



Similkameen

# News Leader

\$1  
INCLUDES HST!

Volume 14 Issue 44 #705 ISSN 1712-090X

Tuesday, November 1, 2011

Who's Working For You? See Below!



Dawn Gardner, left, picks up her Poppy from Princeton Legion Ladies Auxiliary volunteer Dawn Johnson in front of the post office October 28th - Poppy Day in Princeton. Photo: Brenda Engel

## Cougar sighting prompts town response

Several sightings of a cougar were reported along Highway 3 near The Hut Bottle Depot & Groceries and in the area formerly known as the Argo Road Maintenance yards and most recently known as The Yard residential housing development on Rocklin Avenue, just above Highway 3.

The sightings were made during daylight hours in the afternoon of Thursday, October 27th.

RCMP made door-to-door rounds in the area surrounding the sightings as well as in the Tunnel area and along Burton Avenue to alert residents.

The Town of Princeton issued the following:

Residents are reminded to be mindful of their surroundings and to take every precaution when walking in these areas.

The Ministry of Environment provides the following safety precautions:

- Never approach a cougar. Although cougars will normally avoid a confrontation, all cougars are unpredictable. Cougars feeding on a kill may be dangerous.
- Always give a cougar an avenue of escape.

..... continued on Page 5

## Community shares event dates

Representatives from numerous organizations were treated to a beef on a bun supper at Riverside Community Centre on October 27. The event, hosted by the Town of Princeton and the Community Arts Council, was motivated by the need to outline next year's events in order to minimize the chance of having two major events on the same date, as had so frequently occurred in the past.

Mayor Randy McLean, taking a break from serving the supper, welcomed the volunteers, saying he should be applauding them for all the good they do in the community.

Nadine McEwen, Coordinator for community recreation, led the presentation with the new Town of

Princeton website, [www.princeton.ca](http://www.princeton.ca).

Organizations with their own websites can contact McEwen at [McEwen@princeton.ca](mailto:McEwen@princeton.ca) or call 250.295.6067 to ask to be linked. In addition to regular information about the community, there is a calendar of upcoming events, and organizations can contact McEwen to ask her to enter their event. Organizations may advertise their meeting dates and locations on the calendar.

McEwen is also the contact for the community leisure guide and Princeton's visitor guide. Any group wishing to have an activity or event included in these publications should let McEwen know as soon as

possible. The deadline for entries into the winter leisure guide is November 10. The visitors guide will be published in January.

Many organizations shared important dates month by month for 2012. These will be entered on the calendar.

McEwen advised people of two ways to recruit out of town or in town volunteers. These are people who like to volunteer to help with an event. They are registered with [www.volweb.ca](http://www.volweb.ca) and [www.volunteercentre.info](http://www.volunteercentre.info). Your organization lists the event, date, etc. and the volunteers respond.

You do not have to accept every volunteer, you can approve whom you choose. McEwen stressed the importance of having volunteers have a criminal record check if they are expected to work with children

and youth.

The Town grant in aid program was discussed. Application forms were distributed, and the form is also available at Town Hall or online at the Princeton website under 'doc-

uments' on the menu. Deadline for applications is January 31, but the review process will not be complete until April 1, and the money will not be available until after the grants are announced.

## Clocks go back this weekend

Daylight Savings Time ends officially at 2:00 AM on Sunday, November 6th when clocks go back one hour.

The easy way to remember is to change your clocks and watches (moving them BACK ONE

HOUR) before going to bed this Saturday night and you'll be on time the following morning.

Daylight Standard Time ends at 2:00 AM on Sunday, March 11, 2012 when clocks move ahead an hour.

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# Similkameen News Leader

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## School District No. 58 Trustee Electoral Area 2

### DECLARATION OF CANDIDATES BY ACCLAMATION

**PUBLIC NOTICE IS HEREBY** given to the electors of Nicola Similkameen School District #58 - Trustee Electoral Area 2 that three School Trustees for a three-year term commencing December 2011 and terminating December 2014, and that the persons nominated as candidates are elected by acclamation as follows:

School Trustee - Three (3) to be elected

Surname	Usual Names	Jurisdiction of Residence
RAINER	David	162 Bonlin Road, Princeton, BC
COMEAU	Gordon	103B Brandlmayr Gate, Princeton, BC
WARD	Leah	170-4th Street, Tulameen, BC

October 24, 2011

Patrick Robins  
Chief Election Officer



One of the many popular attractions at this year's Fall Fair was laser tag.\*

## Fall Fair sets 2012 dates

The next Fall Fair will be held September 1 and 2, 2012. The decision to hold the fair on the 2012 Labour Day weekend was made at the October 25 meeting. Those dates do not interfere with so many other fairs, and help Princeton's fair attract more vendors.

President Keith Olsen reported on the BC Fairs conference held in Vernon the previous weekend.

Presenters from around B.C. and Canada were part of the two-day conference, along with the president of the Wyoming State Fair, who emphasized the importance of doing things differently each year, and being up to date with activities. As a result of that advice, Fall Fair members authorized Lisa Carleton to look at laser tag again, along with other activities offered by the same

company.

Senator Nancy Greene Raine was a speaker who stated fairs cannot depend on government grants for assistance these days. Budgets are cut to a minimum. She stated fairs must be run like a business, and must promote themselves year round.

With that said, other speakers added the importance of fairs to local people, who tend to claim ownership of the fair because it is a tradition and a social event.

President Olsen said Princeton's Fair Board must develop a strategic plan for the next five years to develop the fair and the facilities.

Jen Bernard and Dawne Graves reported on the excellent response to having a Halloween Party at the fairgrounds, adding that many people have given donations to assist with the costs. Copper Mountain Mining has pledged to cover the costs of the fireworks, which will light up the night thanks to Drew Nordquist, who is licensed to do this, and Princeton's volunteer fire crew will be on site to do "spark" control. Fall Fair members were impressed by the volunteer work done by Bernard and Graves during the past two months.

Fall Fair members agreed to give a donation to Little Britches Rodeo. This will be presented to them when the dates of the youngsters' rodeo is set next year, and will go toward start-up money for the event.

The next four meetings will be held at the public library conference room. The next meeting is the annual general meeting on November 22.

There will be no meeting in December, so the first meeting of 2012 will be held January 24. At the annual general meeting, President Olsen will present more of the information obtained at the conference so members can review the information during the winter recess.



## Notice of Election by Voting

**PUBLIC NOTICE IS HEREBY** given to the electors of the Town of Princeton that an election by voting is necessary to elect one Mayor and four Councillors for a three-year term commencing December 2011 and terminating December 2014, and that the persons nominated as candidates and for whom votes will be received are:

### Mayor - One (1) to be elected

Surname	Usual Names	Jurisdiction of Residence
McLean	Randy	239 Sunset Avenue, Princeton, BC
Thomas	Fred	295 Panorama Crescent, Princeton, BC

### Councillor - Four (4) to be elected

Surname	Usual Names	Jurisdiction of Residence
Armitage	Frank H.	130 Edgewood Drive, Princeton, BC
Earle	Jason	1148 Copper Mountain Road, Princeton, BC
Harkness	Marlyn	106 Glenview Crescent, Princeton, BC
Jarvis	Ray	48-263 Highway 3, Princeton, BC
Longley-Scarbrick	Christina	486A Corina Avenue, Princeton, BC
Maynard	Kim	905 Highway 3, Princeton, BC

**ADVANCE VOTING OPPORTUNITY** will be open to qualified Electors of the Town of Princeton on Wednesday, November 9, 2011 between the hours of 8:00 AM and 8:00 PM at the following location:

Public Meeting Room of the Princeton Library 107 Vermillion Avenue, Princeton, BC

**GENERAL VOTING DAY** will be open to qualified electors of the Town of Princeton on Saturday, November 19, 2011 between the hours of 8:00 AM and 8:00 PM at the following location:

Royal Canadian Legion Hall 170 Bridge Street, Princeton, BC

### ELECTOR REGISTRATION

If you are not on the list of electors, you may register at the time of voting by completing the required application form available at the voting place. To register you must meet the following qualifications:

- 18 years of age or older
- Canadian citizen
- resident of BC for at least 6 months immediately preceding voting day
- resident of OR registered owner of real property in the Town of Princeton for at least 30 days immediately preceding voting day, and
- not otherwise disqualified by law from voting.

Resident electors will also be required to produce 2 pieces of identification (at least one with a signature). Picture identification is not necessary. The identification must prove both residency and identity.

Non-resident property electors must produce 2 pieces of identification (at least one with a signature) to prove identity and residency.

Non-resident property elector certificates can be obtained from the Chief Election Officer or Deputy Chief Election Officer at the Town of Princeton office during regular office hours prior to 4:30 PM on Friday, November 18, 2011. On advance and general voting days, certificates can be obtained from the Chief Election Officer at the voting place during voting hours.

Patrick Robins  
Chief Election Officer

## NOTICE OF ELECTION BY VOTING Electoral Area 'H' (Princeton Rural)

**PUBLIC NOTICE IS HEREBY** given to the electors of Electoral Area 'H' (Princeton Rural) of the Regional District of Okanagan-Similkameen that an election by voting is necessary to elect an Electoral Area Director for a three-year term commencing December 2011 and terminating in the fall of 2014, and that the persons nominated as candidates and for whom votes will be received are:

### Electoral Area 'H' (Princeton Rural) Director - One (1) to be elected

Surname	Usual Names	Jurisdiction of Residence
HOPE	BRAD	685 Summers Creek Road, Princeton, BC
WEBER	CHARLES	1193 HWY 3, Princeton, BC

**GENERAL VOTING DAY** will be open to qualified electors of Electoral Area 'H' (Princeton Rural) on Saturday, November 19, 2011 between the hours of 8:00 am and 8:00 pm at the following locations:  
Royal Canadian Legion Branch 56, 170 Bridge Street, Princeton, BC  
Tulameen Fire Department, 132 - 1<sup>st</sup> Street, Tulameen, BC

**Advance Voting** any qualified elector may vote at an advance opportunity, November 9, 2011, between the hours of 8:00 am and 8:00 pm, at the following location:  
Library Meeting Room - 107 Vermillion Avenue, Princeton, BC

### ELECTOR QUALIFICATIONS

There is no need to pre-register to vote as the registration of all electors for this election will take place at the time of voting. You will be required to make a declaration that you meet the following requirements:

- 18 years of age or older (born November, 19, 1993 or earlier)
- Canadian Citizen
- Resident of BC for at least 6 months immediately preceding voting day
- Resident of OR registered owner of real property in the electoral area for at least 30 days immediately preceding voting day, and
- Not otherwise disqualified by law from voting.

Resident electors will need two pieces of identification that together prove who you are and where you live. One of them must have your signature on it (i.e. Driver's License). Photo identification is not required.

Non-resident property electors may register in advance or at the voting place. However, if you choose to register at the time you vote, you must produce proof that you are the registered owner of the property. If you are one of two or more owners, you must also demonstrate - in writing - that you have the consent of the majority of all owners to vote as the non-resident property elector. Applicants must provide two pieces of identification that together prove who you are and where you live. One of them must have your signature on it (i.e. Driver's License). Photo identification is not required. Check with the Regional District for a more detailed explanation of the registration procedures.

### NEW THIS YEAR! - MAIL IN BALLOT VOTING

Voters in the Regional District of Okanagan-Similkameen are eligible to vote using a mail-in ballot if they:  
• Have a physical disability, illness or injury that affects their ability to vote at another voting opportunity.  
• If voters expect to be absent from the Regional District on voting day and at the times of all advance voting opportunities.  
• Voters who reside in East Gate Manning Park of Electoral Area 'H' are eligible to use mail-in ballot, without meeting the above two requirements, as it is remote from the voting places.

To receive a mail-in ballot package you must first submit a mail-in ballot application to the Regional District office between November 1, 2011 and November 17, 2011. To obtain the application please go to the website, www.rdos.bc.ca, click on Direct Links choose Elections 2011, click on Mail-In Ballot Voting. If there is no challenge to registering you as an eligible elector, we will put your name on a list to receive a mail-in ballot package. The mail-in ballot package contains instructions, a ballot and the necessary return envelopes that will protect the secrecy of your vote.

Non-Resident Property Electors must also complete the Non-Resident Property Elector Application and if applicable a Non-Resident Property Elector Consent form to accompany the mail-in ballot application. Also available on our website. Please contact the Regional District Office for further clarification.

In order for your ballot to be counted in the election, it is your responsibility to return the mail-in ballot package to the Chief Election Officer no later than 8:00 p.m. on General Voting Day - November 19, 2011.

101 Martin Street, Princeton BC V2A 5J9 | E info@rdos.bc.ca | W www.rdos.bc.ca |  
P 250 492-0237 | F 250 492-0053 | Toll-free 1 877 610 3737 |

Cathy Cowan, Chief Election Officer

# RDOS develops regional trails plan

The Regional District of Okanagan-Similkameen, in cooperation with its member municipalities, is developing a Regional Trails Master Plan (RTMP). The RDOS is asking resi-

dents to help set trail priorities in the South Okanagan-Similkameen by filling in an online survey or coming to a future trails open house.

"The RTMP seeks to meet the

needs of the diverse user groups accessing the many different trails within our boundaries," states Chair Dan Ashton.

"It will become a strategic plan to

guide the Regional Trails Program over the next 10 years."

Cascade Environmental Resource Group Ltd., from Whistler Squamish, has been hired to develop the RTMP. One of the key trails identified by Cascade is the Kettle Valley Railway. This historic trail links several communities and provides access to popular hiking, cycling, equestrian, mountain bike and ATV trails.

"Finding a balance that allows hikers, bikers, equestrian riders and motorized vehicles to use local trails safely and comfortably is major goal of this plan," explains Mark Woods, RDOS Community Services Manager.

A Regional Trails Master Plan Committee has been created to oversee the plan. Committee members include volunteer trail maintenance groups, government agencies and other stakeholders.

All RDOS residents are invited to get involved by filling out on-line

survey at [www.clickhikebike.com](http://www.clickhikebike.com).

A schedule of Committee meetings will be posted on the Regional District website at [www.rdos.bc.ca](http://www.rdos.bc.ca).

Many trails are currently documented through Regional District's online mapping located at [www.clickhikebike.com](http://www.clickhikebike.com). The site allows anyone to contribute information on the many trails within the RDOS.

**Additional Information:**

- The Regional District of Okanagan-Similkameen is bounded by Manning Park to the west, Peachland to the north, Anarchist Mountain to the east and the United States border to the south. The Regional District has an area of 10,400 km<sup>2</sup>, constituting 1.2% of the province's area

- Regional trails identified include the former Kettle Valley Railway, Burlington Northern Railway, historic trails, provincial park trails, MoT rights of way, and other trails  
..... continued on Page 23



Nathan Garton is Student of the Month for October at Princeton Secondary School. The Grade 12 student was nominated for assisting an injured player during Wednesday night drop-in basketball. \*

Similkameen  
**News Leader**  
[www.thenewsleader.net](http://www.thenewsleader.net)

Town of PRINCETON

## Princeton Town Hall News

### WINTER SNOW REMOVAL AND PARKING REGULATIONS

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

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

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

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

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

### REMEMBRANCE DAY

Town Hall will be closed for Remembrance Day on Friday, November 11th. Regular office hours will resume on Monday, November 14, 2011.



