up and try other dried fruits and nuts for endless delicious combinations.

Ingredients

- 8 cups popped Orville Redenbacher's® Pop Corn
- 2 cups quick-cooking rolled oats
- 1 cup raisins or dried sweetened cranberries
- 1 cup dry roasted peanuts
- 1 cup firmly packed brown sugar
- 1 cup honey

Directions

Preheat oven to 300°F. Pop corn according to directions on package (yield about 8 cups). Remove all unpopped kernels.

Spray 13 x 9-inch baking pan with cooking spray. Pour popped corn into pan; top with oats, cranberries, and peanuts.

Combine brown sugar and honey in medium saucepan. Cook on medium-high heat for 6 minutes, stirring occasionally, or until mixture comes to full boil and sugar is dissolved. Pour syrup over popcorn mixture. Carefully toss using two large spoons until mixture is evenly coated with syrup.

Bake 20 minutes stirring once midway through baking. Remove from oven; lightly press popcorn evenly in pan. Cool on rack about 2 hours or until set. Cut into 24 bars.

Store leftovers in tightly sealed container.

- News Canada

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

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MP Alex Atamanenko
BC Southern Interior Monthly Report

Has Canada Lost Its Way? - Part 2

Free Trade has become the mantra of the corporate sector since the 1980s when Brian Mulroney's Conservative Government signed us onto the Canada / US Free Trade Agreement (FTA) and then the North American Free Trade Agreement (NAFTA). The 1988 election was fought exclusively on free trade and even though more Canadians voted for anti-free trade parties, the majority of seats were won by the Conservatives who were able to easily pass the deals in parliament. While NAFTA may have brought an increased level of trade between our two countries (largely inter-company transfers), it has clearly failed on the bottom line. Statistics Canada reports that since 1989, the real income of the majority of families in Canada has actually decreased. Canadian investment has suffered too. Under NAFTA we have

seen more than 11,000 foreign takeovers of companies in Canada, eighty percent of them from the US. New business investment accounts for less than three percent of foreign direct investment. These two "corporate rights" agreements have done much to undermine Canada's sovereignty as well as hasten the fire sale of Canadian assets. Under NAFTA we have guaranteed the US cheap access to our oil and gas and if we should ever wish to decrease our exports to the US, we must proportionately decrease our own consumption. When I mentioned this to my father-in-law, a former US oil executive with Standard Oil, he just shook his head, smiled and said "Thank you!" Both the US and Mexico have a national energy policy - we do not.

converted to grapes or sold their farms and moved. Prior to NAFTA, we had in season tariffs that protected our vegetable and fruit producers, especially at harvest time. At present, Steven Harper is conducting negotiations with the European Union for a Comprehensive Economic Trade Agreement (CETA). Until now these talks have been held entirely behind closed doors, though a draft was leaked to the public by the Trade Justice Network in late 2009, which revealed the enormous scope of the agreement. Most notably, the EU wants full access to public procurement at all levels of government, including access to the delivery of public services. The Harper government is also pushing for a NAFTA-style dispute settlement mechanism to provide corporations the ability to overrule the democratic will of parliament.

I believe that the whole question of Canadian sovereignty should be put on the table during the next federal election and that candidates from all political parties should be put on the spot. Let us remember that Canada has always been a trading nation and always will be whether we have so called "free trade" agreements or not. A Canadian policy of fair trade with a progressive approach would be a refreshing place to start.

We are told that the FTA and NAFTA have been good for agriculture. According to a report released by the National Farmers' Union, cattle producers are making less than half of what they made over 20 years ago, even though exports have tripled over the same period. Our fruit growers in the Okanagan are suffering because we allow cheap subsidized American apples and cherries into our market. As a result, our apple growers have been scrambling to be innovative and creative to stay in business. Many have



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Princeton Posse 2010/11

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Game Schedule

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HOME

AWAY

- 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

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

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Editorial Page

News Leader

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

My Turn...

I Think About It More Than Annually

Remembrance Day is once a year and for many it may be the only time they pause long enough to acknowledge the significance of the day.