### PROGRAMS FOR CHILDREN/YOUTH

**BABYSITTING TRAINING** 11yrs & up  
Join Carol Mack for a week after school to learn to become fantastic babysitters. This program includes basic first aid and CPR training.  
4 classes/\$50.00 M-Th Nov 21-25 3:15-6:00pm

**CLAY FOR KIDS WEEKEND WORKSHOP**  
Join professional pottery Sue Delatour LePoidevin for a great workshop. Be creative with your hands as you make wonderful art pieces with clay.

Sat/Sun Nov 19/20	10:00-11:00am	Ages: 6-8	\$28.00
Sat/Sun Nov 19/20	1:00-3:30pm	Ages: 9-13	\$38.00
Sat/Sun Nov 26/27	1:00-3:30pm	Ages: 9-13	\$38.00

Don't miss out! Register today at Town Hall or call the PPRC Office at 250-295-6067.

Check out all community programs on line at [www.princeton.ca](http://www.princeton.ca). Click on the Leisure Guide.

### DO THEY KNOW WHERE YOU ARE?



AMBULANCE

POLICE

FIRE

Calling 911 is the second step to getting help.

The first step is displaying your civic number!

PLEASE ENSURE YOUR HOUSE NUMBER

CAN BE SEEN FROM THE ROAD

And remember—the emergency responder trying to find your house may not be from Princeton.

### RIVERSIDE MOVIES

Enjoy a new release movie on the big screen, surround sound and your favorite treats for the concession.

\$5.00 at the door Kids under 3 are free

Sunday, November 13

**Harry Potter & the Deathly Hallows 'The End'**

Movie Matinee 2:30pm  
Evening Show 7:00pm

Riverside Community Centre at 148 Old Hedley Road  
250-295-6067

### FITNESS PROGRAMS AT RIVERSIDE CENTRE

#### FITNESS CLASS FOR ADULTS & SENIORS

Join Dorothy for a one hour fitness class that incorporates body movement, low impact aerobics, strength and stretch components that will help in preventing injuries and a strong body.

Tues/Thurs 10:00-11:00am Drop In \$8.00

#### INTERMEDIATE YOGA FOR ADULTS & YOUTH

Help centre & calm your mind, increase muscle strength, flexibility, & build stamina through yoga poses.

Tues/Thurs 5:30-7:00pm Drop In \$8.00

#### MORNING YOGA FOR ADULTS & SENIORS

Enjoy a feeling of physical vitality through gentle stretching, breathing & relaxation all the while developing flexibility and muscle strength.

Wed 10:00-11:30am Drop in \$8.00

### VISIT OUR NEW WEBSITE

[www.princeton.ca](http://www.princeton.ca)

Similkameen  
**News Leader**  
 www.thenewsleader.net

**Keremeos.net**  
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Web page design • POP3 e-mail accounts  
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Bryan - webmaster@Keremeos.net

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 pacificsatellite@gmail.com

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**AQUA-FITNESS MODULE**

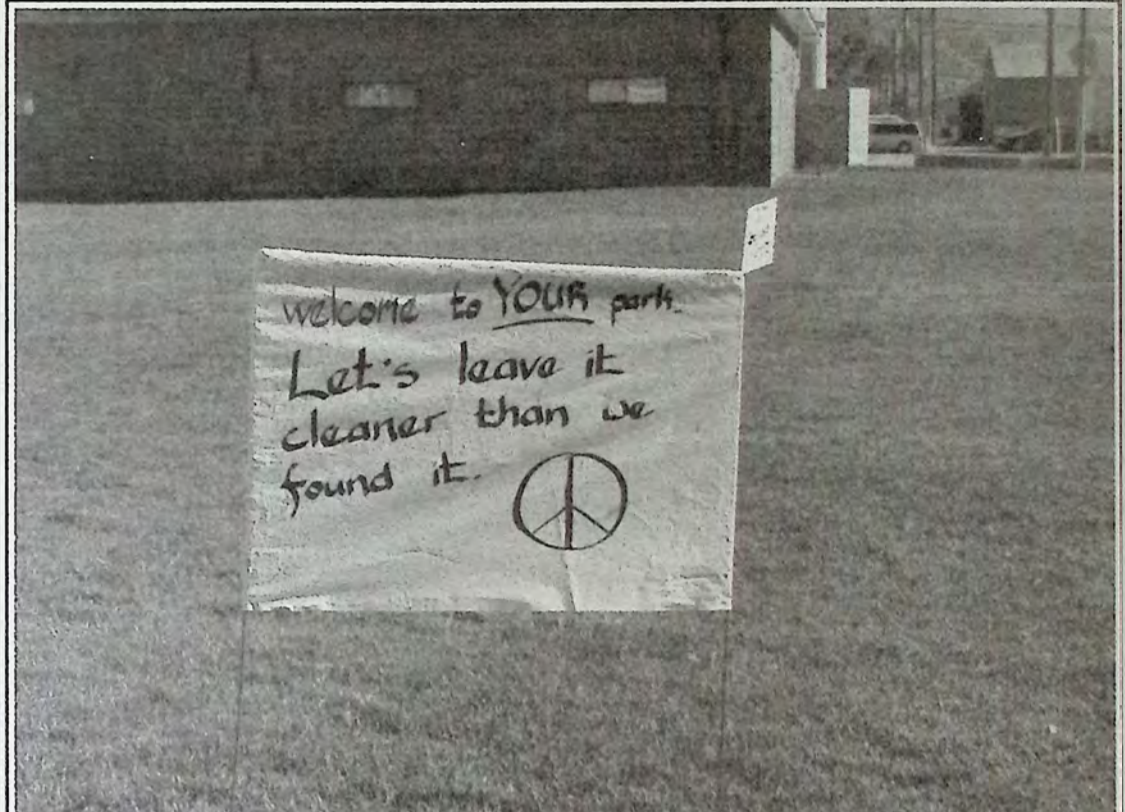
This course is designed to increase your knowledge and confidence level in leading a Group Exercise Class in the water.  
 Pre-requisite: BCRA Fitness Theory

Friday November 11th 5:00pm-9:00pm  
 Saturday November 12th 8:00am-3:00pm  
 Sunday November 13th 8:00am-3:00pm

\$200.00 Not Including Manual  
 Manual purchased on the first day of class

For more information please contact the Nicola Valley Aquatic Centre  
 250-378-2062 or the Civic Centre 250-315-1050

**Lower Valley News**  
 Keremeos - Cawston - Olalla



Signs popping up in Memorial Park are part of the Occupy Keremeos movement which has been taking place over the past few weeks in the Lower Similkameen. \*

**SESS provides Family Life Program**

SESS (Similkameen Elementary Secondary School) in Keremeos offers a Family Life Program to students.

Gladys Brooks, a registered nurse, will begin the program in the Secondary school in December.

The program, which contains various components related to the student grade/age, covers the following:

**GRADE 8:**  
 - Pregnancy  
 - Sexually Transmitted Disease  
 - Marijuana

**GRADE 9:**  
 - Peer Pressure  
 - Harassment  
 - Families in Conflict  
 - Stress  
 - Dating  
 - Pregnancy/Birth  
 - Depression  
 - Sexually Transmitted Disease  
 - Abstinence/Birth Control

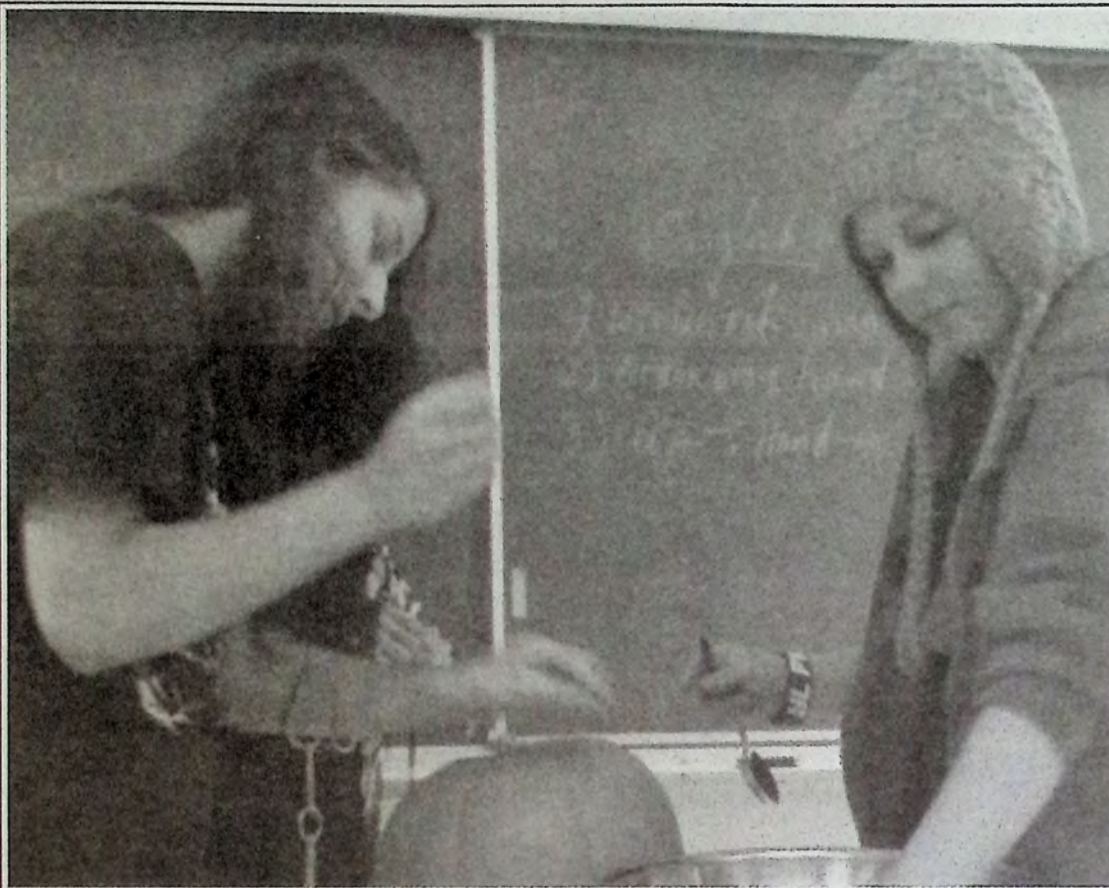
**GRADE 10:**  
 - Date Rape  
 - Sexually Transmitted Disease  
 - Pregnancy/Teen Fathers  
 - Abstinence Promotion

**GRADE 11:**  
 - Alcohol/Substance Abuse  
 - Dating Violence Education  
 - Date Rape Prevention  
 - HIV/AIDS  
 - Birth Control/Contraception  
 - Mental Health  
 - Alcohol Abuse

Parents with questions or concerns, or do not want their child to participate in the Family Life Program can contact SESS. Alternate arrangements will be offered to students not participating in the program.



The Occupy Keremeos event included public meetings and numerous signs in Memorial Park. \*



Jolene Goodman and Taylor Gibb get into the spirit of Halloween by carving a Jack o' Lantern at Princeton Secondary School. Needless to say, it got a bit messy! Photo: Adam Gullason

## Crash closes highway for hours

Princeton RCMP and South Okanagan Traffic Services responded to the scene of a collision on Highway 3, 14-kilometres West of Princeton at 9:00 AM Friday, October 28th.

The crash occurred when a west-bound logging truck took a sharp corner tipping the loaded trailer being hauled. The tipped trailer of logs collided with an eastbound tractor trailer unit.

Both vehicles and the load of logs

completely blocked the highway closing it to all traffic.

"The male driver of the tractor trailer unit, who was in his 40's, was airlifted by BC Ambulance to Kamloops Hospital for treatment of injuries sustained in the crash," Sgt. Dave Clare of Princeton RCMP Detachment said.

"The other driver in his 50's was treated and released from the scene."

Highway 3 remained closed until just before 6:00 PM while police

investigated the crash scene and the logs and trucks were cleared.

"The investigation into the cause of the collision is ongoing and being conducted by RCMP South Okanagan Traffic Services."

## Cougar sighting prompts town response

..... continued from Front Page

- Stay calm. Talk to the cougar in a confident voice.
- Pick all children up off the ground immediately. Children frighten easily and their rapid movements may provoke an attack.
- Do not run. Try to back away from the cougar slowly. Sudden movement or flight may trigger an instinctive attack.

• Do not turn your back on the cougar. Face the cougar and remain upright.

• Do all you can to enlarge your image. Don't crouch down or try to hide. Pick up sticks or branches and wave them about.

If you sight a cougar you are encouraged to phone the Conservation Officer services of the Ministry of Environment toll free at 1-877-952-7277.

## Arts Council reconsiders ticket format

In response to many requests the Concert series tickets may now be purchased for individual performances.

The individual pricing reflects the performance cost:

Ballet Kelowna

Sunday, November 6th Matinee

Adults \$30, Children/Students \$5

Ian Tyson

Wednesday, November 16th 7:00 PM

All tickets \$60

Ingrid Schellenberg

Sunday, November 27th Matinee

Adults \$10, Children/Students \$5

Tickets for all three concerts \$80

Tickets are available at the Sunflower Gallery and Thomasina's on Vermilion Avenue.

www.gotpeppers.info

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RE-ELECT

## BRAD HOPE



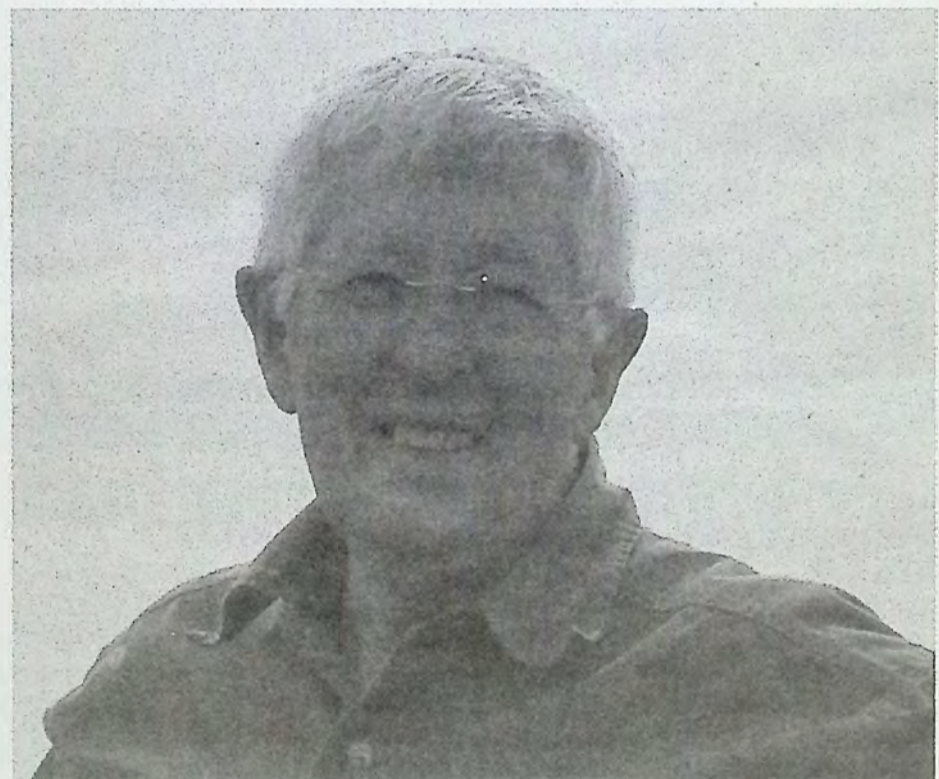
**Area H Director**

www.bradhope.net

PAID FOR BY BRAD HOPE ELECTION COMMITTEE

## Who is Fred Thomas?

Vote Fred for Mayor - November 19



www.fredthomas.org

e-mail: fred@fredthomas.org

PAID FOR BY FRED THOMAS ELECTION COMMITTEE

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# Health/Lifestyle News

## The Life of the Common Cold

(NC)—It's fall, and the enemy is at the gates. Even with more than 100 types of viruses that cause the common cold, they all lead to the same misery. The first step to a strong defense against infection is to know your enemy.