For many it's a paid day off of work or a day off from school. For me, Remembrance Day is still a working day but it's not a day filled with the usual day-to-day business.

It's a day where I'll attend the Remembrance Day service and while I'm there I'll snap some photos for next week's issue.

It's also a day where I stop and think about how grateful I am to have the freedom to stand in Veterans Square with a camera taking photos of an event honouring those who gave the ultimate sacrifice.

I think about freedom frequently during the year.

Being the son of a veteran, I learned early in my life that I was pretty lucky to have the freedoms we often take for granted.

I walked along the Trans-Canada Trail near our home the other night and it occurred to me again. The night air was not lit up with flashes of gunfire and I didn't have to prove my citizenship at the entrance to the next neighbourhood. I was free to walk alone, unarmed, in the peace and quiet of a November evening in Princeton.

I had no fear of possibly getting shot at or being taken hostage and held captive because all I wanted was to take an evening walk.

We are so lucky.

Yet it came at such a price.

Which is why we always gather at a service in every Canadian community early in November to celebrate those who are not standing alongside us.

Those brave men and women who gave the ultimate sacrifice so that we can gather in a public place, without fear, to thank them for protecting that right.

We owe them so much more than one day a year.

I'll see you in Veterans Square, won't I?



The 'chipper' produces noise and dust and has many residents near it upset. - photo submitted

Your Turn...

Dust + Air = Problem

To The Editor;

What Renew Resources is doing by chipping the dead yellow pine is great. However they have no place within town limits for this type of operation.

Chamberlain claims that they are trying to be good neighbors. If so why are there still clouds of wood fibre and dust covering our homes and cars? Plus this dust and wood fibre we breath in?

He claims that they water constantly. This is not true and we have pictures with time and dates to prove it.

He claims that the log berm is a noise barrier. Fact - This only works to a point and still disrupts our way of life.

Why are they still operating with no permit in place which the Environment Minister hasn't issued yet?

I was told by the Environment Minister that fines would be levied for each day worked. This I will follow up on.

We have sent several letters from Doctors stating the wood fibre and dust from the chipper is causing

health problems. I collected signatures at our yearly BBQ which was around sixty, is this not enough to say no they're not good neighbors and that our Mayor and Town Council care not about the people of Princeton?

As one person who sent me a letter of complaint said I believe it's a disgrace for Town Hall to allow the operation of this machine within town limits. We are receiving support from all over

Marker dedication November 18

Babs Williams' wish has finally come true.

She donated her burial plot at Princeton Cemetery in April of this year to RCMP to use as a location for unclaimed ashes to finally be put to rest.

The unclaimed ashes were discovered during an investigation dating back to 2006 into business practices

Princeton from concerned citizens.

Weyerhaeuser may have control over our Mayor and Council however they don't have control over the people who really care and are against this whole mess. As one person from Weyerhaeuser told my wife and myself in our backyard, "If you don't like it move." That was a real mistake on his part.

- George Henry, Princeton

of a former funeral director. She had originally started a fundraiser to cover the cost of a grave marker until one was donated.

The 'official' dedication of the marker is set to take place at 2:00 PM on Thursday, November 18th at Princeton Cemetery.

The informal ceremony is open to the public.

Similkameen
News 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.

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Current Comment

Did You Think The Wars Were Over?



Dawn Johnson
editor@thenewsleader.ca

I'm tired of people's attitudes that say Remembrance Day is about wars long past. Some people act as if Remembrance Day has little to do with what is happening in today's world.

Don't they see the news? Haven't they seen those news clips of coffins being unloaded at Trenton Air Base?

Haven't they seen the news clips of people lined up along the Highway of Heroes?

Canada has military personnel dying in Afghanistan. Soldiers are being wounded in Afghanistan. Families are losing sons and daughters. Women are losing their husbands, and children are losing their fathers. This is happening today, not 65 years ago, or back a

century ago. This is happening now!

Canada's military personnel have been deployed to Korea, Rwanda, Bosnia, Cyprus, Gaza, the Congo, Somalia, Viet Nam and anywhere else they have been needed as peacekeepers or soldiers. They have been sent as part of NATO forces or as part of UN forces. In every action, Canadians have been at risk.