Touching elevator buttons, doorknobs or shopping-cart handles is the most common way of collecting viruses on your fingertips. If you then touch your eyes or nose before you've washed your hands, here's what your next 10 days might look like.

The virus moves down your tear duct into your sinuses, or up your nose to the back of your throat, where it penetrates a healthy cell. It then uses the host cell as a factory, to make so many copies of itself that the cell eventually bursts. Within 8-12 hours, this fresh batch of viruses floods the area, enter-

ing surrounding healthy cells, and starting the cycle again.

For as much as three days you can share viruses with your family, friends and coworkers without even knowing you've caught a bug. It can take this long for the infection to grow large enough to trigger an immune response, and for you to start feeling the first symptoms.

Your scratchy throat is the result of white blood cells gathering at the site of infection, and releasing substances called mediators that inflame the area. On top of making your nose red and sensitive, the inflammatory response also attracts other cells of the immune system to come pitch in for the fight. Meanwhile other mediators increase mucus production, and stimulate sneezing and coughing reflexes to

flush the virus out of the body.

Immune cells called macrophages, which is Greek for "big eater," are now on the patrol, engulfing and digesting viruses, while Natural Killer cells destroy the virus factories. It can take another week and a lot of energy for your immune system to successfully fight off the infection, so it's important to give it all the help you can: reduce your exertion to a minimum to conserve your energy, take your Cold-FX, which improves the work done by macrophages and Natural Killer cells, and drink plenty of fluids to help flush viruses away.

Taking these three steps for a full 10 days from the moment you feel that first tickle will help get you back on your feet and feeling fine more quickly.   
 - www.newscanada.com



Yes, you can pay less tax on retirement income.

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First, find ways to enjoy your life. Try to have at least one good laugh a day, even if it means taking time to watch a funny television show or movie.

Second, do not have fun by getting drunk or taking drugs. Those who do tend to age quickly and suffer health problems.

Third, eat sensibly, which means eating a wide variety of foods and not indulging in too many sweets. Eat to keep your weight down, but if you need to lose weight, do it gradually through healthy eating.

Fourth, have more sexual intercourse. If you cannot find a mate, then perhaps you need to adjust your expectations or your appearance or your behaviour.

Fifth, have a positive attitude about life. Look for the good and not for the bad. Count your blessings. After all, you live in one of the richest countries in the world and you have a roof over your head and food in the cupboard. Yes, the world is full of problems, but chances are, if you take a positive view, you might help solve some of those problems.

Sixth, take time every day to exercise. No, you do not have to take out a membership to a gym. You can do gardening, clean house, take a long walk, dance, swim or play an active game.

NOTE: none of the above involve doling out a lot of money. They might involve making changes in your lifestyle or in your attitude, but they are not expensive ways to have a longer life.

All of this may sound a bit too simple, but all of these tips come from a nation-wide survey in the United States in which long-lived healthy people were interviewed to find out how they managed to live so long. None of them said they went on a special diet, or took a lot of supplements, or had some secret formula for living a long time. What they did have in common was a positive attitude toward life, a genuine liking for other people, and they kept busy every day. The people interviewed ranged in age from 95 to 103, and all of them were still eating good meals, enjoying friends and family, going for walks, dancing and gardening, and thoroughly enjoying their lives.

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Bobby Gibb takes a break from all the activity October 22nd at West Edmonton Mall. Gibb, along with a bus load of Princeton area youth, made the annual field trip. Photo: Adam Gullason

## Up 'n' Adam Tech Talk

Make The Ultimate Computer!

by Adam Gullason

Do you have an Apple computer that is made in 2007 or newer? If you do, I have a great suggestion for you.

I recently did some work for a friend of mine who wanted the latest and greatest programs on his Mac. After putting these programs on his Mac for him I realized that he is actually just switching from PC to Mac, he is used to Windows XP. So I talked him into getting this program called VMware.

This program allowed him to run Windows (any kind) in the background of his Mac. So let's say he wanted Windows Media Player because he is used to it. Apple does make a version of it for the Mac but

it just isn't the same.

So all he would have to do is download Windows Media Player for Windows and install it, then suddenly you can run it on your computer seamlessly.

Short version is, it integrates Windows within your Mac so you have the ultimate computer with absolutely no limitations. I highly suggest doing this.

You can search on Google how to do this or you can email me at [techtalk@upnadam.me](mailto:techtalk@upnadam.me) and I can give you information. And like I said, you can easily run any Windows application on your Mac including Internet Explorer, Sony Vegas, even your favorite video game made for PC. Try it!

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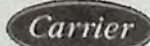
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FortisBC residential rate (per GJ)\*

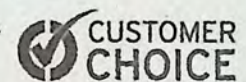
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Gas Marketers' residential fixed rates (per GJ)

Supplier name	Offer	1 yr term	2 yr term	3 yr term	4 yr term	5 yr term
Access Gas Services Inc. 1-877-519-0862 <a href="http://accessgas.com">accessgas.com</a>	Prime Rate Natural Gas Agreement	\$3.89				
	Access Gas Prime Rate	\$4.39				
	Residential Price Protection Plan		\$4.64	\$4.89	\$5.39	\$5.64
	Green Energy Price Protection Plan	\$5.39	\$5.64	\$5.89	\$6.39	\$6.39
Active Renewable Marketing Ltd. 1-866-628-9427 <a href="http://activerenewable.com">activerenewable.com</a>	Green Natural Gas Protection Plan					\$8.99
FireFly Energy 1-888-780-3298 <a href="http://fireflyenergy.ca">fireflyenergy.ca</a>	FireFly 1 Year & 3 Year Plans	\$4.29		\$5.33		
Just Energy 1-866-587-8674 <a href="http://justenergy.com">justenergy.com</a>	Fixed Price Program				\$6.15	\$6.15
Planet Energy 1-866-360-3193 <a href="http://planetenergyhome.ca">planetenergyhome.ca</a>	Stability			\$5.19		\$5.95
Smart Energy (BC) Ltd. 1-866-917-5599 <a href="http://smartenergybc.com">smartenergybc.com</a>	Fixed Rate Program	\$5.40	\$5.40			
Summitt Energy BC LP 1-877-222-9520 <a href="http://summittenergy.ca">summittenergy.ca</a>	Flat Rate Program					\$6.99
	EverGreen Program					\$7.99
Superior Energy Management 1-866-872-2991 <a href="http://superiorenergy.ca">superiorenergy.ca</a>	Price Protection Plan			\$5.20		

\*Chart shows gas marketers' rates for a range of fixed terms. Marketers typically offer a variety of rates and options. Check websites listed or call to confirm current rates. Rates are subject to change. FortisBC rate may change quarterly.

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Princeton Posse's Curtis Bellamy (#21) watches the play down the ice along with Posse goalie Phoenix Logan-Hill (#39) in the October 28th game against Osoyoos Coyotes. \*

# Posse drop another to Osoyoos

To say there's a rivalry between Princeton Posse and Osoyoos Coyotes is understating the obvious. Dating back to the days of the Osoyoos Storm, both teams have had each other in their sights for years. So when Princeton lost 5-2 October 21st in Sun Bowl Arena in Osoyoos, there was bound to be some excitement in the rematch October 28th in Princeton Arena. On paper, the Coyotes came to the Similkameen with an 11-5-0-0 record to Princeton's 6-4-0-1, but Osoyoos had also played five more games. On the ice, it was an evenly matched battle from the opening face-off to the final buzzer. The first period saw Princeton give Osoyoos a three-man advantage at 10:04 when Cole Weber joined Tim Martens and Devon Grossler in the penalty box with a tripping call. It

lasted only 11-seconds and Grossler's tripping penalty expired. Then one-by-one, with split-second accuracy, the Posse slowly, methodically killed off the remaining two penalties and kept the play in the Osoyoos zone for most of that time. It was, in a word, incredible. By the time the period ended, the game was scoreless. Osoyoos scored first at 9:33 of the second (Zach Lindsay from Kam Crawford) and added a second goal at 6:47 (Dylan Burton from TJ Cunningham and Steve Sasyniuk). After two the visitors had a 2-0 lead. Both goalies had great games in the net. Darren Hogg of Osoyoos stopped 12 shots in the first two periods and Phoenix Logan-Hill stopped 17 shots in the Princeton net and at one point lunged on the puck just outside the goal crease as if to smother a hand grenade to save his

team. The third period saw a slightly amped up Posse flexing their muscles during the play, behind the play, after the play and sometimes between plays. Princeton got on the scoreboard at 4:25 when Kurtis Bond drilled a rocket of a shot from inside the blue line, directly in front of the goal that could have gone through the net and out into the parking lot if it weren't for so many obstacles along the way. Assists went to Mitch Hewson and Alex Demchuk. Attempts were made to tie the game but Osoyoos goalie Darren Hogg was just a bit faster than the shots fired at him. Final Score: Osoyoos 2, Princeton 1. Shots on goal: Osoyoos 22, Princeton 20. Penalties in minutes: Princeton 11 for 22-minutes, Osoyoos 7 for 14-minutes.



Princeton Posse's Jaden Janzen (#22) in a face-off during the October 28th game against Osoyoos. Janzen switched jerseys to wear former Posse player Nick Cecconi's number as a tribute. \*





# News Leader Entertainment

Similkameen News Leader TV Guide Listings - November 1 - 7, 2011



Princeton Posse's Kevin Raimundo (#7) takes a face-off in the October 29th game against Summerland. \*

## Posse put wrinkles in the Steam

Princeton Posse hosted Summerland Steam October 29th in an evening that was celebrated by the team and fans as the 100th Princeton Posse webcast for internet play-by-play announcer George Elliott.

The Posse scored first at 18:51 of the first in their first power play of the game. Credit was awarded to Keenan Fordy with assists to Jaden Janzen and Mitch Hewson.

Then at 6:42 Princeton's Alex Demchuk took the puck into Summerland territory, slipped behind the net from the goalie's right and passed the puck out front once out the other side. Eric Schmidt was in position waiting for the pass and drilled it past Steam goalie Trevor Austin.

Just 57-seconds later Princeton's Eric Kubis took a pass from Alex Demchuk and fired a shot from the right side of the rink near the blue line. It crossed through traffic in front of the Summerland goal and skipped along the ice and buried itself deep in the bottom left corner of the net. Cole Weber got the second assist on the goal.

In the second period Princeton widened their lead at 6:11 (Eric Kubis from Landen Matechuk and Alex Demchuk) and once more at 4:26 with a short-handed goal while Jaden Janzen was serving a

slashing penalty. Credit for the goal went to Devon Grossler with an assist to Keenan Fordy.

After two periods it was Princeton leading 5-0 and what the score doesn't tell you is Summerland was playing a pretty good game, but couldn't penetrate the Posse goal.

The third period saw Summerland put Sam Bass in goal and 33-seconds after the start of the final frame the Steam got on the scoreboard. It was a power play goal scored by Colin Minardi with an assist to Kyle Kuindersma.

Princeton continued to add to their score with two fast ones (37-seconds apart) at 9:58 (a power play goal scored by Kevin Raimundo with assists going to Robbie Christensen and Keenan Fordy) and at 9:21 (Devon Grossler from Tanner Russell and Landen Matechuk).

Summerland snuck in another

power play goal at 7:13 (Taylor Spankie from Josh Spence and Nelson Bowman) but it was far too late for a comeback.

Princeton added another goal at 2:46 (Landen Matechuk from Alex Demchuk and Kevin Raimundo) to finish the game.

Final score: Princeton 8, Summerland 2. Shots on goal: Summerland 31, Princeton 28. Penalties in minutes: Princeton 8 for 16-minutes, Summerland 3 for 6-minutes.

A total of twelve Princeton Posse players earned points in the game with Alex Demchuk collecting four of them. Keenan Fordy and Landen Matechuk had three each; Kevin Raimundo, Eric Kubis and Devon Grossler each had a pair with singles from Cole Weber, Tanner Russell, Kurtis Bond, Jaden Janzen, Mitchell Hewson and Robbie Christensen.

## Thank You!

Princeton Posse Moms, Volunteers, Players and Fans for making my 100<sup>th</sup> Webcast a memorable night!

George Elliott

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# News Leader Horoscopes

November 2 - 9, 2011

**Aries** - You may want to sing and dance this week, or do something very creative that requires moving around, using your body. You will probably feel restless in a pleasant way. You will likely want to spend money on luxuries, so don't give in to an urge to shop. Be sensible, stay out of debt.

**Taurus** - You may have some tension arising from being in debt, but you could also take advantage of opportunities to reduce debt or make good investments. Review interest rates if you have a mortgage and consult people where you might get a better deal. It is rare, but you might inherit money now.

**Gemini** - If you need a little romance in your life, you could get it this week through kind or appreciative words. For the most part, you will be focused on your work. Take care of your health now and avoid colds, flu. Plans tend to fall apart but remake themselves in a pleasant way. Be flexible, giving.

**Cancer** - Something unusual and perhaps quite entertaining is likely to happen at work this week. An older person or person of authority may surprise you with some good news or a gift. This weekend, count on everything not going according to plan. You will have to adapt to circumstances. Do it graciously.

**Leo** - If you need to travel somewhere or are taking a vacation, plan on a lot of surprises, most of them good. Career matters tend to be affected by unpredictability, so stay on your toes. You could be inspired to do something very kind, by showing your appreciation. This weekend could be very hectic.

**Virgo** - Something really nice could happen this weekend at home. You could be in for a pleasant surprise. If you have to travel anywhere, be prepared for the unexpected. Family could be a source of a lot of fun, or some kind of benefit that puts an end to a lot of your worries. Look for silver lining.

**Libra** - You gain this week by speaking graciously, and you could be rewarded by a positive response from a partner, friend or spouse. Continue your planning process to tie up loose ends. Focus on reliability, trustworthiness, meeting your commitments. Benefits could come to you from investing.

**Scorpio** - You may unexpectedly receive money, either through earning bonus, or from money owed. A friend could be very generous this weekend. Work may be hectic but not unpleasant. Make sure you have a positive attitude and speak graciously at work. You could receive good news about your health.

**Sagittarius** - This is a good week to take some time to put your best foot forward verbally. You will improve your health by walking, dancing, or running, but you can really enjoy yourself this weekend by combining work with fun. Put a little more romance and fun into your life! Be creative.

**Capricorn** - You will find you have less to worry about this week. Good things happen out of the blue, although plans you made may be disrupted substantially by unexpected events around home. This weekend you may have surprise visitors. Try to go with the flow and enjoy the surprises.

**Aquarius** - You can express your plans now for the good things you want to happen in the future. Friends are still in opposition to some extent so try to tone down your way of surprising others with your good intentions. Do not let your buoyant feelings overcome your good sense, and drive with caution.

**Pisces** - Expect good news regarding your career, or expect to have fun on the job. You can be the person this weekend who lifts everyone's spirits, as you can make the most of resources you share with others. Why not have an impromptu potluck supper at your house, or do something spontaneous? Have fun.

# Tuesday Movies

**EVENING**

9:00 pm WTBS ch.3 "Scary Movie 4" (2006, Comedy) Anna Faris. Dim-witted Cindy Campbell and her sex-crazed friend, Brenda, team up with cute-but-clueless Tom Ryan to save the world from a hostile alien invasion.

10:45 pm WTBS ch.3 "Scary Movie 4" (2006, Comedy) Anna Faris. Dim-witted Cindy Campbell and her sex-crazed friend, Brenda, team up with cute-but-clueless Tom Ryan to save the world from a hostile alien invasion.

# Wednesday Movies

**EVENING**

9:00 pm WTBS ch.3 "Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock. FBI agent Gracie Hart clashes with her superiors when she jumps in to save two kidnapped friends in Las Vegas. KNOW ch.5 "The Magic Flute" (2006, Romance) Joseph Kaiser. Premiere. A prince and his loyal companion battle to save a princess. (CC) 11:00 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.

(2006, Romance) Joseph Kaiser. Premiere. A prince and his loyal companion battle to save a princess. (CC) 11:00 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.

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## TUESDAY, NOVEMBER 1, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
<b>6 AM</b>	In the Heat of the Night	(5:30) Morning News (N)	Arthur	Thomas	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	Canada AM	Breakout	Henry's Franny	CityLine (N)	Repo	Spoiled
<b>7 AM</b>	Cosby		Martha	Arthur	Today Tom Brokaw; Carrie Fisher. (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Turbo	Sidekick	SportsCentre		Extreme Loggers	Phineas Suite/Deck	The Nate Berkus Show	CSI: NY "A Man a Mile"	Debt/Part
<b>8 AM</b>	Excused		Hi-5	Curlous	(N)		CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Canada's Worst Driver	Hannah Phineas	Rachael Ray (N)	CSI: Crime Scene	TV-Torrens
<b>9 AM</b>	Family Fd	100 Huntley Street	Wibbly Pig	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	To School	SportsCentre		Myth-Busters	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Restaurant Makeover
<b>10 AM</b>	Millionaire	World Vision	Numbjack	Sesame Street	(EI)	The Price Is Right (N)	Hoarders	The View (N)	World Vision	Design Inc.	Poko	Little Bear	Fish Flats	The View (N)	Inventions That Shook	Mickey Handy	The Chew	CSI: Crime Scene	Frasier
<b>11 AM</b>	Law Order: CI	Design Inc.	Save-Ums!	Sid	The Doctors (N)	Young & Restless	Intervention "Michelle"	Paid Prog.	Design Inc.	Noon News Hour (N)	Animal Artzooka	G. Shrinks	Darts	Marilyn Denis	Mayday	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
<b>12 PM</b>	Amor. Dad	Noon News Hour (N)	Making WordWorld	Charlie Rosa (N)	Bra Design	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	Puppies	Speed	CTV News (N)	Machines	Wizards	General Hospital (N)	CSI: Crime Scene	Roseanne
<b>1 PM</b>	King	Days of our Lives (N)	Dinosaurs	Painting	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Dragons' Den	Garfield	NFL Live (Live)	The Dr. Oz Show	Canada's Worst Driver	Sonny Cory	Jdg Judy	CSI: Crime Scene	Raymond
<b>2 PM</b>	Browns	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48 "Ditched"	General Hospital (N)	The Talk	The Doctors (N)	Steven and Chris (N)	Kid vs. Kat Super Evil	Off Record	Dr. Phil (N)	Deadliest Catch	Suite/Deck Ned's	CityNews at 5 (N)	Auction	Gold Girls
<b>3 PM</b>	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil (N)	The First 48	Rachael Ray (N)	The Doctors (N)	Young & Restless	Recipes Stefano	SpongeBob	SportsCentre (N)	Anderson	Mighty Ships	Life Derek Suite Life	CityNews at 6 (N)	Auction	Restaurant Makeover
<b>4 PM</b>	Big Bang	Young & Restless	Arthur	Fetch! With Berenstain	Jdg Judy	The Dr. Oz Show	Storage	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mosque	SpongeBob	NHL Hockey: Ottawa Senators at Boston Bruins. (Live)	Ellen DeGeneres Show	Daily Planet (N)	Phineas Phineas	The Biggest Loser (N)	Auction	Debt/Part
<b>5 PM</b>	Browns	News (N)	Hedgehog	News	News	News	Storage	News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	SportsCentre (N)	CTV News at Five (N)	Game	Wizards		Auction	3rd Rock
<b>6 PM</b>	Law Order: CI	Global Nat. News	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Storage	News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Mr. Young	NHL Hockey: Vancouver Canucks at Calgary Flames.	CTV News (N)	Auction	PrankStars	New Girl	Auction	3rd Rock
<b>7 PM</b>	Seinfeld	Ent	Hope for Wildlife	NOVA (DVS)	Jeopardy!	Inside Ed.	Storage	Ent	Ent	Parenthood (N)	Jeopardy!	Boys	Hockey: Vancouver Canucks at Calgary Flames.	CTV News (N)	Brothers	Shake It	(7:01) Body of Proof (N)	Auction	Frasier
<b>8 PM</b>	Family Guy	Glee "Pot O' Gold" (N)	Beatles Rocked	Electric Dreams	The Biggest Loser (N)	NCIS "Devil's Triangle"	Storage	Last Man Standing	Glee "Pot O' Gold" (N)	Glee "Pot O' Gold" (N)	22 Minutes	Chris	SportsCentre (N)	Dancing With the Stars	Daily Planet	Suite/Deck Kings	News EP Daily	Auction	Debt/Part
<b>9 PM</b>	Movie: "Scary Movie 4" (2006)	NCIS: Los Angeles (N)	(9:05) Hair India	Frontline		NCIS: Los Angeles (N)	Storage	Dancing With the Stars	NCIS: Los Angeles (N)	NCIS: Los Angeles (N)	Michael Debaters	Funniest Home Videos	SportsCentre (N)	Auction	Debra	Seinfeld		Auction	3rd Rock
<b>10 PM</b>	(10:45) Movie: "Scary Movie 4"	Parenthood (N)	(10:05) Love in India	Women, War & Peace	Parenthood (N)	Unforgettable (N)	Storage	(10:01) Body of Proof	Parenthood (N)	News Hour Final (N)	National	Home Imp.	SportsCentre (N)	(10:01) Unforgettable	Brothers	Princess	The Nate Berkus Show	Auction	3rd Rock
<b>11 PM</b>	Final	CHBC News Final (N)	Hope for Wildlife	Charlie Rose (N)	News	News	Storage	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Laughs	SportsCentre (N)	CTV News	Game	Ned's	Paid Prog.	MANswers	Frasier

WEDNESDAY, NOVEMBER 2, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

THURSDAY, NOVEMBER 3, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 24 rows (6 AM to 11 PM) listing TV programs and channels.

# Lending A Helping Hand!



Princeton Posse's Brenden Colter takes a short break from helping at Princeton Museum to check out some of the items stored in the basement of the facility. \*



A picker truck, a motor boat and a flat deck truck were kept busy Friday October 28th at Vaseaux Lake north of Oliver. A southbound semi hauling bales of peat moss took a curve too quickly late afternoon on October 27th, flipped across the cement barricades and spilled some of its load into Vaseaux Lake. The lighter-than-air bales of peat that left the trailer floated around Vaseaux Lake overnight. The trailer hauling the load and the semi truck tractor may well be write-offs. The driver of the rig escaped with minor injuries. Photo: Arlene Arlow



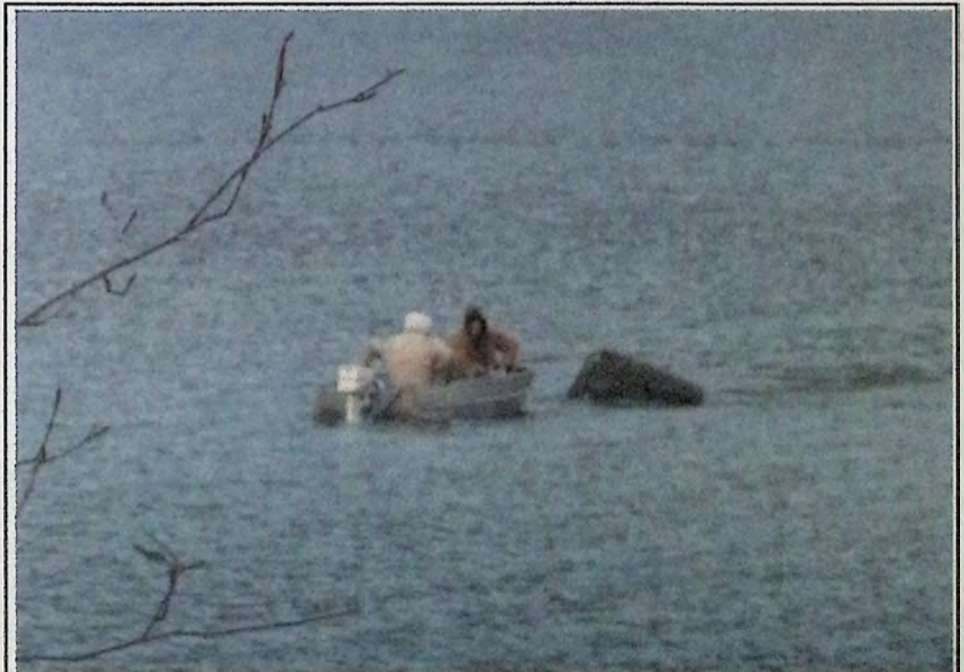
These large bales of peat moss were rounded up and plucked from Vaseaux Lake October 28th. The curve where the semi truck driver lost control and spilled part of the load is extremely sharp. MLA John Slater is hoping to secure funding to straighten Highway 97 along the east side of Vaseaux Lake due to the number of accidents that have occurred there. Photo: Arlene Arlow



Princeton Posse's Eric Kubis brings another load of boxes from the Skills Centre to the basement of Princeton Museum. The boys provided their assistance last week. \*



Princeton Posse's Robbie Christensen leads the way from a trailer of boxes destined for the Princeton Museum basement. Without their help last week, this project would not have been completed. \*



This motorboat was used to retrieve bales of peat moss that escaped custody after a truck spilled part of its load on the shore of Vaseaux Lake October 28th. It was one of many serious accidents filling headlines last week throughout the Similkameen and South Okanagan. Other accidents occurred West of Princeton on Highway 3 and on Green Mountain Road. Photo: Arlene Arlow

# Williams earns points in Nelson

The Thompson Okanagan Female Midget AAA Rockets were in Nelson for two league games against the Kootenay Wildcats on the weekend of October 22 & 23.

The first game the Rockets came out strong and dominated most of the play and the end score was 9-0 for the Rockets. Tara Bouvette earned the shutout in net.

Goals were scored by Christine Crawford (assists from Lindsey Rose and Colby Williams), Mackenzie Barrie (assisted by Miranda Pendergraft), Colby Williams (assists from Jesse Keca and Maggie Shykula-Ross), Maggie Shykula-Ross (assisted by Colby Williams and Mackenzie Barrie), Jesse Keca (a single assist from Rebecca Blinkhorn), Jesse

Keca (assisted by Mackenzie Barrie and Maggie Shykula-Ross), Jesse Keca (with an assist going to Maggie Shykula-Ross), Jesse Keca (assisted by Colby Williams and Maggie Shykula-Ross) and Colby Williams (with assists from Jesse Keca and Cora Sutton).

Game 2 on Sunday morning saw much the same with the Rockets coming out strong and the score was 5-1.

Goals were scored by Jesse Keca (assisted by Colby Williams), Jesse Keca (with assists from Maggie Shykula-Ross and Colby Williams), Jesse Keca (assisted by Maggie Shykula-Ross), Colby Williams (assists from Maggie Shykula-Ross and Jesse Keca), Kiana Karolyi (assisted by Miranda

Pendergraft and Christine Crawford). Jamie Grove played a strong game in net.

The Thompson Okanagan Female Midget AAA Rockets of Kelowna is made up of young women from various communities in the Thompson, Okanagan and Similkameen Valleys.