Sometimes our soldiers are wounded psychologically and emotionally, soul wounds that may never heal. Just recently, we heard about a soldier who had hanged himself after coming home from Afghanistan and suffering Post Traumatic Stress Disorder. Some wounds don't show, but they do kill.

The military personnel who serve in these "peace" actions are today's veterans. Those in Afghanistan are battling a group that has encouraged and nurtured world terrorism. The efforts of Canadian soldiers to aid and protect ordinary Afghani people denies the lies told by the Taliban, and others, about what evil people we non-Muslims are. While protecting us from terrorists, they help the non-terrorists of Afghanistan. How safe would we be if the Taliban ruled the Middle East?

The Royal Canadian Legion asks us to stand in the cold for 15 minutes once a year to honour those who have made the ultimate sacrifice for what we Canadians believe in. Remembrance Day is not some tradition to pay tribute to some long past historical event. Remembrance Day reminds us that there are people who have, and still are, giving their lives in service of their country. Remembrance Day is just as much about the soldiers who died this year as those who died in the distant past.

The Legion and Ladies Auxiliary have a mission. These groups host the Remembrance Day ceremony and activities, sell wreaths, ask for donations to the Poppy Fund, to see that veterans are not forgotten. They work to ensure our government does not forget those who were wounded, and does not forget the widows and children of those who were killed. Ottawa would easily forget that obligation if not constantly reminded there are people who gave their lives for our nation.

We owe our veterans, and the dead, one day of honour, at the very least, as a reminder to all of us that the peace we enjoy, the national safety we thrive on, has been bought, and is still being bought, with Canadian lives.

Council hears cultural survey report

Arts Council member Vicky Jones gave Town Council a full report November 1 on the results of the Cultural Plan survey to date.

The aim of the cultural plan is to develop stronger and more sustainable arts, cultural and heritage activity in Princeton area.

The goal of the plan is to develop a framework for future cultural development of existing and new cultural assets, defining the town's cultural identity, increasing arts and cultural representation downtown, increasing the economic impact of individual artists, making the most of key cultural assets, and enhancing the town's appeal to both residents and visitors.

More than 130 residents completed and returned the surveys. The survey was distributed to people of all ages and economic levels. Seventy percent of those responding were female, and almost 60 percent over age 55.

Approximately 50 percent felt it is important to have arts, culture and heritage opportunities available in Princeton. Nearly 80 percent said arts and culture helped attract residents to Princeton and keep them here.

Thirty-five percent said they attend a cultural event three to five times a year, the favourite activities involving theatre and music. Approximately 58 percent take part in an artistic activity and consider themselves artists.

Most respondents felt the preser-

vation of heritage homes, buildings and memories of Princeton's pioneers is important. Sixty-one percent felt there should be one organization responsible for the coordination and/or promotion of the arts in the Princeton area.

The next step in creating the Cultural Plan is to assess the information gathered from the community to establish the format for the focus group session on November 23 at Riverside Centre. The final report will be given in March.

Broadband?

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Similkameen News Leader

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The Cenotaph in Veterans Square, downtown Princeton with the Legion behind it. *

WE REMEMBER



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by Dawn Johnson

This year marked the 100th anniversary of the founding of the Royal Canadian Navy (RCN). Under the leadership of Prime Minister Laurier, the navy was founded to patrol Canada's coastlines. Unfortunately, Laurier lost the next election in 1911, and Canada's first navy nearly died.

The first ships came with British crews. Canada founded the Royal Naval College and bought two cruisers, but as many sailors deserted the navy as stayed. The ships slowly deteriorated in port.

The beginning of the First World War demonstrated the need for a Canadian navy. The German navy was threatening to take over British Columbia's waters, and the only ship capable of intercepting the Germans was the Rainbow. The Germans went south to the relief of

the Canadians. However, the Germans destroyed a British ship off the coast of Chile and four Canadian RCN sailors on board were killed. They were the first Canadian naval fatalities.

In British Columbia, Canada beefed up defenses by buying four submarines from the Americans. What Canada spent was astounding: it totaled the entire year's budget for the navy. On the east coast, the British navy was busy standing on guard for Canada.