The complete team roster, with hometowns, is below:

- Jamie Grove, Kelowna
  - Cora Sutton, Kamloops
  - Danielle Butler, Vernon
  - Jesse Keca, Kelowna
  - Mackenzie Barrie, Vernon
  - Kiana Karolyi, Kamloops
  - Kendall Schultz, West Kelowna
  - Rebecca Blinkhorn, Winfield
  - Lindsey Rose, Kamloops
  - Miranda Pendergraft, Osoyoos
  - Taylor Whiteside, Kelowna
  - Colby Williams, Princeton
  - Courtney Morice, Kamloops
  - Melissa Hume, Salmon Arm
  - Christine Crawford, Penticton
  - Maggie Shykula-Ross, Salmon Arm
  - Tara Bouvette, Kamloops
- Hockey Staff:  
Mark Elder, Head Coach - Penticton  
Kevin Williams, Assistant Coach - Princeton  
John Sutton, Assistant Coach - Kamloops



Princeton's Colby Williams plays with the Thompson Okanagan Female Midget AAA Rockets for another season. - photo submitted

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FRIDAY, NOVEMBER 4, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM	In the Heat of the Night	(5:30) Morning News (N)	Arthur (N)	Bob Bulld	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos (N)	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat	SportsCentre	Canada AM (N)	Mayday	Henry's Franny	CityLine (N)	The Ultimate Fighter (N)	TV-Torrns
7 AM	Cosby	Cosby	Martha	Arthur	Today Justin Bieber; Lisa Ling (N)	The Early Show (N)	CSI: Miami	Good Morning America (N)			Turbo	Yu-Gi-Oh!	SportsCentre	Dirty Jobs	Phineas & Ferb	The Nate Berkus Show			Tracked
8 AM	Excused	Excused	Hi-5	Curious			CSI: Miami			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre	Myth-Busters	Hannah	Rachael Ray (N)			TV-Torrns
9 AM	Family Fd	100 Huntley Street	Garth-Bev	Super Why!															
10 AM	Millionaire	World Vision	Numbrjack	Sesame Street (E)															
11 AM	Law Order: CI	Design Inc.	Save-Ums!	Sid	The Doctors (N)	Young & Restless	Criminal Minds (N)	Paid Prog.	Design Inc.	Noon News Hour (N)	Animal	G. Shrinks	Boxing: Floyd Mayweather Jr. vs. Victor Ortiz	Marilyn Denis	Mayday "Lost"	Suite Life	CityLine		Gold Girls
12 PM	Amer. Dad Earl	Noon News Hour (N)	Making WordWorld	Charlie Rose (N)	Paid Prog.	Bold	Criminal Minds (N)	The Chew (N)	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	SpongeBob Rated A	Curiosity	Wizards Hannah	General Hospital (N)	Jesse James-Man		Roseanne '70s Show	
1 PM	King	Days of our Lives (N)	Doggy Zebboom	Painting Scrapbook	Days of our Lives (N)	The Talk (N)	Criminal Minds (N)	One Life to Live (N)	Days of our Lives (N)	The Talk (N)	Dragons' Den (N)	Garfield Almost	Horse Racing: Breeders' Cup World Championships. From Louisville, Ky. (N) (Live)	The Dr. Oz Show	The Exorcist Files	Sonny Cory	Jdg Judy	Jesse James-Man	Raymond
2 PM	Browns Payne	The Talk (N)	Franklin Clifford	Barney WordWorld	Turbo Judge B.	Let's Make a Deal (N)	Criminal Minds (N)	General Hospital (N)	The Talk (N)	The Doctors (N)	Steven and Chris (N)	Kid vs. Kat Super Evil	Cup World Championships. From Louisville, Ky. (N) (Live)	Dr. Phil (N)	Myth-Busters	Suite/Deck Ned's	CityNews at 5 (N)	Jesse James-Man	Gold Girls
3 PM	The Office	The Doctors (N)	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil (N)	Criminal Minds (N)	Rachael Ray (N)	The Doctors (N)	Young & Restless	Recipes Stefano	SpongeBob Sidelick	Anderson (N)	Cash Cab	Life Derek	CityNews at 6 (N)	Jesse James-Man	Restaurant Makeover	
4 PM	Big Bang	Young & Restless	Arthur Berenstain	Blz Kid\$ Wild Kratts	Jdg Judy	The Dr. Oz Show	Criminal Minds (N)	The Nate Berkus Show	Young & Restless	Early News Global Nat.	Mosque Wheel	SpongeBob T.U.F.F.	Ellen DeGeneres Show	Daily Planet (N)	Phineas & Ferb	How I Met My FrankStars	DEA	TV-Torrns	
5 PM	Browns Payne	News (N)	Hedgehog	News	News	News	Criminal Minds (N)	News ABC News	Early News Global Nat.	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	Interrupttion	Canada's Worst Driver	Wizards Random	Extreme Makeover	DEA	'70s Show	
6 PM	Law Order: CI	Global Nat. News	Parks Rivers	PBS News-Hour (N)	News Millionaire	KREM 2 News at 6 (N)	Criminal Minds (N)	News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Boys	CFL Football: Saskatchewan Roughriders at Edmonton Eskimos. (Live)	CTV News at Five (N)	Man vs. Wild (N)	Shake It Good Luck	Fringe (N)	DEA	'70s Show
7 PM	Seinfeld (N)	Ent	What's That About? (N)	Wash. Need	Jeopardy! Wheel	Inside Ed. Access H.	Criminal Minds (N)	Ent	Ent	House "Unwritten"	Jeopardy!	Victorious	Big Bang	etalk	Mayday	Jessie	Extreme Makeover	DEA	King
8 PM	Family Guy	A Gifted Man (N)	New Tricks (N)	Give Me the Banjo (N)	Chuck (N)	A Gifted Man (N)	Criminal Minds (N)	Extreme Makeover	A Gifted Man (N)	A Gifted Man (N)	Ron James	Movie: "Legally Blondes" (2009) Milly Rosso	SportsCentre (N)	CSI: NY "Crushed" (N)	Man vs. Wild	Phineas and Ferb: The Movie	News EP Daily	DEA "Flip The Stripper"	TV-Torrns
9 PM	Movie: "The Lookout"	House (N)	Silk (N)		Grimm (N)	CSI: NY "Crushed" (N)	(9:01) Criminal Minds	Extreme Makeover	House (N)	Ringer (N)	fifth estate					PrankStars	Seinfeld (N)	DEA	'70s Show
10 PM	Movie: "Rat Race"	Ringer (N)	(10:05) Party Animals	Electric Dreams	Dateline NBC (N)	Blue Bloods (N)	(10:01) Criminal Minds	20/20 (N)	Ringer (N)	News Hour Final (N)	National	Friday Night Lights	SportsCentre (N)	Blue Bloods (N)	Canada's Worst Driver	Movie: "Camp Rock" (2008)	Frank the Entertainer	MANswers	'70s Show
11 PM	Movie: "Rat Race"	CHBC News Final (N)	What's That About?	Charlie Rose (N)	News Jay Leno	News Letterman	(11:01) Criminal Minds	News	News Hour Final (N)	Ent	Stroumbouloupoulos	In Real Life	SportsCentre	CTV News	Mayday	Brandy & Ray J	Star Trek: Voyager	King	

# 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 #375 - Rated Medium

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

THIS WEEK'S SOLUTION:  
Page 18

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2011 Carter Boswell, Princeton, BC and published by Similkameen News Leader

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## Thursday Movies

**EVENING**

9:00 pm WTBS ch.3 "The Hoax" (2006, Drama) Richard Gere. Clifford Irving nearly pulls off a huge media scam when he writes a fake biography of reclusive billionaire Howard Hughes and sells it to publishing giant

McGraw-Hill.

11:00 pm WTBS ch.3 "The Time Machine" (2002, Science Fiction) Guy Pearce. A scientist travels into the future and meets a race of people who fear hideous monsters living under the ground.

## Friday Movies

**EVENING**

8:00 pm YTV ch.18 "Legally Blondes" (2009, Comedy) Milly Rosso. Premiere. British twin sisters experience culture shock when they attend school in California. (In Stereo) (CC)  
FAM ch.26 "Phineas and Ferb: The Movie: Across the 2nd Dimension" (2011, Comedy) Voices of Vincent Martella. Animated. Along with their pet platypus, stepbrothers Phineas and Ferb battle evil Dr. Doofenshmirtz. (In Stereo) (CC)  
9:00 pm WTBS ch.3 "The

Lookout" (2007, Suspense) Joseph Gordon-Levitt. A brain-damaged former athlete finds himself pulled into a heist at the bank where he works as a janitor.  
10:00 pm FAM ch.26 "Camp Rock" (2008, Musical Comedy) Joe Jonas. A talented singer works in the kitchen at a summer camp for aspiring musicians. (In Stereo) (CC)  
11:00 pm WTBS ch.3 "Rat Race" (2001, Comedy) Rowan Atkinson. A hotel owner devises a contest where six Las Vegas gamblers frantically search for a bag containing \$2 million.

# Saturday Movies

**MORNING**

10:00 am A&E ch.9 "Scent of a Woman" (1992, Drama) Al Pacino. A blind ex-colonel takes his preppie guide on a lust-for-life trip to New York. (CC)

**AFTERNOON**

12:00 pm FAM ch.26 "High School Musical" (2006, Musical Comedy) Zac Efron. Students conspire to prevent a basketball star and a shy newcomer from singing in a stage production. (In Stereo) (CC)  
1:30 pm CITY ch.12 "Batman Begins" (2005, Action) Christian Bale. Premiere. Following the death of his parents, young heir Bruce Wayne becomes a masked avenger who fights the forces of evil in Gotham City. (CC)

2:30 pm CHBC ch.4 BCTV ch.11 "Batman Begins" (2005, Action) Christian Bale. Premiere. Following the death of his parents, young heir Bruce Wayne becomes a masked avenger who fights the forces of evil in Gotham City. (CC)

5:00 pm WTBS ch.3 "Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the millennium.

**EVENING**

6:00 pm CITY ch.29 "Cradle of Lies" (2006, Suspense) Shannon Sturges. While pregnant with a baby girl, a woman learns her husband must have a son to inherit his family's fortune. (CC)

7:00 pm WTBS ch.3 "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers.

8:00 pm YTV ch.18 "Galaxy Quest" (1999, Comedy) Tim Allen. Aliens, believing actors to be real heroes, enlist cast members of a sci-fi TV series to help save their people. (In Stereo) (CC)

8:30 pm WTBS ch.3 "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho. After smoking marijuana, two roommates scour New Jersey to satisfy their hunger for hamburgers.

9:00 pm FAM ch.26 "Miracle" (2004, Drama) Kurt Russell. Coach Herb Brooks leads the U.S. Olympic hockey team to victory over the Soviet team in 1980. (In Stereo) (CC)

CITY ch.29 "Natural Born Killers" (1994, Crime Drama) Woody Harrelson. Two young lovers embark on a blood-drenched killing spree that quickly propels them to celebrity status. (CC)

10:00 pm WTBS ch.3 "George of the Jungle" (1997, Romance-Comedy) Brendan Fraser. A man raised by apes in fictional Bukuvu

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# Sunday Movies

**MORNING**

8:00 am WTBS ch.3 "10,000 B.C." (2008, Adventure) Steven Strait. A young mammoth-hunter leads a small band of tribesmen on a journey to the ends of the Earth on a mission to save his beloved from her warlord kidnappers.

10:00 am WTBS ch.3 "Everyone's Hero" (2006, Adventure) Voices of Rob Reiner. Animated. A boy begins a grand journey to return Babe Ruth's baseball bat before the deciding game of the 1932 World Series comes to a close.

KREM ch.8 "The Cutting Edge" (1992, Romance-Comedy) D.B. Sweeney. An ex-hockey player and a prima donna bicker as paired figure skaters shooting for the Olympics.

A&E ch.9 "Donnie Brasco" (1997, Crime Drama) Al Pacino. Premiere. An undercover FBI agent uses the patronage of an unwitting mobster to infiltrate the New York Mafia. (CC)

SPIKE ch.44 "Major League" (1989, Comedy) Tom Berenger. Lackluster baseball players hear their Cleveland team's new owner is counting on them to lose. (In Stereo) (CC)

**AFTERNOON**

12:00 pm WTBS ch.3 "Election" (1999, Comedy) Matthew Broderick. When a school's goody-two-shoes runs for class

president, a teacher/adviser schemes to keep her from winning.

FAM ch.26 "Cow Belles" (2006, Comedy) Alyson Michalka. Forced to work for their wealthy father, two teenagers try to save his business when money goes missing. (In Stereo)

2:00 pm YTV ch.18 "Flushed Away" (2006, Comedy) Voices of Hugh Jackman. Animated. After an ignoble landing in Ratropolis, a pampered rodent enlists the help of a sewer scavenger in finding his way back to his posh London flat. (In Stereo) (CC)

2:30 pm CITY ch.12 "Catwoman" (2004, Action) Halle Berry. A shy artist acquires feline speed, agility and keen senses following a brush with death. (CC)

3:30 pm CHBC ch.4 BCTV ch.11 "Catwoman" (2004, Action) Halle Berry. Premiere. A shy artist acquires feline speed, agility and keen senses following a brush with death.

4:00 pm YTV ch.18 "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) (CC)

5:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a

young man who still lives at home hire a beautiful woman to entice him to finally leave the nest.

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

**EVENING**

6:00 pm YTV ch.18 "Madagascar: Escape 2 Africa" (2008, Comedy) Voices of Ben Stiller. Animated. Zoo animals from New York meet others of their species for the first time after crash-landing on the Dark Continent. (In Stereo) (CC)

7:00 pm WTBS ch.3 "Failure to Launch" (2006, Romance-Comedy) Matthew McConaughey. The parents of a young man who still lives at home hire a beautiful woman to entice him to finally leave the nest.

SPIKE ch.44 "The Rundown" (2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo)

9:00 pm FAM ch.26 "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan. After moving to New Jersey with her mother, a

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SATURDAY, NOVEMBER 5, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM) listing TV programs and channels.

SUNDAY, NOVEMBER 6, 2011

Table with 20 columns (WTBS ch.3 to TROP ch.45) and 12 rows (6 AM to 11 PM) listing TV programs and channels.