As the war progressed, Germany's submarines, called U-boats, harassed Canada's East Coast Patrol. This small fleet consisted of fishing trawlers and former yachts converted to wartime use. They were almost useless against the U-boats.

Prime Minister Sir Robert Borden learned a hard lesson from World

War I regarding the need for an effective navy. However, Parliament did not want to spend the money after the war was over. When Prime Minister Mackenzie King took over, he was even less inclined to spend money on a navy. For the next 20 years, the RCN was a bare bones operation depending on the British navy. In fact, most Canadians did not want to join the navy, and most of the sailors on Canada's few ships were deployed from the British navy.

The only bright spot between the World Wars was the Navy Volunteer Reserve and the construction of several destroyers. By 1939, Canada's navy was getting ready for the growing threat of the burgeoning German navy. Two new naval bases were established, nine destroyers were on the water, along with eight torpedo boats, 12continued

Show Your Support By Attending Remembrance Day Services In Your Community!



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May We Always Remember On November 11th

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LEST WE FORGET
November 11



Similkameen News Leader

Remembrance Day



This naval aircraft was on display and in the air during Princeton's last airshow. *

..... continued from Page 22 minesweepers, and two depot ships. The naval personnel had swelled to 6,000 men.

Canada's navy came into its own during the Second World War. So good were the Canadians that by 1944, they literally ruled the North Atlantic. They were tops at anti-submarine activity and escorting convoys to Britain. By that time, Canada had many more ships, and even aircraft carriers. During the war, Canada's shipyards on both east and west coasts worked non-stop at building ships.

After World War II, there was a shake-up among naval personnel when an Admiral told the navy men they could no longer sport the word "Canada" on their uniform shoulder flashes and buttons. The sailors refused to work until Ottawa changed the Admiral's

mind. The old British traditions that had permeated the Canadian Navy until World War II were exchanged for a truly Canadian navy tradition. In many ways, it was a new navy with its own history and attitudes.

Pulling away from British traditions went on for two more decades, during which the Canadian navy was engaged in numerous NATO deployments to a wide variety of locations around the world. The Canadian navy also continued its patrols of Canadian waters, particularly during the Cold War years. During these years, the navy equipment was continually upgraded.

The biggest change in the navy began in the 1970's, under the military unification program and downsizing of all of Canada's military. Although most of Canada's

military personnel did not embrace the new green uniforms, orders were orders.

The next big change, for personnel, was allowing women to work on board the ships. Women had been in the navy, but were not permitted to be deployed on voyages.

Today, Canada's navy protects Canada's sovereignty through voyages along our incredibly lengthy and dangerous coastlines. The fleet is known for its icebreakers and its Arctic voyages. The most recent military action took place in the Gulf of Arabia and the Gulf of Oman, where RCN ships joined American and British ships during the war on Iraq.

From a neglected, British-supported little navy, the Royal Canadian Navy has become, in 100 years, an effective modern navy in which Canadians can take pride.

Similkameen
News Leader

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May We Always Remember
On November 11th



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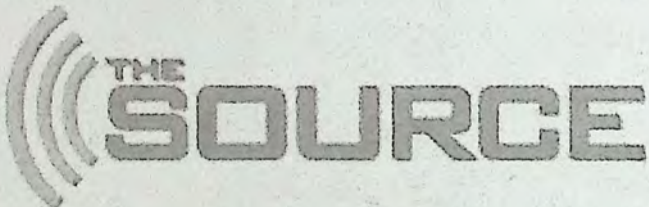
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**LEST WE FORGET
November 11**



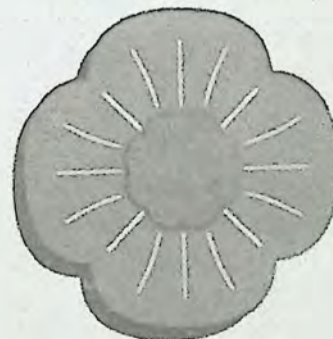
**Similkameen
News Leader**



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a moment of silence in remembrance of
those who fought for our freedom

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