MONDAY, NOVEMBER 7, 2011

	WTBS ch.3	CHBC ch.4	KNOW ch.5	KSPS ch.6	KHQ ch.7	KREM ch.8	A&E ch.9	KXLY ch.10	BCTV ch.11	CITY ch.12	CBC ch.13	YTV ch.18	TSN ch.19	VTV ch.22	DISC ch.24	FAM ch.26	CITY ch.29	SPIKE ch.44	TROP ch.45
6 AM :30	In the Heat of the Night	(5:30) Morning News (N)	Arthur Olliver's	Bob Bullard Clifford	KHQ News 6AM (N)	KREM 2 Morning News	The Sopranos	News	(5:30) Morning News (N)	(4:30) Morning News (N)	CBC News Now	Kid vs. Kat Super Evil	SportsCentre	Canada AM	Inventions That Shook	Henry's Franny	CityLine (N)	Repo	Puppy SOS
7 AM :30	Cosby		Martha	Arthur	Today (N)	The Early Show (N)	CSI: Miami "Caged"	Good Morning America (N)			Turbo	Redakai	SportsCentre		Nerve Center	Phineas Suite/Deck	The Nate Berkus Show	CSI: NY	Instant
8 AM :30	Excused		Hi-5	Curious			CSI: Miami "G.O."			100 Huntley Street	Bo On/Go	Pokémon	SportsCentre		Mega Builders	Hannah Phineas	Rachael Ray	CSI: Crime Scene	TV-Torrans
9 AM :30	Family Fd	100 Huntley Street	Garth-Bev	Super Why!		The 700 Club	The First 48	Live With Regis & Kelly	100 Huntley Street	World Vision	Super Why! News	To School	SportsCentre	Live With Regis & Kelly	Myth-Busters	Mickey Never Land	Access Hollywood Live	CSI: Crime Scene	Restaurant Makeover
10 AM :30	Millionaire	World Vision	Numbrjack	Sesame Street (N)		The Price Is Right (N)	Hoarders "Carolyn; Jo"	The View (N)	World Vision	Design Inc.	Poko	Little Bear	Sportfish	The View (N)	Flying Wild Alaska	Mickey Manny	The Chew	CSI: Crime Scene	Fraser
11 AM :30	Law Order: CI	Design Inc.	Save-Ums!	Sid	The Doctors	Young & Restless	Intervention "Jackie"	Paid Prog.	Design Inc.	Noon News Hour (N)	Animal	G. Shrinks	Darts	Marilyn Denis	License to Drill	Suite Life	CityLine	CSI: Crime Scene	Gold Girls
12 PM :30	Amer. Dad	Noon News Hour (N)	Making	Charlie Rose	Paid Prog.	News	Criminal Minds	The Chew	Noon News Hour (N)	Days of our Lives (N)	CBC News Now (N)	SpongeBob	NFL Prime-Time (N)	CTV News	Gold Rush: Alaska	Wizards	General Hospital (N)	CSI: Crime Scene	Roseanne
1 PM :30	King	Days of our Lives (N)	Doggy	Paint This	Days of our Lives (N)	The Talk	Criminal Minds	One Life to Live (N)	Days of our Lives (N)	The Talk	Dragons' Den	Garfield	NFL Live (N)	The Dr. Oz Show	Sons	Sonny	Jdg Judy	CSI: Crime Scene	Raymond
2 PM :30	Browns	The Talk	Franklin	Barney	Judge B.	Let's Make a Deal (N)	The First 48	General Hospital (N)	The Talk	The Doctors	Steven and Chris	Kid vs. Kat	Off Record	Dr. Phil	American Chopper	Suite/Deck	CityNews at 5 (N)	Ways Die	Gold Girls
3 PM :30	The Office	The Doctors	Rob Robot	WordGirl	Ellen DeGeneres Show	Dr. Phil	The First 48	Rachael Ray	The Doctors	Young & Restless	Recipes	SpongeBob	SportsCentre (N)	Anderson	Canada's Worst Driver	Life Derek	CityNews at 6 (N)	Ways Die	Restaurant Makeover
4 PM :30	Big Bang	Young & Restless	Arthur	Fetch! With Berenstain	Jdg Judy	The Dr. Oz Show	Hoarders "Stacey, Poi"	The Nate Berkus Show	Young & Restless	Early News	Mosque	SpongeBob	Monday Night Countdown (N)	Ellen DeGeneres Show	Daily Planet (N)	Phineas	How I Met	Ways Die	Instant
5 PM :30	Browns	News (N)	Hedgehog	News	News	News	Hoarders	News	Early News	(4:59) News Hour (N)	CBC News: Vancouver (N)	Parents	NFL	CTV News at Five (N)	Prank Sci	Wizards	Terra Nova "Nightfall"	Ways Die	King
6 PM :30	Law Order: CI	Global Nat.	Parks	PBS News-Hour (N)	News	KREM 2 News at 6 (N)	Hoarders "Judy; Jerry"	News	(5:59) News Hour (N)	ET Canada	Coronation Street (N)	Big Time	Football: Chicago Bears at Philadelphia Eagles. (Live)	CTV News (N)	Sons of Guns (N)	Suite/Deck	Parks	Ways Die	King
7 PM :30	Seinfeld	Ent	Be the Creature	Wait...	Jeopardy!	Inside Ed.	Monster	Ent	Ent	Hawaii Five-0 (N)	Jeopardy!	The Next Star	etalk	Canada's Worst Driver	Shake It	Law & Order: UK	Ways Die	Friends	
8 PM :30	Family Guy	NCIS "Engaged, Part 1"	Monarchy	Antiques Roadshow (N)	The Sing-Off The groups perform for the judges.	How I Met Broke Girl	Intervention "Marquel"	Dancing With the Stars (N)	NCIS "Engaged, Part 1"	NCIS "Engaged, Part 1"	Blades	Chris	SportsCentre (N)	Dancing With the Stars (N)	Daily Planet	ANT Farm	News	Ways Die	Instant
9 PM :30	Movie: "Entrapment" (1999) Sean Connery	House (N)	Robert Capa: War	Antiques Roadshow	Mike	Two Men	(9:01) Hoarders	(9:01) Same-day Tape	House (N)	House (N)	Being Erica (N)	Funnlest Home Videos	Hockey	Auction	Prank Sci	Sonny	Seinfeld	Ways Die	King
10 PM :30		Hawaii Five-0 (N)	WWI From Above	Looking for Lincoln	Rock Center	Hawaii Five-0 (N)	(10:01) Hoarders	(10:01) Castle (N)	Hawaii Five-0 (N)	News Hour Final (N)	National	Home Imp.	SportsCentre (N)	(10:01) Castle (N)	Canada's Worst Driver	Princess	The Nate Berkus Show	Ways Die	King
11 PM :30	Movie: "Stardust"	CHBC News Final (N)	For King and Empire	Charlie Rose	News	News	Monster	News	News Hour Final (N)	Ent	Stroumbouloupoulos	Laughs	SportsCentre	CTV News	Sons of Guns	Ned's	Paid Prog.	MANswers	Friends

# Monday Movies

EVENING

9:00 pm WTBS ch.3 "Entrapment" (1999, Action) Sean Connery. A woman pretends to be a burglar to catch a gentleman thief planning a big heist in Malaysia on the eve of the

millennium.  
11:00 pm WTBS ch.3 "Stardust" (2007, Fantasy) Claire Danes. To win the heart of his beloved, a young man ventures into the realm of fairies to retrieve a fallen star.

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25 Words - \$8.00 (includes taxes) - Pay for two weeks, the third week is FREE!

<b>help wanted</b>	<b>help wanted</b>	<b>for rent</b>	<b>for rent</b>	<b>for rent</b>
--------------------	--------------------	-----------------	-----------------	-----------------

**Reception/Administrator**  
**Duties:**  
**Reception**  
 Processing Listings for 7 Realtors. Communicate with Real Estate Board on behalf of realtors in the processing of listings and sales. This includes a managing the company's two websites and ensuring all information stays current.  
 Process Sales for all realtors send conveyance, handle closing and paying out of all sales.  
 Bookkeeping balancing the company's general account as well as managing the company's two trust accounts. Preparing year end and books for accountant  
 Assisting with the property management. This includes but is not limited to advertising for vacant rentals, coordinating contractors and tenants when repairs are necessary, taking rents and monthly payout to all property owners. Currently the office manages 26 properties.  
 Skills that are necessary to be successful in this position.  
 - Competent Computer skills. - Ability to multi task - Very good people skills  
 - Confidentiality is a must - Experience in an office environment  
 Full time Position is available immediately. Position will begin as part time during training period then move into full time once training is complete. Salary dependent on successful candidates experience.  
 Please drop off resumes at front desk or email to heather.johnson@princetonbc.com Qualified applicants will be contacted.

**Princeton Family Services Society**  
 Is accepting applications for the following position:  
**Part Time (17 hours per week) Infant Development Consultant**  
 The applicant should have a degree in a field related to early childhood development (therapy, education, nursing) and/or equivalent practical experience. Having previously worked with developmentally delayed infants; their families and other professionals would be an asset.  
 The consultant will be responsible for providing developmental assessments, individual family goal planning and providing resource and program information. Must be able to work independently and be well organized. Home visits will be required.  
 The successful applicant must submit a criminal record search; possess a valid driver's license and a reliable vehicle.  
 Please submit your resume by mail or e-mail to:  
**Heather Eriksen, Program Coordinator,**  
**Princeton Family Services Society**  
 Box 1331, Princeton B.C. V0X 1W0  
 or e-mail: [childcareadmin@telus.net](mailto:childcareadmin@telus.net)  
 Detailed job description information for this position is available upon request; please contact Heather at (250) 295-3126. Posting closing Thursday November 10, 2011.

FREE ONLINE CLASSIFIEDS  
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**for sale**  
 30 feet of 6-inch excelsior stainless steel chimney liner, cap, etc. Used one winter. Double, single white metal bunk bed frame, pet carrier, medium-sized, 4 Ranger truck tires. Call 250.295.7866. Nov 01-15

**for rent**  
 3-bedroom, 2-bath house. Warm and cozy with heated floors, electric fireplace and 5 appliances. Freshly painted, very clean. Nice yard with lots of parking, garage and small shop. \$900.00/month plus utilities. No smoking, no pets, damage deposit and good references required. Also 2-bedroom ground level apartment near post office. Very quiet. Ideal for seniors or workers. Heat, power and laundry included. No smoking and no pets. Rent negotiable. Call 250.295.6408. Nov 15

Beautiful custom designed and constructed house in Keremeos. Quality finishing throughout. Located on the nicest cul-de-sac in town. Lot is backing onto Pine Park near the Similkameen River. 2,000 sq. ft., 20 ft. vaulted ceiling in great room; loft overlooking, 2 1/2 baths, custom maple kitchen, five appliances, built-in vacuum system, double garage, landscaped with auto sprinkler system, etc. Brand new.  
**Asking \$535,000.<sup>00</sup>**  
**FOR APPOINTMENT TO VIEW CALL:**  
**TED BAJER AT 250.764.7624**

Like-new home on acreage, ground floor suite, 2-bedrooms plus den, Jacuzzi tub, gas fireplace, laundry, dishwasher, all appliances and utilities included. Asking \$750.00 per month. Available immediately. Call 250.295.3966. Oct 11-25

1-bedroom apartment, 301 Bridge Street. \$730.00/month includes utilities. Available now. Contact Heather Johnson Century 21 Princeton 250.295.8591 or 250.295.6977. Nov 01

1-bedroom house, 335 Billiter Avenue. \$500.00/month plus utilities. Available November 1st. Contact Heather Johnson Century 21 Princeton 250.295.8591 or 250.295.6977. Nov 01

3-bedroom house, 1040 Highway 5A. \$1,000.00/month plus utilities. Available November 15th. Contact Heather Johnson Century 21 Princeton 250.295.8591 or 250.295.6977. Nov 01

**lost**

A Loom—LeClerc counter balance, 4 harness with bench. Loaned out initially to a lady at Deblyn MHP, re-loaned without owner's knowledge, person may have since passed away. Reward for information leading to the recovery of loom to its rightful owner Lorraine Lance. Please call 250.292.8572. th

**for sale**

2007 Yamaha 450CC ATV, Warn winch, hand and thumb warmers, well maintained. Asking \$5,900.00. Call 250.295.7843. Oct 25-Nov 08

12' x 54' mobile home to be moved with 2-bedrooms, 1 bath, fridge, stove, new hot water tank. Asking \$6,000.00. Call 250.295.5429 or 250.295.3532. Nov 08

**real estate**

PRICED TO SELL. Spacious, well-maintained, 2-bedroom, 2 bath, modular. New stove and refrigerator. RV parking, located on Similkameen River near Keremeos. Asking \$120,000.00 negotiable. A MUST SEE! Call Earl 250.499.5339 or Bert 928.532.7408. Oct 18-Nov 01

2-bedroom home. Single level, pellet stove, gas furnace, AC unit, carport, metal roof. Asking \$159,000.00. Call owner at 250.295.6906. Oct 18-Dec 14

LOST! Blue ringed binder of safety meetings. Lost October 4th. Call Joseph at 250.814.4615. Oct 25-Nov 01

**WEEKLY SPECIALS**  
**Lodge Rooms** - 8 suites with fridge, microwave, jetted tubs, incl. cable TV, laundry facilities, utility & weekly housekeeping. Common area & kitchen. \$350/week  
**Rainbow Apartment** - 7 single rooms with fridge, microwave, incl. cable TV, utility & weekly housekeeping. Common area & kitchen. \$300/week  
**For more information on monthly rental or other accommodation please call:**  
**250.295.7988 or 1-888-228-8881**

2,400 sq ft commercial space for lease, price negotiable, good commercial exposure. Available immediately. Contact Heather Johnson, Century 21 Princeton 250.295.6977 or 250.295.8591. Sep 20-Nov 01

2-bedroom country home with shop at 400 Coalmont Road. Available December 1st. \$650.00/month. Contact Heather Johnson, Century 21 Princeton 250.295.6977 or 250.295.8591. Oct 18-Nov 01

267 Angela Avenue, \$900.00/month plus utilities. 3-bedrooms, 1- bath, new appliances. References required. Rental applications available at Century 21 Princeton office. Oct-Nov 01

3-bedroom, 2-level house downtown. New appliances, large rooms. Walking distance to everything. \$900.00/month, plus utilities, references required. Available October 1st. Call 604.322.4091 or e-mail sandbar37@hotmail.com. Oct 25

Rent-to-own (or rent) our 4-bedroom, 2.5 baths, 3,100 sq feet, large basement home on 5 acres, horse fence, garage, shop and your own creek. Call 250-718-5915. Oct 18-Nov 01

Newer 3-bedroom, 2-bath, 1,000 sq ft home, close to Tulameen River with fenced yard. New appliances. 271 Riverside Avenue. Available now. \$1,000.00/month plus utilities. References required. Rental applications available at Century 21 Princeton office. Oct 25-Nov 01

**wanted**

Apartment in Princeton. Available now. Excellent references and damage deposit required. No pets, can furnish if needed. Phone 250.295.1006 for details or leave a message with the best time to call back. To Nov 01

2-bedroom house 27 Kenley Avenue. Asking \$700.00/month + utilities. Available November 1st. Contact Heather Johnson, Century 21 Princeton 250.295.6977 or 250.295.8591. Oct 25-Nov 01

Large 5-bedroom, 3-bath, double garage, fenced family home on 3rd Bench, 435 Billiter Avenue. Asking \$1,400.00/month plus utilities. Available now. References required. Rental applications available at Century 21 Princeton office. Oct 25-Nov 01

Century 21 Princeton Rental Applications available for download online at [www.thenewsleader.biz](http://www.thenewsleader.biz) or e-mail century21@princetonbc.com. Oct 25-th

3-bedroom, 2-bathroom house. 5 appliances. No smoking, no pets. Asking \$900.00/month, utilities not included. Call Dawn 250.438.0116. Oct 25-Nov 08

1-bedroom house at 255 Angela Avenue. Asking \$650.00/month + utilities. Available November 1st. Contact Heather Johnson, Century 21 Princeton 250.295.6977 or 250.295.8591. Oct 18-Nov 01

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**CARTER'S  
Sudoku  
Challenge**  
SOLUTIONS TO PUZZLES ON PAGE 14

**CHALLENGE #375**

785	243	196
269	718	354
341	596	728
693	854	271
852	167	439
174	329	685
418	932	567
527	681	943
936	475	812

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# Prince Town 1826 - 1926

The CD traces the history of the Similkameen Valley from the First Nations to the Oregon Treaty to the arrival of prospectors and the Royal Engineers. It includes details on all local communities and ghost towns as well as historic photos.

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[www.thenewsleader.net](http://www.thenewsleader.net)

**News Leader Recipe 396**

**Seared Shrimp Tortilla Bites - Cocktail Canapes**

(NC)—Nothing beats an appetizer that looks fancy and doesn't require a whole lot of work. Large shrimp size varies so the yield may vary slightly. If mango is out of season, you could try fresh pineapple or, in a pinch, frozen mango. More great recipes can be found online at [www.peanutbureau.ca](http://www.peanutbureau.ca).

Prep time: 15 minutes / Cook time: 4 minutes / Makes 24

Ingredients:

- 1 lb (500 g) large peeled uncooked shrimp (about 24)
- 4 tsp (20 mL) olive or peanut oil
- 2 thinly sliced garlic cloves
- Pinches salt
- 2 tbsp (30 mL) chopped coriander

Peanut sauce:

- 1/3 cup (75 mL) peanut butter
- 2 tbsp (30 mL) lime juice (1 or 2 limes)
- 2 to 3 tsp (10 to 15 mL) hot sauce
- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) finely grated peeled ginger
- 1 large garlic clove, minced
- 1 ripe but firm mango
- 24 mini scoop shaped tortilla chips

Garnish: small coriander leaves (optional)

Directions:

1. If using frozen shrimp, thaw and pat dry well. Discard tail shell, if still on. Heat oil in a large frying pan over medium-high heat. Add shrimp, garlic and salt. Stir fry until shrimp is pink, about 4 minutes. Toss with coriander. Refrigerate to cool or cover and refrigerate overnight.
2. Stir peanut butter with lime juice, hot sauce, soy sauce, ginger and garlic. Stir in a little water if needed until a thick sauce-like consistency. Sauce can be made a couple of days in advance then covered and refrigerated.
3. Peel mango and cut fruit from pit. Dice into 1/2-inch (1.5 cm) pieces. Just before serving, assemble bites. Spoon about 1 to 1-1/2 tsp (5 to 7 mL) peanut sauce into tortilla scoop. Top with a shrimp, mango piece and coriander leaf if using. Repeat with remaining shrimp. You may have a bit of sauce leftover depending on the number of shrimp you have. - [www.newscanada.com](http://www.newscanada.com)

**Princeton Area Ghost Towns - The DVD**

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If you have a favourite recipe you would like to share, contact us for details!  
**226A Bridge Street, Princeton**

# Weekend Movies

**SATURDAY MOVIES**

..... continued from Page 14

saves an heiress from death and travels with her to the United States. Keith Scott narrates.  
 10:30 pm SPIKE ch.44 "Major League" (1989, Comedy) Tom Berenger. Lackluster baseball players hear their Cleveland team's new owner is counting on them to lose. (In Stereo) (CC)  
 11:10 pm KXLY ch.10 "Silent Hill" (2006, Horror) Radha Mitchell. A woman searches for her missing daughter in a town that has been enveloped in a living darkness, against which the remaining humans fight a losing battle for survival. (CC)  
 11:16 pm FAM ch.26 "The Even

Stevens Movie" (2003, Comedy) Shia LaBeouf. Members of a family unwittingly appear on a reality-television show after the producer sends them to an island for a vacation. (In Stereo) (CC)

**SUNDAY MOVIES**

..... continued from Page 14

teen tries to dethrone the most popular girl at her new school. (In Stereo) (CC)  
 CITY ch.29 "Natural Born Killers" (1994, Crime Drama) Woody Harrelson. Two young lovers embark on a blood-drenched killing spree that quickly propels them to celebrity status. (CC)  
 SPIKE ch.44 "The Rundown"

(2003, Adventure) The Rock. Before his retirement, a bounty hunter must locate his boss' son, who is searching for a priceless artifact in the Amazon. (In Stereo) 10:00 pm WTBS ch.3 "10,000 B.C." (2008, Adventure) Steven Strait. A young mammoth-hunter leads a small band of tribesmen on a journey to the ends of the Earth on a mission to save his beloved from her warlord kidnappers.  
 10:30 pm FAM ch.26 "Good Boy!" (2003, Comedy) Molly Shannon. After adopting a dog, a 12-year-old learns the animal is an interplanetary scout sent to investigate other canines. (In Stereo) (CC)

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## Prince Town 1826-1926

Prince Town  
1826 - 1926

W. George Elliott

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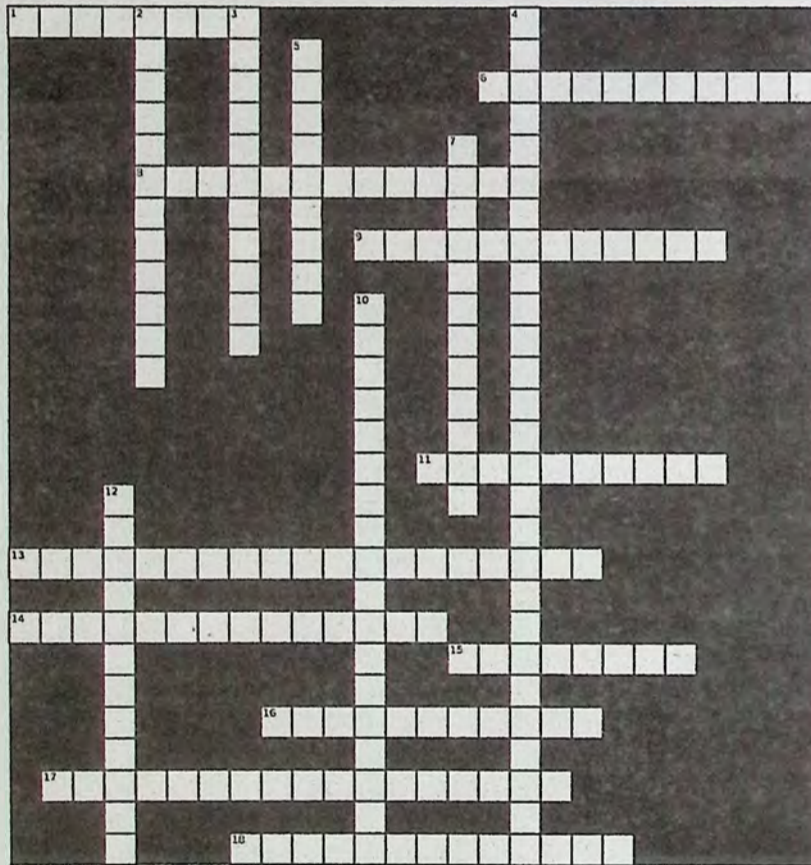
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## Similkameen News Leader Puzzler

Use the October 25th News Leader to find Answers Below...



- Across**
- Name the 'new' School Board Trustee elected by acclamation.
  - Name the 2011 PGSAR Quilt Raffle Winner.
  - Name the Princeton Posse internet webcaster.
  - Who recently won a big bingo prize at SCA Branch #30 in Princeton?
  - One of the 50-year medal recipients at Princeton Legion October 22.
  - Name the group trying to attract doctors to Princeton.
  - Name the Principal at SESS in Keremeos.
  - Princeton Concert Series presents this artist November 16th.
  - Name a 50-year medal recipient at Princeton Legion October 22.
  - Who won People's Choice at Taste of Our Valley?
  - Who is Princeton Branch 56 of the Royal Canadian Legion named after?

- Down**
- "Town plans to \_\_\_\_\_"
  - Name another School Board Trustee re-elected by acclamation.
  - What event took place October 15th and hosted by PXA user groups?
  - This SESS Teacher received the Prime Minister's Award for Teaching Excellence.
  - Name the only person to receive a 35-year service pin at Princeton Legion October 22.
  - The company awarded the Court House exterior Project is \_\_\_\_\_ Ltd.
  - He was awarded a 50-year service medal October 22 at Princeton Legion.

Similkameen  
**News Leader**

**PUZZLER #37**  
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## Princeton Posse 2011/12 Clip 'n' Save Game Schedule

# Similkameen News Leader

Date	Time	Away	Home
<b>Exhibition</b>			
Sun Sep 4	1:00 PM	T - Squamish 3	Princeton 3
Wed Sep 7	7:00 PM	L - Osoyoos 5	Princeton 3
Fri Sep 9	7:35 PM	L - Princeton 4	Osoyoos 6
Sat Sep 10	7:00 PM	W - Summerland 6	Princeton 7
Wed Sep 14	7:00 PM	W - Princeton 4	Penticton 2
<b>Regular Season</b>			
Fri Sep 16	7:00 PM	W - Spokane 5	Princeton 6
Sat Sep 17	7:00 PM	L - Princeton 5	Penticton 6 OT
Fri Sep 23	7:35 PM	L - Princeton 2	Osoyoos 6
Sat Sep 24	7:00 PM	W - Princeton 5	Summerland 3
Fri Sep 30	7:00 PM	L - Penticton 5	Princeton 2
Sat Oct 1	7:00 PM	W - Summerland 1	Princeton 11
Fri Oct 7	7:00 PM	W - Kelowna 4	Princeton 6
Sat Oct 8	7:00 PM	W - Princeton 10	Summerland 3
Fri Oct 14	7:00 PM	W - Princeton 4	Kelowna 3
Sat Oct 15	7:00 PM	L - N Okanagan 2	Princeton 1
Fri Oct 21	7:35 PM	L - Princeton 2	Osoyoos 5
Fri Oct 28	7:00 PM	Osoyoos @	Princeton
Sat Oct 29	7:00 PM	Summerland @	Princeton
Sun Oct 30	7:00 PM	Princeton @	Kelowna
Fri Nov 4	7:00 PM	Nelson @	Princeton
Sat Nov 5	7:00 PM	Princeton @	Revelstoke
Sun Nov 6	2:00 PM	Princeton @	Chase
Fri Nov 11	7:00 PM	Castlegar @	Princeton
Sat Nov 12	7:00 PM	Beaver Valley @	Princeton
Wed Nov 16	7:00 PM	Kelowna @	Princeton
Fri Nov 18	7:00 PM	Osoyoos @	Princeton
Sat Nov 19	7:00 PM	Princeton @	Kamloops
Fri Nov 25	7:00 PM	Princeton @	Penticton
Sat Nov 26	7:00 PM	Princeton @	Kelowna
Tue Nov 29	7:00 PM	Summerland @	Princeton
Fri Dec 2	7:30 PM	Princeton @	Castlegar
Sat Dec 3	7:00 PM	Princeton @	Spokane
Sun Dec 4	2:00 PM	Princeton @	Grand Forks
Fri Dec 9	7:00 PM	Grand Forks @	Princeton
Sat Dec 10	2:00 PM	Revelstoke @	Princeton
Wed Dec 14	1:00 PM	Summerland @	Princeton
Fri Dec 16	7:00 PM	Kamloops @	Princeton
Sat Dec 17	7:00 PM	Penticton @	Princeton
Sun Dec 18	2:00 PM	Kelowna @	Princeton
Sun Jan 1	2:00 PM	Osoyoos @	Princeton
Fri Jan 6	7:00 PM	Princeton @	Nelson
Sat Jan 7	7:30 PM	Princeton @	Beaver Valley
Wed Jan 11	7:00 PM	Penticton @	Princeton
Fri Jan 13	7:00 PM	Princeton @	Kelowna
Wed Jan 18	7:35 PM	Princeton @	Osoyoos
Fri Jan 20	7:00 PM	Sicamous @	Princeton
Sat Jan 21	7:00 PM	Osoyoos @	Princeton
Fri Jan 27	7:00 PM	Princeton @	Sicamous
Sat Jan 28	7:00 PM	Princeton @	Penticton
Wed Feb 1	7:00 PM	Princeton @	Penticton
Fri Feb 3	7:00 PM	Princeton @	Summerland
Sat Feb 4	7:00 PM	Chase @	Princeton
Fri Feb 10	7:00 PM	Princeton @	N Okanagan
Sat Feb 11	7:35 PM	Princeton @	Osoyoos
Tue Feb 14	7:00 PM	Kelowna @	Princeton
Fri Feb 17	7:00 PM	Penticton @	Princeton



# Editorial Page News Leader

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

## My Turn

### And The Winner Is...

I've been asked frequently in the past number of days for my prediction of how the local Municipal Elections are going to go.

So, before I get into the details, let's look at the math.

As mentioned here last week we only have ten people trying to fill six seats in the Town of Princeton and Area H. Of that ten, six of them are incumbents. Or in other words, sixty percent of the candidates have previous experience on the job.

Here's where it gets interesting.

If you look at each of the positions candidates are vying for the math looks like this: for Town of Princeton (Mayor) and Electoral Area H (Director) there's two candidates for each of the two seats. Two candidates are incumbents, two are non-incumbents, which is a fifty-percent split experience versus inexperienced in the job.

For Town of Princeton (Councillor) there are six candidates for four seats. All four incumbents are candidates, or 66% of the candidates have experience.

So what does this mean?

Well, if you are one of those who like to analyze numbers you'll find that it's impossible for a complete change of Town Council due to a shortage of candidates to choose from.

It also means there is plenty of opportunity to 'vote someone out' and the possibility exists where only two incumbents may survive the Municipal Elections.

Now my prediction: While it is typically our style as Canadians to vote someone out, or vote for the lesser of two evils, I think it is safe to say most incumbents will remain in their seats after November 19th.

I do see one, possibly two new faces on Town Council as the more likely outcome.

What do I base my prediction on?

Two things: incumbents are often hard to replace, especially if they have had an incredibly strong term with challenges they survived in one way or other. Being an incumbent doesn't always guarantee victory, but it has been proven time and again that it helps and sometimes helps a lot.

The second reason for my prediction is the numbers.

Last election (November 2008) we had 16 candidates vying for 4 Councillor seats and four candidates for Mayor. There just isn't that much interest going into this election, which, as far as I'm concerned, says something.



Princeton Posse goalie Sky Buller assisted Princeton Museum last week, along with a handful of team mates, in moving items from storage back into the building for sorting and cataloguing. \*

## Your Turn

### Letters and E-Mails Received This Past Week

To the Editor,

In a couple of weeks we will be voting for the Area H Director for the next three years.

Regardless of the outcome of the election, we would like to thank Brad Hope for all the accomplishments in the Allison Lake area.

Four years ago, we formed the Allison/Borgeson Ratepayers Association and as proud as we are of our volunteers, we have had Brad Hope's tireless work and enthusiasm behind every project.

After the last election, we asked Brad if we might pursue a mail in ballot for the next election. Non-resident property owners or resident property owners, who may travel south in the winter, have not been able to vote for past elections. Brad made voting possible for all of us.

The majority of Area H property owners believed the voting process for the aquatic centre referendum that placed 70% of the funds required from taxpayers coming from Area H unfair.

Forty seven percent of the taxpayers in Area H are non resident prop-

erty owners. Brad went to the regional district, on our behalf, 800 residents signed a petition, to ask if the town of Princeton and Area H could vote separately. The RDOS granted the right for a separate vote.

Brad worked together with Front Counter BC and the BC Forestry to help us with the walking, mountain bike trail on the west side of Allison Lake.

The BC Forestry suppression crew, and Kelley Cook, cleared dead trees, made benches for the trail and built a new bridge at the south end of Allison Lake into Allison Lake Provincial Park.

The Allison/Borgeson Ratepayers brought up the idea of expanding the trail on the west side of Allison Lake to extend to the east side and circle all of Allison Lake. Brad asked the Regional District Okanagan Similkameen to donate funds to pay for the GPS work necessary for the east side trail. We now have the funds to proceed with this project.

Thanks to the RDOS and Brad Hope, we now have a new park on

the hillside at the North end of Allison Lake. Brad arranged to bring in a crew to clear dead brush and trees to reduce fire hazards and make the park more accessible for future mountain bike and cross country ski trails.

The park was dedicated to a long time Princeton resident, Mr. Tom Stout. Tom's wife, Gloria Stout's family, owned the majority of the Allison Lake area before it was subdivided in the 1950's, 60's and 70's.

In the past year we have started our own volunteer fire department. Brad was excited about our idea and managed to have the RDOS purchase a pump for us to start up our fire brigade.

We have built our own trailer for the fire department to carry our pump and hoses.

Brad Hope has attended the majority of our Annual General Meetings and many of our directors meetings and his eagerness has been infectious. He has earned the upmost respect from everyone he has worked with.

- Barbara Hamilton, Allison Lake

## Similkameen News Leader

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Dawn Johnson - Reporter

John Gillis - Advertising Sales

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### EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.



# Current Comment

## Do We Really Understand Time?



**Dawn Johnson**  
editor@thenewsleader.ca

I remember reading about a Canadian archaeologist who had an assistant who was "psychic". His assistant could locate good archaeological sites because he could see the people living there. This sounds far fetched, but there are a lot of stories about people who see into other times, and these people are not psychics.

Usually, people have a mere glimpse of another time, as if they inadvertently peeked through a window, and the curtain is suddenly pulled across the window. This would be like the Glasgow, Scotland taxi driver going about his work day, driving through an old part of the city. Suddenly, the cars and buses disappeared and he was driving on a rough road amidst horses, buggies and women dressed in bonnets. In less than 60 seconds, the cars and buses were back on the paved road in front of him.

You can scoff at this as the wandering imagination of a tired cab driver, but what about times when two people see the same thing? A couple in Haiti were hiking along a back road when they suddenly found themselves walking down a street in Paris centuries before the present. They both saw the same things and talked about what they were seeing. Then they began to feel weak and dizzy, and stopped. The Paris street vanished and they were back on the road in Haiti.

An English policeman entered a street in Liverpool, heading for a book shop called Dillons. Where the book shop should have been, the sign said 'Cripps' and the window displayed women's garments. He decided to go into the store anyway. At the same time, a young woman was

approaching from the opposite direction. As the policeman entered the shop, he saw it was full of women's wear. Then it suddenly changed to a book store just as the young woman entered the shop. "Did you see that?" the policeman asked her. "Yes, I thought I was coming into a women's shop," she said, and turned and walked out. The policeman learned later that the book store had been a clothing store in years past.

In a city in a southern state in the USA, a modern housewife looked out her front window and saw a platoon of Confederate soldiers marching up the street. As she watched them march, they suddenly disappeared.

All of the above incidents are true. They are examples of the 'past' dropping in on us for a brief flash of time. I ran across a story of an English couple going to visit a seaside village. They had to walk down a path from the parking lot on the cliff above the village. Ahead of them was an old woman dressed in a rather shabby old-fashioned dress and shoes that looked poorly hand made. The old woman turned to them and asked, "What year is this?" They thought she might have Alzheimer's and were about to answer when the old woman vanished.

One of the best stories I've read about time slips is the one about the English woman who tries to reach her sister by phone. A man answers, identifying himself as Captain Hamilton. She asks if she can speak to her sister. He informs her this is not a civilian line, and tells her to stop wasting his time, there's a war on. She informs him the last war ended in 1945. He says, "It's not 1945 yet," and demands that she stop playing her prank or he will have her arrested. In the background noise she hears an air raid siren begin to wail. She thinks he is the prankster and tells him it is 1974, and the war is long over. Just then she hears the sound of explosions at Captain Hamilton's end and he hangs up. Is this a case of the past intruding on the future, or the future intruding on the past?

Photography has given us so-called "ghost" pictures in which persons who were not present when the photograph was taken, yet they are clear-

ly visible when the photograph is developed. One of the best known is of the woman who was taking a photo of her mother's grave, then, on returning to the family car, decided to take a photo of her husband as he sat in the car waiting for her. When the photo was developed, there was a clear image of her mother sitting in the back seat!

Here is a story that happened not very many years ago involving people I can verify. A woman was dying, and when she passed away, her little boy went to live with the woman's sister. Two years later, the sister decided to take a photo of the boy as he sat on the front steps of her home. When the photo was developed, there was the clear image of the dead woman on the porch looking down at her son.

I have a friend whose wife died of cancer when his children were young. His children began telling him they had visits from Mom quite often. He passed it off as wishful thinking until one evening when he glanced down the hallway and saw his wife going into his children's bedroom. After that evening, he saw her frequently entering their room, until about six months after her death.

While this phenomenon is called "time slip", it makes me wonder if we have any real grasp of what time is. We tend to think of it as a straight line progression of one historical fact after another, but there is evidence to show it is no such thing. What about all of those people who suddenly vanished? Did they walk through a spot where time was slipping and get stuck on the other side?

When people die, we think they have gone far away, but among the native people of North America, they speak of the dead going to "the other side camp" where they are alive. One of my nieces works in a hospice and she says she knows when a patient is about to die. At that time, they will begin to talk to people who have died before them, sometimes a sister or brother or a spouse. She says when she does her rounds, they will tell her they had a nice visit from that person. Is this another form of time slip?

In a way, it is comforting to think our loved ones are just on the "other side" and have slipped into a new time zone. Time may not be anything like what we have imagined it to be. Our usual way of thinking about time is to think of going back or forward. Maybe we should think of it as going across!

# News Leader

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## AND NOW...A LITTLE GOOD NEWS!

"And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever." - Isaiah 32:17

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**AQUATIC THERAPY**

Aquatic therapy or pool therapy is physical therapy that is performed in the water. Aquatic therapy uses the resistance of water instead of weights. It aims to rehabilitate patients after injury or those with chronic illness, avoiding the amount of weight placed on the joints by exercise outside the water.



The warmth of the water experience during aquatic therapy assists in relaxing muscles and vasodilates vessels, increasing blood flow to injured areas. Patients with muscle spasms, back pain, and fibromyalgia find this aspect of aquatic therapy especially therapeutic.

For more information please contact the NicolaValley Aquatic Centre at 250.378.2061 or contact jjonas@merritt.ca

**...Your Turn**  
Continued from Page 20

To The Editor;  
Having hit the campaign trail in rural Keremeos, Olalla, and Hedley, a few things stand out as important to the electorate of Area G:  
People are fond of the laid-back rural lifestyle, but many identify a lack of jobs and economic stimulus as the number one reason that young people have to leave home - so they feel we need to create more jobs that keep people here, and offer economic prosperity to our children.

The lack of zoning and rules is what appealed to many folks who moved here from the city, and to those who have lived here their whole lives, they can't imagine how more regulations would help improve their lives.

A number of people have commented on the "Unsightly Premises Bylaw" which has the potential to be

misused as a way of settling long-standing feuds between neighbours. A few people have suggested that the hazards which result from piles of garbage or junk cars (pack rats with household garbage and scrap lumber and leaking oil from scrap cars) need to be minimized though junk collections need not be policed.

These three sentiments are echoed in various conversations I have with locals, both new and old, and they reflect my own feelings about life in the Similkameen.

When I moved here from the city of Vancouver more than five years ago, I felt blessed to have "discovered" this pristine landscape, void of glaring lights and billboards, filled with wild animals and colourful local characters. Friends who visit comment that I give the best tours, which always include a stop at the

dome made out of car windshields, a peek in to the yards which have chickens, and a trip past the interesting collections of signs and old cars stowed at the end of Kingston.

While "change is the only constant" I think we need to be careful to consider our actions carefully; we must anticipate the consequences of our decisions and question whether they are for the good of only a few or of many. When we make choices which take into account more than one bottom line - not only economic, but social and environmental, too - then we can hope to be making choices that are made for ourselves, our families, and future generations.

I hope to see many of you at the Hedley Happy Hall (the OAPO) on Scott Street at 7:00 PM on November 7, 2011. The All-Candidates meeting is sponsored by the OAPO and will include a moderator and timekeeper. I look forward to meeting you there.

- Angelique Wood,  
Candidate for Director, Area G

**Area G All-Candidates Forum this week**

Take the opportunity on Monday, November 7 at the Old Age Pensioners Hall (OAPO) in Hedley, to meet the individual candidates running for Area Director "G".

Forum organizers and candidates, Angelique Wood and Florence Winfrey, with invitation to incumbent Elef Christensen, will introduce

themselves, give statements and answer questions from the floor.

Doors open at 6:30 PM, the moderated forum beginning at 7:00 PM and ending at 9:00 PM. Your vote counts on November 19.

If you need a ride to attend or have any inquires contact Kim Ruttig at 250.292.8503. - submitted

To The Editor;

The volunteers for the Rick Hansen 25th Anniversary Relay, which is to come through Hedley on May 12th, 2012, would like to Thank Elef Christensen for the cheque of \$500.00.

This will allow us to put on a lunch for the Entourage of 20-30 people, who will be coming into town, and the people of Hedley.

We, the committee, will also have some banners made to welcome the Relay into town.

- Peggy Terry, Hedley

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**Similkameen News Leader**

**Mayor Randy McLean**

Examine the History  
Examine the Involvement  
Examine to Participation  
Examine the Teamwork

**On November 19<sup>th</sup>**  
Vote for Working Together  
Vote for Moving Forward  
Vote for Getting Stronger  
Vote for the Accomplishments



**On November 19<sup>th</sup>**  
**RE-ELECT**  
**RANDY McLEAN**

To The Editor;

We, the members of the Hedley O.A.P.O. Br. 64, would like to extend a thank you to Elef Christensen, Director for Area G, for the helping hand he has given us to remodel the lower Hall.

With the cheque of \$2,750.00 we will be able to have the installation brought up to date and also repair the walls. This will help bring the building to energy efficient level and a warmer place for people to enjoy the many ongoing activities.

- Beryl Wallace, Hedley

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When you need something heavy moved call Posse Movers! Members of Princeton's Junior B Hockey Team helped move boxes from the Skills Centre back to Princeton Museum basement last week. They included, clockwise from top left, Eric Kubis, Robbie Christensen, Sky Buller and Brenden Colter. \*

# Museum plans events

Princeton Museum continues to be busy in what is traditionally considered 'off-season' for the facility.

On Wednesday, November 9th the society will host a general meeting featuring a Vancouver Historic Society Film.

"Vancouver Historic Society's President Scott Anderson will be presenting a film which includes 1907 video footage taken from a Vancouver cable car," explains Terry Malanchuk of Princeton Museum.

"In 2007, the Vancouver Historic Society completed an ambitious project to combine this rare historic footage with a complete re-filming of the historic cable car's route

through the streets of Vancouver."

The two films are presented split screen, contrasting the old and the new. Augmenting this rare footage are historic details on Vancouver's 1907 buildings.

On Friday, November 11th Princeton Museum will open with their "Honouring Those Who Served" presentation - a display of local war veterans and their heroic contributions.

This special event is hosted by Terry Malanchuk and scheduled dates are:

- November 11th, 1:00 - 4:00 PM
- November 12th, 19th, 26th 1:00 - 3:00 PM

Local families who are interested in

contributing to the display by providing information or loaning artifacts to the museum for the duration of this display are asked to contact Sharon Anderson at 250.293.6776.

# RDOS develops trails plan

..... continued from Page 3 on Crown land.

- Recreational trails assist in the protection of environmental corridors, fosters awareness of protecting public access to natural areas, and, when coordinated with the RTMP strategy, contributes to a reduction in motor vehicle use and therefore, greenhouse gas emissions.

In addition, continuous improvements to trail infrastructure will also

add to attract tourists, a significant economic generator.

- The RTMP Strategy was a partnership between the Regional District of Okanagan-Similkameen and its member municipalities (Osoyoos, Oliver, Penticton, Keremeos and Princeton), and the Province of British Columbia.

Future projects identified in the Strategy will be contingent on funding approval by partners.

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---	--

**Aqua-Fitness Module**

Nov 11 5pm-9pm, Nov 12 & 13: 8am-3pm  
\$250.00 Manual not included. Manual can be purchased on the first day of class.

This course is designed to increase your knowledge and confidence level in leading a group exercise class in the water

*Pre-requisite: BCRPA Fitness Theory*

**How to Become a Lifeguard:**

<p><b>Bronze Medallion</b> Nov 1, 3, 8, 10 &amp; 15: 4-8pm Cost: \$200.00 (manual included)</p> <p><small>Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education—judgment, knowledge, skill and fitness. Prerequisite: 15 years old for the first day of the course &amp; the participant does not have Bronze Star.</small></p>	<p><b>Standard First Aid</b> Nov 19: 8am-5pm and Nov 20: 1pm-8pm Costs: \$120.00 (manual included)</p> <p><small>SFA contains comprehensive training covering all aspects of first aid and CPR. In this course, you will learn to recognize and treat injuries including head and spinal, soft-tissue, facial, abdominal and chest, burns, bones and joints, and other common medical emergencies.</small></p>
<p><b>Bronze Cross</b> Nov 17, 22, 24, 29 &amp; Dec 1: 4-8pm Cost: \$170.00 (manual not included)</p> <p><small>Bronze Cross is designed for lifeguards who want the challenge of more advanced training. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Prerequisite: Bronze Medallion</small></p>	<p><b>NLS Core and Pool Options</b> Dec 2, 3, 4, 8, 10, 11 Fri 5:30-8:30pm, Sat 8am-5pm, Sun 8am-5pm Costs: \$340.00 (manual not included)</p> <p><small>The NLS Award builds on skills, knowledge, and values that the Lifesaving Society teaches in the previous courses to develop the practical skills and knowledge required by all lifeguards. Prerequisite: Bronze Cross and Participants must be 18 years of age by the first day of class.</small></p>

**All in One Course: Includes all of the above courses in the "How to Become a Lifeguard Series" \$650.00 (manuals included)**  
That is a savings of \$210.00 when you register for this "All in One Course"

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**NEW!**

Don't miss out on this diamond in the rough located in beautiful, peaceful, historic Hedley. Situated on a corner lot with recent updates of some windows and flooring. This home has great bones and the potential to be so much more! With an open layout and plumbing in place for a third bath upstairs, this home is just waiting for you! MLS @ 133885 \$178,000

**255 Link Lake Road**



Privacy and breath taking views of Link Lake - and only 3 hours from the Coast on an easily accessible paved road. Bring the family and your friends to this little piece of Heaven - large RV that sleeps 6, small camper for the kids, a 300-foot A-frame that you can finish or take to the floor and start from scratch! MLS @ 132074 \$179,900

**5497 Webster Street**



**NEW!**

Looking small, yet this home is surprisingly large and bright on a corner lot in historic Hedley with lots of different living space. The foyer is large enough to be an office, the sun room is bright and spacious, the deck boasts over 300-feet of privacy and mountain views. Recent updates include laminate flooring and much more! MLS @ 133893 \$149,900

**104 Missezula Lake Road**



**NEW PRICE!**

Run, don't walk to call and view this wonderful Missezula Lake home! Solidly built, with large picture windows that make it light and bright. Galley kitchen with spacious eating bar, custom cabinetry, open eating/living area, great for entertaining. Covered entry through single carport keeps you dry when the weather isn't ideal. Full basement. MLS @ 131825 \$279,000

**181 Luard Avenue**



Riverfront! Prime property, perfect location! .75 of an acre zoned for multi-family dwellings right in the heart of Princeton. Stroll along the river, or a wonderful spot for a quick dip in the summer. Walking distance to all shopping amenities make it easy for seniors or those without a vehicle. Lots of possibilities. MLS @ 131935 \$313,800

**#204-66 Angela Avenue**



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Copper Creek Condos - Move-in ready with complete renovation only finished months ago - you will love the warmth of carpeting and cleanliness of tile and the sparkles all the way around. Walking distance to all amenities in Princeton, this second floor unit gives you a little more security and the elevator when you need it, too! MLS @ 111373 \$149,900

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